



Following are some of the first line medicines for Common Cold but it is advised that a qualified homoeopathic doctor should be consulted.

Symptoms	Medicine
<ul style="list-style-type: none"> <li>Sudden attack after exposure to dry, cold wind</li> <li>Sneezing and running nose</li> <li>Anxiety with restlessness</li> <li>Increased thirst</li> </ul>	<b><i>Aconitum napellus 30</i></b>
<ul style="list-style-type: none"> <li>Sudden onset of violent attack of cold</li> <li>Fever with pulsating headache</li> <li>Sore throat and running nose</li> </ul>	<b><i>Belladonna 30</i></b>
<ul style="list-style-type: none"> <li>Cold attack in winter</li> <li>Thin, watery and irritating discharge from nose</li> <li>Stuffed nose</li> <li>Frequent sneezing</li> <li>Frequent thirst for small quantity of water</li> <li>Feels better after warm drinks</li> </ul>	<b><i>Arsenic album 30</i></b>

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.



**Central Council for Research in Homoeopathy**  
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Ministry of Health and Family Welfare)

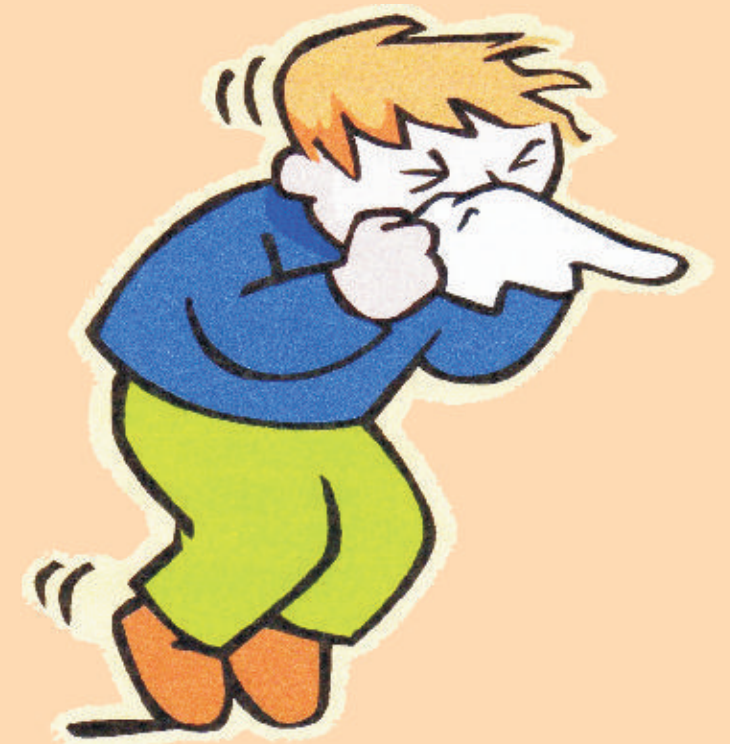
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National Campaign  
on Homoeopathy  
for Mother and Child Care

# Homoeopathy

## for Common Cold in Children



Department of Ayurveda, Yoga &  
Naturopathy, Unani, Siddha  
and Homoeopathy (AYUSH)  
Ministry of Health and Family Welfare  
Government of India



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# Common Cold in Children...

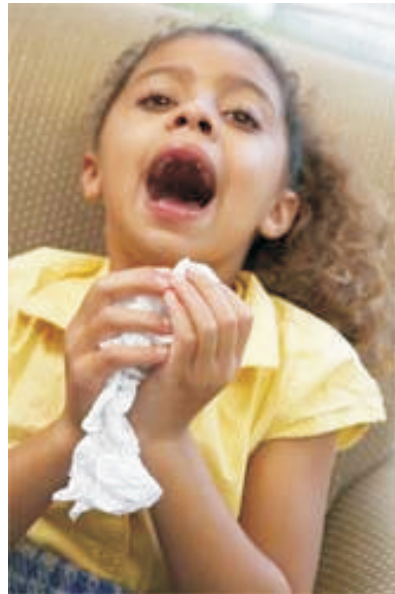
## COMMON COLD

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.



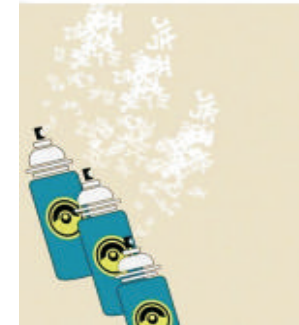
### Factors which predispose and cause allergy:

- 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.



Cold weather



Sprays and Perfumes



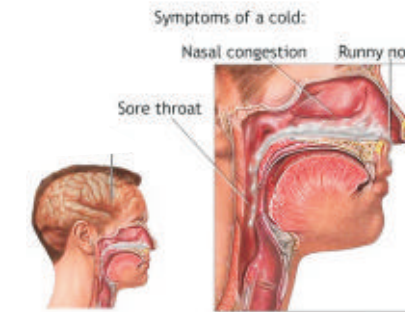
Pollens



Eating cold food



Contact with infected person



### 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 Homoeopath for treatment and to prevent any new infection.

