

## HOMEOPATHY FOR INFLUENZA AND COUGH

REMEDY	GENERAL	LOCAL SYMPTOMS	MENTAL STATE	BETTER OR WORSE	PECULIAR SYMPTOMS
ARSENICUM Ars, or Arsen-alb	<ul style="list-style-type: none"> <li>Externally cold but <b>internal burning heat and pains</b></li> <li>Great weakness and <b>restlessness</b>.</li> <li>Thirst great but takes in small sips</li> </ul>	Desires hot drinks during chill stage . Burning in chest. Wheezing cough Can have offensive watery diarrhoea. Burning and sore.	Very <b>anxious and restless</b> . Wants reassurance	worse: cold, cold food, <b>midnight - 3am</b> better: warmth, warm drinks	Burning pains which are better for heat.
ACONITE Acon	<ul style="list-style-type: none"> <li>Sudden <b>rapid onset</b>, accompanied by high fever.</li> <li>First remedy in fevers.</li> <li>From a cold dry wind.</li> <li>Can come on after fear</li> </ul>	Rapid pulse <b>Dry hot and thirsty</b>	Restless, anxious and <b>fearful</b> .	Worse: cold, night time, fright, warm room. Better: open air.	<b>Believes they will die</b> . May predict the time of death
ANTIMONIUM TARTARICUM Ant-tart	<ul style="list-style-type: none"> <li>Lots of sticky phlegm difficult to cough up. Sunken,</li> <li>sickly, pale face.</li> <li>Can progress to pneumonia</li> </ul>	Persistent cough with rattling respiration, <b>sensation of suffocation</b> . Drowning in mucus. Chest sounds full but very little comes up. Blue tinge to skin.	Weakness, <b>Great drowsiness</b> .	worse: evening, lying down better: sitting up.	<b>Thickly coated tongue</b>
BELLADONNA Bell	<ul style="list-style-type: none"> <li>Sudden, <b>rapid onset</b> accompanied by high fever. Intense <b>burning heat</b>. First remedy in fevers.</li> </ul>	<b>Bright red, flushed face</b> . Dilated shiny pupils; eyes red. Skin burning hot, can feel steamy. Throbbing headache.	<b>Irritable</b> . Delirious with fever.	Worse: heat, drafts on head, light. After 3pm and after midnight. Better: rest, light covering.	<b>Great heat without thirst. Hot head and cold feet.</b>
BRYONIA Bry	<ul style="list-style-type: none"> <li><b>Slow onset</b>.</li> <li>Coughs which shake the whole body, soreness in the chest, bursting headache.</li> </ul>	<b>Dryness</b> of mucous membranes. Dry hard spasmodic cough. Tough mucus. <b>Pain on coughing.</b> <b>Great thirst</b> for cold water.	Irritable, wants to be left alone.	Worse: any movement, at nighttime  Better: keeping still. Rest and pressure, hot drinks	The sufferer holds on to chest and head when coughing.
EUP-PER (Eupatorium perfoliatum)	<ul style="list-style-type: none"> <li><b>Extreme aching in bones as if broken. Soreness everywhere, even eyeballs.</b></li> </ul>	Thirst or nausea followed by shaking chills. Terrible aching pains in back and limbs. Vomiting of bile.	Moans with the aching. Feeling sad.	Worse: <b>motion</b> , open air Better: inside, after vomiting bile.	Very restless, can't keep still, although wants to as motion makes things worse.
GELSEMIUM Gels	<ul style="list-style-type: none"> <li><b>Slow onset</b>. Drowsy, <b>lethargic</b>, feels heavy.</li> <li>Dizziness and dullness. Can start in warm muggy weather.</li> </ul>	Drooping heavy eyelids. Aching with chilliness up and down the back. <b>Thirstless</b>	Wants to be left alone.	Worse: emotions Especially anticipation. Can be triggered by strong anxiety.	Wants to be held because <b>whole body shakes</b> .
MERCURIUS (Merc Viv)	<ul style="list-style-type: none"> <li><b>Much perspiration</b> especially at night.</li> <li>Great thirst for cold drinks.</li> </ul>	Glands often swollen. <b>Profuse saliva</b> - often dribbles onto pillow at night. Dry throat. <b>Bad breath. Pus on tonsils.</b> Cough dry at night, yellow green sputum during day.	Irritable, discontented. Restless at night.	worse: <b>night</b> . Aggravation from <b>changes in temperature</b> -can't get comfortable. Better: rest, moderate temperature.	Extremely sensitive to changes in temperature. In and out of the covers.
PHOSPHOROUS Phos	<ul style="list-style-type: none"> <li>Tightness in chest , headache. Feeling of weight on chest</li> </ul>	Dry hard tickling cough, exhausting cough . Painful cough . Symptoms move down into chest. Can progress to pneumonia	Nervous anxiety wants company	worse: activity, <b>cold air, cold drinks</b> . Lying on left side.	
PHOSPHORIC ACID Phos-ac	<ul style="list-style-type: none"> <li><b>Exhaustion. Extreme fatigue.</b></li> <li>Useful during and after flu.</li> </ul>	<b>craves juicy refreshing things.</b>		Better for warmth.	Breathing difficult, can hardly talk.
CAMPHORA Camph	<ul style="list-style-type: none"> <li>Collapse, icy cold body</li> </ul>	Breathing difficult. Suffocative. Pneumonia. Blue lips or skin.			Icy cold to touch but wants to be out of covers.

**Other remedies to consider:** **AGE - Arsenicum-iodatum/Gelsemium/Eupatorium 30** - A combination remedy – Often useful during influenza. Use at start of flu symptoms and repeat as necessary if there is a beneficial effect. **Oscillococcinum(French flu remedy made by Boiron )**- aka Anas Barbariae or Influenzinum. Often used as a preventative for flu. People often take at the beginning of flu season in (200k) 200c potency. One dose every week or every other week for a few weeks . Ferrum-Phos is also useful at the beginning with first signs.