

Dana Ullman

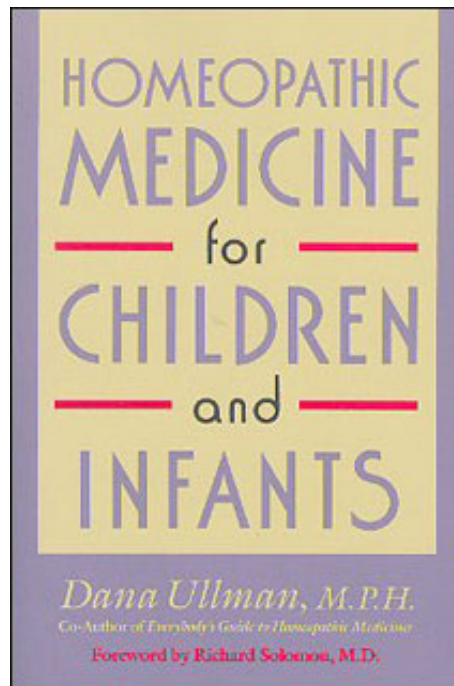
Homeopathic Medicine for Children and Infants

Reading excerpt

[Homeopathic Medicine for Children and Infants](#)

of [Dana Ullman](#)

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Primary Indicated Conditions

allergies	headaches	impetigo
anxiety	indigestion	
asthma	influenza	
common cold	insomnia	
conjunctivitis		nervous restlessness
diarrhea	sinusitis	
fever	sore throat	
food poisoning		

BELLADONNA

(Common name: Deadly nightshade)

Overview

The word *belladonna* is derived from two Italian words: *bella* "beautiful" and *donna* "woman." In ancient times large pupils were associated with beauty; *Belladonna* received its name because it has the ability to dilate the pupils of the eyes.

This pupil dilation is caused by one of the primary ingredients in belladonna, atropine. Eye doctors are better able to look into the eye after administering this substance. Because belladonna creates dilated pupils in non-homeopathic doses, it also has the ability to heal a person who has this symptom as a part of his illness. This characteristic symptom helps homeopaths prescribe this medicine for infants who are not able to describe their symptoms.

A known hallucinogen, belladonna is so powerful that people who place some of its leaves or flowers under their pillow during sleep tend to experience vivid dreams. Because of this, *Belladonna* is a very common homeopathic medicine for a child who tends to have an active dream life, especially when ill.

Belladonna contains numerous powerful chemicals called

BELLADONNA

are known may show itself in a sense that they can never be too thin. These teenagers sometimes have an aversion to all food, or become anorexic because they have a fixed idea or a delusion that they are fat.

This kind of child is also very fussy. He is very particular about what foods he likes and doesn't like, what games he wants to play, what places he likes; in fact, he tends to have strong opinions about most subjects. He has fixed ideas about what is the right or best way of understanding and doing things and he is usually intolerant of others' perceptions and methods.

Most commonly, children who will benefit from *Arsenicum* are sensitive to noise which distracts them and to odors such as smoke, gas, or perfume. They also tend to experience more symptoms on the right side of their body.

Keynote Symptoms

- Physical and mental restlessness
- Anxiety that the condition will worsen
- Burning pains and discharges
- Very chilly
- Great thirst, but for only sips at a time
- Symptoms worse at and after midnight

Modalities

Worse: at and after midnight; cold; cold food or drinks; being alone; a watery fruit and vegetable diet; milk; wheat; sugar; ice cream; alcohol; coffee.

Better warm temperature or applications; warm foods or drinks; better from talking, especially about his problems; being in company; motion.

ARSENICUM ALBUM/Arsenicum

alkaloids, including atropine, hyoscyamine, and scopolamine. These alkaloids affect the nervous system, specifically the autonomic system (the autonomic nervous system controls various functions of the body, including digestion, blood circulation, and reproductive activities). It causes stimulation of the sympathetic nerves and inhibition of the parasympathetic nerves, causing paralysis of certain muscle groups and the drying up of various bodily secretions, including saliva, mucus, perspiration, and digestive juices.

Although belladonna is a known poisonous plant, even conventional physicians acknowledge its therapeutic powers. It is one of the primary ingredients in the common over-the-counter cold product Dristan. The standard pharmacological text, Goodman and Oilman's *Basis in Pharmacology*, relates that normal medical doses of atropine block the parasympathetic nerves, resulting in the drying up of mucous membranes, and yet, it also recognizes that exceedingly small doses of atropine have the opposite effect: it causes increased secretion of mucus. This medically recognized dual effect of atropine provides additional evidence of the homeopathic action of medicines, since most physicians incorrectly assume that drugs primarily have a single effect which is simply amplified or diminished depending upon the dose.

General Characteristics

You can often deduce that *Belladonna* is the correct medicine for your child simply by looking at her appearance. Her face is often flushed red, as are her lips, tongue, gums, and if the inner ear is inflamed, the outer ear is also red. Her eyes are glassy and the pupils are dilated.

A fever commonly accompanies the condition. It is usually very high with a radiating heat: you can sometimes feel the heat emanating from your child's skin. Characteristically, she has an extremely hot head but cold extremities. Along with the heat, she has a dry mouth, tongue, throat, and nose. Her

BELLADONNA

skin is also dry, though she may sweat on her covered parts. Despite this heat and dryness, she is not usually thirsty. If she is thirsty, it may be for lemons or lemonade.

A child who needs *Belladonna* usually has a sudden onset and sudden disappearance of pain, whether it is a headache, cramp, twitching, or toothache. The pain is typically intense and of a throbbing, stitching, or stabbing nature. The child may actually feel her own full and bounding pulse.

Headaches accompany many conditions that this kind of child experiences. The headaches are often throbbing and are aggravated by touch, motion, and while lying flat. Some relief is experienced by sitting up or by gradually applying pressure to the painful areas.

Along with their intense pains, children who need *Belladonna* are restless, distraught, delirious, and may groan, and even bite or pull the hair of people close by. These children may suffer from delusional states and hallucinations, especially during high fevers. Most typically, they see monsters in the dark, and upon closing their eyes, they are apt to have active, often frightful visions of people, animals, or simply lights and colors.

Michael Carlston, M.D., a homeopath in Santa Rosa, California, used *Belladonna* for a child who had recurrent ear infections along with various behavioral problems. This child had many fears and was easily startled. He was scared of the stuffed bunny in the doctor's office, and he didn't like going to birthday parties because a child would sometimes accidentally pop a balloon, which would seriously startle him. When Dr. Carlston also learned that this little boy had a strong tendency to bite (he even bit his six-month-old brother), *Belladonna* was prescribed. After taking it, not only did the child no longer experience earaches, he now plays with the doctor's stuffed bunny and, like most children, he loves birthday parties. Such is the power of homeopathic medicines to treat both infections and behavior problems.

Belladonna is an extremely common remedy for the child

BELLADONNA

who has difficulty sleeping when ill. Her sleep is restless, and she may jerk during sleep. She tends to have wild dreams. She may even see ghosts or imagine frightening things. She may scream out in her sleep, not just because of pain but because she is frightened. Other symptoms that the child experiences are sensitivity to touch, light, and noise. The child prefers to be in the dark, quiet, and comfortably propped up in bed.

Prescribing note: *Belladonna* is a fast-acting medicine. If it is the correct remedy, you will usually notice distinct improvement within a couple of hours. (And improvement is usually noticed within fifteen minutes.)

Keynote Symptoms

- Sudden onset and disappearance of symptoms, especially fevers, spasms, cramps, twitchings
- Dry, hot, reddened face and mucous membranes
- Throbbing, stitching, and stabbing pains
- Hypersensitive to touch, jar, or light

Modalities

Worse: cold air; more symptoms on right side; motion; noise; being jarred or touched; 3:00 P.M.; at night, especially after midnight; stooping or bending; lying down; looking at bright lights.

Better: warm room; being at rest; standing or sitting erect.

Primary Indicated Conditions

bedwetting	conjunctivitis
boils	cough
chickenpox	earache
colic	fever
common cold	headaches

BELLADONNA

heatstroke	sinusitis
hepatitis	sore throat
influenza	teething
measles	toothache
mumps	

BRYONIA ALBA/Bryonia
(Common name: *Wild hops*)

Overview

The name *Bryonia* is derived from the Greek word *bryo*, which means "I shoot, or sprout." This refers to the vigorous and active stages of this plant's growth. It is a vine-like plant that covers trees and shrubs. The stems are rough to the touch and have short, prickly hairs.

Children who will benefit from *Bryonia* are similarly prickly, both psychologically and physiologically. They tend to be irritable and prefer to be left alone and unbothered. They have many sharp, tearing, and even stabbing pains, and dry, rough, hacking coughs. Yet, quite distinct from the active growth of *Bryonia*, children who need this medicine are made considerably worse by any motion.

General Characteristics

Bryonia is the grumpy bear medicine: the child wants to be left alone and is irritable if disturbed. He doesn't want company and will grumble, snarl, and snap if necessary to keep others away. He resents intrusions and doesn't want other people to bother him.

The child has an uneasy feeling that compels him to move, but he feels worse when he does. He becomes increasingly irritable as his ailment progresses. He is so sensitive to motion that his symptoms are aggravated even by talking (movement of the jaw), swallowing (movement of the throat), and coughing (movement of the chest), and even thinking (moving from

BRYONIA ALBA/Bryonia

one thought to another). His head hurts when he moves his eyes or when he bends down.

One of the ways that this type of child deals with his hypersensitivity is by trying to remain perfectly still. He also tries to inhibit motion by holding his chest when he coughs or holding his throat when he talks. He will lie on whatever part of his body feels painful because he feels better from applying firm pressure, though he cringes from the lightest touch.

A child who needs *Bryonia* will be aggravated by the passive motion of being carried or lifted. He will also tend to be peevish, asking for something and then refusing it once it is offered. He has a peevish appetite, too: he will want, even demand, food, but he doesn't know what kind of food he wants.

Typically, children who need *Bryonia* will feel less well after eating. Their symptoms tend to be aggravated by eating beans, bread, cabbage, fruit, milk, fatty foods, and vegetables.

They tend to be sensitive to light, so they prefer to sit in the dark.

Bryonia is most often helpful for children living in damp climates. It is commonly given to a child who becomes ill after getting chilled or after having a cold drink when he is warm. The ailment may also begin after the child has a fit of anger or embarrassment.

Quite distinct from children helped by *Aconitum* or *Belladonna*, who have a sudden onset of symptoms, the child who needs *Bryonia* tends to have a slow onset of symptoms. He may, at first, have a simple cold, which may develop into a headache, cough, or fever in the next couple of days.

Dryness is another of the distinct symptoms. The mouth and lips will be dry, and the tongue is dry and coated, usually white. The throat and larynx are dry and raw. The digestive juices are minimal as well. Food lies undigested in the stomach and feels like a heavy lump or a stone. The child is habitually constipated, with dry, hard, large stools. His cough is usually dry too. Along with this dryness is great thirst, usually for cold drinks.

BRYONIA ALBA/Bryonia

Cool and open air is beneficial to those children who need *Bryonia*. A child in great discomfort will be noticeably relieved when a window is opened. The coolness not only benefits him physically, but mentally too. In addition to disliking warm rooms, these children sometimes cannot stand the heat of the sun either.

The pains of children who will benefit from *Bryonia* will usually be stitching, stabbing, or congestive. Their chest or abdominal pains will be sharp, aggravated by any motion or the lightest touch, and will be lessened by firm pressure.

Most often, the symptoms are worse on the right side of the body.

Despite being ill, the child who needs *Bryonia* tends to think, worry, and even dream about his responsibilities, whether they be at work, school, or around the house.

Keynote Symptoms

- Symptoms made worse by any motion
- Sharp, stitching pains
- Dryness of mucous membranes, especially the mouth and rectum
- Relief of symptoms by applying pressure to painful parts
- Aggravated in warm rooms; prefers to have a window open
- Thirsty for cold drinks
- Desire to be alone; irritable

Modalities

Worse: motion; being jarred; warmth; warm rooms; heat of the sun; during summer; after eating cabbage, beans, bread,

BRYONIA ALBA/Bryonia

fruits; swallowing; sneezing; laying on painless side; stooping; moving the eyes.

Better: lying completely still; cool, open air; cold water; cold food; lying on painful side; pressure on painful parts; dark room.

Primary Indicated Conditions

anger	headaches
backache	indigestion
colic	influenza
common cold	measles
constipation	pneumonia
cough	sprains and strains
fracture	

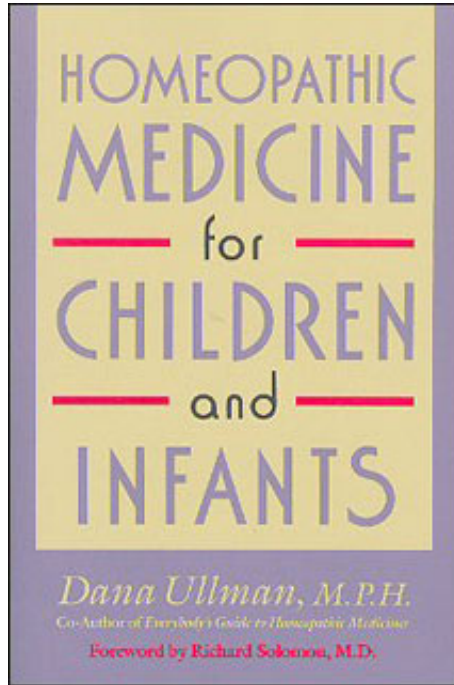
CALCAREA CARBONICA/Calcarea carb

(Common name: Calcium carbonate)

Overview

Calcium is one of the most abundant minerals on our planet, and it is likewise one of the primary minerals of the human body. Approximately 99 percent of calcium assimilated by the body goes to the teeth and bones, with the remaining 1 percent of calcium used for several vital bodily functions: muscle growth and contraction, blood clotting, and enzyme activation. Despite its importance to the human body, calcium is not easily absorbed by it. Numerous foods and drinks can inhibit calcium assimilation, including alcohol, fats, caffeine, bran, excessive protein, and oxalic acid-rich foods (chard, spinach, rhubarb, and chocolate), and phosphorus-rich foods and drinks (junk food and soda drinks are the worst offenders). A basic aspect of homeopathic theory is that a homeo-

CALCAREA CARBONICA/Calcarea carb



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