# OVERVIEW OF WESTERN HERBAL MEDICINES FOR PREVENTING AND TREATING HEALTH CONDITIONS

## APPENDICES A TO C

prepared by
**HT**ANALYSTS

for
National Health and Medical Research Council

NHMRC | Natural Therapies Working Committee
Canberra ACT 2601

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# Report information

## Authors

Jorgensen MA[1], Ryder I[1], Rutherford L[1], Antony T[1]

[1] **HT**ANALYSTS, Level 8, 46 Kippax Street, Surry Hills NSW 2010 Australia

## Dates

This technical report and accompanying evidence evaluation report received approval from the National Health and Medical Research Council (NHMRC) Natural Therapies Working Committee (NTWC) on 20 November 2024.

The protocol for the evidence evaluation received approval from the NHMRC NTWC on 11 March 2021 (PROSPERO: CRD42021243337).

## History

NHMRC were engaged by the Department of Health and Aged Care (formerly Department of Health; Department) to update the evidence underpinning the *2015 Review of the Australian Government Rebate on Natural Therapies for Private Health Insurance* (2015 Review) (1). The natural therapies to be reviewed are Alexander technique, aromatherapy, Bowen therapy, Buteyko, Feldenkrais, homeopathy, iridology, kinesiology, naturopathy, Pilates, reflexology, Rolfing, shiatsu, tai chi, western herbal medicine and yoga. These therapies are among those excluded from the private health insurance rebate as of 1 April 2019.

To support NHMRC in their evidence review, **HT**ANALYSTS (formerly Health Technology Analysts) were engaged to conduct an overview of the evidence of clinical effectiveness of western herbal medicines. Eligible studies received from the Department's public call for evidence, the Natural Therapies Review Expert Advisory Panel (NTREAP) and the NTWC were included in the evidence evaluation.

This technical report has been developed by **HT**ANALYSTS in conjunction with NHMRC, NTWC, and NTREAP. It provides the appendices and supplementary data related to an evidence valuation of the effect of western herbal medicines for preventing and treating health conditions. The main body of evidence is presented in the Evidence Evaluation Report. All associated materials have been developed in a robust and transparent manner in accordance with relevant best practice standards (2-5).

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# List of abbreviations

| | |
|---|---|
| BRISA | Regional Base of Health Technology Assessment Reports of the Americas |
| CINAHL | Cumulative Index to Nursing and Allied Health Literature |
| COMET | Core Outcome Measures in Effectiveness Trials |
| GRADE | Grading of Recommendations Assessment, Development and Evaluation |
| ITT | Intent-to-treat |
| MCID | minimal clinically important differences |
| MD | mean difference |
| MID | minimal important difference |
| NHMRC | National Health and Medical Research Council |
| NRSI | Nonrandomised study of an intervention |
| NTREAP | Natural Therapies Review Expert Advisory Panel |
| NTWC | Natural Therapies Working Committee |
| OR | Odds ratios |
| PAHO | Pan American Health Organization |
| PICO | Population, Intervention, Comparator, Outcome |
| PP | Per protocol |
| PRISMA | Preferred Reporting Items for Systematic Reviews and Meta-Analyses |
| RCT | Randomised controlled trial |
| RoB | Risk of bias |
| RR | Risk ratios |
| SD | Standard deviation |
| SMD | standardised mean difference |
| SR | Systematic review |
| TIDIER | Template for Intervention Description and Replication |

# Appendix A Searching, selection criteria and screening

## A1 Search methods

This appendix documents the search strategy used to inform the overview on the effects of WHMs for preventing and treating any health condition.

### A1.1 Electronic searches

The literature search strategy was developed in Ovid (for Embase, MEDLINE, and Emcare) based on a key element of research question (i.e. the intervention). The search was not limited by population or outcome, but rather by study type; with methodological filters previously developed for identifying systematic reviews used.

In developing the search strategy, we included common names, alternative names and Latin names of the individual herbal medicines found on List A of the core herbal medicines published by the Naturopaths & Herbalists Association of Australia (NHAA; previously National Herbalists Association of Australia) (see **Appendix A8)**. Recent systematic reviews identified in the scoping report and studies suggested by the NTWC were also reviewed to identify other potentially relevant search concepts. Terms or concepts proven not suitable were removed and other terms added.

No date, language or geographic limitations were applied when conducting the search of English language databases. Non-English databases were not searched.

The search strategy was adapted to suit the required syntax for the following electronic bibliographic databases:

- Cochrane Database of Systematic Reviews
- Embase (via Ovid)
- MEDLINE (via Ovid)
- Emcare (via Ovid) – coverage of all nursing specialty areas
- PsycINFO (via Ovid) – coverage of behavioural science and mental health
- AMED (via Ovid) – coverage of Allied and Complementary Medicine
- CINAHL (via *EBSCOHost*) – Cumulative Index to Nursing and Allied Health Literature
- PubMed (limited to in-process citations and citations not indexed in MEDLINE) – to retrieve citations not yet indexed in OVID
- Pan American Health Organization (PAHO) Virtual Health Library (VHL) – including Lilacs (Health information from Latin America and the Caribbean countries), PAHO IRIS (institutional repository for information sharing), and BRISA (Regional Base of Health Technology Assessment Reports of the Americas)
- Systematic Review Data Repository (SRDR)

Details of the search strategy and results for each database are provided in **Appendix A3**.

### A1.2 Other resources

Reference lists of key relevant articles were checked to identify any additional studies not identified through searches of the primary databases. The public was also invited by the Department to submit references for published research evidence (not examined in the 2015 Review). Grey literature was not eligible for inclusion.

## A1.3 Publication date

The literature was searched up to 22 April 2021. There were no limitations on publication date, however, systematic reviews published after the literature search date were not eligible for inclusion. Reviews that were published (or submitted to the Department) after the literature search date were listed within the *'Reviews awaiting classification'* table of the evaluation report. These systematic reviews were not subjected to a formal evidence evaluation however, a brief statement about the review and the potential impact of its findings on the overall conclusions of the evidence review were included under the relevant sections of the review (including *'Overall completeness and applicability of evidence'*).

## A1.4 Studies published in languages other than English

The literature search, as well as the Department's call for evidence, was not limited by language of publication. Reviews in languages other than English could be identified via the English-language databases listed in Appendix A1.1 however, however databases in languages other than English were not searched.

For pragmatic reasons, potentially eligible systematic reviews did not undergo full text translation or data extraction but were documented via a process outlined in Appendix A5.3 *'Reviews published in languages other than English'*.

# A2 Search strategy

The search strategy was developed in-house for the Ovid interface and was adapted to suit EBSCOHost, the Cochrane Library and PubMed (limited to in-process citations and citations not indexed in MEDLINE).

## Concept: Study design limits (systematic review, not animals)

1. exp meta analysis/ or meta analysis.mp. or exp systematic review/ or systematic review.mp. or pooled analysis.mp. or ((exp review/ or review.mp.) and (systemat* or pool*).mp.)
2. case report/
3. (editorial or letter or comment or historical article).pt.
4. (animals/ or nonhuman/) not humans/
5. 2 or 3 or 4

## Concept: Western Herbal Medicine

6. *herbal drugs/
7. *herbaceous agent/
8. *herbal drug/
9. *herbal medicinal product/
10. *medicinal plant/
11. *traditional medicine/
12. *plant extracts/
13. *plants medicinal/
14. *herbalism/
15. *herbal medicine/
16. *phytotherapy/
17. or/6-16
18. 1 and 17
19. (Chinese or ayurved$).ti.
20. 18 not (5 or 19)

## Concept: individual herbs

21. (((a or achillea) adj millefoli*) or yarrow or achillea or millefolii herba).ti,ab.
22. (((a or actaea) adj racemosa) or black cohosh or Black snakeroot or Cimicifuga racemosa).ti,ab.
23. (((a or Aesculus) adj hippocastanum) or horse chesnut or conker tree or Hippocastani semen).ti,ab.
24. (((a or Albizia) adj lebbe#k) or albizia or lebbe#k).ti,ab.
25. (((Allium or a) adj cepa) or onion or Allii cepae bulbus).ti,ab.
26. (((Allium or a) adj sativum) or garlic or Allii sativi bulus).ti,ab.
27. (aloe or Curacao aloes or Barbados aloes or Cape aloes).ti,ab
28. (((a or Althaea) adj officinalis) or Marshmallow or marsh mallow or Althaeae radix).ti,ab.
29. (((Andrographis or a) adj paniculata) or andrographis).ti,ab.
30. (Angelica or archangelica).ti,ab.
31. (((a or apium) adj graveolens) or celery).ti,ab.
32. (((a or Arctium) adj lappa) or Burdock).ti,ab.
33. (((Arctostaphylos or a) adj uva ursi) or Bearberry or uva ursi or uvae ursi).ti,ab.
34. (((Armoracia or a) adj rusticana) or Horseradish).ti,ab.
35. (((a or Artemisia) adj absinthium) or Wormwood).ti,ab.
36. (((Astragalus or a) adj propinquus) or ((Astragalus or a) adj (membranace?us or membranac*)) or Astragalus or milkvetch or milk vetch).ti,ab.
37. (((Avena or a) adj sativa) or oats or Avenae fructus).ti,ab.
38. (((b or Bacopa) adj monnier#) or Bacopa or brahmi or water hyssop).ti,ab.
39. (((b or Berberis) adj vulgaris) or Barberry).ti,ab.
40. (((b or Boswellia) adj serrata) or Boswellia or frankincen#e).ti,ab.
41. (((B or Bupleurum) adj falcatum) or Bupleurum).ti,ab.
42. (((c or Calendula) adj officinalis) or (Calendula or marigold)).ti,ab.
43. (((c or Camellia) adj sinensis) or green tea).ti,ab.

44. (((Capsicum or c) adj (minimum or annuum or frutescens)) or cayenne or red pepper or bell pepper or hot pepper or chilli or capsicum).ti,ab.
45. (((Cassia or c) adj (angustifolia or senna)) or ((senna or s) adj alexandria) or indian senna).ti,ab.
46. (((c or Centella) adj asiatica) or Gotu kola or pennywort).ti,ab.
47. (((c or Chelidonium) adj majus) or Celandine).ti,ab.
48. (((c or cinnamomum) adj (zeylanicum or cassia or verum or aromaticum)) or cinnamon or Cinnamomi cortex).ti,ab.
49. (((c or Coleus) adj forskohlii) or ((Plectranthus or p) adj barbatus) or Coleus or Forskohlii).ti,ab.
50. (((Commiphora or c) adj (myrrha or molmol)) or myrrh).ti,ab.
51. (((Crataegus or c) adj (oxyacantha or monogyna)) or hawthorn).ti,ab.
52. (((Crocus or c) adj sativus) or saffron).ti,ab.
53. (((Curcuma or c) adj longa) or turmeric or curcumin).ti,ab.
54. (((Cynara or c) adj scolymus) or artichoke).ti,ab.
55. (((Dioscorea or d) adj villosa) or wild yam).ti,ab.
56. (((Drosera or d) adj (rotundifolia or angelica or intermedia)) or sundew).ti,ab.
57. Echinaceae or Echinacea.ti,ab.
58. (((e or Eleutherococcus) adj senticosus) or Siberian Ginseng or Acanthopanax senticosus).ti,ab.
59. (((elymus or elytr#gia or e or Agropyron or a) adj repens) or couch grass).ti,ab.
60. (((e or Equisetum) adj arvense) or horsetail).ti,ab.
61. (((Eschschol?zia or e) adj californica) or California poppy).ti,ab.
62. (Eucalyptus or e) adj globulus or eucalyptus).ti,ab.
63. (((Eupatorium or e) adj perfoliatum) or Boneset).ti,ab.
64. (((Euphorbia or e) adj hirta) or asthma adj (weed or plant)).ti,ab.
65. (((Euphrasia or e) adj officinalis or rostkoviana) or eyebright).ti,ab.
66. (((Filipendula or f) adj ulmaria) or meadowsweet).ti,ab.
67. (((Frangula or f or rhamnus or r) adj purshiana) or cascara).ti,ab.
68. (((Fucus or f) adj vesiculosus) or bladderwrack).ti,ab.
69. (((Galega or g) adj officinalis) or Goat's rue or galega or french lilac).ti,ab.
70. (((Galium or g) adj aparine) or cleavers).ti,ab.
71. (((Gentiana or g) adj lutea) or gentian or Gentianae radix).ti,ab.
72. (((Geranium or g) adj maculatum) or Cranesbill or geranium).ti,ab.
73. (((Ginkgo or g) adj biloba) or ginkgo or gingko).ti,ab.
74. (((Glycyrrhiza or g) adj glabra) or licorice or Liquiritiae radix or liquorice).ti,ab.
75. (((Gymnema or g) adj sylvestre) or Gymnema).ti,ab.
76. (((Hamamelis or h) adj virginiana) or Witch Hazel).ti,ab.
77. (((Harpagophytum or h) adj procumbens) or Devil's claw).ti,ab.
78. (((Hedera or h) adj helix) or ivy).ti,ab.
79. (((Hemidesmus or h) adj indicus) or Hemidesmus or Indian sarsaparilla).ti,ab.
80. (((Humulus or h) adj lupulus) or hops).ti,ab.
81. (((Hydrastis or h) adj canadensis) or goldenseal).ti,ab.
82. (((Hypericum or h) adj perforatum) or st johns wort).ti,ab.
83. (((Inula or i) adj helenium) or Elecampane).ti,ab.
84. (((Iris or i) adj versicolor) or blue flag).ti,ab.
85. (((Lavandula or l) adj (officinalis or angustifolia or spica or vera)) or Lavender).ti,ab.
86. (((Leonurus or l) adj cardiaca) or Motherwort).ti,ab.
87. (((Linum or l) adj usitatissimum) or Linseed or flaxseed or flax).ti,ab.
88. (((Lycopus or l) adj virginicus) or Bugleweed or Gypsyweed).ti,ab.
89. (((Marrubium or m) adj vulgare) or White Horehound).ti,ab.
90. (((Matricaria or m) adj (chamomilla or recrutita or recruitica)) or C?amomile or Matricariae flos).ti,ab.
91. (((Melaleuca or m) adj alternifolia) or tea tree or Melaleucae aetheroleum).ti,ab.
92. (((Melissa or m) adj officinalis) or Lemon balm or Melissae folium).ti,ab.
93. (Mentha x piperita or peppermint or Mentha balsamea or Menthae piperitae).ti,ab.
94. (((Nigella or n) adj sativa) or black cumin).ti,ab.
95. (((Olea or o) adj europaea) or olive).ti,ab.
96. (((Paeonia or p) adj officinalis or suffruticosa) or peony).ti,ab.
97. (((Panax or p) adj ginseng or notoginseng) or ginseng).ti,ab.
98. (((Passiflora or p) adj incarnata) or passionflower or passion flower).ti,ab.
99. (((Phytolacca or p) adj (decandra or americana)) or poke root).ti,ab.

100. (((Pimpinella or p) adj anisum) or Aniseed or Anise).ti,ab.
101. (((Piper or p) adj methysticum) or kava).ti,ab.
102. (((Piscidia or p) adj erythrina) or Jamaican dogwood).ti,ab.
103. (((Plantago or p) adj lanceolata) or ribwort).ti,ab.
104. (((Plantago or p) adj ovata) or Psyllium).ti,ab.
105. (((Polygonum or p) adj aviculare) or knotweed).ti,ab.
106. (((Prunus or p) adj serotina) or Wild cherry).ti,ab.
107. (((Ptychopetalum or p) adj olacoides) or Muira puama or Potency wood).ti,ab.
108. (((Rehmannia or r) adj glutinosa) or Rehmannia).ti,ab.
109. (((Rhodiola or r) adj rosea) or Rhodiola or Rhodiolae roseae or rose root or sedum roseum).ti,ab.
110. (((Rosmarinus or r) adj officinalis) or Salvia Rosmarinus or rosemary).ti,ab.
111. (((Rubus or r) adj idaeus) or raspberry or Rubus strigosus).ti,ab.
112. (((Rumex or r) adj crispus) or (yellow or curly) adj dock).ti,ab.
113. (((Salix or s) adj alba) or white willow).ti,ab.
114. (((Salvia or s) adj officinalis) or sage).ti,ab.
115. (((Sambucus or s) adj nigra) or (elder and flower)).ti,ab.
116. (((Schi#andra or s) adj chinensis) or Schi#andra).ti,ab.
117. (((Scutellaria or s) adj baicalensis) or Baikal S#ullcap).ti,ab.
118. (((Scutellaria or s) adj lateriflora) or s#ullcap).ti,ab.
119. (((Serenoa or s) adj (serrulata or repens)) or Saw Palmetto).ti,ab.
120. (((Silybum or s) adj marianum) or St Mary?s Thistle or milk thistle).ti,ab.
121. (((Solidago or s) adj virgaurea) or Goldenrod or Solidago decurrens or Solidaginis virgaureae herba).ti,ab.
122. (((Stellaria or s) adj media) or Chickweed).ti,ab.
123. (((Tanacetum or t) adj parthenium) or Feverfew (((Solidago or s) adj virgaurea) or Goldenrod or Solidago decurrens or Solidaginis virgaureae).ti,ab
124. (((Taraxacum or t) adj officinal*) or Dandelion).ti,ab.
125. (((Thuja or t) adj occidentalis) or Thuja).ti,ab.
126. (((Thymus or t) adj vulgaris) or thyme).ti,ab.
127. (Tilia or (lime flower?) or linden).ti,ab.
128. (((Tribulus or t) adj terrestris) or Tribulus).ti,ab.
129. (((Trifolium or t) adj pratense) or Red clover).ti,ab.
130. (((Trigonella or t) adj foenum graecum) or fenugreek).ti,ab.
131. (((Turnera or t) adj diffusa) or Damiana).ti,ab.
132. (((Ulmus or u) adj rubra or fulva) or Slippery elm).ti,ab.
133. (((Urtica or u) adj dioica) or Nettle or (Urticae adj (herba or folium or radix)).ti,ab.
134. (((Vaccinium or v) adj macrocarpon) or Cranberry).ti,ab.
135. (((Vaccinium or v) adj myrtillus) or Bilberry).ti,ab.
136. (((Valeriana or v) adj officinalis) or Valerian).ti,ab.
137. (((Verbascum or v) adj thapsus) or Mullein).ti,ab.
138. (((Verbena or v) adj officinalis) or Vervain).ti,ab.
139. (((Viburnum or v) adj opulus) or Cramp bark).ti,ab.
140. (((Vitex or v) adj agnus castus) or Chaste tree or chasteberry or agnus castus).ti,ab.
141. (((Withania or w) adj somnifera) or Withania or ashwaganda).ti,ab.
142. (((Zanthoxylum or z) adj (clava hercul#s or americanum)) or Prickly ash).ti,ab.
143. (((Zea or z) adj mays) or (corn and silk)).ti,ab.
144. (((Zingiber or z) adj officinal*) or Ginger).ti,ab.
145. (((Ziz#phus or z) adj (jujuba or spinosa)) or Chinese date or jujuba or jujube).ti,ab.

## Concept: evidence hierarchy for screening

146. or/17-141
147. 1 and 142
148. 143 not 6
149. 16 or 144

## Ovid syntax

Exp explodes controlled vocabulary term (i.e. includes all narrower terms in the hierarchy)
* denotes a term that has been searched as a major subject heading
/ denotes controlled vocabulary terms (EMTREE)
$ truncation character (unlimited truncation)
$n truncation limited to specified number (n) of characters (e.g. time$1 identifies time, timed, timer, times but not timetable)
* truncation character (unlimited truncation)
? substitutes any letter (e.g. oxidi?ed identifies oxidised and oxidized)
adjn search terms within a specified number (n) of words from each other in any order
.ti. limit to title field
.ti,ab. limit to title and abstract fields
.kw,ti,ab. limit to keyword, title and abstract field
.pt limit to publication type

## Cochrane syntax

* truncation character (unlimited truncation)
# wildcard character will replace 1 or 0 characters (e.g. f#etus will retrieve fetus and foetus)
? wildcard character will replace one character (e.g. wom?n will retrieve women and woman)
MH - Search the exact CINAHL® subject heading; searches both major and minor headings
MH"heading"+ Search an exploded subheading
TI search title fields
AB search abstract fields
Nn – Proximity "near" operator will find a result if the terms are within a certain number (n) words of each other, regardless of the order in which they appear. (e.g. eating N5 disorders for results that contain eating disorders, as well as mental disorders and eating pathology.)
PT limit to publication type

## PubMed syntax

* truncation character (unlimited truncation)
[TI] limit to title field
[TIAB] limit to title and abstract fields
[EDAT] date citation added to PubMed
[SB] PubMed subset

AND pubmednotmedline[sb] will be added to the final

The PubMed search was restricted to records that are not indexed for MEDLINE (i.e. in-process citations and citations from journals (or parts of journals) that are not currently MEDLINE-indexed). The search comprises free-text terms only and replicates the free-text sets in the Embase search (converted from the Ovid syntax).

# A3 Search results

This appendix documents the results of the literature search and screening for an overview on the effect of Western Herbal Medicines for preventing and treating any health condition.

The literature search strategy was developed and conducted as described in **Appendix A1.**

## A3.1 Ovid

The search for systematic reviews via Ovid was conducted on 22 April 2021.

Databases searched were as follows:

- Embase Classic + Embase 1947 to 21 April 2021
- Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations and Daily 1946 to April 20, 2021
- Ovid Emcare 1995 to 2021 Week 14
- APA PsycINFO 1806 to April Week 2 2021
- AMED (Allied and Complementary Medicine) 1985 to April 2021

**Table A-1 Search results: Ovid**

| # | Searches | Embase | MEDLINE | Emcare | PsychINFO | AMED |
|---|---|---|---|---|---|---|
| 1 | exp meta analysis/ or meta analysis.mp. or exp systematic review/ or systematic review.mp. or pooled analysis.mp. or ((exp review/ or review.mp.) and (systemat* or pool*).mp.) | 618656 | 406584 | 217,800 | 73390 | 6531 |
| 2 | case report/ | 2734567 | 2169493 | 471,320 | 23042 | 8215 |
| 3 | (editorial or letter or comment or historical article).pt. | 1899358 | 2294186 | 631,255 | 0 | 15266 |
| 4 | (animals/ or nonhuman/) not humans/ | 6748397 | 4781516 | 655,109 | 7299 | 10302 |
| 5 | 2 or 3 or 4 | 11035258 | 8911890 | 1,688,502 | 30337 | 33568 |
| 6 | *herbal drugs/ | 0 | 39483 | 0 | 0 | 0 |
| 7 | *herbaceous agent/ | 34906 | 0 | 5,193 | 0 | 0 |
| 8 | *herbal drug/ | 34906 | 0 | 5,193 | 0 | 0 |
| 9 | *herbal medicinal product/ | 34906 | 0 | 5,193 | 0 | 0 |
| 10 | *medicinal plant/ | 53316 | 42402 | 4,103 | 0 | 0 |
| 11 | *traditional medicine/ | 9983 | 6045 | 2,171 | 0 | 0 |
| 12 | *plant extracts/ | 96531 | 81988 | 12,744 | 0 | 0 |
| 13 | *plants medicinal/ | 53316 | 42402 | 4,103 | 0 | 0 |
| 14 | *herbalism/ | 2 | 1313 | 0 | 0 | 0 |
| 15 | *herbal medicine/ | 10253 | 1313 | 2,655 | 0 | 0 |
| 16 | *phytotherapy/ | 10125 | 25054 | 763 | 0 | 0 |
| 17 | or/6-16 | 187651 | 170608 | 23,994 | 0 | 0 |
| 18 | 1 and 17 | 2730 | 3052 | 929 | 0 | 0 |
| 19 | (Chinese or ayurved$).ti. | 120289 | 97577 | 30,468 | 23446 | 3560 |
| 20 | 18 not (5 or 19) | 1785 | 2254 | 472 | 0 | 0 |
| 21 | (((a or achillea) adj millefoli*) or yarrow or achillea or millefolii herba).ti,ab. | 1323 | 737 | 147 | 66 | 71 |
| 22 | (((a or actaea) adj racemosa) or black cohosh or Black snakeroot or Cimicifuga racemosa).ti,ab. | 921 | 599 | 293 | 26 | 81 |
| 23 | (((a or Aesculus) adj hippocastanum) or horse chestnut or conker tree or Hippocastani semen).ti,ab. | 685 | 501 | 67 | 0 | 26 |
| 24 | (((a or Albizia) adj lebbe#k) or albizia or lebbe#k).ti,ab. | 603 | 377 | 56 | 3 | 33 |

| # | Searches | Embase | MEDLINE | Emcare | PsychINFO | AMED |
|---|---|---|---|---|---|---|
| 25 | (((Allium or a) adj cepa) or onion or Allii cepae bulbus).ti,ab. | 8274 | 6843 | 930 | 213 | 84 |
| 26 | (((Allium or a) adj sativum) or garlic).ti,ab. | 9109 | 6726 | 1647 | 129 | 369 |
| 27 | (aloe or Curacao aloes or Barbados aloes or Cape aloes) | 4524 | 2896 | 684 | 37 | 221 |
| 28 | (((a or Althaea) adj officinalis) or Marshmallow or marsh mallow or Althaeae radix).ti,ab. | 357 | 244 | 70 | 55 | 10 |
| 29 | (((Andrographis or a) adj paniculata) or andrographis).ti,ab. | 1675 | 1004 | 195 | 14 | 88 |
| 30 | (Angelica or archangelica).ti,ab. | 2781 | 1986 | 449 | 72 | 162 |
| 31 | (((a or apium) adj graveolens) or celery).ti,ab. | 1812 | 1374 | 230 | 39 | 25 |
| 32 | (((a or Arctium) adj lappa) or Burdock).ti,ab. | 584 | 434 | 98 | 13 | 19 |
| 33 | (((Arctostaphylos or a) adj uva ursi) or Bearberry or uva ursi or uvae ursi).ti,ab. | 219 | 143 | 23 | 0 | 17 |
| 34 | (((Armoracia or a) adj rusticana) or Horseradish).ti,ab. | 23662 | 22027 | 582 | 477 | 23 |
| 35 | (((a or Artemisia) adj absinthium) or Wormwood).ti,ab. | 727 | 480 | 101 | 26 | 43 |
| 36 | (((Astragalus or a) adj propinquus) or ((Astragalus or a) adj (membranace?us or membranac*)) or Astragalus or milkvetch or milk vetch).ti,ab. | 4271 | 3029 | 578 | 15 | 189 |
| 37 | (((Avena or a) adj sativa) or oats or Avenae fructus).ti,ab. | 4266 | 3819 | 608 | 91 | 25 |
| 38 | (((b or Bacopa) adj monnier#) or Bacopa or brahmi or water hyssop).ti,ab. | 976 | 569 | 126 | 68 | 73 |
| 39 | (((b or Berberis) adj vulgaris) or Barberry).ti,ab. | 611 | 492 | 77 | 4 | 21 |
| 40 | (((b or Boswellia) adj serrata) or Boswellia or frankincen#e).ti,ab. | 1219 | 771 | 210 | 26 | 78 |
| 41 | (((B or Bupleurum) adj falcatum) or Bupleurum).ti,ab. | 863 | 624 | 90 | 7 | 68 |
| 42 | (((c or Calendula) adj officinalis) or Calendula or marigold).ti,ab. | 1432 | 965 | 179 | 26 | 85 |
| 43 | (((c or Camellia) adj sinensis) or green tea).ti,ab. | 14644 | 11708 | 2849 | 241 | 258 |
| 44 | (((Capsicum or c) adj (minimum or annuum or frutescens)) or cayenne or red pepper or bell pepper or hot pepper or chilli or chili or capsicum).ti,ab. | 6468 | 5753 | 966 | 172 | 76 |
| 45 | (((Cassia or c) adj (angustifolia or senna)) or ((senna or s) adj alexandrina) or indian senna or senna).ti,ab. | 1528 | 956 | 180 | 16 | 52 |
| 46 | (((c or Centella) adj asiatica) or Gotu kola or pennywort).ti,ab. | 1361 | 816 | 207 | 26 | 68 |
| 47 | (((c or Chelidonium) adj majus) or Celandine).ti,ab. | 526 | 362 | 43 | 0 | 39 |
| 48 | (((c or cinnamomum) adj (zeylanicum or cassia or verum or aromaticum)) or cinnamon or Cinnamomi cortex).ti,ab. | 4323 | 3083 | 781 | 144 | 141 |
| 49 | (((c or Coleus) adj forskohlii) or ((Plectranthus or p) adj barbatus) or Coleus or Forskohlii).ti,ab. | 628 | 486 | 55 | 8 | 34 |
| 50 | (((Commiphora or c) adj (myrrha or molmol)) or myrrha).ti,ab. | 258 | 178 | 27 | 3 | 26 |
| 51 | (((Crataegus or c) adj (oxyacantha or monogyna)) or hawthorn).ti,ab. | 1195 | 815 | 205 | 40 | 51 |
| 52 | (((Crocus or c) adj sativus) or saffron).ti,ab. | 2497 | 1809 | 401 | 83 | 75 |

| # | Searches | Embase | MEDLINE | Emcare | PsychINFO | AMED |
|---|---|---|---|---|---|---|
| 53 | (((Curcuma or c) adj longa) or turmeric or curcumin).ti,ab. | 23336 | 17540 | 3285 | 359 | 334 |
| 54 | (((Cynara or c) adj scolymus) or artichoke).ti,ab. | 1443 | 1174 | 210 | 20 | 44 |
| 55 | (((Dioscorea or d) adj villosa) or wild yam).ti,ab. | 133 | 79 | 21 | 5 | 12 |
| 56 | (((Drosera or d) adj (rotundifolia or angelica or intermedia)) or sundew).ti,ab. | 104 | 103 | 10 | 2 | 6 |
| 57 | (Echinaceae or Echinacea).ti,ab. | 1827 | 1202 | 427 | 19 | 220 |
| 58 | (((e or Eleutherococcus) adj senticosus) or Siberian Ginseng or Acanthopanax senticosus).ti,ab. | 632 | 453 | 108 | 18 | 48 |
| 59 | (((elymus or elytr#gia or e or Agropyron or a) adj repens) or couch grass).ti,ab. | 200 | 174 | 19 | 0 | 3 |
| 60 | (((e or Equisetum) adj arvense) or horsetail).ti,ab. | 378 | 285 | 51 | 6 | 14 |
| 61 | (((Eschschol?zia or e) adj californica) or California poppy).ti,ab. | 185 | 183 | 15 | 1 | 9 |
| 62 | ((Eucalyptus or e) adj (globulus or eucalyptus)).ti,ab. | 1087 | 846 | 93 | 4 | 23 |
| 63 | (((Eupatorium or e) adj perfoliatum) or Boneset).ti,ab. | 44 | 26 | 9 | 0 | 12 |
| 64 | (((Euphorbia or e) adj hirta) or (asthma adj (weed or plant))).ti,ab. | 300 | 158 | 29 | 1 | 17 |
| 65 | (((Euphrasia or e) adj (officinalis or rostkoviana)) or eyebright).ti,ab. | 195 | 126 | 31 | 2 | 18 |
| 66 | (((Filipendula or f) adj ulmaria) or meadowsweet).ti,ab. | 124 | 79 | 12 | 0 | 10 |
| 67 | (((Frangula or f or rhamnus or r) adj purshiana) or cascara).ti,ab. | 145 | 124 | 14 | 0 | 5 |
| 68 | (((Fucus or f) adj vesiculosus) or bladderwrack).ti,ab. | 595 | 507 | 61 | 2 | 13 |
| 69 | (((Galega or g) adj officinalis) or Goat's rue or galega or French lilac).ti,ab. | 211 | 171 | 31 | 2 | 10 |
| 70 | (((Galium or g) adj aparine) or cleavers).ti,ab. | 143 | 112 | 17 | 7 | 4 |
| 71 | (((Gentiana or g) adj lutea) or gentian or Gentianae radix).ti,ab. | 1384 | 885 | 114 | 9 | 16 |
| 72 | (((Geranium or g) adj maculatum) or Cranesbill or geranium).ti,ab. | 843 | 688 | 98 | 9 | 45 |
| 73 | (((Ginkgo or g) adj biloba) or ginkgo or gingko).ti,ab. | 6421 | 4600 | 1179 | 503 | 344 |
| 74 | (((Glycyrrhiza or g) adj glabra) or licorice or Liquiritiae radix or liquorice).ti,ab. | 4626 | 3210 | 632 | 55 | 141 |
| 75 | (((Gymnema or g) adj sylvestre) or Gymnema).ti,ab. | 631 | 335 | 90 | 13 | 43 |
| 76 | (((Hamamelis or h) adj virginiana) or Witch Hazel).ti,ab. | 143 | 105 | 18 | 0 | 18 |
| 77 | (((Harpagophytum or h) adj procumbens) or Devil's claw).ti,ab. | 317 | 194 | 77 | 5 | 48 |
| 78 | (((Hedera or h) adj helix) or ivy).ti,ab. | 1894 | 1371 | 216 | 210 | 37 |
| 79 | (((Hemidesmus or h) adj indicus) or Hemidesmus or Indian sarsaparilla).ti,ab. | 295 | 151 | 33 | 0 | 20 |
| 80 | (((Humulus or h) adj lupulus) or hops).ti,ab. | 2575 | 2269 | 415 | 188 | 79 |
| 81 | (((Hydrastis or h) adj canadensis) or goldenseal).ti,ab. | 248 | 173 | 41 | 2 | 30 |
| 82 | (((Hypericum or h) adj perforatum) or st johns wort).ti,ab. | 3689 | 2527 | 801 | 408 | 289 |

| # | Searches | Embase | MEDLINE | Emcare | PsychINFO | AMED |
|---|---|---|---|---|---|---|
| 83 | (((Inula or i) adj helenium) or Elecampane).ti,ab. | 193 | 145 | 21 | 1 | 11 |
| 84 | (((Iris or i) adj versicolor) or blue flag).ti,ab. | 26 | 15 | 2 | 6 | 6 |
| 85 | (((Lavandula or l) adj (officinalis or angustifolia or spica or vera)) or Lavender).ti,ab. | 2190 | 1454 | 538 | 262 | 163 |
| 86 | (((Leonurus or l) adj cardiaca) or Motherwort).ti,ab. | 193 | 135 | 22 | 1 | 15 |
| 87 | (((Linum or l) adj usitatissimum) or Linseed or flaxseed or flax).ti,ab. | 6430 | 5436 | 1010 | 66 | 60 |
| 88 | (((Lycopus or l) adj virginicus) or Bugleweed or Gypsyweed).ti,ab. | 17 | 10 | 4 | 0 | 5 |
| 89 | (((Marrubium or m) adj vulgare) or White Horehound).ti,ab. | 189 | 107 | 27 | 1 | 9 |
| 90 | (((Matricaria or m) adj (recruitica or chamomilla or recruitica)) or C?amomile or matricariae flos).ti,ab. | 2043 | 1178 | 371 | 45 | 99 |
| 91 | (((Melaleuca or m) adj alternifolia) or tea tree or Melaleucae aetheroleum).ti,ab. | 1170 | 886 | 214 | 6 | 56 |
| 92 | (((Melissa or m) adj officinalis) or Lemon balm or Melissae folium).ti,ab. | 1112 | 653 | 204 | 27 | 77 |
| 93 | (Mentha x piperita or peppermint or Mentha balsamea or Menthae piperitae).ti,ab. | 2100 | 1352 | 363 | 180 | 72 |
| 94 | (((Nigella or n) adj sativa) or black cumin).ti,ab. | 2678 | 1567 | 369 | 16 | 105 |
| 95 | (((Olea or o) adj europaea) or olive).ti,ab. | 27914 | 21137 | 4134 | 1161 | 180 |
| 96 | (((Paeonia or p) adj (officinalis or suffruticosa)) or peony).ti,ab. | 955 | 796 | 172 | 24 | 54 |
| 97 | (((Panax or p) adj (ginseng or notoginseng)) or ginseng).ti,ab. | 11457 | 9099 | 1748 | 261 | 692 |
| 98 | (((Passiflora or p) adj incarnata) or passionflower or passion flower).ti,ab. | 406 | 237 | 82 | 21 | 39 |
| 99 | (((Phytolacca or p) adj (decandra or americana)) or poke root).ti,ab. | 814 | 673 | 62 | 19 | 18 |
| 100 | (((Pimpinella or p) adj anisum) or Aniseed or Anise).ti,ab. | 972 | 614 | 153 | 60 | 56 |
| 101 | (((Piper or p) adj methysticum) or kava).ti,ab. | 981 | 742 | 258 | 126 | 108 |
| 102 | (((Piscidia or p) adj erythrina) or Jamaican dogwood).ti,ab. | 11 | 10 | 0 | 0 | 0 |
| 103 | (((Plantago or p) adj lanceolata) or ribwort).ti,ab. | 558 | 511 | 45 | 3 | 10 |
| 104 | (((Plantago or p) adj ovata) or Psyllium).ti,ab. | 1443 | 888 | 303 | 12 | 31 |
| 105 | (((Polygonum or p) adj aviculare) or knotweed).ti,ab. | 204 | 177 | 22 | 2 | 7 |
| 106 | (((Prunus or p) adj serotina) or Wild cherry).ti,ab. | 180 | 219 | 23 | 1 | 0 |
| 107 | (((Ptychopetalum or p) adj olacoides) or Muira puama or Potency wood).ti,ab. | 80 | 45 | 9 | 4 | 8 |
| 108 | (((Rehmannia or r) adj glutinosa) or Rehmannia).ti,ab. | 761 | 562 | 137 | 9 | 46 |
| 109 | (((Rhodiola or r) adj rosea) or Rhodiola or Rhodiolae roseae or rose root or sedum roseum).ti,ab. | 1236 | 942 | 236 | 37 | 57 |
| 110 | (((Rosmarinus or r) adj officinalis) or rosemary or Salvia Rosmarinus).ti,ab. | 3030 | 2203 | 519 | 337 | 122 |
| 111 | (((Rubus or r) adj idaeus) or raspberry or Rubus strigosus).ti,ab. | 2175 | 1849 | 408 | 44 | 22 |
| 112 | (((Rumex or r) adj crispus) or (yellow or curly) adj dock).ti,ab. | 14 | 19 | 4 | 0 | 1 |

| # | Searches | Embase | MEDLINE | Emcare | PsychINFO | AMED |
|---|---|---|---|---|---|---|
| 113 | (((Salix or s) adj alba) or white willow).ti,ab. | 325 | 301 | 27 | 3 | 7 |
| 114 | (((Salvia or s) adj officinalis) or sage).ti,ab. | 21538 | 4445 | 15952 | 1365 | 103 |
| 115 | (((Sambucus or s) adj nigra) or (elder and flower)).ti,ab. | 1051 | 841 | 91 | 6 | 25 |
| 116 | (((Schi#andra or s) adj chinensis) or Schi#andra).ti,ab. | 1640 | 1304 | 199 | 10 | 128 |
| 117 | (((Scutellaria or s) adj baicalensis) or Baikal S#ullcap).ti,ab. | 1745 | 1367 | 240 | 29 | 108 |
| 118 | (((Scutellaria or s) adj lateriflora) or s#ullcap).ti,ab. | 310 | 224 | 60 | 11 | 22 |
| 119 | (((Serenoa or s) adj (serrulata or repens)) or Saw Palmetto).ti,ab. | 784 | 556 | 166 | 5 | 53 |
| 120 | (((Silybum or s) adj marianum) or St Mary?s Thistle or milk thistle).ti,ab. | 1984 | 1250 | 263 | 35 | 103 |
| 121 | (((Solidago or s) adj virgaurea) or Goldenrod or Solidago decurrens or Solidaginis virgaureae herba).ti,ab. | 321 | 309 | 22 | 8 | 14 |
| 125 | (((Stellaria or s) adj media) or Chickweed).ti,ab. | 371 | 114 | 126 | 5 | 6 |
| 123 | (((Tanacetum or t) adj parthenium) or Feverfew).ti,ab. | 585 | 365 | 94 | 27 | 58 |
| 124 | (((Taraxacum or t) adj officinal*) or Dandelion).ti,ab. | 992 | 837 | 141 | 18 | 46 |
| 125 | (((Thuja or t) adj occidentalis) or Thuja).ti,ab. | 488 | 382 | 63 | 3 | 89 |
| 126 | (((Thymus or t) adj vulgaris) or thyme).ti,ab. | 2832 | 1936 | 458 | 29 | 107 |
| 127 | (Tilia or (lime flower?) or linden).ti,ab. | 999 | 796 | 166 | 328 | 27 |
| 128 | (((Tribulus or t) adj terrestris) or Tribulus).ti,ab. | 847 | 482 | 111 | 13 | 38 |
| 129 | (((Trifolium or t) adj pratense) or Red clover).ti,ab. | 1614 | 1440 | 221 | 14 | 25 |
| 130 | (((Trigonella or t) adj foenum graecum) or fenugreek).ti,ab. | 2145 | 1269 | 356 | 17 | 89 |
| 131 | (((Turnera or t) adj diffusa) or Damiana).ti,ab. | 113 | 72 | 28 | 8 | 10 |
| 132 | (((Ulmus or u) adj (rubra or fulva)) or Slippery elm).ti,ab. | 32 | 37 | 10 | 2 | 10 |
| 133 | (((Urtica or u) adj dioica) or Nettle or (Urticae adj (herba or folium or radix))).ti,ab. | 1586 | 1042 | 226 | 99 | 79 |
| 134 | (((Vaccinium or v) adj macrocarpon) or Cranberry).ti,ab. | 2032 | 1582 | 540 | 25 | 75 |
| 135 | (((Vaccinium or v) adj myrtillus) or Bilberry).ti,ab. | 914 | 721 | 166 | 8 | 21 |
| 136 | (((Valeriana or v) adj officinalis) or Valerian).ti,ab. | 1178 | 741 | 256 | 111 | 99 |
| 137 | (((Verbascum or v) adj thapsus) or Mullein).ti,ab. | 120 | 98 | 13 | 2 | 10 |
| 138 | (((Verbena or v) adj officinalis) or Vervain).ti,ab. | 226 | 141 | 31 | 9 | 20 |
| 139 | (((Viburnum or v) adj opulus) or Cramp bark).ti,ab. | 81 | 64 | 15 | 0 | 3 |
| 140 | (((Vitex or v) adj agnus castus) or Chaste tree or chasteberry or agnus castus).ti,ab. | 476 | 254 | 107 | 22 | 42 |
| 141 | (((Withania or w) adj somnifera) or Withania or ashwagandha).ti,ab. | 2022 | 1266 | 273 | 45 | 124 |
| 142 | (((Zanthoxylum or z) adj (clava hercul#s or americanum)) or Prickly ash).ti,ab. | 51 | 42 | 6 | 2 | 5 |
| 143 | (((Zea or z) adj mays) or (corn and silk)).ti,ab. | 9303 | 10619 | 575 | 16 | 29 |
| 144 | (((Zingiber or z) adj officinal*) or Ginger).ti,ab. | 5734 | 3807 | 1257 | 125 | 286 |
| 145 | (((Ziz#phus or z) adj (jujuba or spinosa)) or Chinese date or jujuba or jujube).ti,ab. | 1001 | 790 | 190 | 12 | 47 |
| 146 | or/21-145 | 268894 | 198474 | 49625 | 8385 | 7117 |
| 147 | 1 and 146 | 4411 | 2680 | 1757 | 261 | 186 |

| # | Searches | Embase | MEDLINE | Emcare | PsychINFO | AMED |
|---|---|---|---|---|---|---|
| 148 | 147 not 5 | 3922 | 2570 | 1412 | 260 | 180 |
| **149** | **20 or 148** | **5192** | **4101** | **1764** | **260** | **180** |

## A3.2 Cochrane

The search for systematic reviews via the Cochrane Database of Systematic Reviews was conducted on 22 April 2021.

**Table A-2 Search results: Cochrane Database of Systematic Reviews**

| # | Searches | Limiters/ Expanders | Results |
|---|---|---|---|
| 1 | MeSH descriptor: [Plant Extracts] explode all trees | | 8334 |
| 2 | MeSH descriptor: [Medicine, Traditional] explode all trees | | 1537 |
| 3 | MeSH descriptor: [Plants, Medicinal] explode all trees | | 945 |
| 4 | MeSH descriptor: [Herbal Medicine] explode all trees | | 63 |
| 5 | MeSH descriptor: [Phytotherapy] explode all trees | | 4,210 |
| 6 | (Yarrow or black cohosh or horse chestnut or Albizia or onion or garlic or aloe or marshmallow or Andrographis or angelica or celery or burdock or Bearberry OR horseradish or wormword or astragalus or oats or bacopa or barberry or Boswellia or bupleurum or calendula or green tea or cayenne or senna or gotu kola or celandine or cinnamon or coleus or myrrh or hawthorn or saffron or turmeric or artichoke or wild yam or sundew or echinacea or ginseng or couch grass or horsetail or california poppy or eucalyptus or boneset or asthma weed or eyebright or meadowsweet or cascara or bladderwrack or goat's rue or cleavers or gentian or cranesbill or ginkgo or licorice or gymnema or witch hazel or devils claw or ivy or hemidesmus or hops):ti,ab,kw | | 8,577 |
| 7 | (goldenseal or st johns wort or elecampane or blue flag or lavender or motherwort or linseed or flaxseed or bugleweed or white horehound or chamomile or tea tree or lemon balm or peppermint or black cumin or olive leaf or peony or passionflower or poke root or aniseed or kava or Jamaican dogwood or ribwort or psyllium or knotweed or wild cherry or potency wood or rehmannia or rhodiola or rosemary or raspberry or yellow dock or white willow or sage or elder flower or schisandra or Baikal skullcap or skullcap or saw palmetto or milk thistle or goldenrod or chickweed or feverfew or dandelion or thuja or thyme or lime flower or Tribulus or red clover or fenugreek or damiana or slippery elm or nettle or cranberry or bilberry or valerian or mullein or vervain or cramp bark or chaste tree or withania or prickly ash or corn silk or ginger or Chinese date):ti,ab,kw | | 6,907 |
| 8 | #1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 | | 23,058 |
| **9** | **#8** | **Systematic reviews** | **331** |

## A3.3 EBSCOHost

The search systematic reviews via EBSCOHost was conducted on 22 April 2021.

Databases searched were as follows:

- CINAHL (inception to 21 April 2021)

**Table A-3 Search results: EBSCOHost**

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 1 | MH (meta analysis+ or systematic review+) OR TI (meta analysis or systematic review+ or pooled analysis) OR ((MH "review+" or TI review or AB review) AND (TI systemat* or TI pool*)) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 162,348 |
| 2 | case report+ OR PT (editorial OR letter OR comment OR historical article) OR TI (animals+ OR nonhuman+) NOT TI human*+ OR AB (animals+ OR nonhuman+) NOT AB human*+ | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 676,202 |
| 3 | (MM "Medicine, Traditional") OR (MM "Plant Extracts") OR (MM "Plants, Medicinal") OR (MM "Medicine, Herbal") OR (MM "Phytotherapy") | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 48,001 |
| 4 | S1 AND S3 | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,341 |
| 5 | TI (Chinese OR ayurved*) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 27,288 |
| 6 | S4 NOT (S2 OR S5) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,229 |
| 7 | TI (((a OR achillea) W1 millefolium) OR yarrow) OR AB (((a OR achillea) W1 millefolium) OR yarrow) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 103 |
| 8 | TI (((a OR actaea) W1 racemosa) OR black cohosh) OR AB (((a OR actaea) W1 racemosa) OR black cohosh) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 318 |
| 9 | TI (((a OR Aesculus) W1 hippocastanum) OR horse chestnut) OR AB (((a OR Aesculus) W1 hippocastanum) OR horse chestnut) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 63 |
| 10 | TI (((a OR Albizia) W1 lebbeck) OR albizia OR lebbeck) OR AB (((a OR Albizia) W1 lebbeck) OR albizia OR lebbeck) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 84 |
| 11 | TI (((Allium OR a) W1 cepa) OR onion) OR AB (((Allium OR a) W1 cepa) OR onion) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 720 |
| 12 | TI (((Allium OR a) W1 sativum) OR garlic) OR AB (((Allium OR a) W1 sativum) OR garlic) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,503 |
| 13 | TI aloe OR AB aloe | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 809 |
| 14 | TI (((a OR Althaea) W1 officinalis) OR Marshmallow) OR AB (((a OR Althaea) W1 officinalis) OR Marshmallow) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 212 |
| 15 | TI (((Andrographis OR a) W1 paniculata) OR andrographis) OR AB (((Andrographis OR a) W1 paniculata) OR andrographis) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 209 |
| 16 | TI (Angelica OR archangelica) OR AB (Angelica OR archangelica) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 386 |
| 17 | TI (((a OR apium) W1 graveolens) OR celery) OR AB (((a OR apium) W1 graveolens) OR celery) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 189 |
| 18 | TI (((a OR Arctium) W1 lappa) OR Burdock) OR AB (((a OR Arctium) W1 lappa) OR Burdock) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 83 |
| 19 | TI (((Arctostaphylos OR a) W1 uva ursi) OR Bearberry) OR AB (((Arctostaphylos OR a) W1 uva ursi) OR Bearberry) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 17 |
| 20 | TI (((Armoracia OR a) W1 rusticana) OR Horseradish) OR AB (((Armoracia OR a) W1 rusticana) OR Horseradish) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 186 |
| 21 | TI (((a OR Artemisia) W1 absinthium) OR Wormwood) OR AB (((a OR Artemisia) W1 absinthium) OR Wormwood) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 103 |
| 22 | TI (((Astragalus OR a) W1 membranaceous) OR Astragalus) OR AB (((Astragalus OR a) W1 membranaceous) OR Astragalus) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 465 |

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 23 | TI (((Avena OR a) W1 sativa) OR oats) OR AB (((Avena or a) W1 sativa) OR oats) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,141 |
| 24 | TI (((b OR Bacopa) W1 monniera) OR Bacopa) OR AB (((b OR Bacopa) W1 monniera) OR Bacopa) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 168 |
| 25 | TI (((b OR Berberis) W1 vulgaris) OR Barberry) OR AB (((b OR Berberis) W1 vulgaris) OR Barberry) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 53 |
| 26 | TI (((b OR Boswellia) W1 serrata) OR Boswellia) OR AB (((b OR Boswellia) W1 serrata) OR Boswellia) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 196 |
| 27 | TI (((B OR Bupleurum) W1 falcatum) OR Bupleurum) OR AB (((B 0R Bupleurum) W1 falcatum) OR Bupleurum) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 103 |
| 28 | TI (((c OR Calendula) W1 officinalis) OR Calendula) OR AB (((c OR Calendula) W# officinalis) OR Calendula) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 152 |
| 29 | TI (((c OR Camellia) W1 sinensis) OR green tea) OR AB (((c OR Camellia) W1 sinensis) OR green tea) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 2,363 |
| 30 | TI (((Capsicum or c) W1 (minimum or annuum or frutescens)) or cayenne or red pepper or bell pepper or hot pepper or chilli or chili or capsicum) OR AB (((Capsicum or c) W1 (minimum or annuum or frutescens)) or cayenne or red pepper or bell pepper or hot pepper or chilli or chili or capsicum) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 826 |
| 31 | TI (((Cassia OR c) W1 angustifolia) OR indian senna OR senna) OR AB (((Cassia OR c) W1 angustifolia) OR indian senna OR senna) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 182 |
| 32 | TI (((c OR Centella) W1 asiatica) OR Gotu kola) OR AB (((c OR Centella) W1 asiatica) OR Gotu kola) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 232 |
| 33 | TI (((c OR Chelidonium) W1 majus) OR Celandine) OR AB (((c OR Chelidonium) W1 majus) OR Celandine) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 56 |
| 34 | TI (((c OR cinnamomum) W1 (zeylanicum OR cassia)) OR (cinnamon AND bark)) OR AB (((c OR cinnamomum) W1 (zeylanicum OR cassia)) OR (cinnamon AND bark)) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 200 |
| 35 | TI (((c OR Coleus) W1 forskohlii) OR Coleus) OR AB (((c OR Coleus) W1 forskohlii) OR Coleus) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 44 |
| 36 | TI (((Commiphora OR c) W1 myrrha) OR myrrha) OR AB (((Commiphora OR c) W1 myrrha) OR myrrha) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 32 |
| 37 | TI (((Crataegus OR c) W1 (oxyacantha OR monogyna)) OR hawthorn) OR AB (((Crataegus OR c) W1 (oxyacantha OR monogyna)) OR hawthorn) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 187 |
| 38 | TI (((Crocus OR c) W1 sativus) OR saffron) OR AB (((Crocus OR c) W1 sativus) OR saffron) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 417 |
| 39 | TI (((Curcuma OR c) W1 longa) OR turmeric) OR AB (((Curcuma OR c) W1 longa) OR turmeric) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,069 |
| 40 | TI (((Cynara OR c) W1 scolymus) OR artichoke) OR AB (((Cynara OR c) W1 scolymus) OR artichoke) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 222 |
| 41 | TI (((Dioscorea OR d) W1 villosa) OR wild yam) OR AB (((Dioscorea OR d) W1 villosa) OR wild yam) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 25 |
| 42 | TI (((Drosera OR d) W1 (rotundifolia OR angelica OR intermedia)) OR sundew) OR AB (((Drosera OR d) W1 (rotundifolia OR angelica OR intermedia)) OR sundew) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 6 |
| 43 | TI Echinacea OR AB Echinacea | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 579 |
| 44 | TI (((e OR Eleutherococcus) W1 senticosus) OR Siberian Ginseng) OR AB (((e OR Eleutherococcus) W1 senticosus) OR Siberian Ginseng) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 84 |

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 45 | TI (((Elytrygia OR e) W1 repens) OR couch grass) OR AB (((Elytrygia OR e) W1 repens) OR couch grass) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 2 |
| 46 | TI (((e OR Equisetum) W1 arvense) OR horsetail) OR AB (((e OR Equisetum) W1 arvense) OR horsetail) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 40 |
| 47 | TI (((Eschscholzia OR e) W1 californica) OR California poppy) OR AB (((Eschscholzia OR e) W1 californica) OR California poppy) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 12 |
| 48 | TI (Eucalyptus OR Eucalyptus globus) OR AB (Eucalyptus OR Eucalyptus globus) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 277 |
| 49 | TI (((Eupatorium OR e) a W1 perfoliatum) OR Boneset) OR AB (((Eupatorium OR e) W1 perfoliatum) OR Boneset) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 11 |
| 50 | TI (((Euphorbia OR e) W1 hirta) OR asthma weed) OR AB (((Euphorbia OR e) W1 hirta) OR asthma weed) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 30 |
| 51 | TI (((Euphrasia OR e) W1 officinalis) OR eyebright) OR AB (((Euphrasia OR e) W1 officinalis) OR eyebright) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 26 |
| 52 | TI (((Filipendula OR f) W1 ulmaria) OR meadowsweet) OR AB (((Filipendula OR f) W1 ulmaria) OR meadowsweet) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 20 |
| 53 | TI (((Frangula OR f) W1 purshiana) OR Rhubarb) OR AB (((Frangula OR f) W1 purshiana) OR Rhubarb) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 208 |
| 54 | TI (((Fucus OR f) W1 vesiculosus) OR bladderwrack) OR AB (((Fucus OR f) W1 vesiculosus) OR bladderwrack) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 21 |
| 55 | TI (((Galega OR g) W1 officinalis) OR Goat's rue) OR AB (((Galega OR g) W1 officinalis) OR Goat's rue) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 12 |
| 56 | TI (((Galium OR g) W1 aparine) OR cleavers) OR AB (((Galium OR g) W1 aparine) OR cleavers) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 21 |
| 57 | TI (((Gentiana OR g) W1 lutea) OR gentian) OR AB (((Gentiana OR g) W1 lutea) OR gentian) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 115 |
| 58 | TI (((Geranium OR g) W1 maculatum) OR Cranesbill) OR AB (((Geranium OR g) W1 maculatum) OR Cranesbill) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1 |
| 59 | TI (((Ginkgo OR g) W1 biloba) OR ginkgo OR gingko) OR AB (((Ginkgo OR g) W1 biloba) OR ginkgo OR gingko) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,113 |
| 60 | TI (((Glycyrrhiza OR g) W1 glabra) OR licorice OR liquorice) OR AB (((Glycyrrhiza OR g) W1 glabra) OR licorice OR liquorice) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 572 |
| 61 | TI (((Gymnema OR g) W1 sylvestre) OR Gymnema) OR AB (((Gymnema OR g) W1 sylvestre) OR Gymnema) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 74 |
| 62 | TI (((Hamamelis OR h) W1 virginiana) OR Witch Hazel) OR AB (((Hamamelis OR h) W1 virginiana) OR Witch Hazel) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 29 |
| 63 | TI (((Harpagophytum OR h) W1 procumbens) OR Devil's claw) OR AB (((Harpagophytum OR h) W1 procumbens) OR Devil's claw) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 90 |
| 64 | TI (((Hedera OR h) W1 helix) OR ivy) OR AB (((Hedera OR h) W1 helix) OR ivy) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 299 |
| 65 | TI (((Hemidesmus OR h) W1 indicus) OR Hemidesmus) OR AB (((Hemidesmus OR h) W1 indicus) OR Hemidesmus) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 41 |
| 66 | TI (((Humulus OR h) W1 lupulus) OR hops) OR AB (((Humulus OR h) W1 lupulus) OR hops) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,488 |
| 67 | TI (((Hydrastis OR h) W1 canadensis) OR goldenseal) OR AB (((Hydrastis OR h) W1 canadensis) OR goldenseal) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 60 |
| 68 | TI (((Hypericum OR h) W1 perforatum) OR st john* wort) OR AB (((Hypericum OR h) W1 perforatum) OR st john* wort) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 836 |
| 69 | TI (((Inula OR i) W1 helenium) OR Elecampane) OR AB (((Inula OR i) W1 helenium) OR Elecampane) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 29 |

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 70 | TI (((Iris OR i) W1 versicolor) OR blue flag) OR AB (((Iris OR i) W1 versicolor) OR blue flag) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 17 |
| 71 | TI (((Lavandula OR l) W1 (officinalis OR angustifolia)) OR Lavender) OR AB (((Lavandula OR l) W1 (officinalis OR angustifolia)) OR Lavender) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 742 |
| 72 | TI (((Leonurus OR l) W1 cardiaca) OR Motherwort) OR AB (((Leonurus OR l) W1 cardiaca) OR Motherwort) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 29 |
| 73 | TI (((Linum OR l) W1 usitatissimum) OR Linseed OR flaxseed OR flax) OR AB (((Linum OR l) W1 usitatissimum) OR Linseed OR flaxseed OR flax) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 842 |
| 74 | TI (((Lycopus OR l) W1 virginicus) OR Bugleweed OR Gypsyweed) OR AB (((Lycopus OR l) W1 virginicus) OR Bugleweed OR Gypsyweed) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 4 |
| 75 | TI (((Marrubium OR m) W1 vulgare) OR White Horehound) OR AB (((Marrubium OR m) W1 vulgare) OR White Horehound) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 25 |
| 76 | TI (((Matricaria OR m) W1 (recrutita or chamomilla or recruitica)) OR Chamomile) OR AB (((Matricaria OR m) W1 (recrutita or chamomilla or recruitica)) OR Chamomile) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 374 |
| 77 | TI (((Melaleuca OR m) W1 alternifolia) OR tea tree) OR AB (((Melaleuca OR m) W1 alternifolia) OR tea tree) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 259 |
| 78 | TI (((Melissa OR m) W1 officinalis) OR Lemon balm) OR AB (((Melissa OR m) W1 officinalis) OR Lemon balm) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 202 |
| 79 | TI (Mentha x piperita OR peppermint OR Mentha balsamea) OR AB (Mentha x piperita OR peppermint OR Mentha balsamea) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 375 |
| 80 | TI (((Nigella OR n) W1 sativa) OR black cumin) OR AB (((Nigella OR n) W1 sativa) OR black cumin) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 359 |
| 81 | TI (((Olea OR o) W1 europaea) OR olive) OR AB (((Olea OR o) W1 europaea) OR olive) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 2,888 |
| 82 | TI (((Paeonia OR p) W1 officinalis) OR peony) OR AB (((Paeonia OR p) W1 officinalis) OR peony) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 71 |
| 83 | TI (((Panax OR p) W1 ginseng) OR ginseng) OR AB (((Panax OR p) W1 ginseng) OR ginseng) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,585 |
| 84 | TI (((Passiflora OR p) W1 incarnata) OR passionflower OR passion flower) OR AB (((Passiflora OR p) W# incarnata) OR passionflower OR passion flower) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 86 |
| 85 | TI (((Phytolacca OR p) W1 (decandra OR americana)) OR poke root) OR AB (((Phytolacca OR p) W1 (decandra OR americana)) OR poke root) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 18 |
| 86 | TI (((Pimpinella OR p) W1 anisum) OR Aniseed OR Anise) OR AB (((Pimpinella OR p) W1 anisum) OR Aniseed OR Anise). | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 119 |
| 87 | TI (((Piper OR p) W1 methysticum) OR kava) OR AB (((Piper OR p) W1 methysticum) OR kava) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 316 |
| 88 | TI (((Piscidia OR p) W1 erythrina) OR Jamaican dogwood) OR AB (((Piscidia OR p) W1 erythrina) OR Jamaican dogwood) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 0 |
| 89 | TI (((Plantago OR p) W1 lanceolata) OR ribwort) OR AB (((Plantago OR p) W1 lanceolata) OR ribwort) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 16 |
| 90 | TI (((Plantago OR p) W1 ovata) OR Psyllium) OR AB (((Plantago OR p) W1 ovata) OR Psyllium) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 226 |
| 91 | TI (((Polygonum OR p) W1 aviculare) OR knotweed) OR AB (((Polygonum OR p) W1 aviculare) OR knotweed) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 21 |

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 92 | TI (((Prunus OR p) W1 serotina) OR Wild cherry) OR AB (((Prunus OR p) W1 serotina) OR Wild cherry) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 10 |
| 93 | TI (((Ptychopetalum OR p) W1 olacoides) OR Muira puama OR Potency wood) OR AB (((Ptychopetalum OR p) W1 olacoides) OR Muira puama OR Potency wood) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 15 |
| 94 | TI (((Rehmannia OR r) W1 glutinosa) OR Rehmannia) OR AB (((Rehmannia OR r) W1 glutinosa) OR Rehmannia) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 124 |
| 95 | TI (((Rhodiola OR r) W1 rosea) OR Rhodiola) OR AB (((Rhodiola OR r) W1 rosea) OR Rhodiola) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 286 |
| 96 | TI (((Rosmarinus OR r) W1 officinalis) OR rosemary) OR AB (((Rosmarinus OR r) W1 officinalis) OR rosemary) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,059 |
| 97 | TI (((Rubus OR r) W1 idaeus) OR raspberry leaf) OR AB (((Rubus OR r) W1 idaeus) OR raspberry leaf) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 58 |
| 98 | TI (((Rumex OR r) W1 crispus) OR ((yellow OR curly) W1 dock)) OR AB (((Rumex OR r) W1 crispus) OR ((yellow OR curly) W1 dock)) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 15 |
| 99 | TI (((Salix OR s) W1 alba) OR white willow) OR AB (((Salix OR s) W1 alba) OR white willow) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 31 |
| 100 | TI (((Salvia OR s) W1 officinalis) OR sage) OR AB (((Salvia OR s) W1 officinalis) OR sage) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 2,487 |
| 101 | TI (((Sambucus OR s) W1 nigra) OR (elder AND flower)) OR AB (((Sambucus OR s) W1 nigra) OR (elder AND flower)) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 69 |
| 102 | TI (((Schisandra or s) W1 chinensis) OR Schisandra OR Schizandra) OR AB (((Schisandra or s) W1 chinensis) OR Schisandra OR Schizandra) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 269 |
| 103 | TI (((Scutellaria OR s) W1 baicalensis) OR Baikal Skullcap) OR AB (((Scutellaria OR s) W1 baicalensis) OR Baikal Skullcap) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 255 |
| 104 | TI (((Scutellaria OR s) W1 lateriflora) OR skullcap) OR AB (((Scutellaria OR s) W1 lateriflora) OR skullcap) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 60 |
| 105 | TI (((Serenoa OR s) W1 (serrulata OR repens)) OR Saw Palmetto) OR AB (((Serenoa OR s) W1 (serrulata OR repens)) OR Saw Palmetto) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 238 |
| 106 | TI (((Silybum OR s) W1 marianum) OR St Mary* Thistle OR milk thistle) OR AB (((Silybum OR s) W1 marianum) OR St Mary* Thistle OR milk thistle) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 354 |
| 107 | TI (((Solidago OR s) W1 virgaurea) OR Goldenrod) OR AB (((Solidago OR s) W1 virgaurea) OR Goldenrod) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 16 |
| 108 | TI (((Stellaria OR s) W1 media) OR Chickweed) OR AB (((Stellaria OR s) W1 media) OR Chickweed) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 24 |
| 109 | TI (((Tanacetum OR t) W1 parthenium) OR Feverfew) OR AB (((Tanacetum OR t) W1 parthenium) OR Feverfew) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 119 |
| 110 | TI (((Taraxacum OR t) W1 officinale) OR Dandelion) OR AB (((Taraxacum OR t) W1 officinale) OR Dandelion) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 153 |
| 111 | TI (((Thuja OR t) W1 occidentalis) OR Thuja) OR AB (((Thuja OR t) W1 occidentalis) OR Thuja) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 67 |
| 112 | TI (((Thymus OR t) W1 vulgaris) OR thyme) OR AB (((Thymus OR t) W1 vulgaris) OR thyme) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 316 |
| 113 | TI (Tilia OR (lime AND flower)) OR AB (Tilia OR (lime AND flower)) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 42 |
| 114 | TI (((Tribulus OR t) W1 terrestris) OR Tribulus) OR AB (((Tribulus OR t) W1 terrestris) OR Tribulus) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 109 |

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 115 | TI (((Trifolium OR t) W1 pratense) OR Red clover) OR AB (((Trifolium OR t) W1 pratense) OR Red clover) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 163 |
| 116 | TI (((Trigonella OR t) W1 foenum graecum) OR fenugreek) OR AB (((Trigonella OR t) W1 foenum graecum) OR fenugreek) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 276 |
| 117 | TI (((Turnera OR t) W1 diffusa) OR Damiana) OR AB (((Turnera OR t) W1 diffusa) OR Damiana) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 31 |
| 118 | TI (((Ulmus OR u) W1 rubra) OR Slippery elm) OR AB (((Ulmus OR u) W1 rubra) OR Slippery elm) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 25 |
| 119 | TI (((Urtica OR u) W1 dioica) OR Nettle) OR AB (((Urtica OR u) W1 dioica) OR Nettle) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 282 |
| 120 | TI (((Vaccinium OR v) W1 macrocarpon) OR Cranberry) OR AB (((Vaccinium OR v) W1 macrocarpon) OR Cranberry) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 809 |
| 121 | TI (((Vaccinium OR v) W1 myrtillus) OR Bilberry) OR AB (((Vaccinium OR v) W1 myrtillus) OR Bilberry) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 138 |
| 122 | TI (((Valeriana OR v) W1 officinalis) OR Valerian) OR AB (((Valeriana OR v) W1 officinalis) OR Valerian) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 290 |
| 123 | TI (((Verbascum OR v) W1 thapsus) OR Mullein) OR AB (((Verbascum OR v) W1 thapsus) OR Mullein) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 24 |
| 124 | TI (((Verbena OR v) W1 officinalis) OR Vervain) OR AB (((Verbena OR v) W1 officinalis) OR Vervain) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 44 |
| 125 | TI (((Viburnum OR v) W1 opulus) OR Cramp bark) OR AB (((Viburnum OR v) W1 opulus) OR Cramp bark) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 21 |
| 126 | TI (((Vitex OR v) W1 agnus castus) OR Chaste tree) OR AB (((Vitex OR v) W1 agnus castus) OR Chaste tree) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 105 |
| 127 | TI (((Withania OR w) W1 somnifera) OR Withania OR ashwagandha) OR AB (((Withania OR w) W1 somnifera) OR Withania OR ashwagandha) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 321 |
| 128 | TI (((Zanthoxylum OR z) W1 (clava herculis OR americanum)) OR Prickly ash) OR AB (((Zanthoxylum OR z) W1 (clava herculis OR americanum)) OR Prickly ash) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 3 |
| 129 | TI (((Zea OR z) W1 mays) OR (corn AND silk)) OR AB (((Zea OR z) W1 mays) OR (corn AND silk)) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 142 |
| 130 | TI (((Zingiber OR z) W1 officinale) OR Ginger) OR AB (((Zingiber OR z) W1 officinale) OR Ginger) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,356 |
| 131 | TI (((Zizyphus OR z) W1 (jujuba OR spinosa)) OR Chinese date) OR AB (((Zizyphus OR z) W1 (jujuba OR spinosa)) OR Chinese date) | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 126 |
| 132 | S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42 OR S43 OR S44 OR S45 OR S46 OR S47 OR S48 OR S49 OR S50 OR S51 OR S52 OR S53 OR S54 OR S55 OR S56 OR S57 OR S58 OR S59 OR S60 OR S61 OR S62 OR S63 OR S64 OR S65 OR S66 OR S67 OR S68 OR S69 OR S70 OR S71 OR S72 OR S73 OR S74 OR S75 OR S76 OR S77 OR S78 OR S79 OR S80 OR S81 OR S82 OR S83 OR S84 OR S85 OR S86 OR S87 OR S88 OR S89 OR S90 OR S91 OR S92 OR S93 OR S94 OR S95 OR S96 OR S97 OR S98 OR S99 OR S100 OR S101 OR S102 OR S103 OR S104 OR S105 OR S106 OR S107 OR S108 OR S109 OR S110 OR S111 OR S112 OR S113 OR S114 OR S115 OR S116 OR S117 OR S118 OR S119 OR S120 OR S121 OR S122 OR S123 OR S124 OR S125 OR S126 OR S127 OR S128 OR S129 OR S130 OR S131 | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 33,031 |

| # | Searches | Limiters/Expanders | Results |
|---|---|---|---|
| 133 | S1 AND S132 | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,349 |
| 134 | S133 NOT S2 | Expanders – Apply equivalent subjects<br>Search modes – Boolean/Phrase | 1,278 |
| **135** | **S6 OR S134** | **Expanders – Apply equivalent subjects**<br>**Search modes – Boolean/Phrase** | **2,173** |

## A3.4 PubMed

The PubMed search was restricted to records that are not indexed for MEDLINE and to records recently added to PubMed (i.e. in-process citations and citations from journals (or parts of journals) that are not currently MEDLINE-indexed). The search comprised free-text terms only and replicates the free-text sets in the Embase search (converted from the Ovid syntax).

The search for systematic reviews was conducted on 22 April 2021 and performed in two parts (due to limitations in the number of permitted line items).

**Table A-4 Search results: PubMed Part 1**

| # | Query | Results |
|---|---|---|
| 1 | ((meta analysis[Mesh] OR meta analysis[TW] OR "Systematic Reviews as Topic"[Mesh] OR systematic review[TW] OR pooled analysis[TW] OR (“Review Literature as Topic”[Mesh]) AND (systemat*[TW] OR pool*[TW]))) | 251,137 |
| 2 | case report[Mesh:NoExp] | 234 |
| 3 | "editorial"[Publication Type] OR "letter"[Publication Type] OR "Comment"[Publication Type] OR "historical article"[Publication Type] | 2,329,868 |
| 4 | ("animals"[MeSH Terms] OR "nonhumans"[Text Word]) NOT "humans"[MeSH Terms] | 4,815,028 |
| 5 | (#2 OR #3 OR #4) | 7,065,758 |
| 6 | "Medicine, Traditional"[Mesh:Noexp] | 11,331 |
| 7 | "Plants, Medicinal"[Mesh:Noexp] | 59,969 |
| 8 | "Herbal Medicine"[Mesh:Noexp] | 2,225 |
| 9 | "Plant Extracts"[Mesh:Noexp] | 119,397 |
| 10 | "Phytotherapy"[Mesh:Noexp] | 39,298 |
| 11 | #6 OR #7 OR #8 OR #9 OR #10 | 188,023 |
| 12 | #1 AND #11 | 1,5941 |
| 13 | (Chinese[Title] OR ayurved*[Title]) | 97,522 |
| 14 | #12 NOT (#5 OR #13) | 1,368 |
| 15 | (“achillea millefolium”[Title/Abstract] OR yarrow[Title/Abstract]) | 443 |
| 16 | (“actaea racemosa”[Title/Abstract] OR “cimicifuga racemosa”[Title/Abstract] OR “black cohosh”[Title/Abstract]) | 596 |
| 17 | (“Aesculus hippocastanum”[Title/Abstract] OR “horse chestnut”[Title/Abstract]) | 505 |
| 18 | ("Albizia lebbeck"[Title/Abstract] OR albizia[Title/Abstract] OR lebbeck[Title/Abstract] OR lebbek[Title/Abstract]) | 391 |
| 19 | (“Allium cepa”[Title/Abstract] OR onion[Title/Abstract]) | 6,855 |
| 20 | (“Allium sativum”[Title/Abstract] OR garlic[Title/Abstract]) | 6,782 |
| 21 | aloe[Title/Abstract] | 2,932 |
| 22 | (“Althaea officinalis”[Title/Abstract] OR Marshmallow[Title/Abstract] OR “marsh mallow”[Title/Abstract]) | 177 |
| 23 | (“Andrographis paniculate”[Title/Abstract] OR andrographis[Title/Abstract]) | 998 |
| 24 | (Angelica[Title/Abstract] OR archangelica[Title/Abstract]) | 2,001 |
| 25 | (“apium graveolens”[Title/Abstract] OR celery[Title/Abstract]) | 1,338 |
| 26 | (“Arctium lappa”[Title/Abstract] OR Burdock[Title/Abstract]) | 427 |

| # | Query | Results |
|---|---|---|
| 27 | (“Arctostaphylos uva ursi”[Title/Abstract] OR Bearberry[Title/Abstract] OR “uva ursi”[Title/Abstract] OR “uvae ursi”[Title/Abstract]) | 151 |
| 28 | (“Armoracia rusticana”[Title/Abstract] OR Horseradish[Title/Abstract]) | 22,541 |
| 29 | (“Artemisia absinthium”[Title/Abstract] OR Wormwood[Title/Abstract]) | 482 |
| 30 | (“Astragalus membranaceous”[Title/Abstract] OR “astragalus propinquus”[Title/Abstract] OR Astragalus[Title/Abstract] OR milkvetch[Title/Abstract]) | 3,084 |
| 31 | (“Avena sativa”[Title/Abstract] OR oats[Title/Abstract]) | 3,860 |
| 32 | (“Bacopa monniera”[Title/Abstract] OR Bacopa[Title/Abstract] OR brahmi[Title/Abstract]) | 573 |
| 33 | (“Berberis vulgaris”[Title/Abstract] OR Barberry[Title/Abstract]) | 275 |
| 34 | (“Boswellia serrata”[Title/Abstract] OR Boswellia[Title/Abstract] OR frankincense[Title/Abstract]) | 772 |
| 35 | (“Bupleurum falcatum”[Title/Abstract] OR Bupleurum[Title/Abstract]) | 620 |
| 36 | (“Calendula officinalis”[Title/Abstract] OR Calendula[Title/Abstract] OR marigold[Title/Abstract]) | 907 |
| 37 | (“Camellia sinensis”[Title/Abstract] OR green tea[Title/Abstract]) | 10,667 |
| 38 | (“Capsicum frutescens”[Title/Abstract] OR cayenne[Title/Abstract] OR chili[Title/Abstract] OR chilli[Title/Abstract] OR capsicum[Title/Abstract] OR pepper[Title/Abstract]) | 9,816 |
| 39 | (“Cassia angustifolia”[Title/Abstract] OR “senna Alexandrina” [Title/Abstract] OR “indian senna” [Title/Abstract] OR senna[Title/Abstract]) | 959 |
| 40 | (“Centella asiatica”[Title/Abstract] OR Gotu kola[Title/Abstract] OR pennywort[Title/Abstract]) | 808 |
| 41 | (“Chelidonium majus”[Title/Abstract] or Celandine[Title/Abstract]) | 360 |
| 42 | (“Cinnamomum zeylanicum”[Title/Abstract] OR “cinnamomum cassia”[Title/Abstract] OR cinnamon[Title/Abstract]) | 2,933 |
| 43 | (“Coleus forskohlii”[Title/Abstract] OR Coleus[Title/Abstract] OR Forskohlii[Title/Abstract]) | 419 |
| 44 | (“Commiphora myrrha”[Title/Abstract] OR “commiphora molmol” [Title/Abstract] OR myrrha[Title/Abstract]) | 177 |
| 45 | (“Crataegus oxyacantha”[Title/Abstract] OR “crataegus monogyna”[Title/Abstract] OR hawthorn[Title/Abstract]) | 809 |
| 46 | (“Crocus sativus”[Title/Abstract] OR saffron[Title/Abstract]) | 1,644 |
| 47 | (“Curcuma longa”[Title/Abstract] OR turmeric[Title/Abstract] OR curcumin[Title/Abstract]) | 17,736 |
| 48 | (“Cynara scolymus”[Title/Abstract] OR artichoke[Title/Abstract]) | 1,185 |
| 49 | (“Dioscorea villosa”[Title/Abstract] OR wild yam[Title/Abstract]) | 78 |
| 50 | (“Drosera rotundifolia”[Title/Abstract] OR “drosera intermedia”[Title/Abstract] OR sundew[Title/Abstract]) | 91 |
| 51 | (Echinacea[Title/Abstract] OR Echinaceae[Title/Abstract]) | 1,220 |
| 52 | (“Eleutherococcus senticosus”[Title/Abstract] OR “Siberian Ginseng”[Title/Abstract]) | 246 |
| 53 | (“Elymus repens”[Title/Abstract] OR “couch grass”[Title/Abstract]) | 67 |
| 54 | (“Equisetum arvense”[Title/Abstract] OR horsetail[Title/Abstract]) | 292 |
| 55 | (“Eschscholzia californica”[Title/Abstract] OR “California poppy”[Title/Abstract]) | 122 |
| 56 | (Eucalyptus[Title/Abstract] OR “Eucalyptus globulus”[Title/Abstract]) | 4,561 |
| 57 | (“Eupatorium perfoliatum”[Title/Abstract] OR Boneset[Title/Abstract]) | 26 |
| 58 | (“Euphorbia hirta”[Title/Abstract] OR “asthma weed”[Title/Abstract] OR “asthma plant”[Title/Abstract]) | 153 |
| 59 | (“Euphrasia officinalis”[Title/Abstract] OR eyebright[Title/Abstract]) | 21 |
| 60 | (“Filipendula ulmaria”[Title/Abstract] OR meadowsweet[Title/Abstract]) | 77 |
| 61 | (“Frangula purshiana”[Title/Abstract] OR Rhubarb[Title/Abstract]) | 1,054 |
| 62 | (“Fucus vesiculosus”[Title/Abstract] OR bladderwrack[Title/Abstract]) | 489 |
| 63 | (“Galega officinalis”[Title/Abstract] OR “Goat's rue”[Title/Abstract]) | 76 |
| 64 | (“Galium aparine”[Title/Abstract] OR cleavers[Title/Abstract]) | 109 |
| 65 | (“Gentiana lutea”[Title/Abstract] OR gentian[Title/Abstract]) | 949 |
| 66 | (“Geranium maculatum”[Title/Abstract] OR Cranesbill[Title/Abstract]) | 20 |
| 67 | (“Ginkgo biloba”[Title/Abstract] OR ginkgo[Title/Abstract] OR gingko[Title/Abstract]) | 4,627 |

| # | Query | Results |
|---|---|---|
| 68 | (“Glycyrrhiza glabra”[Title/Abstract] OR licorice[Title/Abstract] OR liquorice[Title/Abstract]) | 3,287 |
| 69 | (“Gymnema sylvestre”[Title/Abstract] OR Gymnema[Title/Abstract]) | 332 |
| 70 | (“Hamamelis virginiana”[Title/Abstract] OR “Witch Hazel”[Title/Abstract]) | 105 |
| 71 | (“Harpagophytum procumbens”[Title/Abstract] OR “Devil's claw”[Title/Abstract]) | 192 |
| 72 | (“Hedera helix”[Title/Abstract] OR ivy[Title/Abstract]) | 1,368 |
| 73 | (“Hemidesmus indicus”[Title/Abstract] OR Hemidesmus[Title/Abstract]) | 140 |
| 74 | (“Humulus lupulus”[Title/Abstract] OR hops[Title/Abstract]) | 2,301 |
| 75 | (“Hydrastis canadensis”[Title/Abstract] OR goldenseal[Title/Abstract]) | 145 |
| 76 | (“Hypericum perforatum”[Title/Abstract] OR “st johns wort”[Title/Abstract]) | 1,427 |
| 77 | (“Inula helenium”[Title/Abstract] OR Elecampane[Title/Abstract]) | 144 |
| 78 | (“Iris versicolor”[Title/Abstract] OR “blue flag”[Title/Abstract]) | 15 |
| 79 | (“Lavandula officinalis”[Title/Abstract] OR “Lavandula angustifolia”[Title/Abstract] OR Lavender[Title/Abstract]) | 1,440 |
| 80 | (“Leonurus cardiaca”[Title/Abstract] OR Motherwort[Title/Abstract]) | 135 |
| 81 | (“Linum usitatissimum”[Title/Abstract] OR Linseed[Title/Abstract] OR flaxseed[Title/Abstract] OR flax[Title/Abstract]) | 5,503 |
| 82 | (“Lycopus virginicus”[Title/Abstract] OR Bugleweed[Title/Abstract] OR Gypsyweed[Title/Abstract]) | 11 |
| 83 | #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56 OR #57 OR #58 OR #59 OR #60 OR #61 OR #62 OR #63 OR #64 OR #65 OR #66 OR #67 OR #68 OR #69 OR #70 OR #71 OR #72 OR #73 OR #74 OR #75 OR #76 OR #77 OR #78 OR #79 OR #80 OR #81 OR #82 | 128,604 |
| 84 | #1 AND #83 | 1,197 |
| 85 | #84 NOT #5 | 1,170 |
| 86 | #14 OR #85 | 2,158 |
| **87** | **#86 AND pubmednotmedline[sb]** | **133** |

**Table A-5 Search results: PubMed Part 2**

| # | Searches | Results |
|---|---|---|
| 1 | ((meta analysis[Mesh] OR meta analysis[TW] OR "Systematic Reviews as Topic"[Mesh] OR systematic review[TW] OR pooled analysis[TW] OR (“Review Literature as Topic”[Mesh]) AND (systemat*[TW] OR pool*[TW]))) | 251,137 |
| 2 | case report[Mesh:NoExp] | 234 |
| 3 | "editorial"[Publication Type] OR "letter"[Publication Type] OR "Comment"[Publication Type] OR "historical article"[Publication Type] | 2,329,868 |
| 4 | ("animals"[MeSH Terms] OR "nonhumans"[Text Word]) NOT "humans"[MeSH Terms] | 4,815,028 |
| 5 | (#2 OR #3 OR #4) | 7,065,758 |
| 6 | (“Inula helenium”[Title/Abstract] OR Elecampane[Title/Abstract]) | 144 |
| 7 | (“Iris versicolor”[Title/Abstract] OR “blue flag”[Title/Abstract]) | 15 |
| 8 | (“Lavandula officinalis”[Title/Abstract] OR “Lavandula angustifolia”[Title/Abstract] OR Lavender[Title/Abstract]) | 1,440 |
| 9 | (“Leonurus cardiaca”[Title/Abstract] OR Motherwort[Title/Abstract]) | 135 |
| 10 | (“Linum usitatissimum”[Title/Abstract] OR Linseed[Title/Abstract] OR flaxseed[Title/Abstract] OR flax[Title/Abstract]) | 5,503 |
| 11 | (“Lycopus virginicus”[Title/Abstract] OR Bugleweed[Title/Abstract] OR Gypsyweed[Title/Abstract]) | 11 |
| 12 | (“Marrubium vulgare”[Title/Abstract] OR “White Horehound”[Title/Abstract]) | 104 |
| 13 | (“Matricaria chamomilla”[Title/Abstract] OR Chamomile[Title/Abstract]) | 1,055 |
| 14 | (“Melaleuca alternifolia”[Title/Abstract] OR “tea tree”[Title/Abstract]) | 904 |

| # | Searches | Results |
|---|---|---|
| 15 | (“Melissa officinalis”[Title/Abstract] OR “Lemon balm”[Title/Abstract]) | 527 |
| 16 | (“Mentha x piperita”[Title/Abstract] OR peppermint[Title/Abstract]) | 1,356 |
| 17 | (“Nigella sativa”[Title/Abstract] OR ”black cumin”[Title/Abstract]) | 1,569 |
| 18 | (“Olea europaea”[Title/Abstract] OR olive[Title/Abstract]) | 21,343 |
| 19 | (“Paeonia officinalis”[Title/Abstract] OR peony[Title/Abstract]) | 559 |
| 20 | (“Panax ginseng”[Title/Abstract] OR ginseng[Title/Abstract]) | 7,933 |
| 21 | (“Passiflora incarnata”[Title/Abstract] OR passionflower[Title/Abstract]) | 190 |
| 22 | (“Phytolacca decandra”[Title/Abstract] OR “Phytolacca americana”[Title/Abstract]) | 302 |
| 23 | (“Pimpinella anisum”[Title/Abstract] OR Aniseed[Title/Abstract] OR Anise[Title/Abstract]) | 616 |
| 24 | (“Piper methysticum”[Title/Abstract] OR kava[Title/Abstract]) | 740 |
| 25 | (“Piscidia erythrina”[Title/Abstract]) | 1 |
| 26 | (“Plantago lanceolata”[Title/Abstract] OR ribwort[Title/Abstract]) | 479 |
| 27 | (“Plantago ovata”[Title/Abstract] OR Psyllium[Title/Abstract]) | 899 |
| 28 | (“Polygonum aviculare”[Title/Abstract] OR knotweed[Title/Abstract]) | 179 |
| 29 | (“Prunus serotina”[Title/Abstract] OR “Wild cherry”[Title/Abstract]) | 211 |
| 30 | (“Ptychopetalum olacoides”[Title/Abstract] OR “Muira puama”[Title/Abstract]) | 45 |
| 31 | (“Rehmannia glutinosa”[Title/Abstract] OR Rehmannia[Title/Abstract]) | 561 |
| 32 | (“Rhodiola rosea”[Title/Abstract] OR Rhodiola[Title/Abstract]) | 935 |
| 33 | (“Rosmarinus officinalis”[Title/Abstract] OR rosemary[Title/Abstract]) | 2,222 |
| 34 | (“Rubus idaeus”[Title/Abstract] OR “raspberry leaf”[Title/Abstract]) | 281 |
| 35 | (“Rumex crispus”[Title/Abstract] OR “yellow dock”[Title/Abstract]) | 87 |
| 36 | (“Salix alba”[Title/Abstract] OR “white willow”[Title/Abstract]) | 124 |
| 37 | (“Salvia officinalis”[Title/Abstract] OR sage[Title/Abstract]) | 4,295 |
| 38 | (“Sambucus nigra”[Title/Abstract] OR “elder flower”[Title/Abstract]) | 791 |
| 39 | (“Schisandra chinensis”[Title/Abstract] OR Schisandra[Title/Abstract] OR Schizandra[Title/Abstract]) | 1,182 |
| 40 | (“Scutellaria baicalensis”[Title/Abstract] OR “Baikal Skullcap”[Title/Abstract]) | 1,351 |
| 41 | (“Scutellaria lateriflora”[Title/Abstract] OR skullcap[Title/Abstract]) | 237 |
| 42 | (“Serenoa serrulata”[Title/Abstract] OR “Serenoa repens”[Title/Abstract] OR “Saw Palmetto”[Title/Abstract]) | 547 |
| 43 | (“Silybum marianum”[Title/Abstract] OR Thistle[Title/Abstract]) | 1,637 |
| 44 | (“Solidago virgaurea”[Title/Abstract] OR Goldenrod[Title/Abstract]) | 313 |
| 45 | (“Stellaria media”[Title/Abstract] OR Chickweed[Title/Abstract]) | 100 |
| 46 | (“Tanacetum parthenium”[Title/Abstract] OR Feverfew[Title/Abstract]) | 369 |
| 47 | (“Taraxacum officinale”[Title/Abstract] OR Dandelion[Title/Abstract]) | 833 |
| 48 | (“Thuja occidentalis”[Title/Abstract] OR Thuja[Title/Abstract]) | 326 |
| 49 | (“Thymus vulgaris”[Title/Abstract] OR thyme[Title/Abstract]) | 1,838 |
| 50 | (Tilia[Title/Abstract] OR “lime flower”[Title/Abstract]) | 426 |
| 51 | (“Tribulus terrestris”[Title/Abstract] OR Tribulus[Title/Abstract]) | 447 |
| 52 | (“Trifolium pratense”[Title/Abstract] OR “Red clover”[Title/Abstract]) | 1,422 |
| 53 | (“Trigonella foenum graecum”[Title/Abstract] OR fenugreek[Title/Abstract]) | 1,275 |
| 54 | (“Turnera diffusa”[Title/Abstract] OR Damiana[Title/Abstract]) | 73 |
| 55 | (“Ulmus rubra”[Title/Abstract] OR “Slippery elm”[Title/Abstract]) | 30 |
| 56 | (“Urtica dioica”[Title/Abstract] OR Nettle[Title/Abstract]) | 1,052 |
| 57 | (“Vaccinium macrocarpon”[Title/Abstract] OR Cranberry[Title/Abstract]) | 1,598 |
| 58 | (“Vaccinium myrtillus”[Title/Abstract] OR Bilberry[Title/Abstract]) | 719 |
| 59 | (“Valeriana officinalis”[Title/Abstract] OR Valerian[Title/Abstract]) | 770 |
| 60 | (“Verbascum thapsus”[Title/Abstract] OR Mullein[Title/Abstract]) | 98 |
| 61 | (“Verbena officinalis”[Title/Abstract] OR Vervain[Title/Abstract]) | 85 |
| 62 | (“Viburnum opulus”[Title/Abstract] OR “Cramp bark”[Title/Abstract]) | 63 |
| 63 | (“Vitex agnus castus”[Title/Abstract] OR “Chaste tree”[Title/Abstract]) | 214 |

| # | Searches | Results |
|---|---|---|
| 64 | ("Withania somnifera"[Title/Abstract] OR Withania[Title/Abstract] OR ashwagandha[Title/Abstract]) | 1,273 |
| 65 | ("Zanthoxylum clava herculis"[Title/Abstract] OR "Zanthoxylum americanum"[Title/Abstract] OR "Prickly ash"[Title/Abstract]) | 43 |
| 66 | ("Zea mays"[Title/Abstract] OR "corn silk"[Title/Abstract]) | 11,111 |
| 67 | ("Zingiber officinale"[Title/Abstract] OR Ginger[Title/Abstract]) | 3,797 |
| 68 | ("Zizyphus jujuba"[Title/Abstract] OR jujuba[Title/Abstract] OR "Chinese date"[Title/Abstract]) | 442 |
| 69 | #6 OR #7 OR #8 OR #9 OR #10 OR #11 OR #12 #13 OR #14 OR #15 OR #16 OR #17 OR #18 OR #19 OR #20 OR #21 OR #22 OR #23 OR #24 OR #25 OR #26 OR #27 OR #28 OR #29 OR #30 OR #31 OR #32 OR #33 OR #34 OR #35 OR #36 OR #37 OR #38 OR #39 OR #40 OR #41 OR #42 OR #43 OR #44 OR #45 OR #46 OR #47 OR #48 OR #49 OR #50 OR #51 OR #52 OR #53 OR #54 OR #55 OR #56 OR #57 OR #58 OR #59 OR #60 OR #61 OR #62 OR #63 OR #64 OR #65 OR #66 OR #67 OR #68 | 76,939 |
| 70 | #1 AND #69 | 850 |
| 71 | #70 NOT #5 | 831 |
| **72** | **#71 AND pubmednotmedline[sb]** | **114** |

## A3.5 PAHO Virtual Health Library

The search for systematic reviews via the PAHO VHL was conducted on 22 April 2021.

Databases searched were as follows:

- LILACS
- IBECS
- BBO
- BDENF
- CUMED
- BRISA
- INDEXPSI
- MTYCI
- PAHOIRIS
- WHOLIS
- colecionaSUS

**Table A-6 Search results: PAHO Virtual health Library**

| # | Search | Limiters/Expanders | Results |
|---|---|---|---|
| 1 | Herbal medicine or medicinal plant or traditional medicine or herbal drugs or plant extract or herbalism or phytotherapy | Type of study: systematic reviews | 93 |

## A3.6 Systematic Review Data Repository (SRDR)

The search for systematic reviews via the SRDR was conducted on 22 April 2021.

**Table A-7 Search results: SRDR**

| # | Search | Results |
|---|---|---|
| 1 | Herbal | 9 |

# A4 Review selection criteria

This appendix documents the criteria used to identify systematic reviews eligible for inclusion in the overview on the effect of WHM for preventing and treating any health condition.

## A4.1 Types of reviews

### A4.1.1 Eligible reviews

Eligible systematic reviews were those that examined the effectiveness of eligible WHMs (see Appendix A4.3) compared to control (placebo or no intervention) or another intervention. SRs that considered a broader question than intended for this overview (e.g. assessed the effect of a WHMs among other interventions such as Chinese herbal medicines) were included if the SR specifically reported the effect of WHM independent of the other included interventions. If a subset of primary studies contained within the SR meet the eligibility criteria for this overview, then only the subset of primary studies were considered for the overview.

The primary review of interest was a systematic review of RCTs (or quasi-RCTs[a]), with or without a meta-analysis. Where a systematic review included quasi-RCTs, these were considered as eligible along with data from RCTs.

Systematic reviews that include a single RCT were included, as were systematic reviews that included both RCTs and nonrandomised studies of an intervention (NRSIs); however, only evidence from the RCTs (and quasi-RCTs) were considered. The process for handling systematic reviews that included ineligible studies (e.g. NRSIs) or when they were missing one or more eligible studies is described in Appendix B4.

### A4.1.2 Ineligible reviews

Systematic reviews that did not report study eligibility criteria or did not conduct a comprehensive search of the literature (i.e. searched fewer than two databases) were not included. These reviews did not meet the minimum criteria to be considered 'systematic' and likely did not accurately summarise the body of evidence. Reviews of case series with either post-test or pre-test/post-test outcomes, cross-sectional studies and case reports were also not eligible for inclusion, as these study designs are too problematic when assessing the effect of the intervention with any confidence (6, 7).

Supplementary primary studies were also *not eligible for inclusion*. This included individual RCTs or quasi-RCTs not part of a SR, nonrandomised experimental trials, observational cohort studies, case-control studies, interrupted times series, cross-sectional studies, and case series with either post-test or pre-test/post-test outcomes.

Overviews (a systematic review of systematic reviews) were also *not eligible for inclusion*; however, any overviews identified in the study selection process were checked to ensure eligible SRs had been included.

[a] i.e. if the method of randomisation was not specifically stated or was not strictly random (e.g. alternate allocation).

## A4.2 Types of participants

Reviews involving people of any age with any injury, disease, medical condition or preclinical condition were eligible for inclusion. At-risk individuals (but not at-risk healthy populations) were also eligible for inclusion. To be considered at-risk, individuals needed to be assessed at study entry to have met a minimal threshold for being at-risk: such as having early symptoms, being appraised for symptoms or having a history of a previous condition (or family history). Studies in which there was a broad general statement about the enrolment population were not included. For example, a study that enrolled university students and assessed the effect of a herbal medicine on anxiety was not included unless individual students were assessed at enrolment and met specified enrolment criteria (such as symptoms or signs of elevated anxiety).

Where there was uncertainty about whether a minimum threshold had been met, a process was developed to seek NTWC review of the 'aim' of the study in question and for NTWC to decide on eligibility – this was not required for the review of WHMs.

At-risk was broadly defined as those who are at increased risk of becoming ill or injured based on social, biomedical or behavioural risk factors (8). For the purposes of this review, social risk factors included income, education, employment and social support; biomedical factors included a person's age, genetic make-up, and health status (such as obesity, high blood pressure, high cholesterol, vitamin deficiency); and behavioural factors included a person's lifestyle choices (e.g. alcohol consumption, diet, exercise, tobacco and other drug use, etc.).

Healthy participants seeking health improvement, such as general wellbeing, fitness, aesthetic improvements, resilience and cognitive or emotional intelligence were not eligible for inclusion; however, a study with eligible and ineligible populations was to be included if separate data were available for the eligible population/s.

## A4.3 Types of interventions

### A4.3.1 Intervention

Individual and combination herbal preparations used by western herbalists in Australia were eligible for inclusion. This included:

- individual herbal medicines on List A of the core herbal medicines (see **Appendix A8**) used by the NHAA for inclusion in the Western herbal medicine curriculum, or
- combination herbal preparations that include at least one herb from List A in combination with other herbal medicines listed on the TGA list of permissible ingredients.

Eligibility was not based on specific pairings of herbs and conditions. There were no limits on the type of herbal preparation (i.e. capsule, tablet, liquid extract, tea etc.). However, the herbal preparation had to be administered orally, sublingual or be topically applied. Reviews were included irrespective of whether primary studies indicated if the intervention was delivered by a certified practitioner.

Systematic reviews that considered a broader question than intended for this Overview (i.e. assessed WHMs alongside other interventions) were included if the systematic review specifically assessed the effectiveness of the WHM(s) independent of the other included interventions. If only a subset of primary studies contained within the systematic review met the eligibility criteria for this overview, then only those eligible studies were considered. The process for handling systematic reviews that included ineligible studies is described in **Appendix B4.4**.

### A4.3.2 Comparators

There were no restrictions on comparators, noting that the analysis was stratified into 3 comparisons:

(i) placebo;
(ii) no intervention, wait list or usual care (unless active); and
(iii) other interventions (and usual care if considered active).

The decision to analyse these comparisons separately made was to account for any potential effects that may (or may not) occur in the comparator groups.

Where usual care was poorly described or where the WHM was administered as an adjunct to usual care, it was considered an inactive intervention.

'Other' comparators included (but were not limited to) non-WHMs such as Chinese and Ayurvedic formulations, pharmacologic treatments, manual therapies, exercise programs or other forms of physical activity designed to improve health.

Co-interventions such as diet, education programs, lifestyle modification or medication could be administered simultaneously to the treatment and control group. Studies with co-interventions not provided in the context of Western herbalism were included if all arms of a study receive the same co-interventions (i.e. the effectiveness of the WHM is not confounded).

Studies comparing WHMs with other WHMs were not eligible for inclusion. Systematic reviews that included a mix of studies that included ineligible herbal medicine comparators (including WHMs and those from other traditions), were included but only data for studies with eligible comparators were extracted. Clarification was to be sought from the NTWC regarding the eligibility of any herbal comparators, however no such queries were raised.

## A4.4 Types of outcome measures

### A4.4.1 Outcome role

Outcomes were not used as a criterion for including or excluding studies.

### A4.4.2 Outcome domains of interest

Outcomes were intended to align with the reasons why patients use the therapy and/or practitioners prescribe the therapy. This included recovery, rehabilitation, and changes in disease outcomes and symptoms (e.g. pain, joint range of motion, strength, balance and accepted surrogate outcomes such as HbA1C for diabetes, body mass index for weight gain or loss, lung function tests), health related psychological/behavioural outcomes, health related quality of life, self-reported benefits, symptoms and functional ability, medication use or compliance with conventional medicine treatment; and injury or disease specific prevention outcomes (e.g. falls prevention, smoking cessation).

It was out of scope to assess personal health care preferences, patient-reported experience measures (PREMS) (e.g. satisfaction with care), safety, quality or economic outcomes.

### A4.4.3 Outcome measures and timepoints of interest

There were no limitations on time points (e.g. short- and long-term outcomes) or outcome measure when selecting reviews. This meant that objective measures (such as clinical and laboratory assessments) and subjective measures (such as patient-reported outcome measures) were eligible, preferably (although not mandatory) measured a using validated tool.

Outcomes reported at different timepoints were to be grouped and considered in the evidence synthesis as follows: short term, intermediate term, long term, or not specified. Determining whether something is considered short, intermediate or long term for a population was to be guided by the published evidence, the NTWC and COMET.

To avoid unit-of-analysis issues associated with repeated observations (see Appendix B4.2), data from a single time point were selected for each outcome, as determined by the NTWC during outcome prioritisation (typically end of treatment). If multiple timepoints were considered critical or important for decision-making (e.g. short- and long- term remission in symptoms) separate outcomes were to be specified for each timepoint.

# A5 Selection of reviews (inclusion decisions)

This appendix documents how studies were identified, collected and managed so as to conduct the overview on the effect of WHMs for preventing and treating any health condition.

## A5.1 Reviews identified in the literature searches

### A5.1.1 Title/abstract screening

A framework used for screening SRs at title abstract/stage is provided below (Framework 1).

Citations (title/abstracts) retrieved by the literature searches were imported into EndNote and duplicates removed. Citations were then imported into Covidence (www.covidence.org), an online tool that streamlines the screening and data extraction stages of a systematic review.

Each citation (title and abstract) was screened independently by 2 out of 7 evidence reviewers (GC, AM, AT, JM, AL, MJ or TA) who discarded ineligible studies (marked as irrelevant and tagged with a reason for exclusion) and retained potentially eligible ones (marked as relevant or maybe). There was 92.4% relative observed agreement among reviewers (Cohen's Kappa = 0.81). To minimise the risk of missing eligible herbs or herbal combinations, each reviewer selected one of the herbs on List A (see **Appendix A8**) and, using the filter function in Covidence, screened for that herb (i.e. searched by common, alternative and Latin name). Where there was uncertainty regarding relevance, a decision was made through discussion with 2 reviewers (MJ, AM), who decided to either mark the citation as irrelevant or take it through to full text. Citations that were in a language other than English were tagged and managed as described below (see *Reviews published in languages other than English*).

### A5.1.2 Full text screening

A framework used for screening SRs at full text is provided below (Framework 2). A prespecified, hierarchical approach was used to annotate reasons for exclusion, with the results of the study selection process illustrated in a PRISMA flow.

Full text articles identified for possible inclusion in the evidence synthesis were retrieved and assessed for inclusion by a single evidence reviewer (either AM, MJ, TA, GC, AT or JM). Where there was uncertainty regarding inclusion, a decision was made through discussion (MJ and AM). If additional expertise or advice regarding the application of the PICO criteria is required, excerpts from the publication relevant to the query (e.g. the description of intervention) were provided to the NTWC for advice. The NTWC remained blinded to other identifying details such as the study citation, study design or size, risk of bias and results.

Potentially relevant reviews that were screened in full text but were not included in the evidence synthesis as they did not meet the eligibility criteria are listed in **Appendix C1**.

Protocol registration numbers, author names and included primary studies were used to identify multiple reports arising from the same review. Systematic reviews that had been withdrawn or superseded (i.e. an updated version of the review is available) were noted. Published errata or corrigenda identified in the search were checked and linked to the appropriate study. Eligible reviews that were not available in English were noted and managed as described in the below under *Reviews published in languages other than English*.

## A5.2 Evidence provided through the Department's public call for evidence

Potentially relevant SRs identified by the NTWC, NTREAP, and other key stakeholders were considered for inclusion if they satisfy the eligibility criteria described in **Appendix A4**.

The submitted literature was collated, tabulated, and cross-referenced with the evidence identified in the literature search (see **Appendix A3**). In-scope SRs not identified in the literature search were incorporated into the evidence evaluation. A rationale for exclusion was provided for all studies considered out of scope (see **Appendix C2**).

## A5.3 Reviews published in languages other than English

Systematic reviews published in languages other than English that were assessed as potentially eligible for inclusion in the review were recorded in a '*Studies Awaiting Classification'* table (see **Appendix C4.2**), with this information also reflected in the PRISMA flow diagram. No studies in a language other than English were included in the evidence synthesis.

To identify studies published in languages other than English, citations (title and/or abstract) identified in our searches that already had an English translation available were screened in EndNote by one of 2 evidence reviewers (AM or MJ). Translated titles and abstracts were reviewed and evaluated against the study selection criteria outlined in Appendix A4, with the reason for exclusion noted in the Research Notes. In the absence of an English translation, we used Google translate to facilitate understanding of the title and/or abstract. If only the title was identified in the search, we retrieved the abstract directly from the journal or publishing house (if available). If online translation did not facilitate understanding of the title and abstract, then the studies were to be listed in a table as *'Studies unable to be translated or interpreted at the title/abstract stage*' (no reviews found).

Full text translation of reviews did not occur to determine eligibility.

## A5.4 Collation of reviews

A framework used for confirming and reviewing eligible studies is provided below (Framework 3).

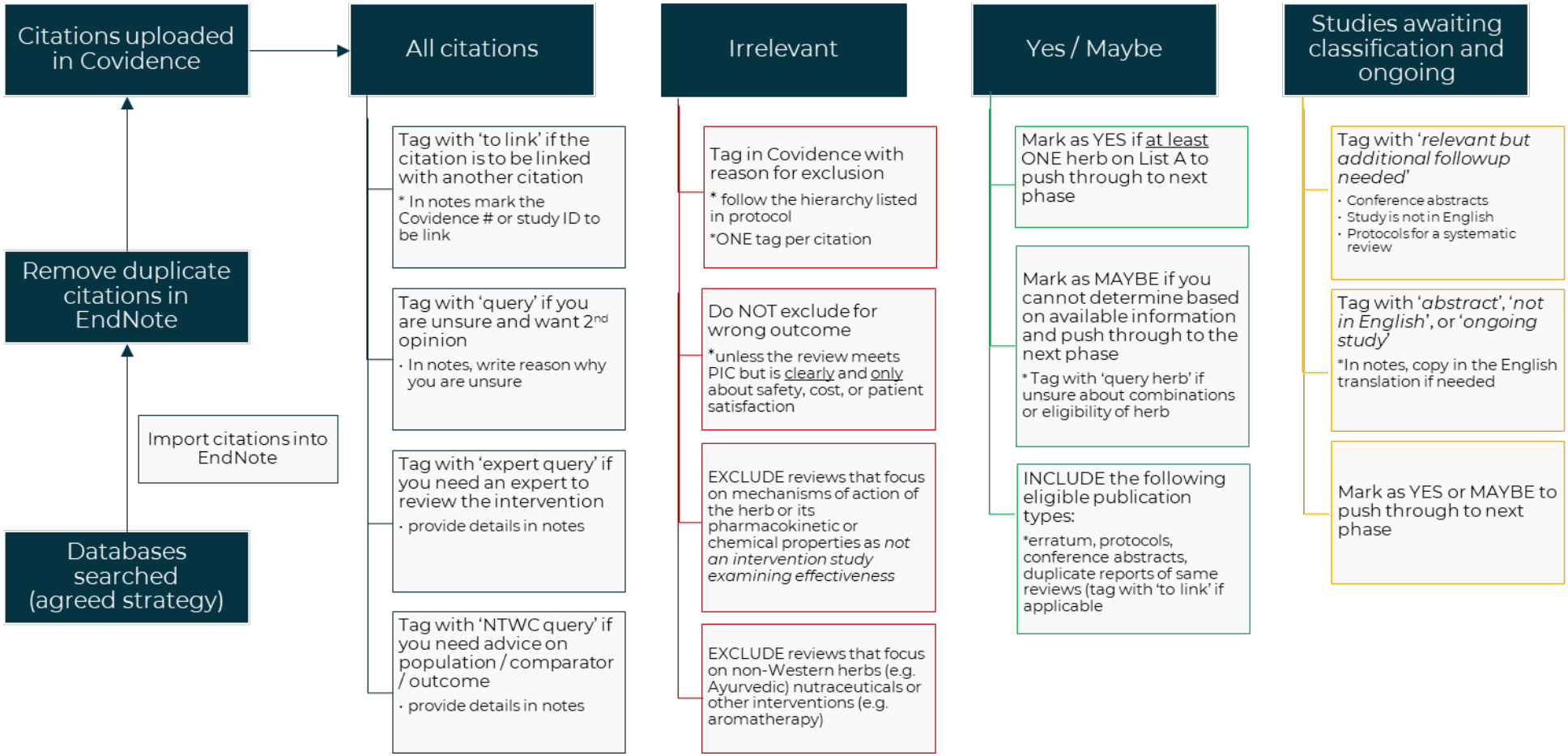
All potential systematic reviews identified for inclusion were imported into an Excel 'progress' spreadsheet and sorted according to Review ID (using separate tabs for eligible reviews, reviews awaiting classification and ongoing reviews). The Review ID incorporated all citations linked to the same review (i.e. citation for the planned protocol and a citation for the published review). The Review ID (usually automatically assigned in Covidence) was the first author surname followed by the publish date.

Preliminary data extraction of each review then ensued, which included a summary of the population (P) and intervention (I) criteria specified by the review authors entered into specific columns (illustrated in **Table A-8**). Reported comparator (C) or outcomes (O) were not used as the basis for collating reviews. To facilitate assignment to a population (P), reviewers reviewed the PICO criteria of the primary studies included within the systematic review, and attributed a population based on the underlying condition. Additional rows were used for systematic reviews that included primary studies across more than one population/condition (marked as an umbrella review).

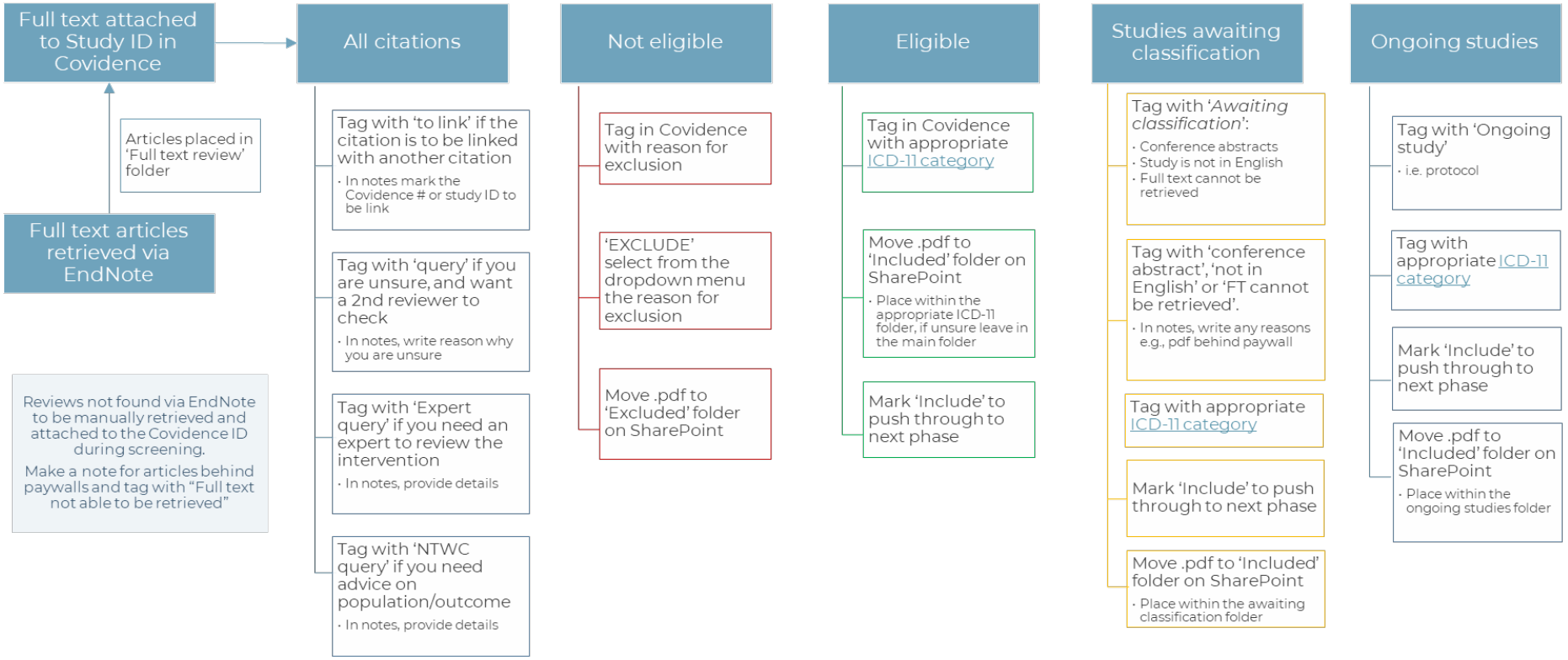
International Classification of Diseases 11th Revision (ICD-11) categories were used to facilitate management of the project, to provide an understanding of the population/ underlying condition, and to help determine the most appropriate place a review could contribute for evidence synthesis (i.e. to minimise heterogeneity and to ensure data from the one study was not used in the analysis across multiple conditions). ICD-11 population groupings were assigned prior to any critical appraisal, data synthesis or review of study size or results.

Other areas that were checked or confirmed related to the description of the intervention (being an individual herbal medicine on List A or combination herbal preparations that include at least one herb form list A in combination with other herbal medicines listed on the TGA list of permissible ingredients (see **Appendix A8**). Cells were highlighted if there were queries that required clarification either from the lead reviewer or the NTWC.

**Framework 1 Framework for screening studies at abstract / title stage**



**Framework 2** **Framework for screening studies at full text**



**Framework 3** **Framework for confirming and reviewing eligible reviews**

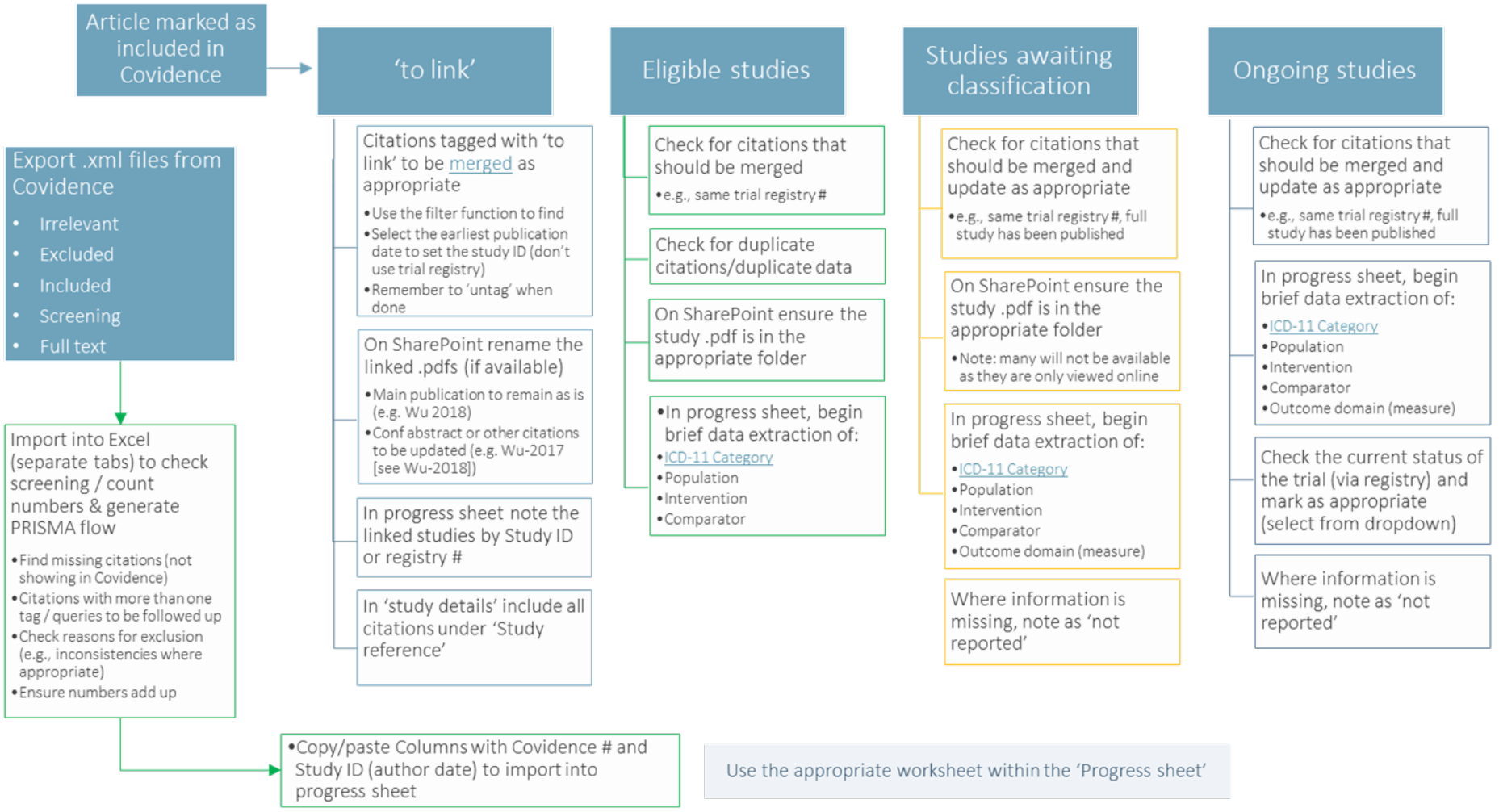


**Table A-8 Sample Preliminary data extraction (for prioritisation and progress checks)**

| # | Review ID | Study design | Method of analysis | Preferred method [a] | ICD-11 Category | Population | Priority Pop.[b] | WHM 1 | WHM 2 | WHM 3 | WHM 4 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| #3841 | Abdi 2016 | SR of RCTs | descriptive | No | 16 Diseases of the genitourinary system | Menopause | Yes | Red clover | -- | -- | -- |
| #3758 | Ainehchi 2019 | SR of RCTs | meta-analysis | Yes | 05 Endocrine, nutritional and metabolic diseases | PCOS | Low priority | Cinnamon | Combination | -- | -- |
| #3754 | Akbari 2019 | SR of RCTs | meta-analysis | Yes | 05 Endocrine, nutritional and metabolic diseases | Metabolic syndrome | Yes | Turmeric | -- | -- | -- |
| #3754 | Akbari 2019 | SR of RCTs | meta-analysis | Yes | 05 Endocrine, nutritional and metabolic diseases | Diabetes | Yes | Turmeric | -- | -- | -- |
| #3754 | Akbari 2019 | SR of RCTs | meta-analysis | Yes | 05 Endocrine, nutritional and metabolic diseases | Overweight/ Obese | No | Turmeric | -- | -- | -- |
| #3753 | Akbari 2020 | Best evidence | descriptive | No | 02 Neoplasms | Cancer | No | Turmeric | -- | -- | -- |
| #3748 | Akilen 2012 | SR of RCTs | meta-analysis | Yes | 05 Endocrine, nutritional and metabolic diseases | Diabetes | Yes | Cinnamon | -- | -- | -- |
| #3722 | Alammar 2019 | SR of RCTs | meta-analysis | Yes | 13 Diseases of the digestive system | Irritable bowel syndrome | Yes | Peppermint | -- | -- | -- |
| #3712 | Alder 2003 | SR of RCTs | descriptive | No | 05 Endocrine, nutritional and metabolic diseases | Hypercholesterolaemia | No | Garlic | -- | -- | -- |
| #3705 | Al Falasi 2017 | SR of RCTs | descriptive | No | 18 Pregnancy, childbirth or the puerperium | Pregnancy, nausea/vomiting | No | Ginger | -- | -- | -- |
| #3700 | Ali 2017 | SR of RCTs | meta-analysis | Yes | 14 Diseases of the skin | Oral lichen planus | No | Aloe | -- | -- | -- |
| #3694 | Alizadeh 2019 | SR of RCTs | meta-analysis | Yes | 16 Diseases of the genitourinary system | Chronic kidney disease | No | Turmeric | -- | -- | -- |
| #3694 | Alizadeh 2019 | SR of RCTs | meta-analysis | Yes | 13 Diseases of the digestive system | Gastritis, chronic | No | Turmeric | -- | -- | -- |

| # | Review ID | Study design | Method of analysis | Preferred method [a] | ICD-11 Category | Population | Priority Pop.[b] | WHM 1 | WHM 2 | WHM 3 | WHM 4 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| #3740 | Al-Karawi 2016 | SR of RCTs | meta-analysis | Yes | 06 Mental and behavioural disorders | Mood disorder, depression | Yes | Turmeric | -- | -- | -- |
| #3689 | Allen 2013 | SR of RCTs | meta-analysis | Yes | 05 Endocrine, nutritional and metabolic diseases | Diabetes | Yes | Cinnamon | -- | -- | -- |
| #3685 | Almotayri 2020 | SR of RCTs | descriptive | No | 05 Endocrine, nutritional and metabolic diseases | Overweight/ obese | No | Ginger | Turmeric | Capsicum | -- |
| #3659 | Ameye 2006 | SR of RCTs | descriptive | No | 15 Diseases of the musculoskeletal system or connective tissue | Arthropathies | No | Devil's claw | Ginger | Turmeric | Boswellia |
| #3679 | Alraek 2011 | SR of RCTs | descriptive | No | 04 Diseases of the immune system | Chronic fatigue syndrome | Yes | Ginseng | -- | -- | -- |
| #3676 | Alsalimy 2018 | SR of RCTs | individual results | No | 13 Diseases of the digestive system | Constipation, hospital patients | Low priority | Senna | -- | -- | -- |
| #4020 | Anheyer 2017 | SR of RCTs | descriptive | No | 06 Mental and behavioural disorders | Neurodevelopmental disorder, children | No | Passionflower | Valerian | Ginkgo | St John's wort |
| #4023 | Anheyer 2017a | SR of RCTs | descriptive | No | 13 Diseases of the digestive system | Irritable bowel syndrome | Yes | Peppermint | Psyllium | -- | -- |
| #4023 | Anheyer 2017a | SR of RCTs | descriptive | No | 13 Diseases of the digestive system | Infantile colic | No | Combination | Peppermint | -- | -- |
| #4025 | Anheyer 2018 | SR of RCTs | meta-analysis | Yes | 12 Diseases of the respiratory system | URTI | Yes | Echinacea | -- | -- | -- |
| #4015 | Hausenblas 2015 | SR of RCTs | descriptive | No | 16 Diseases of the genitourinary system | Premenstrual disturbances | Yes | Saffron | -- | -- | -- |
| #4015 | Hausenblas 2015 | SR of RCTs | descriptive | No | 06 Mental and behavioural disorders | Mood disorder, depression | Yes | Saffron | -- | -- | -- |

Abbreviations: ICD-11, International Classification of Diseases for Mortality and Morbidity Statistics 11th Revision; NAFLD, Non-alcoholic fatty liver disease; PCOS, polycystic ovary syndrome; RCT, randomised controlled trial; SR, systematic review; URTI, upper respiratory tract infection

a. Systematic review that included a meta-analysis were prioritised for assessment, but this did not preclude narrative or descriptive SRs from being considered in the evidence synthesis.

b. The population prioritisation process occurred independent of collation of studies (see Appendix A6.1).

# A6 Refining the research questions

This appendix documents how populations and outcomes were prioritised to inform the data synthesis for the overview on the effect of WHM for preventing and treating any health condition.

Throughout the population and outcome prioritisation exercise, the NTWC remained blinded to the screening results (i.e. number of reviews identified) or characteristics of included primary studies (e.g. study design, size, quality) to prevent any influence on decision-making.

Framework 4 outlines the process for refining the research questions and conducting the evidence review.

Framework 5 outlines the process for prioritising eligible populations for inclusion in the evidence review.

## A6.1 Population prioritisation process

To ensure populations were ranked in order of priority to the types of conditions and populations as seen by herbal practitioners in Australia, the NTWC and NTREAP were asked to review a spreadsheet listing over 120 populations/conditions (grouped using ICD-11 category codes) and provide information about those considered the 20-25 most important populations/conditions to include in the review (ranking from 1 [most important] to 25 [less important]). Conditions that were clearly not a priority were noted, as were conditions that could be grouped or considered together. Any key conditions not listed, could be added at the bottom of the page.

The populations included in the spreadsheet were:

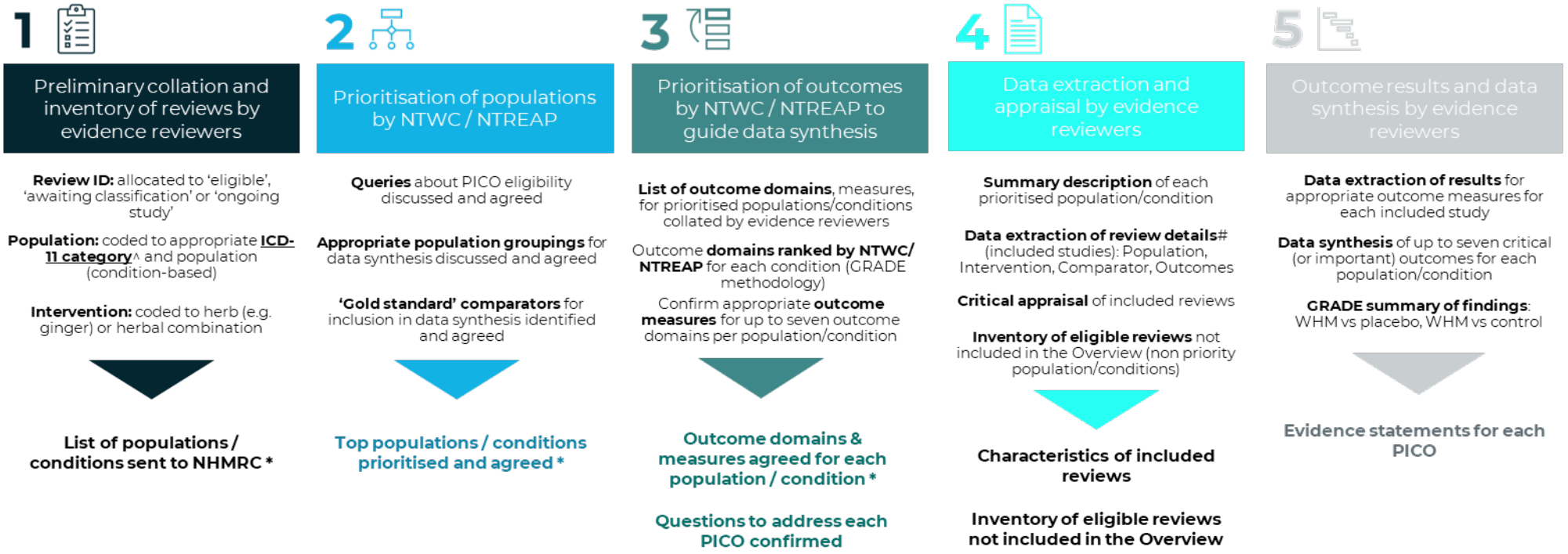
- 2020 PRACI[2] data relating to frequency of treated conditions using WHM in Australia,
- survey data from McIntyre et al (2019) (9) and Lin et al (2009) (10)) on reasons people use WHM in Australia,
- those extracted by the evidence reviewers from the eligible reviews identified at screening (see Appendix A5.4) (see sample in Table A-9).

After reviewing the spreadsheets, the working group agreed that WHM practitioners often prescribe by 'actions' rather than condition, so umbrella groups of populations, with the most relevant conditions for that population group were created (see Table A-10). Under each umbrella population, members agreed to a hierarchy of up to 6 conditions for each group. Where a condition (under an umbrella population) is ranked the same, this indicated that the action of the WHM prescribed is likely to be the same and therefore could be grouped together for evidence synthesis (e.g. IBD and IBS would be treated with the same/similar herbal actions). If an umbrella population still returned an unmanageable number of SRs, members agreed that the top 1-3 condition under each umbrella population be included, rather than including all conditions for only one umbrella population. Three (3) of the 4 prioritised populations that did not undergo critical appraisal or data synthesis were within the same umbrella group (Endocrine/metabolic). NTWC was not involved in selection of which prioritised conditions were completed versus not completed (see NHMRC process report for additional information).

The final list of populations (ranked in priority order) was then circulated back to the evidence reviewers (to begin development of the outcome prioritisation spreadsheet (see Appendix A6.2)).

[2] Practitioner Research and Collaboration Initiative (PRACI), PRACI For Researchers, PRACI, 2018. Viewed October 2019, https://praci.com.au/

**Framework 4 Framework for refining the research questions and conducting the evidence review: WHM**




Notes:
^ ICD-11, International Classification of Diseases for Mortality and Morbidity Statistics (ICD-11 MMS) 11th Revision (available at https://icd.who.int/browse11/l-m/en)
* No identifying information about study ID, study design, study size, study quality or outcome results available (see Framework 2).
# Preliminary data extraction of included studies will begin at step 3 to inform outcome domains.

**Framework 5 Framework for prioritising eligible population for inclusion in the evidence review: WHM**

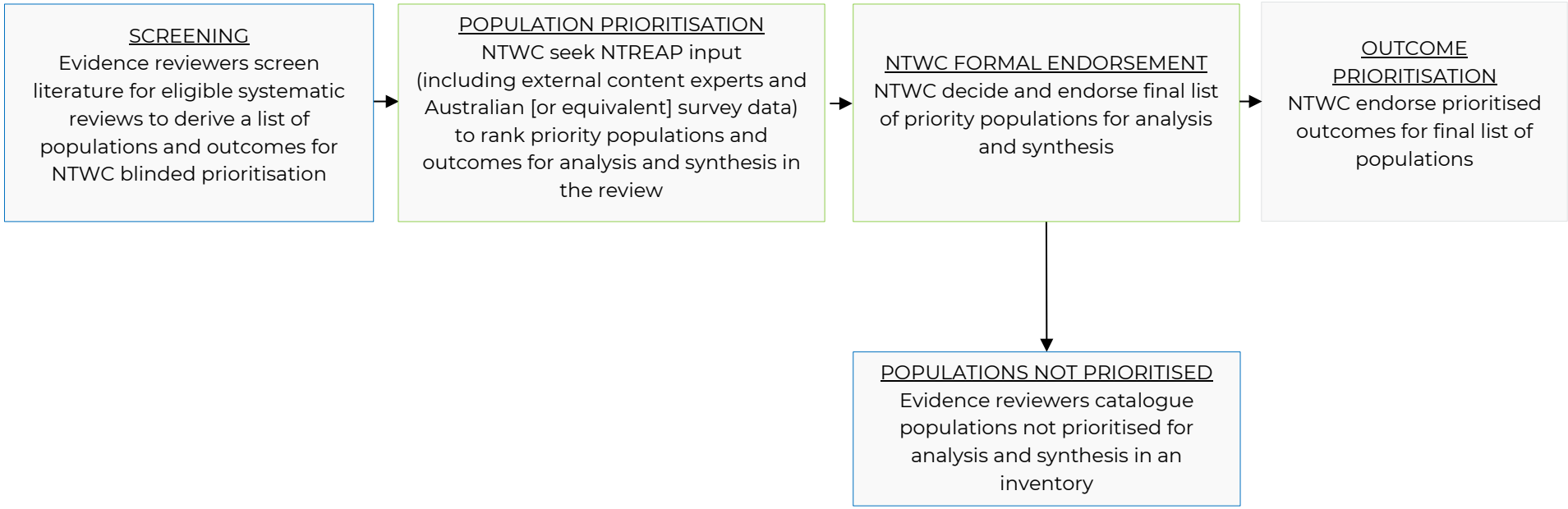


**Table A-9 Sample list of populations/conditions identified for prioritisation: WHM**

| ICD-11 | Population | Comments |
|---|---|---|
| **01 Certain infectious and parasitic diseases** | | |
| | Athlete's foot | |
| | Candidiasis | |
| | Herpes | |
| | Tuberculosis | |
| **02 Neoplasms** | | |
| | Cancer | Studies are in cancer patients of various histopathology. Many of these studies investigate the efficacy of herbal medicine for side-effects related to cancer/treatment such as fatigue, nausea and vomiting. |
| **03 Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism** | | |
| | Thalassaemia | |
| **04 Diseases of the immune system** | | |
| | Systemic lupus erythematosus | Focus is skin/topical application |
| **05 Endocrine, nutritional and metabolic diseases** | | |
| | Diabetes | Query combine with glucose intolerance as many SRs do not differentiate |
| | Hashimoto's disease | |
| | Hypothyroidism | Query combine with Hashimoto's as thyroid disorders? |
| | Impaired glucose tolerance | Studies including populations with blood sugar regulation challenges |
| | Metabolic syndrome | Query combine with overweight/obese as many SRs do not differentiate |
| | PCOS | |
| **06 Mental and behavioural disorders** | | |
| | Anxiety disorders | |
| | Depressive/mood disorders | |

Abbreviations: ICD-11, International Statistical Classification of Diseases and Related Health Problems 11th Revision; PCOS, polycystic ovary syndrome; SRs, systematic reviews; WHM, Western herbal medicines

**Table A-10 Final list of prioritised populations (by groups)**

| POPULATION GROUP | CONDITION/S | WG Rank | Priority ^ | Number of SRs # | Estimated RCTs # |
|---|---|---|---|---|---|
| Digestive disorders | Inflammatory bowel diseases | 1 | Yes | 26 | 29 |
| | Irritable bowel syndrome | 1 | Yes | 23 | 28 |
| | Gastro-oesophageal reflux disease | 2 | Yes | 1 | 1 |
| | Functional Dyspepsia | 3 | Low | 3 | -- |
| | Small intestinal bacterial overgrowth | 4 | Low | 1 | -- |
| | Constipation | 5 | Low | 13 | -- |
| | Digestive Complaints | 5 | Low | 0 | -- |
| Gynaecological/ Reproductive | Menstrual conditions (e.g. endometriosis, amenorrhea, dysmenorrhoea etc.) | 1 | Yes | 15 | 21 |
| | Premenstrual disturbances | 1 | Yes | 12 | 23 |
| | Menopause (symptoms of) | 2 | Yes | 86 | 34 |
| | Infertility | 3 | Low | 14 | -- |
| | Breastfeeding (difficulties with) | 4 | Low | 7 | -- |
| Nervous System | Anxiety (incl. symptoms and disorders) | 1 | Yes | 39 | 32 |
| | Depressive/mood disorders | 2 | Yes | 53 | 100 |
| | Insomnia | 3 | Yes | 16 | 13 |
| | Sleep disturbance | 4 | Low | 7 | -- |
| | Stress | 4 | Low | 6 | -- |
| Endocrine/ Metabolic | Diabetes | 1 | Yes | 165 | 232 *† |
| | Impaired glucose tolerance | 1 | Yes | 15 | |
| | Metabolic syndrome | 2 | Yes | 70 | |
| | PCOS | 3 | Low | 18 | -- |
| | Hashimoto's disease | 4 | Low | 4 | -- |
| | Hypothyroidism | 4 | Low | 1 | -- |
| Immune System | Fatigue conditions (post viral fatigue, ME/CFS etc.) | 1 | Yes | 7 | 7 |
| | URTI | 2 | Yes | 27 | 66 * |
| | Dermatitis & eczema | 3 | Yes | 2 | 5 ** |
| | Acne | 4 | Yes | 5 | 9 ** |
| | Asthma | 5 | Low | 10 | -- |
| | Psoriasis | 6 | Low | 12 | -- |

Abbreviations: CFS, chronic fatigue syndrome; ME, myalgic encephalitis; PCOS, polycystic ovary syndrome; URTI, upper respiratory tract infections; WG, working group

^ It was intended that up to 100 systematic reviews be considered in the evidence synthesis (or approximately 200 primary studies), therefore, conditions ranked 1 or 2 were assessed first (highlighted), and those ranked 3 or below were marked as lower priority.

# Estimate was based on a preliminary review and may not correlate with the final number of included SRs or RCTs; noting the WG were unaware of the estimated of the number of eligible SRs or RCTs covering each population/condition.

* Given the large number of SRs & primary studies, this population was not included in the evidence synthesis. This decision was made prior to any assessment of the results reported in the SRs.

** Population was initially marked as lower priority, but later included after a decision to not include the higher ranked population.

† These conditions were to be considered under one umbrella population as the outcomes reported were primarily biological markers of disease (e.g., HbA1C, glucose levels, lipid profiles), and specific populations were rarely reported.

## A6.2 Outcome prioritisation process

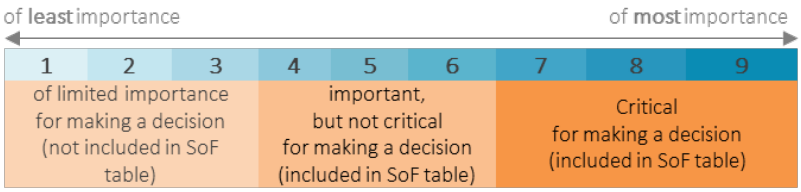
After consensus was reached on priority populations, a spreadsheet listing each condition, with associated outcome domains and outcome measures (including measurement tools) was developed and provided to the NTWC to prioritise critical and important outcomes for inclusion in the evidence synthesis.

To ensure the process for prioritising outcomes was blinded, a 2 staged prioritisation process was developed.

- Stage 1 involved prioritising outcome domains for populations and conditions prioritised for analysis (see sample in Table A-11).
    - To minimise potential reporting bias within the review, the list of outcome domains was supplemented with outcomes identified in core outcome sets for a particular condition (where available).
    - Core outcome sets were identified by searching COMET (http://www.comet-initiative.org/ ), ICHOM (https://www.ichom.org/ ), and PubMed (simple search "core outcome set" OR "core outcome measure" AND "XXX" [where XXX equals the population/condition of interest]). In the absence of a published core outcome set, outcomes reported in relevant Cochrane reviews for that condition were also listed (if available).
    - In determining the critical and important outcomes, the NTWC sought NTREAP advice on priority outcome domains for each population and condition and used the GRADE rating scale (Figure A-1) (5) to rate outcome domains, with the focus being on the relevance of outcome domains for the intervention and research question.
- Stage 2 of the outcome prioritisation process involved NTWC prioritisation of the most relevant and valid outcome measures for each prioritised outcome domain (see stage 1 process) and the validity of outcome measures (5).

The final prioritised outcomes for each prioritised condition are provided in Tables in Appendix D.

**Figure A-1 GRADE rating scale**




Source: Schünemann H, Brożek J (5)
Abbreviations: SoF summary of findings

The outcome domains and measures were derived from the outcomes reported in reviews identified for inclusion in the overview. Only rating scales that had been described in peer-reviewed journals were included. We anticipated that included reviews would use different measures to assess outcomes relevant to the overview; in particular, a variety of rating scales or patient-reported outcome measures. Therefore, each reported outcome measure was grouped into an appropriate outcome domain of interest (see Figure A-2) guided by the preliminary proposed outcomes domains suggested by the NTWC (see Figure A-2).

Reviews with no prioritised outcome domains and/or measures were not included in analysis.

**Table A-11 Sample outcome spreadsheet (for prioritisation)**

| Outcome domain | NTWC Ranking | Outcome measure/s (reported in reviews) | Validated measure? (Y/N) | Suggested order of priority for analysis | Comments |
|---|---|---|---|---|---|
| **Premenstrual disturbances** | | | | | |
| **Depression*** | 7 | Depression | Y | 1 | We will combine in SMD analysis |
| | | Beck depression scale | Y | 1 | |
| | | HDRS | Y | 1 | |
| **Anxiety*** | 7 | Anxiety | | 2 | We can look at anxiety, separate to depression? |
| | | STAI | Y | 2 | |
| | | Anxiety related symptoms | Y | 2 | |
| **Emotional Function*** | 7 | Buss-Perry Aggression Questionnaire | Y | 3 | |
| | | Barratt Impulsiveness Scale (BIS-11) | Y | 4 | |
| **Physical function/ disability (return to work/ school)** | 7 | No measures reported in eligible studies | | | |
| **Health related Quality of Life** | 7 | No measures reported in eligible studies | | | |
| **Patient reported improvement/ efficacy^** | 8 | Visual analogue scale | Y | 1 | |
| | | total symptom score | Y | 3 | |
| | | 4 symptom factor scores | Y | 2 | |
| | | daily symptoms reports | Y | 0 | Not possible to combine in meta-analysis |
| | | menstrual diary | Y | 0 | |
| **PMS symptoms (incl. Pain and Fatigue)** | 9 | PMSD | Y | 1 | |
| | | Moos menstrual distress questionnaire | Y | 1 | |

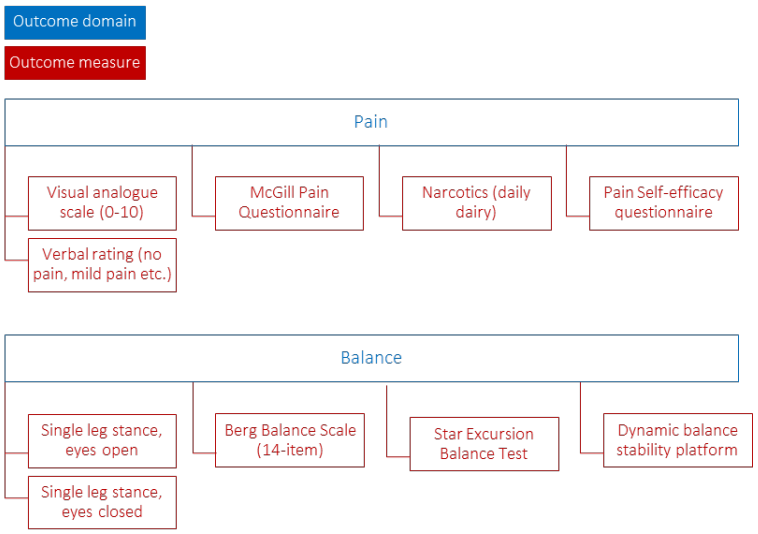
Abbreviations: BMI, body mass index; HDRS, Hamilton depression rating scale; HRQoL, health-related quality of life; PMS, premenstrual syndrome; STAI, State-trait anxiety inventory

* Core outcome domains or measures (based on one or more of the core outcomes sets above

^ Identified as a primary outcome in a relevant / related Cochrane review.

# Identified as secondary outcomes in a relevant / related Cochrane review.

**Figure A-2 Sample outcome domain and outcome measures**




PROPOSED OUTCOME DOMAINS

1. Pain
2. Emotional functioning/ mental health
3. Physical function/ disability (return to work/school)
4. Health related Quality of life
5. Patient reported improvement/efficacy
6. Fatigue
7. Sleep quality

Other - disease specific outcome (where applicable)

## A6.3 Applicability of the intervention

In addition to List A of the core herbal medicines used by the NHAA for inclusion in the Western herbal medicine curriculum (see **Appendix A8**), the list of herbs included in the curriculum at Endeavour College of Natural Health[3] and Torrens University[4] were also reviewed. Herbal medicines included across all 3 curriculums for the priority populations/conditions were noted as being priority (Tier 1) interventions, as outlined in Table A-12 (digestive system disorders), Table A-13 (gynaecological/reproductive system disorders), Table A-14 (nervous system disorders), Table A-15 (endocrine/metabolic system disorders) and Table A-16 (immune system disorders). This ranking of the herbal medicines was intended to guide the evidence statements with regards to applicability (indirectness) of the evidence to the Australian health care context (see Figure A-3), however in the absence of information about prescribing habits of Australian practitioners for each condition, no further judgements were made (see example below and Appendix B5).

**Example**

In people with acne, the RCTs identified for inclusion examined the effects of the following herbs:

- Green tea extract (camellia sinensis)
- Tea tree oil (melaleuca oil)
- Aloe vera
- Herbal combination containing green tea extract or curcumin.

There are 10 herbs labelled as "Tier 1" in Table A-16 as they appear in List A used by the NHAA and the curriculums from both Endeavor College and Torrens University, including:

- Achillea millefolium
- Allium sativum
- Andrographis paniculata
- Astragalus membranaceus
- Commiphora myrrha
- Echinacea spp.
- Hemidesmus indicus
- Sambucus nigra
- Thymus vulgaris
- Tillia spp.

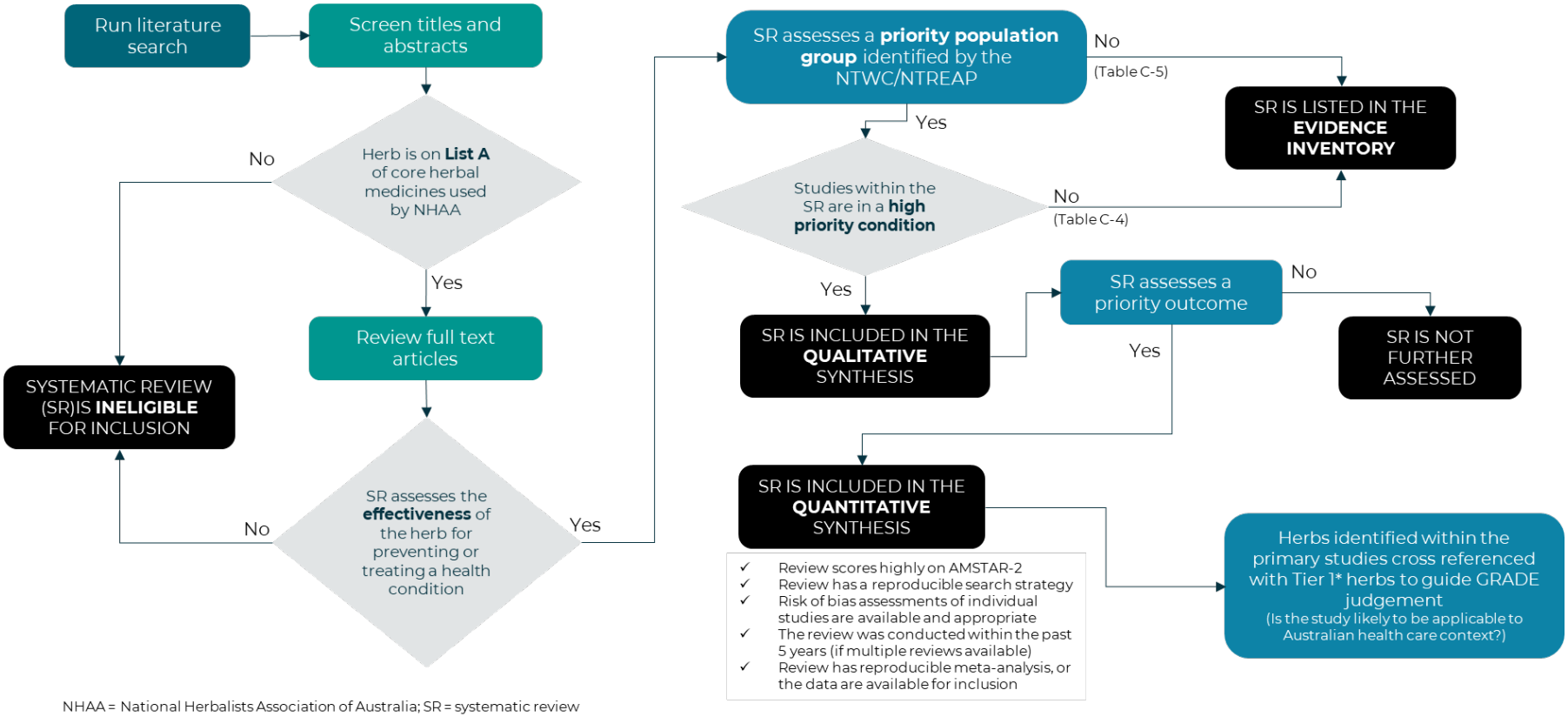
None of the above Tier 1 herbs match to the herbs in the RCTs (noting curcumin appears in the list for Endeavour College).

When making the judgement to downgrade for indirectness (or not) we did not have clear indication that prescribing green tea extract or tea tree oil etc. would be truly contrary to what is prescribed in practise in Australia, therefore we did not downgrade. The footnote in the summary of finding table notes this judgement (few caveats).

[3] https://www.endeavour.edu.au/courses/bachelor-degrees/

[4] https://www.torrens.edu.au/courses/health/bachelor-of-health-science-western-herbal-medicine

**Figure A-3 Reviewer process for assessing applicability of herbs**




NHAA = National Herbalists Association of Australia; SR = systematic review
*Tier 1 herb = herb is included in List A and is also on both curriculums from Endeavour College of Natural Health and Torrens University for the condition

**Table A-12 List of core herbal medicines in the Australian curriculum: Digestive system disorders / gastrointestinal tract**

| Herb List | Endeavour | Torrens | List A | Tier |
|---|---|---|---|---|
| Agrimonia eupatorium | ✓ | X | X | |
| Aloe barbadensis | X | ✓ | ✓ | |
| Althea officinalis | X | ✓ | ✓ | |
| Angelica archangelica | ✓ | ✓ | ✓ | **1** |
| Artemisia absinthum | ✓ | ✓ | ✓ | **1** |
| Berberis vulgaris | ✓ | ✓ | ✓ | **1** |
| Bupleurum falcatum | ✓ | ✓ | X | |
| Carum carvi | ✓ | X | X | |
| Cassia augustifolia | X | ✓ | ✓ | |
| Centaurium erythraea | ✓ | X | X | |
| Chelidonium majus | ✓ | ✓ | ✓ | **1** |
| Cinnamomum verum/Cinnamomum zeylnicum | ✓ | ✓ | ✓ | **1** |
| Citrus reticulata | ✓ | X | X | |
| Curcuma longa | ✓ | ✓ | ✓ | **1** |
| Cynara scolymus | ✓ | ✓ | ✓ | **1** |
| Elettaria cardamomum | ✓ | X | X | |
| Foeniculum vulgare | ✓ | X | X | |
| Filipendula ulmaria | ✓ | ✓ | ✓ | **1** |
| Frangula purshiana | ✓ | ✓ | ✓ | **1** |
| Gentiana lutea | ✓ | ✓ | ✓ | **1** |
| Glycyrrhiza glabra | X | ✓ | ✓ | |
| Hydrastis canadensis | ✓ | ✓ | ✓ | **1** |
| Linum usitatissimum | X | ✓ | ✓ | |
| Matricaria recutita/Matricaria chamomilla | ✓ | ✓ | ✓ | **1** |
| Melissa officinalis | ✓ | ✓ | ✓ | **1** |
| Mentha x piperita | ✓ | ✓ | ✓ | **1** |
| Picrorrhiza kurroa | ✓ | X | X | |
| Pimpinella anisum | ✓ | X | ✓ | |
| Plantago ovata | X | ✓ | ✓ | |
| Rhamnus cathartica | X | ✓ | X | |
| Rheum palmatum | ✓ | X | X | |
| Rumex crispus | ✓ | ✓ | ✓ | **1** |
| Schisandra chinensis | ✓ | ✓ | ✓ | **1** |
| Silybum marianum | ✓ | ✓ | ✓ | **1** |
| Taraxacum officinale radix | ✓ | ✓ | ✓ | **1** |
| Trigonella foenumgraecum | ✓ | X | ✓ | |
| Ulmus fulva | ✓ | ✓ | ✓ | **1** |
| Zingiber officinale | ✓ | X | ✓ | |

**Table A-13 List of core herbal medicines in the Australian curriculum: Gynaecological / reproductive disorders**

| Herb List | Endeavour | Torrens | List A | Tier |
|---|---|---|---|---|
| Actaea racemosa | ✓ | ✓ | ✓ | **1** |
| Alchemilla vulgaris | X | ✓ | X | |
| Aletris farinosa | ✓ | X | X | |
| Angelica sinensis | ✓ | ✓ | X | |
| Asparagus racemosus | ✓ | X | X | |
| Capsella bursa pastoris | X | ✓ | X | |
| Chamaelirium luteum | ✓ | ✓ | X | |
| Cinnamomum zeylanicum | ✓ | X | ✓ | |
| Corydalis ambigua | ✓ | X | X | |
| Dioscorea villosa | ✓ | X | ✓ | |
| Foeniculum vulgare | X | ✓ | X | |
| Galega officinalis | ✓ | X | ✓ | |
| Glycyrrhiza glabra | ✓ | X | ✓ | |
| Gymnema sylvestre | ✓ | X | ✓ | |
| Hypericum perforatum | ✓ | X | ✓ | |
| Mitchella repens | ✓ | ✓ | X | |
| Paeonia lactiflora | ✓ | ✓ | ✓ | **1** |
| Piscidia erythrina | ✓ | X | ✓ | |
| Rubus idaeus | ✓ | ✓ | ✓ | **1** |
| Rhodiola rosea | ✓ | X | ✓ | |
| Salvia officinalis | ✓ | X | ✓ | |
| Schisandra chinensis | ✓ | X | ✓ | |
| Serenoa repens | ✓ | ✓ | ✓ | **1** |
| Smilax spp | ✓ | X | X | |
| Tanacetum parthenium | ✓ | X | ✓ | |
| Tribulus terrestris | ✓ | ✓ | ✓ | **1** |
| Turnera diffusa | ✓ | X | ✓ | |
| Urtica dioica radix | X | ✓ | ✓ | |
| Verbena officinalis | ✓ | X | ✓ | |
| Viburnum opulus | ✓ | X | ✓ | |
| Viburnum prunifolium | ✓ | X | X | |
| Vitex agnus castus (chaste tree) | ✓ | ✓ | ✓ | **1** |
| Withania somnifera | ✓ | X | ✓ | |
| Ziziphus jujuba | ✓ | X | ✓ | |

**Table A-14 List of core herbal medicines in the Australian curriculum: Nervous system disorders**

| Herb List | Endeavour | Torrens | List A | Tier |
|---|---|---|---|---|
| Avena sativa | ✓ | ✓ | ✓ | **1** |
| Bacopa monniera | ✓ | ✓ | ✓ | **1** |
| Camellia sinensis | ✓ | X | ✓ | |
| Centella asiatica | ✓ | X | ✓ | |
| Crocus sativus | X | ✓ | ✓ | |
| Curcuma longa | ✓ | X | ✓ | |
| Eschscholzia californica | ✓ | ✓ | ✓ | **1** |
| Ginkgo biloba | ✓ | X | ✓ | |
| Humulus lupulus | ✓ | ✓ | ✓ | **1** |
| Hypericum perforatum | ✓ | ✓ | ✓ | **1** |
| Lavandula angustifolia | ✓ | ✓ | ✓ | **1** |
| Magnolia officinalis | X | ✓ | X | |
| Passiflora incarnata | ✓ | ✓ | ✓ | **1** |
| Piper methysticum | ✓ | ✓ | ✓ | **1** |
| Salix alba | ✓ | X | ✓ | |
| Salvia rosmarinus | ✓ | X | X | |
| Scutellaria baicalensis | ✓ | X | ✓ | |
| Scutellaria lateriflora | ✓ | ✓ | ✓ | **1** |
| Tanacetum parthenium | ✓ | X | ✓ | |
| Turnera diffusa | ✓ | ✓ | ✓ | **1** |
| Valeriana officinalis | ✓ | ✓ | ✓ | **1** |
| Verbena officinalis | ✓ | ✓ | ✓ | **1** |
| Withania somnifera | ✓ | X | ✓ | |
| Zizyphus jujuba | ✓ | ✓ | ✓ | **1** |

**Table A-15 List of core herbal medicines in the Australian curriculum: Endocrine/metabolic disorders**

| Herb List | Endeavour | Torrens | List A | Tier |
|---|---|---|---|---|
| Allium sativum | ✓ | X | ✓ | |
| Asparagus racemosa | X | ✓ | X | |
| Bupleurum falcatum | ✓ | X | ✓ | |
| Camellia sinensis | ✓ | X | ✓ | |
| Cinnamomum verum | ✓ | X | ✓ | |
| Coffea arabica / C. robusta | ✓ | X | X | |
| Coleus forskohlii | ✓ | X | ✓ | |
| Codonopsis pilosula | X | ✓ | X | |
| Crataegus monogyna | ✓ | X | ✓ | |
| Eleutherococcus senticosus | ✓ | ✓ | ✓ | **1** |
| Fucus vesiculosis | ✓ | ✓ | ✓ | **1** |
| Galega officinalis | ✓ | ✓ | ✓ | **1** |
| Glycyrrhiza glabra | ✓ | X | ✓ | |
| Gymnema sylvestre | ✓ | ✓ | ✓ | **1** |
| Hemidesmus indicus | ✓ | X | ✓ | |
| Leonurus cardiaca | ✓ | X | ✓ | |
| Lycopus europeaus/Lycopus virginicus | ✓ | ✓ | ✓ | **1** |
| Melissa officinalis | ✓ | X | ✓ | |
| Panax ginseng | ✓ | ✓ | ✓ | **1** |
| Rehmannia glutinosa | ✓ | X | ✓ | |
| Rhodiola rosea | ✓ | ✓ | ✓ | **1** |
| Schisandra chinensis | ✓ | X | ✓ | |
| Trigonella foenum-graecum | ✓ | ✓ | ✓ | **1** |
| Vitex agnus-castus | ✓ | X | ✓ | |
| Withania somnifera | ✓ | ✓ | ✓ | **1** |

**Table A-16 List of core herbal medicines in the Australian curriculum: Immune System disorders**

| Herb List | Endeavour | Torrens | List A | Tier |
|---|---|---|---|---|
| Achillea millefolium | ✓ | ✓ | ✓ | **1** |
| Allium sativum | ✓ | ✓ | ✓ | **1** |
| Andrographis paniculata | ✓ | ✓ | ✓ | **1** |
| Arctium lappa | ✓ | X | ✓ | |
| Astragalus membranaceus | ✓ | ✓ | ✓ | **1** |
| Baptisia tinctoria | ✓ | ✓ | X | |
| Boswellia serrata | ✓ | X | ✓ | |
| Calendula officinalis | ✓ | X | ✓ | |
| Commiphora myrrha | ✓ | ✓ | ✓ | **1** |
| Curcurma longa | ✓ | X | ✓ | |
| Echinacea spp | ✓ | ✓ | ✓ | **1** |
| Eleutherococcus senticosus | ✓ | X | ✓ | |
| Euphrasia officinalis | ✓ | X | ✓ | |
| Gallium aparine | ✓ | X | ✓ | |
| Handroanthus inpetiginosus | ✓ | ✓ | X | |
| Hemidesmus indicus | ✓ | ✓ | ✓ | **1** |
| Lavandula officinalis | ✓ | X | ✓ | |
| Lentinula edodes | ✓ | X | X | |
| Matricaria recutita | ✓ | X | ✓ | |
| Mentha x piperita | ✓ | X | ✓ | |
| Pelargonium sidoides | ✓ | X | X | |
| Phellodendron amurense | X | ✓ | X | |
| Phytolacca spp. | X | ✓ | ✓ | |
| Rehmannia glutinosa | X | ✓ | ✓ | |
| Sambucus nigra | ✓ | ✓ | ✓ | **1** |
| Scutellaria baicalensis | ✓ | X | ✓ | |
| Tabebuia avallanedae | ✓ | X | X | |
| Tanacetum parthenium | X | ✓ | ✓ | |
| Thuja occidentalis | X | ✓ | ✓ | |
| Thymus vulgaris | ✓ | ✓ | ✓ | **1** |
| Tillia spp | ✓ | ✓ | ✓ | **1** |
| Tylophora indica | ✓ | X | X | |
| Uncaria tomentosa | ✓ | X | X | |

# A7 Summary screening results

## A7.1 Search of published literature

The results of the literature search and application of the review selection criteria are provided in Table A-17.

Reviews were excluded based on hierarchical, prespecified exclusion criteria, with all citations returned by the literature searches reviewed based on information in the publication title and abstract (where available). Potentially relevant publications were then retrieved and reviewed in full text before a final decision was made on their inclusion or exclusion for the overview.

**Table A-17 Screening result: Reviews identified in the literature search and additional evidence provided through the Department's public call for evidence**

| DATABASE (no. of hits) | Systematic reviews | Submitted literature | Totals |
|---|---|---|---|
| Medline 1946 to April 20, 2021 | 4101 | | 4101 |
| Embase 1947 to 21 April 2021 | 5192 | | 5192 |
| Emcare 1995 to 2021 Week 14 | 1764 | | 1764 |
| PsycINFO 1806 to April Week 2 2021 | 260 | | 260 |
| AMED 1985 to April 2021 | 180 | | 180 |
| CINAHL | 2173 | | 2173 |
| Cochrane Database of Systematic Reviews | 331 | | 331 |
| PubMed (not Medline) | 247 | | 247 |
| PAHO | 93 | | 93 |
| Submitted literature | | 658 | 658 |
| **TOTAL** | **14341** | **658** | **14999** |
| | | | |
| Duplicates removed in Endnote | 6074 | | 6074 |
| Duplicates removed by Covidence | 79 | | 79 |
| Duplicate citation (found at title/abstract) | 107 | | 107 |
| Duplicate citation (additional found at full text) | 16 | | 16 |
| Duplicate citation submitted to the Department (SR already identified in this overview) | | 52 | 52 |
| **TOTAL DUPLICATES** | **6276** | **52** | **6328** |
| | | | |
| **Number of citations screened in Covidence** | | | |
| **TITLE/ABSTRACT** | **8065** | **606** | **8671** |
| nonhuman study | 301 | 1 | 302 |
| intervention out of scope | 3806 | 3 | 3809 |
| comparator out of scope | 8 | 0 | 8 |
| population out of scope | 22 | 0 | 22 |
| outcome out of scope | 169 | 1 | 170 |
| publication type out of scope | | | |
| *opinion piece, editorials, books, etc.* | 349 | 0 | 349 |
| *not an interventional study examining effectiveness* | 983 | 2 | 985 |
| *grey literature* | 0 | 0 | 0 |
| study design out of scope | | | |
| *Nonsystematic review* | 267 | 6 | 273 |
| *Systematic review of NRSIs, case series etc.* | 69 | 0 | 69 |
| *Randomised controlled trial* | 9 | 574 | 583 |

| DATABASE (no. of hits) | Systematic reviews | Submitted literature | Totals |
|---|---|---|---|
| *Nonrandomised studies of interventions* | 21 | 14 | 35 |
| *Case series, case reports, noncomparative studies etc.* | 29 | 0 | 29 |
| **TOTAL irrelevant** | **6033** | **601** | **6634** |
| | | | |
| **FULL TEXT** | **2032** | **5** | **2037** |
| nonhuman study | 21 | 0 | 0 |
| intervention out of scope | 217 | 0 | 217 |
| comparator out of scope | 0 | 0 | 0 |
| population out of scope | 17 | 0 | 17 |
| outcome out of scope | 14 | 0 | 14 |
| publication type out of scope | | | |
| *opinion piece, editorials, books, etc.* | 84 | 0 | 84 |
| *not an interventional study examining effectiveness* | 96 | 0 | 96 |
| *grey literature* | 0 | 0 | 0 |
| study design out of scope | | | |
| *Nonsystematic reviews* | 232 | 0 | 232 |
| *Systematic review of NRSIs* | 11 | 0 | 11 |
| *Randomised controlled trial* | 0 | 0 | 0 |
| *Nonrandomised studies of interventions* | 0 | 0 | 0 |
| *Case series, case reports, noncomparative studies etc.* | 0 | 0 | 0 |
| other | | | |
| *duplicate data (multiple reports arising from the same study)* | 44 | 0 | 44 |
| *superseded (review has been updated)* | 131 | 0 | 131 |
| *withdrawn (review has been withdrawn)* | 8 | 0 | 8 |
| **TOTAL EXCLUDED at full text** | **875** | **0** | **875** |
| | | | |
| **RELEVANT CITATIONS** | **1157** | **5** | **1162** |
| **Relevant but additional follow-up needed** | | | |
| *Ongoing review (protocol)* | 39 | 0 | 39 |
| *Publication not available in English* | 113 | 0 | 113 |
| *Conference proceeding, poster or abstract* | 41 | 1 | 42 |
| *Article not able to be retrieved* | 44 | 0 | 44 |
| **TOTAL ONGOING/AWAITING CLASSIFICATION** | **237** | **1** | **238** |
| | | | |
| **INCLUDED CITATIONS** | **920** | **4** | **924** |
| **CORRESPONDING NUMBER OF REVIEWS** | **856** | **4** | **860** |

## A7.2 Evidence provided through the Department's public call for evidence

A total of 658 citations were received through the Department's public call for evidence. Of these, 654 citations were already identified through our literature search; 53 citations had been included and 601 citations had been excluded. The remaining 4 citations were included in the overview (1 citation published as a conference abstract is awaiting classification).

A summary of the application of the study selection criteria to studies provided through the Department's public call for evidence is provided in Table A-18.

**Table A-18 Screening result: evidence provided through the Department's public call for evidence**

| | Submitted literature | Duplicate citations | Totals |
|---|---|---|---|
| **Total submitted** | **658** | | |
| Duplicate citation (already identified in the review) | 53 | 53 | |
| | | | |
| **Number of new citations to screen** | **605** | | |
| nonhuman study | 1 | 0 | 1 |
| intervention out of scope | 3 | 0 | 3 |
| comparator out of scope | 0 | 0 | 0 |
| population out of scope | 0 | 0 | 0 |
| outcome out of scope | 1 | 0 | 1 |
| publication type out of scope | | | |
| *opinion piece, editorials, books, etc.* | 0 | 0 | 0 |
| *not an interventional study examining effectiveness* | 2 | 0 | 2 |
| study design out of scope | | | |
| *Nonsystematic reviews* | 6 | 0 | 6 |
| *RCT* | 574 | 0 | 574 |
| *nonrandomised studies* | 14 | 0 | 14 |
| *Case series, case reports or other study designs* | 0 | 0 | 0 |
| **TOTAL Excluded** | **601** | **0** | **601** |
| | | | |
| **RELEVANT CITATIONS** | **4** | **53** | **57** |
| **Relevant but additional follow-up needed** | | | |
| *Ongoing study* | 0 | 0 | 0 |
| *Publication not available in English* | 0 | 0 | 0 |
| *Conference proceeding, poster or abstract* | 1 | 0 | 1 |
| *Article not able to be retrieved* | 0 | 0 | 0 |
| **TOTAL ONGOING/AWAITING CLASSIFICATION** | **1** | **0** | **1** |
| | | | |
| **INCLUDED CITATIONS** | **3** | **53** | **56** |

## A8 List of core herbal medicines

This appendix documents the Western herbal medicines considered when developing the literature search strategy for an Overview of the effects of WHMs for preventing and treating any health condition. The list includes the eligible herbal medicines found on List A of the core herbal medicines published by the Naturopaths & Herbalists Association of Australia (NHAA) alongside common names, alternative names, Latin names, TGA synonyms and alternative spellings. This list was also used to guide decision-making about eligibility of included reviews or primary studies.

(see separate sheet)

# Appendix B Methods of data appraisal, extraction, analysis and reporting (included studies)

This appendix documents the methods used to critically appraise, data extract, synthesise and develop evidence statements about the effect of WHMs on priority populations and outcomes.

## B1 Overlap tables

Based on the prespecified framework for selecting the systematic reviews from which to extract data (see **Framework 6**), each systematic review was listed into an Excel spreadsheet in order of publication date and a matrix marked out against the RCTs included in that SR for a given comparison and outcome (see example overlap table below).

Systematic reviews that did not report an outcome considered to be critical or important for this overview (See Appendix A6.2) were not considered for critical appraisal or data extraction.

Systematic reviews that reported (or intended to conduct) meta-analyses were assessed first, alongside systematic reviews that were published in 2018 or after. This date restriction was initially applied to identify reviews that had conducted a literatures search within the previous 5 years (covering the eligible population). Systematic reviews published prior to 2018 were judged likely to no longer represent the best available evidence. These reviews were checked for additional primary studies and results included in the overview if a study, or a critical or important outcome had not already been covered by the best available systematic review.

Systematic reviews that only reported descriptive results[5] (regardless of publication date) were scanned for results data but were not considered for critical appraisal or data extraction.

Annotations were applied against the included primary study according to the following principles:

| | | |
|---|---|---|
| **N** | [primary study is not eligible] | RCT is included in the systematic review, but it *does not meet* our PICO criteria. If included in a meta-analysis, consider removing from the results. |
| **Y** | [result available] | RCT is included in the systematic review, meets our PICO criteria & a study *result is available* for inclusion in the synthesis |
| **#** | [data is incomplete; result may be available in another SR] | RCT is identified by the systematic review & meets our PICO criteria, but a study *result is not available* for the listed outcome measure (the systematic review did not include the results in their data synthesis due to high risk of bias or substantial heterogeneity) |
| **?** | [data is incomplete; result may be available in another SR] | RCT is included in the systematic review & meets our PICO criteria, but a study *result is not available* for the listed outcome measure (the systematic review does not adequately report the results) |
| **!** | [not measured] | RCT is included in the systematic review, but the SR indicates that the study does not measure (or report) the listed outcome. |
| **--** | [not considered] | RCT is not included in systematic review. The outcome was (probably) not assessed by the included primary studies (for reasons unrelated to the *p* value, magnitude or direction of the results) |

[5] i.e. described the study characteristics, outcome or direction of effect [or p-value] in table or within the paper, but did not report complete information.

## Table B-1 Sample overlap table: Prioritisation of systematic reviews for overview of WHMs

| Outcome domain [a] | Review ID | Best available [b] | Reported outcome measures | Study ID: Kumar 2019 | Sadeghi 2019 | Sugimoto 2019 | Masoodi 2018 | Shapira 2018 | Banerjee 2017 | Kedia 2017 | Lang 2015 | Rastegarpanah 2015 | Singla 2014 | Dryden 2013 | Langhorst 2013 | Sandborn 2013 | Suskind 2013 | Krebs 2012 | Holtmeier 2011 | Shivakumar 2011 | Tang 2011 | Sandborn 2010 | Madisch 2007 | Omer 2007 | Hanai 2006 | Langmead 2004 | Atkinson 2002 | Gerhardt 2001 | Fernandez-Banares 1999 | Hallert 1991 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Patient reported improvement | Liu 2021 | † | CDAI, SCAI, UCDAI | Y | -- | Y | Y | -- | Y | Y | Y | Y | Y | Y | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- |
| | Chandan 2020 | ✓ | CDAI, SCAI, UCDAI | -- | -- | -- | Y | -- | Y | Y | Y | -- | Y | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- |
| | Coelho 2020 | † | CDAI, SCAI, UCDAI | -- | Y | -- | Y | # | # | Y | Y | -- | Y | -- | -- | -- | # | -- | -- | -- | -- | -- | -- | -- | Y | -- | # | -- | -- | -- |
| | Goulart 2020 | ✓ | CDAI, SCAI, UCDAI | -- | Y | # | Y | -- | # | Y | Y | -- | # | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | # | -- | -- | -- | -- | -- |
| | Zheng 2020 | ✓ | CDAI, SCAI, UCDAI | -- | -- | -- | Y | -- | Y | Y | Y | -- | Y | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- |
| | Grammatikopoulou 2018 | ✓ | CDAI, SCAI, UCDAI | -- | -- | -- | -- | -- | Y | Y | Y | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- |
| | Iqbal 2018 | † | CDAI, SCAI, UCDAI | -- | -- | -- | -- | -- | Y | -- | Y | -- | Y | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| | Kafil 2017 | † | CDAI, SCAI, UCDAI | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- | -- | -- |
| | Kim 2017 | ✓ | CDAI, SCAI, UCDAI | -- | -- | -- | -- | -- | -- | -- | Y | Y | -- | Y | -- | Y | -- | Y | Y | -- | -- | Y | -- | Y | Y | Y | -- | -- | Y | Y |
| | Langhorst 2015 | † | CDAI, SCAI, UCDAI | -- | -- | -- | -- | -- | -- | -- | -- | Y | Y | -- | Y | Y | -- | Y | Y | -- | Y | -- | -- | Y | Y | Y | -- | Y | Y | -- |
| | Schnieder 2017 | * | | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- |
| | Simadibrata 2017 | * | | -- | -- | -- | -- | -- | -- | -- | Y | -- | Y | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- |
| | Ng 2013 | * | Clinical response | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | Y | Y | -- | -- | -- | -- | Y | Y | Y | -- | Y | Y | -- |
| | Rahimi 2013 | * | | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- | -- | -- | Y | -- |
| | Kumar 2012 | * | Clinical activity index | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- | -- | -- | -- |
| | Ernst 2008 | * | CDAI | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | -- | Y | -- | -- |
| Pain | | | Visual analogue scale | *No eligible reviews reported this outcome domain* | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HRQoL | | | IBDQ-9 or other validated measure | *No eligible reviews reported this outcome domain* | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Emotional functioning | | | HAM-D/ HAM-A or SF-36 emotional component score | *No eligible reviews reported this outcome domain* | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Physical functioning | | | SF-36 Physical component score | *No eligible reviews reported this outcome domain* | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stool quality/ frequency | | | Any validated measure/Bristol | *No eligible reviews reported this outcome domain* | | | | | | | | | | | | | | | | | | | | | | | | | | |

Abbreviations: CDAI, Crohn's disease activity index; HAM-A, Hamilton anxiety rating scale; HAM-D, Hamilton depression rating scale; HRQoL, Health-related quality of life; IBDQ-9, inflammatory bowel disease questionnaire; SCCAI, simple clinical colitis activity index; SF-36, 36-item short form; UCDAI, ulcerative colitis disease activity index

Notes:

a. Priority outcome domain [see Appendix A6.2]

b. Best available information (in any order) means the systematic review meets AMSTAR-2 domain 4, domain 9, domain 8 and domain 11 (see Appendix B1)

✓ Systematic review meets (or partially meets) prespecified critical AMSTAR-2 domains (4, 8, 9 & 11)

† Systematic review meets (or partially meets) some, but not all, prespecified critical AMSTAR-2 domains (4, 8, 9 & 11)

X Systematic review does not meet prespecified critical AMSTAR-2 domains (4, 8, 9 & 11)

Y RCT is included in the systematic review, meets our PICO criteria & a study result is reported for the listed outcome measure [result available]

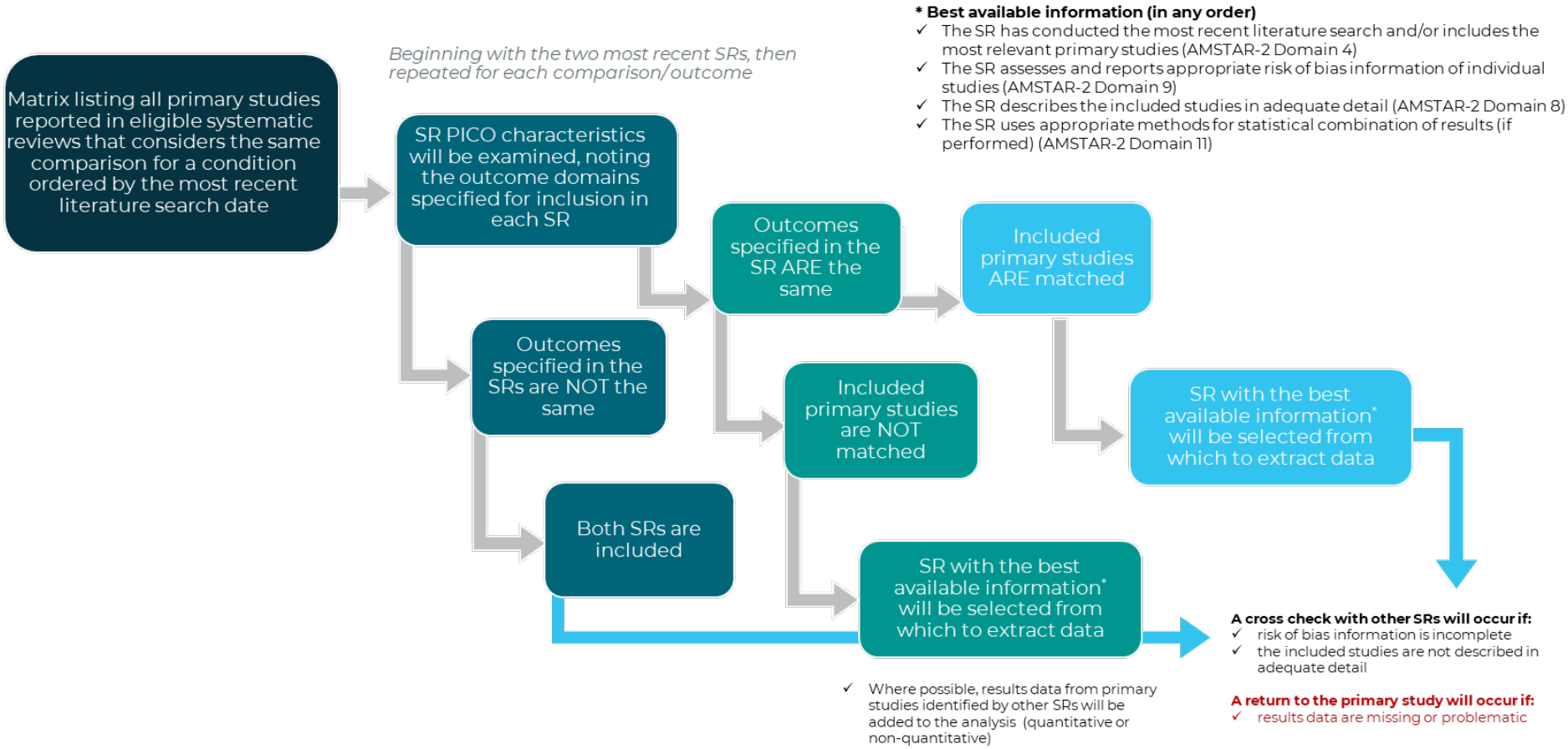
? RCT is included in the systematic review, meets our PICO criteria but a study result is not available for the listed outcome measure [data is incomplete; result may be available in another SR]

# RCT is included in the systematic review, meets our PICO criteria but the review authors do not include the results in their data synthesis for the listed outcome measure [result may be available in another SR]

! RCT is included in the systematic review but the SR indicates that study does not measure (or report) the listed outcome [not measured]

-- RCT is not included in the systematic review

**Framework 6 Framework for selecting the systematic reviews from which to extract data, for any given comparison and outcome: WHMs**



# B2 Critical appraisal and risk of bias

## B2.1 Tools used

### B2.1.1 Systematic reviews

The methodological quality of included systematic reviews were assessed using the AMSTAR-2 quality assessment checklist (11). For each item on the AMSTAR-2 checklist (see **Appendix E**) we answered 'yes', 'no', or 'partial yes'; with a 'yes' answer denoting a positive result. Systematic reviews that were broader in scope than the clinical question posed in the overview (i.e. includes other interventions or NRSIs not eligible for inclusion), the overall quality of the systematic review was assessed.

It is noted that the AMSTAR-2 leads to a judgement of methodological quality (or limitations) of a SR, not a judgement about risk of bias of the primary studies included *within* the SR. Implications concerning relevant AMSTAR-2 items for the risk of bias of primary studies and assessing the certainty of evidence are discussed below.

## B2.2 Assessment process

The methodological quality of each included systematic review was assessed by one reviewer (either TA, IR, LR or MJ). A different reviewer (either TA, IR, LR or MJ) then checked all assessments made. Disagreements were resolved by discussion, with advice sought from the project lead (MJ) where needed.

All eligible systematic reviews were included in the overview, regardless of judgements made regarding methodological quality, noting that:

- the framework to select the best available systematic review (see Framework 6) aimed to preferentially report results from systematic reviews with fewer methodological limitations for any given comparison and/or PICO, and
- methodological flaws in a systematic review do not reflect the risk of bias at the primary study level, which is the level at which results were synthesised (see **Section B4.4**).

Systematic reviews were judged to probably provide an accurate and comprehensive summary of the available studies for use in the overview if they met (or partially met) the pre-specified AMSTAR-2 domains outlined below.

- Domain 4: the review authors used a comprehensive literature search strategy
- Domain 8: the review authors described the included studies in adequate detail
- Domain 9: the review authors used a satisfactory technique for assessing the risk of bias in individual studies that were included in the review
- Domain 11: if meta-analyses were performed, the review authors used appropriate methods for statistical combination of results.

To establish the systematic review that included the best available information for each PICO, any notable strengths or limitations of the systematic review in reference to the prespecified critical AMSTAR-2 domains (4, 8, 9 or 11) were recorded in the *'Characteristics of included studies'* table (See **Appendix F1**).

As per protocol, an independent assessment of the risk of bias of RCTs, quasi-RCTs included within an eligible systematic review was not performed and the primary studies were not retrieved to check or redo assessments. Instead, the risk of bias of the studies (or outcomes) as reported within the included systematic review was recorded in the *'Characteristics of included studies'* table (See **Appendix F1**).

Where a study was included in multiple SRs, a crosscheck of the risk of bias assessment across SRs was performed and any discrepancies were reconciled based on available information. In the absence of any risk of bias information for an individual study or when appropriate risk of bias information was not available (e.g. the SR reports risk of bias for the overall study and not at the outcome-level, or the SR does not use an appropriate tool to assess risk of bias), inferences about risk of bias was made when assessing the certainty of evidence as described in **Appendix B5.1**.

# B3 Data extraction process

The characteristics of included systematic reviews were extracted by a single reviewer (either TA, IR, LR or MJ) using a standardised data collection form (see **Appendix F1**). Reviews were grouped according to the umbrella population or condition to which they had been categorised. All data extraction forms were checked for completeness and accuracy by a second reviewer (either TA, MJ or IR), with checks made at the same time as the evidence synthesis. Where there was uncertainty or disagreement about included data, a decision was made through discussion with the project lead (MJ).

Full data extraction of systematic reviews that did not report an outcome considered to be critical or important for this overview did not occur. Critical appraisal of those systematic reviews also did not occur.

Primary studies included within an eligible systematic review were not retrieved, therefore data extraction (and risk of bias assessments) did not occur.

## B3.1 Data items

### Step one

A standardised data collection form was used to collect all data items relating to the SR features (see Appendix F1). This included (but was not limited to) the following:

- Review ID and citation
- Review objective
- Author affiliation
- Source of funding
- Declared interests of the review authors
- Review method of analysis (e.g. qualitative review, meta-analysis)
- systematic review eligibility criteria, including:
    - study design
    - participant characteristics (including demographics, comorbidities, etc. [if specified])
    - intervention and comparator characteristics (including herb, dose, timing, co-interventions [if specified])
    - Outcomes to be assessed by the SR (including measurement method, timing or severity [if specified])
- systematic review exclusion criteria
- Date of search
- Databases searched
- risk of bias tool used to appraise included primary studies
- eligible primary studies within the systematic review (author, date) and their risk of bias rating (noting review authors comments or concerns)
- Characteristics of eligible RCTs included within the SR (i.e. PICO)
- overall conclusion of the SR

### Step two

The intent of this overview was to summarise outcome data as presented in the best available systematic review (see Framework 6). In the absence of this information, we extracted relevant outcome data from the eligible systematic reviews and re-analysed the data (e.g. using meta-analysis). Therefore, outcome data reported by the review authors at the end of treatment were extracted into a different form (see Appendix F2) after agreement was reached with the NTWC regarding critical and important outcomes to be considered in the evidence synthesis (see **Appendix F2**).

For each comparison and outcome, the extracted data included (but was not limited to) the following:

- condition (e.g. inflammatory bowel disease)
- comparison (e.g. herb name vs placebo or herb name vs control)

- outcome domain to which the outcome had been broadly categorised during the prioritisation process (e.g. functional disability, pain, quality of life, emotional wellbeing, physical wellbeing)
- timing of measurement (preference was for end of treatment scores, but in the absence of this information we reported the mean change from baseline results)
- outcome measure and scale range (e.g. SF-36 – mental component score (0-100))
- measure interpretation (e.g. higher score means better health-related quality of life)
- number of participants in the intervention group / comparator group
- meta-analysis results reported by the SR (e.g. means, standard deviations, mean difference [MD], 95% confidence intervals [CIs], etc.)

## B3.2 Requests for data

No attempts were made to obtain or clarify data from published peer-reviewed studies. There was also no attempt made to obtain additional information or data from eligible systematic reviews not published in English or listed as ongoing.

## B3.3 Transformations of data

All data included in the evidence synthesis were collected from the published reviews and entered in RevMan 5.4 [if available]. No additional calculations were made (e.g. adjustments for skewed baseline data) unless the reported information allowed for direct calculation of missing statistics (e.g. standard deviations) within RevMan 5.4 (usually from published confidence intervals or standard errors of the mean) (12).

## B3.4 Missing data

Primary studies with missing data were included alongside other primary studies for that condition; either in the narrative (non-quantitative) synthesis of results or on forest plots showing the sample size [if available]. Implications for the missing data were considered when interpreting the evidence (see **Appendix B5.1**).

# B4 Data analysis

This appendix documents the methods used to synthesise the evidence for priority populations and outcomes to inform the evaluation of the effect of WHM for preventing and treating any health condition.

## B4.1 Measures of treatment effect

### B4.1.1 Effect measures

The intent of this overview was to summarise outcome data as presented in the best available systematic review (see **Framework 6**). In the absence of this information, we extracted relevant outcome data from the eligible systematic reviews and re-analysed the data (e.g. using meta-analysis).

Where the best available systematic review identified or included all available studies across the breadth of the PICO (i.e. all eligible comparisons and outcomes for a population or condition), pooled data from the selected systematic review was presented with no further data synthesis; that is, summary effect estimates (95% confidence intervals, *p*-values) were extracted as reported by the systematic review authors. The effect estimates of the primary studies were not extracted, however the individual studies contributing data were recorded. The meta-analysis model, number of included studies, and any reported measures of heterogeneity were included (e.g. $I^2$ statistic and associated *p*-value). If available, the certainty of evidence (GRADE) (and any sensitivity analysis) was also recorded.

In the absence of meta-analysis results, data for the primary studies was reported as follows:

- Continuous data were reported as a mean and standard deviation (SD), along with the number of participants in each group. For consistency, and to ensure that all the scales pointed in the same direction of effect, data were adjusted by multiplying the mean value by –1 where needed (e.g. the MD was reported as a negative value for outcomes in which a higher score is better, with an effect favouring WHMs to sit on the left-hand side of the forest plot). Effect estimates were reported either as mean difference (MD) or standardised mean differences (SMD), along with the 95% confidence interval (CI) and *p* values. The SMD was reported when different scales were used to measure the same conceptual outcome [e.g. depression]) or if the SR only provided this data.
- Dichotomous data were presented as risk ratios (RR) with 95% confidence intervals and *p*-values.
- Time-to-event data were to be presented as hazard ratios; however, no hazard ratios were encountered.

Where appropriate, data synthesis was performed as per Appendix B4.4

### B4.1.2 Clinical relevance

Given the broad range of populations and outcomes eligible for inclusion in the review, the minimal clinically important difference (MCID) for each outcome were not prespecified. At the time of synthesis, the MCID for each outcome measure (or other scoring information) was sourced from published reports for that measure (where possible). This involved quick searches of relevant databases (e.g. Physiopedia), by directly searching for published reports relating to licensed outcome measurement tools (e.g. Pittsburgh Sleep), or by sourcing expert opinion via a relevant society (e.g. Australasian Menopause Society).

For each outcome, we have stated and referenced the relevant source in the technical report (see Appendix D), taking care to note if the reported value is an MCID (clinical) (i.e. the smallest difference between the scores in a questionnaire that the patient perceives to be beneficial) not a minimal detectable change (MDC: statistical) (i.e. the smallest change in score that likely reflects true change more than measurement error alone).

In the absence of an MCID, the magnitude of the effect estimate was considered on 3 levels: small (MD <10% of the scale), moderate (MD between 10% to 20% of the scale), or large (MD more than 20% of the scale). If the effect was quantified using an SMD (or it was not possible to use the scale[6]), we used Cohen's guidance for interpreting the magnitude of the SMD: 0.2 represents a small difference, 0.5 is moderate, and 0.8 is a large difference (13). For binary outcomes, a 25% relative reduction (i.e. RR < 0.75) or increase (i.e. RR > 1.25) was considered important.

## B4.2 Unit-of-analysis issues

No adjustments were made for intervention-related clustering using a statistical method.

Only single pairwise comparisons of the intervention with a comparator (i.e. 'control') were to be considered. Where appropriate, we planned to combine groups to create a single pairwise comparison (as described in Chapter 6 of the Cochrane Handbook (12)); otherwise a note was to be made to record which group was included in the evidence synthesis. There were no instances where treatment groups needed combining.

Systematic reviews that included studies with potential for unit-of-analysis issues (i.e. cluster-randomised trials, crossover trials, repeated observations) were noted in the results tables along with a footnote describing how the systematic review dealt with the unit-of-analysis issues in their evidence synthesis.

Systematic reviews that included studies with multiple treatment groups, were also noted in the results table along with a footnote describing how the systematic review dealt with the multiple treatment groups (e.g. combining like groups to create a single pairwise comparison, double counting the placebo group in a meta-analysis). The implications of the multiple treatment groups were considered when interpreting the evidence, with any important implications for interpreting results documented in footnotes to the summary of findings table.

## B4.3 Risk of reporting bias across studies

Judgements regarding reporting bias across primary studies was based on that reported in the systematic reviews. If a sensitivity analysis had been reported by a SR (e.g. removal of studies judged to be at unclear or high risk of bias), these were considered as part of the GRADE assessment for that result (see Section B5.1).

Judgements regarding missing results across the identified reviews were to be made based on available information (e.g. through inspection of outcomes reported in reviews identified for a particular condition, including potentially eligible studies listed as '*Ongoing*' or '*Awaiting Classification*'). Here, an assessment of 'known-unknowns' (i.e. indication of non-reporting of results of primary studies) was made through judgement on whether missingness of the results was likely related to the observed effect (e.g. in favour of the comparator, no observed effect) and if the missing result for the outcome would materially influence the meta-analysis results.

A judgement about 'unknown-unknowns' was made based on the likelihood that missing data from studies not identified was likely to have included that outcome. Additional statistical analysis for testing for small-study effects (e.g. funnel plots) was conducted for outcomes with more than 10 primary studies. In the absence of this information, reporting bias was often suspected when the evidence for an outcome was limited to a small number of small trials.

## B4.4 Data synthesis

Data synthesis was undertaken for systematic reviews that compared WHMs with 'control' (stratified into 'placebo' or 'no intervention'). Results from systematic reviews comparing WHMs with 'other' interventions were extracted and presented in data tables (see Appendix F2); noting results for one population (depression) are presented as there were several studies evaluating the effects of WHM compared with the same (or similar) evidence-based treatment (a pre-specified criterion for presenting results).

[6] i.e. measures that do not have an upper and lower range (e.g. BMI, blood pressure, distance)

If there were several eligible systematic reviews that evaluate the effectiveness of a WHM across the same PICO, preference was given to extracting pooled results (or individual study results) from the best available source (e.g. the most recent, comprehensive systematic review) based on the process outlined in Framework 6.

Any changes made to the evidence reported by a systematic review (e.g. removal of a study due to inappropriate inclusion, change to the risk of bias assessment for that study, update on the data reported by the systematic review because they reported an incorrect number) was included under the relevant sections of the report.

### B4.4.1 Quantitative synthesis

If the best available systematic review did not report a meta-analysis for a relevant comparison, but it was appropriate to do so, data synthesis was performed using RevMan 5.4 and forest plots presented.

Within each comparison we combined effect estimates across studies for each outcome using a random effects model to take into account expected differences between studies. Statistical heterogeneity was assessed by visually inspecting the overlap of confidence intervals on the forest plots, formally testing for heterogeneity using the $Chi^2$ test (using a significance level of $\alpha$=0.1) and heterogeneity quantified using the $I^2$ statistic (22).

For systematic reviews where the meta-analysis or primary study results were incompletely reported (e.g. no effect estimate is reported, but the direction of effect is reported along with a p-value), we reported the available information. If the reported information allows for calculation of effect estimates or imputation of missing statistics (e.g. SD), we performed the calculations as described in Chapter 6 of the Cochrane Handbook (23).

Where the selected systematic review result did not include all eligible studies for a given comparison and outcome, the meta-analysis reported by the selected systematic review was updated and re-analysed (where possible). The decision to re-analyse pooled data was determined by:

- PICO characteristics of any additional studies were judged to be sufficiently similar (based on comparisons relevant to the Overview question, rather than the individual SR question),
- required summary statistics were available (or able to be calculated within RevMan) for that study,
- the SR presented sufficient data to facilitate the addition of eligible studies for inclusion in this Overview, and
- the inclusion of results from the additional study or studies were likely to change the direction of effect (i.e. where the direction of effect is inconsistent with the pooled estimate of effect).

Where a meta-analysis of an eligible systematic review was found to include an ineligible study (e.g., includes a non-Western herbal medicine or NRSIs), re-analysis involved removal of the ineligible data from the meta-analysis (where possible). If it is not possible to remove the data from the meta-analysis, then the implications for indirectness was considered during the GRADE assessment.

If, for a comparison, there was a mix of quantitative and qualitative data that was unable to be synthesised (e.g. due to incomplete data or missing information), then a structured summary of the results was presented.

Where possible, a visual representation of the results of included studies were presented in a forest plot (without a summary estimate) grouped by study design features and risk of bias.

### B4.4.2 Non-quantitative synthesis

The narrative summary included a brief description of the condition and reviews identified (including a summary of the critical appraisal and applicability of the studies to WHM). Any notable weaknesses within a review, or inconsistency across reviews was recorded. This was followed by a summary of results grouped by comparator (placebo, or control) and outcome domain.

Details regarding the number of studies and number of participants that inform the data were included, with a footnote describing any overlap of primary studies provided. Any important differences in review

criteria or in control group risks that may influence the interpretation of results were considered and discussed in the text.

When there were several eligible systematic reviews identified that evaluate the effectiveness of WHM across the same PICO, results were reported from the selected systematic reviews based on pre-specified criteria, as outlined in Framework 6. In the absence of supplementary quantitative data, results from additional studies identified in other systematic reviews were described, with the range and distribution of observed effects noted (where possible).

### B4.4.3 Subgroup analyses

As per protocol, we did not undertake any subgroup analyses of subsets of participants within or across systematic reviews. However, to investigate potential sources of heterogeneity, primary studies were stratified (if needed) based on the type of herb and how the intervention was prepared (e.g. liquid herbal extracts such as tinctures or fluid extracts, oral tablets or capsules, or topical application, for example, via poultices, creams and pessaries etc.).

# B5 Evidence Statements

This appendix documents how the data were used to inform the certainty of evidence and to develop evidence statements about the effect of WHM on preventing and treating any health condition.

## B5.1 Summary of findings and certainty of the evidence

Across each population, we assessed the certainty of the evidence for up to 7 critical or important outcomes using the GRADE approach (5), in which the certainty of evidence is categorised as follows:

- High (⊕⊕⊕⊕): we are very confident that the true effect lies close to that of the estimate of the effect.
- Moderate (⊕⊕⊕⊖): we are moderately confident in the effect estimate: the true effect is probably close to the estimate of the effect, but there is a possibility that it is substantially different.
- Low (⊕⊕⊖⊖): our confidence in the effect estimate is limited: the true effect may be substantially different from the estimate of the effect.
- Very low (⊕⊖⊖⊖): we have very little confidence in the effect estimate: the true effect is likely to be substantially different from the estimate of effect.

Only evidence comparing WHMs with 'placebo' and 'no intervention' was presented (separately) except in the case of St John's Wort and depression. All critical and important outcomes were reported, regardless of whether the findings demonstrate a clinically meaningful change. To ensure consistency, GRADE summary of findings tables were drafted by the lead evidence reviewer for each population using GRADEpro GDT software (www.gradepro.org), then checked by the overall project lead (MJ).

The GRADE process provides a framework for determining the certainty of the evidence and is based on consideration of the following 5 factors:

- *Risk of bias.* Based on the summary assessment of bias across studies (as reported in the priority SR, or supplementary SRs) for each outcome reported (14). Serious concerns were raised if the outcome result was influenced by the inclusion of studies judged to be at high risk of bias (i.e. removing these studies changed the size of the effect). Serious concerns were also likely to be raised when it was considered plausible (i.e. likely, probable or conceivable) that missing outcome data made a difference to the estimated effect.
- *Inconsistency.* Based on heterogeneity in the observed intervention effects across studies that suggests important differences in the effect of the intervention and whether this can be explained (15). This included considering measures of statistical heterogeneity (e.g. $I^2$ statistic) and any non-overlap of confidence intervals (suggesting important difference in the observed effect). Inconsistency was not downgraded when there was only one study.
- *Imprecision.* Based on interpretation of the upper and lower confidence limits in relation to a minimal clinically important threshold (i.e. the confidence interval includes both appreciable benefit and harm); and whether the optimal information size has been reached (i.e. the total number of patients meets the required sample size for a sufficiently powered individual study) (16). In the absence of a published MCID a rough guide was used (i.e. a 25% relative risk reduction or increase for dichotomous outcomes and for continuous outcomes, based on a defined threshold for a small effect [the mean difference being less than 10% of the scale]) (see Section B3.1.2).
- *Indirectness.* Based on important differences between the review questions and the characteristics of included studies that may lead to important differences in the intervention effects (17). For example, a judgement on whether evidence for a herbal product not included within the Australian curriculum would be applicable to the Australian community and whether it is sensible to apply. A downgrade for indirectness was not made unless there was a clear and obvious reasons to do so.
- *Publication bias.* Based on the extent to which the evidence is available. This included: checking SRs for missing outcome results in published studies, checking the ongoing reviews and SRs awaiting classification (including those published in a language other than English) and making a judgement on whether reviews were not complete, failed to report an outcome, were not published (or translated) due to the nature of their results (i.e. selective non-reporting of results). Publication bias was also suspected when the evidence was limited to a small number of small trials (18).

For each factor, a judgement was made about whether there were no concerns, or if the concerns were serious or very serious. Scoring of the certainty of the evidence began as 'high' (score=4), which was downgraded by –1 for each factor with serious concerns or –2 for very serious concerns (5, 19). Footnotes were used to record judgements made about downgrading the evidence. In certain circumstances, the certainty of evidence could also be upgraded (3 factors relating to magnitude of effect, dose-response gradient, and confounding); however, we did not upgrade the evidence for any outcome recorded.

## B5.2 Development of evidence statements

An evidence statement pertaining to each outcome was included as part of the summary of findings table. This was guided by the prescribed format provided in GRADEPro, with the preferred statement selected listed in Table B-2.

**Table B-2 List of informative statements to communicate results of systematic reviews**

| Size of the effect estimate | Suggested statements * |
|---|---|
| **HIGH Certainty of the evidence** | |
| Large effect | X results in a large reduction/increase in outcome |
| Moderate effect | X reduces/increases outcome |
| Small important effect | X reduces/increases outcome slightly |
| Trivial, small unimportant effect or no effect | X results in little to no difference in outcome |
| **MODERATE Certainty of the evidence** | |
| Large effect | X probably results in a large reduction/increase in outcome |
| Moderate effect | X probably reduces/increases outcome |
| Small important effect | X probably results in a slight reduction/increase in outcome |
| Trivial, small unimportant effect or no effect | X probably results in little to no difference in outcome |
| **LOW Certainty of the evidence** | |
| Large effect | X may result in a large reduction/increase in outcome |
| Moderate effect | X may result in a reduction/increase in outcome |
| Small important effect | X may result in a slight reduction/increase in outcome |
| Trivial, small unimportant effect or no effect | X may result in little to no difference in outcome |
| **VERY LOW Certainty of the evidence** | |
| Any effect | The evidence is very uncertain about the effect of X on outcome |

Source: modified from Santesso et al. (2020) (20)

* Replace X with intervention, replace 'reduce/increase' with direction of effect, replace 'outcome' with name of outcome, include 'when compared with Y' when needed)

# Appendix C Details of studies assessed at full text but not included

## C1 Citation details of excluded studies (not eligible)

This appendix documents the reviews that were screened in full text for a systematic review of systematic reviews on the effect of Western herbalism for preventing and treating any health condition but were not included in the evidence synthesis as they did not meet the eligibility criteria.

As per Cochrane guidelines the table does not list every study that was excluded, only those that appear on the surface to meet eligibility criteria, but which turn out not to. The table is sorted by reason for exclusion. Each study notes the primary reason for exclusion, but there may have been multiple reasons.

**Table C-1 Citation details of reviews screened and excluded at full text (by reason for exclusion): Western herbalism**

(see separate file)

## C2 Citation details of studies provided through the Department's public call for evidence

This appendix documents the studies that were provided through the Department's public call for evidence for a systematic review on the effect of Western herbalism for preventing and treating any health condition.

Studies that were already identified through the search of published literature were noted as duplicate citations, with the reason for exclusion (or inclusion) noted under the eligibility criteria.

Studies that were not previously identified in the literature search were subsequently screened, with their reasons for inclusion/exclusion noted. The table is sorted first by whether the studies had already been found in the search (duplicate studies), then by whether they were excluded (with reasons) or included. As above, studies could be not eligible for multiple reasons, but only one reason is listed for each.

**Table C-2 Citation details of studies provided through the Department's public call for evidence with reasons: Western herbalism**

(See separate file)

## C3 Citation details of systematic reviews of low and non-priority populations

This appendix documents the systematic reviews that met the prespecified inclusion criteria for an overview of the effect of WHMs for preventing and treating any health condition but were not included in the evidence synthesis as they were conducted in populations (or conditions) not prioritised for analysis (see **Appendix A6.1**).

An overview of the low and non-priority populations covered by the identified reviews (ordered by ICD-11 category and condition) is provided in Table C-3.

Citations details are provided in Table C-4 (low priority) and Table C-5 (non-priority).

**Table C-3 Overview of excluded reviews (ordered by ICD-11 category) – low and non-priority populations: Western herbalism**

| ICD-11 | Population | Number of Reviews * |
|---|---|---|
| **01 Certain infectious and parasitic diseases** | | |
| | Anogenital warts | **2** |
| | Athlete's foot | **1** |
| | Candidiasis, vulvovaginal | **2** |
| | Herpes | **3** |
| | HIV | **3** |
| | Tuberculosis | **4** |
| | Viral hepatitis | **5** |
| **02 Neoplasms** | | |
| | Cancer (chemo toxicity) | **11** |
| | Cancer prevention | **7** |
| | Cancer, various<br>(incl. breast, colorectal, head and neck, liver, lung, ovarian, prostate, skin, & stomach) | **36** |
| **03 Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism** | | |
| | Platelet aggregation | **1** |
| | Thalassaemia | **2** |
| **04 Diseases of the immune system** | | |
| | Systemic lupus erythematosus | **3** |
| **05 Endocrine, nutritional and metabolic diseases** | | |
| | Dyslipidaemia | **10** |
| | Hashimoto's disease | **4** |
| | Hypercholesterolaemia | **42** |
| | Hypothyroidism | **1** |
| | Latent hyperprolactinemia | **2** |
| | Overweight/obese | **85** |
| | Polycystic ovary syndrome | **18** |
| **06 Mental and behavioural disorders** | | |
| | Adjustment disorder | **1** |
| | Bodily distress disorders | **2** |
| | Neurocognitive decline<br>(incl. dementia, mild cognitive impairment and Alzheimer's) | **54** |
| | Neurodevelopmental disorders<br>(incl. Attention Deficit Disorder, Autism Spectrum Disorder, not specified) | **10** |
| | Obsessive compulsive disorders | **7** |
| | Post-traumatic stress disorder | **1** |
| | Schizophrenia | **20** |
| | Substance abuse (nicotine, alcohol, opioids) | **5** |

| ICD-11 | Population | Number of Reviews * |
|---|---|---|
| **07 Sleep-wake disorders** | | |
| | Bruxism | **2** |
| | Restless legs syndrome | **1** |
| | Sleep disturbance | **4** |
| **08 Diseases of the nervous system** | | |
| | Cerebrovascular diseases (incl. ischaemic stroke, stroke recovery) | **7** |
| | Epilepsy | **1** |
| | Migraine | **4** |
| | Multiple sclerosis | **7** |
| | Parkinson's disease | **3** |
| | Peripheral neuropathy (chemo toxicity) | **3** |
| | Polyneuropathy | **4** |
| | Post viral olfactory dysfunction | **1** |
| | Tardive dyskinesia (antipsychotic-induced) | **3** |
| **09 Disease of the visual system** | | |
| | Blepharitis | **1** |
| | Diabetic retinopathy | **2** |
| | Dry eye syndrome | **1** |
| | Glaucoma | **4** |
| | Macular degeneration | **2** |
| | Ocular hypertension | **1** |
| **10 Diseases of the ear or mastoid process** | | |
| | Hearing loss | **1** |
| | Otitis media (with or without effusion) | **2** |
| | Tinnitus | **4** |
| **11 Diseases of the circulatory system** | | |
| | Angina | **6** |
| | Cardiovascular disease risk factors | **11** |
| | Cardiovascular disease, various<br>(incl. hypertension, coronary artery disease, mitral valve, myocardial infarction) | **3** |
| | Coronary artery disease | **26** |
| | Heart failure | **3** |
| | Hypertension | **34** |
| | Myocardial infarction | **2** |
| | Peripheral artery disease, Raynaud's syndrome | **10** |
| | Venous insufficiency, chronic | **6** |
| **12 Diseases of the respiratory system** | | **8** |
| | Acute respiratory distress syndrome | **1** |

| ICD-11 | Population | Number of Reviews * |
|---|---|---|
| | Asthma | **10** |
| | Bronchitis | **2** |
| | Chronic obstructive pulmonary disease | **3** |
| | Cystic fibrosis | **1** |
| | Idiopathic pulmonary fibrosis | **1** |
| **13 Diseases of the digestive system** | | |
| | Anal fissures | **1** |
| | Constipation (incl. treatment, prevention, postpartum, palliative care) | **14** |
| | Dental care (incl. caries, dental plaque, gingivitis, periodontitis,) | **14** |
| | Dumping syndrome | **1** |
| | Functional dyspepsia | **3** |
| | Gastritis, chronic | **3** |
| | H. pylori infection | **6** |
| | Haemorrhoids | **1** |
| | Hepatic fibrosis or cirrhosis | **5** |
| | Infantile colic | **2** |
| | Non-alcoholic fatty liver disease | **50** |
| | Oral ulcerative disorders (aphthous stomatitis, denture stomatitis & oral mucositis), Oral leukoplakia, | **9** |
| | Oral submucous fibrosis | **4** |
| **14 Diseases of the skin** | | |
| | Alopecia | **7** |
| | Disorders of skin colour (incl. hyperpigmentation, melasma, vitiligo | **5** |
| | Hand-foot syndrome (chemo toxicity) | **1** |
| | Keratosis | **2** |
| | Onychomycosis | **1** |
| | Oral lichen planus | **13** |
| | Pruritus (various incl. uraemic, chemical) | **7** |
| | Psoriasis | **12** |
| | Radiodermatitis | **9** |
| **15 Diseases of the musculoskeletal system or connective tissue** | | |
| | Arthropathies (incl. osteoarthritis & rheumatoid arthritis) | **62** |
| | Back pain | **6** |
| | Neck pain (with radiculopathy) | **1** |
| | Osteopathies | **2** |
| **16 Diseases of the genitourinary system** | | |
| | Benign breast disease | **1** |
| | Benign prostatic hyperplasia | **10** |

| ICD-11 | Population | Number of Reviews * |
|---|---|---|
| | Chronic kidney disease | **12** |
| | Infertility | **16** |
| | Mastalgia (breast pain) | **1** |
| | Peritoneal dialysis | **3** |
| | Primary vesicoureteral reflux | **1** |
| | Urinary tract infections<br>(treatment or prevention of recurrence incl. in spinal cord injury, during pregnancy) | **13** |
| **17 Conditions related to sexual health** | | |
| | Erectile dysfunction | **14** |
| | Sexual dysfunction | **6** |
| **18 Pregnancy, childbirth or the puerperium** | | |
| | Breastfeeding | **7** |
| | Childbirth, labour induction | **2** |
| | Childbirth, labour pain | **1** |
| | Childbirth, perineal trauma | **3** |
| | Cracked nipples | **1** |
| | Postpartum recovery | **2** |
| | Pregnancy | **4** |
| | Pregnancy, nausea &vomiting | **13** |
| | Pregnancy, pre-eclampsia | **2** |
| **20 Developmental anomalies** | | |
| | Neurofibromatosis | **1** |
| **21 Symptoms, signs or clinical findings, not elsewhere classified** | | |
| | Fibromyalgia | **3** |
| | Halitosis | **1** |
| | Postoperative, dental procedures | **1** |
| | Postoperative, nausea & vomiting | **5** |
| | Postoperative, pain | **2** |
| | Preoperative | **1** |
| | Taste disorder | **1** |
| **22 Injury, poisoning or certain other consequences of external causes** | | **14** |
| | Acute kidney injury, prevention (after abdominal aortic aneurysm repair) | **1** |
| | Altitude sickness | **4** |
| | Burns injury | **2** |
| | Liver injury, drug induced | **1** |
| | Spinal cord injury | **1** |
| | Wounds, various (burns, postoperative, pressure ulcer, radiodermatitis) | **5** |
| **Total reviews covering populations*** | | **909** |

Note:

* Umbrella reviews that covered multiple conditions across different ICD-11 categories counted more than once (i.e. there were 198 umbrella reviews covering 222 populations)

**Table C-4 Citations details of excluded reviews (by ICD-11 disease category): Western herbalism – low priority populations**

(See separate file)

**Table C-5 Citations details of excluded reviews (by ICD-11 disease category): Western herbalism – non-priority populations**

(See separate file)

## C4 Citation details of systematic reviews awaiting classification

This appendix documents the systematic reviews that potentially met the prespecified inclusion criteria for a systematic review on the effect of WHMs for preventing and treating any health condition, but certainty of inclusion is precluded by missing information (i.e. they were published in another language, unable to be retrieved, or published as conference abstracts/posters). An overview of studies awaiting classification (by ICD-11 disease category) is provided in **Table C-6**.

**Table C-6 Overview of reviews awaiting classification (by ICD-11 disease category): Western herbalism**

| ICD-11 Category | Conf abstract | Full text not able to be retrieved | Not in English | Grand Total* |
|---|---|---|---|---|
| 01 Certain infectious and parasitic diseases | 0 | 0 | 1 | **1** |
| 02 Neoplasms | 4 | 4 | 4 | **12** |
| 03 Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism | 2 | 0 | 1 | **3** |
| 05 Endocrine, nutritional and metabolic diseases | 11 | 9 | 12 | **32** |
| 06 Mental and behavioural disorders | 3 | 4 | 15 | **22** |
| 07 Sleep-wake disorders | 1 | 0 | 3 | **4** |
| 08 Diseases of the nervous system | 1 | 2 | 3 | **6** |
| 10 Diseases of the ear or mastoid process | 0 | 0 | 1 | **1** |
| 11 Diseases of the circulatory system | 3 | 9 | 15 | **27** |
| 12 Diseases of the respiratory system | 1 | 5 | 1 | **7** |
| 13 Diseases of the digestive system | 10 | 7 | 15 | **32** |
| 14 Diseases of the skin | 2 | 0 | 4 | **6** |
| 15 Diseases of the musculoskeletal system or connective tissue | 2 | 2 | 1 | **5** |
| 16 Diseases of the genitourinary system | 4 | 4 | 26 | **34** |
| 17 Conditions related to sexual health | 1 | 1 | 0 | **2** |
| 18 Pregnancy, childbirth or the puerperium | 0 | 1 | 7 | **8** |
| 22 Injury, poisoning or certain other consequences of external causes | 0 | 1 | 5 | **6** |
| 23 External causes of morbidity or mortality | 0 | 1 | 0 | **1** |
| 24 Factors influencing health status or contact with health services | 0 | 2 | 6 | **8** |
| 25 Prevention | 1 | 0 | 4 | **5** |
| **Grand Total*** | **46** | **52** | **124** | **222** |

Note:
* Umbrella reviews that covered multiple conditions across different ICD-11 categories counted more than once (i.e. there were 198 reviews covering 222 populations)

## C4.1 Reviews with incomplete information or missing data

**Table C-7 Characteristics of reviews awaiting classification (by ICD-11 disease category): Western herbalism - conference abstracts, posters etc.**

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Rozenberg 2011 (21) | SR of RCTs | 02 Neoplasms | Cancer, breast | Black cohosh | No | Conf abstract |
| Siddiquee 2021 (22) | Other | 02 Neoplasms | Cancer, breast (with radiation-induced dermatitis) | Calendula | No | Conf abstract |
| Nguyen 2014 (23) | SR of RCTs | 02 Neoplasms | Cancer, various (chemotherapy induced nausea/vomiting) | Ginger | No | Conf abstract |
| Minton 2010 (24) | SR of RCTs | 02 Neoplasms | Cancer, various (related fatigue) | Ginseng | No | Conf abstract |
| Xuerui 2014 (25) | SR of RCTs | 03 Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism | Platelet aggregation and bleeding time | Ginkgo | No | Conf abstract |
| Jian 2014 (26) | SR of RCTs | 03 Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism | Platelet aggregation and bleeding time | Gingko | No | Conf abstract |
| Silva 2011 (27) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 1 & 2 | Psyllium | Yes | Conf abstract |
| Abdi 2020 (28) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 2 (& pre) | Berberine, Cinnamon, Fenugreek | Yes | Conf abstract |
| Acar Tek 2018 (29) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 2 | Olive | Yes | Conf abstract |
| | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Olive | Yes | Conf abstract |
| Derakhshan 2019 (30) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Nigella sativa | No | Conf abstract |
| Heshmat-Ghahdarijani 2020 (31) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Fenugreek | No | Conf abstract |
| Thakkar 2019 (32) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Metabolic syndrome | Fenugreek | Yes | Conf abstract |
| Kim 2020 (33) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Herbal medicine, not specified | No | Conf abstract |
| Sahebkarkhorasani 2018 (34) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Psyllium, Aloe vera | No | Conf abstract |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Shab-Bidar 2018 (35) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Green tea | No | Conf abstract |
| Maxwell 2018 (36) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Risk factors for cardiovascular disease (diabetes, dyslipidaemia, obesity) | Ginger, Cinnamon, Garlic, Nigella, Fenugreek | Yes | Conf abstract |
| Hejmadi 2019 (37) | SR of RCTs | 06 Mental and behavioural disorders | Neurocognitive disorders | Bacopa, green tea | No | Conf abstract |
| Kraft 2015 (38) | Umbrella review; SR of RCTs | 06 Mental and behavioural disorders | Neuropsychiatric diseases, children | Herbal medicine, not specified | No | Conf abstract |
| Bartels-Velthuis 2014 (39) | SR of RCTs | 06 Mental and behavioural disorders | Schizophrenia | Gingko | No | Conf abstract |
| Bostanova 2018 (40) | SR of RCTs | 07 Sleep-wake disorders | Insomnia | Valerian | Yes | Conf abstract |
| Akhondian 2015 (41) | SR of RCTs | 08 Diseases of the nervous system | Epilepsy | Turmeric | No | Conf abstract |
| Wang 2020 (42) | SR of RCTs | 11 Diseases of the circulatory system | Blood statis symptoms including angina pectoris | Gingko | No | Conf abstract |
| Mitra 2017 (43) | SR of RCTs | 11 Diseases of the circulatory system | Hypertension | Ginger | No | Conf abstract |
| Yan 2011 (44) | SR of RCTs | 11 Diseases of the circulatory system | Hypertension (blood pressure as outcome) | Garlic | No | Conf abstract |
| Kraft 2015 (38) | Umbrella review; SR of RCTs | 12 Diseases of the respiratory system | Respiratory diseases , children | Herbal medicine, not specified | Yes | Conf abstract |
| Reyes 2012 (45) | SR of RCTs | 13 Diseases of the digestive system | Alcoholic liver disease | St Mary's Thistle | No | Conf abstract |
| Christodoulides 2014 (46) | SR of RCTs | 13 Diseases of the digestive system | Constipation | Psyllium | Low priority | Conf abstract |
| Kelber 2015 (47) | SR of RCTs | 13 Diseases of the digestive system | Functional dyspepsia | Iberogast® (STW5) | Low priority | Conf abstract |
| Kelber 2017 (48) | SR of RCTs | 13 Diseases of the digestive system | Functional dyspepsia | Iberogast® (STW5) | Low priority | Conf abstract |
| Tan 2019 (49) | SR of RCTs | 13 Diseases of the digestive system | Gastrointestinal disease (including irritable bowel syndrome, functional dyspepsia and constipation). | Herbal medicine, not specified | Yes | Conf abstract |
| Kraft 2015 (38) | Umbrella review; SR of RCTs | 13 Diseases of the digestive system | Gastrointestinal diseases, children | Herbal medicine, not specified | No | Conf abstract |
| Moole 2016 (50) | SR of RCTs | 13 Diseases of the digestive system | Inflammatory bowel disease, ulcerative colitis | Turmeric | Yes | Conf abstract |
| Moole 2016 (51) | SR of RCTs | 13 Diseases of the digestive system | Inflammatory bowel disease, ulcerative colitis | Turmeric | Yes | Conf abstract |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Klose 2017 (52) | SR of RCTs | 13 Diseases of the digestive system | Irritable bowel syndrome | Peppermint, Ginger, Lemon balm, Turmeric, St John's wort, Aloe vera | Yes | Conf abstract |
| Nehme 2019 (53) | SR of RCTs | 13 Diseases of the digestive system | Irritable bowel syndrome (colonic spasm) | Peppermint | No | Conf abstract |
| Davari 2012 (54) | SR of RCTs | 14 Diseases of the skin | Lichen planus | Turmeric, Aloe vera, Purslane | No | Conf abstract |
| Kraft 2015 (38) | Umbrella review; SR of RCTs | 14 Diseases of the skin | Skin diseases, children | Herbal medicine, not specified | Low priority | Conf abstract |
| Rahmani 2015 (55) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Osteoarthritis | Aloe vera, Ginger, Green tea, Turmeric, Willow bark | No | Conf abstract |
| Osani 2018 (56) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Osteoarthritis, knee | Turmeric, Boswellia | No | Conf abstract |
| Grigoriadis 2017 (57) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified | Yes | Conf abstract |
| Woods 2014 (58) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Black cohosh | Yes | Conf abstract |
| Beerepoot 2013 (59) | SR of RCTs | 16 Diseases of the genitourinary system | Urinary tract infections | Cranberry | No | Conf abstract |
| Kern 2016 (60) | SR of RCTs | 16 Diseases of the genitourinary system | Urinary tract infections | Cranberry | No | Conf abstract |
| Kim 2019 (61) | SR of RCTs | 17 Conditions related to sexual health | Erectile dysfunction | Ginseng | No | Conf abstract |
| Floro 2018 (62) | SR of RCTs | 25 Prevention | Drug induced liver injury | St Mary's Thistle | No | Conf abstract |

Notes:
* Only eligible western herbal medicines listed here. Interventions included by review authors but not eligible for this review are not listed.

## C4.2 Reviews published in languages other than English

**Table C-8 Characteristics of reviews awaiting classification (by ICD-11 disease category): Western herbalism - published in languages other than English**

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Marmitt 2015a (63) | Umbrella review; SR of RCTs | 01 Certain infectious and parasitic diseases | Any (antibacterial properties) | Herbal medicine, not specified | No | Not in English |
| Fallah 2011 (64) | Umbrella review; SR of RCTs and NRSIs | 02 Neoplasms | Cancer | Nigella sativa | No | Not in English |
| Hu 2019 (65) | SR of RCTs and NRSIs | 02 Neoplasms | Cancer, various (with radiation induced dermatitis) | Aloe vera | No | Not in English |
| Chen 2014 (66) | SR of RCTs | 02 Neoplasms | Cancer, primary hepatic carcinomas | Herbal medicine, not specified | No | Not in English |
| Talas 2014 (67) | SR of RCTs | 02 Neoplasms | Cancer, various | Ginger | No | Not in English |
| Li 2017 (68) | SR of RCTs | 03 Diseases of the blood and blood-forming organs and certain disorders involving the immune mechanism | Platelet function | Ginseng | No | Not in English |
| Fallah 2011 (64) | Umbrella review; SR of RCTs and NRSIs | 05 Endocrine, nutritional and metabolic diseases | Diabetes | Nigella sativa | Yes | Not in English |
| Kessler 2008 (69) | SR of RCTs and NRSIs | 05 Endocrine, nutritional and metabolic diseases | Diabetes | Herbal medicine, not specified | Yes | Not in English |
| Granitzer 2017 (70) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes (glucose metabolism) | Psyllium | Yes | Not in English |
| Ma 2016 (71) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes (insulin resistance) | Ginseng | Yes | Not in English |
| Liu 2007 (72) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes (with nephropathy) | Astragalus | Yes | Not in English |
| Fallah 2011 (64) | Umbrella review; SR of RCTs and NRSIs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Nigella sativa | No | Not in English |
| Steurer 2018 (73) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Psyllium | No | Not in English |
| Arablo 2014 (74) | SR of RCTs and NRSIs | 05 Endocrine, nutritional and metabolic diseases | Metabolic disorders (glucose, lipids) | Ginger | Yes | Not in English |
| Baladia 2014 (75) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Green tea | No | Not in English |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| de Lira-Garcia 2008 (76) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Flaxseed, garcinia, green tea | No | Not in English |
| Shang 2014 (77) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Green tea | No | Not in English |
| Vázquez 2017 (78) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Green tea | No | Not in English |
| Nunes 2011 (79) | Umbrella review; SR of RCTs | 06 Mental and behavioural disorders | Anxiety | Valerian | Yes | Not in English |
| Hassanzadeh 2012 (80) | SR of RCTs | 06 Mental and behavioural disorders | Autism | Ginkgo biloba | No | Not in English |
| Jou 2005 (81) | SR of RCTs | 06 Mental and behavioural disorders | Depression | St John's wort | Yes | Not in English |
| Laakmann 2002 (82) | SR of RCTs | 06 Mental and behavioural disorders | Depression | St John's wort | Yes | Not in English |
| Laux 1999 (83) | SR of RCTs and NRSIs | 06 Mental and behavioural disorders | Depression | St John's wort | Yes | Not in English |
| Schaefer 2004 (84) | SR of RCTs | 06 Mental and behavioural disorders | Depression | St John's wort | Yes | Not in English |
| Schulz 2003 (85) | SR of RCTs | 06 Mental and behavioural disorders | Depression | St John's wort | Yes | Not in English |
| Faustino 2010 (86) | SR of RCTs | 06 Mental and behavioural disorders | Generalised anxiety disorder | Kava, ginkgo, Chamomile, Passionflower, Valerian | Yes | Not in English |
| Faustino 2010 (86) | SR of RCTs | 06 Mental and behavioural disorders | Generalised Anxiety Disorder | Herbal medicine, not specified (Ginkgo biloba, Chamomile, Passionflower and Valerian) | Yes | Not in English |
| Terluin 2005 (87) | SR of RCTs | 06 Mental and behavioural disorders | Nervous breakdown & related (stress, burnout, anxiety etc.) | Herbal medicine, not specified | Yes | Not in English |
| Carmo 2010 (88) | SR of RCTs | 06 Mental and behavioural disorders | Neurocognitive decline | Ginkgo biloba | No | Not in English |
| Chi 2007 (89) | SR of RCTs and NRSIs | 06 Mental and behavioural disorders | Neurocognitive decline | Herbal medicine, not specified | No | Not in English |
| Kasper 2009 (90) | SR of RCTs and NRSIs | 06 Mental and behavioural disorders | Neurocognitive decline, dementia | Ginkgo biloba | No | Not in English |
| Fallah 2011 (64) | Umbrella review; SR of RCTs and NRSIs | 06 Mental and behavioural disorders | Psychiatric disorders | Nigella sativa | No | Not in English |
| Hirjak 2019 (91) | SR of RCTs | 06 Mental and behavioural disorders | Schizophrenia (tardive dyskinesia in schizophrenic psychoses) | Gingko | No | Not in English |
| Fan 2006 (92) | SR of RCTs and NRSIs | 07 Sleep-wake disorders | Insomnia | Herbal medicine, not specified (valerian) | Yes | Not in English |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Dumur 2018 (93) | SR of RCTs | 07 Sleep-wake disorders | Insomnia (elderly) | Herbal medicine, not specified (valerian) | Yes | Not in English |
| Nunes 2011 (79) | Umbrella review; SR of RCTs | 07 Sleep-wake disorders | Sleep problems | Valerian | Yes | Not in English |
| Mustafa 2020 (94) | SR of RCTs and NRSIs | 08 Diseases of the nervous system | Multiple sclerosis | Ginseng | No | Not in English |
| Chrubasik 2002 (95) | Umbrella review | 08 Diseases of the nervous system | Neuropathic pain | Cayenne (capsaicin) | No | Not in English |
| Hamann 2007 (96) | SR of RCTs | 08 Diseases of the nervous system | Vertigo | Ginkgo biloba | No | Not in English |
| Holstein 2001 (97) | SR of RCTs and NRSIs | 10 Diseases of the ear or mastoid process | Tinnitus | Ginkgo biloba | No | Not in English |
| Chen 2019 (98) | SR of RCTs | 11 Diseases of the circulatory system | Angina | Ginkgo biloba | No | Not in English |
| Chu 2014 (99) | SR of RCTs | 11 Diseases of the circulatory system | Angina | Rhodiola | No | Not in English |
| Marmitt 2016 (100) | Umbrella review; SR of RCTs | 11 Diseases of the circulatory system | Any (including myocardial infarction, hypertension, cerebral ischaemia) | Herbal medicine, not specified | No | Not in English |
| Anon 2018 (101) | SR of RCTs | 11 Diseases of the circulatory system | Atherosclerosis | Ginseng | No | Not in English |
| Fan 2018 (102) | SR of RCTs | 11 Diseases of the circulatory system | Atherosclerosis | Ginseng | No | Not in English |
| Meng 2021 (103) | SR of RCTs | 11 Diseases of the circulatory system | Cerebral infarction, acute | Ginkgo biloba | No | Not in English |
| Wang 2015 (104) | SR of RCTs | 11 Diseases of the circulatory system | Cerebral infarction, acute | Ginkgo biloba | No | Not in English |
| Hopfenmuller 1994 (105) | SR of RCTs | 11 Diseases of the circulatory system | Cerebrovascular insufficiency (stroke, TIA) | Ginkgo biloba | No | Not in English |
| Pittler 2005 (106) | SR of RCTs | 11 Diseases of the circulatory system | Chronic cardiac insufficiency | Hawthorn extract | No | Not in English |
| Schmidt 2005 (106) | SR of RCTs | 11 Diseases of the circulatory system | Chronic heart failure | Hawthorn extract | No | Not in English |
| Fallah 2011 (64) | Umbrella review; SR of RCTs and NRSIs | 11 Diseases of the circulatory system | Hypertension | Nigella sativa | No | Not in English |
| Melzer 2013 (107) | SR of SRs | 11 Diseases of the circulatory system | Peripheral arterial disease | Herbal medicine, not specified (PADMA herbal combination) | No | Not in English |
| Schneider 1992 (108) | SR of RCTs | 11 Diseases of the circulatory system | Peripheral arterial disease | Ginkgo biloba | No | Not in English |
| Chalon 1993 (109) | SR of RCTs and NRSIs | 11 Diseases of the circulatory system | Peripheral arterial disease (intermittent claudication) | No | Not in English | |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Martín 2017 (110) | SR of RCTs | 11 Diseases of the circulatory system | Phlebitis | Herbal medicine, not specified (Aloe vera, Chamomile, Ginseng) | No | Not in English |
| Croessmann 2016 (111) | SR of RCTs | 12 Diseases of the respiratory system | Common cold | Herbal medicine, not specified (echinacea, buckwheat, garlic) | Yes | Not in English |
| Picciotti 2013 (112) | SR of RCTs and NRSIs | 13 Diseases of the digestive system | Dental care | Herbal medicine, not specified | No | Not in English |
| Martins 2014 (113) | SR of RCTs | 13 Diseases of the digestive system | Dental prostheses (dentures) | Herbal medicine, not specified | No | Not in English |
| Fallah 2011 (64) | Umbrella review; SR of RCTs and NRSIs | 13 Diseases of the digestive system | Digestive disorders | Nigella sativa | Yes | Not in English |
| Allescher 2007 (114) | SR of RCTs | 13 Diseases of the digestive system | Functional dyspepsia | Iberogast® (STW 5) | Low priority | Not in English |
| Saller 2002 (115) | SR of RCTs | 13 Diseases of the digestive system | Functional dyspepsia | Iberogast® (STW 5) | Low priority | Not in English |
| Holtmann 2004 (116) | SR of RCTs and NRSIs | 13 Diseases of the digestive system | Functional gastrointestinal disorders (functional dyspepsia, irritable bowel syndrome) | Herbal medicine, not specified | Yes | Not in English |
| Saller 2002 (117) | SR of RCTs | 13 Diseases of the digestive system | Functional gastrointestinal disorders (functional dyspepsia, irritable bowel syndrome) | Iberogast (STW 5) | Low priority | Not in English |
| Polo 2008 (118) | SR of RCTs | 13 Diseases of the digestive system | Infant colic | Herbal medicine, not specified | No | Not in English |
| Langhorst 2016 (119) | SR of RCTs | 13 Diseases of the digestive system | Inflammatory Bowel Disease (Crohn's & ulcerative colitis) | Herbal medicine, not specified | Yes | Not in English |
| Buitrago 2009 (120) | SR of RCTs | 13 Diseases of the digestive system | Irritable bowel syndrome | Peppermint oil | Yes | Not in English |
| Gomes 2013 (121) | SR of RCTs | 13 Diseases of the digestive system | Irritable bowel syndrome | Peppermint oil | Yes | Not in English |
| Fuentes 2016 (122) | SR of RCTs and NRSIs | 13 Diseases of the digestive system | Oral mucosal lesions | Herbal medicine, not specified | No | Not in English |
| Guo 2021 (123) | SR of RCTs | 13 Diseases of the digestive system | Oral submucous fibrosis | Curcumin | No | Not in English |
| Díaz López 2018 (124) | SR of RCTs and NRSIs | 13 Diseases of the digestive system | Periodontal disease | Aloe vera | No | Not in English |
| Escudero 2019 (125) | SR of RCTs | 13 Diseases of the digestive system | Periodontal disease | Herbal medicine, not specified | No | Not in English |
| Tukenmez 2011 (126) | SR of RCTs | 14 Diseases of the skin | Any (including inflammation, itching) | Herbal medicine, not specified | Low priority | Not in English |
| Hering 2019 (127) | SR of RCTs | 14 Diseases of the skin | Dermatitis (nappy rash) | Herbal medicine, not specified (calendula) | No | Not in English |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Rugge 2010 (128) | Umbrella review; SR of RCTs and NRSIs | 14 Diseases of the skin | Inflammation, wounds, itching | Chamomile | Low priority | Not in English |
| Chrubasik 2002 (95) | Umbrella review | 14 Diseases of the skin | Pruritis | Cayenne (capsaicin) | No | Not in English |
| Chrubasik 2002 (95) | Umbrella review | 15 Diseases of the musculoskeletal system or connective tissue | Arthropathies | Cayenne (capsaicin) | No | Not in English |
| Brossner 2005 (129) | SR of RCTs and NRSIs | 16 Diseases of the genitourinary system | Benign prostatic hyperplasia | Herbal medicine, not specified (rye grass, saw palmetto) | No | Not in English |
| Gorne 2014 (130) | SR of RCTs and NRSIs | 16 Diseases of the genitourinary system | Benign prostatic hyperplasia | Saw palmetto | No | Not in English |
| Mozafari 2018 (131) | SR of RCTs and NRSIs | 16 Diseases of the genitourinary system | Dysmenorrhea, primary | Ginger | Yes | Not in English |
| Peng 2020 (132) | SR of RCTs | 16 Diseases of the genitourinary system | Endometriosis | Black cohosh | Yes | Not in English |
| Goudarzi 2019 (133) | SR of RCTs and NRSIs | 16 Diseases of the genitourinary system | Male infertility | Tribulus terrestris | Low priority | Not in English |
| Miankouhi 2018 (134) | SR of RCTs | 16 Diseases of the genitourinary system | Polycystic ovary syndrome | Chaste tree | Low priority | Not in English |
| Ooi 2019 (135) | SR of RCTs and NRSIs | 16 Diseases of the genitourinary system | Premenstrual disturbances, cyclic mastalgia | Chaste tree | Yes | Not in English |
| Sheidaei 2019 (136) | SR of RCTs | 16 Diseases of the genitourinary system | Premenstrual disturbances, cyclic mastalgia | Herbal medicine, not specified | Yes | Not in English |
| Abdi 2016 (137) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Hops | Yes | Not in English |
| Anon 2020 (138) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified | Yes | Not in English |
| Asgharpoor 2021 (139) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | chamomile, liquorice, fennel, flaxseed, black cohosh, and red clover | Yes | Not in English |
| Beer 2014 (140) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Black cohosh | Yes | Not in English |
| Beer 2015 (141) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Black cohosh | Yes | Not in English |
| Chernyavskaya 2020 (142) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified (red clover) | Yes | Not in English |
| Ciglar 2004 (143) | Unclear | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified | Yes | Not in English |
| Florencio Silva 2017 (144) | SR of RCTs and NRSIs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified (Black cohosh) | Yes | Not in English |
| Heydari 2014 (145) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified | Yes | Not in English |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Hsu 2004 (146) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified (red clover) | Yes | Not in English |
| Karimian 2014 (147) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified (Liquorice, Fenugreek, Valerian, Flaxseed, Black cohosh, Red clover +) | Yes | Not in English |
| Kashani 2004 (148) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified | Yes | Not in English |
| Kashani 2017 (149) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Herbal medicine, not specified | Yes | Not in English |
| Barra 2014 (150) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause (in breast cancer) | Herbal medicine, not specified | Yes | Not in English |
| Windefors 2010 (151) | SR of RCTs | 16 Diseases of the genitourinary system | Urinary tract infections | Cranberry | No | Not in English |
| Bruyere 2006 (152) | SR of RCTs | 16 Diseases of the genitourinary system | Urinary tract infections, recurrent | Cranberry | No | Not in English |
| Nergard 2009 (153) | SR of RCTs | 16 Diseases of the genitourinary system | Urinary tract infections, recurrent | Cranberry | No | Not in English |
| Moran 2013 (154) | Umbrella review; SR of RCTs | 16 Diseases of the genitourinary system | Various (urolithiasis, urinary tract infections, erectile dysfunction, and chronic prostatitis/chronic pelvic pain) | Herbal medicine, not specified | No | Not in English |
| Parsa 2017 Nunes 2011 (79) | SR of RCTs and NRSIs | 18 Pregnancy, childbirth or the puerperium | Postpartum pain | Herbal medicine, not specified (lavender, celery, Ginger, Aniseed, Saffron, Chamomile | No | Not in English |
| Kwak 2014 (155) | Umbrella review; SR of RCTs | 18 Pregnancy, childbirth or the puerperium | Pregnancy, nausea & vomiting | Ginger | No | Not in English |
| Nieber 2013 (156) | SR of RCTs | 18 Pregnancy, childbirth or the puerperium | Pregnant women | Herbal medicine, not specified | No | Not in English |
| Ghasemi 2018 (157) | SR of RCTs and NRSIs | 18 Pregnancy, childbirth or the puerperium | Labour induction | Herbal medicine, not specified | No | Not in English |
| Ghalandari 2016 (158) | SR of RCTs and NRSIs | 18 Pregnancy, childbirth or the puerperium | Postpartum haemorrhage | Herbal medicine, not specified | No | Not in English |
| Betz 2005 (159) | Umbrella review: SR of RCTs | 18 Pregnancy, childbirth or the puerperium | Pregnancy, nausea/vomiting | Ginger | No | Not in English |
| Moradi 2008 (160) | SR of RCTs | 18 Pregnancy, childbirth or the puerperium | Pregnancy, nausea/vomiting | Ginger | No | Not in English |
| Betz 2005 (159) | Umbrella review: SR of RCTs | 22 Injury, poisoning or certain other consequences of external causes | Motion sickness | Ginger | No | Not in English |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Chini 2017 (161) | SR of RCTs and NRSIs | 22 Injury, poisoning or certain other consequences of external causes | Wound healing | Aloe vera | No | Not in English |
| Piriz 2014 (162) | SR of RCTs and NRSIs | 22 Injury, poisoning or certain other consequences of external causes | Wound healing | Herbal medicine, not specified | No | Not in English |
| Masoumi 2011 (163) | SR of RCTs and NRSIs | 22 Injury, poisoning or certain other consequences of external causes | Wound healing & pain (after episiotomy & Caesarean) | Herbal medicine, not specified | No | Not in English |
| Shahrahmani 2016 (164) | SR of RCTs and NRSIs | 22 Injury, poisoning or certain other consequences of external causes | Wound healing & pain (after episiotomy) | Herbal medicine, not specified | No | Not in English |
| Wang 2013 (165) | SR of RCTs | 22 Injury, poisoning or certain other consequences of external causes | Wound healing (acute and chronic) | Aloe vera | No | Not in English |
| Mardani 2020 (166) | SR of RCTs | 22 Injury, poisoning or certain other consequences of external causes | Wound healing (after episiotomy) | Herbal medicine, not specified (aloe vera, turmeric, lavender) | No | Not in English |
| Kwak 2014 (155) | Umbrella review; SR of RCTs | 24 Factors influencing health status or contact with health services | Motion sickness | Ginger | No | Not in English |
| Morin 2004 (167) | SR of RCTs | 24 Factors influencing health status or contact with health services | Postoperative, nausea & vomiting | Ginger | No | Not in English |
| Betz 2005 (159) | Umbrella review: SR of RCTs | 24 Factors influencing health status or contact with health services | Postoperative, nausea/vomiting | Ginger | No | Not in English |
| Choi 2018 (168) | SR of RCTs and NRSIs | 24 Factors influencing health status or contact with health services | Sore throat and cough after general anaesthesia with intubation | Liquorice | No | Not in English |
| Marquardt 2014 (169) | Umbrella review; SR of RCTs | 25 Prevention | Children | Herbal medicine, not specified | No | Not in English |
| Marmitt 2015 (170) | Umbrella review; SR of RCTs | 25 Prevention | Chronic inflammation (including cancer, arteriosclerosis, diabetes and neurodegenerative diseases) | Herbal medicine, not specified | No | Not in English |
| Albert Pérez 2015 (171) | SR of RCTs | 25 Prevention | Exercise recovery, metabolism | Green tea | No | Not in English |
| Babak 2020 (172) | SR of RCTs | 25 Prevention | Exercise recovery, metabolism | Saffron | No | Not in English |

Notes:
* Only eligible western herbal medicines listed here. Interventions included by review authors but not eligible for this review are not listed.

## C4.3 Reviews not able to be retrieved

**Table C-9 Characteristics of reviews awaiting classification (by ICD-11 disease category): Western herbalism - unable to be retrieved**

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Wiese 2021 (173) | SR of RCTs | 02 Neoplasms | Cancer, any (mainly breast & prostate) | Green tea | No | Full text not able to be retrieved |
| Simpson 2004 (174) | SR of RCTs | 02 Neoplasms | Cancer, breast (survivors) | Black cohosh | No | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017a (175) | Umbrella review; SR of RCTs | 02 Neoplasms | Cancer, non-small-cell lung (+/- radiation-induced pneumonitis) | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Dabaghzadeh 2014 (176) | Umbrella review: SR of RCTs | 02 Neoplasms | Cancer, various (chemotherapy induced nausea/vomiting) | Ginger | No | Full text not able to be retrieved |
| Rezaei-amiri 2017 (177) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 2 | St Mary's Thistle, Turmeric | Yes | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017b (178) | Umbrella review; SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 2 | Herbal medicine, not specified | Yes | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017b (178) | Umbrella review; SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Sahebkar 2019 (179) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperlipidaemia | Flaxseed | No | Full text not able to be retrieved |
| Peluso 2017 (180) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Hyperuricaemia | Camellia sinensis (tea) | No | Full text not able to be retrieved |
| Darooghegi Mofrad 2019 (181) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Garlic | No | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017b (178) | Umbrella review; SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Obesity and overweight | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Zurbau 2017 (182) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Risk factors for cardiovascular disease (cholesterol) | Psyllium | Yes | Full text not able to be retrieved |
| Shayan 2020 (183) | SR of RCTs and NRSIs | 05 Endocrine, nutritional and metabolic diseases | Risk factors for cardiovascular disease (hypertension, obesity, diabetes and inflammation) | Flaxseed | Yes | Full text not able to be retrieved |
| Gasparotto 2018 (184) | SR of RCTs | 06 Mental and behavioural disorders | Autism spectrum disorder | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Werneke 2004 (185) | SR of RCTs | 06 Mental and behavioural disorders | Depression | St John's Wort | Yes | Full text not able to be retrieved |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Yang 2016 (186, 187) | SR of RCTs | 06 Mental and behavioural disorders | Neurocognitive decline, Alzheimer's and mild cognitive impairment | Ginkgo | No | Full text not able to be retrieved |
| Charemboon 2015 (188) | SR of RCTs | 06 Mental and behavioural disorders | Neurocognitive decline, dementia | Gingko | No | Full text not able to be retrieved |
| Pringsheim 2012 (189) | SR of RCTs | 08 Diseases of the nervous system | Migraine prophylaxis | Feverfew | No | Full text not able to be retrieved |
| Ebrahimi 2019 (190) | SR of RCTs | 08 Diseases of the nervous system | Neuropathy | Linseed, Chamomile, Turmeric | No | Full text not able to be retrieved |
| Ghavami 2020 (191) | SR of RCTs | 11 Diseases of the circulatory system | Any (blood pressure as outcome) | Cinnamon | No | Full text not able to be retrieved |
| Bahramsoltani 2017 (192) | SR of RCTs | 11 Diseases of the circulatory system | Atherosclerosis | Black cumin, Psyllium, Cranberry, Garlic | No | Full text not able to be retrieved |
| Melchart 1999 (193) | SR of RCTs | 11 Diseases of the circulatory system | Chronic venous insufficiency | Horse chestnut | No | Full text not able to be retrieved |
| Siebert 2002 (194) | SR of RCTs | 11 Diseases of the circulatory system | Chronic venous insufficiency | Horse chestnut | No | Full text not able to be retrieved |
| Melzer 2005 (195) | SR of RCTs | 11 Diseases of the circulatory system | Heart failure | Hawthorn | No | Full text not able to be retrieved |
| Lee 2017 (196) | SR of RCTs | 11 Diseases of the circulatory system | Hypertension | Ginseng | No | Full text not able to be retrieved |
| Pakkir Maideen 2020 | SR of RCTs | 11 Diseases of the circulatory system | Hypertension | Black cumin | No | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017b (178) | Umbrella review; SR of RCTs | 11 Diseases of the circulatory system | Hypertension | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Silagy 1994 (197) | SR of RCTs | 11 Diseases of the circulatory system | Hypertension | Garlic | No | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017a (175) | Umbrella review; SR of RCTs | 12 Diseases of the respiratory system | Acute respiratory distress syndrome | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017a (175) | Umbrella review; SR of RCTs | 12 Diseases of the respiratory system | Asthma | Herbal medicine, not specified | Low priority | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017a (175) | Umbrella review; SR of RCTs | 12 Diseases of the respiratory system | Chronic obstructive pulmonary disease | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Weller 2008 (198) | SR of RCTs | 12 Diseases of the respiratory system | Common cold | Echinacea | Yes | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017a (175) | Umbrella review; SR of RCTs | 12 Diseases of the respiratory system | Pneumonia | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Mathur 2018 (199) | SR of RCTs | 13 Diseases of the digestive system | Dental plaque and gingivitis | Green tea | No | Full text not able to be retrieved |

| STUDY ID | Design feature | ICD-11 Category | POPULATION | INTERVENTION* | Priority population | Notes |
|---|---|---|---|---|---|---|
| Wong 2018 (200) | SR of RCTs | 13 Diseases of the digestive system | End-stage hepatopulmonary syndrome | Garlic | No | Full text not able to be retrieved |
| Azimi 2021 (201) | SR of RCTs | 13 Diseases of the digestive system | Functional dyspepsia | Artichoke, Peppermint, Aniseed, Turmeric, Liquorice , Ginger | Low priority | Full text not able to be retrieved |
| Mahboubi 2021 (202) | SR of RCTs | 13 Diseases of the digestive system | Gastroesophageal reflux disease | Aloe vera | Yes | Full text not able to be retrieved |
| Williams 2011 (203) | SR of RCTs | 13 Diseases of the digestive system | H. pylori infection | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Sindhuja 2019 (204) | SR of RCTs and NRSIs | 13 Diseases of the digestive system | Periodontal disease | Curcumin | No | Full text not able to be retrieved |
| Aziz 2020 (205) | SR of RCTs | 13 Diseases of the digestive system | Undergoing colonoscopy | Peppermint | No | Full text not able to be retrieved |
| Roufarshbaf 2017 (206) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Arthropathies, osteoarthritis and rheumatoid arthritis | Turmeric, Boswellia | No | Full text not able to be retrieved |
| Teymouri 2019 (207) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Osteoarthritis, knee | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Onega 2002 (208) | SR of RCTs | 16 Diseases of the genitourinary system | Benign prostatic hyperplasia | Saw palmetto | No | Full text not able to be retrieved |
| Alsadat 2018 (209) | SR of RCTs | 16 Diseases of the genitourinary system | Premenstrual syndrome | Herbal medicine, not specified | Yes | Full text not able to be retrieved |
| Burbos 2011 (210) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Chaste tree, Black cohosh | Yes | Full text not able to be retrieved |
| Salehian 2015 (211) | SR of RCTs | 16 Diseases of the genitourinary system | Symptoms of menopause | Red clover | Yes | Full text not able to be retrieved |
| Molkara 2020 (212) | SR of RCTs | 17 Conditions related to sexual health | Sexual dysfunction, women | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Farkhani 2015 (213) | SR of RCTs | 18 Pregnancy, childbirth or the puerperium | Pregnancy, nausea/vomiting | Ginger | No | Full text not able to be retrieved |
| Rouhi-Boroujeni 2017a (175) | Umbrella review; SR of RCTs | 22 Injury, poisoning or certain other consequences of external causes | Lung contusion | Herbal medicine, not specified | No | Full text not able to be retrieved |
| Spielman 2020 (214) | SR of RCTs | 24 Factors influencing health status or contact with health services | Postoperative, healing (craniofacial surgery) | Ivy, Olive oil | No | Full text not able to be retrieved |
| Dabaghzadeh 2014 (176) | Umbrella review: SR of RCTs | 24 Factors influencing health status or contact with health services | Postoperative, nausea/vomiting | Ginger | No | Full text not able to be retrieved |
| Toth 2017 (215) | SR of RCTs | 24 Factors influencing health status or contact with health services | Postoperative, nausea/vomiting | Ginger | No | Full text not able to be retrieved |

Notes:
* Only eligible western herbal medicines listed here. Interventions included by review authors but not eligible for this review are not listed.

## C4.4 Reviews unable to be translated or interpreted at the title/abstract stage

None identified

## C4.5 Reviews submitted or to be published after the literature search date

None identified at the time of the search

# C5 Citation details of ongoing reviews

This appendix documents the systematic reviews that met the prespecified inclusion criteria for a systematic review of systematic reviews examining the effect of WHMs for preventing and treating any health condition, but results of the review are not yet published.

A brief overview of each review (by ICD-11 disease category) is provided in Table C-10.

**Table C-10 Overview of ongoing reviews (by ICD-11 disease category): Western herbalism**

| Review ID | Design features | ICD-11 category | Population | Intervention* | Priority? |
|---|---|---|---|---|---|
| Namvar 2013 (216) | SR of RCTs | 02 Neoplasms | Cancer, any | Ginseng | No |
| Park 2014 (217) | SR of RCTs | 02 Neoplasms | Cancer, any | Herbal medicine, not specified | No |
| Ruetters 2017 (218) | SR of RCTs | 02 Neoplasms | Cancer, any | Herbal medicine, not specified | No |
| Hutton 2015 (219) | SR of RCTs | 02 Neoplasms | Cancer, breast | Black cohosh | No |
| | SR of RCTs | 02 Neoplasms | Cancer, prostate | Ginseng | No |
| Ju Ah 2020 (220) | SR of RCTs | 02 Neoplasms | Cancer, lung (anorexia) | Herbal medicine, not specified | No |
| Kim 2017 (221) | SR of RCTs | 02 Neoplasms | Cancer, lung (radiation pneumonitis) | Herbal medicine, not specified | No |
| Chan-Young 2020 (222) | SR of RCTs | 02 Neoplasms | Cancer, lung (survivors) | Herbal medicine, not specified | No |
| Cheng 2019 (223) | SR of RCTs | 02 Neoplasms | Cancer, various | Green tea | No |
| Wang 2021 (224) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 2 | Ginseng | Yes |
| Kaur 2017 (225) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetes, type 2 (glycaemic outcomes) | Aloe vera | Yes |
| Liu 2021 (226) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetic foot ulcers | Astragalus | Yes |
| Hongyun 2020 (227) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Diabetic neuropathy, early | Ginkgo | Yes |
| Payab 2018 (228) | SR of RCTs | 05 Endocrine, nutritional and metabolic diseases | Overweight/obese | Herbal medicine, not specified | No |
| He 2018 (229) | SR of RCTs | 06 Mental and behavioural disorders | Attention deficit disorder | Ginkgo | No |
| Kwon 2021 (230) | SR of RCTs | 06 Mental and behavioural disorders | Dementia | Herbal medicine, not specified | No |
| Miyuan 2020 (231) | SR of RCTs | 06 Mental and behavioural disorders | Dementia, vascular | Ginkgo | No |
| Zare 2018 (232) | SR of RCTs | 06 Mental and behavioural disorders | Schizophrenia | Saffron | No |
| Deng 2017 (233) | SR of RCTs | 06 Mental and behavioural disorders | Schizophrenia or related | Ginkgo | No |
| Seo 2020 (234) | SR of RCTs | 08 Diseases of the nervous system | Cerebral vasospasm after subarachnoid haemorrhage | Herbal medicine, not specified | No |
| Oh 2020 (235) | SR of RCTs | 08 Diseases of the nervous system | Cervicogenic dizziness | Herbal medicine, not specified | No |

| Review ID | Design features | ICD-11 category | Population | Intervention* | Priority? |
|---|---|---|---|---|---|
| Hwang 2020 (236) | SR of RCTs | 08 Diseases of the nervous system | Trigeminal neuralgia, idiopathic | Herbal medicine, not specified | No |
| Sereda 2019 (237) | SR of RCTs | 10 Diseases of the ear or mastoid process | Tinnitus, idiopathic | Ginkgo | No |
| Zhang 2019 (238) | SR of RCTs | 11 Diseases of the circulatory system | Acute myocardial infarction | Astragalus | No |
| Zepeng 2020 (239) | SR of RCTs | 12 Diseases of the respiratory system | Respiratory tract infection, acute | Ginseng | Yes |
| Hsin-Li 2011 (240) | SR of RCTs | 13 Diseases of the digestive system | Aphthous ulcers, 2-12 years | Liquorice | No |
| Thavorn 2014 (241) | SR of RCTs | 13 Diseases of the digestive system | Digestive disorders, including dyspepsia, peptic ulcer, irritable bowel disease, Crohn's disease, ulcerative colitis, and gastroesophageal reflux disease | Turmeric | Yes |
| Lauche 2014 (242) | SR of RCTs | 13 Diseases of the digestive system | Inflammatory bowel disease | Herbal medicine, not specified | Yes |
| Zhang 2021 (243) | SR of RCTs | 13 Diseases of the digestive system | Irritable bowel syndrome | Herbal combination, Ginseng | Yes |
| Ji Hee 2018 (244) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Bechet’s disease | Herbal medicine, not specified | No |
| Moura 2016 (245) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Osteoarthritis | Turmeric, Ginger, Boswellia | No |
| Jeong 2021 (246) | SR of RCTs | 15 Diseases of the musculoskeletal system or connective tissue | Sarcopenia | Herbal medicine, not specified | No |
| Kim 2019 (247) | SR of RCTs | 16 Diseases of the genitourinary system | Benign prostate hyperplasia | Herbal medicine, not specified | No |
| Hye Won 2018 (248) | SR of RCTs | 16 Diseases of the genitourinary system | Infertility, men | Ginseng | Low priority |
| Abdi 2016a (249) | SR of RCTs | 16 Diseases of the genitourinary system | Menopause | Hops | Yes |
| Tingchao 2020 (250) | SR of RCTs | 16 Diseases of the genitourinary system | Menopause | Fenugreek | Yes |
| Juan 2020 (251) | SR of RCTs | 21 Symptoms, signs or clinical findings, not elsewhere classified | Fibromyalgia | Herbal medicine, not specified | No |
| Lee 2019 (252) | SR of RCTs | 22 Injury, poisoning or certain other consequences of external causes | Traumatic brain injury | Herbal medicine, not specified | No |
| Park 2019 (253) | SR of RCTs | 24 Factors influencing health status or contact with health services | Postoperative pain | Herbal medicine, not specified | No |
| Zhipeng 2020 (254) | SR of RCTs | 25 Prevention | Liver injury, tuberculosis-drug induced | Milk thistle | No |

Notes:
* Only eligible western herbal medicines listed here. Interventions included by review authors but not eligible for this review are not listed.

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Stephanie Allerdice, Alison Miles, Alex Teal, Jason Mak, Aggee Loblack, Lucy Rutherford and George Corias contributed to the evidence review but are not listed as authors of the review. Contributions were made in the following areas: design and conduct of the literature search (SA, AM), screening for eligible studies (AM, AT, JM, AL, GC), preliminary study appraisal and data collection (AM, LR).

## Contributions of authors

The Evidence Evaluation Report was written and developed by **HT**ANALYSTS, with evidence synthesis (statistical analysis and GRADE) conducted by the following reviewers: Margaret Jorgensen, Isabelle Ryder. Tania Antony. Expert advice was provided by NTREAP and NTWC, especially in relation to intervention, study design and eligibility criteria.

A methodological review of the draft evaluation report was conducted by Health Research Consulting (hereco).

## Declarations of interest

All named authors declare they have no financial, personal or professional interests that could be construed to have influenced the conduct or results of this systematic review.

In line with the process to establish any NHMRC committee, each committee member was asked to disclose their interests. Potential conflicts of interest among NHMRC NTWC members are lodged with the NHMRC and are available online.

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