



“Ah, it must be a virus” has been the throwaway clearly wasn’t well but all diagnostic parameters

Random viruses aren’t only being experienced in the human world. There are many horses also suffering chronic viral infections, which may or may not have been diagnosed by mainstream veterinary services.

In Australia most of the horse viral research being carried out right now is bettering diagnostic tests covering the original Hendra virus and the more recent Hendra genotype-2.

I have been working with a stable of horses for some years that, regardless of excellent treatment from their equine vet plus some herbal treatments from myself, did not maintain good health. They’d noticeably improve for a while and then for no apparent reason, in varying ways, they’d demonstrate that they were not quite right again. The same ebb and flow of symptoms has been seen in humans who may be carrying a viral overload.

Veterinary diagnostics on the horses had ruled out Ross River Virus.

This stable and the owner formed the basis of initial trials carried out using the herbal formulas created through my own experience, other highly regarded practitioner’s work, and new knowledge gained researching different herbs from around the world.

Antiviral Resistance

Clever viruses develop resistance to antiviral pharmaceuticals, they mutate rendering the drugs less effective or, at times, useless. Viruses are making comebacks through their learned resistance to antivirals - mostly due to the changes in the world in which we all live, this affects us all, including the horses and all other animals, birds, insects and aquatic life.

The change is profound. Secondary infections are more problematic given we are now in the age of antibiotic resistance. The first staph strain resistant to all clinical antibiotics showed itself back in 1999, only 54 years after the discovery of penicillin. Who would have thought that we would all be facing the absolute end of antibiotics in less than one hundred years after inception?

Research has shown that viruses cannot develop resistance to plant medicine

Plant chemistry is highly complex, they often contain hundreds to thousands of compounds – they are too complex for resistance to occur.

Herbal medicines not only combat the virus itself, they can also address all the systems in the body bringing them back into balance, strengthening immunity, reinforcing the body’s innate healing power.

Viral and bacterial infections can take over the horse’s whole body systemically

All infections, be they viral, bacterial, microbial, fungal and so on, must be treated as soon as possible to achieve a hasty resolution. Left untreated the cytokine cascade begins. Cytokines are small proteins that are crucial in controlling the growth and activity of other immune system cells and blood cells. When released, they signal the immune system to do its job.

Some cytokines act to make disease worse (proinflammatory), whereas others serve to reduce inflammation and promote healing (anti-inflammatory). Attention also has focused on blocking cytokines, which are harmful to the host, particularly during overwhelming infection. Cytokines affect the growth of all blood cells and other cells that help the body’s immune and inflammation responses. Once the cytokine cascade begins, the body is then trying to

Thuja occidentalis - antiviral, antimicrobial and antifungal - is available as a dry herb.



Is your horse carrying a VIRAL LOAD?

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Angela pioneered Classical Herbal Medicine for Horses in the 1980s, she has been working, teaching and learning in the field ever since. With a wealth of experience behind her Angela created her unique

Hair Assessment system in the 90s which forms the foundation of her work in healing horses. Author of Flower Remedies for Horses, Pets and People, Angela is a qualified Medical Herbalist, an Equine Herbal Specialist and Fellow of the Australian Traditional Medicine Society. Enquiries: thehorseherbalist.com

way line for aeons when a horse had shown 'within normal range'



If your horse has a problem then you need to contact your vet, then a qualified herbal practitioner.

defend itself on many levels. The immune system is overloaded and starts to fail leaving the body weakened. The cycle continues.

Treatments must be focussed and continual until a positive outcome is achieved

A holistic practitioner's rule of thumb is that if infection has been present in the body for one week without being addressed then it will take a minimum of two weeks treatment to rid the horse's body of that infection.

If the infection has been present for a month then it may well need three months of treatment to expel the infection and so on.

Most of the herbs with strong anti-viral properties aren't so easily available to the public, however Elderberry is antiviral and immune enhancing, *Thuja occidentalis* (careful, it's often adulterated by other species of *Thuja*) is antiviral, antimicrobial and antifungal and can be purchased from a reputable dry herb supplier. Caution: Do not give *Thuja* to pregnant or mares feeding foals. Add some quality Echinacea and Astragalus to enhance immune function.

Make all or some of the above into a tea, add some Thyme if there are respiratory symptoms. Dose one cup of cooled tea over feed once or twice daily.

Remember if your horse has a serious problem then you need to see your vet and a fully qualified herbal practitioner. Be aware - all herbal medicines are not the same.



Elderberry



Thyme

Echinacea



The Horse Herbalist

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The same can be seen in humans who may be carrying a viral load. Their health ebbs and flows.

Unlike allopathic antivirals viruses cannot build resistance to herbs.



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