

COLD & FLU REMEDIES

Homeopathy does not accept that colds are incurable, but considers the symptom-picture to be an indication for a remedy by means of which the illness may be shortened, eliminated or considerably improved.

Take one pill in 30c potency 2-6 hourly according to the severity of the symptoms. If there is no change after 3 doses consider another remedy or consult the homeopath.

Many remedies may be called for by the common cold because of its variability. Here are a few well known remedies:

FERRUM PHOS

Ferrum Phos is a remedy for the EARLY STAGES of a cold. There may be fever and no other symptoms, or it may start with a nose bleed. There may be fever with throbbing head, flushed cheeks and pallor round the mouth. Worse night, 4 – 6 p.m. and better for cold applications.

ACONITE

Again for the first stages of a cold which comes on SUDDENLY, after exposure to cold dry wind. There is UNREASONABLE fear, RESTLESSNESS, fever with cold sweat, frequent sneezing with dropping of clear hot water from nostrils, worse in a stuffy atmosphere. There may be thirst or absence of thirst. The patient may be tossing around in bed, feeling unwell but not knowing what the problem is. ACONITE will clear up these symptoms within a few hours leaving no after effects. If it does not, or the picture changes, then it is time to change the remedy.

ARSENICUM ALBUM

This remedy is needed for colds with much sneezing, burning fluent nasal discharge, sore nostrils and burning throat. The patient is very anxious, about unimportant details (like having the bedclothes straight or the pictures straight on the walls). He is very thirsty for sips of cold or tepid water and very RESTLESS. Feels very weak out of proportion to the illness and moving about does not make him feel any better. He may feel his head is burning, although the rest of him feels chilly and he desires fresh air to the head whilst the rest of him will want to be well wrapped up, i.e. a warm room with windows open.

QUILLAYA SAPONARIA

In the VERY EARLY STAGES of a cold where there is a sore throat with a hot scraping feeling and sneezing followed by a cough and nasal discharge. This remedy is only for the beginning stages, not after it has developed.

BELLADONNA

The patient looks very HOT WITH RED FLUSHED FACE, throbbing headache. The onset is sudden and violent. There is not much discharge but the nose is swollen, sore, hot and red. The throat is sore with painful dry larynx and the patient very THIRSTY FOR LEMONS.

ALLIUM CEPA

The red onion. Sore acrid nasal discharge with bland eye secretions. Worse in warm rooms and towards evening, and better in the open air. Colds come on in damp weather. (NOT TO BE USED BY ASTHMA SUFFERERS).

EUPHRASIA

Euphrasia has the opposite symptoms i.e. profuse corrosive watering eyes and bland discharge from the nose but again worse in the evening and better in the open air.

ARNICA

The patient feels bruised and beaten all over yet cannot rest in bed. The bed feels TOO HARD and although VERY RESTLESS there is no relief from movement. Sore nose.

BRYONIA

Has a cold with shooting and aching in the forehead. Onset or worse at 9.00 pm and feel WORSE FOR MOVEMENT. THIRST FOR COLD DRINKS. Hard dry cough. All the mucous membranes are affected. The patient feels better for sitting or lying still. Desires to be left alone in darkened room. Within 10 minutes of taking Aspirin, the Bryonia patient will sweat profusely (not seen in other remedies). Bryonia patients tend to have colds that travel down to the chest. The symptoms are slow to develop with much sneezing, eyes red and watery, nasal discharge watery. Lips cracked, lips mouth, and throat dry.

NUX VOMICA

Bad tempered. Stuffy colds. Snuffles in children after exposure to dry cold atmosphere. Cold, runny in daytime but will be stuffed up at night and outdoors. Worse in warm room.

CHAMOMILLA

VERY IRRITABLE – one cheek red – one cheek pale. Cold causes inability to sleep.

PULSATILLA

Runny nose, shivery, chilly nose stuffed up at night and indoors, but runs in open air. Weepy, needs lots of sympathy. THIRSTLESS. Discharges are bland, thick creamy/yellow/green catarrh.

MERCURIUS SOL

Sneezing. Nostrils and ulcerated. Nasal bones swollen. Yellow/green foetid puslike discharge. Sore, raw smarting sensation profuse fluent. Worse in damp weather. Creeping chilliness, alternating chill and heat. Nasal discharge acrid and corrosive. TONGUE COATED, offensive breath. Metallic mercurial TASTE.

GELSEMIUM

For colds and influenza which comes on slowly, often in warm moist weather and for a few days or a week before the cold break, the patient wakes with a rough throat, heavy headache and generally feeling ill. All the muscles feel weak and the patient feels so prostrated that they just want to sit and sit and do nothing. They are THIRSTLESS and the face is flushed but dusky (unlike Belladonna). The patient has a raised temperature, sneezing with a feeling of fullness at the root of the nose, and heavy eyes. There is a watery excoriating discharge with dull headache, fever trembling and shaking. There is a feeling of sore aching bones.