



International Journal of Research In Paediatric Nursing

E-ISSN: 2664-1305
P-ISSN: 2664-1291
www.paediatricnursing.net
IJRPN 2021; 3(1): 31-32
Received: 12-11-2020
Accepted: 16-12-2020

Dr. Mariya Aeja Ansari
Department of Pediatrics,
M.D. Part-1, GMHMC, Jalna,
Maharashtra, India

Homeopathy for children in common FLU

Dr. Mariya Aeja Ansari

Abstract

Common cold is one of the most frequently encountered problem in pediatric practise. Homeopathy offers a wide range of medicines absolutely safe, unlike harmful corticosteroids and antiinflammatory medications given in allopathy in order to suffice the need an acute phase of common cold.

Keywords: Common cold, individualization, miasms, selection of medicine, potency

Introduction

The common cold is a viral infection of the upper respiratory tract. It usually lasts approximately 7 days. There are more than 200 number of virus associated with it. Season of the year especially change of weather, rainy season, age group are important factors in the type of virus causing the infection. There are no major gender or ethnicity differences in incidence. Most of the infections occur in winter period. A US study found that 23.6% of adults have experienced a cold in 4 weeks. Children get 6-8 cold per year and adults get 4- 6 cold per year.

Aetiology: Air pollution is one of the most important factors for common cold, if the Air Quality Index (AQI) within 100 then it is satisfactory but above it affects the human health.

Clinical Feature: Symptoms of common cold are as follow's- 1. Fever with cough and cold. 2. Sneezing. 3. Sore throat. 4. Runny nose. 5. Headache. 6. Fatigue. 7. Nasal congestion. 8. Bodyache. 9. Loss of appetite. Progression—: Common cold begins with fatigue, a feeling of being chilled, sneezing and headache followed by running of nose and cough with fever. In children, the cough lasts for more than 10 days in 35-40% cases.

Diagnosis: As per the clinical evaluation of symptoms, if the fever or other symptoms is not subsided with in 7 days then required another test as per availability of symptoms in patients. Persistently runny nose, clear discharge occasionally becoming purulent n Sneezing and itchy nose n Nasal obstruction n Mouth breather, hyponasal speech in extreme cases n Family history of atopy (in allergic rhinitis)

Differential Diagnosis: 1. Infections: a) Sinusitis (more severe and lasts more then 4 weeks or longer, purulent nasal discharge, facial pain.) b) Pharyngitis(Absent cough, tender anterior axillary cervical lymph node, tonsillar swelling or exudates.) c) Pneumonia. 2.

Allergy: a) Allergic Rhinitis (due to allergen, fever abs)

Homoeopathy in Common Cold: One is naturally tempted to seek an understanding of living organisms. From a homoeopathic viewpoint, these elements are the source of many of our long- cherished remedies, especially the plants. In spite of the overwhelming richness and diversity of the biological world, all organisms have certain features which can be refined and are constant. It is useful for us to outline these features as they bring us to a deeper understanding of the human organism and the nature and cure of disease. According to Organon OF Medicine, Sec-73, As regards acute diseases, they are either of such a kind attack human being individually, the exciting cause being injurious influences to which they were particularly exposed.....Chills, over heating...are exciting causes of such acute febrile affections..... Sec-77, Maintaining cause is the important factor which must be removed, and for the treatment of pseudochronic disease. As for example-reside unhealthy localities, marshy districts.....overexertion of body and mind.....

Repertories of Fever There are many repertories which include FEVER chapter where we

Corresponding Author:
Dr. Mariya Aeja Ansari
Department of Pediatrics,
M.D. Part-1, GMHMC, Jalna,
Maharashtra, India

can find out a different group of remedies and how we applied as per availability of symptoms, these are, 1. THE

Therapeutics of Fever: Dr. H.C ALLEN (1879) Author states that, It is the patient not the fever that is chiefly and especially is considered. The remedy were selected from the totality of the objective, subjective and miasmatic symptoms. Many repertories have given separate chapters of fever like-Kents repertory/B.T.P.B/Complete repertory etc...

But In B.B.C.R- Fever totality is the unique contribution of Dr. Boger. The arrangement of the chapter is selfexplanatory. Each stage of fever followed by TIME/AGG./AME./Concomitant. Journal On Viral Infections Over the years the incidence of communicable diseases has reduced but viral infections especially influenza is on rise. It is caused by different strains of virus that produce symptoms with some variation and is better known as Influenza like illness (ILI). Even World Health Organization (WHO) has set up National Influenza Centres in Western Pacific and South-East Asian regions for its surveillance.] Homoeopathic practitioners successfully manage cases of ILI in their routine practice, they use centesimal as well as LM potencies with variable success. In order to elicit the healing properties of medicine according to the principle of similitude, homoeopathy employs human experimentation known as homoeopathic pathogenetic trials (HPTs) as its model of clinical pharmacological research. HPT takes into account all kinds of primary actions or pathogenetic manifestations (mentals, generals, and local symptoms) elicited by drugs on the state of health of human beings. [3] In this issue, we present HPT on *Gymnema sylvestre*, [4] a herb commonly found in central India and is widely used for diabetes mellitus. However, from the symptoms produced during the HPT, this drug seems to be useful in clinical conditions such as headache, vertigo, common cold, cough, diarrhea, etc. Further, clinical verification is desirable to explore its therapeutic potential.

Homoeopathic Therapeutics

1. Aconite- Great fear and anxiety of mind/ skin dry and hot with burning thirst for large quantities of cold water/complaints from dry cold air, dry north and west wind/cough on expiration.
2. Allium Cepa- Catarrhal dull headache with coryza<in the evening>in open air/coryza profuse watery and acrid nasal discharge.
3. Ars. Alb-Mentally restless but physically too weak to move, cant rest in one place/great thirst for cold water: drinks of ten, but little at a time: eats seldom, but much/<midday, midnight> heat in general.
4. Bryonia-ailments from when warm weather sets in, after cold days, after taking cold or getting hot in summer, from chilling, overheated/dryness of mucous membrane /great thirst for large quantities at long intervals/<motion>absolute rest
5. Belladonna-violent delirium, hallucination/great liability to take cold/congestive headache with red face, eyes, throbbing of carotid/dryness of mucous membrane.
6. Puls-weeps easily, >consolation/grat dryness of mouth with thirstlessness/nasal discharge thick, bland, yellowish-green.
7. Rhus. Tox-bad effects of getting wet after being over

heated/restlessness, cant stay long in one position/great thirst with dry tongue(triangular red tip,imprint of teeth)/<cold,during rest>warm, motion.

8. Arum triphyllum- Raw, red, bloody surface of lips, nose, buccal cavity; patients pick and bore into them incessantly, though they are so sore and painful.
9. Gelsimium-Nasal catarrh, with excoriating discharge, sore throat, associated with physical weakness..

Conclusion

Common cold is nothing but the immune mediated viral infection. Higher rates occur in humid, crowded conditions, change of weather, rainy season. Homoeopathic treatment provides safe and quick relief in common cold. But along with medicine the patients need adequate rest, take a sufficient amount of water, nutritious diet, avoid cold exposure

Reference

1. Davidson-Principles and practice of medicine(19th edition),
2. Das PC, Textbook of medicine (6th edition).
3. Smillie G. wilson The New England Journal of Medicine, Smillie G. wilson 1940;23(17)
4. Worrall Graham, common cold (www.ncbi.nlm.nih.gov)
5. Common cold, Wikipedia (www.google.com)
6. Cold, flu, pneumonia (www.acpny.com)
7. Hahnemann samuel, organon of medicine(5th and 6th edition)
8. Allen HC, Allens keynotes (10th edition)
9. Boericke willium, pocket manual of Homoeopathic Materia medica and Reperetory, Low price edition.
10. Kent JT, Repertory of the Homoeopathic Materia medica, enriched Indian edition.
11. Tiwari Shashi Kant, Essentials of Repertorization(5th edition)
12. Manchanda RK, Homoeopathy in Influenza like illness 2013;7(1).
13. Allan Micheal G, Arroll Bruce. Prevention and treatment of the common cold:making sense of the evidence(www.ncbi.nlm.nih.gov), 2014.
14. Nash EB. Leaders in homeopathic therapeutics (1st edition).
15. John Henry Clarke, The prescriber.
16. Rachel U Sidwell, UK Mike A Thomson-Easy Pediatrics s
17. Peter morell, Article on nature of life.