



An Introduction to Homeopathy

The following is an informational article only. The remedies mentioned are suggestions only. Please be advised to seek the expertise of a veterinarian trained in homeopathy or discuss the use of homeopathic remedies with a holistic veterinarian. Chronic problems are best treated by a professional homeopath.

What is Homeopathy?

Homeopathy is a non-toxic system of medicine used to treat a wide variety of health concerns. Homeopathy is based on the Law of Similes and potentization. Basically, the Law of Similes is the premise that because exposure to a given substance can cause specific symptoms in someone who is healthy, then that substance — given as a homeopathic remedy — will stimulate the body's own curative powers to overcome similar symptoms during illness. A common example used to describe this effect is that of the person chopping an onion ~ When a healthy person chops an onion they usually get watery eyes, and a a runny nose. They may even experience sneezing or coughing, from exposure to the active substances in the onion.

The homeopathic remedy, *Allium cepa*, made of potentized red onion, can help the body overcome a cold or allergy attack in which the person has similar symptoms (watery eyes, runny nose, sneezing, coughing.) Even though the symptoms were not caused by exposure to an onion, the remedy made from the onion can help the body overcome them, because the symptoms are similar

Is Homeopathy Effective?

Millions of people have used homeopathic remedies to treat every conceivable type of ailment and symptom. Despite misconceptions, homeopathy is just as scientific as allopathic medicine. Homeopathy does not base its effectiveness on animal experiments which have little relevance to humans, and prescribing is not based on empirical, or accidental discovery of effects, but on a rational, systematic observation of the effects of remedies on healthy and sick people.

What are the Advantages of Homeopathy?

SAFETY

Homeopathy enjoys an excellent reputation in part because it is given in such minute doses that it can be safely used to treat anyone. Pregnant women, new born babies, children and weak or elderly people may all use the appropriate dosages of homeopathic remedies without dangerous side effects. Homeopathic doses of certain herbs are appropriate for certain individuals (like colicky babes,) when a standard herbal dosage would be too strong.

NON-TOXIC ~ NON-SYNTHETIC

Homeopathy does not use synthetic substances, but relies on the healing properties inherent in plants, minerals, and animal substances. These substances are used in their whole, natural state, not as isolated chemicals.

CONSISTENCY

Homeopathy is not based on 'fad' research. Homeopathic remedies do not go in and out of fashion because they are based on indications for specific symptoms rather than on 'opposites'.

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Most homeopathic remedies have a very mild, sweet taste and are meant to dissolve under the tongue. They come in small bottles that can be easily carried with you.

Understanding Potencies Homeopathic remedies are prepared through a process called potentization. Potentization involves a series of systematic dilutions and succussions (a forceful shaking action.) Potentization removes all risk of chemical toxicity while activating a remedy substance and enabling it to affect the body therapeutically.

The more dilutions and succussions a substance undergoes, the higher the potency will be. Higher potencies of homeopathic remedies (anything higher than 12C) have been diluted past the point that molecules of the original substance would be measurable in the solution.

Homeopathic potencies are designated by the combination of a number and a letter (for example, 6X or 30C).

The number refers to the number of dilutions the tincture has undergone within a series to prepare that remedy. The letter refers to the proportions used in each dilution of the series (the Roman numeral X means 10, and the Roman numeral C means 100), as well as the number of succussions the vial of solution undergoes in each successive stage.

Choosing the Appropriate Remedy

A key element in treating successfully with homeopathy is selecting the right remedy.

It is best to familiarize yourself with homeopathic remedies *before* you need them so you can have a vague idea in mind of what remedy may be called for.

Get yourself a good homeopathy handbook that you can refer to.

Basically, when looking for a remedy you want to consider both physical and psychological symptoms.

Physical Symptoms

Homeopathic remedies promote a return to normal body function, and can be of help in almost any physical symptom or condition. Though they their work on a subtle level, they ultimately affect the chemical, cellular, and structural health of the organism.

Psychological Symptoms

Psychological states are a crucial piece of the symptom-puzzle. Even when treating a purely physical ailment, homeopathy considers the emotional response of the individual to be of prime importance. Improvement of an emotional state is one way to monitor the effectiveness of a remedy.

Homeopathic Materia Medica

Emergency Remedy List

ACONITE (Acon) All emotional trauma, shock, mental anxiety with restlessness. Early stages of all feverish states, inflammations accompanied by fear. Onset of founder. Ailments brought on by cold draft.

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ARSENICUM (Ars.) For all chemical poisonings, ANY TOXICITY, DIARRHEA from chemicals or bad food. Anxiety from toxicity. Asthma, lung weakness. Wind remedy, used in race horses to develop lung power.

APIS MEL (Apis.) ALLERGIC REACTIONS, SWELLINGS. Swellings in reaction to vaccinations, insect bites, thorns, hives, rashes, bee stings. Joint swellings with heat. Anaphylactic shock.

ARNICA (Arn.) ALL PHYSICAL PAIN AND TRAUMA, from accidents, bruising, muscle strains, head of joint injuries, broken bones. Pain from laminitis, physical over-exertion/exercise. Mental anxiety from accidents.

BELLADONNA (Bell) Noticeably sensitive to the senses. Symptoms of staring, wide open eyes, dilated pupils, sensitive to light, noise, hot shiny smooth skin, excitable with full pulse. Worse at night, worse lying down, sudden onset of FEVER WITH SWEAT. Ear and eye disorders. Founder.

BRYONIA (Bry) All incidents that are WORSE WITH MOVEMENT, painful and better with applied pressure. Arthritis, rheumatism with hard, tense joints with shiny skin. Difficulty breathing, coughing with dry mucous membranes. (Generally a left sided remedy.)

CALENDULA (Calen.) ANTISEPTIC, aids in healing tissue internally and externally. For all open wounds, cuts, stabs, surgery. Apply topically and offer internally to aid in healing and pain. For stimulating the healing of torn muscles, ligaments and cartilage.

CANTHARIS (Canth.) BURNS, burning pain, pain in kidneys, urinary tract infections, blood in urine, straining, retention or difficulty urinating. Horse positions itself to urinate and cannot, or passes only a few drops. Burn or scalding in mouth, throat, with great difficulty swallowing water. Burns externally from ropes, fire, chemical. Apply topically and internally.

CARBO VEG (Carb-v.) SUDDEN COLLAPSE, "corpse like reviver", cold to touch, collapse and lifeless for no apparent reason. Also used for upset stomachs from debility from bad food.

CHAMOMILLE (Cham.) TEMPERAMENTAL AND OVERSENSITIVE, due to unidentified pain. Extreme irritability, restlessness. Colic with swelling of abdomen with cold extremities, especially the ears. Coryza in foals. Coughing caused by excitement. Wind sensitive, Impatient, quarrelsome behavior. EAR ACHES.

CHINA (Chin.) DEBILITY DUE TO PROFUSE EXHAUSTION FROM LOSS OF VITAL FLUIDS, loss of blood with weakness. Anemia in foals, dehydration, diarrhea, dropsy from bleeding. Inflammation of organ after hemorrhaging.

COLCHICUM (Colch) FLATULENT COLIC, with rumbling and distention, especially on the right side. Worse in cold or dampness (low tension pulse with increased salivation). Aversion to food, worse with movement, stretching, worse evening or night, better doubling up.

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COLOCYNTHIS (Coloc.) SPASMODIC COLIC caused by eating green foods (rich alfalfa) with severe abdominal pain, distention, loud intestinal noises. Pains come in waves. Horse turns head toward flank, hunches back upward, strikes at belly. Tends to stand but better when moving. Intermittent shivering then hot. Cramping, slimy stools, sometimes with blood.

GELSEMIUM (Gels.) STAGE FRIGHT worse emotion or excitement, anxiety, shock ordeals where there is ANTICIPATED FEAR. Bad effects from fright, fear (fear of person, animal or vet). Diarrhea from sudden emotions such as a fright or anticipation of an ordeal. Facial paralysis or muscle weakness in head region such as paralysis of lips from toxemia.

HEPAR SULPH (Hep.) ABSCESSSES with sensitivity to touch. Thick yellow ropy pus or discharge. Smells like old cheese. BOILS, inflamed sinus, bad infection from open wounds, scratch. Better warmth. Chills easily. Unhealthy skin that every little injury suppurates. Skin ulcers.

HYPERICUM (Hyper.) NERVE INJURIES, from lacerations, animal or insect bites. Tail bone pain from injury. Bone pain. Injury to brain or spinal cord. Jagged wounds involving damage to nerve endings.

LEDUM (Led.) PUNCTURE WOUNDS, puncture wounds that do not bleed, cold to touch, with general lack of body heat. Worse with warmth, cold discoloration of skin surrounding puncture. Better ice. Deep joint inflammation, foot abscesses. Lameness where horse hangs leg or foot. Infection of site after a vaccination. Tetanus.

MERCURIUS (Merc.) DISCHARGES< free secretions with foul smell, thick greenish-yellow. Cough with lots of moist thick nasal discharge, swollen glands, diarrhea, shivering restlessness. Nasal discharge from colds, flu, VS, strangles, etc.

NUX VOMICA (Nux-v.) INDIGESTION, digestive upsets, MILD COLIC caused by error in diet or weather change. CONSTIPATION with small hard mucus covered stools in small quantities. Rectal uneasiness.

PHOSPHORUS (Phos.) OVERSENSITIVE to effects of lightning, loud noises. Eye and ear disorders. Sudden onset of pneumonia, passing large amounts of urine. HEMORRHAGING of bright red blood. Flu, when eyes are glazed. Neurological weakness, oversensitivity, chills easily. THIRSTY

PULSATILLA (Puls.) TIMID, EMOTIONAL ever CHANGEABLE nature, both physically and emotionally. Horse fears abandonment of being left alone. Great dryness of mouth and generally THIRST-LESS, loss of appetite without thirst. Arthritis with timid emotional nature better gentle movement.

RHUS TOX (Rhus-T) ARTHRITIS, physical and emotional disorder that is ALWAYS BETTER WITH MOVEMENT or exercise. Acute rheumatism, stiffness, lameness from over exertion or straining. Stiff muscles and or joint soreness

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that loosens up or swelling reduces with exercise.

RUTA GRAV (Ruta) LAMENESS, damage to tendons, ligaments, cartilage, BRUISING to bones, sprains with joint weakness, injury to flexor tendons, contusions, tears, blow, fall or twisting of effected joints.

SEPIA (Sep.) ALL HORMONAL DISORDERS in mares. Moodiness, irritability with heat cycles. SILICA (Sil) SKIN DISORDERS. Expels foreign bodies from tissues (Slivers). Restores connective tissues, reduces scar tissue formation. Ulcers inside corner of eyes. EMACIATION from abuse.

SULPHUR (Sulph.) ANTI-SPORIC remedy. Has reoccurring or relapses of condition. Stubborn cough, colds, skin conditions that don't seem to heal. Great reabsorbent used after acute illnesses.

SYMPHYTUM (Symph.) BONE DISORDERS, pain, fractures, stress fractures. Injuries/blow to the eye.

Quick Reference

COLIC

Colocynthis - Severe spasmodic colic with cramping
Nux Vomica - Mild Colic Colchicum - Flatulent Colic
Chamomille - Colic with irritability

PHYSICAL TRAUMA

Arnica -Pain and trauma . Bruising or overexertion Blows resulting in injury.
Rhus Tox - Lameness that is better with movement
Ruta - Sprains from twisting
Ledum - Lameness where horse hangs leg balancing on toe.
Apis - All swellings in legs, build up of synovial fluids from strain.
Hypericum - Nerve injury from trauma

FEAR, FRIGHT, ANXIETY

Rescue Remedy for all emotional and physical anxiety
Aconite - For all fear fright and anxiety of unknown origin
Gelsemium - Anticipated anxiety
Arsenicum - Anxiety and restlessness due to toxicity.
Chamomille - Anxiety due to irritability and temperament.

CUTS and WOUNDS

Calendula - Internally and topically to aid in healing Calendula and Hypericum mixed for injuries to eyes.

FEVERS

Belladonna - Fever with glazed eyes, full pulse sudden onset

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Bryonia - Fever worse with movement , hot shiny skin.

Aconite - Early stages of all feverish states. Isolated inflammations.

BURNS and ALLERGIC REACTIONS

BURNS

Cantharis - All burns physical and internal.

ALLERGIC REACTIONS

Apis - Swellings of any kind and/or due to insect bites, vaccinations etc.

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