

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

Ushiroyama T, Sakuma K, Nosaka S. Comparison of effects of vitamin E and wen-jing-tang (unkei-to), an herbal medicine, on peripheral blood flow in post-menopausal women with chilly sensation in the lower extremities: a randomized prospective study. *The American Journal of Chinese Medicine* 2006; 34: 969-79. CENTRAL ID: CN-00577271, Pubmed ID: 17163586

**1. Objectives**

To compare the effects of unkeito (温経湯) and vitamin E on peripheral blood flow.

**2. Design**

Randomized controlled trial (RCT).

**3. Setting**

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**4. Participants**

One hundred and eighty post-menopausal women (42–61 years old) with chilly sensation in the lower extremities and no treatment by hormone replacement within 3 months.

**5. Intervention**

Arm 1: administration of unkeito (温経湯) (TSUMURA Unkeito Extract Granules 7.5 g/day) for 8 weeks (60 patients; of these, 58 were included for analysis).

Arm 2: administration of vitamin E (tocopherol nicotinate 600 mg/day) for 8 weeks (60 patients; of these, 55 were included for analysis).

Arm 3: no treatment for 8 weeks (60 patients; of these 48 were included for analysis).

**6. Main outcome measures**

Items evaluated by questionnaire on a 4-point scale and submandibular, middle finger, and middle toe blood flow measured by Doppler.

**7. Main results**

Chilly sensation evaluated by questionnaire was significantly improved in arm 1. Doppler blood flow evaluation revealed improved peripheral blood flow in the lower extremities in arm 1 and arm 2. While vitamin E significantly increased middle finger blood flow, unkeito suppressed blood flow (that was originally too high) and increased poor blood flow.

**8. Conclusions**

Unkeito is superior to vitamin E in improving blood flow and reducing chill.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

No special problems noted.

**11. Abstractor's comments**

This paper compared the ability of unkeito and vitamin E to improve peripheral blood flow. It concluded that unlike vitamin E, unkeito improves chill by increasing poor circulation and improves hot flushes by decreasing excessive blood flow, well characterizing the Kampo medicine.

**12. Abstractor and date**

Nakata H, 10 January 2009, 1 June 2010.