

10. Respiratory Diseases (including Rhinitis)

Reference

Park YC. Effect of Socheongryong-tang on Punghan and Pungyeol type common cold: A double blind, placebo controlled study. *Dongui-Saengli-Byeongli-Hakhoeji (Korean Journal of Oriental Physiology & Pathology)* 2005; 19(2): 524–9 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Socheongryong-tang (小青龍湯) on the common cold.

2. Design

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

3. Setting

One public health center (Public Health Center in Daejeon University), Republic of Korea.

4. Participants

Patients with common cold who visited the center from 29 March to 24 April 2004 (n=98).

5. Intervention

Arm 1: Socheongryong-tang (小青龍湯) treatment group (1.8 g t.i.d.) (n=49).

Arm 2: Placebo control group (n=49).

Three capsules per round, 3 rounds per day for 7 days.

After analysis of the first questionnaire data, 8 patients in Arm 2 and 7 patients in Arm 1 dropped out. Two patients who dropped out in Arm 1 were of the Hyeopseup (挾濕, carry-moisture) type. Finally, 81 subjects (41 in Arm 2 and 40 in Arm 1) participated in the study. There were 7 subjects of the Pungyeol (風熱, wind-heat) type in Arm 2 and 11 in Arm 1. There were also 34 subjects of the Punghan (風寒, wind-cold) type in Arm 2 and 29 in Arm 1.

6. Main outcome measures

Index of common cold severity based on a 14-item checklist of common cold symptoms (cough, throat discomfort, sputum, rhinorrhea, stuffy nose, sneezing, headache, fever, sweating, myalgia, anorexia, chilliness, bitter taste, mouth dryness, eyeball discomfort), assessed on a 5-point scale (1=very good, 2=good, 3=moderate, 4=uncomfortable, 5=very uncomfortable).

7. Main results

In the pungyeol (風熱, wind-heat) type and punghan (風寒, wind-cold) type of common cold, the between-group difference in global index was not significant before and after treatment. However, in the punghan (風寒, wind-cold) type of common cold, between-group differences in rhinorrhea, stuffy nose, and sneezing were significant ($P<0.05$).

8. Conclusions

Socheongryong-tang affects rhinorrhea and stuffy nose in the punghan type of common cold.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

In this study, common cold was classified as pungyeol type and punghan type according to the traditional Korean method of diagnosis. In Arm 1, Socheongryong-tang treatment had a significant effect on rhinorrhea and stuffy nose in punghan type colds but no effect on pungyeol type colds. This finding is very meaningful, as this is a double blind, randomized, controlled trial. However, the method of randomization was not mentioned specifically, and it is hard to draw a conclusion based on subjective index data.

11. Abstractor and date

Jang KT, 30 August 2010.