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## Add-on effect of Yu Ping Feng formula for childhood asthma: a meta-analysis of randomized controlled trials

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### Abstract

*Introduction:* Yu Ping Feng Formula (YPPF), a traditional Chinese prescription has been widely used as an adjunctive to western medicine for the treatment of pediatric asthma in China. The purpose of this meta-analysis was to evaluate the add-on effect of YPPF in treating pediatric asthma based on the randomized controlled trials (RCTs).

*Methods:* The Cochrane Library, PubMed, EMBASE, CNKI, VIP and WanFang databases were searched up to 31 August 2016. RCTs comparing YPPF combined with western medicine to western medicine alone for children with asthma were selected. Outcome measures included total clinical response rate, lung function, T-lymphocytes subtype, immunoglobulin E, and adverse events.

*Results:* Fifteen RCTs with a total of 1450 children were identified. Included studies were low to moderate quality. Compared with western medicine alone, YPPF plus western medicine significantly improved total clinical response rates of asthma control (risk ratio [RR] 1.21; 95% confidence interval [CI] 1.11–1.30), forced expiratory volume in 1 second (standardized mean

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