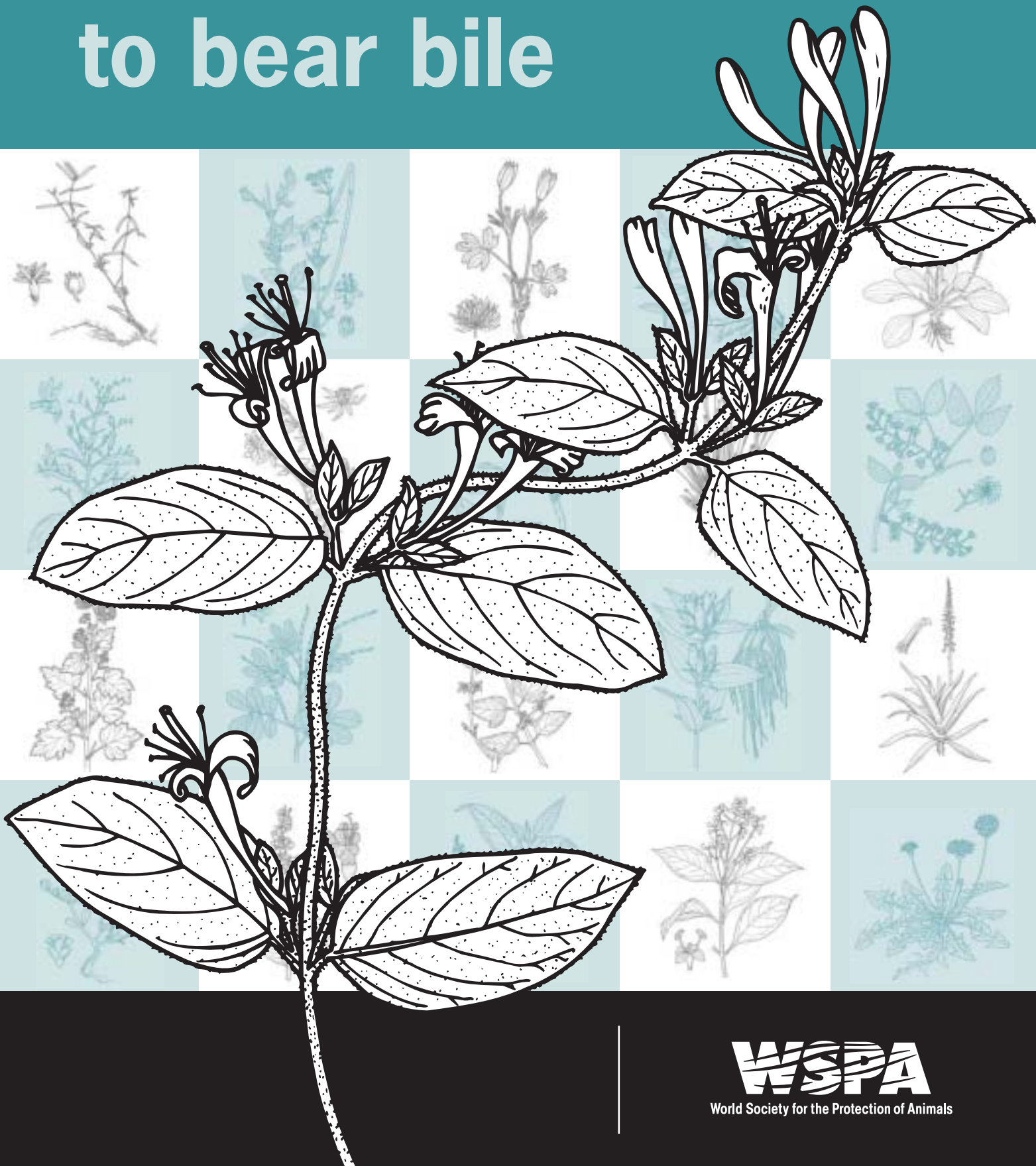


Finding Herbal Alternatives to bear bile



WSPA

World Society for the Protection of Animals

Contents

About us.....	04
Traditional Medicine and bear bile.....	05
Finding alternatives to bear bile.....	08
Results:	
• Clearing Heat and Detoxifying.....	11
• Clearing Liver Fire.....	33
• Brightening Eyesight Through Nourishing the Liver.....	38
• Brightening Eyesight and Clearing Away Liver Fire.....	43
Request for feedback.....	59
Contact us.....	66

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About Us

The World Society for the Protection of Animals (WSPA) is an international animal welfare organisation with its headquarters in London UK, and with 13 other offices worldwide. Holding consultative status with the United Nations and observer status with the Council of Europe, WSPA forms the largest federation of animal welfare organisations in the world with more than 120 different countries through its network of over 550 member societies.

WSPA works to alleviate animal suffering using a combined and collaborative approach encompassing hands on work, educational initiatives, lobbying and awareness campaigns. Areas of work include stray animal control, humane education, disaster relief, farm animals and commercial exploitation of wildlife.

In particular, WSPA is well known for its 'Libearty' campaign which aims to protect bears from cruelty and exploitation around the world. One of WSPA's best known 'Libearty' campaigns is to bring an end to the practice of bear farming in Asia.

Traditional Medicine and bear bile

Although the vast majority of Traditional Medicine practitioners today no longer use bear bile, it is still consumed in significant quantities. The use of bear bile in Traditional Medicine dates back over 3000 years. It is classified as ‘cold’ and ‘bitter’ and its uses include the treatment of fever, swelling and pain in cases of trauma, liver conditions and sore eyes. Bear bile is still consumed in many different countries around the world, often as a result of illegal trade. Some of the largest consumer countries include China, Japan and Republic of Korea.

Bear Farming

In the early 1980s, in an attempt to reduce pressures on wild populations, China started to farm bears in order to extract their bile on a commercial basis. The practice of bear farming has since spread to other countries in Asia, most notably Vietnam and the Republic of Korea.

“We definitely do not have to use bear bile as it can be replaced by herbs, which are cheaper too.”

Dr Sun Ji Xian
The Chinese Association of Preventative
Medicine, Beijing, China

Most bears kept in bear farms live in cages measuring around 1 metre wide, 1 metre high and 2 metres long. Many bears are wounded and scarred from rubbing or hitting themselves against the bars of their tiny metal cages, where they cannot stand up nor easily turn around. Many survive in these conditions for over 20 years.

In China a surgical operation is carried out to create a tube leading into the bear’s gall bladder to allow the bile to be extracted. Untrained workers with no veterinary skills often carry out this operation. The animals endure the most appalling levels of cruelty and neglect. During WSPA investigations, bears were seen with inflamed, infected and bleeding wounds, open incisions for bile extraction and swellings in the abdominal area. In some farms sick bears lay recumbent without movement. In Vietnam bile is extracted using ultrasound equipment and a hypodermic syringe, bile is extracted approximately once a month. In Korea, bears do not have bile extracted from them when they are alive. Instead, the bears are raised to a certain age and are then slaughtered for their body parts.

For animal welfare reasons alone, WSPA believes that the practice of bear farming should be phased out completely. However, many traditional medicine practitioners have stated that the use of bear bile is also unnecessary and that many alternative remedies exist. Below are a number of statements, gathered by Animals Asia Foundation (AAF), from people who believe that bear bile has no place in modern Traditional Medicine.

“Herbal alternatives have the same effect - so why kill the animals?”

Dr Ho Ka Cheong
President Hong Kong Chinese Herbalist Association Ltd

“There are many hundreds of ingredients in our Pharmacopoeia, and whatever beneficial effect may be achieved by using endangered species, there are equally beneficial effects by using other alternatives. Please understand that we are in the business of healing people, not in the business of causing danger to wild animal species.”

Word-Fei Cheung
Assistant Manager of the Institute of Chinese Medicine, China.

“One main reason why I have, all along, participated in the work of protecting endangered animals is to make the public understand that the majority of Chinese medicine made from endangered medicine is not indispensable. We can easily replace them with herbal medicines, which are cheaper and easier to find. If the Chinese medicine community ceases to use endangered animals as medicine, it can not only join in helping to save endangered species from extinction, but can also raise the international reputation of Chinese medicine to that of a sophisticated branch of medicine.”

Dr. Lo Yan Wo
Chinese Association of Medicine and Philosophy, Hong Kong.

“On Behalf of the Association of Traditional Chinese Medicine (UK), the largest Traditional Chinese Medicine organization in Britain. I would like to take this opportunity to publicly state that ATCM strictly condemn and prohibit the use of bear bile by TCM practitioners in treatment regardless of illness. This is based on the grounds that we believe the process of extracting bear bile to be inhumane and therefore unethical, especially it is against the general principle and Law of Traditional Chinese Medicine i.e. emphasis on keeping the balance between mankind and nature. There is no need for stretching to such an extreme measure to obtain a purely exotic sounding substance from an already endangered species, when there are countless other available alternatives.”

Dr Jidong Wu

President of the Association of Traditional Chinese Medicine (UK), Middlesex University

Finding alternatives to bear bile

In its campaign to bring an end to bear farming, WSPA recognises that herbal alternatives to bear bile need to be identified. With this in mind we are now in the process of identifying both individual herbs and herbal formulas that are known to have the same properties or effects as bear bile. As we work to do this, WSPA strongly believes that collaboration with the Traditional Medicine community is essential.

To find herbal alternatives to bear bile, the first step is to find out what main actions and indications bear bile is purported to have. With the help of Traditional Medicine practitioners in the United Kingdom, WSPA has identified four main actions and indications of bear bile. Though not necessarily exhaustive, they are:

- Clearing heat and detoxifying
- Clearing liver fire
- Brightening eyesight through nourishing the liver
- Brightening eyesight and clearing away liver fire

Using the information above, we have identified herbs that have one or more of the same actions or indications as bear bile:

Clearing heat and detoxifying

Chinese pin yin	Pharmaceutical name
Ban Bian Lian	Herba Lobeliae Chinensis
Bai Hua She She Cao	Herba Hedyotidis Diffusae
Bai Jiang Cao	Herba Patriniae
Bai Tou Weng	Radix Pulsatillae
Bai Xian Pi	Cortex Dictamni
Chuan Xin Lian	Herba Andrographitis
Chui Pen Cao	Herba Sedi
Da Qing Ye	Folium Isatidis
Hong Teng	Caulis Sargentodoxae

Jin Yin Hua	Flos Lonicerae
Lian Qiao	Fructus Forsythiae
Ma Bo	Lasiosphaera seu Calvatia
Ma Chi Xian	Herba Portulacaceae
Pu Gong Ying	Herba Taraxaci
Qing Dai	Indigo Naturalis
Qin Pi	Cortex Fraxini
Shan Dou Gen	Radix Sophorae Subprostratae
She Gan	Rhizoma Belamcandae
Yu Xing Cao	Herba Houttuyniae
Zao Xiu or Chonglou	Rhizoma Paridis
Zi Hua Di Ding	Herba Violae

Clearing liver fire

Chinese pin yin	Pharmaceutical name
Long Dan Cao	Radix Gentianae
Lu Hui	Aloe
Zao Xiu or Chonglou	Rhizoma Paridis
Zi Hua Di Ding	Herba Violae

Brightening eyesight through nourishing the liver

Chinese pin yin	Pharmaceutical name
Sha Yuan Zi	Semen Astragali
Gou Qi Zi	Fructus Lycii
Nu Zhen Zi	Fructus Ligustri Lucidi
Shi Hu	Herba Denbrobii

Brightening eyesight and clearing away liver fire

Chinese pin yin	Pharmaceutical name
Che Qian Zi	Semen Plantaginis
Gou Qi Zi	Fructus Lycii
Gu Jing Cao	Flos Eriocauli
Jue Ming Zi	Semen Cassiae
Ju Hua	Flos Chrysanthemi
Man Jing Zi	Fructus viticis
Mi Meng Hua	Flos Buddlejae
Mu Zei	Herba Equiseti Hiemalis
Nu Zhen Zi	Fructus Ligustri Lucidi
Qin Pi	Cortex Fraxini
Qing Xiang Zi	Semen Selsosiae
Sang Ye	Folium Mori
Xia Ku Cao	Spica Prunellae
Shi Jue Ming	Concha Haliotidis
Zhen Zhu Mu	Concha Margaritifera Usta

This list formed the basis of a survey we distributed to TM practitioners in Australia, Canada, USA and the UK. For each herb the respondent was asked to indicate how often they use the herb for the given action or indication. They were given a choice of three responses:

1. Never
2. Sometimes
3. Often

In total 190 surveys have been returned to WSPA, on behalf of individual practitioners and larger TM associations, the results are summarised in the following four sections of this report. Please also see the Request for Feedback section where practitioners can provide much needed comment and information. This will form the basis of further important research into herbal alternatives to bear bile.

Clearing Heat and Detoxifying

Clearing Heat and Detoxifying

Ban Bian Lian



Pharmaceutical name: *Herba Lobeliae Chinensis cum Radice*

Botanical name: *Lobelia chinensis* Lour.

Family: campanulaceae

English name: Chinese Lobelia herb

Found: China

Properties: Sweet neutral

Channels entered: Heart, Lung, Small Intestine

How often do you use this herb for clearing heat and detoxifying?

Never	36%
Sometimes	55%
Often	8%
No Answer	1%

Bai Hua She She Cao

Pharmaceutical name: Herba Hedyotidis Diffusae
Botanical name: *Hedyotis diffusa* (Willd.) Roxb. Also known as *Oldenlandia diffusa*
Family: rubiaceae
English name: Spreading Hedyotis flower
Found: China
Properties: Bitter, sweet, cold
Channels entered: Liver, Stomach, Large Intestine



How often do you use this herb for clearing heat and detoxifying?

Never	15%
Sometimes	48%
Often	35%
No Answer	2%

Clearing Heat and Detoxifying

Bai Jiang Cao

Pharmaceutical name: Herba cum
Radice Patriniae

Botanical name: *Patrinia scabiosaefolia*
Fisch. or *Patrinia villosa*

Family: valerianaceae

English name: Patrinia

Found: China

Properties: Acrid, bitter, slightly cold

Channels entered: Large Intestine,
Liver, Stomach

How often do you use
this herb for clearing
heat and detoxifying?

Never	27%
Sometimes	52%
Often	18%
No Answer	3%



Bai Tou Weng

Pharmaceutical name: Radix Pulsatillae
Chinensis

Botanical name: *Pulsatilla chinensis* (Bge.)
Regel.

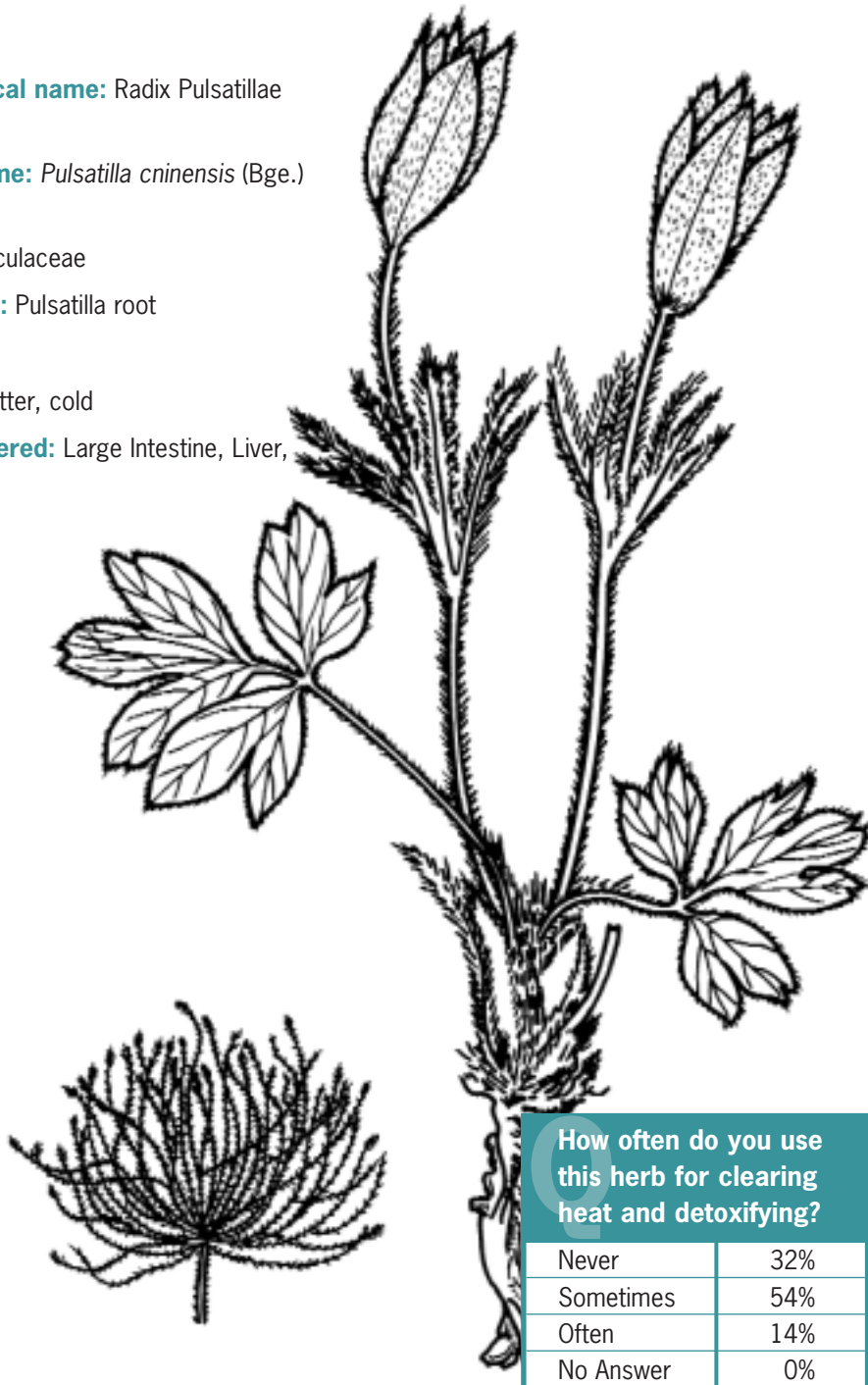
Family: ranunculaceae

English name: Pulsatilla root

Found: China

Properties: Bitter, cold

Channels entered: Large Intestine, Liver,
Stomach



How often do you use
this herb for clearing
heat and detoxifying?

Never	32%
Sometimes	54%
Often	14%
No Answer	0%

Clearing Heat and Detoxifying

Bai Xian Pi

Pharmaceutical name: Cortex Dictamni Dasycarpi Radicis

Botanical name: *Dictamnus dasycarpus* Turcz.

Family: rutaceae

English name: Densefruit Pittany root-bark

Found: China

Properties: Bitter, cold

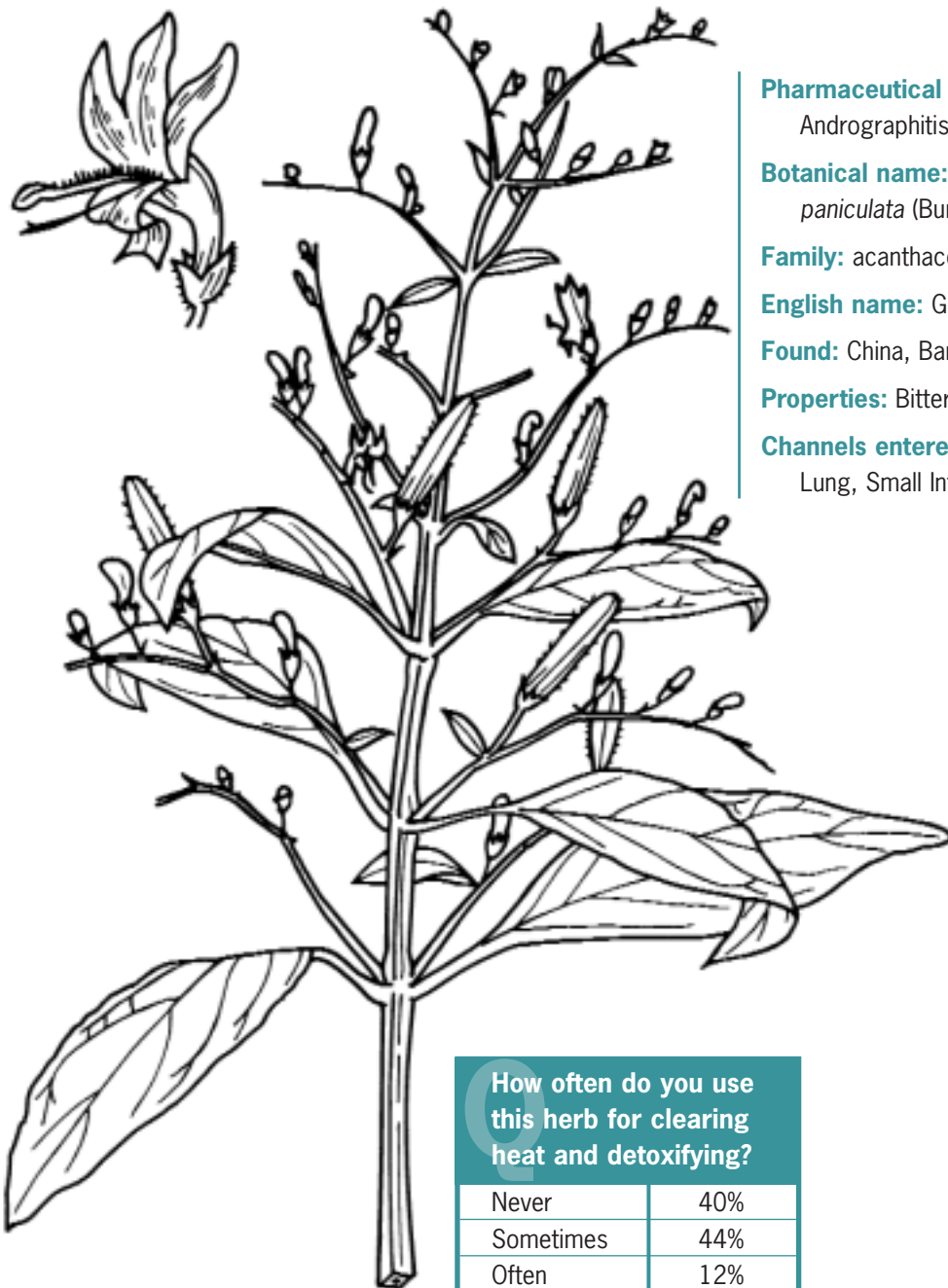
Channels entered: Spleen,
Stomach



How often do you use
this herb for clearing
heat and detoxifying?

Never	13%
Sometimes	37%
Often	48%
No Answer	2%

Chuan Xin Lian



Pharmaceutical name: Herba Andrographitis Paniculatae

Botanical name: *Andrographis paniculata* (Burm. f) Nees

Family: acanthaceae

English name: Green chiretta

Found: China, Bangladesh, Sri Lanka

Properties: Bitter, cold

Channels entered: Large Intestine, Lung, Small Intestine, Stomach

How often do you use this herb for clearing heat and detoxifying?

Never	40%
Sometimes	44%
Often	12%
No Answer	4%

Clearing Heat and Detoxifying

Chui Pen Cao



Pharmaceutical name: Herba Sedi
Botanical name: *Sedum sarmentosum* Bunge
Family: crassulaceae
English name: Stringy stonecrop herb
Found: China* and Vietnam**
Properties: Sweet, neutral, slightly sour
Channels entered: Liver, Gall Bladder, Small Intestine



How often do you use this herb for clearing heat and detoxifying?

Never	73%
Sometimes	20%
Often	2%
No Answer	5%

* Listed as 'Rare' in UNEP-WCMC 2005 Threatened species database

** Listed as 'Endangered' in UNEP-WCMC 2005 Threatened species database

Da Qing Ye



Pharmaceutical name: Folium Daqingye

Botanical name: *Isatis tinctoria* L.,
I. indigota Fort., *Baphicacanthus cusia*
(Nees) Bremek., *Polygonum tinctorium*
Ait. Or *Clerodendron cyrtophyllum* Turcz.

Family: cruciferae (*isatis*), acanthaceae
(*baphicacanthus*), polygonaceae
(*polygonum*), verbenaceae (*clerodendron*)

English name: Isatis leaf

Found: China

Properties: Bitter, very cold

Channels entered: Heart, Lung, Stomach

How often do you use
this herb for clearing
heat and detoxifying?

Never	17%
Sometimes	46%
Often	34%
No Answer	3%

Clearing Heat and Detoxifying

Hong Teng

Pharmaceutical name: Caulis Sargentodoxae Cuneatae

Botanical name: *Sargentodoxa cuneata* (Oliv.) Rehd.

Family: lardizabalaceae

English name: Sargentgloryvine

Found: China and Vietnam*

Properties: Bitter, neutral

Channels entered: Large Intestine, Liver



How often do you use this herb for clearing heat and detoxifying?

Never	42%
Sometimes	46%
Often	11%
No Answer	1%

* Listed as 'Rare' in UNEP-WCMC 2005 Threatened species database

Jin Yin Hua

Pharmaceutical name: Flos Lonicerae Japonicae

Botanical name: *Lonicera japonica* Thunb.

Family: caprifoliaceae

English name: Honeysuckle flower

Found: China and Japan*

Properties: Sweet, cold

Channels entered: Large Intestine, Lung, Stomach



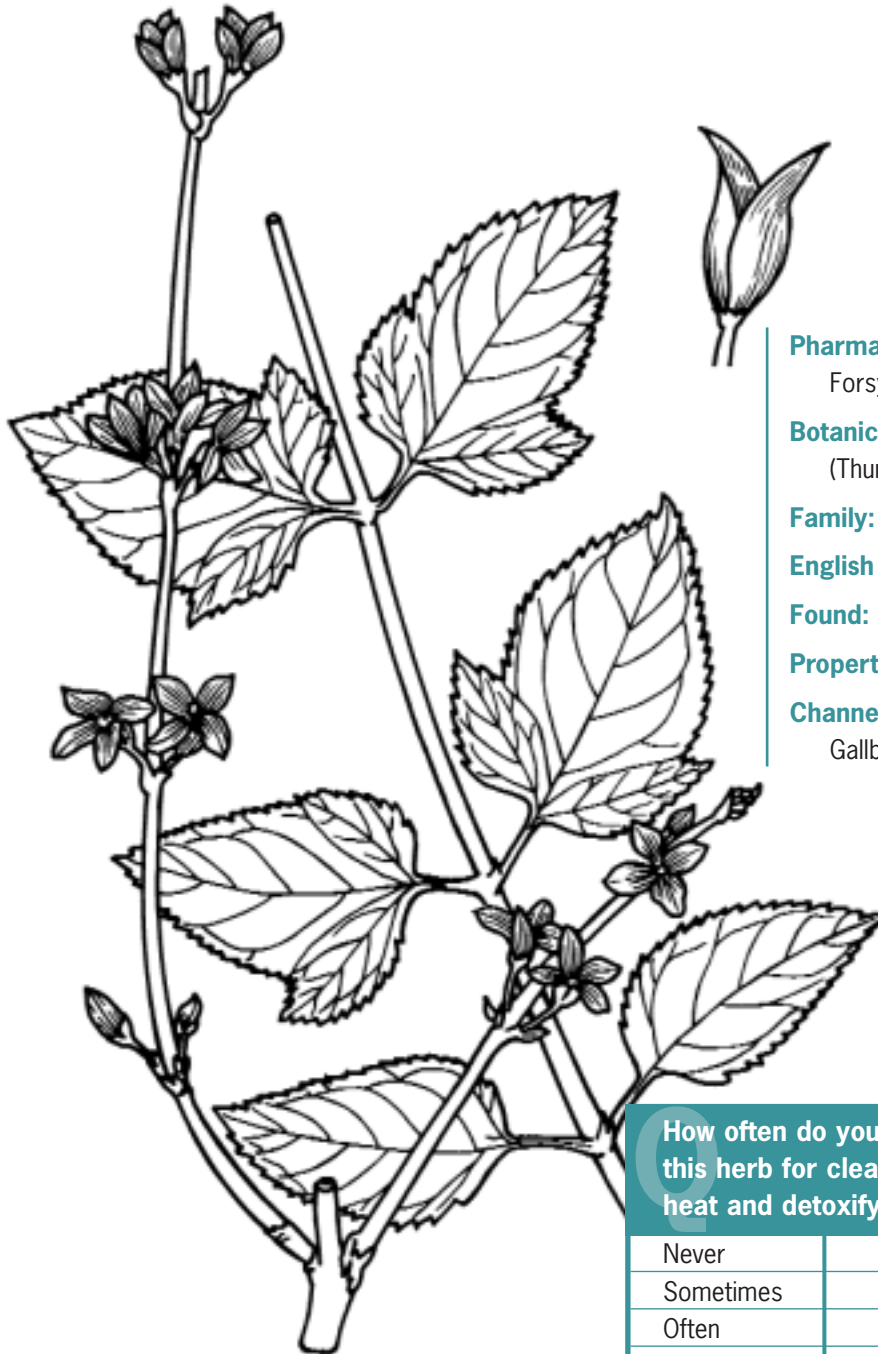
How often do you use this herb for clearing heat and detoxifying?

Never	3%
Sometimes	14%
Often	76%
No Answer	7%

* Listed as 'Endangered' in UNEP-WCMC 2005 Threatened species database

Clearing Heat and Detoxifying

Lian Qiao



Pharmaceutical name: Fructus Forsythiae Suspensae

Botanical name: *Forsythia suspensa* (Thunb.) Vahl

Family: oleaceae

English name: Forsythia fruit

Found: China

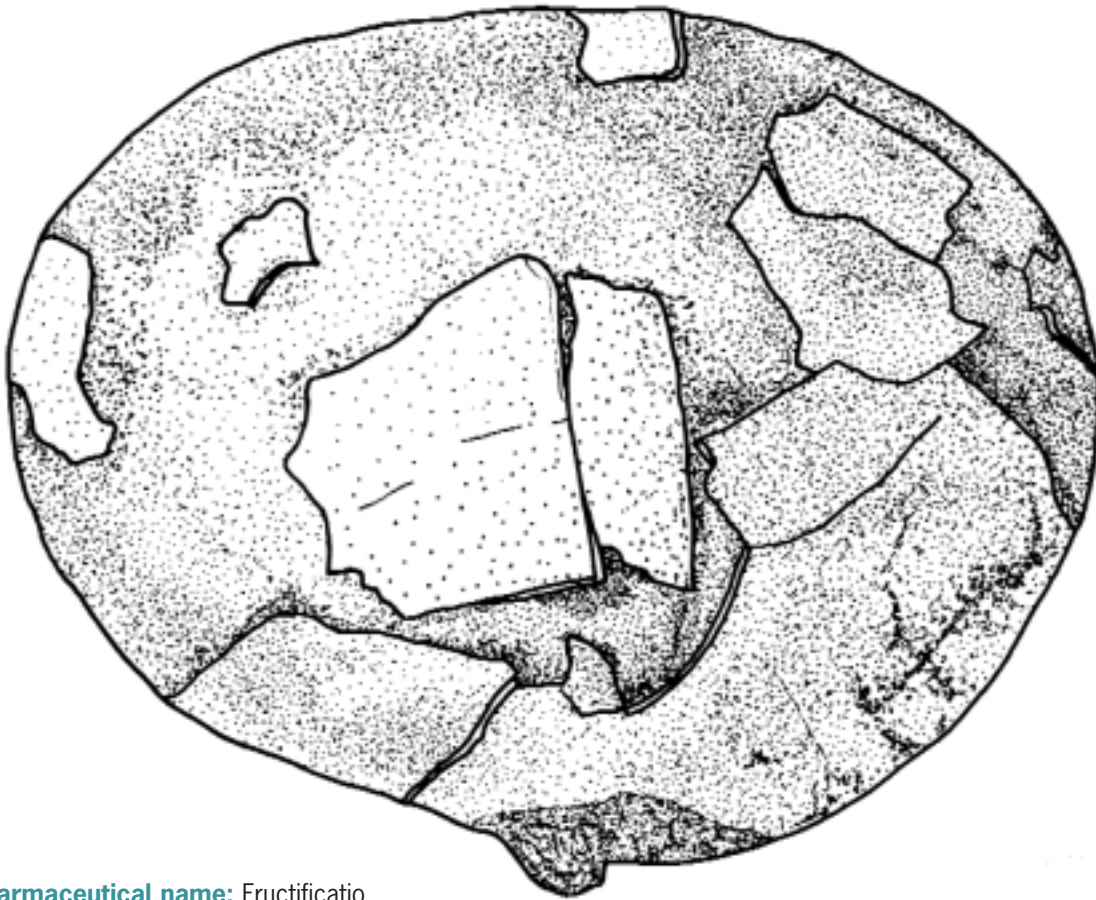
Properties: Bitter, slightly acrid, cool

Channels entered: Heart, Liver, Gallbladder

How often do you use this herb for clearing heat and detoxifying?

Never	4%
Sometimes	14%
Often	75%
No Answer	7%

Ma Bo



Pharmaceutical name: Fructificatio

Lasiosphaerae seu Calvatiae

Botanical name: *Lasiosphaera fenslii* Reich.,

L. nipponica (Kawam.) Y. Kobayashi,

Calvatia gigantean (Batsch ex Pers.),

or *C. lilacina* (Mont. et Berk)

Family: lycoperdaceae

English name: Puff-ball

Found: China

Properties: Acrid, neutral

Channels entered: Lung

**How often do you use
this herb for clearing
heat and detoxifying?**

Never	57%
Sometimes	35%
Often	8%
No Answer	0%

Clearing Heat and Detoxifying

Ma Chi Xian



Pharmaceutical name: Herba Portulacae Oleraceae

Botanical name: *Portulaca oleracea* L.

Family: portulacaceae

English name: Portulaca

Found: Liechtenstein*, Egypt, China, Ecuador, Anguilla, Puerto Rico, Belize

Properties: Sour, cold

Channels entered: Large Intestine, Liver

How often do you use this herb for clearing heat and detoxifying?

Never	26%
Sometimes	47%
Often	25%
No Answer	2%

* Listed as 'Rare' in UNEP-WCMC 2005 Threatened species database

Pu Gong Ying

Pharmaceutical name: Herba Taraxaci Mongolici cum Radice

Botanical name: *Taraxacum mongolicum* Hand.-Mazz

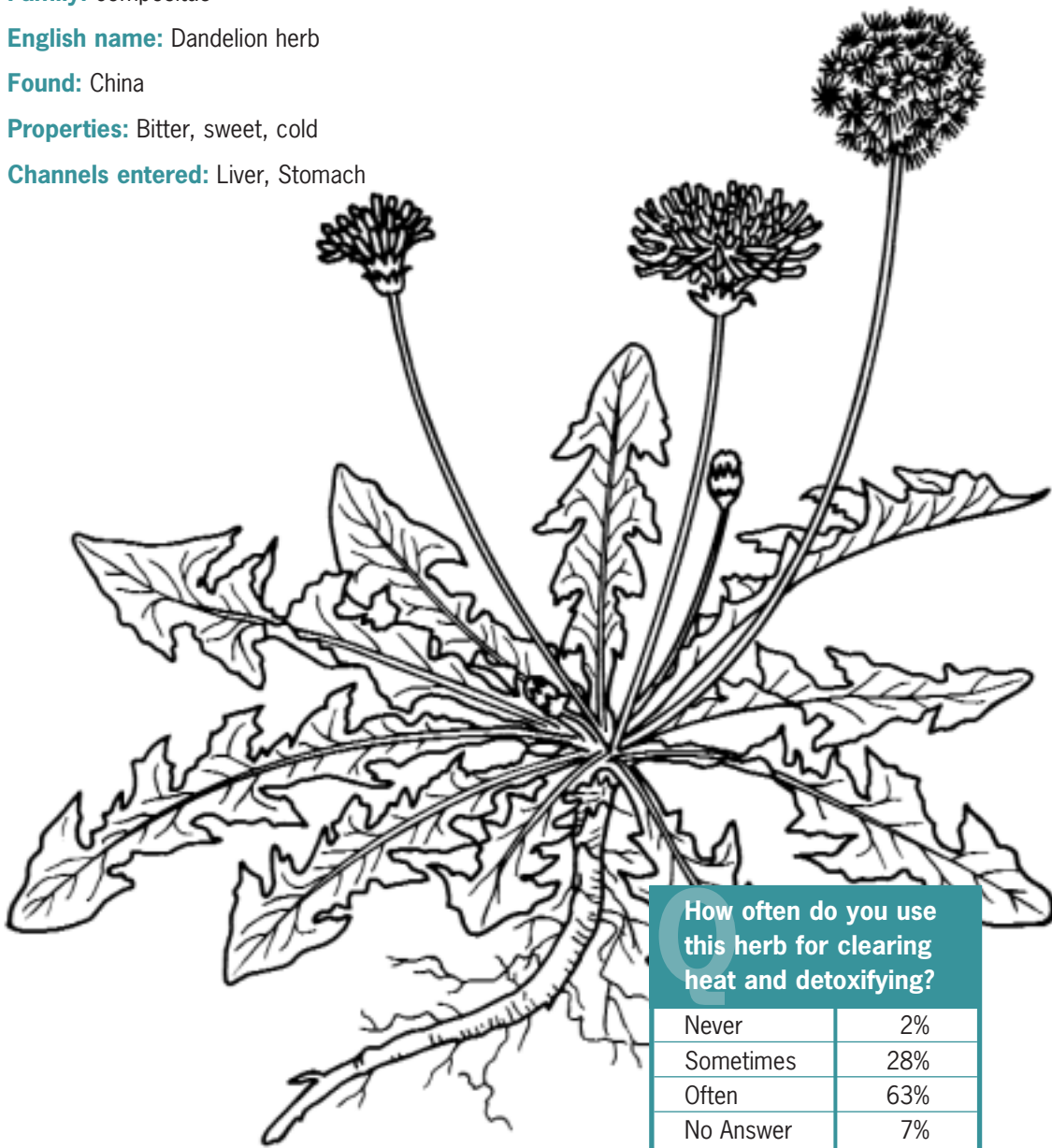
Family: compositae

English name: Dandelion herb

Found: China

Properties: Bitter, sweet, cold

Channels entered: Liver, Stomach



How often do you use this herb for clearing heat and detoxifying?

Never	2%
Sometimes	28%
Often	63%
No Answer	7%

Clearing Heat and Detoxifying

Qing Dai



(made from pulverising da qing ye)

Pharmaceutical name: Indigo Pulverata
Levis

Botanical name: *Isatis tinctoria* L.,
I. indigota Fort., *Baphicacanthus cusia*
(Nees) Bremek., *Polygonum tinctorium*
Ait. Or *Clerodendron cyrtophyllum* Turcz.

Family: cruciferae (*isatis*), acanthaceae
(*baphicacanthus*), polygonaceae
(*polygonum*), verbenaceae (*clerodendron*)

English name: Natural indigo

Found: China

Properties: Salty, cold

Channels entered: Liver, Lung, Stomach

How often do you use
this herb for clearing
heat and detoxifying?

Never	38%
Sometimes	49%
Often	12%
No Answer	1%

Qin Pi



Pharmaceutical name: Cortex Fraxini

Botanical name: *Fraxinus rhynchophylla*
Hance., *F. bungeana* DC.,
or *F. chinensis* Roxb.

Family: oleaceae

English name: Ash bark

Found: China

Properties: Bitter, cold

Channels entered: Gallbladder, Large
Intestine, Liver, Stomach

**How often do you use
this herb for clearing
heat and detoxifying?**

Never	32%
Sometimes	53%
Often	14%
No Answer	1%

Clearing Heat and Detoxifying

Shan Dou Gen



Pharmaceutical name: Radix Sophorae
Tonkinensis

Botanical name: *Sophora tonkinensis* Gapnep.

Family: leguminosae

English name: Subprostrate Sophora root

Found: China and Vietnam

Properties: Bitter, cold

Channels entered: Large Intestine, Lung

How often do you use
this herb for clearing
heat and detoxifying?

Never	43%
Sometimes	46%
Often	10%
No Answer	1%

She Gan

Pharmaceutical name: Rhizoma Belamcandae
Chinensis

Botanical name: *Belamcanda chinensis* (L.) DC.

Family: iridaceae

English name: Belamcanda rhizome

Found: Russia, China, India, Vietnam and Japan.

Properties: Bitter, cold

Channels entered: Lung

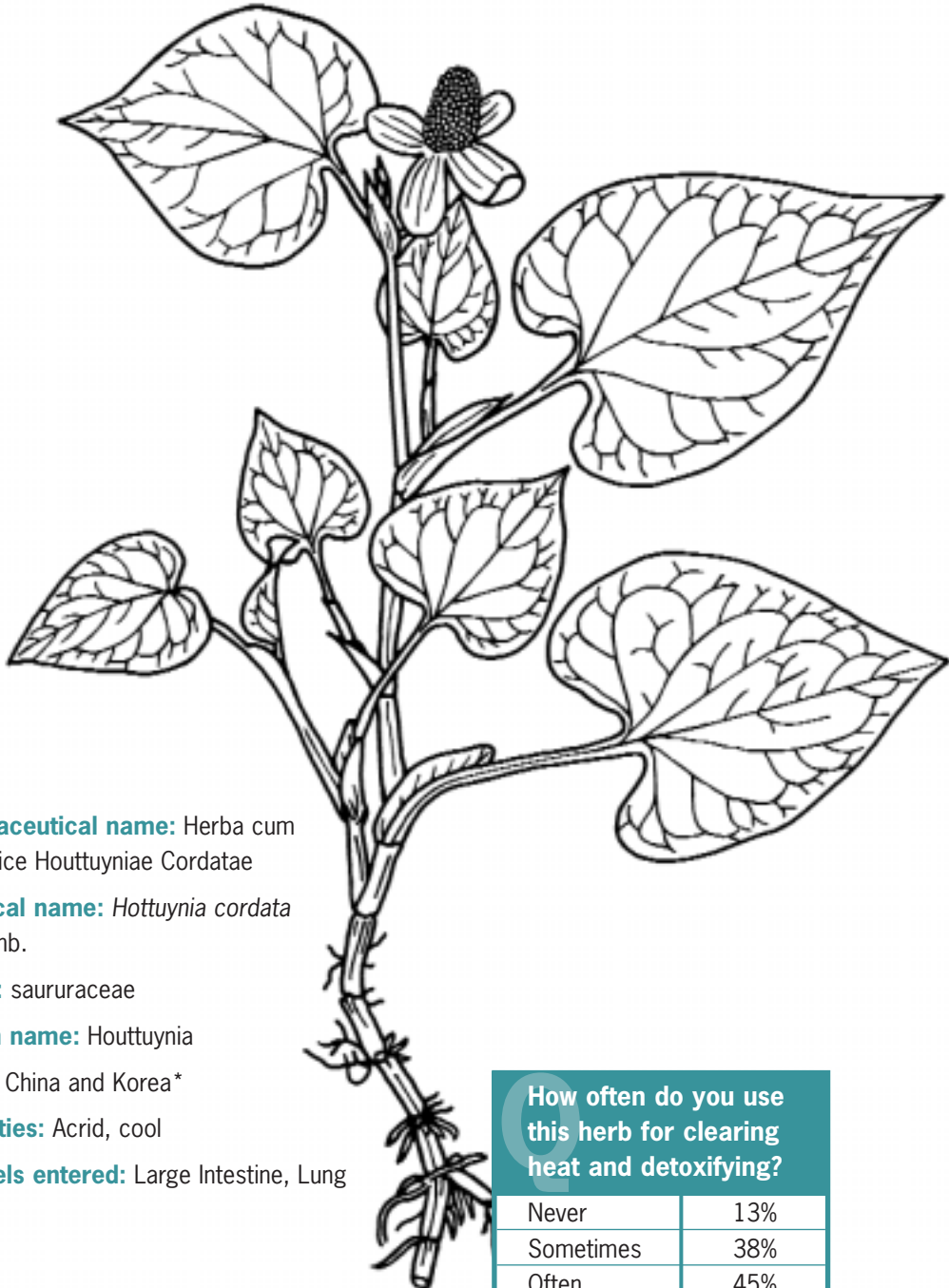


How often do you use this herb for clearing heat and detoxifying?

Never	31%
Sometimes	52%
Often	16%
No Answer	1%

Clearing Heat and Detoxifying

Yu Xing Cao



Pharmaceutical name: Herba cum Radice Houttuyniae Cordatae

Botanical name: *Houttuynia cordata* Thunb.

Family: saururaceae

English name: Houttuynia

Found: China and Korea*

Properties: Acrid, cool

Channels entered: Large Intestine, Lung

How often do you use this herb for clearing heat and detoxifying?

Never	13%
Sometimes	38%
Often	45%
No Answer	4%

*Listed as 'Rare' in UNEP-WCMC 2005 Threatened species database

Zao Xiu/Chonglou



Pharmaceutical name: Rhizoma Paridis

Botanical name: *Paris polyphylla* Smith

Family: Liliaceae

English name: Chinese Paris root

Found: China

Properties: Bitter, slightly cold

Channels entered: Liver

How often do you use this herb for clearing heat and detoxifying?

Never	53%
Sometimes	34%
Often	12%
No Answer	1%

Clearing Heat and Detoxifying

Zi Hua Di Ding



Pharmaceutical name: Herba cum
Radice *Violae Yedoensis*

Botanical name: *Viola yedoensis* Mak.

Family: violaceae

English name: Viola herb

Found: China

Properties: Acrid, bitter, cold

Channels entered: Heart, Liver

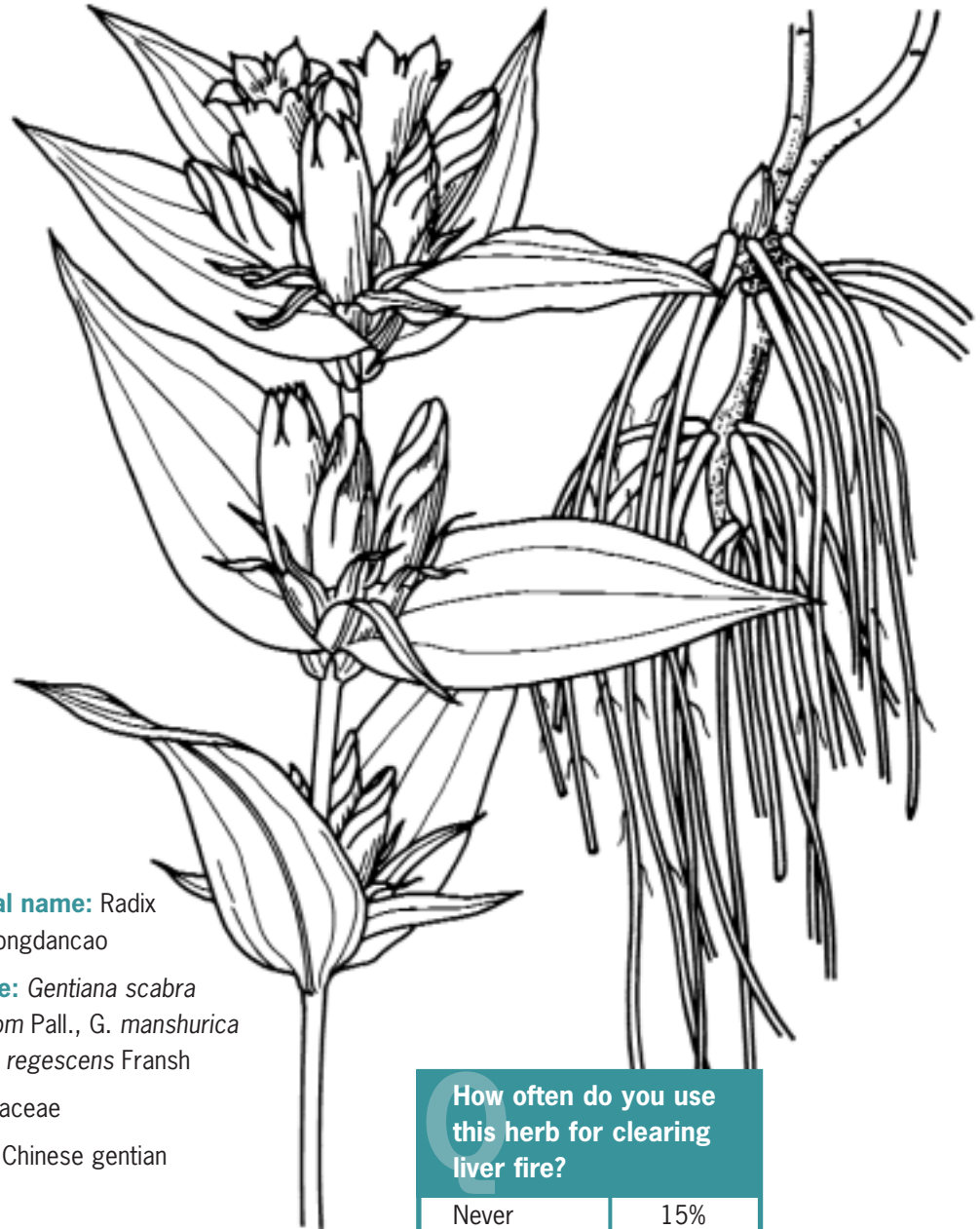
How often do you use
this herb for clearing
heat and detoxifying?

Never	12%
Sometimes	41%
Often	43%
No Answer	4%

Clearing Liver Fire

Clearing Liver Fire

Long Dan Cao



Pharmaceutical name: Radix
Gentianae Longdancao

Botanical name: *Gentiana scabra*
Bge, *G. triflora* Pall., *G. manshurica*
Kitag., or *G. regescens* Franch

Family: gentianaceae

English name: Chinese gentian

Found: China

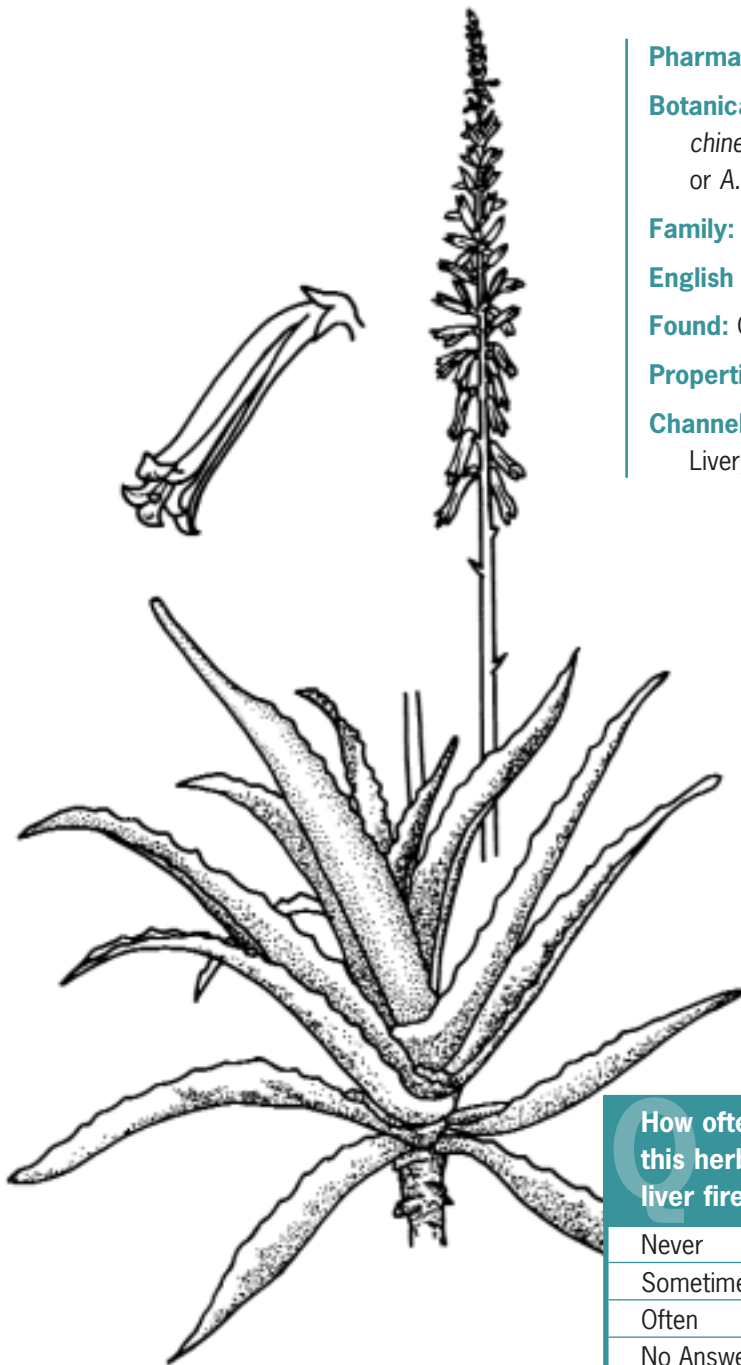
Properties: Bitter, cold

Channels entered: Gallbladder, Liver,
Stomach

How often do you use
this herb for clearing
liver fire?

Never	15%
Sometimes	42%
Often	39%
No Answer	4%

Lu Hui



Pharmaceutical name: Herba Aloes

Botanical name: *Aloe vera* L. var. *chinensis* (Haw.) Berger, *A. vera* L., or *A. ferox* Mill

Family: liliaceae

English name: Aloes

Found: China

Properties: Bitter and cold

Channels entered: Large Intestine, Liver, Stomach

How often do you use this herb for clearing liver fire?

Never	58%
Sometimes	37%
Often	4%
No Answer	1%

Clearing Liver Fire

Zao Xiu/Chonglou

Pharmaceutical name: Rhizoma Parisis

Botanical name: *Paris polyphylla* Smith

Family: liliaceae

English name: Chinese Paris root

Found: China

Properties: Bitter, slightly cold

Channels entered: Liver



How often do you use this herb for clearing liver fire?

Never	57%
Sometimes	31%
Often	11%
No Answer	1%

Zi Hua Di Ding



Pharmaceutical name: Herba cum Radice *Violae Yedoensis*

Botanical name: *Viola yedoensis* Mak.

Family: violaceae

English name: Viola herb

Found: China

Properties: Acrid, bitter, cold

Channels entered: Heart, Liver

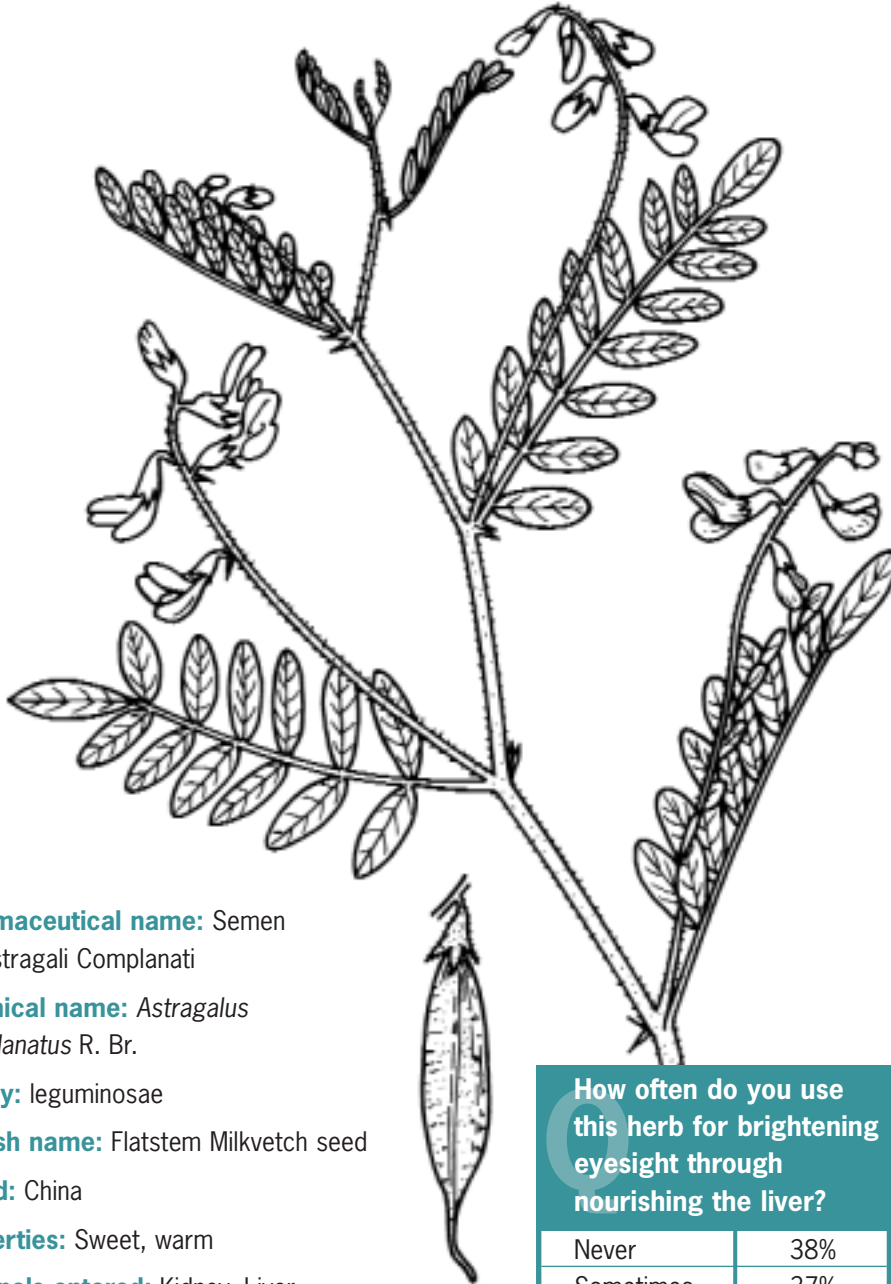
How often do you use this herb for clearing liver fire?

Never	17%
Sometimes	34%
Often	41%
No Answer	8%

Brightening Eyesight Through Nourishing the Liver

Brightening Eyesight Through Nourishing the Liver

Sha Yuan Zi



Pharmaceutical name: Semen
Astragali Complanati

Botanical name: *Astragalus
complanatus* R. Br.

Family: leguminosae

English name: Flatstem Milkveetch seed

Found: China

Properties: Sweet, warm

Channels entered: Kidney, Liver

How often do you use
this herb for brightening
eyesight through
nourishing the liver?

Never	38%
Sometimes	37%
Often	21%
No Answer	4%

Brightening Eyesight Through Nourishing the Liver

Gou Qi Zi



Pharmaceutical name: Fructus Lycii

Botanical name: *Lycium barbarum* L.
or *L. chinense* Mill.

Family: solanaceae

English name: Barbary Wolfberry fruit

Found: China

Properties: Sweet, neutral

Channels entered: Liver, Lung, Kidney

How often do you use
this herb for brightening
eyesight through
nourishing the liver?

Never	3%
Sometimes	14%
Often	74%
No Answer	9%

Nu Zhen Zi



How often do you use this herb for brightening eyesight through nourishing the liver?

Never	7%
Sometimes	25%
Often	62%
No Answer	6%

Pharmaceutical name: Fructus *Ligustri Lucidi*

Botanical name: *Ligustrum lucidum* Ait.

Family: oleaceae

English name: Glossy Privet fruit

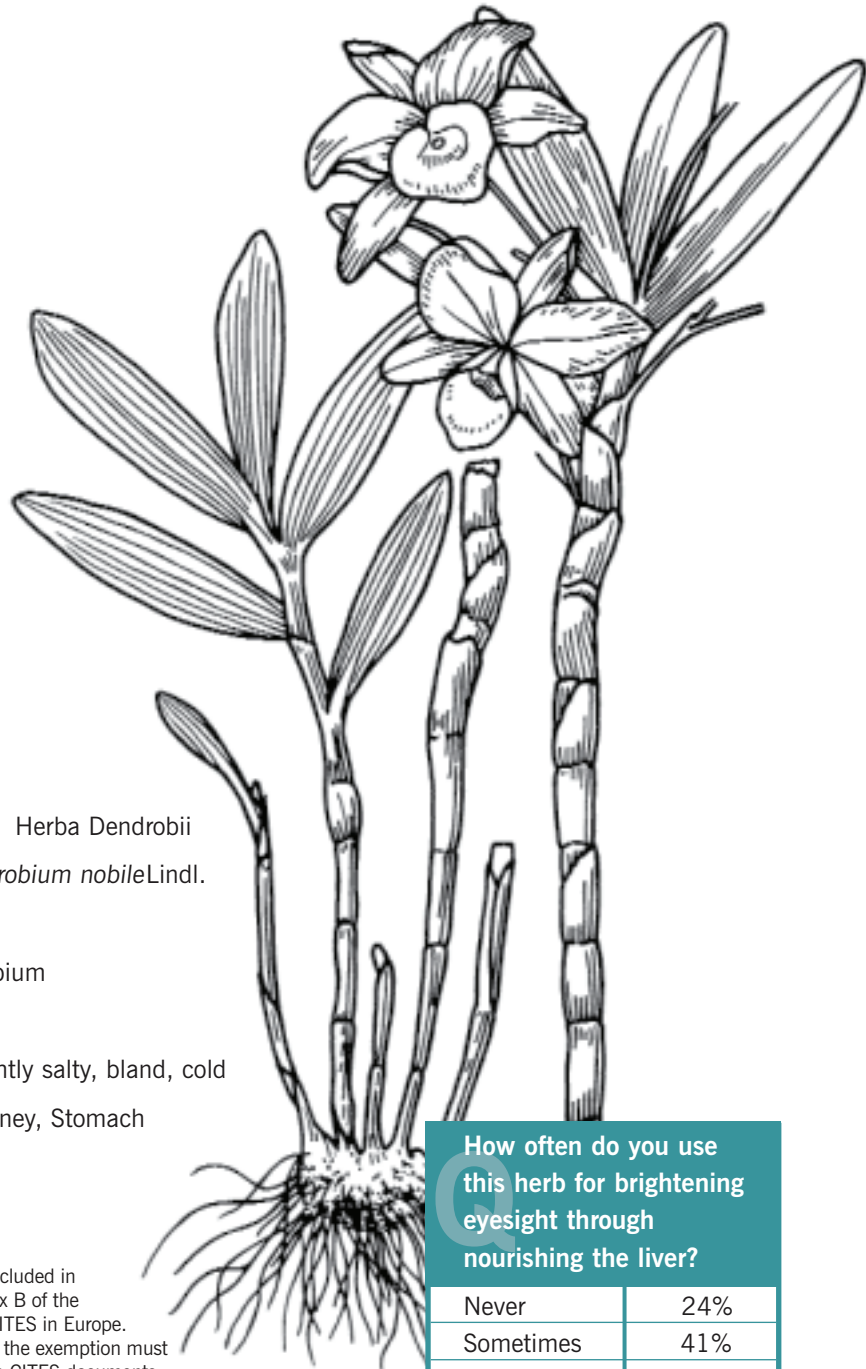
Found: China

Properties: Bitter, sweet, neutral

Channels entered: Kidney, Liver

Brightening Eyesight Through Nourishing the Liver

Shi Hu



Pharmaceutical name: Herba Dendrobii
Botanical name: *Dendrobium nobile* Lindl.
Family: orchidaceae
English name: Dendrobium
Found: China
Properties: Sweet, slightly salty, bland, cold
Channels entered: Kidney, Stomach

Please note that this plant is included in Appendix 2 of CITES and Annex B of the EU Regulation implementing CITES in Europe. Plants not clearly qualifying for the exemption must be accompanied by appropriate CITES documents. For further information refer to the CITES database at www.cites.org/eng/resources/species.html

How often do you use this herb for brightening eyesight through nourishing the liver?

Never	24%
Sometimes	41%
Often	33%
No Answer	2%

Brightening Eyesight and Clearing Away Liver Fire

Brightening Eyesight and Clearing Away Liver Fire

Che Qian Zi



How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	12%
Sometimes	36%
Often	47%
No Answer	5%

Pharmaceutical name: Semen Plantaginis

Botanical name: *Plantago asiatica* L. or *P. depressa* Wild.

Family: plantaginaceae

English name: Plantain seed

Found: China

Properties: Sweet, cold

Channels entered: Bladder, Kidney, Liver, Lung

Gou Qi Zi



Pharmaceutical name: Fructus Lycii

Botanical name: *Lycium barbarum* L.
or *L. chinense* Mill.

Family: solanaceae

English name: Barbary Wolfberry fruit

Found: China

Properties: Sweet, neutral

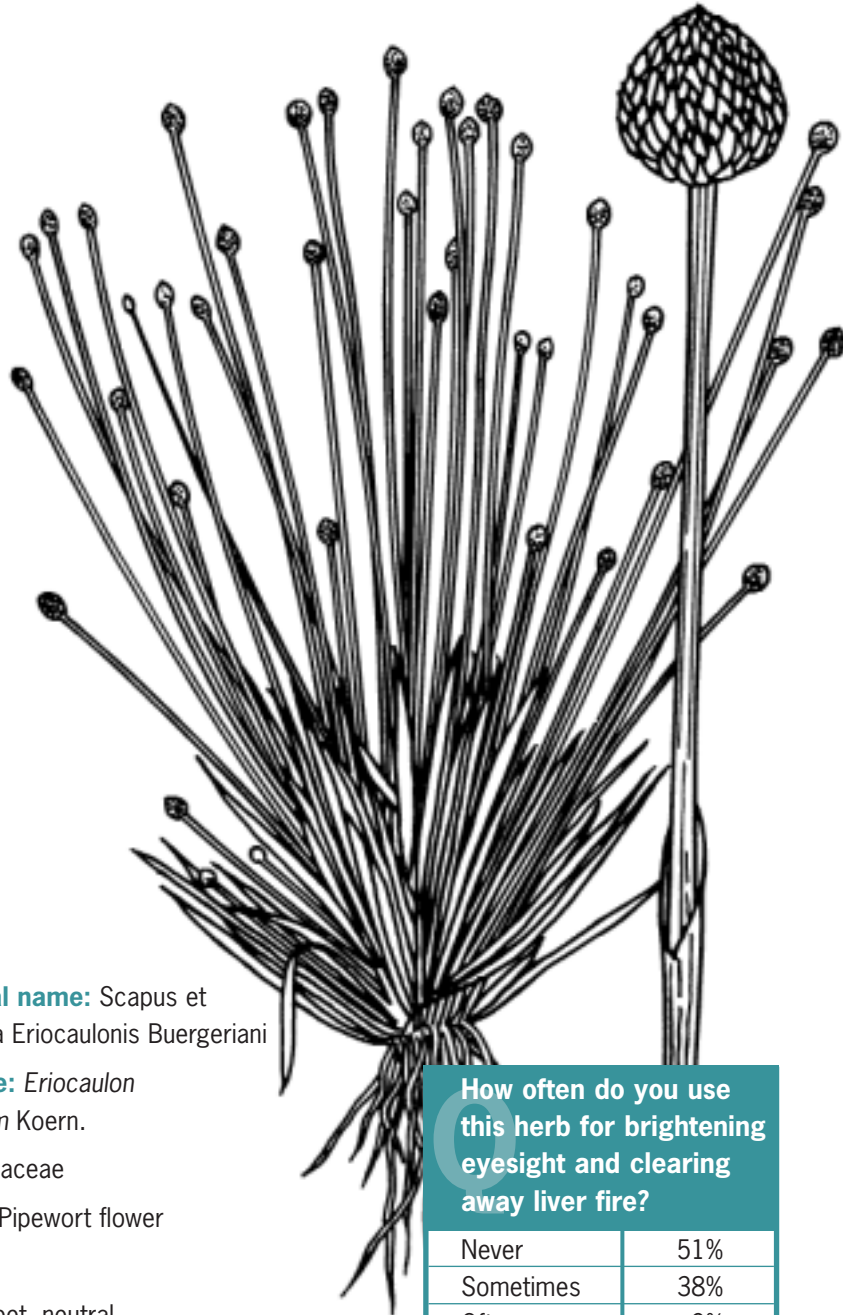
Channels entered: Liver, Lung, Kidney

How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	6%
Sometimes	16%
Often	68%
No Answer	10%

Brightening Eyesight and Clearing Away Liver Fire

Gu Jing Cao



Pharmaceutical name: Scapus et
Inflorescentia Eriocaulonis Buergeriani

Botanical name: *Eriocaulon
buergerianum* Koern.

Family: erioaulaceae

English name: Pipewort flower

Found: China

Properties: Sweet, neutral

Channels entered: Liver, Stomach

How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	51%
Sometimes	38%
Often	9%
No Answer	2%

Jue Ming Zi

Pharmaceutical name: Semen Cassiae

Botanical name: *Cassia obtusifolia* L. or *C. tora* L.

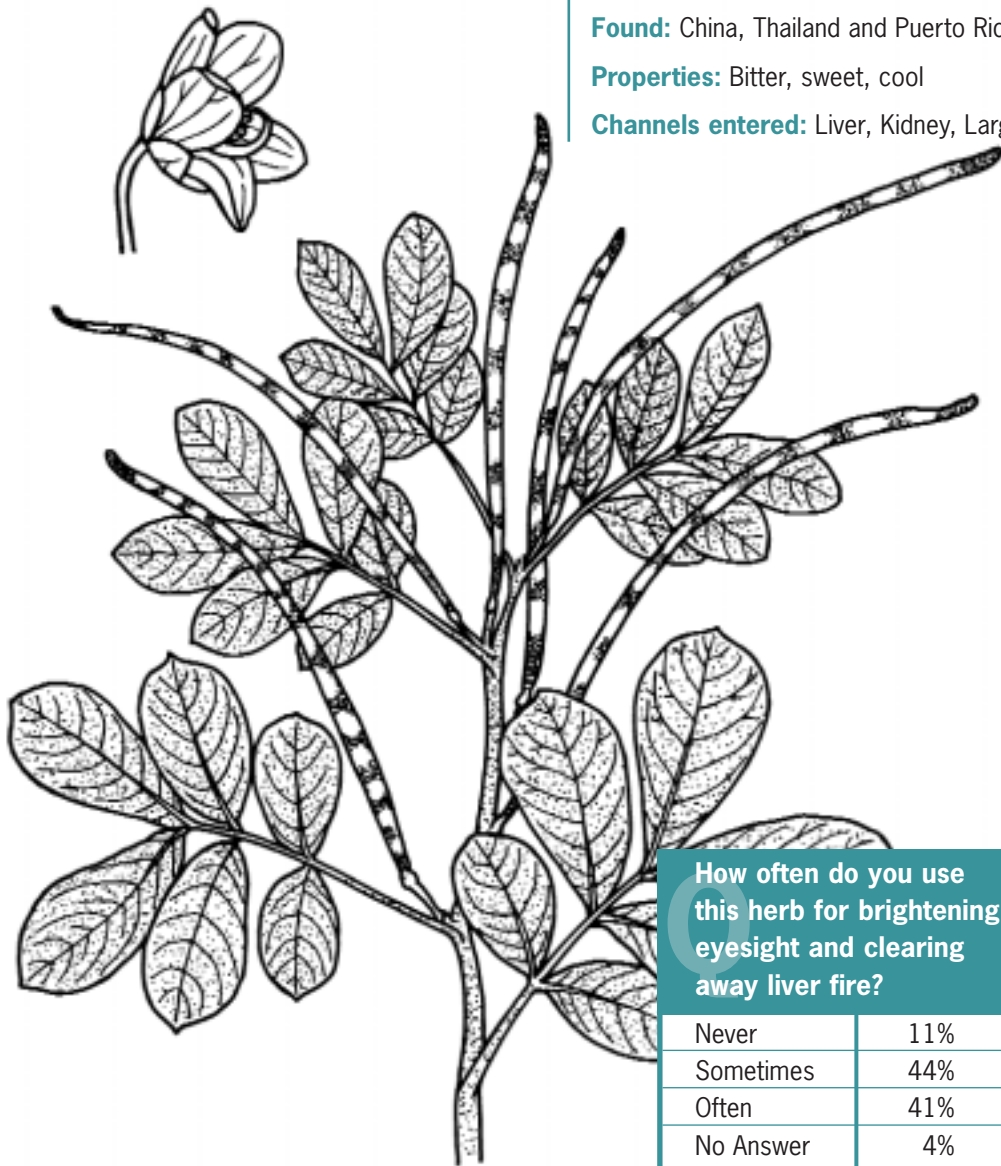
Family: leguminosae

English name: Cassia seed

Found: China, Thailand and Puerto Rico

Properties: Bitter, sweet, cool

Channels entered: Liver, Kidney, Large Intestine



How often do you use this herb for brightening eyesight and clearing away liver fire?

Never	11%
Sometimes	44%
Often	41%
No Answer	4%

Brightening Eyesight and Clearing Away Liver Fire

Ju Hua

Pharmaceutical name: Flos
Chrysanthemum Morifolii

Botanical name: *Chrysanthemum morifolium* Ramat.

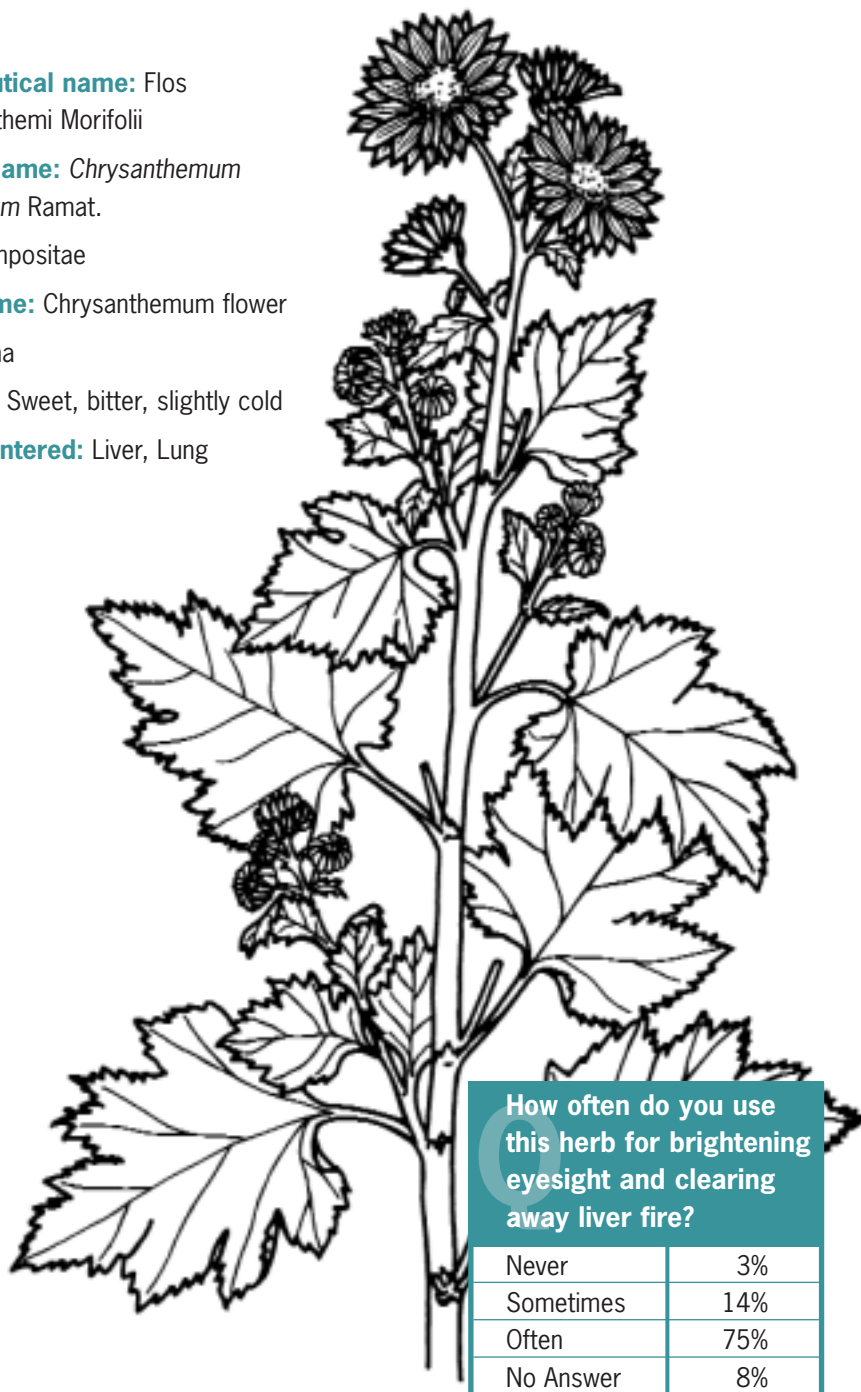
Family: compositae

English name: Chrysanthemum flower

Found: China

Properties: Sweet, bitter, slightly cold

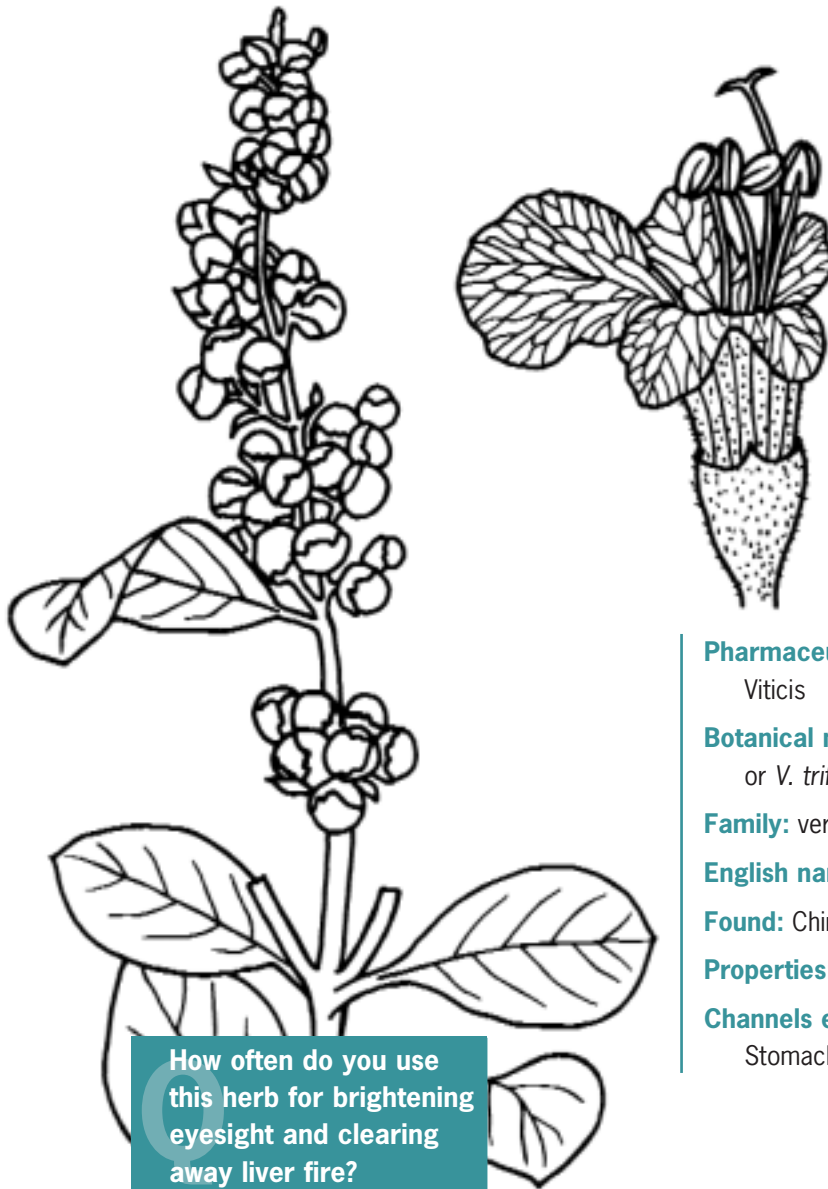
Channels entered: Liver, Lung



How often do you use this herb for brightening eyesight and clearing away liver fire?

Never	3%
Sometimes	14%
Often	75%
No Answer	8%

Man Jing Zi



How often do you use this herb for brightening eyesight and clearing away liver fire?

Never	13%
Sometimes	47%
Often	36%
No Answer	4%

Pharmaceutical name: Fructus Viticis

Botanical name: *Vitex rotundifolia* L. or *V. trifolia* L.

Family: verbenaceae

English name: Shrub Chastetree fruit

Found: China and Singapore

Properties: Bitter, acrid, cool

Channels entered: Bladder, Liver, Stomach

Brightening Eyesight and Clearing Away Liver Fire

Mi Meng Hua



Pharmaceutical name: Flos Buddleiae Officinalis
Immaturis

Botanical name: *Buddleia officinalis* Maxim.

Family: loganiaceae

English name: Pale Butterflybush flower

Found: China

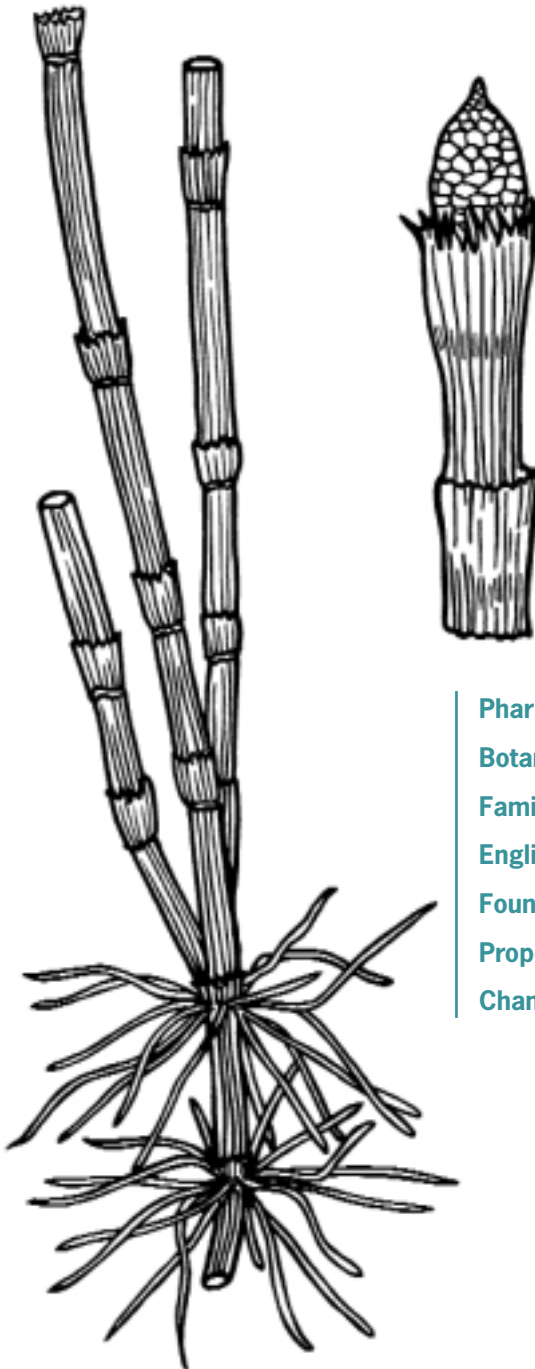
Properties: Sweet, cool

Channels entered: Liver

How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	46%
Sometimes	44%
Often	8%
No Answer	2%

Mu Zei



Pharmaceutical name: Herba Equiseti Hiemalis

Botanical name: *Equisetum hiemale* L.

Family: equisetaceae

English name: Common scouring rush herb

Found: China, Russia*, Hungary*, Liechtenstein*

Properties: Sweet, bitter, neutral

Channels entered: Liver, Lung

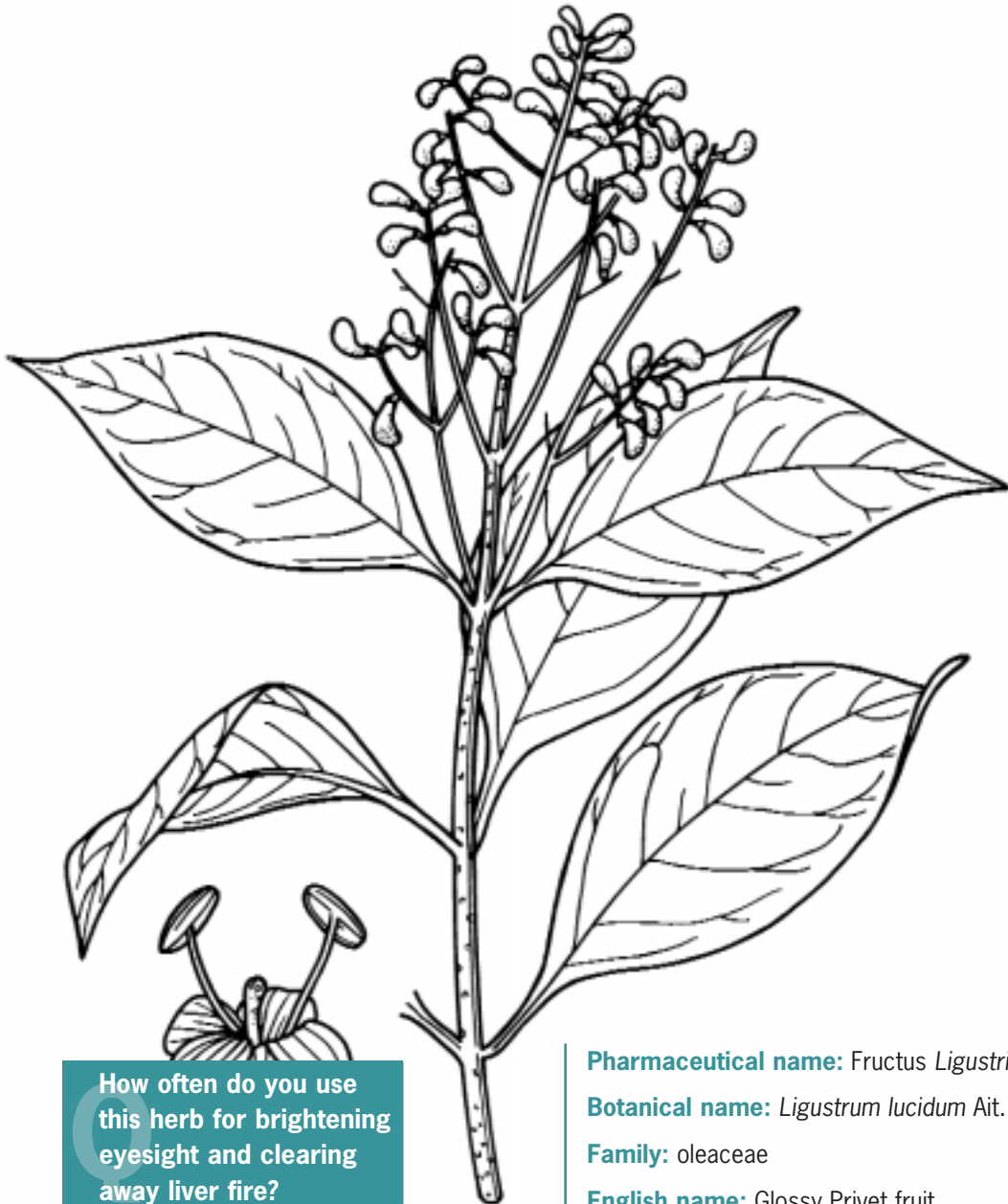
How often do you use this herb for brightening eyesight and clearing away liver fire?

Never	51%
Sometimes	37%
Often	12%
No Answer	0%

*Listed as 'Rare' in UNEP-WCMC 2005 Threatened species database

Brightening Eyesight and Clearing Away Liver Fire

Nu Zhen Zi



How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	11%
Sometimes	28%
Often	54%
No Answer	7%

Pharmaceutical name: Fructus *Ligustri Lucidi*

Botanical name: *Ligustrum lucidum* Ait.

Family: oleaceae

English name: Glossy Privet fruit

Found: China

Properties: Bitter, sweet, neutral

Channels entered: Kidney, Liver

Qin Pi



Pharmaceutical name: Cortex Fraxini

Botanical name: *Fraxinus rhynchophylla* Hance., *F. bungeana* DC., or *F. chinensis* Roxb.

Family: oleaceae

English name: Ash bark

Found: China

Properties: Bitter, cold

Channels entered: Gallbladder, Large Intestine, Liver, Stomach

How often do you use this herb for brightening eyesight and clearing away liver fire?

Never	24%
Sometimes	45%
Often	28%
No Answer	3%

Brightening Eyesight and Clearing Away Liver Fire

Qing Xiang Zi



Pharmaceutical name: Semen Celosiae
Argenteae

Botanical name: *Celosia argentea* L.

Family: amaranthaceae

English name: Feather Cockscomb seed

Found: China, Malaysia and Puerto Rico

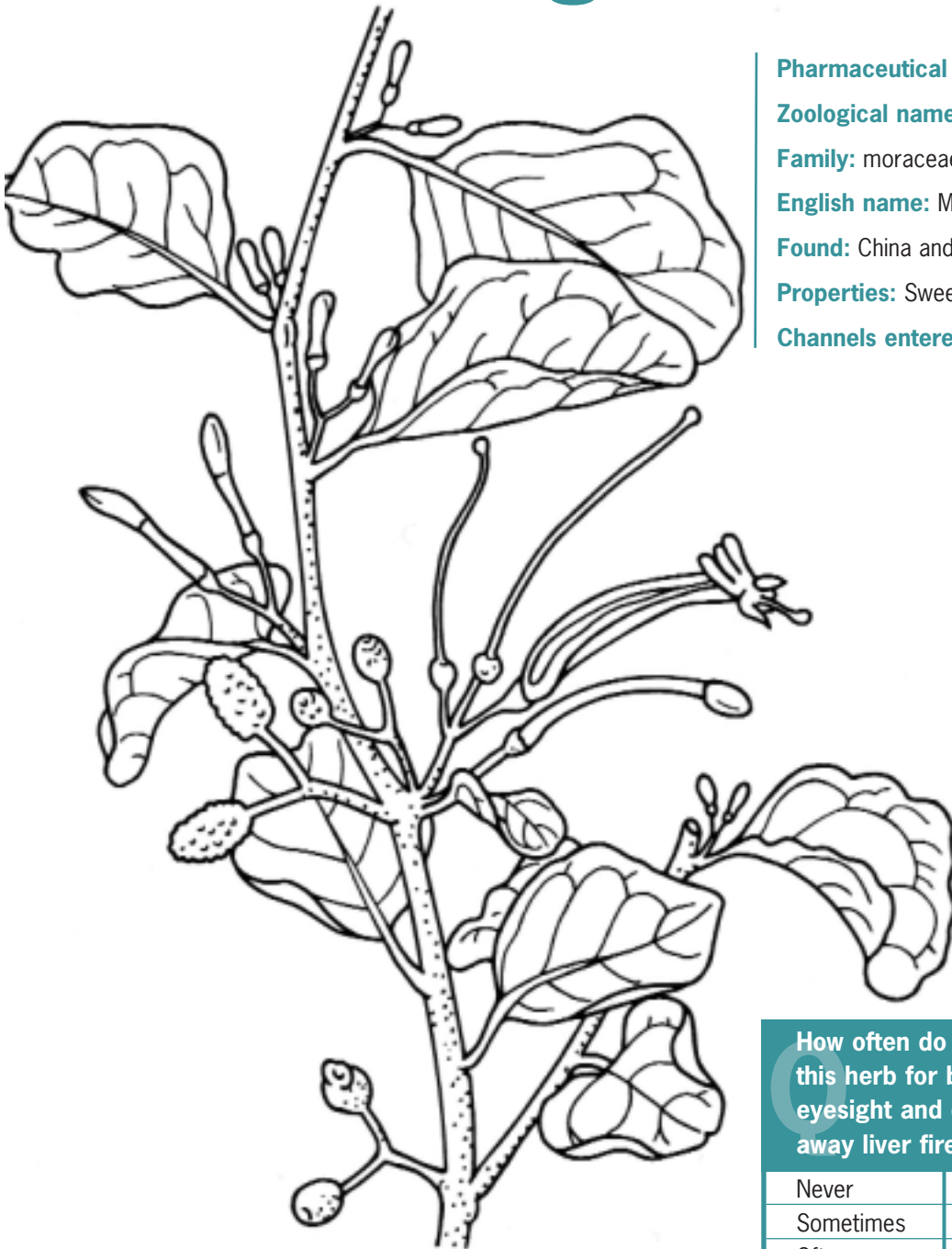
Properties: Sweet, cold

Channels entered: Liver

How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	53%
Sometimes	34%
Often	13%
No Answer	0%

Sang Ye



Pharmaceutical name: Folium Mori

Zoological name: *Morus alba* L.

Family: moraceae

English name: Mulberry leaf

Found: China and Liechtenstein*

Properties: Sweet, bitter, cold

Channels entered: Liver, Lung

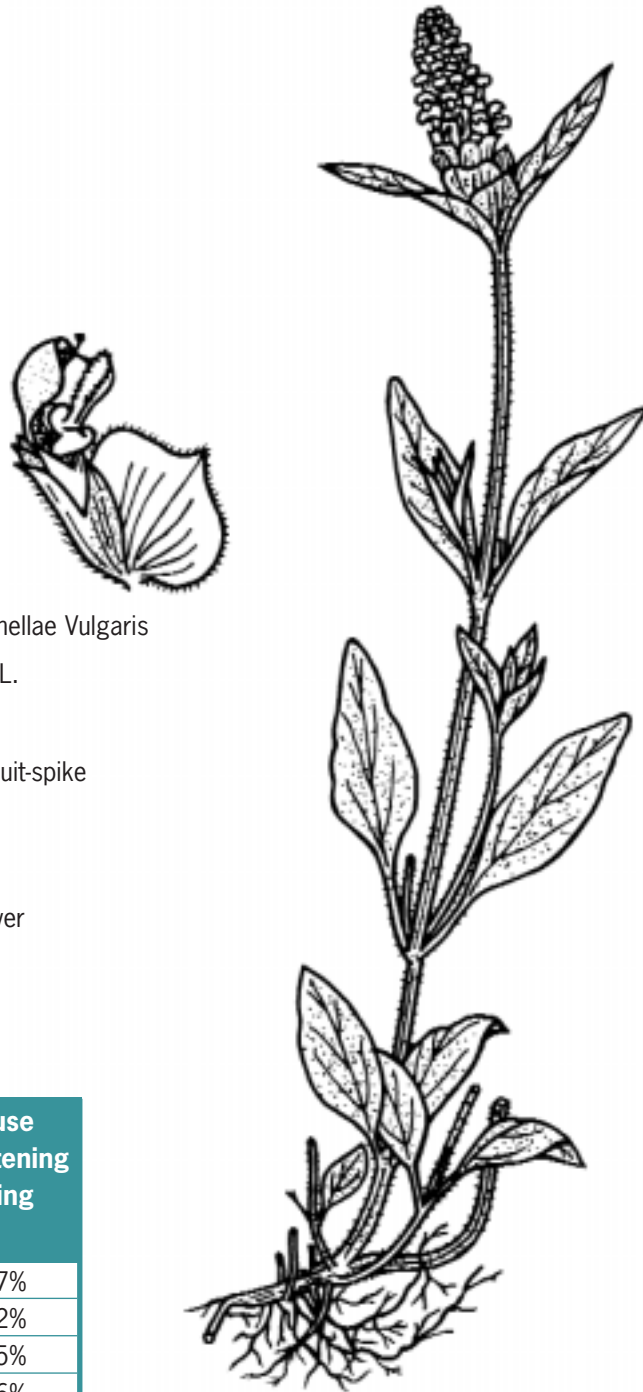
How often do you use this herb for brightening eyesight and clearing away liver fire?

Never	22%
Sometimes	42%
Often	34%
No Answer	2%

* Listed as 'Rare' in UNEP-WCMC 2005 Threatened species database

Brightening Eyesight and Clearing Away Liver Fire

Xia Ku Cao



Pharmaceutical name: Spica Prunellae Vulgaris

Botanical name: *Prunella vulgaris* L.

Family: labiatae

English name: Common selfheal fruit-spike

Found: China

Properties: Bitter, acrid, cold

Channels entered: Gallbladder, Liver

How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	7%
Sometimes	32%
Often	55%
No Answer	6%

Shi Jue Ming



Pharmaceutical name: Concha Haliotidis

Zoological name: *Haliotis diversicolor*
Reeve or *H. gigantea* discuss Reeve

Family: haliotidae

English name: Sea-ear shell

Found: Off coast of China and cultivated

Properties: Salty, cold

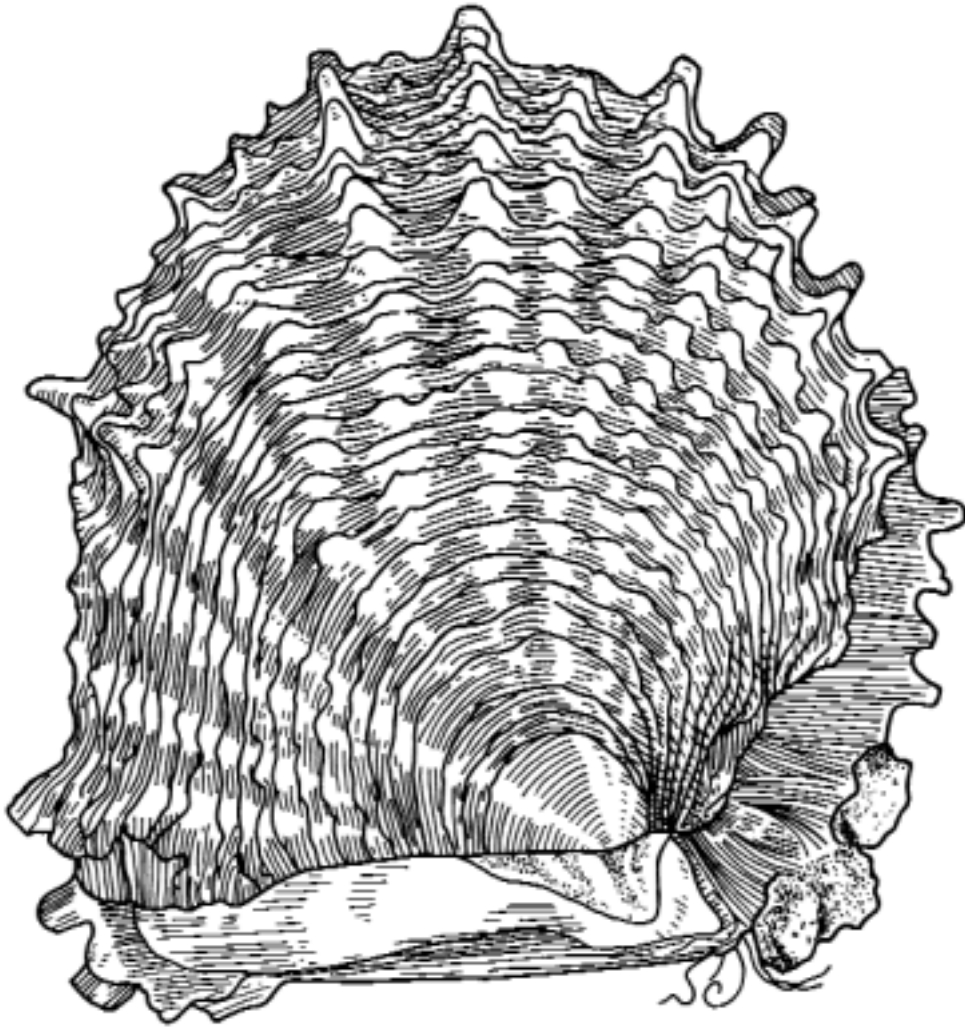
Channels entered: Kidney, Liver

**How often do you use
this herb for brightening
eyesight and clearing
away liver fire?**

Never	21%
Sometimes	42%
Often	27%
No Answer	0%

Brightening Eyesight and Clearing Away Liver Fire

Zhen Zhu Mu



How often do you use
this herb for brightening
eyesight and clearing
away liver fire?

Never	32%
Sometimes	48%
Often	17%
No Answer	3%

Pharmaceutical name: Concha Margaritiferae

Zoological name: *Pteria margaritifera* (L.)

Family: pteriidae (pteria), unionidae (hydiposis, cristaria)

English name: Nacre

Found: China and cultivated

Properties: Sweet, salty, cold

Channels entered: Heart and Liver

Request for feedback

We need your help. The results of this survey are informative but we need to do more to compile a definitive list of herbal alternatives to bear bile. Most importantly we need input and feedback from the Traditional Medicine community.

All of your comments are welcome but below are a number of specific questions:

Do you know of any other actions or indications for bear bile?

Are there any other herbs you know of that could be added to one of the four lists in the survey?

Do you feel any of the herbs listed should not be included? If so, why?

Could you make a statement either personally or on behalf of your organisation in support of WSPA's campaign?

In the following pages there are 'Feedback Forms' where you can answer the questions listed above and make any other comments. You can fill them out, along with any other comments, and post it to the relevant WSPA office. Alternatively, you can request an electronic form from your relevant WSPA office to complete and return by email.

For both postal and email addresses please see the 'Contact Us' section.

Thank you so much for taking the time to read this report and for any feedback you can provide.

Contact Details

Name

Organisation

Address

Telephone

Email

Q Are there any other herbs you know of that could be added to one of the four lists in the survey?

Clearing heat and detoxifying

Chinese pin yin	Pharmaceutical name

Clearing liver fire

Chinese pin yin	Pharmaceutical name

Request for feedback

Brightening eyesight through nourishing the liver

Chinese pin yin	Pharmaceutical name

Brightening eyesight and clearing away liver fire

Chinese pin yin	Pharmaceutical name

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In its campaign to bring an end to bear farming, WSPA recognises that herbal alternatives to bear bile need to be identified. With this in mind we are now in the process of identifying both individual herbs and herbal formulas that are known to have the same properties or effects as bear bile. As we work to do this, WSPA strongly believes that collaboration with the Traditional Medicine community is essential.