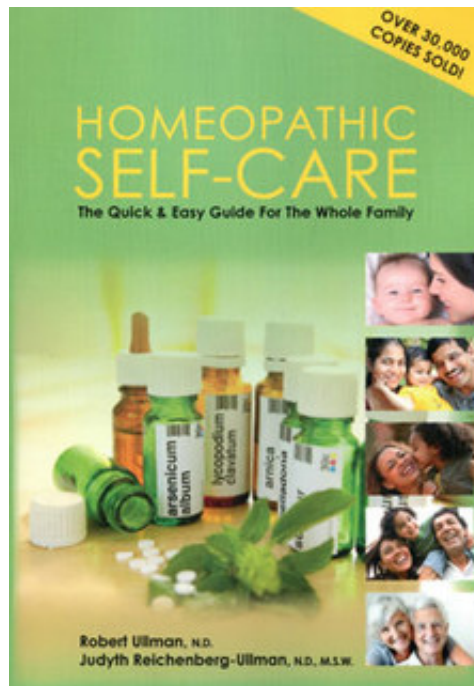


Reichenberg-Ullman / Ullman Homeopathic Self-Care

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Common Cold

(See also Coughs and Flu.)



Description

The common cold is a viral infection associated with a large number of viruses that infect the nose, throat, and lungs.



Symptoms

Sore throat and stuffy nose, with a watery nasal discharge at first, then becoming thicker and colored. A low-grade fever and headaches are common. A loose or dry, hacking cough often occurs as the cold "goes into the chest," and may persist for up to several weeks.



Complications

Colds may be complicated by bacterial infections leading to sinusitis and ear infections, and may progress to bronchitis or, infrequently, pneumonia.



Look

Is the throat red, is the uvula swollen, or is there pus on the tonsils?
What color is the nasal discharge or coughed-up mucus?
Is the face red, pale, or otherwise discolored?
Is fever present?
Are the lymph glands along the throat swollen or hard?



Listen

"I felt fine until I went out to shovel snow yesterday. It came on so fast."
Aconite or *Belladonna*
"My nose is running like a faucet!" *Allium cepa*
"I feel so much pressure in my head that I think it will burst."
Kali bichromicum
"I've been working nonstop. This is the only way I'll slow down."
Nux vomica
"Please stay with me. I have a bad cold," she says weepily. *Pulsatilla*
"It's cold in here. I need blankets and some hot tea right now. Do you think I will be all right?" *Arsenicum album*
"I can't seem to find a comfortable temperature. My sinuses are fuller mucus and my partner can't stand my breath." *Mercurius*



Ask

- When did the cold start?
- What were the first symptoms?
- What are the symptoms now?
- Is the cold more in the head or the chest?
- Is your throat sore on one side or the other? What does it feel like?
- What makes your symptoms better or worse?
- Are you hungry or thirsty?
- Do you want anything in particular to eat or drink?
- Are your muscles and joints painful?
- Do you feel warm or chilly?
- Do you have a headache? What kind of pain and where is it?



Pointers for Finding the Homeopathic Medicine

During the first twenty-four hours of a cold with a high fever, choose between *Aconite*, *Belladonna*, and *Ferrum phosphoricum*. If the symptoms fit *Belladonna* but it doesn't help, use *Ferrum phosphoricum*. *Allium cepa* is the most common medicine for colds in which the eyes and nose run or drip like a faucet. Give *Kali bichromicum* if the main symptom is pressing pain in the sinuses and root of nose. The discharge will usually be thick, greenish-yellow, and stringy. If the symptoms come on after overwork or anger, and if the person is very impatient and irritable, look at *Nux vomica*. *Pulsatilla* is good for a ripe cold with thick yellow-green discharge, changeable moods, and a whiny, clingy disposition. Give *Arsenicum album* for a cold with a watery, irritating nasal discharge in a chilly restless person who seems anxious and needy. People who need *Mercurius* are sensitive to both heat and cold, with yellow-green mucus and bad breath.



Dosage

- Give three pellets of 30C every four hours until you see improvement.
- If there is no improvement after three doses, give a different medicine.
- After you first notice improvement, give another dose only if symptoms begin to return.
- Lower potencies (6X, 6C, 30X) may need to be given more often (every two to four hours).
- Higher potencies (200X, 200C, 1M) generally need to be given only once. Repeat only if symptoms return with intensity; give only infrequently in this case.



What to Expect from Homeopathic Self-Care

Unlike conventional medicine, homeopathic medicines effectively treat the common cold, shortening the severity and duration of symptoms. Antibiotics are not recommended for colds, only for severe bacterial infections that have not responded to homeopathic treatment.



Other Natural Self-Care Recommendations

Rest. I Drink two to four cups of hot ginger tea. Boil three slices of fresh ginger in two cups of water for fifteen minutes. I Avoid dairy products, wheat, bananas, and oatmeal because they increase mucus production.



Key Symptoms



Mind

Aconite
(*Monkshood*)

The first stage of a cold that comes on suddenly and violently
Colds that come on after exposure a cold dry wind, or from fright or shock
Usually needed within the first twenty-four hours after the illness begins
High fever that comes on suddenly

Tremendously fearful, anxious, and restless
Afraid of death to

Allium cepa
(*Red onion*)

A profuse watery nasal discharge that drips like a faucet
Nasal discharge burns and irritates the nose and upper lip
Eyes and nose run as if the person were peeling an onion





Afraid that the pain will become unbearable

Arsenicum album
(*Arsenic*)

Thin, irritating, or burning watery nasal discharge with sneezing
Nose feels stopped up while it runs
Anxious, nervous, and restless
Very chilly

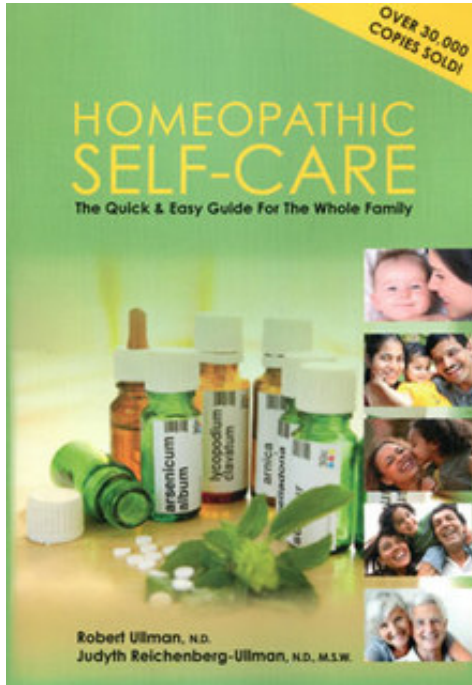
Needy and demanding
Afraid of being alone
Complaining that they won't get well

I Vitamin C (500 mg every two hours, up to 3000 mg per day) in the first stage of the cold. I Echinacea/goldenseal capsules or tincture. Take one dropper of tincture in warm water or two capsules every four hours. I Vitamin A: 25,000 IU per day. Zinc: 30 mg per day. I Zinc lozenges if there is a sore throat. I Garlic capsules, two every four hours. I Nasal wash with one-fourth teaspoon salt to one cup warm water once or twice a day. For the nasal wash, snuff a small amount of salt water from a cupped hand into the nostrils. Tilt your head back closing the throat, let the water drain into your mouth and spit it out.

			
Body	Worse	Better	Food & Drink
<p>A croupy cough comes on suddenly One cheek red, the other pale, or both cheeks hot and red Hof watery <i>nasal discharge</i> <i>Nostrils hot and burning</i> Throat red, dry, and hot with swollen <i>tonsils</i> Choking sensation when swallowing</p>	<p><i>Fright or emotional shock</i> <i>Cofd dry wind</i></p>	<p><i>Open air</i> <i>Sleep</i></p>	<p>Intense, burning thirst for cold drinks <i>Everything tastes bitter except for water</i></p>
<p>Eyes run, but the discharge is non-irritating <i>Rawness in the throat and laryngitis</i> <i>Incessant hacking, tickling cough is worse from breathing in cold air</i></p>	<p><i>Warm room</i> <i>Damp, cold weather</i></p>	<p><i>Outdoors</i></p>	<p><i>Strong hunger and thirst</i> <i>Desire for onions</i> <i>Aversion to cucumbers</i></p>
<p><i>Right nostril runs</i> <i>Colds go to the chest</i> <i>Cough worse in the cold or out doors</i></p>	<p><i>Cold</i> <i>After midnight, 1:00 to 2:00 a.m.</i></p>	<p><i>Heat</i></p>	<p>Very thirsty for frequent sips of cold water <i>Desire for milk, fat on meat, sour foods</i></p>

MEDICAL CONDITIONS

continued on next page



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