

# Stress Free Birthing for Farmers

## Webinar Notes

*Lynnie Hutchinson has very kindly shared the notes that she uses to teach veterinary students.*

**NB** Lynnie is a very experienced farm prescriber and her students are under her supervision at all times. As our vet Chris Aukland makes clear during this webinar, you must never attempt to replace veterinary expertise.

Always remember the WHAg 3 stage triage approach:

- Red Level – Consider if veterinary input is needed, and if so contact your vet. Then go to:
- Green Level – Review husbandry. There may well be exciting causes, maintaining causes and obstacles to cure that need to be addressed. Take action as needed.
- Amber Level – Now consider all the natural medicine approaches that may be useful.

### Lynnie's Lambing Remedies for Veterinary Students:

Remedies most frequently used whilst assisting ewes immediately in field:

- **Caulophyllum 30** – ring womb, eases dilation of cervix in 1st stage, tones up uterine muscles in 2nd stage
- **Hypericum 200** – relieves pain, esp. postpartum paralysis, good to help ewe struggling to stand after labour, good for assisted ewes
- **Aconite 200** – for ewes in shock, contractions stopped or weak, for lambs in shock, hypothermic
- **Arnica 10m** – anti trauma before and after lambing, reduces bleeding, bruising, redness and swelling, prevents infection, aids recovery of ewe and lamb esp. after assisted birth
- **Calendula 200** – aids cleansing, healing
- **Carbo veg 200** – corpse reviver, for collapsed, comatosed and cyanosed lambs

- **Tungsten Met 30** – for lambs suffering from long birth, oxygen starvation, weak and cyanosed (blue gums) lambs
- **Arnica 200** – for lambs with swollen head, or long births, reduces swelling, shock
- **Rescue Remedy** – for reviving lambs and ewes, trauma, shock

### Lynnie's tips:

Give remedy more frequently in acute situation, if remedy doesn't have effect after two doses 5- 10 mins apart try next appropriate remedy, if it works but then symptoms return, repeat remedy as long as needed, if two remedies indicated alternate them every 5 -10 mins, see also lambing difficulties remedy sheets.



# The Ewe

## Useful remedies for difficulties at lambing time

Follow general prescribing below but if remedy doesn't have effect after two doses 5- 10 mins apart try next appropriate remedy, if it works but then symptoms return repeat remedy as long as needed, if two remedies indicated alternate them every 5 -10 mins

### Vaginal Prolapse

- **Sepia 200** – for older saggy ewes daily for 5 days
- **Plumbum 12** – for flocks with tendency to abort 2 x daily for 7 days

### Ring womb

- **Caulophyllum 30 or 200** – tightness in birth, irregular contractions, exhausted, twisted uterus, any young, scared anxious ewe not progressing with labour, passive oozing of dark blood, tones uterine muscles
- **Cimicifuga 200** – contractions sharp spasmodic move from side to side, cervix remains closed or fails to dilate properly, wants to lay on left, chilly 2 doses 5-10 mins apart

### Abortions

If outbreak get Vet to determine if Chlamydia, Toxoplasma, campylobacter or salmonella then:

- **Relevant nosode** in 1m potency daily for 5 days
- **Plumbum 12** – every 3rd day whilst abortions persist
- **Pregnancy Toxaemia** – Ketosis, twin lamb disease. Give injected calc borogluconate with mag and phos 100ml under skin 3 or 4 sites, IV glucose, from vet etc, and :
- **Aconite 1M** – nervous symptoms, hourly for 4 doses at start followed by Mag. Phos 30 2 x day to follow
- **Lycopodium 1M** – all cases to restore glucose production and appetite, 3 x daily until response seen
- **Flor de Piedra 12c** – relapsing cases 2 x daily for 7 days
- **Phosphorus 200c** – daily for 10 days

### Labour collapse

- **Carbo veg 200** – Shock, lack of reactions, prostration, icy cold, blue, helps oxygen starvation, limp, sluggish, give to ewe if lamb short on oxygen
- **Camphora** – fainting, muscles losing strength, dysentery, cold, shock, loss of fluid, fixed staring eyes, very strong, volatile
- **Opium** – shock/collapse with no reaction, following fright, bowel constipation with no pain, lost, dazed, beyond fear, will bring out of numb state
- **Verat alb** – collapse after surgery, very cold, looks insane 'out of it' cold head

### Labour too fast too hard

- **Aconite 200** – frightened, shock, all happening too quick, red blood, worse after midnight, dry and hot

### Labour - can't be bothered

- **Conium** – huge aversion to work, sits quietly by self, good for paralysis

### Labour - ASSISTED

- **Arnica 200** – to all assisted ewes to reduce swelling etc,
- **Hypericum 200** – to all assisted ewes to reduce nerve damage, and aid healing
- **Hypercal wash** – if torn or sore drops of Hypericum 200 and Calendula 200 in boiled cooled water used as wash on vulva/anus etc.

### Labour - very painful

- **Chamomilla 200** – unbearable pain, frantic, screaming, one cheek red other pale, thirsty

### Labour - weak and trembling

- **Gelsemium** – not lambing well, weak and trembling

# The Ewe

## Useful remedies for difficulties at lambing time

### Labour - stuck half way through

- **Pulsatilla** – link breaker, stuck in transition, malpresentations, shy, indecisive, submissive
- **Caulophyllum 200** – sharp needle like pains in cervix, short sharp contractions slowing stopping due to exhaustion, cervix not dilating, feels rigid
- **Causticum** – knackered, stiffness, retention of urine in bladder, dribbles when strains
- **Arnica 200** – exhaustion making contractions weak and ineffectual, reduces weariness and pain, gives second wind, helps muscles function, good in long slow labour, every 15 -30 mins until contractions improve
- **Gelsemium 200** – use if Caulophyllum fails to start contractions, good if labour is slow/sluggish, ewe alert in mind but body weak, eyelids droop, muscles like jelly, trembling, chilly in back, thirstless, better after urinating
- **Kali Phos 200** – exhaustion during labour or before it starts, contractions weak, ineffective or stop, nervous, starts at any sound
- **Nux Vom 200** – extreme pain impeding dilation of cervix, downward pressure, urge to urinate, or open bowels

### Fear preventing labour

- **Aconite 200** – good for 1st timers in shock, fearful
- **Arsen Alb 200** – if emotionally holding back from labour
- **Gelsemium 200** – use where stage fright stops labour

### Labour - Haemorrhage severe

- **Ipecac 200c** – stops bleeding, gushing red blood, every 2 mins if excessive bleeding, until controlled, nausea

### Bruising after labour

- **Arnica 10 M** – anti trauma before and after lambing, reduces bleeding, bruising, redness and swelling, prevents infection, aids recovery of ewe and lamb. Severe cases 3 doses daily for 3 days
- **Hypericum 200** – for assisted births, relieves pain, esp. postpartum paralysis, good to help ewe struggling to stand after labour, severe cases 3 doses daily for 3 days
- **Bellis Perennis** – deeper acting than Arnica, use where Arnica doesn't seem to be helping, good for over-exertion, sciatic pains shooting down leg

### Caesarean

- **Staphysagria 10m** – No. 1 remedy – to heal wound and to remove 'insult' of surgery
- **Arnica 200** – aids bruising, reduces swelling
- **Hypericum 200** – aids healing of nerve endings
- **Bellis Perennis** – lumpy scars which Arnica doesn't clear up,
- **HyperCal wash** – drops of Hypericum 200 and Calendula 200 in boiled cooled water applied to wound area, aids healing of wounds etc,

### Metritis - uterine infection

- **Pyrogen 1 M** – if ewe becomes ill esp. as a result of retained membrane and uterine infection, give 2 x daily until recovery noted. Temp and pulse out of sync either temperature high and pulse slow or temperature low and pulse high. Smells rotten, restless
- **Hepar Sulph 200c** – give with or alternate with Pyrogen – 'homeopathic antibiotic'
- **Belladonna** – if dry red nose/tongue, sudden onset, dramatic, doesn't want to drink, high fever, prefers shade

# The Ewe

## Useful remedies for difficulties at lambing time

### Retained foetal membrane

- **Secale** – great for retained placenta esp. where brownish offensive discharge often accompanied by metritis (uterine infection) 2 doses 8 hours apart. Looks like making an effort but if examined is relaxed, haemorrhage dark, passive watery, copious, offensive, wanting to bear down, and esp. for older ewes, tired and had enough!
- **Sepia** – if discharge is white
- **Pulsatilla** – if discharge is yellow to green, intermittent bleeding, ewe is chilly but likes fresh air, clingy
- **Sabina 12** – if discharge is bright red and bloody
- **Belladonna** – hot dry birth canal, clots fast, profuse heat, blood bright red but on being in air goes dark v quick
- **Caulophyllum** – too tired to push afterbirth out, exhausted, passive oozing of dark profuse blood, chocolate colour

### Mastitis post lambing

Difficult to treat accurately, very regular monitoring needed, therefore combination of remedies can be useful. 3 main combination options:

- **Aconite 200**, **Phytolacca 30** and **Bryonia 30**, – Acute onset, raised rectal temp, hard swollen quarter dose every 8 hours for 1 day then one dose of just **Phytolacca 30**, and **Bryonia 30**
- **Lachesis 30** – can be added if quarter is inflamed and bluish
- **Merc Sol 30** – can be added if quarter is cold and has blood stained thin greenish discharge
- **Merc Sol 1M** – if udder is suppurating
- **Belladonna 30**, **Bryonia 30** and **Urtica 30 (BBU30)** – Acute mastitis with swollen reddened udder, swelling of surrounding tissue, dose every 2 hours until improvement then 3 x daily until better

- **Sulphur 30**, **Silica 30**, **Carbo Veg 30 (SSC30)** – longer standing mastitis, hardened quarters, large yellow clots in fore milk, dose 3 x daily until improvement
- **Belladonna 30** – early stage – very sensitive to touch, throbbing pain, may have red streaks radiating from teat, thirsty, worse on right hand side
- **Bryonia 30** – mouth dry, pain in udder worse on touch but may lie on affected part, hot feverish, udder swollen and hard, tongue may be coated thick and white
- **Phytolacca 200** – lumpy udder, worse at night, drenching sweats, red tip to tongue
- **Mixed Mastitis Nosode 1M** – give in all cases up to 3 x daily until improvement in swelling or clots noticed

### Lack of milk

- **Urtica 30** – makes you squirty! Brings on more milk
- **Pulsatilla 200** – if milk stops suddenly, ewe is clingy, sad

### Too much milk

- **Urtica Urens 6** – makes you dry as sticks! Slows, stops milk

### Abscess

#### Alternate:

- **Silica 200 with Hepar sulph 200** – Also good for hard or soft lumps of the udder which don't change with milking for 2 or 3 days

### Foot rot

- **Foot Rot Nosode 200** – for treatment in all cases
- **Silica 200** – helps clear up severely infected cases, dose daily for 10 days
- **Hepar Sulph 30** – when foul smelling pus is present dose 2 x daily for 5 days
- **Pyrogen** – where smell is and discharge are foul – fever may be present

# The Ewe

## Useful remedies for difficulties at lambing time

### Fever

Raised temp indicates animal's immune system is working to fight off infection, low temp in sick sheep indicates immune system not coping and drastic action required. Homeopathic treatment should support the animal's immune system and frequent observation is required to treat successfully, many remedies are available.

Most often used are:

- **Aconite 1M** – restless, very agitated, hot dry skin, intense thirst all at early stage, esp. from exposure to cold dry easterly wind, later phase of cold sweat and icy coldness alternate with hot phase, hourly for 4 doses
- **Belladonna 30** – burning, pungent, steaming heat, no thirst, violently hot, v high temp everything is red, oral mucous membranes, vaginal mucosa and skin, bounding pulse, hot head, hourly for 4 doses
- **Bryonia 1M** – immobile, smallest movement aggravates, they stay stock still in cool spot, internal heat external chilliness, quick hard pulse, shiver and sweat, very thirsty, white coated tongue, desire to stay still means long drinks taken infrequently, if respiratory complaint, painful cough racks body, hourly for 4 doses
- **Dulcamara 30** – after exposure to cold and damp, dry low fever during day, followed by chilliness and thirst at night hourly for 4 doses
- **Ferrum Phos 12** – early fever, rapid soft pulse, sheep shiver esp. at 1pm and want heads in open air, hourly for 4 doses – **GIVE IN ANY SUSPECTED LUNG INFECTION**
- **Pyrogen 1m** – septic fever with swinging irregular temperature, weak rapid pulse, restless, temperature and pulse at odds with each other, tongue dry, red and smooth with varnished appearance, temperature rises rapidly, great heat, profuse perspiration but sweat does not break fever, hourly for 4 doses
- **Lachesis 30** – occurs in night hot flushes, perspiration with icy cold legs and feet, oral mucous membrane bluish in appearance, favours left side sensitive to pressure and touch, better in open air, hourly for 4 doses

### Rejecting lambs

- **Lycopodium** – appears greedy but stops after a few mouthfuls, bullying, fear, old looking – may have grey hairs
- **Sepia** – indifferent, sagging, tired, worse for cold
- **Staphysagria 10M** – after delivery in difficult assisted labours

### Still born or dead lamb

Leave ewe with lamb for a few hours to grieve gradually move it out of pen, be guided by her reactions

- **Ignatia** – for all ewes losing lamb, excellent for grieving, helps adapt to any loss





# The Newborn Lamb

## Useful remedies for difficulties at lambing time

Follow general prescribing below but if remedy doesn't have effect after two doses 5- 10 mins apart try next appropriate remedy, if it works but then symptoms return repeat remedy as long as needed, if two remedies indicated alternate them every 5 -10 mins

### Prolonged/protracted birth/difficult breathing

- **Tungsten 30** - lack of oxygen, weak, cyanosed (blue gums)
- **Carbo Veg 200** – if lamb is collapsed as well as blue – corpse reviver dose every 15 mins until improvement, icy cold, rattling, sneezing breath, no reaction when warmed/rubbed
- **Rescue remedy** – good for revival of lambs
- **Arnica 30** – swollen head, dose as often as possible on first day, jerking breath, trembling limbs
- **Aconite** – choking breathing, limbs flaccid, eyes staring, shock
- **Ant Tart** – pale, lower jaw and chin quiver, gasps for air, rattling chest, sleepy
- **Opium** – pale blue not breathing, rigid body, arching spine, no reaction
- **Hypericum** – nerve injury, crushing during birth

### Refusing milk

- **Aethusia Cynapium** – can also have breathing prob, low quiet gasping, narrowing of airways, can't digest milk, intolerance to milk
- **Silica** – weedy, weak lambs – refuse bottle

### Hypothermic lambs

- **Aconite 200** – once warmed to overcome shock
- **Dulcamara 6** – if ill effects of cold exposure are obvious, dry low fever during day and chilliness with thirst at night, dose 3 x daily

### Collapsed lamb

- **Carbo Veg** – corpse reviver: blue gums, cold, fading
- **Verat Alb** – icy cold extremities, diarrhoea, restless
- **Camphora** – icy cold, suspended respiration

### Head injury

- **Nat Sulph** – give with Arnica

### Intestine prolapsed

- **Bellis Perrenis** – deeper than Arnica for abdominal trauma

### Joint ill/Navel ill

- **Pyrogen 30** – give as preventative after birth to those at high risk, offensive excretions, restless
- **E Coli, Streptococcus, Staphylococcus 30** – if don't know which give all three 2 x daily
- **Aconite 200** – if lamb has temp dose hourly, fear, tension, anxious
- **Bryonia 6** – if joints hot and swollen, better for movement, worse for rest/pressure
- **Hepar Sulph 30** – if navel thickened with pus, hypersensitive, worse for cold wind
- **Merc Sol 30** – if pus is thin and green
- **Belladonna** – hot painful joints, red, swollen
- **HyperCal wash** – drops of Hypericum 200 and Calendula 200 in boiled cooled water used to wash infected area, aids healing of tissues

# The Newborn Lamb

## Useful remedies for difficulties at lambing time

### E Coli diarrhoea

- **E Coli Nosode 30** – give to all in contact with affected lambs
- **E Coli Nosode 1M** – give to affected lambs daily
- **Arsen Alb 1M** – give to affected lambs if weak and trembling with dark offensive diarrhoea, dose daily for 5 days
- **Merc Cor 30** – if stool is greenish –yellow, slimy and lamb is often straining, dose 2 x daily for 5 days
- **China Off** – will prevent dehydration and speed recovery– give to all affected

### Rattle belly – from retained foetal meconium

- **E Coli Nosode 1m** – if associated with E coli infection, dose daily
- **Colocynth 30** – if painful distension dose hourly for 4 doses

### Pneumonia

- **Aconite** – sudden onset after cold dry wind or weather
- **Bryonia 200** – disinclined to move, prefers to lie in cool spot, rasping breathing dose daily for five days
- **Antim Tart 200** – moist cough and frothy saliva around lips, dose daily for 5 days – rattling breathing
- **Pulsatilla 30** – cough changes from wet to dry, worse on lying down, thick yellow discharge from nose, dose daily for 5 days

### Entropion eye

Use pinching and liquid paraffin injection as appropriate then;

- **Euphrasia drops** – diluted from concentrate 1 drop to 15ml of sterile water, dose one drop 2 x day till improvement
- **Acid Nit 30** – if ulcerated surface of eye dose 2 x daily for 5 days
- **Silica 200** – severe, advanced cases, with scarring, may clear opacity 1 x daily for 10 days

### Orf

- **Orf Nosode 30** – given as preventative weekly in water trough for 6 weeks before annual outbreak
- **Orf Nosode 200** – give to affected lambs 2 x daily for 3 days (use on human cases too)
- **Thuja 1M** – if ulcers with flat bluish base, foul smelling pus, daily for 5 days
- **Rhus Tox 12** – if blisters occur or crusty oozing lesions which appear to itch and are sensitive to touch, 2 x daily for 5 days
- **Mezereum 200** – severe cases with severe itching 1 x daily for 5 days

### Tagging and castrating – painful reaction

- **Arnica 30** – reduces swelling and pain
- **Aconite 200** – for shock
- **Hypericum 200c** – for nerve pain

### Homeopathic Remedies can be bought from:

[Ainsworths](#)

[Helios](#)

### Lynnie's Favourite Books:

[Homeopathy for the Modern Pregnant Woman and Her Infant](#)

[Phatak's Materia Medica and Repertory](#)

[Homeopathy for Sheep](#)

[The Herdsman's Introduction to Homeopathy](#)

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