

# homeopathy

## TODAY

YOUR GUIDE TO HEALTH THROUGH HOMEOPATHY

SPECIAL DIGITAL EDITION  
FEVERS

BRILLIANT BELLADONNA  
A Must-Have Remedy

**TROUBLE IN PARADISE:**  
Will Dengue Dash Dream Vacation?  
Our son makes a miraculous recovery,  
thanks to homeopathy

**NAUSEA, NIGHTLY  
FEVERS, & TOO TIRED  
TO HOLD UP HER HEAD**

Fast recovery for a woman  
with severe mono

**A CLASSICAL  
APPROACH TO HEALTH**  
Cooling childhood  
fevers fast

**CATCHING SPRING FEVER**

Mom gets empowered to help  
her kids heal...& so can you!

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YOUR GUIDE TO HEALTH THROUGH HOMEOPATHY

SPECIAL DIGITAL EDITION  
WINTER COLLECTION

## FEVERS Article Collection



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# Nausea, Nightly Fevers, & Too Tired to Hold Up Her Head ...

## Fast recovery for a woman with severe mono

by GEORGE GUESS, MD, DHT



**A**s in the case of most viral illnesses, mononucleosis, an Epstein-Barr virus infection, stymies the best efforts of conventional medicine. Not so with homeopathy, which has a long and successful track record in treating this ailment—both the acute illness and protracted cases with tardy convalescence. Below is a case illustration from my patient files.

A 23-year-old woman came to me with mononucleosis, previously diagnosed by her allopathic/conventional physician. She had been ill for ten days. She had an excruciating headache located behind the eyes. She ran a fever from about 6 p.m. until 6 a.m., when she would have a profuse sweat. Her neck hurt considerably. She complained of feeling so tired that she was almost unable to hold her head up. Strong nausea precluded her eating much of anything. She was unable to even tolerate the thought of eating. Her nausea was worse after drinking anything and after eating. She felt full after eating one-third her usual meal. She had pain in the left upper abdomen when she took a deep breath. She also complained of a raw throat, which felt as if it were closing up. Her lymph nodes everywhere felt inflamed and sore. Chills alternated with “boiling” heat when her fever was up at night. During the fever, she suffered severe headache in the temples and base of the neck, with stiffness of the neck; and she was dizzy and almost fainted. She was thirsty, but it hurt her throat to drink; hot drinks provided slight relief. She preferred warm drinks. With the fever, her legs were so extremely weak that she was unable to walk up and down stairs. She complained of mental dullness and inability to read. She was unable to even hold up a book due to arm fatigue. She had occasional night sweats. Her joints ached and her skin felt sore during the fever. Her urine was very dark yellow-brown; she thought her skin and toenails were “yellower” than normal. She was sensitive to light. The midsection of her abdomen was sore to pressure. She also felt anxious, sad, and weepy.

Her physical exam showed the following abnormalities: sallow skin, enlarged lymph nodes in her neck and groin; inflamed, swollen tonsils; tenderness of the stomach and right flank; minimal enlargement of the spleen.

She was given *China 200c*, one dose [a homeopathic remedy prepared from Peruvian Bark; also known as *Cinchona officinalis*]. Within a few hours she began to notice improvement in all of her symptoms. Within a day she was significantly better, and after two days essentially well!

On analysis of this case, what was most striking were her stomach and abdominal symptoms, especially the peculiarities pertaining to the nausea. When these symptoms were considered along with her abdominal tenderness, early satiety during a meal, and soreness of the skin, *China* presented itself as the most likely remedy, and fortunately it was the right choice. The effect of this prescription was profound and lasting.

A number of homeopathic remedies can be effective for mononucleosis, each having to be individualized to the case at hand. Some of these remedies include: *Cistus canadensis*, *Mercurius*, *Gelsemium*, *Conium*, *Calcarea carbonica*, *Muriatic acid*, *Carbo vegetabilis*, *Sulphur*, *Ferrum arsenicum*—just to name a few. Selecting the remedy is rather complex and not easily accomplished by self-treatment. Consultation with a homeopathic professional will yield the best result.

**Editor's Note:** *Peruvian Bark* (from which quinine can be extracted) was the first substance proven by Samuel Hahnemann in 1790. His investigations of it and its possible uses for healing, when used according to the principle of “*similia similibus curen-tur*” or “*like cures like*,” ultimately led to his development of the science of homeopathic medicine. *China* is a remedy to consider when symptoms include: great weakness and debility perhaps from loss of fluids (e.g., from sweating, vomiting, diarrhea, bleeding); fevers that come and go on a regular basis; chills that alternate with heat and sweating; excessive sensitivity (e.g., to touch, drafts); disordered digestion; painless diarrhea; and continued weakness after a viral infection.



### ABOUT THE AUTHOR

George Guess, MD, DHT, is a family physician and has practiced classical homeopathic medicine for 30 years. He maintains a private family practice in Charlottesville, VA. He is the editor of the *American Journal of Homeopathic Medicine* (a professional homeopathic medical journal) and Vice-President of the American Board of Homeotherapeutics (a national homeopathic specialty board). He can be reached at: 434-295-0362 or [gguessmd@embarqmail.com](mailto:gguessmd@embarqmail.com) or [www.drgeorgeguess.com](http://www.drgeorgeguess.com).



# Catching Spring Fever

Mom gets empowered to help her kids heal ... & so can you!

by KAREN ALLEN, CCH

AFTER LONG MONTHS OF SEATTLE'S GREY OVERCAST DRIZZLE, THE LAST WEEK of March served up a glorious and surprisingly warm day with bright sun and chirping birds. This first sunny day of spring when winter reluctantly shed its dreary gloom offered a pull to the outdoors that was much too strong to be ignored!



**My two-year-old son Kent was shading his eyes with his hand to protect them from the light over the dining room table.**

My children and I filled a picnic basket, grabbed a blanket, and headed for a grassy expanse at the local park. Coats and boots were quickly discarded, games of tag commenced, and we all soaked up the sun. The hours passed quickly, and no one wanted to leave. Finally, as dinnertime approached, the kids were persuaded to gather their things and head for home.

After dinner, I noticed that my two-year-old son Kent seemed out of sorts. He was shading his eyes with his hand to protect them from the light over the dining room table. His eyes looked unusually shiny and reflective, with large pupils. By the time the dinner dishes were finished, his face had become red, and I could feel the heat coming from his head and face even when I held my hand a few inches away. When I picked him up, I noticed that his hands and feet were as cold to the touch as his face was hot! A thermometer reported a fever of 103°F.

## Getting hot usually helps

I was most of the way through my first year of homeopathic school where we had been studying how to relieve acute illnesses using homeopathic remedies. I had learned about the most common remedies for fevers, and that fevers were usually a helpful immune response of the body, not something to be reduced with aspirin or Tylenol® unless the fever was quite high. As I had been taught in class, I reviewed the characteristic symptoms of my son's fever:

- ◆ sudden onset (he was fine before dinner as he laughed and played with the other children, and now less than an hour later he was running a very strong fever)

## Top 3 Fever Fighters

In helping your family with everyday illnesses, you'll find many possible remedy choices to address a sudden fever. Consider these three first:

**Aconite.** A person needing this remedy has an illness of acute, sudden onset usually associated with a fearful anxiety and restlessness. Illness may come on after a fright or exposure to cold wind. The face is often red and hot but becomes pale on rising. The person's skin and mouth are dry, and they are thirsty for cold drinks. The person's pupils are usually contracted.

**Belladonna.** The person is hot, red, flushed, and has bright eyes, often with dilated pupils. The fever may be so intense that your hand feels hot after touching the person, yet their extremities may be cold. They are often excited, even delirious, and sensitive to light, noise, and jarring. Onset is often sudden and violent, but the person usually lacks the fear found in people who need *Aconite*.

**Ferrum phos.** This remedy may be helpful in early stages of fever and inflammation where a lack of characteristics makes it hard to choose a remedy. The person's condition lacks the intensity of someone needing *Belladonna* or *Aconite*; the person usually flushes red easily, may have red spots on cheeks, and often has blood-streaked discharges.

If none of these remedies seem to fit, consult your homeopathic books for more possibilities such as *Arsenicum*, *Apis*, *Bryonia*, *Gelsemium*, *Phosphorus*, *Pulsatilla*, *Rhus tox*, *Bryonia*, and *Nux vomica*.

- ◆ shiny eyes with enlarged pupils, abnormally sensitive to light
- ◆ radiating heat from his face, which was discolored red
- ◆ icy cold hands and feet despite the fever
- ◆ onset after several hours in bright sunshine after months of grey drizzle and very little direct sun

I checked my reference books from the homeopathic masters of the past and found the following about the homeopathic remedy *Belladonna*:

T.F. Allen wrote about aggravation from the summer sun. Cowperthwaite noted that this remedy was to be used when someone had been exposed to the rays of the sun, and then had a sudden onset of symptoms, accompanied by an oversensitivity to light. Farrington described eyes that were bright and shining with dilated pupils. Nash wrote about the high temperature of the fever, with the reddened skin producing so much heat that it could be felt inches away. Boericke even described fever with icy cold feet and hands.

### It all added up

Here were the symptoms that I had observed in my son, woven through discussions of the remedy *Belladonna*

throughout my reference texts! I located the correct vial in my home remedy kit and gave Kent a few of the pellets to suck on. Within 15 minutes, his face returned to a normal color, his eyes regained their usual appearance, and his temperature measured only 99°F. He climbed onto my lap and was asleep in a few moments. He slept through the night and was his usual robust self when he awoke the next morning!

Amazing? Yes! And as a mother with four children, I had many more experi-

ences where a simple acute illness was resolved through the use of a well-selected homeopathic remedy. Prior to learning homeopathy, those moments of seeing one of my children getting ill would create a sense of worry and powerlessness as I watched symptoms develop, called the pediatrician's office, or considered a middle-of-the-night trip to the local urgent care center or emergency room. I was certainly grateful that those professional medical care options existed if I needed them, but I was soon able to take care of many simple illnesses for my family with a home remedy kit and some handy reference books. I felt more relaxed and confident knowing that I had homeopathic options that I could safely use to help my family, and I celebrated the successes we had.



### ABOUT THE AUTHOR

Karen Allen, CCH, is a certified homeopath in San Francisco, California, specializing in infertility and reproductive system complaints. She is director of the Pacific Academy of Homeopathy, and serves as president of the Council for Homeopathic Certification.

## CELEBRATE SPRING WITH KAREN ALLEN

at the Joint American Homeopathic Conference - April 9-11 - Alexandria, VA

### Empower yourself!

This spring, my youngest son Kent is now 20 years old, and I am still fascinated by homeopathy. I find great joy and reward in sharing with others how to take care of themselves and their families for simple acute illnesses and first aid conditions using a home remedy kit and simple reference charts or books. At the Annual Joint American Homeopathic Conference this April 9-11 near Washington, DC, I will have the pleasure of spending a full day with curious participants, teaching *Homeopathy 101: From "What Is It?" to "I Can Do That!" in 10 Easy Steps*. We will review the basics of what homeopathy is, how it works, and how to accurately choose and give homeopathic remedies for fever, flu, and first aid conditions. If you would like to be able to share the confidence I have that I can help my family relieve simple illness with homeopathy, join me. I look forward to seeing you there!

# Trouble in Para



## Will Dengue Dash D

*Our son makes a miraculous recovery, thanks to homeopathy*

by LAURIE DEFRAIN STEMM

IT WAS THE BEGINNING OF A WONDERFUL VACATION IN PORTO DE GALINHAS, Brazil. My husband, our two boys, and I were having so much fun swimming on the beach in the crystal blue waves all afternoon. By sunset, we began watching the colors of the day drift into the sea.

# adise



The author and her son in Brazil.

**I was shocked!  
How could  
anyone get  
so sick  
in such a  
short time?**

## ream Vacation?

Right about then, our younger son, eight-year-old Adam, came stumbling up doubled over in pain. He collapsed into my arms crying, “Mommy my stomach hurts really bad.” He was holding his head and saying everything in his body hurt, even his eyes. I put my hand on his forehead and felt him burning up with fever. I was shocked! How could anyone get so sick in such a short time?

### **Breakbone fever!**

I couldn’t imagine what this could possibly be, so we started asking a few locals if it was sunstroke. It turned out to be something much worse. Each person we consulted told us that Adam had very obvious symptoms of Dengue Fever, a viral disease spread by mosquitoes common to this area and many tropical zones. Also known as “breakbone fever,” Dengue has a sudden onset of high fever lasting for 2 to 7 days

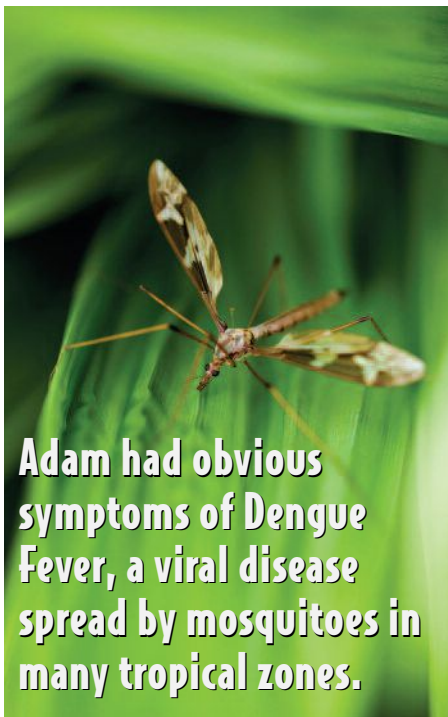
along with excruciating headache, severe pain behind the eyes, and extremely painful joints, muscles, or bones. Abdominal pain, vomiting, and rash may also be present.

I quickly researched Dengue Fever on the Internet and found that it comes in two varieties: Type 1 is non-lethal, but Type 2, known as Dengue Hemorrhagic Fever, can be fatal. After panicking about which type of Dengue Fever our son had, we became even more unnerved when we learned that both types display the same symptoms for the first three days or so—and that orthodox medicine has no specific treatment that will help either type! All they can offer is supportive care. The Centers for Disease Control advise bed rest, fluids to avoid dehydration, and medication to reduce fever, such as acetaminophen (*not* aspirin because it can increase bleeding of Dengue Hemorrhagic Fever), along with careful monitoring of the symptoms. If signs of

the Type 2 hemorrhagic form of Dengue begin to develop—such as small bruises on the skin, bleeding from the nose and gums, persistent vomiting, vomiting of blood, blood in the stool, difficulty breathing, or physical shock/collapse—they recommend racing to the hospital emergency room for IV fluid replacement and possibly blood transfusions.

### **Homeopathy & Google to the rescue**

Thank goodness I had been learning how to use homeopathy in my local National Center for Homeopathy Affiliated Study Group in Florida for years, so I knew we had another option to try. I did a Google search on “Dengue Fever homeopathy,” and up came a site showing keynote indications for the remedies *Bryonia*, *Rhus toxicodendron*, and *Eupatorium perfoliatum* in the treatment of Dengue Fever.



Adam had obvious symptoms of Dengue Fever, a viral disease spread by mosquitoes in many tropical zones.

After quickly reading about each remedy, it was obvious to me that my son was exhibiting the symptoms that were described under the remedy *Eupatorium*. In fact, it said that *Eupatorium* was the

most frequently used homeopathic remedy for the successful treatment of Dengue Fever. Adam had the keynote *Eupatorium* symptom of aching all over his body, so severe that it felt “as if the bones were broken.” He also had the strong *Eupatorium* symptom of “soreness in the eyeballs.” Additional key symptoms that matched *Eupatorium* were: a strong thirst for cold drinks; a severe, throbbing headache; fever; extreme restlessness, moaning, anxiousness, and moving about with the pains; and strong stomach cramps that caused him to dislike anything tight around his waist (he did *not* want to put on pajama bottoms that night).

### Terrifying night of fever & pain

Fortunately, I had my homeopathic travel kit with me, and *Eupatorium* 30c was in it. I gave him the first dose at 8 p.m., and he fell right asleep, which I hoped was a good sign that the remedy was working. I carried him straight to bed with me, where he slept restlessly for perhaps an hour before

waking—moaning and crying out deliriously. I checked his temperature, which was 104°F. I was terrified to see him so “out of it” and in such pain! I gave him another dose of *Eupatorium* 30c, and he fell back to sleep for another hour.

The night continued in this fashion. Each time Adam would wake—wildly feverish, screaming with the pain in his joints, thrashing about in bed, and hallucinating—I’d give him another dose of *Eupatorium* 30c, and he’d quiet right down and fall back to sleep again for awhile. The relief he experienced after each dose of the homeopathic remedy would last about an hour. I was grateful that *Eupatorium* was giving Adam enough relief that he could sleep for an hour at a time, but I wished I had a higher potency (e.g., 200c or 1M) since the effects would probably have lasted longer than an hour—but all I had was 30c. And with no one around in this little hotel room and the nearest hospital hours away, all I could do was pray, watch him toss and turn, and

## Reality Bites

**D**engue Fever—an acute viral disease spread by the bite of mosquitoes—has exploded in growth over the last few decades. The World Health Organization estimates more than 40% of the world’s population, or about 2.5 billion people, are at risk for developing Dengue. It is second only to malaria in illnesses spread by mosquitoes. An estimated 100 million infections occur yearly, including 500,000 serious hemorrhagic cases and 22,000 deaths.

Not long ago, the illness was prevalent in just 10 countries; now more than 100 countries are affected, mostly tropical regions of Southeast Asia, Africa, Central America, South America, and the Caribbean Islands. It’s believed that the mass disruption caused by World War II spread the virus around the world via cargo transport, and the current popularity of worldwide travel continues the spread. Rapid industrialization may also be a factor since the mosquito that carries Dengue is a daytime biter that thrives in city swimming pools, half-empty flowerpots and soda cans, and wet plastic bags.

## Skyrocketing Dengue Fever a Global Concern



Recent epidemics have occurred in Puerto Rico, Cuba, Dominican Republic, Argentina, India, and Taiwan, to name a few. A 2002 outbreak in Rio de Janeiro, Brazil, affected one million people and killed sixteen. In the U.S., 100 to 200 cases of Dengue Fever are reported each year, mostly in travelers returning from tropical destinations. A small outbreak occurred in Key West, FL, in 2009, however, and if trends continue, Dengue may one day become a serious problem in the U.S., too.

The illness begins 4 to 7 days after an infected mosquito bites and is marked by sudden onset, acute fever, and severe muscle, joint, and bone pain—which is why it’s called “breakbone fever” or “bonecrusher disease.” Most people survive the illness without long-term effects, but a percentage with the severe hemorrhagic form of Dengue die, most of them children. No conventional medical treatment exists besides supportive measures. The primary prevention is mosquito control and personal protection from bites.

—Sources: World Health Organization, Centers for Disease Control, and Bionity.com.

then give another dose of *Eupatorium* whenever he started getting worse again. Needless to say, I didn't sleep much.

### An amazing transformation

But sometime in the early morning, Adam's fever broke and he became calmer. Feeling like we had made it through the worst of it, I let him sleep a bit while I went out for a cup of tea. By 10 a.m., he walked out of the room as if nothing had happened and announced, "I'm hungry."

We were all amazed that he had moved through the whole illness in about 12 hours! On several other occasions, I had witnessed the effectiveness of homeopathic remedies on my children's health, but I had never seen such dramatic results as these!

Some would say he must have not had Dengue Fever in the first place because it never goes away that fast; the fever typically lasts from 2 to 7 days, and the person often suffers with some lethargy and malaise for awhile afterwards. Although this may be the conventional medical view, I witnessed all the symptoms and all the pain of

Dengue Fever in Adam that night. Numerous local residents had also separately identified his illness as Dengue Fever, and the illness is typically diagnosed by the symptoms alone. So I feel very comfortable giving homeopathy all the credit for helping Adam's little body fight this horrible Dengue Fever virus in record time.

### Don't leave home without it

What a blessing it is to have options that the medical industry doesn't have! It made me feel so empowered to be able to do something to help our son, that it made me want to continue learning more about homeopathy.

We took it easy the rest of the day and watched him carefully over the next few days to be sure he had no relapse, but overall, Adam was back to normal. The homeopathic treatment allowed us to continue our magical vacation in Brazil.

Needless to say, whether we travel in the U.S. or around the world, *we will NEVER travel without our Homeopathic Travel Kit.*

SB JOHNNY AT WIKIMEDIA COMMONS



## Oh, Those Aching Bones!

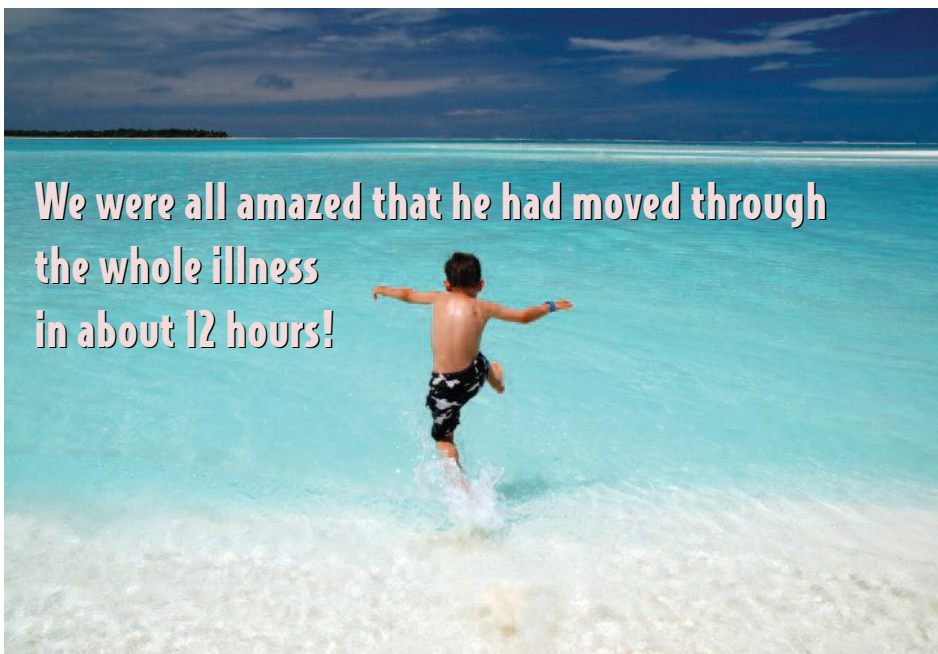
The story of *Eupatorium perfoliatum*

"Boneset" or *Eupatorium perfoliatum* is a perennial plant native to the Eastern U.S. and Canada. It grows near streams, lakes, and wetlands, blossoming from July to September. Native Americans called it "ague-weed" and used it to relieve certain fevers—such as flu and malaria-like illnesses—that were accompanied by deep soreness in the bones, joints, and muscles.

American settlers soon caught on and began using the herb for all manner of colds and flu. In his 1887 *American Medicinal Plants*, Charles Millspaugh wrote, "There is probably no plant in American domestic practice that has more extensive or frequent use than this. The attic or woodshed of almost every country farmhouse has its bunches of the dried herb hanging tops downward from the rafters during the whole year, for immediate use should a member of the family, or that of a neighbor, be taken with a cold. How many children have winced when the maternal edict: 'drink this boneset; it'll do you good,' has been issued; and how many old men have craned their necks to allow the nauseous draught to the quicker pass the palate."

Of course, it's a lot easier to take *Eupatorium* in its homeopathically prepared form—sweet pills or tasteless liquid—because homeopathic pharmacies highly dilute the leaves and flowering tops of the plant, turning the herb into a remedy that is gentle but powerful.

The next time you encounter a severe flu—with fever, body aches so intense it feels as if the bones are broken, a bursting headache, aching eyeballs, a thirst for cold water, and restlessness and moaning with pain—try *Eupatorium* to feel better fast. Also, if you encounter Dengue Fever in your travels, remember *Eupatorium*—it just might be a lifesaver!



#### ABOUT THE AUTHOR

Laurie DeFrain Stemm is a parenting coach. She serves on the board of directors of Homeopaths Without Borders, NA, and is coordinator of the Tampa NCH Homeopathic Study Group, bringing homeopaths to the area for weekend workshops. She also works with Something to Say Productions, LLC—a company creating educational documentary films and currently helping to develop a pilot study showing the efficacy of homeopathy in treating autism. You can reach her at [lstemm@shipwreck.net](mailto:lstemm@shipwreck.net).

# BRIL BEL

For kids and adults—  
fevers, migraines,  
and more

# LIANT LADONNA

## A Must-Have Remedy

by ALICIA GONZÁLEZ, ND, DHANP, CCH

*Bang, bang, bang* came the knock on my door as I was just settling in on the couch with a bowl of popcorn and my favorite TV show. It had been a busy day, and I was looking forward to relaxing. Unfortunately, that was not in the cards for me this particular evening.

"Who is it?" I called as I went to the door. It was my neighbor, who sounded frantic: "We need your help! Our little boy is sick. Can you come see him?"

### Red, hot baby

Lucas, a sweet two-year-old, was normally very healthy. He had been breastfed from birth, and his parents were just starting to introduce solid foods into his diet. They said he had been doing very well, until they decided to add eggs. Within minutes of eating a hard-boiled egg, Lucas' skin had turned bright red and hot to the touch. He was now crying inconsolably and clearly uncomfortable. They had him in the bath with tepid water and a cool washcloth on his forehead to try to cool him down.

I put a few pellets of homeopathic *Belladonna* 6X from my home first-aid kit into Lucas' bottle, added cold water, and succussed the bottle (that is, banged it firmly on a hard surface several times). His

parents said they had tried to give Lucas his bottle earlier, but that he refused it, so they didn't think he would drink from it now. We were all pleasantly surprised when Lucas grabbed the bottle and drank its entire contents, as if he were parched.

After that, I kept a close eye on the time. If he was not showing signs of improvement in 10 minutes, I was going to recommend that the parents take him to an urgent care center.

Lucas' parents took him out of the bath and wrapped him up in a towel. He sat like that on his dad's lap, still crying his little eyes out. Five minutes went by, and there was no change. It was one of the longest five minutes of our lives. Then, at exactly six and a half minutes after giving him the *Belladonna* in his bottle, he stopped crying and gave his dad a funny look. We all looked at each other wondering what was going on. Then, he projectile vomited everything from his stomach onto his dad

and all over the living room. Once that was all over, he gave his dad a huge smile.

Lucas' dad set his son down, and we all ran to the kitchen to get towels and water to clean up the mess. Lucas went straight to his toys and started to play with them, as if that whole fiasco had never happened! Lucas' parents kept eggs out of Lucas' diet from that point on, and he never had another reaction.

### A parent's best friend

It's not unusual for children to get very sick very quickly, as Lucas had, and many parents have relied on homeopathic *Belladonna* to help their child get over such an illness, just as quickly. The child who benefits from *Belladonna* tends to have a sudden-onset illness of great intensity, with a red face and skin that is hot to the touch, as in Lucas' case. The face may be red and hot, but the feet and hands are often cold. Fever, usually a high one, is



"ATROPA BELLADONNA (BELLADONNA)" BY C T JOHANSSON IS LICENSED UNDER CC BY 2.0

## 7 KEYNOTES *to Belladonna*

KEY SYMPTOMS POINTING TO THE NEED FOR *BELLADONNA* INCLUDE:

- Sudden onset
- Hot, flushed, red face
- Sensitivity to light, noise, movement
- High fever
- Eyes glassy with dilated pupils
- Throbbing, bursting head pain
- Confusion

typical, and the child will have glistening, glassy eyes with dilated pupils. The child will usually have some level of confusion, too, or even delirium, with vivid hallucinations. Earaches, teething, colics, sore throats, colds, flu, and infections are just a few examples of conditions that *Belladonna* can often help in kids.

### Beautiful lady

*Belladonna*, also known as *Atropa belladonna* and deadly nightshade, is a lovely plant with a long history of medicinal and cosmetic use. This perennial is native to central and southern Europe and North Africa, and it can grow as tall as six feet in one season. The flowers appear in July and August, are bell-shaped, and have a pinkish-purple hue. The plant has rather large, black berries that resemble a small cherry. Attractive and sweet, these berries are highly toxic if eaten by humans, and many poisonings have been reported. "Devil's cherries," "naughty man's cherries," and "boutons noirs" ("black buttons" in French) are some names for *Belladonna* berries.

The entire plant contains the alkaloids atropine, hyoscine (scopolamine), and hyoscyamine, which are toxic but can also have medicinal value. For example, one of these alkaloids, atropine, is in the drops that an eye doctor uses to dilate your pupils during an eye exam. In general, these alkaloids inhibit the parasympathetic nervous system and affect sweating, breathing, and heart rate. People who've actually eaten the berries or parts of the plant have experienced flushing, fever, a fast heart rate, headache, severely dry mouth and throat, confusion, hallucinations, and convulsions. They also had dilated pupils, along

with blurred vision and sensitivity to light. During the Renaissance, Venetian women put drops of this berry's juice into their eyes to dilate their pupils, making their eyes appear darker and larger as this was considered more attractive—in fact, that's how the plant got its name, "bella donna," which means "beautiful lady" in Italian.

Although the *Belladonna* plant is highly toxic, the homeopathic pharmacy process of many dilutions and succussions renders it completely safe. Not only is homeopathic *Belladonna* safe, it is potent; for example, in the early 1800s, Dr. Samuel Hahnemann saved the lives of many children during an epidemic of scarlet fever using homeopathically prepared *Belladonna*.

### Not for kids only

Homeopathic *Belladonna* is an often-used remedy in pediatric circles, but children aren't the only ones who can benefit from a well-indicated dose. Last summer, I had the pleasure of getting quite sick with an infection. I went to bed one evening feeling more tired than usual but not otherwise sick. I woke in the middle of the night absolutely miserable, with a fever of 102 degrees. My skin was hot to the touch, and I found it extremely difficult to express how I was feeling. When asked what was wrong, I could only give my answer in a moan. I was given *Belladonna* 30c, and within minutes, my fever started to subside, and I fell back to sleep. For the next few days, I felt slightly "under the weather," but the high fever never returned. Tip-offs that I had needed *Belladonna* were: the suddenness and intensity of the illness, the high fever, the hot skin, and my being "out of it" (not really delirious but leaning a bit in

that direction).

### Relieving headaches

Certain types of headaches, with throbbing, bursting pain, also respond well to homeopathic *Belladonna*. Jan came to my office years ago with a severe migraine. She wore dark glasses that wrapped around the side of her head and extended to her ears so that no light would reach her eyes. She kept her head down and had to be assisted into the office by her daughter. She was in considerable pain. She had been to the emergency room twice in the previous two weeks for her migraine. They had given her strong pain medicine, but it had had no effect whatsoever. In fact, her migraine pain was getting worse.

In speaking with Jan and her daughter, I found that Jan had classic symptoms of a *Belladonna* headache. The pain began in the back of her head, radiated to her right forehead, and then settled about her right eye. Even the slightest noise, light, jarring motions, or cough made the pain excruciating, as did applying heat. Lying in a dark room, putting a cold pack on the back of her neck, and squeezing her head were the only things that provided the slightest bit of relief. She described her migraine as pounding, like she was being stabbed by a knife, and as if her eyes were being pushed out of her head. She sat in the chair with her head in her hands. Even with the dark sunglasses on, she asked me to turn the lights off in the office because the light made her pain worse. Upon examining Jan, I saw that her pupils were dilated, which helped explain her severe sensitivity to light. She moved slowly and deliberately. Her voice was soft, and she worked hard

to choose her words carefully. The slightest noise was too much for her.

The intensity of Jan's pain; the pounding and exploding feeling (as if the eyes were being pushed out); the way the headache started in the back and extended over the right eye; her dilated pupils and extreme sensitivity to light; her extreme sensitivity to heat, motion, and noise; her desire to press the sides of her head, apply cold, and stay in the dark—all these symptoms strongly pointed to *Belladonna*.

I gave Jan a dose of *Belladonna* 200c, and within 10 minutes, she took her sunglasses off. Twenty minutes after taking the remedy, she was not pain free, but she was able to leave the office unassisted. On her way out, I gave her another dose to take home with her, in case the pain got worse again later, and asked her to call me the next day to let me know how she was doing.

When Jan called in, she said the pain had gotten worse again that evening, so she took the second dose, but in the morning, she woke pain free! It took a few more days for her body to bounce back from having been in severe pain and largely immobile for two weeks, but Jan was thrilled to have her life back. She still takes *Belladonna* occasionally, if she feels the start of a migraine, and the remedy stops the headache from progressing or greatly reduces its symptoms. She is also getting migraines less frequently now, thanks to homeopathic treatment.

### Not for acute situations only

*Belladonna* is well-known for helping people who are suffering from acute illnesses and sudden congestive ailments, such as fevers and migraine. But, this remedy can also be used "constitutionally," for the whole person and more chronic conditions.

Physically, people who benefit from *Belladonna* constitutionally tend to be healthy, vital, and robust. Any problematic health conditions they do have tend to be intense, painful, throbbing, and congestive. Emotionally, they can be assertive and prone to violent outbursts. Ironically, even though *Belladonna* types struggle with anger, they will often describe themselves as being open and warm-hearted. They have a tendency to be both passionate and caring of others, yet, when triggered, their mood

can turn intense and destructive quickly.

### Restoring mood balance

José was a young man I saw years ago for bipolar disorder. He was a big teenager who came across as being really sweet but who could be intimidating if he became cross. He enjoyed school. He received good grades, was athletic, and was well liked by his peers and teachers. During the manic phase of his bipolar disorder, however, he admitted feeling extreme anger, which he had trouble controlling. It bothered him tremendously because, normally, he was a nice young man who would never hurt a fly. José was healthy physically and reported having had no major illnesses in his life, except a few intensely painful right ear infections as a kid.

The combination of his history of intensely painful, right ear infections with his intense, sudden outbursts of anger led me to give *Belladonna*. I worked with José for a few years, using additional doses of *Belladonna* as needed, and we saw good progress with his moods and anger. We then lost touch for many years.

Recently, he came back to see me. I am happy to report that he continues to do well and is now a college graduate who is working full time.

### Taming a temper

Sarah had a similar story to José's, but instead of having bipolar disorder, she had been diagnosed with attention deficit hyperactivity disorder (ADHD). She had all the classic symptoms of ADHD, including trouble focusing and concentrating, staying on task, being organized, listening to instructions, and finishing projects. Sarah had a tendency to stay up late at night "putzing," which made it difficult for her to get up in the morning and get to work on time.

As you can imagine, this made life for her at her job difficult. She was put on report enough times that her boss told her, "One more time and you lose your job." Sarah came to me desperate for answers and help.

Many homeopathic remedies could be indicated for a person with ADHD, so how does a homeopath make the right decision for which remedy to give? When taking a case, it is important to find what is unique

about that individual, in order to differentiate one remedy from another. Sarah came across as being a kind and caring person. She was active in her church and worked with kids at summer camps. So, I was surprised when she admitted to me that she could have a bad temper. When she told me that she literally picked up her older brother and slammed him against the wall when she was angry, I immediately thought of *Belladonna*. Morrison's *Desktop Guide to Keynotes and Confirmatory Symptoms* says that *Belladonna* should be considered "when the physical strength is almost superhumanly increased."

Sarah's short temper was something that embarrassed her. She almost didn't tell me about it because she was afraid of being judged. I am glad she mentioned it because *Belladonna* made a big difference for her in her life. *Belladonna* is not usually prescribed for ADHD; in fact, I have had to give her other homeopathic remedies to address her ADHD symptoms. But, Sarah's anger has gone away completely with homeopathic treatment with *Belladonna*, for which she is grateful.

### A versatile remedy

I love *Belladonna* because of its versatility. It is effective for both acute and chronic conditions. Acutely, it can be used to treat high fevers, ear infections, tonsillitis, menstrual cramps, and migraines, among other illnesses. On the mental and emotional levels, it is effective for anger or conditions where the patient displays anger as part of his or her condition, such as bipolar disorder, ADHD, or childhood behavior disorders. This "beautiful lady," *Belladonna*, has played a big role in my practice and has helped many of my patients.

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# A Classical Approach to Health

## Cooling childhood fevers fast

By Vatsala Sperling, RSHom (NA), CCH, MS, PhD, PDHom

During my childhood in India, my mother used her vast knowledge of Ayurveda to treat my family's ailments. When she needed additional help, she took us to our family homeopath, Dr. T. S. Saggu, a quiet, kind, and generous person with deep compassion for his patients. Generally, a homeopath's job involves taking a case (an initial interview when an individual describes their chief complaint as expressed in their body, mind, and spirit) and finding a remedy that addresses the totality of the individual's symptoms. I observed Dr. Saggu, my childhood hero and role model, doing this with few words, in little time, and with precise and stunning results.

In a simple clinic filled with books and remedies, Dr. Saggu, in a gentle, almost whispering voice, would ask: What is your complaint? When and how did it start? Where do you feel discomfort? What was happening at the time when the problem started? What makes it better and worse? What do you like to eat? Next, he checked vital signs and gave a physical exam. In under 20 minutes, Dr. Saggu completed the case intake, administered one dose of a homeopathic remedy, and gave simple instructions about taking the remedy at home. Then he moved on to the next person, almost always forgetting to charge a fee and only interested in healing his patients.

And oh, boy, did he heal! My five siblings and I always felt better after the remedies, never needing additional medications or treatments.

We were hale and hearty, brimming with good energy because of our great childhood homeopath.

### Inspired to learn

Inspired by Dr. Saggu, years later, I enrolled in the late Misha Norland's School of Homeopathy, Devon, UK, and then completed post-graduate education with various other teachers. I learned that what I had observed with Dr. Saggu was pure classical homeopathy, as outlined in *The Organon of Medicine*<sup>1</sup> by homeopathy's founder, Dr. Samuel Hahnemann. During Dr. Hahnemann's life (1755-1843), homeopathy spread to every continent, and people routinely sought treatment from homeopathic clinics and hospitals. Although traditional Chinese medicine, Ayurveda, and other alternative medicine systems have gained wider acceptance, people continue to seek homeopathic care to support their health.

### The beauty of homeopathy is based on individualization.

My education also helped me to realize that homeopathy, an amalgam of science and art, has room for innovation, experimentation, and creativity. Many innovators<sup>2, 3, 4, 5, 6, 7, 8, 9</sup> have developed systems and methods for taking a case and finding a remedy. Considering this,



I wondered if "old style" classical homeopathy<sup>10</sup> still worked and how effectively and efficiently in modern times. To find answers to these questions, I accepted an invitation from Dr. Gaurang Gaikwad to his *Master Class in Classical Homeopathy* (drgauranggaikwad.com), adding another exciting chapter to my homeopathy learning. (Hear Dr. Gaurang speak at JAHC 2023 in March!)

### Individual and unique

Dr. Gaurang meticulously avoids the trap of one-size-fits-all by paying close attention to the inherent uniqueness of each person. He teaches that time-tested remedies bring about deep, complete, and lasting relief when matched with a person's symptoms.

In my coursework, Dr. Gaurang demonstrated case-taking techniques proposed by the master homeopaths of prior centuries<sup>11,12,13,14,15</sup>, and he "solved" the cases using standard classical homeopathy tools—repertories with lists of symptoms from over 5000 homeopathic remedies. Also, he chose remedies to match the totality of symptoms of a patient.

Dr. Gaurang stated, "The beauty of homeopathy is based on individualization. Simple remedies are chosen and prescribed, the patients experience relief from their distressing symptoms, and they also undergo changes in the level of their emotions, mind, and thoughts. All these positive changes happen without dependency on the remedies or any side effects." Dr. Gaurang has a favorite saying, "old is gold," when he describes his

experiences with classical homeopathy. The following two homeopathy cases taken by Dr. Gaurang in his clinic in India demonstrate his practice of classical homeopathy.

### **Samar leaves illness behind**

**Dr. Gaurang:** At the peak of a COVID-19 wave in India, ten-year-old Samar's mother brought him to my clinic with fever and chills. Samar had previously tested positive for COVID. She described her son's symptoms, "For the past week, Samar has had 102-degree (Fahrenheit) fever followed by chills. The heat begins on his forehead and neck, and he is thirsty during the fever. Every three to four hours, the fever peaks, and then chills begin in the soles of his feet. The chills spread upward, and he shivers, gets weak, sleepy, and wants to lie down. Then he breaks into a sweat and is thirsty for cold water. He does not like air drafts and feels better under a blanket. Samar is irritable, clingy, and terrified that robbers will kidnap him. The course of antibiotics he took last week has not helped."

His mother added, "He is a perfectionist and loves to help the family." She also said Samar usually enjoyed fruits, especially apples, and he had always been worse from cold air and sweaty on his face and neck during sleep.

Samar's main complaint was fever and chills, which began in the soles and traveled upward, making him very sleepy with a desire for covering. Remedies for acute (short-term) illnesses cannot be prescribed based on a person's general nature. Treatment must be found quickly, without exploring the personality. In acute illnesses, practitioners should pay attention to new, strange, rare, and peculiar symptoms and what might have caused the illness. In contrast, finding a remedy for chronic disease relies on mental, emotional, and general symptoms, miasms, and historical conditions. My approaches for finding acute or chronic remedies both originate from *The Organon*. To find a remedy for Samar, I

## Childhood Fever Remedies

This list includes some of the most common remedies useful during fever. Learn more about using homeopathy on page 23.

**Aconite** – sudden onset with emotional excitement, restlessness, and anxiousness; dry mouth with strong thirst; dry throat with cough; hot skin better being uncovered

**Belladonna** – sudden onset; hot head and face with cold hands and feet; throbbing pulse points; burning hot, red skin that radiates heat; thirsty with dry throat and mouth; child feels worse when body is uncovered; intensely fearful

**Bryonia** – slow onset of fever; one-sided fever and chills, often on right side; very thirsty; child feels worse moving around and better being still; child is often irritable, better being alone

**Chamomilla** – child is angry before fever; hot face, one cheek red, the other white; fever felt on front of body, chills felt on back of body; very thirsty during fever; chills get worse when body is uncovered; hot sweat on face and head; child is bad-tempered, wants to be carried and feels better when fasting; child also asks for things, but when given, throws them away in anger

**Cina** – daily fever at the same hour; fever caused by sweets, pastries, expired canned food, worms; cold sweat and ravenous hunger with chills and vomiting; convulsions follow chills and improve after eating; child is very angry and demands to be vigorously rocked up and down; whiteness around mouth

**Ferrum phosphoricum tissue salt** – onset not as sudden as *Belladonna*; isolated body parts feel hot; child frequently stretches during chills, is weak but not as dull as *Gelsemium*, and is talkative during fever; bright red discharges

**Gelsemium** – fever begins in the head and neck; chills start in the soles of feet and move upward; thirst for cold water during fever and chills; child is sleepy and weak during chills and has fears from anticipation

**Nux vomica** – fever and chills alternate; no thirst during fever; violent shaking during chills; chilly legs and back; profuse sweat after chills; child feels better being covered during fever, chills, and perspiration and knows when fever is about to begin

**Lycopodium** – child is difficult to manage when ill—clingy and abusive to parents, especially on waking; sour vomiting between fever and chills; nose blocked at night, mouth breather; child experiences frequent illnesses

**Ocimum sanctum** – fever with hot palms and soles of feet; fever during sleep; fever with sneezing, watery eyes, and cough; child is irritable, rude, and afraid to be alone; thirsty and craves salty food

**Pulsatilla** – changeable fever and chill symptoms; chills move up and down body; no thirst during fever, thirsty with chills; child feels better moving around in open air and being uncovered, is weepy, and wants to be held during fever

**Sambucus** – fever during sleep, but child wakes up fine; dry, burning heat; dry cough; nose is blocked; child may have a history of a big fright

**Sulphur** – fever with long-lasting heat; burning soles of feet during fever; chills move upward; thirsty for cold drinks during fever; child feels better uncovering body; helpful after a prolonged fever that has not responded to treatment

repertorized his symptoms with the following rubrics:

- Chill, beginning in limbs and feet
- Chill, extending upward
- Uncovering aggravates
- Ascending symptoms
- Sleepiness

The top three remedies ranked by the repertorization were *Gelsemium*, *Sulphur*, and *Pulsatilla*. *Gelsemium* best matched Samar's weakness, ascending chills starting in the feet, anticipatory fears about being kidnapped, and his alternating fever, chills, and thirst. If Samar had needed *Sulphur* or *Pulsatilla*, he likely would not have felt better under his blanket.

I instructed Samar's mother to give him *Gelsemium* 30c every six hours and the tissue salt *Ferrum phosphoricum* 6X, a known help for reducing fever and inflammation. Within 24 hours, Samar's fever was gone, and he was more energetic and awake. He continued to improve over the following week without relapse.

### Ryan finds relief

**Dr. Gaurang:** Two-year-old Ryan arrived in my office after recently testing positive for COVID. Ryan's mother said, "Ryan is very dull, and his tongue looks different, red on the borders and white in the middle. He has had a terrible cold for the past three days, with watery eyes and a wheezing cough. His fever begins during sleep, and his body gets hot, especially the palms and soles of his feet. During the fever, he is so weak and wants me to carry him.

"Ryan repeatedly sneezes, acts irritably, and complains that his head hurts. He is cranky, says rude words, and throws things. Ryan drinks a lot of water and refuses to eat anything but salty snacks. I cannot leave him alone, even for a minute, because he is afraid." His mother also mentioned that Ryan had a history of recurring respiratory infections.

Ryan's symptoms pointed to several possible remedies:



- *Cina* matches the rude and irritable behavior.
- *Gelsemium* has characteristics of dullness with a fear of being alone.
- A person who needs *Bryonia* has an intense thirst and red edges on their tongue.
- *Tuberculinum* can help with a wheezing cough, a history of infections, and the tendency to throw things.

*Ocimum sanctum*, a remedy derived from the holy basil plant, matched all of Ryan's symptoms, combining the characteristics of *Cina*, *Gelsemium*, *Bryonia*, and *Tuberculinum*. I asked Ryan's mother to give him *Ocimum sanctum* 30c every four hours. By the next day, Ryan's fever, dull and irritable behavior, weakness, and headache were gone, and he required no further treatment. [For more information about using remedies to address fever in children, see *Childhood Fever Remedies* on page 21.]

Revisiting "old-style" classical homeopathy with Dr. Gaurang brought me full circle. Like my childhood homeopath, I gently support patients with classical homeopathy. Classical homeopathy is dynamic and timeless and has never been out of style in the past 200-plus years. With this in mind, I hum a tune, "Ooh la la, ooh la la, **Old is gold**, ooh la la." 💧

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