

15. Ante/Post-partum Diseases**Reference**

Kawakami S, Nishimura J, Umeki M, et al. Kampo therapy for feeling of lactation deficiency*. *Sanfujinka Kampo Kenkyu no Ayumi (Recent Progress of Kampo Medicine in Obstetrics and Gynecology)* 2003; 20: 140-3 (in Japanese). Ichushi Web ID: 2004068785

1. Objectives

To evaluate a Kampo medicine effective for relieving the feeling of lactation deficiency.

2. Design

Randomized controlled trial (RCT).

3. Setting

None (authors belong to the Department of Obstetrics and Gynecology, Fukuda Hospital), Japan.

4. Participants

Seventy-two puerperants who complained of feeling of lactation deficiency at 4 to 6 days postpartum between September 2002 and February 2002.

5. Intervention

Arm 1: oral administration of 2.5 g of TSUMURA Kakkonto (葛根湯) Extract Granules t.i.d.

Arm 2: oral administration of 2.5 g of TSUMURA Juzentaihoto (十全大補湯) Extract Granules t.i.d.

Arm 3: oral administration of 2.5 g of Kanebo Kyukichoketsuin (キユウ婦調血飲) Extract Fine Granules t.i.d.

Arm 4: oral administration of 2.5 g of TSUMURA Kakkonto (葛根湯) Extract Granules and 2.5 g of TSUMURA Juzentaihoto (十全大補湯) Extract Granules combined t.i.d.

Arm 5: oral administration of 2.5 g of TSUMURA Kakkonto (葛根湯) Extract Granules and 2.5 g of Kanebo Kyukichoketsuin (キユウ婦調血飲) Extract Fine Granule combined t.i.d.

Arm 6: oral administration of 2.5 g of TSUMURA Kikyoto (桔梗湯) Extract Granules t.i.d.

Arm 7: breast massage.

6. Main outcome measures

Total score from a questionnaire evaluating the amount of breast milk, degree of breast engorgement, milk supplementation, and satisfaction on a 10-point scale.

7. Main results

At 3 weeks after treatment, the score in the juzentaihoto monotherapy group was significantly higher than those in the kyukichoketsuin monotherapy, kakkonto + juzentaihoto combination therapy, and kikyoto monotherapy groups, but not significantly different from that in the breast massage group.

8. Conclusions

Juzentaihoto is effective treatment for feeling of lactation deficiency.

9. From Kampo medicine perspective

Administration according to “*sho* (証, pattern)” is recommended.

10. Safety assessment in the article

Not mentioned.

11. Abstractor’s comments

This study is valuable because it demonstrates the differing effects among Kampo prescriptions on lactation after birth and the importance of therapy according to *sho*. However, given that there was no significant effect on lactation deficiency and no difference between juzentaihoto and breast massage, the present data fail to provide evidence for an effect of juzentaihoto as a stimulant of lactation. Further investigations including combined use with breast massage are expected.

12. Abstractor and date

Nakata H, 1 April 2008, 1 June 2010.