## 5. Psychiatric/Behavioral Disorders

**Reference**

Kaneko H, Nakanishi K, Murakami A, et al. Clinical evaluation of combination treatment of hatimi-zio-gan and Red Ginseng powder on unidentified clinical complaints - estimation of double blind comparative study in many hospitals -. *Therapeutic Research* 1989; 10:4951–65 (in Japanese). Ichushi Web ID: 1991057823 MOL, MOL-Lib

**1. Objectives**

To clinically evaluate the symptom-relieving effects of hachimijiogan (八味地黄丸) alone, kojin (紅参) alone, or in combination in elderly patients with underlying chronic disease.

**2. Design**

Double-blind randomized controlled trial using sealed envelopes for allocation (DB-RCT-envelope).

**3. Setting**

Eleven facilities belonging to the Matsuyama Red Ginseng Research Group, mainly including Kaneko Heart Clinic, Japan.

**4. Participants**

Fifty-four inpatients or outpatients at the above facilities with underlying hypertension, cerebrovascular disorder, arteriosclerosis, diabetes mellitus, hyperlipidemia, etc.

**5. Intervention**

Arm 1: KOTARO Hachimiganryo (八味丸料) Extract Granules 1 sachet (3.0 g) t.i.d. (after meals) (8 males, 9 females).

Arm 2: CHEONG-KWAN-JANG Kojin (正官庄紅参) Powder 1 sachet (1.0 g) t.i.d. (after meals) (4 males, 15 females).

Arm 3: combination (mixture of 6.0 g of KOTARO Hachimiganryo (八味丸料) and 3.0 g of CHEONG-KWAN-JANG Kojin Powder), 3 g t.i.d (after meals) (4 males, 14 females).

Two weeks of observation followed by 12 weeks of treatment.

**6. Main outcome measures**

Improvement in clinical symptoms: evaluation on a seven-point scale using a check sheet at baseline and 4, 8, and 12 weeks of treatment.

Relationship between clinical symptom improvement rating and *kyojitsu* (虚実, excess or deficiency) *sho* (証, pattern): comparison of therapeutic improvement rating with *kyojitsu* rating evaluated using an original *sho* scoring table.

Laboratory tests: hematology (red blood cell [RBC] count, hemoglobin, hematocrit value, etc.), serum biochemistry (glutamate oxaloacetate transaminase [GOT], glutamate pyruvate transaminase [GPT], lactate dehydrogenase [LDH], blood urea nitrogen [BUN], etc.) evaluated at baseline, and 4, 8, and 12 weeks of treatment.

**7. Main results**

Symptoms improved significantly or tended to improve in arm 2 and arm 3. Particularly, the combination therapy had the earliest and greatest therapeutic effect. Only the combination therapy had a significant therapeutic effect on cold limbs, numbness, and lightheadedness. In association with *kyojitsu sho*, *sho* tending towards *jitsusho* (実証, excess pattern) was associated with significantly higher subjective symptom improvement in the combination group ($r=0.61$, $P<0.05$). There were no changes in laboratory values or adverse drug reactions.

**8. Conclusions**

Both hachimijiogan and kojin, particularly their combination, are useful for improving unidentified complaints in elderly patients with various chronic diseases. Furthermore, *sho* tending towards *jitsusho* is associated with the greater effect of the combination.

**9. From Kampo medicine perspective**

The larger effect of hachimijiogan and kojin, which are intended for *kyosho* (虚証, deficiency pattern) and *jitsusho*, suggests that the empirically/traditionally defined rule does not apply in some cases.

**10. Safety assessment in the article**

No adverse drug reactions occurred.

**11. Abstractor's comments**

Underlying chronic diseases in the 54 patients enrolled in this study vary but all impair quality of life. This paper demonstrates that hachimiijiogan/kojin combination therapy can improve unidentified complaints in these patients. In this study, analysis was appropriately performed through symptom evaluation on a 7-point scale using a detailed health check list and data collection using a *sho* determination table reflecting the theory of Kampo medicine, and thus made the conclusion highly credible. Further valuable clinical studies on how to use *hojin* (補腎, kidney-tonifying) medicinals in the elderly are expected.

**12. Abstractor and date**

Ushiroyama T, 6 August 2008, 1 June 2010, 31 December 2013.