

# Discussion on the Literature Review of Modified Gan Jiang Ling Zhu Decoction on the Cold-Dampness Lower Back Pain

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## ABSTRACT

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*Objective:* To explore and analyze the literature review on treatment principle and efficacy of Modified Gan Jiang Ling Zhu Decoction towards the lower back pain with cold-dampness syndrome.

*Methods:* Collection of the literature reviews of the decoction is compiled. Analysis of the modification of the decoction is recorded while clinical trials by many physicians' experiences are assessed and compared. Clinical trials are done as supplementing evidence with efficacy rate determined through patient's symptoms improvement, Visual Analog Scale (VAS) and Roland-Morris Low Back Pain and Disability Questionnaire (RMQ).

*Discussion:* Gan Jiang Ling Zhu Decoction focuses on strengthening the Earth (Spleen) element to overcome the pathological Water, focusing on treating the Middle Burner to treat the lower back pain. With an average of two weeks of treatment, the modified Gan Jiang Ling Zhu Decoction used by 7 physicians in their clinical trials showed a total efficiency rate of 96.33%. While, clinical observations of 4 subjects showed the efficacy in treatment of the lower back pain with an average pain (VAS) improvement of 42.54% and an average functional (RMQ) improvement of 38.48%.

*Conclusion:* Modified Gan Jiang Ling Zhu Decoction is proven to have a satisfactory effect towards Cold-Dampness typed of lower back pain with underlying soreness and heaviness of the lower back, and it is worthy being further popularized in clinic.

*Keywords:* [Lower back pain][Gan Jiang Ling Zhu Decoction][Cold-Dampness pathogen]