

18. Symptoms and Signs**Reference**

Yoshikawa H, Ikeuchi T, Kai Y. Clinical effects of kyuki-kyogai-to and sairei-to for essential microscopic hematuria. *Kampo to Saishin-chiryō (Kampo & the Newest Therapy)* 1997; 6: 55-8 (in Japanese).

1. Objectives

To evaluate the efficacy and safety of kyukikyogaito (芎歸膠艾湯) and saireito (柴苓湯) for essential microscopic hematuria.

2. Design

Randomized controlled trial (RCT).

3. Setting

Not mentioned (the authors belong to Showa University Fujigaoka Hospital and Ryokuseikai Yokohama General Hospital), Japan.

4. Participants

Sixty-eight female patients with essential microscopic hematuria who had no subjective symptoms, showed hematuria on analysis of urine obtained by urethral catheterization (according to the criteria proposed by Kai et al.), and had no abnormal findings on urological examinations.

5. Intervention

Arm 1: treatment with TSUMURA Kyukikyogaito (芎歸膠艾湯) Extract Granules 3.0 g t.i.d. for 4 weeks (n=26).

Arm 2: treatment with TSUMURA Saireito (柴苓湯) Extract Granules 3.0 g t.i.d. for 4 weeks (n=19).

Arm 3: no treatment (n=23).

6. Main outcome measures

The degree of microscopic hematuria induced by urethral catheterization.

7. Main results

The improvement in hematuria was “marked” in 34.6%, “moderate” in 38.5%, “unchanged” in 23.1%, and “worse” in 3.8% of patients in arm 1, compared with 0, 26.1, 52.2, and 21.7%, respectively, in arm 3; the improvement was significantly greater in arm 1 ($P<0.0002$). The improvement in arm 2 (26.3, 31.6, 42.1, and 0%) was significantly greater than that in arm 3 ($P<0.0045$). There was no significant difference in the improvement of hematuria between arm 1 and arm 2.

8. Conclusions

Kyukikyogaito and saireito are suggested to improve essential microscopic hematuria in women.

9. From Kampo medicine perspective

This issue was referred to in the discussion section.

10. Safety assessment in the article

No adverse drug reactions occurred.

11. Abstractor’s comments

This is a valuable controlled clinical trial that demonstrated the effects of kyukikyogaito and saireito on essential microscopic hematuria in women. As the authors point out, each prescription for two different *sho* (証, pattern) has a different mechanism of action. A higher efficacy will probably be demonstrated in an RCT of the treatment according to *sho*.

12. Abstractor and date

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