

Handle Hay fever with homeopathy - Practical approach

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Treatment methodology in acute stage of hay fever:

The treatment of Hay Fever should be divided into two categories:- (i) Acute stage & (ii) Latest Chronic stage.

Treatment during the acute exacerbation of the Hay Fever (manifested as sneezing, itching, nose, eyes, pallet, etc., profuse coryza, etc.; which are predominant manifestation of Syco-Psora: which is the Surface Miasm, generally pronounced during March to August every year when the pollen count is high).

Acute stage of hayfever: contaminated drug dependent cases: cases without clarity of symptoms:

During acute stage, we Homoeopath can handle the Hay fever with courage and prescribe the following medicines. As the patient wants immediate relief, so in my long experience, I have used extensively the medicines, which has pronounced action on the main symptoms of hay fever and have the capability of giving the patient instant relief (according to §173--§178, Ref. Organon of Medicine: Treatment of One Sided Diseases with scarcity of symptoms) and gradually the conventional medication is withdrawn [Subrata asks the patient to sip the homoeopathic medicine prescribed on the basis of few available symptoms in those drug-dependant acute hay fever cases, considering the symptomatic similarity of few symptoms in accordance with §173--§178. So when the patient have acute problem and in need of conventional medicine, patient takes the homoeopathic medicine and tries to defer the conventional medicine as much as s/he can.

In this way, a drug dependent patient who used to take conventional medication 8 hourly; can, with the help of homoeopathic medicine now defer the medication to 12 hourly, then 24 hourly and so on. In this way the conventional medication is gradually weaned off]. In such way patient can avoid the use of conventional chemicals (as patients get frustrated of prolonged / regular use of conventional chemicals in this era of organic food; and also suffer from the side-effects etc. I get a disclaimer signed by the patient who wishes to wean off the conventional medicines gradually. I give the entire power and decision in the hand of the patient, so that they can very gradually wean off without much suffering. I like to share the courage with my fellow homoeopaths, so that they can confidently prescribe the indicated acute medicine and handle the attack. Homoeopathy is not complementary medicine but it is an Alternative medicine to the conventional chemicals and we can do this by adopting proper methodology and thereby give fast relief to our patients during their acute suffering, as well.

In drug dependent hay fever cases, when the patient is on anti histamine and other medications; in such cases it is very difficult to get a clear picture of the case. The artificial chronic disease is superimposed on the original natural disease (Aphorism 91, Organon), therefore symptoms are contaminated or suppressed and the patient cannot give a clear picture e.g., sensations, modalities, etc. I select Lesser Known Organopathic Medicines (e.g. Ambrosia, Arundo, Rosa, Linum, etc.) to open histamine - dependant hay fever cases, *where there is absence of good totality for polychrest prescribing*. In such cases lesser known organopathic medicines have capability to alleviate symptoms to a certain extent, thereby giving the chance to wean off the conventional medication, and experience shows that after 40-50% weaning off; the uncontaminated symptoms of the natural disease surfaces and gives us the proper modalities, sensations etc which will enable for constitutional prescribing.

ACUTE HAY FEVER: 6 LESSER KNOWN ORGANOPATHIC MEDICINES

POINTS	AMBROSIA	ARUNDO	LINUM USITATISSIM UM	PHLEUM PRATENS E	ROSA DAMASCEN A	SKOOKUM CHUCK
1) AETIOLOGY	A remedy for hay-fever (specially from Rag weed / Hog weed).	Prepared from Reedy grass: Hayfever irritation begin from outdoor activities.	Prepared from Flax (source of linseed): Hayfever irritation begin from outdoor activities.	Prepared from timothy grass: Hayfever irritation begin from outdoor	Rose-Cold: prepared from Damascus Rose: Pollen from flowers.	N.B.W.S. Vaccination: especially in children.

				activities : Walking in the woods or the fields.		
2) MANIFESTATION	(a) Lachrymation and intolerable itching (++) of the eye-lids. (b) Watery coryza; sneezing; respiratory tract in its entire length stopped up. (stuffed-up+++).	(a) Hay fever begins with itching and burning (++) of palate and conjunctiva (internal and external itching+++) . (b) Terrible itching (+++) in the nostrils and roof of the mouth. (c) A remedy for catarrhal states: sneezing (+++) .	(a) Intense irritation ++. (b) Severe allergic disturbances: like allergic bronchospasm (+++): as if the patient would suffocate; hives). (c) Urticaria (skin complaint) and asthma (respiratory complaint) are often associated (Ref. Dr. Clarke).	(a) Hayfever with asthma. (b) Watery coryza with itching of the nose and eye. (c) Frequent sneezing.	(a) Beginning of hay-fever. (b) Hardness of hearing; tinnitus. (c) Eustachian catarrh.	(a) Hay fever; dry skin and psoric preponderance are the triad for selection of this remedy. (b) Has strong affinity for skin and mucus membranes. (c) Profuse coryza and constant sneezing++ +.
3) PRESCRIBING TIPS	Watery coryza; sneezing; respiratory tract in its entire length stopped up. (stuffed-up+++).	Internal and external itching+++. Terrible itching (++) in the nostrils and roof of the mouth. Sneezing (+++).	Severe allergic disturbances: like allergic bronchospasm (+++). Urticaria (skin complaint) and asthma (respiratory complaint) are often associated.	Prepared from timothy grass: Hayfever irritation begin from outdoor activities: Walking in the woods or the fields. Hayfever with asthma.	Hardness of hearing; tinnitus. Eustachian catarrh.	Hay fever; dry skin and psoric preponderance are the triad for selection of this remedy. Profuse coryza and constant sneezing+++.

POINTS	AMBROSIA	ARUNDO	LINUM USITATISSIMUM	PHLEUM PRATENSE	ROSA DAMASCENA	SKOOKUM CHUCK
4) POTENCY OF CHOICE	Q. (8 to 10 drops à in ½ cup of luke warm water à 6 to 8 hourly à during acute attack of hayfever à for	Q., 6C.	6C, 30C.	6C, 30C.	6C, 30C.	6x trituration (¼ tea spoon in half cup of luke warm water à 6 to 8 hourly à SOS à

	<p>emergency à S.O.S. à Stop soon</p> <p>improvement ensues: in this way we can gradually wean off according to the patient's wish the chemical anti-historical. I generally ask my patient to sip slowly the tincture during the acute attack and wait / delay as much as s/he can with the conventional medication. If s/he was taking the conventional medication 8 hourly à even with homoeopathic support à delaying the conventional by 2 hours e.g. 10 hourly will be 10 – 15% weaning off).</p>					<p>during acute attack of Hayfever with coryza and sneezing; 30C.</p>
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ACUTE HAY FEVER: 6 MEDIUM RANGE ORGANOPATHIC MEDICINES

POINTS	ALLIUM CEPA	ARS. IOD.	DULCAMARA	LAC CAN	SABADILLA	WYETHIA
1) AETIOLOGY	<p>(a) Colds in damp cold weather (Dulc).</p> <p>(b) From getting wet (Rhus Tox).</p>	<p>(a) Past History of tubercular affections.</p> <p>(b) Study (brings headache).</p> <p>(c) Warmth.</p>	<p>(a) Sudden change of weather: dry to moist; from hot to cold.</p> <p>(b) Days hot & nights cold (late onset hayfever during August: beginning of autumn).</p> <p>(c) Checked</p>			<p>Prepared from poison weed: Hayfever irritation begin from outdoor activities.</p>

			perspirations.			
2) ONSET	(a) Late onset. (b) Full blown Hay fever (esp. in August). (c) Spring coryza (with less itching early onset).	Early onset.	Late onset.	Early or regular onset.	Early or regular onset.	Early or regular onset.

POINTS	ALLIUM CEPA	ARS. IOD.	DULCAMAR A	LAC CAN	SABADILL A	WYETHIA
3) MANIFESTATIONS	(a) Acrid coryza. (b) Bland lachrymation. (c) Cough: (i) Hacking, (ii) Tickling, (iii) Hoarse. (d) Singer's cold.	(a) Persistence acrid coryza (characteristic). (b) Irritation and tingling of nose with constant desire to sneeze. (c) Chronic nasal catarrh profuse, thick yellow. Can be thin & watery as well. (d) Associated symptoms: Cervical glands are swollen. (e) Associated symptoms: Voracious appetite & emaciation. (f) Associated symptoms: Physical and mental restlessness.	(a) Nose stuffing relieved by closing the nose with handkerchief. (b) Stage 1: dry coryza à stage 2: stoppage of nose à stage 3: profuse watery coryza à stage 4: thick yellow mucus. (c) Stuff up when there is cold rain. (d) Nasal discharge: Profuse watery. (e) Associated symptoms: Cold air aggravates (therefore keeps the nostrils covered with handkerchief which relieves nose-block. (f) Associated symptoms: Coughing, sneezing,	(a) One nostril stuffed up, the other free, alternates. (b) Nostrils are ulcerated. (c) Bones of nose: sore. (d) Nasal discharges : Acrid and Excoriating . (e) Nasal discharges: Profuse, staining pillow: greenish yellow. (f) Frequent change of affections in the nostril (side changes). (g) Bloody pus discharge.	(a) Sorethroat > warm food. (b) Coryza, sneezing < new ofr full moon. (c) Sneezing (+++). (d) Skin: loosely hanging in throat. (e) Fears: has some horrible throat disease: will prove fatal. (f) Tendencie s: Chilly. (g) Thirstless. (h) Desire warm food.	(a) Hayfever with itching of posterior nares. (b) Throat feels swollen à constant clearing and hemming à No relief à constant desire to swallow saliva. (c) Associated symptom: follicular pharyngitis.

			watering from nose & eyes.			
4) MODALITIES	(a) Aggravations : < Afternoon, evening. < Damp, cold wind / weather. (b) Amelioration: > Open air (Ref. Clarke).	Aggravations: (a) Agg. from cold bath. (b) Patient likes cold but that aggravates. (c) Agg. by sneezing.	(a) Aggravation: Aggravation in cold, open air. (b) Aggravation: Aggravation during rainy, cold damp days. (c) Aggravation: Rest. (d) Amelioration: Better in closed room. (e) Ameliorations : Amel. from exertion; from moving about. (f) Amelioration: External warmth.	(a) Aggravations: < Night; < Cold air. (b) Amelioration : > by warmth.	a) Sorethroat > warm food. (b) Coryza, sneezing < new or full moon.:	(a) Aggravations: < Afternoon. (b) Amelioration : < by exercise; < from perspiration .

POINTS	ALLIUM CEPA	ARS. IOD.	DULCAMARA	LAC CAN	SABADILLA	WYETHIA
5) PRESCRIBING TIPS	Late onset. Full blown Hay fever (esp. in August). Singer's cold.	Persistence acrid coryza (characteristic). Irritation and tingling of nose with constant desire to sneeze. Physical and mental restlessness.	Sudden change of weather: dry to moist; from hot to cold. Late onset hayfever during August: beginning of autumn. Nose stuffing relieved by closing the nose with handkerchief. Nasal discharge: Profuse watery. Better in closed room.	One nostril stuffed up, the other free, alternates. Nostrils are ulcerated. Nasal discharges: Acrid and Excoriating.	Sorethroat > warm food. Sneezing (+++). Fears: has some horrible throat disease: will prove fatal. Tendencies: Chilly. Thirstless.	Hayfever with itching of posterior nares. Throat feels swollen à Constant clearing and hemming à No relief à Constant desire to swallow saliva.
6) POTENCY OF CHOICE	30C.	6x (Tablet), 30C.	30C.	6C, 30C.	30C.	30C.

TREATMENT METHODOLOGY IN CHRONIC/LATENT STAGE OF HAY FEVER:

Treatment during chronic, latent stage of Hay Fever (generally manifest as tri-miasmatic miasm of the person with tubercular preponderance because of the allergic, recurrent and periodic manifestation; latent period is generally from September till February every year).

MTEK is an useful memory aid to arriving at a correct prescription.

	=	Miasmatic Totality
M		
T	=	Totality of Symptoms
E	=	Essence (should include gestures, postures, behaviours etc)
K	=	Keynotes (which should encompass PQRS symptoms, refer §153 and §209 of Hahnemann's Organon)

When the above criteria are considered and the steps below followed, a correct prescription can be made.

- Step-I:** Make the miasmatic diagnosis of the case i.e. ascertain the surface miasm.
- Step-II:** Assess the Totality of Symptoms + Essence + Keynotes and PQRS (if any) of the case and formulate the indicated remedy.
- Step-III:** Ensure that the indicated remedy covers the surface miasm, as diagnosed in Step I.
- Step-IV:** Administer the remedy, which encompasses the miasm as well as the Totality of Symptoms.

Treatment during chronic, latent stage of Hay Fever (latent period is generally from September till February every year) should be done by chronic constitutional antimiasmatic medicines: (I) Mix Miasmatic medicines with **Tubercular preponderance** or (II) Syco-tubercular medicines; as given below. generally manifest as tri-miasmatic miasm of the person with tubercular preponderance because of the allergic, recurrent and periodic manifestation;

(I) MIXED MIASMATIC MEDICINES WITH TUBERCULAR PREPONDERANCE:

- 1) BACILLINUM (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular+++).
- 2) CALC. CARB. (Miasmatic Weightage:- Psora+++, Sycotic+++, Syphilitic++, Tubercular+++).
- 3) CALCAREA IODATA (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular+++).
- 4) CALC. PHOS (Miasmatic Weightage:- Psora++, Sycotic+, Syphilitic++, Tubercular+++).
- 5) IODUM (Miasmatic Weightage:- Psora++, Sycotic+, Syphilitic++, Tubercular+++).
- 6) KALI CARB (Miasmatic Weightage:- Psora++, Sycotic++, Syphilitic+, Tubercular+++).
- 1) 7)LYCOPodium (Miasmatic Weightage:- Psora+++, Sycotic+++, Syphilitic++, Tubercular+++).
(Tri-Miasmatic with Psoric Preponderance)
- 7) NITRIC ACID (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic+++, Tubercular+++).
- 8) PHOSPHORIC ACID (Miasmatic Weightage:- Psora++, Sycotic++, Syphilitic+, Tubercular+++).
- 9) PHOSPHORUS (Miasmatic Weightage:- Psora+++, Sycotic++, Syphilitic+++, Tubercular+++).
- 10) PSORINUM (Miasmatic Weightage:- Psora+++, Sycotic++, Syphilitic++, Tubercular+++).

(Mixed Miasmatic with Psora Tubercular Preponderance) :
- 11) SILICEA (Miasmatic Weightage:- Psora++, Sycotic++, Syphilitic+++, Tubercular+++).
- 2) 13)SULPHUR (Miasmatic Weightage:- Psora+++, Sycotic++, Syphilitic+++, Tubercular+++).
(Mixed Miasmatic with Psora Tubercular Preponderance):
- 3) 14) TUBERCULINUM (Miasmatic Weightage:- Psora+++, Sycotic+++, Syphilitic++, Tubercular+++).

(II) CHRONIC CONSTITUTIONAL SYCO-TUBERCULAR MEDICINES:

- BRYONIA (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic+, Tubercular++).
- CAUSTICUM (Miasmatic Weightage:- Psora+++, Sycotic+++, Syphilitic++, Tubercular+++). (Tri Miasmatic with Sycotic Preponderance)
- CONIUM (Miasmatic Weightage:- Psora++, Sycotic++, Syphilitic+, Tubercular+).
- KALI SULPHURICUM (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic+, Tubercular++).
- LACHESIS (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular+++). (Syco-Tubercular Preponderance)
- MEDORRHINUM (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular++).
- NATRUM SULPHURICUM (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic+, Tubercular+).
- PULSATILLA (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic+, Tubercular++). (Mixed Miasmatic with Sycotic Preponderance)
- STAPHYSAGRIA (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular++).
- SULPH IOD. (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular+).
- THUJA (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular++).
- THYROIDINUM (Miasmatic Weightage:- Psora++, Sycotic+++, Syphilitic++, Tubercular+++).

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