

HELIOS
HOMŒOPATHY

**A BASIC GUIDE TO HOMEOPATHY FOR PETS
WITH 24 REMEDY MINI MATERIA MEDICA**



INTRODUCTION

This booklet is written for the newcomer and the more experienced user of homeopathy. It covers many common ailments and first aid situations experienced by a variety of animals and pets and has been designed to be used in conjunction with the Helios Homeopathic Pet Kit.

Illness and injury can happen at unpredictable times, often when it may be difficult to buy the remedies that you need. By having a selection of remedies at home, whilst travelling, or in the stable yard, you can be prepared for most situations.

Animals respond well to homeopathy and prescribing for minor ailments and injuries is straightforward; however, in cases of serious, chronic, or recurrent problems, veterinary advice should always be sought to avoid unnecessary suffering. The expertise of a qualified Homeopathic Vet can often bring results where conventional medicine has failed, even in the most difficult cases.

To find a qualified Homeopathic Vet please contact the British Association of Homeopathic Veterinary Surgeons via their website www.bahvs.com

WHAT IS HOMEOPATHY?

First described by Hippocrates 2,500 years ago, Homeopathy as it is practised today evolved over 200 years ago. The word comes from the Greek and means similar suffering or “like cures like”. This refers to the central philosophy that a substance when given in its crude form can produce symptoms in a healthy person, but when given in homeopathic form can alleviate those symptoms in a sick person or animal.

For example, a person suffering from hay fever, (watery eyes, runny nose), might be given a remedy prepared from an onion, (*Allium Cepa*), because a healthy person chopping an onion experiences symptoms of watering eyes and

runny nose. However, the substances are given in minute doses to avoid unwanted side effects, making them safe to use even in situations where conventional drugs would be dangerous or inadvisable e.g. when treating young animals or during pregnancy.

HOW DOES IT WORK?

There is a great deal of evidence to show that homeopathy does work and many clinical trials have been conducted and published in medical journals, both with people and, to a lesser extent, animals, with very positive outcomes. To find out more please go to www.facultyofhomeopathy.org.

Whilst the exact science of how it works remains unclear, it is likely to be connected to the way homeopathic medicines are made. The production of homeopathic medicines involves two processes: Dilution and Succussion, (shaking and striking against a surface). It is thought likely that these combined processes leave an imprint of the original substance's energy pattern in the dilutant. This energy imprint, given in homeopathic form, stimulates the body's own healing response.

Those who are sceptical point out that homeopathic remedies are so dilute that they do not contain any of the original substance and any benefit is due to the placebo effect. As homeopathic medicines are equally effective with animals, young children and babies, this is unlikely.

TREATING ANIMALS WITH HOMEOPATHY

Remedies for animals are used in exactly the same way as for people: by finding a remedy that matches the animal's symptoms as closely as possible. Unfortunately, our pets cannot tell us what is wrong, so take some time to observe your pet. Where is the problem? When did it start? What does it look like? What does it feel like? Is the area hot or cold? Is your pet behaving differently? Is your pet scratching excessively; head shaking; shivering; off its food etc? Does anything make the problem worse? Does anything relieve the symptoms?

This booklet is divided into two sections: an A-Z of complaints you can treat at the front, followed by a Materia Medica section at the back. This list describes the symptom picture of 24 remedies and the Helios SOeSsence Flower Formula. Begin by looking up the complaint you want to help and noting which remedies, according to the symptoms your pet is exhibiting, are suggested. Next, before prescribing, turn to the Materia Medica section and see which remedy description most closely fits the animal's symptoms.

SAFETY FIRST

Serious illnesses and injuries should never be treated without seeking expert advice. Use your instincts and common sense. If you are worried, call for help first; then give the appropriate remedy whilst waiting for help to arrive. **Always seek veterinary help if symptoms persist or return.**

HOW DO I GIVE REMEDIES TO MY PET?

Remedies are delicate and should not be handled; however, with animals this is not always possible.

Small animals, cats and dogs - tip 1 pill into the lid of the bottle and tip directly into the animal's mouth, or tip the pill into the palm of your hand and pick up with thumb and forefinger and put into the animal's mouth. For difficult or tiny animals pills can be dissolved in a teaspoon of water and tipped into the animal's mouth, or dissolve a few pills in the animal's drinking water. If really necessary, hide a few pills in bland food.

Horses, farm and other large animals - tip two or three pills into the lid of the bottle and either tip directly into the horse's lower lip or into the palm of your hand then pick up with your thumb and forefinger and place into the side of the horse's mouth between the cheek and gum. If difficult, hide in a little apple or carrot. Alternatively, dissolve a few pills in a syringe with a little water and squirt into the animal's mouth, or put a few pills in the animal's drinking water. If possible, remedies should not be given within 15 minutes either side of feeding as strong tasting substances may stop them working so effectively. This, however, does not apply in an emergency situation.

DOSAGE AND FREQUENCY

Remedies are available in different forms: pure sucrose, lactose or in alcohol. Most animals prefer the sucrose form. One pill is sufficient for small animals, cats and dogs. For horses, farm, and other large animals, give two to three pills.

For very acute problems such as shock, bleeding, or after an accident or injury, remedies can be given every 10 - 15 minutes for up to six doses, then three or four times daily until symptoms improve. Remedies can be given whilst waiting for veterinary help to arrive.

For severe but less acute symptoms such as diarrhoea, vomiting, abscesses etc., remedies can be given hourly for up to four doses, then three times daily until symptoms improve.

For more long-term conditions, give remedies two to three times daily for one week, followed by once or twice daily for a further two weeks.

In all cases stop giving remedies if the symptoms disappear.

HOW DO I KNOW IF THE HOMEOPATHIC REMEDY IS WORKING?

Reactions to remedies may vary depending on the vitality of the animal and the type of complaint. An indication that the remedy is working would be a clear improvement in the animal's symptoms, on both the physical and emotional side, leading to a return to health. Sometimes there may be a worsening of symptoms e.g. a discharge may become worse before it starts to improve. This is known as a homeopathic aggravation and is a sign of the body's healing response. If after 6-7 doses of the remedy there is no improvement or change whatsoever, you should review the animal's symptoms and see if there is another more appropriate remedy.

CAN I GIVE MY PET HOMEOPATHIC MEDICINES IF THEY ARE ALREADY TAKING MEDICATION?

Yes, it is perfectly safe to do so. However, you should not attempt to reduce your pet's other medication without supervision from your vet.

IS HOMEOPATHY SAFE?

Yes. Since the substances are given in minute doses prepared in a special way, unwanted side-effects are avoided, making them safe to use even in situations where conventional drugs would be dangerous or inadvisable: for example, during pregnancy, or when treating young animals.

ANTIDOTING REMEDIES

Some substances - most notably mint, garlic and strong-smelling essential oils, can interfere with the remedies and stop them from working. When your pet is taking homeopathic remedies, avoid giving or using these substances.

STORAGE OF REMEDIES

Remedies should be stored in a cool, dry place away from direct heat, sunlight and strong-smelling substances such as garlic, mint, perfume or essential oils. Also store away from mobile phones and other electrical appliances such as microwaves by at least one metre.

A - Z OF COMMON COMPLAINTS

To help you find the most appropriate remedy, there follows a list of common complaints and minor ailments with suggested traditionally used remedies, according to the symptoms exhibited. In some instances other remedies not contained in the Pet Kit may also be suggested if there is strong indication for them; these can be obtained by mail order from Helios Homeopathy Ltd.

ACCIDENTS

(See also Shock,
Fractures, Injuries)

Give **Arnica 30c** immediately, alternate with
Aconite 30c to help with shock.
Helios 50eSsence Flower Formula

ABRASIONS

For unbroken skin **Arnica 30c**
For broken skin **Arnica 30** alternate with **Hyp/Cal 30c**. Externally use **Helios 50eSsence PetBalm** or, if severe, **bathe externally with a 1/10 solution of Hypericum/Calendula tincture and sterile water**

ABSCESS

Acute with inflammation and painful when touched **Hepar Sulph 30c**
Bright red, hot and swollen **Belladonna 30c**
With severe lameness if in the foot **Hepar Sulph 30c**
As a result of an animal bite **Hepar Sulph 30c**
Caused by a foreign body such as a grass seed, splinter or thorn **Silica 30c**
Chronic or persistent **Silica 30c**
To help with healing once fully drained **Hyp/Cal 30c**
Bathe externally with 1/10 dilution of Hypericum/Calendula tincture and sterile water

AGGRESSION

Aggressive behaviour **Belladonna 30c** or **Nux Vomica 30c**
With biting or striking out **Belladonna 30c**
Impatient and short tempered **Nux Vom 30c**
From fear **Aconite 30c**
From bereavement **Ignatia 30c**

ALLERGY

(See also
Hayfever)

Skin allergy with swollen and shiny skin **Apis 30c**
Skin allergy with hot, red and itchy skin **Sulphur 30c**
Skin allergy with dry, scaly skin **Arsenicum 30c**
Externally apply Helios 50eSsence Pet Balm
(Also suggested for urticaria or hives with blotches and marked itching Urtica Urens 30c)

ANAL GLANDS

With acute inflammation and abscesses **Hepar Sulp 30c**
To promote healing and resolve scar tissue **Silica 30c** (often given after **Hepar Sulp**)
Bathe externally with a 1/10 solution of Hypericum/Calendula tincture and sterile water

**ANTICIPATION/
ANXIETY**

With or without fear. May be given before any event, show, or visit to the vet
Aco/Ars/Arg-n 30c
With trembling and sometimes excessive urination **Gelsemium 30c**
Of fireworks and other loud noises alternate **Aco/Ars/Arg-n 30c** and **Gelsemium 30c**
Of being left alone **Pulsatilla 30c**, **Ignatia 30c**, **Arsenicum 30c**
Of being abandoned, often seen in rescue animals **Ignatia 30c**, **Pulsatilla 30c**
Helios 50eSsence Flower Formula should be given alongside any of the above remedies

APPETITE

(Loss of)

If there is vomiting and diarrhoea or the animal cannot bear the sight of food

Arsenicum 30cFor mild digestive upsets **Nux Vomica 30c**Variable or changeable appetite **Pulsatilla 30c***(also suggested Lycopodium 30c, Chelidonium 30c)***Seek veterinary advice if symptoms persist****ARTHRITIS**

Worse on first movement after rest, better for gentle continued movement and warmth

Rhus/Ruta 30c is the **No 1** remedyWorse for any movement and better for rest **Bryonia 30c**Sudden onset, with swelling and pain in the joint areas **Apis 30c**If the joints are bruised and for any acute condition **Arnica 30c**Pain shifts from joint to joint, limbs feel cold but the joint feels hot and cracks; worse for heat, better cold applications and cold weather **Ledum 30c***(also consider Calc Fluor for bone disease)***AZOTURIA**

(Tying up/Muscle Cramp)

In the acute stage alternate **Aconite 30c** with **Arnica 30c** every 15 minsWith sweating and full, bounding pulse **Belladonna 30c**Where symptoms are worse for any movement **Bryonia 30c**In mild forms where muscle stiffness is relieved by gentle movement **Rhus/Ruta 30c****BAD BREATH**

May originate in the mouth or the stomach, but most commonly from the mouth as a result of tooth decay or gum disease. Veterinary advice should always be sought, but the following remedies may help in mild cases:

For newly inflamed gums or if a gumboil (abscess) forming around the tooth **Aconite 30c**If the gums are swollen, red and hot with obvious discomfort **Belladonna 30c**Swelling of gums with great pain **Hepar Sulp 30c**With mild digestive upsets, possible vomiting or diarrhoea **Nux Vomica 30c**Mild digestive upsets with constipation **Nux Vomica 30c***(also suggested Carbo Veg 30c with belching and wind)***BALANITIS**

(Inflammation of Penis)

At the first signs of any acute inflammation **Aconite 30c**With creamy/yellow discharge **Pulsatilla 30c**With green discharge **Merc Corr 30c****BEREAVEMENT**Loss of companion or offspring **Ignatia 30c**Change of owner **Ignatia 30c**Change of stables or stay in kennels/cattery **Ignatia 30c**After repeated abandonment **Pulsatilla 30c****Helios 50eSsence Flower Formula****BEHAVIOURAL PROBLEMS**

Best treated by a Homeopathic Vet but see also Aggression, Anticipation/Anxiety, Bereavement

BITES

(see also insect bites)

Animal bites with puncture wounds alternate **Hyp/Cal 30c** and **Ledum 30c**To prevent infection **Hepar Sulp 30c**For shock alternate **Arnica 30c** and **Aconite 30c**Snake bites alternate **Nux Vom 30c** with **Ledum 30c** and give **Aconite 30c** for shock.**Seek veterinary assistance immediately**

- BITES**
(continued) In all cases give **Helios 50eSsence Flower Formula**.
Bathe the wound externally with 1/10 solution of Hypericum/Calendula tincture and sterile water. For less serious wounds use **Helios 50eSsence Pet Balm**
- BRUISES** All bruises and injuries to soft tissue **Arnica 30c**
Bruising to bone or deeper bruising give **Arnica 30c** first followed by **Rhus/Ruta 30c** or **Symphytum 30c**
Bruised sole in horses alternate **Arnica 30c** and **Ledum 30c**
- BLEPHARITIS**
(Inflammation of the eyelids) At the first signs of inflammation **Aconite 30c**
Eyelids red and sore with tear production and possible light sensitivity **Euphrasia 30c**
With oedema and puffiness **Apis 30c**
If caused by flies give **Aconite 30c** followed by **Euphrasia 30c** or **Apis 30c**
(Also suggested Urtica Urens 30c for intolerable itching)
Bathe eye with a 1/10 solution of Euphrasia tincture and sterile water
Seek veterinary assistance if symptoms persist
- BLEEDING** **Seek veterinary assistance if severe**
From trauma **Arnica 30c**
Bright red blood **Aconite 30c, Ipecac 30c**
With anxiety **Aconite 30c**
With heavy breathing **Ipecac 30c**
Helios 50eSsence Flower Formula
- BROKEN BONES** See Fractures

- BURNS/SCALDS** Give **Arnica 30c** every 15 minutes for 4 doses to limit tissue damage. Follow with:
All burns **Cantharis 30c**
With accompanying shock alternate **Aconite 30c** with **Cantharis 30c**
For minor burns with pain, swelling and inflammation **Apis 30c**
For chemical burns **Apis 30c**
Helios 50eSsence Flower Formula. Apply Helios 50eSsence Pet Balm

CAT FLU See Colds and Influenza

- CELLULITIS** Give **Arnica 30c** every 15 mins for 4 doses followed by the most appropriate remedy below:
Rhus/Ruta 30c is one of the main remedies
If there is much oedematous swelling, pain and heat **Apis 30c**
With a pus-like discharge **Hepar Sulp 30c**
(also suggested Lachesis where the skin is blue/black or purple in colour and hot to touch and Myristica 30c a good general antiseptic remedy.)
Seek veterinary advice if symptoms persist

- COLDS**
(Rhinitis) At first signs of a cold before symptoms become too advanced **Aconite 30c**
With high fever and the animal feels hot. The pulse may be elevated and throat region sore to touch **Belladonna 30c**
Where symptoms are slow developing. A watery nasal discharge and dry cough may be present and animal very thirsty **Bryonia 30c**
With bland nasal discharge and watery discharge from the eyes which reddens the surrounding skin **Euphrasia 30c**

COLDS

(continued)

With burning, watery discharge from the nose and eyes. Animal may be chilly and restless and is better for warmth **Arsenicum 30c**

Indicated in colds brought on by changes in the weather or warm, moist conditions, animals are lethargic and may have heavy drooping eyes, a burning, sore, nasal discharge and tickly cough **Gelsemium 30c**

Often after exposure to cold, dry weather with thick, pungent, nasal discharge, irritability and over-sensitivity to cold draughts **Hepar Sulp 30c**

Discharges are thick and creamy; often suited to mild-tempered animals showing changeable moods. There may be ulceration around the nostrils with small streaks of blood **Pulsatilla 30c**

Greenish discharge which may contain blood; the nasal bones may appear swollen, and symptoms are worse from sunset to sunrise **Merc Corr 30c**

(also suggested Ferr Phos 30c, Nat Mur 30c, Allium Cepa 30c)

COLIC

Spasmodic colic or from over-indulgence **Nux Vom 30c**

Impacted colic; alternate **Bryonia 30c** and **Nux Vom 30c**

With flatulence or anxiety **Acon/Ars/Arg-nit 30c**

Helios 50eSsence Flower Formula

(other important remedies Colocynthis 30c for spasmodic colic and Lycopodium 30c for flatulent colic or colic from anticipation before an event)

Seek veterinary advice if symptoms persist

CONJUNCTIVITIS

(See also Blepharitis)

At the first signs of inflammation often after exposure to cold, dry winds **Aconite 30c**

After travelling with head out of car window **Aconite 30c**

Where margins of the lids are red and there is profuse tear production and reaction to

bright light **Euphrasia 30c**

With creamy coloured discharge, with inflamed and sore lids **Pulsatilla 30c**

Where lids are swollen and red **Apis 30c**

Irritation from flies; alternate **Euphrasia 30c** and **Apis 30c**

Purulent and smelly conjunctivitis with great sensitivity to light **Hepar Sulph 30c**

Reddened, sore eye lids and greenish discharge with light-sensitivity **Merc Corr 30c**
(also suggested Arg-Nit 30c for simple, uncomplicated cases)

Bathe eye with a 1/10 solution of Euphrasia tincture and sterile water

CONSTIPATION

After digestive upset with loss of appetite **Nux Vom 30c**

With frequent straining **Nux Vom 30c**

Stool is large and painful, anus is red and there may be other skin involvement

Sulphur 30c

With hard, dry, stools **Bryonia 30c**

"Shy Stool" - often comes partly out and recedes **Silica 30c**

(also suggested Alumina 30c hard dry stool with much straining)

Seek veterinary advice if symptoms persist

CONVULSIONS

With fever **Belladonna 30c**

From stress **Ignatia 30c**

Seek veterinary advice if symptoms persist

COUGH

(See also

Kennel Cough)

Sudden onset often after exposure to dry, cold winds; dry, irritating cough **Aconite 30c**

Dry or hoarse cough, better at rest, worse on movement **Bryonia 30c**

Asthmatic and wheezy with thin, runny nasal discharge **Arsenicum 30c**

COUGH
(continued)

Deep spasmodic, irritable cough with or without retching **Drosera 30c**
 Dry cough with retching, choking and gagging and difficult expectoration **Ipecac 30c**
 Dry cough, better open air, animal hypersensitive or irritable **Nux Vomica 30c**
 Catarrhal cough with bland discharge, worse in the mornings **Pulsatilla 30c**
 Barking, dry evening/night-time cough, but loose in the morning. Copious thick, sticky mucous. **Hepar Sulp 30c**
(also suggested Spongia 30c chesty, dry cough with laboured breathing; Rumex 30c dry spasmodic cough; Causticum 30c hard cough with difficult expectoration and Kali Bich 30c hollow or barking sounding cough with sticky mucus)

CUTS

All cuts and abrasions **Hyp/Cal 30c, Ledum 30c**
 For minor cuts and abrasions after cleaning the wound apply **Helios 50eSsence Pet Balm**. For deeper cuts **bathe with a 1/10 solution of Hypericum/Calendula tincture and sterile water**

CYSTITIS

At first signs **Aconite 30c**
 With a high temperature **Belladonna 30c**
 Painful with frequent attempts to urinate which may be bloodstained **Cantharis 30c**
 Like Cantharis but more severe **Merc Corr 30c**
 With difficulty passing urine **Apis 30c**
 With creamy or green discharge **Pulsatilla 30c**

**DANDRUFF/
SCURF**

With dry, scaly skin **Arsenicum 30c**
 With hot, itchy skin **Sulphur 30c**
Apply Helios 50eSsence Pet Balm

**DENTAL
TREATMENT**

After any dental work or extractions **Arnica 30c**
 Before: if animal is anxious or fearful **Acon/Ars/Arg-n 30c**
 For sore or cut gums **Hyp/Cal 30c**

DERMATITIS

See Eczema

DIARRHOEA

At immediate onset **Aconite 30c** followed by the most appropriate remedy below:
 Smelly, watery stool often after eating the wrong or suspect food **Arsenicum 30c**
 With slimy, mucous or bloodstained stools **Merc Corr 30c**
 With vomiting **Arsenicum 30c**
 With vomiting, twitching and excess salivation **Ipecac 30c**
 From anticipation or nerves **Acon/Ars/Arg-n, 30c Gelsemium 30c**
 From excitement **Gelsemium 30c**
 Bright yellow to orange stools, worse early morning with rotten egg type odour **Sulphur 30c**
(also suggested China 30c to help with loss of fluids, Aloe 30c watery stools with mucus and gas)
Seek veterinary advice if symptoms persist especially in young animals

EAR INFECTIONS

At first signs of inflammation, heat or redness **Aconite 30c** followed by the most appropriate remedy below: Ear bright red, hot and swollen **Belladonna 30c**
 When acutely inflamed and sensitive to touch, with or without discharge **Hepar Sulp 30c**
 Thin, watery discharge from the ear; animal is restless and desires warmth **Arsenicum 30c**
 Ear ulcerated and inflamed with dark coloured discharge, and possible associated eczema **Merc Corr 30c**

EAR INFECTIONS

(continued)

One-sided ear complaints, worse lying down and at night; there may be a greenish discharge **Pulsatilla 30c**
 For more chronic complaints or to encourage discharge and to aid healing **Silica 30c**
 Red, dry, hot and itchy ear flap **Sulphur 30c**
(also suggested Tellurium 30c. For eczematous lesions with excessive scratching and a musty smell Psorinum 30c)

ECZEMA

Skin hot, red and itchy and animal prefers cool places **Sulphur 30c**
 Red, moist, vesicular eruptions which animal scratches until skin bleeds **Sulphur 30c**
 Skin dry and scaly and animal prefers warmth **Arsenicum 30c**
 Hard, thickened skin from constant scratching **Silica 30c**
 Infected skin after scratching **Hepar Sulph 30c**
Apply Helios 50eSsence Pet Balm
(also recommended Graphites 30c for cracked skin with or without honey-coloured discharge)
For chronic or longstanding complaints please contact a homeopathic vet

EXHAUSTION

After physical exertion **Arnica 30c**
 After illness **Arnica 30c, Arsenicum 30c**
(also suggested Kali phos 30c if following stress)

EYE INJURIES

(See also
 Blepharitis and
 Conjunctivitis)

Where shock is evident: to calm the animal, (it may also limit or reduce the chance of infection) **Aconite 30c**
 Blow or blunt trauma to the eye alternate **Arnica 30c** and **Symphytum 30c**
 Where eye is bloodshot, bruised or contused **Ledum 30c**

FEAR

Puncture wounds, alternate **Hyp/Cal 30c** and **Ledum 30c**
 Cuts or lacerations to the eye, alternate **Arnica 30c** and **Hyp/Cal 30c**
Bathe the eye with 1/10 solution of Hypericum/Calendula tincture diluted in sterile water
Seek veterinary assistance

After a sudden shock **Aconite 30c**
 Of sudden noises e.g. thunder or fireworks **Gelsemium 30c**
 Rigid with fear and anxiety **Gelsemium 30c** alternate with **Acon/Ars/Arg-n 30c**
Helios 50eSsence Flower Formula
(See also Anxiety/Anticipation)

FEVER

In the very early stages **Aconite 30c**
 High temperature with thirst **Belladonna 30c**
 Slow onset with weakness and shivering **Gelsemium 30c**

FLEAS

Allergic reaction to bites **Sulphur 30c**
Helios 50eSsence Pet Balm

FRACTURES

All fractures/broken bones **Arnica 30c**
 Very painful, worse any movement **Bryonia 30c**
 Once fracture has been set **Symphytum 30c**
 Fractures that are slow to heal **Symphytum 30c**

FLATULENCE	Due to eating unsuitable food Nux Vom 30c <i>(Also suggested Carbo Veg 30c)</i>
GASTRITIS	With accompanying diarrhoea Arsenicum 30c With repeated vomiting Ipecac 30c
GUMS/GINGIVITIS	Inflamed and red Belladonna 30c Swollen and tender Apis 30c Spongy and bleeding with lots of saliva Merc Corr 30c <i>(See also Bad Breath)</i>
HAIR BALL	To help vomit or pass it Nux Vom 30c
HAYFEVER	With red, burning watering eyes and bland nasal discharge Euphrasia 30c With burning eyes, mild headshaking, wheezing and dry cough Arsenicum 30c Spasmodic sneezing on first waking, animal very sensitive to odours and irritable with bloodshot eyes Nux Vom 30c Thick creamy nasal discharge and thick discharge from the eyes. Animal worse warm room Pulsatilla 30c Frequent sneezing with offensive catarrh, itchy eyes and nose Sulphur 30c
HEAT STROKE	With sudden development, rapid pulse and respiration. Animal will be very thirsty and there may be signs of physical and mental distress, Belladonna 30c which may be alternated with Aconite 30c Where acute symptoms have abated but animal remains confused and weak

Gelsemium 30c
Helios 50eSsence Flower Formula
(also consider where dehydration is evident China 30c)

HICCOUGH	In young animals Ignatia 30c In nervous animals Gelsemium 30c With yawning Cocculus 30c With belching Nux Vom 30c
HORSEFLY BITES	To help reduce pain and irritation Hyp/Cal 30c alternated with Ledum 30c With fluid-filled swelling Apis 30c Apply Helios 50eSsence Pet Balm or bathe in a 1/10 solution of Hypericum/ Calendula tincture and sterile water
HORSE FLU	See Influenza
HYSTERIA	Accompanied by fits Belladonna 30c With restlessness Acon/Ars/Arg-n 30c From being left Pulsatilla 30c From grief Ignatia 30c
INFLUENZA	Use Aconite 30c at the very onset where fever is present with the absence of other symptoms High fever accompanied by nasal discharge and slight cough Belladonna 30c

INFLUENZA

(continued)

Animal appears dull and apathetic and every movement appears to be an effort and animal may be shivering **Gelsemium 30c**

Where there may be a possibility of pleurisy developing: animal appears thirsty, irritable and has a dry cough **Bryonia 30c**

Early stages where respiratory symptoms include watery discharge from eyes and nose, dry cough and temperature **Arsenicum 30c**

With thick, bland, yellow/cream coloured discharge; animals are normally mild-mannered and better in the open air **Pulsatilla 30c**

INJURIES

(See also Cuts

Puncture wounds

Fractures etc)

With Bruising **Arnica 30c**

Involving nerves alternate **Arnica 30c** with **Hyp/Cal 30c**

Involving tendons or ligaments alternate **Arnica 30c** with **Rhus/Ruta 30c**

Crush Injuries **Arnica 30c** alternated with **Hyp/Cal 30c**

Involving the spine alternate **Arnica 30c** and **Hyp/Cal 30c**

To bones or joints alternate **Arnica 30c** and **Symphytum 30c**

INSECT BITES

From wasps or bees **Apis 30c** alternate with **Ledum 30c**

From other insects, clegs or horse flies alternate **Hyp/Cal 30c** with **Ledum 30c**

With fluid-filled swelling **Apis 30c**

Apply Helios S0eSsence Pet Balm or bathe in a 1/10 solution of Hypericum/ Calendula tincture and sterile water

INSOMNIA

In older animals with restlessness **Arsenicum 30c**

KENNEL COUGH

At immediate onset give **Aconite 30c** every 15 minutes for 4 doses followed by the

appropriate remedy below:

Hacking, dry cough of short duration **Drosera 30c**

Barking or deep, spasmodic cough that ends with the animal gagging, retching or vomiting frothy mucous **Drosera 30c**

Dry coughs; the animal is thirsty and breathing becomes of the abdominal type because the lungs are painful **Bryonia 30c**

Coughing produces retching or reflex vomiting which can be frequent. The cough is worse at night or for change in temperature. Flecks of blood may show in the vomit or expectoration from the cough. **Ipecac 30c**

(See also Coughs and also recommended Rumex 30c if the cough is accompanied by much mucous, Coccus Cacti 30c where symptoms worse at night and breathing is difficult)

LABOUR

As soon as labour starts **Arnica 30c**

To help with bruising of both mother and offspring **Arnica 30c**

To aid healing after tearing or caesarean **Arnica 30c** and **Hyp/Cal 30c**

Shock of mother and offspring after quick delivery or other problems alternate **Arnica 30c** and **Aconite 30c**

With bleeding of bright red blood **Aconite 30c**, **Ipecac 30c**

LAMINITIS

Sudden onset, use first in all acute attacks **Aconite 30c**

With sweating and high respiratory rate **Belladonna 30c**

Where trauma is involved **Arnica 30c**

From dietary causes e.g. over-indulgence or poor feedstuffs **Nux Vomica 30c**

To help with pain **Hyp/Cal 30c**

Seek veterinary assistance if symptoms persist

MANGE	Alternate Arsenicum 30c and Sulphur 30c
MASTITIS	Heat and considerable swelling of the glands and surrounding area. Painful when touched Apis 30c Acutely swollen and very hot to touch. Skin red and temperature and breathing rate may be raised Belladonna 30c Where the udder/glands feel hard and indurated and pressure or warm compresses on the area give relief Bryonia 30c Glands will be very painful to the least touch and the milk will appear thickened with a pus-like consistency Hepar Sulph 30c Best reserved for chronic cases where there has been scarring leaving hard knotty lumps Silica 30c <i>(Also suggested Phytolacca 30c for swollen, hard and lumpy glands)</i>
MUD FEVER	Severe or foul infections with a discharge, area very sensitive to touch Hepar Sulph 30c , followed by Silica 30c In mild cases protect the area with Helios SOeSsence Pet Balm. Clean the area using Helios SOeSsence Pet Shampoo <i>(also suggested Graphites 30c for cracked skin)</i>
ORCHITIS (Inflammation of testicles)	Extremely sensitive to touch Hepar Sulph 30c Oedematus swelling with fluid beneath the skin Apis 30c

OVERREACH INJURIES

Arnica 30c alternated with **Hyp/Cal 30c** and **Ledum 30c**.
If there is infection present **Hepar Sulp 30c**
Slow to heal alternate **Hyp/Cal 30** and **Silica 30c**
For minor injuries apply **Helios SOeSsence Pet Balm** after cleaning the wound. For deeper injuries **bathe externally with 1/10 solution of Hypericum/Calendula tincture and sterile water**

POISONING

Useful clearing remedy and liver support **Nux Vom 30c**
With retching and vomiting **Ipecac 30c**
With diarrhoea **Arsenicum 30c**
Seek veterinary assistance immediately

PREGNANCY
(False)

For shy, timid types with production of milk **Pulsatilla 30c**
(also suggested Sepia 30c where animal is irritable)

PUNCTURE WOUNDS

For all puncture wounds alternate **Hyp/Cal 30c** and **Ledum 30c**
If infection is threatened **Hepar Sulp 30c**
(See also Injuries, Cuts, Bites and Stings, Skin)

PYOMETRA

With fever and increased thirst **Belladonna 30c**
With creamy vaginal discharge **Pulsatilla 30c**
Seek veterinary advice if symptoms persist

RHEUMATISM	See Arthritis
RHINITIS	See Colds and Influenza
SHOCK	Alternate Aconite 30c and Arnica 30c every 15 minutes Give Helios 50eSsence Flower Formula
SKIN	Abrasions, Arnica 30c and Hyp/Cal 30c Blunt trauma, Arnica 30c , Bryonia 30c , Ledum 30c or Symphytum 30c Cellulitis Arnica 30c , Rhus/Ruta 30c , Apis 30c , or Hepar Sulp 30c Grazes alternate Arnica 30c and Hyp/Cal 30c Puncture wounds alternate Hyp/Cal 30c and Ledum 30c Lacerations alternate Hyp/Cal 30c and Ledum 30c Apply Helios 50eSsence Balm <i>(see also Dandruff/Scurf, Eczema)</i>
SORE THROAT	At first signs of inflammation Aconite 30c Red, painful and hot; animal may have a temperature Belladonna 30c . May be alternated with Aconite 30c External throat area painful to touch, periodic bouts of tonsillitis Hepar Sulp 30c Red, painful swelling; animal unable to eat because swallowing painful. May drool. Merc Corr 30c
SPLINTS/SORE SHINS	Alternate Arnica 30c with Symphytum 30c or Rhus/Ruta 30c

SPRAINS AND STRAINS

For all tendon and ligament injuries give **Arnica 30c** immediately, followed by **Rhus/Ruta 30c** and **Symphytum 30c**
For muscle strains and sprains give **Arnica 30c** followed by **Rhus/Ruta 30c**
Worse on first movement better gentle continued movement **Rhus/Ruta 30c**
Worse for movement and better for rest **Bryonia 30c**

STRESS

See Anxiety/Anticipation

STINGS

See Insect Bites

SURGERY

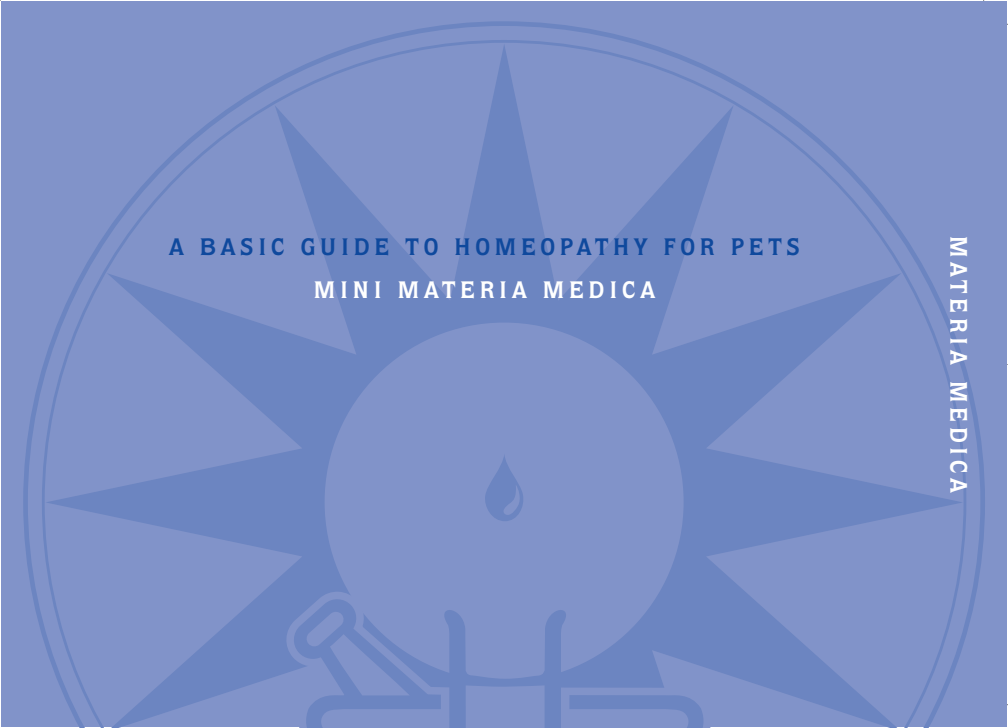
After any operation give **Arnica 30c** alternated with **Hyp/Cal 30c** to aid healing
After setting broken bones or after surgery on joints give **Symphytum 30c** in addition to the remedies above.
To help clear the anaesthetic alternate **Nux Vomica 30c** and **Sulphur 30c**
Helios 50eSsence Flower Formula

SWEET ITCH

With intolerable itching, skin dry and scaly **Arsenicum 30c**
Dirty - looking coat and skin; symptoms are worse for heat, and animal may be itchy **Sulphur 30c**
If skin becomes broken and infected **Hepar Sulp 30c**
To minimise the reaction from the midge bites **Ledum 30c**, dose: once daily throughout the season.
(also suggested Cullicoidal Midge 30c to be used alongside other indicated remedies and Caladium 30c where there is intense irritation)

SWELLING	As a result of injury Arnica 30c Shiny or fluid-filled swellings with pitting on pressure Apis 30c
TEETH	After any dental work Arnica 30c After any extractions Arnica 30c alternate with Hyp/Cal 30c to aid healing.
TIMIDITY	Shy, mild-mannered animals that tend to follow their owners around Pulsatilla 30c Delicate, sensitive types lacking physical stamina and confidence Silica 30c
THRUSH (Of the hoof)	Where the foot is smelly and there may be a marked discharge with lameness Hepar Sulp 30c Healing is slow or where the infection has spread to the laminae or to the horn Silica 30c <i>(also suggested Kreosotum 30c)</i>
TRAVEL SICKNESS	Cocculus 30c is the No 1 remedy. With excessive saliva and retching Ipecac 30c With anxiety or fearfulness Acon/Ars/Arg-n 30c Rigid or trembling from fear Gelsemium 30c The remedies for fear may be alternated with Cocculus 30c or Ipecac 30c Helios SOeSsence Flower Formula
TREMBLING	From fear alternate Aconite 30c and Gelsemium 30c From anticipation or anxiety Aco/Ars/Arg-n 30c After too much exercise alternate Arnica 30c with Rhus/Ruta 30c Of back legs, often due to old age Gelsemium 30c Helios SOeSsence Flower Formula

ULCERS	In the mouth Merc Corr 30c In the eye often following injury Merc Corr 30c
UTERINE INFECTION	See Pyometra
VACCINATION	Shock from Aconite 30c Swelling and pain at the site of injection alternate Arnica 30c and Ledum 30c To ease needle puncture wound before/after vaccination alternate Hyp/Cal 30c and Ledum 30c Where there is heat, swelling and considerable pain Belladonna 30c Where there is fluid swelling at needle site Apis 30c Persistent stiffness in the neck Rhus/Ruta 30c Threatening to abscess Hepar Sulph 30c Chronic abscess Silica 30c With listlessness and apathy, not quite right since vaccination Silica 30c Helios SOeSsence Flower Formula <i>(also suggested Thuja 30c given routinely after any vaccination)</i>
VOMITING	Accompanied by diarrhoea often after dietary indiscretion Arsenicum 30c With salivation, retching and slimy vomit Ipecac 30c With either watery, or greenish, bile-stained mucus and possible accompanying bloody diarrhoea Merc Corr 30c After over-indulgence, symptoms much relieved after vomiting Nux Vomica 30c
WOUNDS	See Abrasions, Bruises, Cuts, Puncture Wounds, Skin, Injuries



A BASIC GUIDE TO HOMEOPATHY FOR PETS
MINI MATERIA MEDICA

MATERIA MEDICA

The materia medica section of this booklet covers general information about the remedy, important key-notes and main indications for use of the remedy, followed by modalities which are factors that influence the animal as a whole - either by making symptoms worse or improving them.

ACONITE

One of the most important features of this remedy is the sudden appearance of symptoms. Aconite is the main remedy for the first stage of any acute infection. Also a major remedy for shock after an accident or injury and great fearfulness.

KEYNOTES

Inflammatory/acute conditions that appear suddenly - and in the early or immediate stage of any inflammatory condition. Conditions often arise after exposure to cold dry winds. Shock after accident or injury. Great fear. Restlessness. Anxiety. Fever. Haemorrhage of bright red blood. Red, inflamed eyes.

Main Indications for Use

All conditions, generally speaking at onset or the early stages. Anxiety and restlessness. Azoturia (tying up) early stages. Balanitis. Bleeding, bright red blood. Colds (Rhinitis). Conjunctivitis/ Blepharitis with redness, swollen lids and sensitivity to light. Coughs: sudden onset, often after exposure to cold dry winds. Dry, irritating cough. Cystitis. Diarrhoea (early onset). Ear infections. Cases of fever, especially if the animal is restless and thirsty. Equine influenza. Fright and its consequences, eg: diarrhoea. Heat stroke. Influenza. New inflammation of the gums. Gingivitis. Oversensitivity to noise or touch. Shock. Sore throat

Modalities

Worse: Cold, dry winds; evening and in warm areas

Better: In the open air

APIS

The main picture of this remedy is fluid-filled swelling, especially of the skin, mucous and serous membranes. It is also one of the main remedies for bites and stings with fluid-filled swelling.

KEYNOTES

Fluid-filled swellings and puffiness, which can be shiny and pit on pressure. Bites and stings. Blister-like swellings very sensitive to touch. Urticaria/Hives.

Main Indications for Use

Allergic reactions including anaphylaxis after stings. Hives and urticarial swellings. Arthritis with painful swollen joints. Burns. Conjunctivitis/Blepharitis. Cellulitis. Cystitis. Horsefly bites. Gingivitis/Swollen gums. Insect bites and stings with fluid - filled swelling. Mastitis. Orchitis. Swollen limbs.

Modalities

Worse: Heat; touch

Better: Cold; cold bathing of affected area; motion

ARNICA

The **No 1** remedy to use for accidents, injuries, trauma to soft tissue, tendons, ligaments and bones. Bleeding from trauma. Physical exhaustion. Shock. After surgery to aid healing and recovery.

KEYNOTES

Accident and injuries of any kind. After surgery. Physical exhaustion after strenuous activities. Shock.

Main Indications for Use

The first choice of remedy for accidents and injuries and general first aid. Acute arthritis from trauma. Azoturia.

Bruises. Bleeding. Burns/Scalds. Blow or blunt trauma to the eye. Cellulitis. Dental treatment. Exhaustion from physical exertion. Fractures. Labour. Laminitis from trauma. Overreach injuries. Shock. Sprains and strains. Swelling as a result of injury.

Modalities

Worse: Touch; at rest; great exertion

Better: Lying down; gentle motion

ACON/ARS/ARG-N

Aconite, Arsenicum and Argent Nit are combined to produce a remedy specifically for fear, anxiety, anticipation and stressful situations. It is an excellent remedy to give nervous animals before attending an event, show, or the vets.

KEYNOTES

Fearfulness. Anxiety/Anticipation. Hurried and worried.

Main indications for use

Anxiety. Anticipation about a forthcoming event, eg: before a visit to the vets; at the vets; before a show/event. Anxiety before/during travelling. Colic from anxiety with flatulence. Fear of loud noises, and fireworks. Fear of or anxiety at being left alone; of enclosed spaces. Fear of performing.

Modalities

Worse: Noise; enclosed spaces; crowds

Better: Open air; walking

ARSENICUM ALBUM

Arsenicum is an important remedy for diarrhoea, with or without vomiting, usually after eating spoiled or decomposing food. It also has a focus on the skin which can be dry and scurfy. Respiratory complaints. Anxiety and restlessness are usually noted indications for this remedy.

KEYNOTES

Anxious, restless and nervy animals. Dry, scaly skin. Sweet Itch. Chilly animals that feel the cold. Diarrhoea and vomiting. Burning discharges which excoriate the skin. Respiratory symptoms with wheezing.

Main Indications for Use

Anxiety and restlessness; box walking in horses. Allergic skin reactions with dry, scaly, itchy skin. Appetite (loss of) with vomiting and diarrhoea. Colds (rhinitis) with burning watery discharge from eyes and nose which burns the skin. Cough with asthmatic, wheezy breathing. Diarrhoea from eating bad or rotten food. Eczema with dry, scaly itchy skin. Exhaustion after illness. Fear of being alone. Gastritis. Hayfever with mild headshaking and wheezy, dry cough. Influenza (early stages) with dry cough and burning, watery discharge from eyes and nose. Insomnia in older animals with restlessness. Poisoning with diarrhoea. Sweet itch with dry, scaly, very itchy skin. Vomiting often accompanied by diarrhoea after dietary indiscretion.

Modalities

Worse: Cold; after midnight; being alone

Better: Heat and warmth; company

BELLADONNA

Complaints of sudden or violent onset and infections with inflammation and redness. This is one of the main remedies for fever.

KEYNOTES

Fever and congestion. Red, hot inflamed skin. Dilated pupils. Throbbing, rapid pulse and sweating with many acute conditions. Pains are violent and throbbing. Convulsions and twitching. Aggressive or violent behaviour. Heatstroke.

Main Indications for Use

Abscesses. Aggression with biting or striking out. Azoturia. Bad breath if gums are swollen, red and hot with discomfort. Bites - poisonous and otherwise with congestion/swellings etc. Colds (rhinitis). Convulsions. Conditions of acute onset involving congestion eg: Cystitis. Ear infections. Fever and congestion. Gums/Gingivitis. Heatstroke. Hysteria. Influenza. Laminitis with high respiratory rate and sweating. Mastitis. Sore throat. Vaccination.

Modalities

Worse: Touch; movement; noise
Better: Resting; warmth

BRYONIA

A remedy for acute ailments that develop slowly. There is dryness of mucous and synovial membranes, making coughing or movement painful. Great thirst can accompany complaints. Generally grumpy behaviour.

KEYNOTES

Dryness of mucous and synovial membranes. Dry cough worse movement or exercise. Hard, dry stools. Arthritis worse for any movement and animals will tend to lie on the painful side.

Main Indications for Use

Arthritis, worse any movement. Azoturia. Colds (Rhinitis). Colic. Constipation with hard dry stools. Cough, dry, worse movement. Fractures with great pain. Influenza. Mastitis with hard glands.

Modalities

Worse: Movement; exercise
Better: Resting; lying on painful side

CANTHARIS

One of the main remedies for cystitis and urinary tract infections where there are frequent attempts to urinate and there may be blood in the urine. Pains are burning and stinging and may make the animal restless, cry out or bark. Also a good remedy for burns and scalds including sunburn.

KEYNOTES

Acute and severe inflammation of the urinary tract. Frequent urging to urinate. Frequent urination with blood and mucus in the urine. Burns/Scalds. Sunburn.

Main Indications for Use

Cystitis with frequent urging to urinate. Burns/Scalds. Sunburn.

Modalities

Worse: Touch; urinating; drinking water
Better: Warmth; gentle rubbing

COCCULUS

The main remedy for travel or motion sickness. The animal may drool or be unable to open its mouth and there may be vomiting in some cases. Cocculus can be alternated with one of the remedies for anxiety or fear eg: Acon/Ars/Arg-n or with Ipecac if there is excessive salivation or vomiting.

KEYNOTES

Travel sickness

Modalities

Worse: Prolonged movement; travelling in the car

DROSERA

Principally used for coughs. Hacking, deep, spasmodic, barking or hollow-sounding coughs which may also cause the animal to retch, gag or vomit. The main remedy for Kennel Cough.

KEYNOTES

Hacking dry cough of short duration. Deep, spasmodic cough which ends with animal retching, gagging or vomiting. Spasmodic coughs that cause nosebleeds. Symptoms usually confined to the upper respiratory tract.

Main Indications for Use

Kennel cough. Hacking, dry coughs of short duration. Deep, spasmodic, irritable cough with or without retching. Coughs that cause the nose to bleed.

Modalities

Worse: Lying down; from barking
Better: Fresh air; gentle movement

EUPHRASIA

Commonly known as Eyebright, its main use is in the treatment of eye complaints.

KEYNOTES

Inflammation of the conjunctival membranes. Eyes red and lids swollen. Profuse tear production (lachrymation). Acrid tear production. Eyes water constantly. Catarrhal problems of the eyes. Thick discharge which inflames the skin. Photophobia (light sensitivity). Bland nasal discharge.

Main Indications for Use

Blepharitis, eyes red and sore, with tear production and possible light sensitivity. Colds where there is an acrid

discharge from the eyes and bland nasal discharge. Conjunctivitis, eyes red and lids swollen. Eye inflammation from fly worry. Hayfever. Sticky discharge from the eyes, lids swollen and red. Watering eyes.

Modalities

Worse: Light; warmth
Better: In the dark

GELSEMIUM

Has an affinity for the nervous system; for example an animal can tremble or become rigid or "paralysed" with fear, anxiety or anticipation. In older animals weakness or trembling of the back legs, worse after exertion. Gelsemium is also one of the main remedies to think of in colds or influenza which develop slowly and where the animal is weak, dull or apathetic, with shivering.

KEYNOTES

Anxiety, anticipation or great fear. Colds or Influenza with dullness, apathy or shivering. Trembling from fear. Weakness and trembling in hind limbs of older animals.

Main Indications for Use

Anxiety or anticipation where the animal trembles or is rigid and unable to move from fear. Colds which come on slowly; animal is dull and lethargic and may have a tickly cough. Diarrhoea or excessive urination from anxiety, anticipation or fear. Diarrhoea from over- excitement. Equine Influenza. Fear of loud noises or thunder with trembling. Fever of slow onset with weakness and shivering. Heat stroke where initial symptoms have abated but animal still dull and confused. Hiccough in nervous animals. Influenza with shivering: animal may have droopy eyelids, be dull and listless. Trembling from fear. Trembling or weakness of back legs in older animals.

Modalities

Worse: Exercise; before a thunderstorm; damp weather; excitement or fear
Better: Open air; sweating; urinating

HYP/CAL

Hypericum and Calendula are traditionally known as the great homeopathic antiseptics and healers. This combination should be given for any injury where the skin has been broken, and routinely to help with healing after surgery. It is also an excellent remedy for injuries to nerves and can be used alongside Arnica for crush injuries or in any injury where the nerves are affected. It can be alternated with Hepar Sulph or Ledum for bites or puncture wounds.

KEYNOTES

Any injury where the skin has been broken. Abrasions. Abscesses which are fully drained to aid healing. Cuts. Puncture wounds. Lacerations. After surgery to aid healing. Injuries to nerve - rich areas. Crush injuries where nerves have been damaged. Spinal injuries; injuries to the base of the tail, causing "Tail-drop" in cats.

Main Indications for Use

Abrasions. Abscesses. Animal bites. Cuts. Dental treatment for sore, cut gums. Eye injuries. Grazes. Horsefly bites. Injuries to spine. Insect bites and stings. Labour: to aid healing after caesarean or tears. Laminitis: to help with pain. Overreach injuries. Puncture wounds. Surgery: to help with healing. Vaccination: to help with the needle puncture wound.

Modalities

Worse: Touch; cold or damp air

Better: None listed

HEPAR SULPH

One of the main remedies for inflamed, painful, infected wounds. There is a tendency to form pus. Hyper-sensitivity to everything is one of the main characteristics: pain, touch, cold, noise.

KEYNOTES

Abscesses with inflammation that are very painful when touched. To help prevent suppuration from an animal bite or puncture wound.

Main Indications for Use

Abscesses of any kind if painful, inflamed, or discharging pus. Anal gland inflammation/abscess. Animal bites. Cellulitis with pus-like discharge. Colds (Rhinitis) with purulent discharge and animal sensitive to cold draughts. Cough with rattling and choking. Ear infections. Eczema which becomes infected after scratching. Gum inflammation with great pain. Foot abscess with severe lameness. Mud fever. Skin conditions that become infected. Sweet Itch. Vaccination with threatened abscess.

Modalities

Worse: Touch; cold; drafts

Better: Warmth

IGNATIA

The number one remedy for grief or bereavement of any kind. Animals of nervous disposition/hysterical.

KEYNOTES

Effects of grief or emotional shock.

Main Indications for Use

Any kind of grief. Abandoned animals. Change of owner. Change of stables. Grief from stay in kennels or cattery. Convulsions from stress. Homesickness. Hysteria. Loss of offspring or companion. Pining and sadness. Weaning: to help mother with separation from offspring.

Modalities

Worse: Morning; open air

Better: Warmth; while feeding

IPECAC

One of the main remedies for nausea and vomiting. Coughs with retching, choking and gagging. Haemorrhages.

KEYNOTES

Nausea, retching and vomiting. Coughs with retching and vomiting. Haemorrhages of bright red blood. Travel sickness.

Main Indications for Use

Coughs which end in retching, gagging or vomiting. Haemorrhages of bright red blood which gushes. Kennel cough. Labour. Poisoning with retching and vomiting. Nausea with or without vomiting; animal drools excessive saliva. Travel sickness. Vomiting with much salivation; slimy vomit.

Modalities

Worse: Moving around; touch

Better: Open air; rest

MERC CORR

The main indication for first aid use in animals is slimy or bloody diarrhoea. Also urinary tract infections. Colds. Ear infections. Inflammation of the gums.

KEYNOTES

Diarrhoea. Cystitis. Conjunctivitis. Ear infections. Inflammation of the gums with excess saliva. Mouth ulcers.

Main Indications for Use

Balanitis. Cystitis with very painful, frequent attempts/straining to urinate. Colds with greenish discharge containing flecks of blood. Conjunctivitis with red lids and greenish discharge. Diarrhoea with foul, slimy stools. Dysenteric diarrhoea with bloody stools and mucus. Ear ulcerated and inflamed with dark-coloured discharge. Gums spongy and bleeding with lots of saliva. Mouth ulcers. Ulcers in the eye following injury.

Modalities

Worse: At night

Better: Resting

LEDUM

Ledum is an important remedy for puncture wounds of any kind. It has purported anti-tetanus properties; therefore use alongside Hyp/Cal for any cuts or lacerations. It is also for blunt trauma to the eye and arthritic complaints of the fetlock, pastern, hock and coffin joints in horses.

KEYNOTES

An important remedy for puncture wounds and nail prick. Arthritic symptoms. Insect bites. Bruised sole. Eye injuries. Symptoms are better for cold applications.

Main Indications for Use

Arthritis especially of the fetlock, pastern, hock and coffin joints where there is cracking in the joints. Bites from other animals. Eye injuries where eye is bloodshot, bruised or contused. Bruised sole in horses. Cuts: alternate with Hyp/Cal for its anti-tetanus properties. Insect bites and stings. Overreach injuries. Puncture wounds of any kind: from thorns, nails, needles, insect bites etc. Sweet itch: to minimise the reaction from the midge bites. Vaccination: to ease swelling at site of injection.

Modalities

Worse: Heat; at night; stable; movement

Better: Cold weather; cold applications or hosing

NUX VOMICA

Digestive disturbances and congestions are associated with this remedy, especially after overeating unsuitable foods. There is abdominal discomfort and flatulence. Stools are usually hard but diarrhoea can follow overeating. Symptoms are relieved by vomiting. It is one of homeopathy's great 'clearing' remedies and is often used to help clear the system of toxins, especially after a course of medication and can be alternated with Sulphur for this purpose.

It is also a remedy for aggression, irritability and impatience.

KEYNOTES

Digestive disturbance especially after overeating or eating unsuitable foods. Abdominal discomfort; flatulence. Constipation with hard faeces. Diarrhoea after overeating.

Laminitis brought on by overeating and toxicity of the system. Irritability and sensitivity, especially to noise. Clearing toxicity and supporting the liver after over-medication or poisoning.

Main Indications for Use

Aggressive behaviour. Appetite lost after mild digestive upsets. Bad breath after vomiting, diarrhoea or constipation. Colic-spasmodic or impacted from over-indulgence or eating bad food. Constipation with frequent straining or after digestive upset with loss of appetite. Dry cough with irritable nature; animal is hypersensitive or irritable. Diarrhoea, usually slimy from over-indulgence. Flatulence from eating unsuitable food. Hair ball: to help pass it. Hiccough. Laminitis from dietary problems or toxæmia. Poisoning - useful clearing and liver support remedy. Surgery (after) to help clear the anaesthetic.

Modalities

Worse: Cold air or draughts; early in the morning; disturbed sleep; after feeding

Better: After sleep; in the evening; at rest; from damp; wet weather

PULSATILLA

Animals needing Pulsatilla are sweet, affectionate and friendly or shy, timid types; it is one of homeopathy's great female remedies. Disorders of female hormones respond well when the type fits. Discharges whether from the ears, eyes, nose, vulva etc are creamy or green/yellow colour. Changeable is often a word to describe Pulsatilla symptoms, which come and go eg: appetite, diarrhoea, eye symptoms.

KEYNOTES

Sweet, affectionate and friendly types or shy and timid. Bland creamy/yellow/green discharges from the ears, eyes, nose, vulva etc. Changeable symptoms. Symptoms are better in the fresh air. Animal is usually thirstless.

Main Indications for Use

Anticipatory anxiety especially about being left alone. Appetite variable or changeable. Balanitis with creamy yellow discharge. Colds (Rhinitis). Conjunctivitis with bland discharge; eyelids can be stuck together in the mornings. Coughs worse morning. Cystitis. Ear infections worse lying down. Fear of being abandoned. Influenza. Pregnancy (False). Pyometra. Retained placenta. Timidity.

Modalities

Worse: Heat; over rugging of horses; in the evening

Better: Open air; gentle movement

RHUS/RUTA

This combination of Rhus Tox and Ruta Grav is primarily used for muscular-skeletal problems, tendon, ligament and bone injuries.

It is a powerful remedy for Arthritic/Rheumatic complaints, especially indicated where symptoms are worse after rest and improve on gentle movement and warmth. It also has an affinity for the skin with burning itchy, red eruptions.

KEYNOTES

Arthritic/Rheumatic complaints. Back problems. Muscular strains. Sprains/strains of tendons and ligaments. Bruising to bone. Sore shins. Splints.

Main Indications for Use

Arthritic and Rheumatic complaints where the animal is stiff on first movement, especially after rest or getting up out of bed. Azoturia, in mild cases where muscle stiffness is relieved by gentle movement. Back problems. Bruising to bone. Cellulitis. Dislocations. Muscular stiffness and soreness after over-exertion. Muscular trembling from over exertion. Sore shins from concussion. Splints. Sprains and strains of muscles, tendons and ligaments (use in conjunction with Arnica)

Modalities

Worse: Cold, damp weather; on first movement; from over-exertion

Better: Warmth; gentle movement; massage or gentle rubbing

SILICA

Silica is found in connective tissue and other tissues that comprise the building blocks of the body such as bone, cartilage, tendons, ligaments, skin, hair, nails and hooves. It is the number one remedy for helping to expel foreign bodies such as grass seeds, thorns and splinters. Silica animals may have little stamina, be weak, malnourished and sickly looking. They are often very timid and lack "grit" both in the physical and emotional sphere. Wounds may be slow to heal and may become chronic.

KEYNOTES

Abscesses that are slow to heal. To help expel foreign bodies such as splinters, thorns, grass seeds. Cracked, brittle hooves.

Weak physical appearance/recurrent illness. Wounds that are slow to heal. To help prevent scar tissue or dissolve scar tissue. Shy timid animals who lack "grit"

Main Indications for Use

Abscesses caused by a foreign body such as a grass seed, splinter or thorn. Chronic or persistent abscesses. Cracked or brittle hooves.

Chronic ligament injuries or sprains. Scar-tissue prevention. Shy, timid animals who lack confidence or "grit". Slow healing of wounds or infected wounds where there is little pain. Thrush of the hoof.

Modalities

Worse: Cold weather; dampness

Better: Warmth; the summer; rest

SULPHUR

One of homeopathy's main remedies for a wide range of skin/coat complaints. The skin/coat appears dirty, greasy or scurfy and the animal often smells offensive. Eruptions may be dry, red, hot and itchy or there may be wet, vesicular or crusty eruptions and the animal may be seen to scratch frequently until the skin bleeds. Skin conditions are aggravated by becoming hot or being bathed. Sulphur is also a good remedy for clearing the system from over-medication or poisoning and may be alternated with Nux Vom. Also acts on the digestive system.

KEYNOTES

Red, hot, itchy skin/coat. Wet or crusty eruptions. Skin or coat appears dirty or greasy and animal may smell offensive. Skin symptoms aggravated by heat or bathing and animal seeks cool places.

Main Indications for Use

Allergy with red, hot, itchy skin. Constipation with red anus; stool large and painful; other skin conditions may be present. Dandruff/Scurf with hot, itchy skin. Diarrhoea with bright yellow to orange stools which smell like rotten eggs, worse early morning. Ear infections with red, hot and itchy ear flap. Eczema with hot, red and itchy skin or wet and crusty lesions. Fleas-allergic reaction to bites. Mange. Poisoning, or over-medicated animals, to help clear the system. Sweet itch with dirty-looking coat, worse for heat. Thrush of the foot.

Modalities

Worse: Heat; being bathed; cold damp weather

Better: Dry weather if not too hot; motion; eating

SYMPHYTUM

The number one remedy to encourage the healing of fractures or broken bones, but should only be given once the bone has been set. Assists in fractures that are slow or difficult to heal. A remedy for deep bruising to bone. This remedy also acts generally on the joints and helps aid the healing of tendons. Eye injuries, especially from blows or blunt trauma to the eye. If you run out of Arnica, Symphytum can help all manner of injuries, including gunshot wounds.

KEYNOTES

To assist the healing of fractures/broken bones once they have been set. Injuries to the stifle. Injuries to tendons. Injuries that have caused penetration to the bone. Injuries to joints. Eye injuries from blunt trauma.

Main Indications for Use

Broken bones/Fractures once they have been set. Bruising to bone. Eye injuries from a blow or blunt trauma. Injuries to tendons. Splints. Sore shins.

Modalities

Worse: Touch

Better: None recorded

Helios SOeSsence Flower Formula

A blend of flower essences to relieve stress and restore calm in emergency situations. This can be used alongside any of the remedies at any time and dosage instructions are on the bottle.

OTHER USEFUL PRODUCTS

Helios SOeSsence Pet Balm-a soothing beeswax balm containing botanical extracts, essential oils, flower essences and Vitamin E oil, traditionally used for minor wounds, abrasions, sore paws and skin irritations.

Helios SOeSsence Shampoo-essential oils, botanical extracts, sulphur and a flower essence have been combined, in a mild SLS free shampoo base, to gently clean your pet. Suitable for all skin and coat types and especially recommended for pets with dry, scurfy or itchy skin.

Hypericum/Calendula tincture

Traditionally used for its antiseptic properties to clean and soothe wounds. Must be diluted approx 1/10 with boiled cooled water.

Euphrasia tincture

Commonly known as eyebright, this is traditionally used for cleaning and soothing sore eyes. Always dilute 1/10 with boiled, cooled water before use.

Arnica/Rhus tox/Ruta Cream

A topical application to help with strains and sprains.

FURTHER READING

The Homeopathic Treatment Of Small Animals - Christopher Day

Written by one of the top homeopathic vets in the UK, it contains an extremely good introduction to the general principles and practice of homeopathy and gives indications of treatment across the small animal kingdom.

Dogs - Homeopathic Remedies - George Macleod

Cats - Homeopathic Remedies - George Macleod

Excellent reference guides to ailments and the use of homeopathic remedies for cats and dogs.

Homeopathy for Horses - Tim Couzens

With a comprehensive ailments section and detailed materia medica section, this book is an invaluable guide for horse owners, equine therapists and veterinary surgeons and is packed full of information on treating horses with homeopathy. Written by specialist equine vet Tim Couzens

Hands on Healing for Pets - Margrit Coates

Britains's leading animal healer, Margrit Coates, shows how you can learn the skill of hands-on healing to help improve your pet's well-being and behaviour.

All the above publications are available from Helios (see below)

USEFUL CONTACTS

The British Association of Homeopathic Veterinary Surgeons contact via their website www.bahvs.com to find a homeopathic vet.

The Healing Trust www.thehealingtrust.org.uk to find a registered healer who can work with people and animals

To find a homeopath for you and your family

The Society of Homeopaths www.homeopathy-soh.org

The Homeopathic Medical Association www.the-hma.org

The British Homeopathic Association www.britishhomeopathic.org

Helios Homœopathy Ltd

Established since 1986, Helios Homeopathic pharmacy makes remedies to traditional methods by hand.
www.helios.co.uk

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