

21. Others

Reference

Yokota H, Kanazawa H, Kondo T, et al. New colon preparation using the Kampo herb method (daio-kanzo-to). *Therapeutic Research* 1989; 10: 1637–43 (in Japanese with English abstract).

1. Objectives

To clinically evaluate the efficacy of a new colon preparation for colonoscopy using daiokanzoto (大黃甘草湯).

2. Design

Randomized controlled trial (RCT).

3. Setting

One general hospital, Japan.

4. Participants

Sixty patients undergoing colonoscopy for lower gastrointestinal complaints.

5. Intervention

Arm 1: TSUMURA Daiokanzoto (大黃甘草湯) Extract Granules 7.5 g/day from 2 days before colonoscopy (n=30).

Arm 2: modified Brown method (n=30).

6. Main outcome measures

Degree of colonic irrigation (3-point scale), comprehensive evaluation (physician's impression, 4-point scale).

7. Main results

The degree of colonic irrigation was good in 90% and 30%, fair in 10% and 60%, and poor in 0% and 10% of patients in arm 1 and arm 2, respectively. Comprehensive evaluation was excellent in 83.3%, good in 6.7%, fair in 10% and poor in 0% of patients in arm 1.

8. Conclusions

Daiokanzoto is superior to the modified Brown method of colonic preparation for colonoscopy.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

No patients in arm 1 had nausea, vomiting, or abdominal pain but 1 patient had bloated feeling, while 6, 2, 6, and 1 patient in arm 2 had nausea, vomiting, abdominal pain, and bloated feeling, respectively.

11. Abstractor's comments

This study deserves praise for developing a new pretreatment method for colonoscopy using daiokanzoto and performing an RCT that compared it with the conventional method. However, statistical analysis of the data is warranted since the study's between-arm comparison was insufficient.

12. Abstractor and date

Kogure T, 8 August 2008, 1 June 2010.