

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

Ushiroyama T, Sakuma K, Ueki M, Efficacy of the Kampo medicine xiong-gui-tiao-xue-yin (kyuki-chouketsu-in), a traditional herbal medicine, in the treatment of maternity blues syndrome in the postpartum period. *The American Journal of Chinese Medicine* 2005; 33: 117-26. CENTRAL ID: CN-00515344, Pubmed ID: 15844839

**1. Objectives**

To confirm the efficacy of kyukichoketsuin (キユウ婦調血飲) for the “maternity blues.”

**2. Design**

Randomized controlled trial using sealed envelopes for allocation (RCT-envelope).

**3. Setting**

Osaka Medical College Hospital and associated facilities, Japan.

**4. Participants**

Two-hundred and sixty-eight puerperants who had a normal single delivery and no pregnancy toxemia, diabetes mellitus, premature rupture of the membrane, etc. They were randomized to either kyukichoketsuin group or control group.

**5. Intervention**

Arm 1: administration of 2.0 g of Kanebo Kyukichoketsuin (キユウ婦調血飲) t.i.d., n=134.

Arm 2: control group without treatment, n=134.

**6. Main outcome measures**

Four items (including mood swings, crying over 5 min, and irritation) as judged by questionnaire.

Depressive symptoms as judged on the Edinburgh Postpartum Depression Scale.

Maternity blues as judged on a self-rating maternity blues scale.

**7. Main results**

Within 3 weeks postpartum, the kyukichoketsuin group had significantly decreased incidences of moderate or severe depressive symptom, crying lasting over 5 minutes, irritation, and maternity blues. During 3 to 6 weeks postpartum, there was no significant difference between arms. The incidence of maternity blues, especially within 3 days postpartum, was decreased in the kyukichoketsuin group.

**8. Conclusions**

Kyukichoketsuin can be used to stabilize postpartum mood.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

No adverse drug reactions occurred.

**11. Abstractor's comments**

This study provides objective evidence for efficacy of kyukichoketsuin in the treatment of classic postpartum maternity blues. Maternity blues disappear within 3 weeks postpartum and are followed up without treatment in clinical practice. Thus, in emphasizing importance of postpartum care, this study seems significant. Further study results are expected.

**12. Abstractor and date**

Nakata H, 1 April 2008, 1 June 2010.