## 3. Blood Diseases including Anaemia

**Reference**

Seki M. Efficacy of goreisan for preventing thrombocytopenia and activating vascular endothelial cells after cholecystectomy*. *Wakan Iyaku Gakkaishi* (*Journal of Medical and Pharmaceutical Society for WAKAN-YAKU*) 1990; 7: 510–1 (in Japanese).

**1. Objectives**

To evaluate the efficacy of goreisan (五苓散) and shosaikoto (小柴胡湯) for thrombocytopenia after cholecystectomy.

**2. Design**

Randomized controlled trial (RCT).

**3. Setting**

One university hospital, Japan.

**4. Participants**

Forty-seven female patients who underwent cholecystectomy for gallbladder stones or polyps.

**5. Intervention**

Arm 1: administration of TSUMURA Goreisan (五苓散) Extract Granules 2.5 g t.i.d. until the day before surgery for a mean of 8.4±6.0 days (n=14).
Arm 2: administration of TSUMURA Shosaikoto (小柴胡湯) Extract Granules 2.5 g t.i.d. until the day before surgery for a mean of 6.5±3.4 days (n=12).
Arm 3: bed rest in the hospital for a mean of 8.5±3.7 days (n=21).

**6. Main outcome measures**

Blood counts and urinary excretion of prostaglandin E1 (PGE1) and F1 alpha (6-keto-PGF1α).

**7. Main results**

Platelet counts were significantly higher on postoperative day 1 in arms 1 and 2 than in arm 3. Excretion of urinary PGE1 was significantly higher in arm 1 on postoperative days 1, 5, 6, and 7 and in arm 2 only on postoperative day 1 than in arm 3. Excretion of urinary 6-keto-PGF1α was significantly higher on postoperative days 1, 5–7, and 8–14 in arm 1, and on postoperative day 1 in arm 2, than in arm 3.

**8. Conclusions**

Goreisan is effective for consumptive thrombocytopenia after cholecystectomy.

**9. From Kampo medicine perspective**

None.

**10. Safety assessment in the article**

None.

**11. Abstractor's comments**

This study showed that administration of goreisan before cholecystectomy reduced postoperative thrombocytopenia.

**12. Abstractor and date**

Kogure T, 8 August 2008, 1 June 2010.