

13. Diseases of the Musculoskeletal System and Connective Tissue**Reference**

Maeshima S, Katayama Y. Spine and spinal cord diseases 1. Traditional Chinese medicines for the spinal disorders. *Kampo to Saishin-Chiryō (Kampo & the Newest Therapy)* 2004; 13: 232-6 (in Japanese). Ichushi Web ID: 2004301321

1. Objectives

To evaluate the efficacy of hachimijiogan (八味地黄丸), goshajinkigan (牛車腎気丸), and shuchibushi (修治附子) powder for relief of residual symptoms after surgical treatment of cervical spinal stenosis.

2. Design

Randomized controlled trial (RCT).

3. Setting

One university hospital, Japan.

4. Participants

Twenty-four patients with residual symptoms following surgical treatment of cervical spinal stenosis.

5. Intervention

Arm 1: 2-month administration of hachimijiogan (八味地黄丸).

Arm 2: 2-month administration of goshajinkigan (牛車腎気丸).

Arm 3: 2-month administration of goshajinkigan (牛車腎気丸) + 1.0 g of shuchibushi powder (修治附子末).

No between-arm difference was noted in operative effect. Administration started at postoperative 2 months in all arms.

No details in original paper.

6. Main outcome measures

Subjective symptoms (pain and paresthesia) evaluated on a visual analogue scale (VAS).

7. Main results

Pain was improved in 24.8%, 37.1%, and 45.5% of patients receiving hachimijiogan, goshajinkigan, and goshajinkigan + shuchibushi powder, respectively. The efficacy of goshajinkigan + shuchibushi powder was significantly higher than that of hachimijiogan. Paresthesia was improved in 21.4%, 24.2%, and 28.5%, respectively, showing no difference between arms.

8. Conclusions

Hachimijiogan, goshajinkigan, and goshajinkigan + shuchibushi powder are all effective for residual symptoms of surgically treated cervical spinal disease, with the highest efficacy achieved by goshajinkigan + shuchibushi powder.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

No adverse drug reactions (ADRs) or withdrawals occurred (the number of ADRs not indicated).

11. Abstractor's comments

This study provides evidence that Kampo formulations can be a therapeutic option for residual symptoms of surgically treated cervical spinal diseases. Given the higher efficacy at higher doses of shuchibushi, the authors infer that shuchibushi acts on opioid receptors.

12. Abstractor and date

Kogure T, 15 June 2007, 1 April 2008, 1 June 2010.