

14. Genitourinary Tract Disorders (including Climacteric Disorders)**Reference**

Ohkawa T, Ebisuno S, Watanabe T. Urological diseases and Kampo medicine*. *Dai 23 Kai Nihon Igakkai Sokai Sateraito Shinpojiumu Nihon Toyo Igakkai Rinsho Kampo Kenkyukai Koen Naiyo Shu (Proceedings of the Meeting for Clinical Kampo Medicine of the Japan Society for Oriental Medicine, the Satellite Symposium of the 23rd General Assembly of the Japan Medical Congress) 1992: 22–39 (in Japanese).*

1. Objectives

To evaluate the efficacy of choreito (猪苓湯) and choreitogoshimotsuto (猪苓湯合四物湯) for relieving nonspecific lower urinary tract complaints.

2. Design

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

3. Setting

One university hospital (Department of Urology, Wakayama Medical University), Japan.

4. Participants

Three-hundred and sixty-four patients with nonspecific lower urinary tract complaints.

5. Intervention

Arm 1: choreito (猪苓湯) (manufacturer not specified) for 4 weeks (n=150).

Arm 2: choreitogoshimotsuto (猪苓湯合四物湯) (manufacturer unknown) for 4 weeks (n=152).

Arm 3: placebo for 4 weeks (n=61).

6. Main outcome measures

Incomplete emptying, voiding discomfort, nocturnal urinary frequency, and voiding pain.

7. Main results

The analysis population consisted of 137, 134, and 50 patients in arm 1, arm 2, and arm 3, respectively. Nonspecific complaints were quantified by scoring incomplete emptying and other symptoms. Relief of nonspecific lower urinary tract complaints was significantly greater in arm 1 than in arm 3 ($P<0.02$), significantly greater in arm 2 than in arm 3 ($P<0.05$), but not significantly different between arm 1 and arm 2.

8. Conclusions

Choreito and choreitogoshimotsuto appears to have efficacy for relieving nonspecific lower urinary tract complaints.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

Although using sealed envelopes for allocation is likely to have compromised randomization, this clinical trial demonstrated the efficacy of choreito and choreitogoshimotsuto for relieving nonspecific lower urinary tract complaints. Future RCT is expected to apply improved methods of randomized allocation, and statistical processing using more objective variables and a larger control group.

12. Abstractor and date

Okabe T, 28 August 2008, 1 June 2010, 31 December 2013.