

12. Skin Diseases

References

Murota H, Azukizawa H, Katayama I. Impact of Jumihaidokuto (Shi-Wei-Bai-Du-Tang) on treatment of chronic spontaneous urticaria: a randomized controlled study. *Chinese Journal of Integrative Medicine* 2017; 1-5. doi: 10.1007/s11655-017-2950-6 CENTRAL ID: CN-01404751, Pubmed ID: 28819778

1. Objectives

To evaluate the efficacy of jumihaidokuto (十味敗毒湯) on urticaria

2. Design

Randomized controlled trial (RCT)

3. Setting

One university hospital, Japan

4. Participants

Twenty-one patients who met the diagnostic criteria for urticaria in the guideline set by the Japanese Dermatological Association

5. Intervention

Arm 1: administration of Kracie Jumihaidokuto (十味敗毒湯) 6.0 g/day (3.0 g b.i.d.) plus an antihistamine for 8 weeks (n=11)

Arm 2: administration of an antihistamine alone for 8 weeks (n=10)

6. Main outcome measures

Primary endpoint: Urticaria severity score proposed by the Japanese Dermatological Association

Secondary endpoints: Comparison of itch VAS score, scores from a brief questionnaire about itch and skin condition, and QOL (Skindex-16 score)

7. Main results

The urticaria severity score at 8 weeks of the treatment was significantly lower in Arm 1 than in Arm 2 ($P<0.01$). The itch VAS score did not significantly differ between the two arms. The brief questionnaire results showed significant improvement of itch and skin condition in Arm 2 ($P<0.05$). The Skindex-16 results showed no significant differences between the two arms for all symptoms.

8. Conclusion

In patients with refractory chronic urticaria, jumihaidokuto may be effective treatment.

9. From Kampo medicine perspective

None

10. Safety assessment in the article

No adverse events were noted.

11. Abstractor's comments

Refractory chronic urticaria impairs the quality of life of the patients. For urticaria that does not improve with antihistamines, concomitant use of jumihaidokuto is considered to be an effective approach. The itch VAS score analysis in this study did not show a significant difference, but graphically, tended to favor jumihaidokuto use. Thus, further studies with larger sample sizes are desired.

From the viewpoint of Oriental medicine, spleen deficiency may play a role in the background of chronic urticaria. Thus, dietary advice and prescription of medicine that can promote gastrointestinal function may warrant investigations.

12. Abstractor and date

Nakata H, 1 June 2020.