

# Pregnancy and Birth

The following remedies may be helpful for your animal during pregnancy, birth and post partum. As with all remedy choices pay attention to the mental and emotional picture as well as physical symptoms and contact your veterinarian if you need advice or are unable to resolve a problem.

**Arnica** given in the final week of pregnancy can help reduce soft tissue damage during labour and aid recovery. To ensure healthy bones and reduce the incidence of mastitis and calcium deficiency problems start **Calc phos** a week or two before the due date.



**Birth and After:** If the animal seems fearful and anxious give a dose or two of **Aconite**. Several doses of **Arnica** during and after labour can reduce bruising and promote repair. It is also good for the babies if the delivery was traumatic. **Caulophyllum** can stimulate contractions and is useful in labour if progress is slow. In the phase after the birth consider **Pulsatilla** for an animal that is clingy, sad, moody and wants company and cuddles whereas **Sepia** is better indicated if they are irritable and indifferent towards the babies and want to be left alone.

**Caesarian Delivery:** Start **Arnica** and **Hypericum** before the surgery and continue for several days after the birth along with a few doses of **Staphysagria** to promote healing of incised wounds.

**Feeding and Mastitis:** If the teat area is hot and swollen, the pupils are dilated and the pulse full give **Belladonna**. If the teat is very hard, there is general limb stiffness and the animal is grumpy and doesn't want to move think of **Bryonia**. Averse to touch due to pain - **Hepar sulph**, **Urtica urens** can be used to help increase milk supply. Recurring mastitis indicates an issue with calcium metabolism and often responds well to **Calc carb**. To support the physical needs of the body while feeding - **Feeding tissue salts**.

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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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