



### Arthritis and Anti-Inflammatory Herbs

As Winter approaches and the weather starts to get colder many animals with arthritis, start get worse, why is that?

Well, according to the experience of Traditional Chinese Medicine (TCM) The cold damp weather can really exacerbate arthritis. In many companion animals, this can drastically reduce their quality of life. In TCM, certain types of arthritis, especially those categorized as "Cold" and "Cold Damp -

*Bi Syndrome*" can be treated quite well with herbal medicine. Formulas such as JOINT-EASE and INFLAM-EASE are safe, non-toxic ways of ,safe alternatives to NSAID's , that reduce inflammation and alleviating suffering. Please read more about these formulas below, and you maybe surprised at how much science is available on these herbs and formulas.



### Arthritis and the JOINT-EASE Formula.

A recent study published in the March 2008 issue of Chinese Medicine found that a classic Chinese herbal formula, "*Du Huo Ji Sheng Tang*" (the base of our JOINT-EASE formula,) was proven effective in reducing symptoms of pain and stiffness and increasing physical functioning in patients with osteoarthritis.

The classical herbal formulation, "*Du Huo Ji Sheng Tang*" has been shown to be effective in reducing stiffness and pain, and increasing physical functioning. After two weeks, human patients reported significant improvement in pain and less stiffness. Researchers concluded that this classic Chinese herbal formula might be used as a complementary treatment of pain, stiffness and other physical functioning problems in patients with osteoarthritis of the knee.

The JOINT-EASE Formula is based on this classic formula, and to this, we've added two synergistic and anti-inflammatory potentiating herbs, turmeric and bromelain for increased anti-inflammatory support.

TO READ more on this study: <http://www.acupuncturetoday.com/mpacms/at/article.php?id=31677>



### The Pharmacology of JOINT-EASE.

The TCM Formula "*Du Huo Ji Sheng Tang*" is the TCM basis for the JOINT-EASE formula.

#### Anti-inflammatory:

Inhibiting tissue inflammatory reaction: oral feeding mice this formula (10g/kg and 20g/kg daily for 7 consecutive days) or applying the formula externally to their left ears (0.1ml/mouse), can significantly inhibit the auricular inflammatory reaction caused by dimethylbenzene or croton oil.

Decreasing capillary permeability: oral feeding mice this formula at the dosages of 10g/kg, 15g/kg, 20g/kg once daily for 7 consecutive days, all three dosages have a significant inhibitive effect on the increase in abdominal capillary permeability caused by 0.5 acetic acid.(1),(2)

#### Analgesic:

Oral feeding mice this formula at the dosage of 0.13g/kg, the analgesic effect can be gauged as follows: 30 minutes into treatment, a significant increase in the mice's "hot plate" pain threshold value is detected; 90 minutes into treatment, the increase becomes extremely steep; and 180 minutes into treatment, the formula's analgesic effect remains significant.(3)

**Enhancing immunity:**

Increasing the weight of immunity organs: Oral feeding hamsters this formula, 8g/kg daily for 7 consecutive days, can significantly increase the weight of their thymus gland and spleen;(4)

Enhancing macrophage's phagocytic function: Oral feeding mice this formula, 10g/kg daily for 7 consecutive days, can significantly enhance monocyctic macrophage's phagocytic function.(5)

**Improving microcirculation:**

Administering *Du Huo Ji Sheng* Tang to mice by abdominal injection at the dosage of 10g/kg can significantly increase the caliber of collecting capillaries, increase the number of open capillaries, lengthen the latent period of adrenaline-caused vasoconstriction, and counteract adrenaline-caused vascular occlusion.(7)

**Clinical Applications of JOINT-EASE formula.****Arthritis:**

Indications include both rheumatic arthritis and rheumatoid arthritis. A study treated 93 cases of arthritis with variations of this formula, and reported results as follows: 1.

1. Group One (41 cases, one dose daily for a treatment period ranging from 3 months to 21 years): 7 cases resolved (symptoms disappeared & joint functions restored), 21 cases significantly improved (symptoms/main symptoms disappeared & joint functions essentially restored), 10 cases improved (main symptoms disappeared and main joint functions essentially restored or significantly improved), and 3 cases with no response.

2. Group Two (52 cases, three dosages daily for a treatment period ranging from 60 to 90 days): 35 cases significantly improved, 15 cases improved, and 2 cases had no response.(8),(9)

**Osseous arthritis:**

One study treated 24 cases of osseous arthritis with a variation of this formula for a period ranging from one week to three months and reported these results: 14 cases resolved (symptoms disappeared, free movement and no relapse during a half-year follow-up), 4 cases significantly improved (symptoms significantly alleviated and free movement), 3 cases improved (symptoms alleviated and limb functions improved to varying degrees), and 3 cases with no response, tallying an overall effectiveness rate of 87.5%.(10)

**Sciatica:**

A study used this formula as the basic treatment for 95 cases of sciatica:

1.Group One (80 cases treated with one dose daily): 65 cases resolved (numbness and pain disappeared, free movement, no dysfunctions), 10 cases improved (numbness and pain more or less disappeared), and 5 cases with no response.(11)

2.Group Two (15 cases of sciatica in pregnancy treated with one dose daily): 11 cases resolved and 4 cases improved.(12)

Scapulohumeral peri-arthritis: Combining with massage therapy, one study used this formula to treat 31 cases of scapulohumeral peri-arthritis (one dose daily for one to two 15-day treatment cycles): 25 cases resolved (shoulder joint movement, function and myoatrophy returned to normal; pain disappeared; no relapse during a half-year follow-up), 3 cases significantly improved, 2 cases improved, and 2 cases with no response.(13)

**Poliomyelitis:**

One study treated 20 cases of poliomyelitis for 12 to 52 days and reported that 15 cases resolved (paralysis disappeared, free movement), 4 cases improved, 1 case with no response.(15)

Please see references below.

**CLICK HERE...to read more...**

[http://articles.directorym.com/Du\\_Huo\\_Ji\\_Sheng\\_Tang-a853210.html#11903#11903](http://articles.directorym.com/Du_Huo_Ji_Sheng_Tang-a853210.html#11903#11903)

### **Herbal Formula can Safely supports joint health and ease of movement.**

Herbs for joint inflammation that have analgesic and circulation promoting properties.

Osteoarthritis  
Rheumatoid arthritis  
Degenerative joint disease  
Pain and stiffness around joints  
Hip dysplasia  
Reluctance to jump  
Degeneration of the shoulder joint  
Dislocation of the knee cap  
Resistance to touch around the hind quarters  
Inflammation and swelling around joints  
Weak joints



#### **Two other herbal ingredients in JOINT-EASE.**

**BROMELAIN.** Bromelain is not a single substance, but rather a collection of enzymes and other compounds. It is a mixture of sulfur-containing protein-digesting enzymes—called proteolytic enzymes or proteases. Bromelain can be used in a vast array of medical conditions. It was first introduced in this area in 1957, and works by blocking some proinflammatory metabolites that accelerate and worsen the inflammatory process. It is an anti-inflammatory agent, and so can be used for sports injury, trauma, arthritis, and other kinds of swelling. [1] Bromelain may be of interest to plastic surgeons because of its apparent ability to reduce pain, edema, inflammation, and platelet aggregation, as well as its ability to potentiate antibiotics. [2]

(1) Kelly G.S. N.D. Bromelain: A Literature Review and Discussion of its Therapeutic Applications (Alt Med Rev 1996;1(4):243-257)

(2) Sini R.A. Plast Reconstr Surg 2006 Dec;118(7):1640-4. Bromelain

**TURMERIC.** In experimental animals, curcumin, (the active ingredient of turmeric) has shown anti-diabetic, anti-inflammatory, cytotoxic and anti-oxidant properties as well as a lipid lowering effect.[1] It possesses diverse anti-inflammatory and anti-cancer properties following oral or topical administration.[2] Curcumin was found to be pharmacologically safe in human clinical trials with doses up to 10/grams/day[3] A phase 1 human trial with 25 subjects using up to 8000 mg of Curcumin per day for 3 months found no toxicity from Curcumin.[4]

(1)Kandarkar SV, Sawani SS, Ingle, AD, et al. Subchronic oral hepatotoxicity of turmeric in mice—histopathological and ultra structural studies. Indian J Exp Biol 1998 Jul;36(7):675-670

(2)Babu PS, et al. Hypolipidemic action of curcumin, the active principle of turmeric (*Curcuma longa*) in streptozocin induced diabetic rats. Mol Cell Biochem. 1997;166:169-175

(3)Aggarwal BB, Kumar A, Bharti AC. "Anticancer potential of Curcumin: preclinical and clinical studies." Anticancer Res. 2003 Jan-Feb;23(1A):363-98.

§4)Chainani-Wu N. "Safety and anti-inflammatory activity of Curcumin: a component of turmeric (*Curcuma longa*)." J Altern Complement Med. 2003 Feb 9(1):161-8.



### **Trauma and Inflammation: INFLAM-EASE formula.**

Whether the sudden trauma is from an accident, a fight, or of a more chronic cause, we need to get extra herbal anti-inflammatory compounds into the blood stream to help get the inflammation down. INFLAM-EASE is a gentle anti-inflammatory that is safe and easy-on the digestive tract. It is often added to support companion animals through difficult arthritic episodes, and can be used alongside JOINT-EASE.

INFLAM-EASE is a wonderful alternative to nonsteroidal drugs such as Rimadyl, which can have serious side effects. This formula cools chronic and acute inflammations caused by over exertion, or activities such as long walks or runs, as well as from injuries or traumas; also helpful for more chronic flare-ups of tendonitis or arthritis. This formula is based upon an old TCM martial art formula, used to open up the healing flow of energy and blood, that often shut down as nature tries to tell our animal friends to rest in order to heal.

### **References**

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