

18. Symptoms and Signs

Reference

Suzuki Y, Machida T, Onodera S, et al. Clinical effects of sairei-to for essential hematuria. *Hinyoki Geka (Japanese Journal of Urological Surgery)* 1994; 7: 325–7 (in Japanese). Ichushi Web ID: 1994241013

1. Objectives

To evaluate the clinical efficacy of saireito (柴苓湯) for essential hematuria.

2. Design

Randomized controlled trial (RCT).

3. Setting

Department of Urology and 2nd Department of Internal Medicine, Jikei University School of Medicine, and two other facilities, Japan.

4. Participants

Eighty-two outpatients seen in the above hospitals with a chief complaint of hematuria and diagnosed with essential hematuria.

5. Intervention

Arm 1: TSUMURA Saireito (柴苓湯) Extract Granules 9.0 g/day group for 28 days (n=50).
Arm 2: control group (no treatment) (n=32).

6. Main outcome measures

Urinary sediments evaluated on a 5-point scale: 3+, 2+, 1+, ±, and –.

7. Main results

A significantly greater improvement was noted in arm 2 than in arm 1 ($P<0.01$).

8. Conclusions

Saireito is expected to exert a hemostatic effect in hematuria.

9. From Kampo medicine perspective

Association with shosaikoto (小柴胡湯), an anti-inflammatory agent, is mentioned.

10. Safety assessment in the article

One patient complained of nausea.

11. Abstractor's comments

This paper suggests the possible efficacy of saireito for essential hematuria, but no therapeutic regimen has been established. However, considering the clinical significance of asymptomatic hematuria, an investigation of the possible efficacy of saireito for nephritis prevention would make this study more meaningful. Future results are expected.

12. Abstractor and date

Nakata H, 10 January 2009, 1 June 2010, 31 December 2013.