

Treating various fears and anxieties in horses, animals and people by Dr. John Fudens HMC DVM PH.

Now that the fireworks are around the corner from us as the holiday approaches I have been encouraged by a friend to write about my experiences with using homeopathy in thousands of animals and many people for issues like fear of noises of many sources, fireworks, thunderstorms, flying, public speaking, social events, traveling over bridges and many other issues that affect life forms in a negative way. Please bear in mind that what I am about to list is not constitutional classical prescribing of homeopathy but helping animals and people in acute situations. All the above issues and more can be handled by a detailed consult but that takes more time and effort than most people have for themselves and their animals. So I will list some of the common remedies I use and some aspect of how the remedies work. With people I instruct the person to take 1 pellet dissolve under the tongue repeated as necessary. The time between doses and length of time to continue to take them varies from person to person. For these types of issues I use high potencies (strength of remedy) like 200c or 1M. A dose generally is a pellet every ½-1 hour until the person does not feel the need to take more. Then if necessary repeat as needed.

For small animals basically the same potencies so give 1 pellet using the same time frame. Put the pellet in some peanut butter, cream cheese or small amount of meat and down it goes. For large animals i.e. horses I give 3 pellets at a time in a berry treat or piece of apple. Have not run into a horse yet that will not take those treats. Again basically the same time frame.

Homeopathy is all natural, no side effects, you cannot overdose and works like a charm when one has experience using it. For people who have no experience I will try to lay out guide lines to help. Here is the list of my favorite remedies and some data on how to use and select them.

1. Aconitum napellus (Monkshood) a plant remedy is probably the # 1 remedy I go to first. It has the issues of extreme states of fear, anxiety, anguish of both mind and body. There is extreme restlessness, fright and sense of death/danger. Animals cannot talk the English language to us but if you know them you can see how scared and upset they are. The use of homeopathy in all these examples will only work if you give it before the upsetting factors have occurred usually a few hours lead time. There is a tremendous release of adrenaline and other hormones when a life form is in a fear state so it is very difficult for homeopathy to overcome that hormone load. This works nicely for small animals going to the vet, shoeing horses, thunderstorms, etc. I have worked with an equine rescue sanctuary for horses in north Idaho for a number of years. I have the owner give this remedy starting about 1 hour before shoeing and then again ½ hour before. There are a number of "nervous nellys" who dance around, struggle and make it extremely difficult for the farrier to do his job. Previous to me on the scene they were given the tranquilizer acepromazine for sedation. One horse was so bad the farrier had his back thrown out for several weeks with the horse moving against him. Once we used this remedy the farrier was blown away and asked if he could use this for his other clients.

2. Phosphorus a mineral is the next remedy that tends to work very nicely. This life form is very easily vexed, startled, very sensitive to external stimuli, hates being alone, excitable and more. A human description of a Phosphorous person is a beautiful red headed woman who is the life of the party, a social butterfly and attracts attention particularly from men. If you see any of those qualities in your animal it may respond to this remedy. Remember we are extrapolating from human to animal.

3. Valeriana officinalis is a plant remedy that the drug tranquilizer Valium is synthesized from. The individual shows hysteria, over sensitiveness, nervous affections, sudden mental and emotional issues that change rapidly, hallucinations, irritable and many fears. I use quite a bit of this remedy as it will work well with other remedies by alternating doses and does not interfere with the action of them. If you cannot get the homoeopathic remedy you might try the herb form but it is not as powerful and more difficult to get into animals.

4. Argentum nitricum is made from silver. I do not use this as much in animals but if a person is afraid to get on an airplane or to fly this is a go to remedy. My son can attest to its help.

5. Gelsemium is the plant yellow jasmine. This is a great remedy for all sorts of nervous system issues. I use it in panic attacks, stage fright, cowardice issues and is very close to argentum nitricum in its actions. It has many other conditions that respond to it including a great remedy to treat flu.

There are many more remedies that can be used for these issues and I have only scratched the surface. For the average horse/small animal owner the first 3 are the ones to consider and use. Please remember all the remedies listed have many many other uses. Also try and start the remedies at least 1-2 hours before the exciting situations occur.

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