



Xiang Fu Zi - Cyperus

LIVER HAPPY

DRUG TEST FREE FORMULA



TCVM Indications:

- Irritability
- Red Eyes
- Restlessness
- Hyperactivity
- Liver Qi Stagnation with Heat
- Pulse: wiry
- Tongue: purple or red

Chinese Principles of Treatment:

Soothe Liver Qi, clear Heat, resolve Stagnation

Contraindications: None

Dosage:

Horse - Regular: 15g twice daily as top dressing on feed

Concentrated: one 3g bag twice daily

Dog/Cat- Regular: 0.5g per 10 to 20 lb body weight twice daily

Concentrated: 0.5g per 30-50 lbs of body weight twice daily

Ingredients and Actions:

Latin Name	Ingredient	Actions
Bupleurum	<i>Chai Hu</i>	Soothe Liver
Angelica	<i>Dang Gui</i>	Move Blood
Paeonia	<i>Bai Shao Yao</i>	Soothe Liver
Citrus	<i>Chen Pi</i>	Dry up Dampness, move Qi
Mentha	<i>Bo He</i>	Move Qi
Cyperus	<i>Xiang Fu Zi</i>	Soothe Liver, resolve Stagnation
Moutan	<i>Mu Dan Pi</i>	Cool Liver
Citrus	<i>Qing Pi</i>	Move Qi soothe Liver, resolve stagnation
Gardenia	<i>Zhi Zi</i>	Clear Heat
Licorice	<i>Gan Cao</i>	Harmonize



- ✓ 8oz biscuits
- ✓ 200-0.5g capsules
- ✓ 900g powder
- ✓ 200-0.18g teapills
- ✓ 200g powder
- ✓ 600g powder
- ✓ 100-0.2g capsules



- ✓ 180g (3x60 bags) concentrated powder
- ✓ 90g (3x30 bags) concentrated powder
- ✓ 60-0.25g concentrated capsules
- ✓ 120-0.5g concentrated capsules
- ✓ 3oz concentrated biscuits



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Main Herbs in Liver Happy

Liver Happy acts to clear Heat and soothe Liver Qi to resolve Stagnation. It is based on the classical formula *Chai Hu Shu Gan Wan*, originally described in *Chao Hu Shu Gan Wan* from *Jing Yue Quan Shu* (collected treasures of Zhang Jing Yue written by Zhang Jie-Beng, 1624 A.D. *Mu Dan Pi* (Moutan) and *Zhi Zi* (Gardenia) clear Heat and cool the Liver. *Bai Shao* (Paeonia), *Bo He* (Mentha), *Chai Hu* (Bupleurum), *Qing Pi* (Citrus) and *Xiang Fu Zi* (Cyperus) soothe the Liver and resolve Stagnation. *Dang Gui* (Angelica) moves Blood, and *Chen Pi* (Citrus) dries Damp and moves Qi. Finally, *Gan Cao* (Licorice) harmonizes the formula.

Clinical Research on Liver Happy

Many of the herbs in Liver Happy have been the subject of clinical research in humans. For example, the hepatic effects of *Chai Hu* (Bupleurum) have been studied extensively. The combination of *Chai Hu* (Bupleurum) and *Gan Cao* (Glycyrrhiza), both of which are constituents of Liver Happy, has been shown to satisfactorily treat infectious hepatitis in both adults and children.¹ Another study looked at the effects of *Chai Hu* (Bupleurum), with *Luo Han Gao* (Momordica) as a flavoring agent, in hyperlipidemia.¹ A total of 86 patients received the herbal formula three times daily for three weeks, and this was markedly effective in reducing blood triglyceride levels. *Mu Dan Pi* (Moutan) has anti-hypertensive effects, as demonstrated by a clinical study in which patients were given a total of 30-45 grams of the herb daily. After five days of treatment, the patients' blood pressure was significantly reduced.¹ Qi Stagnation causes pain, and *Zhi Zi* (Gardenia) has been clinically proven to have analgesic effects. In one study, 110 human patients with various aches and pains applied an herbal paste (of which *Zhi Zi* was a major component) topically, and this produced good results.¹ *Bai Shao* (Paeonia) also has significant analgesic effects, both orally and via intramuscular injection, and the combination of *Bai Shao* (Paeonia) and *Gan Cao* (Glycyrrhiza) reduces blood glucose in diabetics.¹

Pharmaceutical Evidence for the Effects of Herbs in Liver Happy

Scientific studies have shown that many herbs in Liver Happy have protective effects on the liver. Laboratory studies demonstrate that *Chai Hu* (Bupleurum) has hepatoprotective effects in mouse models of hepatic damage, such as that induced by carbon tetrachloride.² It decreases both inflammation and resultant liver fibrosis. This herb also promotes discharge of bile, increasing both production and excretion of bile. It is anti-inflammatory (decreasing capillary permeability due to histamine and 5-hydroxytryptamine release) and immunostimulant, with effects on both cellular and humoral immunity, and also has inhibitory effects against a variety of bacteria and viruses, including those that target the liver, such as leptospira and some hepatitis viruses.¹ The anti-oxidant selenium is known to protect against hepatic cancer due to oxidative stress. *Chai Hu* (Bupleurum) significantly enhances this effect,³ and the saikosaponins it contains also have direct apoptotic effects on hepatic carcinoma cells.⁴ Due to these varied and scientifically proven effects, *Chai Hu* (Bupleurum) is one of the most important herbs for the Liver and a major constituent of Liver Happy. Liver Happy also contains other herbs with proven effects on the Liver. *Dang Gui* (Angelica) regulates blood flow and protects the liver against the effects of free radicals in models of chronic liver damage,⁵ and many compounds with significant anti-oxidant activity have been isolated from *Bo He* (Mentha).⁶ *Xiang Fu Zi* (Cyperus) has also been shown to be a powerful scavenger of free radicals.⁷

Case Study

A 6-year-old Quarter Horse western pleasure riding mare presented for poor performance of 3-4 months' duration, accompanied by unprovoked outbursts of anger.⁸ On TCVM examination, the mare had a Wood constitution, with very good *Shen*. Her pulses were strong and her tongue was purple with slight redness on the sides and no coating. Her eyes were red and she was sensitive at acupoints GB-20, BL-18, BL-19, BL-54 and the classical equine points *Lu-gu* and *Bai-hui*. Based on the history and examination, the mare was diagnosed with Liver Qi Stagnation and Liver Yang Rising, together with local Qi Stagnation at the hips. She was treated with dry needle and electro-acupuncture and the formulas Liver Happy (to treat the Liver pathology) and Body Sore (to treat the local Stagnation). After two weeks of herbal therapy and two acupuncture treatments, the client reported that the mare was performing well with no outbursts of anger, and examination showed that her tongue and pulse were now normal and the point sensitivities were resolved. Liver Happy and Body Sore were prescribed for a further two months to ensure complete resolution of the mare's imbalance. The client was advised to give the mare Liver Happy again the following spring, because spring tends to aggravate Stagnation in Wood animals and the heat of summer exacerbates Liver Yang Rising.

References

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