

FTN



**FUNDACIÓN
TERAPIAS
NATURALES**



**ACUPUNTURA Y
MED. TRADICIONAL
CHINA**



ESTADO ACTUAL DE LA INVESTIGACIÓN Y EVIDENCIA CIENTÍFICA EN ACUPUNTURA/MTC

PARTE II. OTRAS TERAPIAS DE LA MTC

Actualización: JUNIO 2022

Comité Científico

Observatorio de Acupuntura y Medicina Tradicional China

Fundación Terapias Naturales



FTN



**FUNDACIÓN
TERAPIAS
NATURALES**

Copyright © 2022 por la Fundación Terapias Naturales

DEP636942911543222427

Cita este artículo como: M. García Rodríguez, C.Vairo, C.Fernández Jané, P.Dath Benit, M.De Alba Quirós, R.M.Canas Albiñana. Estado Actual de la Investigación y Evidencia Científica en Acupuntura/MTC. Parte II OTRAS TERAPIAS DE LA MTC. FTN 2022 <https://www.fundaciontn.es/informes>

Todos los derechos reservados. Ninguna parte de esta publicación puede ser reproducida, almacenada en un sistema de recuperación ni transmitida de ninguna forma ni por ningún medio, sea éste electrónico, mecánico, por fotocopia, por grabación o cualquier otro, a menos que disponga de una licencia válida, en cuyo caso puede reproducirse según los términos del acuerdo de licencia, o con la previa autorización escrita por parte del propietario.

Fundación Terapias Naturales

Calle Doctor Esquerdo, 105. 28017, Madrid. España.

Autores:

Dra. Mónica García Rodríguez, Dra. Claudia Vairo, Dr. Carles Fernández Jané, Philippe Dath Bénit, Miguel De Alba Quirós, Rosa María Canas Albiñana.

JUNIO 2022

PREFACIO

La Medicina Tradicional China (MTC) es un conjunto de técnicas terapéuticas que tiene sus raíces en teorías médicas y filosóficas de hace más de 2.000 años. Debido a la importancia de la tradición en la cultura china, estas teorías se siguen enseñando en la actualidad. Con el paso de los años, la MTC ha ido adquiriendo una gran relevancia en el mundo occidental, abriéndose camino desde Oriente para implantarse en las estructuras sociales, médicas y científicas de los países occidentales.

La MTC tiene una visión única de la salud y la enfermedad, con un enfoque en el individuo y no en su patología. Además, cuenta con diversos métodos de diagnóstico propios para interpretar los síntomas de cada paciente, lo que se traduce en que, en MTC, dos personas con la misma patología pueden recibir un diagnóstico y tratamiento distintos, adaptándose a sus características individuales.

Así pues, en MTC no existen enfermedades sino enfermos.

Aunque las teorías tradicionales juegan un papel importante en la práctica de la MTC, en las últimas décadas ha ido desarrollándose una visión científica de esta medicina y las distintas técnicas que la componen (Fitoterapia, Tuina, Taichi, Moxibustión, Guasha...). Esto se ha traducido en un aumento exponencial de publicaciones científicas en este campo, incluyendo, tanto estudios sobre su eficacia y efectividad, como sobre sus principales mecanismos de acción. A pesar de todas estas publicaciones, en España existe un gran desconocimiento sobre la investigación científica en MTC.

Al hablar de MTC ésta se asocia únicamente a la Acupuntura, por ser la técnica más utilizada y por tanto más conocida en Occidente. Por ello, los estudios respecto a su eficacia son mucho más numerosos que los referidos al resto de técnicas que integran la medicina oriental. Sin embargo, disciplinas como la Fitoterapia/Farmacopea, la Moxibustión o el Taichi, por ejemplo, están así mismo desarrolladas en los países orientales y arraigadas entre la población, que las consideran, no tan solo técnicas terapéuticas de tratamiento sino terapias preventivas de la salud.

El informe del Observatorio Estado Actual de la Investigación y Evidencia Científica en Acupuntura/MTC se ha dividido en dos partes por razones prácticas debido a su extensión.

En el presente documento Otras Terapias de la MTC, Parte II del informe, se han agrupado las técnicas terapéuticas que conforman la MTC salvo la Acupuntura y sobre las cuales existe evidencia científica: Fitoterapia, Electroacupuntura, Ventosas, Moxibustión, Tuina, Auriculoterapia, Taichi/Qigong, Guasha y Craneopuntura.

Acupuntura, Parte I del informe, objeto de otro documento, se centra exclusivamente en la Acupuntura, sola o combinada con técnicas afines, como la Moxibustión o la Electropuntura.

Novedades de esta actualización JUNIO 2022

Este año se han incrementado los estudios de alta evidencia científica publicados en las distintas técnicas de la MTC. De forma resumida se señalan los más relevantes.

Sección 1: Fitoterapia

Estudios recientes publicados en revistas de alto factor de impacto validan la eficacia de la Fitoterapia china y justifican su uso en diferentes enfermedades, ya sea como terapia adyuvante o como monoterapia. Varios ensayos clínicos en un número considerable de pacientes con osteoartrosis de rodilla y/o con osteoporosis han demostrado la seguridad y la eficacia de la medicina china. Asimismo, se demuestra eficaz en colitis ulcerosa frente a placebo. En 2500 mujeres sometidas a fecundación *in vitro* se demostró una tasa de nacimiento significativamente superior en comparación con el placebo, lo que realza la eficacia de la fitoterapia china. En el ámbito ginecológico, la fitoterapia china ha demostrado ser eficaz en el tratamiento de la endometriosis, así como en el caso de pacientes con Síndrome de Ovario Poliquístico (SOP). Aún más sorprendente es su eficacia en el tratamiento paliativo ocasionado por el cáncer, demostrada por un estudio en el cual se incluyeron más de 3000 pacientes. Por otro lado, los efectos tóxicos/adversos de la quimioterapia, *e.g.* neuropatía periférica, se podrían también disminuir mediante el uso de la fitoterapia china.

Sección 2: Electroacupuntura

Destacan los ECAs y RS publicados en relación a la Electroacupuntura que muestran una mejora en pacientes con lesión de la médula espinal, con hombro hemipléjico, en la depresión tras un accidente cerebrovascular, en la mejora de la calidad del sueño y función cognitiva en pacientes ancianos, en el alivio del dolor pélvico crónico y facilita el tratamiento en pacientes tratados con metadona. También, junto a la moxibustión puede aliviar los síntomas en pacientes con SOP. Produce mejoras en relación a la fatiga, insomnio, ansiedad y depresión en cáncer de pecho y páncreas, así como en la neuropatía periférica. En cuanto al ámbito posoperatorio alivia los síntomas, el dolor y acorta la estancia tras la laparatomía por cáncer cervical, reduce la incidencia la disfunción cognitiva postoperatoria en cirugía de reemplazo de rodilla y mejora la recuperación tras la reparación artroscópica de la muñeca.

Sección 3: Ventosas

Se ha mostrado un efecto beneficioso de la técnica de las Ventosas en el dolor pélvico crónico en mujeres y junto a la acupuntura y moxibustión en la neuralgia posherpética, así como mejoras con la ventosa húmeda en el acné.

Sección 4: Moxibustión

La Moxibustión ha mostrado mejoras en la hinchazón y dolor de articulaciones en pacientes con artritis reumatoide, así como en la recuperación de la función gastrointestinal postoperatoria del intestino delgado. También en la fatiga y en el insomnio relacionado con cáncer, y junto a la acupuntura son eficaces en el linfedema en el cáncer de mama. La moxibustión también es segura para mejorar la calidad de vida y la anorexia en pacientes con cáncer metastásico. Los estudios también muestran eficacia en las náuseas, vómitos y estreñimientos causados por la

quimioterapia. También tiene efecto positivo en la depresión tras un accidente cerebrovascular y muestra mejora cognitiva en pacientes con Alzheimer, así como en la fatiga crónica.

Sección 5: Tuina

La Acupresión presenta efectividad a corto plazo en la fatiga relacionada con la quimioterapia, mejora la función motora y alivia la espasticidad en pacientes tras un accidente cerebrovascular.

Sección 6: Auriculoterapia

La Auriculoterapia produce una reducción significativa del dolor musculoesquelético en adultos, dolor por ortodoncia, así como el dolor lumbar crónico y dismenorrea. También es eficaz contra el insomnio en pacientes con hemodiálisis de mantenimiento y pacientes con cáncer, así como en la ansiedad preoperatoria. También disminuye las náuseas y los vómitos.

Sección 7: Taichi y Qigong

El Taichi y el Qigong han mostrado tener beneficios en osteoartritis de la rodilla, la función cognitiva, el equilibrio y fuerza muscular en pacientes de edad avanzada, así como la depresión en pacientes con insuficiencia cardíaca. También son beneficiosos al reducir la disnea, mejorar la calidad de vida y la depresión en pacientes con Enfermedad Pulmonar Obstructiva Crónica (EPOC), así como para mejorar los trastornos del sueño, depresión y la fatiga en pacientes con cáncer. El Qigong es beneficioso para disminuir la fatiga y la ansiedad en general, así como el bienestar psicológico de los adolescentes. Por su parte, el Taichi mejora el sueño, así como la ansiedad, depresión en pacientes con cáncer, accidente cerebrovascular e insuficiencia cardíaca, también mejora la movilidad funcional y el equilibrio en pacientes con Parkinson y accidente cerebrovascular, así como también es beneficiosa sobre el deterioro cognitivo leve y a nivel físico y mental durante la pandemia.

Sección 8: Craneopuntura

La Craneopuntura puede mejorar la función cognitiva y disminuir la depresión y la ansiedad. En niños con autismo mejora el nivel emocional, el sueño y promueve el desarrollo funcional. También ha mostrado alivio rápido en pacientes con trastorno temporomandibular y aplicada con estimulación eléctrica puede activar zonas del cerebro para mejorar la recuperación de la función del lenguaje cerebral.

INDICE

PREFACIO	3
Novedades de esta actualización JUNIO 2022	4
INDICE	5
SECCIÓN UNO: FITOTERAPIA	12
ARTRITIS/OSTEOPOROSIS.....	12
ENFERMEDADES RESPIRATORIAS.....	12
SÍNDROME DEL COLÓN IRRITABLE Y DIGESTIVO.....	13
DEPRESIÓN E INSOMNIO.....	13
NEUROLOGÍA.....	13
GINECOLOGÍA.....	14
PEDIATRÍA.....	15
ONCOLOGÍA.....	15
Cuidados paliativos y dolor	15
Ginecología.....	16
Xerostomía	16
Cáncer colorrectal, gástrico, hígado y páncreas	16
Cáncer de Pulmón	17
Otros.....	18
CARDIOLOGÍA.....	19
DERMATOLOGÍA.....	19
DIABETES	19
UROLOGÍA, ANDROLOGÍA	20
COVID-19.....	20
SECCIÓN DOS: ELECTROACUPUNTURA	22
DOLOR	22
NEUROLOGÍA, DEPRESIÓN, ANSIEDAD, ADICCIÓN	23
DIGESTIVO	24
GINECOLOGÍA.....	25
URINARIO	26
ONCOLOGÍA.....	26

CARDIOLOGÍA.....	26
POSTOPERATORIO.....	27
OSTEOPOROSIS.....	27
MECANISMOS.....	27
SECCIÓN TRES: VENTOSAS.....	27
DOLOR	28
VÓMITOS Y NÁUSEAS.....	29
CARDIOLOGÍA.....	29
DERMATOLOGÍA.....	29
SECCIÓN CUATRO: MOXIBUSTIÓN	30
DOLOR	30
ARTRITIS/OSTEOPOROSIS.....	30
DIGESTIVO	31
NEUROLOGÍA.....	31
RIÑÓN Y VEJIGA HIPERACTIVA	31
GINECOLOGÍA.....	31
ONCOLOGÍA.....	32
NEUROPATÍA	33
RINITIS	33
COVID-19.....	33
OTROS	34
MECANISMO	34
SECCIÓN CINCO: TUINA	35
ANSIEDAD.....	35
DOLOR	35
HIPERTENSIÓN Y VÉRTIGO	35
PEDIATRÍA.....	35
ONCOLOGÍA.....	36

OTROS	36
SECCIÓN SEIS: AURICULOTERAPIA	37
DOLOR	37
RINITIS ALÉRGICA	37
INSOMNIO, ANSIEDAD, ADICCIONES	37
DERMATOLOGÍA.....	38
GINECOLOGÍA.....	38
ONCOLOGÍA.....	39
OBESIDAD.....	39
POSTOPERATORIO.....	39
HIPERTENSIÓN.....	39
NÁUSEAS Y VÓMITOS.....	39
SECCIÓN SIETE: TAICHI Y QIGONG.....	40
DOLOR	40
PROMOCIÓN DE LA SALUD Y PREVENCIÓN DE ENFERMEDADES.....	41
INSOMNIO, DEPRESIÓN, ESTRÉS	42
NEUROLOGÍA.....	43
CARDIOLOGÍA.....	45
RESPIRATORIO	46
MENOPAUSIA	46
DIABETES Y OBESIDAD.....	47
ONCOLOGÍA.....	47
PEDIATRÍA.....	48
OTROS	48
SECCIÓN OCHO: GUASHA	49
DOLOR	49
GINECOLOGÍA.....	49
NEUROPATÍA	49

SECCIÓN NUEVE: CRANEOPUNTURA.....	50
REFERENCIAS	51
ANEXO.....	93
FITOTERAPIA.....	93
Oncología.....	93
Cardiología	115
Digestivo.....	135
Endocrinología.....	146
Dermatología.....	155
Dolor y lesiones	160
Insomnio.....	172
Ginecología.....	176
Neurología.....	192
Respiratorio.....	206
Psicología.....	221
Pediatría	224
COVID-19	230
Urología	241
Otros.....	245
ELECTROACUPUNTURA	262
Oncología.....	262
Cardiología	265
Digestivo.....	266
Psicología.....	271
Dolor y lesiones	273
Insomnio.....	279
Ginecología.....	279
Neurología.....	285
Postoperatorio	289
Urinario	293
Otros.....	295
Mecanismos	296
VENTOSAS	299

Dolor.....	299
Dermatología.....	304
Otros.....	305
MOXIBUSTIÓN.....	307
Oncología.....	307
Dolor.....	312
Ginecología.....	316
Urinario.....	319
Digestivo.....	320
Neurología.....	323
Otros.....	327
TUINA.....	333
Oncología.....	333
Dolor.....	334
Pediatría.....	336
Otros.....	338
AURICULOTERAPIA.....	341
Oncología.....	341
Psicología, insomnio, ansiedad, adicciones.....	343
Dolor.....	346
Ginecología.....	351
Postoperatorio.....	353
Digestivo/obesidad.....	355
Otros.....	356
TAICHI.....	359
Oncología.....	359
Cardiología.....	366
Edad.....	370
Obesidad y Diabetes.....	376
Dolor.....	379
Psicología, insomnio, fatiga.....	383
Menopausia.....	388
Neurología.....	389

Cardiología y respiratorio.....	399
Otros.....	405
GUASHA.....	410
MICROSANGRADURA	414
CRANEOPUNTURA.....	416

SECCIÓN UNO: FITOTERAPIA

La fitoterapia china utiliza materias herbales chinas siendo una rama esencial dentro de la Medicina Tradicional China (MTC). La referencia más antigua a la Materia Médica China la encontramos en el Clásico de Materia Médica de Shennong (Shen Nong Ben Cao Jing, ~220 CE). Se basa en los principios que establece la Medicina Tradicional China y tiene en cuenta la naturaleza, el sabor y el meridiano en el que actúa cada materia.

En los últimos años se ha producido un incremento de las investigaciones y estudios científicos sobre fitoterapia china. Algunos de los más destacados los presentamos a continuación.

ARTRITIS/OSTEOPOROSIS

Una revisión sistemática publicada en 2017 (1) expone que la fitoterapia china debe considerarse una alternativa viable al tener una alta efectividad y seguridad para el tratamiento de la artritis reumatoide, así como para mejorar la función, el dolor y el bienestar en el tratamiento de la osteoartritis de la rodilla (2). Las materias médicas que tonifican el Riñón y activan la sangre pueden ser un método alternativo efectivo para tratar la osteoartritis de la rodilla (3). La fórmula Gui Zhi Shao Yao Zhi Mu, puede tener una efectividad y seguridad igual o superior para tratar la artritis reumatoide en comparación con los medicamentos occidentales, por lo que puede considerarse una alternativa viable a la medicina occidental (4). Un reciente MA sobre la artritis reumatoide establece que el tratamiento combinado con glucósidos totales de la Paeonia puede ser una estrategia más efectiva y segura, aconsejándose como ayudante dado su efecto hepatoprotector y posible regulador de lípidos (5). Una RS y MA de 56 ECAs publicado en Oxidative Medicine and Cellular Longevity confirma que la fitoterapia china, ya sea como terapia adyuvante o como monoterapia, mejora la fisiopatología de pacientes con osteoartritis de rodilla, siendo además bien tolerada y segura en estos pacientes específicos (6). Un MA publicado en Journal of Ethnopharmacology demuestra que añadir una decocción de Duhuo Jisheng a los bisfosfonatos parece ser una estrategia eficaz y segura en el tratamiento de pacientes con osteoporosis (7).

ENFERMEDADES RESPIRATORIAS

La fitoterapia china reduce la duración del ciclo natural de las enfermedades respiratorias del tracto superior y alivia sus síntomas (8). También mejora significativamente la función pulmonar y los síntomas del asma agudo (9), especialmente la fórmula Xiaoqinglong demostró mejorar la función pulmonar y reducir las IgE séricas (10). La fitoterapia china es eficaz en el tratamiento para la rinosinusitis crónica (11), siendo la fórmula Yu Ping Feng San beneficiosa para adultos con rinitis alérgica (12). Los efectos de Bu Zhong Yi Qi Tang en pacientes con EPOC mejoran los síntomas clínicos, la capacidad de ejercicio, la función pulmonar y la calidad de vida (13). Una RS publicada en 2019 (14) sugiere que la fitoterapia china puede tener un efecto positivo en la calidad de vida, la distancia recorrida en una prueba de caminata de 6 minutos, y la función pulmonar, siendo segura durante el curso del tratamiento. Un MA publicado en Frontiers in Pharmacology sugiere que las inyecciones de Shenfu, Shenmai o Shenqi Fuzheng combinados con la medicina tradicional sean unos tratamientos óptimos para los trastornos respiratorios crónicos (15).

SÍNDROME DEL COLÓN IRRITABLE Y DIGESTIVO

Un estudio publicado en *Clinical Gastroenterology and Hepatology* (16) establece que la fitoterapia china consigue una reducción de los síntomas del síndrome del colon irritable, un aumento de la satisfacción intestinal y la consistencia de las heces, así como una reducción de las heces duras y grumosas, en comparación con el placebo. Los resultados de una reciente RS y MA indican que la acupuntura combinada con fitoterapia es un enfoque de tratamiento efectivo y seguro para el síndrome del colon irritable en pacientes con diarrea, pudiendo ser un método prometedor (17). El uso de la fórmula Zhizhu Kuanzhong ofrece un resultado superior al placebo en el tratamiento de la dispepsia funcional con síndromes de estrés posprandial (18). La evidencia de un MA publicado en Baltimore sugiere que la MTC podría ser más eficaz en el tratamiento de la gastritis crónica, aunque se requieren estudios más rigurosos (19). En una RS que se realizó para determinar la eficacia de la fitoterapia china para desórdenes digestivos, tales como el síndrome del intestino irritable, la dispepsia funcional y el estreñimiento funcional, se analizaron más de 33 formulaciones herbales y se determinó su eficacia frente a placebo (20). En un ECA se demostró que los granulos de JianpiQinghua reducen drásticamente los síntomas en pacientes con enfermedad por reflujo no erosiva en combinación con los inhibidores de la bomba de protones, *p.ej.* omeprazol (21). Asimismo, se demostró en un ECA, en el cual participaron alrededor de 120 pacientes con colitis ulcerosa moderadamente activa, que unos granulos de Qing-Chang-Hua-Shi fueron más eficaces que el placebo en cuanto a remisión clínica y cicatrización de la mucosa, así como en la desaparición de mucosidad/sangre en las heces (22). Por otro lado, se ha publicado recientemente en *Plos One* una RS y MA (donde se han incluido 679 participantes) demostrando que el medicamento tradicional Kampo Bofutsushosan mejora significativamente el índice de masa corporal en participantes con obesidad en comparación con el grupo control (23). Otro MA confirma la mayor eficacia de la fitoterapia china en el tratamiento de la constipación producida por fármacos antipsicóticos (24).

DEPRESIÓN E INSOMNIO

Los hallazgos de la RS realizada en 2018 (25) muestra el beneficioso efecto antidepresivo de la fitoterapia china para la depresión postparto. Así como las ventajas de Chai Hu Shu Gan San en el tratamiento de la depresión, especialmente en la depresión post-ictus y la depresión postparto (26). Los hallazgos de una RS publicada en 2019 brindan apoyo para el uso rutinario de la fitoterapia china para la depresión (27), mostrando efectos potencialmente beneficiosos sobre los síntomas depresivos y clínicos relacionados con la intervención coronaria pospercutánea (28). Los resultados de un metanálisis indicaron que la fitoterapia china podría mejorar significativamente los síntomas del insomnio frente al placebo para pacientes con insomnio primario (29). Una RS demuestra que la fórmula antidepresiva de Gardenia Fructus puede considerarse un tratamiento alternativo eficaz y seguro para la depresión en pacientes con diabetes (30). Un MA publicada a principio de 2022 demuestra que la Paeoniflorina, un compuesto bioactivo extraído de una planta de uso común en medicina china, la *Paeonia Lactiflora* Pall, puede mejorar significativamente los síntomas depresivos en animales y sugiere que puede ser una terapia potencial para pacientes con depresión (31).

NEUROLOGÍA

Una investigación publicada en la revista *Medicine* (32) sugiere que la fitoterapia china es efectiva para la recuperación del accidente cerebrovascular. Los hallazgos de una RS publicada

por *Frontiers in Aging Neuroscience* en 2018 (33) apoyan el uso complementario con fitoterapia china para la enfermedad del Parkinson. Por otra parte, se ha mostrado que la fitoterapia china es beneficiosa y puede recomendarse de forma rutinaria para la demencia vascular según un estudio publicado por el *Journal of Alzheimer's Disease* (34), así como también se han visto beneficios de la fitoterapia china en el deterioro cognitivo leve (35). Una RS y MA publicada en 2019 sugiere que la MTC parece ser una terapia bien tolerada y con efectos beneficiosos para pacientes con espasticidad tras un accidente cerebrovascular, al reducir la espasticidad y mejorar las actividades diarias de estos pacientes (36). Según una RS y MA publicada en 2020 (37) la fórmula *Danggui Shaoyao San* proporciona una reducción clínicamente importante en los síntomas del Alzheimer y la demencia vascular. El uso de la fitoterapia china con *Huangqi* puede beneficiar la fatiga y la calidad de vida en pacientes con accidente cerebrovascular (38). Los resultados de un metanálisis mostraron que la cápsula de *NaoShuanTong* muestra eficacia en el tratamiento del infarto cerebral, puede mejorar la tasa de respuesta general y la función neurológica, aumentar la adiponectina en la sangre, reducir los déficits neurológicos y disminuir el área de la placa aterosclerótica (39). La fitoterapia china puede tener efectos potenciales para mejorar la función cognitiva y la actividad diaria en individuos con Alzheimer en comparación con las terapias de medicamentos convencionales (40). Una ECA muestra que las cápsulas de *Tianshu* es una opción eficaz y bien tolerada para el tratamiento profiláctico de la migraña, y aún tiene efecto profiláctico después de la interrupción del medicamento (41).

GINECOLOGÍA

Un estudio sobre el tratamiento de la infertilidad femenina con la fitoterapia china muestra que puede mejorar las tasas de embarazo en un período de 3 a 6 meses. Además, los indicadores de fertilidad, las tasas de ovulación, la puntuación del moco cervical, la temperatura corporal basal y el grosor apropiado del endometrio se vieron influenciados positivamente (42). En un ECA en el cual participaron 2,580 mujeres sometidas a fecondación *in vitro* se demostró que el suplemento de *Zishen Yutai* aumentaba las tasas de nacimientos exitosos en comparación con el placebo (43). Una reciente RS publicada en *PLoS One* (44) indica que las fórmulas de materias médicas pueden mejorar los síntomas relacionados con los sofocos de la menopausia en las mujeres aumentando el flujo sanguíneo periférico. Otra ECA indica que la *Urtica dioica* puede disminuir los sofocos menopáusicos y aumentar la calidad de vida de las mujeres posmenopáusicas mejor que el control con placebo, pero igual que la acupuntura (45). Según un reciente MA la fórmula *Guizhi Fuling* como terapia adyuvante a la mifepristona parece tener beneficios adicionales para prevenir la recurrencia de la endometriosis y mejorar el embarazo entre las mujeres con endometriosis (46). Por otro lado, una RS recientemente publicada en *Nutrients* ha confirmado que el hinojo es eficaz tanto como los tratamientos convencionales para tratar el dolor causado en mujeres que sufren de dismenorrea primaria (47). Los resultados obtenidos en un RS y MA indican que la *Salvia Miltiorrhiza* puede ser usada en combinación con el agonista de la hormona liberadora de gonadotropina (GnRH-a) para el tratamiento postoperatorio de la endometriosis, disminuyendo los efectos adversos y aumentando las probabilidades de embarazo futuras (48). Por otro lado, un MA sugiere que la fitoterapia china puede tratar la amenorrea causada por psicofármacos (49). Un MA sugiere que el consumo de suplementos de té en mujeres con SOP podría reducir significativamente los niveles de glucemia e insulina en ayunas, así como reducir el peso corporal. Especialmente el té verde, no solo produce los efectos anteriores, sino que también mejora diferentes índices de hormonas

reproductivas. Además, la suplementación con té es una terapia segura para pacientes con SOP (50).

PEDIATRÍA

Los resultados de un reciente estudio publicado en la revista *International Journal of Pediatric Otorhinolaryngology* (51) muestran que la fitoterapia china tiene buena eficacia clínica y seguridad en la hipertrofia adenoidea pediátrica. Además, un ECA publicado en 2021 confirma que la decocción de XiaojiDaozhi representa un método seguro y eficaz para el tratamiento del estreñimiento infantil (52).

ONCOLOGÍA

Cuidados paliativos y dolor

Los resultados de una revisión sistemática publicada en 2019 (53) muestran que la tonificación del Qi y la nutrición del Yin combinando la fitoterapia con quimioterapia tiene mejor eficacia clínica. La fitoterapia china como adyuvante puede aliviar la mielosupresión inducida por la quimioterapia o la radioterapia, reducir la toxicidad de grado III-IV y mantener la dosis terapéutica y el ciclo de tratamiento (54). Un estudio publicado en *Current Oncology* en 2017 (55) indica que la fitoterapia china puede ser considerada una estrategia de terapia de mantenimiento eficiente y segura, y se considera como un complemento a la atención convencional en el tratamiento del dolor en pacientes con cáncer, así como una alternativa a la atención convencional para reducir el estreñimiento (56).

La fitoterapia china combinada con quimioterapia puede mejorar las tasas de respuesta objetiva y las tasas de control de la enfermedad más que la quimioterapia sola (57). Los resultados de una RS y MA reciente mostraron que la fórmula Danshen combinada con quimioterapia para el tratamiento del cáncer eran mejores que el tratamiento farmacológico convencional solo (58). Una reciente ECA publicada en 2019 mostró la eficacia de los gránulos de Shen Cao para disminuir la trombocitopenia inducida por la quimioterapia, acortaron la duración de la trombocitopenia y redujeron la duración de la hospitalización y los costos (59).

Los resultados de una RS y MA publicado en *The Journal of Cellular Biochemistry* demostraron que complementar el Qi y nutrir el Yin combinado con quimioterapia tendría una mejor tasa de eficacia clínica (60). Y un metanálisis realizado en 2019 muestra que los productos naturales relacionados con *C. versicolor* y *Ganoderma lucidum* podrían tener beneficios potenciales en la supervivencia general y la calidad de vida en pacientes con cáncer (61).

La medicina china oral combinada con la medicina occidental podría aliviar significativamente el dolor del cáncer, mejorar la calidad de vida, disminuir el tiempo primario del dolor, prolongar el tiempo de duración del analgésico, reducir la dosis de analgésicos y los eventos secundarios (62). Los resultados sugieren que la MTC podría ser un tratamiento eficaz para aliviar el dolor, especialmente el más intenso y la interferencia del dolor, así como para mejorar la calidad de vida causada por los síntomas musculoesqueléticos relacionados (63). Por ejemplo, se ha descrito la eficacia de la medicina china para tratar la neuropatía periférica inducida por la quimioterapia, con una consecuente mejora de la calidad de vida de los pacientes (64). El efecto positivo de la fitoterapia china está relacionado, entre otros, con la inmunomodulación y funciones de las células NK contra el cáncer (65). En una RS y MA que se publicó recientemente en *Frontiers in Pharmacology*

donde se incluyeron 3234 pacientes con dolor causado por el cáncer, además de confirmar los beneficios de la fitoterapia china en la mejora del dolor de estos pacientes y de la consecuente disminución de los opioides como tratamiento paliativo, el estudio detectó también las combinaciones de hierbas más frecuentemente utilizadas para pacientes de cáncer en Asia Oriental (66).

Ginecología

Por otra parte, la fitoterapia china mejora el índice clínico en el tratamiento del cáncer cervical y las verrugas genitales como resultado de su regulación en la apoptosis celular, la expresión de genes virales, las vías de transducción de señales celulares y la función inmunológica del cuerpo (67). La terapia de desintoxicación tiene buenos resultados en la mejora de la tasa del virus del papiloma humano, aumentando la tasa de regresión de la neoplasia intraepitelial cervical y el cáncer cervical, así como impactando en la proporción de algunas células inmunes y niveles de citoquinas (68).

Una RS publicada en *Frontiers in Oncology* indicó que la combinación de la MTC con la medicina occidental es un método efectivo y seguro como tratamiento para pacientes con cáncer de ovario después de la cirugía de reducción y quimioterapia adyuvante (69).

La medicina herbal china muestra beneficios clínicos para los pacientes con cáncer de mama en términos de respuesta tumoral y supervivencia (70). En combinación con la medicina occidental es beneficiosa en el tratamiento del cáncer de pecho, mejorando la calidad de vida y disminuyendo los sofocos (71). Otro ECA indica que la fórmula Xiaoaiping puede mejorar la alopecia, las náuseas, los vómitos y los síntomas de diarrea, el recuento de glóbulos blancos, los niveles de aminotransferasa y la calidad de vida en pacientes con cáncer de mama (72). La *Trametes robiniophila* Murr (Huaier) se utiliza en China desde hace 1600 años y en una RS publicada en *Biomedicine and Pharmacotherapy* se ha demostrado que es eficaz frente a diferentes neoplasias, especialmente podría inhibir notablemente, y sin producir toxicidad, la progresión del cáncer de mama, mejorar la respuesta inmune y aumentar la sensibilidad a la radio y quimioterapia (73).

Xerostomía

También se han visto beneficios potenciales para mejorar la función salival y reducir la gravedad de la boca seca en pacientes con cáncer (74), así como una ventaja en la prevención de la mucositis oral inducida por radiación (75).

Cáncer colorrectal, gástrico, hígado y páncreas

Según una RS y MA publicada en 2019 (76) la fitoterapia china puede tener el potencial de mejorar la eficacia de la quimioterapia para el cáncer colorrectal. Los resultados de otro reciente metanálisis mostraron que la medicina china a base de astrágalo combinada con quimioterapia en el tratamiento del cáncer colorrectal puede aumentar la eficacia de la tasa de respuesta tumoral, reducir las reacciones adversas asociadas a los agentes quimioterapéuticos y mejorar la calidad de vida en comparación con la quimioterapia sola (77).

Los estudios actuales han demostrado que los compuestos de hierbas chinas, las materias medicinales individuales y los componentes monoméricos pueden tratar el cáncer colorrectal al regular la microbiota intestinal, Xiao Yao San puede aumentar la abundancia de *Bacteroides*, *Lactobacillus* y *Proteus* y disminuir la abundancia de *Desulfovibrio* y *Rickerella* (78). Según una

reciente RS y MA, la fitoterapia china puede aliviar la neutropenia / leucopenia inducida por la quimioterapia en adultos con cáncer colorrectal (79). Las inyecciones de hierbas chinas podrían aumentar la tasa de respuesta objetiva, de control de enfermedades y la tasa de supervivencia a 1 año, mejorar la calidad de vida y aliviar la leucopenia, las náuseas, los vómitos y la diarrea inducidos por la quimioterapia cuando se combinan con la quimioterapia a base de oxaliplatino en el tratamiento avanzado del cáncer colorrectal (80).

Clínicamente, según un reciente estudio publicado en *Phytomedicine*, la formulación de Fuzheng Jiedu Xiaoji combinada con la quimioembolización arterial transcatóter prolongó significativamente la supervivencia promedio y la supervivencia libre de progresión y redujo la tasa de mortalidad de los pacientes con carcinoma hepatocelular. Mecánicamente, la formulación de Fuzheng Jiedu Xiaoji inhibió eficazmente la proliferación y migración de las células de cáncer de hígado mediante la modulación de las vías AKT / CyclinD1 / p21 / p27, y puede ser un fármaco prometedor de la medicina tradicional china para la terapia contra el carcinoma hepatocelular (81). Las fórmulas de fitoterapia chinas son un método de tratamiento eficaz para curar el cáncer de hígado primario en la etapa media-avanzada. Adoptar el principio de fortalecimiento de Qi presenta una mejor eficacia a largo plazo al prolongar la duración de la supervivencia. Las fórmulas medicinales chinas tienen la ventaja de reducir ciertos eventos adversos graves (82). Una combinación de tratamiento convencional e inyección de Kang-ai podría ser más eficaz para mejorar la eficacia clínica del tratamiento del carcinoma hepatocelular, en comparación con el tratamiento convencional solo (83).

El astrágalo combinado con quimioterapia a base de platino tuvo una mejor eficacia y menos efectos secundarios en el tratamiento del cáncer gástrico avanzado (84). La inyección de Shenmai puede remodelar la homeostasis de factores pro angiogénicos y anti-angiogénicos para promover la normalización de los vasos tumorales y, por lo tanto, mejorar la administración de fármacos y el efecto antitumoral (85).

Los medicamentos de la medicina tradicional china también muestran un alto potencial para tratar el cáncer de páncreas (86).

Cáncer de Pulmón

Una RS describió las ventajas del uso de la inyección de Xiao-ai-ping en combinación con quimioterapia a base de platino para cáncer de pulmón no microcítico, siendo eficaz a una baja dosis (<60 ml/d) y seguro a largo plazo, puesto que produjo una mejor respuesta tumoral, mejoró la calidad de vida, atenuó los efectos secundarios adversos y mejoró la función inmunológica (87). Otra RS publicada en *Pharmacological Research* analizó la eficacia y la seguridad de las inyecciones de Aidi en combinación con vinorelbina y cisplatino, también para cáncer de pulmón no microcítico. Los resultados sugieren que la administración combinada puede mejorar la respuesta tumoral con un buen nivel de seguridad (88).

La terapia combinada de la medicina herbal china y los inhibidores de la tirosina quinasa del receptor del factor de crecimiento epidérmico retrasa significativamente la resistencia adquirida mientras mejora el radio de respuesta objetiva a los inhibidores de la tirosina quinasa del receptor del factor de crecimiento epidérmico en el cáncer de pulmón avanzado de células no pequeñas. Además, la medicina herbal china reduce los efectos adversos inducidos por los inhibidores de la tirosina quinasa del receptor del factor de crecimiento epidérmico (89). La prescripción de Yiqi Qingdu puede mejorar los resultados de la medicina occidental en pacientes con cáncer de pulmón de células no pequeñas (90).

La evidencia actual sugirió que Lentinan combinado con cisplatino en inyección torácica podría beneficiar a los pacientes con cáncer de pulmón de células no pequeñas (91). Otro reciente estudio proporciona evidencia de la eficacia y seguridad de la inyección de Tanreqing combinada con antibióticos en el tratamiento de la infección pulmonar después de la quimioterapia con cáncer de pulmón (92). En comparación con la quimioterapia a base de platino sola, la inyección de Huachansu más la quimioterapia a base de platino mejoraron la eficacia clínica y aliviaron el cáncer de pulmón de células no pequeñas en pacientes con cáncer de pulmón de células no pequeñas avanzado (93).

Otros

También se muestran efectos beneficiosos de la fitoterapia china en combinación con el tratamiento convencional para el cáncer nasofaríngeo (94).

Según la investigación de 12 preparaciones a base de materias médicas chinas, se alivian los síntomas depresivos en pacientes con cáncer, ya sean solas o combinadas con antidepresivos o tratamiento psicológico (95).

Prunella vulgaris combinada con tabletas de levotiroxina sódica o tabletas de tiroxina tiene más beneficios para los nódulos tiroideos, mejorando aún más la eficiencia clínica, reduciendo el diámetro de los nódulos y reduciendo la aparición de reacciones adversas (96).

Una formulación que contiene astrágalo combinada con quimioterapia, ha demostrado eficacia significativa para el cáncer de cuello uterino, pudiendo además reducir los efectos tóxicos de la quimioterapia (97).

CARDIOLOGÍA

La fitoterapia china combinada con la medicina occidental convencional podría ser efectiva para mejorar la tolerancia al ejercicio y la calidad de vida en pacientes con insuficiencia cardíaca. Según un estudio (98), el Panax notoginseng oral podría reducir la mortalidad, infarto de miocardio, revascularización, rehospitalización por angina inestable y mejorar el ECG, la frecuencia y la duración de la angina de pecho, la dosis de nitroglicerina y los lípidos (99). Un metanálisis sugiere que la TCM combinada con warfarina es superior a la warfarina sola para la prevención de eventos tromboembólicos totales en pacientes con FA, con igual riesgo de sangrado que la warfarina sola (100). El extracto de Panax ginseng puede inducir una mejora en el perfil de lípidos en sangre principalmente por una reducción en el nivel de colesterol total y LDL (101). Según la evidencia de investigación en un MA, el uso de materias chinas puede reducir la incidencia de eventos cardíacos adversos mayores, pueden reducir las tasas de recurrencia de la reestenosis y la angina después de la intervención coronaria percutánea (102). La eficacia y los beneficios adicionales de la fórmula Fuzi en el tratamiento del fallo cardíaco fueron ciertos de acuerdo con la evidencia de alta calidad evaluada a través de GRADE (103). Una reciente RS proporciona evidencia para evaluar la efectividad y seguridad de la fórmula Xuefu Zhuyu Tang en el tratamiento de la angina en enfermedades coronarias (104). Los resultados de una reciente ECA muestran los efectos antidepresivos de las tabletas de Xinkeshu, pudiendo mejorar los síntomas de la ansiedad y la depresión de manera efectiva en pacientes con enfermedad coronaria, posiblemente a través del aumento de la proporción de sangre de las citocinas antiinflamatorias (105). Otra RS no deja dudas de que la fitoterapia china sea eficaz frente a la hipertensión (106).

DERMATOLOGÍA

Los hallazgos de la revisión sistemática Cochrane (107) sugirieron que el uso oral de fitoterapia china puede mejorar la calidad de vida relacionada con la salud de los niños con eccema atópico, mostrando también ser beneficiosa para la dermatitis atópica disminuyendo su severidad y mejorando la calidad de vida de las personas que la padecen (108). Según un reciente ECA publicado en Journal of Dermatological Treatment la cápsula Run Zao Zhi Yang proporciona un buen efecto en el tratamiento del eccema crónico leve a moderado con baja recurrencia y eventos adversos tolerables, siendo un tratamiento potencial que puede implementarse en la práctica clínica (109).

DIABETES

En un estudio publicado en 2019 (110) se vio que al Tripterygium xilfordii combinado con los bloqueadores de los receptores de angiotensina / inhibidores ACEI (ARB/ACEI) en el tratamiento de la nefropatía diabética etapa IV es superior a la monoterapia de ARB/ACEI. Cinco ECAs que incluyeron 499 pacientes diabéticos tipo 2 examinaron la eficacia de la decocción de Gegen Qinlian en el control glucémico. La decocción junto con la metformina tuvo un efecto sinérgico en comparación del control glucémico con la metformina sola en pacientes diabéticos tipo 2 (111). La MTC podría mejorar significativamente el control de la glucosa y los índices clínicos en pacientes con diabetes y retrasar efectivamente su progresión (112). Jinqi Jiangtang combinado con la terapia convencional para tratar la Diabetes de tipo 2 tiene un buen resultado en la regulación del metabolismo de los glucolípidos y en la mejora de la resistencia a la insulina (113), así como el Shanyao, usado solo o en combinación con otros agentes hipoglucemiantes (114).

Otra MA muestra beneficios adicionales de los gránulos de Jinlida como una terapia adicional para la diabetes tipo 2 (115). Según una RS y MA de 2020 la fórmula antidepresiva de la Gardenia puede considerarse un tratamiento alternativo para la depresión en pacientes con diabetes (116). Según una RS y MA publicada recientemente en *Medicine*, la activación de la medicina herbal china compuesta de sangre podría ayudar a mejorar la agudeza visual, los microaneurismas y la hemoglobina glucosilada (117). Una revisión publicada en *Biomedicine and Pharmacotherapy* demuestra claramente que la MTC es capaz de tratar los desórdenes metabólicos a través de la regulación de la microbiota intestinal, esclareciendo unos cuantos mecanismos de acción hasta ahora desconocidos como por ejemplo, aquellos implicados en la protección de la función de la barrera intestinal, en las respuestas inflamatorias, en la modulación del eje intestino-cerebro, en la regulación del metabolismo de los ácidos biliares y en el metabolismo del triptófano, entre otros (118).

UROLOGÍA, ANDROLOGÍA

Una RS de la literatura clásica pone de manifiesto los beneficios de Danggui Beimu Kushen Wan para el manejo de los problemas de micción en mujeres y hombres (119). Según una reciente ECA la fórmula Bazheng San es una buena opción alternativa para el tratamiento recurrente de la infección del tracto urinario (120). La preparación de Panax notoginseng como terapia complementaria ejerció efectos beneficiosos sobre la función renal y mejoró el metabolismo de los lípidos séricos en diabéticos (121). La fitoterapia china combinada con tadalafil tiene una eficacia significativa en el tratamiento de la disfunción eréctil sin aumentar los efectos secundarios (122). Un MA publicado en *Frontiers in Pharmacology* confirma la eficacia y la superioridad de las inyecciones de hierbas chinas para el tratamiento del síndrome nefrótico primario en comparación con la medicina convencional (123). Un ECA, en el cual participaron 66 pacientes, confirmó que el tratamiento con parches de canela era significativamente más eficaz que el placebo en cuanto a la reducción de los síntomas de vejiga hiperactiva (124).

COVID-19

Un MA ha demostrado la eficacia de la MTC, concretamente del Lianhua Qingwen, frente a la neumonía causada por el COVID-19, siendo capaz de revertir ciertos síntomas clínicos como fiebre y tos (125). Además, una RS publicada en *Pharmacological Research* confirma la seguridad de la medicina herbal tradicional china, evidenciando especialmente la eficacia frente al COVID-19 de los siguientes remedios preparados por decocción: Gancao (*Radix Glycyrrhizae*), Huangqin (*Radix Scutellariae Baicalensis*), Banxia (*Rhizoma Pinelliae Tematae*), Lianqiao (*Fructus Forsythiae Suspensae*) y Kuxingren (*Semen Armeniacae Amarum*) (126). Un ECA realizado en un total de 283 pacientes, afirma que la combinación de Huoxiang Zhengqi y Lianhua Qingwen, administrados a la vez que los tratamientos occidentales, produce una mejora sustancial de los síntomas clínicos de los pacientes con COVID-19, facilitando la posible reducción de medicamentos antiinfecciosos adicionales (127). Un ECA realizado en 131 pacientes que habían padecido COVID-19 demostró que las cápsulas de Bufeì Huoxue son seguras y eficaces en recuperar la actividad fisiológica de aquellos pacientes en rehabilitación, y podrían reducir los síntomas de fatiga y mejorar la tolerancia al ejercicio (128). En otro ECA, la combinación de los gránulos de Hua Shi Bai Du (Q-14) con los cuidados convencionales fue útil para la mejora de los síntomas de los pacientes con Covid-19 activo como fiebre, tos, fatiga y molestias en el pecho (129), así como utilizando las cápsulas de Lianhuaqingwen (130). Para pacientes con Covid-19

severo, los gránulos de Shenhuang representan una terapia integrativa prometedora puesto que su administración aumentó el número de los linfocitos y disminuyó los efectos adversos de las terapias convencionales (131).

SECCIÓN DOS: ELECTROACUPUNTURA

La electroacupuntura es una técnica usada en Medicina Tradicional China que combina el uso de las agujas y la estimulación eléctrica, enviando una corriente a través de ellas. La electroacupuntura refuerza la estimulación de los puntos y meridianos de acupuntura y produce un efecto analgésico. Es muy útil en el tratamiento del dolor, epilepsia, síndrome flácido (Síndrome *Wei*), neurastenia, hipertensión, así como para inducir a la anestesia y analgesia.

Algunos de los principales resultados en estudios realizados se muestran a continuación.

DOLOR

La electroacupuntura tiene un efecto positivo (132) y efectos clínicos considerables en el tratamiento de la osteoartritis de rodilla con ventajas significativas para aliviar el dolor y mejorar la función integral (133).

Una revisión sistemática publicada en *Pain Medicine* mostraron que la acupuntura y la electroacupuntura fueron efectivas para reducir la intensidad del dolor en comparación con el placebo. La electroacupuntura mostraba un mayor alivio del dolor local (134).

La aplicación de electroacupuntura a 100Hz en el área del nervio trigémino reduce el ritmo cardíaco y aumenta la actividad nerviosa parasimpática, así como el flujo sanguíneo cerebral (135).

La electroacupuntura también ha demostrado ser un método eficaz para la migraña (136).

Los resultados de un estudio publicado en *British Journal of Anaesthesia* en 2021 mostraron que la electroacupuntura junto con el tratamiento habitual fue más eficaz que el tratamiento habitual solo en pacientes con dolor lumbar no agudo después de una cirugía de espalda. La electroacupuntura junto con el tratamiento habitual puede considerarse como un tratamiento conservador, integrado y eficaz para los pacientes con dolor lumbar no agudo después de una cirugía de espalda (137).

Los resultados de un reciente estudio sugieren que la electroacupuntura más la rehabilitación pueden proporcionar un alivio del dolor más temprano para los pacientes con hombro congelado y podrían aplicarse clínicamente (138).

Según otro estudio publicado en 2020 en *Archives of Physical Medicine and Rehabilitation* (139) la electroacupuntura y biorretroalimentación son efectivas en el manejo de MPS cuando se integran con tratamiento convencional. La electroacupuntura es una modalidad complementaria buena para el tratamiento de síndrome de dolor miofascial en el área del cuello y la parte superior de la espalda.

En un reciente ECA publicado en *JAMA Netw Open* encontró un resultado estadísticamente significativo para el resultado secundario del cuestionario de discapacidad de Roland Morris en comparación con la electroacupuntura simulada en adultos con dolor lumbar crónico (140). La electroacupuntura podría servir como una herramienta terapéutica alternativa confiable para los pacientes con dolor lumbar crónico en los que están contraindicados para los AINE orales (141).

La electroacupuntura puede mejorar los síntomas clínicos de la osteoartritis de rodilla, lo que puede promover la reparación del cartílago al aumentar el contenido de TGF- β 1. La onda de dilatación tuvo el mejor efecto general, pudiéndose utilizar como un tratamiento clínico óptimo (142).

Según una RS publicada en *Clinical Rehabilitation* se sugiere que la electroacupuntura más la ferulización supera a la ferulización sola en el síndrome del túnel carpiano (143).

NEUROLOGÍA, DEPRESIÓN, ANSIEDAD, ADICCIÓN

Los resultados de la revisión sistemática y metaanálisis realizado en 2018 (144) muestran la evidencia y efectividad de la electroacupuntura combinada con rehabilitación y/o fármacos para mejorar la disfunción motora postisquémica. La electroacupuntura combinada con el cuidado convencional tiene el potencial de reducir la espasticidad en las extremidades superiores e inferiores, así como de mejorar la función motora general y de las extremidades inferiores y las actividades de la vida diaria en los pacientes con espasticidad, dentro de los 180 días posteriores al accidente cerebrovascular (145). Otra revisión sistemática (146) reveló evidencia en apoyo del uso de la electroacupuntura para el accidente cerebrovascular isquémico agudo.

La electroacupuntura produce menos efectos secundarios que los fármacos en el tratamiento para la depresión postisquémica, por lo que es una buena opción para pacientes que no se adhieren a la medicación (147), así como también muestra beneficios cognitivos en pacientes con esquizofrenia (148).

Un ECA (149) muestra que la electroacupuntura ayuda a mejorar los síntomas psiquiátricos, la ansiedad y la depresión en los adictos a metanfetamina durante la abstinencia, y promueve la rehabilitación de los pacientes.

Un reciente metaanálisis publicado en *The Journal of Stroke & Cerebrovascular Diseases* respalda que la electroacupuntura tiene un efecto positivo para aliviar el dolor, mejorar la disfunción de las extremidades y promover las actividades de la vida diaria (150).

Según una RS y MA publicada en 2020 la electroacupuntura para la depresión perimenopáusica es segura y efectiva. Además, tiene efectos a largo plazo más estables que los antidepresivos y la terapia de reemplazo hormonal (TRH) (151).

Según una reciente revisión sistemática y metaanálisis la electroacupuntura en rehabilitación podría ser una buena estrategia para reducir la espasticidad de las extremidades después de un accidente cerebrovascular (152).

Un reciente estudio publicado en *Psychiatry and Clinical Neurosciences* indica que la estimulación de electroacupuntura craneal más acupuntura corporal, en particular con estimulación eléctrica en los puntos de acupuntura de la frente, reduce la depresión posterior al accidente cerebrovascular, la discapacidad funcional y el deterioro cognitivo de los pacientes con accidente cerebrovascular, pudiendo servir como una terapia de rehabilitación eficaz para las secuelas neuropsiquiátricas del accidente cerebrovascular (153).

Según un estudio de 2020 la intervención temprana con electroacupuntura puede promover eficazmente la recuperación de la conciencia después de una cirugía de lesión cerebral traumática y tiene un efecto curativo a largo plazo (154).

El tratamiento de electroacupuntura combinado con antidepresivos es más eficaz para mejorar los síntomas depresivos que los antidepresivos solos. La electroacupuntura puede tratar la depresión al actuar sobre el metabolismo del triptófano, el metabolismo del glutamato y la biosíntesis de ácidos grasos (155).

Una reciente RS sugirió que la electroacupuntura mejora las actividades de la vida diaria y la función motora en pacientes con lesión de la médula espinal (156).

Utilizando la escala analógica visual para medir la intensidad del dolor y la técnica de imágenes de ultrasonido musculoesquelético multidimensional para medir la subluxación del hombro, un estudio encuentra que el dolor de hombro hemipléjico puede mejorar significativamente con la electroacupuntura (157).

En comparación con los antidepresivos, la electroacupuntura es igual de efectiva para mejorar los síntomas de depresión tras un accidente cerebrovascular y con mayor seguridad (158).

La electroacupuntura puede mejorar la calidad del sueño y la función cognitiva en pacientes ancianos con insomnio, estando su mecanismo relacionado con la regulación de los niveles séricos de melatonina y dopamina en suero (159).

La electroacupuntura también puede aliviar los síntomas de dolor en pacientes con dolor pélvico crónico y mejorar su calidad de vida (160).

La terapia combinada de electroacupuntura y presión del punto auricular debe introducirse como rutina, facilitando el tratamiento de los pacientes en mantenimiento con metadona (161).

DIGESTIVO

Un estudio publicado en *Medicine* en 2018 (162) muestra la evidencia y efectividad de la electroacupuntura en el síndrome del colon irritable.

La electroacupuntura en E36-E37 puede reducir la reacción inflamatoria y presenta efectos protectores sobre la función intestinal en pacientes con disfunción intestinal inducida por sepsis con síndrome de obstrucción de Qi de los intestinos (163). La electroacupuntura fue más efectiva que la medicación para mejorar los movimientos intestinales espontáneos, la tasa de respuesta total, y para reducir los síntomas del estreñimiento funcional (164).

Un estudio publicado en *Annals of Internal Medicine* (165) concluye que en el estreñimiento funcional severo crónico, la electroacupuntura aumenta los movimientos intestinales espontáneos completos en comparación con la electroacupuntura simulada.

Un ECA publicado en 2017 (166) basado en la evaluación del índice de masa corporal, demostró que el tratamiento con electroacupuntura reduce el IMC y la circunferencia de la cintura, así como el volumen de tejido adiposo visceral y la fracción de grasa en mujeres con obesidad abdominal.

Un reciente metaanálisis publicado en *Medicine* sugiere que la electroacupuntura es mejor que la electroacupuntura simulada en el tratamiento de la dispepsia funcional, siendo el efecto terapéutico de la electroacupuntura en la dispepsia funcional equivalente al de la medicación farmacológica, siendo además más segura y tiene menos reacciones adversas. (167,168)

Para el tratamiento de la obesidad simple, la electroacupuntura es superior a otras intervenciones como la acupuntura, catgut o simple modificación del estilo de vida para mejorar la tasa de grasa corporal, la circunferencia de la cintura y la proporción cintura-cadera, aunque no la circunferencia de la cadera (169)

Según un reciente estudio se puede concluir que tanto la electroacupuntura como el ejercicio de entrenamiento de intervalos aeróbicos son modalidades potentes que mejoran las funciones hepáticas en personas con enfermedad del hígado graso no alcohólico (170).

En el efecto terapéutico y la seguridad en el tratamiento del estreñimiento funcional, los resultados de la electroacupuntura son superiores o similares a la medicación gastrocinética, presentando una perspectiva terapéutica satisfactoria (171). La electroacupuntura mejora significativamente la frecuencia semanal espontánea, las evacuaciones intestinales, la consistencia de las heces e intensidad de la dificultad para defecar, concluyéndose que la electroacupuntura podría mejorar eficazmente la función intestinal, los estados mentales y la calidad de vida de los pacientes con estreñimiento funcional (172).

Según un reciente estudio tanto la electroacupuntura como la electroacupuntura simulada redujeron las puntuaciones de fatiga en pacientes con enfermedades inflamatorias del intestino en comparación con la lista de espera, pudiendo ofrecer mejoras a los pacientes con pocas alternativas de tratamiento (173).

GINECOLOGÍA

Los resultados obtenidos en un estudio publicado en *Archives of Gynecology and Obstetrics* (174) mostraron que la electroacupuntura se puede usar para obtener la maduración cervical, con resultados similares a los del misoprostol, con una frecuencia significativamente mayor de partos vaginales y sin complicaciones obstétricas.

Un reciente estudio de 2019 muestra que la electroacupuntura mejora significativamente los resultados clínicos de los ciclos de FIV entre las mujeres que han experimentado recurrentes fallos en la implantación (175).

La estimulación de los puntos de acupuntura alivia el dolor de manera efectiva en el tratamiento de la dismenorrea primaria y ofrece ventajas para aumentar la efectividad general (176).

Según un estudio publicado por *Archives of Gynecology and Obstetrics* la electroacupuntura puede ayudar a reducir el dolor de parto en la analgesia espinal-epidural con el proceso de analgesia epidural controlada por el paciente, y puede reducir las complicaciones (177).

Según un reciente estudio la electroacupuntura en Shaozhe (SI 1) aumenta el volumen de la leche materna en pacientes con hipogalaxia posparto y promueve la producción de la composición de nutrientes en la leche materna, así como la energía y densidad de la leche materna (178).

Según un reciente ECA la EA combinada con la píldora Yuyin podría mejorar significativamente la menstruación, los síntomas sistémicos y los niveles séricos de hormonas sexuales en pacientes con función de reserva ovárica disminuida con deficiencia de yin hígado-riñón, que puede restaurar la función ovárica regulando positivamente la expresión de citocinas Th2 (179).

La moxibustión combinada con la electroacupuntura puede mejorar eficazmente los síntomas clínicos relacionados de los pacientes con síndrome de ovario poliquístico con deficiencia renal y flema-humedad (180).

URINARIO

Un estudio (181) realizado entre mujeres con incontinencia urinaria al esfuerzo, demostró que el tratamiento con electroacupuntura que involucra la región lumbosacra, en comparación con la electroacupuntura simulada, resultó en menos pérdidas de orina después de 6 semanas.

Según un reciente estudio publicado en *World Journal of Urology* (182) la electroacupuntura podría reducir la frecuencia de los episodios de incontinencia, la cantidad de pérdida de orina y mejorar la calidad de vida de las pacientes con incontinencia urinaria mixta con predominio de urgencia. El efecto puede durar hasta 36 semanas. Y según una reciente RS y metaanálisis La electroacupuntura para mujeres con incontinencia urinaria de esfuerzo mostró una eficacia y seguridad significativas para los resultados clave (183) pudiendo reducir la pérdida de orina entre las mujeres con incontinencia urinaria de esfuerzo (184).

En las disfunciones del suelo pélvico en varones con lesión medular incompleta, la neuromodulación y la combinación de tratamientos (electroterapia o acupuntura / electroacupuntura con cateterismo o entrenamiento de vejiga) reportan los mejores resultados en vejigas neurógenas y disfunciones eréctiles (185).

ONCOLOGÍA

Según un estudio publicado en *Cancer* (186) la electroacupuntura produjo mejoras significativas en la fatiga, la ansiedad y la depresión en pacientes con cáncer de pecho y mostró ser un tratamiento eficaz para aliviar el dolor del cáncer de páncreas (187).

Según un reciente estudio publicado en 2020 en *Medicine* sobre la neuropatía periférica inducida por quimioterapia, la tasa de eficacia clínica de la acupuntura fue mayor que los tratamientos farmacológicos convencionales (188).

La electroacupuntura junto con la auriculoterapia es segura, factible y eficaz para el insomnio asociado a la quimioterapia en pacientes con cáncer de mama sometidas a quimioterapia o después de la misma (189).

CARDIOLOGÍA

Un estudio publicado en *The Annals of Thoracic Surgery* en 2010 (190) demostró que el tratamiento previo con electroacupuntura puede aliviar la lesión por isquemia-reperfusión cardíaca en pacientes adultos que se someten a reemplazos de válvulas cardíacas, pudiendo ser utilizado en la clínica para reducir la lesión miocárdica en estos pacientes.

Según un reciente MA publicado en *Journal of Intensive Care*, el uso complementario de electroacupuntura para la cirugía a corazón abierto reduce la duración de la ventilación mecánica y la estancia en la unidad de cuidados intensivos, atenúa la respuesta inflamatoria y podría tener efectos protectores sobre el corazón (191).

POSTOPERATORIO

Un MA sugiere que la electroacupuntura es un tratamiento seguro y efectivo para el íleo postoperatorio después de cirugías abdominales, incluida la cirugía laparoscópica (192) y puede aliviar los síntomas, el dolor y acortar la estancia hospitalaria en los pacientes después de la laparotomía por cáncer gastrointestinal (193).

El pretratamiento con electroacupuntura es una terapia complementaria eficaz para reducir la incidencia de disfunción cognitiva posoperatoria en pacientes que se someten a una cirugía de reemplazo total de articulación (194).

Los pacientes tratados con electroacupuntura durante 4 semanas después de la reparación artroscópica del complejo de fibrocartílago triangular artroscópico tuvieron un mejor rango de movimiento de la muñeca y puntuación en relación a discapacidades del brazo, el hombro y la mano que los pacientes del grupo de control (195).

OSTEOPOROSIS

La aplicación de electroacupuntura como terapia independiente o como complemento de otros tratamientos podría atenuar el dolor relacionado con la osteoporosis y los niveles séricos de beta-C-telopéptido de colágeno tipo I (196).

MECANISMOS

Un estudio publicado en la revista Nature Medicine (197) sugiere un mecanismo antiinflamatorio mediado por los nervios ciático y vago que modula la producción de catecolaminas.

Los hallazgos encontrados en un reciente estudio (198) muestran que la electroacupuntura activa los ganglios sensoriales y los centros del sistema nervioso simpático para mediar en la liberación de células madre mesenquimales que puede mejorar la reparación del tejido, aumentar la producción de citoquinas antiinflamatorias y proporcionar un alivio analgésico pronunciado.

Cada vez hay una evidencia mayor de que la electroacupuntura atenúa la lesión cerebral isquémica mediante la regulación de moléculas, como factores relacionados con la apoptosis, factores relacionados con la inflamación, factores relacionados con la autofagia, glutamato y sus receptores, miRNAs, neurotrópicos y factores transcripcionales, que participan en señales diferentes. Los efectos clínicos de la electroacupuntura incluían la mejora de la calidad de vida, la atenuación del dolor, la mejora del flujo sanguíneo del cerebro y promoción de la actividad diaria en pacientes con accidente cerebrovascular. Así, la electroacupuntura es una terapia segura y eficaz para reducir la lesión cerebral isquémica (199).

Según un reciente estudio la electroacupuntura activa el sistema nervioso simpático e induce la liberación de epinefrina, que podría mejorar la inflamación y proteger el tejido muscular además de aliviar el dolor (200).

SECCIÓN TRES: VENTOSAS

Las ventosas son recipientes con forma similar a “vasos”, fabricados generalmente en vidrio, bambú, cerámica, arcilla o plástico y diseñados especialmente para realizar el vacío sobre la piel del paciente sin dañarla. Estimulan la piel y los tejidos subcutáneos consiguiendo activar la circulación de Qi y Sangre, tienen acción analgésica y de relajación muscular, estimulan el metabolismo y tienen un efecto regulador del sistema nervioso.

DOLOR

Los resultados de una RS realizada en 2018 (201) muestran una reducción del dolor de cuello mediante la aplicación de ventosas, asociándose con una mejora significativa en términos de función y calidad de vida, así como también se señala como un método prometedor para el tratamiento del dolor de espalda crónico en adultos (202).

En relación al dolor lumbar agudo o crónico la aplicación de ventosas también ha demostrado ser un método prometedor y eficaz (203,204), así como el masaje con ventosa que resulta ser efectivo en la reducción del dolor y aumentando la calidad de vida de pacientes con dolor crónico de cuello no específico (205).

Una revisión sistemática de ECAs realizada en 2016 (206) indica que hay una evidencia prometedora a favor del uso de ventosas húmedas para el dolor musculoesquelético, específicamente dolor lumbar crónico no específico, dolor de cuello, síndrome del túnel carpiano y braquialgia.

La aplicación de ventosas húmedas puede ser un método apropiado para disminuir la persistencia de la lumbalgia inespecífica sin ningún tratamiento convencional. Los efectos terapéuticos de las ventosas húmedas pueden ser más duraderos que la terapia convencional (207).

Los resultados de una ECA reciente mostraron que la incorporación de la terapia de ventosas en un programa de terapia física de rutina puede reducir la gravedad de los síntomas y mejorar la alteración sensorial del nervio mediano. Por lo tanto, se sugiere la terapia de ventosas, como método conveniente y de bajo costo, pudiéndose usar como terapia complementaria en el tratamiento del síndrome del túnel carpiano (208).

Un ECA mostró que la severidad media del dolor en la oligomenorrea disminuyó significativamente en el grupo al que se le aplicó infusión de semillas de hinojo más ventosas, siendo una intervención terapéutica segura y efectiva (209).

Los resultados de un metanálisis destinado a evaluar la efectividad y seguridad de las ventosas sugieren que podría ser una buena opción de tratamiento en el dolor crónico (210). Según los resultados de un reciente MA publicado en Medicine el efecto de la acupuntura y la moxibustión combinadas con ventosas en el tratamiento de la neuralgia posherpética es significativamente mayor que el de la medicina occidental convencional y puede prevenir significativamente la aparición de la neuralgia, recomendándose un uso más amplio de la medicina china en su tratamiento (211).

La terapia con ventosas de acupuntura neurogénica tuvo efectos significativamente mejores en el grado de inflamación, la percepción e intensidad del dolor y el impacto en la vida del dolor pélvico en mujeres con dolor pélvico crónico (212).

VÓMITOS Y NÁUSEAS

Un estudio realizado por la revista Medicine (213) estableció que la terapia con ventosa evitó los vómitos y náuseas postoperatorios en pacientes con colecistectomía laparoscópica.

CARDIOLOGÍA

Un estudio (214) establece que la terapia de ventosa es un tratamiento complementario eficaz para reducir la presión arterial sistólica en pacientes hipertensos perdurando hasta 4 semanas, sin efectos secundarios graves.

DERMATOLOGÍA

La terapia de ventosas en movimiento podría ser un tratamiento eficaz ya sea solo o como una terapia combinada para la psoriasis en placas (215), así como la ventosa húmeda más antibióticos que muestra ser más efectiva que la terapia con antibióticos per se en pacientes con acné vulgar facial (216).

SECCIÓN CUATRO: MOXIBUSTIÓN

La moxibustión es una técnica muy antigua que se basa en la aplicación de calor mediante conos o cigarros de moxa sobre ciertos puntos de acupuntura, para así prevenir o tratar enfermedades. El calor penetra profundamente a través del punto de acupuntura y promueve el equilibrio homeostático. Favorece la circulación del Qi y sangre, promueve la función de los órganos y elimina el frío y la humedad.

Se encuentran diversos estudios realizados en Pubmed sobre moxibustión destacando algunos como los que se detallan a continuación.

DOLOR

Una actualización de metaanálisis y revisiones sistemáticas realizada en 2017 establece que la evidencia de los ensayos existentes es lo suficientemente convincente como para sugerir que la moxibustión, en comparación con la moxibustión simulada y los fármacos orales, es eficaz para la reducción del dolor y el manejo de los síntomas en pacientes con osteoartritis de rodilla (217), (218). Otro estudio (219) concluye que el tratamiento de moxibustión tiene un efecto similar a los fármacos orales e inyecciones intraarticulares y puede ser una alternativa en el tratamiento de pacientes con osteoartritis de rodilla.

En la hernia de disco lumbar la moxibustión con aguja caliente fue superior a la acupuntura y la manipulación en términos de tasa de eficiencia y alivio del dolor, pero con resultado similar en comparación con los AINE y la fitoterapia china (220).

También se obtuvieron mejores resultados en el tratamiento del síndrome de fatiga crónica mediante la combinación de acupuntura y moxibustión, o ambas por separado frente a otras terapias (221).

ARTRITIS/OSTEOPOROSIS

Un reciente MA muestra que la moxibustión junto con la medicina occidental tiene un efecto sobre el dolor superior a la medicina occidental sola para pacientes con dolor con artritis reumatoide (222).

Según un artículo publicado en Medicine en 2020 de RS sobre la acupuntura y la moxibustión en la osteoporosis primaria, se vio que pueden mejorar la densidad mineral ósea de los pacientes con osteoporosis primaria y el dolor (223).

Un reciente estudio sugiere que la moxibustión es un tratamiento complementario eficaz para los pacientes con espondilitis anquilosante (224).

La moxibustión puede mejorar la hinchazón de las articulaciones y los síntomas de dolor en pacientes con artritis reumatoide, lo que puede estar relacionado con el hecho de que la moxibustión puede reducir la liberación de factores inflamatorios en pacientes con artritis reumatoide (225).

DIGESTIVO

Un estudio (226) muestra que la moxibustión es efectiva en el síndrome del colon irritable con predominio de diarrea en comparación con los fármacos, pudiendo mejorar los síntomas y la calidad de vida en pacientes con síndrome de colon irritable, así como disminuir la sensibilidad rectal según un estudio con resonancia magnética (227).

La moxibustión con acupuntura proporciona beneficios terapéuticos significativos en pacientes con enfermedad de Crohn (228).

La moxibustión puede tener un efecto beneficioso sobre la recuperación de la función gastrointestinal en la prevención de la obstrucción del intestino delgado postoperatoria temprana (229).

NEUROLOGÍA

Según una revisión sistemática publicada en International Journal of Nursing Studies en 2018 (230) la moxibustión con aguja caliente muestra ser una intervención prometedora para reducir el espasmo de las extremidades, así como para mejorar la función motora y las actividades de la vida diaria de los pacientes con apoplejía.

Los resultados de un estudio (231) muestran que la combinación de moxibustión y rehabilitación ofrece mayores beneficios clínicos para aliviar la espasticidad, promover la recuperación de la función del movimiento, mejorar el rendimiento de las actividades de la vida diaria y aumentar la calidad de vida en pacientes hemipléjicos espásticos post-ictus, en comparación con la rehabilitación sola.

Una revisión sistemática identificó evidencia de que la moxibustión puede ser eficaz para controlar los síntomas de la incontinencia urinaria posterior a un accidente cerebrovascular (232).

RIÑÓN Y VEJIGA HIPERACTIVA

Según un estudio realizado en 2018 (233) la moxibustión es una opción a considerar en el caso de vejiga hiperactiva.

Un estudio realizado en 2016 (234) mostró que la resistencia vascular renal disminuyó después de la aplicación de moxibustión indirecta en pacientes con insuficiencia renal crónica. Otra revisión sistemática sugiere que, como terapia adyuvante, la moxibustión puede mejorar la creatinina sérica, la excreción de proteínas urinarias, el nitrógeno ureico en sangre y la calidad de vida en pacientes con enfermedad renal crónica (235).

Según un reciente estudio publicado en Medicine (Baltimore) la moxibustión puede considerarse una terapia complementaria para mejorar los síntomas del tracto urinario inferior en pacientes con agrandamiento prostático benigno (236).

GINECOLOGÍA

La moxibustión mejora significativamente el estado físico y emocional, así como las condiciones de vida en mujeres posmenopáusicas y premenopáusicas, siendo el nivel sérico de estradiol significativamente mayor después de la moxibustión, especialmente en mujeres premenopáusicas (237). La moxibustión ha mostrado ser tan efectiva como un medicamento

convencional para el dolor y alivio en pacientes con dolor menstrual, pudiendo durar su efecto hasta 3 meses después del tratamiento (238).

Según un estudio realizado en 2018 (239), la fitoterapia china combinada con la moxibustión puede ser beneficiosa para tratar el síndrome de ovarios poliquísticos.

La moxibustión separada por hierbas puede mejorar eficazmente los síntomas de dismenorrea y acortar los días de dismenorrea en pacientes con endometriosis ovárica (240).

ONCOLOGÍA

La moxibustión se puede usar de manera segura para tratar la anorexia y mejorar la calidad de vida en pacientes con cáncer metastásico (241) siendo segura (242), y pudiendo ayudar a reducir las toxicidades hematológicas y gastrointestinales de la quimioterapia o radioterapia, mejorando la calidad de vida en personas con cáncer según una revisión Cochrane (243).

La eficacia de la acupuntura combinada con la moxibustión de granos es superior a la acupuntura simple en la retención urinaria aguda después de la anestesia epidural para enfermedades anorrectales, lo cual es seguro y confiable (244).

Según datos prometedores de una ECA preliminar la moxibustión tiene un efecto potencial sobre el linfedema relacionado con el cáncer de mama (245).

La moxibustión leve combinada con la moxibustión con sal podría mejorar eficazmente los síntomas de náuseas, vómitos y estreñimiento causados por la quimioterapia en pacientes con cáncer de mama, y su mecanismo puede estar relacionado con la regulación a la baja de los niveles de PG I , PG II y G- 17 en suero (246).

La moxibustión con jengibre logra el efecto clínico definido de prevención de las náuseas y los vómitos inducidos por la quimioterapia en el cáncer de pulmón. Esta terapia es de operación simple, alta en seguridad, ausente en reacciones adversas obvias y altas en cumplimiento por parte del paciente (247).

Los hallazgos de un reciente estudio confirmaron la eficacia y seguridad de la moxibustión para la fatiga relacionada con el cáncer en comparación con la atención habitual. También encontraron que la moxibustión tiene un efecto de tratamiento prolongado durante 4 semanas de seguimiento (248).

Los resultados de un MA sugieren que la acupuntura y la moxibustión son eficaces en el tratamiento del linfedema relacionado con el cáncer de mama, pueden reducir la circunferencia del brazo en el pliegue del codo (en comparación con la atención de rutina), aumentar el índice efectivo para el linfedema de las extremidades superiores (en comparación con las tabletas de diosmina oral), mejorar el rango de movimiento del hombro durante la prolongación y la aducción (en comparación con la diosmina oral) y disminuir la puntuación visual analógica tanto para la hinchazón (en comparación con la circulación neumática) como para el dolor (en comparación con el control en blanco) (249).

Según un reciente MA se mostró que la moxibustión y la acupuntura mostraron un efecto positivo en el manejo del insomnio relacionado con el cáncer y podrían considerarse una opción complementaria en el régimen actual de tratamiento del insomnio relacionado con el cáncer (250).

La moxibustión se puede usar de manera segura para tratar la anorexia y mejorar la calidad de vida en pacientes con cáncer metastásico (251) siendo segura (252) y pudiendo ayudar a reducir las toxicidades hematológicas y gastrointestinales de la quimioterapia o radioterapia, mejorando la calidad de vida en personas con cáncer según una revisión Cochrane (253).

La eficacia de la acupuntura combinada con la moxibustión es superior a la acupuntura simple en la retención urinaria aguda después de la anestesia epidural para enfermedades anorrectales, siendo seguro y confiable (254).

Según datos prometedores de una ECA preliminar la moxibustión tiene un efecto potencial sobre el linfedema relacionado con el cáncer de mama (255)

La moxibustión suave combinada con la moxibustión con sal podría mejorar eficazmente los síntomas de náuseas, vómitos y estreñimiento causados por la quimioterapia en pacientes con cáncer de mama, y su mecanismo puede estar relacionado con la regulación a la baja de los niveles de PG I , PGII y G- 17 en suero (256).

La moxibustión con jengibre logra el efecto clínico definido de prevención de las náuseas y los vómitos inducidos por la quimioterapia en el cáncer de pulmón. Esta terapia es de aplicación simple, de alta seguridad, ausente en reacciones adversas obvias y de gran cumplimiento por parte del paciente (257).

NEUROPATÍA

Según un reciente estudio publicado en Medicine (Baltimore) en 2020 la moxibustión puede ser una opción eficaz y segura para los pacientes diabéticos con neuropatía periférica (258), y puede ser una intervención eficaz para la depresión posterior al accidente cerebrovascular (259).

Según un estudio publicado en Geriatric Nursing la moxibustión con aguja caliente podría tener un efecto significativo en la mejora de la función cognitiva y la calidad de vida, reduciendo los síntomas de la enfermedad de Alzheimer y aumentando la tasa efectiva total. La moxibustión con aguja caliente es una terapia no farmacológica eficaz para pacientes con la enfermedad de Alzheimer (260).

RINITIS

La moxibustión combinada con el aerosol Rhinocort tiene un buen efecto terapéutico para mejorar los síntomas, el sueño y la calidad de vida en pacientes con rinitis alérgica persistente moderada-grave, siendo superior a la del aerosol Rhinocort solo para mejorar el sueño y la calidad de vida (261).

COVID-19

Sobre la base del tratamiento de rutina con la medicina occidental, la terapia de moxibustión complementada alivia los síntomas clínicos, reduce los niveles de índices inflamatorios, es decir, IL-6 y PCR, y mejora el número absoluto de subconjuntos de linfocitos T periféricos. El efecto clínico terapéutico de tal régimen con moxibustión complementado es significativamente mejor que el simple tratamiento de rutina de la medicina occidental (262).

OTROS

La moxibustión con jengibre alivia eficazmente la fatiga, la depresión y mejora la calidad del sueño en los pacientes con síndrome de fatiga crónica (263).

La moxibustión con jengibre podría mejorar significativamente el estado de fatiga en pacientes con síndrome de fatiga crónica, lo que puede estar relacionado con la regulación de la estructura de la flora intestinal y la reparación de la barrera intestinal (264).

Según un reciente estudio publicado en Medicine la acupuntura y la moxibustión para la osteonecrosis de la cabeza femoral en etapa temprana y media es una intervención efectiva y relativamente segura, que puede mejorar la tasa efectiva, obteniendo una puntuación excelente y buena de Harris de función de la cadera, así como reducir la tasa de reacciones adversas. Clínicamente, la osteonecrosis de la cabeza femoral en etapa temprana y media puede ser intervenida combinando la acupuntura y moxibustión mientras se recibe la terapia convencional para mejorar la eficacia (265).

MECANISMO

Un estudio (266) indica que la moxibustión puede ayudar a prevenir el Alzheimer y que su mecanismo de acción podría incluir un aumento en la actividad de las neurotrofinas y la proteína de choque térmico, la modulación del ciclo celular, la supresión de la apoptosis y la inflamación.

SECCIÓN CINCO: TUINA

Tuina es una disciplina integrada en la Medicina Tradicional China (MTC), con la que comparte sus principios básicos, y que se basa en el tratamiento de las enfermedades a través de la aplicación de maniobras de masaje sobre la superficie del cuerpo. Las maniobras de masaje que se practican en el Tuina son principalmente presiones, fricciones, vibraciones, percusiones, movilizaciones y tracciones. Mediante estas maniobras se logra la estimulación del flujo de Qi y sangre, la regulación de los órganos y el equilibrio de Yin y Yang.

ANSIEDAD

En un artículo publicado en la revista *Journal of Cardiovascular Nursing* se recomienda el masaje chino en personas a la espera de una angiografía coronaria (267).

DOLOR

Una revisión sistemática (268) sugiere que el Tuina es seguro y eficaz para la reducción del dolor y la mejora funcional para las enfermedades musculoesqueléticas. Tanto las manipulaciones innovadoras de Tuina como las tradicionales produjeron resultados terapéuticos satisfactorios en pacientes con espondilosis cervical de tipo arteria vertebral (269).

El masaje Tuina resulta un tratamiento seguro y eficaz para reducir la espasticidad de varios grupos musculares después del accidente cerebrovascular (270).

Un estudio (271) concluyó que el tratamiento adicional con seis sesiones de Tuina durante 3 semanas fue efectivo, seguro y relativamente económico para pacientes con dolor crónico de cuello.

La acupuntura combinada con tuina podría aumentar significativamente el efecto terapéutico de la acupuntura en el tratamiento de la migraña (272).

La estimulación con puntos de acupuntura sin aguja se puede utilizar para pacientes mujeres que se someten a cirugía de mama para reducir las náuseas y los vómitos postoperatorios (273).

HIPERTENSIÓN Y VÉRTIGO

Un estudio (274) sugiere que el Tuina es beneficioso como tratamiento coadyuvante para las personas con hipertensión.

El Tuina podría mejorar la tasa de eficacia y la escala de evaluación de las puntuaciones de vértigo cervical en pacientes (275).

PEDIATRÍA

El Tuina pediátrico parece ser eficaz y seguro para mejorar la tasa de curación y acortar la duración de la diarrea en niños menores de cinco años con diarrea aguda (276). También es una intervención viable que podría beneficiar a los bebés y niños pequeños con anorexia (277).

Un reciente estudio muestra que el masaje de medicina china es beneficioso para tratar la tortícolis muscular congénita en bebés y niños (278).

ONCOLOGÍA

Los resultados de una investigación mostraron que la acupresión tiene una efectividad a corto plazo en la fatiga relacionada con el cáncer de los pacientes que reciben quimioterapia (279).

Los resultados de una investigación mostraron que la acupresión tiene una efectividad a corto plazo en la fatiga relacionada con el cáncer de los pacientes que reciben quimioterapia (280).

La acupresión es eficaz para aliviar la fatiga relacionada con el cáncer (281).

OTROS

Según una reciente revisión sistemática y metaanálisis publicado en Medicine (Baltimore) el masaje chino combinado con clorhidrato de metformina tiene un efecto sinérgico. No solo se puede utilizar como tratamiento auxiliar de la diabetes mellitus tipo 2, sino también como una forma de referencia importante para reducir el tratamiento farmacológico de la diabetes mellitus tipo 2, mejorar la eficacia clínica y reducir las reacciones adversas (282).

La Tuina, además de la terapia convencional, es eficaz para mejorar la función motora y reducir la espasticidad en los supervivientes de un accidente cerebrovascular (283).

SECCIÓN SEIS: AURICULOTERAPIA

La auriculoterapia es el método para diagnosticar y tratar el cuerpo humano a través del pabellón auricular. Diferentes puntos en el pabellón auricular reflejan desequilibrios que pueden ser aliviados mediante la estimulación de esos puntos, ya que se trata de un microsistema. Su aplicación clínica sigue la teoría de la Medicina Tradicional China (MTC).

La auriculoterapia presenta como característica principal la sencillez de su aplicación, que contrasta con la rapidez de sus resultados, y ofrece un abanico de posibilidades terapéuticas muy amplio.

DOLOR

La auriculoterapia, ya sea como técnica independiente o como complemento, reduce significativamente el dolor y tiene beneficios potenciales para su uso en el departamento de urgencias (284), presentándose como una modalidad prometedora en la reducción del dolor en 48 horas (285), y siendo eficaz para reducir la incapacidad y aumentar la temperatura del tejido en las personas con dolor crónico en la columna vertebral (286).

La acupuntura auricular es una práctica prometedora para el tratamiento del dolor de espalda crónico en adultos (287). La auriculoterapia presentó efectos positivos al reducir la intensidad del dolor crónico y su impacto en las actividades diarias en personas con trastorno musculoesquelético de la espalda (288).

Según un estudio publicado en el Journal of Korean Academy of Nursing, la auriculoterapia consigue una reducción significativa del dolor musculoesquelético en adultos. Indica la necesidad de perfeccionar el plan de estudios para incluir la auriculoterapia como una intervención de enfermería para aliviar el dolor musculoesquelético en adultos y fomentar su uso en entornos clínicos (289).

También se ha visto que la auriculoterapia es efectiva en el tratamiento del dolor de pacientes con aparatología fija de ortodoncia (290).

Un estudio publicado en Holistic Nursing Practice mostró que 6 semanas de acupresión auricular mejoraron el dolor lumbar crónico y la discapacidad relacionada con el dolor, por lo que se puede utilizar como una intervención alternativa no invasiva para el dolor lumbar crónico en adultos mayores (291).

RINITIS ALÉRGICA

Un estudio (292) muestra que la auriculoterapia es eficaz en la rinitis alérgica perenne a corto plazo.

INSOMNIO, ANSIEDAD, ADICCIONES

Los resultados de un análisis sobre revisiones sistemáticas (293) concluyen que la auriculoterapia asociada a los tratamientos convencionales de insomnio, dolor crónico y agudo,

ha demostrado tener efectos positivos. También reduce la ansiedad previa a un tratamiento dental (294).

La auriculoterapia tiene un efecto positivo en el insomnio (295), (296), y puede mejorar la calidad del sueño y la disfunción diurna entre los veteranos con trastorno de estrés postraumático (297).

La auriculoterapia muestra ser un ansiolítico equivalente al efecto del midazolame, sin los efectos indeseables habitualmente atribuidos a la benzodiazepina (298).

Un reciente estudio publicado en la Revista da Escola de Enfermagem da USP muestra que la auriculoterapia tiene efectividad sobre el estrés, la ansiedad y la depresión en adultos y personas mayores (299).

Los hallazgos de un reciente estudio sugieren que la auriculoterapia puede ser un tratamiento alternativo para el insomnio en pacientes con hemodiálisis de mantenimiento (300).

La auriculoterapia también ha demostrado ser eficaz en la ansiedad preoperatoria (301).

DERMATOLOGÍA

La auriculoterapia sola o junto al tratamiento convencional parece ser eficaz y segura en el tratamiento de la urticaria crónica espontánea (302).

GINECOLOGÍA

Los hallazgos de un estudio (303) mostraron que las madres que recibieron auriculoterapia presentaron un mayor control del dolor y una menor duración del parto, pudiendo ayudar a reducir los niveles de ansiedad asociados con la FIV y mejorar los resultados de la FIV, en parte mediante el aumento de los niveles de neuropéptido y fluidos foliculares (304).

Un reciente estudio publicado en The Archives of Gynecology and Obstetrics indica que la auriculoterapia puede ser un valioso complemento de la terapia analgésica en pacientes sometidas a episiotomía durante el parto vaginal (305).

Según una ECA después de 2 semanas de tratamiento, la auriculoterapia asociada con la atención obstétrica estándar reduce significativamente el dolor lumbar y pélvico en mujeres embarazadas, mejora la calidad de vida y reduce la discapacidad funcional (306).

Se recomienda el uso de auriculoterapia para la prevención y el alivio del dolor de hombro después de una cesárea (307).

Otro estudio muestra que el uso adecuado de puntos efectivos de auriculoterapia para controlar las náuseas y los vómitos como tratamiento no farmacológico y complementario puede aliviar las náuseas en las mujeres embarazadas (308).

Según un ECA publicado en Trials la intensidad media del dolor en la dismenorrea fue menor con la auriculoterapia (309).

ONCOLOGÍA

La auriculoterapia demostró ser eficaz para aliviar el estreñimiento en pacientes con cáncer de mama que reciben quimioterapia (310) y muestra una reducción en la intensidad del dolor para pacientes con cáncer (311,312).

La auriculoterapia puede mejorar significativamente la calidad del sueño de los pacientes de cáncer con trastornos del sueño, sin efectos secundarios evidentes (313).

OBESIDAD

Según una RS y MA se vio que la auriculoterapia fue efectiva para reducir el peso y/o el IMC en pacientes con sobrepeso u obesidad (314).

La acupresión auricular usando semillas de vaccaria fue efectiva para disminuir los niveles de colesterol total y los niveles de colesterol de lipoproteínas de baja densidad en adolescentes con obesidad (315).

POSTOPERATORIO

Un estudio demuestra que la auriculoterapia es una técnica segura y útil que reduce la retención de orina postoperatoria en pacientes con toracotomía que se benefician de la analgesia epidural torácica (316).

Un estudio publicado sugiere que la acupuntura auricular proporciona un mayor alivio del dolor el día de la amigdalectomía (317).

HIPERTENSIÓN

Según una RS y MA publicado por la *European Journal of Cardiovascular Nursing* en 2020, la auriculoterapia podría proporcionarse a pacientes con hipertensión como un complemento de los medicamentos antihipertensivos para reducir el valor de la presión arterial y alcanzar el objetivo de presión arterial (318).

NÁUSEAS Y VÓMITOS

Una reciente RS publicada en la Revista Brasileña de Enfermería aportó datos relevantes sobre los efectos de la auriculoterapia en el tratamiento de náuseas y vómitos, con disminución de la intensidad y frecuencia de estos síntomas en diferentes poblaciones (319).

SECCIÓN SIETE: TAICHI Y QIGONG

El Taichi es un arte marcial y una forma de ejercicio físico practicado hace muchos años en China que aporta numerosos beneficios a nivel físico y psicológico, y cuyos fundamentos se basan en la realización de movimientos lentos, rítmicos y controlados junto con una respiración profunda y concentración mental. El Qigong significa trabajo de la energía, consiste en una diversidad de técnicas relacionadas con la MTC, que comprenden la mente, la respiración y el ejercicio físico. El Qigong se practica generalmente con objetivos relacionados con el mantenimiento de la salud, pero también con objetivos terapéuticos específicos. Su práctica incluye movimientos corporales, ejercicios de respiración y regulación, así como estiramientos, automasajes y otras técnicas a fin de prevenir dolencias y fortalecer el cuerpo. Su práctica permite obtener diversos beneficios como una relajación física y mental, tonificación muscular y flexibilización articular, aumento de la capacidad respiratoria y del sistema inmunológico, mejora de la circulación de la sangre, mejora del estado emocional, etc. Las investigaciones sobre el Taichi y el Qigong han aumentado de forma significativa, pudiendo demostrar los beneficios que tiene su práctica.

Los resultados de la revisión sistemática realizada por Zou et al. (320) sugieren que el Taichi es efectivo para atenuar la pérdida de densidad ósea mineral en las regiones de la columna lumbar y cabeza proximal del fémur en poblaciones especiales (por ejemplo, adultos mayores, mujeres perimenopáusicas y posmenopáusicas, personas con osteoartritis y sobrevivientes de cáncer).

DOLOR

Los resultados de un estudio realizado en 2016 indican que el Taichi muestra evidencia positiva en el alivio inmediato del dolor crónico de la osteoartritis y la osteoporosis. Por lo tanto, se puede considerar el Taichi como una opción viable para las condiciones de dolor crónico (321), así como también produce una reducción efectiva del dolor lumbar crónico no específico (322).

Los resultados obtenidos en un estudio con pacientes de dolor crónico de tobillo (323) sugirieron que doce semanas de práctica de Taichi tienen efectos positivos sobre el control postural y la sensación de inestabilidad autoinformada.

El Taichi ejerce efectos significativamente mayores en pacientes con fibromialgia que la atención estándar; pudiéndose usar como un tratamiento alternativo (324).

Los ejercicios de Taichi mejoran la función física y la calidad de vida en pacientes con artroplastia total de rodilla primaria sin riesgos adicionales (325).

Los ejercicios terapéuticos chinos también tienen efectos beneficiosos para reducir la intensidad del dolor para las personas con dolor lumbar, independientemente de su nivel de dolor (326).

Según un estudio publicado en 2021 en *Clinical Rehabilitation* el Taichi es beneficioso para mejorar la salud física y mental de los pacientes con osteoartritis de rodilla recomendándose que esté disponible como una terapia no farmacológica alternativa en los programas de rehabilitación (327). El Taichi practicado durante veinticuatro semanas puede mejorar la propiocepción del tobillo y la rodilla de los pacientes con osteoartritis de rodilla (328).

Tanto el Wu Qin Xi Qigong como los programas de ejercicios de fisioterapia convencional fueron muy eficaces para reducir las limitaciones de la actividad y el dolor, y promover el equilibrio y la potencia muscular, siendo el Wu Qin Xi Qigong más eficaz para promover el equilibrio y reducir el dolor que el ejercicio de fisioterapia convencional en pacientes con osteoartritis de rodilla (329).

Un metanálisis publicado en la revista *Medicine* proporcionó evidencia de 11 ECAs de que el Taichi podría ser una excelente estrategia de entrenamiento físico para mejorar la función de caminar y el control de la postura en adultos mayores con osteoartritis de rodilla. Asumiendo que el Taichi es efectivo y seguro en la mayoría de las áreas, pudiéndose usar como una estrategia de entrenamiento físico adyuvante y confiable para caminar (330).

PROMOCIÓN DE LA SALUD Y PREVENCIÓN DE ENFERMEDADES

Los hallazgos en un ECA realizado por Zou, L. et al (331) indican que el entrenamiento de Taichi a corto plazo e intensivo no solo mejora la función física relacionada con las extremidades inferiores, como el equilibrio dinámico y la fuerza de la pierna, sino también fortalece la función física relacionada con las extremidades superiores (por ejemplo, la fuerza del brazo y el antebrazo, la movilidad del hombro, control del motor fino, fuerza de la empuñadura y función motora fina). Por ello se recomienda en caso de degeneración de la función física relacionada con la edad en personas mayores sanas.

Un estudio publicado en 2019 (332) muestra evidencia en el Taichi para promover la salud y evitar enfermedades en personas mayores, siendo la práctica del Taichi beneficiosa para mejorar la capacidad de control del equilibrio y la flexibilidad de personas mayores, y pudiendo ayudar en la prevención de caídas (333,334,335,336,337).

Las personas mayores presentaron mayor actividad cerebral cuando practicaban Taichi en comparación con el ejercicio enfocado en el cuerpo (338).

Un estudio reciente (3439) sugirió el papel protector del ejercicio de Taichi a largo plazo para reducir la atrofia de la materia gris, mejorar la estabilidad emocional y lograr un envejecimiento exitoso para las personas.

El Qigong interno parece tener beneficios potenciales en la calidad de vida general entre los adultos mayores que viven en la comunidad con enfermedades crónicas, sugiriendo el uso potencial del Qigong interno como una actividad complementaria para el manejo de enfermedades crónicas (340). Otro estudio sobre el Taichi con música indica ser una solución económicamente viable para mejorar la calidad de vida y el envejecimiento saludable (341).

Tal y como muestra una reciente RS hay evidencia de moderada a fuerte que sugiere que el Taichi es una intervención efectiva para mantener y mejorar la propiocepción de las extremidades inferiores en adultos mayores de 55 años (342). Otra reciente RS publicada en *Journal of Geriatric Physical Therapy* en 2020 respalda que el Taichi en combinación con el entrenamiento de resistencia mejora la función física y la fuerza muscular en adultos de 50 años o más (343).

El Taichi estilo Chen y el entrenamiento de estabilidad del core tienen efectos protectores sobre la NF en individuos de edad avanzada con PNLB, al tiempo que alivian el dolor crónico no específico (344).

Según los resultados de un estudio publicado en The International Journal of Nursing Studies el Taichi tiene efectos favorables sobre la calidad de vida y los síntomas depresivos de los adultos mayores con enfermedades crónicas, pudiendo actuar como un complemento para el manejo de la enfermedad (345).

Según un estudio realizado por la Revista latino-americana de Enfermagem en 2020 la práctica del Qigong produce resultados positivos en la salud, principalmente a medio y largo plazo (346).

Los resultados de un estudio publicado en The Brazilian Journal of Medical and Biological Research sugieren el uso potencial del ejercicio de Taichi como una actividad para mejorar la calidad de vida en personas mayores (347). La evidencia actual indica que la práctica de Taichi y Qigong tiene un impacto fisiológico en el funcionamiento del sistema inmunológico y las respuestas inflamatorias (348).

Según un estudio publicado en Motor Control el método de ocho y cinco pasos de Taichi puede ser una modalidad de rehabilitación eficaz para mejorar el control del equilibrio entre los adultos mayores (349).

Una RS publicada en Aging Clinical and Experimental Research revela que los ejercicios basados en la MTC pueden mejorar de forma eficaz los resultados del rendimiento físico, del equilibrio y la fuerza muscular en la población de edad avanzada (350).

Los hallazgos de un metanálisis publicado en Frontiers in Medicine indican que el Qigong puede ser beneficioso para mejorar la fatiga en pacientes diagnosticados con diversas enfermedades (351).

Las variables psicológicas y bioquímicas evaluadas al inicio y después de la intervención mostraron una mayor disminución en los niveles de ansiedad en el grupo Qigong (352).

INSOMNIO, DEPRESIÓN, ESTRÉS

En diversos estudios el Taichi muestra ser una buena opción para el insomnio (353,354,355). Según un estudio publicado en JAMA Netw Open, el ejercicio convencional y el Taichi mejoraron el sueño y los efectos beneficiosos se mantuvieron durante 24 meses (356).

Los ejercicios basados en Qigong pueden ser efectivos para aliviar los síntomas de depresión en individuos con trastorno depresivo mayor (357).

Los hallazgos muestran que este ejercicio mejora los indicadores de calidad de vida relacionada con la salud, incluido el funcionamiento físico, el rol físico y el emocional en adultos con obesidad central con depresión (358).

Una reciente RS publicada en 2020 también sugiere el impacto potencial de las intervenciones como el Taichi como herramientas para reducir el estrés relacionado con el trabajo entre los profesionales de la salud (359).

Según una reciente revisión sistemática publicada en *The Journal of Affective Disorders*, y en comparación con otros tratamientos activos y no terapéuticos, el Taichi tiene un efecto positivo en la mejora de la calidad del sueño. Un análisis en profundidad mostró que el Taichi estilo Yang de 24 y 8 formas tiene efectos positivos significativos en la calidad del sueño, según lo evaluado por el Índice de Calidad del Sueño de Pittsburgh (360).

El Taichi puede ser una técnica eficaz para reducir la ansiedad y mejorar la autoeficacia y el rendimiento entre los estudiantes de enfermería (361). Otro reciente estudio publicado en *Medicine* (Baltimore) en 2021 reveló que los síntomas de la depresión de los estudiantes universitarios se pueden mejorar de manera efectiva mediante el ejercicio aeróbico, los ejercicios tradicionales chinos y la meditación. El ejercicio aeróbico tendría un mejor efecto sobre la ansiedad y el estrés, mientras que el ejercicio tradicional chino tendría un mejor efecto sobre el estrés (362).

Los hallazgos de un reciente estudio publicado en *Frontiers of Psychology* sugieren que Qigong parece ser una modalidad terapéutica efectiva para mejorar el bienestar psicológico en los adolescentes (363).

Según un reciente estudio el Taichi tiene un efecto positivo sobre la ansiedad y la depresión, especialmente en pacientes con cáncer, accidente cerebrovascular e insuficiencia cardíaca (364).

NEUROLOGÍA

Una revisión sistemática realizada en 2018 (365) muestra que el Taichi es eficaz para reducir la incidencia de caídas en la enfermedad de Parkinson y el accidente cerebrovascular.

Un metaanálisis realizado en 2018 (366) muestra que el Taichi tiene un efecto beneficioso general sobre las actividades de la vida diaria, el equilibrio, la función motora de las extremidades, y también puede mejorar la calidad del sueño, el estado de ánimo, la salud mental y otras funciones motoras.

En un estudio realizado por Zheng et al. (367), después de 12 semanas la práctica del Taichi mejoró significativamente el mínimo de velocidad de flujo sanguíneo (BFV_{min}), la velocidad media de flujo sanguíneo (BFV_{mean}), índice de pulsatilidad e índice de resistencia de la arteria cerebral anterior derecha y la velocidad máxima de flujo sanguíneo (BFV_{max}), BFV_{min} y BFV_{mean} de la arteria cerebral media derecha. También disminuyó los niveles de triglicéridos, glucemia en ayunas y homocisteína, y mejoró la capacidad de equilibrio. Por lo tanto, el ejercicio supervisado de Taichi durante 12 semanas tuvo efectos beneficiosos potenciales en la hemodinámica cerebral, los factores de riesgo plasmáticos y la capacidad de equilibrio en adultos mayores de la comunidad con riesgo de accidente cerebrovascular isquémico. Otro estudio sugiere que la práctica del Taichi da lugar a cambios neurológicos beneficiosos en el cerebro humano (368).

Un estudio realizado en 2017 (369) muestra evidencia con un beneficio potencial del Taichi para mejorar la función motora, la depresión y la calidad de vida de las personas con Parkinson. También puede ser beneficioso para los sobrevivientes de un accidente cerebrovascular a corto plazo (370) y puede proporcionar beneficios físicos y psicosociales en individuos con esclerosis múltiple (371).

Varios estudios muestran que la práctica regular de Taichi puede mejorar la función cognitiva y física en el adulto mayor (372,373,374,375).

Los hallazgos de una revisión sugieren que Baduanjin, modalidad de Qigong, es seguro y efectivo para mejorar la función cognitiva global y la memoria en adultos de mediana edad y mayores, y potencialmente beneficioso en otros dominios específicos de la cognición, incluida la función ejecutiva y la velocidad de procesamiento (376, 377). Además, según un reciente estudio publicado en *Neurorehabil Neural Repair*, Baduanjin es eficaz para mejorar el equilibrio, la fuerza de las piernas y la movilidad, y es una forma segura y sostenible de ejercicio en el hogar para personas con accidentes cerebrovasculares crónicos (378).

Utilizando resonancia magnética de alta resolución de 22 practicantes de Taichi (379) frente a 18 controles, se vio que los practicantes de Taichi, en comparación con el grupo control, mostraron una corteza significativamente más gruesa en la circunvolución precentral, surco de la ínsula y surco frontal medio en el hemisferio derecho y giro temporal superior y surco occipito-temporal medial y surco lingual en el hemisferio izquierdo. Por otra parte, encontraron que la corteza más gruesa en el surco occipito-temporal medial izquierdo y el surco lingual se asociaron con una mayor intensidad de la práctica del Taichi. Estos hallazgos indican que la práctica de Taichi a largo plazo podría inducir un cambio estructural regional y también sugiere que el Taichi podría compartir patrones similares de correlaciones neurales con la meditación y el ejercicio aeróbico.

Un reciente estudio publicado en *The Journal of Sports Medicine and Physical Fitness* el entrenamiento de Taichi más el ejercicio de rutina podría ser un enfoque no farmacológico alternativo ideal para los síntomas motores y no motores de los pacientes con Parkinson, y especialmente ser más útil para la mejora de la calidad del sueño y la función cognitiva en la enfermedad de Parkinson en comparación con el régimen de ejercicio de rutina (380).

El Taichi puede ser un ejercicio efectivo para la mente y el cuerpo en la rehabilitación cognitiva entre pacientes mayores con deterioro cognitivo leve (381). También mejora la cognición global en adultos con deterioro cognitivo (382).

Según un estudio publicado en *Clinical Rehabilitation* el entrenamiento regular de Baduanjin se asocia con una menor pérdida de la función cognitiva en pacientes después de un accidente cerebrovascular (383).

Los hallazgos de otro reciente metanálisis publicado en *Clinical Rehabilitation* respaldaron el ejercicio de Qigong como una terapia alternativa beneficiosa que puede contribuir a aumentar la función motora, la capacidad para caminar y el equilibrio de los pacientes con enfermedad de Parkinson (384). Una reciente revisión sistemática y metanálisis de la enfermedad de Parkinson y el Taichi sugiere que el Taichi es una actividad relativamente segura que puede resultar en mejoras en la función motora general, la bradicinesia y el equilibrio (385).

Según una reciente RS publicado en *Clinical Rehabilitation* se encontró efectos significativos del Taichi en la movilidad funcional, el equilibrio y las caídas en pacientes con Parkinson (386) y para el deterioro cognitivo leve (387).

CARDIOLOGÍA

El Taichi puede reducir el nivel de presión arterial en personas jóvenes y de mediana edad con hipertensión de grado 1, controlar el peso, disminuir el ritmo cardíaco, mejorar el metabolismo y la calidad de vida (388) y puede ser un método de rehabilitación cardíaca eficaz para pacientes con insuficiencia cardíaca crónica (389).

Un estudio publicado en 2015 (390) asoció la práctica de Taichi con un aumento en el pico de consumo de oxígeno en pacientes con un infarto de miocardio reciente, indicando que podría constituir una forma efectiva de rehabilitación cardíaca en esta población de pacientes. También tiene la facultad de potenciar una modificación significativa de los lípidos en la sangre y servir como una modalidad de ejercicio complementario (391), así como una mejora en la marcha durante 6 minutos y en la calidad de vida de pacientes con insuficiencia cardíaca (392).

Un estudio realizado en 2013 (393) sugiere que existe evidencia en el ejercicio del Taichi siendo una buena opción para los pacientes cardíacos con una tolerancia al ejercicio muy limitada y pudiendo ser un complemento de los programas de rehabilitación para pacientes con enfermedad coronaria del corazón o fallo crónico del corazón.

El ejercicio de Taichi puede reducir el nivel de presión arterial en personas jóvenes y de mediana edad con hipertensión de grado 1, controlar el peso, reducir la frecuencia cardíaca, mejorar el metabolismo y mejorar la calidad de vida (394).

El Taichi podría recomendarse como tratamiento adyuvante para la hipertensión, especialmente para pacientes menores de 50 años (395).

Según otro reciente estudio publicado en Heart Lung el Taichi reduce la presión arterial, el colesterol total, los triglicéridos, el LDL-C y la glucosa en sangre y aumenta significativamente la calidad de vida en adultos con EH. Existe una fuerte evidencia de la eficacia a corto plazo de los ejercicios de Taichi (396).

El Taichi es un ejercicio físico eficaz para tratar la hipertensión esencial en comparación con las intervenciones de control. Diferentes duraciones y estilos de entrenamiento tienen diferentes efectos (397,398).

Otro estudio publicado en The Archives of Physical Medicine and Rehabilitation señala que el Taichi podría ser una opción de ejercicio eficaz para la rehabilitación cardíaca (399), y se puede integrar fácilmente en los programas de rehabilitación cardíaca existentes (400).

Un reciente estudio publicado en 2021 en Frontiers in Cardiovascular Medicine indica que el Taichi es una terapia antihipertensiva viable que produce reducciones clínicamente significativas de la presión arterial entre las personas con hipertensión. Tal magnitud de reducciones de la presión arterial puede reducir la incidencia de enfermedades cardiovasculares hasta en un 40% (401).

Según una reciente revisión sistemática y metanálisis de ECA publicado en 2021 se demostró que el Taichi puede ser una terapia eficaz para mejorar la calidad de vida de los pacientes con hipertensión (402,403).

Se observan reducciones significativas de la presión arterial con el uso de Qigong en comparación con el grupo de control, lo que sugiere que el Qigong puede usarse como terapia complementaria en el manejo complicado de la hipertensión (404).

Un estudio sugiere que las prácticas de TaiChi y/o Qigong podrían ser una buena estrategia para aliviar los síntomas depresivos en pacientes con insuficiencia cardíaca (405).

RESPIRATORIO

En un MA reciente se vio que el Qigong puede mejorar a los pacientes con EPOC en función pulmonar, capacidad de ejercicio y calidad de vida que se encontraban en la etapa estable (406). También puede mejorar la escala de depresión y ansiedad de pacientes con EPOC, y tiene efectos auxiliares en la mejora de la función pulmonar (407, 408).

Los resultados del estudio sugieren que el Taichi puede reducir el índice de apnea-hipopnea y la somnolencia diurna, al tiempo que mejora la calidad subjetiva del sueño, en pacientes con apnea obstructiva del sueño leve y moderada (409).

Según un estudio realizado por el Journal of Thoracic Disease el Taichi puede representar una alternativa apropiada o un complemento de los programas de rehabilitación estándar (410).

El ejercicio Baduanjin podría mejorar la capacidad de ejercicio, la función pulmonar y la calidad de vida de los pacientes con enfermedad pulmonar obstructiva crónica (411).

Según un artículo publicado en The Archives of Physical Medicine and Rehabilitation el ejercicio de Liuzijue (modalidad del Qigong) mostró más cambios que el entrenamiento respiratorio convencional para mejorar la capacidad de control del tronco, las funciones de los músculos respiratorios y las actividades de la vida diaria en pacientes en una etapa de recuperación temprana de un accidente cerebrovascular (412).

Los pacientes con EPOC pueden beneficiarse de la práctica del Tai Chi, ya que puede tener el potencial de reducir la disnea, mejorar la capacidad de ejercicio y mejorar la calidad de vida de los pacientes (413). El estudio realizado por Wu et al. (414) sugiere que el Taichi tiene efectos beneficiosos sobre la capacidad de ejercicio y la calidad de vida en pacientes con EPOC. Este ejercicio puede recomendarse como una modalidad de entrenamiento alternativo eficaz en los programas de rehabilitación pulmonar. Mientras que otro estudio (415) encuentra que la terapia con Taichi y Qigong podría ser beneficiosa con respecto al rendimiento físico, la función pulmonar, la remisión de la disnea y la calidad de vida en pacientes con EPOC.

MENOPAUSIA

Una revisión sistemática (416) encontró evidencia significativa de que el Taichi mejora el dolor corporal, la salud general, la vitalidad, el estado mental y la densidad ósea mineral de la columna vertebral en pacientes con síndrome perimenopáusico. Los hallazgos sugieren que el Taichi podría recomendarse como un tratamiento adyuvante eficaz y seguro para los pacientes con síndrome perimenopáusico.

El Taichi es beneficioso para la densidad mineral ósea y puede ser una medida rentable y preventiva de la osteoporosis. Este efecto beneficioso se observa mejor con su práctica a largo plazo, presentando potencial para la rehabilitación temprana y la prevención de la enfermedad secundaria (417).

El Taichi puede ser beneficioso para los pacientes al mejorar los valores minerales de hueso, el nivel de proteína-Gla ósea y alivio del dolor osteoporótico (418).

DIABETES Y OBESIDAD

El Taichi puede afectar efectivamente el manejo de la glucosa en sangre y la HbA1c en pacientes con DM tipo 2 (419), y un RS muestra que la práctica del Qigong puede mejorar el estado de glucosa en la sangre de los pacientes con diabetes tipo 2, presentando efectos positivos en su manejo (420).

Según un estudio realizado en 2017 (421) el Taichi puede ser potencialmente beneficioso para los perfiles lipídicos en diferentes grupos de edad y poblaciones.

Los resultados de otra reciente RS y MA respaldan los beneficios de la intervención de Taichi para mejorar el equilibrio en pacientes con diabetes tipo 2 (422).

Según un reciente estudio publicado en 2021 en Journal of Rehabilitation Medicine el Taichi tuvo mejores efectos sobre el control metabólico y los indicadores de composición corporal que la terapia clínica convencional (423).

El Taichi podría mejorar la calidad de vida y disminuir el IMC para pacientes con diabetes mellitus tipo 2 (424).

El Taichi es un enfoque eficaz para reducir la circunferencia de la cintura en adultos con obesidad central de 50 años o más (425).

ONCOLOGÍA

En un metaanálisis (426) se observó que la práctica del Taichi durante más de 8 semanas tiene efectos de mejora a corto plazo en la fatiga relacionada con el cáncer, especialmente en pacientes con cáncer de mama y de pulmón. Sus efectos beneficiosos son superiores al ejercicio físico y al apoyo psicológico. Taichi y Qigong muestran efectos prometedores en el tratamiento de los síntomas relacionados con el cáncer, así como en la mejora de la calidad de vida (427).

Un estudio realizado en 2016 (428) muestra que el Taichi es eficaz para controlar la fatiga relacionada con el cáncer en pacientes con cáncer de pulmón sometidos a quimioterapia, especialmente para disminuir la fatiga general y la fatiga física y aumentar el vigor.

Una RS y MA muestra una evidencia de nivel moderado que sugiere que el Taichi reduce los niveles de cortisol y CRF y mejora la función de las extremidades en supervivientes del cáncer (429).

Los hallazgos de una ECA publicada en The European Journal of Oncology Nursing indican que Baduanjin es una intervención efectiva para mejorar los resultados de salud física y psicológica entre las sobrevivientes de cáncer de mama, que vale la pena recomendar e implementar por enfermeras oncológicas para las sobrevivientes de cáncer de mama durante sus largos viajes de rehabilitación (430).

Un estudio publicado en Frontiers in Oncology sugiere que el Taichi parece ser eficaz en algunos síntomas físicos y psicológicos y mejora la calidad de vida en pacientes con cáncer de mama (431).

El Taichi y el entrenamiento de resistencia, tanto de baja como de alta intensidad, pueden aumentar significativamente la fuerza muscular, reducir la fatiga relacionada con el cáncer y mejorar la calidad de vida en pacientes con cáncer de mediana edad y ancianos. El Taichi tiene un mejor efecto que el entrenamiento de resistencia en términos de calidad del sueño y salud mental (432). Se puede recomendar el Qigong para mejorar los grupos de síntomas de fatiga y trastornos del sueño en la población con cáncer, mientras que el beneficio del Qigong sobre el sueño probablemente se base en su efecto sobre la reducción de la fatiga (433).

Los hallazgos respaldan la viabilidad del ejercicio aeróbico y las intervenciones de Taichi en pacientes con cáncer de pulmón avanzado (434). El Qigong fue eficaz para reducir la disnea y la tos y mejorar la calidad de vida (435).

Una RS y MA muestra que el Qigong es beneficioso para mejorar la calidad de vida y aliviar la depresión y la ansiedad; por lo tanto, debe fomentarse el Qigong en mujeres con cáncer de mama (436). El ejercicio de Qigong puede ser útil para aliviar la depresión, reducir los pensamientos negativos y mejorar la calidad de vida en pacientes con cáncer gastrointestinal sometidos a quimioterapia (437).

El Qigong se puede recomendar para mejorar los grupos de síntomas de fatiga y trastornos del sueño en la población con cáncer (438).

Los hallazgos encontrados en Integrative Cancer Therapies respaldan la viabilidad del ejercicio aeróbico y las intervenciones de Taichi en pacientes con cáncer de pulmón avanzado (439).

El ejercicio de Qigong puede ser útil para aliviar la depresión, reducir los pensamientos negativos y mejorar la calidad de vida de los pacientes con cáncer gastrointestinal que reciben quimioterapia (440).

PEDIATRÍA

Los estudios demostraron que Qigong tiene una aplicabilidad y un efecto interesantes y prometedores en los niños con trastorno del espectro autista y debe ser probado más a fondo. A pesar de la necesidad de estudios controlados más rigurosos, el Qigong parece ser capaz de disminuir la gravedad de los componentes sensoriales, conductuales y de lenguaje individuales del autismo, y mejorar el autocontrol, la sociabilidad, la conciencia sensorial y cognitiva, así como el comportamiento físico saludable. Además del efecto positivo en los niños y adolescentes, los beneficios parecen extenderse también a los padres y cuidadores (441).

OTROS

Un estudio sugiere que el Taichi es una intervención eficaz que se puede administrar en condiciones de pandemia para mejorar la función mental y física en adultos mayores (442).

Según una RS publicada en British Association of Sport & Exercise Medicine el Taichi mejora el estado físico en deportes competitivos. Además, la flexibilidad de la columna toracolumbar parece ser un factor en la mejora del equilibrio postural (443).

SECCIÓN OCHO: GUASHA

Basado en la Medicina Tradicional China, la Guasha es un instrumento de filo redondeado que se aplica realizando un raspado sobre la piel favoreciendo la circulación sanguínea y oxigenación de la piel, así como consiguiendo una relajación muscular y fortaleciendo el sistema inmunológico.

DOLOR

La Guasha es un tratamiento aceptable, seguro y eficaz para pacientes con dolor lumbar crónico (444) y tiene efectos beneficiosos a corto plazo sobre el dolor y el estado funcional en pacientes con dolor crónico de cuello (445).

GINECOLOGÍA

Un estudio realizado en 2018 (446) muestra una evidencia preliminar sobre la hipótesis de que la Guasha mejora la eficacia del tratamiento en pacientes con síndrome perimenopáusico, siendo una terapia eficaz y segura para aliviar los síntomas perimenopáusicos y mejorar la calidad de vida, siendo un tratamiento prometedor y eficaz en este ámbito (447).

Los hallazgos de un estudio proporcionaron pruebas que respaldan que la terapia con Guasha se puede utilizar como una técnica eficaz en el manejo de la ingurgitación mamaria (448).

NEUROPATÍA

La Guasha parece ser eficaz para reducir la severidad de la neuropatía diabética periférica de forma clínicamente relevante, y para mejorar otros resultados de salud en estos pacientes (449).

SECCIÓN NUEVE: CRANEOPUNTURA

Según un reciente estudio publicado en NeuroRehabilitation en 2020, la craneopuntura y el entrenamiento cognitivo pueden mejorar de manera eficiente las funciones cognitivas y motoras en pacientes con accidente cerebrovascular durante la etapa de recuperación, lo que puede ser un tratamiento de rehabilitación más eficaz después de un accidente cerebrovascular que la terapia de rutina y el entrenamiento de rehabilitación por sí solos (450).

La craneopuntura dinámica interactiva no solo puede mejorar significativamente la función cognitiva, sino también reducir la depresión y la ansiedad, lo que finalmente mejora la capacidad de autocuidado del paciente (451).

La estimulación eléctrica en craneopuntura puede mejorar la circulación a nivel cerebral, activar áreas funcionales específicas de la corteza cerebral y promover la reconstrucción y recuperación de la función del lenguaje cerebral (452).

La craneoacupuntura produce una mejora a nivel emocional, en el sueño y promueve el desarrollo funcional en los niños con trastorno del espectro autista (453).

Según una reciente ECA la acupuntura del cuero cabelludo demostró ser otra alternativa para el alivio del dolor en pacientes con trastornos temporomandibulares, demostrando resultados positivos a corto plazo (454).

REFERENCIAS

1. Daily, J. W., Zhang, T., Cao, S., & Park, S. (2017). Efficacy and Safety of GuiZhi-ShaoYao-ZhiMu Decoction for Treating Rheumatoid Arthritis: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *The Journal of Alternative and Complementary Medicine*, 23(10), 756–770. doi:10.1089/acm.2017.0098
2. Chen, B., Zhan, H., Marszalek, J., Chung, M., Lin, X., Zhang, M., ... Wang, C. (2016). Traditional Chinese Medications for Knee Osteoarthritis Pain: A Meta-Analysis of Randomized Controlled Trials. *The American Journal of Chinese Medicine*, 44(04), 677–703. doi:10.1142/s0192415x16500373
3. Huang H, Pan J, Yang W, et al. Are Kidney-Tonifying and Blood-Activating Medicinal Herbs Better than NSAIDs for Knee Osteoarthritis? A Systematic Review and Meta-Analysis. *Evid Based Complement Alternat Med*. 2019;2019:9094515. Published 2019 Nov 25. doi:10.1155/2019/9094515
4. Shuai Zh, Li X, Tang X, Lian F, Su Zh. (2019). Transcutaneous electrical acupuncture point stimulation improves pregnancy outcomes in patients with recurrent implantation failure undergoing in vitro fertilisation and embryo transfer: a prospective, randomised trial. *Acupuncture in Medicine* 1–7 DOI: 10.1136/acupmed-2017-011483
5. Huang Y, Wang H, Chen Z, et al. Efficacy and safety of total glucosides of paeony combined with methotrexate and leflunomide for active rheumatoid arthritis: a meta-analysis. *Drug Des Devel Ther*. 2019;13:1969–1984. Published 2019 Jun 17. doi:10.2147/DDDT.S207226
6. Lin Z, Zheng J, Chen M, Chen J, Lin J. The Efficacy and Safety of Chinese Herbal Medicine in the Treatment of Knee Osteoarthritis: An Updated Systematic Review and Meta-Analysis of 56 Randomized Controlled Trials. *Oxid Med Cell Longev*. 2022 Jan 7;2022:6887988. doi: 10.1155/2022/6887988. PMID: 35035664; PMCID: PMC8759838.
7. Huang CY, Cheng CJ, Chiou WF, Chang WC, Kang YN, Lee MH. Efficacy and safety of Duhuo Jisheng Decoction add-on bisphosphonate medications in patients with osteoporosis: A meta-analysis of randomized controlled trials. *J Ethnopharmacol*. 2022 Jan 30;283:114732. doi: 10.1016/j.jep.2021.114732. Epub 2021 Oct 9. PMID: 34637967.
8. Huang, Z., Pan, X., Zhou, J., Leung, W. T., Li, C., & Wang, L. (2019). Chinese herbal medicine for acute upper respiratory tract infections and reproductive safety: A systematic review. *BioScience Trends*. doi:10.5582/bst.2018.01298
9. Zhang, H. P., Wang, L., Wang, Z., Xu, X. R., Zhou, X. M., Liu, G., ... Wang, G. (2018). Chinese herbal medicine formula for acute asthma: A multi-center, randomized, double-blind, proof-of-concept trial. *Respiratory Medicine*, 140, 42–49. doi:10.1016/j.rmed.2018.05.014.
10. Wang L, Feng X, Wang B, Yang Y, Zhang T, Zhang X. Adjuvant Treatment with Xiaoqinglong Formula for Bronchial Asthma in Acute Attack: A Systematic Review of

- Randomized Controlled Trials. *Evid Based Complement Alternat Med.* 2020 Sep 14;2020:8468219. doi: 10.1155/2020/8468219. PMID: 33014114; PMCID: PMC7512092
11. Anushiravani, M., Bakhshaei, M., Taghipour, A., Naghedi-Baghdar, H., Farshchi, M. K., Hoseini, S. S., & Mehri, M. R. (2017). A systematic review of randomized controlled trials with herbal medicine on chronic rhinosinusitis. *Phytotherapy Research*, 32(3), 395–401. doi:10.1002/ptr.5968
 12. Luo, Q., Zhang, C. S., Yang, L., Zhang, A. L., Guo, X., Xue, C. C., & Lu, C. (2017). Potential effectiveness of Chinese herbal medicine Yu ping feng san for adult allergic rhinitis: a systematic review and meta-analysis of randomized controlled trials. *BMC Complementary and Alternative Medicine*, 17(1). doi:10.1186/s12906-017-1988-5
 13. Chen, Y., Shergis, J. L., Wu, L., Yu, X., Zeng, Q., Xu, Y., ... Lin, L. (2016). A systematic review and meta-analysis of the herbal formula Buzhong Yiqi Tang for stable chronic obstructive pulmonary disease. *Complementary Therapies in Medicine*, 29, 94–108. doi:10.1016/j.ctim.2016.09.017
 14. Guo J, Li B, Wu W, Wang Z, Wang F, Guo T. Chinese Herbal Medicines Compared with N-Acetylcysteine for the Treatment of Idiopathic Pulmonary Fibrosis: A Systematic Review of Randomized Controlled Trials. *Evid Based Complement Alternat Med.* 2019;2019:5170638. Published 2019 Jun 13. doi:10.1155/2019/5170638
 15. Wang K, Wu J, Wang H, Duan X, Zhang D, Wang Y, Ni M, Liu S, Meng Z, Zeng X, Zhang X. Comparative Efficacy of Chinese Herbal Injections for Pulmonary Heart Disease: A Bayesian Network Meta-Analysis of Randomized Controlled Trials. *Front Pharmacol.* 2020 May 7;11:634. doi: 10.3389/fphar.2020.00634. PMID: 32457624; PMCID: PMC7224249
 16. Bensoussan, A., Kellow, J. E., Bouchier, S. J., Fahey, P., Shim, L., Malcolm, A., & Boyce, P. (2015). Efficacy of a Chinese Herbal Medicine in Providing Adequate Relief of Constipation-predominant Irritable Bowel Syndrome: A Randomized Controlled Trial. *Clinical Gastroenterology and Hepatology*, 13(11), 1946–1954.e1. doi:10.1016/j.cgh.2015.06.022
 17. Yan J, Miao ZW, Lu J, et al. Acupuncture plus Chinese Herbal Medicine for Irritable Bowel Syndrome with Diarrhea: A Systematic Review and Meta-Analysis. *Evid Based Complement Alternat Med.* 2019;2019:7680963. Published 2019 Apr 14. doi:10.1155/2019/7680963
 18. Xiao Y, Li Y, Shu J, et al. The efficacy of oral Zhizhu Kuanzhong, a traditional Chinese medicine, in patients with postprandial distress syndrome. *J Gastroenterol Hepatol.* 2019;34(3):526–531. doi:10.1111/jgh.14467
 19. Yan ZX, Dai YK, Ma T, et al. Efficacy of traditional Chinese medicine for chronic gastritis: A meta-analysis of randomized controlled trials. *Medicine (Baltimore).* 2019;98(20):e15710. doi:10.1097/MD.00000000000015710
 20. Tan N, Gwee KA, Tack J, Zhang M, Li Y, Chen M, Xiao Y. Herbal medicine in the treatment of functional gastrointestinal disorders: A systematic review with meta-analysis. *J Gastroenterol Hepatol.* 2020 Apr;35(4):544-556. doi: 10.1111/jgh.14905. Epub 2019 Nov 7. PMID: 31674057

21. Zhang J, Che H, Zhang B, Zhang C, Zhou B, Ji H, Xie J, Shi X, Li X, Wang F, Tang X. JianpiQinghua granule reduced PPI dosage in patients with nonerosive reflux disease: A multicenter, randomized, double-blind, double-dummy, noninferiority study. *Phytomedicine*. 2021 Jul 15;88:153584. doi: 10.1016/j.phymed.2021.153584. Epub 2021 May 3. PMID: 34119741.
22. Shen H, Zhang S, Zhao W, Ren S, Ke X, Gu Q, Tang Z, Xie J, Chen S, Chen Y, Zou J, Zhang L, Shen Z, Zheng K, Liu Y, Gu P, Cheng J, Hu J, Zhu L. Randomised clinical trial: Efficacy and safety of Qing-Chang-Hua-Shi granules in a multicenter, randomized, and double-blind clinical trial of patients with moderately active ulcerative colitis. *Biomed Pharmacother*. 2021 Jul;139:111580. doi: 10.1016/j.biopha.2021.111580. Epub 2021 Apr 13. PMID: 33857914.
23. Uneda K, Kawai Y, Yamada T, Kaneko A, Saito R, et al. (2022) Japanese traditional Kampo medicine bofutsushosan improves body mass index in participants with obesity: A systematic review and meta-analysis. *PLOS ONE* 17(4): e0266917. <https://doi.org/10.1371/journal.pone.0266917>
24. Rao WW, Yang JJ, Qi H, Sha S, Zheng W, Zhang L, Ungvari GS, Ng CH, Xiang YT. Efficacy and Safety of Traditional Chinese Herbal Medicine for Antipsychotic-Related Constipation: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Psychiatry*. 2021 Apr 29;12:610171. doi: 10.3389/fpsy.2021.610171. PMID: 33995139; PMCID: PMC8116596.
25. Yang, L., Di, Y. M., Shergis, J. L., Li, Y., Zhang, A. L., Lu, C., ... Xue, C. C. (2018). A systematic review of acupuncture and Chinese herbal medicine for postpartum depression. *Complementary Therapies in Clinical Practice*. doi:10.1016/j.ctcp.2018.08.006
26. Sun, Y., Xu, X., Zhang, J., & Chen, Y. (2018). Treatment of depression with Chai Hu Shu Gan San: a systematic review and meta-analysis of 42 randomized controlled trials. *BMC Complementary and Alternative Medicine*, 18(1). doi:10.1186/s12906-018-2130-z
27. Wang Y, Shi YH, Xu Z, Fu H, Zeng H, Zheng GQ. Efficacy and safety of Chinese herbal medicine for depression: A systematic review and meta-analysis of randomized controlled trials. *J Psychiatr Res*. 2019;117:74–91. doi:10.1016/j.jpsychires.2019.07.003
28. Xue YJ, Xie Y, Zhao GL, et al. Oral Chinese Herbal Medicine for Depressive Disorder in Patients after Percutaneous Coronary Intervention: A Systematic Review and Meta-Analysis. *Chin J Integr Med*. 2019;10.1007/s11655-019-2702-x. doi:10.1007/s11655-019-2702-x
29. Zhang H, Liu P, Wu X, Zhang Y, Cong D. Effectiveness of Chinese herbal medicine for patients with primary insomnia: A PRISMA-compliant meta-analysis. *Medicine (Baltimore)*. 2019;98(24):e15967. doi:10.1097/MD.00000000000015967
30. Li KD, Wang QS, Zhang WW, Zhang WY, Fu SN, Xu D, Wu JR, Zhai JB, Cui YL. Gardenia fructus antidepressant formula for depression in diabetes patients: A systematic review and meta-analysis. *Complement Ther Med*. 2020 Jan;48:102248. doi: 10.1016/j.ctim.2019.102248. Epub 2019 Nov 21. PMID: 31987254

31. Han, S.-Y., Hong, Z.-Y., Xie, Y.-H., Zhao, Y., & Xu, X. (2017). Therapeutic effect of Chinese herbal medicines for post stroke recovery. *Medicine*, 96(49), e8830. doi:10.1097/md.0000000000008830
32. Wang XL, Wang YT, Guo ZY, Zhang NN, Wang YY, Hu D, Wang ZZ, Zhang Y. Efficacy of paeoniflorin on models of depression: A systematic review and meta-analysis of rodent studies. *J Ethnopharmacol.* 2022 May 23;290:115067. doi: 10.1016/j.jep.2022.115067. Epub 2022 Feb 8. PMID: 35143936.
33. Shan, C.-S., Zhang, H.-F., Xu, Q.-Q., Shi, Y.-H., Wang, Y., Li, Y., ... Zheng, G.-Q. (2018). Herbal Medicine Formulas for Parkinson's Disease: A Systematic Review and Meta-Analysis of Randomized Double-Blind Placebo-Controlled Clinical Trials., 10. doi:10.3389/fnagi.2018.00349
34. Xu, Q., Shan, C., Wang, Y., Shi, Y., Zhang, Q., & Zheng, G. (2018). Chinese Herbal Medicine for Vascular Dementia: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials. *Journal of Alzheimer's Disease*, 62(1), 429–456. doi:10.3233/jad-170856
35. Dong, L., May, B. H., Feng, M., Hyde, A. J., Tan, H. Y., Guo, X., ... Xue, C. C. (2016). Chinese Herbal Medicine for Mild Cognitive Impairment: A Systematic Review and Meta-Analysis of Cognitive Outcomes. *Phytotherapy Research*, 30(10), 1592–1604. doi:10.1002/ptr.5679
36. Cai Y, Zhang CS, Liu S, et al. Add-On Effects of Chinese Herbal Medicine for Post-Stroke Spasticity: A Systematic Review and Meta-Analysis. *Front Pharmacol.* 2019;10:734. Published 2019 Jun 27. doi:10.3389/fphar.2019.00734
37. Kim Y, Cho SH. Danggui-Shaoyao-San for dementia: A PRISMA-compliant systematic review and meta-analysis. *Medicine (Baltimore)*. 2020;99(4):e18507. doi:10.1097/MD.00000000000018507
38. Xu L, Xu XY, Hou XQ, Wang FG, Gao S, Zhang HT. Adjuvant therapy with Astragalus membranaceus for post-stroke fatigue: a systematic review. *Metab Brain Dis.* 2020;35(1):83–93. doi:10.1007/s11011-019-00483-4
39. Zhang H, Xing Y, Chang J, et al. Efficacy and Safety of NaoShuanTong Capsule in the Treatment of Ischemic Stroke: A Meta-Analysis. *Front Pharmacol.* 2019;10:1133. Published 2019 Oct 11. doi:10.3389/fphar.2019.01133
40. Zhang Y, Noh K, Song W. Chinese herbal medicines on cognitive function and activity of daily living in senior adults with Alzheimer's disease: a systematic review and meta-analysis. *Integr Med Res.* 2019;8(2):92–100. doi:10.1016/j.imr.2019.04.006
41. Yu S, Ran Y, Xiao W, et al. Treatment of migraines with Tianshu capsule: a multi-center, double-blind, randomized, placebo-controlled clinical trial. *BMC Complement Altern Med.* 2019;19(1):370. Published 2019 Dec 16. doi:10.1186/s12906-019-2775-2
42. Ried, K. (2015). Chinese herbal medicine for female infertility: An updated meta-analysis. *Complementary Therapies in Medicine*, 23(1), 116–128. doi:10.1016/j.ctim.2014.12.004

43. Chen X, Hao C, Deng W, Bai H, Li Y, Wang Z, Shi Y, Zhang H, Zhu Y, Zhang H, Liu F, Li L, Li X, Tan L, Tan J, Lu W, Luo J, Yang S, Miao C, Chen X, Zhang H, Yang D. Effects of the Zishen Yutai Pill Compared With Placebo on Live Births Among Women in a Fresh Embryo Transfer Cycle: A Randomized Controlled Trial. *Obstet Gynecol.* 2022 Feb 1;139(2):192-201. doi: 10.1097/AOG.0000000000004658. PMID: 34991130; PMCID: PMC8759541.
44. Li M, Hung A, Lenon GB, Yang AWH. Chinese herbal formulae for the treatment of menopausal hot flashes: A systematic review and meta-analysis. *PLoS One.* 2019;14(9):e0222383. Published 2019 Sep 19. doi:10.1371/journal.pone.0222383
45. Kargozar R, Salari R, Jarahi L, et al. Urtica dioica in comparison with placebo and acupuncture: A new possibility for menopausal hot flashes: A randomized clinical trial. *Complement Ther Med.* 2019;44:166–173. doi:10.1016/j.ctim.2019.04.003
46. Meng W, Ta N, Wang F. Add-on effect of Guizhi Fuling formula to mifepristone for endometriosis: A meta-analysis of randomized controlled trials. *Medicine (Baltimore).* 2019;98(33):e16878. doi:10.1097/MD.00000000000016878
47. Lee HW, Ang L, Lee MS, Alimoradi Z, Kim E. Fennel for Reducing Pain in Primary Dysmenorrhea: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Nutrients.* 2020 Nov 10;12(11):3438. doi: 10.3390/nu12113438. PMID: 33182553; PMCID: PMC7697926
48. Gao Q, Shen L, Jiang B, Luan YF, Lin LN, Meng FC, Wang CY, Cong HF. Salvia miltiorrhiza-Containing Chinese Herbal Medicine Combined With GnRH Agonist for Postoperative Treatment of Endometriosis: A Systematic Review and meta-Analysis. *Front Pharmacol.* 2022 Feb 16;13:831850. doi: 10.3389/fphar.2022.831850. PMID: 35250579; PMCID: PMC8889030.
49. Liu L, Li H, Tan G, Ma Z. Traditional Chinese herbal medicine in treating amenorrhea caused by antipsychotic drugs: Meta-analysis and systematic review. *J Ethnopharmacol.* 2022 May 10;289:115044. doi: 10.1016/j.jep.2022.115044. Epub 2022 Jan 29. PMID: 35101572.
50. Shen W, Pan Y, Jin B, Zhang Z, You T, Qu Y, Han M, Yuan X, Zhang Y. Effects of Tea Consumption on Anthropometric Parameters, Metabolic Indexes and Hormone Levels of Women with Polycystic Ovarian Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Endocrinol (Lausanne).* 2021 Dec 13;12:736867. doi: 10.3389/fendo.2021.736867. PMID: 34966355; PMCID: PMC8710535.
51. Sun YL, Zheng HT, Tao JL, Jiang MC, Hu CC, Li XM, Yuan B. Effectiveness and safety of Chinese herbal medicine for pediatric adenoid hypertrophy: A meta-analysis. *Int J Pediatr Otorhinolaryngol.* 2019 Apr;119:79-85. doi: 10.1016/j.ijporl.2019.01.022. Epub 2019 Jan 19. PMID: 30684690.
52. Qiao L, Wang LJ, Wang Y, Chen Y, Zhang HL, Zhang SC. A Randomized, Double-Blind, and Placebo-Controlled Trial of Chinese Herbal Medicine in the Treatment of Childhood Constipation. *Clin Transl Gastroenterol.* 2021 May 3;12(5):e00345. doi: 10.14309/ctg.0000000000000345. PMID: 33938874; PMCID: PMC8096462.

53. Shen S, Jiang S. Chinese herbal medicines of supplementing Qi and nourishing Yin combined with chemotherapy for non-small cell lung cancer: A meta-analysis and systematic review. *J Cell Biochem.* 2019 Feb 7. doi: 10.1002/jcb.28192.
54. Hou, B., Liu, R., Qin, Z., Luo, D., Wang, Q., & Huang, S. (2017). Oral Chinese Herbal Medicine as an Adjuvant Treatment for Chemotherapy, or Radiotherapy, Induced Myelosuppression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Evidence-Based Complementary and Alternative Medicine*, 2017, 1–13. doi:10.1155/2017/3432750
55. Wang, Q., Wang, Q., Wang, S. F., Jiao, L. J., Zhang, R. X., Zhong, Y., ... Xu, L. (2017). Oral Chinese herbal medicine as maintenance treatment after chemotherapy for advanced non-small-cell lung cancer: a systematic review and meta-analysis. *Current Oncology*, 24(4), 269. doi:10.3747/co.24.3561
56. Chung, V. C. H., Wu, X., Lu, P., Hui, E. P., Zhang, Y., Zhang, A. L., ... Wu, J. C. Y. (2016). Chinese Herbal Medicine for Symptom Management in Cancer Palliative Care. *Medicine*, 95(7), e2793. doi:10.1097/md.0000000000002793
20. Lin, J., Chen, L., Qiu, X., Zhang, N., Guo, Q., Wang, Y., ... Wang, L. (2017). Traditional Chinese medicine for human papillomavirus (HPV) infections: A systematic review. *BioScience Trends*, 11(3), 267–273. doi:10.5582/bst.2017.01056
57. Wu J, Liu Y, Fang C, Zhao L, Lin L, Lu L. Traditional Chinese Medicine Preparation Combined Therapy May Improve Chemotherapy Efficacy: A Systematic Review and Meta-Analysis. *Evid Based Complement Alternat Med.* 2019;2019:5015824. Published 2019 Jun 20. doi:10.1155/2019/5015824
58. Wang T, Fu X, Wang Z. Danshen Formulae for Cancer: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials. *Evid Based Complement Alternat Med.* 2019;2019:2310639. Published 2019 Apr 2. doi:10.1155/2019/2310639
59. Yu C, Liu W, Mu Y, Hou A, Li Y. Effects of Shen Cao Granules on Chemotherapy-Induced Thrombocytopenia in Gastrointestinal Cancer Patients: A Randomized Controlled Trial. *Integr Cancer Ther.* 2019;18:1534735419829568. doi:10.1177/1534735419829568
60. Shen S, Jiang S. Chinese herbal medicines of supplementing Qi and nourishing Yin combined with chemotherapy for non-small cell lung cancer: A meta-analysis and systematic review. *J Cell Biochem.* 2019;120(6):8841–8848. doi:10.1002/jcb.28192
61. Zhong L, Yan P, Lam WC, Yao L, Bian Z. Coriolus Versicolor and Ganoderma Lucidum Related Natural Products as an Adjunct Therapy for Cancers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Pharmacol.* 2019;10:703. Published 2019 Jul 3. doi:10.3389/fphar.2019.00703
62. Wu, Y L; Zhang, L; Fan, Y; Zhou, J; Zhang, L; Zhou, Q; Li, W; Hu, C; Chen, G; Zhang, X; Zhou, C; Dang, T; Sadowski, S; Kush, D A.; Zhou, Y; Li, B; Mok, T (2020). Randomized Clinical Trial of Pembrolizumab Versus Chemotherapy for Previously Untreated Chinese Patients With Positive Locally Advanced or Metastatic NonSmall Cell Lung Cancer: China Study. *International Journal of Cancer*, doi:10.1002/ijc.33399
63. Poo, Chin Long; Dewadas, Hemaniswarri Dewi; Ng, Foong Leng; Foo, Chai Nien; Lim, Yang Mooi (2020). Effect of Traditional Chinese Medicine on Musculoskeletal

- Symptoms in Breast Cancer: A Systematic Review and Meta-Analysis. *Journal of Pain and Symptom Management*, (), S0885392420308940–. doi:10.1016/j.jpainsymman.2020.11.024
64. Li QY, Cai FH, Lu Y, Liu H, Wang X, Li FL, Shi J. External Treatment With Chinese Herbal Medicine for Chemotherapy-Induced Peripheral Neuropathy: A Systematic Review and Meta-Analysis. *Front Pharmacol*. 2022 Feb 18;13:764473. doi: 10.3389/fphar.2022.764473. PMID: 35250555; PMCID: PMC8894889.
65. Liu, Hao; Wang, Zi-Ying; Zhou, Yu-Cong; Song, Wei; Ali, Usman; Sze, Daniel M.-Y (2020). Immunomodulation of Chinese Herbal Medicines on NK cell populations for Cancer Therapy: A Systematic Review. *Journal of Ethnopharmacology*, (), 113561–. doi:10.1016/j.jep.2020.11356
66. Jo HG, Seo J, Choi S, Lee D. East Asian Herbal Medicine to Reduce Primary Pain and Adverse Events in Cancer Patients : A Systematic Review and Meta-Analysis With Association Rule Mining to Identify Core Herb Combination. *Front Pharmacol*. 2022 Jan 17;12:800571. doi: 10.3389/fphar.2021.800571. PMID: 35111066; PMCID: PMC8802093.
67. Lin, J., Chen, L., Qiu, X., Zhang, N., Guo, Q., Wang, Y., ... Wang, L. (2017). Traditional Chinese medicine for human papillomavirus (HPV) infections: A systematic review. *BioScience Trends*, 11(3), 267–273.doi:10.5582/bst.2017.01056
68. Luo M, Yu J, Zhu S, Huang L, Chen Y, Wei S. Detoxification therapy of traditional Chinese medicine for genital tract high-risk human papillomavirus infection: A systematic review and meta-analysis. *PLoS One*. 2019;14(3):e0213062. Published 2019 Mar 1. doi:10.1371/journal.pone.0213062
69. Wang R, Sun Q, Wang F, et al. Efficacy and Safety of Chinese Herbal Medicine on Ovarian Cancer After Reduction Surgery and Adjuvant Chemotherapy: A Systematic Review and Meta-Analysis. *Front Oncol*. 2019;9:730. Published 2019 Aug 16. doi:10.3389/fonc.2019.00730
70. Tong, Yuling; Wen, Jianxia; Yang, Tao; Li, Haotian; Wei, Shizhang; Jing, Manyi; Wang, Min; Zou, Wenjun; Zhao, Yanling (2020). Clinical efficacy and safety of Tanreqing injection combined with antibiotics versus antibiotics alone in the treatment of pulmonary infection patients after chemotherapy with lung cancer: A systematic review and meta-analysis. *Phytotherapy Research*, (), ptr.6790–. doi:10.1002/ptr.6790
71. Kim, W., Lee, W.-B., Lee, J.-W., Min, B.-I., Baek, S. K., Lee, H. S., & Cho, S.-H. (2015). Traditional herbal medicine as adjunctive therapy for breast cancer: A systematic review. *Complementary Therapies in Medicine*, 23(4), 626–632.doi:10.1016/j.ctim.2015.03.01
72. Yu F, Li Y, Zou J, et al. The Chinese herb Xiaoaiping protects against breast cancer chemotherapy-induced alopecia and other side effects: a randomized controlled trial. *J Int Med Res*. 2019;47(6):2607–2614. doi:10.1177/0300060519842781
73. Li C, Wang X, Chen T, Wang W, Yang Q. *Trametes robiniophila* Murr in the treatment of breast cancer. *Biomed Pharmacother*. 2020 Aug;128:110254. doi: 10.1016/j.biopha.2020.110254. Epub 2020 May 29. PMID: 32480220

74. Park, B., Noh, H., & Choi, D.-J. (2017). Herbal Medicine for Xerostomia in Cancer Patients: A Systematic Review of Randomized Controlled Trials. *Integrative Cancer Therapies*, 17(2), 179–191. doi:10.1177/1534735417728336
75. Wang, C., Wang, P., Ouyang, H., Wang, J., Sun, L., Li, Y., ... Pan, Z. (2017). Efficacy of Traditional Chinese Medicine in Treatment and Prophylaxis of Radiation-Induced Oral Mucositis in Patients Receiving Radiotherapy: A Randomized Controlled Trial. *Integrative Cancer Therapies*, 17(2), 444–450. doi:10.1177/1534735417725578
76. Chen P, Ni W, Xie T, Sui X. Meta-Analysis of 5-Fluorouracil-Based Chemotherapy Combined With Traditional Chinese Medicines for Colorectal Cancer Treatment. *Integr Cancer Ther*. 2019;18:1534735419828824. doi:10.1177/1534735419828824
77. Lin S, An X, Guo Y, et al. Meta-Analysis of Astragalus-Containing Traditional Chinese Medicine Combined With Chemotherapy for Colorectal Cancer: Efficacy and Safety to Tumor Response. *Front Oncol*. 2019;9:749. Published 2019 Aug 13. doi:10.3389/fonc.2019.00749
78. Hui Zhao, Man He, Meng Zhang, Qiang Sun, Sha Zeng, Li Chen, Han Yang, Maolun Liu, Shan Ren, Xianli Meng, Haibo Xu. Colorectal Cancer, Gut Microbiota and Traditional Chinese Medicine: A Systematic Review. *Am J Chin Med*. 2021;49(4):805-828. doi: 10.1142/S0192415X21500385. Epub 2021 Apr 6.
79. Yan, S.-H., Feng, S., Xu, Y., Yan, Y.-Z., He, B., Sun, L.-Y., ... Yang, Y.-F. (2021). Effectiveness of Herbal Medicine for Leukopenia/Neutropenia Induced by Chemotherapy in Adults with Colorectal Cancer: A Systematic Review and Meta-analysis. *Integrative Cancer Therapies*, 20, 153473542110216. doi:10.1177/15347354211021654
80. Shuo Wang, Xueqian Wang, Tong Zhou, Shuaihang Hu, Peiyu Tian, Zheng Li, Yuxiao Li, Jun Dong, Yuerong Gui, Dandan Wang, Ying Zhang, Wei Hou. Effectiveness and Safety of Chinese Herbal Injections Combined with Fluoropyrimidine and Oxaliplatin-based Chemotherapy for Advanced Colorectal Cancer: A Systematic Review and Meta-analysis of 63 Randomized Controlled Trials. *J Cancer*. 2021 Oct 25;12(23):7237-7254. doi: 10.7150/jca.60895. eCollection 2021
81. Yang, X., Feng, Y., Liu, Y., Ye, X., Ji, X., Sun, L., ... Wang, X. (2021). Fuzheng Jiedu Xiaoji formulation inhibits hepatocellular carcinoma progression in patients by targeting the AKT/CyclinD1/p21/p27 pathway. *Phytomedicine*, 87, 153575. doi:10.1016/j.phymed.2021.15357
82. Yingqi She, Qinfeng Huang, Zhen Ye, Yu Hu, Mingquan Wu, Kaihua Qin, Ailing Wei, Xin Yang, Yuyao Liu, Cuihan Zhang, Qiaobo Ye. The Therapeutic Principle of Combined Strengthening Qi and Eliminating Pathogens in Treating Middle-Advanced Primary Liver Cancer: A Systematic Review and Meta-Analysis. *Front Pharmacol*. 2021 Oct 27;12:714287. doi: 10.3389/fphar.2021.714287. eCollection 2021
83. Sun, C., Dong, F., Xiao, T., & Gao, W. (2021). Efficacy and safety of Chinese patent medicine (Kang-ai injection) as an adjuvant in the treatment of patients with hepatocellular carcinoma: a meta-analysis. *Pharmaceutical Biology*, 59(1), 472–483. doi:10.1080/13880209.2021.1915340
84. Mengqi Cheng, Jiaqi Hu, Yuwei Zhao, Juling Jiang, Runzhi Qi, Shuntai Chen, Yaoyuan Li, Honggang Zheng, Rui Liu, Qiujun Guo, Xing Zhang, Yinggang Qin, Baojin Hua. Efficacy

- and Safety of Astragalus-Containing Traditional Chinese Medicine Combined With Platinum-Based Chemotherapy in Advanced Gastric Cancer: A Systematic Review and Meta-Analysis. *Front Oncol.* 2021 Aug 4;11:632168. doi: 10.3389/fonc.2021.632168. eCollection 2021
85. Cheng, L., Liu, W., Zhong, C., Ni, P., Ni, S., Wang, Q., ... Zhou, F. (2021). Remodeling the homeostasis of pro- and anti-angiogenic factors by Shenmai injection to normalize tumor vasculature for enhanced cancer chemotherapy. *Journal of Ethnopharmacology*, 270, 113770. doi:10.1016/j.jep.2020.113770
86. Gao, Yue; Chen, Shiyu; Sun, Jiayi; Su, Siyu; Yang, Dong; Xiang, Li; Meng, Xianli (2020). Traditional Chinese medicine may be further explored as candidate drugs for pancreatic cancer: A review. *Phytotherapy Research*, (), ptr.6847–. doi:10.1002/ptr.6847
87. Feng F, Huang J, Wang Z, Zhang J, Han D, Wu Q, He H, Zhou X. Xiao-ai-ping injection adjunct with platinum-based chemotherapy for advanced non-small-cell lung cancer: a systematic review and meta-analysis. *BMC Complement Med Ther.* 2020 Jan 13;20(1):3. doi: 10.1186/s12906-019-2795-y. PMID: 32020869; PMCID: PMC7076846
88. Xiao Z, Jiang Y, Wang CQ, Hu SS, Huang XR, Chen XF, Huang J, Shan LJ, Tang YH, Wang YH, Gong QH, Feng JH, Xiao X, Li XF. Clinical efficacy and safety of aidi injection combination with vinorelbine and cisplatin for advanced non-small-cell lung carcinoma: A systematic review and meta-analysis of 54 randomized controlled trials. *Pharmacol Res.* 2020 Mar;153:104637. doi: 10.1016/j.phrs.2020.104637. Epub 2020 Jan 11. PMID: 31935454
89. Yan Lu , Chenbing Sun , Lijing Jiao , Yu Liu , Yabin Gong , Ling Xu . Chinese Herbal Medicine Combined With First-Generation EGFR-TKIs in Treatment of Advanced Non-Small Cell Lung Cancer With EGFR Sensitizing Mutation: A Systematic Review and Meta-Analysis. *Front Pharmacol.* 2021 Aug 27;12:698371. doi: 10.3389/fphar.2021.698371. eCollection 2021
90. Qijun Liang, Xiaoling Tang, Jiong Yu, Monian Xiong, Huifang Zhu, Linkai Xiong, Ru Zeng, Peiwen Yu. Clinical observation of Yiqi Qingdu prescription on the treatment of intermediate-stage and advanced non-small-cell lung cancer. *J Tradit Chin Med.* 2021 Apr;41(2):308-315
91. Chenchen Zhao, Haifeng Yan, Wentai Pang, Tong Wu, Xianbin Kong, Xiaojiang Li, Honggen Liu, Linlin Zhao, Feng Liang, Yingjie Jia. Lentinan combined with cisplatin for the treatment of non-small cell lung cancer. *Medicine (Baltimore).* 2021 Mar 26;100(12):e25220. doi:10.1097/MD.00000000000025220.
92. Venice Wing-Tung Ho , Hor-Yue Tan, Wei Guo, Sha Li, Ning Wang, Wei Meng, Tsz-Him So , Edwin Chau-Leung Yu, Yibin Feng. Efficacy and Safety of Chinese Herbal Medicine on Treatment of Breast Cancer: A Meta-analysis of Randomized Controlled Trials. *Am J Chin Med.* 2021;49(7):1557-1575. doi: 10.1142/S0192415X21500737. Epub 2021 Sep 16
93. Xinmei Tan, Xueyan Liang, Jiayi Xi , Sitong Guo, Mingyu Meng, Xiaoyu Chen, Yan Li. Clinical efficacy and safety of Huachansu injection combination with platinum-based chemotherapy for advanced non-small cell lung cancer: A systematic review and meta-analysis of randomized controlled trials. *Medicine (Baltimore).* 2021 Sep 10;100(36):e27161. doi: 10.1097/MD.00000000000027161

94. Kim, W., Lee, W.-B., Lee, J., Min, B.-I., Lee, H., & Cho, S.-H. (2015). Traditional Herbal Medicine as Adjunctive Therapy for Nasopharyngeal Cancer: A Systematic Review and Meta-Analysis. *Integrative Cancer Therapies*, 14(3), 212–220. doi:10.1177/1534735415572881
95. Li M, Chen Z, Liu Z, et al. Twelve Chinese herbal preparations for the treatment of depression or depressive symptoms in cancer patients: a systematic review and meta-analysis of randomized controlled trials. *BMC Complement Altern Med*. 2019;19(1):28. Published 2019 Jan 23. doi:10.1186/s12906-019-2441-8
96. Qing Han, Ning Xu, Bo Chen, Wei Wu, Lei Sheng. Safety and efficacy of *Prunella vulgaris* preparation in adjuvant treatment of thyroid nodules: A meta-analysis. *Medicine (Baltimore)*. 2021 Oct 15;100(41):e27490. doi: 10.1097/MD.00000000000027490.
97. Shen L, Gwak SR, Cui ZY, Joo JC, Park SJ. Astragalus-Containing Chinese Herbal Medicine Combined With Chemotherapy for Cervical Cancer: A Systematic Review and Meta-Analysis. *Front Pharmacol*. 2021 Jul 30;12:587021. doi: 10.3389/fphar.2021.587021. PMID: 34393766; PMCID: PMC8361476.
98. Wang, J., Yang, R., Zhang, F., Jia, C., Wang, P., Liu, J., ... Wang, W. (2018). The Effect of Chinese Herbal Medicine on Quality of Life and Exercise Tolerance in Heart Failure With Preserved Ejection Fraction: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Frontiers in Physiology*, 9. doi:10.3389/fphys.2018.01420.
99. Duan, L., Xiong, X., Hu, J., Liu, Y., & Wang, J. (2018). Efficacy and safety of oral *Panax notoginseng* saponins for unstable angina patients: A meta-analysis and systematic review. *Phytomedicine*, 47, 23–33. doi:10.1016/j.phymed.2018.04.044
100. Wang, Z., Tang, Z., Zhu, W., Ge, L., & Ge, J. (2017). Efficacy and safety of traditional Chinese medicine on thromboembolic events in patients with atrial fibrillation: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 32, 1–10. doi:10.1016/j.ctim.2017.03.006
101. Hernández-García D, Granado-Serrano AB, Martín-Gari M, Naudí A, Serrano JC. Efficacy of *Panax ginseng* supplementation on blood lipid profile. A meta-analysis and systematic review of clinical randomized trials. *J Ethnopharmacol*. 2019;243:112090. doi:10.1016/j.jep.2019.112090
102. Wu J, Zhao L, Lin K, Lu L, Luo C. Chinese Herbal Medicines for Restenosis After Percutaneous Coronary Intervention: A Meta-Analysis of Randomized Controlled Trials. *J Altern Complement Med*. 2019;25(10):983–992. doi:10.1089/acm.2018.0516
103. Yang MQ, Song YM, Gao HY, Xue YT. Efficacy and Safety of Fuzi Formulae on the Treatment of Heart Failure as Complementary Therapy: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials. *Evid Based Complement Alternat Med*. 2019;2019:9728957. Published 2019 Dec 23. doi:10.1155/2019/9728957
104. Yang T, Li X, Lu Z, Han X, Zhao M. Effectiveness and safety of Xuefu Zhuyu decoction for treating coronary heart disease angina: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2019;98(9):e14708. doi:10.1097/MD.00000000000014708
105. Ma H, Wang Y, Xue Y, et al. The effect of Xinkeshu tablets on depression and anxiety symptoms in patients with coronary artery disease: Results from a double-blind,

- randomized, placebo-controlled study. *Biomed Pharmacother.* 2019;112:108639. doi:10.1016/j.biopha.2019.108639
106. Ren W, Wang M, Liao J, Li L, Yang D, Yao R, Huang L. The Effect of Chinese Herbal Medicine Combined With Western Medicine on Vascular Endothelial Function in Patients With Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Front Pharmacol.* 2020 Jun 16;11:823. doi: 10.3389/fphar.2020.00823. PMID: 32612527; PMCID: PMC7308496
107. Gu, S. X., Zhang, A. L., Coyle, M. E., Chen, D., & Xue, C. C. (2016). Chinese herbal medicine for atopic eczema: an overview of clinical evidence. *Journal of Dermatological Treatment*, 28(3), 246–250. doi:10.1080/09546634.2016.1214673
108. Liu, J., Mo, X., Wu, D., Ou, A., Xue, S., Liu, C., ... Chen, D. (2015). Efficacy of a Chinese herbal medicine for the treatment of atopic dermatitis: A randomised controlled study. *Complementary Therapies in Medicine*, 23(5), 644–651. doi:10.1016/j.ctim.2015.07.00
109. Huang D, Chen K, Zhang FR, et al. Efficacy and safety of Run Zao Zhi Yang capsule on chronic eczema: a multiple-center, randomized, double-blind, placebo-controlled clinical study. *J Dermatolog Treat.* 2019;30(7):677–684. doi:10.1080/09546634.2019.1571267
110. Ren, D., Zuo, C., & Xu, G. (2019). Clinical efficacy and safety of *Tripterygium wilfordii* Hook in the treatment of diabetic kidney disease stage IV. *Medicine*, 98(11), e14604. doi:10.1097/md.00000000000014604
111. Ryuk, J. A., Lixia, M., Cao, S., Ko, B.-S., & Park, S. (2017). Efficacy and safety of Gegen Qinlian decoction for normalizing hyperglycemia in diabetic patients: A systematic review and meta-analysis of randomized clinical trials. *Complementary Therapies in Medicine*, 33, 6–13. doi:10.1016/j.ctim.2017.05.004
112. Tian J, Jin D, Bao Q, et al. Evidence and potential mechanisms of traditional Chinese medicine for the treatment of type 2 diabetes: A systematic review and meta-analysis. *Diabetes Obes Metab.* 2019;21(8):1801–1816. doi:10.1111/dom.13760
113. Gao H, Yang Y, Deng J, Liang J, Zhang W, Feng X. A systematic review and meta-analysis on the efficacy and safety of traditional Chinese patent medicine Jinqi Jiangtang Tablet in the treatment of type 2 diabetes. *Complement Ther Med.* 2019;47:102021. doi:10.1016/j.ctim.2019.01.016
114. Sun L, Di YM, Lu C, Guo X, Tang X, Zhang AL, Xue CC, Fan G. Additional Benefit of Chinese Medicine Formulae Including *Dioscoreae rhizome* (Shanyao) for Diabetes Mellitus: Current State of Evidence. *Front Endocrinol (Lausanne).* 2020 Nov 10;11:553288. doi: 10.3389/fendo.2020.553288. PMID: 33244311; PMCID: PMC7685178
115. Lian F, Jin D, Bao Q, Zhao Y, Tong X. Effectiveness of traditional Chinese medicine Jinlida granules as an add-on therapy for type 2 diabetes: A system review and meta-analysis of randomized controlled trials. *J Diabetes.* 2019;11(7):540–551. doi:10.1111/1753-0407.12877
116. Li KD, Wang QS, Zhang WW, et al. *Gardenia fructus* antidepressant formula for depression in diabetes patients: A systematic review and meta-analysis. *Complement Ther Med.* 2020;48:102248. doi:10.1016/j.ctim.2019.102248

117. Pang B, Li QW, Qin YL, Dong GT, Feng S, Wang J, Tong XL, Ni Q. Traditional chinese medicine for diabetic retinopathy: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2020 Feb;99(7):e19102. doi: 10.1097/MD.00000000000019102.
118. Zhang HY, Tian JX, Lian FM, Li M, Liu WK, Zhen Z, Liao JQ, Tong XL. Therapeutic mechanisms of traditional Chinese medicine to improve metabolic diseases via the gut microbiota. *Biomed Pharmacother*. 2021 Jan;133:110857. doi: 10.1016/j.biopha.2020.110857. Epub 2020 Nov 13. PMID: 33197760
119. Li H, Hung A, Yang AWH. Herbal formula (Danggui Beimu Kushen Wan) for prostate disorders: a systematic review of classical literature. *Integr Med Res*. 2019;8(4):240–246. doi:10.1016/j.imr.2019.08.006
120. Liu SW, Guo J, Wu WK, Chen ZL, Zhang N. Treatment of Uncomplicated Recurrent Urinary Tract Infection with Chinese Medicine Formula: A Randomized Controlled Trial. *Chin J Integr Med*. 2019;25(1):16–22. doi:10.1007/s11655-017-2960-4
121. Tang X, Huang M, Jiang J, et al. Panax notoginseng preparations as adjuvant therapy for diabetic kidney disease: a systematic review and meta-analysis. *Pharm Biol*. 2020;58(1):138–145. doi:10.1080/13880209.2020.1711782
122. Wang YL, Geng LG, He CB, Yuan SY. Chinese herbal medicine combined with tadalafil for erectile dysfunction: a systematic review and meta-analysis. *Andrology*. 2019;10.1111/andr.12696. doi:10.1111/andr.12696
123. Yu H, Han M, Lin W, Wang L, Liu P, Yang K, Pei M, Yang H. Efficacy of Chinese Herbal Injections for the Treatment of Primary Nephrotic Syndrome: A Bayesian Network Meta-Analysis of Randomized Controlled Trials. *Front Pharmacol*. 2020 Oct 16;11:579241. doi: 10.3389/fphar.2020.579241. PMID: 33178022; PMCID: PMC7596388
124. Chen LL, Shen YC, Ke CC, Imtiyaz Z, Chen HI, Chang CH, Lee MH. Efficacy of cinnamon patch treatment for alleviating symptoms of overactive bladder: A double-blind, randomized, placebo-controlled trial. *Phytomedicine*. 2021 Jan;80:153380. doi: 10.1016/j.phymed.2020.153380. Epub 2020 Oct 12. PMID: 33091856
125. Zeng M, Li L, Wu Z. Traditional Chinese medicine Lianhua Qingwen treating corona virus disease 2019(COVID-19): Meta-analysis of randomized controlled trials. *PLoS One*. 2020;15(9):e0238828. Published 2020 Sep 11. doi:10.1371/journal.pone.0238828
126. Xiong X, Wang P, Su K, Cho WC, Xing Y. Chinese herbal medicine for coronavirus disease 2019: A systematic review and meta-analysis. *Pharmacol Res*. 2020;160:105056. doi:10.1016/j.phrs.2020.105056
127. Xiao M, Tian J, Zhou Y, et al. Efficacy of Huoxiang Zhengqi dropping pills and Lianhua Qingwen granules in treatment of COVID-19: A randomized controlled trial. *Pharmacol Res*. 2020;161:105126. doi:10.1016/j.phrs.2020.105126
128. Chen Y, Liu C, Wang T, Qi J, Jia X, Zeng X, Bai J, Lu W, Deng Y, Zhong B, He W, Xing Y, Lian Z, Zhou H, Yan J, Yang X, Yu H, Zhou J, Zhou D, Qiu L, Zhong N, Wang J. Efficacy and safety of Bufe Huoxue capsules in the management of convalescent patients with COVID-19 infection: A multicentre, double-blind, and randomised controlled trial. *J*

- Ethnopharmacol. 2022 Feb 10;284:114830. doi: 10.1016/j.jep.2021.114830. Epub 2021 Nov 9. PMID: 34763045; PMCID: PMC8575540.
129. Hu K, Guan WJ, Bi Y, Zhang W, Li L, Zhang B, Liu Q, Song Y, Li X, Duan Z, Zheng Q, Yang Z, Liang J, Han M, Ruan L, Wu C, Zhang Y, Jia ZH, Zhong NS. Efficacy and Safety of Lianhuaqingwen Capsules, a repurposed Chinese Herb, in Patients with Coronavirus disease 2019: A multicenter, prospective, randomized controlled trial [Phytomedicine 85 (2021) 153242]. *Phytomedicine*. 2021 Dec;93:153775. doi: 10.1016/j.phymed.2021.153775. Epub 2021 Oct 17. Erratum for: *Phytomedicine*. 2021 Oct;91:153700. PMID: 34670161.
130. Hu, Ke et al. "Efficacy and safety of Lianhuaqingwen capsules, a repurposed Chinese herb, in patients with coronavirus disease 2019: A multicenter, prospective, randomized controlled trial." *Phytomedicine : international journal of phytotherapy and phytopharmacology* vol. 85 (2021): 153242. doi:10.1016/j.phymed.2020.153242
131. Zhou S, Feng J, Xie Q, Huang T, Xu X, Zhou D, Zhang W, Sun S, Liu X, Wu X, Che J, Fan T, Zou D, Wang J, Zhan D, Peng D, Feng Y, Yu G, Yuan Z, Fang B. Traditional Chinese medicine shenhuang granule in patients with severe/critical COVID-19: A randomized controlled multicenter trial. *Phytomedicine*. 2021 Aug;89:153612. doi: 10.1016/j.phymed.2021.153612. Epub 2021 May 28. PMID: 34126419; PMCID: PMC8161732.
132. Shim, J.-W., Jung, J.-Y., & Kim, S.-S. (2016). Effects of Electroacupuncture for Knee Osteoarthritis: A Systematic Review and Meta-Analysis. *Evidence-Based Complementary and Alternative Medicine*, 2016, 1–18. doi:10.1155/2016/3485875
133. Chen, N., Wang, J., Mucelli, A., Zhang, X., & Wang, C. (2017). Electro-Acupuncture is Beneficial for Knee Osteoarthritis: The Evidence from Meta-Analysis of Randomized Controlled Trials. *The American Journal of Chinese Medicine*, 45(05), 965–985. doi:10.1142/s0192415x17500513
134. Aranha, M. F. M., Müller, C. E. E., & Gavião, M. B. D. (2015). Pain intensity and cervical range of motion in women with myofascial pain treated with acupuncture and electroacupuncture: a double-blinded, randomized clinical trial. *Brazilian Journal of Physical Therapy*, 19(1), 34–43. doi:10.1590/bjpt-rbf.2014.0066
135. Waki, H., Suzuki, T., Tanaka, Y., Tamai, H., Minakawa, Y., Miyazaki, S., ... Hisajima, T. (2017). Effects of electroacupuncture to the trigeminal nerve area on the autonomic nervous system and cerebral blood flow in the prefrontal cortex. *Acupuncture in Medicine*, 35(5), 339–344. doi:10.1136/acupmed-2016-011247
136. Li X, Dai Q, Shi Z, et al. Clinical Efficacy and Safety of Electroacupuncture in Migraine Treatment: A Systematic Review and Network Meta-Analysis. *Am J Chin Med*. 2019;47(8):1755–1780. doi:10.1142/S0192415X19500897
137. Heo I, Shin BC, Cho JH, Ha IH, Hwang EH, Lee JH, Kim KW, Kim MR, Jung SY, Kwon O, Kim NK, Son DW, Shin KM. Multicentre randomised controlled clinical trial of electroacupuncture with usual care for patients with non-acute pain after back surgery. *Br J Anaesth*. 2021 Mar;126(3):692–699. doi: 10.1016/j.bja.2020.10.038. Epub 2020 Dec 16. PMID: 33341226.

138. Lo MY, Wu CH, Luh JJ, Wang TG, Fu LC, Lin JG, Lai JS. The effect of electroacupuncture merged with rehabilitation for frozen shoulder syndrome: A single-blind randomized sham-acupuncture controlled study. *J Formos Med Assoc.* 2020 Jan;119(1 Pt 1):81-88. doi: 10.1016/j.jfma.2019.03.012. Epub 2019 May 13. PMID: 31097283
139. Eslamian F, Jahanjoo F, Dolatkah N, Pishgahi A, Pirani A. Relative Effectiveness of Electroacupuncture and Biofeedback in the Treatment of Neck and Upper Back Myofascial Pain: A Randomized Clinical Trial. *Arch Phys Med Rehabil.* 2020 May;101(5):770-780. doi: 10.1016/j.apmr.2019.12.009. Epub 2020 Jan 16. PMID: 31954696
140. Kong JT, Puetz C, Tian L, Haynes I, Lee E, Stafford RS, Manber R, Mackey S. Effect of Electroacupuncture vs Sham Treatment on Change in Pain Severity Among Adults With Chronic Low Back Pain: A Randomized Clinical Trial. *JAMA Netw Open.* 2020 Oct 1;3(10):e2022787. doi: 10.1001/jamanetworkopen.2020.22787. PMID: 33107921; PMCID: PMC7592030.
141. Yeh BY, Liu GH, Lee TY, Wong AM, Chang HH, Chen YS. Efficacy of Electronic Acupuncture Shoes for Chronic Low Back Pain: Double-Blinded Randomized Controlled Trial. *J Med Internet Res.* 2020 Oct 26;22(10):e22324. doi: 10.2196/22324. PMID: 33104004; PMCID: PMC7652696.
142. Huang DE, Qin Y, Lin MN, Lai XL. [Clinical efficacy of different waves of electroacupuncture on knee osteoarthritis and its effect on TGF- β 1 in joint fluid]. *Zhongguo Zhen Jiu.* 2020 Apr 12;40(4):370-4. Chinese. doi: 10.13703/j.0255-2930.20190422-0005. PMID: 32275364
143. Wu IX, Lam VC, Ho RS, Cheung WK, Sit RW, Chou LW, Zhang Y, Leung TH, Chung VC. Acupuncture and related interventions for carpal tunnel syndrome: systematic review. *Clin Rehabil.* 2020 Jan;34(1):34-44. doi: 10.1177/0269215519877511. Epub 2019 Sep 26. PMID: 31556315
144. Zhan, J., Pan, R., Zhou, M., Tan, F., Huang, Z., Dong, J., & Wen, Z. (2018). Electroacupuncture as an adjunctive therapy for motor dysfunction in acute stroke survivors: a systematic review and meta-analyses. *BMJ Open*, 8(1), e017153. doi:10.1136/bmjopen-2017-017153
145. Cai, Y., Zhang, C. S., Liu, S., Wen, Z., Zhang, A. L., Guo, X., ... Xue, C. C. (2017). Electroacupuncture for Poststroke Spasticity: A Systematic Review and Meta-Analysis. *Archives of Physical Medicine and Rehabilitation*, 98(12), 2578–2589. doi:10.1016/j.apmr.2017.03.023
146. Liu, A.-J., Li, J.-H., Li, H.-Q., Fu, D.-L., Lu, L., Bian, Z.-X., & Zheng, G.-Q. (2015). Electroacupuncture for Acute Ischemic Stroke: A Meta-Analysis of Randomized Controlled Trials. *The American Journal of Chinese Medicine*, 43(08), 1541–1566. doi:10.1142/s0192415x15500883
147. Li, X., Wang, J., Xu, A., Huang, J., Meng, L.-Q., Huang, R.-Y., & Xu, J. (2018). Clinical effects and safety of electroacupuncture for the treatment of post-stroke depression: a systematic review and meta-analysis of randomised controlled trials. *Acupuncture in Medicine*, acupmed–2016–011300. doi:10.1136/acupmed-2016-011300

148. Sun, Z.-L., Liu, J., Guo, W., Jiang, T., Ma, C., Li, W.-B., ... Ling, S.-H. (2016). Serum brain-derived neurotrophic factor levels associate with cognitive improvement in patients with schizophrenia treated with electroacupuncture. *Psychiatry Research*, 244, 370–375. doi:10.1016/j.psychres.2016.07.040.
149. Zeng L, Tao Y, Hou W, Zong L, Yu L. Electro-acupuncture improves psychiatric symptoms, anxiety and depression in methamphetamine addicts during abstinence: A randomized controlled trial. *Medicine (Baltimore)*. 2018 Aug;97(34):e11905. doi: 10.1097/MD.00000000000011905
150. Wei X, He L, Liu J, et al. Electroacupuncture for Reflex Sympathetic Dystrophy after Stroke: A Meta-Analysis. *J Stroke Cerebrovasc Dis*. 2019;28(5):1388–1399. doi:10.1016/j.jstrokecerebrovasdis.2019.02.010
151. Xiao X, Zhang J, Jin Y, Wang Y, Zhang Q. Effectiveness and Safety of Acupuncture for Perimenopausal Depression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Evid Based Complement Alternat Med*. 2020 Jan 19;2020:5865697. doi: 10.1155/2020/5865697
152. Zhang J, Zhu L, Tang Q. Electroacupuncture with rehabilitation training for limb spasticity reduction in post-stroke patients: A systematic review and meta-analysis. *Top Stroke Rehabil*. 2020 Aug 26:1-22. doi: 10.1080/10749357.2020.1812938. Epub ahead of print. PMID: 32845210
153. Zhang ZJ, Zhao H, Jin GX, Man SC, Wang YS, Wang Y, Wang HR, Li MH, Yam LL, Qin ZS, Yu KT, Wu J, Ng FB, Ziea TE, Rong PJ. Assessor- and participant-blinded, randomized controlled trial of dense cranial electroacupuncture stimulation plus body acupuncture for neuropsychiatric sequelae of stroke. *Psychiatry Clin Neurosci*. 2020 Mar;74(3):183-190. doi: 10.1111/pcn.12959. Epub 2019 Dec 20. PMID: 31747095.
154. (Liu J, Wang XL, Zi L, Yang CH, Li HP, Li N. [Effect of early electroacupuncture intervention on conscious state of patients after traumatic brain injury surgery]. *Zhongguo Zhen Jiu*. 2020 May 12;40(5):479-82. Chinese. doi: 10.13703/j.0255-2930.20190506-0005. PMID: 32394653.
155. Li W, Sun M, Yin X, Lao L, Kuang Z, Xu S. The effect of acupuncture on depression and its correlation with metabolic alterations: A randomized controlled trial. *Medicine (Baltimore)*. 2020 Oct 23;99(43):e22752. doi: 10.1097/MD.00000000000022752. PMID: 33120777; PMCID: PMC7581113.
156. Electroacupuncture for Spinal Cord Injury: A Systematic Review and Meta-Analysis of Randomised Controlled Trials. Tan J, Meng F, Zhang B, Deng Q, Jiao B, Peng L, Ding Y, Ruan J, Zeng J, Pei W, Lin G. *Evid Based Complement Alternat Med*. 2022 Mar 4;2022:8040555. doi: 10.1155/2022/8040555
157. Effect of Electroacupuncture on Shoulder Subluxation in Poststroke Patients with Hemiplegic Shoulder Pain: A Sham-Controlled Study Using Multidimensional Musculoskeletal Ultrasound Assessment. Sui M, Jiang N, Yan L, Liu J, Luo B, Zhang C, Yan T, Xiang Y, Li G. *Pain Res Manag*. 2021 Nov 19;2021:5329881. doi: 10.1155/2021/5329881. eCollection 2021

158. Analgesic effect of electroacupuncture on chronic pelvic pain in patients with sequelae of pelvic inflammatory disease]. Liang Z, Wang X, Liu YH, Zhang DM, Shi L. *Zhongguo Zhen Jiu*. 2021 Apr 12;41(4):395-9. doi: 10.13703/j.0255-2930.20200329-k0003.).
159. The Efficacy of Combined Electroacupuncture and Auricular Pressure on Sleep Quality in Patients Receiving Methadone Maintenance Treatment. Yu KC, Wei HT, Chang SC, Huang KY, Hsu CH. *Am J Addict*. 2021 Mar;30(2):156-163. doi: 10.1111/ajad.13134. Epub 2020 Dec 30
160. Analgesic effect of electroacupuncture on chronic pelvic pain in patients with sequelae of pelvic inflammatory disease]. Liang Z, Wang X, Liu YH, Zhang DM, Shi L. *Zhongguo Zhen Jiu*. 2021 Apr 12;41(4):395-9. doi: 10.13703/j.0255-2930.20200329-k0003
161. The Efficacy of Combined Electroacupuncture and Auricular Pressure on Sleep Quality in Patients Receiving Methadone Maintenance Treatment. Yu KC, Wei HT, Chang SC, Huang KY, Hsu CH. *Am J Addict*. 2021 Mar;30(2):156-163. doi: 10.1111/ajad.13134. Epub 2020 Dec 30
162. Zhang Y, Li Z, Han F. Electroacupuncture for patients with irritable bowel syndrome: A systematic review and meta analysis protocol. *Medicine (Baltimore)*. 2018 Aug;97(31):e11627. doi: 10.1097/MD.00000000000011627
163. Meng, J., Jiao, Y., Zhang, G., Xu, X., Ji, C., Hu, M., ... Zhang, M. (2018). Electroacupuncture Improves Intestinal Dysfunction in Septic Patients: A Randomised Controlled Trial. *BioMed Research International*, 2018, 1–9. doi:10.1155/2018/8293594
164. Zhou, S.-L., Zhang, X.-L., & Wang, J.-H. (2017). Comparison of electroacupuncture and medical treatment for functional constipation: a systematic review and meta-analysis. *Acupuncture in Medicine*, 35(5), 324–331. doi:10.1136/acupmed-2016-011127
165. Chakraborty, S., & Bharucha, A. E. (2016). In chronic severe functional constipation, electroacupuncture increased complete spontaneous bowel movements. *Annals of Internal Medicine*, 165(12), JC69. doi:10.7326/acpjc-2016-165-12-069
166. Lei, H., Chen, X., Liu, S., & Chen, Z. (2017). Effect of Electroacupuncture on Visceral and Hepatic Fat in Women with Abdominal Obesity: A Randomized Controlled Study Based on Magnetic Resonance Imaging. *The Journal of Alternative and Complementary Medicine*, 23(4), 285–294. doi:10.1089/acm.2016.036
167. Mao X, Guo S, Ni W, Zhang T, Liu Q, Du S, Luo M, Pan Y, Wu B, Su X, Yang Y, Guo Y, Chen JJD, Rong P, Wei W. Electroacupuncture for the treatment of functional dyspepsia: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2020 Nov 6;99(45):e23014. doi: 10.1097/MD.00000000000023014. PMID: 33157947; PMCID: PMC7647594)
168. Guo Y, Wei W, Chen JD. Effects and mechanisms of acupuncture and electroacupuncture for functional dyspepsia: A systematic review. *World J Gastroenterol*. 2020 May 21;26(19):2440-2457. doi: 10.3748/wjg.v26.i19.2440. PMID: 32476804; PMCID: PMC7243644
169. Gao Y, Wang Y, Zhou J, Hu Z, Shi Y. Effectiveness of Electroacupuncture for Simple Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Evid Based Complement Alternat Med*. 2020 Jun 28;2020:2367610. doi: 10.1155/2020/2367610. PMID: 32714399; PMCID: PMC7341404.

- 170.Draz RS, Serry ZMH, Rahmy AF, El Bardesi MS, Taha MM. Electroacupuncture Versus Aerobic Interval Training on Liver Functions in Patients with Nonalcoholic Fatty Liver. *J Altern Complement Med.* 2020 Jan;26(1):51-57. doi: 10.1089/acm.2019.0182. Epub 2019 Oct 29. PMID: 31657614.
- 171.Huang X, Shen Y, Li XH. [Systematic review on the treatment of functional constipation with electroacupuncture and gastro-kinetic drugs]. *Zhen Ci Yan Jiu.* 2020 Jul 25;45(7):592-8. Chinese. doi: 10.13702/j.1000-0607.180765. PMID: 32705837
- 172.Xu XH, Zhang MM, Wu X, Xu SB, Wang W, Zheng CH, Huang GY. Efficacy of Electroacupuncture in Treatment of Functional Constipation: A Randomized Controlled Trial. *Curr Med Sci.* 2020 Apr;40(2):363-371. doi: 10.1007/s11596-020-2188-y. Epub 2020 Apr 26. PMID: 32337698
- 173.Horta D, Lira A, Sanchez-Lloansi M, Villoria A, Teggiachi M, García-Rojo D, García-Molina S, Figuerola A, Esteve M, Calvet X. A Prospective Pilot Randomized Study: Electroacupuncture vs. Sham Procedure for the Treatment of Fatigue in Patients With Quiescent Inflammatory Bowel Disease. *Inflamm Bowel Dis.* 2020 Feb 11;26(3):484-492. doi: 10.1093/ibd/izz091. PMID: 31091322.
- 174.Gribel, G. P. C., Coca-Velarde, L. G., & Moreira de Sá, R. A. (2010). Electroacupuncture for cervical ripening prior to labor induction: a randomized clinical trial. *Archives of Gynecology and Obstetrics*, 283(6), 1233–1238. doi:10.1007/s00404-010-1526-x
- 175.Shuai Zh, Li X, Tang X, Lian F, Su Zh. (2019). Transcutaneous electrical acupuncture point stimulation improves pregnancy outcomes in patients with recurrent implantation failure undergoing in vitro fertilisation and embryo transfer: a prospective, randomised trial. *Acupuncture in Medicine* 1–7 DOI: 10.1136/acupmed-2017-011483
- 176.Xu, Y., Zhao, W., Li, T., Bu, H., Zhao, Z., Zhao, Y., & Song, S. (2017). Effects of acupoint-stimulation for the treatment of primary dysmenorrhoea compared with NSAIDs: a systematic review and meta-analysis of 19 RCTs. *BMC Complementary and Alternative Medicine*, 17(1).doi:10.1186/s12906-017-1924-8
- 177.Xiao J, Yi W, Wu L. Effects of electroacupuncture on reducing labor pain and complications in the labor analgesia process of combined spinal-epidural analgesia with patient-controlled epidural analgesia. *Arch Gynecol Obstet.* 2019;299(1):123–128. doi:10.1007/s00404-018-4955-6
- 178.Su WW, Gao XA, Tian JS. [Effect of electroacupuncture at Shaoze (SI 1) on breast milk volume and composition in postpartum hypogalactia]. *Zhongguo Zhen Jiu.* 2020 Jan 12;40(1):13-6. Chinese. doi: 10.13703/j.0255-2930.20190107-0001. PMID: 31930892.
- 179.Feng XL, Jia ZQ, Li N, Jiang S, Chang Z, Zhu H. [Effect of electroacupuncture combined with Yuyin pill on sex hormone and Th2 cytokines in patients of decreased ovarian reserve function with liver-kidney yin deficiency]. *Zhongguo Zhen Jiu.* 2020 Sep 12;40(9):959-63. Chinese. doi: 10.13703/j.0255-2930.20190925-0003. PMID: 32959591
180. Effectiveness of herb-partitioned moxibustion combined with electroacupuncture on polycystic ovary syndrome in patients with symptom pattern of kidney deficiency and phlegm-dampness. Zhao QY, Sun Y, Zhou J, Gao YL, Ma GZ, Hu ZH, Wang Y, Shi Y.J *Tradit Chin Med.* 2021 Dec;41(6):985-993. doi: 10.19852/j.cnki.jtcm.2021.06.017

181. Liu, Z., Liu, Y., Xu, H., He, L., Chen, Y., Fu, L., ... Liu, B. (2017). Effect of Electroacupuncture on Urinary Leakage Among Women With Stress Urinary Incontinence. *JAMA*, 317(24), 2493. doi:10.1001/jama.2017.7220
182. Sun Y, Liu Y, Liu S, Wang W, Liu Z. Electroacupuncture for women with urgency-predominant mixed urinary incontinence: secondary analysis of a randomized noninferiority trial. *World J Urol*. 2020 Apr;38(4):1035-1042. doi: 10.1007/s00345-019-02828-1. Epub 2019 Jun 3. PMID: 31155682.
183. Lai X, Zhang J, Chen J, Lai C, Huang C. Is electroacupuncture safe and effective for treatment of stress urinary incontinence in women? A systematic review and meta-analysis. *J Int Med Res*. 2020 Oct;48(10):300060520948337. doi: 10.1177/0300060520948337.
184. Chen H, Liu Y, Wu J, Liang F, Liu Z. Acupuncture for postprostatectomy incontinence: a systematic review. *BMJ Support Palliat Care*. 2020 Nov 25;bmjspcare-2020-002450. doi: 10.1136/bmjspcare-2020-002450. Epub ahead of print. PMID: 33239324
185. Hernández Rodríguez D, Pérez-de la Cruz S. [Treatment of the pelvic floor in males with incomplete spinal cord injury: a systematic review]. *An Sist Sanit Navar*. 2020 Dec 22;43(3):381-392. Spanish. doi: 10.23938/ASSN.0868. PMID: 33057242.
186. Mao, J. J., Farrar, J. T., Bruner, D., Zee, J., Bowman, M., Seluzicki, C., ... Xie, S. X. (2014). Electroacupuncture for fatigue, sleep, and psychological distress in breast cancer patients with aromatase inhibitor-related arthralgia: A randomized trial. *Cancer*, 120(23), 3744–3751. doi:10.1002/cncr.28917
187. Chen, H., Liu, T.-Y., Kuai, L., Zhu, J., Wu, C.-J., & Liu, L.-M. (2013). Electroacupuncture treatment for pancreatic cancer pain: A randomized controlled trial. *Pancreatology*, 13(6), 594–597. doi:10.1016/j.pan.2013.10.007
188. Hwang MS, Lee HY, Choi TY, Lee JH, Ko YS, Jo DC, Do K, Lee JH, Park TY. A systematic review and meta-analysis of the efficacy of acupuncture and electroacupuncture against chemotherapy-induced peripheral neuropathy. *Medicine (Baltimore)*. 2020 Apr;99(17):e19837. doi: 10.1097/MD.00000000000019837. PMID: 32332632; PMCID: PMC7220547.
189. Zhang, J., Qin, Z., So, T. H., Chen, H., Lam, W. L., Yam, L. L., ... Zhang, Z.-J. (2021). Electroacupuncture Plus Auricular Acupressure for Chemotherapy-Associated Insomnia in Breast Cancer Patients: A Pilot Randomized Controlled Trial. *Integrative Cancer Therapies*, 20, 153473542110191. doi:10.1177/15347354211019103
190. Yang, L., Yang, J., Wang, Q., Chen, M., Lu, Z., Chen, S., & Xiong, L. (2010). Cardioprotective Effects of Electroacupuncture Pretreatment on Patients Undergoing Heart Valve Replacement Surgery: A Randomized Controlled Trial. *The Annals of Thoracic Surgery*, 89(3), 781–786. doi:10.1016/j.athoracsur.2009.12.003
191. Asmussen S, Przkora R, Maybauer DM, et al. Meta-Analysis of Electroacupuncture in Cardiac Anesthesia and Intensive Care. *J Intensive Care Med*. 2019;34(8):652–661. doi:10.1177/0885066617708558

192. Chen KB, Huang Y, Jin XL, Chen GF. Electroacupuncture or transcutaneous electroacupuncture for postoperative ileus after abdominal surgery: A systematic review and meta-analysis. *Int J Surg*. 2019;70:93–101. doi:10.1016/j.ijssu.2019.08.034
193. Postoperative ileus after laparotomy for gastrointestinal cancer treated with electroacupuncture: a randomized controlled trial]. He Y, Lu LY, Chen MJ, Wen Q, Li N. *Zhongguo Zhen Jiu*. 2022 Jan 12;42(1):45-8. doi: 10.13703/j.0255-2930.20210125-0004
194. Electroacupuncture for the Prevention of Postoperative Cognitive Dysfunction Among Older Adults Undergoing Hip and Knee Arthroplasty: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. Ou L, Shen Z, Zhang T, Chen Z, Zhang L, Xu D, Kong D, Qi Q, Huang Y, Huang W, Meng Y. *Front Med (Lausanne)*. 2022 Jan 4;8:778474. doi: 10.3389/fmed.2021.778474. eCollection 2021
195. Short-term effect of electroacupuncture on rehabilitation after arthroscopic triangular fibrocartilage complex repair: a randomised study. Chang CM, Hsu CE, Lee YC, Yeh CW, Chiu YC. *J Orthop Surg Res*. 2021 Mar 24;16(1):211. doi: 10.1186/s13018-021-02361-1
196. Fan L, Wu Z, Li M, Jiang G. Effectiveness of electroacupuncture as a treatment for osteoporosis: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2021 Jan 22;100(3):e24259. doi: 10.1097/MD.00000000000024259. PMID: 33546047; PMCID: PMC7837945.
197. Torres-Rosas, R., Yehia, G., Peña, G., Mishra, P., del Rocio Thompson-Bonilla, M., Moreno-Eutimio, M. A., ... Ulloa, L. (2014). Dopamine mediates vagal modulation of the immune system by electroacupuncture. *Nature Medicine*, 20(3), 291–295. doi:10.1038/nm.3479
198. Salazar, T. E., Richardson, M. R., Beli, E., Ripsch, M. S., George, J., Kim, Y., ... Grant, M. B. (2017). Electroacupuncture Promotes Central Nervous System-Dependent Release of Mesenchymal Stem Cells. *STEM CELLS*, 35(5), 1303–1315. doi:10.1002/stem.2613
199. Xing, Y., Zhang, M., Li, W.-B., Dong, F., & Zhang, F. (2018). Mechanisms Involved in the Neuroprotection of Electroacupuncture Therapy for Ischemic Stroke. *Frontiers in Neuroscience*, 12. doi:10.3389/fnins.2018.00929
200. Arriaga-Pizano L, Gómez-Jiménez DC, Flores-Mejía LA, Pérez-Cervera Y, Solórzano-Mata CJ, López-Macías C, Isibasi A, Torres-Rosas R. Low back pain in athletes can be controlled with acupuncture by a catecholaminergic pathway: clinical trial. *Acupunct Med*. 2020 Dec;38(6):388-395. doi: 10.1177/0964528420912251. Epub 2020 May 20. PMID: 32429680.
201. Kim, S., Lee, S.-H., Kim, M.-R., Kim, E.-J., Hwang, D.-S., Lee, J., ... Lee, Y. J. (2018). Is cupping therapy effective in patients with neck pain? A systematic review and meta-analysis. *BMJ Open*, 8(11), e021070. doi:10.1136/bmjopen-2017-021070
202. Moura, C. de C., Chaves, É. de C. L., Cardoso, A. C. L. R., Nogueira, D. A., Corrêa, H. P., & Chianca, T. C. M. (2018). Cupping therapy and chronic back pain: systematic review and meta-analysis. *Revista Latino-Americana de Enfermagem*, 26(0). doi:10.1590/1518-8345.2888.3094

203. Wang, Y.-T., Qi, Y., Tang, F.-Y., Li, F.-M., Li, Q.-H., Xu, C.-P., ... Sun, H.-T. (2017). The effect of cupping therapy for low back pain: A meta-analysis based on existing randomized controlled trials. *Journal of Back and Musculoskeletal Rehabilitation*, 30(6), 1187–1195. doi:10.3233/bmr-169736
204. AlBedah, A., Khalil, M., Elolemy, A., Hussein, A. A., AlQaed, M., Al Mudaiheem, A., ... Bakrain, M. Y. (2015). The Use of Wet Cupping for Persistent Nonspecific Low Back Pain: Randomized Controlled Clinical Trial. *The Journal of Alternative and Complementary Medicine*, 21(8), 504–508. doi:10.1089/acm.2015.0065
205. Saha, F. J., Schumann, S., Cramer, H., Hohmann, C., Choi, K.-E., Rolke, R., ... Lauche, R. (2017). The Effects of Cupping Massage in Patients with Chronic Neck Pain - A Randomised Controlled Trial. *Complementary Medicine Research*, 24(1), 26–32. doi:10.1159/000454872
206. Al Bedah, A. M. N., Khalil, M. K. M., Posadzki, P., Sohaibani, I., Aboushanab, T. S., AlQaed, M., & Ali, G. I. M. (2016). Evaluation of Wet Cupping Therapy: Systematic Review of Randomized Clinical Trials. *The Journal of Alternative and Complementary Medicine*, 22(10), 768–777. doi:10.1089/acm.2016.0193
207. Mardani-Kivi M, Montazar R, Azizkhani M, Hashemi-Motlagh K. Wet-Cupping Is Effective on Persistent Nonspecific Low Back Pain: A Randomized Clinical Trial. *Chin J Integr Med*. 2019;25(7):502–506. doi:10.1007/s11655-018-2996-0
208. Mohammadi S, Roostayi MM, Naimi SS, Baghban AA. The effects of cupping therapy as a new approach in the physiotherapeutic management of carpal tunnel syndrome. *Physiother Res Int*. 2019;24(3):e1770. doi:10.1002/pri.1770
209. Mokaberinejad R, Rampisheh Z, Aliasl J, Akhtari E. The comparison of fennel infusion plus dry cupping versus metformin management of oligomenorrhoea in patients with polycystic ovary syndrome: a randomised clinical trial. *J Obstet Gynaecol*. 2019;39(5):652–658. doi:10.1080/01443615.2018.1541232
210. Cramer H, Klose P, Teut M, Rotter G, Ortiz M, Anheyer D, Linde K, Brinkhaus B. Cupping for Patients With Chronic Pain: A Systematic Review and Meta-Analysis. *J Pain*. 2020 Sep-Oct;21(9-10):943-956. doi: 10.1016/j.jpain.2020.01.002. Epub 2020 Jan 23. PMID: 31982686.
211. Acupuncture and moxibustion combined with cupping for the treatment of post-herpetic neuralgia: A meta-analysis. Zhou Q, Wei S, Zhu H, Hu Y, Liu Y, Yang H, Zeng S, Chai S, Li J, Tao M. *Medicine (Baltimore)*. 2021 Aug 6;100(31): e26785. doi: 10.1097/MD.00000000000026785
212. Effect of neurogenic acupoint cupping on high sensitive C-reactive protein and pain perception in female chronic pelvic pain: A randomized controlled trial. Abdulaziz KS, Tareq Mohamad R, Saad El-Din Mahmoud L, Abdel Azim Ramzy T, Osman DA. *J Musculoskelet Neuronal Interact*. 2021 Mar 1;21(1):121-129
213. Farhadi, K., Choubsaz, M., Setayeshi, K., Kameli, M., Bazargan-Hejazi, S., Zadie, Z. H., & Ahmadi, A. (2016). The effectiveness of dry-cupping in preventing post-operative nausea and vomiting by P6 acupoint stimulation. *Medicine*, 95(38), e4770. doi:10.1097/md.0000000000004770

- 214.Aleyeidi, N. A., Aseri, K. S., Matbouli, S. M., Sulaiamani, A. A., & Kobeisy, S. A. (2015). Effects of wet-cupping on blood pressure in hypertensive patients: a randomized controlled trial. *Journal of Integrative Medicine*, 13(6), 391–399.doi:10.1016/s2095-4964(15)60197-2
- 215.Xing M, Ding X, Zhang J, Kuai L, Ru Y, Sun X, Ma T, Miao X, Liu L, Wang Y, Li B, Li X. Moving cupping therapy for plaque psoriasis: A PRISMA-compliant study of 16 randomized controlled trials. *Medicine (Baltimore)*. 2020 Oct 9;99(41):e22539. doi: 10.1097/MD.00000000000022539. PMID: 33031296; PMCID: PMC7544330.
- 216.Tabatabaei, F., Pasalar, M., Tajadini, H., Kamali, M., & Rampp, T. (2021). Effectiveness of Wet Cupping on Patients with Facial Acne Vulgaris: A 12-Week, Randomized, Single-Blind, Intervention-Sham-Controlled Trial. *Complementary Medicine Research*, 1–8. doi:10.1159/000514943
- 217.Choi, T.-Y., Lee, M. S., Kim, J. I., & Zaslowski, C. (2017). Moxibustion for the treatment of osteoarthritis: An updated systematic review and meta-analysis. *Maturitas*, 100, 33–48.doi:10.1016/j.maturitas.2017.03.314
- 218.Li, A., Wei, Z.-J., Liu, Y., Li, B., Guo, X., & Feng, S.-Q. (2016). Moxibustion Treatment for Knee Osteoarthritis. *Medicine*, 95(14), e3244.doi:10.1097/md.00000000000003244
- 219.Song, G.-M., Tian, X., Jin, Y.-H., Deng, Y.-H., Zhang, H., Pang, X.-L., & Zhou, J.-G. (2016). Moxibustion is an Alternative in Treating Knee Osteoarthritis. *Medicine*, 95(6), e2790.doi:10.1097/md.0000000000002790.
- 220.Li, X., Han, Y., Cui, J., Yuan, P., Di, Z., & Li, L. (2016). Efficacy of Warm Needle Moxibustion on Lumbar Disc Herniation. *Journal of Evidence-Based Complementary & Alternative Medicine*, 21(4), 311–319. doi:10.1177/2156587215605419
- 221.Wang, T., Xu, C., Pan, K., & Xiong, H. (2017). Acupuncture and moxibustion for chronic fatigue syndrome in traditional Chinese medicine: a systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 17(1).doi:10.1186/s12906-017-1647-x
- 222.Shen B, Sun Q, Chen H, et al. Effects of moxibustion on pain behaviors in patients with rheumatoid arthritis: A meta-analysis. *Medicine (Baltimore)*. 2019;98(30):e16413. doi:10.1097/MD.00000000000016413
- 223.Xu, G., Xiao, Q., Zhou, J., Wang, X., Zheng, Q., Cheng, Y., ... Liang, F. (2020). Acupuncture and moxibustion for primary osteoporosis. *Medicine*, 99(9), e19334. doi:10.1097/md.00000000000019334
- 224.Hu J, Mao Y, Zhang Y, Ye D, Wen C, Xie Z. Moxibustion for the treatment of ankylosing spondylitis: a systematic review and meta-analysis. *Ann Palliat Med*. 2020 May;9(3):709-720. doi: 10.21037/apm.2020.02.31. Epub 2020 Apr 13. PMID: 32312058.
- 225.The Efficacy of Moxibustion on the Serum Levels of CXCL1 and beta-EP in Patients with Rheumatoid Arthritis.Tao S, Wang X, Liao C, Xiong Y, Tang J, Jiang N, Li Y, Hu X, Shuai R, Wang Y, Wu P.*Pain Res Manag*. 2021 Oct 13;2021:7466313. doi: 10.1155/2021/7466313. eCollection 2021
- 226.Tang, B., Zhang, J., Yang, Z., Lu, Y., Xu, Q., Chen, X., & Lin, J. (2016). Moxibustion for Diarrhea-Predominant Irritable Bowel Syndrome: A Systematic Review and Meta-

- Analysis of Randomized Controlled Trials. Evidence-Based Complementary and Alternative Medicine, 2016, 1–10.doi:10.1155/2016/5105108
- 227.Zhu, Y., Wu, Z., Ma, X., Liu, H., Bao, C., Yang, L., ... Wu, H. (2014). Brain regions involved in moxibustion-induced analgesia in irritable bowel syndrome with diarrhea: a functional magnetic resonance imaging study. *BMC Complementary and Alternative Medicine*, 14(1).doi:10.1186/1472-6882-14-500
- 228.Bao, C.-H. (2014). Randomized controlled trial: Moxibustion and acupuncture for the treatment of Crohn's disease. *World Journal of Gastroenterology*, 20(31), 11000.doi:10.3748/wjg.v20.i31.11000
- 229.Effects of moxibustion on gastrointestinal function recovery in preventing early postoperative small-bowel obstruction: a meta-analysis. Yang L, Li Z, Li W, Zeng L, Bian Y.*Ann Palliat Med*. 2021 Apr;10(4):3988-3999. doi: 10.21037/apm-20-1266. Epub 2021 Mar 3
- 230.Yang, L., Tan, J.-Y., Ma, H., Zhao, H., Lai, J., Chen, J.-X., & Suen, L. K. P. (2018). Warm-needle moxibustion for spasticity after stroke: A systematic review of randomized controlled trials. *International Journal of Nursing Studies*, 82, 129–138. doi:10.1016/j.ijnurstu.2018.03.013
- 231.We, Y.-X., Zhao, X., & Zhang, B.-C. (2016). Synergistic effect of moxibustion and rehabilitation training in functional recovery of post-stroke spastic hemiplegia. *Complementary Therapies in Medicine*, 26, 55–60.doi:10.1016/j.ctim.2016.02.014
- 232.Li X, Li ZM, Tan JY, Wang T, Chen JX, Chen X, Yang L, Suen LKP. Moxibustion for post-stroke urinary incontinence in adults: A systematic review and meta-analysis of randomized controlled trials. *Complement Ther Clin Pract*. 2021 Feb;42:101294. doi: 10.1016/j.ctcp.2020.101294. Epub 2020 Dec 24. PMID: 33360387
- 233.Lee, H.-Y., Yun, Y.-J., Choi, J.-Y., Hong, J.-W., Lee, I., Park, S.-H., & Kwon, J.-N. (2018). Effectiveness and safety of moxibustion for alleviating symptoms of overactive bladder. *Medicine*, 97(34), e12016.doi:10.1097/md.00000000000012016
- 234.Matsumoto-Miyazaki, J., Miyazaki, N., Murata, I., Yoshida, G., Ushikoshi, H., Ogura, S., & Minatoguchi, S. (2016). Traditional Thermal Therapy with Indirect Moxibustion Decreases Renal Arterial Resistive Index in Patients with Chronic Kidney Disease. *The Journal of Alternative and Complementary Medicine*, 22(4), 306–314.doi:10.1089/acm.2015.0276
- 235.Zhou X, Wu Q, Wang Y, Ren Q, Zhu W, Yao Z, Chen J. Moxibustion as an Adjuvant Therapy for Chronic Kidney Disease: A Systematic Review and Meta-Analysis of 23 Randomized Controlled Trials. *Evid Based Complement Alternat Med*. 2020 Oct 28;2020:6128673. doi: 10.1155/2020/6128673. PMID: 33193796; PMCID: PMC7641698
- 236.Lee HY, Bae GE, Lee SD, Nam JK, Yun YJ, Han JY, Lee DH, Choi JY, Park SH, Kwon JN. Moxibustion as an adjunct for lower urinary tract symptoms associated with benign prostate enlargement: A randomized controlled pilot trial. *Medicine (Baltimore)*. 2020 Jan;99(4):e18918. doi: 10.1097/MD.00000000000018918. PMID: 31977907; PMCID: PMC7004691

237. Shen J, Ai B, Shen M. Effectiveness of Mild Moxibustion for Sub-Health Conditions in Pre- and Post-Menopausal Women: A Randomized Controlled Clinical Trial *Med Sci Monit*. 2018 May 8 [revised 2018 Jan 1];24:2907-2911. doi: 10.12659/MSM.909721
238. Yang, M., Chen, X., Bo, L., Lao, L., Chen, J., Yu, S., ... Liang, F. (2017). Moxibustion for pain relief in patients with primary dysmenorrhea: A randomized controlled trial. *PLOS ONE*, 12(2), e0170952. doi:10.1371/journal.pone.0170952
239. Kwon, C.-Y., Lee, B., & Park, K. S. (2018). Oriental herbal medicine and moxibustion for polycystic ovary syndrome. *Medicine*, 97(43), e12942. doi:10.1097/md.00000000000012942
240. Chen LF, Jin XF, Li BW, Zhan MJ, Hu HT. [Herb-separated moxibustion on dysmenorrhea in ovarian endometriosis: a randomized controlled trial]. *Zhongguo Zhen Jiu*. 2020 Jul 12;40(7):717-20. Chinese. doi: 10.13703/j.0255-2930.20190716-k0003. PMID: 32648394.
241. Jeon, J.-H., Cho, C.-K., Park, S.-J., Kang, H.-J., Kim, K., Jung, I.-C., ... Yoo, H.-S. (2016). A Feasibility Study of Moxibustion for Treating Anorexia and Improving Quality of Life in Patients With Metastatic Cancer: A Randomized Sham-Controlled Trial. *Integrative Cancer Therapies*, 16(1), 118–125. doi:10.1177/1534735416654762
242. Lee, J., & Yoon, S. W. (2013). Efficacy and Safety of Moxibustion for Relieving Pain in Patients With Metastatic Cancer. *Integrative Cancer Therapies*, 13(3), 211–216. doi:10.1177/1534735413510025
243. Zhang, H. W., Lin, Z. X., Cheung, F., Cho, W. C.-S., & Tang, J.-L. (2018). Moxibustion for alleviating side effects of chemotherapy or radiotherapy in people with cancer. *Cochrane Database of Systematic Reviews*. doi:10.1002/14651858.cd010559.pub2
244. Liu F, Shi RJ, Cao B, Deng WL, Dong YK. Postoperative acute urinary retention in anorectal diseases treated with acupuncture combined with grain-moxibustion: a randomized controlled trial. *Zhongguo Zhen Jiu*. 2019;39(7):709–712. doi:10.13703/j.0255-2930.2019.07.008
245. Wang C, Yang M, Fan Y, Pei X. Moxibustion as a Therapy for Breast Cancer-Related Lymphedema in Female Adults: A Preliminary Randomized Controlled Trial. *Integr Cancer Ther*. 2019;18:1534735419866919. doi:10.1177/1534735419866919
246. Guo Q, Yao C, Guo YF, Wang M. [Clinical efficacy and action mechanism of mild moxibustion combined with salt-separated moxibustion for gastrointestinal response in breast-cancer chemotherapy patients]. *Zhongguo Zhen Jiu*. 2020 Jan 12;40(1):8-12. Chinese. doi: 10.13703/j.0255-2930.20190116-k0003. PMID: 31930891.
247. Zhang L, Wang YL, Fu RY, Li JX, Guo XQ, Xu B, Feng SH, Guan XJ. [Ginger-partitioned moxibustion in the prevention of nausea and vomiting induced by chemotherapy in lung cancer: a randomized controlled trial]. *Zhen Ci Yan Jiu*. 2020 Jul 25;45(7):574-7. Chinese. doi: 10.13702/j.1000-0607.190568. PMID: 32705833.
248. Han K, Kim M, Kim EJ, Park YC, Kwon O, Kim AR, Park HJ, Park YC, Cho JH, Kim JH, Lee JH. Moxibustion for treating cancer-related fatigue: A multicenter, assessor-blinded,

- randomized controlled clinical trial. *Cancer Med.* 2021 Jul;10(14):4721-4733. doi: 10.1002/cam4.4020. Epub 2021 Jun 29.
249. Yu Gao, Tingting Ma, Mei Han, Mingwei Yu, Xiuhui Wang, Yiren Lv, Xiaomin Wang. Effects of Acupuncture and Moxibustion on Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Integr Cancer Ther.* Jan-Dec 2021;20:15347354211044107. doi: 10.1177/15347354211044107)
250. Wang CC, Han EY, Jenkins M, Hong X, Pang S, Whitehead L, Kirk DL, Williams A. *Palliat Care Soc Pract.* 2022 Jan 10;16:26323524211070569. doi: 10.1177/26323524211070569. The safety and efficacy of using moxibustion and or acupuncture for cancer-related insomnia: a systematic review and meta-analysis of randomised controlled trials.
251. Jeon, J.-H., Cho, C.-K., Park, S.-J., Kang, H.-J., Kim, K., Jung, I.-C., ... Yoo, H.-S. (2016). A Feasibility Study of Moxibustion for Treating Anorexia and Improving Quality of Life in Patients With Metastatic Cancer: A Randomized Sham-Controlled Trial. *Integrative Cancer Therapies*, 16(1), 118–125. doi:10.1177/1534735416654762
252. Lee, J., & Yoon, S. W. (2013). Efficacy and Safety of Moxibustion for Relieving Pain in Patients With Metastatic Cancer. *Integrative Cancer Therapies*, 13(3), 211–216. doi:10.1177/1534735413510025
253. Zhang, H. W., Lin, Z. X., Cheung, F., Cho, W. C.-S., & Tang, J.-L. (2018). Moxibustion for alleviating side effects of chemotherapy or radiotherapy in people with cancer. *Cochrane Database of Systematic Reviews*. doi:10.1002/14651858.cd010559.pub2
254. Liu F, Shi RJ, Cao B, Deng WL, Dong YK. Postoperative acute urinary retention in anorectal diseases treated with acupuncture combined with grain-moxibustion: a randomized controlled trial. *Zhongguo Zhen Jiu.* 2019;39(7):709–712. doi:10.13703/j.0255-2930.2019.07.008
255. Wang C, Yang M, Fan Y, Pei X. Moxibustion as a Therapy for Breast Cancer-Related Lymphedema in Female Adults: A Preliminary Randomized Controlled Trial. *Integr Cancer Ther.* 2019;18:1534735419866919. doi:10.1177/1534735419866919
256. Guo Q, Yao C, Guo YF, Wang M. [Clinical efficacy and action mechanism of mild moxibustion combined with salt-separated moxibustion for gastrointestinal response in breast-cancer chemotherapy patients]. *Zhongguo Zhen Jiu.* 2020 Jan 12;40(1):8-12. Chinese. doi: 10.13703/j.0255-2930.20190116-k0003. PMID: 31930891.
257. Zhang L, Wang YL, Fu RY, Li JX, Guo XQ, Xu B, Feng SH, Guan XJ. [Ginger-partitioned moxibustion in the prevention of nausea and vomiting induced by chemotherapy in lung cancer: a randomized controlled trial]. *Zhen Ci Yan Jiu.* 2020 Jul 25;45(7):574-7. Chinese. doi: 10.13702/j.1000-0607.190568. PMID: 32705833.
258. Tan Y, Hu J, Pang B, Du L, Yang Y, Pang Q, Zhang M, Wu Q, Zhang Y, Ni Q. Moxibustion for the treatment of diabetic peripheral neuropathy: A systematic review and meta-analysis following PRISMA guidelines. *Medicine (Baltimore).* 2020 Sep 25;99(39):e22286. doi: 10.1097/MD.0000000000022286. PMID: 32991431; PMCID: PMC7523832.

259. Moxibustion for treating patients with post-stroke depression: a systematic review and meta-analysis. Guo SQ, Zhao GZ, Li ST, Yao Q, Han L, Li B, Wang H, Liu YJ, Zhao BX. *Ann Palliat Med*. 2022 Jan;11(1):85-97. doi: 10.21037/apm-21-3421
260. Warming needle moxibustion for Alzheimer's disease: A systematic review of randomized controlled trials. Chen X, Liu F, Lin N, Lin Q, Lyu Z, Xiu H, Nie P. *Geriatr Nurs*. 2022 Jan-Feb;43:219-226. doi: 10.1016/j.gerinurse.2021.12.004
261. Jia YF, Chen S, Wen ZH, Xie Q, Zhao JP. [Herbal cake-partitioned moxibustion combined with Rhinocort spray is superior to Rhinocort spray alone in improving symptoms of moderate-severe allergic rhinitis patients]. *Zhen Ci Yan Jiu*. 2020 Jan 25;45(1):46-50. Chinese. doi: 10.13702/j.1000-0607.1904286. PMID: 32144908.
262. Liu L, Xing XY, He DC, Yang WC, Zhang MY, Wu W, Ding XJ, Yu Q, Huang HS, Sun XB, Zhang Y, Yang JS. [Effect of moxibustion on clinical symptoms, peripheral inflammatory indexes and T lymphocyte subsets in COVID-19 patients]. *Zhongguo Zhen Jiu*. 2020 Dec 12;40(12):1271-5. Chinese. doi: 10.13703/j.0255-2930.20200507-k0003. PMID: 33415866
263. Lin YF, Zhu JF, Chen YD, Sheng JL, He JJ, Zhang SY, Jin XQ. [Effect of ginger-separated moxibustion on fatigue, sleep quality and depression in patients with chronic fatigue syndrome: a randomized controlled trial]. *Zhongguo Zhen Jiu*. 2020 Aug 12;40(8):816-20. Chinese. doi: 10.13703/j.0255-2930.20190722-k0001. PMID: 32869588
264. Ginger-separated moxibustion for chronic fatigue syndrome and its effect on intestinal flora]. Lin YF, Jin XQ, Zhu JF, Chen YD, Sheng JL, He JJ, Jin YY. *Zhongguo Zhen Jiu*. 2021 Mar 12;41(3):269-74. doi: 10.13703/j.0255-2930.20200210-k0001
265. The efficacy of acupuncture and moxibustion for early and middle-stage osteonecrosis of the femoral head: A systematic review and meta-analysis of randomized controlled trials. Jin H, Li L, Yu W, Fu Y. *Medicine (Baltimore)*. 2021 Jun 4;100(22):e26210. doi: 10.1097/MD.00000000000026210
266. Choe, S., Cai, M., Jerng, U. M., & Lee, J.-H. (2018). The Efficacy and Underlying Mechanism of Moxibustion in Preventing Cognitive Impairment: A Systematic Review of Animal Studies. *Experimental Neurobiology*, 27(1), 1. doi:10.5607/en.2018.27.1.1
267. Mei, L., Miao, X., Chen, H., Huang, X., & Zheng, G. (2017). Effectiveness of Chinese Hand Massage on Anxiety Among Patients Awaiting Coronary Angiography. *The Journal of Cardiovascular Nursing*, 32(2), 196–203. doi:10.1097/jcn.0000000000000309
268. Lee, N.-W., Kim, G.-H., Heo, I., Kim, K.-W., Ha, I.-H., Lee, J.-H., ... Shin, B.-C. (2017). Chuna (or Tuina) Manual Therapy for Musculoskeletal Disorders: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Evidence-Based Complementary and Alternative Medicine*, 2017, 1–22. doi:10.1155/2017/8218139
269. Ding Q, Yan M, Zhou J, Yang L, Guo J, Wang J, Shi Z, Wang Y, Zhao H. Clinical effects of innovative tuina manipulations on treating cervical spondylosis of vertebral artery type and changes in cerebral blood flow. *J Tradit Chin Med*. 2012 Sep;32(3):388-92
270. Yang, Y., Zhang, J., Hou, Y., Jiang, B., Pan, H., Wang, J., ... Cheng, J. (2016). Effectiveness and safety of Chinese massage therapy (Tui Na) on post-stroke spasticity: a prospective

- multicenter randomized controlled trial. *Clinical Rehabilitation*, 31(7), 904–912.doi:10.1177/0269215516663009
- 271.Pach, D., Piper, M., Lotz, F., Reinhold, T., Dombrowski, M., Chang, Y., ... Witt, C. M. (2018). Effectiveness and Cost-Effectiveness of Tuina for Chronic Neck Pain: A Randomized Controlled Trial Comparing Tuina with a No-Intervention Waiting List. *The Journal of Alternative and Complementary Medicine*, 24(3), 231–237. doi:10.1089/acm.2017.0209
- 272.Nie L, Cheng J, Wen Y, Li J. The Effectiveness of Acupuncture Combined with Tuina Therapy in Patients with Migraine. *Complement Med Res*. 2019;26(3):182–194. doi:10.1159/000496032
- 273.Sun R, Dai W, Liu Y, et al. Non-needle acupoint stimulation for prevention of nausea and vomiting after breast surgery: A meta-analysis. *Medicine (Baltimore)*. 2019;98(10):e14713. doi:10.1097/MD.00000000000014713
- 274.Yang, X., Zhao, H., & Wang, J. (2014). Chinese massage (Tuina) for the treatment of essential hypertension: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 22(3), 541–548. doi:10.1016/j.ctim.2014.03.008
- 275.Huang F, Zhao S, Dai L, Feng Z, Wu Z, Chen J, Guo R, Tian Q, Fan Z, Wu S. Tuina for cervical vertigo: A systematic review and meta-analysis of randomized controlled trials. *Complement Ther Clin Pract*. 2020 May;39:101115. doi: 10.1016/j.ctcp.2020.101115. Epub 2020 Feb 3. PMID: 32379654.
- 276.Lai, B., Liang, N., Cao, H., Yang, G., Jia, L., Hu, R., ... Liu, J. (2018). Pediatric Tui Na for Acute Diarrhea in Children Under 5 Years Old: A Systematic Review and Meta-analysis of Randomized Clinical Trials. *Complementary Therapies in Medicine*.doi:10.1016/j.ctim.2018.08.011
277. Xia QC, Feng ZX, Ping CX. Evaluating the efficacy of Tui Na in treatment of childhood anorexia: a meta-analysis. *Altern Ther Health Med*. 2014 Sep-Oct;20(5):45-52
- 278.Chen SC, Ho YS, Kwai-Ping Suen L, Yu J, Tang W, Jiang JF, Qu XY, Yeung WF. Traditional Chinese medicine (TCM) massage for the treatment of congenital muscular torticollis (CMT) in infants and children: A systematic review and meta-analysis. *Complement Ther Clin Pract*. 2020 May;39:101112. doi: 10.1016/j.ctcp.2020.101112. Epub 2020 Feb 1. PMID: 32379651.
- 279.Khanghah AG, Rizi MS, Nabi BN, Adib M, Leili EKN. Effects of Acupressure on Fatigue in Patients with Cancer Who Underwent Chemotherapy. *J Acupunct Meridian Stud*. 2019;12(4):103–110. doi:10.1016/j.jams.2019.07.003
- 280.Khanghah AG, Rizi MS, Nabi BN, Adib M, Leili EKN. Effects of Acupressure on Fatigue in Patients with Cancer Who Underwent Chemotherapy. *J Acupunct Meridian Stud*. 2019;12(4):103–110. doi:10.1016/j.jams.2019.07.003
- 281.Shu-Hua Hsieh, Chia-Rung Wu, Debby Syahru Romadlon, Faizul Hasan, Pin-Yuan Chen, Hsiao-Yean Chiu. The Effect of Acupressure on Relieving Cancer-Related Fatigue: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Cancer Nurs*. 2021 Nov-Dec 01;44(6):E578-E588. doi: 10.1097/NCC.0000000000000997

282. Zhang X, Cao D, Yan M, Liu M. The feasibility of Chinese massage as an auxiliary way of replacing or reducing drugs in the clinical treatment of adult type 2 diabetes: A systematic review and meta-analysis. *Medicine (Baltimore)*. 2020 Aug 21;99(34):e21894. doi: 10.1097/MD.00000000000021894. PMID: 32846852; PMCID: PMC7447487.
283. The Effectiveness of Massage Therapy for Improving Sequelae in Post-Stroke Survivors. A Systematic Review and Meta-Analysis. Cabanas-Valdés R, Calvo-Sanz J, Serra-Llobet P, Alcoba-Kait J, González-Rueda V, Rodríguez-Rubio PR. *Int J Environ Res Public Health*. 2021 Apr 21;18(9):4424. doi: 10.3390/ijerph18094424
284. Jan, A. L., Aldridge, E. S., Rogers, I. R., Visser, E. J., Bulsara, M. K., & Niemtzw, R. C. (2017). Does Ear Acupuncture Have a Role for Pain Relief in the Emergency Setting? A Systematic Review and Meta-Analysis. *Medical Acupuncture*, 29(5), 276–289. doi:10.1089/acu.2017.1237
285. Murakami, M., Fox, L., & Dijkers, M. P. (2016). Ear Acupuncture for Immediate Pain Relief—A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Pain Medicine*, pnw215. doi:10.1093/pm/pnw215
286. Moura, C. de C., Iunes, D. H., Ruginsk, S. G., Souza, V. H. S., Assis, B. B. de, & Chaves, E. de C. L. (2018). Action of ear acupuncture in people with chronic pain in the spinal column: a randomized clinical trial. *Revista Latino-Americana de Enfermagem*, 26(0). doi:10.1590/1518-8345.2678.3050
287. Moura CC, Chaves ECL, Cardoso ACLR, Nogueira DA, Azevedo C, Chianca TCM. Auricular acupuncture for chronic back pain in adults: a systematic review and metanalysis. *Acupuntura auricular para dor crônica nas costas em adultos: revisão sistemática e meteanálise. Rev Esc Enferm USP*. 2019;53:e03461. Published 2019 Aug 19. doi:10.1590/S1980-220X2018021703461
288. Moura CC, Chaves ECL, Chianca TCM, et al. Contribution of Chinese and French ear acupuncture for the management of chronic back pain: A randomised controlled trial. *J Clin Nurs*. 2019;28(21-22):3796–3806. doi:10.1111/jocn.14983
289. Effect of Auriculotherapy on Musculoskeletal Pain: A Systematic Review and Meta-Analysis]. Choi SY, Kim YJ, Kim B.J *Korean Acad Nurs*. 2022 Feb;52(1):4-23. doi: 10.4040/jkan.21121
290. Auriculotherapy used to manage orthodontic pain: a randomized controlled pilot study. Serritella E, Impellizzeri A, Liguori A, Galluccio G. *Dental Press J Orthod*. 2021 Dec 17;26(6):e2119381. doi: 10.1590/2177-6709.26.6.e2119381.oar
291. The Effect of Auricular Acupressure for Chronic Low Back Pain in Elders: A Randomized Controlled Study. Kim SK, Park H. *Holist Nurs Pract*. 2021 Jul-Aug 01;35(4):182-190. doi: 10.1097/HNP.0000000000000457
292. Zhang, C. S., Xia, J., Zhang, A. L., Yang, A. W., Thien, F., Li, Y., ... Xue, C. C. (2014). Ear Acupressure for Perennial Allergic Rhinitis: A Multicenter Randomized Controlled Trial. *American Journal of Rhinology & Allergy*, 28(4), e152–e157. doi:10.2500/ajra.2014.28.4081

293. Vieira, A., Reis, A. M., Matos, L. C., Machado, J., & Moreira, A. (2018). Does auriculotherapy have therapeutic effectiveness? An overview of systematic reviews. *Complementary Therapies in Clinical Practice*, 33, 61–70. doi:10.1016/j.ctcp.2018.08.005
294. Michalek-Sauberer, A., Gusenleitner, E., Gleiss, A., Tepper, G., & Deusch, E. (2012). Auricular acupuncture effectively reduces state anxiety before dental treatment—a randomised controlled trial. *Clinical Oral Investigations*, 16(6), 1517–1522. doi:10.1007/s00784-011-0662-4
295. Lan, Y., Wu, X., Tan, H.-J., Wu, N., Xing, J.-J., Wu, F.-S., ... Liang, F.-R. (2015). Auricular acupuncture with seed or pellet attachments for primary insomnia: a systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 15(1). doi:10.1186/s12906-015-0606-7
296. Lan, Y., Wu, X., Tan, H.-J., Wu, N., Xing, J.-J., Wu, F.-S., ... Liang, F.-R. (2015). Auricular acupuncture with seed or pellet attachments for primary insomnia: a systematic review and meta-analysis. *BMC Complementary and Alternative Medicine*, 15(1). doi:10.1186/s12906-015-0606-7
297. King, H. C., Spence, D. L., Hickey, A. H., Sargent, P., Elesh, R., & Connelly, C. D. (2015). Auricular Acupuncture for Sleep Disturbance in Veterans With Post-Traumatic Stress Disorder: A Feasibility Study. *Military Medicine*, 180(5), 582–590. doi:10.7205/milmed-d-14-00451
298. Dellovo AG, Souza LMA, de Oliveira JS, Amorim KS, Groppo FC. Effects of auriculotherapy and midazolam for anxiety control in patients submitted to third molar extraction. *Int J Oral Maxillofac Surg*. 2019;48(5):669–674. doi:10.1016/j.ijom.2018.10.014
299. Corrêa HP, Moura CC, Azevedo C, Bernardes MFVG, Mata LRFDP, Chianca TCM. Effects of auriculotherapy on stress, anxiety and depression in adults and older adults: a systematic review. *Rev Esc Enferm USP*. 2020 Oct 26;54:e03626. Portuguese, English. doi: 10.1590/S1980-220X2019006703626. PMID: 33111737.
300. Auricular Acupressure for Insomnia in Patients With Maintenance Hemodialysis: A Systematic Review and Meta-Analysis. Pei M, Chen J, Dong S, Yang B, Yang K, Wei L, Zhai J, Yang H. *Front Psychiatry*. 2021 Jul 19;12:576050. doi: 10.3389/fpsy.2021.576050. eCollection 2021
301. Auricular stimulation for preoperative anxiety - A systematic review and meta-analysis of randomized controlled clinical trials. Usichenko TI, Hua K, Cummings M, Nowak A, Hahnenkamp K, Brinkhaus B, Dietzel JJ *Clin Anesth*. 2022 Feb;76:110581. doi: 10.1016/j.jclinane.2021.110581. Epub 2021 Nov 12
302. Zhu, L., Kim, Y., & Yang, Z. (2018). The Application of Auriculotherapy to the Treatment of Chronic Spontaneous Urticarial: a Systematic Review and Meta-analysis. *Journal of Acupuncture and Meridian Studies*. doi:10.1016/j.jams.2018.08.209
303. Mafetoni, R. R., & Shimo, A. K. K. (2016). Effects of auriculotherapy on labour pain: a randomized clinical trial. *Revista Da Escola de Enfermagem Da USP*, 50(5), 726–732. doi:10.1590/s0080-62342016000600003
304. Qu, F., Zhang, D., Chen, L.-T., Wang, F.-F., Pan, J.-X., Zhu, Y.-M., ... Huang, H.-F. (2014). Auricular Acupressure Reduces Anxiety Levels and Improves Outcomes of in Vitro

- Fertilization: A Prospective, Randomized and Controlled Study. *Scientific Reports*, 4(1).doi:10.1038/srep05028
305. Jaić KK, Turković TM, Pešić M, Djaković I, Košec V, Košec A. Auricular acupuncture as effective pain relief after episiotomy: a randomized controlled pilot study. *Arch Gynecol Obstet*. 2019 Nov;300(5):1295-1301. doi: 10.1007/s00404-019-05283-w. Epub 2019 Sep 14. PMID: 31520258.
306. Vas, J., Cintado, M. C., Aranda-Regules, J. M., Aguilar, I., & Rivas Ruiz, F. (2019). Effect of ear acupuncture on pregnancy-related pain in the lower back and posterior pelvic girdle: A multicenter randomized clinical trial. *Acta Obstetrica et Gynecologica Scandinavica*. doi:10.1111/aogs.13635
307. Maryam A, Fariba A, Azita M, Babak B, Tabandeh S. The Effects of Auriculotherapy on Shoulder Pain After a Cesarean Section. *J Acupunct Meridian Stud*. 2020 Oct;13(5):157-162. doi: 10.1016/j.jams.2020.09.002. Epub 2020 Sep 24. PMID: 32980559
308. Negarandeh R, Eghbali M, Janani L, Dastaran F, Saatchi K. Auriculotherapy as a means of managing nausea and vomiting in pregnancy: A double-blind randomized controlled clinical trial. *Complement Ther Clin Pract*. 2020 Aug;40:101177. doi: 10.1016/j.ctcp.2020.101177. Epub 2020 May 4. PMID: 32891268.
309. (Comparison of effect of auriculotherapy and mefenamic acid on the severity and systemic symptoms of primary dysmenorrhea: a randomized clinical trial. Vahedi M, Hasanpoor-Azghady SB, Amiri-Farahani L, Khaki I. *Trials*. 2021 Sep 26;22(1):655. doi: 10.1186/s13063-021-05622-w
310. Shin, J., & Park, H. (2016). Effects of Auricular Acupressure on Constipation in Patients With Breast Cancer Receiving Chemotherapy: A Randomized Control Trial. *Western Journal of Nursing Research*, 40(1), 67–83. doi:10.1177/0193945916680362
311. Alimi, D., Rubino, C., Pichard-Léandri, E., Femand-Brulé, S., Dubreuil-Lemaire, M.-L., & Hill, C. (2003). Analgesic Effect of Auricular Acupuncture for Cancer Pain: A Randomized, Blinded, Controlled Trial. *Journal of Clinical Oncology*, 21(22), 4120–4126. doi:10.1200/jco.2003.09.011
312. Ruela LO, Iunes DH, Nogueira DA, Stefanello J, Gradim CVC. (2018). Effectiveness of auricular acupuncture in the treatment of cancer pain: randomized clinical trial. *Rev Esc Enferm USP*. 2018 Dec 13;52:e03402. doi: 10.1590/S1980-220X2017040503402
313. Auricular Acupressure Therapy for Patients with Cancer with Sleep Disturbance: A Systematic Review and Meta-Analysis. Wang Y, Zhang J, Jin Y, Zhang Q. *Evid Based Complement Alternat Med*. 2021 Oct 14;2021:3996101. doi: 10.1155/2021/(3996101).
314. Mendonça CR, Coelho Dos Santos LS, Noll M, Silveira EA, Arruda JT. Effects of auriculotherapy on weight and body mass index reduction in patients with overweight or obesity: Systematic review and meta-analysis. *Complement Ther Clin Pract*. 2019;101069. doi:10.1016/j.ctcp.2019.101069
315. Cha HS, Park H. Effects of auricular acupressure on obesity in adolescents. *Complement Ther Clin Pract*. 2019;35:316–322. doi:10.1016/j.ctcp.2019.03.014

- 316.Michel-Cherqui M, Szekely B, Lemoyne F, Feliot E, Gayat E, Fischler M. Auriculotherapy in the prevention of postoperative urinary retention in patients with thoracotomy and thoracic epidural analgesia: A randomized, double-blinded trial. *Medicine (Baltimore)*. 2019;98(23):e15958. doi:10.1097/MD.00000000000015958
- 317.Shah AN, Moore CB, Brigger MT. Auricular acupuncture for adult tonsillectomy. *Laryngoscope*. 2020 Aug;130(8):1907-1912. doi: 10.1002/lary.28338. Epub 2019 Oct 11. PMID: 31603582.
- 318.Gao, J., Chen, G., He, H., Liu, C., He, Q., Li, J., & Wang, J. (2019). The effect of auricular therapy on blood pressure: A systematic review and meta-analysis. *European Journal of Cardiovascular Nursing*, 147451511987677. doi:10.1177/1474515119876778
- 319.Effects of auriculotherapy in the treatment of nausea and vomiting: a systematic review. Fróes NBM, Arrais FAS, Aquino PS, Maia JC, Balsells MMD.Rev Bras Enferm. 2021 Sep 24;75(1):e20201350. doi: 10.1590/0034-7167-2020-1350. eCollection 2021.
- 320.Zou, L., Wang, C., Chen, K., Shu, Y., Chen, X., Luo, L., & Zhao, X. (2017). The Effect of Taichi Practice on Attenuating Bone Mineral Density Loss: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *International Journal of Environmental Research and Public Health*, 14(9), 1000.doi:10.3390/ijerph14091000
- 321.Kong, L. J., Lauche, R., Klose, P., Bu, J. H., Yang, X. C., Guo, C. Q., ... Cheng, Y. W. (2016). Tai Chi for Chronic Pain Conditions: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Scientific Reports*, 6(1).doi:10.1038/srep25325
- 322.Liu, J., Yeung, A., Xiao, T., Tian, X., Kong, Z., Zou, L., & Wang, X. (2019). Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-Specific Low Back Pain: A Randomized Controlled Trial. *International Journal of Environmental Research and Public Health*, 16(3), 517. doi:10.3390/ijerph16030517
- 323.Cruz-Díaz, D., Kim, K.-M., Hita-Contreras, F., Bergamin, M., Aibar-Almazán, A., & Martínez-Amat, A. (2019). Effects of a Twelve-Week Tai Chi intervention in Patients With Chronic Ankle Instability: A Randomized Controlled Trial. *Journal of Sport Rehabilitation*, 1–22. doi:10.1123/jsr.2018-0222
- 324.Cheng CA, Chiu YW, Wu D, Kuan YC, Chen SN, Tam KW. Effectiveness of Tai Chi on fibromyalgia patients: A meta-analysis of randomized controlled trials. *Complement Ther Med*. 2019;46:1–8. doi:10.1016/j.ctim.2019.07.007
- 325.Li L, Cheng S, Wang G, Duan G, Zhang Y. Tai chi chuan exercises improve functional outcomes and quality of life in patients with primary total knee arthroplasty due to knee osteoarthritis. *Complement Ther Clin Pract*. 2019;35:121–125. doi:10.1016/j.ctcp.2019.02.003
- 326.Zhang Y, Loprinzi PD, Yang L, Liu J, Liu S, Zou L. The Beneficial Effects of Traditional Chinese Exercises for Adults with Low Back Pain: A Meta-Analysis of Randomized Controlled Trials. *Medicina (Kaunas)*. 2019;55(5):118. Published 2019 Apr 29. doi:10.3390/medicina55050118
- 327.Hu L, Wang Y, Liu X, Ji X, Ma Y, Man S, Hu Z, Cheng J, Huang F. Tai Chi exercise can ameliorate physical and mental health of patients with knee osteoarthritis: systematic

- review and meta-analysis. *Clin Rehabil.* 2021 Jan;35(1):64-79. doi: 10.1177/0269215520954343. Epub 2020 Sep 21. PMID: 32954819.
328. Hu X, Lai Z, Wang L. Effects of Taichi exercise on knee and ankle proprioception among individuals with knee osteoarthritis. *Res Sports Med.* 2020 Apr-Jun;28(2):268-278. doi: 10.1080/15438627.2019.1663520. Epub 2019 Sep 16. PMID: 31524502.
329. Xiao C, Zhuang Y, Kang Y. Effects of Wu Qin xi Qigong exercise on physical functioning in elderly people with knee osteoarthritis: A randomized controlled trial. *Geriatr Gerontol Int.* 2020 Oct;20(10):899-903. doi: 10.1111/ggi.14007. Epub 2020 Sep 4. PMID: 32886828
330. Effects of Tai Chi exercise on improving walking function and posture control in elderly patients with knee osteoarthritis: A systematic review and meta-analysis. You Y, Liu J, Tang M, Wang D, Ma X. *Medicine (Baltimore).* 2021 Apr 23;100(16):e25655. doi: 10.1097/MD.00000000000025655
331. Zou, L., Fang, Q., Wang, H., Liu, Y., Tian, Z., & Han, Y. (2017). Effect of Taichi Softball on Function-Related Outcomes in Older Adults: A Randomized Control Trial. *Evidence-Based Complementary and Alternative Medicine*, 2017, 1–9. doi:10.1155/2017/4585424
332. Zhou S, Zhang Y, Kong Z, Loprinzi PD, Hu Y, Ye J, Liu S, Yu JJ, Zou L. The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial. *Int J Environ Res Public Health.* 2019 Mar 1;16(5). pii: E753. doi: 10.3390/ijerph16050753
333. Huang, Y., & Liu, X. (2015). Improvement of balance control ability and flexibility in the elderly Tai Chi Chuan (TCC) practitioners: A systematic review and meta-analysis. *Archives of Gerontology and Geriatrics*, 60(2), 233–238. doi:10.1016/j.archger.2014.10.016
334. Li, F., Harmer, P., Eckstrom, E., Fitzgerald, K., Chou, L.-S., & Liu, Y. (2019). Effectiveness of Tai Ji Quan vs Multimodal and Stretching Exercise Interventions for Reducing Injurious Falls in Older Adults at High Risk of Falling. *JAMA Network Open*, 2(2), e188280. doi:10.1001/jamanetworkopen.2018.8280
335. Del-Pino-Casado, R., Obrero-Gaitán, E., & Lomas-Vega, R. (2016). The Effect of Tai Chi on Reducing the Risk of Falling: A Systematic Review and Meta-Analysis. *The American Journal of Chinese Medicine*, 44(05), 895–906. doi:10.1142/s0192415x1650049x
336. Wu S, Chen J, Wang S, Jiang M, Wang X, Wen Y. Effect of Tai Chi Exercise on Balance Function of Stroke Patients: A Meta-Analysis. *Med Sci Monit Basic Res.* 2018 Dec 3;24:210-215. doi: 10.12659/MSMBR.911951
337. Liu, H.-H., Yeh, N.-C., Wu, Y.-F., Yang, Y.-R., Wang, R.-Y., & Cheng, F.-Y. (2019). Effects of Tai Chi Exercise on Reducing Falls and Improving Balance Performance in Parkinson's Disease: A Meta-Analysis. *Parkinson's Disease*, 2019, 1–8. doi:10.1155/2019/9626934
338. Tsang, W. W. N., Chan, K. K., Cheng, C. N., Hu, F. S. F., Mak, C. T. K., & Wong, J. W. C. (2019). Tai Chi practice on prefrontal oxygenation levels in older adults: A pilot study. *Complementary Therapies in Medicine*, 42, 132–136. doi:10.1016/j.ctim.2018.11.005

- 339.Liu, S., Li, L., Liu, Z., & Guo, X. (2019). Long-Term Tai Chi Experience Promotes Emotional Stability and Slows Gray Matter Atrophy for Elders. *Frontiers in Psychology*, 10. doi:10.3389/fpsyg.2019.00091
- 340.Gouw VXH, Jiang Y, Seah B, He H, Hong J, Wang W. Effectiveness of internal Qigong on quality of life, depressive symptoms and self-efficacy among community-dwelling older adults with chronic disease: A systematic review and meta-analysis. *Int J Nurs Stud*. 2019;99:103378. doi:10.1016/j.ijnurstu.2019.06.009
- 341.Liao SJ, Chong MC, Tan MP, Chua YP. Tai Chi with music improves quality of life among community-dwelling older persons with mild to moderate depressive symptoms: A cluster randomized controlled trial. *Geriatr Nurs*. 2019;40(2):154–159. doi:10.1016/j.gerinurse.2018.08.001
- 342.Zou L, Han J, Li C, et al. Effects of Tai Chi on Lower Limb Proprioception in Adults Aged Over 55: A Systematic Review and Meta-Analysis. *Arch Phys Med Rehabil*. 2019;100(6):1102–1113. doi:10.1016/j.apmr.2018.07.425
- 343.Qi, M., Moyle, W., Jones, C., & Weeks, B. (2020). Tai Chi Combined With Resistance Training for Adults Aged 50 Years and Older., 43(1), 32–41. doi:10.1519/jpt.0000000000000218
- 344.Zou L, Zhang Y, Liu Y, et al. The Effects of Tai Chi Chuan Versus Core Stability Training on Lower-Limb Neuromuscular Function in Aging Individuals with Non-Specific Chronic Lower Back Pain. *Medicina (Kaunas)*. 2019;55(3):60. Published 2019 Mar 3. doi:10.3390/medicina55030060
- 345.Choo YT, Jiang Y, Hong J, Wang W. Effectiveness of Tai Chi on quality of life, depressive symptoms and physical function among community-dwelling older adults with chronic disease: A systematic review and meta-analysis. *Int J Nurs Stud*. 2020 Nov;111:103737. doi: 10.1016/j.ijnurstu.2020.103737. Epub 2020 Aug 1. PMID: 32891966.
- 346.Toneti BF, Barbosa RFM, Mano LY, Sawada LO, Oliveira IG, Sawada NO. Benefits of Qigong as an integrative and complementary practice for health: a systematic review. *Rev Lat Am Enfermagem*. 2020;28:e3317. doi: 10.1590/1518-8345.3718.3317. Epub 2020 Jul 15. PMID: 32696918; PMCID: PMC7365612
- 347.Wang D, Wang P, Lan K, Zhang Y, Pan Y. Effectiveness of Tai chi exercise on overall quality of life and its physical and psychological components among older adults: a systematic review and meta-analysis. *Braz J Med Biol Res*. 2020;53(10):e10196. doi: 10.1590/1414-431X202010196. Epub 2020 Sep 7. PMID: 32901684; PMCID: PMC7485323.
- 348.Oh B, Bae K, Lamoury G, Eade T, Boyle F, Corless B, Clarke S, Yeung A, Rosenthal D, Schapira L, Back M. The Effects of Tai Chi and Qigong on Immune Responses: A Systematic Review and Meta-Analysis. *Medicines (Basel)*. 2020 Jun 30;7(7):39. doi: 10.3390/medicines7070039. PMID: 32629903; PMCID: PMC7400467
- 349.Effects of Eight Methods and Five Steps of Tai Chi Practice on Balance Control Among Older Adults. Hu X, Lyu S, Mao M, Zhang J, Sun W, Zhang C, Song Q. *Motor Control*. 2021 Sep 16;25(4):616-630. doi: 10.1123/mc.2021-0022
- 350.The effectiveness of traditional Chinese medicine-based exercise on physical performance, balance and muscle strength among older adults: a systematic review with

- meta-analysis. Wang C, Liang J, Si Y, Li Z, Lu A. *Aging Clin Exp Res*. 2021 Aug 22. doi: 10.1007/s40520-021-01964-2
351. Efficacy of Qigong Exercise for Treatment of Fatigue: A Systematic Review and Meta-Analysis. Wang R, Huang X, Wu Y, Sun D. *Front Med (Lausanne)*. 2021 Jun 22;8:684058. doi: 10.3389/fmed.2021.684058. eCollection 2021
352. Rodrigues JM, Matos LC, Francisco N, Dias A, Azevedo J, Machado. J. Assessment of Qigong Effects on Anxiety of High-school Students: A Randomized Controlled Trial. *Adv Mind Body Med*. 2021 Summer;35(3):10-19
353. Lü, J., Huang, L., Wu, X., Fu, W., & Liu, Y. (2017). Effect of Tai Ji Quan training on self-reported sleep quality in elderly Chinese women with knee osteoarthritis: a randomized controlled trial. *Sleep Medicine*, 33, 70–75. doi:10.1016/j.sleep.2016.12.024
354. Xiang, Y., Lu, L., Chen, X., & Wen, Z. (2017). Does Tai Chi relieve fatigue? A systematic review and meta-analysis of randomized controlled trials. *PLOS ONE*, 12(4), e0174872. doi:10.1371/journal.pone.0174872
355. Vincent J Minichiello, Y. Z. (2013). Tai Chi Improves Sleep Quality in Healthy Adults and Patients with Chronic Conditions: A Systematic Review and Meta-analysis. *Journal of Sleep Disorders & Therapy*, 02(06). doi:10.4172/2167-0277.1000141
356. Effects of Tai Chi or Exercise on Sleep in Older Adults With Insomnia: A Randomized Clinical Trial. Siu PM, Yu AP, Tam BT, Chin EC, Yu DS, Chung KF, Hui SS, Woo J, Fong DY, Lee PH, Wei GX, Irwin MR. *JAMA Netw Open*. 2021 Feb 1;4(2):e2037199. doi: 10.1001/jamanetworkopen.2020.37199
357. Guo L, Kong Z, Zhang Y. Qigong-Based Therapy for Treating Adults with Major Depressive Disorder: A Meta-Analysis of Randomized Controlled Trials. *Int J Environ Res Public Health*. 2019;16(5):826. Published 2019 Mar 7. doi:10.3390/ijerph16050826
358. Liu X, Williams G, Kostner K, Brown WJ. The Effect of t'ai chi on Quality of Life in Centrally Obese Adults with Depression. *J Altern Complement Med*. 2019;25(10):1005–1008. doi:10.1089/acm.2019.0050
359. Cocchiara, R. A., Dorelli, B., Gholamalishahi, S., Longo, W., Musumeci, E., Mannocci, A., & La Torre, G. (2020). Tai Chi and Workplace Wellness for Health Care Workers: A Systematic Review. *International Journal of Environmental Research and Public Health*, 17(1), 343. doi:10.3390/ijerph17010343
360. Li H, Chen J, Xu G, Duan Y, Huang D, Tang C, Liu J. The Effect of Tai Chi for Improving Sleep Quality: A Systematic Review and Meta-analysis. *J Affect Disord*. 2020 Sep 1;274:1102-1112. doi: 10.1016/j.jad.2020.05.076. Epub 2020 May 26. PMID: 32663938
361. Mulcahy A, Holland B, Gosselin K, Pittman A. The Use of Tai-Chi to Reduce Anxiety Among Nursing Students Undergoing Simulation. *Nurs Educ Perspect*. 2020 May/Jun;41(3):183-184. doi: 10.1097/01.NEP.0000000000000495. PMID: 31469677.
362. Song J, Liu ZZ, Huang J, Wu JS, Tao J. Effects of aerobic exercise, traditional Chinese exercises, and meditation on depressive symptoms of college student: A meta-analysis of randomized controlled trials. *Medicine (Baltimore)*. 2021 Jan 8;100(1):e23819. doi: 10.1097/MD.00000000000023819. PMID: 33429742; PMCID: PMC7793414.

- 363.The Effects of Tai Chi and Qigong Exercise on Psychological Status in Adolescents: A Systematic Review and Meta-Analysis. Liu X, Li R, Cui J, Liu F, Smith L, Chen X, Zhang D.Front Psychol. 2021 Nov 24;12:746975. doi: 10.3389/fpsyg.2021.746975. eCollection 2021
- 364.Tai Chi for anxiety and depression symptoms in cancer, stroke, heart failure, and chronic obstructive pulmonary disease: A systematic review and meta-analysis.Cai Q, Cai SB, Chen JK, Bai XH, Jing CX, Zhang X, Li JQ.Complement Ther Clin Pract. 2022 Feb;46:101510. doi: 10.1016/j.ctcp.2021.101510. Epub 2021 Nov 2
- 365.Winser, S. J., Tsang, W. W., Krishnamurthy, K., & Kannan, P. (2018). Does Tai Chi improve balance and reduce falls incidence in neurological disorders? A systematic review and meta-analysis. *Clinical Rehabilitation*, 026921551877344.doi:10.1177/0269215518773442
- 366.Lyu, D., Lyu, X., Zhang, Y., Ren, Y., Yang, F., Zhou, L., ... Li, Z. (2018). Tai Chi for Stroke Rehabilitation: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *Frontiers in Physiology*, 9.doi:10.3389/fphys.2018.00983
- 367.Zheng, G., Zheng, X., Li, J., Duan, T., Ling, K., Tao, J., & Chen, L. (2019). Effects of Tai Chi on Cerebral Haemodynamics and Health-related Outcomes in Older Community Adults at Risk of Ischaemic Stroke: A Randomized Controlled Trial. *Journal of Aging and Physical Activity*, 1–27. doi:10.1123/japa.2018-0232
- 368.Pan, Z., Su, X., Fang, Q., Hou, L., Lee, Y., Chen, C. C., ... Kim, M.-L. (2018). The Effects of Tai Chi Intervention on Healthy Elderly by Means of Neuroimaging and EEG: A Systematic Review. *Frontiers in Aging Neuroscience*, 10.doi:10.3389/fnagi.2018.00110
- 369.Song, R., Grabowska, W., Park, M., Osypiuk, K., Vergara-Diaz, G. P., Bonato, P., ... Wayne, P. M. (2017). The impact of Tai Chi and Qigong mind-body exercises on motor and non-motor function and quality of life in Parkinson's disease: A systematic review and meta-analysis. *Parkinsonism & Related Disorders*, 41, 3–13.doi:10.1016/j.parkreldis.2017.05.019
- 370.Li, G., Wang, W., Liu, G., & Zhang, Y. (2018). Effects of Tai Chi on balance and gait in stroke survivors: A systematic meta-analysis of randomized controlled trials. *Journal of Rehabilitation Medicine*, 50(7), 582–588. doi:10.2340/16501977-2346
- 371.Taylor, E., & Taylor-Piliae, R. E. (2017). The effects of Tai Chi on physical and psychosocial function among persons with multiple sclerosis: A systematic review. *Complementary Therapies in Medicine*, 31, 100–108. doi:10.1016/j.ctim.2017.03.001
- 372.Sun, J., Kanagawa, K., Sasaki, J., Ooki, S., Xu, H., & Wang, L. (2015). Tai chi improves cognitive and physical function in the elderly: a randomized controlled trial. *Journal of Physical Therapy Science*, 27(5), 1467–1471.doi:10.1589/jpts.27.1467
- 373.Sungkarat, S., Boripuntakul, S., Chattipakorn, N., Watcharasaksilp, K., & Lord, S. R. (2016). Effects of Tai Chi on Cognition and Fall Risk in Older Adults with Mild Cognitive Impairment: A Randomized Controlled Trial. *Journal of the American Geriatrics Society*, 65(4), 721–727. doi:10.1111/jgs.14594
- 374.Sungkarat, S., Boripuntakul, S., Kumfu, S., Lord, S. R., & Chattipakorn, N. (2018). Tai Chi Improves Cognition and Plasma BDNF in Older Adults With Mild Cognitive Impairment: A

- Randomized Controlled Trial. *Neurorehabilitation and Neural Repair*, 32(2), 142–149. doi:10.1177/1545968317753682
- Wayne, P. M., Walsh, J. N., Taylor-Piliae, R. E., Wells, R. E., Papp, K. V., Donovan, N. J., & Yeh, G. Y. (2014). Effect of Tai Chi on Cognitive Performance in Older Adults: Systematic Review and Meta-Analysis. *Journal of the American Geriatrics Society*, 62(1), 25–39. doi:10.1111/jgs.12611
375. Wayne, P. M., Walsh, J. N., Taylor-Piliae, R. E., Wells, R. E., Papp, K. V., Donovan, N. J., & Yeh, G. Y. (2014). Effect of Tai Chi on Cognitive Performance in Older Adults: Systematic Review and Meta-Analysis. *Journal of the American Geriatrics Society*, 62(1), 25–39. doi:10.1111/jgs.12611
376. Wang X, Wu J, Ye M, Wang L, Zheng G. Effect of Baduanjin exercise on the cognitive function of middle-aged and older adults: A systematic review and meta-analysis. *Complement Ther Med*. 2021 Jun;59:102727. doi: 10.1016/j.ctim.2021.102727. Epub 2021 Apr 30
377. Aras B, Seyyar GK, Fidan O, Colak E. The effect of Tai Chi on functional mobility, balance and falls in Parkinson's disease: A systematic review and meta-analysis of systematic reviews. *Explore (NY)*. 2021 Dec 13:S1550-8307(21)00247-0. doi: 10.1016/j.explore.2021.12.002
378. Baduanjin Qigong Improves Balance, Leg Strength, and Mobility in Individuals With Chronic Stroke: A Randomized Controlled Study. Yuen M, Ouyang HX, Miller T, Pang MYC. *Neurorehabil Neural Repair*. 2021 May;35(5):444-456. doi: 10.1177/15459683211005020. Epub 2021 Apr
379. Wei, G.-X., Xu, T., Fan, F.-M., Dong, H.-M., Jiang, L.-L., Li, H.-J., ... Zuo, X.-N. (2013). Can Taichi Reshape the Brain? A Brain Morphometry Study. *PLoS ONE*, 8(4), e61038. doi:10.1371/journal.pone.0061038
380. Zhu M, Zhang Y, Pan J, Fu C, Wang Y. Effect of simplified Tai Chi exercise on relieving symptoms of patients with mild to moderate Parkinson's disease. *J Sports Med Phys Fitness*. 2020 Feb;60(2):282-288. doi: 10.23736/S0022-4707.19.10104-1. Epub 2019 Oct 25. PMID: 31665879
381. Wei L, Chai Q, Chen J, Wang Q, Bao Y, Xu W, Ma E. The impact of Tai Chi on cognitive rehabilitation of elder adults with mild cognitive impairment: a systematic review and meta-analysis. *Disabil Rehabil*. 2020 Oct 12:1-10. doi: 10.1080/09638288.2020.1830311. Epub ahead of print. PMID: 33043709
382. Li C, Zheng D, Luo J. Effects of traditional Chinese exercise on patients with cognitive impairment: A systematic review and Bayesian network meta-analysis. *Nurs Open*. 2021 Feb 19. doi: 10.1002/nop2.799. Epub ahead of print. PMID: 33605528.
383. Zheng G, Zheng Y, Xiong Z, Ye B. Effect of Baduanjin exercise on cognitive function in patients with post-stroke cognitive impairment: a randomized controlled trial. *Clin Rehabil*. 2020 Aug;34(8):1028-1039. doi: 10.1177/0269215520930256. Epub 2020 Jun 10. PMID: 32517490.
384. Yu L, Liu F, Nie P, Shen C, Chen J, Yao L. Systematic review and meta-analysis of randomized controlled trials assessing the impact of Baduanjin exercise on cognition and memory in patients with mild cognitive impairment. *Clin Rehabil*. 2020 Nov

- 4:269215520969661. doi: 10.1177/0269215520969661. Epub ahead of print. PMID: 33143442.
- 385.Yu X, Wu X, Hou G, Han P, Jiang L, Guo Q. The Impact of Tai Chi on Motor Function, Balance, and Quality of Life in Parkinson's Disease: A Systematic Review and Meta-Analysis. *Evid Based Complement Alternat Med.* 2021 Jan 11;2021:6637612. doi: 10.1155/2021/6637612. PMID: 33505498; PMCID: PMC7814935.
- 386.Chen S, Zhang Y, Wang YT, Liu X, Song W, Du X. The effect of Qigong-based therapy on patients with Parkinson's disease: a systematic review and meta-analysis. *Clin Rehabil.* 2020 Dec;34(12):1436-1448. doi: 10.1177/0269215520946695. Epub 2020 Jul 29. PMID: 32727214.
- 387.Lin R, Cui S, Yang J, Yang H, Feng Z, Wahner-Roedler DL, Zhou X, Salinas M, Mallory MJ, Do A, Bublitz SE, Chon TY, Tang C, Bauer BA, Xu M. Effects of Tai Chi on Patients with Mild Cognitive Impairment: A Systematic Review and Meta-analysis of Randomized Controlled Trials. *Biomed Res Int.* 2021 Apr 12;2021:5530149. doi: 10.1155/2021/5530149. eCollection 2021
- 388.Shou, X.-L., Wang, L., Jin, X.-Q., Zhu, L.-Y., Ren, A.-H., & Wang, Q.-N. (2018). Effect of Tai chi Exercise on Hypertension in Young and Middle-Aged In-Service Staff. *The Journal of Alternative and Complementary Medicine*.doi:10.1089/acm.2018.0011
- 389.Gu, Q., Wu, S.-J., Zheng, Y., Zhang, Y., Liu, C., Hou, J.-C., ... Fang, X.-M. (2017). Tai Chi Exercise for Patients with Chronic Heart Failure. *American Journal of Physical Medicine & Rehabilitation*, 96(10), 706–716.doi:10.1097/phm.0000000000000723
- 390.Nery, R. M., Zanini, M., de Lima, J. B., Bühler, R. P., da Silveira, A. D., & Stein, R. (2015). Tai Chi Chuan improves functional capacity after myocardial infarction: A randomized clinical trial. *American Heart Journal*, 169(6), 854–860.doi:10.1016/j.ahj.2015.01.017
- 391.Pan, X., Mahemuti, A., Zhang, X., Wang, Y., Hu, P., Jiang, J., ... Wang, J. (2016). Effect of Tai Chi exercise on blood lipid profiles: a meta-analysis of randomized controlled trials. *Journal of Zhejiang University-SCIENCE B*, 17(8), 640–648. doi:10.1631/jzus.b1600052
- 392.Ren, X., Li, Y., Yang, X., Li, J., Li, H., Yuan, Z., ... Gao, Y. (2017). The Effects of Tai Chi Training in Patients with Heart Failure: A Systematic Review and Meta-Analysis. *Frontiers in Physiology*, 8.doi:10.3389/fphys.2017.00989). The Effects of Tai Chi Training in Patients with Heart Failure: A Systematic Review and Meta-Analysis. *Frontiers in Physiology*, 8.doi:10.3389/fphys.2017.00989
- 393.Ng SM1, Wang CW, Ho RT, Ziea TC, He J, Wong VC, Chan CL. Tai chi exercise for patients with heart disease: a systematic review of controlled clinical trials. *Altern Ther Health Med.* 2012 May-Jun;18(3):16-22
- 394.Shou XL, Wang L, Jin XQ, Zhu LY, Ren AH, Wang QN. Effect of Tai Chi Exercise on Hypertension in Young and Middle-Aged In-Service Staff. *J Altern Complement Med.* 2019;25(1):73–78. doi:10.1089/acm.2018.0011
- 395.Zhong D, Li J, Yang H, Li Y, Huang Y, Xiao Q, Liu T, Jin R. Tai Chi for Essential Hypertension: a Systematic Review of Randomized Controlled Trials. *Curr Hypertens Rep.* 2020 Mar 2;22(3):25. doi: 10.1007/s11906-020-1031-y. PMID: 32124064

396. Liang H, Luo S, Chen X, Lu Y, Liu Z, Wei L. Effects of Tai Chi exercise on cardiovascular disease risk factors and quality of life in adults with essential hypertension: A meta-analysis. *Heart Lung*. 2020 Jul-Aug;49(4):353-363. doi: 10.1016/j.hrtlng.2020.02.041. Epub 2020 Mar 12. PMID: 32171586.
397. Guan Y, Hao Y, Guan Y, Wang H. Effects of Tai Chi on essential hypertension and related risk factors: A meta-analysis of randomized controlled trials. *J Rehabil Med*. 2020 May 11;52(5):jrm00057. doi: 10.2340/16501977-2683. PMID: 32338292
398. Guan Y, Hao Y, Guan Y, Wang H. Effects of Baduanjin exercise on essential hypertension: A meta-analysis of randomized controlled trials. *Medicine (Baltimore)*. 2020 Aug 7;99(32):e21577. doi: 10.1097/MD.00000000000021577. PMID: 32769904; PMCID: PMC7593081.
399. Wu B, Ding Y, Zhong B, Jin X, Cao Y, Xu D. Intervention Treatment for Myocardial Infarction With Tai Chi: A Systematic Review and Meta-analysis. *Arch Phys Med Rehabil*. 2020 Dec;101(12):2206-2218. doi: 10.1016/j.apmr.2020.02.012. Epub 2020 Mar 28. PMID: 32234412.
400. Wang D, Wang P, Lan K, Zhang Y, Pan Y. Effectiveness of Tai chi exercise on overall quality of life and its physical and psychological components among older adults: a systematic review and meta-analysis. *Braz J Med Biol Res*. 2020;53(10):e10196. doi: 10.1590/1414-431X202010196. Epub 2020 Sep 7. PMID: 32901684; PMCID: PMC7485323.
401. Wu Y, Johnson BT, Chen S, Chen Y, Livingston J, Pescatello LS. Tai Ji Quan as antihypertensive lifestyle therapy: A systematic review and meta-analysis. *J Sport Health Sci*. 2021 Mar;10(2):211-221. doi: 10.1016/j.jshs.2020.03.007. Epub 2020 May 1. PMID: 32360952.
402. Song Y, Li J, István B, Xuan R, Wei S, Zhong G, Gu Y. Current Evidence on Traditional Chinese Exercises for Quality of Life in Patients With Essential Hypertension: A Systematic Review and Meta-Analysis. *Front Cardiovasc Med*. 2021 Jan 20;7:627518. doi: 10.3389/fcvm.2020.627518. PMID: 33553269; PMCID: PMC7854897.
403. Current Evidence on Traditional Chinese Exercises for Quality of Life in Patients With Essential Hypertension: A Systematic Review and Meta-Analysis. Song Y, Li J, István B, Xuan R, Wei S, Zhong G, Gu Y. *Front Cardiovasc Med*. 2021 Jan 20;7:627518. doi: 10.3389/fcvm.2020.627518. eCollection 2020
404. Ching SM, Mokshashri NR, Kannan MM, Lee KW, Sallahuddin NA, Ng JX, Wong JL, Devaraj NK, Hoo FK, Loo YS, Veettil SK. Effects of qigong on systolic and diastolic blood pressure lowering: a systematic review with meta-analysis and trial sequential analysis. *BMC Complement Med Ther*. 2021 Jan 6;21(1):8. doi: 10.1186/s12906-020-03172-3. PMID: 33407414; PMCID: PMC7789757.
405. TaiChi and Qigong for Depressive Symptoms in Patients with Chronic Heart Failure: A Systematic Review with Meta-Analysis. Jiang W, Liao S, Chen X, Lundborg CS, Marrone G, Wen Z, Lu W. *Evid Based Complement Alternat Med*. 2021 Jun 24;2021:5585239. doi: 10.1155/2021/5585239
406. Tong H, Liu Y, Zhu Y, Zhang B, Hu J. The therapeutic effects of qigong in patients with chronic obstructive pulmonary disease in the stable stage: a meta-analysis. *BMC*

- Complement Altern Med. 2019;19(1):239. Published 2019 Sep 4. doi:10.1186/s12906-019-2639-9
- 407.Efficacy of Liuzijue Qigong in patients with chronic obstructive pulmonary disease: A systematic review and meta-analysis. Xu S, Zhang D, He Q, Ma C, Ye S, Ge L, Zhang L, Liu W, Chen Z, Zhou L.Complement Ther Med. 2022 May;65:102809. doi: 10.1016/j.ctim.2022.102809. Epub 2022 Jan 29
- 408.Wu JJ, Zhang YX, Du WS, et al. Effect of Qigong on self-rating depression and anxiety scale scores of COPD patients: A meta-analysis. *Medicine (Baltimore)*. 2019;98(22):e15776. doi:10.1097/MD.00000000000015776
- 409.Yilmaz Gokmen G, Akkoyunlu ME, Kilic L, Algun C. The Effect of T'ai Chi and Qigong Training on Patients with Obstructive Sleep Apnea: A Randomized Controlled Study. *J Altern Complement Med*. 2019;25(3):317–325. doi:10.1089/acm.2018.0197
- 410.Guo C, Xiang G, Xie L, Liu Z, Zhang X, Wu Q, Li S, Wu Y. Effects of Tai Chi training on the physical and mental health status in patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis. *J Thorac Dis*. 2020 Mar;12(3):504-521. doi: 10.21037/jtd.2020.01.03. PMID: 32274117; PMCID: PMC7139037.
- 411.Cao A, Feng F, Zhang L, Zhou X. Baduanjin exercise for chronic obstructive pulmonary disease: an updated systematic review and meta-analysis. *Clin Rehabil*. 2020 Aug;34(8):1004-1013. doi: 10.1177/0269215520926635. Epub 2020 Jun 10. PMID: 32517512.
- 412.Zheng Y, Zhang Y, Li H, Qiao L, Fu W, Yu L, Li G, Yang J, Ni W, Yong Z, Wang Y, Fan H. Comparative Effect of Liuzijue Qigong and Conventional Respiratory Training on Trunk Control Ability and Respiratory Muscle Function in Patients at an Early Recovery Stage From Stroke: A Randomized Controlled Trial. *Arch Phys Med Rehabil*. 2021 Mar;102(3):423-430. doi: 10.1016/j.apmr.2020.07.007. Epub 2020 Aug 12. PMID: 32795561
- 413.The effect of Tai Chi on the pulmonary rehabilitation of chronic obstructive pulmonary disease: a systematic review and meta-analysis. Liu X, Fu C, Hu W, Hao S, Xie L, Wu X, Wang J, Liu Z, Lin Q, Li S.*Ann Palliat Med*. 2021 Apr;10(4):3763-3782. doi: 10.21037/apm-20-940. Epub 2021 Apr 15
- 414.Lu, W., Liu, X., Wang, L., Wang, Z., hu, jun, & Yan, J. (2014). Effects of Tai Chi on exercise capacity and health-related quality of life in patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis. *International Journal of Chronic Obstructive Pulmonary Disease*, 1253. doi:10.2147/copd.s70862
- 415.Ding, M., Zhang, W., Li, K., & Chen, X. (2014). Effectiveness of T'ai Chi and Qigong on Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis. *The Journal of Alternative and Complementary Medicine*, 20(2), 79–86. doi:10.1089/acm.2013.0087
- 416.Wang, Y., Shan, W., Li, Q., Yang, N., & Shan, W. (2017). Tai Chi Exercise for the Quality of Life in a Perimenopausal Women Organization: A Systematic Review. *Worldviews on Evidence-Based Nursing*, 14(4), 294–305. doi:10.1111/wvn.12234

- 417.(Chow, T. H., Lee, B. Y., Ang, A. B. F., Cheung, V. Y. K., Ho, M. M. C., & Takemura, S. (2018). The effect of Chinese martial arts Tai Chi Chuan on prevention of osteoporosis: A systematic review. *Journal of Orthopaedic Translation*, 12, 74–84. doi:10.1016/j.jot.2017.06.001
- 418.Zhang Y, Chai Y, Pan X, Shen H, Wei X, Xie Y. Tai chi for treating osteopenia and primary osteoporosis: a meta-analysis and trial sequential analysis. *Clin Interv Aging*. 2019;14:91–104. Published 2019 Jan 3. doi:10.2147/CIA.S187588
- 419.Chao, M., Wang, C., Dong, X., & Ding, M. (2018). The Effects of Tai Chi on Type 2 Diabetes Mellitus: A Meta-Analysis. *Journal of Diabetes Research*, 2018, 1–9. doi:10.1155/2018/7350567
- 420.Meng, D., Chunyan, W., Xiaosheng, D., & Xiangren, Y. (2018). The Effects of Qigong on Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. *Evidence-Based Complementary and Alternative Medicine*, 2018, 1–8.doi:10.1155/2018/8182938
- 421.Alenazi, A. M., Alshehri, M. M., Hoover, J. C., Yabroudi, M. A., Kachanathu, S. J., & Liu, W. (2018). The Effect of T'ai Chi Exercise on Lipid Profiles: A Systematic Review and Meta-Analysis of Randomized Clinical Trials. *The Journal of Alternative and Complementary Medicine*, 24(3), 220–230. doi:10.1089/acm.2017.0104
- 422.Palermi S, Sacco AM, Belviso I, Marino N, Gambardella F, Loiacono C, Sirico F. Effectiveness of Tai Chi on Balance Improvement in Type 2 Diabetes Patients: A Systematic Review and Meta-Analysis. *J Aging Phys Act*. 2020 Mar 3:1-11. doi: 10.1123/japa.2019-0242
- 423.Guo S, Xu Y, Qin J, Chen Y, You Y, Tao J, Liu Z, Huang J. Effect of tai chi on glycaemic control, lipid metabolism and body composition in adults with type 2 diabetes: A meta-analysis and systematic review. *J Rehabil Med*. 2021 Mar 22;53(3):jrm00165. doi: 10.2340/16501977-2799. PMID: 33594445.
- 424.Qin J, Chen Y, Guo S, You Y, Xu Y, Wu J, Liu Z, Huang J, Chen L, Tao J. Effect of Tai Chi on Quality of Life, Body Mass Index, and Waist-Hip Ratio in Patients With Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis. *Front Endocrinol (Lausanne)*. 2021 Jan 19;11:543627. doi: 10.3389/fendo.2020.543627. PMID: 33542702; PMCID: PMC7851054
- 425.Effects of Tai Chi or Conventional Exercise on Central Obesity in Middle-Aged and Older Adults : A Three-Group Randomized Controlled Trial. Siu PM, Yu AP, Chin EC, Yu DS, Hui SS, Woo J, Fong DY, Wei GX, Irwin MR.*Ann Intern Med*. 2021 Aug;174(8):1050-1057. doi: 10.7326/M20-7014. Epub 2021 Jun 1.)
- 426.Song, S., Yu, J., Ruan, Y., Liu, X., Xiu, L., & Yue, X. (2018). Ameliorative effects of Tai Chi on cancer-related fatigue: a meta-analysis of randomized controlled trials. *Supportive Care in Cancer*, 26(7), 2091–2102. doi:10.1007/s00520-018-4136-y
- 427.Wayne, P. M., Lee, M. S., Novakowski, J., Osypiuk, K., Ligibel, J., Carlson, L. E., & Song, R. (2017). Tai Chi and Qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis. *Journal of Cancer Survivorship*, 12(2), 256–267.doi:10.1007/s11764-017-0665-5
- 428.Zhang, L.-L., Wang, S.-Z., Chen, H.-L., & Yuan, A.-Z. (2016). Tai Chi Exercise for Cancer-Related Fatigue in Patients With Lung Cancer Undergoing Chemotherapy: A Randomized

- Controlled Trial. *Journal of Pain and Symptom Management*, 51(3), 504–511.doi:10.1016/j.jpainsymman.2015.11.020
- 429.Ni X, Chan RJ, Yates P, Hu W, Huang X, Lou Y. The effects of Tai Chi on quality of life of cancer survivors: a systematic review and meta-analysis. *Support Care Cancer*. 2019;27(10):3701–3716. doi:10.1007/s00520-019-04911-0
- 430.Ying W, Min QW, Lei T, Na ZX, Li L, Jing L. The health effects of Baduanjin exercise in breast cancer survivors: A randomized, controlled, single-blinded trial. *Eur J Oncol Nurs*. 2019;39:90–97. doi:10.1016/j.ejon.2019.01.007
- 431.Luo XC, Liu J, Fu J, Yin HY, Shen L, Liu ML, Lan L, Ying J, Qiao XL, Tang CZ, Tang Y. Effect of Tai Chi Chuan in Breast Cancer Patients: A Systematic Review and Meta-Analysis. *Front Oncol*. 2020 Apr 23;10:607. doi: 10.3389/fonc.2020.00607. PMID: 32391277; PMCID: PMC7191057
- 432.Cheng, D., Wang, X., Hu, J., Dai, L., Lv, Y., Feng, H., ... Wang, L. (2021). Effect of Tai Chi and Resistance Training on Cancer-Related Fatigue and Quality of Life in Middle-Aged and Elderly Cancer Patients. *Chinese Journal of Integrative Medicine*, 27(4), 265–272. doi:10.1007/s11655-021-3278-9
- 433.Cheung, D. S. T., Takemura, N., Smith, R., Yeung, W. F., Xu, X., Ng, A. Y. M., ... Lin, C.-C. (2021). Effect of qigong for sleep disturbance-related symptom clusters in cancer: a systematic review and meta-analysis. *Sleep Medicine*, 85, 108–122. doi:10.1016/j.sleep.2021.06.036
- 434.Denise Shuk Ting Cheung, Naomi Takemura, Tai Chung Lam, James Chung Man Ho, Wen Deng, Robert Smith, Yinxia Yan, Anne Wing Mui Lee, Chia Chin Lin. Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial. *Integr Cancer Ther*. Jan-Dec 2021;20:15347354211033352.doi: 10.1177/15347354211033352
- 435.Molassiotis, A., Vu, D. V., & Ching, S. S. Y. (2021). The Effectiveness of Qigong in Managing a Cluster of Symptoms (Breathlessness-Fatigue-Anxiety) in Patients with Lung Cancer: A Randomized Controlled Trial. *Integrative Cancer Therapies*, 20, 153473542110082. doi:10.1177/15347354211008253
- 436.Meng, T., Hu, S., Cheng, Y., Ye, M., Wang, B., Wu, J., & Chen, H. (2021). Qigong for women with breast cancer: An updated systematic review and meta-analysis. *Complementary Therapies in Medicine*, 60, 102743. doi:10.1016/j.ctim.2021.102743
- 437.Li-Hua Yang, Pei-Bei Duan, Qing-Mei Hou, Xiao-Qing Wang. Qigong Exercise for Patients with Gastrointestinal Cancer Undergoing Chemotherapy and at High Risk for Depression: A Randomized Clinical Trial. *J Altern Complement Med*. 2021 Sep;27(9):750-759.doi: 10.1089/acm.2020.0531. Epub 2021 May 12
- 438.Effect of qigong for sleep disturbance-related symptom clusters in cancer: a systematic review and meta-analysis. Cheung DST, Takemura N, Smith R, Yeung WF, Xu X, Ng AYM, Lee SF, Lin CC.*Sleep Med*. 2021 Sep;85:108-122. doi: 10.1016/j.sleep.2021.06.036. Epub 2021 Jun 29
- 439.Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial. Cheung DST, Takemura N, Lam TC, Ho JCM,

- Deng W, Smith R, Yan Y, Lee AWM, Lin CC. *Integr Cancer Ther.* 2021 Jan-Dec;20:15347354211033352. doi: 10.1177/15347354211033352
440. Qigong Exercise for Patients with Gastrointestinal Cancer Undergoing Chemotherapy and at High Risk for Depression: A Randomized Clinical Trial. Yang LH, Duan PB, Hou QM, Wang XQ. *J Altern Complement Med.* 2021 Sep;27(9):750-759. doi: 10.1089/acm.2020.0531. Epub 2021 May 12
441. Rodrigues JM, Mestre M, Fredes LI. Qigong in the treatment of children with autism spectrum disorder: A systematic review. *J Integr Med.* 2019;17(4):250–260. doi:10.1016/j.joim.2019.04.003
442. Tai chi improves psychoemotional state, cognition, and motor learning in older adults during the COVID-19 pandemic. Solianik R, Mickevičienė D, Žlibinaitė L, Čekanauskaitė A. *Exp Gerontol.* 2021 Jul 15;150:111363. doi: 10.1016/j.exger.2021.111363. Epub 2021 Apr 19
443. Effect of Tai Chi on muscle strength, physical endurance, postural balance and flexibility: a systematic review and meta-analysis. Wehner C, Blank C, Arvandi M, Wehner C, Schobersberger W. *BMJ Open Sport Exerc Med.* 2021 Feb 5;7(1):e000817. doi: 10.1136/bmjsem-2020-000817. eCollection 2021
444. Saha, F. J., Brummer, G., Lauche, R., Ostermann, T., Choi, K.-E., Rampp, T., ... Cramer, H. (2019). Gua Sha therapy for chronic low back pain: A randomized controlled trial. *Complementary Therapies in Clinical Practice*, 34, 64–69. doi:10.1016/j.ctcp.2018.11.002
445. Braun, M., Schwickert, M., Nielsen, A., Brunnhuber, S., Dobos, G., Musial, F., ... Michalsen, A. (2011). Effectiveness of Traditional Chinese “Gua Sha” Therapy in Patients with Chronic Neck Pain: A Randomized Controlled Trial. *Pain Medicine*, 12(3), 362–369. doi:10.1111/j.1526-4637.2011.01053.x
446. Ren, Q., Yu, X., Liao, F., Chen, X., Yan, D., Nie, H., ... Zhou, X. (2018). Effects of Gua Sha therapy on perimenopausal syndrome: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Clinical Practice*, 31, 268–277. doi:10.1016/j.ctcp.2018.03.012
447. Meng, F., Duan, P., Zhu, J., Lou, Q., Fang, Z., An, H., ... Hu, Q. (2017). Effect of Gua sha therapy on perimenopausal syndrome. *Menopause*, 24(3), 299–307. doi:10.1097/gme.0000000000000752
448. Chiu, J.-Y., Gau, M.-L., Kuo, S.-Y., Chang, Y.-H., Kuo, S.-C., & Tu, H.-C. (2010). Effects of Gua-Sha Therapy on Breast Engorgement. *Journal of Nursing Research*, 18(1), 1–10. doi:10.1097/jnr.0b013e3181ce4f8e
449. Xie X, Lu L, Zhou X, et al. Effect of Gua Sha therapy on patients with diabetic peripheral neuropathy: A randomized controlled trial. *Complement Ther Clin Pract.* 2019;35:348–352. doi:10.1016/j.ctcp.2019.03.018
450. Xiong J, Zhang Z, Ma Y, Li Z, Zhou F, Qiao N, Liu Q, Liao W. The effect of combined scalp acupuncture and cognitive training in patients with stroke on cognitive and motor functions. *NeuroRehabilitation.* 2020;46(1):75-82. doi: 10.3233/NRE-192942. PMID: 32039871.

451. Effect of Interactive Dynamic Scalp Acupuncture on Post-Stroke Cognitive Function, Depression, and Anxiety: A Multicenter, Randomized, Controlled Trial. Zhang SH, Wang YL, Zhang CX, Zhang CP, Xiao P, Li QF, Liang WR, Pan XH, Zhou MC. *Chin J Integr Med*. 2022 Feb;28(2):106-115. doi: 10.1007/s11655-021-3338-1. Epub 2021 Dec 7
452. Therapeutic effect of electric-balance stimulation with scalp acupuncture for motor aphasia after cerebral infarction. Lou XQ, Liu X, Liu CH, Lin HJ, Liu H, Ling J. *Zhongguo Zhen Jiu*. 2021 Nov 12;41(11):1211-5. doi: 10.13703/j.0255-2930.20210302-k0005
453. Effect of scalp acupuncture stimulation on mood and sleep in children with autism spectrum disorder. Jia YN, Gu JH, Wei QL, Jing YZ, Gan XY, Du XZ. *Zhen Ci Yan Jiu*. 2021 Nov 25;46(11):948-52. doi: 10.13702/j.1000-0607.20210276.
454. Short-Term Effect of Scalp Acupuncture on Pain, Sleep Disorders, and Quality of Life in Patients with Temporomandibular Disorders: A Randomized Clinical Trial. Peixoto KO, da Silva Bezerra A, Melo RA, de Resende CMBM, de Almeida EO, Barbosa GAS. *Pain Med*. 2021 Apr 20;22(4):905-914. doi: 10.1093/pm/pnab048

ANEXO

FITOTERAPIA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fatiga	RS y MA				
	Wang S, Wang X, Zhou T, Hu S, Tian P, Li Z, Li Y, Dong J, Gui Y, Wang D, Zhang Y, Hou W.	2021	Effectiveness and Safety of Chinese Herbal Injections Combined with Fluoropyrimidine and Oxaliplatin-based Chemotherapy for Advanced Colorectal Cancer: A Systematic Review and Meta-analysis of 63 Randomized Controlled Trials.	J Cancer	J Cancer. 2021 Oct 25;12(23):7237-7254. doi: 10.7150/jca.60895. eCollection 2021.
	Jee Young Lee, Eun Hye Kim, Jee-Hyun Yoon, Wankyu Eo, Seong Woo Yoon	2021	Traditional Herbal Medicine, Sipjeondaebo-Tang, for Cancer-Related Fatigue: A Randomized, Placebo-Controlled, Preliminary Study	Integr Cancer Ther	Integr Cancer Ther. Jan-Dec 2021;20:15347354211040830.doi: 10.1177/15347354211040830.

	Zhao Y, Wang S, Li J, Zhou Y, Wu W, Swei Sunny H.	2020	Effectiveness and safety of traditional Chinese medical therapy for cancer-related fatigue: a systematic review and Meta-analysis of randomized controlled trials.	J Tradit Chin Med.	J Tradit Chin Med. 2020 Oct;40(5):738-748. doi: 10.19852/j.cnki.jtcm.2020.05.003. PMID: 33000574.
Cáncer colorectal	RS y MA				
	Li L, Wang Y, Huang X(1), Sun J, Zhang J.	2021	Effect of Xiaoyutang Combined with Intraperitoneal Heat Perfusion Chemotherapy on Immune Function, Circulating mir, Prognosis, and Survival of Postoperative Patients with Colorectal Cancer	Comput Math Methods Med	Comput Math Methods Med. 2021 Dec 14;2021:1619809. doi: 10.1155/2021/1619809. eCollection 2021
	Shuo Wang , Xueqian Wang, Tong Zhou, Shuaihang Hu, Peiyu Tian, Zheng Li, Yuxiao Li , Jun Dong, Yuerong Gui, Dandan Wang, Ying Zhang, Wei Hou.	2021	Effectiveness and Safety of Chinese Herbal Injections Combined with Fluoropyrimidine and Oxaliplatin-based Chemotherapy for Advanced Colorectal Cancer: A Systematic Review and Meta-analysis of 63 Randomized Controlled Trials.	J Cancer.	J Cancer. 2021 Oct 25;12(23):7237-7254. doi: 10.7150/jca.60895. eCollection 2021
	Yan, S.-H., Feng, S., Xu, Y., Yan, Y.-Z., He, B., Sun, L.-Y., ... Yang, Y.-F.	2021	Effectiveness of Herbal Medicine for Leukopenia/Neutropenia Induced by Chemotherapy in Adults with	Integrative Cancer Therapies	Integrative Cancer Therapies, 20, 153473542110216. doi:10.1177/15347354211021654

			Colorectal Cancer: A Systematic Review and Meta-analysis.		
	Mo Tang, Bin He, Jiawei Zhai, Lei Wang.	2021	Oral Chinese Patent Medicine Combined With Oxaliplatin-Based Chemotherapy Regimen for the Treatment of Colorectal Cancer: A Network Meta-Analysis.	Integr Cancer Ther.	Integr Cancer Ther. Jan-Dec 2021;20:15347354211058169. doi: 10.1177/15347354211058169
	Hui Zhao , Man He, Meng Zhang, Qiang Sun, Sha Zeng, Li Chen, Han Yang, Maolun Liu, Shan Ren, Xianli Meng, Haibo Xu.	2021	Colorectal Cancer, Gut Microbiota and Traditional Chinese Medicine: A Systematic Review.	Am J Chin	Am J Chin Med. 2021;49(4):805-828. doi: 10.1142/S0192415X21500385. Epub 2021 Apr 6
	Chen P, Ni W, Xie T, Sui X.	2019	Meta-Analysis of 5-Fluorouracil-Based Chemotherapy Combined With Traditional Chinese Medicines for Colorectal Cancer Treatment.	Integrative Cancer Therapy	Integr Cancer Ther. 2019;18:1534735419828824. doi:10.1177/1534735419828824
	Lin S, An X, Guo Y, et al.	2019	Meta-Analysis of Astragalus-Containing Traditional Chinese Medicine Combined With Chemotherapy for Colorectal Cancer:	Frontiers in Oncology	Front Oncol. 2019;9:749. Published 2019 Aug 13. doi:10.3389/fonc.2019.00749

			Efficacy and Safety to Tumor Response.		
	Sałaga, M., Zatorski, H., Sobczak, M., Chen, C., & Fichna, J.	2014	Chinese Herbal Medicines in the Treatment of IBD and Colorectal Cancer: A Review.	Current Treatment Options in Oncology	Current Treatment Options in Oncology, 15(3), 405–420. doi:10.1007/s11864-014-0288-2
	Chen, M., May, B. H., Zhou, I. W., Xue, C. C. L., & Zhang, A. L.	2015	Meta-Analysis of Oxaliplatin-Based Chemotherapy Combined With Traditional Medicines for Colorectal Cancer.	Integrative Cancer Therapies	Integrative Cancer Therapies, 15(1), 40–59. doi:10.1177/1534735415596424
ECAs					
	Wang ZJ(1), Wang XH, Li J, Zheng SH, Zhang FP, Hao SL, Wang XX, Liu LK.	2021	The efficacy and safety of modified Gegenqinlian Fomular for advanced colorectal cancer (damp heat accumulation type): A multicenter randomized controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 10;100(49):e27850. doi: 10.1097/MD.00000000000027850
Cáncer de Pulmón	RS y MA				
	Tan X, Liang X, Xi J, Guo S, Meng M, Chen X, Li Y.	2021	Clinical efficacy and safety of Huachansu injection combination with platinum-based chemotherapy for advanced non-small cell lung cancer: A	Medicine (Baltimore).	Medicine (Baltimore). 2021 Sep 10;100(36):e27161. doi: 10.1097/MD.00000000000027161

			systematic review and meta-analysis of randomized controlled trials.		
	Guo S, Li Y, Su H, Meng M, Xi J, Mo G, Chen X.	2021	Aidi injection as adjunctive treatment to gemcitabine-based chemotherapy for advanced non-small cell lung cancer: a systematic review and meta-analysis.	Pharm Biol.	Pharm Biol. 2021 Dec;59(1):1260-1275. doi: 10.1080/13880209.2021.1973038
	Xinmei Tan, Xueyan Liang, Jiayi Xi, Sitong Guo, Mingyu Meng, Xiaoyu Chen, Yan Li.	2021	Clinical efficacy and safety of Huachansu injection combination with platinum-based chemotherapy for advanced non-small cell lung cancer: A systematic review and meta-analysis of randomized controlled trials	Medicine (Baltimore)	Medicine (Baltimore). 2021 Sep 10;100(36):e27161. doi:10.1016/j.phymed.2021.153575
	Chenchen Zhao, Haifeng Yan, Wentai Pang, Tong Wu, Xianbin Kong, Xiaojiang Li, Honggen Liu, Linlin Zhao, Feng Liang, Yingjie Jia.	2021	Lentian combined with cisplatin for the treatment of non-small cell lung cancer.	Medicine (Baltimore)	Medicine (Baltimore). 2021 Mar 26;100(12):e25220. doi:10.1097/MD.00000000000025220
	Yan Lu, Chenbing Sun, Lijing Jiao, Yu Liu, Yabin Gong, Ling Xu.	2021	Chinese Herbal Medicine Combined With First-Generation EGFR-TKIs in Treatment of Advanced Non-Small Cell Lung Cancer With EGFR Sensitizing	Front Pharmacol	Front Pharmacol. 2021 Aug 27;12:698371. doi: 10.3389/fphar.2021.698371. eCollection 2021)

			Mutation: A Systematic Review and Meta-Analysis.		
	Tong, Yuling; Wen, Jianxia; Yang, Tao; Li, Haotian; Wei, Shizhang; Jing, Manyi; Wang, Min; Zou, Wenjun; Zhao, Yanling	2020	Clinical efficacy and safety of Tanreqing injection combined with antibiotics versus antibiotics alone in the treatment of pulmonary infection patients after chemotherapy with lung cancer: A systematic review and metaanalysis.	Phytotherapy Research,	Phytotherapy Research, ptr.6790-. doi:10.1002/ptr.6790
	Hailang H, Jiping Z, Ailing C, Xianmei Z.	2020	The effect of kanglaite injection in combination with gefitinib versus gefitinib alone in patients with nonsmall cell lung cancer: A meta-analysis.	J Cancer Res Ther.	J Cancer Res Ther. 2020 Jul-Sep;16(4):745-751. doi: 10.4103/jcrt.JCRT_1213_16. PMID: 32930113.
	Kim, K.-I., Jun, J. H., Baek, H., Kim, J.-H., Lee, B.-J., & Jung, H.-J.	2018	Oral administration of herbal medicines for radiation pneumonitis in lung cancer patients: A systematic review and meta-analysis.	PLOS ONE	PLOS ONE, 13(5), e0198015. doi:10.1371/journal.pone.0198015
	Shen S, Jiang S.	2019	Chinese herbal medicines of supplementing Qi and nourishing Yin combined with chemotherapy for non-small cell lung cancer: A meta analysis and systematic review.	Journal of Cellular Biochemistry	J Cell Biochem. 2019 Feb 7. doi: 10.1002/jcb.28192

	Sui X, Zhang M, Han X, Zhang R, Chen L, Liu Y, Xiang Y, Xie T.	2020	Combination of traditional Chinese medicine and epidermal growth factor receptor tyrosine kinase inhibitors in the treatment of non-small cell lung cancer: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 7;99(32):e20683. doi: 10.1097/MD.00000000000020683. PMID: 32769861; PMCID: PMC7593038.
	Tong Y, Wen J, Yang T, Li H, Wei S, Jing M, Wang M, Zou W, Zhao Y.	2021	Clinical efficacy and safety of Tanreqing injection combined with antibiotics versus antibiotics alone in the treatment of pulmonary infection patients after chemotherapy with lung cancer: A systematic review and meta-analysis.	Phytother Res.	Phytother Res. 2021 Jan;35(1):122-137. doi: 10.1002/ptr.6790. Epub 2020 Aug 11. PMID: 32780543.
	Wang, Q., Wang, Q., Wang, S. F., Jiao, L. J., Zhang, R. X., Zhong, Y., ... Xu, L.	2017	Oral Chinese herbal medicine as maintenance treatment after chemotherapy for advanced non-small-cell lung cancer: a systematic review and meta-analysis.	Current Oncology	Current Oncology, 24(4), 269. doi:10.3747/co.24.3561
	Deng, B., Deng, C., & Cheng, Z.	2017	Chinese Herbal Extractions for Relieving Radiation Induced Lung Injury: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1-16.doi:10.1155/2017/2141645

Wang LC, Chang YY, Lee IC, Kuo HC, Tsai MY.	2020	Systematic review and meta- analysis of Chinese herbal medicine as adjuvant treatment in advanced non-small cell lung cancer patients.	Complement Ther Med.	Complement Ther Med. 2020 Aug;52:102472. doi: 10.1016/j.ctim.2020.102472. Epub 2020 Jun 8. PMID: 32951722.
Xu Y, Peng WP, Han D, Feng FC, Wang ZC, Gu C, Zhou XM.	2020	[Meta-analysis of Banmao Capsules in adjuvant treatment for non-small cell lung cancer].	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2020 Aug;45(16):3967-3973. Chinese. doi: 10.19540/j.cnki.cjcmm.20200115.503. PMID: 32893596.
ECAs				
Xiao Z(1), Chen Z(2), Han R(1), Lu L(3), Li Z(2), Lin J(1), Hu L(2), Huang X(1), Lin L(1).	2021	Comprehensive TCM treatments combined with chemotherapy for advanced non-small cell lung cancer: A randomized, controlled trial	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 7;100(18):e25690. doi: 10.1097/MD.00000000000025690.
Zhiwei Xiao, Zhiqiang Chen, Rui Han , Liming Lu, Zeyun Li, Jietao Lin, Leihao Hu, Xuewu Huang, Lizhu Lin .	2021	Comprehensive TCM treatments combined with chemotherapy for advanced non-small cell lung cancer: A randomized, controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 7;100(18):e25690. doi: 10.1097/MD.00000000000025690
Qijun Liang, Xiaoling Tang, Jiong Yu, Monian Xiong, Huifang	2021	Clinical observation of Yiqi Qingdu prescription on the treatment of	J Tradit Chin Med.	J Tradit Chin Med. 2021 Apr;41(2):308-315

	Zhu, Linkai Xiong, Ru Zeng, Peiwen Yu.		intermediate-stage and advanced non-small-cell lung cancer.		
	Wu, YiâLong; Zhang, Li; Fan, Yun; Zhou, JianYing; Zhang, Li; Zhou, Qing; Li, Wei; Hu, ChengPing; Chen, GongYan; Zhang, Xin; Zhou, CaiCun; Dang, Thao; Sadowski, Sara; Kush, Debra A.; Zhou, Yu; Li, Ben; Mok, Tony	2020	Randomized Clinical Trial of Pembrolizumab Versus Chemotherapy for Previously Untreated Chinese Patients With Positive Locally Advanced or Metastatic Non Small Cell Lung Cancer: China Study.	International Journal of Cancer	International Journal of Cancer, (2020), ijc.33399-. doi:10.1002/ijc.33399
	Sun M, Zhou T, Fang X, Wang D, Pang H, Chen Y, Hu K.	2020	A multicenter randomized controlled trial to assess the efficacy of cancer green therapy in treatment of stage IIIb/IV non-small cell lung cancer.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 14;99(33):e21626. doi: 10.1097/MD.00000000000021626. PMID: 32872022; PMCID: PMC7437773.
Cáncer de tiroides	MA				
	Qing Han, Ning Xu, Bo Chen, Wei Wu, Lei Sheng.	2021	Safety and efficacy of Prunella vulgaris preparation in adjuvant treatment of thyroid nodules: A meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 15;100(41):e27490. doi: 10.1097/MD.00000000000027490

Cáncer de Hígado y páncreas	RS y MA				
	Zhang RR(1), Shao MY(2), Fu Y(2), Zhao RX(2), Wang JW(1), Li M(1), Zhao YX(1), Shao FL(1).	2021	[Network Meta-analysis of oral Chinese patent medicine for adjuvant treatment of primary liver cancer	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 May;46(9):2333-2343. doi: 10.19540/j.cnki.cjcmm.20200721.501
	Yingqi She, Qinfeng Huang, Zhen Ye, Yu Hu, Mingquan Wu, Kaihua Qin , Ailing Wei, Xin Yang, Yuyao Liu, Cuihan Zhang, Qiaobo Ye.	2021	The Therapeutic Principle of Combined Strengthening Qi and Eliminating Pathogens in Treating Middle-Advanced Primary Liver Cancer: A Systematic Review and Meta-Analysis.	Front Pharmacol	Front Pharmacol. 2021 Oct 27;12:714287. doi: 10.3389/fphar.2021.714287. eCollection 2021
	Sun, C., Dong, F., Xiao, T., & Gao, W.	2021	Efficacy and safety of Chinese patent medicine (Kang-ai injection) as an adjuvant in the treatment of patients with hepatocellular carcinoma: a meta-analysis.	Pharmaceutical Biology	Pharmaceutical Biology, 59(1), 472–483. doi:10.1080/13880209.2021.1915340

Rong-Rong Zhang 1, Ming-Yi Shao 2, Yu Fu 2, Rui-Xia Zhao 2, Jing-Wen Wang 1, Man Li , Yun-Xia Zhao , Fan-Lei Shao .	2021	Network Meta-analysis of oral Chinese patent medicine for adjuvant treatment of primary liver cancer	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 May;46(9):2333-2343. doi: 10.19540/j.cnki.cjcmm.20200721.501
Gao, Yue; Chen, Shiyu; Sun, Jiayi; Su, Siyu; Yang, Dong; Xiang, Li; Meng, Xianli	2020	Traditional Chinese medicine may be further explored as candidate drugs for pancreatic cancer: A review.	Phytotherapy Research,	Phytotherapy Research, (2020), ptr.6847-. doi:10.1002/ptr.6847
Li, B., Gan, R., Yang, Q., Huang, J., Chen, P., Wan, L., & Guo, C.	2015	Chinese Herbal Medicines as an Adjunctive Therapy for Unresectable Pancreatic Cancer: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2015, 1–15. doi:10.1155/2015/350730
ECAs				
Yang X(1), Feng Y(1), Liu Y(1), Ye X(2), Ji X(1), Sun L(1), Gao F(1), Zhang Q(1), Li Y(1), Zhu B(3), Wang X(4).	2021	Fuzheng Jiedu Xiaoji formulation inhibits hepatocellular carcinoma progression in patients by targeting the AKT/CyclinD1/p21/p27 pathway.	Phytomedicine	Phytomedicine. 2021 Jul;87:153575. doi: 10.1016/j.phymed.2021.153575. Epub 2021 Apr 18
Yang, X., Feng, Y., Liu, Y., Ye, X., Ji, X., Sun, L., ... Wang, X.	2021	Fuzheng Jiedu Xiaoji formulation inhibits hepatocellular carcinoma progression in patients by targeting the AKT/CyclinD1/p21/p27 pathway.	Phytomedicine	Phytomedicine, 87, DOI: 10.1016/j.phymed.2021.153575

Cáncer de mama	RS y MA				
	Lai BY(#)(1)(2), Chu AJ(#)(1), Yu BW(1), Jia LY(3), Fan YY(1), Liu JP(4), Pei XH(1)(2).	2022	Clinical Effectiveness and Safety of Chinese Herbal Medicine Compound Kushen Injection as an Add-On Treatment for Breast Cancer: A Systematic Review and Meta-Analysis	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Jan 10;2022:8118408. doi: 10.1155/2022/8118408. eCollection 2022
	Poo CL(1), Dewadas HD(1), Ng FL(2), Foo CN(3), Lim YM(4).	2021	Effect of Traditional Chinese Medicine on Musculoskeletal Symptoms in Breast Cancer: A Systematic Review and Meta-Analysis.	J Pain Symptom Manage	J Pain Symptom Manage. 2021 Jul;62(1):159-173. doi: 10.1016/j.jpainsymman.2020.11.024. Epub 2020 Dec 3.
	Lai BY, Jia LY, Yu BW, Liang SB, Chu AJ, Cao HJ, Liu JP, Pei XH.	2021	Chinese herbal medicine (Rupi Sanjie capsule) for the treatment of breast pain: A systematic review and meta-analysis of randomized clinical trials.	Integr Med Res	Integr Med Res. 2021 Jun;10(2):100491. doi: 10.1016/j.imr.2020.100491. Epub 2020 Jul 31. PMID: PMC7588707

Yuan Wu, Chien-Shan Cheng, Qiong Li, Jing-Xian Chen, Ling-Ling Lv, Jia-Yue Xu, Kai-Yuan Zhang, Lan Zheng.	2021	The Application of Citrus folium in Breast Cancer and the Mechanism of Its Main Component Nobiletin: A Systematic Review.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jun 29;2021:2847466. doi: 10.1155/2021/2847466. eCollection 2021
Venice Wing-Tung Ho , Hor-Yue Tan, Wei Guo, Sha Li, Ning Wang, Wei Meng, Tsz-Him So , Edwin Chau-Leung Yu, Yibin Feng.	2021	Efficacy and Safety of Chinese Herbal Medicine on Treatment of Breast Cancer: A Meta-analysis of Randomized Controlled Trials.	Am J Chin Med.	Am J Chin Med. 2021;49(7):1557-1575. doi: 10.1142/S0192415X21500737. Epub 2021 Sep 16
Guo Q, Chen Q, Xue CC, Zhang AL, Coyle ME.	2021	Chinese Medicine Syndromes and Stages of Early Breast Cancer: Hierarchical Cluster Analysis and Implication for Clinical Practice.	J Altern Complement Med	J Altern Complement Med. 2021 Nov; 27(11):904-914. doi: 10.1089/acm.2021.0055
Poo, Chin Long; Dewadas, Hemaniswarri Dewi; Ng, Foong Leng; Foo, Chai Nien; Lim, Yang Mooi	2020	Effect of Traditional Chinese Medicine on Musculoskeletal Symptoms in Breast Cancer: A Systematic Review and Meta-Analysis.	Journal of Pain and Symptom Management	Journal of Pain and Symptom Management, (), S0885392420308940– doi:10.1016/j.jpainsymman.2020.11.024.

	Li C, Wang X, Chen T, Wang W, Yang Q.	2020	Trametes robiniophila Murr in the treatment of breast cancer. Biomed	Pharmacother	Pharmacother. 2020 Aug;128:110254. doi:10.1016/j.biopha.2020.110254. Epub 2020 May 29. PMID: 32480220.
	Li S, So TH, Tang G, Tan HY, Wang N, Ng BFL, Chan CKW, Yu EC, Feng Y.	2020	Chinese Herbal Medicine for Reducing Chemotherapy-Associated Side-Effects in Breast Cancer Patients: A Systematic Review and Meta-Analysis.	Front Oncol.	Front Oncol. 2020 Dec 9;10:599073. doi: 10.3389/fonc.2020.599073. PMID: 33363030; PMCID: PMC7756083.
	Bao-Yong L, Li-Yan J, Yu-Fei L, Ai-Jing C, Qiong Z, Xiao-Hua P.	2020	[Systematic review and trial sequential analysis of randomized clinical trial of Hongjin Xiaojie Capsules for treatment of hyperplastic disease of breast]. Zhongguo	Zhong Yao Za Zhi.	Zhong Yao Za Zhi. 2020 Oct;45(19):4776-4783. Chinese. doi: 10.19540/j.cnki.cjcmm.20200221.504. PMID: 33164445.
	Kim, W., Lee, W.-B., Lee, J.-W., Min, B.-I., Baek, S. K., Lee, H. S., & Cho, S.-H.	2015	Traditional herbal medicine as adjunctive therapy for breast cancer: A systematic review.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(4), 626–632. doi:10.1016/j.ctim.2015.03.01
	Li, Y., Zhu, X., Bensussan, A., Li, P., Moylan, E., Delaney, G., & McPherson, L.	2016	Herbal Medicine for Hot Flushes Induced by Endocrine Therapy in Women with Breast Cancer: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–11. doi:10.1155/2016/1327251
	Sun, X., Zhang, X., Nian, J.-Y., Guo, J., Yin, Y., Zhang, G.-L., ... Li, J.-P.	2016	Chinese Herbal Medicine as Adjunctive Therapy to Chemotherapy for Breast	Evidence-Based Complementary	Evidence-Based Complementary and Alternative Medicine, 2016, 1–19. doi:10.1155/2016/3281968

			Cancer: A Systematic Review and Meta-Analysis.	and Alternative Medicine	
	ECAs				
	Zhang, Z., Liu, J., Liu, Y., Shi, D., He, Y., & Zhao, P.	2021	Virtual screening of the multi-gene regulatory molecular mechanism of Si-Wu-tang against non-triple-negative breast cancer based on network pharmacology combined with experimental validation.	Journal of Ethnopharmacology	Journal of Ethnopharmacology, 269, 113696. doi:10.1016/j.jep.2020.113696
Cáncer de Estómago	RS y MA				
	Mengqi Cheng, Jiaqi Hu, Yuwei Zhao, Juling Jiang, Runzhi Qi, Shuntai Chen, Yaoyuan Li, Honggang Zheng, Rui Liu, Qiujun Guo, Xing Zhang, Yinggang Qin, Baojin Hua.	2021	Efficacy and Safety of Astragalus-Containing Traditional Chinese Medicine Combined With Platinum-Based Chemotherapy in Advanced Gastric Cancer: A Systematic Review and Meta-Analysis.	Front Oncol.	Front Oncol. 2021 Aug 4;11:632168. doi: 10.3389/fonc.2021.632168. eCollection 2021
	Yang L, Li J, Hu Z, Fan X, Cai T, Hengli Zhou, Pan H.	2020	A Systematic Review of the Mechanisms Underlying Treatment of Gastric Precancerous Lesions by Traditional Chinese Medicine.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Apr 26;2020:9154738. doi: 10.1155/2020/9154738. PMID: 32454874; PMCID: PMC7212333

ECAs					
	Yu C, Liu W, Mu Y, Hou A, Li Y.	2019	Effects of Shen Cao Granules on Chemotherapy-Induced Thrombocytopenia in Gastrointestinal Cancer Patients: A Randomized Controlled Trial.	Integrative Cancer Therapy	Integr Cancer Ther. 2019;18:1534735419829568. doi:10.1177/1534735419829568
Cáncer de próstata	RS y MA				
	Cao, H., Mu, Y., Li, X., Wang, Y., Chen, S., & Liu, J.	2016	A Systematic Review of Randomized Controlled Trials on Oral Chinese Herbal Medicine for Prostate Cancer.	PLOS ONE	PLOS ONE, 11(8), e0160253. doi:10.1371/journal.pone.0160253
Cuidados paliativos	RS y MA				
	Chung, V. C. H., Wu, X., Lu, P., Hui, E. P., Zhang, Y., Zhang, A. L., ... Wu, J. C. Y.	2016	Chinese Herbal Medicine for Symptom Management in Cancer Palliative Care.	Medicine	Medicine, 95(7), e2793. doi:10.1097/md.0000000000002793
	Chung, V. C., Wu, X., Hui, E. P., Ziea, E. T., Ng, B. F., Ho, R. S., ... Wu, J. C.	2015	Effectiveness of Chinese herbal medicine for cancer palliative care: overview of systematic reviews with meta-analyses.	Scientific Reports	Scientific Reports, 5(1). doi:10.1038/srep18111

Papiloma	RS y MA				
	Lin, J., Chen, L., Qiu, X., Zhang, N., Guo, Q., Wang, Y., ... Wang, L.	2017	Traditional Chinese medicine for human papillomavirus (HPV) infections: A systematic review.	BioScience Trends	BioScience Trends, 11(3), 267–273. doi:10.5582/bst.2017.01056
	Luo M, Yu J, Zhu S, Huang L, Chen Y, Wei S.	2019	Detoxification therapy of traditional Chinese medicine for genital tract high-risk human papillomavirus infection: A systematic review and meta-analysis.	PLoS One	PLoS One. 2019;14(3):e0213062. Published 2019 Mar 1. doi:10.1371/journal.pone.0213062
	Luo, M., Yu, J., Zhu, S., Huang, L., Chen, Y., & Wei, S.	2019	Detoxification therapy of traditional Chinese medicine for genital tract high-risk human papillomavirus infection: A systematic review and meta-analysis.	PLOS ONE	PLOS ONE, 14(3), e0213062. doi:10.1371/journal.pone.0213062
Xerostomía	RS y MA				
	Nik Nabil, W. N., Lim, R. J., Chan, S. Y., Lai, N. M., & Liew, A. C.	2018	A systematic review on Chinese herbal treatment for radiotherapy-induced xerostomia in head and neck cancer patients.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 30, 6–13. doi:10.1016/j.ctcp.2017.10.004
	Park, B., Noh, H., & Choi, D.-J.	2017	Herbal Medicine for Xerostomia in Cancer Patients: A Systematic Review of Randomized Controlled Trials.	Integrative Cancer Therapies	Integrative Cancer Therapies, 17(2), 179–191. doi:10.1177/1534735417728336
Otros	RS y MA				

Meng FX(1), Yang X(1), Li ML(2).	2022	Shenqi Fuzheng Injection () Combined with Chemotherapy for Acute Leukemia: A Meta-Analysis.	Chin J Integr Med.	Chin J Integr Med. 2022 Jan;28(1):81-87. doi: 10.1007/s11655-020-3264-7. Epub 2020 Jul 20.
Zhang W, Gong W, He X, Wu C, Tu X.	2021	A systematic review and meta-analysis on the efficacy of Compound Kushen Injection in 3 kinds of digestive tract tumor.	J Gastrointest Oncol.	J Gastrointest Oncol. 2021 Dec;12(6):2919-2929. doi: 10.21037/jgo-21-774
Zhou W, Huang Z, Wu C, Lu S, Fu C, Ye P, Tan Y, Wu Z, Fan X, Zhang J, Guo S, Jia S, Stalin A, Wang H, Zhang X, Wang M, Wu J.	2021	Investigation on the clinical efficacy and mechanism of compound kushen injection in treating esophageal cancer based on multi-dimensional network meta-analysis and in vitro experiment.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Oct 28;279:114386. doi: 10.1016/j.jep.2021.114386. Epub 2021 Jul 3.
Shao S, Jia R, Zhao L, Zhang Y, Guan Y, Wen H, Liu J, Zhao Y, Feng Y, Zhang Z, Ji Q, Li Q(4), Wang Y.	2021	Xiao-Chai-Hu-Tang ameliorates tumor growth in cancer comorbid depressive symptoms via modulating gut microbiota-mediated TLR4/MyD88/NF-κB signaling pathway.	Phytomedicine	Phytomedicine. 2021 Jul 15;88:153606. doi: 10.1016/j.phymed.2021.153606. Epub 2021 May 24.
Shen L, Gwak SR, Cui ZY, Joo JC, Park SJ	2021	Astragalus-Containing Chinese Herbal Medicine Combined With Chemotherapy for Cervical Cancer: A Systematic Review and Meta-Analysis	Front Pharmacol	Front Pharmacol. 2021 Jul 30;12:587021. doi: 10.3389/fphar.2021.587021. eCollection 2021

Wang Q, Ye H, Wang QQ, Li WT, Yu BB, Bai YM, Xu GH	2021	Chinese Herbal Medicine for Chemotherapy-Induced Leukopenia: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials	Front Pharmacol	Front Pharmacol. 2021 May 4;12:573500. doi: 10.3389/fphar.2021.573500. eCollection 2021 PMID: PMC8129503
Guerra-Martín, M. D., Tejedor-Bueno, M. S., & Correa-Casado, M.	2021	Effectiveness of Complementary Therapies in Cancer Patients: A Systematic Review.	International Journal of Environmental Research and Public Health	International Journal of Environmental Research and Public Health, 18(3), 1017. doi:10.3390/ijerph18031017
Zhixian Lin, Jiangfeng Chen, Sunya Han. The Efficacy of Heat-Clearing (Qingre) and Detoxifying (Jiedu)	2021	Traditional Chinese Medicine Gargle for Chemotherapy-Induced Oral Mucositis: A Systematic Review and Meta-Analysis.	Front Pharmacol.	Front Pharmacol. 2021 Mar 29;12:627628. doi: 10.3389/fphar.2021.627628. eCollection 2021.
Liu, Hao; Wang, Zi-Ying; Zhou, Yu-Cong; Song, Wei; Ali, Usman; Sze, Daniel M.-Y ()	2020	Immunomodulation of Chinese Herbal Medicines on NK cell populations for Cancer Therapy: A Systematic Review	Journal of Ethnopharmacology	Journal of Ethnopharmacology, (), 113561–. doi:10.1016/j.jep.2020.113561
Chen S, Bao Y, Xu J, Zhang X, He S, Zhang Z, Qi R, Jiang J, Liu R, Guo Q, Zhang X, Xi Y, Zheng H, Hua B.	2020	Efficacy and safety of TCM combined with chemotherapy for SCLC: a systematic review and meta-analysis.	J Cancer Res Clin Oncol	J Cancer Res Clin Oncol. 2020 Nov;146(11):2913-2935. doi: 10.1007/s00432-020-03353-0. Epub 2020 Aug 14. PMID: 32797283.

Dang, Z., Liu, X., Wang, X., Li, M., Jiang, Y., Wang, X., & Yang, Z.	2018	Comparative effectiveness and safety of traditional Chinese medicine supporting Qi and enriching blood for cancer related anemia in patients not receiving chemoradiotherapy: a meta-analysis and systematic review.	Drug Design, Development and Therapy	Drug Design, Development and Therapy, Volume 13, 221–230.doi:10.2147/dddt.s181182
Liu H, Wang ZY, Zhou YC, Song W, Ali U, Sze DM.	2021	Immunomodulation of Chinese Herbal Medicines on NK cell populations for cancer therapy: A systematic review.	J Ethnopharmacol	J Ethnopharmacol. 2021 Mar 25;268:113561. doi:10.1016/j.jep.2020.113561. Epub 2020 Nov 4. PMID: 33157222.
Wang R, Sun Q, Wang F, et al.	2019	Efficacy and Safety of Chinese Herbal Medicine on Ovarian Cancer After Reduction Surgery and Adjuvant Chemotherapy: A Systematic Review and Meta-Analysis.	Frontiers in Oncology	Front Oncol. 2019;9:730. Published 2019 Aug 16. doi:10.3389/fonc.2019.00730
Zhang D, Wu J, Wang H, et al.	2020	Systematic review and network meta-analysis comparing Chinese herbal injections with chemotherapy for treating patients with esophageal cancer	Journal of Internal Medicine Research	J Int Med Res. 2020;48(1):300060519898336. doi:10.1177/0300060519898336
Zhong L, Yan P, Lam WC, Yao L, Bian Z.	2019	Coriolus Versicolor and Ganoderma Lucidum Related Natural Products as an Adjunct Therapy for Cancers: A	Frontiers in Pharmacology	Front Pharmacol. 2019;10:703. Published 2019 Jul 3. doi:10.3389/fphar.2019.00703

			Systematic Review and Meta-Analysis of Randomized Controlled Trials.		
	Chang, J., Wang, W., Li, Y., Hu, S., Yao, M., Cui, X., ... Yang, Y.	2018	Chinese Herbal Medicine for Osteosarcoma in the Mouse: A Systematic Review and Meta-Analysis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine. doi:10.1007/s11655-018-2565-6
	Hou, B., Liu, R., Qin, Z., Luo, D., Wang, Q., & Huang, S.	2017	Oral Chinese Herbal Medicine as an Adjuvant Treatment for Chemotherapy, or Radiotherapy, Induced Myelosuppression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–13. doi:10.1155/2017/3432750
	Kim, W., Lee, W.-B., Lee, J., Min, B.-I., Lee, H., & Cho, S.-H.	2015	Traditional Herbal Medicine as Adjunctive Therapy for Nasopharyngeal Cancer. a systematic review and meta-analysis	Integrative Cancer Therapies	Integrative Cancer Therapies, 14(3), 212–220. doi:10.1177/1534735415572881
	Li, M., Chen, Z., Liu, Z., Zhang, N., Liu, J., Wang, H., ... Zhai, S.	2019	Twelve Chinese herbal preparations for the treatment of depression or depressive symptoms in cancer patients: a systematic review and meta-analysis of randomized controlled trials.	BMC Complementary and Alternative Medicine,	BMC Complementary and Alternative Medicine, 19(1). doi:10.1186/s12906-019-2441-8

	Wang T, Fu X, Wang Z	2019	Danshen Formulae for Cancer: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:2310639. Published 2019 Apr 2. doi:10.1155/2019/2310639
	Wu J, Liu Y, Fang C, Zhao L, Lin L, Lu L.	2019	Traditional Chinese Medicine Preparation Combined Therapy May Improve Chemotherapy Efficacy: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:5015824. Published 2019 Jun 20. doi:10.1155/2019/5015824
ECAs					
	Cheng L(1), Liu W(2), Zhong C(3), Ni P(4), Ni S(5), Wang Q(6), Zhang Q(7), Zhang J(8), Liu J(9), Xu M(10), Yao X(11), Cen X(12), Wang G(13), Jiang C(14), Zhou F(15).	2021	Remodeling the homeostasis of pro- and anti-angiogenic factors by Shenmai injection to normalize tumor vasculature for enhanced cancer chemotherapy.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Apr 24;270:113770. doi:10.1016/j.jep.2020.113770. Epub 2020 Dec 31.
	Arita R, Takayama S, Okamoto H, Koseki K, Taniyama Y, Kaneko S, Ono R, Suzuki S, Kamei T, Ishii T.	2020	Exploratory study of clinical effectiveness and safety of TJ-116 bukuryoingohangekobokuto for anxiety and postoperative water brush in esophageal cancer patients (TJ116E).	Medicine (Baltimore)	Medicine (Baltimore). 2020 May29;99(22):e20317. doi:10.1097/MD.00000000000020317. PMID: 32481404.

	Wang, C., Wang, P., Ouyang, H., Wang, J., Sun, L., Li, Y., ... Pan, Z.	2017	Efficacy of Traditional Chinese Medicine in Treatment and Prophylaxis of Radiation-Induced Oral Mucositis in Patients Receiving Radiotherapy: A Randomized Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies, 17(2), 444–450. doi:10.1177/1534735417725578
	Yu F, Li Y, Zou J, et al.	2019	The Chinese herb Xiaoaiping protects against breast cancer chemotherapy-induced alopecia and other side effects: a randomized controlled trial.	Journal of Integrative Medical Research	J Int Med Res. 2019;47(6):2607–2614. doi:10.1177/0300060519842781
	Qi S, Li X, Dong Q, et al.	2019	Chinese Herbal Medicine (Xiaoaping) Injections for Chemotherapy-Induced Thrombocytopenia: A Randomized, Controlled, Multicenter Clinical Trial.	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2019;25(6):648–655. doi:10.1089/acm.2018.0470

Cardiología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Angina de pecho	RS y MA				
	Cui X, Han S, Li J, Li W, Wang ZF, Zhang Q, Xie YM.	2022	Clinical comprehensive evaluation of Guanxin Shutong Capsules in treatment of coronary heart disease	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2022 Mar;47(6):1469-1475. doi: 10.19540/j.cnki.cjcmm.20211118.501

			angina pectoris with heart blood stasis syndrome		
	Wang KY, Wang HC, Jin XY, Zhang MY, Li N, Pang WT, Wang H, Zhang JH.	2021	Systematic evaluation on efficacy and safety of Gingko Ketone Ester Dropping Pills in treatment of angina pectoris and coronary heart disease	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2021 May;46(9):2317-2324. doi: 10.19540/j.cnki.cjcmm.20201230.502
	Jia FF, Liu ZX, Xu SJ, Xin GJ, Han X, Li L, Guo H, Meng HX, Liu JX, Fu JH.	2021	Network Meta-analysis of clinical efficacy of Chinese herbal injection in adjuvant treatment of unstable angina pectoris	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Jul;46(13):3429-3445. doi: 10.19540/j.cnki.cjcmm.20210506.501
	Chen W, Wang B, Ge Y, Xu H, Jiang C, Yu P, Zhang X, Yang J, Hu H, Song H.	2021	A systematic review and meta-analysis of clinical research on treating angina pectoris of coronary heart disease with traditional Chinese medicine to promote blood circulation and remove blood stasis	Ann Palliat Med.	Ann Palliat Med. 2021 Oct;10(10):10506-10514. doi: 10.21037/apm-21-2233
	Duan, L., Xiong, X., Hu, J., Liu, Y., & Wang, J.	2018	Efficacy and safety of oral Panax notoginseng saponins for unstable	Phytomedicine	Phytomedicine, 47, 23–33.doi:10.1016/j.phymed.2018.04.044

			angina patients: A meta-analysis and systematic review.		
Yang T, Li X, Lu Z, Han X, Zhao M.	2019		Effectiveness and safety of Xuefu Zhuyu decoction for treating coronary heart disease angina: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(9):e14708. doi:10.1097/MD.00000000000014708
Zhang, Y., Xie, Y., Liao, X., Jia, Q., & Chai, Y.	2017		A Chinese patent medicine Salvia miltiorrhiza depside salts for infusion combined with conventional treatment for patients with angina pectoris: A systematic review and meta-analysis of randomized controlled trials.	Phytomedicine	Phytomedicine, 25, 100–117. doi:10.1016/j.phymed.2017.01.002
Zhong L, Zhuang J, Jin Z, Chen Y, Chen B.	2020		Effect of Chinese medicine for promoting blood circulation on microvascular angina: A systematic review and meta-analysis.	Am J Emerg Med.	Am J Emerg Med. 2020 Dec;38(12):2681-2692. doi:10.1016/j.ajem.2020.07.072. Epub 2020 Jul 30. PMID: 33046314.
ECAs					
Chen L(1), Fu G(2), Hua Q(3), Zhu HY(4), Deng Y(5), Wu W(6), Zhao YJ(7), Yang	2022		Efficacy of add-on Danhong injection in patients with unstable angina pectoris: A double-blind, randomized, placebo-controlled, multicenter clinical trial.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Feb 10;284:114794. doi: 10.1016/j.jep.2021.114794. Epub 2021 Oct 31.

	XY(8), Yang BS(9), Zhou YB(10), Liu J(1), Yu YN(1), Chen BW(11), Wang X(12), Wang Z(13).				
	Liu J, Dong Y, Hu X.	2022	Efficacy of Yangxin Recipe in Combination with Conventional Western Medicine in Treatment of Angina Pectoris of Coronary Heart Disease.	Clin Appl Thromb Hemost.	Clin Appl Thromb Hemost. 2022 Jan-Dec;28:10760296221076152. doi: 10.1177/10760296221076152
	Xing WL, Wu YJ, Liu HX, Liu QR, Zhou Q, Li AY, Zhang ZH, Li X.	2021	Effects of Danhong Injection () on Peri-Procedural Myocardial Injury and Microcirculatory Resistance in Patients with Unstable Angina Undergoing Elective Percutaneous Coronary Intervention: A Pilot Randomized Study.	Chin J Integr Med.	Chin J Integr Med. 2021 Nov;27(11):846-853. doi: 10.1007/s11655-021-2872-1. Epub 2021 Jul 14.
	Li DH, Xie J, Ren YL, Zheng H, Lyu JL, Leng JY, Zhang LL, Zhang J, Fan HL, Liang FR.	2021	Effectiveness and Safety of Acupoint Application of Guan Xin Su He Pill () for Patients with Chronic Stable Angina Pectoris: A Multi-Center, Randomized Controlled Trial.	Chin J Integr Med	Chin J Integr Med. 2021 Nov;27(11):838-845. doi: 10.1007/s11655-021-2870-3. Epub 2021 Aug 13

	Ma XJ, Duan WH, Zhang Y, Gao J, Guan BY, Chen KJ, Shi DZ.	2021	Combination of Activating Blood Circulation and Detoxifying Chinese Medicines Played an Anti-Inflammatory Role in Unstable Angina Patients after Percutaneous Coronary Intervention: A Multicenter, Open-Labeled, Randomized Controlled Trial.	Chin J Integr Med	Chin J Integr Med. 2021 Nov;27(11):803-810. doi: 10.1007/s11655-021-2878-8. Epub 2021 Sep 16.
	Wu M, Yang S, Liu G, Gu C, Ren P, Zhao R, Zhao Y, Xing Y, Liu L, Liang J.	2021	Treating unstable angina with detoxifying and blood-activating formulae: A randomized controlled trial.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Dec 5;281:114530. doi: 10.1016/j.jep.2021.114530. Epub 2021 Aug 17.
	Guo J, Dai S, Ding Y, He H, Zhang H, Dan W, Qin K, Wang H, Li A, Meng P, Li S, He Q.	2020	A randomized controlled trial for gualou danshen granules in the treatment of unstable angina pectoris patients with phlegm-blood stasis syndrome.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 14;99(33):e21593. doi: 10.1097/MD.00000000000021593. PMID: 32872012; PMCID: PMC7437832.
	Lyu J, Xue M, Li J, Lyu W, Wen Z, Yao P, Li J, Zhang	2021	Clinical effectiveness and safety of salvia miltiorrhiza depside salt combined with aspirin in patients	Phytomedicine	Phytomedicine. 2021 Jan;81:153419. doi: 10.1016/j.phymed.2020.153419. Epub 2020 Dec 10. PMID: 33360345.

	Y, Gong Y, Xie Y, Chen K, Wang L, Chai Y.		with stable angina pectoris: A multicenter, pragmatic, randomized controlled trial.		
	Wang K, Cai JJ, Wu Y, Wang Y, Liu LL, Shi L, Wang X.	2020	Prospective randomized controlled trial study of Luofengning granule in the treatment of unstable angina.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(20):e20025. doi:10.1097/MD.00000000000020025. PMID: 32443306; PMCID: PMC7254781.
Síndrome coronario agudo	RS y MA				
	Lv J, Liu S, Guo S, Gao J, Song Q, Cui X.	2022	Tongxinluo capsule as supplementation and cardiovascular endpoint events in patients with coronary heart disease: A systematic review and meta-analysis of randomized, double-blind, placebo-controlled trials.	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 10;289:115033. doi: 10.1016/j.jep.2022.115033. Epub 2022 Jan 26
	Li Y, Li D, Jin X, Yang S, Zhao R, Wu M.	2022	Efficacy and Safety of Shengmai Preparation Combined with Western Medicine for Coronary Heart Disease: A Systematic Review and Meta-Analysis	Am J Chin Med	Am J Chin Med. 2022;50(1):133-159. doi: 10.1142/S0192415X22500057. Epub 2021 Dec 20.

	Pan J, Zhou JM, Wang XM, Zuo KN, Wang ZH, Lu SQ, Wang W, Zhu WT.	2021	Meta-analysis of efficacy and safety of Shexiang Tongxin Dripping Pills combined with conventional therapy of coronary heart disease	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 May;46(9):2325-2332. doi: 10.19540/j.cnki.cjcmm.20210322.501
	Hu J, Qiu R, Li C, Li M, Dai Q, Chen S, Zhao C, Shang H.	2021	Problems with the outcome measures in randomized controlled trials of traditional Chinese medicine in treating chronic heart failure caused by coronary heart disease: a systematic review.	BMC Complement Med Ther.	BMC Complement Med Ther. 2021 Aug 31;21(1):217. doi: 10.1186/s12906-021-03378-z.
	Guo S, Wu J, Ni M, Jia S, Zhang J, Zhou W, Liu X, Wang M, Zhang X.	2020	Comparative Efficacy of Danshen Class Injections for Treating Acute Coronary Syndrome: A Multidimensional Bayesian Network Meta-Analysis of Randomized Controlled Trials.	Front Pharmacol.	Front Pharmacol. 2020 Aug 26;11:1260. doi: 10.3389/fphar.2020.01260. PMID: 32982726; PMCID: PMC7485145.
Insuficiencia cardíaca	RS y MA				
	Shao-Mei W(1), Li-Fang Y(1), Li-Hong W(2).	2022	Traditional Chinese medicine enhances myocardial metabolism during heart	Biomed Pharmacother.	Biomed Pharmacother. 2022 Feb;146:112538. doi: 10.1016/j.biopha.2021.112538. Epub 2021 Dec 15.

			failure.		
	Li, Y.-L., Ju, J.-Q., Yang, C.-H., Jiang, H.-Q., Xu, J.-W., & Zhang, S.-J.	2013	Oral Chinese herbal medicine for improvement of quality of life in patients with chronic heart failure: a systematic review and meta-analysis.	Quality of Life Research	Quality of Life Research, 23(4), 1177–1192.doi:10.1007/s11136-013-0582-7
	Wang H, Li L, Qing X, Zhang S, Li S.	2020	Efficacy of Qishen Yiqi Drop Pill for Chronic Heart Failure: An Updated Meta-Analysis of 85 Studies.	Cardiovasc Ther.	Cardiovasc Ther. 2020 Sep 22;2020:8138764. doi: 10.1155/2020/8138764. PMID: 33042225; PMCID: PMC7530480.
	Wang, J., Yang, R., Zhang, F., Jia, C., Wang, P., Liu, J., ... Wang, W.	2018	The Effect of Chinese Herbal Medicine on Quality of Life and Exercise Tolerance in Heart Failure With Preserved Ejection Fraction: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Frontiers in Physiology	Frontiers in Physiology, 9.doi:10.3389/fphys.2018.01420
	Wen J, Ma X, Zhang L, Lu X, Yang Y, Wang J, Zhao Y.	2018	Therapeutic efficacy and safety of Shexiang Baoxin Pill combined with trimetazidine in elderly patients with heart failure secondary to ischaemic cardiomyopathy: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2018 Dec;97(51):e13580. doi: 10.1097/MD.00000000000013580.

	Ji-Fang B, Rui Q.	2020	[Meta-analysis of Naoxintong Capsules combined with Western medicine in treatment of chronic heart failure].	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2020 Sep;45(17):4254-4261. Chinese. doi: 10.19540/j.cnki.cjcmm.20200224.501. PMID: 33164411.
	Liu C, Duan L, Huang M, Li J, Xiong X, Chen G, He H, Zhang Z, Wang J.	2020	Effectiveness and safety of Suxiao Jiuxin pill in treating acute coronary syndrome: a systematic review and Meta-analysis.	J Tradit Chin Med.	J Tradit Chin Med. 2020 Aug;40(4):518-529. doi: 10.19852/j.cnki.jtcm.2020.04.002. PMID: 32744020.
	Sun, J., Zhang, K., Xiong, W.-J., Yang, G.-Y., Zhang, Y.-J., Wang, C.-C., ... Liu, J.-P.	2016	Clinical effects of a standardized Chinese herbal remedy, Qili Qiangxin, as an adjuvant treatment in heart failure: systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 16(1).doi:10.1186/s12906-016-1174-1
	Wang, A., Chen, Z., Luo, J., Shang, Q., & Xu, H.	2015	Systematic review on randomized controlled trials of coronary heart disease complicated with depression treated with Chinese herbal medicines.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 22(1), 56–66.doi:10.1007/s11655-015-2110-9
ECAs					

	Li Y, Tao T, Song D, He T, Liu X.	2021	Effects of Xuefu Zhuyu Granules on Patients with Stable Coronary Heart Disease: A Double-Blind, Randomized, and Placebo-Controlled Study.	Oxid Med Cell Longev.	Oxid Med Cell Longev. 2021 Jul 16;2021:8877296. doi: 10.1155/2021/8877296. eCollection 2021
	Guo L, Yuan H, Zhang D, Zhang J, Hua Q, Ma X, Chen K.	2020	A multi-center, randomized, double-blind, placebo-parallel controlled trial for the efficacy and safety of shenfuqiangxin pills in the treatment of chronic heart failure (Heart- Kidney yang deficiency syndrome).	Medicine (Baltimore)	Medicine (Baltimore). 2020 May 22;99(21):e20271. doi: 10.1097/MD.00000000000020271. PMID: 32481305; PMCID: PMC7249903.
	Ma H, Wang Y, Xue Y, et al.	2019	The effect of Xinkeshu tablets on depression and anxiety symptoms in patients with coronary artery disease: Results from a double-blind, randomized, placebo-controlled study.	Biomed Pharmacother	Biomed Pharmacother. 2019;112:108639. doi:10.1016/j.biopha.2019.108639
Hipertensión	RS Y MA				
	Chen Z, Peng YY, Yang FW, Hu HY, Liu CX, Zhang JH.	2021	Meta-analysis of clinical efficacy and safety of Compound Danshen Dripping Pills combined with conventional antihypertensive	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 May;46(10):2578-2587. doi: 10.19540/j.cnki.cjcmm.20210222.502

			drugs in treatment of hypertensive left ventricular hypertrophy		
Zhang Q, Shao W, Xiao Y, Wang Y, Zhang J, Ao M.	2022	Chinese herbal medicine formula combined with calcium antagonist in the treatment of hypertension: a systematic review and meta-analysis	Clin Exp Hypertens.	Clin Exp Hypertens. 2022 Feb 17;44(2):181-190. doi: 10.1080/10641963.2021.2013491. Epub 2022 Jan 10	
Xie P(1), Li X(2), Jiang H(2), Qiu S(2), Liang Y(2).	2021	Clinical effects of Lingguizhugan decoction in the treatment of hypertension: a systematic review and meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2021 Nov;10(11):11529-11538. doi: 10.21037/apm-21-2639	
Ren W, Wang M, Liao J, Li L, Yang D, Yao R, Huang L. The	2020	Effect of Chinese Herbal Medicine Combined with Western Medicine on Vascular Endothelial Function in Patients With Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Pharmacol.	Front Pharmacol. 2020 Jun 16;11:823. doi:10.3389/fphar.2020.00823. PMID: 32612527; PMCID: PMC7308496.	
Wang, P., Xiong, X., & Li, S.	2015	Efficacy and Safety of a Traditional Chinese Herbal Formula Xuefu Zhuyu Decoction for Hypertension.	Medicine	Medicine, 94(42), e1850.doi:10.1097/md.0000000000001850	
Xiong X, Wang P, Duan L, et al.	2019	Efficacy and safety of Chinese herbal medicine Xiao Yao San in hypertension: A systematic review	Phytomedicine	Phytomedicine. 2019;61:152849. doi:10.1016/j.phymed.2019.152849	

			and meta-analysis. <i>Phytomedicine</i> . 2019;61:152849. doi:10.1016/j.phymed.2019.152849		
	Xiong X, Yang X, Li X, Yue G, Xing Y, Cho WC.	2019	Efficacy and safety of Chinese herbal medicine for patients with postmenopausal hypertension: A systematic review and meta-analysis.	Pharmacol Res	Pharmacol Res. 2019;141:481–500. doi:10.1016/j.phrs.2019.01.018
	Xiong, X., Wang, P., & Li, S.	2015	Meta-analysis of the effectiveness of traditional Chinese herbal formula Zhen Wu Decoction for the treatment of hypertension.	BMJ Open	BMJ Open, 5(12), e007291.doi:10.1136/bmjopen-2014-007291
	Xiong, X., Yang, X., Liu, W., Duan, L., Wang, P., You, H., ... Wang, S.	2018	Therapeutic Efficacy and Safety of Traditional Chinese Medicine Classic Herbal Formula Longdanxiegan Decoction for Hypertension: A Systematic Review and Meta-Analysis.	Frontiers in Pharmacology	Frontiers in Pharmacology, 9.doi:10.3389/fphar.2018.00466
	Cao, Y., Liu, L., & Wu, M.	2016	Is Chinese herbal medicine effective for elderly isolated systolic hypertension? A systematic review and meta-analysis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 23(4), 298–305. doi:10.1007/s11655-016-2257-z

Chen, Z., Wang, L., Yang, G., Xu, H., & Liu, J.	2015	Chinese Herbal Medicine Combined with Conventional Therapy for Blood Pressure Variability in Hypertension Patients: A Systematic Review of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2015, 1–16. doi:10.1155/2015/582751
Jiao, H.-C., Ju, J.-Q., Li, Y.-L., Ma, X.-S., Jiang, H.-Q., Zhao, J., ... Yang, W.-Q.	2015	Efficacy of Chinese herbal medicine on health-related quality of life (SF-36) in hypertensive patients: A systematic review and meta-analysis of randomized controlled trials.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(3), 494–504. doi:10.1016/j.ctim.2015.04.002
Lee B, Kwon CY.	2020	Herbal Medicine (Sihogayonggolmoryeo-Tang or Chai-Hu-Jia- Long-Gu-Mu-Li-Tang) for Treating Hypertension:A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Sep 9;2020:9101864. doi: 10.1155/2020/9101864. PMID: 32963577; PMCID: PMC7499332.
Shi, S., Li, S., Li, W., & Xu, H.	2019	Corn Silk Tea for Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2019, 1–7. doi:10.1155/2019/2915498
Xiong, X., Wang, P., Duan, L., Liu,	2019	Efficacy and safety of Chinese herbal medicine Xiao Yao San in	Phytomedicine	Phytomedicine, 152849. doi:10.1016/j.phymed.2019.152849

	W., Chu, F., Li, S., ... Xing, Y.		hypertension: a systematic review and meta-analysis.		
	Wang, H., Liu, C., Zhai, J., & Shang, H.	2017	Niu Huang Jiangya Preparation (a traditional Chinese patent medicine) for essential hypertension: A systematic review.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 31, 90–99. doi:10.1016/j.ctim.2017.02.005
	Wang, P., Zhang, L., Wang, S., Yang, Q., Gao, Z., Du, J., ... Shi, D.	2016	Long-term follow-up of Chinese herbal medicines combined with conventional treatment in patients with acute coronary syndrome after percutaneous coronary intervention: A multicenter randomized controlled trial.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 23(10), 740–746. doi:10.1007/s11655-016-2608-9
	Wang, Z., Tang, Z., Zhu, W., Ge, L., & Ge, J.	2017	Efficacy and safety of traditional Chinese medicine on thromboembolic events in patients with atrial fibrillation: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 32, 1–10. doi:10.1016/j.ctim.2017.03.006
	Yang P, He J.	2020	Chinese Herbal Medicines and Conventional Chronic Heart Failure Treatment for the Management of Chronic Heart Failure Complicated	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Apr 21;2020:8627928. doi: 10.1155/2020/8627928. PMID: 32382309; PMCID: PMC7193286

			with Depression: A Systematic Review and Meta-Analysis.		
Otros	RS Y MA				
	Wei RL(1), Cui X(1), Xie YM(1).	2022	Pharmacoeconomic evaluation of Qidong Yixin Oral Liquid in treatment of viral myocarditis (Qi-Yin deficiency syndrome) with TreeAge Pro	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2022 Feb;47(3):829-835. doi: 10.19540/j.cnki.cjcmm.20211115.501.
	Zhang XN(1), Li YY(2), Zhang YH(3), Zhang WQ(3), Zhu YP(3), Zhang JP(3), Lv SC(3), Liu LT(4).	2022	Shengmai San for Treatment of Cardiotoxicity from Anthracyclines: A Systematic Review and Meta-Analysis.	Chin J Integr Med.	Chin J Integr Med. 2022 Apr;28(4):374-383. doi: 10.1007/s11655-022-2884-5. Epub 2022 Mar 31.
	Zhou X, Shao T, Xie X, Ding M, Jiang X, Su P, Jin Z.	2022	Tongqiao Huoxue Decoction for the treatment of acute ischemic stroke: A Systematic Review and meta-analysis.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jan 30;283:114693. doi: 10.1016/j.jep.2021.114693. Epub 2021 Sep 30
	Liu X, Li Y, Bai N, Yu C, Xiao Y, Li C, Liu Z.	2022	Updated evidence of Dengzhan Shengmai capsule against ischemic stroke: A systematic review and meta-analysis.	Ethnopharmacol.	Ethnopharmacol. 2022 Jan 30;283:114675. doi: 10.1016/j.jep.2021.114675. Epub 2021 Sep 25.

Wei J, Liu S, Wang X, Li B, Qiao L, Wang Y, Zhu M.	2021	Efficacy and Safety of Shexiang Baoxin Pill for Coronary Heart Disease after Percutaneous Coronary Intervention: A Systematic Review and Meta-analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Dec 11;2021:2672516. doi: 10.1155/2021/2672516. eCollection 2021
Hua Y, Shao M, Wang, Du J, Tian J, Wei K, Chang J, Zhang X, Chen M, Liao J.	2021	Xuesaitong injection treating acute myocardial infarction: A systematic review and meta-analysis	Medicine (Baltimore).	Medicine (Baltimore). 2021 Sep 17;100(37):e27027. doi: 10.1097/MD.00000000000027027
Wang XY, Hu HY, Ji ZC, Zhai JB, Liu CX, Zhang JH.	2021	Systematic review and Meta-analysis of efficacy and safety of Yangxin Dingji Capsules in treatment of arrhythmia	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2021 Oct;46(20):5418-5427. doi: 10.19540/j.cnki.cjcmm.20210409.502
Ye Y, Zhu YT, Xin XY, Zhang JC, Zhang HL, Li D.	2022	Efficacy of Chinese herbal medicine for tPA thrombolysis in experimental stroke: A systematic review and meta-analysis	Phytomedicine	Phytomedicine. 2022 Mar 23;100:154072. doi: 10.1016/j.phymed.2022.154072. Online ahead of print

Hernández-García D, Granado-Serrano AB, Martín-Gari M, Naudí A, Serrano JC.	2019	Efficacy of Panax ginseng supplementation on blood lipid profile. A meta-analysis and systematic review of clinical randomized trials.	J Ethnopharmacol.	J Ethnopharmacol. 2019;243:112090. doi:10.1016/j.jep.2019.112090
Huang H, Pan J, Han Y, Zeng L, Liang G, Yang W, Liu J.	2020	Chinese Herbal Medicines for Promoting Blood Circulation and Removing Blood Stasis in Preventing Deep Venous Thrombosis after Total Hip Arthroplasty: A Systematic Review and Meta-Analysis.	Comb Chem High Throughput Screen.	Comb Chem High Throughput Screen. 2020 Aug 31. doi:10.2174/1386207323666200901103732. Epub ahead of print. PMID: 32875979.
Layne, K., & Ferro, A.	2016	Traditional Chinese medicines in the management of cardiovascular diseases: a comprehensive systematic review.	British Journal of Clinical Pharmacology	British Journal of Clinical Pharmacology, 83(1), 20–32. doi:10.1111/bcp.13013
Zhang X, Zhang XF, Wang L, Guo DY, Zhang JM, Chen YG, Wang ZC, Pei LS, Chen JX, Shi YJ, Zou JB.	2020	Analysis of Clinical Efficacy of Traditional Chinese Medicine in Recovery Stage of Stroke: A Systematic Review and Meta-Analysis.	Cardiovasc Ther.	Cardiovasc Ther. 2020 Sep 19;2020:7172052. doi: 10.1155/2020/7172052. PMID: 33042224; PMCID: PMC7528130.
Zhang Y, Wu J, Guo S, et al.	2019	The clinical efficacy and safety of the Chinese herbal medicine Astragalus (Huangqi) preparation for the	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(16):e15256. doi:10.1097/MD.00000000000015256

			treatment of acute myocardial infarction: A systematic review of randomized controlled trials.		
	He, M., Lv, Z., Yang, Z.-W., Huang, J.-L., & Liu, F.	2016	Efficacy and safety of Chinese herbal medicine Wenxin Keli for ventricular premature beats: A systematic review.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 29, 181–189.doi:10.1016/j.ctim.2016.10.007
	Jing-Jing W, Ming-Jun Z, Yong-Xia W, Bin LI, Guang-Cao P, Xin-Lu W, Rui YU.	2020	[Systematic review of efficacy and safety of Xinmailong Injection in treatment of coronary heart disease complicated with heart failure].	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2020 Oct;45(19):4756-4765. Chinese. doi: 10.19540/j.cnki.cjcmm.20200302.505. PMID: 33164443.
	Li MH, Li Y, Chen MT, Lin HD, Wu YH, Zhang Z.	2020	[Meta-analysis of Zhibitai Capsules combined with statin in reducing blood lipid levels in patients with coronary heart disease].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Jun;45(12):2966-2974. Chinese. doi: 10.19540/j.cnki.cjcmm.20200211.502. PMID: 32627474
	Wang, P., Zhang, L., Wang, S., Yang, Q., Gao, Z., Du, J., ... Shi, D.	2016	Long-term follow-up of Chinese herbal medicines combined with conventional treatment in patients with acute coronary syndrome after percutaneous coronary	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 23(10), 740–746.doi:10.1007/s11655-016-2608-9

			intervention: A multicenter randomized controlled trial.		
	Wang, Z., Tang, Z., Zhu, W., Ge, L., & Ge, J.	2017	Efficacy and safety of traditional Chinese medicine on thromboembolic events in patients with atrial fibrillation: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 32, 1-10. doi:10.1016/j.ctim.2017.03.006
	Yang P, He J.	2020	Chinese Herbal Medicines and Conventional Chronic Heart Failure Treatment for the Management of Chronic Heart Failure Complicated with Depression: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Apr 21;2020:8627928. doi: 10.1155/2020/8627928. PMID: 32382309; PMCID: PMC7193286
	Zhang XY, Sun Y, Yang XY, et al.	2019	Effect of Chinese Medicine on No or Slow Reflow after Percutaneous Coronary Intervention in Myocardial Infarction Patients: A Systematic Review and Meta-Analysis.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;10.1007/s11655-019-2703-9. doi:10.1007/s11655-019-2703-9
ECAs					
	Li M, Zhang Y, Wan Q, Li Y, Qu T, Yuan F.	2022	Use of levosimendan combined with Shenfu injection to treat acute heart failure patients with hypotension: a prospective randomized controlled single-blind study.	BMC Cardiovasc Disord	BMC Cardiovasc Disord. 2022 Mar 29;22(1):130. doi: 10.1186/s12872-022-02572-2

	Geng H, Zhang L, Xin C, Zhang C, Xie Y.	2022	Xuesaitong oral preparation as adjuvant therapy for treating acute cerebral infarction: A systematic review and meta-analysis of randomized controlled trials.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Mar 1;285:114849. doi: 10.1016/j.jep.2021.114849. Epub 2021 Nov 18
	Jia W, Li Y, Wan J, Cui X, Lu J, Liu J, Li D, Li L, Zou T, Ding J, Lin Q.	2020	Effects of Xuezhitong in Patients with Hypertriglyceridemia: a Multicentre, Randomized, Double-Blind, Double Simulation, Positive Drug and Placebo Parallel Control Study.	Cardiovasc Drugs Ther	Cardiovasc Drugs Ther. 2020 Aug;34(4):525-534. doi: 10.1007/s10557-020-06965-3. PMID: 32206987; PMCID: PMC7334276.
	Li TJ, Sun YC, Ma QY, Wu Y, Yang C, Zhang N, Yang Y, Yang YX.	2020	Clinical observation of Dan-Hong Hua-Yu oral solution in treating retinal vein occlusion.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May 22;99(21):e20173. doi: 10.1097/MD.00000000000020173. PMID: 32481287; PMCID: PMC7249849.
	Xiong X., Yang X., Liu, Y., Zhang, Y., Wang, P., & Wang, J.	2013	Chinese herbal formulas for treating hypertension in traditional Chinese medicine: perspective of modern science.	Hypertension Research	Hypertension Research, 36(7), 570–579.doi:10.1038/hr.2013.18

Digestivo

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Síndrome del colon irritable	RS y MA				
	Wu YB, Dai YK, Zhang L, Pan HG, Chen WJ, Li RL, Hu L.	2021	Pharmacological treatments of Chinese herbal medicine for irritable bowel syndrome in adults: A network meta-analysis of randomized controlled trials.	PLoS One	PLoS One. 2021 Aug 6;16(8):e0255665. doi: 10.1371/journal.pone.0255665. eCollection 2021
	Chen M, Qin D, Huang SL, Tang TC, Zheng H.	2021	Chinese herbal medicine versus antispasmodics in the treatment of irritable bowel syndrome: A network meta-analysis	Neurogastroenterol Motil	Neurogastroenterol Motil. 2021 Aug;33(8):e14107. doi: 10.1111/nmo.14107. Epub 2021 Mar 4.
	Li, D., Dai, Y., Zhang, Y., Huang, M., Li, R., Ou-yang, J., ... Hu, L.	2017	Systematic review and meta-analysis of traditional Chinese medicine in the treatment of constipation-predominant irritable bowel syndrome.	PLOS ONE	PLOS ONE, 12(12), e0189491.doi:10.1371/journal.pone.0189491

	Shih YS, Tsai CH, Li TC, et al.	2019	The effect of Xiang-Sha-Liu-Jun-Zi tang (XSLJZT) on irritable bowel syndrome: A randomized, double-blind, placebo-controlled trial.	Journal Ethnopharmacology	J Ethnopharmacol. 2019;238:111889. doi:10.1016/j.jep.2019.111889
	Yan J, Miao ZW, Lu J, et al.	2019	Acupuncture plus Chinese Herbal Medicine for Irritable Bowel Syndrome with Diarrhea: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:7680963. Published 2019 Apr 14. doi:10.1155/2019/7680963
ECAs					
	Bensoussan, A., Kellow, J. E., Bourchier, S. J., Fahey, P., Shim, L., Malcolm, A., & Boyce, P.	2015	Efficacy of a Chinese Herbal Medicine in Providing Adequate Relief of Constipation-predominant Irritable Bowel Syndrome: A Randomized Controlled Trial.	Clinical Gastroenterology and Hepatology	Clinical Gastroenterology and Hepatology, 13(11), 1946–1954.e1. doi:10.1016/j.cgh.2015.06.022
	Tan X, Zhao XJ, Li JX, Xie CE, Pei WJ, Shi L, Kou FS, Yuan YL, Xue XX.	2020	Study on the clinical mechanism of Tong-Xie-An-Chang Decoction in the treatment of diarrheal irritable bowel syndrome based on single-cell sequencing technology.	Medicine (Baltimore).	Medicine (Baltimore). 2020 Dec 24;99(52):e23868. doi: 10.1097/MD.00000000000023868. PMID: 33350782; PMCID: PMC7769325

Gastritis	RS y MA				
	He M, Wang Q, Liu L, Bai G.	2021	Traditional Chinese patent medicine for bile reflux gastritis: a systematic review and network meta-analysis	Ann Palliat Med	Ann Palliat Med. 2021 Jul;10(7):7721-7735. doi: 10.21037/apm-21-1307
	Cao Y, Zheng Y, Niu J, Zhu C, Yang D, Rong F, Liu G.	2020	Efficacy of Banxia Xiexin decoction for chronic atrophic gastritis: A systematic review and meta-analysis.	PLoS One	PLoS One. 2020 Oct 27;15(10):e0241202. doi: 10.1371/journal.pone.0241202. PMID: 33108375; PMCID: PMC7591022.
	Yan ZX, Dai YK, Ma T, et al.	2019	Efficacy of traditional Chinese medicine for chronic gastritis: A meta-analysis of randomized controlled trials.	Medicine (Baltimore).	Medicine (Baltimore). 2019;98(20):e15710. doi:10.1097/MD.00000000000015710
	Ben-Gang Z, Yu-Zhou M, Xue-Liang Y, Xiao-Qing Z, Guo-Zhen Z, Bo Li.	2020	[Systematic review and Meta-analysis of efficacy and safety of Yangwei Granules for chronic gastritis].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Oct;45(20):5008-5016. Chinese. doi: 10.19540/j.cnki.cjcmm.20200314.503. PMID: 33350276.
	Zhang ZD, Liu H, Lyu J, Yu DD, Sun MH.	2020	[Systematic review and Meta-analysis of efficacy and safety of Xiangsha Yangwei Pills in treatment of chronic gastritis].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Jun;45(11):2668-2676. Chinese. doi:10.19540/j.cnki.cjcmm.20200102.502. PMID: 32627502.

Dispepsia	RS y MA				
	Heiran A(1), Bagheri Lankarani K(2), Bradley R(3), Simab A(4), Pasalar M(5).	2022	Efficacy of herbal treatments for functional dyspepsia: A systematic review and meta-analysis of randomized clinical trials.	Phytother Res.	Phytother Res. 2022 Feb;36(2):686-704. doi: 10.1002/ptr.7333. Epub 2021 Dec 1.
	Ho L(1), Zhong CC(2), Wong CH(3), Wu JC(4), Chan KK(5), Wu IX(6), Leung TH(7), Chung VC(8).	2022	Herbal medicine for functional dyspepsia: Network meta-analysis of placebo-controlled randomised trials.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jan 30;283:114665. doi: 10.1016/j.jep.2021.114665. Epub 2021 Sep 27.
Cao Y, Zheng Y, Niu J, Zhu C, Yang D, Rong F, Liu G.	2020	Efficacy of Banxia Xiexin decoction for chronic atrophic gastritis: A systematic review and meta-analysis.	PLoS One	PLoS One. 2020 Oct 27;15(10):e0241202. doi: 10.1371/journal.pone.0241202. PMID: 33108375; PMCID: PMC7591022.	

	Chu, M. H. K., Wu, I. X. Y., Ho, R. S. T., Wong, C. H. L., Zhang, A. L., Zhang, Y., ... Chung, V. C. H.	2018	Chinese herbal medicine for functional dyspepsia: systematic review of systematic reviews.	Therapeutic Advances in Gastroenterology	Therapeutic Advances in Gastroenterology, 11, 175628481878557. doi:10.1177/1756284818785573
	Hu, Y., Bai, Y., Hua, Z., Yang, J., Yang, H., Chen, W., ... Zhao, Z.	2017	Effect of Chinese patent medicine Si-Mo-Tang oral liquid for functional dyspepsia: A systematic review and meta-analysis of randomized controlled trials.	PLOS ONE	PLOS ONE, 12(2), e0171878. doi:10.1371/journal.pone.0171878
	Yuan T, Li P, Jia B.	2020	A meta-analysis of Xin kai bitter method in the treatment of functional dyspepsia.	Ann Palliat Med.	Ann Palliat Med. 2020 May;9(3):993-1003. doi: 10.21037/apm-20-860. Epub 2020 May 8. PMID: 32434358
	Wen MY, Zhang FC, Wang YJ.	2019	Effect of Zhizhu Kuangzhong Capsules on Treatment of Functional Dyspepsia: A Meta-Analysis of Randomized Controlled	Trials. Chinese Journal of Integrative Medicine	Trials. Chin J Integr Med. 2019;25(8):625-630. doi:10.1007/s11655-018-2846-0
	RS y MA				

Reflujo gastroesofágico	Dai YK, Wu YB, Wen H, Li RL, Chen WJ, Tang C, Lu L, Hu L.	2020	Different Traditional Herbal Medicines for the Treatment of Gastroesophageal Reflux Disease in Adults.	Front Pharmacol	Front Pharmacol. 2020 Jul 16;11:884. doi: 10.3389/fphar.2020.00884. PMID: 32765255; PMCID: PMC7378538.
	ECAs				
	Zhang J, Che H, Zhang B, Zhang C, Zhou B, Ji H, Xie J, Shi X, Li X, Wang F, Tang X.	2021	JianpiQinghua granule reduced PPI dosage in patients with nonerosive reflux disease: A multicenter, randomized, double-blind, double-dummy, noninferiority study.	Phytomedicine	Phytomedicine. 2021 Jul 15;88:153584. doi: 10.1016/j.phymed.2021.153584. Epub 2021 May 3
	Li Z, Tao L, Zhang SS, Sun XH, Chen SN, Wu J.	2021	Modified Xiaochaihu Decoction for gastroesophageal reflux disease: A randomized double-simulation controlled trial.	World J Gastroenterol.	World J Gastroenterol. 2021 Jul 28;27(28):4710-4721. doi: 10.3748/wjg.v27.i28.4710.
	Shih YS, Tsai CH, Li TC, et al.	2019	Effect of wu zhu yu tang on gastroesophageal reflux disease: Randomized, double-blind, placebo-controlled trial.	Phytomedicine	Phytomedicine. 2019;56:118–125. doi:10.1016/j.phymed.2018.09.185
Otros	RS y MA				
	Wang G(1), Shang D(1), Zhang G(1),	2022	Effects of QingYi decoction on inflammatory markers in patients	Phytomedicine	Phytomedicine. 2022 Jan;95:153738. doi: 10.1016/j.phymed.2021.153738. Epub 2021 Sep 8.

	Zhang S(1), Jiang N(2), Liu H(3), Chen H(4).		with acute pancreatitis: A meta-analysis		
	Hou MT(1), Ding KX(2), He TT(3), Yang Y(4), Bai ZF(2), Xiao XH(5)	2022	Meta-analysis of efficacy and safety of Liuwei Wuling Tablets combined with conventional drugs in treatment of liver fibrosis and cirrhosis in chronic hepatitis B	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2022 Jan;47(1):224-234. doi: 10.19540/j.cnki.cjcmm.20210728.501.
	Liu N(1), Yang J(2), Ma W(3), Li C(1), An L(1), Zhang X(1), Zou Q(1).	2022	Xiaoyao Powder in the treatment of non-alcoholic fatty liver disease: A systematic review and meta-analysis.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Apr 24;288:114999. doi: 10.1016/j.jep.2022.114999. Epub 2022 Jan 17.
	Lu C, Chen X, Yan X, He J, Nie Z.	2022	The preventive and relieving effects of ginger on postoperative nausea and vomiting: A systematic review and meta-analysis of randomized controlled trials.	Int J Nurs Stud	Int J Nurs Stud. 2022 Jan;125:104094. doi: 10.1016/j.ijnurstu.2021.104094. Epub 2021 Oct 1
	Wang T, Song J, Hu J, Feng S, Zhang H, Wang H, Li B.	2021	Efficacy and safety of Huazhi Rougan granule in the treatment of non-alcoholic fatty liver: a systematic review and meta-analysis.	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12969-12984. doi: 10.21037/apm-20-1613. Epub 2021 Feb 23

	<p>Shen H, Zhang S, Zhao W, Ren S, Ke X, Gu Q, Tang Z, Xie J, Chen S, Chen Y, Zou J, Zhang L, Shen Z, Zheng K, Liu Y, Gu P, Cheng J, Hu J, Zhu L.</p>	<p>2021</p>	<p>Randomised clinical trial: Efficacy and safety of Qing-Chang-Hua-Shi granules in a multicenter, randomized, and double-blind clinical trial of patients with moderately active ulcerative colitis.</p>	<p>Biomed Pharmacother.</p>	<p>Biomed Pharmacother. 2021 Jul;139:111580. doi: 10.1016/j.biopha.2021.111580. Epub 2021 Apr 13.</p>
	<p>Li M, Dan W, Zhang H, Yun Y, He Q.</p>	<p>2021</p>	<p>Xiao Chai Hu Tang for Peptic Ulcers: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.</p>	<p>Evid Based Complement Alternat Med</p>	<p>Evid Based Complement Alternat Med. 2021 Apr 29;2021:6693677. doi: 10.1155/2021/6693677. eCollection 2021</p>
	<p>Zhang L, Wu YB, Dai YK, Liu Q, Ren YJ, Xu SJ, Pan HG, Chen WJ, Li RL, Hu L.</p>	<p>2021</p>	<p>Efficacy and safety of Qingre-Chushi therapies in active ulcerative colitis: A network meta-analysis.</p>	<p>PLoS One</p>	<p>PLoS One. 2021 Sep 20;16(9):e0257599. doi: 10.1371/journal.pone.0257599. eCollection 2021.</p>

	Zhao X(1), Fang Y(1), Ye J(2), Qin F(3), Lu W(1), Gong H(1).	2021	A meta-analysis of randomized controlled trials of a traditional Chinese medicine prescription, modified RunChang-Tang, in treating functional constipation.	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 21;100(20):e25760. doi: 10.1097/MD.00000000000025760
	Sun YX(1), Wang X(1), Liao X(2), Guo J(3), Hou WB(1), Wang X(4), Liu JP(1), Liu ZL(5)	2021	An evidence mapping of systematic reviews and meta-analysis on traditional Chinese medicine for ulcerative colitis	BMC Complement Med Ther	BMC Complement Med Ther. 2021 Sep 13;21(1):228. doi: 10.1186/s12906-021-03387-y
	Li B, Lin Y, Nie B, Zhao G, Zhang X, Zhu M, Hu J, Huang P, Feng S, Qiu R, Tian G, Zhang S, Shang H.	2021	Systematic review and pathway enrichment analysis of Chinese medicine in preventing recurrence and improving prognosis of cholelithiasis after gallbladder-preserving lithotripsy.	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12985-13001. doi: 10.21037/apm-20-1135. Epub 2021 Aug 30

Fan, Y., Yi, W., Huang, H., Mei, Z., & Feng, Z.	2019	Efficacy of herbal medicine (Gegen Qinlian Decoction) on ulcerative colitis.	Medicine	Medicine, 98(52), e18512. doi:10.1097/md.00000000000018512
Liu W, Wu Y, Hu Y, Qin S, Guo X, Wang M, Wu L, Liu T.	2020	Effects of <i>Cyclocarya paliurus</i> Aqueous and Ethanol Extracts on Glucolipid Metabolism and the Underlying Mechanisms: A Meta-Analysis and Systematic Review.	Front Nutr	Front Nutr. 2020 Dec 1;7:605605. doi: 10.3389/fnut.2020.605605. PMID: 33335910; PMCID: PMC7736088.
Ren X, Di Z, Zhang Z, Fu B, Wang Y, Huang C, Du Y.	2020	Chinese herbal medicine for the treatment of small intestinal bacterial overgrowth (SIBO): A protocol for systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Dec 18;99(51):e23737. doi: 10.1097/MD.00000000000023737. PMID: 33371127; PMCID: PMC7748159.
Shi K, Wen J, Zeng J, Guo Y, Hu J, Li C, Zhao Y, Ma X.	2021	Preclinical evidence of Yinchenhao decoction on cholestasis: A systematic review and meta-analysis of animal studies.	Phytother Res	Phytother Res. 2021 Jan;35(1):138-154. doi: 10.1002/ptr.6806. Epub 2020 Sep 25. PMID: 32975338
Yan ZX, Liu YM, Ma T, Xu MJ, Zhang XB, Zha XJ, Yang JH, Jiang P, Chen X, Lin ZW, Wu	2021	Efficacy and safety of retention enema with traditional Chinese medicine for ulcerative colitis: A meta-analysis of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Feb;42:101278. doi: 10.1016/j.ctcp.2020.101278. Epub 2020 Nov 25. PMID: 33276227.

YH, Zu RZ, Lin WR, Lin XY.					
ECA's					
Chen YJ, Chen MZ, Zhang HW, Wu GS, Guo SR.	2021	Effect of Guo Qing Yi Tang combined with Western medicine cluster therapy on acute pancreatitis.	Am J Emerg Med	Am J Emerg Med. 2021 Dec;50:66-70. doi: 10.1016/j.ajem.2021.07.004. Epub 2021 Jul 8.	
Wang GQ(1), Zheng HJ(2), Cao Y(1), Peng W(1), Yao WH(1).	2022	Randomized controlled trial outcome indicators of traditional Chinese medicine for gastrointestinal dysfunction in sepsis in recent two years	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2022 Feb;47(3):819-828. doi: 10.19540/j.cnki.cjcmm.20211013.501	
Jiang Z, Cao LX, Liu B, Chen QC, Shang WF, Zhou L, Li DY, Guo DA, Chen ZQ.	2017	Effects of Chinese herbal medicine Xiangbin prescription on gastrointestinal motility.	World Journal of Gastroenterology	World J Gastroenterol. 2017 Apr 28;23(16):2987-2994. doi: 10.3748/wjg.v23.i16.2987	

Endocrinología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Diabetes	RS y MA				
	Zhang Y, An X, Duan L, Jin D, Duan Y, Zhou R, Zhang Y, Kang X, Lian F.	2022	Effect of Chinese Patent Medicines on Ocular Fundus Signs and Vision in Calcium Dobesilate-Treated Persons With Non-Proliferative Diabetic Retinopathy: A Systematic Review and Meta-Analysis.	Front Endocrinol (Lausanne).	Front Endocrinol (Lausanne). 2022 Mar 14;13:799337. doi: 10.3389/fendo.2022.799337. eCollection 2022.
	Xie F, Zhang B, Dai S, Jin B, Zhang T, Dong F.	2021	Efficacy and safety of Salvia miltiorrhiza (Salvia miltiorrhiza Bunge) and ligustrazine injection in the adjuvant treatment of early-stage diabetic kidney disease: A	J Ethnopharmacol.	J Ethnopharmacol. 2021 Dec 5;281:114346. doi: 10.1016/j.jep.2021.114346. Epub 2021 Jun 18.

			systematic review and meta-analysis.		
Meng J(1), Zhu Y(2), Ma H(1), Wang X(3), Zhao Q(4).	2021	The role of traditional Chinese medicine in the treatment of cognitive dysfunction in type 2 diabetes	J Ethnopharmacol.	J Ethnopharmacol. 2021 Nov 15;280:114464. doi: 10.1016/j.jep.2021.114464. Epub 2021 Jul 27	
Zheng Y, Ding Q, Wei Y, Gou X, Tian J, Li M, Tong X.	2021	Effect of traditional Chinese medicine on gut microbiota in adults with type 2 diabetes: A systematic review and meta-analysis	Phytomedicine	Phytomedicine. 2021 Jul 15;88:153455. doi: 10.1016/j.phymed.2020.153455. Epub 2020 Dec 30	
Fu Q, Yang H, Zhang L, et al.	2020	Traditional Chinese medicine foot bath combined with acupoint massage for the treatment of diabetic peripheral neuropathy: A systematic review and meta-analysis of 31 RCTs.	Diabetes/Metabolism Research and Reviews.	Diabetes Metab Res Rev. 2020;36(2):e3218. doi:10.1002/dmrr.3218	
Lian F, Jin D, Bao Q, Zhao Y, Tong X.	2019	Effectiveness of traditional Chinese medicine Jinlida granules as an add-on therapy for type 2 diabetes: A system	Journal of Diabetes	J Diabetes. 2019;11(7):540–551. doi:10.1111/1753-0407.12877	

			review and meta-analysis of randomized controlled trials.		
	Pang B, Li QW, Qin YL, Dong GT, Feng S, Wang J, Tong XL, Ni Q.	2020	Traditional chinese medicine for diabetic retinopathy: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Feb;99(7):e19102. doi: 10.1097/MD.00000000000019102
	Pang, B., Lian, F., Zhao, X., Zhao, X., Jin, D., Lin, Y., ... Tong, X.	2017	Prevention of type 2 diabetes with the traditional Chinese patent medicine: A systematic review and meta-analysis.	Diabetes Research and Clinical Practice	Diabetes Research and Clinical Practice, 131, 242–259.
	Piao C, Zhang Q, Jin D, Shao M, Bi C, Wang L, Tang C, Lian F, Tong X.	2020	Treatment of Type 2 diabetes with Tianqi Jiangtang Capsule: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May 22;99(21):e19702. doi: 10.1097/MD.00000000000019702. PMID: 32481250; PMCID: PMC7249865.

	Tang X, Huang M, Jiang J, et al.	2020	Panax notoginseng preparations as adjuvant therapy for diabetic kidney disease: a systematic review and meta-analysis.	Pharmaceutical Biology	Pharm Biol. 2020;58(1):138–145. doi:10.1080/13880209.2020.1711782
	Tian J, Jin D, Bao Q, et al.	2019	Evidence and potential mechanisms of traditional Chinese medicine for the treatment of type 2 diabetes: A systematic review and meta-analysis.	Diabetes Obesity Metabolism	Diabetes Obes Metab. 2019;21(8):1801–1816. doi:10.1111/dom.13760
	Zhang L, Shergis JL, Yang L, et al.	2019	Astragalus membranaceus (Huang Qi) as adjunctive therapy for diabetic kidney disease: An updated systematic review and meta-analysis	Journal of Ethnopharmacology	J Ethnopharmacol. 2019;239:111921. doi:10.1016/j.jep.2019.111921
	Zhang L, Yang L, Shergis J, et al.	2019	Chinese herbal medicine for diabetic kidney disease: a systematic review and meta-analysis of randomised placebo-controlled trials.	BMJ Open	BMJ Open. 2019;9(4):e025653. Published 2019 May 1. doi:10.1136/bmjopen-2018-025653
	Yu, A., Adelson,	2018	Chinese Herbal Medicine Versus Other Interventions in the Treatment of Type 2 Diabetes.	Journal of Evidence-Based Integrative Medicine	Journal of Evidence-Based Integrative Medicine, 23, 2515690X1878151. doi:10.1177/2515690x18781519

D., & Mills, D.				
Zhang, H. W., Zhang, H., Grant, S. J., Wan, X., & Li, G.	2018	Single herbal medicine for diabetic retinopathy.	Cochrane Database of Systematic Reviews	Cochrane Database of Systematic Reviews. doi:10.1002/14651858.cd007939.pub2
Gao H, Yang Y, Deng J, Liang J, Zhang W, Feng X.	2019	A systematic review and meta-analysis on the efficacy and safety of traditional Chinese patent medicine Jinqi Jiangtang Tablet in the treatment of type 2 diabetes.	Complementary Therapies in Medicine	Complement Ther Med. 2019;47:102021. doi:10.1016/j.ctim.2019.01.016
Li KD, Wang QS, Zhang WW, et al.	2020	Gardenia fructus antidepressant formula for depression in diabetes patients: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complement Ther Med. 2020;48:102248. doi:10.1016/j.ctim.2019.102248
Ryuk, J. A., Lixia, M., Cao, S., Ko, B.-S., & Park, S.	2017	Efficacy and safety of Gegen Qinlian decoction for normalizing hyperglycemia in diabetic patients: A systematic review and meta-analysis of randomized clinical trials.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 33, 6–13. doi:10.1016/j.ctim.2017.05.004

Wang Y, Cao HJ, Wang LQ, et al.	2019	The effects of Chinese herbal medicines for treating diabetic foot ulcers: A systematic review of 49 randomized controlled trials.	Complementary Therapies in Medicine	Complement Ther Med. 2019;44:32–43. doi:10.1016/j.ctim.2019.03.007
Wei, H., Liu, S., Liao, Y., Ma, C., Wang, D., Tong, J., ... Zhu, L.	2018	A Systematic Review of the Medicinal Potential of Mulberry in Treating Diabetes Mellitus.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 1–28. doi:10.1142/s0192415x1850088x
Yan, B., Wang, J., Xue, Z., & Tian, G.	2018	Chinese Medicinal Herbs in the Treatment of Diabetic Cognitive Impairment: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–10. doi:10.1155/2018/7541406
Zhu, J., Chen, H., Song, Z., Wang, X., & Sun, Z.	2018	Effects of Ginger (Zingiber officinale Roscoe) on Type 2 Diabetes Mellitus and Components of the Metabolic Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–11. doi:10.1155/2018/5692962

ECAs					
	Pan J(1), Xu Y(1), Chen S(1), Tu Y(1), Mo Y(1), Gao F(1), Zhou J(1), Hu C(2), Jia W(1).	2021	The Effectiveness of Traditional Chinese Medicine Jinlida Granules on Glycemic Variability in Newly Diagnosed Type 2 Diabetes: A Double-Blinded, Randomized Trial.	J Diabetes Res.	J Diabetes Res. 2021 Oct 8;2021:6303063. doi: 10.1155/2021/6303063. eCollection 2021.
	Yang H, Yue R, Zhou J, Zeng Z, Wang L, Long X, Ding N, Huang X.	2020	Study on metabonomics of Chinese herbal medicine in the treatment of type 2 diabetes mellitus complicated with community-acquired pneumonia.	Medicine (Baltimore).	Medicine (Baltimore). 2020 Sep 11;99(37):e22160. doi: 10.1097/MD.00000000000022160. PMID: 32925778; PMCID: PMC7489703.
Obesidad	RS y MA				
	Uneda K, Kawai Y, Yamada T, Kaneko A,	2022	Japanese traditional Kampo medicine bofutsushosan improves body mass index in participants with obesity: A	PLoS One.	PLoS One. 2022 Apr 13;17(4):e0266917. doi: 10.1371/journal.pone.0266917. eCollection 2022

	Saito R, Chen L, Ishigami T, Namiki T, Mitsuma T.		systematic review and meta-analysis		
	Wong AR, Yang AWH, Li M, Hung A, Gill H, Lenon GB.	2022	The Effects and Safety of Chinese Herbal Medicine on Blood Lipid Profiles in Placebo-Controlled Weight-Loss Trials: A Systematic Review and Meta-Analysis	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Jan 17;2022:1368576. doi: 10.1155/2022/1368576. eCollection 2022
	Yuan, F., Dong, H., Fang, K., Gong, J., & Lu, F.	2017	Effects of green tea on lipid metabolism in overweight or obese people: A meta-analysis of randomized controlled trials.	Molecular Nutrition & Food Research	Molecular Nutrition & Food Research, 62(1), 1601122.doi:10.1002/mnfr.201601122
ECAs					
	Lenon, G. B., Li, K. X., Chang, Y.- H., Yang, A. W., Da Costa, C.,	2012	Efficacy and Safety of a Chinese Herbal Medicine Formula (RCM-104) in the Management of Simple Obesity: A Randomized, Placebo-Controlled Clinical Trial.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2012, 1–11.doi:10.1155/2012/435702

	Li, C. G., ... Xue, C. C. L.				
Tiroides	RS y MA				
	Han Q(1), Xu N(1), Chen B(2), Wu W(2), Sheng L(2).	2021	Safety and efficacy of Prunella vulgaris preparation in adjuvant treatment of thyroid nodules: A meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 15;100(41):e27490. doi: 10.1097/MD.00000000000027490.
	Xie C, He C, Gao J, Jia S.	2020	Efficacy and safety of tripterygium glycosides in the treatment of hyperthyroidism: A systemic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Sep 18;99(38):e22282. doi: 10.1097/MD.00000000000022282. PMID: 32957384; PMCID: PMC7505354.
	ECAs				
Li H, Zheng P, Min J, Zhang Y, Wang W, Zhang J, Li H.	2020	A prospective randomized controlled clinical trial of Pingmu Decoction combined with acupuncture in the treatment of non-active thyroid-related ophthalmopathy.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Dec 18;99(51):e23734. doi: 10.1097/MD.00000000000023734. PMID: 33371126; PMCID: PMC7748212.	

Dermatología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Eczema y dermatitis atópica	RS y MA				
	Li H, Sun X, He J, Tan C, Dai T.	2022	Efficacy and safety of Chinese herbal medicine Jianpi formulas for atopic dermatitis: Evidence from 11 randomized controlled trials	J Cosmet Dermatol	J Cosmet Dermatol. 2022 Mar;21(3):1065-1074. doi: 10.1111/jocd.14165. Epub 2021 May 1
	Wang X(1), Meng J(2), Wu Q(1), Feng J(1), Jing H(1).	2022	Clinical Efficacy of Integrated Traditional Chinese and Western Medicine in the Treatment of Eczema: A Meta-Analysis.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Mar 3;2022:7202626. doi: 10.1155/2022/7202626. eCollection 2022.
	Gu, S. X., Zhang, A. L., Coyle, M. E., Chen, D., & Xue, C. C.	2016	Chinese herbal medicine for atopic eczema: an overview of clinical evidence.	Journal of Dermatological Treatment	Journal of Dermatological Treatment, 28(3), 246–250.doi:10.1080/09546634.2016.1214673
Shi, Z., Song, T., Xie, J., Yan, Y., & Du, Y.	2017	The Traditional Chinese Medicine and Relevant Treatment for the Efficacy and	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–2	

			Safety of Atopic Dermatitis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.		0.doi:10.1155/2017/6026434
ECAs					
Huang D, Chen K, Zhang FR, et al.	2019	Efficacy and safety of Run Zao Zhi Yang capsule on chronic eczema: a multiple-center, randomized, double-blind, placebo-controlled clinical study.	Journal of Dermatological Treatment	J Dermatolog Treat. 2019;30(7):677–684. doi:10.1080/09546634.2019.1571267	
Ma T, Chai Y, Li S, Sun X, Wang Y, Xu R, Chen J, Zhou M, Zhou M, Li B, Xu W, Li X.	2020	Efficacy and safety of Qinzhuliangxue decoction for treating atopic eczema: a randomized controlled trial	Ann Palliat Med.	Ann Palliat Med. 2020 May;9(3):870-882. doi:10.21037/apm.2020.04.17. Epub 2020 Apr 26. PMID: 32389012	
Parker, S., Zhang, C. S., Yu, J. J., Lu, C., Zhang, A. L., & Xue, C. C.		Efficacy and safety of Qinzhuliangxue decoction for treating atopic eczema: a randomized controlled trial.	Journal of Dermatological Treatment	Journal of Dermatological Treatment, 28(1), 21–31.doi:10.1080/09546634.2016.1178377	
Liu, J., Mo, X., Wu, D., Ou, A., Xue, S., Liu, C., ... Chen, D.	2015	Efficacy of a Chinese herbal medicine for the treatment of	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(5), 644–651.doi:10.1016/j.ctim.2015.07.00	

			atopic dermatitis: A randomised controlled study.		
Psoriasis	RS y MA				
	Dai D(1)(2), Wu H(2)(3), He C(1)(2), Wang X(3), Luo Y(2), Song P(1).	2022	Evidence and potential mechanisms of traditional Chinese medicine for the treatment of psoriasis vulgaris: a systematic review and meta-analysis.	J Dermatolog Treat	J Dermatolog Treat. 2022 Mar;33(2):671-681. doi: 10.1080/09546634.2020.1789048. Epub 2020 Jul 9.
	Yu, J. J., Zhang, C. S., Zhang, A. L., May, B., Xue, C. C., & Lu, C.	2013	Add-On Effect of Chinese Herbal Medicine Bath to Phototherapy for Psoriasis Vulgaris: A Systematic Review.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2013, 1–14.doi:10.1155/2013/673078
	Yang, L., Zhang, C. S., May, B., Yu, J., Guo, X., Zhang, A. L., ... Lu, C.	2015	Efficacy of combining oral Chinese herbal medicine and NB-UVB in treating psoriasis vulgaris: a systematic review and meta-analysis.	Chinese Medicine	Chinese Medicine, 10(1).doi:10.1186/s13020-015-0060-y
	ECAs				
Li M, Hu X, Hao PS.	2020	Research "recover from illness defense complex" helper T cell immune mechanisms based on the "Fuxie" theory clearing away heat evil	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(20):e20161. doi: 10.1097/MD.00000000000020161. PMID: 32443332; PMCID: PMC7254185.	

			thoroughly nourishing kidney treatment of recurrent blood-heat syndrome Psoriasis.		
	Lin W, Yu Q, Qin Y, Dai L, Xiao J, Jiao L, Liu S, Ye S, Zhang J, Chen M.	2020	To explore the clinical efficacy of Traditional Chinese Medicine bath in the treatment of psoriasis vulgaris with blood-heat syndrome and its effect on related cytokines based on different temperature and different concentration.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(19):e20172. doi: 10.1097/MD.00000000000020172. PMID: 32384509; PMCID: PMC7220306
	Li, N., Zhao, W., Xing, J., Liu, J., Zhang, G., Zhang, Y., ... Bai, Y.	2017	Chinese herbal Pulian ointment in treating psoriasis vulgaris of blood-heat syndrome: a multi-center, double-blind, randomized, placebo-controlled trial.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 17(1).doi:10.1186/s12906-017-1631-5
Otros	RS y MA				
	Jiang Y(1), Zheng RX(1), Yu ZY(1), Zhang XW(1), Li J(2), Lan HD(3), Qiao SY(1), Han M(1), Cao	2022	Traditional Chinese Medicine for HIV-Associated Acute Herpes Zoster: A Systematic Review and Meta-Analysis of Randomized Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Feb 18;2022:8674648. doi: 10.1155/2022/8674648. eCollection 2022.

	HJ(1), Robinson N(4), Liu JP(1).				
	Xinjian Yu (1), Zhang N (2), Jing Jin 1, Xuwen Yin 1, Jing Luo 1	2022	Evaluation of Therapeutic Effect and Prognosis of Danzhi Xiaoyao Powder Combined with Photodynamic Therapy in the Treatment of Rose Acne.	Comput Math Methods Med.	Comput Math Methods Med. 2022 Mar 11;2022:1636839. doi: 10.1155/2022/1636839. eCollection 2022.
	Chen, Y.-J., Chen, Y.-Y., Wu, C.-Y., & Chi, C.-C.	2016	Oral Chinese herbal medicine in combination with phototherapy for vitiligo: A systematic review and meta-analysis of randomized controlled trials	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 26, 21–27.doi:10.1016/j.ctim.2016.02.009
	Xue W, Zhao Y, Yuan M, Zhao Z.	2019	Chinese herbal bath therapy for the treatment of uremic pruritus: meta-analysis of randomized controlled trials.	BMC Complementary and Alternative Medicine	BMC Complement Altern Med. 2019;19(1):103. Published 2019 May 10. doi:10.1186/s12906-019-2513-9

Dolor y lesiones

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Artritis reumatoide	RS y MA				
	Mei L, Yang Z, Zhang X, Liu Z, Wang M, Wu X, Chen X, Huang Q, Huang R.	2021	Sustained Drug Treatment Alters the Gut Microbiota in Rheumatoid Arthritis	Front Immunol.	Front Immunol. 2021 Oct 14;12:704089. doi: 10.3389/fimmu.2021.704089. eCollection 2021.
	Li S, Liu D, Chen Z, Wei S, Xu W, Li X, Wei Q.	2021	Comparative efficacy and safety of four classical prescriptions for clearing damp-heat recommended by clinical guidelines in treating rheumatoid arthritis: a network meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2021 Jul;10(7):7298-7328. doi: 10.21037/apm-21-445
	Cai, X., Chen, X.-M., Xia, X., Bao, K., Wang, R.-R., Peng, J.-H., ... Huang, Q.-C.	2018	The Bone-Protecting Efficiency of Chinese Medicines Compared With Western Medicines in Rheumatoid Arthritis: A Systematic Review	Frontiers in Pharmacology	Frontiers in Pharmacology, 9.doi:10.3389/fphar.2018.00914

			and Meta-Analysis of Comparative Studies.		
	Huang Y, Wang H, Chen Z, et al.	2019	Efficacy and safety of total glucosides of paeony combined with methotrexate and leflunomide for active rheumatoid arthritis: a meta-analysis.	Drug Design Developmebt and Therapy	Drug Des Devel Ther. 2019;13:1969–1984. Published 2019 Jun 17. doi:10.2147/DDDT.S207226
	Zhou, Y.-Y., Xia, X., Peng, W.-K., Wang, Q.-H., Peng, J.-H., Li, Y., ... Huang, Q.-C.	2018	The Effectiveness and Safety of Tripterygium wilfordii Hook. F Extracts in Rheumatoid Arthritis: A Systematic Review and Meta-Analysis.	Frontiers in Pharmacology	Frontiers in Pharmacology, 9. doi:10.3389/fphar.2018.00356
	Liang M, Yan L, Mei Z, Luo Y, Hou X, Feng Z.	2020	Methodological and reporting quality evaluation of meta-analyses on the Chinese herbal preparation Zheng Qing Feng Tong Ning for the treatment of rheumatoid arthritis.	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 Jun 26;20(1):195. doi: 10.1186/s12906-020-02978-5. PMID: 32586308; PMCID: PMC7318442.

	Liu, Y.-F., Huang, Y., Wen, C.-Y.-Z., Zhang, J.-J., Xing, G.-L., Tu, S.-H., & Chen, Z.	2017	The Effects of Modified Simiao Decoction in the Treatment of Gouty Arthritis: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1-12.doi:10.1155/2017/6037037
Osteoarthritis	RS y MA				
	Ni J, Au M, Kong H, Wang X, Wen C.	2021	Lycium barbarum polysaccharides in ageing and its potential use for prevention and treatment of osteoarthritis: a systematic review.	BMC Complement Med Ther	BMC Complement Med Ther. 2021 Aug 17;21(1):212. doi: 10.1186/s12906-021-03385-0.
	Lin Z, Zheng J, Chen M, Chen J, Lin J.	2022	The Efficacy and Safety of Chinese Herbal Medicine in the Treatment of Knee Osteoarthritis: An Updated Systematic Review and Meta-Analysis of 56 Randomized Controlled Trials	Oxid Med Cell Longev	Oxid Med Cell Longev. 2022 Jan 7;2022:6887988. doi: 10.1155/2022/6887988. eCollection 2022

Liang Y, Xu Y, Zhu Y, Ye H, Wang Q, Xu G.	2022	Efficacy and Safety of Chinese Herbal Medicine for Knee Osteoarthritis: Systematic Review and Meta-analysis of Randomized Controlled Trials.	Phytomedicine. 2022	Phytomedicine. 2022 Mar 6;100:154029. doi: 10.1016/j.phymed.2022.154029. Online ahead of print
Yang, M., Jiang, L., Wang, Q., Chen, H., & Xu, G.	2017	Traditional Chinese medicine for knee osteoarthritis: An overview of systematic review.	PLOS ONE	PLOS ONE, 12(12), e0189884.doi:10.1371/journal.pone.0189884
Zhang, W., Wang, S., Zhang, R., Zhang, Y., Li, X., Lin, Y., & Wei, X.	2016	Evidence of Chinese herbal medicine Duhuo Jisheng decoction for knee osteoarthritis: a systematic review of randomised clinical trials.	BMJ Open	BMJ Open, 6(1), e008973.doi:10.1136/bmjopen-2015-008973
Chen, B., Zhan, H., Marszalek, J., Chung, M., Lin, X., Zhang, M., ... Wang, C.	2016	Traditional Chinese Medications for Knee Osteoarthritis Pain: A Meta-Analysis of	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 44(04), 677–703.doi:10.1142/s0192415x16500373

			Randomized Controlled Trials.		
	Huang H, Pan J, Yang W, et al.	2019	Are Kidney-Tonifying and Blood-Activating Medicinal Herbs Better than NSAIDs for Knee Osteoarthritis? A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Medicine	Evid Based Complement Alternat Med. 2019;2019:9094515. Published 2019 Nov 25. doi:10.1155/2019/9094515
ECAs					
	Lee D, Kim SJ, Kim H.	2020	A 12 week, randomized, double-blind, placebo-controlled clinical trial for the evaluation of the efficacy and safety of HT083 on mild osteoarthritis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jul 10;99(28):e20907. doi: 10.1097/MD.00000000000020907. PMID: 32664084; PMCID: PMC7360256.
Osteoporosis	RS y MA				
	Huang CY, Cheng CJ, Chiou WF, Chang WC, Kang YN, Lee MH.	2022	Efficacy and safety of Duhuo Jisheng Decoction add-on bisphosphonate medications in	J Ethnopharmacol	J Ethnopharmacol. 2022 Jan 30;283:114732. doi: 10.1016/j.jep.2021.114732. Epub 2021 Oct 9

			patients with osteoporosis: A meta-analysis of randomized controlled trials.		
	Zhang, Y., Jiang, J., Shen, H., Chai, Y., Wei, X., & Xie, Y.	2017	Total flavonoids from Rhizoma Drynariae (Gusuibu) for treating osteoporotic fractures: implication in clinical practice.	Drug Design, Development and Therapy	Drug Design, Development and Therapy, Volume 11, 1881–1890. doi:10.2147/dddt.s139804
	Liu, Y., Liu, J. P., & Xia, Y.	2014	Chinese herbal medicines for treating osteoporosis.	Cochrane Database of Systematic Reviews	Cochrane Database of Systematic Reviews.doi:10.1002/14651858.cd005467.pub2
	Wang, Z., Li, J., Sun, Y., Yao, M., Gao, J., Yang, Z., ... Wang, Y.	2013	Chinese Herbal Medicine for Osteoporosis: A Systematic Review of Randomized Controlled Trails.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2013, 1–11. doi:10.1155/2013/356260
Espondilitis anquilosante	RS y MA				
	Huang Y, Wang H, Chen Z, Wang Y, Qin K, Huang Y, Shen P, Ba X, Lin W, Tu S.	2019	Synergistic and Hepatoprotective Effect of Total	Frontiers in Pharmacology	Front Pharmacol. 2019 Mar 19;10:231. doi: 10.3389/fphar.2019.00231. eCollection 2019

			Glucosides of Paeony on Ankylosing Spondylitis: A Systematic Review and Meta-Analysis.		
	ECAs				
	Xie Y(1), Tu L(2), Zhang Y(3), Yu Q(4), Wu H(5), Ye S(6), Li H(7), Chen Z(8), Wu J(9), Cao S(10), Wei Q(11), Gu J(12).	2022	Efficacy and safety of Fengshi Gutong Capsule in patients with active ankylosing spondylitis: A 4-week randomized controlled, double-blinded, double-dummy trial	J Ethnopharmacol.	J Ethnopharmacol. 2022 Mar 1;285:114731. doi: 10.1016/j.jep.2021.114731. Epub 2021 Oct 8.
Cefalea y migrañas	RS y MA				
	Fan XM, Wei JJ, Zhang YL, Liao X, Liang X, Fu GJ, Gong X, Chen WJ, Piao JZ, Yan Y, Guo CL, Yan YM, Yang J.	2021	Systematic review and Meta-analysis of efficacy and safety of Toutongning Capsules in treatment of tension-type headache	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Sep;46(18):4623-4632. doi: 10.19540/j.cnki.cjcmm.20210520.501.

Yan Y, Zhang YL, Jin XL, Liao X, Gong X, Chen WJ, Wei JJ, Fan XM, Piao JZ, Fu GJ, Guo CL.	2021	Systematic review and Meta-analysis of efficacy and safety of gastrodin in treatment of tension-type headache	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Sep;46(18):4615-4622. doi: 10.19540/j.cnki.cjcmm.20210615.501
Shan, C.-S., Xu, Q.-Q., Shi, Y.-H., Wang, Y., He, Z.-X., & Zheng, G.-Q.	2018	Chuanxiong Formulae for Migraine: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials.	Frontiers in Pharmacology	Frontiers in Pharmacology, 9.doi:10.3389/fphar.2018.00589
Shi, Y.-H., Wang, Y., Fu, H., Xu, Z., Zeng, H., & Zheng, G.-Q.	2018	Chinese Herbal Medicine for Headache: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials.	Phytomedicine	Phytomedicine. doi:10.1016/j.phymed.2018.12.039
Li, J., Cao, X., Wei, J., Song, L., Liao, F., Zheng, G., & Lin, Y.	2015	Chuanxiong chadiao powder, a famous Chinese herbal prescription, for headache: A	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(4), 577–590. doi:10.1016/j.ctim.2015.06.012

			systematic review and meta-analysis.		
	Lyu S, Zhang CS, Guo X, Zhang AL, Sun J, Lu C, Xue CC, Luo X.	2020	Oral Chinese Herbal Medicine as Prophylactic Treatment for Episodic Migraine in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Dec 28;2020:5181587. doi: 10.1155/2020/5181587. PMID: 33424985; PMCID: PMC7781685.
	Wang Y, Shi Y, Zhang X, et al.	2019	A Chinese Prescription Chuanxiong Chatiao San for Migraine: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:2301680. Published 2019 Jul 31. doi:10.1155/2019/2301680
ECAs					
	Liu, H., Zou, Y., Cao, K., Yu, L., Zhang, Y., Fu, C., & Ma, D.	2017	Efficacy of Modified Wuzhuyu Decoction Granule (加减吴茱萸汤 颗粒剂) for Migraine Patients with	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 24(6), 409–414. doi:10.1007/s11655-017-2547-5

			Cold and Stasis Obstructing Meridian Syndrome: A Randomized, Double-Blind, Placebo-Controlled Trial.		
	Yu S, Ran Y, Xiao W, et al.	2019	Treatment of migraines with Tianshu capsule: a multi-center, double-blind, randomized, placebo-controlled clinical trial.	BMC Complementary Alternative Medicine	BMC Complement Altern Med. 2019;19(1):370. Published 2019 Dec 16. doi:10.1186/s12906-019-2775-2
Otros	RS y MA				
	Jo HG, Seo J, Choi S, Lee D.	2022	East Asian Herbal Medicine to Reduce Primary Pain and Adverse Events in Cancer Patients: A Systematic Review and Meta-Analysis With Association Rule Mining to Identify Core Herb Combination	Front Pharmacol	Front Pharmacol. 2022 Jan 17;12:800571. doi: 10.3389/fphar.2021.800571. eCollection 2021

	Wang YH, Chang JY, Feng L.	2021	Effect of Oral Chinese Medicine Combined with Western Medicine on Cancer Pain: A Meta-Analysis.	Chin J Integr Med	Chin J Integr Med. 2021 Sep;27(9):713-720. doi: 10.1007/s11655-020-3423-x. Epub 2020 Aug 19.
	Li QY, Cai FH, Lu Y, Liu H, Wang X, Li FL, Shi J.	2022	External Treatment With Chinese Herbal Medicine for Chemotherapy-Induced Peripheral Neuropathy: A Systematic Review and Meta-Analysis	Front Pharmacol	Front Pharmacol. 2022 Feb 18;13:764473. doi: 10.3389/fphar.2022.764473. eCollection 2022
	Wang Y, Han M, Pedigo CE, Xie ZM, Wang WJ, Liu JP.	2021	Chinese Herbal Medicine for Systemic Lupus Erythematosus: A Systematic Review and Meta-analysis of Randomized, Placebo-Controlled Trials.	Chin J Integr Med	Chin J Integr Med. 2021 Oct;27(10):778-787. doi: 10.1007/s11655-021-3497-0. Epub 2021 Jul 28
	Liang, L., Wei, X., Feng, M., Zhu, L., Yu, J., Yang, G., ... Wang, X.	2020	Huangqi Guizhi Wuwu Decoction for treating cervical radiculopathy.	Medicine	Medicine, 99(7), e19137. doi:10.1097/md.000000000019137

ECAs					
	Lo WC, Chen YT, Chen CC.	2021	The Effects of Elgucare on Degenerated Intervertebral Disc-Induced Low Back Pain and Disc Regeneration: A Clinical Trial	Comput Math Methods Med.	Comput Math Methods Med. 2021 Nov 8;2021:5824956. doi: 10.1155/2021/5824956. eCollection 2021
	Wang M(1), Wang PQ(2), Yu LH(3), Wang CY(4), Shao Y(2).	2022	Post-stroke shoulder-hand syndrome of phlegm-stasis obstruction treated with the combined therapy of eye acupuncture, Tengliao and rehabilitation training: a multi-central randomized controlled trial	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2022 Apr 12;42(4):385-9. doi: 10.13703/j.0255-2930.20210426-0003.
	Chen L, Jiang H, Xing G, Guan B, Yang Y, Ahmed A, Ma X.	2021	Effects of Yunanan Baiyao adjunct therapy on postoperative recovery and clinical	Phytomedicine	Phytomedicine. 2021 Aug;89:153593. doi: 10.1016/j.phymed.2021.153593. Epub 2021 May 14.

			prognosis of patients with traumatic brain injury: A randomized controlled trial.		
--	--	--	---	--	--

Insomnio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Insomnio	RS y MA				
	Chen F, Chen Z, Cheng Y, Li J, Liao R, Zhao Z, Wu K, Liu J.	2022	Meta analysis for insomnia Guizhi Gancao Longgu Muli decoction for insomnia A meta-analysis.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2022 May;47:101550. doi: 10.1016/j.ctcp.2022.101550. Epub 2022 Feb 23.
	Wang C, Yang Y, Ding X, Li J, Zhou X, Teng J, Qi X.	2021	Efficacy and safety of Shumian capsules in treating insomnia: A systematic review and meta-analysis	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 17;100(50):e28194. doi: 10.1097/MD.00000000000028194

Yao WQ, Zhao YH, Zheng YW, Zhang Q, Han X.	2021	Network Meta-analysis of Chinese patent medicines of Ziziphi Spinosae Semen in treatment of primary insomnia	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Sep;46(17):4541-4554. doi: 10.19540/j.cnki.cjcmm.20210114.501.
Shi ML, Zhao M, Wang YH, Sun TY, Li XL, Ren F, Bian SB, Cui ZH, Li SS.	2021	Network Meta-analysis of efficacy and safety of Chinese patent medicines in treatment of insomnia	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Oct;46(20):5403-5417. doi: 10.19540/j.cnki.cjcmm.20210407.503
Hu J, Teng J, Wang W, Yang N, Tian H, Zhang W, Peng X, Zhang J.	2021	Clinical efficacy and safety of traditional Chinese medicine Xiao Yao San in insomnia combined with anxiety	Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 29;100(43):e27608. doi: 10.1097/MD.00000000000027608.
Birling, Y., Jia, M., Li, G., Sarris, J., Bensoussan, A., & Zhu, X.	2020	Zao Ren An Shen for insomnia: A systematic review with meta-analysis.	Sleep Medicine.	Sleep Medicine. doi:10.1016/j.sleep.2019.12.023
Chen, B.-W., Yi, J., Sun, B., Jia, P., Zhang, W.-J., & Liu, B.-Y.	2020	Efficacy and safety of Zaoren Anshen capsules in the treatment of insomnia.	Medicine	Medicine, 99(6), e19033. doi:10.1097/md.00000000000019033
Li, F., Xu, B., Shi, H., Zhang, T., Song, Z., Chen, Y., ... Wang, P.	2020	Efficacy and safety of TCM Yangxin Anshen Therapy for insomnia.	Medicine	Medicine, 99(8), e19330. doi:10.1097/md.00000000000019330

Li M, Lan R, Wen Y, Shi K, Yang D.	2020	Guipi decoction for insomnia: Systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jul 2;99(27):e21031. doi: 10.1097/MD.00000000000021031. PMID: 32629727; PMCID: PMC7337451.
Ni, X., Shergis, J. L., Guo, X., Zhang, A. L., Li, Y., Lu, C., & Xue, C. C.	2015	Updated clinical evidence of Chinese herbal medicine for insomnia: a systematic review and meta-analysis of randomized controlled trials.	Sleep Medicine	Sleep Medicine, 16(12), 1462–1481. doi:10.1016/j.sleep.2015.08.012
Wang X, Ju J, Li J, Fan Y, Xu H.	2020	Chaihu Longgu Muli decoction, a Chinese herbal formula, for the treatment of insomnia: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 2;99(40):e22462. doi: 10.1097/MD.00000000000022462. PMID: 33019437; PMCID: PMC7535661.
Yeung, W.-F., Chung, K.-F., Man-Ki Poon, M., Yan-Yee Ho, F., Zhang, S.-P., Zhang, Z.-J., ... Wong, V. T.	2012	Chinese herbal medicine for insomnia: A systematic review of randomized controlled trials.	Sleep Medicine Reviews	Sleep Medicine Reviews, 16(6), 497–507. doi:10.1016/j.smr.2011.12.005

	Zhang H, Liu P, Wu X, Zhang Y, Cong D.	2019	Effectiveness of Chinese herbal medicine for patients with primary insomnia: A PRISMA-compliant meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(24):e15967. doi:10.1097/MD.00000000000015967
	Ni, X., Shergis, J. L., Zhang, A. L., Guo, X., Lu, C., Li, Y., & Xue, C. C.	2018	Traditional Use of Chinese Herbal Medicine for Insomnia and Priorities Setting of Future Clinical Research.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine.doi:10.1089/acm.2018.0249
	Yang XQ, Liu L, Ming SP, Fang J, Wu DN. Tian Wang Bu Xin Dan for	2019	Insomnia: A Systematic Review of Efficacy and Safety.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:4260801. Published 2019 Mar 24. doi:10.1155/2019/4260801
ECAs					
	Birling Y, Zhu X, Avarid N, Tannous C, Fahey PP, Sarris J, Bensoussan A.	2022	Zao Ren An Shen capsule for insomnia: a double-blind, randomized, placebo-controlled trial.	Sleep	Sleep. 2022 Feb 14;45(2):zsab266. doi: 10.1093/sleep/zsab266
	Yang X, Xiao H, Zeng Y, Huang L, Ji K, Deng D, Yang W, Liu L.	2021	Tianwang Buxin Granules Influence the Intestinal Flora in Perimenopausal Insomnia.	Biomed Res Int.	Biomed Res Int. 2021 Nov 16;2021:9979511. doi: 10.1155/2021/9979511. eCollection 2021.

Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dismenorrea	RS y MA				
	Yan LJ, Fang M, Zhu SJ, Wang ZJ, Hu XY, Liang SB, Wang D, Yang D, Shen C, Robinson N, Liu JP.	2022	Effectiveness and Safety of Chinese Medicine at Shenque (CV 8) for Primary Dysmenorrhea: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Chin J Integr Med	Chin J Integr Med. 2022 Apr 15. doi: 10.1007/s11655-022-3319-z. Online ahead of print.
	Ma C, Liang N, Gao L, Jia C.	2021	Danggui Sini Decoction (herbal medicine) for the treatment of primary dysmenorrhoea: a systematic review and meta-analysis.	J Obstet Gynaecol.	J Obstet Gynaecol. 2021 Oct;41(7):1001-1009. doi: 10.1080/01443615.2020.1820461. Epub 2020 Nov 24.
Gao, L., Jia, C., Zhang, H., & Ma, C.	2017	Wenjing decoction (herbal medicine) for the treatment of primary dysmenorrhea: a systematic review and meta-analysis.	Archives of Gynecology and Obstetrics	Archives of Gynecology and Obstetrics, 296(4), 679–689.doi:10.1007/s00404-017-4485-7	

Ji HR, Park KS, Woo HL, Lee MJ, Yoon JG, Lee HJ, Hwang DS, Lee CH, Jang JB, Lee JM.	2020	Herbal medicine (Taohong Siwu Tang) for the treatment of primary dysmenorrhea: A systematic review and meta-analysis.	Explore (NY).	Explore (NY). 2020 Sep-Oct;16(5):297-303. doi: 10.1016/j.explore.2020.05.013. Epub 2020 Jul 9. PMID:32723605.
Lee, H., Choi, T.-Y., Myung, C.-S., Lee, J. A., & Lee, M. S.	2016	Herbal medicine (Shaofu Zhuyu decoction) for treating primary dysmenorrhea: A systematic review of randomized clinical trials.	Maturitas	Maturitas, 86, 64–73.doi:10.1016/j.maturitas.2016.01.012
Lee, H. W., Jun, J. H., Kil, K.-J., Ko, B.-S., Lee, C. H., & Lee, M. S.	2016	Herbal medicine (Danggui Shaoyao San) for treating primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials.	Maturitas	Maturitas, 85, 19–26.doi:10.1016/j.maturitas.2015.11.013
Leem J, Jo J, Kwon CY, Lee H, Park KS, Lee JM.	2019	Herbal medicine (Hyeolbuchukeotang or Xuefu Zhuyu decoction) for treating primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019 Feb;98(5): e14170. doi:10.1097/MD.00000000000014170

	Li G, Liu A, Lin M, Liao S, Wen Z.	2020	Chinese herbal formula siwutang for treating primary dysmenorrhea: A systematic review and meta-analysis of randomized controlled trials.	Maturitas	Maturitas. 2020 Aug;138:26-35. doi:10.1016/j.maturitas.2020.03.009. Epub 2020 May 13. PMID: 32631585
	Ma C, Liang N, Gao L, Jia C.	2020	Danggui Sini Decoction (herbal medicine) for the treatment of primary dysmenorrhoea: a systematic review and meta-analysis.	J Obstet Gynaecol.	J Obstet Gynaecol. 2020 Nov 24:1-9. doi: 10.1080/01443615.2020.1820461. Epub ahead of print. PMID: 33228406.
	Seo J, Lee H, Lee D, Jo HG.	2020	Dangguijagyag-san for primary dysmenorrhea: A PRISMA-compliant systematic review and meta-analysis of randomized-controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 16;99(42):e22761. doi: 10.1097/MD.00000000000022761. PMID: 33080743; PMCID: PMC7571984
	Xu Y, Yang Q, Wang X.	2020	Efficacy of herbal medicine (cinnamon/fennel/ginger) for primary dysmenorrhea: a systematic review and meta-analysis of randomized controlled trials.	J Int Med Res	J Int Med Res. 2020 Jun;48(6):300060520936179. doi: 10.1177/0300060520936179. PMID: 32603204; PMCID: PMC7328489.
ECAs					

	Chai C, Hong F, Yan Y, Yang L, Zong H, Wang C, Liu Z, Yu B.	2020	Effect of traditional Chinese medicine formula GeGen decoction on primary dysmenorrhea: A randomized controlled trial study.	J Ethnopharmacol.	J Ethnopharmacol. 2020 Oct 28;261:113053. doi:10.1016/j.jep.2020.113053. Epub 2020 Jun 10. PMID: 32534120.
Endometriosis	RS y MA				
	Gao Q, Shen L, Jiang B, Luan YF, Lin LN, Meng FC, Wang CY, Cong HF		Salvia miltiorrhiza-Containing Chinese Herbal Medicine Combined With GnRH Agonist for Postoperative Treatment of Endometriosis: A Systematic Review and meta-Analysis	Front Pharmacol	Front Pharmacol. 2022 Feb 16;13:831850. doi: 10.3389/fphar.2022.831850. eCollection 2022
	Flower, A., Liu, J. P., Lewith, G., Little, P., & Li, Q.	2012	Chinese herbal medicine for endometriosis.	Cochrane Database of Systematic	Cochrane Database of Systematic Reviews. doi:10.1002/14651858.cd006568.pub3
	Meng W, Ta N, Wang F.	2019	Add-on effect of Guizhi Fuling formula to mifepristone for endometriosis: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(33):e16878. doi:10.1097/MD.0000000000016878
	ECAs				
	Zhao, R., Liu, Y., Tan, Y., Hao, Z.,	2012	Chinese medicine improves postoperative quality of life in	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 19(1), 15–21. doi:10.1007/s11655-012-1196-6

	Meng, Q., Wang, R., ... Wang, A.		endometriosis patients: A randomized controlled trial.		
Ovarios poliquísticos	RS y MA				
	Tang X(1)(2)(3), Huang Q(4), Wang C(1)(3)(5), Zhang D(1)(3), Dong S(6)(7), Yu C(1)(3).	2021	Kuntai Capsule Combined With Letrozole on Gonadal Hormone Levels and Ovarian Function in Patients With PCOS: A Systematic Review and Meta-Analysis.	Front Endocrinol (Lausanne).	Front Endocrinol (Lausanne). 2021 Dec 28;12:789909. doi: 10.3389/fendo.2021.789909. eCollection 2021
	Shen W, Pan Y, Jin B, Zhang Z, You T, Qu Y, Han M, Yuan X, Zhang Y.	2021	Effects of Tea Consumption on Anthropometric Parameters, Metabolic Indexes and Hormone Levels of Women with Polycystic Ovarian Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Endocrinol (Lausanne).	Front Endocrinol (Lausanne). 2021 Dec 13;12:736867. doi: 10.3389/fendo.2021.736867. eCollection 2021
	Zhou K, Zhang J, Xu L, Lim CED.	2021	Chinese herbal medicine for subfertile women with polycystic ovarian syndrome	Cochrane Database Syst Rev	Cochrane Database Syst Rev 2021 Jun 4;6(6):CD007535. doi: 10.1002/14651858.CD007535.pub4.

	Kwon, C.-Y., Lee, B., & Park, K. S.	2018	Oriental herbal medicine and moxibustion for polycystic ovary syndrome.	Medicine	Medicine, 97(43), e12942. doi:10.1097/md.0000000000012942
	Ma, Q., & Tan, Y.	2017	Effectiveness of co-treatment with traditional Chinese medicine and letrozole for polycystic ovary syndrome: a meta-analysis.	Journal of Integrative Medicine	Journal of Integrative Medicine, 15(2), 95–101. doi:10.1016/s2095-4964(17)60320-0
ECAs					
	Mokaberinejad R, Rampisheh Z, Aliasl J, Akhtari E.	2019	The comparison of fennel infusion plus dry cupping versus metformin in management of oligomenorrhoea in patients with polycystic ovary syndrome: a randomised clinical trial.	Journal of Obstetrics and Gynaecology	J Obstet Gynaecol. 2019;39(5):652–658. doi:10.1080/01443615.2018.1541232
	Deng Y, Xue W, Wang YF, et al.	2019	Insulin Resistance in Polycystic Ovary Syndrome Improved by Chinese Medicine Dingkun Pill (): A Randomized Controlled Clinical Trial.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(4):246–251. doi:10.1007/s11655-018-2947-1
Menopausia	RS y MA				

Coyle ME, Liu J, Yang H, Wang K, Zhang AL, Guo X, Lu C, Xue CC.	2021	Licorice (<i>Glycyrrhiza</i> spp.) and jujube (<i>Ziziphus jujuba</i> Mill.) formula for menopausal symptoms: Classical records, clinical evidence and experimental data.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Aug;44:101432. doi: 10.1016/j.ctcp.2021.101432. Epub 2021 Jun 16
Jun JH, Lee HW, Zhang J, Yang F, Lee MS.	2020	Herbal Medicines (Danggui Liu Huang Decoctions) for Management of Menopausal Symptoms: A Systematic Review of Randomized Controlled Trials.	J Clin Med	J Clin Med. 2020 Jun 8;9(6):1778. doi: 10.3390/jcm9061778. PMID: 32521682; PMCID: PMC7355969.
Li M, Hung A, Lenon GB, Yang AWH.	2019	Chinese herbal formulae for the treatment of menopausal hot flushes: A systematic review and meta-analysis.	PLoS One	PLoS One. 2019;14(9):e0222383. Published 2019 Sep 19. doi:10.1371/journal.pone.0222383
Wang Y, Lou XT, Shi YH, Tong Q, Zheng GQ.	2019	Erxian decoction, a Chinese herbal formula, for menopausal syndrome: An updated systematic review.	Journal of Ethnopharmacology	J Ethnopharmacol. 2019;234:8–20. doi:10.1016/j.jep.2019.01.010
Xiong, X., Yang, X., Li, X., Yue, G., Xing, Y., & Cho, W. C.	2019	Efficacy and safety of Chinese herbal medicine for patients with postmenopausal hypertension: a systematic review and meta-analysis.	Pharmacological	Pharmacological Research. doi:10.1016/j.phrs.2019.01.018

Wang, J., Liu, J., Ni, X., Nie, G., Zeng, Y., Cao, X., ... Wang, X.	2018	Adjuvant Therapy of Oral Chinese Herbal Medicine for Menopausal Depression: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1-14. doi:10.1155/2018/7420394
ECA's				
Feng Y, Lu SL, Jin XG, Gao J, Chen WP, Wang YX, Xu H, Wang LY.	2022	Effect of "Natural Polypill", Xuezhikang on Serum Cholesterol Metabolism Markers in Early Menopausal Women with Hypercholesterolemia	Chin J Integr Med	Chin J Integr Med. 2022 Mar;28(3):202-207. doi: 10.1007/s11655-021-3499-y. Epub 2021 Aug 25.
Chen R, Tang R, Zhang S, Wang Y, Wang R, Ouyang Y, Xie X, Liu H, Lv S, Shi H, Zhang Y, Xie M, Luo Y, Yu Q.	2021	Xiangshao granules can relieve emotional symptoms in menopausal women: a randomized controlled trial.	Climacteric.	Climacteric. 2021 Jun;24(3):246-252. doi: 10.1080/13697137.2020.1820476. Epub 2020 Oct 5.
Li HM(1), Yang W(2), Zhang YL(3), Zhi YJ(2).	2021	Randomized controlled trial outcome indicators of postmenopausal osteoporosis treated by traditional Chinese medicine	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(16):4274-4286. doi: 10.19540/j.cnki.cjcmm.20210426.501

	Kargozar R, Salari R, Jarahi L, et al.	2019	Urtica dioica in comparison with placebo and acupuncture: A new possibility for menopausal hot flashes: A randomized clinical trial.	Complementary Therapies in Medicine	Complement Ther Med. 2019;44:166–173. doi:10.1016/j.ctim.2019.04.003
Técnicas de reproducción asistida	RS y MA				
	Cao, H., Han, M., Ng, E. H. Y., Wu, X., Flower, A., Lewith, G., & Liu, J.-P.	2013	Can Chinese Herbal Medicine Improve Outcomes of In Vitro Fertilization? A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	PLOS ONE	PLoS ONE, 8(12), e81650. doi:10.1371/journal.pone.0081650
	Li HF, Shen QH, Chen WJ, Chen WM, Feng ZF, Yu LY.	2020	Efficacy of Traditional Chinese Medicine Tonifying Kidney (Bushen) and Activating Blood (Huoxue) Prescription for Premature Ovarian Insufficiency: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Apr 21;2020:1789304. doi: 10.1155/2020/1789304. PMID: 32382277; PMCID: PMC7191427
	Li Y, Xia G, Tan Y, Shuai J.	2020	Acupoint stimulation and Chinese herbal medicines for the treatment of premature ovarian insufficiency: A systematic review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2020 Nov;41:101244. doi: 10.1016/j.ctcp.2020.101244. Epub 2020 Oct 7. PMID: 33039750.

	Liu W, Nguyen TN, Tran Thi TV, Zhou S.	2019	Kuntai Capsule plus Hormone Therapy vs. Hormone Therapy Alone in Patients with Premature Ovarian Failure: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:2085804. Published 2019 Jun 26. doi:10.1155/2019/2085804
	Ried, K.	2015	Chinese herbal medicine for female infertility: An updated meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(1), 116–128. doi:10.1016/j.ctim.2014.12.004
ECAs					
	Chen X, Hao C, Deng W, Bai H, Li Y, Wang Z, Shi Y, Zhang H, Zhu Y, Zhang H, Liu F, Li L, Li X, Tan L, Tan J, Lu W, Luo J, Yang S, Miao C, Chen X, Zhang H, Yang D.	2022	Effects of the Zishen Yutai Pill Compared With Placebo on Live Births Among Women in a Fresh Embryo Transfer Cycle: A Randomized Controlled Trial.	Obstet Gynecol	Obstet Gynecol. 2022 Feb 1;139(2):192-201. doi: 10.1097/AOG.0000000000004658
	Zhou J, Pan XY, Lin J, Zhou Q, Lan LK, Zhu J,	2022	Effects of Bushen Yiqi Huoxue Decoction in Treatment of Patients with Diminished Ovarian	Chin J Integr Med	Chin J Integr Med. 2022 Mar;28(3):195-201. doi: 10.1007/s11655-020-3484-x. Epub 2021 Jan 9.

	Duan R, Wang L, Sun Y, Wang L.		Reserve: A Randomized Controlled Trial.		
	Xu Z, Ruan X, Xu X, Yang Y, Cheng J, Luo S, Min M, Li M, Zhang L, Ju R, Jin F, Mueck AO.	2022	Efficacy and safety of Zi Gui Nv Zhen(®) capsules used in TCM for fertility preservation in patients with diminished ovarian reserve.	Gynecol Endocrinol	Gynecol Endocrinol. 2022 Jan;38(1):73-77. doi: 10.1080/09513590.2021.1957095. Epub 2021 Jul 26.
	Feng H, Zhong Q, Zhou H, Jiang X, Ding Y.	2021	The effects of combined bromocriptine and Bu-shen-zhu-yun decoction on serum hormones, anxiety, and pregnancy in hyperprolactinemic infertility patients.	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12230-12243. doi: 10.21037/apm-21-3111
Embarazo	RS y MA				
	Cao, H., Wu, R., Han, M., Caldwell, P. H. Y., & Liu, J.-P.	2017	Oral administration of Chinese herbal medicine during gestation period for preventing hemolytic disease of the newborn due to ABO incompatibility: A systematic review of randomized controlled trials.	PLOS ONE	PLOS ONE, 12(7), e0180746.doi:10.1371/journal.pone.0180746

	Li HF, Shen QH, Li XQ, Feng ZF, Chen WM, Qian JH, Shen L, Yu LY, Yang Y.	2020	The Efficacy of Traditional Chinese Medicine Shoutai Pill Combined with Western Medicine in the First Trimester of Pregnancy in Women with Unexplained Recurrent Spontaneous Abortion: A Systematic Review and Meta-Analysis.	Biomed Res Int	Biomed Res Int. 2020 Aug 8;2020:7495161. doi: 10.1155/2020/7495161. PMID: 32851085; PMCID: PMC7436282.
	Qu, H. B., Dengfeng, W., Wu, T., Marjoribanks, J., Ying, S., Haijun, J., ... Hu, L.	2011	Chinese herbal medicine in the treatment of ectopic pregnancy.	Cochrane Database of Systematic Reviews	Cochrane Database of Systematic Reviews.doi:10.1002/14651858.cd006224.pub3
	Walker KF, Chappell LC, Hague WM, Middleton P, Thornton JG.	2020	Pharmacological interventions for treating intrahepatic cholestasis of pregnancy.	Cochrane Database Syst Rev.	Cochrane Database Syst Rev. 2020 Jul 27;7(7):CD000493. doi: 10.1002/14651858.CD000493.pub3. PMID: 32716060; PMCID: PMC7389072.

	Wang R, Cheng N, Peng R, Yu Z, Nan M, Cao H.	2020	Oral herbal medicine for women with intrahepatic cholestasis in pregnancy: a systematic review of randomized controlled trials. BMC Complement Med Ther. 2020 Oct 7;20(1):303. doi: 10.1186/s12906-020-03097-x. PMID: 33028282; PMCID: PMC7542867.	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 Oct 7;20(1):303. doi: 10.1186/s12906-020-03097-x. PMID: 33028282; PMCID: PMC7542867.
	Yang, G.-Y., Luo, H., Liao, X., & Liu, J.-P.	2013	Chinese herbal medicine for the treatment of recurrent miscarriage: a systematic review of randomized clinical trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 13(1).doi:10.1186/1472-6882-13-320
Depresión posparto	RS y MA				
	Li, Y., Chen, Z., Yu, N., Yao, K., Che, Y., Xi, Y., & Zhai, S.	2016	Chinese Herbal Medicine for Postpartum Depression: A Systematic Review of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–20. doi:10.1155/2016/528423
	Yang, L., Di, Y. M., Shergis, J. L., Li, Y., Zhang, A. L., Lu, C., ... Xue, C. C.	2018	A systematic review of acupuncture and Chinese herbal medicine for postpartum depression.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice. doi:10.1016/j.ctcp.2018.08.006
	RS y MA				

Fibroides uterinos	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755	2021	Efficacy of Chinese herbal prescriptions containing Ejiao or Velvet antler for management of uterine fibroids: a systematic review and meta-analysis of randomized controlled trials.	Ann Palliat Med.	Ann Palliat Med. 2021 Aug;10(8):8772-8786. doi: 10.21037/apm-21-1755
	ECAs				
	Meng W, Lin WL, Yeung WF, Zhang Y, Ng EHY, Lee YPE, Zhang ZJ, Rong J, Lao L.	2022	Randomized double-blind trial comparing low dose and conventional dose of a modified traditional herbal formula Guizhi Fuling Wan in women with symptomatic uterine fibroids.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jan 30;283:114676. doi: 10.1016/j.jep.2021.114676. Epub 2021 Sep 22.
Zheng MQ, Weng C, Hu W, Shen CQ, Tao Y, Pan ZW.	2020	Efficacy assessment of acupuncture in improving symptoms of uterine fibroids: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(18):e20016. doi: 10.1097/MD.00000000000020016. PMID: 32358379; PMCID: PMC7440313.	
Otros	RS y MA				
	Shi S, Ye Q, Yu C, Peng F.	2021	The efficacy and safety of Xuefu Zhuyu Decoction combined with Mifepristone in	J Ethnopharmacol	J Ethnopharmacol. 2021 Dec 5;281:114551. doi: 10.1016/j.jep.2021.114551. Epub 2021 Aug 21

			the treatment of uterine leiomyoma: A systematic review and meta-analysis.		
	Niu BH, Zhang MY, Zhang T, Cai HZ, Li K, Wang H.	2021	Systematic review and Meta-analysis on efficacy and safety of Gongxuening Capsules in treatment of abnormal vaginal bleeding after medical abortion	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(15):3990-3997. doi: 10.19540/j.cnki.cjcmm.20210201.502
	Jia Y, Sun J, Zhao Y, Tang K, Zhu R, Zhao W, Wang R, Zhang Y(4), Lin N(4), Chen W(1).	2022	Chinese patent medicine for osteoporosis: a systematic review and meta-analysis.	Bioengineered	Bioengineered. 2022 Mar;13(3):5581-5597. doi: 10.1080/21655979.2022.2038941.
	Dong P, Ling L, Hu L.		Systematic review and meta-analysis of traditional Chinese medicine compound in treating infertility caused by endometriosis	Ann Palliat Med	Ann Palliat Med. 2021 Dec;10(12):12631-12642. doi: 10.21037/apm-21-3425

	Liu L, Li H, Tan G, Ma Z.		Traditional Chinese herbal medicine in treating amenorrhea caused by antipsychotic drugs: Meta-analysis and systematic review	J Ethnopharmacol	J Ethnopharmacol. 2022 May 10;289:115044. doi: 10.1016/j.jep.2022.115044. Epub 2022 Jan 29
	Chen J, Zheng J, Chen M, Lin S, Lin Z.	2021	The Efficacy and Safety of Chinese Herbal Medicine Xianling Gubao Capsule Combined With Alendronate in the Treatment of Primary Osteoporosis: A Systematic Review and Meta-Analysis of 20 Randomized Controlled Trials.	Front Pharmacol	Front Pharmacol. 2021 Jul 16;12:695832. doi: 10.3389/fphar.2021.695832. eCollection 2021
	Lai BY, Jia LY, Yu BW, Liang SB, Chu AJ, Cao HJ, Liu JP, Pei XH.	2021	Chinese herbal medicine (Rupi Sanjie capsule) for the treatment of breast pain: A systematic review and meta-analysis of randomized clinical trials.	Integr Med Res.	Integr Med Res. 2021 Jun;10(2):100491. doi: 10.1016/j.imr.2020.100491. Epub 2020 Jul 31. PMID: 33134080; PMCID: PMC7588707.
	Ting L(1), Li-Ying WU(1), Xiao-Mei Y(1), Yao C(1), Xue-Jiao DU(1), Xue-Dan L(1),	2021	Curative effect of kangfuyan capsule combined with antibiotic treatment on pelvic inflammatory disease	Pak J Pharm Sci.	Pak J Pharm Sci. 2021 Nov;34(6(Special)):2479-2485.

	Jin Z(1), Yi S(1), Wen-Ting Z(1).				
--	--------------------------------------	--	--	--	--

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente Vascular Cerebral	RS y MA				
	Shen W, Fan X, Wang L, Zhang Y.	2022	Traditional Chinese Medicine for Post-Stroke Cognitive Impairment: A Systematic Review and Meta-Analysis	Front Pharmacol	Front Pharmacol. 2022 Feb 14;13:816333. doi: 10.3389/fphar.2022.816333. eCollection 2022
	Zhao JY, Wang XL, Wang XF, Yuan RR, Zhang YK.	2022	Meta-analysis and GRADE evaluation of Shuxuetong Injection in treatment of stroke in progressive	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2022 Feb;47(3):807818. doi: 10.19540/j.cnki.cjcmm.20210702.502.
	Zhong LL, Zheng Y, Lau AY, Wong N, Yao	2022	Would integrated Western and traditional	Stroke Vasc Neurol.	Stroke Vasc Neurol. 2022 Feb;7(1):77-85. doi: 10.1136/svn-2020-000781. Epub 2021 Aug 26.

	L, Wu X, Shao T, Lu Z, Li H, Yuen CS, Guo J, Lo S, Chau J, Chan KW, Ng BFL, Bian Z, Yu EC.		Chinese medicine have more benefits for stroke rehabilitation? A systematic review and meta-analysis		
	Kim SH, Lim JH.	2022	Traditional East Asian Herbal Medicine for Post-Stroke Insomnia: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2022 Feb 3;19(3):1754. doi: 10.3390/ijerph19031754.
	Kwon HK, Zhang T, Wu XG, Qiu JY, Park S.	2021	Efficacy and safety of Di-Tan Decoction for treating post-stroke neurological disorders: a systematic review and Meta-analysis of randomized clinical trials.	Chin J Nat Med	Chin J Nat Med. 2021 May;19(5):339-350. doi: 10.1016/S1875-5364(21)60035-3.
	Han Y, Chen Y, Zhang Q, Liu BW, Yang L, Xu YH, Zhao YH.	2021	Overview of therapeutic potentiality of Angelica sinensis for ischemic stroke.	Phytomedicine.	Phytomedicine. 2021 Sep;90:153652. doi: 10.1016/j.phymed.2021.153652. Epub 2021 Jul16.

	Wang XF, Yuan RR, Zhao JY, Qian RY.	2021	Meta-analysis of Tanreqing Injection in adjuvant treatment of stroke-associated pneumonia	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(16):4265-4273. doi: 10.19540/j.cnki.cjcmm.20201117.501
	Cui X, Han S, Jin XL, Wang ZF, Zhang Q, Xie YM.	2021	Clinical comprehensive evaluation of Danhong Injection in treatment of stroke with blood stasis syndrome	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Dec;46(23):6096-6104. doi: 10.19540/j.cnki.cjcmm.20210930.506
	Hu RX, Yu DD, Li HM, Gu H, Zhao H, Xu HY, Li B, Hu J, Liao X	2021	Exploring efficacy of Chinese medicine injection for promoting blood circulation and removing blood stasis in treatment of acute cerebral infarction based on two complex network analysis methods	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Jul;46(14):3722-3731. doi: 10.19540/j.cnki.cjcmm.20201209.501.
	Cai Y, Zhang CS, Liu S, et al.	2019	Add-On Effects of Chinese Herbal Medicine for Post-Stroke Spasticity: A	Frontiers in Pharmacology	Front Pharmacol. 2019;10:734. Published 2019 Jun 27. doi:10.3389/fphar.2019.00734

			Systematic Review and Meta-Analysis.		
	Han, S.-Y., Hong, Z.-Y., Xie, Y.-H., Zhao, Y., & Xu, X.	2017	Therapeutic effect of Chinese herbal medicines for post stroke recovery	Medicine	Medicine, 96(49), e8830.doi:10.1097/md.0000000000008830
	Zhang H, Xing Y, Chang J, et al.	2019	Efficacy and Safety of NaoShuanTong Capsule in the Treatment of Ischemic Stroke: A Meta-Analysis.	Frontiers in Pharmacology	Front Pharmacol. 2019;10:1133. Published 2019 Oct 11. doi:10.3389/fphar.2019.01133
	Xu L, Xu XY, Hou XQ, Wang FG, Gao S, Zhang HT.	2020	Adjuvant therapy with Astragalus membranaceus for post-stroke fatigue: a systematic review.	Metabolic Brain Disease	Metab Brain Dis. 2020;35(1):83–93. doi:10.1007/s11011-019-00483-4
	Cui RZ, Yu DD, Li HM, Hu RX, Zhao H, Liao X.	2020	[Network Meta-analysis of oral Chinese patent medicine in treatment of acute cerebral infarction].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Jun;45(11):2642-2657. Chinese. doi:10.19540/j.cnki.cjcmm.20191127.501. PMID: 32627500
	Kwon CY, Lee B, Chung SY, Kim JW.	2019	Herbal medicine for post-stroke anxiety: A systematic review and meta-analysis of randomized controlled trials.	Complementary Therapies in Medicine	Complement Ther Clin Pract. 2019;35:237–252. doi:10.1016/j.ctcp.2019.02.015

	Yang, X.-Y., Wang, L.-Q., Li, J.-G., Liang, N., Wang, Y., & Liu, J.-P.	2018	Chinese herbal medicine Dengzhan Shengmai capsule as adjunctive treatment for ischemic stroke: A systematic review and meta-analysis of randomized clinical trials.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 36, 82–89. doi:10.1016/j.ctim.2017.12.004
Alteraciones cognitivas	RS y MA				
	Chen YX, Liang N, Li XL, Yang SH, Wang YP, Shi NN.	2021	Diagnosis and Treatment for Mild Cognitive Impairment: A Systematic Review of Clinical Practice Guidelines and Consensus Statements.	Front Neurol.	Front Neurol. 2021 Oct 12;12:719849. doi: 10.3389/fneur.2021.719849. eCollection 2021.
	Wang W, Diwu Y, Liu Q, Zhou Y, Sayed TI, Wang D, Gou Y.	2021	Chinese herbal medicine for mild cognitive impairment using minimal state examination: A systematic review and meta-analysis	Medicine (Baltimore)	Medicine (Baltimore). 2021 Sep 24;100(38):e27034. doi: 10.1097/MD.00000000000027034
	Dong, L., May, B. H., Feng, M., Hyde, A. J.,	2016	Chinese Herbal Medicine for Mild Cognitive Impairment: A Systematic	Phytotherapy Research	Phytotherapy Research, 30(10), 1592–1604. doi:10.1002/ptr.5679

	Tan, H. Y., Guo, X., ... Xue, C. C. ().		Review and Meta-Analysis of Cognitive Outcomes.		
	Dong, L., Hyde, A. J., Zhang, A. L., Xue, C. C., & May, B. H.	2019	Chinese Herbal Medicine for Mild Cognitive Impairment Using Montreal Cognitive Assessment: A Systematic Review.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine.doi:10.1089/acm.2018.0346
	Wen-Yue HU, Zhen- Yun H, Hua-Ping MA, Jing-Feng L, Ze C.	2020	[Systematic evaluation and Meta-analysis of efficacy and safety of Tianzhi Granules in treatment of vascular cognitive impairment].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Oct;45(19):4766-4775. Chinese. doi: 10.19540/j.cnki.cjcmm.20200309.501. PMID: 33164444.
ECAs					
	Shin HY, Kim HR, Jahng GH, Jin C, Kwon S, Cho SY, Park SU, Jung WS, Moon SK, Ko CN, Park JM.	2021	Efficacy and safety of Kami-guibi-tang for mild cognitive impairment: a pilot, randomized, double- blind, placebo-controlled trial.	BMC Complement Med Ther.	BMC Complement Med Ther. 2021 Oct 7;21(1):251. doi: 10.1186/s12906-021-03428- 6.
	Zhang XY, Liao X, Liu XM, Xia RY, Liang X,	2020	[Analysis of outcomes of randomized controlled trial on compound	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Dec;45(23):5804-5818. Chinese. doi:

	Xu ZM, Li X, Li NN, Chen ZG.		Chinese herbal medicine formulas in treatment of vascular cognitive impairment caused by cerebral small vessel].		10.19540/j.cnki.cjcmm.20200908.501. PMID: 33496122
Parkinson	RS y MA				
	Jin, X.-C., Zhang, L., Wang, Y., Cai, H.-B., Bao, X.-J., Jin, Y.-Y., & Zheng, G.-Q.	2019	An Overview of Systematic Reviews of Chinese Herbal Medicine for Parkinson's Disease.	Frontiers in Pharmacology	Frontiers in Pharmacology, 10. doi:10.3389/fphar.2019.00155
	Shan, C.-S., Zhang, H.-F., Xu, Q.-Q., Shi, Y.-H., Wang, Y., Li, Y., ... Zheng, G.-Q.	2018	Herbal Medicine Formulas for Parkinson's Disease: A Systematic Review and Meta-Analysis of Randomized Double-Blind Placebo-Controlled Clinical Trials.	Frontiers in Aging Neuroscience	Frontiers in Aging Neuroscience, 10. doi:10.3389/fnagi.2018.00349
	Zhang, G., Xiong, N., Zhang, Z., Liu, L., Huang, J., Yang, J., ... Wang, T.	2015	Effectiveness of Traditional Chinese Medicine as an Adjunct Therapy for Parkinson's Disease: A Systematic	PLOS ONE	PLOS ONE, 10(3), e0118498. doi:10.1371/journal.pone.0118498

			Review and Meta-Analysis.		
	Liu HJ, He TZ, Zhang JL, Wu Q, Tan LJ, Liu DD.	2020	[Systematic review and screening of basic Chinese herbs for traditional Chinese medicine compounds combined with levodopa medicine in treatment of Parkinson's disease].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Dec;45(24):6043-6052. Chinese. doi: 10.19540/j.cnki.cjcmm.20200717.501. PMID: 33496146
	Wei, W., Chen, H., Fan, W., Ye, S., Xu, Y., & Cai, J.	2016	Chinese medicine for idiopathic Parkinson's disease: A meta analysis of randomized controlled trials.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 23(1), 55–61. doi:10.1007/s11655-016-2618-7
ECAs					
	Jin Z, Liu Z, Kang L, Yang A, Zhao H, Yan X, Zhang T, Gao L, Liu A, Fang B.	Medicine (Baltimore)	A randomized double-blind placebo-controlled multicenter trial of Bushen Yisui and Ziyin Jiangzhuo formula for constipation in Parkinson disease.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jul 10;99(28):e21145. doi: 10.1097/MD.00000000000021145. PMID:32664145; PMCID: PMC7360320.
Demencia	RS y MA				

	Kim DW(1), Kim SH(2), Kook HJ(3), Jung IC(4)	2022	Efficacy and safety of Buyang-Huanwu-Tang (Buyang-Hwano-Tang) in patients with vascular dementia: A systematic review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 May;47:101547. doi: 10.1016/j.ctcp.2022.101547. Epub 2022 Feb 10.
	Kim Y, Cho SH.	2020	Danggui-Shaoyao-San for dementia: A PRISMA-compliant systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020;99(4):e18507. doi:10.1097/MD.00000000000018507
	Yuan, Q., Wang, C., Shi, J., & Lin, Z.	2017	Effects of Ginkgo biloba on dementia: An overview of systematic reviews.	Journal of Ethnopharmacology	Journal of Ethnopharmacology, 195, 1–9. doi:10.1016/j.jep.2016.12.005
	Xu, Q., Shan, C., Wang, Y., Shi, Y., Zhang, Q., & Zheng, G.	2018	Chinese Herbal Medicine for Vascular Dementia: A Systematic Review and Meta-Analysis of High-Quality Randomized Controlled Trials.	Journal of Alzheimer's Disease	Journal of Alzheimer's Disease, 62(1), 429–456. doi:10.3233/jad-170856
	Ayati Z, Yang G, Ayati MH, Emami SA, Chang D.	2020	Saffron for mild cognitive impairment and dementia: a systematic review and meta-analysis	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 Nov 9;20(1):333. doi:10.1186/s12906-020-03102-3. PMID: 33167948; PMCID: PMC7650148

			of randomized clinical trials.		
Esquizofrenia	RS y MA				
	We, Y.-Y., Lin, W.-F., Zhang, T.-H., Tang, Y.-X., Wang, J.-J., & Zhong, M.-F.	2018	Effectiveness of Traditional Chinese Medicine as an Adjunct Therapy for Refractory Schizophrenia: A Systematic Review and Meta Analysis.	Scientific Reports	Scientific Reports, 8(1).doi:10.1038/s41598-018-24547-0
	Che, Y., Yao, K., Xi, Y., Chen, Z., Li, Y., Yu, N., & Zhai, S.	2015	Wendan decoction (温胆汤) for treatment of schizophrenia: a systematic review of randomized controlled trials.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 22(4), 302–310. doi:10.1007/s11655-015-2047-z
	ECAs				
Man SC, Li XB, Wang HH, Yuan HN, Wang HN, Zhang RG, Tan QR, Wong HK, McAlonan GM, Wang CY, Zhang Z.	2016	Peony-Glycyrrhiza Decoction for Antipsychotic-Related Hyperprolactinemia in Women With Schizophrenia:	Journal of Clinical Psychopharmacology	J Clin Psychopharmacol. 2016 Dec;36(6):572-579.	

			A Randomized Controlled Trial.		
Alzheimer	RS y MA				
	Yang, W., Zheng, X., Chen, S., Shan, C., Xu, Q., Zhu, J.-Z., ... Wang, Y.	2017	Chinese herbal medicine for Alzheimer's disease: Clinical evidence and possible mechanism of neurogenesis.	Biochemical Pharmacology	Biochemical Pharmacology, 141, 143–155.doi:10.1016/j.bcp.2017.07.002
	Ma, H., Liu, Y., Li, B., Zhang, Y., Sun, L., & Xu, F.	2018	Chinese Medicine for Alzheimer's Disease: A Meta-Analysis of Randomized Controlled Trials.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine. doi:10.1007/s11655-018-2567-4
	Zhang Y, Noh K, Song W.	2019	Chinese herbal medicines on cognitive function and activity of daily living in senior adults with Alzheimer's disease: a systematic review and meta-analysis.	Integrative Medicine Research	Integr Med Res. 2019;8(2):92–100. doi:10.1016/j.imr.2019.04.006
	ECAs				
Zhang, Y., Lin, C., Zhang, L., Cui, Y., Gu,	2015	Cognitive Improvement during Treatment for Mild Alzheimer's Disease with a	PLOS ONE	PLOS ONE, 10(6), e0130353.doi:10.1371/journal.pone.0130353	

	Y., Guo, J., ... Song, W.		Chinese Herbal Formula: A Randomized Controlled Trial.		
Otros	RS y MA				
	Rao WW, Yang JJ, Qi H, Sha S, Zheng W, Zhang L, Ungvari GS, Ng CH(, Xiang YT.	2021	Efficacy and Safety of Traditional Chinese Herbal Medicine for Antipsychotic-Related Constipation: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Psychiatry	Front Psychiatry. 2021 Apr 29;12:610171. doi: 10.3389/fpsyt.2021.610171. eCollection 2021.
	Duan JY(1), Liang X(2), Jia M(2), DU WQ(3), Wang M(3), Lei L(3), Chen Q(3), Jiao WW(2), Zhang XY(3), Zhang YL(2), Jin XL(4), Liao X(5).	2021	Systematic review and Meta-analysis on efficacy and safety of Naoxueshu Oral Liquid in treatment of hypertensive intracerebral hemorrhage	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Jun;46(12):2984-2994. doi: 10.19540/j.cnki.cjcmm.20210324.501
	Wang, H.-L., Zeng, H., Xu, M.-B., Zhou, X.-L., Rong, P.-Q., Jin,	2019	Efficacy and Safety of Chinese Herbal Medicine for Primary Intracerebral	Frontiers in Pharmacology	Frontiers in Pharmacology, 10. doi:10.3389/fphar.2019.01139

	T.-Y., ... Zheng, G.-Q. (2019).		Hemorrhage: A Systematic Review of Randomized Controlled Trials.		
	Chen, S., Xu, M.-B., Zhou, X.-L., Rong, P.-Q., Jin, T.-Y., & Zheng, G.-Q.	2018	Chinese Herbal Medicine for Myasthenia Gravis: A Systematic Review and Meta-Analysis.	Frontiers in Pharmacology	Frontiers in Pharmacology, 9. doi:10.3389/fphar.2018.00969
	Guo, Z., Su, Z., Wang, Z., Luo, X., & Lai, R.	2017	The effect of chinese herbal medicine Banxia Baizhu Tianma Decoction for the treatment of vertebrobasilar insufficiency vertigo: A systematic review and meta-analysis of randomized controlled trials.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 31, 27–38. doi:10.1016/j.ctim.2017.01.004
	Guo, J., Xiong, X., Cao, Y., Ding, Y., & He, Q.	2019	Safety and Clinical Efficacy of Yangxue Qingnao Granules in the Treatment of Chronic Cerebral Circulation Insufficiency: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2019, 1–10. doi:10.1155/2019/8484263

	Peng, W., Lauche, R., Ferguson, C., Frawley, J., Adams, J., & Sibbritt, D.	2017	Efficacy of Chinese herbal medicine for stroke modifiable risk factors: a systematic review.	Chinese Medicine	Chinese Medicine, 12(1).doi:10.1186/s13020-017-0146-9
	Song, L., Zhou, Q., Wang, H., Liao, F., Hua, L., Zhang, H., ... Zheng, G.	2017	Chinese herbal medicine adjunct therapy in patients with acute relapse of multiple sclerosis: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 31, 71–81.doi:10.1016/j.ctim.2017.02.004
	Tang OF, Huang SM, Ye XX, Liu QX, Chen TT, Zhan CJ.	2020	[Effect of acupuncture and moxibustion on post-stroke constipation: a network Meta-analysis].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):1011-6. Chinese. doi: 10.13703/j.0255-2930.20190717-k0008. PMID: 32959600
ECAs					
	Yuan YJ(1), Ren DW(2), Guan YS(1), Chen JZ(1), Yao HJ(1), Zhao Y(2), Li YM(2), Wang XL(3)	2021	Joint administration of acupuncture, western and herbal medicines and bamboo-jar-cupping for stroke patients of wind-phlegm obstructing collateral type in acute stage	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 May 25;46(5):416-20. doi: 10.13702/j.1000-0607.201110.

	Ye H, Jing G, Yin Y, Zhong B.	2022	Clinical Observation of Treatment Efficacy in Critical Paralytic Ileus Disease with Integrated Traditional Chinese and Western Medicine: A Randomized Controlled Trial	Altern Ther Health Med.	Altern Ther Health Med. 2022 Mar;28(3):30-33.
--	-------------------------------	------	---	-------------------------	---

Respiratorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Sinusitis y rinitis alérgica	RS y MA				
	Xi JY(1), Lyu J(2), Xie YM(1).	2022	Systematic review and Meta-analysis of efficacy and safety of Xiangju Capsules in treatment of sinusitis	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2022 Jan;47(2):537-546. doi: 10.19540/j.cnki.cjcmm.20210922.501.

Yan Y, Zhang J, Liu H, Lin Z, Luo Q, Li Y, Ruan Y, Zhou S.	2022	Efficacy and safety of the Chinese herbal medicine Xiao-qing-long-tang for allergic rhinitis: A systematic review and meta-analysis of randomized controlled trials.	J Ethnopharmacol	J Ethnopharmacol. 2022 Mar 4:115169. doi: 10.1016/j.jep.2022.115169. Online ahead of print.
Li H, Kreiner JM, Wong AR, Li M, Sun Y, Lu L, Liu J, Yang AWH	2021	Oral application of Chinese herbal medicine for allergic rhinitis: A systematic review and meta-analysis of randomized controlled trials	Phytother Res.	Phytother Res. 2021 Jun;35(6):3113-3129. doi: 10.1002/ptr.7037. Epub 2021 Feb 3
Anushiravani, M., Bakhshae, M., Taghipour, A., Naghedi-Baghdar, H., Farshchi, M. K., Hoseini, S. S., & Mehri, M. R.	2017	A systematic review of randomized controlled trials with herbal medicine on chronic rhinosinusitis.	Phytotherapy Research	Phytotherapy Research, 32(3), 395–401. doi:10.1002/ptr.5968
Wang, S., Tang, Q., Qian, W., & Fan, Y.	2012	Meta-analysis of clinical trials on	Allergy	Allergy, 67(5), 583–592. doi:10.1111/j.1398-9995.2012.02806.x

			traditional Chinese herbal medicine for treatment of persistent allergic rhinitis.		
	Luo, Q., Zhang, C. S., Yang, L., Zhang, A. L., Guo, X., Xue, C. C., & Lu, C.	2017	Potential effectiveness of Chinese herbal medicine Yu ping feng san for adult allergic rhinitis: a systematic review and meta-analysis of randomized controlled trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 17(1).doi:10.1186/s12906-017-1988-5
Asma	RS y MA				
	Wang L, Feng X, Wang B, Yang Y, Zhang T, Zhang X.	2020	Adjuvant Treatment with Xiaoqinglong Formula for Bronchial Asthma in Acute Attack: A Systematic Review of Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Sep 14;2020:8468219. doi: 10.1155/2020/8468219. PMID: 33014114; PMCID: PMC7512092.

	ECAs				
	Zhang, H. P., Wang, L., Wang, Z., Xu, X. R., Zhou, X. M., Liu, G., ... Wang, G.	2018	Chinese herbal medicine formula for acute asthma: A multi-center, randomized, double-blind, proof-of-concept trial.	Respiratory Medicine	Respiratory Medicine, 140, 42–49. doi:10.1016/j.rmed.2018.05.014
Infección respiratoria	RS y MA				
	Yan LJ, Wang ZJ, Fang M, Lan HD, Moore M, Willcox M, Trill J, Hu XY, Liu JP.	2022	Bupleuri radix for Acute Uncomplicated Respiratory Tract Infection: A Systematic Review of Randomized Controlled Trials.	Front Pharmacol	Front Pharmacol. 2022 Feb 4;12:787084. doi: 10.3389/fphar.2021.787084. eCollection 2021
	Wang ZJ, Trill J, Tan LL, Chang WJ, Zhang Y, Willcox M, Xia RY, Jiang Y, Moore M, Liu JP, Hu XY.	2022	Reynoutria japonica Hoult for Acute Respiratory Tract Infections in Adults and	Front Pharmacol	Front Pharmacol. 2022 Feb 24;13:787032. doi: 10.3389/fphar.2022.787032. eCollection 2022

			Children: A Systematic Review.		
	Hu, X.-Y., Wu, R.-H., Logue, M., Blondel, C., Lai, L. Y. W., Stuart, B., ... Lewith, G.	2017	Andrographis paniculata (Chuān Xīn Lián) for symptomatic relief of acute respiratory tract infections in adults and children: A systematic review and meta-analysis	PLOS ONE	PLOS ONE, 12(8), e0181780. doi:10.1371/journal.pone.0181780
	Huang, Z., Pan, X., Zhou, J., Leung, W. T., Li, C., & Wang, L.	2019	Chinese herbal medicine for acute upper respiratory tract infections and reproductive safety: A systematic review.	BioScience Trends	BioScience Trends.doi:10.5582/bst.2018.01298
EPOC	RS y MA				
	Mao Y, Hu G, Meng Q, Li X, Sun X, Zhou J, Zhang T, Liu H, Wang C, Du X.	2021	Efficacy of Shenling Baizhu San on stable chronic obstructive pulmonary disease patients: A	J Ethnopharmacol	J Ethnopharmacol. 2021 May 23;272:113927. doi: 10.1016/j.jep.2021.113927. Epub 2021 Feb 16

			systematic review and meta-analysis.		
	Chen X(1), Kang F(2), Lai J(3), Deng X(4), Guo X(5), Liu S(6).	2022	Comparative effectiveness of phlegm-heat clearing Chinese medicine injections for AECOPD: A systematic review and network meta-analysis.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jun 28;292:115043. doi: 10.1016/j.jep.2022.115043. Epub 2022 Feb 4.
	Chan KH(1)(2), Tsoi YYS(3), McCall M(2)	2021	The Effectiveness of Traditional Chinese Medicine (TCM) as an Adjunct Treatment on Stable COPD Patients: A Systematic Review and Meta-Analysis	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jun 4;2021:5550332. doi: 10.1155/2021/5550332. eCollection 2021
	Xiong C, Li Y, Zhuang G, Zeng Y, Wei H, Li C, Li L, Liao L, Fu J.	2021	Clinical efficacy and safety of Chinese herbal medicine versus placebo for the treatment of	Complement Ther Med	Complement Ther Med. 2021 Jun;59:102691. doi: 10.1016/j.ctim.2021.102691. Epub 2021 Feb 20

			chronic obstructive pulmonary disease: A systematic review and meta-analysis		
	Yang S, Xu Y, Peng W, Han D, Feng F, Wang Z, Gu C, Zhou X, He H.	2021	Chinese herbal medicine for symptoms of depression and anxiety in chronic obstructive pulmonary disease: A systematic review and meta-analysis	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Nov;45:101470. doi: 10.1016/j.ctcp.2021.101470. Epub 2021 Aug 4
	Liu S, Chen J, Zuo J, Lai J, Wu L, Guo X.	2019	Comparative effectiveness of six Chinese herb formulas for acute exacerbation of chronic obstructive pulmonary disease: a systematic review and network meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complement Altern Med. 2019;19(1):226. Published 2019 Aug 22. doi:10.1186/s12906-019-2633-2

	Pang L, Zhang H, Lü X, Liu J, Liu C, Lü L.	2020	Preventive and therapeutic effectiveness of Sanfu acupoint herbal patching for chronic obstructive pulmonary disease at stable stages: a systematic review and Meta-analysis. J	Tradit Chin Med.	Tradit Chin Med. 2020 Aug;40(4):530-549. doi: 10.19852/j.cnki.jtcm.2020.04.003. PMID: 32744021.
	Yi-Ling F, Qing M, Xing L, Chang-Zheng F, Mao-Rong F, Qing C, Ning W, Qiu- Xiao MA, Ya-Ni H.	2020	[Systematic review and Meta-analysis on efficacy and safety of Liujunzi Decoction combined with Western medicine for stable chronic obstructive pulmonary disease].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Nov;45(22):5331-5343. Chinese. doi: 10.19540/j.cnki.cjcmm.20200720.501. PMID: 33350192.
	Haifeng, W., Hailong, Z., Jiansheng, L., Xueqing, Y., Suyun, L., Bin, L., ... Yunping, B.	2015	Effectiveness and safety of traditional Chinese medicine on stable chronic obstructive pulmonary disease:	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(4), 603–611.doi:10.1016/j.ctim.2015.06.015

			A systematic review and meta-analysis.		
Xia RY, Hu XY, Fei YT, Willcox M, Wen LZ, Yu MK, Zhang LS, Dai MY, Fei GH, Thomas M, Francis N, Wilkinson T, Moore M, Liu JP.	2020	Shufeng Jiedu capsules for treating acute exacerbations of chronic obstructive pulmonary disease: a systematic review and meta-analysis.	BMC Complement Med Ther	BMC Complement Med Ther. 2020 May 24;20(1):151. doi: 10.1186/s12906-020-02924-5. PMID: 32448238; PMCID: PMC7245765.	
ECAs					
Lv L, Zheng J, Zhang Y, Chen B, Yan F, Qin X, Zheng C, Wu Z, Feng K.	2021	Respiratory nursing care with Angong Niu Huang pill for patients with chronic obstructive pulmonary disease following cardiac surgery.	Jpn J Nurs Sci.	Jpn J Nurs Sci. 2021 Jan;18(1):e12344. doi: 10.1111/jjns.12344. Epub 2020 Sep 13. PMID: 3292415.	
Wang, G., Liu, B., Cao, Y., Du, Y., Zhang, H., Luo, Q., ... Dong, J.	2014	Effects of Two Chinese Herbal Formulae for the Treatment of Moderate to Severe Stable Chronic	PLoS ONE	PLoS ONE, 9(8), e103168. doi:10.1371/journal.pone.0103168	

			Obstructive Pulmonary Disease: A Multicenter, Double-Blind, Randomized Controlled Trial.		
	Chen, Y., Shergis, J. L., Wu, L., Yu, X., Zeng, Q., Xu, Y., ... Lin, L.	2016	A systematic review and meta-analysis of the herbal formula Buzhong Yiqi Tang for stable chronic obstructive pulmonary disease.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 29, 94–108. doi:10.1016/j.ctim.2016.09.017
	Hirai K, Homma T, Matsunaga T, Akimoto K, Yamamoto S, Suganuma H, Kashima A, Sato H, Ebato T, Miyata Y, Ohta S, Inoue H, Kusumoto S, Suzuki S, Tanaka A, Sagara H.	2020	Usefulness of Ninjin'yoeito for Chronic Obstructive Pulmonary Disease Patients with Frailty.	J Altern Complement Med	J Altern Complement Med. 2020 Aug;26(8):750-757. doi: 10.1089/acm.2020.0083. Epub 2020 Jun 17. PMID: 32551796.
Fibrosis pulmonar	RS y MA				
	Zhang Y, Gu L, Xia Q, Tian L, Qi J, Cao M.	2020	Radix Astragali and Radix Angelicae Sinensis in the Treatment of	Front Pharmacol	Front Pharmacol. 2020 Apr 30;11:415. doi: 10.3389/fphar.2020.00415. PMID: 32425767; PMCID: PMC7203419

			Idiopathic Pulmonary Fibrosis: A Systematic Review and Meta-analysis.		
	Guo J, Li B, Wu W, Wang Z, Wang F, Guo T.	2019	Chinese Herbal Medicines Compared with N-Acetylcysteine for the Treatment of Idiopathic Pulmonary Fibrosis: A Systematic Review of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:5170638. Published 2019 Jun 13. doi:10.1155/2019/5170638
	Wu, Q., Zhou, Y., Feng, F., & Zhou, X.	2018	Effectiveness and safety of Chinese medicine for Idiopathic pulmonary fibrosis: A systematic review and meta-analysis.	Chinese Journal of Integrative Medicine.	Chinese Journal of Integrative Medicine.doi:10.1007/s11655-017-2429-5
	Wu Q, Zhou Y, Feng FC, Zhou XM.	2019	Effectiveness and Safety of Chinese Medicine for Idiopathic	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(10):778–784. doi:10.1007/s11655-017-2429-5

			Pulmonary Fibrosis: A Systematic Review and Meta-Analysis.		
Pneumonía	RS y MA				
	Niu L(1)(2), Xiao L(1)(2)(3), Zhang X(1)(2), Liu X(1)(2), Liu X(1)(2), Huang X(1)(2)(3), Zhang M(1)(2).	2022	Comparative Efficacy of Chinese Herbal Injections for Treating Severe Pneumonia: A Systematic Review and Bayesian Network Meta- Analysis of Randomized Controlled Trials.	Front Pharmacol.	Front Pharmacol. 2022 Jan 10;12:743486. doi: 10.3389/fphar.2021.743486. eCollection 2021
	Fan Y, Liu W, Wan R, Du S, Wang A, Xie Q, Yang R.	2021	Efficacy and safety of yinqiao powder combined with western medicine in the treatment of pneumonia: A systematic review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Feb;42:101297. doi: 10.1016/j.ctcp.2020.101297. Epub 2020 Dec 16. PMID: 33360842; PMCID: PMC7834461.

	Li TL, Pu FL, Wu Y, Zhao GZ, Li HZ, Ma QX, Li B.	2020	[Meta-analysis of Xiaoer Xiaoji Zhike Oral Liquid combined with azithromycin in treatment of mycoplasma pneumonia in children].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 May;45(9):2193-2202. Chinese.doi:10.19540/j.cnki.cjcmm.20200211.503. PMID: 32495571
	Li GH, Sun XJ, Deng YH, Lai JY, Liu Q.	2020	[Meta-analysis and trial sequential analysis of Qingjin Huatan Decoction for treating community-acquired pneumonia in elderly].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Jun;45(11):2658-2667. Chinese. doi:10.19540/j.cnki.cjcmm.20191226.501. PMID: 32627501.
Otros	RS y MA				
	Li Y, Zhu W, He H, Garov YA, Bai L, Zhang L, Wang J, Wang J, Zhou X.	2021	Efficacy and Safety of Tripterygium Wilfordii Hook. F for Connective Tissue Disease-Associated Interstitial Lung Disease:A	Front Pharmacol	Front Pharmacol. 2021 Jun 10;12:691031. doi: 10.3389/fphar.2021.691031. eCollection 2021

			Systematic Review and Meta-Analysis.		
	Huang PY(1), Zeng ZY(2), Chen Y(3), Xu XT(4), DU JY(1).	2021	Bayesian network Meta-analysis of traditional Chinese medicine injections combined with antiviral western medicine in treatment of influenza	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Aug;46(16):4252-4264. doi: 10.19540/j.cnki.cjcmm.20201105.501
	Zhang YY(, Xia RY, Liang SB, Hu XY, Dai MY, Li YL, Zhao LY, Moore M, Fei YT, Liu JP.	2021	Chinese patent herbal medicine (Shufeng Jiedu capsule) for acute upper respiratory tract infections: A systematic review and meta-analysis.	Integr Med Res	Integr Med Res. 2021 Sep;10(3):100726. doi: 10.1016/j.imr.2021.100726. Epub 2021 Apr 2.
	Jiang, L., Deng, L., & Wu, T.	2013	Chinese medicinal herbs for influenza.	Cochrane Database of Systematic Reviews	Cochrane Database of Systematic Reviews.doi:10.1002/14651858.cd004559.pub4

	Wang K, Wu J, Wang H, Duan X, Zhang D, Wang Y, Ni M, Liu S, Meng Z, Zeng X, Zhang X.	2020	Comparative Efficacy of Chinese Herbal Injections for Pulmonary Heart Disease: A Bayesian Network Meta-Analysis of Randomized Controlled Trials.	Front Pharmacol	Front Pharmacol. 2020 May 7;11:634. doi: 10.3389/fphar.2020.00634. PMID: 32457624; PMCID: PMC7224249
	Yoshino, T., Arita, R., Horiba, Y., & Watanabe, K.	2019	The use of maoto (Ma-Huang-Tang), a traditional Japanese Kampo medicine, to alleviate flu symptoms: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 19(1).doi:10.1186/s12906-019-2474-z
	Yu X, Mao Y, Shergis JL, et al.	2019	Effectiveness and Safety of Oral Cordyceps sinensis on Stable COPD of GOLD Stages 2-3: Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:4903671. Published 2019 Apr 3. doi:10.1155/2019/4903671

	Lyu J, Yang C, Wang LX, Xie YM, Yu XQ, Gu L, Gao F, Zhang JX, Yu XK.	2020	[Randomized double-blind parallel controlled multicenter trial of Reyanning Mixture in treatment of acute tonsillitis].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 Jul;45(14):3282-3291. Chinese. doi: 10.19540/j.cnki.cjcmm.20200420.501. PMID: 32726041.
--	--	------	---	---------------------------	---

Psicología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Depresión	RS y MA				
	Wang XL, Wang YT, Guo ZY, Zhang NN, Wang YY, Hu D, Wang ZZ, Zhang Y.	2022	Efficacy of paeoniflorin on models of depression: A systematic review and meta-analysis of rodent studies.	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 23;290:115067. doi: 10.1016/j.jep.2022.115067. Epub 2022 Feb 8
	Wang XL, Feng ST, Wang YT, Zhang NN, Wang ZZ, Zhang Y.	2022	Canonical Chinese medicine formula Danzhi-Xiaoyao-San for treating depression: A systematic review and meta-analysis.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Apr 6;287:114960. doi: 10.1016/j.jep.2021.114960. Epub 2021 Dec 28.

Li Y(1), Li L(2), Guo R(3), Yu H(4), Wang X(4), Wang B(5), Wang Q(5), Li Z(6), Zhao H(6), Temu Q(7), Chen X(7), Zhang Y(7), An J(8), Cai X(9), Li A(10), Qi L(11), Shang J(12), He H(13), Yang D(14), Lin J(15), Zhang Y(2), Zou T(16).	2022	Clinical efficacy of Shugan granule in the treatment of mixed anxiety-depressive disorder: A multicenter, randomized, double-blind, placebo-controlled trial.	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 23;290:115032. doi: 10.1016/j.jep.2022.115032. Epub 2022 Jan 25.
Fu C(1)(2)(3), Shuang Q(2), Liu Y(4), Zeng L(1), Su W(1).	2022	Baihe Extracts Reduce the Activation and Apoptosis of Microglia in the Hippocampus of Mice with Depression-like Behaviors by Downregulating MYC.	ACS Chem Neurosci	ACS Chem Neurosci. 2022 Mar 2;13(5):587-598. doi: 10.1021/acchemneuro.1c00439. Epub 2022 Feb 9.
Gu X, Gao X, Cheng J, Xia C, Xu Y, Yang L, Zhou M.	2021	Emerging application of metabolomics on Chinese herbal medicine for depressive disorder.	Biomed Pharmacother	Biomed Pharmacother. 2021 Sep;141:111866. doi: 10.1016/j.biopha.2021.111866. Epub 2021 Jul 2
Jun, J. H., Choi, T.-Y., Lee, J. A., Yun, K.-J., & Lee, M. S.	2014	Herbal medicine (Gan Mai Da Zao decoction) for depression: A systematic review and meta-analysis of randomized controlled trials.	Maturitas	Maturitas, 79(4), 370–380. doi:10.1016/j.maturitas.2014.08.008

Wang Y, Shi YH, Xu Z, Fu H, Zeng H, Zheng GQ.	2019	Efficacy and safety of Chinese herbal medicine for depression: A systematic review and meta-analysis of randomized controlled trials.	Journal of Psychiatric Research	J Psychiatr Res. 2019;117:74–91. doi:10.1016/j.jpsychires.2019.07.003
Zhou Z, Fu S, Liu Y, Wang Y, Bu H, Mei Y, Tong Y, Yu C.	2020	Study of efficacy and safety of Jiaotai pill in the treatment of depression.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May;99(18):e19999. doi: 10.1097/MD.00000000000019999. PMID: 32358376; PMCID: PMC7440333.
Sun, Y., Xu, X., Zhang, J., & Chen, Y.	2018	Treatment of depression with Chai Hu Shu Gan San: a systematic review and meta-analysis of 42 randomized controlled trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 18(1).doi:10.1186/s12906-018-2130-z
Xue YJ, Xie Y, Zhao GL, et al.	2019	Oral Chinese Herbal Medicine for Depressive Disorder in Patients after Percutaneous Coronary Intervention: A Systematic Review and Meta-Analysis.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;10.1007/s11655-019-2702-x. doi:10.1007/s11655-019-2702-x
Yang L, Shergis JL, Di YM, et al.	2020	Managing Depression with Bupleurum chinese Herbal Formula: A Systematic Review and Meta-	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2020;26(1):8–24. doi:10.1089/acm.2019.0105

			Analysis of Randomized Controlled Trials.		
--	--	--	---	--	--

Pediatría

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Respiratorio	RS y MA				
	Peng Y, Chen Z, Li Y, Lu Q, Li H, Han Y, Sun D, Li X.	2022	Combined therapy of Xiaoer Feire Kechuan oral liquid and azithromycin for mycoplasma pneumonia in children: A systematic review & meta-analysis	Phytomedicine	Phytomedicine. 2022 Feb;96:153899. doi: 10.1016/j.phymed.2021.153899. Epub 2021 Dec 30.
	Bae HB, Hwang MS, Lee HJ, Yang SB, Jeong A.	2022	Synergistic effect of Mahaenggamseok-tang in the treatment of pediatric patients with lower respiratory tract infections: A PRISMA-compliant systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2022 Mar 18;101(11):e28931. doi: 10.1097/MD.00000000000028931
Kyou-Hwan H, Ki Haeng C, Cui SQ, Lily L, Jaejong K.	2021	Effectiveness and safety of traditional Chinese herbs in children with cough variant asthma: a	J Tradit Chin Med.	J Tradit Chin Med. 2021 Oct;41(5):661-668. doi: 10.19852/j.cnki.jtcm.2021.05.001.	

			systematic review and Meta-analysis.		
Ling X, Sun X, Kong H, Peng S, Yu Z, Wen J, Yuan B.	2021	Chinese Herbal Medicine for the Treatment of Children and Adolescents With Refractory Mycoplasma Pneumoniae Pneumonia: A Systematic Review and a Meta-Analysis.	Front Pharmacol.	Front Pharmacol. 2021 Jun 10;12:678631. doi: 10.3389/fphar.2021.678631. eCollection 2021.	
Wei C, Zhang X, Li P, Li W.	2020	Acupoint herbal patching during Sanfu Days on reducing frequency of acute asthma attack in children: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020;99(5):e18962. doi:10.1097/MD.00000000000018962	
You Q, Li L, Li D, Yang D, Chen L, Chen HP, Liu YP.	2020	Meta-Analysis on the Chinese Herbal Formula <i>Xiaoer-Feike</i> Granules as a Complementary Therapy for Children With Acute Lower Respiratory Infections.	Front Pharmacol.	Front Pharmacol. 2020 Oct 22;11:496348. doi: 10.3389/fphar.2020.496348. PMID: 33192498; PMCID: PMC7642815.	

	Zheng, Z., Sun, Z., Zhou, X., & Zhou, Z.	2018	Efficacy of Chinese herbal medicine in treatment of allergic rhinitis in children: a meta-analysis of 19 randomized controlled trials.	Journal of International Medical Research	Journal of International Medical Research, 030006051878690.doi:10.1177/0300060518786905
Autismo	RS y MA				
	Bang, M., Lee, S. H., Cho, S.-H., Yu, S.-A., Kim, K., Lu, H. Y., ... Min, S. Y.	2017	Herbal Medicine Treatment for Children with Autism Spectrum Disorder: A Systematic Review.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–12.doi:10.1155/2017/8614680
TDAH	RS y MA				
	Anheyer, D., Lauche, R., Schumann, D., Dobos, G., & Cramer, H.	2017	Herbal medicines in children with attention deficit hyperactivity disorder (ADHD): A systematic review.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 30, 14–23. doi:10.1016/j.ctim.2016.11.004
Otros	RS y MA				
	Lin J, Huang LM, Wang JJ, Mao JH.	2021	Efficacy and safety of Huaiqihuang granule as adjuvant treatment for primary	World J Pediatr	World J Pediatr. 2021 Jun;17(3):242-252. doi: 10.1007/s12519-020-00405-w. Epub 2021 Jun 1

			nephrotic syndrome in children: a meta-analysis and systematic review		
Ang L, Song E, Lee HW, Kim JT, Kim E, Lee MS.	2021	Acupuncture Treatment for Nocturnal Crying in Pediatric Patients: A Systematic Review of Clinical Studies.	Front Pediatr.	Front Pediatr. 2021 Jul 14;9:647098. doi: 10.3389/fped.2021.647098. eCollection 2021.	
Xue X, Liu XH, Lu CL, Jin XY, Liu Q, Wang XQ, Liu JP.	2021	Chinese patent herbal medicine Huaiqihuang for Henoch-Schonlein purpura nephritis in children: a systematic review of randomized controlled trials.	BMC Complement Med Ther	BMC Complement Med Ther. 2021 Nov 8;21(1):278. doi: 10.1186/s12906-021-03415-x	
Liu, X., Jiang, Z., Xiao, Z., Jiang, Y., Li, W., Xu, B., ... Chen, X.	2018	Meta-analysis of Chinese medicine in the treatment of adenoidal hypertrophy in children.	European Archives of Oto-Rhino-Laryngology	European Archives of Oto-Rhino-Laryngology.doi:10.1007/s00405-018-5113-2	

Sun, Y.-L., Zheng, H.-T., Tao, J.-L., Jiang, M.-C., Hu, C.-C., Li, X.-M., & Yuan, B.	2019	Effectiveness and safety of Chinese herbal medicine for pediatric adenoid hypertrophy: A meta-analysis.	International Journal of Pediatric Otorhinolaryngology	International Journal of Pediatric Otorhinolaryngology, 119, 79–85. doi:10.1016/j.ijporl.2019.01.022
Duan X, Wang H, Wu J, Zhou W, Wang K, Liu X.	2020	Comparative Efficacy of Chinese Herbal Injections for the Treatment of Herpangina: A Bayesian Network Meta-Analysis of Randomized Controlled Trials.	Front Pharmacol	Front Pharmacol. 2020 May 15;11:693. doi: 10.3389/fphar.2020.00693. PMID: 32477147; PMCID: PMC7242616
Yan S, Lu Y, Zhang G, Li X, Wang Z, Yao C, Wu G, Luo L, Ai Y, Guo Z, Li H, Li T, Jia Z, Wang J, He L, Liu B.	2020	Effect of heat-clearing and detoxifying Chinese medicines combined with conventional therapy on mild hand, foot, and mouth disease with fever: An individual patient data meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jun 5;99(23):e20473. doi: 10.1097/MD.00000000000020473. PMID:32501994; PMCID: PMC7306329.
Huang Y, Lyu J, Xie YM, Sun MH.	2020	[Meta-analysis of Ganmao Qingre Granules in treatment of children with wind-cold syndrome].	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2020 Jul;45(14):3292-3298. Chinese. doi: 10.19540/j.cnki.cjcmm.20200326.501. PMID: 32726042.

	Yang Z, Lyu J, Sun MH, Zhi YJ, Xie YM.	2020	[Systematic review on efficacy and safety of Lanqin Oral Liquid in treatment of hand, foot and mouth disease].	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2020 Aug;45(15):3547-3555. Chinese. doi: 10.19540/j.cnki.cjcmm.20200522.501. PMID: 32893543.
ECA's					
	Huang CH, Liao WL, Lee DY, Chou IC, Wang MY, Hsieh CL.	2022	Effects of Yi-Gan-san on the psychiatric behavior of children and adolescents with Tourette's Syndrome: A randomized, double-blind, controlled preliminary study.	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 23;290:115098. doi: 10.1016/j.jep.2022.115098. Epub 2022 Feb 16
	Han N(1), Xie J(2), Li Q(3), Li H(4), Wang X(5), Sheng Y(6).	2022	The Curative Effect of Shuangshen Decoction Combined with Immunological Preparations in the Treatment of Pediatric Nephrotic Syndrome and Its Influence on the Rate of Complicated Infection and Recurrence.	Comput Math Methods Med	Comput Math Methods Med. 2022 Jan 27;2022:3355462. doi: 10.1155/2022/3355462. eCollection 2022

	Qiao L, Wang LJ, Wang Y, Chen Y, Zhang HL, Zhang S).	2021	A Randomized, Double-Blind, and Placebo-Controlled Trial of Chinese Herbal Medicine in the Treatment of Childhood Constipation	Clin Gastroenterol Transl	Clin Transl Gastroenterol. 2021 May 3;12(5):e00345. doi: 10.14309/ctg.0000000000000345.
--	--	------	--	---------------------------	---

COVID-19

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Wang DC, Yu M, Xie WX, Huang LY, Wei J, Lei YH.	2022	Meta-analysis on the effect of combining Lianhua Qingwen with Western medicine to treat coronavirus disease 2019.	J Integr Med.	J Integr Med. 2022 Jan;20(1):26-33. doi: 10.1016/j.joim.2021.10.005. Epub 2021 Nov 2.

	Wu H, Dai R, Wu X, Li Q, Lu H, Yang J, Mao W, Hei P, Liang J, Ji C.	2022	Efficacy and Safety of Chinese Medicine for COVID-19: A Systematic Review and Meta-Analysis.	Am J Chin Med.	Am J Chin Med. 2022;50(2):333-349. doi: 10.1142/S0192415X22500136. Epub 2022 Feb 3.
	Zhuang J, Dai X, Wu Q, Cai H, Fu X, Zhang W, Chen B.	2021	A meta-analysis for Lianhua Qingwen on the treatment of Coronavirus disease 2019 (COVID-19).	Complement Ther Med.	Complement Ther Med. 2021 Aug;60:102754. doi: 10.1016/j.ctim.2021.102754. Epub 2021 Jun 19.
	Jiang F, Xu N, Zhou Y, Song J, Liu J, Zhu H, Jiang J, Xu Y, Li R.	2021	Contribution of traditional Chinese medicine combined with conventional western medicine treatment for the novel coronavirus disease (COVID-19), current evidence with systematic review and meta-analysis.	Phytother Res.	Phytother Res. 2021 Nov;35(11):5992-6009. doi: 10.1002/ptr.7209. Epub 2021 Jul 13.
	Yu R, Zhang S, Zhao D, Yuan Z.	2022	A systematic review of outcomes in COVID-19 patients treated with western medicine in combination with traditional Chinese medicine versus western medicine alone.	Expert Rev Mol Med	Expert Rev Mol Med. 2022 Jan 6;24:e5. doi: 10.1017/erm.2021.35.

Du XQ, Shi LP, Cao WF, Chen ZW, Zuo B, Hu JY.	2021	Add-On Effect of Honeysuckle in the Treatment of Coronavirus Disease 2019: A Systematic Review and Meta-Analysis.	Front Pharmacol.	Front Pharmacol. 2021 Sep 15;12:708636. doi: 10.3389/fphar.2021.708636. eCollection 2021.
Yan LZ, Mao FW, Cao YH, Xie M.	2021	Clinical effects of the combination of Traditional Chinese and Western Medicines on coronavirus disease 2019: a systematic review and Meta-analysis.	J Tradit Chin Med.	J Tradit Chin Med. 2021 Aug;41(4):499-506. doi: 10.19852/j.cnki.jtcm.2021.03.001
Wang Q, Mei J, Wang C, Wu L, Gao H, Zhang H, Chen F.	2021	Meta analysis on the treatment of coronavirus disease 2019 by traditional Chinese and Western medicine	Zhonghua Wei Zhong Bing Ji Jiu Yi Xue	Zhonghua Wei Zhong Bing Ji Jiu Yi Xue. 2021 Jun;33(6):714-720. doi: 10.3760/cma.j.cn121430-20201215-00758
Liang SB, Fang M, Liang CH, Lan HD, Shen C, Yan LJ, Hu XY, Han M, Robinson N, Liu JP.	2021	Therapeutic effects and safety of oral Chinese patent medicine for COVID-19: A rapid systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med.	Complement Ther Med. 2021 Aug;60:102744. doi: 10.1016/j.ctim.2021.102744. Epub 2021 Jun 6.
Li F, Jiang Y, Yue B, Luan L.	2021	Use of traditional Chinese medicine as an adjunctive	Medicine (Baltimore)	Medicine (Baltimore). 2021 Jul 30;100(30):e26641. doi:

			treatment for COVID-19: A systematic review and meta-analysis		10.1097/MD.0000000000026641
	Wu X, Li W, Qin Z, Xue L, Huang G, Luo Z, Chen Y.	2021	Traditional Chinese medicine as an adjunctive therapy for mild and common COVID-19: A systematic review and network meta-analysis	Medicine (Baltimore)	Medicine (Baltimore). 2021 Oct 8;100(40):e27372. doi: 10.1097/MD.0000000000027372.
	Yin B, Bi YM, Sun L, Huang JZ, Zhao J, Yao J, Li AX, Wang XZ, Fan GJ.	2021	Efficacy of Integrated Traditional Chinese and Western Medicine for Treating COVID-19: A Systematic Review and Meta-Analysis of RCTs.	Front Public Health	Front Public Health. 2021 Jul 8;9:622707. doi: 10.3389/fpubh.2021.622707. eCollection 2021
	Shi S, Wang , Yao H, Kou S, Li W, Chen B, Wu Y, Wang X, Pei C, Huang D, Wang Y, Zhang P, He Y, Wang Z.	2022	Oral Chinese Herbal Medicine on Immune Responses During Coronavirus Disease 2019: A Systematic Review and Meta-Analysis	Front Med (Lausanne)	Front Med (Lausanne). 2022 Jan 21;8:685734. doi: 10.3389/fmed.2021.685734. eCollection 2021
	Feng Z, Yang J, Xu M, Lin R, Yang H, Lai L, Wang Y, Wahner-Roedler DL, Zhou X,	2021	Dietary supplements and herbal medicine for COVID-19: A systematic review of randomized control trials.	Clin Nutr ESPEN	Clin Nutr ESPEN. 2021 Aug;44:50-60. doi: 10.1016/j.clnesp.2021.05.018. Epub 2021 Jun 1.

Shin KM, Salinas M, Mallory MJ, Tang C, Patchett DC, Bauer BA, Cui S.					
Shi S, Wang F, Li J, Li Y, Li W, Wu X, Kou S, Wu Y(1), Wang X, Pei C, Huang D, Qiu H, Wang P, Wang Z.	2021	The effect of Chinese herbal medicine on digestive system and liver functions should not be neglected in COVID-19: An updated systematic review and meta-analysis	IUBMB Life	IUBMB Life. 2021 May;73(5):739-760. doi: 10.1002/iub.2467. Epub 2021 Apr 2.	
Du X, Shi L, Cao W, Zuo B, Zhou A.	2021	Add-on effect of Chinese herbal medicine in the treatment of mild to moderate COVID-19: A systematic review and meta-analysis.	PLoS One	PLoS One. 2021 Aug 20;16(8):e0256429. doi: 10.1371/journal.pone.0256429. eCollection 2021.	
Wang Y, Greenhalgh T, Wardle J; Oxford TCM Rapid Review Team	2022	Chinese herbal medicine ("3 medicines and 3 formulations") for COVID-19: rapid systematic review and meta-analysis.	J Eval Clin Pract	J Eval Clin Pract. 2022 Feb;28(1):13-32. doi: 10.1111/jep.13614. Epub 2021 Sep 16.	

Wang Z, Yang L	2021	Chinese herbal medicine: Fighting SARS-CoV-2 infection on all fronts	J Ethnopharmacol	J Ethnopharmacol. 2021 Apr 24;270:113869. doi: 10.1016/j.jep.2021.113869. Epub 2021 Jan 21. PMID: PMC7825841
Fan Z(1), Guo G(1), Che X(1), Yang Y(1), Liu Y(1), Li L(1), Chang X(1), Han L(1), Cai X(1), Tang H(2).	2021	Efficacy and safety of Lianhuaqingwen for mild or moderate coronavirus disease 2019: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2021 May 28;100(21):e26059. doi: 10.1097/MD.00000000000026059.
Jin L, Xu Y, Yuan H.	2020	Effects of four types of integrated Chinese and Western medicines for the treatment of COVID-19 in China: a network meta-analysis.	Rev Assoc Med Bras	Rev Assoc Med Bras (1992). 2020 Jun;66(6):771-777. doi: 10.1590/1806-9282.66.6.771. Epub 2020 Jul 20. PMID: 32696884.
Liu M, Gao Y, Yuan Y, Yang K, Shi S, Tian J, Zhang J.	2021	Efficacy and safety of herbal medicine (Lianhuaqingwen) for treating COVID-19: A systematic review and meta-analysis.	Integr Med Res.	Integr Med Res. 2021 Mar;10(1):100644. doi: 10.1016/j.imr.2020.100644. Epub 2020 Aug 21. PMID: 32864332; PMID: PMC7441862.

Luo X, Ni X, Lin J, Zhang Y, Wu L, Huang D, Liu Y, Guo J, Wen W, Cai Y, Chen Y, Lin L.	2020	The add-on effect of Chinese herbal medicine on COVID-19: A systematic review and meta-analysis.	Phytomedicine	Phytomedicine. 2020 Jul 11:153282. doi: 10.1016/j.phymed.2020.153282. Epub ahead of print. PMID: 32800699; PMCID:PMC7831541
Sun CY, Sun YL, Li XM.	2020	The role of Chinese medicine in COVID-19 pneumonia: A systematic review and meta-analysis.	Am J Emerg Med	Am J Emerg Med. 2020 Oct;38(10):2153-2159. doi: 10.1016/j.ajem.2020.06.069. Epub 2020 Jul 8. PMID:33071103; PMCID: PMC7342052.
Wang D, Li Z, Liu Y.	2020	An overview of the safety, clinical application and antiviral research of the COVID-19 therapeutics.	J Infect Public Health.	J Infect Public Health. 2020 Oct;13(10):1405-1414. doi: 10.1016/j.jiph.2020.07.004. Epub 2020 Jul 13. PMID: 32684351; PMCID: PMC7357519.
Wang X, Xie P, Sun G, Deng Z, Zhao M, Bao S, Zhou Y.	2020	A systematic review and meta-analysis of the efficacy and safety of western medicine routine treatment combined with Chinese herbal medicine in the treatment of COVID-19.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 7;99(32):e21616. doi: 10.1097/MD.00000000000021616. PMID: 32769922; PMCID: PMC7593006.
Wang X, Xie P, Sun G, Zhao M, Deng Z, Zhou Y, Bao S.	2020	A systematic review and meta-analysis of the efficacy and safety of arbidol in the treatment of coronavirus disease 2019.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jul 24;99(30):e21402. doi: 10.1097/MD.00000000000021402. PMID: 32791753; PMCID: PMC7386950.

Xiong X, Wang P, Su K, Cho WC, Xing Y.	2020	Chinese herbal medicine for coronavirus disease 2019: A systematic review and meta-analysis.	Pharmacol Res.	Pharmacol Res. 2020 Oct;160:105056. doi: 10.1016/j.phrs.2020.105056. Epub 2020 Jul 2. PMID: 32622723; PMCID: PMC7331568.
Zeng M, Li L, Wu Z.	2020	Traditional Chinese medicine Lianhua Qingwen treating corona virus disease 2019(COVID-19): Meta-analysis of randomized controlled trials.	PLoS One.	PLoS One. 2020 Sep 11;15(9):e0238828. doi: 10.1371/journal.pone.0238828. PMID: 32915877; PMCID: PMC7485773
Fan AY, Gu S, Alemi SF;	2020	Research Group for Evidence-based Chinese Medicine. Chinese herbal medicine for COVID-19: Current evidence with systematic review and meta-analysis.	J Integr Med.	J Integr Med. 2020 Sep;18(5):385-394. doi: 10.1016/j.joim.2020.07.008. Epub 2020 Jul 31. PMID: 32792254; PMCID: PMC7834293.
Li YX, Li J, Zhang Y, Tian YP, Zhang YG, Jin RJ, Guo Y, Clarke M. Clinical	2020	Practice Guidelines and Experts' Consensuses for Treatment of Coronavirus Disease 2019 (COVID-19) Patients with Chinese Herbal Medicine: A Systematic Review.	Chin J Integr Med.	Chin J Integr Med. 2020 Oct;26(10):786-793. doi: 10.1007/s11655-020-3431-x. Epub 2020 Oct 8. PMID: 33030653; PMCID: PMC7543674.

	Pang W, Liu Z, Li N, Li Y, Yang F, Pang B, Jin X, Zheng W, Zhang J.	2020	Chinese medical drugs for coronavirus disease 2019: A systematic review and meta-analysis.	Integr Med Res.	Integr Med Res. 2020 Sep;9(3):100477. doi: 10.1016/j.imr.2020.100477. Epub 2020 Jul 28. PMID: 32834992; PMCID: PMC7385501
	Wang JB, Wang ZX, Jing J, Zhao P, Dong JH, Zhou YF, Yang G, Niu M, Zhao X, Jiang TJ, Bi JF, Xu Z, Zhang P, Wu D, Bai ZF, Guo YM, Yu SM, Sun YQ, Zhang ZT, Zhan XY, Li PY, Ding JB, Zhao PF, Song XA, Tang JY, He DC, Chen Z, Qin EQ, Wang RL, Xiao XH.	2020	Exploring an Integrative Therapy for Treating COVID-19: A Randomized Controlled Trial.	Chin J Integr Med.	Chin J Integr Med. 2020 Sep;26(9):648-655. doi: 10.1007/s11655-020-3426-7. Epub 2020 Jul 16. PMID: 32676976; PMCID: PMC7364292.
	ECAs				
	Chen Y, Liu C, Wang T, Qi J, Jia X, Zeng X <i>et al.</i>	2022	Efficacy and safety of Bufe Huoxue capsules in the management of convalescent patients with COVID-19 infection: A multicentre, double-blind, and randomised controlled trial.	J Ethnopharmacol.	J Ethnopharmacol. 2022 Feb 10;284:114830. doi: 10.1016/j.jep.2021.114830. Epub 2021 Nov 9

Liu J, Yang W, Liu Y, Lu C, Ruan L, Zhao C <i>et al.</i>	2021	Combination of Hua Shi Bai Du granule (Q-14) and standard care in the treatment of patients with coronavirus disease 2019 (COVID-19): A single-center, open-label, randomized controlled trial.	Phytomedicine	Phytomedicine. 2021 Oct;91:153671. doi: 10.1016/j.phymed.2021.153671. Epub 2021 Jul 17.
Zhang XY, Lv L, Zhou YL, Xie LD, Xu Q, Zou XF, Ding Y, Tian J, Fan JL, Fan HW, Yang YX, Ye XQ.	2021	Efficacy and safety of Xiyanping injection in the treatment of COVID-19: A multicenter, prospective, open-label and randomized controlled trial	Phytother Res.	Phytother Res. 2021 Aug;35(8):4401-4410. doi: 10.1002/ptr.7141. Epub 2021 May 12.
Efficacy and safety of Reduning injection in the treatment of COVID-19: a randomized, multicenter clinical study.	2021	Efficacy and safety of Reduning injection in the treatment of COVID-19: a randomized, multicenter clinical study.	Ann Palliat Med.	Ann Palliat Med. 2021 May;10(5):5146-5155. doi: 10.21037/apm-20-2121. Epub 2021 Apr 9.
Hu K, Guan WJ, Bi Y, Zhang W, Li L, Zhang B, Liu Q, Song Y, Li X, Duan Z, Zheng Q, Yang	2021	Efficacy and safety of Lianhuaqingwen capsules, a repurposed Chinese herb, in patients with coronavirus	Phytomedicine	Phytomedicine. 2021 May;85:153242. doi: 10.1016/j.phymed.2020.153242. Epub 2020 May 16.

	Z, Liang J, Han M, Ruan L, Wu C, Zhang Y, Jia ZH, Zhong NS.		disease 2019: A multicenter, prospective, randomized controlled trial		
	Zhou S, Feng J, Xie Q, Huang T, Xu X, Zhou D, Zhang W, Sun S, Liu X, Wu X, Che J, Fan T, Zou D, Wang J, Zhan D, Peng D, Feng Y, Yu G, Yuan Z, Fang B.	2021	Traditional Chinese medicine shenhuang granule in patients with severe/critical COVID-19: A randomized controlled multicenter trial.	Phytomedicine	Phytomedicine. 2021 Aug;89:153612. doi: 10.1016/j.phymed.2021.153612. Epub 2021 May 28
	Yan B, Jiang Z, Yuan J, Li M, Zeng J, Tang J, Lu ZK, Ding H, Xia J, Wang Q, Wang J, Xie H, Li W, Zhang N, Li H, Sang X, Wu L, Xiong X(8), Tang S, Li Y, Tao M, Xie C, Yu S.	2021	Effects and safety of herbal medicines among community-dwelling residents during COVID-19 pandemic: A large prospective, randomized controlled trial (RCT).	Phytomedicine	Phytomedicine. 2021 May;85:153403. doi: 10.1016/j.phymed.2020.153403. Epub 2020 Nov 5.
	Xiao M, Tian J, Zhou Y, Xu X, Min X, Lv Y, Peng M, Zhang Y, Yan D, Lang S, Zhang Q, Fan A, Ke J, Li X, Liu B, Jiang M, Liu Q, Zhu J, Yang L, Zhu Z, Zeng K, Li C,	2020	Efficacy of Huoxiang Zhengqi dropping pills and Lianhua Qingwen granules in treatment of COVID-19: A randomized controlled trial.	Pharmacol Res.	Pharmacol Res. 2020 Nov;161:105126. doi: 10.1016/j.phrs.2020.105126. Epub 2020 Aug 8. PMID: 32781283; PMCID: PMC7414728.

	Zheng Y, Wu H, Lin J, Lian F, Li X, Tong X.				
	Zhao J, Yang X, Wang C, Song S, Cao K, Wei T, Ji Q, Zheng W, Li J, Zhou X, Liu J.	2020	Yidu-toxicity blocking lung decoction ameliorates inflammation in severe pneumonia of SARS-COV-2 patients with Yidu-toxicity blocking lung syndrome by eliminating IL-6 and TNF-a.	Biomed Pharmacother	Biomed Pharmacother. 2020 Sep;129:110436. doi: 10.1016/j.biopha.2020.110436. Epub 2020 Jun 19. PMID: 32768938; PMCID:PMC7303599.

Urología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Nefropatía	RS y MA				
	Jialiken D, Qian L, Ren S, Wu L, Xu J, Zou C.	2021	Combined therapy of hypertensive nephropathy with ginkgo leaf extract and dipyridamole injection and antihypertensive drugs: A systematic review and meta-analysis	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 14;100(19):e25852. doi: 10.1097/MD.00000000000025852

	Liu M, Yang Q, Hua Q, Liu J, He W, Niu D, Liu X.	2021	Chinese medicinal herbs for idiopathic membranous nephropathy in adults with nephrotic syndrome: A systematic review of effectiveness and safety.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 17;100(50):e27953. doi: 10.1097/MD.00000000000027953
	Lu Z, Liu W, Gao H, Chen W, Ge W, Li F, Deng Y.	2021	Traditional Chinese Medicine as an adjunct therapy in the treatment of idiopathic membranous nephropathy: A systematic review and meta-analysis.	PLoS One	PLoS One. 2021 May 14;16(5):e0251131. doi: 10.1371/journal.pone.0251131. eCollection 2021
	Yu H, Han M, Lin W, Wang L, Liu P, Yang K, Pei M, Yang H.	2020	Efficacy of Chinese Herbal Injections for the Treatment of Primary Nephrotic Syndrome: A Bayesian Network Meta-Analysis of Randomized Controlled Trials.	Front Pharmacol.	Front Pharmacol. 2020 Oct 16;11:579241. doi: 10.3389/fphar.2020.579241. PMID: 33178022; PMCID: PMC7596388.
	ECAs				

Vejiga hiperactiva	Chen LL, Shen YC, Ke CC, Imtiyaz Z, Chen HI, Chang CH, Lee MH..	2021	Efficacy of cinnamon patch treatment for alleviating symptoms of overactive bladder: A double-blind, randomized, placebo-controlled trial	Phytomedicine.	Phytomedicine. 2021 Jan;80:153380. doi: 10.1016/j.phymed.2020.153380. Epub 2020 Oct 12. PMID: 33091856.
Colelitiasis	RS y MA				
	Gan, T., Chen, J., Jin, S. J., & Wang, Y.	2013	Chinese medicinal herbs for cholelithiasis.	Cochrane Database of Systematic Reviews	Cochrane Database of Systematic Reviews.doi:10.1002/14651858.cd004547.pub2
Otros	ECAs				
	Huang H(1), Li Y(2), Huang Q(1), Lei R(1), Zou W(1), Zheng Y(1).	2021	Efficacy of Compound Danshen Dripping Pills combined with western medicine in the treatment of diabetic retinopathy: a systematic review and meta-analysis of randomized controlled trials.	Ann Palliat Med.	Ann Palliat Med. 2021 Oct;10(10):10954-10962. doi: 10.21037/apm-21-2563.
	Fujiwara A, Nakahira J, Nakano S, Sawai T, Minami T.	2020	Efficacy of Goreisan in Preventing Transurethral Resection Syndrome in Transurethral Resection of	J Altern Complement Med.	J Altern Complement Med. 2020 Aug;26(8):738-742. doi: 10.1089/acm.2019.0269. Epub 2020 Jun 30. PMID: 32609534.

			the Prostate: A Randomized-Controlled Study.		
	He W, Sun ZX, Wang GC.	2020	[Clinical efficacy of magnetic resonance electromagnetic therapy combined with Qianlie Beixi Capsules in the treatment of chronic prostatitis / chronic pelvic pain syndrome].	Zhonghua Nan Ke Xue	Zhonghua Nan Ke Xue. 2020 May;26(5):452-456. Chinese. PMID: 33354956
	Liu SW, Guo J, Wu WK, Chen ZL, Zhang N.	2019	Treatment of Uncomplicated Recurrent Urinary Tract Infection with Chinese Medicine Formula: A Randomized Controlled Trial.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(1):16–22. doi:10.1007/s11655-017-2960-4
	Liu SW, Guo J, Wu WK, Chen ZL, Zhang N.	2019	Treatment of Uncomplicated Recurrent Urinary Tract Infection with Chinese Medicine Formula: A Randomized Controlled Trial.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(1):16–22. doi:10.1007/s11655-017-2960-4
	Li H, Hung A, Yang AWH..	2019	Herbal formula (Danggui Beimu Kushen Wan) for prostate disorders: a	Integrative Medicine Research	Integr Med Res. 2019;8(4):240–246. doi:10.1016/j.imr.2019.08.006

			systematic review of classical literature		
--	--	--	---	--	--

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Mou Y(1), Wang X(1), Wang T(2), Wang Y(1), Wang H(1), Zhao H(1), Chen Q(1), Xia L(3), Zhang Y(4).	2022	Clinical application and pharmacological mechanism of Wuling powder in the treatment of ascites: A systematic review and network pharmacological analysis.	Biomed Pharmacother.	Biomed Pharmacother. 2022 Feb;146:112506. doi: 10.1016/j.biopha.2021.112506. Epub 2021 Dec 6.
	Lubov JE, Jamison AS, Baltich Nelson B, Amudzi AA, Haas KN, Richmond JM.	2022	Medicinal Plant Extracts and Natural Compounds for the Treatment of Cutaneous Lupus Erythematosus: A Systematic Review.	Front Pharmacol	Front Pharmacol. 2022 Mar 31;13:802624. doi: 10.3389/fphar.2022.802624. eCollection 2022

Zhang Y, Huang L, Zhang J, De Souza Rastelli AN, Yang J, Deng D.	2022	Anti-Inflammatory Efficacy of Curcumin as an Adjunct to Non-Surgical Periodontal Treatment: A Systematic Review and Meta-Analysis.	Front Pharmacol	Front Pharmacol. 2022 Jan 24;13:808460. doi: 10.3389/fphar.2022.808460. eCollection 2022
Lee HW, Lee MS, Kim TH, Alraek T, Zaslowski C, Kim JW, Moon DG.	2022	Ginseng for Erectile Dysfunction: A Cochrane Systematic Review.	World J Mens Health	World J Mens Health. 2022 Apr;40(2):264-269. doi: 10.5534/wjmh.210071. Epub 2021 Jun 15.
Fu YP, Zou YF, Lei FY, Wangenstein H, Inngjerdigen KT.	2022	Aconitum carmichaelii Debeaux: A systematic review on traditional use, and the chemical structures and pharmacological properties of polysaccharides and phenolic compounds in the roots	J Ethnopharmacol.	J Ethnopharmacol. 2022 Jun 12;291:115148. doi: 10.1016/j.jep.2022.115148. Epub 2022 Feb 28.
Liu M, Pu Y, Gu J, He Q, Liu Y, Zeng Y, Li J, Long X, Yang S, Wu Q, Zhou H.	2021	Evaluation of Zhilong Huoxue Tongyu capsule in the treatment of acute cerebral infarction: A systematic review and meta-analysis of randomized controlled trials.	Phytomedicine	Phytomedicine. 2021 Jun;86:153566. doi: 10.1016/j.phymed.2021.153566. Epub 2021 Apr 9.

Liu FF, Zhou YB, Lu YK, Yang JH.	2021	Systematic review of efficacy and safety of Angong Niu Huang Pills in adjuvant treatment of cerebral hemorrhage	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Oct;46(20):5428-5435. doi: 10.19540/j.cnki.cjcmm.20210316.501
Hu Y, Sun J, Wang T, Wang H, Zhao C, Wang W, Yan K, Yan X, Sun H.	2021	Compound Danshen Dripping Pill inhibits high altitude-induced hypoxic damage by suppressing oxidative stress and inflammatory responses	Pharm Biol.	Pharm Biol. 2021 Dec;59(1):1585-1593. doi: 10.1080/13880209.2021.1998139.
Liang P, Mao L, Ma Y, Ren W, Yang S.	2021	A systematic review on Zhilong Huoxue Tongyu capsule in treating cardiovascular and cerebrovascular diseases: Pharmacological actions, molecular mechanisms and clinical outcomes.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Sep 15;277:114234. doi: 10.1016/j.jep.2021.114234. Epub 2021 May 24
Chen H, He Y.	2022	Machine Learning Approaches in Traditional Chinese Medicine: A Systematic Review	Am J Chin Med	Am J Chin Med. 2022;50(1):91-131. doi: 10.1142/S0192415X22500045. Epub 2021 Dec 2.
Li J, Zhu GH, Liu TT, Xu BW, Li J.	2022	Comparative efficacy of 10 Chinese herbal injections combined with GP regimen	J Cancer.	J Cancer. 2022 Jan 1;13(2):465-480. doi: 10.7150/jca.66410. eCollection 2022.

			chemotherapy for patients with advanced NSCLC a systematic review and network meta-analysis.		
	Shang YX(1), Shen C(1), Stub T(2), Zhu SJ(1), Qiao SY(1), Li YQ(1), Wang RT(3), Li J(4), Liu JP(1).	2022	Adverse Effects of Andrographolide Derivative Medications Compared to the Safe use of Herbal Preparations of Andrographis paniculata: Results of a Systematic Review and Meta-Analysis of Clinical Studies.	Front Pharmacol	Front Pharmacol. 2022 Jan 28;13:773282. doi: 10.3389/fphar.2022.773282. eCollection 2022.
	Cheung AKL(#)(1), Wong CHL(1), Ho L(#)(2), Wu IXY(3), Ke FYT(1), Chung VCH(1)(2).	2022	Methodological quality of systematic reviews on Chinese herbal medicine: a methodological survey.	BMC Complement Med Ther.	BMC Complement Med Ther. 2022 Feb 23;22(1):48. doi: 10.1186/s12906-022-03529-w.
	Xiao L(1)(2)(3), Niu L(1)(2), Xu X(1)(2), Zhao Y(1)(2), Yue L(1)(2), Liu X(1)(2), Li G(1)(2).	2022	Comparative Efficacy of Tonic Chinese Herbal Injections for Treating Sepsis or Septic Shock: A Systematic Review and Bayesian Network Meta-Analysis of Randomized Controlled Trials.	Front Pharmacol.	Front Pharmacol. 2022 Mar 15;13:830030. doi: 10.3389/fphar.2022.830030. eCollection 2022.

Wang L(1), Zuo X(2), Ouyang Z(1), Qiao P(1), Wang F(2).	2021	A Systematic Review of Antiaging Effects of 23 Traditional Chinese Medicines.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 May 15;2021:5591573. doi: 10.1155/2021/5591573. eCollection 2021.
Zeng X(1), Zheng Y(1), Liu Y(1), Su W(2).	2021	Chemical composition, quality control, pharmacokinetics, pharmacological properties and clinical applications of Fufang Danshen Tablet: A systematic review.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Oct 5;278:114310. doi: 10.1016/j.jep.2021.114310. Epub 2021 Jun 6.
Liu KC(1), Wang JS(2)(3)(4), Hsu CY(1), Liu CH(5), Chen CP(1)(6), Huang SC(1)(3)(5)(6).	2021	Low-Frequency Vibration Facilitates Post-Exercise Cardiovascular Autonomic Recovery.	J Sports Sci Med.	J Sports Sci Med. 2021 May 25;20(3):431-437. doi: 10.52082/jssm.2021.431. eCollection 2021 Sep.
Gao Y(1), Liu M(1), Shi SZ(1), Yang KL(2), Tian JH(3).	2021	Overview of systematic reviews on Shuxuening Injection	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2021 Jul;46(14):3712-3721. doi: 10.19540/j.cnki.cjcmm.20201201.501.
Huang Z(1), Wei C(2), Yang K(3), Yu Z(4), Wang Z(5), Hu H(6).	2021	Aucklandiae Radix and Vladimirieae Radix: A systematic review in ethnopharmacology, phytochemistry and pharmacology.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Nov 15;280:114372. doi: 10.1016/j.jep.2021.114372. Epub 2021 Jun 26.

	Tanaka M(1), Tanaka T(2), Takamatsu M(3), Shibue C(3), Imao Y(4), Ando T(3)(4), Baba H(1), Kamiya Y(1).	2021	Effects of the Kampo medicine Yokukansan for perioperative anxiety and postoperative pain in women undergoing breast surgery: A randomized, controlled trial.	PLoS One	PLoS One. 2021 Nov 24;16(11):e0260524. doi: 10.1371/journal.pone.0260524. eCollection 2021
	Zhang LL(#)(1), He Y(#)(1), Sheng F(2), Hu YF(1), Song Y(3), Li W(1), Chen J(4), Zhang J(5), Zou L(6).	2021	Towards a better understanding of Fagopyrum dibotrys: a systematic review.	Chin Med.	Chin Med. 2021 Sep 16;16(1):89. doi: 10.1186/s13020-021-00498-z.
	Shan RF(1), Zhu YA, Qin J, Chen JP.	2021	Traditional Chinese medicine for septic patients undergoing ulinastatin therapy: A meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Sep 24;100(38):e27151. doi: 10.1097/MD.00000000000027151
	Jiang S(1), Wang M(1), Jiang L(2), Xie Q(1), Yuan H(1), Yang Y(1), Zafar S(3), Liu Y(1), Jian Y(1), Li B(1), Wang W(4).	2021	The medicinal uses of the genus Bletilla in traditional Chinese medicine: A phytochemical and pharmacological review.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Nov 15;280:114263. doi: 10.1016/j.jep.2021.114263. Epub 2021 Jun 16.

	Tao Z, Huang XJ, Liu Y, Wang R, Dong JP, Liang BY, Zou W, Gao GJ, Wang Z, Zhang K, Wu H(2), Zhang T, Wang J.	2021	Efficacy of integrated Traditional Chinese Medicine and anti-retroviral therapy on immunological nonresponse in patients with human immunodeficiency virus/acquired immunodeficiency syndrome: a Meta-analysis of randomized controlled trial.	J Tradit Chin Med	J Tradit Chin Med. 2021 Oct;41(5):669-676. doi: 10.19852/j.cnki.jtcm.2021.05.002
	Gong L, Zou W, Zheng K, Shi B, Liu M. The Herba Patriniae (Caprifoliaceae):	2021	A review on traditional uses, phytochemistry, pharmacology and quality control.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Jan 30;265:113264. doi: 10.1016/j.jep.2020.113264. Epub 2020 Aug 23. PMID: 32846192; PMCID: PMC7443212.
	Guo Z, Lou Y, Kong M, Luo Q, Liu Z, Wu J.	2019	A Systematic Review of Phytochemistry, Pharmacology and Pharmacokinetics on Astragali Radix: Implications for Astragali Radix as a Personalized Medicine	International Journal of Molecular Sciences	Int J Mol Sci. 2019 Mar 22;20(6). pii: E1463. doi: 10.3390/ijms20061463. Review.

Ji T, Ji WW, Wang J, Chen HJ, Peng X, Cheng KJ, Qiu D, Yang WJ.	2021	A comprehensive review on traditional uses, chemical compositions, pharmacology properties and toxicology of <i>Tetrastigma hemsleyanum</i> .	J Ethnopharmacol.	J Ethnopharmacol. 2021 Jan 10;264:113247. doi: 10.1016/j.jep.2020.113247. Epub 2020 Aug 12. PMID: 32800929; PMCID: PMC7422820.
Jiang H, Yang L, Hou A, Zhang J, Wang S, Man W, Zheng S, Yu H, Wang X, Yang B, Wang Q, Kuang H.	2020	Botany, traditional uses, phytochemistry, analytical methods, processing, pharmacology and pharmacokinetics of <i>Bupleuri Radix</i> : A systematic review.	Biomed Pharmacother.	Biomed Pharmacother. 2020 Nov;131:110679. doi:10.1016/j.biopha.2020.110679. Epub 2020 Aug 25. PMID: 32858498.
Jin X, Chua HZ, Wang K, Li N, Zheng W, Pang W, Yang F, Pang B, Zhang M, Zhang J.	2021	Evidence for the medicinal value of <i>Squama Manitis</i> (pangolin scale): A systematic review.	Integr Med Res.	Integr Med Res. 2021 Mar;10(1):100486. doi: 10.1016/j.imr.2020.100486. Epub 2020 Jul 28. PMID: 32837905; PMCID: PMC7386206.
Kong Z, Liang N, Yang GL, et al.	2019	Xiao Chai Hu Tang, a herbal medicine, for chronic hepatitis B.	Cochrane Database of Systematic Reviews	Cochrane Database Syst Rev. 2019;2019(11):CD013090. Published 2019 Nov 7. doi:10.1002/14651858.CD013090.pub2
Kwok SS, Bu Y, Lo AC, et al.	2019	A Systematic Review of Potential Therapeutic Use of <i>Lycium Barbarum</i> Polysaccharides in Disease.	Biomed Research International	Biomed Res Int. 2019;2019:4615745. Published 2019 Feb 12. doi:10.1155/2019/4615745

Lee HW, Kil KJ, Lee MS.	2020	Ginseng for Improving Semen Quality Parameters: A Systematic Review	World Journal of Mens Health	World J Mens Health. 2020;10.5534/wjmh.190125. doi:10.5534/wjmh.190125
Leng, Y., Li, H., Bai, Y., Ge, Q., & Yao, G.	2016	Effect of traditional Chinese medicine on intra-abdominal hypertension and abdominal compartment syndrome: A systematic review and Meta-analysis.		
Li Y, Duan Y, Yu X, et al	2019	Traditional Chinese medicine on treating premature ejaculation: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(18):e15379. doi:10.1097/MD.00000000000015379
Luan F, Han K, Li M, et al. A Systematic Review.	2019	Ethnomedicinal Uses, Phytochemistry, Pharmacology, and Toxicology of Species from the Genus <i>Ajuga</i> L.	Am J Chin Med.	Am J Chin Med. 2019;47(5):959–1003. doi:10.1142/S0192415X19500502
Ma H, He K, Zhu J, Li X, Ye X.	2019	The anti-hyperglycemia effects of <i>Rhizoma Coptidis</i> alkaloids: A systematic review of modern pharmacological studies of the traditional herbal medicine.	Fitoterapia	Fitoterapia. 2019 Mar 2;134:210-220. doi: 10.1016/j.fitote.2019.03.003.

Ren, D., Zuo, C., & Xu, G.	2019	Clinical efficacy and safety of Tripterygium wilfordii Hook in the treatment of diabetic kidney disease stage IV.	Medicine	Medicine, 98(11), e14604. doi:10.1097/md.00000000000014604
Shen J, Li P, Liu S, Liu Q, Li Y, Sun Y, He C, Xiao P.	2021	Traditional uses, ten-years research progress on phytochemistry and pharmacology, and clinical studies of the genus Scutellaria.	J Ethnopharmacol	J Ethnopharmacol. 2021 Jan 30;265:113198. doi: 10.1016/j.jep.2020.113198. Epub 2020 Jul 30. PMID: 32739568.
Sun Q, Xie L, Song J, Li X.	2020	Evodiamine: A review of its pharmacology, toxicity, pharmacokinetics and preparation researches.	J Ethnopharmacol.	J Ethnopharmacol. 2020 Nov 15;262:113164. doi: 10.1016/j.jep.2020.113164. Epub 2020 Jul 30. PMID: 32738391.
Wang YL, Geng LG, He CB, Yuan SY.	2019	Chinese herbal medicine combined with tadalafil for erectile dysfunction: a systematic review and meta-analysis.	Andrology	Andrology. 2019;10.1111/andr.12696. doi:10.1111/andr.12696
Xu MB, Rong PQ, Jin TY, Zhang PP, Liang HY, Zheng GQ.	2019	Chinese Herbal Medicine for Wilson's Disease: A Systematic Review and Meta-Analysis.	Frontiers in Pharmacology	Front Pharmacol. 2019;10:277. Published 2019 Mar 29. doi:10.3389/fphar.2019.00277

Yang, X., Liu, N., Li, X., Yang, Y., Wang, X., Li, L., ... Shang, H.	2018	A Review on the Effect of Traditional Chinese Medicine Against Anthracycline-Induced Cardiac Toxicity.	Frontiers in Pharmacology	Frontiers in Pharmacology, 9. doi:10.3389/fphar.2018.00444
Yang, Y., Ma, Q., Yang, Y., He, Y., Ma, C., Li, Q., ... Chen, W.	2018	Evidence-based practice guideline of Chinese herbal medicine for primary open-angle glaucoma (qingfeng - neizhang).	Medicine	Medicine, 97(13), e0126. doi:10.1097/md.00000000000010126
Zeng X, Zheng Y, Luo J, Liu H, Su W.	2021	A review on the chemical profiles, quality control, pharmacokinetic and pharmacological properties of Fufang Xueshuantong Capsule.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Mar 1;267:113472. doi: 10.1016/j.jep.2020.113472. Epub 2020 Oct 15. PMID: 33068651.
Zhang HY, Tian JX, Lian FM, Li M, Liu WK, Zhen Z, Liao JQ, Tong XL.	2021	Therapeutic mechanisms of traditional Chinese medicine to improve metabolic diseases via the gut microbiota.	Biomed Pharmacother	Biomed Pharmacother. 2021 Jan;133:110857. doi: 10.1016/j.biopha.2020.110857. Epub 2020 Nov 13. PMID: 33197760.
Zhang Y, Qi D, Gao Y, Liang C, Zhang Y, Ma Z, Liu Y, Peng H, Zhang Y,	2020	History of uses, phytochemistry, pharmacological activities, quality control and toxicity of		J Ethnopharmacol. 2020 Oct 5;260:112995. doi:10.1016/j.jep.2020.112995. Epub 2020 Jun 1. PMID: 32497674.

	Qin H, Song X, Sun X, Li Y, Liu Z.		the root of Stephania tetrandra S. Moore: A review.		
	Zhao, M.-M., Zhang , Y., Li Liu-Sheng, Yu , Z.-K., & Li Bo	2017	Efficacy and safety of Danggui Buxue Decoction in combination with western medicine treatment of anemia for renal anemia: a systematic review and meta-analysis.	Annals of Translational Medicine	Annals of Translational Medicine, 5(6), 136–136.doi:10.21037/atm.2017.01.17
	Zhong L, Tan M, Hu W, Lv C, Zhu J, Liu J, Zhou X.	2020	Effects of Qing Qiao Capsule in the treatment of chronic secretory otitis media and the levels of serum inflammatory factors.	Cell Mol Biol (Noisy-le-grand).	Cell Mol Biol (Noisy-le-grand). 2020 Apr 20;66(1):109-113. PMID: 32359393.
	Chang, J., Wang, W., Li, Y., Hu, S., Yao, M., Cui, X., ... Yang, Y.	2018	Chinese Herbal Medicine for Osteosarcoma in the Mouse: A Systematic Review and Meta-Analysis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine.doi:10.1007/s11655-018-2565-6
	Wang, D., Lu, X., Guo, W., Chen, T., Song, Y., & Fan, Z.	2016	The effect of Chinese herbal medicine on hemorrhagic shock: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 29, 78–88. doi:10.1016/j.ctim.2016.09.014

Chen, T., Zhan, L., Fan, Z., Bai, L., Song, Y., & Lu, X.	2016	Efficacy of Chinese Herbal Medicine as an Adjunctive Therapy on in-Hospital Mortality in Patients with Acute Kidney Injury: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–10. doi:10.1155/2016/7592705
Dai L, Chan KK, Mao JC, Tian Y, Gu JH, Zhou J, Zhong LLD.	2020	Modified Zhibai Dihuang pill, a traditional Chinese medicine formula, on steroid withdrawal in systemic lupus erythematosus: A systematic review and meta-analysis.	J Integr Med.	J Integr Med. 2020 Nov;18(6):478-491. doi: 10.1016/j.joim.2020.08.007. Epub 2020 Aug 26. PMID: 32907784.
Liu H, Gao JH, Xie YM, Li YY, Zhang L, Li SH, Xu ZJ, Huang F, Li G, Wang YY.	2020	[Expert consensus on Shujin Jianyao Pills in clinical practice].	Zhongguo Zhong Yao Za Zhi	Zhongguo Zhong Yao Za Zhi. 2020 May;45(10):2300-2303. Chinese. doi:10.19540/j.cnki.cjcmm.20200218.501. PMID: 32495584
Li H, Liu Y, Luo D, et al.	2019	Ginger for health care: An overview of systematic reviews.	Complementary Therapies in Medicine	<i>Complement Ther Med.</i> 2019;45:114–123. doi:10.1016/j.ctim.2019.06.002
Ong, B. Y., & Aziz, Z.	2017	Efficacy of Cordyceps sinensis as an adjunctive treatment in kidney transplant patients: A	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 30, 84–92. doi:10.1016/j.ctim.2016.12.007

			systematic-review and meta-analysis.		
	Qi-Yue Y, Ting Z, Ya-Nan H, Sheng-Jie H, Xuan D, Li H, Chun-Guang X.	2020	From natural dye to herbal medicine: a systematic review of chemical constituents, pharmacological effects and clinical applications of indigo naturalis.	Chin Med	Chin Med. 2020 Dec 14;15(1):127. doi: 10.1186/s13020-020-00406-x. PMID: 33317592; PMCID: PMC7734464.
	Sheng JY, Wang SQ, Liu KH, Zhu B, Zhang QY, Qin LP, Wu JJ.	2020	Rubus chingii Hu: an overview of botany, traditional uses, phytochemistry, and pharmacology.	Chin J Nat Med.	Chin J Nat Med. 2020 Jun;18(6):401-416. doi: 10.1016/S1875-5364(20)30048-0. PMID: 32503732.
	Yu, J.-S., Lee, D., Hyun, D., & Chang, S.-J.	2018	Herbal Medicines for Cold Hypersensitivity in the Hands and Feet: A Systematic Review and Meta-Analysis.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine. doi:10.1089/acm.2018.0009
	Wang S, Qiu XJ.	2019	The efficacy of Xue Fu Zhu Yu prescription for hyperlipidemia: A meta-analysis of randomized controlled trials.	Complementary Therapies in Medicine	Complement Ther Med. 2019;43:218–226. doi:10.1016/j.ctim.2019.02.008

	Wu, X., Zhang, J., Zhou, Y., He, Z., Cai, Q., & Nie, M.	2018	Whether Chinese Medicine Have Effect on Halitosis: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–9.doi:10.1155/2018/4347378
	Yang M, Li X, Zhang L, et al.	2019	Ethnopharmacology, Phytochemistry, and Pharmacology of the Genus Glehnia: A Systematic Review.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:1253493. Published 2019 Dec 14. doi:10.1155/2019/1253493
	Yang M, Li X, Zhang L, et al.	2019	Ethnopharmacology, Phytochemistry, and Pharmacology of the Genus Glehnia: A Systematic Review.	Evidence-Based Complementary and Alternative Medicine	Evid Based Complement Alternat Med. 2019;2019:1253493. Published 2019 Dec 14. doi:10.1155/2019/1253493
ECAs					
	Zhang F(1), Zou J(2), Huang D(3).	2022	Reconstruction Algorithm-Based Computed Tomography Image Feature for Evaluating the Effect of Internal Administration and	Comput Math Methods Med.	Comput Math Methods Med. 2022 Mar 7;2022:7638507. doi:10.1155/2022/7638507.eCollection 2022.

			Medicated Bath of Liangxue Xiaoyin Decoction on Psoriasis Vulgaris.		
Fan F(1), Hao L(2), Zhang S(1), Zhang Y(3), Bian Z(4), Zhang X(4), Wang Q(5), Han F(1).	2022		Efficacy of the Jingxin Zhidong Formula for Tic Disorders: A Randomized, Double Blind, Double Dummy, Parallel Controlled Trial.	Neuropsychiatr Dis Treat.	Neuropsychiatr Dis Treat. 2022 Jan 11;18:57-66. doi: 10.2147/NDT.S347432. eCollection 2022.
Kou K, Sun X, Li M, Li T, Hu Y, Li S, Lv G.	2022		Beneficial effects of Wuzhi Capsule on tacrolimus blood concentrations in liver transplant patients with different donor-recipient CYP3A5 genotypes.	J Clin Pharm Ther	J Clin Pharm Ther. 2022 Feb;47(2):200-210. doi: 10.1111/jcpt.13533. Epub 2021 Oct 28.
Jinnouchi M, Miyahara T, Suzuki Y.	2021		Coix Seed Consumption Affects the Gut Microbiota and the Peripheral Lymphocyte Subset Profiles of Healthy Male Adults	Nutrients	Nutrients. 2021 Nov 15;13(11):4079. doi: 10.3390/nu13114079.
Geng LG, Yuan SY, Qin GZ.	2021		Danhong Tongjing Prescription improves sperm quality in patients with	Zhonghua Nan Ke Xue.	Zhonghua Nan Ke Xue. 2021 Jul;27(7):635-640

			bilateral varicocele after varicocelectomy		
Li ZM, Hu SL, Liu TJ, Sun Z.	2021	Yishen Huoxue Decoction for infertility in elderly men with kidney deficiency and blood stasis	Zhonghua Nan Ke Xue	Zhonghua Nan Ke Xue. 2021 Jun;27(6):530-534	
Lin W, Jiang C, Yu H, Wang L, Li J, Liu X, Wang L, Yang H.	2021	The effects of Fushen Granule on the composition and function of the gut microbiota during Peritoneal Dialysis-Related Peritonitis.	Phytomedicine	Phytomedicine. 2021 Jun;86:153561. doi: 10.1016/j.phymed.2021.153561. Epub 2021 Mar 28.	
Feng S(1), Hu J(1), Zhang HN(1), Cheng JL(2), Wang TY(1), Li B(1).	2022	Exploration and reflection on evaluation methodology of human use experience for new Chinese drug development	Zhongguo Zhong Yao Za Zhi.	Zhongguo Zhong Yao Za Zhi. 2022 Mar;47(6):1700-1704. doi: 10.19540/j.cnki.cjcmm.20220105.501.	
Maciąg D(1), Dobrowolska E(1), Sharafan M(1), Ekiert H(1), Tomczyk M(2), Szopa A(3).	2021	Akebia quinata and Akebia trifoliata - a review of phytochemical composition, ethnopharmacological approaches and biological studies.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Nov 15;280:114486. doi: 10.1016/j.jep.2021.114486. Epub 2021 Aug 2.	

	Niu L(1), Hou Y(2), Jiang M(2), Bai G(3).	2021	The rich pharmacological activities of Magnolia officinalis and secondary effects based on significant intestinal contributions.	J Ethnopharmacol.	J Ethnopharmacol. 2021 Dec 5;281:114524. doi: 10.1016/j.jep.2021.114524. Epub 2021 Aug 13.
	Chan KW(1), Lee PW(2), Leung CP(3), Law YK(4), Gao L(1), Chan GC(1), Yiu WH(1), Lam TP(5), Tang SC(1).	2021	PRAgmatic Clinical Trial Design of Integrative MediCinE (PRACTICE): A Focus Group Series and Systematic Review on Trials of Diabetes and Kidney Disease.	Front Med (Lausanne).	Front Med (Lausanne). 2021 Aug 27;8:668913. doi: 10.3389/fmed.2021.668913. eCollection 2021.

ELECTROACUPUNTURA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia

RS y MA

Cáncer de pecho	Yu Gao, Tingting Ma, Mei Han, Mingwei Yu, Xiuhui Wang, Yiren Lv, Xiaomin Wang.	2021	Effects of Acupuncture and Moxibustion on Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Integr Cancer Ther.	Integr Cancer Ther. Jan-Dec 2021;20:15347354211044107. doi: 10.1177/15347354211044107
	ECAs				
	Zhang, J., Qin, Z., So, T. H., Chen, H., Lam, W. L., Yam, L. L., ... Zhang, Z.-J.	2021	Electroacupuncture Plus Auricular Acupressure for Chemotherapy-Associated Insomnia in Breast Cancer Patients: A Pilot Randomized Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies, 20, 153473542110191. doi:10.1177/15347354211019103
Mao, J. J., Farrar, J. T., Bruner, D., Zee, J., Bowman, M., Seluzicki, C., ... Xie, S. X.	2014	Electroacupuncture for fatigue, sleep, and psychological distress in breast cancer patients with aromatase inhibitor-related arthralgia: A randomized trial.	Cancer	Cancer, 120(23), 3744–3751. doi:10.1002/cncr.28917	
Cáncer de páncreas	ECAs				
	Chen, H., Liu, T.-Y., Kuai, L., Zhu, J., Wu, C.-J., & Liu, L.-M.	2013	Electroacupuncture treatment for pancreatic cancer pain: A randomized controlled trial.	Pancreatology	Pancreatology, 13(6), 594–597. doi:10.1016/j.pan.2013.10.007
Paliativos	RS y MA				
	Dai L, Liu Y, Ji G, Xu Y.	2021	Acupuncture and Derived Therapies for Pain in Palliative Cancer Management: Systematic Review and Meta-Analysis	J Palliat Med	J Palliat Med. 2021 Mar 10. doi: 10.1089/jpm.2020.0405. Epub ahead of print. PMID: 33691493.

			Based on Single-Arm and Controlled Trials.		
Otros	RS y MA				
	Hwang MS, Lee HY, Choi TY, Lee JH, Ko	2020	A systematic review and meta-analysis of the efficacy of acupuncture and electroacupuncture against chemotherapy-induced peripheral neuropathy	Medicine (Baltimore)	Medicine (Baltimore). 2020 Apr;99(17):e19837. doi: 10.1097/MD.00000000000019837. PMID: 32332632; PMCID: PMC7220547.
	ECAs				
	Saraswati, W., Dahlan, E. G., Saputra, K., & Sutrisno, T. C.	2019	Effect of Electroacupuncture on Natural-Killer Cells and Tumor Size in Patients with Cervical Squamous-Cell Carcinoma: A Randomized Controlled Trial.	Medical Acupuncture	Medical Acupuncture, 31(1), 29–36. doi:10.1089/acu.2018.1316
	Lee B, Kim BK, Kim M, Kim AR, Park HJ, Kwon OJ, Lee JH, Kim JH.	2022	Electroacupuncture for treating cancer-related insomnia: a multicenter, assessor-blinded, randomized controlled, pilot clinical trial.	BMC Complement Med Ther	BMC Complement Med Ther. 2022 Mar 18;22(1):77. doi: 10.1186/s12906-022-03561-w.

Cardiología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
RS y MA					
	Asmussen S, Przkora R, Maybauer DM, et al. Meta-	2019	Analysis of Electroacupuncture in Cardiac Anesthesia and Intensive Care.	Journal of Intensive Care	J Intensive Care Med. 2019;34(8):652–661. doi:10.1177/0885066617708558
ECAs					
	Sun, J., Sang, H., Yang, C., Dong, H., Lei, C., Lu, Y., ... Xiong, L.	2012	Electroacupuncture improves orthostatic tolerance in healthy individuals via improving cardiac function and activating the sympathetic system.	EP Europace	EP Europace, 15(1), 127–134.doi:10.1093/europace/eus220
	Yang, L., Yang, J., Wang, Q., Chen, M., Lu, Z., Chen, S., & Xiong, L.	2010	Cardioprotective Effects of Electroacupuncture Pretreatment on Patients Undergoing Heart Valve Replacement Surgery: A Randomized Controlled Trial.	Annals of Thoracic Surgery	The Annals of Thoracic Surgery, 89(3), 781–786.doi:10.1016/j.athoracsur.2009.12.003

Digestivo

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Enfermedad inflamatoria intestinal	RS y MA				
	Farrell D, Artom M, Czuber-Dochan W, Jelsness-Jørgensen LP, Norton C, Savage E.	2020	Interventions for fatigue in inflammatory bowel disease.	Cochrane Database Syst Rev	Cochrane Database Syst Rev. 2020 Apr 16;4(4):CD012005. doi: 10.1002/14651858.CD012005.pub2. PMID: 32297974; PMCID: PMC7161727.
	ECAs				
	Chakraborty, S., & Bharucha, A. E.	2016	In chronic severe functional constipation, electroacupuncture increased complete spontaneous bowel movements.	Annals of Internal Medicine	Annals of Internal Medicine, 165(12), JC69.doi:10.7326/acpjc-2016-165-12-069
Horta D, Lira A, Sanchez-Lloansi M, Villoria A, Teggiachi M, García-Rojo D, García-Molina S, Figuerola A, Esteve M, Calvet X.	2020	A Prospective Pilot Randomized Study: Electroacupuncture vs. Sham Procedure for the Treatment of Fatigue in Patients With Quiescent Inflammatory Bowel Disease.	Inflamm Bowel Dis	Inflamm Bowel Dis. 2020 Feb 11;26(3):484-492. doi: 10.1093/ibd/izz091. PMID: 31091322	

Dispepsia	RS y MA			
	Guo Y, Wei W, Chen JD.	2020	Effects and mechanisms of acupuncture and electroacupuncture for functional dyspepsia: A systematic review.	World J Gastroenterol. 2020 May 21;26(19):2440-2457. doi: 10.3748/wjg.v26.i19.2440. PMID: 32476804; PMCID: PMC7243644
	Mao X, Guo S, Ni W, Zhang T, Liu Q, Du S, Luo M, Pan Y, Wu B, Su X, Yang Y, Guo Y, Chen JJD, Rong P, Wei W.	2020	Electroacupuncture for the treatment of functional dyspepsia: A systematic review and meta-analysis.	Medicine (Baltimore). 2020 Nov 6;99(45):e23014. doi: 10.1097/MD.00000000000023014. PMID: 33157947; PMCID: PMC7647594.
	Huang J, Shi Y, Qin X, Shen M, Wu M, Huang Y.	2020	Clinical Effects and Safety of Electroacupuncture for the Treatment of Poststroke Dysphagia: A Comprehensive Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med. 2020 Sep 26;2020:1560978. doi: 10.1155/2020/1560978. PMID: 33062000; PMCID: PMC7533748.
	Zhang J, Liu Y, Huang X, Chen Y, Hu L, Lan K, Yu H.	2020	Efficacy Comparison of Different Acupuncture Treatments for Functional Dyspepsia: A Systematic Review with Network Meta-Analysis.	Evid Based Complement Alternat Med. 2020 Mar 18;2020:3872919. doi: 10.1155/2020/3872919. PMID: 32256643; PMCID: PMC7106911.
Estreñimiento	RS y MA			
	Xu XH, Zhang MM, Wu X, Xu SB, Wang W, Zheng CH, Huang GY.	2020	Efficacy of Electro-acupuncture in Treatment of Functional Constipation: A Randomized Controlled Trial.	Curr Med Sci. 2020 Apr;40(2):363-371. doi: 10.1007/s11596-020-2188-y. Epub 2020 Apr 26. PMID: 32337698

	Huang X, Shen Y, Li XH.	2020	[Systematic review on the treatment of functional constipation with electroacupuncture and gastro-kinetic drugs].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Jul 25;45(7):592-8. Chinese. doi: 10.13702/j.1000-0607.180765. PMID: 32705837
	Zhang N, Hou L, Yan P, Li X, Wang Y, Niu J, Feng L, Li J, Yang K, Liu X.	2020	Electro-acupuncture vs. sham electro-acupuncture for chronic severe functional constipation: A systematic review and meta-analysis.	Complement Ther Med.	Complement Ther Med. 2020 Nov;54:102521. doi: 10.1016/j.ctim.2020.102521. Epub 2020 Sep 10. PMID: 33183657.
	Zhou, S.-L., Zhang, X.-L., & Wang, J.-H.	2017	Comparison of electroacupuncture and medical treatment for functional constipation: a systematic review and meta-analysis.	Acupuncture in Medicine,	Acupuncture in Medicine, 35(5), 324–331. doi:10.1136/acupmed-2016-011127
ECAs					
	Chakraborty, S., & Bharucha, A. E.	2016	In chronic severe functional constipation, electroacupuncture increased complete spontaneous bowel movements.	Annals of Internal Medicine	Annals of Internal Medicine, 165(12), JC69. doi:10.7326/acpjc-2016-165-12-069
	Zhou J, Liu Y, Zhou K, et al.	2019	Electroacupuncture for Women with Chronic Severe Functional Constipation: Subgroup Analysis of a Randomized Controlled Trial	Biomed Res Int.	Biomed Res Int. 2019;2019:7491281. Published 2019 Jan 13. doi:10.1155/2019/7491281
Obesidad	RS y MA				

	Gao Y, Wang Y, Zhou J, Hu Z, Shi Y.	2020	Effectiveness of Electroacupuncture for Simple Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Jun 28;2020:2367610. doi: 10.1155/2020/2367610. PMID: 32714399; PMCID: PMC7341404.
	Zhang, R.-Q., Tan, J., Li, F.-Y., Ma, Y.-H., Han, L.-X., & Yang, X.-L.	2017	Acupuncture for the treatment of obesity in adults: a systematic review and meta-analysis.	Postgraduate Medical Journal	Postgraduate Medical Journal, 93(1106), 743–751.doi:10.1136/postgradmedj-2017-134969
	Gao Y, Wang Y, Zhou J, Hu Z, Shi Y.	2020	Effectiveness of Electroacupuncture for Simple Obesity: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020;2020:2367610
ECAs					
	Mazidi, M., Abbasi-Parizad, P., Abdi, H., Zhao, B., Rahsepar, A. A., Tavallaie, S., ... Ferns, G. A.	2017	The effect of electro-acupuncture on pro-oxidant antioxidant balance values in overweight and obese subjects: a randomized controlled trial study.	Journal of Complementary and Integrative Medicine	Journal of Complementary and Integrative Medicine, 15(2). doi:10.1515/jcim-2015-0081
	Meng, J., Jiao, Y., Zhang, G., Xu, X., Ji, C., Hu, M., ... Zhang, M.	2018	Electroacupuncture Improves Intestinal Dysfunction in Septic Patients: A Randomised Controlled Trial.	BioMed Research International	BioMed Research International, 2018, 1–9.doi:10.1155/2018/8293594
ECAs					

Colon irritable	Sun YZ, Wang SL, Yu TY.	2021	[<i>Tiaoshen</i> acupuncture method combined with electroacupuncture for diarrhea-type irritable bowel syndrome : a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):13-6. Chinese. doi: 10.13703/j.0255-2930.20191220-k0001. PMID: 33559435.
Hígado graso	ECAs				
	Dong C, Zhang CR, Xue BY, Miu WF, Fang NY, Li K, Ou ZJ, Xu YQ.	2020	[Electroacupuncture combined with lifestyle control on obese nonalcoholic fatty liver disease: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):129-34. Chinese. doi: 10.13703/j.0255-2930.20190201-k00034. PMID: 32100496.
	Draz RS, Serry ZMH, Rahmy AF, El Bardesi MS, Taha MM.	2020	Electroacupuncture Versus Aerobic Interval Training on Liver Functions in Patients with Nonalcoholic Fatty Liver.	J Altern Complement Med.	2020 Jan;26(1):51-57. doi: 10.1089/acm.2019.0182. Epub 2019 Oct 29. PMID: 31657614
	Lei, H., Chen, X., Liu, S., & Chen, Z.	2017	Effect of Electroacupuncture on Visceral and Hepatic Fat in Women with Abdominal Obesity: A Randomized Controlled Study Based on Magnetic Resonance Imaging.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 23(4), 285–294. doi:10.1089/acm.2016.036
Otros	ECAs				
	Xing X, Jiang R, Lei S, Xu Q, Zhu M, Zhi Y, Xia G, Huang L, Mao S, Chen Z, Feng D.	2021	[Electroacupuncture in the treatment of acute gastrointestinal injury in patients with severe traumatic brain injury: a prospective randomized controlled trial].	Zhonghua Wei Zhong Bing Ji Jiu Yi Xue	Zhonghua Wei Zhong Bing Ji Jiu Yi Xue. 2021 Jan;33(1):95-99. Chinese. doi: 10.3760/cma.j.cn121430-20200804-00562. PMID: 33565409.

	Zhou Y, Ma HQ, Yang ZJ, Shao HT, Yue GL, Du GZ.	2020	[Comparative study on effect of electroacupuncture at lower <i>he</i> -sea point of stomach and <i>he</i> -sea matching front- <i>mu</i> points for gastroparesis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):925-7. Chinese. doi: 10.13703/j.0255-2930.20191025-k0002. PMID: 32959584.
	Eberl S, Monteiro de Olivera N, Bourne D, Streitberger K, Fockens P, Hollmann MW, Preckel B.	2020	Effect of electroacupuncture on sedation requirements during colonoscopy: a prospective placebo-controlled randomised trial.	Acupunct Med.	Acupunct Med. 2020 Jun;38(3):131-139. doi: 10.1136/acupmed-2017-011459. Epub 2020 Jan 22. PMID: 31968988.

Psicología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Depresión y ansiedad	RS y MA				
	Wang X, Cai W, Wang Y, Huang S, Zhang Q, Wang F.	2021	Is Electroacupuncture an Effective and Safe Treatment for Poststroke Depression? An Updated Systematic Review and Meta-Analysis.	Biomed Res Int.	Biomed Res Int. 2021 Aug 24;2021:8661162. doi: 10.1155/2021/8661162. eCollection 2021
	Han X, Gao Y, Yin X, Zhang Z, Lao L, Chen Q, Xu S.	2021	The mechanism of electroacupuncture for depression on basic research: a systematic review.	Chin Med.	Chin Med. 2021 Jan 13;16(1):10. doi: 10.1186/s13020-020-00421-y. Erratum in: Chin Med. 2021 Feb 10;16(1):20. PMID: 33436036; PMCID: PMC7805231.

ECAs					
	Li W, Sun M, Yin X, Lao L, Kuang Z, Xu S.	2020	The effect of acupuncture on depression and its correlation with metabolic alterations: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 23;99(43):e22752. doi: 10.1097/MD.00000000000022752. PMID: 33120777; PMCID: PMC7581113
	Amorim D, Brito I, Caseiro A, Figueiredo JP, Pinto A, Macedo I, Machado	2022	Electroacupuncture and acupuncture in the treatment of anxiety - A double blinded randomized parallel clinical trial.	J.Complement Ther Clin Pract	J.Complement Ther Clin Pract. 2022 Feb;46:101541. doi: 10.1016/j.ctcp.2022.101541. Epub 2022 Jan 30
Esquizofrenia					
	Sun, Z.-L., Liu, J., Guo, W., Jiang, T., Ma, C., Li, W.-B., ... Ling, S.-H.	2016	Serum brain-derived neurotrophic factor levels associate with cognitive improvement in patients with schizophrenia treated with electroacupuncture.	Psychiatry Research	Psychiatry Research, 244, 370–375.doi:10.1016/j.psychres.2016.07.040
Adicciones					
	Yu KC, Wei HT, Chang SC, Huang KY, Hsu CH.	2021	The Efficacy of Combined Electroacupuncture and Auricular Pressure on Sleep Quality in Patients Receiving Methadone Maintenance Treatment.	Am J Addict.	Am J Addict. 2021 Mar;30(2):156-163. doi: 10.1111/ajad.13134. Epub 2020 Dec 30

	Zeng L, Tao Y, Hou W, Zong L, Yu L.	2018	Electro-acupuncture improves psychiatric symptoms, anxiety and depression in methamphetamine addicts during abstinence: A randomized controlled trial.	Medicine (Baltimore)	Medicine (Baltimore). 2018 Aug;97(34):e11905. doi: 10.1097/MD.00000000000011905
--	-------------------------------------	------	--	----------------------	---

Dolor y lesiones

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor miofascial	RS y MA				
	Ahmed, S., Haddad, C., Subramaniam, S., Khattab, S., & Kumbhare, D.	2019	The Effect of Electric Stimulation Techniques on Pain and Tenderness at the Myofascial Trigger Point: A Systematic Review.	Pain Medicine	Pain Medicine. doi:10.1093/pm/pny278
	ECAs				
	Heo I, Hwang M-S, Hwang E-H, et al.	2018	Electroacupuncture as a complement to usual care for patients with non-acute low back pain after back surgery: a pilot randomised controlled trial.	BMJ Open 2018	BMJ Open 2018;8:e018464. doi:10.1136/bmjopen-2017-018464

	Aranha, M. F. M., Müller, C. E. E., & Gavião, M. B. D.	2015	Pain intensity and cervical range of motion in women with myofascial pain treated with acupuncture and electroacupuncture: a double-blinded, randomized clinical trial.	Brazilian Journal of Physical Therapy	Brazilian Journal of Physical Therapy, 19(1), 34–43. doi:10.1590/bjpt-rbf.2014.0066
Cirugía	ECAs				
	Heo I, Shin BC, Cho JH, Ha IH, Hwang EH, Lee JH, Kim KW, Kim MR, Jung SY, Kwon O, Kim NK, Son DW, Shin KM.	2020	Multicentre randomised controlled clinical trial of electroacupuncture with usual care for patients with non-acute pain after back surgery.	Br J Anaesth.	Br J Anaesth. 2021 Mar;126(3):692-699. doi: 10.1016/j.bja.2020.10.038. Epub 2020 Dec 16. PMID: 33341226
	Ding LB, Zhao J, Guan J, Li F, Nie XZ, Xie L, Wang HJ, Zheng XF, Xu X.	2020	[Effect of electroacupuncture on rehabilitation of knee joint movement after anterior cruciate ligament reconstruction].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):142-6. Chinese. doi: 10.13703/j.0255-2930.20190213-00014. PMID: 32100498.
	Eslamian F, Jahanjoo F, Dolatkah N, Pishgahi A, Pirani A.	2020	Relative Effectiveness of Electroacupuncture and Biofeedback in the Treatment of Neck and Upper Back Myofascial Pain: A Randomized Clinical Trial.	Arch Phys Med Rehabil	Arch Phys Med Rehabil. 2020 May;101(5):770-780. doi: 10.1016/j.apmr.2019.12.009. Epub 2020 Jan 16. PMID: 31954696.
	RS y MA				

Dolor crónico	Seo, S. Y., Lee, K.-B., Shin, J.-S., Lee, J., Kim, M.-R., Ha, I.-H., ... Lee, Y. J.	2017	Effectiveness of Acupuncture and Electroacupuncture for Chronic Neck Pain: A Systematic Review and Meta-Analysis.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 45(08), 1573–1595.doi:10.1142/s0192415x17500859
	ECAs				
	Analges.Liang Z, Wang X, Liu YH, Zhang DM, Shi L.	2021	ic effect of electroacupuncture on chronic pelvic pain in patients with sequelae of pelvic inflammatory disease]	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Apr 12;41(4):395-9. doi: 10.13703/j.0255-2930.20200329-k0003
	Kong JT, Puetz C, Tian L, Haynes I, Lee E, Stafford RS, Manber R, Mackey S.	2020	Effect of Electroacupuncture vs Sham Treatment on Change in Pain Severity Among Adults With Chronic Low Back Pain: A Randomized Clinical Trial..	JAMA Netw Open	JAMA Netw Open. 2020 Oct 1;3(10):e2022787. doi: 10.1001/jamanetworkopen.2020.22787. PMID: 33107921; PMCID: PMC7592030
	Yeh BY, Liu GH, Lee TY, Wong AM, Chang HH, Chen YS.	2020	Efficacy of Electronic Acupuncture Shoes for Chronic Low Back Pain: Double-Blinded Randomized Controlled Trial.	J Med Internet Res	J Med Internet Res. 2020 Oct 26;22(10):e22324. doi: 10.2196/22324. PMID: 33104004; PMCID: PMC7652696
Comachio J, Oliveira CC, Silva IFR, Magalhães MO, Marques AP.	2020	Effectiveness of Manual and Electrical Acupuncture for Chronic Non-specific Low Back Pain: A Randomized Controlled Trial.	J Acupunct Meridian Stud.	J Acupunct Meridian Stud. 2020 Jun;13(3):87-93. doi: 10.1016/j.jams.2020.03.064. Epub 2020 Mar 26. PMID: 32224119.	

	Liu YH, Wang X, Liang Z, Li H, Zhang DM, Shi L.	2021	[Acupuncture combined with western medication on chronic pelvic pain after pelvic inflammatory disease: a multi-center randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):31-5. Chinese. doi: 10.13703/j.0255-2930.20191218-k0002. PMID: 33559439.
Hombro congelado	ECAS				
	Lo MY, Wu CH, Luh JJ, Wang TG, Fu LC, Lin JG, Lai JS.	2020	The effect of electroacupuncture merged with rehabilitation for frozen shoulder syndrome: A single-blind randomized sham-acupuncture controlled study.	J Formos Med Assoc.	J Formos Med Assoc. 2020 Jan;119(1 Pt 1):81-88. doi: 10.1016/j.jfma.2019.03.012. Epub 2019 May 13. PMID: 31097283.
Osteoartritis de rodilla	RS y MA				
	Shim, J.-W., Jung, J.-Y., & Kim, S.-S.	2016	Effects of Electroacupuncture for Knee Osteoarthritis: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1-18. doi:10.1155/2016/3485875
	Chen, N., Wang, J., Mucelli, A., Zhang, X., & Wang, C.	2017	Electro-Acupuncture is Beneficial for Knee Osteoarthritis: The Evidence from Meta-Analysis of Randomized Controlled Trials.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 45(05), 965-985. doi:10.1142/s0192415x17500513
	ECAS				
	Wang TQ, Li YT, Wang LQ, Shi GX, Tu JF, Yang JW, Hou YQ, Lin LL, Sun	2020	Electroacupuncture versus manual acupuncture for knee osteoarthritis: a randomized controlled pilot trial.	Acupunct Med.	Acupunct Med. 2020 Oct;38(5):291-300. doi: 10.1177/0964528419900781. Epub 2020 Feb 5. PMID: 32022581.

	N, Zhao JJ, Hou HK, Liu CZ.				
	Deng KF, Zhu Y, Zhu SW, Wei XC, Zhang LJ, Liao ZL, Chen RL.	2020	[Clinical effect of thunder-fire moxibustion combined with electroacupuncture in the treatment of cold-dampness knee osteoarthritis: a randomized controlled trial].	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2020 Jun 25;45(6):484-9. Chinese. doi: 10.13702/j.1000-0607.190682. PMID: 32643886.
	Huang DE, Qin Y, Lin MN, Lai XL.	2020	[Clinical efficacy of different waves of electroacupuncture on knee osteoarthritis and its effect on TGF-β1 in joint fluid].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):370-4. Chinese. doi: 10.13703/j.0255-2930.20190422-0005. PMID: 32275364
Túnel carpiano	RS y MA				
	Wu IX, Lam VC, Ho RS, Cheung WK, Sit RW, Chou LW, Zhang Y, Leung TH, Chung VC.	2020	Acupuncture and related interventions for carpal tunnel syndrome: systematic review.	Clin Rehabil.	Clin Rehabil. 2020 Jan;34(1):34-44. doi: 10.1177/0269215519877511. Epub 2019 Sep 26. PMID: 31556315
Trigémino	ECAs				
	Waki, H., Suzuki, T., Tanaka, Y., Tamai, H., Minakawa, Y., Miyazaki, S., ... Hisajima, T.	2017	Effects of electroacupuncture to the trigeminal nerve area on the autonomic nervous system and cerebral blood flow in the prefrontal cortex.	Acupuncture in Medicine	Acupuncture in Medicine, 35(5), 339–344. doi:10.1136/acupmed-2016-011247

Migraña	RS y MA				
	Li X, Dai Q, Shi Z, et al. Clinical	2019	Efficacy and Safety of Electroacupuncture in Migraine Treatment: A Systematic Review and Network Meta-Analysis.	The American Journal of Chinese Medicine	Am J Chin Med. 2019;47(8):1755–1780. doi:10.1142/S0192415X19500897
Otros	ECAs				
	Sung SH, Kim D, Park M, Hwang SI, Yoon YJ, Park JK, Sung HK.	2021	Electroacupuncture for Temporomandibular Disorders: A Systematic Review of Randomized Controlled Trials.	Healthcare (Basel).	Healthcare (Basel). 2021 Nov 2;9(11):1497. doi: 10.3390/healthcare9111497
	Yu XJ, Zhang L, Lu WY, Gao Q, Liu L, Wang Y.	2021	Effect of electroacupuncture combined with caudal epidural injection on functional rehabilitation of patients with lumbar hernia.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Jul 25;46(7):605-9. doi: 10.13702/j.1000-0607.200383.
	Wang LL, Shan L, Du L, Zhang Y, Jia FY.	2020	Comparison of Electroacupuncture and Body Acupuncture on Gastrocnemius Muscle Tone in Children with Spastic Cerebral Palsy: A Single Blinded, Randomized Controlled Pilot Trial.	Chin J Integr Med.	Chin J Integr Med. 2020 Jan;26(1):14-19. doi: 10.1007/s11655-019-3082-y. Epub 2020 Jan 2. PMID: 31898768.

Insomnio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
ECAs					
	Wang XQ, Qin S, Wu WZ, Liu CY, Shang HT, Wan QY, Zhao YN, Xi HQ, Zheng SY, Li JH, Wang Y.	2021	Effect of electroacupuncture on serum melatonin and dopamine in aged insomnia.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 May 12;41(5):501-4. doi: 10.13703/j.0255-2930.20200404-k0001
	Yeung, W.-F., Chung, K.-F., Tso, K.-C., Zhang, S.-P., Zhang, Z.-J., & Ho, L.-M.	2011	Electroacupuncture for Residual Insomnia Associated with Major Depressive Disorder: A Randomized Controlled Trial.	Sleep	Sleep, 34(6), 807–815. doi:10.5665/sleep.1056

Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
------	-------	-----	--------	---------	------------

	ECAs				
	Li, S., Li, Z.-F., Wu, Q., Guo, X.-C., Xu, Z.-H., Li, X.-B., ... Fu, W.-B.	2018	A Multicenter, Randomized, Controlled Trial of Electroacupuncture for Perimenopause Women with Mild-Moderate Depression.	BioMed Research International	BioMed Research International, 2018, 1–7.doi:10.1155/2018/5351210
	Wang W, Liu Y, Sun S, et al.	2019	Electroacupuncture for postmenopausal women with stress urinary incontinence: secondary analysis of a randomized controlled trial.	World Journal of Urology	World J Urol. 2019;37(7):1421–1427. doi:10.1007/s00345-018-2521-2
Dismenorrea	RS y MA				
	Xu, Y., Zhao, W., Li, T., Bu, H., Zhao, Z., Zhao, Y., & Song, S.	2017	Effects of acupoint-stimulation for the treatment of primary dysmenorrhoea compared with NSAIDs: a systematic review and meta-analysis of 19 RCTs.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 17(1).doi:10.1186/s12906-017-1924-8
Fertilidad	ECAs				
	Gribel, G. P. C., Coca-Velarde, L. G., & Moreira de Sá, R. A.	2010	Electroacupuncture for cervical ripening prior to labor induction: a randomized clinical trial.	Archives of Gynecology and Obstetrics	Archives of Gynecology and Obstetrics, 283(6), 1233–1238. doi:10.1007/s00404-010-1526-x

	Feng XL, Jia ZQ, Li N, Jiang S, Chang Z, Zhu H.	2020	[Effect of electroacupuncture combined with <i>Yuyin</i> pill on sex hormone and Th2 cytokines in patients of decreased ovarian reserve function with liver-kidney <i>yin</i> deficiency].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):959-63. Chinese. doi: 10.13703/j.0255-2930.20190925-0003. PMID: 32959591.
	Shuai Zh, Li X, Tang X, Lian F, Su Zh.	2019	Transcutaneous electrical acupuncture point stimulation improves pregnancy outcomes in patients with recurrent implantation failure undergoing in vitro fertilisation and embryo transfer: a prospective, randomised trial.	Acupuncture in Medicine	Acupuncture in Medicine 1–7 DOI: 10.1136/acupmed-2017-011483
	Wu HC, Zhang JW, Sun ZG, Xiang S, Qiao Y, Lian F.	2019	Effects of Electroacupuncture on Expression of PI3K/Akt/Foxo3a in Granulosa Cells from Women with Shen (Kidney) Deficiency Syndrome Undergoing in vitro Fertilization-Embryo Transfer.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(4):252–258. doi:10.1007/s11655-019-2948-3
Osteoporosis	RS y MA				
	Fan L, Wu Z, Li M, Jiang G.	2021	Effectiveness of electroacupuncture as a treatment for osteoporosis: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Jan 22;100(3):e24259. doi: 10.1097/MD.00000000000024259. PMID: 33546047; PMCID: PMC7837945

	ECAs				
	Zhu L, Wu WZ, Chen M, Xu HN, Liu J, Liu LY, Shi W, Xu DM.	2022	Electroacupuncture on motor function in patients with primary osteoporosis: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Feb 12;42(2):145-9. doi: 10.13703/j.0255-2930.20210305-k0001
Depresión	ECAs				
	Chung, K.-F., Yeung, W.-F., Zhang, Z.-J., Yung, K.-P., Man, S.-C., Lee, C.-P., ... Taam Wong, V.	2012	Randomized non-invasive sham-controlled pilot trial of electroacupuncture for postpartum depression.	Journal of Affective Disorders	Journal of Affective Disorders, 142(1-3), 115–121. doi:10.1016/j.jad.2012.04.008
	Xiao X, Zhang J, Jin Y, Wang Y, Zhang Q.	2	Effectiveness and Safety of Acupuncture for Perimenopausal Depression: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Jan 19;2020:5865697. doi: 10.1155/2020/5865697. PMID: 32051687; PMCID: PMC6995321.
Ovario poliquístico	ECAs				
	Zhao QY, Sun Y, Zhou J, Gao YL, Ma GZ, Hu ZH, Wang Y, Shi Y.	2021	Effectiveness of herb-partitioned moxibustion combined with electroacupuncture on polycystic ovary syndrome in patients with symptom pattern of kidney deficiency and phlegm-dampness.	J Tradit Chin Med	J Tradit Chin Med. 2021 Dec;41(6):985-993. doi: 10.19852/j.cnki.jtcm.2021.06.017

	Dong HX, Wang Q, Wang Z, Wu XK, Cheng L, Zhou ZM, Yang L, Yi P, Huang DM.	2021	Impact of Low Frequency Electroacupuncture on Glucose and Lipid Metabolism in Unmarried PCOS Women: A Randomized Controlled Trial.	Chin J Integr Med	Chin J Integr Med. 2021 Oct;27(10):737-743. doi: 10.1007/s11655-021-3482-z. Epub 2021 Jul 28
Menopausia	RS y MA				
	Zhong Z, Dong H, Wang H, Huang Y, Huang D, Huang G.	2022	Electroacupuncture for the treatment of perimenopausal syndrome: a systematic review and meta-analysis of randomized controlled trials.	Acupunct Med	Acupunct Med. 2022 Apr;40(2):111-122. doi: 10.1177/09645284211055742. Epub 2021 Nov 9.
Otros	ECAs				
	Su WW, Zhao MH, Pan QJ, Huo ZH, Gao XA.	2021	Effect of electroacupuncture at Baliao points on intrauterine residue and uterine volume restoration after uterine curettage of incomplete abortion.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Aug 12;41(8):871-5. doi: 10.13703/j.0255-2930.20200716-k0003
	Su WW, Pan JL, Gao ZY, Gao XA.	2021	Effect of electroacupuncture on postpartum uterine contraction pain	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):165-8. doi: 10.13703/j.0255-2930.20200202-k0001

			and uterine involution: a randomized controlled trial.		
	Li, S., Zheng, M., Wu, W., Guo, J., Ji, F., & Zheng, Z.	2017	Effects of Electroacupuncture Administered 24 hours Prior to Surgery on Postoperative Nausea and Vomiting and Pain in Patients Undergoing Gynecologic Laparoscopic Surgery: A Feasibility Study.	EXPLORE: The Journal of Science and Healing	EXPLORE: The Journal of Science and Healing, 13(5), 313–318.doi:10.1016/j.explore.2017.06.002
	Xiao J, Yi W, Wu L..	2019	Effects of electroacupuncture on reducing labor pain and complications in the labor analgesia process of combined spinal-epidural analgesia with patient-controlled epidural analgesia	Archives of Gynecology and Obstetrics	Arch Gynecol Obstet. 2019;299(1):123–128. doi:10.1007/s00404-018-4955-6
	Su WW, Gao XA, Tian JS.	2020	[Effect of electroacupuncture at Shaoze (SI 1) on breast milk volume and composition in postpartum hypogalactia].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jan 12;40(1):13-6. Chinese. doi: 10.13703/j.0255-2930.20190107-0001. PMID: 31930892
	Wang LL, Zhu JY, Ren ZX, Zhang HL, Wu YR.	2020	[Observation on therapeutic effect of electroacupuncture combined with penetrating moxibustion for postpartum pelvic organ prolapse].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):157-61. Chinese. doi: 10.13703/j.0255-2930.20190210-00014. PMID: 32100501.

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente cerebrovascular	RS y MA				
	Cai, Y., Zhang, C. S., Liu, S., Wen, Z., Zhang, A. L., Guo, X., ... Xue, C. C.	2017	Electroacupuncture for Poststroke Spasticity: A Systematic Review and Meta-Analysis.	Archives of Physical Medicine and Rehabilitation	Archives of Physical Medicine and Rehabilitation, 98(12), 2578–2589.e4.doi:10.1016/j.apmr.2017.03.023
	Liu, A.-J., Li, J.-H., Li, H.-Q., Fu, D.-L., Lu, L., Bian, Z.-X., & Zheng, G.-Q.	2015	Electroacupuncture for Acute Ischemic Stroke: A Meta-Analysis of Randomized Controlled Trials.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 43(08), 1541–1566.doi:10.1142/s0192415x15500883
	Wei, X., He, L., Liu, J., Ai, Y., Liu, Y., Yang, Y., & Liu, B.	2019	Electroacupuncture for Reflex Sympathetic Dystrophy after Stroke: A Meta-Analysis.	Journal of Stroke and Cerebrovascular Diseases.	Journal of Stroke and Cerebrovascular Diseases. doi:10.1016/j.jstrokecerebrovasdis.
Zhang J, Zhu L, Tang Q.	2020	Electroacupuncture with rehabilitation training for limb spasticity reduction in post-stroke	Top Stroke Rehabil.	Top Stroke Rehabil. 2020 Aug 26:1-22. doi: 10.1080/10749357.2020.1812938. Epub ahead of print. PMID: 32845210.	

			patients: A systematic review and meta-analysis.		
Li, X., Wang, J., Xu, A., Huang, J., Meng, L.-Q., Huang, R.-Y., & Xu, J.	2018	Clinical effects and safety of electroacupuncture for the treatment of post-stroke depression: a systematic review and meta-analysis of randomised controlled trials.	Acupuncture in Medicine	Acupuncture in Medicine, acupmed-2016-011300.doi:10.1136/acupmed-2016-011300	
ECAs					
Huang H, Chen J, Qiu F, Lin XM, Lin ZK.	2022	Effect of electroacupuncture on motor function and gait in patients with post-stroke spasticity in lower limbs.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jan 12;42(1):23-7. doi: 10.13703/j.0255-2930.20201201-k0004.	
. Sui M, Jiang N, Yan L, Liu J, Luo B, Zhang C, Yan T, Xiang Y, Li G.	2021	Effect of Electroacupuncture on Shoulder Subluxation in Poststroke Patients with Hemiplegic Shoulder Pain: A Sham-Controlled Study Using Multidimensional Musculoskeletal Ultrasound Assessment	Pain Res Manag.	Pain Res Manag. 2021 Nov 19;2021:5329881. doi: 10.1155/2021/5329881. eCollection 2021	
(Zhang ZJ, Zhao H, Jin GX, Man SC, Wang YS, Wang Y, Wang HR, Li MH, Yam LL, Qin ZS,	2020	Assessor- and participant-blinded, randomized controlled trial of dense cranial electroacupuncture stimulation plus body acupuncture for neuropsychiatric sequelae of stroke.	Psychiatry Clin Neurosci	Psychiatry Clin Neurosci. 2020 Mar;74(3):183-190. doi: 10.1111/pcn.12959. Epub 2019 Dec 20. PMID: 31747095	

	Yu KT, Wu J, Ng FB, Ziea TE, Rong PJ.				
	Li F, Sun Q, Shao XM, et al.	2019	Electroacupuncture Combined With PNF on Proprioception and Motor Function of Lower Limbs in Stroke Patients: A Randomized Controlled Trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(10):1034-1040. doi:10.13703/j.0255-2930.2019.10.002
	Liu J, Wang XL, Zi L, Yang CH, Li HP, Li N.	2020	[Effect of early electroacupuncture intervention on conscious state of patients after traumatic brain injury surgery].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 May 12;40(5):479-82. Chinese. doi: 10.13703/j.0255-2930.20190506-0005. PMID: 32394653
	Zhu MY, Chen XQ, Huang F, Peng YX.	2020	[Effect of electroacupuncture on diaphragmatic function in patients with post-stroke tracheotomy].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 Mar 12;40(3):239-42. Chinese. doi: 10.13703/j.0255-2930.20190408-0005. PMID: 32270633.
Alteraciones cognitivas	RS y MA				
	Kim, H., Kim, H. K., Kim, S. Y., Kim, Y. I., Yoo, H. R., & Jung, I. C.	2019	Cognitive improvement effects of electro-acupuncture for the treatment of MCI compared with Western medications: a systematic review and Meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 19(1).doi:10.1186/s12906-018-2407-2
Alzheimer	ECAs				

	Xia KP, Pang J, Li SL, Zhang M, Li HL, Wang YJ.	2020	[Effect of electroacupuncture at governor vessel on learning-memory ability and serum level of APP, A β ₁₋₄₂ in patients with Alzheimer's disease].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):375-8. Chinese. doi: 10.13703/j.0255-2930.20190728-0003. PMID: 32275365.
Otros	RS y MA				
	Tan J, Meng F, Zhang B, Deng Q, Jiao B, Peng L, Ding Y, Ruan J, Zeng J, Pei W, Lin G.	2022	Electroacupuncture for Spinal Cord Injury: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2022 Mar 4;2022:8040555. doi: 10.1155/2022/8040555
	ECAs				
	Zhang W, Lang S, Zheng Y, et al.	2019	The Effects of Transcranial Direct Current Stimulation Versus Electroacupuncture on Working Memory in Healthy Subjects	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2019;25(6):637–642. doi:10.1089/acm.2018.0532
	Yang, Y., Li, H., Chen, X., Zhang, L., Huang, B., & Zhu, T.	2017	Electro-acupuncture treatment for internet addiction: Evidence of normalization of impulse control disorder in adolescents.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 23(11), 837–844. doi:10.1007/s11655-017-2765-5
	Jin HP, Wang Y, Ye QJ, Xie L, Li XL.	2022	Ultrasound-guided electroacupuncture at suprahyoid muscle group for	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Mar 12;42(3):251-6. doi: 10.13703/j.0255-2930.20210224-0001.

			pharyngeal dysphagia after stroke: a randomized controlled trial.		
--	--	--	---	--	--

Postoperatorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
RS y MA					
	Gao X, Zhang Y, Zhang Y, Ku Y, Guo Y.	2021	Electroacupuncture for Gastrointestinal Function Recovery after Gynecological Surgery: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Dec 21;2021:8329366. doi: 10.1155/2021/8329366
	Ou L, Shen Z, Zhang T, Chen Z, Zhang L, Xu D, Kong D, Qi Q, Huang Y, Huang W, Meng Y.	2022	Electroacupuncture for the Prevention of Postoperative Cognitive Dysfunction Among Older Adults Undergoing Hip and Knee Arthroplasty: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Front Med (Lausanne).	Front Med (Lausanne). 2022 Jan 4;8:778474. doi: 10.3389/fmed.2021.778474. eCollection 2021

Chen W, Chen Z, Li J, Wang Y, Chen G, Jiang T, Wu Z, Ye Z, Zhang J, Shan J, Wu H, Shen Z, Liu W, Xu X..	2021	Electroacupuncture as an Adjuvant Approach to Rehabilitation during Postacute Phase after Total Knee Arthroplasty: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jul 27;2021:9927699. doi: 10.1155/2021/9927699
Chen KB, Huang Y, Jin XL, Chen GF.	2019	Electroacupuncture or transcutaneous electroacupuncture for postoperative ileus after abdominal surgery: A systematic review and meta-analysis.	International Journal of Surgery	Int J Surg. 2019;70:93–101. doi:10.1016/j.ijssu.2019.08.034
Zhong, Y., Zeng, F., Li, J., Yang, Y., Zhong, S., & Song, Y.	2018	Electroacupuncture for Postoperative Urinary Retention: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–17.doi:10.1155/2018/7612618
ECAs				
Postoperative ileus after laparotomy for gastrointestinal cancer treated with electroacupuncture: a randomized controlled trial].	2022	He Y, Lu LY, Chen MJ, Wen Q, Li N.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Jan 12;42(1):45-8. doi: 10.13703/j.0255-2930.20210125-0004.

Fang R, Zhou MT, Zhang CJ, Fu JH.	2022	Effect of electroacupuncture on laparoscope postoperative shivering in patients undergoing general anesthesia	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2022 Mar 12;42(3):257-60. doi: 10.13703/j.0255-2930.20210413-k0006.
Park S, Lyu YR, Park SJ, Oh MS, Jung IC, Lee EJ.	2021	Electroacupuncture for post-thoracotomy pain: A systematic review and meta-analysis.	PLoS One	PLoS One. 2021 Jul 7;16(7):e0254093. doi: 10.1371/journal.pone.0254093. eCollection 2021.
Yue HH, Gao YQ, Dong XC, Jia Q, Xie S, Guan X, Zhao YX.	2021	Electroacupuncture in the prevention and treatment of sore throat and nausea and vomiting after gastrointestinal surgery: a randomized controlled trial.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Feb 25;46(2):164-7. doi: 10.13702/j.1000-0607.200464.
Yu L, Yao Z, Wei Q, Qu M, Yang Q, Chang Y.	2021	Efficacy of Electroacupuncture Combined with Tropisetron in Treating Carboprost Tromethamine-Induced Nausea and Vomiting during Cesarean Section under Lumbar Anesthesia.	Complement Med Res.	Complement Med Res. 2021;28(6):516-522. doi: 10.1159/000514946. Epub 2021 Mar 30

Chang CM, Hsu CE, Lee YC, Yeh CW, Chiu YC.	2021	Short-term effect of electroacupuncture on rehabilitation after arthroscopic triangular fibrocartilage complex repair: a randomised study.	J Orthop Surg Res.	J Orthop Surg Res. 2021 Mar 24;16(1):211. doi: 10.1186/s13018-021-02361-1.
Eberl S, Monteiro de Olivera N, Bourne D, Streitberger K, Fockens P, Hollmann MW, et al.	2020	Effect of electroacupuncture on sedation requirements during colonoscopy: a prospective placebo-controlled randomised trial.	Acupunct Med.	Acupunct Med. junio de 2020;38(3):131-9.
Ng, S. S. M., Leung, W. W., Mak, T. W. C., Hon, S. S. F., Li, J. C. M., Wong, C. Y. N., ... Lee, J. F. Y.	2013	Electroacupuncture Reduces Duration of Postoperative Ileus After Laparoscopic Surgery for Colorectal Cancer.	Gastroenterology	Gastroenterology, 144(2), 307–313.e1.doi:10.1053/j.gastro.2012.10.050
Song YY, Ni GX.	2019	Effect of preoperative intervention of electroacupuncture at Baliao point on postoperative complications of procedure for prolapsed and haemorrhoids.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(3):253–256. doi:10.13703/j.0255-2930.2019.03.008
Yan XB, Han XC, Xing QZ, Li Y, Dong X, Wu Y, Zhang YJ.	2021	[Comparative study between electroacupuncture at Neima point and Neiguan (PC 6) and epidural nerve block for preemptive analgesia in patients undergoing thoracic surgery].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):59-64. Chinese. doi: 10.13703/j.0255-2930.20200121-k0001. PMID: 33559444.

Urinario

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Incontinencia urinaria	RS y MA				
	Cui Y, Li Q, Wang D, Bao R, Li L, Zhu J, Li J, Li Z, Yin J, Zhou X, Yin H, Sun Z.	2022	Does electroacupuncture benefit mixed urinary incontinence? A systematic review and meta-analysis with trial sequential analysis.	Int Urogynecol J.	Int Urogynecol J. 2022 Jan 28. doi: 10.1007/s00192-021-05057-6
	Chen H, Liu Y, Wu J, Liang F, Liu Z.	2020	Acupuncture for postprostatectomy incontinence: a systematic review.	BMJ Support Palliat Care	BMJ Support Palliat Care. 2020 Nov 25;bmjcare-2020-002450. doi: 10.1136/bmjcare-2020-002450. Epub ahead of print. PMID: 33239324
	Lai X, Zhang J, Chen J, Lai C, Huang C.	2020	Is electroacupuncture safe and effective for treatment of stress urinary incontinence in women? A systematic review and meta-analysis.	J Int Med Res.	J Int Med Res. 2020 Oct;48(10):300060520948337. doi: 10.1177/0300060520948337. PMID: 33045874; PMCID: PMC7570783.

	Zhong Y, Song Y, Zeng F, Zhao Y, Black B, Guan Y.	2020	Effectiveness of electroacupuncture for female stress urinary incontinence: a systematic review and Meta-analysis.	J Tradit Chin Med.	J Tradit Chin Med. 2020 Oct;40(5):707-720. doi: 10.19852/j.cnki.jtcm.2020.05.001. PMID: 33000572.
ECAs					
	Liu, Z., Liu, Y., Xu, H., He, L., Chen, Y., Fu, L., ... Liu, B.	2017	Effect of Electroacupuncture on Urinary Leakage Among Women With Stress Urinary Incontinence.	JAMA	JAMA, 317(24), 2493.doi:10.1001/jama.2017.7220
	Sun Y, Liu Y, Liu S, Wang W, Liu Z.	2020	Electroacupuncture for women with urgency-predominant mixed urinary incontinence: secondary analysis of a randomized noninferiority trial.	World J Urol.	World J Urol. 2020 Apr;38(4):1035-1042. doi: 10.1007/s00345-019-02828-1. Epub 2019 Jun 3. PMID: 31155682
	Xu, H., Liu, B., Wu, J., Du, R., Liu, X., Yu, J., & Liu, Z.	2016	A Pilot Randomized Placebo Controlled Trial of Electroacupuncture for Women with Pure Stress Urinary Incontinence.	PLOS ONE	PLOS ONE, 11(3), e0150821.doi:10.1371/journal.pone.0150821
Otros	RS y MA				
	Hernández Rodríguez D, Pérez-de la Cruz S.	2020	[Treatment of the pelvic floor in males with incomplete spinal cord injury: a systematic review].	An Sist Sanit Navar	An Sist Sanit Navar. 2020 Dec 22;43(3):381-392. Spanish. doi: 10.23938/ASSN.0868. PMID: 33057242
	ECAs				

	Long Q, Li J, Wen Y, et al.	2019	Effect of Electroacupuncture . Preconditioning Combined With Induced Urination on Urinary Retention After Milligan-Morgan Hemorrhoidectomy.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(8):821–824. doi:10.13703/j.0255-2930.2019.08.006
	Wang KX, Liang FX, Chen S, Luo ZH, Chen B, Chen ZQ, Zhang YL, Chen J, Gu XL, Zhou T, Yan P, Xu XY.	2022	Effect of electroacupuncture of "Biao-Ben" acupoints on renal function and hemorheology and eNOS level in patients with early diabetic nephropathy.	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2022 Jan 25;47(1):46-52. doi: 10.13702/j.1000-0607.20210036

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	Ma LY, Liu QQ, Wu L, Gao M, Yin ZY.	2021	Effect of electroacupuncture at Zusanli (ST36) and Zhongwan (CV12) on intestinal nutritional feeding intolerance in patients with severe acute pancreatitis.	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2021 Apr 25;46(4):312-7. doi: 10.13702/j.1000-0607.200463.

Mecanismos

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	de Brito FX, Luz-Santos C, Camatti JR, de Souza da Fonseca RJ, Suzarth G, Moraes LMC, da Silva ML, da Silva JRT, Vercelino R, Sá KN, Zana Y, Baptista AF.	2022	Electroacupuncture modulates cortical excitability in a manner dependent on the parameters used.	Acupunct Med	Acupunct Med. 2022 Apr;40(2):178-185. doi: 10.1177/09645284211057560. Epub 2021 Dec 9.
	Han X, Gao Y, Yin X, Zhang Z, Lao L, Chen Q, Xu S.	2021	The mechanism of electroacupuncture for depression on basic research: a systematic review.	Chin Med.	Chin Med. 2021 Jan 13;16(1):10. doi: 10.1186/s13020-020-00421-y
	Baek, Y. H., Choi, D. Y., Yang, H. I., & Park, D. S.	2005	Analgesic effect of electroacupuncture on inflammatory pain in the rat model of collagen-induced arthritis: Mediation by cholinergic and serotonergic receptors.	Brain Research	Brain Research, 1057(1-2), 181–185. doi:10.1016/j.brainres.2005.07.014
	Huang YG, Tao W, Yang SB, Wang JF, Mei ZG, Feng ZT.	2019	Autophagy: novel insights into therapeutic target of electroacupuncture against cerebral ischemia/ reperfusion injury.	Neural Regeneration Research	Neural Regen Res. 2019 Jun;14(6):954-961. doi: 10.4103/1673-5374.250569.

Salazar, T. E., Richardson, M. R., Beli, E., Ripsch, M. S., George, J., Kim, Y., ... Grant, M. B.	2017	Electroacupuncture Promotes Central Nervous System-Dependent Release of Mesenchymal Stem Cells.	STEM CELLS	STEM CELLS, 35(5), 1303–1315. doi:10.1002/stem.2613
Torres-Rosas, R., Yehia, G., Peña, G., Mishra, P., del Rocio Thompson-Bonilla, M., Moreno-Eutimio, M. A., ... Ulloa, L.	2014	Dopamine mediates vagal modulation of the immune system by electroacupuncture.	Nature Medicine	Nature Medicine, 20(3), 291–295. doi:10.1038/nm.3479
Xing, Y., Zhang, M., Li, W.-B., Dong, F., & Zhang, F.	2018	Mechanisms Involved in the Neuroprotection of Electroacupuncture Therapy for Ischemic Stroke.	Frontiers in Neuroscience	Frontiers in Neuroscience, 12. doi:10.3389/fnins.2018.00929
Yoo, Y.-C., Oh, J. H., Kwon, T. D., Lee, Y. K., & Bai, S. J.	2011	Analgesic Mechanism of Electroacupuncture in an Arthritic Pain Model of Rats: A Neurotransmitter Study.	Yonsei Medical Journal	Yonsei Medical Journal, 52(6), 1016. doi:10.3349/ymj.2011.52.6.1016
Zhu, H., Wang, X., Huang, M., Jing, Y., Zhang, D., & Ding, G.	2017	Mast cell activation in the acupoint is important for the electroacupuncture effect against pituitrin-induced bradycardia in rabbits.	Scientific Reports	Scientific Reports, 7(1). doi:10.1038/s41598-017-08855-5

Mayor, D.	2013	An exploratory review of the electroacupuncture literature: clinical applications and endorphin mechanisms.	Acupuncture in Medicine	Acupuncture in Medicine, 31(4), 409–415. doi:10.1136/acupmed-2013-010324
Yu LQ, Cao LY, Xie J, Shi Y, Zhou LY, He TF, Chu XY.	2020	[Efficacy and mechanism of electroacupuncture on insulin resistant polycystic ovary syndrome].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):379-83. Chinese. doi: 10.13703/j.0255-2930.20190903-k0003. PMID: 32275366.
Yu Y, Sha SB, Zhang B, et al.	2019	Effects and mechanism of action of transcutaneous electrical acupuncture point stimulation in patients with abnormal semen parameters.	Acupuncture in Medicine	Acupunct Med. 2019;37(1):25–32. doi:10.1136/acupmed-2017-011365

VENTOSAS

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor crónico	RS y MA				
	Cramer, H., Klose, P., Teut, M., Rotter, G., Ortiz, M., Anheyer, D., ... Brinkhaus, B. . The	2020	Cupping for patients with chronic pain: a systematic review and meta-analysis	Journal of Pain	Journal of Pain. doi:10.1016/j.jpain.2020.01.002
	Moura, C. de C., Chaves, É. de C. L., Cardoso, A. C. L. R., Nogueira, D. A., Corrêa, H. P., & Chianca, T. C. M.	2018	Cupping therapy and chronic back pain: systematic review and meta-analysis.	Revista Latino-Americana de Enfermagem	Revista Latino-Americana de Enfermagem, 26(0).doi:10.1590/1518-8345.2888.3094
	ECAs				
Saha, F. J., Schumann, S., Cramer, H., Hohmann, C., Choi, K.-E., Rolke, R., ... Lauche, R.	2017	The Effects of Cupping Massage in Patients with Chronic Neck Pain - A Randomised Controlled Trial.	Complementary Medicine Research	Complementary Medicine Research, 24(1), 26–32.doi:10.1159/000454872	
RS y MA					

Dolor muscular	Kim, S., Lee, S.-H., Kim, M.-R., Kim, E.-J., Hwang, D.-S., Lee, J., ... Lee, Y. J.	2018	Is cupping therapy effective in patients with neck pain? A systematic review and meta-analysis.	BMJ Open	BMJ Open, 8(11), e021070. doi:10.1136/bmjopen-2017-021070
	Wang, Y.-T., Qi, Y., Tang, F.-Y., Li, F.-M., Li, Q.-H., Xu, C.-P., ... Sun, H.-T.	2017	The effect of cupping therapy for low back pain: A meta-analysis based on existing randomized controlled trials.	Journal of Back and Musculoskeletal Rehabilitation	Journal of Back and Musculoskeletal Rehabilitation, 30(6), 1187–1195. doi:10.3233/bmr-169736
	Wood S, Fryer G, Tan LLF, Cleary C. Dry cupping for musculoskeletal pain and range of motion: A systematic review and meta-analysis.	2020	Dry cupping for musculoskeletal pain and range of motion: A systematic review and meta-analysis.	J Bodyw Mov Ther.	J Bodyw Mov Ther. 2020 Oct;24(4):503-518. doi: 10.1016/j.jbmt.2020.06.024. Epub 2020 Jul 30. PMID: 33218554.
	Huang, C.-Y., Choong, M.-Y., & Li, T.-S.	2013	Effectiveness of cupping therapy for low back pain: a systematic review:	Acupuncture in Medicine	Acupuncture in Medicine, 31(3), 336–337. doi:10.1136/acupmed-2013-010385
	ECAs				
Mardani-Kivi M, Montazar R, Azizkhani M, Hashemi-Motlagh K	2019	Wet-Cupping Is Effective on Persistent Nonspecific Low Back Pain: A Randomized Clinical Trial.	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(7):502–506. doi:10.1007/s11655-018-2996-0	

	Abdulaziz KS, Tareq Mohamad R, Saad El-Din Mahmoud L, Abdel Azim Ramzy T, Osman DA.	2021	Effect of neurogenic acupoint cupping on high sensitive C-reactive protein and pain perception in female chronic pelvic pain: A randomized controlled trial.	J Musculoskelet Neuronal Interact	J Musculoskelet Neuronal Interact. 2021 Mar 1;21(1):121-129
Migraña	RS y MA				
	Seo J, Chu H, Kim CH, Sung KK, Lee S.	2021	Cupping Therapy for Migraine: A PRISMA-Compliant Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Mar 24; 2021: 7582581. doi: 10.1155/2021/7582581. eCollection 2021.
	ECAs				
	Ersoy S, Benli AR.	2020	Continue or stop applying wet cupping therapy (al-hijamah) in migraine headache: A randomized controlled trial.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 Feb;38:101065. doi: 10.1016/j.ctcp.2019.101065. Epub 2019 Oct 18. PMID: 31668556.
Dolor	RS y MA				
	Al Bedah, A. M. N., Khalil, M. K. M., Posadzki, P., Sohaibani, I., Aboushanab, T. S., AlQaed, M., & Ali, G. I. M.	2016	Evaluation of Wet Cupping Therapy: Systematic Review of Randomized Clinical Trials.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 22(10), 768–777.doi:10.1089/acm.2016.0193

	Kim, J.-I., Lee, M. S., Lee, D.-H., Boddy, K., & Ernst, E.	2011	Cupping for Treating Pain: A Systematic Review.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2011, 1–7. doi:10.1093/ecam/nep035
Túnel carpiano	ECAs				
	Mohammadi S, Roostayi MM, Naimi SS, Baghban AA.	2019	The effects of cupping therapy as a new approach in the physiotherapeutic management of carpal tunnel syndrome.	Physiotherapy Research International	Physiother Res Int. 2019;24(3):e1770. doi:10.1002/pri.1770
Espondilitis anquilosante	RS y MA				
	Ma, S., Wang, Y., Xu, J., & Zheng, L.	2018	Cupping therapy for treating ankylosing spondylitis: The evidence from systematic review and meta-analysis.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 32, 187–194. doi:10.1016/j.ctcp.2018.07.001
Otros	RS y MA				
	Wegh CAM, Baaleman DF, Tabbers MM, Smidt H, Benninga MA	2022	Nonpharmacologic Treatment for Children with Functional Constipation: A Systematic Review and Meta-analysis	J Pediatr.	J Pediatr. 2022 Jan;240:136-149.e5. doi: 10.1016/j.jpeds.2021.09.010. Epub 2021 Sep 16
	Zhou Q, Wei S, Zhu H, Hu Y, Liu Y, Yang H, Zeng S, Chai S, Li J, Tao M	2021	Acupuncture and moxibustion combined with cupping for the treatment of post-herpetic neuralgia: A meta-analysis	Medicine (Baltimore)	Medicine (Baltimore). 2021 Aug 6;100(31): e26785. doi: 10.1097/MD.00000000000026785

ECAs				
Yuan YJ, Ren DW, Guan YS, Chen JZ, Yao HJ, Zhao Y, Li YM, Wang XL.	2021	Joint administration of acupuncture, western and herbal medicines and bamboo-jar-cupping for stroke patients of wind-phlegm obstructing collateral type in acute stage	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2021 May 25;46(5):416-20. doi: 10.13702/j.1000-0607.201110.
Tabatabaei, F., Pasalar, M., Tajadini, H., Kamali, M., & Rampp, T.	2021	Effectiveness of Wet Cupping on Patients with Facial Acne Vulgaris: A 12-Week, Randomized, Single-Blind, Intervention-Sham-Controlled Trial.	Complementary Medicine Research	Complementary Medicine Research, 1–8. doi:10.1159/000514943
Xu Y, Cui ST, Bai LY, Yang JJ, Li J, Xie TL, Zhang YL, Wang D, Wu S, Wang ZT, Sun LP..	2021	Cupping treatment combined with antibiotics for bacterial pneumonia in children: a randomized controlled trial	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Mar 12;41(3):283-7. doi: 10.13703/j.0255-2930.20200804-k0004
Islam, M. ul, Nayab, M., & Ansari, A. N.	2021	Effect of dry cupping versus soft and prolonged massage in the management of knee osteoarthritis – a randomized controlled clinical trial.	Journal of Complementary and Integrative Medicine	Journal of Complementary and Integrative Medicine, 0(0). doi:10.1515/jcim-2020-0350
He, X., Zhang, X., Liao, F., He, L., Xu, X., & Jan, Y.-K.	2021	Using reactive hyperemia to investigate the effect of cupping sizes of cupping therapy on skin blood flow responses.	Journal of Back and Musculoskeletal Rehabilitation	Journal of Back and Musculoskeletal Rehabilitation, 34(2), 327–333. doi:10.3233/bmr-200120

	Meng, X., Wang, Y., Piao, S., Lv, W., Zhu, C., Mu, M., ... Guo, Y.	2018	Wet cupping therapy improves local blood perfusion and analgesic effects in patients with nerve-root type cervical spondylosis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine.doi:10.1007/s11655-017-2925-7
	Nasb, M., Qun, X., Ruckmal Withanage, C., Lingfeng, X., & Hong, C.	2019	Dry Cupping, Ischemic Compression, or Their Combination for the Treatment of Trigger Points: A Pilot Randomized Trial.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine. doi:10.1089/acm.2019.0231
	Qiu JQ, Liu SR, Lin QL, Li MJ, Zhuang JX, Wu GW.	2019	Acupuncture combined with cinesiotherapy cupping for knee osteoarthritis with qi stagnation and blood stasis syndrome: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(5):462–466.
	Zhang, Y.-J., Cao, H.-J., Li, X.-L., Yang, X.-Y., Lai, B.-Y., Yang, G.-Y., & Liu, J.-P.	2017	Cupping therapy versus acupuncture for pain-related conditions: a systematic review of randomized controlled trials and trial sequential analysis.	Chinese Medicine	Chinese Medicine, 12(1).doi:10.1186/s13020-017-0142-0

Dermatología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
------	-------	-----	--------	---------	------------

RS y MA					
	Xing M, Ding X, Zhang J, Kuai L, Ru Y, Sun X, Ma T, Miao X, Liu L, Wang Y, Li B, Li X.	2020	Moving cupping therapy for plaque psoriasis: A PRISMA-compliant study of 16 randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 9;99(41):e22539. doi: 10.1097/MD.00000000000022539. PMID: 33031296; PMCID: PMC7544330
	Xiao XJ, Zhang LX, Shi YZ, Yao JP, Cao W, Liu Y, Zou ZH, Zhou SY, Chen ML, Li CX, Zheng QH, Li Y.	2020	Cupping therapy for patients with chronic urticaria: A systematic review and meta-analysis.	J Integr Med.	J Integr Med. 2020 Jul;18(4):303-312. doi: 10.1016/j.joim.2020.05.004. Epub 2020 May 28. PMID: 32534938.

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Náuseas y vómitos	Farhadi, K., Choubsaz, M., Setayeshi, K., Kameli, M., Bazargan-Hejazi, S., Zadi, Z. H., & Ahmadi, A.	2016	The effectiveness of dry-cupping in preventing post-operative nausea and vomiting by P6 acupoint stimulation.	Medicine	Medicine, 95(38), e4770. doi:10.1097/md.0000000000004770
Ovario poliquístico	Mokaberinejad R, Rampisheh Z, Aliasl J, Akhtari E.	2019	The comparison of fennel infusion plus dry cupping versus metformin management of oligomenorrhoea in	Journal of Obstetrics and Gynaecology	J Obstet Gynaecol. 2019;39(5):652–658. doi:10.1080/01443615.2018.1541232

			patients with polycystic ovary syndrome: a randomised clinical trial.		
HTA	Lu S, Du S, Fish A, Tang C, Lou Q, Zhang X.	2019	Wet cupping for hypertension: a systematic review and meta-analysis.	Clinical and Experimental Hypertension	Clin Exp Hypertens. 2019;41(5):474–480. doi:10.1080/10641963.2018.1510939
General	Cao, H., Han, M., Li, X., Dong, S., Shang, Y., Wang, Q., ... Liu, J.	2010	Clinical research evidence of cupping therapy in China: a systematic literature review.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 10(1). doi:10.1186/1472-6882-10-70
Cardiología	Aleyeidi, N. A., Aseri, K. S., Matbouli, S. M., Sulaiamani, A. A., & Kobeisy, S. A.	2015	Effects of wet-cupping on blood pressure in hypertensive patients: a randomized controlled trial.	Journal of Integrative Medicine	Journal of Integrative Medicine, 13(6), 391–399. doi:10.1016/s2095-4964(15)60197-2
Hígado graso	Bashiri H, Bozorgomid A, Shojaeimotlagh V.	2020	Efficacy of Hijamat (wet cupping therapy) in Iranian patients with nonalcoholic fatty liver disease: a controlled clinical trial.	Turk J Med Sci.	Turk J Med Sci. 2020 Apr 9;50(2):354-359. doi: 10.3906/sag-1907-82. PMID: 31999405; PMCID: PMC7164754.

MOXIBUSTIÓN

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Paliativos	RS y MA				
	Zhang, H. W., Lin, Z. X., Cheung, F., Cho, W. C.-S., & Tang, J.-L.	2018	Moxibustion for alleviating side effects of chemotherapy or radiotherapy in people with cancer.	Cochrane Database of Systematic Reviews.	Cochrane Database of Systematic Reviews. doi:10.1002/14651858.cd010559.pub2
	ECAs				

	Jeon, J.-H., Cho, C.-K., Park, S.-J., Kang, H.-J., Kim, K., Jung, I.-C., ... Yoo, H.-S.	2016	A Feasibility Study of Moxibustion for Treating Anorexia and Improving Quality of Life in Patients With Metastatic Cancer: A Randomized Sham-Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies, 16(1), 118–125.doi:10.1177/1534735416654762
	Lee, J., & Yoon, S. W.	2013	Efficacy and Safety of Moxibustion for Relieving Pain in Patients With Metastatic Cancer.	Integrative Cancer Therapies	Integrative Cancer Therapies, 13(3), 211–216.doi:10.1177/1534735413510025
Linfedema	RS y MA				
	Gao Y, Ma T, Han M, Yu M, Wang X, Lv Y, Wang X.	2021	Effects of Acupuncture and Moxibustion on Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Integr Cancer Ther.	Integr Cancer Ther. 2021 Jan-Dec;20:15347354211044107. doi: 10.1177/15347354211044107
	ECAs				
	Wang C, Yang M, Fan Y, Pei X.	2019	Moxibustion as a Therapy for Breast Cancer-Related Lymphedema in Female Adults:	Integrative Cancer Therapies	Integr Cancer Ther. 2019;18:1534735419866919. doi:10.1177/1534735419866919

			A Preliminary Randomized Controlled Trial.		
Cáncer de pecho	RS y MA				
	Jin H, Xiang Y, Feng Y, Zhang Y, Liu S, Ruan S, Zhou H.	2020	Effectiveness and Safety of Acupuncture Moxibustion Therapy Used in Breast Cancer-Related Lymphedema: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 May 11;2020:3237451. doi: 10.1155/2020/3237451. PMID: 32454855; PMCID: PMC7240793.
	ECAs				
	Guo Q, Yao C, Guo YF, Wang M.	2020	[Clinical efficacy and action mechanism of mild moxibustion combined with salt-separated moxibustion for gastrointestinal response in breast-cancer chemotherapy patients].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jan 12;40(1):8-12. Chinese. doi: 10.13703/j.0255-2930.20190116-k0003. PMID: 31930891
	RS y MA				

Náuseas y vómitos	Huang, Z., Qin, Z., Yao, Q., Wang, Y., & Liu, Z.	2017	Moxibustion for Chemotherapy-Induced Nausea and Vomiting: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–11.doi:10.1155/2017/9854893
ECAs					
	Zhang L, Wang YL, Fu RY, Li JX, Guo XQ, Xu B, Feng SH, Guan XJ.	2020	[Ginger-partitioned moxibustion in the prevention of nausea and vomiting induced by chemotherapy in lung cancer: a randomized controlled trial].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Jul 25;45(7):574-7. Chinese. doi: 10.13702/j.1000-0607.190568. PMID: 32705833
Fatiga	ECAs				
	Han K, Kim M, Kim EJ, Park YC, Kwon O, Kim AR, Park HJ, Park YC, Cho JH, Kim JH, Lee JH.	2021	Moxibustion for treating cancer-related fatigue: A multicenter, assessor-blinded, randomized controlled clinical trial.	Cancer Med.	Cancer Med. 2021 Jul;10(14):4721-4733. doi: 10.1002/cam4.4020. Epub 2021 Jun 29
	Li WT, Liu YH, Pan P, Ye SS, Xia Y, Liu AQ, Yu JC.	2020	[Effects of "Tiaoyi Sanjiao" acupuncture and moxibustion on cancer-induced fatigue and immune function in patients	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Dec 25;45(12):1000-5. Chinese. doi: 10.13702/j.1000-0607.200204. PMID: 33415860.

			with advanced non-small cell lung cancer].		
Otros	RS y MA				
	Jin H, Feng Y, Xiang Y, Zhang Y, Du W, Wasan HS, Ruan S, Huang D.	2020	Efficacy and Safety of Acupuncture-Moxibustion Therapy on Chemotherapy-Induced Leukopenia: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Oct 30;2020:5691468. doi: 10.1155/2020/5691468. PMID: 33178318; PMCID: PMC7647756.
	Yao Z, Xu Z, Xu T, Liu X, Xu S, Wan C, Zhou X.	2022	Moxibustion for alleviating chemotherapy-induced gastrointestinal adverse effects: A systematic review of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101527. doi: 10.1016/j.ctcp.2021.101527. Epub 2022 Jan 5.
	Wang CC, Han EY, Jenkins M, Hong X, Pang S, Whitehead L, Kirk DL, Williams A.	2022	The safety and efficacy of using moxibustion and or acupuncture for cancer-related insomnia: a systematic review and meta-analysis of randomised controlled trials.	Palliat Care Soc Pract	Palliat Care Soc Pract. 2022 Jan 10;16:26323524211070569. doi: 10.1177/26323524211070569.
	ECAs				

	Liu, Y., Sun, S., Dong, H., Zhai, D., Zhang, D., Shen, W., ... Yu, C.	2015	Wrist-ankle acupuncture and ginger moxibustion for preventing gastrointestinal reactions to chemotherapy: A randomized controlled trial.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 21(9), 697–702. doi:10.1007/s11655-014-2009-x
--	---	------	--	---	--

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Osteoartritis y artritis reumatoide	RS y MA				
	Yin S, Zhu F, Li Z, Che D, Li L, Feng J, Zhang L, Huo Z.	2022	An Overview of Systematic Reviews of Moxibustion for Knee Osteoarthritis.	Front Physiol	Front Physiol. 2022 Feb 3;13:822953. doi: 10.3389/fphys.2022.822953. eCollection 2022.
	Choi, T.-Y., Lee, M. S., Kim, J. I., & Zaslowski, C.	2017	Moxibustion for the treatment of osteoarthritis: An updated systematic review and meta-analysis.	Maturitas	Maturitas, 100, 33–48. doi:10.1016/j.maturitas.2017.03.314
	Li, A., Wei, Z.-J., Liu, Y., Li, B., Guo, X., & Feng, S.-Q.	2016	Moxibustion Treatment for Knee Osteoarthritis.	Medicine	Medicine, 95(14), e3244. doi:10.1097/md.0000000000003244

Shen B, Sun Q, Chen H, et al.	2019	Effects of moxibustion on pain behaviors in patients with rheumatoid arthritis: A meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(30):e16413. doi:10.1097/MD.00000000000016413
Song, G.-M., Tian, X., Jin, Y.-H., Deng, Y.-H., Zhang, H., Pang, X.-L., & Zhou, J.-G.	2016	Moxibustion is an Alternative in Treating Knee Osteoarthritis.	Medicine	Medicine, 95(6), e2790. doi:10.1097/md.0000000000002790
ECAs				
Zhang M, Zhao C, Jiang L, Zhu Y.	2021	Clinical effect and mechanism of moxibustion combined with western medication for rheumatoid arthritis of liver-kidney deficiency.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 May 12;41(5):489-92. doi: 10.13703/j.0255-2930.20200519-k0005.
Chen PY, Song CY, Yen HY, Lin PC, Chen SR, Lu LH, Tien CL, Wang XM, Lin CH.	2021	Impacts of tai chi exercise on functional fitness in community-dwelling older adults with mild degenerative knee osteoarthritis: a randomized controlled clinical trial.	BMC Geriatr.	BMC Geriatr. 2021 Jul 31;21(1):449. doi: 10.1186/s12877-021-02390-9.
Tao S, Wang X, Liao C, Xiong Y, Tang J, Jiang N, Li Y, Hu X, Shuai R, Wang Y, Wu P.	2021	The Efficacy of Moxibustion on the Serum Levels of CXCL1 and beta-EP in Patients with Rheumatoid Arthritis.	Pain Res Manag.	Pain Res Manag. 2021 Oct 13;2021:7466313. doi: 10.1155/2021/7466313. eCollection 2021

	Lin L, Cheng K, Tan MT, Zhao L, Huang Z, Yao C, Wu F, Zhang H, Shen X.	2020	Comparison of the effects of 10.6- μ m infrared laser and traditional moxibustion in the treatment of knee osteoarthritis.	Lasers Med Sci.	Lasers Med Sci. 2020 Jun;35(4):823-832. doi: 10.1007/s10103-019-02863-9. Epub 2019 Aug 24. PMID: 31446581; PMCID: PMC7260151.
	Liu SR, Qiu JQ, Zhang LY, Lin QL, Ye GP, Zhu DY.	2019	Warming acupuncture combined with moxibustion at Yongquan (KI 1) for knee osteoarthritis with kidney-marrow deficiency: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(8):799–803. doi:10.13703/j.0255-2930.2019.08.001
	Liao M, Luo L, Ding Q, Zuo J, Guo LL, Gou CY, Zhang CR, Tang Y, Yu SG.	2020	[Light and heat of moxibustion for knee osteoarthritis : a multi-center randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jun 12;40(6):623-8. Chinese. doi: 10.13703/j.0255-2930.20200205-k0003. PMID: 32538014.
	Chen Y, Wang RQ, Liu JX, Zhang ZD, Jia YJ, Lv JH, Shi J, Xu J, Jia CS.	2020	[Effect of moxibustion on inflammatory factors and oxidative stress factors in patients with knee osteoarthritis: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):913-7. Chinese. doi: 10.13703/j.0255-2930.20200310-k0011. PMID: 32959582.
Dolor muscular	RS y MA				
	Chen FQ, Ge JF, Leng YF, Li C, Chen B, Sun ZL.	2020	Efficacy and safety of moxibustion for chronic low back pain: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101130. doi: 10.1016/j.ctcp.2020.101130. Epub 2020 Feb 29. PMID: 32379643.

ECAs					
	Hu XW, Deng CY, Qiu FF, Geng LL, Yu XJ, Tang LM, Huang P, Nie XF.	2020	[Clinical effect of long-snake moxibustion on lumbago of cold-dampness type].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Apr 25;45(4):320-4. Chinese. doi: 10.13702/j.1000-0607.190569. PMID: 32333539.
	Hu XW, Tang LM, Deng CY, Huang H, Liu H, Huang P, Jiang XM, Gao J, Zhu XY, Qiu FF.	2020	[Effect of long-snake moxibustion on nonspecific low back pain with symptom of cold and dampness].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):713-6. Chinese. doi: 10.13703/j.0255-2930.20190615-k0004. PMID: 32648393.
RS y MA					
Espondilitis anquilosante y espondilosis	Hu J, Mao Y, Zhang Y, Ye D, Wen C, Xie Z.	2020	Moxibustion for the treatment of ankylosing spondylitis: a systematic review and meta-analysis.	Ann Palliat Med	Ann Palliat Med. 2020 May;9(3):709-720. doi: 10.21037/apm.2020.02.31. Epub 2020 Apr 13. PMID: 32312058
	Huang, R., Huang, Y., Huang, R., Huang, S., Wang, X., Yu, X., ... Chen, X.	2020	Thunder-Fire Moxibustion for Cervical Spondylosis: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2020, 1–13. doi:10.1155/2020/5816717
ECAs					
Otros	Ju CJ, Zhou X, Dong CC, Lin LQ, Liu HN, Hou Y.	2019	Clinical observation of warm moxibustion therapy to improve quadriceps weakness after total knee arthroplasty.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(3):276–279. doi:10.13703/j.0255-2930.2019.03.014

Ovario poliquístico	Kwon, C.-Y., Lee, B., & Park, K. S.	2018	Oriental herbal medicine and moxibustion for polycystic ovary syndrome.	Medicine	Medicine, 97(43), e12942. doi:10.1097/md.000000000012942
Endometriosis	ECAs				
	Chen LF, Jin XF, Li BW, Zhan MJ, Hu HT.	2020	Herb-separated moxibustion on dysmenorrhea in ovarian endometriosis: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):717-20. Chinese. doi: 10.13703/j.0255-2930.20190716-k0003. PMID: 32648394.).
Dismenorrea	ECAs				
	Yang, M., Chen, X., Bo, L., Lao, L., Chen, J., Yu, S., ... Liang, F.	2017	Moxibustion for pain relief in patients with primary dysmenorrhea: A randomized controlled trial.	PLOS ONE	PLOS ONE, 12(2), e0170952. doi:10.1371/journal.pone.0170952
Menopausia	ECAs				
	Shen J, Ai B, Shen M.	2018	Effectiveness of Mild Moxibustion for Sub-Health Conditions in Pre- and Post-Menopausal Women: A Randomized Controlled Clinical Trial	Med Sci Monit	Med Sci Monit. 2018 May 8 [revised 2018 Jan 1];24:2907-2911. doi: 10.12659/MSM.909721
Otros	ECAs				

Wang LL, Xiang YG, Tan L, Zhu JY, Ren ZX, Ma XY, Wu YR.	2021	Acupuncture-moxibustion treatment by stages based on the theory of "transformation of yin and yang" for premature ovarian insufficiency.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jul 12;41(7):742-6. doi: 10.13703/j.0255-2930.20200627-k0001.
Chen YB, Leng J, Lin BJ, Xu MH.	2021	Thunder-fire moxibustion combined with mifepristone for ovarian chocolate cyst dysmenorrhea with kidney deficiency and blood stasis: a randomized controlled trial].	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):161-4. doi: 10.13703/j.0255-2930.20191011-0002.
Yang QY, Sun YK, Lin ZT.	2021	Effect of moxibustion on postpartum urodynamics and pelvic floor function in puerperal women.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Aug 12;41(8):883-6. doi: 10.13703/j.0255-2930.20200821-k0001
Su WW, Tian JS, Liang XY, Gao XA.	2020	[Effect of wheat-grain moxibustion at Yinbai (SP 1) on the menstrual period prolongation after IVF-ET down-regulation treatment].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):153-6. Chinese. doi: 10.13703/j.0255-2930.20190202-k00014. PMID: 32100500.
Schlaeger, J. M., Stoffel, C. L., Bussell, J. L., Cai, H. Y., Takayama, M.,	2018	Moxibustion for Cephalic Version of Breech Presentation.	Journal of Midwifery & Women's Health	Journal of Midwifery & Women's Health, 63(3), 309–322. doi:10.1111/jmwh.12752

	Yajima, H., & Takakura, N.				
--	----------------------------	--	--	--	--

Urinario

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	ECAs				
	Lee, H.-Y., Yun, Y.-J., Choi, J.-Y., Hong, J.-W., Lee, I., Park, S.-H., & Kwon, J.-N.	2018	Effectiveness and safety of moxibustion for alleviating symptoms of overactive bladder.	Medicine	Medicine, 97(34), e12016. doi:10.1097/md.00000000000012016
	Lee HY, Bae GE, Lee SD, Nam JK, Yun YJ, Han JY, Lee DH, Choi JY, Park SH, Kwon JN.	2020	Moxibustion as an adjunct for lower urinary tract symptoms associated with benign prostate enlargement: A randomized controlled pilot trial.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Jan;99(4):e18918. doi: 10.1097/MD.00000000000018918. PMID: 31977907; PMCID: PMC7004691
	Lee HY, Bae GE, Lee SD, et al.	2020	Moxibustion as an adjunct for lower urinary tract symptoms associated	Medicine (Baltimore)	Medicine (Baltimore). 2020;99(4):e18918. doi:10.1097/MD.00000000000018918

			with benign prostate enlargement: A randomized controlled pilot trial.		
	Liu F, Shi RJ, Cao B, Deng WL, Dong YK.	2019	Postoperative acute urinary retention in anorectal diseases treated with acupuncture combined with grain-moxibustion: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019;39(7):709-712. doi:10.13703/j.0255-2930.2019.07.008

Digestivo

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Enfermedad de Crohn	ECAs				
	Bao, C.-H.	2014	Randomized controlled trial: Moxibustion and acupuncture for the treatment of Crohn's disease.	World Journal of Gastroenterology	World Journal of Gastroenterology, 20(31), 11000. doi:10.3748/wjg.v20.i31.11000
	Bao CH, Zhong J, Liu HR, Gu YP, Wu P, Gu K, Wang D, Weng ZJ, Shi Y, Wu HG.	2021	[Effect of acupuncture-moxibustion on negative emotions and plasma tryptophan metabolism in patients with Crohn's disease at active stage].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jan 12;41(1):17-22. Chinese. doi: 10.13703/j.0255-2930.20200814-k0003. PMID: 33559436.

	Hao LJ, Shi ZM.	2020	[Therapeutic effect of herb-separated moxibustion at Jinsuo (GV 8)-eight-diagram points on diarrhea-type irritable bowel syndrome of liver stagnation and spleen deficiency].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):702-6. Chinese. doi: 10.13703/j.0255-2930.20190621-k0007. PMID: 32648391.
Síndrome colon irritable	RS y MA				
	Dai YQ, Weng H, Wang Q, Guo XJ, Wu Q, Zhou L, Huang L.	2022	Moxibustion for diarrhea-predominant irritable bowel syndrome: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101532. doi: 10.1016/j.ctcp.2021.101532. Epub 2022 Jan 3.
	Park, J.-W., Lee, B.-H., & Lee, H.	2013	Moxibustion in the management of irritable bowel syndrome: systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 13(1). doi:10.1186/1472-6882-13-247
	Tang, B., Zhang, J., Yang, Z., Lu, Y., Xu, Q., Chen, X., & Lin, J.	2016	Moxibustion for Diarrhea-Predominant Irritable Bowel Syndrome: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2016, 1–10.doi:10.1155/2016/5105108
	ECA's				
	Wang Z, Xu M, Shi Z, Bao C, Liu H, Zhou C,	2022	Mild moxibustion for Irritable Bowel Syndrome with Diarrhea (IBS-D): A randomized controlled trial	J Ethnopharmacol.	J Ethnopharmacol. 2022 May 10;289:115064. doi:

	Yan Y, Wang C, Li G, Zhang W, Gao A, Wu H.				10.1016/j.jep.2022.115064. Epub 2022 Jan 31.
	Xuan YC, Liu J, Huang YY, Lu XY, Geng LL, Jiang XM, Huang H.	2021	Therapeutic effect of long-snake moxibustion combined with western medication on diarrhea type irritable bowel syndrome of spleen and kidney yang deficiency.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):133-6. doi: 10.13703/j.0255-2930.20191225-k0003
	Hao LJ, Shi ZM.	2020	[Therapeutic effect of herb-separated moxibustion at Jinsuo (GV 8)-eight-diagram points on diarrhea-type irritable bowel syndrome of liver stagnation and spleen deficiency].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jul 12;40(7):702-6. Chinese. doi: 10.13703/j.0255-2930.20190621-k0007. PMID: 32648391.
Otros	RS y MA				
	Yang L, Li Z, Li W, Zeng L, Bian Y.	2021	Effects of moxibustion on gastrointestinal function recovery in preventing early postoperative small-bowel obstruction: a meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2021 Apr;10(4):3988-3999. doi: 10.21037/apm-20-1266. Epub 2021 Mar 3
	Yao F, Zhang Y, Kuang X, Zhou Q, Huang L, Peng J, Du S.	2020	Effectiveness and Safety of Moxibustion on Constipation: A Systematic Review and Meta-Analysis. Evid Based	Complement Alternat Med.	Complement Alternat Med. 2020 Jul 29;2020:8645727. doi: 10.1155/2020/8645727. PMID: 32802137; PMCID: PMC7411492.

ECAs					
	Cai YM, Lu XJ, Zheng JF, Wang C, Zhang YF, Yao QW.	2021	Clinical observation on wheat grain moxibustion for chronic superficial gastritis of spleen-stomach deficiency and cold.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 May 12;41(5):511-4. doi: 10.13703/j.0255-2930.20200430-k0001
	Meng N, Shi ZM.	2020	[Effect of herb-partitioned moxibustion at <i>fanwei</i> point on plasma motilin and serum gastrin in patients of diabetic gastroparesis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Apr 12;40(4):361-4. Chinese. doi: 10.13703/j.0255-2930.20190415-0001. PMID: 32275362.
	Sun SB, Chen SF, Chen C, et al.	2020	Intestinal dysfunction of spinal cord injury treated with tongdu tiaoshen moxibustion: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020;40(1):3-7. doi:10.13703/j.0255-2930.20181224-0004

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente vascular cerebral	RS y MA				
	Guo SQ, Zhao GZ, Li ST, Yao Q, Han L, Li B, Wang H, Liu YJ, Zhao BX.	2022	Moxibustion for treating patients with post-stroke depression: a	Ann Palliat Med.	Ann Palliat Med. 2022 Jan;11(1):85-97. doi: 10.21037/apm-21-3421.)

			systematic review and meta-analysis.		
	Yang, L., Tan, J.-Y., Ma, H., Zhao, H., Lai, J., Chen, J.-X., & Suen, L. K. P.	2018	Warm-needle moxibustion for spasticity after stroke: A systematic review of randomized controlled trials.	International Journal of Nursing Studies	International Journal of Nursing Studies, 82, 129–138.doi:10.1016/j.ijnurstu.2018.03.013
	Lin ZH, Ruan CL, Zhou WQ, Zeng LR, Chen CY, Zeng PP.	2020	[Impact of abdominal moxibustion in a period of day from 7 am to 9 am on improvement in post-stroke lower limb spasticity and muscle architecture parameter].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Oct 12;40(10):1042-6. Chinese. doi: 10.13703/j.0255-2930.20190904-k0001. PMID: 33068343.
	Tang OF, Huang SM, Ye XX, Liu QX, Chen TT, Zhan CJ.	2020	[Effect of acupuncture and moxibustion on post-stroke constipation: a network Meta-analysis].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):1011-6. Chinese. doi: 10.13703/j.0255-2930.20190717-k0008. PMID: 32959600.
	Wei, Y.-X., Zhao, X., & Zhang, B.-C.	2016	Synergistic effect of moxibustion and rehabilitation training in functional recovery of post-stroke spastic hemiplegia.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 26, 55–60.doi:10.1016/j.ctim.2016.02.014
ECAs					
	Jin DD, Ye J, Guo M, Zhou JW.	2020	[Efficacy of acupuncture-moxibustion on peripheral facial	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Jun 12;40(6):664-8. Chinese. doi:

			paralysis at different time points: a Meta-analysis].		10.13703/j.0255-2930.20190721-k0003. PMID: 32538021.
	Li DH, Li J, Ye XQ, Peng Q.	2020	[Early treatment of suspension moxibustion for Bell's palsy in acute stage].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Feb 12;40(2):123-8. Chinese. doi: 10.13703/j.0255-2930.20190101-k00014. PMID: 32100495.
Alzheimer	RS y MA				
	Chen X, Liu F, Lin N, Lin Q, Lyu Z, Xiu H, Nie P.	2022	Warming needle moxibustion for Alzheimer's disease: A systematic review of randomized controlled trials.	Geriatr Nurs.	Geriatr Nurs. 2022 Jan-Feb;43:219-226. doi: 10.1016/j.gerinurse.2021.12.004
Otros	Li X, Li ZM, Tan JY, Wang T, Chen JX, Chen X, Yang L, Suen LKP.	2021	Moxibustion for post-stroke urinary incontinence in adults: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Feb;42:101294. doi: 10.1016/j.ctcp.2020.101294. Epub 2020 Dec 24.
	Aum S, Choe S, Cai M, Jerng UM, Lee JH.	2021	Moxibustion for cognitive impairment: a systematic review and meta-analysis of animal studies.	Integr Med Res.	Integr Med Res. 2021 Jun;10(2):100680. doi: 10.1016/j.imr.2020.100680. Epub 2020 Oct 14.

Wu Q, Hu H, Han D, Gao H.	2021	Efficacy and Safety of Moxibustion for Postherpetic Neuralgia: A Systematic Review and Meta-Analysis.	Front Neurol.	Front Neurol. 2021 Aug 26;12:676525. doi: 10.3389/fneur.2021.676525. eCollection 2021.
Li F, Wang Y, Jiang TX, Zhu MJ, Ji JJ, Wu WW, Cai SC, Yang J.	2021	Acupuncture and moxibustion for vascular dementia and its effect on serum VEGF and AChE.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Aug 12;41(8):851-4. doi: 10.13703/j.0255-2930.20200816-0001.
Xie HY, Yuan AH, Yang J.	2020	[Clinical observation on therapeutic effect of moxibustion on cognitive decline in type 2 diabetes mellitus].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Dec 12;40(12):1286-90. Chinese. doi: 10.13703/j.0255-2930.20191217-0004. PMID: 33415869.
Tan Y, Hu J, Pang B, Du L, Yang Y, Pang Q, Zhang M, Wu Q, Zhang Y, Ni Q.	2020	Moxibustion for the treatment of diabetic peripheral neuropathy: A systematic review and meta-analysis following PRISMA guidelines.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Sep 25;99(39):e22286. doi: 10.1097/MD.00000000000022286. PMID: 32991431; PMCID: PMC7523832
Luo W, Liu CL, Long Y, Chen FF, Zhao SF, Yang Y, Fu S, Wang PQ.	2020	[Effect of Baixiao moxibustion at meridian sinew nodal points on upper limb motor function in children with spastic hemiplegic cerebral palsy].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Jun 25;45(6):480-3. Chinese. doi: 10.13702/j.1000-0607.190585. PMID: 32643885.

	Li X, Li ZM, Tan JY, Wang T, Chen JX, Chen X, Yang L, Suen LKP.	2021	Moxibustion for post-stroke urinary incontinence in adults: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Feb;42:101294. doi: 10.1016/j.ctcp.2020.101294. Epub 2020 Dec 24. PMID: 33360387
--	---	------	--	-----------------------------	---

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dermatología	RS y MA				
	Coyle, M. E., Liang, H., Wang, K., Zhang, A. L., Guo, X., Lu, C., & Xue, C. C.	2017	Acupuncture plus moxibustion for herpes zoster: A systematic review and meta-analysis of randomized controlled trials.	Dermatologic Therapy	Dermatologic Therapy, 30(4), e12468. doi:10.1111/dth.12468
	ECAs				
	Chen ZX, Li P, Zhang GZ, Li B, Hu J, Feng S, Li BH, Lv JJ, Guo XW, Zhao JX, Di TT, Feng F, Wang Y.	2021	Moxibustion on plaque psoriasis of blood stasis: a randomized controlled trial	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jul 12;41(7):762-6. doi: 10.13703/j.0255-2930.20200907-0004.

	Pang YZ, Tang J, Zhang QH, Liang FZ, Fang G, Zhao C, Shang HC, Wang LY, Wang YP.	2022	Treatment of Psoriasis Vulgaris with Medicated Thread Moxibustion of Zhuang Medicine: A Multicenter Randomized, Parallel Controlled Trial.	Chin J Integr Med.	Chin J Integr Med. 2022 Mar;28(3):208-214. doi: 10.1007/s11655-021-3489-5. Epub 2021 Dec 12.
Mecanismos	Bao, C., Liu, P., Liu, H., Jin, X., Calhoun, V. D., Wu, L., ... Wu, H.	2016	Different brain responses to electroacupuncture and moxibustion treatment in patients with Crohn's disease.	Scientific Reports	Scientific Reports, 6(1).doi:10.1038/srep36636
	Choe, S., Cai, M., Jerng, U. M., & Lee, J.-H.	2018	The Efficacy and Underlying Mechanism of Moxibustion in Preventing Cognitive Impairment: A Systematic Review of Animal Studies.	Experimental Neurobiology	Experimental Neurobiology, 27(1), 1.doi:10.5607/en.2018.27.1.1
Osteoporosis	Xu, G., Xiao, Q., Zhou, J., Wang, X., Zheng, Q., Cheng, Y., ... Liang, F.	2020	Acupuncture and moxibustion for primary osteoporosis.	Medicine	Medicine, 99(9), e19334. doi:10.1097/md.000000000019334
	Xu G, Xiao Q, Zhou J, Wang X, Zheng Q, Cheng Y, Sun M, Li J, Liang F.	2020	Acupuncture and moxibustion for primary osteoporosis: An overview of systematic review.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Feb;99(9):e19334. doi: 10.1097/MD.000000000019334. PMID: 32118767; PMCID: PMC7478384.
Fatiga crónica	You J, Ye J, Li H, Ye W, Hong E.	2021	Moxibustion for Chronic Fatigue Syndrome: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Nov 11;2021:6418217. doi: 10.1155/2021/6418217.

	Lin YF, Jin XQ, Zhu JF, Chen YD, Sheng JL, He JJ, Jin YY.	2021	Ginger-separated moxibustion for chronic fatigue syndrome and its effect on intestinal flora	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Mar 12;41(3):269-74. doi: 10.13703/j.0255-2930.20200210-k0001
	Wang, T., Xu, C., Pan, K., & Xiong, H.	2017	Acupuncture and moxibustion for chronic fatigue syndrome in traditional Chinese medicine: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine,	BMC Complementary and Alternative Medicine, 17(1).doi:10.1186/s12906-017-1647-x
Insomnio	Sun, Y.-J., Yuan, J.-M., & Yang, Z.-M.	2016	Effectiveness and safety of moxibustion for primary insomnia: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 16(1).doi:10.1186/s12906-016-1179-9
COVID-19	Zeng L, Liu ML, Tan SH, Xu X, Chang XR.	2021	Moxibustion on mental disorder in close contacts of coronavirus disease 2019: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Oct 12;41(10):1109-12. doi: 10.13703/j.0255-2930.20210317-k0003.
	Liu L, Xing XY, He DC, Yang WC, Zhang MY, Wu W, Ding XJ, Yu Q, Huang HS, Sun XB, Zhang Y, Yang JS.	2020	[Effect of moxibustion on clinical symptoms, peripheral inflammatory indexes and T lymphocyte subsets in COVID-19 patients].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Dec 12;40(12):1271-5. Chinese. doi: 10.13703/j.0255-2930.20200507-k0003. PMID: 33415866.
	Liu ML, Liu M, Zhong H, Yu J, Luo J, Ai K, Xu M,	2020	[Significance and operation mode of moxibustion intervention for the group	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020 May 12;40(5):457-61. Chinese. doi:

	Liu Q, Dai GB, Zhang W, Zhang H, Chang XR, Liu BY.		under quarantine after close contact with COVID-19].		10.13703/j.0255-2930.20200224-k0004. PMID: 32394650.
Andrología	Mu YY, Hua QX, Yao B, Feng YM, Xie ZY, Gao Z, Zhang WJ, Xia YB.	2019	Effect on sperm quality of asthenospermia and oligospermia treated with grain-moxibustion combined with medicine therapy.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2019 Aug 12;39(8):843-8. doi: 10.13703/j.0255-2930.2019.08.012. Chinese. PMID:31397129
Rinitis	Sun ZR, Wang CB, Yin HN, Luan YX, Liu YX, Gong RQ, Gong N, Wang BL, Miao CX.	2021	Network Meta-analysis of acupuncture and moxibustion for allergic rhinitis.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Nov 12;41(11):1295-302. doi: 10.13703/j.0255-2930.20200916-0002.
	Yuan T, Xiong J, Wang X, Yang J, Jiang Y, Zhou X, Liao K, Xu L.	2022	Indirect moxibustion for the treatment of allergic rhinitis: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med.	Complement Ther Med. 2022 Mar;64:102804. doi: 10.1016/j.ctim.2022.102804. Epub 2022 Jan 15.
	Yuan T, Xiong J, Yang J, Wang X, Jiang Y, Zhou X, Liao K, Xu L.	2020	The Effectiveness and Safety of Thunder Fire Moxibustion for Treating Allergic Rhinitis: A PRISMA Compliant Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Sep 19;2020:6760436. doi: 10.1155/2020/6760436. PMID: 33029169; PMCID: PMC7532423.
HTA	Zhou X, Wu Q, Liu M, Zhu W, Ren Q, Wang Y, Sun X, Chen J.	2021	Moxibustion for Essential Hypertension and Hypertensive Symptoms: A	Complement Med Res.	Complement Med Res. 2021;28(5):435-445. doi: 10.1159/000513701. Epub 2021 Jan 25.

			Systematic Review of 18 Randomized Controlled Trials.		
	Zhou X, Wu Q, Liu M, Zhu W, Ren Q, Wang Y, Sun X, Chen J.	2021	Moxibustion for Essential Hypertension and Hypertensive Symptoms: A Systematic Review of 18 Randomized Controlled Trials.	Complement Med Res	Complement Med Res. 2021 Jan 25:1-11. English. doi: 10.1159/000513701. Epub ahead of print. PMID: 33494086.
	Tay JS, Kim YJ.	2021	Efficacy of moxibustion in diabetes peripheral neuropathy.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Dec 10;100(49):e28173. doi: 10.1097/MD.00000000000028173
	Lou JL, Sun HJ, Li XY, Hu HT, Zhang YJ, Jiang YL, Fang JQ.	2021	Clinical efficacy and safety of moxibustion as adjuvant therapy for COPD in stable phase: a Meta-analysis.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Apr 12;41(4):451-7. doi: 10.13703/j.0255-2930.20200213-k0004.
	Wang TN, Zhao JY, Yang YC, Zhou ZX, Feng YH, Chen JT, Ma HF.	2021	Acupuncture and moxibustion treatment for dry eye disease: a network Meta-analysis of rando-mized controlled trial.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Dec 25;46(12):1057-66. doi: 10.13702/j.1000-0607.20210292.
	Mao JY, Yang FW, Liu H, Gao F, Yang B, Zhang Y, Tan M, Chen SZ, Yuan	2021	Effect of moxibustion on renal function and hypercoagulable state in patients with idiopathic membranous nephropathy of low to medium risk	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Nov 12;41(11):1216-20. doi: 10.13703/j.0255-2930.20200907-0005

	GD, Zhao MJ, Kong YR, Tan JC.		with spleen-kidney deficiency and blood stasis.		
	Jin H, Li L, Yu W, Fu Y.	2021	The efficacy of acupuncture and moxibustion for early and middle-stage osteonecrosis of the femoral head: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Jun 4;100(22):e26210. doi: 10.1097/MD.00000000000026210.
Otros	Zhang Q, Shi Y.	2020	[Therapeutic effect on chronic obstructive pulmonary disease of lung <i>qi</i> deficiency at the stable stage treated with ginger-separated moxibustion and Chinese herbal medicine atomization].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):933-8. Chinese. doi: 10.13703/j.0255-2930.20190903-0002. PMID: 32959586.
	Zhou X, Wu Q, Wang Y, Ren Q, Zhu W, Yao Z, Chen J.	2020	Moxibustion as an Adjuvant Therapy for Chronic Kidney Disease: A Systematic Review and Meta-Analysis of 23 Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2020 Oct 28;2020:6128673. doi: 10.1155/2020/6128673. PMID: 33193796; PMCID: PMC7641698.
	Kim, S. Y., Lee, E. J., Jeon, J. H., Kim, J. H., Jung, I. C., & Kim, Y. I.	2017	Quality Assessment of Randomized Controlled Trials of Moxibustion Using Standards for Reporting Interventions in Clinical Trials of Moxibustion (STRICTOM) and Risk of Bias (ROB).	Journal of Acupuncture and Meridian Studies	Journal of Acupuncture and Meridian Studies, 10(4), 261–275.doi:10.1016/j.jams.2017.05.012

	Matsumoto-Miyazaki, J., Miyazaki, N., Murata, I., Yoshida, G., Ushikoshi, H., Ogura, S., & Minatoguchi, S.	2016	Traditional Thermal Therapy with Indirect Moxibustion Decreases Renal Arterial Resistive Index in Patients with Chronic Kidney Disease.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 22(4), 306–314. doi:10.1089/acm.2015.0276

TUINA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fatiga	RS y MA				
	Shu-Hua Hsieh, Chia-Rung Wu, Debby Syahru Romadlon, Faizul Hasan, Pin-Yuan Chen, Hsiao-Yean Chiu.	2021	The Effect of Acupressure on Relieving Cancer-Related Fatigue: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Cancer Nurs.	Cancer Nurs. 2021 Nov-Dec 01;44(6):E578-E588. doi: 10.1097/NCC.0000000000000997

	Khanghah AG, Rizi MS, Nabi BN, Adib M, Leili EKN.	2019	Effects of Acupressure on Fatigue in Patients with Cancer Who Underwent Chemotherapy.	Journal of Acupuncture and Meridian Studies	J Acupunct Meridian Stud. 2019;12(4):103–110. doi:10.1016/j.jams.2019.07.003
Cáncer de pulmón	ECAs				
	Doğan N, Taşçı S.	2019	The Effects of Acupressure on Quality of Life and Dyspnea in Lung Cancer: A Randomized, Controlled Trial.	Alternative Therapy Health Medicine	Altern Ther Health Med. 2019 Jun 1. pii: AT5746

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Migrañas y dolor de cabeza	RS y MA				
	Fan Z, Di A, Huang F, Zhao S, Qiu M, Wu C, Huang C, Guo R, Tian Q, Wu S.	2021	The effectiveness and safety of Tuina for tension-type headache: A systematic review and meta-analysis.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Jan 19;43:101293. doi: 10.1016/j.ctcp.2020.101293. Epub ahead of print. PMID: 33735636.
	ECAs				
	Nie L, Cheng J, Wen Y, Li J. The	2019	Effectiveness of Acupuncture Combined with Tuina Therapy in Patients with Migraine.	Complementary Medicine Research	Complement Med Res. 2019;26(3):182–194. doi:10.1159/000496032
Dolor muscular	RS y MA				

Kong, L. J., Fang, M., Zhan, H. S., Yuan, W. A., Pu, J. H., Cheng, Y. W., & Chen, B	2012	Tuina-Focused Integrative Chinese Medical Therapies for Inpatients with Low Back Pain: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2012, 1–14. doi:10.1155/2012/578305
Lee, N.-W., Kim, G.-H., Heo, I., Kim, K.-W., Ha, I.-H., Lee, J.-H., ... Shin, B.-C.	2017	Chuna (or Tuina) Manual Therapy for Musculoskeletal Disorders: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–22. doi:10.1155/2017/8218139
Wei, X., Wang, S., Li, L., & Zhu, L.	2017	Clinical Evidence of Chinese Massage Therapy (Tui Na) for Cervical Radiculopathy: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1–10. doi:10.1155/2017/9519285
ECAs				
Yang, M., Feng, Y., Pei, H., Deng, S., Wang, M., Xiao, X., ... Liang, F.	2014	Effectiveness of Chinese massage therapy (Tui Na) for chronic low back pain: study protocol for a randomized controlled trial.	Trials	Trials, 15(1). doi:10.1186/1745-6215-15-418
Pach, D., Piper, M., Lotz, F., Reinhold, T., Dombrowski, M., Chang, Y., ... Witt, C. M.	2018	Effectiveness and Cost-Effectiveness of Tuina for Chronic Neck Pain: A Randomized Controlled Trial Comparing Tuina with a No-Intervention Waiting List.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 24(3), 231–237. doi:10.1089/acm.2017.0209

	Sousa, C. M., Coimbra, D., Machado, J., & Greten, H. J.	2015	Effects of self-administered exercises based on Tuina techniques on musculoskeletal disorders of professional orchestra musicians: a randomized controlled trial.	Journal of Integrative Medicine	Journal of Integrative Medicine, 13(5), 314–318. doi:10.1016/s2095-4964(15)60194-7
Otros	RS y MA				
	Zhu, L. B., Chan, W. C., Lo, K. C., Yum, T. P., & Li, L.	2014	Wrist-Ankle Acupuncture for the Treatment of Pain Symptoms: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2014, 1–9. doi:10.1155/2014/261709

Pediatría

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor	RS y MA				
	Chen SC, Ho YS, Kwai-Ping Suen L, Yu J, Tang W, Jiang JF, Qu XY, Yeung WF.	2020	Traditional Chinese medicine (TCM) massage for the treatment of congenital muscular torticollis (CMT) in infants and children: A systematic review and meta-analysis.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101112. doi: 10.1016/j.ctcp.2020.101112. Epub 2020 Feb 1. PMID: 32379651
	Li S, Zhao W, Sun X.	2022	Comment on "Traditional Chinese medicine (TCM) massage for the treatment of congenital	Complement Ther Clin Pract	Complement Ther Clin Pract. 2022 Feb;46:101537. doi: 10.1016/j.ctcp.2022.101537. Epub 2022 Jan 21.

			muscular torticollis (CMT) in infants and children: A systematic review and meta-analysis".		
Diarrea	RS y MA				
	Gao, L., Jia, C., & Huang, H.	2018	Paediatric massage for treatment of acute diarrhoea in children: a meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 18(1).doi:10.1186/s12906-018-2324-4
	Lai, B., Liang, N., Cao, H., Yang, G., Jia, L., Hu, R., ... Liu, J.	2018	Pediatric Tui Na for Acute Diarrhea in Children Under 5 Years Old: A Systematic Review and Meta-analysis of Randomized Clinical Trials.	Complementary Therapies in Medicine	Complementary Therapies in Medicine.doi:10.1016/j.ctim.2018.08.011
Estreñimiento	RS y MA				
	Liu Z, Gang L, Yunwei M, Lin L.	2021	Clinical Efficacy of Infantile Massage in the Treatment of Infant Functional Constipation: A Meta-Analysis.	Front Public Health	Front Public Health. 2021 Jun 11;9:663581. doi: 10.3389/fpubh.2021.663581. eCollection 2021.
Anorexia	ECAs				

	Liang SB, Lai BY, Cao HJ, Cai QH, Bai X, Li J, Zhang YP, Chi Y, Robinson N, Liu JP.	2020	Pediatric tuina for the treatment of anorexia in children under 14 years: a systematic review and meta-analysis of randomized controlled trials.	Complement Ther Med.	Complement Ther Med. 2020 Jun;51:102411. doi: 10.1016/j.ctim.2020.102411. Epub 2020 Apr 28. PMID: 32507428.
	Xia QC, Feng ZX, Ping CX.	2014	Evaluating the efficacy of Tui Na in treatment of childhood anorexia: a meta-analysis.	Altern Ther Health Med	
Asma	RS y MA				
	Wu, J., Yang, X.-W., & Zhang, M.	2017	Massage Therapy in Children with Asthma: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2017, 1-8. doi:10.1155/2017/5620568

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Cardiología	RS y MA				

	Yang, X., Zhao, H., & Wang, J.	2014	Chinese massage (Tuina) for the treatment of essential hypertension: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 22(3), 541–548. doi:10.1016/j.ctim.2014.03.008
	ECAs				
	Mei, L., Miao, X., Chen, H., Huang, X., & Zheng, G.	2017	Effectiveness of Chinese Hand Massage on Anxiety Among Patients Awaiting Coronary Angiography.	The Journal of Cardiovascular Nursing	The Journal of Cardiovascular Nursing, 32(2), 196–203. doi:10.1097/jcn.0000000000000309
Cirugía	RS y MA				
	Sun R, Dai W, Liu Y, et al.	2019	Non-needle acupoint stimulation for prevention of nausea and vomiting after breast surgery: A meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(10):e14713. doi:10.1097/MD.00000000000014713
	ECAs				
	Zheng Q, Wang R, Shi Y, Sun Q..	2021	Effects of acupoint massage combined with relaxation therapy on patients with postoperative fatigue syndrome after lumbar surgery	Medicine (Baltimore).	Medicine (Baltimore). 2021 May 14;100(19):e25849. doi:10.1097/MD.00000000000025849
Neurología	Yang, Y., Zhang, J., Hou, Y., Jiang, B., Pan, H., Wang, J., ... Cheng, J.	2016	Effectiveness and safety of Chinese massage therapy (Tui Na) on post-stroke spasticity: a prospective multicenter randomized controlled trial.	Clinical Rehabilitation	Clinical Rehabilitation, 31(7), 904–912. doi:10.1177/0269215516663009

HTA	Xiong, X. J., Li, S. J., & Zhang, Y. Q.	2014	Massage therapy for essential hypertension: a systematic review.	Journal of Human Hypertension	Journal of Human Hypertension, 29(3), 143–151. doi:10.1038/jhh.2014.52
Vértigo	Huang F, Zhao S, Dai L, Feng Z, Wu Z, Chen J, Guo R, Tian Q, Fan Z, Wu S.	2020	Tuina for cervical vertigo: A systematic review and meta-analysis of randomized controlled trials.	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101115. doi: 10.1016/j.ctcp.2020.101115. Epub 2020 Feb 3. PMID: 32379654
Diabetes	Zhang X, Cao D, Yan M, Liu M.	2020	The feasibility of Chinese massage as an auxiliary way of replacing or reducing drugs in the clinical treatment of adult type 2 diabetes: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 21;99(34):e21894. doi: 10.1097/MD.00000000000021894. PMID: 32846852; PMCID: PMC7447487
Estreñimiento	Fang YP, Huang YT, Chen D, Kan Y, Wang JW, Kang XL, Wang DY, Liao J, Jing XH.	2021	Systematic review and Meta analysis on the effectiveness and safety of tuina in treatment of functional constipation.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Jun 12;41(6):691-8. doi: 10.13703/j.0255-2930.20200411-0004.
Lactancia	Chen XJ, Huang N, Zhan JL, Meng N, Leng GL, Wu XY, Shen HH, Zheng K..	2021	Effect of Wangbuliuxing combined with massage on breastfeeding and lactation function in cesarean section women.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Dec 12;41(12):1343-6. doi: 10.13703/j.0255-2930.20201207-0002

AURICULOTERAPIA

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Sueño	RS y MA				
	Wang Y, Zhang J, Jin Y, Zhang Q.	2021	Auricular Acupressure Therapy for Patients with Cancer with Sleep Disturbance: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Oct 14;2021:3996101. doi: 10.1155/2021/3996101
	ECAs				
	Ting-Ting Wu 1, Hung-Wei Pan, Hui-Chen Kuo, San-Nung Chen, Debra K Creedy, Ying Tsao.	2021	Concomitant Benefits of an Auricular Acupressure Intervention for Women With	Cancer Nurs	Cancer Nurs .2021 Sep-Oct 01;44(5):E323-E330. doi: 10.1097/NCC.0000000000000842

			Cancer on Family Caregiver Sleep Quality.		
Dolor	ECAs				
	Mao JJ, Liou KT, Baser RE, Bao T, Panageas KS, Romero SAD, Li QS, Gallagher RM, Kantoff PW..	2021	Effectiveness of Electroacupuncture or Auricular Acupuncture vs Usual Care for Chronic Musculoskeletal Pain Among Cancer Survivors: The PEACE Randomized Clinical Trial.	JAMA Oncol.	JAMA Oncol. 2021 May 1;7(5):720-727. doi: 10.1001/jamaoncol.2021.0310
	Alimi, D., Rubino, C., Pichard-Léandri, E., Fermand-Brulé, S., Dubreuil-Lemaire, M.-L., & Hill, C.	2003	Analgesic Effect of Auricular Acupuncture for Cancer Pain: A Randomized, Blinded, Controlled Trial.	Journal of Clinical Oncology	Journal of Clinical Oncology, 21(22), 4120–4126.doi:10.1200/jco.2003.09.011
	Ruela LO, Iunes DH, Nogueira DA, Stefanello J, Gradim CVC.	2018	Effectiveness of auricular acupuncture in the treatment of cancer pain: randomized clinical trial.	Rev Esc Enferm USP.	Rev Esc Enferm USP. 2018 Dec 13;52:e03402. doi: 10.1590/S1980-220X2017040503402.
Estreñimiento	ECAs				
	Shin, J., & Park, H.	2016	Effects of Auricular Acupressure on Constipation in Patients With Breast Cancer Receiving	Western Journal of Nursing Research	Western Journal of Nursing Research, 40(1), 67–83.doi:10.1177/0193945916680362

			Chemotherapy: A Randomized Control Trial.		
--	--	--	---	--	--

Psicología, insomnio, ansiedad, adicciones

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Estrés y ansiedad	RS y MA				
	Pei M, Chen J, Dong S, Yang B, Yang K, Wei L, Zhai J, Yang H.	2021	Auricular Acupressure for Insomnia in Patients With Maintenance Hemodialysis: A Systematic Review and Meta-Analysis.	Front Psychiatry	Front Psychiatry. 2021 Jul 19;12:576050. doi: 10.3389/fpsy.2021.576050. eCollection 2021
	Usichenko TI, Hua K, Cummings M, Nowak A, Hahnenkamp K, Brinkhaus B, Dietzel J.	2022	Auricular stimulation for preoperative anxiety - A systematic review and meta-analysis of randomized controlled clinical trials.	J Clin Anesth.	J Clin Anesth. 2022 Feb;76:110581. doi: 10.1016/j.jclinane.2021.110581. Epub 2021 Nov 12

	Corrêa HP, Moura CC, Azevedo C, Bernardes MFVG, Mata LRFPD, Chianca TCM.	2020	Effects of auriculotherapy on stress, anxiety and depression in adults and older adults: a systematic review	Rev Esc Enferm USP	Rev Esc Enferm USP. 2020 Oct 26;54:e03626. Portuguese, English. doi: 10.1590/S1980-220X2019006703626. PMID: 33111737.
	Dellovo AG, Souza LMA, de Oliveira JS, Amorim KS, Groppo FC.	2019	Effects of auriculotherapy and midazolam for anxiety control in patients submitted to third molar extraction.	International Journal of Oral & Maxillofacial Surgery	Int J Oral Maxillofac Surg. 2019;48(5):669–674. doi:10.1016/j.ijom.2018.10.014
	Kwon, C.-Y., Lee, B., & Kim, S.-H.	2020	Effectiveness and safety of ear acupuncture for trauma-related mental disorders after large-scale disasters.	Medicine	Medicine, 99(8), e19342. doi:10.1097/md.00000000000019342
ECAs					
	Cai HQ, Su SY, Zhang X, Dai Q, Huang M, Lin A.	2021	Effect of auricular acupuncture on reduction of sertraline hydrochloride in patients with depression: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Sep 12;41(9):1005-9. doi: 10.13703/j.0255-2930.20200721-k0002.
	Lee SN, Kim B, Park H.	2021	The effects of auricular acupressure on stress, anxiety, and depression of outpatient nurses in South Korea.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Aug;44:101447. doi: 10.1016/j.ctcp.2021.101447. Epub 2021 Jul 16.

	King, H. C., Spence, D. L., Hickey, A. H., Sargent, P., Elesh, R., & Connelly, C. D.	2015	Auricular Acupuncture for Sleep Disturbance in Veterans With Post-Traumatic Stress Disorder: A Feasibility Study.	Military Medicine	Military Medicine, 180(5), 582–590. doi:10.7205/milmed-d-14-00451
	Michalek-Sauberer, A., Gusenleitner, E., Gleiss, A., Tepper, G., & Deusch, E.	2012	Auricular acupuncture effectively reduces state anxiety before dental treatment—a randomised controlled trial.	Clinical Oral Investigations	Clinical Oral Investigations, 16(6), 1517–1522. doi:10.1007/s00784-011-0662-4
	Zhang JZ, Wu HL, Chang PF, Huang KL.	2021	Therapeutic effect of auriculotherapy with miniature bian needle on anxiety in the patients after percutaneous coronary intervention.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Oct 25;46(10):880-4. doi: 10.13702/j.1000-0607.200934.
Insomnio	RS y MA				
	Lan, Y., Wu, X., Tan, H.-J., Wu, N., Xing, J.-J., Wu, F.-S., ... Liang, F.-R.	2015	Auricular acupuncture with seed or pellet attachments for primary insomnia: a systematic review and meta-analysis.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 15(1). doi:10.1186/s12906-015-0606-7
Adicciones	RS y MA				
	Lee EJ.	2022	Effects of auriculotherapy on addiction: a systematic review.	J Addict Dis.	J Addict Dis. 2022 Feb 18:1-13. doi: 10.1080/10550887.2021.2016011

ECAs					
	Janssen, P. A., Demorest, L. C., Kelly, A., Thiessen, P., & Abrahams, R.	2012	Auricular acupuncture for chemically dependent pregnant women: a randomized controlled trial of the NADA protocol.	Substance Abuse Treatment, Prevention, and Policy	Substance Abuse Treatment, Prevention, and Policy, 7(1), 48. doi:10.1186/1747-597x-7-48
	Sun D, Reziwan K, Wang J, Zhang J, Cao M, Wang X, Wang X, Liu J, Li B, Dilimaolati R, Zhong L, Liu Y.	2019	Auricular Acupressure Improves Habit Reversal Treatment for Nail Biting.	J Altern Complement Med	J Altern Complement Med. 2019 Jan;25(1):79-85. doi: 10.1089/acm.2018.0063. Epub 2018 Sep 5. PMID: 30183329.

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
RS y MA					
	Choi SY, Kim YJ, Kim B.	2022	Effect of Auriculotherapy on Musculoskeletal Pain: A Systematic Review and Meta-Analysis.	J Korean Acad Nurs	J Korean Acad Nurs. 2022 Feb;52(1):4-23. doi: 10.4040/jkan.21121
	Serritella E, Impellizzeri A, Liguori A, Galluccio G.	2021	Auriculotherapy used to manage orthodontic pain: a randomized controlled pilot study	Dental Press J Orthod.	Dental Press J Orthod. 2021 Dec 17;26(6):e2119381. doi: 10.1590/2177-6709.26.6.e2119381.oar

	Liu M, Tong Y, Chai L, Chen S, Xue Z, Chen Y, Li X.	2021	Effects of Auricular Point Acupressure on Pain Relief: A Systematic Review.	Pain Manag Nurs.	Pain Manag Nurs. 2021 Jun;22(3):268-280. doi: 10.1016/j.pmn.2020.07.007. Epub 2020 Sep 17.
	Allais, G., Romoli, M., Rolando, S., Airola, G., Castagnoli Gabellari, I., Allais, R., & Benedetto, C.	2011	Ear acupuncture in the treatment of migraine attacks: a randomized trial on the efficacy of appropriate versus inappropriate acupoints.	Neurological Sciences	Neurological Sciences, 32(S1), 173–175. doi:10.1007/s10072-011-0525-4
	Moura CC, Chaves ECL, Cardoso ACLR, Nogueira DA, Azevedo C, Chianca TCM.	2019	Auricular acupuncture for chronic back pain in adults: a systematic review and metanalysis. Acupuntura auricular para dor crônica nas costas em adultos: revisão sistemática e metanálise.	Revista da Escola de Enfermagem da USP	Rev Esc Enferm USP. 2019;53:e03461. Published 2019 Aug 19. doi:10.1590/S1980-220X2018021703461
	Murakami, M., Fox, L., & Dijkers, M. P.	2016	Ear Acupuncture for Immediate Pain Relief—A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Pain Medicine	Pain Medicine, pnw215. doi:10.1093/pm/pnw215
	You E, Kim D, Harris R, D'Alonzo K.	2019	Effects of Auricular Acupressure on Pain Management: A Systematic Review.	Pain Management Nursing	Pain Manag Nurs. 2019;20(1):17–24. doi:10.1016/j.pmn.2018.07.010

Asher, G. N., Jonas, D. E., Coeytaux, R. R., Reilly, A. C., Loh, Y. L., Motsinger-Reif, A. A., & Winham, S. J.	2010	Auriculotherapy for Pain Management: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 16(10), 1097–1108. doi:10.1089/acm.2009.0451
Jan, A. L., Aldridge, E. S., Rogers, I. R., Visser, E. J., Bulsara, M. K., & Niemtzw, R. C.	2017	Does Ear Acupuncture Have a Role for Pain Relief in the Emergency Setting? A Systematic Review and Meta-Analysis.	Medical Acupuncture	Medical Acupuncture, 29(5), 276–289. doi:10.1089/acu.2017.1237
Ye, X.-X., Gao, Y.-Z., Xu, Z.-B., Liu, Q.-X., & Zhan, C.-J.	2019	Effectiveness of Perioperative Auricular Therapy on Postoperative Pain after Total Hip Arthroplasty: A Systematic Review and Meta-Analysis of Randomised Controlled Trials.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2019, 1–14. doi:10.1155/2019/2979780
Yeh, C. H., Chiang, Y. C., Hoffman, S. L., Liang, Z., Klem, M. L., Tam, W. W. S., ... Suen, L. K.-P.	2014	Efficacy of Auricular Therapy for Pain Management: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2014, 1–14. doi:10.1155/2014/934670
Zhao, H.-J., Tan, J.-Y., Wang, T., & Jin, L.	2015	Auricular therapy for chronic pain management in adults: A synthesis of evidence	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 21(2), 68–78. doi:10.1016/j.ctcp.2015.03.006

Zhong, Q., Wang, D., Bai, Y., Du, S., Song, Y., & Zhu, J.	2019	Effectiveness of Auricular Acupressure for Acute Postoperative Pain after Surgery: A Systematic Review and Meta-Analysis.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 25(3), 225–232. doi:10.1007/s11655-019-3063
ECAs				
Kim SK, Park H.	2021	The Effect of Auricular Acupressure for Chronic Low Back Pain in Elders: A Randomized Controlled Study.	Holist Nurs Pract	Holist Nurs Pract. 2021 Jul-Aug 01;35(4):182-190. doi: 10.1097/HNP.0000000000000457
Usichenko, T. I., Lehmann, C., & Ernst, E.	2008	Auricular acupuncture for postoperative pain control: a systematic review of randomised clinical trials.	Anaesthesia	Anaesthesia, 63(12), 1343–1348.doi:10.1111/j.1365-2044.2008.05632.x
Estores, I., Chen, K., Jackson, B., Lao, L., & Gorman, P. H.	2016	Auricular acupuncture for spinal cord injury related neuropathic pain: a pilot controlled clinical trial.	The Journal of Spinal Cord Medicine	The Journal of Spinal Cord Medicine, 40(4), 432–438.doi:10.1080/10790268.2016.1141489
Moss, D. A., & Crawford, P.	2015	Ear Acupuncture for Acute Sore Throat: A Randomized Controlled Trial.	The Journal of the American Board of Family Medicine	The Journal of the American Board of Family Medicine, 28(6), 697–705.doi:10.3122/jabfm.2015.06.150014
Moura CC, Chaves ECL, Chianca TCM, Ruginsk SG, Nogueira DA, Iunes	2019	Effects of auricular acupuncture on chronic pain in people with back musculoskeletal disorders: a randomized clinical trial.	Revista da Escola de Enfermagem da USP	Rev Esc Enferm USP. 2019;53:e03418. Published 2019 Jan 21. doi:10.1590/S1980-220X2018009003418

DH.					
Moura CC, Chaves ECL, Chianca TCM, et al.	2019	Contribution of Chinese and French ear acupuncture for the management of chronic back pain: A randomised controlled trial.	Journal of Clinical Nursing	J Clin Nurs. 2019;28(21-22):3796–3806. doi:10.1111/jocn.14983	
Moura, C. de C., Iunes, D. H., Ruginsk, S. G., Souza, V. H. S., Assis, B. B. de, & Chaves, E. de C. L.	2018	Action of ear acupuncture in people with chronic pain in the spinal column: a randomized clinical trial.	Revista Latino-Americana de Enfermagem	Revista Latino-Americana de Enfermagem, 26(0).doi:10.1590/1518-8345.2678.3050	
Ndubisi C, Danvers A, Gold MA, Morrow L, Westhoff CL.	2019	Auricular acupuncture as an adjunct for pain management during first trimester abortion: a randomized, double-blinded, three arm trial.	Contraception	Contraception. 2019 Mar;99(3):143-147. doi: 10.1016/j.contraception.2018.11.016. Epub 2018 Dec 7. PMID: 30529393.	
Luo Y, Yang M, Liu T, Zhong X, Tang W, Guo M, Hu Y.	2019	Effect of hand-ear acupuncture on chronic low-back pain: a randomized controlled trial.	J Tradit Chin Med	J Tradit Chin Med. 2019 Aug;39(4):587-598. PMID: 32186108.	
Rodrigues MDF, Rodrigues ML, Bueno KS, et al.	2019	Effects of low-power laser auriculotherapy on the physical and emotional aspects in patients with temporomandibular disorders: A	Complementary Therapies in Medicine	Complement Ther Med. 2019;42:340–346. doi:10.1016/j.ctim.2018.12.010	

			blind, randomized, controlled clinical trial.		
--	--	--	---	--	--

Ginecología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Fertilidad	ECAs				
	Qu, F., Zhang, D., Chen, L.-T., Wang, F.-F., Pan, J.-X., Zhu, Y.-M., ... Huang, H.-F.	2014	Auricular Acupressure Reduces Anxiety Levels and Improves Outcomes of in Vitro Fertilization: A Prospective, Randomized and Controlled Study.	Scientific Reports	Scientific Reports, 4(1).doi:10.1038/srep05028
Dolor	ECAs				
	Vas, J., Cintado, M. C., Aranda-Regules, J. M., Aguilar, I., & Rivas Ruiz, F.	2019	Effect of ear acupuncture on pregnancy-related pain in the lower back and posterior pelvic girdle: A multicenter randomized clinical trial.	Acta Obstetrica et Gynecologica Scandinavica	Acta Obstetrica et Gynecologica Scandinavica. doi:10.1111/aogs.13635

	Vahedi M, Hasanpoor-Azghady SB, Amiri-Farahani L, Khaki I.	2021	Comparison of effect of auriculotherapy and mefenamic acid on the severity and systemic symptoms of primary dysmenorrhea: a randomized clinical trial.	Trials	Trials. 2021 Sep 26;22(1):655. doi: 10.1186/s13063-021-05622-w
	Lu CX, Deng XJ, Chen M, Xiao CH, Cui J.	2021	Different stimulation methods on auricular points for primary dysmenorrhea: a randomized controlled trial.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jul 12;41(7):737-41. doi: 10.13703/j.0255-2930.20200531-k0002
Embarazo	RS y MA				
	Boram L, Chan-Young K, Sun Haeng L.	2020	Effectiveness and safety of auriculotherapy for breastfeeding: a systematic review.	J Tradit Chin Med	J Tradit Chin Med. 2020 Oct;40(5):721-737. doi: 10.19852/j.cnki.jtcm.2020.05.002. PMID: 33000573.
	ECAs				
	Jaić KK, Turković TM, Pešić M, Djaković I, Košec V, Košec	2019	A. Auricular acupuncture as effective pain relief after episiotomy: a randomized controlled pilot study.	Arch Gynecol Obstet	Arch Gynecol Obstet. 2019 Nov;300(5):1295-1301. doi: 10.1007/s00404-019-05283-w. Epub 2019 Sep 14. PMID: 31520258
	Mafetoni, R. R., & Shimo, A. K. K.	2016	Effects of auriculotherapy on labour pain: a randomized clinical trial.	Revista Da Escola de Enfermagem Da USP	Revista Da Escola de Enfermagem Da USP, 50(5), 726–732. doi:10.1590/s0080-623420160000600003

	Maryam A, Fariba A, Azita M, Babak B, Tabandeh S.	2020	The Effects of Auriculotherapy on Shoulder Pain After a Cesarean Section.	J Acupunct Meridian Stud.	J Acupunct Meridian Stud. 2020 Oct;13(5):157-162. doi: 10.1016/j.jams.2020.09.002. Epub 2020 Sep 24. PMID: 32980559.
	Negarandeh R, Eghbali M, Janani L, Dastaran F, Saatchi K. Auriculotherapy as a means of managing nausea and vomiting in pregnancy: A double-blind randomized controlled clinical trial.	2020	Auriculotherapy as a means of managing nausea and vomiting in pregnancy: A double-blind randomized controlled clinical trial.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2020 Aug;40:101177. doi: 10.1016/j.ctcp.2020.101177. Epub 2020 May 4. PMID: 32891268.

Postoperatorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
ECAs					

	Li Y, Du JL, Hao PL, Zhang MX, Jiang YB, Shu M, Guan L.	2021	Effect of auricular point sticking therapy on perioperative pain in patients with partial lung resection.	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Jun 12;41(6):603-7. doi: 10.13703/j.0255-2930.20200505-k0003
	Wang XQ, Xiao L, Duan PB, Xu Q, Yang LH, Wang AQ, Wang Y.	2022	The feasibility and efficacy of perioperative auricular acupuncture technique via intradermal needle buried for postoperative movement-evoked pain after open radical gastrectomy: A randomized controlled pilot trial.	Explore (NY).	Explore (NY). 2022 Jan-Feb;18(1):36-43. doi: 10.1016/j.explore.2021.09.007. Epub 2021 Oct 3.
	Michel-Cherqui M, Szekely B, Lemoyne F, Feliot E, Gayat E, Fischler M.	2019	Auriculotherapy in the prevention of postoperative urinary retention in patients with thoracotomy and thoracic epidural analgesia: A randomized, double-blinded trial.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(23):e15958. doi:10.1097/MD.00000000000015958
	Shah AN, Moore CB, Brigger MT.	2020	Auricular acupuncture for adult tonsillectomy.	Laryngoscope	Laryngoscope. 2020 Aug;130(8):1907-1912. doi: 10.1002/lary.28338. Epub 2019 Oct 11. PMID: 31603582.

Digestivo/obesidad

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Estreñimiento	RS y MA				
	Yang, L.-H., Duan, P.-B., Du, S.-Z., Sun, J.-F., Mei, S.-J., Wang, X.-Q., & Zhang, Y.-Y.	2014	Efficacy of Auriculotherapy for Constipation in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 20(8), 590–605. doi:10.1089/acm.2013.0324
Obesidad	RS y MA				
	Mendonça CR, Coelho Dos Santos LS, Noll M, Silveira EA, Arruda JT.	2019	Effects of auriculotherapy on weight and body mass index reduction in patients with overweight or obesity: Systematic review and meta-analysis	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;101069. doi:10.1016/j.ctcp.2019.101069
	ECAs				
	Cha HS, Park H.	2019	Effects of auricular acupressure on obesity in adolescents.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;35:316–322. doi:10.1016/j.ctcp.2019.03.014
Hsieh CH, Su TJ, Fang YW, Chou PH.	2011	Effects of auricular acupressure on weight reduction and abdominal obesity in Asian young adults: a randomized controlled trial.	Am J Chin Med.	Am J Chin Med. 2011;39(3):433-40.	

Náuseas y vómitos	RS y MA				
	Fróes NBM, Arrais FAS, Aquino PS, Maia JC, Balsells MMD.	2021	Effects of auriculotherapy in the treatment of nausea and vomiting: a systematic review.	Rev Bras Enferm	Rev Bras Enferm. 2021 Sep 24;75(1):e20201350. doi: 10.1590/0034-7167-2020-1350. eCollection 2021

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
HTA	RS y MA				
	Gao, J., Chen, G., He, H., Liu, C., He, Q., Li, J., & Wang, J.	2019	The effect of auricular therapy on blood pressure: A systematic review and meta-analysis.	European Journal of Cardiovascular Nursing,	European Journal of Cardiovascular Nursing, 147451511987677. doi:10.1177/1474515119876778
Rinitis	ECAs				
	Zhang, C. S., Xia, J., Zhang, A. L., Yang, A. W., Thien, F., Li, Y., ... Xue, C. C.	2014	Ear Acupressure for Perennial Allergic Rhinitis: A Multicenter Randomized Controlled Trial	American Journal of Rhinology & Allergy	American Journal of Rhinology & Allergy, 28(4), e152–e157. doi:10.2500/ajra.2014.28.4081
Dermatología	RS y MA				

	Zhu, L., Kim, Y., & Yang, Z.	2018	The Application of Auriculotherapy to the Treatment of Chronic Spontaneous Urticarial: a Systematic Review and Meta-analysis.	Journal of Acupuncture and Meridian Studies	Journal of Acupuncture and Meridian Studies. doi:10.1016/j.jams.2018.08.209
Miopía	Gao H, Zhang L, Liu J.	2019	Auricular acupressure for myopia in children and adolescents: A systematic review.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;101067. doi:10.1016/j.ctcp.2019.101067
	Li Y, Zhang O, Liang W, Li C.	2015	Effect of auricular pressing treatment on myopia in children.	J Tradit Chin Med	J Tradit Chin Med. 2015 Jun;35(3):281-4.
Rendimiento	Lin ZP, Chen YH, Fan C, Wu HJ, Lan LW, Lin JG.	2011	Effects of auricular acupuncture on heart rate, oxygen consumption and blood lactic acid for elite basketball athletes..	Am J Chin Med.	Am J Chin Med. 2011;39(6):1131-8
	Noll M, Noll PRES, Mendonça CR, Silveira EA.	2020	Influence of auriculotherapy on athletic performance and sports: review and perspectives.	Acupunct Med	Acupunct Med. 2020 Jun;38(3):203-204. doi: 10.1177/0964528419901142. Epub 2020 Jan 29. PMID: 31992051.
Pediatría	Borlack RE, Shan S, Zong AM, Khlevner J, Garbers S, Gold MA	2021	Electrodermal Activity of Auricular Acupoints in Pediatric Patients With Functional Abdominal Pain Disorders.	J Pediatr Gastroenterol Nutr	J Pediatr Gastroenterol Nutr. 2021 Aug 1;73(2):184-191. doi: 10.1097/MPG.0000000000003137

Otros	Vieira, A., Reis, A. M., Matos, L. C., Machado, J., & Moreira, A.	2018	Does auriculotherapy have therapeutic effectiveness? An overview of systematic reviews.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 33, 61–70.doi:10.1016/j.ctcp.2018.08.005
	Zhang XJ, Dai LQ, Chen JH, Dai J.	2021	Pressing acupuncture therapy combined with auricular pressure beans for the treatment of chronic prostatitis / chronic pelvic pain syndrome].	Zhonghua Nan Ke Xue	Zhonghua Nan Ke Xue. 2021 Apr;27(4):347-350
	Bacelar de Assis B, de Cássia Lopes Chaves E, de Sousa L, Machado Chianca TC, Carvalho Borges JB, Silva Vilela Terra AM, Zatiti Brasileiro TO, Mariana Fulanetti Costa, Fabio Cabral Pereira, Elisama de Oliveira P, de Castro Moura C, Iunes DH.	2021	The effects of auricular acupuncture on vascular parameters on the risk factors for diabetic foot: A randomized clinical trial	Complement Ther Clin Pract	Complement Ther Clin Pract. 2021 Aug;44:101442. doi: 10.1016/j.ctcp.2021.101442. Epub 2021 Jul 11.

	Yang T, Wang S, Zhang X, Liu L, Liu Y, Zhang C.	2022	Efficacy of auricular acupressure in maintenance haemodialysis patients: A systematic review and meta-analysis.	J Clin Nurs	J Clin Nurs. 2022 Mar;31(5-6):508-519. doi: 10.1111/jocn.15966. Epub 2021 Jul 15.
--	---	------	---	-------------	---

TAICHI

Oncología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Cáncer de pulmón	RS y MA				
	Denise Shuk Ting Cheung, Naomi Takemura, Tai Chung Lam, James Chung Man Ho, Wen Deng, Robert	2021	Feasibility of Aerobic Exercise and Tai-Chi Interventions in Advanced Lung Cancer Patients: A	Integr Cancer Ther.	Integr Cancer Ther. Jan-Dec 2021;20:15347354211033352.doi: 10.1177/15347354211033352

	Smith, Yinxia Yan, Anne Wing Mui Lee, Chia Chin Lin.		Randomized Controlled Trial.		
ECAs					
	Cheung DST, Takemura N, Lam TC, Ho JCM, Deng W, Smith R, Yan Y, Lee AWM, Lin CC..	2021	Feasibility of Aerobic Exercise and Tai- Chi Interventions in Advanced Lung Cancer Patients: A Randomized Controlled Trial.	Integr Cancer Ther.	Integr Cancer Ther. 2021 Jan- Dec;20:15347354211033352. doi: 10.1177/15347354211033352
	Molassiotis, A., Vu, D. V., & Ching, S. S. Y.	2021	The Effectiveness of Qigong in Managing a Cluster of Symptoms (Breathlessness-Fatigue- Anxiety) in Patients with Lung Cancer: A Randomized Controlled Trial.	Integrative Cancer Therapies	Integrative Cancer Therapies Integrative Cancer Therapies, 20, 153473542110082. doi:10.1177/15347354211008253
Cáncer de pecho	RS y MA				
	Luo XC, Liu J, Fu J, Yin HY, Shen L, Liu ML, Lan L, Ying J,	2020	Effect of Tai Chi Chuan in Breast Cancer Patients: A	Front Oncol	Front Oncol. 2020 Apr 23;10:607. doi: 10.3389/fonc.2020.00607. PMID: 32391277; PMCID: PMC7191057.

	Qiao XL, Tang CZ, Tang Y.		Systematic Review and Meta-Analysis.		
	Meng, T., Hu, S., Cheng, Y., Ye, M., Wang, B., Wu, J., & Chen, H.	2021	Qigong for women with breast cancer: An updated systematic review and meta-analysis.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 60, 102743. doi:10.1016/j.ctim.2021.102743
	Liu, L., Tan, H., Yu, S., Yin, H., & Baxter, G. D.	2019	The effectiveness of tai chi in breast cancer patients: A systematic review and meta-analysis.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 101078. doi:10.1016/j.ctcp.2019.101078
Sueño	RS y MA				
	Cheung DST, Takemura N, Smith R, Yeung WF, Xu X, Ng AYM, Lee SF, Lin CC.	2021	Effect of qigong for sleep disturbance-related symptom clusters in cancer: a systematic review and meta-analysis.	Sleep Med.	Sleep Med. 2021 Sep;85:108-122. doi: 10.1016/j.sleep.2021.06.036. Epub 2021 Jun 29
	Cheung, D. S. T., Takemura, N., Smith, R., Yeung, W. F., Xu, X., Ng, A. Y. M., ... Lin, C.-C.	2021	Effect of qigong for sleep disturbance-related symptom clusters in cancer: a systematic review and meta-analysis.	Sleep Medicine	Sleep Medicine, 85, 108–122. doi:10.1016/j.sleep.2021.06.036

	Yao LQ, Tan JY, Turner C, Wang T, Liu XL.	2020	Traditional Chinese exercise for cancer-related sleep disturbance: A systematic review and descriptive analysis of randomized controlled trials.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2020 Aug;40:101197. doi: 10.1016/j.ctcp.2020.101197. Epub 2020 May 14. PMID: 32791319.
Fatiga	RS y MA				
	Song, S., Yu, J., Ruan, Y., Liu, X., Xiu, L., & Yue, X.	2018	Ameliorative effects of Tai Chi on cancer-related fatigue: a meta-analysis of randomized controlled trials.	Supportive Care in Cancer	Supportive Care in Cancer, 26(7), 2091–2102. doi:10.1007/s00520-018-4136-y
	ECAs				
	Cheng, D., Wang, X., Hu, J., Dai, L., Lv, Y., Feng, H., ... Wang, L.	2021	Effect of Tai Chi and Resistance Training on Cancer-Related Fatigue and Quality of Life in Middle-Aged and Elderly Cancer Patients.	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 27(4), 265–272. doi:10.1007/s11655-021-3278-9
	ECAs				

Cáncer de Estómago	Li-Hua Yang, Pei-Bei Duan, Qing-Mei Hou, Xiao-Qing Wang.	2021	Qigong Exercise for Patients with Gastrointestinal Cancer Undergoing Chemotherapy and at High Risk for Depression: A Randomized Clinical Trial.	J Altern Complement Med.	J Altern Complement Med. 2021 Sep;27(9):750-759.doi: 10.1089/acm.2020.0531. Epub 2021 May 12.)
Otros	RS y MA				
	2021	Yang L, Winters-Stone K, Rana B, Cao C, Carlson LE, Courneya KS, Friedenreich CM, Schmitz KH.	Tai Chi for cancer survivors: A systematic review toward consensus-based guidelines.	Cancer Med	Cancer Med. 2021 Nov;10(21):7447-7456. doi: 10.1002/cam4.4273. Epub 2021 Sep 17
	2022	Farahani MA, Soleimanpour S, Mayo SJ, Myers JS, Panesar P, Ameri F.	The effect of mind-body exercise on cognitive function in cancer survivors: A systematic review.	Can Oncol Nurs J.	Can Oncol Nurs J. 2022 Feb 1;32(1):38-48. doi: 10.5737/236880763213848. eCollection 2022 Winter.

Kuo CC, Wang CC, Chang WL, Liao TC, Chen PE, Tung TH.	2021	Clinical Effects of Baduanjin Qigong Exercise on Cancer Patients: A Systematic Review and Meta-Analysis on Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Apr 8;2021:6651238. doi: 10.1155/2021/6651238.
Ni X, Chan RJ, Yates P, Hu W, Huang X, Lou Y.	2019	The effects of Tai Chi on quality of life of cancer survivors: a systematic review and meta-analysis.	Support Care Cancer	Support Care Cancer. 2019;27(10):3701–3716. doi:10.1007/s00520-019-04911-0
Song Y, Sun D, István B, Thirupathi A, Liang M, Teo EC, Gu Y.	2020	Current Evidence on Traditional Chinese Exercise for Cancers: A Systematic Review of Randomized Controlled Trials.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2020 Jul 12;17(14):5011. doi: 10.3390/ijerph17145011. PMID: 32664702; PMCID: PMC7400020.
Yang, L., Winters-Stone, K., Rana, B., Cao, C., Carlson, L. E., Courneya, K. S., ... Schmitz, K. H.	2021	Tai Chi for cancer survivors: A systematic review toward consensus-based guidelines.	Cancer Medicine	Cancer Medicine. doi:10.1002/cam4.4273

Wayne, P. M., Lee, M. S., Novakowski, J., Osypiuk, K., Ligibel, J., Carlson, L. E., & Song, R.	2017	Tai Chi and Qigong for cancer-related symptoms and quality of life: a systematic review and meta-analysis.	Journal of Cancer Survivorship	Journal of Cancer Survivorship, 12(2), 256–267. doi:10.1007/s11764-017-0665-5
ECAs				
Zhang JY, Li SS, Meng LN, Zhou YQ.	2022	Effectiveness of a nurse-led Mindfulness-based Tai Chi Chuan (MTCC) program on Posttraumatic Growth and perceived stress and anxiety of breast cancer survivors.	Eur J Psychotraumatol.	Eur J Psychotraumatol. 2022 Feb 3;13(1):2023314. doi: 10.1080/20008198.2021.2023314. eCollection
Yang LH, Duan PB, Hou QM, Wang XQ.	2021	Qigong Exercise for Patients with Gastrointestinal Cancer Undergoing Chemotherapy and at High Risk for Depression: A Randomized Clinical Trial	J Altern Complement Med.	J Altern Complement Med. 2021 Sep;27(9):750-759. doi: 10.1089/acm.2020.0531. Epub 2021 May 12
Ying W, Min QW, Lei T, Na ZX, Li L, Jing L.	2019	The health effects of Baduanjin exercise in breast cancer survivors: A	The European Journal of Oncology Nursing	Eur J Oncol Nurs. 2019;39:90–97. doi:10.1016/j.ejon.2019.01.007

			randomized, controlled, single-blinded trial		
	Zhang, L.-L., Wang, S.-Z., Chen, H.-L., & Yuan, A.-Z.	2016	Tai Chi Exercise for Cancer-Related Fatigue in Patients With Lung Cancer Undergoing Chemotherapy: A Randomized Controlled Trial.	Journal of Pain and Symptom Management	Journal of Pain and Symptom Management, 51(3), 504–511.doi:10.1016/j.jpainsymman.2015.11.020
	Cheng TC, Lee YH, Mar CL, Huang WT, Chang YP.	2020	The Health Promoting Mindfulness or Qigong Educational Programs for Beneficial Lifestyle Changes of Cancer Survivors.	J Cancer Educ.	J Cancer Educ. 2020 Aug;35(4):743-750. doi: 10.1007/s13187-019-01522-5. PMID: 31001740.

Cardiología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Hipertensión	RS y MA				
	Ching SM, Mokshashri NR, Kannan MM, Lee KW, Sallahuddin NA, Ng JX, Wong JL,	2021	Effects of qigong on systolic and diastolic blood pressure lowering: a systematic review with meta-analysis and trial sequential analysis.	BMC Complement Med Ther.	BMC Complement Med Ther. 2021 Jan 6;21(1):8. doi: 10.1186/s12906-020-03172-3.

Devaraj NK, Hoo FK, Loo YS, Veettil SK.					
Gu, Q., Wu, S.-J., Zheng, Y., Zhang, Y., Liu, C., Hou, J.-C., ... Fang, X.-M.	2017	Tai Chi Exercise for Patients with Chronic Heart Failure.	American Journal of Physical Medicine & Rehabilitation	American Journal of Physical Medicine & Rehabilitation, 96(10), 706–716. doi:10.1097/phm.0000000000000723	
Guan Y, Hao Y, Guan Y, Wang H.	2020	Effects of Baduanjin exercise on essential hypertension: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Aug 7;99(32):e21577. doi: 10.1097/MD.00000000000021577. PMID: 32769904; PMCID: PMC7593081.	
Guan Y, Hao Y, Guan Y, Wang H.	2020	Effects of Tai Chi on essential hypertension and related risk factors: A meta-analysis of randomized controlled trials.	J Rehabil Med.	J Rehabil Med. 2020 May 11;52(5):jrm00057. doi: 10.2340/16501977-2683. PMID: 32338292	
Liang H, Luo S, Chen X, Lu Y, Liu Z, Wei L.	2020	Effects of Tai Chi exercise on cardiovascular disease risk factors and quality of life in adults with essential hypertension: A meta-analysis.	Heart Lung	Heart Lung. 2020 Jul-Aug;49(4):353-363. doi: 10.1016/j.hrtlng.2020.02.041. Epub 2020 Mar 12. PMID: 32171586.	
Song Y, Li J, István B, Xuan R, Wei S, Zhong G, Gu Y. Current	2021	Evidence on Traditional Chinese Exercises for Quality of Life in Patients With Essential Hypertension:	Front Cardiovasc Med	Front Cardiovasc Med. 2021 Jan 20;7:627518. doi:	

			A Systematic Review and Meta-Analysis.		10.3389/fcvm.2020.627518. PMID: 33553269; PMCID: PMC7854897
ECAs					
	Zhong, D., Li, J., Yang, H., Li, Y., Huang, Y., Xiao, Q., ... Jin, R.	2020	Tai Chi for Essential Hypertension: a Systematic Review of Randomized Controlled Trials.	Current Hypertension Reports	Current Hypertension Reports, 22(3). doi:10.1007/s11906-020-1031-y
Insuficiencia cardíaca	RS y MA				
	Jiang W, Liao S, Chen X, Lundborg CS, Marrone G, Wen Z, Lu W.	2021	TaiChi and Qigong for Depressiv Symptoms in Patients with Chronic Heart Failure: A Systematic Review with Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jun 24;2021:5585239. doi: 10.1155/2021/5585239
	Ren, X., Li, Y., Yang, X., Li, J., Li, H., Yuan, Z., ... Gao, Y.	2017	The Effects of Tai Chi Training in Patients with Heart Failure: A Systematic Review and Meta-Analysis.	Frontiers in Physiology	Frontiers in Physiology, 8.doi:10.3389/fphys.2017.00989
	ECAs				
	Nery, R. M., Zanini, M., de Lima, J. B., Bühler, R. P., da Silveira, A. D., & Stein, R.	2015	Tai Chi Chuan improves functional capacity after myocardial infarction: A randomized clinical trial.	American Heart Journal	American Heart Journal, 169(6), 854–860.doi:10.1016/j.ahj.2015.01.017

Calidad de vida	RS y MA				
	Yang G, Li W, Klupp N, Cao H, Liu J, Bensoussan A, Kiat H, Karamacoska D, Chang D.	2022	Does tai chi improve psychological well-being and quality of life in patients with cardiovascular disease and/or cardiovascular risk factors? A systematic review.	BMC Complement Med Ther	BMC Complement Med Ther. 2022 Jan 4;22(1):3. doi: 10.1186/s12906-021-03482-0.
	Taylor-Piliae RE, Finley BA.	2020	Tai Chi exercise for psychological well-being among adults with cardiovascular disease: A systematic review and meta-analysis.	Eur J Cardiovasc Nurs	Eur J Cardiovasc Nurs. 2020 Oct;19(7):580-591. doi: 10.1177/1474515120926068. Epub 2020 Jun 9. PMID: 32515204.
	Wang D, Wang P, Lan K, Zhang Y, Pan Y.	2020	Effectiveness of Tai chi exercise on overall quality of life and its physical and psychological components among older adults: a systematic review and meta-analysis.	Braz J Med Biol Res.	Braz J Med Biol Res. 2020;53(10):e10196. doi: 10.1590/1414-431X202010196. Epub 2020 Sep 7. PMID: 32901684; PMCID: PMC7485323
	Wu Y, Johnson BT, Chen S, Chen Y, Livingston J, Pescatello LS.	2021	Tai Ji Quan as antihypertensive lifestyle therapy: A systematic review and meta-analysis.	J Sport Health Sci	J Sport Health Sci. 2021 Mar;10(2):211-221. doi: 10.1016/j.jshs.2020.03.007. Epub 2020 May 1. PMID: 32360952.
Otros	RS y MA				

	Pan X, Tian L, Yang F, Sun J, Li X, An N, Xing Y, Su X, Liu X, Liu C, Gao Y, Xing Y.	2021	Tai Chi as a Therapy of Traditional Chinese Medicine on Reducing Blood Pressure: A Systematic Review of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Sep 4;2021:4094325. doi: 10.1155/2021/4094325.
	Pan, X., Mahemuti, A., Zhang, X., Wang, Y., Hu, P., Jiang, J., ... Wang, J.	2016	Effect of Tai Chi exercise on blood lipid profiles: a meta-analysis of randomized controlled trials.	Journal of Zhejiang University-SCIENCE B	Journal of Zhejiang University-SCIENCE B, 17(8), 640–648.doi:10.1631/jzus.b1600052
	Wu B, Ding Y, Zhong B, Jin X, Cao Y, Xu D.	2020	Intervention Treatment for Myocardial Infarction With Tai Chi: A Systematic Review and Meta-analysis.	Arch Phys Med Rehabil.	Arch Phys Med Rehabil. 2020 Dec;101(12):2206-2218. doi: 10.1016/j.apmr.2020.02.012. Epub 2020 Mar 28. PMID: 32234412.

Edad

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Hu X, Lyu S, Mao M, Zhang J, Sun	2021	Effects of Eight Methods and Five Steps of Tai Chi Practice	Motor Control.	Motor Control. 2021 Sep 16;25(4):616-630. doi: 10.1123/mc.2021-0022

	W, Zhang C, Song Q.		on Balance Control Among Older Adults.		
	Wang C, Liang J, Si Y, Li Z, Lu A.	2021	The effectiveness of traditional Chinese medicine-based exercise on physical performance, balance and muscle strength among older adults: a systematic review with meta-analysis.	Aging Clin Exp Res	Aging Clin Exp Res. 2021 Aug 22. doi: 10.1007/s40520-021-01964-2
	Gu R, Gao Y, Zhang C, Liu X, Sun Z..	2021	Effect of Tai Chi on Cognitive Function among Older Adults with Cognitive Impairment: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Aug 5;2021:6679153. doi: 10.1155/2021/6679153
	Choo YT, Jiang Y, Hong J, Wang W.	2020	Effectiveness of Tai Chi on quality of life, depressive symptoms and physical function among community-dwelling older adults with chronic disease: A systematic review and meta-analysis.	Int J Nurs Stud.	Int J Nurs Stud. 2020 Nov;111:103737. doi: 10.1016/j.ijnurstu.2020.103737. Epub 2020 Aug 1. PMID: 32891966.

	Du, S., Dong, J., Zhang, H., Jin, S., Xu, G., Liu, Z., Sun, Z. (2015).	2015	Taichi exercise for self-rated sleep quality in older people: A systematic review and meta-analysis.	International Journal of Nursing Studies	International Journal of Nursing Studies, 52(1), 368–379.doi:10.1016/j.ijnurstu.2014.05.009
	Gouw VXH, Jiang Y, Seah B, He H, Hong J, Wang W.	2019	Effectiveness of internal Qigong on quality of life, depressive symptoms and self-efficacy among community-dwelling older adults with chronic disease: A systematic review and meta-analysis.	International Journal of Nursing Studies	Int J Nurs Stud. 2019;99:103378. doi:10.1016/j.ijnurstu.2019.06.009
	Huang, Y., & Liu, X.	2015	Improvement of balance control ability and flexibility in the elderly Tai Chi Chuan (TCC) practitioners: A systematic review and meta-analysis.	Archives of Gerontology and Geriatrics	Archives of Gerontology and Geriatrics, 60(2), 233–238.doi:10.1016/j.archger.2014.10.016
	Qi, M., Moyle, W., Jones, C., & Weeks, B.	2020	Tai Chi Combined With Resistance Training for Adults Aged 50 Years and Older.	Journal of Geriatric Physical Therapy	Journal of Geriatric Physical Therapy, 43(1), 32–41. doi:10.1519/jpt.0000000000000218
	Wang D, Wang P, Lan K, Zhang Y, Pan Y.	2020	Effectiveness of Tai chi exercise on overall quality of life and its physical and psychological components among older adults:	Braz J Med Biol Res.	Braz J Med Biol Res. 2020;53(10):e10196. doi: 10.1590/1414-431X202010196. Epub 2020 Sep 7. PMID: 32901684; PMCID: PMC7485323

			a systematic review and meta-analysis.		
	Zou L, Han J, Li C, et al..	2019	Effects of Tai Chi on Lower Limb Proprioception in Adults Aged Over 55: A Systematic Review and Meta-Analysis	Archives of Physical Medicine and Rehabilitation	Arch Phys Med Rehabil. 2019;100(6):1102–1113. doi:10.1016/j.apmr.2018.07.425
	Zou, L., Wang, C., Chen, K., Shu, Y., Chen, X., Luo, L., & Zhao, X.	2017	The Effect of Taichi Practice on Attenuating Bone Mineral Density Loss: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	International Journal of Environmental Research and Public Health	International Journal of Environmental Research and Public Health, 14(9), 1000.doi:10.3390/ijerph14091000
	Chang PS, Knobf T, Oh B, Funk M.	2019	Physical and Psychological Health Outcomes of Qigong Exercise in Older Adults: A Systematic Review and Meta-Analysis.	Am J Chin Med	Am J Chin Med. 2019 Mar 4:1-22. doi: 10.1142/S0192415X19500149
	del-Pino-Casado, R., Obrero-Gaitán, E., & Lomas-Vega, R.	2016	The Effect of Tai Chi on Reducing the Risk of Falling: A Systematic Review and Meta-Analysis.	American Journal of Chinese Medicine	American Journal of Chinese Medicine, 44(05), 895–906.doi:10.1142/s0192415x1650049x
	ECAs				
	Cheng L, Ba H.	2020	Effect of Tai Chi exercise with the same frequency and	J Sports Med Phys Fitness	J Sports Med Phys Fitness. 2020 Oct;60(10):1396-1400. doi:

			different exercise duration on the bone mineral density of older women.		10.23736/S0022-4707.20.10940-X. Epub 2020 Jun 23. PMID: 32586079.
	Li, F., Harmer, P., Eckstrom, E., Fitzgerald, K., Chou, L.-S., & Liu, Y.	2019	Effectiveness of Tai Ji Quan vs Multimodal and Stretching Exercise Interventions for Reducing Injurious Falls in Older Adults at High Risk of Falling.	JAMA Network Open	JAMA Network Open, 2(2), e188280. doi:10.1001/jamanetworkopen.2018.8280
	Liao SJ, Chong MC, Tan MP, Chua YP.	2019	Tai Chi with music improves quality of life among community-dwelling older persons with mild to moderate depressive symptoms: A cluster randomized controlled trial.	Geriatric Nursing	Geriatr Nurs. 2019;40(2):154–159. doi:10.1016/j.gerinurse.2018.08.001
	Liu, S., Li, L., Liu, Z., & Guo, X.	2019	Long-Term Tai Chi Experience Promotes Emotional Stability and Slows Gray Matter Atrophy for Elders.	Frontiers in Psychology	Frontiers in Psychology, 10. doi:10.3389/fpsyg.2019.00091
	Liu, J., Yeung, A., Xiao, T., Tian, X., Kong, Z., Zou, L., & Wang, X.	2019	Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-	International Journal of Nursing Studies (JCR 1,65)	International Journal of Environmental Research and Public Health, 16(3), 517. doi:10.3390/ijerph16030517

			Specific Low Back Pain: A Randomized Controlled Trial.		
	Sun W, Ma X, Wang L, et al.	2019	Effects of Tai Chi Chuan and Brisk Walking Exercise on Balance Ability in Elderly Women: A Randomized Controlled Trial.	Motor Control	Motor Control. 2019;23(1):100–114. doi:10.1123/mc.2017-0055
	Zheng, G., Zheng, X., Li, J., Duan, T., Ling, K., Tao, J., & Chen, L.	2019	Effects of Tai Chi on Cerebral Haemodynamics and Health-related Outcomes in Older Community Adults at Risk of Ischaemic Stroke: A Randomized Controlled Trial.	Journal of Aging and Physical Activity	Journal of Aging and Physical Activity, 1–27. doi:10.1123/japa.2018-0232
	Zhou S, Zhang Y, Kong Z, Loprinzi PD, Hu Y, Ye J, Liu S, Yu JJ, Zou L.	2019	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019 Mar 1;16(5). pii: E753. doi: 10.3390/ijerph16050753
	Zou L, Zhang Y, Liu Y, et al.	2019	The Effects of Tai Chi Chuan Versus Core Stability Training on Lower-Limb Neuromuscular Function in Aging Individuals with Non-	Medicina (Kaunas)	Medicina (Kaunas). 2019;55(3):60. Published 2019 Mar 3. doi:10.3390/medicina55030060

			Specific Chronic Lower Back Pain.		
	Zhou S, Zhang Y, Kong Z, Loprinzi PD, Hu Y, Ye J, Liu S, Yu JJ, Zou L.	2019	The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019 Mar 1;16(5). pii: E753. doi: 10.3390/ijerph16050753
	Lou, L., Zou, L., Fang, Q., Wang, H., Liu, Y., Tian, Z., & Han, Y. (2017).	2017	Effect of Taichi Softball on Function-Related Outcomes in Older Adults: A Randomized Control Trial	Evidence-Based Complementary and Alternative Medicine,	Evidence-Based Complementary and Alternative Medicine, 2017, 1–9.doi:10.1155/2017/4585424

Obesidad y Diabetes

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia

RS y MA

Chao, M., Wang, C., Dong, X., & Ding, M.	2018	The Effects of Tai Chi on Type 2 Diabetes Mellitus: A Meta-Analysis.	Journal of Diabetes Research	Journal of Diabetes Research, 2018, 1–9. doi:10.1155/2018/7350567
Guo S, Xu Y, Qin J, Chen Y, You Y, Tao J, Liu Z, Huang J.	2021	Effect of tai chi on glycaemic control, lipid metabolism and body composition in adults with type 2 diabetes: A meta-analysis and systematic review.	J Rehabil Med	J Rehabil Med. 2021 Mar 22;53(3):jrm00165. doi: 10.2340/16501977-2799. PMID: 33594445
Palermi S, Sacco AM, Belviso I, Marino N, Gambardella F, Loiacono C, Sirico F	2020	Effectiveness of Tai Chi on Balance Improvement in Type 2 Diabetes Patients: A Systematic Review and Meta-Analysis.	Journal of Aging Physical Activity	J Aging Phys Act. 2020 Mar 3:1-11. doi: 10.1123/japa.2019-0242.
Qin J, Chen Y, Guo S, You Y, Xu Y, Wu J, Liu Z, Huang J, Chen L, Tao J.	2021	Effect of Tai Chi on Quality of Life, Body Mass Index, and Waist-Hip Ratio in Patients With Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis.	Front Endocrinol (Lausanne)	Front Endocrinol (Lausanne). 2021 Jan 19;11:543627. doi: 10.3389/fendo.2020.543627. PMID: 33542702; PMCID: PMC7851054
Yu DD, You LZ, Huang WQ, Cao H, Wang FJ, Tang XQ, Fang ZH, Shen GM, Guan YX.	2020	Effects of traditional Chinese exercises on blood glucose and hemoglobin A1c levels in patients with prediabetes: A systematic review and meta-analysis.	J Integr Med	J Integr Med. 2020 Jul;18(4):292-302. doi: 10.1016/j.joim.2020.04.003. Epub 2020 May 28. PMID: 32534937.
Zhou Z, Zhou R, Li K, et al.	2019	Effects of tai chi on physiology, balance and quality of life in patients with type 2 diabetes: A systematic review and meta-analysis.	Journal of Rehabilitation Medicine	J Rehabil Med. 2019;51(6):405–417. doi:10.2340/16501977-2555

	Zou L, Zhang Y, Sasaki JE, et al.	2019	Wuqinxi Qigong as an Alternative Exercise for Improving Risk Factors Associated with Metabolic Syndrome: A Meta-Analysis of Randomized Controlled Trials.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019;16(8):1396. Published 2019 Apr 18. doi:10.3390/ijerph16081396
	Alenazi, A. M., Alshehri, M. M., Hoover, J. C., Yabroudi, M. A., Kachanathu, S. J., & Liu, W.	2018	The Effect of T'ai Chi Exercise on Lipid Profiles: A Systematic Review and Meta-Analysis of Randomized Clinical Trials	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 24(3), 220–230. doi:10.1089/acm.2017.0104
	Meng, D., Chunyan, W., Xiaosheng, D., & Xiangren, Y.	2018	The Effects of Qigong on Type 2 Diabetes Mellitus: A Systematic Review and Meta-Analysis.	Evidence-Based Complementary and Alternative Medicine	Evidence-Based Complementary and Alternative Medicine, 2018, 1–8. doi:10.1155/2018/8182938
	Xia, T.-W., Yang, Y., Li, W.-H., Tang, Z.-H., Li, Z.-R., & Qiao, L.-J.	2019	Different training durations and styles of tai chi for glucose control in patients with type 2 diabetes: a systematic review and meta-analysis of controlled trials.	BMC Complementary and Alternative Medicine	BMC Complementary and Alternative Medicine, 19(1).doi:10.1186/s12906-019-2475-y
	ECAs				

	Li X, Si H, Chen Y, Li S, Yin N, Wang Z.	2020	Effects of fitness qigong and tai chi on middle-aged and elderly patients with type 2 diabetes mellitus.	PLoS One	PLoS One. 2020 Dec 17;15(12):e0243989. doi: 10.1371/journal.pone.0243989. PMID: 33332396; PMCID: PMC7746158.
	Leung LY, Chan AW, Sit JW, Liu T, Taylor-Piliae RE.	2019	Tai Chi in Chinese adults with metabolic syndrome: A pilot randomized controlled trial.	Complementary Therapies in Medicine	Complement Ther Med. 2019;46:54–61. doi:10.1016/j.ctim.2019.07.008

Dolor

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Osteoartritis rodilla	RS y MA				
	You Y, Liu J, Tang M, Wang D, Ma X.	2021	Effects of Tai Chi exercise on improving walking function and posture control in elderly patients with knee osteoarthritis: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Apr 23;100(16):e25655. doi: 10.1097/MD.00000000000025655

	Hu L, Wang Y, Liu X, Ji X, Ma Y, Man S, Hu Z, Cheng J, Huang F.	2021	Tai Chi exercise can ameliorate physical and mental health of patients with knee osteoarthritis: systematic review and meta-analysis.	Clin Rehabil	Clin Rehabil. 2021 Jan;35(1):64-79. doi: 10.1177/0269215520954343. Epub 2020 Sep 21. PMID: 32954819
	Li R, Chen H, Feng J, Xiao Y, Zhang H, Lam CW, Xiao H.	2020	Effectiveness of Traditional Chinese Exercise for Symptoms of Knee Osteoarthritis: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2020 Oct 27;17(21):7873. doi: 10.3390/ijerph17217873. PMID: 33121082; PMCID: PMC7662219.
	Zeng ZP, Liu YB, Fang J, Liu Y, Luo J, Yang M.	2019	Effects of Baduanjin exercise for knee osteoarthritis: A systematic review and meta-analysis.	Medicine	Complement Ther Med. 2020;48:102279. doi:10.1016/j.ctim.2019.102279
ECAs					
	Hu X, Lai Z, Wang L.	2020	Effects of Taichi exercise on knee and ankle proprioception among individuals with knee osteoarthritis.	Res Sports Med.	Res Sports Med. 2020 Apr-Jun;28(2):268-278. doi: 10.1080/15438627.2019.1663520. Epub 2019 Sep 16. PMID: 31524502
	Xiao C, Zhuang Y, Kang Y.	2020	Effects of Wu Qin xi Qigong exercise on physical functioning in elderly people with knee osteoarthritis: A randomized controlled trial.	Geriatr Gerontol Int	Geriatr Gerontol Int. 2020 Oct;20(10):899-903. doi: 10.1111/ggi.14007. Epub 2020 Sep 4. PMID: 32886828

	Li L, Cheng S, Wang G, Duan G, Zhang Y.	2019	Tai chi chuan exercises improve functional outcomes and quality of life in patients with primary total knee arthroplasty due to knee osteoarthritis.	Complementary Therapies in Medicine	Complement Ther Clin Pract. 2019;35:121–125. doi:10.1016/j.ctcp.2019.02.003
Dolor crónico	RS y MA				
	Kong, L. J., Lauche, R., Klose, P., Bu, J. H., Yang, X. C., Guo, C. Q., ... Cheng, Y. W.	2016	Tai Chi for Chronic Pain Conditions: A Systematic Review and Meta-analysis of Randomized Controlled Trials.	Scientific Reports	Scientific Reports, 6(1).doi:10.1038/srep25325
	Qin J, Zhang Y, Wu L, et al.	2019	Effect of Tai Chi alone or as additional therapy on low back pain: Systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(37):e17099. doi:10.1097/MD.00000000000017099
	Li H, Ge D, Liu S, et al.	2019	Baduanjin exercise for low back pain: A systematic review and meta-analysis.	Complementary Therapies in Medicine	Complement Ther Med. 2019;43:109–116. doi:10.1016/j.ctim.2019.01.021
	ECAs				
	Liu J, Yeung A, Xiao T, et al.	2019	Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-Specific Low Back Pain: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019;16(3):517. Published 2019 Feb 12. doi:10.3390/ijerph16030517

Otros	RS y MA				
	Chen, Y.-W., Hunt, M. A., Campbell, K. L., Peill, K., & Reid, W. D.	2015	The effect of Tai Chi on four chronic conditions—cancer, osteoarthritis, heart failure and chronic obstructive pulmonary disease: a systematic review and meta-analyses.	British Journal of Sports Medicine	British Journal of Sports Medicine, 50(7), 397–407. doi:10.1136/bjsports-2014-094388
	Cheng CA, Chiu YW, Wu D, Kuan YC, Chen SN, Tam KW.	2019	Effectiveness of Tai Chi on fibromyalgia patients: A meta-analysis of randomized controlled trials.	Complementary Therapies in Medicine	Complement Ther Med. 2019;46:1–8. doi:10.1016/j.ctim.2019.07.007
ECAs					
	Cruz-Díaz, D., Kim, K.-M., Hita-Contreras, F., Bergamin, M., Aibar-Almazán, A., & Martínez-Amat, A.	2019	Effects of a Twelve-Week Tai Chi intervention in Patients With Chronic Ankle Instability: A Randomized Controlled Trial.	Journal of Sport Rehabilitation	Journal of Sport Rehabilitation, 1–22. doi:10.1123/jsr.2018-0222
	Xie Y, Guo F, Lu Y, et al.	2019	A 12-week Baduanjin Qigong exercise improves symptoms of ankylosing spondylitis: A randomized controlled trial.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;36:113–119. doi:10.1016/j.ctcp.2018.12.007

Psicología, insomnio, fatiga

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Ansiedad y depresión	RS y MA				
	Cai Q, Cai SB, Chen JK, Bai XH, Jing CX, Zhang X, Li JQ.	2022	Tai Chi for anxiety and depression symptoms in cancer, stroke, heart failure, and chronic obstructive pulmonary disease: A systematic review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2022 Feb;46:101510. doi: 10.1016/j.ctcp.2021.101510. Epub 2021 Nov 2
	Guo L, Kong Z, Zhang Y.	2019	Qigong-Based Therapy for Treating Adults with Major Depressive Disorder: A Meta-Analysis of Randomized Controlled Trials.	International Journal of Environmental Research	Int J Environ Res Public Health. 2019;16(5):826. Published 2019 Mar 7. doi:10.3390/ijerph16050826
	Song J, Liu ZZ, Huang J, Wu JS, Tao J.	2021	Effects of aerobic exercise, traditional Chinese exercises, and meditation on depressive symptoms of college student: A meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2021 Jan 8;100(1):e23819. doi: 10.1097/MD.00000000000023819. PMID: 33429742; PMCID: PMC7793414
Zhang S, Zou L, Chen LZ, et al.	2019	The Effect of Tai Chi Chuan on Negative Emotions in Non-Clinical Populations: A Meta-Analysis and Systematic Review.	International Journal of Environmental Research Public Health	Int J Environ Res Public Health. 2019;16(17):3033. Published 2019 Aug 21. doi:10.3390/ijerph16173033	

Liu, X., Clark, J., Siskind, D., Williams, G. M., Byrne, G., Yang, J. L., & Doi, S. A.	2015	A systematic review and meta-analysis of the effects of Qigong and Tai Chi for depressive symptoms.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 23(4), 516–534.doi:10.1016/j.ctim.2015.05.001
Liu F, Cui J, Liu X, Chen KW, Chen X, Li R.	2020	The effect of tai chi and Qigong exercise on depression and anxiety of individuals with substance use disorders: a systematic review and meta-analysis.	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 May 29;20(1):161. doi: 10.1186/s12906-020-02967-8. PMID: 32471415; PMCID: PMC7260819.
ECAs				
Cheung DST, Deng W, Tsao SW, et al.	2019	Effect of a Qigong Intervention on Telomerase Activity and Mental Health in Chinese Women Survivors of Intimate Partner Violence: A Randomized Clinical Trial.	JAMA Netw Open	JAMA Netw Open. 2019;2(1):e186967. Published 2019 Jan 4. doi:10.1001/jamanetworkopen.2018.6967
Mulcahy A, Holland B, Gosselin K, Pittman A.	2020	The Use of Tai-Chi to Reduce Anxiety Among Nursing Students Undergoing Simulation.	Nurs Educ Perspect	Nurs Educ Perspect. 2020 May/Jun;41(3):183-184. doi: 10.1097/01.NEP.0000000000000495. PMID: 31469677
Chan SHW, Chan WWK, Chao JYW, Chan PKL.	2020	A randomized controlled trial on the comparative effectiveness of mindfulness-based cognitive therapy and health qigong-based	BMC Psychiatry	BMC Psychiatry. 2020 Dec 14;20(1):590. doi: 10.1186/s12888-020-02994-2. PMID: 33317481; PMCID: PMC7734764.

			cognitive therapy among Chinese people with depression and anxiety disorders.		
	Lee P, Cai S, Lu EY, Ng BFL, Jensen MP, Tsang HWH. <i>Qigong</i> Reduces	2020	Depressive Symptoms of Taiwanese Elderly with Chronic Physical Illness: A Randomized Controlled Trial.	J Altern Complement Med.	J Altern Complement Med. 2020 Jan;26(1):76-78. doi: 10.1089/acm.2019.0354. Epub 2019 Dec 19. PMID: 31855445.
Insomnio	RS y MA				
	Wu YH, He WB, Gao YY, Han XM.	2021	Effects of traditional Chinese exercises and general aerobic exercises on older adults with sleep disorders: A systematic review and meta-analysis.	J Integr Med.	J Integr Med. 2021 Nov;19(6):493-502. doi: 10.1016/j.joim.2021.09.007. Epub 2021 Oct 1.
	Li H, Chen J, Xu G, Duan Y, Huang D, Tang C, Liu J. The	2020	Effect of Tai Chi for Improving Sleep Quality: A Systematic Review and Meta-analysis.	J Affect Disord.	J Affect Disord. 2020 Sep 1;274:1102-1112. doi: 10.1016/j.jad.2020.05.076. Epub 2020 May 26. PMID: 32663938.
	Vincent J Minichiello, Y. Z.	2013	Tai Chi Improves Sleep Quality in Healthy Adults and Patients with Chronic Conditions: A Systematic Review and Meta-analysis.	Journal of Sleep Disorders & Therapy	Journal of Sleep Disorders & Therapy, 02(06). doi:10.4172/2167-0277.1000141
	ECAs				

	Siu PM, Yu AP, Tam BT, Chin EC, Yu DS, Chung KF, Hui SS, Woo J, Fong DY, Lee PH, Wei GX, Irwin MR.	2021	Effects of Tai Chi or Exercise on Sleep in Older Adults With Insomnia: A Randomized Clinical Trial.	JAMA Netw Open.	JAMA Netw Open. 2021 Feb 1;4(2):e2037199. doi: 10.1001/jamanetworkopen.2020.37199
	Lü, J., Huang, L., Wu, X., Fu, W., & Liu, Y.	2017	Effect of Tai Ji Quan training on self-reported sleep quality in elderly Chinese women with knee osteoarthritis: a randomized controlled trail.	Sleep Medicine	Sleep Medicine, 33, 70–75.doi:10.1016/j.sleep.2016.12.024
Otros	RS y MA				
	Liu X, Li R, Cui J, Liu F, Smith L, Chen X, Zhang D.	2021	The Effects of Tai Chi and Qigong Exercise on Psychological Status in Adolescents: A Systematic Review and Meta-Analysis.	Front Psychol	Front Psychol. 2021 Nov 24;12:746975. doi: 10.3389/fpsyg.2021.746975. eCollection 2021
	Rodrigues JM, Matos LC, Francisco N, Dias A, Azevedo J, Machado J.	2021	Assessment of Qigong Effects on Anxiety of High-school Students: A Randomized Controlled Trial	Adv Mind Body Med.	Adv Mind Body Med. 2021 Summer;35(3):10-19
	Wang R, Huang X, Wu Y, Sun D.	2021	Efficacy of Qigong Exercise for Treatment of Fatigue: A Systematic Review and Meta-Analysis.	Front Med (Lausanne).	Front Med (Lausanne). 2021 Jun 22;8:684058. doi: 10.3389/fmed.2021.684058. eCollection 2021

Leung KW, Yang YJ, Hui SS, Woo J.	2021	Mind-Body Health Benefits of Traditional Chinese Qigong on Women: A Systematic Review of Randomized Controlled Trials.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Sep 14;2021:7443498. doi:10.1155/2021/7443498. eCollection 2021.
Cocchiara, R. A., Dorelli, B., Gholamalishahi, S., Longo, W., Musumeci, E., Mannocci, A., & La Torre, G.	2020	Tai Chi and Workplace Wellness for Health Care Workers: A Systematic Review.	International Journal of Environmental Research and Public Health	International Journal of Environmental Research and Public Health, 17(1), 343. doi:10.3390/ijerph17010343
Xiang, Y., Lu, L., Chen, X., & Wen, Z.	2017	Does Tai Chi relieve fatigue? A systematic review and meta-analysis of randomized controlled trials	PLOS ONE	PLOS ONE, 12(4), e0174872.doi:10.1371/journal.pone.0174872
ECAs				
Lyu J, Wei Y, Li H, Dong J, Zhang X.	2021	The effect of three-circle post standing (Zhanzhuang) qigong on the physical and psychological well-being of college students: A randomized controlled trial.	Medicine (Baltimore).	Medicine (Baltimore). 2021 Jun 18;100(24):e26368. doi:10.1097/MD.00000000000026368.

	Cheung DST, Chau PH, Yeung WF, Deng W, Hong AWL, Tiwari AFY.	2021	Assessing the effect of a mind-body exercise, qigong Baduanjin, on sleep disturbance among women experiencing intimate partner violence and possible mediating factors: a randomized-controlled trial.	J Clin Sleep Med.	J Clin Sleep Med. 2021 May 1;17(5):993-1003. doi: 10.5664/jcsm.9102.
--	--	------	--	-------------------	--

Menopausia

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
	RS y MA				
	Chow, T. H., Lee, B. Y., Ang, A. B. F., Cheung, V. Y. K., Ho, M. M. C., & Takemura, S.	2018	The effect of Chinese martial arts Tai Chi Chuan on prevention of osteoporosis: A systematic review.	Journal of Orthopaedic Translation	Journal of Orthopaedic Translation, 12, 74–84. doi:10.1016/j.jot.2017.06.001
	Wang, Y., Shan, W., Li, Q., Yang, N., & Shan, W.	2017	Tai Chi Exercise for the Quality of Life in a Perimenopausal Women Organization: A Systematic Review.	Worldviews on Evidence-Based Nursing	Worldviews on Evidence-Based Nursing, 14(4), 294–305. doi:10.1111/wvn.12234

Neurología

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Accidente vascular cerebral	RS y MA				
	Hu C, Qin X, Jiang M, Tan M, Liu S, Lu Y, Lin C, Ye R.	2022	Effects of Tai Chi Exercise on Balance Function in Stroke Patients: An Overview of Systematic Review.	Neural Plast.	Neural Plast. 2022 Mar 9;2022:3895514. doi: 10.1155/2022/3895514. eCollection 2022.
	Li, G., Wang, W., Liu, G., & Zhang, Y.	2018	Effects of Tai Chi on balance and gait in stroke survivors: A systematic meta-analysis of randomized controlled trials.	Journal of Rehabilitation Medicine	Journal of Rehabilitation Medicine, 50(7), 582–588. doi:10.2340/16501977-2346
	Lyu D, Wang J, Yang F, Zhang Y, Zhang W, Liu H, Lyu X, Fang B.	2021	Effect of Tai Chi on post-stroke non-motor disorders: a systematic review and meta-analysis of randomized controlled trials.	Clin Rehabil.	Clin Rehabil. 2021 Jan;35(1):26-38. doi: 10.1177/0269215520951020. Epub 2020 Aug 18. PMID: 32808532.
Lyu, D., Lyu, X., Zhang, Y., Ren,	2018	Tai Chi for Stroke Rehabilitation: A	Frontiers in Physiology	Frontiers in Physiology, 9.doi:10.3389/fphys.2018.00983	

	Y., Yang, F., Zhou, L., ... Li, Z.		Systematic Review and Meta-Analysis of Randomized Controlled Trials.		
	Wu S, Chen J, Wang S, Jiang M, Wang X, Wen Y.	2018	Effect of Tai Chi Exercise on Balance Function of Stroke Patients: A Meta-Analysis.	Med Sci Monit Basic Res	Med Sci Monit Basic Res. 2018 Dec 3;24:210-215. doi: 10.12659/MSMBR.911951.)
ECAs					
	Yuen M, Ouyang HX, Miller T, Pang MYC.	2021	Baduanjin Qigong Improves Balance, Leg Strength, and Mobility in Individuals With Chronic Stroke: A Randomized Controlled Study.	Neurorehabil Neural Repair.	Neurorehabil Neural Repair. 2021 May;35(5):444-456. doi: 10.1177/15459683211005020. Epub 2021 Apr
Parkinson	RS y MA				
	Aras B, Seyyar GK, Fidan O, Colak E.	2021	The effect of Tai Chi on functional mobility, balance and falls in Parkinson's disease: A systematic review and meta-analysis of systematic reviews	Explore (NY).	Explore (NY). 2021 Dec 13:S1550-8307(21)00247-0. doi: 10.1016/j.explore.2021.12.002

Chen S, Zhang Y, Wang YT, Liu X, Song W, Du X.	2020	The effect of Qigong-based therapy on patients with Parkinson's disease: a systematic review and meta-analysis.	Clin Rehabil.	Clin Rehabil. 2020 Dec;34(12):1436-1448. doi: 10.1177/0269215520946695. Epub 2020 Jul 29. PMID: 32727214
Fidan O, Seyyar GK, Aras B, Colak E, Aras O.	2019	The effect of Tai Chi and Qigong on health-related quality of life in Parkinson's disease: a systematic review and meta-analysis of systematic reviews.	International Journal of Rehabilitation Research	Int J Rehabil Res. 2019;42(3):196–204. doi:10.1097/MRR.000000000000358
Liu, H.-H., Yeh, N.-C., Wu, Y.-F., Yang, Y.-R., Wang, R.-Y., & Cheng, F.-Y.	2019	Effects of Tai Chi Exercise on Reducing Falls and Improving Balance Performance in Parkinson's Disease: A Meta-Analysis.	Parkinson's Disease	Parkinson's Disease, 2019, 1–8. doi:10.1155/2019/9626934
Song, R., Grabowska, W., Park, M., Osypiuk, K., Vergara-Diaz, G. P., Bonato, P., ... Wayne, P. M.	2017	The impact of Tai Chi and Qigong mind-body exercises on motor and non-motor function and quality of life in Parkinson's disease: A systematic review and meta-analysis.	Parkinsonism & Related Disorders	Parkinsonism & Related Disorders, 41, 3–13. doi:10.1016/j.parkreldis.2017.05.019

Yang, Y., Li, X.-Y., Gong, L., Zhu, Y.-L., & Hao, Y.-L.	2014	Tai Chi for Improvement of Motor Function, Balance and Gait in Parkinson's Disease: A Systematic Review and Meta-Analysis.	PLoS ONE	PLoS ONE, 9(7), e102942. doi:10.1371/journal.pone.0102942
Kamieniarz A, Milert A, Grzybowska-Ganszczyk D, Opara J, Juras G.	2021	Tai Chi and Qi Gong therapies as a complementary treatment in Parkinson's disease - a systematic review.	Complement Ther Med.	Complement Ther Med. 2021 Jan;56:102589. doi: 10.1016/j.ctim.2020.102589. Epub 2020 Oct 9. PMID: 33197664.
Kedzior KK, Kaplan I.	2019	Tai Chi and Parkinson's disease (PD): A systematic overview of the scientific quality of the past systematic reviews.	Complementary Therapies in Medicine	Complement Ther Med. 2019;46:144–152. doi:10.1016/j.ctim.2019.08.008
Yu X, Wu X, Hou G, Han P, Jiang L, Guo Q.	2021	The Impact of Tai Chi on Motor Function, Balance, and Quality of Life in Parkinson's Disease: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jan 11;2021:6637612. doi: 10.1155/2021/6637612. PMID: 33505498; PMCID: PMC7814935
ECAs				

	Zhu M, Zhang Y, Pan J, Fu C, Wang Y.	2020	Effect of simplified Tai Chi exercise on relieving symptoms of patients with mild to moderate Parkinson's disease.	J Sports Med Phys Fitness	J Sports Med Phys Fitness. 2020 Feb;60(2):282-288. doi: 10.23736/S0022-4707.19.10104-1. Epub 2019 Oct 25. PMID: 31665879.
	Moon S, Sarmiento CVM, Steinbacher M, Smirnova IV, Colgrove Y, Lai SM, Lyons KE, Liu W.	2020	Can Qigong improve non-motor symptoms in people with Parkinson's disease - A pilot randomized controlled trial?	Complement Ther Clin Pract	Complement Ther Clin Pract. 2020 May;39:101169. doi: 10.1016/j.ctcp.2020.101169. Epub 2020 Apr 2. PMID: 32379638; PMCID: PMC7607921.
Disfunción cognitiva	RS y MA				
	Liu F, Chen X, Nie P, Lin S, Guo J, Chen J, Yu L	2021	Can Tai Chi Improve Cognitive Function? A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	J Altern Complement Med	J Altern Complement Med. 2021 Dec;27(12):1070-1083. doi: 10.1089/acm.2021.0084. Epub 2021 Jul 26.
	Lin R, Cui S, Yang J, Yang H, Feng Z, Wahner-Roedler DL, Zhou X, Salinas M, Mallory MJ, Do	2021	Effects of Tai Chi on Patients with Mild Cognitive Impairment: A Systematic Review and Meta-analysis of	Biomed Res Int.	Biomed Res Int. 2021 Apr 12;2021:5530149. doi: 10.1155/2021/5530149. eCollection 2021

	A, Bublitz SE, Chon TY, Tang C, Bauer BA, Xu M.		Randomized Controlled Trials.		
	Wang X, Wu J, Ye M, Wang L, Zheng G.	2021	Effect of Baduanjin exercise on the cognitive function of middle-aged and older adults: A systematic review and meta-analysis.	Complement Ther Med.	Complement Ther Med. 2021 Jun;59:102727. doi: 10.1016/j.ctim.2021.102727. Epub 2021 Apr 30
	Li C, Zheng D, Luo J.	2021	Effects of traditional Chinese exercise on patients with cognitive impairment: A systematic review and Bayesian network meta-analysis.	Nurs Open	Nurs Open. 2021 Feb 19. doi: 10.1002/nop2.799. Epub ahead of print. PMID: 33605528.
	Wei L, Chai Q, Chen J, Wang Q, Bao Y, Xu W, Ma E.	2020	The impact of Tai Chi on cognitive rehabilitation of elder adults with mild cognitive impairment: a systematic review and meta-analysis.	Disabil Rehabil.	Disabil Rehabil. 2020 Oct 12:1-10. doi: 10.1080/09638288.2020.1830311. Epub ahead of print. PMID: 33043709.
	Wayne, P. M., Walsh, J. N., Taylor-Piliae, R. E., Wells, R. E., Papp, K. V.,	2014	Effect of Tai Chi on Cognitive Performance in Older Adults: Systematic Review and Meta-Analysis.	Journal of the American Geriatrics Society	Journal of the American Geriatrics Society, 62(1), 25–39. doi:10.1111/jgs.12611

Donovan, N. J., & Yeh, G. Y.				
Yu L, Liu F, Nie P, Shen C, Chen J, Yao L.	2020	Systematic review and meta-analysis of randomized controlled trials assessing the impact of Baduanjin exercise on cognition and memory in patients with mild cognitive impairment.	Clin Rehabil.	Clin Rehabil. 2020 Nov 4;269215520969661. doi: 10.1177/0269215520969661. Epub ahead of print. PMID: 33143442
Zhang Q, Hu J, Wei L, Cao R, Ma R, Song H, Jin Y.	2019	Effects of traditional Chinese exercise on cognitive and psychological outcomes in older adults with mild cognitive impairment: A systematic review and meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019 Feb;98(7):e14581. doi: 10.1097/MD.00000000000014581
Zou L, Loprinzi PD, Yeung AS, Zeng N, Huang T.	2019	The Beneficial Effects of Mind-Body Exercises for People With Mild Cognitive Impairment: a Systematic Review With Meta-analysis.	Archives of Physical Medicine and Rehabilitation	Arch Phys Med Rehabil. 2019;100(8):1556–1573. doi:10.1016/j.apmr.2019.03.009

Yang J, Zhang L, Tang Q, Wang F, Li Y, Peng H, Wang S.	2020	Tai Chi is Effective in Delaying Cognitive Decline in Older Adults with Mild Cognitive Impairment: Evidence from a Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Mar 25;2020:3620534. doi: 10.1155/2020/3620534. PMID: 32308706; PMCID: PMC7132349.
ECAs				
Qi D, Wong NML, Shao R, Man ISC, Wong CHY, Yuen LP, Chan CCH, Lee TMC.	2021	Qigong exercise enhances cognitive functions in the elderly via an interleukin-6-hippocampus pathway: A randomized active-controlled trial.	Brain Behav Immun.	Brain Behav Immun. 2021 Jul;95:381-390. doi: 10.1016/j.bbi.2021.04.011. Epub 2021 Apr 17.
Sun, J., Kanagawa, K., Sasaki, J., Ooki, S., Xu, H., & Wang, L.	2015	Tai chi improves cognitive and physical function in the elderly: a randomized controlled trial.	Journal of Physical Therapy Science	Journal of Physical Therapy Science, 27(5), 1467–1471.doi:10.1589/jpts.27.146
Sungkarat, S., Boripuntakul, S., Kumfu, S., Lord, S. R., & Chattipakorn, N.	2018	Tai Chi Improves Cognition and Plasma BDNF in Older Adults With Mild Cognitive Impairment: A Randomized Controlled Trial.	Neurorehabilitation and Neural Repair	Neurorehabilitation and Neural Repair, 32(2), 142–149.doi:10.1177/1545968317753682

	Sungkarat, S., Boripuntakul, S., Chattipakorn, N., Watcharasakul, K., & Lord, S. R.	2016	Effects of Tai Chi on Cognition and Fall Risk in Older Adults with Mild Cognitive Impairment: A Randomized Controlled Trial. J	Journal of the American Geriatrics Society	Journal of the American Geriatrics Society, 65(4), 721–727. doi:10.1111/jgs.14594
	Zheng G, Zheng Y, Xiong Z, Ye B.	2020	Effect of Baduanjin exercise on cognitive function in patients with post-stroke cognitive impairment: a randomized controlled trial.	Clin Rehabil.	Clin Rehabil. 2020 Aug;34(8):1028-1039. doi: 10.1177/0269215520930256. Epub 2020 Jun 10. PMID: 32517490
	Niu Y, Wan C, Zhou B, et al.	2019	Breath Qigong Improves Recognition in Seniors With Vascular Cognitive Impairment.	Alternative Therapy Health Medicine	Altern Ther Health Med. 2019;25(1):20–26.
Otros	RS y MA				
	Winer, S. J., Tsang, W. W., Krishnamurthy, K., & Kannan, P.	2018	Does Tai Chi improve balance and reduce falls incidence in neurological disorders? A systematic review and meta-analysis.	Clinical Rehabilitation	Clinical Rehabilitation, 026921551877344. doi:10.1177/0269215518773442

Taylor, E., & Taylor-Piliae, R. E.	2017	The effects of Tai Chi on physical and psychosocial function among persons with multiple sclerosis: A systematic review.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 31, 100–108.doi:10.1016/j.ctim.2017.03.001
Hu Y, Kattan C, Kontos D, Zhu W, Hernandez ME.	2021	Benefits of tai ji quan practice on neuromuscular functions in older adults: A Systematic Review and meta-analysis.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Feb;42:101295. doi: 10.1016/j.ctcp.2020.101295. Epub 2020 Dec 16. PMID: 33341582.
ECAs				
Pan, Z., Su, X., Fang, Q., Hou, L., Lee, Y., Chen, C., ... Kim, M.-L.	2018	The Effects of Tai Chi Intervention on Healthy Elderly by Means of Neuroimaging and EEG: A Systematic Review.	Frontiers in Aging Neuroscience	Frontiers in Aging Neuroscience, 10.doi:10.3389/fnagi.2018.00110
Qi, Y., Zhang, X., Zhao, Y., Xie, H., Shen, X., Niu, W., & Wang, Y.	2018	The effect of wheelchair Tai Chi on balance control and quality of life among survivors of spinal cord injuries: A randomized controlled trial.	Complementary Therapies in Clinical Practice (SJR 0,58)	Complementary Therapies in Clinical Practice, 33, 7–11.doi:10.1016/j.ctcp.2018.07.004

Cardiología y respiratorio

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Enfermedad obstructiva crónica	RS y MA				
	Xu S, Zhang D, He Q, Ma C, Ye S, Ge L, Zhang L, Liu W, Chen Z, Zhou L.	2022	Efficacy of Liuzijue Qigong in patients with chronic obstructive pulmonary disease: A systematic review and meta-analysis.	Complement Ther Med.	Complement Ther Med. 2022 May;65:102809. doi: 10.1016/j.ctim.2022.102809. Epub 2022 Jan 29
	Gao P, Tang F, Liu W, He K, Mo Y..	2021		Medicine (Baltimore).	Medicine (Baltimore). 2021 Oct 15;100(41):e27344. doi: 10.1097/MD.00000000000027344
	Cao A, Feng F, Zhang L, Zhou X.	2020	Baduanjin exercise for chronic obstructive pulmonary disease: an updated systematic review and meta-analysis.	Clin Rehabil.	Clin Rehabil. 2020 Aug;34(8):1004-1013. doi: 10.1177/0269215520926635. Epub 2020 Jun 10. PMID: 32517512
Ding, M., Zhang, W., Li, K., & Chen, X.	2014	Effectiveness of T'ai Chi and Qigong on Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis.	The Journal of Alternative and Complementary Medicine	The Journal of Alternative and Complementary Medicine, 20(2), 79–86. doi:10.1089/acm.2013.0087	

Guo C, Xiang G, Xie L, Liu Z, Zhang X, Wu Q, Li S, Wu Y.	2020	Effects of Tai Chi training on the physical and mental health status in patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.	J Thorac Dis.	J Thorac Dis. 2020 Mar;12(3):504-521. doi: 10.21037/jtd.2020.01.03. PMID: 32274117; PMCID: PMC7139037
Wu JJ, Zhang YX, Du WS, et al.	2019	Effect of Qigong on self-rating depression and anxiety scale scores of COPD patients: A meta-analysis.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(22):e15776. doi:10.1097/MD.00000000000015776
Wu, W., Liu, X., Wang, L., Wang, Z., hu, jun, & Yan, J.	2014	Effects of Tai Chi on exercise capacity and health-related quality of life in patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis.	International Journal of Chronic Obstructive Pulmonary Disease	International Journal of Chronic Obstructive Pulmonary Disease, 1253. doi:10.2147/copd.s70862
Chen X, Savarese G, Cai Y, Ma L, Lundborg CS, Jiang W, Wen Z, Lu W, Marrone G.	2020	Tai Chi and Qigong Practices for Chronic Heart Failure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Dec 14;2020:2034625. doi: 10.1155/2020/2034625. PMID: 33381195; PMCID: PMC7755480.
Ng SM1, Wang CW, Ho RT, Ziea TC, He J, Wong VC, Chan CL.	2012	Tai chi exercise for patients with heart disease: a systematic review of controlled clinical trials.	Altern Ther Health Med	Altern Ther Health Med. 2012 May-Jun;18(3):16-22.

	Tong H, Liu Y, Zhu Y, Zhang B, Hu J.	2019	The therapeutic effects of qigong in patients with chronic obstructive pulmonary disease in the stable stage: a meta-analysis.	BMC Complementary and Alternative Medicine	2019;19(1):239. Published 2019 Sep 4. doi:10.1186/s12906-019-2639-9
	Xiao L, Duan H, Li P, Wu W, Shan C, Liu X.	2020	A systematic review and meta-analysis of Liuzijue in stable patients with chronic obstructive pulmonary disease.	BMC Complement Med Ther.	BMC Complement Med Ther. 2020 Oct 14;20(1):308. doi: 10.1186/s12906-020-03104-1. PMID: 33054800; PMCID: PMC7557061.
ECAs					
	Yilmaz Gokmen G, Akkoyunlu ME, Kilic L, Algun C.	2019	The Effect of T'ai Chi and Qigong Training on Patients with Obstructive Sleep Apnea: A Randomized Controlled Study.	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2019;25(3):317–325. doi:10.1089/acm.2018.0197
Hipertensión	RS y MA				
	Dai L, Jiang Y, Wang P, Chen K.	2021	Effects of Three Traditional Chinese Fitness Exercises Combined with Antihypertensive Drugs on Patients with Essential Hypertension: A Systematic Review and Network Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Oct 31;2021:2570472. doi: 10.1155/2021/2570472

Jin X, Pan B, Wu H, Xu D.	2019	The effects of traditional Chinese exercise on hypertension: A systematic review and meta-analysis of randomized controlled trials.	Medicine (Baltimore)	Medicine (Baltimore). 2019;98(3):e14049. doi:10.1097/MD.00000000000014049
Zhong D, Li J, Yang H, Li Y, Huang Y, Xiao Q, Liu T, Jin R.	2020	Tai Chi for Essential Hypertension: a Systematic Review of Randomized Controlled Trials.	Curr Hypertens Rep.	Curr Hypertens Rep. 2020 Mar 2;22(3):25. doi: 10.1007/s11906-020-1031-y. PMID: 32124064
Ching SM, Mokshashri NR, Kannan MM, Lee KW, Sallahuddin NA, Ng JX, Wong JL, Devaraj NK, Hoo FK, Loo YS, Veettil SK.	2021	Effects of qigong on systolic and diastolic blood pressure lowering: a systematic review with meta-analysis and trial sequential analysis.	BMC Complement Med Ther	BMC Complement Med Ther. 2021 Jan 6;21(1):8. doi: 10.1186/s12906-020-03172-3. PMID: 33407414; PMCID: PMC7789757
Liu D, Yi L, Sheng M, Wang G, Zou Y.	2020	The Efficacy of Tai Chi and Qigong Exercises on Blood Pressure and Blood Levels of Nitric Oxide and Endothelin-1 in Patients with Essential Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Jul 30;2020:3267971. doi: 10.1155/2020/3267971. PMID: 32802122; PMCID: PMC7414352.
Shao BY, Zhang XT, Vernooij RWM, Lv QY, Hou YY, Bao Q, Lao LX, Liu JP, Zhang Y, Guyatt GH.	2020	The effectiveness of Baduanjin exercise for hypertension: a systematic review and meta-analysis of randomized controlled trials.	BMC Complement Med Ther	BMC Complement Med Ther. 2020 Oct 8;20(1):304. doi: 10.1186/s12906-020-03098-w. PMID: 33032580; PMCID: PMC7545896.

	ECAs				
	Wen J, Su M.	2021	A Randomized Trial of Tai Chi on Preventing Hypertension and Hyperlipidemia in Middle-Aged and Elderly Patients.	Int J Environ Res Public Health.	Int J Environ Res Public Health. 2021 May 20;18(10):5480. doi: 10.3390/ijerph18105480.
	Shou XL, Wang L, Jin XQ, Zhu LY, Ren AH, Wang QN.	2019	Effect of T'ai Chi Exercise on Hypertension in Young and Middle-Aged In-Service Staff.	Journal of Alternative and Complementary Medicine	J Altern Complement Med. 2019;25(1):73–78. doi:10.1089/acm.2018.0011
Mecanismos	RS y MA				
	Rosado-Pérez J, Castelán-Martínez OD, Mújica-Calderón AJ, Sánchez-Rodríguez MA, Mendoza-Núñez VM..	2021	Effect of Tai Chi on Markers of Oxidative Stress: Systematic Review and Meta-Analysis.	Int J Environ Res Public Health	Int J Environ Res Public Health. 2021 Mar 26;18(7):3458. doi: 10.3390/ijerph18073458
	So WWY, Cai S, Yau SY, Tsang HWH.	2019	The Neurophysiological and Psychological Mechanisms of Qigong as a Treatment for Depression: A Systematic Review and Meta-Analysis.	Front Psychiatry	Front Psychiatry. 2019;10:820. Published 2019 Nov 18. doi:10.3389/fpsy.2019.00820
Otros	RS y MA				

	Liu X, Fu C, Hu W, Hao S, Xie L, Wu X, Wang J, Liu Z, Lin Q, Li S.	2021	The effect of Tai Chi on the pulmonary rehabilitation of chronic obstructive pulmonary disease: a systematic review and meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2021 Apr;10(4):3763-3782. doi: 10.21037/apm-20-940. Epub 2021 Apr 15
	Huang J, Qin X, Shen M, Xu Y, Huang Y.	2021	The Effects of Tai Chi Exercise Among Adults With Chronic Heart Failure: An Overview of Systematic Review and Meta-Analysis.	Front Cardiovasc Med.	Front Cardiovasc Med. 2021 Mar 18;8:589267. doi: 10.3389/fcvm.2021.589267. eCollection 2021.
ECAs					
	Zheng Y, Zhang Y, Li H, Qiao L, Fu W, Yu L, Li G, Yang J, Ni W, Yong Z, Wang Y, Fan H.	2021	Comparative Effect of Liuzijue Qigong and Conventional Respiratory Training on Trunk Control Ability and Respiratory Muscle Function in Patients at an Early Recovery Stage From Stroke: A Randomized Controlled Trial.	Arch Phys Med Rehabil	Arch Phys Med Rehabil. 2021 Mar;102(3):423-430. doi: 10.1016/j.apmr.2020.07.007. Epub 2020 Aug 12. PMID: 32795561
	Gilliam EA, Cheung T, Kraemer K, Litrownik D, Wayne PM, Moy ML, Yeh GY.	2021	The impact of Tai Chi and mind-body breathing in COPD: Insights from a qualitative sub-study of a randomized controlled trial.	PLoS One.	PLoS One. 2021 Apr 8;16(4):e0249263. doi: 10.1371/journal.pone.0249263. eCollection 2021.

Otros

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Osteoporosis	Zhang Y, Chai Y, Pan X, Shen H, Wei X, Xie Y..	2019	Tai chi for treating osteopenia and primary osteoporosis: a meta-analysis and trial sequential analysis	Clinical Interventions in Aging	Clin Interv Aging. 2019;14:91–104. Published 2019 Jan 3. doi:10.2147/CIA.S187588
	Koren Y, Leveille S, You T.	2021	Tai Chi Interventions Promoting Social Support and Interaction Among Older Adults: A Systematic Review.	Res Gerontol Nurs.	Res Gerontol Nurs. 2021 May-Jun;14(3):126-137. doi: 10.3928/19404921-20210325-02. Epub 2021 May 1.
	Wang LC, Ye MZ, Xiong J, Wang XQ, Wu JW, Zheng GH.	2021	Optimal exercise parameters of tai chi for balance performance in older adults: A meta-analysis.	J Am Geriatr Soc.	J Am Geriatr Soc. 2021 Jul;69(7):2000-2010. doi: 10.1111/jgs.17094. Epub 2021 Mar 26
	Zhao J, Chau JPC, Lo SHS, Choi KC, Liang S.	2021	The effects of sitting Tai Chi on physical and psychosocial health outcomes among individuals with impaired physical mobility: A systematic review and meta-analysis.	Int J Nurs Stud.	Int J Nurs Stud. 2021 Jun;118:103911. doi: 10.1016/j.ijnurstu.2021.103911. Epub 2021 Mar 3.

	Wehner C, Blank C, Arvandi M, Wehner C, Schobersberger W.	2021	Effect of Tai Chi on muscle strength, physical endurance, postural balance and flexibility: a systematic review and meta-analysis.	BMJ Open Sport Exerc Med.	BMJ Open Sport Exerc Med. 2021 Feb 5;7(1):e000817. doi: 10.1136/bmjsem-2020-000817. eCollection 2021
	Huang J, Wang D, Wang J..	2021	Clinical Evidence of Tai Chi Exercise Prescriptions: A Systematic Review.	Evid Based Complement Alternat Med.	Evid Based Complement Alternat Med. 2021 Mar 10;2021:5558805. doi: 10.1155/2021/5558805
	Siu PM, Yu AP, Chin EC, Yu DS, Hui SS, Woo J, Fong DY, Wei GX, Irwin MR.	2021	Effects of Tai Chi or Conventional Exercise on Central Obesity in Middle-Aged and Older Adults : A Three-Group Randomized Controlled Trial.	Ann Intern Med.	Ann Intern Med. 2021 Aug;174(8):1050-1057. doi: 10.7326/M20-7014. Epub 2021 Jun 1.)
	Chau JPC, Leung LYL, Liu X, Lo SHS, Choi KC, Zhao J, Chiang HCY.	2021	Effects of Tai Chi on health outcomes among community-dwelling adults with or at risk of metabolic syndrome: A systematic review.	Complement Ther Clin Pract.	Complement Ther Clin Pract. 2021 Aug;44:101445. doi: 10.1016/j.ctcp.2021.101445. Epub 2021 Jul 10.
	Kraemer KM, Litrownik D, Moy ML, Wayne PM, Beach D, Klings ES, Reyes Nieva H, Pinheiro A, Davis RB, Yeh GY.	2021	Exploring Tai Chi Exercise and Mind-Body Breathing in Patients with COPD in a Randomized Controlled Feasibility Trial.	COPD	COPD. 2021 Jun;18(3):288-298. doi: 10.1080/15412555.2021.1928037. Epub 2021 Jun 9.

	Ren FF, Chen FT, Zhou WS, Cho YM, Ho TJ, Hung TM, Chang YK.	2021	Effects of Chinese Mind-Body Exercises on Executive Function in Middle-Aged and Older Adults: A Systematic Review and Meta-Analysis.	Front Psychol	Front Psychol. 2021 May 21;12:656141. doi: 10.3389/fpsyg.2021.656141. eCollection 2021.
	Solianik R, Mickevičienė D, Žlibinaitė L, Čekanauskaitė A.	2021	Tai chi improves psychoemotional state, cognition, and motor learning in older adults during the COVID-19 pandemic.	Exp Gerontol.	Exp Gerontol. 2021 Jul 15;150:111363. doi: 10.1016/j.exger.2021.111363. Epub 2021 Apr 19
	Rodrigues JM, Mestre M, Fredes LI.	2019	Qigong in the treatment of children with autism spectrum disorder: A systematic review.	Journal of Integrative Medicine	J Integr Med. 2019;17(4):250–260. doi:10.1016/j.joim.2019.04.003
	Chewning B, Hallisy KM, Mahoney JE, Wilson D, Sangasubana N, Gangnon R.	2020	Disseminating Tai Chi in the Community: Promoting Home Practice and Improving Balance.	Gerontologist	Gerontologist. 2020 May 15;60(4):765-775. doi: 10.1093/geront/gnz006. PMID: 30811543; PMCID: PMC7228442.
	Cocchiara RA, Dorelli B, Gholamalishahi S, Longo W, Musumeci E, Mannocci A, La Torre G.	2020	Tai Chi and Workplace Wellness for Health Care Workers: A Systematic Review.	Int J Environ Res Public Health	Int J Environ Res Public Health. 2020 Jan 3;17(1):343. doi: 10.3390/ijerph17010343. PMID: 31947867; PMCID: PMC6982315.

	Gonçalves M, Matos LC, Duarte L, Machado J, Greten HJ, Franconi G.	2020	Problems of scientific methodology related to placebo control in Qigong studies: A systematic review.	J Bodyw Mov Ther.	J Bodyw Mov Ther. 2020 Oct;24(4):261-270. doi: 10.1016/j.jbmt.2020.06.035. Epub 2020 Jul 11. PMID: 33218521.
	Kreutz C, Schmidt ME, Steindorf K.	2019	Effects of physical and mind-body exercise on sleep problems during and after breast cancer treatment: a systematic review and meta-analysis.	Breast Cancer Research and Treatment	Breast Cancer Res Treat. 2019;176(1):1-15. doi:10.1007/s10549-019-05217-9
	Oh B, Bae K, Lamoury G, Eade T, Boyle F, Corless B, Clarke S, Yeung A, Rosenthal D, Schapira L, Back M.	2020	The Effects of Tai Chi and Qigong on Immune Responses: A Systematic Review and Meta-Analysis.	Medicines (Basel)	Medicines (Basel). 2020 Jun 30;7(7):39. doi: 10.3390/medicines7070039. PMID: 32629903; PMCID: PMC7400467.
	Tang J, Huang W, Chen X, et al.	2019	Liuzijue Qigong: A Voice Training Method For Unilateral Vocal Fold Paralysis Patients.	Annals of Otolaryngology, Rhinology, and Laryngology	Ann Otol Rhinol Laryngol. 2019;128(7):654-661. doi:10.1177/0003489419837265
	Toneti BF, Barbosa RFM, Mano LY, Sawada LO, Oliveira IG, Sawada NO.	2020	Benefits of Qigong as an integrative and complementary practice for health: a systematic review.	Rev Lat Am Enfermagem	Rev Lat Am Enfermagem. 2020;28:e3317. doi: 10.1590/1518-8345.3718.3317. Epub 2020 Jul 15. PMID: 32696918; PMCID: PMC7365612
	Wehner C, Blank C, Arvandi M, Wehner C, Schobersberger W.	2021	Effect of Tai Chi on muscle strength, physical endurance, postural balance and flexibility: a systematic review and meta-analysis.	BMJ Open Sport Exerc Med.	BMJ Open Sport Exerc Med. 2021 Feb 5;7(1):e000817. doi: 10.1136/bmjsem-2020-000817.

					PMID: 33614126; PMCID: PMC7871341.
	Wu C, Zheng Y, Duan Y, et al.	2019	Nonpharmacological Interventions for Cancer-Related Fatigue: A Systematic Review and Bayesian Network Meta-Analysis.	Worldviews Evidence Based Nursery	Worldviews Evid Based Nurs. 2019;16(2):102–110. doi:10.1111/wvn.12352
	Zhang S, Zhu Q, Zhan C, Cheng W, Mingfang X, Fang M, Fang L.	2020	Acupressure therapy and Liu Zi Jue Qigong for pulmonary function and quality of life in patients with severe novel coronavirus pneumonia (COVID-19): a study protocol for a randomized controlled trial.	Trials	Trials. 2020 Aug 27;21(1):751. doi: 10.1186/s13063-020-04693-5. PMID: 32854761; PMCID: PMC7450683.
	Zhao J, Chau JPC, Lo SHS, Choi KC, Liang S.	2021	The effects of sitting Tai Chi on physical and psychosocial health outcomes among individuals with impaired physical mobility: A systematic review and meta-analysis.	Int J Nurs Stud.	Int J Nurs Stud. 2021 Mar 3;118:103911. doi: 10.1016/j.ijnurstu.2021.103911. Epub ahead of print. PMID: 33751992.
	Zhou S, Zhang Y, Kong Z, et al. The	2019	Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial.	International Journal of Environmental Research and Public Health	Int J Environ Res Public Health. 2019;16(5):753. Published 2019 Mar 1. doi:10.3390/ijerph16050753

Insomnio	Si Y, Wang C, Yin H, Zheng J, Guo Y, Xu G, Ma Y.	2020	Tai Chi Chuan for Subjective Sleep Quality: A Systematic Review and Meta-Analysis of Randomized Controlled Trials..	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2020 Aug 11;2020:4710527. doi: 10.1155/2020/4710527. PMID: 32849900; PMCID: PMC7439202
Escleroderma	Cetin SY, Calik BB, Ayan A.	2020	Investigation of the effectiveness of Tai Chi exercise program in patients with scleroderma: A randomized controlled study. Complement	Ther Clin Pract.	Ther Clin Pract. 2020 Aug;40:101181. doi: 10.1016/j.ctcp.2020.101181. Epub 2020 Apr 25. PMID: 32891271.
Otros	Fang J, Zhang L, Wu F, Ye J, Cai S, Lian X.	2021	The Safety of Baduanjin Exercise: A Systematic Review.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 Jan 21;2021:8867098. doi: 10.1155/2021/8867098. PMID: 33552220; PMCID: PMC7847359.
	Shu C, Feng S, Cui Q, Cheng S, Wang Y.	2021	Impact of Tai Chi on CRP, TNF-alpha and IL-6 in inflammation: a systematic review and meta-analysis.	Ann Palliat Med.	Ann Palliat Med. 2021 Jul;10(7):7468-7478. doi: 10.21037/apm-21-640.

GUASHA

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Dolor	ECAs				
	Braun, M., Schwickert, M., Nielsen, A., Brunnhuber, S., Dobos, G., Musial, F., ... Michalsen, A.	2011	Effectiveness of Traditional Chinese “Gua Sha” Therapy in Patients with Chronic Neck Pain: A Randomized Controlled Trial.	Pain Medicine	Pain Medicine, 12(3), 362–369. doi:10.1111/j.1526-4637.2011.01053.x
	Chiu, J.-Y., Gau, M.-L., Kuo, S.-Y., Chang, Y.-H., Kuo, S.-C., & Tu, H.-C.	2010	Effects of Gua-Sha Therapy on Breast Engorgement.	Journal of Nursing Research	Journal of Nursing Research, 18(1), 1–10. doi:10.1097/jnr.0b013e3181ce4f8e
	Meng, F., Duan, P., Zhu, J., Lou, Q., Fang, Z., An, H., ... Hu, Q.	2017	Effect of Gua sha therapy on perimenopausal syndrome.	Menopause	Menopause, 24(3), 299–307. doi:10.1097/gme.0000000000000752
	Lauche, R., Wübbeling, K., Lütke, R., Cramer, H., Choi, K.-E., Rampp, T., ... Dobos, G. J.	2012	Randomized Controlled Pilot Study: Pain Intensity and Pressure Pain Thresholds in Patients with Neck and Low Back Pain Before and After Traditional East Asian “Gua Sha” Therapy.	The American Journal of Chinese Medicine	The American Journal of Chinese Medicine, 40(05), 905–917. doi:10.1142/s0192415x1250067x

	Saha, F. J., Brummer, G., Lauche, R., Ostermann, T., Choi, K.-E., Rampp, T., ... Cramer, H..	2019	Gua Sha therapy for chronic low back pain: A randomized controlled trial	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 34, 64–69. doi:10.1016/j.ctcp.2018.11.002
	Yuen, J. W. M., Tsang, W. W. N., Tse, S. H. M., Loo, W. T. Y., Chan, S.-T., Wong, D. L. Y., ... Chiang, V. C. L.	2017	The effects of Gua sha on symptoms and inflammatory biomarkers associated with chronic low back pain: A randomized active-controlled crossover pilot study in elderly.	Complementary Therapies in Medicine	Complementary Therapies in Medicine, 32, 25–32. doi:10.1016/j.ctim.2017.03.010
Ginecología	RS y MA				
	Ren, Q., Yu, X., Liao, F., Chen, X., Yan, D., Nie, H., ... Zhou, X.	2018	Effects of Gua Sha therapy on perimenopausal syndrome: A systematic review and meta-analysis of randomized controlled trials.	Complementary Therapies in Clinical Practice	Complementary Therapies in Clinical Practice, 31, 268–277. doi:10.1016/j.ctcp.2018.03.012
Neurología	ECAs				
	Tu, W., Cheng, R., Hu, J., Wang, J., Lin, H., Zou, E., ... Jiang, S.	2014	Combination treatment with Gua Sha and Blood-letting causes attenuation of systemic inflammation, activated	Chinese Journal of Integrative Medicine	Chinese Journal of Integrative Medicine, 21(8), 610–617. doi:10.1007/s11655-014-1816-4

			coagulation, tissue ischemia and injury during heatstroke in rats.		
	Xie X, Lu L, Zhou X, et al.	2019	Effect of Gua Sha therapy on patients with diabetic peripheral neuropathy: A randomized controlled trial.	Complementary Therapies in Clinical Practice	Complement Ther Clin Pract. 2019;35:348–352. doi:10.1016/j.ctcp.2019.03.018
Otros	ECAs				
	Chen T, Liu N, Liu J, Zhang X, Huang Z, Zang Y, Chen J, Dong L, Zhang J, Ding Z..	2016	Gua Sha, a press-stroke treatment of the skin, boosts the immune response to intradermal vaccination.	PeerJ	PeerJ 4:e2451 https://doi.org/10.7717/peerj.2451

MICROSANGRADURA

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
Urticaria crónica	RS y MA				
	Yao Q, Zhang X, Mu Y, Liu Y, An Y, Zhao B.	2019	Bloodletting Therapy for Patients with Chronic Urticaria: A Systematic Review and Meta-Analysis.	Biomed Res Int	Biomed Res Int. 2019;2019:8650398. Published 2019 Apr 16. doi:10.1155/2019/8650398
HTA	Xiong XJ, Wang PQ, Li SJ.	2019	Blood-Letting Therapy for Hypertension: A Systematic Review and Meta-Analysis of Randomized Controlled Trials	Chinese Journal of Integrative Medicine	Chin J Integr Med. 2019;25(2):139–146. doi:10.1007/s11655-018-3009-2
Varices	ECAs				
	Jiang H, Qiu LL, Li YY, Gu LP, Liu QG.	2020	[Efficacy and mechanism of fire needling bloodletting for lower extremity varicose veins].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Sep 12;40(9):953-6. Chinese. doi: 10.13703/j.0255-2930.20190815-k0004. PMID: 32959590.
Migraña	Liu LY, Guo H, Ren MQ, Shen L, Chen L, Ma WZ.	2019	Bloodletting acupuncture at jing-well points along three-yang meridians of foot combined with acupuncture on	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2020;40(1):32–36. doi:10.13703/j.0255-2930.20190714-k0006

			migraine: Va randomized controlled trial		
Dolor	Qiao HW, Gao CM, Liu ZY, Huang S, Ma C, Liu NW.	2020	[Effect of bloodletting at tip of ear with different amounts on pain in patients with early-stage stye: a randomized controlled trial].	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2020 Aug 12;40(8):845-8. Chinese. doi: 10.13703/j.0255-2930.20191011-k0007. PMID: 32869593.

CRANEOPUNTURA

ÁREA	AUTOR	AÑO	TÍTULO	REVISTA	Referencia
RS y MA					
Demencia	Li J, Man Q, Wang W, Pang R, Liu J, Zhang F, Zhang A.	2020	Scalp acupuncture for patients with vascular dementia: A protocol for systematic review and meta-analysis of randomized controlled trails.	Medicine (Baltimore)	Medicine (Baltimore). 2020 Oct 23;99(43):e22798. doi: 10.1097/MD.00000000000022798. PMID: 33120799; PMCID: PMC7581174.
Autismo	Jia YN, Gu JH, Wei QL, Jing YZ, Gan XY, Du XZ.	2021	Effect of scalp acupuncture stimulation on mood and sleep in children with autism spectrum disorder.	Zhen Ci Yan Jiu.	Zhen Ci Yan Jiu. 2021 Nov 25;46(11):948-52. doi: 10.13702/j.1000-0607.20210276
RS y MA					
	Liu C, Li T, Wang Z, Zhou R, Zhuang L.	2019	Scalp acupuncture treatment for children's autism spectrum disorders: A systematic review and meta-analysis.	Medicine (Baltimore).	Medicine (Baltimore). 2019;98(13):e14880. doi:10.1097/MD.00000000000014880
ECAs					
	Zhang SH, Wang YL, Zhang CX, Zhang CP,	2022	Effect of Interactive Dynamic Scalp Acupuncture on Post-Stroke	Chin J Integr Med	Chin J Integr Med. 2022 Feb;28(2):106-115. doi:

	Xiao P, Li QF, Liang WR, Pan XH, Zhou MC.		Cognitive Function, Depression, and Anxiety: A Multicenter, Randomized, Controlled Trial.		10.1007/s11655-021-3338-1. Epub 2021 Dec 7
	Lou XQ, Liu X, Liu CH, Lin HJ, Liu H, Ling J.	2021	Therapeutic effect of electric-balance stimulation with scalp acupuncture for motor aphasia after cerebral infarction	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Nov 12;41(11):1211-5. doi: 10.13703/j.0255-2930.20210302-k0005
	Xu L, Li F, Wang M, Yan XZ, Du YH.	2021	Scalp acupuncture combined with suspension training for balance dysfunction in patients with stroke: a randomized controlled trial	Zhongguo Zhen Jiu.	Zhongguo Zhen Jiu. 2021 Dec 12;41(12):1308-12. doi: 10.13703/j.0255-2930.20201217-0002.
Hemiplejía niños	Luo W, Wang PQ, Liu CL, Huang C, Yang Y, Wang YM.	2020	[Therapeutic effect of scalp acupuncture combined with rehabilitation training on balance dysfunction in children with spastic hemiplegia].	Zhen Ci Yan Jiu	Zhen Ci Yan Jiu. 2020 Aug 25;45(8):662-6. Chinese. doi: 10.13702/j.1000-0607.190461. PMID: 32869578.
Cognitivo	ECAs				
	Xiong J, Zhang Z, Ma Y, Li Z, Zhou F, Qiao N, Liu Q, Liao W.	2020	The effect of combined scalp acupuncture and cognitive training in patients with stroke on cognitive and motor functions.	NeuroRehabilitation	NeuroRehabilitation. 2020;46(1):75-82. doi: 10.3233/NRE-192942. PMID: 32039871.
	Zhang Q, Wang Y, Ji G, Cao F, Hu G, Cong D, Xu X, Song B.	2020	Standardization of rehabilitation program for post-apoplectic limb spasm treated by Tongjing Tiaoxing tuina and scalp acupuncture with physical therapy.	Medicine (Baltimore)	Medicine (Baltimore). 2020 May 22;99(21):e20368. doi: 10.1097/MD.00000000000020368.

					PMID: 32481332; PMID: PMC7250062.
	Chen JL, Leng W.Zhongguo Zhen Jiu. 2021 Feb 12;41(2):127-30. doi: 10.13703/j.0255-2930.20191205-0002.	2021	Effect of scalp acupuncture on cognitive function and self-care ability of daily life in patients with traumatic brain injury.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Feb 12;41(2):127-30. doi: 10.13703/j.0255-2930.20191205-0002.
	Zhang CX, Zhang SH, Wang YL, Zhang CP, Li QF, Pan WY, Liang WR.	2021	Interactive scalp acupuncture for cognitive dysfunction after stroke: a randomized controlled trial.	Zhongguo Zhen Jiu	Zhongguo Zhen Jiu. 2021 Mar 12;41(3):252-6. doi: 10.13703/j.0255-2930.20200212-k0003.
Insomnio	RS y MA				
	Liu FG, Tan AH, Peng CQ, Tan YX, Yao MC..	2021	Efficacy and Safety of Scalp Acupuncture for Insomnia: A Systematic Review and Meta-Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 May 22;2021:6621993. doi: 10.1155/2021/6621993
ATM	ECAs				
	Peixoto KO, da Silva Bezerra A, Melo RA, de Resende CMBM,	2021	Short-Term Effect of Scalp Acupuncture on Pain, Sleep Disorders, and Quality of Life in Patients	Pain Med.	Pain Med. 2021 Apr 20;22(4):905-914. doi: 10.1093/pm/pnab048

	de Almeida EO, Barbosa GAS.		with Temporomandibular Disorders: A A Randomized Clinical Trial.		
Otros	ECAs				
	Liu Z, Huang J, Xu Y, Wu J, Tao J, Chen L.	2021	Cost-effectiveness of speech and language therapy plus scalp acupuncture versus speech and language therapy alone for community-based patients with Broca's aphasia after stroke: a post hoc analysis of data from a randomised controlled trial.	BMJ Open	BMJ Open. 2021 Sep 6;11(9):e046609. doi: 10.1136/bmjopen-2020-046609
	Liu FG, Tan AH, Peng CQ, Tan YX, Yao MC.	2021	Efficacy and Safety of Scalp Acupuncture for Insomnia: A Systematic Review and Meta- Analysis.	Evid Based Complement Alternat Med	Evid Based Complement Alternat Med. 2021 May 22;2021:6621993. doi: 10.1155/2021/6621993.