Evidence-based ICM for the Prevention and Treatment of Major Common Diseases: Cardiovascular Kidney Metabolic Diseases, Cancer, Mental Disorders, Women's and Reproductive Health, Skeletal Joint Discorders, etc

TCM and ICM for disease prevention and outcome improvement

- **Multidisciplinary intervention in frail elderly patients with cardiovascular diseases**: a multicentre, single-blinded, randomised controlled trial (Chai K, et al. *Nat Commun.* 2026;17:10340).
- Tongxinluo for the **secondary prevention of atherosclerotic disease**: a systematic review and meta-analysis of randomised clinical trials. (Feng Y, et al. *Brain Behav*. 2026;16:e71232).
- Jinlida for **diabetes prevention** in impaired glucose tolerance and multiple metabolic abnormalities: The FOCUS randomised clinical trial (Ji H et al. *JAMA Intern Med* 2024; 184:727-35).
- Effects of ginseng berry saponins from panax ginseng on glucose metabolism of patients with **prediabetes**: A randomised, double-blinded, placebo-controlled, crossover trial. (Gao J et al. *Phytomedicine* 2024;132:155842).
- **Atrial tachyarrhythmia prevention** by Shensong Yangxin after catheter ablation for persistent atrial fibrillation: the SS-AFRF trial (Huang H et al. *Eur Heart J* 2024;45:4305-14).
- Entecavir plus Biejia-Ruangan compound **reduces the risk of hepatocellular carcinoma** in Chinese patients with chronic hepatitis B (Ji D et al. *J Hepatol* 2022;77:1515).

TCM drugs for treating heart diseases and stroke

- **Coronary atherosclerotic plaque intervention** with Tongxinluo capsule (TXL-CAP): a multicenter, randomised, double-blind and placebo-controlled study (Ni M, et al. *Signal Transduct Target* Ther. 2026;11:72).
- ***Heart failure***:
  - The traditional Chinese medicine Qiliqiangxin in heart failure with reduced ejection fraction: a randomised, double-blind, placebo-controlled trial. (Cheang I et al. *Nat Med* 2024; 30:2295-302).
  - A multicenter, randomised, double-blind, parallel-group, placebo-controlled study of the effects of qili qiangxin capsules in patients with chronic heart failure (Li X et al. *J Am Coll Cardiol.* 2013;62:1065-72).
- ***Acute myocardial infarction*** and ***coronary heart disease***:
  - Traditional Chinese medicine compound (Tongxinluo) and clinical outcomes of patients with acute myocardial infarction: The CTS-AMI randomised clinical trial. (Yang Y et al. *JAMA* 2023;330:1534-45).
  - A multicenter, randomised, double-blind, placebo-controlled trial to evaluate the effect of Tongmai Yangxin pill on ventricular remodelling in acute anterior STEMI patients after primary PCI. (Wang Y et al. *Phytomedicine* 2024;135:156133).
  - Efficacy and safety of yangxinshi versus trimetazidine on exercise tolerance in patients with coronary heart disease after percutaneous coronary intervention: Multicenter, double-blind clinical trial (Li Y et al. *Phytomedicine* 2024;135:156198).
  - Impact of Xuezhikang on coronary events in hypertensive patients with previous myocardial infarction from the China Coronary Secondary Prevention Study (CCSPS). (Li JJ, et al. *Ann Med.* 2010;42:231-40).
  - Effect of Xuezhikang, an extract from red yeast Chinese rice, on coronary events in a Chinese population with previous myocardial infarction. (Lu Z, et al. *Am J Cardiol.* 2008;101:1689-93).
  - Xuezhikang, an extract of cholestin, protects endothelial function through antiinflammatory and lipid-lowering mechanisms in patients with coronary heart disease (Zhao SP, et al. *Circulation* 2004;110:915-20)
- ***Ischaemic stroke***:
  - Tongxinluo and functional outcomes among patients with acute ischemic stroke: a randomised clinical trial (Dong Y, et al. *JAMA Netw Open* 2024;7:e2433463).
  - Efficacy and safety of **panax notoginseng saponins** in the treatment of adults with **ischemic stroke** in China: an RCT (Wu L, et al. *JAMA Netw Open.* 2023;6:e2317574).

TCM drugs for diabetes, diabetic kidney disease and other chronic kidney disease

- Shaoyao-Gancao decoction for the treatment of **muscle cramps in maintenance hemodialysis**: A prospective randomised crossover controlled trial. (Li C, et al. *J Ethnopharmacol*. 2025;347:119758)
- Randomised controlled clinical trial of Shenzhuo Formula in the treatment of macroalbuminuria in **diabetic kidney disease** and its inflammation-modulating mechanisms. (Wang A, et al. *Precis Clin Med.* 2025;8:pbaf031).
- Chinese herbal medicine (Tangshen Formula) formula treatment of patients with **diabetic kidney disease**: a systematic review and meta-analysis. (Zhao P, et al. *Front Endocrinol (Lausanne)*. 2025;16:1522759.

- The clinical efficacy of Gegen Qinlian Decoction in treating **type 2 diabetes** is positively correlated with the dose of coptidis rhizoma: three randomised, double-blind, dose-parallel controlled clinical trials. (Kang X et al. *Drug Des Devel Ther* 2024;18:5573-82).
- Add-on astragalus in **type 2 diabetes** and **chronic kidney disease**: A multi-centre, assessor-blind, randomised controlled trial (Chan KW et al. *Phytomedicine* 2024;130:155457).
- Add-on rehmannia-6-based Chinese medicine in **type 2 diabetes** and **CKD**: A multicenter randomised controlled trial (Chan KW et al. *Clin J Am Soc Nephrol* 2023;18:1163-74).
- Efficacy of combined abelmoschus manihot and irbesartan for reduction of albuminuria in patients with **type 2 diabetes and diabetic kidney disease**: a multicenter randomised double-blind parallel controlled clinical trial (Zhao J et al. *Diabetes Care.* 2022;45:e113-5).
- Bupi Yishen Formula versus losartan for **non-diabetic stage 4 chronic kidney disease**: a randomised controlled trial. (Mao W, et al. *Front Pharmacol. 2*021;11:627185).
- Efficacy and safety of Abelmoschus manihot for **IgA nephropathy**: A multicenter randomised clinical trial. Li P, et al. *Phytomedicine.* 2020;76:153231).
- Zheng Y, et al. Efficacy and safety of niaoduqing particles for delaying **moderate-to-severe renal dysfunction**: a randomised, double-blind, placebo-controlled, multicenter clinical study. (Zheng Y, et al. *Chin Med J (Engl).* 2017;130:2402-2409).

TCM drugs for cancer, COVID-19, depression, sepsis and other major unmet medical needs

- Efficacy and safety of Dachaihu decoction for **sepsis**: A randomised controlled trial (Huang N et al. *Phytomedicine* 2024;136:156311).
- Effect of an herbal-based injection on 28-day mortality in patients with **sepsis**: the exit-sep randomised clinical trial (Liu S, et al. JAMA Intern Med. 2023;183:647-655).
- Effectiveness and safety of Sanhan Huashi granules versus nirmatrelvir-ritonavir in adult patients with **COVID-19**: A randomised, open-label, multicenter trial. (Zou X et al. *Sci Bull (Beijing).* 2024;69:1954-63).
- Effects of Lianhuaqingwen Capsules in adults with mild-to-moderate **COVID-19**: an international, multicenter, double-blind, randomised controlled trial. (Zheng JP et al. *Virol J* 2023;20:277).
- Xiaoyao Pills, a Chinese patent medicine, treats mild and moderate **depression**: A randomised clinical trial combined with DNA methylation analysis. (Fan L et al. *Phytomedicine* 2024;130:155660).
- Efficacy and safety of YOXINTINE for **depression**: A double-blinded, randomised, placebo-controlled, phase 2 clinical trial (Dong Z et al. *Phytomedicine.* 2024;136:156204).
- Efficacy of Chinese medicine WW-1 in managing gastric atrophy and intestinal metaplasia in patients with **chronic atrophic gastritis**: A multicenter, randomised, double-blind, placebo-controlled trial. (Yang Y, et al. *Pharmacol Res*. 2026;227:108176).
- Chinese herbal medicine (JianPi-BuShen) and completion rate of adjuvant chemotherapy for patients with stage II and III **colon cancer**: A randomised clinical trial. (Sun L et al. *Eur J Cancer*. 2024;213:115109).
- Efficacy and safety of Qushi Huayu, a traditional Chinese medicine, in patients with **nonalcoholic fatty liver disease** in a randomised controlled trial. *(*Liu Y et al. *Phytomedicine.* 2024;130:155398).
- Effects of the Zishen Yutai Pill on live births compared with placebo among **infertile women** with frozen-thawed embryo transfer cycle: A multicentre double-blind randomised controlled trial. Phytomedicine (Chen X et al. *Phytomedicine* 2024;135:156072).
- Effect of Xuefu zhuyu oral liquid on **tension-type headache**: A randomised clinical trial (Zhou L et al. *Phytomedicine* 2024;135:156112).
- The efficacy and safety of Bazi Bushen Capsule in treating **premature ageing**: A randomised, double blind, multicenter, placebo-controlled clinical trial (Mei J et al. *Phytomedicine* 2024;130:155742).
- Comparison of *Tripterygium wilfordii* Hook F versus sulfasalazine in the treatment of **rheumatoid arthritis**: a randomized trial (Goldbach-Mansky R, et al. *Ann Intern Med.* 2009;151:229-40, W49-51).

TCM non-drug interventions to address major unmet medical needs

- **Acupuncture for migraine prevention and treatment**
  - Acupuncture for **migraine** without aura and connection-based efficacy prediction: a randomized clinical trial (Zhang X, et al. *JAMA Netw Open.* 2026;9:e2555454).
  - Acupuncture improves **migraine** and quality of life in patients with migraine: a systematic review with meta-analysis (Lu T, et al. *Syst Rev.* 2025;14:220).
  - Manual **acupuncture versus sham acupuncture** and usual care for prophylaxis of **episodic migraine** without aura: multicentre, randomised clinical trial. (Xu S et al. *BMJ* 2020;368:m697).

- The long-term effect of **acupuncture for migraine prophylaxis**: a randomised clinical trial (Zhao L et al. *JAMA Intern Med* 2017;177:508-15).
- Acupuncture for **chronic headache in primary care**: large, pragmatic, randomised trial (Vickers AJ, et al. *BMJ.* 2004;328:744).

- **Acupuncture for management of stroke**
  - Electroacupuncture modulates multiple pathways for **neuroprotection and neurorepair in ischemic stroke** (Zhao M, et al. *CNS Neurosci Ther*. 2026;32:e70862)
  - Acupuncture and **stroke motor rehabilitation**: a decade of evidence synthesis via systematic mapping (2015-2024) (Ke C, et al. *Front Neurol.* 2025;16:1647086)
  - Comparing the effect of acupuncture, sham acupuncture, and waiting-list control on patients with **post-stroke cognitive impairment**: A randomised clinical trial. (Chen X, et al. *QJM*. 2025:hcaf181)
  - Effect of acupuncture vs sham acupuncture on patients with **poststroke motor aphasia**: a randomized clinical trial (Li B et al. *JAMA Netw Open*. 2024 Jan 2;7(1):e2352580.
  - Cost-effectiveness of speech and language therapy plus scalp acupuncture versus speech and language therapy alone for community-based patients with Broca's **aphasia after stroke**: a post hoc analysis of data from a randomised controlled trial (Liu Z, et al. *BMJ Open*. 2021;11:e046609)
  - Acupuncture as adjunctive therapy for **chronic stable angina**: a randomised clinical trial (Zhao L, et al. *JAMA Intern Med*. 2019;179:1388-1397).

- **Acupuncture for disorders of joints, bones and muscles**
  - Electroacupuncture for **knee osteoarthritis**: a multicentre randomised controlled trial assessing symptomatic and structural efficacy. (Hang M, et al. *EClinicalMedicine.* 2026;96:103982).
  - Functional connectivity changes in the thalamocortical network due to **neck pain** and the multiscale regulatory effects of acupuncture: a cross-scale multi-omics neuroimaging study. (Gao Z, et al. *Front Neurosci.* 2026;20:1783910).
  - Acute effects of a single electroacupuncture session on purinergic signaling and inflammatory markers in patients with chronic nonspecific **low back pain**: a pilot study. (Ecco JC, et al. *Purinergic Signal.* 2026;22:48).
  - GABRB3 gene polymorphisms influence the analgesic response to acupuncture treatment in patients with **chronic knee pain**: a randomised controlled neuroimaging transcriptomics study. (Wu S, et al. *FASEB J*. 2026;40:e71779).
  - **Acupuncture vs sham acupuncture** for **chronic sciatica from herniated disk**: A randomised clinical trial (Tu J et al. *JAMA Intern Med* 2024; 184:1417-24).
  - Effect of **acupuncture** on neurogenic claudication among patients with **degenerative lumbar spinal stenosis**: A randomised clinical trial (Zhu L et al. *Ann Intern Med*. 2024;177:1048-57).
  - Comparison of **acupuncture vs sham acupuncture or waiting list control** in the treatment of **aromatase inhibitor-related joint pain**: a randomized clinical trial. (Hershman DL, et al. *JAMA Netw Open*. 2022;5:e2241720).
  - Efficacy of **intensive acupuncture** versus sham acupuncture in **knee osteoarthritis**: an RCT. (Tu JF, et al. *Arthritis Rheumatol*. 2021;73:448-458).
  - Randomised controlled trial of a short course of traditional acupuncture compared with usual care for **persistent non-specific low back pain** (Thomas KJ, et al. *BMJ.* 2006;333:623).
  - **Acupuncture** as a complementary therapy to the pharmacological treatment of **osteoarthritis of the knee**: RCT. (Vas J, et al. *BMJ.* 2004;329:1216).
  - Effectiveness of acupuncture as adjunctive therapy in **osteoarthritis of the knee**: an RCT (Berman BM, et al. *Ann Intern Med.* 2004;141:901-10).

- **Acupuncture for insomnia and mental health**
  - Neuroinflammation-informed neuroimaging-transcriptomic signatures explaining acupuncture's therapeutic effects in **chronic insomnia**. (Lin W, et al. *Chin Med*. 2025;20:207).
  - Cerebral blood flow changes and their spatial correlations with gabaa and dopamine-d1 receptor explaining individual differences in **chronic insomnia** and the therapeutic effects of acupuncture. (Yu L, et al. *Hum Brain Mapp.* 2025;46:e70183).
  - Efficacy and safety of **auricular acupuncture for depression**: A RCT (de Oliveira Rodrigues DM, et al. *JAMA Netw Open.* 2023;6:e2345138).
  - Effect of electroacupuncture on **insomnia in patients with depression**: an RCT (Yin X, et al. *JAMA Netw Open.* 2022;5:e2220563).

- Effectiveness of acupuncture for **anxiety among patients with Parkinson's disease**: a randomised clinical trial (Fan JQ et al. *JAMA Netw Open* 2022;5:e2232133).

- **Acupuncture for management of patients with cancer**
  - Electroacupuncture reduces duration of **postoperative ileus after laparoscopic gastrectomy for gastric cancer**: a multicenter randomised trial (Pei L, et al. *Gastroenterology.* 2025;169:73-84).
  - Effect of adding electroacupuncture to standard triple antiemetic therapy on **chemotherapy-induced nausea and vomiting**: A randomised controlled clinical trial. (Shen G et al. *J Clin Oncol* 2024;42:4051-9).
  - Effects of electroacupuncture for **opioid-induced constipation in patients with cancer** in China: An RCT (Wang W, et al.JAMA Netw Open. 2023;6:e230310).
  - Effect of acupuncture vs sham procedure on **chemotherapy-induced peripheral neuropathy symptoms**: a RCT (Bao T, et al. *JAMA Netw Open.* 2020;3:e200681).
  - Effect of true and sham acupuncture on **radiation-induced xerostomia among patients with head and neck cancer**: An RCT (Garcia MK, et al. *JAMA Netw Open.* 2019;2:e1916910)

- **Acupuncture for management of pregnant women and reproductive health**
  - Tiao-Jing-Cu-Yun Acupuncture combined with estradiol in the treatment of patients with thin **endometrium undergoing hormone replacement therapy for frozen embryo transfer**: a randomised controlled trial. (Li J et al. *Front Med (Lausanne).* 2026;13:1811023).
  - Acupuncture and doxylamine-pyridoxine for **nausea and vomiting in pregnancy**: a randomized, controlled, 2 × 2 factorial trial. (Wu XK, et al. *Ann Intern Med*. 2023;176:922-933).
  - Effectiveness of acupuncture for **pain control after cesarean delivery**: a randomized clinical trial (Usichenko TI, et al. *JAMA Netw Open.* 2022;5:e220517).
  - Effect of electroacupuncture on **urinary leakage among women with stress urinary incontinence**: a randomised clinical trial (Liu Z, et al. *JAMA*. 2017;317:2493-2501).
  - Effects of acupuncture and stabilising exercises as adjunct to standard treatment in **pregnant women with pelvic girdle pain**: randomised single blind controlled trial (Elden H, et al. *BMJ.* 2005;330:761)

- **Acupuncture for other disorders**
  - Effect of electroacupuncture on **postherpetic neuralgia**: a randomised clinical trial. (Chen L, et al. *JAMA Neurol*. 2026:e261443).
  - Efficacy of acupuncture in **irritable bowel syndrome** (ACTION): A Multicenter Randomised Controlled Trial (Yang JW, et al. *Gastroenterology*. 2025;169:958-969.e5).
  - Effect of acupuncture for **methadone reduction**: a randomised clinical trial. (Lu L et al. *Ann Intern Med* 2024;177:1039-47).
  - Effect of adjunctive acupuncture on **pain relief among emergency department patients with acute renal colic due to urolithiasis**: An RCT (Tu JF, et al. *JAMA Netw Open* 2022;5:e2225735).
  - Efficacy of acupuncture for **chronic prostatitis/chronic pelvic pain syndrome** : a randomized trial (Sun Y, et al. *Ann Intern Med.* 2021;174:1357-1366).
  - Effect of acupuncture for **postprandial distress syndrome**: An RCT (Yang JW, et al. *Ann Intern Med.* 2020;172:777-785).
  - Acupuncture for **chronic severe functional constipation**: a randomized trial (Liu Z, et al. Ann Intern Med. 2016;165:761-9).

- **Other non-drug interventions**
  - Effect of **Baduanjin on blood pressure** among individuals with high-normal blood pressure: a multicenter, open-label, blinded-outcome randomised controlled trial (Pu B, et al. *J Am Coll Cardiol.* 2026 Feb 18:S0735-1097(26)00077-X. doi: 10.1016/j.jacc.2026.01.014).
  - Effect of **Tai Chi vs aerobic exercise on blood pressure** in patients with prehypertension: a randomised clinical trial (Li X, et al. *JAMA Netw Open.* 2024;7:e2354937).
  - **Tai Chi or cognitive behavioural therapy for treating insomnia** in middle-aged and older adults: randomised non-inferiority trial (Siu PM, et al. *BMJ.* 2025;391:e084320).
  - Clinical effectiveness of **cognitively enhanced tai ji quan training** on global cognition and dual-task performance during walking in **older adults with mild cognitive impairment or self-reported memory concerns**: An RCT. (Li F, et al. Ann Intern Med. 2023;176:1498-1507).
  - Effects of **Tai Chi Chuan on cognitive function** in adults 60 years or older with type 2 diabetes and mild cognitive impairment in China: an RCT (Chen Y, et al. *JAMA Netw Open*. 2023;6:e237004).

- Effect of **acupoint hot compress** on **postpartum urinary retention** after vaginal delivery: a randomized clinical trial (Zhu Y, et al. *JAMA Netw Open*. 2022;5:e2213261).
- Effects of **Tai Chi** or conventional exercise on **central obesity in middle-aged and older adults**: a three-group RCT (Siu PM, et al. Ann Intern Med. 2021;174:1050-7).
- Effects of **Tai Chi** or exercise on **sleep in older adults with insomnia**: an RCT (Siu PM, et al. *JAMA Netw Open.* 2021;4:e2037199).
- Effectiveness of **Tai Ji Quan vs multimodal and stretching exercise** interventions for **reducing injurious falls in older adults at high risk of falling**: follow-up analysis of an RCT (Li F, et al*. JAMA Netw Open.* 2019;2:e188280).
- Effect of **tai chi** versus aerobic exercise for **fibromyalgia**: comparative effectiveness RCT (Wang C, et al. *BMJ* 2018;360:k851).
- Comparative effectiveness of **tai chi** versus physical therapy for **knee osteoarthritis**: a randomized trial (Wang C, et al. *Ann Intern Med.* 2016;165:77-86).
- **Tai chi and postural stability in patients with Parkinson's disease.** (Li F, et al. *N Engl J Med.* 2012;366:511-9).
- Treatment of **low back pain** by **acupressure** and physical therapy: RCT (Hsieh LL, et al. BMJ. 2006;332:696-700).

Note:

- This document highlights a selection of RCTs, systematic reviews, and meta-analyses from leading journals. Coverage is not comprehensive, and studies on pure herbal compounds are excluded.
- Most publications included in this list are from the past five years. For earlier evidence-based studies of TCM herbal drugs (including TCM-derived pure compounds), see: Chao J, Dai Y, Verpoorte R, Lam W, Cheng YC, Paoletti R. Major achievements of evidence-based traditional Chinese medicine in treating major diseases. *Biochem Pharmacol* 2017; 139: 94–104.