



JVBM

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Welcome

TO THE NINTH EDITION OF OUR JOURNAL

Greetings!

I would say that I hope everyone is doing well this winter, but given the weather our contiguous United States is having, I simply hope everyone is surviving!! My best friend just told me she was so tired of being cold – I told her that was my line. Then I feel guilty for complaining, since there are both people and non-human animals who cannot get out of the cold. Every time I go to my barn, I apologize to my horses and goats.

I am sure you all are seeing both human and non-human health issues due to the unending inclement weather. I have two words: WARMING HERBS. I recently learned that putting cayenne in your socks or gloves will help keep extremities warm. I haven't tried it yet, but I intend to soon. I have a friend who is a human herbalist, and she makes a wonderful Chai that my friends and family drink all winter to boost our immune systems and keep warm. I want to share her recipe with all of you:

Aidan's Dandelion Chai:

- 3 parts Dandelion root (*Taraxacum officinale*)
- 3 parts Burdock root (*Arctium lappa*)
- 3 parts Eleuthero root (*Eleutherococcus senticosus*)
- 1 ½ parts Ginger root (*Zingiber officinale*)
- 1 part Licorice root (*Glycyrrhiza glabra*)
- 1 part Ginseng root (*Panax quinquefolius*)
- 1 part Cinnamon bark (*Cinnamomum cassia*)
- ½ part Black Peppercorns (*Piper nigrum*)
- ½ part Cardamom seeds (*Cardamomum subulatum*)
- ¼ part Clove buds (*Syzygium aromaticum*)

I put raw sugar and almond milk in it, but mix it however you want.

Enjoy!

Laurie

Goals and resources

OF THE VBMA

Our Long Term Goals

- 1 to represent member veterinarians and herbalists as political and professional issues arise
- 2 to establish standards of training and herbal training programs and to identify established programs with the goal of developing or reviewing certification standards and Degree Programs in Herbal Medicine
- 3 to support ethical scientific clinical research in herbal veterinary medicine and maintain avenues for exploration of traditional care in veterinary botanical medicine
- 4 to explore cultural traditions such as TCM, Greek/western herbalism and Ayurveda for their proper translation to and application in modern day animal conditions and communicate these
- 5 to compile databases of existing science; ethnoveterinary medicine advances; and eventually a library on line
- 6 to liaise with manufacturers so that they have an expert body to advise them on the needs of veterinary herbalists and quality control concerns
- 7 to support sustainable environmental, agricultural and husbandry

VBMA Purpose

The Veterinary Botanical Medicine Association is an international membership of veterinarians and herbalists dedicated to developing responsible herbal practice by encouraging research and education, strengthening industry relations, keeping herbal tradition alive as a valid information source, and increasing professional acceptance of herbal medicine for animals.

from the VETERINARY BOTANICAL MEDICINE ASSOCIATION STRATEGIC PLAN September 2010

Certification as a veterinary herbalist

CERTIFICATION REQUIREMENTS

Certification of Competency

The VBMA seeks to provide animal owners, farmers, and veterinarians with some standard of competency by which to choose a veterinary herbalist. Veterinarians certified by VBMA will earn the title "Certified Veterinary Herbalist". Nonveterinary herbalists will earn the title "Certified Veterinary Herbalism Educator."

Certification by the VBMA will require

- 1 passing the exam (100-200 questions) with a grade of at least 70%
- 2 submission of 3 case reports - publication quality, as we will encourage publication - for peer review within 1 year of taking the test
- 3 donation of at least 10 test questions for future exams

Examination, administered yearly by VBMA

The exam is held every year at the AHVMA conference in the USA, where the VBMA holds their symposium. **In 2014 the exam will be held in Portland, OR.**

Study Guide

Veterinary herbalists are certified as possessing a high level of competence, and should be familiar with the science, traditional use, and energetics of herbs. The herbalist should stay abreast of the accumulating research on herbs, particularly studies in companion and food animals. Modern herbalism is indeed becoming a synthesis of many traditions, and since competent herbalists keep up with the emerging literature, it is expected that there will be some crossover between Western and Chinese herbs in their knowledge. An additional hint to help pass this test is to study where the same or similar plants are used in multiple traditions or systems.

Approximate study areas to emphasize are

Section I: ANIMAL PHYSIOLOGY (10%)

This section will concentrate on physiology for the species chosen by the examinee. Questions may include normal temperature, pulse, and respiration and species-specific pharmacokinetics and toxicology. There will be questions that require the nonveterinary herbalist to identify life threatening and other serious disorders that require emergency or conventional care.

Section II: PHARMACOLOGY AND TOXICOLOGY (15%)

This section is the same for both TCM and Western medicine. It will require knowledge of different classes of herb constituents (alkaloids, resins, etc). The toxicology section will require that the herbalist be aware of theoretical considerations, but especially that the herbalist knows of toxicologic case reports already reported in a variety of species. Examples from BOTH Western and TCM herbs may be used, as the ability to know and identify toxic species is of paramount importance for the herbalist.

Section III: MATERIA MEDICA (30%)

This section will cover in depth knowledge of individual herbs - indications, common uses and contraindications for EITHER TCM or Western herbs, depending on which test the applicant has chosen.

Section IV: CLINICAL STRATEGIES (35%)

This section will include a system by system test of the herbalist's ability to choose herbs for different clinical conditions in the species of interest, as well as recognize well known or commonly used formulas of EITHER TCM or Western herbs, depending on which test the applicant has chosen.

Section V: Botany, Wild crafting, Plant and Herb Identification (10%)

This brief section concentrates on endangered species, plant identification, and plant preparation. It may cover BOTH Western and TCM herbs. further information and suggestions for herbs to learn can be found in the study guide on the web site.

Exam study guide

<http://members.vbma.org/continuing%20education.html>

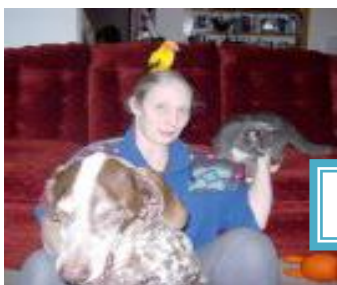
The next exam will be held at the 2014 AHVMA Conference in Portland, OR September 13-16.



Robert Silver,
President-Elect



Laurie Dohmen,
President



Cynthia Lankenau, Past President



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Treatment of Urinary Incontinence with TCVM Herbal Therapy in a Labrador Retriever

Abstract: A two year old female, spayed Labrador Retriever mix was presented for evaluation of urinary incontinence post ovariohysterectomy (OHE). Conventional therapy with phenylpropanolamine (Propalin) had resulted in excitement and inappetence. After TCVM diagnosis, the dog was placed on a Chinese Herbal formula and the incontinence resolved. This case demonstrates that TCVM therapy can be as effective as conventional therapy.

History: Neisha, a 30 kg, two year old female, spayed Labrador Retriever mix was presented for evaluation of urinary incontinence post OHE. Neisha had developed incontinence during her sleep approximately two months post OHE surgery. The conventional veterinarian ran a urinalysis and made a diagnosis of Estrogenic incontinence. Phenylpropanolamine (Propalin 50mg /ml solution) was dispensed and given at the dose of 1.0 ml three time daily. This medication was effective for the urinary incontinence but caused the dog to become hyperactive and inappetent. The client was given the option of placing the dog on Diethylstilbesterol for the incontinence but declined and decided to pursue alternative therapy.

Western Examination: On physical examination, the dog was bright, alert and responsive. Her vital signs were normal. She was a normal weight and did not have any abnormalities on her physical exam. The previous urinalysis was

normal with no infection. A CBC and chemistry profile that had recently been done was also normal. The dog was heartworm tested negative and was on Milbemycin (Interceptor) for heartworm prevention. She was taking glucosamine/chondroitin supplement (Cosequin) to prevent hip arthritis. Other than the urinary incontinence, which happened only when she was asleep, the owner reported that Neisha was happy and normal.

TCVM History and Examination: The owner had obtained Neisha from a rescue organization when she was 6 months old. When Neisha was 4 months old she had been hit by a car and had a fractured left front leg that was repaired with a bone plate by a specialist. The bone plate was still present in the leg. At her last wellness visit, Neisha had her hips radiographed to check for hip dysplasia and it was found that there was Grade 1 Hip Dysplasia but this did not bother the dog at this time. Neisha was an only dog and lived in a house with 2 owners and no children. Her owner described her as a nice dog that took some time to warm up to people particularly men. She was a bit shy and cautious of new things and people but had never bitten anyone or threatened to do so. When there was a situation she did not like, she would run away. Although she would play with other dogs, she preferred the company of her owner and her own yard to new situations. Her owner said she preferred to sleep in warm places and did not like the snow in the winter. She seemed to have no issues with eating normally and had normal bowel movements. She did become inappetent when on the Propalin. Constitutionally, Neisha was a Water Dog. On examination, Neisha appeared to have a good Shen although she was reserved. Her tongue was pale, pink and wet with no visible coating. Her pulse was deep, slow and of normal strength (not weak). Her back was slightly cool. Her coat, eyes, skin and ears appeared

normal. She disliked being restrained for her examination. Her right front leg had a small thickening where the bone plate had been placed. Her hips were not painful on palpation. Her abdomen was not painful and her heart was normal. A TCVM diagnosis of Kidney Qi deficiency and Kidney Jing deficiency was made.

TCVM Treatment Principles: The goal of the TCVM treatment was to warm and tonify the Kidney Qi and Jing, stabilize and bind the urine and dispel cold in the Lower Burner. This was accomplished by Chinese Herbal medicine and Food Therapy. Acupuncture was discussed but the owner elected to not do acupuncture at this time.

The Herbal Formula selected at this time was Suo Quan Wan for urinary incontinence. It was given on an increasing schedule at 0.5 g twice daily for 3 days, the 1.0 g twice daily for 3 days then 1.5 g twice daily. Suo Quan Wan was selected to warm and consolidate the Kidney Qi, stabilize and bind the urine and stop incontinence.

Food therapy was recommended to help with the Kidney Jing as this young dog had evidence of Kidney Qi deficiency as shown by the incontinence and the hip dysplasia. It was recommended to switch the dog from a Fish based diet to a Chicken, Beef or Lamb diet for the Kidney Qi signs. The owner was reluctant to actually cook for the dog but agreed to change its kibble to lamb based and top dress with Jing Tonic and Qi tonic foods for Neisha's kidneys. It was recommended that she add lamb kidney, eggs, honey and royal jelly, figs, dates, pumpkin and yams. All of these are nourishing for the Kidney and Jing and Qi tonics. A recheck with the owner was scheduled for two weeks. At her recheck appointment Neisha was bright and had a good Shen. The owner reported that the urinary incontinence had resolved at the 1 g twice daily dose of Suo Quan Wan so she had not increased it to the 1.5 g

dose. She found a dry Chicken based diet that Neisha liked and was adding water to it along with eggs, pumpkins and yams. She had not tried the kidney yet but planned to. The owner was very happy that the incontinence had resolved and the dog showed no adverse side effects to the herb.

Discussion: TCVM Herbal therapy was able to resolve urinary incontinence in a young dog when conventional therapy caused side effects. The dog's Water constitution predisposed her to kidney and bone issues which the owner will have to deal with in the future, however, if the dog continues food therapy and Chinese herbal therapy she can overcome the shortcomings of her constitution. TCVM is a viable alternative to treat this common problem seen in Western veterinary medicine.

References:

1. Chinese Food Therapy Notes, Chi Institute of Chinese Medicine, Reddick, Florida, 2010.
2. Kidney/Geriatric/Urinary/Reproductive Notes, Chi Institute of Chinese Medicine, Reddick, Florida, 2010.
3. *Chinese Veterinary Herbal Handbook 2nd Edition* by Dr. Huisheng Xie, Jing Tang Herbal, Reddick, Florida, 2012.
4. *Xie's Veterinary Chinese Herbology*, Xie, H (ed) and Priest, V. (2010). Wiley-Blackwell, 393-397.

Table 1: Ingredients of Chinese Herbal Formula Suo Quan Wan (Jing Tang Herbal)

English Name	Pin Yin Name	Actions
Alpinia	Yi Zhi Ren	Warm Spleen and Kidney, stabilize and bind urine
Lindera	Wu Yao	Consolidate Kidney, disperse Cold in the Lower Burner (Xiao Jiao)

YooHoo: A Case of a Retained Pathogen

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Abstract:

Many of today's diseases are caused by the inability of our bodies to expel pathogenic material that has been injected and or ingested into our bodies. YooHoo is a horse who illustrates this situation. Although his system of metabolic detoxification was overloaded, with the help of three Chinese Herbal formulas, he was able to expel excessive pathogenic material that had overwhelmed his body's immune system. This material was trapped within the Shao Yang layer and the Yang Ming layer and was expelled out the Tai Yang layer. The formulas used were Xiao Chai Hu Tang, Long Dan Xi Gan Tang and Huo Xiang Zheng Qi San.

Introduction:

Retained Pathogenic Material in Traditional Chinese Medical terminology is translated as any inflammatory substance found within the extra or intracellular space in the body. This material prevents normal cellular metabolism. A well functioning body will excrete any harmful substance, if the excretion is insufficient, a reaction ensues, such as a fever in an attempt to neutralize toxins; if still unable, there will be an attempt to store or isolate the toxins within body. (1) Although many different types of substances can act as retained pathogens, one very common one is vaccine material (2). According to the Purdue Vaccination Study, (3) the vaccinated, but not the non-vaccinated, dogs developed autoantibodies to many of their own biochemicals, including fibronectin, laminin, DNA, albumin, cytochrome C, cardiolipin and collagen. Jean Dodds and Ron Schultz also have shown that once this pathogenic material is retained; there can be a multitude of subsequent life long health issues. (4)

There are many strategies in the world of complementary medicine to enable the body to "detoxify" or to expel this pathogenic material. Occasionally some of these modalities can overwhelm that body's excretory system and create a situation called a "Healing Crisis". Appropriate herbal medicine can be used to support the animals' immune system while safely clearing these pathogenic substances out of the cellular matrixes thereby achieves a cure without overwhelming the body. In Chinese physiology, there are Six Layers of disease or Four Levels. The Six Layers refers to the Tai Yang, the outermost layer, the Yang within, the Bladder and Small Intestine pathways. The ones on the back side of the body. The inner most Yang level is the Yang Ming, on the more front surface of the body, the Stomach and Large Intestine. The in-between layer is the Shao Yang; the Gall Bladder and Triple Heater. This half in and half out layer is where many pathogenic factors become trapped. The Yin layers are the Tai Yin; Lung and Spleen; Shao Yin, Heart and Kidney; and the Jue Yin; the Liver and Pericardium. The Six-Channel pattern identification has its origins in the Inner Canon and was developed in Cold-Damage, (5) The passage in the Su Wen (6) reads as follows, "On the first day of cold damage, Tai Yang is affected, and signs include headache and pain in the neck, and stiffness in the lower back. On the second day, Yang Ming is affected. Since the Yang Ming governs the flesh, and its channel passes up the side of the nose to connect with the eyes, there is generalized fever, eye pain and dry nose, on the third day, the lesser Yang, Shao Yang is affected. Since the Shao Yang governs the gallbladder, and its channel passes through the rib-side and connects with the ears, symptoms include pain in the chest and rib-side and tinnitus..." This refers to the natural way a disease is contracted. When a pathogen is injected directly into the body, it bypasses the Tai Yang and Yang Ming level and is injected directly into the Shao Yang or Xue level. (2) If the pathogen invades deeper into the body, and enters the Yin levels, the prognosis is much graver. (5)

The Four Levels refer to the Wei level-the superficial protective layer of Qi which guards the entrance at the pores on the body's surface (2). The Qi level is the organ level; the Ying level refers to the Plasma; and the Xue level, the Blood. This identification of patterns according to the four levels was devised by Ye Tian Shi (1667-1746) in the "Discussion of Warm Disease". (7) Many injected pathogens act as an invading Heat Toxins which can become lodged in these layers. (2) If the body is proceeding toward a cure, there should be evidence that the body is expelling this pathogenic material up to the most superficial layer in the body to be finally expelled out. It is only when this type of a progression is seen, that one may claim to be "cured" or on a curative path.

Case Report Presentation:

Signalment:

YooHoo is an 18 year old Equine, Thoroughbred Gelding, born in 1993, who worked ten years as a show jumper. He has been retired for the past three years with his job being light trail riding and a friend and companion.

TCVM Diagnosis:

On 10/12/2010, Pathogenic material (Damp Heat) lodged in the Shao Yang and Yang Ming layer creating a life threatening obstruction of the Triple Heater Meridian. This resolved and then presented on 11/12/2010 as pathogenic material retained at the Tai Yang layer creating obstruction of the channels with turbid Phlegm.

Concurrent Western Diagnosis:

Presumed Liver Failure on 10/12/2010; slight cervical arthritis on 11/12/2010

History:

YooHoo has been stabled at the same facility and owned by the same family since 1998. This barn has a very aggressive show schedule and has an equally aggressive vaccination schedule that had been implemented by their local barn veterinarian. During the past three years, this includes, in every spring, usually mid-March to early April, Tetanus, Easter and Western Encephalitis, Equine Influenza, Rhinopneumonitis, Rabies, West Nile, Potomac Horse Fever, and intranasal Strangles. In the fall, usually in September to early October, Equine Influenza, Rhinopneumonitis, and West Nile were inoculated.

YooHoo had been a very healthy horse until the late 1990's. He had been retired from his show career due to a vague stiffness that was explained away as normal aging changes. During the past few years, his owners noticed that he was "down" for a few weeks after spring and fall shots. On October 20, 2009, ten days after his fall vaccinations, he had a fever of unknown origin that was treated by the regular barn veterinarian with Naxcel. (a) On March 9, 2010, nine days after spring vaccinations, YooHoo was stiff. A reaction to his vaccines was suspected. At that time his Rabies titer was >15 I.U. (that is the highest value given by Kansas State).

Fall vaccinations were given on 10/1/2010. YooHoo "just" received Flu/Rhino. On 10/5/2010, He became very lethargic with a 103 degree F fever. His conventional vet was called to attend him. YooHoo was treated with Tribissen. (b) No response was seen, the fever increased to 105F; 10/6/2010 YooHoo was switched to Naxcel. Within 24 hours, he was depressed and was barely eating but had a normal temperature. Over the next three weeks, YooHoo was reported to be very depressed and would only eat if hand fed.

10/29/2010-Past 24 hours, YooHoo was very painful; he was just standing in his stall, grinding his teeth and pawing. He was severely icteric. His regular veterinarian gave euthanasia as their only treatment option. No diagnostics were done.

Initial exam and treatment:

10/29/2010- On physical exam, YooHoo's entire Gall Bladder meridian was painful (reactive), especially GB 20, 21, 25, 29, 30, and 34. His Tongue was yellow and wet, red edge to tongue; Pulse-forceful, fast, wiry; Heart Rate was 92 beats per minute. His sclera was markedly yellow; Gums were bright yellow/red. YooHoo was not willing to move or eat. He would stand still grinding his teeth. On palpation, his costochondral rib area was very extremely painful. His TCVM diagnosis was Damp-Heat in Gall Bladder meridian with a secondary Triple Heater obstruction. The signs of Damp Heat that are present-1)slippery fast pulse 2)wet, yellow/red tongue. The signs of Triple Heater Obstruction-1) painful GB points, especially GB 21, 22, 24, 25,26,30, 34; with a 2)life threatening situation. There is some type of pathogenic material trapped in Shao Yang and Qi level that is acting as a Heat Toxin which combined with Phlegm has produced an obstructive pathogen in the Shao Yang layer.

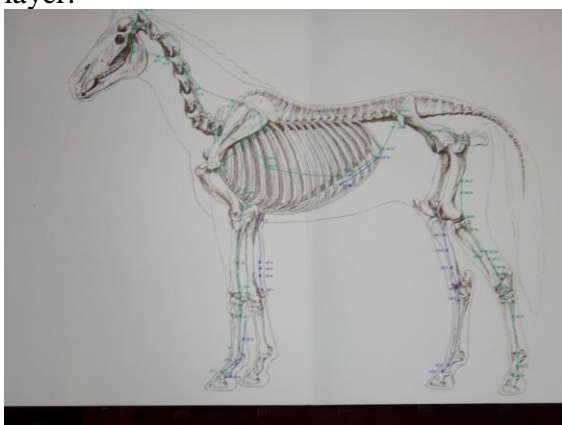


Figure 1: (8) Van den Bosch's acupuncture chart of the Gall Bladder meridian-note GB 25 on the caudal rib.

YooHoo's treatment included acupuncture and Chinese Herbal Medicine; Xiao Chai Hu Tang and Long Dan Xie Gan Tang. His acupuncture consisted of dry needling GB 34 (to clear Liver and Gall Bladder damp-heat and harmonize the Shao Yang), 25 (for the abdominal pain), 21 (regulate the channel and relieve pain), Bl 19 (to treat Jaundice), 22 (to treat jaundice, Association for the Triple Heater), and GV 7(to treat Jaundice, benefits the Middle Jiao.). His pulse dramatically improved when the Gall Bladder points were needled. After his acupuncture treatment, there was no reactivity at any of the previously painful points.

The leading herbal formula for Triple Heater Obstruction at the Shao Yang level is Xiao Chai Hu Tang. (c) This is a brilliant herbal formula that is designed to expel pathogens that are trapped in the Shao Yang layer; Chai Hu, Bupleurum root, expel pathogens up and out; Huang Qin , Scutellaria root descends Yang from up to Lower Jiao to re-integrate the separated energies; Ban Xia, Pinellia rhizome, transforms any obstructive phlegm; Gan Cao, Licorice root, harmonizes and tonifies Qi; Sheng Jiang, Ginger rhizome, harmonizes middle burner and directs rebellious Qi downward; Da Zao, Jujube, Qi tonic; and Ren Shen ,Ginseng root, tonifies Qi. (9)



Figure 2: A picture of Chai Hu, Bupleurum is on the left. (10)



Figure 3: A picture of Huang Qin, Scutellaria. (11).

In addition, YooHoo had significant signs of Damp Heat in the Gall Bladder meridian at the Qi level or Yang-Ming stage. Long Dan Xie Dan Tang (d) is a powerful draining herb of Damp Heat. The ingredients of Long Dan Xie Gan Tang include Fresh Rehmannia root, Sheng Di Huang, to cool the Blood and to protect Yin; Angelica root, Dang Gui Shen, to prevent Qi and Blood stasis; Gentian root, Long Dan Cao to Clear Heat from Liver and Heart and to dry Damp; Alisma tuber, Ze Xie, to drain Damp from Triple Heater, and Lower Jiao; Akebia, Mu Tong, to drain Damp Heat from Triple Heater; Bupleurum root, Chai Hu, to move Qi and blood; Plantain seed, Che Qian Zi, to Drain Damp; Licorice root, Gan Cao, to Harmonize; Scutellaria root, Huang Qin, to clear Heat from the Liver and Heart; and Gardenia Fruit, Zhi Zi, to clear Heat from the Liver and Heart.(9)



Figure 4: A Picture of Long Dan Cao root is on the left. (12)

YooHoo was given Xiao Chai Hu Tang-two tablespoons twice a day and two tablespoons once a day of Long Dan Xie Gan Tang.

Within 24 hours, he was out of this acute crisis. He was eating and moving around his stall. Five days later, his icteric discoloration had resolved.

Follow up- November 2010

11/4/2010, YooHoo had a normal sclera color; tongue was pink; pulse was not forceful but still wiry. He was painful on GB 25, 30. He remained on Xiao Chai Hu full dose, the dose of Long Dan Xie Dan Tang was decreased to one tablespoon. Overt signs of Damp Heat were gone.

11/12/2010: YooHoo started exhibiting severe neck pain. He could not move his neck in any lateral motion or vertical motion. He was eating well with no evidence of any gastro-intestinal pain or jaundice. On physical exam, distal cervical neck points were sore; his tongue was swollen and wet; his pulse was slippery, turgid, and full. His TCVM diagnosis was changed to Phlegm accumulation in the Tai Yang layer.

His Tongue and Pulse reflected the change in his diagnosis. There was no evidence of pain in his GB meridian; instead he exhibited a local channel obstruction of Phlegm in the Tai Yang centered from Bladder 11 through Bl 13.

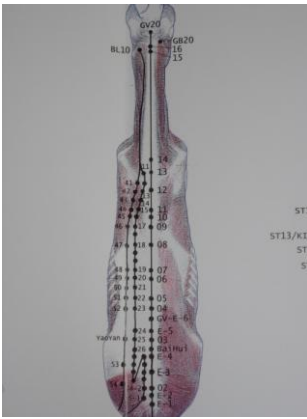


Figure 5: A diagram of the Bladder meridian is at left from Van den Bosch.

(8)

The phlegm was evidenced by the swollen wet tongue and the slippery turgid pulse. His herb was changed to Huo Xiang Zheng Qi San. This formula expels Dampness and transforms Damp Turbidity as the damp pathogen is being expelled through the Tai Yang stage. Agastaches herb, Huo Xiang, is the chief herb which releases exterior Wind Cold and dispels Damp; assisting are Zi Su Ye, Perilla, to help release exterior Wind Cold and dispel interior Dampness and turbidity with Bai Zhi, Angelica dahurica; Ban Xia, Pinellia, with Chen Pi, Citrus, dry Dampness; Bai Zhu, Atractylodes, with Fu Ling, Poria, strengthen the Spleen, dispel Dampness and harmonize Middle Jiao; Huo Po, Magnolia, with Da Fu Pi, Areca, activate Qi and dispel Dampness; Jie Geng opens the inhibited Lung; Gan Sao, Glycyrrhiza harmonizes the formula. (9) YooHoo was placed on Huo Xiang Zheng Qi San: 30 tea pills twice a day, Mayway Patent herbal tea pills (e), mixed in his grain.



Figure 6: Picture of Agastaches herb is at the left. (12)

On 11/16/2010: Due to YooHoo's severe inability to move his neck, the barn manager insisted on diagnostic work to rule out a cervical fracture. Exhaustive x-rays, ultrasounds were performed by the barn's regular veterinarian, no significant findings except very, very slight cervical arthritis. The barn's regular veterinarian was unable to give any physical explanation for YooHoo's condition.

11/30/2010: Within two weeks, YooHoo was able to move his neck to 60 % normal range of motion. He was able to walk freely. There was still local pain in the lower cervical vertebra. Treatment Plan: continue on Huo Xiang Zheng Qi San-30 tea pills twice a day.

Follow Up December 2010

12/16.10: YooHoo was clinically normal; full range of motion of his neck with no reactive points. There was a slight skin eruption, "rain rot", on his caudal gluteal area. YooHoo was being ridden. He still had a slightly swollen tongue; his pulse was normal.

Treatment Plan: Damp Phlegm in the Tai Yang Level had resolved. Huo Xiang Zheng Qi San was discontinued.



Figure 7: On Dec 16, 2010-YooHoo

with his owner, note the owner's smile, YooHoo moving his neck but also the slight swollen tongue!(f)

Follow up post treatment-2011

In January of 2011, YooHoo was clinically normal. He had normal motion with no painful areas; appetite was normal. The weather in January was unusually cold. To prevent any weather stress, YooHoo was given a warming Adaptogenic formula, APR-Pro produced by Auburn Labs (g) for the winter. This formula contains *Eleutherococcus senticosus*, *Rhodiola rosea*, *Schisandra chinensis*, *Aralia mandschurica* and *Rhaponticum carthamoides*. This formula is based on the original Russian Adaptogenic formula "Prime One" and is designed to help a stressed individual recovery from an injury or disease.

On April 1, 2011, he, along with the entire barn population, automatically had spring vaccinations given by the barn veterinarian. YooHoo received Tetanus, Eastern and Western Encephalitis, Influenza, Rhinopneumonitis, West Nile, Potomac Horse Fever, intranasal Strangles and Rabies. (He had a >15 I.U. Rabies titer, 3/9/2010)

On April 15, 2011, YooHoo was "unable to move again". YooHoo was given homeopathic Ledum 30 C two doses a day for five day. (A dose was three pillules; the doses were given orally on a bit of apple.) Ledum is a homeopathic remedy indicated for any ill effect from a "bite", such as the bite of a needle. The Native American's used Ledum as an herbal tea to expel pathogens. (13) (Treatment plan was to initially use homeopathic medicine due to the fragile economic state of the owner, if not response was seen Chinese herbal medicine would be initiated.)

April 20, 2011: YooHoo had full flexibility to his neck. He was clinically normal; normal mobility, normal appetite.

YooHoo had regained his resiliency and was able to handle the pathogenic load with a homeopathic stimulation to his immune system. No overt health damage occurred from the vaccinations.

On 9/9/2011, Routine fall check up; YooHoo is clinically normal; Tongue pink; pulse normal; and normal neck motility; no reactivity on any of his acupuncture points. He is considered by his owner to be "perky".

Discussion:

Chinese Herbal Medicine is a very powerful healing modality. One of the guidelines that judge the ability of modality to cure is Hering's law. This concept applies to any healing modality. (2) The first of Hering's laws, healing progresses from the deepest part of the organism, the mental and emotional levels and the vital organs, to the external parts, such as skin and extremities. Hering's second law: as healing progresses, symptoms appear and disappear in the reverse of their original

chronological order of appearance. Hering's third law states that healing progresses from the upper to the lower parts of the body, (14) that is the head to the body then to the extremities. YooHoo had a history of "Never Well" after his vaccinations. As he aged and had less viability; his ability to handle the toxic load from his immunizations was diminished. YooHoo's disease was an unnaturally received, that is to say, it was injected in him and not naturally contracted. As he responded to treatment, his attitude improved first, and then his disease went from his Liver (internal organ) to his lower neck muscles (more exterior) to a mild skin eruption (most exterior). He showed a curative reaction.

The Layers of Disease in Chinese physiology explain the mechanism of Hering's Law. There are the three outer Yang meridians, The Tai Yang, which relates to the Bladder and Small Intestine Meridians; the Yang Ming which relates to the Stomach and Large Intestine; and The Shao Yang which relates to the Triple Heater and Gall Bladder Meridians. (There can be more than one layer involved at any one given time). The Six Layers of Disease were initially recognized in the invasion of Cold diseases. The heavy metals in the adjuvant act as a Cold toxin. The viral and bacterial antigens in the vaccine often act as a Heat toxin. Patterns according to the Four Levels were devised by Ye Tian Shi (1667-1746) in his book, "Discussion of Warm Diseases" and it describes the pathological changes caused by exterior Wind-Heat, (15) This describes the Wei, Qi, Ying, and Blood levels going from the most exterior to the most interior.

When considering the effects of an injected pathogenic material that contains a Hot Toxin in the form of viral and bacterial material yet added with heavy metals and innumerable adjuvant materials, a Cold Toxin, it is understandable that these patterns of Six layers and Four levels are intermingled with often more than one layer involved at the same time.

YooHoo's disease was injected into him; an older, less viable animal. He initially tried to "burn up" the toxins, with his initial fever. The antibiotic that had been used did clear some of the heat toxins, but pushed the whole disease process deeper into the body. That is very clearly stated in Hering's Law, that is, his mental state in a deeper level than the physical; YooHoo had become very depressed after his antibiotics. It is an interesting speculation that the Heat clearing effect of the antibiotic allowed the Cold toxic effect of the vaccinosis to create deep phlegm that combined with the residual Heat toxins. We know that it was a Damp Heat toxin that lodged in his Shao Yang Layer where it obstructed his Triple Heater Meridian. YooHoo also had additional signs of Damp Heat in the organs, Gall Bladder and Liver, or Qi level. His response to Xiao Chai Hu and Long Dan Xie Dan Tang was more than remarkable. His mental state immediately improved with his appetite returning, and then we saw a rapid improvement of his internal organs with his icteric discoloration disappearing. Very quickly, his disease process had shifted to a more superficial level, his Tai Yang layer or the Wei level. He had signs of a Channel obstruction on the bladder meridian between Bl 11 and 13. Bl 11 is The Meeting point of The Bladder, Small Intestine, Triple Heater, Gall Bladder, and the Governing Vessel. This point expels pathogenic factors and firms the exterior. (16). Bl 12 expels wind and releases to the exterior, strengthens the defensive Qi and firms the exterior. (16); and Bl 13 releases to the exterior and tonifies Lung. YooHoo was expelling his pathogenic factors out the area where pathogens typically invade the body. Huo Xiang Zheng San was the herbal formula used to assist YooHoo in his expulsion of the damp turbid pathogens out his Tai Yang layer. This formula releases to the exterior and dispels dampness. (9) YooHoo illustrated a final example of Hering's Law of cure when he had a slight skin eruption on dorsal area of his rump.

The incredible addendum to this story was the evidence of his return to vitality and resilience when he had another spring vaccination load that he was able to handle with minimal treatment and returned to normal. Ledum or Marsh Tea was used by the Native people as an herbal tea to treat influenza; that is to expel pathogenic factors out of the body. Homeopathically it is used to treat any condition aggravated by a "bite" (needle).

Chinese Medical Physiology is so much more advanced in its ability to describe and explain YooHoo's disease process than the western science. In the western scientific literature, there is much evidence to support the use of Xiao Chai Hu in the treatment of chronic Hepatitis C (17) and

also proof that Xiao Chai Hu can increase natural killer cell activity. (18) There can be found many reports on the use of Scutellaria in the treatment of Hepatitis. (19) For all the advances of Western medicine, it has not yet developed the ability to examine the whole disease process and the ability of a body to heal and the steps needed to have a truly curative effect. Traditional Chinese Medical Philosophy can clearly explain YooHoo's disease process and the path he used to cure his body.

Footnotes:

- a. Naxel-ceftiofur sodium; sterile antibacterial powder; Upjohn and Pharmacia
- b. Tribissen- Sulfamethoxazole and Trimethoprim- Schering Co.
- c. Sun Ten Laboratories; 9250 Jeronimo Rd., Irvine, CA 92678
- d. Jing Tang Herbal, Inc. Reddick, FL 32586
- e. Mayway; Mandela Parkway; Oakland; CA 94607
- f. Permission given to use photograph obtained on 10/25/2011 per phone conversation.
- g. Auburn Labs; PO Box 147, Penn Valley, CA 95946

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Catching Up with the President: My Interview with Laurie Dohmen

Editor's note: Many thanks to Laurie for sharing her background and vision for spreading herbalism to veterinarians everywhere with her apprentice program.

Where and when did you study veterinary medicine?

University of Pennsylvania school of Veterinary Medicine, Class of 1997. I earned my V.M.D. (most other schools give a D.V.M.)

When did you establish Companion Animal Practice?

I opened my own mobile practice immediately in 1997, and expanded to the building of Companion Animal Practice in 2003.

What peaked your interest in herbalism?

I was exploring different wholistic modalities, and I came across an article about a veterinarian who had taken Rosemary Gladstar's apprenticeship. It sounded very interesting so I started the homestudy portion and signed up for the onsite apprenticeship. When I started working with herbs, it felt like coming home. It was clearly where I needed to be.

What are the biggest challenges you have faced integrating herbs into your practice?

Really, I didn't find it that challenging. My practice was integrative and so most my clients were used to all different treatment modalities. Also, I didn't make a really big deal about it. I just gave them the appropriate medicine for their animal's

condition, and if it was herbs or antibiotics, my clients just knew it was the best treatment I had to offer.

Was there a 'game-changer' or 'aha!' moment for you? Did something significant happen for a client?

There have been many along the way. Like I mentioned above, the feeling of coming home when I started to work with herbs. I found them very successful in many cases. My experiences now at Maryland University of Integrative Health have also validated my overall views on healthcare, which I realized early in veterinary school were not the norm.

From the time you introduced herbs in your practice to the present, how is compliance vs. conventional medicine? Has there been more acceptance?

No, I found it about the same.

What types of adjunct therapies do you use?

I use very little allopathic medicine - mostly antibiotics and pain medications. I use Acupuncture and Bach Flower Essences. I also use a lot of Food Therapy. I recommend everyone homecook for their pets, and I feel that it is impossible to separate nutrition and herbs.

What are your goals for the near future?

I have downsized my private practice and am writing a veterinary specific apprenticeship course in Western Herbalism that I hope to launch in 2015.

Miracle Case of Foreign Body Cynthia Lankenau, DVM

Patient: Parker Symon; an intact male Bichon Frise canine, 7 years old

Date of initial presentation: March 25, 2013

History: On Friday, unbeknownst to the owner, Parker ate a tampon. Over the weekend, Parker did not eat but was bright, alert and responsive. On Sunday night, he became lethargic and began vomiting. Her daughter then told her mother what Parker had gotten into. On Monday the 25th, Parker's owner called. She was instructed to immediately go to a surgery facility. A few hours later we received a very tearful call; the facility recommended immediate surgery but she could not afford their charges and pleaded with us to see Parker.

Signs/Symptoms: On physical exam, Parker was depressed, 103.2 F temperature and no abdominal sounds. His abdomen was tense and distended, sclera was injected, tongue was red and dry, pulse was rapid and thin.

Western Diagnosis: Intestinal foreign body with secondary peritonitis. (TCM- Severe Qi stagnation with secondary Heat Toxin)

Western Diagnostics: Surgery facility had abdominal films indicating a surgical emergency due to an intestinal obstruction (foreign body).

Treatment goals: To save Parker's life by gently assisting the body to expel the tampon and treat the localized peritonitis. These goals were to be met with the actions of a choleric, laxative herb with an anti-spasmodic, anti-inflammatory and antimicrobial effect. The plan was to stimulate bile production and flow using the cold, bitter, laxative effect of bile to cool the Intestinal Fire, (localized peritonitis) and to gently lubricate and move the tampon. I was afraid any strong laxative would rupture the intestine and similarly any bulk laxative would firstly not be strong enough but also would place too much stress on the intestinal walls.

Prescription: Herbs selected and why:

Dandelion Root, Andrographis, Calendula; equal portions of 1:3 tinctures. The dose was drop doses, as often and frequent as the owner could without causing Parker to vomit.

Dandelion root, *Taraxacum officinale*, is cold and bitter; it can clear Stomach and Intestinal Heat with its anti-inflammatory antimicrobial effect. It is a bitter digestive tonic, with choleric, laxative effects. Traditional Chinese Medicine uses Dandelion to clear internal abscesses including appendicitis. Traditional use in the West used it to treat diseases from obstructions of the spleen, as a mild laxative and for irritation of gastric and intestinal membranes.

Andrographis, *Andrographis paniculata*, is a bitter and cold herb that clears heat and eliminates toxins. It is a very good herb for treating abscesses. It has an antibiotic, antipyretic, anti-inflammatory, immunostimulant, hepatoprotective and cholagogue effect. Although it has been used primarily

in Chinese and Ayurvedic medicine, it is a favorite of western herbalist David Winston for its powerful anti-microbial effect.

Calendula, *Calendula officinalis*, is also an antimicrobial, anti-inflammatory, and a vulnerary with astringent effects with a soothing antispasmodic nervine influence. It can clear Stomach and Intestinal Heat and can clear retained pathogens and heat toxins. Dr. Clymer used it to treat the severe inflammation and stagnation of stomach cancers. It has a homeopathic notation to treat intestinal foreign bodies.

Advice given: Parker's owner was told that we would wait only 12 hours; we could NOT let him suffer and die from this in agony. She was told to call often with updates. Offer him only soups and broths if he wanted but that if he started to vomit, euthanasia may be strongly indicated.

Followup: Within hours of leaving, Parker's owner called to say he immediately defecated when he got home and was drinking chicken soup. Daily reports were, his attitude was great, drinking broths and baby food, but no more stool since the first day. On Friday, March 29, Parker was having severe cramps. His owner called to say that he was moaning and unable to rest comfortably. She had no possible way to drive to my office, so she was told to give drops every half an hour of her herb combination and to brew up a cup of *Nightly Night*, a local tea brand that she had on hand which has a high percentage of Chamomile flowers. Within the hour, Parker passed a completely intact tampon. The owner said in was completely encased with what looked like the Dandelion root tincture. Parker is well. I have seen no adverse long term effects.

Reflection on the experience: This case is a true miracle. If the owner had not been in total emotional distress, I would never have attempted to treat him with only herbs. I never expected him to live through the day. Due to my poor prognosis, I sent her home with the thought to help relieve the local peritonitis so that he might die in less pain. I did not think totally through the case to even begin to suspect that he would actually be able to pass the tampon. In hindsight, I should have included a stronger spasmolytic herb in the formula. Even though Calendula has a slight spasmolytic nervine effect, it was not strong effect to have spared Parker that hour of cramps while his body was passing the tampon. Possibly I should have included Chamomile, *Chamomilla recutita*, in the original formula instead of her trying to have him drink the tea while suffering with horrible cramps. *Corydalis yanhusuo* could have been included for intestinal pain; Moutan and Rhubarb could have also been used with their traditional history of treating appendicitis. This case also impresses on me the immediate effect of herbs on the body. Within an hour, he was feeling better. He had an immediate effect from drop doses; that was what the Physio-medical herbalist claimed!!

Special Herbal Event in the Midwest: Mark Haverkos hosts Matthew Wood

May 16-18, 2014

For three days, we will have an herbal experience of both class time and nature walks with the world renowned Matthew Wood. Matthew Wood has been a practicing herbalist since 1982. In a period when many authors and lecturers are merely "arm chair herbalists" who offer theories and opinions based on book learning, and others have turned to the exotic traditions of India or China, he has been an active practitioner of traditional Western herbalism. He has helped tens of thousands of clients over the years, with many difficult health problems. While Matthew believes in the virtue of many other healing modalities, he has always been inspired to learn, preserve, and practice the tradition of herbal medicine descending to us from our European, Anglo-American, and Native American heritage. He is a member of the American Herbalists Guild (registered herbalist) and has earned his [Masters of Science](#) degree from the [Scottish School of Herbal Medicine](#) (accredited by the University of Wales).



Come join us in May for an amazing weekend!!

For more information contact Cindy Lankenau at cyndvm@gmail.com , Rob Silver rsilver@drsilverdvm.com or Mark Haverkos's office at 812-934-2410.



Mark's farm is between Cincinnati Ohio, and Indianapolis, Indiana. Free camping will be available, or motels are 10 minutes from the Farm.

In Memory of Dr Lois Sargent

With extreme sadness we mourn the loss of VBMA member Dr. Lois Sargent, who passed late afternoon in Miami on January 15, 2014.

Dr. Sargent has been holistic practitioner and student of Western Herbal Medicine and a VBMA member for many years. She worked in a Miami emergency clinic and also had her own house call practice. She is survived by her daughter Ashley. The VBMA family will miss her and send our love and condolences to her family and friends.



REGULATION OF HERBS IN NORWAY

Courtesy of Astri Hagenlund

There are two main legislative bodies in this country for regulating the commercial trade and use of herbs; under the Ministry of Agriculture it is the Norwegian Food Safety Authority and under the Ministry of Health and Care Services, the Norwegian Medicines Agency.

IMPORTING HERBS

The Food Safety Authority grants import-licenses for animal food and what they call “feed additives” or nutraceuticals for animals. I have my own import-license and there is actually no special reference in the regulations to herbs – so I import “special food/extra food or nutraceuticals for dog and cat” when I import tinctures from MediHerb.

As to the Norwegian Medicines Agency, dealing with medicines, they are responsible for classifying what herbs are “free” – in the meaning that they are “non-medicinal”, again meaning that anyone can grow, sell, buy and use these herbs; the list is quite long and a lot of medicinal herbs we use daily are on this list – like dandelion, nettles, calendula and so on (code: IL) – approx 500 herbs are on this list.

Code L, means medicinal/a medicine but in this context it means a natural remedy, standardized natural medicine (like St. John’s wort, Valerian), and these herbs may only be sold by health food stores, chemists or others with special

permit to sell natural products/remedies or medicines. Approximately 150 herbs are listed here, among them herbs like prickly ash, valerian, chaste tree.

The Code LR means this is a medicinal herb requiring prescription, and there are more than a 100 herbs listed – among them ziziphus, withania, cat’s claw, scutellaria, corydalis as well as the more known toxic and narcotic herbs. The reasons behind placing one herb on a special list vary: for the more exotic herbs, being exotic may be reason enough.

This list can be viewed in full at www.legemiddelverket.no/upload/16521/ny_klassifiseringsforskrift.pdf. Even though it’s in Norwegian, if you scroll to the actual list, herbs should be recognized as they are sorted by their Latin name.

The list of herbs is general in the way that it regulates use for both humans and animals. The Norwegian Medicines Agency has, however, its own Veterinary section.

Regulation of herbal products and medicines sold to pets and large animals on the net, from private practices and enterprises, pet shops, stables and so on are naturally supposed to be covered, but checking around gives another picture. Pet shops have a huge amount of more or less medicinal products for sale, particularly popular are shampoos, washes and sprays against parasites containing

various herbs and insecticides like pyrethrum. The “natural” products on sale, usually gives specific advice and praise (!) on use and effect.

MARKETING

However, regulations on marketing and advertising in Norway are quite strict: it is actually against the law to claim specific health benefits of natural products, so the wording needs to be along the lines of “have traditionally been used as...” or “may be useful in rheumatism” and so on – also there may be non-professional testimonial. (I might add here, that ads for cigarettes/tobacco and any kind of alcoholic beverages are also against the law in this country.) Main focus and control are with products for humans; for animals it often turns into quite a challenge as to whose responsibility it is: Food Authority of Medicines Agency. Both ministries’ main concern is potential harm to humans from production animals – residues of harmful products in meat.

As to new products, I talked to the Medicines Agency and they were a bit vague on this. Mainly everything imported for animals go through the Food Agency, and they do not specify potential medicinal content before import, main matter of interest is whether this contains animal-products or are mainly vegetarian. As to my import again: why I have no problems importing herbs (so far) is actually because it is vegetarian/herbal based. Also – herbs or natural products for pets

and horses are so far of no great concern for authorities; products for production animals are much more important, due to aforementioned reason on public health.

USE IN PRACTICE

Herbal medicine is looked upon with skeptical eyes by the authorities – either herbs have no effect, or if they do, it is potentially harmful. Herbal medicine/natural products are mainly recommended or prescribed by non-medical therapists; with the exception of a few human doctors and veterinarians. Most herbal products are self-prescribed and bought OTC in health-food stores, chemists and also groceries (with license to sell non-prescription medicines).

CONCLUSION

Herbs as medicine is controversial in this country, except herbs used as spices and food. Control of products in health food stores are done sporadically; main point of interest is to find out if there are products containing a)regular medicinal ingredients or b)illegal ingredients (narcotics or herbs on the L/LR-list). Public interest in herbal medicine and alternative therapies is huge – and growing, both in human and veterinary field. It is a challenge to “feed” this interest with information and knowledge – both to the public and also more submit more evidence-based, scientific material to our colleagues.

Article submission part of CIVT Graduate Diploma Veterinary Chinese Herbal Medicine

**By Marguerite Voorhees Hernandez DVM PhD DOM
Holistic Veterinarian
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Improvement of Blood Flow using the TCM formula Liu Wei Di Huang Wan

Correlations between Traditional Chinese Medicine and Modern Clinical Studies and Research

Blood Stasis, the slowing of Blood flow to a static state, is the root of many age-related disharmonies in Traditional Chinese Medicine (TCM). Conventional medical research concurs with this view and increasingly considers decreased blood flow (as mediated by nitrous oxide and other factors) an important cause of disease and aging.

In TCM, Yin tonifying formulas can be helpful in treating conditions of Blood Stasis. Through the generation of body fluids, viscosity of blood is decreased, easing Blood flow.

Liu Wei Di Huang Wan (LWDHW), the quintessential Yin tonic formula, contains herbs that tonify Yin and further ease Blood flow by quelling inflammation, descending turbidity and Dampness (a common cause of impeded Blood flow in TCM), improving organ function, and relieving stagnation.

Modern clinical studies and research demonstrate that LWDHW has strong and important effects on the cardiovascular system. LWDHW and derivative formulas have been used very successfully to treat hypertension (either essential or renal), and to increase blood flow, especially to the heart, brain, and kidneys. LWDHW has been shown to significantly lower blood lipids (cholesterol and triglycerides), an effect associated with lowered blood viscosity and improved cardiovascular health.

Each of the herbs in the formula plays a role in re-establishing blood flow (Table 1). The interplay and balance among the herbal components and their effects make LWDHW an eminently useful formula for blood flow disorders and one of the most frequently prescribed formulas in TCM.

***Table 1* Herbal components of Liu Wei Di Huang Wan with TCM actions and clinical studies and research related to blood flow.**

Herbs

Pinyin - Botanical

TCM Actions

Clinical Studies and Research

Shu Di Huang – Radix Rehmannia Praeparata

Tonifies Blood, improves flow by increasing volume; nourishes organs. Cardiogenic, antihypertensive, hemostatic, diuretic. Reduces cholesterol and triglycerides. Increases cerebral blood flow.

Shan Zhu Yu – Fructus Corni

Astringent; tonifies Liver Blood and Kidney Jing. Retains Jing and Body Fluids. Improves flow by decreasing fluid loss. Anti-inflammatory (similar to aspirin), diuretic, anti-hypertensive.

Shan Yao – Rhizoma Dioscoreae

Nourishes Qi and Yin of Kidney, Lung, and Spleen. Yin nourishing properties notable in contrast to many other Qi tonic herbs that are drying. Antioxidant, antihyperlipidemic, anti-inflammatory.

***Ze Xie – Rhizoma* Alismatis**

Regulates water and resolves Damp. Diuretic, antihyperlipidemic, antiarteriosclerotic, antihypertensive.

Mu Dan Pi – Cortex Moutan

Invigorates Blood Circulation; disperses Blood Stasis. Important Heat Clearing and Blood Cooling herb – possesses unusual ability to invigorate Blood circulation and disperse Blood Stasis without drying the body. Potent anti-inflammatory effects Inhibits prostaglandin synthesis. Decreases blood vessel permeability. Increases perfusion to coronary arteries. Protects against cardiac ischemia. Marked and prolonged antihypertensive effects. Analgesic and sedative.

Fu Ling – Poria

Promotes urination and resolves Dampness. Tonifies Spleen to balance cloying effects of tonic herbs and prevent accumulation of Damp, a common cause of Blood Stasis. Diuretic (resolves edema). Mild sedative effects.

Masterchef VBMA

Rona Sherebrin, DVM, CVA



Winter Sunshine Soup

A good soup to brighten your day!

From Paul Pitchford, Healing with Whole Foods

Ingredients:

1 cup yellow split peas, soaked
2 quarts water
1 5-inch piece kombu*, soaked
1/2 onion, cut into crescent moons (optional- don't use if sharing the soup with canine companions)
2 carrots, cut into flowers
1 cup winter squash, diced
1/2 cup parsley, chopped
1/2 teaspoon salt
Miso to taste

Directions:

- Place kombu and peas in a pot with water
- Bring to scald. Reduce heat and simmer 30 minutes.
- Add onion, carrots, squash, and salt. Simmer until peas and vegetables are tender.
- Add miso diluted in stock and simmer 5 minutes more.
- Serves 8

Ginseng and Huang Qi Mushroom Soup

A Qi tonic

from Susan Wynn

Ingredients:

25 gm or 1 oz Hei Mu Erh
1 onion, finely chopped
4 Tb olive oil
770gm or 1 ½ lb fresh shitake or oyster mushrooms, sliced
1.5 liters or 2 ½ pints chicken or vegetable stock
15 gm or ½ oz Ren Shen (ginseng)
15 gm or ½ oz Huang Qi (astragalus)
Crème fraiche, to serve
2 Tb chopped fresh parsley, to garnish

Directions:

Soak the Hei Mu Erh in water for 5-10 minutes to soften them, then rinse in clean water and set aside. Sauté the onion in the oil for 2-3 minutes until it is soft and golden, then add the mushrooms and continue cooking for 3 minutes.

Add the stock, then the Ren Shen, Huang Qi and pre-soaked He Mu Erh. Bring to a boil, then reduce the heat, cover (leaving a small vent to allow steam to escape) and simmer for 45 minutes.

Take the pan from the heat and remove the Ren Shen and Huang Qi. Allow to cool slightly, then puree the soup in a food processor or blender until smooth. Return the pan and warm through before serving garnished with a spoonful of crème fraîche and a little chopped parsley. The Ren Shen may be chopped and served with the soup, rather like croutons, if desired, but the Huang Qi is too fibrous to eat and should be discarded. Serves 6.

Season Change Soup (traditional TCM recipe)

One cup or bowl twice a day for 12 days is often recommended for a healthy person. People who are in the midst of a cold or flu should not drink the soup until after they have recovered.

The soup has a slightly bitter taste. To improve the taste, use it as a base for a hearty chicken soup made with a whole chicken and shiitake mushrooms, onions (optional- don't use if sharing the soup with canine companions), carrots, potatoes, pumpkin, squash, beets, and other local harvest vegetables.

Ingredients:

To make change of season soup, you will need equal parts (100g each) of the following herbs. Chinese herbal shops sometimes sell the herbs pre-packaged for convenience.

1. Codonopsis root *Dan Shen*

Tonify and strengthen Qi, build blood and nourish body fluids.

2. Astragalus root *Huang Qi*

Tonify Wei Qi, tonify Spleen, Blood and Lung.

3. Dioscorea (Chinese yam) root *Shan Yao*

Tonify and harmonize Lungs and Kidney.

4. Chinese Lycii berries *Gou Qi Zi*

Tonify Liver and Kidney Yin.

Directions:

Fill a large stock pot with water (approximately 4 litres). Add the above herbs to the pot and place the lid on. Bring to a boil and simmer for 4 to 6 hours. If the water level boils down, add water to refill if necessary.

Using a slotted spoon, remove the herbs from the pot and allow the soup to cool. This recipe makes about 4 liters of soup. You can drink it as a broth, use it as a base for soup recipes, or place it in a mug or thermos and sip it throughout the day.

Mulled Wine

***modified from the recipe at [MotherEarthLiving.com](http://www.MotherEarthLiving.com)**

For a nonalcoholic version of this warming drink, substitute Concord grape juice.

Ingredients:

- 1 large bottle red wine (medium or full-bodied), or 64 ounces Concord grape juice
- 2 to 4 crushed cardamom pods (best to crush immediately before using) OR 1/2 teaspoon ground cardamom
- 5 slices dry ginger or candied ginger OR 1/2 teaspoon ground ginger
- 1 nutmeg shell and 1/2 nutmeg, broken in crumbs OR 1/2 teaspoon ground nutmeg
- grated zest from 2 organic oranges OR 1 tablespoon dried orange peel or
- 3 cinnamon sticks
- 1 to 2 star anise (optional)
- 1 tablespoon blanched almonds
- 1/4 cup organic raisins or currants

Directions:

Combine all ingredients in a large nonreactive pot.

Simmer on very low heat uncovered for 1 hour or more, 20 minutes or more if using ground spices, gently stirring as needed.

Strain (if using ground spices use very fine strainer) and serve mulled wine warm in mugs. Serves 4.

Cooking shortcut: Replace the ginger, nutmeg, orange peel and star anise with 1/2 cup of a mulling spice blend.

Read more: <http://www.motherearthliving.com/cooking-methods/winter-drinks-mulled-wine-zmrz11djzsie.aspx#ixzz2o38fEE2w>

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Climate and Seasonal Changes Require Changes in the Diet: Winter

by Ihor Basko, DVM, CVA

Winter brings on storms, wind, ice, rain, cold....stressing the individual, breaking down the immune system and causing musculo-skeletal dysfunction.

In Traditional Oriental Medicine, special foods and preparation, herbs and spices can be included in the diet to help the individual adapt to acute and harsh winter changes. How is this possible?

What is the environmental climatic stress? What physiologic and energetic changes are occurring in the individual? Clients often state, “when the wind blows, and the temperature is low, “Earl” does not want to move, is stiff, and sleeps by the heater” Some individuals (Deficient Yin, Blood, Qi), and especially geriatric animals are “feeling the weather” even indoors and develop an aggravation of their current problems especially arthritis, chronic kidney disease, and old past injuries of ligaments, tendons, fascia and bone..

Of course there are many different Chinese and Western herbal formulas to deal with these symptoms, but what about using “therapeutic food” i.e. TCM? The study of Traditional Oriental Medicine Food Therapy (roots of which are in India, China, South East Asia, Korea, and Japan) is very complex, but the best avenue of learning how to use food.....like you would herbs. “ Food as Medicine”. This “ancient wisdom” about food has evolved through centuries to modern day times. There is more to food than calories, fats, carbs and daily minimal requirements.

Cold Damp and Windy Winter Weather (Midwest, Temperate Zones, Lake Regions)

When the body is exposed to Cold, physiologically the first thing that occurs is “contraction” of skin (goose bumps) and muscles with the “constriction” of blood vessels. Energy (Qi) and / or blood flow can be constricted in the channels of the muscles (trigger points) causing pain in these areas.

Eventually, everything slows down including the animal’s metabolism. The body seeks warmth and if strong enough, may react with Fever (Yang) to repel the “attack” of Cold (Yin) on the surface of the body. Under these conditions, individuals will “shiver” to create better blood flow and generate heat within the body.

Hypothyroid individuals are especially sensitive to cold weather and will become sluggish or reluctant to move.

In TCM, Cold can be used to describe the internal environment of a living being and diseases such as diabetes, hypothyroidism, indigestion, some forms of vomiting and diarrhea.

Other symptoms (patterns) that reflect a Cold Damp environment are nasal congestion, watery eyes, neck pain, light cough, clear and watery or blackish discharges that have a fishy smell, cold feet, diarrhea with discharge of watery stools¹ and abdominal pain.

¹ Spleen Qi Deficiency

Cold Damp (especially with Wind) will make muscles tight and contracted with spasms, limiting the range of motion so your dog will walk with a stiff gate, and have difficulty getting out of bed.

Massaging the affected muscles with mild stimulating herbal liniments, and / or Epsom salt soaks will greatly reduce muscle pain and improve flexibility.

The combination of Cold/Damp/ Wind will surely worsen the pain of animals with arthritis. For this reason, **food needs** to be **warming, stimulating, circulation** (Blood and Qi) **promoting**, and **tonifying** in energetic properties. To bring balance to the diet, the use of warming spices such as ginger, basil or fennel can be adding in the cooking of meats and vegetables that are of a cooling or neutral nature.

Cold Dry and Windy Weather (Rocky Mountains, Sierra Madres, etc.)

Wind combined with Cold can result in dehydration of fluids (Yin), and a depletion of (Qi) causing a pattern of symptoms called “Internal Dryness”. Over a prolonged period of time, this environmental condition dehydrates and potentially damages bodily fluids. Animals appear with dry and flakey nails or skin, and brittle hair. Dry eyes will weep or tear causing inflammation and redness (conjunctivitis) in the eye.

Internal Dryness can occur with the excessive use of diuretic and antibiotic drugs, and foods that promote urination, Diseases that are characterized by prolonged diarrhea or excessive urination (renal failure) can result in dehydration and mineral imbalances. These conditions can be mollified through the introduction of “moisturizing” foods and herbs.

Spices and Herbs

Spices and Herbs can keep food from spoiling improve digestion and absorption and can be added to cooking recipes to render cooling or neutral foods more warm or cool, moisturizing or drying.

Spices and herbs can be compared to “trim tabs” which in small quantities can positively affect the energetics of the food you are preparing.

If the desired recipe is to satisfy the energetics of warming and decreasing dampness, but the preferred warming meats and vegetables are not available, adding tiny amounts of garlic, basil or ginger to the recipe could compensate.

Please note that although I have listed recipes below, I do not believe in feeding the dogs or cats the same foods over and over again. One must use common sense, and awareness of how your dog responds to the food. In general, diversity of meats, veggies and starches is what I personally recommend, but this will be based upon availability.

I do not have the space to discuss the issues or raw vs cooked, nor grain vs no grain diets for this space. What a dog eats should be based in that individual’s genetics, climate and geography, as well as age, condition, breed type, activity level, and deficiencies.

Cold Weather Recipe: Chicken & Rice

Ingredients:

- Chicken (or Lamb) meat (chopped) -2 cups
- White Rice- 2 cups
- Cabbage- 2 cups (480ml)
- Beets or Daikon- 1 cup (240ml)
- Chicken Fat (not necessary if using lamb)- ¼ cup (60ml)
- Shiitake mushrooms (dried) 3 pieces (good for geriatric dogs)
- Garlic 1 cloves
- Ginger 1" by 1" piece size

Directions:

- In large stew pot, heat chicken fat, garlic, ginger, and meat altogether on high heat for 5 minutes
- Add Beets, cabbage, shiitake, and rice to pot
- Cover with water
- Bring to a boil
- Reduce heat to simmer (low) and cover pot.
- Cook for 1 hour
- Stir well every 10-15 minutes

Cold / Damp Weather Recipe: Beef & Broccoli

Ingredients:

- Beef (chuck roast cubed) 3 cups
- Beef Kidney 1 cup (soaked overnight) ²cubed
- Brown Rice 2 cups (uncooked)
- Broccoli 2 cups
- Celery ½ cup
- Parsley ¼ cup fresh or 1 tablespoon of dried flakes
- Ginger (dried) ½ teaspoon
- Garlic 1 clove
- Soybean oil (organic only) 3 tablespoons (use coconut oil if your dog is allergic to soy)
- Water 4 cups

Directions:

- In a large stewing pot, brown beef in the oil, garlic, and ginger for about 5 minutes on medium high heat
- Add all the rest of the ingredients, including the kidneys
- Bring to a boil (add more water to cover ingredients if needed)
- Reduce heat to low, cover, and simmer for about 1 hour (until the rice is well done)
- Stir every 10 – 15 minutes while simmering.

² To get rid of the urine smell when cooking kidneys, first cut up, wash well with cold running water, and soak over night in a mild green tea solution)

Cold / Dry Weather Recipe: Lamb and Yam Stew

Ingredients:

- Lamb 4 cups cubed
- Yams (peeled if not organic) 2 cups cubed
- Potatoes or Parsnips 1 cup cubed
- Green Beans 1 cup chopped
- Broccoli 1 cup chopped
- Olive Oil 4 tablespoons
- Garlic 1 clove
- Rosemary 1 teaspoon
- 1 cup of chicken or vegetable broth



Directions:

- In a large pot or wok heat oil, rosemary and garlic on medium high for 1 minute
- Add lamb, yams, and potatoes. Stir briskly for about 5 minutes
- Reduce heat to medium and add green beans and broccoli continue stirring for another 5 minutes
- Add broth, bring to a boil
- Reduce heat to lowest setting, cover, and let simmer for about 30 minutes (until the yams, potatoes or parsnips are soft)

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Table 1

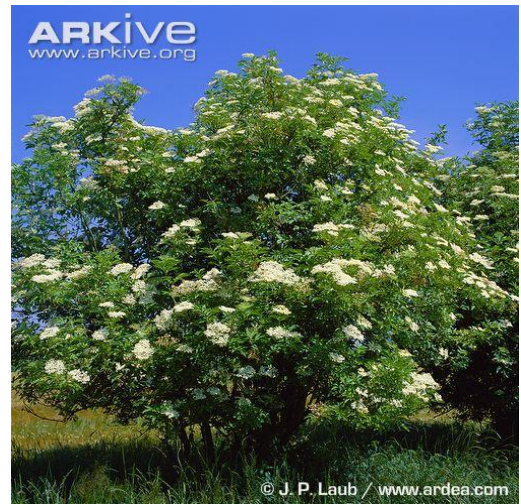
	Warming	Damp Dispersing	Moisturizing	Wind Dispersing
Protein	Anchovy eel, salmon, trout, Shrimp, mussels Beef Chicken Chicken Liver Kidneys Lamb, goat	Aduki bean beef Beef Kidney Lamb Kidney	Cow's Milk Herring Lamb Pork Pork Kidney	Eel Snake meat shrimp
Vegetables	American Parsley Green beans Kale Mustard greens Parsnip	American Parsley Broccoli Celery Parsnip Winter Melon	Button mushroom Tomato	Parsnip
Starches	Oats Sweet Potato Sweet Rice (mochi) Amasake	Barley Rice bran Brown Rice Rye	Yams Pumpkin	Oats
Fats	Butter Soy bean oil Coconut oil Walnut oils		Coconut oil Lard Olive oil Sesame oil	
Fruits & Nuts	cherry, Chestnut Litchi, Peach Pine nuts		Apple Cactus Peach Pine nuts	Cherry Pine nuts

Herbs & Spices	Acanthopanax Anise Basil Bay leaf Cinnamon Citrus peel Cumin Dill Fennel Ginger Garlic Purple perilla Rosemary , vinegar Scallions Sea Cumber	Vinegar	Bird's nest Honey	Acanthopanax Anise Basil chamomile ginger Peppermint Kudzu root
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A Selection of Herbal Monographs Courtesy of Cynthia Lankenau, DVM

Elder *Sambucus nigra*



Notes:

Energetics flowers: acrid, bitter, and cool; expel wind; **Berries:** cooling, slightly sweet and acidic
Meridians: Lung, Liver

Michael Tierra: Elder flowers, mixed with equal parts Mint and Yarrow blossoms, excellent internal cleaners for detoxification of colds and flu. Combine well with yarrow and peppermint in equal parts for treating common cold in people. Neat tidbit from **Matthew Wood**, "Elder is one of the two to three primary remedies of the European tradition. Charlemagne 800 C.E. decreed that an elder be planted in every yard in his realm, to be a medicine cabinet ready for immediate use. Elder is well suited for humoral medicine since it opens all the channels, causing diaphoresis, emesis, purgation, diuresis, expectoration, and menstruation; also building and detoxifying the blood. Elder is a relaxant, removing spasmodic cough, spasm in the stomach and intestinal colic.

The elder flower is cooling immune-building, slightly blood thinning, soothing, mildly stimulating, and slightly tonic

The fresh flowers bring the blood to the surface, they are a stimulating diaphoretic, and bring a sweat in animals with weak peripheral circulation. The dried flowers are a sedative diaphoretic, reduce heat and open pores, and dispersing the blood in cases of dried red skin. The berries have similar action but they are also considered to be tonic and blood-building. Both actions, stimulating and sedative, are present

together and therefore the plant has a normalizing action.

It is remedial for convulsions and epilepsy. The bark was used to make an emetic drink. A large drought was taken all at once. Taken slowly, it acts through the lymph, colon and kidneys, causing movement of fluids, loosening of the stool and urination.

Tissue states: Dry. Flowers-irritation, constriction and depression. Berries-irritation, constriction, atrophy.

Historically:

Scudder on elder: "The Elder is a stimulant to all the excretory organs, increasing secretion. It may be employed for the general purposes of an alternative. It is especially useful in those cases where there is an edematous condition, or fullness of tissue from an increased amount of water."

Fyfe- "Indication-Abnormal conditions in which there is a fullness or edematous condition of the parts involved, giving them a watery and flabby appearance; hepatic diseases, especially of children, dropsy of all kinds, especially those following scarlet fever; nocturnal asthma."

Ellingwood- "The strong infusion is diaphoretic and stimulating. The agent has also alterative, cathartic and diuretic properties which are of value in urinary inactivity, with excretion of renal sand, accompanied with muscular aching, stiffness, or rheumatic pains."

Cook adds that it is useful in erysipelas; the leaves make a useful fomentation and soothing

poultice. The berries are a mild laxative and secernent. The inner bark when fresh is a strong hydragogue cathartic and emetic; when dried, acts upon the bowels and the secretions in general as a relaxing and stimulating alterative.

Juliette de Bairacli Levy said the elder is considered sacred to the gypsy people, since it is one of the most important of all herbs; it possesses the strange powers of being beneficial in the cure of almost all the common ailments of man and animal. The leaves, dried and powdered, are used as an insect-repellent by the Arabs. They can also well replace tobacco for smoking. All parts of the shrub are used; the blossom is the most potent part for internal use, the foliage for external treatments. The blossom makes an effective lotion for the treatment of wounds and skin ailments, brewed in water or buttermilk; very cooling. A brew of the green stalks and branches, highly concentrated, makes an excellent external application against gadfly for cattle and horses. Juice of the berries, mixed with honey, is a very good cough remedy, and mixed with egg whites is an effective salve for burns and scalds. A brew of the finely shaved root is helpful in treatment of kidney ailments and dropsy. Flowers tied to horses' bridles are said to keep flies away.

Culpeper: "Elder is under the dominion of Venus. The first shoots of the common elder boiled like asparagus, and the young leaves and stalks boiled in fat broth, doth mightily carry forth phlegm and choler. The juice of the root causes vomitings and purgeth the watery humours of the dropsy. It mollifieth the hardness of the mother if women sit thereon, and openeth their veins and bring down their courses. The hair of the head washed in the berries boiled in wine is made black. The juice of the green leaves applied to the hot inflammations of the eyes; assuageth them; the juice of the leaves snuffed up into the nostrils, purgeth the brain, the juice of the berries dripped into the ears, relieveth the pains of them; the distilled water of the flowers is of much use to free the skin from sun-burning, freckles, morpew, or the like; and taketh away the headache, coming of a cold cause, the head being bathed therewith. . . the legs washed taketh away the ulcers and sores of them. The eyes washed there with, it cures the redness and blood shot; and the hands washed morning and evening therewith, is good for the palsy and shaking of them."

Priest and Priest wrote that elder is a mild diffusive and relaxing diaphoretic with alterative properties: indicated for children subject to frequent febrile reactions. Relaxing to the

eliminative organs, soothing to the nervous system and gently laxative; alterative and diuretic; indications: colds/fevers with dry, hot skin-with Achillea and Pulsatilla; chronic nasal catarrh/sinusitis-with Pulsatilla; dry coryza, spasmodic croup-with Trifolium; Weakening night sweats-with Salvia; Skin eruptions from metabolic disturbance, eczema, dermatitis-excellent addition to alteratives.

Hildegard notes that mushrooms that grow from elder trees are cold and not good for a person to eat. If someone does eat it, he will become weak. She also says that one who has jaundice should enter a sauna bathe and place the leaves of this tree on the hot rocks. He should pour water over them, and then place a twig in pure wine, so that it takes its flavor. While in that bath, he should drink this in moderation. After he comes out of the bath, he should lie in bed, so that he sweats. He should do this often, and he will be better.

A thought about this herb though, the lore is that you never sleep beneath an Elder especially a baby as you may become a changling. But changlings were autistic kids. I wonder...Matthew Wood states that one of the specific indications for Elder are children with strong sanguine personalities, who pay little attention to directions, "poorly socialized", classified as hyperactive....Hmm I wonder....

Current Uses:

Peter Holmes: Functions similar to acupuncture point LI 4, Lu 11, Th 5, Bl 11, 12.

Research (over 500 studies on anti-viral effects) can inhibit IBV at an early point in infection; elderflower extracts contain bioactive compounds capable of modulating glucose and lipid metabolism.



Common Name: Elder	Black Elderberry (nigra), <i>Sambucus nigra</i> ; holunder; Black elder; surreau, sauco, sambreco; American Elderberry (canadensis) is a similar species.
Family	Caprifoliaceae, (honeysuckle family)
Part Used	Flowers, fruit; gentler action; leaves, root and bark-used but poisonous
Active constituents	Rutin; flavonoids, tannins, mucilage, essential oil, fixed oils, triterpenes, organic acids, minerals, vitamins; quercetin. Bark and leaves: cyanogenic glycoside, sambunigrin. Fruit- minerals sambucin, vitamins, anthocyan , pectin Bark- baldrianic acid; Flowers: contain volatile oils of a buttery nature, due to the presence of fatty acids, coumarins, bitters, flavonoids, sterols, mucilage, and tannins.
Actions	Anti-inflammatory, anti-catarhal, antiallergenic; Flowers: expectorant, diaphoretic, emetic, antispasmodic, demulcent, laxative: Fruit: food and antiviral, antirheumatic, antiscorbutic, alterative, carminative, emetic; Leaves and Bark; roots: vulnerary, diuretic, purgative, poisonous TCM Actions: 1. promote sweating, dispels Wind/Heat/Cold; reduces fever; resolves mucus Damp, and opens the sinuses 2. Promotes expectoration, resolves phlegm and relieves wheezing: clear lung phlegm Damp/Heat, 3. Promotes urination, drains fluid congestion 4. Clears Heat and toxins and reduces inflammation: kidney and bladder Damp Heat
Indications	Feverish colds or influenza, acute rhinitis, allergic rhinitis, acute sinusitis, sinusitis with catarhal deafness; asthma/hayfever; dry irritated cough without congestion; upper respiratory infections; demulcent tea for tonsillitis and pharyngitis; Specific indications: Conditions where there are stagnant fluids and blood, hence, pale, blue swelling; or where the skin is dry, harsh, red. Mind: ones who pay little attention to direction, "poorly socialized" Respiration: wakes at night, can't breathe, upper respiratory congestion with restriction of breathing, postnasal drip Skin: Tissue full, flabby, as if containing water, diseases of the skin, when the tissue seems full, abundant serous discharge that forms crusts; indolent ulcers Fever: harsh, dry, red, influenza, achy feeling, WEST NILE virus (according to Matt Wood) Digestion: Intestinal colic and constipation Lymph: Swollen spleen Topical for eruptions, bites, wounds etc, fungal infections, poison ivy; Joint diseases; tight tendons, sprains that are blue and swollen
Cautions	No adverse reactions reported for pregnancy or lactation; leaf and flower are generally recognized as safe. Raw berries may result in vomiting and diarrhea. Stem pedicles are considered Toxic and should be cut out if the bark is used. Toxic if leaves, root bark or unripe berries used fresh. Do not use Red Elder, <i>Sambucus racemosa</i> , for making medicine as most toxic species.
Contraindications	None reported
Herb Drug Interactions	Theoretically interact with other drugs that are metabolized via CYP3A4 enzymes
Dosage (use animal doses where available, otherwise human doses can be included here but specify)	Human: Dried Herb: 3-10g TID; Infusions: hot 5-30 g per cup, 1 cup TID to 6X; Tincture: 1:2-1:3: 3-5 ml TID, Small animal: dried herb: 25-300 mg/kg, divided; Infusion: 5-30 g per cup; ¼-1/2 cup per 10 kg divided; Tincture: 1:2-1:3: 0.5-1.5 ml per 10 kg divided.

Elecampane

Inula helenium



Notes: Native to Southeastern Europe and Asia; naturalized to Europe and the United States.

Energetics: pungent, acrid, aromatic bitter; warming and stimulation.

Tissue State: depression, stagnation, atrophy

Matthew Wood: Classified as Hot and Dry in the third degree, opens the pores to release sweat, thins the fluids to drive them out through the pores and channels of elimination, rekindles the internal fire to drive waste products to the surface and decongests stagnant fluids in the body. It is one of the most antiseptic and antibacterial herbs; has been used as a surgical dressing, can kill bacteria and especially the bacillus of tuberculosis.

Specific indications:

Respiration-acute bronchitis; the cough cannot descend deep enough to bring up the mucus. Any respiratory infection where the mucus causes indigestion, chronic post-nasal drip, sore spots around the lungs, stuffiness in the chest

Skin-proud flesh.

Digestion- loss of appetite, poor assimilation, pricklings and pain in side form spleen.

Kidney and bladder-edema, stoppage of urine.

Female-expels the afterbirth, prevents putrefaction.

Elecampane is considered to be a heart remedy in Ayurvedic medicine.

Holmes: Elecampane root is a restorative herb that corresponds to its use as a Qi tonic. It also has been shown to benefit the hypothalamus and can create an enhancement of the immune system. It also has a bitter quality that stimulates digestion. Its warm, dry nature indicates its use in Damp Cold, yet it has mucilage which is indicated in Yin deficiency conditions. It is a remedy for long-term Qi deficiency conditions which have resulted in Qi stagnation and Damp Cold in the internal organs. Peter Holmes feels the roots have a similar effect which acupuncture points Bl 13, 18, 20, 22, Liv 13, CV 6 and 12. He compares it with Atractylodes Bai Zhu.

Research: Chemoprevention and acts as potent phase 2 enzyme inducer by stimulating the accumulation of Nrf2 in the nucleus. Chromatographic fractions of root extract of *Inula helenium* exhibited significant activity against Mycobacterium tuberculosis; showed anti-bacterial effect against Staph. aureus and Strep. pyogenes; increased blood flow to gastric mucous; demonstrated anthelmintic properties.

Historically:

Cook, "The root is stimulating and relaxing, leaving behind a tonic and slightly astringing impression. Its influence is expended chiefly upon the mucous structures of the lungs; but it also acts moderately upon the stomach, uterus, skin, and kidneys. To the lungs, it is warming and strengthening, promoting the discharge of viscid mucous, but leaving the surfaces slightly dry. It is a popular remedy in coughs. It answers an excellent purpose in sub-acute and chronic cases where the lung structure is relaxed and expectoration viscid or too profuse, as in humid asthma, it is not suitable for cases of any class where the lungs are irritated or dry. It may combine with any of the relaxing and demulcent expectorants, and may be associated with lobelia, Cimicifuga and licorice in the formation of cough lozenges. It has a moderate influence in promoting menstruation. It may be

used in dyspepsia and hepatic torpor, and in the cutaneous affections arising from biliary accumulations.

King: . "...chronic pulmonary affections, weakness of the digestive organs, hepatic torpor, atonic dyspepsia, with flatus, and internally and externally in tetter, itch, and other cutaneous diseasescough of a teasing, persistent character... catarrhal discharges"

Ellingwood: Tonic influence; It acts directly upon the nutritive functions of the body. It imparts tone to the digestive and respiratory organs and to the urinary tract. In atonic condition of the abdominal viscera with engorgement great relaxation and general inactivity this agent exercises specific properties. It influences not only the character of the circulation but acts also as an alterative, improving the character of the blood. It is of advantage in those atonic conditions where, with great inactivity of the gastro-intestinal tract, there is disorder of the skin and discoloration and eruptions. The direct tonic influence of inula seems to be exercised also upon the respiratory tract after protracted disease promoting recovery. It lessens excessive bronchial secretions controls the night sweats and imparts real tone and strength. He says that it has as direct toxic effect on the TB organism. For coughs: Where there is persistent irritating cough, with pain beneath the sternum, and abundant expectoration, the condition being acute or sub-acute in character, and accompanied with some elevation of the temperature, it will be found serviceable. It is an expectorant of a soothing character. It is also diuretic and diaphoretic, excessive catarrhal discharges from the bladder are readily controlled by its use, and vaginal catarrh yields readily to its influence. It acts directly upon the glands of the cervix uteri and in catarrhal endometritis it speedily overcomes the glairy mucous discharge and materially improves the conditions.

Now as a very unique aspect, **Dr. Burd** said that an old German physician cured forty-seven cases of hydrophobia with elecampane, without a single failure. He said that there was no doubt the disease was present.

Culpeper says, "The fresh roots of elecampane preserved with sugar, or made into a conserve or a syrup, are very effectual to warm a cold windy stomach, and stitches in the sides caused by the spleen; and to relieve cough, shortness of breath, and wheezing in the lungs. The dried root made into powder, and mixed with sugar and taken, serveth the same purpose; and is also profitable for stoppage of urine, stopping of women's courses, pains of the mother, and of the stone in the reins, kidneys, or bladder; it cures putrid and pestilential fevers, and even the plague; The roots and herbs beaten and put into new ale or beer, and daily drunk, cleareth, strengtheneth, and quickeneth the sight of eyes, The decoction of the roots in wine, or the juice taken therein, destroys worms in the stomach and maw, and rectum; and gargled in the mouth or the root chewed, fasteneth loose teeth and keeps them from putrefaction; and being drunk, is food for spitting of blood; it removes cramps or convulsions, gout, sciatica, pains in the joints, applied outwardly or inwardly and is also good for those that are ruptured, or have any inward bruise. The root boiled well in vinegar, beaten afterwards, and made into an ointment with hog's suet is a most excellent remedy for scabs or itch in young or old; the places also bathed or washed with the decoction doth the same; it heals putrid sores or cankers. In the roots of the Herb lieth the chief effect of the remedies afore said. The distilled water of the leaves and roots together, is very good to cleanse the skin of the face, or other parts, from any morpew, spots, or blemishes, and make it clear."

Priest and Priest: Gently stimulating tonic expectorant for chronic catarrhal conditions: warming, strengthening and cleansing to pulmonary mucous membranes. Indicated for chronic pectoral states with excessive catarrhal expectoration and/or a tubercular diathesis; diaphoretic, diuretic, alterative; indicated for bronchial and gastric catarrh; chronic bronchitis, tuberculosis; pneumoconiosis, silicosis with demulcents; pertussis with Trifolium; emphysematous conditions; chronic cough in the elderly with sticta.

Common Name: Elecampane	Elecampane; <i>Inula helenium</i> : Elf dock, Horse-elder, Velvet dock, Yellow Starwort
Family	Asteraceae (Compositae)
Part Used	Root/Rhizome
Active constituents	Inulin, up to 44%; mucilage, resin, sterols, aromatic oils, up to 4%; including the sesquiterpene lactone alantolactone (also known as helenalin).
Actions	Antibacterial; bronchospasmolytic; Expectorant, emmenagogue, diuretic, hepatic, carminative, cholagogue, diaphoretic; TCM Functions and indications: from Peter Holmes) 1. Increases Digestive Qi, promotes absorption and relieves fatigue, restores the endocrine system- treat Spleen Qi deficiency with associated Lung Qi deficiency signs.; malnutrition, tiredness with weak cough, shortness of breath 2. Stimulated digestion, resolves Mucous Damp- treats Spleen Damp, intestinal parasites, slow digestion 3. Promotes expectoration, resolves phlegm- treat lung phlegm; chronic bronchitis; Lung Yin deficiency with a dry unproductive cough 4. Promotes menstruation- treats Damp Cold 5. Promotes urination, resolves toxicities, benefits the skin, relieves pain: Wind Damp obstruction: acute pain from sciatica, gout or arthritis 6. reduces infection and clears toxins: infections of the lung, trachea, kidneys and bladder
Indications	Productive coughs, chronic bronchitis, common cold, influenza asthma, digestive disturbances due to inactivity/ileus; Veterinary: Chronic bronchitis, asthma, respiratory catarrh and infections, chronic diarrhea or flatus; Johne's disease??; intestinal worms, peptic ulcers
Cautions	Advised if known sensitivity to elecampane or other members of the Compositae family
Contraindications	According to BHP: pregnancy and lactation, but no cases to support this
Herb Drug Interactions	None found
Dosage (use animal doses where available, otherwise human doses can be included here but specify)	Human: Dried root: 0.25 – 4 gm TID Tincture (1:5 in 40%): 0.25 – 2 ml TID Cold Infusion (1 tsp infused 1 cup cold water for 8-10 hours): Heat quickly and administer warm, ¼ - 1 cup TID

Calendar of Events 2014

ONGOING

VBMA Graduate Program (Joint offering with CIVT)

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FEBRUARY 11, 2014 at 8 PM ET

Teleseminar: Herbal Formulas for the Winter/Spring Seasonal Transition featuring Dr. Steve Marsden

Learn all about herbal formulas that are relevant right now, during the winter/spring seasonal transition! Dr. Marsden's lecture will explain just what these formulas do, what to use them for, and how they work. This teleseminar will offer invaluable tips and information for ALL practicing veterinarians and herbalists, illustrating the shift from winter stress and the importance of being ready for spring. <http://www.vbma.org/teleseminar%20programs.html>

FEBRUARY 28 – MARCH 2, 2014

Florida Herbal Conference, Camp Winona, DeLeon Springs FL

Keynote speakers Susun Weed and David Winston.

40+ workshops, plant walks & classes!

<http://www.floridaherbalconference.org/>

MARCH 10 – 17, 2014

VBMA EcoTour – Hawaii at Limahuli Garden and Preserve in Kauai

Join us in beautiful Hawaii to learn all about local flora and much more!

<http://www.vbma.org/ecotour%202014%20detail%20page%20nm.html>



MAY 16-18, 2014

Haverkos-Wood Herbal Reunion, IN

For three days, we will have an herbal experience of both class time and nature walks with the world renowned Matthew Wood.

For more information contact Cindy Lankenau cyndvm@gmail.com , Rob Silver rsilver@drsilverdvm.com or call Mark Haverkos's office at 812-934-2410.

Mark's farm is between Cincinnati Ohio, and Indianapolis, Indiana. Free camping will be available, or motels are 10 minutes away.

SEPTEMBER 13 – 16, 2014

AHVMA Annual Conference, Portland OR

This years' conference will be held at the beautiful Red Lion Inn on the River.

<http://meetings.ahvma.org/>

JUNE 2015

International Herb Symposium

*dates and details to follow

www.internationalherbsymposium.com



Contributions to the JVBM

INSTRUCTIONS TO AUTHORS

The VBMA invites contributions to the Journal of Veterinary Botanical Medicine. The JVBM publishes material on all aspects of veterinary medical herbalism with emphasis on the clinical application of medicinal plants in veterinary medicine, the philosophy of veterinary herbal medicine, and the phytochemistry, pharmacology, herb drug interactions and research that applies to veterinary botanical medicine.

Editorial Policy

Subject material must relate to veterinary botanical medicine. Feature contributions (case studies and monographs) are subject to peer review and editing.

Contribution Requirements

Contributions should be word processed and forwarded by email to the editor, with the file(s) saved in plain text or Microsoft Word formats. All statements must be referenced and a full reference list must be included (if references are lengthy, they may be published in full on the VBMA website rather than in print). If the statement is the author's observation or opinion, this should be made clear. All statements should be of a professional nature and exclude any inappropriate style of writing. An abstract of the article should be included. A brief profile of the author should be included.

Peer Review

All feature articles will be reviewed by two independent peer reviewers. Reviewed articles will be returned to the author for modification if required.

Referencing

Textual citation method should be employed. Requires the name of author and year of publication in brackets at the end of statements or paragraphs. The reference list should be arranged in alphabetical order using the following format:

JOURNALS Author's surname Author's initials. Year. Title of article. Journal name volume; issue: page numbers. for example: Bauer V, Bauer F. 1999. Reactive oxygen species as mediators of tissue protection and injury. *Gen Physiol Biophys* Oct; 18 :7-14

BOOKS Author's surname Author's initials. Year. Book title. Edition. City of publication: Publisher. for example: Bensky D and Gamble A. 1993. *Chinese Herbal Medicine: Materia Medica*. Seattle, WA. Eastland Press, Inc.

Submission of Articles:

Please submit to Carol Brzezicki, editor, at carolbrzezicki@aol.com