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Holistic treatment of influenza / flu using homeopathy

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Abstract

The studies have been found that the vaccination of Flu/ Influenza is only around 30-70%. The efficiency of these vaccine are less because of the change in the nature of the viruses. This viruses pass from one person to other through air as the air contains the droplets once somebody with the infection coughs, sneezes or talks. These viruses are continuously varying, with new varieties appearing systematically. The homeopathy is one of the best form of treatment for Influenza and Flu. In this paper we have discussed the homeopathic treatment of Influenza and Flu.

Keywords: Influenza and flu, viruses, homeopathy, infection coughs, sneezes etc.

Introduction

Influenza (Flu) is a viral disease that affects around 5 to 15% of the world population every year. Globally, it is considered as one of the most important infectious diseases. The World Health Organization (WHO) estimates that the average global burden of influenza is approximately 1 billion cases of influenza, 3-5 million cases of severe illness and 300,000-500,000 deaths annually ^[1].

Influenza A, B and C are the three types of influenza viruses that triggers widespread human disease ^[3]. Influenza and its complications are widespread at all ages, specifically in children. Vaccines and anti-influenza medications aim to prevent it ^[4].

Causes of flu ^[3]

- Low resistance.
- Spread through infected air.
- Contact with infected person.
- Dirty measures.

Symptoms of flu ^[2]

- Fever with chills.
- Running nose, cough, sore throat.
- Headache and body ache.
- Fatigue with irritability.
- Loss of appetite.
- Vomiting and loose motions.
- Muscle and joint pains.
- Difficulty breathing.
- Disorientation.
- Pneumonia if untreated.

Self-remedies to avoid flu ^[4]

- Keep away from overcrowded places.
- Do not go to school or work if you feel sick.
- Drink lot of water.
- Take enough rest.
- Eat a healthy and nutritious diet.
- Wash hands repeatedly with soap and water.
- Use handkerchief, tissue paper while coughing and sneezing.
- Stay away from contacting your eyes, nose and mouth.
- Stay away from people who are sick.

Preventative approaches with favourable risk profiles should be considered for flu, specifically since the demonstration of the effectiveness of anti-viral medications is debated^[5].

In this paper we have discussed about the homeopathic approach for treatment of Influenza.

Homeopathic approach for the treatment of influenza

Homeopathy is a medical system based on the belief that the body can cure itself. A basic belief behind homeopathy is "like cures like." In other words, something that brings on symptoms in a healthy person can - in a very small dose - treat an illness with similar symptoms. This is meant to trigger the body's natural defences. Homeopathy increase the immunity of an individual.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, personnel's of different age group were treated with the help of homeopathic medicines.

Sr. No.	Age Group	Number of Patients
1.	5 to 8 years	9
2.	10 to 28 years	28
3.	30 to 45 years	43
4.	Above 50 years	37

Following Homeopathy Medicines where prescribed based on symptoms and condition of the individuals^[6-15]

Sr. No.	Name of Medicine	Purpose
1.	Rhus tox	Body pain
2.	Phosphorus	Feels very weak
3.	Aconite	Dry violent racking cough
4.	Belladonna	Sneezing & Spasmodic Coughing.
6.	Bryonia alba	High fever with body aches
7.	Eupatorium perfoliatum	Bone pains and body aches
8.	Nux vomica	High fever, violent chills, strong nausea and cramping in the digestive tract
9.	Oscillocochinum	Feeling run down, body aches, chills and fever
10.	Sulphur	Low fever and reddish mucous membranes
11.	Ferrum phosphoricum	Tendency to nosebleeds and earaches.
12.	Quillaja saponaria	Acute catarrh, sneezing, and sore throat.

Conclusion

Homeopathy is always a cheap and safest substitute to the allopathic treatment; The homeopathic remedies are exceptionally successful in both the prevention and treatment of influenza and flu. In our homeopathy medical college, we have analysed the results of treatment of around 120 persons of different age group and gender, and homeopathy can cure and treat completely influenza and flu.

Conflict of Interest

Not available.

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