

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

Shimazaki Y, Mori H, Kurata H, et al. Comparative study of Kampo preparations sho-sei-ryu-to and go-ko-to for nasal allergy and allergic conjunctivitis in spring. *Therapeutic Research* 2001; 22: 2385-91 (in Japanese with English abstract). Ichushi Web ID: 2002138087 [MOL](#), [MOL-Lib](#)

**1. Objectives**

To compare the effects of shoseiryuto (小青竜湯) and gokoto (五虎湯) in subjects with nasal allergy and allergic conjunctivitis in spring.

**2. Design**

Quasi-randomized controlled trial (quasi-RCT).

**3. Setting**

One hospital and four clinics, Japan.

**4. Participants**

Patients with nasal allergy and allergic conjunctivitis in spring who had increased nasal eosinophil count and high IgE level, n=116.

**5. Intervention**

Patients who visited the setting of this study for the first time between 31 January 2000 and 10 April 2000 were recruited. Patients with severe symptoms were treated with Intal (sodium cromoglicate) nasal drops and eye drops. Assessments were done after two weeks of administration of one of the following.

Arm 1: Tsumura Gokoto (五虎湯) Extraction Granules 2.5 g, t.i.d., n=58.

Arm 2: Tsumura Shoseiryuto (小青竜湯) Extraction Granules 3.0 g, t.i.d., n=58.

**6. Main outcome measures**

Nasal symptoms: sneezing, discharge, and obstruction. Ocular symptoms: eyelid itching, tearing, eye discharge, and orbital pain.

**7. Main results**

Ten subjects in arm 1 and 17 in arm 2 who stopped visiting hospital/clinic and 1 subject in arm 1 who discontinued drug administration because of adverse effect were excluded. Though not significantly different between arms, the efficacy rates were higher in arm 2 for all outcome measures except eye discharge and orbital pain, which were higher in arm 1.

**8. Conclusions**

There was no significant between-arm difference in treatment usefulness, with usefulness in 70.8% of arm 1 and 80.5% of arm 2 was characterized as moderate or more than moderate.

**9. From Kampo medicine perspective**

Subjects with *kyosho* (虚証, deficiency pattern) were excluded because shoseiryuto and gokoto are used to treat subjects with *jitsusho* (実証, excess pattern) or *chukansho* (中間証).

**10. Safety assessment in the article**

Adverse effects included dry mouth (n=5), abdominal pain (n=1), hard stool (n=1), palpitation (n=1, excluded from analysis) in arm 1, and dry mouth (n=1) and constipation (n=1) in arm 2.

**11. Abstractor's comments**

The authors also compare Kampo drugs for allergic rhinitis or nasal allergy and allergic conjunctivitis in spring in several previous papers, which should be read together.

**12. Abstractor and date**

Fujisawa M, 15 January 2009, 1 June 2010.