



Using Homeopathy in Epidemics

There are a number of factors to consider in using homeopathy in an epidemic.

- **Reducing Susceptibility** - Patients who use homeopathy generally experience an improvement to their overall health and wellbeing. This means that they are generally **less susceptible** to contracting viral and bacterial infections and in the event of illness, have a better chance of recovery due to their immune systems being stronger.
- **2. Using Homeopathy as a Preventative** - The use of homeopathic medicines made out of disease organisms e.g., *Influenzinum* (made from influenza virus) given during the time of an epidemic/pandemic.
- **3. Treatment** - Using homeopathic medicines to treat patients as indicated by their symptoms.
- NZCH website www.homeopathy.co.nz

Vaccination or protection for Swine Flu?

Homeopathy is not a type of immunisation, but when it is used in this way it has been known to be helpful. When a homeopathic remedy is given during an epidemic, when someone is not sick, the remedy is not prescribed homeopathically and therefore results are not guaranteed.. Where the remedy is given as part of the *genus epidemicus* e.g. swine flu, we know it will not immunise a person, but may give some protection during the epidemic. [Homeopathy in Epidemic Disease – Dr D Shepherd: 1952].

People wanting to use the remedy or any remedy in an epidemic may find the following protocol is useful.

- If the 'flu epidemic is in your area, then take the related Flu nosode or Briegers Nosode once a week.
- If the 'flu epidemic is in your family then take the Flu nosode or Briegers Nosode one to two
- Times daily
- At the first sign of influenza, take one dose of the remedy two hourly for six doses, and then three times a day if needed.
- If after 24 hours you are not improved then another remedy or medical help is needed.

Other remedies used in Influenza are, Oscillococcinum, Haemophilus Influenzinum nosode, Baptisia, Eupatorium Perf, Bryonia, Arsenicum, Gelsemium, Phosphorus, Rhus Tox, Briegers nosode, 2-deoxy-d-glucose.

If you are still unwell or do not improve in a few days see your G.P.

If you are immune-compromised, or have a heart or breathing condition, be sure to visit your G.P. as well as your homeopath.

Habits for Good Health

These steps may help prevent the spread of respiratory illnesses such as the flu:

Cover your nose and mouth with a tissue when you cough or sneeze—throw the tissue away after you use it.

- **Wash your hands often with soap and water**, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- **Wash your drinking utensils and dishes with hot water daily.**
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to protect them from getting sick too.
- **If you get the flu, stay home from work, school, and social gatherings.** In this way you will help prevent others from catching your illness.
- **Try not to touch your eyes, nose, or mouth.** Germs often spread this way.

Diet

If you get sick have plenty of fluids, such as juices, water and herbal teas. If you don't want to eat, have soups, jellies, broth, and smoothies with Spirulina.

Influenza symptoms

Influenza is a type of contagious Viral Disease. It is caused by either of three strains (types A, B or C) of Influenza Viruses - the incubation period for Influenza is approximately two days (during which time the Virus replicates in the Respiratory Tract) and its onset is usually sudden.

- Very high fever (for two to four days) may occur as a side effect of Influenza. The presence of Fever is one of the symptoms that differentiate Influenza from the Common Cold. The Fever that occurs with Influenza usually results in a body temperature of 39° to 39.5° C (102° to 103° F).
- Muscle Pain (most pronounced in the back and the legs)
- Loss of Appetite
- Headache
- Nausea
- Extreme fatigue

Respiratory System

- (Nonproductive) Coughing may occur initially.
- This Coughing can become productive (phlegm-producing) and persistent during the later stages of Influenza.
- Hoarseness may occur.
- Pharyngitis (a scratchy Sore Throat) may occur as a side effect of Influenza.
- (Acute) Rhinitis may occur as a side effect of Influenza.

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<http://www.cdc.gov/flu/symptoms.htm>

Joan.Goddard, Dip Hom Aust & NZ, PGDT, ADH, RCHom 26/07/2009