

Homeopathic Remedies for Flu

Flu, or influenza is a viral illness that is more intense than a common cold, and can include fever, muscle aching, headache and fatigue. Homeopathic remedies can help to lessen the severity of a flu and aid in your recovery.

Homeopathic remedies are selected by looking at your particular symptoms and matching them to the symptoms characteristic of that remedy. Some of the remedies which may be useful for the flu include Aconite, Arsenicum, Belladonna, Bryonia, Eupatorium Perfolatum, Euphrasia, Gelsemium, Nux Vomica, Pulsatilla and Rhus Tox. One of the most common flu remedies is Gelsemium. It would be for a flu with chills, aching limbs, fatigue, feelings of heaviness (including drooping eyelids) in short, general weakness and tiredness.

Eupatorium Perfolatum is another remedy which I often prescribe for influenza. A common name for this plant is Boneset, which gives a clue as to the symptoms which would indicate its use. A flu which would be helped by Eupatorium Perfolatum is one where there are intense aching pains in the bones. The bones can feel as if they are broken, the skin feels dry and sore all over, and even the eyeballs and the scalp are achy and sore.

When home prescribing it is best to choose a potency of 30C. For a severe flu, you could take one dose (a pellet dissolved under the tongue, 10 minutes away from eating or drinking) every hour or two for a few hours. If your symptoms do not start to improve after 3 or 4 doses, stop taking the remedy and try another. Always stop taking a homeopathic remedy when symptoms have improved, and only repeat on relapse.

For further information about flu remedies and other acute care homeopathy, I would suggest purchasing a book such as *The Complete Homeopathy Handbook* by Miranda Castro.

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