

11. Gastrointestinal, Hepato-Biliary-Pancreatic Diseases**Reference**

Shiratori M, Shoji T, Kanazawa M, et al. Effect of rikkunshito on gastric sensorimotor function under distention. *Neurogastroenterology & Motility* 2011; 23: 323-9, e155-6. Pubmed ID: 21175995

1. Objectives

To evaluate the effects of rikkunshito (六君子湯) on gastric contraction and expansion.

2. Design

Crossover randomized controlled trial (RCT-cross over).

3. Setting

Tohoku University Hospital, Japan.

4. Participants

Nine healthy volunteers.

5. Intervention

Participants were randomly assigned to either arm 1 or arm 2.

Arm 1: gastric pressure measured after observation for 2 weeks without administration and then after taking 7.5 g/day of TSUMURA Rikkunshito (六君子湯) Extract Granules for 2 weeks. Number of subjects: not reported.

Arm 2: gastric pressure measured after taking 7.5 g/day of TSUMURA Rikkunshito Extract (六君子湯) Granules for 2 weeks and then after observation for 2 weeks without administration. Number of subjects: not reported.

6. Main outcome measures

Gastric pressure measurements using a gastric barostat before and after imposition of stress.

7. Main results

Reduction in gastric volume due to stress was observed before or after but not during the period of rikkunshito administration. Pressure thresholds for epigastric bloating and for pain were lower during rikkunshito administration, regardless of stress imposition.

8. Conclusions

Rikkunshito may improve changes in gastric wall tone caused by stress or anxiety.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

This article demonstrates the potential of rikkunshito in helping to control overeating when stress is not present, and in preventing appetite reduction when stress is present. Unfortunately, however, the authors did not report the number of subjects in each group. It is significant that the study used the objective measure of gastric pressure to assess the specific effects of rikkunshito on gastric contraction and expansion.

12. Abstractor and date

Nakata H, , 31 December 2012.