

Winter Colds: Beating the bleak mid-winter

Faced with a certain set of circumstances one person will develop a cold. Another person faced with the same set of circumstances will not, whether you get the cold or not, depends on the response of the individual. An individual having good resistance or immunity will tend not to catch the cold. Therefore, this internal protection will decide whether or not an individual catches a cold.

This is where homoeopathic treatment comes in because it enhances resistance to infection as well as assisting in the cure of established disease. When a cold is contracted or anticipated homoeopathic remedies are carefully matched with the symptoms which often speed the cure and cut down the period of convalescence and disability.

Here we have a list of remedies which you may want to take should you catch a cold.

Aconitum: is to be given at the first sneeze or first shiver, especially after exposure to dry cold; frequent sneezing, with a dropping of hot, clear water from nostrils; fever, thirst, restless at night, buzzing in ears. WORSE in stuffy atmosphere.

Allium cepa: paroxysms of sneezing, eyes and nose streaming, nose and lip become sore and raw; hot, thirsty, headachy; WORSE in warm room, BETTER in fresh air; rawness may extend to throat and chest.

Arsenicum album: takes a cold with every change of the weather; sneezing frequent and painful, thin water, burning discharge making lips sore or stuffed up, especially at night; an intense tickle inside then nose at one particular spot; tends to spread to chest; extremely chilly; sensation of 'ice-cold water or boiling water coursing through veins,' thirst for small amounts of water.

Belladonna: very violent onset after exposure, especially of the head, to chilling; not much discharge, nose swollen, sore, red, hot; throat sore, hoarse; flushed, hot, with violent headache; very thirsty.

Bryonia: onset is delayed, and symptoms slow in developing; much sneezing, eyes red and watery, nasal discharge is watery; lips and mouth are dry and there is a great thirst for large quantities of water; tendency to spread to chest with painful cough, and severe headache; BETTER when lying down and keeping perfectly still.

Dulcamara: when cold follows exposure to cold wet weather or becoming chilled when over-heated; sneezing is severe, WORSE in a cold room; wants nose kept warm; 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;

Ferrum phos 30: is recommended for use in the early stage of a cold without any marked indications.

Gelsemium: the influenza type of cold; from warm moist weather, or from a change in weather; discharge makes nostrils sore; chills up and down spine; hot and cold by turns; headache with heavy feeling in lid and limbs; tearing, tickling cough, which is BETTER near the fire.

Hepar sulph: follows exposure to cold, dry weather; affects nose, ears, throat, chest; much sneezing, especially in cold wind; discharge at first watery, then becomes thick, yellow and offensive; nose swollen and painful; WORSE from the least draught, or even putting hands and feet out of bed; must be well wrapped up; peevish and hypersensitive.

Kali iodatum: colds from every exposure, especially to damp; violent sneezing; watery acrid discharge; eyes smart and water severely; nose red and swollen; frontal headache or pain at root of nose; face red; hot and cold by turns; violent thirst; WORSE from heat.

Merc sol: sneezes violently; nose drips; fluent, corrosive, greenish-yellow, offensive discharge; nose red, swollen, shiny, sore; throat
over ...

often sore and voice hoarse; dry, tickly cough WORSE both extremes of temperature; pale, flabby, indented tongue; foul taste in mouth; profuse sweats and feels no better after; starts with creeping chilliness.

Nux vomica: from exposure to dry cold; much sneezing; nose alternately blocked or running, stuffed up at night, streams in warm room and daytime, rather BETTER out of doors; extremely chilly, can't get warm, shudders after drinking fluids or from least movement; cold and hot by turns; fits of sneezing after meals; mouth dry; excessively irritable.

Phosphorus: begins in chest or throat; sneezing which causes pain in throat or head; nose alternately blocked or running, or one nostril blocked and the other discharging; often streaks of blood on handkerchief; nose red, shiny, sore; throat sore and voice hoarse; tight feeling in chest; racking cough WORSE going from warm room into cold air or vice versa.

Pulsatilla: when cold is persistent; stuffed up at night or in warm room; otherwise thick, yellow, bland discharge, especially profuse out of doors; pains in face and nose; chills up and down back; possibly blood on handkerchief; loss of appetite, taste and smell; chapped, peeling lips; cheeks hot; feels BETTER out of doors and WORSE coming into warm room.

These are just some of the remedies which are presented for helping with a cold.

Try to avoid nasal drops or inhalents. Not only do they counter and annul the homoeopathic remedy but their constant use tends to prolong the unhealthy state of the membranes which line the nose and throat. Frequent, forceful shrinking of the mucus membranes by drug action often has an irritant effect. Moreover, homoeopathy aims to cure the disease from within and the internal remedy is the all-important factor in this. Forceful suppression of symptoms by drastic drug action may interfere with natural cure and do more harm than good.

As a cold preventive, it has been found of value to take a dose of Bacillinum 30 once a month during the winter. A popular method is to combine this with Influenzinum 30 given

in one dose. This, it is claimed can give you some protection against troublesome colds.

Taken from: First Aid Homoeopathy in Accidents and Ailments by Dr Gibson. Price £3.15 mail order from the BHA Enterprises Ltd.

POBODY'S NERFECT

(October 1995)

P is for Potency.

The article on potencies by Dr Fergie-Woods in the last issue, carried an omission on page 105 which is misleading. Under the heading "Making a Potency" the important first step, the 1x potency was left out. To reach a 3x the one in ten dilution has to take place three times with succussion at each stage.

NHS Status for Sussex Group.
Page 116.

No doubt after the first paragraph you, dear reader, guessed that it was the Mid-Sussex Group's clinic that had achieved NHS status and NOT the Group itself. We apologise for confusing you.



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