

Homeopathic Healthcare
George Guess, MD

Hay Fever

Allergies and hay fever seem ubiquitous these days; television advertisements for antihistamines and intranasal steroids abound. Notwithstanding pharmaceutical corporations' urgings to try Allegra or Claritin or Flonase, etc., there is another very effective alternative - homeopathy. The noteworthy characteristic of homeopathic treatment of acute hay fever/allergies is that, often, only a short course of homeopathic medicine is required to quell hay fever symptoms for the entire season; that and, of course, the fact that homeopathic medicine is virtually free of side-effects. The remedies described below for hay fever can be equally effective for allergic symptoms due to other causes than pollens; such as, leaf mold, dust, mildew, etc.

In the course of my clinical practice I have found that some botanical preparations as well as nutritional products are very helpful for hay fever too. Chief among them, in my experience, are the bioflavonoid quercetin (with bromelain — pineapple enzyme), stinging nettle and butterbur, both botanical medicines. There are, of course, a number of other potentially effective agents. Regular daily nutritional supplementation of broad spectrum antioxidants, liberal amounts of vitamin C, and essential fatty acids will help to reduce allergic sensitivity.

The most potent remedy for hay fever though, in my estimation, remains the indicated homeopathic remedy. Below are a number of commonly indicated homeopathic medicines for hay fever and their particular symptomatic indications. May all sneezes be a thing of the past! Good luck.

Homeopathic Remedies

Recommended dosage: 30X or 30C, one dose, every 3-4 hours until benefit is noted; then reduce dosage to as needed basis for relapses. If no benefit is noted after 36-48 hours, try a different remedy.

Sabadilla (cevadilla): watery nasal discharge, spasmodic (violent) sneezing, itching nose, red watery eyes. All symptoms are very much ameliorated when outside, walking in open air. May have a lump in throat with constant urge to swallow.

Wyethia (poison weed): intense itching, especially of the palate, and back of the throat, ears, behind the nose. Dryness of the upper respiratory passage despite burning, watery nasal discharge.

Allium cepa (onion): clear, burning nasal discharge that irritates the nose and upper lip; profuse tearing which does not irritate the skin (see Euphrasia) though the eyes may burn. Symptoms are worse in a warm room, indoors, evening; better in open air. May have laryngeal irritation with dry, very painful cough (grasps throat). Thirst. Mental dullness.

Euphrasia (eyebright): opposite of Allium cepa: bland, watery nasal discharge with copious burning tears. Worse outside, morning, and while lying down. May have accompanying cough (loose) in daytime, better eating, lying down (though nose symptoms worse lying).

Nux vomica (poison nut plant): dry, tickling, scraping sensations in the nose. Stuffy, dry nose alternates with fluent watery nasal discharge. Sneezing. Stuffiness worse at night and outdoors; runny nose worse in warm rooms and during the day. Worse eating. May be quite irritable, oversensitive and chilly. Raw, rough throat. Dry cough worse in morning, eating, cold air, mental work; better warm drinks.

Arsenicum album (arsenic): profuse watery discharge that burns the skin; burning and itching in the nose. Stopped up nose with simultaneous discharge. Sneezing often and without relief. Watery discharge may change to thick and yellow. Forehead headache. Chilly, restless, anxious. Worse in cold air. May be preoccupied with tidiness. Cough worse night, cold; better warmth, warm drinks. Burning chest pain. May be worse during the night, especially after midnight and very early morning hours.

Natrum muriaticum (salt): copious nasal discharge similar to raw egg white; postnasal drip. Sneezing. Loss of taste and smell. May be associated with cold sores. Dry, cracked lips. Irritable. Averse consolation, anyone fussing over them.

Ambrosia (ragweed): copious tearing and intolerable itching of the eyelids with hay fever.

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