

Homeopathic Healthcare
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Quick Relief for Sore Throats

The most common microbial causes for the typical sore throat are, first, viruses and, second, the Streptococcus bacterium. Sore throats caused by either will be rapidly alleviated by the correct homeopathic remedy. Because of the potential, though rare, of serious side-effects from a specific type of Streptococcal throat inflammation, persons with serious sore throats should see their physician for diagnosis and possible treatment. Likewise, a persistent sore throat calls for medical evaluation. If the acute sore throat is viral, conventional medicine has little to offer beyond mediocre palliative care. If the inflammation is due to a Streptococcal infection, antibiotics will be prescribed; consequent relief of symptoms, however, may take two or more days. Again, in either instance, the proper homeopathic medicine will effect rapid relief of both symptoms and inflammation.

Here's a case to illustrate my point – a boy who had suffered with extreme nausea and vomiting all the preceding night presented in my office with a “ferocious” sore throat, worse when lying down. His other symptoms were: slight fever, pale and clammy face, profuse perspiration, chilliness, weakness, vomiting when drinking, dizziness on rising from bed and when walking. His right ear hurt when lying down, and was better from cold air and applications. It was hard to swallow because his throat felt swollen. His mouth felt dry, but he salivated profusely on lying down. The remedy *Belladonna* 30C was prescribed. Within four to six hours there was significant improvement in his symptoms, and he felt completely well within twelve hours.

The following remedies are appropriate for most sore throats. Dosage: try one dose of a 30C potency of the indicated remedy every three to four hours for at least two to three doses; if there is no improvement, try a different remedy. Once improvement is quite apparent, stop the remedy, repeating only if symptoms begin to relapse.

Aconite (monkshood) – Sudden sore throats with high fever, especially if occurring after exposure to cold, dry wind. The throat is hot, red, dry, painful. Symptoms are associated with great anxiety and restlessness.

Belladonna (deadly nightshade) – Sudden sore throat with high fever. Bright red, hot, dry face. Right-sided, severe throat pain, worse swallowing, with choking. The patient may desire lemons/lemonade. Thirsty, very, or thirstless.

Apis (honeybee) – Swelling of the throat (tonsils, uvula) is marked. Right-sided. Burning, stinging pain: better cold drinks, worse warm drinks. Thirstless despite fever.

Hepar sulphuris calcareum (calcium sulphide) – Very sensitive, painful throat, with splinter-like pains which radiate to the ear on swallowing. Worse least draft of cold air. Purulent discharge on the tonsils. The throat may smell of old cheese. Symptoms are better from warmth. Irritable. Very chilly.

Lachesis (bushmaster snake venom) – Left-sided sore throats or painful sore throat proceeding from the left to right. Worse swallowing saliva. Choking, especially on falling asleep. Lump in throat sensation. Sensitive to collars and touching the external throat. Worse warm drinks, better cold.

Lycopodium (club moss) – Right-sided sore throats or from right to left side. Better from warm drinks; worse from cold. Worse in the late afternoon (4-8 pm). May be associated abdominal bloating, flatulence.

Mercurius (mercury) – Bad breath; metallic taste; increased salivation; constant desire to swallow; mucus in the throat. Systemic symptoms: alternating hot and cold chills; clammy; offensive sweat. More often cold drinks ameliorate the throat pain. Ulcerated throat. Worse at night. If with these symptoms the throat pain is distinctly right-sided, give *Mercurius iodatus flavus*; if left-sided, *Mercurius iodatus ruber*.

Phytolacca (pokeroot) – Dark red, bluish throat. Throat pain extends to ear on swallowing. Lump or ball sensation in the throat. Swollen cervical glands. Pain worse from hot drinks. Stiffness of neck. Muscle aches.

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