

M.M.R

**WHOOPIING
COUGH?**

? **Pertussinum?**

HOMOEOPATHY IN CHILDHOOD DISEASES

**CHICKEN
POX?**

By Beau Carrel

? **Belladonna**

? **Arsenicum**

**Coughs
Colds**

? **Aconite** ?

**SCARLET FEVER
RUBELLA - MEASLES
MENINGITIS ?**



? **Rhus Tox**

Influenza

? **Kali Mur**

? **Bryonia**

**Gastro
Enteritis**

? **Gelsemium**

? **PULSATILLA**

? **Morbillinum**

? **Ferrum Phos ?**

**PAIN!
HIGH FEVER**

?

? **Sulphur**

? **APIS**

MUMPS?

?

? **Pilocarpinum**



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.

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Includes bibliographical references and index

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.

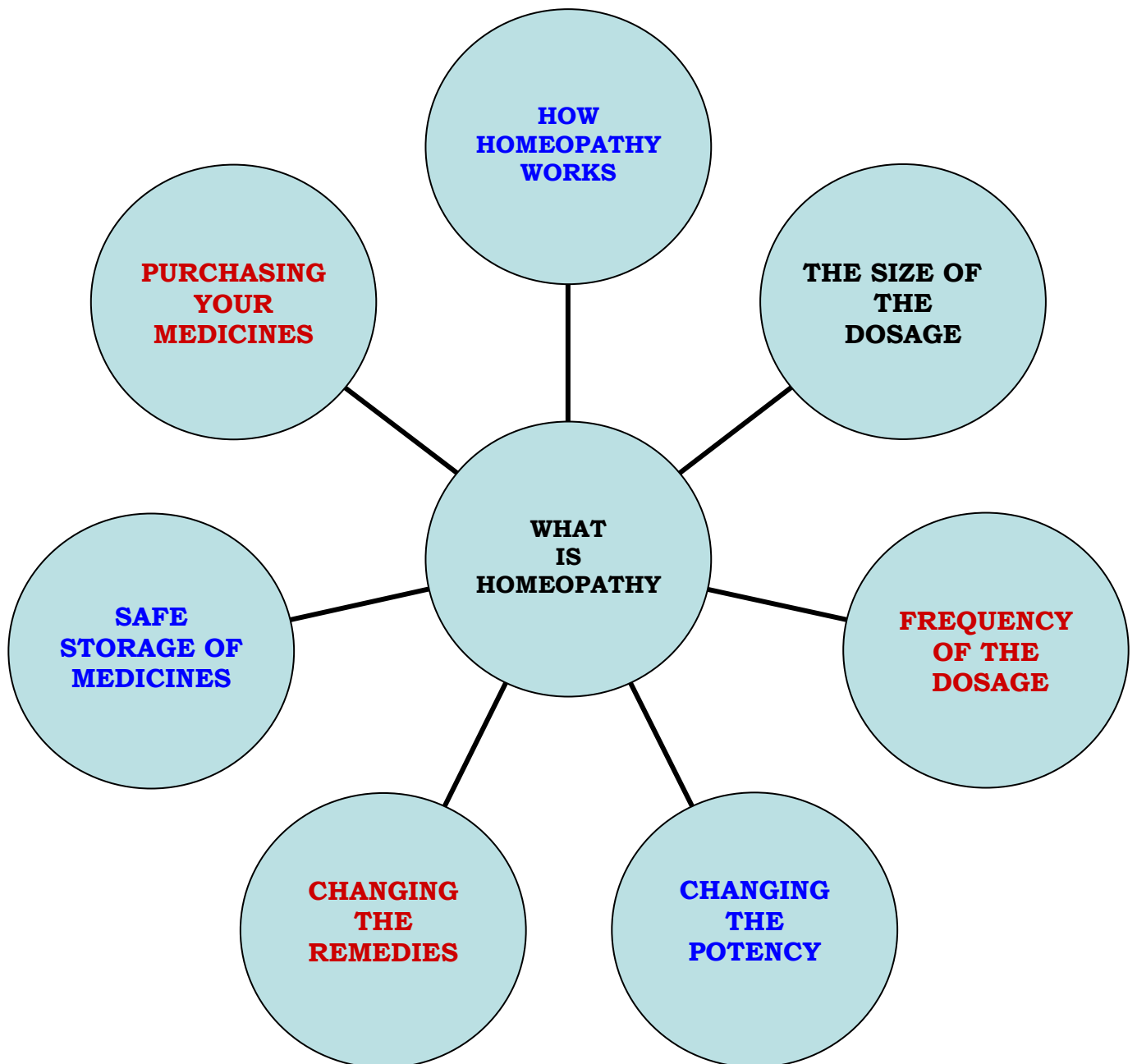
I make reference to the above in order to reassure you that Homoeopathy is a very safe and effective form of medicine that can be utilized by ANYONE, if the simple basic rules for prescribing that are laid out in this work are carefully adhered to. No matter what name is given to the disease; it is the *unique set of symptoms* produced by the *Childs 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 rash, 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 such dangerous childhood diseases. I have spent many months evaluating and correlating information from these great works (and my own experiences) to save you, the home prescriber, physician 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 own children and those of friends and neighbours. 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 children's 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 children's general state of health, starting TODAY!

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 practiced 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.

The *frequency of dosage* varies with the condition and the individual. During the acute phase 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. If no improvement in the patient's condition is seen after four to five doses of a homeopathic medicine, this means the medicine chosen probably is not correct and will not help. It should be stopped and another homeopathic medicine or another form of treatment begun, as needed.

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 condition, 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 and all childhood complaints. 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 on the internet 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 Kit of medicines, thus saving on costs, which are, on average, between three and five pounds per bottle depending on contents and 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 - Kali Sulph - Kali Phos - Natrum Mur etc** tissue salts, and **Aconite - Arsenicum - Apis - Baptisia Belladonna - Bryonia - Drosera - Gelsemium - Eupatorium perf Euphrasia - Mercurius Sol - Nux vom - Phosphorous - Sulphur - Rhus tox** - and the major nosodes **Pertussin - Morbillinum - Influenzinum Parotidinum - Rubella - etc** Homoeopathic remedies in 6c and 30c.

WARNING

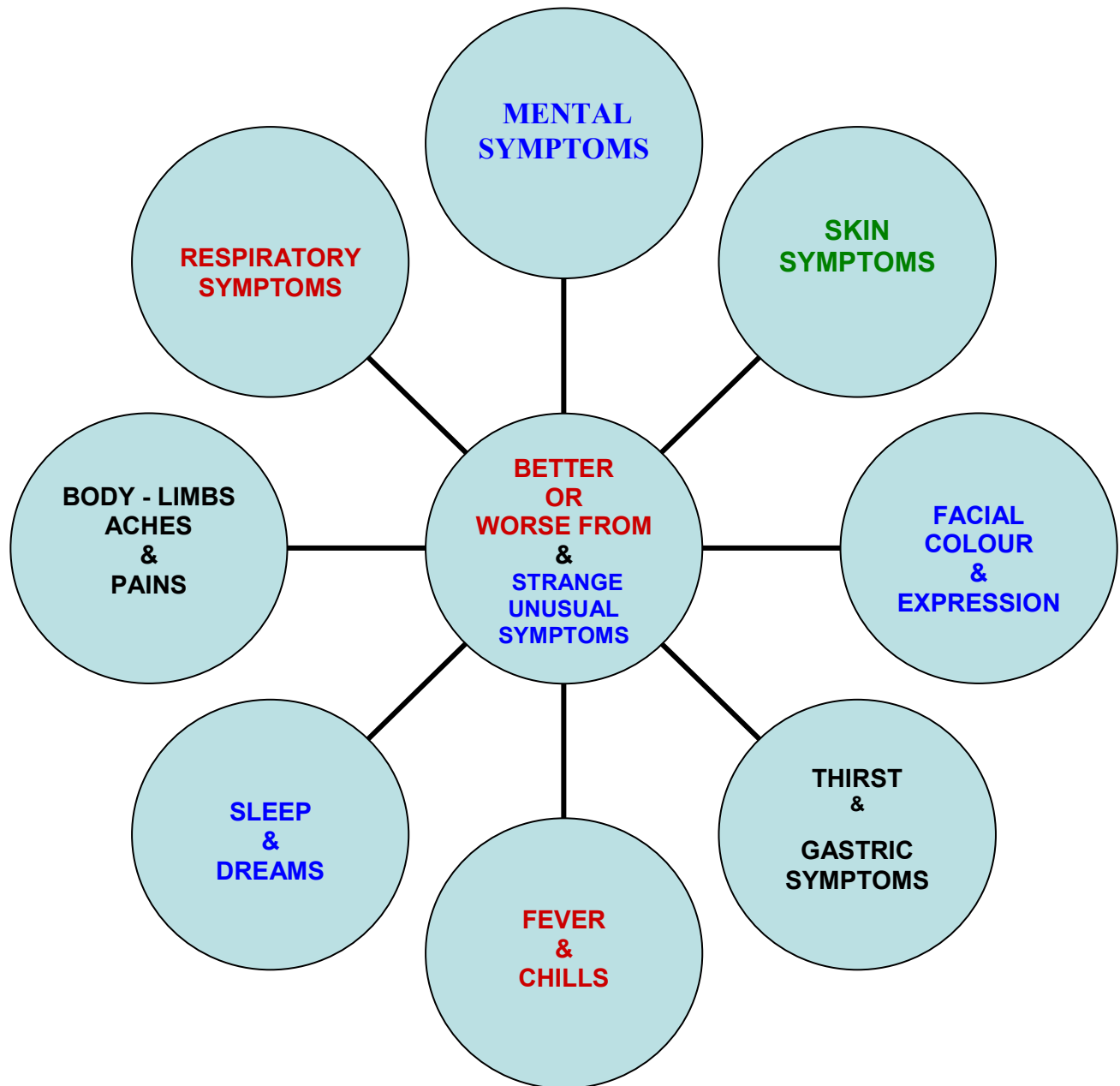
Expert Medical knowledge should be sought to assess complex or serious conditions as professional diagnostic tests may be necessary. Do not delay in contacting the doctor if the patient has a record of poor health, or if their condition worsens.

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.

Each disease has its own period of duration - Rubella 2 to 4 day's - measles 7 to 10 days - any of these childhood diseases may appear and progress at different speeds and in different ways - take note of these variables as they will assist in remedy choice. The correct remedy will trigger the Childs defence mechanisms to modify the disease and it will pass more quickly and safely - ***but in its own time!*** ***Do not try to rush the process along with more doses of the remedy or you will stop the healing process.....Sulphur helps re establish cases which have become stuck.***

SIGNS AND SYMPTOMS



TARGET THE WHOLE PATIENT

Take 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.

Ask 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/rash **appeared slowly**, or it came on **rapidly** and **violently**. They may say it started with shivering, 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. Ask what makes their specific pains **worse** or **better** and **write** it all down.

Request the patient to tell you what makes any of their symptoms feel **worse** or **better**. 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**.

Examine 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. Is the rash uniform or blotchy rough or smooth - 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**?

Take 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 through the action of the correct homoeopathic remedy.

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 measles as an example, patients will express their common symptoms by saying "**My**" eyes 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.

Use the symptoms check list to help prompt you to identify all the symptoms of the disease. Make a copy of the form below and fill it in with all the Childs symptoms. **Then match the most important symptoms to a remedy from those recommended in the section relating to the Childs illness.**

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 disease, the list is by no means a complete one.

Name.....Age.....Date the symptoms commenced.....

Speed of disease/ 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.....

Skin....rash....itchy.....light red....dark red....blotchy.....patchy.....

THE WHOLE PICTURE

PATIENT'S SYMPTOMS

(Please make photocopies)

Speed of illness.....

Mental symptoms.....

Sleep – Dreams.....

Fever – Temperature.....

Chills.....

Sweat.....

Skin..... colour of rash..... texture of rash.....

Pattern of rash..... location.....

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.....

MEASLES

Measles is a highly infective, viral disease, which is usually prominent among children and should be avoided. It sets in with symptoms of catarrh e.g., sneezing, running nose, redness and watering of eyes, hoarse cough, prostration and fever which may go quite high i.e. 103 - 104° F. Measles is spread through respiration i.e. contact with fluids from an infected person's nose and mouth, either directly or through aerosol transmission, and is highly contagious.

At the early stage, it is difficult to distinguish measles from an attack of cold or influenza. However, in about 24 hours characteristic Koplik spots i.e. raised, white, salt-like spots develop inside the mouth, confirming the diagnosis. On the fourth day the measles appear small, red rashes, first on the face, then on the neck or body and finally on the legs.

Prior to possible infection "All Children" should be put on a diet which is very low in refined processed foods, breakfast cereals, sweets, buns, biscuits, crisps and fizzy pop etc and put onto a diet high in fruit and vegetables and other food stuff which is rich in Vitamin A - D - C - E. Healthy activities should be undertaken and adequate sleep taken. This advice of course is suited to help prevent or mitigate the effects of all childhood diseases so should be continued permanently

SELF HELP USING NATURE CURE

During the acute stage of measles keep the patient rested out of the bright light and emotionally supported throughout what may be from up to 4 to 6 days or even longer depending on the severity of the case. The patient should abstain from all solid foods whilst the fever is high and take only liquid foods for a period of 3 - 6 days. Fruit juices will be especially beneficial, (Orange, pineapple and cantaloupe, apricots, peaches, papayas, and mangos which all contain helpful levels of Vitamin **A & C** diluted with 2 parts water to 1 part fruit juice. The patient may well experience a *false hunger* during the fever but this must be resisted - the liquid diet should be continued till the temperature comes down to around normal, or if the fever is prolonged, milk and fruit or milky porridge should be given. 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. The child will lose weight but this will soon be restored when well again.

I have used Bach flower remedies **Olive - Hornbeam** and **crab apple** (for cleansing) in lasting cases of measles as it can be a debilitating illness. Calamine lotion may help to ease the itch of the rash.

After finding the *matching* homoeopathic remedy, only **use Paracetomal products 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. Small amounts of home made Glycerin, honey and lemon may help soothe the cough. Cooled boiled water for bathing sore eyes may be of some help also.

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, fish, eggs, milk, vegetables and fruits. They should avoid tea, coffee, refined, processed, and tinned foods. Special care should be taken for a further week or so after the patient has recovered 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. 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

I have often referred to Dr Dorothy Shepherds "Homoeopathy in infectious diseases" because she went through four epidemics of measles and saw several hundred cases and lost none using Homoeopathy. ***She also reminds us that when prescribing a homoeopathic remedy, one observes the symptoms of the patient. Sixteen different remedies neutralising Measles in sixteen different cases.*** I have referred also to Dr M.L Tyler (Pointers to the common remedy) who was also a very experienced Prescriber who treated many cases of measles, and George W Carey, M.D a very experienced prescriber of Biochemic tissue salts, in order to produce a useful working booklet for practitioners and users alike. I was grateful for the works of these past masters when I was a young Homeopath with four of my own children to look after, each Child requiring different remedies when they were unfortunate enough to catch measles, also for the Children of friends and family I treated. I advise purchasing Dr Shepherd's book and giving it plenty of good study. *For the inexperienced prescriber please refer to my free e book on influenza & Acute Viral conditions for guidance.*

Please inform the Doctor of your Childs condition and make use of antibiotics if they are prescribed for serious infections which may complicate the illness or any other forms of treatment necessitated by a worsening of the disease, in conjunction with the best matched Homoeopathic remedies I would add.

If the child has already contracted measles, they should immediately be given that remedy from the below-listed ones, whose symptoms match with those of the child: Measles is a most unpleasant lengthy illness making the child miserable and unhappy. So a patient and caring and ever smiling approach is essential to keep up the Childs spirit.

Homoeopathic Remedies

Aconite: Often suited to **chubby - robust - rosy** well developed children-**Sudden onset** of **acute symptoms** accompanied by; **Restlessness - Anxiousness - Tossing about** - Intense **nervousness** and an **inexplicable fear - especially** in the evening and at **night** Catarrh and high fever **burning heat** - before rash clinches diagnoses Redness of conjunctivae **Itching Burning Skin** - Rash rough and military (like millet seed) Dry **harsh barking** cough - During fever, the child has an **acute thirst for large quantities of cold water.** Patient feels better in open air. (Do not prescribe routinely but on homoeopathic principles only) In catarrhal conditions Aconite ceases to be of use after exudation has taken place, and so in measles; it would cease to be of use after it modified the fever, and the eruption appears and the disease is diagnosed-as-measles.

Belladonna: Sudden onset of acute symptoms of measles. Rash is **bright Red** - The skin of the face and the body is **Dry - Hot - Red Burning to the touch** - May have **icy cold feet** - eyes are red - **pupils dilated** - **carotid arteries throb** - mouth - lips are hot and dry - may have a sore throat - **Unlike Aconite** - there is an **absence of thirst** "especially during the febrile stage" - **Sleeps with eyes half open starts** during sleep - has a **dislike** for open air - **wants to be kept warm** - Delirium is **worse from light** - noise **jarring of bed** - motion Generally worse from 3pm to midnight. This remedy like Aconite bears repetition well in the early-stages.

Arsenicum: Child exhibits **acute restlessness** - **anguish** and also **fear - prostration** - feels **chilly** and wants well covered - However, unlike Aconite, he **dislikes cold drinks** or foods because they seem to **worsen** his problems - **prefers sips of warm drinks** - patient **complains of burning** in the eyes and the skin which is **relieved** by **warm-applications**. **Sinking of strength** - **diarrhea**

Bryonia: Very **slow gradual onset** of symptoms (*corresponds with the tempo of measles*) - Rash slow to appear - or instead of rash a bronchitis or pneumonia appears with "bryonia symptoms" - **high temperature** - Dull look with swollen face - mild delirium "wants to go home" when at home - complains of headache - **Dryness** of the **eyes mouth** the intestines etc. Consequently, there is **acute thirst** for **large quantities** of cold water at **longish intervals** - The **tongue is thickly coated** - The child **lies absolutely still** on the bed because even the **slightest motion** seems to **aggravate** his problems - even when coughing which can be a **hard dry cough** with **tearing pains** and very tiresome with little expectoration - he **holds his chest** to prevent it from moving in order **to prevent pain**. Feels chilly but feels **better for fresh air** - **Sudden Disappearance of rash!** Spasms from suppressed measles - when the child is seized with great lassitude and debility - **twitching** of muscles or of single limbs - Or if the spasms are preceded by **deep** and **violent** coughing, and **oppressed** respiration

Euphrasia: Suitable during the **early stages** of the disease if these symptoms are present. **Profuse streaming burning tears** causing burning and **redness** of the **eyes** and **eye lids** - **rash around the eyes** with **puffiness** and **bloating** around them - eye symptoms **worse** by the light - **Profuse nasal discharge** is bland or **non-burning** much **sneezing** Intense **throbbing headache** - **dry cough** is present **only** during the **day time** especially in the evening but is **absent** at night and is **better** from lying down - moderate fever and often does not feel very ill.

Gelsemium: *Very slow* or gradual attack of symptoms of measles
Face **dark red swollen - besotted** looking - accompanied by **dullness**
of the mind - **drowsiness** and **dizziness** - **very high fever** - **delirium**
Chills and **Heats** chase one another - Possible Convulsions
Tiredness and **weariness** of limbs - **Trembling** of the **limbs** and the
whole body - disinclination to move due to **heaviness** - Eyes are
swollen and there is a **profuse shedding of tears** - Eyelids **heavy**
eyes inflamed - **Sneezing** and sore throat - **excoriating nasal**
discharge - **very dry tongue** with **complete-absence-of-thirst**.

Pulsatilla: This remedy, perhaps, is one of the more important
medicines for measles - it is distinguished by a very **restless** often
irritable - depressed - whiney and **weepy disposition** - child wants
hand holding and to be **fussed** over and **constantly** waited on
Rough blotchy rash - Catarrhal symptoms - **profuse** lachrymation
Dry mouth - **high** temperature with **Thirstlessness** and an **internal**
feeling of chilliness - Troublesome cough - The child **dislikes**
covering and wants to be in **open air**.

Kali Bich: Is **like Pulsatilla** only worse; (Pulsatilla in the mild case)
often useful at a later stage of the disease - It has a rash like measles
with catarrh of the eyes - Measles with **purulent discharge of eyes**
and **ears** and **mouth** which is **stringy and ropy** - Salivary **glands**
swollen Catarrhal **deafness** - stringy ropy discharges

Antimonium Crud: The Child becomes **ugly - cross - peevish**
Cannot bear to be looked at or touched - **Nostrils** as well the
corners of their mouths become **sore and cracked** - The Child has a
hot red face (like aconite) **but no** anxiety **or** restlessness **or** thirst
instead he is delirious and drowsy - **Tongue is covered in a thick**
slimy - milky white fur - he may **retch** and **gag** at any food offered
to him - he **objects** to a hot room **or** being near a hot fire.

Ferrum Phos: **Slow - gradual onset** of symptoms. Fever intensifies
at night or in the early morning. There is **throbbing headache** which
is **relieved** by cold applications.

Phosphorus: Chest symptoms marked (broncho-pneumonia) **dry**
cough which is troublesome and feeling of **tightness** in the chest
respiration is **rapid - pulse** and **temperature** are high - **Bright red**
flush of cheeks - Great **thirst for cold water** which may be **vomited**
when it **warms** in the stomach.

Rhus Tox: A **restless** Child with the usual common measles symptoms *but full of aches and pains* - **throws** himself about in bed all the time - there is an **absence of fear** and **anxiety** - **tongue** covered in a **whitish fur** with a **bright red tip** - some thirst present.

Ipecacuanha: Is indicated when there is **nausea** - **vomiting** - great **weakness** and **prostration** - there is an **absence of thirst** - The rash is slow in coming out and the **gastric upset** and **vomiting** is accompanied with a **flushed bright red face** - **tongue is clear** and **Red** - Dry cough.

Sabadilla: Is the remedy when among the catarrhal symptoms there is **violent sneezing** attended with a **frontal headache**. It will correspond to some epidemics and should not be neglected.

Gelsemium or Dulcamara

Gelsemium is, on the whole, a more useful remedy in commencing measles than **Aconite**; that is, it is oftener indicated; there is much chilliness, the fever is a prominent symptoms, the child is dumpish, **apathetic**, does not want to be disturbed; there is **watery coryza** which excoriates the upper lip and nose, and there is **harsh barking croupy cough** - with chest soreness and **hoarseness**. **Gelsemium**, too, has an action on the skin and may be continued with benefit after the eruption has appeared; there is an **itching** and **redness** of the skin, and a decidedly measly eruption produced by it. It has some **aching** in the limbs, and may be compared with **Dulcamara**, but seldom be mistaken for that remedy. **Gelsemium** has more **coryza**, **Dulcamara** more **aching**. Both may be useful in an undeveloped eruption; **Gelsemium** when there is **pain** at the **base** of the brain, high fever and passive brain symptoms; **Dulcamara** when occurring from damp - cool air - rainy weather or sudden changes

Pulsatilla or Kali Bich:

A little later in the disease Pulsatilla symptoms may make their appearance. The fever has subsided or entirely disappeared. There is **coryza** and **profuse lachrymation**. The cough is still **dry** at night, but **loosens** a little in the daytime. The child **sits up** to cough. There is much predisposition to **earache** and sometimes sickness at the stomach.

Where there is **catarrh** of the digestive canal and diarrhea Pulsatilla will be found useful. The eyes agglutinate and the discharge is purulent. **Kali bichromicum** is so similar to Pulsatilla in many respects that it may be mentioned here, as the two remedies seem to differ in intensity only. **Kali bichromicum** has *pustules* developing on the cornea. The throat is *swollen* and there is **catarrhal deafness**. It produces an eruption which closely resembles measles. It comes in very well after Pulsatilla when the patient develops more intense symptoms.

Cases of Measles associated with **ear symptoms** and **swollen glands** especially call for Kali bichromicum, and it is one of our best remedies for laryngeal affections, with a **hoarse - dry - croupy cough**.

More on Arsenicum:

In measles which do not run a favourable course, in malignant type or black or haemorrhagic measles we have two or three important remedies. The first of these is **Arsenicum**. There will be **sinking of strength, diarrhea - delirium - restlessness and debility - petechiae** and general *typhoid* symptoms.

The stools are particularly **offensive and exhausting**. **Arsenicum** may save the patient in these conditions. Dr. Gaudy, of Brussels, considers **Arsenicum** almost specific in measles. He says that its action is little short a marvelous. It is *prophylactic* and *curative* - and one of the best remedies to remove all *sequelae* of the disease.

It corresponds to the insidious phenomena of severe epidemics of measles. **Crotalus** may also be indicated in the form known as black measles. Also **Baptisia**, with its **foetor and prostration**, may prove useful. **Lachesis** is the fourth remedy for these conditions. The individual symptom of each remedy will differentiate them, but all four should be studied carefully in these low conditions of measles.

Chest complications:

A number of remedies may come into use during or after the illness.

Sticta: if there be present an *incessant dry* and spasmodic cough, *worse* when lying down and at *night*; it is a *teasing* - titillating cough.

Phosphorus: with its *dry - exhausting* cough with *oppressed* breathing

Rumex: with its *short tickling* bronchial cough - *worse from cold air*

Drosera: with its whooping-like cough - All these may be indicated in measles.

Viola odorata: Dry short and spasmodic cough and dyspnoea *worse* during daytime.

Slow or suppressed eruption: Brain Affected

Apis Mel: Face is *puffy swollen* and *red* - *eyelids* are swollen - eyes *intensely* red - sore - Face flushed - High temperature - *very hot* and wanting *covers off* - *rash is thick and rough to the touch* - Possible ear involvement - *Rash goes in and brain symptoms appear* - Stupor with *stinging* pains exhorting cries (*Crie cerebrale*) their *heads* may be *drawn back* and held *rigid* - Patient *Worse* from *heat* - hot room - hot fire - Feels *Better* for *cool air* which *relives mental* and *physical* condition *urine scanty* and highly coloured.

Bryonia: Rash *slow* to appear - Or rash disappears and child becomes *drowsy* - *pale* - *twitching* face - *chewing motion of jaws* - Or instead of rash a bronchitis or pneumonia appears with typical bryonia symptoms (see above) *any motion* causes child to scream with *pain* Mild delirium.

Cuprum Met: *Symptoms violent* - *starts* up from sleep - *Spasms cramps* - *convulsions* - cramps of *fingers* and *toes* or start there. Cuprum is indicated in convulsion due to recession of the eruption. It has the same *terror on awakening* - but its symptoms are more violent than those of **Stramonium** and the *face* instead of being red is more apt to be *bluish*.

Helleborus Niger: When entire sensorial life is suspended and child lies in **profound stupor**.

Stramonium: Rash not out properly - Child hot - **bright red face tosses** and **cries** as if frightened in sleep - **convulsive movements** Non-appearance of the rash - the child is restless - and **on falling asleep** cries out as if frightened.

Sulphur: Measles with a **purplish appearance** - congested **blotchy** face - dirty tongue and sometimes an **itchy skin** - Sulphur to modify the case when the **skin is dusky** and the **rash slow to appear** or does not come out - **feels Worse** in the **morning** around **11am** - convalescence slow patient **weak** and **prostrate** - as an **inter-current remedy** when **well indicated remedies fail to act**.

Zincum Met: Where child is too weak to develop eruption - rash comes out sparingly - Body rather cool - **Lies in stupor gritting teeth** (Bryonia chews) **dilated pupils** - Squinting and **rolling eyes** - **fidgety feet** awakening from sleep **as if** terrified - but with Zincum there is **much weakness** - the child seems too weak to develop the eruption.

Veratrum Album: For deep unconscious state.

BIOCHEMIC TISSUE SALTS

(Extracts from George W Carey, M.D)

Ferrum Phos;

In all stages of measles; for the inflammatory conditions - Fever & Redness of eyes - Painful congestion of the chest etc - Especially suited to the *first stage of measles*.

Kali Mur;

Second stage of measles - **Hoarse cough** - **glandular swelling** etc - The **tongue** is coated white or grayish white - **After effects of measles** deafness - **swellings** in the throat - Diarrhoea - loose **light** coloured stools. (If **Ferrum Phos** & **Kali Mur** are given faithfully and ordinary care is taken there will seldom arise any after-effects - George W Carey, M.D)

Kali Sulph;

In measles *when the rash is suddenly suppressed* - the skin is harsh and dry - Kali Sulph will assist the returning of the rash by promoting perspiration; warm covering should also be applied. (This remedy has been liken to Pulsatilla)

Natrum Mur;

Intercurrently - for excessive secretions of tears or other **watery conditions**.

Preventative treatment:

Measles can be prevented in many cases or safely and effectively modified through Homoeopathy. When an epidemic of measles breaks out, the child should be given a dose of **Morbillinum 200c** in the morning and another in the evening. This homoeopathic medicine confers upon the child, a reasonably strong immunity against measles.

Pulsatilla 30c - three doses over a 24hr period for those who have had contact with measles.

Arsenicum 30c (see “more on Arsenicum”)

Vitamins **A - C - D**

Avoidance - stay away from those who have the disease.

Convalescence

Measles can be a most debilitating illness which may require a careful period of recuperation. A gradual introduction to usual foods and gentle exercise is required until full strength and vitality has returned. I always start a course of the recommended combination of tissue salts as soon as the fever has normalized and the patient is back onto to light food.

Biochemic Tissue salts Combination remedy of; **Calc Phos - Kali Phos - Ferrum Phos 6x** four times a day for a week to 10 days.

After effects of measles; Morbillinum for cases of debility - blepharitis conjunctivitis - anaemic, weary children often with some bronchitis will benefit from this remedy and begin to thrive again.

Sulphur; Weakness - debility - lack of reaction - long lasting symptoms.

Arsenicum; (see “more on Arsenicum”)

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CHICKENPOX

Before the rash appears

You or your child may have some mild flu-like symptoms, including:

- feeling sick
- a high temperature (fever) of 38°C (100.4°F) or over
- aching, painful muscles
- headache
- generally feeling unwell
- loss of appetite

Soon after the flu-like symptoms, an itchy rash appears. Some children and adults may only have a few spots, but others are covered from head to toe.

It causes a rash of red, itchy spots that turn into fluid-filled blisters. Spots are soft to touch; they then crust over to form scabs, which eventually drop off. Some children have only a few spots, but in others they can cover the entire body. The spots are most likely to appear on the face, ears and scalp, under the arms, on the chest and stomach and on the arms and legs. After one to two weeks, the crusting skin will fall off naturally. New spots can keep appearing in waves for three to five days after the rash begins. Therefore different clusters of spots may be at different stages of blistering or drying out.

Chickenpox (medically known as varicella) is caused by a virus called the varicella-zoster virus. It is spread quickly and easily through the coughs and sneezes of someone who is infected.

Chickenpox is most common in children under 10. In fact, chickenpox is so common in childhood that 90% of adults are immune to the condition because they have had it before. Children usually catch chickenpox in winter and spring, particularly between March and May.

What to do

To prevent spreading the infection, keep children off nursery or school until all the spots have crusted over. Chickenpox is most infectious from one to two days before the rash starts until all the blisters have crusted over (usually five to six days after the start of the rash).

If your child has chickenpox, try to keep them away from public areas to avoid contact with people who have not had it, especially people who are at risk of serious problems, such as newborn babies, pregnant women.

Chickenpox treatment

Chickenpox in children is considered a mild illness, but expects your child to feel pretty miserable and irritable while they have it. Your child is likely to have a fever at least for the first few days of the illness. The spots can be incredibly itchy. Calamine lotion gels to ease itching. Follow the basic nature cure treatment for the fever stage explained in the measles chapter, and give the appropriate Homoeopathic and Biochemic remedies outlined below.

When to see a doctor

For most children, chickenpox is a mild illness that gets better on its own. But some children can become more seriously ill with chickenpox. They need to see a doctor. Contact your GP straight away if your child develops any abnormal symptoms, for example:

- if the blisters on their skin become infected
- if your child has a pain in their chest or has difficulty breathing

Chickenpox in adults

Chickenpox may be a childhood illness, but adults can get it too. Chickenpox tends to be more severe in adults than children, and adults have a higher risk of developing complications. As with children, adults with chickenpox should stay off work until all the spots have crusted over. They should seek medical advice if they develop any abnormal symptoms, such as infected blisters.

Who's at special risk?

Some children and adults are at special risk of serious problems if they catch chickenpox. They include:

- pregnant women
- newborn babies
- people with a weakened immune system

These people should seek medical advice as soon as they are exposed to the chickenpox virus or they develop chickenpox symptoms. They may need a blood test to check if they are immune (protected from) chickenpox.

Chickenpox in pregnancy

Chickenpox occurs in approximately three in every 1,000 pregnancies. It can cause serious complications for both the pregnant woman and her baby.

Chickenpox and shingles

One you have had chickenpox, you usually develop antibodies to the infection and become immune to catching it again. However, the virus that causes chickenpox, the varicella virus, remains dormant (inactive) in your body's nerve tissues and can return later in life as an illness called shingles. It is possible to catch chickenpox from someone with shingles, but not the other way around.

If your child has chickenpox, inform their school or nursery and keep them at home while they are infectious, which is until the last blister has burst and crusted over. This usually takes five or six days after the rash begins.

If you or your children have recently been exposed to the chickenpox virus, you may not be able to visit friends or relatives in hospital. Telephone the ward to check first.

Stop the virus spreading

Chickenpox can sometimes be spread through contact with objects that have been infected with the virus, such as children's toys, bedding or clothing. If someone in your household has chickenpox, you can help stop the virus spreading by wiping any objects or surfaces with a sterilising solution, and that infected clothing and bedding is washed regularly.

HOMOEOPATHY

Aconite: Early cases with *restlessness - anxiety - high fever*

Antimonium Crudum: The patient is *peevish* - cries if *looked* at - *touched* - or *washed*

Antimonium Tartaricum: Child *peevish and whining* - wants company - *Drowsy - sweaty* and relaxed; *nausea* - slow eruption (to accelerate it) delayed or receding - *blue* or pustular eruptions - very **large pustules** - Associated with bronchitis especially in children (Ant Crud)

Belladonna: Severe headache - face flushed - hot skin - Drowsiness with inability to sleep

Mercurius: “If *vesicles suppurate*” discharge purulent matter - with great *weakness* easy *sweating*

Pulsatilla: Child *mild* and *tearful* and *not thirsty*

Rhus Toxicodendron: Intense itching - *great restlessness* of mind and body - an often used remedy

Sulphur: (2 or 3 doses) hungry but eats little - extremely thirsty - weak and prostrated - slow to recover

Prophylaxis: Contacts with chickenpox may be given **Rhus Tox** 30c - 3 doses during a 24 hour period

Varicellinum may be given as a prophylaxis or for symptoms that linger *after* the chickenpox.

Bach Flower remedy; Crab apple.

BIOCHEMIC TISSUE SALTS

Ferrum Phos;

For the fever alternated with the remedy indicated by the tongue or eruption.

Kali Mur;

Second stage of the illness with white or grayish white coated tongue

Kali Sulph;

For suppression of the rash

Natrum Mur;

With corresponding watery symptoms - drowsiness – stupor

Calc Sulph;

After Kali Mur - if the spots suppurate or do not heal up well

RUBELLA

(German measles)

Symptoms of rubella

After being infected, the incubation period (the time it takes for the rubella virus to become established and for symptoms to appear) is 14-21 days. Some people have Prodromal (early) symptoms during the incubation period, before any other symptoms develop.

Between 25-50% of people with rubella (German measles) may not have any symptoms. If you are infected with the rubella virus but have no symptoms, it is known as a 'sub-clinical infection'.

Prodromal symptoms

Prodromal symptoms can last for about five days before the rash (see below) starts to appear. These symptoms are more common in adults than children. They can include:

- a slightly raised temperature – a normal temperature is between 36-36.8°C (96.8-98.24°F)
- conjunctivitis – inflammation of the transparent membrane that covers the whites of your eyes
- sore throat
- runny nose
- headache
- feeling unwell

Main symptoms

Some of the main symptoms of rubella are described below.

Swollen lymph nodes

Swollen lymph nodes (glands) usually appear behind the ears, below your skull at the back of your head, and in your neck. They can be painful. Sometimes they appear before the rash, and can last for a week after the rash has disappeared. The medical term for this symptom is lymphadenopathy.

A distinctive red-pink rash

The rubella rash is a distinctive red-pink colour. It appears 3-4 days after the first symptoms. The rash usually appears as spots, which may be slightly itchy. It usually starts behind the ears, before spreading around the head and neck. It may then spread to the trunk (abdomen and chest), legs and arms. The rash usually lasts for 3-7 days.

A high temperature

A high temperature (fever) of 38°C (100.4°F) or more is a symptom of rubella which, although more common in children, can be more severe in adults. Your temperature may remain high for several days before returning to normal.

Cold-like symptoms

Cold-like symptoms, such as a runny nose, watery eyes, sore throat and cough, are common symptoms of rubella, particularly in adults.

Painful or swollen joints

Painful or swollen joints affect up to 60% of adult women with rubella, but are less common in children. Swelling tends to affect the hands, knees, wrists and ankles, but it is usually mild. It appears during or up to a week after the rash, and can last up to a month.

Other common symptoms of rubella are tiredness, irritability and a general lack of energy, plus aches and pains, and a poor appetite.

If you have rubella, you are infectious for one week before symptoms appear, and for four days after the rash has started. Children with rubella should be kept away from school. They should not mix with other children during the time they are infectious. If it is suspected that a child or an adult has rubella, they should avoid all contact with pregnant women.

Treatment for Rubella

Follow the advice as laid out in the measles chapter for the fever, using nature cure. Select the most similar Homoeopathic and Biochemic tissue salt remedies from the list below.

HOMOEOPATHY

Aconite: *High temperature - thirst* - in early stages of the illness - before the rash appears; may have *dry croupy cough* which is worse at night.

Belladonna: High temperature; *red - hot - dry* skin; muscles may *twitch* and *jerk* in sleep.

Coffea: for sleeplessness - *wakefulness* - *sensitivity* to sounds

Pulsatilla: For temperature and fever without thirst - mild depression and fretfulness - child *weepy* - *wants lots of attention* - yellow/green mucus from nose.

Sulphur: If the *illness lingers*; or if the rash fails to come out; green mucus from nose. During childhood, many children acquire an undiagnosed viral rash. Rubella may be so mild that it is not recognised.

Prophylaxis;

Rubella nosode 30c (3 doses over a 24hour period) exposure during pregnancy - after effects of Rubella also

BIOCHEMIC TISSUE SALTS

(Extracts from George W Carey, M.D)

Ferrum Phos;

In all stages of measles; for the inflammatory conditions - Fever & Redness of eyes - Painful congestion of the chest etc - Especially suited to the *first stage of measles*.

Kali Mur;

Second stage of measles - *Hoarse cough* - *glandular swelling* etc - The *tongue* is coated white or grayish white - **After effects of measles** deafness - **swellings** in the throat - Diarrhoea - loose *light* coloured stools. (If **Ferrum Phos** & **Kali Mur** are given faithfully and ordinary care is taken there will seldom arise any after-effects - George W Carey, M.D)

Kali Sulph;

When the rash is suddenly suppressed - the skin is harsh and dry - Kali Sulph will assist the returning of the rash by promoting perspiration; warm covering should also be applied. (This remedy has been liken to Pulsatilla)

Natrum Mur;

Intercurrently - for excessive secretions of tears or other *watery conditions*.

MUMPS

Mumps is a highly contagious viral infection that usually affects children. The most common symptom of mumps is a swelling of the parotid glands.

The parotid glands are located on one side, or both sides, of the face. These glands, which make saliva, are found either side of the face below the ears and over the jaw bone. The swelling gives a person a distinctive 'hamster face' appearance.

Once a person has had mumps, they usually develop immunity against further infections.

How is the mumps spread?

The mumps virus is spread in the same way as the common cold and flu viruses. The mumps virus is airborne, which means that it can survive briefly in the outside environment. Therefore, mumps can be spread through:

- **direct contact** – for example, if you sneeze or cough, tiny droplets of fluid containing the mumps virus are launched into the air and can be breathed by others
- **Indirect contact** – for example, if infected droplets are transferred to an object, such as a door handle, and someone else touches it, they may catch the mumps if they then touch their mouth or nose.

Mumps is a highly contagious infection. People who are infected are most contagious for 1-2 days before the onset of symptoms, and for five days afterwards.

During this time, it is important to prevent spreading the infection to others, particularly those at high risk of developing complications, pregnant women for example:

Symptoms

Symptoms develop 14 to 21 days after exposure (the incubation period). The illness begins with fever, shivers, tiredness and painful swelling of the parotid glands. One side may be swollen initially but usually both glands are eventually affected.

The swollen glands make it difficult for people to open their mouth, talk, eat and drink. They give the person a similar appearance to that of a hamster, making the infection relatively easy to recognise. Children may complain of earache, difficulty eating and drinking, and, sometimes, abdominal pain. In as many as 30 per cent of cases symptoms are so minimal that the infection goes unnoticed.

Complications of mumps:

It can cause unpleasant and painful complications, especially in older children.

Acute pancreatitis and inflammation of the ovaries (called oophoritis) can occur, and one in four men who catch mumps after puberty develop inflammation of the testicles (orchitis), which is painful and, though it doesn't make a man sterile, can reduce his fertility.

Complications with mumps may set in about a week after symptoms begin. In one in ten cases there will be signs of meningitis, while about one in 5,000 has encephalitis. Symptoms include headache, neck stiffness, vomiting and dislike of light. Hearing loss may follow mumps but it's usually one-sided and temporary. Most children recover from mumps with no long-lasting problems.

Outlook:

The outlook for young children with mumps is generally good because the symptoms should pass within two weeks without causing any long-term problems.

The outlook for teenagers and adults with mumps is slightly less positive because they have a higher risk of developing complications, some of which can be serious.

It's important to call your doctor to confirm the diagnosis. Since mumps is a viral infection antibiotics don't help.

Give them plenty of water but avoid fruit juice, which can stimulate the parotid gland to make saliva, which in turn can be painful.

Swelling of the parotid glands increases over two to three days and then subsides as the high temperature starts to fall. Painkillers ease the muscle aches and relieve the pain that comes with the swollen parotid glands.

You should call for urgent medical help if your child remains unwell or develops symptoms of meningitis or encephalitis.

TREATMENTS; As with any other Childhood infectious diseases start by implementing basic nature cure methods, non acidic diluted fruit juices to avoid making the swollen glands produce saliva - cold compress applied for 2 hours - wash the neck well in cold water and apply another 4 hours later - and over night. Use Paracetamol judiciously for severe pain. See section on nature for Measles in the previous chapters. Then select the most appropriate and well matched Homoeopathic and Biochemic tissue salt remedies.

HOMOEOPATHY

Aconitum: The fever **comes on suddenly** and the person is **very agitated**. Stabbing or **tingling** pain can be felt in the jaw or face. The person feels worse from warmth and better from fresh air - often **very thirsty**.

Belladonna: Most common treatment for mumps - particularly if it **comes on rapidly** - with **high fever** - a **hot flushed face** - and eyes that are **sensitive to light** - This is unquestionably the most important remedy - corresponding to vascular engorgement, fever and nervous irritability so common in this disease. The glands are swollen hot and sensitive to pressure - **worse** on the **right side**. The pains are flying and lancinating and extend to the ear. It is useful when the swelling suddenly subsides, and is followed by **throbbing headache** and delirium.

Apis mellifica: When this remedy is indicated, the face looks puffy pink and tender - cool compresses are soothing. Even with fever, thirst is usually low. The person is irritable - disliking interference.

Arsenicum album: Strong **anxiety** and **restlessness** despite a feeling of exhaustion suggest a need for this remedy. The **head** may feel **hot** and the rest of the **body chilly**. This remedy is sometimes helpful in preventing complications involving the ovaries or testicles.

Bryonia: This remedy is indicated when the person feels **worse** from any motion. Hard - tender swelling is felt in the cheek, and fever may be accompanied by **headache**. The person's **mouth feels dry**, with **thirst** for long cold drinks. *Bryonia* may be helpful if the swelling abruptly disappears, but the **person** feels worse in general.

Carbo vegetabilis: fever may develop slowly, and the person may feel **chilled and faint**. The stomach may also be upset, with **gas and belching**. The person may want to be near a fan or window, **craving fresh or moving air**. This remedy may often help if testicles, ovaries, or breasts become involved in mumps, when the other symptoms fit.

Hyoscyamus: If the disease be transmitted to brain - Unconscious delirium - red face - **wild staring look** - throbbing carotids - **Twitching** and jerking of limbs, with **great nervous excitability**, Giddiness, with stupefaction

Lachesis: Gland swells enormously and are **extremely sensitive** to the least touch - corresponds to **left sided** mumps - with purplish swellings - sore throat - red face - eyes glassy and wild - difficulty in swallowing - and **aggravation after sleep**. **Lycopodium** starts right side moves to left side - worse hot drinks

Mercurius solubilis: For mumps with swelling that is **worse** on the **right side** - **excessive** foul-smelling **perspiration** and profuse **salivation** This is one of our best remedies in mump - as if has a specific action on the salivary glands which are hard with painful swelling and occurs below the chin - **very sensitive** to temperature changes - Swollen lymph nodes - **perspiration** during sleep - very offensive breathe dark-green or slimy stools with severe tenesmus all **worse at night**

Pilocarpinum: For mumps with **excessive perspiration** and **salivation** - as well as considerable **thirst** - this is considered by some homeopaths to be the best remedy for this purpose. Pilocarpine muriate 3x is what Dr Burnett terms his "**big shot**" in mumps."

Phytolacca: Swelling of the sub-maxillary and parotid gland - sore and tight - stony hard - breasts or other glands may become painful and swollen - pains shoots into ear when swallowing - patient may feel tired - dizzy - sore all over. **Relief** may come from drinking something cold - but the person is **better** from warmth in general.

Rhus toxicodendron: Parotid and sub maxillary glands highly inflamed and enlarged - swelling that is **worse** on the **left side** swelling of the cheek looks **dark reddish** - with tendency to erysipelatous inflammation and typhoid conditions. There is much **stiffness** and **aching** in the limbs which may feel **better** from warmth and motion - the patient is **restless** and the symptoms are **worse** at night. It is our best remedy in secondary parotitis.

Pulsatilla: Although this remedy is known for many kinds of children's illnesses, it can also be very helpful when adults come down with the mumps. Discomfort and swelling may be felt in the ovaries, breasts - or testicles. The patient feels **worse** from **warmth** and in the **evening** - **better** from open air. Despite a fever - **thirst is often low**. A person who needs this remedy usually is **emotional** - wanting lots of sympathy and comforting. Especially useful in orchitic and mammary complications - The tongue is thickly coated - the **mouth is dry** and the **pain is worse evenings** and after lying down. For metastasis to the ovaries Pulsatilla may be the remedy. **Conium** is indicated by excessive hardness of the swelling. **Clematis** and **Aurum** may be useful

Trifolium rep: (Prophylactic against mumps) use in low potency - feeling of congestion in salivary glands - pain and hardening especially of sub maxillary gland mouth filled with watery saliva - worse when lying down - taste of blood in mouth and throat.

Prophylaxis:

Parotidinum: (3 doses 30c over a 24 hour period) The principal nosode which may also be helpful for any after effects of the disease given in the 30c or 200c at intervals of ten to fourteen days - **Pilocarpine** 3x see above - **Trifolium rep** 3x all have been used effectively for prophylaxis and the treatment of mumps.

BIOCHEMIC TISSUE SALTS

Ferrum Phos: 6x

For the first stages of mumps - fever

Kali Mur: 6x

Principal remedy for the glandular swelling alternated with Ferrum Phos

Natrum Mur: 6x

Mumps with excessive secretions of saliva - or with swelling of the testicles

WHOOPING COUGH

Whooping cough: (pertussis)

Whooping cough is an infection caused by a bacterium (germ) called *Bordetella pertussis*. This bacterium is spread to others through contaminated droplets in the air, produced during coughing and by close contact with an affected person. The bacterium attaches to cells which line the airways. It then multiplies and causes the symptoms.

Bordetella pertussis bacteria affect the lining of the airways in some way to cause symptoms (mainly a cough) to continue for a long time after the bacteria have gone.

The symptoms of whooping cough:

The illness typically follows a pattern.

Early stage (catarrhal phase)

At first there is often a sore throat. Within a day or so a mild, dry ordinary cough develops. At this stage you may feel mildly unwell and have a mild fever (high temperature). You may also have a runny nose. Over a few days the cough may become more productive with some sputum (phlegm) - but at first it still seems to be an ordinary cough.

Main coughing stage (paroxysmal phase)

After several days, often as many as 10-14 days from the start of the illness, the cough gets worse and becomes paroxysmal. This means there are bouts (paroxysms) of intense coughing. They are sometimes called choking coughs.

During a bout of coughing, you repeatedly cough over and over again. The face often goes red and the body becomes tense. Eventually, there is a desperate attempt to breathe in, which may cause a **whooping** sound. Note: *the **whooping** sound at the end of a bout of coughing only happens in about half of cases.*

Some children may stop breathing at the end of a bout of coughing and go blue for a short time. This looks worse than it actually is, as breathing usually quickly resumes.

Each bout of coughing typically lasts 1-2 minutes. Several bouts of coughing may occur together and last several minutes in total. It is common to vomit at the end of a bout of coughing. The number of coughing bouts per day varies from case to case. You may only have a few bouts each day but some people have up to 100 bouts per day. The average is about 12-15 bouts per day.

Between the bouts of coughing you are likely to be well (unless you develop a complication, which is not common). The symptoms of fever, runny nose and other symptoms of illness have usually gone by this main coughing stage. But, each bout of coughing can be distressing.

Easing stage (convalescent phase)

The bouts of coughing then ease gradually over a period which can last up to three months or more. (In some countries whooping cough is known as the cough of 100 days.) As things seem to be easing, you may still get the odd bout of severe coughing.

Who gets whooping cough?

Anybody of any age can get whooping cough. It is hard to prove the diagnosis of whooping cough definitely from tests. Whooping cough is probably a common cause of many 'mystery coughs' which last for several weeks and which occur in adults and older children who appear otherwise well between bouts of coughing.

How infectious is whooping cough?

It is very infectious in the early stage of the illness. You will normally pass on the infection to most household members who are not who have not previously had whooping cough. Symptoms develop 7-14 days after being infected.

If you have whooping cough you should stay away from others either: Until you have finished a five day course of antibiotics (see below); OR If you do not have antibiotics, for three weeks after symptoms of the paroxysms (bouts) of coughing start. After this, although you will probably still have bouts of coughing, you are not likely to be infectious.

How is whooping cough diagnosed?

It is mainly diagnosed by the typical symptoms. There is a test that can identify the bacterium to confirm the diagnosis. This involves getting a sample of mucus from the back of the throat to send to the lab for testing. However, in many cases of 'cough for several weeks', the bacterium that causes whooping cough will have gone but the cough usually continues for several further weeks. Therefore, a negative test, with no bacteria found, does not rule out the diagnosis of whooping cough in someone who has been coughing for several weeks.

A blood test that can detect antibodies to the whooping cough bacterium has been available since 2001 and is being increasingly used, especially in adults.

What are the possible complications?

Most people fully recover but some develop complications. Complications most commonly develop in babies under the age of six months. Possible complications include:

Pneumonia (lung infection) other bacteria can infect the lungs more easily if you have whooping cough. So, pneumonia caused by secondary infections sometimes occurs. Pneumonia is suspected in a baby or child if they become more ill, have a high temperature, breathe fast, or have difficulty breathing between bouts of coughing.

Pressure effects of the severe coughing can, rarely, cause blood vessels to burst and cause nosebleeds, coughing up blood, or skin bruises. The increase of pressure in the abdomen during bouts of coughing may cause a hernia. Rarely, brain damage occurs. Complications such as severe pneumonia or brain damage can sometimes cause death.

The standard treatment for whooping cough:

The bacterium which causes whooping cough can be killed by antibiotics. However, once the bouts of coughing have started, treatment with antibiotics makes little impact on the course of the illness. In effect, the bacteria will have done what they need to do to the airways to set off the bouts of coughing for the next few weeks.

However, a course of antibiotics is still usually given if the disease is diagnosed in the first few weeks of the illness. This is because after five days of antibiotics you are no longer infectious. Without antibiotics, you can remain infectious for about three weeks after the bouts of coughing start.

General measures include:

1. General comforting. Being nursed in a sitting position seems to give some relief to babies.
2. Clearing away any mucus and vomit during bouts of coughing to prevent them from being inhaled by the child.
3. Looking out for complications such as pneumonia which should be treated with antibiotics.
4. Making sure an ill child is getting nutritious foods & drink.

General outlook (prognosis)

Most people who develop whooping cough make a full recovery. However, it can be a miserable illness as the relentless bouts of coughing can be distressing. The total length of the full illness is commonly 6-8 weeks but can be longer. Severe complications and death are uncommon but occur mostly in babies under six months of age. Serious illness is less common in older children and adults. Once recovered, you are usually then immune to whooping cough and so are very unlikely to get it again.

TREATMENTS:

While the fever is high basic nature cure should be used as described in the chapter on measles.

Well matched Homoeopathic and Biochemic tissue salt remedies should be given in conjunction with the basic general measures suggested above.

HOMOEOPATHY

Antimonium tartaricum: Cough when child gets angry - after eating - coughing bout ends in vomiting - **“Chest full of rattles”**
Thirstless - coated tongue

Arnica: Violent tickling cough if child gets **angry** - **child begins to cry before cough** - **seems to know when cough is coming on and dreads it!**

Belladonna: Weeping and pain in the stomach and tears **precede** the fit of coughing - **feels head will burst** - throat gets drier and drier then a **violent tickle** is followed by a dry spasmodic bout of coughing a whoop and gagging - a **little mucous** may be raised by great effort followed by a reprieve - **spasms** of larynx which cause coughing and difficulty of breathing - patient aggravated by cold - **worse at night** and lying down

Bryonia: Child coughs **immediately** after eating and drinking and vomits then returns to meal only to repeat the scenario - “Dry spasmodic cough; whooping cough - **shaking** the whole body” Cough makes him spring up in bed

Bromium: Sensation of **coldness in throat** - Larynx feels **as if** covered in velvet - but feels cold - Whooping cough in the spring - towards hot weather - **worse during hot weather**

Carbo Vegetabilis: Cough mostly hard and dry - or sounds rough **Apt to occur after a meal** - every violent spell of coughing brings up a lump of phlegm - or is followed by retching - gagging - and **water brash** - Pain in chest after coughing - **burning** as from a coal fire
Craving for salt - Most useful at the start of the case when there is gagging vomiting and **redness of the face** - Paroxysms of violent spasmodic coughing - with **cold sweat** and cold pinched face after attack

Carbo Animalis: Whooping cough with feeling of **coldness** in the chest severe dry cough - shakes abdomen **as if** all would fall out
Must support belly

Cina: Becomes rigid - with clucking sound down in oesophagus as paroxysm ends - not relieved by eating - stomach bloated - yet hungry
Grits teeth

Coccus Cacti: Patient is **worse at night** - **worse** from **warmth** of bed **better** in a cool room - **better** by taking a cold drink wards of paroxysm vomits tough ropy mucous - **Child holds it breath** to stop coughing - Wakes in the morning with paroxysms which ends in vomiting ropy mucous which hangs in long strings from the mouth

Cuprum metallicum: **Better** by swallowing cold water
Uninterrupted paroxysms till breath completely exhausted - Gasps with repeated crowing inspirations till black in the face - Mucous in trachea and spasms in larynx - **Cramps** beginning in fingers and toes - Thumbs tucked in during cough.

Drosera: **Rapid fire paroxysms** - Impulses to cough follow one another so violently that the patient can hardly get their breath
Oppression of the chest - **as if** something kept back the air when the patient coughed and spoke so that the **breath could not be expelled** when the patient breathes out - a **sudden contraction** in the hypogastrium causes heaving and excites coughing - **Crawling sensation** in the larynx which excites coughing - On coughing water food - mucous may be vomited - Cannot cough on account of pain which is worse just below the ribs - **has to support this area** with their hands to mitigate pain - Spasmodic cough - with **retching and vomiting** - caused by **tickling** or **dryness** in the throat

Ipecacuanha: Stiffens - goes rigid - loses breath - grows pale - then relaxes and **vomits phlegm** with relief - Convulsions in whooping cough - frightful spasms - especially of left side.

Kali Carbonicum: Convulsive and tickling cough at night - Cough so violent as to cause vomiting - **Cough at 3 am** - repeated every half-hour
Bag-like swellings between the upper lids and eyebrows - often puffy face also - Dry hard - hacking - hacking cough

Lobelia: **Cough ends in violent sneezing**

Mephitis: Whooping or any type of violent cough - spasmodic - as if each spell would terminate life - frequent paroxysms - especially at night - **desire for salt** - Worse lying down - Child **must be raised** Gets **blue in face** - cannot exhale - Mucous rales through upper part of chest - best in low potencies 1x or 3x

Prophylaxis:

Pertussin: 30c may also be used 3 times a day during treatment intercurrently with best matched Homoeopathic remedy for a few days. As a prophylaxis after contact with the disease a daily dose for two weeks (Dr Dorothy Shepherd)

Drosera: 30c May also be given to contacts 3 doses over a 24 hour period

BIOCHEMIC TISSUE SALTS

Ferrum Phos: For the febrile symptoms or vomiting of blood from excessive coughing

Kali Mur: Principal remedy if there is a white coated tongue or a thick white expectoration - Also spasmodic cough similar to whooping cough but without the whoop

Kali Sulph: Whooping cough with retching without vomiting - Yellow slimy expectoration - Tongue coated with yellow mucous - Hot and sweating - Hates cough and weeps - Looks “**fair - fat and forty**” even a child

Magnesia Phos: Violent spasmodic attacks of cough - with face blue and swollen - cough ends in a whoop. Alternate with **Kali Mur** and dissolve in hot water to be sipped and used throughout the disease until relief is seen.

Kali Phos: An intercurrent remedy in whooping cough – for the symptoms of exhaustion or in very nervous sensitive subjects. May be alternated with **Calc Phos** after the illness during convalescence

SCARLET FEVER

Scarlet fever is a bacterial illness which causes a distinctive pink-red rash. It is caused by infection from bacteria known as haemolytic streptococci, which belong to the streptococcus bacteria group. Scarlet fever usually follows a sore throat (strep throat) or skin infection (impetigo) caused by particular strains of streptococcus bacteria. The scarlet fever rash occurs when the bacteria release toxins that make the skin go red.

The disease is very contagious. It can be caught by breathing in the bacteria in airborne droplets from an infected person's coughs and sneezes. Scarlet fever is also known as scarlatina, although this sometimes refers to a mild form of the disease.

What are the symptoms?

Scarlet fever is a rash accompanied by a sore throat caused by the streptococcus bacteria. The disease most commonly affects children, but can occur in any age group. The characteristic symptoms are a rash and a ***‘strawberry tongue’***.

The rash of scarlet fever usually begins like bad sunburn with tiny bumps (papules), and it may itch. The rash usually appears first on the neck and face, often leaving a clear unaffected area around the mouth. It spreads to the chest and back, then to the rest of the body. In body creases, especially around the underarms and elbows, the rash forms classic red streaks called Pastia's lines. Areas of rash usually blanch (turn white) when you press on them. By the sixth day of a strep infection the rash usually fades, but the affected skin may begin to peel. Children with strep throat infections also commonly have: chills, body aches, and loss of appetite, nausea, and vomiting.

Who is affected?

Anybody can catch scarlet fever, but it usually affects children aged between four and eight. Because it is so contagious, scarlet fever is likely to affect those who are in close contact with someone who has strep throat or a streptococcal skin infection, and those who live in a crowded environment, such as day care.

Most children over 10 will have developed immunity (resistance) to the toxins from streptococcal bacteria and children under two will have acquired immunity from their mothers.

Outlook

Although scarlet fever used to be a very serious disease, most cases today are mild. Scarlet fever is easily treatable with antibiotics, which must be taken for 10 days. Most people recover after four to five days. There is no evidence that catching scarlet fever when pregnant will put your baby at risk. Pregnant women should inform healthcare staff if they are in contact with streptococcal infections, such as scarlet fever, around the time of their delivery.

TREATMENT

While the fever is high basic nature cure should be used as described in the chapter on measles. Well matched Homoeopathic and Biochemic tissue salt remedies should be given in conjunction with the basic general measures suggested above.

HOMOEOPATHY

Belladonna: *cerebral irritation* - such as *delirium* - *twitching* of muscles - uneasy *sleep* - Delirium *worse* from - *light* - *noise* *jarring* of bed - *motion* - eyes are red - *pupils dilated* - with a *bright red rosy* hue to the skin - *Skin* is *burning* and *hot* - intensely so - the body is scarlet - dry - and smooth - there is great excitement carotid *arteries throb* - mouth - lips - throat are *hot* and *dry* - a *bright red throat* - pain in the epigastrium - with *strawberry tongue* and the glandular swellings. It has no correspondence with a miliary rash or with malignant symptoms. - *Patient wants to be kept warm worse from 3pm until midnight*

Apis Mell: Very *similar* to *Belladonna* - *except* that the *rash is thick* and *rough to touch* - there is *thirstlessness* - and a *dislike* to being covered - *dislikes heat* in any shape or form - *aversion* to warm food and drink - patient *likes* a cold room - *cold relieves* both the physical and mental condition - this is the reverse to *Belladonna* the throat is *oedematous* - *bright rosy red* - with *stinging pain* - the skin is apt to *sting and itch* causing great *restlessness* and weeping The *meninges* may become involved - rolling of head from side to side squinting of the eyes - and then *cri encephalique* (brain cry) scanty high coloured urine

Ailanthus: This is a most potent antidote to *malignant* scarlet fever and suits especially severe cases. The patient lies in a *stupor drowsiness* and *prostration* - *dizzy* cannot sit up - insensible muttering delirium and stupor - *pupils widely dilated* - the *rash is imperfect* in patches - dark and *purplish and mottled* - swollen *livid throat* and infiltration of the cellular tissue about the neck *excoriating nasal discharge* - makes lips sore - violent vomiting *severe headache* and dizziness - *small quick pulse* - the *stools* thin bloody and offensive - there is *much foetor* to all the discharges. It will save life oftentimes in the most desperate cases.

Ammonium carbonicum: This is also a useful remedy in malignant scarlet fever. **Sleepiness** and **somnolence** are its main symptoms - **drowsiness** - face is **puffy** and **dusky** in colour - The **throat** is **dark red** - sore - **swollen** internally and externally - **glands** are **enlarged** - Tonsils are swollen and bluish - discharges are acrid - lips excoriated. The nose is obstructed - Patient starts up his sleep - lies with mouth wide open - great **prostration** and **aversion to water** miliary eruption and dark red throat will distinguish from Belladonna.

Arum triphyllum: Extremely restless and **very irritable** - face swollen and **bloated** - patient is busy **boring and picking** his nose excoriating discharges from the nose - **picks his lips** until raw and bleeding - red streaks from the nose to the lips - mouth is sore and raw - the angles of the mouth crack and bleed swollen cracked tongue sore throat - child is **restless** and irritable tosses about. Scanty or suppressed flow of urine - **Increased flow of urine** shows the remedy is working well. **Do not** give too often or in to low potency - The extreme soreness of the throat is **characteristic** of Arum

Bryonia: Bryonia is a remedy often of great value. When we recall its **headache** - **white then brownish tongue** - the characteristic **thirst** for **large** amounts at **long intervals** - the **sharp pains** in the **tardy development** of the rashes - occurring perhaps in **blotches** and **resembling** that of **measles** - or a **disappearing rash** with possibly **delirium on waking** - Bryonia will do good service.

Gelsemium: Here the patients are **quiet** and **listless** - they are **prostrated** and **stupid** - the **pulse is throbbing** but compressible, and **at the onset** of the disease it suits cases where neither **Aconite** nor **Belladonna** re indicated. The asthenic form - with great **prostration** - is more often met with in poorly nourished children, and here Gelsemium is often the remedy. If the case develops any special malignancy of symptoms **other remedies** will be needed.

Hydrocyanic acid: is also sometimes indicated in scarlet fever of a malignant type - and **Muriatic acid** suits malignant cases oftentimes better than either **Rhus** or **Lachesis**. With this acid the rash comes out sparingly and is interspersed with petechiae or bluish spots; the child is restless - **throws off the bedclothes** - the skin takes on a purple hue and there is **great weakness** and **prostration** - delirium, a **rapid intermitting pulse** - foul breath - **acrid nasal discharge** - sore, **bleeding ulcerations** in the mouth. Under **Arsenicum** the rash comes out imperfectly; the child is thrown into convulsions and then relapses into a stupor.

Lachesis: The Child becomes drowsy - **loquacious** - delirious - face and body becomes **purple** - patient's breath is foetid - **left side** of throat is inflamed - then spreads to right side - **cannot bear** anything to **touch** or **constrict** the **throat** - cannot bear any **tight pressure** - cervical glands are swollen - **aggravation** on **falling asleep** or **after sleep** - rash comes out imperfectly and slowly - it is dark - interspersed with a miliary rash - tongue is dirty yellow and catches back of teeth on protrusion - **hot drinks produce suffocation worse for heat** - remedy suits forms of the disease having a malignant tendency - in dropsy after scarlet fever - oedema of the lower extremities - urine is black and scanty - It suits cases more adynamic than those calling for **Rhus**.

Muriatic Acid: **Restless** - cold - **dislikes being covered** - Great **muscular weakness** and **prostration** - the jaw is hanging down - the patient's **body is like a boiled lobster** - scattered - sparse rash interspersed with **bluish petechiae** (like **ailanthus**) the body turns more and more purplish - thin discharge **trickles** from the nose and **burns the lips** - mouth becomes studded with **deep cut ulcers** having a dark base - The patient slides down the bed - later on becomes incontinent due to the **paralytic weakness** of the anal and urethral sphincters - Indicated in malignant scarlet fever often complicated

Phosphorus: Patient is restless - **apathetic** - tired - when pneumonia is threatening - **chest feels tight** - as if a heavy load resting on it - **extreme thirst for very cold drinks** - drink is then **vomited** as it **warms in the stomach** - generally **worse** for lying on the **left side** and during the afternoon - Suitable in gangrenous cases or cases with chest complications - **bronchitis** - **pneumonia**.

Rhus toxicodendron: Depression - **extremely restless** - drowsy mild delirium - in so much pain **movement is needed** in order to **ease** the **pains** - **worse while resting** - the muscles become **stiff** - lame sore so that movement is hardly possible - therefore the pains are **worse on beginning to move** - **greatest relief** comes from **motion** and **heat** - throat is dark red and swollen - parotids are especially apt to swell or suppurate - the tongue is red - smooth - and a **red triangular tip** is often seen - rash is coarse - **dark red** - rash does not come out freely and when it does is dark red and **coarse** - rheumatic symptoms late in the disease will serve to indicate Rhus - A most useful remedy in adynamic forms of scarlet fever - **Apis mellifica** must be carefully distinguished from **Rhus**. This remedy has high fever - restlessness and nervous agitation; the mouth and throat are red and the tongue blistered; there is early prostration and scanty urine - drowsiness miliary rash. It is a remedy only occasionally useful in scarlet fever; it stands midway between **Belladonna** and **Rhus toxicodendron**; there will generally be present an oedematous condition of the skin and throat, and the skin will prick and sting. It comes in well however in albuminuria following scarlet fever.

Stramonium: *Great violence* is a predominant feature - gets excited *flies into rage* - patient has a *flushed face* which *looks wild* and *frightened* - head is hot - *high fever* - but *limbs are cold* *bright light is not liked* - violent hallucinations - *throat is dry* but *not relieved* by drinking - suitable in convulsions alternating with *rage* - *Restlessness with intense heat may lead to confusion with Belladonna* but *Belladonna* is not so wild - violent - or so fearful.

Sulphur: Suitable in cases where all the *orifices* of the body are *extremely red* - the discharges from these are sore and burn - lips and eyes are red - *as if* they were painted - *soles* of the feet are hot and *burn* at night - patient kicks off bed clothes or *sticks feet out of bed* to cool them - early morning *diarrhoea around 5am* - patient *dislikes* to be bathed or washed - feels faint and weak around 11am - thirsty but not hungry - A leading remedy for a *receding eruption* or when a *case relapses*.

Terebinth: Suitable in *albuminuria* and uraemia after scarlet fever with dropsy - blood in the urine - *breathlessness* and *drowsiness* patient is *confused* - but *improves* as soon as they pass water freely Constant burning turbid urine and deposits of coffee grounds sediment.

Zincum: Will be needed in certain enervated children who become *persistently restless* with *fidgety feet* especially in bed at night delirious *excitable* - extremely *sensitive* - with a tendency to convulsions - *jerking during sleep* with occasional *screams especially* when moved - skin is *livid* and *cold* - the pulse is thread like and weak - *grinding of teeth* - pale face and absence of heat *head rolls from side to side* - urine becomes suppressed eventually stupor and complete unconsciousness follows - Or else are quite and *unconscious* and *very weak* - *too weak in fact to develop an eruption* - and as a result of this *non-development of the eruption* brain symptoms - such as *meningitis* with *sharp pains* through the head - supervene. In these cases it will often bring out the eruption and save the child.

Cuprum may be needed in troubles from a suppressed rash with convulsions and cramps in fingers and toes - thumbs clenched firmly - vomiting - stupor - drinks gurgle down the gullet to stomach wakes up *frightened* without recognizing anybody and *Calcarea carbonica* must be thought of for scrofulous children with an undeveloped or receding rash. *Kali sulphuricum* is a remedy for the stage of desquamation (peeling skin)

BIOCHEMIC TISSUE SALTS

Ferrum Phos: For the fever - quick pulse - in the initiatory stages; in alternation with Kali Mur

Kali Mur: This remedy alone may suffice in simple cases - alternate with Ferrum Phos give as a preventative during epidemics

Kali Sulph: Peeling of the skin; it assists desquamation and development of the rash - sudden suppression of the rash - high temperature

Kali Phos: Putrid conditions of the throat - symptoms of exhaustion stupor.

Natrum Mur: Vomiting of watery fluids - drowsiness and twitching for any after effects of scarlet fever.

Natrum Sulph: Frequently an important remedy to control the excessive engorgement of blood to the head also when bilious symptoms are present

Genus epidemicus:

In order to obtain the picture of the next scarlatina attack one must put together all the common or cardinal symptoms of at least ten to twenty of such epidemic patients. Then in an epidemic it is sufficient to apply the genus epidemicus rather than the constitutional!

Whatever genus epidemicus Belladonna will be indicated always - we all know the success Hahnemann had circa 1816 with Belladonna preventively. Even in sensitive constitutions one would repeat as needed (up to every two hours) with a potency of 30c or even higher (I would use at least 200C) without risk of aggravating. So it is a more than one daily dose (unless preventative then one dose a week probably would be enough of 30C).

Scarlatinum 30, one pill or tablet at 4 hourly intervals for 3 doses in one day. Then one dose at weekly intervals for 3 weeks

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

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.

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.

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**

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

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**.

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.

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

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.

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.

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.*

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 are very prompt in its action.

COMMON COLDS & MILD INFLUENZA

The causes:

There are more than 200 different viruses that cause colds and this is one of the reasons we get so many. Top of the list are rhinoviruses, but corona viruses, adenoviruses and respiratory syncytial virus (RSV) can all cause colds, too. So, just as your body develops immunity to one type of virus, another that you haven't encountered before comes along and makes you ill if your immune system is below par.

How colds are spread:

You may have been taught that 'coughs and sneezes spread diseases', but colds aren't usually passed on through airborne droplets or particles. The most important way they're spread is via direct contact with an infected person. Typically, the person with the cold touches their nose or coughs on to their hand, leaving thousands of microscopic virus particles on their skin.

When they then touch an object such as a door handle, shopping trolley or another human, they leave the virus behind. The next person to touch the object takes the virus with them.

All that's needed to trigger a cold is a dozen or so virus particles. If the person who has picked up the cold virus touches their own nose or eyes, they deposit it in a warm, moist environment where it can thrive. The virus particles are swept to the adenoids at the back of the throat, where they stick to the cells, invade them and reproduce. Eventually, the cells rupture, releasing thousands of new virus particles to spread to other cells.

This process is remarkably rapid – it takes just eight to 12 hours from the arrival of the virus in your body to release of new virus particles. Symptoms also develop quickly – within about ten hours (this is known as the incubation period). So, in less than half a day of shaking hands with a person with a cold, you too could have all the unpleasant symptoms.

The symptoms:

Symptoms are mostly caused by the body's reaction to the cold virus, which triggers the release of chemicals that make the blood vessels leaky and send the mucous glands into overtime. As a result, the nasal passages become swollen and choked with secretions. Cold symptoms reach their peak after 36 to 72 hours and include: Dry - scratchy sore throat (usually the first sign of a cold) Runny nose and sneezing - Hoarse voice - Blocked snuffly nose - Cough - Mild headache - Mild fever Generally feeling unwell or muzzy headed - Symptoms should start to improve after three days and be gone after about seven days (but they may persist for up to two weeks).

As many as one in four people with a cold don't develop any symptoms, possibly because their immune system doesn't react to the virus in the usual way.

It's easy to confuse a cold with flu, but in general flu is more severe and produces a higher fever (above 38°C) and more generalised symptoms throughout the body such as aching muscles, lethargy, shivers, nausea and vomiting.

The treatment:

Despite decades of research, there's no simple cure for colds. The antibiotics used against bacterial infections don't have any effect on viruses, and antiviral drugs used for other viral infections aren't useful against the viruses that cause colds. Most colds resolve rapidly on their own, but there are things you can do to make symptoms less unpleasant. Keep well hydrated - being dehydrated can make a cold feel much worse, so drink at least eight glasses of water a day.

Use a humidifier to stop central heating from drying out the mucous membranes lining your nose and upper airways - Treat nasal congestion by inhaling steam, using vapour rubs. Simple analgesia such as Paracetamol should be used judiciously after the correct Homoeopathic remedy has been selected and used.

Get plenty of rest, and eat regularly to keep energy levels from flagging. The benefits of vitamin C supplements for both the prevention and treatment of colds remains controversial.

A recent review of more than 30 studies showed that during periods of intense stress people can halve their risk of catching a cold by taking vitamin C. But there's only a very minor effect on the duration and severity of symptoms once someone has the infection. - Some people argue that much higher doses of vitamin C need to be taken 3 x 1 gram over a day for 3 or 4 days as soon as contact has been made or at the first signs of a cold is required to be effective.

Others believe that a hot toddy consisting of grating ½ an ounce of fresh ginger root a whole lemon and a spoonful of honey covered with boiling water and strained after a few minutes helps to increase the body temperature in order to overcome the virus.

There are those who use the cold as an opportunity to cleanse the body so start a 3 day fast drinking only fresh fruit juices and taking the appropriate Homoeopathic and Biochemic remedies. I would advise using all three methods if the cold is severe or flu like. Also read the free e-book on influenza which can be downloaded at www.homoeopathicflu.com

HOMOEOPATHY

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 - **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.

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**.

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

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**. 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.

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

Ferrum Phos: *First stage of all inflammatory affections.* Congestions of lungs - Short - painful tickling cough - Croup - hard - dry cough, with sore chest Hoarseness Cough better at night

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.

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.

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**.

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**

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** - nausea **worse** laid down

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.

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 water brash - **always belching** which **relieves** many symptoms - chilly - **coldness** externally - **burning felt internally**.

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.

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**

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**.

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** .

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.

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.

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

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.

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

HEPATITIS

Hepatitis is a disease characterized by inflammation of and injury to the liver. Hepatitis has many causes, including misuse of alcohol and drugs, but viruses are the most common cause.

Symptoms of viral hepatitis appear from two weeks to six months after exposure to the virus. The first symptoms are usually fatigue, poor appetite, and nausea. Pain in the abdomen above the liver and a slight fever are also common. After a few days, the person's urine becomes dark and jaundice (a yellowish discoloration of the skin) appears. The jaundice and dark urine indicate the liver is not working properly in removing a reddish-yellow pigment called bilirubin from the blood.

Symptoms of viral hepatitis generally last two to six weeks. Severe cases can lead to liver failure and death. But most patients--even those with severe hepatitis--eventually recover completely. In some patients, the disease becomes persistent and is called chronic hepatitis. People with chronic hepatitis may experience mild, vague symptoms of fatigue and poor appetite. Chronic hepatitis can lead to a liver disease called cirrhosis, and it is also a major cause of liver cancer.

There are five types of viral hepatitis: (1) hepatitis A, (2) hepatitis B, (3) hepatitis C, (4) hepatitis D, and (5) hepatitis E. Hepatitis types A, C, D, and E are caused by viruses that have a core of ribonucleic acid (RNA). The hepatitis B virus has a deoxyribonucleic acid (DNA) core.

Hepatitis A is a highly contagious disease, but it is rarely fatal. It is also called infectious hepatitis. Hepatitis A is extremely common in developing nations. Outbreaks often occur due to unsanitary conditions, such as contamination of food or the water supply.

Hepatitis B is the best-known form of viral hepatitis. It can be severe and often develops into chronic hepatitis and cirrhosis. Hepatitis B is spread by close personal or sexual contact with an infected person, or by exposure to infected blood. It once was commonly transmitted through transfusions of contaminated blood. However, tests that detect the virus in blood have largely eliminated this danger. A vaccine that prevents hepatitis B is available, and public health experts recommend that all children be vaccinated against the disease. Doctors use a drug called alpha interferon to treat chronic hepatitis B.

Hepatitis C is the most common cause of chronic hepatitis and a major cause of cirrhosis. Experts think many cases result from using contaminated needles for injecting illegal drugs, tattooing, or body piercing. Hepatitis C often leads to chronic hepatitis, cirrhosis, or liver failure. Since a blood test to detect this virus became available in 1990, infection is rarely transmitted by blood transfusions.

Hepatitis D is the most serious and also the rarest form of viral hepatitis. It only infects people who also have hepatitis B. Many cases of hepatitis D are fatal, and most chronic cases lead to cirrhosis. Hepatitis D most commonly occurs among intravenous drug users, who can catch the infection by sharing hypodermic needles.

Hepatitis E often occurs in epidemics that can be linked to poor hygiene and contaminated water. It is particularly likely to lead to serious illness in pregnant women. The disease has been reported almost exclusively in developing countries.

Warning; Hepatitis is a serious condition and expert professional help should be sought in the first instance.

Homoeopathic Treatment

ANDROGRAPHIS PANICULATA

Useful in resistant jaundice. Successfully tried in Hepatitis B and C. It is found useful when Chelidonium Majus does not help.

AURUM MET.

Very effective for jaundice during pregnancy. Distension of epigastrium with increased thirst and appetite followed by burning sensation and hot eructation's. Marked aversion to exercise and severe depression.

CARICA PAPAYA

Hepatomegaly and splenomegaly associated with fever, dyspepsia and indigestion. Constipation is marked feature of this remedy. Intolerance to milk even small amount may lead to pain.

CARCINOSIN

Hepatitis B developing after blood transfusion. History of recurrent attacks of bronchitis, pneumonia, whooping cough or repeated viral infections are strong indications for this remedy. Proved to be very effective in chronic relapsing hepatitis.

CHAMOMILLA

Well indicated in infantile jaundice. Bitter bilious vomiting with regurgitation of food. Marked irritable temperament.

CHELIDONIUM

Jaundice due to hepatic and gallbladder obstruction. Pain aggravation on eating. Hepatomegaly with bilious complications. Marked desire for hot food and drinks.

COCCULUS

Spasmodic yawning and hiccough, pain in right hypochondrium, loss of appetite, worse on becoming cold or taking cold, although desires cold drinks. Ailments from anger.

CROTALUS HORRIDUS

Constant nausea and vomiting. Jaundice with haemorrhagic manifestations. Atonic dyspepsia. Complications arise from blood transfusion.

HEPAR SULPH

Jaundice associated with itching. Ailments from fat food. Hepatitis with distension of abdomen. A good remedy for liver abscess.

LACHESIS

Sensitiveness of right hypochondrium, hazards of blood transfusion. Well indicated in alcoholic hepatitis.

LUPULUS (LUPULIN)

Indicated in infantile jaundice, marked nausea with profuse perspiration.

LYCOPodium

Hepatitis, atrophic form of nutmeg liver. Shooting pain across lower abdomen from right to left. Excessive flatulence. Bread aggravates. Desire for sweet and warm things.

NUX VOMICA

Hepatitis associated with constipation. Liver enlarged with stitches and soreness.

MYRICA

Well indicated in carcinoma of liver as a complication of chronic active hepatitis and also liver metastasis from prostatic carcinoma.

PHOSPHORUS

Acute hepatitis. Fatty degeneration of liver, cirrhosis and jaundice associated with pancreatic disease. Suppuration with hectic night sweats, enlargement and marked soreness.

PODOPHYLLUM

Chronic relapsing hepatitis. History of repeated jaundice. Pain in right hypochondrium. Not well since the first attack of hepatitis. Irritable temperament with suicidal tendency.

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), diarrhea, learning disabilities, hyperactivity, and permanent brain damage.

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.

Apis Mellifica: For swelling - **puffiness** - oedema - **stinging pain** soreness - **intolerance of heat** - *mental touchiness* - **red rosy hue** of various body parts - hives with intolerable itching.

Chamomilla: Especially useful for children with **peevishness** restlessness and colic - **whining restlessness** - Child can only be quieted **when carried about** and comforted - better when **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 diarrhea** from emotional stress

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**

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 as aggravation - anxiety - asthma - **warts or condylomata** - neuralgia coughing - diarrhea - eruptions - fever infections - insomnia - stomach pain - swellings - tumors.

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.

The following procedure may be used to reduce the undesirable side effects of *unavoidable* vaccinations.

Immediately after vaccination, give Aconitum 30c - twice a day for 4 days

After Aconitum give Thuja 30c - twice a day for 4 days.

Two to four weeks after vaccination - a single dose of the nosode made from the "immunizing" agent may be given in the 200c potency if this is available.

For further problems caused by vaccination use the best matched remedy from the above list.

The following articles have been included as I felt they would be enlightening and instructional with regard to prophylaxis for many of the diseases discussed in this book.

Homœopathic prophylaxis

By Arthur Hill Grimmer, M. D.

Presented by Sylvain Cazalet

Preventive medicines occupy a prominent place today and it is logical that it should, because prevention makes cure unnecessary.

As the Law of Similars excels in the power to cure, it excels more forcibly and certainly in the art of disease prevention.

Especially in the realm of children's diseases have the attempts at prophylaxis been chiefly directed and with some degree of apparent success. I say apparent because there is need for refinements in the technique of administration and in the preparation of the therapeutic agents employed, as there is still much to be desired in results obtained by present methods.

It is true that the agents employed bear a crude similarity to, the Homœopathic principle but because of this crudity of preparation and administration we meet with much disappointment and considerable consequential evil effects following their use.

Homœopathic prophylaxis never causes anaphylaxis or shock, never results in secondary infection, never leaves in its wake serum or vaccine disease or any other severe reaction; it simply protects surely and gently.

While the Homœopathic law provides specific remedies for specific disease condition, such as *Belladonna* for scarlet fever, *Diphtherinum* and *Merc. Cyan.* for diphtheria, *Carb. veg.* and *Cuprum. met.* for whooping cough. *Lath sat* and *Gels* for poliomyelitis, *Variolinum* for small pox, etc., it reaches a much higher degree of efficiency when the epidemic remedy is given for protection than is obtained by the disease specific.

To illustrate : an epidemic of scarlet fever may have more cases with a rough or a purplish rash than those having the typical smooth, shining, red rash for which *Belladonna* is specific. Where the typical rough, darker rash prevails remedies like *Ailanthus* and *Phytolacca* and *Sulphur* will give more certain protection, but after the single epidemic remedy is found it brings the highest protection of any other.

In diphtheria protection the remedy *Diphtherinum* is the leading prophylactic, but in some severe epidemics of the past *Merc. cyanide* has proved to be very effective as well as curative in this disease.

In whooping cough *Carb. veg.* has been a reliable protection in hundreds of cases of young children and infants. But some epidemics require like *Drosera* and *Cup. met.* and then they afford the most certain protection.



A. H. GRIMMER, M.D.
Chicago, Ill.
Editorial Board

Dr Arthur H. Grimmer

The remedy *Lath. Sat* - has given the most certain protection in thousands of cases exposed to polio through many epidemics over the last forty years. It easily heads the list of Homœopathic remedies for protection against that dreaded disease. This remedy has the same affinity to the same centres in the spinal cord and brain as the polio virus and acts as the-most perfect antidote both for protection and cure. This single instrument in Homeopathy citadel of power should command world-wide recognition both from the medical profession and the laity at large.

Against small pox *Variolinum* is an effective weapon, but we have others that have proved curative and effective prophylactic agents in many epidemics of the past, such as *Sarracenia purpurea. Ant. tart., Vaccinium and Malandrinum, Ant. tart.,* in the third trituration rubbed on an abrasion of the skin produces a typical vaccination scar.

Malandrinum is the most potent antidote to the dangerous Septicemia sometimes following vaccination and *Thuja* is the best antidote against the chronic effects following vaccination.

It is strange so little has been said by Homœopathic doctors familiar with the wide spread possibilities of Homœopathic prophylaxis, especially in the face of the so many harmful and even deadly accidents that have followed the application of the prevailing methods of protection against acute epidemic diseases.

As true healers and educators in progressive medicine it is our duty to give to the world this knowledge for its protection and well-being.

It is also our duty to invite physicians of all schools of healing to test fully the Homœopathic art of protection against epidemic diseases. If such tests were honestly made by sincere men of all schools of healing. Homœopathic would reach its place in the sun.

Homeopathic Prophylaxis for Childhood Diseases:

an alternative to allopathic vaccination

By Mikhail E. W. Plettner, Ph.D., M.Sc., L.Ac.

While no medicine can guarantee 100 percent immunity, a century of medical literature reveals that the following remedies are as effective in conferring immunity as anything developed in allopathic medicine. They may be taken for general immunization or used to increase immune response during seasons of high risk.

This protocol was developed and used successfully on numerous patients for four decades by Francisco X. Eizayaga, M.D, of Buenos Aires. The remedies listed below are the ones that have been reported useful in homeopathic literature.

Specific Instructions for Developing Enhanced Immunity

1. In general, nosodes (which are underlined below), provide very specific protection. Give your child a 200c potency of the remedy you select for three successive days. Only one remedy may be given at a time, and not more than one disease may be immunized for each week. You may require the assistance of a trained homeopathic physician in choosing or obtaining some of these remedies.
2. Avoid giving the child coffee or strong tea as caffeine will antidote homeopathic remedies. Avoid camphor (either inhalation or contact) as it will also antidote homeopathics. Menthol, eucalyptus, and other potent aromatics should be avoided for several weeks until antibody levels have built up as these substances also have the potential to antidote the immune provoking action of these homeopathic remedies.
3. The remedy is best taken first thing in the morning or last thing in the evening just before bedtime. Place drops or pellets on or under the tongue. It is important for the mouth to be naturally clean for a homeopathic remedy to be effective. Take nothing by mouth 10 minutes before or after taking a remedy (not even water). It is recommended that the remedy be taken at least 1/2 an hour before or 1 hour after meals. First thing in the morning is preferable for convenience and effectiveness.
4. While homeopathic immunizations have been known to be effective for as long as ten years, it is not easy for a parent to determine how long increased immunity will last in each case. Therefore, it is recommended that your child be given the appropriate homeopathic remedy every 2 - 4 years depending upon his general health.
5. Children who have not been immunized in the above fashion or need to enhance their immunity for other reasons may take the 30c potency of the selected remedy every other day during periods when contagion is more likely.

Disorders and their specific Prophylaxis

Chicken Pox - *Varicellinum*
Cholera - *Choleratoxinum*
Diphtheria - *Diphtherinum*
Rabies / Hydrophobia - *Hydrophobinum*
Measles - *Morbillinum*
Mumps - *Parotidinum*
Pertussis/ Whooping Cough - *Vaccinum* - *Pertussinum*
Pneumonia - *Pneumococcinum*
Polio - *Polio (mixed nosode)*
Rubella / German measles - *Rubella nosode*
Small Pox - *Variolinum*
Tetanus - *Tetanotoxinum*;

Disorders and their Prophylactic Remedies

Chicken Pox - Antimonium tart - Pulsatilla - Rhus tox. **Varicellinum**

Cholera - Arsenicum alb - Cuprum ac - Veratrum alb - **Choleratoxinum**

Diphtheria - Apis - Mercurius cyan - **Diphtherinum**

Hydrophobia/ Rabies – Lyssinum - Stramonium - **Hydrophobinum**

Influenza & Colds - **Psorinum** 200c given in autumn before it becomes cold will strengthen the system against cold and flu virus; **Influenzinum** et **Baccilinum** 200c every 3-4 weeks during flu season greatly reduces the incidence of colds and influenza; **Ocilloccocinum**, 2 tablets twice a day given at the first sign of a cold or flu will often abort the infection.

Measles - Aconitum nap - Arsenicum Alb - Pulsatilla - **Morbillinum**

Mumps - Pilocarpine - Trifolium rep - **Parotidinum**

Pertussis/ Whooping Cough - Cuprum met - Drosera - **Vaccinum Pertussinum**

Pneumonia - **Pneumococcinum**

Polio - Carbolic ac - Lathyrus sat - Physostigma - **Polio (mixed nosode)**

Rubella / German measles - Pulsatilla - **Rubella nosode**

Small Pox - Antimonium tart - Hydrastis, Kali cyan - **Variolinum**

Tetanus - Ledum Pal – Thuja - **Tetanotoxinum**;

Doing nothing is not an option!

Homoeopathy cannot make a virus simply disappear no matter how hard some one tries with Homoeopathic remedies. What can be done though is the best matched remedy can be applied and the persons life force can be evoked to stimulate the immune system to modify the serious effects of the disease and often bring about a speedier resolution to the case, leaving the patient with a natural immunity to pass on to their children. All diseases have their own particular duration of time and each strain its own virility; this can be a factor when choosing the best matching remedy.

The following homeoprophylactic remedies are recommended by **Leslie Speight** in her excellent book "Homoeopathy and Immunization."

Chicken Pox - Varicella 30 - one pill or tablet at 4 hourly intervals for 3 doses in one day. Then one dose weekly while risk of infection.

Diphtheria - Diphtherinum 30 - one pill or tablet at 4 hourly intervals for 3 doses in one day. Then one dose weekly while there is a risk of infection. Dr. Grimmer, a famous homoeopathic physician, recommended **PYROGEN**. If the first mentioned remedy is not available immediately take this in the same dosage.

German measles - Rubella 30 - one pill or tablet at 4 hourly intervals for 3 doses in one day - Subsequently one dose weekly if there is still risk of infection. If rubella is not available immediately take **PULSATILLA 12** or 30 in the same dosage.

Measles - Morbillinum 30 - one pill or tablet at 4 hourly intervals for 3 doses in one day. Then one dose weekly until the trouble has passed. If only the 12th potency is available give in the same dosage. In the 200th potency this remedy should be taken once a week for 3 doses. If the above mentioned is not at hand **PULSATILLA 12** or 30 should be given as prescribed for Morbillinum 12 and 30. In many cases Morbillinum will help to clear any after effects of measles.

Mumps - Parotidinum 30 - one pill or tablet at 4 hourly intervals for 3 doses in one day. For the after effects of mumps **Pilocarpine 6** night and morning should be given for a few days but stopped as soon as an improvement commences and not repeated unless the symptoms recur.

Polio - Should always be under the care of a doctor (homoeopathic if possible) Dr. Grimmer recommends **Lathyrus Sativa 30** or **200** once every three weeks during an epidemic and he claims that there will be no case of paralysis. Another homoeopathic remedy that seems to cover the symptoms of polio is **Gelsemium**.

Scarlet Fever - Scarlatinum 30 - one pill or tablet at 4 hourly intervals for 3 doses in one day. Then one dose at weekly intervals for 3 weeks

Small Pox - Variolinum 6 or 30 - one pill or tablet night and morning during the trouble. An alternative remedy is **Malanrinum 30** in the same dosage.

Typhoid - Typhoidinum 30 - one pill or tablet at 4 hourly intervals for three doses in a day. This may be continued throughout the epidemic.

Typhus - All the authorities consulted stress the importance of cleanliness and omit to mention remedies. However, one reliable source recommends **Hyoscyamus or Baptisia**. One pill or tablet of either in the 12th potency, night and morning, should be taken for several days.

Whooping Cough - Pertussin 30 night and morning once a week for 6/8 weeks.

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