NOTE: Please save this file locally before filling in the table, DO NOT work on the file within your internet browser as changes will not be saved. Adobe Acrobat Reader (available free here) is recommended for completion.

The ARRIVE guidelines 2.0: author checklist

The ARRIVE Essential 10

These items are the basic minimum to include in a manuscript. Without this information, readers and reviewers cannot assess the reliability of the findings.

Item		Recommendation	Section/line number, or reason for not reporting
Study design	1	For each experiment, provide brief details of study design including: a. The groups being compared, including control groups. If no control group has been used, the rationale should be stated. b. The experimental unit (e.g. a single animal, litter, or cage of animals).	Abstract/line number42-46 Methods/line number140-152
Sample size	2	a. Specify the exact number of experimental units allocated to each group, and the total number in each experiment. Also indicate the total number of animals used. b. Explain how the sample size was decided. Provide details of any *a priori* sample size calculation, if done.	Abstract/line number42-46, Modeling and animal grouping /line207-217 12 rats in each group,no priori sample size calculation
Inclusion and exclusion criteria	3	a. Describe any criteria used for including and excluding animals (or experimental units) during the experiment, and data points during the analysis. Specify if these criteria were established *a priori.* If no criteria were set, state this explicitly. b. For each experimental group, report any animals, experimental units or data points not included in the analysis and explain why. If there were no exclusions, state so. c. For each analysis, report the exact value of *n* in each experimental group.	Abstract/line number42-46, Modeling and animal grouping /line number207-217, Statistical analysis/ line number264-270 no exclusions 12
Randomisation	4	a. State whether randomisation was used to allocate experimental units to control and treatment groups. If done, provide the method used to generate the randomisation sequence. b. Describe the strategy used to minimise potential confounders such as the order of treatments and measurements, or animal/cage location. If confounders were not controlled, state this explicitly.	yes, Random numbers were generated using the standard = RAND() function in Microsoft Excel Randomisation was carried out as follows. On arrival from animal center animals were assigned a group designation and weighed. A total number of 60 animals were divided into five different weight groups (12animals per group). Each animal was
Blinding	5	Describe who was aware of the group allocation at the different stages of the experiment (during the allocation, the conduct of the experiment, the outcome assessment, and the data analysis).	N/A
Outcome measures	6	a. Clearly define all outcome measures assessed (e.g. cell death, molecular markers, or behavioural changes). b. For hypothesis-testing studies, specify the primary outcome measure, i.e. the outcome measure that was used to determine the sample size.	Observation of hematological indexes and blood biochemical indexes/line number229-251 The primary endpoint of this study was defined as body temperature at the end of follow-up, measured by Hematological Indexes and Blood Biochemical Indexes,urinalysis,pathological
Statistical methods	7	a. Provide details of the statistical methods used for each analysis, including software used. b. Describe any methods used to assess whether the data met the assumptions of the statistical approach, and what was done if the assumptions were not met.	SPSS 22.0 paired sample t-test analysis with a 0.05 significance threshold
Experimental animals	8	a. Provide species-appropriate details of the animals used, including species, strain and substrain, sex, age or developmental stage, and, if relevant, weight. b. Provide further relevant information on the provenance of animals, health/immune status, genetic modification status, genotype, and any previous procedures.	Experimental animals/line number140-152 Modeling and animal grouping /line number207-217
Experimental procedures	9	For each experimental group, including controls, describe the procedures in enough detail to allow others to replicate them, including: a. What was done, how it was done and what was used. b. When and how often. c. Where (including detail of any acclimatisation periods). d. Why (provide rationale for procedures).	198-246model of spleen-kidney Yang insufficiency was established by using the compound method of adenine and iced Senna water.60 healthy and active rats with 30-day feeding test method The experimental rats were fed in the SPF barrier system of the Science&Technology Center for Experimental Animals of Jiangxi University of CM. The feeding environmental In this study, DAZM was used as the test object to examine the clinical features of rats in the 30-day feeding experiment of DAZM. Combined with the BDI-GS evaluation
Results	10	For each experiment conducted, including independent replications, report: a. Summary/descriptive statistics for each experimental group, with a measure of variability where applicable (e.g. mean and SD, or median and range). b. If applicable, the effect size with a confidence interval.	Statistical analysis/line number264-270 95%

The Recommended Set

These items complement the Essential 10 and add important context to the study. Reporting the items in both sets represents best practice.

Item		Recommendation	Section/line number, or reason for not reporting
Abstract	11	Provide an accurate summary of the research objectives, animal species, strain and sex, key methods, principal findings, and study conclusions.	abstract/line number42-46
Background	12	a. Include sufficient scientific background to understand the rationale and context for the study, and explain the experimental approach. b. Explain how the animal species and model used address the scientific objectives and, where appropriate, the relevance to human biology.	DAZM was used as the test object to examine the clinical features of rats in the 30-day feeding experiment of DAZM. Combined with the BDI-GS evaluation system (BDI benefit damage index): the The gentle SD rats with clear genetic background are very suitable for nutritional research. The experimental animal model of spleen and kidney yang deficiency was simulated by feeding senna leaf and
Objectives	13	Clearly describe the research question, research objectives and, where appropriate, specific hypotheses being tested.	Introduction/line number109-133
Ethical statement	14	Provide the name of the ethical review committee or equivalent that has approved the use of animals in this study, and any relevant licence or protocol numbers (if applicable). If ethical approval was not sought or granted, provide a justification.	The whole experiment passed the review and supervision of the experimental animal ethics committee of Jiangxi University of TCM. The experimental animal ethics review number is JZLLSC20210053.
Housing and husbandry	15	Provide details of housing and husbandry conditions, including any environmental enrichment.	The experimental rats were fed in the SPF barr
Animal care and monitoring	16	a. Describe any interventions or steps taken in the experimental protocols to reduce pain, suffering and distress. b. Report any expected or unexpected adverse events. c. Describe the humane endpoints established for the study, the signs that were monitored and the frequency of monitoring. If the study did not have humane endpoints, state this.	The experimental personnel are loving and have received systematic and standardized training. They have relatively high processing capacity of experimental animals. During the experimental operation of gavage, they can No unexpected adverse events The body temperature was monitored every ten days. Because it was the intervention effect of the model, and this experiment was given a soup with nutritional effects, there was no toxic and side effects, so there was
Interpretation/ scientific implications	17	a. Interpret the results, taking into account the study objectives and hypotheses, current theory and other relevant studies in the literature. b. Comment on the study limitations including potential sources of bias, limitations of the animal model, and imprecision associated with the results.	The insufficiency of spleen-kidney Yang caused by the intake of adenine and Senna water led to the marked reduction of estradiol in the model group in comparison with the normal group. During the modeling, the the disadvantage of the paper is that there is no physiological and biochemical detection before medication after modeling, and the physiological changes of rats with spleen-kidney Yang insufficiency can not be
Generalisability/ translation	18	Comment on whether, and how, the findings of this study are likely to generalise to other species or experimental conditions, including any relevance to human biology (where appropriate).	Evaluating the physiological and biochemical effects of Angelica ginger mutton soup after long-term use could serve as scientific evidence for the comprehensive appliance of DAZM.
Protocol registration	19	Provide a statement indicating whether a protocol (including the research question, key design features, and analysis plan) was prepared before the study, and if and where this protocol was registered.	A protocol was prepared before the study without registration
Data access	20	Provide a statement describing if and where study data are available.	Statistical analysis plan, informed consent forn
Declaration of interests	21	a. Declare any potential conflicts of interest, including financial and non-financial. If none exist, this should be stated. b. List all funding sources (including grant identifier) and the role of the funder(s) in the design, analysis and reporting of the study.	We declare that we have no conflict of interest. This research was supported by Key science and technology projects of Jiangxi Provincial Department of Education (No. 20180642)

Article information: https://dx.doi.org/10.21037/atm-22-6442