**Tables S4** TCM syndrome score and detailed description of symptoms

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| **symptoms** | | **None/0 score** | **Mild/2 score** | **Moderate/4 score** | **Severe/6 score** |
| Primary symptoms | Joint pain | No symptom | Slight, not influencing work and life | Heavy, influencing work and life | Severe, seriously influencing work and life, needing to take NSAIDs |
| Joint swelling | No symptom | Slight, visible skin texture and bone landmark | Heavy, almost invisible skin texture and bone landmark | Severe, disappeared skin texture and bone landmark |
| Morning stiffness | No symptom | Duration: < 30 minutes | Duration: > 30 minutes, <60 minutes | Duration: > 60 minutes |
| Activity limitation | No symptom | Slightly limited, with < 1/3 reduction in joint motion range | Significantly limited, with ≥1/3 reduction in joint motion range | Significantly limited, with ≥2/3 reduction in joint motion range |
|  |  | **None/0 score** | **Mild/1 score** | **Moderate/2 score** | **Severe/3 score** |
| Secondary symptoms | Local joint fever | No symptom | Joint touches hot, but patient does not feel hot | Joint touches hot, and patient feels hot | Joint touches hot and patient feels significantly hot |
| Joint tenderness | No symptom | Patient feels pain when pressed joint | Patient feels pain and frowns uncomfortably when pressed joint | Patient feels intolerable pain and pulls the hand or limbs back |
| Fever | No symptom | Temperature: 37.5℃-37.9℃ | Temperature: 38.0℃-38.9℃ | Temperature: >39℃ |
| Fatigue | No symptom | Occasionally | Frequently | Always |
| complexion | No symptom | Dull complexion | Dull, pale and/or yellow complexion | Significantly dull and unadorned complexion |
| Thirsty | No symptom | Occasionally | Frequently | Always |
| Sweating | No symptom | Occasionally | Frequently | Always |