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# JOURNAL

of veterinary botanical medicine

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*A publication of the Veterinary Botanical Medicine Association*



# Veterinary Botanical Medicine Association

## VBMA Purpose

The Veterinary Botanical Medicine Association is a group 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.

## VBMA Goals

- Represent member veterinarians and herbalists as political and professional issues arise.
- 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.
- Support ethical scientific clinical research in herbal veterinary medicine and maintain avenues for exploration of traditional care in veterinary botanical medicine.
- 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.
- Compile databases of existing science, ethnoveterinary medicine advances, and eventually a library online.
- Liaise with manufacturers so that they have an expert body to advise them on the needs of veterinary herbalists and quality control concerns.
- Support sustainable environmental, agricultural and husbandry practices.

## VBMA 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". Non-veterinary herbalists "Certified Veterinary Herbalism Educator." Certification by the VBMA will require passing the exam with a grade of at least 70%, submission of 3 publication-quality case reports for peer review within 1 year of taking the test and donation of at least 10 test questions for future exams. Guides available online [HERE](#). Examination is administered yearly by VBMA at the AHVMA conference in the USA. The 2019 exam will be held in September in Nashville, TN.

## BOARD OF DIRECTORS

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## SUBMITTING CONTENT

### 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. Accepted articles become the property of the Journal of Veterinary Botanical Medicine. Contributions are subject to peer review and editing. Contributions to the Journal of Veterinary Botanical Medicine must not be submitted elsewhere.

### 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 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 methods 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. **JOURNALS:** Author's surname Author's initials. Year. Title of article. Journal name volume; issue: page numbers. **BOOKS:** Author's surname Author's initials. Year. Book title. Edition. City of publication: Publisher.

**Send all submissions via email to:**  
VBMA Communications Coordinator  
[communicationscoordinator@vbma.org](mailto:communicationscoordinator@vbma.org)

# IN THIS ISSUE

- 04...** Letter from President Ihor Basko
- 09...** VBMA News: Educational Scholarship, Annual Meeting
- 10...** NYCAVMA: Joint Herbal Education Event with CIVT
- 11...** AHVMA: VBMA at AHVMA - Speaker Schedule
- 12...** VBMA Webinars: Recordings Available for Purchase
- 13...** VBMA Masterchef: Big Liver Support Stew by Dr. Ihor Basko
- 14...** Case Report, Equine: Metabolic Syndrome with Concurrent Uveitis and Laminitis by Dr. Cynthia Lankenau
- 19...** Review: Jeffrey Yuen's Food Therapy by Connie DiNatale
- 20...** Review: George Baker's Treatment of Blood Stasis and Aging lecture by Cynthia Lankenau
- 23...** Video: A Few Minutes With A Plant - St. John's Wort by Greg Tilford
- 25...** Herbal Monograph: Asthma Weed, Cynthia Lankenau
- 27...** Herbal Monograph: Broom, Cynthia Lankenau
- 29...** Herbal Monograph: Da Zao, Cynthia Lankenau
- 32...** Herbal Monograph: Horse Nettle, Cynthia Lankenau

# A LETTER FROM PRESIDENT IHOR BASKO

## Caring for One Self While on the Journey as Healers

I Love this! The "Healer Heal Thy Self" Retreat is more than a "treat", i.e. "time off" for yourself. It's a great gift to oneself.

It's an opportunity to "retreat" from everyday life patterns, the life of a busy veterinarian: to retreat from family and house hold and financial responsibilities, and just Be. Be with Nature. Be with like loving beings...your colleagues and Be with Your Self.

It's an opportunity to look within and see what needs to heal in You. Sometimes...someone else's perspective is revealing and beneficial to your healing.

In a space of Natural beauty and peace with like-minded warm-hearted supportive veterinarians, you have the opportunity to meditate, be still, share and perhaps create a better future for yourself.

### What's the Problem?

Veterinary colleges and veterinary organizations do not teach nor prepare veterinarians for the social and emotional situations that face us in our daily work.

Disagreements with our boss, client anger, blame and sadness that is often projected upon us can lead many into guilt, shame, despair, and hopelessness.

When one of our patients dies, we feel responsible and blame ourselves for not doing better. If our failed treatments lead to euthanasia, we are not comfortable, don't know what to say, and often cry with the pet's owners...feeling sad and guilty.

We currently have a crisis in our veterinary community: The high percentage of suicides. Why?

Some work place environments can become toxic to health and spirit: working indoors, high stress, pressure from the boss to "push" vaccines, laboratory testing, medical procedures, products and prescription diets when they might not be indicated nor necessary. On top of all of that, then there may be sexual and emotional abuse by male owners of the hospital or clinic

With all of these challenges to overcome, and yet...still become a "healer". life can be overwhelming...driving some to drink and take drugs, or take one own's life.

In veterinary school and now in "real life", we were not given the tools to be able to work through the emotions (the pet owners' and our own) without taking our so-called "failures" personally.'

Without the pressure and abuse by the practice owners or management, everyday life at a veterinary hospital with sick and dying animals is demanding and stressful. Adrenaline runs high.

*We've been taught there is no time for our own grief, for our own pain. We're taught to rush to the next bedside.*

*But what happens to all of this stored up grief, all of this stored up pain of the tears that have not been shed?*

*It doesn't go away.*

*-Christiane Northrup, MD*

We become so busy working that we also fail to see ourselves, and fail to take care of ourselves as a result. Give yourself some Mercy.

*Nobody comes to the end of life perfect.*

*We are, after all, just human.*

*We will die imperfect.*

*That's not a failing on any of our parts.*

*Can we show ourselves the same Mercy*

*we would show to another person, living through this*

*unwanted, inherently difficult time of life?*

*-Ira Brock, MD*

When you are "in it"...everyday life, it's hard to see. One needs to step out of "it" to see, ideally with the support of people who understand our plight, love us and can help us see other possibilities for a better life.

You become what you eat...and, You Become What You Think.

But with all the responsibilities racking our minds, what we think and how we feel often get lost. We need "tools" and some guidance.

The Council of Elders retreats (Healer Heal Thy Self) are for this purpose. Often scheduled before or after the annual AHVMA meeting.

A break from every day "reality"...some time to Be and See your life and what's missing, in a Natural space with colleagues is precious.

### **Other Options for Support**

Perhaps, taking the time to participate in a seminar presented by a "life coach" in an auditorium can be a step forward in caring for yourself. There are so many "gurus" and self-proclaimed "life coaches...how does one choose the "right one"?

Perhaps reading a book or a lecture with someone such as Caroline Myss, Ph.D a "medical intuitive", who has given me new insights in my quest to become a healer could be enlightening.

*All our thoughts, regardless of their content, first enter our systems as energy.*

*Those that carry emotional, mental, psychological or spiritual energy produce biological responses that are then stored in our cellular memory.*

*Caroline Myss, Ph.D*

Personal Power is necessary for Health  
And for Healing

Power is at the root of the human experience.

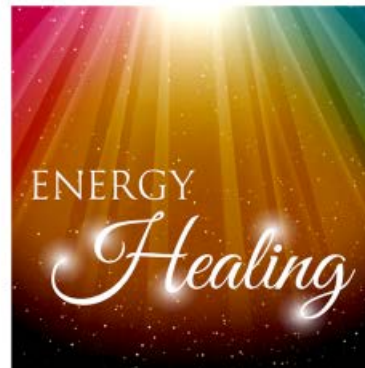
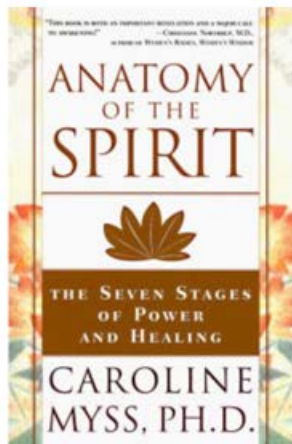
Our attitudes and belief patterns,  
whether positive or negative, are all extensions  
of how we define, use or do not use power.



## We are simultaneously Matter and Spirit.

In order to understand ourselves and be healthy in both body and spirit, we have to understand how matter and spirit interact,

what draws the spirit of life force out of our bodies, and how we can retrieve our spirit from the “false gods” of fear, anger, and attachments to the past.



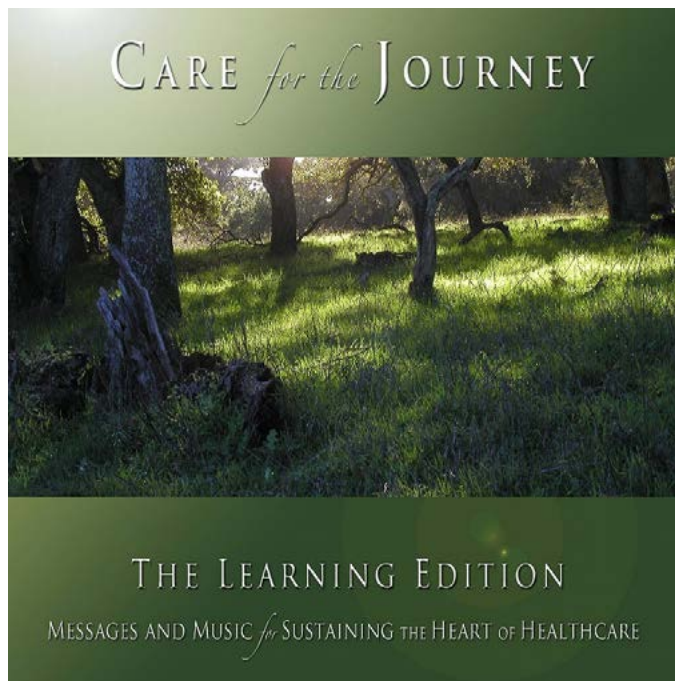
Dr. Basko • All Creatures Great & Small

Don't have the time to read, go to a retreat or intensive? How About the Healing Qualities of Music?

Perhaps, taking some time each day to listen to music seems simplistic, but with music designed for the medical practitioner in mind...with spoken messages and words by people in healthcare work to ponder and wonder can make a positive difference in a busy life: could help one “get grounded” enough to reflect upon one’s Life. Each piece covering various challenges we face as healers are enough in themselves to meditate and relax...10-15 minutes.

Care for the Journey" (Volume 2) is such an album to listen and reflect.... created "...to support the humanity of the people who deliver care every day..."

<https://garymalkin.bandcamp.com/album/care-for-the-journey-volume-ii-music-and-messages-for-sustaining-the-heart-of-healthcare-learning-edition>



When you don't have anyone to talk to, and you need some support and a good "let go". Laying down with headphones and an eye mask...listening can make you feel "whole" again.

The Music on the album was composed and arranged to help deliver messages in a powerful way.<sup>2</sup>

*Medicine is a practice and a spiritual path.*

*Remembering this deep meaning is what keeps us from burning out.      What keeps us alive.*

*The meaning of medicine isn't science.*

*The meaning of life isn't science either.*

*Science defines life in its own way, but life is larger than science.*

*-Rachel Naomi Remen*

## **Friends.**

Why was the TV sit-com FRIENDS so popular and lasted so long? Although a comedy/drama with fictitious characters, it struck a chord. What's missing in life?

The series demonstrated "the power of friends" in one's Life: sharing love, failures, accomplishments, and health problems; living together as a support system for one and other's evolution emotionally, and in the physical world.

Of course, having friends we resonate with and love...could be another source of support and inspiration. Having veterinarians, herbalists, hospital owners, homeopaths friends to talk to would be a better source of support.

But how do we do this? How can we integrate this into part of our lifestyle as veterinarians, and as a human being... working a stressful job being busy all of the time?

## **Smaller Venues?**

One of the reasons I like smaller venues (conference space and hotel, and veterinarians present 150 or less), and retreats (usually 30-35 people)...we get to see each other more...and time spent cultivating relationships which will lead to more friendships. We are the largest source of inspiration for each other. We/ I get lost at large conferences with 100s of people. Although convenient for some, smaller venues seem to produce more and closer friendships, in my experience.

In our survey that we requested feed-back about venues, the majority of respondents were for smaller more intimate settings and moderately priced hotels. Eugene, Oregon 2020 late Oct. Will be our following conference. (I am working on it).

Other opportunities for self-connection and with a support group of veterinarians, are the VBMA Eco Tours, COE Retreats and smaller local veterinary holistic group seminars such as Cindy Lanckenau produces via the New York Veterinary Holistic Association, more opportunities to meet great people, and cultivate friendships.

I believe the process of creating more friends within our VBMA group (Earth-plant people) would produce a network of like-minded and good-hearted healers that can offer, give or receive support.

## **What About Body Work?**

Can we be effective healers if we ourselves...do not use holistic modalities to help us heal: repair, regenerate, restore.

Acupuncture, massage, and chiropractic could be life savers on many levels: physically, emotionally and spiritually.

Take the time to be taken care of yourself. Find a loving person(s).

Its not a "luxury" it's a "necessity". If the healer is not well...he/she cannot be effective.

Our work is sometimes difficult, but always Deep. We cannot keep giving our energy away in our healings, we need to "get back" nourish and replenish and reconnect with our Path in Life.'

In the hour or so of getting body work, I find new realizations (about my health: strengths and weaknesses, as my body relaxes, and my mind "lets go"...I feel what is next for me.

Healing occurs on many levels. Its important to have a loving good spirited person working on and with you.

Whether its acupuncture, various types of massage therapies, chiropractic, etc. - we as healers who put out so much of our physical, mental and Emotional energy need to be recharged.

## **Closing Comments**

As president for the past 2 years, and a long-term supporter of the Veterinary Botanical Medical Association, I am so inspired and encouraged by the veterinarians in this organization...to make an impact in a positive way to conventional veterinary medicine. And, making a difference in their clients' pet health. I feel we are all family.

As plant people we find our "truth" in the forest, field, desert, plain, or mountain-top.

Its time to bring back healing and medicine to Nature. We are not machines...neither are our patients. Medicine in general has gone too far to Pharma and technology.

We can improve health through the use of medicinal plants and mushrooms...and conventional medicine will greatly benefit from the integration. We are not a threat to conventional medicine. Medicine and healing can be so much more powerful if we can treat our patients as individual beings (not the herd). Incorporating plant medicines (connection to Mother Earth) which are beneficial towards a cure.

We need to communicate and share our experiences and knowledge of medicinal plants with our conventional colleagues who seem open. We can work together and help evolve veterinary medicine to the "next level" of healing and in the process, being healed ourselves.

- Ihor Basko, VBMA President

## VBMA EDUCATIONAL SCHOLARSHIP

The Veterinary Botanical Medicine Association currently offers annual educational scholarships for veterinary students totaling no less than \$1000.00 in order to promote herbal education.

**2019 Requirements:** Tell us about yourself! Why do you want to use Herbs in Your Future Veterinary Practice? Is there an experience that you have personally had with herbs that has engaged your interest? How has herbal medicine influenced your course in veterinary school? Simply send your information to [office@vbma.org](mailto:office@vbma.org) by **7/15/19** for consideration. The winning essay(s) will be published in the VBMA journal as well as on the VBMA website.

**Note:** There is no expiration date for monies awarded so you can use it on future continuing education needs!

## VBMA AT AHVMA 2019

The 2019 American Holistic Veterinary Medical Association's Annual Conference will be held September 7th through September 10th in Nashville, TN.

The VBMA is thrilled to sponsor the 2019 AHVMA Conference keynote address, Earth, Herbal & Animal Wellness - Where We've Been and What's Next presented by VBMA Member Greg Tilford.

The conference also offers Herbal Veterinary Medicine centric lectures daily, many presented by VBMA Members. Schedules and descriptions can be found [HERE](#), and you can register for the conference [HERE](#).

Our Herbwalk will be held on September 6th at 4 PM - additional details and a link to register will be posted on our website very soon!

## VBMA ANNUAL MEETING

**Wednesday July 24th 2019 8:00 PM Eastern US Time**

**For the very first time, we'll be holding our annual meeting online.**

**Why online instead of at AHVMA? Lots of great reasons!**

- **No need to travel, which means no travel expenses.**
- **Attend from anywhere - home, office, or on your mobile using the app.**
- **Provides an opportunity for ALL of our members to participate easily.\***
- **Q&A feature allows your questions & concerns to be addressed.**
- **Get 'personal' with our presenters via a live feed on your screen.**
- **Connect with other members using the group chat feature.**
- **Too busy or can't make the live session? A recording will be available!**

**WE HOPE YOU'LL JOIN US - EMAIL INVITATIONS WILL BE SENT IN EARLY JULY.**

**\*Minimum internet connection speed is 5 Mbps. Flash enabled browser required.**

# NYCAVMA/CIVT HERBAL EDUCATION EVENT

## Getting Started in Veterinary Western Herbal Medicine

June 5th 2019 - a one-day intensive workshop

**Venue:** Wheaton College in Norton, Massachusetts. Please note that the 14th International Herbal Symposium will be held from June 7th - 9th 2019 at the same venue - travel out a few days earlier and maximize your CE opportunities!

**This CIVT event is offered in conjunction with the New York Complementary and Alternative Veterinary Medical Association - [CLICK HERE](#) to register.**

This intensive day of instruction, for beginner veterinary herbalists, is the perfect 'kick start' to develop skills and knowledge that can lead to an accredited post-graduate degree. This intensive workshop will cover topics included in the Certification in Veterinary Western Herbal Medicine and accelerate the veterinarian's usage of herbs within the clinical setting. By the completion of this course you will be effectively using a selected group of herbs for common conditions. Licensed Veterinarian Only - you will need to provide your State of registration and License number when you register. NOTE: The lectures and workshops will provide direct credit for the Certification in Veterinary Western Herbal Medicine and the Graduate Diploma of Veterinary Western Herbal Medicine.

**[DOWNLOAD THE PROGRAM HERE](#)** (NOTE: Late changes may occur to the program)

### Course Fee:

\$299 for the 1-day tuition (accommodation, travel and refreshments are the responsibility of the participant).

Early Bird Fee (available until March 31st 2019): \$249

### Speakers:

*Dr Cynthia Lankenau DVM GDipVWHM CVA CCVHM* graduated from Cornell in 1981 and moved into 100% dairy practice and became very frustrated with the limitations of western medicine. After a stint in the Peace Corps and time in a mixed animal practice, Cynthia began her path towards complementary and alternative veterinary medicine. She holds a Graduate Diploma of Veterinary Western Herbal Medicine, an Advanced Certification in Veterinary Chinese Herbal Medicine (IVAS) and certifications in veterinary acupuncture (IVAS), chiropractic, reiki and homeopathy. Dr Lankenau runs a sole practitioner mixed animal 100 % alternative modality practice in western NY State. She is active in the CAVM community being past-president of VBMA and having been responsible for the maintenance of the VBMA Listserve, with untiring devotion generously sharing advice and knowledge.

*Dr Alexia Tsakiris-Vasilopoulos BVetMed GDipVWHM CVA* received her BVetMed from the Royal Veterinary College, University of London, in 2005. She received her Certification in Veterinary Acupuncture from the Chi Institute in 2009, her certificate in Veterinary Herbal Medicine in 2015 from CIVT and qualified with a Graduate Diploma of Veterinary Western Herbal Medicine (CIVT). Dr Tsakiris completed David Winston's Herbal Studies course in 2016. In 2016, she established an exclusively holistic small animal practice. She lives in New Jersey with her husband and two young boys.

*Dr Monica Chapman DVM GDipVWHM* graduated from the Virginia Maryland Regional College of Veterinary Medicine. She worked in small animal practices throughout Virginia and joined the Middleburg Animal Hospital in 1996. In 1999, Monica left private practice to enter public practice at the Fauquier SPCA where she was for 15 years. Monica began her training in herbal medicine in 2012, studying under Teresa Boardwine, RH(AHG) in Sperryville, VA, completed certification courses in Foundations of Western Herbal Medicine and Apothecary (medicine making) in 2013, and worked as an intern with Geo Derick Giordano, MSc, RH(AHG). She subsequently formalized her qualification by completing a Graduate Degree in Veterinary Western Herbal Medicine at the College of Integrative Veterinary Therapies (CIVT), studying under Dr. Barbara Fougere. She has now joined the faculty of CIVT as a mentor and tutor. Monica also conducts a small house call practice providing western herbal consults for dogs and cats, Mojo Medicinals.

# VBMA AT AHVMA



The VBMA is thrilled to sponsor the 2019 AHVMA Conference keynote address, Earth, Herbal & Animal Wellness - Where We've Been and What's Next presented by VBMA Member Greg Tilford. The conference also offers Herbal Veterinary Medicine centric lectures daily, many presented by VBMA Members. Schedules and descriptions appear below, and we hope to see you there! Click [HERE](#) to register for the conference.

## **SATURDAY, SEPTEMBER 7th 2019 - Western Herbal Medicine**

8:10 AM to 9:00 AM - Wayside Weeds That Heal I by Greg Tilford

9:10 AM to 10:00 AM - Wayside Weeds That Heal II by Greg Tilford

10:45 AM to 11:35 AM - Ethnomedicine by Laurie Dohmen

2:10 PM to 3:00 PM - Ethnoveterinary Medicine by Laurie Dohmen

3:10 PM to 4:00 PM - Oganoleptics by Laurie Dohmen

4:45 PM to 5:35 PM - Bee Medicine - Honey to Venom by Laurie Dohmen

## **SUNDAY, SEPTEMBER 8th 2019 - Herbal Medicine**

8:10 AM to 9:00 AM - Skin Problems, Diving Deeper I by Ihor Basko

9:10 AM to 10:00 AM - Skin Problems, Diving Deeper II by Ihor Basko

10:45 AM to 11:35 AM - Review of Nutrition & Supplements for Skin by Ihor Basko

11:45 PM to 12:35 PM - Ethnobotany of Cannabis, Legal Landscape, Endocannabinoid System by Gary Richter

2:10 PM to 3:00 PM - Phytocannabinoids, Terpenes & Cannibinomimetrics by Gary Richter

3:10 PM to 4:00 PM - Cannibinoids: Specific Indications & Dosing Guidelines by Gary Richter

## **MONDAY, SEPTEMBER 9th 2019 - Herbal Medicine**

11:45 PM to 12:35 PM - Phytotherapy for Rabbits by Barbara Fougere

# VBMA WEBINAR RECORDINGS

**Missed a Webinar? We offer recordings of previous programs for you to purchase!**

Use your computer and a web browser to view the recorded version. Q & A portion included, member price only \$70.

**[CLICK HERE TO ORDER](#)**

## THE ENERGETICS OF WESTERN HERBS: THE IMPORTANCE FOR OPTIMAL TREATMENT, WITH SPECIFICS FOR GI CONDITIONS

Cynthia Lankenau, DVM, RH (AHG)  
9002 Sunset Drive, Colden, NY 14033  
cyndvm@gmail.com

Webinar by Cindy Lankenau  
Recorded September 9th, 2017



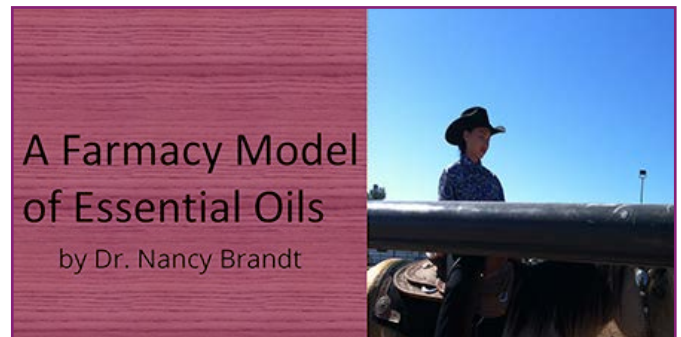
Webinar by Robert Silver  
Recorded December 6th, 2017.

## WINTER WOES

WIND, DAMP, COLD ARTHRITIS  
A JOINT DISCUSSION

Drs. Cindy Lankenau and Ihor Basko

Webinar by Cindy Lankenau & Ihor Basko  
Recorded February 21st, 2018.



Webinar by Nancy Brandt  
Recorded May 2nd, 2018.

## FOOD THERAPY

For the Heart, Spirit & Gut

Drs. Middle & Schwartz

Webinar by Drs. Middle and Schwartz  
Recorded June 11th, 2018.



Webinar by Cynthia Lankenau  
Recorded February 28th, 2019

# VBMA MASTERCHEF

## BIG LIVER SUPPORT STEW FOR DOGS

© Dr. Ihor Basko, from [Fresh Food & Ancient Wisdom: Preparing Healthy & Balanced Meals for Your Dogs](#).

Nutrition can be as effective if not the most important therapeutic modality you can add to your dog's regimen during illness. This big pot of stew recipe offers deep support and nourishment of liver functions.

### PORTION 1

- 2 cups beef soup bones, turkey or chicken bones from meat used in this recipe
- 2 cloves of Garlic
- 1 teaspoon Ginger powder
- 1 cup of Celery
- ½ cup Shitake mushrooms
- 1 teaspoon sea salt
- 3 quarts water (enough to cover ingredients)

### PORTION 2

- 3 cups brown rice or basmati (uncooked)
- 6 cups de-boned meat (beef, chicken or turkey)
- 1 Liver (organic chicken or calves)

### PORTION 3

- 3 cups Beets
- 2 cups Broccoli
- 2 cups Dark leafy greens (beet greens, bok choy, chard, spinach, watercress or kale)

Chop all above into small pieces.

Bring 3 quarts of water to boil, add **Portion 1** and return to boil. Reduce heat to low and simmer for about 45-60 minutes. Skim off the fat and save for other meals.

Add **Portion 3** to pot, bring to another boil and simmer for another 30 minutes. Remove the bones and save then for snacks with the exception of chicken bones.

Add **Portion 2** and let simmer until rice is done (45 minutes). This will make a lot of food, so let the pot of stew cool to room temperature, then put about three days worth in the fridge and store the rest in similar volume containers in the store. This recipe can be your "base" stew from which you may serve as is or add other foods (seasonal) to balance the meals and make the food more appetizing. For example, to the breakfast meal you can add a cooked egg to the stew. Lunch can be just a small amount of stew. To the remaining meals, you can add ¼ cup grated steamed carrots and 1/3 cup cottage cheese.



# CASE REPORT: EQUINE

## A Case of Equine Metabolic Syndrome with Concurrent Uveitis and Laminitis Treated for a Jue Yin Excess With Wu Mei Wan

Cynthia Lankenau, DVM CVA; CVCHM; RH (AHG)

### Abstract:

A 19-year-old Appaloosa mare with chronic symptoms of Heat in her upper body and developing symptoms of Yin Stagnation in her lower body was diagnosed and treated successfully for a Jue Yin condition with the herbal formula Wu MeiWan (a).

### Introduction:

In the last few decades, the overall quality of health in equine patients has been deteriorating (1). There is an increase in several chronic diseases including diseases indicative of chronic immune mediated inflammatory diseases like recurrent uveitis, and diseases indicative of significant failure of normal function such as the complex of diseases known as Metabolic Syndrome. This syndrome describes horses with both a metabolic and a hormonal disorder characterized by obesity, regional adiposity, insulin resistance, and laminitis. According to figures from the American Association of Equine Practitioners, over 20% of all horses are at risk of developing Metabolic Syndrome. Many breeds of horses are also at an increased risk of developing immune mediated diseases. The Appaloosa has an 8-fold risk over all breeds for development of recurrent uveitis and is responsible for 25% of all cases (2). Recurrent Uveitis is often incited by viral, bacterial, or spirochete organisms (2). These diseases are becoming difficult to control and cure, even with the help of alternative modalities.

The Six Stages of disease was first developed by the great master of Chinese Herbology, Zhang Zhong Jing (142-220 ACE) when he wrote the Shang Han Lun on Cold Damage. When examining these diseases in the context of the Six Stages of Disease, diseases found at the level of the Jue Yin are serious and are occurring at the deepest stage in the body. A Jue Yin disease reflects the separation of Yin and Yang and the collapse of Zheng Qi. Metabolic syndrome with concurrent signs of heat in the upper body or in the extremities is indicative of a Jue Yin syndrome.

### CASE REPORT

#### Signalment:

"SF," a 19-year Appaloosa mare, presented for treatment of recurrent uveitis. SF was ridden as a companion and trail horse. Her early history indicated a tendency toward obesity; she had a full complement of yearly vaccines including tetanus, rhinovirus, influenza, Eastern Equine Encephalitis, Western Equine Encephalitis, West Nile Virus, and rabies; and frequent administrations of anthelmintic drugs. Her initial episode of uveitis occurred in April 2006. She was treated with conventional steroidal eye medications and a triple antibiotic ophthalmic ointment. This initial episode resolved within a month. Over the next 6 years, SF continued to have periodic episodes which were progressively more severe with poorer resolution and longer recovery time. Her worst episodes seemed to be seen during the change of seasons in the spring and fall. Concurrent with the intermittent use of corticosteroids, SF was experiencing weight gain.

Throughout this time, her other health issues included periodic high fecal egg counts that were unresponsive to the conventional veterinarian's intensive anthelmintic worming program and 2 mild episodes of colic which were characterized by poor bowel motility.

During 2013, SF's owner had received a grim long term prognosis. SF's vision was deteriorating with significant cataract formation seen in both eyes, worse OD. Her conventional veterinarian stated that the outlook was "hopeless." In 2014, her owner decided to investigate alternative forms of treatment. In September 2014, she was presented with unresolved hyperemia in the conjunctival tissue OU with marked cataract development OD and mild development OS. She had significant blepharospasm, worse OD, with epiphora OU. She was very reactive on BI-18; her tongue was red

and swollen with copious phlegm; her pulse was fast but wiry with tone. There was strong evidence for Liver Fire, but also SF showed signs of Spleen Qi Deficiency and Qi Stagnation.

Her initial acupuncture treatment included dry needle stimulation DN (?) of BL-18, BL-19, BL-20; LIV-3; GB-20; ST-36; BL-1, ST-2. She received an autosanguinous injection, Aqua-Acupuncture of Traumeel (b) in the local eye points. Her TCVM diagnosis was Liver Damp Heat with Liver Fire Rising with a slight Spleen Qi Deficiency with Stagnation. Due to the intense Damp Heat in her eyes, her herbal formula was Long Dan Xie Gan Tang (c) to clear Liver Damp Heat. Within a week after her treatment, SF's eyes were much less red and blepharospasm resolved.

Over the next year, SF was treated 4 times. Although much improved, she still exhibited signs of Liver Damp Heat with epiphora and slight conjunctival hyperemia, and her underlying Qi Deficiency and Qi Stagnation seemed to worsen. Her tongue was still swollen with marked phlegm. It was felt that the draining effect of Long Dan Xie Gan Tang was contributing to this further weakening of her Qi. Yet when she was taken off Long Dan Xie Gan Tang, her eyes would immediately worsen. To treat this underlying Qi deficiency, several herbal modifications were made with moderate response: Si Miao San (c) was incorporated; increased percentage of Poria (Fu Ling), and finally Wei Qi Booster (c). Although these herbal modifications helped to diminish signs of Qi deficiency, she continued to show signs of simmering Heat in her eyes with the slow progression of cataract formation and more signs of Qi Stagnation as her tongue was slightly lavender and her adipose deposits were increasing. During the summer months, SF started to exhibit overt signs of insulin resistance with increased weight gain, increased fat deposition, and a subtle increase in her digital pulses in all 4 hooves. There definitely was a deeper unresolved issue.

On October 24, 2015, the day after the first heavy frost, SF had been out on an eaten down pasture for an hour. Later that day, SF could hardly walk.

On physical exam, SF's pulse was very toned, wiry, and rapid, her tongue was purplish red and swollen with phlegm. She was showing signs of acute laminitis with bounding digital pulses. It was difficult for her to walk; instead she preferred to stand in the classic foundered posture with her forelegs extended, constantly shifting her weight and seeming agitated. Her eyes were acutely red with marked swelling in the infraorbital fossa. She was reactive on BL-15, BL-18, BL-19, and BL-22.

At this time, her Chinese Medical diagnosis was a Jue Yin pattern; she was in a critical state with a deficient but stagnant immovable Yin; her Yang energy was evident as Heat in her extremities (laminitis) and upper body (her eyes). This Yang entrapment in the upper body is reflected in the purple red tongue, restlessness and agitation, the acute eye redness and inflammation, and the heat forced to the extremities in the signs of laminitis. Her immovable Yin energy is characterized by the building signs of insulin resistance, adipose deposits, and weight gain.

### **Dosage: Wu Mei San**

2 tsp. twice a day.

SF also received acupuncture, dry needle DN; her primary points were LIV-1; LI-4; SP-4; and PC-6; to treat her Jue Yin state; with PC-9 for a local fore foot point; ST-36 for general harmonizing.

Within 24 hours her digital pulse had resolved and she was walking normally. The redness in her eyes was gone although mild infraorbital swelling persisted. Her owner felt SF was acting the best since 2006. This was felt to be a rapid response to treatment.

At a reexamination on Dec. 2, 2015, SF's eyes were clear, no digital pulses were palpate, her tongue color pinker and with decreased swelling, and pulses were still slightly wiry. Since overall, she was much better Wu Mei Wan was continued.

As of February 12, 2016, her eyes, in her owner's words were the best they had ever been (since 2006) SF was still struggling with obesity. The owner was advised to continue Wu Mei Wan for now.

April 15, 2016: The neighboring field was heavily sprayed with pesticides including a stream which runs through the horse's pasture.

April 16, 2016: SF died unexpectedly from unknown causes, no necropsy was performed.

### **Chinese medical etiology and pathogenesis**

A Jue Yin stage is characterized by a marked dysfunction of the Liver and Pericardium. The pattern occurs when

there is an accumulation of Jue Yin (Liver). The Yang energy is unable to penetrate into the Yin and is then squeezed outward and upward. The Yang energy is then entrapped in the extremities and upper body. This is a critical stage as Yin and Yang are separated and will become unable to produce Zheng Qi (3). This is a potential life threatening state; if Yin and Yang separate, death will occur.

The theory of the Six Stages was written by Zhang Zhong Jing in response to an epidemic that killed over 200 of his relatives. The Shang Han Lun attributes cold damage to the invasion in the body by pathogenic evils. "In the four seasons, all qi that is not right qi is called cold damage" (4). As an Appaloosa, a breed known for their higher rate of immune mediated diseases, SF was genetically susceptible to the ills of an invading pathogen. She would have an even greater difficulty clearing an invading pathogenic "evil" factor allowing the establishment of uveitis, an auto-immune condition. When pathogenic evils are not cleared as they enter the body, they can move into the deeper disease stages in the body. There are many possible inciting pathogenic factors including vaccine antigens or adjuvant, GMO particles, or one of the other recognized predisposing pathogens of uveitis, viral, bacterial or spirochete organisms. Regardless of the specific pathogenic factor, it is theorized that this invaded evil progressed through the various channels until it reached the Jue Yin Stage. This stage generally develops some time after the onset of cold damage disease. It is a more complicated and severe than disease in any other channel.

### **Herbal medicine used:**

Wu Mei Wan (Mume Plum Pill) is the formula indicated in a Jue Yin state characterized by Yang trapped upward with the Cold impenetrable Yin. This herbal formula contains both hot and cold ingredients to address the cold-heat complex, and also includes ingredients that are sour, bitter, and acrid.

Ginseng rhizome (Ren Shen) restores Qi formation, while Ginger rhizome (Gan Jiang), Prickly Ash bark (Hua Jiao), and Aconitum prepared root (Fu Zi) inject Yang into the accumulation of Yin. Acrid and sweet ingredients together can warm Yang. Bitter Cold Coptis and Phellodendron clear Heat accumulated in the upper body and descend Yang back to where it can be integrated. Angelica root (Dang Gu) and Mume plum (Wu Mei) soften Jue Yin awhile Cinnamon promotes its expansion (5). Wu Mei Wan contains both hot and cold ingredients to address this cold-heat complex: sour and sweet to enrich Yin, sour and bitter to drain Heat, acrid and sweet to warm Yang, and acrid and bitter to open and bear downwards. This formula should be considered the primary formula for treating reverting Yin cold-heat complex patterns. Wu Mei Wan is a formula designed to resist the extreme Jue Yin state with Cinnamon by strengthening the next phase of Yin development that is associated with the Lung.

### **Discussion:**

SF is an example of a horse that had subtle signs of a Jin Yin stage a decade ago. She had a tendency toward obesity, a persistently high parasite count, (both signs of excessive Yin accumulation, with concurrent signs of her Yang energy being entrapped upward), and uveitis. Although her initial herbal and acupuncture treatments palliated her signs of her Yang entrapped energy, it this entrapped Yang energy was not resolved and her accumulation of Yin continued. During the seasonal stress of approaching winter, with extra sugar stress of recently frosted grass she exhibited a final acute aggravation of her underlying chronic disease and her Jue Yin stage was finally recognized.

Classical literature considers Wu Mei Wan a formula for parasites (6). The main clinical manifestations are ascariasis characterized by Heat in the Stomach and Cold in the Intestines. The presence and movement of roundworms cause a disruption in normal Qi flow; and, if severe, the flow of Yin and Yang Qi will be disrupted. The clinical manifestations of a Jue Yin stage is a feeling of energy rising to the chest, pain and a sensation of heat in the heart region (7). This formula should be considered not only a formula for roundworm reversal, but also the primary formula for treating reverting Yin Cold-Heat complex patterns (4).

When looking at the formula and the energetics of a disease in a Jue Yin stage, Wu Mei Wan is the formula of choice since it treats diseases when there are signs of overt Heat and Yang energy evident in the extremities and upper body while there are signs of extreme Jue Yin accumulation in the lower abdomen. The Yang energy is squeezed out and is forced up and out. Jue Yin states are often aggravated in the winter as Yang energy is naturally tending to move toward the interior. (SF had some of her worst episodes in the fall.) As Yang energy migrates inward, it is repelled out and upward from the impenetrable mass of accumulation Yin in the abdomen. This was seen in the final aggravation: when the sugar stress increased her Yin accumulation while the cold weather aggravated the inability of her Yang energy to penetrate in her Yin, an acute separation of her Yang and Yin was seen.

The absence of Yang energy in the abdomen prevents proper Spleen function; this is a characteristic sign of Metabolic Syndrome. This Yang energy instead can accumulate in the Heart, giving the very common symptom of lam-

initis. When recognizing the serious nature of a Jue Yin stage, the peril that horses with Metabolic Syndrome are in becomes clear; not only is Metabolic Syndrome a barometer of the overall poor level of health of horses, but also it explains the difficulty in curing this syndrome.

**Table 1:** Composition of Wu Mei Wan (a)

Chinese Pin-Yin	English name	Action	%
Wu Mei	Mume Plum	Calms parasites; softens Jue Yin	13
Huang Lian	Coptis rhizome	Clears Heat in the upper body	23
Gan Jiang	Ginger rhizome	Injects Yang back into Yin; warms the interior and dispels cold	13
Hua Jiao	Prickly Ash Bark	Injects Yang back into Yin; warms the interior and dispels Cold	9
Huang Bo	Phellodendron bark	Clears Heat accumulated and descends it downward	9
Fu Zi	Aconitum root (prepared)	Injects Yang back into Yin; warms the interior and dispels Cold	9
Gui Zhi	Cinnamon Twig	Promotes the expansion of Jue Yin	9
Ren Shen	Panax Ginseng	Tonifies Qi and Blood; restores Qi	9
Dang Gui	Angelica Root	Softens Jue Yin and tonifies Qi and Blood	6

Figure 1: SF in December of 2015; 'best her eyes have been since 2006.'



## Footnotes:

- a) Evergreen Herbs & Medical Supplies, City of Industry, CA
- b) Heel: Albuquerque, NM
- c) Dr. Xie's Jing Tang Herbal, Inc., Reddick, FL.
- d)

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# REVIEW: FOOD THERAPY COURSE

## Food Therapy by Jeffrey Yuen - Daoist Traditions in Asheville, NC

by Dr. Connie DiNatale



April was the conclusion of a four-part Food Therapy course by Jeffrey Yuen, held at [Daoist Traditions](#) in Asheville, North Carolina. The first weekend was about categories and materia medica. He said that taste is about therapeutics. Sour prevents leakages and can be used for fever, hemorrhage, and excess sweating. If one pickles vegetables, the cooling aspect of most vegetables, along with the sour taste of the pickling solution, make this type of food ideal for those particular conditions. Sour belongs to the Wood element harmonizing Wood's excess of rising too rapidly. Sour reminds me of Carvel teaching us many years ago to use vitamin C in young dogs that may be growing too rapidly, as it can help prevent dysplasia and OCD lesions, and I have always heeded this advice. I've also used it along with bromelain for Panosteitis, and so here we have 2 examples of sour restraining the negative impact of too rapid growth, containing the leakage of essence. These pickled vegetables could be a nice little addition to the diets of young animals, and then again for older animals to help retain Jing.

Jeffrey spoke about cabbage and other 'bound' vegetables that grow together at the top, including Brussel Sprouts and Chinese (Napa) cabbage. Bound vegetables bring things together. These are vegetables that are often pickled and can be used for cases where leakages need to be astringed, and the probiotics from pickling help Stomach Yin by colonizing the mucosal layer. We can witness this probiotic effect on Stomach Yin in the clinic when we give probiotics to animals that are too Damp and they will develop 'wet mouth': the owner may report vomiting, spitting up clear fluid, more drooling or wiping their wet mouth on their pant leg. Un-pickled cabbage juice and soup are useful for knitting together stomach ulcers, whereas roasting cabbage or Brussel Sprouts adds Yang and so would be useful for prolapses and hernias.

On the topic of the ever-so-popular bone broths, Master Yuen recommends bone broths to specifically tonify the Yin of the organ that correlates to the animal used. For Stomach Yin, use chicken bones; beef for Liver Yin tonification; and pork bones for Kidney Yin. Especially here in Florida, I see the over-zealous use of bone broth causing a lot of Dampness/excess Yin signs.

Articles from the American Journal of Gastroenterology and from Harvard School of Public Health were cited because of their pro stance on grain consumption. Yuen extolled the virtues of eating grains, and felt a weak digestive capacity was more often the cause of grain intolerance rather than innate gluten/grain intolerance. Millet loves to absorb minerals, and is thus salty as well as sweet. Millet is cooling and the softening effect of the saltiness relaxes the Kidney. Yin Deficiency is the inability to allow the Kidney to relax, and thus millet helps the body nourish back Yin. Millet is useful for insomnia, palpitations, hypertension, menopause, hot flashes, and it promotes diuresis if the prostate is causing difficult urination. For frequent urination with the need to go all the time, it relaxes the Kidney so one can feel calm. It is used for nausea and morning sickness in the first trimester, and if roasted it helps descend Qi. It can thicken soups and stews but is not 'sticky'.

The course was replete with great information, but as per usual with a Jeffrey Yuen course, one must go home and spend many months trying digest the implications of the information. He usually gives incomplete and abbreviated ideas which forces us to fill in the gaps with experimentation and meditation.

# REVIEW: BLOOD STASIS LECTURE

## The Treatment of Blood Stasis and Aging lecture by Mr. Simon Becker

by Dr. Cynthia Lankenau

This lecture was given Simon Becker at the Daoist Traditional College, April 20, 2019. His lecture focus was based on his translation of Yi Lin Gai Cao by Wang Qingren. The main topic of the lecture was that aging and age-related disorders are caused by Stasis, primarily blood stasis. Aging is caused by blockages and the treatment must be based on resolving blockages as opposed to the primary use of tonics. Blood stasis is prime but blockages can also be created by Qi and Blood deficiency, Food Stagnation, Phlegm, Cold and Heat. Wang Qingren states that deficiency in age is caused by blood stasis; so the root of deficiency is stasis. Treatment strategy is treat the stasis then tonify. This theory is supported by modern research in regards to food stasis. It illustrates that eating less results in less symptoms and diseases related to aging, cognitive diseases, and dementia, CV diseases and cancer. Basically, less inflammation as inflammation can cause blockages. "Frailty is a nonspecific state of vulnerability and is caused by chronic system inflammation." We all Most move!!

Mr. Becker provided a Tea for a long life: Hong Hua 2 g; Chen Pi 7 g; Tai Zi Shen 6 g; Yi Yi Ren 7 ; Mai Ya 9 g; Chuan Xiong 2 g; Gou Qi Zi 9 g; Huang Jing 5 g; He Huan Hua, 6 g; San Qi 3 g.

Diagnostically distended sublingual veins are a good sign to assess blood stasis. Chronic disease can enter the network vessels. Any chronic inflammation will lead to blood stasis. Clinical strategies to transform stasis; one needs to harmonize blood and to resolve the root cause; underlying causes can include cold, heat, Qi deficiency, trauma, phlegm, Qi stagnation and Blood deficiency. A very important strategy is to always move the Qi when moving Blood. Move the Blood but then also treat the root!

Three categories of blood include those that harmonize the Blood, Activate the Blood and transform stasis. An interesting tidbit is that Da Huang can be cooked longer and prepared into Shu Da Huang, a very powerful Blood moving herb.

Herbs to the underlying root cause include the best Qi tonic: Huang Qi, and Ci Wu Jia; to fortify Qi: Fu Zi, Aconite prepared, and Gui Zhi (also used as a blood moving); to Open Channels; Di Long; Gui Zhi, Mu Tong; to Move Qi to activate the Blood: Chai Hu, and Zhi Ke.

Translated from Yi Lin Gai Cuo by Simon Becker. (From Class notes of 4/20/19 lecture)

### **Bu yang huan wu tang**

(Yang-Supplementing Five-Returning Decoction)

#### **Formula composition and preparation:**

- huang qi (Astragali Radix) 149.2g, unprepared
- gui wei (Angelicae sinensis Radicis Extremitas), 7.4g
- chi shao (Paeoniae Radix rubra), 5.6g
- di long (Pheretima), 3.7g, remove the earth
- chuan xiong (Chuanxiong Rhizoma), 3.7g,
- tao ren (Persicae Semen), 3.7g
- hong hua (Carthami Flos), 3.7g

Prepare as a water decoction.

### **Original indications:**

This formula treats hemiplegia, mouth and eyes deviation, difficult and sluggish speech, mouth corner drooling, dry stools, frequent urination and enuresis and incontinence.

### **Original modifications:**

- For early hemiplegia, rely on this formula and add 3.7g of fang feng (*Saposhnikovia Radix*).
- Take four to five doses and then remove it.
- If the disease has already lasted for two to three months and has been treated with ancient formulae including excessively cold and cool medicines, add 14.8g – 18.5g of fu zi (*Aconiti Radix Lateralis Praeparata*).
- If wind dissipating medicinals have been used excessively, add 14.8g – 18.5g of dang shen (*Codonopsis Radix*).

### **Modern functions:**

Supplement qi, quicken blood and free the network vessels

### **Modern indications:**

Sequelae of wind stroke: hemiplegia, mouth and eyes deviation, difficult and sluggish speech, mouth corner drooling, lower limb wilting, frequent urination, enuresis and incontinence, white tongue fur, moderate pulse

### **Formula analysis:**

Qi moves and propels blood throughout the body. If qi is vacuous, blood becomes stagnant and static. Bu yang huan wu tang is indicated for this type of blood stasis: vacuous qi leading to blood stasis. Hence, huang qi serves as the chief ingredient to strongly supplement qi.

Only if qi is full and effulgent, blood can move again. Gui wei, chuan xiong, chi shao, tao ren and hong hua address the second aspect of the disease mechanism: blood stasis. They move blood and transform stasis. Gui wei also gently supplements blood; chuan xiong is acrid and warm and moves qi so as to quicken blood. Di long enters and frees the channels and network vessels and supports the blood quickening medicinals in their action without directly moving the blood.

Bu yang huan wu tang is basically a combination of huang qi and di long with a modification of Tao hong si wu tang (Peach Kernel and Carthamus Four Agents Decoction). Tao hong si wu tang is the basic blood invigorating and stasis transforming prescription. The fact that shu di (*Rehmanniae Radix Praeparata*) is not included demonstrates that the focus of the formula is on moving blood, not on supplementing blood.

Because Bu yang huan wu tang is indicated for blood stasis due to qi vacuity, a strong qi supplementing medicinal in a high dose is required; therefore, in the original prescription, huang qi was added at the dose of 150g. In addition, qi vacuity blood stasis is often an issue in prolonged diseases. Prolonged diseases enter the network vessels, i.e., blood stasis obstructs the network vessels. Hence, a medicinal to enter and free the network vessels is added – di long. Just like a worm crawls through the earth, it enters and unblocks the channels and network vessels in the body and supports stasis transforming medicinals by freeing and disinhibiting.

The combination of medicinals in Bu yang huan wu tang supplement qi and thus provide the basis for blood to move; blood is quickened and transformed; and the channels and network vessels are disinhibited so as that qi and blood can flow freely.

## Formula discussion:

Wang Qing-Ren formulated his own theory on hemiplegia. Differing from the common view that hemiplegia was caused by wind entering the body, he suggested that hemiplegia was due to qi vacuity: the half of the body without strength had no qi and thus blood became static. For this condition, he formulated Bu yang huan wu tang. Regardless of the validity of his hemiplegia theory, Bu yang huan wu tang has advanced, like some other of Wang's formulas, to one of the most popular prescriptions in modern Chinese medicine. This is because it suits well the vacuity-repletion patterns met so frequently in everyday clinical practice.

As can be seen from the following translations of clinical articles and reports, modifications of Bu yang huan wu tang can be used in almost any specialty, from erythema nodosum to congestive heart failure. As such, it belongs to the category of prescriptions which must constitute the basic repertoire of any and all Chinese medicine practitioners.

Bu yang huan wu tang combines a slight modification of the basic blood quickening and stasis transforming formula Tao hong si wu tang with the basic qi supplementing medicinal huang qi. Further, and this is unique and makes the formula even better, it adds a channels and network vessel freeing medicinal – di long.

Thus, three elements which modern Chinese medicine points out to be the most commonly seen factors in many chronic conditions are addressed: qi vacuity, blood stasis, and obstruction of the channels and network vessels. All three of these disease factors are related in chronic diseases: prolonged diseases damage qi; prolonged diseases enter the network vessels; qi vacuity leads to blood stasis; and blood stasis blocks and obstructs the network vessels.

Bu yang huan wu tang treats mixed vacuity–repletion patterns. It does not attack right qi when moving blood and does not block and obstruct when supplementing qi. It is an even and neutral formula. Therefore, it is ideally suited to be modified to fit various patterns. The two elements that must be present for its selection are qi vacuity and blood stasis. To fit any other disease element, it can be modified: bitter and cold medicinals are added in case of concurrent damp heat; blood supplementing medicinals are added in case of concurrent blood vacuity; yang supplementing medicinals are added in case of concurrent yang debility.

An issue of discussion is the dosage of huang qi. The original formula calls for 150g! In contrast to the relatively low dosage of the other ingredients, this is extremely high. However, it points out the thrust of the formula: qi supplementation. Further, there is only one qi supplementing medicinal included, in contrast to five blood quickening and one network vessel freeing substances. Interesting is that Wang was aware of the fact that his dosage of huang qi was very high. He states: "If the sufferer has first heard talk [and] fears huang qi, the only alternative is to give in to human feeling and use one, two liang,"<sup>i</sup> suggesting to half the dosage. However, he then continues and says: "Afterwards, gradually increase to four liang. At the time it has little effect, take two doses per day." This is around 300g of huang qi per day!

Bensky and Barolet also shortly discuss the dosage of huang qi and say that commentators believe that it may "pose the risk of raising the blood pressure" and suggest the dosage should "be reduced to 15-18g, or, if over 30g are used, that Gypsum (shi gao) and Haematitum (dai zhe shi) be added to counteract its effect on blood pressure."<sup>ii</sup> In modern Chinese medicine, huang qi is one of the highest dosed medicinals.

As becomes evident from the following translations, the average dosage of huang qi in modern modifications of Bu yang huan wu tang lies around 20 to 50g. Hardly ever are doses below 20g per day prescribed. However, in modern prescriptions, the amounts of the remaining medicinals are at least double the dosages of the original amounts, thus reducing the ratio between the sum of the remaining medicinals and huang qi from over five to one to about one to one.

The functional translations of a small selection of modern clinical articles on the various use of Bu yang huan wu tang indicate its wide spectrum of indications. Hundreds of articles on many other indications could have been added. Besides indicating the range of application, this selection of articles shall particularly serve to instruct on the modern dosing of this prescription and on the possibilities of modifications.

**Do you have reviews, case reports, photos or other material you'd like to share?  
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# VIDEO - A FEW MINUTES WITH A PLANT

## St. John's Wort, *Hypericum perforatum*

Presented by Greg Tilford, 'The Animal Herbalist', founder of [Animal Essentials](#).

Episode 3 of Greg's 'A Few Minutes With A Plant' series features an introduction to St. John's Wort - its appearance, growth characteristics, and history as a plant medicine. Filmed in the Mountains of Montana in July, 2018. Greg covers plant status in the US, basic applications, provides instructions on creating a St. John's Wort oil infusion and more!

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# HERBAL MONOGRAPH: ASTHMA WEED



Photo courtesy [Forest & Kim Starr](#)

**COMMON NAME:** Asthma Weed

**LATIN NAME:** *Euphorbia hirta*

**OTHER NAMES:** Pill-bearing spurge

<b>Common Name: Asthma Weed</b>	<b><i>Euphorbia hirta</i>; Pill-bearing spurge</b>
<b>Family</b>	Euphorbiaceae
<b>Part Used</b>	Dried aerial parts
<b>Active constituents</b>	Triterpenes; polyphenols and tannins, flavonoids, organic acids, polysaccharides
<b>Actions:</b>	Chinese Actions: 1. relax spasms, regulate Lung Qi; 2. Clear Lung Phlegm; Pharmacological actions: Antiviral, antimicrobial, antiprotozoal, anti-larval, anti-inflammatory, antiulcer, antipyretic, analgesic, spasmolytic, anti-asthmatic, antiallergenic, anti-anaphylactic, antidiarrheal, diuretic anxiolytic, sedative
<b>Indications</b>	Asthma, cough, laryngeal spasms, bronchitis, cough or sinusitis infection with any combination of phlegm obstruction, heat sensation or allergy
<b>Cautions</b>	None known; Occasional gastrointestinal upset and nausea
<b>Contraindications</b>	None known
<b>Herb Drug Interactions</b>	None reported
<b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b>	Human: 120-300 mg of dried herb; three times a day; tincture: 0.6-2 ml of 1:5 tincture.

**Notes:** annual herb; Native to the Americas, now widespread in subtropical and tropical regions.

**Temperature:** cool

**Taste:** bitter and acrid

**Organ:** Lung, Intestines

**Lyle:** highly esteemed or the prompt relief of asthma, and used for cough.

**BHP:** for asthma, bronchitis, upper respiratory catarrh, laryngeal spasms, and intestinal amebiasis.

Holmes: Another Euphorbia, *E. pilulifera*; also known as Cat's hair, Queensland asthma weed and Snakeweed, is widely found in Australia and is also used as a bronchial relaxant remedy. Bitter, pungent and cool in effective qualities, Pill bearing purge herb is an excellent bronchial relaxant remedy with prime applications in spasmodic asthma and cough. Wheezing seen in the context of emphysema, bronchitis and heart disease is also relieved by it. Secondary uses include chronic bronchitis, allergic rhinitis, hay fever, and asthma, and sinusitis due to combined anti-inflammatory, expectorant, nasal decongestant and possibility anti-allergic actions. Lung Qi constraint and lung phlegm damp are the main syndromes addressed here.

**Traditional uses in China:** Da Fei Yang Cao-Used to clear Heat and Toxins and drain Damp; Treats: acute enteritis, bacillary dysentery, dysuria, hematuria, insufficient lactation, mastitis, boils, pruritus, and eczema.

**Ross:** potential uses: respiratory disorders, allergic asthma, sinusitis, bronchitis, asthma with phlegm obstruction; laryngeal spasms; Gastrointestinal disorders: gastric ulcer, enteritis, diarrhea, bacterial dysentery, and amebic dysentery; Urinary disorders: edema, dysuria, hematuria; skin disorders: infected boils, mastitis, eczema, pruritus; Stress related disorders; stress aggravation of respiratory, gastrointestinal or skin disorders.

Synergistic with Lobelia for asthma; Ephedra for asthma, allergy: with Echinacea: for bronchitis and infection: with Euphrasia for bronchitis and sinusitis; With Berberis for bronchitis and irritability; with Phytolacca for nasopharyngeal catarrh.

**Recent research:** displayed bactericidal effect on *P. aeruginosa* cell; potential anti-biofilm properties found to inhibit the production of inflammatory mediators and cytokines of adjuvant arthritis in rats; ameliorates renal dysfunction and could be used as an effective protector against nitrobenzene-induced nephrotoxicity, primarily through its antioxidant capacity



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# HERBAL MONOGRAPH: BROOM



Photo courtesy [Danny S., Wikipedia](#)

**COMMON NAME:** Broom

**LATIN NAME:** *Cytisus scoparius*

**OTHER NAMES:** Banal, Basam, desom, Bisom, Bizzon, Bream

<b>Common Name: Broom</b>	<b>Broom, <i>Cytisus scoparius</i>; Banal, Basam, desom, Bisom, Bizzon, Bream, Broom Tops, Brum, Benista Green Broom, Irish Broom, Irish Top, Link, Scotch Broom</b>
<b>Family</b>	Fabacea
<b>Part Used</b>	Herb
<b>Active constituents</b>	biogenic amines (mostly tyramine in the young shoots), flavonoids (spiraeoside and scoparoside), isoflavones and their glycosides (genistin), as well as allelopathic quinolizidine alkaloids (mostly sparteine, lupanine, scoparin and hydroxy-derivatives) Sarothamnine and genistein, vasoconstrictors, are alkaloids which inhibit conduction. Flavonoids have a beneficial effect upon the myocardium, volatile oils
<b>Actions:</b>	Diuretic, cathartic, cardiac stimulant: anti-hemorrhagic; emetic; oxytocic, uterine astringent; antineoplastic; antivenomous; current research as a neuro-protective
<b>Indications</b>	Arrhythmia, heat disturbances, edema, jaundice; thyrotoxicosis. Traditionally used for heart complaints; topically for swine pox;
<b>Cautions</b>	Cause bradycardia and hypertension; pregnancy
<b>Overdose</b>	Excessive doses of broom have produced impaired vision, staggering gait, and profuse vomiting and purging. If the aqueous preparation of the crude herb is used, it is often successful in causing profound diuresis when the drug, alkaloid sparteine, failed.
<b>Herb Drug Interactions</b>	Caution with any cardiac or diuretic drugs
<b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b>	Human: Dried Herb: 2 g; Infusion: 1:10 60 ml; Decoction: 1:20 120 ml; tincture: 2 ml; Liquidum extractum: 4 ml. Infusion of broom and to a greater degree the decoction, in doses of one ounce every three hours, are decided and certain diuretics for use in dropsies of cardiac origin.

**Menzies-Trull:** regulates heart rhythm by reducing the conductivity of cardiac muscles; extra systoles and arrhythmias benefit from its use; reduces atrial and ventricular fibrillation. It is tonic to the venous return. It depresses respiration and is a peripheral vasoconstrictor. Used for functional palpitation with hypotension; cardiac disturbances with edema. Preparations with Convallaria, Selenicerus; Diuretic with Taraxacum and Juniperus; Phlebits with Petroselinum, Daucus, Falium, and Symphytum.

*Cytisus scoparius*, the common broom or Scotch broom, syn. *Sarothamnus scoparius*, is a perennial leguminous shrub native to western and central Europe. In Britain and Ireland, the standard name is broom, but this name is also used for other members of the Genisteae tribe, such as French broom or Spanish broom, and the term common broom is sometimes used for clarification. In other English-speaking countries, the most prevalent common name is Scotch broom (or Scot's broom); It is known as English broom in Australia.

Broom contains scoparin, which is a diuretic, and is useful as a cathartic and as a cardiac stimulant due to the presence of sparteine. A decoction or infusion of broom can be used to treat dropsy due to its diuretic action. An ointment can be made from the flowers to treat gout. Oxysparteine, produced from the action of acid on the sparteine, is useful as a cardiac stimulant and has the advantage over digoxin that it does not accumulate in the body.

**Culpeper:** The juice or decoction of the young branches, or seed, or the powder of the seed taken in drink purgeth downwards, and draweth phlegmatic and watery humours from the joints, whereby it cures the dropsy, gout, sciatics and pains of the hips and joints; it also provoketh strong vomits; and relieves the pains of the sides, and swelling of the spleen; cleanseth also the reins or kidneys, and the bladder of stone, provoketh urine abundantly, and hindereth the growing again of the stone in the body. The continual use of the powder of the leaves and seed cures the black jaundice; the distilled water of the flowers is profitable for the same purposes; it is good in surfeits, and altereth the fits of agues, if three or four ounces thereof with as much of the water of the lesser centuary, and a little sugar put therein, be taken a little before the fit cometh, and the party be laid down to sweat in his bed, the oil or water that is drawn from the end of the green sticks heated in the fire, relieves toothache; the juice of the young branches made into an ointment with hog's lard and anointed, or the young branches bruised and heated in oil or hog's lard, and laid to the sides pained by wind, as in stitches or the spleen, easeth them in once or twice using it; the boiled in oil is the surest medicine to kill lice in the head or body, if any ; and is an especial remedy for joint aches and swollen knees, that come by the falling down of humours.

**Cook:** The young shoots of this shrub have been used in medicine, though not in much repute at the present time. They are largely stimulant, and moderately relaxant acting somewhat slowly but decidedly. Their chief influence is expended upon the kidneys, from which they secure the elimination of a very large amount of watery materials. They have been used in dropsy; but will readily overwork the kidneys. Large doses will prove emetic, and sometimes cathartic. Half an ounce of the fried tops boiled in ten ounces of water for a few minutes, and strained, forms the usual decoction; and of this from one to two fluid ounces may be given three times a day. Small quantities may prove a good adjuvant to hepatics and tonics.

**Cunningham's:** Magical uses: Broom is used in purification and protection spells, and is hung in the home to keep evil out. An infusion of broom sprinkled through the house exorcises poltergeists. In Welsh mythology, Blodeuwedd is the name of a woman made from the flowers of broom, meadowsweet and the oak by Math fab Mathonwy and Gwydion to be the wife of Lleu Llaw Gyffes. Her story is part of the Fourth Branch of the Mabinogi, the tale of Math son of Mathonwy. Broom was considered a sign of plenty when it bore many flowers. However a traditional rhyme from Sussex warns: "Sweep the house with blossomed broom in May/sweep the head of the household away." Broom was also used in a decorated bundle of broom at weddings in place of rosemary when that was scarce, and its strong smell was said to be able to tame wild horses and dogs. In Italy, the shrub was burnt to stop witches.

**For Swine Pox from The Physicians of Myddvai:** Is an eruptive skin disease forming white vesicles, from which clear water is poured forth. Take Broom seed and lard, boiling and straining them; mix two penny-worth of black soap well with it, and anoint your whole body therewith.

**Recent research:** the activation of nAChR by Lup and 17- ox induces neuroprotection in different cellular models, and appears to be an interesting target for the development of new pharmacological tools and strategies against Alzheimer's disease



# HERBAL MONOGRAPH: DA ZAO



Photo courtesy Wikipedia

**COMMON NAME:** Da Zao  
**LATIN NAME:** *Ziziphus jujube*

**OTHER NAMES:** Big Date

<b>Common Name: Da Zao</b>	<b>Da Zao, <i>Ziziphus jujube</i>, Big Date</b>
<b>Family</b>	Rhamnaceae
<b>Part Used</b>	Fruit
<b>Active constituents</b>	Betulinic acid, eanothic acid, oleanolic acid, crataepokic acid, alphitonic acid, zizyphus saponins I.II. III; juuboside A,B; mashnic acid
<b>Actions:</b>	Chinese Actions: 1. Tonifies the Spleen and Stomach, Benefits the Qi; 2. Tonifies Blood; 3. Calms the Shen; 4. Harmonies other herb; Pharmacological Effect: anti-neoplastic, sedative; Hepatoprotective
<b>Indications</b>	Short of breath, fatigue, decreased food intake, loose stools, diarrhea; weight loss, dizziness, blurred vision, pale nails; irritability, disturbed Sleep, emotional instability
<b>Cautions and Contraindications</b>	Sweet in nature; may create dampness, phlegm and heat; not recommended if internal parasites; excessive use may lead to tooth decay, due to the high sugar content of the herb
<b>Herb-Herb Interactions</b>	Da Zao is used with Ting Li Zi to prevent it from damaging Lung Qi. The combination of these to herb can be used to treat cough, wheezing, and chest fullness caused by accumulation of phlegm in the chest. Gan Sui, Da Ji, Yuan Hua with Da Zao to prevent damage to Spleen and Stomach This combination treats ascites with severe accumulation of water and phlegm. Ds Zao is combined with Sheng Jiang to treat exterior conditions. Sheng Jiang induces perspiration to release the exterior while Da Zao promotes generation of body fluids to prevent the excessive loss of fluids that may occur with use of exterior-releasing herbs. Also this pair harmonizes herbal formulas and protects and/or tonifies the middle jiao. They promoted digestive function and increase the absorption of herbs.
<b>Herb Drug Interactions</b>	None found
<b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b>	Humans:3-12 fruits or 3-10 g; Da Zao should be cracked open when used in herbal decoction, without breaking the fruit, poor extraction of active components. Cattle and Horses: 30=60 g; llamas, alpacas, sheep, goats pig: 10-15 g; Dogs: 1-5 g; Cats: 0.5-2 g and rabbits: 0.5-1.5 g; Birds 0,5-3 g

**Notes:** It is a small deciduous tree or shrub reaching a height of 5–12 metres (16–39 ft), usually with thorny branches. The leaves are shiny-green, ovate-acute, 2–7 centimetres (0.79–2.76 in) long and 1–3 centimetres (0.39–1.18 in) wide, with three conspicuous veins at the base, and a finely toothed margin. The flowers are small, 5 mm (0.20 in) wide, with five inconspicuous yellowish-green petals. The fruit is an edible oval drupe 1.5–3 centimetres (0.59–1.18 in) deep; when immature it is smooth-green, with the consistency and taste of an apple, maturing brown to purplish-black, and eventually wrinkled, looking like a small date. There is a single hard seed similar to an olive pit.

**Properties:** Spleen, Stomach

**Meridians:** Sweet, Warm

**Chen:** Da Zao harmonizes the harsh and toxic effects of some other herbs and protects against damage to the internal organs. It tonifies the Middle jiao to enhance the transformation and transportation functions of the Spleen and Stomach. This herb is often made into porridge with rice and rock sugar. Because it is sweet, it is also made into cookies with digestive herbs for patients with weak digestive systems. Da Zao tonifies blood and treats disorders characterized by blood deficiency. It can tonify both Blood and Qi. Da Zao calms the Shen and treats irritability, disturbed sleep and emotional instability in Zang Zao, a condition characterized by Heart deficiency combined with Liver Qi stagnation. Da Zao is often used for cooking to enhance flavor of the food, It is available in black and red colors. Hong Da Zao, red Jujube, is slightly stronger in tonifying Qi. Hei Da Zao, black jujube, is slightly strong in tonifying Blood.

**Combinations:**

Spleen and Stomach deficiency: with Ren Shen, Bai Zhu, Fu Ling

Diarrhea and decreased food intake because of accumulation of dampness and cold in the Spleen and Stomach: with Bai Zhu, Gan Jiang, Ji Nei Jin

Blood Deficiency: can be used as a single herb

Severe Blood deficiency with irritability and insomnia: with Shu Di Huang, Dang Gui, E Jiao, Huang Qi

Zang Zao disorder: with Gan Cao, Xiao Mu; Formula: Gan Mai Da Zao Tang, Licorice, Wheat and Jujube Decoction.

Zang Zao disorder with Shen disturbance: with Gan Cao, Xiao Mai, Long Gu, Mu Li, Suan Zao Ren, Bai Zi Ren

Spontaneous perspiration caused by deficiency: with Da Zao, Fu Xiao Mu, We Mei, Sang Ye

**Divine Farmer's Materia Medica:** Da Zao is sweet and balanced treats heart and abdominal evil qi, quiets the center and nourishes the spleen, assists the 12 channels, levels the stomach qi, frees the nine orifices, supplements shortage of qi, shortage of fluids, and insufficiency of body, eliminated great fright and heaviness of limbs, and harmonizes hundreds of medicinal. Protracted taking may make the body light and lengthen life. Together with Ma Huang, its lead is able to promote sweating. It grows in plains and swamps.

**Commentary:** Among the many actions of this medicinal recorded in the Chinese materia medica literature to date, the most important ones are to nourish the spleen and boost the lungs and stomach. The Spleen and Lung govern all the Qi throughout the body, while the Spleen also govern all the blood. Since this medicinal is able to harmonize the Blood and Qi, it is good for almost any condition. Generally speaking, Red Dates, which are sweet, are relaxing and moderating. Although they are able to disinhibit the nine orifices, they work temperately and slowly. When helped by the acrid of ginger, their relaxing effect is modified. Ginger rules the defensive, while Red Dates govern the constructive. Thus the combination of the two harmonizes the constructive and defensive. Hence, we can find these two medicinals side by side in many formulas. When discussing the effects of red Dates, Zou Shu said: When cold evils strike a person, the central qi may be too insufficient to expel them. This is because there is shortage of Qi. When heat evils strike a person, the central qi may also be too insufficient to expel them. This is because there is shortage of fluids. When the pulse is bound and regularly interrupted and there is stirring palpitations of the heart, this is because of insufficiency of the qi of the 12 channels. When fire counter-flows with qi ascent, there will arise inhibited throat, insufficiency of fluids, unbalance stomach qi and disharmony of the nine orifices. Thanks to their magnificent action of quieting the center, red dates are able to put an end to chaotic qi. Then great fright will be eliminated. Thanks to their magnificent action of pushing and moving the 12 channels, the channel qi will be set in motion without any more stagnation. Then heaviness of the limbs will be eliminated. Red Dates are allowed into a dissipating prescription in order to quiet the center, nourish the spleen, and level the stomach. In supplementing prescriptions, they may also be found for the purpose of assisting the channel qi to eliminate evil qi. This is what is meant by their ability to harmonize hundreds of medicinals.

**Recent research:** beneficial effects in prevention of hypertension induced by NO deficiency. has antiproliferative and apoptotic activities in vitro and confirms its use in traditional medicine; protective effect against multiple-organ impairment that follows sepsis exhibited anti-malarial activities; provide a therapeutic agent for sepsis by inducing anti-inflammatory and anti-oxidant effects.; ameliorates A $\beta$ -induced LTP deficits through BDNF/TrkB signaling.. Ziziphus jujube including triterpenic acids, flavonoids, cerebrosides, phenolic acids,  $\alpha$  tocopherol,  $\beta$  carotene, and polysaccharides have anti-proliferative effects on several cancerous cell lines and animals. most potent enhancer of glucose uptake; helps with increase in body weight, muscle strength, and physical endurance; inhibitory influence on cancer cells. Hepatoprotective.. Clinical studies successful treatment in Allergic purpura; and chronic diarrhea.



# HERBAL MONOGRAPH: HORSE NETTLE



Photo courtesy [Richard Laine Chambers](#)

**COMMON NAME:** Horse Nettle  
**LATIN NAME:** *Solanum carolinense*

**OTHER NAMES:** Bull-nettle, Sand-brier, Threadsoft, Threadsaf

<b>Common Name: Horse Nettle</b>	<b><i>Solanum carolinense</i>, Horse-nettle, Bull-nettle, Sand-brier, Threadsoft, Threadsaf</b>
<b>Family</b>	Solanaceae
<b>Part Used</b>	Seed and root; The leaves have been used as an insecticide
<b>Active constituents</b>	Complete chemical analyses of the root-bark, leaves and berries of <i>Solanum Carolinense</i> were made by G. A. Krauss (Amer. Jour. Pharm., 1890, p. 601, and 1891, pp. 65 and 216); of the berries, also by Harry Kahn (ibid., 1891, p. 126). From the root-bark Krauss obtained by consecutive extraction with petroleum-ether and ether, an alkaloid crystallizing in hard, shining prisms, soluble in ether, benzol, and chloroform, and being non-glucosidal. Alcohol then abstracted a glucosidal alkaloid which showed the reactions for solanine. The ether-soluble alkaloid, the author believes to be probably solanidine (compare <i>Dulcamara</i> ). The leaves and the berries contain the same substances. Prof. J. U. Lloyd (Amer. Jour. Pharm., 1894, p. 161) independently obtained from the root of this plant an ether-soluble, well-crystallizable alkaloid (see illustration, above), which he provisionally named solnine. It is practically insoluble in water and diluted ammonia water, soluble in diluted acids and in cold chloroform; from boiling alcohol it crystallizes in needles resembling hydrastine. Its melting point is 131° C. (267.8° F.), thus differing markedly from solanine, which melts at 235° C. (455° F.), also differing from solanidine, the melting point of which, according to Watt's Dictionary, is 191° C. (375.8° F.). The root-bark contains about 0.4 per cent, the berries about 1.3 per cent, of total alkaloids, the presence of which explains the toxic action of the drug.
<b>Actions:</b>	This agent is reputed antispasmodic, and has been recommended chiefly for convulsive disorders. It was early used by Valentin in non-traumatic tetanus. While success with it has been recorded in chorea, puerperal eclampsia, infantile, and hysterical convulsions, its chief use has been in epilepsy, and particularly that form in which the paroxysms are severest at or brought on at the menstrual periods. anodyne, antispasmodic, aphrodisiac and diuretic-berries and root
<b>Indications</b>	They have been used in the treatment of epilepsy. They have been recommended in the treatment of asthma, bronchitis and other convulsive disorders. The berries should be harvested when fully ripe and carefully air-dried. An infusion of the seeds has been gargled as a treatment for sore throats and drunk in the treatment of goitre. A tea made from the wilted leaves has been gargled in the treatment of sore throats and the tea has been drunk in the treatment of worms. A poultice made from the leaves has been applied to poison ivy rash.

<b>Cautions and Contraindications: Toxic in any significant dose</b>	Headache, Nausea, Vomiting , Abdominal pain, Abdominal cramps, Dizziness, Burning throat sensation, Hallucinations, Loss of sensation
<b>Herb Drug Interactions</b>	Toxic effects of nightshade family
<b>Dosage (use animal doses where available, otherwise human doses can be included here but specify):</b>	The drug needs further investigation. The dose of the fluid extract is from 10 to 60 drops; of specific solanum carolinense, 10 to 30 drops

**Notes:** Horse-nettle is an herbaceous perennial plant, from 8 to 18 inches high. The stem is simple and erect, though sometimes prostrate and branching from the root. The more or less contorted root is from 1/8 to 1/4 inch in diameter, having a thick bark surrounding a slender woody center; it descends deeply and vertically into the soil. The leaves are alternate, oblong, ovate; obtusely lobed, wavy, with yellowish prickles on midrib and larger veins of both surfaces, and extending along the petiole and main stem, where they become quite stout. The surfaces of stems and leaves are stellate (4, 6, or 8-rayed) pubescent. The flowers are borne in simple cymes or racemes, becoming lateral in fruit. Flowers regular, calyx 5-parted, sepals pointed, corolla rotate, with 5 ovate lobes and pale-blue, violet, or more rarely white. Stamens 5, yellow, inserted on the corolla; anthers 4-celled, 4 times as long as the filaments, and opening by pores at the tip. They are connivent and form a cone around the pistil. The style and stigma are single. The fruit, when ripe, is an orange- or lemon-colored berry from 1/2 to 3/5 inch in diameter; 2-celled, the seeds being attached to the central placenta. The seeds are pale-yellow, smooth, shining, oval, and flattened. The dried fruit has a shrunken or reticulated appearance. (Also see microscopy and illustration of *Solanum Carolinense*, by C. J. Johnson, in *Amer. Jour. Pharm.*, 1897, pp. 76-84, and by M. C. Thrush, *ibid.*, pp. 84-89.)





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Bacterial Isolate (n)	MIC90	MBC90	MBEC90
<i>S. pseudintermedius</i> (5)	12.5 ± 0%	25 ± 0%	35 ± 0.1%
MR <i>S. pseudintermedius</i> (5)	12.5 ± 0%	30 ± 11%	40 ± 14%
<i>P. aeruginosa</i> (5)	22.5 ± 6%	45 ± 11%	45 ± 11%

Palmeiro B, Soto E, Yun S, Abdelrazek S. 2017. Antimicrobial activity and biofilm inhibition of manuka honey against *S. pseudintermedius*, methicillin-resistant *S. pseudintermedius* and *P. aeruginosa*. *Veterinary Dermatology*; 28:446



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*Image: Berry Beauty, 2018 VBMA Herbwalk, by Cynthia Lankenau*



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