14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

1. Objectives
To compare Gyejibongnyeong-hwan with Gyejibongnyeong-hwan plus acupuncture therapy for primary dysmenorrhea.

2. Design
Randomized controlled trial (RCT).

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

4. Participants
Female patients with menstrual pain, regular menstrual periods every 28–30 days, and no functional disease (n=30).

5. Intervention
Arm 1: Gyejibongnyeong-hwan + acupuncture at the Qihai (CV6, 氣海), Guanyuan (CV4, 関元), Zhongji (CV3, 中極) and right and left Zigong (CV19, 紫宮), Sanyinjiao (SP6, 三陰交), and Xuanzhong (GB39, 懸鐘) acupuncture points, twice a week for 8 weeks, total of 16 treatments (n=15).
Arm 2: Gyejibongnyeong-hwan only (n=15).
Among 30 subjects, 20 dropped out during the study.

6. Main Outcome Measures
Menstrual pain severity measured on a 10-point visual analogue scale (VAS) before, during, and after the treatment.

7. Main Results
Treatment relieved menstrual pain in both arms. The decrease in VAS score was greater in Arm 2.

8. Conclusions
Gyejibongnyeong-hwan provides marked menstrual pain relief and treatment in Arm 2 is more efficacious than treatment in Arm 1.

9. Safety assessment in the article
There was no pre- to post-treatment change in aspartate aminotransferase (AST), alanine aminotransferase (ALT), and blood urea nitrogen (BUN) levels.

10. Abstractor’s comments
Unexpectedly, treatment with Gyejibongnyeong-hwan only was more effective than treatment with Gyejibongnyeong-hwan plus acupuncture. But 20 patients withdrew and only 10 patients finished the trial, so it is hard to draw a firm conclusion. An additional clinical trial with a large number of patients is needed.

11. Abstractor and date