

Supplementary Table 1 Search strategy used in PubMed

Search	Query
#1	"Acupuncture Therapy"[Mesh Terms]
#2	"acupuncture"[Title/Abstract] OR "electroacupuncture"[Title/Abstract] OR "warm acupuncture"[Title/Abstract] OR "moxibustion"[Title/Abstract] OR "fire needle"[Title/Abstract] OR "ankle needle"[Title/Abstract] OR "moxa"[Title/Abstract] OR "medicated moxibustion"[Title/Abstract] OR "ginger moxibustion"[Title/Abstract] OR "indirect moxibustion"[Title/Abstract] OR "medicinal thread moxibustion"[Title/Abstract] OR "point embedding"[Title/Abstract] OR "point injection"[Title/Abstract] OR "point plastering"[Title/Abstract]
#3	#1 OR #2
#4	"primary dysmenorrhea"[Title/Abstract] OR "functional dysmenorrhea"[Title/Abstract] OR "spontaneous dysmenorrhea"[Title/Abstract]
#5	#3 AND #4

Supplementary Table 2 PubMed Search Strategy for Identifying Corresponding Active Substances of Core Acupoints

Search	Query
#1	Dysmenorrhea, Primary[MeSH Terms] OR Dysmenorrhea, Functional[MeSH Terms]
#2	dysmenorrhea[All Fields]
#3	#1 OR #2
#4	Sanyinjiao[All Fields] OR Diji[All Fields] OR Guanyuan[All Fields] OR Ciliao[All Fields] OR Zhongji[All Fields] OR SP6[All Fields] OR SP8[All Fields] OR CV4[All Fields] OR BL32[All Fields] OR CV3[All Fields]
#5	mechanism[All Fields] OR experiment[All Fields] OR molecular[All Fields]
#6	#3 AND #4
#7	#6 AND #5

Supplementary Table 3 General characteristics of the included articles

Title	First Author	Journal	Publication Year	Therapeutic Method	Acupoint Prescription	Publication Language	Inclusion Status
Efficacy of Acupuncture for Primary Dysmenorrhea of Cold Coagulation and Blood Stasis Type	SHEN Deng-jin	Inner Mongolia Journal of Traditional Chinese	2023	Acupuncture	Qihai (CV6), Guanyuan (CV4), Sanyinjiao (SP6), Guilai (ST29), Pishu (BL20), Mingmen (GV4)	Chinese	YES
Clinical Observation on He's Three-way Acupuncture Combined with Ibuprofen for Primary Dysmenorrhea	HUANG Yi-yi	Journal of Emergency in Traditional Chinese Medicine	2023	Acupuncture	Sishencong (EX-HN1), Zhongwan (CV12), Tianshu (ST25), Qihai (CV6), Guanyuan (CV4), Qichong (ST30), Hegu (LI4), Yanglingquan (GB34), Diji (SP8), Sanyinjiao (SP6), Taichong (LR3)	Chinese	YES
Efficacy of Liji Acupuncture plus Oral Chinese Medicine for Cold Coagulation and Blood Stasis Primary Dysmenorrhea and Its Effect on Hemorheology	YE Shuang	Chinese Journal of Traditional Medical Science and Technology	2023	Acupuncture	Taibai (SP3), Zhigou (TE6)	Chinese	YES
Analgesic Effect of Micro-Acupuncture in the Hairline Regions of the Scalp Combined with Bone-Touching Acupuncture on Primary Dysmenorrhea	DONG Zhen-zhen	Bachu Medical Journal	2023	Acupuncture	Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6), Shiqizhui (EX-B8)	Chinese	YES
Clinical Study on Kidney Tonifying Method Combined with Collateral-acupoint Pain-relieving Method in the Treatment of Primary Dysmenorrhea	DENG Yong-zhi	Chinese Medicine Modern Distance Education of China	2023	Acupuncture	Lieque (LU7), Fenglong (ST40), Shenshu (BL23), Dachangshu (BL25), Yaoyangguan (GV3), Mingmen (GV4)	Chinese	YES
62 Cases of Cold Coagulation and Blood Stasis Primary Dysmenorrhea Treated by Acupuncture Combined with Ginger-separated Moxibustion on Du Meridian	WU Gui-lian	Fujian Journal of Traditional Chinese Medicine	2023	Acupuncture	Zhongji (CV3), Shiqizhui (EX-B8), Guanyuan (CV4), Ciliao (BL32), Sanyinjiao (SP6), Diji (SP8), Guilai (ST29)	Chinese	YES
Efficacy of Acupuncture and Moxibustion for Primary Dysmenorrhea and Patients' Pain Status	HOU Yong-lian	MEDICINE AND HEALTH	2023	Acupuncture	Sanyinjiao (SP6), Taichong (LR3), Guanyuan (CV4), Zhongji (CV3), Xuehai (SP10)	Chinese	YES

Clinical Study on Jin's Three-needle Acupuncture Therapy for the Treatment of Primary Dysmenorrhea of Cold Accumulation Causing Blood Stasis Type	XU Xiao-qing	Journal of Guangzhou University of Traditional Chinese Medicine	2022	Acupuncture	Qihai (CV6), Guanyuan (CV4), Guilai (ST29), Sanyinjiao (SP6), Shenshu (BL23)	Chinese	YES
Evaluation of clinical efficacy of Shu-Mu-Pei acupoint combined with body acupuncture in the treatment of primary dysmenorrhea	LIN Lan-ru	Inner Mongolia Journal of Traditional Chinese Medicine	2022	Acupuncture	Ganshu (BL18), Shenshu (BL23), Qihai shu (BL24), Guanyuan shu (BL26), Zusanli (ST36), Sanyinjiao (SP6)	Chinese	YES
Effect of Front-Mu and Back-Shu Point Acupuncture on Efficacy, Negative Emotions and Uterine Microcirculation in Primary Dysmenorrhea Patients	YU Xiao-pu	The Journal of Medical Theory and Practice	2022	Acupuncture	Ciliao (BL32), Guanyuan shu (BL26), Ganshu (BL18), Shenshu (BL23), Pishu (BL20), Qihai (CV6), Sanyinjiao (SP6), Guanyuan (CV4), Zhongji (CV3), Qimen (LR14)	Chinese	YES
Clinical observation of Fu's Subcutaneous Needling in the treatment of primary dysmenorrhea	LI Hai-yan	Chinese Community Doctors	2021	Acupuncture	Zusanli (ST36), Sanyinjiao (SP6), Hegu (LI4), Zigong (EX-CA1), Pishu (BL20)	Chinese	YES
Clinical Study on Acupuncture for Treatment of Primary Dysmenorrhea of Cold Coagulation and Blood Stasis by "Tonifying Spleen and Stomach, Regulating Ren Meridian"	CHENG Xing-min	Chinese Journal of Information on Traditional Chinese Medicine	2021	Acupuncture	Zusanli (ST36), Diji (SP8), Sanyinjiao (SP6), Zhongwan (CV12), Guanyuan (CV4), Guilai (ST29)	Chinese	YES
Observation on the curative effect of the method of "tonifying the spleen and stomach, regulating Ren meridian" on primary dysmenorrhea with Qi-blood deficiency	LIU Rui-ping	Modern Journal of Integrated Traditional Chinese and Western Medicine	2021	Acupuncture	Zusanli (ST36), Diji (SP8), Sanyinjiao (SP6), Zhongwan (CV12), Guanyuan (CV4), Guilai (ST29)	Chinese	NO
A clinical study on acupuncture combined with abdominal moxibustion in treating primary dysmenorrhea	WANG Dian-ling	Clinical Journal of Chinese Medicine	2021	Acupuncture	Neiguan (PC6), Sanyinjiao (SP6)	Chinese	YES
Clinical Observation on 52 Cases of Qi Stagnation and Blood Stasis Dysmenorrhea Treated by Acupuncture plus Moving Cupping	DONG Jian-ping	Heilongjiang Journal of Traditional Chinese Medicine	2021	Acupuncture	Guanyuan (CV4), Zhongji (CV3), Xuehai (SP10), Diji (SP8), Zusanli (ST36), Sanyinjiao (SP6), Ciliao (BL32), Taichong (LR3)	Chinese	YES
Efficacy of TCM Nursing Combined with Acupuncture for Primary Dysmenorrhea	LI Ping	MEDICINE AND HEALTH	2021	Acupuncture	Sanyinjiao (SP6), Xuehai (SP10), Zusanli (ST36)	Chinese	YES

Efficacy of Acupuncture at Zusanli (ST36) for Primary Dysmenorrhea	CHANG Ke-xia	Fertility & Health	2021	Acupuncture	Zusanli (ST36), Guanyuan (CV4), Zhibian (BL54), Qihai (CV6), Shangliao (BL31), Ciliao (BL32), Zhongliao (BL33), Xialiao (BL34)	Chinese	YES
Therapeutic Effects of Sequential-acupuncture Therapy on Pain and Anxiety of Patients with Primary Dysmenorrhea	SUN Ting	Journal of Zhejiang Chinese Medical University	2021	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8)	Chinese	YES
Clinical Observation on Acupuncture Based on Midnight-Noon Ebb-Flow and Meridian Stems-Branches for Primary Dysmenorrhea	CHEN Qiong	Journal of Practical Traditional Chinese Medicine	2021	Acupuncture	Guanyuan (CV4), Ququan (LR8), Diji (SP8), Yingu (KI10)	Chinese	YES
Clinical Study on Catgut Embedding at Front-Mu and Back-Shu Points for 30 Cases of Primary Dysmenorrhea	ZHANG Hui	Jiangsu Journal of Traditional Chinese Medicine	2020	Acupuncture	Ciliao (BL32), Hegu (LI4), Guanyuan (CV4), Zigong (EX-CA1), Sanyinjiao (SP6), Pishu (BL20)	Chinese	YES
Influence of Multi-point Acupuncture at Different Timings on Primary Dysmenorrhea	YE Xiao-na	Journal of External Therapy of Traditional Chinese Medicine	2020	Acupuncture	Diji (SP8), Sanyinjiao (SP6), Shiqizhui (EX-B8), Ciliao (BL32)	Chinese	NO
Clinical observation of abdominal acupuncture for primary dysmenorrhea by stages	YUAN Hong-wei	Chinese Journal of Family Planning & Gynecotokology	2020	Acupuncture	Zhongwan (CV12), Xiawan (CV10), Qihai (CV6), Guanyuan (CV4)	Chinese	YES
Clinical Observation on Huoxue Huayu Xingqi Decoction for Qi Stagnation and Blood Stasis Primary Dysmenorrhea	CHANG Li-hua	Journal of Practical Traditional Chinese Medicine	2020	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Yinlingquan (SP9)	Chinese	YES
Clinical Study on Wuji Baifeng Pill Combined with Acupuncture for Primary Dysmenorrhea	MA Lin-xiang	New Chinese Medicine	2020	Acupuncture	Qihai (CV6), Guanyuan (CV4), Xuchai (SP10), Zusanli (ST36), Sanyinjiao (SP6), Shiqizhui (EX-B8), Ciliao (BL32)	Chinese	YES

Effects of Acupuncture with Back-Shu and Front-Mu Acupoint Grouping on PGF2 α , β -EP and Uterine Artery Blood Flow in Primary Dysmenorrhea Patients	GUO Jian-fang	Shanghai Journal of Acupuncture and Moxibustion	2020	Acupuncture	Ganshu (BL18), Shenshu (BL23), Qihai shu (BL24), Guanyuan shu (BL26), Ciliao (BL32), Qimen (LR14), Guanyuan (CV4), Zhongji (CV3), Qihai (CV6), Sanyinjiao (SP6)	Chinese	YES
31 Cases of Primary Dysmenorrhea Treated by Zhibian (BL54) Penetrating Shuidao (ST28) Acupuncture	WANG Hai-jun	Chinese Acupuncture & Moxibustion	2019	Acupuncture	Zhibian (BL54), Shuidao (ST28), Hegu (LI4), Taichong (LR3), Ciliao (BL32)	Chinese	YES
Clinical Observation on Zhibian Penetrating Shuidao Method for Primary Dysmenorrhea	WANG Hai-jun	Chinese Journal of Integrated Traditional and Western Medicine	2019	Acupuncture	Zhibian (BL54), Shuidao (ST28), Hegu (LI4), Taichong (LR3), Ciliao (BL32)	Chinese	NO
Immediate and Long-term Analgesic Effect of Baliao Points Daoqi Method in Treating Primary Dysmenorrhea	WEI Yan-hong	Acta Chinese Medicine	2019	Acupuncture	Shangliao (BL31), Ciliao (BL32), Zhongliao (BL33), Xialiao (BL34)	Chinese	YES
Clinical Nursing Observation on Dan'ai Dysmenorrhea Plaster plus Warm Acupuncture for Cold Coagulation and Blood Stasis Primary Dysmenorrhea	ZHAO Mei	Electronic Journal of Practical Clinical Nursing Science	2019	Acupuncture	Shiqizhui (EX-B8), Dijì (SP8), Ciliao (BL32), Sanyinjiao (SP6)	Chinese	NO
Therapeutic Observation of Herb-partitioned Moxibustion at Umbilicus plus Abdominal Acupuncture for Primary Dysmenorrhea	GAO Xue-jing	Shanghai Journal of Acupuncture and Moxibustion	2019	Acupuncture	Guanyuan (CV4), Qihai (CV6), Zigong (EX-CA1), Sanyinjiao (SP6), Xuehai (SP10)	Chinese	YES
The efficacy of Liji acupuncture on primary dysmenorrhea of cold-damp coagulation type and its improvement on the life quality	ZHAO Ming-feng	Guangdong Medical Journal	2019	Acupuncture	Taibai (SP3), Zhigou (TE6)	Chinese	NO
Efficacy of Eight Methods of Intelligent Turtle for Primary Dysmenorrhea	LEI Jiang	Inner Mongolia Journal of Traditional Chinese Medicine	2019	Acupuncture	Zhongji (CV3), Qihai (CV6), Guanyuan (CV4), Sanyinjiao (SP6), Geshu (BL17), Pishu (BL20), Ganshu (BL18), Shenshu (BL23), Taichong (LR3), Dijì (SP8), Qugu (CV2), Ciliao (BL32)	Chinese	YES
Moxa Cone Moxibustion Combined with Acupuncture for Cold Stasis Dysmenorrhea	CHEN Zhou-yang	Electronic Journal of Clinical Medical Literature	2019	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4), Zhongji (CV3), Shuidao (ST28), Guilai (ST29)	Chinese	YES

Efficacy of Wenjing Shugan Huayu Tongluo Decoction plus Acupuncture for Primary Dysmenorrhea	JIN Wang	Electronic Journal of Practical Gynecological Endocrinology	2019	Acupuncture	Zhongdou(LR6), Sanyinjiao (SP6), Diji (SP8), Taichong (LR3), Hegu (LI4)	Chinese	YES
Clinical Study on WenTong Acupuncture Method Therapy for Primary Dysmenorrhea with HanNingXueYue Syndrome	DAI Shun-hua	World Latest Medicine Information	2019	Acupuncture	Tianshu (ST25), Shuidao (ST28), Guilai (ST29), Sanyinjiao (SP6), Zusanli (ST36), Taichong (LR3), Ciliao (BL32), Zhongji (CV3), Qihai (CV6), Guanyuan (CV4)	Chinese	YES
Observation on treating primary dysmenorrhea of the Hanshi Ningzhi type by warm acupuncture at BL32	LIU Xing-ping	Clinical Journal of Chinese Medicine	2019	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Shiqizhui (EX-B8), Shuidao (ST28)	Chinese	YES
Efficacy of Acupuncture and Moxibustion for Primary Dysmenorrhea	ZHU Jun-li	Journal of Guangxi University of Chinese Medicine	2019	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Qihai (CV6), Zusanli (ST36), Ciliao (BL32), Chengshan (BL57)	Chinese	YES
Clinical observation on treating primary dysmenorrhea by acupuncture	GU Wen-ying	Clinical Journal of Chinese Medicine	2019	Acupuncture	Zusanli (ST36), Diji (SP8), Sanyinjiao (SP6), Zhongji (CV3), Guanyuan (CV4), Taichong (LR3)	Chinese	YES
Study on Effect of ZiwuLiuzhu Combined with Expression of Meridians of Heavenly Stems and Earthly Branches in the Treatment of Primary Dysmenorrhea	DENG Hai-shan	Liaoning Journal of Traditional Chinese Medicine	2018	Acupuncture	Guanyuan (CV4), Ququan (LR8), Diji (SP8), Yingu (KI10), Hegu (LI4), Taichong (LR3)	Chinese	YES
20 Cases of Primary Dysmenorrhea Treated by Abdominal Acupuncture	WANG Li-na	Journal of External Therapy of Traditional Chinese Medicine	2018	Acupuncture	Zhongwan (CV12), Xiawan (CV10), Qihai (CV6), Guanyuan (CV4), Huaroumen (ST24), Wailing (ST26), Zigong (EX-CA1)	Chinese	YES
Acupuncture Treatment of Primary Dysmenorrhea by Needling Acupoints of the Spleen Meridian with Positive Reactions:A Randomized Controlled Clinical Trial	SUN Yi-ni	Acupuncture Research	2018	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Yinlingquan (SP9)	Chinese	NO

Long Term Effects Observation on Acupuncture of Liji Therapy for Primary Dysmenorrhea of Cold-damp Stagnation Type	ZHAO Ming-feng	Modernization of Traditional Chinese Medicine and Medica-World Science and Technology	2018	Acupuncture	Taibai (SP3), Zhigou (TE6)	Chinese	NO
48 Cases of Cold Coagulation and Blood Stasis Primary Dysmenorrhea Treated by Warm Unblocking Acupuncture plus Shaofu Zhuyu Decoction	SHEN Hai-jun	Traditional Chinese Medicinal Research	2018	Acupuncture	Hegu (LI4), Sanyinjiao (SP6), Diji (SP8), Taichong (LR3)	Chinese	NO
Clinical efficacy of Zhou's"collateral acupoint analgesic prescription"plus Diji and Qichong points on primary dysmenorrhea with dampness and phlegm-reducing type	ZHAO Yin	Journal of Hebei Traditional Chinese Medicine and Pharmacology	2018	Acupuncture	Lieque (LU7), Fenglong (ST40), Ligou (LR5), Qichong (ST30), Diji (SP8)	Chinese	YES
Clinical Randomized Parallel Contrast Study on Primary Dysmenorrhea Treated with Medicine Moxibustion combined with Abdomen Acupuncture	AN Ying-cheng	Journal of Practical Traditional Chinese Internal Medicine	2017	Acupuncture	Zhongji (CV3), Guanyuan (CV4), Shenque (CV8), Wailing (ST26), Shuidao (ST28), Dahe (KI12), Daheng (SP15)	Chinese	YES
Effective observation on treating 84 cases of primary dysmenorrhea by acupuncture	LIU A-qing	Clinical Journal of Chinese Medicine	2017	Acupuncture	Qihai (CV6), Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Yinlingquan (SP9)	Chinese	YES
Clinical Observation on Golden Rooster Pecking Method for Qi and Blood Deficiency Syndrome of Primary Dysmenorrhea	WANG Xu-guang	New Chinese Medicine	2017	Acupuncture	Guanyuan (CV4), Qihai (CV6), Zhongji (CV3), Zigong (EX-CA1), Zusanli (ST36), Sanyinjiao (SP6), Shiqizhui (EX-B8), Ciliao (BL32)	Chinese	YES
Analgesic Effect of Qi-inducing Origin-Returning Method plus Body Acupuncture in Acute Primary Dysmenorrhea	DU Er-yan	Journal of Sichuan of Traditional Chinese Medicine	2017	Acupuncture	Zhongwan (CV12), Guanyuan (CV4), Qihai (CV6), Zhongji (CV3), Guilai (ST29), Sanyinjiao (SP6)	Chinese	YES
Screening of Optimal Acupuncture and Moxibustion Regimen for Primary Dysmenorrhea	QIAO Li	Journal of External Therapy of Traditional Chinese Medicine	2017	Acupuncture	Guanyuan (CV4), Diji (SP8), Sanyinjiao (SP6), Shiqizhui (EX-B8)	Chinese	YES

Clinical Study on Acupuncture and Moxibustion for Primary Dysmenorrhea	LI Cui-ping	World Journal of Clinical Medicine	2016	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Guanyuan (CV4), Zigong (EX-CA1), Hegu (LI4), Geshu (BL17), Xuehai (SP10)	Chinese	YES
Therapeutic Observation of LU's Warm Needling Therapy for Primary Dysmenorrhea	JIN Zhu-xuan	Shanghai Journal of Acupuncture and Moxibustion	2016	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Pishu (BL20), Shenshu (BL23)	Chinese	YES
Observation on 120 Cases of Primary Dysmenorrhea Treated by Acupuncture and Moxibustion	LIU Xiao-wei	Journal of Practical Traditional Chinese Medicine	2016	Acupuncture	Guanyuan (CV4), Zhongji (CV3), Zigong (EX-CA1), Sanyinjiao (SP6), Zusanli (ST36), Taichong (LR3), Shenque (CV8), Yinlingquan (SP9)	Chinese	YES
Treating 60 cases of Yangxu Han'ning type of primary dysmenorrhea by the Rebuzhen therapy of Zheng's	LI Guang-qi	Clinical Journal of Chinese Medicine	2016	Acupuncture	Guanyuan (CV4), Shuidao (ST28), Sanyinjiao (SP6), Ciliao (BL32), Dijii (SP8), Yaoyangguan (GV3), Shenshu (BL23), Pishu (BL20), Zigong (EX-CA1)	Chinese	YES
Effect of Group Acupuncture at Different Intervention Timings on TCM Syndrome Scores in Primary Dysmenorrhea Patients	XIE Chang-bi	Journal of Frontiers of Medicine	2016	Acupuncture	Shiqizhui (EX-B8), Ciliao (BL32), Dijii (SP8), Sanyinjiao (SP6)	Chinese	NO
Clinical studies on different acupuncture time for primary dysmenorrhea	XUE Xiao	Journal of Acupuncture and Tuina Science	2016	Acupuncture	Guanyuan (CV4), Zusanli (ST36), Sanyinjiao (SP6)	English	YES
Clinical Efficacy of Bee Acupuncture for Primary Dysmenorrhea	JIAO Chun-yuan	China Health Care & Nutrition	2016	Acupuncture	Zusanli (ST36), Ganshu (BL18), Ciliao (BL32), Pishu (BL20), Shenshu (BL23)	Chinese	YES
Study on the Functional Regions of Acupuncture Treatment for Primary Dysmenorrhea in Brain by the Technology of Resting-state Functional Magnetic Resonance Imaging	SU Cheng-guo	Journal of Sichuan of Traditional Chinese Medicine	2016	Acupuncture	Sanyinjiao (SP6), Dijii (SP8)	Chinese	YES
Clinical Efficacy of Balance Acupuncture for 43 Cases of Primary Dysmenorrhea	SUN Yan-yi	Inner Mongolia Journal of Traditional Chinese Medicine	2016	Acupuncture	Tanzhong (CV17), Yanglingquan (GB34)	Chinese	YES

Efficacy of Floating Acupuncture for Dysmenorrhea	TIAN Chun-hong	The Medical Forum	2016	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Shiqizhui (EX-B8), Diji (SP8)	Chinese	NO
Randomized Controlled Study on Warm-promotion Needling for Treatment of Cold Coagulation and Blood Stasis of Primary Dysmenorrhea	SUN Run-jie	Chinese Journal of Information on Traditional Chinese Medicine	2016	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Shiqizhui (EX-B8), Diji (SP8), Ciliao (BL32), Hegu (LI4), Taichong (LR3)	Chinese	YES
Therapeutic Observation of Acupuncture at Back-Shu and Front-Mu Points in Treating Primary Dysmenorrhea	GUO Jian-fang	Shanghai Journal of Acupuncture and Moxibustion	2016	Acupuncture	Ganshu (BL18), Pishu (BL20), Shenshu (BL23), Qihai shu (BL24), Guanyuan shu (BL26), Ciliao (BL32), Qimen (LR14), Zhongji (CV3), Guanyuan (CV4), Qihai (CV6), Sanyinjiao (SP6)	Chinese	YES
Efficacy of Acupuncture at Jimai (LR14) for Primary Dysmenorrhea in Adolescent Athletes	HU Wen	New Chinese Medicine	2016	Acupuncture	Sanyinjiao (SP6), Xuehai (SP10), Qihai (CV6)	Chinese	YES
Efficacy observation on acupuncture-moxibustion at Ciliao (BL 32) for primary dysmenorrhea due to cold-dampness	Sharla Cheung	Journal of Acupuncture and Tuina Science	2016	Acupuncture	Guanyuan (CV4), Zhongji (CV3), Zusanli (ST36), Sanyinjiao (SP6), Diji (SP8)	English	YES
Clinical Effect of Acupuncture plus Earthworm Plaster Cataplastm Point Application for Qi Stagnation and Blood Stasis Primary Dysmenorrhea	LIU Zhao-shi	Maternal and Child Health Care of China	2016	Acupuncture	Zhongji (CV3), Guanyuan (CV4), Qihai (CV6), Diji (SP8)	Chinese	YES
Therapeutic Effect of Acupuncture Combined with TCM Nursing for Primary Dysmenorrhea	JIANG Tao	For all Health	2016	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Zusanli (ST36)	Chinese	YES
Efficacy of Syndrome Differentiated Acupuncture for Primary Dysmenorrhea	ZHONG Chun-yi	Shenzhen Journal of Integrated Traditional Chinese and Western Medicine	2015	Acupuncture	Qihai (CV6), Ciliao (BL32), Xuehai (SP10), Sanyinjiao (SP6), Shuidao (ST28), Zhongji (CV3), Diji (SP8)	Chinese	YES
Efficacy of Li Yongfeng's Acupuncture for 30 Cases of Primary Dysmenorrhea	JING Liu	For all Health	2015	Acupuncture	Zhongji (CV3), Zusanli (ST36), Sanyinjiao (SP6), Hegu (LI4), Taichong (LR3), Yanglingquan (GB34), Xuehai (SP10)	Chinese	YES

Clinical Study of Analgesia Effect of Compatibility of Acupuncture on Guanyuan(CV4) and Sanyinjiao(SP6) Acupoints on Primary Dysmenorrhea	Crystal Zheng	Journal of Shandong University of Traditional Chinese Medicine	2015	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6)	Chinese	YES
A clinical analysis of treating primary dysmenorrhea by acupuncture	LIU Jun-hong	Clinical Journal of Chinese Medicine	2015	Acupuncture	Qugu (CV2), Ciliao (BL32)	Chinese	YES
Immediate Analgesic Effect of Deep Acupuncture at Shangliao, Ciliao, Zhongliao and Xialiao for 42 Cases of Primary Dysmenorrhea	ZHOU Guang-ming	Zhejiang Journal of Traditional Chinese Medicine	2015	Acupuncture	Shangliao (BL31), Ciliao (BL32), Zhongliao (BL33), Xialiao (BL34)	Chinese	NO
32 Cases of Cold Coagulation and Blood Stasis Primary Dysmenorrhea Treated by Wenjing Fuyang Decoction plus Acupuncture	HOU Guang-yun	Chinese Journal of Traditional Medical Science and Technology	2015	Acupuncture	Zhongji (CV3), Shuidao (ST28), Diji (SP8)	Chinese	YES
The clinical efficacy of the Yao medicine pick needle therapy curing Primary dysmenorrhea	LIN Chen	Journal of Li-shizhen Traditional Chinese Medicine	2015	Acupuncture	Shangliao (BL31), Ciliao (BL32), Zhongliao (BL33), Xialiao (BL34), Sanyinjiao (SP6)	Chinese	YES
Comparative Study on the Real-time Analgesic Effect of Acupuncture at Diji (SP8) Versus Acupuncture at Diji and Guanyuan (CV4) for Primary Dysmenorrhea	Courteny	Shanghai Journal of Acupuncture and Moxibustion	2015	Acupuncture	Diji (SP8), Guanyuan (CV4)	Chinese	YES
Clinical Study on Secretion-Regulating Acupuncture for Primary Dysmenorrhea	ZHENG Jie	Journal of Practical Traditional Chinese Medicine	2015	Acupuncture	Ciliao (BL32), Shiqizhui (EX-B8), Diji (SP8), Sanyinjiao (SP6), Hegu (LI4), Zhongwan (CV12), Tianshu (ST25), Yinjiao (CV7), Guanyuan (CV4), Zhongji (CV3), Guilai (ST29), Xuehai (SP10), Taichong (LR3)	Chinese	YES
Therapeutic Observation of Acupuncture plus Auricular Point Sticking for Primary Dysmenorrhea	DENG Xia	Shanghai Journal of Acupuncture and Moxibustion	2015	Acupuncture	Sanyinjiao (SP6), Zusanli (ST36), Guanyuan (CV4)	Chinese	NO

Clinical Study on the Real-time Analgesic Effect of Acupuncture at Sanyinjiao (SP6) Versus Multiple Points for Primary Dysmenorrhea	SUN Ming-sheng	Shanghai Journal of Acupuncture and Moxibustion	2015	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4)	Chinese	NO
Clinical Observation on Acupuncture at Shiqizhui (EX-B8) plus Subcutaneous Embedding Acupuncture for Dysmenorrhea	XIONG Guang-ming	Shanxi Journal of Traditional Chinese Medicine	2015	Acupuncture	Zhongji (CV3), Ciliao (BL32), Sanyinjiao (SP6), Guilai (ST29), Diji (SP8)	Chinese	YES
The Acupuncture in the Treatment of Primary Dysmenorrhea for 30 Cases	TANG Xiao-min	Chinese Medicine Modern Distance Education of China	2015	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Guanyuan (CV4), Hegu (LI4)	Chinese	YES
Clinical observation on treating 45 cases of primary dysmenorrhea by acupuncture	NING Ying	Clinical Journal of Chinese Medicine	2015	Acupuncture	Ciliao (BL32), Sanyinjiao (SP6), Guanyuan (CV4)	Chinese	YES
Clinical Research of Acupuncture in the Treatment of Primary Dysmenorrhea	YANG Lu	Acta Chinese Medicine	2015	Acupuncture	Zigong (EX-CA1), Guanyuan (CV4), Zhongji (CV3), Qugu (CV2), Yinlingquan (SP9)	Chinese	YES
Clinical Effect of Acupuncture Combined with TCM Nursing for Primary Dysmenorrhea	SUN Zhen-ying	China Journal of Pharmaceutical Economics	2015	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Zusanli (ST36)	Chinese	NO
Clinical observation on treating 45 cases of primary dysmenorrhea by acupuncture	ZHANG Zhi-yu	Clinical Journal of Chinese Medicine	2015	Acupuncture	Zhongji (CV3), Shuidao (ST28), Diji (SP8), Yinlingquan (SP9)	Chinese	YES
Therapeutic Observation of Triple Acupuncture at Zhongji (CV 3) plus Mild Moxibustion for Primary Dysmenorrhea	Baby Face Lu	Shanghai Journal of Acupuncture and Moxibustion	2014	Acupuncture	Zhongji (CV3), Sanyinjiao (SP6), Diji (SP8), Shiqizhui (EX-B8), Hegu (LI4), Taichong (LR3), Ciliao (BL32)	Chinese	YES
Clinical Study on Zang-Fu Tuina Manipulation for Dysmenorrhea	HE Xia	Modern Diagnosis and Treatment	2014	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Hegu (LI4), Qihai (CV6), Taichong (LR3), Geshu (BL17)	Chinese	YES
Clinical Efficacy of Acupuncture and Moxibustion for Primary Dysmenorrhea	ZHANG Su-rong	Chinese Journal of Clinical Rational Drug Use	2014	Acupuncture	Sanyinjiao (SP6), Zhongji (CV3), Zigong (EX-CA1), Shuidao (ST28), Diji (SP8)	Chinese	YES

Clinical Observations on Premenstrual Acupuncture for Improving Symptoms Accompanying Primary Dysmenorrhea	YU Chuan	Shanghai Journal of Acupuncture and Moxibustion	2014	Acupuncture	Yinjiao (CV7), Guanyuan (CV4), Zhongji (CV3), Dahe (KI12), Ciliao (BL32), Sanyinjiao (SP6), Taichong (LR3), Xuehai (SP10)	Chinese	YES
Clinical Observation on Moxibustion plus Point Injection for 60 Cases of Primary Dysmenorrhea	WU Qun	Hubei Journal of Traditional Chinese Medicine	2014	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Xuehai (SP10), Taichong (LR3)	Chinese	YES
Clinical Efficacy of Korean Saecam Acupuncture for Dysmenorrhea in Shaoyang Constitution Patients	CUI Song-yuan	Journal of Medicine & Pharmacy of Chinese Minorities	2014	Acupuncture	Jingqu (LU8), Fulu (KI7), Taibai (SP3), Taixi (KI3)	Chinese	YES
Analysis on the Relationship between Uterine Position and Acupoints Time Effect Based on Primary Dysmenorrhea	XIN Si-yuan	Journal of Clinical Acupuncture and Moxibustion	2014	Acupuncture	Sanyinjiao (SP6), Xuanzhong (GB39)	Chinese	YES
Effect of Two Acupuncture Methods on Immediate Analgesia of Primary Dysmenorrhea	LI De-ping	Journal of Emergency in Traditional Chinese Medicine	2014	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
Clinical effective comparison on treating primary dysmenorrhea by Yao medicine pick needle therapy and Zhuang medicine thread moxibustion therapy	FAN Xiao-ting	Clinical Journal of Chinese Medicine	2014	Acupuncture	Shangliao (BL31), Ciliao (BL32), Zhongliao (BL33), Xialiao (BL34), Sanyinjiao (SP6)	Chinese	NO
Efficacy of Acupuncture Combined with TCM Nursing for Primary Dysmenorrhea	GAO Xin-yue	Chinese Journal of Clinical Rational Drug Use	2014	Acupuncture	Zusanli (ST36), Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Clinical observation on preventive treatment of primary dysmenorrhea with acupuncture of regulating Qi and relieving pain	XUE Li-wen	International Journal of Traditional Chinese Medicine	2014	Acupuncture	Lieque (LU7), Fenglong (ST40), Ligou (LR5)	Chinese	YES
Clinical Study on Acupuncture for Primary Dysmenorrhea	QIAN Yu-xin	Clinical Journal of Traditional Chinese Medicine	2013	Acupuncture	Sanyinjiao (SP6), Zhongji (CV3), Ciliao (BL32), Guilai (ST29), Diji (SP8)	Chinese	NO

Cinical obsevation on treating primary dysmenorrhea with acupuncture	LI Hua-xin	Clinical Journal of Chinese Medicine	2013	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Qihai (CV6), Zhongji (CV3), Daimai (GB26)	Chinese	YES
Efficacy of Acupuncture plus Moxibustion for 30 Cases of Primary Dysmenorrhea	YAN Shu-jun	Journal of Frontiers of Medicine	2013	Acupuncture	Sanyinjiao (SP6), Zusanli (ST36), Zhongji (CV3), Guanyuan (CV4), Tianshu (ST25), Shuidao (ST28), Diji (SP8)	Chinese	YES
Time-effect study on instant analgesic effect of the dragon-tiger fighting needling method on primary dysmenorrhea	HU You-ping	Chinese Acupuncture & Moxibustion	2013	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4), Diji (SP8), Shuidao (ST28), Zhongji (CV3)	Chinese	YES
Efficacy of Pre-menstrual Acupuncture Intervention for Primary Dysmenorrhea	XU Shi-wen	Chinese Journal of Information on Traditional Chinese Medicine	2013	Acupuncture	Yinjiao (CV7), Guanyuan (CV4), Zhongji (CV3), Dahe (KI12), Ciliao (BL32), Sanyinjiao (SP6), Taichong (LR3), Xuehai (SP10)	Chinese	NO
60 Cases of Primary Dysmenorrhea Treated by Acupuncture and Moxibustion	JI Bing-wu	Guangming Journal of Chinese Medicine	2013	Acupuncture	Ciliao (BL32), Diji (SP8), Yinlingquan (SP9), Sanyinjiao (SP6), Shuidao (ST28), Guanyuan (CV4)	Chinese	YES
Clinical Study on Different Intervention Times of Acupuncture for Primary Dysmenorrhea	AN Ying	Shanghai Journal of Acupuncture and Moxibustion	2013	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
40 Cases of Primary Dysmenorrhea Treated by Abdominal Acupuncture plus TDP Irradiation	KE Ling-ling	Journal of Practical Traditional Chinese Medicine	2013	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Tianshu (ST25), Hegu (LI4), Shenshu (BL23)	Chinese	YES
Effect of Pre-menstrual Single/Multi-point Acupuncture on Extra Bed Rest and Combined Medication in Primary Dysmenorrhea Patients	LI Zhao-feng	Journal of Clinical Acupuncture and Moxibustion	2013	Acupuncture	Shiqizhui (EX-B8), Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Observation on warming and freeing method in treating primary dysmenorrhea	FENG Hui	Shanghai Journal of Traditional Chinese Medicine	2013	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Taichong (LR3), Diji (SP8), Hegu (LI4), Zigong (EX-CA1)	Chinese	YES

Analgesic effect of puncturing different acupoints in patients with primary dysmenorrhea	QIN Yan	Journal of Shandong University of Traditional Chinese Medicine	2013	Acupuncture	Shiqizhui (EX-B8), Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Clinical Study on the Analgesic Effect of Needling Different Acupoints for Patients with Moderate Primary Dysmenorrhea	ZHU De-you	Shanghai Journal of Acupuncture and Moxibustion	2013	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
Comparison of Immediate Analgesic Effect of Acupuncture at Different Points for Moderate Primary Dysmenorrhea	ZHANG Lei	Jiangsu Journal of Traditional Chinese Medicine	2013	Acupuncture	Shiqizhui (EX-B8), Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Pain Relieving Effect in the Treatment of Severe Primary Dysmenorrhea by Pricking Single-Point and Multi-Point	MA Yu-xia	Journal of Clinical Acupuncture and Moxibustion	2013	Acupuncture	Shiqizhui (EX-B8), Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Study of analgesic effect of acupuncture on patients with moderate and severe primary dysmenorrhea	MA Yu-xia	Journal of Shandong University of Traditional Chinese Medicine	2013	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Sanyinjiao (SP6), Ciliao (BL32)	Chinese	NO
Analgesic Efficacy of Shiqizhui (EX-B8) and Multi-point Acupuncture for Dysmenorrhea	TAN Ming-fang	The Chinese and foreign health abstract	2012	Acupuncture	Zusanli (ST36), Sanyinjiao (SP6), Zhongji (CV3), Guanyuan (CV4), Qihai (CV6), Shenshu (BL23)	Chinese	YES
Catgut Implantation at Acupoint Treat Primary Dysmenorrhea	WEN Chen	Journal of Zhejiang Chinese Medical University	2012	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Shiqizhui (EX-B8), Shuidao (ST28)	Chinese	NO
Clinical Efficacy of Acupuncture and Moxibustion for 33 Cases of Primary Dysmenorrhea	JIANG Rui-ke	The Chinese and foreign health abstract	2012	Acupuncture	Zhongji (CV3), Guanyuan (CV4), Zusanli (ST36), Sanyinjiao (SP6), Taichong (LR3), Xuehai (SP10)	Chinese	YES
Acupuncture Effect on Hemorheological Indexes in Patients with Primary Dysmenorrhea	ZHANG Zhou-liang	Chinese Journal of Hemorheology	2012	Acupuncture	Sanyinjiao (SP6), Xuehai (SP10), Ciliao (BL32), Chengshan (BL57), Zusanli (ST36)	Chinese	YES
Analgesic Effect of Single Acupuncture at Shiqizhui (EX-B8) for Primary Dysmenorrhea	ZHANG Lei	Journal of Changchun University of Chinese Medicine	2012	Acupuncture	Shiqizhui (EX-B8), Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8)	Chinese	NO

Immediate Analgesic Effect of Acupuncture for Moderate Primary Dysmenorrhea	LI Shu-jing	Jilin Journal of Chinese Medicine	2012	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Sanyinjiao (SP6), Ciliao (BL32)	Chinese	NO
Observation on Pain Relieving Effect in the Treatment of Severe Primary Dysmenorrhea by needling	XIE Xiao-jia	Jilin Journal of Chinese Medicine	2012	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Sanyinjiao (SP6), Ciliao (BL32)	Chinese	NO
Emergency Analgesic Effect of Acupuncture for Moderate Primary Dysmenorrhea	YAO Wei	Fujian Journal of Traditional Chinese Medicine	2012	Acupuncture	Zhongji (CV3), Sanyinjiao (SP6), Zigong (EX-CA1), Ciliao (BL32), Diji (SP8), Hegu (LI4)	Chinese	YES
Clinical Observation on Acupuncture and Moxibustion for Primary Dysmenorrhea	SHEN Yi	Journal of Changzhi Medical College	2011	Acupuncture	Zhongji (CV3), Sanyinjiao (SP6), Zigong (EX-CA1), Diji (SP8), Taichong (LR3), Guilai (ST29)	Chinese	YES
The Effects of Deqi and Manual Acupuncture Needle Manipulation on the Clinical Outcomes of Acupuncture Analgesia	XIONG Jin	Liaoning Journal of Traditional Chinese Medicine	2011	Acupuncture	Zusanli (ST36), Sanyinjiao (SP6), Zhongji (CV3), Guanyuan (CV4), Qihai (CV6)	Chinese	YES
Treatment of 30 cases of primary dysmenorrhea by needling Diji (SP8)	LIU Xi-ru	Shanghai Journal of Traditional Chinese Medicine	2011	Acupuncture	Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Clinical observation of effect of acupuncture combined with herb fire treatment for primary dysmenorrhea	PENG Xin-yi	Medical Journal of West China	2011	Acupuncture	Zigong (EX-CA1), Guanyuan (CV4), Sanyinjiao (SP6), Shenshu (BL23)	Chinese	YES
Healing effect observation on treatment of primary dysmenorrhea with acupuncture	ZHAO Zhi-lan	Heilongjiang Journal of Traditional Chinese Medicine	2011	Acupuncture	Guanyuan (CV4), Zhongji (CV3), Zigong (EX-CA1), Diji (SP8), Sanyinjiao (SP6), Taichong (LR3), Xuehai (SP10)	Chinese	YES
46 Cases of Primary Dysmenorrhea Treated by Syndrome Differentiated Acupuncture	CHEN Xing	Hubei Journal of Traditional Chinese Medicine	2011	Acupuncture	Ciliao (BL32), Xuehai (SP10), Qihai (CV6), Sanyinjiao (SP6), Zhongji (CV3), Shuidao (ST28), Diji (SP8)	Chinese	NO

Moxibustion Combined with Acupuncture in the Treatment of Primary Dysmenorrhea:An Analysis of 34 Cases	ZHAO Jing-jun	Journal of Clinical Acupuncture and Moxibustion	2011	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Guilai (ST29), Shenshu (BL23), Ciliao (BL32)	Chinese	YES
Clinical Observation on Feijing Zouqi Acupuncture for 46 Cases of Qi Stagnation and Blood Stasis Primary Dysmenorrhea	LI Gang	Journal of Chengdu University of Traditional Chinese Medicine	2011	Acupuncture	Ciliao (BL32), Yaoyangguan (GV3), Dachangshu (BL25), Guilai (ST29), Diji (SP8), Sanyinjiao (SP6), Guanyuan (CV4), Xuehai (SP10), Hegu (LI4), Taichong (LR3), Qimen (LR14)	Chinese	YES
Observation on immediate analgesic effect of acupuncture at Shiqizhui (EX-B 8) only or multi-acupoints in patients with dysmenorrhea: a randomized controlled trial	LI Yan-mei	Chinese Acupuncture & Moxibustion	2011	Acupuncture	Shiqizhui (EX-B8), Sanyinjiao (SP6), Diji (SP8), Ciliao (BL32)	Chinese	NO
Efficacy of Prophylactic Single/Multi-point Acupuncture for Primary Dysmenorrhea	BU Yan-qing	New Chinese Medicine	2011	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
Preliminary Comparison on Time - Effect Rule of Pain - Relieving in The Treatment of Mild Dysmenorrhea between Acupuncture of Single Point and Acupuncture of Multipoint	CHEN Shao-zong	Liaoning Journal of Traditional Chinese Medicine	2011	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Ciliao (BL32), Sanyinjiao (SP6)	Chinese	NO
Preliminary Comparison on Time - Effect Rule of Pain - Relieving in The Treatment of Moderate and severe Dysmenorrhea between Acupuncture of Single Point and Acupuncture of Multipoint	CHEN Shao-zong	Liaoning Journal of Traditional Chinese Medicine	2011	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Ciliao (BL32), Sanyinjiao (SP6)	Chinese	NO
Preliminary Comparison on the Role of Pain - Relieving in the Treatment of Mild and Moderate Dysmenorrhea between Acupuncture of Single Point and Acupuncture of Multipoints——The Importance of Prescription Acupoints Rule(VI)	CHEN Shao-zong	Journal of Clinical Acupuncture and Moxibustion	2011	Acupuncture	Shiqizhui (EX-B8), Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6)	Chinese	NO
Preliminary comparison on the time-effect rule of pain-relieving in the treatment of moderate dysmenorrhea between acupuncture on single-point and acupuncture on multi-point	CHEN Shao-zong	Chinese Acupuncture & Moxibustion	2011	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Ciliao (BL32), Sanyinjiao (SP6)	Chinese	NO

41 Cases of Primary Dysmenorrhea Treated by Acupuncture plus Acupoint Microwave Irradiation	CHANG Xue-li	HENAN ZHONGYI	2011	Acupuncture	Sanyinjiao (SP6), Zhongji (CV3), Ciliao (BL32)	Chinese	YES
Acupuncture plus External Chinese Medicine Application for Cold Coagulation and Blood Stasis Primary Dysmenorrhea	HOU Guang-yun	Journal of Clinical Acupuncture and Moxibustion	2011	Acupuncture	Qihai (CV6), Guanyuan (CV4), Yinlingquan (SP9), Sanyinjiao (SP6)	Chinese	YES
Instant effect of acupuncture at Suliáo (GV 25) mainly for primary dysmenorrhea	CHEN Miao-ling	WorldJournalofAcupuncture -Moxibustion	2011	Acupuncture	Suliao (GV25), Zusanli (ST36), Sanyinjiao (SP6), Dachangshu (BL25), Ciliao (BL32)	English	YES
68 Cases of Functional Dysmenorrhea Treated by Acupuncture	YUAN Yun-xia	Shanghai Journal of Acupuncture and Moxibustion	2011	Acupuncture	Zhongji (CV3), Guanyuan (CV4), Zusanli (ST36), Sanyinjiao (SP6)	Chinese	YES
Clinical Study on Time-effect Relation of Acupuncture for Pain due to Dysmenorrhea	CHEN Shao-zong	Journal of Acupuncture and Tuina Science	2011	Acupuncture	Ciliao (BL32), Dijì (SP8), Sanyinjiao (SP6), Shiqizhui (EX-B8)	English	NO
15 Cases of Primary Dysmenorrhea Treated by Acupuncture	HUANG Hui-ling	Journal of Changchun University of Chinese Medicine	2011	Acupuncture	Neiguan (PC6), Gongsun (SP4), Tianshu (ST25), Zhongji (CV3), Dijì (SP8), Zusanli (ST36)	Chinese	YES
Efficacy of Acupuncture for 40 Cases of Primary Dysmenorrhea	JIANG Hong-yun	Journal of Gansu University of Chinese Medicine	2011	Acupuncture	Hegu (LI4), Tianshu (ST25), Qichong (ST30), Sanyinjiao (SP6), Zhongji (CV3)	Chinese	YES
Acupuncture for Primary Dysmenorrhea:A Randomized Controlled Trial	mass/deploy/station troops	Journal of Acupuncture and Tuina Science	2011	Acupuncture	Sanyinjiao (SP6), Dijì (SP8), Xuehai (SP10), Hegu (LI4)	English	YES
Analgesic effects of primary dysmenorrhea treated with acupuncture	CONG Qian	Journal of Shandong University of Traditional Chinese Medicine	2011	Acupuncture	Shiqizhui (EX-B8), Sanyinjiao (SP6), Ciliao (BL32), Dijì (SP8)	Chinese	NO
Heat-inducing Acupuncture at Zhongji (CV3) plus Four Gates Points for Cold Coagulation and Blood Stasis Dysmenorrhea	Gavin Lee	China's Naturopathy	2011	Acupuncture	Zhongji (CV3), Hegu (LI4), Taichong (LR3)	Chinese	YES

Clinical Observation on Cyclic Sequential Acupuncture for 43 Cases of Cold Dampness Stagnation Primary Dysmenorrhea	MA Rui	Jiangsu Journal of Traditional Chinese Medicine	2011	Acupuncture	Guanyuan (CV4), Qihai (CV6), Sanyinjiao (SP6)	Chinese	YES
The Clinical Observation of the Acupuncture Treatment for Primary Dysmenorrheal 50 Cases	FU Lei	Journal of Clinical Acupuncture and Moxibustion	2010	Acupuncture	Sanyinjiao (SP6), Zigong (EX-CA1), Zusanli (ST36), Guanyuan (CV4), Taichong (LR3), Diji (SP8)	Chinese	YES
60 Cases of Primary Dysmenorrhea Treated by Acupuncture at Jueyin Meridian Alone	WANG Guo-jian	Jilin Journal of Chinese Medicine	2010	Acupuncture	Xingjian (LR2), Taichong (LR3), Neiguan (PC6), Jianshi (PC5)	Chinese	YES
Study on influence of health education on analgesic effects of acupuncture treatment for patients with primary dysmenorrheal	HOU Wen-jing	Chinese Nursing Research	2010	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
43 Cases of Primary Dysmenorrhea Treated by Warm Acupuncture plus Guipi Pill	LIU Yan-feng	Shandong Journal of Traditional Chinese Medicine	2010	Acupuncture	Hegu (LI4), Sanyinjiao (SP6), Diji (SP8)	Chinese	YES
Clinical Efficacy of Point-selected Acupuncture for 31 Cases of Primary Dysmenorrhea	HOU Wen-jing	shandong Medical Journal	2010	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
Clinical Observation on Acupuncture Mainly at Ciliao (BL32) for Primary Dysmenorrhea	YE Xiu-ying	Hubei Journal of Traditional Chinese Medicine	2010	Acupuncture	Ciliao (BL32), Qihai (CV6), Guanyuan (CV4), Tianshu (ST25), Xuehai (SP10), Zusanli (ST36), Sanyinjiao (SP6)	Chinese	YES
Comparison on Immediate Analgesic Effect in Patients with Primary Dysmenorrhea between Acupuncture of Single Point and Several Points	CHEN Shao-zong	Journal of Clinical Acupuncture and Moxibustion	2010	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Ciliao (BL32), Sanyinjiao (SP6)	Chinese	NO
Comparison on the Analgesic Action of the Time-effect Regularity in Patients with Primary Dysmenorrhea Between Acupuncture of Single Point and Acupuncture of Several Points	CHEN Shao-zong	Liaoning Journal of Traditional Chinese Medicine	2010	Acupuncture	Shiqizhui (EX-B8), Diji (SP8), Ciliao (BL32), Sanyinjiao (SP6)	Chinese	NO

Clinical Observation on Acupuncture and Moxibustion for 45 Cases of Primary Dysmenorrhea	CHEN Yu-hua	Chinese Journal of Ethnomedicine and Ethnopharmacy	2010	Acupuncture	Ciliao (BL32), Diji (SP8), Sanyinjiao (SP6), Guanyuan (CV4), Xuehai (SP10)	Chinese	YES
Treating 65 cases of primary dysmenorrhea by Tianshu,Guanyuan acupuncture point	AI Ji-nen	Clinical Journal of Chinese Medicine	2010	Acupuncture	Tianshu (ST25), Guanyuan (CV4), Sanyinjiao (SP6)	Chinese	YES
Clinical Study on Single/Multi-point Acupuncture for Primary Dysmenorrhea	MA Yu-xia	Shandong Journal of Traditional Chinese Medicine	2009	Acupuncture	Sanyinjiao (SP6), Ciliao (BL32), Diji (SP8), Shiqizhui (EX-B8)	Chinese	NO
47 Cases of Primary Dysmenorrhea Treated by Acupuncture	JUAN Li	Journal of External Therapy of Traditional Chinese Medicine	2009	Acupuncture	Xuehai (SP10), Zusanli (ST36), Sanyinjiao (SP6), Neiguan (PC6)	Chinese	YES
Observations on the Efficacy of Acupuncture Plus Point Application in Treating Primary Dysmenorrheal	ZHENG Zhao-jian	Shanghai Journal of Acupuncture and Moxibustion	2009	Acupuncture	Taichong (LR3), Sanyinjiao (SP6), Diji (SP8), Qihai (CV6)	Chinese	YES
Preliminary Observation on Analgesic Effect's Time-effectiveness Rule of Acupuncture Sanyinjiao to Primary Dysmenorrhea	CHEN Shao-zong	Journal of Clinical Acupuncture and Moxibustion	2009	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Ciliao (BL32), Shiqizhui (EX-B8)	Chinese	NO
Efficacy of Syndrome Differentiated Acupuncture for 48 Cases of Primary Dysmenorrhea	JIA Li-xin	China & Foreign Medical Treatment	2009	Acupuncture	Qihai (CV6), Zhongji (CV3), Guilai (ST29), Sanyinjiao (SP6)	Chinese	YES
Observation on 35 Cases of Primary Dysmenorrhea Treated by Acupuncture	WANG Ying	Journal of Practical Traditional Chinese Medicine	2008	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Hegu (LI4), Taichong (LR3), Xuehai (SP10)	Chinese	YES
Acupuncture at Siguan points for treatment of primary dysmenorrhea	LI Cheng-hong	Chinese Acupuncture & Moxibustion	2008	Acupuncture	Hegu (LI4), Taichong (LR3), Qihai (CV6), Neiguan (PC6)	Chinese	YES

Primary Dysmenorrhea Treated by Ear-Acupuncture Combined with Body-Acupuncture	ZHANG Xiao-yang	Shaanxi Journal of Traditional Chinese Medicine	2008	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4), Diji (SP8), Shiqizhui (EX-B8), Shuidao (ST28)	Chinese	NO
Primary Dysmenorrhea Treated by Acupuncture Technique of "Mountain-Burning Fire"	CHEN Zhong-xin	Shaanxi Journal of Traditional Chinese Medicine	2008	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8)	Chinese	NO
Clinical Observation On Treatment of Primary Dysmenorrhea with Acupuncture and Massage	LIN Li-li	Chinese Journal of Integrated Traditional and Western Medicine	2008	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4), Diji (SP8)	Chinese	NO
Clinical Observasion of Acupuncture on Primary Dysmenorrhea	LIU Bao-ying	Journal of Shanxi University of Chinese Medicine	2007	Acupuncture	Zhongji (CV3), Guanyuan (CV4), Zusanli (ST36), Sanyinjiao (SP6), Taichong (LR3)	Chinese	YES
Efficacy of Eight Methods of Intelligent Turtle for Primary Dysmenorrhea	XIE Gan-gong	Chinese Acupuncture & Moxibustion	2007	Acupuncture	Zhongji (CV3), Qihai (CV6), Guanyuan (CV4), Sanyinjiao (SP6), Geshu (BL17), Pishu (BL20), Ganshu (BL18), Shenshu (BL23), Taichong (LR3), Diji (SP8), Qugu (CV2), Ciliao (BL32)	Chinese	NO
Clinical Experience in Acupuncture for 34 Cases of Primary Dysmenorrhea	JIANG Li-yan	Journal of Emergency in Traditional Chinese Medicine	2007	Acupuncture	Shangliao (BL31), Ciliao (BL32), Zhongliao (BL33), Taichong (LR3), Sanyinjiao (SP6), Diji (SP8), Guanyuan (CV4), Zusanli (ST36)	Chinese	YES
Clinical Observation on Acupuncture for Primary Dysmenorrhea	WANG Wen-qing	Hubei Journal of Traditional Chinese Medicine	2007	Acupuncture	Sanyinjiao (SP6), Diji (SP8), Xuehai (SP10), Hegu (LI4)	Chinese	NO
Efficacy of Acupuncture and Moxibustion for 50 Female College Students with Primary Dysmenorrhea	YANG Yong-hong	Chinese Journal of Convalescent Medicine	2007	Acupuncture	Guanyuan (CV4), Sanyinjiao (SP6), Diji (SP8), Shiqizhui (EX-B8), Shuiquan (KI5)	Chinese	YES

Acupuncture and Moxibustion for Primary Adolescent Dysmenorrhea	ZHAO Hui-ling	Modern Journal of Integrated Traditional Chinese and Western Medicine	2006	Acupuncture	Zhiyin (BL67), Zhongji (CV3), Sanyinjiao (SP6), Taichong (LR3)	Chinese	YES
19 Cases of Functional Dysmenorrhea Treated by Acupuncture	BI Xin-hui	Heilongjiang Journal of Traditional Chinese Medicine	2005	Acupuncture	Shuidao (ST28), Qihai (CV6), Sanyinjiao (SP6)	Chinese	YES
Clinical Observation on Acupuncture plus Warm Unblocking Ointment Tuina for 55 Cases of Primary Dysmenorrhea	YIN Lun-hui	Chinese Journal of Clinical Healthcare	2005	Acupuncture	Zhongji (CV3), Shuidao (ST28), Diji (SP8)	Chinese	NO
Clinical Study on Acupuncture for Primary Dysmenorrhea	HUANG Xiao-tao	Chinese Journal of Physical Medicine and Rehabilitation	2004	Acupuncture	Sanyinjiao (SP6), Diji (SP8)	Chinese	NO
Clinical Observation on Acupuncture Mainly at Ciliao (BL32) for Primary Dysmenorrhea	ZHOU Li-sha	Hubei Journal of Traditional Chinese Medicine	2003	Acupuncture	Ciliao (BL32), Guanyuan (CV4)	Chinese	YES
39 Cases of Primary Dysmenorrhea Prevented and Treated by Acupuncture	GUO Zhi-ping	Shaanxi Journal of Traditional Chinese Medicine	2003	Acupuncture	Ciliao (BL32), Sanyinjiao (SP6), Zhongji (CV3), Shuidao (ST28), Diji (SP8)	Chinese	YES
Clinical study on primary dysmenorrhea treated with eight methods of intelligent turtle	Thank you for sharing	Journal of Clinical Acupuncture and Moxibustion	2003	Acupuncture	Zhongji (CV3), Ciliao (BL32), Diji (SP8)	Chinese	YES
Clinical Observation on Front-Mu and Back-Shu Meridian Unblocking Method for 32 Cases of Primary Dysmenorrhea	ZHANG Miao	Chinese Journal of Traditional Medical Science and Technology	2003	Acupuncture	Pishu (BL20), Ganshu (BL18), Shenshu (BL23), Zhongji (CV3), Tianshu (ST25), Guanyuan (CV4), Baihui (GV20)	Chinese	YES
Acupuncture for Primary Dysmenorrhea	HAN Jian-shu	Journal of Aerospace Medicine	1999	Acupuncture	Shangliao (BL31), Ciliao (BL32), Diji (SP8)	Chinese	YES

64 Cases of Primary Dysmenorrhea Treated by Acupuncture and Moxibustion	XUE Ling	Zhejiang Journal of Traditional Chinese Medicine	1998	Acupuncture	Sanyinjiao (SP6), Taichong (LR3)	Chinese	YES
32 Cases of Functional Dysmenorrhea Treated by Four Acupoints around Umbilicus	WANG Guo-ming	Journal of Hebei Traditional Chinese Medicine and Pharmacology	1995	Acupuncture	Tianshu (ST25), Shuifen (CV9), Yinjiao (CV7)	Chinese	YES

Supplementary Table 4 General Characteristics of Included Articles on Core Acupoints and Their Bioactive Substances

Author	Year	Title	Journal	Publication Language	Therapeutic Method	Acupoint	Active substance
Yu Wen-Yan	2022	Acupuncture Alleviates Menstrual Pain in Rat Model via Suppressing Eotaxin/CCR3 Axis to Weak EOS-MC Activation	Evidence-Based Complementary and Alternative Medicine	English	Acupuncture	Sanyinjiao (SP6)	HIS, IL-6, CCR3, H1R, EPO, ECP
TIAN Yuan	2022	Effect of different acupuncture and moxibustion methods on uterine contraction and microcirculation in cold congealing dysmenorrhea rats	Acupuncture Research	Chinese	Acupuncture	Sanyinjiao (SP6)	TRPV1
XIE Hai-mei	2022	Effects of Acupuncture Intensity on Analgesic Efficacy, Prostaglandin and Oxytocin Levels in a Dysmenorrhea-like Rat Model	Journal of Traditional Chinese Medicine	Chinese	Acupuncture	Sanyinjiao (SP6)	PGF2a, PGE2, OT, Ca2+
GAN Ying-ying	2021	Effects of transverse and perpendicular needling at Sanyinjiao (SP6) on the uterine microcirculation and NO, NOS in cold congealing dysmenorrhea rats	China Journal of Traditional Chinese Medicine and Pharmacy	Chinese	Acupuncture	Sanyinjiao (SP6)	NO, NOS
SONG Yue	2020	Effects of perpendicular needling and transverse needling at Sanyinjiao (SP6) on oxytocin and its receptor in dysmenorrhea rats with cold stagnation syndrome	China Journal of Traditional Chinese Medicine and Pharmacy	Chinese	Acupuncture	Sanyinjiao (SP6)	OT, OTR
SONG Yue	2020	Perpendicular and transverse needling of "Sanyinjiao" (SP6) relieves abdominal pain by regulating arginine vasopressin and its receptor expression levels in uterus and hypothalamus in cold-stasis type dysmenorrhea rats	Acupuncture Research	Chinese	Acupuncture	Sanyinjiao (SP6)	AVP, AVPR1A, AVPR1B
LUO Li	2017	Effect of acupuncture at guanyuan (CV4) on skin temperature at bilateral sanyinjiao (SP6) and on TXB ₂ /6-keto-PGF _{1α} of dysmenorrhea rats with coagulation cold pattern"	Journal of Beijing University of Traditional Chinese Medicine	Chinese	Acupuncture	Guanyuan (CV4)	TXB ₂ , 6-keto-PGF _{1α}
YANG Jia-min	2017	Effects of Acupuncture at Different Acupoints on Uterine Contraction Degree and Pain-Related Mechanisms in	Acta Chinese Medicine and Pharmacology	Chinese	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4)	MOR

		Dysmenorrhea-like Rats with Cold Coagulation Syndrome					
CUI Xiao	2016	The Comparative Study on Acupuncture with Moxibustion at "Sanyinjiao'(SP6)" on Dysmenorrheal Rats Model with Cold Syndrome	Guiding Journal of Traditional Chinese Medicine and Pharmacy	Chinese	Acupuncture	Sanyinjiao (SP6)	OTR
WANG Yang	2016	Effect of Acupuncture at Guanyuan (CV4) on Writhing Response and Vasomotor Substances in Rats with Dysmenorrhea Due to Coagulated Cold Syndrome	Shanghai Journal of Acupuncture and Moxibustion	Chinese	Acupuncture	Guanyuan (CV4)	TXB2, 6-keto-PGF1a
Ma Yu-Xia	2015	Research of Herb-Partitioned Moxibustion for Primary Dysmenorrhea Patients Based on the LC-MS Metabonomics	Evidence-Based Complementary and Alternative Medicine	English	Acupuncture	Sanyinjiao (SP6)	2-ME2, 20-OH-P, P5, 15-HETrE, 6-keto-PGF1a
QI Dan-dan	2015	Effect of Different Acupuncture Stimulus on Writhing Response and Prostaglandin Content of Dysmenorrhea Rats with Cold Syndrome	Information on Traditional Chinese Medicine	Chinese	Acupuncture	Sanyinjiao (SP6)	PGF2a, PGE2
XU Yong-si	2015	Effects of acupuncture with different stimuli intensity on uterine contraction and expression of endocrinerelated molecular receptor genes in rats with dysmenorrhea of cold coagulation pattern"	Journal of Beijing University of Traditional Chinese Medicine	Chinese	Acupuncture	Sanyinjiao (SP6)	PGF2a, PGE2
Shi Guang-Xia	2011	Effects of acupuncture at Sanyinjiao (SP6) on prostaglandin levels in primary dysmenorrhea patients	The Clinical Journal of Pain	English	Acupuncture	Sanyinjiao (SP6)	PGE2, PGF2a, TXB2, 6-keto-PGF1a
LI Xiao-hong	2010	Study of β -EP content and HSP70 expression in hypothalamus and pituitary of dysmenorrhea rats with acupuncture on Sanyinjiao point at different time	China Journal of Traditional Chinese Medicine and Pharmacy	Chinese	Acupuncture	Sanyinjiao (SP6)	β -EP
MA Zong-guo	2010	Experimental Study on Acupuncture at Sanyinjiao (SP6) and Guanyuan (CV4) for Regulating Menstruation and Relieving Pain in Primary Dysmenorrhea	Journal of Sichuan of Traditional Chinese Medicine	Chinese	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4)	PGF2a
LIU Fang	2009	Study on the Underlying Mechanism of Acupuncture in Regulating Neuroendocrine Activity in Dysmenorrhea Rats	Acupuncture Research	Chinese	Acupuncture	Guanyuan (CV4), Diji (SP8), Sanyinjiao (SP6)	FSH, E2, GnRH, GnRH-R
YANG Ya-qin	2008	Study on effects of acupuncture on mice dysmenorrhea model and	Chinese Acupuncture &	Chinese	Acupuncture	Sanyinjiao (SP6), Diji	OTR

		the mechanism	Moxibustion			(SP8)	
CHEN Yu	2007	The Effect of Acupuncture on Uterine NO and Ca ²⁺ Levels in a Rat Model of Dysmenorrhea	Journal of Clinical Acupuncture and Moxibustion	Chinese	Acupuncture	Sanyinjiao (SP6), Guanyuan (CV4)	NO, Ca ²⁺