

**Homeopathic Healthcare**  
George Guess, MD

**Conjunctivitis - “Pink Eye”**

Pink eye, by which I refer to simple conjunctivitis of either allergic or infectious origin, is easily treated with homeopathic medicines. Selection of the correct remedy is usually not too complicated since the characteristic symptoms are localized to the eye and thus fairly easy to discern. Once the indicated remedy has been identified, try one dose of 30C potency three times a day. Benefit should be apparent within a day if the remedy choice was correct.

In addition to a homeopathic remedy taken orally, eyewashes can be useful. Simple conjunctivitis without purulent discharge (pus) of viral or allergic causation is frequently helped with Euphrasia (eyebright) eyewash: 20 drops of Euphrasia tincture in 1 cup of water (previously boiled and allowed to cool). If the condition seems due to a bacterial infection (purulent discharge), a combination of Calendula (marigold) and Golden seal or Hypericum (St. John’s Wort) as an eyewash will work better (in the same concentration of each ingredient as above).

**Homeopathic Remedies**

**Pulsatilla:** Red eyes with thick yellow/green discharge. The itching or irritation is ameliorated by cool air and cool applications, such as washing with cold water. Heat — hot rooms, warm water applied to the eye — aggravates. The Pulsatilla conjunctivitis is often associated with a cold.

**Euphrasia:** Burning and excoriating tearing. Constant blinking, which temporarily relieves the eye irritation/itching. Burning and redness of the eyes. Much tearing.

**Apis:** Associated with red eyes is tremendous swelling of the conjunctiva and/or eyelids. Stinging or burning pains are typical. Heat aggravates; cold air and applications ameliorate.

**Sulphur:** Redness of the eyes and especially of the lid margins. There may be purulent discharge. There tends to be a strong sensation as of sand under the lids. Itching and scaling of the eyelids and the lashes. The eye discomfort is worse from heat and from washing the eyes. Cold ameliorates.

**Hepar sulphuris:** Yellow discharge; stitching (needle-like) pains. Symptoms are worse from cold exposure and touch (due to tenderness), and better from heat.

**Graphites:** Associated with the red eye and irritation are dryness and cracking of the lids, especially of the inner corner of the eye, and sticking together of the lids from dried discharges. There is marked sensitivity to light. Irritated, red lid margins.

*Dr. Guess is a family physician and has practiced classical homeopathic medicine since 1978. He maintains a private family practice in Crozet, Virginia, near Charlottesville. He is the past editor of the American Journal of Homeopathic Medicine (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). [www.drgeorgeguess.com](http://www.drgeorgeguess.com)*