

Constipation

Homoeopathy can work very well to treat constipation in animals, provided it is not too far gone and in need of an enema. Careful attention to and adjustment of the diet is essential ensuring sufficient water, fibre and regular exercise to ensure waste products are being processed and eliminated. Adding psyllium husks and/or cooked pumpkin can help. A common cause in dogs is giving too large a volume of raw bone, an optimal amount is about 10% of diet, although some can handle more. Cooked bone can cause severe constipation problems so should never be given.

Bryonia works well for pets, especially cats, who just don't go for days, but are not straining to go. The stool is dry, hard and large. For chronic cases, a dose or two can be given every one or two weeks long term to avoid a trip to the vet for an enema.

Nux vomica is good for pets who get constipated from eating too much bone or something else they aren't used too, and they repeatedly strain to defecate.

Alumina can work for pets who are lethargic, old and maybe have weakened muscle strength at the back end due to arthritis or back problems.

Nat mur can help animals who are constipated due to getting dehydrated, or with kidney disease. The stool may be in little balls or hard, dry and crumbling with great straining and effort.



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Factsheets: Download and print our **Animal** Info Sheet, **Constipation** Factsheet, **Remedy Pictures** and **Remedy Guide** or refer to our **Homoeopathy for the Home Prescriber** book, **eBook** or **Free Information** available through our website.

Repetition of doses: As a general rule you should reduce the frequency of doses of a remedy as it starts to act and not continue once the situation has resolved.