15. Ante/Post-partum Diseases

Reference

Hwang DS, Park MW, Chun HN, et al. Effects of Mokhyangsaenghwa-tang beverage on postpartum recovery and lactation. *Daehan-Hanbang-BuIngwa-Hakhoeji* (*Journal of Oriental Obstetrics and Gynecology*) 2006; 19(4): 216–24 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Mokhyangsaenghwa-tang (木香生化湯) on postpartum recovery and lactation.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (details not mentioned), Republic of Korea.

4. Participants

Healthy women who gave birth to full-term healthy infants (38–42 weeks) (n=65).

5. Intervention

Arm 1: Mokhyangsaenghwa-tang (木香生化湯), 3 potions per day for 40 days.
Arm 2: Placebo drug (containing citron juice), 2 potions per day for 40 days.
Totally, 35 patients dropped out, and 30 patients were completed the study (18 in Arm 1, 12 in Arm 2).

6. Main Outcome Measures

Laboratory blood analysis, body composition analysis.

7. Main Results

Fever, sweating, body weight, Body Mass Index (BMI), total body water contents, edema index, and prolactin concentration decreased significantly in both groups ($P<0.05$) but without between group differences in these measures after 20 days as well as 40 days of treatment. Pain in the lower abdomen decreased significantly after 40 days but not after 20 days in both groups ($P<0.05$). However, there was no significant between-group difference in pain reduction. There was a statistically significant between-group difference in general condition after 20 days of treatment ($P<0.05$), but not after 40 days of treatment.

8. Conclusions

Body weight, BMI, total body water contents, edema index, and prolactin concentration all decrease significantly after intake of Mokhyangsaenghwa-tang. Moreover, sweating, fever, pain in the lower abdomen, and general condition all improve significantly with time.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the efficacy of Mokhyangsaenghwa-tang for postpartum recovery and lactation. However, administration of a beverage makes it hard to reach an effective concentration, and distinct efficacy was not shown. Therefore, additional clinical trials to establish efficacy and effective concentration are needed.

11. Abstractor and date

Cho JH, 16 July 2010.