

Treatment of Jianpi Shugan recipe in the treatment of diarrhoea-predominant irritable bowel syndrome (IBS-D)

Submission date 19/03/2015	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 08/04/2015	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 08/04/2015	Condition category Digestive System	☐ Individual participant data ☐ Record updated in last year

Plain English summary of protocol

Background and study aims.

Diarrhoea-predominant irritable bowel syndrome (IBS-D) affects around 3% of the population and is characterised by abdominal pain and frequent loose bowel movements. There are few treatments for these symptoms that work and this study aims to see whether Jianpi Shugan recipe might help those with IBS-D. Previous studies have suggested a benefit but this needs to be confirmed.

Who can participate?

Patients diagnosed by their doctors as having diarrhoea-predominant irritable bowel syndrome .

What does the study involve?

Patients will be randomly allocated either to take Jianpi Shugan recipe herbal granules with a placebo (dummy) tablet, or to take Pinaverium with placebo granules for 4 weeks. At the beginning of the study, an examination of the lower bowel will be made and a small specimen taken from the lining (biopsy). This procedure is routinely performed to identify the different causes of diarrhoea.

What are the possible benefits and risks of participating?

We are hoping that towards the end of the 4-week period diarrhoea and abdominal pain will improve. The drugs has been used for many years and the side effects are well recognised. Only a very few will not tolerate the drug because of abdominal discomfort, constipation, diarrhoea, nausea, rash etc.

Where is the study run from?

Beijing Hospital of Traditional Chinese Medicine affiliated to Capital Medical University
Beijing Chaoyang Hospital affiliated to Capital Medical University
The First Affiliated Hospital of Henan University of TCM
First Teaching Hospital of Tianjin University of TCM
Second Affiliated Hospital of Tianjin University of TCM

When is the study starting and how long is it expected to run for?
From April 2015 and to March 2016.

Who is funding the study?
Beijing municipal administration of hospitals (China).

Who is the main contact?
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Contact information

Type(s)
Scientific

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Study information

Scientific Title
Efficacy of Jianpi Shugan recipe in the treatment of diarrhoea-predominant irritable bowel syndrome (IBS-D): a multicentre parallel-group randomised controlled trial

Study objectives
The purpose of the trial is to define the clinical benefit of Jianpi Shugan recipe in diarrhoea-predominant irritable bowel syndrome (IBS-D) . The primary endpoint is to assess the effect of Jianpi Shugan recipe on IBS Symptom Severity Score (IBS-SSS).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics committee of Beijing Hospital of Traditional Chinese Medicine affiliated to Capital Medical University, 15/02/2015, NO.2015BL-008-02

Primary study design

Interventional

Study design

Multicentre parallel-group double-blind randomised controlled trial

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Diarrhoea-predominant irritable bowel syndrome (IBS-D)

Interventions

Patients will be randomized to receive either Jianpi Shugan recipe herbal granules + matching Pinaverium placebo or Pinaverium + matching Jianpi Shugan recipe herbal placebo granules for 4 weeks. Herbal granules were dissolved in 300 ml of boiled water, 150 ml twice daily, Pinaverium 50 mg three times a day.

Intervention Type

Drug

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Pinaverium

Primary outcome(s)

IBS Symptom Severity Score (IBS-SSS) measured at baseline, 2 weeks and 4 weeks

Key secondary outcome(s)

1. Traditional Chinese Medicine syndromes of IBS score measured at baseline, 2 weeks and 4 weeks
2. Defecation state questionnaire (DSQ) for IBS noted by patients daily
3. Irritable bowel syndrome-quality of life questionnaire (IBS-QOL) at baseline and 4 weeks
4. Serum concentration of serotonin at baseline and 4 weeks

Completion date

31/03/2016

Eligibility

Key inclusion criteria

1. Patients with IBS-D meeting the Rome III criteria
2. Patients meeting the Traditional Chinese Medicine syndrome of liver-depression and spleen-deficiency criteria
3. Patients able to give informed consent
4. Female patients of childbearing potential are willing to use at least one highly effective contraceptive method
5. Aged 18-65 years, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

65 Years

Sex

All

Key exclusion criteria

1. Women who are pregnant or breastfeeding
2. Prior abdominal surgery which may cause bowel symptoms similar to IBS
3. Patients with the following diarrhea conditions: infection, systemic diseases, poisoning or cancer
4. Patients with serious concomitant diseases e.g. cardiovascular, renal, hepatic, respiratory, neurological, endocrine, hematopoietic etc
5. Patients with a history of alcoholic or drug abuse
6. Patients who have allergic constitution or known to be allergic to the drug used in this trial
7. Patients who are involved in other trials
8. Patients with poor compliance or other reasons that the researcher considered not to be appropriate to participate in this trial

Date of first enrolment

01/06/2015

Date of final enrolment

01/03/2016

Locations**Countries of recruitment**

China

Study participating centre

Beijing Hospital of Traditional Chinese Medicine affiliated to Capital Medical University

Beijing

China

100010

Study participating centre

Beijing Chaoyang Hospital affiliated to Capital Medical University
Beijing
China

Study participating centre

The First Affiliated Hospital of Henan University of TCM
Zhengzhou
China

Study participating centre

First Teaching Hospital of Tianjin University of TCM
Tianjin
China

Study participating centre

Second Affiliated Hospital of Tianjin University of TCM
Tianjin
China

Sponsor information**Organisation**

Beijing Hospital of Traditional Chinese Medicine Affiliated to Capital Medical University

ROR

<https://ror.org/057vq6e26>

Funder(s)**Funder type**

Hospital/treatment centre

Funder Name

Beijing municipal administration of hospitals

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Available on request