

Homeopathic Protocols for the Aged Equine

by Katharine Lark Chrisley, NHC, RMT

Many older horses can be supported and healed with homeopathy. The disorders and injuries sustained (that could be a short time healing in the youngster) can require extra help for horses in their twenties and beyond. These energetic modalities are just right for bodies that have been around a while.

Most homeopathic remedies will be available in pellet or pill form and be of “X” potency (tenths) or “C” potency (hundredths) – the Cs are more potent than the Xs because dilution and potentization create the strength of the remedy. As a general guide, for chronic conditions use 6x or 6c every 2 to 4 hours for 2 days, then 3 times daily for 3 days. In acute conditions you can use a 30x or 30c remedy every 4 hours for 3 doses. In very serious conditions, use the remedy every 5 to 15 minutes for 8 doses or give a 200c potency remedy (from a homeopath) just *once*.

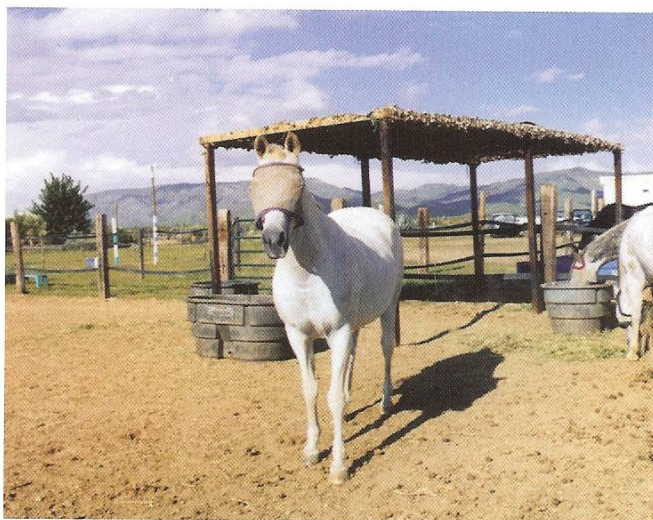
To dose a horse, place the remedy into a syringe of water or hollowed out piece of carrot or apple. Do not touch the remedy with your hands - tap them into the cap and then into the carrot - and keep the remedies away from strong smells or heat..

Aconitum napellus is used for fevers, swellings, fear and anxiety. If the older horse is hot, has swellings and acts anxious (often in asthma-like ailments or during storms), this is the remedy of choice. Many mature horses need Aconite during changes such as traveling, new horses at the stable or shifts in the weather.

Apis mellifica is used for allergic reactions. If the horse has been stung by an insect or is reacting to food or medicines adversely, dose Apis immediately. Swellings around the eyes, “air hunger” type breathing and reacting to heat are characteristic symptoms. Include Apis in first aid kits.

Arnica montana is the impeccable “Accident Remedy”. It is used for any injury, shock, bruising, stressful situations, over exertion, strains or sprains. Arnica is a major remedy to include in first aid kits and travel packs.

Arsenicum album is used for weaknesses of all kinds but especially for exhaustion from little effort. An older horse who just doesn't recover well from a trot across the pasture or seems “toxic”



Dorje, an Anglo Arab gelding in his late twenties who can out maneuver many a youngster, is an herbally- and holistically-cared-for horse living on an organic herb farm.

and distant in his awareness is a good candidate for Arsenicum. Improvement should be within hours; if not, consider **Cocculus indicus** or “Bioplasma” – a combination of the 12 Schuessler *Cell Salts* that are constituents of the various parts of the body.

Bellis perennis is for trauma and deep bruising. Use it after any surgery or injury, especially abdominal. The stumble or blow that might just shake up the youngster for a few minutes could be more traumatic for the senior horse. If Arnica isn't effective, switch to Bellis.

Calendula in gel, ointment or oil form is used topically for all skin damage: open wounds, abscesses, burns, punctures (it is energy protocol for tetanus prevention along with *Ledum palustre* orally) and infections (which respond well to the addition of colloidal silver).

Cantharis vesicatoria is made from a type of blister beetle and

is used for any kind of blistering or cystitis. I have used it (orally, after charcoal dosing) for suspected blister beetle poisoning from alfalfa.

Carbo vegetabilis has properties to reverse conditions of “decay” such as sluggish digestion, circulation and/or respiration. It is used for flatulence, colic and weakness, helping the older horse release toxins and accumulated gasses. It is a first “strike” remedy in colic situations, followed with **Colocynthis**.

Chamomilla is used for problems with the teeth and for anger or issues of irritability or aggression. Many older horses experience teething-like pains even after dental care. They may have unusual bouts of defiance and Chamomilla can help in both cases.

Euphrasia officinalis is the healer of runny eyes, mucus in the eye, conjunctivitis, itchy eyes and eyes irritated by sunlight. These conditions often affect the mature horse and the relief offered by homeopathic dosing can be profound.

Hypericum perforatum dosed orally and used topically heals nerve damage and is useful for sunburn and frostbite.. Acute injuries require repeated, immediate use of both forms. Chronic nerve damage responds to 6c dosed 3 times daily for 10 days.

Kali muriaticum (a tissue salt or *cell salt*) profoundly heals mucus discharges and deep, wet coughs; mouth ulcers and glandular swellings. I had 2 colts and a 25-year-old mare healed by Kali mur when no allopathic means had worked on other horses at the stable (everyone was coughing up white slime). I also bathed my horses with yarrow infusion.

Rhus toxicodendron is used for all arthritic conditions that often impose themselves upon older equines. It helps release toxins from abscesses, swellings and injuries around joints.

Ruta graveolens should be dosed immediately upon strain or sprain – for any over use of the body, especially the legs.

Silica terra (Silicea) is a cell/tissue salt that has the ability to move things to the surface. It is ideal for removing splinters, releasing abscesses and healing the skin. Because of its action, it should never be used if there are foreign bodies lodged near vital organs.

Symphytum officinalis causes the healing of bones. It is an unequalled remedy for bone injuries, injuries to the head and of the eye (like a blow). I use it a lot proactively right after any suspected blow to the head because the mature horse may have a more severe injury than is immediately apparent (things just seem to go deeper into tissue on older bodies).

Homeopathy offers a gentle supportive and balancing method to heal and soothe the senior horse. ♡♡

About the author:

Katharine Lark Chrisley owns and operates Dharma Horse LLC with Jerry Crenshaw where “We teach holistic life choices for people and animals through integrative, organic models that heal”. Our two aspects are *Holistic Health through Nature* and *The Elderquestrian Concept*. www.naturalpaths.org offers our handbooks and products to bring positive experiences into horses’ lives.