

14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Kim SM, Shin SM, Kim EI, et al. A clinical study on the effect of Daejo-hwan (DJH) on climacteric syndrome. *Daehan-Hanbang-BuIngwa-Hakhoeji (Journal of Oriental Obstetrics and Gynecology)* 2006; 19(4): 225–44 (in Korean with English abstract).

1. Objectives

To evaluate the effect of Daejo-hwan (大造丸, DJH) on climacteric syndrome, not only on common symptoms such as hot flashes, anxiety, and palpitation, but also on urogenital tract disturbances like vaginal dryness, which leads to sexual problems.

2. Design

Randomized controlled trial (RCT).

3. Setting

One Oriental hospital (Cheongju Oriental Hospital of Daejeon University), Republic of Korea.

4. Participants

Patients who visited the climacteric syndrome clinic in the hospital and were diagnosed as having climacteric syndrome (severity of symptoms measured by Kupperman scoring). Those receiving alternative therapies within 3 months of their last treatment during the trial, and Eastern medications during the 8-week trial period, were excluded.

5. Intervention

Arm 1: DJH (大造丸; 2 g/pill) two pills 3 times per day, 30 minutes postprandially for 8 weeks (n=57).
Arm 2: No treatment (n=35).

6. Main Outcome Measures

Follicle-stimulating hormone (FSH), luteinizing hormone (LH), total estrogen, and estradiol (E2) levels, and scores on the Kupperman's index, Menopausal Rating Scale (MRS), and Greene Climacteric Scale (GCS).

7. Main Results

Treatment significantly decreased scores on the GCS (17.9 ± 8.2 [before] vs. 12.8 ± 8.2 [after treatment]), MRS (13.2 ± 8.2 vs. 8.3 ± 6.3 ; $P < 0.001$), and Kupperman's index (48.2 ± 26.7 vs. 29.8 ± 21.2 ; $P < 0.000$) in Arm 1 and GCS (16.5 ± 7.2 vs. 15.1 ± 6.8 ; $P = 0.123$), MRS (10.7 ± 6.6 vs. 10.6 ± 7.2 ; $P = 0.873$) and Kupperman's index (36.2 ± 19.8 vs. 39.3 ± 22.8 ; $P = 0.303$) in Arm 2, but the between-group difference in these measures was not significant.

8. Conclusions

Daejo-hwan (DJH) can be useful in treating climacteric syndrome symptoms.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluated the efficacy of Daejo-hwan (DJH) for climacteric syndrome. However, the randomization method is not described, and a more systematic study with randomization is needed.

11. Abstractor and date

Cho JH, 16 July 2010.