

**WINTER 2015 ISSUE**

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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". Nonveterinary 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, where the VBMA holds their symposium. In 2014 the exam will be held in Portland, OR.

## 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)

# Veterinary Botanical Medicine Association



Laurie Dohmen, VBMA President

## Greetings!

In my teaching at Maryland University of Integrative Health (MUIH), I interact with many nutrition students. Every term, there is a different fad diet that the new students are all excited about. Right now, "alternative" healthcare is a popular "fad" with consumers. The whole concept astounds me. Herbs are the original healthcare. They are not new or alternative. Until recent history, there was no "alternative." Many allopathic drugs are derived from herbs. A (truly) new trend in ethnomedicine is for drug companies to go into various tribal cultures to study the plant medicines they use and what the plants are used for in an effort to make new allopathic medicines. I think it is very important that we remember that herbal medicine is not new or alternative. It is the wisdom of the ages, handed down through generations, shared among cultures, and universally available. The irony to me is that as "western" cultures are starting to embrace it, many long-standing indigenous cultures around the world are moving away from it. I have seen this firsthand in Peru, I have studied it in Mexico and India, and I have seen news stories about it in Africa. We need to make sure this knowledge is not lost. Since holistic healthcare is popular now, there are many new opportunities for learning. Ecotours are one great way to learn about how other cultures and regions use herbs we are familiar with, and herbs that are not in our areas. This issue includes an article about my ecotour to Peru, with Naturopath Jillian Stansbury of the National College of Naturopathic Medicine (NCNM) in Portland. Hopefully it will get you excited for our 2016 ecotour with her to Peru! For a taste of Jillian herself, she is lecturing at the International Herb Symposium (IHS) this summer. There are more and more schools, like CIVT and MUIH offering Master's degrees in Herbal Medicine, both Western and Chinese. There are conferences popping up all over. There have always been the grass-root herbal conferences, but now they are overflowing with attendees. In 2013, IHS sold out, so register soon! AHVMA with a one day VBMA track is in October in Georgia this year. Leading up to it, the newly formed American College of Veterinary Botanical Medicine (ACVBM) is hosting its inaugural conference. I am excited to be able to attend such an auspicious event, and the speakers include Nancy Scanlan, Signe Beebe and Ihor Basko. It will be the day before the AHVMA conference actually begins, on Friday, and end in time for the VBMA herbwalk. You literally can do it all!

Enjoy the journal, and I look forward to seeing you at many of these upcoming events,

Laurie

## EDUCATIONAL EVENTS for 2015

### International Herb Symposium

June 12th through June 14th 2015  
Held at Wheaton College in MA. Don't forget to check the vet track when you're registering!

### ACVBM First Annual Conference

October 16th, 2015  
Augusta, GA - before the AHVMA Conference  
Don't miss the American College of Veterinary Botanical Medicine's first annual conference!  
All VBMA Members receive a \$30 discount.

### AHVMA Annual Conference

October 17th through October 20th 2015  
Augusta, GA at the Marriott Convention Center  
As always, an exciting event with amazing-speakers...view the entire list of events [HERE](#).

### VBMA Annual Meeting/Herbwalk

The VBMA Annual Meeting is normally held during lunchbreak on Saturday at the AHVMA Conference. Additional details will be added to the VBMA website when they are available. The Herbwalk will be held October 16th, 2015 at 4 PM, prior to the AHVMA Conference. The Annual Herbwalk is FREE for all VBMA Members!

## VBMA EDUCATIONAL SCHOLARSHIP

The Veterinary Botanical Medicine Association currently offers a yearly educational scholarship in the amount of \$500 in order to promote herbal education.

### **2015 Requirements**

A 1000 word essay on "The emerging science of herbal medicine - from tradition to the potential role of herbs in solving some chronic conditions in veterinary medicine", due July 15, 2015. This essay must be sent to the VBMA office at [office@vbma.org](mailto:office@vbma.org) by this date for consideration. The essay will be read and the award decided by the President and President-Elect of the VBMA. The winning essay will be published in the VBMA journal and on the VBMA website.

### **Announcement of Award:**

The winning essay will be announced at the VBMA's annual meeting at the AHVMA convention of that year.

### **Use of Award Money:**

The recipient of the educational scholarship may use their award money for any AHG (American Herbal Guild) event or class by an RH(AHG), and any CIVT, Chi, IVAS, VBMA or equivalent veterinary herbal class. Alternatively, the funds may be used for the purchase of herbal books, VBMA CDs, teleconference registrations or similar educational events.

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# ACVBM FIRST ANNUAL CONFERENCE



The American College of Veterinary Botanical Medicine (ACVBM) was established in 2014 to increase the proficiency and competence of veterinarians in the use of medicinal plants, ultimately leading to diplomate status in the specialty of veterinary botanical medicine.

To fulfill this mission, the American College of Veterinary Botanical Medicine will provide a means to reach diplomate status through maintaining a standard base of post-graduate instruction and examination, offer educational opportunities designed to advance experience and proficiency, and enhance the integration of scientific, clinical, and traditional knowledge into veterinary medicine practice for the greater benefit of the health and well-being of animals.

**The first annual American College of Veterinary Botanical Medicine conference will take place on October 16th, 2015 in Augusta, GA at the Marriott Convention Center.** We've coordinated our conference so it takes place the day prior to the American Holistic Veterinary Medical Association (AHVMA) annual conference/meeting held at the same location. We've scheduled 6 hours of lectures presented by members of our college, finishing up at 4 PM...just in time for the Veterinary Botanical Medicine Association's annual Herbwalk.

## **Planned speakers and lecture topics are as follows:**

**Nancy Scanlan:** Anti-Cancer Herbs; and Cancer and the Immune System

**Ihor Basko:** Medical Mushrooms

**Dr. Signe Beebe:** Herbal Medicine for the Geriatric Pet

## **Conference Pricing Information:**

Regular price is \$180.00

VBMA Member price is \$150.00

Veterinary Student price is \$50.00

## **Hotel Discount Information:**

For those of you attending the AHVMA Conference as well as the ACVBM Conference and will be staying at the Marriott, you are eligible to receive the bulk AHVMA hotel rate for the night of October 15th. Simply call 1-800-868-5354, ask for Reservations and reference the AHVMA Annual Meeting group.

# HOW TO REGISTER FOR THE CONFERENCE

You may register for the American College of Veterinary Botanical Medicine 2015 first annual conference by visiting <http://www.acvbm.org/annual-conference.html>. VBMA members receive a \$30 discount off the regular price of \$180.00. We look forward to seeing you there!

# CASE REPORT: CANINE

## Mange, yeast & bacterial skin infections in Louie, a Standard Poodle mix

by Donna Kelleher, DVM



LOUIE, 9 month old Standard Poodle mix rescued two months ago from shelter. Dog presented on May 21, 2012 because he kept owners up all night scratching. He was previously diagnosed with demodectic mange, yeast and bacterial skin infections and had large portions of hair missing from both sides of his trunk (not uniformly). **Medications:** daily ivermectin per os, ketoconazole, prednisone, antibiotics. Note: triflexis caused severe lethargy reaction for two days. **Physical exam:** large amount of white mucous in both eyes but no redness of conjunctiva or sclera. Thin. Black spot on tongue. Crusty skin but no hair in multiple locations. See photo at left. Using the NAET allergy system allergies diagnosed: chicken, sugar, grains, mold and yeast plus an essential amino acid combination.

Since his diet was Z/D, he was allergic to his food. His ALT was 68 but other bloodwork normal. **Prescribed diet:** 7 cups turkey cooked, 2 cups veggies (liver cleanse specific). **Supplements:** chia seeds, coconut oil, 1200 mg calcium citrate. **Herbs prescribed:** equal portions of Goto Kola (Centella asiatica), Astragalus root, Salvia leaf. Discontinued all meds with minimal wean off period. **Diagnosis:** Liver heat with exhaustion of Liver Qi and subsequent kidney deficiency.



**Week two:** Louie was very responsive quickly with almost immediate relief. But his liver symptoms moved inward and he developed minor digestive upset. Burping and gas. Eyes brighter not as itchy. Fur growing back. Second treatment: cleared amino acids. Acupuncture: LI 11, LI 4, GB 20, SP 6, LIV 3

**Discussion of herbs:** Powdered herbs often work well in dog's food. Gotu kola has a mild detoxification effect and is a mild adaptogen as well as alterative. It is a broad-spectrum anti-infective especially on respiratory infections. It is useful in chronic eczema/dermatitis and is a connective tissue restorative (Peter Holmes) and it works through the Liver/Heart channels (Micheal Tierra). It has a neurological effect of relaxing the mind (when taken with fat). Astragalus membranaceus is slightly warm and is contraindicated with excess

Wind or heat, with Deficiency of yin and Hyperactive Liver Yang. But it tonifies Defensive Qi, stabilizing the Exterior so good to prevent recurring infections when immune system is weak (Jeremy Ross). The Salvia officinalis leaf powder was used for its anti-microbial, alterative and cool and tonify the blood affects. (Jeremy Ross). I saw this young dog was exhausted so my goal was to tonify the immune system, blood and liver while working on the infections. It took about 4 treatments to see results and then after eight weeks he had no more symptoms and has stayed symptom free for several years. Here is a current photo of him:



# CASE REPORT: CANINE

## Canine Distemper Aggression

by Richard E. Palmquist, DVM, Inglewood CA

**A male, neutered Cattle dog mix presented to our clinic with a history of being rescued from a local animal shelter after suffering from canine distemper viral infection four years ago.** History prior to that point was unknown. The dog demonstrated significant, severe and dangerous aggression on being approached. Historically the owner stated the dog showed strong prey behavior that manifested as hunting and killing anything that moves in its field of vision. The patient had significant obsessive-compulsive like behaviors, had no seizures in the last four years but did suffer from mild tics. He was noted to be strongly food driven and would seek out and eat anything. Other veterinarians had advised the guardian to euthanize the dog and she presented the dog to our office in desperation, hoping an integrative veterinary handling might be possible.

On physical examination the above information was observed. The dog barked, lunged and aggressed violently. He did not calm with Rescue Remedy or an homeopathic agent used for calming dogs called ER 911. Lavender oil did calm him slightly and we were able to examine him by giving small treats off the floor. On examination we noted typical enamel hypoplasia, a lesion commonly associated with canine distemper infection. Due to his temperament, a detailed examination was not possible. He was noted to move well with no ataxia or crossing over. The following material is extracted from our hospital treatment logs.

**TONGUE:** Purple-brown, very thick and large, both long and wide, wet with no coating.

**PULSE:** Won't allow at this time after we spent 40 minutes with him on first exam to be able to be in the room and touch his sides. Any other touch triggers aggression.

**SIGNS/SYMPTOMS:** BCS 2.5/5 trim body with slightly reduced muscling, barks on entry and continues aggressively barking if any movement, dry skin, itchy but no rash or redness on skin evident. Dreams in deep REM sleep. Prolonged tic in muzzle facial muscles which disappears in deep sleep. Brittle nails that flake off, stool varies from small and hard to soft but always formed. Prefers shade and hates heat or direct sun, pants a lot.

**WESTERN DIAGNOSIS:** Distemper encephalitis complications and resulting brain injury. Prognosis guarded to grave. Unlikely to be safe for cohabitation or recovery.

**WESTERN DIAGNOSTICS:** Full blood panel is normal.

**TCM & HOLISTIC DIAGNOSIS:** Open. My thoughts - aggression is brain damage (KI Qi marrow and Blood stasis/stagnation); Genesis = Exterior pathogen (distemper) invasion and damage to Qi (SP, KI, LU, LV). Damp Heat leading to Wind, Excess acting due to Yin damaged leading to Yang excess (brain is not regulating downward on aggressive reflexive behavior), LV excess (aggression and anger, or fear would be more SP/LU). Blood- is there more in the head or stagnation of Blood. Dampness is present as is stagnation. Blood Stagnation (scarring in the brain from the infection and inflammation Heat). Prognosis is guarded but we treat these all the time so let's see what time does with CAVM. Client advised that this case was very difficult and likely not to make a full recovery. Further advice concerned the danger the dog presented to her and others in the area. She must be very vigilant and responsible for such a case. Rapid responses are not expected. This will be a long case with lots of work.

**PRESCRIPTION:** Initial visit we just got acquainted on a physical level and provided safety to the dog in the hospital. Bacopa complex from Standard Process Labs was prescribed (cooling to brain, supportive to neurological), Neurotrophin PMG (cools, supports nerve repair), Omega Sun Algae (stem cell release and regulation, cooling, antidepressant, antianxiety, detoxification, omega-3 without dampness of fish oil; i also feel this works as a Yin Tonic), Standard Process Renal Support, Standard Process Adrenal Support.

**ADVICE GIVEN:** Feed more green veggies like Kale, avoid grains (dampness) keep high protein lower carb diet going, but avoid hot proteins like beef and venison. Prefer fish or turkey. Avoid strong stimulation, do gentle things and easy confrontation. Very safe space. Prognosis is extremely guarded as we are dealing with organic brain damage and the cortex damage leads to a loss of downregulation from lower brain functions - leads to misemotion, aggression, and impulsiveness. Expect a long course of therapy with unclear outcome. Avoid further vaccinations other than legally required rabies, use vaccine titers. Use lavender cuttings in the dog's bed (owner has them in her yard).

**FOLLOWUP:** One week later - friends report the dog is doing better, less sharp edged. I can now touch the dog with greater ease, but won't allow pulse yet. Still requires a muzzle but is calm while we work. Spike lavender oil helps this dog calm down.

**RECHECK ONE MONTH LATER:** Dog continues to settle down. Tic unchanged. Tongue is pink and happier generally and will now allow me to touch him, pet him and move him around without lavender. We held our ground this visit as he continues to improve. Will consider Long Dan Xie Gan Tang or others as we advance here. Very rewarding response so far and owner is really happy.

**RECHECK TWO MONTHS LATER:** The dog is markedly better and is now allowing training. Tic is minimal and dog allows more people to touch him. Still very aggressive to other dogs, though. Blood Stasis (scarring in the brain) is leading to this issue. The Bacopa and algae are cooling that and supporting Qi. Considering Stasis in the Mansion of the Mind and will see how that tests on the next visit. Pulses are now rapid and strongly wiry. Still considering Long Dan Xie Gan Tang to clear heat and invigorate Liver Qi as it also contains herbs to protect Yin and Blood. It has a mild sedative effect that might prove useful here. Because dog is continuing to do better we can just continue on this program.

**PHONE DISCUSSION THREE MONTHS LATER:** Dog is degenerating and becoming more difficult to deal with. Owner is considering returning to rescue group as the dog is dangerous and she is tired. After this we lost contact with the owner and thought she had returned the dog.

**RECHECK ONE YEAR LATER:** The dog and guardian returned. It is doing slowly better without any additional therapy except training. It has brain damage so they must deal with it with that factor in mind, but it is doing so much better. We may try to do further work. The tic is nearly gone now.

## **DISCUSSION:**

This case demonstrates the response to natural therapy using herbs and nutritional substances along with a diet conceptualized to assist recovery according to Chinese dietary therapy. Traditional Chinese veterinary medicine (TCVM) provides a different framework from which to view and approach cases. Such cases can show better than expected outcomes if clients are willing and able to devote larger blocks of time to the case. Patience and repeated dialogue and observation become critical to such outcomes. In this case all parties are pleased and the dog presents a much reduced risk to the family and neighborhood.

In general, from a TCVM perspective we can see how the Exterior Pathogen invaded, overwhelmed the defensive (Wei) Qi and damaged the brain which is modified bone marrow governed by the Kidney Zhang Fu organ. The Spleen failed to defend the body leaving anxiety and worry behind. Damage occurred in all tissues but particularly the brain, lung, spleen and possibly the gut (SI/LI). One first visit, the dog was eating and processing food well but had a large tongue that was stagnant in color and really huge and wet - that large and long tongue has to be a bit constitutional or genetic (back to KI or Essence weakness). The body was disregulated by damaged nervous system. In TCVM surgery can further injure Blood and Qi and so it is possible that neutering further damaged Qi and Essence. Excessive vocalization is related to Heart Fire and possibly Phlegm. There was an imbalance between KI and Heart here and prior damage to Qi and Essence.

My goal was to translate all that into a simple treatment plan- first we provide safe space so the parasympathetic system can down regulate and manifest - that would be Yin support. In my effort I used AFA blue-green algae and nutrition to start that process. The dog responded quickly. Originally the plan was to begin other therapies to drain toxins and support tissues but we never got there as the dog recovered sufficiently to become functional. Patience and an

excellent dog trainer were critical to that process.

Bacopa is known to be a “nervine tonic, spasmolytic, mental tonic” that cools, is astringent and slightly sweet. (1) It is also antioxidant and may help cognitive dysfunction. In our practice we use it often in canine distemper and brain tumor treatment plans.

Algae has cooling and detoxifying qualities. (2) *Aphanizomenon flos-aquae* (AFA), a blue-green algae has been shown to affect bone marrow stem cells and may assist in repairs and bioregulatory functions in a wide variety of stressors. It is known to induce stem cell activity. (3) It also has antidepressant functions. In a recent study it did not speed repair of muscle soreness, but did appear to stimulate cardiac repair after toxic muscle injury. (4)(5) It has antioxidant qualities shown in research that support its TCVM energetics. (6) All of these qualities made for a logical selection in this challenging case.

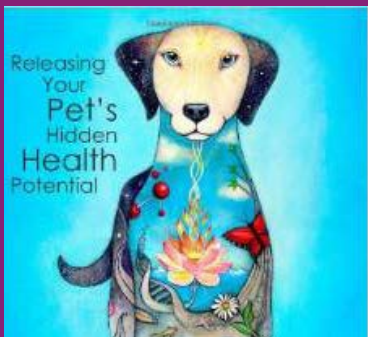
Herbal medicine provides many tools for use by veterinarians in difficult situations. It is vitally important that such uses are published and properly researched so that we can guarantee access to necessary tools in our practices.

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**Richard Palmquist, DVM** was born in Greeley, Colorado and graduated from Colorado State University in 1983, where he received the Upjohn Award for proficiency in small animal medicine. He is chief of integrative health services at AAHA accredited Centinel Animal Hospital in Inglewood, California. He is the past president and research chair of the American Holistic Veterinary Medical Association and president of the AHVM Foundation, which promotes scientific research and education into alternative therapies. He is on faculty at the Western University of Sciences School of Veterinary Medicine and the College of Integrative Veterinary Therapies.



Dr Palmquist is an international speaker in integrative veterinary medicine, especially homotoxicology, therapeutic nutrition, and modified hospice, and also a consultant for the Veterinary Information Network (VIN). In 2012 he was honored to receive the AHVMA Council of Elders Peacemaker Award for his work to bring harmony between CAVM and conventional veterinary medicine. He has published two books. The first is an evidence-based textbook for conventional veterinarians entitled Integrating Complimentary Medicine Into Veterinary Practice. The second is a book for clients discussing how integrative thinking works. He has consulted with ABC and CBS news and his practice was featured for its unique integrative approach to oncology patients.

# CASE REPORT: EQUINE

## Fritz Tiller, 16 year old equine, an American Warm-blood gelding.

by Cynthia Lankenau, DVM, Colden, NY

**Patient:** Fritz Tiller, 16 year old equine, an American Warm-blood gelding

**Date of Initial Presentation:** December 12th, 2013

### History:

Fritz has had a hard working life as a grand prix show horse. His fore legs had suffered severe repetitive damage in both fore fetlocks. He had been retired from the show circuit and had been demoted to a lesson horse. He had been on four grams of Phenylbutazone daily for over one year. Due to a consistent Right fore lameness, he was to be euthanized but one of the lesson students adopted him on 12/12/13.

### Signs/Symptoms:

On Physical exam, Fritz's posture was horrible. He stood with his fore legs drawn up close together appearing to draw his elbows together. He had severe pain in his pectoral muscles (area of the Acupuncture point, St 17, PC 1, and the emergence of the Liver meridian). He had a very limited range of motion in his fetlocks with a great degree of crepitus with a significant digital pulse, yet no pain in his hoof with hoof testers. He was a grade 2/6 lame in the right fore. He had significant restriction in lateral flexion in his lumbar area, and was very tight in his lower cervical area. He had significant pain in the area of BI 18, Liver 13 and 14, with a corresponding pain in his ventral abdominal muscles. He also had pain on the alarm point for Large Intestine. His tongue was red on the edges but the center was pale; his pulse was tense. The barn is located directly by a large non-organic grape field.

### Western Diagnosis:

Arthritis in the lower fore extremities, worse in the Right fore Fetlock joint but arthritic changes seen in all lower joints, presumed intestinal ulcer. (TCM diagnosis: Cold Damp Bi syndrome with an underlying Liver Fire injuring Stomach/Spleen)

### Western Diagnostics:

X-rays, their regular veterinary had taken.

### Treatment Goals:

To regain Health and vitality; to relieve the symptoms of pain; to improve flexibility both in the joints and in his lower back and cervical area; to improve circulation in his lower joints; to improve Liver function in order to remove toxin accumulation; to heal intestinal ulcers and a presumed leaky gut syndrome.

- To improve health and vitality, we need the use of adaptogens and bitter tonics
- To improve the symptoms of pain, we need the use of analgesics
- To improve flexibility, we need the use of anti-inflammatory, antirheumatic, antiarthritic herbs and ligament/skeletal trophorestorative
- To improve circulation, we need circulatory stimulants.
- To remove accumulated toxins and wastes, we need alteratives, Choloretics, lymphatics, diuretics
- To improve liver function, we need hepatorestoratives
- To heal intestinal ulcers/leaky gut syndrome, we need mucus membrane trophorestorative, antiulcer herbs, bitter digestive tonics.

### Prescription - Herbs Selected and Why:

**Harpagophytum procumbens, Devil's Claw root:** antimicrobial, anti-inflammatory analgesic, antirheumatic. It clears Damp Heat in the channels and moves Qi and Blood in the channels. It is also a bitter tonic and can mover and tonifies Qi in the Stomach and Spleen. It is traditionally used in cases of rheumatism/muscle pain, arthritis, bursitis,

back pain, tendonitis, with digestive complaints with liver congestion. It has a wonderful tonic effect on older animals. It was purchased from a company that uses sustainable sources, Herbalists and Alchemists. 2 parts

**Filipendula ulmaria, Meadowsweet herb:** an anti-inflammatory, antiulcer, astringent, antirheumatic, and antiarthritic herb. Although it contains salicylic acid, it is specific in healing ulcers caused by our common NSAIDs. This herb clears heat in the muscles and joints, stimulates circulation, and dispels wind/damp/cold accumulation in the muscle channels. It is also hepatoprotective with anti-oxidant effects. It is useful in cases of ulcers with burning sensation, rheumatism, arthritis, and protection of the mucosa. 1 part

**Silybum marianum, Milk Thistle seed:** a hepatoprotective, demulcent, cholagogue, choloretic herb with anti-oxidant, alterative and hepatic trophorestorative effects. Fritz is in great need of a liver protectant due to his close proximity to a large grape field. Milk thistle seed is a great protectant against toxins. It tonifies and moves Liver and Gallbladder Qi, clears toxins, and regulates Spleen Qi; as indicated by its antioxidant and alterative effects. 2 parts

**Eupatorium purpureum, Gravel Root:** an astringent and stimulant with diuretic actions; it promotes urination and treats Kidney and liver fluid congestion. It is indicated in lower back pain, arthritis, rheumatism, "all the ills" of the joints including frozen joints. It is used here to help remove the "toxic" accumulation in the joints. 1 part

**Polygonatum multiflorum, Solomon's Seal:** our trophorestorative for Fritz's ligaments and skeletal issues. It has strong adaptogenic qualities, it is nutritive, demulcent, moistening, lubricating in both the intestines and joints; with strong tonic effects. It is a Spleen Qi tonic and aids intestinal absorption and relieves fatigue. It is indicated here to treat Fritz's stiff, and tight joints and ligaments; to protect his irritated intestinal mucosa, it is a specific for repetitive use injuries, arthritis associated with old injuries with calcification, and his irritable condition of the intestines. This herb is environmentally challenged and was purchased from an environmentally sensitive company, Frontier herbs. 2 parts

**Dipsacus sylvestris, Teasel Root:** a bitter tonic that strengthens the stomach and is extremely helpful in healing old catastrophic injuries of the joints and tendons. It is stated to tonify the Kidney Jing essence imparting an adaptogenic quality. Emotionally it helps when one has lost their ability to function. Fritz's owners repeatedly told me how much Fritz had loved to compete. Matt Wood considers it to be specific for complete or partial debility from a breakdown of the joints and muscles. 1 part.

The herbs were ground into a coarse powder and feed 1 heaping tablespoon twice a day.

**Advice Given:** Fritz's owners were instructed to feed lots of good quality hay to help heal his presumed intestinal ulcers. They were instructed to slowly decrease his NSAIDs over the next month. As for exercise, his owner is a very slight woman, I asked her just to walk him on a loose rein to encourage some relaxation of his tight pectoral muscles. His owners also took a weekend massage class and were going to use some light massage. I also used Acupuncture and chiropractic as additional healing modalities.

### Follow Up:

**February 10, 2014:** It has been a brutally cold winter. Fritz's owners have not been even attempting to work him. On physical exam, his abdominal external oblique muscles were no longer painful; Liver pain (reactivity on BI 18) was less, he still stands in an odd posture with his elbows drawn together with his fore fetlocks almost touching. There seems to be better range of motion in his joints and he is grade 1/6 lame on his right fore. He is completely off all NSAIDs. Plan: continue herbal formula.

**April 11, 2014:** It is still cold and snowy!! Fritz's owners have been working him though. He still has a very odd posture, but when under saddle he can move normally and is not lame although slightly stiff. There seems to be a greater range of motion in his fetlock. Plan: continue.

**May 30, 2014:** Fritz is very stiff, bounding pulse yet cold feet in both fore hooves. Although not lame, his way of moving is very stilted. (Note: The farm had started spraying the grapes.) He has more pain in his external oblique muscles where they attach on the lower ribs, near Liver 14 and 13. There is pain in his Thoraco-lumbar area, near BI

18, 20. His posture is even worse with his forelegs drawn up almost so they are touching, with spasms in his pectoral muscles. Tongue is red, Pulse is rapid and toneless and slippery. Assessment: There is more muscle pain, and "Liver Fire" with a circulatory issue in his forefeet, damp accumulation. His owners reported that he was tripped to such a degree that he fell twice. Plan: Continue basic herbal formula but also started a 1:3 tincture of equal parts Articum lappa, Burdock root, Zanthoxylum americanum, Prickly Ash Bark and Corydalis ambigua, Corydalis: 60 drops twice a day with original formula. Burdock root was added to assist Fritz to remove the perceived pesticide toxins from his body (Liver Fire) and for its added effects of rheumatism and arthritis; Prickly Ash bark was added as a circulatory stimulant. It can clear the wind cold damp and move Qi and blood, as it acts as an anti-inflammatory, antirheumatic, alterative tonic. With his toneless slippery pulse, Prickly Ash bark can transform damp and phlegm to clear the interior damp with its anti-inflammatory, diaphoretic anticatarrhal effects. Corydalis is an analgesic, anti-inflammatory, muscle relaxant. Corydalis was added to help alleviate his pectoral muscle spasms. Fritz's barn was closing due to a health issue of the farm owner. He would be moving to a new barn that week.

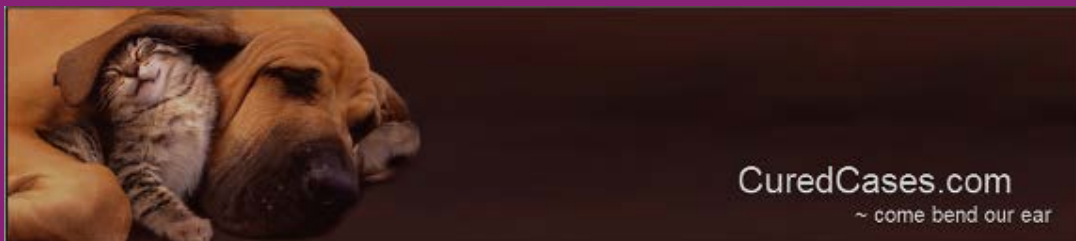
**June 20, 2014:** Fritz is a new horse. His posture is normal, very relaxed pectoral muscles, no evidence of pain on the Liver meridians; his owner is planning on showing him in an upcoming show. Note: There are no grape farms nearby, no local use of pesticides. Plan: Continue herbs but to decrease dose slightly. Throughout the summer and fall, Fritz was shown successfully and remained sound. He regained a more fluid motion in his forelegs and with this fluidity; there is much less strain on his lower forelegs. His owner gives his herbs only when there is a show or if he is ridden exceptionally hard.

### Reflections on This Experience:

Fritz's main disease was environmental toxins. His herbal treatments were able to begin to restore his body's function but even during the winter, his ("Liver Meridian") pectoral muscles were in a state of constant tension. I believe this area, his pectoral muscles, were so drastically affected as this is where the Liver meridian's path exteriorizes. With an onslaught of massive pesticides in the spring of 2014, his physical body was failing. Once he was moved to a toxin free environment, his sudden remarkable improvement was incredible. Even with his return to showing, his body has handled the work well while still exhibiting a continual improvement in his joint function. He still seems to show a need for a low dosage of his herbs as they are continuing to repair and restore his joints.

## HAVE A CASE STUDY YOU'D LIKE TO SHARE?

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## Join the Crock Pot Culture

by Ihor Basko, DVM, Kappa, HI

Most Americans, especially "Gen Xers" and "Millennials" do not know how to cook and have fears about not providing nutrition to themselves as well as their pets. Others who do cook, are too busy working and caring for children, making the idea of cooking or home preparing food for their pets "another chore" to fit into a busy day. Trying to explain the "Yin and Yang" of foods, what is "warming" and what is "cooling" ....may land on "deaf ears". The "joy of cooking" is not in the hearts of busy pet owners or those unfamiliar with the kitchen. Using a crock-pot or other slow cooker can make life easier and more nutritious for all. Clients can make dinner for themselves, their kids and their pets by joining the Crock Pot Culture.

Here are some simple ways to start. For young dogs, this diet can be supplemented with raw meats, yogurt, goat cheese or raw milk and fish as separate meals. Always rotate meats and vegetables each time you make the food. Choosing seasonal and local vegetables and herbs keeps the pets connected to their environment.

### Crock Pot Meals (General Formula)

- 1. Meat:** 4 cups - Rotate the Meat / organic beef / bison / local pork or beef
- 2. Starch/ Fiber:** 2 cups Root vegetables, and High Fiber content (Sweet potatoes, beet root, squash, pumpkin, yams, carrots, green papaya, steel cut oats, pearl barley, brown rice, quinoa)
- 3. Vegetables** (antioxidant and vitamin rich): 1 cup Kale, broccoli, beet greens, bok choy, celery, choy sum, beet greens, green beans, Brussel sprouts, Swiss chard
- 4. Fresh, Raw or Frozen GREENS** chopped well: 1 cup, add after removing from heat, i.e. last step. Romaine lettuce, clover or alfalfa sprouts, red cabbage, gotu kola leaves, dandelion greens
- 5. Sea Salt:** 1 teaspoon
- 6. Garlic:** 1 clove
- 7. Coconut or Olive Oil:** 1 tablespoon
- 8. Turmeric powder:** 1 teaspoon
- 9. Add enough water** to cover everything by 1 inch above.

Set the crock pot on Low and go to sleep or to work, should be done when you get back. Using a Crock Pot might be easier during the days you have to work. Chop up all the vegetables into tiny cubes and just put everything (but the FRESH RAW) into the crock pot and Cook. When you are finished cooking, remove from heat, let cool a bit, then add the fresh raw and mix well.

If you have a large crock pot, double the doses of the recipe. **Feed about 1 cup twice daily.**

### Puppy Crock Pot Recipe

- 1. Organ meats:** chicken liver, beef or calves liver, lamb kidneys, beef heart chunks, 2 cups
- 2. Meat:** chicken, pork, beef, lamb, turkey (rotate each time) in chunks, 4 cups (Recommend grass fed, local, and organic if possible)
- 3. Starch Fiber:** Sweet potato, carrots, or beets cubed, 2 cups
- 4. Prebiotic Fiber:** Steel cut oats, or pearl barley (un cooked), mushrooms, 1 cup
- 5. Greens:** broccoli, chard, bok choy, choy sum, kale, celery, parsley, 2 cups
- 6. Bone broth** enough to cover everything 1 teaspoon
- 7. Sea Salt:** 1 teaspoon

#### Directions:

Set the cooker on low and go to work or to bed. After cooked, add 1/4 cup (handful) of a mix of raw greens to the meal - Romaine lettuce (raw), clover or alfalfa sprouts

#### PLEASE NOTE:

This recipe would make up one of the meals a puppy should eat. Other meals can include raw meats, yogurt, cottage cheese, cooked poultry, mixed with sprouts (clover, alfalfa, mung bean).



## Recipe for Cold Bi Syndrome

by Constance DiNatale, DVM, Winter Park, FL

The winter months are enjoyed by many animals, but sometimes the onset of a cold front will bring on a rash of Cold Bi Syndrome cases. Typically the animal has a history of arthritis or an orthopaedic injury, and the owner calls to say that the animal can't get up, or may even be crying. They are worried about a relapse, or that this is 'the end'. On presentation, the ears and feet are cold, the tongue is pale lavender to purple, and the pulses can be quite forceful or tight. This pain is severe, like your buddy holding a block of ice on your bare back for a long time, or like swimming in Provincetown even in the summer. Pain is worse than stiffness, as witnessed by the stagnation seen in the pulses and by the tongue color. Pain is relieved by heat, and massage aggravates symptoms. Plus you'll get bitten.

Treatment is to warm the channels, dispel Cold, and move Qi and Blood. Throw on a blanket from the dryer, treat with moxa, send home some moxa, and once the animal warms up, have the owner prepare some Yang supportive food. And always remind owners, all food should be served at room temperature, all the time, even in summer. Nix the raw food for the cold season if an animal does worse in cold.

- 2-3 pounds cut up chicken (use thighs if the owner hates to cook - only one bone to remove)
- 2 sweet potatoes cut in 1 inch cubes
- 3 carrots sliced in 2 inch pieces
- 1 celery stalk sliced in 1/2 inch pieces
- 2 garlic cloves sliced or crushed
- 3 tbsp olive oil, to which is added a good pinch of sea salt, 1/2 tsp thyme, 1/2 tsp cumin, 1/4 tsp cinnamon, 1/8 tsp nutmeg, 1 tsp honey

Preheat the oven to 450°. Line a cookie sheet or roasting pan with parchment, and if your clients hate to cook, let them line the pan with foil. They're stressed, let them not have to scrape the pan clean. Mix 2 tbsp of the olive oil mix with the vegetables and roast for 20 minutes. Toss the chicken with the remaining oil mix, add chicken to the pan, and roast an additional 30 to 35 minutes, or until the chicken is cooked through. Smoosh up some veggies and chicken and feed the poor dog or cat, feed the stressed owner, and everyone gets red wine. Red wine is a Yang tonic! Carrot moves Qi stagnation, and the chicken, squash, and garlic add warmth to dispel Cold.

Yes, lamb and venison are Yang tonics, but the expense! The odor! Some people just don't appreciate their kitchen smelling a little gamey. But they are fine substitutes. Go easy feeding these as they can be too rich for some animals. The goal is to be easy on the digestion as all systems are slow and cranky. Feed less than a normal meal until the animal is feeling peppier. And most people will resent chopping up a winter squash, but it's an excellent substitute for the sweet potatoes. Other herbs and spices can be substituted, but definitely use them. These are what helps energize the food. Honey also helps with stagnation and will make everything brown up nicely and look pretty. And don't forget to remove the bones!!!

Most people have cinnamon (*Cinnamomi cassiae*) in their cabinets, and it will be from the bark (*Rou gui*) or the twig (*gui zhi*). *Rou gui* goes to the Heart, Kidney, Spleen, and Liver. It warms the Kidneys and tonifies Yang. It disperses Cold that is deep, warming the channels and dispersing pain. It boosts Spleen Yang to help with pain in the abdomen. *Gui zhi* relieves Cold in the Wei Qi level, but also warms the channels and disperses Cold. It helps Qi flow to the chest and blood vessels by unblocking Yang Qi. Nutmeg (*Myristica fragrans*, *rou dou kou*) enters the Large Intestine, Spleen, and Stomach, and warms the middle burner. It alleviates pain, improves appetite, and is excellent for Kidney Yang deficient 'daybreak' diarrhea. Thyme (*Thymus vulgaris*) is warming, affects the Lung and Spleen, and helps move Qi stagnation. Cumin (*Cuminum cyminum*) is warming, a stimulant, and an anti-spasmodic.

## Incorporating Herbs in Food Therapy Teleseminar

**Dr. Constance DiNatale's teleseminar from December 10th, 2014.  
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# A DAY IN THE LIFE

## Featuring Cornelia Wagner

DVM, CVA (IVAS), owner of Hawthorne Veterinary Clinic in Portland, OR

Today is Tuesday and my day starts at six thirty when the alarm clock's light slowly comes on and I awake to the recording of birds singing. I let the dogs out in the yard, while my husband prepares breakfast. I do some yoga stretches, then sit down with a cup of green tea and a bowl of oatmeal. I read some world news and do a quick search on VIN (Veterinary Information Network) for any new ideas on how to treat chronic sinus infections in cats. I am going to see Gregor the cat again today and I am at my wits end on how to help this miserably congested feline. Gregor has a history of getting sinus congestions in the winter time, but his most recent episode started in the spring after he received a Rabies vaccination. Antibiotics help him temporarily, but within a short amount of time his sneezing fits and the congestion return. He eats a primarily raw diet and is pretty good taking supplements. I saw Gregor for the first time a few weeks ago when his sneezing episodes were really bad. He initially responded very well to the Chinese herbal formula Cang Er Zi Wan, in addition to a liquid immune tonic with reishi mushrooms and lysine, as well as acupuncture. He is a good acupuncture patient and lets me even needle LI 20. Last week his symptoms had started to become worse again and we had changed the herbal formula to Xin Yin San and added homeopathic pulsatilla to the treatment plan. Acupuncture helped for about a day, but yesterday that he had taken a turn for the worse and was now hiding and barely eating. I think changing herbs again is not going to be a good option, since his appetite is now so poor. I look at the information on VIN about using maropitant (Cerenia) for cats with chronic upper respiratory disease and decide I will try it on him as nasal drops diluted with saline.

I leave the house at eight o'clock for the 30 minute walk to the clinic. It is a dry morning and I discover that camellias are already blooming in some gardens in my neighborhood. As I pass through Sewell Crest Park, I watch a couple of dogs chasing each other and think how lucky I am that I don't have to drive to work. As I walk into the clinic my associate calls. She saw one of my patients yesterday, Coco, a 13-year-old terrier with diabetes and cancer. Coco has not eaten in three days and his guardians would like a house call this afternoon for home euthanasia. My associate just wanted to give me a heads-up, since we usually don't do house calls on Tuesdays and she herself will be busy seeing clients this afternoon at the clinic. I have appointments until one o'clock today and even though I had plans for this afternoon to catch up with office work and to read some articles, it would be easy enough to fit in a house call. I check with my husband to see if he needs the car in the afternoon and then confirm with my client.

I have just enough time to make myself another cup of tea before I see my first appointment at nine. It is Mimi, a 15 year old cat with chronic renal failure, diagnosed about a year ago. Mimi drinks more water, but otherwise seems to feel fine and has accepted a change from dry food to canned food. She refuses to take herbs or any other supplements, and gets stressed when her guardian gives her subcutaneous fluids at home. So, we address the kidney disease with monthly acupuncture treatments, which she tolerates well. Today, Mimi is due for follow-up blood work and my technicians draw blood before I start the acupuncture treatment. I turn the music on in the exam room, dim the lights, and Mimi sits patiently on the table while I stick small acupuncture needles in her. I instruct her guardian to keep Mimi from leaving the table or pulling out the needles, and inform her that I will call with the lab results tomorrow. I leave the exam room, set the timer for 20 minutes and tell my technician where I put the needles and how many, so she can find them later.

My next appointment is Lulu, a 14 year old labrador retriever. She was born with only one kidney, and has mobility, digestive and urinary incontinence issues. She comes regularly for acupuncture, about every 3-4 weeks. Recently, her blood work showed hypercalcemia, despite normal kidney values. A rectal exam did not reveal an anal gland tumor, so I instructed Lulu's guardian to fast her today so we can get a blood sample to check ionized serum calcium and PTH. My client reports that Lulu's urinary incontinence has improved and her bowel movements are more solid since we adjusted her home-cooked diet. Lulu lays still on her side while I place the acupuncture needles, I set the timer and instruct my pharmacy assistant to refill Lulu's Tramadol and Chinese herbal prescriptions.

Karl, a three year old Australian Shepherd, is my next appointment. He stepped on a nail over the weekend and is limping a little. The wound on his foot pad is barely visible at this point, but there is an inflamed superficial wound on is lateral abdomen. I clean the wound and prescribe Chinese herbs, and I instruct Karl's guardian to let me know if the wound does not heal within a week or two.

In another exam room, a new client with two older Pomeranians is waiting to see me for an initial consult. This keeps me busy for the next hour and a half. Both dogs have chronic intermittent colitis for the past four years, and, according to the guardian, can only eat one type of kibble without immediately getting diarrhea. Anything out of their routine triggers a bout of bloody diarrhea, whether it is a trip to the groomer or even just adding a probiotic to their diet. The colitis usually clears up with a couple doses of Pepto-Bismol, but the client is looking for some other options and is hoping to improve their diet. She was referred to us by another client of ours whose pet "miraculously" recovered from a chronic illness after we changed the pet's diet away from highly processed food. My new client is also hoping for a "miracle", in her words. I have to tell her that I generally do not perform miracles, explaining how chronic conditions like these usually do not resolve overnight. Since we know that today's visit is going to trigger an episode of colitis, we decide on a 24-hour fast with bone broth, followed by slowly adding probiotics, Chinese herbs, cooked meat and vegetables to the broth over the next days/weeks, until we arrive at a balanced home-cooked diet. My client is nervous about feeding her dogs "people food", and to be honest, I am a bit nervous too. Mostly because I am being asked to perform a miracle. However, I quietly remind myself to trust the healing power of real food and I reassure my client that I will be available by phone if problems arise and to call me the following day with an update.

Before I see my next appointment, I take a call from a panicked client whose Dachshund just ate a cup of deep-fried onions with bacon. I quickly do a VIN search, calculate the toxic dose for onions and subsequently send her to one of the emergency clinics, where they are able to induce emesis with apomorphine before the dog develops any problems from toxicity or pancreatitis. I later read in the dog's chart that the client had reported just a few weeks ago that the dog had gotten into a cup of chocolate latte without suffering any ill effects!

It is now noon, and I am ready to see Ralph for acupuncture. He is a six year old, recently adopted pit bull. He is the friendliest dog and even though he is a bit nervous when he receives acupuncture, he always relaxes after a few minutes and the acupuncture seems to do him good. Ralph fell out of a truck about two years ago and starts to limp if he plays too hard or runs too much. Two weeks ago, my client had started to transition Ralph from a lower grade kibble the shelter had fed him to a higher quality one, with the goal of eventually feeding him a raw diet. The transition to the new kibble had caused diarrhea and I had recommended last week to discontinue all kibble and supplements, and to feed a bland cooked diet with probiotics, until the stools were normal. This had been good advice, and now Ralph's stools were normal and we could reintroduce his glucosamine supplement and start to add some raw meat into his diet. I place the acupuncture needles, and then both Ralph and his guardian stretch out on blankets on the floor and take a 20 minute nap.

At last, it is time to see Gregor, the cat with the chronic sinus congestion. He has lost a little bit of weight, his nose is sore from rubbing it and he sounds very congested. His guardian does not think she can give nose drops to him with his nose being so inflamed, and I have to quickly come up with plan B. We discuss different options and in the end decide on an antibiotic and Cerenia injection. We know this is not going to resolve his issues, and both the client and I do not feel great about resorting to these medications. After all, our goal is to find a long-term holistic solution for Gregor. At the same time, the little guy is clearly unwell and we need to give him some relief quickly so he starts eating again. Later in the day, his guardians sends me an email reporting that Gregor felt better as soon he got home and went straight to his food bowl and ate. I wish herbs could do that for him!

It is one o'clock now and I sit down to eat a sandwich. I then pack everything I need for a home euthanasia and walk home to get the car. Traffic is light today and half an hour later I am in one of Portland's suburbs. It is very quiet in the house and as I enter the living room, I see Coco resting in my client's arms. Coco briefly lifts his head when I call his name. My client, a diabetic herself and an expert in performing glucose curves, has kept a close eye on Coco's blood glucose levels over the last few days and has given him enough insulin to control his blood sugar, even though Coco is not eating. His guardian tells me that Coco even refuses cooked chicken, his favorite food. On a recent ultrasound exam, we found out that Coco has a splenic tumor in addition to the diabetes, and now his guardians feel that it's time

to let Coco go, since his appetite has not returned and his overall prognosis is poor. I explain the euthanasia procedure, the injection of a sedative to make him sleepy, followed by the intravenous injection of a barbiturate to make his heart stop. I tell them that the hearing is the last of our senses to go and that they may talk to Coco while I give him the injections. I also warn them that he may lose bladder and bowel control, and that his eyes will likely remain open. My clients express their appreciation again that I was able to come today on such short notice, and about 15 minutes later Coco passes peacefully in their arms. My clients ask me to pick out a simple urn for Coco's ashes, similar to the one of their previously deceased dog Momo. I learn that they had kept Momo's urn because he had never liked to spend time outdoors and they just couldn't bring themselves to bury his ashes in the yard. And now they were planning to rest Coco's ashes next to Momo's in the house. I arrive back at the clinic at around three thirty with Coco's body, I pick out a locally made alder urn from the cremation service's catalog and my technician takes care of the rest. I make five or six phone calls to clients about their pet's lab test results, write up my chart notes, and have a brief conversation with our computer consultant about software updates and computer maintenance before the end of the year.

At five, I finally leave the clinic. I walk into our kitchen, and my husband is already chopping vegetables, even though it was my turn to cook dinner tonight. We briefly talk about our day and continue to prepare our food: green bean and potato stew with sautéed onions and tempeh, a meatless variation of my Grandma's recipe. After dinner we go over to a friend's house to finish decorating Christmas cookies we had all baked together a couple days earlier. As we sit around our friend's dining room table, we enjoy getting creative with the different colored frostings and sprinkles, and a cookie in the form of a squirrel ends up with a blond wig and a blue scarf, and someone else paints ear warmers and pants with suspenders on a polar bear cookie. A few cookies break and they need to be eaten immediately. By nine, we are back at our house and I take the dogs for a last walk. In bed, I read for about half an hour in Karl Ove Knausgaard's second volume of "My Struggle". He is a very gifted Norwegian writer, who, in his mid-forties, has published a six volume autobiography. I highly recommend it to anyone who enjoys reading about someone's daily life. I turn the lights off and fall asleep within minutes. It was a good day.



**Dr. Cornelia Wagner grew up in Germany and received her veterinary degree from the University of Leipzig. She has been working in private practice as a small animal veterinarian since she moved to Portland in 2003. Dr. Wagner strongly believes in the integration of both Eastern and Western Medicine, guided by compassion, communication, and appropriate diagnostics in order to achieve the best possible outcome for her patients. She is certified in veterinary acupuncture and continues her training in veterinary herbal medicine. She also integrates homeopathy, Western herbs, Bach Flower remedies, and TTouch when appropriate into her holistic care.**

**Dr. Wagner is the owner and Medical Director of the Hawthorne Veterinary Clinic in Portland, Oregon. It is oldest holistic animal clinic in Portland and was founded in 1996 under the name Whole Pet Clinic. The clinic offers a range of conventional practices combined with Chinese and western herbal medicine, homeopathy and acupuncture. They also provide surgical procedures including dental surgeries, soft tissue procedures, spaying and neutering.**

**When she is not working, Dr. Wagner enjoys gardening, tai chi, yoga, hiking, playing the guitar and spending time with her partner John and their two dogs, Super-Cooper and Béla Fleck. She also likes to walk places with her camera, shooting some incredible pictures which she kindly shares with the VBMA for use in our Journal and on our website. You can see all her work [HERE](#).**

# ECOTOUR: THE AMAZONIAN JUNGLE

## A Ten Day Amazonian Jungle Adventure in Peru

by Laurie Dohmen, VMD, Purple Moon Herbs and Studies, Hartly, DE

I had the rare opportunity of participating in a 10-day ecotour into the Amazonian jungle in Peru. Sounds fabulous, doesn't it? When I returned, people kept asking if it was "fun." It was fabulous, but it was not "fun." It was hard work! I'm not trying to sound unappreciative – it was the opportunity of a lifetime, and the stars aligned perfectly timing-wise for me to go, but it was intense! We spoiled Americans are used to roofs, electricity and running water. Where we went, we were lucky to be in shacks, not out in the open, but we realized how much the roofs leaked when the rain on our faces woke us one night during a thunderstorm. There was no electricity to many of the towns. Some were only accessible by boat. Some roads are only passible in the dry season. It took 8 hours to travel approximately 50 kilometers from the city of Cuzco to the jungle. The point is: this is how Peruvians live, day in, day out. This is their "normal." Our American guide, Dr. Jill Stansbury of the National College of Natural Medicine, lives part-time in Cuzco, and has no running water to her house. Her block shares a hose. This in and of itself was a big lesson.



I don't know if the lack of "Westernization" is due to the fact that the Peruvians want to keep their land pristine, or if it is simply that the terrain is so inhospitable that Westerners have not yet invaded. The Peruvians were certainly friendly and helpful to us tourists! After all, **Machu Picchu** is one of the Seven Wonders of the World, and wonderful it is. There is also increasing evidence that there are many commonalities among all the ancient civilizations (the Mayans, the Incans and the Egyptians) despite their far-reaching locales. It all amazes me!

Part of the lack of Westernization is a lack of allopathic medicine. Herbal medicine is definitely the mainstay of the cultures we visited. It was easy to study ethnobotany, since it was all around us. We looked at plants for disease that are common to all cultures, such as viruses and arthritis. We also learned herbal remedies for local ailments, such as snake and insect bites. I think we learned that there are over 20,000 species of ants alone in the Peruvian rainforest. There is one species of fire ant that lives only on the sacred **Palo Santo (*Bursera graveolens*) tree**, and it is a form of punishment there to tie people to the tree to get bitten. It has been known to be fatal. Therefore, it is very important to have many handy remedies for bites. In fact, there is one plant for first aid for snake bites, just to get back to the village, and other plants to actually treat and cure the snake bite.



Another big category of herbal medicine in Peru is psychotropic herbs. The famous Ayahuasca comes from Peru. It is actually a combination of two herbs. "The vine (*Banisteriopsis caapi*) with a monoamine oxidase inhibiting (MAOI) action and the leaf (*Psychotria viridis* or *Diplopterys cabrerana*), which requires that MAOI action to make their dimethyltryptamine (DMT) orally active" (Highpine, 2013). Don't you wonder what caused some ancient shaman to combine these herbs, and what that spirit journey was like?! Unfortunately, publicity about Ayahuasca journeys has made it a popular tourist activity. With the native Peruvians and other regional cultures, it is a serious and sacred journey. There are days of fasting and preparation prior to the actual experience, and the journeys are attended by a Shaman and a guide. The Shaman will lead the journey for a group of participants, but each participant has an individual guide in most cases. The guides play music and lend support throughout the experience. They also support physically, as a major side effect of the herbal combination is severe purging.



There are many other psychotropic herbs in Peru, like **Datura (Datura stramonium)**. It is used to treat depression, confusion and apathy. There is a period of delirium, then sleep. The idea is that when the person wakes, they will be “re-born” without the mental affliction.

The Peruvians in general have eclectic spiritualism. They smoothly meld ancient earth-based native traditions with the Catholicism that was forced on them by the Spaniards. They have the Chikana, which is the Andean cross. “At the heart of the symbol is a circular hole which represents the city of Cusco, the capital of the Inca Empire and navel of the Incan world. Surrounding this circle are four corners, ridged with three steps each. Each of these corners is believed to have meaning, although there is disagreement as to what those meanings are. The significance of one of those corners is generally agreed upon. Each of the three steps of one corner is meant to represent one of the three worlds of the Inca belief system. This includes the lower or underworld, Uqhu Pacha, represented by the snake; the middle world, that of the humans, called Kay Pacha and represented by the puma; and finally the upper world of the gods, Hanan Pacha, represented by the condor” (Santucci, 2011). According to the Shamans we met, the Snake represents knowledge, the Puma represents power, and the Condor represents spiritual energy.

One of their most important traditional ceremonies is Despacho. This is a ceremony in which an offering is made to Mother Earth. The **local farmer’s markets in Cuzco sell Despacho packets**, although some people prefer to make their own. The packets generally contain food, herbs, toys, fabric, incense, seeds or grains, candy and sometimes wine or even alpaca fetuses from miscarriages. The packet is assembled onto a cloth item by item with prayers during the ceremony, and then either burned or buried. At the end of our trip, we were given the privilege of participating in a Despacho ceremony with an Incan Shaman named Kuch.



Of course, coca (*Erythroxylum coca*) is ubiquitous in Peru. We drank a leaf tea for altitude sickness. The leaves are at every tea stand for direct steeping, and there are teabags made from the leaf. While at the Amazon Conservation Association’s jungle location, we got a brief history of the plant from the curator of the Museum of Sacred, Magical and Medicinal Plants, Alejandro Camino Diez-Canseco. Briefly, he explained that coca has been used for over 8000 years, and was commonly traded for food and other supplies by its farmers. It has seventeen active alkaloids, including one for altitude sickness, one used as a stimulant, and one used as an anesthetic. The Spaniards made a wine of coca plus the kola nut (*Cola acuminata*) that came to the USA. When a company standardized the syrup, Coca-Cola was born. The logo is a combination of the Peruvian flag and the coca seed. Due to US patent law, Coca-Cola has to retain coca in the product, although they have removed the cocaine. Coca products are regulated, but legal in Peru, Bolivia and Columbia.

One last plant I want to share is Cat’s Claw (*Uncaria tomentosa*) or “Una de Gato” in Spanish. In the US, it is a little bushy herb. We commonly use it for arthritis and rheumatism. It is a general anti-inflammatory, so it is useful in many other inflammatory and immunologic conditions. It has also been researched for its anti-cancer properties. In Peru, they use it for any “hot” condition, such as fevers. They too use it for arthritis and cancer. However, in Peru, the stalk is very large...it is such an important plant to know in the jungle: you cut a hunk of stalk, tip it up into your mouth and drink clean, purified mineral water! There were 20 or more of us, and we all got a drink from one stalk. It would save you in a pinch. So it is a plant with many uses in jungle villages. **The photo illustrates why it is named Cat’s Claw.** All in all, it was an amazing, exhilarating, eye-opening trip, but it was nice to come home and shower in my hot and cold running water and then sleep in my bed with air conditioning with a solid roof above me!



**References:** Highpine, G. (2013, February 13). Unraveling the Mystery of the Origin of Ayahuasca. Retrieved from Ayahuasca.com: <http://www.ayahuasca.com/ayahuasca-overviews/unraveling-the-mystery-of-the-origin-of-ayahuasca/>

Santucci, M. (2011, August 10). Blogs: The Chikana The Meaning of the Inca Cross. Retrieved from Peru This Week: <http://www.peruthisweek.com/blogs-the-chakana-the-meaning-of-the-inca-cross-60022>

# VBMA TELESEMINAR REVIEW

## Dr. DiNatale's Incorporating Herbs in Food Therapy Teleseminar

by Alexia Tsakiris-Vasilopoulos, BVetMed, CVA

Dr. DiNatale spoke about using Chinese and Western herbs in recipes for our patients during the December 10th, 2014 VBMA teleseminar entitled "Cooking with Herbs - Incorporating Herbs in Food Therapy."

In addition to using and viewing the herbs as medicine, she emphasized the importance of the ingredients themselves as medicinal, driving home the point that it isn't necessary to overburden a recipe with herbs. Viewing herbal recipes in this manner also lends itself to patient compliance, since the food itself is also medicine! Along with stressing the importance of using fresh food, we were reminded to share with our clients the fact that food should not be served cold. In Chinese medicine, cold food diminishes the digestive fire, and without digestive fire, there is no digestion! Cooking the food and serving it warm eases the burden on the Earth element.

Dr. DiNatale began her talk with a review of several useful herbs that can be added to recipes, highlighting some of the medicinal benefits of each. She also touched on a few of the TCVM patterns for which the herbs are used as well as dosage tips.

### The herbs initially discussed were:

- Hawthorn (*Crataegus pinnatifida*)
- Lycium barbarum
- Dang shen (*Codonopsis pilosula*)
- He shou wu (*Polygonum multiflorum*)
- Rehmannia glutinosa
- Angelica sinensis (*Dang gui*)
- Astragalus membranaceus (*Huang qi*)
- Jujube (*Zizyphus jujube*)
- Chinese yam (*dioscorea opposita*)

And then came the recipes! Liver Cookies, Chicken Soup with Herbs, Hear Mini Muffins, Eyes and Tendon Gelatin, and Stew for the Kidneys. The recipes given were used as examples for different TCVM patterns of disease and she showed that by using different herbs, the same recipes could be tweaked and used for a variety of ailments. Within each recipe the benefits of the single herbs were explained. Dr. DiNatale also discussed the medicinal benefit of the food used in the recipes (i.e. using turkey for a warm animal, beef for an animal who needs a blood tonic, butternut squash to aid in the digestion and as a Spleen tonic).

While reviewing some of the benefits of Astragalus, Dr. DiNatale made a recommendation for a pick-me-up tea which tonifies blood and qi...something from which we busy vets can always benefit! This tea consists of 6g of Dang gui and 30g of Astragalus. Add the ingredients in a pan with 1 quart of water and simmer for 45 minutes. Dr. DiNatale's lecture was also informative because she used pictures of the herbs in whole form as well as the herbs in the preparatory and their final forms (see below). Along with sources for organic and sulfite free herbs, the lecture was full of information and inspiring as her recipes are easy to follow, make nutritional and herbal sense, and are delicious!



# BOOK REVIEW

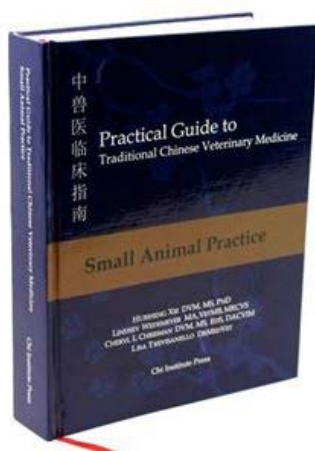
## Practical Guide to TCVM, Vol. 2: Small Animal Practice

Huisheng Xie, DVM, MS, PhD  
Lindsey Wedemeyer, MA, Vet MB, MRCVS  
Cheryl Chrisman, DVM, MS, EdS, DACVM  
Lisa Trevisanello, DrMedVet

This 1001 page hardcover book is the second volume in the Practical Guide to Traditional Chinese Veterinary Medicine series and is incredibly well organized and presented. There are countless contributing authors; it is a virtual who's who of TCVM practitioners. Each chapter presents an overview, pattern diagnosis, etiology and pathology, pattern differentiation and treatment including the clinical signs, TCVM diagnosis, Treatment principles, Acupuncture treatment with a solid review of the indications for the specific acupuncture points, Herbal medicines indicated, appropriate Food therapy and Tui-Na procedures. Chapters you'll find inside include:

- TCVM for Canine Sports Medicine
- TCVM for Small Animal Neurological Disorders
- Respiratory Disorders
- Gastrointestinal, Pancreatic and Hepatobiliary Disorders
- Cardiovascular, Hemic and Lymphatic Disorders
- Behavioral Problems
- Dermatological Disorders
- Cancer and Oncology
- Immune-mediated Diseases
- Endocrine Diseases
- Kidney and Bladder Diseases
- Reproductive Disease
- Geriatric Medicine
- Feline Traditional Chinese Veterinary Medicine

A quote from the preface: *"There is a Chinese proverb that states: 'Reading ten thousand books is not as useful as traveling ten thousand miles.' In other words, experience is worth more than theory. The aim of Practical Guide to TCVM is to provide a single, comprehensive resource for veterinary acupuncture, Chinese herbal medicine, Food Therapy, Tui-na and lifestyle modification for treatment of the most common disorders seen in modern clinical practice. By succinctly conveying the knowledge of expert practitioners, this text can be used as a quick reference in clinical settings, so practitioners can easily establish a treatment plan and gain valuable clinical experience."* It is an impressive book; great thanks go to all the authors as this is quite an achievement...they have realized the goal of creating a unified reference source for TCVM. It is published by Chi Institute Press; ISBN: 978-1-934786-45-1.



**Reviewed by Cynthia Lankenau, DVM**

Click below to purchase a copy of this amazing book from the Chi Institute!



Chi Institute Bookstore

# HERBAL MONOGRAPH: HOPS



Photo by VBMA Member Cornelia Wagner

**COMMON NAME:** Hops

**LATIN NAME:** *Humulus lupulus*

**OTHER NAMES:** Pi Jiu Hua

<b>Common Name: Hops</b>	<i>Humulus lupulus</i> , Hops, Pi Jiu Hua
<b>Family</b>	Cannabaceae
<b>Part Used</b>	Dried Strobile (cones or female inflorescences)
<b>Active constituents</b>	Bitter acids-preylated phloroglucinol derivatives; essential oil; myrcene, and beta-caryophyllene and farnesene; flavonoids-quercetin, catechin gallate; phenolic acids, proteins, polysaccharides, minerals
<b>Actions</b>	<p>Hypnotic, Mild sedative, Spasmolytic, Bitter, stomachic and tonic, anti-inflammatory, anti-microbial, hypothermic, tranquilizer</p> <p><b>TCM actions:</b></p> <ol style="list-style-type: none"> <li>1. Calm the spirit, Clear Heart Heat; relieves anxiety and irritability, and promotes rest; tonifies the yin, clears deficiency heat, reduces fever. Yin deficiency with Kidney fire, Heart and Kidney Yin deficiency</li> <li>2. Circulates the qi, releases constraint, harmonizes digestion clears internal wind and stops spasms; Calm Liver Yang, Clear Liver Heat</li> <li>3. Stimulates digestion, removes accumulation- GB stagnation; tonify stomach qi, calm Stomach Qi and clear intestines Heat</li> <li>4. Promotes urination; Kd qi stagnation</li> <li>5. Clears Damp heat, reduces infection: Wind/damp heat;</li> <li>6. Uterus Qi constraint; painful periods with cramps, promotes lactation</li> </ol>
<b>Indications</b>	<p>Sleep disorders especially with Valerian, Mood disorders- anxiety, with sensations of heat; restlessness, Neuralgia and headache, with sensations of heat, red face, irritability and anger;; Indigestion, Dyspepsia, chronic hyposecretory gastritis, nervous indigestion, mucous colitis; sexual activity in males; insufficient milk; painful heats; antibiofilm effects</p> <p><b>Specific Indications:</b> Cerebral Hyperemia: leading to nervous exhaustion, debility, neurasthenia and pain Nervous headaches, hot heads. Digestion: Mucus colitis, with bad odors; hot tense, conditions in the GI tract; abdominal cramping, IBS. Liver: gallstone colic Kidney and bladder: priapsim, urinary incontinence; tension in bladder, calculi, cystitis, with irritation, frequent urination. Muscular-Skeletal: muscular tension, drawing pains, and twitching. Backache with mental pains. (Mares that has painful ovulation it is helpful). Topically: for leg ulcers, swellings</p>

<b>Cautions</b>	Caution in breast feeding; possible estrogen effects during pregnancy (the polyphenol xanthohuol has estrogenic activity, although present in only freshly harvested hops; (Ross) Use with warming stimulant herbs, such as Zingiber, if deficiency and cold.
<b>Contraindications</b>	Depression; Implicated in aggravating malignant hyperthermia in excess in greyhounds
<b>Herb Drug Interactions</b>	None known
<b>Dosage</b>	Human: Tincture: 1:2 10 to 20ml per week

**Notes:**

**Energetics:** acrid, bitter, salty

**Meridian:** Heart, Liver, St, Spleen, CNS, Intestines, Uterus

Treats constricted and atrophied tissue states.

**Peter Holmes:** "Hops is a classic bitter, cool digestive stimulant that has a cholagogue action. When applied to hot conditions, Hops' cooling, detoxicant, antiseptic actions clear wind, damp, and toxic heat from the skin. Its cooling detoxicant effect clears wind, damp, toxic heat from the skin. He compares it with Sophora Ku Shen. It also can clear heat in the Shao Yang stage. It specifically treats Heart and Kidney Yin deficiency problems; he compares its action with PC 8, Ht 6 and 8, Kd 3 and 6. It quells kidney fire and sinks floating Yang arising from Yin deficiency. It is a good cooling neurocardiac and neuroproductive sedative He compares hops with Phellodendron Huang Bai. Hops also are pungent with a reliable systemic nervous relaxant and sedative effects. The remedy is a good all-round releaser of constrained Qi, easing nervous tension and ensuring spasms, pain and irritability. The digestive tract benefits most from this function. Hops systemically inhibits and harmonizes autonomous metabolic and neuromuscular functions gone out of control-thereby sinking Liver Yang and clearing internal wind. It releases constrained Qi, easing nervous tension and ensuing spasms, pain and irritability. Hops flower also clears heat in the Shao Yang stage of fever. The bitter Hops quells kidney fire and sink floating Yang arising from Yin deficiency, while simultaneously supporting the heart and calming the spirit.

**Locke:** Its chief field of action, however, is to allay irritation associated with wrongs of the male reproductive organs. It is frequently of service in cystic irritation, causing frequent urination, and is quite efficient in chordee. It has long been valued in nocturnal seminal emissions, being one of the few agents which actually do good service in that affection.

**Priest and Priest:** classifies it as a stimulating and relaxing nervine cerebrospinal trophorestorative. Tonic relaxant to liver/gall ducts/ allays irritation and promotes sleep.

**Matt Wood:** Hops has an intense acrid/bitter flavor, indicating that it is a relaxant and antispasmodic. It is best suited to conditions where there is sleeplessness, pain, twitching, and tremors associated with exhaustion from mental, emotional and nervous strain and over excitement. Hops is suited to people with intense personalities and drives, mental strain, and strong emotions, the over exercise of which results in nervous exhaustion, nervousness, insomnia and worry. The person is too strong above and too weak below. It normalizes the secretions are diminished, whether too high or low. When gastric secretions are diminished, food does not digest well, the head pounds, and a person can't sleep.

**Michael Moore:** said that its five basic effects as a sedative, bitter tonic, antispasmodic, anodyne, and antibiotic.

**Culpeper:** "It is under the dominion of Mars. It opens obstructions of the liver and spleen, to cleanse the blood, to loosen the belly, to cleanse the reins from gravel, and provoke urine. In cleansing the blood they help to cure the French disease, and all manner of scabs, itch and other breaking's out of the body: as also all tetter, ringworm, and spreading sores. The decoction of the flowers do help to expel poison that any one hath drank. Half a dram of the

seed in powder taken in drink, kills worms in the body, brings down women's courses, and expels worms. It will ease the head-ache that comes of the heat of yellow jaundice, and tempers the heat of the liver and stomach. Mars owns the plant and then Dr. Reason will tell you how it performs these actions."

**Clymer:** used hops as a poultice for sprains, bruises, and swellings, and to help restore shrunken sinews.

- Tincture of Chamomile (*anthesis nobilis*) 15-30 drops
- Tincture of Indican Tobacco (*Lobelia inflata*) 3-9 drops
- Tincture of hops (*Humulus lupulus*) 20-40 drops
- Apply warm and change every few hours

He felt that the two biggest uses of Hops were as a hypnotic or in poultices. He felt its action was to be used anytime there was a need for a tonic, hypnotic, febrifuge, anthelmintic. He used it in a formula to relieve the cough in chronic bronchitis.

- Tincture of Spikenard (*Aralia racemosa*) 10-15 drops
- Tincture of Black Haw (*Viburnum opulus*) 10-15 drops
- Tincture of Hops (*Humulus lupulus*) 20-30 drops
- (Human dose was one tablespoon as needed)

**Ellingwood:** The influence is marked in those cases of nerve irritation and wakefulness where anxiety and worry are the cause. In all forms of nervous excitement it is soothing in its influence. A pillow of hops will have a soothing influence in cases of insomnia (Abe Lincoln used this to great effect.)

**Native American use:** used as a sedative and diuretic and for insomnia, fevers, and intestinal pains; topically applied to toothache and earache.

**Research:** potent phytoestrogen, antigonadotropic activity, sedative, anticonvulsant, analgesic and hypothermic activities have been demonstrated; depressant effect; stimulated gastric secretions; inhibition of cytochrome P-450 enzymes and antiproliferative activity; hops essential oil demonstrated activity against gram-positive bacteria and fungus.; reduced the noise-induced disturbance of sleep stage patterns

**BHP:** insomnia, restlessness, excitability, nervous headache, excessive sexual desire, nervous dyspepsia, mucous colitis, topical bactericidal, topical for crural ulcers

**TCM:** Pi Jiu Hua; classified as cool and bitter, and used to calm Spirit and treat insomnia, strengthen Stomach and aid digestion, and promote urination to treat edema. It has been used in the treatment of tuberculosis.

**Recent research:** Hops extract poses a potent spasmolytic and antispasmodic action on acetylcholine-induced contraction in isolated rat's ileum which may be mediated by cholinergic systems. Potential use in overcoming drug resistance in breast cancer; may exert preventive function on the increase of body weight and tissue triacylglycerol levels by overnutrition; potent antibiofilm activity of hop-derived compounds for the first time; acts as a benzodiazepine GABAA partial agonist or antagonist or if it modulates another neurotransmitter system in the central nervous system; resulted in the significant reduction of tumor multiplicity; suggest the potential use of BAs as functional nutrients for both prevention and treatment of HCC; exhibited inhibitory effects on skin-tumor promotion; functional nutrients for both prevention and treatment of HCC.; hepatocellular carcinoma.



# HERBAL MONOGRAPH: CORYDALIS



Photo by VBMA Member Cornelia Wagner

**COMMON NAME:** Corydalis

**LATIN NAME:** *Corydalis ambigua*

**OTHER NAMES:** Fumewort, Fitweed

<b>Common Name: Corydalis</b>	<i>Corydalis ambigua, Corydalis yanhusuo, Corydalis turtschaninovi; fume-wort, fitweed</i>
<b>Family</b>	Papaveraceae
<b>Part Used</b>	root
<b>Active constituents</b>	Alkaloids, corydaline, tetrahydropalmatine; starch, mucilage, resins, volatile oil and inorganic microelements
<b>Actions</b>	Analgesic, cardioprotective, sedative, antiarrhythmic; anti-inflammatory; anti-ulcer; muscle relaxant; adrenocortical support; <b>TCM actions:</b> Activates qi and Blood circulation to relieve pain
<b>Indications</b>	Pain, especially pain from cancer; epilepsy, anxiety, gastrointestinal ulceration, insomnia, cardiac arrhythmia; chest pain; epigastric and abdominal pain; hernial pain; gynecological pain; pain in the extremities; masses, cancer treatment and prevention of metastasis; FIV
<b>Cautions</b>	Use with caution if have pain from an underlying deficiency, as the herb may consume qi and blood
<b>Contraindications</b>	Pregnancy, hypertension, possible weakening of heart function in cardiac patients though Ca <sup>++</sup> influx;
<b>Herb Drug Interactions</b>	Calcium channel drugs
<b>Dosage</b>	<b>Small animal:</b> Dried herb: 25-300 mg/kg, divided TID; Infusion and decoction: 5-30 g per cup, ¼-1/2 cup per 10 kg divided TID; Tincture: 1:2-1:3: 0.5-1.5 ml per 10 kg divided TID Dried herb: <b>Horse and Cattle:</b> 15-30 g; Camels: 30-75 g; Llamas, Alpacas, Goat, Sheep, and Pigs: 3-10 g; Dogs: 1-5 g; Cats and Rabbit: 0.5-1g; Birds: 0.1-1.5 g

**Notes:** Energetics - Warm, bitter, pungent; effects Heart, Liver and Spleen meridians

**Traditional use:** TCM-major analgesics invigorate blood, it is one of the most effective herbs because it can activate qi in the qi level and invigorate blood circulation in the xue level.

**Published research:** Tetrahydropalmatine, inhibits amygdaloid dopamine release; blocks receptor sites in brain; decrease platelet adhesion, lower blood pressure and heart rate, Corydalis inhibits human immunodeficiency virus; inhibits aldose reductase (possible cataract prevention). **Recent research:** decreases multidrug resistance of cancer cells; inhibits cell proliferation by inducing apoptosis mediated by regulating Bax/Bcl-2, activating caspases as well as cleaving PARP; inhibits metastasis of breast cancer cell; inhibited cell proliferation by inducing G2/M cell cycle arrest, which might be mediated by inducing ROS formation, decreasing regulating cell cycle related protein expressions; has strong antiangiogenic effects; has cardioprotective effects in myocardial ischemia-reperfusion injuries; and has significant anxiolysis and decreases motor movements.

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*Image courtesy of [Cornelia Wagner, DVM](#): Borage*



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