

FORWARD MARCH
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CORYZA AND HOMEOPATHY

Coryza or common cold is a viral infectious disease of the upper respiratory system. It is a most frequent infectious disease with a rapid onset. There is inflammation of the mucous membranes lining the nasal cavity which usually give rise to the symptoms of nasal congestion, loss of smell, sore throat, running nose, fever, burning and tickling sensation in nose, sneezing, obstructed nose with watery discharge, chilliness. As compared to adults, children are more prone to the acute attacks of coryza.

Common cold usually follows following four stages:-

1. Stage I – It is marked by sore throat, sneezing and watery discharge.
2. Stage II – It is marked by creamy discharge, less sneezing and cough.
3. Stage III – It is marked by yellow discharge, loose cough and pain in chest.
4. Stage IV – In this stage discharge becomes greenish with thick lumps while coughing.

CAUSES :- Causes for the coryza may include weather change, cold winds, allergic to dust, strong smell, sudden temperature change.

COMPLICATIONS :- Most of the patients do not develop complications and acute symptoms subside within 3 – 5 days. Only few patients develop following complications:-

- Pneumonia
- Sinusitis
- Bronchitis
- Otitis media

HOMEOPATHY AND CORYZA:- Homeopathy works directly on strengthening the immune system of the individual. For chronic attacks patients need constitutional treatment on the basis of the signs and symptoms to reduce the reoccurrence of attacks and to build resistance. For acute attacks, medicine can be prescribed according to the symptoms of the patient, to subside the acute phase.

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