

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

Kuwamura A, Komazawa N, Takahashi R, et al. Preoperative oral administration of kikyoto, a Kampo medicine, alleviates postoperative sore throat: a prospective, double-blind, randomized study. *Journal of Alternative and Complementary Medicine* 2016; 22: 294-7. CENTRAL ID: CN-01153279, Pubmed ID: 27028745

1. Objectives

To evaluate the effectiveness of kikyoto (桔梗湯) for postoperative sore throat.

2. Design

Double-blind randomized controlled trial (DB-RCT)

3. Setting

One hospital

4. Participants

Seventy adult female patients, either healthy or with slight underlying disease, who underwent surgery under general anesthetic.

5. Intervention

Arm 1: TSUMURA Kikyoto (桔梗湯) Extract Granules 2.5g taken before sleep on the night before surgery, and in the morning on the day of surgery (n=35).

Arm 2: Non-administration group (n=35)

6. Main outcome measures

Sore throat and nausea, immediately after and at 3 and 24 hours after waking from anesthesia recovery.

7. Main results

A significant reduction in the occurrence of sore throat immediately after anesthesia recovery ($p=0.02$), and a declining trend in sore throat 3 hours after ($p=0.16$) were observed in the kikyoto group. A reduction in sore throat intensity was also found immediately after recovery ($p=0.02$) and 3 hours after ($p=0.05$) in the kikyoto group. No significant difference in nausea was observed in the 2 groups during monitoring.

8. Conclusions

Sore throat from surgery under anesthesia may be alleviated by administering kikyoto before surgery.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

No significant difference between the 2 groups in critical events or nausea, etc. was observed.

11. Abstractor's comments

Alleviating wound pain and sore throat after surgery is a very important matter. This is an interesting clinical study designed to alleviate sore throat after surgery under anesthesia by administering kikyoto before surgery. Given that the participants in this study were female patients, further research into the effects of kikyoto on sore throat in male patients is advisable.

12. Abstractor and date

Kato Y, 18 May 2020.