2. Cancer (Condition after Cancer Surgery and Unspecified Adverse Drug Reactions of Anti-cancer Drugs)

Reference

Inui H, Yamagata T, Minakata Y, et al. Prevention of side effects during lung cancer chemotherapy by Hochuekki-to. *Kampo to Saishin-chiryo* (*Kampo & the Newest Therapy*) 1993; 2: 56–60 (in Japanese).

1. Objectives

To evaluate the preventive and relieving effect of hochuekkito (補中益気湯) on general malaise in patients undergoing chemotherapy (including cisplatin for 5 days) for advanced primary lung cancer.

2. Design

Cross over randomized controlled trial (RCT-cross over).

3. Setting

One hospital, Japan.

4. Participants

Nine patients with advanced (stage III–IV) lung cancer (small cell [n=4] and non-small cell [n=5]) who underwent gross curative resection and postoperative cisplatin + etoposide and postoperative cisplatin + mitomycin + vindesine, respectively.

5. Intervention

Arm 1: hochuekkito (補中益気湯) (manufacturer unknown) 2.5 g t.i.d. in combination in the first course and anticancer drugs alone in the second course.

Arm 2: anticancer drugs alone in the first course and hochuekkito (補中益気湯) (manufacturer unknown) 2.5 g/day in combination in the second course.

Comparison between anticancer drugs alone and hochuekkito (補中益気湯) (manufacturer unknown) 2.5 g t.i.d. in combination.

6. Main outcome measures

Subjective symptoms (appetite, mood, sleep, general malaise, daily life, and face scale) with and without hochuekkito rated on a 5-point scale and recorded in a quality of life diary for 3 weeks. CD4/8 and NK activity before and after administration of hochuekkito.

7. Main results

General malaise, mood, and appetite showed a tendency for improvement during administration of hochuekkito. There were no significant between-arm differences in CD4/8 or NK activity.

8. Conclusions

Hochuekkito administered during chemotherapy for lung cancer relieves and improves mood and general malaise.

9. From Kampo medicine perspective

The *sho* (証, pattern) concept was not used as a rationale for inclusion or exclusion and was not discussed, although “calculation based on the Kampo score questionnaire revealed 7 patients with *kyosho* (虚証, deficiency pattern) and 2 patients with *chukansho* (中間証, intermediate pattern).”

10. Safety assessment in the article

None.

11. Abstractor’s comments

Despite the lack of statistically significant differences, the authors concluded that hochuekkito may be used to relieve and improve adverse reactions to anticancer drugs (cisplatin +α). The bar chart showing the severity of each symptom is meaningless. Although “the data were compared by sign test,” the analysis seems to be incorrect.

12. Abstractor and date

Hoshino E, 24 April 2009, 1 June 2010, 31 December 2013.