

(PGA), at week 4 and 8; The PGA was scored from 0 to 4 (0 representing very good); and serum Hs-CRP and ESR.

Results

After 8 weeks' treatment, the TCM formula OA2 failed to meet any primary and secondary efficacy endpoint. However, mild reduction of systolic blood pressure was noted in the treatment group. (-15.00 vs 0.00 mmHg, $p = 0.022$). For safety profiles, there was no difference between two groups.

Conclusions

TCM formula OA2 (Liu-Wei-Die-Huang-Wan) did not show efficacy in osteoarthritis patients in this 8 weeks double blind clinical trial. However, mild reduction of systolic blood pressure was noted in the TCM treatment group. TCM OA2 was well tolerated.

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Adjunctive Traditional Chinese Medicine Therapy for Patients with Chronic Rhinosinusitis: A Population-based Study

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Introduction

People frequently use traditional Chinese medicine (TCM) in conjunction with western medicine for treatment of chronic diseases. The purpose of this study was to investigate the characteristics of adjunctive TCM use in patients with chronic rhinosinusitis (CRS) in Taiwan.

Methods

Data were retrieved from the dataset of National Health Insurance Program in Taiwan, containing information of 1,000,000 randomly sampled insured people in year 2000. Patients newly diagnosed as CRS in year 2000 were enrolled, and their medical records were collected and analyzed. The study subjects were divided into TCM users and non-TCM users according to the adjunctive use of TCM or not.

Results

A total of 14,806 CRS subjects were enrolled in this study: 10,512 were non-TCM users and 4,294 were TCM users. TCM users were significantly more likely to be female, be younger, and lived in urban areas (all $p < 0.0001$). Among the adjunctive TCM therapies, 97.1% of the TCM users received herbal remedies. The most common Chinese herbal formula used was Xin-Yi-Qing-Fei-Tang and the single herb was Baizhi (*Radix Angelicae Dahuricae*). The hazard ratio of undergoing endoscopic sinus surgery was 0.17 for TCM users (95% CI = 0.15 - 0.20) compared to that of non-TCM users after adjusted for age, sex, urbanization, and co-morbidities.

Conclusion

Our investigation found that 29% of CRS patients adjunctively used TCM in addition to western medical treatment in Taiwan. This information could be used for further pharmacologic investigations or clinical studies to evaluate the efficacy and safety of TCM use in CRS patients.

Table. Incidence and adjusted hazard ratio for CRS undergoing endoscopic sinus surgery between non-TCM users and TCM users

Event	Incidence [#]	Crude HR [†] (95 % CI)	Adjusted HR ^{††} (95 % CI)
Non-TCM user (N=10512) 2,226	42.9	1(Reference)	1(Reference)
TCM user (N = 4294) 176	6.41	0.17(0.15, 0.20)*	0.17(0.15, 0.20)*

[#] per 1000 person-years; [†]Crude HR, relative hazard ratio; ^{††}Adjusted HR : multiple analysis including age, sex, urbanization and allergic co-morbidities; **p*< 0.05

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The Effect of Chinese Herbal Therapy (KSY) in Chronic Hepatitis C: A Randomized, Double Blind, Placebo-controlled Trial

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Hepatitis C is wide-spreading in Taiwan. Around 4 hundred thousand people carried with hepatitis C virus in Taiwan. Hepatitis C is the second common cause of liver cirrhosis and hepatoma, except for hepatitis B. Among them, several people seek for Chinese herbal medicine to control their symptoms and disease. However, the clinical evidence and rigorous research are lacking.

Methods

This study is based on the theory of Chinese medicine to support the human "qi" to design the herbal formula, Kuan-Sin-Yin (KSY). This study is designed to investigate the efficacy and safety of KSY on patients with hepatitis C by a randomized, double-blinded, placebo-controlled trial.

Results

GOT decreased 20.3±45.7 IU/L and GPT decreased 31.7±75.2 IU/L in KSY group, and the difference achieved statistical significance (P-value 0.047, 0.027, respectively.) As for the effect of viral load · HCV RNA log amount significantly decreased 0.3±1.2 logIU/mL, but RNA log amount in control group increased 0.1±0.5 logIU/mL (P-value 0.047.) Besides, no severe adverse response and adverse events occurred during this study.