

# Homoeopathy Update

Spring 2006

Welcome to the Spring edition of my newsletter. I hope you will find it helpful and interesting and do feel free to pass it on to your friends and relations.

## HAY FEVER

I have chosen hay fever as the main topic for this edition.

An increasing number of the people I see suffer with hay fever and I hope this simple guide will help alleviate the worst of this season's symptoms.

In the long term, hay fever sufferers greatly benefit from constitutional treatment out of the hay-fever season. This treatment can reduce a person's susceptibility to the causes of hay fever, so that their symptoms are reduced significantly the following season. With continued treatment symptoms often gradually reduce until the patient is symptom free.

Conventional treatment for hay fever usually involves antihistamines. Whilst these may alleviate the worst symptoms of hay fever, they are not getting at the cause of the illness, so treatment is required every season. Like many drugs, antihistamines also have undesirable side effects, mainly in the form of drowsiness. They may also not be suitable for pregnant and breastfeeding women.

Hay fever is triggered by pollen entering the person's nose, mouth, throat and eyes. In a sensitive person the allergen causes a range of symptoms, which are the body's attempt to rid itself of the allergen. The symptoms include;

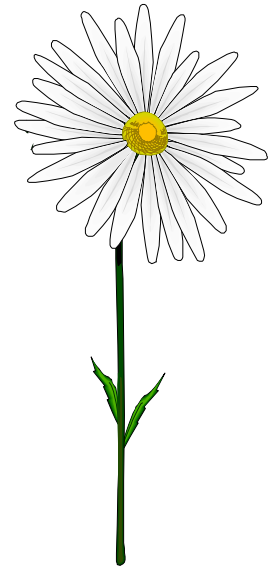
- Watery, itchy, red eyes
- Itchy mouth and palate
- Itchy, dripping, congested nose
- Constant sneezing
- Blocked sinuses.

As with all homoeopathic treatment the remedy that works best is one that covers the patient's symptoms the closest.

No two patients suffer hay fever in the same way, so there is no magic pill that will work for all.

Before choosing a remedy, concentrate hard on your symptoms. Observe the exact sensation, what makes it better or worse. Consider when it is worse in terms of time and location and the nature of any discharge. Consider which is your worst symptom and make sure the remedy covers this symptom.

After taking your chosen remedy don't expect the symptoms to instantly vanish. Consider if there has been any improvement in your symptoms and then only repeat if the symptoms return. Give the remedy a chance to work, but if there is no improvement after several doses it is most likely that a different remedy will need to be considered.



If you have no success with self-prescribing, you can call me for an acute phone consultation (standard charges apply unless you are a patient currently undergoing constitutional treatment)

**Christine Tsavellas  
LCH, MARH**

Registered Homoeopath

**7 Grange Way**

**Rochester**

**ME1 3DU**

**Tel: 01634 404556**

**22 Church Street**

**Maidstone**

**ME14 1EN**

**Tel 01622 661055**

[chris.tsavellas@blueyonder.co.uk](mailto:chris.tsavellas@blueyonder.co.uk)

### Allium cepa

Frequent violent sneezing.  
Burning eyes with **profuse bland tears**. Acrid, watery, nasal discharge. Starts on left side.  
Worse in the morning and indoors.  
Better in open air  
Patient hot and thirsty

### Arsenicum

**Thin, watery, burning nasal discharge** making the upper lip sore, with tickling in nose.  
Violent sneezing without relief.  
**Burning** in eyes with swollen eyelids and sensitivity to light.  
Can trigger asthma symptoms.

### Euphrasia

**Profuse hot acrid tears** which are worse in open air and in sunlight.  
**Profuse bland discharge** from the nose. Hay fever which goes to the chest causing a cough, which is better lying down.

### Sabadilla

**Persistent, violent sneezing** with itching and tickling in nose.  
Sensitive to smells and nasal discharge is **worse for smell of flowers**. One nostril stuffed up.  
Itching of soft palate and inflamed left side of throat.  
Better for open air.  
Eyelids red and burning. Tears worse when sneezing.

### Arundo

**Symptoms begin with burning and itching of the palate and eyes** with profuse salivation.  
Itching of nostrils with sneezing.  
Itching skin  
Loss of sense of smell.

### Gelsemium

**Heavy, puffy, aching eyes**.  
Continual sneezing with hot watery discharge or blocked nose. Face hot and flushed with feelings of apathy and drowsiness

### Nat-mur

Violent fluent nasal discharge alternating with congestion.  
Squirming sensation in nose  
Sensation as if sand in eyes, tears with redness. Better open air and worse in sunshine.  
Often with chapped lips, cold sores and cracks in corners of mouth.

### Nux-vom

**Dry, raw obstruction in nose at night and outdoors**, fluent nasal discharge by day. Irritation in nose followed by fits of **violent** sneezing.  
Smarting of eyes with **over sensitivity to light**, worse on waking. Itching may extend to ears.  
Patient often irritable and over sensitive to odours.

### Pulsatilla

**Bland, thick, yellow nasal discharge**. Nasal discharge alternating with dryness and obstruction.  
Burning and itching eyes which patient wants to rub. Yellow discharge from the eyes.  
**Patient feels better in open air** and for cool applications.  
Symptoms ever changing.

### Wyethia

Dry, itching high up in nostrils with violent sneezing. Throat feels swollen, dry and burning, **itchy palate** with constant throat clearing and desire to swallow.  
**Itching in the corner of the eye**.  
Symptoms often worse in the afternoon and early in hay-fever season.

Many of the hay-fever remedies are included in the Ainsworth's kits available for purchase at both my clinics. These include 42 common remedies and an excellent remedy guide. They cost £35.

Whilst I have focused on hay fever, these symptoms are often triggered by other allergens such as mould, animals and dust. The remedies are of equal value in these situations, but again constitutional treatment is more effective in the long term.  
This list is not intended to be exhaustive, and many other remedies may be indicated.

## Travel

With summer holidays just around the corner I thought I would end with a few notes on how homoeopathy may help when abroad.

Sun-stroke, insect bites, jet lag and upset stomachs can all blight holidays.

Remedy kits designed with these conditions in mind are available. If you want advice on these issues or issues surrounding holiday vaccinations, please call me.