



# Dogs Naturally

Be your dog's hero

The Epidemic Of Vitamin D  
**DEFICIENCY**

How Diet Can Influence  
**BEHAVIOR**

**TTTOUCH**  
**FOR SENIORS**

BETTER AGING FOR  
**SENIOR DOGS**



**TELOMERES**

SKIN DISEASE AND

**MIASM**





## Bupleurum

Botanical Name: *Bupleurum chinense*

Family: *Apiaceae*

Part Used: Dried root

**B**upleurum has been used in Chinese medicine for over 2,000 years and is not widely used by western herbalists like myself, though I do incorporate the root in several formulas for dogs, with recorded success. Chinese folk medicine writings show it was used to treat malaria and fevers. It's widely used with people and animals: improving liver function to combat daily toxins and calm the central nervous system is a necessary precaution for optimum health in our lives today. It's also been used successfully to relieve the side effects of steroid use such as high blood pressure, irritability, insomnia and inflammatory skin conditions.

### Common Names

Hare's ear (the shape of the leaves), chai hu, Chinese thorumax root

### The Doctrine Of Signatures

Useful for liver and gallbladder ailments as the flowers of the plant and the root are yellow.

### Systems Affected

Primarily the liver and gallbladder, immune and central nervous, digestive and circulatory.

The actions of bupleurum are anti-inflammatory, hepatoprotective, renal protective, diaphoretic, antidepressant, analgesic, and antiseptic, mild sedative and alterative.

The herb's energetics include bitter, cool, clears heat and stops chills, harmonizes liver Qi stagnation.

Bupleurum is widely used in Chinese herbal formulas where liver Qi stagnation is indicated, such as gastrointestinal disorders, depression, fever, fatigue, headaches, irritability, mastitis and ulcers. There are formulas that

may slow or halt the progression of liver disease by supporting the immune system, protecting the liver from further damage and reducing hepatic inflammation. In Japan it's used to treat viral hepatitis and lingering infections that won't clear or that come and go frequently.

Recently I used bupleurum as part of a formula for my 10 year old Standard Poodle, Reggie. Due to an unknown injury, he was in a lot of pain, seemingly in his hips and lower back. His TCM veterinarian diagnosed Stasis in the Gall Bladder channel. His treatment included electro-acupuncture and dry needle acupuncture and a TCM formula, Xiao Chai Hu Tang, which has an affinity for the Gall Bladder channel. I also made a formula with bupleurum, licorice, eleuthero root, ginseng, skullcap and a couple of other herbs. After only four days of treatment and reduced activity, he was vastly improved – playful and comfortable.

Bupleurum contains bitter saponins with central nervous system suppressing actions and for neurological issues associated with stress. Saikosaponins in bupleurum stimulate corticosteroid production, which increases the anti-inflammatory effects and has been found to help lower blood cholesterol.

Other uses are to lower fever, reduce pain and inflammation,


chronic hepatitis, autoimmune diseases and upper respiratory infections.

### Dosing

Bupleurum should be used as part of a formula (not alone) and always added to the food to avoid stomach upset. Dose the formula 1 to 2 ml per 20 lb of body weight twice daily as a tincture or ½ tsp of powder twice daily per 20 lb body weight for dogs.

Herbs that work well with bupleurum include licorice root, white peony root, ashwagandha, bitter orange, Panax ginseng, dandelion leaf, schisandra berry, nettle leaf, borage, cleavers, pinellia root, baical skullcap and dan shen.

### Cautions

Not for use in pregnancy, with interferon therapy or while using antibiotics. 



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)