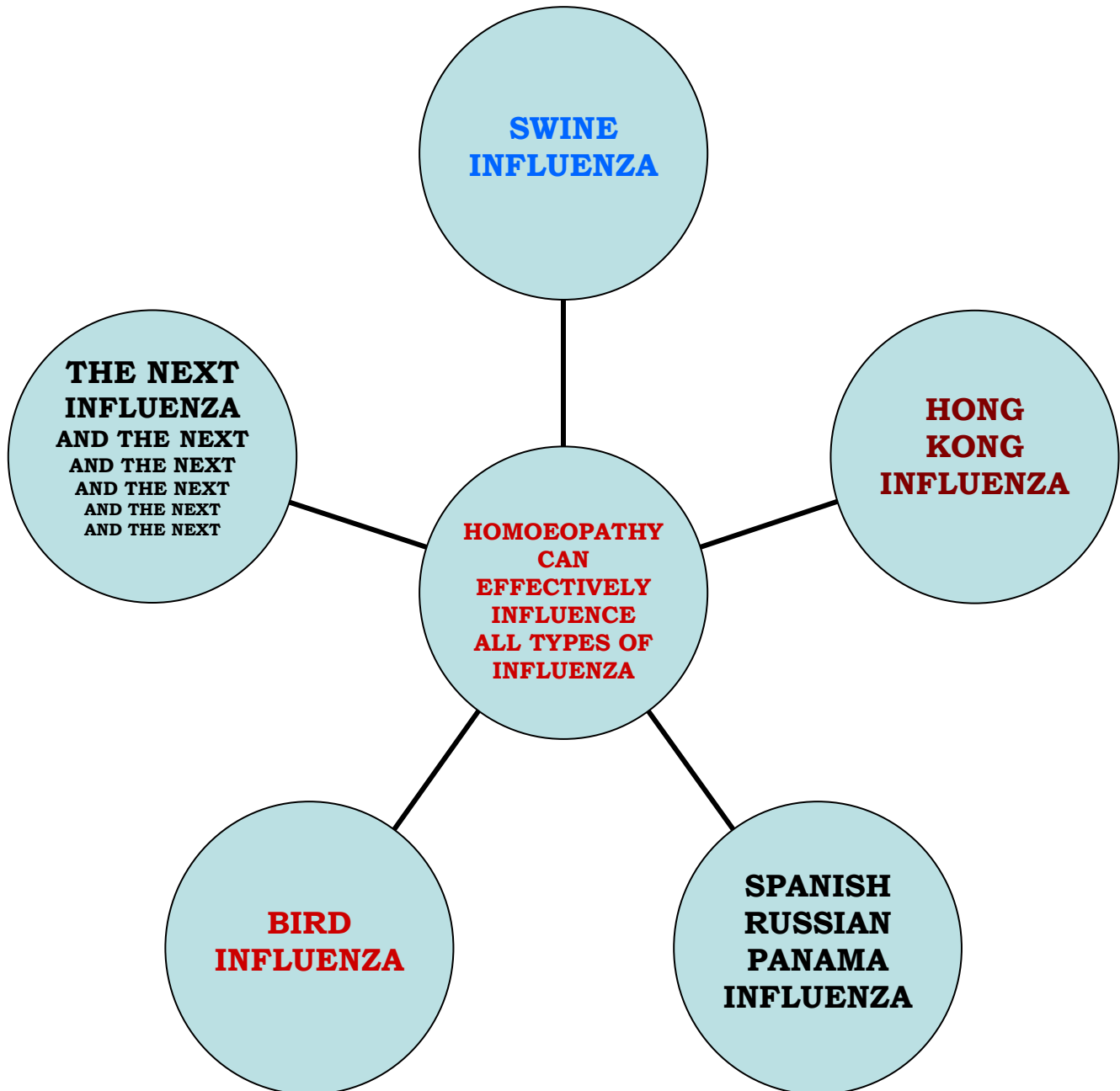


# Influenza & Acute Viral Conditions



The gentle touch of Homoeopathy  
**Beau Carrel**

# **THE HOMOEOPATHIC INFLUENCE ON ALL INFLUENZAS**



Beau Carrel

# ACKNOWLEDGEMENTS

My father for the gift of Homoeopathy

My Doctor for his kindness through trying times

Special thanks to the Atherius Society, for their friendship, training, guidance and wonderful healing sessions.

To John for his friendship, training and healing

To my Caul bearer brother Ray, for his inspiration and enthusiasm

Finally to my Family and friends for allowing me to practice on you over the years (successfully)

**"In the world's broad field of battle,  
In the bivouac of life,  
Be not like dumb driven cattle!  
Be a hero in the strife**

**Trust no future, howe'er pleasant!  
Let the dead past bury its dead!  
Act - act in the living present;  
Heart within and God over head!"**

**Longfellow**

## Notice;

The information contained in this booklet is designed to help you make informed decisions about how you treat your health. It is not intended as a substitute for any treatment that may have been or be prescribed by your doctor.

Mention of specific companies, organizations, or authorities in this book does not imply endorsement by the author, nor does mention of specific companies, organizations, or authorities imply that they endorse this book.

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FIRST EDITION

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# INTRODUCTION

Forty five years ago a qualified skilled Homoeopath presented me with my first homoeopathic first aid kit a silver case containing ten miniature phials of various and effective emergency remedies. Being only 12 years of age I was so proud after I had treated my first patients: arnica for a headache caused by a pupil banging his head against the school wall. An incessant nose bleed was my second challenge which was well met with *Vipera*. Aconite was given, with success, to a girl who had rapidly become very shivery, pale and unwell. A few years later, aged 15, I was gifted a book on the system of Biochemic tissue salts, from which I have quoted further along in this book. This small act lead me to a lifetime of studying, gaining qualifications and practising Homoeopathic, Biochemic and Naturopathic therapies.

I make reference to the above in order to reassure you that Homoeopathy is a very safe and effective form of medicine that can be utilized by ANYONE, if the simple basic rules for prescribing that are laid out in this work are carefully adhered to. No matter what name is given to the virus, it is the *unique set of symptoms* produced by the *patient's response* to it that concerns us. So remember, treat the whole person as represented by *all* of their unique set of symptoms, not just their sore throat, bad cough, or headache etc.

As you read through the book you will come to appreciate the importance of matching the patient's unique response to the virus, to a substance which causes very similar symptoms when tested on healthy individuals. These substances are diluted to harmless levels whilst still retaining their identity, *influencing energy* and curative powers, and then administered homoeopathically to the patient to stimulate their self healing mechanism in a modifying, curative or protective manner.

You will note from the bibliography my main choice of reference was the works of the "Old Masters" of Homoeopathy, whose skills were fashioned at a time when little else was available to heal and protect people from severe forms of influenza. Homoeopathy has had a high success rate during flu epidemics, particularly so during the outbreak of the "Spanish Flu" where the homoeopaths mortality rate was exceedingly low.

I have spent many months evaluating and correlating information from these great works (and my own experiences) to save you, the home prescriber, valuable time in finding a matching remedy

This book should serve all users faithfully. Through the use of Homoeopathy, Biochemic tissue salts and Naturopathic treatment you can with confidence help your friends, family, neighbours (and even strangers) safely through a flu epidemic. Large groups of *school children* for example or even a whole *work force* can be treated en bloc. It may be of course that you need the expert skill of a doctor to prescribe specific antibiotics for example. Please do not delay in getting help because some patients general state of health, prior to the infection, could be very poor, making them more vulnerable and susceptible to more serious conditions. Let this essential thought, be a constant reminder of the need to focus our minds on improving our general state of health, starting TODAY!

It is my hope that this proven combination of treatments will be urgently taken up worldwide before a serious major outbreak occurs, particularly throughout the poorer nations whose hygiene and nutrition leaves them at a distinct disadvantage. It would be well within the compass of most religious personnel to quickly learn how to effectively administer this system of healing for those less fortunate people in their care, especially where free health care is not available.

I would like to see most of our practising nurses making full use of this gentle, safe and efficacious form of healing. During a severe epidemic it could save many lives and ease the burden on all our hospitals. Every chemist could stock these medicines for sale to the public; they could also diagnose and administer them over the counter.

It is not beyond the bounds of reason to consider training members of the police force, teachers and other suitable professional personnel to learn and apply this tried and trusted system of healing, so that they may help both themselves and those they are responsible for, in order to keep their essential services up and running.

Medicines that are produced homoeopathically are relatively cheap and only a few doses of them are required. They damage neither the immune nor the nervous system. In fact if the information contained within these pages is followed through carefully, the patient's resultant health should be in a superior state than before the flu victim contracted the virus. The secret of retaining it is to keep up with all the advice offered.

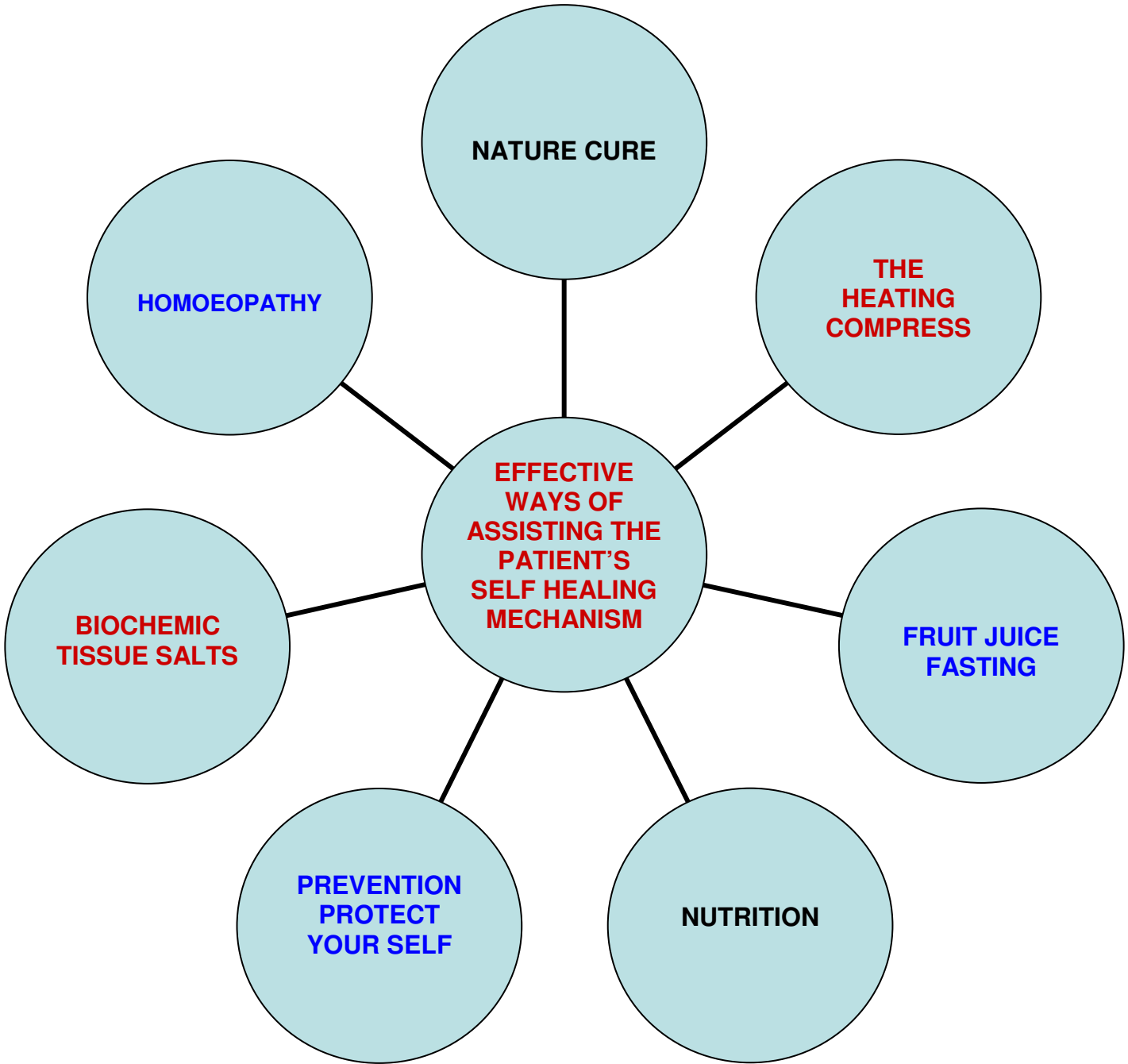
It is easy though to end up back on the slippery slope to inadequate health in today's rather hedonistic society, where there are so many expectations and temptations beckoning our attention, taking our energy, time and money, resulting once more in a weakened immune system.

The inexplicable new strains of viruses which are evolving today, could lead to potential disasters; it is this to which we should focus our attention in order to survive the future epidemics

In respect of all the infectious ailments that are common to childhood, I have successfully treated (completely without any side effects) my four children and grandchildren, as well as many children of others.

By following the advice in this book you will do no harm to those you are treating, babies, children or old people. Many of you will meet with rewarding success along the way giving you a confidence that will be noticed and appreciated by your patients. You may well help to teach others how to use this effective system of healing. Some of you will go on to take a course on this fascinating subject or even qualify as professional Homoeopaths.

# HEALING METHODS





# INFLUENZA

Influenza, commonly known as flu is an infectious viral disease. It is this clinical condition which is transmitted through droplet infection. The disease occurs in an endemic or epidemic form. The disease is highly contagious and it has potential to cause widespread epidemics affecting a sizeable portion of a population at any time. Although it is more common during winter, it may strike at any time. It affects people of all ages.

Influenza strikes suddenly. It usually begins with chills; fever, headache and severe muscular pains. There may be additional respiratory and or gastric symptoms. In milder cases, the temperature rises to 102 F and lasts for two to three days. In severe cases, it may go up to 104 - 105F and last for three to six days. The consequent weakness, lethargy and fatigue may continue for several weeks. This may be followed by a deep chest cough due to irritation in the windpipe. A severe case of influenza is most distinguishable from "mild flu" or a heavy cold, as it insists on bed rest and is most unpleasant indeed.

## PROTECT YOURSELVES

Good hygiene remains the most effective way for individuals to protect themselves and others from flu. You should always:

Ensure everyone washes their hands regularly with soap and water. Clean surfaces, and door handles regularly to get rid of germs. Use tissues to cover your mouth and nose when you cough or sneeze. Place used tissues in a bin as soon as possible. Take Homoeopathic remedies as prophylaxes.

Improve your current health status by implementing a good quality and predominantly vegetarian diet, ensuring ample levels of Vitamin A - C - D/D3 and E; eat slowly and chew your food thoroughly, avoid refined processed foods, exercise regularly and sensibly, get plenty of sleep, avoid working long hours, limit coffee, tea, avoid any excesses of alcohol, stop recreational drugs, and substitute with plain water, fruit juice and herbal teas.

Establish a network of "flu friends" consisting of friends and relatives who can help if you fall ill. They could, for example, collect medicines and other supplies for you, so you wouldn't have to go out, also to nurse you and work out the most suitable homoeopathic remedies which **match** your particular flu symptoms, monitor your condition and contact the doctor should your condition worsen.

Be prepared, stock up on all the group 1 remedies, a digital thermometer, a gravity enema, ice pack. Fan, flannel cloths, pins for compresses.

Treating Influenza symptoms in the **first 24 hours** with the closest matching Homoeopathic remedy can modify unpleasant symptoms and lessen the chance of complications. Read up on the Homoeopathic remedies in group **one** and memorize their red letter symptoms, build up a picture in your mind of each of the major remedies. Before long you will be able to quickly and accurately recognize the remedy required for your patient as they tell you about their symptoms

## SELF HELP USING NATURE CURE

During the acute stage of influenza, the patient should abstain from all solid foods and take only liquid foods for a period of 1 - 5 days. Fruit juices will be especially beneficial, (Orange, lemon, pineapple) diluted with 2 parts water to 1 part fruit juice, or a glass of boiled water with  $\frac{1}{2}$  teaspoon of baking soda. The patient may experience a *false hunger* during the fever but this must be resisted - the liquid diet should be continued till the temperature comes down to normal. In more serious prolonged toxic cases the patient should be encouraged to take a warm-water enema if their bowels have not moved at all for 3 - 4 days, to cleanse their bowels and moderate their toxic state. Gargling with cold water and or Cider Vinegar 1 *teaspoon to a half pint of cold water* may be beneficial for those with sore throats.

After finding the *matching* homoeopathic remedy, only use *Paracetomal judiciously*, avoiding all other shop medicines (except those prescribed by a Doctor). Do not try to reduce the temperature *too much* or *too quickly* unless it is dangerously high. If the fever is high then a cold pack, compress or a cloth covered Ice pack should be kept over the forehead. The use of a fan may help some patients. *Tepid Sponge down* - Using a bowl of tepid water, sponge down by uncovering one limb/area of the body at a time (keep towel under the part where possible) using a soaked flannel with plenty of water, then pat the part semi dry with a towel, cover up part and continue onto the next one. This will help **moderate** the temperature down to a *safe helpful level* and induce *perspiration*. If the temperature drops below normal keep the patient wrapped up warm and free from draughts.

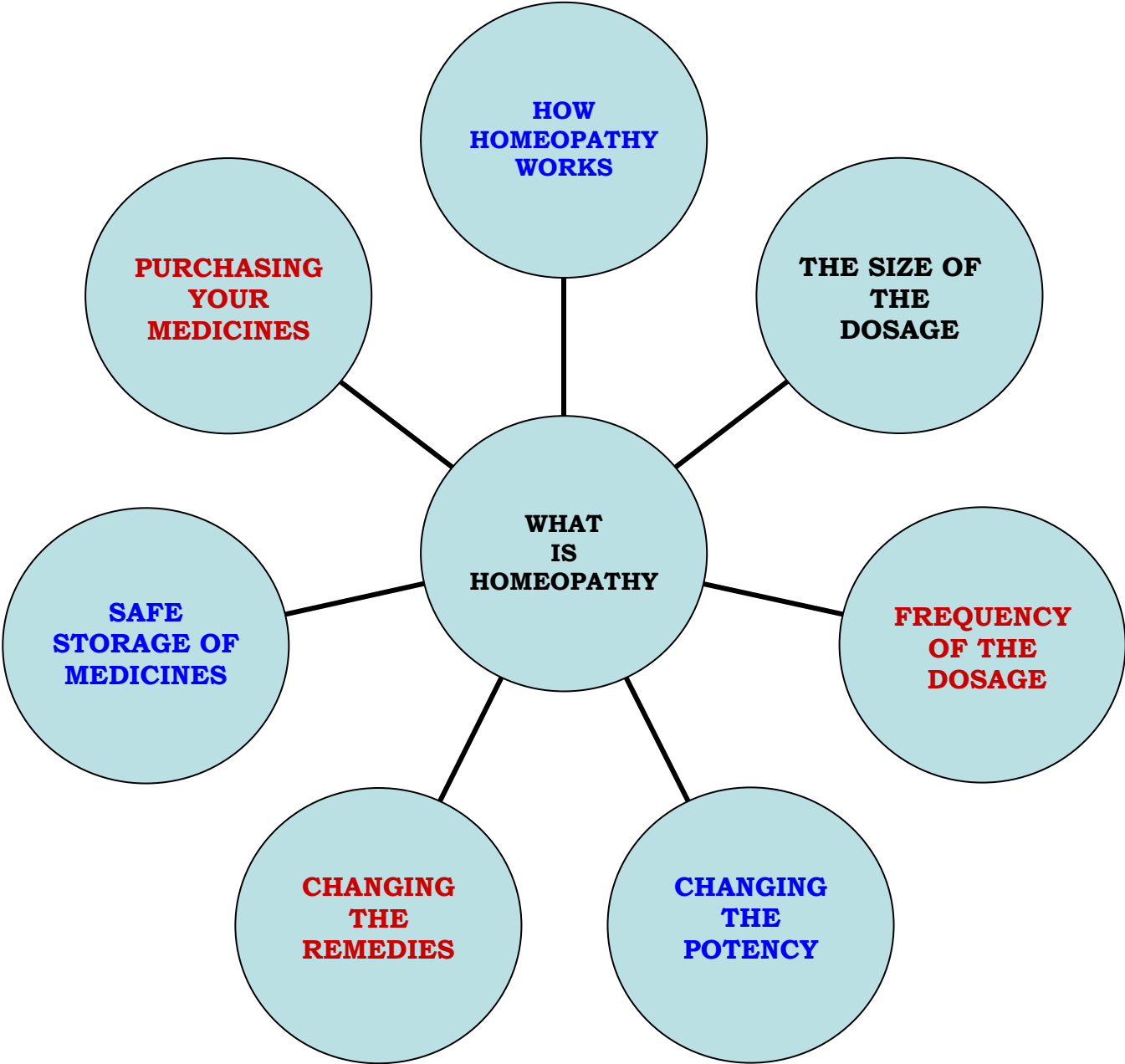
Breaking the fast; after the fever subsides the patient may gradually adopt a diet of fresh fruits and milk for a further one to three days depending on how long they have fasted, chewed well and eaten slowly. In this regimen they should take fresh juicy fruits such as apple, pear, grapes, orange and pineapple, with a cup of milk sweetened with a teaspoon of honey, then onto milky cereals. Thereafter, the patient may adopt a well balanced diet consisting of seeds, nuts and grains, vegetables and fruits. He should avoid tea, coffee, and meat, refined, processed, and tinned foods. Special care should be taken for a further week or so after the flu has passed to avoid relapses.

## THE HEATING COMPRESS

The Heating Compress is an application of a very cold wet cloth covered with flannel, (old flannel pillow case or sheets!) which then heats up and results in improved circulation and a better flow of healing blood into and out of the afflicted area. Wring the cotton cloth from cold water and place it around the neck. This should be about 2 - 3 thicknesses about the neck. Cover it well with flannel (singly or doubly, depending on the thickness). Fit the flannel snugly but not so tightly that it will be uncomfortable. Pin it securely. Remove it the next morning. It should be entirely dry. Thoroughly wash the parts with a cold flannel then dry. This may be repeated later in the day for 2/3 hours.

A heating compress can be applied to the throat, chest or abdomen. A throat compress relieves sore throat, hoarseness, tonsillitis, pharyngitis and laryngitis. An abdominal compress helps those suffering from gastritis, hyperacidity, indigestion, jaundice, constipation, diarrhoea, dysentery and other ailments relating to the abdominal organs. The chest compress also known as chest pack, relieves cold, bronchitis, pleurisy, pneumonia, fever, cough and so on.

# HOMOEOPATHY



## WHAT IS HOMOEOPATHY?

Homeopathy is a **non-toxic** system of medicine used to treat illness and relieve discomfort of a wide variety of health conditions. It is practised by interested members of the general public, qualified lay Homoeopaths, and Professional Homoeopaths in many regions of the world including Europe, Asia, the U.K. and the U.S. Information on the use of several hundred remedies has been collected for nearly **two centuries** by homeopathic practitioners through research studies known as “**provings**,” as well as documented clinical cases and recent scientific trials. There are currently four Homoeopathic hospitals in the UK and over 400 doctors who employ Homoeopathy in their daily practices.

## How Does Homeopathy Work?

Within the limitations of available scientific funding, interesting research is being undertaken to understand how and why such highly-diluted remedies have profound and curative effects. Formal studies published in current medical journals show that homeopathic remedies, when used correctly, are significantly more effective than a placebo. Researchers theorize that, during potentization, an energetic change occurs in the remedy substance and its medium of dilution (usually water), enabling them to stimulate a person’s system to deal with stress and illness more efficiently. Homeopathic remedies do not have chemical action in the body, and thus work differently than nutrients or drugs, which have made it difficult for some researchers accustomed to assessing drugs to adequately consider them. Since the body is clearly affected by many forces that have no chemical content (electricity, radiation, thermal energy, etc.) it is reasonable to think that research designed to observe non-chemical effects will yield more useful information.

Two important ideas on which the science of homeopathy is based are the Law of Similars and potentization. Simply expressed, the **Law of Similars** states that since exposure to a substance can cause specific symptoms in a healthy person, that substance when correctly prepared as a homeopathic remedy can **stimulate** the **body’s** curative powers to overcome similar symptoms during illness. For example: A person who chops an onion can develop watery eyes, a runny nose, sneezing, coughing, and throat irritation from exposure to the onion’s active substances. The homeopathic remedy, **Allium cepa**, made of potentized red onion, can **help** the body overcome a cold or allergy attack in which the person has similar symptoms (watery eyes, runny nose, sneezing, coughing, or throat irritation.) The actual symptoms of the illness were not caused by exposure to an onion, but the remedy made from the onion can help the body overcome them, because the symptoms are **similar**.

**Potentization** is a process that involves a series of precise dilutions and succussions (succussion is a vigorous shaking action). A substance has to undergo this process to be useful as a homeopathic remedy. Potentization is very important, because the repeated process of **dilution** and **succussion** brings about an energetic change that gives the substance a deeper curative effect. Repeated dilution removes all chance of chemical toxicity, allowing the homeopathic use of many substances that would otherwise not be safe to take as medicine.

# HOW TO USE HOMOEOPATHIC MEDICINES

The **safety** and **non-toxicity** of homeopathic remedies is reassuring; however, they still must be chosen carefully on the basis of specific information and used correctly, or they may affect the symptoms only superficially, or have no effect at all. Homeopathic remedies are not selected simply to treat an isolated symptom or a named disease. To work correctly they must be chosen to **match** the way an individual's system expresses its **unique response** to the Influenza virus, and to achieve this, *targeting of the whole patient* when collecting their symptoms is essential.

## THE DOSE

Select the remedy that most closely matches the patient's symptoms, a lower potency (6X, 6C, 12X, 12C, 30X, or 30C) should be used. Instructions for use are usually printed on the label. A 30c will often act more quickly and deeply than a low 6c potency and need fewer repetitions, but the **higher** the potency, the more **precise** the remedy choice (**match**) must be to bring lasting results.

The *frequency of dosage* varies with the condition and the individual. In cases of **Influenza** a dose may be required **several times** a day or several times an hour in extreme circumstances, until an improvement is seen. Then you must wait.

Give a couple of doses of the closest *matching remedy* between 2 and 4hrly, depending on the potency chosen (or available to you) and the violence of the virus, and give the remedy time to work. If no response is seen after several repetitions, review the important symptoms and choose a higher potency or a more closely matched remedy.

If improvement takes place, then your remedy choice and potency is accurate. If it slows significantly or has clearly stopped, further doses may be taken. As the patient improves, **increase** the time between doses, then **stop** them all together and see if the patient continues to improve without further treatment.

## CHANGING THE POTENCY

Only increase the potency if the remedy you were using was well **matched** but did not help or was previously helping but has stopped and the symptoms remain the same I.e. Up from low **6c** potency up to **12c** or medium sized **30c** but at longer intervals.

## SIZE OF DOSE

It is the correct choice of remedy, potency and frequency of dose that is important, not the quantity. Taking more tablets each dose **will not** have any greater effect. (Each dose 3 pills or 2 tablets) You can dissolve 3 tablets - 6 pills into a little warm boiled water in a clean glass if the patient is unable to take the medicine in solid form. Give one teaspoonful each time and cover the glass with something clean and odourless.

The remedy should be held in the mouth under the tongue for a minute or so then sucked. Tablets should be crushed before giving to babies or very young children (between two-clean teaspoons). Handle remedies as little as possible; use the lid of the bottle or a clean teaspoon. Tea and coffee, anything minty, or cough sweets, should be avoided during homoeopathic treatments.

## BIOCHEMIC TISSUE SALTS

(New Era 6X)

Dr Schussler identified twelve minerals that he believed to be vital to human health. Schussler, a German doctor of medicine, was also a biochemist and homeopath.

Biochemic Tissue Salts are these twelve minerals in *homeopathically* prepared formulations, which are highly diluted to the 6 x potency. The salts are taken in the form of small tablets, dissolved under the tongue. Common symptoms treated with the salts include colds, catarrh, coughs, headaches, Influenza. Tissue salts are a most *effective* system of medicine which is employed complementary to standard Homoeopathic treatment or instead of when the patients symptoms are not clear enough to match to one of the flu remedies written about in this work.

## STORAGE OF HOMOEOPATHIC MEDICINES

Store medicines in a dry, cool, dark place (not refrigerator)

**Store** away from Strong smells, perfumes, after shave, deodorants etc.

**Avoid** Olbas oil, Vick's, mint (toothpaste, chewing gum), eucalyptus oil, throat sweets, coffee, tea etc. Brush teeth and tongue with plain water until remedies are no longer in use.

## PURCHASING HOMOEOPATHIC MEDICINES

More and more high street chemists are now stocking many of these Homoeopathic remedies. Some will on request order those they do not keep in regular stock. Health food shops often stock many of them as well. There is a list of Pharmacies at the back of the book who will supply you on line or by ordering direct over the telephone. It may be worthwhile involving your wider family in building up your Homoeopathic Influenza Kit of medicines, thus saving on costs, which are, on average, between three and five pounds per bottle depending on potency.

Purchase the following important remedies first, and then gradually build up your Influenza first aid kit with the rest, adding additional potencies as well. **Ferrum Phos Kali Mur - Natrum Sulph** tissue salts, and **Aconite - Arsenicum - Baptisia - Bryonia Gelsemium - Eupatorium perf - Mercurius Sol - Nux Vom - Pyrogenium - Sulphur** Homoeopathic remedies in 6c and 30c.

## WARNING

**Expert Medical knowledge** should be sought to assess complex or serious conditions as professional diagnostic tests may be necessary. Do not delay in contacting the doctor if the patient has a record of poor health, or if their condition worsens.

Even with a correctly-chosen remedy, a **temporary aggravation** of symptoms may occur as part of the healing process; this is a good sign and should *soon pass*. **Do not** give further medicine at this particular time. It is important to distinguish a *helpful aggravation* from an *intensification of symptoms* that occurs because a remedy has not acted and the illness is progressing rather than improving.

An inexperienced or impatient person might be tempted to repeat the remedy unnecessarily, or change to other remedies at times when **waiting** is appropriate.





## FIRST GLANCE

The following chart is an ideal starting point for the beginner. Sometimes influenza symptoms are well defined and easily recognized making the choice of remedy a simple matter



### Aconite

Symptoms appear quickly  
Anxiety, Restlessness, Fear  
Fever, head hot, face red, dry  
Burning skin, chills, shivers  
Pulse is full, hard, bounding  
Feels better for sweating  
Very thirsty, Sneezing, hot  
Clear watery discharge  
Worse towards midnight

### Baptisia

Rapidly becomes gravely ill  
Dull red face, looks drugged  
High temperature, delirious  
Dull and confused  
Feels in pieces or double  
Any activity rapidly exhausts  
Restless and tender  
Movement is painful  
All discharges very offensive  
Sudden attacks of gastric flu  
Foul odour, breath, sweat

### Bryonia

Symptoms appear slowly  
Looks dull feels heavy  
Very tired and sleepy  
Irritable, difficult to please  
Does not want to talk  
Talking aggravates  
Wants to lie very still  
All Symptoms worse by  
Least movement  
Dry mouth large thirst  
At longish intervals

### Eupatorium

Symptoms appear quickly  
Face has bright flush  
Severe chills, worse draughts  
Bursting throbbing headache  
Intense aching pains  
Bones feel broken, dislocated  
Very restless  
Complains about pains  
Large thirst  
Nausea from cold drinks

### Gelsemium (Yellow Jasmine)



### Gelsemium

Symptoms appear slowly  
Drowsy, lethargic, weary  
Looks stupefied, light flush  
Heavy drooping eyelids  
Desires solitude, dark room  
Desires to keep perfectly still  
Dizziness  
Skin hot and sticky  
Little cold shivers, trembling  
Legs heavy, weak, wobbly  
Dry mouth, little thirst

## FIRST GLANCE



### **Pyrogenium**

Severe cases of flu  
Extreme restlessness  
Chills in back & limbs, rigors  
Chilliness no heat can warm  
Rapid rise in temperature  
Profuse sweats bring no relief  
Thumping heart  
Bursting, throbbing headache  
Pains in back & limbs  
Feels beaten & bruised  
Pulse out of proportion with temperature

### **Mercurius Sol**

Restless, anxious about health  
Face red, greasy looking  
Hot sweats bring no relief  
Has to uncover but then chills  
Chills alternate with heat  
Best in a moderate room temperature, still atmosphere  
Trembling  
Moist mouth with large thirst  
Foul smelling breath  
Throat acutely inflamed  
Glands swollen

### **Rhus Tox**

Symptoms appear slowly  
Feels anxious and weepy  
Fever, intense heat with weakness, prostration, yet is extremely restless  
Large thirst for cold drinks  
Aching very severe in bones and muscles  
Tosses & turns  
Pains are better for warmth  
Worse resting, cold draughts  
On first beginning to move

### **Nux Vomica**

Irritable and easily offended  
Sensitive to pain, noise, light, odours  
High fever with red face  
Body burning hot  
Hands, feet and nose very cold  
Fever with chills and shivering  
Made worse by cold drinks draughts, uncovering and moving about  
Limbs and back ache  
Feels worse from exertion

### **Ferrum Phos**

### **Kali Mur**

### **Natrum Sulph**

**6x**

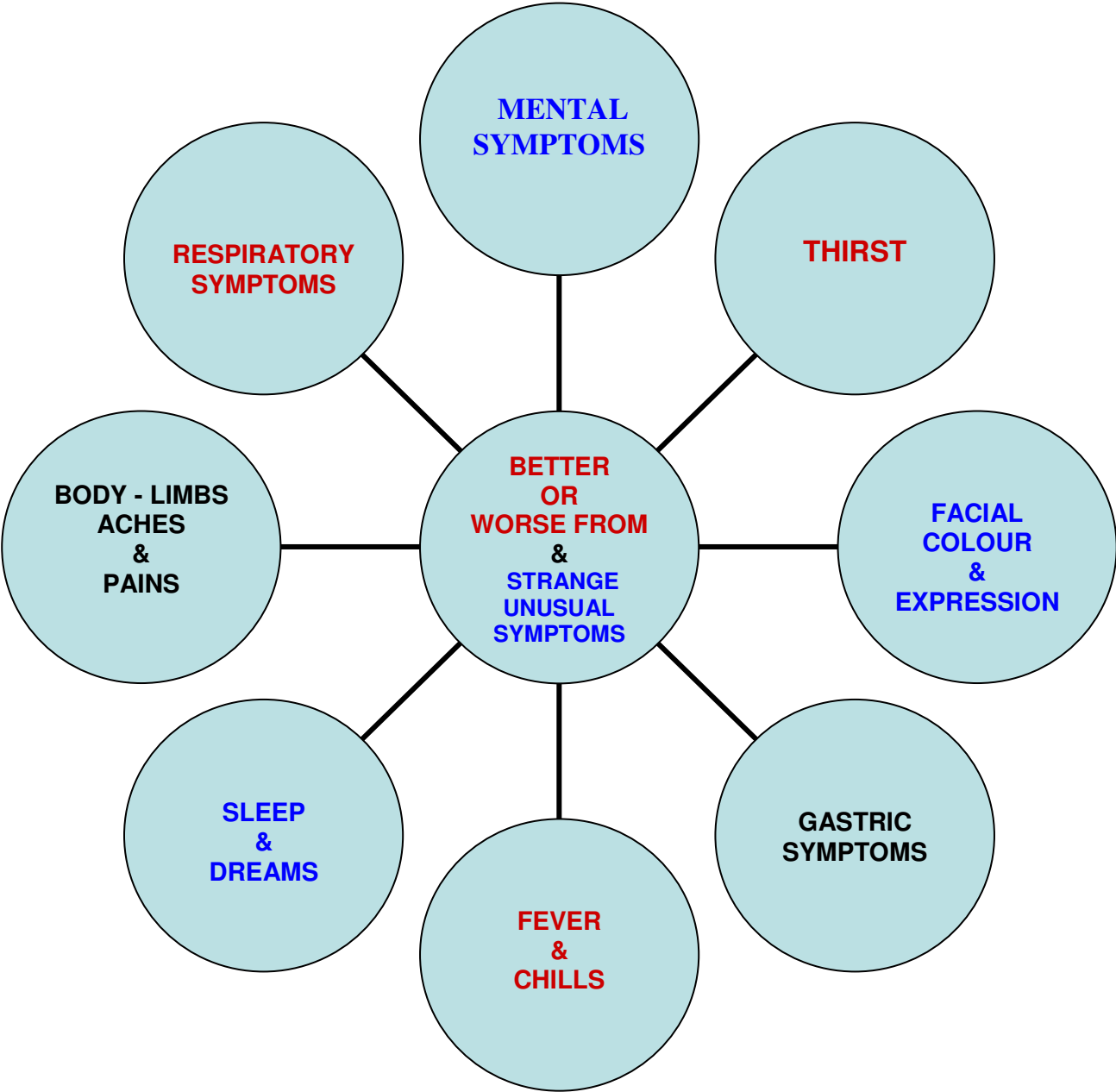
### **Biochemic Tissue salts**

**To be given straight away  
In warm water**

### **Arsenicum Album**

Rapid and extreme prostration  
Extremely restless & agitated  
Anguish & fear of death  
Head hot body cold  
High temperature extreme chilliness  
Hot and cold alternately  
Thirsty when hot for frequent sips of warm drinks  
Sickness & diarrhoea together  
Cannot bear sight or smell of food

# SIGNS AND SYMPTOMS



## TARGET THE WHOLE PATIENT

**T**ake care when asking your patients about their symptoms; try not to put *your* words into their mouths. Write down what they tell you in **their** own words, and make your own **observations** using *touch, sight, smell, and hearing*. Make note of symptoms expressed as “**My**” as in “**My**” throat hurts or my head aches and **especially** those expressed as **I - I** feel depressed, **I** am freezing etc. Also you may have to question close members of the family in order to get more information to make a more accurate match of the remedy that best fits (**most similar**) to the patient’s influenza, especially if the patients have been ill for some days prior to you seeing them.

**A**sk at what speed and in what manner the virus act on them. They may say it came on very suddenly, or over the day, that they became very ill very quickly, or their symptoms **appeared slowly**, or it came on **rapidly** and **violently**. They may say it started as pains in their legs, or with a great tiredness and sleepiness, or with violent *gastric* symptoms, or a great coldness no heat could warm, a terrible **sore throat** and **swollen glands** or painful chest symptoms. Some may have severe **prostration** out of **proportion** to their illness. Some may moan and **bitterly complain** about their aching limbs. Ask what makes their specific pains **worse** or **better** and **write** it all down.

**R**quest the patient to tell you what makes any of their symptoms feel **worse** or **better**, are they *worse* or *better* for pressure on any of their painful body parts. Find out if they are *worse* or *better* at certain times of the day; open a window if the room is stuffy see if that makes them feel *worse* or *better*. With careful thought create circumstances to illicit a response in order to get a fuller picture. For example, talk to your patient: some will not shut up while others will get **angry** with you just for **talking** to them. Some will sound **delirious** or fall asleep whilst answering you, some may **appreciate** your company whilst others are **annoyed** by it. Ask if they *feel better* or *worse* by **moving** about, does the relief last long; is it painful or better on **first moving**. Cover them up if uncovered or remove some layers if not and **note** their **reactions**.

**G**et your flu helper to take note of all your symptoms and prescribe for you, if you have Influenza because it is a most difficult task to be **objective** on your own behalf when you are ill. Get your carer to follow the basic nature cure guidelines for you, note your symptoms and to administer the closest matched remedy to you.

**E**xamine the patients pulse, temperature, skin, eyes, lips, tongue, is the patients temperature very high but their pulse very slow or vice a versa, is the pulse throbbing, is their skin dry and burning hot, or is it damp and greasy looking, are they covered in sweat, do they feel **better** or **worse** for sweating, does it smell, does their breath smell. Have they a very bright red face or a dusky red face, a red face which goes pale when sitting up, does it have red circumscribed cheeks, are their eyes half closed sleepy looking or wide and staring. Note any discharges and how they affect the patient, are they thirsty or not, **dry** or **moist** mouth, large or small thirst for hot or cold drinks, at long or short intervals. What makes them generally feel **better** or **worse**?

**T**ake careful note of your patient’s mental state. Are they very **anxious** or **fearful** or both: are they criticising, depressed or **angry**; irritable or **tearful**? Are they **better** or **worse** from having company? Are they sleepy and tired, wide awake, excited, very restless, not at all concerned or very worried? Are they more anxious or fearful around **midnight**? Do they feel a sense of hopelessness, what makes them feel **better** or **worse mentally**? Write it all down!

# EVALUATING SYMPTOMS

Having collected all symptoms and noted how the patient expressed them, you then need to evaluate them. If the symptoms are very clear though and easily matched to a remedy you may prescribe immediately with confidence. If you are unsure or the symptoms appear to match a number of remedies or are few in number, then you must go through the following process to produce a clearer picture on which to prescribe, in order to achieve this you need to fully understand the following three classifications.

1. **Generals** - symptoms which signify, or are peculiar to, or characteristic of the person

Attach *most value/importance* to the patient's **mental / emotional** symptoms, Homoeopath's class these as "**Generals**" as they represent the *vital force* or the *inner person*. Patients often express their *inner self* so - **I feel** (depressed - lonely - afraid - miserable - angry) **I want** (to sleep - peace and quite - company - to sit up) **I dread** (being disturbed - cold draughts - moving about - noise) **I need** (warmth - consolation - fresh air) **I am** (fearful restless - anxious - worried). The expression **I** relates to the *inner person*, it is this which needs *influencing* to restore the **whole** person back to health.

2. **Particulars** - (low value) (*common* symptoms) sore throat, headache, pains etc.

Most types of diseases have a **common** group of **physical symptoms** which class as **Particulars** and these are of the least value during the evaluation process to decide the homoeopathic prescription. Using flu as an example, patients will express their common symptoms by saying "**My**" head hurts or "**My**" throat is sore or "**My**" body aches, which is what you would normally expect. **But** these **Particulars**, *common* symptoms can be **uniquely** expressed by;

3. **Modalities** - (medium value) a condition qualifying a **Particular** (*common*) symptom.

Things (actions or events) that make the "**inner person**" (**I**) or a **common** physical symptom (**My**) **worse** or **better**, **unique** or **unusual**. This makes them much more important in the remedy selection process. For example, *common* or **General** symptoms which are **worse** or **better** by heat, or "**My**" head and chest hurts but only when I *move* or *cough* and it is **better** by firm pressure, or "**My**" throat *burns* **but** it is **better** from a *hot* drink (an *unusual* symptom) the **Modality** gives the **Particular** symptom real **value**.

When evaluating the case, give highest priority to the **General** symptoms. The **Modalities** are of next importance when deciding the matching remedy, or are of most importance if there are no **Generals**. The lower valued *common* ones (**Particulars**) which are seen in most influenzas have the least value.

Sometimes there may only be one or two clear symptoms of value that closely *match* a particular remedy, do not be concerned, I have made some good cures on just one clear major mental (**General**) symptom, and one *unique* fever symptom, but do try to get at least three, a **General** symptom, (**I am extremely restless**) and a **modality - better** or **worse** for symptom, ( my chest pain is better when applying pressure to it) and a **unique unusual** fever, chill, thirst (my mouth is very dry but I have no thirst )or pain symptom (I have stabbing pains, but *only* when moving).

As you read through these few sample cases, you will note that I have **highlighted** the most important symptoms that were well matched to the most **similar** remedy. Try to spot those which are the **Generals**, **Modalities**, and **Particulars** in each of the following cases.



## A FEW CASES OF INFLUENZA

Having been called to treat my friend's son, a gentleman in his thirties, the first thing I noticed on arrival was that he was **wrapped up in a quilt huddled up to the radiator**. He had been ill for about a week and had finished his course of antibiotics and taken far too many Paracetamol. He complained of a **very painful dry hacking cough**, his **chest felt tight** and his **stomach felt bruised** from coughing. He further complained of a **burning fever** and extreme coldness and **extreme shivering** from the **slightest movement**, or **uncovering** or **drinking cold water**, something he could not moderate except with Paracetamol but when the effects wore off his symptoms returned.

A single dose of Nux Vomica in a high potency very quickly restored him to full health in no time at all, much to the delight of his loved ones.

My son recently had very similar fever symptoms, sat on the settee wrapped up in a big quilt, **freezing, cold hands and feet**, slightest **movement** or **uncovering** set him off **shivering**, very **hot head - face** and a sore throat. Fortunately I was on his case within hours and 4 or 5 doses of Nux Vom 6c over the day quickly resolved the issue. He was up and about the next day. Without treatment he could have been ill for a week.

My own experience of the flu virus whilst on holiday posed quite a challenge to me. My symptoms came on really **suddenly** and **I felt terribly ill**. My face was **darkish red**, **I** looked and felt as though I had been **drugged**, very **high temperature**, and **delirious**, terribly **restless** and **I** felt **bruised** and beaten every where, **I** had difficulty being aware of all my **body parts** while half asleep in bed, this was a most unusual feeling. **I** had an almost **constant thirst** and terrible bouts of **watery diarrhoea**.

**Baptisia** 3c 4 or 5 doses which I had in my first aid box along with a dozen or so other remedies had me back on the sea front within the next couple of days!

Miss H had started with the usual flu aches and pains, fever and chilliness. Her **throat** became very **severe** quite **quickly**, a course of antibiotics had not helped and she was most ill when I first saw her. The first thing I noticed was the **smell** in her bedroom. It came from her **foul breath** (once smelled never forgotten). Her Face was red and **forehead** was **damp**; the throat was **dark red** and **intensely inflamed**, both **tonsils** were **enlarged**, **glands swollen** and tender. She had a very **moist tongue** and a **thirst** for cold drinks. **She** complained of becoming **very hot** with **sweating** (which brought **no relief**) and of having to **uncover** which soon made her feel **chilly** again, so covered up again then became too hot again and so on, and **drooling** while asleep.

**Mercurius Sol** 30c 4/5 doses spread out from 1 hour up to 6hours (as she improved the time for the medicine was spread out further). This brought about a good response and she quickly recovered. The case was closed with a few doses of Sulphur 6c.

Mrs P had the flu for over five days before I was asked to take a look. She had fallen ill with the usual flu type symptoms which had quickly spread to her chest. Her cough was exceedingly **painful** and felt most **raw** on coughing. **She** became much **worse at night** as did her **temperature fluctuations**, very **hot** and **sweating** which **did not relieve**, then gradually became very **chilly** after **uncovering** to cool down. She just happened to mention that it felt **as if** she was wearing **cold damp stockings** and this clinched the case. 2 doses of **Merc Sol** in a medium high potency very quickly resolved the case and she made an uneventful full recovery. The self healing mechanism had been stimulated.



## A FEW CASES OF INFLUENZA

I was called to a middle aged woman at night time which was fortunate as I could note her **night time aggravations** taking place. She had been unwell for over 4 days and was not improving. She complained of her back aching and an **intolerable burning heat** which caused her to be restless and wanting to throw the bedclothes off. Her mouth and lips were very dry but she had **no thirst**. Her throat was very painful and inflamed. On questioning her husband in another room he told me how **tearful** she was, quite **emotional** in fact so that **she needed company** and **fussing**. I had noted how **stuffy** the room was and on letting in some **fresh air** the patient settled down more.

Pulsatilla 30c 3 - 4 doses 3 hrly promptly started the self healing mechanism to work and she made an uneventful recovery.

On visiting Michael aged 24 I could clearly see his remedy straight away. He was laid on the settee, **feeling miserable** and he told me his **symptoms** had **gradually appeared** and **worsened** over the **day**. He looked very **drowsy** and **lethargic**, his face was lightly **flushed**, he could hardly keep his **eyelids** from closing because they felt so **heavy**. **He** just wished to **lay still** and be **left alone**, his head was **banging**, he felt **dizzy** and he was having **little shivers** especially when a **draught** was on him. His **lips** were terribly **dry** but **he** was *not particularly thirsty* and his **breath** smelt **foul**. When taking his arm from under the covers to take his pulse I noticed it **trembling**.

**Gelsemium 30c** was given 3 hrly and the patient took a turn for the better, making an uneventful recovery over the following days. The healing process was assisted by tepid sponge downs a fruit juice fast and Ferrum Phos and Natrum Sulph alternated 2hrly.

A young male athlete was **complaining** of **terrible aching pains** in his **limbs** and **joints** which had come on noticeably **quickly** and were causing him great **restlessness**. He told me that these pains commenced **prior** to the **violent chills**, and his chills were **aggravated** by **draughts**. He had a **bright flush** and was **constantly thirsty** just before and during the severe chills. **He** said he felt **better for sweating**, his headache was of a **throbbing** nature and he also commented that the cold drinks eventually led to him **vomiting**.

**Eupatorium Perf 30c** 3 hrly to 6 hrly modified his symptoms quite promptly and he made an uneventful recovery. Ferrum Phos – Kali Mur and Nat Sulph tissue salts were administered in a hot drink every few hours to start with then the dose was spread out.

## CHANGING REMEDIES

Occasionally you may find a patient whose symptoms change considerably after a few doses of a well chosen remedy. A new and different picture emerges, and this must be dealt with in exactly the same manner as before, taking careful note of *all* their new symptoms and prescribing the closest matching remedy.

If the cause of the change of symptoms (or worsening of the case) is down to a poor choice of remedy in the first instance, then stop the medicine and re-evaluate your original case notes. You may need to ask further questions. Continue to give the Biochemic tissue salts combination whilst the re-evaluation takes place.

## **SYMPTOMS – CHECK LIST GUIDE**

The purpose of this list is to help prompt you to obtain as full a picture as possible of the patients individual response to the virus, the list is by no means a complete one.

Name.....Age.....Date flu symptoms commenced.....

Speed of virus/ how it started.....

Mental state – Anxious - Fearful - Tearful - Depressed – Restless - Angry - Irritable.....

Unconcerned - Worried.....

Sleep - Dreams - Cannot sleep - Restless sleep - Better for sleep - Dreams - of work.....

Fever - Temperature.....Face colour.....Expression.....

Sweat - amount.....better - worse by it.....Colour.....Odour.....

Chills - from Drafts.....Drinking.....Uncovering.....Movement.....little shivers.....

Chill alternates with heat.....Chills no heat can warm.....Shuddering.....

Skin - Burning hot - Radiating heat - Dry - Clammy.....Freezing cold.....

Pain - Location - Back.....Bones.....Muscles..... Neck..... Arms..... Legs.....

Hands - Feet.....Joints.....Type of pain..... Better - worse for.....

Head - pain type.....location .....Direction of pain..... Better- worse for.....

Pressure - Lying down - Sat up - Noise - Light - keeping still – Coughing - Jarring.....

Eyes - pain type.....worse from.....better by.....discharge.....

Nose - Stopped up - Sneezing - Runs - Drips - Watery - Thick - Clear - Yellow - Green.....

Mouth - Dry – Moist - Salivation - Taste - Metallic - insipid - Lips - Dry - Cracked.....

Tongue - Colour.....Dry or Moist.....Cracked.....Trembling.....

Thirst - during Chill - during Fever - Quantity - Small - Large - Frequency - Often.....

At long intervals - For Hot - Cold - Acidic drinks - No thirst during Fever.....

Throat - type of pain.....colour.....Worse - Better by Swallowing - Drinks – Empty - Cold - Hot.....

Larynx pain - Type - Chest pain - type - Location - Better - Worse by.....

Cough type - Dry - Hard - Teasing - Better - cold drinks - sitting up – Holding chest.....

Stomach Pain type - Nausea - Worse - smell of food - vomiting from cold drinks.....

Abdomen pain type - Location - Diarrhoea - Colour - Watery - Odour - Foul.....

Stomach & Abdomen Symptoms Better or Worse for.....

# THE WHOLE PICTURE

## PATIENT'S SYMPTOMS

(Please make copies)

Speed of virus.....  
Mental symptoms.....  
.....  
.....

Sleep - Dreams.....  
.....

Fever - Temperature.....  
.....

Chills.....  
.....

Sweat.....  
.....

Skin.....

Body - limbs - Joints.....  
.....  
.....

Head.....  
.....

Face.....

Eyes.....

Nose.....

Mouth.....

Tongue.....

Breath.....

Lips.....

Thirst.....

Throat.....  
.....

Larynx.....

Chest.....  
.....

Cough.....  
.....

Stomach.....  
.....

Abdomen.....  
.....

What makes the patients general condition or specific symptoms better or worse.....  
.....  
.....  
.....

Remedies selected.....

Record of medicines given.....  
.....  
.....

Record of patient's progress.....  
.....  
.....  
.....

# MATCHING THE SYMPTOMS TO A REMEDY



# REMEDY KEYNOTES GROUP 1

Having carefully *written down* all the symptoms complained about, and having sorted out the *Generals, Modalities* and *Particulars* of the case, compare your patients "*whole picture*" to a remedy whose keynotes are the most *similar*. Study the full write up where applicable for further confirmation. **Group1** represent the most commonly used remedies which are renowned for being very effective when well matched against the most potent strains of Influenza.

## Baptisia

**Rapidly** becomes gravely ill  
**Dull red face** - *looks drugged*  
**Besotted** appearance  
**High temperature** - comatose  
**Delirious - confusion** as to *who* and *Where* they are and *why* they are there  
**Drops asleep** while answering you  
**Feels in pieces** or double  
**Dull and confused**  
**Rapid exhaustion** after any activity  
**Feels bruised** and **battered**  
**Restless** and **tender**  
**Movement is painful**  
**All discharges** very **offensive**  
**Sudden** attacks of **gastric flu**  
**Sickness & Colic**  
**Thin dark diarrhoea** with **prostration**  
**Foul odour** of breath - body - sweat

## Bryonia

Symptoms **appear slowly**  
**Patient looks dull** and **feels heavy**  
**Tired - sleepy** - no desire to talk  
**Talking aggravates**  
**Delirious confusion** - *worries about work*  
**Dreams** of quarrels - strife - work  
**Irritable - wants to be left alone**  
**Restless - difficult** to please  
**Wants to lie perfectly still** undisturbed  
**Heat** - shivering - damp hot sweat  
**Bursting** frontal headache  
**Worse least movement** - giddy on rising  
**Dry** mouth and chapped cracked lips  
**Large thirst** - cold water - **long intervals**  
**Painful** coughing - **worsens** headache  
**Stitching - sticking pains** - all pains made  
**Better** for **firm pressure** on chest - head  
**Worse stuffy room** - **better** from **cool air**

## Eupatorium

Symptoms **appear quickly**  
**Aching precedes** chills and fever  
**Severe chills - worse draughts**  
**Sweats little** but not during the chill  
**Feels better** for sweating  
**Terrific thirst** before & during chill  
**Face has a bright flush**  
**Headache - bursting** - throbbing  
**Dares not move because** of the pain  
**Intense** aching limbs and back  
**Bones** feel **broken - dislocated**  
**Muscles ache** - wrists and **joints** also  
**Moans - complains bitterly** about pains  
**Very restless** as they search for comfort  
**Violent sneezing** - streaming nose  
**Nausea** - from **cold drinks**  
**Vomiting** of bile  
**Or large quantities of greenish fluid**  
**With much flatulence**  
**Worse** cold air

## Gelsemium

Symptoms **appear slowly**  
**Feels miserable**  
**Drowsy** - dull - **lethargic** - great **weariness**  
**Legs heavy - weak - wobbly**  
**Dizziness**  
**Heavy drooping eyelids**  
**Skin is moist hot and sticky**  
**Little cold shivers** - *from cold draughts*  
**Trembling** - shaking needs holding  
**Heavy besotted** face with light dull flush  
**Desires solitude** - in dark room  
**Desires to keep perfectly still**  
**Worse** least movement  
**Headache bursting** - from neck over the  
**Head to eyes and forehead**  
**Intensely dry mouth** - lips - **little thirst**  
**Sensitive to light** - eyes congested  
**Violent sneezing** - watery discharge - nose  
**Temporarily** feels **better** for passing  
**Large quantities** of urine

## Pyrogenium

Extreme **pains in legs** spreading upwards  
Excess **mental activity** - talkative  
Sleeplessness  
Delirious in the **evening**  
Extreme **coldness** and  
Chilliness **no heat can warm** - rigors  
Sensitive to drafts - shivers  
Thumping heart - **rapid rise in temperature**  
Skin **dry and burning**  
**Oppressive** burning heat  
**Very** hot with **profuse sweating**  
This brings **no relief**  
**Pulse** out of **proportion** with **temperature**  
Tongue dry - red - looks varnished  
Feels beaten - **bruised** - **sensitive** to pressure  
Throbbing headaches **better** by pressure  
With **Intense restlessness**  
Foul taste and breath - all secretions smell  
Enteritis - offensive - watery - painless stool  
**Acute** abdominal pain - **worse** touch - motion  
Pains **temporary better** when **first beginning**  
To move - **rocks** and **wriggles** for **temporary**  
Relief from pain

## Mercurius sol

Extremely **restless**  
**Anxious** about health  
Hurried speech - impatience  
Face quite **red** covered by a **damp sweat**  
**Oily greasy** looking  
Profuse **sweats do not relieve** - makes worse  
**Hot** sweat **intolerable if covered** up so  
Uncovers which **leads to chilliness** again  
So covers up again - repeats the cycle  
Chilliness **alternates** with burning heat  
Extreme **thirst despite moist mouth**  
**Better** - still atmosphere  
Better **moderate** room temperature  
**Aches** all over - stiffness - back - neck - limbs  
**Trembling** - especially of hands - tongue  
**Throat** dark red - tender - **acutely inflamed**  
With **intense burning** - desire to swallow  
**Glands swollen** - Uvula elongated  
**Raw chest** - cough very painful  
**Foul** breath - **odour fills** the room  
Most symptoms are **worse at night**

## Nux Vomica

Criticising - **impatient**  
Irritable - **easily offended**  
**Sensitive** to pain - noise - light - odours  
**Chilliness** - Violent **shivers** straight after  
Drinking - **uncovering** - or **moving**  
On slightest exposure to **open air**  
**Cannot get warm** by fire or bed coverings  
**High** fever - **Face red** and hot  
Body **burning** hot  
**Hands** and **feet** feel cold  
Feels **better** after a **short sleep**  
Feels worse from exertion  
Aching limbs and back  
Stomach upsets - **nausea**  
**Cramps** in digestive tract  
Cough **tight** - **dry** - **hacking**  
Cough very painful - as if  
Something were **loose**  
Occasional bloody expectoration  
Constricted breathing  
Cough causes **bursting** headache and  
**Bruised pain** in stomach region  
Cry's out with pains

## Rhus Tox

Symptoms appear **gradually**  
Mental confusion - **weepy** knows not why  
Anxiety - worry or fear especially at night  
Sleep disturbed - **dreams of great exertions**  
Fever with great **weakness** - prostration  
And yet **extremely restless**  
**Intense heat** - burning on the inside  
Feels the cold on the surface of the skin  
Sensitive to **cold air** - **draughts**  
Chilly as if cold water poured on them  
Followed by heat and a **desire to stretch out**  
Tongue - may be red and cracked  
Or may be coated with a **red triangular tip**  
Great **thirst** - cold drinks  
Or just **sips** to moisten mouth  
**Aching** - **very severe** in bones - muscles **stiff**  
Constantly **turns and tosses** in vain and is  
Very restless - **cannot get comfortable**  
Feels **worse resting**  
Pains **worse** on **first beginning** to move  
Any symptoms worse on **first beginning** to  
Swallow - cough - speak - sit up  
Giddiness on movement or sitting up  
**Better** - **change of position**



## Aconite

Fever **sudden** onset - **agitation**  
Great **anxiety** - **restlessness**  
**Frightened** - maybe of death  
**Worse** evening to midnight  
Pulse **full** - hard - **bounding**  
**Red** face going pale on sitting up  
**One** cheek **red** the other **pale**  
**Chills** - pass from extremities to the  
Chest and head - **shivering**  
Cold waves pass through them  
**Hot** head - dry **burning** skin  
Very **thirsty** for cold drinks  
Sweats on **parts laid on**  
Sweat brings **relief**  
Frequent **sneezing**  
**Hot** clear - watery discharge  
Useful during the **early stages**  
**A** new symptom picture *may* emerge  
After prescribing Aconite

## Arsenicum Alb

**Rapid** & **extreme** prostration  
Head **hot** - Body **cold**  
High temperature - **extreme chilliness**  
Hot and cold **alternately**  
Extremely **restless** & **agitated**  
Moves from place to place to rest  
Anguish and **fear** of death  
Possible delirium & hallucinations  
**Thirsty** when hot for **frequent sips**  
Dry cough - tight **wheezy** chest  
Must sit up for relief  
Nausea - **sickness** - **diarrhoea** - together  
**Burning** pains **better** from **warmth**  
**Worse after midnight**  
**Worse** from **exertion**  
Relieved by sweat  
Cannot bear the **sight** or **smell** of food

## REMEDY KEYNOTES GROUP 2

### Kali Bich

Mental effort virtually impossible  
Feels **discouraged** and hopeless  
Weak - **weary** - **tired** - like to be left in peace  
Blotchy red appearance  
Very **chilly** - at **back of neck** - **down back**  
Temperature **increases** around 2-3 a.m  
**Wandering** rheumatic type pains  
Shoulder then elbow then into the back  
Feet and hands feel **bruised**  
Pains **worsen** from cold  
Throat very **red** - **swollen** - **puffy**  
Tonsillitis - Uvula swollen  
Pain on sticking tongue out  
Copious - **hot nasal discharge**  
Nose **blocked** - **swollen** - full and hot  
Frontal **sinus** and **face** pains  
Persistent **difficult cough** with large  
Amounts of tough **stringy** - **sticky** mucous  
Bronchitis - wheezing  
Gastritis - vomiting **glairy** mucous  
Generally worse around 6 to 8 am

### Pulsatilla

**Weepy** - Clingy with well established  
Influenza symptoms  
Tearful - craves **company** and **sympathy**  
Feels neglected - **worse at night**  
**Chilliness** even in a warm room  
Chilly but worse in **warm stuffy room**  
Chilliness with pains in spots  
**Thirstless** during fever  
Intolerable **burning heat** at night  
**Heat** in one part of body - **cold** in another  
Pains **during sweats** - one sided sweats  
Dry mouth **without thirst**  
Frequently licks dry lips  
**Dry** cough at night - **loose** in the morning  
Yellow - green expectoration  
Thick **yellow-green** discharge from nose  
**Worse** external warmth - **closed room**  
**Better** open air - cold applications  
Wants head high  
Sleeps with **hands above head**  
**Worse evening** - lying on left - painful side

## Phytolacca

**Indifference** to life  
Lack of **personal** delicacy  
High fever **alternating** with  
Chilliness and prostration  
Soreness in all the muscles - back stiff  
**Throat dark red** - tonsils **swollen** (right)  
Pain in throat **extends to ears**  
**Much** pain at **root** of tongue  
Throat feels rough - **narrow** - hot  
Sensation of a **lump in the throat**  
Difficult swallowing - especially **hot drinks**  
**Glands swollen** and **tender**  
**Stiff neck**  
Ulceration of mouth and throat  
**Very** sore throat dry and burning with  
**Inability** to swallow  
Profuse saliva - tenacious - yellowish  
Shooting pains like electric shocks.  
**Better** from warmth and rest

## Sulphur

Flu is **long lasting** - **Lingering** symptoms  
**Partially** recovers and then **relapses**  
Patients who have **neglected** themselves  
Drowsy by day **restless** at night  
Dry skin - great thirst - **night sweats**  
Boiling **flushes of heat** throughout body  
The patient may feel hot and sweaty with a  
**Low fever** and reddish mucous membranes  
Throat - **burning redness** and dryness  
Oppression - burning - stitches and  
Congestion in chest - **wants windows open**  
Respiratory & digestive symptoms often  
Have a **hot or burning quality** to them  
**Heat** aggravates the symptoms  
**Hot** - **burning sensations**  
Very sensitive to the **open air** and **drafts**  
**Worse** from washing and taking a bath  
**Crown** of head very hot - but **feet** are **cold**  
Soles of feet **burn** at night

## REMEDY KEYNOTES GROUP 3

### Arsenicum iodide

Extreme **restlessness** - **anxiety** - **fear**  
This is **worse** in a warm bed  
**Confusion** - delirium - patient **cannot**  
Remain **Calm** **or** in one position for long.  
Chills - **flushes** of heat  
Fever and sweats - **night sweats**  
Perspiration causes **yellow** stained clothes.  
Severe **fluent** coryza - discharge is  
**Irritating** and **corrosive**  
Sneezing and prostration  
**Burning** in pharynx  
Swollen tonsils - **glands**  
Hoarse racking dry cough - **tight chest**  
Scalding **diarrhoea**  
Generally feels **worse stuffy rooms** and  
From Exertion (but **desires** to move about)  
Generally feels **better** from **eating**  
(Has an **increased** appetite) and open air.  
Remedy is similar to Arsenicum alb.

### Arum Triph

Flu symptoms with **deliriums**  
Patient is **very restless** in bed - moves hands  
About **as if picking** at something  
Colds with **Watery eyes**  
Nose totally **blocked** breathes through mouth  
Yet has an **acid** discharge which **excoriates**  
Inner and outside of **nostril** and upper **lip**  
Large **scabs** form high up in nose  
Pain above root of nose  
**Bores** nose until it bleeds  
**Corners** of mouth cracked  
**Lips** cracked and peeling  
**Picks** at lips and nose until they **bleed**  
Excessive salivation - **acid** - mouth **burns**  
Palate feels **raw**  
**Raw** sore throat  
Hoarse and **hawks** up much mucous  
Sub **maxillary glands** swollen  
**Bores** head into pillow  
Suppression of urine (severe cases)  
Generally **worse** by talking - cold winds  
Laying down - heat

## Phosphorous

Fever with an easily **flushing face**  
Strong anxiety **wants** others to be around  
Offering **company and reassurance**  
Patient feels very **weak** and dizzy  
Headache - sore throat  
Nose bleed - **bright red**  
Hoarseness - **larynx very painful**  
Flu **quickly affects** the lungs  
Especially the base of the right lung  
Cough - worse **talking** and **laughing**  
**Worse cold air** - going into **cold room**  
Violent **tickle** in larynx while speaking  
Coughing - Bloody sputum - **bright red**  
**Chest burning** - tightness and constriction  
Respiration quickened - oppressed  
**Worse** lying on the **left side**  
Stomach pain - nausea or vomiting  
Craves **cold drinks** - which may be vomited

## Sticta

General feeling of dullness - malaise  
Patient feels as if **floating on air**  
**Confusion of ideas**  
Strong **desire to talk** (not listen)  
Fever with **violent cold** - catarrh  
Dull headache - pressure in forehead  
**Burning** in eyes - eyelids - eyeballs sore  
Fullness - **pressure** at root of nose  
Painful **dryness** of nasal membrane  
Mucous **quickly dries** and scabs form  
**Constant** need to **blow nose** - no discharge  
Soft palate feels like dried leather  
Swallowing difficult - throat - mouth and  
Larynx **burns**  
Oppression of chest  
Feeling of **hard mass** there  
**Incessant** - wearing - hard dry racking  
Cough - **worse night** and by **inspiration**  
Cough **looser** and **easier in morning**  
Pain from **sternum to spine**  
Rheumatic symptoms - stiffness of neck  
Generally feels **better in morning** & in the  
Open air - **worse** in the **afternoon**

## RARE CASES OF INFLUENZA

### Arnica

Prostrated and **drowsy** - delirious  
Flu with soreness **as if bruised** everywhere  
Despite being very ill they **send you away**  
Saying **they are fine - nothing is wrong**  
**Shivering** over whole body  
**Heat** and **redness** of head - face  
Body and **extremities** cold - also **nose**  
May have areas **mottled** -like **bruising**  
Patient complains their **bed feels too hard**  
The patient's body feels so sore **they fear**  
You coming **too close** and **touching** them  
**Large thirst** - may ask for sour drinks  
**Foul breath**  
**Worse** for **sudden movement**  
**Better** lying down or with head low

### Ipecacuanha

Irritable - holds everything in **contempt**  
**Shocks** in limbs on going to sleep  
Fever - Chill - **shakes** - teeth chatter  
Constant and **continual nausea**  
Tongue **clean** or slightly coated  
**Haemorrhage** - active or passive - **bright-red**  
From all the orifices of the body **with nausea**  
Pains as if bones were all **broken**  
Cough - constant-dry - spasmodic  
Cough - with **rattling of mucus** in bronchi  
Worse on **inspiring**  
Threatened **suffocation** from mucus  
Nausea - with profuse saliva - vomiting of  
White glairy mucus in **large quantities**  
**Without** relief - feels **sleepy** afterwards  
Dysentery with tenesmus - Pain nauseates  
Pains as if - clutching - squeezing - **gripping**  
Worse around **navel** - **worse** slightest motion  
Flatulent - cutting colic about umbilicus  
Stool - grassy-green - white mucus - bloody



## ACONITE - FLU

**Aconite** - flu's that come on very **suddenly** and **intensely** accompanied by **high fever** which may alternate with **chills**. There is great **anxiety** - **fear** - constricted pupils - strong **thirst** - patient may feel **fearful** or **agitated** - **very restless** - they think they are about to **die** - symptoms often worst around **midnight** - Fear of **death** with anxiety - feeling of great worry - tossing and trembling - **pulse** is **full** - **hard** tense and **bounding**.

Aconite - flu's can have sore throats which are very red and dry with burning or smarting. Hoarse - dry or **croupy** coughs.

Pneumonia with **sudden** onset - may cough up blood

Pains are **intolerable**

Numbness and **tingling** - **hot** hands **cold** feet or both **icy** cold

May go **pale** on sitting up

**Better** for **fresh air** - having a good **sleep** and from **perspiration**

**Worse** in warm room

A **fast** acting remedy that bears repetition well for the first 24 hrs - it works very well in combination with **Ferrum Phos** during the **early stages** of colds - flu - coughs **symptoms agreeing!** Both **Aconite** and **Belladonna** may well need following up with another remedy depending on the patient's symptoms after a day has past or **even sooner** if the picture changes rapidly.

## BELLADONNA - FLU

Belladonna - flu's start with a **violent suddenness** the intense symptoms include **burning heat** and **dry skin** which **radiates heat** - has a high fever yet no thirst during this stage - **red face** - **pupils dilated** - extreme **sensitivity** to light and jarring. The patient's **hands** and **feet** may feel **very cold** despite high fever. Chills and heat may alternate; there may be **visible pulsations** in the temples and neck.

Patients eyes **wide** and **staring** - bright **red** tongue - intense **pounding** headaches may have stabbing pains - all **worse** from any noise or **motion** a very red **glazed** looking sore throat - tickling **short** hoarse dry cough - usually **worse** at **night** larynx **very painful** - constriction on attempting to **swallow** possible ejection of drink through the nose and mouth from **spasm**.

There may be confusion - **delirium** or vivid **hallucinations** - **twitching** and **starting** during sleep - patients **may sleep** with **eyes opened** - may also sleep with hands under head - **throbbing** and inflammatory symptoms - Symptoms tend to affect the **right side** of the body. Patients may display a **craving** for lemon or lemonade.

Patient's feels **better** by sitting semi erect - in a warm room - **worse** by any **noise** **bright lights** - movement - lying down - 3pm and night time.

A fast acting remedy which bears repetition well - **useful for the first 24 hrs** as long as symptoms match. **B.I.R.D.S** - Burning - Inflammations - Redness - Deliriums & Spasms.

## ARSENICUM ALBUM - FLU

Arsenicum album - flu patients **rapidly** become **exhausted** (rapid and extreme prostration **out of proportion** to the disease) excessively **restless** and **agitated; anguish** often with **fear of death** - more so when **alone** - **they may reject** medicine as they believe they are **incurable**. They may become delirious with hallucinations **restless** (especially at night 1 -2am) the patient may **continually move** from one place of rest to another. **Oversensitive** - **fastidious** (Distressed by any **mess** caused by vomiting for example) patients feel **better** from having **company**.

Arsenicum patients are **freezing** they **cannot** get warm (*Shivery*); chilly (*worse draughts*) with **burnings** which are **relieved** by **heat**. They may complain of their **head** being **hot** and their **body** feeling **cold**. During the **rigors** and **chills** the patient may feel as though **ice cold** water was flowing through their **veins** - a rushing through their body of **ice cold** waves. During the **fever** when the patient is **intensely hot** they may have feelings as if **boiling** water was coursing through their **blood vessels** During the heat there is an increase of thirst for small amounts (*small sips and often*) **anxious expression** - **Face pale** or **circumscribed flush**.

Arsenicum - alb patients often have frequent bouts of painful **sneezing** (*without relief*) with a thin *watery* - **burning** discharge which makes the lip sore. There is **burning** in the eyes with a **hot** - **excoriating** lachrymation and a sensitiveness to light. There is often a **dry** or **wheezing** irritating cough - **tight** wheezy chest - **worse** night time and the patient must sit up for **relief** - better sitting propped up - warm applications relieve symptoms.

Arsenicum - alb patients who develop gastric symptoms *cannot bear* the **sight** or **smell** of **food** - they may develop a *great thirst* (drinks much but **little** at a time) this may cause **nausea** with *burning* pains, **retching** and **vomiting** - **diarrhoea** with acrid - offensive - watery stools - **simultaneous vomiting and diarrhoea**.

*Red hot* **needle pains!** - **Burning** pains better from **warm** applications.

## BAPTISIA – FLU

Baptisia - flu **strikes rapidly** - rapid **exhaustion** after any activity - **toxicity** - high **temperature** - heat all over with occasional chills - **delirious** with a **dusky dark red face** giving a swollen **bloated** appearance - a **congested besotted** look congested besotted looking **heavy eyes** - congested lips often with a bluish look to them. **Foul odour** of body - sweat - breath - discharges. Thirsty - **constant desire for water!**

General **confusion** as to **where** they are - **why** they are there - **who** they are talking to - they find it **difficult** to concentrate with a definite **aversion to all mental effort**. Patient may feel that his body parts are **scattered** around the bed and **searches** for them; they often **fall asleep** whilst being spoken to or whilst **replying** to questions they generally **answer correctly** then slip back into a state of delirium again - **Ideas confused**.

Baptisia - flu patient's tongue will be foul - **heavily furred** flabby - yellow down the centre or brown/black with dusky red edges around it may have the sensation of **burning** - the **breath is foul** - the lips often seen to be **cracked** even bleeding with ropey tough **saliva** dribbling out of their mouths when dozing.

Sore aching Muscles - **very restless** always in search of a comfortable position - the parts laid in bed feel **sore** and **bruised** - arms legs and back are sensitive and tender - **sprained** or bruised **sensation** in their joints - **movement is painful**. The Baptisia Patient does **sweat** a great deal which gives off a sourish odour. **Restless and tender - feels bruised!**

Baptisia patients often have very **severe** throats problems - most have a very dusky **dark red** appearance - many go on to **ulcerate** about the tonsils and up onto the soft palate - also to be seen is an accumulation of **glairy offensive** mucous. The throat can be painful and **swallowing difficult** due to the feeling of an **obstruction** water is about all the patient can tolerate. Occasionally you may see a patient with a painless but very sore looking throat! This condition can extend into the ear often the right ear - causing the ear to become painful - obstructed and on to a **middle ear infection** or more seriously an **infection of the mastoid** - which can be recognised by tenderness and a slight blush over the mastoid region.

Baptisia - **Gastric** flu causes **rapid** pulse, sudden attacks of violent **diarrhoea** and vomiting with much **prostration** and colic. **Sudden gastric attacks - Stool offensive - thin and dark!**

Chest complaints are worse lying down and better for a draught of fresh air - difficult breathing with a feeling as if **lungs were compressed** - constriction of chest - **fears** to go to sleep because of **fear** of suffocation - **oppression of chest**.



## BRYONIA – FLU

Bryonia Influenza symptoms **appear slowly** over a period of 6 to 12 hours, the patient generally feels out of sorts.

The Bryonia patient is invariably an **irritable and angry** one - who is caused distress by simply you **talking** to them - this is because their condition is **aggravated** by speaking.

Looking and feeling **dull** and **heavy** - mildly congested - often with a puffy looking face They feel so **very sleepy** and simply wish to **lay still** and be **left alone**. Giddiness on rising up, nausea. Delirium at night time - patient asks to be **taken home** when they are already in their own bed; they often **dwel** on work or *business* affairs.

As the condition progresses their temperature raises and they feel hot and uncomfortable - sweating - sometimes profusely with a **damp hot sweat** - this is **aggravated by a stuffy room**; allowing **cool air** into the room helps a Bryonia patient. **Likes cool air** about them!

These patients can be **difficult to please** - they may ask for a fruit juice or sour thing then on receiving it change their minds for a glass of **cold** water, which they will usually drink in **large amounts** - **at longish intervals**.

Their generalised aching pains are **aggravated by movement**, they are restless and uncomfortable, it is not uncommon to see them **moving** about in **search** of some comfort (which **causes** them more **pain**) without relief; they get into this **restless** state when they will not be still. Bryonia **Joint** pains may be helped by a **warm** application.

Bryonia Influenza patients have a **dry** dirty white coated tongue - **bitter taste** in the mouth which is made **better** by cold water - **chapped dry puffy lips** which may crack or bleed. Throats become congested around the tonsils which may or may not have whitish spots on them; pains in the throat are all made much **worse during swallowing** - **(An act of movement)**.

Their headaches can be intense - congestive and throbbing normally in the forehead which is often **relieved by applying firm pressure** to the area - these painful headaches are **worsened by talking - stooping** - any form of **exertion**. Some may be neuralgic headaches affecting the scalp and face which becomes very **sensitive** to touch. Conjunctivitis may occur in a Bryonia - flu with eyeballs becoming sensitive to pressure. (General pains are **better** by **firm pressure**).

Catarrhal condition extends down into the larynx causing an irritating, tickling burning sensation - hoarseness and rawness and occasionally a suffocative tight sensation below the larynx - but more often a very irritating **bursting explosive cough**. Chest infection leading to **extreme pain** on **coughing** - acute oppression **Violent stabbing pains** which are **directly related** to coughing or moving - pains in the chest on moving, hence the desire to **keep perfectly still** and apply pressure coughing aggravates headaches. **Holds chest firmly on coughing!**

## EUPATORIUM PERFOLIATUM – FLU

Eupatorium - flu patients find their symptoms developing quite **quickly**, particularly the **intense deep seated aching pains** which **precede** the **chill** and occur throughout it - affecting **muscles** and most of their **skeletal** system - arms - legs (**shins**) shoulders and hips. **Wrists** may feel the worst - **joint pains** resembling that of **dislocation** and back ache.

These pains cause them a **great deal of restlessness** as they move to find relief from one or other of their aching bones - patient is often heard to be either **complaining** about their pains or **moaning and groaning** or feeling most **depressed** and quite **sorry** for themselves.

Eupatorium patients usually have a fairly **bright flush**, dryish skin and pale lips possible painful aching soreness of eyeballs - they always feel cold - **shivery with chilliness** often felt **spreading** up their **backs** - they are quite **sensitive** to any **draught** of air. **Little** if any **sweating** but feel **better** for it if they do!

The tongue can be seen to have a whitish furry appearance to it - they have a flat insipid taste in their mouths and occasionally **cracks** in the corner of their mouths may be seen. Usually Eupatorium patients have an **insatiable thirst** before and during the **chill** - they become **aware** that the chill is returning by their **urgent** need to drink (or **drinking** brings chill on). Whilst the cold water may ease the **burning** at the back of their dry and often congested throats - care must be taken to **avoid excesses of cold water** from precipitating **gastric attacks** which are common with the Eupatorium - flu patients - there may be vomiting sometimes of bile, sometimes **large quantities of greenish fluid** - and bouts of **flatulence**.

Headaches are usually very painful - soreness of the head being **most painful** at the **point** where it has been **laid** on - sometimes **throbbing** or a **sensation of pulsation** at the back of the head which may also feel very **hot** on the **crown**. All head symptoms are severely **aggravated** by **coughing** or **violent bouts of sneezing** which are accompanied by a streaming nasal discharge **despite** the patient complaining of a completely **blocked up** nose. **Vertigo - sore aching eyeballs!**

Eupatorium patients will often complain of **burning** and **heat** in the trachea - with this, is a very trying often violent cough which **hurts** the patient from **head to toe** it also hurts the **chest walls** so much the patient **holds his chest** to minimize movement and pain - also present are intense **aching** pains throughout the chest muscles - feeling as if it is in the **ribs** themselves. In rare cases some patients resort to getting on their **hands and knees** which **appears** to relieve their cough.

## GELSEMIUM – FLU

Gelsemium Influenzas come on **slowly** - starting the day before with the odd ache here and there - slight headache with an increase in temperature – catarrhal, generally out of sorts. Next morning they feel **most** ill - **feels miserable!**

The Gelsemium Patient is **drowsy and lethargic** - tired with a feeling of **intense weariness** - their muscles are sore and ache - they have **very heavy eyelids** - may have blurred vision - feel sleepy - **they desire to be left alone** - and have no desire to speak to anyone - or even move a muscle; any **excitement** leaves them **sleepless despite** their dull toxic state. (Patient desires **solitude**).

The patient's face has a **light dull flush** look to it - as do the lips and skin which is generally moist **hot and sticky** - despite this, they have sensations of **little cold shivers** running up and down their backs - as if cold water had been poured down their back - these are made **worse by cold draughts**. Extremities may be cold! Typically **not thirsty!**

**Tremulousness** quickly ensues; this becomes noticeable when they pick a cup up. **trembling** of tongue, hands - legs - entire body - **sensation of falling** especially when half asleep - they awake with a jerk - dizziness - **weakness** - muscles seem unco-ordinated. **Shaking** - may need **holding still** - everything made **worse** by any **movement!**

Gelsemium patients often have a most **intense pain** in the back of the head going down into the neck muscles - this may extend over the head to cause a **bursting or throbbing** sensation in the forehead and eyeballs - the patient copes better with this when **keeping perfectly still** and propped up with pillows. Headache may cause **dizziness** - may have the sensation of a **tight band around the head** - all head symptoms **worsened** by **lying with the head low**. **Temporarily feels better** after passing **large quantities of urine!**

The Mouth is usually **extremely dry** and lips often cracked and coated with dried saliva - there is an unpleasant taste which is ameliorated by cold water - often a sensation of **burning** in the **tongue** which may feel **thick** or **numb** - which is often coated yellow or red and dry - there is often a putrid breath. **Intensely** dry mouth and Lips!

Eyes may become congested - very **sensitive to light** with a great deal of **lachrymation**; the Nose may have a watery discharge accompanied with bouts of **violent sneezing**. There is often a sensation of **fullness** and **pressure** at the root of the **nose** with the occasional nose bleed on blowing the nose hard.

There may be Sore throats with possible enlarged tonsils - swallowing can be difficult more so with **cold** rather than warm drinks - this may be accompanied by a **feeling** of **constriction** or the sensation of a **lump in the throat**. Laryngitis, spasmodic croupy type coughs with breathlessness can all be seen in a Gelsemium Flu - also seen is an acute abdominal irritation with loose yellowish diarrhoea - there may be a sensation of weakness in the rectum associated with this.

## MERCURIUS SOLUBILIS – FLU

Mercurius – flu patients generally have a localised **flush**; their faces often become **bright red**, covered by a **damp sweat** which appears to be **oily - greasy** looking. They become uncomfortable and **extremely restless** - often **anxious** about their condition. They may become **impatient** or irritable - **speak** quite **hurriedly - rushed** sometimes having trouble to articulate due to the **excessive** sticky **salivation** they produce. They often become **depressed** - associated with this is a degree of tearfulness especially when being shown an act of kindness.

Mercurius patients have a **hot sweat** which becomes **intolerable** if **covered** up too much - the patient will **uncover** to cool down then start to feel very **chilly** so has to cover up again - they then become too hot **again** and so on. This **unstable** temperature is best controlled by a **still** atmosphere and a constant **moderate** room temperature. **Shuddering** or chilliness **alternating** with **burning heat** - profuse offensive **sweats** (May be **yellowish**) which give **no relief** or makes patient **worse**.

Aching all over - **stiffness** in the neck - back - arms and legs - all **aggravated** by moving - **trembling** especially of the **hands** - tongue may display a fine tremor when asked to protrude it. The **breath** is foul (**fills the room with its odour**) tongue flabby - pale - greasy tasting and coated yellow - may have teeth imprints set in it extreme **thirst** for cold drinks **despite** the **moist** mouth. **Offensive** profuse salivation (sometimes **metallic** tasting) - alternate flashes of heat in single parts, cold clammy sweat on legs which is worse at night (feels like they are wearing **cold damp stockings**) **All** Mercurius - flu symptoms become much **worse at night**.

The **throat** of a Mercurius - flu patient is **acutely inflamed** - very **swollen** - dark **red** and very tender - with possible ulceration - feels raw - intense **burning** constant **desire** to **swallow** which is **difficult** and **painful** - may cause a **stabbing** type pain in the ears (severe **earache** with **digging** pains - fetid **bloody** discharge) swallowing drinks may also cause a **spasm** - ejecting fluid out through the nose **Glands** swollen - **Uvula** swollen and **elongated**.

The **larynx - trachea** and **bronchi** all suffer from the same **burning** and soreness as found in the throat - **middle** of the chest feels **very raw** - coughing is **very painful** - hoarseness and loss of voice may occur due to the **severity** of the inflammation.

Often to be seen in a Mercurius - flu patient is a severe **conjunctivitis** - tears are of a **burning** nature and quite **profuse** - there is a definite **sensitiveness** to the **light** and to **radiant** heat - which causes their eyes to **smart** and burn.

The patient's **nose** may be raw and ulcerated and profusely **drip** like a **tap** - the watery **acid** discharge may excoriate the upper lip. **Violent** bouts of **sneezing** are induced by **draughts** or a **change** of **atmospheres** - **hot** to **cold** and the **reverse**. This clear drip can change to a thicker **greenish** discharge with pain and swelling of the nasal bones causing intense pains which radiate into the antrum - under the eyes and frontal **sinuses**.

## NUX VOMICA - FLU

Nux Vomica - flu patients have quite a **high fever** - the whole body becomes **burning hot** - the face is **red** and **hot** - associated with this are chilled feelings they **cannot** get warm - **chilliness** on the **slightest movement** or the slightest **exposure** to the open air (**draughts** or **uncovering**) dreads going into the open air patient wants to be **completely** covered - they have a **coldness** that no external **heat** or bedclothes can modify - **lengthy** periods of shivering and chilliness. Violent **chills & shivering** immediately after **drinking** - feels **worse** for being cold in any way

Nux Vomica patients are often very **sensitive to pain** - light - noise and **odours**. They can appear to be very **irritable** or **critical** - over sensitive - **impatient** - angry and **easily offended** - any **exertion** makes them feel generally worse - Benefits from short **naps**.

Back aches can be quite distressing for Nux Vomica - flu patients, they also have general aching pains in their limbs - **hands** and **feet** may feel **icy** cold - unpleasant headaches and quite **sore throats**. Stomach upsets are not uncommon occasionally with a strong **nausea** - **cramping** in the digestive tract.

If the flu is of a respiratory nature there may be present a **tight** - dry - **hacking** cough - very **painful** as if something were **torn loose** in the chest and at times bloody expectoration - there may be **constricted** breathing also. Coughing may bring on a **bursting** headache and a **bruised** pain in the region of the stomach.

Bitter taste in mouth - **repugnance** to food - want of appetite and **constant** nausea **ineffectual retching** - Vomiting of sour smelling and tasting mucous - Flatulent colic Distention - Constant abdominal pain relieved by passing stools - often only small quantities - frequent **ineffectual desire** for stool - Stool relieves pain for a while

## PYROGENIUM - FLU

Pyrogenium - Influenzas - usually of a **serious** nature - may commence with **extreme** pains in the legs spreading upwards - then onto a **coldness** and **chilliness** which no fire can warm - **creeping chills** in the back - with a **thumping heart**, followed by a **rapid** rise in temperature 103 - 106f - skin **dry** and **burning** - they are **flushed** - very **hot** with **profuse sweating** which **brings no relief** - the patient may complain of a sensation of **burning heat** which **oppresses** them.

Copious urination of clear water may occur with the fever. Sensitive to **draughts** which make them **instantly shiver** - they also get little shivers intermingled with the feeling of intense heat or a sequence of - **feels chilly** - then a **little shiver** - becomes **very hot then sweats** which is **clammy** and **offensive**.

Pyrogenium patient's have violent **pulsations** - intense **restlessness** - with **either** a very rapid pulse - or the key note symptom of a **high temperature with a low pulse rate** - **or the reverse** - **Pulse** out of **proportion** with the **temperature!**

**Excited** and **talkative** - more so in the evenings when they may seem **delirious**, the Pyrogenium patient is often troubled with **sleeplessness** because of this **excess mental activity** - if they become more **toxic** they may become a little **delirious** complaining of **not knowing** where they are or **cannot tell** whether dreaming while asleep or awake.

The Pyrogenium patient feels **beaten** and **bruised** - their **bed** feels very **hard** Aching from head to foot they are **very uncomfortable** and **sensitive to pressure** always **moving** - wriggling or **rocking** around in bed in order to ease the painful parts - which are all **momentarily** better on **first beginning** to move - possible numbness of arms - hands and feet.

Pyrogenium flu headaches are usually **violent** and congestive either occipital or more frequently an **intense throbbing** headache in the temples - associated with this is a **sensation** of **heat** and **pressure** in the **head** - which feels **damp** as if with hot sweat - the pains are **relieved by pressure**. The mouth is **offensive**, often dry with quite a **thirst** for small amounts of cold water; the tongue is usually of a brownish colour or more rarely seen red and cracked.

Violent bouts of **sneezing** caused by **cold draughts** or uncovering - throats may have some ulceration with difficulty of swallowing and an accumulation of an **offensive** gluey post nasal discharge - this is also found in the larynx which may be intensely **raw** with much **burning**. There may be a troublesome cough requiring the patient to cough up sticky yellowish mucous - **Foul taste & foul breath**.

Pyrogenium flu patients often have **acute** digestive disturbances - **enteritis** with acute abdominal pains in the caecal region - this is **worse** from **touch** or **motion** and is accompanied with violent diarrhoea which is most **offensive** - **profuse watery** stool brown/black - **almost involuntary** and **painless** - with little or **no urging**.



## RHUS TOXICODENDRUM - FLU

Rhus Tox - flu patients experience a **gradual appearance** of their symptoms  
Prostration - **large thirst** or just a thirst for **sips** to moisten their dry lips or mouth  
and throat - **Intense fever** - something they may feel more on the **inside** as an  
**intense heat** or **burning** - but they **feel** the **cold** on the surface of their skin. **Chilly**  
as if cold water poured over them followed by heat and an **inclination** to **stretch  
out** - **Sensitive** to cold air or **draughts** which aggravates their entire symptoms  
Rhus tox patients are also **chilled** by **draughts** during bouts of heavy **sweating**  
Typhoid forms of fever.

Rhus tox - flu patients occasionally feel quite **depressed** and **weep** for no particular  
reason; they may feel **anxiety** - worry - or **fear** especially at **night** time. Sleep is very  
difficult because of their **constant** discomfort - when they do eventually drop off  
their sleep it is very **disturbed** - full of dreams concerning great **exertions** - being  
back at **work**.

Rhus Tox patients have very severe **aching** in their bones - they are **extremely  
restless** - moving about, **constantly** changing position - because if they lay still too  
long (**worse resting**) their muscles feel **stiff** - bruised - painful. **Pains** are **worse** on  
**first beginning** to move - thereafter **better** from **motion**; uncovered limbs may  
begin to ache because of the **cold air** on them. Bouts of painful **Urticaria**

Patient's often complaining of a very painful occipital headache with a stiff neck  
and **giddiness** on movement or sitting up. Mouth and lips are intensely **dry** often  
with a very **sensitive** herpetic **eruption** spreading to the corners of the mouth; the  
tongue coating varies from white to brown with a red **triangular** tip or a red cracked  
tongue - which may feel **burning hot** and painful.

Throats can become very sore with **swollen glands** - dry - **burning** and sensitive to  
**empty** swallowing and drinking. Bouts of violent **sneezing** - tickling irritation  
causing a **persistent** racking cough - leading to **rawness** and burning in the larynx  
**Hoarseness** requiring very painful clearance of mucous.

You may see a Rhus tox patient with **enteritis**; this causes extreme pain in the lower  
**right** hand side of the abdomen -with **tenderness** - **restlessness** and foul diarrhoea.

## SERIOUS CASES

### Camphor

Great **anxiety** and nervousness  
Better when **thinking** of their complaints  
Dreads being **left alone** especially at night  
Periods of **extreme chilliness**  
Interspersed with **Hot flushes**  
Skin - cold - blue - nose cold  
Cannot bear to be covered  
**Hot** head - **cold** feet  
Icy **coldness** of body - **wants cold air** and  
Windows **open** - bedclothes off - **then**  
When **hot** - wants **hot water bottles** and  
Covering up with plenty of bed clothes  
Breath feels **icy** cold - **cold sweat**  
Sweats on **uncovered** parts  
Throbbing **hot head** but **limbs cold**  
Tongue tremulous and cold  
Feels as though **cold air** was  
Blowing on **covered parts**  
Chest feels **as if in a vice**  
Hammering pulse in head  
Pulse hammers or is **weak** and **rapid**  
Almost imperciveable - cold clammy sweat  
Use 1x - store away from other remedies

### Carbo Vegetabilis

This is truly a **desperate** condition  
**Cold surface** - from knees down  
Even in bed - of left arm and left leg - very  
**Cold feet** - hands and fingers - nails **blue**  
Lies motionless - **as if dead**  
**Coldness with thirst** - **Breath cold**  
Pulse intermittent - thready  
**Haemorrhages** (nose - stomach - gums)  
**Bowels** - bladder or any mucous surface  
**Cough** with **burning** in chest  
**Wheezing** and **rattling** of mucous in chest  
With indescribable paleness of the  
Surface of the body  
**Cold sweat** on limbs  
Blood stagnates in the capillaries causing  
**Blueness** - **coldness** and ecchymoses  
Patient so **weak** he cannot breathe  
Without being **constantly fanned**.  
Last stages of disease - with copious **cold**  
**Sweat** - **cold** breath - **cold** tongue  
Voice lost - **After effects of Influenza**

### China

**Desperate cases** - after effects of flu  
Ailment from **loss of fluids** - blood loss  
Also from vomiting & diarrhoea  
**Anaemic** - pallid - weak - **exhausted**  
**Debility** with chilliness  
Debilitating **night sweats**  
**Exertion** causes perspiration  
**Thirst** before chill - little and often  
**Worse at regular periods** - alternate days  
Every third day - every seven days - etc  
**Weariness** of the limbs - **desires** to  
Stretch - move or change position  
**Painless diarrhea** with a lot of gas  
Flatulence - **belching brings no relief**  
**Worse** - slightest touch - at night  
After eating - **cold** - drafts - at night  
**Better for warmth** - rest - open air  
**Better** for hard pressure - bending double

### Veratrum album

**Rapid** sinking of the vital forces  
Complete **prostration** - **collapse**  
**Pulse** feeble & rapid  
**Extreme coldness**  
**Blueness** and weakness  
Pale face which is **icy cold** - nose icy cold  
**Cold sweat** on the forehead  
**Thirst** intense - **unquenchable** - for large  
Quantities of very cold water or acid drinks  
Wants everything cold  
Profuse **violent retching**  
Vomiting - excessive with nausea and  
Great **prostration** worse by  
**Drinking** and by **least motion** - which  
Causes **great weakness**  
Diarrhoea - **frequent** - greenish - watery,  
Gushing - mixed with flakes - cutting colic  
Followed by **cramps**  
**Cramps** commencing in hands and feet  
Generally **better** by warmth.

# BIOCHEMIC TISSUE SALTS FOR INFLUENZA

(New Era 6x)

**FERRUM PHOS** - In the first stage with chills - followed by fever - headache - vomiting. The patient often has a **flushed** face - **quick** full pulse - **dry** skin and thirst - very useful during the **early stage** for all the symptoms often associated with influenza.

Heat - Inflammation - Redness - Pain!

**NATRUM SULPH** - (*Principal remedy*) to eliminate the excess of poison-charged fluids resulting from infection.

**KALI MUR** - For the aching rheumatic pains in the limbs and joints - tongue often coated white or gray - sore throat - tonsils may have white spots and the glands may be swollen - patient may feel depressed.

**KALI SULPH** - Patient may be **tearful** or **touchy** - little or **no thirst** - headachy - chilly dry skin - feeling of heat with no perspiration - Cough with a yellowish expectoration may have a rattling chest - most symptoms worse from a **stuffy heated room**. Useful when *alternated with Ferrum Phos* for inducing **perspiration**.

**KALI PHOS** - Very useful for **depression** which may occasionally be seen during and after Influenza - **weakness** everything is an effort, aids recovery - **after effects** of flu especially when taken in conjunction with the following remedy.

**CALC PHOS** - when there is much **weakness** and physical **lassitude**. There is a ready made combination of *Kali Phos, Calc Phos* and *Ferrum Phos*, for *convalescence*.

**MAG PHOS** - Helpful where there are sharp shooting and darting pains (*acts well in a little hot water*). Useful for post Influenza neuralgias

**NATRUM MUR** - Heavy colds with **clear nasal discharge** like egg-white - **sneezing** (which is often worse in the **morning**) - headache - **diminished** sense of smell or taste Patient may develop **cold sores** around the mouth - lips can be chapped and **cracked**.

**Ferrum Phos - Kali Mur - Nat Sulph** - a combination of these three remedies may be dissolved in hot water and frequently sipped. This combination may also be purchased in the **30c Homoeopathic potency** and used less frequently.

**After effects of Influenza;** There is available a combination remedy for convalescence containing - **Calc Phos - Kali Phos - Ferrum Phos** - take four times a day until fully recovered.

**Tissue salts can be used on their own or along side Homoeopathic remedies!**

## GENUS EPIDEMICUS & PROPHYLAXIS

These are the remedies which match the common symptoms of the disease as it manifests in the population when there is an epidemic. When a number of people produce symptoms which match the same or a couple of Homoeopathic remedies, then these medicines may be given to as a prophylaxis. The whole household or even a **whole school**, or **workforce**, may be treated with 3 doses of 6c over 24hrs or a single dose of 30c for a few days once a month for 2/3 months. The following remedies have been used with success. Combination remedies can be purchased from suppliers.

**Oscillococcinum** 200c each morning for 3/4 days use with Genus Epidemicus remedy

**Influenzinum** 30c one dose three times a week if you are in **contact with flu**; this may be alternated with Genus Epidemicus remedy

**Aconite - Gelsemium & Eupatorium** 30c an excellent combination (when uncertain of G.E remedies) as a prophylaxis or as soon as flu symptoms develop - One dose morning and evening for 3 days (Or dissolve 3 of each remedy in warm boiled water and give 1 teaspoonful per family member as prescribed above).

**Arsenicum** 6c Give three times over the day (**Contact with Gastric Influenza**) also read **Cadmium Sulph. & Sarcolatic Acid** (P47)

**Cadmium Sulph & Cinnamon 200c** alternated 2 hourly for 3 doses at first signs of Influenza. (**Contact with Gastric Influenza**)

**Mercurius Sol** 10,000x potency has been used for (epidemic broncho pneumonia) **swine flu** (single dose only) and as a prophylaxis for it, 1 dose once a month for up to 3 months, protects for 6 months (Dr V Krishnamurthy)

## AFTER EFFECTS OF INFLUENZA

**Tuberculinum Aviare 200c** - For clearing up symptoms after flu - especially when the lungs have been affected - Coughs are irritating incessant and tickling. There is great debility and weight loss and lack of appetite. This remedy braces up the whole organism, reduces coughs and brings back the appetite. 3 doses over 12 hours

**Kali Phosphoricum** - General **weakness** with spasm - the **slightest** labour seems like a heavy task. (A single dose of 200c or as suggested below)

**Phosphoric Acid** - Chronic **fatigue** after flu - Better from **warmth** - sleep - Feels **apathetic** - dull - settled despair - **indifferent** to everything - Low continued fevers.

**Scutellaria lat** - Nervous **weakness** - **nervous fear** predominates

**You may also need - Eupatorium - China - Gelsemium - Nux vom - Nux Mosch - Pulsatilla - Sulphur - Cadmium Sulph - Psorinium - Causticum - Carbo Veg**

6c potency 3/4 times a day or 30c potency twice a day for a few days until improvement sets in, then spread dose out over longer intervals or stopped if improvement is marked, if the improvement does not hold, repeat dose or consider giving a few doses of **Sulphur** 6c or 30c which is usually good practice after a case has been prolonged or difficult. Also read the remedies recommended for coughs, gastritis, mild flu, for treating after effects. A visit to a Homoeopathic practitioner is recommended if symptoms persist.

## COLDS AND MILD INFLUENZA

**Aconite napellus:** *Early stages* of a cold, first **sneeze** or first **shiver** - if symptoms are **intense** and come on **suddenly**. Exposure to cold and wind may precipitate the illness. Symptoms include a dry stuffy nose with a **hot thin** discharge dropping from the nose - tension in the chest - a scratchy throat - and choking cough. Patient feels **thirsty** - chilly - anxious - **agitated** - worse **stuffy atmosphere**

**Allium cepa:** Paroxysms of sneezing - watery eyes that sting - a **teasing** cough much **sneezing** - streaming **runny nose** with clear discharge that **irritates** the nostrils and upper lip making them **raw** and sore - the **rawness** may extend to throat and chest. Patients are often hot - thirsty - headachy - nose usually runs when **indoors** or in a warm room - stops in **open air** - generally **better** in **open air**.

**Arsenicum album:** Patients who have frequent colds, sore throats - chest problems with **burning** pain and feelings of **weakness** - **restlessness** - and **anxiety** may benefit from this remedy. **Head** may feel **hot** while the rest of the **body** is **cold** extremely **chilly** - thirsts for **frequent sips** - **worse** nearer **midnight**. The nose often feels stopped up and the person may **sneeze** repeatedly, without relief intense **tickle** inside nose at one spot - thin - watery - **burning** discharge.

**Arsenicum iodide:** Extreme **restlessness** - **anxiety** - **fear** - worse in warm bed. Confusion - delirium - Patient **cannot** remain calm or in one position for long. Chills **flushes** of heat - fever and sweats - **night sweats** - perspiration causes **yellow** stained clothes - Severe **fluent** coryza - **discharge irritating** and **corrosive** Sneezing and prostration - **burning** in pharynx - tonsils - glands swollen - hoarse racking dry cough tight chest - generally feels **worse stuffy rooms any exertion** (but desires to move about) generally feels **better from eating** (has an **increased** appetite) and **open air** - very similar to **Arsenicum**.

**Arum Triph:** Colds with **Watery eyes** - Nose totally **blocked** breathes through mouth - yet has an **acid** discharge which **excoriates** inner and outside of the **nostril** and upper **lip** - large **scabs** form high up in nose - Pain above root of nose **bores** nose until it bleeds - Lips cracked and peeling - **corners** of mouth cracked **picks** at lips and nose until they bleed - Excessive salivation - mouth **burns saliva** acid - palate feels raw - raw sore throat - hoarse and **hawks** up much mucous Sub **maxillary glands** swollen - **bores** head into pillow - suppression of urine .Generally worse by talking - cold winds - heat - laying down

**Belladonna:** **Sudden onset** of a cold - with fever - **flushed face** - and restlessness - Nose swollen - small amount of watery discharge - the throat raw and sore - A hard or persistent dry tickling cough - **bright red** sore throat, and **throbbing** headache or ears. The person may be **sensitive to light** - drowsy **or** - delirious with the fever - **thirsty**

**Dulcamara:** Colds after **getting wet** and chilled - or **over heated** - if colds come on when the weather changes - severe sneezing - eyes are **red** and **sore** - eyes and nose both **stream** - especially **indoors** and in a **warm room** - neck stiff - throat sore pains in **back** and **limbs** - a stopped-up nose and face pain are likely.

**Euphrasia:** **Redness** and **heat** of cheeks - chilly - cold - sweat mainly on chest area - night time during sleep - bursting - catarrhal headache - **red** - **watery irritated eyes** - **itching** - frequent **sneezing** - profuse clear nasal discharge & violent **cough** from irritation with abundant amounts of phlegm - **gags** or vomits from hawking up mucous Which is worse morning time - Generally feels worse evenings - indoors - by warmth



**Ferrum phosphoricum:** This tissue salt often stops a cold from developing if taken right away when symptoms start in conjunction with **Natrum Mur** 6x. It is also helpful during colds that are more advanced when the person **feels very weary** with a moderate fever - **rosy cheeks** - sneezing - and a **short hard** cough.

**Hepar Sulph:** Exposure to **cold dry weather** precipitates cold - affects nose ears throat and chest - sneezing is often triggered by **cold winds** - mucous watery at first then becomes thick and yellow - nose becomes swollen - painful - Symptoms are worsened **least draught** of cold air - **uncovering** limbs - **hypersensitive** - irritable

**Gelsemium:** **Lethargy** and aching - with headache and **droopy eyes** - Fever and little **chills** run up and down the spine - hot and cold **by turns** - heat or pressure may be felt in the face and nose - headache with **heavy feeling** in limbs - often **trembles** and is **shaky** - or feels extremely dull - colds during **hot weather**.

**Kali bichromicum:** This remedy is usually indicated for later stages of a cold with thick - **stringy mucous** that is **difficult to clear** from the nose and throat constant hawking - The patient may experience pain at the root of the nose or hoarse coughing with **stringy** - **tenacious** expectoration - feels better from **resting** and keeping **warm**

**Kali Iodatum:** Colds from every exposure - especially to damp; **violent sneezing watery acrid discharge** - **eyes smart** and water severely - nose **red** and **swollen**; frontal headaches or pain at the **root** of the nose - face red - hot and cold by turns; **heavy thirst** - **worse from heat**

**Mercurius solubilis:** Patient extremely **sensitive** to temperatures, and experiences **night sweats** and **drooling** during sleep - **sneezes** violently - nose **drips** - fluent corrosive - nose **red** - **raw** - **swollen** - shiny sore throat - voice hoarse **Swollen** lymph nodes and **bad breath**. The tonsils or ears often become infected

**Nux vomica:** Cold and hot by turns - very **chilly** cannot get warm - shudders after cold **drink** or least **movement** - nose **alternately** blocked or running - streams in the daytime and warm room - stuffed up at night - rough throat - harsh cough patient is **irritable** - **impatient** and **sensitive** to **odours** - **sounds** - **light**

**Phosphorus:** Colds often start in the **throat** or **chest** - Sneezing cause's **pain** in throat or head - nose red **alternately** blocked or running or one or the other nostril **discharges** - Hoarseness - **laryngitis** - sore throat - tightness of chest - thirst for **cold drinks** - feels better from massage - feels weak - anxious or fearful when ill.

**Pulsatilla:** Persistent Colds producing thick - bland - yellow or greenish mucous which is **profuse outdoors** - Nose feels stuffed **indoors** and runs in open air - Pains in face and nose - chills up and down back - patient **feels worse** in a warm or **stuffy room** - improvement from going **outdoors** - Congestion and fever often are worse in the evening - cheeks are hot and lips become chapped - **loss** of appetite taste and smell.

**Rhus toxicodendron:** Fearful and **restlessness** at night - **thirsty** more so at night. Cold drinks may bring on chilliness or coughing - violent coryza - colds which begin with **stiffness** and body **aches** - especially during cool **damp weather** or weather **changes** - Nasal congestion or sore throat - hoarseness rawness and roughness **worse on first beginning** to talk - The patient feels **extremely restless** and often **paces** or **fidgets**. Warmth and **motion** bring relief - both physically and mentally



## HOMOEOPATHY FOR COUGHS

Coughing is the body's way of removing irritating substances, excess secretions, and foreign objects from air passages. This is important, both as a protective mechanism and for the healing process - which is why a cough should not be artificially suppressed with drugs; strong cough medicines affect Homoeopathic remedies. When a cough is painful - too intense - or prevents good rest, the use of remedies can gently relieve discomfort and help with recovery. Coughing can accompany a wide variety of illnesses or conditions. If a person has serious difficulty breathing coughs up blood or abnormal discharge - or seems very ill in other ways **professional help should be sought**

**Aconitum napellus:** Cough comes on **suddenly**, often from exposure to **cold wind**. The cough is likely to be sharp - **short - dry** - and **constant**. It may begin during sleep and **wake** the person up - or can start when the person goes from a cool place into a warmer one. **Restlessness** and **fear** are typical when this remedy is needed. It is often used in early stages of croup and asthma.

**Antimonium Tartaricum:** Persistent cough with **rattling respiration** - great **accumulation** of sticky phlegm - great difficulty in getting it up; sudden sensation of **suffocation** - **must sit up**: sunken - sickly - pale or bluish countenance

**Arsenicum:** **Wheezing** respiration - much frothy phlegm - cannot breathe freely or fully - **worse** from midnight to 2am - very **restless** and **anxious** - weak and **exhausted** to a marked degree.

**Belladonna:** A cough that comes on **suddenly** - often with the feeling of a speck or tickle in the throat. The cough is intense and nagging and the person may feel as if the head is about to burst. Sensations of heat - a **reddened face** - **dilated pupils** are often seen when this remedy is needed.

**Bryonia:** This remedy is indicated when a cold goes into the chest and the cough is very **painful** and **dry** - **shakes** the whole body - **stitches** in the chest. The person feels worse from **any movement** - may need to **hold** their sides - or press against the chest to keep it still. Wants to sigh but deep breath hurts. The cough can also make the head or stomach hurt - and the patient's **digestion** may be upset. The mouth can be **dry** and the person may be **thirsty**. If someone is very **grumpy** when ill and wants to be left **alone** - not **talked** to or **disturbed** - worse from any **movement** and **thirsty** - *Bryonia* is likely to be the remedy.

**Chamomilla:** A dry - hard - irritating cough that starts after being exposed to wind - or after being over excited and **angry** can indicate this remedy. The cough is often worse around nine in the evening and may continue into the night. The nervous system is **hypersensitive** - patient can be extremely irritable and agitated. (Children may even shriek and **hit** - though they often calm down if carried) This remedy is also useful in asthma attacks - especially those brought on by anger

**Causticum;** Hard cough, racks whole chest, which seems full of mucous; **rawness** in throat and chest **worse** on coughing and hoarseness of voice; sore streak down trachea; mucous under sternum which he **cannot quite reach** (inability to expectorate), swallows phlegm; may get **relief** from a drink of cold water

**Hepar sulphuris calcareum:** This remedy is very helpful when a cough is loose rattling and gagging with suffocative coughing spells and brings up yellow mucus. It also relieves long - dry coughing bouts. Extreme **sensitivity** to all sensations especially **cold** - **worse** for **uncovering** any part of their body - cold in *any* form (even food or drink) can set off a bout of coughing and makes the patient feel more ill. Feels both physically and emotionally vulnerable - can be **irritable** and **touchy** often indicated in *bronchitis* and *croup*.

**Ipecacuanha:** A violent cough that comes with every breath - long spasmodic bouts of coughing that end in **gagging** or *vomiting* - **rattling respiration**. The patient may have a clean **uncoated tongue** and experience **tightness** in the throat and chest - or an aggravating tickle - worse warm humid air or changes in the weather - asthma attacks.

**Kali Carb:** Cutting pain in chest - **worse** lying on right side - aggravated right lower chest - hoarseness and loss of voice - dry - hard cough about **3 am** - with **stitching pains** and dryness of pharynx - bronchitis - **whole chest** is very sensitive expectoration **scanty** and tenacious - but **increasing** in the morning and **after eating** - patient is worse **lying** on painful side - leaning forward relieves chest symptoms - expectoration **must** be swallowed - cheesy taste - offensive - **coldness of chest** - *wheezing* (the stitching pains of Kali Carb are **not aggravated** or started by **motion** - as is the case in a Bryonia cough).

**Nux vomica:** Tight sensation in the chest with a **dry** - hacking **teasing cough** causing soreness or a feeling that something has been **torn** inside - **long** coughing bouts cause stomach pain (**feels bruised**) and **retching** - cough may make the patients head ache - likely to be **impatient** - **irritable** - and **oversensitive** to everything - feelings of **chilliness** are typical - problems are often worse from **exertion** (both mental and physical) worse in the morning - feels better from a **short nap**.

**Phosphorus:** **Hoarseness** and a **tickly** cough in the **larynx** or lower down that **hurts the throat** - colds that travel **quickly** to the **chest** - cough is **aggravated** by **talking** - **laughing** and exposure to **cold air** - dry **hard** racking cough - has to **hold chest** on coughing - cough causes **bursting** headache - thirst for **cold drinks** (that may cause **nausea** after **warming up** in the stomach) is another indication for *Phosphorus* - tightness in chest - loss of the voice and laryngitis.

**Pulsatilla:** Dry - **teasing** - **persistent** coughs with spells of **gagging** and choking **aggravated** by taking a breath - cough is **dry** in the **evening** and **loose** in the **morning** - worse in a **stuffy room** or when the person **feels too warm** and **desires open air** - feeling of pressure and soreness in chest - **thick yellow mucus** may be coughed up with **gagging** and **choking** - cough is **worse** lying down - in the **evening** cough interferes with sleep - patient **likes attention** and **company** they may be **tearful**.

**Rumex crispus:** A *teasing* - hacking cough that is triggered by a *violent tickle* in the pit of the throat - even *touching* the base of the throat can set off coughing. Cough is often dry - but *frothy* or *stringy* mucus may come up - coughing may begin when going outside or *changing* from a warm place to a cool one - cough can keep the patient from sleeping - centre and left side of the chest are likely to be sore. **Worse laid down - cold air - better** from *covering mouth* up - there may be a constant desire to hawk up mucous.

**Rhus tox:** Dry - *teasing* - persistent cough with *tickle deep* down in air tubes *worse* at **night** - uncovering - *even a hand* - cold wet weather - may have a *taste of blood* in the mouth though no blood is seen - *very restless* - must keep moving.

**Spongia tosta:** Cough is *loud* - harsh - dry - sounds like *barking or sawing wood* (there is *no rattling or wheezing*) patient wakes up in great *alarm* feeling suffocated - as if the throat is *plugged* - as if breathing passages are dry - *worse* from being in a room that is too *warm* - or from *lying down* with the *head too low* **Talking** - singing - swallowing - cold air and smoke all aggravates the cough **Better** for *sitting up* - drinking something warm or eating small amounts brings some relief - helpful during *croup* and asthma.

**Sanguinaria:** Spasmodic cough *after influenza*; cough with *burning pain* in chest - worse - right side - sputum is tough - *rust* coloured - *offensive* almost impossible to raise up - *tickling* behind sternum which causes a *constant* hacking cough - which is *worse* at night and on *lying down* - patient *must sit up* in bed **Burning** soreness in right chest - through to right shoulder - severe soreness under right nipple - *severe dyspnoea* and *constriction* of chest - offensive breath and purulent expectoration - burning in chest as of *hot steam* from chest to abdomen Pneumonia - better lying on back.

**Sticta:** Hard dry racking cough *after influenza* - hard - dry - *Incessant* - wearing *racking* cough - during and after flu - *worse* during the night and by *inspiration* this may cause a pain through the chest from *sternum* to *spinal column* - the cough is *looser* and easier in the *morning* - this remedy will help to facilitate expectoration in these circumstances - *oppression* of chest - with a feeling of a *hard mass* there - throat becomes raw - dropping of mucus posteriorly - soft palate feels like dried leather - swallowing difficult - throat - mouth - larynx burns as if *scalded*.

**Sulphur:** This remedy is indicated for *burning* - irritating coughs that get worse at night in bed - for breathing problems during sleep - when a mild cough *drags on* for a week or more without getting worse - but without much improvement - *burning sensations* - *redness* of *eyes* and mucous membranes, foul odors - and an *aggravation* from *bathing* are often seen in a person who needs this remedy.

**Acute chests - Desperate cases;**

**Carbo veg:** Most *desperate* cases, where there is *burning* in the chest - capillary bronchitis - Pneumonia - third stage. Patient in a dying state - fetid sputum - cold breath and sweat: *Wants to be fanned* - *air hunger* - threatened paralysis of the lungs cold throat - mouth & tongue cold.

Avoid all proprietary medicines as they annul the effects of homoeopathic medicines sipping a little warm boiled water may help or a little made up glycerin honey and lemon - raising the bed and extra pillows may also help - as may cold compresses.

# FEVERS

Read the section on Nature cure (See page 9) for the treatment of fevers; use this advice in conjunction with the best matched Homoeopathic remedies and Biochemic tissue salts. Do not delay in seeking expert medical advice if the fever continues or worsens. Below are **four further** helpful remedies for your consideration when faced with fevers Remember to read all the flu remedies - as one of them may well match the symptoms of your patient's fever.

## Aconite

Fever **sudden** onset - **agitation**  
Great **anxiety** - **restlessness**  
**Frightened** - may be of death  
Worse **evening** to midnight  
Pulse **full** - hard - **bounding**  
**Red** face going pale on sitting up  
One cheek - **red** - the other **pale**  
**Chills** - pass from extremities  
To the chest and head - **shivering**  
Cold waves pass through them  
Hot head - dry **burning** skin  
Very **thirsty** for cold drinks  
Sweats on **parts laid on**  
Sweat relieves  
Frequent **sneezing** - hot clear  
Watery discharge  
Useful during the **early stages**

## Apis mellifica

Can be irritable - **dislikes interference**  
**Absence** of thirst - **despite** having a fever  
Facial flushing  
Skin **alternately** dry & moist  
Perspiration breaks out and  
Dries up **frequently**  
Frequent Chills - delirium  
Patient **may roll head** from side to side  
Puffy swellings - **Oedematous**  
Fiery red - constricted - **stinging pains**  
Local patches or **rosy** swelling with  
Burning and **stinging** sensation as of  
Red **hot needles** piercing skin  
Meningitic cry made during sleep  
Body shakes at intervals from **spasms**  
Worse motion - **any form of heat**  
Cool air and cold applications may **relieve**

## Belladonna

Rapid **violent onset**  
Very **high fever**  
Pulse **rapid** - full - **bounding**  
Delirious - hallucinations  
Congested **red** - **hot face**  
**Pupils Large**  
Severe chills  
Dry **very hot** skin  
Skin **radiates heat**  
Bright **red tongue** and **throat**  
Worse being jarred - noise  
Worse **bright light** - cold drafts  
Useful during very **early stages** of  
Infectious diseases **if** symptoms match  
**B.I.R.D.S** - **burning** - **inflammations**  
**Redness** - **deliriums** - **spasms**

## Stramonium

Furious **delirium**  
Terrible **hallucinations**  
Desires to escape  
Awakens from sleep terrified  
Sight of **water** or glittering objects  
Brings on spasms  
Ceaseless talking  
Very **high** temperature  
Profuse sweat which **does not** relieve  
Raises head **frequently** from the pillow  
Red face  
**Staring eyes** - **pupils dilated**  
Mouth dry - **dribbles** saliva  
Violent **thirst**  
Swallowing may cause **spasm**  
Objects appear much larger than they  
Actually are - body parts appear larger  
Feels **worse** in the dark **but**  
Cannot stand the **light**  
Better from warmth and company

# **GASTROENTERITIS**

## **(Gastric Flu)**

Inflammation of the digestive tract, usually caused by a virus transmitted by personal contact; can also be caused by contaminated food or water - by specific food which produce an extreme allergic reaction (by a sudden change in diet or abroad for example). It may be communicated by direct contact from drinking glasses - cutlery and food that were used or handled by a patient who suffers from the ailment or by any illness or drug which alters natural balance of bacteria in gut.

Symptoms vary in severity - usually pass off within 48 hours; a bad case will cause repeated nausea - vomiting and diarrhoea, cramping abdominal pain - fever and exhaustion; a mild case may be limited to mild nausea and a loose stool or two.

If above symptoms persist for more than 48 hours, or are accompanied by severe abdominal pain for more than 1 hour, emergency medical help **must** be sought - as this condition may not be gastroenteritis but Appendicitis

**Arsenicum** (200c in extreme cases) Anguish and anxiety - possible **fear** of death  
Rapid & **extreme** prostration - extremely **restless & agitated** - moves from place to place to rest - worse **midnight** to 2a.m - head **hot** - body **cold** - high temperature  
**extreme chilliness** - hot and cold **alternately** - **thirsty** for **frequent sips** - nausea  
**sickness** - **diarrhoea** together - **burning** pains in abdomen - **better** from **warmth**  
Cannot bear the **sight** or **smell** of food - relentless purging. (See page 23)

**Baptisia** - Rapidly becomes ill - delirious - thin **dark** diarrhoea - bloody - putrid  
Smelling - with **prostration** - **abdomen** distended - lying on right side makes symptoms worse - all **discharges** very **offensive** - sudden attacks of **gastric flu** - **sickness & colic**  
**Foul odour** of breath - *Salmonella* infection suspected. (See page 21)

**Cadmium Sulph** - **Extreme prostration** - **Chilliness** and coldness even when near to fire - **Violent nausea** - Pain in abdomen, with vomiting - Burning and cutting pains in stomach - vomit may be mucous, green slime, or like coffee grounds

**Carbo veg** - Patient is cold - **clammy** - prostrate - **air hunger** - fanning brings **relief**  
Burning in stomach - much **distention** of abdomen with **gas** - causing constricting and cramping pains - **flatulence** - heartburn waterbrash - **always belching** which **relieves** many symptoms - chilly - **coldness** externally - **burning** felt internally. (See page 36)

**China** - Frothy yellow stools - flatulence - person feels **chilly** and **exhausted** - draughts or light pressure on abdomen make symptoms worse - **painless diarrhoea** with a lot of gas - flatulence - **belching brings no relief** - **generally worse** - slightest touch - at night - after eating - **cold** - draughts - at night - **better for warmth** - rest - open air - bending double. (See page 25)

**Colocynth** - Extremely **irritable** - **bitter taste** - tongue feels **scalded** - agonizing **colicky** - cutting **pains** relieved by pressing **hard** on abdomen or **bending double** better by applying a **hot application** - stomach upset associated with extreme **anger**  
colic with pains in calves - frequent vomiting - vomiting caused by **pain**



**Ipecacuanha** - Vomiting - **nausea** with empty eructation's and much saliva Vomiting with a **clean tongue** - Persistent nausea **not relieved** by vomiting - **gripping** clutching around **navel** - Diarrhoea slimy - frothy like molasses - greenish - amoebic dysentery with tenesmus - straining causes so much pain it **nauseates**. (See page 36)  
**Mercurius corr** - Diarrhoea - **blood** and **mucus** in stools - slimy shreds - Stools excoriate and burn - burning in rectum - patient experiences a "never get done" sensation - flabby **moist tongue** - salivation - **foul breath**. (Also see Merc Sol page 22)

**Nux Vom** - **Sensitive** and **irritable** - bitter taste in mouth - **repugnance** to food want of appetite and **constant** nausea - **ineffectual retching** - Vomiting of sour smelling and tasting mucous - Flatulent colic - Distention - Constant abdominal pain relieved by passing stools - often only small quantities - frequent **ineffectual desire** for stool - very **chilly** and **worse** cold - Worse strong **odours** .(See page 22)

**Phosphorus** - nausea vomiting - **burning** in stomach - craving for **ice-cold** water which is vomited up as soon as it becomes **warm** in stomach - **or** unable to drink water as the **sight** of it nauseates - Weak empty gone sensation of whole abdomen regurgitation of food - Stomach pains **better** for cold food - ice cream - Profuse diarrhoea, involuntary stool - blood in stools - burning sensation as stools are passed. (See page25)

**Pulsatilla** - Symptoms **worse at night** - flatulence with cutting pains in abdomen in the morning - Urgings to and frequent production of soft or mucous stools - **no two stools alike** - fatty rich food make diarrhoea worse - **tearfulness** - prefers company Dry mouth - **Thirstless** - no appetite - **worse** in a **warm stuffy** room. (See page 24)

**Sarcolactic Acid - Influenza** with violent **retching** and **great prostration** Nausea and **uncontrollable** vomiting even of water - followed by **extreme weakness** should be considered if Arsenicum fails to act - Tired feeling with **muscular weakness** **worse** from any exertion - stiffness of leg muscles - weakness in arms - useful *post flu*

**Sulphur** - Burning in stomach - desires cold drinks or ices - burning **diarrhoea** which **drives person out of bed** at around 5 am - anus **red** and **itchy** - Empty weak feeling in stomach around **11am** - craves food around this time also - generally **worse** for heat Useful when symptoms are long lasting. (See page 24)

**Veratrum album** - **Violent** vomiting and diarrhoea - breaks out in a **cold sweat** while vomiting or **least movement** - or has **projectile vomiting** - thirst for **much** water or acid drinks - Exhaustion after each episode. (See page 36)

## BIOCHEMIC TISSUE SALTS

**Ferrum Phos** - First stages - **fever** - much pain - swelling - tenderness of stomach vomiting of **undigested food** - better by warm applications - or cold drinks.

**Mag Phos** - Spasms and cramping pains of the stomach with a clean tongue - belching of gas gives no relief - Gnawing pains in stomach - tongue greenish brown colour symptoms relieved by hot drinks (dissolve in hot water with Ferrum Phos and sip).

**Nat Phos** - Stomach ache with **acidity** - heartburn - belching with acidic taste - back of tongue creamy golden yellow colour.

**Calc Phos** - Pain after eating or cold drinks - excessive accumulation of gas in the stomach - useful after gastric flu to rebuild and promote digestion



# MENINGITIS

Meningitis is an inflammation of the meninges, the membranes that cover the brain and spinal cord. The inflammation is usually caused by bacteria or viruses (viral meningitis is also called aseptic meningitis). Less common causes include fungi, protozoa, and other parasites. Sometimes certain medications, cancers, or other diseases can inflame the meninges, although such noninfectious cases of meningitis are much rarer.

The first symptoms of meningitis may surface several days after a person has had a cold and runny nose, diarrhea and vomiting, or other signs of a bacterial or viral infection. Some of the more common symptoms of meningitis include fever, lethargy (decreased consciousness), or irritability. Older people may complain of a headache, photophobia (eye sensitivity to light), and a stiff neck, which is often noted by the doctor during a physical exam.

**Meningitis Symptoms;** Symptoms of meningitis can vary depending upon the underlying cause. ***Seek Expert medical help straight away, do not delay!***

**Bacterial meningitis;** in bacterial meningitis symptoms usually begin suddenly and rapidly get worse. There are some early warning signs of bacterial meningitis that you may notice before the other symptoms appear.

**Early warning signs;** Bacterial meningitis has a number of early warning signs that can occur earlier than the other symptoms. These are:

- pain in the muscles, joints or limbs, such as in the legs or hands
- unusually cold hands and feet, or shivering
- pale or blotchy skin and blue lips

**Early symptoms;** The early symptoms of bacterial meningitis are similar to those of many other conditions, and include:

- a severe headache
- fever
- nausea
- vomiting
- feeling generally unwell

## Later symptoms

- drowsiness
- confusion
- seizures or fits
- being unable to tolerate bright lights (photophobia) – this is less common in young children
- a stiff neck – also less common in young children
- a rapid breathing rate
- a blotchy red rash that does not fade or change colour when you place a glass against it – the rash is not always present

**Meningitis in Babies and young children;** the symptoms of bacterial meningitis are different in babies and young children. Possible symptoms include:

- becoming floppy and unresponsive, or stiff with jerky movements
- becoming irritable and not wanting to be held
- unusual crying
- vomiting and refusing feeds
- pale and blotchy skin
- loss of appetite
- staring expression
- very sleepy with a reluctance to wake up
- Some babies will develop a swelling in the soft part of their head (fontanelle).

**Viral meningitis;** Most people with viral meningitis will have mild **flu-like** symptoms, such as:

Headaches - fever - generally not feeling very well

**In more severe cases of viral meningitis symptoms may include:**

- neck stiffness
- muscle or joint pain
- nausea
- vomiting
- diarrhoea
- photophobia (sensitivity to light)

## HOMOEOPATHIC REMEDIES

***Belladonna;*** Corresponds to the initial stages, where there is intense heat of the body, strong pulse, bright red face and delirium, where the cerebral irritation is marked by intense pain in the head, starting out of sleep crying out, grinding teeth. For simple meningitis, not the tubercular form, when everything is acute and intense; when effusion commences, however, it ceases to be the remedy. (See p29 & 47)

***Aconite;*** Meningitis from heat of the sun's rays after long exposure thereto, or cerebral congestions from anger. It is only useful at the onset. **Fear** is a marked symptom. (See p29 & 47)

***Veratrum viride;*** intense cerebral congestion, rapid pulse, tendency to convulsion, followed by prostration. *Veratrum viride* in the lower potencies is a most useful remedy in acute meningitis. Coldness of the surface, loss of consciousness, dilated pupils, labored, slow, irregular pulse. (See p390)

***Gelsemium;*** is hardly homoeopathic to pain as its action is wholly motor, but it may be indicated in meningitis by its general symptoms. It is less often indicated and hence less valuable than *Belladonna* but is used as a basic remedy for the cerebro-spinal variety of meningitis (See p34)

**Bryonia;** Suits well cerebral effusions with a benumbed sensorium. The following will be useful indications upon which to prescribe Bryonia. Constant chewing motion with the mouth; when moved screams with pain; child stupid, abdomen distended; tongue white, pains are most sharp and stitching, and the patient drinks greedily; there is a livid flushed face, high temperature, copious sweats. Thus it is seen that Bryonia produces a characteristic image of meningitis and suits especially cases caused by suppressed eruption. (See p32)

**Apis mellifica;** Here nervous agitation predominates; there are shrill cries, stabbing pains; the child puts its hand to its head and screams. There is an oedematous face, scanty urine, and the patient is thirstless, it suits especially infantile cases and especially the tubercular form due to a developed eruption. (See p47)

**Cicuta;** is useful in the irritative stage when there are general convulsions, twitching in fingers and unconsciousness. It also markedly controls the effusion. The head is spasmodically drawn back with stiff neck. Violent jerks in any part of the body. Strangles on drinking, dilated pupils and staring look, trismus; one of our best remedies, having a fine clinical record.

**Helleborus;** Mental torpor marks this drug; a sensorial apathy, there is want of reaction. It corresponds to a later stage of the disease, when effusion has taken place; then symptoms such as wrinkling of one arm and one leg are indicative of Helleborus. There are shooting pains in the head, sudden crying out, and screaming, boring head into the pillow. The cries have a most pitiful sound.

**Camphora;** in the fulminant variety where the poison falls on the patient like a thunderbolt and collapse approaches speedily, the patient is cold, pale and pulseless, eyes sunken, face livid. Patient cold, but does not want to be covered. (See p39)

**Iodoform;** 6X has proved useful in O'Connor's hands, and some remarkable cases were reported in the North American Journal of Homoeopathy a few years ago as having been cured by inunctions of Iodoform cerate into the scalp. Some very hopeless cases were thus cured. Dr. Martin, of Pittsburgh, used the 2X with success. It is also endorsed by Boericke and Clarke.

**Zincum metallicum;** this remedy corresponds to the sub acute form, especially if tubercular and due to suppressed eruptions. Febrile disturbance is absent or slight; there are marked twitching jerking's and hyper aesthesia of all the senses and skin, and tremulousness of the feet. At the beginning there are sharp lancinating pains and great exhaustion of nerve force. The 6X trituration is recommended.

**Sulphur;** is useful in tubercular meningitis; the child lies in a stupor with cold sweat on forehead, jerking of limbs, spasms and suppressed urine. Retrocessed eruptions may be the cause. **Tuberculinum** and **Calcarea carbonica** may prove useful remedies. They correspond to a basic or psoric taint which favors the development of the disease. Clarke advises **Bacillinum** 100th, which he claims is very prompt in its action.

**Cuprum;** suits cases marked with violent convulsions, thumbs clenched, loud screaming, face pale with blue lips. No remedy equals it in these conditions, but it is of more use in the later stages.

## VACCINATIONS - ADVERSE REACTIONS

Vaccination reactions usually take place within seven days of the vaccination. The symptoms include paralysis, convulsions, nausea, dangerously high fevers, chronic nervous system disorders, acute brain inflammations (encephalitis), diarrhoea, learning disabilities, hyperactivity, permanent brain damage, and death.

There are key homeopathic remedies that have been found over many years of clinical use to be effective in overcoming the side effects of immunizations. The following remedies have proven the most effective; for both the prevention and corrections of most common reactions to vaccinations.

***Aconitum Napellus***: First remedy for inflammations and inflammatory fevers. For fear anxiety - anguish of mind and body. Relieves physical and mental restlessness. For someone who does not want to be touched. (See p27 also read [Ferr Phos](#) p38)

***Apis Mellifica***: For swelling - puffiness - edema - stinging pain - soreness - intolerance of heat - touchiness and red rosy hue of various body parts - hives with intolerable itching. (See p45)

***Chamomilla***: Especially useful for children with peevishness - restlessness and colic whining restlessness. Child can only be quieted when carried about and comforted constantly distracted. Extremely sensitive to every pain - vomiting.

***Gelsemium***: Nervous restlessness and apprehension - paralytic nervous disorders of sudden onset - Muscular weakness - the limbs feel so heavy it is difficult to move. Tendency to nervous diarrhoea from emotional stress (See p32)

***Hypericum***: Excessive painfulness of puncture wounds.

***Ledum***: A specific remedy for puncture wounds - punctured wounds feel cold.

***Pulsatilla***: Temperament and mental state are the chief guiding symptoms. Great sensitivity - sadness - crying readily - weeps when talking - changeable and contradictory (See p25.)

***Silicea***: **A specific remedy for ill effects of vaccinations.** Headaches - spasms epilepsy and feeling of coldness. Lack of vital heat and prostration of mind and body self willed - touchy - does not like to be touched or even looked at - rather intelligent and shy or timid

***Thuja***: **A universal specific remedy for many types of vaccination** including the **influenza** vaccine. It is often given before and after vaccination (1 dose 30c day before 2 further doses 8 hours apart afterwards). It is always best to match exact symptoms of vaccinosis reaction. Thuja helps such symptoms as general aggravation - anxiety asthma - warts or condylomata - neuralgia - coughing - diarrhoea - eruptions - fever infections - insomnia - stomach pain - swellings - tumors.(only use 3 to 5 doses!)

These remedies will cover the broad variety of symptoms associated with vaccination reactions, which include inflammations, reactions to punctures, swelling, edema, hives, restlessness, sensitivity, nausea, vomiting, headaches, nervous changes, fear and anxiety. Although these are the common symptomatic reactions, they are not the only reactions that may occur. If symptoms occur after vaccination, take the matching remedy as directed. If *symptoms persist* make an appointment to see a Homoeopath.

# CASE RECORDS

Create your own records of how the remedies have worked for you, and of how any other unique symptoms which were not mentioned in the book have been cleared up by your well matched remedies - this will help you build up a bigger and more helpful picture of your Homoeopathic remedies.

**(Please make copies for your files)**

Patients symptoms.....

Generals.....

.....

Particulars.....

.....

Modalities.....

.....

Matched Remedy.....

.....

Potencies used.....

.....

Frequency of dose.....

.....

New symptoms not listed in book.....

.....

At what stage of the virus did they appear.....

.....

Effectiveness - Speed of remedy action .....

.....

Other remedies used in the case.....

.....

Potencies.....

Reasons for change.....

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Tissue salts used.....

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General observations.....

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# HOMOEOPATHIC Pharmacies – Organizations Practitioners

## **Helios Homeopathic Pharmacy**

97 Camden Road,  
Tunbridge Wells,  
Kent TN1 2QP  
Tel **01892 537254**  
**Influenzinum+ Bacillinum** 30c  
Monthly from October to March  
[www.helios.co.uk](http://www.helios.co.uk)

## **Weleda UK Ltd Homoeopathic Pharmacy**

Heanor Road,  
Ilkeston, Derbyshire DE7 8DR  
Tel. **0115 944 8200**  
[www.weleda.co.uk](http://www.weleda.co.uk)

## **Nelsons Homeopathic Pharmacy**

73 Duke Street,  
Grosvenor Square,  
London  
W1K 5BY  
Tel **020 7629 3118**  
**Prevention of influenza**  
& **common cold** tablets 30c  
[www.nelsonshp.com](http://www.nelsonshp.com)

## **Supplier of Homeopathic medicines in America:**

### **Washington Homeopathic products**

[info@homeopathyworks.com](mailto:info@homeopathyworks.com)

**Tel: 800-376-1695**

## **Alliance of Registered Homeopaths**

Millbrook  
Millbrook Hill  
Nutley  
East Sussex  
TN22 3PJ  
UK <http://www.a-r-h.org/index.htm>

## **Ainsworths Homeopathic Pharmacy**

36 New Cavendish Street  
London W1M 7LH  
Tel **020 7935 5330**  
**Anti-cold and flu** remedy  
30c/200c fortnightly or monthly  
during the flu season.  
[www.ainsworths.com](http://www.ainsworths.com)

## **The British Homeopathic Association:**

27a Devonshire Street,  
London,  
W1N 1RJ, UK.  
Tel: +44 (0)171 935 2163  
(Provides a list of medically  
Qualified homeopaths)  
<http://www.truathomeopathy.org>

## **Homeopathy Associations and Societies World wide**

<http://abchomeopathy.com/l.php/11>

*This site has a very good remedy finder  
Programmed into it – very helpful when it is  
difficult to find matching remedy*

## GLOSSARY OF TERMS

**Besotted:** Appears Intoxicated, stupefied.

**Bronchitis:** Inflammation of the bronchial tubes.  
Bronchi are the two tubes into which the trachea divides.

**Caecum:** The blind intestine, a cul - de - sac at the Commencement of the large intestine.

**Circumscribed:** Enclosed or outlined as in facial flush.

**Comatose:** In a state of coma.

**Conjunctivitis:** Inflammation of the mucous membrane which Covers the eyeball and lines the eye lids.

**Croup:** A dry barking - rasping cough due to viral infection.

**Coryza:** Cold in the head, nasal catarrh.

**Dysentery:** Inflammation of the large intestine, from Parasitical (amoebic) or bacterial causes.

**Dyspnoea:** Difficult breathing.

**Ecchymoses:** A bruise - an effusion of blood under the skin.

**Enteritis:** Inflammation of the small intestine.

**Eructation:** Flatulence with passage of gas from stomach through mouth

**Excoriation:** Abrasion of the skin or mucous membrane.

**Fetid:** Stinking.

**Gastritis:** Inflammation of the epithelium of the lining of the stomach.

**Hawks:** Clearing throat noisily - brings phlegm up thus.

**Lachrymation:** Flow of tears.

**Larynx - laryngitis;** The upper part of the windpipe from which the voice, sounds proceeds. Inflammation of which causing loss of voice.

**Lassitude:** Feeling of great weakness.

**Mastoid:** The projecting temporal bone behind the ear.

**Maxillary glands:** Glands located under the jaw bone.

**Occipital:** Relating to the back of the head.

**Oedematous:** Abnormal amount of fluid in the tissues causing a puffy swelling.

**Pharynx - pharyngitis:** The musculo - membranous sac at the back of the mouth leading to the oesophagus and to the larynx, pharyngitis is the inflammation of this.

**Pleurisy:** Inflammation of the lining of the membrane

**Prostration:** Extreme exhaustion.

**Salivation:** The act of creating saliva.

**Sputum:** Expectorated matter occurring at different stages of infection, mucous, mucous mixed with pus, rusty tenacious mucous, copious foul smelling sputum, foaming sputum.

**Sternum:** The breastbone.

**Tenesmus:** Painful straining to empty the bowel.

**Trachea:** Windpipe - the air passage from larynx to the bronchi.

**Tremor:** Involuntary trembling.

**Urticaria:** Nettle rash - hives (allergic reaction)

**Uvula:** A small fleshy body hanging down at the back of the soft palate.

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# SUPPLEMENT

## **Elderberry** (*Sambucus nigra*)

### **Common Names:**

Elderberry, Black Elderberry, North American Elderberry

### **Properties:**

antioxidant, diaphoretic, diuretic, laxative, immune-boosting, anti-inflammatory used for its antioxidant activity boost the immune system, improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsillitis. Elderberry juice was used to treat a flu epidemic in Panama in 1995.

Elderberries have been a folk remedy for centuries in North America, Europe, Western Asia, and North Africa; hence the medicinal benefits of elderberries are being investigated and rediscovered. Elderberry is used for its antioxidant activity to boost the immune system, to improve heart health and for coughs, colds, flu, bacterial and viral infections and tonsillitis. Bioflavonoid and other proteins in the juice destroy the ability of cold and flu viruses to infect a cell. People with the flu who took elderberry juice reported less severe symptoms and felt better much faster than those who did not. Elderberry juice was used to treat a flu epidemic in Panama in 1951.

## **Echinacea**

One particular herb has recently had a lot of press coverage and marketing as a 'new' cure for colds. Echinacea has in fact been used by America Indians for hundreds of years. It is native to the North American plains, but varieties of the species are now found on most continents. Echinacea increases levels of properdin, a chemical which activates the part of the immune system responsible for increasing defence mechanisms against virus and bacteria attacks.

Its anti-bacterial effect makes it a good herb for treating many viral and bacterial infections. Echinacea is also an excellent blood cleanser; it helps to sweep dead cells and other debris through the channels of the lymphatic system, and dispatches white blood cells to fight the infection. The best test to determine if you are taking a good, high strength Echinacea is the tongue test. After you have taken the tincture, the back of your tongue should feel numb or tingly. This feeling will soon pass, but you know you are using a good quality product. So when you feel the cold coming on - reach for the Echinacea tincture. It is important to try to take Echinacea before the full onset of a cold or flu to give the best chance of a swift recovery.

## **Ginger & Cinnamon**

Ginger is another of nature's antiviral herbs. It contains nearly a dozen antiviral compounds. Ginger is pain relieving, antiseptic and antioxidant. It is valuable for preventing and treating colds, sore throats and inflammation of mucus membranes. Ginger reduces pain and fever and has a mild sedative effect that will encourage rest and it is tasty (With no lingering odours) drink a tea, or soak fresh ginger in hot water. Cinnamon can be added to the ginger along with honey to make an effective remedy.

## **Vitamin C**

Much is being said about the efficaciousness of intravenously fed mega doses of Vitamin C to desperate cases of influenza, it is everyone's right to ask for this treatment if they or those acting on their behalf request it.

## THE ENEMA

The position in which the enema is taken should be comfortable so the patient can relax. Place a folded towel underneath them in case an accident should occur.

**Relaxing** the whole body makes receiving the liquid as comfortable as possible. When receiving the enema solution breathe in the nose and out the mouth to help the solution flow in as comfortably as possible. Massage lubricant (Vaseline) outside and inside the anus and rectum. This will help relax the anal muscles when the nozzle/rectal tube is inserted. This may be done by the patient if there is any embarrassment.

Stop or slow the flow if they are experiencing any cramping. Many problems occur if they tense up or panic, ask them to relax, and take several deep breaths, and try massaging the abdomen in an anti clockwise direction. When they are relaxed, turn the enema flow on again. If they feel the need to evacuate stop the flow. Ask the patient to "**Relax**", the need to expel will pass shortly as their colon relaxes and the enema continues deeper into the intestine. Have the patient hold the enema for a few minutes. (Five to ten minutes is usually long enough for the enema to achieve a good evacuation.) The amount of enema liquid can vary from day to day as well as the length of time they can hold it.

When it is time to evacuate, take them (with the tube still in place) or if they can remove the nozzle from their anus and not leak, then proceed to the toilet and release. Wait until they are in a position to evacuate before asking them to remove the nozzle. Keep a large bucket by the bed just in case of emergency. If they are having trouble retaining the solution they can press a folded wash cloth tightly against their anus. This will help them retain the enema solution.

The administrator has most of the responsibility. The enema recipient is usually embarrassed and in a delicate position. You should respect their modesty in everything that you do. Communication between the recipient and person administering the enema is a very important tool to ensure a successful procedure.

**Suspend the enema bag:** about 1 foot to 18 inches above the anus. Suspending an enema container higher than 18 in. produces a faster flow and will increase the chance of cramping. A ramp clamp is a good choice for flow control. Use 1 - 2 litres depending on the size of the patient of warm water for the solution. Dropping the bag below the level of the anus will result in back-flow of waste into the enema bag during the procedure. Always open clamp and allow any air to escape tubing before inserting the nozzle or rectal tube.

**Next open the clamp slowly:** Don't try to give the entire amount of solution at once, it can take as much as 15 minutes to administer a large volume enema, add the solution very slowly, one-half to one cup per minute (4 to 8oz.). If the recipient has a full colon (hasn't recently defecated) they may not be able to take the full amount of solution the first time. You can have them evacuate and then refill the container, and administer another enema.



## ARE CHILDHOOD FEVERS DANGEROUS

**No.** Many parents have a misconception that fevers are a bad thing and a sign that there is some serious underlying illness. This simply is not true. Fever is a normal and healthy response of the body to an illness. The body's immune system releases chemicals that raise the body temperature. This is part of the normal infection-fighting process.

### WHAT TEMPERATURE CONSTITUTES A FEVER?

Normal body temperature is 97 to 99 degrees (36 to 37.2 Celsius).

**Remember,** fevers are your body's natural response to infection, and not necessarily a sign that something serious is taking place. Temperature often becomes higher at night time.

**Low-grade** fevers are generally not serious, are easily treated, and can wait until the morning to be evaluated by your doctor if you are not sure of the cause.

**Fevers** of 101 to 103 (38.4 to 39.5 Celsius) are also generally not serious and can wait until morning to be evaluated, except as indicated below.

**High** fevers of 104 (40 Celsius) or higher that quickly come down to 100 or 101 (37.8 to 38.3 Celsius) with the treatment measures suggested are also generally not serious and can wait until morning, before deciding to call doctor - *except as indicated below.*

If your child of any age has one or more of the *following symptoms*, you should probably *call your doctor* right away:

**High** fevers of 104 (40 Celsius) or higher that don't come down to 101 or 102 (38.3 to 38.9 Celsius) after treatment.

**Lethargy** – this means more than your child just isn't acting right or lying quietly in your arms. Lethargy actually refers to your child being limp, lifeless, unresponsive, or won't make eye contact.

**Irritability** - this means more than just fussiness. A truly irritable child will cry for hours with minimal verbal interaction, and is almost impossible to console.

**Meningitis** – symptoms are high fever, stiff neck or pain in the back of the neck, vomiting, headache, bright light hurts the eyes. Before phoning your doctor, you should also take note of any other symptoms your child has, such as *cough, vomiting, rash*, etc.

**THE GLASS TEST** - Spots or a rash will still be seen when the side of a clear drinking glass is pressed firmly against the skin. A fever, together with spots or a rash that do not fade under pressure, is a **medical emergency**.