

Autumn problems and gemmotherapy - 1 Flu and viral infections

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Gemmotherapy is a useful therapy in the treatment of various health conditions. Every period of the year has its special influence over one's health. Autumn is a transition season in North Hemisphere, between the warm and dry summer and the cold and wet winter (in many countries).

The difficulties of the immune system to adapt to these changes may be seen in many small epidemics of viral infections, of respiratory troubles, from allergic rhinitis to chronic bronchitis and in more extended flu epidemics.

Flu

The treatment is mostly the treatment of the symptoms and the support of the immune system of the body.

Gemmotherapy could have an important role to play in the treatment of flu cases. The most common symptoms of flu are fever, general soreness of the body (painful muscles, headache, painful eyes etc) and catarrhal symptoms.

Best combination of gemmotherapies to treat this picture is:

Ribes nigrum (Blackcurrant), young shoots, D1 - the biggest anti-inflammatory, immune-stimulating and CSR protector of all gemmoderivates. It is the main preparate indicated in the treatment of viral infections, in all acute local and general inflammatory syndromes. Has a regulator action over the mucous membrane of the respiratory tract, being indicated in rhinitis, pharyngitis, tonsillitis and other -itis at the level of the respiratory tract.

Quercus pedunculata (Oak), buds, D1 is a revitalising remedy for a tired body. It helps the immune system, it supports the cortico-suprarenal (C-SR) gland (having an anti-stress effect) and has a general detoxification effect. It is important in all different pains in muscles, joints and other parts of the body (anti-algic effect), together with *Ribes nigrum*. Has a slight euphoric effect and anti-allergic properties.

For prevention purposes, the two preparates can be used

- *Ribes nigrum*, 30-35 drops in water, in the morning, daily, 1-2 months (during the cold season or during the epidemic of flu)
- *Quercus pedunculata*, 30-35 drops in water, in the evening, 1-2 months.

The use of the two preparates helped many of my patients, especially children, teenagers and old patients to stay in good condition during epidemics of viral infections or flu.

In the case of acute episode of flu, the use of the remedy could be more frequent, according to the evolution of symptoms.

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Clinical case:

November 2008, little girl, 9 years old, with asthmatic antecedents, but presently in a balanced state, acused sudden onset of acute headache, with high fever (39), pain in muscles all over the body, aggravated when trying to lay on bed. The bed seemed too hard and she became restless. Weakness, general state of lassitude, moderate respiratory catarrh (congestion of eyes, sneezing, watery discharges from nose, moderate obstruction of nose, moderate sore throat). The onset of troubles was sudden, at 10 pm and mother had in the house only the gemmoderivates she had for the support treatment of the girl (**Ribes nigrum and Viburnum lantana**). She remembered a disscution we had in the past and started to give the little girl Ribes nigrum (Blackcurrant), 30 drops in water, every hour. She managed to give 4-5 doses and the fever dropped a little so the girl was able to sleep. Then she continued with the hourly dose, until she reached my practice next day, in the afternoon.

The little girl had a moderate fever, the general state was a little better, respiratory catarrh was definitely better (according to mother), I saw no objective congestion, just some watery discharges from nose. She drank a lot of water and already started to perspire (she couldn't ate or drank or perspire at the onset of problems).

We decided to continue the gemmotherapy and because the muscle pains were still present, we decided to alternate Ribes nigrum with Quercus pedunculata every hour.

The girl slept much better the second night, fever was down after 48 hours. Mother gave the preparates every 2-3 hours, in alternation, for the next 3-4 days.

Then she gave Ribes nigrum in the morning, Quercus pedunculata at noon and Viburnum lantana in the evening, for the next 14 days. We wanted to protect the little girl during convalescence, and we wanted to prevent her asthmatic bronchitis to flare up.

It was a good experience, to treat an acute viral infection (probably a flu-like viral infection) only with gemmotherapy. In many other episodes we have used gemmotherapy together with homeopathic remedies and other supplements.

From the above case and from other cases we learned that gemmotherapy can be used in acute cases, as well as prevention during epidemics of viral infections.

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Viral respiratory episodes

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In winter and spring, in our temperate climate countries, the main problems of our patients are the viral respiratory infections. Symptoms are many and variable, according to each person, but constant there is a nasal catarrh, in different degree (with or without obstruction, with or without discharges), there is a throat problem (with or without cough, with or without hoarsness, with or without discharges) and there is a general physical weakness (with or without fever, chills or other symptoms).

We can use many gemmopreparates, in different combination, according to the symptoms of the patient and their general health and constitution.

The gemmotheraphic pharmacy may have for us:

- ***Betula verrucosa (Silver birch), buds, D1*** – very useful in the catarrh of the respiratory mucose membranes, in rhinopharyngitis and nasal catarrh, mainly with watery or mucous discharges. It is mainly indicated in children and teenagers. Can help with the fever and chills in many respiratory problems, due to its cleaning general action of the body and its immune stimulation (at the liver, spleen and kidneys level)
- ***Carpinus betulus (Hornbeam), buds, D1*** is very useful in nasal catarrh, with sinusal inflammation, in pharyngeal and bronchical inflammation with catarrh and discharges. One of the most important remedies in coughs, in acute bronchitis with loose cough (with *Lonicera nigra*) or chronic bronchitis, with many discharges, difficult to eliminate (with *Fagus sylvatica*). Very useful in spastical cough, with spasm of the smooth muscles of the respiratory tractus (together with *Viburnum lantana*).
- ***Lonicera nigra (Black Honeysuckle), young shoots, D1*** is an important remedy for acute bronchitis, with a lot of cough with discharges (with *Carpinus betulus*), when the general state of the body is affected (fever, chills, some muscle pains). Is an important remedy for flu, when the respiratory symptoms have already evolved to spasms of respiratory muscles. Could be used also for the dry, spastic cough, with *Carpinus betulus* and *Viburnum lantana*. In the same time, is a remedy that protect and support the activity of the liver and the general immune system of the body.
- ***Ribes nigrum (Blackcurrant), buds, D1*** is the greatest systemic anti-inflammatory and immunity stimulant preparate. The main use of the Blackcurrant gemmotherapeutic is for the treatment of inflammatory states, viral or bacterian. Its main indication are every inflammation of the respiratory level – nasal, throat, ear, eyes, bronchitis, laryngitis etc. For its main action on the SR glands has an important destressing action and a general tonic and supporting action on the body. We tend to use it almost constantly in all the strategies of treatment of acute respiratory troubles, with a frequency according to the intensity of the symptoms. An important mention about the remedy is the following – is the main preparate that increases the general resistance of the body to cold. So could be

extremely useful in the cold period, as a preventive, but also in the treatment of all troubles triggered by cold weather.

- ***Rosa canina (Wild dog rose), young shoots, D1*** is the main remedy for local and recurrent respiratory inflammation. Has an important anti-inflammatory and anti-allergic action. It is useful in flu prophylaxis and the treatment of convalescence, but can be used in acute episodes, whenever there are bones and muscles pains. The remedy has a marked osteoblastic activity, so it increases the resorption of calcium in bones and muscles and is able to support the anti-algic action of other preperates. Usually it is combined with *Ribes nigrum* and/or other gemmoderivates.
- ***Viburnum lantana (Mealy Guelder Rose), young shoots, D1*** is an important neuro-vegetative regulator, has an anti-spastic and anti-allergic action on the respiratory system. It has a sedative action over the neuro-vegetative system of the lungs and stops the bronchial spasm, normalising the respiratory functions. It is indicated in all cases of strong, dry, spastic cough, with or without dyspnoea (breathlessness), that could be associated or represent complications of viral infections. For the dry, spastic cough could be associated with *Lonicera nigra*.

For the improvement of the general energy of the body during the episodes of viral infection, one can use preperates such as:

Quercus pedunculata (Oak), buds, D1, considered a revitalising and general tonic for weak bodies (after viral infections or flu).

Sequoia gigantea, young shoots, D1, with an energetic, tonic and general stimulation action for the body. It increases the 17-cetosteroids, substances produces at the SR level, with a slight euphoric (emotional well being) and eutrophic (improving physical function of tissues) action.

Autumn problems and gemmotherapy - 4 Other respiratory troubles

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In the winter season, there are many other disturbing respiratory troubles, caused by the cold weather, cold wind or wet and cold air.

Acute sinusitis

= represents the inflammation of the mucous membrane of the nasal sinuses (the hollow spaces in the bones, near the nose, that helps for reverberating of sounds)

Discharges, that are watery or pus-like could fill and block the sinuses, with unpleasant symptoms such as headaches, local pains, nasal obstruction and chronic discharges from the nose.

The main gemmotherapeutic strategy, according to dr. Pol Henry, to clean the sinuses problem is the combination:

Alnus glutinosa (Black Alder tree), buds, D1, 30-35 drops in water, in the morning

Ribes nigrum (Blackcurrant), buds, D1, 30-35 drops in water, at noon and at night, for 21-30 days.

Acute laryngitis

= represents the inflammation of the larynx, manifested with hoarseness of the voice and cough. Could come in the same time with a viral infection or could manifest alone, after the exposure to dry, cold wind.

The main gemmotherapeutic strategy to treat the acute laryngitis is:

Ribes nigrum (Blackcurrant), buds, D1, 30-35 drops in water, 1-2 times a day

Rosa canina (Wild dog rose), young shoots, D1, 30-35 drops in water, 1-2 times a day and

Lonicera nigra (Black honeysuckle), young shoots, D1, 30-35 drops in water, 1-2 times a day, for 10-14 days.

Convalescence of the viral respiratory problems

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For the convalescence of the viral respiratory problems we have the best prepartate:

- **Prunus spinosa (Blackthorn), buds, D1**, that is a general tonic and stimulator of the body, especially after a difficult physical problem that affected its general energy.

It is indicated when there is a physical and emotional weakness after a stressful situation or disease, with or without anorexia or other appetite troubles. Is especially indicated in the lack of appetite of children, after a viral infection or flu.

It stimulates the immune system, when this suffered a negative impact from different environmental factors, pollution, chemicals, viruses and germs and helps to reduce the convalescence period after flu and other severe respiratory troubles such as bronchitis or pneumonias.

Has other important supportive action on heart, kidneys and digestive tract (on smooth muscles from the structure of the above organs) with an important antispastic and general relaxing action.

It has a mental and emotional relaxing action, being useful for diminishing the fear and anxiety associated with acute illnesses such as flu and viral episodes.

For the convalescence after flu, there is a general strategy that helps children, as well as adults:

Rosa canina (Wild Dog Rose), young shoots, D1, 30-35 drops in water, 1-2 times a day and

Prunus spinosa (Blackthorn), buds, D1, 30-35 drops in water, 1-2 times a day, for 30 days.

The above combination improves appetite, helps the body to get rid of the last symptoms of the viral infection or flu (discharges, cough, nasal obstruction etc) and protects the body from other aggressive viruses or germs that exists in the same time in the colectivity