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INPLASY

Protocol: Jinshuibao Capsules for Bronchial Asthma: A systematic review and meta-analysis of randomized controlled trials

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ADMINISTRATIVE INFORMATION

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Conflicts of interest - None declared.

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Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 15 April 2026 and was last updated on 15 April 2026.

INTRODUCTION

Review question / Objective This systematic review and meta-analysis aims to assess the clinical efficacy and adverse reactions of Jinshuibao Capsules combined with conventional therapy for Bronchial Asthma by synthesizing data from randomized controlled trials conducted in Chinese populations.

Condition being studied Bronchial Asthma is a common chronic inflammatory respiratory disease with high morbidity worldwide, which seriously affects the quality of life of patients and brings a heavy economic burden to society. The main clinical manifestations include recurrent wheezing, cough, chest tightness and dyspnea. Conventional Western medicine treatment has certain limitations, such as side effects and drug resistance. Therefore, it is of great clinical significance to explore safe and effective complementary and alternative therapies, especially traditional Chinese medicine, for the treatment of asthma.

METHODS

Search strategy We will search the following electronic databases from their inception to the latest update: PubMed, Embase, Cochrane Library, Web of Science,CNKI (China National Knowledge Infrastructure), CBM(China Biology Medicine dis),WanFang Data, and VIP (Chinese Scientific Journals Database). The search terms will include both MeSH terms and free-text terms related to Jinshuibao Capsules, Bronchial Asthma, and "randomized controlled trial". The search strategy will be adjusted according to the specific requirements of different databases to ensure comprehensive retrieval of relevant studies. No language restrictions will be applied.

Participant or population The participants included in this systematic review are Chinese patients aged 10 years or older who have been clinically diagnosed with Bronchial Asthma, regardless of gender, disease severity, or course of the disease. Patients with severe organ dysfunction, malignant tumors, or other serious comorbidities will be excluded. All participants must be from randomized controlled trials (RCTs) to ensure the quality of the included studies.

Intervention The experimental group will receive Jinshuibao Capsules combined with conventional Western medicine treatment. The control group will receive conventional Western medicine treatment alone or placebo. The dosage, course of treatment, and administration route of Jinshuibao Capsules will be in accordance with the specifications in the original included studies.

Comparator The control group will receive conventional Western medicine treatment alone for Bronchial Asthma. The dosage, course of treatment, and administration route of the control intervention will be consistent with the specifications in the original included studies.

Study designs to be included Only randomized controlled trials (RCTs) with clear and adequate random sequence generation (such as computer randomization, random number table, etc.) will be included in this systematic review and meta-analysis, regardless of blinding status. Quasi-randomized trials, non-randomized studies, case reports, reviews, and animal experiments will be excluded.

Eligibility criteria Inclusion: RCTs with clear randomization; Chinese asthma patients ≥10y; Jinshuibao Capsules + conventional therapy vs conventional therapy alone; reporting clinical effective rate.Exclusion: Other TCM use; missing/inconsistent data; comorbidities/atypical asthma; non-RCTs, duplicates, unavailable full text.

Information sources We will search PubMed, Embase, Cochrane Library, Web of Science,CNKI, CBM,WanFang Data, and VIP from inception to the latest update. Reference lists of included studies will be manually screened for additional eligible trials.

Main outcome(s) Primary outcomes: Total clinical effective rate and marked effective rate after treatment. Effect measures: Risk ratio (RR) with 95% confidence intervals (CIs).

Additional outcome(s) Secondary outcome: Incidence of adverse reactions (throat discomfort, hoarseness, pharyngeal fungal infection).

Data management Two reviewers will independently extract data and assess risk of bias. Discrepancies will be resolved by consensus. Data will be synthesized using RevMan 5.4.

Quality assessment / Risk of bias analysis Two reviewers will independently assess the risk of bias of included RCTs using the Cochrane Collaboration's tool. The following domains will be evaluated: random sequence generation, allocation concealment, blinding of participants and personnel, blinding of outcome assessment, incomplete outcome data, selective reporting, and other biases. Discrepancies will be resolved by consensus.

Strategy of data synthesis Data will be synthesized using RevMan 5.4. Heterogeneity will be quantified by the I^2 statistic. If $I^2 < 50\%$, a fixed-effects model will be used; otherwise, a random-effects model will be applied. Risk ratio (RR) with 95% confidence intervals (CIs) will be calculated for binary outcomes (clinical effective rate, adverse reactions).

Subgroup analysis Subgroup analyses will be conducted based on: (1) different courses of treatment; (2) specific conventional therapies. Heterogeneity sources will be explored through these subgroups.

Sensitivity analysis Sensitivity analysis will be performed to assess the stability of the results by omitting low-quality studies or changing the model (fixed vs. random effects). The influence of a single study on the overall effect estimate will be examined by one-way outlier analysis.

Country(ies) involved China.

Keywords Jinshuibao Capsules; Bronchial asthma; Meta-analysis; Randomized controlled trial; Efficacy; Safety.

Contributions of each author

Author 1 - Xi Yan - Author 1 designed the study, performed the literature search, analyzed the data, and drafted the manuscript.

Author 2 - Yuanbo Lan - Author 2 acquired the funding, assisted with study design, supervised the research process, and contributed to manuscript revision.

Author 3 - Hongxia Yang - Author 3 assisted in literature screening, data extraction, and quality assessment.
Author 4 - Jianyong Zhang - Author 4 assisted with literature screening, data extraction, and risk of bias assessment, and helped revise the manuscript.
Author 5 - Shuo Hu - Author 5 (Corresponding Author) supervised the study design, provided critical revisions to the manuscript, and approved the final version forsubmission.