

Skin Diseases

Reference

Furue M, Tanaka Y, Kobayashi H, et al. Efficacy of Kanebo Hochuekkito in patients with atopic dermatitis with “*qikyo*” – a multicenter, double-blind trial*. *Arerugi (Japanese Journal of Allergology)*. 2005; 54: 1020 (in Japanese). [MOL](#), [MOL-Lib](#)

1. Objectives

To assess the efficacy of hochuekkito (補中益気湯) for the treatment of atopic dermatitis.

2. Design

Randomized controlled trial (RCT).

3. Setting

Three university hospitals.

4. Participants

Patients with atopic dermatitis and “*qikyo*” (気虚, qi deficiency), n=77.

5. Intervention

Arm 1: hochuekkito (補中益気湯) group. Oral administration of Kanebo Hochuekkito (補中益気湯) Extract Fine Granules (KB-41) 7.5 g/day in two divided doses.(n=37)

Arm 2: placebo group. Oral administration of placebo 7.5 g/day in two divided doses.(n=40)

Duration of administration and observation was 24 weeks for both arms.

6. Main outcome measures

Skin lesion score (according to Japanese Dermatology Association criteria), and change in the dosage of topical steroid and topical tacrolimus hydrate used.

7. Main results

The dosage of topical steroid and topical tacrolimus hydrate was significantly less in arm 1 than arm 2. The reduction in skin lesion score in arm 1 indicated nonsignificant improvement in these lesions when compared with arm 2.

8. Conclusions

Hochuekkito is effective in decreasing the amount of topical corticosteroid and topical tacrolimus hydrate used by patients with atopic dermatitis.

9. From Kampo medicine perspective

“*Qikyo*” was one of the inclusion criteria for enrollment in this trial. Changes in “*qikyo*” scores were not significantly different between the two arms.

10. Safety assessment in the article

Although the authors mention that “safety (including biochemical tests) was assessed,” the results of this assessment are not described.

11. Abstractor’s comments

This paper provides objective data on the efficacy of hochuekkito as an adjunctive therapy for atopic dermatitis.

12. Abstractor and date

Kogure T, 15 June 2007, 1 April 2008.