

Winter Flu Remedies

Introduction

Head colds are not the same as flu. Head colds although nasty are not as serious. There may be a sore throat and sinusitis involvement with a head cold. Flu usually has a high fever with a bronchial cough and the individual is sick enough to be confined to bed.

Frequent recurrent acute upper respiratory problems and allergies are on the borderline of becoming chronic in nature and professional treatment should be sought both in the acute phase and afterwards, in order to raise the individual's general level of health.

It is important to realise that the following information is a only brief précis of the main characteristics of a selection of remedies which have a wider application of cure including, but not limited to, flu symptoms.

To choose a remedy that 'fits' the case, see if you can match as closely as possible the person's sick symptoms with the characteristic symptoms of the remedies listed.

Make sure the patient hasn't taken any food or drink except water for a half hour before giving a single dose of your selected remedy in 30c (the highest potency available in health food shops and chemists). Wait a couple of hours and observe what is happening. If the symptoms improve, wait some more and only repeat the dose when they relapse. If the symptoms become worse but the patient feels better in themselves, wait and don't repeat dose until they relapse. If no change, repeat the dose and wait to see if a second dose makes any difference. If you find that the remedy you have selected does not improve symptoms after three doses, check with your homoeopath. You may not have the remedy that the patient needs. If you feel out of your depth, defer to common sense be sensible and seek help from your homoeopath.

Don't use essential oils, vapour rubs with camphor and eucalyptus at the same time as using homoeopathic remedies. Lavender oil is the exception to the rule. They are likely to make the delicate dynamic remedy null and void. Avoid coffee as it may negate the remedy or may cause a relapse.

Aconite

Sudden illness coming on after exposure to cold dry winds that causes a rapid onset of violent inflammatory illness (e.g. tonsillitis, middle ear inflammation, croup.) may call for aconite. After sustaining a sudden severe fright or mental shock where the perception is that his life was endangered, (e.g. being in a car accident, a natural disaster like a landslide or earthquake, a victim of violent crime, fright in pregnancy or labour). The person's life force is unable to sustain the sudden extreme chilling experience to mind and body and they can have a sense of death being imminent with extreme fear, panic, trembling, restlessness. The person may experience heat, flushing palpitations or arrhythmias, vertigo. In these cases a professional homoeopath will likely give a higher potency than what is available in the health food shop. The sick patient can be peevish, moan, whine, wail, complain, with great fear and anxiety. Time passes slowly and they are impatient. Night time complaints, from midnight to 4 A.M. Better for drinking cold water.

Allium Cepa

This remedy affects the mucous membranes of nose and eyes and larynx, causing increased secretions. It may be indicated in cases of head cold. The nasal discharge is burning and acrid, making the upper lip and nostrils red and sore (opposite to euphrasia and pulsatilla). Frequent and violent sneezing. May be sensitive to odour of flowers or peaches.

The secretions from the eyes are bland but profuse and the individual wants to rub the eyes. Throat is raw and pain may extend to ear. As if larynx is split or torn after coughing. Painful when talking. Hoarseness. Sensation as if a lump in the throat.

An incessant hacking, tickling cough. Generally better for cool open air except the cough and tickling in larynx is worse breathing cold air.

Usually hungry and thirsty. May desire raw onions.

Arnica

Arnica is famed for its curative effect of physical trauma from injuries, falls, blows, bruises, concussions. Traumatic experiences in the emotional/ mental sphere including fright, fear from a physical trauma or financial loss. The person is left feeling wounded and afraid of anything which is hard or penetrating. They will say, "Don't come near me, don't touch me." They can become aggressive in order to protect themselves. This is a useful symptom in painful conditions like gout. It can also be useful in influenza. In a case of flu, or whooping cough the child may cry or shriek before a bout of coughing or if someone wants to touch them. Shooting, stitching pains on both sides of chest, which is better for pressure (bryonia also). Bruised, sprained, sore pain in chest on breathing. Nose bleed or blood shot eyes from coughing, sneezing or blowing nose. Arnica heals weakened capillary walls which blood oozes through easily into the skin making a bruised appearance. This makes arnica a good remedy for typhoid fever and septic states where bruising is a feature. Temp. can rise to 104 F (40 C) although low fever states are also part of the picture. There is a sore, lame, bruised feeling in eyes, body. The bed feels too hard and he will be restless from trying to find a comfortable position (rhus-tox). There is another arnica mind symptom; a delusion that he is well even when very ill.

Better: rest, lying down, being left alone, undisturbed, open air.

Worse: morning, Evening, Night, cold walking, jarring, noise, during and after sleep. Hot head with cold body. Breath and eructations (burps), flatus are offensive like rotten eggs.

Arsenicum album

Physical complaints; burning pains, restlessness, chilliness but may have a hot face. Worse from cold. Frequent colds.

Thirst for frequent sips of water. Better for warm drinks even the burning pains.

Worse after midnight especially 1-2 A.M.

A great fastidiousness, need for order, cleanliness, tidiness.

Insecurity to do with his health, feeling vulnerable and defenseless in relation to disease and death. Fussy, fastidious as regards cleanliness and order. A germophobe.

Discontentment, restlessness coupled with weakness, censoriousness (critical) and irritability, e.g. they want the bedclothes straightened before they can feel restful.

Morning irritability and anxiousness.

Need of company, especially at night. A fear of being alone.

Restlessness especially at night and early hours of the morning from mental anxiety compels him to move, pacing to and fro, moving from bed to chair and back but the moving only exhausts him. Anxious about his health, can be a hypochondriac, great fear of death.

Belladonna

Belladonna is always associated with heat and redness. Head is hot, hands and feet are cold. Heat and scarlet redness of face, skin, tongue and throat. Dilated pupils, staring brilliant eyes and aversion to light (photophobia).

Throbbing carotid arteries. Pulse full, rapid, hard and strong.

Neuralgic pains and sweats come and go suddenly.

A great children's remedy, as they can get sudden high temperatures.

Great thirst with desire for cold water and especially lemonade (made with real lemons).

Or no thirst or aversion to water during fever despite having a dry mouth and throat.

Hyperesthesia of all senses. Sensitive to touch, light, jolt or jar. Restless sleep, convulsive movements, twitching muscles, convulsions (in teething children).

They feel and look very hot.

Many of the 'itis' conditions that come on suddenly with heat, redness, and other belladonna characteristics; e.g. otitis media (middle ear infection), appendicitis, acute mastoiditis, tonsillitis, pharyngitis, mastitis, ovaritis..... It is a great scarlet fever medicine.

An excited mental state with delirium from fever and pain. They can become wild and want to escape, become furious and want to spit, bite or hit people around them when sick.

Delusion in delirium of a black dog or scary faces, or vermin on the bed.

A case told to me by another homoeopath when a young child had these symptoms; suddenly woke in the night, wildly looking about, crying hysterically about the 'fishes' on her bed, VERY HOT, he could feel the heat coming off the child before he reached the bed. One dose of belladonna resulted in a peaceful night with a happy, well child next morning.

The headache is worse for light, noise, jarring of the bed and lying down. Nosebleeds. Sore, red throat, swollen tongue, tonsillitis, vomiting. Tickling, short, dry cough worse at night.

Barking cough. Hoarseness, high piping voice, larynx very painful. Swollen, tender glands of neck.

Worse: right side, afternoon 3pm, night, bright light, touch jar lying down, cold draughts of air, heat of the sun.

Better: warmth, rest in bed, bending backwards (colic), forenoon, lying down, sitting position.

Bryonia

The bryonia sickness comes on slowly but steadily until a serious level is reached, (whereas in the illness corresponding to belladonna the onset is sudden and dramatic). Bryonia illness comes on over a week during a warm period following a cold snap in the weather.

Very dry mucous membranes, skin, lips. May be constipated with hard dry stool.

Therefore it is not surprising that bryonia is very thirsty for quantities of cool or tepid water at intervals. May also like warm drinks.

Bronchitis or pleurisy with a hard, dry, racking cough. Pains are stitching and tearing. The stitching pains show up in pleurisy and synovitis (serous membranes involved) and are better for not moving and better for pressure (lying on the affected lung).

Headache; dull, pressive, splitting, bursting, heavy, crushing; worse from motion, coughing (holding his head with his hands ameliorates the pain), heat of room.

Throat; dry, scraped feeling worse for talking and swallowing, worse in a warm room.

Cough worse in warm and damp rooms.

A dull dark red 'besotted' stupid expression.

Worse from heat, at 9 P.M.

Better from cool applications. He prefers cool air in the room and is able to sleep in a cooler atmosphere.

Aggravation from slightest movement.

Dizziness, nausea or fainting on sitting up. They do not want to move; even movement of the eyes (in headache), breathing, talking, thinking and conversation aggravates.

However there is a great amelioration from pressure, e.g. lying on the painful side or holding the chest when coughing.

Wishes to be left alone. Irritable and peevish, hard to please, 'a bear with a sore head.'

Dry mental and emotional nature. Feels he wants to be left in quiet solitude to recover his health. Averse to being disturbed, being spoken to or having to respond to questioning. The adult in a bryonia state may be facing the wall and refuse to talk to you. The child needing bryonia wants something but he doesn't really know what it is. He wants the toy but when he gets it he doesn't want it (chamomilla too).

Physically they may have fever. Can be delirious; 'wants to go home,' even when he is at home in his own bed or worried about his business, wants to return to work. Not the wild, excited delirium of belladonna. Despair about being cured with fear of death, fear of poverty.

Baptisia

Great muscular soreness and putrid or offensive secretions and discharges present in the case. Offensive breath, stool (diarrhoea), urine, sweat etc. A typhoid remedy. An epidemic influenza remedy when symptoms correspond.

Mental confusion, delusion of being divided; his body is not together, he tosses about the bed trying to get the pieces together. The face has a characteristic besotted look (dark red). Can only swallow liquids, solid food makes him gag or vomit.

Thirsty for water. Breathing difficult, sense of suffocation, wants open window (bryonia). Feels sore and bruised, the bed feels too hard (arnica). Fever or chill with soreness all over body. Worse humid heat, indoors.

Eupatorium perfoliatum

Relieves deep pains in all the muscles of the body that accompanies flu fevers.

The muscles feel bruised and ache through to the bone. Joints feel as if broken and there is a great lassitude and malaise.

It acts on gastro-hepatic organs and bronchial mucous membranes. Bronchitis; violent rough hoarse painful cough better for kneeling in a knee-elbow position. Nausea and vomiting after eating and drinking. Headache as if pressure of a heavy cap on skull, throbbing headache with soreness of eyeballs. Hoarseness and cough with soreness in chest, better for holding chest (bry), worse at night. Better for perspiration (except the headache). Thirsty (bry).

Eup-per is distinguished from Rhus-tox in that the rhus-tox muscle aching and stiffness is much worse from cold and it is more restless, having to move often. Eup-per prefers to lie in one place but may have to move from such severe pains. His muscles are very painful as if he had exerted himself to the utmost. Eup-per feels sad, even despairing and is better for diversion of conversation.

Euphrasia

The common name 'eye bright' gives the indication for the use of this remedy. It affects the mucous membranes of the eyes nose and chest. In a sense it is the opposite of *allium cepa*, in that the nasal discharge is bland and the eye secretions are acrid.

Worse in sunlight, wind, warmth, in a room and evening.

Better in open air, blinking or wiping eyes.

A bursting catarrhal headache. Profuse watery eyes, hot tears or acrid tears. Pains in eyes, sticky eye discharge, can be yellow and thick. Conjunctivitis.

Fluent bland nasal discharge with cough and easy expectoration is worse during the day.

Ferrum phosphoricum

A remedy useful in fevers when the pulse is full and frequent, and the face flushed. A paucity of specific symptoms.

The child feels well with a fever. It can be difficult to know if this is a common cold or something more serious. There is a susceptibility to chest troubles. Bronchitis of young children. First stage of any febrile disturbance (fever state), with inflammation before exudation sets in, especially for catarrhal affections of the respiratory tract, first stage middle ear infection, inflammation of eustachian tubes, tonsillitis when symptoms of any other remedy are not in the case. Involuntary spurts of urine with cough. Hard, dry cough, sore chest, hoarseness. Tickling, painful short cough. Nosebleeds. Pale, anemic with easy flushing. Headache better for cold applications. Short, quick, soft pulse. Worse at night, early hours of morning, touch, jarring, motion, right side. Better cold applications, lying down quietly.

Gelsemium

Great dizziness, drowsiness, dullness and trembling.

Trembling and weakness of all limbs. Muscular weakness. Generally feels tired, slow, apathetic. Better for lying down with head raised on pillow. Headache starting in nape of neck or occiput extending over head to forehead. Dull heavy aching of head. Pain in temple extending to ear. Headache better by profuse urination, bending forward, open air. Eyelids look heavy (ptosis). Double vision. Sneezing, fullness at root of nose. Watery excoriating coryza with dull headache and fever.

A hot, heavy flushed, besotted looking face (*baptisia*). Dusky hue of face. Tongue trembles when stuck out. Difficult swallowing. Pain in throat extends to ear. Oppression about the chest. A dry cough with sore chest and fluent coryza. Spasm of the glottis. Aphonia (loss of voice) in acute bronchitis. Thirstlessness is a useful symptom to help distinguish the tired, weak gelsemium patient from the tired, weak arsenicum patient who is very thirsty for frequent sips. Diarrhoea from emotional excitement, fright, bad news.

Chilliness up and down the back.

Kali sulphuricum

Yellowness of mucous and serous discharges, which are profuse, thin or sticky. Yellow matter discharged from ears, eyes. Yellow, slimy expectoration. Mouth breathing from obstructed nose. Tongue coated yellow and slimy. Yellow slimy diarrhoea.

Rattling of mucous in chest.

Bronchial asthma (yellow expectoration).

Cough is worse and face aches in hot atmosphere. Shifting wandering pains in extremities, nape, back and limbs.

Worse: in evening, heated room.

Better: cool open air.

Profuse easy sweat. Wants to lie down but lying aggravates symptoms so walks for relief. Craves sweets.

Irritable mood, hurried.

Mercurius - (merc-sol or merc- viv)

Glands. Worse at night. General tendency to perspiration profuse, oily, sour smelling, but perspiration does not relieve symptoms. A creeping chilliness.

Symptoms worse for a hot bed, near fire but also gets too cold when out of bed.

Ear pains worse from warmth of bed. A human thermometer (sensitive to heat and cold).

Sour offensive breath and excretions, sour perspiration.

Tendency to form pus (putrid, greenish).

Headache as if a band about head.

Much sneezing (in sunshine). Raw nostrils. Yellow-green, thick, fetid, profuse, acrid nasal discharge. *Saliva increased*. Thirsty for cold drinks with moist mouth. Sore throats, raw, smarting, burning. Stitches from throat into ear on swallowing. Hungry. Cough with yellow purulent expectoration. Paroxysmal cough; worse at night, warmth of bed.

Stitches from lower right lung to back. Weakness of limbs, bone pains in limbs, joints; worse night. Very sensitive to cold. Trembling of hands.

Cold, clammy sweat on legs at night.

Nux vomica

Oversensitive and very irritable. Intense, 'tightly wound types' types. Cannot bear noises, odours, light, music, touch, conversation.

Can become ill after exposure to cold, dry winds.

Headache better for leaning head on something. Nose stuffed up (worse night, after exposure to dry, cold atmosphere, warm room).

Acrid discharge but with stuffed up feeling. Raw, scraping sensation in throat. Cough as if something were torn loose in chest. Oppressed breathing, shallow respiration. Cough tight, dry, hacking. Cough brings on bursting headache and bruised pain in epigastric region.

Fever: body hot, face hot but cannot move or uncover without feeling chilly. Nausea, and vomiting with much retching. Stomach sensitive to pressure.

Better for a nap if allowed to wake naturally, pressure on sore head, after vomiting.

Worse being disturbed, on waking, stimulants (desires coffee, drugs, alcohol,) desires and tolerates fats well.

Phosphorus

Suddenness of symptoms. Very sensitive to external impressions; light, sound, odours, touch, electrical changes, thunderstorms.

Easy bleeding of nose, gums, small wounds. *Thirsty for very cold water* (which may be vomited as soon as it gets warm in the stomach). Hungry during fever. Weak, empty 'all gone' sensation in abdomen. Feels better for eating.

Hoarseness with painful larynx.

Tickling in larynx while speaking (Clergyman's throat). Cough from tickling in throat; worse cold air, reading, laughing, talking, going from warm room into cold air. Hard, dry, tight, racking cough. Congestion of lungs, burning pains, heat and oppression (sensation of great weight on chest). Heat between shoulder blades.

Worse lying on left side.

Better for sleep even a short nap, in the dark, open air, cold food, washing in cold water (headache).

Pulsatilla

Discharges are thick, bland, yellowish-green from eyes, ears, nose. Dry cracked lips. Ear ache in children. Mumps.

Dry cough in evening and at night. Must sit up to get relief. Loose cough in morning.

Pressure and soreness on chest.

Stomach worse from fat food, rich foods, ices, pastry, fruits. As if a stone in stomach. Vomits a long time after eating.

Peevish (moods changeable). Weepy, timid, wants sympathy and company. Children clingy, whining, they like fuss and caresses.

Chilly even in a warm room.

Worse: from heat, lying on left side.

Better: open air, motion, cold applications, cold food and drinks, though not thirsty.

Rhus toxicodendron

Influenza with aching in all bones (eup-per).

Better: for motion, changing position, stretching out limbs, warmth and warm applications like a hot bath, warm dry weather.

Worse: cold wet weather, after rain, after exposure to wet, cold air, draft, becoming chilled after being hot and sweaty, e.g. after being caught in rain storm when digging the garden or being chilled by air conditioning at the gym after workout or sleeping on damp ground when camping. Worse at night, during rest, lying on back or right side.

Unquenchable thirst. Desire for cold drinks, especially cold milk, though cold drinks aggravate the cough.

Dry, teasing cough from midnight till morning, worse during a chill or when putting hands out of bed. Hoarseness from overstraining voice.

Oppression of chest with sticking pains. Bronchial coughs worse on waking.

Tongue coated except for a red triangular tip.

Sulphur

Mucous discharges are acrid, blood streaked, offensive and cause burning or itching.

Worse: from heat of bed.

Red orifices (anus and lips).

Sinking of stomach about 11 am, acid tummy.

Morning diarrhoea drives him out of bed.

Cat naps, cannot sleep between 2 and 5 A.M.

Nose stuffed indoors. Chronic dry catarrh, dry scabs in nose, bleed easily.

Oppressive burning sensation in chest. As of a load on the chest. Difficult respiration, wants window open, better sitting up.

Loose cough, rattling mucous. Heat and flashes of heat throughout whole body. Dry skin and great thirst. Night sweats. Skin itches and burns after scratching.

Generally worse for warmth of bed, washing, bathing.

Better dry warm weather.