

## **HAY FEVER AND ALLERGIES**

### **HAY FEVER** **SIGNS AND SYMPTOMS**



Nasal discharge and sneezing.  
Usually caused by pollen, moulds, grasses and house dust.

Sneezing, single or paroxysms

Eye discharge, thick, thin, acrid, colour, itchy.

Nasal discharge, thick, thin, acrid discharge – different to eyes?

Ears itchy or discharging,

Skin involvement in more serious cases

### **REMEDIES**

Galphamia One of nature's antihistamines. It is great for classic Hayfever, itchy skin and allergic asthma. If the patient does not respond to Galphamia it is probably not an allergy.

Lots of people present with an allergic skin picture because of their diet. Often an adjustment to the diet is enough.

Leaders in the Treatment of Hayfever

All C, Ars Alb, Euph, Nat M, Nux V, Puls, etc. p 43-52 Morrison's Desktop Companion to Physical pathology.

### **Inhalant Allergies**

Allergic Bronchitis in people can present with a dry harsh hacking cough. The allergy is most commonly house dust mite. One of the best remedies is *Blatta orientalis* (Indian Cockroach)

Use *Blatta animalis* if the animal is worse for rain.

Arsenicum and Phosphorus can also be used for these symptoms.

Phosphorus and Spongia have similar coughs but Phosphorus is worse for eating and drinking and Spongia is better.

Ipecac is a good allergic asthma remedy, they have a very violent cough and can vomit with it

For really severe reactions of respiratory distress and weakness use Carbolic acid.

### **EYE DROPS AND NASAL SPRAYS.**

Weleda eye drops, help to calm and soothe irritated eyes.  
Euphorbium Nasal spray is also effective and side effect free.

**IF IN ANY DOUBT CONSULT YOUR DOCTOR.  
Do not stop taking medicine prescribed by your doctor.**

### **ALLERGIES**

These can effect the skin, GI tract, lungs or ears.

#### **Stings**

Eg. Bees, wasps, spiders (white tail)  
Apis, Hypericum, Ledum, lycops, Tarent, White tail in potency, vespa,  
Are all useful remedies to consider.

#### **Stings or bites with a fever**

Pyrogen

If the area around the sting has a purplish hue use Lachesis.  
Lachesis is also good for old stings.  
A rule of thumb is purple puffy cold = ledum  
Purple puffy and hot or warm = Lachesis  
(note often wasp stings are cold to touch = Ledum)

#### **White tailed spider bites**

White tailed spider in potency, or Apis, or Eukabaka may help.

**The most common allergic reactions seen on the skin are due to: Fleas,**

Flea allergies often manifest at the base of the tail. Topically hypercal can work wonders.

Pulex, Cat & Dog flea in potency helps with the allergic reaction to the bites as will , Caladium, Cal C, Grindellia, Hypericum, Ledum, Staphisagria..

### **Wandering jew ,**

Wandering Jew pollinates in Autumn most often.. Rhus Tox or Check that it is the Wandering Jew and not the flying insects that live in the plant e.g. rash instead of bites.

Tradaescensia = WJ in potency, Anacardium, Clematis, Croc tig, Galphamia Guaca.

### **Pollens**

Mixed pollen in potency, or if the pollen is identifiable, then in potency or, Allium Cepa, Sanguinaria, Sabadilla, or Euphrasia,

### **House dust.**

House dust in potency or seek professional homeopathic help..

### **Animal dander**

The appropriate dander in potency seek professional homeopathic help..

### **Mosquitoes**

Caladium, Staphisagria, or Mosquito in potency.

### **Time of year**

If allergy occurs in spring = fruit trees pollen, tree pollen. Summer = grass, Autumn moulds, grasses and trees. After rain = grasses or moulds.

Repertory - Periodicity

**Topically** – Hypercal, Calendula, Ocean organics seaweed ointment. Sulphur, manuka and chickweed cream is great for allergies and for minor infections.

### **WHERE ON THE BODY**

Mezereum, Rhus tox and Calendula useful for itchy red rawness in legs and and thigh.

### **Facial**

Rhus venata is a good skin remedy and good facial remedy. The skin tends to be dark red.

Primula for red swollen pimples and feverish eruptions around the lips and face.

Use Apis for stings on the face.

### **itching all over the body.**

Astacus, Crot Tig, Crot H, Ichthyolum pp 341 Boericke Arsenicum when the skin is rough and dry. Dulcamara, Psor, sulph, tub.

### **Eruptions**

Urtica U when there are blotchy rashes which are hot and itchy and worse for bathing. It is also a good burn remedy and for bee stings.

Always look at all the symptoms, and really focus on what is different in the case. What makes them worse or better is the best information you can gain.

