

Homeopathic Healthcare
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Chickenpox

Chickenpox is usually a benign acute viral illness of children. Initial symptoms include fever, mild headache, aches and pains; these preliminary symptoms are succeeded by the typical skin lesions of chickenpox — fluid-filled vesicles (blister-like eruptions) which eventually crust over. The rash can be exceedingly itchy. Once no more active lesions are forming and all lesions are crusted over, the disease is no longer contagious. The acute phase of the illness usually lasts only 4 - 7 days. Occasionally secondary bacterial infections of the skin lesions can complicate the illness. Complications are rare and more often occur in adults and immune compromised patients. Aspirin should be avoided in this illness since it may predispose patients to a serious, life-threatening complication called Reye's Syndrome.

While a chickenpox vaccine exists, there is no really effective conventional medical treatment for this illness other than supportive care. However, homeopathic medicine possesses a number of highly effective medicines for chickenpox. The symptom profiles of most of these medicines are usually easily recognized, allowing for their effective application as “home remedies” by parents.

Below is a list of some of the more common homeopathic remedies for chickenpox and their prescribing indications. After selecting the most similar medicine, administer it in the 30C potency, one dose every 3-4 hours until a clear beneficial effect is observed. If no improvement is seen after at least three doses of the remedy, re-evaluate the case and choose another homeopathic medicine. If the disease is unusually severe, protracted or complications develop, please consult with your physician.

Homeopathic Medicines

Rhus toxicodendron: Itching is intense and provokes intense restlessness; constant movement tends to lessen the severity of the itching. A warm bath may also ease the itching. Patients are usually chilly. Symptoms are often worse at night. Scratching only intensifies the itching. Small vesicles with clear liquid (or pus) are the typical lesions.

Antimonium crudum: In this remedy, the appearance of the lesions and the child's temperament are the main indicators. The sores have thick, hard, honey-colored crusts on them, or they produce a honey-like discharge. Itching (and burning) is worse from warmth. The child is morose and irritable, doesn't want to be looked at or touched. The tongue may have a thick, white coating. There may be a craving for sour foods.

Antimonium tartaricum: A close relative of Antimonium crudum, the tartaricum produces a typical cough during the illness — loose and rattling, without actual expectoration. The lesions tend to have a bluish tint. Heat also aggravates, and the child's

mood can be much like that described in Antimonium crudum, though less intensely irritable.

Pulsatilla: Temperament provides the central clue to the need for this remedy. The child is weepy and clings to the parent, wanting to be carried and carressed. Heat aggravates all symptoms; cool air ameliorates. Thirst is very low. Skin lesions consist of blisters and crusts.

Mercurius: Mercury comes into play especially when the lesions appear to be getting infected, with purulent (pus) discharge. The child may be irritable, aggravated by both heat and cold, salivating profusely (with bad breath). The itching is aggravated by heat. Ulceration of lesions and the appearance of canker sores in the mouth are also indications for Mercurius.

Croton tiglium: The blisters of this remedy also itch intensely. Scratching is very painful; so the child resorts to gentle rubbing of the itchy areas. The child may appear anxious. The skin may feel quite tight, a so-called “hidebound” sensation. Often the face and genitalia are especially affected. (Usually the face is not so markedly affected in chickenpox.)

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