

## **ESSENTIAL REMEDIES FOR INFANTS AND CHILDREN**

### **FEVER**

ACONITE - acute onset - exposure to cold, dry wind - oversensitive, anxious - fever, chills, sweating and thirst. Best at onset

BELLADONA - sudden onset - very high fever > 102 - red color - hot body, cold extremities, no sweating - also for headache

PULSATILLA - weepy & clingy child - easily consoled - low fever <102 - no thirst, worse evening and night.

BRYONIA - extremely irritable and doesn't want to move or to be touched - very thirsty - slow onset - headache and achy muscles

FERRUM PHOS - In beginning, non-descript symptoms - low grade fever, tiredness.

GELSEMIUM - dull, dizzy and drowsy state - need to rest, no thirst

RHUS TOX - fever with phlegmy condition - soreness in limbs and bones - restless, < lying still

### **EARACHES / SORETHROATS**

ACONITE - sudden onset after exposure to cold

PULSATILLA - > open air - one cheek red - thick yellow, green mucous

BELLADONA - sudden onset - very intense - high fever - hot, red face - severe pain

CHAMOMILLA - irritable, capricious - want to be carried - may be accompanied with clear nasal discharge and green stools

HEPAR SULPH - very chilly > heat - oversensitive and irritable - splinter sensation on swallowing - yellow green, or offensive discharge - throat pain extends to ear- excess salivation

PHYTOLACCA - swollen lymph & throat - constriction on swallowing - no salivation or bad odors

MERCURIUS SOL - alternating from extreme chills and fever - profuse sweating < night - offensive discharge/smell from ear, mouth or nose - increased salivation. swollen tonsils or lymph nodes

LYCOPODIUM - pain starts on right side, may spread to left - gassy - < 4 to 8 PM

LACHESIS - pain starts on left side, may spread to right - intolerance to tight collars

### **PINKEYE/ CONJUNCTIVITIS**

PULSATILLA - thick, yellow-green discharge from eye - lids glued together in morning - eye infection follows a upper respiratory infection - typical pulsatilla personality.

ARGENTUM NITRICUM - splinter like pains in the eye - puslike discharge - membrane around the eye red and swollen esp. inner canthus.

ARSENICUM ALBUM - clear, acrid or burning discharge and redness around margins of the eyes - child is chilly, anxious, restless and thirsty for sips.

BELLADONA - sudden onset - very sensitive to light - lids red, throbbing, swollen - very little discharge.

SULPHUR - burning pain and redness around eye - yellowish discharge can stick together - < heat - offensive secretions.

MERCURIUS SOL - redness with yellowish discharge - excess salivation or drooling or mucous

### **CHICKEN POX**

RHUS TOXICODENDRON - very restless < lying or sitting - lesions red, swollen, very itchy - chilly > warmth

ANTIMONIUM CRUDUM - very irritable < touch or looked at - lesions thick, yellow, crusty esp. on face - < bed at night -

PULSATILLA - eruptions moderate itchiness - puls personality

SULPHUR - child hot, thirsty and hungry - lesions excessively burning and itchy <with heat - < bathing - scratch till bleeding

## **COUGHS AND CROUP**

ACONITE - sudden onset in the middle of night after exposure dry & cold wind - dry, barking cough. hoarseness, difficulty breathing - anxious, frightened child

BRYONIA - dry cough with thirst < motion

KALI BICHROMICUM - cough caused by post nasal discharge, thick & green or ropy- also great for infants choking on thick phlegm or nasal congestion

ANTIMONIUM TARTARICUM - cough with lots of mucous - rattle sound - thick pasty tongue coating

DROSERIA - violent, spasmodic cough with crawling sensation in trachea - may produce choking or vomiting - hurts chest to cough - < lying, eating, drinking cold, talking

HEPAR SULPH - long lasting cough - thick, yellow, putrid secretions - crabby disposition < night, morning and cold

IPECAC - retching, dry heaving with cough - cough until vomit - nausea and vomiting - rattly mucous

RUMEX CRISPUS - raw, burning sensation in larynx or trachea - incessant, dry, teasing cough triggered by tickling sensation > drinking fluid < cold air, lying down

SPONGIA TOSTA - give after aconite - croupy, very dry & harsh cough - sound like bark of a seal or saw going through pine board - > leaning forward, eating & drinking

STANNUM - child is weak and depleted - weak cough, difficulty breathing upon slight exertion - empty feeling in chest - < talking, slight exertion

## **COLIC AND GERD**

( 6 weeks to 6 months old )

CHAMOMILLA - very irritable > when carried < evening < during dentition

COLOCYNTHIS - painful, crampy > doubling forward, firm pressure or warmth on abdomen

NUX VOMICA - often due to mother's diet - sensitive & irritable- painful stomach - nausea, vomiting

LYCOPODIUM - accompanied with gas and bloating

MAGNESIA PHOSPHORICA - tired and weak - bloating and gas > rubbing and gentle pressure on abdomen

BRYONIA ALBA - sensitive and irritable, doesn't want to be touched or carried < touch, motion, jarring

### **VOMITING (stomach flu or food poisoning)**

ARSENICUM - very first onset during the night - child anxious and chilly

IPECAC - follow after arsenicum if no improvement after a few hours.  
Best for most vomiting cases

### **DIARRHEA AND VOMITING**

AETHUSA CYNAPIUM - vomiting milk as soon as it's swallowed. vomiting large clots - restless, exhausted - accompanied with green stools or undigested food

VERATRUM ALBUM - infantile cholera - cold sweat, profuse diarrhea with cramping, projectile vomiting.

### **ACUTE DIARRHEA**

ARSENICUM ALBUM - rotten smelling stools, irritating to skin - fearful, restless, weak, very chilly. <12 to 2 AM

PODOPHYLLUM - painless, profuse, watery, yellow and smelly stools. gurgly abdomen - often caused by summer heat or eating too much fruit.

CHAMOMILLA - green, slimy, smelly stools (like rotten eggs mixed with chopped spinach) diarrhea during dentition

MERCURIUS SOLUBILIS - mucousy or bloody stools accompanied with tenesmus, stomatitis, increased salivation

CHINA - diarrhea with great dehydration

ARGENTUM NITRICUM - green stools immediately after eating - abuse of sweets

SULPHUR - diarrhea < 5/6 AM - very offensive, burning and leaves a red ring around the anus (mother abuse of hot food) strong child

PHOSPHORUS - painless, involuntary, oozy stools - weak, fearful, very thirsty for cold water. May vomit as soon as water becomes warm in stomach.

### **CONSTIPATION**

ALUMINA - no desire - very stubborn - stools may be soft

OPIUM - no desire - stools like small, hard balls - obstructed bowels - constipation of new borns

SILICA - child weak, insecure and delicate - no desire - stools recede after extruding - or hard straining - sensation that more in rectum cannot come out.

LYCOPODIUM - difficult - much passing of gas - bloated < 4 to 8 PM

NUX VOMICA - sensitive and irritable - frequent, painful, unsuccessful urging or or passing small amounts at a time. Often due to excess spicy or stimulant in mother. Also good for colic

### **DIAPER RASH**

SULPHUR - rash bright red, very itchy and burning - itch < night heat of bed - child scratch until bleeding - red ring around anus - child warm, doesn't like bathing

GRAPHITES - rash with oozy, honey colored fluid or yellow sticky pus - cracks in groin or buttocks area

RHUS TOXICODENDRON - rash with blisters or vesicles with white or yellow pus. Blisters open and crust over - red and swollen skin with welts and hives - intense itching and restlessness < night > warm application

### **THRUSH (yeast infection in mouth)**

BORAX - specifically or thrush - sticky white patches in mouth - gums inflamed, tender, bleeding ulcers - fear of downward motion

MERCURIUS SOL - bad odor from mouth - increased drooling and salivation - increased sweat and thirst - Also bleeding gums and ulcers  
< night

SULPHUR - bright red, swollen lips and gums, hot, thirsty, sweating.  
< 5 AM

### **TEETHING**

CHAMOMILLA - irritable, sensitive, capricious desire to be carried - < evening. - may be accompanied with diarrhea or cold

CALCAREA PHOSPHORICA - discontented, whiny, peevish child - late and difficult teething - desire to nurse but easily vomit - gassy, cold hands and feet

CALCAREA CARBONICA - chubby child - sweats easily, esp. on head at night - late, slow, difficult dentition - gums may swell and bleed - frequent colds

BELLADONA - painful, red, throbbing gums - hot body, thirsty but no sweating - child may be irritable and violent