

# **Chinese Veterinary Herbal Handbook**

3<sup>rd</sup> Edition

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This document is intended for educational purposes. It is designed for use by licensed veterinarians who have been trained in traditional Chinese veterinary medicine (TCVM) diagnosis and Chinese herbal materia medica and prescriptions. Much of the information in this book is based upon clinical observations and classical TCVM literature. The authors and publishers make no claims about the effectiveness of the products described in the notes.

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### **THIRD EDITION**

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## ABOUT THE AUTHOR

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### **Huisheng Xie, DVM, PhD, MS**

A third generation practitioner of Chinese Herbal Medicine, Huisheng Xie (pronounced “shay”) grew up watching his grandfather and father treat their human patients with traditional Chinese herbal medicines. When he was just a boy of eight years old, the death of his beloved dog Shan-Shan (meaning "mountain") changed his future. Heartbroken for weeks after the passing of his four-legged companion, he decided to pursue veterinary medicine when he entered college rather than enter medical school and become a TCM physician.

Dr. Xie received his Doctor of Veterinary Medicine at the Sichuan College of Animal Science and Veterinary Medicine in Sichuan, China in 1983. He worked as an assistant and staff veterinarian in the College of Veterinary Medicine of the Beijing Agricultural University from 1983 to 1987. In 1988, he received his Master of Science in Veterinary Acupuncture. From 1988 to 1994, he was an Assistant and Associate Professor in the Beijing Agricultural University, College of Veterinary Medicine. In 1992, he also received advanced training in human acupuncture at the Beijing College of Traditional Chinese Medicine and the National Academy of Traditional Chinese Medicine. In 1999, he received his Ph.D. from the University of Florida for his investigation of the mechanisms of pain control in horses using acupuncture. In 1998, Dr. Xie founded the Chi Institute in Reddick, Florida to train veterinarians in Chinese acupuncture, herbal medicine, Food Therapy and Tui-na.

Dr. Xie’s academic accomplishments in China include Achievement Awards from the Ministry of Agriculture, the National Science and Technology Committee and the Beijing Agricultural University. He has been invited to give lectures on veterinary acupuncture and herbal medicine all over the United States, Brazil, Mexico, Europe, Australia, Thailand and Japan. He is also the author of 12 books and over 100 scientific papers. His textbooks, including *Xie’s Veterinary Herbology*, *Xie’s Veterinary Acupuncture* and *Traditional Chinese Veterinary Medicine-Fundamental Principles*, have been used for TCVM training programs in Asia (including China and Japan), Australia, Europe, South America and the United States.

## PREFACE FOR THE THIRD EDITION

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Over the last three years we have meticulously updated the most recent edition of this publication to benefit both veterinarians who use it in their everyday practice and those who are new to Eastern medicine.

We continue to carefully monitor the various botanical and animal species contained in our formulas, and we are strongly opposed to the use of endangered species for medicinal or other exploitative purposes. The Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) treaty is an international agreement between governments with an aim to ensure that the global trade of wild animals and plants does not threaten their survival. Any substances listed in the treaty must be substituted with other herbs that share similar effects. For example, *Bai Ji* (*Bletilla striata*), an important ingredient of Single Immortal (B0072), has recently been listed in CITES, but we have found that *Bai Mao Gen* (*Imperata*), *Ce Bai Ye* (*Biota*) and *Xian He Cao* (*Agrimony*) can be successfully substituted for *Bai Ji*. As a result, we have named the new herbal formula Single Immortal B, which has similar or superior clinical results as compared to the original formula.

We have also provided grants for the continued study of Chinese herbs and their effects. Dr. Justin Shmalberg at the University of Florida has completed a series of studies on the nutritional analyses of select herbal formulas, which we hope will increase our understanding of the effects of herbs and allow us to continue to improve our quality control. We hope these studies will continue with more herbs in the future. Some of his research data has been published in Appendix F.

I am grateful to so many colleagues and students who have generously shared their wonderful TCVM experience and inspired me. A special thank-you also goes to Drs. Lisa Trevisanello and Lauren Frank for their great additional editing of this new edition and to Anita Weiss for her careful proofreading.

Huisheng Xie, DVM, MS, PhD  
March 1, 2012

## PREFACE FOR THE SECOND EDITION

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The availability and popularity of Chinese herbal medicine in the West has grown dramatically over the past 5 years. Not only have more products been introduced into the market, their efficacy has also been witnessed by more of the general public and healthcare providers. As a result, the demand for new information on herbal formulas has increased. To meet these rising demands, we have added 42 newly-developed Chinese herbal formulas in this second edition. These 42 herbal recipes have their basis in ancient classical formulation and have been developed through our clinical experience. Detailed information on their actions, indications, ingredients, dosage, and usage are included in this text.

We continue the effort to make this handbook simple and easy to use. Twenty new tables and five charts have been added to help readers quickly find formulas for specific conditions, Patterns or diseases.

I am thankful to Zhen Zhao and Wen Liu for valuable edits and changes in layout and design that make the handbook much easier to use. Thanks for the efforts of Dr. Lisa Trevisanello, Maria Gore and Anita Weiss for their careful proofreading. I also thank my wife Yanru for giving me time to complete this edition. Most of all, I thank all of you, my students and colleagues, who have given me full encouragement and confidence.

Huisheng Xie, DVM, PhD  
June 1, 2008

## PREFACE FOR THE FIRST EDITION

---

Learning Traditional Chinese Veterinary Medicine (TCVM) is not an easy thing to do. Because of the tremendous amount of information embodied in herbal medicine, it is the most time-consuming portion of TCVM. When I was a beginner, I learned each herbal formula's ingredients, functions, indications and dosage by making rhymes and poems. These Chinese poems really helped me keep a tremendous amount of herbal knowledge in my mind. As a matter of fact, much of the information has become a permanent part of my memory. During my eleven years as a TCVM educator at the Veterinary School in Beijing, China, I taught my students all my herbal poems. Most students appreciated these poems, which helped them understand Chinese herbal medicine and pass the herbal exams. The poems also helped them quickly select Chinese herbal formulas when they encountered their patients.

However, during the past ten years I have found a different situation when teaching Chinese herbal medicine to Western students in the USA. None of my Chinese herbal poems made any sense to them. The poems were based on Chinese culture and lost their meaning when translated into English. Therefore, I had to change my teaching strategy. Real case studies and visualized herbal samples have helped students a great deal. Yet, I often got feedback from frustrated students who said "It makes perfect sense during class, but I still do not know which herbal formula to pick when back in practice".

I think this is a common problem for Western veterinary practitioners as they begin to integrate Chinese herbal medicine into their busy daily practice. This frustration may be partly explained by the gap between Eastern and Western medicines which makes it difficult for the western-medicine-trained brain to perceive and digest TCVM theories. Thus, a bridge is needed to cross from the West to the East. In addition, a busy practice often prevents a veterinarian from spending much time in deep thought about TCVM; consequently, the student does not know where to start. Ordering and administering herbs for patients is another challenge. Therefore, the impetus for writing this handbook is based on my own personal experience with the Western veterinarians. As a teacher, I feel that it is my responsibility to find out an easy way for Western veterinarians to learn Chinese herbal medicine and be able to integrate it into their practice.

I am very grateful to my grandfather and father who were my first teachers of Chinese Herbal Medicine. Without their initial "family" education, this handbook and my TCVM knowledge would not be possible. I would like to express my thanks to Dr. Vanessa Preast who reviewed and edited this handbook. I would also like to thank my wife Yanru, my daughter Sherrie and my son Timmy for their spiritual support.

Huisheng Xie, DVM, PhD  
January 31, 2004

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# QUICK SELECTION OF HERBS BASED ON CLINICAL CONDITIONS

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## MUSCULOSKELETAL AND NEUROLOGICAL DISORDERS

### Bi Syndrome (Osteoarthritis and Muscle Pain)

Bi syndrome refers to pain and stiffness in muscles, ligaments, tendons, bones, and joints. The difficult movements or deformities of these tissues are caused by invasion of Wind, Cold, Damp and Heat. Bi syndrome includes osteoarthritis, arthritis, rheumatoid arthritis, discospondylitis, spondylosis, and intervertebral disc diseases (IVDD). The most commonly seen Bi syndromes are Kidney Qi Deficiency Bony Bi, Kidney Yin and Qi/Yang Deficiency Bony Bi, Painful Bi and Fixed Bi.

**Table 1.1: Herbal selection for the most common Patterns of Bi (arthritis) syndrome**

Pattern Type	Clinical Signs	Herbal Formula
Painful (Cold) Bi	<ul style="list-style-type: none"> <li>• Appears to have joint pain</li> <li>• Difficultly moving</li> <li>• Heat seems to relieve pain</li> <li>• Shows discomfort when being massaged</li> <li>• Appears more painful when cold</li> <li>• Tongue: Purple with slightly pale coating</li> <li>• Pulse: Tight and wiry</li> </ul>	<p>Dok's Formula (C2031) for dogs and cats</p> <p>Equine Du Huo (A0030) for horses</p>
Fixed (Damp) Bi	<ul style="list-style-type: none"> <li>• Difficulty moving</li> <li>• Shows more stiffness than pain</li> <li>• Heat and dryness seem to relieve pain</li> <li>• Cold-damp (weather changes) visually exacerbates pain</li> <li>• Tongue: Greasy and pale coating</li> <li>• Pulse: Soft and slow</li> </ul>	Coix Formula (C2032)
Kidney Qi/Yang Deficiency Bi Syndrome	<ul style="list-style-type: none"> <li>• Appears to have difficulty changing position or lameness</li> <li>• Coldness of back and extremities</li> <li>• Soft stool</li> <li>• Lameness is worse in cold/damp or winter</li> <li>• Heat-seeking</li> <li>• Seems to like being massaged</li> <li>• Tongue: Pale and wet</li> <li>• Pulse: Deep and weak</li> </ul>	<p>Loranthus Formula (C2033)</p> <p>or</p> <p>Dok's Formula (C2031)</p>
Kidney Yin and Qi/Yang Deficiency Bi Syndrome	<ul style="list-style-type: none"> <li>• Dry skin</li> <li>• Polydipsia</li> <li>• Lameness is worse in summer or hot conditions</li> <li>• Cool-seeking</li> <li>• Difficulty rising</li> <li>• Lethargy</li> <li>• Tongue: Pale or red</li> <li>• Pulse: Thin and weak</li> </ul>	Di Gu Pi (C2034)

For better results add:

- Sang Zhi San (C2035) if there is osteoarthritis in limbs (e.g. shoulder, elbow, hip, hock)
- Body Sore (B0020) if there appears to be pain in soft tissues (e.g. muscle and ligaments)
- Relief Salve (K9010) for any type of pain that may be alleviated topically (massage into local areas)

## Wei Syndrome (Wasting Syndrome)

Wei refers to general weakness and muscle wasting. It may be caused by chronic spondylosis, intervertebral disc diseases (IVDD), or degenerative myelopathy (DM).

**Table 1.2: Herbal selection for the most common Patterns of Wei syndrome**

Pattern Type	Clinical Signs	Herbal Formula
Damp Heat	<ul style="list-style-type: none"> <li>• Obesity</li> <li>• Earth personality</li> <li>• History of IBD or damp skin</li> <li>• Edema</li> <li>• Muscle atrophy</li> <li>• Weakness</li> <li>• Lethargy</li> <li>• Tongue: Greasy and wet</li> <li>• Pulse: Fast</li> </ul>	Si Miao San (C3037)
Qi/Yang Deficiency	<ul style="list-style-type: none"> <li>• Lethargy</li> <li>• Shortness of breath</li> <li>• Weakness of limbs</li> <li>• Too weak to walk or rise</li> <li>• Droopy jowls</li> <li>• Anorexia</li> <li>• Loose stool</li> <li>• Emaciation</li> <li>• Dry or burned hair</li> <li>• Edema</li> <li>• Heat-seeking</li> <li>• Tongue: Pale and wet</li> <li>• Pulse: Thin and weak</li> </ul>	Bu Yang Huan Wu (A2080)
Qi-Yin Deficiency	<ul style="list-style-type: none"> <li>• Emaciation</li> <li>• Weakness of the lumbar area and limbs</li> <li>• Cool-seeking</li> <li>• Panting</li> <li>• Dry skin</li> <li>• Tongue: Pale or red and dry</li> <li>• Pulse: Weak and thin</li> </ul>	Hindquarter Weakness (A2090)
Yin-Yang Deficiency	<ul style="list-style-type: none"> <li>• Severe hind limb paresis or paralysis</li> <li>• Weak voice or unable to vocalize</li> <li>• Coldness at the back and extremities with hot ears and head</li> <li>• Seems to want to drink, but too weak or unable to swallow</li> <li>• Tongue: Red or pale</li> <li>• Pulse: Weak and thin</li> </ul>	Di Huang Yin Zi (A5013)