

Homeopathy for Fever

You can safely use homeopathic remedies for most uncomplicated fevers. When selecting a remedy note not only the fever, but also how your child behaves when ill. Fever is nature's way of helping your child's body fight the virus or bacteria. Unless it is extremely high or complicated by other factors, fever is beneficial and a healthy immune system response, and not cause for worry.

After giving a remedy, you may notice other signs of improvement before the fever actually goes down. For example, the child may go to sleep or seem to feel better getting up to play or asking for food or drink. These are good signs showing that the child is responding to the remedy, and it's likely that the fever will also improve.

*For potency and repetition advice, please come to Renewal Homeopathy and Wellness for specific advice.

Aconite

Sudden, rapid onset of high fever after exposure to cold weather, or dry wind or cold wind. Child is restless, anxious, fearful; with a rapid pulse. Fever may have started following a shock or fearful incident.

Belladonna

Sudden, rapid onset of high fever with bright red, flushed face and dilated, shiny pupils with red eyes. Skin feels burning hot and heat radiates off the child. Head is hot, but feet are cold. The child can be irritable and sensitive to jarring motions, has no thirst. Throbbing headache. Delirium or hallucinations can accompany the fever.

Ferrum phosphoricum

Pink blotches on the cheeks, or a pale face. This remedy is useful at the beginning of a less intense fever; not as rapid or violent as aconite or belladonna. May have fatigue and indistinct symptoms.

Bryonia

Gradual onset of fever, dry mucous membranes. Worse from movement and want to keep absolutely still. Periodically thirsty for large quantities of water. Constipation with dry stool. Very emotionally irritable (grumpy bear) and want to be left alone.

Eupatorium perfoliatum

Gradual onset of fever and symptoms, with an extreme aching deep in the bones and lower back. They are often thirsty.

Gelsemium

Slow onset to the fever and they have a drowsy appearance, droopy eyelids, lethargic, dizzy and dull. They have aching with a chill going up and down the back. They have no thirst, but profuse urination.

Pulsatilla

Weepy, want attention and to be held; not thirsty. Heat worsens and fresh air improves, so they desire open air.

When to consider seeking professional help

- fever is extremely high (over 40.5C/105F)
- child is under six months old
- child is prone to convulsions
- the child's neck is stiff
- if there are continuous fevers after returning another country
- if there is no response to a homeopathic remedy within 12 to 24 hours
- if there is extreme difficulty breathing
- if his/hers consciousness is very altered with great confusion and drowsiness

General guidelines

- provide open air and rest
- give plenty of fluids to avoid dehydration
- give meals that are light and easy to digest
- sponge the face and body with a lukewarm wet cloth