

## Appendix1

The search strategy of PubMed was as follows:

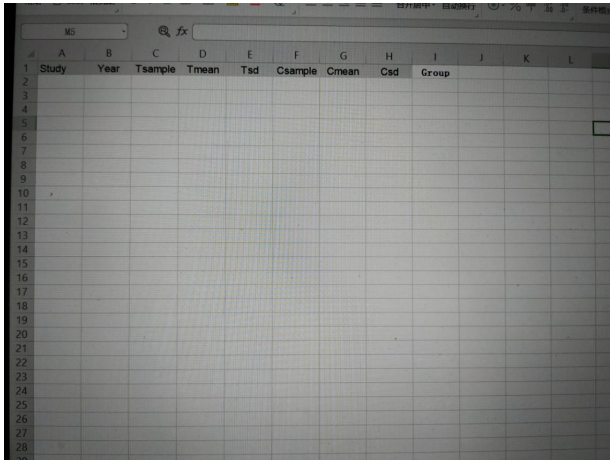
#1 Search (((((((((((Heart failure[Title/Abstract]) OR Cardiac Failure[Title/Abstract]) OR Heart Decompensation[Title/Abstract]) OR Decompensation, Heart[Title/Abstract]) OR Heart Failure, Right-Sided[Title/Abstract]) OR Heart Failure, Right Sided[Title/Abstract]) OR Right-Sided Heart Failure[Title/Abstract]) OR Right Sided Heart Failure[Title/Abstract]) OR Myocardial Failure[Title/Abstract]) OR Congestive Heart Failure[Title/Abstract]) OR Heart Failure, Congestive[Title/Abstract]) OR Heart Failure, Left-Sided[Title/Abstract]) OR Heart Failure, Left Sided[Title/Abstract]) OR Left-Sided Heart Failure[Title/Abstract]) OR Left Sided Heart Failure[Title/Abstract]

#2 Search (((((((((((Traditional Chinese medicine[Title/Abstract]) OR Chung I Hsueh[Title/Abstract]) OR Hsueh, Chung I[Title/Abstract]) OR Traditional Medicine, Chinese[Title/Abstract]) OR Zhong Yi Xue[Title/Abstract]) OR Chinese Traditional Medicine[Title/Abstract]) OR Chinese Medicine, Traditional[Title/Abstract]) OR Chinese Medicine, Traditional[Title/Abstract]) OR Tongue Diagnoses, Traditional[Title/Abstract]) OR Tongue Diagnosis, Traditional[Title/Abstract]) OR Traditional Tongue Diagnoses[Title/Abstract]) OR Traditional Tongue Assessment[Title/Abstract]) OR Tongue Assessment, Traditional[Title/Abstract]) OR Traditional Tongue Assessments[Title/Abstract]

#1 AND #2

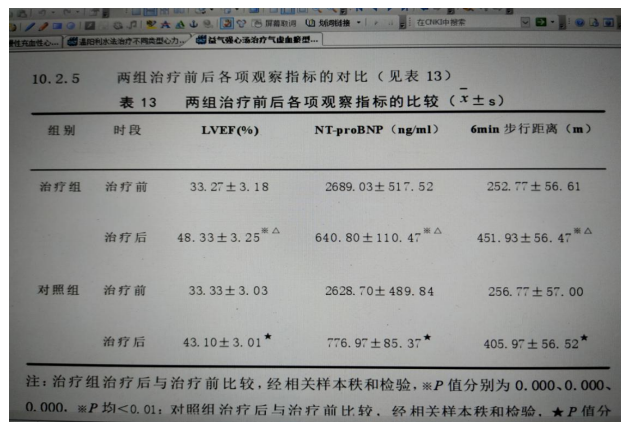
## Appendix2

Step1: Design excel for each outcome



The image shows a screenshot of an Excel spreadsheet. The columns are labeled as follows: A: Study, B: Year, C: Tsample, D: Tmean, E: Tsd, F: Csample, G: Cmean, H: Csd, I: Group. The rows are numbered from 1 to 28. The spreadsheet is currently empty.

Step2: Import data form included trails into excel



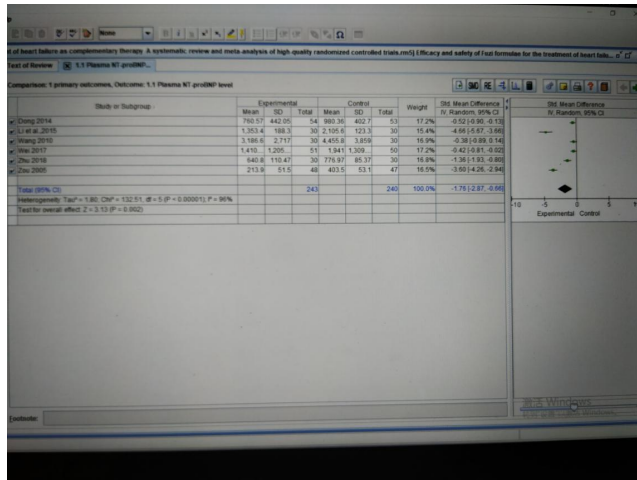
The image shows a screenshot of a document containing a table. The table is titled "表 13 两组治疗前后各项观察指标的比较 ( $\bar{x} \pm s$ )". The table has four columns: 组别 (Group), 时段 (Time Point), LVEF(%), NT-proBNP (ng/ml), and 6min 步行距离 (m). The data is as follows:

组别	时段	LVEF(%)	NT-proBNP (ng/ml)	6min 步行距离 (m)
治疗组	治疗前	33.27 ± 3.18	2689.03 ± 517.52	252.77 ± 56.61
	治疗后	48.33 ± 3.25 <sup>※△</sup>	640.80 ± 110.47 <sup>※△</sup>	451.93 ± 56.47 <sup>※△</sup>
对照组	治疗前	33.33 ± 3.03	2628.70 ± 489.84	256.77 ± 57.00
	治疗后	43.10 ± 3.01 <sup>★</sup>	776.97 ± 85.37 <sup>★</sup>	405.97 ± 56.52 <sup>★</sup>

注: 治疗组治疗后与治疗前比较, 经相关样本秩和检验, ※P 值分别为 0.000、0.000、0.000, ※P 均 < 0.01; 对照组治疗后与治疗前比较, 经相关样本秩和检验, ★P 值分

Study	Year	Tsample	Tmean	Tsd	Csample	Cmean	Csd	Group
Zou	2005	48	213.9	51.5	47	403.5	53.1	CHFST plus FZF vs CHFST
Hao	2005							FZF vs Digoxin
Liu	2007							CHFST plus FZF vs CHFST plus placebo
Wang	2010	30	3186.6	2717	30	4455.8	3859	CHFST plus FZF vs CHFST
Cao	2011							FZF vs Digoxin
Zou	2011							CHFST plus FZF vs CHFST plus placebo
Li	2013							CHFST plus FZF vs CHFST plus placebo
Dong	2014	54	760.57	442.05	53	980.36	402.7	CHFST plus FZF vs CHFST
Wei	2015	30	1353.4	188.3	30	2105.6	123.3	CHFST plus FZF vs CHFST
Li	2015	30	242.6	149.14	29	364.62	214.57	CHFST plus FZF vs CHFST
Wu	2015	30	242.6	149.14	29	364.62	214.57	CHFST plus FZF vs CHFST
Wei	2017	51	1410.69	1205.56	50	1941	1309.22	CHFST plus FZF vs CHFST
Zhu	2018	30	640.8	110.47	30	776.97	85.37	CHFST plus FZF vs CHFST
Wang	2019							CHFST plus FZF vs CHFST plus placebo

Step3: Import the excel into Review Manager2 software, use random effect model to calculate the effective rate



Step4: Finally, we could see the risk ratio from the forest plot

