

15. Ante/Post-partum Diseases**References**

Sakuma K, Ushiroyama T, Akise D, et al. Clinical efficacy of kyukichoketsuin for regulation of puerperal psychosomatic functions. *Sanfujinka no Shinpo (Advances in Obstetrics and Gynecology)* 2002; 54: 80-6 (in Japanese with English abstract). Ichushi Web ID: 2002151144 [MOL](#), [MOL-Lib](#)

Ushiroyama T, Sakuma K, Souen H, et al. Therapeutic effects of kyuki-choketsu-in in restoring postpartum physical condition. *The American Journal of Chinese Medicine* 2003; 31: 437-44. CENTRAL ID: CN-00457564, Pubmed ID: 12943174

1. Objectives

To evaluate the efficacy and safety of kyukichoketsuin (キユウ婦調血飲) for puerperal psychosomatic disorder.

2. Design

Randomized controlled trial using sealed envelopes for allocation (RCT-envelope).

3. Setting

Osaka Medical College Hospital and associated facilities, Japan.

4. Participants

One-hundred and seventy-one women who had a normal delivery.

5. Intervention

Arm 1: daily administration of 6.0 g/day of Kanebo Kyukichoketsuin (キユウ婦調血飲) Extract Fine Granules for up to 1 month from the day of delivery (n=85).

Arm 2: administration of 0.375 mg/day of ergometrine (n=86).

6. Main outcome measures

Length of uterine fundus, blood hemoglobin concentration, body temperature, and amount of lactation measured 1 to 6 days postpartum.

Lochia, lactation, and mental state evaluated by questionnaire.

7. Main results

In arm 1, uterine contraction on postpartum day 5 was significantly greater, blood hemoglobin concentration was significantly higher, and mean amount of lactation was significantly increased from postpartum day 4 onward. The number of patients with subjectively rated depression in arm 1 was approx. half that in arm 2.

8. Conclusions

Kyukichoketsuin is more effective than ergometrine for some patients with puerperal psychosomatic symptomatology.

9. From Kampo medicine perspective

The crude-drug components of kyukichoketsuin associated with oxytocic, lactogenic, or psychotropic activity are mentioned in the discussion.

10. Safety assessment in the article

No adverse drug reactions occurred in either arm.

11. Abstractor's comments

In Japan, randomization by the RCT-envelope method tends not to be maintained. This study suggests the partial efficacy of kyukichoketsuin for some patients with puerperal psychosomatic symptoms. Kyukichoketsuin is also known by a name of kyukihoketsuto and considered to be effective for various postpartum symptoms including *qiketsukyoson* (気血虚損, qi and blood deficiencies), *hiikyojaku* (脾胃虚弱, hypofunctioning of the spleen and stomach), *orofugyo* (悪露不行, lochiometra), *kyoketsukata* (去血過多, hypermenorrhea), *inshokusissetsu* (飲食失節, crapula), and *dokisosho* (怒気相衝, anger) (In: *Wanbinghuichun* [萬病回春]: *Recovery from All Ailments*).

12. Abstractor and date

Okabe T, 15 June 2007, 1 April 2008, 1 June 2010, 31 December 2013.