

Treating Cataracts in Horses with Homeopathy by Dr. John Fudens, HMC, DVM, PH

This article is written pertaining to horses but everything is applicable to other animals and humans that develop cataracts.

What are cataracts?

Cataracts are another symptom of chronic degenerative disease all life forms have to various degrees. In this case it is a cloudiness of the lens which sits behind the iris and pupil. The lens focuses light rays onto the retina which then goes up the optic nerve to the brain to be interrupted as sight.

What causes cataracts?

There are numerous potential causes of this condition which may include:

- Traumatic or injuries to the eye that eventually develop into the cloudy lens.
- Congenital which means the genetic inherited factor.
- Radiation either from medical tests or treatments.
- Exposure to direct sunlight for long periods of time without UV protection.
- Old age.
- Chronic degenerative disease overall which weakens the vital force of the body thus allowing cataracts to develop in susceptible life forms.

What are the types of cataracts?

- Cortical where cloudy particles develop at the periphery of the lens and then move to the center.
- Senile when various parts of the eyes age at a different rate than other parts.
- Subcapsular where the cataract develops at the back of the lens.
- Nuclear where the cloudiness develops in the middle of the lens.

Diagnosing Cataracts

This is pretty obvious as one can look at the eye and see the cloudiness of the lens. Other signs in the horse may be:

- Head shyness for no obvious reason
- Stumbling for no apparent reason
- Approaching objects, food or water more cautiously than usual
- Staring at the environment as if to understand what it is about.

Again, the test is to shine a light at the eyes in a dark setting and the cloudiness will be obvious.

Treating Cataracts

Years ago when I had my animal hospital on Long Island and had not started my holistic evolution, I came upon an ophthalmologist who was using *Cineraria maritima* herbal drops in some of his patients with miraculous results. I had no conventional treatment

(surgery was out of the question for the average animal owner) and I did not like the fact there was something I could not do anything about, so I ordered the drops. Amazingly the first few small dogs I tried the drops on responded very well. It got to the point where their owners (if dealing with cataracts) would order some extra bottles for "their pet." I knew what was going on and did not have a problem with dispensing extra for the owners to treat themselves. I continued to use the drops and even have the homeopathic remedy *Cineraria maritima* along with the drops.

The problem with horses is to get them to allow the drops to be put in the eye. From the humans who have reported to me after using cineraria the black green herbal color interferes with vision for a short time until the herb is absorbed into the eye. There may also be a slight irritation feeling at first in some cases. Both of which the horse may react against. If using these drops for any life form be sure they are alcohol free. The homeopathic cineraria is now made in an alcohol free clear liquid which is a great relief in using drops with animals.

So besides the cineraria drops and remedy I use other homeopathic remedies depending on the patient. When I take a patient on I try to find out all aspects of that life form mentally, emotionally and physically. The physical is easy as I can observe the animal, do an exam and get characteristics from the owner who usually knows their animal better than anyone. The physicals tend to be easier in animals to achieve compared to the mental and emotional.

Case Studies

- Misty May was a beautiful, sweet, gentle painted mare rescued in her late teens. She had bilateral nuclear cataracts when I started treating her in 2014 at the equine sanctuary in Viola, Idaho. She was completely blind but still a sweet horse. I gave her *Calcarea Fluorica* 200c three pellets repeated in about two hours in a piece of apple. After about three to four months I did not see the changes I wanted so I gave her *Conium* 1M 3 pellets repeated in two hours. When I give remedies to horses I always use a piece of apple or one of the berry treats. Only rarely do I have to put the pellets in the mouth directly usually in colic when they are not interested in eating anything. After about six months I noticed her coming to the fence more easily when I offered apples or carrots. So I repeated the *Conium* 1M. Unfortunately she died suddenly for no apparent reason, but the right eye was cataract free and the left eye was almost free.
- Sonnet is a 30 year old plus Grey Arabian mare rescue. In September 2014 after treating her for a skin issue I gave her *Calcarea Fluorica* 200c three pellets repeat in two hours for a left eye nuclear cataract. In May 2015 she was doing great, the cataract was gone and remains so to this date.
- I have treated other cataracts in small animals and humans the same way with good results. I have to admit that not always is homeopathy successful. I am working with a 31 year old Arabian Stallion at the sanctuary and have used *Conium*, *Calcarea Fluorica*, *Cineraria* and *Secale* remedies with no response. His left cataract is like a piece of concrete due to an injury so I might not be able to help him. There are many homeopathic remedies that can be used for cataracts I have only mentioned a few that I use.

Dr. John Fudens HMC DVM PH, is Executive Director at Affinity Holistic Clinic in Coeur D Alene, Idaho. The holistic clinic specializes in classical homeopathy, with other natural therapies, caring for animals, children and adults. No conventional medicine is provided. Contact Dr. Fudens at affinityclinic@yahoo.com.