

11. Gastrointestinal, Hepato-Biliary-Pancreatic Diseases**Reference**

Kori K, Oikawa T, Odaguchi H, et al. Go-rei-san, a Kampo medicine, reduces postoperative nausea and vomiting: A prospective, single-blind, randomized trial. *The Journal of Alternative and Complementary Medicine* 2013; 19: 946-50. CENTRAL ID: CN-00961902, Pubmed ID: 23837690

1. Objectives

To verify the inhibitory effect of goreisan (五苓散) on nausea and vomiting after surgery under general anesthesia.

2. Design

Randomized controlled trial (RCT).

3. Setting

One center: Department of Anesthesiology, Osaka Medical College Hospital, Japan.

4. Participants

Ninety-nine gynecological patients who underwent laparoscopic surgery under general anesthetic.

5. Intervention

Arm 1: TSUMURA Goreisan (五苓散) Extract Granules (2.5 g t.i.d.) administered before meals on the day before surgery (GRS group) (n=49).

Arm 2: The above extract granules were not administered (control group) (n=50).

6. Main outcome measures

At 3 and 24 hours after surgery, an evaluator who did not know which patients belonged to which groups scored the intensity of nausea during 0 to 3 hours and 0 to 24 hours after surgery using a verbal rating scale (VRS) between 0 and 10, and recorded the frequency of vomiting over the respective periods.

7. Main results

Nausea intensity scores (VRS scores) up to 24 hours after surgery were significantly lower in arm 1 (2.16 ± 2.70) than arm 2 (4.08 ± 3.17), the percentage of patients who vomited up to 24 hours after surgery was significantly lower in arm 1 (15 patients, 30.6%) than arm 2 (26 patients, 52.0%), and the frequency of vomiting was also significantly lower in arm 1 (0.51 ± 0.89) than arm 2 (1.06 ± 1.16).

8. Conclusions

Administering goreisan on the day before gynecological laparoscopic surgery under general anesthesia is useful for reducing postoperative nausea and vomiting.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

No goreisan-related adverse events occurred.

11. Abstractor's comments

This is a single blind randomized study into the clinical effects of goreisan aiming to verify its effectiveness for inhibiting nausea and vomiting after surgery under general anesthesia. It verified through a randomized controlled trial the previously known effectiveness of goreisan on nausea and vomiting. Being limited to gynecological laparoscopic surgery, the study did not elucidate the effects on males; however, the study does warrant certain appraisal. The results of future studies on whether or not it is effective for males, on administration for 5 to 7 days before surgery, and on the inhibitory effects on nausea and vomiting after non-gynecological surgery are therefore anticipated. The authors could not conduct a double blind trial using placebo because the extract manufacturer declined to provide a placebo, yet, hopefully in future it may be possible to use the extract in capsule form.

12. Abstractor and date

Ushiroyama T, 6 June 2015.