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Threatening a wounds skin infections.

What's the first thing you think to do when confronted with a gash or puncture wound - cuts and wounds that are raggedy looking...the edges of the wounds looking red and inflamed.

These wounds can have either pus present or be threatening pus. Normal response will be take the dog to the vet for stitches and antibiotics.

Looking at consulting your holistic or homeopathic vet.

Homeopathy is a powerful medicine and may come in handy for those gash, puncture wound, cuts, scratches and bites.

We've been programmed to think of antibiotics as the only real solution to an open wound, but the truth is, there was a time before antibiotics ... and people and animals still managed to heal.

Even those of us deep into the holistic mindset might think twice about declining antibiotics when looking at a bloody, oozing mess of a wound. Homeopathy is a powerful medicine that can often come to the rescue in situations like these.

Looking at three remedies to keep on hand for those unexpected wounds or bites.

Calendula officinalis – a great herb for dogs.

Calendula is a member of the sunflower family - cultivated throughout most of the world, its yellow and orange daisy-like flowers ...are easy to spot in gardens and fields.

The product "Calendula" is easy to find and is often listed as a go-to herb for wounds and pain relief and a key ingredient for first aid kits.

Although its leaves and stems contain salicylic acid, the analgesic found in aspirin, its flowers are most often used.

Calendula for wounds and pain.

Calendula has a long history of use as a wound healing botanical. When applied in either a tea or an ointment, Calendula is the first choice for many types of gash or puncture wounds including cuts ... abrasions, burns and inflammations.

Calendula salve is a great choice for rashes, insect bites, eczema and even sunburn, especially when mixed with comfrey or Saint John's Wort.

Calendula effectively speeds wound healing and relieves pain and inflammation and its antimicrobial properties will also prevent infection.

Calendula also promotes healing and tissue reconstruction by stimulating fibroblastic activity.

Be careful not to apply calendula salve to wounds that are oozing or weeping;

for these use watery preparations only, such as calendula tea or tincture, and allow the area to air dry completely between applications. If the wound needs to drain, for example an abscess, then calendula might cause the wound to heal over too quickly ...and should not be applied until the wound is closed.

Calendula for general inflammation.

Calendula also has a strong affinity for the mucous membranes. Calendula tincture can be used internally to treat inflammation of the digestive or urinary tracts.

It will not only reduce inflammation, but help in lymphatic drainage. Try mixing calendula with marshmallow or plantain, two other herbs that are effective ...

for soothing irritated mucous membranes in the digestive tract.

Calendula has also been shown to be effective for the treatment of chronic colitis.

Calendula for fungus and yeast.

Calendula has anti-fungal properties as well.

Taken internally, it can be used in the treatment of Candida or yeast overgrowth in the digestive tract.

Calendula can also be applied topically for a broad spectrum of fungal infections.

To increase its effectiveness against fungal infections, try adding bee balm, Oregon grape or licorice root.

Calendula for immune support.

Calendula, when taken internally, can also stimulate the immune system, aid in liver function and calm the nervous system.

There are animal studies showing that the saponin found in calendula can inhibit the growth of some tumors.

How to use calendula.

Topically:

Tea with dried Calendula herbs or a purchased tincture liquid Calendula from the holistic vet.

Just place a couple of tablespoons of the dried herb in a container with a cup or so of boiling water.

Allow it to steep and when it's cool, then strain the calendula out of the water.

For skin irritations and itching > Put the calendula tea in a spray bottle and spray it into your dog's coat

Wound treatment > soak a cloth with it and apply it directly to the open wound. Leave it on to dry.

Internally:

Calendula is one of the safest herbs to use. It should not, however, be given internally to pregnant animals.

Arnica montana (Leopard's Bane).

Like *Calendula*, *Arnica* is also a member of the sunflower family, and like *Calendula*, it is also known as a first aid go-to.

If there is trauma involved, *Arnica* should be at the top of your list of remedies.

The herb itself is known for its abilities as an anti-inflammatory, bruise reducer and pain reliever.

Arnica montana is one of the most popular homeopathic remedies that can sometimes be underestimated for its wonderful curative power!

Once referred to as the "patron saint of muscles and bruises," *Arnica* relieves everything from bruises and muscle tightness to inflammation and sprains.

But there is much more healing from this wonderful plant that is unknown to many people.

The power of this radiant yellow plant lies in the many substances that make up its flowers.

A German study identified ***Arnica's*** active ingredients as sesquiterpene lactones, mainly **helenalin** and its derivatives.

These substances influence many inflammatory pathways in the body, which might explain why *Arnica* reduces swelling time in injuries.

Helenalin also inhibits blood clotting, hence can improve blood flow which in turn reduces bruising, congestion and inflammation.

***Arnica* also stimulates the immune functions of the mucous membranes.**

The powerful pain-relieving properties of *Arnica* make it a valuable remedy for relieving pain resulting from trauma injury sprains bruises and other injuries.

Not just for wounds bruises and injuries.

Arnica powers are vast, particularly in the realm of emotional trauma:

Bruising

Muscle cramps

General soreness and pain

Abscess

Hematoma

Stroke

Heart conditions

Baldness (often seen in dogs who may have suffered a past trauma/emotional stress)

Incontinence (may also be related to fear/anxieties from past trauma)

Travel sickness

Insomnia

Arthritis

Rheumatism

Very useful at the start of elbow hygroma or bursitis in dogs.

For emotional shock and trauma caused by present and past incidents.

Arnica montana is the first remedy used by homeopathic practitioners to heal those affected by shock, trauma or injury to the body ...and is as appropriate for mental, emotional or spiritual shock as it is for physical injuries.

Emotional trauma.

For dogs in rescue situations where the emotional state has been deeply affected by traumatic events, whether physical or emotional. The dog may be suffering from severe mental stress or shock and is displaying fear and anxiety relating to past trauma.

Fear of approach by anyone

Fear of being touched

Signs of anxiety/trembling/panting.

Twitches/restless sleep/dreams of past trauma

May freeze with tense muscles, feeling threatened?

May crouch with body close to the ground and sometimes display submissive behaviour causing involuntary urination.

Arnica can help by working to release the fear which has become a deep seated emotion that they are holding onto.

Arnica has that power to unlock this fear and help settle the physical and emotional symptoms allowing the dog to become more balanced ... and at peace to enjoy life again.

How to use Arnica.

You can use Arnica in acute situations in a 30C or 200C potency.

In classical homeopathy the guidelines for administering homeopathic medicines are to give a single dose and wait and see how the dog responds.

In acute situations, the medicine should be given more frequently based on the injury, shock or trauma and ...can be used repeatedly every 30 minutes until there is improvement of symptoms.

If you are unsure always seek advice from a professional homeopathic practitioner.

Arnica for rips and tears and any kind of traumatic injury - even things that you think look like they might need stitching.

For treating emotional traumas the trauma because of serious wounds or injury, including because of dog fights and because of relocating dogs.

Ledum palustre - also known as Marsh Labrador tea.

This shrub is used homeopathically for bite wounds, insect stings, and puncture wounds and as treatment for tetanus from puncture wounds.

It is also used as a treatment for Lyme disease and after tick bites.

In homeopathy, true acute cases are basically those that are from trauma, poisonings and epidemic type contagions.

Emergency prescribing can also include those crises of chronic disease, such as seizures or hot spots that present dramatically ... and suddenly but are not true acute disease.

Dose.

For truly acute diseases, a cookbook approach using a homeopathic first aid book or the repertory may be appropriate.

Usually the picture of the disease symptom will be very clear and this will make finding the right remedy a fairly easy process.

In a crisis, the dry pellets of the remedy may be dropped directly into the patient's mouth.

If the situation does not allow for that or if you are not comfortable with a dry dosing method, simply drop one to three pellets into a volume of water ... (the exact amount isn't that important). Stir or shake well.

The pellets may or may not dissolve, depending on the hardness of the pellet, but this doesn't matter as long as the solution is stirred or shaken well.

Dose the patient by placing some (one to two drops, teaspoons or fractions of teaspoons) of the solution on the patient's nose near the nostrils or directly in the patient's mouth.

The exact volume is not that important.

The goal is to use adequate volume to ensure good contact with the patient's mucous membranes.

When it comes to homeopathically treating emergencies like wounds, 30c potency (very widely available) should work.

You can find it at your health food store and then it's all about frequency.

Repetition can affect the dose, and if something is acute, it's just happened, it's traumatic, it's bleeding or it's painful or ...there are shocks setting in, that sort of thing, you can give doses rather close together, even every 5 minutes.

You can give a pellet directly in the mouth, or crush a few pellets and put them into a glass of water and give a few drops ...or a squirt from a syringe or dropper on the tongue or across the gums every 5, 10, 15 minutes until you see you're getting some response and ...some settling down.

As things resolve, the frequency is reduced and then you might consider another remedy.

If you're forgetting about giving it because you're animal is so normal, then it's probably time to stop giving it.