10. Respiratory Diseases (including Rhinitis)

Reference

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.