



Homeopathic Remedies for Children



Aconitum napellus (Aconite)

Character: Useful for colds, flu and other ailments with symptoms that come on suddenly (one minute the child is OK, the next minute he or she is not). Use at onset of illness (first 24 hours)
Never use at the end of an illness

Symptoms: often come on after a cold, dry, windy day. Very anxious, panicky. Sudden onset of fearfulness. Anxious look on the face with perspiration. Feels worse in the cold. Feels better with rest. Thirst for cold drinks. One cheek red, the other pale (or both red). earaches: Painful earache with a high fever colds: Sudden onset of a runny nose that is watery and hot. fevers: High fever that comes on suddenly. cough: Sudden onset of a dry, croupy cough

Belladonna

(Belladonna in a homeopathic remedy is nontoxic and safe.)

Character: Good with intense illness, throbbing pain, and when the child seems delirious or is hallucinating, with fever or wakes up saying the right ear hurts. Also useful for early stages of illnesses that come on suddenly.

Symptoms: primarily on right side. Sensitive to noise. Glassy eyed, red-faced with dilated pupils. Pulse in neck is visibly throbbing. Worse in presence of noise or light, when jarred, when lying down and at 3 p.m. or 11 p.m. Feels better when sitting, and when in a dark, quiet room. Wants cold water or lemonade. earaches: Severe pain in right ear (causing child to cry during sleep). colds: Painful, red, throbbing sore throat (often worse on right side); may also have nosebleeds. fevers: High fever, usually 103 degrees and above; head feels hot, limbs cold; the child can be so hot that he or she radiates heat. cough: Dry, tickling cough, worse at night.

Chamomilla

Character: A Chamomilla child is noticeably uncomfortable. They can be irritable, impatient, and petulant. There can be inconsolable, crying, screaming and arching the back. Asks for something, then refuses it.

Symptoms: Sweaty head; One cheek red, the other pale. Thirsty. Green diarrhea. Better when rocked or carried. Worse from 9 p.m. and later. earaches: Sensitive to cold and noise (feels better with warmth); pain that makes child frantic. colds: Watery, hot, runny nose that is also stuffed; difficulty sleeping. fevers: Alternates between feeling chilled and overheated. cough: Dry, tickling cough; hoarseness; worse from 9 p.m. to midnight.

Useful for pain, including teething and colic in babies.

Mercurius

Character: The Mercurius child usually smells sick. There is also a restlessness.

Symptoms: Foul breath and perspiration. Drooling, sweaty and worse at night. Worse with extremes of hot or cold. Feels hot one minute, cold the next. earaches: Earaches worse at night; thick yellow or green discharge from the ear. colds: Raw, burning sore throat; hoarseness; swollen tonsils and glands; thick, runny yellow-green mucus that irritates the nose, making it red and sore. fevers: Night sweats; easily chilled and overheated. cough: Dry cough, worse at night.

Pulsatilla

Character: The Pulsatilla child usually has symptoms and moods that frequently change. Outside feels better. The child is shy, weepy and clingy. Wants attention and company. Cries easily and desires to be carried. Feels warm, and better with fresh air.

Symptoms: Yellow-green discharge that doesn't irritate the skin. Lack of thirst. earaches: Worse at night; may have a yellow-green discharge from ears; hearing is muffled. colds: Yellow-green mucus; nose sometimes runny, sometimes stopped; runny nose is better outside; yellow-green discharge in eye (conjunctivitis). fevers: Changeable temperature; can feel chilled yet desires open air; fever with no thirst. cough: Dry cough at night, loose during the day; cough worse in warm, stuffy rooms; feels better sitting up in bed, or with fresh air.

Homeopathic Remedies for Common Childhood Ailments

TEETHING

Chamomilla for painful teething with or without fever. The teething is frequently associated with colic. You always know to use Chamomilla when the child has one hot cheek, the other pale and cold.

Coffea Cruda for the restlessness observed in the teething child.

Calcarea Phosphorica for delayed or difficult teething, as well as the colic frequently associated with teething.

COLIC

Dioscorea for the treatment of cramps or colic in the abdomen which seem relieved by straightening up or leaning back.

Chamomilla for the child with a poor tolerance for pain. There is a restlessness and squeamishness. The Chamomilla child usually has one hot cheek, the other pale and cool. The child seems improved when carried or pushed in the stroller

Colocynthus to relieve violent cramp-like pains which are relieved by heat and pressure. It is also helpful to relieve the irritability associated with pain.

Magnesia Phosphorica to relieve colic characterized by being spasmodic or intermittent. The colic is relieved by gentle pressure, warmth and burping. The symptoms are usually worse on the right side and there is usually a general muscular weakness.

Aconite when the fever comes on suddenly. The child's skin is hot and dry and like Chamomilla one cheek can be hot, the other pale. The child is usually worse in a warm room and better in open air.

Ferrum Phosphoricum in early stages of all inflammatory illness. Fever with a gradual onset, accompanied by a pale complexion with red cheeks. The child is usually worse when lying on the right side and at night and when moved. The child feels better when cool to cold.

IRRITABILITY & RESTLESSNESS

Passiflora has a tradition of usefulness in relaxing children.

Avena Sativa is indicated for the restless or sleepless child

Calcarea Phosphorica is indicated for fretful, peevish children. Children are often restless for 2 or 3 hours after midnight and awakening from sleep as if frightened.

Kali Phosphoricum when the child cannot rest because of over-stimulation.

Mag Phosphorica a traditional homeopathic calmative remedy.

COUGHS & CROUP

Ipecac for constant coughing frequently associated with nausea.

Aconitum Napellus when child awakens with dry, hoarse, croup cough.

Spongea Tosta for croup, cold, coughs beginning in throat, for dry barking raspy cough

Antimonium Tartaricum for rattling of mucous in chest followed by non-productive cough, sleepiness worse when damp & warm. The child improves when cool, sitting up.

BED WETTING

Equisetum indicated for frequent, voluminous bed-wetting, dreams or nightmares when urinating.

Rhus Tox for bed wetting associated with restless sleep.

Belladonna for restless children who talks in sleep and dreams about urinating.

Kreosotum when the child dreams of urinating, worse when cold, better when warm.

CHICKEN POX

Rhus Toxicodendron Indicated for the intense itching when the child is restless both physically and mentally. The child is usually worse when cool or during sleep or rest and improved by motion and warm applications.

Antimonium Crudum when the child is fretful and irritable worse after a bath or from heat and better when resting or in open air.

Sulfur intense itching, thirsty; worse when bathed, warm and put to bed.

DIARRHEA

Colocynthus for explosive diarrhea preceded by cramp-like pains.

Aloe Socratans for foul smelling stools

Arsenicum Album for child exhausted after a movement Chamomilla, for soft stools associated with teething.

Nux Vomica for diarrhea resulting from over-feeding or when baby strains but can only pass a small amount of stool

OWIES

Apis for the pain and swelling of bee stings.

Arnica for alleviating pain and bruises that can come from being an adventurous child.

Calendula for scraped knees and other skin abrasions.

Hypericum works well when there seems to be nerve pain.

Ledum for puncture wounds.