

homeopathy

AND HOW IT COULD BENEFIT YOU...

Hello my name is Nicola Holdcroft. A this time of the year the most discussed topic is invariably hayfever. Below I have outlined some of the symptoms and suggested some homeopathic remedies to help the condition.

Nicola



what is hayfever?

If you have hay fever, it means that you are allergic to pollen and/or fungal spores.

You may be allergic to other allergens, such as house dust mites, pet hair and moulds. This is perennial allergic rhinitis and means you have it all year round.

Hay fever, asthma, food allergy and eczema are related allergic conditions and the tendency to develop them seems to run in families.

symptoms

Hay fever affects everyone differently and you may have one or more from a range of symptoms, including: sneezing, a blocked or runny nose, itchy eyes, nose and throat, headaches, not being able to concentrate, sleeping badly, feeling generally unwell
In some people, pollen may also trigger asthma.

causes

If you have hay fever, when you come into contact with pollen or fungal spores, IgE antibodies are produced. Antibodies are usually only released to fight infection, but in this instance your body believes the pollen or spore is harmful.

This leads to certain cells in your body, especially those of your respiratory (breathing) system, releasing chemicals. One of these is histamine, which triggers the symptoms of hay fever.

You may be allergic to one or more types of pollen - this will determine when your symptoms are most severe. Some possible causes include: weeds and other plants, as well as spores from fungi and moulds.

Many people use Nasal sprays and drops every year without ever looking to treat the cause of the hayfever. There are a number of things you can do to help reduce your symptoms.

The homeopathic view of hayfever is that they are deep seated complaints which require in the first instance constitutional treatment.

Good health involves treating body and mind so time is taken by your homeopath to listen to your physical and emotional symptoms.

In acute situations, the following remedies can be considered.

Allium Cepa (red onion)

Eyes swell and sting although tears are bland, Nasal discharge is acrid so that nose and upper lip become sore, Frequent sneezing, Headache at the back of the head, Worse indoors and in the evening.

Wyethia (Poison weed)

A dry throat, Itchy roof of mouth, Swallowing is difficult, A constant desire to swallow saliva.

Sabadilla (Cevadilla seed asagraea officinalis)

Eye lids feel hot and become red although excess tears are bland, Nasal discharge is thin at first but becomes thicker and the nose feels sore and blocked, Prolonged attacks of violent sneezing which may cause severe ,

headaches and nosebleeds, Symptoms made worse by the odour of apples, flowers, garlic, onions.

Arsenicum Album (Arsenic trioxide)

Eyes feel burning hot and the tears are acrid and sting the cheeks, Thin burning nasal discharge which burns the top lip, Nose frequently feels blocked, A tickling sensation develops in one spot on the nose, not helped by violent sneezing, Feels worn out and is much better indoors and for warmth.

Euphrasia (Eyebright)

Eyes burn, itch and stream with burning tears, Profuse watery but bland nasal discharge, Frequent sneezing worse in the evening and at night, Cough which may develop is worse during the day and goes away at night.

Arum Triphyllum (Jack in the pulpit)

Pain develops over the root of the nose, Frequent sneezing with burning nasal discharge, Sneezing worse at night.

Other remedies to consider

Dulcamara (Bitter sweet) late summer hayfever
Gelsemium (False jasmine) flu like symptoms
Kali Iod (Potassium Iodide) Yellow discharges alternates hot and chilly.

Dosage 12c every half hour until symptoms subside
Remedies can be bought in most health stores for acute situations or prescribed by a Registered Homeopath as part of long term treatment.

You can email me on nicola_holdcroft@homeopathy-soh.org if you would like more information on Homeopathy. A selection of your questions may appear here next month.

*Nothing contained in this information should be taken as individual medical advice or as a substitute for consulting your homeopath or healthcare practitioner.

MENOPAUSE?

Are you suffering from hot flushes, mood swings, night sweats, headache falling libido?

STRESS, ANXIETY & DEPRESSION?

Emotional stress caused by grief, shock, abandonment, disappointment or major life changes can leave us drained and prone to illness.

Fully insured member of the Society of Homeopaths and bound by their code of ethics & practice
Registered member of the Society of Homeopaths



What's The Alternative

the homeopathic PRACTICE

01782 212 422

Health Matters, 4 Victoria Square, Hanley ST1 4JH
www.homeopathic-practice.co.uk