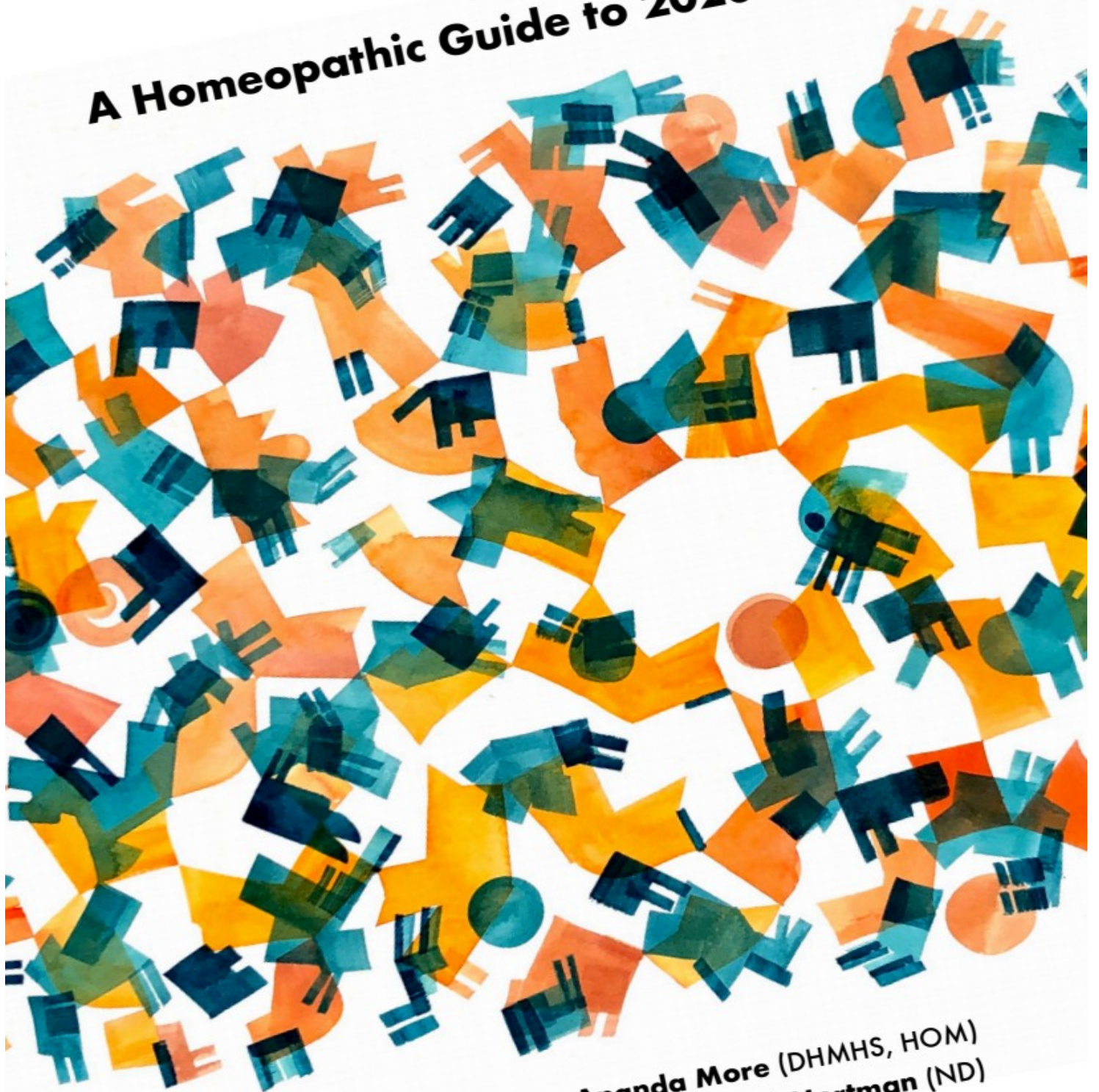


A Homeopathic Guide to 2020



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A HOMEOPATHIC GUIDE TO 2020

A Guide for Addressing Symptoms and Related Infections

Please note: This is a living document. To be updated as new editions come up you will need to sign up at watch.magicpillsmovie.com/homeo2020, we are offering this service free of charge. This version is for May 2020

If you find this guide helpful please consider making a donation in support of Magic Pills, a documentary film by Ananda More that tells several stories including the use of homeopathy in epidemics.

To donate visit magicpillsmovie.com and scroll to the bottom of the screen.

This guide is intended as a support for selecting homeopathic remedies for influenza or similar acute conditions. For professional homeopaths, it is intended as a quick reference and a starting point for further study. We also recognize that many people successfully use homeopathic remedies without professional help in acute conditions. For them, this guide is a quick reference to the set of remedies that has been used most frequently during the current pandemic. It can serve as a starting point for selecting remedies in mild to moderate conditions, always alongside any appropriate medical care.

One of the basic tenets of homeopathy is individualization: an effective homeopathic remedy must match the symptom picture that a person is experiencing. Though some acute cases may be addressed easily and quickly, others are more complicated and require the help of an experienced homeopath, there is no single solution applicable to everyone. In addition, effectively addressing the symptoms to complete resolution may require more than one remedy as well as a thorough understanding of the principles of homeopathy.

Thus this guideline is not a substitute for professional homeopathic consultation which is the most recommended route, nor is this document to be a replacement for appropriate medical care.

Please note that we make no claims about these remedies being able to treat any illness, we are providing information on homeopathic remedies that are traditionally believed to act on the vital force. These recommendations are based on cumulative knowledge of the homeopathic community, and are known to be safely usable alongside other conventional or alternative therapies.

This is a living document. Indicated remedies may change over time. We will continue to update this document periodically (current version is May 2020). Sign up for new updates here: watch.magicpillsmovie.com/homeo2020

What is Homeopathy

Homeopathy is a 200-year-old medical system founded by German physician Samuel Hahnemann (1755-1843). It is based on several key tenets:

1. **Like Cures Like:** A substance that causes a set of symptoms in a healthy person will help the body to heal from similar symptoms in a sick person. For example, homeopathically prepared onion might be used to treat allergy symptoms with a runny nose and eyes, while homeopathically prepared coffee may be used to treat insomnia.
2. **Individualization:** To successfully treat a person one must understand the totality of that person's symptoms and especially their strange, rare, or peculiar symptoms. The most important symptoms are the ones that differentiate a given person from others who have the same ailment or pathology. For example, five people who present with the flu are likely each to require a different remedy. So although homeopathic remedies are available over-the-counter (both as individual substances and as mixtures), and may be effective for simple acute conditions, individualized treatment by a qualified homeopathic practitioner is essential in the vast majority of cases.
3. **Minimum dose:** The minimum effective dose of a substance should be used in order to effect healing. Hahnemann's most significant discovery was that, when properly matched to a patient, remedies had a therapeutic effect even when diluted repeatedly, so long as it is shaken vigorously between each dilution. The process of dilution and shaking is called "potentization", and higher potencies paradoxically may tend to be deeper-acting than lower ones (however this topic is a complicated one that will not be further discussed in this guide). Because the concentration of the starting substance is either extremely low or (past a certain number of dilution steps) zero, homeopathic remedies are completely non-toxic and safe to use so long as all necessary (conventional) medical care is pursued as well. Homeopathic remedies are also safe to use alongside conventional medications because they do not interact with them.

Short History of Homeopathy in Epidemics

a. Scarlet Fever

The earliest example of homeopathy used preventively for epidemics was Hahnemann's discovery that the remedy *Belladonna* was protective of scarlet fever. He first realized this while treating a family of 4 children, where 3 got sick and 1 did not, the one who did not get ill had been taking *Belladonna* for a condition with their finger joints. Soon after he was asked to treat 3 children in a family of 8 who had fallen ill with scarlet fever. He gave *Belladonna* to the other 5 children, none of whom got sick. Homeopathic physician, Dr. Robert Ellis Dudgeon, reported cases of 1646 children treated prophylactically with *Belladonna*, of whom only 123 cases subsequently developed scarlet fever – an excellent result considering the infection rates of that epidemic ranged as high as 90% of children.

Since then homeopathy has a recorded history of use in multiple epidemics, including typhus (1813); cholera in Cincinnati (1849), London (1854), and Hamburg (1892); and many others. In all situations homeopathy was significantly more successful than the conventional approach of the time at saving lives, resulting in a dramatic relative decrease in mortality rates. For example, some cholera epidemics had mortality rates as high as 55%-90% under conventional treatment versus 7-15.5% under homeopathic treatment.¹

¹ <https://butterflyexpressions.net/2018/09/06/homeopathy-statistics-in-epidemics/>

b. **The Spanish Flu of 1918**

The Spanish Flu is the pandemic that is most frequently compared to the current Covid-19 pandemic. Homeopathy has an enormous amount of data from homeopathic hospitals, navy ships, and private practice during the Spanish Flu. From statistics collected by Dr. André Saine, N.D. of Montreal, we can extrapolate a mortality rate of 0.7% for homeopathic patients, while those under conventional care experienced an average mortality rate in the military of 5.8%, and an estimated mortality rate globally of 5%.² According to Dr. Saine, homeopathy's results in 1918 still exceed the results of conventional medicine in the treatment of hospitalized cases of pneumonia today.

c. **Modern-day epidemics in Brazil and Cuba**

Much more recently homeopathy has been used to prevent and treat epidemics in very large populations in Brazil and Cuba. Based on Brazil's success in the prevention of meningitis B,³ Cuba decided to try a homeopathic approach when faced with an epidemic of leptospirosis in 2007 and 2008.⁴

The Concept of Genus Epidemicus

1. No two epidemics are alike: microorganisms mutate and environments vary over time and place, producing somewhat different symptoms every time.
2. The same holds of the bigger global pandemics past and present, such as the Spanish flu: each one possesses a unique general character as well as regional variations, and may even evolve over the course of the epidemic itself.
3. The *Genus* (or *Genius*) *epidemicus* is a homeopathic concept that refers to the *essence* of an epidemic as it most commonly manifests itself in the majority of patients: its predominant physical symptoms, typical mental-emotional state, how the disease evolves over time from the mild to the severe phase, etc.
4. This pattern is then matched to one or several homeopathic remedies which cover this core totality. These remedies can then be used with minimal training by anyone deemed to be vulnerable to the epidemic.
5. The current Covid-19 pandemic appears to be more complex than past epidemics. Its exact pathological nature has confounded medical science: initially thought to be similar to 'advanced respiratory distress syndrome', it is now thought to be a blood-based disorder that produces a state similar to carbon monoxide poisoning, which may harm multiple organs beyond the lungs. Homeopathically speaking, no definite *genus epidemicus* remedies have emerged to date. There are several remedies that have been used more commonly than others, but addressing symptoms reliably requires individualized treatment based on the specific presenting symptoms.

² <https://magicpillsmovie.com/historical-data-for-the-use-of-homeopathy-in-epidemics/> Historical Data for the Use of Homeopathy in Epidemics, Dr. André Saine. 2015

³ Mroninski C., Adriano E., and Mattos G. (2001). Meningococcinum: Its protective effect against meningococcal disease. *Homoeopathic Links* 14(4): 230-234.

⁴ Bracho G. et al. (2010) Large-scale application of highly-diluted bacteria for Leptospirosis epidemic control. *Homeopathy* 99(3):156-166.

Homeopathic Prophylaxis

Preventing illness is always preferable, and many say easier, than treating illness. This technique has been used in large populations by several health institutions around the world with well documented success.

1. Traditionally, homeopathic prophylaxis is the use of homeopathic remedies to prevent an infection before the appearance of any symptoms. In recent years this approach has been used with great success for large-scale epidemics in Brazil, Cuba, and India. The largest use we are aware of is the use of homeopathic remedies in the Indian state of Andhra Pradesh to reduce the incidence of Japanese Encephalitis. The homeopathic intervention was given to 20 million children yearly.⁵
2. There are several strategies employed in homeopathic prophylaxis:
 - a. A remedy made from the infective agent of the infection (known as a “nosode”).
 - b. A remedy from the *genus epidemicus* that best fits the person’s temperament.
 - c. A combination of *genus epidemicus* remedies.
 - d. A mixture of the nosode with one or more *genus epidemicus* remedies.
3. The goal of homeopathic prophylaxis is to reduce the likelihood and/or severity of a future infection by artificially familiarizing the organism with the state of the infection.
4. Currently the Government of India and Cuba have instituted widespread homeoprophylaxis within their countries. Different homeopathic masters and organizations have also made a variety of prophylactic recommendations, and other remedies that provide a close-enough match may likewise be helpful. The authors do not endorse any specific methodology. We are only reporting what is being implemented around the world and ask the reader to do their own research
5. Dosage: Although experience in Cuba suggests that a single dose may offer a prolonged protective effect, it is not known exactly how long its effect holds. So occasional repetition is preferred: 200c or 1M repeated once every few weeks (no more than monthly) for the duration of the epidemic is a good baseline frequency. However, if you experience a strong response to a given dose then it’s best to avoid further repetition or to delay it to a few months down the road. *When taking remedies preventively do not repeat them frequently due to fear of otherwise becoming infected: more is not better, and overly frequent repetition can cause imbalance especially in sensitive people. In fact in Cuba citizens received only a single dose yearly.*
6. Once signs of illness appear, the prophylactic remedy may or may not help, and the correct remedy has to be determined based on the presenting symptoms at any given moment.
7. Note that homeopathic prophylaxis is not an alternative to conventional vaccination. There is no tested preventative homeopathic medicine for COVID-19.

Flu-like viral infections can be divided into 3 stages

The current Covid infection has the following typical presentation:

- **Stage 1:** Low fever, muscle/joint pain, weakness, nasal obstruction, loss of taste and smell, low appetite, dry cough, diarrhea, sometimes restlessness and anxiety (e.g. Acon, Bry, Ars, Phos, Merc)
- **Stage 2:** High fever, difficult breathing, dry cough, sticky mucus that’s difficult to cough up, headache, severe weakness, loss of taste and smell, nausea/vomiting (e.g. Ant-t, Phos, Ph-ac, Ant-ars)

⁵ Work conducted by Dr. Srinivasulu Gadugu, whose work was documented by Ananda during the production of Magic Pills. Also reproduced here, <https://www.westonaprice.org/health-topics/homeopathy/homeoprophylaxis-in-india/>

- **Stage 3:** Severe pneumonia (bilateral, interstitial), heart/liver/kidney pathology, fast-progressing fluid buildup in lungs preventing oxygen exchange potentially leading to multi-organ failure. (e.g. Camph, Carb-v, Ant-t, Pyrog)

How to buy and use the available potencies (strengths) of homeopathic remedies

1. Homeopathic remedies are prepared in different potencies, where a higher potency tends to act more deeply and for longer than a lower potency. The number reflects the number of serial dilutions (by a factor of 1:100 in the case of C potencies, and a factor of 1:10 in X potencies) starting from the crude substance.
2. The potency scale of typically available potencies runs as follows from low to high: 6c, 9c, 12c, 15c, 200c, 1M (=1000c), 10M (=10000c), 50M (50000c), and CM (=100M=100000c).
 - Sometimes 'c' above will be written as 'ch' which is equivalent.
 - Sometimes 'M' above will be written as 'MK' or 'K' which are equivalent.
 - A less common potency scale for lower potencies is the X or D scale (e.g. 12x, D12): these are weaker than the equivalent c potency, so treat them as one or two weaker potency steps than the equivalent c potency (e.g. 12x≈6c to 9c).
3. In acute treatment any available potency can be used. A lower-potency remedy will need to be repeated more frequently, and a higher-potency one less frequently, but either will get the job done so long as repetition is frequent enough. This is true for all but the most advanced cases.
4. In advanced and critical acute conditions it may become necessary to increase the potency at some point in the treatment. So it is advisable to buy a higher potency (generally 1M will do, as will 10M, 50M, and CM) as soon as a remedy has begun showing a positive effect, just in case the lower potency stops being effective at some point. Alternately, you can increase the potency of the remedy manually (as described below).
5. The general rule of thumb about potencies is to match the potency to the intensity of the disease, with higher potencies (200c, 1M, 10M, or even higher) better indicated for more severe states and lower ones (30c or lower [15c, 12c, 9c, or 6c]) for milder states. (In severe chronic or end state pathology this may not be the correct approach, please consult with a professional).
6. The most common potency used for acute treatment is 30c, as it offers a balance between effectiveness and ease of use: it is strong enough for most scenarios, but gentle enough that it can be repeated frequently without difficulty. So if you have a homeopathic remedy kit with remedies in 30c it is sufficient. But given the intensity and sometimes fast pace of the current pandemic, 200c might be a better default choice. If the patient is showing intense symptoms (high fever, severe shortness of breath, etc.) it is advisable to use higher potencies such as 1M right away if available.
7. A sign of needing to switch to a higher potency is a shortening of the effect of each dose of the remedy. If a higher potency is unavailable, continue giving the available potency as frequently as needed while preparing a higher potency manually, as described below.

General Principles about Using Homeopathic Remedies in Acute Scenarios

We would like to reiterate that the best advice is to get help from a homeopathic practitioner. Conditions may become complicated to prescribe for and homeopaths are reporting that it can often take them 2-3 attempts to get the correct remedy even in early stages.. We have listed several places to get acute homeopathic care at the bottom of this document. Do not assume that because your initial choices did not help, that homeopathy is ineffective.

1. The initial effects of a correct remedy may be an improvement in the patient's energy and demeanor rather than an obvious improvement in the pathology, and a fever may sometimes get worse temporarily before breaking. If you observe such a general improvement the remedy is most likely correct, so do not give up on it but keep giving it frequently until the pathology shifts as well.
2. In case more than one remedy fits the physical symptoms, the one whose mental-emotional state best fits the patient is generally the best choice.
3. Remedies can be given alongside medical treatment, and can indeed be lifesaving in severe cases that do not respond well enough to medical treatment alone or as a complement to medical treatment. So while it is better to start treatment early enough and avoid hospitalization altogether, do not shy away from using remedies in a hospital setting if authorized to do so by the attending medical personnel.
4. Remedies can be given alongside vitamins and herbs, and should ideally be used alongside rather than in place of them. Vitamin D, zinc, and high-dose vitamin C is especially useful in any acute condition, and unlike homeopathy it can be used routinely without any customization to the patient's symptoms.
5. Remedies can be given either in dry (pellet) format or in liquid format. Liquid format can be prepared from a single pellet by dropping into a glass of water or water bottle. This does not weaken the effect of the remedy, which acts as a signal-carrier rather than through a chemical effect. Liquid format is advantageous in acute treatment because:
 - It can be given for many repeated doses without concern of running out of the remedy.
 - It does not run the risk of being accidentally aspirated into the lungs by a respiratorily compromised or semi-conscious patient.
 - It can be given during sleep even with a closed mouth by slipping a drop in between the lips.
6. The frequency of repetition should match the intensity of the illness. When in doubt, err on the side of repeating the dose too frequently rather than too infrequently – this is quite safe for short-term intake.
7. Following are baseline frequencies assuming 30c or 200c potency (for a higher potency than 200c, the frequency can be reduced somewhat in mild and moderate cases, but it should be kept the same in more severe cases; for a lower potency than 30c repeat about 2-4 more frequently – the lower the potency, the more frequently – than than indicated below).
 - Mild cases: 3-5 times daily.
 - Moderate cases: about every 2 hours, preferably also giving a dose or two overnight.
 - Advanced cases: about every 15-60 minutes, continued through the night to the extent possible.

- Critical cases: every few minutes or as frequently as needed to stabilize the condition (respiratory distress, oxygen saturation, blood pressure, etc. can be determined from the medical monitor if available), round the clock.
8. Once there is definite improvement on a remedy for a few hours, it is time to attempt a gradual reduction of the frequency:
- As a general rule, only reduce by 50% at a time to start, and up to 100% at a time later on, while observing for any pause or reversal of the improvement before continuing further. For example, if a remedy initially given every 20 min. is effective for a few hours, try giving it every 30 min., and later every 45 min., 60-90 min., two hours, four hours, and so on, down to about 3 times daily.
 - In case of regression when reducing the frequency, return immediately to the previously effective frequency.
 - It is best to continue giving an effective remedy 3 times daily for several days after resolution of symptoms, then once daily for a few more days, before discontinuing it, as otherwise the condition may rebound. (The same holds true of vitamins and milder herbs.)
 - In general, if in doubt about how frequently to dose, err on the side of dosing more frequently.

When to Switch to Another Remedy

1. The most important guide to the correct remedy is the symptom picture rather than the medical diagnosis. So when addressing any condition homeopathically, it is important to remember that it is not the medical condition (for example, 'influenza') that is being treated. Rather, homeopathy addresses symptoms irrespective of the medical diagnosis that these symptoms represent. This means that a given bout of influenza may require more than one remedy to be addressed fully.
2. A remedy will need to be switched with another one in case:
 - it is ineffective (has no effect at all after several repetitions),
 - if it has a partial or temporary effect despite repetition of the remedy, or
 - if the clinical picture has shifted to one that requires another remedy.
3. As a general rule, allow 3-6 doses per remedy before deciding on whether or not it is effective, after which it is time to switch to another remedy without delay. (Of course this depends on the severity of the case: do not wait too long if a case is progressing in severity despite the remedy.)
4. A remedy that is partially effective will typically improve certain physical symptoms temporarily without addressing the overall state (energy and overall vitality, demeanor) or altering the ultimate course of the illness. If this occurs, try repeating the remedy at a higher frequency and at a higher potency (if available) while exploring other remedy options, switching or adding one or more remedies as soon as a reasonable alternative remedy has emerged.
5. When a remedy proves effective, persist with it so long as you continue seeing improvement or the condition is at least stable, especially if this is accompanied with a gradual return of the person's normal psychological disposition.
6. However, do not rest on your laurels: keep observing the clinical picture, and in case the clinical picture shifts, especially in the modalities (factors that make the patient better or worse), this may indicate that another remedy is needed.
7. If there is a definite shift in the clinical picture or a worsening of the overall state, it is time to switch to another remedy.

When to give more than one remedy at a time

1. Ideally only one remedy at a time is used and proves fully effective. But in acute situations giving multiple remedies is valid at times.
2. If you are unsure which remedy to give, or if you are not sure if the remedy you are giving is working, it is acceptable to give two or more remedies together (or to add a second remedy to the existing one) rather than to waste precious time trying one remedy at a time. There is rarely any harm in giving multiple remedies in acute conditions, and if the right remedy is in the mix it will still have the desired effect provided the mixture is repeated frequently enough.
3. The same principle can be applied when switching remedies: if unsure about your current remedy being ineffective or about the new remedy being correct, it is permissible to overlap them, later phasing out the first remedy once the effectiveness of the new one has been verified.
4. In more advanced states giving multiple remedies can in fact be more effective than giving just one correct remedy: for example, *Carbo vegetabilis* can help relieve respiratory distress while another remedy addresses the overall state of the patient.
5. In extreme cases, if unsure of what to do, include every plausible remedy in the mix and repeat frequently: an imprecise ('shotgun') approach is not optimal, but it is more likely to work than a precise (purist) approach with an incorrect remedy.
6. Whenever giving multiple remedies, you have the choice of giving them together or staggered (alternating with each other).
7. The above suggestions are given in the context of those who insist on using remedies without outside help: as recommended above, being unsure of what to do is an indication that it is best to consult a professional homeopath.

When to seek professional homeopathic help

1. Although we encourage you to seek professional assistance, we do support those who would like to be empowered to use homeopathic remedies on their own, especially in milder degrees of illness. *In case of suspected Covid-19 infection, it is important to stick to treating only the first stage of the illness and refer to a professional homeopath for subsequent treatment.*
2. But if you use this guide on your own and are unsuccessful with the first one or two remedies, or if the conditions worsens, it is highly recommended that you seek professional homeopathic advice.
3. *Always seek conventional medical care as called for by the situation, just as you would if homeopathy were not an available option. Homeopathic remedies can continue to be taken alongside other interventions, but should never delay such interventions.*

How to Prepare a Higher Potency Manually

1. Use this method in case a higher potency is unavailable from a pharmacy or has not yet arrived (in acute cases time is of the essence, and 'good-enough' is better than perfect).
2. Prepare the remedy in liquid format (as described above) in a bottle made of glass rigid plastic. A preferable bottle size is around 100mL, but any bottle size from 10mL to roughly 500mL will do.
3. Set aside the bottle for a few minutes until the pellet has dissolved (if using a pellet rather than liquid as the source of the remedy) and shake the bottle a few times.

4. Pour out all but a few drops of the water down the sink. A few drops will always remain in the bottle: these are used to seed the next potency. The exact quantity remaining is unimportant, as even a single remaining drop is sufficient.
5. Refill the bottle with water, but filling it *only up to about 2/3 full* (i.e. leaving a sizable air space at the top). This air space is essential for the success of the next step.
6. Cap the bottle tightly and, holding it in the fist of your dominant hand, strike it repeatedly with a sharp motion against a tabletop or countertop covered with a few layers of towel. Aim to create as much turbulence as possible (this step is called ‘succussion’). The ideal number of times to succuss is in the range of 80-100 times, but as little as 20 times is adequate in case of time constraint.
7. You have now completed one ‘potentization’ (dilution plus succussion) step.
8. By repeating steps 4-6 above for a total of 5-10 potentization steps, you will create a significantly higher potency than the original one (you can label it, e.g. “30c + 5” or “200c + 10”). So long as it remains the indicated remedy, it will act where the previous potency no longer acts.
9. This process can be repeated again later on in case the new potency starts over time to act less effectively than before.
10. If the higher potency of a remedy produces no better response than the lower potency and you’ve tried several doses, the remedy no longer matches the state of the patient and needs to be changed.

MAIN REMEDIES

1. The following list is divided into two sections: the remedies in the main list are ones that have been reported as useful in actual practice by multiple practitioners as well as being more readily available. Professional homeopaths should definitely consider the secondary remedies as well.
2. The **bolded** symptoms are the most characteristic ones for that remedy: it is best to rely on these when selecting the remedy.
3. A given person will not show *all* the symptoms of a remedy, so do not aim for a perfect match. Aim instead for the best possible match: if the remedy you're considering mostly fits the case, and no other remedy is a closer match, then go ahead and give that remedy.
4. When considering which of the remedies below to choose, consider the modalities of symptoms: what helps a person feel better or makes them feel worse, how time of day affects them, different positions, or any other factor that affects presenting symptoms. Consider the qualities of pain and discomfort (ex. burning, stabbing, stinging as pain qualities) and focus on the strange or uncommon symptoms that are peculiar to the *person* rather than to the *pathological state*. This will greatly simplify your choice of remedy and increase your accuracy. In other words, when differentiating remedies it is best to focus on symptoms that *don't* fit the following common presentation:
 - Dry cough
 - Chest constriction with difficult inhalation
 - Muscle aches
 - White coating on tongue
 - Bitter taste in mouth
 - Absence of nasal discharge
 - Loss of taste and smell
 - Need to forcibly expel mucus from the lungs
 - Possible digestive symptoms
 - Possible urinary symptoms
 - Weakness and heaviness

Currently, the most commonly used effective remedies (based mostly on experience with milder, non-hospitalized cases) appear to be: Phos, Ph-ac, Ars, Bry, Ant-t.

Aconitum Napellus

- **Sudden onset of any acute illness, useful if taken early on. To be used at the first moment of suspected acute illness, the earlier the better, repeating frequently (e.g. every 2 hours).**
- **Acute anxiety and restless, often with fear of death.**
- Illness often develops after wind exposure (especially cold, dry) or after mental shock (such as fear of the pandemic).
- Usually sudden high fever, but also effective in preventing a fever.

Antimonium Tartaricum

- **Loose, often weak cough, with rattling and difficulty in expelling the mucus.**
- **Suffocative shortness of breath, before cough or alternating with the cough.**
- **Must sit up to breathe or cough.**
- **Better: Expelling mucus, burping, vomiting, motion, lying on right side.**
- **Worse: night, cold, dampness; warmth or overheating; anger; morning.**
- **Tongue: white, thick, pasty coating.**
- Nausea, comes in waves, with weakness and cold perspiration.

- Mucus in margins of eyelids in pneumonia.
- Also consider:
 - **Antimonium arsenicosum**: not a well-known remedy but may be highly applicable as it combines Antimonium with Ars, whose themes have been prominent in this epidemic. **Consider whenever the physical symptoms match Ant-t (or the remedy has failed to act) and a mental state resembling Ars is present.**

Arsenicum Album (Metallum album)

- **Restlessness with anxiety or anguish, often with pessimism and fear of death.**
- **Desire to control their environment and use other people to relieve their anxiety.**
- **Chilly yet craves open air, face may be hot.**
- **Thirsty for frequent small sips of water.**
- Pains are often burning, yet are better from heat.
- Restlessness may alternate with exhaustion.
- Acute complaints may be accompanied with gastroenteritis (diarrhea, vomiting).
- Generally worse at night.
- Shortness of breath, better sitting up or bent forward.

Bryonia Alba

- **Dry, intensely painful cough, have to hold or stabilize chest during coughing.**
- **Irritable, concerned about their condition, doesn't want to be disturbed, difficult to please, may be capricious.**
- **Worse with any motion (even of an unaffected part of the body).**
- Dryness of mucous membranes (lips, mouth, tongue, throat) with excessive thirst and desire for plain cold water.
- Body aches (Eup-p), joints painful to touch.
- Slow, gradual onset of acute illness.
- Bursting, splitting headache, as if being hit with a hammer internally.
- In advanced state may be worse by eating and drinking despite the desire for these.

Camphora^{RS}

- **Collapsed state with coldness and depleted vitality, without restlessness (Carb-v, Ph-ac).**
- **Sudden respiratory collapse with rapid progression.**
- Coldness and shivering but doesn't tolerate being covered (Carb-v).
- Skin sensitive (even painful) to the slightest touch.
- Headache with pressure from the inside to the outside, better with binding the head.

Carbo Vegetabilis

- **Respiratory insufficiency during an acute illness: useful for increasing utilization of oxygen when medical oxygen is unavailable. (Can be life-saving if given frequently alongside other remedies or medical treatment, even if it is not the best-fitting remedy.)**
- Collapsed state, often with cyanosis (blue lips, eyelids, etc.) (Camph, Ph-ac).
- Feels cold yet desires open, flowing air, wants to be fanned (Camph).
- Worse lying down, better sitting up.
- Complaints accompanied with burping, heaviness, and fullness of the stomach.

Croton Tiglium^{JS}

- **Extreme irritation of the air passages, worse on inhalation.**
- **Feels as though they cannot expand the lungs and inhale deeply enough.**
- Coughs as soon as he touches the pillow, must sit up.
- Burning in the esophagus.
- Gushing diarrhea, worse right after eating or drinking.

Cuprum Metallicum

- **Severe paroxysmal and spasmodic cough, better with cold drinks.**
- **Spasm and constriction of chest, may be unable to talk.**
- Sudden attack of suffocation.
- May have cyanosis (blue lips, eyelids, etc.).
- Strong metallic, slimy taste, with flow of saliva
- May have other muscle spasms, cramping, or convulsions.

Eupatorium Perfoliatum

- **Excruciating pain in muscles and bones, as if bones are broken or joints are dislocated, with restlessness.**
- **Unbearable headache, typically in the back of the head, with heavy feeling (needs to use hands to lift it), painful eyeballs, worse lying down, may moan from the pain.**
- Quick onset of acute illness (Acon).
- Cough with hoarseness and raw, hot feeling in chest and bronchi.
- Soreness of chest muscles, worse from inhaling.
- Loose cough, may need to support chest (Bry), better getting on hands and knees, worse at night.
- Desires ice-cold water (Phos).
- Usually little perspiration.

Ferrum Phosphoricum

- **Fever in the early stage of acute illness, with few differentiating symptoms (similar to but slower onset than Acon).**
- Painful, hard, dry cough, worse on waking.
- Worse after deep inhalation.
- Redness and burning sensations.
- May have streaks of blood in sputum.
- Often will need to be followed by Phos.

Gelsemium Sempervirens

- **Drowsiness and tiredness with muscle weakness, sometimes with dizziness/vertigo.**
- **Drowsy, half-awake state, with heavy, drooping eyelids.**
- **Trembling and chilliness (often up and down the spine).**
- Convulsive, spasmodic cough with burning in chest.
- Cough from tickling in the throat.
- Heaviness in middle of chest, with sensation of a lump behind the chest.
- Dull, heavy headache.
- No thirst.

Grindelia Robusta^{MM,JJ}

- **Cough with profuse, tenacious mucus, with insistence on coughing it up, which relieves even if hardly any mucus is actually dislodged (Kali-bi, Senega).**
- **Waking from sleep with gasping for air, may be worried about falling asleep due to this.**
- **Anxious about one's condition, with confusion and about whether breathing difficulty is an objective phenomenon or only a feeling of inability to breathe.**
- Throbbing headache in the back of the head, better sitting (despite a desire to lie down).
- Worse: sleep, dark.

Kali Bichromicum

- **Thick ropey yellow/green discharge, usually from the nose.**
- **Difficult-to-expel mucus.**
- **Rattling, productive cough with sinuses commonly affected.**
- Indifferent, avoidant disposition.
- Worse: cold, damp, morning, night (1-3am).
- Better: heat.

Lobelia Purpurascens^{AS}

- **Paralysis of lungs and heart: slow, superficial, almost absent breathing; almost-imperceptible heartbeat.**
- **Overwhelming drowsiness, dejection (Gels, Ph-ac, Senega, Stann).**
- **Very chilly, with perspiration, without shivering.**
- **Bitter or strange taste in mouth.**
- Tightness of chest with great oppression and difficult breathing.
- Very thirsty for cold drinks, no appetite.
- Great weakness of the limbs.
- Consider:
 - **Lobelia inflata** if Lob-p unavailable.

Mercurius Solubilis/vivus

(largely interchangeable, Merc-viv possibly more effective in influenza than Merc-sol)

- **Tonsillitis or pharyngitis with sharp or raw pains on swallowing.**
- **Offensive breath, profuse salivation, metallic taste in mouth, dirty tongue.**
- Worse at night, night sweats.
- Worse from both heat and cold.
- Also consider the other mercury salts such as:
 - **Mercurius iodatus flavus**: right-sided upper-respiratory infections.
 - **Mercurius iodatus ruber**: left-sided upper-respiratory infections.
 - **Mercurius cyanatus**: exhaustion, extreme coldness, cyanosis.

Ozone

- **Aching muscles with exhaustion (Ars, Eup-p, Ph-ac, Senega).**
- **Sensation of shattering, broken glass.**
- **Nails growing quickly during the acute illness.**
- **Desires juice (Ant-t, Ph-ac, Verat).**

- Shortness of breath, difficulty breathing, both lungs painful.
- Symptoms come on suddenly.
- Sensation of a lump of mucus in throat, worse swallowing.
- Nausea and vomiting with vertigo.

Phosphorus

- **Fairly fast onset of acute illness, often from exposure to cold, with tightness in chest.**
- **Pneumonia with painful, burning cough, sometimes with bloody sputum.**
- **Many fears, anxious, seeks reassurance and easily reassured.**
- **Very thirsty for cold drinks, desires refreshing things.**
- Better: cold drinks, eating, rubbing the affected area.
- Worse: fasting, lying on left side.
- Consider in left-sided pneumonia.

Phosphoric Acid

- **Complete mental apathy with indifference to normal interests.**
- **Weak, collapsed, exhausted state (Ars, Camph, Carbo-v, Stann).**
- **Craving for juicy or refreshing foods.**
- Worse: dehydration, talking, sitting.
- Better: walking, warmth.
- Increased urination and/or perspiration.
- Pain in eyes as if being pressed into head.

Pyrogenium

- **Very-high fever with overactive mind.**
- **Acute condition that is progressing into sepsis.**
- **Restless (even delirious) state, better with motion.**
- Aching throughout the body (Eup-p).

Sambucus Nigra

- **Sudden difficult breathing or feeling of suffocation, worse lying down, better when getting out of bed.**
- **Heavy perspiration over the whole body, worse on waking or during the day.**
- Constant state of fretfulness, easily frightened.
- Difficulty in exhaling.

Stannum Metallicum

- **Depleted state with extreme weakness (Ars, Camph, Carb-v, Ph-ac).**
- **Worse from any exertion: trembling movements, can barely walk or speak (or may answer abruptly).**
- Weak, empty, hollow feeling in the chest.
- Dry cough evolving into a wet cough with much sputum.
- Discouraged, changeable mood, suspicious.
- Pains increase and subside gradually.

Senega

- **Loose rattling in chest (Ant-t) with profuse tough/ropey/gluey mucus (Kali-bi) that slips back into the throat.**
- Cough with hoarseness, **often ends in a sneeze**; worse: cold air, change of temperature, lying down.
- Extreme exhaustion (Ph-ac).
- Soreness and weakness in the chest (Eup-p).
- Better: bending head backwards, walking in open air.
- Breathing: better sitting upright; lungs feel too narrow, as if pushed toward the back.
- Eyes feel as if they are too large for the eye sockets.

Veratrum Album

- **Collapse with general coldness and cold sweat, especially on the forehead.**
- **Better: warmth; being covered (opposite of Camph, Carb-v).**
- Behaviour may be silent or alternate with mania, irritation, anger, cursing, etc.
- Violent digestive symptoms (e.g. concurrent diarrhea and vomiting).
- Consider:
 - **Veratrum viride: Quick onset of pneumonia with rapid, bounding pulse, high fever, anxiety, vomiting; red streak down centre of tongue. *Reportedly more commonly indicated than Verat-a in influenza.***

OTHER REMEDIES TO CONSIDER (FOR PROFESSIONAL HOMEOPATHS)

Adamas^{JS}

Ailanthus Glandulosa^{VR}

- **Lungs feel sore and tired, chest feels strapped, as if alveoli (air-cells) stuck together.**
- **Semi-conscious, great weakness and prostration.**
- **Acute illness with signs of brain inflammation (confusion, hallucinations, etc.)**
- **Low fever with hot, red face.**
- Throat: Dark-red, swollen, with scraping/choking feeling.
- Skin: inflamed, edematous, red or purplish, itching.
- Headache: Throbbing, pulsating, with confusion, photophobia.
- Better: hot drinks, lying on right side.
- Worse: rising or sitting up, motion, when sees food.
- Thin and acrid discharges with ulceration of mucous membranes.
- Sudden violent vomiting (Verat).

Alumina/Aluminum^{JS}

Ammonium carbonicum^{JS}

Apis mellifica

Arnica montana

Asclepias tuberosa

Bacillinum

Baptisia tinctoria

Belladonna

Beryllium metallicum

Brassica repens

Californium muriaticum^{JS}

Carbo animalis

Carbo Fullerenum

Carbolic acid^{AK}

Carboneum oxygenatum^{JS}

Carboneum dioxydatum^{JS}

Chelidonium majus

Chininum muriaticum^{MM}

- Fever with temperature rising in the early afternoon, resistant to common antipyretics.
- Weakness more evident in the evening.
- Frontal headache with painful pressure accompanied by (more or less) intense eye pain—in some with the characteristics of a neuralgia.
- Dry and irritated cough, perceived only as a discomfort in the upper respiratory tract.
- Poor appetite and little thirst, despite the fever. Preference for salty foods. Preference for hot drinks as opposed to water.
- Victim attitude, without any difficulty in expressing anger towards those who attend to the “other managers” of their pathology. Patient believes he did all one could to not become infected. Puts the blame for the state of one’s condition on others for not paying adequate attention.

Coca

Convallaria majalis^{JS}

Corvus corax^{JS}

Crotalus horridus

Cryptococcus neoformans^{BB}

- Interstitial pneumonia.
- Mental theme: Connection vs. disconnection: wanting to nurture family and others you identify with, while pushing all others out beyond a safe containment boundary.

Dichloroethyl sulfide^{FM}

Dulcamara

Echinacea purpurea

Eucalyptus globulus

Ferrum metallicum^{JS}

Gallium metallicum^{JS}

Germanium metallicum - stage 4, after people come home from the hospital

Hepar Sulph - stage 4

Hippozaeninum^{AK}

Hydrastis canadensis

Hydrocyanic Acid

Ignis alcoholis^{JS}

Inula helenium

Iodum

Ipecac

Juglans nigra^{VR}

- Shortness of breath, gets worse and worse, comes to a point of feeling that there is something sitting inside that won't let go.
- May be experienced as if mold has settled inside the lungs.
- Fears and anticipates own death.

Kalium carbonicum

Kalium bichromicum

Kalium ferrocyanatum

Kalium iodatum

Laurocerasus officinalis^{JS}

Lobelia inflata

- Shortness of breath with nausea and vomiting (Ipecac).
- Oppression, constriction, and burning feeling in chest.

Lycopodium clavatum

Natrum sulphuricum

Nitrogenium^{JS}

Nux Moschata - dry mouth

Opium^{JS}

Pinus sylvestris^{VR}

Pix liquida^{VR}

Plutonium Nitricum

Pulsatilla

Quebracho aspidosperma

Radon [order by emailing: liz@dynamis.edu]^{JS}

Rhus toxicodendron

Rumex crispus

Sabadilla

Sanguinaria canadensis

- Painful cough.
- Better: belching, flatulence, diarrhea, or vomiting.

- Circumscribed redness of the cheeks and tongue.
- Right-sided migraine headaches (and generally right-sided).
- Lingering cough after recovery from the acute phase.

Seacle

Solaninum aceticum^{FM}

Spigelia anthelmia

Sticta pulmonaria

- Dry, hacking cough during night, worse when inhaling, with much sneezing.
- Pulsation from right side of sternum down to abdomen.
- Rheumatic pains.

Succinum purum

Sulphur

Tabaccum

Tuberculinum

Zincum metallicum

Main References

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R. van Zandvoort *Millennium Repertory*

Legend

The following are codes for non-standard remedy suggestions that can be traced to a specific practitioner (the remedy pictures themselves may be from multiple sources):

AS=André Saine	JJ=Bhawisha and Shachindra Joshi
BB=Bob Blair	MM=Massimo Mangialavori
AK=Ajit Kulkarni	RS=Rajan Sankaran
FM=Farokh Master	VR=Vega Rozenberg
JS=Jeremy Sherr	

Contact a Homeopath

- David Nortman: www.homeopathyzone.com.
- Ananda More: [Riverdale Homeopathy](http://RiverdaleHomeopathy.com), watch.magicpillsmovie.com.
- [Homeopathy Help Now](http://HomeopathyHelpNow.com) - free acute homeopathic care in the US.
- [Acute Support](http://AcuteSupport.com) by the Ontario College of Homeopathic Medicine, free acute care in Canada.
- [First Response Homeopathy](http://FirstResponseHomeopathy.com) - Affordable Acute care in the UK.
- [Homeopaths Without Borders](http://HomeopathsWithoutBorders.com).

Ananda More, DHMS, Hom



Ananda More is a Toronto based homeopath in professional practice for 15 years. She is co-owner of Riverdale Homeopathy, a homeopathic dispensary, bookstore and clinic. Ananda directed and produced the documentary [Magic Pills: Homeopathy Promise or Placebo](#)

David Nortman, ND



David Nortman is a naturopathic doctor who uses homeopathy to address chronic and acute conditions, working with clients around the world. He has an active interest in the intersection of homeopathy with philosophy, which he has explored in [video interviews](#) with leading homeopaths.

****Many thanks to Mike Biskup for our cover art. You can see more of his incredible work at <https://www.mikebiskup.com/>**

Disclaimer: None of the above information constitutes medical advice, and it is not meant to diagnose or treat any disease. Homeopathy is not a substitute to treatment by a qualified medical doctor. In case you develop any symptoms seek medical assistance immediately.