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## Welcome

TO THE SIXTH EDITION OF OUR  
JOURNAL

Welcome to our fall of 2011 edition of the Journal of Veterinary Botanical Medicine!!

I would like to thank Karen Goldrick for her time and effort in publishing our journal. The organization and editing of a journal takes a lot of work. I really appreciate her efforts and wonderful work on the journal. Thanks also to all of the contributors for their time and for sharing their herbal expertise.

This is a very exciting time to be involved in Herbal Medicine. We have the availability of quality veterinarian herbal education not only in Chinese Herbal Medicine but also Western Herbal Medicine.

The VBMA is dedicated to herbal education. This year we successfully participated in the International Herbal Symposium. This symposium is the result of Rosemary Gladstar's work and teachings in the herbal community. It is a magical and wonderful event held every other year in the end of June held at Wheaton College in South-eastern Mass. I would encourage everyone to keep their calendars open and attend this symposium in 2013. The amount of herbal knowledge at this event is beyond words.

We have planned in April of 2012 an eco-tour in Spain. Susan Wynn is finalizing the details. So everyone put on the hiking shoes and meet in Spain in 2012!!!

Yours with the Plants,

**Cindy Lankenau, DVM President of VBMA**

# 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 2012 the exam will be held on September 8 at the AHVMA conference in Birmingham, AL.**

### 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

[www.vbma.org/Continuing%20Education.htm](http://www.vbma.org/Continuing%20Education.htm)

## VBMA Herb Walk 2011

The VBMA sponsored herb walk took place Friday afternoon, August 26, led by Dr. Ihor Basco. Forty participants carpoled to Presidio Park in San Diego, CA, where, inspired by Stephen H. Buhner's book, the Secret Teachings of Plants, they were encouraged to experience plants based on a personal communion with a chosen plant. All of the senses were invoked, and participants were encouraged to draw conclusions about how a plant might offer assistance to healing work, based on everything from form to taste, growing patterns, color, scent, texture, relationship to other plants, and personal meditational inspiration. According to Ihor and Buhner, this concept of learning from the plant instead of from a book or oral teaching is in keeping with ancient healer traditions. The weather was lovely, the park verdant, and the experience varied from frustrating to interesting to truly inspirational, depending on the participant.



Joyce Harmen, Jim Arner, and your President

# MONOGRAPH

## Bupleurum

CASE SUBMISSION FOR IVAS/ CIVT CERTIFICATION VETERINARY CHINESE HERBAL  
MEDICINE

Nancy Modglin



### Radix Bupleuri

#### Scientific Name(s):

*Bupleurum chinense* DC., related species include *B. falcatum* L., *B. scorzoneraefolium* Willd., *B. fruticosum* L., *B. ginghamense* Li and Gao, *B. rotundifolium* L., *B. stewartianum*

#### Family:

Apiaceae

#### Pinyin Name:

Chai Hu

#### Other common names:

Hare's ear, Chinese thorowax root, red thorowax root, saiko

#### Parts Used:

Root, aerial parts

#### Distribution:

*Radix Bupleurum Chinensis* is harvested in Northern China

*Radix Bupleurum Scorzoneraefolium* is harvested in southern China

#### Selected Constituents:

Triterpenoids (saikosaponin A, B, C, D, E; saikogenin F, G, E; saikoside), essential oils 0.06-0.16% (r-heptalactone, r-decalactone), carbohydrates, flavone, coumarin, organic acid. (Chen and Chen 2004).

#### Clinical Actions:

Analgesic, antipyretic, sedative, anti-inflammatory, hepatoprotective, cholagogic, antihyperlipidemic, immunostimulant and antibiotic.

(Cancer treatment, cirrhosis, common cold, fever, hepatitis, infections, inflammation, liver disease, malaria) (Chen and Chen 2004).

### **Energetics:**

Bitter, acrid, cool

Enters the Liver and Gallbladder channels

### **Chinese Therapeutic Actions:**

Harmonizes the Exterior and the Interior; Shaoyang syndrome, eliminates pathogenic factors from the exterior while clearing heat from the interior.

Spreads the Liver and relieves Liver Qi stagnation.

Helps relieve emotional stress, irritability, stagnation with cold and pain, eye disorders and jaundice. Bupleurum lifts Yang Qi thereby helping with prolapse of organs, shortness of breath, fatigue and polyuria. (Chen and Chen 2004).

### **History and Traditional Uses:**

Bupleurum is a traditional Chinese herb dating back to the first century B.C. It was considered a “harmony” herb and was said to affect organs and energy in the body. It is used as a liver tonic, with spleen and stomach toning properties. Bupleurum was also said to work with fevers and flu, promote perspiration, and even alleviate female problems. (Hocking, G:1997, Chevallier, A:1996)

### **Published Research:**

In vitro and in vivo studies have shown that Bupleurum has the following activities:

#### **Anti-inflammatory actions**

Bupleurum has been used for the treatment of autoimmune disease along with other inflammatory diseases. (Chow LW, et al:2001). In rats they showed that Bupleurum had beneficial effects on systemic lupus (Wang, Z, et al:2009). Certain saikosaponins were shown to prevent the development of nephritis in mice (Chen, SM, et al: 2008). In vitro studies show saikosaponins inhibit arachidonic acid metabolism (Bermejo BP, et al: 1998).

#### **Antiviral actions**

Saikosaponin-d was incubated for 10 minutes at room temperature with both measles virus and herpes simplex virus. Both were inactivated. (Ushio Y, et al:1992).

### **Hepato-protective actions**

Bupleurum not only has anti-inflammatory effects but also anti-fibrotic activity. Also demonstrated were anti-oxidant actions and liver cell regeneration (Yen, MH, et al:2005). Bupleurum, as part of Xiao Chai Hu Tang, decreased SGOT and SGPT levels in rats, decreased fatty changes and cell necrosis (Yen, MH, et al:1991, Wang BJ, et al:2004).

### **Control of cholesterol**

Rats were fed a high cholesterol diet then serum lipoprotein levels were assayed. The rats given a formula with Bupleurum and nine other herbs had a higher cholesterol protective action than the other formulas tested. (Cheng BJ, et al:2004).

### **Anti-platelet aggregation**

Bupleurum showed an eight fold inhibitory effect of collagen induced platelet aggregation compared to that of acetylsalicylic acid (Kim SY, et al:2007).

### **Actions in the central nervous system**

For one month, one group of patients were given Xiao Yao Wan and a second group were given Zhi Bai Di Huang Wan. With the group given Xiao Yao Wan, there was an increase in plasma beta-endorphin and a decrease in epinephrine and dopamine (Chen JX, et al:2005).

### **Anti-proliferative, anti-cancer actions**

Bupleurum induces apoptosis through cell arrest in tumor cells with no effects on normal lymphocytes. It enhanced the actions of 5-fluorouracil in hepatoma cells. (Kang SJ, et al:2008). Another study showed acetone extract of bupleurum inhibited proliferation and induced apoptosis in human lung cancer cells (Cheng YL, et al:2005). Saikosaponin-d promotes interleukin-2 production and modulates T-lymphocyte function (Kato M, et al:2002). An extract from bupleurum roots showed a strong anti-cell adhesion action yet the concentrations were not cytotoxic. (Ahn BZ, et al: 1998).

## Allergic asthma

Bupleurum has shown inhibitory activities against allergic asthma by antagonizing histamine and inhibiting other allergic mediators (Park KH, et al: 2002).

## Gastrointestinal Ailments

Bupleurum and its saikosaponin constituents have been shown to decrease the development of gastric ulcers. Bupleurum has also been reported to inhibit gastric secretion and acid output. (Amagaya S, et al:1998). One study reports improved integrity of gastric mucosa in rats. (Hung C, et al:1993).

## Veterinary Trials:

Bupleurum's traditional role as a liver tonic has been substantiated by research. The saikosides are known liver protectants, and bupleurum has been found to be beneficial in both acute and chronic liver disease. (Chevallier, A:1996, Bone K:1996). Saikosaponins demonstrated marked hepatoprotective activity in several animal models. (Chiu H, et al:1988, Lin C, et al:1990, Yen M et al: 1991).

## Indications:

To mediate the shao-yang channel and to treat febrile disease while the pathogenic factors are neither superficial nor deeply entrenched. The symptoms are: alternate fever and chills, fullness and choking feeling in the chest and costal regions, bitterness in the mouth, dry throat, dizziness, irritable, jaundice, loss of appetite, may tend to vomit. Purported specific uses are with cancer treatment, cirrhosis, hepatitis, infections, inflammation and malaria. (Chen and Chen 2004).

## Potential Veterinary Indications:

Based on the uses in people and research studies, bupleurum could be considered for use in cases involving hepatitis, hyperlipidemia, anxiety, neoplasia, any blood stasis condition (when Liver Qi stagnation is present). Also with any disease where there is an intermittent fever.

## Contraindications:

Overdose or prolonged use may consume Yin. Use with caution in yin-deficient patients or patients with rising Liver Yang or Liver wind. It should be used only if patients have interior and exterior symptoms. Caution with use in pregnant patients. (Chen and Chen 2004).

## Toxicology and Adverse Effects:

With large doses of bupleurum, nausea, vomiting, facial and extremity edema, gastrointestinal distention and constipation have been reported. (Bensky D, et al:1993, Huang KC:1999)

## Potential Drug Herb Interactions:

Reported interactions have been with the formula Xiao Chai Hu Tang, and not the single herb Chai Hu.

The bioavailability of Tolbutamine was reduced after oral administration of Xiao Chai Hu Tang in rats.

There is an increased risk of acute pneumonitis when Xiao Chai Hu Tang is taken with interferon. (Chen and Chen 2004)

## Preparation Notes:

May be used unprocessed usually for exterior conditions

Baked, to have less diaphoretic action

With honey to nourish Lung

With wine to decrease body temperature

With vinegar to invigorate blood circulation (Chen and Chen:2004)

## Dosage:

Human:

Dried herb: 3 to 10 grams T.I.D.

Alcohol extract: 1.5 to 3 ml per day

Concentrated herbal granules:  $\frac{3}{4}$  tsp twice a day

## Small Animal:

Concentrated herbal granules:  $\frac{1}{4}$  tsp twice a day for 10 to 20 pound pet

Alcohol extract: .2 ml per 5 pounds body weight, twice a day

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**Nancy Modglin, DVM -  
Holistic Options Veterinary  
Redlands CA**

Nancy graduated from Tufts University School of Veterinary Medicine in 1984. In the following years, became certified by IVAS and AVCA and then completed the Chinese Herbal CIVT course in the fall of 2010. I own a holistic small animal hospital in Southern California.



## VBMA Certification Update Autumn 2011

**Congratulations** to both Hue Karreman our president elect, and Cynthia Lankenau, current president of the VBMA, who undertook the VBMA Certification exams. Both passed with flying colours and only have the case studies to submit.

Please let the VBMA board know if you are interested in preparing for next year.

**In 2012 the exam will be held on September 8 at the AHVMA conference in Birmingham, AL.**

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## A Day In The Life

### A DAY IN THE LIFE OF THIS HOLISTIC VET

Elaine Cebuliak

**A typical day in my work consists of** some second opinions, a referral from another vet and some first accession consultations, together with some surgical cases which are heavily skewed with dentistry. Our clinic is just one year old, and employs three nurses and an occasional relief vet.

I have worked in many practices around the country and have done referral consultations as both "special interest in" dentistry and holistic medicine as well as locum work. Generally the blend works well from a financial point of view for the employer, however there can be misunderstandings when the practice owner/vet does not have TCM, herbal or even dental training. In general the clients are pretty happy with the outcome, but can be a bit bewildered when they have just come from a consultation with their usual vet who has not mentioned/or seen that a fractured canine tooth is a problem-- or worse still-- has seen it and said not to worry about it as the animal is still eating.

Some problems with vets not understanding TCM, ie an obvious liver blood deficient or spleen deficient animal that can be helped with chinese herbs, diet changes, and acupuncture-- taking them off cortisone and metronidazole drugs can do very well indeed. When we then state that cases like chronic diseases IBD/epilepsy/liver disorders/cancer should not be vaccinated as they are unwell--and we can do an antibody titre test instead, conflict may arise. It is important to give clients information to empower them as caregivers. Unfortunately the first vet can feel threatened by this, as it is a paradigm shift from their general practice. Its very important to use "nice words"about the primary or referring vet, and to bite your tongue to prevent disparaging comments. For example the fractured tooth that was missed and clearly causing a periapical abscess requiring

extraction or root canal therapy-- can be explained by stating the first vet was focussing on the other health care aspects, and he/she did an excellent job bringing your pet up to date with.....(fill in the blank with something!).

Once a practice/nurses/vets have experienced and seen this improvement with holistic medicine it is much easier to integrate this into the practice.

If you get tired of playing these games with appeasement and just want to go out on your own, remember it will be about running a business, and all the 24/7 things that go along with that. Find good support staff to keep you going, preferably someone that already knows bookkeeping.

You will also need to remember that your staff will have other agenda, and there are many times you will have to deal with their emotional and family crises! Holistic vets seem to attract these types...but on the other hand we have more tools to deal with them. ;-)

Setting up: get your costs under control and take out the smallest loan and figure out how much you need to service that. You do want some nice toys, a good operating table (to save your back and neck) and I highly recommend a digital all in one dental xray system- I use Dexcowin ADX 4000. Portable and great for digits, small limbs as well as teeth! Instant and pays for itself over a few months. (If you remember to charge for your rads!). Its from South Korea, and the contact is Ray-- tell him Elaine sent you over and he will give you a good deal.

We choose to send our bloods to the nearby lab, as we have internet and receive results in 4-6 hours generally if sent early in the day. All of my surgical cases receive intravenous fluid support and excellent nursing care, so we call the bloods "perioperative"and this means that if we are concerned the cases stay overnight after surgery to stay on fluids, or we send home with subcut heavy loading.

Make sure you do a post op phone check up as well as a free 3 day post op check. My nursing staff do most of

this. They also put in the catheters IV and sedate under supervision. They also do the admissions and preop check ups, and can take blood.

We use Bee Free software- which is a great way to get a practice up and running quickly and efficiently. Its intuitive, and free!

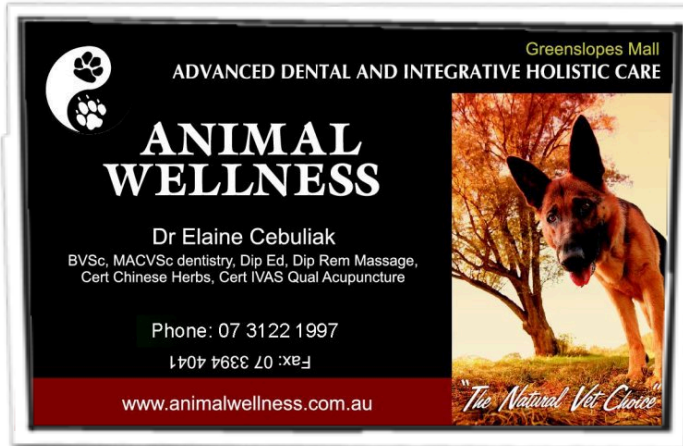
Our cases are often arthritis, "aint doing well", cancer, and dentistry.

The cancer cases will come in for regular IV vitamin C and top ups of their herbal medicines, revisits for blood monitoring and reviews.

The arthritis cases get our handout. The Dental cases also get handouts. Most patients go home with some form of herbal medicine and diet changes. We use Chinese diet advice sheets and circle the appropriate food stuffs we recommend. There is also basic diet advice on my very basic and old web site, which needs updating.

cheers,  
Elaine

Dr Elaine Cebuliak BVSc MACVSc dentistry, Dip Ed, Dip Rem Massage, Cert Chinese Herbs, Cert IVAS Qual Acupuncture, CMAVA



## Practice Pearls

# PRACTICAL TIPS FROM VETERINARY HERBALISTS



Dr Lankenau walks us through a few of her equine cases where she has utilised veterinary herbal medicine.

### CARDIAC CASE-PIPER, 11 MONTH OLD THOROUGHBRED

On April 15, 2010, I met Piper, an eleven month old Thoroughbred filly that had been adopted. She had been presented for poor growth and exercise intolerance.

On physical exam, a grade VI/VI Holosystolic murmur was detected. She weighed 250 lbs. and had the stature of a three month foal. Her color was pale/pasty. Her pulse was thin yet soft and fluttery with no detectable pulse felt in the spleen or kidney position. Her tongue was pale and slightly swollen. Her respiration was rapid and labored with a soft weak cough. She had a loose stool with cow-plop non-odorless balls.

Due to her young age, with a probable birth defect, her TCVM diagnosis was a Kidney Jing deficiency with a secondary Spleen and Heart Qi deficiency. She was placed on **Yang Xin Tang** (JT) to directly support the Heart Qi: one tablespoon twice a day. This formula is designed to treat tonify Heart Qi and invigorate Blood. She was also started on **Liu Jun Zi Tang**: one tablespoon twice a day.

Piper's Spleen Qi was so weak, with signs of dampness (loose stool) and signs of Lung Qi deficiency (wet cough), that I felt she needed additional Spleen and Lung tonification and assistance to transform her secondary Phlegm. She was also started on **Solomon's Seal**: ten drops twice a day. This herb is a Kidney Essence tonic and also has a supportive effect on the heart and intestines. Other

supportive supplements used were 400 mg of **Co Q 10** per day, one teaspoon of **Crataegus** powder twice a day and a vitamin/mineral mixture that included yeast based Selenium, fresh air, good sunshine and green grass. Piper was given a "let's just wait and see" prognosis, but her owner wanted to fully explore her options and on 5/11/10 went to Ohio State for a full work-up. Piper was diagnosed with a subpulmonic Ventricular Septal defect with moderate pulmonic Stenosis with mild Aortic Regurgitation with a small patent foramen ovale. She was given a grave prognosis and euthanasia was recommended. (My client brought Piper home.)

On May 24, I rechecked Piper. Her stools were normal; she had grown in height at least two inches and gained at least one hundred fifty pounds. Her respiration was normal with better exercise tolerance. Her tongue was pale pink, pulse was stronger. All was continued. By September 16, 2010, she had dramatically improved. I could imagine two heart sounds. Her tongue was pink and slightly dry, possibly slight lavender, her pulse slightly tense with a rate of 30 beats per minute. She has the stature of a yearling now. She stands 15 hands and weighs 900 hundred pounds. She runs and plays with the herd with no visible exercise intolerance. Her TCVM diagnosis is Kid essence deficiency with Heart Qi deficiency and slight blood stagnation and yin deficiency. She is currently on **Yang Xin Tang** and **Dan Shen** compound (to treat the slight blood stagnation) with **Ten Sheng Ma San** tea pills twice a day (to treat the yin deficiency).

I still have a "wait and see" prognosis but Piper has already exceeded our highest expectations.



Piper- above as a poorly foal, and below as a well two -year- old



## CASE REPORT FOR SUSIE, 30 YEAR OLD NATIONAL SHOW HORSE

**Susie was a 30-year-old National Show Horse Mare.** She was a retired brood mare. In 2005 at 25, her last foaling had been very difficult. Her current job was babysitting the weanlings.

She was seen on April 10, 2010 for a non-weight bearing lameness on her left front leg. She had a bony swelling the size of a grapefruit on the proximal lateral aspect of her left humerus, in the area of the deltoid protuberance. The area was very hot. She had marked atrophy of her scapular muscles.

Her tongue was dark red/purple. Her pulse was fast, taut but thin. Her TCVM diagnosis was Severe Blood stagnation with Qi deficiency and secondary Heat. Her Western tentative diagnosis was some type of osteosarcoma.

Due to her age, her owner elected for only some type of pain relief while burial arrangements were made. She was put on **Xian Fang Huo Ming Yin** powder: two tablespoons twice a day. I also injected 25 cc **Traumeel** in Lung 1, GB 21, Bl 11, and LI 10.

The following day, Susie's owner cancelled her euthanasia since Susie was able to bear weight on the leg. Five days later she was able to walk outside in the paddock. She continued to improve. Two weeks later, although the bony swelling was still present, there was no palpable heat or any evidence of pain. Her dose was decreased to one tablespoon twice a day. Susie has been excellent all summer long. Her swelling has decreased in size by half to a baseball size. She is currently on one tablespoon of **Xian Fang Huo Ming Yin** per day. Her tongue is still slightly purple and dark pink. Her pulse is still taut but not as rapid.



Susie, an saddlebred who had aggressive bone cancer in her left humerus that Xian Fang Huo Ming Yin controlled for months

Susie had already been on a low carbohydrate diet. Her grain consists of 300 grams of Rice bran with 300 grams of a low carbohydrate "grain" of beet pulp, organic oats with a lot of dried peas and sunflower seed. She receives a vitamin/mineral supplement that has Vitamin E, C, D with all of the water-soluble vitamins and a yeast based Selenium. The best nutritional adjunct is the pasture she is on. It has been a wonderful source of herbal medicines: **Dandelions, red clover, violets, yellow dock, chicory, and goldenrod.**

**XFHMY (Xian Fang Huo Ming Yin)** was selected because I felt the underlying cause was heat toxins that had been damaging Susie since the vaccination given during her last pregnancy, causing the secondary blood stagnation. **XFHMY's** main therapeutic action is to clear heat and eliminate toxins through the use of **Jin Yin Hua** (honeysuckle flower) and **Fang Feng** (ledebouriella root), **Bai Zhi** (Angelica dahuricae) and **Gan Cao** (Licorice root). The severe blood stagnation of the swelling will be helped by **Dang Gui Wei** (Angelica sinensis root), **Chi Shao** (Red Peony Root), **Ru Xiang** (Mastic) and **Mo Yao** (Myrrh). The secondary Phlegm will be resolved and dispersed with **Bei Mu** (Fritillaria). **Tian Hua Fen** (Trichosanthes root), **Chuan Shan Jia** (Pangolin scales) and **Zao Jiao Ci** (Gleditsia thorn) will help to open the channels and soften the mass.

If the owner had wished to invest more economic support, Susie would have minimally been given **2-More Saver**, which is a broad anti-oxidant nutraceutical, and **Salvia**. Susie also needs a Qi tonic, as she is very old, winter is coming. Her tongue is no longer red; it is slightly swollen and pale/ pulse is softer

The owner has decided to euthanize Susie before Thanksgiving, before snow flies. Susie has struggled during the past two winters and her owner wishes no more pain for Susie. On the parting note, Susie has had a wonderful summer.



Some of the chewed yellow dock from Susie's pasture



Forest

### CASE REPORT FOR FOREST 13 YR OLD GELDING

Forest is a 13 year old Quarter Horse Gelding who chronically suffered from an imbalanced rider. He subsequently would suffer from a subluxation at his lumbar-sacral area, with radiating pain down his left hock. His conventional vet injected his left hock with a vague combination of things on November 15, 2009.

On November 23, 2009, Forest's hock "blew up". He developed a fever of 103.5 degrees F, and was three legged lame. On physical exam, he had a red tongue, his pulse was surging, excess, rapid and forceful. His leg was hot, and swollen twice its normal size, with non-pitting edema.

His TCVM was accumulation of heat and toxins with a secondary stagnation of blood. Forest was given **Xian Fang Huo Ming Yin** powder, four tablespoons four times a day. After two weeks, he was able to walk on his leg, the swelling was almost gone, his tongue was pink, pulse was still surging. He was maintained on two tablespoons of XFHMY (**Xian Fang Huo Ming Yin**) for an additional two months, and then decreased to one tablespoon twice a day for an additional two months.

Forest is currently sound and happy and was shown successfully over the summer.

### CASE REPORT FOR OSCAR A FIVE YEAR OLD WARM BLOOD GELDING

Oscar is a five year-old Warm Blood Gelding who was attacked by a Great Dane when three days old. He suffered from several wounds, one being a severe laceration on his right hock, which healed poorly with many scarred and thickened areas.

In September of 2009, he was put into training and became three legged lame on his right hind. Oscar's conventional veterinarian x-rayed his hock and found several areas of osteo-lytic and osteo-proliferative changes on the articular surfaces of the tarsal-metatarsal joint. Oscar was given a grave prognosis. (So time to cure him!)

Oscar was examined and found to have a forceful surging, rapid pulse. His tongue was purplish red. He was painful everywhere.

He was put on **Xian Fang Huo Ming Yin** powder, two tablespoons three times a day. Five days later he was walking on his leg. Two weeks later, he was back in training.

He was maintained on **Xian Fang Huo Ming Yin** for four more months at one tablespoon twice a day. At that time, February of 2010, his pulse was normal and his tongue was light pink. No reactive points were found. On May of 2010, Oscar developed in his right hind leg, a bounding pulse and swelling from his hoof through his flexor tendons. He had a forceful, slippery pulse; his tongue was red and wet.

His TCVM diagnosis was Damp-Heat (probably an abscess) and he was given **Long Dan Xie Gan Tang**, two tablespoons three times a day. Four days later three abscess tracts broke open and drained. Oscar has been sound seen and has achieved a training level in dressage.



Pictures of Oscar and his right hock



Burak

### CASE REORT FOR BURAK, A 13 YEAR OLD WARM BLOOD GELDING

In April of 2008, Burak, a 13 year old Warm blood gelding was given a dose of Anthleclide deworming paste. Three days later, he was in renal failure with a creatinine of 4.9 and serum calcium of 14.6 mg/dl.

He was sent to Cornell's Veterinary Hospital and after a week of dialysis, he was sent home to be buried. His serum calcium had not changed, and his creatinine level, although had initially decreased to 3.1 had started to increase again. While on the ride home, his owner decided to seek alternative care.

Over the phone, the owner was told to stop during the drive and pick up homeopathic **Nux Vomica 30 C** and give a dose, and **Nettle Seed tincture**, 40-50 drops. On physical exam, when Burak had returned home, his was found to have a slippery pulse, and his tongue was pale and swollen. He had reactivity on BL 20 and slight reactivity on BI 23.

Burak's TCVM diagnosis was pathologic phlegm and accumulated dampness in the lower Jiao. He was placed on **Wei Ling San** three tablespoons three times a day. By the next day, he was, for the first time in a week, eating.

Over the next week, his creatinine decreased and in a month was back to normal were it has remained to this day. His serum calcium levels also returned to normal in three weeks. His dose of **Wei Ling San** was decreased to one tablespoon twice a day after a month

and was continued for four months until his pulse and tongue returned to normal.

In October of 2008, his owner complained of a vague stifle weakness that had plagued him as a four year old. Burak's pulse was slightly slippery, though his tongue was pink to slightly red. He was placed on **Si Maio San**, one tablespoon twice a day. Over the next month, he returned to perform well.

At this time, his owner gives Burak a tablespoon of **Si Maio San** if he feels a tad weak in the hind legs. His kidneys have maintained a normal function.



Handsome

### CARDIAC CASE REPORT HANDSOME

Handsome is a 29 year old Arab gelding who has suffered various problems during his life since a Rabies immunization in 1997. As he aged, while most issues resolved, he was developing greater episodes of anxiety. In July of 2009, Handsome had a severe episode of fear during which his owner noticed that his seemed to have an incredible heart rate.

On physical exam, he had a heat rate of 120 beats per minute and a pulse of 60. He had a jugular pulse extending into his sub-mandibular area. His pulse was tight and fast. His tongue was purple. A diagnosis of atrial fibrillation was made.

Handsome was given two tablespoons of Xue Fu Zhu Yu Tang three times a day. After a month, his heart rate and pulse were forty beats per minute and his tongue color was pink. Due to the severity of his presumed heart condition, he has been maintained on a low dose of one tablespoon a day, off and on, since that initial episode. He has done well.



Chewed Ash tree was eaten by Handsome. One of the first things that had happened to him right after him Rabies vaccine in 1997 was uveitis, That resolved in 1998 but since then he loves to chew on Ash trees which Ash bark, helps to clear heat in the eyes.



Cracked tongue of Friday, a 15 year old Quarter Horse mare. She is an over worked, over vaccinated lesson horse, with no pasture and is burnt out. She had two seizures last year, and was treated with American Ginseng and Bu Zhong Yi Qi Tang for Exhausted Sp Qi deficiency with secondary phlegm obstructing the mind.



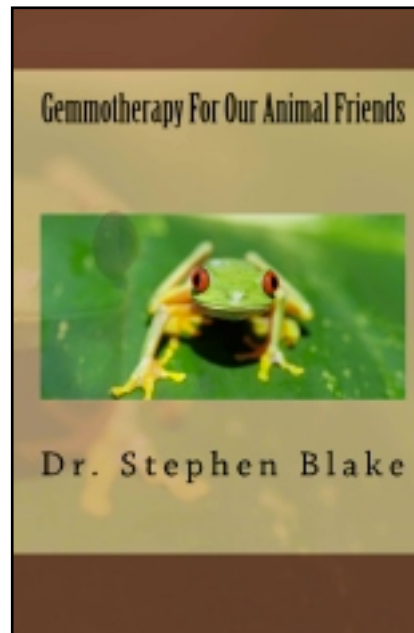
Deer taking advantage of spilled sunflower seeds from the bird feeder

## Book Review

Each month we review a publication from one of our members

### GEMMOTHERAPY FOR OUR ANIMAL FRIENDS

Dr Stephen Blake



**Gemmotherapy for Our Animal Friends** is an important asset to everyone wishing to practice the best medicine. I first learned about Gemmotherapy at a Holistic Veterinary Conference at a lecture given by Dr Blake. (Gemmo is Latin for bud. Gemmotherapy solutions are tinctures made from the growing part of the plant; either the bud or shoot. Containing the growth factors enhance the healing ability of the solutions).

At that time my only resources were Dr Blake's lecture notes and a book that he recommended written by an M.D. in France. Now that I have Dr Blake's book for a resource, I don't have to convert the human doses for the animals.

The book is well written, easy to understand by the general public, and a great reference tool. Gemmotherapy can be used independently, or with other modalities. It is very easy to incorporate into your practice and you will see great results with it. Gemmotherapy For Our Animal Friends will tell what gemmotherapies to use, and how much of each to use for each specific ailment. I highly recommend it for your library.

Susan Maier, D.V.M  
Horizon Veterinary Services  
7021 Shelbyville Rd  
Simpsonville, KY 40067

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# Herb Notes

## CONTINUING A SHORT STROLL THROUGH SOME OF THE HERBS ON THE VBMA STUDY GUIDE LIST

(Edited from Cynthia's regular contributions to the listserve)



Bugleweed *Lycopus virginicus*

### Subject: Bugleweed

Next herb on Study guide is *Lycopus virginicus* (**Bugleweed**). This herb likes to grow in wet areas and since our herb walk at the AHVMA might probably be along the river, this is a good herb to watch and look for!

**Energetics:** warm, spicy, bitter

**Meridian:** Spleen, Liver (Peter Holmes-feels Heart, Liver, and Lung.)

### Functions:

1) Treats constrained Heart and lung qi, and Liver yang rising-Thyroid stress, Hypertrophic cardiomyopathy, spasmodic asthma (think of when a good response with Lu 7, Pc 6, Ht 7)

2) Calms the spirit, relieves anxiety and irritability-Heart yin deficiency; clears deficiency heat and relieves coughing. (Lung yin deficiency.

3) Promotes astringent and stops bleeding (Michael Moore recommended it as a general homeostatic in conditions where there is a fever and a rapid pulse.

4) Stimulates digestion- liver (and stomach) Qi stagnation.

**Felter** -"used in an excited circulation and fast heart beats with deficient heat force"

**Michael Tierra** says that this herb such be used only is a fresh state or freshly tinctured. (Hmm ....maybe that is why I have just O.K. results with this herb as I use a shelved tincture. Any comments?)

Quick note the Western and Chinese *Lycopus* can be used very differently. The Chinese *Lycopus* is

mostly used as a diuretic and emmenagogue, although it has cardiotoxic effects)

*Lycopus virginicus* has been shown to be effective for sedating high thyroid, especially when combined with motherwort.

**Ellingwood**- Specific- diseases of the heart, either functional or organic. marked by irritability and irregularity of the organ, dyspnea, feeling of oppression in the cardiac region. Hypertrophy and dilation have been know to undergo marked diminution in consequence of its administration. It possesses tonic, sedative, astringent and narcotic properties, in pericarditis and endocarditis its sedative action lessens the frequency of the pulse, irritability, and its attendant inflammation, in a manner equaled by no other remedy.

Also helpful in lung diseases. "Highly effective in chronic inflammatory disease of the lungs. By regulating the heart's action and equalizing the circulation in the lungs it mitigates or arrests the local inflammation."

It has been used repeatedly in the high temperature of typhoid fever with uniformly good results; it not only effectually reduced the excessive heat, but in doing so, it did not depress in the least the vital forces of the patient.

**Scudder** says, "It is a very certain sedative, where increased frequency of pulse is dependent upon want of power. ...we employ it in all forms of chronic disease with frequent pulse, and in the advance stages of acute disease where there is great debility. as the pulse is reduced in frequency, it is increased in strength, and there is a more regular and uniform circulation of blood. The remedy acts upon the sympathetic system of nerves not only have an improvement in the circulation, but every vegetative function feels it's influence.

**Dr. Halbert** and others combine *lycopus* with *chionantus* and perhaps *belladonna* in the treatment of diabetes...It promotes digestion, invigorates the appetite, allays gastric and enteric irritability.

**Clymer**-*Lycopus* has been used in the treatment of fistulas, applied topically. Internally as a soothing astringent acting as a nervine. It is indicated in loose coughs and hemorrhages from the lung and bladder and in incontinence.

## Matthew Wood-

Tissue states where it is indicated are when excited but atrophy

Specific Indications:

Hyperthyroidism: looks like a nervous, hunted animal, pulse rapid and tumultuous. Wide open staring eyes.

Bronchial irritation, chronic cough with hemorrhage.

Asthma with hyperthyroidism-metabolism is so high that the person has to pant to get enough oxygen.

Passive capillary congestion of the lungs.

## Subject: Burdock- (*Arctium lappa*)



**Burdock** (*Arctium lappa*) is sure to be found on our herb walk and is the next herb on our study list.

**Energetics:** bitter, pungent, and cool (Matt Wood classifies it as warm and sweet and bitter and pungent).

**Meridians affected:** Kidney, Bladder, Liver, Gall Bladder, Lung meridians.

### Functions:

1. Promotes detoxification, clears Damp, dissolves deposits, removes lymph congestion, promotes urination and relieves irritation-treats Damp/Cold obstructions; Kidney Qi stagnation
2. Harmonizes urination, relieves incontinence: Kidney Qi deficiency
3. Clears Heat and toxins, reduces infection and inflammation, and relieves swelling, antidotes poisons
4. Promotes sweating, dispels wind heat, reduces fever and promotes eruptions- treats external Wind Heat. (seed-see later TCM note)
5. Stimulate digestion, promote bile flow, removes accumulations; raises Qi and relieves prolapses.; can treat intestinal dysbiosis
6. Promotes tissue repair and benefits the skin. (From Peter Holmes who also noted to always think of Burdock when there is a skin/bladder underlying disharmony since it has an overall diuretic/diaphoretic and detoxicant effect.)

**Matthew Wood** feels that Burdock is indicated when there is a tissue state that is characterized by dry/

atrophy and stagnation. In this state the tissues need to increase secretions and the tissue needs feeding and cleansing.

The bitters in this plant will stimulate secretions in the digestive tract--hence better activity of the gallbladder. The oils found in Burdock also increase the secretion of bile, hence improved activity of the gallbladder. So constipations that are being caused by a lack of emulsification of fats and lipids are helped by Burdock.

Dry scaly skin, that is characterized by blocked sebaceous glands, due to a lack of oil moving, and then a secondary inflammation, is also healed by Burdock.

### So Specific Indications of Matthew Wood-

Dry, lack of oil, Heat

Thin, withered people with dry skin and scalp.

Digestion-lack of secretion in the Upper G.I./lack of lubrication in the lower GI tract

Poor glandular function

Liver congestion/gallstones

Leeches out concretion, Kidney stones, arthritis

Unbearable sciatic pain-better with movement

Carpal Tunnel syndrome

Fever with excessive Oily seating and worry

Dry or oily skin with eczema, acne, dandruff

Water retention in individuals who are generally dry

**Hildegard** did not think that highly of burdock except "for a person who was born with a stone in his or her body"

**Culpeper on Burdock** "Venus challengeth this herb for her own..and by its leaf and seed you may draw the womb which way you please. (I have never tried this). The Burdock leaves are cooling, moderately drying...food for old ulcers and sores. A dram of the roots taken with pine kernels, helpeth them that spit foul, mattery, and bloody phelgm. The leaves applied to the places troubled with the shrinking of the sinews or arteries fine much ease. The juice of the leaves, or the roots ..helpeth biting of any serpents. The juice of the leaves being drank with honey provoketh urine, and remedieth the pain of the bladder. The seed being drank in wine forty days together, doth wonderfully help the sciatica. The leaves bruised with the white of an egg, and applied to any place burnt with fire, taketh out the fire. The decoction of them fomented on any fretting sore or canker, stayeth the corroding quality... the roots may be preserved with sugar, and taken for constipations, the stone, and the lask. (What is the lask?) The seed is much commended to break the stone, and cause it to be expelled by urine...

**Ellingwood** adds that It is beneficial in syphilitic, scrofulous and gouty conditions.

**Julliette de Bairacli Levy** suggested it to treat ringworm and scabies and the brewed root for burns.

No toxicities, or drug interactions Only disadvantages are the dogs that get the burrs embedded in their tongues.



Butterfly Weed *Asclepias tuberosa*

### Subject: Butterfly Weed

*Asclepias tuberosa*- **Butterfly Weed- also know as Pleurisy Root , Yellow Milkweed**) This plant has mild purgative properties and promotes perspiration and expectoration. Due to this it is very useful in cases of asthma with catarrh, it produces expectoration and relieves the cough and PAIN.

**Energetics:** bitter, slightly pungent, cool and dry

**Western classification:** stimulating, dispersing, relaxing, decongesting, and restoring

**Enters** the Lung, Spleen, LI meridians

So.. **Indications** are to treat Lung Wind-Heat with phlegm- pleurisy, croup, acute bronchitis, and acute lung edema

2. Circulates Qi, and stops spasms- spasmodic asthma (great to add in formula for heaves when there is a lot of pleural friction sounds)

3. External Wind - Bi syndrome- PAIN and aches of rheumatic fevers, also Wind Damp Bi syndrome- of neuralgias and myalgias

4. Stimulate Liver and St Qi stagnation

5. Kidney Qi stagnation to promote urination and resolves toxicosis

**Peter Holmes** feels it is one of the best expectorants available.

It was used widely by the Native Americans, The Cherokee said "It was known as a wind root for its ability to carry a message to the Great One."

For those that are studying the tissue states, Pleurisy Root is indicated when the tissue is atrophied, constricted or excited.

#### **Specific Indications:**

Since we have been focused on Pain; Acute Bursitis and arthritis with redness, swelling , tenderness, pain, and lack of perspiration.

Rheumatism, especially of the ribs, neuralgia with suppressed secretions and symptoms; old cases of

bursitis and arthritis with adhesions in the joints that crackle on movement; FROZEN Shoulder with atrophy

Also Respiration: Snuffles or acute nasal catarrh of infants, dry skin, full, stuffy feeling in the chest, cough, dry in upper lungs, wet in the lower lungs; pneumonia in the early stages, coughs that are tight, dry and constricted. Chronic pleuritic stitches following old cases of bronchitis and pneumonia: sharp, stitching pains in the chest; pain in the chest from coughing.

I hope everyone's Pleurisy Root has been planted!! Continuing the theme about treating pain, I just planted the organic **Butterfly Weed** that the VBMA had at our booth at the AHVMA conference last year. (I hope everyone stopped by and got a packet. I really grow weeds the best!)

**Ellingwood** says: "It is beneficial in acute pleuritis specifically, also in bronchitis, pneumonitis and peritonitis. It has distinct expectorant properties. In tight and painful coughs with difficult respiration, especially where there is a general suspension of secretion, with dry skin and mucous membranes and in soreness of the chest from coughing, it is a most excellent remedy. It is specific in pleuritic pains, both of the acute and subacute variety. I have treated with this remedy the 'stitch in the side', which had been present for many months after pleurisy, and have removed it satisfactorily."

**Scudder** prefers to make a tincture from a dried root. "It is especially a child's remedy, being feeble inaction, though quite certain. When given freely, it is one of the most certain diaphoretics we have, providing the pulse is not frequent, and the temperature increased. Even in the small dose of one drop, it will markedly increase true secretion from the skin. Excretion by the skin is a vital process, and takes place by means of secreting cells. I employ *Asclepias* in diseases of children, believing that it allays nervous irritability, is slightly sedative, and certainly increases secretion from the skin. Bear in mind that it is a feeble remedy and too much must not be expected."

**Matthew Wood** disagrees slightly about it being a sedative and relaxant. He said that the taste, mildly bitter and sweet, indicates that it does not "relax and open pores according to the normal pathways." He thinks that it also generates fluids at the same time that it relaxes the surface. So that the mild relaxant effect is intensified by the fluid generating side.

**Michael Moore** felt in a similar way "Pleurisy root, as a gestalt, tends to stimulate skin and mucosal circulation, sebaceous secretions, and sweat. Therefore it can be used with great success in tonic formulas for both dry skin and hair; frequent night-

time urination and generally poor adaptability to changes in heat and humidity." In that TCM linking of the Lung meridian to disperse and distribute the fluids and the Kidney to eliminate, it seems that pleurisy root shifts the balance of fluids in the body away from the kidneys toward the lungs and skin. SO LOOK FOR those with dry skin with compromised respiration with excessive urination.

**Subject: Cayenne-Capsicum minimum**



The next herb on the study guide is **Cayenne-Capsicum minimum**. Capsicum is a perennial with up to three flowers per leaf joint with small pungent chilies.

We probably will not see this on the herb walk unless we go by someones garden.

**Energetics:** spicy, hot, but with a secondary cooling effect

**Meridian affected:** Kidney, Lungs, Spleen, St, Ht  
Part used: the fruit

**Properties:** stimulant, expectorant, astringent, hemostatic

Capsicum warms the interior and eliminates Cold  
Functions and indications: (from **Peter Holmes**)

1. Tonifies the Yang, stimulates circulation, dispels cold and relieves chills; stimulates the Heart and rescues collapse- weak cold limbs with palpitation, collapse, coma
2. Promotes sweating, dispels Wind/Cold/Damp- treats external Wind-Cold invasion. Also Wind/Cold/Damp obstruction with chronic wandering myalgic pains.
3. Stimulates digestion- Stomach Cold and Spleen Yang deficiency
4. Promotes tissue repair, reduces contusion and relieves pain. Used as a liniment.

Here is a great quote from his book, "The Energetics of Western Herbs":

"It is the purest, most neutral stimulant know. Cayenne is a perfect addition to other herbs when a stimulating edge is required. Cayenne actually increases their effectiveness, makes them more active...only a very small part is used...

Cayenne, not only enhances the main herbs used for deficiency Cold conditions, but is also an ideal adjunct remedy wherever there is Blood or fluid congestion. The Shao Yin type of individual with a Cold, deficiency and stagnation-caused complaint stands to benefit the most from Cayenne.

Basically Yang deficient, with a need to stimulate the circulation of Yang Qi. The innate warmth of the vital spirits is kindled and the fire of Ming men."

This was one of the herbs that **Samuel Thomson** REALLY liked. He used the American Indian treatment of using this herb for its stimulating influence with the promotion of sweating.

**Cook** in "The Physio-Medical Dispensatory": "Purest of all known stimulants, of great intensity, very permanent in its action, spreading through the system rather slowly, but ultimately reaching every organ of the frame...It acts mainly upon the circulation, but also upon the nervous structures. It first shows its power upon the heart and the large and central blood vessels; but finally traverses from the center to the very capillaries. It thus slowly gives increased tone to the circulation, giving power to each pulsation...This agent is fitted for all forms of depression and atony, especially where these are dependent upon feebleness of either general or local circulation, or loss of nerve power not connected with local irritability. .By sustaining the portal circulation, it is of the greatest value in all forms of ague.

This agent is also one of the most powerful arrestors of mortification that the Materia Medica contains...(he describes how this will save someone who has gangrene)..it will "repel all products of putrefaction so that they will not be absorbed. By these invaluable qualities, it is an agent of great service in all diffusive preparation for the treatment of typhus, receding Small-pox, scarlatina, diphtheria, putrid sore-throat, phlegmonous erysipelas, yellow fever and similar maladies with a putrescent tendency...As an outward application, capsicum makes one of the best bases of all stimulating liniments.

As its own power of diffusion is moderate, it is best to combine it with more relaxing and diffusive articles. When its action toward the surface is sought, it is best to combined with such diffusive as asclepias and ginger.

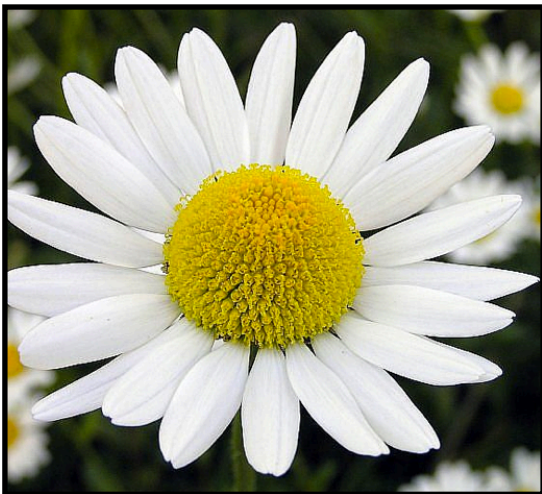
It should never be used needlessly or with discrimination. A full and hard pulse does not admit it; though a creeping, wiry, unsteady and very small pulse calls for it. It is out of place altogether inflammatory fever or an inflammatory condition; in gastric irritation or inflammation."

**Ellingwood-** "It is directly indicated in general enfeebled condition with impairment of nerve influence. In general atonic conditions, with relaxation of muscular fiber; in plethoric conditions and lethargic affection with general impairment of tone with deficiency of functional force, energy or activity. Tongue is dry, harsh with brown coating." The old **Thompsonian No. 6** is made by combining myrrh two ounces, capsicum half an ounce and dilute alcohol two pints. It was used as a "Most profound stimulant."

Capsicum is very tough to give to cats, even in very dilute doses, I have a really hard time BUT it has the same homeopathic indications as herbal indications, "characteristics-seems to suit especially persons of lax fiber, weak; diminished vital heat." from **Vermeulen's Materia Medica**.

So often, I just use it homeopathically. It has been noted to help swallowing in weak elderly people. I have tried it in old dogs with laryngeal paresis. It seems to help stimulate swallowing quite nicely.

**Scudder** says of Capsicum: "The solar plexus, the most important of the vegetative nerve centers, may be thus influenced from the stomach. The stimulant influence of capsicum may, therefore, be extended through this, and be of marked advantage in states of great and sudden prostration with a tendency to congestions."



Camomile *Marticaria recutita*

**Subject: Chamomile**

The next herb on the study guide is **Chamomile**, *Marticaria recutita*, There are several plants that go by the name of Chamomile, all belong to the Asteraceae family. In addition to *Marticaria recutita* or German chamomile

there is Roman Camomile, *Anthemis nobilis*. I cannot find a clear distinction in their use. Does anyone else know??

**Energetics:** sweet, pungent, bitter, cooling, drying  
It treats the tissue states of irritation, constriction and stagnation.

**Tongue-**irritated along the sides, white-yellow coating in the central part of the tongue

**Pulse-**small, tense, rapid

Best suited in conditions where there has been a wind invasion that has combined with heat. So it treats tension with irritation.

**Matthew Wood** states that it stimulates the body to put Calcium into the serum...

**Specific indications:** "terrible twos, fretful, babies of any age"

Mental state of constant petulance, quarrelsome, out of humor, whining, peevish

**Physical symptoms:**

Head: facial neuralgia, gum disease associated with stomach heat, stiff neck

Respiration: acute colds, fevers, flu, coughs, earache

Digestion: Acute digestive upset, coming on after vexation and anger, with heat of the face, thirst, taste of bile, nausea, vomiting of bile, anxiety, restlessness, colic in babies, stomach ulcers from stress, hemorrhoids and anal fissure.

Liver/gallbladder: jaundice, gallstones gallstone colic, subacute inflammation or congestion of the liver with green stool, soreness of the anus with colic, watery diarrhea.

Menstrual problems, pain and cramping, cysts, mastitis  
Bed wetting

Muscles-tightness and tension in the tendons and ligaments, spasms, tightness, neuralgia, carpal tunnel syndrome, rheumatic muscular pains

Intermittent fevers: does not last long but often recurs.

Skin: abscess, and pus especially in the face, and jaws (It seems to really help rabbits, with their chronic abscesses)

**Ellingwood** says "*Matricaria* is conspicuously a child's remedy, but not distinctly so. A few drops in half of a glass of water, given every few minutes in dram doses, will quiet extreme restlessness and irritability.

The general soothing effect is satisfactory. It especially controls certain forms of colic. Peevish children and those who are continuously fretting, or crying out and who demand constant care are benefited by this remedy. It influences the membranes of the gastrointestinal tract. It is advisable when the patient has contracted cold, or when there is general chilliness; when the symptoms of a gripe in children are present, where there is disturbed condition of the digestion,

inducing diarrhea, sour eructations or acid vomiting and colicky pains.

This is another remedy that the infinitesimal dose also has the same indications.

**Subject: Chaparral-*Larrea tridentata***

The next herb on the western herbal study guide is Chaparral.

**Chaparral *Larrea tridentata***- This is the Creosote Bush

**Energetics:** acrid, bitter, cool, slightly salty

**Meridians:** Kidney, Lungs, Liver

Known for NDGA (nordihydroquaietic acid) which has anti-oxidant and anticancer effects

**Part used:**leaves

**Function and indications:**

1. Promotes detoxification, clears Damp Heat, reduces tumors, reduces liver congestion, benefits vision.

so.. treats Damp Heat symptom's on the skin, treats also Bi syndrome, Wind/Damp/Heat obstruction; rheumatoid arthritis, Damp Heat in the Liver; jaundice

2. Clears Heat and toxins, reduces infection, fever and inflammation

3. Increases urinary Qi

4. promotes tissue repair good topical on wounds and gargle for mouth ulcers.

**CAUTION:** Chaparral is a fairly strong herb **Peter**

**Holmes** (who will be at AHVMA this year) says do not use for more than three weeks at a time. Do not use of Sp Qi deficient.

Major remedy for fire toxins- called an "industrial strength liver cleanser"

**Michael Tierra** includes Chaparral in one of his Blood purification Formulas which includes: Echinacea root, Golden Seal, Chaparral; Honeysuckle, Forsythia, Sarsaparilla root, Yellow Dock was the chief herb, with American Ginseng to support this formula, with Ginger and Cinnamon to off set the cold nature of the chief herbs.

Another formula he uses for Tumors and Cancer when there is evidence of Damp as a pathogen- Pau d'arco, Echinacea root, Chaparral, Red Clover as the chief herbs, then to assist draining the Damp and soften tumors, Poria, Grifola, Kelp, and American Ginseng.

**Matthew Wood** says, "Chaparral is used especially for people who have been poisoned by chronic exposure to drugs or chemical, it is suited to the destructive tissue states, depression, torpor, and atrophy. Now remember that Chaparral is so strong that large doses are never indicated as can stimulate such a detoxification process that a toxic hepatitis can happen.

(so really watch out with cats)

**Dr. Christopher** used Chaparral quite a lot. He recommended alternating Chaparral with Burdock every six weeks then take one week off: 8 parts Chaparral, 6 parts Elder Flower, 2 parts Peppermint. Also Chaparral can be protective of cancer from radiation treatment.

**Subject: Chicory-*Cichorium intybus***

Well Chicory is not on the study guide list BUT it is a very important herb and a great one to use to treat ANEMIA-

Chicory is a very mild herb; no toxicity with long term use.

**Part used:** root but herbivores seem to get a huge benefit from the herb part It is a very mineral rich plant

**Energetics:**bitter, sweet, a bit salty

**Meridians:** Liver, Stomach, Kidney

Treats Liver Yin deficiency- nourishes the Blood, relieves fatigue, helps to support the pancreas.

Treats also Kidney essence deficiency- so a great herb to use for debility from overwork

The bitter aspect of the plant will also help to clear Heat and Damp so helpful with fevers of all types, Liver fire, and the bitter helps to stimulate digestion and reduces liver congestion. So also through the bitter nature, Chicory helps to complete the digestive processes then helps the absorption into the blood.

(**Steiner** attributes that to the potassium in Chicory.) The blood then is able to carry nutriment to the periphery-hence its use for developmental problems and atrophied limbs.

**Peter Holmes** says of it: "Chicory root is a good bitter, cool digestant for clearing liver/gallbladder Qi stagnation before it turns into heat.

Chicory's trace mineral content enhances the draining aspect of the root's bitterness with softening resolvent and detoxicant actions. The botanical is ideal for formulas addressing hot conditions involving chronic toxicosis and stagnate plethora. (He compares it with *Anemarrhenae*, Zhi Mu) However, Chicory root also possesses a marked nutritive effect that nourishes blood and fluids, as well as, Liver and Kidney Essence" He compares it with He Shou Wu (*Polygoni*). The tissue states that indicate its use are excitation with atrophy.

**Specific indication:** (from **Matthew Wood**)

Bach Flower essences for childishness, selfishness, emotional immaturity (developmental stuck problems)

Head: Cataract- (Liver fire), hot inflamed eyes

Digestion: venous passive congestion in the digestive organs and a fullness of blood in the head, sick and

feeble persons that have weak, hot, and feeble stomachs.

Liver: Heat and congestion; low bile production, gallstones

Muscular: use externally as a rub for atrophied limbs

Chicory was reported by the Greeks to be an herb of the sun.



*Citrus Limon*

**Subject: Citrus limon**

### **Citrus limon- The lemon tree**

In Gemmotherapy, the branch bark of the Lemon tree used for the treatment of varicose vein.

The rind of the Lemon and its essential oil can be taken internally or massaged into the body if used as a 1 % dilution with a base oil.

The rind is very sour, cold, dry, and a little sweet.

**Western terminology**-decongesting, dissolving, diluting, nourishing, restoring, and astringing.

**Meridians**-Liver, Stomach, LI, Heart, TH

#### **Functions-**

- 1) clears fire toxins-can reduce infection, fever, clears Blood heat; and can clear Stomach fire.
- 2) Promotes detoxification, resolves toxicosis
- 3) Vitalizes blood, removes congestion and strengthens the connective tissue, veins and capillaries- (Hence the Gemmotherapy use)
- 4) Nourishing the Blood
- 5) Tonify the Heart
- 6) Promotes tissue repair (hey it is high in Vit C-makes a lot of sense)

The essential oil can be used topically on the skin lesions. Drinking Lemon juleps is a traditional way of treating summer heat.

So think Florida sun

**Subject: Comfrey-Symphytum officinale**

Recently we had a long discussion on Comfrey centered on its safety

since the roots are high in pyrrolizidine alkaloids (leaves contain less). PAs and liver toxicity are a concern. Some of the list members have seen cases in Small Animals so we know that this can occur. Of course, I was feeling guilty as anything because my goats love to graze periodically on my comfrey plants and have for the past 11 years with no ill effect and I use a lot of it with bone injuries in horses, as they will periodically crave the plant. Which I think is incredible since it is so prickly, I cannot imagine why anyone would eat it. So at last years AHVMA conference, Susun Weed was asked about this. She, in her typical manner, chastised us saying it is only the yellow flowered Comfrey that is high in PAs not the purple flowered ones, (I have purple flowered Comfrey). So just to throw it out there. I had never heard this before. (If this is true, it is still a concern if you buy Comfrey as you will not know if it was made from a yellow or purple flowered plant). Since this (PAs) is such a valid concern today remember that Homeopathic Symphytum can always be safely used with no worries about PAs.

Do any list members have any information on the difference on purple versus yellow flowered Comfrey plants?

Another warning about Comfrey from **Matthew Wood**, is that he has seen it stimulate exuberant growth when used for wound healing.

**Taste:** Slightly bitter, cold, damp, astringent  
It treats tissues that are relaxed and atrophied.

**Meridians:** Lung, LI, St, Bl

#### **Function:**

Yin Tonic; moistens dryness, clears deficiency heat, benefits the throat

Blood tonic: Restores the blood and relieves fatigue, Strengthens the connective tissue.

Clears Damp Heat-reduces inflammation.

Promotes tissue repair.

#### **Specific indications:**

Bloody discharges from weakened Mucus Membranes.  
Dorothy Hall uses it for brain damage when there seems to be no brain activity.

Decreased bone density in the lower lumbar spine, chronic lumbosacral instability, where the vertebrae rotate out all of the time, soreness of the fourth and fifth lumbar process.

Difficult reunion of broken bones, facilitates bone repair.

**Culpeper** on Comfrey: "Helps those that spit blood or make bloody urine, helps all inward hurts, bruises, wounds, and ulcers of the lung, and causes the phlegm that oppresses them to be easily spit forth. Syrup made is very effective for all those inward griefs

and hurts...takes away fits of ague." He continues all to talk about the uses as an external poultice for any wound, bruise or injury.

**Cook:** "Mild remedy for recent and old coughs, sub-acute dysentery and diarrhea, simple forms of leucorrhea, spitting of blood, and other pulmonary affections. It is rarely used alone, but makes a good soothing addition to more tonic agents. Topically to bruised areas."

**Peter Holmes** has an interesting observation that although Comfrey was an introduced European herb, the Native Americans became much more skilled using the plant than the Western Doctors.

**Subject: Cancer Pain-Corydalis yanhusuo**

The next herb on the Study guide is **Corydalis yanhusuo**.

This herb is found in many Chinese herbal formulas for blood stagnation. It is in the classification of Blood invigorating and Stasis Removing Herbs.

**Energetics:** acrid, bitter, warm

**Meridians affecting:** Heart, Liver, Spleen

**Actions:** (from Chen and Chen)-speaker at IVAS this year!!

Activates Qi and Blood circulation to relieve pain- this herb can activate Qi in the Qi level and invigorates blood circulation in the Xue level-end result it is GREAT to treat Pain in any part of the body.

**Subject: Corydalis formosa** (not yanhusuo)-Turkey Corn- *Dicentra canadensis*

To the list.

**Corydalis formosa-Turkey Corn (Dicentra Canadensis)**. also called Dutchman's breeches. This is a very rare wild plant. (I have some growing in our woods.) So you would not be using this is a mother tincture (unless a reliable cultivated source not wild harvested only to be used in a homeopathic form.) Luckily the homeopathic indications are the same as theherbal indications. (Vermeulen-Syphilitic affections. Ulcers of mouth and faucets. Cancer, cachexia pronounced. Gummata and nocturnal pains. Chronic disease and atony. Tongue broad and swollen. Tissue flabby, doughy, cold. Gastric catarrh; Skin- dry, scaly scales on face of old people.Lymphatic glands swollen.)

*Corydalis formosa* is a tonic, diuretic, and alterative.

**Taste:** pungent, bitter. It is a diffusive

Treats depressed and stagnate tissue states.

Indicated in derangements of the stomach with profuse secretion of mucus, a

constantly-coated tongue (phlegm!!! with Sp Qi deficiency) chronic diarrhea, erosions and ulcerations of the mouth.

**Felter**, says: "Has been employed in all stages of syphilis with the most satisfactory results. Its influence in this disease causes syphilitic eruptions and nodes to disappear and the falling of hair to be lessened.

*Corydalis* is also an efficient remedy in some skin diseases, and is especially valuable as a means of overcoming eczema associated with great relaxation of tissue and general plethora. Relaxation of the part involved is a marked indication for *corydalis*. It increases the general waste though the several emunctories of the body, thereby removing debilitated tissue and aiding in bringing about improved nutrition and a better condition of the body. In scrofulous states, with poor digestion, profuse secretion of mucus and foul breath, its action is corrective, and in atonic conditions of the genito-urinary organs it is said to be useful. In leucorhea, amenorrhea and dysmenorrhea it is often employed with advantage"

It was traditionally used in sluggish digestion, where the food sits in the stomach, ferments, and is delivered in a rotten state to the intestines where bloating and inflammation occurs. Toxins are absorbed into the bloodstream and lymph, giving rise to "bad blood". (Think hypothyroid like states caused by Sp Qi deficiency with phlegm.)

**Cook** was totally angry at Turkey corn being called *Corydalis formosa* saying that it is correctly called *Dicentra eximia*. Roots are stimulating and moderately relaxing. Elevates the circulation and gives vigorous action to the entire system. It stimulates the salivary glands, fauces and stomach; and gives a feeling of warmth and excitement to the stomach and whole system...It is the most valuable agent of its class for secondary syphilis. (Ha probably why it has been so over-harvested!!!), and..in ,he treatment of scrofula and scrofulous ulcers, white swellings, herpetic eruptions and chronic rheumatism.

I have never used this herb homeopathically. Has anyone on the list hadany experience? Beth, does Dave Winston grow this or does anyone know of a reliable cultivated source?

**Subject: Cordyceps sinensis**

Happy Valentines's Day,

So to celebrate our next herb, **Codyceps** is a really unique adaptogen and with a heart theme is associated with a decrease in heart rate and blood pressure and decreases oxygen requirement in cardiac muscle (**Chen and Chen**)

This herb is a really amazing fungus that grows on the larval remains of *Hepialuss varians*, ghost moth. Due to its rare nature and to protect the Himalaya Mountain's environment, it is now grown in cooked soybeans.

**Energetics:** sweet and warm

**Meridians:** Lung and Kidney

**Therapeutic effects: (Chen and Chen):**

1. Tonifies Kidney Yang and augments Jing.

One of my horse patients was dying from a drug reaction induced glomerulonephritis and Cordyceps was one of the herbs that saved his life.

**David Winston** has a combo of Nettle seed (*Urtica dioica*), Processed Rehmannia, Dan Shen (*Salvia Miltiorrhiza*) with a small amount of rhubarb root with Codyceps.

Cordyceps can help to treat deficient Yin and Yang of the kidney caused by any excessive physical exertion or chronic disease. It can be used to treat bone and joint disorders, spontaneous sweating, and infertility issues.

2. Tonifies the Lung, Stops Bleeding and Dissolves Phlegm- It is being used to help prevent lung Cancer This is a really fascinating adaptogen.

*And if you want to see it in action, the movie Himalaya has a scene in it when the people go searching for it amongst the grass, they called it something like the dancing grass, because it looked like a blade of grass emerging from the caterpillar head. The movie is beautiful on its own, but even more exciting for a herbalist!! - Barbara*

**Subject: Crataegus** *Crataegus monogyna*

May day and getting everyone ready for Tree Medicine from Susun Weed at the AHVMA conference this coming Oct, I thought **Crataegus** is a great topic for this week.

The fruit, leaves, flowers and the buds (gemmotherapy) are used.

**Energetics:** sweet, sour, cool (Holmes) warm (Ross) and dry.

**Western classification:** nourishing, restoring, calming, astringing, softening, dissolving.

It likes the heart, arteries, intestines, and nerves.

Functions:

1. increases Heart Qi, regulates circulation and restores coronary circulation. Treat Heart Qi deficiency.
- 2.. Yin tonic-clears deficiency heat, calms the spirit
3. removes fluid congestion, dissolves deposits
4. promotes digestion-treats food stagnation

Hawthorne has been used very differently in west and Chinese herbal practice.

It was used in the 14th century though for gout

Heart tropho-restorative and used for all organic heart disorders. It improves any deficiency and depository conditions which affect the heart. It moves Stagnant Heart Blood, clears Heart Phlegm, and tonifies Deficient Heart Qi, while stabilizing and calming the Heart system.

Acupuncture point- Bl 15, 24, 39, Ht 7, Pc 7 and Kd 3  
**Dioscorides**-used it reduce diarrhea and heavy menstrual flow.

**Tabernaemontanus** used it for kidney stones.

So to add those other indications- **JEREMY ROSS'S** book explains- ripe fruit for abdominal distention and pain; unripe fruit for diarrhea; and charred fruit for abdominal bleeding and dysentery.

**Culpeper** used it for stones and dropsy. and "inward tormenting pains."

In today's culture, huge indication for anxiety and emotional-phlegm obstruction the portals of the mind.



**Subject: Dandelion:**(*Taraxacum officinale*)

Here is some information on **Dandelion:**(*Taraxacum officinale*)

**The leaf:**

"It is indicated when heat descends deeply into the tissues, thickening fluids, slowing down drainage, inflaming the deeper tissues, and even infecting the bones," **Matthew Wood**.

**Specific Indication:** when tongue is "Mapped": from **Boericke**, "Covered with a white film feels raw, comes off in patches, leaving red, sensitive spots."

The color of the tongue body is dark red.

This indicates Phlegm Fire, that is, the heat is baking down the fluids with thickened fluids that are blocking the outward escape of the Heat. Heat has settled in the deeper tissues and is simmering away. It is well indicated when there is decalcification from infection in the bone.

The root is used more for an alterative effect: to thin the fluids and reduce heat; in cases of stagnate bile, where heat is baking down the bile and producing

gallstones. The root enhances the flow of bile, improving liver congestion.

**Energetics:** Root-bitter, sweet, salty, moist and oily Leaf- bitter, salty, moist and cool.

Treats a stagnate tissue state

**Specific Indications:**

Mapped Tongue, dullness of the mind, sleepiness with congestion of fluids

Mastoiditis, sore sternocleidomastoid muscle

Liver-congested, swollen, bile thick and congested, jaundice from backed up bile and constipation from no bile in the intestines.

High cholesterol, high blood pressure, cardiorenal edema (Hey, sounds like a perfect herb to treat TH obstruction)

Breast congestion, early cancer prevention

Acne, abscesses.



**Culpeper** says, " It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall and spleen, and the diseases that arise from them, as the jaundice and hypochondriac; it opens the passages of the urine both in the young and the old; powerfully cleanses imposthumes and inward ulcer in the urinary passage, and by its drying and temperate quality doth afterwards heal them; for which purpose the decoction of the roots or leaves i white wine...It treats an evil disposition of the whole body called Cachexia..It also helps to procure rest and sleep to bodies distempered by the heat of ague fits, The distilled water is effectual to drink in pestilential fevers."

**Ellingwood** says of the root "It is valuable in combination with other remedies of similar action, in chronic jaundice, in conditions attributable to auto-intoxication, in rheumatism, and in blood disorders, as an alterative. It is especially an alterative for chronic eruptions and unhealthy condition of the skin."

**Dandelion Root**

Functions and Indications:(**Peter Holmes**)

1. Promotes detoxification, clears damp heat, promotes bile flow, reduces liver congestion, removes accumulations, and relieves jaundice and constipation- Treat Liver stagnation with Damp Heat
2. Promotes urination, drains fluid, dissolves deposits, and relieves irritation
- 3/ Clears heat and toxins, reduces lymph congestion
4. enriches Liver Yin

*At the AAVC conference Are Thoresen said that he uses Dandelion tincture as a specific for Liver Yin deficiency. The only other two herbs he uses for liver deficiency are Nettle (he uses the whole plant) and Comfrey.*

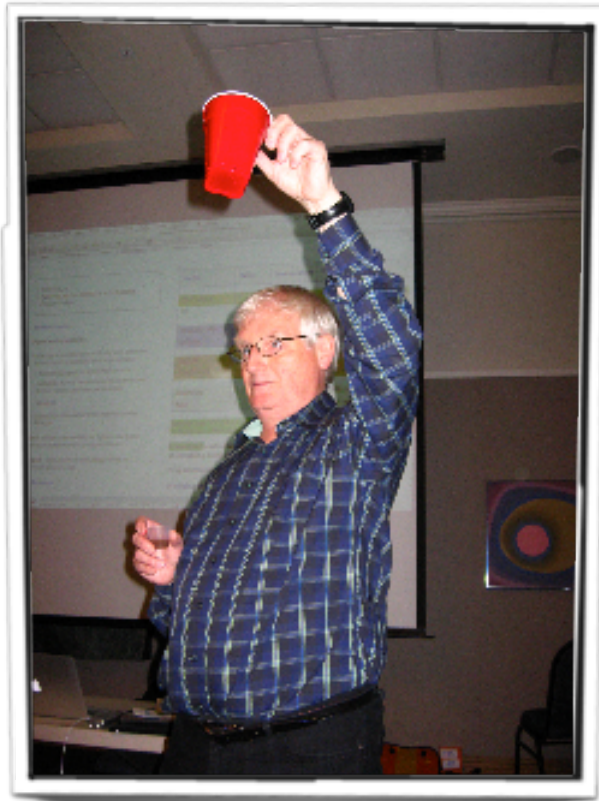
*Ihor Basko: In Hawaii, we have growing Taraxacum mongolicum / Mongolian Dandelion*

*(probably brought here by Chinese laborers in the 1800's) According to Bensky and Gamble the ROOT clears heat and detoxifies blood.....used for Hot Liver Wind conditions, especially conjunctivitis;also, used for abscesses and sores, and especially "hard nodules".....used in poultice form topically, and in tea form internally.*

*(By adding chrysanthemum Ju Hua you get better results with conjunctivitis problems. This works great in horses. They love to drink the tea...easy to mix in water, fresh roots in their feed.Stimulates lactation.*

# Jeremy Ross Lectures

## COMBINING WESTERN HERBS AND CHINESE MEDICINE



Jeremy Ross



Jeremy Ross has been integrating Western herbs into a Chinese system of medicine for over twenty years. He has developed a system of herb combination that brings together concepts from Western herbal tradition, Chinese medicine, and phytopharmacology. His first classic book on the subject is "Combining Western Herbs and Chinese Medicine: Principles, Practice and Materia Medica. Joining this book is A Clinical Materia Medica: 120 Herbs in Western Use.

He taught his approach to a group of veterinary herbalists in Seattle for two sessions this year. The first one in September focused on G.I. complaints; the second was in October on respiratory conditions. These sessions were just fantastic. His unique way of looking at a patient with multiple patterns of disharmony teaches you to analysis the patient in terms of which action needs to be prioritized: tonify, drain; move or calm. After the whole picture is examined, each element; that is, Liver/ GB; Spleen/St; Ht/PC/; SI/ TH are similarly assessed.

His sessions give you the tools to modify and adapt the knowledge that you gained there. For example, after returning from the GI class, I modified some of his formulas to treat a dog who has suffered from hot swollen ears for two years.

Heidi is a female (sp) Whippet, who is five years old. She has severe Stomach heat with Stomach insulting Liver/ GB. Her manifestation is hot and itchy ears with severely swollen ear canals. Analyzing her using Jeremy's system, I recognized that the main actions that were needed were to calm, move and drain. Then using his system of analyzing herbs; Lavendula and Hops were selected to calm; Chamomilla to calm and drain heat; Lobelia to move; Hydratisis to clear heat; and Calendula to clear heat , remove retained pathogen and to help heal the mucus membrane. I used tinctures of equal parts except only .5 part lobelia. Heidi was started on ten to twenty drops orally twice a day. After five days, it was the first time in two years that her ears were cool and non-itchy.

With our extremely complex cases, this system uses western herbs in a Chinese energetic system which can create clarity in the most complex case.

In the fall of 2012, he will be presenting another session with the Jade Institute in Seattle. Truly a class to attend!!



Vets trying the formulas

# Practice Insights

## AN INTERVIEW WITH DR IHOR BASKO DVM

Dr. Basko graduated from Michigan State University's vet med program with a special focus in the fields of internal medicine, cardiology, and bone surgery. His early years in veterinary medicine were spent working in a busy emergency animal hospital in California.

In 1974, he had the wonderful opportunity to participate in the first ever acupuncture study to test the efficacy of holistic modalities on physical ailments in pets (conducted with the support of the University of California, in L.A., and the California Veterinary Medical Association which formed the first veterinary acupuncture organization: the National Acupuncture Veterinary Association).

Since then, Dr. Basko has been devoted to the study and practice of acupuncture, herbal medicine, dietary therapy, homeopathy, massage, and other alternative therapies for animals.

Dr. B is also an educator and leading authority on holistic animal health. He is one of the founders of the Veterinary Botanical Medical Association. He frequently lectures to veterinarians, animal trainers, and animal caretakers on Food As Medicine: Preparing Balanced and Healthy Meals, and the use of Medicinal Mushrooms and Nutraceuticals to treat and prevent animal diseases. He has lectured on Holistic modalities in Hawaii, North America, New Zealand, Canada and Japan.

He has published many magazine articles, chapters in books and journals, has been a guest on numerous TV and radio shows, and has partnered with supplement company Genesis Resources in the development of an herbal and mineral line of products for pets. He is the author of "Fresh Food and Ancient Wisdom: Preparing Balanced and Healthy Meals for Your Dogs," and "Da Kine Hawaiian Dog Food: Recipes for You and Your Dog"

Dr. Basko also hosts the "Pets, People, & Paradise" radio show on KKCR, Kauai's community radio station, on Saturday mornings from 9 am to 10 am, Hawaii Standard Time.

Dr Basko is a member of: the American Holistic Veterinary Medical Association; the International Veterinary Acupuncture Society; the Veterinary Botanical Medical Association and the Hawaii Veterinary Medical Association.

### Describe your garden. What is your favorite place, and what herbs do you grow?

We have 3 plots 10 ft by 20 to 30 ft of garden areas which we grow onions, arugula, lettuce, beets, carrots, tomatoes, cucumbers, kabocha pumpkin, beans, kale, celery, broccoli, eggplant, Squash.....around them we have marigolds and Echinacea, dill, basil (3 kinds), fennel, parsley, turmeric, noni, papaya, catnip, spearmint, peppermint, ginger (awapuhi....for making shampoo), and orchids.....3 different passion flower varieties.....much of these are interspersed with jungle and landscaping plants around the outdoor treatment rooms.

We have 2 different varieties of 4 avocado trees, many bananas, Also Rosa chinensis for making rose extracts, plumeria and jasmine for aromatherapy

Chinese red hibiscus to make tea to help cool horses down during events.

*noni growing near one of my outdoor treatment rooms*



## When and how did you become passionate about herbal medicine?

Mentors.....inspired me

I was learning acupuncture and doing research with the National Acupuncture Veterinary Association/ UCLA and the California VMA for a couple of years, and afterwards one of my teachers, Sang Shin, told me that using herbs along with AP was "10 times more powerful". In 1974, there were no veterinary courses in AP or herbology. So I began to pursue human Chinese medicine, and Western herbology. Since I lived Santa Cruz and near San Fran.....I was lucky to have many opportunities for study.

While studying human acupuncture in San Francisco and herbalology with Subuhti Dharmananda in the late 1970's.....I met a PH.D pharmacist Dr. Sid Golinsky...who was retired from teaching pharmacy at UC Berkeley. His specialty was pharmacognasy. He retired and moved 1/2 mile from where I was living and had a small pharmacy which had drugs and herbs.....called the Apothecary Shoppe. I would hang out with him and watch him mixing supplements and herbs.

When people came to him with and Rx for drugs, he would always try to talk them out of it and instead, he offered an herbal or homeopathic remedy. He was my first Western herb and homeopathy teacher who inspired me, and helped guide me through my learning process.

## Do you have a favorite herb, or herbal formulae?

No.....I have many favorites: ginger, noni, Cordyceps, Ganoderma, Shiitake, Milk Thistle, Rose, Witch Hazel, Aloe vera, turmeric

*floating flower arrangements  
we use at the entrance to the  
office from  
plants and flowers around the  
house*



## What types of animals do you treat/ Do you have a preference?

Each animal has its good qualities different from the others. I mostly see dogs and cats, a few horses, bunnies and guinea pigs.

## Do you have pets?

We just lost our 20 year old dog....and are waiting to get over her....until it's the right time.

We have 1 cat and 2 kittens, wild birds which we feed, 2 cows and 1 bull (which we feed but do not belong to us)

## **What is the best advise you ever received- and did you take any notice?**

Yes.....I did all of these

- 1.) Find a mentor whenever you want to learn something "deep and well." Courses and classes and books are OK, but you want to work with someone who has a lot of experience. I learned human acupuncture that way working in a human clinic for 4 years as well as hanging out with the pharmacist/herbalist.
- 2.) Work on yourself, your family, and your pets before you start "experimenting" on other people's pets.
- 3.) As best as you can.....practice what you preach

## **What advice would you give some-one just beginning the journey into integrative veterinary care?**

Besides finding a mentor.....

- 1.) When taking courses on herbs etc., don't just study with one group. Explore human herbal/acupuncture/homeopathic/etc also. There are many ways on the Path. Find the one of least resistance and "feels correct" for you. After which, create your own method from all you learned....that fits your lifestyle and attitude
- 2.) Cultivate your Spirit and your Heart chakra and not just your Mind with content and knowledge.
- 3.) Create a weekly radio show on a non-profit PBS or college radio station to promote holistic medicine / and, or write a weekly column ( I have had a radio show Pets People and Paradise for over 15 years.....is a great way to educate "the masses"

## **Ihor, you have written at least one book (that I am aware of) for herbal veterinarians. Which other book or books do you find essential (or enjoyable) reading for veterinary herbalists?**

Healing Your Horse: Alternative Therapies (co -author) 1993 / I wrote a chapter on using Western herbs and horse care/ co authored with Meridith Snader, Kalsa Kaur

Veterinary Acupuncture: Ancient to Modern Medicine Vol I & II (co-author) 1994 & 2000 / Wrote chapter on Heart Disease

Cooking For Da Hawaiian Kine Dog 1999 / A small booklet for people who live alone with their dog(s) and do not have time to cook for themselves, because they can eat the recipes too...along with their dog.

A broad spectrum of books that will help one decide which way to go.....I would suggest going either Chinese or Western, but not both at the same time.

For Veterinary (new) herbalists: Michael Tierra, Planetary Herbology / Greg Tilfords books / The Dao of Medicine by Stephen Fulder / books and field guides by Michael Moore / The Secret Teaching of Plants by Stephen Buhner, Medicinal Mushrooms by Christopher Hobbs / Tonic Herbs by Ron Teegarden / Green Medicine by Margaret B. Krieg

## **What are the challenges for holistic vets in practice/?**

- Gaining self confidence /Trusting their intuition
- Having time and money to take courses, etc.
- Bosses who do not support them in their holistic endeavors
- Learning about how to run a business
- Managing employees
- Marketing one's business/practice
- Being overwhelmed with too much information (TMI)

## Have things changed since you started practice?

- Yes.....the VMA's are not witch hunting alternative vets.
- Clients as well as vets are more receptive to holistic therapies
- One could just do holistic and survive financially
- Many more seminars, courses and avenues for training
- Clients are better educated
- Communication amongst the veterinarians is better via internet to help in discussing cases and learning new information
- The Web / Internet/ etc. Websites

## What part of your work do you enjoy most?

Teaching clients, students, and vets who are open and want to learn. Connecting with the animal



*one of my dog treatment rooms*

## Do you think vet students should begin learning about holistic modalities such as acupuncture and herbal medicine as undergraduates, or should they secure "straight medicine" under their belt first?

Yes.....they need: Intro to Western herbology, Intro to homeopathy, Intro to TCM, Intro to Chiro, Intro to AP, History or Alternative medicine. We need more of our conference teachers who practice in the "real world" in Vet schools.

## What would you keep in a first aid kit for pets?

Yunnan Paiyao (powder and capsules)  
Homeopathic Arnica, Aconite, Apis, Bryonia, Rus Tox  
Milk Thistle  
Zhen Gu Shui liniment  
Wah Tor oil liquid bandage  
Hydrogen peroxide/ Aloe vera juice 1:1  
Gan Mao Ling  
Yin Chiao

## What do you do for relaxation?

Listen to music  
Surf  
Yoga/meditation  
Hike in the woods  
Hang out with birds  
Play poker  
Get acupunctured and massaged  
Skinny dip in a mountain stream near by



## What is your favorite piece of music?

Being a musician, that is difficult to answer. It depends upon the mood I am in, or trying to get out of.

I like meditative/inspirational music when I am writing articles or want the clinic mood to be more mellow  
Patrick Kelly, Dean Evenson, Carlos Nakai, Snatam Kaur, Donna DeLorean, Vangelis, Kitaro, David Lanz, Dr. Jeffrey Thompson (Creative Mind)

For upbeat clinic music.....I like international World beat music: South America, Middle East, India, Spain, and Japan

I like Classical (I DJ a Classical Show on the radio off and on when they need a fill in person): Rachmaninov, Chopin, Copland, Faure, Mozart, Ravel etc.

I DJ Dance Parties and I like Black beat, modern Maori and Aborigine music, along with Techno and Trance



Image: siraphat / FreeDigitalPhotos.net

# Calendar of Veterinary Herbal Events 2011/2012



**SEPTEMBER 26, 2011**

## **VBMA Essentials of Western Veterinary Herbal Medicine (Joint offering with CIVT)**

Want to know what you can use to help protect your patients' livers and kidneys from potential side effects of some medications? Learn how to make a skin cream to alleviate dermatitis? How about treating kennel cough with a simple formula you can make in your own practice? When your clients asks if it's ok to give a herb with the treatment you are providing what do you say?

This is short course in Veterinary Herbal Medicine brought to you by CIVT and the Veterinary Botanical Medicine Association is designed as an introductory, clinically based course in Western herbal medicine. It is designed for :

- veterinarians, veterinary students, qualified veterinary technicians and veterinary nurses who want to start adding selected herbal medicines to their range of treatment offerings
- practitioners or practice educators who don't wish to be herbalists but want to be able to advise clients who ask questions about herbs.
- Veterinarians who are not sure if they are willing to commit to undertaking more in depth study, to try it out.

Students who wish to continue their studies will receive a \$100.00 rebate towards another course in Western Herbal Medicine

The course assumes a knowledge of animal physiology, anatomy and husbandry. The course is comprised of 6 Topics and takes 6 weeks.

**Are you a VBMA member? Include your VBMA membership details in the enrolment form and receive a 5% discount. If you are a veterinarian and not a member, you will receive complementary membership to VBMA for 6 months.**

Click here for details: [click here](#)

## NOVEMBER 3-6, 2011

The Traditional Chinese Veterinary Medicine (TCVM) Annual Conference has been conducted by the Chi Institute and China National Society of TCVM since 1999.

It is held in USA and China alternatively every year. The Chi Institute is proud to be hosting the enlightening 13th TCVM Annual conference in Reddick, FL in this November. This year's themes are advanced-level of TCVM for Neurological diseases and TCVM for Exotic Animals. (see below for more details). Interested veterinarians may register either or both sessions at their choice.

[Register Now](#)

Location: Chi Institute, Reddick, Florida, USA

Ce Hours: [up to 28 CE credits approved or recognized by many states](#)

Registration Fee:

Nov. 3 to 4: TCVM for Neurological Diseases: \$400 (\$475 if registered after Oct, 1st)

Nov. 5 and 6: TCVM for Exotic Animals : \$300 (\$375 if registered after Oct, 1st)

Both Session: \$650 (\$750 if registered after Oct, 1st)

Schedule And Outline ([Pdf Syllabus Download](#))

## DECEMBER 2011 8PM ET

### December 5th 2011 - Grazing-Herbs for Herbivores by Dr. Hue Karreman VMD and Internationally Recognized Expert in Organic Dairy Health

This seminar will enlighten attendees to various aspects of ruminant grazing and sustainability practices to optimize grazing health. Topics will cover: grazing behavior of cows, sheep and goats; plant species available to be grazed; nutritional value of typical pasture plants; "weeds" and their value in pasture systems; native perennial species of typical pastures; warm season annuals and their place in grazing systems; the new organic pasture rule and quantifying dry matter intake; management intensive grazing; management strategies to control internal parasitism; botanical treatment options available for internal parasites. This seminar is sure to impart knowledge to those both new and experienced in grazing farm animal ruminants.



## VBMA Graduate Program (Joint offering with CIVT)

This **Graduate Program in Western Veterinary Herbal Medicine** is a comprehensive course in Western herbal medicine designed for veterinarians.

This is an 8 module course. Each module of 3 units takes approximately 3 months of part time study. Modules can be taken concurrently.

Students are awarded the Certificate of completion of the **Graduate Program of Western Veterinary Herbal Medicine. Recognition of prior learning is available where previous studies are equivalent to units offered in this course.**

**Receive One Year VBMA membership (provided membership requirements are met) AND two years CIVT membership** when enrolling in the whole course.

Membership conditions apply.

VBMA members receive a 5% discount on course fees

Click here for details: [click here](#)

## !!!!!!APRIL 2012 TELESEMINARS !!!!!!!

Steve Marsden Tuesday April 3, 2012: Cancer topic

## !!!!!!TELESEMINARS TBA !!!!!!!

Joyce Harmen; TBA topic Horse of some type

Nancy Scanlan: TBA Topic: TBA

## APRIL 19- MAY 1, 2012

### VBMA Ecotour Spain!!!!

The 2012 VBMA ecotour will take us to sunny Spain! This tour will combine a bit of culture with a lot of hiking, some biking, and some herbal education. The tentative dates are April 19 – May 2, 2012. We will start our tour in Barcelona to sample the art, architecture, and tapas. We then move on to the mountains, where we will have 5 days of seminars with a team consisting of a traditional Spanish curandero and an herbalist who earned a BSc in herbal medicine at Middlesex University. Next, we leave for Cabo de Gata National Park, a quiet spot in the hills with easy access to the beach for 2 days of leisure.

To whet your appetite, take a look at these websites:

<http://www.bootlace.com/herbal-remedies-walking-andalucia/>

<http://www.hotelmaristel.com/en/>

Stay tuned as we are close to finalizing our dates, activities, and the limited number of spots available. **ONLY 11 PEOPLE CAN GO**, so start making your plans now!

Click here for more details: [click here](#)

SEPTEMBER 8-11, 2012

### AHVMA Annual Conference

The Sheraton at Birmingham AL

Dr. Xie Sept 8

David Winston Sept 9: Eclectic Medicine; Little Known Uses for Common Herbs; Lyme Disease; Auto-Immune Disease

OCTOBER 2012

### Combining Western Herbs & Chinese Medicine: Skin Disease

Jeremy Ross BSc, DAc (Br), LAc.

**COMPLETED TELESEMINARS ARE AVAILABLE TO PURCHASE** [click here](#)

**Cancer Keys: Herbs for Cancer Prevention and Treatment** by Dr. Barbara Fougere BSc BVMS (Hons) GDBus MOD&T BHSC (Comp Med) MHSc (Herb Med) CVA (IVAS), CVHM, CVCP, ACNEM, CMAVA

**Treating Anemia in Dogs and Cats with Chinese and Western Herbs** by Dr. Ihor Basko, DVM

**Treatment of Arthritis/Spondylosis Without Using Non Steroidal Anti-inflammatory Drugs** by Dr. Nancy Scanlan, DVM, MSFP, CVA

**Integrated Approach to Treating Skin Disease with Chinese Herbs** by Steve Marsden DVM, ND, MSOM, LAc, Dipl.CH, RH(AHG)

Our very generous sponsor was [Kan Herb Company](#) - dedicated to enhancing the practice of Chinese herbology in the West by providing unmatched herbal products that are safe, pure and effective.

**Building & Reviewing the Basics - "Prescribing Herbs for Common Veterinary Conditions" - 8 Herbs that Can Help Your Patients** by Dr. Barbara Fougere - BSc BVMS (Hons) GDBus MOD&T BHSC (Comp Med) MHSc (Herb Med) CVA (IVAS), CVHM, CVCP, ACNEM, CMAVA

Our very generous sponsor was [Herbalist & Alchemist](#) – manufacturer of the highest quality herbals extracts and herbal formulas. Dedicated to Education, Research and Preserving Medicinal Plants.



Baby Podophylum

# Application Form

HOW TO BECOME A MEMBER OF THE VETERINARY BOTANICAL  
MEDICINE ASSOCIATION



## Who can apply

Regular membership is open to any veterinarian with an interest in herbal medicine. Nonveterinarian herbalists may join as associate members, provided they are professional members of the AHG or NIMH, or have equivalent experience. Affiliate membership is for members of the industry to remain current in the needs and concerns of veterinary herbalists, and does not imply clinical expertise or certification of any sort.

Regular, Associate and Affiliate membership is \$80 per year. Veterinary student membership is \$15 per year. Multiple membership is available to family or hospital groups (so that each e-mail address can have access to the listserv, get a web password, etc); the cost is \$80/year for the first member, and \$45 for each additional member. To qualify, the snail mail address of each group member must be the same.

Special allowance for DEVELOPING COUNTRIES: VBMA accepts membership applications and grants membership to qualified applicants in developing countries for \$30/year.

## Veterinary membership

Please fill out the form below, for the first part of your membership application. If you are still a student, fill in your expected year of graduation and the state you expect to practice in.

Your Name

Year of Graduation

Veterinary Hospital/Clinic name

Work Address 1

Work Address 2

City

State/Province

Zip Code

State or country (if not U.S.) of primary license

Veterinary School Attended

Veterinary License Number

Email address

I wish to have my information visible on the website for pet owner referral

Yes

No

# 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 enquiries to Karen Goldrick (editor) at:  
[iwrenkaren@aapt.net.au](mailto:iwrenkaren@aapt.net.au)