

A Quick Guide for Doctors

What is Phage Therapy?

Phage therapy is a targeted approach to treat bacterial infections using bacteriophages—viruses that infect and destroy specific bacterial strains. Unlike antibiotics that are broad-spectrum and may harm beneficial bacteria, phage therapy uses lytic bacteriophages that specifically seek out and destroy their bacterial targets through a process called 'lysis'.

Advantages

- Bactericidal.
- Narrow host range; spares gut microbiota.
- Self-replicates at the infection site.
- Can penetrate bacterial biofilms.
- Capable of evolving to overcome bacterial resistance.
- Typically fewer side effects and safe for long-term use.

Pathogens and Customization

- Phages available *Staphylococcus spp.*, *Streptococcus spp.*, *E. coli*, *Pseudomonas aeruginosa*, *Enterococcus spp.*, *Proteus spp.*, and *Salmonella spp.*
- If standard phages are ineffective, custom phages can be developed at Eliava Institute, taking 8–10 weeks.

Common Treatable Conditions

- Urinary tract infections (UTIs) eg. Prostatitis, cystitis, Pyelonephritis.
- Epididymitis.
- Orchitis.
- Vaginosis, cervicitis, vaginitis.
- Wound and biofilm-associated infections.
- Infections caused by resistant strains like MRSA, CRE, VRE, ESBL.

Success Rate

- Since 2018, more than 250 patients in India have received phage therapy through the Eliava Institute.
- The success rate has been reported to be approximately 70%, particularly in urology and wound care cases.

Clinical Evidence & References

Case Report: Chronic Bacterial Prostatitis treated with Phage Therapy. <https://www.frontiersin.org/articles/10.3389/fphar.2021.692614/full>

Review: Phage Therapy for Wound-Associated Infections. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8933295/>

Clinical Study: Phage Therapy as Potential Treatment for UTIs. <https://www.frontiersin.org/articles/10.3389/fmicb.2016.00465/full>

Watch the YouTube Explainer Video: https://youtu.be/dEmz2eAxc6Y?si=jUuM3ZnfrGxGbc_i

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