

# Animals and Heat Stress

Unfortunately heat stress is common in our hot summers; dogs are exercised or left in yards with insufficient shade and water, or, worse still, left in cars. Symptoms include - panting, vomiting, diarrhoea, dehydration, absence of urination and coma. The body temperature can reach 41 deg C and these symptoms reflect the effects and changes that are also occurring in various body organs.

The most important concern is to reduce the body temperature; immerse the animal in cool water and monitor its temperature regularly. Choose between the following remedies, repetition may need to be every 10-15 minutes initially.



- [Aconite](#) - intense thirst, high anxiety and restlessness
- [Apis](#) - face congested, rolling of head from side to side, no thirst
- [Belladonna](#) - pulse strong and rapid, pupils fixed and dilated, sensitive to noise, light and movement
- [Carbo veg](#) - extreme weakness, low vitality, sluggish and collapsed they are clammy and crave fresh air and fanning
- [Gelsemium](#) - heavy, thirsty, droopy, lethargic and trembling
- [Glonoine](#) - face hot but pale, fixed eyes, white tongue, laboured breathing

Heat stroke can have dire consequences, so if the animal does not improve with treatment, seek veterinary care immediately. This is certainly one of those cases where prevention is far easier than the cure.

*Written in conjunction with Dr Clare Middle who runs a natural therapies only veterinary practice in Balingup. Ph: 0405 009 804, [www.claremiddle.com](http://www.claremiddle.com)*

**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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