## Hay Fever Remedy Guide Contents:

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Using This Guide:

Hay fever is a tricky thing to treat. If someone has a generally allergic constitution, and has allergic reactions all year around to whatever the prominent allergen of the moment is (mold, flowers, hay fever, pet dander, etc.), then the most important homeopathic prescription to get right is the constitutional remedy that should address this person’s general tendency towards hyperactive immune-mediated reactions to allergens.

In fact, some of the remedies mentioned in this guide are likely to be helpful because they are that person’s constitutional remedy, or close to it. In fact, the first thing to do in the case of hay fever is look at the specific hay fever symptoms in the material medica for the person’s constitutional remedy, and see how well it matches. If it’s a good match, then try re-dosing the constitutional remedy, perhaps in a new dose or more frequent dose. Some of the common constitutional remedies with strong tendencies to allergies are included in the guide; for example sulphur, natrum muriaticum, medorrhinum, and nux vomica. Of course, someone may also need these remedies acutely.

In the case where allergies come on strong with a very particular allergen, and the reaction is intense and acute, some of the remedies in this guide may be perfect to address these acute symptoms. You may want to quickly read through the overview paragraph at the top of each remedy to get a general sense of it’s hay fever characteristics, and when one catches your attention, look to the specific symptoms listed. Pay particular attention to the bold symptoms, which are most characteristic for that remedy. Also, pay particular attention to where the hay fever symptoms are focused. There are some remedies that will show the most severe symptoms in the eyes, others in the nose, some in the throat and mouth. These generalities can be helpful in narrowing your search.

We have all of the remedies in this guide available via our online dispensary at www.hhasdshop.com. Most of the acute hay fever remedies we have in 30C, which is a great potency to try first.
Agaricus (Agar.)

Agaricus should be considered if the main prominent feature of the hay fever is intense itching, not just in the nose but particularly in the upper palate and ears as well. Other features of the remedy in an acute state include spasmodic sneezing, twitches, and a mental haziness.

**Itching Symptoms (Key Characteristic)**
- **Intense itching in the nose, ears, and mouth** (specifically the upper palate of the mouth)
  - Particularly if this is the most severe aspect of the hay fever

**Sneezing Symptoms**
- Spasmodic sneezing after coughing

**Common Accompanying Symptoms (not always seen)**
- Twitching
  - General tics and twitches around the face and body (that are not normally seen)
- Dry cough from tickling irritation in the throat or air passages
  - Cough may be set off from the itching and scratching of the ears, etc, during hay fever
  - Coughing and sneezing that come in mixed fits, or coughing fits that end in sneezing

**Mental and Emotional Characteristics**
- Dullness, delirium, or confusion during hay fever
  - May lead to a sense of desperation or panic
Allium Cepa (All-c.)

Allium Cepa is useful in colds, upper respiratory tract infections, and hay fever where one of the main characteristics is profuse, watery, and burning discharge from the nose that is very irritating to surrounding tissue.

**Nose Symptoms (Key Characteristic)**

- **Profuse watery nasal discharge that is very irritating and excoriating**
  - Nose streaming
  - May excoriate the nose, philtrum, and lips making them red, irritated, and painful
  - May increase in cold/open air, but may feel better with increased discharge
- Nasal obstruction, difficult breathing through nose (due to swelling inside the nose)
  - Worse during evening or nighttime, with strong smells, and in warm or stuffy rooms
  - Better in cold or open air, or with cold drinks (these things increase discharge)
- Intense sneezing

**Eye Symptoms**

- Profuse tearing that is bland (not excoriating like the watery discharge from the nose)
- May be red from rubbing

**Common Accompanying Symptoms (not always seen)**

- Headache due to swelling of frontal sinus and nose congestion
  - Feels better when the nose is freely discharging
- General sinus congestions leading to pains
  - Worse with hot food and drink
- Chest/Throat Irritation
  - Nose irritation extends to throat or chest, which may feel raw and cause coughing
  - Hoarse sounding voice from throat irritation
- Dry, teasing cough that hurts the throat and chest
  - Pain may be so much that they try to stifle the cough or hold the throat
  - Cough found only during the daytime, and better lying down

**Mental and Emotional Characteristics**

- Marked irritability
- May be very concerned about the pain itself
  - Feel the pain is too much to bear, may be anxious and fearful about the discharge
  - Try to anticipate and relieve the pain in the nose, throat, and chest

**General Characteristics**

- Complaints tend to be left-sided, or begin on the left side (but both sides may be affected)
What makes it better and worse overall?

• Better: Generally feels better in open or cold air (which increases discharge)
• Worse: Generally worse late afternoon or evening, in warm or stuffy rooms, and with exposure to flowers, pollens, and strong smells (perfumes, artificial fragrances, etc.)
Ambrosia (Ambr.)

Ambrosia may be a particularly useful remedy for prevention of ragweed-specific allergies during ragweed season (you can even try giving the remedy before the onset of ragweed season). For any sort of hay fever, Ambrosia may be used for the following picture with the key characteristic of intense and severe eye symptoms including itching eyelids.

**Eye Symptoms (Key Characteristic)**

- **Intense itching of the eyelids**
  - Can develop eyelid cracks, fissures from the itching and irritation
- Profuse and irritating tearing
  - Causing eyes to look red and awful, with engorged blood vessels and swollen conjunctiva
- Burning pains with the eye irritations

**Nose Symptoms**

- Nasal congestion from swollen tissue in the nose
  - Swelling of the nose may completely block the nasal discharge
- First dryness and irritation in the nose, then excoriating, burning, and profuse nasal discharge
  - Causing a lot of sneezing and itching
- Itching and burning in the nose
  - Whether or not there is nasal discharge (it may stop due to swelling and congestion)
- Nosebleeds possible
  - Due to dryness and swelling of the nose

**Common Accompanying Symptoms (not always seen)**

- Throat and Chest Irritation
  - Irritation may extend to the throat and upper lungs, leading to coughing
  - Chest and throat irritation is worse at night and lying down, better sitting up
  - May be a feeling of swelling in the lungs, as well as a dry cough with wheezing breath

**Mental and Emotional Characteristics**

- May be very absorbed or distracted by the hay fever, making them easily irritated and not tolerant of interferences

**What makes it better and worse overall?**

- Better: May be better with a cooler environment
- Worse: Tend to be worse at night (especially hot humid nights or rainy summer evenings). Symptoms may worsen or become more active when exposed to moulds.
Apis (Apis.)

Apis is a remedy often used in serious allergic reactions, which in some cases could manifest in the face, eyes, and even extend deep into the chest and lungs. Consider Apis for acute and severe allergic reactions with intense heat, burning, and swelling. (For more symptoms see the "generalities" section for this remedy.)

**Eye and Face Symptoms (Key Characteristic)**

- **Burning and heat of the whole face and eyes**
  - Wants constant cold applications on the face and eyes to ameliorate the heat and burning
- **Intense swelling of the eyes and conjunctiva** (the inner covering of the eyes, seen in the corners)
  - Eyes may be swollen nearly shut
  - Conjunctiva may swell outside of the lids (normally they are mostly under the lids)
- **Watery tearing and nasal discharge**

**Common Accompanying Symptoms (not always seen)**

- Urticaria or Hives (allergic rash reactions on the skin)
  - Which may have similar symptoms of swelling, burning, heat, and better with cold applications

**What makes it better and worse overall?**

- Better: Cold applications
- Causation: Serious allergic reactions
Aralia Racemosa (Aral.)

Aralia is an important remedy to consider for hay fever that is characterized by intense sneezing set off by slight drafts or temperature changes, and quickly leads to chest and lung symptoms including a wheezing cough.

Nose Symptoms That Extend to the Chest and Lungs (Key Characteristic)
- Intense and frequent paroxysms (bouts) of sneezing
  - Sneezing is set off and made worse by the slightest draft or change in air temperature (such as when getting up from bed, going inside or outside, getting out of a car, or opening a window)
- Profuse, watery, burning nasal discharge (opposite of thick mucus in the chest)
  - The lips and nose and surrounding skin may become red and sore, with local burning pains

Chest and Lung Symptoms (Key Characteristic)
- Nasal symptoms that quickly lead to a dry, wheezing cough
  - This can develop very soon after the allergies begin
  - Cough is worse lying down, better sitting up or bending forward
- Thick mucus in the lungs and chest (as opposed to thin discharge from the nose)
  - The mucus causes noisy breathing and a choking feeling, may cough up thick mucus
  - Chest may feel tight
- Irritation or feeling of a lump in the throat
  - Cough until they can dislodge thick mucus from the throat, after which they may feel much better
- Chest and lung symptoms are generally worse upon falling asleep and during the first 2 or 3 hours of sleep
- Chest and lung symptoms are generally worse lying down, better sitting up or standing

Common Accompanying Symptoms (not always seen)
- Increased salivation
  - Though mouth is inflamed and may feel dry
- Night sweats

Mental and Emotional Characteristics
- May become very fearful of suffocating from mucus in chest and lungs (especially the lower lungs feel tight)
  - And feel claustrophobic due to inability to catch their breath
- Discontented and unhappy with the symptoms

General Characteristics
- Characteristic
What makes it better and worse overall?

• Better: Better if they avoid stimulants (coffee, chocolate, pepper, excess sugar, alcohol, smoking)
• Worse: Generally aggravated at night, especially between 10 p.m. and midnight.
Arsenicum Album (Ars.)

Arsenicum is generally characterized by burning pains that are ameliorated by heat in a chilly person, where the acute symptoms are accompanied by restlessness and anxiety. (For more symptoms see the “generalities” section for this remedy.)

Nose Symptoms (Key Characteristic)
- Sneezing paroxysms (bouts) that begin with a tickle in the nose
  - Sneezing set off easily by becoming chilled, especially when breathing in cool air
  - Feel a chill during the sneezing attack
  - Sneezing is worse with slightest draft or in open air (e.g. getting out of bed or unclothing)
  - With sneezing comes burning watery nasal discharge that makes the nose sore and red
- Copious burning nasal discharges, even when nose is blocked
  - The discharge can create sores or even slight ulcers in the nose
  - Tends to lessen (but not stop) in a warm room (as the nose becomes even more blocked)
- Severe nasal obstruction (due to swelling inside the nose)
  - The nose may become very obstructed, which may also cause sinus congestion in the face
  - The obstruction increases in a warm room, but despite obstruction there is still discharge

Burning Pains that are Better with Heat
- Burning pains found in the throat, chest, lungs, eyes, nose and face
  - The nose burns intensely inside, and the lips are dry, red, and burning
- Heat ameliorates (reduces) the burning pains
  - Heat from a hot shower, a hot drink, etc., helps the burning pain

Common Accompanying Symptoms (not always seen)
- Excessive burning and irritating tearing; eyes red and itching
  - Which may lead to increased light sensitivity in the eyes
- Rawness and burning pains in the throat
- Irritation of the chest and lungs with burning pains or heat, leading to dry asthmatic cough
  - Worse at night on going to sleep, and from 9 p.m. to 2 a.m., worse in the cold air or uncovering
  - Better from hot drinks and becoming warm

Mental and Emotional Characteristic
- High level of anxiety, particularly about their health
  - Appear very selfish because of high level of worry about themselves, can be clingy, demanding
- Restlessness with the anxiety
  - Have trouble lying still, may pace or continually seek activities, difficult to fall or stay asleep
General Characteristics

• Burning pains ameliorated by warmth, chilly in general

What makes it better and worse overall?

• Better: Better from heat (warm drinks, becoming warm, etc.)
• Worse: Worse at night or if alone, worse drafts, worse when chilled
Arundo (Arund.)

Arundo should be considered in hay fever when the most prominent characteristics are intense itching, particularly within the nose, and severe nasal obstruction that leads to a marked fear and panic about suffocation. This mental/emotional aspect is particularly characteristic of this remedy in hay fever.

Nose Symptoms (Key Characteristic)

• **Intense itching inside the nose or around the nostrils; the itching is intolerable**
  - One of the main symptoms that identifies this remedy in hay fever

• **Intense burning pains inside the nose; near the nostrils or deeper in**
  - The burning is not from discharge; the skin itself within the nose is inflamed

• **Sneezing**
  - The sneezing may be profuse
  - Sneezing is accompanied by bland watery nasal discharge, but inside the nose feels burned

• **Severe nasal obstruction from swelling inside (not mucus); may be impossible to breath through nose**
  - Lose their sense of smell
  - The blocked sensation in the nose leads to **severe panic about suffocation** (see below)

Mouth Symptoms

• **Intense itching on upper palate of mouth**

• **Burning sensation in the back of the mouth**

• **Increased salivation**, despite having to breathe through the mouth because of nasal obstruction

Common Accompanying Symptoms (not always seen)

• **Itching and burning of the eyes**
  - Conjunctiva may burn or itch (not as much as the nose)
  - Eyes may be red from scratching
  - Eye itching and burning may be accompanied by a significant amount of bland tearing

• **Ear itching** (not as much as the nose)

Mental and Emotional Characteristics

• **Strong fear and panic of suffocation**, from the intense obstruction of the nose (though chest is clear)
  - Along with intense itching, this panic and fear is the main focus of this remedy in hay fever
  - Can lead them to something bordering on a panic attack

• **Generally anxious about inability to breathe; feel like the nasal obstruction prevents them from catching their breath**
What makes it better and worse overall?

- Better: Do better if they can avoid intense spices (i.e. cinnamon, pepper, cloves, etc.)
Calcarea Sulphurica (Calc-s.)

Calcarea Sulphurica may be useful in common colds (amongst its other indications) where the most characteristic symptom is thick, lumpy, yellow, and possibly blood-streaked discharges. It may be used in common colds where this discharge is found with a runny nose or with post-nasal drip. (For more symptoms see the "generalities" section for this remedy.)

**Thick Yellow Discharges (Key Characteristic)**

- **Nasal discharge that is smelly, thick, yellow**; may be blood-streaked
  - May be one-sided; tends to right-sided but may be either
  - Post-nasal drip with this characteristic discharge
- Copious, thick, yellow discharges also found in other accompanying symptoms such as with a cough, earache, or eye inflammation

**Common Accompanying Symptoms (not always seen)**

- Headache
- Loss of smell
- Abscesses (see ABSCESS CATEGORY for details)

**Mental and Emotional Characteristics**

- If the complaint is more long standing, they may be sluggish/dull, depressed, tearful, and/or irritable

**General Characteristics**

- Thick, yellow, lumpy, and/or bloody discharges accompanying many different symptoms

**What makes it better and worse overall?**

- **Better**: Better when uncovered or with fresh air (though may dislike drafts)
- **Worse**: **Worse in heat, stuffy rooms. Worse with milk.**
- Causation: Etiologies
Dulcamara (Dulc.)

Dulcamara is a more useful remedy in long-standing or chronic cases of hay fever, but may be a useful remedy if the main characteristic of the hay fever in an acute situation is aggravation from cold, damp weather. If the most marked point about the hay fever presentation is a clear aggravation in cold, damp weather and the other hay fever symptoms are not very strong or closely correlated with another hay fever remedy, try Dulcamara.

**Hay Fever Aggravated or Triggered by Cold, Damp Weather (Key Characteristic)**

- Hay fever that is worsened or triggered by cold, damp weather
- Hay fever in the late summer or autumn
- Hay fever that is worsened when cold nights follow warm days
- Hay fever with constant sneezing
  - The hay fever is worse in a cold room, worse with cold, damp weather
  - Aggravated by open air or the least cold draft
  - May be triggered by freshly cut grass
  - Better in a warm room

**What makes it better and worse overall?**

- Better: Better in a warm room
- Worse: Worse cold, damp weather, later summer or autumn, or cold nights after warm days
Euphrasia (Euph.)

Euphrasia should be considered in hay fever when the most intense and severe symptoms are found in and around the eyes. In this remedy, there is severe burning and irritating discharge of the eyes which can lead to sticky, sandy crusts, while, in contrast, the discharge from the nose is watery and bland.

**Eye Symptoms (Key Characteristic)**

- **Severe burning, itching, and irritation of the eyes, which are inflamed**
  - The eye irritation leads to soreness and increased light sensitivity, leading to constant blinking
  - The eye discharges dry to become sticky, leaving crusts and sandy sensations in the eyes
  - Upon waking, the eyelids may be stuck and hard to open from sticky crusts
  - The eye symptoms are the most prominent and troubling symptoms of this remedy in hay fever
  - The tearing is profuse and acrid

**Nose Symptoms**

- **Bland nasal discharge**
  - Unlike the acrid and burning eye discharge, the nose discharge is *bland*
- Intense sneezing
  - Accompanied by watery bland discharge from the nose
- May be accumulation of post-nasal drainage over night, causing coughing and retching in morning on waking

**Common Accompanying Symptoms (not always seen)**

- **Hay fever-induced asthma** or constant, tickling cough
  - Cough better when lying down and at night, worse during the daytime

**What makes it better and worse overall?**

- Better: Better lying down and at night
- Worse: Worse during the daytime
Gelsemium (Gels.)

Gelsemium may be useful in acute hay fever where the strongest aspect of the case is an overwhelming drowsiness and exhaustion that accompanies the other symptoms. The exhaustion particularly affects the muscles, leading to drooping of eyelids, face, and all around muscular weakness. (For more symptoms see the “generalities” section for this remedy.)

**Drowsiness, Weakness, and Exhaustion during Hay Fever (Key Characteristic)**

- Overwhelming drowsiness and fatigue during the course of the hay fever symptoms
  - They are exhausted during the symptoms
- Severe and tiring sneezing; particularly during the morning
  - After the sneezing they feel tired and exhausted
- Drowsiness where it is hard to keep eyes open; everything drooping and tired

**Common Accompanying Symptoms (not always seen)**

- Nasal discharge that feels like hot water discharging from the nose

**Mental and Emotional Characteristics**

- Dullness and listlessness
- Overwhelmed; everything seems to be too much to face

**General Characteristics**

- Overwhelming drowsiness and fatigue

**What makes it better and worse overall?**

- Worse: Worse when overheated, and worse in warm, humid weather
Medorrhinum (Med.)

Medorrhinum is frequently called for during hay fever, particularly when symptoms are intense and are accompanied by easy infections (sinusitis, eye infections, etc.) in intense, open kids. (For more symptoms see the "generalities" section for this remedy.)

Eye Symptoms (Key Characteristic)

- Intense itching of eyelids (comes on early during hay fever), and tend to intensely scratch at them
  - Worse in the evening, and in moldy houses/environments
- Eyes become red, bloodshot, and swollen (below the eyes) from the intense scratching they do
- Frequent and irritating tearing of the eyes
- Eye infections begin easily, accompanied by profuse mucus and pus from the eye that is yellowish
  - Will frequently wipe the mucus from the eyes, and wake with eyes crusted over with dried pus
- Eyes are generally worse from heat

Nose and Sinus Symptoms

- Significant itching & irritation of nose (usually first symptom of hay fever), with constant scratching
- Frequent sneezing caused by the irritation, which increases itching and scratching
  - Sneezing may be accompanied by clear nasal discharge, but color may change with infections
- Infections in the nose easily leading to sinusitis
  - With sinusitis a great deal of green or yellow mucus can be produced in the sinuses
  - If sinuses are blocked without discharge, there may be pounding or throbbing headache
- Tissues in the nose may swell, which over time can lead to nasal polyps
  - If badly swollen, they may blow nose or sniff constantly without any discharge
- Face itself may look swollen, and they look and sound congested during infections

Throat Symptoms

- Post-nasal drip and discharge with thick mucus that is difficult to get out
  - Constantly hawking or coughing up mucus, leading to a hoarse voice and a sore throat

Common Accompanying Symptoms (not always seen)

- Chest and Lung Irritation Leading to Cough or Bronchitis
  - Cough is intense and painful, a dry barking cough
  - Worse in the evening or when heated, better lying on the abdomen and in open air

Mental and Emotional Characteristics

- Intense, restless, impatient, and irritable during hay fever
  - May yell, scream, or fight with family members or siblings, don't care who it is
- Very open communication, sharing intimate details and giving graphic descriptions to anyone
General Characteristics

- Very warm-blooded; feel hot and are easily aggravated by heat and hot rooms

What makes it better and worse overall?

- Better: Cold drinks, cold air
- Worse: Generally worse during the nighttime and when overheated, hot rooms, etc.
Natrum Muriaticum (Nat-m.)

Many of the people who need Natrum Muriaticum chronically or constitutionally will be miserable during hay fever season, and hay fever is a frequent prominent complaint of this remedy type. Natrum Muriaticum is less likely to be used for acute hay fever in one who constitutionally needs a different remedy, but if you have a recurring case of chronic hay fever that has a particular affinity for affecting the eyes, in a child who is generally sensitive, closed, and easily embarrassed, consider this remedy. (For more symptoms see the “generalities” section for this remedy.)

Eye Symptoms (Key Characteristic)

• Profuse tearing of eyes
  - The tearing is excoriating and acrid, making eyes red and causing itching around eyes
• Swelling and aching, stinging pain in the eyes (as if from an eye injury)
  - Eyes feel as if they have cried for hours; aching, red, and sore
  - Swelling is all around they eyes, and they may be very self-conscious about how they appear
• Oversensitivity to light (Photophobia) (This symptom can be intense)

Nose Symptoms

• Sneezing accompanied by bland, watery discharge from the nose
  - Worse in morning upon waking, worse cold, uncovering, open air, wind, and in direct sunlight
  - The nose discharge is clear, watery, and continuous, making the nose sore inside the nostrils
  - Sneezing is intense during the time the nose runs
• Nasal obstruction
  - The nose becomes obstructed inside the house, is worse evening and night, and lying in bed
  - The nose obstruction goes away, and discharge begins, in cool, open air
• Itching of the nose
• Post-nasal drip with profuse, watery, white or clear discharge

Common Accompanying Symptoms (not always seen)

• Loss of smell or loss of taste

Mental and Emotional Characteristics

• Embarrassment and self-consciousness about symptoms of hay fever (prominent characteristic)
  - Self-consciousness may be raised during the hay fever, with difficulty making eye contact, etc
  - Can't bear others seeing them; how miserable they look and feel: shy away from contact
  - Feel naked, exposed, and over-sensitive during this time
• Inward, reclusive, and introspective
  - May be pessimistic, but keep to themselves and not likely to complain outside of family
What makes it better and worse overall?

• Better: Generally better when up and about, and drinking something cold (though discharge/sneezing may be increased if in open air)
• Worse: Generally worse hay fever symptoms if food sensitivities are active (may do better avoiding dairy, wheat, and chocolate)
Nux Vomica (Nux-v.)

Nux Vomica is one of the most frequently indicated remedies for severe and intense hay fever. It’s symptom picture is uniquely characterized by the intensity of sneezing, terrible dry raw nasal congestion at night, and a similar intensity of irritability and impatience – all in a chilly person who is generally worse becoming chilled and in dry air, and better when warm. (For more symptoms see the “generalities” section for this remedy.)

Nose Symptoms (Key Characteristic)

- Intense sneezing bouts accompanied by bland, watery discharge from the nose
- **Intense sneezing and nasal discharge in the morning upon waking and uncovering**
  - Generally set off by uncovering, becoming chilled, in a cool room, etc. (and they feel chilly)
  - Generally better in heat or when warm (though discharge may increase)
- **Terrible dry, raw nasal congestion and obstruction; particularly at night and during sleep**
  - Worse lying down in bed at night and in cool dry air, becomes very hard to sleep
  - Better with moist air, getting up, warm drinks, warm showers, and warm room
  - In a warm room the obstructed nose might drain freely, relieving them greatly

Irritability and Impatience (Key Characteristic)

- **Irritability with significant intensity and violence to it**
  - Irritable with parents, peers, anyone, with no attempt to hide or suppress the irritability
  - Pessimistic and even belligerent; may yell, throw things, even strike people out of impatience
- **Impatience**
  - This is the key trigger to the irritability; nothing happens fast enough
  - Everything seems to interfere with what they want; they can’t bear noise or other distractions
  - The worst thing about the hay fever is that it prevents them from doing what they want

Common Accompanying Symptoms (not always seen)

- Inner ear itching
  - May want to scratch deep inside the ear; even use inappropriate sharp objects, etc.
- Light sensitivity (photophobia)
  - Eyes may be slightly watering, but any tearing is bland (not burning, acrid, or excoriating)
- Asthmatic wheeze or cough
  - Dry asthmatic cough or wheeze with hay fever (not as common or prominent as the sneezing)

General Characteristics

- In general, there is considerable violence to the symptoms
What makes it better and worse overall?

• Better: Generally better with heat or when warm

• Worse: Generally worse uncovering, becoming chilled, in open air, with dry wind, and with temperature fluctuations. Aggravations in the morning (upon rising) and at night when lying. They can also be aggravated easily by becoming overly run down and tired. May be aggravated after eating especially with fatty meals.
Pulsatilla (Puls.)

Pulsatilla’s most telling characteristic in hay fever, and other acutes, is significant emotional neediness, clinginess, and demonstrative misery. In hay fever, there is bad itching of the eyes, easy development of secondary infections, all worse with warmth and better inside a cool room. (For more symptoms see the "generalities" section for this remedy.)

Eye Symptoms (Key Characteristic)

- **Terrible itching of the eyes**; they scratch the eyes intensely leaving them red and bloodshot
- Tearing with discharge that is clear and watery
  - The tearing causes burning pain in the eyes, and intensifies the itching
- Eye symptoms are worse in warm, stuffy rooms and open air with exposure to pollens/allergens
- Eye symptoms are better in cool, inside air (rooms with AC), and cool open air (w/o allergens)
- Eyes are soothed by washing with cold or cool water, or with cold applications

Nose Symptoms

- Sneezing bouts; begin with tickling in nose that leads to intense sneezing fits
  - Worst outside in summertime (marked sensitivity to all pollens, dry hay, ragweed, etc)
  - Better inside in a cool, air-conditioned room
- Irritating nasal discharge that is watery and clear; causes burning, itching, and soreness inside the nose (does not excoriate or redden the lips and nose)
- Significant nasal obstruction; from swelling inside the nose – may have difficulty breathing clearly
  - Occurs mostly when they enter a warm room, and at night; better with cool air
  - Nasal obstruction may easily lead to frontal and maxillary sinus congestion and infection
- Sinus congestion/infection stemming from nasal blockage; Pain and thick yellow or green mucus
  - These sinus symptoms are only if a secondary infection has developed, not due to hay fever

Miserable, Clingy, and Needy, Lethargic, and Overwhelmed

- They feel miserable, and become needy of support, attention, and encouragement from others
  - They are open and nice (not aggressive or irritable), but demanding of help and support
  - The neediness and clinginess are the most telling aspect of this remedy during the hay fever
- They also become lethargic, and feel very overwhelmed during the hay fever
- Emotional symptoms are worse at night and when alone; desperately seek company & support

Common Accompanying Symptoms (not always seen)

- Throat rawness, irritation, burning pain, and itching (soon into the allergy attack)
- Hay fever that extends into a bronchitis or asthmatic crisis; with tightness in the chest and pain
  - Worse at night, going to sleep, in heat, in old stale warm air; Better in cool air and sitting up
- The asthmatic cough/bronchitis may be associated with bronchial infection, in which discharges are thick, yellow, and bland (without infection hay fever discharge is clear, watery)

**What makes it better and worse overall?**

- **Better:** Cool, open air (as long as it is free of allergens, i.e. inside), cold applications, attention
- **Worse:** Heat and warm rooms, warm food and drinks, air with lots of allergens (i.e. outside during hay fever season, etc). Generally worse when alone or lacking support.
Sabaddilla (Sab.)

Sabaddilla’s primary characteristic is intense, spasmodic sneezing so bad it may lead to nosebleeds, accompanied by watery discharge and tearing and worse in the cold. They may also have sinus congestion and pains, and loss of confidence centered around peculiar thoughts that they look odd or distorted (nose too big), as well as embarrassment over sneezing.

**Intense Sneezing, Nasal Discharge, and Sinus Symptoms (Key Characteristic)**

- **Intense, violent, spasmodic sneezing** (this is the main characteristic of the remedy)
  - They will sneeze many times in a row, very loud, and very intense
  - May be so severe that nosebleeds develop (especially if nose is very swollen inside)
- **Sneezing accompanied by profuse watery nasal discharge; and profuse tearing**
  - Sneezing proceeded by lots of itching inside the nose and around the nostrils
- **Sneezing is most aggravated by getting chilled, especially outside in the open air**
  - Sneezing is ameliorated or lessened in a warm room, or taking a warm shower
  - Sneezing may be set off by perfume or fragrant flowers
- **Congestion of sinuses (especially forehead), leading to achiness and sharp pains in forehead**
  - This congestion and pain feels worse in the cold, better in a warm room
  - May be accompanied by thicker, colored discharge if congestion bad (as opposed to watery)
  - Nose blocked (switches side to side) from swelling inside; opens when outside and sneezing

**Eye symptoms**

- **Constant tearing when chilled or outside in open air**, tears come on with sneezing
- May have moderate amount of redness of eyes and lids, and itching and burning at edge of lids

**Mouth and throat symptoms**

- Mouth, palate, and back of throat may itch; try to scrape the back of the throat to relieve
  - Irritation may extend lower in throat, leading to dryness and itching of throat
- Dryness of mouth and throat; better with warm foods and drinks, worse with cold foods and drinks

**Common Accompanying Symptoms (not always seen)**

- Irritation in the mouth and throat may occasionally extend to the chest with a dry, asthmatic cough
  - Cough is worse in cold, better in warm room, better warm food and drinks

**Mental and Emotional Characteristics**

- May feel odd & confused about themselves during hay fever; absorbed in how they look and feel
  - Peculiar beliefs about how they look; think that there nose is too big or parts are distorted
  - May become easily embarrassed; especially about the loud sneezing; feel people are looking
- Lose confidence, become antsy and restless when being looked at; want to leave when in company
General Characteristics

• May feel chills in the body when cold; and chills may precede the sneezing attack

What makes it better and worse overall?

• Better: Generally worse from cold, especially cold outside air, also worse from cold food and drink
• Worse: Better in a warm room (though nasal blockage may increase) or with a warm shower
Sanguinaria (Sang.)

Although not a common remedy for hay fever, and lacking strongly differentiated hay fever symptoms, Sanguinaria could be considered when there is a marked negative reactivity to flowers and the odor of flowers with summer allergies. If the hay fever symptoms fit one of the other allergy remedy pictures well, however, that remedy should take precedence.

“Rose Cold” – Summer Time Allergies & Intolerance of Flowers

- Summer time hay fever with a great sensitivity to the odor of flowers
  - Watery nasal discharge & frequent sneezing, may alternate with dryness of nose
  - Burning pains in the nose, eyes, and throat
  - May also feel sick and faint from the odor of flowers
- Hay fever may lead to hay asthma with paroxysmal dry coughing

General Characteristics

- Tends to right-sided complaints; nasal discharge may be right-sided

What makes it better and worse overall?

- Better: Generally symptoms are better with burping or passing gas (may only be relevant to asthma/coughing symptoms in hay fever)
Sulphur (Sulph.)

Sulphur is a common remedy seen in hay fever, though one of the main clues calling for its use will be in the accompanying personality (open, theatrical, precocious) during the hay fever. Other important symptoms include the ease of secondary infections and strong eye symptoms of itching, cracking, and redness better with a cool dry compress and worse with water. (For more symptoms see the “generalities” section for this remedy.)

**Eye Symptoms (Key Characteristic)**

- Intense itching of the eyes; especially the eyelids
- Irritation of the eyes leads to tearing; tears are profuse and burn the eyes and skin around them
  - The eyes burn, causing itching and leading to fissures of the eyelids and nearby skin
- Redness of the eyes; conjunctiva red and may be swollen
  - Blood vessels engorged, rims of the eyelids are red, eyes look terrible
- Sensation of sand or grittiness in the eyes; making them scratch even more
- Eyes better from cool, dry (water aggravates the cuts and fissures that develop) compresses
- Eyes are worse from water and heat, and may feel hot to the touch

**Nose Symptoms**

- Dryness and irritation in the nose at the beginning of hay fever, leading to sneezing
  - Sneezing is loud, free (they do not try to suppress it), and satisfying
- Sneezing accompanied by clear discharge that excoriates skin (red, burning); worst when outdoors
- Itching within the nose; rub nose a lot with their hand

**Emotional Openness, Theatricality, Precocity**

- Not embarrassed, shy, or withholding about look or symptoms of the hay fever
  - May theatrically and graphically describe their symptoms, very open
- Jokers, may find their symptoms or situation funny, act it out
- May have high energy, be relatively hyperactive, but may be exhausted and lazy from symptoms
- May have an attitude of self-importance or haughtiness; tend to be very precocious

**Common Accompanying Symptoms (not always seen)**

- Red face, with dry red, and cracked lips often; tongue may be very red; messy face and hair
- Dryness in the mouth and thirst for large quantities of cold water if head and chest affected
- Easy nose and sinus infections possible during hay fever; head can feel hot or burning
  - Staph infections easily develop inside nose; nose becomes, red, painful, sour/fetid smelling
  - Sinusitis with thick yellow green discharge; packed sinuses with pain in forehead and cheeks
  - May pick at crusts which form in the nose and which bleed easily
- Bronchitis accompanying hay fever as a secondary infection; feel sensation of heat in chest
- Cough constantly when lying down, or on becoming warm; feel better in open cool air

**What makes it better and worse overall?**

- **Better:** Generally better cool, open air, cool dry compresses (eyes, face, nose)
- **Worse:** Heat, warm rooms, water (getting water on irritated skin, etc.)
Wyethia (Wye.)

Wyethia is a remedy unique to hay fever. Its most important characteristic is tremendous itching of the mouth and upper palate with desperate tongue scraping to scratch at it. The symptoms of the mouth are of primary importance in this remedy.

Mouth, Upper Palate, and Throat Symptoms (Key Characteristic)

- Tremendous itching anywhere in the mouth (gums, throat, all over), especially the upper palate
  - Scrape their tongue to try to scratch anywhere they feel dryness and itching
  - They will snort, hawk, grunt; do anything to try to scratch the itchy areas
- Dryness of the mouth; mucus membranes feel very dry, look dry and raw, and feel burning
  - There is scanty saliva that is thick and does not relieve the dryness or burning
- Swelling of the uvula; causing tickling irritation in back of throat
- Throat has swelling, burning, feeling of something there; causes constant swallowing (doesn’t help)
  - Voice may be hoarse; almost like laryngitis – along with dryness of the throat
  - May want constant sips of cool or cold water to relieve burning and irritation

Nose Symptoms

- Inside the nose feels dry, burning, raw; accompanied by clear, excoriating watery nasal discharge
- They can feel the swollen mucus membranes in the nose, which causes constant irritation as if something is inside the nose
  - Not diminished by any effort (blowing the nose, scraping the back of the throat, etc)
- Sneezing accompanied by excoriating, watery nasal discharge; making the nose sore inside
- Generally sensitive to and aggravated by the smell of flowers
- Swelling and irritation in the nose may lead to headaches from swelling of sinuses
  - With headache and sinusitis, the head feels heavy, congested, and full; the eyes feel heavy

Common Accompanying Symptoms (not always seen)

- Eyes are dry and burning, with itching of edges of eyelids; may be tearing
- Irritation in mouth may extend to throat and chest, leading to a dry, teasing or asthmatic cough

Mental and Emotional Characteristics

- Anxious and apprehensive about their state; dread becoming sicker
- Depressed about their symptoms; may feel sad, alone, and as if no one cares or will help
- Confused, cloudy-headed, and averse to concentration

What makes it better and worse overall?

- Worse: Generally worse in the afternoon and early evening (opposite of many other hay fever remedies which have morning and night time aggravations), worse flowers, dry air