

The major remedies in my book on viral conditions do not touch upon the more serious aspects of influenza or more recent respiratory viruses from dubious causes, such as Pneumonia, so I will give a brief out line below of symptoms found in each influenza remedy. This way the remedy may be more easily distinguished through out all stages of the disease. Follow this up by reading the identified remedies fuller description in the highlighted pages. Learning the key symptoms of these few remedies will help you identify a remedy at the commencement of Influenza/viral disease and stop it in its tracks or mitigate it sufficiently to safely recover at home in bed.

TAKEN FROM;

HERING'S & BOERICKE'S MATERIA MEDICA'S & Dr M.L TYLERS ACUTE CONDITIONS

GELSEMIUM; See pages 24 & 34

Influenzal Pneumonia;

First stages of pneumonia

Congestive pneumonia

Chills up and down back; paralytic weakness; limbs heavy; eyelids heavy;

Dusky red face; (Baptisia)

Confused, dull, dazed

Thirstless

Severe congestive headache

Constrictive pain around lower part of chest

Stitches in lung from above downwards

Severe chill, with great weariness and prostration

Extreme oppression of chest

Extreme and alarming difficulty of breathing, with distressing sense of fullness and oppression of chest, great chilliness, pulse slow

Extreme restlessness from threatened suffocation, continual demand for fresh air

Loose yellowish diarrhoea

BRYONIA – See pages 24 & 32

High fever – Dry heat at night – suffering is worse during heat – Heat in face

Shaking chills, hot and red cheeks – intense thirst for cold drinks

Profuse night and morning sweat – sweating brings relief -

Bursting headache – worse motion and deep inspiration

Cough is hard and painful

Expectoration thicker, jelly like lump, light rusty coloured

Anguish from oppressed breathing

Lies perfectly still (opposite to Rhus tox)

Every breath causes intense pain in pneumonia

Breath short, rapid, as deep breathing means great pain

Lies on painful side, to keep it still (opposite to Belladonna)

Stitching or stabbing pains, better from pressure

Heat in chest

EUPATORIUM; - See pages 24 & 33

Symptoms developing quickly
Face has bright flush,
Severe chills
Intense deep seated aching pains, which precede the chill
Pain causes a great deal of restlessness
Insatiable thirst before and during the chill
Head symptoms severely aggravated by coughing or violent bouts of sneezing,
Accompanied by a streaming nasal discharge
Vertigo - sore aching eyeballs!
Burning and heat in the trachea
Violent cough which hurts the patient from head to toe
Cough hurts the chest walls so much the patient holds his chest to minimize movement and pain
Intense aching pains throughout the chest muscles
Gastric attacks – vomiting often after drinking cold water

ARNICA; See page 28

Influenza pains are as if “bruised everywhere”
So much so they fear you coming to close and touching them
Prostrated, drowsy and delirious
Patients will send you away when desperately ill; they will say they are well
Complains bed is too hard
Shivering over whole body,
Heat and redness of head and face
Body and extremities cold
Large thirst may be for sour things
Foul breath
Worse for any sudden movement
Dry short hacking cough
Constant insupportable tickling in larynx and trachea causing cough day and night
Constant dry cough which shakes whole frame
Great tightness of chest, with difficulty breathing
Feeling of oppressive weight upper chest with feeling of constriction in throat
Burning or rawness of chest
Stitching pains in chest, worse from cough and motion.
Chest sore on coughing, sputa blood streaked, cannot raise loosened mucous
All joints of bones and cartilage in chest feel painful as if sprained or bruised
Worse during motion and breathing

RHUS TOX; See pages 25 & 38

Pneumonia;
Restlessness relieved by motion,
Stitches in right side of chest – made worse by coughing, with short anxious respiration and breathing; deep respiration impossible, lies on back or right side
Burning, dry heat, pulse tense, frequent
Anxious sleep, transient delirium, circumscribed redness of cheeks, yellowness of alae nasi, corners of mouth, and sclerotica.
Unquenchable thirst – yellowish brown coating on tongue, bitter taste; nausea, inclination to vomit, diarrhoea, dark brown urine
Brick dust expectoration of bloody sputa, raised with great difficulty,
Accompanied by high fever and involuntary diarrhoea, possible typhoid symptoms, tearing cough and restlessness because being quite makes pain and dyspnoea worse
Much fever: Dry hot skin: aching bones: marked prostration:
Tongue, tip red, dry

ARSENICUM; See pages 26 & 30

Anguish and fear of death
Extremely restless & agitated - moves from place to place to rest
Worse after midnight
Rapid & extreme prostration
Patient better sat up for relief
Head hot - Body cold
Relieved by sweat
High temperature - extreme chilliness - hot and cold alternately
Thirsty when hot for frequent sips
Dry or wheezing irritating cough – tight wheezy chest
Burning and heat in chest
Constriction and oppression of chest
Tightness of chest, as if bound with a hoop
Pneumonias with dark offensive sputa, great weakness not noticed until trying to move or sit up
Posterior lobes of both lungs affected

Gastric symptoms; Nausea - sickness - diarrhoea - together

MERCURIUS: See pages 25 & 35

Pneumonia with excessive, offensive sweat which does not relieve
Offensive mouth and breath, tongue foul; tooth notched
Offensive expectoration
Debilitating night and morning sweats
Bloody, thick-green expectoration
Suppuration of lungs; large quantities of pus
Stitches in right chest on sneezing and coughing
Acts on lower part of right lung; stitches through to back
High fever, great prostration, respiration short, anxious, quick, with rattling on chest, restlessness, sleeplessness, thirst
Trembling of limbs
Metallic taste

KALI CARB: See page 45

Cough paroxysmal from tickling in throat – dry, hard, hacking, short cough
Cough violent as to cause vomiting
Wheezing, whistling, choking cough
Acts on lower part of right lung
Chest symptoms often worse 3 - 4am
Pneumonia with stabbing, stitching pains (chest) worse motion, worse respiration, (Bryonia) but (unlike Bryonia) also independently of respiration
Expectoration must be swallowed, cheesy taste, copious, offensive, lump
Worse lying on right side
Chilliness on every motion even in bed – frequent shuddering during day
Cold hands and feet in bed
Chills morning until noon
Evening fever, chilly with thirst, then heat without thirst, night sweats with cough

BAPTISIA; See pages 24 & 31

Influenzal pneumonias

Sudden onset

Rapidly goes into typhoid state

Tightness of chest, constriction, pain in right lung, less in left

Face besotted; dusky: purple: bloated

Tongue dry, brown down centre

Besotted: mind confused: tries to answer or speak, but it flits away into stupor

In delirium, dual personality: tries to get the pieces together

Discharges pungent: foetid.

PYROGEN; See pages 25 & 37

“*Baptisia*, only more so”

General aching and soreness

“Bed to hard”

Chills begin in back

Temperature rises rapidly

Great heat with profuse hot sweat, which does not cause a fall in temperature

Intense restlessness

Offensiveness – diarrhoea brown, black, painless, involuntary

Breathe horrible

Fiery – red, smooth tongue

Quickly oscillating temperature

Pulse quick, or reverse: Out of proportion to temperature

Delirium with dual personality

ANTIMONIUM TART; See page 44

Sudden and alarming symptoms of suffocation;

Oppression and short breathing: must sit up

Accumulation of mucous in chest, with coarse rattling: expectoration of thick white mucous, after great efforts to raise it.

Chest filling up: threatened paralysis of lungs

Capillary bronchitis:

Broncho pneumonia, especially young and old people

Drowsiness, weakness, lacking in reaction

Must sit up

Sickly, sunken, pale, bluish face, twitching, covered in cold sweat

Lack of taste & smell (Also Pulsatilla see page 26)

CARBO VEG; See page 39

The homoeopathic corpse reviver

Burning in chest as from glowing coals

Capillary bronchitis

Pneumonia, third stage, Patient moribund

Foetid sputum

Cold breath and sweat: wants to be fanned

Air-hunger, threatened paralysis of lungs

Cold throat, mouth, tongue cold

Face yellow-grey: Greenish: Hippocratic

Patient collapsed – “almost gone”

PHOSPHORUS; See page 28

Epidemic Influenza – Respiratory and lobar

“Cold quickly travels to the Chest”

Very painful larynx, Loss of voice and laryngitis

Tightness in chest- As if great weight on chest – Much heat or pain in chest or larynx

Scratching or tickle in throat

Hard dry racking cough holds chest on coughing, Cough causes bursting headache,

Cough aggravated from laughing, talking, and exposure to cold air.

Pneumonia:

Skin dry and hot

Stupor with burning hot head - Red - hot cheeks and ears – contracted pupils

Face expresses much anxiety.

Desires water but only in sips due to shortness of breath

Wing like motion of nostrils

Head thrown back as to extend Larynx

Lower right lung especially affected

Typhoid Pneumonia with diarrhoea - High temperature 106 pulse 160

Lobular Pneumonia

Reddish brown mucous – bloody - purulent, may be salty, sweet, cold

Coldness of Limbs – Icy coldness of hands, knees, feet, even when covered in bed

Evening rigors, diarrhoea (worse evenings), shivering (worse uncovering) without thirst, weakness

Anxiety - Burning in face and hands (worse afternoon/evening) No sweat or thirst,

Glowing of cheeks with thirst, or a desire for drink without thirst.

Profuse night sweat (worse during sleep)

Anxious – Profuse sweat over whole body - exhausting (every morning), during sleep, after midnight and lasting until morning – without thirst – with feelings of anxiety

The following information clearly shows the amazing therapeutic power of Homoeopathic medicines and begs the most serious question of, why is it being ignored or worse still denigrated by those with “vested interests” during this corona pandemic, how many deaths could there have been avoided, how much suffering could there have been reduced, how much money could there have been saved?

This Global exercise seems to be all about finding new and expensive vaccines, new and expensive antiviral drugs, controlling people, yet with the correct use of Homoeopathic medicine so much of this could have been lessened. If our biased Media had spent more time printing the truth about the effectiveness of Homoeopathy in these diseases, instead of creating fear and panic, then the public could have, with the help of publicised information on Homoeopathy helped them selves.

Every Doctor and Nurse could be trained in Homoeopathy and helped to become effective in treating these diseases safely without side effects at a very small financial cost to the public purse.

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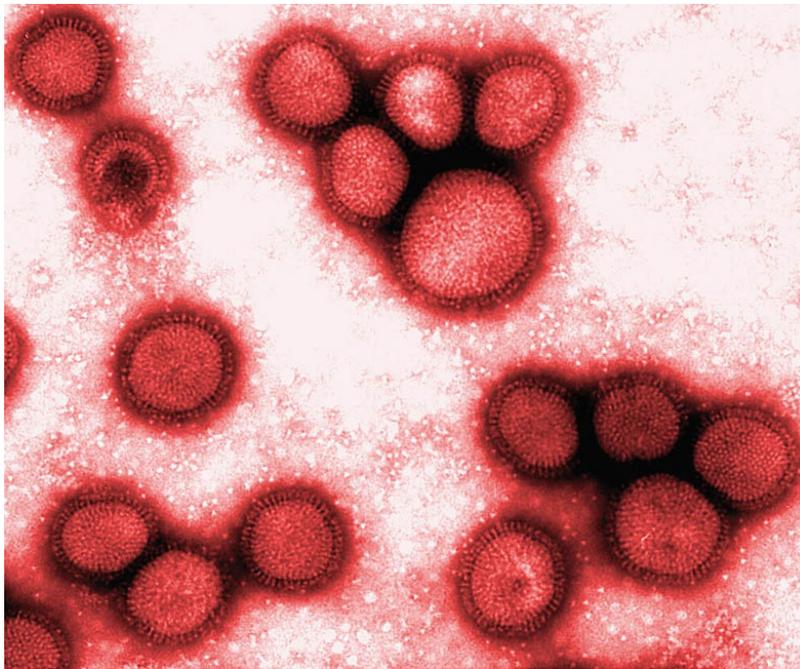
By Ulrich Welte

The Spanish Influenza

Homeopathic treatment was very successful in the Spanish Flu (“Purple Death”).

The Spanish Influenza in 1918 was the most devastating influenza pandemic ever and was also called the Purple Death. It took place at the end of the First World War in 1918. The war itself took 9 million deaths. As if this was not enough, the Spanish Flu took a death toll of more than 50 million people all over the world according to modern estimations (*1). It swept across the planet in three waves like a huge tsunami, more deadly than anything known before and comparable to the Black Death of 1348. The second and hardest wave hit during autumn/winter 1918. **This was a time when America still had many of the best homeopaths, although the decline had already set in. Boger, Boericke, Dewey and the young Grimmer were among them. So a high standard of homeopathic treatment of this dreaded pandemic was faithfully recorded there. In a meta study, more than 26,000 homeopathic patients were compared with 24,000 patients of the “old school” showing an awesome superiority of the homeopathic treatment. The homeopathic doctors had a consistent mortality rate of 1-3% among their patients, whereas the old school had a death toll of 25-30% of their patients. The homeopathic remedies most frequently used were gels, bry, arn, eup-per and ars.** It is to be noted that a very important factor of the homeopathic treatment was the discarding of aspirin, which was standard therapy of the old school. There are some comparative figures of allopathic hospitals suggesting that the avoidance of aspirin alone could have saved millions of lives. High doses of aspirin alleviated pain and fever, but treacherously increased the hemorrhagic tendency of the respiratory tract and thus speeding up the deadly course of the disease. A revealing figure comes from Dr. Pearson of Philadelphia: *“The mortality rate in a camp was 25.8%. The lieutenant in charge was persuaded to discontinue aspirin, digitalis and quinine and the mortality dropped speedily to 15% with no medicine what-so-ever. This was in one ward, whereupon it was ordered in other wards and the mortality dropped to 15% with no medicine (*2).”* This suggests that the natural death toll of the dreaded disease (lethality) would have been 15% of all infected patients, which is about the same figure one gets by calculation of official census figures (*3). Success of homeopathic treatment (only 1-3% of patients died) is usually compared to 25-30% dying under regular treatment, but actually it should be measured against these 15% as a natural comparator without the specific harmful side-effects of aspirin. Even then, to achieve a mortality rate of about 2% is very convincing and cannot be explained away by “placebo” effects.

According to personal information by Armin Sei, W.A. Dewey published an even more impressive survey in the 1921 *“Journal of the American Institute of Homoeopathy”*. It is a meta-analysis of 5 contemporary expertises about the homeopathic treatment during the pandemic. It surveys 61,060 influenza patients treated with homeopathy during the years 1918 to 1919, of which 427 died (mortality: 0,7%). W.A. Pearson, dean of Homoeopathic Medical College in Philadelphia, collected 26,795 cases treated by 88 doctors. He estimated a 30% average mortality of patients treated by the "old school".



Spanish Flu. Courtesy: Yoshihiro Kawaoka, University of Wisconsin-Madison. Using genes resurrected from the 1918 Spanish influenza virus, the virus responsible for a pandemic that killed an estimated 20 million people, scientists have gathered important new clues to why the virus spread quickly and killed efficiently. Adding the genes to a comparatively benign strain of influenza (pictured), shows that a minor genetic change can turn a mild form of the virus into a highly virulent strain.

Characteristics and symptoms of the Spanish Flu:

The characteristic of the pandemic was the deathly intensity of the disease. Most deaths occurred within the first few days after infection. Some fell sick in the morning and were dead in the evening. The onset was so sudden that it overwhelmed the victims and incapacitated especially the young and vigorous in a few hours. Death followed by fulminant development of hemorrhagic pneumonia (“most vicious type of pneumonia ever seen”) and lung oedema. Purple cyanosis was a sure sign of imminent death. This was accompanied by irregular heartbeat, tightness in chest, rapid and deep breathing, a kind of “air hunger”, struggling to get air and to breathe with flapping dilated nostrils. Breathing became gradually slower and gasping until death came with blood-tinged sputum from mouth and nostrils. Young adults were hit hardest, perhaps especially those with the strongest immune response as was shown by recent research (see next paragraph). In Connecticut 56% of deaths were 20-40 years old, only 9% were over 40 years. This fact is in strong contrast to other influenza epidemics, where mostly the old and weak people die.

The doctor of a military camp describes; *“Two hours after admission they have the mahogany spots over the cheek bones, and a few hours later you begin to see the cyanosis extending from the ears and spreading over the face .. it is only a matter of a few hours until death comes, and it is simply a struggle for air until they suffocate” – “you see them dropping out like flies. We have been averaging about 100 deaths per day; we have lost an outrageous number of nurses and doctors in the little town of Ayer. It takes special trains to carry away the dead .. the bodies piled up .. it beats any sight they ever had in France after a battle.”*

The ominous sign of a deathly course was a peculiar kind of cyanosis. That is why the pandemic was also called the *“purple death”*; mahogany spots over cheek bones, face and lips turn cyanotic, purple-grayish, ashen, the spots may then cover the whole body; the ominous colour was referred to be like heliotrope, a brilliant shade of purple, magenta, signalling cyanosis and need of oxygen in blood – once this colour appeared in a patient he was practically sure to die. *“If they begin to look like a huckleberry (blueberry) they are sure to die”*. *The Lancet* published a then rare colour illustration demonstrating the heliotrope characteristic of the disease in 1918.

Post-mortem: In autopsies were found blue swollen lungs with wet foamy surfaces; lungs filled with enormous quantities of thin bloody fluid which would gush out when sectioned for examination. Large parts of the lungs were airless. Abdominal vessels maximally engorged and sometimes ruptured. Brain oetous with small haemorrhages. The symptoms during the course of the disease were the typical signs of influenza, such as high fever and aching pains all over, especially in the back. Some further symptoms frequently described by homeopaths: tongue dry, brown, trembling – incontinence of urine and stool – delirium, violent – stupor, semi-conscious – picks at bedclothes – says is well though very sick – ptosis of both eyes – and a strange odour which was frequently described as reminding of dead bodies on a battlefield; it vanished soon after the person had died.

A repertorization of this picture yields the typically given remedies *arn*, *gels*, *eup-per* and *ars* among the first 8 remedies. Among these are 2 acids which may also hint at *hydr-ac*:

Why was the Spanish Flu so deadly?

The viral nature of the pandemic was only confirmed of late. Leading virologists are convinced that it was a variation of the bird flu virus A/H1N1. DNA sequencing even revealed its genetic code. Researchers dug out the corpse of a Alaskan inuit woman who had died from the Spanish Flu in 1918, which was conserved in the permafrost. They identified the virus as a H1N1 type and presented the complete sequence of the H-gene in 1990. Recently, in 2006, they even reconstructed this dreadful virus under high-security lab conditions (*5). In a way they woke up the old devil again, and it proved as deadly as in 1918. All infected mice died in a few days with a characteristic lung engorgement and immunological hyperreaction. To confirm its possible lethal effect on the human immune system, they repeated the same experiment with macaca monkeys, quite close to humans. The same fatal hyperreaction in the form of a cytokine storm took place and destroyed their lungs. So most likely the virus killed by triggering a violent cytokine storm (*6).

The extraordinary death toll of the pandemic resulted from 4 factors:

- a) High infection rate (morbidity about 30 % - it is estimated that 1/3 of the world population suffered)
- b) High virulence of the virus
- c) An immunological hyper-reaction called a cytokine storm (*7), which is uncommon in other virus pandemics; this was discovered only lately. The high lethality of perhaps 15% - in other influenza pandemics it is less than 0.1% - was most likely due to this cytokine storm. The exaggerated immune response makes this influenza so different from other influenzas.
- d) The historical context at the end of WW1; the nations were in a battered state, old beliefs shaken or destroyed, survivors all worn out from war. The state of the earth was like after a huge convulsion, like a patient after a grand mal epileptic fit. Some may say that this is the major condition for such a huge calamity to arise rather than blaming it on a virus alone. Trench-fight and static warfare were the characteristics of WW1 and may be compared to the immunological hyperreaction against the virus: the armies of the immune system pitted against the virus, a storm of cytokines released like heavy artillery, both sides suffering enormous loss, but no ground is gained.

*1. http://en.wikipedia.org/wiki/Spanish_flu

*2. Julian Winston: *The Faces of Homoeopathy*, 1999, p.236. Sandra Perko: *The Homeopathic Treatment of Influenza*, 2nd edition 2005, pp 103-110; German edition pp 150-160

*3. http://en.wikipedia.org/wiki/Spanish_flu; population of USA was about 14 millions, 30% suffered, up to 675000 died.

*4. This is one of the reasons why health authorities are so afraid of the new bird flu virus H5N1, which may take the same development and trigger an even more deadly new pandemic.

*5. <http://www.spiegel.de/wissenschaft/mensch/0,1518,378217,00.html>

*6. This gave rise to the idea that former vaccinations were responsible for this hyperreaction, but then the monkeys should not have died. Also the high death toll of 7 million Indians would be improbable, because in India vaccination was not as common as in Europe in the early 20th century. This makes the vaccination theory improbable.

*7. http://en.wikipedia.org/wiki/Cytokine_storm