

Relief for Seasonal Allergies

Homeopathy has a lot to offer in the treatment of seasonal allergies. There are many over the counter medications available to treat allergic symptoms, but they commonly have side effects such as drowsiness and dry mouth. Homeopathic remedies are safe and non-toxic and easy to use.

With homeopathy, there are two approaches used to treat seasonal allergies. First, there are remedies which focus mainly on a person's individual allergic symptoms (for example, bland discharge, excoriating discharge ...). These are called acute remedies, and with a bit of information can be easily chosen by the allergy sufferer.

The second approach to seasonal allergies involves treatment by a professional homeopath, who will choose a remedy which covers all of your symptoms, including your seasonal allergies. This is called constitutional treatment. Homeopaths understand that the body has a wisdom, in that it is always trying to protect and to restore balance. Allergies are viewed as a sign of a sensitivity. The body produces a reaction to try to cope with an imbalance in the system as a whole by over-reacting to substances in the environment such as pollens, dust, pet dander and common foods such as eggs, milk and wheat. The aim of constitutional treatment is to help your body to repair and heal so that it no longer over-reacts to everyday substances. It is best to begin constitutional homeopathic treatment several months in advance of your usual seasonal allergic symptoms.

Homeopathy can be used to treat sensitivities to food, seasonal allergies and contact allergies. The focus of this article is on seasonal allergies. The source of seasonal allergies varies with the season. In the spring, symptoms are usually due to tree pollen, in the summer grass pollen and in the fall weed pollen. Remedies are selected by looking at your individual symptoms and matching them with a remedy which best covers your symptoms.

Homeopathic remedies that can help symptoms of hay fever and rhinitis:

Allium cepa - Nasal discharge burning, can be one-sided, profuse, watery, eye discharge bland. Worse in a stuffy room and in the evening, better for fresh air.

Arsenicum album - Similar to Allium cepa and Euphrasia, but both the nasal and eye discharges are burning, frequent sneezing that does not bring relief. Worse outdoors and at night (midnight), better from warm applications.

Arundo - The eyes, nose, roof of the mouth and the insides of the ears are itchy. A feeling of burning heat and itching. There can be loss of smell, and sneezing, which is brought on by itching of the nostrils (not in repeated bouts like Sabadilla).

Euphrasia - Nasal discharge bland, burning discharge from the eyes (opposite to Allium cepa), if sore, the throat will burn. Eyes sensitive to light, eyelids burning, red,

swollen. Worse indoors and in the evening, also worse in the wind and for warm applications..

Pulsatilla - Nasal discharge is dirty, yellow, green, bland, thick, smelly (unlike Sulphur where the discharge is dirty, smelly but irritating), the discharge can alternate between dry and profuse, and can become watery in the fresh air. Sense of smell and taste absent. Better for fresh air, worse in a stuffy room.

Sabadilla - Repeated bouts of sneezing, sore throat (can be left sided), hurts to swallow, profuse, watery discharge from nose and eyes. There can be a sensation of a lump in the throat with a constant urge to swallow.

Sulphur - Nasal discharge is smelly, dirty, yellow with frequent sneezing. The person may smell unpleasant smells. Eyes are burning, gritty, sensitive to light, watering, which is worse for washing eyes. Eyes water easily in the fresh air. Eyelids itch in daytime only.

Wyethia - Itching in the back of the nose and throat, dryness of nose and throat. Burning, copious flow of mucous, constant swallowing. There can be a dry, itchy cough, which keeps the patient awake at night.

How to take homeopathic remedies

The potency (the strength of the remedy) I recommend for home prescribing is 30C. Take one pellet, dissolved under the tongue, at least 10 minutes away from eating or drinking. Depending on the severity of your symptoms, you can take one dose every 2 to 4 hours. Stop on improvement of symptoms, repeat only on relapse. If symptoms have not improved after 4 to 6 doses, it is probably not the correct remedy, so try another remedy.

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Meryl is registered as a Homeopath with the Canadian Society of Homeopaths (CSH) & the Maritime Society of Homeopaths (MSH).

References

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