

## **East Meets West: The Use of Single and Western Herbs to Complement Traditional Chinese Herbal Formulas for Qi- and Blood-Stagnation/Pain**

Since the early use of Chinese herbal medicine thousands of years ago a great variety of TCM herbal formulas to treat Qi- and Blood Stagnation, or in conventional medicine terms „pain“, was developed.

Not only beginners in Traditional Chinese Veterinary Herbal Medicine but also experienced practitioners might not want to stock every single TCVM pain formulation that is described or available, but instead use a limited number of commonly used, basic TCVHM formulas in conjunction with single and western herbs. Furthermore, certain herbs in ancient formulas are unavailable or to be replaced or removed either for reasons of doping/toxicity, e.g. ephedra/aconite, because of being a protected species, e.g. turtle/rhinoceros, or simply the believe that ingredients coming from an animal should not be given to plant eaters like horses. In addition to that, one might consider herbs of regional origin probably being more effective or tolerable, as the patients´ system is evolutionary adapted to them already.

Single and Western herbs can complement TCVHM formulas in treating pain patients in the modern holistic practice.