

14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Kim HS, Yoon YJ, Lee JM, et al. A clinical study on the effect of red ginseng for postmenopausal hot flushes. *Daehan-Hanbang-Bulngwa-Hakhoeji (Journal of Oriental Obstetrics and Gynecology)* 2009; 22(2): 132–39 (in Korean with English abstract).

1. Objectives

To evaluate the effect of red ginseng for hot flushes in postmenopausal women.

2. Design

Double-blinded randomized controlled trial (DB-RCT).

3. Setting

One Oriental hospital (Kyunghee University Medical Center), Republic of Korea.

4. Participants

Women with no menstrual period with the last 6 months, complaints of hot flushes (grade >7) for a minimum one day within a 2-week period, follicle stimulating hormone (FSH) level <40 IU/L, and estradiol level >35 pg/mL. Patients who had a hormone replacement therapy within last 6 months or climacteric therapy (Vit. E or clonidine) were excluded (n=46).

5. Intervention

Arm 1: Red ginseng powder 100%, 0.3 g/capsule, t.i.d. for 8 weeks.

Arm 2: Placebo (corn starch, very small amount of red ginseng powder, natural pigment, caramel pigment), 0.3 g/capsule, t.i.d. for 8 weeks.

Finally 14 subjects in Arm 1 and 12 subjects in Arm 2 completed the study.

6. Main Outcome Measures

Daily frequency of hot flushes, face temperature measurement using Digital Infrared Thermal Imaging (DITI).

7. Main Results

Treatment for 8 weeks significantly reduced the daily frequency of hot flushes ($P<0.01$) but had no effect on face temperature in both arms.

8. Conclusions

Red ginseng (known as a heat-inducing drug) has no effect on the frequency of hot flushes.

9. Safety assessment in the article

AST/ALT was increased from 25/23 to 43/42 in one patient in Arm 1.

10. Abstractor's comments

Too many patients dropped out during the trial, so the reliability of the study is low. An additional clinical study with large number of patients is needed.

11. Abstractor and date

Cho JH, 16 July 2010.