

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

Kinoshita H, Kanaya H, Yamamoto S, et al. Effects of Chinese herbal medicine in promoting the spontaneous discharge of upper urinary tract stones after ESWL. *Nishinohon Hinyokika (The Nishinohon Journal of Urology)* 1993; 55: 61–6 (in Japanese with English abstract).

1. Objectives

To evaluate the efficacy of choreitogoshimotsuto (猪苓湯合四物湯) + shakuyakukanzoto (芍薬甘草湯) for promoting the spontaneous discharge of upper urinary tract stones after extracorporeal shock wave lithotripsy.

2. Design

Randomized controlled trial (RCT).

3. Setting

One hospital, Japan.

4. Participants

Sixty-one postoperative patients undergoing extracorporeal shock wave lithotripsy for upper urinary tract stones (72 stones).

5. Intervention

Arm 1: TSUMURA Shakuyakukanzoto (芍薬甘草湯) Extract Granules 5 g/day + TSUMURA Choreitogoshimotsuto (猪苓湯合四物湯) Extract Granules 7.5 g/day for at least 3 months, 35 stones.

Arm 2: no administration, 37 stones.

6. Main outcome measures

Cumulative stone clearance rate.

7. Main results

The cumulative stone clearance rate at 30 and 90 postoperative days was significantly higher in arm 1 (65.7% and 82.9%, respectively) than in arm 2 (47.2% and 61.1%, respectively; $P < 0.05$) and higher in the renal pelvis/calix and uteropelvic junction of arm 1 than in the renal pelvis/calix and uteropelvic junction of arm 2.

8. Conclusions

The choreitogoshimotsuto + shakuyakukanzoto combination promotes the spontaneous discharge of upper urinary tract stones after extracorporeal shock wave lithotripsy.

9. From Kampo medicine perspective

Mentioned in the discussion section of the reference.

10. Safety assessment in the article

There were no adverse reactions.

11. Abstractor's comments

This study suggests the efficacy of choreitogoshimotsuto + shakuyakukanzoto for promoting the spontaneous discharge of upper urinary tract stones after extracorporeal shock wave lithotripsy. RCT using the *zuisho* (随証, based on pattern) approach to Kampo medicine may verify even higher efficacy. Future studies are expected.

12. Abstractor and date

Okabe T, 26 August 2008, 1 June 2010, 31 December 2013.