

Sore Throat and Homeopathy Handout

Belladonna

- for sore throats that come on suddenly and especially within the first 24 hours with redness in the face; pupils may be dilated and there may be a fever
- throat may feel dry and swallowing, especially liquids make the pain worse
- pain may be felt more on the right side -may be sensitive to bright lights
- can desire lemonade or lemons but may be thirstless

Aconite

- is the other remedy to think of in the first 24 hours and especially if the sore throat has come on after exposure to drafts or cold winds
- the sore throat may come on very suddenly as well with a high fever
- may have great thirst for cool drinks -the person may be quite fearful or anxious

Apis

- this would be the remedy that may be needed if the child or person says, "it feels like a bee sting inside my throat"
- pains are stinging in nature and the throat may feel hot and may feel swollen or the tonsils may be very swollen -they are worse from getting heated and may want some fresh air
- generally they have no thirst but the pain is better from cool drinks and worse from hot drinks

Lycopodium

- generally these are the sore throats that are right-sided or they start on the right and move to the left
- cold or warm drinks may help with the pain and although cold air does make them worse, they do like fresh air
- the sore throat may actually be worse between 4 and 8 pm which makes a person think of a school age child who may feel well enough to go to school during the day but their sore throat comes on just after school

Lachesis

- where Lycopodium is right-sided, Lachesis is left-sided or moves from the left side to the right
- the throat pain is much worse from warm drinks although cold drinks may make the throat better
- oddly enough, for someone needing Lachesis, they may notice that swallowing solids is easier than swallowing liquids
- the pain can be worse on waking up -anything external around the throat can make the person feel worse, as if they were being suffocated

Hepar sulph

- the pain will feel like a splinter or stick is caught in the throat

- the person needing Hepar will be very chilly and they will definitely be worse by getting cold
- they feel better with hot drinks and from being warm
- they may be very irritable and easily angered -this is a good remedy if there is pus visible on the tonsils

Mercurius

- throat pain can be very severe and the person is very sensitive to hot and cold
- may have a fever with the sore throat and at night may alternate between getting too hot with perspiration and becoming chilled; becoming too hot or too cold makes the person worse in general
- the sore throat tends to be more painful at night
- one of the characteristic symptoms of Mercurius is the tendency to drool or to have an excess of saliva in the mouth
- the breath may be quite offensive with pus visible on the tonsils

Phytolacca

- useful if the throat pain is right-sided and if the pain extends into the ears on swallowing
- usually there is aching felt in the body accompanied by fever
- the throat pain is worse from hot drinks
- this is a good remedy for those people who have a tendency to continuously swallow despite it being painful to do so

Potency and Repetition

Some quick tips on potency (that's the number beside the remedy name...e.g. 6CH or 6X, 12CH, 30CH etc) and dosage (how much and how often):

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 one and one half-hours for up to three doses. In most cases, however, one dose every two to five hours will be sufficient. If you have a well-chosen remedy (according to the symptom picture), you will begin to see results within twelve to twenty four 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. A potency of 30CH will be sufficient for any of the above situations. Again, if you are uncertain at any time, please call your homeopath.

PLEASE NOTE: It is also advised that if a child has a significant sore throat and fever for more than a day or two, see your physician. If there is any history of rheumatic fever, again, see your doctor right away. And if the swelling is making breathing difficult, you must see a doctor immediately.

There are many more remedies for sore throats and sore throats that are part of the flu picture. Be sure to consult with your homeopath if you can't find the "right" remedy.