

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

Kawamura K. No difference between two brands of maoto and oseltamivir in the time required to clear influenza virus from the pharynx in type A influenza patients\*. *Nihon Shonika Rinsho (Japanese Journal of Pediatrics)* 2009; 62: 1855-61 (in Japanese). [MOL](#), [MOL-Lib](#)

**1. Objectives**

To evaluate the efficacy of two brands of maoto (麻黄湯) and oseltamivir in the time required to clear influenza virus from the pharynx in type A influenza patients.

**2. Design**

Quasi-randomized controlled trial (quasi-RCT).

**3. Setting**

One medical clinic, Japan.

**4. Participants**

One hundred and seventy-two influenza patients who tested positive for type A (quick diagnostic test kit) and whose throat swabs confirmed viral clearance from the pharynx.

**5. Intervention**

Arm 1: TEIKOKU (麻黄湯) Maoto Extract Granules (0.13–0.20 g/kg in three divided doses) for 1–6 days (n=64).

Arm 2: TSUMURA Maoto (麻黄湯) Extract Granules (0.11–0.21 g/kg in three divided doses) for 1–6 days (n=61).

Arm 3: Oseltamivir (2.1–4.4 mg/kg in two divided doses) for 1.5–5 days (n=47).

**6. Main outcome measures**

Defervescence period, general symptoms.

**7. Main results**

The mean defervescence period (hours) after taking medication (arm 3 [30.36 ± 20.96] vs arm 1 [45.73 ± 35.51] and arm 2 [53.90 ± 39.42];  $P < 0.01$ ), the mean fever period (hours) (arm 3 [45.79 ± 21.05] vs arm 1 [67.27 ± 37.88] and arm 2 [69.57 ± 39.76];  $P < 0.01$ ), and the period until disappearance of symptoms (hours) (arm 3 [48.47 ± 26.90] vs arm 1 [70.47 ± 41.99] and arm 2 [73.95 ± 43.01];  $P < 0.01$ ) were significantly shorter in arm 3. The period from onset to influenza virus clearance (hours) was similar in arm 1 (98.00 ± 31.83), arm 2 (101.72 ± 34.39) and arm 3 (95.91 ± 30.80) ( $P > 0.05$ ). The period from defervescence to influenza virus clearance (hours) was significantly shorter in arm 1 (31.73 ± 44.26) and arm 2 (32.15 ± 36.61) than in arm 3 (50.13 ± 32.84;  $P < 0.01$ ).

**8. Conclusions**

Oseltamivir clears fever and improves symptoms faster than maoto. TEIKOKU Maoto, TSUMURA Maoto, and oseltamivir have the same efficacy in clearing type A influenza virus from the pharynx. TEIKOKU Maoto and TSUMURA Maoto have the same efficacy in terms of defervescence period, symptomatic period, and period until clearance of type A influenza virus from the pharynx.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

Not mentioned.

**11. Abstractor's comments**

This study is a controlled clinical trial of the effectiveness of two brands of maoto and oseltamivir and measured the time required to clear influenza virus from the pharynx of patients with type A influenza virus. It is a quasi-randomized controlled trial in which drug treatments were allocated in the order of consultation. Oseltamivir reduced fever and improved symptoms faster than maoto. On the other hand, it is very interesting that oseltamivir and maoto had similar effectiveness in clearing influenza virus. The fact that there was no difference between the two brands of maoto verifies the homogeneity of Japanese Kampo preparations.

**12. Abstractor and date**

Okabe T, 31 December 2013.