

**15. Ante/Post-partum Diseases****Reference**

Narimatsu A, Ito A, Usefulness of kyukichoketsuin during puerperium. *Rinsho Iyaku (Journal of Clinical Therapeutics & Medicine)* 2001; 17: 1329-35 (in Japanese with English abstract). Ichushi Web ID: 2002057351 [MOL](#), [MOL-Lib](#)

**1. Objectives**

To evaluate the clinical usefulness of kyukichoketsuin (キユウ婦調血飲) during puerperium.

**2. Design**

A randomized controlled trial (RCT).

**3. Setting**

Department of Obstetrics and Gynecology, Ogori-Daiichi General Hospital, Japan.

**4. Participants**

Eighty women who had normal vaginal delivery at the above facility between July 2000 and March 2001.

**5. Intervention**

Arm 1: postpartum administration of an oral antibiotic for 5 days + kyukichoketsuin (キユウ婦調血飲) (manufacturer not specified) 2.0 g t.i.d. before meals for 4 weeks, n=40.

Arm 2: postpartum administration of an oral antibiotic and methylergometerine maleate for 5 days, n=40.

**6. Main outcome measures**

Incidence of poor uterine contraction at 4 weeks postpartum, amount of milk sucked at 2 days postpartum, percentage of participants with  $\geq 15$  g/day of lactation, total amount of milk sucked, and incidences of “maternity blues” and depression at 5 days postpartum.

**7. Main results**

No poor uterine contraction or intrauterine infection occurred in either arm. Those receiving Kampo medicine suffered significantly less afterbirth pains ( $P < 0.05$ ). Kampo medicine suppressed the decrease in newborn weight in all participants, especially in primiparas ( $P < 0.05$ ). Postpartumly, kyukichoketsuin significantly reduced the frequency of hot flushes and twilight state. There was no between-arm difference in the incidence of maternity blues and no incidence of depression in either arm.

**8. Conclusions**

Kyukichoketsuin safely promotes the physical and mental restoration of puerperants, ultimately contributing to growth of newborns.

**9. From Kampo medicine perspective**

The increase in lactation is due to the ingredients of kyukichoketsuin (jio [地黄], toki [当帰], kobushi [香附子], chinpi [陳皮], and uyaku [烏薬]), which are also involved in nutritional fortification and physical reconditioning. In addition, kobushi and uyaku have a *qi*-conditioning effect and prevent postpartum depression.

**10. Safety assessment in the article**

Not mentioned.

**11. Abstractor’s comments**

This study verified the efficacy of kyukichoketsuin for “restoration of the postpartum psychosomatic condition” as described in *Wanbinghuichun* (萬病回春, *Recovery from All Ailments*). Although difference in uterine contraction should have been evaluated by measuring the length of the uterine fundus, the study should be praised for evaluating lactation by accurately measuring the amount of sucked milk. Biological evidence of the contribution of mental and physical factors to the restoration of puerperants should be sought. Scientific verification of the efficacy of kyukichoketsuin in various combinations (frequent in *Manbyokaishun*) is desired.

**12. Abstractor and date**

Ushiroyama T, 12 December 2008, 1 June 2010, 31 December 2013.