

Effective treatment of Influenza

By Wolf-Dieter Kessler

The term flu is applied to almost any malady which causes symptoms resembling the common cold. Even gastric upsets are called “stomach flu”. Those do not have anything to do with influenza which is a respiratory disease with possible deadly complications of lung failure due to pneumonia.

Effective treatment can be achieved mainly by four substances which have been empirically curing in the past. *Gelsemium*, *Eupatorium perfoliatum*, *Bryonia*, and *Oscillococcinum**

Gelsemium is the remedy which presents a total picture more typical of influenza than any other remedy. It was the major effective remedy used during the 1918-19 Spanish flu pandemic.

A typical case would probably develop over six to eight hours. The patient feels a little out of sorts the day before, may have a little headache, a little feverish, has a little indefinite pain, is probably a little catarrhal; he goes to bed, does not sleep awfully well, and next morning feels rotten. The drug of choice in the materia medica* is *Gelsemium*. It will cover a large percentage of the cases of straightforward influenza.

Influenza keynotes: Dull, slightly bluish, heavy looking patient. Damp face with venous congestion. **Extreme muscle weakness and trembling**. Body aches all over. Apathetic. Excoriating discharges. Itching of soft palate and nasopharynx. Emotions and dread are worsening the condition as well as a warm room or direct sunlight exposure. Relief is felt in open air, **reclining with the head held high, bending forward, gives relief** for the headache; as a result of sweating, after passing a large quantity of pale urine

John F. Clarke M.D. – Chills up and down the spine, **red face, weakness, relaxation, no thirst**. Extreme and alarming difficulty of breathing, extreme restlessness from threatened suffocation. Stiches in the chest in region of heart. Paralysis of the lungs. Pulse slow, accelerated by motion. Limbs cold with oppressed breathing. Warm skin. Headache in occipital region extreme when lying down. Hands tremble if he attempts to lift them.

Uncomplicated cases of influenza need dosages of C30 (5 pearls) every hour until there is slight relief. More severe cases with high fever will require dosages of C200 (5 pearls every hour) until slight relief. Complicated cases with pneumonia need 10M* potencies sometimes every 15-30 minutes, every 2 hours or even 50M until slight relief. Dosages will be stretched to one or two a day after relief and will be discontinued completely in remission.

Eupatorium perfoliatum: The outstanding point which leads to the consideration of Eupatorium is the degree of **bone pain** all over. More rapid onset. **Thirst** for ice water. Sweat is very scanty. Pains of flu are felt in the bones more so than in the muscles compelling the patient to move, but movement brings no relief. Vomits bile at the end of the chill. Worsening in cold air and motion. Worsening from 7-9 a.m. and 3-7 p.m.; **lying**

on part; coughing; smell of food. Relief is felt after vomiting bile; sweating; lying on face; conversation; getting on hands and knees.

As a rule Eupatorium Influenzas develop rather more quickly than others, and the pain develop very rapidly. The patients say it feels as if various joints were being dislocated.

Bryonia: Influenza keynotes: Appearance is not unlike Gelsemium patients, dull, heavy, slightly congested, with a rather puffy face. However, they do **not have the sleepy appearance** that you find in Gelsemium. All mucous membranes are **dry**. Dry cough, tough mucus, must sit up to cough. There is great aggravation from motion and movement. **Pains are better from pressure and lying on the painful side**. Marked irritability. He wants to be left alone. Difficult to please. They want a drink, and when it comes, do not want it. Relief when drawing knees up. Bryonia patients (like Gelsemium) are also definitely dull and do not want to be disturbed.- but if they are disturbed they are irritable. **Irritability is always cropping up** in Bryonia patients. As a rule Bryonia patients are very depressed; they are despondent and not a little anxious as to what is happening to them. Definite anxiety about their business is an underlying thought in the back of their mind throughout their illness.

Oscillococcinum: Keynotes: the total essence of the influenza symptom complex. Curatively, prescribe one dose of Oscillococcinum 200 every morning three or four days running in association with the remedies whose pathogenesis correspond to the reactional mode of the patient during the illness (see Gelsemium, Eupatorium perfoliatum, Bryonia etc)

Note: Aspirin may cause serious complications in influenza and should not be given. The major threat is development of pneumonia which has been responsible for most of the deaths.

The origin of the virus:

Flu viruses belong to the family of Myxoviruses such as measles and mumps etc. Aquatic birds throughout the world are believed to be the reservoirs for all the subtypes of influenza A viruses. Wild ducks play a unique role as they replicate the virus in their cells which line their intestinal tract. Swine specifically are known to act as an intermediate host between the species. Therefore, the greatest preventable cause of influenza epidemics, as well as pandemics, would be to separate pigs from fowl in agricultural practices. This does not appear in Asian countries and therefore epidemics have often been originating there. Due to rapid and unpredictable mutation of the virus into different strands, neither preventative nor successful vaccination is possible. On the contrary: flu vaccinations are often compromising the immune system due to the virus itself and substances added to the vaccination such as Squalane and Thiomersal . It is known that , in order to become a deadly pandemic, the virus will cooperate with bacteria such as Hemophilus influenzae, Streptococcus, Staphylococcus. It is not known when, how, why, and where this may occur. In severe pandemics with complicated pneumonia the death toll has been up to 50%. It is the miracle in homeopathy that it does not matter which virus is dominant : may it be West Nile or H5N1, H1N1, they all start out with flu-like symptoms and will respond to the most like remedy as described above.

In any case of a viral infection the additional following protocol has been very supportive:

500 mg Vitamin C hourly during the first day. Reduce to 500mg every two hours the second day if there is improvement. Drink **one glas of hot water hourly** in order to support the intestinal immune system. This is an old Ayur Veda method which has been proven to be very supportive. Do not underestimate this option! In lieu of the specific homeopathic therapy options – if there is no specific therapy possible – as described above, you can also take **Gripp Heel** tablets from the Heel company (take 6-12 tabl the first day and reduce them to 3 or two per day as soon as there is improvement. Discontinue completely in remission.

*Oscillococcinum is a French remedy which is now available all over the world. It is produced by highly diluted (potenciated) epithelial intestinal lining cells of infected ducks.

*Materia medica is a Latin medical for the body of collected knowledge about the therapeutic properties of any substance used for healing.

*10M is a 10.000 potency of the homeopathic remedy. 50M stands for 50.000.

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