

## 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.