

Table S1. Herbal Ingredients in the SS.

Pharmaceutical Name	Latin Name	English Name	Traditional Usage (for)	Recent Studies
Rhizoma Acori Tatarinowii	<i>Acorus tatarinowii</i> Schott.	Grassleaf Sweetflag Rhizome	<ul style="list-style-type: none">• Chronic gastritis, feeling of oppression• Delirium, deafness, tinnitus• Rheumatic arthritis, lumbago	<ul style="list-style-type: none">• Show neuroprotective effects against excitotoxic neural death• Attenuate learning and memory deficits [7]
Poria cum Radix Pini	<i>Poria cocos</i> (Schw.) Wolf	Tuckhoe with pine	<ul style="list-style-type: none">• Edema, dysuria• Palpitation, insomnia	<ul style="list-style-type: none">• Possess sedative activity [8]
Radix Polygalae	<i>Polygala tenuifolia</i> Willd.	Thinleaf Milkwort Root	<ul style="list-style-type: none">• Irritability, apprehension, palpitation, insomnia, excessive dreams• Convulsion, insanity• Productive cough with thick sputum• Skin infection, acute mastitis and breast nodules	<ul style="list-style-type: none">• Show neuroprotective effects [10,11]• Enhance cognitive functions in elderly individuals and show memory enhancement in healthy adults [12,13]