

4. Metabolism and Endocrine Diseases

Reference

Ushiroyama T, Ikeda A, Sakai M, et al. Effects of unkei-to, a herbal medicine, on endocrine function and ovulation in women with high basal level of luteinizing hormone secretion. *The Journal of Reproductive Medicine* 2001; 46: 451-6. CENTRAL ID: CN-00355871, Pubmed ID: 11396371

1. Objectives

To evaluate the efficacy of unkeito (温経湯) for reducing high luteinizing hormone (LH) levels and improving ovulation disorder.

2. Design

Randomized controlled trial using sealed envelopes for allocation (RCT-envelope).

3. Setting

One hospital (Osaka Medical College Hospital), although not mentioned, Japan.

4. Participants

One-hundred patients with ovulation disorder and an LH level of ≥ 10 mIU/mL, aged 21 to 32 years. Of these 100 patients, 38 were diagnosed with polycystic ovarian syndrome (PCOS).

5. Intervention

Arm 1: oral administration of a sachet (2.5 g) of TSUMURA Unkeito (温経湯) Extract Granules (TJ-106) t.i.d, 30 min before meals, for 8 weeks, n=52.

Arm 2: clinical observation (without administration of placebo granules) for 8 weeks, n=48.

6. Main outcome measures

Comparison of plasma LH level.

Comparison of ovarian follicle size evaluated by ultrasonography.

7. Main results

Of 52 patients receiving unkeito, 34 showed decreased LH level, and 28 showed improved menstrual cycle regularity. In addition, ovulation was confirmed in 11 patients. Decreased LH level was significant in patients without PCOS.

8. Conclusions

Unkeito improves ovulation disorder by normalizing the high level of LH in patients with ovulation disorder. It also increases E2 hormone level in non-PCOS patients. Control patients remained unchanged. Thus, unkeito is an effective treatment for ovulation disorder.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

None.

11. Abstractor's comments

This study is highly significant in that it demonstrated the ovulation disorder-improving effect of unkeito at the hormonal level. However, the underlying mechanism of this improvement is not explained. Further investigation to determine, for example, why some patients do not respond to unkeito, is awaited. Nevertheless, it can be concluded that unkeito contributes to normalization of the menstrual cycle and stimulation of ovulation.

12. Abstractor and date

Nakata H, 1 April 2008, 1 June 2010.