

## 10. Respiratory Diseases (including Rhinitis)

### Reference

Bae HH, Kang WC, Park YC. Effectiveness of a Yeonkyopaedok-san extract in the treatment of the common cold: Results of a community-based, double blind, randomized placebo controlled trial. *Dongui-Saengli-Byeongli-Hakhoeji (Korean Journal of Oriental Physiology & Pathology)* 2008; 22(1): 234–45 (in Korean with English abstract).

### 1. Objectives

To evaluate the effectiveness of a Yeonkyopaedok-san (連翹敗毒散) for 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

Male and female patients with more than one symptom of the common cold, diagnosed by a doctor of Oriental medicine, within 3 days of the appearance of subjective symptoms (n=200).

### 5. Intervention

Arm 1: Treatment group. Yeonkyopaedok-san (連翹敗毒散; Sam-A Pharmaceucial Co. Ltd., dry extract) (800 mg) (n=100).

Arm 2: Control group. Pyungwi-san (平胃散, Sam-A Pharmaceutical Co. Ltd., dry extract) (n=100).  
First treatment: 1 pouch per round, 3 times a day for 3 days. Second treatment: 1 pouch per round, 3 times a day for 4 days

### 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 and 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

Treatment had a statistically significant effect at 7 days ( $P=0.027$ ), moderate effect at 3 days ( $P=0.081$ ), and difference in the magnitude of the effect at 3 and 7 days was significant ( $P=0.039$ ). There was a statistically significant difference in headache ( $P=0.029$ ) and throat discomfort ( $P=0.054$ ), and a moderate difference in sneezing ( $P=0.065$ ) after 3 days of treatment, and a significant difference in headache ( $P=0.012$ ), anorexia ( $P=0.037$ ), eyeball discomfort ( $P=0.002$ ), and moderate difference in sneezing ( $P=0.093$ ), bitter taste, and mouth dryness ( $P=0.090$ ), sweating ( $P=0.059$ ) after 7 days of treatment. In Arm 1, there's significant difference in wind-heat (風熱) type ( $P=0.057$ ), and there was no between-group difference in the disappearance of subjective symptoms ( $P=0.592$ ).

### 8. Conclusions

Yeonkyopaedok-san relieves common cold symptoms, and therefore can be an effective drug for the treatment of common colds.

### 9. Safety assessment in the article

Mild headache and digestive problems were observed in the Yeonkyopaedok-san treatment group.

### 10. Abstractor's comments

This study compares the effect of Yeonkyopaedok-san with that of a control drug, Pyungwi-san, on the common cold. The results are very meaningful because this trial is double blind, randomized, and controlled. Although the randomization method was not mentioned specifically, and the between-group differences were evaluated by t-test, the data from this study can be used as clinical reference data for the common cold.

### 11. Abstractor and date

Jang KT, 30 August 2010.