



# Calendula for injured paws

A German Shepherd gets help from a simple flower

by VATSALA SPERLING, PhD

ON A HOT FRIDAY EVENING OUR TWO-YEAR-OLD GERMAN Shepherd, Kovil, snuck out of the house and followed the car in which our six-year-old son, Mahar, was riding. Our friend, Jennifer, who was driving, had gone almost a mile before she noticed the dog running behind the car and turned around to bring him back to the house.



"Mahar, our son, with Kovil, the German Shepherd. Both love homeopathy," writes Vatsala Sperling, PhD.

Kovil arrived limping and bleeding. Both front paws and one back paw were injured in five different places. Pieces of pad an eighth of an inch thick and more than a half-inch in diameter had peeled off and were hanging loose, exposing bleeding tissue underneath. The wounds were full of dirt, but Kovil would not let me snip the skin or wash them with warm saline. Ointment application seemed inappropriate, as it could have built an anaerobic environment suitable for sepsis (infection). I had some *Calendula* 30c on hand and decided to give him five pellets.

## Repeat the dose, Mom!

When Mahar returned, he was horrified to see his friend's injuries. I explained to him what I had done for treatment. Mahar was familiar with *Calendula* because I had used it on his own cuts and scrapes. "Repeat the dose, Mom, don't let his paws get infected," he advised me. Later that night Kovil refused to go outdoors. We gave him a third dose of *Calendula* before bed.

Upon examination the next morning, I noted that Kovil's paws were licked clean and all five sites were scabbed over, with no swelling present. He let me touch the wounds. "Careful Mom. Don't touch his cuts with dirty fingers," Mahar reminded me.

## Up and about

Sixteen hours after the accident, Kovil was still limping, but he went outside for five

## Calendula Cures

Used topically or orally, it speeds wound healing

The healing properties of *Calendula*, the English marigold, have become well-known. Consumers love how *Calendula* ointments or lotions relieve simple irritations like chapped lips, mild diaper rash, and dry hands. They may not realize, however, that a diluted tincture of this sun-loving flower has proven itself useful in healing serious, lacerated, and infected wounds. Homeopath J.H. Clarke, said: "*Calendula* belongs to the same family as those other great vulneraries [wound-healing agents] *Arnica* and *Bellis perennis*. ... Jahr, who was in Paris during the Coup d'Etat of 1849, ... saved several limbs by means of *Calendula*." Dr. Dorothy Shepherd, a British medical officer in World War II, described *Calendula* as "the most satisfactory wound dressing I have come across. ... even when wounds are already badly infected, I have seen offensive purulent discharges become clean and sweet smelling in a day or two."

Fewer people still, however, know that in addition to applying *Calendula* tincture (diluted) or ointment topically, it can be taken internally as a homeopathic remedy—potentized and prepared by a homeopathic pharmacy as pills or pellets (e.g., *Calendula* 6c, 12c, or 30c). In this form, it promotes rapid healing and prevents infection, as it did for Kovil, the German Shepherd.



minutes. He stepped only on the grass, avoiding any pebbles, bushes, or dirt. He had fasted the night before and was not in any rush to relieve himself. We gave him his fourth dose of *Calendula*.

By Monday morning, Kovil was not limping at all. When the veterinarian examined him, he had no fever, no infection, no need for antibiotics. The vet suggested we just give him a painkiller twice a day for five days. We walked out of the office grateful for a dog that was well despite his injuries.

On Tuesday, Kovil was happy to come for his walk, which we take three times a day on a dirt road. He walked a bit slowly but he didn't limp or favor any of his paws. I noticed, though, that he didn't chase after birds and squirrels.

At this point, we stopped the *Calendula* treatment and I withheld the painkillers. In tune with his instincts, Kovil knew to avoid running, was gentle on his paws, and did not step on anything sharp.

I didn't want to dull that inborn instinct with the painkillers, which I felt would have encouraged him to do things that might have reinjured his healing paws.

### Calendula gets the credit

Tuesday evening, when my husband returned from his overseas trip, he checked Kovil's paws and could see that he had injured three of them significantly. "But he's ok," he said. He recalled past incidents with two German Shepherds that he'd had before Kovil; they had also ripped their paws, but they did not receive *Calendula*. They had limped painfully for more than two weeks.

Despite having had three bleeding and injured paws, Kovil was up and about in just three days. He had no fever, no sepsis, and was not limping at all. Moreover, he had run out to greet Daddy with his usual exuberance and joy. Do we give the credit to *Calendula* or what?

#### ABOUT THE AUTHOR



Vatsala Spering, PhD, Clinical Microbiologist and author, is a member of NCH. With her son Mahar, she studies homeopathy at home. Her books can be seen at [www.innertaditions.com](http://www.innertaditions.com) and [www.marriageinheaven.com](http://www.marriageinheaven.com)



SUPPORT THE HANP.

SUBSCRIBE  
TO SEMINARS

Quarterly Subscription Rate: \$50.00/year

Phone: 253.603.3333



[www.hanp.net](http://www.hanp.net)

NEW YORK OPEN CENTER and  
NEW YORK LUMINOS  
SCHOOL OF HOMEOPATHY

present

"A Foundation Year in  
Classical Homeopathy"

TEN MONTH TRAINING PROGRAM  
As the foundation for the NY Luminous  
FOUR YEAR DIPLOMA PROGRAM

[www.nyhomeopathy.com](http://www.nyhomeopathy.com)

call 212-219-2527 x 135

83 Spring Street • New York, NY 10012

[www.opencenter.org](http://www.opencenter.org)



THE NEW YORK  
OPEN  
CENTER