

## Homeopathic treatment of common cold

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A cold is a common and frequent condition. However it could be painful due to nasal obstruction or flow, loss of taste and smell. In addition, the common cold may evolve towards bronchitis.

So it is important to start the treatment as early as possible, homeopathy is an excellent ally.

### “Clear” Common Cold

**ALLIUM CEPA 7CH** : Common cold with excoriation of the nostrils by a liquid irritant, acid. Hoarse voice. Very often during fall time (Autumn).

**ARSENICUM ALBUM 15CH**: Common cold with excoriation, lot of sneezing. Agitated sleep, fear of death, extreme chilliness.

**EUPHRASIA 7CH**: Common cold with irritation and discharge from the eyes.

**NUX VOMICA 9CH**: Common cold with major nasal obstruction. Associated digestive disorders, nervousness. Often the remedy for the overwork people using boosting products.

**RUMEX CRISPUS 5CH**: Remedy for the patient using scarf to prevent breath fresh/cold air.

**CAMPHORA 7CH**: sensation of intense cold, sometimes epistaxis (bleeding nose)

**FERRUM PHOSPHORICUM 9CH**: clear common cold, febricula, epistaxis.

**DULCAMARA 7CH**: After rainy day, stuffy nose, cradle cap, love without reciprocity.

**SABADILLA 7 CH**: Common cold with a lot of sneezing ( arsenicum album)

### “Yellow” Common Cold

**HYDRASTIS CANADENSIS 7CH**: Common cold with constipation. Bullies those who do not agree with him.

**KALIUM BICHROMICUM 9CH**: Common cold with thick secretions, obstructing the nose, chilliness, frontal pain, conflict in territory.

**KALIUM SULFURICUM 9CH**: Common cold with thick secretions, warmed patient, lost of smell, want to make everyone happy around him/her.

**KALIUM MURIATICUM 12CH**: Common cold, catarrh of the Eustachian tube. (want to keep distances from the mother)

**MEZEREUM 15CH**: Pain in maxillary sinus, snoring. Lost its ways, markers.

### **« Green » Common Cold**

**KALIUM IODATUM 7CH:** Abundant flow, greenish, cold and non irritant. Reject his own children

**LAC CANINUM :** Common cold alternating side. Bad opinion of himself/herself.

**MERCURIUS SOLUBILIS 7CH :** profuse sweating, bad breath, precocious, active.

**PULSATILLA 9CH :** warmed, tearful, clinging to mom, no thirst

**SEPIA 12CH :** chilliness, constipation, very sensitive+++ to odors, dance.

**THUYA 15CH :** profuse and malodorous sweating, frontal headaches, patient who wants to control everything.

### **Nasal Obstruction**

**BRYONIA 12CH :** constipation , extreme thirst , refuse to move far away from his/her root, fear of poverty.

**CALCAREA CARBONICA 12CH:** full of fears, sweating of the head, desire for sugar and milk.

**CONIUM MACULATUM 12CH:** authoritarian, meticulous, photophobia, attracted by the occult sciences.

**FLUORICUM ACIDUM 12CH:** warmed, libertine, nails grow too fast

**SARSAPARILLA 12CH:** cannot stand to be robbed of his inheritance, everything should continue as before (it will be always the same)

**SELENIUM :** prematurely aged, bored, pimply, tired

**SILICEA 12CH:** chilliness, perspire from the hands, feet, head, lack of appetite, timidity.

**SULFUR 9CH:** warmed, messy, dirty, philosopher, desire for sugar and fat.