

Digestive Upsets

Starting at the top, vomiting remedies are similar to those for humans, [Arsenicum](#) being the usual remedy. [Phosphorus](#) is often indicated in animals, because the patient vomits a little while after eating, but is generally bright, has no lack of appetite, and often happily consumes the vomit again, only to be brought up a little while later, a symptom not often seen in humans!

A spot of blood in the vomit also can indicate [Phosphorus](#). If vomiting and/or constipation is due to eating rubbish or raiding the pantry, then [Nux vomica](#) is indicated. Vomiting can be treated at home when the animal is keeping water down, and is better in 24 hours, otherwise a trip to the vet is needed.

Diarrhoea often responds to [Arsenicum](#). There are many other remedies for diarrhoea, but with animals I would look at correcting the diet next. Milk is a common cause (due to lactose intolerance), cereal (pasta, bread) and cheap dried food.



There are two main remedies for constipation, [Nux vomica](#) when there is straining to defecate and discomfort, and [Bryonia](#) when the animal is not straining, but has been noticed to not have gone recently and is maybe off its food a bit. A pinch of psyllium to each meal is a great way to prevent constipation. If no results in three days, then an enema at the vet may be needed.

A problem (possibly?) more common in animals than in people is flatulence. Here the prime remedy is [Lycopodium](#), but a common reason also is cheap dried food and any cereal in general for dogs and cats, so try a no cereal diet (see Clare's website articles section, Natural Diet for Dogs and Cats).

Animals in your family can be as sensitive to the emotional issues that can arise as everyone else and this can affect their digestive system. Consider remedies such as [Ignatia](#), [Phosphorus](#), [Lycopodium](#) and [Pulsatilla](#), which can be a great help if indicated.

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

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