



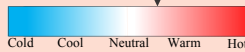
Gou Qi Zi - Lycium

TENDON/LIGAMENT FORMULA

DRUG TEST FREE FORMULA

Slightly Warm

TCVM Thermal Nature:



TCVM Indications:

- Liver Yin with Blood Deficiency
- Dry eyes
- Ligament mechanical damage
- Cracked hooves/paws
- Tongue: dry without coating
- Pulse: thready and weak

Chinese Principles of Treatment:

Nourish Liver Yin and Blood, strengthen tendons and ligaments

Contraindications: None

Dosage:

Horse - 15 g twice daily as top dressing on feed

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



Ingredients and Actions:

Latin Name	Ingredient	Actions
Lycium	<i>Gou Qi Zi</i>	Nourish Liver Yin and Blood
Ligusticum	<i>Chuan Xiong</i>	Move Blood, resolve stagnation
Paeonia	<i>Bai Shao Yao</i>	Nourish Blood and Yin, soothe Liver Yang
Cornus	<i>Shan Zhu Yu</i>	Nourish Liver Yin
Acanthopanax	<i>Wu Jia Pi</i>	Strengthen ligaments and tendons
Achyranthes	<i>Niu Xi</i>	Strengthens the Kidney and benefit the knees
Rehmannia	<i>Shu Di Huang</i>	Nourish Blood and Yin
Psolera	<i>Bu Gu Zhi</i>	Nourish Kidney Yang and Yin
Epimedium	<i>Yin Yang Huo</i>	Nourish Kidney Yang and Yin
Angelica	<i>Dang Gui</i>	Nourish Blood
Morus	<i>Sang Zhi</i>	Smoothen limbs
Cinnamon	<i>Gui Zhi</i>	Activate the Channels and limbs

- ✓ 200 teapills
- ✓ 100-0.2 g capsules
- ✓ 200-0.5 g capsules
- ✓ Biscuits
- ✓ 100 g powder
- ✓ 200 g powder
- ✓ 600 g powder
- ✓ 900 g powder



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Main Herbs in Tendon/Ligament Formula

Tendon/Ligament Formula is a modification of the classical formula *Bu Gan Qiang Jin San*. Chinese herbal medicines have been used in treatment of martial arts injuries for centuries,¹ and no conventional medicine or surgery has been developed that can heal tendons/ligaments. The tendons/ligaments are controlled by the Liver, and Liver *Yin*/Blood Deficiency is a common underlying cause of tendon and ligament injuries. *Shu Di Huang* (Rehmannia) nourishes Liver and Kidney *Yin* and Blood. It also replenishes *Jing*, and so is useful for tendon/ligament problems associated with developmental delay or premature aging. *Dang Gui* (Angelica) is commonly used in Chinese hospitals for treatment of musculoskeletal trauma,¹ as it activates Blood circulation and disperses stagnation, relieving pain and dissipating swelling. Combination of *Dang Gui* (Angelica) with *Chuan Xiong* (Ligusticum) enhances the effects of both these herbs on promoting movement of Blood and dispersing stagnation, therefore relieving pain.² *Bai Shao* (Paeonia) nourishes Blood and preserves *Yin*. It nourishes and softens the Liver, relieving pain.

Clinical Research on Tendon/Ligament Formula

Dang Gui (Angelica) has significant pain-relieving effects. Its anti-inflammatory effect is approximately 1.1 times stronger than acetylsalicylic acid (aspirin) and its pain-relieving effect is 1.7 times stronger.¹ This anti-inflammatory effect is strong enough to protect mice from otherwise lethal experimentally-induced endotoxemia.³ *Chuan Xiong* (Ligusticum) has proven pain-relieving effects. For example, it has been used in humans to treat pain caused by hypertrophic myelitis and bone spurs on the heels. Within 5-10 days of topical application, pain was moderately to significantly reduced.¹

Pharmaceutical Evidence for the Effects of the Herbs in Tendon/Ligament Formula

Bai Shao (Paeonia) contains paeoniflorin, which is a significant anti-pyretic and anti-inflammatory, and also inhibits embolus formation through its influence on blood clotting.¹ Ligustrazine, a compound isolated from *Chuan Xiong* (Ligusticum), has been shown to inhibit sensation of pain in rats, through its effects on various ion channels involved in neurotransmission.⁴ *Chuan Xiong* also contains lactone compounds that have significant anti-inflammatory effects.⁵ *Wu Jia Pi* (Acanthopanax) is adaptogenic, significantly increasing endurance in mice after administration for three days, and also has immunostimulant, anti-inflammatory, analgesic and anti-cancer effects.¹ *Shu Di Huang* (Rehmannia) is also anti-inflammatory, through inhibition of the pro-inflammatory enzyme cyclooxygenase.⁶

Tendon/Ligament Formula: A Case Study

A 12-year-old Poodle was successfully treated by Dr. Cydria Manette Schaefer for a torn cruciate ligament in the right stifle.⁷ He had started limping six days earlier, and was now non-weight bearing on the affected leg. The dog was a friendly Earth constitution, and had a history of previous medical problems, including seizures after vaccination and cataracts. His tongue was slightly lavender and his pulse was wiry. The dog was diagnosed with *Qi*-Blood Stagnation, together with Liver Blood/*Yin* Deficiency. He was treated by changing the diet in order to nourish Blood and *Yin*, and given four acupuncture treatments at monthly intervals. Tendon/Ligament Formula was prescribed for six months. After one month, the dog had started touching his leg to the ground, and after two months he was able to weight-bear. After four months, he was using the leg much more and the muscle tone of his leg had returned. At a ten-month follow-up, the dog was fully recovered and even able to stand up on his hind legs.

References:

- 1 Chen, J.K. and Chen, T.T., Chinese Medical Herbology and Pharmacology, Art of Medicine Press, 2004:348, 614, 919, 932-3
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- 5 Liu, L. *et al*, Phthalide Lactones from Ligusticum chuanxiong inhibit lipopolysaccharide-induced TNF-alpha production and TNF-alpha-mediated NF-kappaB Activation. *Planta Med.* 2005, 71:808-13
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- 7 Schaefer, C.M. Acupuncture and herbal medicine treatment of cruciate tear in poodle. *TCVM News.* 2009, 8:7