

## **MEASLES**

While measles is probably best known for its full-body rash, the first symptoms of the infection are usually a hacking cough, runny nose, high fever, and red eyes that can be very sensitive to light. Characteristic markers of measles are Koplik's spots: small red spots with blue-white centers that appear inside the mouth. The rash first appears on the face and then moves from the face downward.

For descriptions of symptoms, [KidsHealth](#) website is a great resource.

### **Euphrasia**

- Lots of mucus; a mouthful hawked up on cough; clears the throat frequently
- Cough during the day only and worse in the morning; better lying down
- EYES – burning, watery and sensitive to light; eyelids burning, red and swollen; wind and light aggravate
- NOSE – bland, watery unlike the watery discharge of the eyes which burns
- Throat might be sore with burning pain

### **Pulsatilla**

- Can be used as prevention if wanted/needed
- Thirstless
- Clinging and weepy
- Warm rooms and becoming warm aggravate
- Open air ameliorates
- Low fever and the itchy skin/eruptions are worse for heat
- Eruptions itching and worse for warmth with white or yellow discharge

### **Apis**

- Eruptions painful, burning, hot, stinging with swelling where the skin looks shiny/puffy
- Thirstless
- Itching better for cold applications and worse for heat, especially heat of bed
- If rash is slow to develop or is suppressed
- Better in general for fresh air, better with cold drinks

## Bryonia

- Rash/eruptions slow to come out or suppressed
- Warmth of the bed ameliorates
- Dryness and dislike of movement
- Headache has pain behind the eyeballs, bursting and violent, worse for moving; better for cold compresses and pressure
- Thirsty for large quantities of water all at once
- Motion aggravates
- Grumpy bear remedy – want to be left alone
- Throbbing/pulsating pains
- Dryness throughout and of all mucous membrane

## Morbillinum (Nosode of Measles)

For prevention of measles and never been well since measles.  
(Please consult with your homeopath before using a nosode.)

- Eye: Inflammation Optic nerve.
- Eye: Paralysis upper lids.
- Chest: Inflammation Lungs.
- Fever: Typhoid fever.
- Skin: Eruptions, Measles.
- Generals: Chronic disease, to begin treatment.
- Generals: History, personal, of cancer.\*
- Generals: Measles, ailments after.
- Generals: Measles, ailments after - never well since.
- Generals: Syphilis.

\*This addition by Margaret Tyler is based on cases of Burnett, who claimed that tumors often came on after severe measles. (In fact, there is [current research](#) where the measles virus is being used in cancer treatment.)

"The well-known symptoms which characterise an attack of measles may all be taken as guides for its homeopathic use. Its chief use hitherto has been as a prophylactic against infection, and to clear up after-effects of an attack. ... For an attack of the disease I find nothing better than Morbil. 30, eight or ten globules in six ounces of water, a dessert spoonful every two hours. The effect of this is heightened by giving alternately Bell. 30 in the same way. These two medicines will be sufficient to carry through any uncomplicated case, and in my experience do even better than Pulsatilla.

As the measles poison has a great affinity for the mucous passages, the eyes, the ears and the respiratory mucous membranes, Morbil. may be used in such cases like any other homeopathic remedy, when the symptoms correspond." [Clarke] [Emphasis added.] ~ Vermeulen's *Monera*

## **Potency and Dosage**

A 200CH for prevention is a good place to start.

A 30CH or 200CH if your child has measles. If the symptoms are intense and the symptom picture clear or characteristic, use the 200CH. With the 30CH you may need to repeat more frequently.

In general, the more intense the acute sickness, the more you will need to repeat the dose. For example, in a high fever, you may need to give a dose (one to three granules) every half-hour to 90 minutes for up to three doses. In most cases, however, one dose every two to five hours will be sufficient. If you have selected the remedy well (according to the symptom picture), you will begin to see results within 12 - 24 hours. If the symptom picture changes, a second remedy may need to be given but do not rush giving a different one. If there is improvement, even if it is slow and there are no changes in the symptoms, stick with it. Again, if you are uncertain at any time, please call your homeopath.

### **How to take and store the remedies:**

1. Be sure the mouth is clean and the granules taken either 20 minutes before or after a meal.
2. Let the remedy dissolve on or under the tongue. This allows for quick absorption.
3. Granules should be poured into the lid of the container and put directly into the mouth. It's best if the granules are not touched by the hand.
4. Store in a cool, dry, dark place away from strong smelling odours.

If the remedy is not working, please remember to **CONSULT YOUR HOMEOPATH** or contact a pharmacist who is knowledgeable about homeopathy.