

GOLDEN FLOWER CHINESE HERBS

Veterinary Newsletter Summer 2010



Dear Doctor of Veterinary Medicine,

Summer greetings from Golden Flower Chinese Herbs. We offer acupuncture needles, books, essential oils, topical herbal products, high quality, concentrated Chinese herbal tablets and granules, and clinical supplies for use in your veterinary practice. Golden Flower's herbal formulas are excellent for veterinary patients, as they are extra-concentrated tablets. Fewer tablets are needed, which greatly increases patient compliance and acceptability, especially in finicky animals and cats.

You can find out more about us and view our catalog at our website: www.gfcherbs.com, or visit us at these veterinary acupuncture classes and conferences throughout the year. Free consultations for practitioners of Chinese medicine are available at (800) 729-8509.

Sincerely,

John Scott Lorena Monda

John Scott, DOM and Lorena Monda, DOM

VISIT US AT THESE CLASSES
AND CONFERENCES THIS FALL

AHVMA CONFERENCE

October 22-26, 2010
Covington, Kentucky

AVCA ANNUAL CONFERENCE VETERINARY ACUPUNCTURE

November 12-14, 2010
Phoenix, Arizona

IVAS BASIC COURSE ON VETERINARY ACUPUNCTURE

November 17-21, 2010
San Antonio, Texas

HERBAL MODIFICATIONS

Most patients do not fit neatly into a textbook picture of a specific diagnostic pattern. To accommodate this common clinical phenomenon, it is advantageous to learn how to modify traditional formulas to fit the needs of the patient. Historically, individual "raw" or "bulk" herbs have been cooked together to make traditional formulas. Even though the process was inconvenient, it was no problem to add or subtract a few substances during the formula preparation. We are at a time in TCM evolution where the trend is to move away from raw herb preparation and use prepared forms such as granules, tablets, capsules, tinctures, and extracts. Herbs are much more convenient to administer this way, but what we have gained in convenience, it seems we have lost in our ability to modify. But this loss is not entirely true. This article is designed to serve as a guide for modification of formulas in the modern clinic.

Traditional Chinese medicine was designed to be adaptive and will continue to be so. When drought limited the availability of one herb, another herb was sought out that had similar properties; if large pills couldn't be swallowed, liquid forms were prepared. Our most recent adaptations

honor the ever-evolving tradition of Chinese medicine. For example, if the patient's drugs are producing undesirable side effects, Chinese herbs have been found to mitigate many of these effects and help maintain compliance of the prescription.

EXAMPLES OF COMBINATION STRATEGIES

Time of Day

Case Example: 10-year-old, 75 lb, male Labrador Retriever with recurrent kennel cough. Diagnosis: Lung qi and yin deficiency with phlegm and kidney yin deficiency.

This patient has low energy and is having difficulty regaining strength and regenerating at night because empty heat from yin deficiency disturbs his sleep. A full dose of 4 tablets of **Restore the Lung Formula** (*Bu Fei Tang*) could be given in the morning so that this qi tonic does not overstimulate him during the night. A full dose of 4 tablets of **Rehmannia 6 Formula** (*Liu Wei Di Huang Wan*) for yin supplementation and draining empty heat can be given in the evening. In this example, the tonics also follow more closely to the circadian clock where Lung energy is highest from 3-5 a.m. and Kidney energy is highest at 5-7 p.m.

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Digestion

One of the most common reasons for giving two formulas at one time is to aid digestion. Many times, tonification is required but the spleen cannot digest the cloying, tonic herbs. It is often beneficial to begin re-balancing by supporting and regulating the digestive system. If time is limited, you can combine the digestive-support formula with the tonic. If your patient has loose stools, constipation, food sensitivities and/or flatulence, then a digestive formula should be included in their prescription. The ratio of constitutional formula to digestive aid formula will depend on the severity of their presentation. As the digestion improves, the digestive support formula can be administered in lower doses, while the main formula can increase reciprocally. Some formulas that support the digestion are **Six Gentlemen Formula** (*Liu Jun Zi Tang*), **Ease Digestion Formula** (*Jia Wei Kang Ning Wan*) for spleen and stomach qi deficiency with dampness, **Earth-Harmonizing Formula** (*Hu Tu Pian*) for liver/stomach disharmony and mild heat, **Hawthorn & Fennel Formula** (*Shan Zha Xiao Hui Xiang Fang*) for appetite control and mild food stagnation, or **Stomach-Harmonizing Formula** (*Jia Jian Bao He Wan*) for food stagnation with heat.

Clearing Excess While Tonifying Deficiencies

Case Example: an 8-year-old, 50 lb male Dalmatian with a chief complaint of pododermatitis, who exhibits excessive drinking. Thirst is a sign of excess heat, but it may also be due to dryness. At the end of the intake, this patient presented with 3 signs of dampness, 5 of yin deficiency, 4 of heat, and one of dryness. Diagnosis: Yin deficiency with damp-heat.

This Dalmatian's herbal combination strategy was 2 tablets twice a day of **Jade Source Formula** (*Jia Jian Yu Qian Wan*) with 1 tablet twice a day of **Four Marvel Formula** (*Si Miao Wan*). **Jade Source Formula** address his underlying constitutional deficiencies while **Four Marvel Formula** addresses his presenting complaint, which in this case was an excess of heat and dampness in his feet.

Tropism

Great effort has gone into determining the tropism of individual herbs. In a formula's ingredients there is often an "envoy" or a guide, which is included at a low percentage in the formula to bring the function of the ingredients to a certain area. When working with whole formulas, there are certain ones that can act as guides. For example **Yin Chiao Formula** (*Yin Qiao San*) is a wind-releasing formula with a propensity for the upper body and exterior while **Rehmannia Cool Blood Formula** (*Tu Fu Ling Sheng Di Huang*) has a propensity for the blood level. These formulas can be added, at a low percentage, to other formulas for their "guiding" ability.

Case: 12-year-old, West Highland Terrier, 20 lb, spayed female. Chief complaint: fluid filled pituitary cyst.

One tablet twice daily of **Poria Five Formula** (*Wu Ling San*) is utilized to drain pathological fluid and ½ tablet b.i.d. of **Head Relief Formula** (*Tou Tong Pian*) is enlisted as a guide.

Episodic

A constitutional formula can be taken all year long and may or may not require modifications. As the seasons and environment change, our bodies change with them. If your client is having symptoms that are related to the seasons, you can achieve magnificent results giving them the formulas they need, when they need them. Seasonal disorders will be helped in the off-season by balancing the body. Prepare for spring a month or two in advance with **Gastrodia & Uncaria Formula** (*Tian Ma Gou Teng Yin*) for seasonal onset of seizure disorders. For respiratory allergies begin **Jade Windscreen Formula** (*Yu Ping Feng San*) a month or two prior to the allergy season. Another instance of episodic administration is with kidney or bladder stones. Once cleared, they can be prevented with a once a month dose of **Amber Stone-Transforming Formula** (*Hu Po Hua Shi Pian*). It is suggested that the dose be given at a set time of the month, like the first week, so that the pet owner can mark their calendar and maintain compliance.

For performance horses with a tendency to get sick around show time, give **Free & Easy Wanderer Plus** (*Jia Wei Xiao Yao San*) for the anxious liver and **Jade Windscreen Formula** (*Yu Ping Feng San*) to strengthen the defenses against airborne pathogens attacking a stressed-out immune system.

Heat clearing formulas are some of the most utilized formulas in TCVM. An example is **Gentianna Drain Fire Formula** (*Long Dan Xie Gan Tang*), which can be too cold for many animals if used long-term. A baseline formula for gently clearing heat and building blood like **Zizyphus Formula** (*Suan Zao Ren Tang*) can be used long term with a push on damp-heat clearing implemented once a month for 3-7 days with the use of **Gentianna Drain Fire Formula**.

PROS AND CONS OF DIFFERENT FORMS OF CHINESE HERBAL PATENT FORMULAS

Pre-made formulas are often referred to as "patents." When working with patents, there are many considerations, and patients may benefit from one form over another. All patents share the challenge of binding the material together and getting the product through the processing machines. Honey or bee's wax have been used to make "tea pills" out of raw, crushed, or decocted herbs. Vegetable starch is a hypoallergenic form of cellulose that helps granules assume a powdered form. Magnesium stearate is an example of a flow agent from vegetable sources, and allows the materials to move through the processing machines. All patents share the same benefit of convenience and all lack the option of removing ingredients for modification. The table on the next page shows some of the pros and cons of each patent form.

**GRANULES / POWDERS**

Pros	Cons
Less final product is needed: Concentrated granules have been cooked and reduced to extract the maximum amount of therapeutic properties from the formula's ingredients	Pulverized herbal powders, as opposed to decocted herbal granules, are not prepared by the traditional practice of cooking. Cats are true carnivores; raw herbs may not be digestible, pulverizing breaks cell walls but cooking may be required for complete digestion and absorption of herbs.
Modifications can be made by adding to formulas.	Cannot take out ingredients. Added ingredients are not cooked with the formula's other herbs, synergy may be affected.
Easier than bulk herbs to store and work with	Dusty to work with, need scale to measure
Longer shelf life than bulk herbs	Additives often needed to create powder. Check brand.
Easy to sprinkle on food	Palatability

TEA PILLS

Pros	Cons
Often available over the counter	High dosage requirements; excess binder causes lower concentration
Can come in concentrate	Can be pulverized raw (uncooked) herbs

TABLETS

Pros	Cons
Concentrated extract; lower dosage needed	Tablets taste like herbs, an important aspect that carries medicinal benefits but may affect palatability
Pressure used to create tablet, requires less binder.	Can be made of raw or decocted herbs. Dosage will depend on which form is used.
Easy to break for smaller dosage	

TINCTURES / VEGETABLE GLYCERIN EXTRACTS

Pros	Cons
Easy to administer	Heavy carriers such as glycerin or alcohol may offend some patients: alcohol can be evaporated in hot water
Different alkaloids are extracted in alcohol and may affect the function of the formula	Alcohol can cause unwanted heat
Glycerin is sweet in flavor to benefit the spleen but doesn't raise blood sugar levels	Glycerin may be too dampening for some patients
Quick absorbcency into system	

SUGGESTIONS FOR ADMINISTRATION OF HERBAL FORMULAS

- Sprinkle herb granules on the food. (Be aware of bitter/acrid herbs as these have a very strong flavor that most animals will shy away from. Bitter/acrid herbs are usually easier to administer if the animal cannot taste them—consider tablets or capsules.)
- Hide tablets in food. Or give directly (Labradors and other good eaters may fit here). Crushed tablets or granule herbs will stick to kibble better if it is wet. Warm water or low sodium broth will not only help with herbal adhesion but will increase digestibility of the kibble as well as its palatability. Canned or home cooked foods are easiest to mix herbs into.
- Some herbs need greater camouflage. Try disguising the smell by using moist cat food, meat baby foods, or stinky cheese.

- Work with the appetite. Administering herbs prior to feeding using the natural appetite of the animal. Fasting may be an option for equines/canines.
- Work with the owners schedule: Twice a day dosage versus three times a day dosage will be easier for owners who have busy schedules. Single dosage may be more reasonable for difficult to pill animals or owners using a pet sitter; just be sure that they can digest high dosages at one time.
- If the animal cannot be coerced to into eating the herbs, receiving a pill by mouth or liquid syringing are last resorts: consider liquid suspensions of tablets or granules, or tinctures/glycerine extracts.

DOSAGE CONSIDERATIONS FOR ACUTE AND CHRONIC CONDITIONS

If the condition is acute, the dosage should reflect this. For

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Suggestions for Herbal Administration, continued from page 3

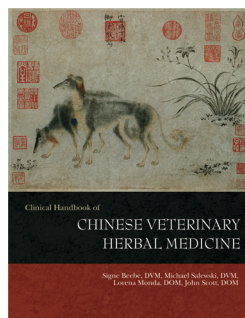
trauma injuries, **Trauma 1 Formula** (*Die Da 1 Hao Fang*) can be given every few hours while heat is present. For an acute wind-heat invasion **Yin Qiao Formula** can be taken every few hours.

Chronic conditions can take smaller doses to the level of the animal's ability to absorb tonics. For example, **Rehmannia Six Formula** (*Liu Wei Di Huang Wan*) is a yin tonic that can be cloying and difficult to digest. If a dog experiences diarrhea at 2 tablets twice daily but has bowel movements within normal limits with 1 tablet twice daily, the digestive ability of this animal sets the dose. With the higher dose causing diarrhea, the animal will not be absorbing the nourishment of the herbs. Over time, or with the help of digestive formulas, as the ability of the animal's digestive tract to absorb the ingredients improves, a larger dose can be considered.

It is a great advantage that dosage of herbal medicine is more forgiving than that of pharmaceutical drugs. With drugs, being a few milligrams off can sometimes be a significant amount, but not so with herbs. Because we can afford to be creative in the way we administer herbs, our clients benefit, and so do we.

Please do not hesitate to call us at (800) 729-8509 with any thought, comments, or questions regarding this article or the use of Chinese herbs in Veterinary Medicine. Emails can be sent to jenn@gfcherbs.com.

NEW TO THE PRACTICE OF CHINESE VETERINARY HERBOLOGY? GOLDEN FLOWER CHINESE HERBS HAS JUST WHAT YOU NEED.



The *CLINICAL HANDBOOK OF CHINESE VETERINARY HERBAL MEDICINE* is a veterinary clinical manual featuring Golden Flower herbal formulas authored by **Signe Beebe, DVM** and **Michael Salewski, DVM**. The manual contains herbal formula recommendations for the treatment of common veterinary conditions in small animals and horses. This book is intended as an introduction

to Chinese herbology and to Golden Flower herbal formulas to help veterinarians safely and effectively use Chinese herbs.

FEATURES:

- Introduction to traditional Chinese veterinary medical theory
- Application of Chinese herbs in veterinary practice
- Safe application of Chinese herbal medications
- Dosage recommendations
- Equine considerations
- Conditions treatable with Chinese herbs
- Exposition of Chinese herbal formulas commonly used in modern veterinary practice, including Western biomedical indications, contraindications, and clinical notes
- Formula ingredients in pinyin, Latin, and common names
- Small Animal and Equine Quick Guides
- Chinese Energetic, Symptom, and Zang-Fu Indexes
- Glossary of Chinese Medical Terms Used

208 pages. Available from Golden Flower Chinese Herbs. \$24.95