

# Veterinary Botanical Medicine Association

## CERTIFICATION EXAM INFO, STUDY & CASE REPORT GUIDE

Welcome to the VBMA, where we strive to establish a benchmark of competency to assist animal owners, farmers, and veterinarians in choosing a veterinary herbalist. Our certification process ensures that professionals meet the highest standards of expertise. Veterinarians who earn certification from the VBMA proudly carry the title of "Certified Veterinary Herbalist" (CVH). For non-veterinary herbalists, the title of "Certified Veterinary Herbalism Educator" (CVHE) is granted upon meeting our rigorous standards. To sit for the exam, non-veterinary herbalists must be VBMA members for at least 1 year, showcasing their commitment to the field.

### Certification by the VBMA

To obtain certification from the VBMA, candidates must fulfill the following requirements:

1. Successfully pass the comprehensive exam, which consists of 100-200 multiple choice questions, with a minimum grade of 75%. Maximum time allowed for the exam is 3 hours.
2. Submit three publication-quality case reports. Two case reports must be submitted prior to sitting for the exam and the third must be submitted within one year after the exam. We strongly encourage candidates to consider publishing these reports for peer review in the VBMA Journal.
3. Contribute a minimum of 10 test questions that can be utilized in future exams, helping to enrich the knowledge base of our community within 3 years.

These requirements ensure that certified veterinary herbalists possess a thorough understanding of the subject matter and can provide the highest level of care. The VBMA is committed to maintaining a standard of excellence within the field of veterinary herbalism, and we encourage candidates to meet these criteria as they pursue certification.

### Examination is administered yearly by the VBMA.

The VBMA conducts the exam annually in the United States. However, we understand that individual circumstances may require alternative arrangements. If you are unable to take the exam during the scheduled timeframe or have specific requirements, please reach out to us, and we will work with you to explore suitable options. We strive to accommodate candidates and ensure a fair and accessible certification process. Your success is important to us, and we are here to support you throughout your journey towards becoming a certified veterinary herbalist.

The non-refundable exam fee and case report assessment is \$300, and you may apply using the form on the VBMA's website, [www.vbma.org](http://www.vbma.org) during the open application period.

Note: the 2 case reports must be submitted prior to or at the exam.

### The Exam is tailored, and the herbalist must decide on:

#### Species of Interest

1. Dog/cat
2. Horse
3. Food animal or mixed animal

## **Area of Herbal Medicine**

1. Western herbs
2. TCM

The written examination, which consists of multiple-choice questions, will be conducted over a period of 2-3 hours. During the same session, an herb identification section may also be administered. In this section, Western herbs will be identified in writing using images or fresh plant material, while Chinese herbs will be identified based on dried samples and/or images.

Certification as a veterinary herbalist signifies a high level of competence in the field. It is essential for herbalists to be well-versed in the science, traditional use, and energetics of herbs. Staying up-to-date with the latest research on herbs, especially studies concerning companion and food animals, is crucial. Modern herbalism is an amalgamation of various traditions, and competent herbalists are expected to have knowledge that includes crossover between Western and Chinese herbs. A helpful tip to excel in this examination is to study instances where the same or similar plants are utilized in multiple traditions or systems.

It is important to note that the test predominantly employs the English system of pounds, ounces, and degrees Fahrenheit. However, some metric measures are also included to provide a well-rounded assessment.

To pass this examination, we anticipate that herbalists should have completed intensive courses in herbal medicine, each consisting of 100+ hours of instruction. Additionally, a period of 2-5 years of self-guided study and at least 1-2 years of clinical practice using herbs is recommended. These recommendations will ensure you possess the necessary knowledge and practical experience to undertake the exam successfully. The VBMA is committed to promoting excellence in the field and supporting herbalists on their path to certification.

## **Approximate study areas to emphasize are:**

### **Section I: Traditions of Herbal Medicine (5%)**

This section assesses the examinee's knowledge of the cultural and historical connections between humans, animals, and herbs. It can cover the concepts of major contributors such as Paracelsus, Galen, Hippocrates, Culpepper, Hildegard, Thomson, the Eclectics, Physiomedicalists and others with particular reference to their influences on the practice and traditions of Western Veterinary herbal medicine. It can cover the evolution of Chinese Herbal Medicine from classical Chinese medicine to TCM practices. The terms and concepts of ethnobotany, ethnoveterinary, and zoopharmacognosy may also be assessed.

### **Section II: Pharmacology and Toxicology (15%)**

This section is identical for both Traditional Chinese Medicine (TCM) and Western medicine. It assesses the examinee's understanding of various classes of herb constituents, such as alkaloids, resins, and more. The toxicology component of the section emphasizes the herbalist's knowledge of both theoretical considerations and reported toxicologic case studies involving different species. It is essential for herbalists to be well-versed in identifying toxic species from both Western and TCM herbal traditions, as this knowledge is of utmost importance in ensuring the safety and well-being of their patients.

### **Section III: Materia Medica (35%)**

This section will delve into comprehensive knowledge of individual herbs, focusing on indications, common uses, and contraindications specific to either Traditional Chinese Medicine (TCM) or Western herbs. The content of the section will depend on the test the applicant has chosen, ensuring that they are evaluated on their expertise in the selected herbal tradition. This portion of the examination aims to assess the examinee's in-depth understanding of the properties and appropriate applications of various herbs within their chosen practice, enabling them to provide effective and safe herbal treatments.

### **Section IV: Clinical Strategies (35%)**

This section adopts a systems approach to evaluate the herbalist's proficiency in selecting appropriate herbs for various clinical conditions in the species of interest. Furthermore, it assesses their ability to recognize well-known or commonly used herbs or formulas within either Traditional Chinese Medicine (TCM) or Western herbal traditions, depending on the specific test chosen by the applicant. This comprehensive examination component aims to gauge the herbalist's expertise in applying a holistic approach to address specific health concerns and their familiarity with established herbs or formulas relevant to their chosen herbal practice.

### **Section V: Botany, Wild crafting, Plant and Herb Identification (10%)**

This concise section focuses on three important aspects: endangered species, plant identification, and plant preparation. It encompasses knowledge and understanding of these topics in relation to both Western and Traditional Chinese Medicine (TCM) herbs.

The first aspect involves raising awareness about endangered species and the significance of preserving their populations. The examinee will be tested on their familiarity with endangered species used in herbal medicine and their understanding of the ethical considerations surrounding their use.

The second aspect evaluates the herbalist's ability to identify various plants used in herbal medicine. This includes recognizing the distinctive features, characteristics, and morphology of plants, ensuring accurate identification and the use of the correct species.

The third aspect emphasizes the herbalist's comprehension of proper plant preparation techniques. This encompasses methods such as drying, extracting, and processing plants to maximize their therapeutic potential while maintaining safety standards.

By covering both Western and TCM herbs, this section provides a comprehensive assessment of the herbalist's knowledge and expertise in endangered species awareness, plant identification, and plant preparation techniques across multiple herbal traditions.

**Western herbs which may be included in the identification section may include:**

COMMON NAME	BOTANICAL NAME
Alchemilla/ Lady's mantle	<i>Alchemilla vulgaris</i>
Agrimony	<i>Agrimonia eupatoria</i>
Alfalfa	<i>Medicago sativa</i>
Aloe	<i>Aloe vera</i>
Andrographis	<i>Andrographis paniculata</i>
Angelica	<i>Angelica archangelica</i>
Angelica, Chinese (Dong quai)	<i>Angelica sinensis</i>
Artichoke	<i>Cynara scolymus</i>
Ashwaganda	<i>Withania somnifera</i>
Astragalus	<i>Astragalus membranaceus</i>
Bacopa	<i>Bacopa monnieri</i>

Bidens	<i>Bidens spp.</i>
Bilberry	<i>Vaccinium myrtillus</i>
Bitter melon	<i>Pterocarpus marsupium</i>
Black cohosh	<i>Actea racemosa</i>
Black walnut	<i>Juglans nigra</i>
Blackberry	<i>Rubus fruticosus</i>
Bladderwrack	<i>Fucus vesiculosus</i>
Blood Root	<i>Sanguinaria canadensis</i>
Blue cohosh	<i>Caulophyllum thalictroides</i>
Boneset	<i>Eupatorium perfoliatum</i>
Boswellia	<i>Boswellia serrata</i>
Buchu	<i>Agathosma betulina</i>
Bugleweed	<i>Lycopus europeus, L, virginicum, L. americanum</i>

Burdock	<i>Arctium lappa</i>
Butterfly Weed , Pleurisy root	<i>Asclepius tuberosa</i>
California Poppy	<i>Eschscholzia californica</i>
Cannabis, Medical cannabis, CBD, THC added	<i>Cannabis sativa</i>
Cascara	<i>Cascara sagrada</i>
Cat's Claw	<i>Uncaria tomentosa</i>
Cayenne	<i>Capsicum minimum</i>
Chamomile	<i>Matricaria chamomilla syn M. recutita</i>
Chaparral	<i>Larrea tridentata</i>
Chaste Tree	<i>Vitex agnus-castus</i>
Cleavers	<i>Galium aparine</i>
Comfrey	<i>Symphytum officinale</i>

Corydalis	<i>Corydalis yanhusuo</i>
Cordyceps	<i>Cordyceps sinensis</i> , <i>C. militaris</i> (more commercially available)
Corn silk	<i>Zea mays</i>
Cranberry	<i>Vaccinium macrocarpon</i>
Crateva	<i>Crateva nurvala</i>
Dandelion	<i>Taraxacum officinale</i>
Devils Claw	<i>Harpagophytum procumbens</i>
Echinacea	<i>E. angustifolia</i> , <i>E. purpurea</i>
Elder flower	<i>Sambucus nigra</i>
Elecampane	<i>Inula helenium</i>
Eleutherococcus	<i>Eleutherococcus senticosus</i> Syn <i>Acanthopanax senticosus</i>
Eyebright	<i>Euphrasia officinalis</i>
Fennel	<i>Foeniculum vulgare</i>
Fenugreek	<i>Trigonella foenum-graecum</i>
Figwort	<i>Scrophularia marilandica</i>
Garlic	<i>Allium sativum</i>
Gentian	<i>Gentiana lutea</i>
Ginger	<i>Zingiber officinalis</i>
Ginkgo	<i>Ginkgo biloba</i>
Ginseng Red , Panax, Korean, Chinese.	<i>Panax ginseng</i>
Ginseng- American	<i>Panax quinquefolius</i>
Goldenrod	<i>Solidago odora</i>
Goldenseal	<i>Hydrastis canadensis</i>
Gotu kola	<i>Centella asiatica</i>
Ground Ivy	<i>Glechoma hederacea</i>
Guggul	<i>Commiphora mukul</i>
Gymnema	<i>Gymnema sylvestre</i>
Hawthorn	<i>Crataegus oxyacantha</i>
Hops	<i>Humulus lupulus</i>
Horehound	<i>Marrubium vulgare</i>
Horse chestnut	<i>Aesculus hippocastanum</i>
Horsetail	<i>Equisetum arvense</i>
Hyssop	<i>Hyssopus officinalis</i>
Joe-Pye Weed , Gravel Root	<i>Eupatorium purpureum</i>
Irish moss	<i>Chondrus crispus</i>
Jamaica Dogwood	<i>Piscidia piscipula</i>
Japanese's Knotweed	<i>Teynoutria japonica</i> ( <i>Fallopia japonica</i> )
Juniper	<i>Juniperus communis</i>
Kava kava	<i>Piper methysticum</i>
Kudzu	<i>Pueraria lobata</i>
Lavender	<i>Lavandula spp.</i>
Lemon balm	<i>Melissa officinalis</i>
Licorice	<i>Glycyrrhiza glabra</i>
Linden	<i>Tilia europea</i>
Lobelia	<i>Lobelia inflata</i>
Maitake	<i>Grifola frondosa</i>
Marshmallow	<i>Althea officinalis</i>

Meadowsweet	<i>Filipendula ulmaria</i>
Milk thistle	<i>Silybum marianum</i>
Mint	<i>Mentha piperita</i>
Motherwort	<i>Leonurus cardiaca</i>
Mullein	<i>Verbascum thapsus</i>
Myrrh	<i>Commiphora spp</i>
Neem	<i>Azadirachta indica</i>
Nettles	<i>Urtica dioica</i>
Oak	<i>Quercus spp</i>
Oats	<i>Avena sativa</i>
Oregon Grape	<i>Mahonia aquifolium</i>
Parsley	<i>Petroselinum crispum</i>
Passion Flower	<i>Passiflora incarnata</i>
Pennyroyal	<i>Mentha pulegium</i>
Peppermint	<i>Mentha piperita</i>
Pipssissewa	<i>Chimaphila umbellata</i>
Plantain	<i>Plantago major</i>
Pokeroot	<i>Phytolacca decandra</i>
Prickly Ash	<i>Zanthoxylum americanum</i> and other spp.
Psyllium	<i>Plantago ovata</i>
Raspberry	<i>Rubus idaeus</i>
Red Clover	<i>Trifolium praetense</i>
Rehmannia	<i>Rehmannia glutinosa</i>
Reishi	<i>Ganoderma lucidum</i>
Rosemary	<i>Salvia rosmarinus</i>
Saint Johns Wort	<i>Hypericum perforatum</i>
Sarsaparilla	<i>Smila regelii</i>
Saw Palmetto	<i>Serenoa repens</i>
Scullcap Skullcap (American)	<i>Scutellaria lateriflora</i>
Shitake	<i>Lentinus edoides</i>
Self Heal	<i>Prunella vulgaris</i>
Senna	<i>Cassia alexandrina, Cassia angustifolia, fm. Cassia senna</i>
Slippery Elm	<i>Ulmus fulva</i>
Stillingia	<i>Stillingia sylvatica</i>
Stone Root	<i>Collinsonia canadensis</i>
Sumac	<i>Rhus glabra</i>
Sweet Birch	<i>Betula lenta</i>
Tea	<i>Camellia sinensis</i>
Tea Tree	<i>Melaleuca alternifolia</i>
Thuja	<i>Thuja occidentalis</i>
Tulsi, Holy basil	<i>Ocimum sanctum/ tenuiflorum</i>
Turkey Tail	<i>Trametes versicolor</i>
Turmeric	<i>Cucurma longa</i>
Usnea	<i>Usnea barbata</i>
Uva Ursi	<i>Arctostaphylos uva-ursi</i>
Valerian	<i>Valeriana officinalis</i>
Violet	<i>Viola soraria</i>

White Pine	<i>Pinus strobus</i>
White Willow	<i>Salix alba</i>
Wild Cherry Bark	<i>Prunus virginiana, P. serotina</i>
Wild Yam	<i>Dioscorea villosa</i> and other spp.
Witch Hazel	<i>Hamamelis virginiana</i>
Wormwood	<i>Artemisia absinthum</i>
Yerba Santa	<i>Eriodictyon californicum</i>
Yarrow	<i>Yarrow millefolium</i>
Yellow dock	<i>Rumex crispus</i>
Yucca	<i>Yucca schidigera</i>

Chinese herbs which may be included in the identification section may include:

\*Note , animal parts are included here in this list, not as an endorsement of their use but because you are expected to know the Pin Yin name in order to be able to look for products with substitutes.

PIN YIN NAME	BOTANICAL NAME	COMMON NAME AND MEDICINAL PART USED
Ai Ye	<i>Artemisa argyi, A. vulgaris</i>	Mugwort herb
Bai Dou Kou	<i>Amomum kravanh</i>	White Cardamon fruit
Bai Hua She Cao	<i>Oldenlandia diffusa</i>	Olenlandia
Bai Fan		Alum
Bai Guo	<i>Ginkgo biloba</i>	Ginkgo nut
Bai He	<i>Lilium brownii, L. colchesteri, L. pumilum, L. longiflorum</i>	Lily bulb
Bai Ji Tian	<i>Morinda officinalis</i>	Morinda root
Bai Jie Zi	<i>Brassica alba</i>	White mustard seeds
Bai Shao	<i>Paeonia lactiflora</i>	White Peony
Bai Xian Pi	<i>Dictamnus dasycarpus</i>	Dictamnus, Chinese dittanyroot bark
Bai Zhi	<i>Angelica dahurica</i>	Angelica root
Bai Zhu	<i>Atractylodes macrocephala</i>	White Atractylodes rhizome
Bai Zi Ren	<i>Biota orientalis</i>	Arbor-vitae seed, Biota seed
Ban Bian Lian	<i>Lobelia chinensis</i>	Chinese lobelia herb and root
Ban Lan Gen	<i>Isatis baphicacanthus, Isatis tinctoria, I. indigotica, Baphicacanthus cusia</i>	Chinese woad root
Ban Xia	<i>Pinellia ternata</i>	Cooked rhizome of Pinellia
Ban Zhi Lian	<i>Scutellaria barbata</i>	Barbart scullcap herb
Bei Sha Zhi	<i>Glehnia littoralis</i>	Glehnia
Bi Ba Long	<i>Piper longum</i>	Pepper fruit
Bi Xie	<i>Dioscorea hypoglauca, D. septemloba, D. futschauensis</i>	Yam tuber
Bian Xu	<i>Polygonum avicularis</i>	Polygonum root, Knotweed root
Bing Lang	<i>Areca catechu</i>	Betel nut
Bing Pian	<i>Dryobalanops aromatica, Blumea balsamifera</i>	Borneol
Bo He	<i>Mentha haplocalyx, M. arvensis</i>	Mint herb
Bu Gu Zhi	<i>Psoralea corylifolia</i>	Psoralea seed

Can Sha	<i>Bombyx mori</i>	Silk worm casting*
Cang Er Zi	<i>Xanthium sibiricum</i>	Cocklebur fruit, Xanthium fruit
Cang Zhu	<i>Atractylodes lancea, A. chinensis</i>	Red Atractylodes rhizome
Ce Bai Ye	<i>Biota orientalis</i>	Biota tops
Chai Hu	<i>Bupleurum chinensis</i>	Bupleurum root
Chan Tui	<i>Periostracum cicadae</i>	Cicada shed skin*
Che Qian Zi	<i>Plantago asiatica or Plantago depressa</i>	Plantain seed
Chen Pi	<i>Citrus reticulata, C. tangerina</i>	Aged orange peel
Chen Xiang	<i>Aquillaria agallocha, A. sinensis</i>	Aquillaria wood, Aloeswood
Chi Shao	<i>Paeonia rubra</i>	Red Peony root
Chi Shi Zhi		Red Kaolin
Chou Wu Tong	<i>Clerodendron trichotomum</i>	Glorybower leaf
Chuan Bei Mu	<i>Fritillaria cirrhosa, Fritillaria thunbergia, Fritillaria unibracteata, F. przewalskii, F. delavayi</i>	Fritillary bulb
Chuan Niu Xi	<i>Achyranthes bidentata</i>	Achyranthes root
Chuan Xin Lian	<i>Andrographis paniculata</i>	Green chiretta herb; Andrographis herb
Chuan Xiong	<i>Ligusticum chuanxiong</i>	Szechuan Lovage root, Cnidium root
Ci Ji Li	<i>Tribulus Terrestris</i>	Tribulus fruit
Ci Shi		Magnetite
Cong Bai	<i>Allium fistulosum</i>	Spring onion bulb
Da Fu Pi	<i>Areca catechu</i>	Areca nut peel
Da Huang	<i>Rheum palmatum, R. officinale or R. tanguticum</i>	Rhubarb root and rhizome
Da Ji	<i>Euphorbia pekinensis, Knoxia valerianoides</i>	Peking spurge root; euphorbia root
Da Qing Ye	<i>Isatis tinctoria, I. Indigota, Baphicacanthus cusia; Polygonum tinctorium, Clerodendron cyrtophyllum</i>	Chinese woad leaf
Da Suan	<i>Allium sativum</i>	Garlic bulb
Da Zao	<i>Ziziphus jujuba</i>	Chinese date, Jujube fruit
Dan Dou Chi	<i>Glycine max</i>	Prepared soy bean
Dan Shen	<i>Salvia miltorrhiza</i>	Salvia root
Dang Qui (Tang kuei)	<i>Angelica sinensis</i>	Angelica root
Dang Shen	<i>Codonopsis pilosula</i>	Codonopsis root
Di Fu Zi	<i>Kochia scoparia</i>	Kochia fruit, broom cypress root
Di Gu Pi Lycium root bark,	<i>Lycium chinense, L. barbarum</i>	Wolfberry root bark
Di Long	<i>Pheretima aspergillum, Allolobophora caliginosa</i>	Earthworm*
Di Yu	<i>Sanguisorba officinalis</i>	Burnet root
Ding Xiang	<i>Caryophylla</i>	Cloves
Dong Chong Xia Cao	<i>Cordyceps Sinensis Cordyceps militaris</i>	Cordyceps caterpillar fungus
Dong Kui Zi	<i>Malva verticillata</i>	Mallow seed
Du Huo	<i>Angelica pubescens</i>	Angelica root



Du Zhong	<i>Eucommia ulmoides</i>	Eucommia bark
E Jiao	<i>Colla Corii Asini</i>	Donkey hide gelatin*
E zhu	<i>Curcuma longa</i>	Turmeric root
Fan Xie Ye	<i>Cassia angustifolia, C. acutifolia</i>	Senna leaf
Fang Feng	<i>Ledebouriella divaricata, L. sesiloides</i>	Siler root
Fang Ji: see Guang Fang Ji and Han Fang Ji		
Fu Ling	<i>Poria cocos</i>	Poria sclerotium
Fu Pen Zi	<i>Rubus Chingii</i>	Raspberry fruit
Fu Xiao Mai	<i>Triticus aestivus</i>	Light wheat
Fu Zi	<i>Aconitum carmichaeli</i>	Prepared Aconite root
Gan Cao	<i>Glycyrrhiza uralensis, G. glabra</i>	Licorice root
Gan Jiang	<i>Zingiber officinale</i>	Ginger root
Gao Ben	<i>Ligusticum sinense, L. jeholense</i>	Chinese Lovage root, Ligusticum root
Ge Gen	<i>Pueraria lobata, P. thunbergiana</i>	Kudzu root
Ge Jie (should we encourage this?)	<i>Gecko gecko</i>	Whole gecko lizard*
Gou Qi Zi	<i>Lycium chinense</i>	Wolfberry fruit
Gou Teng	<i>Uncaria rhynchophylla, U. sinensis</i>	Gambir stem and thorn
Gu Ya	<i>Oryza sativa</i>	Germinated rice
Gua Lou	<i>Trichosanthes kirilowii, T. uniflora, T. rosthornii</i>	Trichosanthes fruit
Gua Lou Ren	<i>Trichosanthes kirilowii, T. uniflora, T. rosthornii</i>	Trichosanthes seed
Guang Fang Ji	<i>Aristolochia fangchi, Cocculus trilobus</i>	Aristolochia root; Stephania root
Gui Zhi	<i>Cinnamomum cassia</i>	Cinnamon twigs
Hai Piao Xiao	<i>Sepia esculenta, Sepiella maindroni</i>	Cuttlefish bone
Hai Zao	<i>Sargassum pallidum, s. fusiforme</i>	Sargasso seaweed
Han Fang Ji	<i>Stephania tetrandra; Sinomenium acutum</i>	Stephania root
Han Lian Cao	<i>Eclipta prostrata</i>	Eclipta herb
He Huan Pi	<i>Albizzia julibrissa</i>	Mimosa tree bark
He Shou Wu	<i>Polygonium multiflorum</i>	Fo-ti root
He Ye	<i>Nelumbo nucifera</i>	Lotus leaf
Hei Zhi Ma	<i>Sesame indica</i>	Black sesame seed
Hong Hua	<i>Carthamus tinctorius</i>	Safflower
Hou Po	<i>Magnolia officinalis</i>	Magnolia bark
Hu Huang Lian	<i>Picrorhiza scrophulariaefolia</i>	Picrorhiza rhizome
Hu Jiao	<i>Piper nigrum</i>	Pepper fruit
Hu Lu Ba	<i>Trigonella foenum-graecum</i>	Fenugreek seeds

Hu Tao Ren	<i>Juglans regia</i>	Walnut
Hua Jiao	<i>Zanthoxylum bungeanum</i>	Chinese Prickly Ash fruit, Szechuan pepper
Hua Shi		Talc
Huai Hua Mi	<i>Sophora japonica</i>	Sophora flower
(Huai) Niu Xi	<i>Achyranthes bidentata</i>	Achyranthes root
Huang Bai	<i>Phellodendron amurense</i>	Amur cork-tree bark
Huang Jing	<i>Polygonatum odoratum</i>	Siberian Solomon's Seal
Huang Lian	<i>Coptis chinensis, C. deltoidea, C. teetoidess</i>	Coptis root
Huang Qi	<i>Astragalus membranaceous</i>	Astragalus root
Huang Qin	<i>Scutellaria baicalensis, S. amoena, S. viscidula</i>	Baical Scullcap root; Scullcap root
Huo Ma Ren	<i>Cannabis sativa</i>	Cannabis seed, Hemp seed
Huo Xiang	<i>Agastaches pogostemon, Agastache rugosa, Pogostemon</i>	Patchouli herb
Ji Nei Jin	<i>Endothelium corneum</i>	Chicken gizzard lining*
Ji Song Rong	<i>Agaricus blazei</i>	Agaricus mushroom
Jiang Can	<i>Bombyx batryticatus</i>	Silkworm body*
Jie Geng	<i>Platycodon grandiflorum</i>	Balloon flower root, Platycodon root
Jin Qian Cao	<i>Lysimachia christinae, Desmodium styracifolium</i>	Lysimachia herb
Jin Sha Teng	<i>Lygodium japonica</i>	Japanese Fern leaf; Lygodium leaf
Jin Yin Hua	<i>Lonicera japonica</i>	Honeysuckle buds and flowers
Jin Ying Zi	<i>Rosa laevigata</i>	Rosehip
Jing Jie	<i>Schizonepeta tenuifolia</i>	Schizonepeta herb
Ju Hua	<i>Chrysanthemum morifolium</i>	Chrysanthemum flowers
Jue Ming	<i>Zi Cassia obtusifolia, C. tora</i>	Cassia seed
Ku Shen	<i>Sophora flavescens</i>	Sophora root
Xing Ren	<i>Prunus armeniaca</i>	Apricot seed
Kuan Dong Hua	<i>Tussilago farfara</i>	Coltsfoot flower
Kun Bu	<i>Laminaria japonica, Ecklonia kurome</i>	Laminaria seaweed
Lian Qiao	<i>Forsythia suspensa</i>	Forsythia fruit
Long Dan Cao	<i>Gentiana scabra, G. triflom, G. manshurica</i>	Chinese Gentian root
Long Gu		Fossilized Bone, bone * (usually of mammals)
Long Yan Rou	<i>Euphoria longan, Arillus euphoria</i>	Longan fruit
Lu Dou	<i>Phaseolus radiata, P. mungo</i>	Mung Bean seed
Lu Hui	<i>Aloe vera</i>	Aloe leaf juice concentrate
Lu Rong	<i>Cervus Nippon</i>	Pilose deer antler*
Ma Chi Xian	<i>Portulaca oleracea</i>	Purslane herb; Portulaca herb
Ma Dou Ling	<i>Aristolochia debilis, A. contorta</i>	Aristolochia fruit, Birthwort fruit

Ma Huang	<i>Ephedra sinica</i>	Ephedra stems
Mai Men Dong	<i>Ophiopogon japonica</i>	Mondo grass root
Mai Ya	<i>Hordeum vulgare</i>	Malt; germinated barley
Man Jing Zi	<i>Vitex rotundifolia</i>	Vitex fruit
Mi Meng Hua	<i>Buddleia officinalis</i>	Butterfly bush flower bud
Mo Yao	<i>Commiphora myrrh</i>	Myrrh resin
Mu Dan Pi Tree	<i>Paeonia suffruticosa</i>	Peony root bark
Mu Li	<i>Ostrea spp.</i>	Oyster shell*
Mu Tong	<i>Akebia trifoliata</i> , <i>A. quinata</i> , but <i>Akebia</i> species may be substituted with <i>Aristolochia manshuriensis</i> , <i>Clematis armandii</i> , or <i>Clematis montana</i>	Akebia vine
Mu Xiang	<i>Aucklandia lappa</i>	Costus root
Mu Zei	<i>Equisetum hiemalis</i>	Chinese horsetail herb, Scouring rush, herb, shave grass herb
Niu Bang Zi	<i>Arctium lappa</i>	Burdock seed
Nu Zhen Zi	<i>Ligustrum lucidum</i>	Privet berry
Pi Pa Ye	<i>Eriobotrya japonica</i>	Loquat leaf
Pu Gong Ying	<i>Taraxacum mongolicum</i>	Dandelion herb and root
Qian Niu Zi	<i>Pharbitis nil</i> , <i>P. purpurea</i>	Morning glory seed
Qiang Huo	<i>Notopterygium incisum</i> , <i>N. forbesii</i>	Notopterygium root, Chiang Huo root
Qin Jiao	<i>Gentiana macrophylla</i> , <i>G. straminea</i> , <i>G. crassicaulis</i> , <i>G. tibetica</i>	Large leaf gentian root
Qin Pi	<i>Fraxinus rhynchophylla</i>	Korean Ash bark
Qing Hao	<i>Artemisia annua</i> , <i>A. apiacea</i>	Wormwood herb
Qing Pi	<i>Citrus reticulata</i>	Green tangerine peel
Qu Mai	<i>Dianthus superbus</i> , <i>D. chinensis</i>	Dianthus flowering tops; Chinese Pink flowering tops; Fringed Pink flowering tops
Quan Xie	<i>Buthus martensis</i>	Whole scorpion*
Ren Shen	<i>Panax ginseng</i>	Korean Ginseng root, Red Ginseng root
Rou Cong Rong	<i>Cistanches deserticola</i> , <i>C. salsa</i>	Broomrape stem, Cistanche stem
Rou Dou Cou	<i>Myristica fragrans</i>	Nutmeg seed
Rou Gui	<i>Cinnamomum cassia</i>	Inner bark of Cinnamon
Ru Xiang	<i>Boswellia carterii</i>	Boswellia resin, Frankincense
San Qi	<i>Panax pseudoginseng</i> , <i>P. notoginseng</i>	Pseudoginseng root, Notoginseng root
Sang Ji Sheng	<i>Viscum coloratum</i> , <i>Viscum album</i> , <i>Loranthus parasiticus</i> , <i>Taxillus chinensis</i> , <i>T. sutchuensis</i> , <i>L. yadoriki</i>	Mistletoe stems, Loranthus stems
Sang Shen	<i>Morus alba</i>	Mulberry fruit
Sang Ye	<i>Morus alba</i>	Mulberry leaf
Sang Zhi	<i>Morus alba</i>	Mulberry twig
Sha Ren	<i>Amomum villosum</i> , <i>A. xanthioides</i>	Cardamon fruit
Sha Shen	<i>Adenophora glehnia</i> , <i>A. tetraphylla</i> , <i>A. stricta</i> , <i>Glehnia littoralis</i>	Glehnia root

Shan Dou Gen	<i>Sophora tonkinensis, S. subprostrata</i>	Sophora root
Shan Yao	<i>Dioscorea opposita</i>	Yam tuber
Shan Zha	<i>Crataegus pinnatifida, C. cuneata</i>	Hawthorn fruit
Shan Zhu Yu	<i>Cornus officinalis</i>	Cornus fruit
Shang Lu	<i>Phytolacca acinosa, P. esculenta</i>	Poke root
Shen Qu		Medicated leaven (combination of grains and yeast)
Sheng Di Huang	<i>Rehmannia glutinosa</i>	Rehmannia root
Sheng Jiang Fresh	<i>Zingiber officinale</i>	Ginger root
Sheng Jiang Pi	<i>Zingiber officinale</i>	Fresh ginger root peel
Sheng Ma	<i>Cimicifuga (Actea?) foetida, C. dahurica, C. heracleifolia,</i>	Chinese black cohosh rhizome, Bugbane rhizome
Shi Chang Pu	<i>Acorus graminei</i>	Sweetflag rhizome, Acorus rhizome
Shi Gao	<i>Gypsum fibrosum</i>	Gypsum
Shi Wei	<i>Pyrrhosia lingua, P. sheareri; P. petiolosa</i>	Pyrrhosia leaf
Shu Di Huang	<i>Rehmannia glutinosa</i>	Cooked Rehmannia root
Su He Xiang	<i>Liquidambar orientalis</i>	Rose maloe resin, Liquidambar, Styrax
Su Zi	<i>Perilla frutescens</i>	Perilla fruit and seed
Suan Zao Ren	<i>Ziziphus spinosa</i>	Sour jujube seed
Tao Ren	<i>Persica</i>	Peach kernel
Tian Ma	<i>Gastrodia elata</i>	Gastrodia rhizome
Tian Hua Fen	<i>Trichosanthes kirilowii</i>	Trichosanthes root
Tian Men Dong	<i>Asparagus conchinchinensis, A. officinalis</i>	Asparagus shoot and root
Ting Li Zi	<i>Descurainia sophia, Lepidium apetalum</i>	Lepidium seed
Tu Fu Ling	<i>Smilax glabra</i>	Smilax rhizome; greenbrier rhizome
Tu Si Zi	<i>Cuscuta chinensis</i>	Cuscuta seeds
Wu Wei Zi	<i>Schisandra chinensis</i>	Schisandra fruit
Wu Yao	<i>Lindera strychnifolia</i>	Lindera root
Wu Zhu Yu	<i>Evodia ruteacarpa, e. officinalis, E. bodinieri</i>	Evodia fruit
Xi Xin	<i>Asarum sieboldii, A. heteropoides, A. mandshuricum</i>	Chinese wild ginger herb and root
Xi Yang Shen	<i>Panax Quinguefolium</i>	American ginseng root
Xia Ku Cao	<i>Prunella vulgaris</i>	Self heal herb
Xian He Cao	<i>Agrimonia pilosia</i>	Agrimony herb
Xian Mao	<i>Curculigo orchioides</i>	Orchid-eye grass rhizome
Xiang Fu	<i>Cyperus rotundifolia</i>	Nut grass rhizome, Cyperus rhizome
Xiang Zi	<i>Celosia argentea</i>	Celosia seeds
Xiao Hui	<i>Xiang Foeniculum vulgaris</i>	Fennel fruit
Xin Yi Hua	<i>Magnolia</i>	Magnolia flower
Xing Ren	<i>Prunus armeniaca</i>	Apricot kernel
Xuan Fu	<i>Inula japonica, I. Britannica, I. chinensis</i>	Hualnula flower

Xuan Shen		Scrophularia root, ningpo figwort root
Yan Hu Suo	<i>Scrophularia ningpoensis, S. buergeriana</i>	Corydalis yanhusuo Corydalis root
Ye Jiao Teng	<i>Polygonum multiflorum</i>	Fleeceflower stem
Yi Mu Cao	<i>Leonurus heterophylla</i>	Chinese motherwort herb
Yi Yi Ren	<i>Coix lachryma jobi</i>	Coix seeds, Job's Tears seeds
Yi Zhi Ren	<i>Alpinia oxyphylla</i>	Black cardamon
Yin Chen Hao	<i>Artemisia capillaris, A. scoparia</i>	Capillaris herb; Yinchenhao herb
Yin Yang Huo	<i>Epimedium grandiflorum</i>	Epimedium leaf
Yu Jin	<i>Curcuma longa, C. aromatica, C. kwangsinensis</i>	Curcuma tuber
Yu Li Ren	<i>Prunus japonica, P. humulus</i>	Bush cherry pit
Yu Zhu	<i>Polygonum odoratum</i>	Solomon's seal rhizome
Ze Lan	<i>Lycopus lucidum</i>	Bugleweed herb
Ze Xie	<i>Alisma orientalis, Alisma plantago-aquatica v. orientale</i>	Water plantain rhizome, Alisma rhizome
Zhe Bei Mu	<i>Fritillaria thunbergii, F. verticillata</i>	Fritillaria bulb
Zhi Ke	<i>Citrus aurantium</i>	Bitter orange fruit
Zhi Mu	<i>Anemarrhena asphodeloides</i>	Anemarrhena rhizome
Zhi Shi Citrus	<i>aurantium</i>	Immature orange fruit
Zhi Zi	<i>Gardenia jasminoides</i>	Gardenia fruit
Zhu Ling	<i>Polyporus umbellatus</i>	Polyporus sclerotium
Zhu Ru	<i>Bambusa brevifolia, Phyllostachys nigra</i>	Bamboo shavings
Zi Cao	<i>Lithospermum erythrorhizon, Arnebia euchroma or Macrotomia euchroma, Onosma paniculatum</i>	Lithospermum root, groomwell root, arnebia root
Zi Su Ye	<i>Perillae frutescens</i>	Perilla leaf

### Chinese formulas to know:

Zhen Tang  
 Ba Zheng Tang  
 Ba Wei Di Huang Wan  
 Bai He Gu Jin Tang  
 Bai Hu Tang  
 Ban Xia Bai Zhu Tian Ma Tang  
 Be Xie Sheng Shi  
 Bo He Wan  
 Bu Gan Tang  
 Bu Yang Huan Wu Tang  
 Bu Zhong Yi Qi Tang  
 Chai Ge Jie Ji Tang  
 Chai Hu Jia Long Mu Li Tang  
 Chuan Xin Lian Kang  
 Yan Pian  
 Dang Gui Shao Yao San  
 Du Huo Ji Sheng Tang  
 Er Chen Wan

Er Xian Tang  
Gan Mao Ling  
Ge Gan Tang  
Ge Xia Zhu Ye Tang  
Gui Pi Tang  
Gui Zhi Tang  
Huang Lian Jie Du Tang  
Huo Xiang Zheng Qi Wan  
Jiang Ya Wan  
Jin Gui Shen Qi Wan  
Kang Ning Wan  
Li Dan Pian  
Li Fei Tang  
Liu Wei Di Huang Wan  
Liu Jun Zi Tang  
Long Dan Xie Gan  
Tang  
Ma Zi Ren Wan  
Ping Wei San  
Qing Fei Tang  
Qing Ying Tang  
Ren Shen Ge Jie San  
Run Chang Wan  
San Ren Tang  
Sang Piao Xiao San  
Shao Fu Zhu Ye Tang  
Shen Ling Bai Zhu San  
Shen Qi Wan  
Shen Tong Zhu Yu Tang  
Si Jun Zi Tang  
Si Miao San  
Si Wu Tang  
Si Wu Xiao Feng Yin  
Su Zi Jiang Qi  
Tang  
Tian Ma Gou Teng Yin  
Tian Wang Bu Xin Dan  
Tao Hong Er Chen Tang  
Wen Dan Tang  
Wei Ling Tang  
Wu Ling San  
Xiao Fang Huo  
Ming Yin  
Xiao Feng San  
Xiao Chai Hu Tang  
Xiao Huo Lou Dan  
Xiao Qing Long  
Tan  
Xiao Yao San  
Xiao Huo Luo Dan  
Xue Fu Zhu Ye Tang  
Yi Guan Jian  
Yi Yi Ren Tang  
Yin Qiao San  
You Guo Wan

Yu Nu Jian  
Yu Ping Feng San  
Yunnan Bai Yao  
Zhi Bai Di Huang Wan  
Zhi Sou San  
Zhu Ling San  
Zuo Gui Wan

### Suggested Study Resources:

- Pubmed- familiarize yourself with veterinary herbal studies from the last ten years. Pubmed is a great resource for the materia medica.

### Western Herbal Medicine

- Wynn, Susan and Fougere, Barbara. 2006 Veterinary Herbal Medicine. Mosby.
- Bone, Mills Principles and Practice of Phytotherapy Modern Herbal Medicine 2013
- Wood Mathew Vitalism the History of Herbalism
- Wood Mathew The Earthwise Herbal, Volume I and Volume II: A Complete Guide to Old World Medicinal Plants
- Pengelly, Andrew, 2021. The Constituents of Medicinal Plants. 3<sup>rd</sup> edition

### Chinese Herbal Medicine

- Marsden Steve Essential Guide to Chinese Herbal Formulas 2014
- Xie Huiesheng Chinese Veterinary Herbology 2010
- Beebe Signe, Salewski M, Chen J, Chen T Chinese *Herbal Formulas for Veterinarians* 2012
- Bensky Dan, Clavey S Chinese Herbal Medicine: Materia Medica 2015
- Wynn S, and Marsden S, 2002. Manual of Natural Veterinary Medicine: Science and Tradition. Mosby, St Louis.

### Both

- Pengelly, Andrew, 2021. The Constituents of Medicinal Plants. 3<sup>rd</sup> edition
- Brinker FJ: Herb Contraindications and Drug Interactions (4<sup>th</sup> ed)

### Case Report Guidelines:

To meet the requirements for this assessment, you are expected to prepare two comprehensive case reports. The following criteria should be fulfilled:

1. Select a suitable case from your practice load, ensuring it has a well-diagnosed Western medical condition supported by data. While another veterinarian may have made the initial diagnosis, you must provide categorical evidence of how the diagnosis was made.

2. Conduct a relevant literature review on your chosen case, incorporating at least three scientific references that support your case. This review should encompass both Western conventional medicine and the pertinent framework you are utilizing, such as Traditional Chinese Medicine (TCM) findings or Western herbal medicine.
3. Gather appropriate clinical data, including Western conventional measurements and the relevant information specific to your chosen framework (Western herbal medicine or TCM findings). Ensure the collection of comprehensive and accurate clinical information.
4. Apply information from published research that supports your individualized treatment strategy for the case, demonstrating the integration of evidence-based knowledge into your approach.
5. Reference your case report correctly using the Harvard style of referencing, such as citing authors' names, year of publication, article title, journal name, volume number, issue number (if applicable), and page numbers.
6. Reassess your patient at least once during the course of treatment and modify your treatment strategy as needed, reflecting the iterative nature of patient management.

The case reports should be presented in a format suitable for possible publication in a scientific journal. Each report should include a title page with your name, the case report title, and an abstract summarizing the key aspects of the case.

In terms of formatting, use Arial or Times New Roman font, size 12, with 1.5 line spacing and page margins of 2.5cm or one inch on all sides. Limit each case report to a maximum of six pages of single-sided text (excluding the title page, tables, references, and appendix material). The total number of pages must not exceed twelve, and all pages should be numbered in the upper right-hand corner.

Include pertinent laboratory data, radiology reports, ultrasound findings, etc., in tabular and appendix material. Ensure clear identification and evaluation of this additional information within the report itself.

Structure your case reports with the major emphasis given to the rationale and justification for the herbal approach. The discussion should be concise yet adequately consider differential diagnoses, alternative courses of investigation and treatment (including conventional treatment), and a well-justified selection of the chosen courses of action.

By following these guidelines, you will meet the criteria for success in this assessment and produce high-quality, scientifically rigorous case reports demonstrating your integrative management skills. Your case reports will be returned for editing if they don't meet the requirements.

**Suggested Structure:**

Title:eg "The Use of Western Herbs to Treat Hyperadrenocorticism: A Case Report"

Dr Fred Smith

Abstract: This case report provides a description of the clinical problem, treatment principles, and outcome of using Western herbal medicine to address hyperadrenocorticism. A four-week course of Western herbal medicine was employed, resulting in a positive clinical response and the restoration of normal activity levels in the patient.

Signalment:

- Age:
- Breed:



- Gender:
- Weight:

**History:** A concise overview of the pertinent past medical history should be provided. Include details of any previous medications administered and their effects. If there are relevant radiographic or other diagnostic results, incorporate them into this section.

**Diagnosis:**

**Presenting Complaint and Clinical Presentation:** Provide a detailed description of the presenting complaint and the patient's clinical presentation. Include any relevant tests conducted and their results (acknowledging if obtained elsewhere). If applicable, include detailed diagnostics in tabular form as an addendum at the end of the paper (e.g., blood tests listed in Table I). If certain Western diagnostic tests were not performed, provide an explanation (e.g., owner declined radiographs due to cost and concerns about anaesthesia).

**Summarize Findings:** Summarize the findings and provide a definitive or well-documented presumptive Western diagnosis. For example:

- A diagnosis of a partially torn cranial cruciate ligament of the right hind limb was made based on the history, clinical signs, and radiographic examination.
- A diagnosis of chronic inflammatory bowel disease was made based on a history of chronic intermittent diarrhea and digestive problems persisting for two years, with metabolic and parasitic causes ruled out. A biopsy of the intestine, although ideal for confirmation, was declined by the owner due to concerns about the patient's age and the risks associated with anesthesia.

**Western Herbal Medicine or TCM Findings:** Provide your findings from the perspective of Western herbal medicine or Traditional Chinese Medicine (TCM). Describe any relevant observations, assessments, or diagnostic methods used within your chosen framework.

**Treatment:**

**Definition and Details:** Treatment encompasses any actions taken that could potentially influence the patient's condition. This includes medications, surgical procedures, dietary changes, supplements, and management modifications. Provide comprehensive details of the treatment program, including dosages, duration, and the effects observed.

**Treatment Principle or Goals:** State the treatment principle or goals guiding your approach. For example:

- In TCM, the treatment principle for a diagnosis of Kidney Yang Deficiency is to warm and tonify Kidney Yang while strengthening Mingmen.
- For Damp-Heat in the Bladder, the TCM treatment principle is to clear Heat, resolve Dampness, and open water passages in the lower Jiao.
- It may be to support immunity, raise vitality and restore digestion

This allows the examiner to appreciate your approach.

**Results of Treatment:** Chronologically detail the results of each treatment session. For instance:

- Treatment 1 (date or Day 1):
- Treatment 2 (date or Day 7):

Each treatment entry should include:

- Client's observations regarding changes in the patient since the previous visit.
- Clinical impressions of the patient and any physical examination findings during each treatment.
- Results of any repeated diagnostics performed to validate subjective results.
- Adjustments made to the treatment principles or methods based on the above findings.

Herbal Medicine Treatment: For each herbal medicine treatment:

- Include the scientific names of all herbs, italicized.
- Describe observations made during the treatment, including the specific herb or formula chosen and any modifications to the formula or dosage.
- Outline the use of each herb or formula from an Western herbal medicine or TCM perspective, highlighting their individual contributions to the case outcome (e.g., anti-inflammatory properties, blood glucose stabilization, restoring Yang etc). Support these aspects with referenced research.
- Provide details of the herbs used, rationale for their use, doses, frequency, and duration of use.

Results:

Provide a detailed presentation of how the animal's signs were monitored and how they changed over a reasonable period of time. Clearly link these changes to the initiation and modifications of herbal therapy or any other additional therapies used.

Discussion, Including Literature Review:

Present the clinical outcome of the case, emphasizing the correlation between the information previously presented. State the effect that the herbal treatment had on the case and why it would be indicated in similar cases.

The discussion should serve as a summary of the entire case report. Readers should be able to understand the essence of the case report by reading the Abstract and the Discussion, even without the precise treatment details.

### *References*

List references including author, title/text, publication date and page numbers(s). Use Harvard referencing in the text of your report for the appropriate referenced material, e.g. .... Bi syndrome is characterized by the obstruction of Qi or Blood (Smith 2007).