

## Homeopathic Remedies for the Current Outbreak – March 2020

The following remedies have been effectively used by homeopathic practitioners around the world in response to the current situation. Other remedies may be needed, but the ones below are widely available and will help a majority of cases.

If anxiety & fear is very strong – start with Aconite or Arsenicum. If dry cough is the main symptom, start with Aconite or Bryonia. If there is great weakness, use Arsenicum, Gelsemium, Phosphorus or Antimonium-Tart. If bronchial/respiratory symptoms predominate, use Bryonia, Antimonium-Tart. or Phosphorus.

**Select the remedy that is the closest match to the patient’s main symptoms.** Chosen remedy should be taken in 30c potency, every 2 hours at first then reduce frequency to every 4 hours until symptoms clear. **If no relief within 24 hours, or symptom-picture alters, change the remedy accordingly.** If you don’t have 30c potency, use what you have locally available – if the symptoms match, it will still help.

<p><b>Aconite</b> Patient falls ill suddenly High fever with great thirst &amp; restlessness Sudden chill Intense fear, even panic Short dry cough, no expectoration Give immediately at first sign of symptoms</p>	<p><b>Arsenicum Album</b> Sore throat, runny nose Breathless, wheezy, chest feels tight Chilly, can’t get warm Restless anxiety Great weakness Diarrhoea &amp;/or vomiting Thirst for frequent sips Worse midnight - 3am</p>	<p><b>Bryonia</b> Cough dry, hard, racking, painful – holds the chest Stitching pains in chest Patient is worse any movement, worse warm room, better in cool air Difficulty inhaling Dry lips, mouth, throat Thirst for large amounts Headache, pain in limbs</p>
<p><b>Gelsemium</b> Slow, gradual onset Patient feels drained, trembling, weak muscles Can’t think clearly Heaviness of head, eyelids &amp; limbs; low thirst Dull headache, shivery Dizziness, blurred vision Chills up &amp; down spine</p>	<p><b>Mercurius Viv. or Sol.</b> Profuse sweating Offensive breath Swollen glands Sore throat Creeping chilliness Alternately hot &amp; cold, can’t get comfortable Worse at night, esp. when warm in bed</p>	<p><b>Antimonium –Tart.</b> Loose, rattling cough Chest feels full of mucus Can’t raise the phlegm Bubbling respiration Patient has no strength As if drowning in phlegm Drowsy, sleepiness Esp. in later stages of illness</p>
<p><b>Phosphorus</b> Deep cough worse from talking, laughing, cold air, lying on left side Chest feels heavy Voice hoarse or lost Burning sensations Over sensitive to light, odours, noise, touch Thirsty for cold drinks</p>		

**Note:** This information is not intended to replace medical advice or care. Contact a health professional if you need further medical or homeopathic support. The above remedies can be obtained at health food shops, some chemists & specialist homeopathic pharmacies.