

# Homoeopathy for Colds and Flu

**At this time of year many people succumb to their annual date with flu.**

Have you thought about using natural remedies to help you recover more quickly? Many people are aware of preventative measures that they can take whether they be nutritional supplements such as Vitamin C, Zinc or herbal remedies such as Echinacea or grapefruit seed extract. But what more can you do if you do catch a severe cold or have flu like symptoms? There are several homoeopathic remedies that can help to speed your recovery and relieve some of the more annoying symptoms.



A homoeopathic remedy needs to be selected to match your individual response to the virus. Even if everybody in your family or circle of friends catches the same virus they will all respond in their own unique way. Some will be irritable and grumpy; some will want company, others to be left alone. Some will be restless; others want to keep still. Some will feel better for hot drinks, others for cold drinks; some will want occasional sips, others occasional large drafts. Some to be uncovered, others to wrap up. What sort of cough do they have?

Is there a time of day or night that their symptoms are worse? It is the answers to these types of questions that determine the choice of homoeopathic remedy for your symptoms. Homoeopathy means treating 'like with like' and the remedy needs to be matched to the individual's symptoms. Do remember though that we often get colds or flu when we need rest and time to recharge our batteries. It is important to listen to your body rather than continuing to push yourself. However if you find yourself constantly getting ill this is obviously the sign of stress or a lowered immune system and you need to seek professional help.

A professional homoeopath will select a remedy which address a person's health and wellbeing as a whole. The choice of remedy would take into account medical history, family medical history, likes and dislikes, temperament, reaction to significant life events and physical constitution. There is a choice of over 2,500 remedies available.

There are a variety of homeopathic remedies that can help you get through cold & flu season. In order for the remedy to work, your symptoms must match the remedy as closely as possible. For example, if your symptoms match the ones listed under *Aconitum* but your cough is worse during the day - that remedy may not be the best choice. As always advised, if the symptoms persist please contact your homeopathy practitioner or doctor.

## **Aconitum**

- Useful during the first 24 hours of the cold when conditions comes on suddenly
- Cough is worse at night, worse being cold, lying on side
- Cough awakens you from sleep with a dry and croupy cough
- Patient has a dry mouth, shortness of breath, and little mucous
- Good for sudden high fevers
- Patient is restless, fearful, and over sensitive to pain

## **Arsenicum**

- Typically the cold begins in the nose and progresses down the throat (once it goes to the chest a different remedy is needed)
- Burning nasal discharges
- Constant sneezing without relief
- Burning eyes with red puffy lids
- Great thirst for water - small sips at a time

## **Belledonna**

- This remedy is considered when there is a stoppage of nasal discharge, and it is replaced by congestion, headaches, and high fever
- Throat is red, raw, and sore
- Difficult to swallow
- Dry cough that tickles the larynx
- Earaches with severe pain

## **Bryonia**

- The cold goes into the chest and there is a dry painful cough where one must hold the chest
- Heavy sleepiness with a flushed face
- Great thirst for cold water
- Bursting headache
- Patient is irritable and wants to be left alone
- Doesn't want to move the slightest amount
- Chills with external coldness and internal heat

## **Gelsenium**

- Fever, body aches, fatigue, heavy limbs, sore throat
- Patient feels dull and dazed
- Alternation of chills and heat with no perspiration
- Lack of thirst
- Nose is stuffed up

## **Kali bic**

- Sinus congestion with stringy, ropy, yellow mucous
- Dry throat, croupy cough
- Post nasal drip with swollen throat
- Sore chest with mucous hard to expel
- Crusts and scabs in nose

## **Nat mur**

- Profuse nasal discharge which is clear
- Watery eyes and a lot of sneezing
- Loss of smell and taste
- Post nasal drip alternating with nasal stuffiness
- Worse in the morning
- May be accompanied by dry cracked lips

## **Nux Vomica**

- Cold often develops after overindulging or prolonged stress
- Nose alternates with fluent discharge and then dry and blocked
- Nose usually fluent in daytime and obstructed at night
- Sore bruised pains in bones and joints
- High fever with chilliness, sweating, and shivering
- Worse from draughts and slightest movement

## **Pulsatilla**

- Acute or chronic colds
- Thick yellowish discharge which is non irritating
- Nasal congestion worse at night, especially lying down in a warm room
- Thirstless despite having a dry mouth
- Cough is dry at night and loose in morning

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