

Homeopathic Remedies for Winter



Winter is upon us! Time to hibernate, get cozy and stay healthy with these homeopathic remedies. Refer to the chart for short-lived concerns. For longer lasting issues, please consult a professional homeopath.

This chart accompanies the Winters Blues and Concerns, There's a Remedy for That! infographic.

For information on administering remedies see www.homeopathycenter.org/getting-started-with-homeopathy/.

Colds

Coughs

Allium cepa

Lots of watery nasal discharge. Nose runs like a faucet. Nasal discharge burns and irritates the nose and upper lip. Better: Cool open air, bathing, motion, cold room. Worse: Warm room, damp weather, evening.

Antimonium tartaricum

Loose, rattling cough without much mucus coming up. Mucus is difficult to cough up. Wants to be left alone. Better: Coughing up the mucus, cold, open air, sitting up, motion. Worse: Warm room, milk, anger, lying down, warm drinks.

Ferrum phosphoricum

Useful for first stages of a cold when symptoms aren't as defined. High fever, flushed face especially with round, red spots on cheeks or very pale. Better: Cold applications, lying down. Worse: Night, motion, cold drinks, cold air.

Rumex crispus

Dry, tickling, irritated coughs which prevent sleep. Extreme tickling in the larynx and trachea worse cold air. Continual cough with little expectoration. Better: Covering mouth, wrapping up. Worse: Cold air, inhaling, change of temperature.

Nux vomica

Cold that comes on from overwork or over indulgence in rich foods or alcohol. Sniffles. Irritable, impatient. Better: Resting, hot drinks, strong pressure. Worse: Early morning, open air, uncovering, coffee and other stimulants.

Spongia tosta

Loud, dry croupy sounding cough with hoarse, raspy sound. Cough interrupts sleep. Clears throat frequently. Better: Eating or drinking, warm drinks or food. Worse: Cold drinks, inhaling, dry, cold wind, hot room, lying down, exertion.

Flu-Respiratory

Flu-Stomach

Bryonia

Slow progressing flu. Painful cough causes headache. Aches all over. Fever is very hot and dry. Thirsty for large quantities, even gulping. Prefers to be alone. Better: Pressure, cool, open air, rest. Worse: Least movement, becoming hot.

Arsenicum album

Profuse burning discharge from eyes and nose. Thirsty for sips often. Chilly. Burning pains. Diarrhea and vomiting at the same time. Better: Warmth, except for a headache. Worse: Cold.

Eupatorium perfoliatum

Bursting headache. Eyeballs are sore. Severe pains in limbs and back. Bones feel broken. Fever with shivering chills on back. Thirst for cold drinks. Better: Sweating, conversation. Worse: Cold air, motion, coughing.

Baptisia

Bed feels too hard, can't get comfortable. Sore heavy, aching muscles. Wants to lie down. Mental confusion. Putrid diarrhea and burping. Better: Drinking liquids, open air, motion. Worse: Pressure, on waking, mental exertion.

Gelsemium

Sneezing, dull headache. Eyes/head feel heavy. Muscles ache. Fever with least movement. No thirst. Feels dizzy, droopy and dull. Better: Urinating, open air, sweating, mental efforts. Worse: Emotions, motion, surprise, cold, damp weather.

Nux vomica

Nose stopped up at night. Limbs and back ache. Chilly with shivering especially after drinking. Thirst for hot drinks. Better: Warmth. Worse: Least movement, cold.

Joint Pain

Holiday Stress

Bryonia

Heaviness in limbs. Joints are red, swollen and hot. Every spot is painful on pressure. Better: Lying on painful part, cool, open air, rest. Worse: Least motion, even breathing aggravate, becoming hot.

Calcarea carbonica

Overwhelmed with too much responsibility. Worry about health and security. Fear something bad will happen. Fear of the unknown. Constipated. Better: Rest, eating. Worse: Cold, wet weather, full moon, exertion.

Rhus toxicodendron

Numbness and pins and needles feeling after overwork. Stiffness and paralyzed sensation in joints. Internal coldness in limbs. Pain on first movement after rest. Better: Continued motion, heat, rubbing. Worse: Exposure to wet, cold, before storms.

Magnesium muriaticum

Peacemaker. Strong aversion to conflict. Anxiety at night in bed. Cries easily. Sensitive to noise. Better: Open air, hard pressure, gentle motion. Worse: Cold, at night in bed, waking up in the morning.

Ruta graveolens

Intense pain, heavy feeling in the tendons. Sore tendons. Unable to bend because of the pain. Stiffness and restlessness. Better: Rubbing, gentle motion, warmth. Worse: Cold air, exertion.

Natrum muriaticum

Ailments from grief or disappointment. Dwells on disagreeable events from the past. May use alcohol to loosen up. Better: Open air, cold bathing, tight clothing, rest. Worse: Consolation, company, heat, seashore.

References used: *Desktop Guide to Keynotes and Confirmatory Symptoms* by Roger Morrison, M.D., *Desktop Companion to Physical Pathology* by Roger Morrison, M.D., *Homeopathic Self-Care The Quick & Easy Guide for the Whole Family* by Robert Ullman, N.D. and Judyth Reichenberg-Ullman, N.D., and *Concordant Materia Medica* by Frans Vermeulen.

The information in this handout should not be interpreted as a recommendation to treat any particular disease or health-related condition. Consult your medical professional about all health-related concerns. For severe or life-threatening conditions, please contact your local emergency room or dial 911.

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