

# Homeopathy for Colds and Flu

-Ananda More HD, DHMHS

Homeopaths think of minor colds and flu as an important component to improving our immune system. Think of it as a work out for your T-cells. However I'm aware that none of us likes getting sick. As the end of winter nears our immune systems are more susceptible (perhaps from a reduction in vitamin D production) its good to have a few good remedies to limit the length and severity of colds and flu.

Colds can usually be differentiated from the flu by a stronger affinity to mucus production and less of the malaise achiness and weakness associated with the flu. A cold can act as a much-needed detox to the body so suppressing symptoms with over the counter medications is really counter productive. Homeopathic remedies on the other hand activate the body's immune system.

Here are some of the most common cold remedies:

## **Arsenicum Album:**

A stuffed up nose with a watery acidic discharge that burns the upper lip. A dull throbbing headache worse from a sensitivity to light. The patient is restless, anxious and extremely worried about being seriously sick. The patient feels better in a warm room and with warm drink. Worse from open air and cold. This remedy is often indicated at the onset of symptoms.

## **Allium Cepa:**

I have found this a particularly good remedy for this seasons colds. Violent sneezing is a keynote for this remedy. The eyes are watery and burning though have a bland discharge, while the nose drips like a faucet a watery irritating discharge. This patient feels better in open air and worse in a damp, cold or warm room.

## **Euphrasia:**

This remedy has opposing symptoms to Allium Cepa. The eyes are irritated and have an acrid discharge and tears that burn the skin, while the nasal discharge is bland. Hacking cough with much expectoration. Better eating and in the dark

## **Nux Vomica:**

I find this remedy works well if the patient was under a great deal of stress (usually related to work) when the the cold began. The nose runs by day and is stuffed up at night. There is aching, chilliness, and a dull headache. The person is irritable and impatient. Symptoms are worse from open air and cold drafts while better from rest, damp air and heat.

## **Pulsatilla:**

This is a good remedy for the late stages of a cold, with thick yellow and green mucus. There is a loss of smell, taste and appetite. The patient is moody, weepy, wants sympathy and can be snappish and irritated. Worse in the morning and in a stuffy room, and worse in heat (even though they're cold). Better in open air.

For a simple way to treat the at home flu I recommend Oscillococcinum 3 doses over the course of a day. This is a remedy made by Boiron and know the world over for its amazing ability to reduce the intensity of a flu, it's even backed by scientific studies. As an alternative to the flu vaccine you can try influenzinum, a homeopathic remedy made yearly according to that current year's virus strains. Taken once a week for 5 weeks this remedy is a safe preventative against the flu, perfect for teachers and child care workers. Also getting adequate amounts of vitamin D will help your immune system to stay strong and keep you happy and energized through the darkest days.

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