

**21. Others****Reference**

Arai M, Sato H, Shirota F. An investigation into the relief of colonoscopy pain provided by shakuyaku-kanzo-to. *Nihon Toyo Igaku Zasshi (Japanese Journal of Oriental Medicine)* 1994; 44: 385-90 (in Japanese with English abstract).

**1. Objectives**

To evaluate the efficacy of shakuyakukanzoto (芍薬甘草湯) for relieving pain during colonoscopy.

**2. Design**

Randomized controlled trial (RCT).

**3. Setting**

One general hospital, Japan.

**4. Participants**

Thirty-eight patients (30–60 years old) who underwent total colonoscopy.

**5. Intervention**

Arm 1: oral administration of TSUMURA Shakuyakukanzoto (芍薬甘草湯) Extract Granules 5.0 g before the examination (n=18).

Arm 2: no treatment (n=20).

Diazepam 10 mg was injected intramuscularly 5 minutes before the examination in both arms.

**6. Main outcome measures**

Subjective symptoms (visual pain score: VPS), systolic blood pressure, heart rate, and examination time.

**7. Main results**

VPS was significantly lower in arm 1 ( $4.89 \pm 0.42$  vs.  $6.20 \pm 0.34$ ;  $P < 0.05$ ). There were no between-arm differences in the systolic blood pressure, heart rate, and examination time.

**8. Conclusions**

Shakuyakukanzoto relieves pain during colonoscopy.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

Not mentioned.

**11. Abstractor's comments**

This paper is of clinical significance in that it demonstrated the efficacy of shakuyakukanzoto for relieving pain during colonoscopy in an RCT. The study would be more meaningful if it employed a design involving administration of placebo, such as lactose, instead of no-treatment.

**12. Abstractor and date**

Kogure T, 8 August 2008.