

## Homeopathic Remedies for Allergies and Hay fever

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<b>Apis</b>	Eyes swollen nearly shut. Conjunctiva swollen outside the lids. Burning and heat of the face and eyes. Craves cold applications to soothe the burning. May experience a stinging sensation. Worse from hot applications. May be restless. May be accompanied by hives.
<b>Gelsemium</b>	Overwhelming drowsiness and weakness during hay fever attack. Dull and exhausted. Violent and exhausting sneezing. Worse becoming overheated and in warm, humid weather.
<b>Allium Cepa</b>	Profuse, acrid, watery discharge from nose. May have sensation of burning or rawness in nose and upper lip. Bland tearing of the eyes. Smarting sensation in eyes as if cutting onions. Better in open air or cold air. Worse in warm room or in the evening.
<b>Natrum Muriaticum</b>	Chronic hay fever. Profuse discharge "like egg-white". Paroxysms of sneezing. May have chapped lips and cracks at the corners of mouth. Cracks are worse during allergy season. Tearing in the wind. Worse from going outside, from open air, and from wind.
<b>Euphrasia</b>	Eyes are inflamed, irritated, burning and/or itching. Bland watery discharge from nose. Profuse, acrid tearing of eyes, which may cause constant blinking. Intense sneezing. May have crusty agglutination in corner of eyes on waking. Worse in morning. Worse from warm breeze or from wind. Better at night when lying down.
<b>Arsenicum</b>	Acrid, watery discharge dripping from stopped up nose. Post-nasal drip may cause tickle in throat. Burning pains in nose, eyes or throat. May develop sores in the nostrils. Better from heat, warm room, or warm drinks. Worse from cold or breathing cold air.
<b>Wyethia</b>	Itching of the palate with desire to scratch it with the tongue. Itching in nose and throat. Itching may extend to the ear. Dry mouth and throat, with constant desire to swallow to relieve the dryness. Throat may be swollen. May need to constantly clear throat.
<b>Sabadilla</b>	Paroxysms of sneezing. Itching and tingling inside nose. Watery nasal discharge with stopped up nose. Tearing, burning red eyes. Sneezing causes tears. May experience itching in the palate or the sensation of a hair or morsel of food hanging in the throat. Worse in open air and breathing pollen, especially flowers. Better in warm room and from warm drinks.
<b>Nux Vomica</b>	Sneezing and nasal discharge in morning on rising. Much discharge in morning and daytime with dry, raw stopped up nose at night and in bed. Stuffy nose discharges on entering warm room, providing relief. May be irritable, chilly, and impatient. May feel the need to sneeze, but unable to do so. Worse in morning on waking, in open air, and after eating. Better in warm room or from warm drinks.
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