

HOMEOPATHIC REMEDIES FOR EMERGENCIES

WHAT IS HOMEOPATHY?

Homeopathy is the use of minute amounts of animal, plant and mineral substances to heal both chronic and acute ailments. It is based on the belief that a vital force animates all living things. Sickness is an imbalance in this vital force. Homeopathic remedies are chosen that magnify the current condition within the body. The vital force responds by perceiving the imbalance and restoring the body to health. So, unlike western or allopathic medicine, it is not the medicine that reduces symptoms, but the vital force. The efficacy of homeopathy rests with matching the specific modalities of the illness or injury with those of the remedy. Generally if the remedy does not work it is because the remedy given did not closely match the symptoms. For this reason homeopathic prescribing involves extensive questioning and observation. Constitutional treatment addresses long-term conditions and should only be undertaken by professionals. Acute treatment refers to situations that arise rapidly due to external influence. This talk will cover some common acute remedies for situations for which the cause is known, e.g. falls, bee stings, snakebites etc. Do not attempt to treat any situation that has existed for a long time, or the cause of which is not known to you. Do not use homeopathy to replace conventional medical treatment in emergencies, but give remedies ON THE WAY TO THE VET.

MY BACKGROUND:

I am certified in Classical Homeopathy by the Council for Homeopathic Certification, a national organization supporting excellence in classical homeopathy. Additionally, I am a graduate of the three-year program at the Pacific Academy of Homeopathy. For three years I interned at Creature Comfort Holistic Veterinary Center, and since 2005 have been practicing at Creature Comfort as a homeopath. I also consult for animals at the Oakland Zoo. Additionally, I have a practice for humans at Back to Life Wellness Center in Alameda. My human homeopathy website is www.wholehomeopathy.com, and my animal homeopathy website is www.myanimalhomeopath.com. For three years I owned and operated a dog walking business; during that time I encountered a number of emergency situations!

EMERGENCY CONDITIONS AND COMMON REMEDIES USED TO TREAT THEM¹:

FALLS, BRUISES, SPRAINS ETC.

This is probably the most common situation we encounter. A dog jumps off a high place and is limping afterwards, a cat rushes the door and you accidentally close it on him/her.

Arnica is by far the most common remedy in this situation. In addition to being used orally, it is also available as a topical cream; however it is usually most effective when used as an oral remedy. When this remedy is indicated there is soreness and often bruising (though difficult to see on an animal.) The animal may try to hide the fact that it is in pain. It is made from Arnica Montana, the mountain daisy, known for its ability to recover from being trampled.

Hypericum may also be used if nerve pain is involved or the injury is to the spine or tail. If animals could talk and they needed Hypericum, they would tell us that the pain radiates from the injured area up the path of the nerves. It is also useful in infections with red lines traveling away from the wound. In herb form, Hypericum is called St. John's Wort.

Symphytum to mend broken bones.

Calcarea phosphorus is a better choice to heal bones in lean, active animals who like to travel. It is especially good for injuries to the long bones.

Ruta is the number one remedy for healing injuries to joints.

Rhus tox will help with arthritis that develops from trauma to the muscles and joints. When the animal is worse from cold and damp, and worse on first getting up, but better after moving around a bit, give Rhus tox.

Bryonia will help with joint problems when the animal can't stand to be jarred, though they may be better from hard pressure. The joint may be quite swollen and will be worse in the morning when getting up. The mucous membranes may also be very dry.

¹ This talk has been prepared with animals in mind. However, the same remedies can be used to treat these situations in humans.

HIT BY CAR

Arnica in a high dose, such as a 1M should be given for several days after the accident. Later, as the initial trauma has passed, the remedies in the previous section may be given.

Aconite may be given along with Arnica, if the animal is in such a state of shock that the body can not focus on healing.

PUNCTURE WOUNDS, INCLUDING FROM RUSTY OBJECTS AND CAT AND DOG BITES

Ledum is the most indicated remedy in any kind of puncture wound including those from nails and bites. It can even prevent tetanus in this kind of situation! It is also used to treat injuries to areas rich in sentient nerves, such as paws and hands. When it is indicated, the area is often cold and can be blue. There may be a boil or abscess in the area of the wound.

It is made from a plant that grows in swampy places called Marsh Tea.

Lyssin and other remedies are used to treat bites from rabid dogs or bites from not rabid dogs occurring in especially aggressive situations, and causing the bitten animal to be more fearful or aggressive after the bite. This situation should be handled by a professional homeopath. Lyssin is made from rabies itself.

If the wound suppurates and becomes infected, other remedies such as Hepar sulph and Mercury may be indicated.

FEET PINCHED IN DOOR OF YOUR TRUCK

Hypericum is usually the remedy needed, especially if it seems excessively painful.

BEE STINGS

Apis is the most common remedy for bee stings. When Apis is needed the area is red, hot and swollen, and feels better from icing. Apis is made from a bee itself.

Carbolic Acid is the most common remedy for anaphylactic shock from bee stings. I have never used it.

Arnica or Ledum may be indicated if the area is bruised or if Apis does not help.

SNAKE BITES

Lachesis is the most common remedy for poisonous snakebites such as Rattlesnake bites. When it is indicated the area may be purple, blue or black. There may be a rapid heart rate and difficulty breathing. It is made from the venom of the tropical Bushmaster snake.

Ledum may also be indicated if the area is cold, swollen and/or blue.

Crotalus horridus and Crotalus cascavella are remedies made from two different types of rattlesnakes. These remedies have to be ordered from Hahnemann Pharmacy, but MAY be better than Lachesis for a rattlesnake bite. I don't know anyone whose used them in this way, but theoretically they should work.

FOX TAILS

Generally a veterinarian removes foxtails. However if the foxtails are so deeply imbedded as to be inaccessible, taking Silicea will often cause the body to expel them naturally.

Silicea is a remedy known to expel any foreign matter that has entered the body. It is often a slow remedy, so it may be days before the foxtails are expelled from its action, but during this time, the animal will be more comfortable and the wound less likely to become infected if they are taking Silicea. Silicea is made from naturally occurring quartz or glass.

INGESTION OF TOXINS/OVEREATING

If your animal has recently ingested the toxin, or overeaten to the point of being in danger of bloat (dogs), the first thing to do is induce vomiting to get the toxin or excess food out of the system. A vet can do this, or you can give the animal a little hydrogen peroxide flavored with yogurt or parmesan cheese. This should induce vomiting.

Nux Vomica also can induce vomiting. It also helps clear the system of toxins, including over-medication. When it is indicated, the animal tends to be grouchy and high-strung, but may be hiding; the animal may be straining and not successfully passing stool. It is the first remedy to think of for over-eating and getting into garbage.

Arsenicum Album is the most common choice for ingestion of toxins. The animal may be vomiting frothy liquid, and may be very anxious. A confirmation of arsenicum album is obsessive licking or grooming. Animals needing Arsenicum album also tend to pace, and may wake at roughly 1 p.m. and exhibit this behavior. They will be restless, fearful and chilly.

Phosphorus may be indicated if there is internal bleeding or blood in the stool. It may help after ingesting rat poison, as rat poison acts by inhibiting clotting, and Phosphorus is specific for lack of clotting. Especially if your animal has a history of bleeding problems, give Phosphorus.

BURNS/ABRASIONS/SKIN DAMAGE

Calendula Gel: Apply homeopathic Calendula gel to any minor skin irritation. It makes burns and abrasions heal quickly and feel better immediately. You may need to shave the area to prevent fur from sticking to it. If you do this, be careful to keep light skinned animals out of the sun. For larger areas or more serious skin emergencies, give the remedy Calendula internally.

Arsenicum album: if the skin looks seared and the animal is restless and thirsty for small sips.

Cantharis: if the burns are severe or include renal involvement and urinary problems.

Causticum: deep burns, especially burns that don't heal.

EYE INJURIES

Ledum: puncture wounds to the eye

Staphysagria: lacerations to the eye, animal will be tearing

Symphytum: injury from blunt blow to the eye and orbital fracture

Arnica: injury with retinal hemorrhage, bloodshot eyes

STATES OF PANIC, TERROR OR SHOCK

Aconite: is the main remedy to think of in states of shock. Often the pupils will be dilated, the catch phrase of Aconite is "deer in the headlights." The Aconite state may come on after any frightening experience. The animal will be very thirsty and the pulse will be hard and fast.

FEAR OF LOUD NOISES/FIREWORKS/THUNDERSTORMS

If your animal is fearful whenever there are fireworks, DO NOT LET THEM OUT! Every year one or two dogs die on the fourth of July from jumping a fence and running into traffic in a state of panic. Even if your dog has never been a jumper or you think the fence is high enough, in a state of panic dogs gain incredible strength. So, keep your dog in a dark, enclosed space where he/she can feel safe. Some people suggest putting a human shirt on him/her and wrapping the arms around his/her body to give a sense of enclosure.

Rescue Remedy is not a homeopathic remedy, but is effective in calming many animals. It is short-acting, lasting only a few hours, less if the animal is more stressed. It puts my panicky dog to sleep on fourth of July.

Mimulus is another flower essence for "fear of known things." It can help with this kind of fear.

Aconite: if the thunderstorm or fireworks are over and they are still in a state of shock, and thirsty.

The other remedies for fear of loud noises are more constitutional remedies, and should be given by a constitutional prescriber. They include Phosphorus, Borax and Belladonna.

BLEEDING

Arnica: Oozing, passive hemorrhage

Aconite, Phosphorus or Ferrum Phosphorus: Bright Red blood from superficial blood vessels

Ipecac: Profuse, gushing, bright red

VACCINE REACTIONS/VACCINOSIS

This is the name for any kind of an ailment that appears to result from the animal's reaction to vaccines. Symptoms that may indicate this are: not very affectionate personality, anxiety, eyes that tear or have clinkers, bladder problems, dull dry hair coat with excess shedding, otitis and many more symptoms you will learn as you further study homeopathy and holistic medicine. Your vet should be notified if your pet has a vaccine reaction. Some vets do not acknowledge vaccine reactions. They can

even happen months after receiving the vaccine.

If the specific remedy for the ailment is not clear, give a dose of Thuja 30c and wait a week or 2.

If there are fears of water and aggression and anger, try one dose only of Lyssin 30c.

HOW TO ADMINISTER REMEDIES:

Remedies bought over the counter will come in small bottles. Keep the cap on and twist it; each time you twist the cap, one pellet will drop into the cap. Twist until 2-3 pellets fall into the cap. Then remove the cap, and chuck the pellets into the animal's mouth. Hold the mouth closed briefly to give the remedy time to absorb. It is not necessary for the animal to swallow them. They just need to touch the mucous membrane in the mouth. Try not to touch them yourself (or you could get the effect of the remedy, though this has never happened to me.) No food/drink 20 minutes before and after remedies. In dangerous acute situations such as snakebites, give the remedy every 10 minutes until you see improvement. In less serious situations you may give it 2-3 times a day until you see improvement.

WHAT DOSAGE TO BUY:

Most acute situations will benefit from a dose of either **12 c** or **30 c**.² If you are buying Lachesis to have on hand for Rattlesnake bites, buy a higher dose such as 200 c or 1M.

The symptom that you are treating may not be listed in the short list of symptoms printed on the bottle.

² This footnote describes the process of preparing and notating potencies. You do not have to understand this in order to give acute remedies! In homeopathic potencies, the number refers to the number of times the remedy undergoes a process of dilution and rapid shaking or succusion. The letter refers to the degree of dilution. "C" is short for one hundred; "M" is short for one thousand. So "M" potencies are more dilute (and therefore more powerful!) than "C" potencies.

A "30 c" is prepared in the following way. One part of the substance is added to 99 parts water. This mixture is rapidly shaken. Then one part of this mixture is added to 99 parts water, which is again shaken. Then one part of this mixture is added to 99 parts water, which is again shaken. At this point you have a 3c; you repeat the above step 27 more times to acquire a 30c dose, which will have one part of the remedy and 1,000,000,000,000,000,000,000,000,000 parts water. At this point, there is less than one molecule of the remedy in the mixture.

WHERE TO BUY REMEDIES:

Elephant Pharmacy, Berkeley

Whole Foods

Hahnemann Labs, www.hahnemannlabs.com (888) 427-6422

Holistic Hound Pet Store, Berkeley

REMEDY KITS:

Hahnemann Labs in San Raphael sells a first aid kit for \$44.95

Contains these 15 remedies in 30C potency:

ACONITE APIS ARNICA ARS BELL

BRYONIA CANTH CHAM HYP LEDUM

NUX-V PHOS PULS RHUS-T RUTA

WHERE TO SEEK CONSTITUTIONAL TREATMENT:

East Bay

Creature Comforts Veterinary Center

2501 MacArthur Blvd.

Oakland

(510) 530-1373

FURTHER READING:

Natural Health for Dogs and Cats, Dr. Richard Pitcairn and Susan Pitcairn

Homeopathic Care for Cats and Dogs, Dr. Don Hamilton

The Homeopathic Treatment of Small Animals, Dr. Christopher Day

The Homeopathic Emergency Guide, Thomas Kruzel (written for humans, but translates to animals)