



Evaluation of Therapeutic Effect of Jichuanjian on Cathartic Colon

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Dear Editor-in-Chief

With the extensive use of diet pills which contain stimulating laxative, the incidence of cathartic colon shows an upward tendency year by year. Cathartic colon is clinically a common functional stubborn constipation as the main characteristics of colon power weakening and long-term use of stimulating laxative, at the same time it is an important type of slow transit constipation. The mechanism of cathartic colon is not yet clear and the effective treatment drug is lacking, which seriously affects the patients' quality of life (1), and also can induce the cardio-cerebral vascular accidents, endanger the patient's life (2). Ji Chuan Jian is the common Chinese traditional medicine prescription to treat constipation, made from six kinds of traditional Chinese medicines including cistanche, angelica, achyranthes, rhizoma alismatis, cohosh, and Fructus Aurantii.

In the research, from two aspects of constipation symptoms and quality of life, the therapeutic effect of JiChuanJian to cathartic colon has been assessed.

The 70 cathartic colon cases came from constipation platform, National Chinese Medical Center of Colorectal Diseases, from January to August, 2012. Of them, 19 cases were male and 51 cases female, aged from 23 to 75 yr, averagely

(47.6±16.5) yr old, all taking stimulanting laxative for 1-20 yr old. They were treated with Jichuanjian Decoction (cistanche 20 grams, angelica 30 g, achyranthes 10 g, alisma 10 g, cohosh 10 g, and 20 g of Fructus Aurantii). An agent daily, early and late two times daily, ten days as a course of treatment, a total of two courses. In Prior treatment and Post treatment for one month, the patients' constipation symptom was recorded (including defecation frequency, time of once bowl evacuation) by the constipation diary of patients and the Patient Assessment of Constipation Quality of Life questionnaire (PAC-QOL) was filled out, so as to calculate scores and give statistical analysis. Defecation frequency: once every one or two days: 0 score; once every three or four days: 1 score; once every five or six days: 2 scores; once over six days: 3 scores; inability of natural defecation without the aid of drug, manipulation or enema: 4 scores. Time of once bowl evacuation: 1-10 min: 0 score; 11-20 min: 1 score; 21-30 min: 2 score; over 30 min: 3 scores. PAC-QOL in Chinese version includes 28 items, involving four fields, named physiology, psychology, worry and satisfaction (3). Each item is classified into 5 grades from mild degree to se-

vere one, 1 to 5 scores separately. The comparison of prior treatment and post treatment, defecation frequency integrals: 2.37 ± 1.18 vs 0.70 ± 1.04 , $P < 0.01$; time of once bowl evacuation integrals: 1.66 ± 0.56 vs 0.61 ± 0.62 , $P < 0.01$; PAC-QOL integrals: 58.39 ± 15.2 vs 32.10 ± 13.97 , $P < 0.01$. The comparison for male PAC-QOL score difference of prior treatment and post treatment than female: 34.00 ± 10.40 vs 23.41 ± 16.13 , $P < 0.05$. Defecation frequency and time of once bowl evacuation are the main indices reflecting the severity of constipation. The results show that JiChuanJian can significantly increase the defecation frequency of cathartic colon patients, shorten time of once bowl evacuation, so as to improve constipation symptoms. With the development of the society, the patient's quality of life has been an important index to evaluate treatment results. PAC-QOL is a quality of life assessment tool to constipation patients widely used in the world, and it can totally determine constipation patients' quality of life (4). According to the results of this study, the PAC-QOL scores for 70 cases were reduced apparently after treatment as compared with those before treatment ($P < 0.01$). It shows that JiChuanJian not only can improve constipation symptoms, but also can obviously improve the patient's quality of life. In addition, the correlation of gender analysis shows that on the improvement degree of PAC-QOL scores, the male is significantly higher than female ($P < 0.05$). It suggests that in the process of cathartic colon

treatment we should emphasize women's psychological treatment which may be more important relative to men, at the same time JiChuanJian with psychological treatment perhaps can obtain the better curative effect.

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