

# Fearful Animals

Some animals seem to be naturally jumpy and fearful whereas in others fears may develop after a fright or change involving a loss of territory, relationship or attention. Domestic animals usually make strong emotional connections with their owners and may exhibit problems when their home life is upset.

The following are some situations that may cause anxiety or fear in animals: being left alone, loneliness and wanting company; the dark; thunder and loud noises such as gunfire, traffic or fireworks; enclosed spaces or even open places for some animals; crowds – too many people or other animals; travel; atmosphere (usually owner related); and fits.



**Aconite:** Anticipatory anxiety and excitement. Shock, fear and agitation after an accident or trauma of some kind. Suits animals who tend to panic and lose the plot.

**Argent nit:** A state of perpetual agitation or apprehension of what may be going to happen. Fear and nervousness especially towards other animals. Can be very useful before shows and events or any ordeal. Fears of heights, crowds, closed spaces etc. May have diarrhoea.

**Arsenicum:** Fright from fear of being left alone. Anxious and restless, fears change. A heightened state of anxiety and restlessness especially in fussy, chilly animals. Restless pacing soon after midnight onwards, especially old animals who have some dementia or confusion due to loss of sight or hearing.

**Gelsemium:** Fear, “stage fright” or emotional excitement; abject fear, shaking with fright. Gelsemium lacks the tense agitation of Argent nit and is more quiet, subdued and trembling.

**Kali phos:** Timid, easily frightened. Acts as a tonic to strengthen the nervous system in nervous animals.

**Lycopodium:** Anxiety and very active, must be kept occupied. Outwardly mild and apparently even-tempered but can “blow-up” with provocation. Especially fearful when in the presence of animals who may be more dominant than themselves.

**Phosphorus:** Fear of thunder, lightening, fireworks or loud noises with shaking and restless pacing. Give a dose or two when a storm is forecast. They are open friendly animals and can be anxious, restless and jumpy in the dark or when left alone.

**Pulsatilla:** Craves company and is clingy. Suits the animal that is lonely if left on its own and especially a dog that barks constantly when left alone.

**Silica:** Can really brighten up and strengthen the resolve of timid, shy, withdrawn animals.

*Written in conjunction with Dr Clare Middle who runs a natural therapies only veterinary practice in Bibra Lake. Ph: 08 9494 1243, [www.claremiddle.com](http://www.claremiddle.com)*

**Books and Info Sheets:** Download and print our **Animal** info sheet, **Emotional Ups and Downs, Stress & Worry** Factsheets and **Remedy Guide** or refer to our **Homoeopathy for the Home Prescriber** book, **eBook** or **free information** available through our website.

Click to subscribe to monthly information emails **Understanding homoeopathy.**