

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.