

# Pinto / Feldman

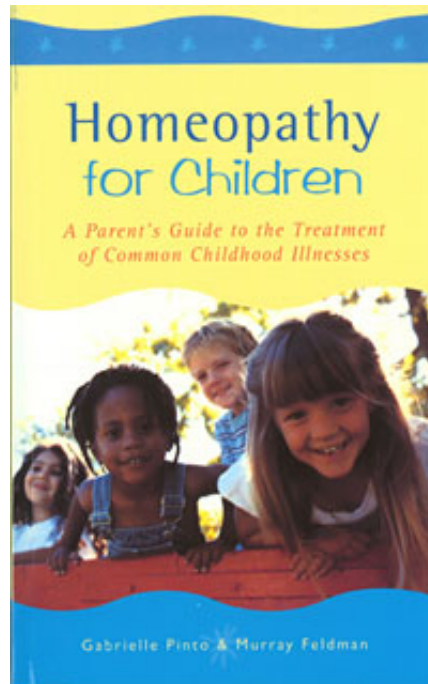
## Homoeopathy for Children

Extrait du livre

[Homoeopathy for Children](#)

de [Pinto / Feldman](#)

Éditeur : CW Daniel & CO



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Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Allemagne

Tel. +33 9 7044 6488

Email [info@editions-narayana.fr](mailto:info@editions-narayana.fr)

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## Influenza

The term 'flu' is used very loosely these days and can mean anything from a fever to a cold to true influenza. This section describes true flu. Please refer to the appropriate section for simple fevers and colds, although frequently the symptoms (and therefore the remedies) will be similar.

The incubation period for flu can be up to three days. Early symptoms are chills, fever and usually exhaustion, with aches and pains in the back and legs. These symptoms can be accompanied by sore throat, headache, cough and diarrhoea. The rise in temperature can be steep (38.9-40.6°C/102-105°F). There can also be prostration and at times delirium, which can be frightening. Your child may also be apathetic and irritable.

The duration of uncomplicated cases is usually up to seven days. However, in some cases the fatigue, sweating and weakness can last several days longer, and sometimes the exhaustion can hang on for weeks.

In the winter there are often epidemics of influenza, and they can be accompanied by ear complaints and bronchitis. If such problems occur, refer to the relevant sections of this book.

Some children have a tendency to recurrent influenza. Constitutional homoeopathic treatment is highly recommended.

### Aconite, Belladonna and Ferrum phosphoricum

- \* may be useful at the outset. See Fever.

### Gelsemium and Eupatorium perfoliatum

- \* **used very frequently for the flu. See Fever.**

### Arsenicum album

- \* exhaustion
- \* **restlessness** and anxiety
- \* child is **thirsty** for small sips of water
- \* **chilliness**
- \* burning pains

## Baptisia

- \* rapid onset with **sudden prostration**
- \* flu accompanied by **digestive disorders**, diarrhoea
- \* **aches, offensive breath**
- \* dull, red, drugged look
- \* high fever, child falls asleep while talking to you

## Bryonia

- \* **thirsty; dry**
- \* **worse for all motion**
- \* **wants to be left alone**
- \* stitching pains in chest

## Dulcamara

- \* after exposure to **cold, wet weather**
- \* **profuse mucus** discharges
- \* frequent urination

## Nux vomica

- \* child is extremely chilly, **must keep warm**
- \* **chilly on slightest motion**; lies under blanket and even the slightest motion causes chilliness
- \* chilliness after drinking

## Oscillococcinum

- \* **useful at the very beginning of a fever (flu), when there are few other symptoms**
- \* this remedy has been found to be useful in 200C potency

## Pulsatilla

- \* no thirst although feverish
- \* **prefers open air; averse to heat and stuffy rooms**
- \* **mild**, weepy, wants company

## Rhus toxicodendron

great **restlessness** after exposure to **cold, damp**

## Sulphur

- **tendency to relapse**
  - » **flushes of heat** with desire for open air, but averse to draughts »  
feet burn, child wants to keep them uncovered
- **drowsiness**

### *Potency and Repetition*

One dose of 12C every two to four hours depending on the severity of the symptoms. Lengthen the amount of time between doses as improvement sets in. Give the required remedy for a couple of days if necessary. Different remedies may need to be given at different stages of the illness.

### **WHEN TO SEEK PROFESSIONAL HELP**

- 1 If there is a severe, exhausting respiratory problem (this may indicate pneumonia).
- 2 If diarrhoea persists.
- 3 If there is continuous ear pain.
- 4 If your child gets weaker and weaker.

### **EXTERNAL AND COMMON-SENSE MEASURES See**

**Fever**

## **Mouth Problems**

### **MOUTH ULCERS**

Some children seem to have a tendency to mouth ulcers. Other contributing factors can be fatigue, exams, family stress, and fever. Although the following remedies may help with an attack, constitutional treatment will often prove necessary. Consult a professional homoeopath.

Your child will probably complain of a burning, tingling feeling in his mouth. If you look inside you may see little, swollen white ulcers with red borders.

## THRUSH

This shows up as white or creamy coloured patches in the mouth. It is particularly common in young babies. The tongue and the insides of the mouth may swell, causing considerable distress. Homoeopathy can be very helpful with this. Depending on the symptoms, there are some remedies that can be used to treat both mouth ulcers and thrush. We have grouped them together here for your convenience.

### Antimonium crudum

- \* thick **milky white coating on the tongue**

### Arsenicum album

- \* raw red or bluish **burning ulcers, made better for warm drinks**
- \* child is restless, anxious, craves company

### Borax

- \* one of the most frequently used remedies for both conditions
- \* results are especially marked for ulcers
- \* marked fear of downward motion
- \* **pain in the mouth when sucking or eating**
- \* hot ulcers which **may bleed**

### Chamomilla

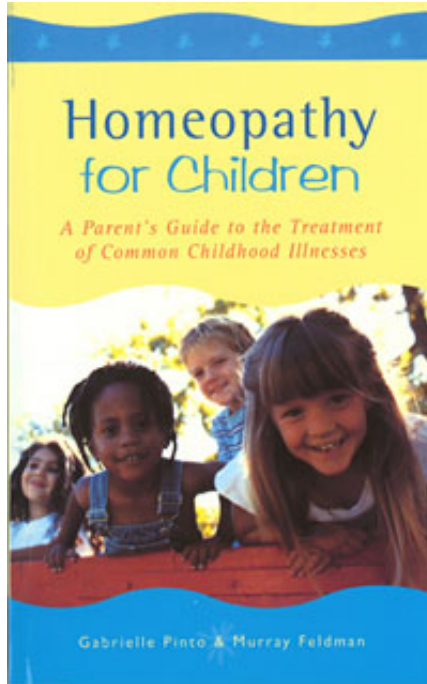
- \* when the symptoms of the remedy are present (see Materia Medica)
- \* child is **irritable; nothing satisfies him**
- \* **loose stool**

### Kali muriaticum

- \* **white ulcers or thrush if there are no clear symptoms to guide you to one of the other remedies**
- \* **especially indicated at the beginning of an attack**
- \* **tongue** may be 'patchy', with a **grey or white coating at the base**

### Mercurius vivus

- \* **offensive breath**, sore mouth
- \* **lots of salivation**; dribbles on the pillow



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[Homoeopathy for Children](#)

A Parent's Guide to the Treatment of  
Common Childhood Illnesses

238 pages, broché  
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