

HOLISTIC HEALTH CARE FOR CAVALIERS

Part X

Homeopathic Remedies for Travel and Emergencies

By: Larry A. Bernstein, VMD
 ©2013 Larry A. Bernstein, VMD



If Karen and I were stranded on a remote island with all of our Cavaliers, I was wondering what homeopathic remedies would be the most important to have on hand. I mentioned this to her at the start of this article and she thought for a moment and answered, “most important to them would be room service.” I am often asked by people traveling to shows or vacations, what remedies they should take if they cannot take their kit.

While we prefer to get to the root of an issue and treat on a deep or constitutional basis, this is not always possible or needed in an acute situation.

Understanding an “Acute” Situation?

By my definition, an acute situation is an accident or illness, that if left untreated, will either get better by itself or the patient dies. I am not being harsh, but would like you to see the difference between an acute aggravation of an underlying issue, like a cystitis that keeps coming back, and a true acute situation like a fall, an insect bite, food poisoning or heatstroke.

However, this chapter will recognize the acute manifestation of the underlying chronic disease as an “acute” since that can happen on a trip. To be clear, if your pup gets recurrent cystitis, and you have been treating homeopathically and have a remedy regimen that works, that is what you should use first.

If your pup has a recurrent cystitis and all you have ever done is antibiotics, then these are NOT the cookbook treatments on which you should depend (although sometimes one of these ends up being the right remedy). You should see a qualified veterinary homeopath and get a comprehensive workup – not just go incident to incident.

After the warnings are out of the way and we describe what we mean by a remedy picture, we will discuss some of the remedies and situations where we have found them to be important. Remember, these are extremely abbreviated, simple descriptions of the remedy states or pictures – they only touch the surface and deal with the acute. Many of these remedies can be used in deeper cases and every remedy has the potential to harm if misused. You must always remember that a homeopathic remedy is used to treat the patient with a set of symptoms that could be caused by the remedy in raw form.

I always like to use my example case of a pretend cat

named Fluffy to teach some basics. (This can be found in the Homeopathic Tutorial on our website www.naturalholistic.com in much more detail.)

In our example case, the client calls up and you do an intake on her cat, “Fluffy.” She tells you that her cat is normally happy and playful. However, the cat has been hiding in the closet, which is unusual since this is a cat that normally is very curious and outgoing. Fluffy also cannot seem to get comfortable. She’ll come out of the closet and try to sleep on the computer monitor (desiring warmth) and then go to the litter box and have diarrhea.

Whenever she has diarrhea, she also vomits up a small amount. She does not want to be held or petted and goes to the water dish for one or two laps of water and then back to the closet. She also noticed that Fluffy’s ears and skin have a yellowish tinge.

We repertorized (looked up the important symptoms of) the case. This can be done by hand, in your head to some degree or with a computer program. In this case we used a computer and got:

Sum of symptoms						
	1	2	3	4	5	6
	ars.	bell.	chin.	cupr.	hell.	lach.
	6	5	4	4	4	4
1. SKIN - DISCOLORATION - yellow	1	2	2	3	1	1
2. STOMACH - THIRST - small quantities, for - often;	1	3	2	2	-	-
3. MIND - TOUCHED, aversion to being	1	1	2	2	1	1
4. STOMACH - VOMITING - diarrhea - during	1	3	1	1	2	2
5. GENERALS - WARM - desire for warmth	1	2	-	-	-	-
6. MIND - HIDING - himself	1	1	3	-	1	2

The main remedy suggestions: arsenicum, belladonna, china, cuprum, hellebores and Lachesis (listed by their abbreviations at the top of the computer generated spreadsheet). These are only initial ideas based on our important symptoms. The next step is to see if one of these “fits” our illness picture most closely. Going to the *Materia Medica* (a book listing remedies and symptoms), we read about each remedy and see that Arsenicum patients tend to be chilly and restless and thirsty for sips of water. They also do not have the intensity one usually finds in the patient requiring Belladonna. The level of fear is

HOLISTIC HEALTH CARE *continued*

less intense (more of an anxiety and less terror or panic). We suggest a dose of arsenicum 30C and the following day the client calls and reports that her cat is feeling much better. Fluffy came out of the closet to greet a visitor and she seemed much calmer. She still has not eaten and there were two episodes of diarrhea without vomiting. In fact, there has been no vomiting at all! Fluffy allowed herself to be petted and brushed and slept on the bed last night and not in the closet. While not cured, we can see that arsenicum has helped a great deal, moving the case in the right direction.

This is how we approach a homeopathic case, albeit in an abbreviated form, for teaching purposes. We can see that a patient needing arsenicum is usually chilly, restless, has gastrointestinal symptoms and, often very anxious. It sounds a lot like a case of food poisoning I had back in 1999 (thank goodness for arsenicum). Fluffy lived inside in a condo and had not been poisoned by arsenic – it is merely that her external symptoms were similar to a case of arsenic poisoning so the homeopathic remedy arsenicum helped the body deal with those similar symptoms.

The descriptions below are just summaries. They are brief and a bit stereotypical – not every arsenicum patient looks like Fluffy and not every animal with those symptoms will get amazingly better with that remedy.

Some of Our Favorite Remedies



Aconite Napellus – “Monkshood” is a very poisonous plant in raw form but in homeopathic (ultra-dilute) potencies it can be very useful for terror, fear, shock, intense pain and I have found it useful in heatstroke with collapse. Although Belladonna is probably number one in the books for this ailment. It has also been very successful in stopping seizures

in patients that go into status epilepticus (one seizure after another).



Argentum Nitricum – I like this remedy for stage fright, travel or performance anxiety. Many of my handlers use it before a show for both them and their animals. It has many other aspects and is similar in many ways to Phosphors (see below), but stage fright is the reason I would include it in my travels/show kit.



Apis Melifica – Apis is made from the venom of the bee and is excellent in allergic reactions, face swellings, insect bites and similar instances. Usually the Apis patient is dry but does not have much, if any, thirst. Sometimes a fever, as one might expect if an allergic reaction were present. My first treatment for the swollen

face, red eyes or closing throat dog is Apis (a few doses 3-5 minutes apart). If no improvement in 10-20 minutes or if there seems to be immediate life threatening danger, then Benadryl and a vet are often needed.



Arnica Montana – This is one of the best known homeopathic remedies – great for overwork, pulled muscles, bleeding, sprains and injuries. Arnica is famous for treating head injuries and post-operative pain or bleeding (or both).



Arsenicum Alba – Ars is made from ultra-dilute preparation of arsenic – we covered much of it above but the arsenicum patient is usually restless, chilly, and can't settle. Vomiting and diarrhea (or just one of the two) is usually present. They tend to be thirsty but only for small sips of water.



Belladonna – Bell is made from a plant called the “deadly nightshade” and is a source of atropine – a very powerful drug. The homeopathic solutions of belladonna are used to treat a multitude of symptoms including seizures, heatstroke, any intense pain or excitement and, often, reaction to rabies vaccine.

The key to a belladonna patient is heat, redness and INTENSITY.



Carbo vegetalis – Carbo vegetalis (Carb-v) is made from the charcoal left by burning plant matter and is famous for its resuscitative properties. It is also, often, helpful in diarrhea, shock, and collapse. If I have an

animal with profuse diarrhea (again like food poisoning symptoms), I often use carb-v. If diarrhea and vomiting are both present, then I think of arsenicum first but travel with both in my emergency kit.



Lachesis Mutata – Lachesis is a snake venom and is great for wounds that are oozing blood, purple, bruised and the patient cannot decide if they are loving or angry. I would, most likely, go with arnica first, but Lachesis is a good post bite choice if arnica is not helping. This

is doubly true when the bite involved a great deal of anger or “venom.”



Ledum Paluster – Ledum is a great remedy for penetrating wounds, insect and tick bites. (Ticks are not insects but arthropods, by the way.) It is often used to treat reactions to tick bites and punctures.



Nux Vomica – Nux-v is a great remedy for many things. The Nux patient is usually standoffish, chilly, sensitive and grumpy. I like to think of the typical hangover when I think of Nux. When the usually friendly and loving Cavalier has an upset stomach, wants to be left alone, and maybe goes off into the closet, then Nux is my first choice. Nux is also a great remedy for back pain, sciatica and it's especially good for poisoning or a bad reaction to medications.



Phosphorus – Phos is a remedy similar to pulsatilla but the patient can have a LOT of gastrointestinal issues, they usually seek out cool places, but sometimes it can be a remedy of collapse. They are often very sensitive to noise, especially thunderstorms. Some blood is often present – examples are bloody diarrhea or bloody urine in cystitis. If you see G.I. upset and blood in a sensitive dog, think of phosphorus.



Pulsatilla Pratensis – Puls is very useful in young animals and I tend to think of most Cavaliers as potential Pulsatilla patients. The pulsatilla dog needs to be close to you. I call them Velcro dogs. This is especially true when they are not feeling well. They usually desire cool, can often run a high fever and can have diarrhea. It is the number one remedy for severe ear pain in babies, especially in the middle of the night. Pulsatilla patients are usually sweet, hungry and needy. If that does not describe most Cavaliers, then I do not know a better way to do so.



Rescue Remedy – While not a true homeopathic remedy, Rescue Remedy is a must have in any emergency kit. (I like the FES 5 Flower Formula.) It calms, resuscitates, centers and cools down just about anything. I have seen a few drops stop a seizure, relax an over excited dog and revive a stunned bird that flew into a window. I also use it topically on sores, hot spots and bug bites. We keep a bottle in the car and travel with it.

Please realize that this is just an overview of some of my favorite and useful remedies and is not, in any way, a substitute for good qualified homeopathic care. Sometimes that is not available and even if it is, it is great to have an emergency kit with you, even if there IS room service. 🐾

*Larry A. Bernstein, VMD, CVA, CVH, PHom.
Natural Holistic Health Care
www.naturalholistic.com
www.facebook.com/Naturalholistic*