

The efficiency and safety of traditional chinese herbal medicine Kun Tai in treatment of premature ovarian insufficiency – A meta-analysis

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To systematically review the efficacy and safety of traditional Chinese herbal medicine Kun Tai in the treatment of premature ovarian insufficiency.

Methods: PubMed, EMbase, The Cochrane Library, CBM, CNKI, WanFang Data and VIP databases were electronically searched to collect Randomized Controlled Trials (RCTs) on Kun Tai used for treating premature ovarian insufficiency from inception to August, 2018. Two reviewers independently screened literature, extracted data and assessed the risk of bias of included studies, then, meta-analysis was performed by using RevMan 5.3 software.

Results: Twenty-one randomized controlled trials were included. The results of meta-analyses showed that: effective rate (RR=2.78, 95%CI 1.73 to 4.45, $P<0.000\ 01$), the change of Kupperman's score (MD=-3.25, 95%CI -3.75 to -2.76, $P<0.000\ 01$), the change of serum FSH (MD=-6.99, 95%CI -8.07 to -5.90, $P<0.000\ 01$), E2 (MD=6.38, 95%CI 5.64 to 7.11, $P<0.000\ 01$) and LH (MD=-4.66, 95%CI -6.45 to -2.86, $P<0.000\ 01$) in Kun Tai combined with Hormone Replacement Therapy (HRT) group were higher than that in the HRT group.

Conclusion: Kun Tai combined with HRT are better than HRT alone in the effective rate, the change of Kupperman's score, the change of serum FSH, E2 and LH for patients with premature ovarian insufficiency. Due to limited quality and quantity of the included studies, more high-quality studies are required to verify above conclusion.

Biography

From Department of Obstetrics and Gynecology, West China Second Hospital, Sichuan University, China, medical student of 8-year program, major in Gynaecology & Obstetrics, focus on the environmental teratogenic factors and their effects on reproduction techniques including preimplantation genetic diagnosis and conservation of female fertility, such as oocyte freezing, ovulation, embryo freezing and in vitro maturation of oocytes. Published several papers at home and abroad, made poster presentation and oral presentation in several congresses.

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