



new path homeopathy

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23rd FEBRUARY 2009 – HOMEOPATHY FOR COLDS AND FLU

From what patients are telling me, and from what I can see when I'm out and about in Carlisle lately, a lot of us are still really suffering with nasty colds, coughs and even flu-like symptoms this winter.

As March is just around the corner, I think we're all feeling as though we need to kick these symptoms into touch now so we can be ready for making the most of some Spring sunshine and a renewed burst of energy!

Unfortunately, as we all know, no-one has yet found the ultimate cure for the common cold. In fact, every winter Mother Nature seems to be finding new and interesting strains and viruses to hit us with! Although we can't all avoid these full-stop, homeopathy does offer a lot of support in terms of helping to move the symptoms through more quickly, and sometimes in preventing things from 'settling in' and becoming more serious.

So here's a run down of some of the top homeopathic remedies for colds, coughs and flu, particularly in relation to the kind of things that people have been getting this year.

Aconite – First 24 hours

This one's an old favourite, and has such a variety of uses that we've mentioned it every time we've discussed homeopathy so far! In terms of our theme today, Aconite is the one to take at the very first signs of a cough, cold, sore throat or fever, particularly if it comes on very suddenly or after getting chilled. Catch it in time, and you could go a long way to heading things off at the pass using this remedy. A particular keynote of Aconite is a short, dry cough where you might feel quite suffocative, and with your whole chest feeling dry.

If you're already past the first 24 hours, Aconite won't be the one to use any more, so you need to choose another remedy from one of the pictures we'll talk about now.

Antim Tart – Rattly, chesty cough

This one, for me, seems to have been this winter's remedy! So many people have complained of a really nasty, chesty cough, even to the point that it makes them retch or be sick when a bout of coughing hits them. The fuller picture of this remedy is quite a full-on head cold, with a particular focus on a rattly, chesty cough which makes you feel very choked. Horribly, you might feel like you're drowning in mucus, yet despite this you're probably having difficulty coughing much up.

Now, as you've probably gathered, this one is quite a nasty one, so if you're not seeing any improvement in your symptoms after 2-3 days, you should seek professional advice from a registered homeopath or your GP.





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Hepar Sulph – The classic, thick head cold

If you've passed the deadline for using Aconite in the early stages, Hepar Sulph is usually the next one to try. You're very likely to be feeling completely stuffed up and trapped inside your own head with this one. Key things to look out for that would indicate Hepar Sulph are a thick, yellowy/greeny discharge that may in some cases have quite an unpleasant smell. It's also highly likely you and all your symptoms will feel worse for getting cold in any way. This is also quite an irritable remedy, so if you're feeling grumpy with it, a good one to go for.

Natrum Mur or Arsen Alb – The Streamers!

These are great remedies for the true streaming cold. If your eyes and nose are running constantly and you're sneezing a lot, then one or the other is probably the remedy for you.

What you tend to find with both of these, is that the discharge is copious, but clear like egg-white for the first few days. After that, you start to feel congested and more blocked up. These are also the type of cold where you feel tired and weak, and it's very likely you'll lose your senses of taste and smell too.

An important keynote to take into consideration when deciding which one you need, is that the discharge of a Natrum Mur cold is bland, i.e. it doesn't cause a burning sensation. Whereas if you're experiencing burning whilst your eyes and nose are streaming, the remedy is Arsen Alb. Another way to tell them apart, is that with Natrum Mur you'll most likely feel better for fresh air, and with Arsen Alb it'll be warmth that you want the most.

Pulsatilla –The one-sided cold

You know the one – the cold where you can only ever breathe through one nostril, but never both at once! Well this is a Pulsatilla cold. Profuse, thick yellowy-green mucus in the morning, alternating with congestion at night with one nostril blocked and a loss of smell. You may also get bad breath with this kind of cold, and your eyes are also likely to be effected – either itching or burning, and possibly stuck together when you wake up in the morning. If you need Pulsatilla, you're likely to find that you feel worse for being stuffy, and may feel you need more fresh air. If you're feeling very sorry for yourself and craving sympathy, this can also be a keynote of Pulsatilla being the remedy for you.

Where to buy these remedies and how to take them

All the remedies mentioned here are available from good local pharmacies and health food shops who carry a homeopathic range.

In the early stages of a cold, take the remedy every 1-2 hours, stopping once you feel an improvement. For more established symptoms, take one pill three to four times daily, again stopping once you feel things are improving – this is a sign of the remedy stimulating your own healing mechanism to do the rest. If you feel your symptoms returning, simply pick up with the remedy again.





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If you take more than 3 doses of a remedy and nothing happens – this is a sign that it’s not the right one for your particular symptoms. Time to look back over the keynotes and pick another one.

Home use remedy kits for common ailments and first-aid are also available from Janine Whitfield MLCHom, MARH at New Path Homeopathy – visit www.newpathhomeopathy.com for more information.

