

hayfever & spring allergies

Hayfever is best treated with a carefully selected constitutional remedy for a sustained result; however relief may be obtained with the use of acute homoeopathic remedies as well as tissue salts, vitamins and minerals and herbal combinations which all have a part to play in strengthening the system.

Attention to spring cleansing the liver after winter can also lessen the allergic response. Limit the intake of dairy and refined starches to reduce production of mucous and consider supplements such as **Vitamins C and A, bioflavonoids and zinc**. It can be helpful to fit air filters over open windows and fireplaces and efficient draught excluders to doors to keep irritating pollens out. Increase water intake to flush the system and exercise to provide the stimulation to relieve stuffiness and congestion.

Our own **Hay Fever combination** is enormously popular for acute relief of symptoms and contains remedies such as **Allium 6c, Sabadilla 6c, Euphrasia 6c, Pollens 12c** and **Tissue Salts**.

If you prefer to use a 'simplex' remedy for the acute symptoms some of the major remedies are listed below. When choosing acute remedies it is important to pay attention to your particular local symptoms and try to start the acute management of your allergies immediately you sense the problem arising or better still several weeks before the onset of the 'season' for best results.

Allium: Allergies every Spring often begin with sneezing. Burning, smarting, light sensitive eyes producing bland tears (as if chopping onions). Acrid, watery discharge irritating the upper lip, sore nostrils. No sense of smell and the nose feels blocked despite the runny discharge. Tickling and burning in the throat. Dry, rasping, tearing cough. Better in open air.

Arsenicum: Burning eyes, thin watery tears and light sensitivity. Violent and painful sneezing caused by a tickle in the nose. Profuse, watery, burning discharge which irritates the upper lip. Dry, irritating cough and burning, swollen throat, unable to swallow. Restless, chilly, worried and exhausted. Sensitive to light. Worse from changes in weather, cold and open air.

Euphrasia: Eyes swollen, with a gritty feeling 'as if full of sand', red and burning with acrid, sticky, irritating discharge that may even burn the cheeks. There is also a fluent, watery discharge from the nose; and possibly a cough with phlegm. Symptoms are often worse indoors and from heat and wind.

Gelsemium: The eyes feel very heavy and swollen, and there is violent sneezing with tingling in the nose and a streaming, irritating discharge that is worse in the morning. Sore throat, like



a lump in the throat. Dry cough with sore chest and oppression. Apathetic, listless, giddy and there may be trembling. Symptoms are better in the open air.

Nat mur: Eyes have a watery, bruised feeling. Violent sneezing, and itching and tingling in the nose especially after exposure to the sun. The watery, frothy nasal discharge, like the white of an egg, appears later. Lost sense of taste or smell. Feels sad, low, touchy and wants to be alone.

Nux vomica: Smarting, light sensitive eyes. Stuffy nose, obstructed breathing. Itching inner ears. Dry cough with sensation of something loose, brings on a bursting headache. Migraine type headache, worse from stooping. Generally the person feels irritable, nervous, chilly and oversensitive. They have a tendency to over indulgence and over work.

Pulsatilla: Congestion and bland yellow or yellow-green discharges. Abundant discharge in the morning but the nose is dry and constricted at night. Chilly but averse to heat, desires cold and open air.

Sabadilla: Watery eyes with red burning eyelids. Nose stuffed up or running freely and itchy. Spasms of sneezing. Very sensitive to smells e.g. flowers. Sore or tickling throat, better for warm drinks. Extremely chilly with a severe frontal headache or nosebleed.

Sanguinaria: Mucous membranes very dry with a raw, burning sensation in the ears, nose and throat and sneezing with profuse burning secretion. Burning soreness in the chest extending to the abdomen. Hacking cough, worse at night. Better for sleep and in the dark. Hypersensitive to smells. Thirsty.