Other Remedies to Consider When Treating Colds and Influenza

1.) *Allium cepa*

- Clear, burning nasal discharge
- Eye tearing
- Red, burning eyes
- Worse in warm rooms in evening, better in open air
- Tickling throat that leads to dry cough that is painful
- Very thirsty
- Even temperament

2.) *Drosera*

- Dry, croupy coughs
- Barking, ringing sound in cough
- Sore throat
- Cough may be in chest
- Coughing may lead to heaving or vomiting
- Needs to support chest during coughing to relieve pain
- Worse while lying down
- Eating and drinking aggravate
- Sometimes may be some mucous

3.) *Euphrasia*

- Non-irritating discharge from nose worse in open air or when lying down
- Tears that burn on skin
- Loose cough but not too deep
- Lots of mucous
- Cough is worse in day, better at night

4.) *Ferrum phos*

- Those with predisposition to colds
- First stage of inflammatory illness
- Croup
- Short, painful, tickling cough
- Hard, dry cough with sore chest
- Hoarseness
- Cough better at night

5.) *Kali bichromium*

- Consider in later stages of cold
- Thick, yellow discharge that is stringy
- So thick that it is hard to blow form nose
- Crusty discharges in nose
- Thick, post-nasal drip
- Sinus headaches and infections in general

6.) *Natrum mur*

- Few unique symptoms
- Use when symptom is lots of clear, white mucous

- Thick and sticky discharge that can collect in throat
- Sneezing spells
- Loss of taste and smell
- Accompanied by small blisters around the mouth and nose
- Dry, cracked lips
- Weepy, sad temperament that rejects attention

7.) *Phosphorus*

- Good for a variety of coughs
- Dry, croupy cough … or loose and deep
- Accompanied by all kinds and colors of phlegm
- May have chest pain that is worse with motion
- Chest pain worse when lying on left side
- May have tightness in chest
- Cold air and lying down worsen the cough
- Triggered during time of falling asleep
- Liquids aggravate the cough
- Good for laryngitis and hoarseness
- Chilly and crave ice-cold drinks
- Nervous when alone or in the dark; likes company and reassurance

8.) *Pulsatilla*

- Accompanied by thick yellow or green mucous
- Runny nose may alternate with congestion
- Nose is running in open air and stuffy in warm room

- Good for dry and loose coughs
- Cough is dry at night but loose in day
- Lots of coughing may end in gagging
- Look for “Pulsatilla” temperament when choosing

9.) *Spongia*

- Best for croupy, harsh cough
- Cough sounds like a saw
- Cough awakens from sleep
- Has constriction in throat
- Drinking warm fluids and eating may relieve