

Acute viral influenza

By the Medical Writer

Babies are born with a relatively immature immune system, and it seems that the banal diseases of childhood are necessary to train the immune system and especially the Th1 cells. When we generate fever, we activate these cells and if we have a reactive organism, and the little ones learn to regulate the immune system back to a balance between the inflammatory system and the anti-inflammatory system, the immune system functions optimally for the rest of the individual's life.

If we keep suppressing the attempt of the body to mount a Th1 response, by firstly preventing any acute infection (vaccination) and then giving anti-fever medication at the slightest attempt of the body to mount a Th1 response, the body will not be as responsive to acute infections in the future. If this carries on long enough, we see people handling infection poorly, or individuals that are not able to get acute infections at all. This is not a good state to be in, as this constellates the non-reactive population as seen from an immune system perspective.

Parmenides (540-480 BC) wrote the famous words: "Give me the power to create a fever, and I shall cure all disease." This was practiced by the German contemporaries of Hans-Heinrich Reckeweg, who would induce malaria in their cancer patients to generate fever. It is always difficult to decide when to treat infection with suppressive medicines, and there are instances where one is forced to do so, for instance when the process is threatening to overwhelm the patient, or when the infection is not treatable through regulation therapy. However, in most cases of banal infection and also in the case of certain infections where no definitive treatment is available, as in many viral diseases, the treatment of choice should be that of increasing the innate defenses of the body. This always implies a biological approach and mostly a regulatory one such as Homotoxicology.

Although viral flu can be severe and fatal in selective groups of patients, notably those with a pre-existing immune suppression or in the elderly, in most patients it is a self-limiting disease. However, treating it with homeopathic medicine can shorten recovery time and minimize symptoms. We want the patient to have a reaction to the virus, not suppress this, and in reactive patients, this will include the effects of cytokine activity such as fever (Interleukin 1), feeling of illness and light depression (Interleukin 6), muscle pain and weakness (Interferon γ). If the flu entails long recovery time, we can use some "mop up" remedies. Post-viral fatigue is normal in most people, but in general should not last longer than two weeks.

Time of onset	Main symptoms covered / Reason	Dose
Acute onset (at the first appearance of symptoms)		Acute massive initial dose
Gripp-Heel	Shivering, bone pain, fever, sore throat	1 tablet every 10 minutes for 8 doses
Engystol	Antiviral action and stimulation of the non-specific defenses	
Gelsemium-Homaccord	Muscle pain and weakness	10 drops every 10 minutes for 8 doses

BED REST AND LOTS OF FLUIDS SHOULD ALSO BE ADVISED

Sub-acute		
Gripp-Heel	As above	1 tablet 3 times a day
Engystol	As above	
Echinacea compositum forte*	Increase phagocytosis, antiviral and antibacterial	In severe cases, 1 tablet 3 times a day, or 1 oral vial 3 times daily, otherwise once daily for 3 days
Lymphomyosot/Lyphosot	For swollen glands and drainage	1 tablet or 10 drops 3 times a day
Slow recovery "mop up" remedies		
Gelsemium-Homaccord	Gelsemium for post-viral fatigue	10 drops 3 times a day
Viscum compositum or Visceel	For patients staying too long in a TH2 state	1 ampoule daily or one tablet 3 times daily of Viscum compositum, or 10 drops of Visceel 3 times per day

*Note: Nosodes are generally used sparingly and not in acute diseases. The exception is the bacterial and flu nosodes, as contained in Echinacea compositum forte, which have an intense immune stimulating effect. This is generally only used for short periods of time to avoid over stimulation.