

SYMPTOMS OF ENTEROVIRUS D68 (EV D-68)

From the website of the [Enterovirus Foundation](#):

Listed here are common symptoms of persistent non-polio enteroviral infection. This list is from observations made by Dr. John Chia in his Infectious Disease Medical Practice in Torrance, CA.

- Respiratory and/or gastrointestinal symptoms or just flu-like symptoms (fevers, body ache, headache etc.). Few virus infections present with both respiratory and GI symptoms.
- Upper respiratory tract symptoms such as runny and stuffy nose, sinus congestion and pain, sore throat, ear pain, difficulty in swallowing, loss of smell or taste.
- Upper and lower gastrointestinal symptoms such as nausea, indigestion, reflux, abdominal bloating, upper and lower abdominal pain, cramps, constipation alternating with diarrhea.
- Sudden weight loss due to significant stomach problem or decreased caloric intake, or weight gain due to inactivity.
- Numbness in the limbs, muscle twitching and spasms. Some experience facial tingling and numbness.
- Many types of headaches.
- Bone, muscle, and/or joint pain. Foot pain is quite common.
- Chest pain, palpitations and tightness.
- Cough, shortness of breath, wheezing/
- Low blood pressure.
- Heart arrhythmia (irregular heartbeat) or tachycardia (rapid heartbeat).
- Intermittent low-grade fever, chills and night sweats.
- Reproductive irregularities and pain.
- Prostate issues and pelvic pain.
- Blurred vision.
- Herpangina* (blisters or ulcers over the roof of the mouth). Ulcers may form in the mouth, throat and for females the vaginal/cervix area.
- Recurring yeast or bacterial infections due to a weak immune system.
- Adrenal surge or dysfunction. High cortisol levels or low cortisol levels.
- Psychological problems, anxiety, or depression.
- Mental fatigue when trying to concentrate on tasks. Cognitive issues are very common as are short-term memory problems.
- Sleep disturbance.
- Seizures are rare but do occur.
- Vitamin and mineral deficiencies. Many become anemic.

- Swollen Lymph nodes in the neck and in the armpits.
- Rash.
- Organs that can be affected by enteroviruses: heart, pancreas, lungs, liver, spleen, colon, ovaries, testicles, epididymis, thyroid, muscles, skin and the central nervous system.
- Enteroviral infections can trigger dormant viruses to reactivate, such as HHV6, Epstein Barr Virus, CMV, and chickenpox– all herpes viruses.
- Children can show symptoms, but parents may not recognize them especially if they are intermittent.
- Children can have many of the same adult symptoms – a flu-like illness, fever, mouth ulcers, abdominal pain, loss of appetite, a rash, headaches, leg pain and weakness, muscle twitching, reflux, cognitive dysfunction and perhaps heart pain and arrhythmias. A diagnosis of chronic fatigue syndrome/ myalgic encephalomyelitis in children is possible after three months of illness.
- An enteroviral infection should be suspected if the same symptoms recur every month.

"WHAT IS HERPANGINA?"

Herpangina is an infection caused by a virus. It causes small red spots to appear at the back of the mouth. These spots then become little fluid-filled sacs (vesicles) that quickly pop, leaving small ulcers or sores. The ulcers are very small, only about 2 to 4 millimetres wide (about 1/8 of an inch). They can be very painful and may cause your child to refuse food and water.

What is hand-foot-and-mouth disease?

Hand-foot-and-mouth disease causes the same spots and ulcers in the mouth as herpangina. It also causes spots on the hands and feet. Spots may also appear in the diaper area.

Both caused by the Coxsackie A virus

Both herpangina and hand-foot-and-mouth disease are caused by a virus from the same family. There is no treatment against this virus.

The spots and ulcers in both illnesses will go away on their own within 10 days.

The virus spreads by touching or breathing

The virus is common in the summer and early fall. It is found in saliva and stool (poo).

A child with herpangina and hand-foot-and-mouth disease is most infectious during the first week of infection. However, a child can spread the virus for several weeks.

The incubation period for this virus is 3 to 6 days. During this time, a child can spread the virus without having any signs of being sick.

The virus spreads when a child touches infected stool and the puts their hand in their mouth. The virus can also be spread through the lungs by coughing and sneezing.

The virus can also survive on surfaces and objects, such as counters and toys, long enough to spread to another person.

Preventing spread and future episodes

To prevent the spread of infection, wash your hands and your child's hands often. Be sure to do so:

- after wiping the child's nose
- after changing a diaper
- after using the toilet
- before preparing food

REMEDIES SUGGESTED FOR EV-D68

Aconite in Fever

Aconite, along with Belladonna, is one of the first remedies to think of in childhood fever. Here in Calgary, Alberta, Canada, we have a weather phenomenon known as Chinook winds. They are winds that come off the Rocky Mountains (look up Chinook winds) and with the winds come a huge change in the weather. The warm winds blow in often in the middle of the night changing our frigid temperatures to balmy snow-melting mornings. And all too often, the phone calls start coming in..."my child has a fever!"

Where western medicine will tell you that a child cannot get a fever from weather change, homeopathy will tell you differently. The environment, weather being one of the biggest influences, can affect some children who are sensitive by nature. Just think of someone who is sensitive to the heat of the summer sun...try and tell them that weather doesn't affect them! Technically it might not be the weather, but the child's immune system/vitality is influenced by the change of weather and if susceptible at that time, they can manifest a fever. Again, fever is one of our body's built-in mechanisms to clear out toxins that accumulate with stress, whether that stress comes from environmental change, emotional conditions or mental/school/study stress or a combination of any of the mentioned.

So the child needing Aconite will likely have been exposed the day before to very high winds, possibly a cold, dry east wind, a cold wind, a dry wind, a north wind or a warm, wet wind. Another scenario could be that during windy, stormy weather they become even more sick or feverish. It's quite amazing when you first experience this with your child and you realize that there is something to this notion that windy weather can be causation for the onset of fever!

When the child gets a fever requiring Aconite, it will usually be at or around midnight. Again, this sounds a bit crazy but just ask any parent who has successfully used Aconite in the middle of the night and they will tell you how it kept everyone sane with a night's sleep! Often they will wake up being quite fearful and might even say something unusual like "Am I going to die?" The child needing Aconite during a fever will be very anxious about their health and when sick, can be inconsolable, quite "beside themselves".

As with Belladonna, children needing Aconite may have some peculiar delusions; seeing ghosts, hearing voices,

Eruptive fevers. (fever with a rash)

Eruptive fevers: scarlatina.

Eruptive fevers: scarlatina: irregular.

Eruptive fevers: scarlatina: miliary type.

Eruptive fevers: varicella, chicken-pox.

Eruptive fevers: variola, smallpox.

Eruptive fevers: variola, smallpox: complications, with: fever: initial. Eruptive fevers: variola, smallpox: complications, with: fever: suppurative.

Antimonium tart

Antimonium tart is a remedy that is most known for its loud, rattling cough with difficulty expectorating loose phlegm. It sounds as if the child should be able to get the mucous up but it is very difficult to do so. It also has pustular/vesicular eruptions and hence is often used as a remedy in chicken pox when the symptoms fit. One of its peculiar characteristics is the desire for apples and sour or juicy foods. It is also one of the children's remedies known for its contrariness and capriciousness. Remember the mother saying that she "pushes everything away including what her dad gives her..." "doesn't want anything to do with me"..."wants to cuddle more"...so wanting to be held and then not wanting anything to do with the mother are all very much symptoms that you would find in Antimonium tart.

Everything is a burden. The child when sick doesn't want to be touched or talked to or looked at. Wants to be let alone. The infant is always keeping up a pitiful whining and moaning. Kent's Lectures

Child clings to those around; wants to be carried; cries and whines if anyone touches it; will not let you feel the pulse. Craves apples, fruits, acids, cold drinks, refreshing things. Tyler's Drug Pictures

From *Clinical Observations of Children's Remedies* by Farokh J. Master:

Fever

- 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.
- During chill: Drowsiness, gasping for breath, pale face, thirstlessness, and weakness in the limbs.
- Heat: 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 him.
- Physical symptoms: Cold perspiration on the forehead, craving for sour things and fruit juices, headache, muttering delirium, restlessness, stupefying sleep, tachycardia (fast heart rate) and is thirstless in spite of a dry parched tongue with red edges.
- Worse from cough (coughing increases the heat), exertion, motion, and sleep (dry heat driving him out of bed).
- Perspiration: Debilitating perspiration
- Profuse, cold, clammy or sticky sweat.

From the book *Homeopathic Materia Medica with Repertorial Symptoms* by Roberto Petrucci:

Gelsemium

“Predisposition to take cold at every change of weather. Gelsemium is one of the best remedies for fever when dullness, dizziness, drowsiness and especially trembling. Occur. Absolute lack of thirst is the most important symptom....Centers its action upon the nervous system, causing various degrees of motor paralysis.”

If you have a baby whose soft spot on the top of the head (fontanelle) is pulsating strongly, consider Gelsemium.

Characteristic symptoms of Gelsemium:

Weakness and trembling, of tongue, hands, legs, of the entire body.

Children: fear of falling, seize the nurse, grasp the crib (Bor., San.).

Lack of muscular co - ordination (kali br.), giddy, confused, muscles refuse to obey the will.

Great heaviness of the eyelids, cannot keep them open

From Dorothy Shepherd’s book *A Physician’s Posy*:

“The pace of the disease is slow; it comes on gradually, takes days to develop, and is not like the short, sharp attacks which require Aconite and Belladonna, which, when exposed to cold wind during the day, are down with fever the same evening.

Not only is the disease protracted in coming on, the patient is prostrated, gradually getting weaker and weaker; is lethargic, complains of the limbs heavy and being weighted like lead, cannot or will not move because of the weighty feeling of the limbs.

Bryonia is another remedy which is also slow in coming on, slow in developing, has no desire to move, lies still because of the sharp shooting pains on moving. (3) Gelsemium

is painless on the other hand, there are no sharp, shooting pains, only tiredness, heaviness and weariness. Bryonia attacks the serous membranes covering the muscles which causes the pain on movement and the disinclination to move. Gelsemium attacks the cells of grey matter in the spinal column, causing prostration and later paralysis.”

Dr. Dorothy Shepherd has also written a book called *Homeopathy in Epidemic Diseases*.

Thiamine or Vitamin B1 deficiency ([Beriberi](#)) looks and sounds symptomatically like polio and to the enterovirus D68 we are hearing about in the news.

Check the symptoms of Enterovirus and the symptoms of Beriberi, wet or dry:

Dry beriberi

Dry beriberi causes wasting and partial paralysis resulting from damaged peripheral nerves. It is also referred to as *endemic neuritis*. It is characterized by:

- Difficulty in walking
- Tingling or loss of sensation (numbness) in hands and feet
- Loss of tendon reflexes^[4]
- Loss of muscle function or paralysis of the lower legs
- Mental confusion/speech difficulties
- Pain
- Involuntary eye movements (nystagmus)
- Vomiting

A selective impairment of the large proprioceptive sensory fibers without motor impairment can occur and present as a prominent sensory ataxia, which is a loss of balance and coordination due to loss of the proprioceptive inputs from the periphery and loss of position sense.^[5]

Wet beriberi

Wet beriberi affects the heart and circulatory system. It is sometimes fatal, as it causes a combination of heart failure and weakening of the capillary walls, which causes the peripheral tissues to become edematous. Wet beriberi is characterized by:

- Increased heart rate
- Vasodilation leading to decreased systemic vascular resistance, and high output cardiac failure^[6]
- Elevated jugular venous pressure^[7]
- Dyspnea (shortness of breath) on exertion
- Paroxysmal nocturnal dyspnea
- Peripheral oedema^[7] (swelling of lower legs)

Back to Dr. Shepherd's book:

Lathyrus sativus

“...the remedy Lathyrus sativus, presented a picture in its symptomatology, strikingly alike, both pathologically and clinically to infantile paralysis, hence its use as a preventive in this disease. And it has had one hundred percent success during the last thirty years in many epidemics, as Dr. Grimmer of Chicago, for one, states. His recommendation is: to give a dose of Lathyrus sativus 30th or 200th potency once every three weeks during an epidemic...”

Dr. Taylor Smith of Johannesburg has recently gone through an epidemic and sent a report of his experience to London and I shall quote largely from his report – In the early stages of the disease he claims that Belladonna, Gelsemium, Physostigma and Lathyrus are the best remedies for treatment. ...The variations are from a mild coryza (cold) to a rapid paralysis; usually there is some depression, malaise, diarrhea, sore throat, headache, vomiting, pain and tenderness in the limbs. The umbilicus is displaced. In the early stages there is a great resemblance to influenza. In the past many cases may have been diagnosed as influenza when they were really cases of poliomyelitis.”

“There is another factor which should not be overlooked in preparing for an epidemic of this kind, that is the question of fear and anticipation. ...Fear and panic have a great tendency to lower the morale of a people. Hence the great importance to remain calm and cool in the face of danger. Gelsemium is the great remedy for fear and nervous anticipation with trembling and lethargy and will therefore act both as a true prophylactic and a cure in the early days of the onset of the disease.”

And be sure to check the archived newsletter on Hand, Foot and Mouth Disease with homeopathic remedy suggestions: <http://powersofhomeopathy.com/2014/02/04/spotty-fevers/>