

# Homeopathic Remedies for Influenza

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<b>Aconite</b>	Sudden onset. Fever accompanied by anxiety, restlessness. Thirsty for large quantities. Worse warm room. Better in open air. Onset after exposure to a dry, cold wind. Worse for cold, dry wind. Anxious, fearful. Hot hands with cold feet.
<b>Anas Barbariae</b>	This is the generic remedy which is the same as the Boiron product Oscilloccoccinum. Taken at the first sign of symptoms, it may “nip it in the bud”.
<b>Arsenicum</b>	Chilly. Burning pain. Profuse, excoriating discharge from the eyes and nose. Thirsty for small sips of water frequently. Worse from cold. Better from warmth. Irritable and anxious; weak. May have vomiting or diarrhea. Restless – needs to move even though weak.
<b>Baptisia</b>	Rapid onset, or can be needed in late stage flu. High fever with prostration with profuse sweat. Sore/bruised feeling, bed feels too hard. Face is dull red. Intense thirst. With gastric symptoms i.e. vomiting or diarrhea. Mental dullness; stupor. Mouth and perspiration smells are offensive.
<b>Belladonna</b>	Early flu symptoms that come on quickly with a rush of heat. Face bright red, pupils dilated. High fever with cold hands and feet. Throbbing pains. Dry mouth, but not thirsty.
<b>Bryonia</b>	Slow onset. Very hot and dry. Aches all over. Painful cough (causes headache). Thirsty for large quantities at infrequent intervals. Worse from the least movement. Worse warm room. Better pressure, rest, cool air. With chest symptoms. Very irritable, wants to be still and left alone. Grumpy.
<b>Eupatorium perfoliatum</b>	Slow onset. Shivering with chills up and down the back. Severe pains in limbs and back. Bones ache as if broken. Bursting headache. Eyeballs are sore. Thirsty for cold drinks. Better lying on back.
<b>Gelsemium (No. 1 flu remedy)</b>	Heat alternating with chills. Shivers/chills run up and down spine. No sweat. Aches all over. Muscles ache. Heavy and weak. Sneezing. Dull headache. Eyes/head heavy. Double vision. Thirstless. Worse damp weather. Better open air. Better sweating. Apathetic, drowsy, “benumbed”. Limbs tremble, may feel too weak to walk. Stiff neck.
<b>Nux vomica</b>	Chilly with shivering (esp. after drinking). Limbs and back ache. Nose stopped up at night. Thirsty for hot drinks. Worse least movement, worse cold, worse drafts. Better warmth. Better after sleep. With gastric symptoms. Extremely irritable. Sensitive to touch, lights, odors, noise and cold air. Can be brought on by over-work.
<b>Phosphorus</b>	Colds/Flus that go quickly to the chest. Chilly with thirst for cold drinks. Tightness in chest or a sensation of weight on the chest. Arms and legs weak and trembling. Wants and is better for attention and company.
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