

Supplementary Material S4. Components of Chinese herbal formulas used in the included trials.

Study	Chinese herbal medicine	Components	Dosage formulation
Su. et al. 2021	Hexuemingmu Tablet	Cattail pollen (Puhuang, <i>Typha angustifolia</i> L.), Salvia Root (Danshen, <i>Radix Salviae Miltiorrhizae</i>), <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.), <i>Herba Ecliptae</i> (Mohanlian, <i>Herba Ecliptae Eclipta prostrata</i> L.), <i>Chrysanthemum</i> (Juhua, <i>Dendranthema morifolium</i> (Ramat.) Tzvel.), Baical Skullcap Root (Huangqin, <i>Radix Scutellariae Baicalensis</i>), Cassia Seed (Juemingzi, <i>Cassia tora</i> Linn), Plantain Seed (Cheqianzi, <i>Semen Plantaginis</i>), Motherwort Fruit (Chongweizi, <i>Leonurus japonicus</i> Houtt.), Glossy Privet Fruit (Nvzhenzi, <i>Fructus Ligustri Lucidi</i>), <i>Prunellae Spica</i> (Xiakucao, <i>Prunella vulgaris</i> Linn.), <i>radix gentianae</i> (Longdan, <i>Gentiana scabra</i> Bunge), <i>Radix curcumae</i> (Yujin, <i>Curcuma aromatica</i> Salisb.), Scouring Rush (Muzei, <i>Equisetum hyemale</i> Linn.), Red Peony Root (Chishao, <i>Paeonia veitchii</i> Lynch), Tree Peony Bark (Mudanpi, <i>Paeonia suffruticosa</i> Andr.), Hawthorn Fruit (Shanzha, <i>Crataegus pinnatifida</i> Bge.), Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>), Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>)	Tablet
Wang. et al. 2020	Huayu Lishui Decoction	Peach kernel (Taoren, <i>Prunus persica</i> (L.)Batsch), Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>), Poria (Fuling, <i>Scierotium Poriae Cocos</i>), Red Peony Root (Chishao, <i>Paeonia veitchii</i> Lynch), Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>), Cassia twig (Guizhi, <i>Ramulus Cinnamomi Cassiae</i>), <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.), Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>), Root of the Balloon Flower (Jiegeng, <i>Platycodi Radix</i>), Bittet Orange (Zhiqiao, <i>Fructus Aurantii</i>), White <i>Atractylodes</i> Rhizome (Baizhu, <i>Rhizoma Atractylodis Macrocephalae</i>), <i>Radix Glycyrrhizae Preparata</i> (Zhigancao, <i>Glycyrrhiza uralensis</i> Fisch.)	Decoction
Hao. 2019	Quji Tongluo Decoction	Peach kernel (Taoren, <i>Prunus persica</i> (L.)Batsch) 10g, Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>)5g, <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.) 20g, Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>) 10g, Membrane of Chicken Gizzard (Jineijin, <i>Endothelium Corneum Gigeriae galli</i>) 10g, <i>Rhizoma Pinelliae Praeparatum</i> (Fabanxia, <i>Arisaema erubescens</i> (Wall.) Schott) 10g, Tangerine Peel (Chenpi, <i>Pericarpium Citri Reticulatae</i>) 8g, Poria (Fuling, <i>Scierotium Poriae Cocos</i>) 15g, Sanchi (sanqi, <i>Panax notoginseng</i>) 3g, <i>Ledebouriella</i> Root (Fangfeng, <i>Radix Ledebouriellae Divaricatae</i>) 5g.	Decoction

Wei. et al. 2020	Xuefu Zhuyu Decoction	Peach kernel (Taoren, <i>Prunus persica</i> (L.)Batsch) 12g, Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>) 9g, Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>)9 g, <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.) 9g, Root of bidentate achyranthes (Niuxi, <i>Achyranthes bidentata</i> Blume) 9g, Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>) 6g, Root of the Balloon Flower (Jiegeng, <i>Platycodi Radix</i>) 6g, Red Peony Root (Chishao, <i>Paeonia veitchii</i> Lynch) 6g, Bittet Orange (Zhiqiao, <i>Fructus Aurantii</i>) 6g, <i>Radix Glycyrrhizae Preparata</i> (Zhigancao, <i>Glycyrrhiza uralensis</i> Fisch.) 6g, Thorowax Root (Chaihu, <i>Radix Bupleuri</i>) 6g, <i>Alisma</i> (Zexie, <i>Rhizoma Alismatis</i>) 8g.	Decoction
Sha and Duan. 2018	CHM	Peach kernel (Taoren, <i>Prunus persica</i> (L.)Batsch) 12g, Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>) 12g, <i>Salvia</i> Root (Danshen, <i>Radix Salviae Miltiorrhizae</i>) 12g, Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>) 12g, Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>)12g, <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.)12g, Thorowax Root (Chaihu, <i>Radix Bupleuri</i>) 12g, Red Peony Root (Chishao, <i>Paeonia veitchii</i> Lynch)12g, Root of Pilose Asiabell (Dangshen, <i>Codonopsis pilosula</i> (Franch.) Nannf.) 20g, Poria (Fuling, <i>Scierotium Poriae Cocos</i>) 15g, White <i>Atractylodes Rhizome</i> (Baizhu, <i>Rhizoma Atractylodis Macrocephalae</i>) 15g, <i>Alisma</i> (Zexie, <i>Rhizoma Alismatis</i>) 12g, <i>Radix Glycyrrhizae Preparata</i> (Zhigancao, <i>Glycyrrhiza uralensis</i> Fisch.) 6g.	Decoction
Wu. et al. 2020	Taohong Siwu Decoction	Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>), Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>), White Peony Root (Baishaoyao, <i>Radix Albus Paeoniae Lactiflorae</i>), Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>), <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.), <i>Alisma</i> (Zexie, <i>Rhizoma Alismatis</i>), Poria (Fuling, <i>Scierotium Poriae Cocos</i>), Coix seed (Yiyiren, <i>Semen Coicis</i>), <i>Pseudostellaria Root</i> (Taizishen, <i>Pseudostellariae Radix</i>)	Decoction
Tao. et al. 2017	Taohong Siwu Decoctionand Siling Powder	<i>Salvia</i> Root (Danshen, <i>Radix Salviae Miltiorrhizae</i>) 30g, Sanchi (Sanqi, <i>Panax notoginseng</i>)10g, Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>)15g, Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>)10g, Red Peony Root (Chishao, <i>Paeonia veitchii</i> Lynch)15g, <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.)15g, Poria (Fuling, <i>Scierotium Poriae Cocos</i>) 30g, Polyporus Sclerotium (Zhuling, <i>Sclerotium Polypori Umbellati</i>) 15g, <i>Alisma</i> (Zexie, <i>Rhizoma Alismatis</i>) 30g, White <i>Atractylodes Rhizome</i> (Baizhu, <i>Rhizoma Atractylodis Macrocephalae</i>) 15g, Cassia twig (Guizhi, <i>Ramulus Cinnamomi Cassiae</i>) 10g, Plantain Seed (Cheqianzi, <i>Semen Plantaginis</i>) 30g, Motherwort Fruit (Chongweizi, <i>Leonurus japonicus</i> Houtt.) 20g	Decoction

Yan. 2017	Jiawei Siwu Decoction and Wuling Powder	Peach kernel (Taoren, <i>Prunus persica</i> (L.)Batsch) 10g, Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>) 10g, Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>) 12g, <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.) 12g, Poria (Fuling, <i>Scierotium Poriae Cocos</i>) 20g, White <i>Atractylodes Rhizome</i> (Baizhu, <i>Rhizoma Atractylodis Macrocephalae</i>) 15g, <i>Polyporus Sclerotium</i> (Zhuling, <i>Sclerotium Polypori Umbellati</i>) 15g, <i>Alisma</i> (Zexie, <i>Rhizoma Alismatis</i>), Plantain Seed (Cheqianzi, <i>Semen Plantaginis</i>) 15g, <i>Radix Glycyrrhizae Preparata</i> (Zhigancao, <i>Glycyrrhiza uralensis</i> Fisch.) 5g.	Decoction
Ming. 2019	Quji Tongluo Decoction	Peach kernel (Taoren, <i>Prunus persica</i> (L.)Batsch) 10g, Safflower Flower (Honghua, <i>Flos Carthami Tinctorii</i>) 5g, <i>Radix Rehmanniae</i> (Dihuang, <i>Rehmannia glutinosa</i> (Gaert.) Libosch.)20g, Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>)10g, Membrane of Chicken Gizzard (jineijin, <i>Endothelium Corneum Gigeriae galli</i>)10g, <i>Rhizoma Pinelliae Praeparatum</i> (Fabanxia, <i>Arisaema erubescens</i> (Wall.) Schott) 10g, Tangerine Peel (Chenpi, <i>Pericarpium Citri Reticulatae</i>) 8g, Poria (Fuling, <i>Scierotium Poriae Cocos</i>) 15g, Sanchi (Sanqi, <i>Panax notoginseng</i>) 3g, <i>Ledebouriella Root</i> (Fangfeng, <i>Radix Ledebouriellae Divaricatae</i>) 5g.	Decoction
Lu. et al. 2018	Lingqi Huangban Granule	Chinese Angelica Root (Danggui, <i>Radix Angelicae Sinensis</i>) 10g, Szechuan Lovage Root (Chuanxiong, <i>Rhizoma Ligustici Chuanxiong</i>) 10g, <i>Semen Cuscuta</i> (Tusizi, <i>Cuscuta chinensis</i> Lam.) 10g, <i>Lucid Ganoderma</i> (Lingzhi, <i>Ganoderma</i>)10g, <i>Rhizoma Atractylodis</i> (Cangzhu, <i>Atractylodis Rhizoma</i>) 10g, <i>Salvia Root</i> (Danshen, <i>Radix Salviae Miltiorrhizae</i>) 10g, Root of Pilose Asiabell (Dangshen, <i>Codonopsis pilosula</i> (Franch.) Nannf.) 10g, Seaweed (Haizao, <i>Sargassum</i>) 10g, Desertliving Cistanche Herb (Roucongrong, <i>Cistanches Herba</i>)10g, Babury Wolfberry Fruit (Gouqizi, <i>Lycii Fructus</i>) 10g.	Granule
