

18. Symptoms and Signs**Reference**

Nishizawa Y, Nishizawa Y, Yoshioka F, et al. Beneficial effect of Chinese traditional herbal medicine, mai-men-don-tang (Japanese name: bakumondo-to) on acute pain in patients with acute internal medical disease: antitussive effect on elderly patients with post infectious persistent coughs, prospective, multicenter, randomized comparative trial between mai-men-dong-tang and forminoben hydrochloride. *Itami to Kampo (Pain and Kampo Medicine)* 2003; 13: 12-21 (in Japanese with English abstract). Ichushi Web ID: 2006247201

1. Objectives

To evaluate the efficacy of bakumondoto (麦門冬湯) for persistent cough after infection in the elderly.

2. Design

Randomized controlled trial (RCT).

3. Setting

Two hospitals and three clinics, Japan.

4. Participants

Two-thousand and sixty-nine patients with intense dry cough persisting for 3 weeks or more after common cold syndrome, aged ≥ 65 years.

5. Intervention

Arm 1: administration of TSUMURA Bakumondoto (麦門冬湯) Extract granules 3.0 g t.i.d. between meals (n=1,039).

Arm 2: administration of fominoben hydrochloride 160 mg in three divided doses between meals (n=1,030).

6. Main outcome measures

Antitussive effect
Salivation degree, skin temperature, joint pain
Pain improvement rating
Global improvement rating

7. Main results

The antitussive effect and reduction in sputum expectoration (as measured on a visual analogue scale [VAS]) was superior in arm 1 than arm 2. Improvement in the following items after treatment, compared with baseline, was significant only in arm 1: the amounts of salivation and lacrimation determined by Saxon's test and Schirmer's test; joint pain judged on a VAS; and skin temperature measured with an upper and lower extremity-patch-type skin temperature indicator.

On the global scale, improvement, principally in cough, was better in arm 1 than arm 2. The condition of 89.5% of patients in arm 1 and 46.9% in arm 2 was rated "improved or better," showing the significantly higher efficacy of bakumondoto.

8. Conclusions

Bakumondoto is effective for not only cough but other symptoms in the elderly.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

The "total-disease-related symptoms," a scale for acute pain severity developed by the present authors, is not described but referenced to their previous paper. This, however, should be detailed since the title refers to pain severity. In addition, except for the global improvement rating, the specific numbers of patients are not indicated, except in the graphs, making evaluation of the efficacy for pain impossible.

12. Abstractor and date

Fujisawa M, 15 June 2007, 1 April 2008, 1 June 2010.