

14. Genitourinary Tract Disorders (including Climacteric Disorders)

Reference

Cho JH. A pilot study of the difference between Gyejibongnyeong-hwan and Gyejibongnyeong-hwan combined acupuncture therapy on the primary dysmenorrhea. *Daehan-Hanbang-Bulngwa-Hakhoeji (Journal of Oriental Obstetrics and Gynecology)* 2007; 20(1): 161–68 (in Korean with English abstract).

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, 關元), 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

Cho JH, 16 July 2010.