

# HOMEOPATHIC REMEDIES FOR FEVERS, COUGHS, AND SINUS CONGESTION

## WHAT IS HOMEOPATHY?

Homeopathy is the use of minute amounts of animal, plant and mineral substances to stimulate the body to heal itself. It is based on the belief that a vital force animates all living things. Sickness is an imbalance in this vital force. Homeopathic remedies are chosen that magnify the current condition within the body. The vital force responds by perceiving the imbalance and restoring the body to health. So, unlike western or allopathic medicine, it is not the medicine that reduces symptoms, but the vital force. The efficacy of homeopathy rests with matching the specific modalities of the illness or injury with those of the remedy. Generally if the remedy does not work it is because the remedy given did not closely match the symptoms. For this reason homeopathic prescribing involves extensive questioning and observation. Constitutional treatment addresses long-term conditions and should only be undertaken by professionals. Acute treatment refers to situations that arise rapidly and generally resolve on their own – homeopathy can speed their resolution.

## MY BACKGROUND:

I am certified in Classical Homeopathy by the Council for Homeopathic Certification, a national organization supporting excellence in classical homeopathy. I am also a registered member of the North American Society of Homeopaths (RSHom NA.) Additionally, I am a graduate of the three-year program at the Pacific Academy of Homeopathy. I have a practice for humans at Back to Life Wellness Center in Alameda, and consult for animals at the Oakland Zoo and Creature Comforts Holistic Veterinary Center. My human homeopathy website is [www.wholehomeopathy.com](http://www.wholehomeopathy.com), and my animal homeopathy website is [www.myanimalhomeopath.com](http://www.myanimalhomeopath.com).

## CONSTITUTIONAL TREATMENT:

If the patient is under constitutional treatment with a professional homeopath, call the homeopath and ask for advice as to whether the cold or flu should be treated acutely with homeopathy, or whether you should use a naturopathic treatment such as a herbal cough syrup, zinc lozenge, vitamin c, echinacea tincture etc. Your homeopath may choose to give the constitutional remedy in an acute situation – often this resolves the cold and keeps the patient on the deeper path of healing effected by the constitutional remedy.

## POTENCY AND ADMINISTRATION:

For the majority of colds and flues, you will give a 30c potency. A general guideline is to give one pellet 2-3 times/day until they feel significantly better, and then once a day for a day or two more. When a patient is very sick, you may need to give the remedy more frequently (every hour to begin with) or use a 200c potency. You will hear in your patient's tone of voice whether they are better – trust this! If they *sound* or *feel* better after the first dose, but the symptoms are unchanged, continue the remedy, the symptoms will likely improve soon.

## TAKING THE CASE:

Before you ask any questions, **just let the person talk**. The information they spontaneously give you about their condition, will be far more helpful in finding the remedy than any

question you ask. Especially avoid leading questions that require a yes/no answer, such as, "Is your cough deep?" Leading questions may take you closer to believing you have found the remedy you wanted to see, and further from actually listening to the state of the person before you.

Take special note of the things that don't make sense! If they are very chilly, yet better for open air, there is a contradiction here that will hold the key to the remedy.

**ANY ONE OF 3,000 REMEDIES CAN CURE ANY CONDITION, HOWEVER THE FOLLOWING REMEDIES ARE MORE LIKELY TO BE INDICATED IN FEVERS, COUGHS AND SINUSITIS.**

**FEVERS:** Fevers are the body's attempt to fight infection. In most cases, the fever is actually helping the body accomplish this. In general, fevers of 103 degrees or lower are safe; the exceptions are newborns younger than six weeks, those with chronic illness or immune-compromised conditions, and people who tend to have convulsions with fever. If you have a fever you may have the flu, and if you have the flu, you may or may not have a fever. Fevers can also be caused by infection. If you have a fever and you have a chronic disease or a wound, or have recently had surgery, consult a physician.

**QUESTIONS TO ASK:**

- How do you feel?
- Tell me what's bothering you.
- Tell me more.
- Anything else?
  
- What makes it worse?
- What makes it better?
- When do you notice the fever the most?
- How did the fever start?
- Are you hot or cold or both?
- Do you want to wrap up?
- Do you want warm or cool air?
- Where in your body do you feel the fever? Heat or cold there?
- Do you want warm or cool drinks?
- What emotions do you feel prior to and since getting sick?
- How quickly did it come on?

**FEVER REMEDIES:**

**ACONITE:** first stage of colds and coughs, sudden onset, develops after exposure to cold air or wind, often with high fever, often with restlessness or fear, chill from drafts, heat comes on during sleep, very thirsty, pupils contracted

*Worse:* night or after falling asleep, warm room, touch, fright, noise, light

*Better:* motion helps the chill but in general sitting still helps, open air

**ARSENICUM:** chill from 12-2 a.m., periodic (fever comes and goes,) heat of face with chilled body, thirsty for constant small sips, head feels better from cold, but rest of body wants warmth, very chilly, increased appetite after chills, restless, fearful, worried

*Worse:* cold drinks, worry

*Better:* warm drinks

**BELLADONNA:** sudden, intense fever, chill beginning at 3 p.m., dry, burning heat without chills, face and body burning hot, face red or redness anywhere on body, hands and feet icy cold, right-sided symptoms, craving lemonade, but generally little thirst, twitching face or body during fever (main remedy for convulsions/epilepsy after becoming heated), throbbing, bursting headache, pupils dilated, can go into delirium and hallucination

*Worse:* 3 p.m., sun, light, noise, jarring, drafts, motion,

*Better:* light covering, bending backward, leaning head against something

**BRYONIA:** slowly developing high fever and painful inflammation, great thirst for large amounts, left frontal headache, face pale during chill, deep red during heat, irritable, wants to be left alone, wants to go home, anxiety about finances, very aggravated by motion, touch

*Worse:* motion, anger, cold, wet weather, eating

*Better:* open air, lying still

**CHAMOMILLA:** common children's remedy, especially during teething, perspiration with chills, heat only in back or front of body, shuddering with heat, one cheek red and hot, other pale, excitement, irritability, nothing makes them happy, want things then throw them away, desires to be held, but it doesn't always comfort

*Worse:* 9 a.m. or 9 p.m. or in bed at night, teething, warm covering or uncovering, anger

*Better:* being carried, sweating, heat, fasting

**CHINA:** famous remedy for fevers from malaria or fevers that come and go, thirst with chills, headache with heat, skin sensitive to touch during fever, weakness or fatigue after prolonged fever, worse after diarrhea or loss of vital fluids, most sensitive and irritable during fever, anxiety before chills, sensitive to light, noise, odors, spaced out during chill

*Worse:* motion, open air, drafts, uncovering, touch

*Better:* hard pressure, warmth

**EUPATORIUM PERFOLIATUM:** fever with severe pain, especially bone pains, chill beginning in back or hands, thirsty before or during chill, vomiting bile, craves cold things during fever, warm things during chill, yawning and stretching before chill

*Worse:* morning from 6-9 a.m., cold air, motion, smell or sight of food

*Better:* vomiting bile, conversation, sweating, lying on face

**FERRUM PHOSPHORICUM:** fever with few other symptoms, early stages of fever, fever after head injury, headache and flushed face, inflammatory states

*Worse:* right side, night

*Better:* lying down, cold applications

**GELSEMIUM:** fever with weakness and trembling, chill running up and down back, chill begins in hands or feet, face flushed dark red, eyelids heavy, blurry vision, worse anticipating something, especially a test

*Worse:* fright or excitement, spring, humid weather,

*Better:* profuse urination, sweating, shaking,

**HEPAR SULPH:** fever with suppurating glands, chills without heat after, can't get warm enough, needs all parts covered, fever blisters about mouth, voice hoarse

*Worse:* uncovering, evening and night, cold, dry air, winter, touch

*Better:* covering, heat

**LYCOPODIUM:** chill in afternoon especially 4-8 p.m., forehead furrowed during fever, eye pain during heat, anxious, wants someone in same room but doesn't want to interact  
*Worse:* in bed, after sleep  
*Better:* rising from bed, warm drinks, motion, urinating

**MERCURIOSUS:** night-time fevers with sweats and weakness, sensitive to both head and cold, runny nose, salivation on pillow at night, metallic taste in mouth, urine odorous  
*Worse:* rising from bed, too warm or too cold, sweating, lying on right, changing weather  
*Better:* moderate temperature, rest, morning

**NATRUM MURIATICUM:** fever or chill 10-11 a.m., begins in fingers or toes, severe headache, especially on right side, especially after grief, complains little, reserved, craves salty things  
*Worse:* 10-11 a.m., heat of sun, exertion  
*Better:* open air

**NUX VOMICA:** fever with violent heat and chills, after overeating or drinking, headache in back of head, very irritable  
*Worse:* uncovering at all, turning in bed, open air,  
*Better:* lying very still, warm drinks, heat

**PULSATILLA:** patternless, constantly changing, clingy, no thirst, wants open air or open window, tearing in eyes, fever with desire to urinate with nothing passed, numb hands or feet with chill  
*Worse:* 2-4 p.m., warm room, turning in bed  
*Better:* cold bathing, motion, open air

**RHUS-TOX:** fever with aching, stiffness, restlessness, thirst for small quantities, desire to stretch, heat on left side, chill on right side or heat on back side of body,  
*Worse:* cold, damp air or weather, getting wet  
*Better:* warmth, warming up body with movement

**COUGHS:** Most of the remedies listed below treat common coughs from colds caused by viruses. Croup and whooping cough (pertussis) which becomes severe may require treatment by a physician and/or homeopathic practitioner.

#### **QUESTIONS TO ASK:**

- How do you feel?
- Tell me what's bothering you.
- Tell me more.
- What does the cough feel like?
- Anything else?
  
- What makes it worse?
- What makes it better?
- What body position aggravates the cough?
- What body position helps the cough?
- What foods do you want?
- Do you want warm or cold drinks?
- How does swallowing feel (swallowing solids, liquids, empty swallowing?)

- What emotions do you feel prior to and since getting sick?
- What external things bother you? (light? sound? dust? touching throat? odor? etc)
- What kind of weather were you in prior to the cough?
- What activities aggravate the cough? (breathing? moving? eructation? talking? sneezing etc.)
- What other conditions accompany the cough? (chills? sleepiness? fever? diarrhea? etc)
- What type of cough is it? (barking? deep? distressing? dry? paroxysmal? suffocative? whistling? etc.)

## **COUGH REMEDIES:**

**ACONITE:** first stage of colds and coughs, develops after exposure to cold air or wind, often with high fever, often with restlessness or fear

*Worse:* night or after falling asleep, breathing in, lying on either side

*Better:* lying on back

**ALLIUM CEPA:** cough from colds or allergies, often with lots of watery discharge from nose that irritates skin and watery discharge from eyes that is not irritating, cough is painful, may grasp the larynx with pain at each cough

*Worse:* evening, warm room

*Better:* open air

**ANTIMONIUM-TARTARICUM:** noisy, rattling, loose cough – sounds like chest filled with mucous but cough too weak to expel mucous, especially in elderly or young children, person may be irritable or not want to be touched, main remedy for pertussis (whooping cough)

*Worse:* night, especially 10 p.m. to midnight, becoming irritated, lying

*Better:* sitting, bending head backwards

**ARNICA:** pertussis remedy, painful, racking cough, person fears each cough, holds chest, weeping with pain of cough, nose can bleed with cough or burst eye vessels, holds chest with each cough, thick, sticky, yellow, can be bloody mucous

*Worse:* pain

*Better:* lying with head low or outstretched

**BRYONIA:** severely painful cough felt in whole head and chest, dry cough with each movement or deep breath, afraid of breathing in

*Worse:* eating or swallowing, overheating, lying with head low, ascending, raising arms, bending head backward

*Better:* open air

**BELLADONNA:** Sudden high fever, cough in paroxysms (many at a time), bursting headache with each cough, bright red face

*Worse:* motion, deep breath, dust, touching larynx, yawning, bright light, noise, night

*Better:* less stimulus – resting in dark

**CAUSTICUM:** irritating, tickling cough, difficult to expectorate, but keeps coughing deeper to try and get it up. Can have cough at any hour, but vanishing during the day is a strong indication for Causticum. There may be urinary leakage with the cough.

*Worse:* Drafts or cold air, becoming heated at night, lying, bending head forward, talking, bathing

*Better:* Cold drinks, rainy weather

**COCCUS CACTI:** Paroxysmal (many at a time), tickling cough at 6 or 7 a.m. or 11:30 p.m., cough can be dry or produce ropes of thick mucous

*Worse:* becoming heated, warm rooms, warm drinks or food., lying, rinsing mouth, winter, in alcoholics

*Better:* Cold or open air, cold drinks, cold food

**DROSERA:** hard, deep, violent, paroxysmal cough, irritated airways, tickling and dry throat, suffocative cough, can press the pit of stomach to start cough, but cough so painful must hold chest, can have bloody expectoration

*Worse:* being enclosed

*Better:* sitting up, walking slowly

**HEPAR SULPH:** dry or productive cough, mucous is thick and yellow if present, cough dry at night, loose in morning, cough all night long, chilly, wants to be covered

*Worse:* chill

*Better:* warmth, expectoration

**IPECAC:** very dry cough, asthma, irritated or tickling cough in paroxysms, choking or gagging with cough, frequent vomiting with cough

*Worse:* night, esp. 7 p.m., deep breathing in, esp. morning in bed, eating, warm room

*Better:* after expectoration, cold drinks

**KALI-CARBONICUM:** cough at night, esp. 2-4 a.m., dry, tickling cough, bronchitis, productive cough (sputum comes up), stitching pains in chest with cough, may be vomiting

*Worse:* 2-4 a.m., on first going to sleep, cold air or draft, lying, exertion, deep inspiration, warm food.

*Better:* Sitting upright or bent forward

**LACHESIS:** cough from allergy, severe infections or heart problems, sensation of crumb or obstruction in larynx, any attempt to talk causes cough

*Worse:* all night, disturbing sleep, wakes with cough as soon as falls asleep or in morning on waking, stuffy room, lying on left, drinking

*Better:* open air, after expectoration

**MERCURY:** paroxysms of cough at night and from warmth of bed, dry at night, yellow-green expectoration during day, tickling behind upper part of sternum, sounds and feels like chest very dry, hoarseness, diarrhea, salivation, with running nose or nasal congestion, can't get temperature right, too hot or too cold

*Worse:* night, talking, sweating, drafts, artificial light

*Better:* rest, morning, moderate temperature

**PHOSPHORUS:** every cold ends in cough and chest infection, dry, tickling cough, painful cough, burning in chest with cough, headache during cough, must squeeze chest with pain of cough, exhaustion, trembling from cough, can vomit with cough

*Worse:* cold air, talking, nervous, entrance of stranger, strong odors, morning in bed and at night when falling asleep or waking from sleep, lying on back

*Better:* cold drinks, eating refreshing things, soda, fruit, sleep, dark

**PULSATILLA:** cough from allergy or asthma, loose rattling with green, juicy expectoration, dry cough evening, loose morning, can have tearing with cough or urinary leakage

*Worse:* evening or night in bed, becoming cold, warm room, smoky room, warm drinks, exertion, lying, measles, before menses or if menses suppressed by pill

*Better:* open or cool air, gentle walking, sitting, deep breath, lying propped on pillows

**RUMEX:** intense tickling with cough, covers mouth in cold because it causes cough

*Worse:* 11 p.m. morning, cold air, entering or leaving warm room, undressing, uncovering, bending head backwards, pressing on pit of throat

*Better:* turning on right side

**SPONGIA:** dry, hacking, barking cough from allergy, asthma or infection, suffocative cough, can turn blue, burning in throat, chest, larynx with cough

*Worse:* around midnight, both day and night, cold, dry air, cold drinks

*Better:* warm food or drinks, eating or drinking, sucking on hard candy or cough drops, sitting, bending head forward

**SQUILLA:** sudden, violent, dry, paroxysmal cough with headache, copious sputum, but only in morning, may pass stool, urine or have tears with cough, sore chest and abdomen with cough, urge to blow nose after cough

*Worse:* taking deep breath, cold drinks

*Better:* expectoration, sitting up

## **SINUSITIS:**

Chronic sinusitis requires constitutional treatment and generally does not respond to these remedies. Steaming and using a neti pot can really help sinusitis!

### **QUESTIONS TO ASK:**

- How do you feel?
- What is bothering you?
- Tell me more.
- Anything else?
  
- Where is your pain? (specifically where in the head or face?)
- What makes it better?
- What makes it worse?
- Is there discharge from your nose?
- If so, what does it look like?
- Is there a taste in your mouth?
- What body position feels best?
- Does pressing on the painful area help or hurt it?

## **SINUS REMEDIES:**

**KALI-BICHROMICUM:** thick, sticky, yellow-green mucous that doesn't want to move, stringy mucous that sticks together, fullness at root of nose, complete nasal obstruction causing nasal tone of voice

*Worse:* cold, morning, 2-3 a.m., hot weather, undressing

*Better:* heat, motion, pressure

**MERCURIUS VIVUS:** especially frontal sinuses, greenish, profuse discharge, every cold turns to sinusitis, dirty coated tongue, offensive breath, irritable and closed, can't get temperature right

*Worse:* night, sweating, lying on right side, heated, drafts

*Better:* moderate temperature, rest, morning

**AURUM:** chronic sinusitis and runny nose, accompanied by fever and flushed face, cold hands and feet, extreme pain on bending head forward or stooping

*Worse:* motion and jarring

*Better:*

**BELLADONNA:** throbbing head pain, worse bending head forward, face flushed red

*Worse:* motion and jarring, light, noise, right sided

*Better:* resting without stimuli, bending backward, light covering

**CAUSTICUM:** chronic nasal obstruction with post-nasal discharge, constant desire to clear throat but not able to, hoarseness, nasal discharge thick or absent

*Worse:* dry or cold air, wind, 3-4 a.m., riding in car, clear, sunny weather

*Better:* rainy weather

**HEPAR SULPH:** sinusitis with obstruction and thick nasal and post-nasal discharge after every exposure to cold or uncovering the head, "snot" smells like old cheese, very painful inflammation of sinuses

*Worse:* least uncovering, cold

*Better:* covering, warmth

**HYDRASTES:** thick, ropy or stringy discharge, especially post-nasal, swelling and obstruction worse on the left side

*Worse:* inhaling cold air, dry wind, old age, abuse of drugs or wine, after stool

*Better:* dry weather, pressure, warm covering

**KALI IODATUM:** inflammation and burning inside the nose, worse with every inhalation, allergies with thin nasal discharge which turns to sinus infection

*Worse:* warm room, right side

*Better:* cool

**KALI SUPHURICUM:** acute and chronic sinusitis with nasal obstruction, overall person feels worse in a warm room, but nasal symptoms improve there, thick and sticky yellow mucous, snoring

*Worse:* warmth, noise, evening, consolation

*Better:* cold air, walking, fasting

**LAC DELPHINUM:** painful sinusitis can be accompanied by vertigo, modalities similar to Belladonna, craves chocolate

*Worse:* 3-4 p.m., exertion, sun

*Better:* pressing on sinuses

**LYCOPodium:** right-sided sinusitis and nasal pain, severe nasal obstruction, especially at night and during sleep, thick, yellow discharge, can be crusted

*Worse:* 4-8 p.m., waking, eating

*Better:* warm drinks, motion, urinating, burping

**SILICA:** chronic sinusitis, lasts for months after every cold, post-nasal discharge, discharge irritates skin, very chilly, can have vertigo  
*Worse:* cold, drafts, damp, pressure, new moon  
*Better:* warmth, summer, humid weather, sympathetic understanding

**SULPHUR:** chronic or allergic and acute sinusitis with thick yellow discharge, sometimes offensive or blood-tinged, constant urge to blow nose but nothing comes out, discharge dries rapidly to crusts, dry and full feeling in mouth and throat  
*Worse:* winter, indoors  
*Better:* open air

**THUJA:** thick, clear or greenish post-nasal discharge with obstruction, left frontal headache feels like a nail boring in, pain in teeth on blowing nose  
*Worse:* left side, cold, damp weather  
*Better:* warmth, sneezing, motion, touch, rubbing, scratching

**WHERE TO BUY REMEDIES:**

Local health food store

Online

Hahnemann Labs, [www.hahnemannlabs.com](http://www.hahnemannlabs.com) (888) 427-6422

**REMEDY KITS:**

Hahnemann Labs in San Raphael sells a first aid kit for \$44.95

Contains these 15 remedies in 30C potency:

ACONITE APIS ARNICA ARS BELL

BRYONIA CANTH CHAM HYP LEDUM

NUX-V PHOS PULS RHUS-T RUTA

They also sell kits with 30, 100 remedies etc.

**FURTHER READING:**

The Homeopathic Emergency Guide, Thomas Kruzel, ND, North Atlantic Good, basic guide for a variety of conditions\_

Desktop Companion to Physical Pathology, Roger Morrison, M.D., (A more complex book, often used by professional homeopaths; not recommended unless you want to further your study.)

Homeopathic Medicine for Children and Infants, Dana Ullman, M.P.H.

Simple Colds, Flus and Coughs, Stephen MESSER, ND, DHANP, (Not a book, plastic laminates, with flow charts and diagrams, \$3, available Minimum Price books.)

**WHERE TO BUY HOMEOPATHIC BOOKS:**

Homeopathic Education Services, 2036 Blake (at Shattuck), Berkeley, CA 94704, (510) 649-0294, <http://www.homeopathic.com/>

Minimum Price Homeopathic Books, <http://www.minimum.com>

Prepared by Beth Murray, CCH, RSHom (NA)  
[www.wholehomeopathy.com](http://www.wholehomeopathy.com), 510. 522.2469

