

# Chinese herbal medicine for chronic neck pain due to cervical degenerative disc disease (2010)

Xuejun Cui, Kien Trinh, Yong-Jun Wang



**COCHRANE BACK REVIEW GROUP**  
The best evidence in back and neck pain care



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## Overview of the study

### Objectives

- To assess the efficacy of Chinese herbal medicines in treating chronic neck pain with radicular signs or symptoms

### Methods

- Evidence current up to 1 October 2009
- Participants: Adults (aged 18 to 65 years old) with a duration of symptoms of longer than six months, with a clinical diagnosis of cervical degenerative disc disease or cervical radiculopathy, or myelopathy
- Intervention: Any Chinese herbal medicine/formula, integrative medicinal treatment
- Outcomes measured
  - Primary outcomes: pain, functional status, patient satisfaction
  - Secondary outcomes: neurologic outcomes, adverse events

## Results & Conclusion

- Four trials (total 1100 participants) included.

Treatment	Evidence	Quality of evidence
Compound Qishe Tablets	Relieved pain better in the short-term than either placebo or Jingfukang	Low
Huangqi	Relieved pain better than Mobicox or Methycobal	
Compound extractum Nucis Vomicae	Relieved pain better than Diclofenac Diethylamine Emulgel	

⇒ Low quality evidence shows that certain herbal medications reduce pain more than placebo or other medications , but it is not clinically relevant.