

Basis der akuten Behandlung:

„unähnliche Krankheiten“  
(gem. §§ 35 – 51, Organon)

### **M.L.TYLER: Pointers to the Common Remedies**

#### **Some remedies of the Common Cold**

[\*] These drugs are arranged throughout the book for acuteness; and for comparison.

##### **Camphora officinalis**

-A person who has been chilled; and cannot get warm.  
For the cold stage, before catarrhal symptoms have developed.  
-A couple of drops of Camphora (tincture) on a lump of sugar, repeat till warm.

##### **Aconitum napellus**

-Sudden onset from exposure to cold; to cold dry winds.  
-Nose : Coryza dry, with Headache, roaring in ears, fever, thirst, sleeplessness.  
-Checked coryza, better open air, worse talking.  
-Fluent coryza, frequent sneezing, dropping of clear hot water, fluent in mornings.  
-Throat : Acute inflammation of the throat with high fever, dark redness of the parts, burning and stinging in fauces.  
-Larynx sensitive to touch and inspired air, as if denuded.  
-Laryngitis with fever, also with suffocative spasms (spasm of glottis).  
-Croup : child in agony, tosses about; dry short cough, not much wheezing.  
-After exposure to dry, cold winds.  
-Chest : Tightness and oppression. Stitches when breathing.  
-Cough clear ringing and whistling, caused by burning, pricking in larynx and trachea.  
-Cough hoarse, dry, loud, spasmodic. Breath hot.  
-Cough wakens from sleep, is dry, croupy, suffocating. Great anxiety.  
-Sputum absent or scanty; bloody or blood-streaked; bright red blood.  
-Early stages of pneumonia, bronchitis, croup.  
-Aconitum is restless, anxious, frightened.  
-Onset sudden. Worse at night.

##### **Allium cepa**

-Coryza, streaming eyes and nose, with Headache; frequent sneezing, profuse acrid discharge from nose; corroding lip and nose.  
-Lachrymation also profuse, but bland. (Reverse of Euphrasia ) Hot and thirsty, worse evenings, indoors, warm room. Better open air.  
-Violent catarrhal laryngitis. Tickling in larynx.  
-Cough seems to split and tear larynx; grasps larynx, feels as if cough with tear it.  
-Cough from inhaling cold air.

##### **Belladonna**

-Suppressed catarrh with maddening Headache.  
-Throat raw and sore, very red and shining.  
-Hoarseness with painful dryness of larynx.  
-As if larynx inflamed and swollen, with snoring breathing and danger of suffocation.  
-Acute catarrhal laryngitis.  
-Cough with red, injected throat.  
-Dry, tearing cough, which scrapes throat.  
-Belladonna is red, and hot, and dry.

##### **Bryonia alba**

-Often begins in the nose, sneezing, coryza, running at nose, lachrymation, aching eyes, nose and head the first day; then trouble goes down to posterior nares, throat, larynx, with hoarseness, leading on to bronchitis, and may en in pleurisy and pneumonia.  
-Trouble travels down from the beginning of respiratory tracts. (Reverse of Lyc.)  
-&Dry, spasmodic cough, worse at night; after eating and drinking, on entering a warm room, on taking a deep breath.  
-Cough with stitches in chest, with Headache as if head would fly to pieces.  
-Cough shaking the whole body.  
-&Stitches in chest; worse breathing and coughing.  
-Cough dry, hard, racking, expectoration scanty.  
-Bryonia is irritable, thirsty for long drinks, wants to lie still and be let alone. Dryness of mucous membranes. (Bell).  
-Lips parched and dry.  
-Worse cold, dry weather.

##### **Euphrasia officinalis**

-Nasal catarrh bland, with lachrymation which is excoriating (exact opposite of Allium cepa ).  
-Severe fluent coryza, apt to extend down to larynx with hard cough.

-Coryza worse by night, lying down. Cough worse by day, and better lying down.

##### **Hepar sulphur**

-From cold, dry weather. (Acon. Nux) Catarrh of nose, ears, throat, larynx and chest.  
-Cold in nose, with much discharge, with sneezing every time he goes into a cold wind.  
-Sneezing and running from nose, first watery, then thick, yellow, offensive.  
-Every time he goes into dry, cold wind, gets hoarse, and coughs; worse inspiring cold air, or putting hand or foot out of bed.  
-Sweating all night without relief. (Merc.).  
-Hypersensitive, to touch, pain, draughts, cold air. Wants to hit anybody who makes a draught in room.  
-Better mild, wet weather. (Reverse of Gels.).  
-(Farrington says Hepar is not indicated in the early stages of a cold; apt to stop it in the nose, while it goes down to chest "here Phos. follows and cures.")

##### **Nux vomica**

-Colds from dry, cold weather. (Acon.) (Reverse of Dulc.) Acon. is anxious; Nux irritable.  
-Nose stuffed and dry, initial stage; throat rough as if scraped raw sore.  
-Sneezing, nose stuffed up at night and in open air.  
-Fluent coryza in warm room and by day.  
-Coldness of whole body, not better by warmth of fire, or by any amount of covering.  
-Chills, back, limbs, or whole body, not relieved by warmth.  
-Can't stir from fire.  
-Shivering after drinking, from slightest contact with open air, from slightest motion.  
-Chill as soon as he moves the bed clothes.  
-Chill alternating with heat. Heat with internal chilliness.  
-Nux is oversensitive, irritable, touchy, sensitive to least draught. (Hepar)

##### **Dulcamara**

-Colds from cold, wet weather (Rhus) and snow.  
-From getting wet, or chilled when heated.  
-Worse sudden changes from hot to cold.  
-Dry coryza, sore throat, stiff neck.  
-Coryza worse in open air.  
-More fluent in house, in warmth; less fluent in cold air - cold room.  
-(Nux).  
-Starts sneezing in a cold room.

NORBERT KUSCHICK, AKUTE ERKÄLTUNGSKRANKHEITEN - DIFFERENTIALDIAGNOSE

- Eyes become red and sore with every cold.
- Nose stuffs up when there is cold rain.
- Profuse discharge of water from nose and eyes, worse in the open air.
- Stiff neck, sore throat, back and limbs painful.

**Mercurius solubilis**

- Creeping chilliness in the beginning of a cold.
- Much sneezing, fluent discharge, corrosive.
- Acrid, offensive matter flows from nose; greenish, fetid pus.
- Nose red, swollen, shining.
- Catarrhal inflammation of frontal sinuses.
- Hoarse voice; dry, rough, tickling cough.
- Feels bad in a warm room, yet cannot bear the cold.
- Taste sweet, salty, metallic, putrid.
- Creeping chilliness.
- Profuse offensive sweats, and worse from sweating. (Reverse of Nat. sulph.)
- Swollen, flabby tongue, tooth-notched.
- Offensive breath; offensive salivation.

**Gelsemium sempervirens**

- Catarrhs of warm, moist, relaxing weather (Carbo veg.). (Reverse of Hepar and Dulc.)
- Discharge excoriating; nostrils sore.
- As if red-hot water passing through nostrils.
- Gels. colds "develop several days after exposure; the Acon. cold comes on in a few hours".
- Suits the colds and fevers of mild winters.
- Teasing, tickling cough, better near the fire.
- Great weight and tiredness of the whole body.
- Chills up and down the back.
- Headache (One of the greatest of 'flu medicines).

**Iodium**

- Loss of smell. Nose dry and stuffed up.
- Dry coryza, fluent in open air.
- Severe coryza, with fever, severe Headache, excessive secretion and much sneezing.
- Catarrh, thin, excoriating. Hot water drops out.
- The Iodium patient is lean, hungry, cannot stand heat.

**Kalium iodatum**

- Colds from every exposure - from damp.
- Nose red, swollen, acrid watery discharge.
- Eyes smart and lachrymate.
- Catarrhal Headache with inflammation of mucous membranes of frontal sinuses, eyes, throat and chest.
- Forehead heavy; dull and stupid.
- Violent sneezing, eyes bloated, profuse lachrymation.
- Violent acrid coryza.

- Nose tender, face red. Uneasy. Tongue white.
- Nasal voice; violent thirst.
- Catarrhal inflammation of frontal sinuses, antra and fauces.
- Hot and dry, then, alternately drenched with sweat.
- Alternate heat and chill.
- Heat with intermittent shuddering.

**Arsenicum album**

- Thin watery discharge from nose which excoriates upper lip, while nose is stuffed up all the time.
- "Sneezing no joke!" - and affords no relief.
- Sneezing from irritation in one spot (like a tickling feather), after sneeze, irritation as before.
- Always taking colds in the nose, and sneezes from every change of weather.
- Colds begin in the nose and go down to the chest.
- Always chilly, suffers from draughts. (Hepar).
- Always freezing, hovers round fire, cannot get enough clothes to keep warm. (Nux).
- Ars. is chilly; with burnings, relieved by heat.
- Restless, anxious, morbidly fastidious.
- During rigors and chills feels as if blood flowing through vessels were ice-cold water. A rushing through body of ice-cold waves.
- With fever; intensely hot; feeling of boiling water going through blood vessels.

**Natrium muriaticum**

- Catarrhs watery, or thick whitish, like white of egg "raw or cooked". Catarrhs with abnormal quantity of secretion.
- Paroxysms of sneezing.
- Fluent alternating with dry catarrh.
- Worse exposure to fresh air.
- Watery vesicles about lips and wings of nose.
- Cough with bursting Headache. (Bry.).
- Hoarseness.
- Urine spurts when coughing. (Caust. Scilla).
- Nat. mur. loves salt; hates fuss; weeps, but unobserved.
- Depressed.

**Pulsatilla pratensis**

- "One of our sheet anchors in old catarrhs with loss of smell, thick yellow discharge, and amelioration in the open air (in the nervous, timid, yielding). Discharge not excoriating.
- Nose stuffed up at night and copious flow in the morning. Fluent in open air; stopped up in house. (Reverse of Nux).
- Well in open air, but violent catarrh as soon as he enters a room, and in the evening.

- Lips chapped and peel.
- Stuffed coryza, with blowing of blood from nose.
- A weepy patient, craves sympathy. Craves air, cool air; better motion.

**Rhus toxicodendron**

- From cold, damp weather; exposure to cold damp when perspiring (Dulc.).
- Violent coryza; redness and oedema of throat.
- Nose stopped up with every cold.
- Worse cold; better warmth.
- Thick yellow offensive mucus.
- Fear and restlessness at night.
- Hoarseness, rawness, roughness; worse first beginning to sing or to talk; wears off after singing a few notes or talking a little while.
- Thirst for cold drinks especially at night, but cold drinks bring on chilliness and cough.
- Worse uncovering.
- Bones ache; sneezing and coughing; worse evening and night; tickling behind upper part of sternum.

**Ipecacuanha**

- Colds settle in nose; blowing of blood from nose with excessive sneezing.
- Bronchitis of infancy. (Later stages Ant. tart.).
- Colds begin in nose, spread very rapidly to chest.
- Stopping of nose.
- Violent chill, shakes all over, teeth chatter.
- No thirst; overwhelming nausea.
- Nausea is a guide to Ipecac. in most sicknesses.

**Carbo vegetabilis**

- Worse warm moist weather.
- Worse evening.
- Aphonia every evening. (Phos.).
- Dry tickling cough.
- Rawness larynx and pharynx.

**Natrium carbonicum**

- Fluent catarrh, provoked by the least draught.
- With a periodical aggravation every other day.
- Entirely relieved by sweating. (Reverse of Merc.).

**Phosphorus**

- Frequent alternations of fluent and stopped coryza. (Nux, Puls.).
- Sore throat; head dull; feverish.
- Secretion dries to crusts which adhere tightly.
- Hoarseness and bronchial catarrh.
- Discharge from one nostril and stoppage of the other.

- Sneezing causes pain in throat or head.
- Blowing blood from nose.
- Nose red, shiny, painful.
- Chest tight. Cough hard, tight, dry, racks the patient; worse open air.
- Phos. colds generally begin in chest or larynx.

#### **Kalium bichromicum**

- Catarrh with thick yellow or greenish, ropy, stringy mucous discharges, or tough and jelly-like.
- Discharge offensive.
- Adherent mucus, which can be drawn out into long strings.
- Plugs in nostrils.
- Dryness of nose will pressive pain at root of nose.

#### **Sulphur**

- Subject to coryza; constant sneezing, stoppage of nose.
- Fluent, like water trickling from nose.
- Nasal discharges acrid and burning.
- Cannot take a bath, cannot become over-heated, cannot get into a cold place, cannot over-exert without getting this cold in the nose.
- The typical Sulphur patient likes fat; gets hungry about 11 a.m. ; feels the heat.

#### **Calcarea carbonica**

- Lingering catarrhs; thick yellow discharge.
- Large crusts from nose.
- Breathes part of night through nose, then it clogs up, and has to breathe through mouth.
- Chilly; perspires much.
- So sensitive to cold he finds it difficult to dress adequately for protection.

#### **Tuberculinum bovinum kent**

- Persons with a family history of T.B.
- Always catching cold.
- Always tired.
- Worse in warm room.

#### **Influenza**

##### **Aconitum napellus**

- Sudden onset of fever, with chilliness, throbbing pulses, and great restlessness- from anxiety.
- A remedy of cold dry, dry weather, bitter winds. (Reverse of Gels.).

#### **Gelsemium sempervirens**

- Heaviness and tiredness of body and limbs.
- Head heavy, eyelids heavy, limbs heavy.
- Colds and fevers of mild winters. (Reverse of Acon.).

- Chills in back. "Chills and heats chase one another".
- Bursting Headache, from neck, over head to eyes and forehead; relieved by copious urination.
- No thirst.

#### **Eupatorium perfoliatum**

- Intense aching limbs and back, as if bones were broken. Like "break-bone fever", (Dengue).
- Dare not move for pain. (Reverse of Pyrog.).
- Aching in all bones, with soreness of flesh.
- Bones feel broken, dislocated, as if would break.
- Bursting Headache.
- Shivering; chills in back. (Gels., Pyrog.).
- Chill begin 7 to 9 a.m.
- Eyeballs sore. (Bry., Gels.).
- There may be vomiting of bile.

#### **Pyrogenium**

- For the fever of violent pulsations and intense restlessness.
- Pulse very rapid; ratio between pulse and temperature disturbed. High temperature with slow pulse, or reverse.
- Chilliness no fire can warm. (Nux, Gels.).
- Creeping chills in back, with thumping heart.
- Bursting Headache, with intense restlessness.
- Hard bed sensation; feels beaten, bruised. (Arn.).
- Better beginning to move (reverse of Rhus), has to keep on moving, rocking, wriggling, for momentary relief.<sup>1</sup>
- Copious urination of clear water, with fever.

#### **Baptisia tinctoria**

- Rapid onset. Sinks rapidly into a stuporous state.
- Dull red face; drugged, besotted appearance.
- High temp., comatose. Drops asleep while answering.
- "Gastric 'flu"; sudden attacks of violent diarrhea and vomiting. Great prostration. (In such cases Baptisia will ensure as sudden a recovery).
- Flu-pneumonias with this besotted appearance.
- In the worst cases, mouth and throat are foul, and discharges very offensive. (Merc.).

<sup>1</sup> One very bad 'flu year, all the cases one came across cleared up in twenty-four to forty-eight hours with Pyrogenium 6 six-hourly. The symptoms, besides the thumping heart and the fever, were agonizing pain in lumbar and upper thigh muscles that made it impossible to keep still one moment.

- (Curious symptom) Disturbance of body-image, feels limbs scattered over the bed and cannot be re-assembled. (Petrol., Pyrog.).

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#### **Bryonia alba**

- White tongue; thirst for much cold fluid. (Phos.).
- From every movement, every noise, attacked with dry heat; (Reverse of Nux, Gels.).
- Wants to lie quite still, and be let alone.
- Especially with pleurisy, or pleuro-pneumonia.
- Headaches and pain all better for pressure, and worse for movement.
- (Eup. per.).
- The anxiety, dreams and delirium of Bry. are of business; in delirium be "wants to go home".
- Pains in head from coughing. Irritable.

#### **Rhus toxicodendron**

- Stiff, lame and bruised on first moving (reverse of Pyrogen.), passes off with motion, till he becomes weak and must rest; then restlessness and uneasiness drive him to move again.
- The worst sufferings when at rest and kept without motion. (Reverse of Bry.).
- Illness from cold, damp weather; from cold damp when perspiring.
- (Dulc.).
- Anxiety, fear; worse at night. (Acon.).
- Restlessness, intense fever, thirst, great prostration.
- Weeps without knowing why. (Puls.).
- Severe aching in bones. (Eup. per.).
- A mental symptom of Rhus tox. is fear of poison.

#### **Mercurius solubilis**

- Profuse, very offensive sweat.
- Very foul mouth. (Bapt.).
- Salivation offensive.
- Worse, or no relief, from sweating.
- Colds extend to chest.

Ergänzungen in der deutschen Ausgabe:

**Camphora**

-Hahnemann beschreibt die Wirkung von Campher bei Influenza-Epidemien, "endemisch in Sibirien", die auch bei uns hin und wieder auftreten. Er sagt: „Campher ist sicher nur als Palliativum dienlich – in Anbetracht der Tatsache, dass diese Seuche nur von kurzer Dauer ist, ist es jedoch ein unschätzbares Palliativum.“

„Auf der anderen Seite wird Nux-v. mit einer einfachen Gabe, und diese so gering wie möglich, die Krankheit innerhalb weniger Stunden homöopathisch beseitigen.“

**Nux vomika**

-„Schüttelfröste und Kälteschauer unmittelbar nach dem Trinken.

-Kälteschauer bei der geringsten Bewegung. Nachdem er nur ganz leicht der frischen Luft ausgesetzt war, folgen eine Stunde lang Schüttelfröste und Kälteschauer. Ihm graut davor an die frische Luft zu gehen.

-Er verkühlt sich durch den leisesten Luftzug.

-Er kann sich nicht erwärmen. Starkes Kältegefühl, das nicht durch Ofenwärme oder Bettdecken beseitigt werden kann.

-Fieberhafte Zustände: Schüttelfröste und Gliederschmerzen...“

Kein Wunder, dass Hahnemann sagte: „Ernste Leiden, die durch Verkühlung aufgetreten sind, werden häufig durch Nux-v. geheilt.“

**Influenza: complaints after**

**Gelsemium sempervirens**

-Patients come to hospital who "cannot get well after 'flu a few weeks ago". They are found to have a temperature of somewhere about 99.

-Not ill, not well.

-If they are chilly, with heats and chills, if they feel a weakness and heaviness of limbs and eyelids, Gels. quickly puts them right.

**China officinalis**

-Continued debility, with chilliness.

-Anaemic, pallid, weak.

-Sensitive to touch, to motion, to cold air.

-Worse alternate days.

-Weariness of limbs, with desire to stretch, move, or change position.

**Kalium phosphoricum**

-General weakness and gloom.

**Arsenicum album**

-Chilliness, restlessness, anxiety, fear, Fear of death (Acon.), prostration.

-Burnings, relieved by heat.

-Oversensitive, fastidious.

-Queer symptoms - red-hot-needle pains.

-Sensation of ice-water running through veins.

-Or boiling water going through blood-vessels.

-Thirst for sips of cold water.

**Pulsatilla pratensis**

-Flitting chilliness, chills in spots.

-Cold creeps in back. Chilly in warm room.

-Profuse morning sweat.

-Heat as if hot water thrown over him.

-One-sided chilliness, heat, sweat.

-External warmth intolerable. Worse in a close room.

-Palpitation with anxiety, must throw off clothes.

-Better out of doors.

-Better for slow motion. (Reverse of Bry., Eup. per.).

-Dry cough at night, goes on sitting up; returns on lying down again.

-(Hyos.).

-Thirstless, no hunger. Tearful, peevish.

**Sulphur**

-Partially recovers and then relapses.

-Frequent flushes of heat. Uneasiness in blood.

-Very sensitive to open air, to draughts (reverse of Puls.); worse for washing and bath.

-Oppression, burning, stitches, congestion in chest.

-Heat crown of head with cold feet.

-Soles burn at night, must be put out of bed.

-Hungry - starving at 11 a.m.

-Drowsy by day, restless nights. Starts from frightful dreams.