18. Symptoms and Signs

Reference

Cho JH, Cho CK, Shin JW, Son JY, Kang W, Son CG. Myelophil, an extract mix of astragali radix and salviae radix, ameliorates chronic fatigue: A randomized, double-blind, controlled pilot study. *Complementary Therapies in Medicine* 2009; 17(3): 141–46.

1. Objectives

To evaluate the effect of Myelophil on patients with chronic fatigue.

2. Design

Double-blinded randomized controlled trial (DB-RCT).

3. Setting

One Oriental hospital (Dunsan Oriental Hospital of Daejeon), Republic of Korea.

4. Participants

Patients with fatigue more than 6 months (n=36, male/female=13/23, average age=44 years).

5. Intervention

Arm 1: Treatment group 1. (Low dosage)-Myelophil 1.5 g per treatment, b.i.d. for 4 weeks (n=13).
Arm 2: Treatment group 2. (High dosage)-Myelophil 3 g per treatment, b.i.d. for 4 weeks (n=11).
Arm 3: Control group. Hyangsapyungwisan (香砂平胃散), 1.5 g per treatment, b.i.d. for 4 weeks (n=12).

Lyophilised Myelophil was an aqueous extract of equal quantities of Astragali Radix and Salviae Radix, according to the over-the-counter Korean monograph. The extract yield was 20.5% (w/w).

6. Main Outcome Measures

Severity of fatigue before and after the administration of Myelophil was self-rated on a numeric rating scale (NRS) and the Chalder fatigue severity questionnaire, translated into Korean.

7. Main Results

The severity of fatigue (NRS mean±standard deviation) was initially 52.5±17.2, 41.9±15.8, and 46.3±17.8 in the low-dose, high-dose, and control groups, respectively and improved over time, in all three groups. The linear mixed models showed statistically significant differences with respect to both time and group (P<0.05). The severity of fatigue (VAS mean±standard deviation) was initially 6.5±1.5, 5.9±1.0, and 5.9±1.6 in the low-dose, high-dose, and control groups, respectively, and decreased over time in all three groups, indicating a decrease in the severity of fatigue. However, only the low-dose group showed significant improvement in feelings of fatigue, compared with the control (P<0.05). To examine the effect of Myelophil on immunological status, the expression of 42 serum cytokines was analyzed using an antibody array. There was no significant difference in the expression of any cytokine after 4 weeks of Myelophil treatment, at either dose.

8. Conclusions

The NRS and VAS results are consistent and support the conclusion that Myelophil reduces chronic fatigue. The low dose of Myelophil seemed to be more effective than the high dose, as only the low-dose resulted in statistically significant differences in both the NRS and VAS scores. Serum levels of 42 cytokines before and after Myelophil treatment remained unchanged at either Myelophil dose. Myelophil acts against chronic fatigue, especially against physical manifestations of fatigue.

9. Safety assessment in the article

Not mentioned.

10. Abstractor's comments

This study evaluates the ameliorative effect of Myelophil on chronic fatigue. This study is meaningful in that it is a randomized, controlled trial and published in a Science Citation Index Expanded international journal. Although the effectiveness of Myelophil was demonstrated, the anti-fatigue mechanism of Myelophil was not.

11. Abstractor and date

Jang KT, 31 August 2010.