

Sore Throats

Sore throats are best treated by giving a dose of the correct remedy every 4-8 hours for 1-3 days until relief is obtained. Gargling with warm salt water is a good way to help keep the throat clean and move towards completion. Strep throat sounds threatening but is often quickly relieved by sound homeopathic treatment (in one to three days). I am not a proponent of antibiotic use and find them to be suppressive and dangerous. If, however, you have already begun, I urge you to continue for the entire duration prescribed. Otherwise, the infection will often return with a vengeance. In my experience, the infections usually return at some time in the future if suppressive methods such as antibiotics are employed. Homeopathics can still be used successfully in conjunction with antibiotic treatment and will minimize in the recurrence of the disease.

Five Remedies for Sore Throat

1.) *Belladonna*

- First remedy to consider with sore throat
- If pain has sudden start with fever and red skin, then likely Belladonna will work
- Very red throat
- May be swollen but little or no pus
- Swallowing is painful ... even liquids
- Throat is dry

2.) *Hepar sulph*

- Used when sore throat is accompanied by severe infection
- Pus is in throat with very swollen tonsils

- Feeling of something stuck in throat
- Irritability
- Chilliness
- Aggravated by exposure to cold
- Warm drinks are soothing
- Pain may extend to the ears

3.) *Arsenicum album*

- Chilliness with fever
- Restlessness
- Fatigue
- Burning throat pain
- Warm drinks help, but cold drinks aggravate

4.) *Rhus tox*

- Painful throat helped by warm drinks
- Worse pain in the morning
- Pain caused by throat strain
- Worse after first swallows but easier after more swallowing
- Very restless but not as tired as for Arsenicum patient
- Weepy

5.) *Gelsemium*

- Comes on slowly over a period of days
- Chill up the back
- Desires to be alone

- Limbs heavy, eyelids droop
- Body is hot with cold hands and feet

Other Remedies to Learn and Consider for Further Study:

1.) *Phytolacca*

- Much aching in the body with fever
- Sore throat worse with cold drinks
- Appearance is dark red or purple
- Swollen glands
- Pain in ears, especially with swallowing
- Drawn to swallowing even though it is painful
- Cold and need covers but still chilled
- Body aches cause restlessness

2.) *Lycopodium*

- Worse on right side and may spread to left
- Drinks of any temperature relieve
- Pain into ears
- Slow onset of pain
- Not very sick otherwise
- Desires fresh air
- Worse in late afternoon

3.) *Ferrum phos*

- Tonsils red and swollen; mouth is hot
- Sore throat of singers

4.) *Mercurius*

- With fever and weakness
- Red, swollen throat with pus
- Sensitive to temperature, hot or cold
- Liquids of any temperature aggravates
- Worse at night
- Drooling (evidenced by wet pillow or increased swallowing)
- Puffy tongue
- May be lots of mucous

5.) *Lachesis*

- Worse on left side but may spread to right
- Warm liquids aggravate, but cold may help
- Painful swallowing
- Warm environment aggravates
- Worse in morning upon waking
- Sensation of swollen throat