

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

Ushiroyama T, Sakuma K, Souen H, et al. Xiong-gui-tiao-xue-yin (kyuki-chouketsu-in), a traditional herbal medicine, stimulates lactation with increase in secretion of prolactin but not oxytocin in the postpartum period. *The American Journal of Chinese Medicine* 2007; 35: 195-202. CENTRAL ID: CN-00609546, Pubmed ID: 17436360

**1. Objectives**

To evaluate the postpartum lactation-promoting effect and safety of kyukichoketsuin (キユウ帰調血飲).

**2. Design**

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

**3. Setting**

Osaka Medical College Hospital, Japan.

**4. Participants**

Eighty-two women who had normal spontaneous delivery.

**5. Intervention**

Arm 1: TAIKODO Kyukichoketsuin (キユウ帰調血飲) Extract Granules (Kanebo) 2.0 g t.i.d. for 6 days, n=41.

Arm 2: methylergometerine maleate 0.375 mg/day in 3 divided doses for 6 days, n=41.

**6. Main outcome measures**

Amount of lactation, blood prolactin concentration.

**7. Main results**

The amount of lactation was significantly increased in arm 1 on day 4 to 276.5±21.4 g (compared with 155.3±61.2 g in arm 2;  $P<0.042$ ), on day 5 to 342.6±43.6 g (compared with 245.5±59.4 g in arm 2;  $P<0.038$ ), and on day 6 to 413.7±68.1 g (compared with 293.3±98.5 g in arm 2;  $P<0.046$ ). In addition, blood prolactin concentration was significantly elevated in arm 1 (compared with arm 2) on day 1 ( $P<0.037$ ) and 6 ( $P<0.0024$ ) after delivery.

**8. Conclusions**

Kyukichoketsuin may increase postpartum lactation.

**9. From Kampo medicine perspective**

Mentioned in discussion.

**10. Safety assessment in the article**

No adverse drug reactions occurred.

**11. Abstractor's comments**

While in Japan the RCT-envelope method of allocation often fails to maintain randomization, this study can suggest that kyukichoketsuin increases postpartum lactation. Kyukichoketsuin, also known as kyukihoketsuto, is considered to be effective for various postpartum symptoms including *qiketsukyoson* (気血虚損, qi and blood deficiencies), *hiikyojaku* (脾胃虚弱, hypofunctioning of spleen and stomach), *orofugyo* (悪露不行, lochiometra), *kyoketsukata* (去血過多, hypermenorrhea), *inshokusissetsu* (飲食失節, crapula), and *dokisoshō* (怒気相衝, anger) (In: *Wanbinghuichun* [萬病回春], *Recovery from All Ailments*).

**12. Abstractor and date**

Okabe T, 27 November 2008, 1 June 2010, 31 December 2013.