10. Respiratory Diseases (including Influenza and Rhinitis)

Reference

Mori H, Shimazaki Y, Kurata H, et al. Comparative study of Kampo preparations sho-seiryu-to and eppika-jutsu-to for nasal allergy and allergic conjunctivitis. *Therapeutic Research* 1997; 18: 3093-9 (in Japanese with English abstract). MOL, MOL-Lib

1. Objectives

To evaluate the efficacy of shoseiryuto (小青竜湯) and eppikajutsuto (越婢加朮湯) for spring allergic rhinitis (pollinosis).

2. Design

Quasi-randomized controlled trial (quasi-RCT).

3. Setting

One clinic, Japan.

4. Participants

One hundred thirty-five patients who were first diagnosed with pollinosis from January 27, 1997 to April 5, 1997. *Kyo-sho* (虚証, deficiency pattern) patients were excluded.

5. Intervention

Arm 1: JPS Shoseiryuto (小青竜湯) Extract Granules 2.5 g t.i.d. (68 patients enrolled, 45 patients analyzed).
Arm 2: JPS Eppikajutsuto (越婢加朮湯) Extract Granules 2.5 g t.i.d. (67 patients enrolled, 49 patients analyzed).
Assignment in the order of receipt; concomitant use of Intal Nasal Drops/Eye Drops (sodium cromoglycate) for severe symptoms.

6. Main outcome measures

Measures of improvement in sneezing, runny nose, nasal congestion, periocular itching, lacrimation, eye discharge, and eye pain.

7. Main results

No significant between-arm difference was observed in any symptom except runny nose, which was significantly improved in arm 1.
Mild or better improvement was achieved in the severity of periocular itching (55.6% and 65.3%) and lacrimation (13.3% and 16.3%), and moderate or better global improvement was achieved in the severity of nasal symptoms (53.3% and 67.3%) in arms 1 and 2, respectively. There was no significant between-arm difference in the percentage of patients with improved symptoms.

8. Conclusions

Both eppikajutsuto and shoseiryuto had effects on pollen allergy without significant difference between them.

9. From Kampo medicine perspective

Since shoseiryuto is used in *chukan –sho* (中間証, intermediate pattern) to *jitsu -sho* (実証, excess pattern) patients, and eppikajutsuto is used in physically strong patients, physically weak patients were excluded. Eppikajutsuto, which contains *Sekko* (石膏, gypsum), is intended to reduce fever-related symptoms such as periocular itching, hyperemia, or skin warmth.

10. Safety assessment in the article

Epigastric pain and nausea occurred in 1 patient treated with eppikajutsuto, and rash occurred in 1 patient treated with shoseiryuto.

11. Abstractor's comments

Dr. Mori's articles on pollinosis have focused on shoseiryuto. Refer to "Baba S, Takasaka T, Inamura N et al. Efficacy of shoseiryuto for perennial nasal allergy - double-blind controlled study - *Jibiinkoka Rinsho* (*Practica otologica*) 1995; 88: 389-405".

12. Abstractor and date

Fujisawa M, 13 October 2008, 6 January 2010, 1 June 2010.