Hayfever & Allergies

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Homeopathy is a traditional medicine. It may be used in conjunction with other medicines. For any ongoing chronic condition, it is important to be assessed or examined by your healthcare professional or specialist. Always seek medical advice in emergencies. The information in this article does not constitute medical advice. It is referenced from the texts approved by Therapeutic Goods Administration and is for information only. If in doubt as to the appropriateness of a treatment seek advice from your homeopath.

Hayfever and allergies usually respond well to management by a registered homeopath. Individualised treatment is recommended if the problem has been ongoing for some time and will strengthen the immune system and reduce susceptibility to allergens.

Acute remedies for hayfever may sometimes be required as additional support during the height of the season. Over-the-counter products such as our Hayfever & Allergy Combination can be helpful if symptoms are mild and short lived. They can be taken as often as necessary for up to a week. If no improvement is noticed in that time a different remedy or constitutional treatment from a practitioner is required. Good improvement with constitutional care may take two or three seasons, but you should find symptoms much more manageable even in the first season. Treatment does not need to be very frequent but it does need to be consistent, particularly in the couple of months leading up to the hayfever season. If you have symptoms all year round this is termed allergic rhinitis and while elimination of the allergen can be helpful, building up the immune system is more important.

If using the Hayfever & Allergy Combination, lack of improvement indicates that the remedy you need is not in the combination. I do often make up individualised combinations to support constitutional care if required.

Skin prick tests or blood testing are sometimes used to establish allergies. Do be aware that the more allergies you have, the less useful this testing becomes. If you can pinpoint your allergy it is possible to desensitise using homeopathic remedies as part of constitutional treatment. It is not effective used on its own as the immune system needs to be built up as well.

Remedies for Hayfever

There are many small remedies for hayfever such as Arundo, Wyethia, Sanguinaria and my own saviour, Phleum, but they are often best selected by a practitioner due to their similarities.

I’ve listed below the remedies most commonly available, all of which can be found in our online shop.

**Allium Cepa** – Burning discharge from nose, bland discharge from eyes. Nose runs like a tap and may burn the skin of the nose or upper lip. Violent sneezing. Symptoms are usually worse indoors than out of doors. Marked headache, better when the nose runs freely. Light sensitivity, sharp pains in the larynx as if there are hooks in it, made worse by warm food or drink. Great sensitivity to flowers, peaches, pollen.

**Arsenicum Album** – May be feverish and worn out with hayfever. Feels better for warmth despite fever. Acrid watery discharge from the nose, which is totally obstructed. Sneezing from a tickling in one spot.
Light sensitivity, wheezing and tightness in chest, burning throat, restless and anxious. Feels better in a warm room and for warm drinks.

**Dulcamara** – Contant sneezing, stuffy or streaming nose, eyes swollen and watering. All made worse by being outside, being in a damp atmosphere, smelling new mown hay, getting chilled after exertion or being in a warm room.

**Euphrasia** – Thick burning discharge from eyes which are very swollen, itchy and inflamed. Bland discharge from nose, coughing up mucous. Symptoms worse in the morning, from warm breezes and wind. Feels better at night on lying down.

**Gelsemium** – Non-stop sneezing, heavy eyes, puffy and watering. Discharge may feel as if hot water is passing through the nose. Overwhelming drowsiness and weakness during hayfever attack. Apathetic, listless and may feel shaky or dizzy. Exhausted by sneezing.

**Nat Mur** – Streaming nose with watery discharge like egg white. Mucous and obstruction may be worse in open air or in the wind. Sneezing attacks or ineffectual sneezing. Chapped lips and cracks at the corners of the mouth.

**Nux Vomica** – Eyes smart and are very light sensitive. Nose is very obstructed and stuffed up with itchiness inside ears and Eustachian tubes. Nose may run fluently in a warm room giving some relief. Terrible sneezing and runny nose worse in the morning on rising from bed. General irritability.

**Pulsatilla** – Hayfever especially in spring and in heat of summer and autumn. Bland, yellow discharge from eyes and nose. Awful itching and watering of eyes which may lead to infection. Wheezing and cough worse on lying down. Feels better in air conditioning (generally likes open air but obviously is worse due to pollens). Tend to be of a tearful disposition.

**Sabadilla** – Violent sneezing, watering eyes, eyelids red and swollen, headaches which feels as if head is shrinking. Sneezing is debilitating. Sore throat soothed by warm drinks. Feels chilly. Thinking is dull and slow. Worse outside and worse for pollens especially flowers.

**Silica** – Chronic, dry nasal obstruction. Thick post-nasal discharge. Stuffed up nose, especially on waking in the morning. Swelling of the nose and face over the affected area. Sinuses may feel tender and blocked. Every allergy attack leads to sinus. Generally chilly.

**Sulphur** – Hayfever affecting especially the eyes. Sensation as if eyes were full of sand. Rims of eyelids red and crusted. Sneezing attacks worse in the evening.

**Source:**

Family Guide to Homeopathy; Andrew Lockie MD

Desktop Companion to Physical Pathology; Roger Morrison MD

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