

Homeopathic Healthcare

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Canker Sores

Canker sores can be a product of stress, nutritional deficiency (iron, lysine, vitamin B12, folate), food allergy, acute viral illness, trauma (e.g., biting the cheek), and other causes. For some, simply taking a high potency multivitamin-mineral with B-complex will help, as may lysine supplementation. Avoidance of acidic foods - citrus, tomato sauce, vinegar, etc. - may also help. One other potential causative culprit is a common ingredient in many toothpastes — sodium lauryl sulfate.

The duration and discomfort of acute canker sores can be markedly reduced using homeopathic medicines, primarily one of those listed below. Individuals suffering from frequently recurring canker sores should consult a homeopathic professional for constitutional treatment to prevent recurrences.

The indicated remedy, from those below, should be given in the 30C potency every 4-6 hours until improvement is noted. Once improvement is definite, stop the remedy unless there is a relapse. Injudicious repetition of even the correct homeopathic medicine can at times provoke a worsening of the condition. If no improvement is noted within 24 hours, try a different remedy.

Homeopathic Remedies

Natrum muriaticum: These canker sores (inside the mouth, on the gums and tongue) are often associated with cold sores on the lips. The sores burn on contact with food. The lips may be dry and cracked in the middle of the lower lip. Nat-mur cold sores are often provoked by prolonged exposure to the sun.

Borax: Borax is especially suitable for children, especially those with oral thrush as well. The canker sores are sensitive and bleed when touched. The mouth feels hot and dry. Mothers are often aware of the infant's hot mouth while nursing. The sores are especially sensitive to salty and acidic foods. Borax children are anxious and fearful of sudden noises and downward motion, as when put down for diaper changing.

Mercurius solubilis (or vivus): The overall condition of the mouth is impressive in this remedy. With the canker sores there will usually be excessive salivation, especially at night; foul breath, and a metallic taste. The gums may be inflamed, spongy and bleeding. The tongue displays the imprint of the teeth along the edges, creating a scalloped impression. Lymph nodes in the neck and under the jaw may be swollen.

Arsenicum album: These canker sores cause burning pain, the discomfort relieved briefly by warm drinks. The breath is offensive. The ulcers often have a bluish appearance, as might the gums. Patients tend to be restless and anxious and quite chilly. Symptoms may be aggravated after midnight, especially around one or two a.m.

Nitric acid: The symptoms are very much like those of Mercurius with acrid saliva, foul odor, and bleeding. The pains, though, are of a stitching, needle-like quality. There may be cracks at the corners of the mouth. The ulcers have an irregular margin.

Calcarea carbonica: Canker sores in infants. These children tend to have large, sweaty heads and flabby bodies. Perspiration is sour. There may be a sour taste in the mouth. Infants with difficult teething and canker sores are often helped with this remedy.

Kali chloricum: Canker sores with coated white tongue and tough, stringy, acidic saliva. Cold, swollen tongue. Bad breath. A generic remedy for canker sores when other useful symptoms are lacking.

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