

Homeopathy for hayfever

As we go into April flowers and blossoms are popping everywhere and much as we love to see winter coming to an end for many of us it heralds the misery of hayfever. Tree pollens tend to be the problem during spring while various grass pollens are more prevalent in summer. Hayfever is an allergic response to pollen that affects the mucous membranes of the nose, eyes and air passages. Symptoms may include discharge from the nose and eyes, sneezing and irritability.



Conventional treatments include desensitisation injections, anti-histamine tablets or nasal sprays which are often steroid based. All have varying degrees of success and often people find that a medication may work for a season or two and then lose effectiveness. There can also be side effects of drowsiness which affects co-ordination whilst steroids can depress the immune function and so deepen the imbalance in the natural defence system.

Homeopathic remedies are tailored to the individual as everyone experiences their allergy in a different way.

Some homeopathic remedies that can be effective in hayfever treatment:

Allium Cepa

Profuse, watery nasal discharge which may cause skin irritation to the nose/upper lip. Bland, watery discharge from the eyes. Symptoms are worse when near flowers and in the late afternoon/evening.

Euphrasia

Focussed on eye symptoms. Profuse discharge from eyes which may make the eyes red and swollen. There may also be a bland nasal discharge.

Euphrasia can also be bought in a liquid tincture form - use one drop of tincture in an eyebath of water to bathe the inflamed, itchy eye area. NEVER put undiluted tincture directly into the eye!

Sabadilla

Often used if sneezing is the prime complaint and symptoms are worse around flowers/perfumes. There may be itching of the nose and palate.

Arsenicum

Nose can be blocked and running. Eye and nasal discharges may irritate surrounding skin. Children may not want to be left alone and may want to be carried.

Pulsatilla

Blocked nose with bland, often greenish, discharge. Watery, itchy eyes feel better for bathing in cold water/application of a cold compress. Symptoms may feel better from cool, open air but get worse in the evenings. Children may be a bit tearful and feel sorry for themselves.

Although some conditions can be safely treated with self-prescribed homeopathic remedies anyone suffering with chronic hayfever should seek the advice of a registered homeopath.

For other practical suggestions to minimize the effects of hayfever, visit the Downloads section on my website. To discuss how homeopathy can help you please email/phone me for a chat.

