

13. Diseases of the Musculoskeletal System and Connective Tissue**Reference**

Maeshima S, Katayama Y. Spine and spinal cord diseases 1. Traditional Chinese medicines for the spinal disorders. *Kampo to Saishin-Chiryō (Kampo & the Newest Therapy)* 2004; 13: 232-6. Ichushi Web ID: 2004301321

1. Objectives

To evaluate the efficacy of goshajinkigan (牛車腎気丸) and shuchibushi powder (修治附子末) for relief of chronic low back pain associated with lumbar spinal stenosis.

2. Design

Randomized controlled trial (RCT).

3. Setting

One university hospital, Japan.

4. Participants

Eighty-nine patients with chronic low back pain associated with lumbar spinal stenosis for which surgery is not indicated.

5. Intervention

Arm 1: 3-month administration of western medicines including non-steroidal anti-inflammatory drugs (NSAIDs), prostaglandin E2, vitamin B12, and/or H2 blockers (n=29).

Arm 2: 3-month administration of goshajinkigan (牛車腎気丸) alone (n=30).

Arm 3: 3-month administration of goshajinkigan (牛車腎気丸) + 2.0 g of shuchibushi powder (修治附子末) (n=30).

No details indicated in the original paper.

6. Main outcome measures

Low back pain and lower limb paresthesia evaluated on a visual analogue scale (VAS).

7. Main results

Lower back pain score was decreased from 6.7, 6.5, and 6.8 to 3.5, 4.5, and 3.2 in arms 1, 2, and 3, respectively. Lower limb paresthesia score was decreased from 5.6, 5.7, and 5.9 to 4.2, 3.9, and 3.2, respectively. Thus, there were no significant between-arm differences in therapeutic effects.

8. Conclusions

Both oshajinkigan and shuchibushi powder are as effective as western medicines for the relief of chronic low back pain and lower limb paresthesia associated with lumbar spinal stenosis.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

No adverse drug reactions (ADRs) or withdrawals occurred in either arm (the number of ADRs not indicated).

11. Abstractor's comments

This study is of clinical significance since it provides evidence that Kampo medicines can be a therapeutic option for lumbar spinal stenosis, expanding the range of therapeutic options.

12. Abstractor and date

Kogure T, 15 June 2007, 1 April 2008.