

FLU - A HOLISTIC APPROACH



NATURAL REMEDIES
HOMOEOPATHIC APPROACH

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Influenza or 'the flu' is an infectious disease caused by an Influenza virus. The symptoms can be mild to severe. Typically, starting one or two days after exposure to the virus and lasting a week. The cough can last longer.

The first symptoms are chills and body aches, with a fever of 38°C- 40°C. In temperate regions of the world, the number of influenza cases peaks during winter, whereas in the tropics, influenza can occur year-round.

Like the common cold, the virus is spread mostly through the air, via aerosols. These can range from very small to large droplets produced by breathing, coughing, and sneezing. It might also spread through touching contaminated surfaces and then touching eyes, nose, or mouth. A person may be infectious to others both before and during the time they have symptoms. A large portion of infected persons themselves are asymptomatic.



SYMPTOMS

The most common symptoms are-

- (High) fever and chills.
- Cough.
- Nasal congestion or runny nose.
- Sore throat.
- Hoarseness.
- Headache.
- Muscle pain.
- Feeling tired.



Some less common symptoms-

- Earache.
- Irritated, watering eyes.
- Petechial rash.

Children can have-

- Gastrointestinal symptoms such as vomiting, diarrhoea and abdominal pain.

WHY SHOULD YOU TAKE A HOLISTIC APPROACH?

Starting homoeopathic medicines at the very beginning of flu symptoms can significantly shorten the duration and severity of the illness and even knock it out of your child's system within a day or two.

Colds and coughs are again an example of the body's self-protective mechanism to get you better quicker.

Let's understand cold's a bit better. So, what's in a runny nose and watery eyes? There are 3 kinds of proteins - Lysozyme, lactoferrin, lipocalin mixed with electrolytes.

Lysozyme is a special one though in the pathologist community. So the story goes in 1921 Alexander Fleming was trying very hard to come up with an antibiotic. He had plates and plates of growing bacteria and he would drop anything he got his hands on into them to see if it could inhibit the bacterial growth.

One day he had a cold and so decided to drop some of his own mucus into one of the plates. And this mucus stopped the bacteria from growing and the reason was Lysozyme. This enzyme is found in ears, snot, saliva and cervical mucus. It destroys the cell wall of the bacteria making them explode into death.

Unfortunately, due to its large size it can't enter deeper cells and so he couldn't use it as an antibiotic formula but 5 yrs later he finally discovered penicillin.

- Mucus helps get rid of dead bacteria and viruses.
- Coughing helps move the infection out of your lungs.
- Sneezing clears the airways of harmful irritants and allergy-causing substances.
- Fever is your body heating up to kill off the infection (the same way you heat food or water to kill off bacteria).

In other words, taking cold medicines and other suppressive formulas inhibits your body's defence mechanisms so that it can't fight back and might even prolong your cold or flu

GETTING GEEKY

EVIDENCE BASED STUDY SUGGESTING THAT HOMOEOPATHY HELPS IN CASES OF INFLUENZA

Research Articles on PubMed shows Seven studies in which, three were prevention trials (n=2265) and four treatment trials (n=1194). Only for two studies was there sufficient information to complete data extraction fully. Oscillocochin treatment reduced length of influenza illness by 0.28 days (95% confidence interval 0.50 to 0.06). Oscillocochin also increased the chance of a patient considering treatment effective (relative risk 1.08; 95% CI 1.17, 1).

ARTICLE LINK: <https://pubmed.ncbi.nlm.nih.gov/10796675/>

The Stages Of Influenza

When a person is infected, the spontaneous clinical manifestation of the infectious disease has the following successive characteristics:

1. **A Silent incubation period** that last 2- 5 days
2. **A Sudden short febrile invasion**, with shivering, facial congestion, and/or myalgia.
3. **A Fully-declared phase** lasting several days with fever and tachycardia, sweating, severe headache, myalgia, catarrh in ENT area and diminished sthenia. There can be respiratory, laryngeal, digestive, pericardial &/ neurological complications during this phase.
4. **A Defervescent phase** often with a persistent cough.
5. **A Convalescent period** with asthenia of variable duration, up to several weeks.

Some Common Homoeopathic Remedies

When homoeopathic therapy is used for acute conditions, the different phases of Influenza are shortened, and this is even more obvious if the treatment is started early. The range of Homoeopathic medicines used varies according to when therapy is started, and in the following paragraphs the remedies are listed in relation to the stage the disease has reached when the patient is first examined.

INCUBATION PHASE- This phase is clinically silent, if there is a risk of contagion.

1. **Oscillocochinum-** This medicine is prepared from an aseptic filtered autolysate obtained from the heart and liver of Muscovy Duck, its high amino acid content is probably the reason for the potentiation of the body's defence mechanisms against infectious agents in general, and viruses in particular. In most cases, it REDUCES the tendency to develop Influenza.

INVASIVE PHASE- This may be sudden or progressive.

1. **Aconite napellus:** A very rapid onset with shivering, marked hyperthermia. Skin is red, warm and dry. Intense thirst (for cold water), and sthenic agitation. This clinical picture often occurs after a sudden chill, it tends to start during the night (around midnight or one in the morning) and the child wakes up feeling anxious.
2. **Belladonna:** Cases of relapsing hyperthermia of very rapid onset, cephalic congestion with throbbing pains, red and radiant warm skin and sweating (particularly of the face). the child feels thirsty because of the dryness of the mouth. Fever with delirium and oversensitiveness to noise, touch and jolts may be good indications of treating with belladonna.

FULLY- DECLARED PHASE- Depending on the symptoms displayed by the child, you can choose from the following medicines.

1. **Gelsemium-** Children having high fever with progressive onset, frontal and occipital headache, numbness, shivering and even tremors followed by sweating. The child is thirstless, may have fatigue and myalgia and his face maybe crimson.
2. **Rhus toxicodendron-** Children with high fever of progressive onset, accompanied by myalgia and periarticular pain with stiffening, which is relieved by movement. The child seeks warmth, buries himself under blanket, sweats profusely, shivers or cough on uncovering. Kid experiences intense thirst for cold water or milk.
3. **Eupatorium perfoliatum-** High fever with muscular and osseous pain, headache and above all ocular pain, worse by pressure on the eyeball. Eye lachrymation, rhinitis and tracheobronchial cough can be present.
4. **Bryonia-** This remedy is indicated for continuous or remittent febrile conditions, with headache, myalgia, joint pains and a dry, tracheal cough. All the symptoms are aggravated by movement, the child lies still in bed holding his chest during coughing. Child has intense thirst with bitter taste in mouth.
5. **Pyrogenium-** This remedy is indicated when there is a febrile syndrome and pulse & temperature are dissociated (most frequently a fast pulse for a moderate temperature).
6. **Ferrum phosphoricum-** This remedy is used when the fever is not very high. There is a hemorrhagic tendency such as epistaxis, otalgia with pink eardrums or tracheitis cough.
7. **Allium cepa-** Child has coryza, streaming eyes and nose, with headache, frequent sneezing , profuse bland discharge. Cough seems to split and tear the larynx, child grasp the larynx, feels as if cough will tear it.
8. **Kali bichromicum-** In cases where discharge is stringy, thick yellow or greenish, ropy or jelly like, of offensive nature. Dryness of nose with pain at root of nose. Anaemia and absence of fever are characteristic.
9. **Baptisia tinctoria-** Fever accompanied by mental confusion/delirium. This medicine is given when influenzal syndrome is associated with digestive problems ; foetid breath, diarrhoea and intense thirst. The right iliac fossa is sensitive with a rumbling caecum.

10. **Aralia racemosa**- This remedy is indicated in cases where cough is worse after lying down. The kid has a paroxysmal cough at 11 pm., feels better by sitting up and by slight phlegm. Fever with frequent sneezing. Extreme sensitiveness to draught of air.

11. **Hepar sulphur**- Catarrh of nose, ears, throat, larynx and chest. Sneezing and running nose, first watery then thick, yellow and foul smelling. Sweating all night without relieve. Child is hypersensitive to touch, pain, draught and cold air.

12. **Pulsatilla**- It is indicated in cases of Thick yellow discharge with loss of smell. Discharges are not excoriating. Stuffing up of nose at night and copious flow in the morning. Child feels better in open air but gets worse on entering in a warm closed room.

CONVALESCENT PHASE- The child may suffer from post-influenzal asthenia, he may still have a persistent cough which may not clear up. It is then possible to stimulate the child's immune response using the indicated remedies.

1. **Sulphur iodatum**- This medicine relieves congestion and inflammation at the end of acute infections, in particular those with an affinity for the respiration tract.
2. **China rubra**- This remedy corresponds to physical asthenia with pallor and hypotension; this condition is found in children who have suffered from significant loss of organic fluid.
3. **Kali phosphoricum**- This remedy is indicated in case of mental asthenia with a lack of inclination to work as slightest intellectual effort brings about extreme fatigue. On the other the kid is hypersensitive and easily irritated.
4. **Avena sativa**- This medicine has an invigorating action and stimulates the appetite. It is indicated for post-infectious asthenia with anorexia, often associated with Alfalfa.
5. **Influenzinum**- This medicine can be used at the end of the treatment when influenzal sequelae persist: persistent cough, lasting anosmia, etc.

Preventive treatment for Influenza

With high risk patients, the preventive homoeopathic treatment of influenza has the advantage of being chemically non-toxic.

For children with recurrent pathological manifestation, Influenzinum can be given. Oscilloccinum, The homoeopathic antiviral medicine has shown good results as a flu preventive. As it stimulates the body's defense mechanisms, this preventive treatment makes it possible to extend the protection against all germs responsible for infectious diseases, in particular viral infections.

Traditional Herbal Plants for Flu- My personal recommendations

There are a variety of very effective herbal medicines that work amazingly well to help your family recovery faster from the flu. These are a few of what I have found to be incredibly helpful. The most important antiviral herbs for cold and flu are *Thymus vulgaris*, honeysuckle flowers, Andrographis, yarrow, peppermint leaf and oil, and Calendula. The most important expectorant herbs for flu and cold are tulsi, snake root, licorice root, clove, slippery elm root, marshmallow osha root, and sage leaf. Immunostimulant herbs are Echinacea root, Eucalyptus, garlic, ginseng, marshmallow, slippery elm, Isatisroot, Usnea lichen, myrrh resin, and ginger root. I would give some description about the important one's.

1. **Thymus vulgaris**- Thyme is an herb from the mint family and is a culinary staple. That said, it may also provide numerous health benefits, such as boosting immunity, regulating mucus, fighting infections, and more. It is a natural cough remedy. The U.S. Department of Agriculture (USDA) reports that thyme is packed with helpful nutrients, including: vitamin A, vitamin C, copper, fiber, iron, manganese which helps in boosting immunity.
2. **Allium sativa**- Garlic aka. *Allium sativum* has been widely known for centuries to influence health and to provide benefits to almost all physiologic systems including immunity. The antioxidant properties of garlic have also been also studied for their impact on human health, especially against tissue damage and inflammation. Garlic is considered an antimicrobial and antiviral product that could relieve common cold viruses.
3. **Echinacea purpurea**- The *E. purpurea* has been recommended as a medicinal plant for the treatment of the common cold, cough, bronchitis and upper respiratory infections. In vitro experiments with human macrophages found that fresh-pressed juice and dried juice from the aerial parts of *E. purpurea* stimulated the production of cytokines including IL-1, IL-10, and TNF- α . In addition, in a randomized, double-blind, placebo-controlled trial, 282 subjects aged 18-65 years with a history of 2 or more colds in the previous year were recruited to evaluate the benefits of the treatment against cold symptoms. Among people who developed a cold, a significant decrease in symptoms was observed in the group that was under Echinacea treatment compared to the placebo group.
Read more about it on: <https://pubmed.ncbi.nlm.nih.gov/14748902/>
4. **Goldenseal**- Goldenseal is praised for its antibacterial and anti-inflammatory properties. It's often taken to prevent or treat upper respiratory tract infections and the common cold. Clinical studies suggest that berberine, one of the main active compounds in goldenseal, may help fight infections.
5. **Propolis**- When bees combine sap from trees with their own discharges and beeswax, they create a sticky, greenish-brown product used as a coating to build their hives. This is propolis, or "bee glue". Propolis is thought to have antibacterial, antiviral, antifungal, and antioxidant and anti-inflammatory properties. The biological components of Propolis may help shorten the length one suffers from the common cold or flu.
6. **Elderberry syrup**- Elderberry is effective at boosting your immune system and treating seasonal cold and flu symptoms. Studies indicate that "a good quality elderberry extract product might be quite effective in shortening the duration and the severity of symptoms associated with the flu if taken within the first 24 hours of symptoms,"

7. **Astragalus**- It is an herb that has been used in traditional Chinese medicine for centuries. It has many purported health benefits, including immune-boosting, anti-aging and anti-inflammatory effects. Astragalus is believed to prolong life and used to treat a wide variety of ailments, such as fatigue, allergies and the common cold. It's also used against heart disease, diabetes and other conditions.

Essential Oils- To Your Rescue.

In most cases, having the flu means increasing self-care as you wait for the infection to run its course. One effective method of self-care is using essential oils as a topical rub or for aromatherapy. These oils can help alleviate your flu symptoms, especially by clearing your nasal passage and reducing headaches. Some oils may even have antiviral benefits to help treat infections and reduce fever.

How to use essential oils for the flu?

Inhalation is the most beneficial way to use essential oils for a flu. You can inhale essential oils by sniffing the bottle directly or adding a few drops of oil to a cotton ball or handkerchief. This method helps clear your nasal passages so you can breathe better. The oils may also help you sleep better and destress.

You can also add a few drops essential oils to:

- a diffuser, to clean the air
- dilute in a carrier oil and add to steamy bathwater
- a carrier oil, for massaging the head, neck, or feet
- a large bowl of hot water, for steam inhalation
- hot or cold compresses.

Benefits

Benefits depend on the application and type of oil. For example, the menthol and cooling effects of peppermint oil may work better in a chest rub than in a diffuser. With topical applications, be sure to dilute the oil before applying it to your skin. You can use an ounce of carrier oil, such as coconut oil, for every few drops of essential oil.

Here are my recommendations:

1. **Lavender oil**- relieves stress, fatigue, depression, and headaches
2. **Lemon oil**- clears your nasal passages and allows for steady breathing
3. **Peppermint oil**- reduces coughs, sinusitis, and throat infections
4. **Thyme**-has antibacterial activity to help fight respiratory infections
5. **Eucalyptus oil**- reduces fevers and fights viruses
6. **Tea tree oil**- inhibits bacteria and fights infections.

7. **Chamomile**- relieves cold and flu symptoms
8. **Clove (eugenol)**- has antiviral and antifungal properties to clean surfaces or air.
9. **Cinnamon**- can clean surfaces or air
10. **Rosemary**- is a nontoxic way to clean surfaces or air

Some Home Remedies To Try.

1. **Honey** is quickly absorbed and gives instant energy. Honey added to barley water is easily digestible and gives nourishment to the body during any fever. This drink also eliminates toxic wastes effectively.
2. The juice of half a **lemon** and a tablespoonful of honey when mixed with some warm water provide energy to the patient.
3. **Orange juice** is the ideal liquid food in fevers, since it provides energy, increases the urine output and thus helps to flush out the toxins from the body naturally. In the start of the fever it is useful to keep the patient only on warm orange juice, given every two hours for a period of twelve hours and then slowly start giving the patient all kinds of fruits for a day or two, followed gradually by a well-balanced food diet.
4. Mix half a teaspoon of **turmeric powder** in a glass of warm milk and take it twice daily.
5. Chew a few **garlic** cloves or have a little bit of garlic juice three to four times daily to decrease the fever. Cumin seeds (jeera), preferably in the powdered form, in combination with jaggery are given in the form of small pills at bedtime to induce perspiration.
6. Mix a quarter teaspoonful of **pepper** powder with a teaspoonful of honey and a teaspoon of **ginger** juice and give it to the patient three to four times daily.
7. The juice of holy basil (tulsi) leaves mixed with some ginger juice should be taken twice daily for relief. Adding crushed ginger to tea during its preparation also helps.
8. Another effective remedy to cure common fever would be to boil a cup of water. Add 1 tsp of turmeric powder, some ginger pieces, onion pieces, lemon grass, ½ a tsp of black pepper and 5-6 basil leaves. Intake this mixture three times a day to treat common fever.
9. Boil **cinnamon** in water. Then, take 1 stewed apple. Add 2 tsp ginger juice + 2 tsp of this cinnamon water. Eat this 3 times a day.
10. Prepare a tea using half a tsp of **fenugreek seeds**. It would not only providing a soothing effect but would also dissolves the mucus accumulated in the chest.
11. Mix 10 grams each of **raisins** and fresh ginger. Crush this mixture and immerse it in 200ml of water. After about an hour, boil this decoction until the quantity of the water reduces to 50ml. drink this decoction when warm. It would cure common fever effectively.
12. Drink **onion** soup, which will bring the vitamin C to work.

REMEMBER: DEHYDRATION IS YOUR CHILD'S BIGGEST ENEMY

Make sure your child is drinking often. Frequent, small amounts work best.

Allow your child to drink as much fluid as he or she wants. Encourage your child to drink extra fluids or suck on flavored water. Do not give your child cold drinks or soda pop.