21. Others

Reference

Ai M, Yamaguchi T, Odaka T, et al. Objective assessment of the antispasmodic effect of Shakuyaku-kanzo-to (TJ-68), a Chinese herbal medicine, on the colonic wall by direct spraying during colonoscopy. *World Journal of Gastroenterology* 2006; 12: 760-4. CENTRAL ID: CN-00563124, Pubmed ID: 16521190

1. Objectives

To evaluate the efficacy and safety of direct spraying of shakuyakukanzoto (芍薬甘草湯) on the colonic mucosa for suppression of bowel movement during colonoscopy.

2. Design

A randomized controlled trial (RCT).

3. Setting

Not specifically mentioned (the authors belong to one university hospital), Japan.

4. Participants

One-hundred and ten patients with suspected intestinal hemorrhage, acute abdomen due to acute enteritis, inflammatory bowel disease, or a history of abdominal surgery, and treated with an oral drug affecting bowel movement, who visited our hospital between July 2002 and March 2004.

5. Intervention

Arm 1: spray of 0.5 g/50 mL of a solution of TSUMURA Shakuyakukanzo (芍薬甘草湯) Extract Granules in physiological saline maintained at 36℃ over the area of spasms in the intestine, 10 mm apart (n=51).

Arm 2: spray of physiological saline maintained at 36℃ in the same manner as arm 1.

Colon preparation involved oral administration of Magcorol (59 g/250 mL) on the day before colonoscopy and 2 L of Niflec on the day of colonoscopy. No sedatives were used during colonoscopy (n=50).

Five patients in arm 1 and 4 patients in arm 2 were excluded from the study population because of poor or incomplete bowel preparation.

6. Main outcome measures

Lumen area (pixels) × time (min), determined before and after spraying over the area of spasms.

7. Main results

Before spraying, there was no significant difference between arms. After spraying, the area × time value was significantly larger in arm 1.

8. Conclusions

Direct spray of shakuyakukanzoto is effective for suppression of bowel movement during colonoscopy.

9. From Kampo medicine perspective

None.

10. Safety assessment in the article

There were no complications throughout the study period.

11. Abstractor's comments

This is an excellent study because it quantifies bowel movement by monitoring digital images over time, enabling objective evaluation.

12. Abstractor and date

Kogure T, 27 January 2009.