14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Saruta T, Konishi K. Efficacy of Kampo medicines for renal diseases - with emphasis on saireito -*. *21 Seiki no Iryo to Kampo* (*The 21st Century Medicine and Kampo*) 1994: 157–65 (in Japanese).

1. Objectives

To evaluate the efficacy and safety of saireito (柴苓湯) for IgA nephropathy in adults.

2. Design

Randomized controlled trial using sealed envelopes for allocation (RCT-envelope).

3. Setting

Department of Internal Medicine, Keio University School of Medicine and related facilities, Japan.

4. Participants

Forty-four patients with IgA nephropathy, aged ≥ 16 years.

5. Intervention

Arm 1: saireito (柴苓湯) (manufacturer not specified) 3 g t.i.d. for 24 weeks (n=22).
Arm 2: dilazep hydrochloride 100 mg t.i.d. for 24 weeks (n=22).

6. Main outcome measures

Urinary protein excretion, RBC count in urinary sediment, and creatinine clearance.

7. Main results

The mean urinary protein excretion for the analysis population of arm 1 (13 patients) was significantly decreased from 2.1±0.4 g/day at baseline to 1.5±0.3 g/day at 24 weeks after administration (P<0.01) but not for the analysis population of arm 2 (12 patients; 2.2±0.7 g/day at baseline and 1.9±0.4 g/day at 24 weeks). There were no significant changes in serum albumin concentration, cholesterol level, or creatinine clearance.

8. Conclusions

Saireito decreases urinary protein excretion in adult patients with IgA nephropathy.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

There were no adverse reactions in either arm.

11. Abstractor's comments

Although using sealed envelopes for allocation is likely to have compromised randomization, this study suggested that saireito decreases urinary protein excretion in adult patients with IgA nephropathy. A future randomized controlled trial should be performed with larger sample size and improved allocation.

12. Abstractor and date

Okabe T, 25 August 2008, 1 June 2010, 31 December 2013.