

**14. Genitourinary Tract Disorders (including Climacteric Disorders)****Reference**

Oribe K, Nishida Y. Efficacy of hachimijiogan for discomfort after surgery for uterine prolapse. *Gekkan Kampo Ryoho (Monthly Journal of Kampo Medicine and Herbs)* 2006; 10: 282-8 (in Japanese).

**1. Objectives**

To evaluate the hachimijiogan (八味地黄丸)-induced improvement in postoperative discomfort associated with surgery for uterine prolapse and quality of life (QOL).

**2. Design**

A randomized controlled trial (RCT).

**3. Setting**

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**4. Participants**

Nineteen patients with uterine prolapse who did not respond to hochuekkito and underwent vaginal radical operation for uterine prolapse at the above facility between December 2005 and March 2006.

**5. Intervention**

Arm 1: oral administration of TSUMURA Hachimijiogan (八味地黄丸) Extract Granules 2.5 g t.i.d. before meals, n=12.

Arm 2: no treatment, n=7.

**6. Main outcome measures**

Frequency of urination per day and mean residual urine volume at the start and 1 and 2 weeks after the start of hachimijiogan.

**7. Main results**

There was no significant difference in urination frequency. Residual urine volume was significantly decreased after hachimijiogan treatment for 1 week ( $21 \pm 2.3$  mL vs.  $13 \pm 4.2$  mL,  $P < 0.05$ ) and 2 weeks ( $12 \pm 1.7$  mL vs.  $8.3 \pm 1.5$  mL,  $P < 0.05$ ). In addition, 2 weeks of treatment with hachimijiogan decreased residual urine volume more significantly in patients with *shofukufujin* (小腹不仁, soft, weak lower abdomen) than in those without *fukusho* (腹証, abdominal pattern) ( $8.3 \pm 1.5$  mL vs.  $5.3 \pm 2.5$  mL,  $P < 0.05$ ).

**8. Conclusions**

Hachimijiogan administered after surgery for uterine prolapse may accelerate tissue repair postoperatively, thereby improving patient QOL, particularly in patients with *shofukufujin*.

**9. From Kampo medicine perspective**

Traditionally, hochuekkito has been considered to be the effective treatment for uterine prolapse. However, because of a change in nutritional status, many women do not present conventional “*sho*”, leaving room for reconsideration of the appropriate agent. Hachimijiogan is highly effective for decreasing residual urine volume after surgery for uterine prolapse and aiding recovery of the bladder and surrounding tissues.

**10. Safety assessment in the article**

No adverse drug reactions occurred after hachimijiogan treatment.

**11. Abstractor’s comments**

This research raises questions about what Kampo medicine should be or how it should be utilized in an aging society. None of the existing treatments for genitourinary prolapse (including surgery, pessary insertion, and pharmacotherapy) are totally effective, raising concerns among clinicians. This research demonstrated that hachimijiogan is highly effective in decreasing postoperative residual urine volume particularly in patients with *shofukufujin*. Future research is desired to determine whether this clinical approach fusing western and oriental medicines can prevent recurrent uterine prolapse and how Kampo medicine can be used to treat uterine prolapse for *sho* of unclear *jinkyō* (腎虚, kidney deficiency).

**12. Abstractor and date**

Ushiroyama T. 12 December 2008, 31 December 2013.