

3. Blood Diseases including Anaemia

Reference

Seo SH, Park SE, Hong SH, et al. Clinical effects of Sayuktanggami-bang on cerebral vascular accident patients with normocytic normochromic anemia. *Daehan-Hanbang-Naegwa-Hakhoeji (Korean Journal of Oriental Internal Medicine)* 2005; 26(4): 795–805 (in Korean with English abstract).

1. Objectives

To evaluate the effects of Sayuktanggami-bang (四六湯加味方) on normocytic normochromic anemia.

2. Design

Randomized controlled trial (RCT).

3. Setting

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

4. Participants

Thirty-four patients who were hospitalized by stroke and had normocytic normochromic anemia (male/female ratio = 16/18).

5. Intervention

Arm 1: Treatment with Sayuktanggami-bang (四六湯加味方) (n=19).

Arm 2: Treatment with other herbs based on Li gi geo poong (理氣祛風, regulating Ki and dispelling wind), Gae gyu seong sin (開竅醒神, opening the eyes, nose, mouth, and ears, and recovering one's senses) (n=15).

6. Main outcome measures

Red blood cell (RBC) count, hematocrit (HcT), and hemoglobin (Hb) level.

7. Main results

Sayuktanggami-bang treatment resulted in a statistically significant pretreatment-to-posttreatment change ($P<0.01$) in RBC count from 351.9 ± 33.7 to 368.3 ± 31.2 ($\times 10^4$ μl), Hb from 10.9 ± 0.9 to 11.5 ± 0.9 (g/dl), and Hct from 32.4 ± 2.5 to $33.8 \pm 2.7\%$. However, these changes were not significantly different from those due to control treatment.

8. Conclusions

Sayuktanggami-bang improves normocytic normochromic anemia in stroke patients.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study compared the ability of Sayuktanggami-bang treatment and traditional drug treatment for stroke to elicit changes in RBC count, HcT, and Hb in 34 patients hospitalized for stroke with normocytic normochromic anemia. This study did not target the true anemias, did not specify how informed consents were obtained, did not specify how the number of patients was determined, and did not specify whether treatment assignment was random. But to consider the difficulties of the clinical trial of Oriental medicine, I just presented this clinical trial as a model case that evaluates a treatment for blood disorders.

11. Abstractor

Kim JS, 9 June 2010.