



JVBM

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INDEX

- 1 Welcome
- 2 Goals and resources of the VBMA
- 2 Certification as a veterinary herbalist
- 3 Herb Walk Images 2010
- 4 Case Study - Grace Li
- 13 A Day In The Life - Joanna Milan
- 15 Book Review: Fresh Food and Ancient Wisdom - Ihor Basko
- 16 Practical Herbal Medicine: Specific Indications of Skin Herbs - David Winston
- 19 Herbs Notes - Cynthia Lakenau
- 29 A Day In The Life - Lisa Schneider
- 33 Adaptogens In Veterinary Practice - Barbara Fougere
- 38 Calendar of Veterinary Herbal Events 2011
- 45 Application for Membership
- 46 Contribution Guidelines

Welcome

TO THE FIFTH EDITION OF OUR
JOURNAL

Welcome to your newest journal edition!!

The VBMA is dedicated to the education of herbal medicine. Our goal is to provide the world with veterinarians who are qualified to treat all species with botanical medicines in an ecologically sustainable manner. The publication of our journal is part of this process. I would like to thank Karen Goldrick for her time and effort in publishing this journal. Also thanks to all of the contributors for their time and their expertise in using botanical medicines.

This is an exciting time for veterinarians who are studying botanical medicine. Barbara Fougere has been the force behind the availability of excellent quality Chinese and Western Botanical Medicine education. This has raised the standard of available herbal studies. The VBMA is proud to be supportive of her efforts. As part of this process, the VBMA's certification exam will be available to help set a standard of herbal competency. In the coming years, hopefully many of our members will be able to sit this exam.

This coming year we have a full line up in continuing education seminars. We are starting this year with one of our very popular teleseminars in April with Barbara Fougere who will be speaking about Cancer. We will be hosting three teleseminars in 2011, one more than last year.

There are two new developments in our seminars series. First time ever, we will be having a veterinarian track at the International Herbal Symposium in June. The IHS is an incredible meeting of herbalist and healers from around the world. The symposium is the child of Rosemary Gladstar. Our members will have a unique and incredible learning opportunity. This year we are also starting/supporting an herbal track at the IVAS annual meeting in San Diego. We will have a greater opportunity to meet with our international members. This is in addition to our regular two days lectures at the AHVMA annual conference.

An additional education opportunity will be our supportive meeting of Jeremy Ross at the Jade Institute. Jeremy has a unique system of blending Chinese and Western herbs.

I am so honored to be president of the VBMA. I think we are just a great group!!

So members, enjoy the following pages of herbal delights!!!

Yours with the herbs,

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 (DRAFT)
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 2011 the exam will be held at the San Diego 2011 AHVMA conference.

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

VBMA Herb Walk 2010

DONN GRIFFITH

<http://picasaweb.google.com/drdonng/VBMAHerbWalkAndRide#>



CASE STUDY

Use of Zhi Bai Di Huang Wan (知柏地黄丸) for the Treatment of Hyperthyroidism in a Geriatric Domestic Short Hair Feline

CASE SUBMISSION FOR IVAS/ CIVT CERTIFICATION VETERINARY CHINESE HERBAL MEDICINE

Dr. Grace S.Y. Li

ABSTRACT

A geriatric feline was presented with advanced stage of Hyperthyroidism and hepatopathy. The symptoms included anorexia, vomiting, agitation, dehydration, and weight loss. Conventional medications including carbimazole and methimazole were introduced previously but discontinued due to adverse drug reaction. Herbal treatment Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, and Rehmannia Pill; 知柏地黄丸) was used integratively to complement conventional medicine while the cat was hospitalised with spectacular clinical improvement within a short period.

SIGNALMENT

Mui Ding, a 19 year old, female spayed Domestic Short Hair feline was presented to me on 8/7/2010 for monthly nail clipping and routine blood profiles.

HISTORY

Mui Ding was transferred under my care after being attended for the past 3 years by our associate veterinarian who recently left the practice for an extended maternity leave. Previously Mui Ding was diagnosed with feline hyperthyroidism and renal failure at another clinic 4 years ago, and had a drug reaction with facial swelling to carbimazole. She was an indoor cat and weighed 2.16 kg three years earlier. She shared her home with 2 dogs and 1 other cat, and was fed on Royal Canin Sensitivity Control diet. Due to advanced old age and a high-grade heart murmur, it was decided that she would not undergo thyroidectomy. In addition, radioactive iodine therapy was not readily available in Hong Kong. She was instead given mostly conventional symptomatic treatment for chronic vomiting and elevated liver enzymes. She had gradually lost weight to 1.72 kg at presentation and suffered from occasional bouts of inappetence and vomiting which improved with short term hospitalisation / intravenous fluid. Medications given at the time included liver supportive nutraceuticals (s-adenosylmethionine, ursodeoxycholic acid, Milk Thistle extracts) and potassium supplements. Methimazole ("Felimazole") at recommended dose of 2.5mg BID as well as 1/2, 1/4 of recommended daily doses were attempted but Mui Ding developed adverse reaction, specifically vomiting, from these regimes.

DIAGNOSIS

Physical examination of Mui Ding was difficult since she could be easily agitated, nervous and making loud vocalisations. She was dehydrated, had significant weight loss / muscle wastage, and multiple small nodular soft tissue masses at submandibular region. Her serum biochemistry panel (Exhibit 1) revealed extensive hepatic damage with severe increase in alkaline phosphatase (ALKP) and alanine aminotransferase (ALT) activities. Her severely elevated T4 value confirmed worsening of previous diagnosis of hyperthyroidism. From a Traditional Chinese Medicine (TCM) perspective, and using the Eight Principle Diagnosis¹:

- This is an INTERNAL condition because of multiple Zang Fu pathology² involving the Spleen, Stomach, Liver, Heart and Kidney which will be further explained in later sections.
- It was a DEFICIENT condition characterised by chronicity and emaciation.
- Mui Ding's tongue appeared small and bright red, her body was warm to touch and her pulse was full and rapid; she was also very thirsty, restless and agitated. These are signs which indicated HEAT & an overall YANG condition.

Tentative TCM diagnosis of Kidney Yin Deficiency, Empty Heat and Fire were made.

TREATMENT

Table 1 summarizes the medications and supplements prescribed to Mui Ding during the period from 8/7/2010- 26/7/2010. Mui Ding was first given Liu Wei Di Huang Wan (LWDHW) tea pills for the main reason of easy medication, liver supporting supplements and 1/8 of recommended dose of Felimazole for 1 week. The owner reported this did not make much improvement and cat continued to be vomiting and inappetent at home; hence, a request for Mui Ding to return for hospitalisation was made. During hospitalisation, the patient was put onto intravenous fluid in addition to oral medications. An herbal adjustment was made to the formula Zhi Bai Di Huang Wan the second week to better clear deficient fire. Carnitine, which acts as a peripheral receptor antagonist of thyroxine³, was added to the treatment protocol as a take home supplement at 500 mg daily from the third week of treatment.

Table 1 Summarized Treatment & Response

Date	Herbal Treatment	Other Treatment	Note
8/7/2010	LWDHW, Thistle	Urso, SAME, Felimazole (1/8 dose)	Vomiting, inappetent at home
15-19/2010	ZBDHW	IVFT, in addition to above: Vitamin B, C, anti-emetics, antacid	In hospital No vomiting, eating well
20-21/2010	ZBDHW	Off drip. In addition to above: Carnitine	Discharge for home; owner missing cat.
22-27/2010	ZBDHW	IVFT, rest same as above	In hospital, no vomiting, eating

The original source of Zhi Ba Di Huang Wan (Anemarrhena, Phellodendron, and Rehmannia Pill; 知柏地黄丸) can be found from *Yi Zong Jin Jian* (Golden Mirror of the Medical Tradition; 醫宗金鑒) by Wu Qian 吳謙 in 1742.⁴ It contains 8 components, with the first six forming another formula named Lui Wei Di Huang Wan (Six-Ingredient Pill with Rehmania). Mui Ding was treated with 1.0g orally 2-3 times daily of the following granular extract preparation manufactured by Sheng Chun Tang (SCT)⁵:

Composition	SCT
Cooked rehmannia root (Shu Di Huang)	8.0g
Cornus (Shan Zhu Yu)	4.0g
Chinese Yam (Shan Yao)	4.0g
Peony root bark (Mu Dan Pi)	3.0g
Poria (Fu Ling)	3.0g
Alisma rhizome (Ze Xie)	3.0g
Phellodendron bark (Huang Bo)	2.0g

From a TCM perspective, the last two herbs Anemarrhena (Zhi Mu) and Phellodendron (Huang Bo) are especially useful in sedating yin-deficient fire. The other six herbs forming the formula Liu Wei Di Huang Wan mainly act to nourish Yin: Rehmannia (Shu Di Huang) tonifies Kidney yin and essence; Cornus (Shan Zhu Yu) nourishes the Liver and Kidney; Dioscoreae or Chinese Yam (Shan Yao) tonifies the Spleen and Kidney; Peony (Mu Dan Pi) sedates deficiency fire of the Liver; Poria (Fu Ling) strengthens the Spleen and resolves dampness; and Alisma (Ze Xie) sedates Kidney and causes turbidity to descend.⁶

Therefore, the overall actions of this formula are to nourish Liver and Kidney yin, as well as clear yin-deficient fire. It is indicated for yin-deficient fire of the Liver and Kidney, which manifests as heat in the extremities, irritability, red tongue, rapid pulse, and hypertension in this case.

RESULTS

After over 4 years of diagnosed hyperthyroidism, Mui Ding's level of T4 was back within normal limits within 2 weeks of combined integrative therapy of conventional medications, nutraceuticals, and herbal treatments. The most dramatic improvements (Exhibit 2-4 & Table 2) were made during hospitalisation with T4 level dropping from a value over 90nmol/L to 27nmol/L, and ALT dropping from 829U/L to 263U/L within 1 week. Clinically, the cat stopped vomiting almost immediately and started eating very well by the fourth day of hospitalisation.

TABLE 2 Summarised T4 & Liver Enzymes Values

Date	T4 (nmol/L)	ALT (U/L)	ALKP (U/L)
8/7/2010	>90.1	829	692
18/7/2010	--	394	345
22/7/2010	27	263	316
26/7/2010	43.8	257	367

Client compliance is very difficult in this case so further follow-up with repeated blood tests were unavailable. Three months after first presentation, Mui Ding was reported to be doing well, having normal activity and appetite according to the carer. In fact Mui Ding was doing so well clinically that the owner refused to bring back for further check-ups and instead wished to refill medications only.



Exhibit 1 Biochemistry, CBC, T4 values 08/07/2010

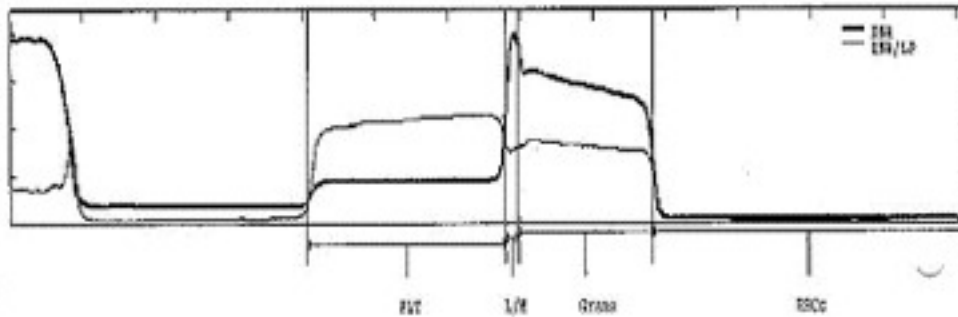
Tin Hau Pet Hospital
Shop B, G/F, Wilson Court
41 King's Road
Hong Kong

Species : Ger Feline >8yr
Patient : 2541
Client : Chan Mui Ding

Ver: 8.22A
Date : 08-Jul -2010 13:41

Test	Results	Reference Range	Indicator		
			LOW	NORMAL	HIGH
HCT	= 34.3 %	24.0 - 45.0	[Progressive bar chart showing normal range]		
HGB	= 11.0 g/dL	8.0 - 15.0	[Progressive bar chart showing normal range]		
MCHC	= 32.1 g/dL	30.0 - 36.9	[Progressive bar chart showing normal range]		
WBC	= 19.4 x10 ⁹ /L	5.0 - 18.9	[Progressive bar chart showing normal range]		
GRANS	= 15.9 x10 ⁹ /L	2.5 - 12.5	[Progressive bar chart showing normal range]		
%GRANS	= 82 %		[Progressive bar chart showing normal range]		
L/X	= 3.5 x10 ⁹ /L	1.5 - 7.8	[Progressive bar chart showing normal range]		
%L/X	= 18 %		[Progressive bar chart showing normal range]		
PLT	= 315 x10 ⁹ /L	175 - 500	[Progressive bar chart showing normal range]		

Buffy Coat Profile



Tin Hau Pet Hospital
Shop B, G/F, Wilson Court
41 King's Road
Hong Kong

Species : Ger Feline >8yr
Patient : 2541
Client : Chan Mui Ding

Ver: 8.22A
Date : 08-Jul -2010 13:41

Test	Results	Reference Range	Indicator		
			LOW	NORMAL	HIGH
ALB	= 27 g/L	23 - 39	[Progressive bar chart showing normal range]		
ALKP	= 692 U/L	14 - 111	[Progressive bar chart showing normal range]		
ALT	= 829 U/L	12 - 130	[Progressive bar chart showing normal range]		
AMYL	= 1089 U/L	500 - 1500	[Progressive bar chart showing normal range]		
URRA	= 7.5 mmol/L	5.7 - 12.9	[Progressive bar chart showing normal range]		
Ca	= 2.46 mmol/L	1.95 - 2.83	[Progressive bar chart showing normal range]		
CHOL	= 3.97 mmol/L	1.68 - 5.81	[Progressive bar chart showing normal range]		
CRRA	= 67 umol/L	71 - 212	[Progressive bar chart showing normal range]		
GLOB	= 45 g/L	28 - 51	[Progressive bar chart showing normal range]		
GLU	= 8.06 mmol/L	3.94 - 8.83	[Progressive bar chart showing normal range]		
PHOS	= 2.36 mmol/L	1.00 - 2.42	[Progressive bar chart showing normal range]		
TBIL	= 8 umol/L	0 - 15	[Progressive bar chart showing normal range]		
TP	= 73 g/L	57 - 89	[Progressive bar chart showing normal range]		
Na	= 166 mmol/L	150 - 165	[Progressive bar chart showing normal range]		
K	= 3.6 mmol/L	3.5 - 5.8	[Progressive bar chart showing normal range]		
Cl	= 126 mmol/L	112 - 129	[Progressive bar chart showing normal range]		

T4 > 90.1 nmol/L
Feline:
<13 nmol/L Low
13-64 nmol/L Normal
32-64 nmol/L Borderline High
>64 nmol/L High

Exhibit 2 Biochemistry, CBC 18/7/2010

Tin Hau Pcc Hospital
 Shop 8, G/F, Wilson Court
 41 King's Road,
 Hong Kong

Species : Ger Weline >4yr
 Patient : 2541A
 Client : chan euiding

Ver: 8.22A
 Date : 18-Jul -2010 16:38

Test	Result	Reference Range	Indicator		
			LOW	NORMAL	HIGH
ALB	= 23 g/L	23 - 39			
ALP	= 345 U/L	14 - 111			
ALT	= 394 U/L	12 - 130			
CRCL	= 3.45 mmol/L	1.68 - 5.81			
GLOB	= 44 g/L	28 - 51			
NR3	= 242 umol/L	0 - 95			
SIL	= 5 umol/L	0 - 15			
TP	= 68 g/L	57 - 89			
Na	= 163 mmol/L	150 - 145			
K	= 5.0 mmol/L	3.5 - 5.8			
Cl	= 123 mmol/L	112 - 129			
HCT	= 32.7 %	24.0 - 45.0			
HGB	= 10.3 g/dL	8.0 - 18.0			
MCHC	= 31.5 g/dL	30.0 - 36.9			
WBC	= 26.5 x10 ⁹ /L	5.0 - 18.9			
GRANS	= 23.6 x10 ⁹ /L	2.5 - 12.5			
%GRANS	= 89 %				
L/M	= 2.5 x10 ⁹ /L	1.5 - 7.8			
%L/M	= 11 %				
PLT	= 331 x10 ⁹ /L	175 - 500			

Duffy Coat Profile

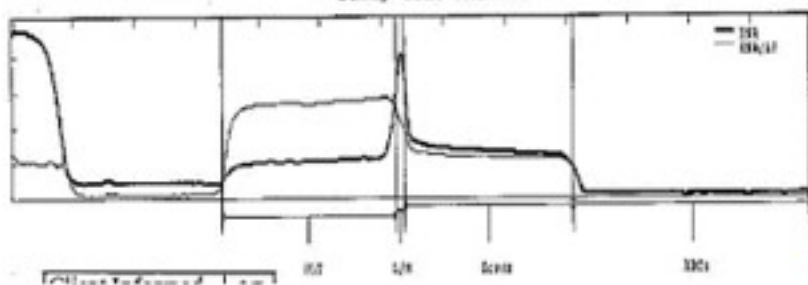


Exhibit 3 Biochemistry, CBC, T4 values 22/7/2010

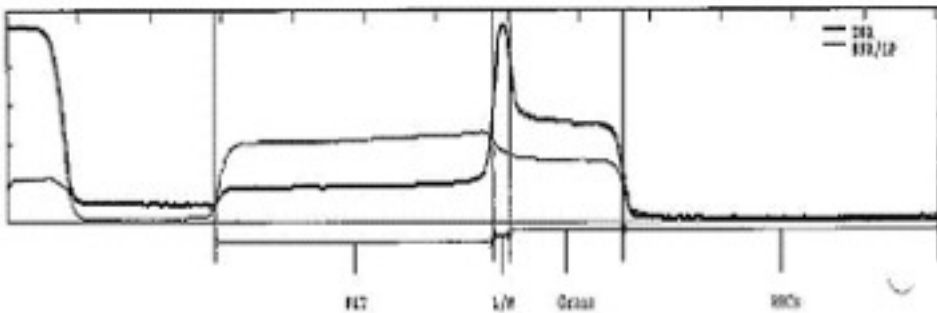
Tin Hau Pet Hospital
 Shop B, G/F, Wilson Court
 41 King's Road
 Hong Kong

Species : Ger Feline >6yr
 Patient : 2541a
 Client : chan wai ding

Ver: 8.23A
 Date : 22-Jul -2010 18:13

Test	Results	Reference Range	Indicator
HCT	= 31.4 %	24.0 - 45.0	LOW NORMAL HIGH
HGB	= 10.2 g/dL	8.0 - 15.0	
MCVC	= 32.5 g/dL	30.0 - 36.9	
MHC	= 18.5 x10 ⁹ /L	5.0 - 18.9	
GRANS	= 13.7 x10 ⁹ /L	2.5 - 12.5	
%GRANS	= 74 %		
L/M	= 4.8 x10 ⁹ /L	1.5 - 7.8	
%L/M	= 26 %		
PLT	= 462 x10 ⁹ /L	175 - 500	

Buffy Coat Profile



Tin Hau Pet Hospital
 Shop B, G/F, Wilson Court
 41 King's Road
 Hong Kong

Species : Ger Feline >6yr
 Patient : 2541a
 Client : chan wai ding

Ver: 8.23A
 Date : 22-Jul -2010 18:13

Test	Results	Reference Range	Indicator
ALB	= 25 g/L	23 - 39	LOW NORMAL HIGH
ALP	= 316 U/L	14 - 111	
ALT	= 263 U/L	12 - 130	
CHOL	= 3.95 mmol/L	1.68 - 5.81	
GLOB	= 46 g/L	28 - 51	
MBZ	= 193 umol/L	0 - 95	
BIL	= 4 umol/L	0 - 15	
TP	= 71 g/L	57 - 89	
Na	= 161 mmol/L	150 - 165	
K	= 3.3 mmol/L	3.5 - 5.8	
Ca	= 121 mmol/L	112 - 129	

T4 = 27.0 nmol/L
 Feline:
 <13 nmol/L Low
 13-64 nmol/L Normal
 32-64 nmol/L Borderline High
 >64 nmol/L High

Exhibit 4 Biochemistry, CBC, T4 values 26/7/2010

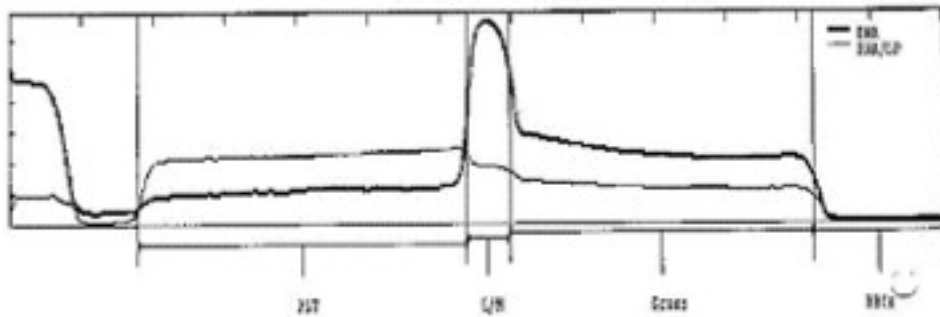
Tin Hau Pet Hospital
Shop B, G/F, Wilson Court
41 King's Road,
Hong Kong

Species : Ger Feline >8yr
Patient : 2541
Client : Chan Nai Ding

Ver: 8.23A
Date : 26-Jul -2010 11:39

Test	Results	Reference Range	Indicator		
			LOW	NORMAL	HIGH
HCT	= 27.3 %	24.0 - 45.0			
HGB	= 8.9 g/dL	8.0 - 15.0			
MCHC	= 32.6 g/dL	30.0 - 36.9			
WBC	= 48.5 x10 ⁹ /L	5.0 - 18.9			
GRANS	= 36.4 x10 ⁹ /L	2.5 - 12.5			
%GRANS	= 75 %				
L/M	= 12.1 x10 ⁹ /L	1.5 - 7.8			
%L/M	= 25 %				
PLT	= 542 x10 ⁹ /L	175 - 500			

Buffy Coat Profile



Tin Hau Pet Hospital
Shop B, G/F, Wilson Court
41 King's Road
Hong Kong

Species : Ger Feline >8yr
Patient : 2541
Client : Chan Nai Ding

Ver: 8.23A
Date : 26-Jul -2010 11:39

Test	Results	Reference Range	Indicator		
			LOW	NORMAL	HIGH
ALB	= 26 g/L	23 - 39			
ALXP	= 367 U/L	14 - 111			
ALY	= 2570 U/L	12 - 130			
AMYL	= 1646 U/L	500 - 1500			
UREA	= 5.5 mmol/L	5.7 - 12.9			
Ca	= 2.19 mmol/L	1.95 - 2.83			
CHOL	= 2.45 mmol/L	1.68 - 5.81			
CREA	= 92 umol/L	71 - 212			
GLOR	= 43 g/L	28 - 51			
GLU	= 5.71 mmol/L	3.94 - 9.83			
PHOS	= 1.85 mmol/L	1.00 - 2.42			
TBIL	< 2 umol/L	0 - 15			
TP	= 71 g/L	57 - 89			
Na	= 160 mmol/L	150 - 165			
K	= 2.5 mmol/L	3.5 - 5.8			
Cl	= 117 mmol/L	112 - 129			

T4 = 43.8 nmol/L
Feline:
<13 nmol/L Low
13-64 nmol/L Normal
32-64 nmol/L Borderline High
>64 nmol/L High

DISCUSSION

In terms of scientific research of ZBDHW and its subformula LWDHW, they have been shown to be an extremely effective for the treatment of thyroid adenoma⁷, hyperthyroidism⁸, chronic hepatitis, hypertension, dryness in geriatric patients, spontaneous perspiration, type II diabetes mellitus with its complications such as hypertension, coronary heart disease in human.⁹

ZBDHW has multiple pharmacological effects which include hypoglycaemic, hepatoprotective, nephroprotective, antiarrhythmic and hypotensive properties. Cooked rehmannia and Cornus are slightly warming herbs, but they are anti-hypertensive and strongly tonify Yin for Xiao Ke (wasting and thirsting) syndrome often seen in hyperthyroid felines. Chinese Yam is antidiabetic and promotes peristalsis which helps to stop Mui Ding's vomiting. Poria, and Alisma are bland herbs which act as diuretics and help to lower blood pressure. The bitter and cool herbs in the formula are Peony, Phellodendron and Anemarrhena; they are strong antipyretic and antihypertensive.¹⁰

Research with mice given this formula also show a "sedating", calming effect by reducing hyperactivity, counteracting effects of caffeine and enhancing centrally acting effects of barbiturates.¹¹ In addition, it has immuno-stimulating and adaptogenic properties which are useful for geriatric patients in general.¹²

In terms of Chinese pathophysiology, the approach seemed to be related to the Phlegm-Fire theory as described by Dr. Steve Marsden.¹³ Weakened Spleen produces pathogenic Dampness which congeals into Phlegm overtime, and such accumulations lead to congestion and release of Heat along the San Jiao. There are four main progressive phases underlying feline hyperthyroidism, starting with 1) accumulation of Dampness & Phlegm, 2) accumulation of Phlegm-Heat in the San Jiao, 3) Consumption of Kidney Yin, leading to Empty Heat & Fire, and finally 4) Kidney Yin & Yang Deficiency with Empty Heat & Fire. Each phase shows different characteristics from the presenting clinical signs, as well as characteristic pulse & tongue diagnosis. The main Chinese pathophysiology mechanism underlying this case had already progressed to the third phase.

To summarise, the TCM diagnosis of Yin Deficiency and Empty Heat need to be addressed. Treatment principles hence are to nourish Liver and Kidney yin, and to clear yin-deficient fire. The selection of a suitable herbal formula is important as it should act on multiple organs and solve multiple problems simultaneously. ZBDHW was chosen over other similar rehmannia-containing formulas. It is the author's opinion that formulas such as Jin Gui Shen Qi Wan and Ba Wei Di Huang Wan are too warming for Mui Ding; Qi Ju Di Huang Wan fits the energetics of the patient but it is more suited for ocular conditions. Liu Wei Di Huang Wan is helpful but too basic and lacks the extra ingredients of Phellodendron and Anemarrhena to clear deficiency fire.

CONCLUSION

Feline hyperthyroidism is the most common disease of the endocrine system among aging cats. The main cause is due to autonomously hyperfunctioning nodules of the thyroid gland that secrete thyroxine (T4) and triiodothyronine (T3), uncontrolled by normal physiologic influences such as thyroid stimulating hormone (TSH).¹⁴ The high circulating concentrations of thyroid hormones cause a pathologic, high overall metabolism which affects multiple organ systems of the body, leading to musculoskeletal, cardiovascular, gastrointestinal, renal/urologic, nervous, and behavioural signs such as anorexia, myocardial hypertrophy, hypertension, hepatocellular damage, renal failure.

Generally speaking, the prognosis is good and there are three treatment options: 1) medications (methimazole, carbimazole), 2) thyroidectomy, and 3) radioactive iodine treatment. Unfortunately, all three options were deemed unsuitable or non-practical for this high anaesthetic risk patient with history of

antithyroid drug reaction. Since radioactive iodine was not available in Hong Kong, Chinese herbs and other supportive medications were chosen instead for this patient.

The use of ZBDHW as part of integrative therapy speeded up recovery rate, and lowered the chance of adverse effects of antithyroid drugs. Not only did T4 and liver enzymes values but also the patient's temperament greatly improved within one week of hospitalisation. This made possible further medicating and handling of the patient a lot easier in the long run. However, recurrence is possible due to poor owner compliance with medical management. Nevertheless, the successful outcome improved the patient's quality of life, avoided risks of surgery, and minimised adverse drug reactions.

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A Day In The Life

A DAY IN THE LIFE OF THIS HOLISTIC VET

Joanna Milan

The day at Dr. Steve and Dr. Karen Marsden's clinic, Edmonton Holistic Veterinary Clinic, starts with early Monday morning rounds. In attendance are Dr. Steve Marsden, Dr. Gina McLachlan, Dr. Jennifer Marshall, myself and "Chase", a 10 year-old Golden Retriever belonging to a long-time client at the clinic. Chase has been treated since 2004 for severe elbow dysplasia but recently has been suffering from back pain that is not well controlled with chiropractic and acupuncture treatments. Our rounds this morning are a combination of chiropractic instruction and thermographic diagnosis of acupuncture points by Steve, a demonstration of Gina's osteopathic approach to lameness and palpation of Chinese Pulse and chiropractic lesions by all present! By the end of the session Chase is full of liver treats – Steve feeds them by the bucket to his patients, and is going home with a new Chinese herbal formula, Yi Yi Ren Tang, to treat Blood Stasis, Qi Deficiency and Wind Cold Damp Invasion.

My first patient this morning is "Samson", a 9 year old Golden Retriever from Calgary, a 3 hour drive from our clinic, who is suffering from congestive heart failure secondary to severe dilated cardiomyopathy. EHVC attracts clients and patients from the local neighbourhood as well as from distant places. Because of the high quality of integrative medicine practiced at the clinic, word of mouth has so far been the best means of "advertising" for patients seeking a different approach to veterinary health care. Samson's owner comments on the reputation of the practice. He also mentions the calming atmosphere in the clinic is helping his dog to relax – the fireplace and comfortable wicker chairs in the waiting room, and consultation rooms designed to remind the dogs of the kitchen counter at home and soft couches to lie on all add to an environment which makes my job really easy!

Despite how calm Samson is, his heart is still racing alarmingly at 180 bpm with severe arrhythmia and capillary refill time over 4 seconds. After his acupuncture treatment he goes home with the Chinese Herbal formula Chai Hu Jia Long Gu Mu Li Tang

(Bupleurum, Dragon Bone and Oyster Shell Combination) for Triple Burner Obstruction, Clearing Heat and Expelling Wind, and a Western herbal formula containing Hawthorne, Dandelion, Cinnamon and Licorice for heart support. CoEnzyme Q10, Carnitine, Taurine and Fish Oil are also added to his regime. He will return to the IVAS certified practitioner that referred him – she will start subcutaneous injections of magnesium heart and continue regular acupuncture treatments.

The next 20 minutes is spent arranging an ultrasound for Samson, and consulting with the cardiologist at the University of Guelph in Ontario – Dr. O'Grady is scheduled to see Samson in two weeks' time in Calgary but the severity of his disease dictates an immediate consultation! Dr. O'Grady suggests some alterations of Samson's Western heart medications – blending Western and traditional herbal treatments is one of the most interesting aspects of this job! I've probably talked to more specialists since starting holistic practice than I ever would have in regular private practice.

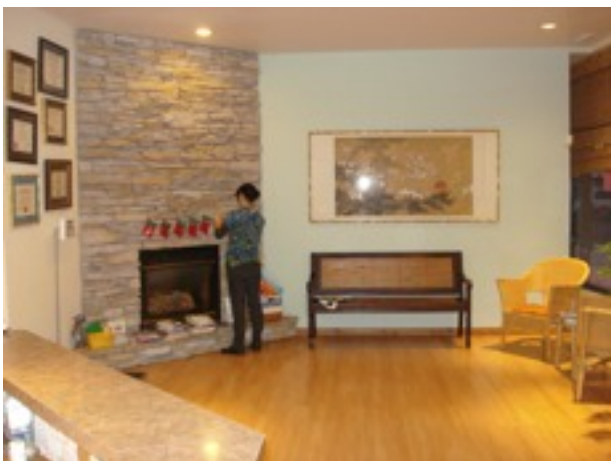
The rest of the morning is filled with re-check appointments. "Aristotelis" is a very exuberant lab with idiopathic epilepsy. His seizures have been well controlled over the past year with the Long Dan Xie Gan Tang and a grain-free diet. "Lulu" is in next – a little white fluffy Maltese with an angelic personality and a partially ruptured anterior cruciate ligament. She is responding well to weekly chiropractic and acupuncture treatments – she has many Active Points on the Gallbladder channel. Her owner thinks some of her reluctance to use the leg is behavioural, so we send her home with a new homeopathic prescription. Next in is "Milo", a 5 year old domestic short hair cat that is due for his yearly vaccinations. We discuss his needs for vaccines (he is a strictly indoor cat!) and AAEP guidelines for every 2 to 3 yearly vaccines. His owner is nervous about straying from her regular veterinarians' recommendations but agrees to skip this year's vaccines. We will review vaccines again at his next annual visit. Milo is suffering from early dental

disease so we discuss diet and dental care – his mom goes home with our hand-out for home-prepared diets and hopefully some new ideas on caring for her companion.

Some of the appointments this morning are more challenging than others. There is “Charlie”, the Westie with ongoing skin issues despite constant herbal and dietary treatments, and “Barney”, a poodle with diabetes that is difficult to control with herbal treatment and insulin. Despite his home blood glucose readings still in the high teens, any change in his insulin even by 0.25 units results in hypoglycaemia. Dr. Marsden is treating human patients today on “the other side” of the clinic, but is still available between appointments for herbal advice. Active Point acupuncture is a very important part of this practice, and Steve won’t answer our questions about herbs unless we present him with a good TCM exam including Active Points! It makes for more precise prescribing, and doesn’t let us get lazy with our exam and diagnosis!

Then it’s lunch time. A time to replenish our energy and get some Vitamin D outdoors to help us through the cold winter in northern Canada!

Joanna Milan, DVM, CVA, D Vet Hom



Book Review

FRESH FOOD AND ANCIENT WISDOM

Dr Ihor Basko DVM

Being a fairly new “Holistic” and Natural Medicine oriented veterinarian, I still struggle with diets. Replacing vet school dogma is easy in my own philosophies but difficult to find a book to help the average pet owner. I myself went off of processed food 5 years ago, but raised on the convenient foods of the 60’s and 70’s, never learned how to cook real food in a balanced way. Diving into it as a veterinarian looking for a simple but argumentally good way to feed my patients real food has been difficult – especially since I don’t have personal experience, just desire and a tendency to be easily overwhelmed and cautious.

So I started searching for a book that I could read quickly and pick recipes from as a busy working single parent of several pets that offered flexibility for me to make these diets therapeutic without worry of un-balancing them. I wanted ease of acquiring the ingredients (even in rural MN), meeting my demands as a medical practitioner, my limits as a single parent time and finance wise, and something I can hand to my more astute clients to pursue on their own. The old standards lacked the macronutrient and TCVM functionality. The new books I read are either difficult to repeat exactly on a day to day basis and/or overwhelming for the average busy person, sometimes so precise it was scary. I wanted something to match my TCVM training in therapy and also the individuality of my patients and their owners. I would get excited about what we could manipulate with food for a patient, then struggle over finding the information that would meet the simple demands above.

Along comes Dr. Basko’s book. It is absolutely wonderful. It mixes ease with reassurance with many recipes available for all stages of a dog’s life and health. The table of contents points quickly to the area of interest (puppies, geriatric, liver, kidney, allergic, dermatologic and more). Recipes are also grouped into climate area and season. The index has recipes written in bold so it is easy to mark and find favorites, while specific foods and topics are listed in normal print. – ask me about specific foods now!

He has included tables for TCVM Energetics and goals in therapy, appendixes (cross referenced in the text) for supplements and who needs them, alternative protein sources (all in one place!), resources to get harder to find ingredients via the internet (also referenced in the recipe – oh, more minutes saved) and short philosophy based discussions of recommendations (including buying local and explaining the whole “which rice now?” and “aren’t big dogs and little dogs different?!” questions. It is full of tips that really do help and each chapter is ended with a bullet note summary.

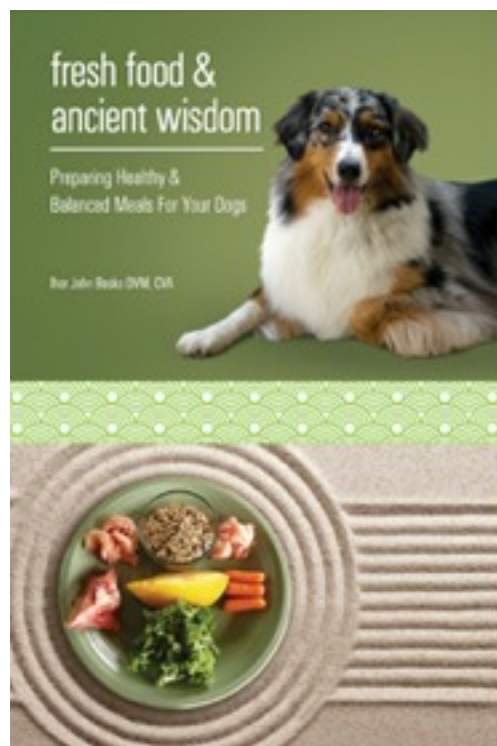
Every basic question that I have had (stone on the path) seems to be answered. Thoughts I have had confirmed. And the pages are a glossy kitchen quality for real use.

Thanks, Dr. Basko, I feel fully set to cook now for my dog AND myself with more ease. And I feel I have a good reference that will more than pay itself back in consulting ability to my clients. And if the client buys the book, they will save much more than its price in consulting (and illness exams) fees).

My only question: When’s the cat companion coming out?

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Using PayPal from his website: www.drBasko.com
Is the best way to order. Book is \$49.95 (282 pages).



Specific Indications for Skin Herbs ©2010 DAVID WINSTON, RH (AHG)

David Winston is an herbalist and ethnobotanist with over 40 years training in Cherokee, Chinese and western herbal traditions. He has had a clinical practice for over 30 years and is an herbal consultant to physicians throughout the USA and Canada. David is also the president of Herbalist & Alchemist, Inc. an herbal manufacturing company, and founder/director of David Winston's Center for Herbal Studies. He is an internationally known lecturer and teaches frequently at medical schools, symposia and herb conferences.

David is co-author of *Winston and Kuhn's Herbal Therapies and Supplements; A Scientific and Traditional Approach* 2nd ed., Wolters and Kluwer 2008, and *Adaptogens: Herbs for Strength, Stamina and Stress Relief*, Healing Arts Press, 2007, the author of *Saw Palmetto for Men & Women*, Storey, 1999, and the author of *Herbal Therapeutics, Specific Indications for Herbs & Herbal Formulas* HTRL 9th ed., 2009. He is also contributing author of *American Herbalism*, published in 1992 by Crossings Press. In addition, David is a founding/professional member of the American Herbalist Guild, and he has served four terms on the Board of Directors. He also is a member of the American Botanical Council Advisory Board and the Botanical Safety Handbook Review Board.

Hundreds of herbal remedies are recommended for treating skin conditions.

There are folk remedies, traditional Chinese (TCM), Ayurvedic and Tibetan formulas and more recent western clinical trials of selected botanicals.

With so many possibilities how does the practitioner know which herb or formula to use? In TCM and Ayurvedic traditions (many other traditional systems of medicine as well) the practitioner has forms of differential diagnosis (pulse, tongue, skin color, urine and stool analysis) and concepts of energetics to help match the appropriate remedy to the patient.

Western practitioners are largely forced to treat the disease (eczema, psoriasis, non-specific dermatitis, etc.) rather than the specifics of the condition (hot/damp, hot/dry, cold/dry, cold/damp). While this approach can work (Barberry is quite useful topically for psoriasis), it is rarely as effective or accurate as a more constitutional/energetic approach.

In the United States, a unique tradition of herbal medicine existed from 1825 through the 1930's. The Eclectic physicians were trained as medical doctors and used botanicals as their primary medicines. They flourished throughout the 1840's and 1850's but lost popularity after the Civil War. In the 1870's John M. Scudder, M.D. rescued the then failing Eclectic movement and introduced his concept of Specific Medication and Specific Diagnosis. This practice revolutionized Eclectic medicine and helped them to not only resurrect their schools, journals and status, but by 1890 one out of every nine doctors in the U.S. was an Eclectic physician. The movement eventually lost momentum and faded into obscurity, but their rich trove of experience, literature and successful practice still exists.

The concept of specific medication is quite simple. By focusing on the materia medica, the practitioner

(and over many years a consensus of practitioners) can determine the exact symptom picture that determines a specific remedy is indicated. Instead of indeterminately combining a number of "skin herbs" in a formula, the clinician looks at the actual condition of the patient. Is the skin dry or scaly, red and inflamed? Is it itchy, does it have an ichorous discharge? Each of these symptoms is a clue indicating a specific herbal remedy. For skin (also mucous membranes and connective tissue) that is red, hot and inflamed, Sarsaparilla (*Smilax* spp.) or Gotu Kola (*Centella asiatica*) are indicated. If the skin is scaly, dry, itchy or crusty, then Burdock seed (as well as fish oils and Silybum seed tincture) are appropriate. In a case where the patient has areas of the skin that are red, hot, itchy and scaly, a combination of Sarsaparilla and/or Gotu Kola, along with Burdock seed would be a simple but highly effective formula. The following charts were inspired by Dr. Finley Ellingwood's charts in his classic Eclectic text *American Materia Medica, Therapeutics and Pharmacognosy*, 1919, but the content is from my clinical practice as well as Eclectic, Physiomedical, TCM and western herbal traditions.

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A SUMMARY & COMPARISON OF REMEDIES ACTING ON THE SKIN – SKIN REMEDIES #1

David Winston, RH (AHG) ©2003 Updated 2010

ACTION & INDICATION	Burdock Seed (<i>Arcetium lappa</i>)	Yellow Dock (<i>Rumex crispus</i>)	Horsetail (<i>Equisetum arvense</i>)	Tag or Red Alder (<i>Alnus serrulata</i> , <i>A. rubra</i>)	Nettles (<i>Urtica dioica</i>)	Oregon Grape Root (<i>Mahonia spp.</i>)
GENERAL INFLUENCE	Soothing, anti-inflammatory skin remedy. Strongly antibacterial.	Mild alterative enhances liver function.	Nutritive rich in silica. Strengthens skin, hair, bones, and nails.	Alterative, enhances liver and bowel function. Antibacterial.	Nutritive tonic, rich in silica and carotenoids.	Alterative, enhances liver and bowel function. Antibacterial.
SPECIFIC EFFECT ON THE SKIN	Dry, crusty, itchy, or scaly skin conditions. If red and scaly use with Smilax and Centella.	Oozing skin conditions-serous or pusy discharge.	Skin like paper-it tears easily; brittle hair or nails.	Large red pimples (comedones) which never come to a head. Acne rosacea, impetigo, eczema.	Skin that looks and feels like paper-it tears & bruises easily.	Chronic skin problems-psoriasis (topically & orally), oily skin with large red pimples on the back or buttocks.
SPECIFIC EFFECT ON THE LYMPH & SPLEEN	Clears heat-sore throat with swollen lymph nodes (also mumps).	Blood dyscrasias with lymphatic enlargements.	No direct effect.	Mildly improves lymphatic flow. A gargle of the tea is useful for tonsillitis.	Mild lymph tonic.	Enhances lymphatic circulation and reduces stagnation.
SPECIFIC EFFECT ON KIDNEY FUNCTION	Mild non-irritating diuretic. It has been used for edema and painful cystitis.	Avoid use in gout or kidney stones due to oxalic acid content.	A mild diuretic for dysuria and cystic irritation. Hemostatic for hematuria.	The Eclectics used <i>Alnus</i> for hematuria.	Non-irritating potassium sparing diuretic, also useful for hematuria.	Urinary antiseptic, clears damp heat from the urinary tract-cystitis, urethritis.
SPECIFIC EFFECT ON LIVER & INTESTINAL FUNCTION	Fixed oils act as a stool softener for hot/dry constipation.	Mildly laxative. Cholagogue, bitter tonic, and astringent. It acts as a tonic to the bowel.	Hemostatic for blood in the stool.	Laxative, cholagogue, bitter tonic. Constipation with clay colored stools.	Watery diarrhea with sour belching and GERD.	Cholagogue, & bitter tonic. Dredges the liver-hepatic torpor.
OTHER EFFECTS OR NOTES	Resolves fire poison-rashes, boils, or erythema.	Yellow Dock has a reputation of being high in iron, but it actually is not. It is useful for cachexia (cancer).	Horsetail is used in Europe for treating atherosclerosis.	Also use for cyclic skin problems such as teenage acne.	It is an excellent source of calcium, iron, and vitamin K. Useful for osteoporosis with Horsetail, Oat Straw, and Alfalfa.	It can be used for arthralgias with hepatic torpor and chronic skin problems. Psoriatic arthritis.

A SUMMARY & COMPARISON OF REMEDIES ACTING ON THE SKIN & PERIPHERAL CIRCULATORY SYSTEM – SKIN REMEDIES #2

David Winston, RH (AHG) ©2003 Updated 2010

ACTION & INDICATION	Sarsaparilla (<i>Smilax ornata</i>)	Bittersweet Nightshade (<i>Solanum dulcamara</i>)	Gotu Kola (<i>Centella asiatica</i>)	Elder Flower (<i>Sambucus canadensis</i>)	Blue Flag (<i>Iris versicolor</i>)	Butternut Bark (<i>Juglans cineria</i>)
GENERAL INFLUENCE	Mild alterative, anti-inflammatory. Inhibits excess immune response.	Strong alterative, antispasmodic. Toxic in overdose.	Antiinflammatory, antibacterial, antiviral, and antifungal. Inhibits excess immune response.	Diaphoretic, diuretic, mild "spring tonic".	Strong alterative and stimulant to endocrine function (especially the thyroid).	Mild, non-habit forming laxative and alterative.
SPECIFIC EFFECT ON THE SKIN	Skin that is red, hot, and inflamed. Use with Gotu Kola.	Cold and/or bluish extremities with scaly skin-Reynaud's syndrome and carpal tunnel syndrome.	Skin that is red hot and inflamed. Use with Sarsaparilla.	The tissues are full, the epidermis separates and has a profuse serous discharge which forms crusts. Indolent ulcers with boggy borders.	Chronic eczema, greasy, sallow skin exacerbated by eating fats.	Chronic skin problems of a pustular character with hepatic torpor or constipation.
SPECIFIC EFFECT ON THE LYMPH & SPLEEN	It can be used for lymphadenitis with Figwort.	Feeble circulation with cold, bluish extremities; lymphatic stagnation.	Use for lymph edema with Cleavers and lymphadenitis with Figwort.	Mild eliminator to the lymph.	Useful for enlarged lymph nodes, splenomegaly with grayish or copper colored skin.	Lymphatic stagnation caused by chronic constipation or slow transit time.
SPECIFIC EFFECT ON KIDNEY FUNCTION	A mild diuretic and urinary demulcent.	A powerful diuretic.	It acts as a mild diuretic.	Soothing diuretic, tissues look full and edematous.	It acts as a secondary diuretic.	No direct effect.
SPECIFIC EFFECT ON LIVER & INTESTINAL FUNCTION	Antiinflammatory to the bowel. It binds endotoxins, enhancing elimination.	The Eclectics occasionally used "Dulcamara" for jaundice.	Antiinflammatory to the G.I. tract. Helps heal intestinal inflammation.	It is a mild aperient, it helps lubricate dry, hard stools.	Laxative and cholagogue-clay colored stools, poor appetite, & biliousness.	The mildest of chemical laxatives. Hepatic torpor with sour belching & gas.
OTHER EFFECTS OR NOTES	Useful for inflammation of connective tissue & autoimmune disease; R.A., psoriatic arthritis, scleroderma.	It dries up excessive nasal secretions and stops spasmodic coughs-pertussis.	Cerebral tonic- improves circulation to the brain and cognitive function.	The flowers are a traditional remedy (with Peppermint) for children's fevers.	Useful for "sick headaches" caused by eating fats or sugar.	Butternut is a useful stool softener for patients with hemorrhoids or episiotomy incisions.

Herb Notes

A SHORT STROLL THROUGH SOME OF THE HERBS ON THE VBMA STUDY GUIDE LIST (Edited from Cynthia's regular contributions to the listserve)

Dr Cynthia Lankenau

Subject: Agave

One of the plants that I'm sure we will see on our herb walk August 26, 2011 is **Agave, Century Plant**. We would be looking for a plant that looks similar to Yucca but is more robust with thicker spiny-edged leaves and a flowering stalk that differs from Yucca in that it has distinct armlike branches.

The fresh leaf tinctures and dried tea are GI tonics, useful for indigestion, gassy fermentation, and chronic constipation. The root tincture is an effective antispasmodic, helpful for gas pain and colic, as well as being a good bitter tonic. Michael Moore notes that it is particularly useful for aggravations from major weather shifts.

Long term use is not recommended.

Cook says, "The leaves of which abound in a saccharine juice, and which the Mexicans ferment into a kind of spirituous drink called pulque. When evaporated nearly into dryness, this juice is sometimes used as a substitute for soap. The fresh juice is said to be diuretic, laxative and emmenagogue."

So with our current cold and snow in western NY, I am so excited about hiking in warmth and meeting this plant!!.

Subject: Alchemilla vulgaris-Lady's Mantle

Energy- bitter, astringent, neutral

Meridians - affected- spleen, kidneys

Properties - astringent, febrifuge

Use-loss of appetite, rheumatism, stomach ailments, diarrhea, enteritis

I have this plant in my herb garden. The dew on the leaves have the doctrine of signatures of Mercury. I have made apple cider vinegar tinctures of the leaves with dew collected first thing in the morning. I use it often on cow's with retained placentas and off feed. From a more TCM view, it clears Heat, especially Liver Fire, clears fire toxins, but is also a Yin tonic. Precautions- since it can tonify the uterus, I have never used it in a pregnant cow.

Subject: Alfalfa (Medicago sativa)

It is classified as a Liver Yin tonic and it nourishes the blood.

It is salty, a bit bitter, with a neutral temperature and a bit moist. It is a nourishing and restoring herb. The part used is the flower, leaves and stem. It has an affinity for the liver, stomach, pancreas, and blood. It travels to the Spleen and Stomach meridians.

1. It enriches Liver Yin, nourishes the Blood, and relieves fatigue. Helps to promote lactation.

2. Increases Spleen Qi

3. Protects the Liver and promotes detoxification

4. Strengthen blood vessels (part of Spleen support)

5. supports Shen (part of blood nourishing effect).

It is a great nutritive herb to add in formulas.

Alfalfa is one of the herbs that is helpful in the treatment for anemia.

Alfalfa (*Medicago sativa*) is classified as a Liver Yin tonic and it nourishes the blood.

It is salty a bit bitter, with a neutral temperature and a bit moist. It is a nourishing and restoring herb. The part used is the flower, leaves and stem. It has an affinity for the Liver, Stomach, Pancreas, and Blood. It travels to the Spleen and Stomach meridians.

1. It enriches Liver Yin, nourishes the blood, and relieves fatigue. Helps to promote lactation.

2. Increases Spleen Qi

3. Protects the Liver and promotes detoxification

4. Strengthen blood vessels (part of Spleen support)

5. supports Shen (part of blood nourishing effect.)

Ellingwood, "finds in Alfalfa a superlative restorative tonic, but it does not act as a stimulant. It rejuvenates the whole system by increasing the strength, vim, vigor, and vitality of the patient. In all cases, the ever-marked condition calling for the remedy is despondency, along with loss of flesh, whether the case is one of stomach trouble, such as indigestion, dyspepsia, general and nervous debility, anemia, marasmus, loss of appetite and poor assimilation, as

shown by loss of flesh and constipation, with the always accompanying condition, depression."

Subject: Albizia julibrissis

I was amazed to see that April 9th is considered to be Disturbed Person's Day. I guess our country has a new majority.

But we have no reason to be disturbed as we can go to the Healer's, Heal thyself retreat End of April. (On the AHVMA site)

BUT a tree you could find growing in DISTURBED areas in Florida is the **Mimosa Tree. (Albizia julibrissis)**

Mimosa is in the pea family and will be flowering in April so hopefully you can find it on your herb walks. In TCM it is called He Huan Pi, and the literal translation is collective happiness bark.

Energetics: sweet, neutral

Channels affected are Heart and Liver.

Main action is to calm the Shen (Spirit) and relieves emotional constraint due to Liver Qi stagnation. So it is helpful to treat and cure, short temper, depression, insomnia, (specific for insomnia due to liver Qi stagnation), irritability, and forgetfulness.

In TCM it is also used to invigorate the blood and reduce swelling. It is helpful in treating pain and swelling due to trauma.

This herb does have a slight uterine stimulant effect so it is discouraged in use during late pregnancy.

Subject: Andrographis paniculata (Chuan Xin Lian).

With all the flu paranoia going around, I thought it would be great to have everyone give their most favorite flu herb or combo both Western and Chinese and Ayurvedic.

So I will start with **Andrographis paniculata (Chuan Xin Lian)**. This is my most favorite herb.

Energy: Bitter and cold

Channels entered: Lung, Stomach, Large Intestine, Small Intestine

This herb Clears Heat and Eliminates Toxins. I use it when I first have any headache or sore throat, fever or cough. It is also used for snake bite orally and topically.

Also It dries dampness and stops Diarrhea-used for dysentery.

Cautions- avoid long term use as may injure Stomach Qi.

(Also this herb has a good effect in Lyme disease).

Aloe vera



Subject: Aloe resin and gel

When I was going through the A's in the study guide, I forgot about Aloe. so..

Cook on Aloe resin: "All varieties of aloes are stimulating to the large intestine, acting slowly but very positively, yet not procuring very liquid stools. In semi-paralysis of the lower bowel, and for ascarides, they are generally efficient; but must not be used when there are piles, tenesmus, or the least irritation of the colon. This drug also stimulates the gall-ducts, and has been given to depressed jaundiced conditions. Its' action upon the uterus is associated with that upon the colon; and it has been noticed to promote menstruation powerfully. It is common to use this drug in excess and thus to weary the bowel."

Scudder says, in Specific Medicines,(Aloe resin): "I believe that in small quantity and in combination with other agents that act upon the upper intestinal canal, it proves a good cathartic. (He has a formula of Leptandrin, 30 grs. Aloes 20 grs, Podophyllin 10 gr, and extract of Hyoscyamus 5ss.)

In small doses it exerts a direct influence upon the wastes and nutrition of the nervous system. In cases of feeble innervation, especially in persons of gross habits, it will be one of our best agents."

Fyfe adds: "Aloe is cathartic, emmenagogue anthelmintic and stomachic. SMALL doses-specific indications: hemorrhoids from partial congestion; profuse menstruation in females of relaxed fiber; water diarrhea from weakness. Regular dose: constipation caused by atonic conditions of the large intestine."

Aloe is classified as:

energetics: cold and bitter

Meridians: Liver, heart, spleen.

Michael Tierra classifies the powder as a laxative and the juice is a milder yin tonic. One herbalist compares the yin tonic effect of the juice as similar to rehmannia 6. The gel, he feels is specific for women with PMS

and menopause. The fresh gel is also a topical for burns.

Peter Holmes classifies the gel as cool and moist, bland

Function: moistens dryness and relieves irritation, reduces inflammation and infection, promotes tissue repair, benefits the skin and stops bleeding. It is the resin of the plant, the part that is obtained from the outer cells of the plant that has the strong laxative effect.

"The gel is a very effective agent for external use where moisture, protection, cooling, soothing and disinfecting are needed."

The resin is classified as bitter and Peter Holmes classifies it as a hot but with a secondary cooling effect.

Functions: promotes bowel movement and removes accumulation, promotes menstruation- treat intestinal Qi stagnation

Subject: Angelica pubescens

Angelica pubescens is a Chinese herb called Du Huo. It is a bitter, acrid, and warm herb. The root is used. It enters the Kidney and Bladder channels and affects the lung, stomach and colon.

Properties are classified as a diaphoretic warming herb that is also a carminative, stimulant, expectorant, tonic, analgesic, and emmenagogue.

Actions-

1 Dispel Wind and Dampness to Relieve Pain- This is called the Bi Zheng syndrome or painful obstruction syndrome. The evil pathogens of Wind and Damp obstruct the channel pathways causing pain from Qi and Blood stagnation. Since this herb enters the Liver (tendon) and Kidney (bone) meridians, it is one of the best herbs for joint aches and pains, low back pain, weak knees, and pain in the lower body. Main formula is Duo Huo Ji Sheng Tang.

Duo Huo is also helpful for headaches and toothaches if wind damp is trapped in the shaoyin.

It is in many formula for low back and leg pain which is being caused by a Wind-Cold-Damp obstruction.

2. Disperses Wind-Cold-Dampness for lung ailments, colds, pleurisy. Releases the Exterior: Helpful herb for those muscle aches with a cold or flu-like symptoms.

It can be used as an expectorant or diaphoretic agent. The leaves can also be used as an external poultice for chest and lung diseases.

It is a great herb to improve warmth and circulation in the winter.

In TCM, it is classified as a herb that dispels wind-dampness, in western literature, it is a warming diaphoretic.

It is classified in TCM as a Wind-Damp Dispelling and Pain Relieving Herb.

Energetics: acrid, warm and bitter

Channels-Liver, Kidney, Bladder (Note helps back pain since goes into the Bladder meridian).

Subject: Artichoke (Cynara scoymus)

Cynara scoymus. (I have actually never used this herb on an animal case).

Energetics-sweet, bitter, cool and moist and a little salty

Classified as nourishing, restoring, softening, dissolving, and decongesting

Meridians: Liver, Gallbladder, and Bladder

Increases Kapha, lowers Pitta

Mild herb with minimal to no chronic toxicity

1-Enriches Liver Yin, nourishes the blood and relieves fatigue, restores and protects the Liver, helps to restore the thyroid and pancreas, helps to regulate metabolism and retards aging.

2-Stimulates digestion reduces liver congestion and promotes bile flow and bowel movement.

3-Promotes cleansing and resolves toxicosis, promotes urination, relieves edema. (Hey, it could help with chronic albuminuria).

Root is stronger than leaf. Can be taken as a decoction or a tincture. I think I need to start using this herb, The bitter principle in the plant is cynaroside that is responsible for the liver protective properties. Its high flavonoid content is felt to be responsible for the ability to decrease cholesterol level.

There is no toxicity, a rare person has an allergic dermatitis when handling the plant, and since the plant is used to help bile flow and increase bile production, use cautiously if gallstones are present.

Artichoke has been cultivated by Italian horticulturists since the 15th century.

According to Julia Graves, "The chokes moisten the gallbladder, increase the fluidity of the bile, and thus help it ease, along with any thickened bile, definitely cooling the gallbladder, removing heat. It unplugs the common bile duct by remoistening the mucosa and increasing the fluidity of the bile itself."

Richo Cech-"Helps digest fats and increases sugar metabolism very useful for obesity."

It can cause "Windtreibend" (German) pushes flatulence down.

Matthew Wood says it is used for courage on the mental level. It unplugs old smoldering resentment, suppressed anger, or affects of shock with anger, moving the mind to a new level.

Subject: Ashwaganda (Withania somnifera),

A traditional Ayurvedic medicinal plant. It is classified as one of the rasayana herbs. Any rasayana herb improves the quality of the rasa (primordial tissue or plasma) and therefore should strengthen and promote the health of all tissue in the body.

Part used-root

Common Name: Winter cherry

Energetics: bitter, sweet, warm, dry

Meridian/organ affected: Lung and Kidney

Constituents: bitter alkaloid somniferin

Yang tonic, adaptogen, immune amphoteric, nervine, anti-spasmodic

The herb is said to smell like horse sweat-a nice doctrine of signatures to remind us that it will give us the endurance of a horse. In India, it is used to prolong life, stimulate the mind, and enhancing vigor. It is used to try a wide range of disorders including malnutrition on children, paralysis, coughs, edema, impaired cognitive function, asthma, infertility, rheumatism, gastric ulcers, and fevers.

The interesting thing about Ashwaganda is that although it is a Yang tonic it is calming so it is the first herb I think of using when there is a nervous and high strung Yang deficient animal.

It is a great herb for weak thyroid and adrenal function. It is also very high in iron.

David Winston uses it in combination with Kudza (Pueraria lobata), cyperus root (Cyperus rotundifolia), and black cohosh root (Cimicifuga racemosa) for muscle pain from fibromyalgia and neck and back muscle spasms.

In India, it is taken with ghee to improve fertility.

Ashwaganda is in the nightshade family so if there is a nightshade sensitivity, it probably should be avoided.

In parts of India it is taken as a tonic with milk during pregnancy but there were reports of it being associated with abortions in Africa. ?So what is up with that? But until sorted it out, I guess it should be avoided during pregnancy. The herb will also enhance the effect of barbiturates so if an animal is on any such thing, the dose of the barbiturate will need to be decreased.

I use this herb a lot in those less common hyper acting hypothyroid horses and dogs.



Astragalus Astragalus membranaceus

Subject: Astragalus membranaceus

(mongolicus is a variation) Also called Milkvetch, Huang Qi. This is a sweet and slightly warm herb, the root is used. This is a tonic herb of the Spleen and Lung. It strengthens digestion, raises metabolism. It can treat chronic weakness of the lungs, collapse of energy, and prolapse of internal organs. (Usually in combination with Chinese Ginseng) It was considered in ancient China to be a herb that could treat "a hundred diseases." I have also used it with good effect in old Cushingoid horses that are spontaneously sweating. Also with edema via protein losing nephropathies.

Stephan Buhner uses it as a Lyme disease prevention. Astragalus membranaceus is classified as an adaptogen and is non-toxic. (A distant cousin is locoweed of which the above ground parts are addictive and then toxic to livestock.)

Subject: Bacopa

(Bacopa monniera) Common name-Indian Pennywort
Part used- whole dried plant

Energy: Cold, astringent, sweet

Western classification: nervine tonic, spasmolytic, mild sedative

Bacopa is one of the major Ayurvedic herbs. It has been found in Indian texts as far back as the 6th century. It is used mainly to promote the intellect and as a potent nervine, cardiogenic and diuretic and has a positive effect on asthma and certain types of insanity. Davie Winston uses this herb quite successfully on ADHD kids. It pacifies kapha and vata.

The plant is considered safe and adverse reactions are rare but a caution to always use organic Bacopa as it will absorb any toxins that are found in the soil in which it is growing. It is mildly stimulating to the thyroid gland.

Is classified as a nootropic, meaning works on the mind.

I have used it with many horses who just cannot seem to focus. It really has helped

Subject: Bilberry,

Going down to the next herb in the study guide is **Bilberry, Vaccinium myrtillis**. A great herb to talk about with Julie's recent post about degenerative issues in eyes.

Bilberry: *Vaccinium myrtillus*- part used is the leaf and fruit

This is a mild herb, fruit, with no chronic toxicity. The leaf has a stronger effect and can have an over drying effect if used to excess.

Energy: astringent, sour, cold and dry.

Western qualities: restoring, astringing, calming, dissolving, solidifying, stabilizing

Meridian: Stomach, Intestines, Lungs, Kidneys. Bladder, Also particular affect on the eyes, arteries, capillaries

Functions:

1) Clears Heat, Dries Damp, and Clears parasites: So great to treat Damp Heat in the intestines i.e. acute enteritis,

And Damp Heat in the urinary tract so: treats Bladder Damp Heat, i.e. cystitis,

The effects against parasites is to be the strongest against pinworms, so equine practitioners, Hmmm..

2)Vitalizes the Blood, strengthens the capillaries, raises central Qi, and stops prolapse: so it is a great help with varicose veins, spontaneous bleeding, calf cramps- Central Qi sinking, Uterine prolapse-(I have an old brood mare client with severe cervical varicose veins. Her owner makes her blueberry treats and feeds it during her pregnancies.. so far two more really nice foals with no significant bleeding.)

3)Supports the Lungs and relieves coughing

4) Restores connective tissue and benefits the skin and vision- helps impaired vision , retinal/macular degeneration, and glaucoma. (The classic story of WWII bombers eating bilberry to fly at night.)

Dried berries_ best for intestinal infections, and treating damp heat. Fresh berries helps relieve gas and can be used for constipation but do not add sugar to fresh juice- it renders the juice therapeutically worthless.

Bilberry can also be used or periodontitis, and gingivitis.

Leaf contains hydroquinone. Rule of thumb three weeks on, then off three weeks then on etc. if used for chronic diabetes.

Hildegard of Bingen wrote about Bilberry and used it for respiratory complaints.

Subject Bitter Melon

The next herb on the study guide is **Bitter Melon, Momordica charantia**. (Although the study guide calls it *Pterocarpus marsupium*????). This is an Ayurvedic herb. (I am really looking forward to hearing Rob Silver's talk on Ayurvedic herbology in October!)

This is a Bitter, Cold and pungent herb. It is classified as decreasing Kapha (mucus) and pitta (fire) and invigorating Vata.

It's western classification of action is antipyretic, alterative, antacid, anti parasitical.

It has been used to treat diabetes (hence if using Bitter Melon might need to watch for a decreased need for insulin if being treated with insulin.) With its anti-Kapha effect, it can help dissolve Kidney stones, and reduce intestinal worms, reduces weight, breaks up tumors, stabilizes diarrhea. By decreasing Pitta, it can be used to decrease fevers, and cleanse the liver and moves bile.

It has also been shown to have effect against certain types of cancer.

Momordica balsamina is used by homeopaths. (Balsam Apple) keynotes are griping colic, pain in back and hypogastium and accumulation of flatus in splenic flexure of colon.

Subject: Black Cohosh

Black Cohosh-(*Cimicifuga racemosa* or *Macrotys racemosa*)-

According to Scudder, *Specific Medicine*, 1873, he used Black Cohosh as a specific in rheumatism, and with excellent success. "Not that it cures every case, for it does not, neither would we expect this, for this would be prescribing a remedy for a name.

Rheumatism may consist of varied pathological conditions, though in all there is the special lesion of the nervous system, which characterizes the disease. ...*Macrotys* influences the nervous system directly, relieves rheumatic pain, when not the result of inflammation, and probably corrects the diseased condition which gives origin to the local inflammatory process. thus in the milder cases, where the disease has not localized itself as an inflammation, *Macrotys* is very speedy and certain in action....Where rheumatism has localized itself in an inflammatory process, all the benefit we attain from it is, that we remove the cause.....It is a remedy for all pain having a rheumatic character, and for this we prescribe it with the best results. Those cases which go under the name of rheumatic-neuralgia, are very speedily relieved by

it...The heavy, tensive, aching pains are sufficiently characteristic and need not be mistaken."

Ellingwood, in 1898, said that "Black Cohosh's specific symptomatology is muscular aching, local and general, aching pains as from overworked, overstrained muscles, great muscular aching with chilliness and rapidly increasing temperature."

Felter and Lloyd wrote in King's American Dispensary mostly about its effect on the uterus, but did mention that most common sign of overuse, a frontal headache- "a heave, dull, aching sensation in the forehead."

Energies-bitter, slight pungent, and sweet; warm and dry.

Affect: Liver, Lung

Function and Indications:

1. Promotes menstruation, clears stagnation. Also harmonizes the uterus and harmonizes labor; enhances delivery (Native Americans considered it a major midwifery herb.)
2. Stimulates circulation, dispels Wind Damp Cold and relieves pain.(Acute muscular pain and joint aches, neuralgias, myalgias.
3. Promotes urination and resolves toxicosis
4. Circulates the Qi, loosens constraint and stops spasms, relieves irritability and pain.

According to Peter Holmes, Black Cohosh could be interchanged for Angelica Du Huo.

Matthew Wood gives the specific Indications as bunching up of the cerebrospinal fluid, with muscular cramps, spasms, spinal pains, menstrual problems, depression and brooding
whiplash, congestion of the cerebrospinal fluid, tightness of the attachments of the trapezius muscle to the scapula; with brooding, dark state of mind, chronic pain and depression.

Subject: Butternut

Black Walnut's cousin, the Butternut (Juglans Cinerea) used to be very commonly used. (today it has been replaced by Black Walnut). But the Eclectics used the Butternut quite a lot.

The inner bark was used. Scudder says, "The Juglans exerts a marked influence upon the skin, and may be employed in either acute or chronic conditions...It allays irritation of mucous membranes, and promotes their normal function. It is a valuable laxative. In small doses it leaves the bowel in a soluble condition, and is one of the few cathartics that may be employed to overcome obstinate constipation."

Priest and Priest says, "Gently stimulating Hepatic/cathartic: influences peristalsis and tones the

alimentary mucous membrane. Specific action upon the lower bowel, relieves the portal system and decongests the liver. It is classified as an hepatic, alterative and vermifuge.

Ellingwood: Small doses are used to treat dysentery, medium doses for constipation-especially constipation with clay colored stools as this is a indication of a lack of biliary secretion. Physiological action is to increase elimination and manufacture of bile and increased glandular activity of the intestines. The specific skin lesions are those that are associated with some abnormal condition of the intestinal tract; disorder of digestion and assimilation.

I have never used Butternut. Has anyone?

In Priest and Priest's book that summarizes the physiomedical theories; two more big notes of interest: using **Juglans cinerea** with hemorrhoids or portal congestion (some cats with chronic UTI, dogs with prostate issues), they use Juglans cinerea with Collinsonia. With skin eruptions for faulty elimination, they pair Juglans cinerea with Taraxacum.

Subject: English Walnut

I found it fascinating that the Chinese use the Juglans genus but the English Walnut. The energy is different yet similar. .

Hu Tso Ren; the barbarian peach pit; is the **English walnut; Juglans regia.**

Energy-sweet and warm

Enters: Kidney, Lung, Large Intestine

The main therapeutic Action is to Tonify the Kidney and replenishes the Jing-

It is used for those of us with greying hair, blurry vision, sore and weary low back.

It also Warms the lung and Arrests Wheezing. If there is a chronic cough with Lung and Kidney deficiency. These coughs are weak and worse with exertion.

It also is used to moisten the bowels and help treat constipation in the elderly.

One of my horse clients bakes horse treats. I'll have to see if she has ever used walnuts. Has anyone fed English Walnuts to horses?

I was reading, Hildegard's Physica, and her impressions on **English Walnut**. She used the leaves before the fruit was ripe. She would use fresh juice for maggots topically. For internal worms, she would mix English Walnut leaves with Peach leaves (before the fruit was ripe). grind equal amounts over a fiery hot stone and eat the powder often with an egg, or in a broth or cooked in a bit of cereal.

She used the fresh juice from leaves to make an ointment and said it would cure leprosy.

Finally one who is virgichtiget, (Phil, what is that?) they should take the earth from around the roots of the tree before the fruit is mature, heat it and then make a sauna, and pour water over that fiery earth, receiving its heat and sweat. The gicht (I forgot what you told us that is) which had wanted to contract and weaken his limbs will be chased away..his weak limbs will be cured.

If you have phlegm, take the sap and cook with wine and drink it often.

Outer skin of the walnut, if squeezed, the juice will cure scabies.

She warns if you have a weak heart that if you eat too many walnuts, it will congest a weak chest a bit.

Pretty neat stuff,

Subject: Blackberry

As we look at what could be on the herb walk and as we look at the study guide for the certification,

Blackberry is next on the list to know,

Blackberry: Rubus fruticosus:

Part used: leaf (fruit very edible and tasty)

Treats Lung, Bladder, Large Intestine Meridians

Western classification: Astringent, dissolving

Energy: cool and dry

Functions and Indications: Astringing to mucus membranes- treats diarrhea, and stops discharge and bleeding-treat passive hemorrhage from urinary tract, intestines, uterus. (treat Damp Cold)

Promotes urination, and dissolves stones

Resolves viscous phlegm

Tonifies and strengthens uterus and enhances delivery-safe to use throughout pregnancy

Benefits the throat, reduces inflammation.

According to Culpeper: "the buds, leaves, and branches, while they are green, are good for ulcers and putrid sores of the mouth and throat and to heal fresh wounds and sores; but the flowers and fruits unripe are very binding and restrain the bloody flux, leaks, and spitting of blood...the root being taken is good for gravel and the stone in the reins and kidneys. The leaves and brambles, green or dry, are excellent good lotions for sores in the mouth ...and the dried branches, bind the belly, and restrain the profusion of women's courses: the berries are a powerful remedy against the poison of the most venomous serpents..the leaves boiled in lye, and the head washed therewith, health the itch and running sores thereof and maketh the hair black."

Specific Indication from Ellington: is a prompt astringent in diarrheas of infancy, where the evidence of relaxation and enfeeblement of the mucous coats of the stomach and bowels are marked and where there is

deficient action of all glandular organs, especially of the liver, the patient being pale, feeble, without appetite.

According to Cook, "the root of the blackberry-strong astringent, of the drying not stimulating class with some tonic effects. Used for chronic dysentery and diarrhea, and in sub-acute form decided relaxation. the fruit is used for weak and irritable stomach." (there is also a great formula for a cordial in "The Physio-Medical Dispensary."

The Greeks used **blackberry** for gout. Which was seen in Cornwall as an established rite of "Creeping under a Bramble-bush". That was a charm against rheumatism and boils. Gerard suggest the use of Blackberry "to fasten loose teeth."

A few weeks back we talked about Blackberry! I was looking through Michael Tierra's Materia Medica on Blood Tonics and he includes Blackberry and Raspberry as Blood and Yin tonics that are nutritive and treats conditions of Blood deficiency with symptoms of anemia, slow or irregular menses, fatigue and insomnia. He also includes Grapes (hmm...I still don't understand dogs problem with them today.) as a Blood and Qi tonic.



Bloodroot *Sanguinaria canadensis*

Subject: Blood root

The next herb on the study guide is **Sanguinaria canadensis- Blood root**. This herb is talked about a lot due to its popular use for skin cancer but there are many other indications.

Energetics: bitter, acrid, hot,

Meridians that it travels to: Lung, Heart Liver

Western classification: expectorant, alterative, stimulant, diuretic, febrifuge, sedative, and Emetic in large dose (it is classified as toxic with long term

chronic use due to alkaloids. So, rotate a few days off using for long periods of time.)

Uses: Promotes expectoration, resolves viscous phlegm, and relieve coughing; Opens the sinuses (Micheal Tierra uses a snuff of Blood Root and Bayberry for nasal polyps and rhinitis) and relieves pain- Uses indicate in cases of Hepatization of lung. Promotes Bile flow, removes accumulations, stimulates digestion.

Treats Liver Cold stagnation.

Fortifies Yang-Kidney Yang deficiency-

Benefits the Skin: sores, ulcers, scrofula, warts, tumors, nasal polyps.

Peter Holmes says that "Bloodroot is a restorative to both Heart and Lung Qi, and is a stimulating expectorant. It is indicated in severe, chronic bronchial, hepatic, or urogenital conditions presenting as a deficiency, cold with phlegm and mucus discharges.

He compares it with Vitex- Mu Jing,

Acupuncture points that would reinforce the herb are Bl 13, Lu 7, St 40, GB39, and CV 6.

Cook writes " The fresh root is bitter and harsh. The dried root is a slow relaxant and stimulant, influencing the mucous membranes, gall-duct, and secreting organs in general...Small doses arouse the stomach slowly in atonic dyspepsia... Chronic torpor of the liver and chronic jaundice are the conditions in which its use is most available... For chronic affections of the skin, arising from hepatic torpor, it may be used in a small proportion. It is not an agent to be used if there is any indication of irritability, just sluggishness. The powder is also a good application to fungus ulcer; but does not act as an escharotic, as is generally asserted. " Scudder-In full doses we employ, the Sanguinaria as a stimulant to mucous membranes This use is valuable in bronchitis with increased secretion, and in atonic conditions of the stomach and bowels with increased secretion of mucus. In minute doses we employ it in cases of cough with dryness of the throat and air passages, feeling of constriction in the chest, difficult and asthmatic breathing with sensation of pressure. In the same dose it is a stimulant to the vegetative system of nerves, and under its use there is an improvement in the circulation, in nutrition, and secretion.

In a similar vein, Matthew Wood uses the doctrine of signature:

Red color: congestion of blood to the brain, migraine

Times: Blood root flowers slowly unfolds from morning to noon-used symptoms worse, morning to noon; better noon to night, relieved by lying in dark.

He uses it mostly for headaches and migraines.

So a broader way for looking at the energetics of the herb so we are not just using it in cancer cases.

Subject: Blue Cohosh

This weeks herb is **Blue Cohosh (Caulophyllum thalictroides)** It is in the Berberidaceae order. Black Cohash (Cimicifuga racemosa)is is the Ranunculaceae order

Energetics: bitter, slightly pungent and sweet, warm, dry.

Western Classification: stimulating, restoring, relaxing, and decongesting. So the tissue states where this is indicated are when the tissue is constricted and atrophied.

Meridians: Liver, Lung, Ren and Chong Meridians.

Functions:

1)Treats Uterine cold

2)restores the uterus and harmonizes labor. promotes labor and enhances delivery

3) Stimulates circulation, promotes sweating, dispel wind/damp/cold and relieves pain

4) Promotes urination, resolves toxicosis- rheumatism, arthritis, chronic nephritis

5) Circulates qi, loosens constraints and stops spasms.- asthma, and spasmodic dysmenorrhea.

According to Peter Homes (who will be at the AHVMA/VBMA conference in 2011), one will find sensitivity on CV 3 and 4 and that Blue Cohash has a very similar energy to **Angelica Du Huo**. And for those of us who are menopausal, "Blue Cohosh, being estrogenic, will relieve joint pains due to the lack of this hormone, especially in the extremities."

In Cook's Dispensatory. "The root of this plant was a popular parturient among the "medicine-men" of the Indians. It is a moderate diffusive, stimulating and relaxing in about equal degrees. Main power is upon the nervous system. It is the best anti-spasmodic, to relieve nervous feebleness with irritability, as in cramping of the bowels, twitching of the muscles in typhoid and parturient cases, colic, etc. It enjoys deserved reputation in neuralgic forms of rheumatism, especially that form which passes with some as chronic inflammation of the womb. It sustains the nervous system, but at the same times soothes it; and is of especial service in strengthening and relieving painful function difficulties of the female generative organs. It is one of the most valuable of all parturients, when the uterine action is becoming weary...It promotes diuresis apparently by sustaining the pelvic nerves; and in the same way strengthens the uterus in leucorrhoea. By the same kind of action, it is useful in weak kidneys, albuminous urine, chronic difficulties of the prostate, ...I recommend it as one of the choicest nervines and antispasmodics of the Materia Medica." He goes on to talk about its use for asthma in combination with hydrastis and myrica. Finally as an

infusion of the berries is said to be almost infallible for relieving persistent spasmodic vomiting.

Scudder, " *Caulophyllum* exerts a very decided influence upon the parturient uterus, stimulating normal contraction, both before and after delivery. Relieves false pains, and co-ordinates the muscular contractions; and to increase them."

This plant is a native to the hardwoods forest of Eastern North America, but forests that have never been heavily disrupted. (So.. we probably will not see this one during our herb walk this fall.)

Matthew Woods, says that its three leaves configuration was often found in plants used by the Indians for female problems.

One herbalist Samuel Henry (1814) called it come-pappose."

Ellingwood-used it extensively- also noted that it was indicate to cure malposition of the uterus due to vascular and muscular congestion and tension.

Indications are the same for homeopathic use including the keynote of arthritis in fingers and toes. (Hmmm..I wonder about navicular horses) Matthew Wood says " I have found this to be a good indicator (arthritis in finger and toes) for blue cohosh in a few non pregnant women as well. There is pain and stiffness and sometimes swelling in the digits. When the blue cohosh is given, the entire frame relaxes, including the muscles and tendons in the hands."

In addition to the western herbal study guide, VBMA also has a Chinese herbal section in their study guide with also a certification exam. Peter Holmes brought up the similarity of **Blue Cohash with Angelica Du Huo**, He feels that Blue Cohash could be substituted for Angelica Du Huo. I thought it would be nice to look at the difference between the two herbs .

Angelica pubescentis (Du Huo)- is classified in TCM as a Wind-Damp dispelling and pain-relieving herb.

Energetic: acrid, bitter, warm (same as Blue Cohash)
Meridian: Liver, Kidney, Bladder. (Blue Cohash goes to the Ren, Chong, Liver and Lung)

(So big differences....Du Hou is used for back pain in TCM, while Blue Cohash is not.)

Indications of *Angelica pubescentis*: (from Chen and Chen)

1) Dispel Wind and Damp to relieve pain- This is one of the herbs Nancy talked about in her tele seminar used in the formula- Du Huo Ji Sheng Tang-for weak knee and low back pain.

2) Releases to the exterior with early symptom of invasion of Cold-Damp. with headache, muscle ache and pain.

The uses of the two herbs is markedly different-pain relief with Du Huo is used to dispel Wind, Cold and Damp in the lower body/back.

Blue Cohash is used for uterine pain, spasms, rheumatoid pain and arthritis in the small joints but similarly caused by Cold.

So they are similar but very different.

But comparing Blue Cohash with **Angelica Sinensis**, there are a few more similarities.

Dang Gui (*Angelica sinensis* is classified as a Blood tonic (which Blue cohash is not) and is sweet, acrid and warm.

Meridians: Heart, Liver, Spleen

It has a huge indication to treat Blood deficiency (which Blue Cohash does not) but it invigorates Blood circulation and relieves pain, especially menstrual pain. It is used to treat cold types of menstrual disorders. Blue Cohash is also indicated for that type of cold stagnation

Dang Gui is indicated to stop pain and disperses cold. It treats numbness and pain in the limbs and extremities. Blue Cohash also is used for drawing pains in the joints, stiffness in small joints, and articular rheumatism.

Dang Gui is also indicated to stop cough and will treat dyspnea. Blue Cohash is indicated in whooping cough and asthma.

Anyway, I thought it was an interesting comparison.



Boneset *Eupatorium perfoliatum*,

Subject: Boneset

This week's herb is **Eupatorium perfoliatum**, **Boneset**. The first part is from "Nature's Healing Agents".

According to Clymer, "Eupatorium is especially indicated in fevers, where there is aching of the bones. The cold infusion or tincture is a tonic and aperient. The warm infusion is diaphoretic. As a tonic its is useful in remittent, intermittent and typhoid fevers, dyspepsia, and general debility.

For influenza or the grippe, give:
Tincture of Boneset (*Eupatorium perfoliatum*)
15-30drops
Tincture of Pleurisy Root (*Asclepias tuberosa*) 20-40
drops
Tincture of Skullcap (*Scutellaria lateriflora*) 12-15
drops

He adds to this Tincture of Cinchona, Peruvian Bark
10-30 drops in severe cases where there is much pain.
(These dosages are for people)

Specifically: intermittent fever, "la grippe", especially
where there is soreness of the bones and muscles,
catarrhal, and bilious fever accompanied by thirst for
cold water causing vomiting and lack of
perspiration. In coryza with sneezing, a long used,
valuable agent. Combines well with *Geranium
maculatum*, *Cranesbill*.

He said "It has always been a domestic remedy,
familiar to mothers in districts where medical aid was
not obtainable."

Boneset is a very common plant found in lowlands and
damp ground. Hopefully we will see it on our herb
walk. (Only a little over three months away!! Make
your plans now!)

Boneset (*Eupatorium perfoliatum*)

Energy: Bitter, pungent, cold, dry

Meridians affected: Lung, Liver, SP.

Indications:

Promotes sweating, dispels Wind Heat and reduces
fever; relieves coughing

Clears Heat, Reduces fever, removes liver congestion-
treats heat in the Yang Ming level

Stimulate digestion, promotes the appetite- St Qi
deficiency

According to Matthew Wood, boneset is used by the
Native tribes for bone-setting. He feels that the herb
helps hold the bone together into the right place and
then sets it from the inside out. He feels that Boneset
stimulates bone healing and like wise is useful in
treating osteoporosis

So... It treats the tissue states that are characterized by
depression and constriction. Specific indications:

Anger, acne, old bronchial catarrh indigestion of old
people

biliousness, indigestion, exhaustion; after malaria
crushing pain in the bone, broken bones, crushed
bones, osteoporosis, osteomalacia; re calcifies bone,
rebuilds myelin sheaths, influenza-chills with bone
crushing aching pain.

Scudder says it is specific "in quite small doses to
stimulate the sympathetic nervous system, and
improves all the vegetative function. Also increases

functional activity of the skin." (That correlates with
Matt Wood saying it is use for depressed tissue states.)
BUT really interesting was in Ellingwood in his
Materia Medica. He notes that Boneset has this dual
function of Stimulating tonic and a diaphoretic. "The
action of this agent upon the stomach is somewhat
unique, differing in some important particulars from
that of other stomach tonics." He goes on to say "It is
valuable in catarrh disorders of whatever nature,
whether gastric, intestinal, post-nasal or vesicle. It has
an undoubted soothing influence upon the nervous
system, and is of much value in stomach disorders of
nervous origin. In a case of neurasthenia of long
standing, complicated with emphysema, the patient, an
extremely nervous women, persistently regurgitated all
the food she took. There was no nausea, no vomiting;
the food simply came back after it was
swallowed...was promptly relieved ."He went on to
talk about using it to relieve intractable cases of
hiccoughs.

So last week...I started a cat, who is nervous with a Yin
and Qi deficiency that regurgitates all of its food as
soon as it eat on one drop of Boneset tincture twice a
day. So far..first time in months the cat has not
vomited.

(I never would have thought to use Boneset, if I had
not been reading Ellingwood!!)

Subject: Boswellia

So...On the VBMA study guide there are a few
Ayurvedic herbs. One of them is **Boswellia serrata..**

So the herb of the week, is **Boswellia serrata. (Salai)**
Boswellia is Indian frankincense. (Cousin of
Boswellia carteri which is frankincense, also called
olibanum and mastic.)

Boswellia:

Energetics- Bitter, astringent, pungent, cooling

In Ayurvedic medicine, it pacifies Vata and Kapha (so
I really do not know much of Ayurvedic medicine but
does anyone know why if this is a cooling herb, why
does it not also pacify Pita?? Hopefully, Rob's talk will
help me get my head to understand the three doshas,)

As with Frankincense, it is the gum resin, harvested by
slashing the bark on the tree. The *Boswellia serrata*
trees is found in India, the other species are found in
other areas of Asia.

Traditionally-it has been used for hundreds of years
for treating arthritis.

Clinical studies- improves joint function, curative
effects on osteoarthritis especially of the knee..

Also has been used to improve asthma, and ulcerative
colitis. Used in cases of brain tumors.

Frankincense, *Boswellia carterii*, in TCM is known as Ru Xiang and is classified as a Blood-invigorating and Stasis-removing Herb.

Ru Xiang- (from Chen and Chen)

Energetics- acrid, bitter, warm

Enters- Heart, Liver, and Spleen

Actions-

1. Activates blood circulation and relieves pain-any pain caused by stagnation of Qi and Blood circulation. So useful with blood stagnation in uterus, stomach pain, chest pain and painful obstruction in channels.
2. Reduces Swelling and promotes generation of flesh., ulcerated sores, abscesses- can be used internally or topically. Also used to treat intestinal abscess. Also very important as an incense to drive away evil spirits.

Subject: Buchu (*Agathosma betulina*)

The next herb on the study guide. is **Buchu, *Agathosma betulina***.

Buchu is a plant native to South Africa.

Energy: Warm, slightly pungent, a bit astringent

Channels: Kidney, Bladder, Spleen

Functions:

1. To increase Qi in the urogenital area. Harmonizes urination and relieves incontinence.; helps to treat a neurogenic bladder.
2. Treats Spleen damp: stimulate digestion, resolves mucous damp, stops discharge: So treats chronic enteritis, and leucorrhoea, enuresis
3. Reduces infection and inflammation-treats chronic urinary tract infections and chronic venereal infections. Peter Holmes cautions that if you treat with just Buchu to give breaks of several days every two weeks as continuous use may cause a slight kidney inflammation.

It is a warm restorative for urogenital functions. It stimulates and astringes.

So it should be used in patients that are fatigued.

It is compared with Psoralea: Bu Gu Zhi.

Acupuncture points Bl 20, 23, 26, CV 4, 6; and GV 3. are reinforced with Buchu.



A Day In The Life

A DAY IN THE LIFE OF THIS HOLISTIC VET

Dr Lisa Schneider



Reception at HolisticVets in Tauranga NZ



Hyperbaric Chamber

It's an early start to the day after a late night emergency call to see Eski the cockatiel whose cage mate had plucked out one of his tail feathers causing him to bleed profusely and his owners to ring me at 11 p.m. in a panic. By the time I saw Eski, the bleeding had eased so I cleaned the area, dosed him with Traumeel and sent him back home.

My cell phone rings at 6:47 a.m. and I race out of bed to hear one of our clients on the other end of the line very concerned about her 9 year old staffie Zak who doesn't seem to be able to stand up on his back legs and has been panting for the last hour. I arrange to meet her at the clinic in 20 minutes, thinking that this will be a musculo-skeletal injury and shouldn't be too tricky.

On arrival at the clinic Zak is far worse than what I expected... in lateral recumbancy, pupils dilated and paddling with congested mucous membranes. I get baseline bloods, inject intra-venous valium which settles him slightly and then place an i/v line running in vitamin C. Covering all bases, I inject NSAIDS, anti-biotics, Atropine and Vitamin B's. Thankfully by this time our other vet Karen has arrived and she brings out her acupuncture needles to help settle Zak. It's springtime and being the front for our wildlife trust ARRC, we're in the midst of receiving and abundance of baby birds that cats have caught or well meaning people have found thinking that they need vet care. In between this onslaught, a little blue penguin is dropped off having just been found floundering in the waves. Its body condition is poor, it's dehydrated and anemic. With the help of our fabulous nursing team we give him fluids and warmth and hope for the best but we know our efforts are likely in vain as much of the wildlife work we do is relentlessly unforgiving!

Today has back to back consults through the morning and surgery to do as well, Karen enjoys consults and I love surgery so she covers the front from mid morning while I get started. Our first case is Zen, a Siamese cat in for a laparotomy as Karen has identified an abdominal mass. Zen is one of my oldest patients and we're all hoping for a simple fix and a good outcome. After not eating for a few days, we were concerned about Zen withstanding the anesthetic so he had the benefit of a pre-anesthetic session in our Hyperbaric oxygen chamber to hyperoxygenate his body. We find this to be of awesome benefit to geriatric and compromised animals.

My first consult for the day is Diesel, a gorgeous bullmastiff weighing in at 52 kg, with a huge hotspot on his face. He's always glad to see me, despite the occasional atrocity that I commit such as squeezing his

anal glands, which is a great boost to my ego! I shave and clean his hotspot, clean out his ears which are full of black debris and send him home with some meds and herbs / homeopathics to ease the discomfort and to help get his body balanced so that he shouldn't suffer from another. As his owner is paying at the reception counter Diesel gives a great big shake of his head and a glob of slobber gracefully flies over the counter and into our receptionist Emma's lap! After having a chuckle at this, I bend down to greet my next patient Peppi and note the matching slobber that Diesel has left on my leg that I hadn't seen before... Emma sees this and chuckles back!

Peppi, a little chihuahua, is in for a dental and nail trim. After my attempt last week to give him a health check and trim his nails being met with ferocious growls, I was glad to find some tooth decay to justify the help of drugs to investigate his mouth further and give him a manicure under anesthetic! As long as I don't poke and prod him he's an angel and we premed him easily.

It's only 10 a.m. and we already have 4 fledglings needing care. We've put out a text message request to our ARRC volunteers but haven't had any responses, when Chrissy, the manager of our ARRC rehabilitation centre swings by to have a chat to Karen. I poke my head in to say a quick hello before I go into surgery and witness Chrissy sitting beside Karen's consult table and a fledgling in an ice-cream container not too far away barely hopping but managing to climb out the container, on to Chrissy's hand, up her arm and down her shirt! She casually says "Well I guess this one is coming home with me." Thank goodness for Chrissy!

I quickly do a last check on the little penguin who is not looking much better and then Zak who has settled down relatively well and only has a slight head tremor left, but is pretty dazed. We induce Zen and he gets shaved (another fabulous haircut by our nurse Louby) and prepped and I do a midline incision and begin to investigate. It's not good news... an extensive pancreatic tumour adhered to his spleen and stomach. I ring his owner and share the news, she's upset but glad that we finally know what is wrong with him and she requests that we put him to sleep on the table. I put down the phone and re-enter the surgery to share the news with Louby, tears are welling up in her eyes and as "Silent Night" is playing on the radio we put him to sleep peacefully. I go to check on the penguin and find that it has just died as well... at least Zak is doing OK, even though we're not out the woods with him yet.

Peppi is next on the list for this morning's surgery. He's nice and chilled out after his premed and is easily anesthetized. Once intubated, I find both sides of his maxilla to have severely infected molars, most likely the reason for his stropy behavior last week. I'm delighted to find a logical reason and best of all it can be remedied! I extract his teeth while he receives i/v vitamin C, Traumeel, various Flower Essences, a NSAID and Vitamin B injections at strategic Acupuncture points to assist his recovery. He wakes up quickly after his procedure and within an hour is up and bright.

It's nearly lunchtime and I quickly squeeze in replying to some e-mails and calling some clients back. One client is Tony, a farmer with a very valuable cow that had been diagnosed with a severe ulcer by the local vet a couple of weeks ago. The vet didn't give much hope to the cow without surgery and felt that surgery was risky but Tony didn't want to give up on her so gave us a ring and we shipped him out some Slippery Elm powder, Yunnan Paio, a cocktail of Heel injectables and again good old vitamin C. Tony reported that against all odds his cow was making a steady recovery and he wanted to know where to from here.

Lunchtime finally and I squeeze in a quick work out at the gym as tonight I won't be able to go because I have a massage that I've been looking forward to for weeks. I arrive back after lunch to see Karen with Roxi, a gorgeous little bichon, who came to us 3 weeks ago having been to 2 other vets and being diagnosed with a disc prolapse and paralysis of her hind legs. Roxi underwent several sessions of acupuncture, had some Chinese herbs and sessions in our chamber and was standing within a few days. It's so lovely to see her walking around and happy!

The afternoon is full of animals booked in for NIS (Neurological Integration System), a therapy derived from applied kinesiology and osteopathy which I learned over 2 week-end courses and have found to be incredibly helpful for an array of health problems. I work with Kim, who is a human practitioner but she helps me with animals an afternoon a week as together it's far more efficient. Our first case is Petal, a very timid cat who has suffered from severe millary dermatitis that hasn't responded to other therapies. Petal's owner wonders how we'll treat her as she's very scared and doesn't like being handled. Like most cats, after the first few things that we do, Petal calms down and to the amazement of her owner lets us do everything that we need to. We advise that she ideally needs another treatment but this should start to make a big difference within a couple of weeks.

Our next case is Leo who is in for his 3rd session of NIS, the previous 2 being done 1 week apart over the last 2 weeks. Leo's back is still sore and we're baffled, as most cases respond well to 2 sessions. I ask Karen for her input and we devise another strategy of adding in some herbs and Pentosan injections. It's so wonderful to have her input and help after being a solo vet in my practice for 6 years

The afternoon flows on and finally we have Zak's lab results which indicate a hugely elevated Creatin Kinase but nothing else to go on. By now, Zak has also had a treatment in our hyperbaric chamber and his head tremors have stopped and he seems to be more responsive. I speak to his owner and offer her overnight hospitalization or the option of taking him home and we're pleased that she'd prefer the latter. Most of our clients are very responsible and adore their animals, they often elect to monitor their own animals overnight and ring us if problems arise. I warn that he could start fitting again and dispense some medincase.

Peppi is discharged but wouldn't walk to his owner, he insisted on being carried. Moments before he'd been out for a walk with Louby and happily trotted along wagging his tail. We figured that Peppi would be milking his owners' sympathy for everything that he could!

I love being on call but tonight I'm overjoyed to give the on call phone to Karen and head off to my long awaited massage which is at the home of my massage therapist where I'm usually greeted by a number of friendly dogs, cats and goats! As I drive into the section, I see Abby the Labrador scooting her butt along the ground as a special greeting just for me "Yay vet, you're finally here, my butt needs your help".

So I park, get out a rubber glove and some KY jelly, squeeze her full anal glands, wash up and finally lie down to my wonderful relaxing massage and restful evening.

Back at work the next day, our first patient in is Zak. After a sad day with Zen and the penguin the yesterday, Louby is reluctant to come out of the staffroom dreading further issues with Zak. As Zak's owner pulls up into the car park I walk out to meet them expecting to need to carry Zak in but before I get to the car, Zak has jumped out the car and is running toward reception, eyes bright and tail wagging, what an awesome start to the day and Louby is relieved! Another success making this job so totally worthwhile.

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In surgery



Patient monitoring



Lisa Consulting

Adaptogens in veterinary practice

WHY YOUR PATIENTS NEED THEM

Dr Barbara Fougere

Adaptogens are an under rated, underutilized tool in veterinary practice. We review several of the most useful adaptogens, how they work, how they are different from tonics and how they can make a significant difference to your cases.

Stress as a major cause of disease

Stress is a normal physiological response to demands of a stressor placed upon the body and it involves the coordinated activation of the neuroendocrine and the immune system via the hypothalamic, pituitary, adrenal axis (HPA). The HPA axis is the feedback loop through which the brain signals release of stress hormones, which include CRH, adrenocorticotropin hormone (ACTH) and cortisol as well as other compounds.

Normally the hormones and neurotransmitters released by this response enhance metabolic and cardiovascular activity in order to manage the stressor. This response is meant to be acute and time limited. However if the stressor is continuously applied or chronically intermittently applied, the body can become compromised through the sustained physiological effects of various hormones and neurotransmitters involved in the stress response.

Much of the research into the effects of stress was carried out by Hans Selye who developed a theory called the General Adaptation Syndrome (GAS) having four general stages, the alarm stage, resistance stage, exhaustion stage and resting stage. According to Selye's the non specific response or "adaptation energy" which allows an organism to respond to or resist stress will decline with increasing or continuous exposure to stress. He hypothesized that stress can be both a result of chronic illness as well as a contributor to the development of long-term health problems and that the body's ability to cope with stress is an exhaustible resource (Porth 2002).

Thus for example cortisol assists in adaptation to normal everyday stress. Cortisol normally rises and falls with daily rhythms, however prolonged or severe stress disrupts this cycle and chronically stressed individuals may have higher base line cortisol levels and produce too much or too little of it at the wrong times.

When manufactured in large amounts or elevated as a result of chronic stress, cortisol can play a major role in the development of disease. Its normal role is to maintain blood glucose levels (to support the fight and flight response), by antagonising the effects of insulin while also enhancing the effect of catecholamines (such as adrenalin) on the cardiovascular system.

It also:

- Suppresses osteoblast activity, haematopoiesis, protein and collagen synthesis
- Suppresses immune responses
- Suppresses renal function

Sustained elevated levels of cortisol can therefore affect all of these activities and systems as well as suppressing growth hormone (with prolonged presence of cortisol), decreasing levels of thyroid stimulating hormone and inhibiting reproductive hormones. It therefore has a far-reaching role to play in the development of disease through the suppression or interference of normal physiological functioning at these many levels (Porth 2002).

There is also the possibility of adrenal depletion or underactivity due to exhaustion of the adrenal glands. In this situation the beneficial physiological effects of cortisol in normal functioning are compromised, post-traumatic stress disorder in people is characterised by decreased levels of cortisol for example. Systems that are normally "contained" by cortisol become hyperactive. In the immune system, inflammatory agents (cytokines) and self-generated responses (autoimmune) are no longer contained by circulating cortisol. As a result, disorders like arthritis and autoimmune diseases such as lupus may occur. Stress is characterized by a high activity of the hypothalamic-pituitary-adrenal axis and of the sympathetic nervous system (sympathoadrenal system SAS). Secretion of adrenalin and noradrenaline is stimulated by acetylcholine release from preganglionic sympathetic fibres innervating the medulla. Many types of stressors stimulate such secretion. Some major effects mediated by epinephrine and norepinephrine include increased rate and force of contraction of the heart muscle; constriction of blood vessels: norepinephrine, in particular, causes widespread vasoconstriction, resulting in increased resistance and hence arterial blood pressure; increased metabolic rate: oxygen consumption and heat production increase throughout the body in response to epinephrine; inhibition of certain "non-essential" processes: an example is inhibition of gastrointestinal secretion and motor activity.

Defining Adaptogens

The term adaptogen was first defined in 1947 by a Russian pharmacologist called Lazarev. He defined adaptogens as agents that help an organism to counteract the effects of any adverse stressor (physical, chemical or biological) by generating non specific resistance (Panossian 1999).

In 1969 Breckman and Dardymov further defined the term "adaptogen" as having three basic properties (Wagner 1995). An adaptogen must:

- Have a normalizing or regulating effect on organ and system function by counteracting the changes produced by stress
- Produce a non specific response by increasing resistance to a broad spectrum of harmful stressors (probably acting on GAS)
- Be innocuous (non toxic) in having a broad range of therapeutic effects without altering the normal functioning of the body

A more recent definition of plant adaptogens is "smooth" pro-stressors which reduce reactivity of host defense systems and decrease damaging effects of various stressors due to increased basal level of mediators involved in the stress-response (Panossian 1999).

Adaptogens are frequently tonics also, the essence of adaptogens are to conserve adaptogenic activity and tonics increase adaptation energy.

How do adaptogens work?

The exact mode of action of adaptogens is unknown but many possibilities have been postulated. One theory proposed by Dardymov and Kirkorian argues that adaptogens work primarily via their antioxidant and free radical scavenging effects (Panossian 2003), however most plants have antioxidant activity but are not adaptogens.

More recent studies postulate that adaptogens work by affecting the HPA axis and the SAS (Panossian 2003).

The mode of action of adaptogens is basically associated with the stress-system (neuroendocrine-immune complex) and can be directed on the various targets of the system involved in regulation (activation and inhibition) of stimulus-response coupling. It seems that adaptogens have the ability to switch on and switch off systems (Panossian 1999).

This regulation of a highly stressed system is achieved via both activating (catecholamines, LT-s, cytokines, NO, etc.--"switch on" system--which activates energetic and other resources of the organism), and

deactivating (corticosteroids and PGE2-endogenous mediators of cellular communications, which protect cells and whole organism from overreacting to the activating messengers--"switch off" system) stress-messengers. The balance between the activities of the "switch on" and "switch off" systems reflects the well being of the organism (Panossian 1999).

In the process of adaptation to stressor's effects the basal levels mediators of switch on (e.g. NO) and switch of (e.g. cortisol) systems are increasing but their balance (the ratio) does not change. In other words, adaptogens increase the capacity of stress system to respond to external signals at the higher level of the equilibrium of activating and deactivating mediators of stress response (Panossian 1999).

Examples of adaptogenic activity include Siberian ginseng which has a sparing effect on the adrenal cortex allowing the organism to better withstand prolonged stress. It may act by enhancing hypothalamic function by preventing stress induced reduction of noradrenalin and dopamine through inhibiting their degradation. Panax also has an adrenal sparing effect mediated through the anterior pituitary and ACTH release. It may act by interfering with pituitary and hypothalamic feedback control of glucocorticoid levels in the body by increasing the sensitivity of glucocorticoid receptors in the hypothalamus thus fine tuning the non specific response to stress.

In many studies adaptogens have been shown to:

- Increase physical and mental stamina
- Improve immunity and reduce the incidence of infection
- Protect against the effects of radiation and chemotherapy
- Increase resistance to chemical carcinogens

Herbs with well established adaptogenic activity are:

- **Panax Ginseng**

Panax is adaptogenic, stimulant, tonic, thymolepic, hypoglycaemic, immunostimulant, hepatoprotective, cardioprotective, antiarrhythmic and increases ACTH. Energetically it is neutral and dry. It is a useful herb to aid with short term stress, recovery from disease or surgery, to minimise side effects of chemotherapy, cardiac arrhythmias, improve resistance to infection, low sperm count, chronic inflammation, long term use for geriatrics, diabetes, asthma, cancer, depression,

mental disorders. Veterinary use includes improving immune function, congestive heart failure, as an adjuvant for vaccination, mastitis treatment in cattle, liver disease in dogs, tonic for convalescing animals, tonic for performance animals and for fertility improvement in male animals.

- **Eleutherococcus senticosus**

Siberian ginseng is immune modulating, antioxidant, antiinflammatory, nervine and adaptogenic and is energetically warm. Its uses include stress, chemotherapy protection, fatigue, hypertension, ischemic heart disease, immune compromise, infertility, menopause, recuperation from disease or surgery, radiation protection, tonic for geriatric patients. Possibly useful in cancer, diabetes, depression, alcoholism and mental disorders. Considered to be less stimulating than Panax ginseng. Potential veterinary indications include aiding recovery from acute and chronic disease, for pound animals under undue stress, to improve performance of athletic animals, prophylaxis against stress, improving productivity in food animals, allergic skin disease, head and brain injuries, adjunct to radiation therapy, adjunct therapy for cancer to decrease side effects of conventional therapy, thrombosis in cats, increasing fertility in bulls, non insulin dependent diabetes

- **Withania somnifera**

Ashwagandha is a tonic, adaptogen, nervine, sedative, anti-tumour in high doses, anti-inflammatory, anodyne with warm, sharp pungent and sweet properties. Its uses include general debility, mal-nourishment, senile debility, arthritic conditions, nervous exhaustion, fatigue, senile dementia, muscular weakness, insomnia, general nerve tonic, skin diseases. Potential veterinary uses include aspergillosis, laboratory animal stress, osteoarthritis, cognitive dysfunction, adjunct to cyclophosphamide chemotherapy or long term prednisolone therapy, anaemia, convalescence, hypothyroid disease and hypertension. Emaciation, chronic diseases especially if inflammatory in nature. It may have some preventative role in cancer.



- **Astragalus membranaceus**

Astragalus is an immune enhancing, tonic, cardiogenic, diuretic, hypotensive herb with sweet and slightly warm properties. Uses include chronic infections, immune deficiency and cancer. Chronic wounds and lesions and chronic hepatitis. Hypertension, congestive heart disease, chronic debility, aging. Veterinary uses include Geriatric support, Congestive heart failure, early heart failure, chronic infections, immune deficiency, cancer.



Others with less well established adaptogenic activity include:

- Schisandra chinensis
- Bupleurum falcatum
- Codonopsis pilosa
- Panax quinquefolius
- Glycyrrhiza glabra
- Cordyceps sinensis

Clinical Role of Adaptogens in veterinary Practice

Because of their effects on the body's ability to withstand stress, combined with tonic activity these herbs can be used for a wide range of conditions and just about any form of chronic disease. Adaptogenic herbs can be used for the following conditions:

- Any chronic illness
- Convalescence
- Post surgery
- Stress
- Boarding/ kennels
- Pound/ rescue animals
- Travel stress
- Intensive training
- Chemotherapy
- Radiation therapy
- Debility
- To improve performance

The particular adaptogen selected for use in a formula will depend on the other actions attributed to the herb as well as their energetics. Looking at the four major adaptogens more closely:

Panax, Astragalus and Withania contain saponins as the major active constituents. Siberian ginseng contains eleutherosides (phenolic glycosides) quite different from the ginsenosides in Panax; however two triterpenoid saponins have also been found in Siberian ginseng that might play a role in its biological activity. In humans, Panax has a fast speed of action and is generally used for short periods in low doses (0.5-1g/day) compared to Siberian ginseng and Astragalus which are slower to work and are given over longer periods at higher doses (2-4g/day). Withania needs to be used in relatively high doses to be effective (3-6g/day)

Panax is above all a tonic herb having a wide range of pharmacological effects which can revitalise the functioning of the organism as a whole and as an adaptogen, Panax increases resistance to a wide variety of physical, chemical and biological stressors. Siberian ginseng is less of a tonic however it is safer and cheaper than Panax. Siberian ginseng rarely causes excitation or a stress like syndrome in patients and it has a more general effect on immunity. As well Siberian ginseng causes a more profound increase in stamina than Panax. Panax has a higher likelihood of adverse reactions including the potential for Ginseng

Abuse syndrome due to over stimulation, (it shouldn't be used in yang type patients) and is best suited to older patients.

Withania, like Panax has adaptogenic and tonic properties however, it is more like Siberian ginseng in that it lacks the stimulating effects of Panax. In fact Withania has more of a sedating effect and is ideally suited for patients who are debilitated but overactive (especially younger animals) where Panax might aggravate over stimulation. Withania is also very useful in osteoarthritis. And like Siberian ginseng, Withania is a very safe herb. Astragalus is both tonic and adaptogenic and has a special affinity for the cardiovascular system, liver and kidneys and is ideally suited for patients with aged patients with chronic disease.

Siberian ginseng can help prevent infections if given prior to exposure but can worsen infections if given simultaneously however when given long term it reduces the incidence of acute

infections. Similarly Panax and astragalus should not be used in acute infections but increase overall resistance to infection. Withania also has a favourable effect on immune function when it is impaired by chemical or biological stressors and is not contraindicated in acute infections. Withania also has strong anti-inflammatory activity which confirms its traditional use in arthritis and may reflect on its steroidal components.

All four can be used for cancer treatment. Siberian ginseng has a protective effect against radiation and inhibits spontaneous malignant tumours and tumours induced by carcinogens. Panax also inhibits the growth of various tumours and induces cell differentiation, it also protects from carcinogens, and it might also inhibit metastasis. Withania also has anti-tumour activity and appears to increase the sensitivity of tumour cells to radiotherapy; it also helps maintain body weight in cancer and has a tumour inhibitory effect. Astragalus has an anti-neoplastic effect and inhibits solid tumors. All four herbs reportedly improve mental performance. Siberian ginseng has improved mental and physical performance and stamina of various groups of workers, although it has been noted to increase levels of noradrenalin and serotonin and possibly aggression in mice. Panax has had mixed results for mental performance, generally favourable, however it is best noted as a tonic for the elderly in Chinese, improving wellbeing and mental alertness. Withania has a paradoxical effect, both improving mental performance as a cognitive enhancer but also demonstrating sedative and anti-epilepsy activity. Astragalus has delayed senility in mice and improved brain function.

By choosing the most indicated adaptogens and adopting them in each case, we can reduce the detrimental effects of stress on patients as well as bringing about an increase in wellness and energy as well as alleviating many symptoms. They combine well with nervine herbs in stressful situations, as well as adrenal tonics like rehmannia and licorice. Often clients will report an improvement in wellbeing of their animals within 2 weeks, even if some of the key symptoms remain unchanged. From a traditional perspective this may represent an improvement in the vital force of the patient, which is possibly the most critical resource to engage in reversing the continuum of health from chronic disease to the direction of wellness.

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Siberian ginseng



Panax ginseng



Calendar of Veterinary Herbal Events 2011



WEDNESDAY 30 MARCH 2011

ABVA Spring Meeting - ICC, Broad Street, Birmingham B1 2EA BOOK NOW - WE ARE DOWN TO OUR LAST FEW REMAINING PLACES

We would encourage all members to attend the annual Spring meeting, it is the only meeting organized by ABVA during the year and is followed by our AGM. This is a unique opportunity to meet with colleagues and swap stories from the sharp end of the veterinary acupuncture world.

The speaker this year is Phil Rogers who qualified in Veterinary Medicine [MVB, MRCVS] from University College Dublin in 1964. He conducted research and advisory work for Teagasc for 41 years until his retirement in 2005. Phil's study of acupuncture & TCM began as a hobby in 1973. He was one of the first Associate Members of IVAS and has been on the IVAS Teaching Panel since 1982. He has lectured at acupuncture training courses [mainly for vets, but also for medical doctors] and congresses in many countries around the world.

Now in retirement, apart from treating a few horses, dogs and humans as a form of occupational therapy, Phil's research interest is in the applications of Information Technology in Integrative Medicine, especially in acupuncture and Chinese herbal medicine. He has been collecting and editing data in English, French, German, Spanish and Chinese from WWW on those areas for more than 15 years and hopes to make those data available online in the future.

The programme also includes an open forum discussion on the acupuncture challenges of the all too common canine elbow lameness

Birmingham ICC, Broad Street, Birmingham. B1 2EA [venue website](#) [map](#)
30/03/2011

To book and further information:
contact admin@medical-acupuncture.org.uk or Tel. 01606 786782

APRIL 5TH, 2011

VBMA Teleseminar **Cancer Keys: Herbs for Cancer Prevention and Treatment**

Dr. Barbara Fougere BSc BVMS (Hons) GDBus MOD&T BHSC (Comp Med) MHSc (Herb Med) CVA (IVAS),
CVHM, CVCP, ACNEM, CMAVA

We are faced with cancer routinely in our practices. Your client asks is there anything else we can do? So many internet products claiming to cure cancer- so much information, where do you start? So what are my favourite herbs to generically support patients with cancer or undergoing chemotherapy? What about herb interactions with chemo? What do you tell the oncologist? And what herbs can help prevent cancer or be used after cancer treatment? Barbara will share some recent cases and outcomes using plant based medicines both Chinese and Western. Get up to speed with the latest information based on research and clinical experience and you will be able to effectively support your next patient with cancer and maybe help prevent cancer in your high risk patients!

This is for all veterinary herbalists or veterinarians with an interest in providing additional support for their patients with cancer, with information relevant for beginners to advanced.

http://www.vbma.org/practitioner_education_program.htm

MAY 13, 14, & 15, 2011

IVAS España Food Therapy Seminar

Conducted to celebrate the inauguration of IVAS España.

Objective: The Nutri-Therapy is a branch of Traditional Chinese Medicine such as Acupuncture, Chinese Herbal Medicine and Tui-Na. The nutritional therapy is to use energy from food, to treat disease, and provide better quality of life for our patients.

Audience: Veterinarians with training in Traditional Chinese Medicine.

Official language of course: Castilian.

Price: 300 € (the price includes course information, cafes and rest mid-day meal).

Location: School of Acupuncture, Soto del Real. Madrid

Carretera de Soto del Real Guadalix de la Sierra (M-608) 13.7 km

28 791-SOTO DEL REAL (MADRID).

Interested please contact: Email info@ivasespana.com

MAY 15-22, 2011

ADELAIDE AVA Annual Conference

Keynote speaker for the AVAG for the first time in Australia: Dr. Huisheng Xie of the Chi Institute. A comprehensive combined musculoskeletal program of lectures and post conference workshops with the Greyhound, Small animal and Equine groups:

Lecture program: (see full 8 concurrent streams AVA program at: <http://conference.ava.com.au>)

Monday, May 16th, 2011:

9:00-9:50 - Head and neck pain in dogs- Dr. Peter Irwin

1:30-2:20 - Nutritional management of impaired mobility in dogs- Dr. Dru Forrester

2:30-3:20 - Feline arthritis, the silent epidemic -Dr. Dru Forrester

4:00-4:50 - Evidence based management of coxofemoral disease- Dr. Arthur House

5:00-5:50 - Evidence based management of cruciate disease - Dr. Arthur House

Tuesday, May 17th, 2011:

8:00-8:50 - Clinical approach to lameness evaluation part 1-Hip hives and head bobs - Dr. Arthur House

9:00-9:50 - Clinical approach to lameness evaluation part 2- head elbow knees and toes - Dr. Arthur House

1:30-2:20 - Introduction to acupuncture with Dr. Ulrike Wurth

2:30-3:20 - Hydrotherapy for musculoskeletal disorders in dogs- Dr. Ulrike Wurth

Wednesday, May 18th, 2011:

10:30-11:20 Dr. Xie - Is Acupuncture a valid treatment in veterinary medicine? Indications and contraindications of acupuncture, combined with small animal, equine and greyhounds groups in large small animal auditorium
1:30-2:20 Dr. Xie - Degenerative Myelopathy in dogs using TCVM, with greyhounds group
2:30-3:20 - Dr. Xie - Retrospective study Wobbler syndrome in dogs and horses, with greyhounds and equine

Thursday, May 19th, 2011:

8:00-8:50 - Dr. Xie - TCVM treatment of TL - IVDD in dogs, with greyhounds
9:00-9:50 - Dr. Xie - Acupuncture and Osteoarthritis with greyhounds
10:30-11:20 - Dr Xie- Top five Chinese veterinary herbal formulas : clinical application, toxicity and precautions, with greyhounds
2:00-2:50 - Dr. Xie - Acupuncture for the diagnosis and treatment of lameness in horses, with equine
3:00-3:50 - Dr. Xie - Acupuncture for laminitis and navicular syndrome in horses, with equine
4:30-5:20 - Dr. Xie - Assessment and enhancement of the quality of life in geriatric patients using TCVM, with greyhounds

FRIDAY, MAY 20TH, 9AM-5PM

Workshop Program:

AVAG/AGVA combined workshop (Acupuncture/Greyhound groups)

Myofascial Pain and Trigger points - Musculo-skeletal Therapies: lectures, case studies and hands on workshop by Dr. Mark Hocking

9:00-11:00am - Trigger Point theory - What is a trigger point, how do they form and what effects do they have? How are trigger points found and treated? Powerpoint presentation.

11:00-11:30am - Morning tea.

11:30am-12:30pm - Case reports.

12:30-1:30pm - Lunch.

1:30-3:00pm - Common locations of canine trigger points Powerpoint presentation. Demonstration of trigger point examination including range of motion testing and palpation. Demonstration of trigger point treatment using TENS or using pressure release massage, followed by muscle stretch.

3:00-3:30pm - Afternoon tea.

3:30-5:00pm - Hands on practical session in small groups of about 4 vets.

Chasers Restaurant at Greyhound Racing Headquarters SA

55 Cardigan Street, Angle Park.

Cost: \$300 including Lunch and Morning/afternoon teas

SATURDAY AND SUNDAY, MAY 21ST AND 22ND, 9AM-5PM

AVAG Advanced Acupuncture Workshop:

lectures, techniques, research, hands on workshop for small animal and equine practitioners by Drs. Huisheng Xie and Bruce Ferguson

Chasers Restaurant at Greyhound Racing Headquarters SA

55 Cardigan Street, Angle Park

Cost: \$300 per full day, including Lunch and Morning/Afternoon tea, \$600 for both days

Saturday, May 21st Day 1

9:00-10:00 Advanced acupuncture techniques canine by Dr. Xie

10:00-11:00 How to select acupuncture points by Dr. Xie

11:00-11.30 Morning tea

11:30-12:30 How to improve canine clinical results Part 1 by Dr. Ferguson
12:30-1:30 Lunch
1:30-2:30 How to improve canine clinical results Part 2 by Dr. Ferguson
2:30-3:00 Afternoon tea
3:00-4:00 How to treat IVDD dogs - Advanced concepts/workshop building on Thurs AVA lecture by Dr Xie
4:00-5:00 How to treat internal medical dogs by Dr. Xie

Sunday, May 22nd, Day 2

9:00-10:00 How to make diagnosis for canine cases (Dr. Xie)
10:00-11:00 How to treat arthritis and DJD (Bi syndrome) Advanced concepts/workshop building on Thursday AVA lecture (Dr. Xie)
11:00-11.30 Morning tea
11:30-12:30 Feline Acupuncture Part 1 (Dr. Ferguson)
12:30-1:30 Lunch
1:30-2:30 Feline Acupuncture Part 2 (Dr. Ferguson)
2:30-3:00 Afternoon tea
3:00-4:00 How to use acupuncture to diagnose and treat lameness in horses, Advanced concepts/wetlab following on AVA lecture (Dr. Xie)
4:00-5:00 How to improve equine clinical results by Dr. Xie
Please check the AVA website for the full program from all special interest groups and regular updates and keep an eye on the program, accommodation and registration details: <http://conference.ava.com.au/>.

Please book your leave and locums early. It promises to be an outstanding opportunity to see Dr. Huisheng Xie for the first time in Australia. He is the founder and leading lecturer of the Chi Institute in the US (<http://www.tcv.com/faculty.htm>) and one of the most widely published veterinary acupuncturists.

MAY 21 -22, 2011

Increasing Efficacy in Acupuncture Through Active Points

Steve Marsden, DVM, ND, MSOM, LAc, CVA, Dipl. CH, RH (AHG)
Comfort Inn and Suites - Logan International Airport

Do you sometimes find it difficult to get results with acupuncture? Do your patients need more acupuncture treatments than your clients can afford? Are you starting to not use acupuncture because you can't rely on it to get results? Are you confused by Chinese medicine, and long for a simpler approach to acupuncture? If so, this lecture is for you.

It's also for you if you simply want to be as effective as possible in using acupuncture to treat disease.

Research suggests the most rapidly effective acupuncture points are those the patient shows to us, by making them 'active' or engorged with blood. We'll review the histology of acupuncture points to show how and why the body achieves this effect, and then learn how to detect these points through palpation and infrared imaging.

Once active points are found, even methods of needling can be used. Alternatively, efficacy can be enhanced by deliberately tonifying or sedating the points, as appropriate. We'll show a simple method of pulse diagnosis that will help you determine which of these two stimulation methods should be used for any given point. We'll also discuss a simple method of electro-acupuncture stimulation that will increase the duration of your acupuncture effects.

Pulse diagnosis has been considered crucial to effective acupuncture since ancient times. Scientific research that explains this assertion is now starting to emerge. We'll review the emerging model of how acupuncture works to treat disease, and show how it relates to our simplified method of pulse diagnosis.

This lecture will apply as credit toward completing an Advanced Diploma in Veterinary Acupuncture offered by the College of Integrative Veterinary Therapies and IVAS.

When: Saturday, May 21, 2011, 8:00 am to 5:00 pm and Sunday, May 22, 2011, 8:00 am to 5:00

Where: Comfort Inn and Suites - Logan International Airport

Lodging Cost: \$109.00 (single or double) per night and includes complimentary breakfast.

Cost: \$545.00. Seminar fees include morning and afternoon refreshment breaks and lunch for both days.

For further information or to request a registration form please contact Vikki Weber at vikki.weber.mba@ivas.org.

JUNE 24 ~ 26, 2011

10th International Herb Symposium

The Veterinarian Track at the IHS (International Herb Symposium) Wheaton College, Mass. Registration will be through Carol at sage@sagemountain.com and make sure to indicate the veterinarian track. You can attend any lecture and they are all fantastic with healers and herbalists from around the world.

Dr. Bruce Ferguson (Intensive)-Correlation of tongue with herbal medicines

Regular sessions-

Dr. Hue Karreman-Organic Dairy topics

Dr. Liz Hassinger- Unique Veterinarian conditions with the herbal solutions

Dr. Steve Tobin-Urinary tract issues with their herbal cures; Natural Diets

Dr. Cindy Lankenau- Adaptogenic support for Stress; Lyme Disease

Dr. Laurie Dohmen-Specific Tinctures for Vague Conditions

This is the first time we will be having a track at this incredible herbal event- PLEASE support this!!

http://www.internationalherbsymposium.com/registration_server/

AUGUST 27-30, 2011

AHVMA Annual Conference August 27-30 2011 San Diego, California

August 27-28- VBMA track at AHVMA (full conference August 27-30) San Diego, CA- registration at www.AHVMA.org

August 27 Dr. Steve Marsden (Topic-Seasonal influences on disease) and Dr. Connie DiNatale- Adaptogenic use

August 28-Full day with Peter Holmes-Essential Oils and Inflammation

<http://www.ahvma.org/files/Registration%20Form%20-%202011%20Conference.pdf>

AUGUST 31 TO SEPTEMBER 3, 2011

37TH Annual IVAS Congress

Town and Country Resort and Convention Center

San Diego, California

The International Veterinary Acupuncture Society is presenting its 37th Annual Congress from August 31- September 3, 2011 at the Town and Country Hotel and Resort in beautiful San Diego, California. This is the longest existing annual conference in the history of veterinary acupuncture in the world. This Congress provides a unique opportunity to network with colleagues from around the world.

The 2011 Congress presents a broad overview of the very latest information on the deepening relationship between

conventional veterinary science and the understandings of this subtle complementary modality. Join this community of veterinarians interested in the practice and exploration of Veterinary Acupuncture and Traditional Chinese Veterinary Medicine. Investigate cutting edge discoveries in the field of veterinary acupuncture through research and in clinical practice. Expand your understanding of the potential for integrating traditional Western veterinary science and veterinary acupuncture. Share the insights and experiences of dedicated practitioners, researchers, and others. The 2011 IVAS Annual Congress offers social events and networking opportunities and Exhibitors focused on veterinary acupuncture and TCVM.

<http://www.ivas.org/Congress/tabid/95/Default.aspx>

SEPTEMBER 16-18, 2011

FRIDAY, 12:00 PM - 6:00 PM, SATURDAY, 9:00 AM - 5:30 PM, SUNDAY, 9:00 AM - 5:30 PM

The Jade Institute

Combining Western Herbs & Chinese Medicine: Digestive Disorders

Jeremy Ross BSc, DAc (Br), LAc.

Open to acupuncture practitioners and students (no prior training in herbs necessary) and doctors, naturopaths or Western phytotherapists with basic training in Chinese medicine.

Hours/CEU's: 20.5 hours

In his first North American teaching tour in many years, Jeremy Ross brings over 35 years of experience and his own unique approach to teaching herbal medicine. Jeremy offers a new system that successfully integrates the paradigms of Chinese medicine, Western herbal tradition, and phytopharmacological research. His seminars help students develop concise diagnosis and treatment, grounding complex ideas into practical clinical experience, and facilitating both a deep understanding of individual herbs and the sophisticated use of herb combinations that are effective and safe.

In this 3-day course, Jeremy uses his system of Combining Western Herbs and Chinese Medicine to teach a series of effective herb combinations for treating digestive disorders and shows how to build new combinations to fit the specific needs of individual patients. The optional herb tasting experience during the course offers students the direct experience of temperature, directional energy, and the physical effects of these remedies.

Seminar Location: University House, 4400 Stone Way North Seattle, Washington

Hours/CEU's: 20.5 hours

cost: \$515.00

<http://www.jadeinstitute.com/seminar-details.php?id=11>

<http://www.jadeinstitute.com/>

SEPTEMBER 2011

Grazing-Herbs for Herbivores

Dr. Hue Karreman VMD and Internationally Recognized Expert in Organic Dairy Health

OCTOBER 14-16, 2011

FRIDAY, 12:00 PM - 6:00 PM, SATURDAY, 9:00 AM - 5:30 PM, SUNDAY, 9:00 AM - 5:30 PM

The Jade Institute

Combining Western Herbs & Chinese Medicine: Respiratory Disorders

Jeremy Ross BSc, DAc (Br), LAc.

Open to acupuncture practitioners and students (no prior training in herbs necessary) and doctors, naturopaths or Western phytotherapists with basic training in Chinese medicine.

With an engaging and unique approach to teaching herbal medicine, Jeremy Ross offers a new system that successfully integrates the paradigms of Chinese medicine, Western herbal tradition, and phytopharmacological research. His seminars help students develop concise diagnosis and treatment, grounding complex ideas into practical clinical experience, and facilitating both a deep understanding of individual herbs and the sophisticated use of herb combinations that are effective and safe.

In this 3-day course, Jeremy uses his system of Combining Western Herbs and Chinese Medicine to teach a series of effective herb combinations for treating respiratory disorders and shows how to build new combinations to fit the specific needs of individual patients.. The optional herb tasting experience during the course offers students the direct experience of temperature, directional energy, and the physical effects of these remedies.

Seminar Location: University House, 4400 Stone Way North Seattle, Washington

Hours/CEU's: 20 hours

Cost: \$515.00

<http://www.jadeinstitute.com/>

NOVEMBER 2011

VBMA teleconference TBA

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](#))



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 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