

Colin Griffith

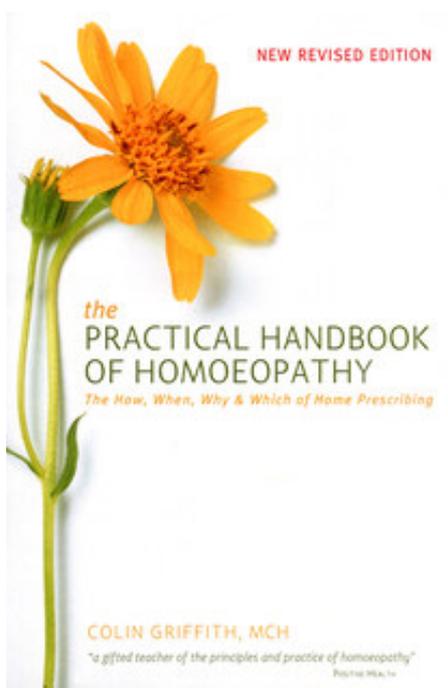
The Practical Handbook of Homoeopathy

Leseprobe

[The Practical Handbook of Homoeopathy](#)

von [Colin Griffith](#)

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5 INFLUENZA

There are two types of influenza: stomach and systemic (the bone-achy kind). Gastroenteritis is associated with certain types of bacteria creating toxicity in the alimentary canal. It results in purging by diarrhoea and vomiting. The main remedy is **Arsen-alb.** Cross-check between fever (pages 91-101), gastroenteritis (pages 185-6), tonsillitis (pages 109-13) and colds (pages 101-6). Systemic 'flu can also be complicated by diarrhoea and vomiting in some. With gastric bugs there is not always the same degree of fever or body pains - though **Baptisia** and **Eupat-perf.** are exceptions. The main remedies for systemic 'flu are: **Aconite** (only as a first prescription when the symptoms are of sudden onset); **Arsen-alb.**; **Baptisia**; **Bell.**; **Bry.**; **Eupat-perf.**; **Ferr-phos.**; **Gels.**; **Hepar-sulph.**; **Merc-sol.**; **Nux-vom.**; **Puls.**; **Phos.**; **Rhus-tox.**; **Sabad.**

Gastric influenza is self-limiting in that once the body has purged itself of the offending bacteria it will restore itself as long as there is no dehydration from loss of fluids (this is really important to monitor in the very young and the elderly). Systemic 'flu, on the other hand, can become a chronic problem if it is neglected or suppressively treated especially if the lymphatic system has been strongly represented by swollen glands. Influenza is treated by antibiotics when mucus production is heavy enough to threaten a bacterial chest infection. The mucus does clear up but the whole ecosystem is weakened. Unfortunately this is compounded by the patient going back to school or work too soon which compromises the recovery; this results distressingly often in glandular fever especially in stressed teenagers.

10 EAR, NOSE AND THROAT

Ear Conditions

Apart from acute earache (see 'Otitis Media' pages 106-9) the other conditions of the ears need professional advice: chronic earwax, pus discharges (especially with blood), catarrhal deafness, labyrinthitis (inflammation of the inner parts of the ear), Meniere's disease and tinnitus (noises in the ear) are all problems that have chronic implications and are likely to need several consultations to resolve. Popping and cracking in the ear along with aural distortion and pressure within occurs when there is trapped wax or fluid deep inside the ear or in the Eustachian tube, behind the eardrum extending down into the throat. The most common remedy for popping is **Silica**. It is especially indicated for pressure build-up and popping when descending in a plane or driving down a steep hill. Use 30 for this unless there is sharp pain which calls for 200. One other acute is when water gets into the ear after swimming or scuba diving. If **Silica** is not indicated then **Sulphur** is often curative; it covers the symptom of a swashing in the ear after submersion in water. Use the 200.

Catarrhal deafness: is often the result of long suppression of frequent bouts of otitis media. If not then it is likely to be due to poor liver function and an underlying miasm. **Kali-sulph.** (yellow and slimy muck in the ear) and **Kali-mur.** (thick and paler matter) are useful tissue salts for ears: one 3 times a day; either might be indicated in a higher potency if the symptoms are persistent.

Labyrinthitis: is usually associated with a virus and causes transitory dizzy spells. If it persists then consult your homoeopath.

Hay Fever and Allergic Rhinitis

'Hay fever' suggests a seasonal condition that is triggered or exacerbated by particular allergens; allergic rhinitis is more chronic and covers symptoms that can be permanent or intermittent but not dependent on season. The symptoms may include headache, inflammation of the eyes, nose and throat and difficulty breathing with either dryness of the mucous membranes or profuse manufacture of mucus which might be of any shade from clear to green. It might be a condition that springs up in children as a complication of suppression of childhood acute states and immunisation; young people often 'grow out of it'. It may be a problem that suddenly starts in middle age and lasts for many years. Whatever the symptoms and triggers, hay fever is miasmatic in origin. While it is often possible to find a first-aid remedy to deal with symptoms when they appear, it is extremely unlikely that such a remedy would deal with the genetic causative factor; this needs long-term constitutional treatment from an experienced practitioner. Even if the patient is well in every other way apart from annual attacks of the symptoms, it is sensible to go for pre-seasonal consultations aimed at lessening the susceptibility to the allergens. The process can take up to 3 or 4 years. It is extremely worthwhile to go through long-term constitutional treatment especially to avoid passing on the same genetic inheritance to children.

It is not unusual these days for a patient to show signs of needing a particular hay fever remedy this year and a different one next year. Occasionally, a patient will do well on a remedy for a few weeks only for the symptoms to change subtly which will mean switching to the next indicated remedy. Very severe cases will need to be monitored by the practitioner as intercurrent doses of one of the nosodes may become necessary to deal with underlying blocks to cure. This is particularly true of those who develop nasal polyps, not an unusual tendency in those with allergic rhinitis.

Patients should try and resist the temptation to use decongestant medicines or antihistamines as they tend to add a layer of negative energy onto the already difficult picture and they may antidote the beneficial effects of remedies. Worse, they tend to cause the body to involve the lungs with symptoms because the nasal passages have been interfered with. There are well over 70 remedies listed for hay fever, each one with its own individual picture. Below are only the most common ones. Use the 30th potency up to 3 or 4 times per

day. Only go up to the 200 if there is an initial response that is not holding. Do not go back down in potency once symptoms have started to abate! You will antidote the beneficial effects of what you have done so far.

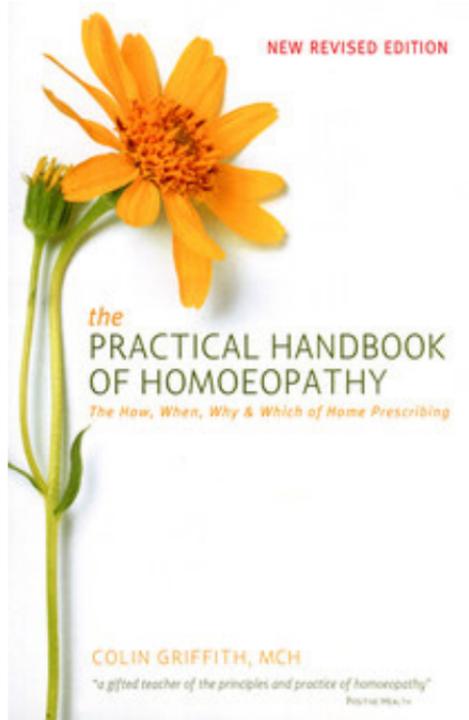
Allium Cepa: the symptoms are very similar to those one feels when cutting up onions; smarting in the eyes and nose, with watering and itchy soreness; wants to rub the lids which <. Sneezing with watery mucus which makes the inside of the nose sore and the upper lip becomes red and sore. Very sensitive to the smell of flowers: symptoms are <in the height of the summer when flowers are out. Pressure felt in the middle of the chest especially with a cough. Breathing begins to sound asthmatic.

Arsenicum Album: airways all feel congested forcing mouth-breathing. Nose drips clear watery mucus which makes the top lip sore; cannot lie down from nasal obstruction at night; must sit propped up to breathe. Eyes burn and smart from watering hot tears. Around the eyes feels swollen and waterlogged. Breathing can become asthmatic; < on the in-breath.

Arsenicum iodatum: this is not a common first-aid remedy but should be considered here as it is very useful in hay fever. The symptoms are very similar to those of **Arsen-alb.** though **Arsen-iod.** is more likely to have a warmer body temperature and the mucus from the chest or throat will be thicker and more coloured; it might even be greenish. From the nose the water is hot and burning; the posterior part of the nose and the pharynx can feel particularly sore. The nose appears and feels swollen and may well be red. There may be night sweats as well. Asthmatic breathing.

Arum Triphyllum: only considered as a first-aid remedy in hay fever. Easily differentiated from others by the raw palate, cracked corners of the mouth, acrid discharge from the nose and constant desire to pick the nose.

Arundo Mauritanica: only considered as a first-aid remedy in hay fever. The itching of the palate with burning, prickling and itching of the eyes are characteristic. With sneezing there is itching in the nostrils.

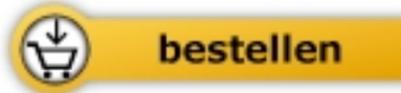


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