

Fever Remedies for your Home Kit

Belladonna

This is the first must-have homeopathic remedy in your home kit and it is the first remedy to think of if your child has a fever at the beginning of any childhood illness.

The child who needs Belladonna, will typically get a fever quite suddenly and often at night. When you look at them, you will notice that the face is quite flushed, red and dry.

You will likely be able to feel the heat radiating off them. If you look at their face near the temples or on the side neck, you will be able to see the throbbing or pulsating of the arteries. They may say things like *"It feels like my heart is in my head."* This is also why Belladonna is a great remedy to have in your kit – it can be used for migraines and sunstroke which have symptoms of pulsating, throbbing pain as well.

Even with this kind of heat, your child may sometimes feel cool to the touch. Watch for this – especially if they are telling you how hot they are and yet they are cool to touch. Either the radiating heat or the internal heat with cool skin, especially the hands or feet, can be an indication that Belladonna is the right remedy to use. Another indication can be found by looking at the pupils (the black part of the eye). They will be dilated (the black almost covers the colored part of the eyes). It looks similar to when you get drops at the eye doctor and the drops make the pupils dilate so that they can shine their light in and see what is happening in the eye. The eye doctor will tell you to be sure to have sunglasses after your appointment because the pupils will not constrict (become smaller) and all the light will enter and be quite painful.

For the child or adult needing Belladonna in the middle of the night, turning on the lights will be very painful, and you can actually see the pupil does not constrict in the light.

The active ingredient in Belladonna, the herbal plant, not the homeopathic remedy, is atropine. Atropine is what makes the pupil large. In fact, in Italy, women used to use Belladonna to enlarge the pupil because they believed it made them look more attractive. So, when you see dilated pupils in your feverish child, that's another sign that Belladonna is likely the remedy they will need – especially if the other symptoms of Belladonna match your child's symptom picture.

The child needing Belladonna for fever, especially if it is quite high and you are choosing to be Tylenol/Advil free, may start hallucinating and saying things like, *"There's a black dog in the room."* Or they may say that they see ghosts, wolves, insects or scary faces that sometimes have *"red eyes"*. Or they may just be saying things that do not make much sense. They may get quite angry as well and hit, spit, bite or tear things like their pillow or their bedclothes or pajamas. Remember, your child does not have to have all these symptoms before giving Belladonna, but all the child's symptoms should be covered by Belladonna. So, he/she may not



be biting or hitting but if your child has dilated pupils with the flushed face and dry heat, Belladonna is going to be of help.

The child needing Belladonna for fever will likely overall be worse if you touch them or fuss over them. They could respond with anger. They really don't want to move but would rather lie quietly in a dark room. That's because any noise, draft of air or bright, shiny lights/objects will make them feel worse.

And contrary to what western medicine may say, homeopaths will assure you that yes, children who have just had a haircut can get ill immediately after, which is one of the indications for Belladonna. You knew there was some truth to this old wives' tale, didn't you?

The other trigger that sometimes causes a fever that responds well to treatment with Belladonna is uncovering the head or being exposed to the wind. Here in Calgary, Alberta, Canada, we have a weather phenomenon called a Chinook and any time day or night, the winds can blow warm air from the pacific coast over the mountains. This can bring changes of temperature of twenty degrees - even in the middle of our very cold winters!

It can happen that with these weather changes, children will come down with fever, especially if they are sensitive to the environmental changes anyway. The other remedy that is often needed here in Calgary especially is Aconite, but that is your next 'must-have' fever remedy for your home kit... (more on Aconite later).

One of the other things that I have observed with children needing Belladonna is that they will often ask for lemon juice, lemonade or lemon-flavored drinks or popsicles or, they may even suck on lemons! It is a symptom of the remedy and if your child has the other symptoms of Belladonna with this unusual one of wanting lemons or lemon-flavored anything, you can be quite sure that the Belladonna will be of help!

Here is one person's story about using Belladonna for her child's fever:

"Here is my fever story - it just happened last night!

'A.' came into my room saying he had had a nightmare. He climbed into bed with me and he felt very hot to touch although his hands were cooler. He said he felt cold inside and snuggled under the blankets. His cheeks looked flushed and I took his temperature out of curiosity. It was in the mid 103 range and I felt I should just wait and see what would happen, hoping the fever would do its job and he would break into a sweat and cool down and be on the road to recovery without any intervention.

He didn't cool down at all and was restless and his lips looked dry and ready to crack. He said he felt hot inside. Soon he started sitting up in bed and saying strange things, like he wanted some oatmeal and he needed his new yellow car.

He seemed out of touch with what time it was and what was going on. This was a new and unusual symptom and so after checking in one of my homeopathy books I decided to try Belladonna. Within minutes I felt the change and he began lying restfully. I gave him one more dose when he seemed to

have another small surge of symptoms and his temperature came steadily down to normal and he slept restfully with only a few “jumping in his sleep” episodes after he first drifted off. After that he slept soundly.

This morning his temperature feels back to normal and he is in good spirits and has asked to go back to bed with a book because he feels like he needs to rest.

I am glad that homeopaths explain their processes and educate and empower instead of creating complete reliance.”

- Kathleen, Alberta, Canada

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