

HOMOEOPATHIC APPROACH OF SEPARATION ANXIETY IN DOGS

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Summary

Separation anxiety (S.A.) in dogs is a behavioural disease and is characterized as a pet's exaggerated fear over separation from its owners. All puppies show some signs of S.A., as natural infant behaviour, but as time passes, normal puppies become confident about being alone. It's worrying when the signs of S.A. remain after the puppies' adolescence.

In Homeopathy health is defined as a situation of homeostasis of an organism in an open natural system and is characterized by a sense of dynamic balance at the physical, mental and psychological levels.

S.A. is a situation, which Vets, during the last few years, have to confront in a number of cases whose behaviour is abnormal as far as the standard behaviour of their breed and age is concerned. Homeopathy can contribute to the treatment of these disorders, because it approaches the organism in a holistic way, taking its idiosyncrasy into consideration. Idiosyncrasy is defined as the sum of the specific characteristics of an animal when it is in a state of health or illness, at the physical, mental and psychological level. It is understandable that abnormal behavior is nothing other than a disorder of the homeostasis in an organism, which means an unhealthy situation that is manifested through psychological and mental symptoms.

The application of homeopathic laws during the compiling of a case history allows us to achieve a deeper understanding of the dog, considering all its special characteristics. We choose two homeopathic methods of approaching animals: A) The specific characteristics are taken, considering the factors that influence the idiosyncrasy of the dog such as, its breed, its parents, the miasmatic predisposition, the environment and the life conditions from the time of birth until the present, and the influence of the owner. The idiosyncratic case history includes the homeopathic questionnaire, which has the general data (emphasizing in the mental and psychological characteristics,) and the local data (mainly concerning the modalities of physical symptoms).

B) The symptoms manifested by special modalities are recorded and analyzed only according to the homeopathic repertory. For S.A. we find rubrics in every system, e.g. Anxiety when alone, fear being alone, destructiveness, forsaken feeling, alone while aggravate, irritability when alone, grief, anxiety, diarrhea when alone, palpitation when alone, chorea from fright, etc

Both methods have advantages and disadvantages. But the choice of an effective remedy depends on the information of the idiosyncratic characteristic of each dog. With the help of the homeopathic case history and the study of each cited remedy, we can analyze dog's behaviour that will allow us to understand their idiosyncrasy and the problematic picture that is presented at this particular period of time, so we can prescribe the similimum.

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INTRODUCTION

Separation anxiety in dogs is a behavioural disease and is characterized as a pet's exaggerated fear over separation from its owners. All puppies show some signs of S.A., as natural infant behaviour, but as time passes, normal puppies become confident about being alone. It's worrying when the signs of S.A remain after the puppies' adolescence.

Symptoms of S.A in pets are: Fearfulness (worry, apprehensiveness), clinginess, hyperactivity, barking and yelping, destroying objects, urinating inappropriately, defecating in the house, periodic digestive disturbances, - like vomiting, diarrhoea, salivation -, depression or aggressiveness when they are about to be left alone or think they are about to be left alone. Some of them overeat; some others undereat. In other cases, they twitch their ears, pace, pant, hide, jump or bounce about. Some pets can be left alone for no longer than a few minutes before they panic and exhibit these behaviours. Sometimes S.A. is caused by a change in schedule that requires the pet to be left alone for longer than usual. Unidentified changes in older pets may also cause sudden S.A. S.A is equally presented in neutered and unneutered male and female dogs. Some breeds such as shepherd dogs, spaniels and setters commonly present this condition more often. Age at onset in dogs is usually five months to two years.

S.A is a situation, which Vets, during the recent few years, have to confront in a number of cases whose behaviour is abnormal as far as the standard behaviour of their breed and age is concerned. The percentage of this behavioural problem is about 4-8% of the pet dog.

Possible causes are: Puppies that were removed from their parents too young or whose mothers were unavailable. Others come from families of dogs genetically prone to anxiety. Many are multi-owner dogs. Only a small percentage of the pets were abused. Social risk factors for S.A. include early maternal rejection by the dame, lack of stimulation, poor maternal health and neglect as a puppy. The owner's idiosyncratic type also plays an important role in this disorder. Older pets with S.A. have difficulty in moving to new homes, accepting a new pet, a new baby, a death or an illness or changes of structure in the family and new situations in general. Many humans with similar problems show abnormalities in the connection of nerve cells near the front of the brain. Some paediatricians believe that such abnormalities might occur due to bacterial infections – a good reason for not over vaccinating-. Today it can be said that S.A. may occur due to abnormalities in the neural circuit and/or in the chemical transmitters in the brain's basal ganglia.

Conventional treatment of S.A includes methods with or without drugs.

Drug-therapy includes Antidepressant and Anti- anxiety Medications of the Selective Serotonin Reuptake Inhibitor (SSRIs) and Norepinefrine Reuptake Inhibition Class (NRIs) and Sedative substances.

Non drug therapy includes: 1) Recognizing anxious feelings in the pet 2) Reassurance in anxiety-provoking situations, 3) Developing a plan for coping with the situation 4) Evaluating the success of coping strategies and behavioral therapy, 5) Proper adjustment to the new environment, 6) Special training, 7) Special food

In Homeopathy health is defined as a situation of homeostasis of an organism in an open natural system and is characterized by a sense of dynamic balance at the physical, mental and psychological level. Homeopathy can contribute to the treatment of these disorders, because it approaches the organism in a holistic way, taking its

idiosyncrasy into consideration. Idiosyncrasy is defined as the sum of the specific characteristics of an animal when it is in a state of health or illness, at the physical, mental and psychological levels. Idiosyncrasy can be influenced by:

- I. Internal factors: 1) Heredity (species- breed -parents- miasm influence) and 2) Vital force (energy potential of the animal).
- II. External factors: 1) Environment (other animals, life conditions) and 2) Humans.

Especially in behavioural disorders, heredity is one of the basic internal factors that may influence the appearance of various morbid phenomena. We should not forget that uncontrolled and mistaken cross-breeding (incest etc), that is carried out by specialists or by non -professional breeders, whose only interest is financial profit and the selection of some specific characteristics of the breed because of new trends in fashion and because of a perverted syphilitic point of view, have led to morbid phenomena.

Discussing the external factors that influence the idiosyncrasy of an animal it becomes more obvious every day that big cities and life in them cannot be considered a healthy natural environment for the development of pets. This can be more intense for some specific breeds. Another factor that can influence the idiosyncrasy of an animal is the increasing number of people with psychological problems and abnormal behaviours, who are pet owners. Pets are influenced and are the direct recipients of any abnormal behaviour of the owners.

It is understandable that an abnormal behaviour is obviously a disorder of the homeostasis in an organism, which means an unhealthy situation that is manifested through psychological, mental and physical symptoms. Administering the homeopathic remedy the homeopathic natural balance is re-established, protecting the organism from such side effects.

HOMEOPATHIC MATERIALS - METHODS

The application of homeopathic laws during the compiling of a case history allows us to achieve a deeper understanding of the dog, considering all its special characteristics.

We choose two homoeopathic methods of approaching animals: **A)** The idiosyncratic homeopathic case history and **B)** The repertorizing of the animal's symptoms and the modalities.

A) The idiosyncratic homeopathic case history includes the general data, the local data and the specific characteristics of the dog.

The specific characteristics are taken, considering the factors that influence the idiosyncrasy of the dog such as, its breed, its parents, the miasmatic predisposition, the environment and the life conditions from the time of birth until the present, and the influence of the owner.

The homeopathic questionnaire is divided into two parts:

GENERAL DATA: (describing the dog in a holistic way and emphasizing on the mental and psychological characteristics)

- 1) How the dog experiences heat and /or cold (we exclude perspiration, because of the absence of sweat glands and we consider the climate of the environment of the dog).
- 2) Whether the dog has a characteristic odor, offensive or not. How, when, by what factors this odor is influenced.
- 3) Which tastes the dog prefers (mainly: lemon, sweets, fat, spicy food, milk products). Description of the way the dog eats (greedily, picks at the food, eats quickly or slowly).

- 4) If the dog is active (lively, frisky), playful, nervous, calm (according to the owner's description).
- 5) If it wants to be petted, by whom, when, for how long?
- 6) The way it asks for something.
- 7) How does the dog react when the owner scolds it.
- 8) If the dog wants to have company, if it asks for company, how the dog reacts when it is alone, and how when the owner comes back?
- 9) How the dog behaves with the people he knows and with strangers at home and outdoors.
- 10) How the dog behaves with other animals whether they live in the same house or not, and both at home and outdoors.
- 11) His behavior in the vet's office and towards the vet.
- 12) If it is destructive, when and why?
- 13) If it has fears and what kind of fears.
- 14) How is the dog's sexual behaviour.
- 15) Whether or not he likes bathing, the rain, swimming and in what degree.
- 16) Everything in the dog's behavior that is characteristic or peculiar.

LOCAL DATA: (mainly concerning the symptoms).

- 1) Modalities of mind symptoms in the dogs, when they stay alone for short or long periods of time (special questions to the next –door neighbours, video-camera in the house, video- camera in a special room of the vet clinic).
- 2) Modalities of physical symptoms.
- 3) Past medical history.
- 4) Other symptoms-problems that the owners have observed, even if they think that they are not significant.

By analyzing the factors that influence the idiosyncrasy of the dogs, we understand how they influence the above-mentioned points of the case history :

Breed: Idiosyncrasies, which are characteristic for certain breeds of dogs are inherited and this must be considered in the evaluation of the answers in the questionnaire. Every fact that differentiates itself from the average data of the breed must be noted carefully.

The idiosyncrasy of the parents and the hereditary potential they transfer is very significant in forming the idiosyncrasy of their offspring. Our homeopathic diagnosis will be more complete if we ask information about the parents of the dog that we are examining.

The theory of miasms, according to Hahnemann, helps us during the homeopathic diagnosis and they form basic factors of differentiation. The miasmatic classification exists both in the animal and plant kingdoms. The miasms are always inherited in combinations of all three with one of them prevailing.

A dog with the psoric miasm prevailing, is predominantly calm, distant, not social, not aggressive, introverted. Its symptoms tend to progress gradually but persistently. Generally we observe shriveling and introversion at all levels of the organism.

A dog with the sycotic miasm prevailing, is extroverted, demonstrative, friendly or aggressive. However he, depending on the circumstances, forgets quickly the cause of his excitement and soon becomes indifferent. He either has no fears or he has a lot of fears, he is not vengeful. The most common characteristic of its symptoms at all levels of the organism is excess.

A dog with the syphilitic miasm prevailing, presents a heterogeneous mixture of the other two miasms and it is characterized by the disturbance of the natural order. The dog shows signs of perversion at the physical, mental and psychological level. By perversion we mean

the change of the typical behaviour of the dog. It is manifested through behavioural disorders, aggression without any cause, excessive attachment to certain persons, difficulty adjusting to a new environment, excessive jealousy, persistence (fixations), tendency to take revenge, but also intelligence, that is often used for purposes that are not included in the usual behaviour of the dogs. At the physical level diseases are manifested in an intense way, cancer, tumors, etc. In the beginning we observe a special resistance, but later a sudden collapse of their organism.

The energy potential (vital force) must be investigated.

The environment in which the dog is born and lives, the kind and the quality of its nutrition at the different stages of its life play a very important role in the formation of its idiosyncrasy.

Whether or not a dog lives in the same environment with other animals and *correct or incorrect socialization will influence the formation of its character.* Dogs are animals that once lived in packs and the vet must know the behavioural rules that are common in packs of dogs and search if the owners follow them as correctly as possible.

Finally *the influence and effect of the owner on the idiosyncrasy of his dog is definitive.* This influence is exerted not only through his own idiosyncrasy and behaviour towards the dog, but also through the fact that he shapes the environment, in which the dog lives. During the taking of a homeopathic case history of a dog we will sometimes notice peculiar similarities in the behaviour of the owner and the dog. The vet must also observe the owner in a homeopathic way, so as to be able to evaluate correctly the answers that he provides concerning his dog. The homeopathic vet must be careful, discrete and unprejudiced when observing the owner-dog relationship.

B) The symptoms manifested by special modalities are recorded and analyzed only according to the homeopathic repertory without idiosyncratic and miasmatic analysis. For S.A. we find rubrics in almost every system. The rubrics, which describe the most common symptoms of S.A., and the homeopathic remedies, which present these symptoms are recorded analytically below:

MIND

ANGER, ailments after

After anger with anxiety: **Acon, Ars, bell, cham, cupr, Ign, Nux-v, op, plat, puls**

With fright: **Acon, aur, Ign, nux-v, op, petr, phos, puls, Stram**

Silent grief: *acon, chin, cocc, coloc, Ign, Lyc, nat-m, ph-ac, Staph*

ANGUISH: **Acon, anac, apis, arg-n, arn, Ars, aur, bism, Bell, Calc, Cann-i, carb-v, Caust, cof, crot-c, cupr, Dig, Hep, hyos, mag-c, phos, Plat, psor**
alone, when: *phos*

ANXIETY

alone, when: **Ars, dros, kali-br, mez, Phos, rhus-t**

fear, with: **Acon, alum, am-m, Anac, Ars, calc, canth, Caust, chin, cocc, coff, cupr, dig, graph, hep, Ign, kali-ar, kali-c, kali-p, lyc, mag-c, merc, nat-m, nit-ac, phos,**

plat, Psor, puls, Sec, sep, spig, stront, verat

fright, after: *acon, gels, lyc, merc, nat-m, op, rob, sil*

COMPANY

desire for: *apis, Arg-n, Ars, Bism, calc, camph, clem, con, elaps, gels, Hyos, ign, kali-ar, Kali-c, kali-p, Lac-c, lil-t, Lyc, mez, nux-v, pall, Phos, puls, sep, stram. strych*

alone, while agg: *Ars, camphor, dros, Hep, hyos, kali-c, lyc, merc, mez, pall, Phos, stram*

DELIRIUM

frightful: *acon, atro, Bell, hyos, op, phos, plb, puls, Stram, verat*

DESTRUCTIVENESS: *bell, camph, con, cupr, hyos, nux-v, stram, tarent, tub, verat*

DULLNESS

alone, when: *ph-ac*

EXCITEMENT

anticipating events, when: *arg-n, gels*

FEAR

ailments, from: *acon, bell, caust, gels, ign, op*

alone, of being: *apis, Arg-n, Ars, camph, clem, con, Crot-c, elaps, gels, Hyos, Kali-c, kali-p, lac-c, Lyc, lyss, Manc, Phos, puls, sep, stram*

night : *camph, caust, hell, Stram*

FORSAKEN feeling : *arg-n, Aur, cycl, lach, plat, Psor, Puls, stram*

FRIGHT

complaints from: *Acon, apis, arg-n, aur, bell, caust, coff, cupr, gels, glon, graph, hyos, hyper, Ign, lach, Lyc, Nat-m, nux-v, Op, Ph-ac, Phos, plat, Puls, sep, Sil*

GRIEF : *Aur, Caust, coloc, graph, Ign, lach, lyc, merc, Nat-m, nux-v, ph-ac, Puls, Staph, tarent*

HIDING himself,

fear, on account, of: *ars, bell*

IRRITABILITY

alone, when: *cortico, phos*

RAGE

alone, while: *bufo*

RESTLESSNESS

alone, while: *phos*

SADNESS

alone, when: *Ars, calc, dross, ferr-ac, mez, nat-m, stram*

TEARS THINGS: *Bell, camph, kali-p, nux-v, stram, verat*

UNCONCIOUSNESS

alone, when: *ph-ac*

STOMACH

INDIGESTION

fear, from: *Phos*

RECTUM

DIARRHOEA

alone, when: *stram*

excitement, after: *Arg-n, gels, ph-ac, thuj*

fright, after: *arg-n, Gels, kali-p, op, puls*

INVOLUNTARY STOOL

fright, after: *Op, phos, verat*

URGING

fright, from: *caust*

BLADDER

RETENTION OF URINE

fright, after: **Acon**, **Op**

URINATION, involuntary

excitement, from: *gels*

fright, from: *lyc*, *op*, *sep*

thirst and fear with: **Acon**

GENITALIA-MALE

ERECTIONS, wanting

excitement, from excessive: *phos*

GENITALIA-FEMALE

ABORTION

fright, from: *acon*, *gels*, *ign*, *op*

METRORRHAGIA

fright, after: *acon*, *bell*, *calc*, *nux-v*

PROLAPSUS UTERUS

fright, after: *gels*, **Op**

RESPIRATION

ACCELERATED

anxiety, during: *ars*, *nux-v*, *seneg*

DIFFICULT

fright, after: *cupr*, *samb*

COUGH

EXCITEMENT: *cham*, *cist*, **Spong**

FRIGHT, from: *acon*, *belll*, *ign*, *rhus-t*, *samb*, *stram*

CHEST

PALPITATION, heart

anxiety: **Acon**, *am-c*, *apis*, *arg-m*, *arg-n*, **Ars**, *aur-m*, *bry*, *cact*, **Calc**, *calc-p*, *camph*, *caust*, *chel*, **Chin**, *chin-a*, *cocc*, *coff*, *colch*, *croc*, **Dig**, *ferr*, *graph*, *hep*, *hyos*, *iod*, *kali-c*, *kali-n*, *kali-p*, *kalm*, *lach*, *laur*, *lil-t*, *lyc*, *merc*, *mosch*, *nat-a*, *nat-c*, **Nat-m**, *nat-p*, *nit-ac*, *olnd*, *op*, **Phos-ac**, **Phos**, *plat*, *plb*, *psor*, **Puls**, *rhus-t*, *samb*, *sec*, *sep*, **Spig**, *spong*, *stram*, **Sulph**, *vat*, *viol-t*, *zinc*

excitement, after : *ambr*, **Arg-n**, *ars*, *asaf*, *aur*, *bad*, *bell*, *cact*, *calc-ar*, *chim*, *cocc*, *coff*, *crot-h*, *dig*, *kali-p*, *lycps*, *naja*, *nit-ac*, *nux-v*, *phos-ac*, **Phos**, *plat*, *podo*, *puls*, *sep*

fright, after: **Acon**, *aur-m*, *coff*, *nat-m*, *op*, *puls*

EXTREMITIES

CHOREA

fear, from: *calc*, **Caust**, *ign*, *kali-br*, *laur*, *nat-m*, *stram*

PARALYSIS, upper limbs

fright, from: *stann*

STIFFNESS

fright, after: *bry*

TREMBLING

excitement: **Merc**, *phos*

fright, after: **Op**

SLEEP

SLEEPINESS

alone, when: *bry, hell*

excitement, after: *nux-v, stram*

SLEEPLESSNESS

alone, when: *kali-c*

anxiety, from: **Ars, caust, Cocc,**

excitement, from: *ambr, arg-n, Coff, colch, Hyosc, lach, lyc, merc, Nux-v,*
puls, sep

fear, from: **Acon, bry, cocc, ign, puls, phus-t, verat**

GENERALITIES

CHOREA

fright, from: *calc, Caust, gels, ign, kali-br, laur, nat-m, op, stram, zinc*

CONVULSIONS

excitement, from: *agar, aster, bell, cham, coff, cupr, gels, Hyos, ign, kali-br,*
nux-v, Op, puls

fear, from: **Calc, Caust, op**

fright, from: *acon, agar, arg-n, art-v, bufo, Calc, caust, cupr, Hyos, Ign,*

Indg, kali-br, Op, plat, sec, stram, zinc

FAINTNESS

excitement, on: *asaf, caust, cham, Coff, Ign, Lach, nat-c, nux-m, Op, ph-ac,*
Sumb

fright, after: **Acon, gels, ign, lach, Op**

TABLE 1 : DOG CASES

• *Repertorizing case history only/ ** Idiosyncratic case history

| DOG'S NAME | BREED | AGE | SEX | MAIN COMPLEMENTS SYMPTOMS WITH THE RUBRIQUE "FEAR BE ALONE" | REMEDY | RESULTS |
|-------------|--------------------|----------|--------|---|---|-------------------------------------|
| *ALI | COCKER | 3 years | male | Very aggressive, he urinates and defecates on the owners' bed, hot=cold | Valeriana 200CH | 30% improvement |
| **GRETA | POINTER | 2 years | Female | Fears all noises and strangers, which approach her, fears in the dark, she cries all time, cold 3 | Veratrum album 200CH | 100% improvement |
| **CHRISTINE | POODLE | 2 years | Female | She is jealous 3, urinates and defecates, He barks constantly, hot=cold | Lachesis 200CH | 90% improvement |
| *BRUNO | COCKER | 3 years | Male | He bites suddenly, without warning, even the owners, When he is afraid he approaches the owner and wants to be petted, he sometimes urinates and defecates, sometimes not at home, He is afraid of the thunderstorm 3, Hot 2 | Anacardium 30CH, after 2 months Lachesis 30CH | 40% improvement 50% improvement |
| **CHARLY | COCKER | 5 Years | Male | He obeys only when he wants and only when he feels that the person, who gives the command, is more powerful than he is. He barks constantly when he is alone at home; he doesn't stop barking, He wants to be in the same room with the owners all time, when he is in another room, he barks. Diarrhea from time to time and vomiting , dyspepsia with belching. Hot 1 | Lycopodium 200 CH | 100% improvement |
| *NIKY | GERMAN SHEPHERD | 7 years | Female | Fear of darkness 3, Claustrophobia 3, Fear of noises 3, Fear of the traffic noises 3. She even rushes at the windows to be in the house, she is alone for many hours in a balcony. Hot 1 | Argentum nitricum 200 CH | 60% improvement |
| **SUZY | SHEPHERD MIXED | 16 years | Female | Jealous 3, Fear 3 of loud noises, When she is afraid, she pants, cries, and looks for a place to hide, She is restless at night 3, twitching as if she is having dreadful dreams. Hot 2 | Pulsatilla 200CH | 90% improvement |
| **ORESTIS | COCKER | 3 years | Male | He bites suddenly, without warning, even the owners, Fears all kinds noises, Jealous 3 He barks constantly when he is home alone , diarrhoea 2, Hot =cold | Lycopodium 1M Anacardium 1M | 50% improvement 80% improvement |
| **ERMIS | MALTESE | 3 Years | Male | he urinates and defecates on the owners' bed, He barks constantly and breaks something every time he is alone, Revenge 2 Hot =Cold | Baryta Cabonica 200CH Lycopodium 200CH | 60% improvement 100% improvement |
| *PERSEAS | G. SHEPHERD-COLLIE | 3 Years | Male | Stray dog, panic, He barks constantly and breaks something every time he is alone Fear of all loud noises 3, Hot =Cold | Argentum Nitricum 200CH | 30% improvement |
| **DUMBO | COCKER | 8 Years | Male | Fear of thunder and lightning 3 , He bites after pressure, He doesn't like walking outside, He wants to be in the same room with the owners all the times, Cold 2 | Lycopodium 200CH | 50% improvement |
| **ARGOS | MIXED | 7 years | Male | Fears of noises 3, fears of thunderstorm, He barks constantly, no social 2, insidious 2, Hot =cold | Kali Carbonicum 200CH Lycopodium 200CH | 70% improvement 100% improvement |
| **PIRATIS | MIXED | 7 Years | Male | Jealous , miserable, diarrhea when the owner reproves him, He barks constantly | Natrum Muriaticum 200CH | 60% improvement |
| **BERY | DALMATIAN | 2 Years | Male | He cries and breaks something every time when he is alone, diarrhea hemorrhagic | Phosphorus 200CH | 100% improvement |
| **SANDY | GRIFFON MIXED | 6 Years | Female | She cries , is afraid of all dogs, strangers, alopecia along her back and groins, black colored skin, jealous 3 ,Hot=cold | Kali Carbonicum 200CH Lachesis 30CH | 50% improvement 90% improvement |
| **KALMA | PANDOG | 18months | Female | Fears all noises 3, height, cries 3 urinates, breaks things, afraid to stay in every new place or to meet a new person . She lived in a cage of the Kennel until 8 months old, Hot =cold | Argen. Nitricum 200CH Baryta Carbonica 200CH | 70% improvement 100% improvement |
| **GIOUPIS | MALTESE | 6 Years | Male | He urinates on the owners' bed, defecates, cries, breaks things, barks all time, bites all dogs, jealous 3, offensive 3 after bathing, cardiac problems, collapses of trachea, Hot 2 | Sulfur 30CH Lachesis 30CH | 20% Improvement 40% improvement |
| **MELINA | MIXED COLLIE | 3 Years | Female | She breaks things sometimes, cries, epileptic crisis every 2 months , itching 2 the abdomen, she licks her toes 3, hot 2 | Pulsatilla 200CH | 80% improvement |
| **DANNY | PEKINGESE | 6 Years | Male | afraid of all domestic animals, he bites his tail, when the owners are in another room at home or they don't pet him jealous 3, social 3 , Aggressive 2 Hot 2 | Cina 200CH Lachesis 200CH | 20% improvement 30% improvement |
| **LADY | LEVRIER MIXED | 20Years | Female | Emaciation 3, malignant tumor in mammae, Cries 3 fear of darkness, cold 2 | Arsenicum album 30CH | 80% improvement |
| **LIZA | COLLIE | 6 Years | Female | Sympathetic, vomiting hemorrhagic, social 3, slight epileptic crisis, Hot 1 | Phosphorus 200CH | 100% improvement |

DISCUSSION

The two ways of the homeopathic diagnostic approach of the animal present advantages and disadvantages.

- 1) The diagnostic approach, which focuses on the analysis of the animal's idiosyncrasy, aiming to the finding of the similimum, gives us the possibility to:

- achieve the holistic approach of the animal according to the homeopathic rules.
- form a complete picture of the syndrome, in which the mental and psychological symptoms prevail and the physical symptoms follow, taking into consideration all the factors that influence the idiosyncrasy.

Disadvantages are:

- Insufficient data from the owner render the case history incomplete and the finding of the similimum difficult and inaccurate.
- The subjectivity of the data's evaluation by the homeopathic veterinarian is a fact, that we should always keep in mind.

- 2) The diagnostic approach, which is based only on the repertorization of the symptoms, that are described by the owner at the present time:

- gives us the possibility for an immediate relief mainly of the dog's physical symptoms.
- makes the recording of the dog's symptoms easier
- diminishes the chance of a subjective evaluation of the symptoms.

Disadvantages are:

- This is a non -holistic approach and does not follow the homeopathic rules.
- The relief of the symptoms is only temporary.

During the study of the repertory's rubrics and of the cases (table 1) we have observed that homeopathic remedies such as Phosphorus, Lachesis, Phosphoric acid, Lycopodium, Arsenicum, Pulsatilla, Argentum nitricum, Kali bichromicum, Bufo, Baryta carbonica, Natrum muriaticum, Hyoscyamus, Ignatia, Stramonium, Kali carbonicum, Opium, Aconitum, Lac caninum, Calcarea carbonica, Causticum, Coffea, Belladonna, Gelsemium, Spigelia, Psorinum, Anacardium are often indicated in the cases of Separation Anxiety.

The remedies mentioned above are influenced by the three miasms. The miasm, which prevails in every idiosyncratic homeopathic picture leads the dog to characteristic psoric, sycotic or syphilitic reactions not only at the mental and the psychological level but at the physical level too. This fact is responsible for the variety of the symptoms as well as the different pictures of Separation Anxiety. The Separation Anxiety Syndrome seems to be mainly a mental and psychological disorder. There are predisposing factors and it is influenced by the inappropriate or disturbed living conditions and mostly by the unbalanced and mistaken behaviour of the owners. This continuous unbalanced behaviour establishes the chronic, persistent, psychosomatic picture of the syndrome in the adult dog.

The homeopathic methodology teaches us, that the result of the frequent repetition of short active remedies is a temporary relief of the symptoms (palliation) and finally the suppression of the disease in the deepest and most important levels of the organism according to the homeopathic theory and practice. It does not lead to the homeopathic cure and furthermore it brings up many difficulties for the future homeopathic approach of the animal.

The experience and the homeopathic knowledge of the homeopathic veterinarian play a significant role in choosing the method of the homeopathic approach. It is true, that the combination of the two methods can help us achieve good results. During the appearance of intense physical symptoms, the homeopathic veterinarian should relieve the animal as soon as possible and improve the quality of its life, but he should also try to find the idiosyncratic homeopathic remedy, in order to give the dog the chance to come in the situation of homeostasis.

Miasmatic predisposition, heredity and the idiosyncratic picture are taken into consideration in our effort to find the similimum but simultaneously instructions should be given on the improvement of the living and feeding conditions and sometimes the assistance of a specialized trainer is needed.

The observation of the predisposing factors in puppies and young dogs gives us the chance to act in a preventive way, that means giving the idiosyncratic homeopathic remedy, considering, that there already is a psychological-mental imbalance, which will soon lead to the appearance of the mental, psychological and physical symptoms.

It is understandable that further research must be carried out, before we could make any conclusive statements and before we have the chance to perform a comparative study of the allopathic and the homeopathic treatment of behavioural disorders in animals.

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