11. Gastrointestinal, Hepato-Biliary-Pancreatic Diseases

Reference

1. Objectives
To verify the inhibitory effect of goreisan (五苓散) on nausea and vomiting after surgery under general anesthesia.

2. Design
Randomized controlled trial (RCT).

3. Setting
One center: Department of Anesthesiology, Osaka Medical College Hospital, Japan.

4. Participants
Ninety-nine gynecological patients who underwent laparoscopic surgery under general anesthetic.

5. Intervention
Arm 1: TSUMURA Goreisan (五苓散) Extract Granules (2.5 g t.i.d.) administered before meals on the day before surgery (GRS group) (n=49).
Arm 2: The above extract granules were not administered (control group) (n=50).

6. Main outcome measures
At 3 and 24 hours after surgery, an evaluator who did not know which patients belonged to which groups scored the intensity of nausea during 0 to 3 hours and 0 to 24 hours after surgery using a verbal rating scale (VRS) between 0 and 10, and recorded the frequency of vomiting over the respective periods.

7. Main results
Nausea intensity scores (VRS scores) up to 24 hours after surgery were significantly lower in arm 1 (2.16 ± 2.70) than arm 2 (4.08 ± 3.17), the percentage of patients who vomited up to 24 hours after surgery was significantly lower in arm 1 (15 patients, 30.6%) than arm 2 (26 patients, 52.0%), and the frequency of vomiting was also significantly lower in arm 1 (0.51 ± 0.89) than arm 2 (1.06 ± 1.16).

8. Conclusions
Administering goreisan on the day before gynecological laparoscopic surgery under general anesthesia is useful for reducing postoperative nausea and vomiting.

9. From Kampo medicine perspective
None.

10. Safety assessment in the article
No goreisan-related adverse events occurred.

11. Abstractor’s comments
This is a single blind randomized study into the clinical effects of goreisan aiming to verify its effectiveness for inhibiting nausea and vomiting after surgery under general anesthesia. It verified through a randomized controlled trial the previously known effectiveness of goreisan on nausea and vomiting. Being limited to gynecological laparoscopic surgery, the study did not elucidate the effects on males; however, the study does warrant certain appraisal. The results of future studies on whether or not it is effective for males, on administration for 5 to 7 days before surgery, and on the inhibitory effects on nausea and vomiting after non-gynecological surgery are therefore anticipated. The authors could not conduct a double blind trial using placebo because the extract manufacturer declined to provide a placebo, yet, hopefully in future it may be possible to use the extract in capsule form.

12. Abstractor and date
Ushiroyama T, 6 June 2015.