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Homeopathic Remedies for Allergies

Allium cepa: lots of sneezing and clear watery nasal discharge, the discharge may burn the nostrils and upper lip, the eyes may water a lot too. symptoms worse in a warm room, indoors, and in the evening, better from open air. the throat may tickle with a dry painful cough. a cold that comes on during wet weather.

Arsenicum: violent sneezing may also have a throbbing frontal headache; weak, chilly, burning discharges, sensation better from heat, a cold that comes on from getting chilled when overheated.

Euphrasia: watery irritated eyes, spasmodic bouts of sneezing, worse in the open air, in the morning, when lying down.

Nux vomica: dry, tickling, scraping sensations in the nose or sinus, nose is stuffed at night and runs during the day, may feel chilly, sensitive to drafts, and irritable.

Natrum muriaticum: heavy nasal discharge that is like raw egg white, may have a heavy bursting headache over the eyes, thirsty, loss of smell and taste, worse from heat, sun.

Dulcamara: nose stuffs up with cold rain, earache from change of weather, worse in cold wet weather or sudden change from warm to cold or dry to moist, better from warmth, mucus thick and yellow.

Sabadilla: itchy nose, violent sneezing, red eyelids, dry mouth with no thirst, tickling in nose spreads over the body, itching of soft palate, severe headache.

Kali Bichromicum: sinus pressure and pain, thick ropy green/yellow discharge, difficult to get discharge out, loss of sense of smell.

NOTE

These remedies can provide temporary relief of symptoms. If you would like to get rid of your allergies, please consult a homeopath about constitutional care.