9. Cardiovascular Diseases

Reference

1. Objectives
To evaluate the effectiveness and safety of goreisan (五苓散) after chronic subdural hematoma surgery in elderly people.

2. Design
Randomized controlled trial (RCT).

3. Setting
Department of Neurosurgery, Kuroishi General Hospital, Japan.

4. Participants
Forty-three elderly people over 70 years who underwent surgery (trephining) for symptomatic chronic subdural hematoma between January and August 2009.

5. Intervention
Administration continued for 1 month from the day after surgery.
Arm 1: goreisan (五苓散) (manufacturer not identified) 7.5 g/day (administration frequency not indicated) (n=22).
Arm 2: no treatment (n=21).
Steroids, glyceol, or hemostatics were not used in combination.

6. Main outcome measures
Changes in the hematoma were compared using CT scan 7, 14, and 28 days after surgery.

7. Main results
The age range was 73–89 years, and the between-group differences in gender or age were insignificant. The rate of hematoma shrinkage was greater in arm 1 than arm 2, especially between the 7th and 14th days (statistical significance not specified). Repeat surgery was required for 2 of the 22 participants in arm 1 (9%) and 5 of the 21 participants in arm 2 (24%), however, there was no significant between-group difference.

8. Conclusions
Goreisan may be effective for prevention of recurrence following chronic subdural hematoma surgery.

9. From Kampo medicine perspective
None.

10. Safety assessment in the article
No complications from goreisan were observed.

11. Abstractor’s comments
This is a novel clinical study that investigated the effects of goreisan in preventing recurrence in elderly after chronic subdural hematoma surgery. The study was conducted to investigate goreisan’s effects in preventing recurrence of postoperative chronic subdural hematoma, because it had been suggested that goreisan was effective for non-surgical cases of the condition. However, the study was presented as an abstract at a seminar, so unfortunately no details of the methods and results are included. In addition, it is an interim report, as the title indicates, so at the time it was written, it could report no significant difference recurrence rate between the goreisan group and the control group. The authors will hopefully continue with their research because the possibility remains that enlarging the sample groups will elucidate the effectiveness of goreisan, as the authors mention in their abstract. Goreisan has few adverse effects, so once it is established that it is effective for the prevention of recurrence after surgery in elderly cases of chronic subdural hematoma, a new therapeutic domain will have opened up for Kampo medicines in the field of neurosurgery. This is, therefore, a very important clinical study that holds much interest.

12. Abstractor and date
Goto H, 31 December 2012