



GOLDEN FLOWER CHINESE HERBS

Veterinary Newsletter  Winter 2011



Dear Doctor of Veterinary Medicine,

Happy New Year 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 optimally-concentrated tablets. Fewer tablets are needed, which greatly increases patient compliance and acceptability, especially in finicky animals - 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,

 Lorena Monda

John Scott, DOM and Lorena Monda, DOM

VISIT US AT THESE MEETINGS AND CONFERENCES

AAVA ANNUAL MEETING

March, 11-13, 2011

Scottsdale, Arizona

AHVMA CONFERENCE

August 27-30, 2011

San Diego, California

IVAS CONGRESS

August 31-September 3, 2011

San Diego, California

INFLAMMATION

At some point in life, every body will suffer from inflammation. Whether it is from a response to trauma, stress, diet, or age, inflammation has its time and place but becomes pathological when it is sustained long term. According to *The Merck Veterinary Manual, 9th edition*, "Inflammation is the complex pathophysiologic response of vascularized tissue to injury. . . [with] 5 classic clinical signs: heat, redness, swelling, pain, and loss of function." The function of inflammation is to isolate and eliminate the aggravating agent, repair tissue at the sight of injury, and restore proper function to the area. However, if inflammation becomes chronic it can lead to tissue destruction and fibrosis. Systemic inflammation has been found to be a primary or contributing factor to such diverse health disorders as arthritis, atherosclerosis, cancer, and autoimmune disorders.

Conventional treatments for inflammation often involve the use of corticosteroids, non-steroidal anti-inflammatory drugs (NSAID), and rest, ice, compression and elevation (RICE) treatments.

WESTERN APPROACH TO TREATMENT

Corticosteroids come in two forms, both of which are synthesized from cholesterol in the adrenal cortex. Mineralocorticoids maintain electrolyte homeostasis. Glucocorticoids help metabolize carbohydrates, proteins and lipids. Glucocorticoids are released during the immune and stress responses and, like mineralocorticoids, influence fluid and electrolyte balance. As the most common of the anti-inflammatory drugs, corticosteroids are beneficial for suppressing and preventing inflammation due to the immune response. This inhibitive effect on the hormonal system can result in significant adverse effects. As glucocorticoids stimulate the breakdown of proteins and lipids, chronic or excessive use can lead to muscle wasting and body fat redistribution. In addition, glucocorticoids decrease uptake of glucose into peripheral tissues, and thus increase glucose in the blood, which increases insulin; they increase gluconeogenesis and can lead to insulin resistance, which contributes to hyperglycemia. Mineralocorticoids and glucocorticoids, to a lesser extent, inhibit anti-diuretic hormone secretion, enhance potassium excretion and sodium retention by the kidneys, as well as deplete calcium stores, inhibit osteoblast (build bone), stimulate osteoclasts

continued on page 2



(break down bone), and increase parathyroid secretion, which can affect bone healing. Glucocorticoids induce apoptosis (programmed cell death) in normal lymphoid cells leading to a suppression of cell-mediated immunity. In late stage wounds, they assist in reduction of scar tissue but can inhibit wound healing. Other side effects from long term use (greater than 2 weeks) of glucocorticoids include a risk of Cushing's syndrome, diabetes mellitus, (or exacerbating diabetes), adrenal gland atrophy, hypo-adrenocorticism, hepatopathy and hepatomegaly, GI ulcerations, thinning of skin, hypokalemic alkalosis, mood alterations, induced or exacerbated laminitis in horses, urinary tract infections, and septic arthritis due to reduced chondrocyte collagen.

Whereas steroids reduce inflammation with the intention of minimizing tissue damage, they also reduce the function of the immune system. It is not difficult to derive from the long list of potential side effects and inherent risks that alternatives to corticosteroids are needed.

Nonsteroidal Anti-inflammatory Drugs (NSAID). The increase use of NSAID in veterinary practice points to an interest in finding a less offensive way to address pain and inflammation than through the use of corticosteroids. Whereas corticosteroids inhibit many different pathways, NSAID generally inhibit the metabolism of arachidonic acid. Common side effects include gastritis, ulcerations, bleeding, blood dyscrasias, hepatopathies, bone marrow dyscrasias, and nephropathies. Half-life excretion varies between species and even within different breeds of the same species, so administration can require a bit of guesswork. Side effects and reactions are usually dose-related and have the potential to be fatal, so guessing can be a dangerous game. There is good support for finding alternatives to NSAID as well.

Rest, Ice, Compress, and Elevate (R.I.C.E) has stood the test of time for acute traumatic injuries. For chronic inflammation, this approach can cause more damage than good. Ice by nature cools and constricts inflamed tissues, and pain will be relieved temporarily as the area is numbed. The constriction of the tissue impedes the flow of blood and qi to the injured site. It is important for blood and qi to move through an injured area so that healing and tissue repair can occur. Some Chinese herbs such as *dan shen* (salvia) have the ability to cool and move blood. This approach to chronic inflammation serves to reduce inflammation and encourage tissue repair.

EASTERN APPROACH TO TREATMENT

Chinese herbs provide a powerful, effective, and systemically beneficial way to address inflammation. Chinese medical herbology and pharmacology lists almost 100 herbs with anti-inflammatory actions. About 1/5 of these are also hepatoprotective. This is a significant distinction from NSAID. As with most TCM treatments, it is important to match the pattern differentiation with

the formula that you choose. With a hot type presentation, cooling and moving herbs are needed. In cases of edema, yang energy is needed to transform the accumulated fluids, so warming and moving herbs are used. In order to establish a proper flow, a combination of warming and cooling herbs can be used to promote circulation. Formulas like **Curcuma Longa Formula** (*Jiang Huang Wan*) and **Eleuthero Tablets** (*Wu Jia Shen Pian*) treat general or chronic inflammation. **Tieh Ta Formula** (*Die Da Wan*) and **Trauma 1 Formula** (*Die Da 1 Hao Fang*) are better for acute trauma presentations. Other formulas can be guided to specific areas, such as **Pulsatilla Intestinal Formula** (*Bai Tou Weng Li Chang Fang*) for inflammation in the intestine.

Curcuma Longa Formula (*Jiang Huang Wan*)

Formula Functions: 1. Activates blood circulation and invigorates the movement of qi; 2. Opens channels and collaterals; 3. Stops pain and relieves swelling; 4. Clears heat and resolves toxin.

Tongue: Slightly dusky or deep red, possibly with papilla.

Pulse: Choppy, thin or wiry

Contraindications: Pregnancy

Cautions: Use caution in patients with blood deficiency or pronounced spleen qi deficiency. Can be combined with an appropriate tonic formula, such as **Ginseng and Longan**

Possible Herb-Drug Interactions:

1. Anticoagulant/Antiplatelet Drugs: Warfarin, Heparin, Aspirin (affecting platelet levels);
2. Antidiabetic Drugs: Insulin, Glipizide, Tolbutamide (affecting blood sugar levels)

Formula Description: **Curcuma Longa Formula** (*Jiang Huang Wan*) is a modern formula designed for its ability to invigorate and vitalize the blood, promote the movement of qi and relieve swelling, toxicity, and pain. It is designed to be safe and effective for long term use, but can be used in larger doses for acute inflammation.

The primary phytochemicals of the herbs in **Curcuma Longa Formula** have been shown to exhibit anti-inflammatory, COX-2 inhibitor, analgesic, antioxidant, hepatoprotective, immunomodulatory and chemopreventative effects. This makes **Curcuma Longa Formula** exceptional for use in any disorders involving inflammation, but specifically, for arthritic conditions, allergic inflammation, and chronic effects of traumatic injury. **Curcuma Longa Formula** also has potent hepatoprotective and antiviral properties, and the herbs *jiang huang* (curcuma longa) and *hu zhang* (polygonum cuspidatum) assist the body in promoting capillary blood circulation. As such, the formula is excellent for inflammatory conditions of the liver, such as hepatitis and cirrhosis, as well as for general liver detoxification. The anti-inflammatory and immunomodulatory effects of the formula combine to counteract the inflammatory cascade that occurs in cancer and autoimmune conditions, making



it an excellent chemopreventative agent. Finally, as the herbs *xia ku cao* (prunella vulgaris), *hu zhang* (polygonum cuspidatum), *sheng jiang* (zingiberis officinale), *huang qin* (scutellaria baicalensis) and *chen pi* (citrus reticulata) have antibiotic and antitussive qualities in addition to their anti-inflammatory effects. Thus, this formula may be used for such disorders as Chronic Obstruction Pulmonary Disease, chronic bronchitis, and asthma when combined with other appropriate formulas.

Eleuthero Tablets (Wu Jia Shen Pian)

This individual herb serves as an adaptogen with anti-inflammatory effects as well as an analgesic. In direct contrast with corticosteroids, eleuthero is an immunostimulant, which has been shown to elevate white blood cell counts, increase phagocytic activities, as well as the production of interferons. As a warming herb, it is yang in nature and should not be used for patients with yin deficiency heat or excess heat conditions. This herb should be considered in cold-*bi*-pain situations like hip dysplasia and arthritis.

FORMULAS FOR ACUTE INFLAMMATORY CONDITIONS

Trauma 1 Formula (Die Da 1 Hao Fang)

This formula is for first stage trauma when the manifestations of heat, pain, and swelling are all present. This stage can last from a few hours up to two weeks, depending on the type and severity of injury. It can be used to treat injury to muscle, tendon, bone, ligament, or cartilage and can be used to treat sprains, strains, contusions, broken bones and fractures. **Trauma 1 Formula** contains herbs that resolve heat toxin, which commonly proliferates in the area immediately following an injury. It moves blood, clears heat, and reduces the swelling and pain occurring at the onset of traumatic injury. Stage one trauma is treated as pure excess and the emphasis of this formula is to clear, move, dispel and resolve the excesses associated with the initial phase of an injury.

Tieh Ta Formula (Die Da Wan)

This is a general application trauma formula based on traditional treatment of martial arts injuries. **Tieh Ta Formula** strongly reduces pain; it moves and builds blood, regenerates tissue, and reduces swelling. It is excellent when pain is the main symptom and heat is not a major factor in an injury, and is therefore perfect for early second stage trauma. **Tieh Ta Formula** can address minor bleeding problems sustained from injury and help reduce bruising. It can be used before an event to reduce pain and tissue damage, and for traumatic or athletic injuries.

Pulsatilla Intestinal Formula (Bai Tou Weng Li Chang Fang)

This formula was designed to treat inflammation in the intestines due to microbial infection or food allergies, which contribute to leaking of the gut. With prolonged inflammation, chemical and physical toxins are absorbed into the blood stream and can contribute to many disease

manifestations. This formula clears heat, resolves toxins, dispels dampness and promotes tissue growth.

REFERENCES

Cynthia M. Kahn, Ed., *The Merck Veterinary Manual*, 9th Ed. Merck and Co., Inc., 2005.

Signe Beebe, Michael Salewski, Lorena Monda, John Scott. *Clinical Handbook of Chinese Veterinary Herbal Medicine*. Herbal Medicine Press, 2006.

John K. Chen, Tina T. Chen. *Chinese Medical Herbology and Pharmacology*. Art of Medicine Press, 2004)

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 Jennifer Verhoog, jenn@gfcherbs.com.



'TIS THE SEASON

The same **Golden Flower** products that you prescribe for your patients will help to keep you healthy as well. Keeping yourself, your family, and your clinic staff healthy keeps you in practice. In addition to regular hand washing,

plenty of sleep, and a good diet, Chinese herbs can play a vital role in the prevention of illness from external pathogens, as well as a front line attack when a pathogen sets in. There are a few formulas for every medicine cabinet to keep you and your staff healthy and able to continue caring for your patients during the cold and flu season.

Jade Windscreen Formula (Yu Ping Feng San) is a time-tested formula for boosting the *wei* (defensive) qi. This formula is taken as a preventative. A course of treatment should begin 1-3 months prior to cold and flu season depending upon ones susceptibility to illness.

Children's Jade Defense Formula (Xiao Er Zi Yu Fang) is a modification of **Jade Windscreen Formula** in a glycerin extract preparation with a higher percentage of *huang qi* and additional *ju hua* (chrysanthemum) to make it more suitable for children.

Astragalus and Ligustrum Formula (Huang Qi Dong Qing Pian) is another great formula to support the *wei* qi, boost the immune system and prevent illness.

Five Mushroom Formula (Wu Gu Fang)

This is an amazing formula for a weakened immune system or an immune system with a lot of demands placed upon it. Processed as a glycerin extract, this formula is easy to administer and absorb. It benefits the spleen, lung, kidney, liver and heart.

General Tonic Formula (Shi Quan Da Bu Tang)

A good preventative for people susceptible to "stomach flu." This formula supplements the spleen and stomach for patients who tend to feel cold. This type of deficiency makes people susceptible to food poisoning or stomach flu.

Back issues of our newsletters are
available on our website under
Professional Education.

Veterinary Newsletter Winter 2011

www.gfcherbs.com  505. 837. 2040  800. 729. 8509

Staying Healthy During Cold and Flu Season, continued from page 3

For children, **Astragalus Formula (Huang Qi Jian Zhong Tang)** may be more appropriate and comes as a tablet or easy-to-administer glycerin extract.

Ease Digestion Formula (Jia Wei Kang Ning Wan) is ideal for treating the stomach flu and a variety of other digestive complaints.

Yin Chiao Formula (Yin Qiao San)

Wind-heat invasion is characterized by soreness in the throat with a feeling of malaise. **Yin Chiao Formula** is most effective when taken in the early stages of symptoms.

Gan Mao Ling Formula (Gan Mao Ling Pian)

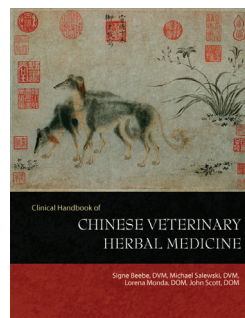
Like **Yin Chiao Formula**, **Gan Mao Ling** is commonly used for the initial onset of a pathogenic wind-heat. It contains strong anti-microbial herbs and is very effective at killing viruses during the initial phase of their invasion.

Zhong Gan Ling Formula (Zhong Gan Ling Pian) can be used like **Yin Chiao** and **Gan Mao Ling** during the initial phase of viral invasion, but it is also effective once the virus has settled in. It is preferred over the other two if the pattern includes fever or upper body stiffness.

Andrographis Formula (Chuan Xin Lian Kang Yan Pian) is an anti-viral, anti-bacterial and anti-pyretic with a broad therapeutic scope. Can be use to clear heat-toxin anywhere in the body. Great for sore throats.

For a full list of formulas for the cold and flu season, see our *Clinical Guide to Commonly Used Chinese Herbal Formulas.*

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