

9. Cardiovascular disease

Reference

Saku K, Hirata K, Zhang B, et al. Effects of Chinese herbal drugs on serum lipids, lipoproteins, and apolipoproteins in mild to moderate essential hypertension. *Journal of Human Hypertension* 1992; 6: 393-5. CENTRAL ID: CN-00089422, Pubmed ID: 1464897

1. Objectives

To evaluate the effects of daisaikoto (大柴胡湯) and saikokaryukotsuboreito (柴胡加竜骨牡蠣湯) on serum lipid levels in patients with mild to moderate hypertension.

2. Design

Randomized controlled study (RCT).

3. Setting

One university hospital, Japan.

4. Participants

Thirty patients with mild to moderate hypertension.

5. Intervention

Arm 1: daisaikoto (大柴胡湯) (manufacturer not specified) 2.5 g t.i.d. for 3 months (n=15).

Arm 2: saikokaryukotsuboreito (柴胡加竜骨牡蠣湯) (manufacturer not specified) 2.5 g t.i.d. for 3 months (n=15).

6. Main outcome measures

Blood pressure, pulse rate, total cholesterol (TC), triglyceride (TG), high density lipoprotein cholesterol (HDL-C), HDL2-C, HDL3-C, low density lipoprotein cholesterol (LDL-C), lecithin-cholesterol-acyltransferase (LCAT), apolipoprotein (apo-AI, AII, B, CII, CIII, and E).

7. Main results

In both arms, blood pressure was unchanged, but pulse rate was significantly decreased in arm 2 after 3 months of administration. In arm 1, levels of HDL-C, LCAT, and apo-AII were significantly increased, but others were unchanged. In arm 2, the level of HDL-C was significantly increased.

8. Conclusions

Both daisaikoto and saikokaryukotsuboreito affect serum lipid levels but not blood pressure.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

None.

11. Abstractor's comments

By studying patients before and after administration, it was shown that both daisaikoto and saikokaryukotsuboreito increase HDL-C (also known as beneficial cholesterol), which will help patients with dyslipidemia. Further studies with larger sample size and control group are warranted.

12. Abstractor and date

Namiki T, 29 December 2008, 1 June 2010.