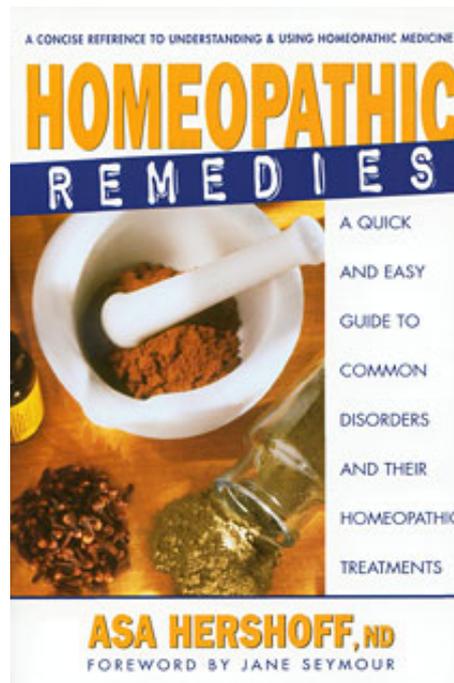


Asa Hershoff Homeopathic Remedies

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INFLUENZA

The Condition

Flu or "Grippe" is caused by infection with various strains of a Influenza (and other minor viruses), sporadically in fall and winter, and as epidemics about every 3 years, with global pandemics every 10 years. Symptoms of flu differ from the common cold, having more overall malaise, aching, chills, higher fevers, loss of appetite and lethargy. They are similar in producing discharges, fever, sore throat, swollen glands and potential bronchitis. Additionally, flu can be fatal to the elderly, very young or immune-compromised people, and influenza can have long-term weakening or debilitating effects, even progressing to chronic fatigue syndrome (CFS), fibromyalgia or ME (myalgic encephalomyelitis) symptoms. Most flus last 2-3 days, but different strains and flu epidemics vary widely in their severity and duration. Antibiotics have no effects on viruses, and aspirin should not be used in children with viral infections. Flu vaccines may not always be effective, due to changing strains of virus, and have some serious potential side effects, including paralysis.

Homeopathic Solutions

Homeopathic *Influenzinum* is a safer, more effective form of flu prevention than the vaccine, or one can take *Osdillococcinum*, a popular product that can be used as a preventive, or at the first sign of flu. One can also use a remedy that is similar to the symptoms that are going around. By noting the symptoms of several flu sufferers, a general pattern emerges, and a remedy can be discovered that fits most cases of that particular outbreak. Also in different parts of the country (and in different climates and seasons) there are specific flu medicines that are more common. Some remedies have these patterns within their symptom picture: *Gelsemium* is prominent in spring flus. *Dulcamara* is sensitive to damp or stormy weather, as well as illness coming on during warm days and cool nights (autumn). *Bryonia* has problems in winter and spring. *Rhus tox* is also sensitive to damp, and is worse in fall and especially winter. *Eupatorium* is another fall remedy. Hayfever, cold and influenza remedies have many symptoms in common, and the remedies for each group can be applied to the others. Also, if symptoms change, a new remedy may be needed.

Dosage

Take the remedy as often as hourly for acute symptoms in a 6, 12 or 30 potency (x or c). With improvement or less intense symptoms, reduce the frequency. During recovery, use once daily for 3 days to prevent recurrence.

Cross References

See also • Colds • Coughs • Fever • Hayfever • Sinusitis • Sore Throat • Stuffed Nose.

INFLUENZA



Choose the remedy below that best matches your symptoms-.

Baptisia—Wild Indigo

- Sore, heavy, aching muscles. Rapid exhaustion, weakness and *toxicity*.
- Feels very ill. Foul odor of body, breath, sweat, discharges. Bleary eyes.
- Heavy, numb head, sore eyes, dusky face. Falls asleep while talking.
- Completely dull and confused. Delirious, restless, feels *double or in pieces*.
- Worse: open air, cold, fog, indoors, hot & humid, pressure, on waking.

Bryonia—White Bryony

- Slow onset, heat, sweats. Dry, obstructed nose, pain at the root of nose.
- Dry mouth, *intense thirst* for large amounts. Chapped lips, tongue coated dirty white. Bitter taste. Bursting frontal headache, dry hacking cough.
- Irritable, worry about business, desire to go home, to be left alone.
- Worse: *least motion*, 9 p.m., right side, warm room. Better: rest, quiet.

Dulcamara—Bittersweet

- Sneezing, much discharge, but stuffed up completely *in cold air or rain*.
- Stuffed at rest, better during motion. Thick yellow mucus, green crusts.
- Summer colds and flu. Colds affect the bowels, bladder, eyes or throat.
- Rattling mucus in chest. Swollen glands. Chills in back. *Domineering*.
- Worse: *cold & damp*, rain, *rest*. Better: motion, walking, indoors, warmth.

Eupatorium perfoliatum—Boneset

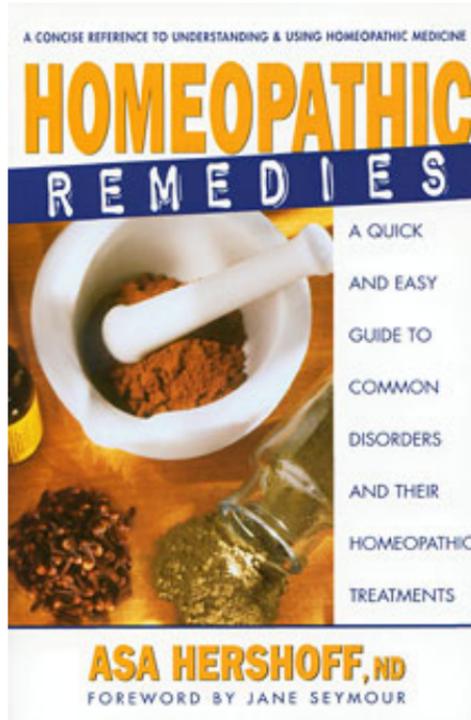
- Intense thirst for cold drinks and aching precedes chills and fever.
- Deep aching in bones and muscles, as if broken. Aching in eyes, back, limbs. Heavy aching head. Restless but worse from motion. *Nausea*.
- Rough scraping cough, chest sore, must support it with the hands.
- Watery discharge. Moaning with pain. Worse: cold air, motion, 7-9 a.m.

Gelsemium—Yellow Jasmine

- Gradual onset with dizziness. *Weakness*, chills, dullness and lethargy.
- Muscle aching, chills in spine. *Trembling*. Blurred vision, heavy eyelids.
- Heavy, dull pain in back of head. Dusky, flushed face. Yellow tongue.
- Violent sneezing in a.m., stuffed nose or thin watery discharge. Drowsy.
- No thirst. Worse: 10 a.m., motion. Better: sweating, profuse urination.

Rhus tox—Poison Ivy

- Fever and chills from drafts, uncovering. Tickling cough. Cold sores.
- Sneezing, thick yellow-green, foul mucus. Tip of nose red; nosebleeds.
- From *getting wet*, chilling after overheating. Dry, coated tongue, *red tip*.
- *Severe aching, stiff muscles*, must stretch. Anxiety, extreme restlessness.
- Worse: cold, after rest, p.m. Better: warm drinks, heat, gentle motion.



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334 pages, pb
publication 2000



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