



## new path homeopathy

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### **23rd MARCH 2009 – HOMEOPATHY FOR HAYFEVER**

Spring is in the air! Unfortunately though for many, this has a double meaning, and a less positive one.

Hayfever is the most common allergy in the UK today, with ‘urban hayfever’ affecting up to 60% of city dwellers. Even at this early stage of the season, Spring is in the air in the form of pollen, and for some that already means symptoms of varying degrees of intensity, including:

- Gritty, sore eyes
- Watery eyes
- Sneezing
- Streaming and/or blocked up nose
- Puffy, swollen eyes
- Itchy, sensitive skin
- Coughing, wheezing and a tight chest
- Dry, sore or tickly throat
- Fatigue
- General sense of feeling unwell

Homeopathy has a lot to offer hayfever sufferers. Individualised, ‘constitutional’ treatment from a registered homeopath has helped many people to de-sensitise over time and to reduce their symptoms each season to non-existent or more manageable levels. However, this is often best done outside the hayfever season and over a longer period of time.

So what can you do now, when this year’s hayfever season is approaching fast? Don’t worry, there are a range of homeopathic remedies that you can take at home to relieve acute symptoms at peak pollen times:

#### **Allium Cepa**

This is a major candidate to consider when your symptoms include a profuse, burning, runny nose, and lots of sneezing which is usually set off by the perfume from flowers or fruit. This remedy is made from onion, so just think of an extreme response to chopping an onion, and you’re there! Your eyes will be streaming too, but this will more likely be bland rather than burning, unlike your nose – here, the mucous can make your upper lip very sore and sensitive.

The keynotes to look out for with Allium Cepa type hayfever are that you will feel worse in the evening, during humid weather, and for warmth. You’ll feel better for cool, fresh air, for keeping moving, and for bathing affected areas in cool water.





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**Euphrasia**

If your symptoms feel like the exact opposite of Allium Cepa, then Euphrasia is probably the remedy for you. Your eyes and nose are sensitive and streaming, but this time it's your eyes that are burning rather than your nose. You'll probably feel as though your eyes are always swimming in tears, and they'll look very sore, red and inflamed.

With a Euphrasia picture, surprisingly for hayfever, you're likely to feel worse for being indoors. You'll also tend to feel worse if it's windy, during the evening, and for getting too warm. Instead, plenty of fresh air and gently wiping the eyes will bring more relief.

**Sabadilla**

If your symptoms include an incredibly sensitive sense of smell, plus incomplete bouts of sneezing that leave you with one nostril blocked at a time, Sabadilla could be a good one to try.

If you need this remedy, just smelling flowers can cause your hayfever to flare up severely. Your nose will feel very irritated, and this sensation may also then spread to the rest of your body.

All your symptoms will be worse for contact with strong smells and perfumes, cool air, drinking cold drinks, or having to make too much mental effort! You might find you feel a bit better for keeping warm, fresh air and swallowing.

**Apis**

This remedy is absolutely fantastic for any allergic response that comes on swiftly and dramatically with red, puffy swelling.

In hayfever cases, if you would benefit from this remedy your eyelids can often be affected, and can be so puffy and swollen they look like water bags! The inside of your throat can also feel swollen and sore. Any pain or discomfort will be felt as a stinging sensation, and you'll be very sensitive to heat in any form.

If you need Apis, you'll also tend to feel worse when resting, or after sleep. You won't want your eyes or affected parts to be touched, and any form of heat will be a complete no. You'll need cool, open air, movement and cool compresses or bathing.

I once had a patient who experienced Apis type symptoms so badly and was so sensitive to heat, that the only way he could get any relief was to plunge his face into a bowl of icy cold water! Just one dose of Apis had him feeling better!





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**Arsen Alb**

Our old favourite is back! We've probably mentioned this remedy for every theme we've discussed so far, but it really does have such a wide range of influence! Arsen Alb is a good remedy to consider when your hayfever symptoms also include a chesty component such as an irritating cough or tightness in the chest. Interestingly, both these elements will probably be more noticeable or troublesome at night.

Arsen Alb is a very chilly remedy, so you'll also be worse for getting cold or chilled, and for being out of doors. Staying inside, keeping warm and resting are more likely to better for you if Arsen Alb is for you.

**Nux Vomica**

If you notice that your hayfever symptoms always tend to feel worse first thing in the morning when you wake up, Nux Vomica is the remedy to go for.

Key signatures of this remedy also include a real sensitivity to the least draught of cold air, and to strong smells of any kind. Your eyes are likely to look bloodshot and irritated, and there is often a characteristic itchy sensation in the ears and throat.

Nux is a very irritable remedy too! Classic features include generally feeling hungover and bad-tempered! If you need Nux for your hayfever, you'll probably just feel like you want to be left alone in peace and quiet to try and rest and keep warm.

**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.

At the onset of hayfever symptoms, take the remedy every 1-2 hours, stopping once you feel an improvement, and picking up again if you feel yourself slipping back down.

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.

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](http://www.newpathhomeopathy.com) for more information.

