

11. Gastrointestinal, Hepato-Biliary-Pancreatic Diseases**Reference**

Tatsuta M, Iishi H. Effect of treatment with Liu-jun-zi-tang (TJ-43) on gastric emptying and gastrointestinal symptoms in dyspeptic patients. *Alimentary Pharmacology and Therapeutics* 1993; 7: 459-62. CENTRAL ID: CN-00096688, Pubmed ID: 8218760

1. Objectives

To evaluate the efficacy of TSUMURA Rikkunshito (六君子湯) compared with Combizym as a control in dyspeptic patients.

2. Design

Randomized controlled trial (RCT).

3. Setting

Single institution (Osaka Medical Center for Cancer and Cardiovascular Diseases), Japan.

4. Participants

Forty-two patients who had indefinite epigastric distress persisting for at least one year; had chronic gastritis confirmed by endoscopy; and gave consent to participate in the study.

5. Intervention

Arm 1: treatment with TSUMURA Rikkunshito (六君子湯) Extract Granules 2.5 g t.i.d. before meals for 1 week (n=22).

Arm 2: treatment with Combizym 1 tablet t.i.d. after meals for 1 week (n=20).

6. Main outcome measures

Subjective symptom scores and amount of gastric emptying (measured by acetaminophen absorption method).

7. Main results

In contrast to its absence in arm 2, significant improvement in abdominal bloating, heartburn, belching, and nausea was noted in arm 1. Significant improvement in gastric emptying measured at 30, 45, and 60 minutes was observed in arm 1 but not in arm 2.

8. Conclusions

TSUMURA Rikkunshito is useful for treating dyspeptic patients by improving gastric emptying and gastrointestinal symptoms.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

This paper describes an evaluation of the clinical utility of TSUMURA Rikkunshito, compared with Combizym as a control, in dyspeptic patients. It should be mentioned that this paper may be the only original article on rikkunshito written in English at this time and that the gastric emptying test was introduced as an objective outcome measure in this study. Most Kampo medicines seem to improve "functions". Given that it will become increasingly important to demonstrate the effects of Kampo medicines using measures for evaluating "functions" and to communicate those effects to the world, this is a landmark study.

12. Abstractor and date

Oikawa T, 19 September 2008, 1 June 2010.