

HAY FEVER AND HOMEOPATHY

Hay fever, or allergic rhinitis is estimated to affect one in seven people now and can be extremely debilitating.

Homeopaths find that the best way to treat the condition is through treatment in the winter and spring months whilst the condition is not active, as well as through direct treatment of the symptoms during the active season.

Hay fever reflects an over active response on the part of the body to pollens or other environmental triggers which come into contact with the body through the eyes, nose and throat. The body reacts with inflammation and other responses as it tries to get rid of these foreign substances.

Conventional treatments , in the form of anti-histamines can work well in the short term to control symptoms. However they can have severe side effects such as drowsiness which prevent you driving and performing other essential tasks. Homeopathy can be far more effective, easier to use and cost effective in the long term.

General advice for hay fever sufferers includes the following:

- Rinse your eyes and nostrils with sterile water to dilute the pollen
- Do not rub your eyes – although it can be difficult to resist the temptation to scratch rubbing will only lead to further redness and inflammation
- Keep away from pets who have been outside and avoid grooming them yourself as they will be carrying pollen on their fur
- Dry clothes indoors as pollen will stick to clothes drying outside
- Wear wrap around sun glasses to keep pollen from eyes.
- Place a little Vaseline in the nostrils to create a barrier to pollen and stop irritation.

Homeopathic Treatments for Hay Fever

The following remedies can all be very helpful for treating the symptoms as they arise. Many of these are available over the counter as are certain combinations of homeopathic remedies which are marketed specifically for treatment of hay fever.

If in doubt about which acute remedy to use, and for best results, always consult your homeopath. Please note that the best results for hay fever arise from consulting a homeopath for accurate constitutional treatment. Many patients find that, after two to three years after treatment through the winter months their hay fever is cured and they rarely if ever need remedies for symptomatic treatment.

Allium Cepa (red onion) - this is probably the best known acute homeopathic hay fever remedy. It's a good example of the homeopathic principle in action - what the substance will cause it will also cure. If you think of the symptoms you get when peeling onions, these are the symptoms the homeopathic remedy **allium cepa** will relieve. Eyes water and smart and become light sensitive. There is a lot of watery, burning, discharge from the nose with a

lot of sneezing. Symptoms are better in the open air and worse in a closed, warm room. Sometimes the discharge from the nose is so acrid it leaves sores on the nostrils and upper lip.

Euphrasia -Most symptoms for this remedy relate to the eye. There will be lots of watering and the whites of the eyes may get very red. Tears may burn and sting. There may be a yellowish discharge from the eyes. The eyelids often swell and the eyes may become sensitive to light.

Related symptoms include a bland nasal discharge and a cough which is quite productive, ie a lot of sputum comes up. The face may get very red and the cheeks feel hot.

Dulcamara (bittersweet) - this is a much less well known remedy, but is a good choice for those gardeners who develop hay fever whilst mowing their lawns in mid-summer as newly mown grass is often the trigger. There is a profuse, watery discharge from the nose which is, curiously enough, better for walking around. Symptoms are worse in the open air and better for going indoors into a warm room (the opposite of **allium cepa** above). The eyes ache and produce a thick yellow discharge. Any change in weather to cold and wet seems to make the symptoms worse and the patient will feel better if they keep their head warm.

Gelsemium (jasmine) - red, swollen, tired eyes are a good indication that this remedy is needed. The eyes are heavy and droopy and the patient looks and feels listless and giddy. In extreme cases the skin feels dry and hot and small, itchy spots may appear. There will be a lot of sneezing and the nose runs with a watery, acrid discharge - it can even feel as if hot water is coming out of the nose. The hay fever symptoms can make the sufferer feel shaky and weak.

Sabadilla (sabad plant) - the main indication for this remedy is frequent bouts of sneezing. The nose itches and tingles and discharges a thin and copious acrid fluid. The symptoms can be triggered by the odour of fruit and flowers (lavender in particular). The patient craves warm food and drinks, and is generally worse from cold. A sensation of something in the throat can cause repeated swallowing.

Luffa – this is a very effective nasal spray which I have increasingly used in recent years as many patients experience great benefit. It clearly reduces nasal symptoms of hay fever but people report benefits in other symptoms too.

(NOTE – Luffa is not available over the counter – it is practitioner only – please contact me if you think it might help YOUR hay fever)

Other common acute hay fever remedies include **pulsatilla**, **wyethia** and **euphrasia**.

One patients experience of Homeopathy

“ I discovered homoeopathy through a colleague at the office. She also suffered from hay fever and had bought some over the counter homoeopathic remedy from the local chemist. The tablets seemed to be working for her, but when I tried them they had little effect. When I spoke to the chemist he said that I probably needed to see a homoeopath to have a remedy prescribed that took all of my symptoms into account. Because I was so desperate I made an appointment with someone he recommended, but I was very sceptical.

The homoeopath I saw explained that as I was already experiencing full blown hay fever all she could do was prescribe an acute remedy to help with the immediate symptoms, but that if I continued homoeopathic treatment throughout the winter I would be able to reduce my allergic reaction to grass pollen and hopefully be symptom free in the future. The acute remedies she gave me worked so well that I decided to take her advice and I saw her throughout the winter - I think I saw her three or four times in all. The next year I hardly had any hay fever, although I obviously didn't go for any strolls through newly cut grass fields! I

had to see her once the following winter for a top up, but that was all. It is now five years on and my hay fever is about 98% better - I still get the occasional itchy eye if the pollen count is particularly high, but it doesn't cause me any problems. I had thirty years of hay fever and I still feel a sense of amazement that I found a safe treatment that really worked."

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For information or treatment for your Hay Fever contact me via www.thehomeopath.co.uk