

## 21. Others

### Reference

Sugihara N. Effectiveness of shakuyaku-kanzo-to as a pretreatment for upper digestive tract endoscopic examination. *Kampo Shinryo* 1999; 18: 17-9 (in Japanese).

#### 1. Objectives

To evaluate the efficacy of pretreatment with shakuyakukanzoto (芍薬甘草湯) for upper gastrointestinal tract endoscopy.

#### 2. Design

Quasi-randomized controlled trial (quasi-RCT).

#### 3. Setting

Single facility (clinic), Japan.

#### 4. Participants

Fifty-eight subjects who underwent endoscopy.

#### 5. Intervention

Arm 1: shakuyakukanzoto (芍薬甘草湯) group (oral administration of 80 mg of dimethicone syrup followed by 5.0 g of shakuyakukanzoto (芍薬甘草湯) extract granules) (n=11).

Arm 2: anticholinergic drug group (oral administration of 80 mg of dimethicone syrup followed by subcutaneous injection of 40 mg of scopolamine butylbromide) (n=28).

#### 6. Main outcome measures

Symptoms during endoscopy (pain evaluated subjectively on a visual analogue scale), peristalsis (Niwa's classification).

#### 7. Main results

Among those under 70 years, the anticholinergic drug was significantly superior to shakuyakukanzoto in suppression of peristalsis, but was more frequently associated with experience of pain/discomfort.

#### 8. Conclusions

Shakuyakukanzoto provides as much pain relief as the anticholinergic drug.

#### 9. From Kampo medicine perspective

None.

#### 10. Safety assessment in the article

Not mentioned.

#### 11. Abstractor's comments

Of 58 subjects, only 39 were actually assigned to either group (arm 1, n=11; arm 2, n=28). This sample size seems to be slightly too small to evaluate efficacy.

#### 12. Abstractor and date

Kogure T, 15 June 2007, 1 April 2008.