

Appendix 2. Detailed information about herbal prescriptions used in the included trials

First author (Year)	Herbal Medicinal Preparation Name	Pharmaceutical Active Ingredients	Unit Dose	Prescription Method	Pharmaceutical formulation	Administration Method
Chen (2013) ²²	<i>Tongqiao huoxue decoction</i>	<i>Paeoniae Radix Rubra</i>	3g	Herbal preparation extracted decoction with 250 ml yellow rice wine	decoction	Taking herbal decoction once a day at bedtime
		<i>Cnidii Rhizoma</i>	3g			
		<i>Persicae Semen</i>	9g			
		<i>Jujubae Fructus</i>	10g			
		<i>Carthami Flos</i>	9g			
		<i>Allii Radix</i>	12g			
		<i>Zingiberis Rhizoma Recens</i>	9 g			
		<i>Moschi Moschiferus</i>	0.15g			
		<i>Cimicifugae Rhizoma</i>	6 g			
		<i>Bupleuri Radix</i>	9 g			
Guo (2004) ²³	<i>Biyan Qingdu Granule</i>	<i>Chrysanthemi Indici Flos</i>	Not mentioned	Manufactured by pharmaceutical company	granule	20g each time, Dissolve 20g granule in water, 2 times a day
		<i>Xanthii Fructus</i>				
		<i>Paridis Rhizoma</i>				
		<i>Rubus parvifolius</i>				
		<i>Zanthoxylum nitidum</i>				
		<i>Prunellae Spica</i>				
		<i>Gentianae Radix</i>				
		<i>Codonopsis Pilosulae Radix</i>				
He (2013) ²⁴	<i>Tongqiao huoxue decoction</i>	<i>Paeoniae Radix Rubra</i>	20g	Herbal preparation extracted decoction with water	decoction	Taking herbal decoction 500ml divided into 3, 3 times a day
		<i>Persicae Semen</i>	12g			
		<i>Carthami Flos</i>	12g			
		<i>Cnidii Rhizoma</i>	15g			
		<i>Allii Radix</i>	12g			
		<i>Zingiberis Rhizoma Recens</i>	12g			
		<i>Moschi Moschiferus</i>	0.15g			
		<i>Bupleuri Radix</i>	10g			
		<i>Acori Graminei Rhizoma</i>	10g			
		<i>Cimicifugae Rhizoma</i>	10g			

Hu (2000) ²⁵	-	<i>Jujubae Fructus</i>	10g	Water extracted decoction	decoction	2 times a day	
		<i>Cyperi Rhizoma</i>	6g				
		<i>Cnidii Rhizoma</i>	6g				
		<i>Bupleuri Radix</i>	6g				
		Pattern/Syndrome of qi stagnation and blood stasis					
		<i>Paeoniae Radix Rubra</i>	6g				
		<i>Acori Graminei Rhizoma</i>	3g				
		spleen qi deficiency pattern/syndrome					
		<i>Codonopsis Pilosulae Radix</i>	10g				
		<i>Atractylodis Rhizoma Alba</i>	10g				
		<i>Cimicifugae Rhizoma</i>	6g				
		liver-kidney yin deficiency pattern/syndrome					
		<i>Rehmanniae Radix Preparata</i>	10g				
		<i>Crataegii Fructus</i>	10g				
		<i>Schizandrae Fructus</i>	6g				
		kidney yang deficiency pattern/syndrome					
<i>Aconiti Lateralis Radix Praeparata</i>	5g						
<i>Crataegii Fructus</i>	10g						
<i>Alismatis Rhizoma</i>	12g						
Jiang (2013) ²⁶	<i>Shenling baizhu powder</i>	<i>Dolichoris Semen</i> <i>Atractylodis Rhizoma Alba</i> <i>Poria(Hoelen)</i> <i>Glycyrrhizae Radix</i> <i>Platycodi Radix</i> <i>Nelumbinis Semen</i> <i>Ginseng Radix</i> <i>Amomi Fructus</i> <i>Dioscoreae Rhizoma</i> <i>Coicis Semen</i>	Not mentioned	Manufactured by pharmaceutical co mpany	granule	Each time 9g 3 times a day	
Li (2014) ²⁷	-	<i>Dioscoreae Rhizoma</i> <i>Cnidii Rhizoma</i> <i>Bupleuri Radix</i> <i>Platycodi Radix</i> <i>Plantaginis Semen</i>	10g 10g 10g 10g 10g	Herbal preparation extracted decoction with 500ml water	decoction	Taking 100ml herbal decoction, 2 times a day	

		<i>Acori Graminei Rhizoma</i>	10g			
		<i>Pheretimae Corpus</i>	10g			
		<i>Xanthii Fructus</i>	10g			
		<i>Glycyrrhizae Radix</i>	5g			
		<i>Atractylodis Rhizoma Alba</i>	20g			
		<i>Poria(Hoelen)</i>	20g			
		<i>Salviae Miltiorrhizae Radix</i>	15g			
Liao (1998) ²⁸	Tongqiao tablet	<i>Plantaginis Semen</i>	15g	Produced by preparation department in hospital. Each tablet weighing 0.5g containing 2.24g of crude drugs	Tablet	4 tablets (2.0g) each time, 3 times a day
		<i>Radix Ilicis Pubescentis</i>	30g			
		<i>Bupleuri Radix</i>	10g			
		<i>Poria(Hoelen)</i>	15g			
		<i>Cnidii Rhizoma</i>	5g			
		<i>Magnoliae Flos</i>	10g			
		<i>Acori Graminei Rhizoma</i>	10g			
		<i>Pheretimae Corpus</i>	12g			
		<i>Glycyrrhizae Radix</i>	5g			
Liu (2005) ²⁹	-	<i>Astragali Radix</i>	30g	Herbal preparation extracted decoction with water	decoction	2 times a day
		<i>Saposhnikoviae Radix</i>	10g			
		<i>Atractylodis Rhizoma Alba</i>	10g			
		<i>Poria(Hoelen)</i>	10g			
		<i>Alismatis Rhizoma</i>	10g			
		<i>Acori Graminei Rhizoma</i>	10g			
		<i>Armeniacae Semen</i>	10g			
		<i>Cnidii Rhizoma</i>	10g			
		<i>Salviae Miltiorrhizae Radix</i>	10g			
		<i>Plantaginis Semen</i>	10g			
		<i>Coicis Semen</i>	30g			
		<i>Cyperii Rhizoma</i>	10g			
		<i>Aurantii Fructus Pericarpium</i>	6g			
Liu (2014) ³⁰	-	Duration of illness≤15day				
		<i>Pinelliae Rhizoma</i>	12g			
		<i>Magnoliae Flos</i>	12g			
		<i>Lonicerae Flos</i>	9g			
		<i>Forsythiae Fructus</i>	6g			

Taraxaci Herbai 12g
Fritillariae Bulbus 6g
Acori Graminei Rhizoma 6g
Glycyrrhizae Radix 3g

Duration of illness>15day, ≤25d

Magnoliae Flos 12g
Bupleuri Radix 6g
Cnidii Rhizoma 9g
Agastachis Herba 6g
Acori Graminei Rhizoma 6g
Aucklandiae Radix 6g
Alismatis Rhizoma 6g
Scutellariae Radix 3g

Duration of illness>25day

Magnoliae Flos 12g
Mori Radicis Cortex 6g
Alismatis Rhizoma 6g
Persicae Semen 3g
Carthami Flos 3g
Citri Pericarpium 3g

Lu (2013) ³¹	-	<i>Ginseng Radix</i>	10g	Herbal preparation extracted decoction with 500ml water	decoction	Taking herbal decoction 300ml divided into 2, 2 times a day after the meal
		<i>Dolichoris Semen</i>	15g			
		<i>Atractylodis Rhizoma Alba</i>	15g			
		<i>Poria(Hoelen)</i>	15g			
		<i>Coicis Semen</i>	20g			
		<i>Platycodi Radix</i>	10g			
		<i>Cinnamomi Ramulus</i>	10g			
		<i>Acori Graminei Rhizoma</i>	10g			
		<i>Liquidambar formosana Hance</i>	10g			
		<i>Astragali Radix</i>	20g			
Qu (2013) ³²	-	<i>Astragali Radix</i>	18g	Herbal preparation extracted decoction with water	decoction	Taking 150ml herbal decoction, 3 times a day
		<i>Gardeniae Fructus</i>	18g			
		<i>Codonopsis Pilosulae Radix</i>	18g			
		<i>Rehmanniae Radix</i>	12g			

		<i>Puerariae Radix</i>	30g			
		<i>Cimicifugae Rhizoma</i>	10g			
		<i>Phellodendri Cortex</i>	15g			
		<i>Paeoniae Radix Alba</i>	15g			
		<i>Vitidis Fructus</i>	15g			
		<i>Gentianae Radix</i>	15g			
		<i>Glycyrrhizae Radix</i>	6g			
Sato (1988) ³⁸	<i>Tsumura- Saireito</i>	<i>Alismatis Rhizoma</i>	Not	Manufactured by pharmaceutical co mpany	granule	1.5g each time, 2 time a day
		<i>Atractylodis Rhizoma Alba</i>	mentioned			
		<i>Bupleuri Radix</i>				
		<i>Cinnamomi Cortex Spissus</i>				
		<i>Zingiberis Rhizoma Recens</i>				
		<i>Ginseng Radix</i>				
		<i>Zizyphi Fructus</i>				
		<i>Glycyrrhizae Radix</i>				
		<i>Pinelliae Rhizoma</i>				
		<i>Polyporus</i>				
		<i>Poria(Hoelen)</i>				
		<i>Scutellariae Radix</i>				
Shi (2005) ³³	<i>Huanglong tonger pill</i>	<i>Gentianae Radix</i>	12g	2 mm diameter pills with Powdered herbal preparation and water	pill	10g each time with warm water, 2 times a day
		<i>Scutellariae Radix</i>	10g			
		<i>Alismatis Rhizoma</i>	10g			
		<i>Magnoliae Cortex</i>	10g			
		<i>Gardeniae Fructus</i>	10g			
		<i>Akebiae Caulis</i>	10g			
		<i>Plantaginis Semen</i>	12g			
		<i>Acori Graminei Rhizoma</i>	12g			
		<i>Atractylodis Rhizoma Alba</i>	12g			
		<i>Polyporus</i>	12g			
		<i>Bupleuri Radix</i>	9g			
		<i>Coptidis Rhizoma</i>	5g			
		<i>Poria(Hoelen)</i>	15g			
Sun (2005) ³⁴	<i>Qingqiao Capsule</i>	<i>Scrophulariae Radix</i>	Not			
		<i>Rehmanniae Radix</i>	mentioned			

		<i>Salviae Miltiorrhizae Radix</i> <i>Achyranthis Radix</i> <i>Bombycis Corpus cum Batryticatus</i> <i>Angelicae Sinensis Radix</i> <i>Coicis Semen</i> <i>Amomi Rotundus Fructus</i> <i>Glycyrrhizae Radix</i> 3 more unknown herbal preparation		department in hospital. Each capsule weighing 0.45g containing 2.25g of crude drugs		day
Tian (2014) ³⁵	<i>Shenling baizhu powder</i>	<i>Dolichoris Semen</i> <i>Atractylodis Rhizoma Alba</i> <i>Poria(Hoelen)</i> <i>Platycodi Radix</i> <i>Nelumbinis Semen</i> <i>Ginseng Radix</i> <i>Amomi Fructus</i> <i>Dioscoreae Rhizoma</i> <i>Coicis Semen</i> <i>Glycyrrhizae Radix</i>	Not mentioned	Manufactured by pharmaceutical company	granule	Each time 9g, 3 times a day
Zhang (2013) ³⁶	<i>Erzhang decoction</i>	<i>Lonicerae Flos</i> <i>Forsythiae Fructus</i> <i>Platycodi Radix</i> <i>Acori Graminei Rhizoma</i> <i>Citri Pericarpium</i> <i>Poria(Hoelen)</i> <i>Sojae Semen Praeparatum</i> <i>Mentha arvensis var. piperascens Makinv.</i> <i>Schizonepetae Herba</i> <i>Cnidii Rhizoma</i> <i>Bupleuri Radix</i> <i>Glycyrrhizae Radix Praeparata</i>	10g 12g 10g 10g 10g 12g 9g 9g 10g 10g 10g 3g	Herbal preparation extracted decoction with water	decoction	Taking 150ml herbal decoction, 3 times a day after the meal
Zhao (2012) ³⁷	<i>Huanglong tonger pill</i>	<i>Polyporus</i> <i>Atractylodis Rhizoma Alba</i> <i>Acori Graminei Rhizoma</i>	12g 12g 12g	2 mm diameter pills with Powdered herbal preparation	pill	10g each time with warm water, 2 times a

<i>Gentianae Radix</i>	12g	and water	day
<i>Plantaginis Semen</i>	12g		
<i>Akebiae Caulis</i>	10g		
<i>Gardeniae Fructus</i>	10g		
<i>Magnoliae Cortex</i>	10g		
<i>Alismatis Rhizoma</i>	10g		
<i>Scutellariae Radix</i>	10g		
<i>Poria(Hoelen)</i>	15g		
<i>Coptidis Rhizoma</i>	5g		
<i>Bupleuri Radix</i>	9g		
