

HOMOEOPATHIC REMEDIES *for* HORSES



The Natural Selection

“... for man, for flower and beast and bird, the supreme triumph is to be most vividly, most perfectly alive.” D. H. Lawrence

Index of Horse Ailments

ABSCESSSES	13	COLDS	9	EMOTIONAL UPSETS	10
AGGRESSION	8	COLIC - <i>mild</i>	11	EXCITABILITY	7, 12
ALLERGIES	7, 13, 14, 16, 17	CONJUNCTIVITIS	11	EXERCISE - <i>excessive</i>	7
ANXIETY	7, 10	CORNEAL ULCERS	11	EXHAUSTION	10
APPETITE - <i>loss of</i>	7, 12	CONSTIPATION	8, 9, 11	EYE INFECTIONS	11, 13
APPREHENSION	12	CONVALESCENCE	10		
ARTHRITIS - <i>with heat/swelling</i>	8	COUGHING	7, 9, 12	FEAR	7, 9, 10
- <i>worse for movement</i>	8, 12	CRACKED SKIN	7, 10, 15, 16, 17	FEVER	7, 8, 12
- <i>improves with movement</i>	11, 12	CYSTITIS - <i>chronic</i>	9, 12	FLATULENCE	9, 11
ASTHMA	8	CYSTS	13	FOALING	7, 8
AZOTURIA	7			FUNGAL INFECTIONS	13, 14, 16, 17
		DANDRUFF	7, 14, 15, 16		
BACK - <i>pain/stiffness</i>	12	DENTAL EXTRACTIONS	7	GIRTH GALLS	16, 17
- <i>weakness</i>	8, 10	DERMATITIS	14, 16, 17	GLANDS - <i>inflammation</i>	13
BEREAVEMENT	10	DIARRHOEA	7		
BIRTH	7	DIGESTION	11	HAIR - <i>loss</i>	13, 15, 16, 17
BITES AND STINGS	15, 16, 17	DRY COAT	7, 14, 16, 17	HEAT STROKE	8
BLISTERING SORES	9, 15, 16, 17	DUST ALLERGY	7	HOOF - <i>bruised sole/frog</i>	7, 8
BONE SPAVIN	8, 11			- <i>to promote growth</i>	13
BROODMARES	7, 11, 12	EAR - <i>infections</i>	10	- <i>brittle</i>	10
- <i>indifferent/hostile to foal</i>	12	- <i>pain/inflammation</i>	8		
BRONCHITIS	8, 9	- <i>mites</i>	13	INFECTIONS - <i>general</i>	7, 8
BRUISING	7	ECZEMA - <i>dry</i>	7, 14, 16, 17	- <i>of ear</i>	10
BURNS	9	- <i>acute</i>	9, 14, 16, 17	- <i>of eye</i>	13
		- <i>wet</i>	10, 14, 16, 17	INFERTILITY	11, 12
CASTRATION	7	- <i>skin hot/red</i>	13, 14, 16, 17		
CATARRH - <i>chronic</i>	11				

INFLAMMATION - <i>general</i>	7, 13	NECK - <i>pain /stiffness</i>	12	SPINE - <i>weakness</i>	8
- <i>of ears</i>	8	NERVOUSNESS	9, 10, 12	SPLINTS	7, 13
- <i>of tendons</i>	11	NETTLE RASH	14, 15, 16, 17	STRAINS/SPRAINS	7, 11, 13
- <i>of womb</i>	12	NOISE - <i>fear of</i>	7, 10	STINGS	9, 13, 14, 15, 16, 17
- <i>glands</i>	8	NOSEBLEEDS	7	STRESS	10
INJURY	7	PARALYSIS - <i>localised</i>	9	SURGERY - <i>after effects</i>	7
INSECT BITES/STINGS	7, 9, 13, 15, 16, 17	PINING	10	SUSPENSORY LIGAMENT - <i>sprain</i>	13
JOINTS - <i>arthritis</i>	8, 11	POOR COAT	7, 14, 16	SWEET ITCH	7, 13, 15, 16, 17
- <i>inflammation</i>	12	RAIN SCALD	7, 14, 16, 17	TEATS - <i>sore/cracked</i>	10, 15, 16, 17
- <i>pain/stiffness</i>	8	RESCUED HORSES	10	TENDONS - <i>injury</i>	7
KIDNEY COMPLAINTS	9	RHEUMATISM	8, 12, 13	- <i>inflammation</i>	11, 13
LAMINITIS - <i>acute</i>	8	RING WORM	13	- <i>scar tissue</i>	13
- <i>chronic</i>	7, 11, 14	ROARING	9	- <i>strains/sprains</i>	11
LETHARGY	9	SADLE SORES	15, 16, 17	THRUSH	13
LIGAMENT SPRAINS	7	SANDCRACKS	13	TOOTHACHE	8
MARES - <i>moody</i>	11, 13	SARCOIDS	11, 14	TRAVELLING - <i>fear of</i>	7
MASTITIS	8, 11	SCAR TISSUE - <i>for reabsorption</i>	13	TREMBLING	9
MATERNAL INSTINCTS - <i>lack of</i>	12	SEASONS - <i>irregular/absent</i>	11, 12	TYING UP (AZOTURIA)	7
MILK - <i>lack of</i>	11	SENILITY	8	UMBILICAL HERNIA	11
MUD FEVER	7, 14, 16, 17	SHINS - <i>sore</i>	7	VACCINATION - <i>ill effects of</i>	13, 14
MUSCLE - <i>twitching</i>	8, 12	SHOCK	7	WARTS	10, 11, 14
- <i>weakness</i>	9	SKIN - <i>hot/red/itchy</i>	13, 14, 15, 16, 17	WHEEZING	7
NASAL DISCHARGE	9, 11	- <i>dry/flaky</i>	7, 14, 16, 17	WOMB - <i>inflammation</i>	12
NAVICULAR DISEASE	8, 13	- <i>wet eczema</i>	10, 14, 16, 17	- <i>infection</i>	13
		- <i>cracked</i>	7, 10, 14, 15, 16, 17	WOUNDS	7, 15
		- <i>infections</i>	12, 13, 14, 15, 16, 17		
		SPAVINS	8, 11		

What is homoeopathy?

Homoeopathy has been in use since the time of Hippocrates, but as we know it today, was evolved by a German scholar and chemist over 200 years ago when he became increasingly disillusioned with the 'medicine' of the time.

By experimenting on himself, Samuel Hahnemann discovered that by taking minute doses of Cinchona bark (from which Quinine is derived) he could produce the same symptoms that were caused by Malaria. Hahnemann found that if similar doses were given to patients suffering from Malaria they were found to recover.

The results suggested to Hahnemann that by administering a micro dose of a substance which mimicked a disease, the body's own defences were roused into action. Hence the idea that 'like may be cured by like.'

Indeed, the efficacy of the drug appeared enhanced by extreme dilution and this also eradicated harmful side effects.

Hahnemann went on to test many other substances in the same way, drawing up a 'Materia Medica' of homoeopathic remedies and the symptoms with which they became associated. These tests were called 'provings' and encompassed substances derived from plant, animal and mineral origins.

Because of the extreme dilution homoeopathy is a very safe and natural way to tackle problems which horses and ponies may suffer from, as it promotes good health by stimulating the body's own powers of self regulation and self healing.

Homoeopathy has been found to be very successful when used on domestic and farm animals as increasing media attention has shown. It has also had good results in long-term or chronic conditions which have not responded to any other sort of treatment.

To give your horse homoeopathic remedies is to be assured in the knowledge that it is safe, free from side-effects and environmentally friendly.

Preparation of remedies

Dr. Hahnemann found that the effectiveness of the substances he used were increased by diluting them. In fact he found that the greater the dilution the better the remedy.

Thus homoeopathic remedies are prepared by diluting a 'mother tincture' which is an extract prepared from the substance concerned e.g. Arnica or Sulphur. The dilution is repeated as many times as specified, for example, a 6c potency is diluted 6 times by a factor of 100.

With each dilution the mixture is shaken vigorously, or 'succussed' which gives potency to the remedy. This is an important part of the preparation as it is thought to release the 'energy' contained within the material used.

Sugar based tablets, pills or powders are then impregnated with the diluted remedy and again succussed.

Selecting the remedy

For some longstanding or recurrent problems you may find that more than one remedy is identified for use.

When ill, animals like people, suffer not only from the classic symptoms of a disease, but also from other symptoms which are unique to each individual. A homoeopathic remedy is selected to match the individual's response to an illness. This is why two animals suffering from the same problem may require different remedies.

It is helpful if the owner can note the various symptoms and characteristics the animal displays, so that the most appropriate remedy may be identified for use from the information provided.

How to give your horse homoeopathic tablets

It is preferable to give homoeopathic remedies to your horse between feeds.

As they are sugar-based tablets they can be given by hand or placed in the mouth where they will dissolve. If this method proves difficult, the tablet can be given with a small tit-bit but you should try to handle the remedy as little as possible.

How to store homoeopathic remedies

The tablets should remain in the bottle in which they were supplied. The container should be kept in a dry place away from sunlight and strong smells.

* Homoeopathic remedies should be supplied in an inert substance such as glass bottles or phials as other mediums can mar the efficacy of the remedy*.



Dosage

For acute or sudden onset of symptoms:

The selected remedy should be given at a rate of one tablet every hour for up to ten doses, then one tablet every twelve hours for two to three days.

For long-standing or chronic conditions

Give one tablet three times a day for fourteen days and repeat if symptoms recur.

In cases where an immediate response is required such as an accident, 1 tablet may be given every 15 minutes for up to 6 doses. This dose rate may also be used in anticipation of an emotionally traumatic event such as a thunderstorm, show fright, a change of environment or a visit by the vet.

As soon as there is any improvement in the animals condition the remedy may be reduced or stopped.

If there has been no response after two to three weeks an alternative remedy may be required.

Remedy: ACONITUM NAPELLUS
or commonly ACONITE

Source: Whole fresh plant when in flower

Potency: 6c

Dosage: See page 6

May be used for:

- Acute fever
- Shock/Anxiety
- Excitability
- Fear *e.g. of traffic or travelling*
- Nosebleeds *e.g. from over-exertion*
- Laminitis - *on first sign of symptoms*
- Diarrhoea - *following fright*
- Tying-up (azoturia) - *on first signs to reduce shock and relieve muscle tension*

Aconite is a renowned remedy for fevers. It's use is indicated where there is a sudden rise in body temperature and a full, bounding pulse. It is an excellent remedy for shock and/or acute anxiety and is an essential asset to the first aid box. Aconite can be used to calm an animal in anticipation of stressful situations, and should be given at short, regular intervals as it's action is swift. Cold, dry winds or extremes of temperature generally aggravate symptoms associated with Aconite. The animal may also exhibit a great thirst.

Remedy: ARNICA

Source: Whole fresh plant, root or dried flowers of Leopard's Bane

Potency: 6c

Dosage: See page 6

May be used for:

- Bruising and inflammation - *following injury or excessive exercise*
- Tendon and ligament injuries
- Splints - *on first signs*
- Sore shins
- To speed recovery after foaling
- Pre and post operation - *to reduce bruising and shock*
- Before competition to reduce muscle damage
- Increases resistance to infection after injury

Used in all conditions where bruising and injury occur but where the skin remains unbroken. Administered pre and post operatively, it helps to reduce trauma and speeds recovery. Arnica is thought to increase the resistance of animals to bacterial infection by stimulating the production of white blood cells. It is an excellent remedy for broodmares recovering from the birth process.

Remedy: ARSENICUM
ALBUM

or commonly
ARSEN ALB.

Source: Arsenic Trioxide

Potency: 6c


Dosage: See page 6

May be used for:

- Dry, scaly skin
- Dry eczema
- Rain scald
- Mud fever - *skin is dry and scaly*
- Sweet itch
- Coughing - *with wheezing*
- Dust allergies
- Loss of appetite
- Diarrhoea - *after eating to excess*

Arsen Alb. is a versatile remedy that acts on all parts of the body and is said to promote a general feeling of well being. It is widely used for skin conditions where the skin is dry and itchy and for respiratory problems where the animal is wheezy. Any nasal discharge tends to burn the nostrils. Generally the animal is restless, thirsty and the symptoms tend to be worse at night and in cold, wet conditions.





Remedy: BARYTA CARB.
Source: Barium Carbonate
Potency: 6c
Dosage: See page 6

May be used for:

- Weakness in spine
- Pain and stiffness in joints
- Constipation
- Senility
- To stimulate the newborn foal after a traumatic birth
- Gastric weakness in the older animal

A remedy which is useful for the very young and very old horse. It can be used for a variety of problems associated with the elderly animal. Baryta Carb. is slow in action and so a full course must be given.

Remedy: BELLADONNA
Source: Deadly Nightshade
Potency: 6c
Dosage: See page 6

May be used for:

- Aggressive behaviour
- Muscle twitching
- Toothache
- Earache or inflamed ears
- Arthritis - *where joints are hot and swollen*
- Acute laminitis
- Heat stroke
- Inflammation of glands - *with heat and swelling*
- Infections/fever - *where the animal has a high temperature and full pulse*

A remedy which acts on the nervous system. The horse often has a bounding pulse and the skin is hot to the touch. Symptoms occur suddenly and may be associated with an excited mental state e.g. aggressive behaviour. The animal may seem worse when touched or moved suddenly, and better for rest, warmth or in darkness. Belladonna can be combined with Aconite in cases of acute laminitis.

Remedy: BRYONIA
Source: Wild Hops, the whole fresh plant
Potency: 6c
Dosage: See page 6

May be used for:

- Arthritis - *which is worse for movement.*
- Rheumatism
- Navicular disease - *to reduce pain and inflammation during acute, early stages.*
- Bone spavins - *to reduce inflammation where the joint is tender.*
- Asthma
- Bronchitis
- Cough - *which is worse for exercise and better for rest.*
- Mastitis

This remedy acts on ligaments, joints and tendons, and on the membranes and fibrous tissues of the body. Horses who respond well to Bryonia are worse for movement, preferring to keep still and warm. They may be thirsty and the affected area is often swollen and hot.

Remedy: CANTHARIS

Source: Spanish Fly

Potency: 6c

Dosage: See page 6

May be used for:

- Acute and chronic cystitis
- Kidney complaints
- Insect bites and stings
- Burns with blistering
- Acute eczema - *with red skin and burning itch*
- Blistering sores

Cantharis is associated with the urinary system and the skin, where there is stinging, scalding or burning pain. In cases of cystitis it can be used where the animal strains to pass urine which may be streaked with blood. Cantharis is a soothing remedy that can relieve pain and discomfort, and is indicated where the skin is red and intensely sore to the touch.

Remedy: CARBO VEGETABILIS or commonly CARBO VEG.

Source: Vegetable charcoal from Beech, Birch or Poplar wood

Potency: 6c

Dosage: See page 6

May be used for:

- Flatulent colic
- Constipation
- Loss of appetite
- Bronchitis - *with wheezing*
- Spasmodic coughing
- Poor digestion
- General lack of energy/sluggishness

A remedy used for digestive problems. It is said to restore strength and warmth in cases of circulatory weakness and has been known to revive animals who have collapsed. It is particularly useful for over-weight animals and for those who do not appear to have fully recovered from an illness.

Remedy: GELSEMIUM

Source: Root of Yellow Jasmine

Potency: 6c

Dosage: See page 6

May be used for:

- Nervousness
- Trembling
- Anticipatory fear *e.g. prior to racing or showing*
- Muscle weakness
- Roaring
- Colds
- Incoordination - *due to muscular weakness*
- Colds/influenza - *with watery nasal discharge and mild cough*
- Lethargy
- Loss of nerve function/localized paralysis

A remedy which acts principally on the nervous system. Common symptoms include trembling and muscle weakness. Gelsemium can be useful for relaxing horses that tend to become nervous before events or other activities. Gelsemium suits animals who are sensitive to noise, are shy, timid or dislike cold, damp conditions.





Remedy: GRAPHITES
Source: Plumbago or black lead, mixture of Carbon, Iron & Silica
Potency: 6c
Dosage: See page 6

May be used for:

- Hair loss - *with wet discharge*
- Wet eczema
- Cracked skin
- Sore, cracked teats
- Ear infections - *with discharge*
- Warts
- Mudfever
- Brittle hooves

Graphites has an affinity with the skin and hooves. It is used for skin conditions which are often accompanied by wet, sticky discharge that may cause the skin to smell. It can be used for pimples and acne which form on the nose and chin caused by bacterial infections. Warts may respond well to Graphites. It has an affinity with animals that have a tendency to be overweight and have unhealthy-looking skin.

Remedy: IGNATIA
Source: Seed pods of St. Ignatious bean
Potency: 6c
Dosage: See page 6

May be used for:

- Pining, homesickness
- Bereavement *e.g. loss of foal or companion*
- Emotional upsets
- Rescued horses

A remedy which is used for emotional disturbances often resulting from a sense of loss. It is useful for animals that seem to be sad, melancholic or depressed. It is useful for animals that tend to be nervous.

Remedy: KALI PHOSPHORICUM
or commonly KALI PHOS.
Source: Phosphate of Potassium
Potency: 6c
Dosage: See page 6

May be used for:

- Stress
- Anxiety
- Nervousness
- Fear of noise
- Exhaustion
- Lethargy
- Convalescence
- Weakness in back and/or limbs

Kali Phos. acts on the nervous system and can be used in anticipation of stressful situations. It is an excellent aid during convalescence and is very useful for animals recovering from operations. The animal generally appears to be better for warmth, rest and after feeding

Remedy: NITRIC ACIDUM or commonly NIT. AC
Source: Potencies are prepared from a solution of Nitric Acid in water
Potency: 6c
Dosage: see page 6

May be used for:

- Warts/Sarcoids - *which are rough edged or cauliflower like and may bleed easily.*
- Corneal Ulcers
- Nasal discharges - *which are thick yellow/green, acrid and tend to burn the nostrils*
- Kidney and Liver complaints
- Rodent Ulcers

Nitric Ac. acts on areas where the skin and mucous membranes meet. Warts and sarcoids which have rough edges and tend to bleed easily respond well to this remedy, particularly when combined with Thuja tincture. Conditions that respond well to Nitric Ac. tend to be worse at night and when it is cold. Often the right hand side of the animal appears to be worse affected.

Remedy: NUX VOMICA or commonly NUX VOM.
Source: Dried, ripe seeds of Poison Nut tree
Potency: 6c
Dosage: See page 6

May be used for:

- Umbilical hernias in foals
- Constipation - *frequent straining without result*
- Flatulence
- Loss of appetite
- Laminitis - *resulting from congestion of the circulatory or digestive system*
- Colic - *associated with ingestion of green or rich food*

Nux Vom. is used for digestive problems and can be given to animals with poor appetites. Generally symptoms are better after rest. It is predominantly a male remedy and is indicated where the animal does not want to be touched and is better for rest.

Remedy: PULSATILLA
Source: Whole plant when in bloom of Pasque flower
Potency: 6c
Dosage: See page 6



May be used for:

- Mastitis
- Lack of milk
- Irregular seasons
- Infertility
- Ovarian underactivity
- Conjunctivitis
- Chronic catarrh - *thick yellow discharge*
- Moody, hormonal mare

Pulsatilla is associated with the female animal and is used for inflammation of the reproductive system. Characteristically, the animal has a mild, gentle or sad disposition. Symptoms are generally worse for heat, better for motion and in the open air. The animal may not drink very much.



Remedy: RHUS TOXICO-
DENDRON
or commonly
RHUS TOX.

Source: Fresh leaves of
Poison Ivy

Potency: 6c

Dosage: See page 6

May be used for:

- Arthritis - *which improves with movement*
- Tendon and ligament strains/sprains
- Inflammation of tendons
- Bone spavins
- Conjunctivitis
- Skin infections/eczema
- Hot swollen joints

Rhus Tox. acts on skin, muscles, mucous membranes and connective tissues. It is indicated where the animal improves with exercise but the stiffness returns afterwards. Symptoms are worse in cold, damp weather.

Remedy: RHUS TOX and BRYONIA
combined

Source: See Rhus Tox and Bryonia

Potency: 6c

Dosage: See page 6

May be used for:

- Rheumatism
- Pain, stiffness - *in neck or lower back*
- Dry coughs
- Arthritis - *which neither improves or deteriorates with exercise*

A useful combination of two complimentary remedies. Please see individual remedies for additional information.

Remedy: SCUTELLARIA

Source: Skullcap

Potency: 6c

Dosage: See page 6

May be used for:

- Excitability
- Nervousness
- Fear
- Apprehension
- Muscle twitching or trembling
- Poor appetite

Scutellaria is a nervous sedative and may be used for animals which are highly strung, excitable or unruly. Scutellaria does not cause drowsiness and has no adverse effect on performance.

Remedy: SEPIA

Source: Ink from cuttlefish

Potency: 6c

Dosage: See page 6

May be used for:

- Infertility
- Irregular seasons
- Chronic cystitis
- Inflammation of the womb
- To promote maternal instincts in the hostile or indifferent mother
- Infection and/or discharge after foaling
- Hair loss
- Fungal conditions - *including ringworm*

Sepia is generally associated with the female reproductive system although it has also been used for some skin problems caused by fungal infections. It is similar in action to Pulsatilla except that the Sepia horse tends to be more unpredictable or even aggressive. Symptoms are often worse for cold or before a storm but better for warmth and after exercise. Sepia is most effective if used sparingly and so the lower dosage rates are recommended.

Remedy: SILICEA

Source: Pure flint

Potency: 6c

Dosage: See page 6

May be used for:

- Abscesses and cysts
- Eye infections
- Slow healing infections
- Chronic inflammation of glands, tendons and joints
- Chronic navicular
- Reabsorption of fibrous scar tissue *e.g. tendons, splints*
- Sprain of suspensory ligament
- Thrush - *to heal dead tissue and promote horn regrowth*
- Sandcracks - *to promote growth and hardening of new horn*

A remedy which works primarily on bone and connective tissue. It promotes suppuration of abscesses and is used for chronic conditions caused by infection. Silicea is a tissue salt, which is essential for growth and bone development. It is associated with chronic conditions affecting bones, tendons and ligaments.

Remedy: SULPHUR

Source: Sublimated sulphur

Potency: 6c

Dosage: See page 6

May be used for:

- Eczema - *where skin is red and hot to the touch*
- Allergic reactions
- Insect stings
- Ear mites
- Chronic rheumatism
- Sweet itch - *where the skin is greasy and may smell*

Sulphur is an age-old remedy that has a strong affinity with the skin. It is used for ailments where the skin is red, hot and itchy. Sulphur is a constitutional remedy that balances the immune system. It also acts as an 'intercurrent' remedy aiding the action of other remedies. Sulphur is particularly useful for complaints that keep recurring and is most effective when used sparingly.





Remedy: THUJA
OCCIDENTALIS
or commonly
THUJA

Source: Fresh green twigs
Potency: - 6c in tablet form
- Tincture for
external use only.

Dosage: Tablets to be given 3 times a day
- Tincture to be applied externally to
affected area twice a day.

May be used for:

- Warts/Sarcoids - *with stalk like structure which bleed easily.*
- Mud fever
- Chronic Laminitis - *where hooves start to curl upwards*
- Chronic dermatitis - *where the skin has become thickened*
- Ill effects of vaccination

Thuja acts mainly on the skin, blood and genito-urinary system. It has an antibacterial action and is particularly useful for conditions where there is an overgrowth of tissue. It is commonly used for warts that have a stalk like structure or may bleed easily and those that are found on or near the genitals. The scrotum and the sheath may be particularly affected in the horse.

Thuja should not be given during pregnancy

Remedy: SULPHUR, LAVENDER AND CALENDULA SHAMPOO

Source: **Sulphur** - Sublimated Sulphur
Lavender - French Lavender Essential Oil
Calendula Officinalis (Marigold) - prepared from
leaves and flowers

May be used for: Itchy, sore skin
Nettle rash
Dandruff, flaky skin
Poor Coat
Eczema
Rain Scald
Allergic skin conditions
General Use



A combination of Sulphur to reduce red, hot itchy skin and Calendula, nature's greatest healing agent. Lavender oil is added for its soothing, calming properties on aggravated skin.

This shampoo may be used in combination with the indicated tablet remedies (see index) for various skin conditions where itching is a symptom. Allergic reactions and a poor coat may also benefit from this gentle shampoo. Recommended for general use, as necessary. Rinse thoroughly with clean water after use.

*Homoeopathic remedies should not be exposed to strong smells. Wash hands thoroughly before giving a tablet remedy. **Do not use in early pregnancy.***

Hypericum/ Calendula Cream



Remedy: Hypericum/Calendula Cream or commonly Hypercal Cream

Source of Calendula: Marigold, prepared from the leaves and flowers.

Source of Hypericum: St. Johns Wort, prepared from whole fresh plant.

Dosage: Apply to affected area two to three times daily or as necessary

Hypericum/Calendula are the chief remedies to be considered when dealing with open wounds, particularly when there may be damage to nerve endings. Calendula is one of the best homoeopathic healing agents and when combined with Hypericum, will reduce the pain of open wounds and hasten recovery. Hypericum is indicated in cases of necrosis (dead tissue) and will aid healthy granulation of the wound. Safe if licked or swallowed. Recommended for the first aid box.

Urtical Cream



Remedy: Urtica and Calendula Cream

Source of Urtica: Stinging Nettle, prepared from whole fresh plant.

Source of Calendula: Marigold, prepared from the leaves and flowers.

Dosage: Apply to affected skin two to three times daily or as necessary.

Urtical is a combination of Urtica and Calendula that have been grown organically to produce a soothing cream for red itchy skin conditions. Calendula is a great healing agent and Urtica has an affinity for raised itchy skin (urticaria) with the ability to soothe and calm. In combination these two remedies have a wide range of applications and can be used in conjunction with any of the indicated tablet remedies such as Sulphur, Arsen Alb or Graphites. Safe if licked or swallowed.

The MudWise Range



For more information on
MudWise visit www.mudwise.com

Remedy: **MUDWISE WASH**

Source: **Calendula Officinalis** - (Marigold) prepared from the leaves and flowers

Echinacea – (Rudbeckia) prepared from the whole fresh plant

Thuja Occ. - (Arbor Vitae) prepared from the fresh green twigs

Sulphur – Sublimated Sulphur

May be used for:

Mud Fever

Sweet Itch

Dermatitis

Saddle Sores

Girth Galls

Allergic skin conditions

Irritations from insect bites and poisonous plants

Poor coat

A homoeopathic antibacterial shampoo harnessing the properties of Echinacea, Calendula, Thuja and Sulphur to cleanse, calm and prepare affected skin

Remedy: MUDWISE CREAM

Source: **Calendula Officinalis** - (Marigold) prepared from the leaves and flowers

Echinacea – (Rudbeckia) prepared from the whole fresh plant

Thuja Occ. - (Arbor Vitae) prepared from the fresh green twigs

Graphites - (Plumbago or Black Lead) mixture of Carbon, Iron and Silicea

Sulphur - Sublimated Sulphur

May be used for: Mud Fever
Sweet Itch
Scurfy coat and skin
Eczema
Allergic skin conditions
Rain Scald
Nettle Rash
Saddle Sores
Bites and Stings

An organic cream containing a powerful combination of homoeopathic remedies which have an affinity with the skin. Uniting the restorative properties of Graphites and Thuja with the antibacterial forces of Echinacea and Calendula. Finally, the soothing, calming qualities of Sulphur complete the formula. Ideally, the cream should be used after MudWise Wash and can be safely administered to broken skin. Safe is licked or swallowed.

Remedy: MUDWISE OINTMENT

Source: **Calendula Officinalis** - (Marigold) prepared from the leaves and flowers

Echinacea – (Rudbeckia) prepared from the whole fresh plant

Thuja Occ. - (Arbor Vitae) prepared from the fresh green twigs

Graphites - (Plumbago or Black Lead) mixture of Carbon, Iron and Silicea

May be used for:
Mud Fever
Dry Skin Conditions
Barrier against wet conditions

Combines the healing and antibacterial action of Calendula and Echinacea with Thuja and Graphites to act as a natural barrier against infection. Lanolin based.



www.mudwise.com



Visit our website
at:
www.meditrina.net

PLEASE NOTE

**If you are unsure of the diagnosis or if the animal
has a serious condition, veterinary advice should always be sought.**

*Please keep this
booklet for future reference.*

Question: Does the dose vary with the size or weight of my horse?

Answer: *No, the recommended dose remains the same regardless of size.*

Question: Could I 'overdose' my horse?

Answer: *No, but care should be taken to stick to the recommended dosage.*

Question: Can you use more than one remedy at a time?

Answer: *Yes, many remedies may be successfully combined.*

Question: Can I give homoeopathic remedies at the same time as conventional drugs which my vet may have prescribed?

Answer: *Yes, homoeopathic remedies will not interfere with most drugs your animal may be given but steroids, tranquillisers and anti-histamines modify or completely block the effects of homoeopathic remedies.*

Question: Can I reduce the dosage if the remedy is working well?

Answer: *Yes, the dose can either be gradually reduced or stopped as soon as you see a positive improvement in your horse. The aim of homoeopathy is to stimulate the body's own healing system. If, however, the problem subsequently recurs, another course may be necessary.*

Question: Are homoeopathic remedies safe for young stock and mares in foal?

Answer: *Yes, in preparing a homoeopathic remedy the active substance is greatly diluted, this makes the remedy safe but also has been found to make it work more effectively.*

Question: How long do homoeopathic remedies keep for?

Answer: *Providing the remedy is stored correctly they will last indefinitely.*



As a responsible company Meditrina have conformed to Ministry of agriculture and E.C. guidelines.

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“Come forth into the light of things, let Nature be your teacher.” Wordsworth.