

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

Nishizawa Y, Nagano F, Yamada M, et al. A randomized comparison of cough-improvement effects between mao-bushi-saishin-to and western drugs for cold in common patients with allergic cold syndrome. *Kampo to Meneki Arerugi (Kampo and Immuno-Allergy)* 2005; 18: 56-67 (in Japanese with English abstract).

**1. Objectives**

To compare the cough-improvement effect of maobushisaishinto (麻黄附子細辛湯) and western drugs in patients with the common cold.

**2. Design**

Randomized controlled trial (RCT).

**3. Setting**

Two hospitals and four clinics, Japan.

**4. Participants**

Patients with the common cold.

**5. Intervention**

The study duration was 15 years.

Arm 1: Tsumura Maobushisaishinto (麻黄附子細辛湯) Extract Granules (TJ-127), n=879.

Arm 2: Western drugs for the common cold, n=879.

**6. Main outcome measures**

Various subjective symptoms (i.e. fever, headache, chill etc.).

**7. Main results**

In various assessments, maobushisaishinto was more effective than western drugs.

**8. Conclusions**

Administration of maobushisaishinto is efficacious for the common cold syndrome.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

Not documented.

**11. Abstractor's comments**

The methodology and the subjects in this randomized controlled trial were not described. "Cough-improvement effect" is mentioned only in the title, but not in the text. Considering the short time course of the common cold syndrome, it is unclear why the randomized controlled study has been conducted for the past 15 years and continues even now.

**12. Abstractor and date**

Fujisawa M, 22 February 2009, 1 June 2010.