

13. Diseases of the Musculo Skeletal System and Connective Tissue

Reference

Seo BK, Ryu SR, Kang JW, et al. Effects of Jetongdan on the quality of life in patients with osteoarthritis of knee. *Daehan-Chimgu-Hakhoeji (Journal of Korean Acupuncture & Moxibustion Society)* 2005; 22(6): 219–28 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Jetongdan on the quality of life in patients with knee osteoarthritis.

2. Design

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

3. Setting

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

4. Participants

Knee osteoarthritis patients (n=80).

5. Intervention

Arm 1: Jetongdan treatment, 3 capsules per dosage, 3 doses a day for 8 weeks (n=40).

Arm 2: Placebo treatment on the same schedule as in Arm 1 (n=40).

Among 80 subjects enrolled, 28 subjects dropped out during the study (15 in Arm 1, 13 in Arm 2).

6. Main outcome measures

Scores on the Korean Health Assessment Questionnaire (KHAQ), Lequesne's Functional Index (LFI), and pain measured on a visual analogue scale (VAS).

Measurements were taken before treatment, and at 4 weeks and 8 weeks after treatment.

7. Main results

Treatment in Arm 1 resulted in a significantly greater decrease in overall KHAQ score (from 33.0 ± 5.8 before to 27.6 ± 4.0 after 8 weeks of treatment, $P<0.000$), hygiene subscore (from 4.7 ± 1.3 to 3.8 ± 0.8 , $P=0.006$), and activities subscore (from 6.5 ± 1.3 to 5.2 ± 0.9 , $P=0.001$). However, treatment had no effect on LFI and pain VAS scores.

8. Conclusions

Jetongdan improves the quality of life in patients with knee osteoarthritis.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study is part of the study described by abstract K050013H (Seo BK, et al. Clinical study of the efficacy and safety of Jetongdan on patients with osteoarthritis of the knee. *Daehan-Hanui-Hakhoeji [Journal of Korean Oriental Medical Society]* 2005; 26(2): 231–40). According to the original paper, the study enrolled 80 people, but group allocation and reasons for the withdrawal of 28 subjects are not described. The drop-out rate (35%) is very high.

11. Abstractor and date

Kim JI, 3 June 2010.