

**10. Respiratory Diseases (including Influenza and Rhinitis)****Reference**

Mori H. Comparative study of Kampo preparations sho-seiryu-to and ryokankyomishingenin-to for nasal allergy. *Therapeutic Research* 1996; 17: 3691-6 (in Japanese with English abstract). [MOL](#), [MOL-Lib](#)

**1. Objectives**

To evaluate the effects of shoseiryuto (小青竜湯) and ryokankyomishingeninto (苓甘姜味辛夏仁湯) on spring nasal allergy (pollinosis).

**2. Design**

Quasi-randomized controlled trial (quasi-RCT).

**3. Setting**

One hospital and two clinics, Japan.

**4. Participants**

Forty-one patients who were first diagnosed with pollinosis from January 25, 1996 to April 1, 1996.

**5. Intervention**

Arm 1: TSUMURA Ryokankyomishingeninto (苓甘姜味辛夏仁湯) Extract Granules 2.5 g t.i.d., 20 patients enrolled, 15 patients analyzed.

Arm 2: TSUMURA Shoseiryuto (小青竜湯) Extract Granules 3.0 g t.i.d., 21 patients enrolled, 15 patients analyzed.

Group assignment in the order of receipt; concomitant use of Intal Nasal Drops (sodium cromoglycate) for severe symptoms.

**6. Main outcome measures**

Improvement in sneezing, runny nose, and nasal congestion.

**7. Main results**

There was no significant between-arm improvement in sneezing, runny nose, or nasal congestion.

Improvement was mild or better in 66.7% and 80.0% of patients in Arms 1 and 2, respectively, indicating no significant between-arm difference.

**8. Conclusions**

Ryokankyomishingeninto and shoseiryuto have similar efficacy for pollinosis, but shoseiryuto has more efficacy for nasal congestion.

**9. From Kampo medicine perspective**

*Kyo-sho* (虚証, deficiency pattern) patients were excluded.

**10. Safety assessment in the article**

One patient treated with ryokankyomishingeninto developed leg edema and gained body weight but had no abnormal hematology findings. Shoseiryuto was not associated with any problems.

**11. Abstractor's comments**

Dr. Mori has published several articles comparing Kampo preparations with shoseiryuto as control in the treatment of pollinosis. Clarification of the differences in the characteristics of Kampo preparations based on these data would be a great help to those who practice Kampo medicine.

**12. Abstractor and date**

Fujisawa M, 13 October 2008, 6 January 2010, 1 June 2010.