14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

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