

Rain-Coat for Monsoon-Cold

Abstract: The rains usually bring greenery to our lives, but some of us readily get affected by least cold due to rainy damp weather and present with colds and fever. The susceptibility to catch cold easily every year in rainy damp weather indicates presence of hydrogenoid constitution in such individuals and they can be freed from such recurrent tendencies with homoeopathic treatment.

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INTRODUCTION

India's climate is dominated by monsoons. Our Monsoons are strong, often violent winds that change direction with the season. Monsoon winds blow from cold to warm regions because cold air takes up more space than warm air. Monsoons blow from the land toward the sea in winter and from the sea toward land in the summer. Common monsoon ailments include rheumatism, asthma, gastroenteritis, coughs, colds and fever, fungal infections, food poisoning from eating out, and depression caused by the cloudy weather.

In this season people most frequently suffer from common cold, particularly in those who are susceptible. Some patients get cold and fever as soon as they go under the first rain! These kinds of patients are generally engrafted by hydrogenoid constitution under the sycotic miasm and need judicious Homoeopathic anti-miasmatic treatment for correction of their constitution, leading to a healthy life all thorough out the seasons.

The following are **the symptoms of the common cold**. However, to these must get added the individual experiences.

- Stuffy, runny nose

- Scratchy, tickly throat
- Sneezing
- Watery eyes
- Low-grade fever
- Sore throat
- Mild hacking cough
- Achy muscles and bones
- Headache
- Mild fatigue
- Chills
- Watery discharge from nose that thickens and turns yellow or green

How Does Common Cold Spread?

It is often spread through airborne droplets coughed or sneezed into the air by the contagious person and then inhaled by another person. Colds can also be spread by hand-to-hand or hand-to-infected-surface contact, after which a person touches his/her face.

How Is Cold Different From The Flu?

A cold and the flu (influenza) are two different illnesses. A

common cold is relatively harmless and usually clears up by itself after a period of time, although sometimes it may lead to a secondary infection, such as an ear infection. However, the

flu can lead to complications, such as pneumonia and even death. What may seem like a cold, could, in fact, be the flu. The differences are:

Cold Symptoms	Flu Symptoms
No fever	High fever
Sometimes a headache	Always a headache
Clear, watery nose	Clear nose
	Sometimes sneezing
Mild, hacking cough	Cough, often becoming severe
Slight aches and pains	Often severe aches and pains
Mild fatigue	Several weeks of fatigue
Sore throat	Sometimes a sore throat
Normal energy level	Extreme exhaustion

Who is at greater risk for catching the common cold?

Children suffer more colds each year than adults, due to their immature immune systems and close physical contact with other children at school or daycare. In fact, the average child will have between 6 to 10 colds a year, while the average adult will get 2 to 4 colds a year. This number could vary.

PREVENTION FOR THE COMMON COLD:

- The best way to avoid catching the common cold is to wash the hands frequently and avoid close contact with people who have colds. When around people with colds, do not touch the nose or eyes, because the hands may be contaminated with the virus.
- People with colds should cough and sneeze in facial tissue and dispose of the tissue promptly, and then wash his/her hands immediately. In addition, cleaning surfaces with disinfectants that kill viruses can halt the spread of the common cold. Research has shown that rhinoviruses may survive up to three hours outside of the nasal mucosa.
- The patient with cold should take adequate rest, increased fluid, warm and salt water gargling for sore throat, warm steam for congestion.
- Taking green bananas, cherries, peaches,

plums and pears in daily diet will beat the cold and flu syndrome in the monsoon.

- Intake of 1 or 2 dry figs a day will prevent asthma.
- Infected person to wear mask when with other people.

COMPLICATIONS FROM COLDS

- Colds can lead to secondary infections, including bacterial middle ear and sinus infections that may require proper treatment.
- When a cold is accompanied by high fever, sinus pain, significantly swollen glands or a mucus-producing cough, a complication may be present that requires treatment.

HOMOEOPATHIC MEDICINES FOR MONSOON COLD

Aranca-diadema: All symptoms of *Aranca* are characterized by periodicity, coldness and great susceptibility to dampness. It is the remedy for the constitution favourable to malarial poisoning, where every damp day or place favours chilliness. Patient feels cold to the very bones. Coldness not relieved by anything. Hydrogenoid constitution, ie abnormal sensitiveness to damp and cold, inability to live near fresh water, lakes, rivers, etc, or in damp, chilly places (*Nat-sulph. Thuja*). Coldness, with pain in long bones. Chilly day and night; always worse during rain.

Antim-tart: Clinically, its therapeutic application has been confined largely to the treatment of respiratory diseases, rattling of mucus with little expectoration is the No 1 guiding symptom. There is much drowsiness, debility and sweat. Rapid, short, difficult breathing; seems as if he would suffocate; and must sit up. Coughing and gasping consecutively. Cough excited by eating, with pain in chest and larynx. Edema and impending paralysis of lungs. Dyspnoea relieved by eructation. Cough and dyspnoea better lying on right side (opposite *Badiaga*). Intermittent fever with lethargic condition. Coldness, trembling, and chilliness. Intense heat. Copious perspiration. Cold, clammy sweat, with great faintness.

Ars-iod: Persistently irritating, corrosive discharges. The discharge irritates the membrane from which it flows and over which it flows. The discharge may be fetid, watery, and the mucous membrane is always red, angry, swollen; itches and burns. Cough and profuse expectoration of a purulent nature, and attended with cardiac weakness, emaciation and general debility. Thin, watery, irritating, excoriating discharge from anterior and posterior nares; sneezing. Hay-fever, irritation and tingling of nose constant desire to sneeze. Chronic nasal catarrh; swollen nose; profuse, thick, yellow discharge; ulcers; membrane sore and excoriated. <by sneezing. Slight hacking cough, with dry and stopped-up nostrils. Cough dry, with little difficult expectoration. Recurrent fever and sweats. Drenching night-sweats. Pulse rapid, feeble, weak, and irregular. Chilly, cannot endure cold.

Agaricus: Spasmodic sneezing after coughing; sensitiveness; watery non-inflammatory discharge. Inner angles very red. Fetid, dark, bloody discharge. Sensation of soreness in nose and mouth. Violent attacks of coughing that can be suppressed by effort of will, worse eating, pain in head while cough lasts. Spasmodic cough at night after falling asleep, with expectoration of little balls of mucus. Labored, oppressed breathing. Cough ends in a sneeze.

Baryta-carb: This remedy brings aid to scrofulous children, especially if they are backward mentally and physically, are dwarfish, do not grow and develop well, have scrofulous ophthalmia, swollen abdomen, take cold easily and then always have swollen, what are called kissing tonsils. Persons subject to quinsy which is prone to suppurate; gums bleed easily. Dry nose, sneezing, coryza, with swelling of upper lip and nose. Discharge of thick, yellow mucus. Dry, suffocative cough, especially in old people, full of mucus but lacking strength to expectorate, worse every change of weather (*Senega*). Larynx feels as if smoke were inhaled.

Calcarea-carbonica: Increased local and general

perspiration, swelling of glands, scrofulous and rachitic conditions generally offer numerous opportunities for the exhibition of *Calcarea*. Persons of scrofulous type, who take cold easily, with increased mucous secretions, children who grow fat, are large-bellied, with large head, pale skin, chalky look, the so-called leuco-phlegmatic temperament; affections caused by working in water. Great sensitiveness to cold. Dry nostrils sore, ulcerated. Stoppage of nose, also with fetid, yellow discharge. Offensive odor. *Coryza*, takes cold at every change of weather. Tickling cough troublesome at night, dry and free expectoration in morning. Painless hoarseness; worse in the morning. Expectoration only during the day; thick, yellow, sour mucus. Suffocating spells; tightness, burning and soreness in chest; worse going upstairs or slightest ascent, must sit down. Chest very sensitive to touch, percussion, or pressure. Longing for fresh air.

Dulcamara: Hot days and cold nights towards the close of summer are especially favorable to the action of *Dulcamara*, and is one of the remedies that correspond in their symptoms to the conditions found as effects of damp weather, colds after exposure to wet. It has a specific relation to mucous membranes secreting more profusely while the skin is inactive. Patients living or working in damp, cold basements (*Nat-sulph*). Dry coryza. Complete stoppage of nose. Stuffs up when there is a cold rain. Thick, yellow mucus, bloody crusts. Profuse coryza. Wants nose kept warm, least cold air stops the nose. *Coryza* of the new born. Cough worse cold, wet weather, with free expectoration, tickling in larynx. Cough, hoarse, spasmodic. Whooping-cough, with excessive secretion of mucus. Loose, rattling cough; worse wet weather. Must cough a long time to expel phlegm. Cough after physical exertion. Dry burning heat all over. Chilliness towards evening, mostly in back. Icy coldness, with pains. Dry heat and burning of skin. Chilliness with thirst.

Iodum: *Iod* individual is exceedingly thin, dark complexioned, with enlarged lymphatic glands,

has voracious appetite but gets thin. Tubercular type. Great debility, the slightest effort induces perspiration. All glandular structures, respiratory organs, circulatory system are especially affected. Acute exacerbation of chronic inflammation. Sluggish vital reaction, hence chronicity in many of its aspects. Acute catarrh of all mucous membranes, rapid emaciation, notwithstanding good appetite, and glandular atrophy call for this remedy, in numerous wasting diseases and in scrofulous patients. Acute affections of the respiratory organs. Weakness and loss of breathe going upstairs. Sneezing, dry coryza becomes fluent in open air, also a fluent hot coryza with general heat of skin. Pain at root of nose and frontal sinus, nose stopped up acute nasal engorgement. Hoarse, raw and tickling feeling provoking a dry cough. Child grasps throat when coughing. Difficult expansion of chest, blood-streaked sputum. Inspiration difficult. Dry, morning cough, from tickling in larynx. Croupy cough, with difficult respiration; wheezy. Cold extends downwards from head to throat and bronchi. Great weakness about chest. Palpitation from least exertion. *lod* cough is worse indoors, in warm, wet weather, and when lying on back.

Natrum-sulph: Indicated for the so-called hydrogenoid constitution, where complaints are due to living in damp houses, basements, cellars. They are worse in rainy weather, water in any form. Feels every change from dry to wet; cannot even eat plants growing near water, nor fish. Always feels best in warm, dry air. Nasal catarrh, with thick, yellow discharge and salty mucus. Dyspnoea, during damp weather. Must hold chest when coughing. Rattling in chest, at 4 and 5 am. Cough, with thick ropy, greenish expectoration; chest feels all gone. Constant desire to take deep, long breath.

Nux-vomica: Stuffed up, at night especially. Stuffy colds, snuffles, after exposure to dry, cold atmosphere; worse, in warm room. Coryza: fluent in daytime; stuffed up at night and outdoors; or alternates between nostrils. Acrid

discharge, but with stuffed up feeling. Catarrhal hoarseness, with scraping in throat. Cough, with sensation as if something were torn loose in chest. Shallow respiration. Oppressed breathing. Tight, dry hacking cough; at times with bloody expectoration. Cough brings on bursting headache and bruised pain in epigastric region. Cold stage of fever predominates < in morning. Excessive rigor, with blueness of finger-nails. Chilly; must be covered in every stage of fever. Chilliness on being uncovered, yet child does not allow being covered.

Pulsatilla: The weather-cock among remedies. The patient seeks open air; always feels better there, even though he is chilly. Mucous membranes are all affected. Discharges thick, bland, and yellowish-green. Symptoms ever changing. Thirstless, peevish, and chilly. Coryza; stoppage of right nostril, pressing pain at root of nose. Large green fetid scales in nose. Stoppage in evening. Yellow mucus; abundant in morning. Bad smells, as of old catarrh. Capricious hoarseness; comes and goes. Dry cough in evening and at night; must sit up in bed to get relief; and loose cough in the morning, with copious mucous expectoration. Pressure upon the chest and soreness. Chilliness, even in warm room, without thirst. Chilly with pains, in spots, worse evening. Chill about 4 pm. External heat is intolerable, veins are distended.

Rhus-toxicodendron: Dry, teasing cough from midnight until morning, during a chill or when putting hands out of bed. Cold with aching in all bones (*Eup-perf*). Hoarseness from overtraining voice (*Arn*). Oppression of the chest, cannot get breath with sticking pains. Intermittent; chill, with dry cough and restlessness. During heat, urticaria. Chilly, as if cold water was poured over him, followed by heat and inclination to stretch the limbs.

Silicea: Scrofulous, rachitic children, with large head open fontanelles and sutures, distended abdomen, slow in walking. Ill effects of vaccination. Suppurative processes. Lack of vital heat. Prostration of mind and body. Great

sensitiveness to taking cold. Ailments attended with pus formation. Colds fail to yield; sputum persistently muco-purulent and profuse. Cough and sore throat, with expectoration of little granules like shot, which, when broken, smell very offensive. Cough with expectoration in day, bloody or purulent. Stitches in chest through to back. Violent cough when lying down, with thick, yellow lumpy expectoration. Chilliness; very sensitive to cold air. Creeping, shivering over the whole body. Cold extremities, even in a warm room. Sweat at night; worse towards morning. Suffering parts feel cold.

Thuja-occ: Corresponds with Hahnemann's sycotic dyscrasia. Ill-effects of vaccination. Sycotic pains, ie, tearing in muscles and joints, worse at rest, better in dry weather, worse damp humid atmosphere; lameness. Hydrogenoid constitutions, whose blood is morbidly hydroscopic, so that damp air and water are inimical. Rapid exhaustion and emaciation. Left-sided and chilly medicine. Dry, hacking cough in afternoon, with pain in pit of stomach. Chill, beginning in thighs. Sweat only on uncovered parts, or all over except head, when sleeping;

profuse, sour, smelling like honey.

Tuberculinum: Especially adapted to the light-complexioned, narrow-chested subjects. Lax fiber, low recuperative powers and very susceptible to changes in the weather. When symptoms are constantly changing and well-selected remedies fail to improve, and cold is taken from the slightest exposure. Enlarged tonsils. Hard, dry cough during sleep. Expectoration thick, easy, profuse bronchorrhœa. Shortness of breath. Sensation of suffocation, even with plenty of fresh air. Longs for cold air.

CONCLUSION:

Cold in monsoon is one of the most common presentations from our patients. The medicine described here are very useful for treating both acute and chronic cases. In my clinic I have found good result with *Avena-sat* followed by indicated Homoeopathic medicines in the case. In many acute cases of monsoon cold I have found *Dulcamara*, *Rhus-tox*, *Ars-iod*, *Nux-vom* and *Puls* effective and in chronic cases *Nat-s*, *Tuberc*, *Thuja*, *Silicea* with their individual peculiarities.

God created the donkey and said to him. "You will be a donkey. You will work un-tiringly from sunrise to sunset, rrying burdens on your back. You will eat grass, you will have no intelligence and you will live 50 ys." The donkey answered: "I will be a donkey, but to live 50 years is much. Give me only 20 years" God granted his wish.

God created the dog and said to him: "You will guard the house of man. You will be his best Friend. You will eat the scraps that he gives you and you will live 30 years. You will be a dog. " The dog answered: "Sir, to live 30 years is too much,give me only 15 years. " God granted his wish.

God created the monkey and said to him: "You will be a monkey. You will swing from branch to branch doing tricks. You will be amusing and you will live 20 years. " The monkey answered: "To live 20 years is too much, give me only 10 years." God granted his wish.

Finally God created man ... and said to him: "You will be man, the only rational creature on the face of the earth. You will use your intelligence to become master over all the animals. You will dominate the world and you will live 20 years."

Man responded: "Sir, I will be a man but to live only 20 years is very little, Give me the 30 years that the donkey refused, The 15 years that the dog did not want and The 10 years the monkey refused." God granted man's wish

And since then, man lives 20 years as a man ,

Marries and spends 30 years like a donkey, working and carrying all burdens on his back.

Then when his children are grown, he lives 15 years like a dog taking care of the house

And eating whatever is given to him,

So that when he is old, he can retire and live 10 years like a monkey, going from house to house and from one son or daughter to another doing tricks to amuse his grandchildren.That's Life. Isn't it ???

