

Natural Leg Care Methods:

Part 2 - Homeopathic Remedies

by Katharine Lark Chrisley, NHC, RMT

Part 1 presented natural cooling and warming remedies. Part 2 presents homeopathic remedies and a case history.

Homeopathic remedies

HArnica is a plant whose blossoms are used externally (infused in water or oil) as an herbal remedy; it is the supreme healer of bruising and is used for acute or chronic conditions. Homeopathic *Arnica Montana* is made from the same plant and is used orally for bruising, muscle soreness and any injuries, and it helps to prevent shock. The homeopathic Arnica gels, ointments and creams are excellent preparations for use on horses externally (not open wounds). When you use homeopathic remedies, keep them away from strong scents like peppermint and tea tree oil. These scents will antidote

(nullify) the effects of the remedies.

After trail rides over rocky ground, I always dose the Arnica remedy to treat possible “stone bruising” of the hooves. It is dosed by placing the pellets or liquid into a piece of apple or carrot, or in a syringe of water (no need to swallow - it just needs to contact the mucous membranes). When dosing homeopathics to horses, give the amount directed for a human - it is not how *much* you dose that increases the effect; it is how *often* you dose in acute situations. Every 15 minutes for the first few hours is appropriate for acute, serious injury or distress; dose less often for less serious situations. Of course, in cases of chronic illness, injury or dis-ease, always consult your wholistic health care practitioner.

Other homeopathic remedies that are used for leg care include:

Bellis perennis for deep bruising, over-exertion, soreness all over

Belladonna for inflammation, any congestion, aggressiveness; can be dragging of hoof and overall “puffiness” with a “filled” feel to it

Calc fluor helps muscles and connective tissue to stretch; used when massage helps for stiffness and pain; it is needed for restructuring bones after injury

Calc phos for bone trauma, rickets, growth disorders associated with bones and joints, and for any fractures

Hypericum for nerve damage, paralysis, burns (chemical, heat or friction), abrasions

Ledum for punctures, insect bites

Lithium for arthritis, joint swelling, pains that seem to change location

Rhus tox for arthritis, paralysis, joint soreness that increases from being immobile

Ruta grav for sprains and strains, tendon damage, dislocation of shoulder or locked stifle

Silicea helps heal scratches and greasy heel; anything septic or imbedded responds to this remedy

Symphytum for all bone injuries, especially deep bruising and fractures

Before the vet arrives

Do not medicate your horse for pain before the veterinarian arrives. She will need to see the horse move, and palpate, etc. to determine location and extent of an injury before deciding what exactly is needed. If your horse is acting like he may go into shock - shaking/ shivering, a glassy, distant look in the eyes, shallow rapid respiration, faint pulse, pale or blue gums (VERY serious!) and disoriented movement - call it in as an emergency right away, asking what medication to use until the vet arrives. Meanwhile, keep him warm, massage and stroke/ pull his ears, and give homeopathic Arnica and



Jerry Crenshaw adds a magnet wrap to Susie's support bandages.

the flower essence combination known as "Rescue Remedy".

If there is profuse bleeding, apply pressure with a towel or cloth. Homeopathic Calendula 2x internally is a good remedy for stopping profuse bleeding and calendulated oil or calendula ointment can be used directly on the wound. Blood "stopping" herbs are cayenne powder (applied topically only), yarrow blossom infusion, and shepherd's purse infusion or tincture (tinctures are alcohol infused with the herb) applied topically and/ or given by mouth in small doses of ½ ounce every 5 minutes.

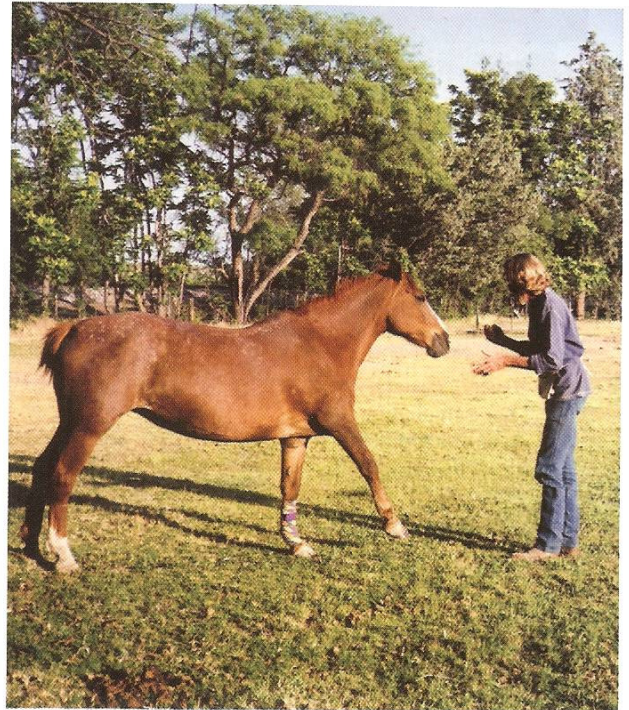
Susie's Story: Saving Life and Limb

My companion Jerry's mustang mare sustained a catastrophic injury in March of 2008. He had to move her suddenly from a situation that did not work out and place her in a 15-acre pasture fenced with double strand smooth wire on cedar posts. The fences were visible by day and he led her around to get her bearings. The pasture was perfect. There were ancient trees and a river all along one side and, unfortunately, a train track along the other side. You can guess what happened, I'm sure. That night, the train was SO much scarier and the fences less obvious. Susie ran through the fence.

Yes, white rags tied on the fences might

have kept her from injury – it is a habit I have always had with new fences... but there had not been enough time for preparation before moving her. The next morning her owner, Jerry, began the long slow process of saving her life and limbs.

Most of the methods described in this 2-part article were employed, as well as allopathic pain killers and anti-inflammatory medications. Her shoulder was massively swollen, her right foreleg sustained radial nerve paralysis, and her withers was severely bruised. He used nettle infused oil on her entire leg and shoulder for the paralysis. Jerry started teaching her how to walk again.



Jerry teaches Susie to walk again by marking her lifting of the forearm with his clicker.