

HOMOEOPATHIC FIRST AID TREATMENT FOR THE COMMON COLD

Homoeopathic Remedies can be used to help ward off early symptoms of a cold, and prevent the development of symptoms.

The idea is to choose the remedy best suited to the physical, emotional and mental symptoms.

The common potency for first aid use is 30c. The dosage is 4 drops onto the tongue, or suck 2 tablets 3 times a day for 2-3 days.

If symptoms change the remedy may need to be reviewed.

If symptoms persist you are advised to see your homoeopathy doctor for treatment.

A.G.E

This is a combination Homoeopathic remedy. containing Arsenicum Iodatum, Gelsemium, and Eupatorium Perfoliatum. It can be used for cold and flu prevention in the dose of 4 drops onto the tongue or 2 tablets sucked once a fortnight. The dosage is the same for children and adults. A.G.E 30c can also be used for flu, and covers the early onset stages to fully developed influenza and the lingering final stages. The dosage is 4 drops onto the tongue or 2 tablets suck, 3 times a day, for up to 5 days, for both children and adults.

ACONITE

This is the choice for early stages of a cold. Take when sudden symptoms appear of fever, colds, chills, headaches, sore throats. It is especially effective in the acute situation if caused by exposure to cold, dry winds, if frightened, or worse after dark. The dose is 4 drops onto the tongue or 2 tablets sucked, hourly for 6-8 doses. Aconite is normally used only for the first 12-24 hours.

BELLADONNA

Covers violent onset with fever, flushes, hot red nose, nose runs clear, thirsty, sore throat, sore throat, throbbing headache. Worse from light, noise, jarring.

ARSENICUM ALB

Much sneezing and watery, burning discharge from the nose. Tickling in the nose, thirsty for small amounts of water, fever, chilly, wants to keep warm although relief from cold application to the head.

NUX VOMICA

For when there is chilliness, sometimes with fear, and irritability. The nose runs clear by day, and is stuffed up at night. There is a rough throat and dry cough.

BRYONIA

Aching, tearing pain in every muscle. Dryness of mucus membranes - parched lips. Thirsty for long old drinks. Discharge thick, white/yellow, headache, irritability, wants to be left alone, worse from movement. Dry cough causing pain in head.

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