

# Lycopodium as a treatment for Urate Deposition (gout) in birds: case report

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**Background:** A 3-year-old male cockatiel (*Nymphicus hollandicus*) was diagnosed with joint arthritis due to hyperuricemia syndrome. The bird presented deposition of urate crystals on the synovial membrane with inflammation of joints and tendons (tufts), causing listlessness, anorexia and lameness, with difficulty in keeping perched or moving. Laboratory tests displayed an increase in uric acid and creatinine phosphokinase levels, and leukocytosis despite lymphopenia. Unsuccessfully, the animal had been treated with allopathic medicine for 2 months, without a favorable response and still developing stressful reaction to handling. **Methodology:** High dilution therapy was attempted with 2 globules of *Lycopodium clavatum* 30 cH /bid and *Arnica montana* 30 cH /bid /oral. The most expressive tufts were removed with daily cleaning of the affected area; a new diet was established and perches were removed, allowing the bird to remain on a flat surface until regression of symptoms. The medication was continued for 30 days. On the second appointment, although the caregiver reported episodes of probable pain, there was an improvement in behavior with normal appetite. *Lyc* 30cH /sid was continued and *Arn* 30cH /bid to qid, depending on pain episodes, for over 30 days. The tutor authorized the case report through a consent form. **Results and discussion:** Follow-up laboratory tests were performed every three months for one year, reaching normal levels for uric acid (3.5-11 mg/dL) and CK (30-245mg/dL) on the third measurement. The bird presented no formation of new tufts along the second month of treatment. After 12 months, the animal ingests homeopathic globules spontaneously and presents stable clinical presentation (*Lyc* 30cH / sid / 3 times a week) with no recurrence and without side effects nor stressful behavior. **Conclusion:** In view of these results, it is considered that homeopathic treatment is an option to be considered in the treatment of joint arthritis from hyperuricemia syndrome in birds.

Key-words: homeopathy; joint; urate crystals; *Nymphicus hollandicus*;