

INFLUENZA REMEDIES

REMEDY	ARSENICUM	NUX VOMICA	BRYONIA	BELLADONNA
FEVER	HIGH: 102-104	HIGH	perspiration HEAT,	HIGH--to 105
Worse	12 to 1; eating, Drinking, stool	nausea aches	9 pm, jarring restless, motion	3 pm, motion, jarring delirium
ONSET	slow--2 to 3 days	rapid--all in one day	slow	rapid
CHILLS	Face hot, body chilled marked chills w. rigor	COLD intense c. rigor Chills from uncovering, slight motion, Air, light, noise Or odors	right sided after anger begins in fingertips & toes or lips right-sided	begins in hands & arms < bright light
Worse	eating or drinking			
LOCAL	pale face, anxious expression	severe H/A; raw sore throat Nausea, > p. vomiting Body aches relieved by warmth	severe occi- pital or L-sided frontal H/A; tongue coated white or dirty brown; burning coryza; chest & Back pains Pneumonia--rt.	<u>severe H/A c. throbbing</u> <u>*bounding pulses</u> rt-sided H/A, eye-pain or sore throat <u>red face, dilated pupils</u>
GENERAL	thirsty--small sips of water. Tongue coated white. Marked restlessness punctuated by collapse or weakness.	<u>sensitivity to all</u> <u>stimuli</u> . Horrible, intense chills w. rigor. Over-excited & oversensitive Sleepless	Warm & averse to warm rooms tremendous thirst wants large gulps < slightest motion restless, but intol- erant of even Slight motion. < rt side, except H/A	face flushed red, pupils dilated,, eyes glistening < jarring motion hands & feet icy cold face & body hot thirst less <u>craves lemons &</u> <u>lemonade</u>
MENTAL	marked anxiety needs company at all times Fears he may die from the condition Upset by clutter	over-excited oversensitive sleepless fastidious	<u>irritable</u> , dull averse to answering desires to be left alone. Delirious. sx brought on by Financial issues asks to be taken Home	rapidly developing delirium or hallucinations

REMEDY **ACONITE** **EUPAT. PERF.** **PYROGENIUM**

FEVER	104--high	HIGH--102 or +	Changes rapidly HIGH 102 -106
Worse from	sudden cold, dry wind, exposure emotional shock	steady perspiration worse from 7 to 9 am	COLD changes rapidly
ONSET	SUDDEN	terrible bone aches in lumbar area	
CHILLS	COLD	Begins 9 am sensitive to cold air	begin between scapulae felt deep inside bones
WORSE FROM	in a warm room	after drinking, cold air, @ 7 to 9 am	COLD
LOCAL	DRY cough	Severe, unbearable aching Terrible aching of bones as if they would break Both muscles and bones ache	muscle aches > motion better from heat, warmth, motion <u>abnormal consciousness of heart</u>
GENERAL	>FRESH AIR flushed face Constricted pupils Restlessness Wants cold drinks	<u>thirst for cold drinks</u> thirsty just before chills come on craves cold foods & ice cream severe H/A	soreness, even bed is too hard disparity between pulse & temperature {pulse 140 w. mild fever or vice versa} rapid bed sores
MENTAL EMOTIONAL	thinks he is about to die; great anxiety, worry and fear	restlessness, desperate moaning with pains feels hit by truck	restlessness, bed feels hard loquacious, sensitive to many things

REMEDY	RHUS TOX	BAPTISIA	FERRUM PHOS
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FEVER	moderate to high	high	HIGH (102+)
WORSE	GETTING CHILLED		Debilitating fever marked fever, lasts for days prostration but few localizing symptoms

ONSET	From getting chilled	SUDDEN advanced flu
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CHILLS	marked chills, esp. from uncovering or Drafts; as id dashed With cold water	face red, dull, bruised sore all over
WORSE		

LOCAL	red triangle on tip of tongue, sore throat Herpes lesions on lips With the fever	pharynx and tongue dry & coated or suppurating and very offensive tho Painless	right-sided symptoms: H/A, CHEST PAINS, pharyngitis
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GENERAL	Aching through whole body, terrible stiffness Which makes him want To stretch. Pains amel. By nearly constant Movement. Chilly. Much relieved by warm Baths, applications or Drinks. Thirsty for small Sips of warm or cold Drinks	Pt. Falls asleep in mid-sentence. "stomach flu" with putrid diarrhea. mastoiditis following Influenza. soreness of the body bed feels too hard can't get comfortable	Tends toward gastro-intestinal and respira- tory troubles
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MENTAL	anxiety & restlessness during influenza	great confusion dullness of mind Stupor.. Coma Falls asleep in mid-sentence	usually open-natured, alert, has abundant ideas
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REMEDY	GELSEMIUM Slow, insidious onset	MERCURIUS HIGH--to 106	APIS HIGH (102+)
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FEVER	over one to three days		hot red face desire to uncover
WORSE:	anticipation, fright, bad news, anticipation, 10 am	heat & cold , damp weather open air, heat of bed	heat, 3 pm

ONSET	Slow , insidious onset may take 1 to 3 days	as the illness turns into purulent sinusitis or bronchitis
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CHILLS	with flushes of heat UP & DOWN , with Paralytic weakness with fine tremors	thirsty	dry heat alternating with sweats
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LOCAL	H/A from occiput radiating to forehead. head heavy Eyelids droopy or ½ shut Face flushed a dusky red color Yellow coating on tongue	dirty, smelly, drooling increased salivation filthy tongue large flabby tongue sore throat	face congested or swollen no sweat at all, pt. longs for a good sweat dry heat alternating with sweats
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GENERAL	Aggravation @ 10 am thirst usually minimal Weakness & heaviness of The limbs, eyelids & head General sleepy feeling	sore throat with offensive breath, excess saliva, drooling, dirty tongue, bad breath	sore throat with swelling of uvula, better from cold drinks thirstless all sx. > by cold & cold apps.
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MENTAL	DEBILITY, HEAVINESS, Weakness, feels run over By a truck.	craves bread & butter	irritable, controlling presentiment of death
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REMEDY	ARNICA	ASCLEPIAS T.	CAUSTICUM
FEVER	head hot, body	bilious fever	Flushes of heat, followed by chills . Descending, from

cold; hectic
intermittent

6 to 8 pm. Internal, without
Thirst & sweat of hands

WORSE

injuries, bruises,
Falls, blows,
Damp cold

coughing, motion
deep breathing,
lying, rising

dry cold, **raw air**, winds, drafts,
extremes of temperature, evening
or 3 to 4 am, change of weather

ONSET

ACUTE--
SUDDEN

CHILLS

stiff neck during fever

LOCAL

flu with terrible aching
of whole body
Can't find a comfortable
Position; bed feels too hard

flu with marked weakness
on walking
shooting pleuritic pains
during and lingering after

cough & respiratory sx in flu
dull, pressive H/A
sore chest from cough
scanty productive cough
Lachrymation during flu
Acrid coryza. Hoarseness

GENERAL

Offensive breath &
eructations

shooting pleuritic pains
during and lingering after
Influenza
Short of breath on walking

involuntary urination from cough
stiff neck; 'crick' in the neck
during fever

WORSE

WORSE LYING, esp. on
Left side. Motion of arms.
Deep inspiration.

BETTER

bending forward.

REMEDY

HEPAR

CHINA

SAMB. NIGER

FEVER

Hectic
LOW FEVER

MARKED PRODROME

dry heat during sleep
marked perspiration

Profuse sweat
Both day & night
Night sweats
Assoc. with sup-
Puration of
glands
Chills alternating
With heat

on waking
associated with snuffles
(AVIAN FLU)
or respiratory illnesses

WORSE

uncovering, even
One hand or foot
Drafts. Open air.
In bed. Motion.
Drafts leaking thru
The Covers.

COLD
periodically, at
Regular intervals:
daily, alternate days,
every 7 days

lying--feels suffocated

ONSET

croup, pertussis
avian flu

CHILLS

extremely chilly
Fr. Cold, wind,
Uncovering

cold from loss of
fluids, blood loss,
vomiting, diarrhea

body hot, feet icy cold

LOCAL

Swollen tonsils &
glands of neck,
Hawks mucous,
Longing for acids,
Drinks hastily

face: deathly pale or
flushed red, anemic,
pale, weak, sensitive
tired limbs, need to
stretch

nasal obstruction, child
unable to nurse
hoarseness w. much
mucous in larynx

GENERAL

yellowish discharge

sensitive to: touch, cold
air, motion,
painless diarrhea with
lots of gas

cyanosis during cough
respiration difficult @ noc
patient jumps up--feels
suffocated

**MENTAL/
EMOTIONAL**

irritable
dejected, sad
cross children

REMEDY

SULPHUR

CARBO VEG

FEVER

hot--head very hot,
feet cold

cold
very pale

WORSE	open air & drafts	air hunger, shortness of breath must sit up in bed
ONSET	Partially recovers then relapses	corpse reviver
CHILLLS	sensitive to open air & drafts	
LOCAL	soles of feet burn at night	bloating indigestion lots of gas
GENERAL	burning sensation skin irritations hungry @ 11 am, but not before complaints often left-sided	often an ICU--Intensive care unit--remedy when life seems to be draining away
WORSE	open air & drafts	
BETTER		