



# dogs naturally

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Special Nutrition Issue

## TREATMENT CHOICES

Are they limited because of vet boards?

## NUTRIENT DENSITY

Why it matters more than nutrients

## CARBS OR NO CARBS?

IS IT MORE COMPLICATED?

Is Your Dog Getting Enough

## VITAMIN D?

## CLEFT PALATE

Homeopathy Can Help

## Wild Canine Diets

What can they teach us?





## Andrographis

Botanical name: *Andrographis paniculata*

Family: Acanthaceae

Parts used: Aerial part, herb

Common name: Kalmegh [Hindi]

**A**ndrographis is a common annual shrub that grows wild throughout tropical India and is cultivated in southern and southeastern China. The plant's fresh and dried leaves are used as drugs in India. It's known as The King of Bitters in English as it is one of the most bitter plants used in traditional medicine.

The main chemistry of the plant is diterpenoid lactones (andrographolides), which provide more hepatoprotective activity than milk thistle.

Andrographis is renowned for stimulating and strengthening the immune system, stimulating the flow of bile for a healthy liver function, blood cleansing, sudorific (stimulates sweat glands), protects the heart and inhibits staphylococcus; it can be used to diminish headaches, coughs and inflammation in the nasolacrimal duct, especially where bacteria are present, as well as acute bacterial diarrhea.

Long term use in human and animal studies have found no safety issues, and it has low potential for toxicity.

The herb's actions are anti-inflammatory, analgesic, anti-bacterial, anti-spirochetal,

hepatoprotective, anti-diabetic, expectorant, hypoglycemic, anti-leukemic, anti-cancer and anti-malarial. Clinical trials show Andrographis is useful for treating leptospirosis.

It lowers blood sugar levels making it a great choice for treating diabetes; if you use it for this purpose please work closely with your veterinarian, as the dose of other medications may need to be lowered or possibly even eliminated as your dog's optimum glucose balance is achieved.

Stephen Harrod Buhner (the acclaimed expert in herbal treatment of Lyme disease) states that Andrographis may be the best primary herb to use in the treatment of Lyme through many clinically proven therapies. It is anti-spirochetal, crosses the blood brain barrier (a bio-protective structure that protects the central nervous system, brain and spinal cord from being compromised), it's calming and helps to clear infections from the body. It's also anti-inflammatory, which helps with joint pain issues that most Lyme-positive dogs will exhibit at times. I feel this is the most important work

this herb does for our pets, especially in the areas where Lyme and other tick borne diseases are prevalent.

I use Andrographis in my practice in a formula with other "like" herbs to stimulate the immune system, prevent parasitic action externally as well as internally, as an antispirechetal for Lyme, and in anaplasmosis formulas as well as a catalyst in herbal antibiotic formulas. It does excrete quickly from the body so it should be used on a daily or twice daily basis, depending on the reason for use.

Andrographis is a substantial addition to a herbal antibiotic formula, and is especially useful to treat periodontal disease. For this you can make a paste using one tablespoon of the powdered herb mixed with just enough water or aloe gel (also helps to soothe irritated gums) to make a paste that will be a good consistency to rub onto your dog's gums without being too dry or too wet. Keep in mind that this is extremely bitter so you may want to add a bit of honey or use some raw goat's milk for the liquid portion of the paste. 🌿

*Caution: do not use during pregnancy.*



*Joyce Belcher is an herbalist/formulator of pet supplements and herbal medicinals for veterinarians and is the founder of Herbs for Life Inc. She lives in York, Maine with her husband, two dogs and two cats; they are all rescues. Visit Joyce at [petwellnessblends.com](http://petwellnessblends.com)*