

Homeopathy For Colds

Remedy	Onset	Sneezing	Discharge	Throat	Hunger/Thirst	Worse	Better	Mentals	Misc.
Aconite	SUDDEN; 1 st Stage; SHOCK; COLD WIND	Frequent	CLEAR, hot water; DRIPS from nose		THIRSTY	Stuffy room		Anxious; Delusion dying	Feverish and restless; Wakes at midnight
Allium cepa	Damp, cold weather	FREQUENT ; VIOLENT	Nose: FLUENT and ACRID Eyes: FLUENT and BLAND		THIRSTY	Warm room	Fresh air	Melancholy	Hot and headachy
Euphrasia		Sneezing	Nose: FLUENT and BLAND Eyes: FLUENT and ACRID			Sunlight and wind	Fresh air; Dark room		Cough worse daytime and better lying down
Gelsemium	SLOW; CHANGE IN WEATHER (to warm & wet)	Early a.m.	THIN; ACRID; WATERY		THIRSTLESS; NO APPETITE	Humidity	Urinating; Sweating	Timid, quiet and reserved; Sadness	Flu-like cold; Heavy limbs/eyelids; Hot/Cold chills up and down spine
Pulsatilla			THICK; YELLOW; BLAND		THIRSTLESS; No appetite	ALONE; Warm, stuffy room; Nighttime	FRESH AIR	Clingy; Weepy; Dependent	Persistent colds
Natrum Muriaticum		Violent sneezing	PROFUSE FROM NOSE; Viscid, albuminous, like egg white w/ lachrymation		THIRSTY	Heat		Grief; Sadness; DESIRE TO BE ALONE	Taste/smell LOST; Cold sores around nose/mouth; Cracked lips (lower/middle)
Nux Vomica	DRY, COLD; OVER- INDULGENCE	Violent fits	Blocked at night and outdoors; Runs daytime	With SORE THROAT	Thirst for warm drinks			IRRITABLE	CHILLY; desire to be covered; Shivering; Achy

Homeopathy For Flu

Remedy	Onset	Fever	Pain	Cough/Coryza Head/Eyes	Thirst	Worse	Better	Mentals	Misc.
Arsenicum		CHILLY with GREAT prostration		<u>STREAMING EYES & NOSE</u>	THIRSTY FOR SIPS WARM LIQUIDS	COLD; 12- 2am	Warmth	Anxious; Irritable; Restlessness; Panicky	Feverish and restless; Wakes at midnight
Baptisia	SUDDEN	HIGH FEVER; PROSTRATION W/ PROFUSE SWEATING	Sore/bruised feeling	FACE IS DULL/RED	INTENSE THIRST			STUPOROUS; Falls asleep mid-sentence	GASTRIC SYMPTOMS (vomiting/ diarrhea)
Bryonia	SLOW	Very hot & dry; Fever may not be high	ACHES all over, esp. joints	Painful COUGH; causes headache	DESIRES LARGE QUANTITIES OF COLD INFREQUENT	ANY MOVEMENT	PRESSURE	Irritability	WANTS TO BE TOTALLY STILL AND ALONE
Gelsemium	SLOW	Heat alternating with chills; Shivers/chills run up and down spine	Aches all over with heaviness and weakness; Muscle aches	Sneezing; DULL headache; EYELIDS HEAVY/ HALF OPEN; Double vision	THIRSTLESS		Urinating; Open air	Apathetic, NUMB, Timid, quiet and reserved; Sadness	DROWSY;
Nux Vomica		CHILLY with SHIVERING (esp. after drinking)	Limbs and back ACHE	NOSE STOPPED UP AT NIGHT		LEAST movement		IRRITABLE	GASTRIC SYMPTOMS (nausea, vomiting, diarrhea)
Oscillo- coccinum	1 st signs of flu; WEATHER CHANGES; Used preventatively;		Muscle aches	Bursting headaches			BETTER HEAT & REST	AGONY; anxiousness	Abdominal cramping with diarrhea
Rhus Toxico- dendron			ACHES & PAINS IN JOINTS & BONES	TIP OF TONGUE IS BRIGHT RED	THIRSTY	Keeping still; Cold	Movement	Anxious; RESTLESS; Fear of being poisoned	