

## FEVER TIPS WITH TWO MORE REMEDIES FOR YOUR KIT

*“It is the **patient** not the **fever** that is chiefly and especially to be considered. It is the individual with his or her peculiar idiosyncrasies and constitutional inheritances with which we have to deal.”*

~ H. C. Allen, MD, *Therapeutics of Fever*

Also from Dr. Allen’s book:

*“The symptoms occurring before and during the **chill, heat, sweat, and apyrexia** (absence or intermission of fever); the **time** of occurrence of paroxysm; the **parts** of the body in which the chill first makes its appearance; the **regularity** of its stages; the **degree or absence of thirst, and time** of its appearance...”*

There are three stages to fever:

1. **The chill stage** – As the home prescriber, it becomes very important to determine what was happening physically, mentally, or emotionally the day before the onset of fever, if possible, or even a couple of hours before. Emotions like anger/tantrums or grief (consider the loss of a pet or loved one...or even in some exquisitely sensitive children, simply the loss of a loved toy or blanket) can impact the whole energetic system. Fear can trigger a response as well – think of accidents, falls, injuries, or witnessing a traumatic event – and can upset the whole system. And oddly enough, sometimes joyful events with too much party, too much food, too many people, and too much excitement can affect the system, especially kids. There are homeopathic remedies that can be individualized for these scenarios. Also consider weather changes, overheating and getting chilled, or teething. Consider thirst/lack of thirst and cravings at this point. A child who is chilled and is craving cold drinks...this is an unusual symptom in homeopathy. Where are they chilled? All over or only the hands or only the feet? Are they shaking with the chills (rigors)? Do they want clothes on or off during chill?
2. **The heat stage** – Normally we think of only one way to consider the heat stage...getting out the thermometer and taking a temperature. With homeopathy, you want to look at what the child craves or does not crave during the heat stage. Are they thirsty, not thirsty, any cravings for juice, ice, lemons, ice cream, or hot drinks? This is all very important information for you and for your homeopath. Do they want to be covered or hate being covered or wearing clothes? Do they want open air and fresh air? Do they want to lie still or are they restless? Are they clingy and weepy or do they want to be left alone? Look at the face – is it totally red or is just one cheek red (and, if so, which cheek is red)? Or is the child pale?

Look at the tongue...is it coated white? Or is it red?

3. **The sweat stage** – Again, look over the ‘modalities’ in the chill and heat stages. Food cravings and thirst or lack thereof is important. Where is the perspiration?

Once your child has hit the sweat stage, you can wash the clothes and bedding, but remember: the body is producing its own antibiotics on the skin layer to prevent further infection if this is an eruptive fever (think chicken pox, measles, rubella, slapped face disease, hand/foot/mouth disease, etc.), so allow the sweat to be on your child for a time...at least until you see the spots as in chicken pox.

Watching your child during a fever is likely one of the hardest things to do as a parent. You want to make them feel better right away. If you can refrain from using fever medications like Tylenol or Advil ([never use baby aspirin](#)), though, you will [help your child heal more quickly](#). Fever medications tend to prolong the illness because the vital force is trying to mount a fever to deal with the illness. If you have to give medication, use as little as possible. The western conventional research and science is concluding what moms and grandmas have known for a long time...fever is a good sign and the breaking of the fever and appearance of spots is a relief.

## Remedies

*(Clinical Observations of Children’s Remedies by Farokh Master, MD)*

### *Pulsatilla*

- **Absolutely thirstless** in all stage of the fever, with a dry mouth; tends to smack lips constantly.
- Chill: **Cannot tolerate covers and warmth** in any form in spite of chill; wants to be out in the open air.
- Heat: Coldness of hands and feet with heat of the body OR hands and feet are red and hot on one side of the body and red and cold on the other.
- Delirious with dry, burning heat.
- During this stage, the child complains of brown and scanty urination, redness of face, increased salivation, lower backache, and raw pain in the larynx with hoarseness of voice.
- The child gradually falls into a deep comatose sleep during this stage.
- Perspiration: Cold and fetid (stinky), drenching perspiration after the heat stage, especially from the face with exhaustion and sleepiness.
- Irregular periodicity with changeable paroxysms of fever, usually increasing in severity every time.
- Useful remedy in eruptive fevers. (Think chicken pox, measles, rubella, slapped face, hand/foot/mouth, etc.)

### *Antimonium Tart*

- Children needing Ant tart don't want to be looked at but are clingy. They crave apples and apple juice...can look like Pulsatilla.
- Ailments from: Exposure to damp weather, viral or bacterial infection, usually during the winter season or the early spring.

- Chill: Gooseflesh and icy-cold skin.
- Drowsiness, gasping for breath, pale face, thirstlessness and weakness in the limbs.
- Worse from motion, open air. (Pulsatilla will want the open air.)
- Mental symptoms: Child clings to those around him, desires to be carried, cries without a purpose, and does not allow the doctor or nurse to come near.
- Cold perspiration on the forehead, craving for sour thing and fruit juices, headache, muttering delirium, restlessness, stupefying sleep, tachycardia, **thirstless in spite of a dry, parched tongue with red edges.**