

Homeopathic Treatment of Influenza



About Homeopathy

- Homeopathy is a complete system of medicine that is non-toxic, quick-acting & gentle.
- Homeopathy was formally introduced to the world when a German doctor, Samuel Hahnemann, published the 'Organon of Medicine' in 1810. The principles set forth in this book still apply today.
- Homeopathy is understood to work by stimulating the body's innate power to heal itself.
- Homeopathy is used by over 200 million people worldwide and is acknowledged by the World Health Organisation as a valid form of health care.
(See <https://www.hri-research.org/resources/essentialevidence/> for more information about evidence)

The Principles of Homeopathy

1. The Law of Similars

A substance that creates certain symptoms in a healthy person will cure similar symptoms in a sick person, eg onion, coffee.

2. Simple Medicine

One medicine is prescribed at a time. It is selected to reflect all symptoms being experienced.

At times the mental and emotional state and any circumstances that preceded the illness may be important.

3. Potentised Medicine

Homœopathic medicines are prepared according to strict guidelines by a method of serial dilution and succussion (vigorous shaking) called 'potentisation'.

The Remedy Picture

Each homeopathic remedy has a 'symptom picture', a profile. The task when prescribing is to match the symptoms being experienced to the remedy that has the most similar symptom picture.

We generally ask:

1. Location – where are you experiencing the main symptom/s?
2. Sensation – what does it feel like?
3. Modality – what makes it feel better or worse?
4. Concomitants – what other symptoms do you experience at the same time?

You then repeat this process with the concomitant symptoms.

Taking the Remedy

Pilules are made from sucrose, and are convenient for travelling.

They also have a long shelf life – at least 5 years - and are therefore usually used in first aid kits.

1 - 2 pilule = one dose. Try not to touch the pilule with your hands. Instead, tip 1 - 2 into the lid of the vial and then tip that into the mouth. Allow it to dissolve under the tongue.

The pilules may be dissolved in a glass of water and sipped at intervals, stirring between each sip.

This is as effective as taking the pilule directly and conserves your supply of the remedy.

Remedy Repetition

Dosing is dependent on severity of symptoms and susceptibility of the patient.

- In general take a dose when symptoms start to get worse after an initial improvement.
- In extreme situations (eg high fever), you can take a dose every 5 minutes.

Do NOT repeat the medicine if symptoms worsen - a slight aggravation of symptoms can be a positive sign! If things don't clear, consult your homeopath.

If there is no apparent or lasting change after 2-3 doses, you may need a higher potency, or else it is the wrong prescription.

Contact your homeopath.

Influenza

Influenza is a viral infectious disease. Symptoms can be mild to severe, and can include high fever, runny nose, sore throat, muscle pains, headache, coughing, sneezing, and fatigue.

Homeopathic Treatment of Influenza

There are many different remedies to treat the flu, depending on particular symptoms.

Select the remedy that best fits the symptoms being experienced.

The remedies in the homeopathic flu kit are the most likely remedies.

OSCILLOCOCCINUM 200C - Anti-viral action

- based on duck heart and liver (birds are well know carrier of the flu).
- one dose/week during winter can act as a preventative
- Useful when taken as soon as symptoms occur
- Particularly suitable to gastric flu
- Studies indicate that oscillococcinum may reduce the duration of flu
<https://www.boironusahcp.com/clinical-studies-oscillococcinum/>

BAPTISTA 30C

- head feels 'weird'; confused and befuddled, and concentration is difficult
- face can be puffy and swollen
- can also be for gastric flu with nausea and vomiting
- comes on suddenly

EUPATORIUM 30C

- intense pain in the bones
- feel better lying on the part that is aching
- restless, but movement does not help
- chills in the morning
- very dry throat and maybe thirst for iced water

GELSEMIUM 30C -

- body feels TIRED & HEAVY, eyelids droop
- fever with no thirst
- headache like a band around head, HEAVY
- sore throat extends to ears on swallowing

NUX VOMICA 30C

- from cold dry weather
- CHILL FROM UNCOVERING, as if blood turned to ice
- nose runs during the day, blocked at night
- worse in morning, or from open air
- RAW, SCRAPED, TORN feeling in throat or chest
- irritable

RHUS TOX 30C

- ACHING & stiff through whole body
- RESTLESS, can't get comfortable
- from exposure to cold & wet
- chilly, relieved by warm baths & drinks
- dry, hoarse, tearing cough
- nose stopped; hot breath 'burns' nose
- throat red & swollen
- cold sores on lips
- tip of tongue red

