

ONTARIO COLLEGE OF HOMEOPATHIC MEDICINE

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COLD SORES

Cold sores are a common viral infection (herpes simplex). They often blister together in patches and after breaking, form a crusty surface. The virus spreads through close contact and remains dormant until it is triggered by stress, hormonal causes or a change in the environment. Symptoms include itching or tingling, blistering and oozing.

Here are some great homeopathic remedies to help with cold sores:

Arsenicum album: burning eruptions, better heat. Patient feels anxious and restless

Hepar-sulph: for painful eruptions. Worse cold. Patient feels chilly and irritable.

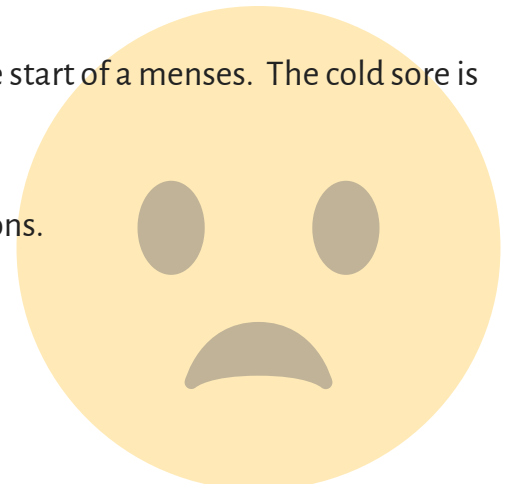
Merc-sol/viv: bleeding gums, a coated tongue, excessive salivation and bad breath accompany the cold sore. Eruptions burn and the symptoms are worse at night.

Nat-m: come on as fever blisters from exposure to sun or from emotional stress. They occur on all aspects of the mouth, nose and even genitals. They feel tingly, itchy, dry. The mouth is dry and can taste like salt.

Rhus-t: these cold sores appear with a distinct crust. There is a burning and stinging sensation. Better heat.

Sepia: often times, the cold sores are hormonal and may appear before the start of a menses. The cold sore is wet and could be oozing pus.

Sulphur: red, inflamed, itchy and burning eruptions. Better cold applications.



CONSULT YOUR PRIMARY CARE PHYSICIAN if you are experiencing a great deal of pain or are not feeling well. 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.