

14. Genitourinary Tract Disorders (including Climacteric Disorders)**Reference**

Aoki Y, Ueda K, Tsutani K, et al. The influence of formula ma-huang-fu-zi-xi-xin-tang (mao-bushi-saishin-to; Mbst) on the results of urodynamic studies. *Journal of Traditional Medicine* 2001;18:203-9. Ichushi Web ID: 2002139756 [CiNii](#)

1. Objectives

To evaluate the effect of single-dose administration of maobushisaishinto (麻黄附子細辛湯) on urine flow.

2. Design

Randomized cross-over controlled trial (RCT-cross over).

3. Setting

Department of Urology, Nagoya City University Medical School and associated facilities, Japan.

4. Participants

Thirteen young male volunteers (mean age: 38.0 years) and six elderly male volunteers (mean age: 64.5 years).

5. Intervention

Arm 1: administration of 2 capsules of Kotaro Maobushisaishinto (麻黄附子細辛湯) in the 1st course followed by 2 capsules of placebo in the 2nd course, with 4-week withdrawal between courses.

Arm 2: administration conducted in the reverse order of arm 1.

6. Main outcome measures

Maximum urine flow rate at 3 hr after administration, mean urine flow rate, and voiding efficiency.

7. Main results

Regardless of the order of administration, no significant differences were observed in the maximum urine flow rate at 3 hr after administration, mean urine flow rate, or voiding efficiency between maobushisaishinto - and placebo-groups. There was no significant difference in the maximum urine flow rate, mean urine flow rate, or voiding efficiency between pre- and post-dose levels when treated with maobushisaishinto in the elderly.

8. Conclusions

It is suggested that single-dose administration of maobushisaishinto has no effect on urine flow in both young and old men.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

In elderly males with impaired urination due frequently to prostatic hyperplasia, ephedrine-containing formulations such as mao have been shown to aggravate the problem. This study concludes that single-dose administration of maobushisaishinto does not adversely affect urine flow in the elderly. However, since treatment with a Kampo formulation usually requires repeated administration for a certain period, the results of a clinical study with repeated administration will also need to be considered.

12. Abstractor and date

Okabe T, 15 June 2007, 1 April 2008, 1 June 2010.