

**10. Respiratory Diseases (including Influenza and Rhinitis)****Reference**

Nishizawa Y, Nishizawa Y, Goto HG et al. Chronic pain in intractable and chronic internal diseases\*. *Mansei Totsu (The Journal of the Japanese Society for the Study of Chronic Pain)*, 2002; 21: 67-77 (in Japanese with English abstract). Ichushi Web ID: 2003126703 [MOL](#), [MOL-Lib](#)

**1. Objectives**

To investigate the effect of saibokuto (柴朴湯) inhalation therapy in improving quality of life (QOL) in patients with aspirin-intolerant asthma.

**2. Design**

Randomized controlled trial (RCT).

**3. Setting**

One hospital and two clinics, Japan.

**4. Participants**

Patients with aspirin-intolerant asthma, n=214.

**5. Intervention**

The study duration was 3 years. For saibokuto (柴朴湯) inhalation, 500 µg of saibokuto was packed into capsules comparable to those used for sodium cromoglycate (DSCG) inhalation.

Arm 1: saibokuto (柴朴湯) (the manufacturer not identified), 500 µg q.i.d. inhalation, n=105.

Arm 2: DSCG 20 mg q.i.d. inhalation, n=109.

**6. Main outcome measures**

Subjective symptoms, various tests, chronic pain, and QOL were assessed using a visual analog “total disease-related symptoms” scale developed by the authors, and face rating scores.

**7. Main results**

Saibokuto inhalation improved various endpoints.

**8. Conclusions**

Symptom-related QOL of patients with exacerbated aspirin-intolerant asthma is improved.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

The incidence of adverse effects was higher in arm 1, however, there was no significant difference in the number of cases. These results were omitted from the original article.

**11. Abstractor’s comments**

This RCT resembles two other RCTs of saibokuto inhalation therapy, “Nishizawa Y, Nishizawa Y, Yoshioka F, et al. Suppressive Effect of Japanese Herbal Medicine, Saiboku-to (Cai-Pu-Tang) on Brochospasms in Aspirin-induced Bronchial Asthmatic Patients. A Randomized, Double-blind Test. *Jibi-inkoka Tenbo (Oto-Rhino-Laryngology Tokyo)* 2001; 44: 5-13 (in Japanese with English abstract)” and “Nishizawa Y, Nishizawa Y, Yoshioka F, et al. Suppressive effect of Kampo medicine, Cai-pu-tang (Japanese name: Saiboku-to, TJ-96) on brochospasms in aspirin-induced bronchial asthmatic patients and decrease of chronic pain. Especially psychological pain. *Itami to Kampo (Pain and Kampo Medicine)* 2001; 11: 14-21 (in Japanese with English abstract)”. The only difference between these studies is the method of administering the inhalant: inhalation of saibokuto dissolved in distilled water or saline, or as a powder using a sp inhaler as mentioned in this paper. Inhalation of powder should further improve QOL because powder increases accessibility. Common to these three papers is their complicated format, poorly-described rationale, and omission of results, which makes understanding the contents more difficult.

**12. Abstractor and date**

Fujisawa M, 22 February 2009, 1 June 2010.