

Table 2 Basic information of the included SRs/MAss.

| Author, year (country) | language of publication | Trials (subjects) | Intervention group | Control group | Quality assessment | Main results |
|----------------------------------|-------------------------|-------------------|--|--|--------------------|---|
| Liu FS,2012 (China)[26] | Chinese | 10(782) | acupuncture/acupuncture+antihypertensive drugs | acupuncture+antihypertensive drugs | Jadad scale | Acupuncture is safe and effective in the treatment of mild to moderate essential hypertension.However, the number of trials included in this study is limited and most of the literatures are of low quality, and more rigorous randomized controlled trials should be designed to further verify the above conclusions. |
| Yu H,2013 (China)[27] | Chinese | 18(1462) | acupuncture | acupuncture+antihypertensive drugs/lifestyle modifications | Jadad scale | Acupuncture in the treatment of hypertension is the same as western medicine in terms of antihypertensive effect.However, there is no exact comparison with western medicine in terms of hypertension grading, adverse reactions,control rate, stability rate,recurrence rate, cost and benefit.Therefore,in future clinical trials,it is necessary to carry out more rigorous and comprehensive clinical randomized controlled trials to provide a more valuable basis for acupuncture prevention and treatment of hypertension. |
| Zhang LL,2013 (China)[28] | Chinese | 11(1072) | acupuncture/acupuncture+antihypertensive drugs | sham acupuncture/antihypertensive drugs | Cochrane criteria | Acupuncture can reduce blood pressure to varying degrees without adverse reactions, but there are certain defects in the quality of the included studies, and more high-quality studies are needed. |
| Qian YX,2013 (China)[29] | Chinese | 18(1473) | acupuncture/acupuncture+conventional therapy | sham acupuncture/antihypertensive drugs/conventional therapy | Cochrane criteria | Acupuncture has potential efficacy in the treatment of essential hypertension without serious adverse reactions. However, due to the low methodological treatment of the included studies, no definite conclusion can be drawn at present, and more high-quality, multicenter, randomized controlled trials are yet to be validated. |

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| Guo W,2013 (China)[30] | Chinese | 10(679) | acupuncture+antihypertensive drugs | antihypertensive drugs | Cochrane criteria | The combination of acupuncture and medicine has good clinical efficacy in the treatment of essential hypertension, but it still needs to be verified by a multi-center, large-scale, high-quality randomized controlled trial study with traditional Chinese medicine characteristics. |
| Zhang YJ,2014 (China)[31] | Chinese | 13(1066) | acupuncture/acupuncture+antihypertensive drugs | antihypertensive drugs | Jadad scale | Acupuncture is a valuable medical method, and to a certain extent, it can be used as a safe, green and beneficial therapy to replace western medicine for lowering blood pressure, and acupuncture combined with antihypertensive has better curative effect. |
| Zhang L,2017 (China)[32] | Chinese | 53(4459) | acupuncture/acupuncture+antihypertensive drugs | antihypertensive drugs | Cochrane criteria | Comparison of acupuncture/acupuncture combined with antihypertensive drugs and pure antihypertensive drugs, it has a good effect in improving all aspects of the condition of hypertensive patients. However, due to the large heterogeneity among some studies and the generally low quality of the included studies, this result needs to be further confirmed by more high-quality studies. |
| Zhu T,2018 (China)[33] | Chinese | 22(1758) | acupuncture/acupuncture+antihypertensive drugs/acupuncture+behavioral therapy | antihypertensive drugs | Jadad scale | Research analysis shows that acupuncture at Fengchi and Quchi points has definite curative effect and high safety in the treatment of essential hypertension. |
| Han S,2019 (China)[34] | Chinese | 7(722) | acupuncture+Tianma Gouteng Decoction | antihypertensive drugs/Tianma Gouteng Decoction | Cochrane criteria | Acupuncture combined with Tianma Gouteng Decoction has good curative effect in the treatment of hypertension. However, the number and quality of existing studies are small, and acupuncture methods are not conducive to blinding. It is necessary to design standardized, high-quality, high-standard, and large-sample randomized controlled clinical trials to provide real and reliable evidence for the clinical treatment of hypertension. |
| Lee H,2009 (South Korea)[35] | English | 11(847) | acupuncture or acupuncture+an | placebo (sham acupuncture)/antihypertensi | Oxford scale | Considering the limitation of the four positive noninferiority studies and the results of the meta-analysis of the three |

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| | | | antihypertensive drugs | ve drugs/lifestyle intervention | | sham controlled studies, the notion that acupuncture may lower high BP is inconclusive. More rigorous trials are warranted. |
| Li DZ,2014 (China)[36] | English | 4(386) | acupuncture or acupuncture+antihypertensive drugs | placebo (sham acupuncture) | Jadad scale | Our results are consistent with acupuncture significantly lowers blood pressure in patients taking antihypertensive medications. We did not find that acupuncture without antihypertensive medications significantly improves blood pressure in those hypertensive patients. |
| Zhao XF,2015 (China)[37] | English | 23(1788) | acupuncture/ acupuncture+lifestyle modification/abdominal acupuncture +antihypertensive drugs | lifestyle modification/antihypertension/sham acupuncture | Cochrane criteria | Our review provided evidence of acupuncture as an adjunctive therapy to medication for treating hypertension, while the evidence for acupuncture alone lowering BP is insufficient. The safety of acupuncture is uncertain due to the inadequate reporting of it. However, the current evidence might not be sufficiently robust against methodological flaws and significant heterogeneity of the included RCTs. Larger high-quality trials are required. |
| Chen H,2018 (China)[38] | English | 30(2107) | acupuncture or electroacupuncture or+lifestyle modifications /or+antihypertensive drugs | sham acupuncture or lifestyle modifications or antihypertensive drugs | Cochrane criteria | Our systematic review indicates there is inadequate high quality evidence that acupuncture therapy is useful in treating hypertension, as the exact effect and safety of acupuncture therapy for hypertension is still unclear. Therefore, research with larger sample sizes and higher-quality RCTs is still needed. |
| Zhang MX ,2022 (China)[39] | English | 10(1196) | acupuncture therapy or +non-acupuncture hypertension treatment measures | no treatment/no non-acupuncture hypertension treatment measures | Cochrane criteria | Existing evidence shows that acupuncture could be used for treating hypertension; however, higher quality randomised controlled trials are needed to better evaluate the safety and efficacy of acupuncture. |