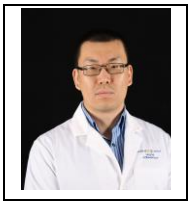
Chest and Lung Research

Open Access



# Tongxie Formula Reduces Symptoms of Irritable Bowel Syndrome.

**Dr. Qi Xiao**

*School of Medicine, Washington University, St. Louis, Missouri*

**ABSTRACT:**

**BACKGROUND:**

Irritable bowel syndrome (IBS) is the most common chronic gastrointestinal disorder, yet few drugs are effective in reducing symptoms. Approximately 50% of patients with IBS attempt herbal therapy at least once. We performed a randomized controlled trial to compare the efficacy of the herb formulation tongxie vs placebo or pinaverium (an antispasmodic agent) in reducing symptoms of IBS.

**METHODS:** We performed a trial of 1044 adult patients with IBS (based on Rome III criteria) at 5 hospitals in China, from August 2012 through January 2015. Subjects were randomly assigned (1:1:1) to groups given tongxie (a combination of A macrocephalae, P lactiflora, C reticulata, S divaricata, C pilosula, C wenyujin, C medica, and P cocos, along with other herbs, based on patient features), placebo, or pinaverium (50 mg tablets) 3 times daily for 4 weeks. Primary end points were significantly greater reductions in abdominal pain and Bristol stool score (before vs after the 4-week study period) in patients given tongxie compared with patients given placebo or pinaverium. Secondary end points were reductions in pain and stool frequencies and abdominal discomfort and its frequency.

**RESULTS:** Subjects given tongxie had significant reductions, before vs after the study period, in all 6 symptoms assessed, compared to patients given placebo ($P < .001$). A significantly higher proportion of patients given tongxie had increased stool consistency (75.6%) than patients given pinaverium (50.6%),

**Biography:**

Dr. Xiao graduated from the Washington University In St Louis School of Medicine in 2017. He works in Saint Louis, MO and 1 other location and specializes in Diagnostic Radiology and Internal Medicine.

**Publications:**

1. Targeting an oncogenic kinase/phosphatase signaling network for cancer therapy.
2. Nogo-B receptor promotes epithelial-mesenchymal transition in non-small cell lung cancer cells through the Ras/ERK/Snail1 pathway.
3. p38γ MAPK is required for inflammation-associated colon tumorigenesis.
4. p38γ MAPK Is a Therapeutic Target for Triple-Negative Breast Cancer by Stimulation of Cancer Stem-Like Cell Expansion.
5. Identification of a ternary protein-complex as a therapeutic target for K-Ras-dependent colon cancer.

**16th International Conference on Digestive Disorders and Gastroenterology, Bangkok, Thailand, June 08-09, 2020.**

**Abstract Citation :** **Rania Tomerak, Tongxie Formula Reduces Symptoms of Irritable Bowel Syndrome, GI DISEASES 2020, Bangkok, Thailand, June 08-09, 2020.**