

Isaac Golden

Australian Homoeopathic Home Prescriber - Part 1

Reading excerpt

[Australian Homoeopathic Home Prescriber - Part 1](#)

of [Isaac Golden](#)

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Part 1

The Treatment Of
Simple Everyday
Conditions

3rd Edition

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THE COMMON COLD

Obviously there is no single remedy for the common cold, however the severity of the attack can be significantly reduced with the appropriate remedies. If a patient experiences one cold after another, professional assistance is needed.

Aconite 30 - Often useful in the *first stage* of a cold. The head and face may be burning hot, but the body is cold. Dry short cough which causes a tickling in the back of the throat. Flushed. Great thirst for water. There may be a sore throat, throbbing in the forehead, redness of the eyes and burning of the skin. Worse *from* (1) cold wind.

Nux Vomica 30 - Also useful in the *first stage of a* cold; the nose is blocked, or stops at night and runs through the day. There is a frontal headache. Throat is sore and very sensitive to inhaled cold air. The patient is chilly on the least motion or uncovering. Extreme irritability.
Worse from (1) overeating or drinking.

Arsenicum Album 30 - This is a useful remedy in the *second stage* of a cold i.e., watery discharge from the nose sets in causing sore nostrils. Mouth is dry and patient is thirsty (drinks little but often) throat **burns** but is relieved by hot drinks. Great weakness and tiredness, yet the patient is restless. Frequent cold sweats. The skin is cold, but the body feels as though it is **burning** up inside. *Worse at* (1) night, especially at midnight.

Pulsatilla 30 - Is useful in the **third stage** of a cold. Bland, thick, yellow discharge from the nose or throat, loss of smell and taste, or bitter taste. No thirst and generally poor appetite. Rattling cough with copious, thick, yellow or yellowish-green mucus. Tongue coated with a thick rough white fur, and there may be nausea and vomiting. Ear pains and congestion. *Better from* (1) fresh air, (2) consolation.

NOTE ALSO:

Allium Cepa 6 - Sneezing and painless watering eyes. Nose runs like water. Hay fever.

Belladonna 30 - With fever, hacking cough, flushed face, throbbing headache

Gelsemium 30 - Shivers up spine. Fever without thirst. Great fatigue., the patient wants to rest. Flu-like symptoms.

Hepar Sulph 30 - Late stages with thick yellow catarrh. Thick, loose cough.

Euphrasia 6 or 30 - Better lying down at night. Loose cough during day. Profuse watery discharge from the nose. Eyes are red and sore from burning tears.

Mercurius 30 - Profuse sweating, salivation and catarrh. Thick yellow discharge from the nose. Smelly breath. The nose may be ulcerated.

Sanguinaria 6 - Watery catarrh with a tickling dry cough.

Silica 30 - slow onset, slow recovery with sinusitis.

Hydrastis 30 - Stringy, sticky yellow discharge from the nose.

Kali Bich. 30 - Mucus hangs in long strings.

OTHER TREATMENTS:

1. Biochemic

Ferrum Phos 6x - Feverish, sneezing with stuffed nose. Face red or pale.

Nat Mur 6x - Sneezing with thin water discharge from nose.

Kali. Mur. 6x - Mid-stage of cold with heavy, thick clear or white mucus.

Kali Sulph 6x - Thick yellow mucus. Late stage cold. Also **Calc Sulph 6x** for those of solid build.

2. Herbal

Echinacea - Excellent herb for all infections. Has an antibiotic effect.

Garlic - Well known as an effective antibiotic.

3. Other

Vitamin C and Zinc - To stimulate immunity. **Diet**

- Reduce fats, dairy and refined foods.

SKIN PROBLEMS

Apart from contact dermatitis, most skin conditions arise from internal problems which must be treated. Diet is often a factor. Delay giving further doses if the skin gets worse following a remedy.

Psorinum 30 - Intolerable itching. Dry, dirty looking skin. Appears unwashed even if clean. Bad smell. *Worse from* (1) winter, (2) cold.

Sulphur 6 or 30 - Dry, red rash. Itching, burning. *Worse from* (1) heat of bed, (2) warm bathing.

Hepar Sulph 30 - Suppurating, festering sores. Boils. Abscesses.

Silica 6x or 30 - Injuries won't heal. Cracks. Bed sores. Abscesses. Profuse offensive sweat.

Mezereum 30 - Violent itch with burning. May be scabby. School sores. Herpes. Shingles. *Worse from* (1) scratching, (2) heat of bed.

NOTE ALSO: Petroleum 6 or 30 (dark, cracked skin),
Graphites 6 or 30 (cracks, yellow sticky discharge).
See also: Nettle Rash.

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