TREATING KENNEL COUGH
WITH FRITILLARIA AND PINELLIA SYRUP

By Jennifer Verhoog, DOM

Infectious tracheobronchitis, or kennel cough, is not a dangerous condition initially, but according to The Merck Veterinary Manual, it can advance to fatal bronchopneumonia in puppies or to chronic bronchitis in debilitated adult or aged dogs. Kennel cough is highly contagious and always bothersome. As more and more people are declining vaccinations for their pets, there is a greater likelihood of coming across kennel cough in your clinic.

Because kennel cough is spread by the projection of sputum, it is important to depress the cough response. **Fritillaria and Pinellia Syrup** is an effective and natural means to this end.

For the past seven years Burton Miller, DVM of the Animal Wellness Center in Huntington Station, New York has been using **Fritillaria and Pinellia Syrup** for his kennel cough cases, at a dose of 1.0 ml per 5-10 lbs, twice a day. In conjunction with other Golden Flower herbal formulas and conventional treatments, he considers this formula a keystone to his success in treatment.

“I will continue to use [this] formulas in my practice as [it] provide[s] a clear alternative to the often harsh, chemical, pharmaceutical approach to treating disease that is too prevalent in medicine today.”

--Burton Miller, DVM

HOW DOES IT WORK?

**Fritillaria and Pinellia Syrup** is composed of eleven herbs that work synergistically to stop the type of cough that typically presents as kennel cough.

Fritillaria thunbergii bulb (zhe bei mu) is a cold herb that resolves phlegm-heat. Even if the animal has a dry cough one of the symptoms of kennel cough is inflammation and fritillaria addresses the phlegm-fire that causes throat swellings. Pinellia ternate rhizome (ban xia) is acrid and warm. Its temperature is balanced out by all of the cool herbs in this formula. Ban xia has a downward direction enabling it to act as a cough suppressant. Of equal weight in the formula are Momordica grosvenori fruit (luo han guo) and Houttuynia cordata herb and root (yu xing cao). Luo han guo moistens and cools the lungs while yu xing cao drains damp-heat through the urine and clears heat toxins to benefit lung heat coughs (especially with thick sputum). Whenever heat and phlegm mix it is important to add a moistening herb to lower the viscosity of the phlegm so that it is more movable. Luo han guo serves this function.

The other herbs in this formula are included to assist the functions of the first group of herbs. Tian zhu huang (dried secretions of bambusa textilis) clears heat and has a unique function of arresting spasms to benefit a fatigued throat. It assists ban xia for cough with sputum that is difficult to expelorator. Scutellaria baicalensis root (huang qin) has a broad antimicrobial spectrum to address the cause of kennel cough. In most cases of kennel cough fever is not present, but if the condition progresses toward fever, Huang Qin contributes an antipyretic action. The rind of Citrus reticulate (chen pi) and the young fruit of Citrus sinensis (zhi shi) assist ban xia by directing qi downward and inhibiting cough. Chen pi has exhibited an inhibitory effect on smooth muscles and will assist tian zhu huang with spasms. Zhi shi benefits the spleen and stomach to aid the digestion of phlegm. Prunus armeniaca seed (xing ren) is especially beneficial for wind-dry cough, as it stops cough and calms wheezing. Poria cocos sclerotium (fu ling) completes the movement of phlegm through the three jiao (three centers, or “burners” where fluid transformation takes place, roughly corresponding to the three major cavities of the torso). Phlegm in the lungs (upper jiao) is thinned, cooled, and moved to the middle jiao, where it is broken down. Fu ling strengthens the qi of the middle jiao and guides the transformed product out of the body through the urine. Regardless of the quantity of visible phlegm in your patient, it can be assumed that the heat involved in kennel cough will dry fluids and create phlegm. Though the cough may sound dry, there is a sensation of “something stuck in the throat.” This “something” is phlegm combined with qi obstruction and needs to be cleared to provide comfort to the animal.

The final herb is Glycyrrhiza uralensis root (gan cao). Its use in this, as in many other formulas, is to harmonize the various actions of the other herbs in order to get the body to accept the variety of ingredients as a single unified formula. Gan cao also supplements the qi of the lung and stops cough.

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<table>
<thead>
<tr>
<th>FRITILLARIA &amp; PINELLIA SYRUP</th>
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<tbody>
<tr>
<td>Prepared Pinellia  Ban Xia . . 11.6%</td>
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<tr>
<td>Fritillaria Bulb  Zhe Bei Mu . 11.5%</td>
</tr>
<tr>
<td>Momordica  Luo Han Guo . . 11.5%</td>
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<tr>
<td>Houttuynia  Yu Xing Cao . . 11.5%</td>
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<tr>
<td>Bamboo  Tian Zhu Huang . . 7.7%</td>
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<tr>
<td>Scutellaria  Huang Qin . . 7.7%</td>
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<tr>
<td>Tangerine Peel  Chen Pi . . 7.7%</td>
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<tr>
<td>Apricot Seed  Xing Ren . . 7.7%</td>
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<tr>
<td>Immature Bitter Orange  Zhi Shi . 7.7%</td>
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<tr>
<td>Poria  Fu Ling . . . . . . . 7.7%</td>
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WHAT SORT OF PATIENT SHOULD TAKE THIS FORMULA?
Fritillaria and Pinellia Syrup is ideal for wind-heat invasions with phlegm. Some diagnostic signs that may be present are a red tongue with a thick yellow coat, a full and rapid pulse and a productive cough. This formula will also benefit cough with the sense of something stuck in the throat, a “plum pit qi.” Cough is very irritating to the throat and will generate heat; heat will damage fluids. The body readily responds to this fluid damage by producing phlegm as an attempt to protect the tissues from the same sort of damage. Fritillaria and Pinellia Syrup clears the damaging heat and prevents further phlegm production.

If this formula is not appropriate either because the patient has a wind-cold invasion or does not have a damp component to their pattern, they will exhibit intensified cold signs or external dry signs. Cold signs include chills/shivering or clear frothy phlegm. External dryness exhibits as lack of body fluids in general, but with a low-grade or lack of fever. In such cases as these, when Fritillaria and Pinellia Syrup is administered, the cough may resolve due to the down-bearing action of the herbs in the formula, but the patient may need to be warmed up or moistened.

NOT SURE YOUR PATIENT FITS THIS PATTERN?
Wind-Cold Invasion
The patient will have some or all of the following signs and symptoms:
• Pale tongue with thin/thick white coat
• Tight, superficial, slow pulse
• Neck tension
• Clear phlegm discharge
• Low-grade fever or no fever
• Chills/shivering with desire to cover up (or crawl under the covers)

Cinnamon Twig Formula treats wind-cold acute invasions. It can be taken every three hours until symptoms are resolved. Gan Mao Ling Formula is an anti-viral formula that is most effective during the first stage of an externally contracted condition (wind-cold or wind-heat).

Lung Qi and Yin Deficiency
Patients will have some or all of the following signs:
• Summer-heat invasion (or dry radiator heat invasion in the winter with indoor animals)
• Chronic cough that is now weak and consistent
• Dry, difficult to expectorate phlegm
• Shortness of breath
• Tongue/mouth dryness
• Faint or thin pulse

Sheng Mai Formula boosts qi, moistens the lung, nourishes yin, engenders fluids, and suppresses cough. This formula is inappropriate with acute wind invasions, as it will drive pathogens deeper into the body. Lily Preserve Metal Formula is the best option in cases of a chronic cough after an acute infection. The pathogen has lodged somewhere in the body, most likely the lungs, and continues to slowly dry up the fluids while the body continues to attempt to replace them.

Fire-Toxins
This patient will have greater heat signs than those who will benefit from Fritillaria and Pinellia Syrup. They may exhibit some or all of the following signs:
• Tongue red/crimson
• Rapid pulse
• Lethargy
• Great thirst
• Respiratory infection/pneumonia
• Dark or strong smelling urine
• Cough/sore throat
• Damp-heat diarrhea (sticky, loose, with a foul smell)

Viola Clear Fire Formula contains herbs that have antiviral, antimicrobial, and antifungal properties.

HOW TO PREVENT KENNEL COUGH
Not all dogs that are exposed to kennel cough contract the disease. It is possible to boost the wei qi (or immunity) of the animal with Jade Windscreen Formula. The stress of shows, boarding, and travel can depress the immune system and leave dogs more susceptible to kennel cough and other diseases. Jade Windscreen Formula can be taken preventatively prior to these events. Ideally the animal will take the formula for a few weeks prior to the anticipated stress as well as during these times.

Jade Windscreen Formula can also be used in dogs who have contracted a wind-cold condition but who are not strong enough to withstand a vigorous releasing of the exterior.

REFERENCES
Miller, Burton, DVM. Animal Wellness Center, Huntinton Station, NY. www.animalwellness.net

Jennifer Verhoog, D.O.M., has over seventeen years of bodywork experience with animals, combined with alternative veterinary internships. She received formal training in TCM from Pacific College of Oriental Medicine.

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