

Webinar remedies for influenza and pneumonia

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sample

Textbook for students

Facebook study group:

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Influenza:

Arsenicum album

- INFLUENZA WITH STRONG CHILLINESS, RESTLESSNESS, WEAKNESS
- FEELS CHILLY OVER THE WHOLE BODY EXCEPT HEAD
- BETTER BY WARMTH WARM APPLICATIONS, WARM DRINKS, WORSE COLD (except head), HOT HEAD, COLD BODY
- GENERAL AGG. 0-2 A.M. (or 1-3 a.m.)
- THIRST FOR SMALL SIPS OFTEN
- ANXIETY, DESPAIR OF RECOVERY, FEAR OF DEATH, DESIRE FOR COMPANY
- BURNING PAINS BETTER BY HEAT
- GENERAL AGG. FROM COLD
- Influenza with vomiting, diarrhoea

Fever:

- Intermittent, periodical, remittent
- Can be very high
- VIOLENT CHILLS with trembling, shaking rigors
- **Septic fever**
- Chill followed by heat (although can be cold to touch), followed by perspiration

Arnica montana

- EXTREME SORENESS OF THE WHOLE BODY, BRUISED FEELING
- BED FEELS TOO HARD (or the pillow)
- RESTLESSNESS DUE TO THE SORENESS, CANNOT FIND A COMFORTABLE POSITION IN BED
- AVERSION/FEAR OF BEING TOUCHED OR EVEN APPROACHED
- OFFENSIVE BREATH, ERUCTATIONS OR DIARRHEA OF THE ODOR OF SPOILED EGGS
- **Hot congested head with cold body**
- **Pains agg. at night, evening in bed, motion, noise**
- **Heat and redness of one cheek**
- Pulse faster than heartbeat
- **Has to hold the chest when coughing**
- **Pneumonia with hemoptysis**

Fever:

- **Usually high**, in paroxysms, changeable, continued, typhoid with foul breath
- **Chills from uncovering, from slightest movement of the bedclothes**, putting hands out of bed
- **Chilliness on the side lain on**
- Fever at 4 am without chill
- Sour perspiration at night, musty odour, stains the linen

Pneumonia:

Bryonia alba

- PNEUMONIA WITH PAINFUL COUGH, AGG. FROM MOTION, BETTER LYING ONE THE PAINFUL SIDE / PRESSURE
- PAIN IN THE CHEST OR HEAD, DURING COUGHING, HAS TO HOLD THE CHEST OR HEAD
- **DRY, SPASMODIC COUGH, VOMITING FROM COUGH**
- **Rusty or blood-streaked expectoration**
- COUGH WORSE FROM MOTION, deep inspiration (tries to breathe shallowly in order to minimize motion of the chest), **entering a warm room, eating, drinking**
- THIRST FOR LARGE QUANTITIES, DRYNESS OF MUCOUS MEMBRANES, general agg. at **9 a.m. or p.m.**
- **Right sided pneumonia**

Phosphorus

- LEFT-SIDED PNEUMONIA WITH BURNING PAINS, OPPRESSION IN CHEST AND SPITTING OF BLOOD, WORSE WHEN LYING ON THE LEFT SIDE
- COUGH WORSE BY GOING FROM WARM TO COLD AND VICE VERSA, LYING ON THE LEFT SIDE, COLD AIR
- **DRY, HARD, TICKLING, HACKING COUGH**
- **BURNING PAIN, RAWNESS IN CHEST AND LARYNX**
- **TICKLING IN BRONCHI, LARYNX, pit of stomach**
- BLOOD-STREAKED EXPECTORATION (BRIGHT RED BLOOD), YELLOW, RUSTY
- **CONSTRICTION, OPPRESSION IN CHEST**
- **Pain in chest (or head) during cough, has to hold the chest**
- **CHEST IMMOVABLE**

Ferrum phosphoricum

- **RIGHT SIDED PNEUMONIA, in children**
- **Dry, hard cough, agg. touching throat**
- HEMOPTYSIS, bright-red blood
- **HIGH FEVER, ABSENCE OF OTHER SPECIFIC SYMPTOMS**
- **FEVER REMAINS HIGH FOR SEVERAL DAYS**
- **FULL STRONG FREQUENT PULSE**
- **FLUSHED FACE**
- **FEELS WELL OUT OF PROPORTION TO FEVER**
- **Chilly, agg. 4-6 a.m., exertion, Amel. by gentle motion, cold applications**