



Study	Risk of bias domains					
	D1	D2	D3	D4	D5	Overall
Bowlus et al. 1964	-	+	+	+	+	-
Ernst ME et al. 2006	+	+	+	+	+	+
Pareek A et al. 2009	-	+	+	+	+	-
Pareek A, Basavanagowdappa H et al. 2009	-	+	+	+	+	-
Bakris GL et al. 2012	+	+	+	+	+	+
Kwon B. et al. 2013	+	+	+	+	+	+
Pareek A et al. 2016	+	+	+	+	+	+
Bashir K et al. 2022	-	+	+	+	+	-
Krittayaphong R et al. 2023	+	+	+	+	+	+
Aggarwal P. et al. 2024	+	+	+	+	+	+

Domains:  
D1: Bias arising from the randomization process.  
D2: Bias due to deviations from intended intervention.  
D3: Bias due to missing outcome data.  
D4: Bias in measurement of the outcome.  
D5: Bias in selection of the reported result.

Judgement  
 Some concerns  
 Low

**Supplementary Fig. 7.** Risk of Bias: Traffic Light Plot. Graph showing the risk of bias for each study across assessed domains. Colours indicate low (green), unclear (yellow), and high (red) risk.