

# ONTARIO COLLEGE OF HOMEOPATHIC MEDICINE

209 - 1245 DANFORTH AVENUE, TORONTO, ON M4J 5B5

TEL: 416.535.5995 | WWW.OCHM.CA | INFO@OCHM.CA



## ALLERGIES

Allergies are a number of conditions caused by hypersensitivity of the immune system to typically harmless substances in the environment, including hay fever and allergic asthma. Hay fever is the allergic reaction to pollen or fungal spores. Rhinitis is the inflammation of the nasal passages leading to discharge, sneezing, and blockages.

**Symptoms:** Itchy red eyes, rash, sneezing, runny nose, shortness of breath, swellings, cough, decreased sense of smell or taste. Nasal discharges might be bland, acrid or itchy, itching of the palate, ears, nose, throat, eyes or any combination of these symptoms.

Homeopathic Medicine can be a natural, safe and effective solution for allergies. Match the symptoms that the patient is experiencing with those that are being presented in the remedies below to select the most appropriate medicine.

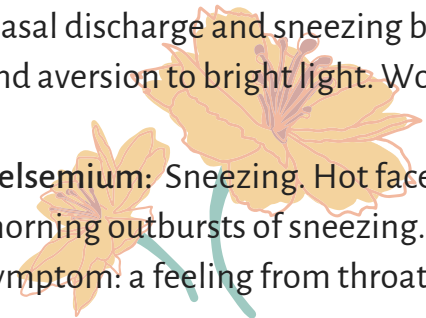
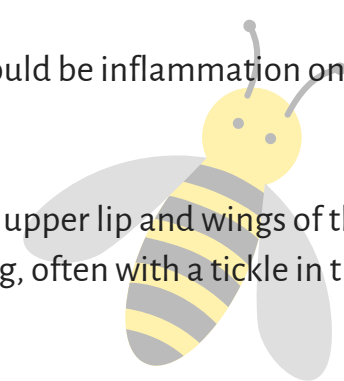
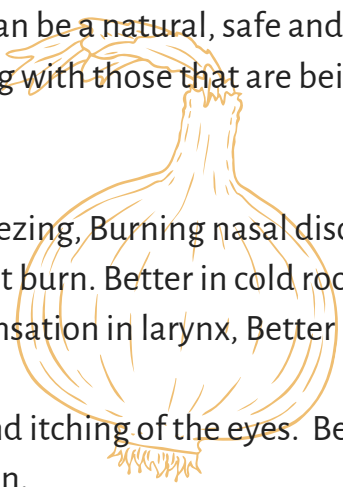
**Allium cepa:** Bouts of sneezing, Burning nasal discharge causing sore nostrils and upper lip. Eyes itch and water profusely but do not burn. Better in cold room or open air, Worse in the evening, Tickling cough. Photophobia, Pricking sensation in larynx, Better in open air

**Apis:** Burning, stinging and itching of the eyes. Better in open air. There could be inflammation on the skin that is red, hot and swollen.

**Metal Album:** Wheezing and tightness in lungs, Nasal discharge burns the upper lip and wings of the nose, Burning eyes, nose and/or throat (often right sided). Sneezing upon waking, often with a tickle in the nose. Person is restless and anxious. Better from hot things. Hay asthma.

**Euphrasia:** Eyes severely affected with profuse burning and watering. Burning and swelling of eyelids. Nasal discharge and sneezing but not burning. Respiratory symptoms are worse in the morning. Headache and aversion to bright light. Worse for warmth. Coughing phlegm. Better open air and in the dark.

**Gelsemium:** Sneezing. Hot face. Feeling of great weight and tiredness in whole body and limbs. Violent morning outbursts of sneezing. Tingling in nose. Watery, excoriating discharge from nose. Curious symptom: a feeling from throat up to left nostril, like a stream of scalding water.





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## ALLERGIES: TREATMENTS

**Natrum Muriaticum:** Watery or egg-white-like profuse nasal discharge from nose. Proxysms of sneezing. Loss of taste and smell. Cough from tickling in throat pit. Chapped lips and cracks at the corners of the mouth. Dark circles under the eyes. Wakes with headaches. Tears acrid. Corners of eyes red and sore. Worse from sun.

**Nux vomica:** Stuffiness and blocked breathing. Itchiness inside ears. The eyes burn and are sensitive to light. Person is irritable. Extended periods of sneezing. Heat in face as if a hot iron plate were near it. Itching extends from palate to larynx and trachea. Excessive irritation in nose and eyes.

**Pulsatilla:** Sinus pressure. Watery eyes. Eye redness. Bland yellow discharge from the nose and eyes. Weepy or tearful disposition. Person feels better in open air.

**Sabadilla:** Violent sneezing. Itchy nose, bleeding from nose. Severe frontal pains and redness eyelids. Red and swollen eyelids, runny eyes worse in the cold outdoor air. Headache as if head is shrinking. Fluent coryza. Chilly. Person's thinking is dull and slow. Better heat. Sensitive to smell of garlic.

**Sanguinaria:** Chronic rhinitis or hay fever complicated by nasal polyps. Dryness and burning of ears, throat and nasal passages. Rose colds in June. Sensitive to flowers and odors. Dry burning in larynx with hoarseness of chest with asthma. Palms dry, burning, wrinkled.

**Chronic Treatment of Allergies:** Chronic treatment addresses the tendency to react to stimuli in a certain way, as well as the tendency for immune over-sensitivity. Chronic treatment must be done in the "off season", resulting in a gradual diminution of symptoms over time and eventually, a loss of the allergic reaction entirely. Chronic treatment addresses the whole person – mind, body, emotional state. Chronic treatment includes the use of constitutional remedies and nosode remedies. This sort of treatment requires professional care.

*CONSULT YOUR PRIMARY CARE PHYSICIAN if your symptoms are severe or you're having a difficult time breathing. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.*