

9. Cardiovascular Diseases**Reference**

Nakae Y. Effectiveness of saireito in acute ischemic stroke. *Kampo to Saishin Chiryō (Kampo & the Newest Therapy)* 2013; 22: 329-32. Ichushi Web ID: 2014077192

1. Objectives

To evaluate the effectiveness of saireito (柴苓湯) for acute ischemic stroke.

2. Design

Randomized controlled trial (RCT).

3. Setting

Single facility (hospital neurology department).

4. Participants

Ninety-nine patients who gave verbal consent out of the acute ischemic stroke patients hospitalized between December 2010 and December 2011.

5. Intervention

Arm 1: Saireito administration group: TSUMURA Saireito (柴苓湯) Extract Granules (3g t.i.d.) administered after each meal for two weeks (n=43).

Arm 2: Non-administration group (n=56)

6. Main outcome measures

NIHSS (National Institutes of Health Stroke Scale) and mRS (modified Rankin Scale) comparison.

7. Main results

The results of a questionnaire taken after the first week of hospitalization showed that symptoms had been significantly alleviated in the saireito administration group. The NIHSS scores showed significant improvement in the saireito administration group compared to the non-administration group after the second week of hospitalization ($P=0.020$). The mRS scores showed significant improvement in the saireito administration group compared to the non-administration group after the first week ($P=0.020$) and the second week ($P=0.011$) of hospitalization.

8. Conclusions

Saireito is effective for acute ischemic stroke.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

None.

11. Abstractor's comments

This study used the NIHSS and the mRS to evaluate the effectiveness of saireito in acute ischemic stroke. It showed that saireito has a certain effect on symptoms after stroke. Much of saireito's mechanism of action has not been elucidated, so comparing the scores for each item may provide clues to its mechanism of action, such as whether it is more effective for lower or upper limb symptoms.

12. Abstractor and date

Nakata H, 31 March 2017