Efficacy and safety of oriental herbal medicine for generalized anxiety disorder: A systematic review

Chan Young Kwon
Kyung Hee University, Republic of Korea

To treat Generalized Anxiety Disorder (GAD), some Western Medications (WM) and psychotherapies are being used. However problems about inadequate efficacy, side effects of the psychopharmacologic agents and drug resistance are still present. The purpose of this review is to assess the efficacy and safety of Oriental Herbal Medicine (OHM) for GAD. 12 databases were searched for Randomized Controlled Trial (RCT) of OHM for GAD, from inception to August 2016. Two authors conducted the trial inclusion, extracted data from the included trials and assessed the risk of bias, independently. The primary outcomes were change in anxiety score and Toxic Exposure Surveillance System (TESS) score. A total of 11,039 studies were identified and 111 RCTs were met our inclusion criteria. Our meta-analyses showed that OHM appeared to be more effective than placebo (5 RCTs, MD, -7.01; 95% CI, -11.03 to -3.00) and WM (45 RCTs, MD, -1.27; 95% CI, -2.06 to -0.48) as assessed by the Hamilton anxiety rating scale (HAMA), OHM appeared to be more safe than WM (11 RCTs, MD, -3.09; 95% CI, -5.80 to -2.23) as assessed by TESS. Moreover when OHM was prescribed with WM, the anxiolytic effect was superior then WM alone (28 RCTs, MD, -2.84; 95% CI, -3.49 to -2.20). Our findings indicate that OHM is safe and potentially effective to relieve anxiety symptoms of GAD patient. However as the methodological quality of included trials are relatively poor, well-designed and rigorous RCTs are needed to support this findings.

Biography
Chan Young Kwon has completed his Master’s degree from Kyung Hee University in 2016 and currently pursuing his Doctoral studies. He has published several papers about neuropsychiatric subjects including Posttraumatic Stress Disorder (PTSD), depression, headache and Emotion Freedom Technique (EFT).

beanalogue@naver.com