Homoeopathy
for Common Cold in Children
COMMON COLD

Common Cold is a frequently occurring problem affecting the nose and throat, caused by virus or allergy. On an average one attack of common cold may last from 3 to 10 days.

**Spread of infection:**
- Virus exists in infected person's nasal discharge or sputum.
- Handkerchief, pencils, telephone receiver, hand shaking etc., may also spread the virus from the infected person to others.
- Virus enters body through nose either directly or by rubbing eyes.

**Factors which predispose and cause allergy:**
- Exposure to cold weather
- Sudden change of temperature
- Eating cold food/cold drinks
- Pollens, perfume, animal dander etc.
Contact with infected person may also cause an attack of cold.
Signs and Symptoms:

- Running nose
- Sneezing
- Tickling sensation in nose
- Stuffed nose
- Soreness in throat
- Chills
- Bodyache
- Mild fever may be present

Do's and Don'ts:

- Steam inhalation
- Encourage the child to blow nose by tickling tip of the nostril.
- Protect the child from sudden exposure to cold.
- Keep child warm during winter months.
- Give child adequate rest, fluid and good nutrition.
- Consult a qualified Homeopath for treatment and to prevent any new infection.
Following are some of the first line medicines for Common Cold but it is advised that a qualified homoeopathic doctor should be consulted.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Medicine</th>
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<tbody>
<tr>
<td>Sudden attack after exposure to dry, cold wind</td>
<td>Aconitum napellus 30</td>
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<tr>
<td>Sneezing and running nose</td>
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<tr>
<td>Anxiety with restlessness</td>
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<td>Increased thirst</td>
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<tr>
<td>Sudden onset of violent attack of cold</td>
<td>Belladonna 30</td>
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<td>Fever with pulsating headache</td>
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<tr>
<td>Sore throat and running nose</td>
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<tr>
<td>Cold attack in winter</td>
<td>Arsenic album 30</td>
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<tr>
<td>Thin, watery and irritating discharge from nose</td>
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<tr>
<td>Stuffed nose</td>
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<tr>
<td>Frequent sneezing</td>
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<td>Frequent thirst for small quantity of water</td>
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<td>Feels better after warm drinks</td>
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</table>

Follow the instructions overleaf.

General Instructions while taking Homoeopathic Treatment:

- Medicines as indicated in this handout should be taken if the symptoms mentioned against each medicine match those of the patient.
- Medicine to be taken - 3 globules of size 40 every 3 hours dry on the tongue or in plain drinking water.
- Medicine should be taken after cleaning the mouth and preferably on an empty stomach.
- If improvement occurs within 24 hours then medicine should be stopped.
- If the patient does not improve within 24 hours or becomes worse at any time, then consult the nearest homoeopathic doctor.
- Medicines must be kept away from strong smelling substances like camphor, menthol etc.
- Medicines should be kept in a cool, dry place away from direct exposure to sunlight.
- Medicines should be kept away from the reach of children.

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