

Homeopathic remedies to consider if you suffer from hayfever.

Hayfever in the Spring:

Allium Cepa  
Arsenicum Album  
Gelsemium

Hay Fever with Asthma:

Allium Cepa  
Ambrosia  
Arsenicum Album  
Iodum

Hay Fever with a Runny Nose:

Allium Cepa  
Arsenicum Album  
Euphrasia  
Sabadilla

Hay Fever with Sneezing:

Allium Cepa  
Natrum Muriaticum  
Nux Vomica  
Pulsatilla  
Sabadilla  
Sanguinaria  
Sulphur

Hay Fever with a blocked nose:

Arsenicum Album  
Arum Triphyllum  
Kali Bich  
Natrum Muriaticum  
Nux Vomica  
Phosphorous  
Pulsatilla

Hay Fever with Itching:

Arum Triphyllum  
Arundo  
Sulphur  
Wyethia

Hay Fever with Eye Symptoms:

Allium Cepa  
Ambrosia  
Apis  
Arsenicum  
Euphrasia  
Natrum Muriaticum  
Nux Vomica  
Pulsatilla  
Sulphur

Check the remedy table below for more detail.....

Allium Cepa	<p>Eyes and nose run like a tap          Burning nasal discharge causing sore nostrils and upper lip          Eyes itch and water profusely but do not burn (opposite of Euphrasia)          Frequent, violent sneezing, nose may feel completely blocked.          Eyes are sensitive to light          Tickly cough          Thirsty          May crave or feel better for eating onions          Hayfever in the Spring          Worse in morning, evening, indoors, warm room, odour of flowers; Better in open air</p>
Ambrosia Artemisaefolia	<p>Intolerable itching of eyelids          Profuse tears due to smarting and burning of eyes          Sneezing and watery nasal discharge. Nose and head feel stuffy. Nose bleeds.          Asthmatic attacks; wheezy cough</p>
Apis Mellifica	<p>Nasal congestion with stinging pain, improved by cold air          Puffy, red swelling of eyelids, lips, mouth, throat, ears and/or face with itching, prickling, burning and/or stinging          Conjunctiva swollen and puffy, like a blister          Profuse, hot tears; photophobia, but cannot bear to cover eyes          Constriction of throat, laryngeal spasm; sensation of suffocation (anaphylaxis) - seek urgent attention          Worse heat, warm room/food/drink, touch, pressure          Better cool air, open air, cold bathing, cold compresses, uncovering.</p>
Arsenicum Album	<p>Bunged up watery, runny nose which drips constantly.          Violent tickling inside nose; burning eyes with hot, acrid tears          Discharge burns the skin and sores may form inside the nostrils          Burning pains in nose, eyes and throat which are better for heat or hot drinks.          Sneezing on waking.          Very light sensitive          Wheezing cough, asthma          May feel chilly, restless, anxious, needy, picky and is often very tired.          Worse open air, cold air, change of weather, right side and from midnight to 2 a.m.          Better in a warm room</p>
Arum Triphyllum	<p>Intense itching, tingling, painful prickling of nose, lips, tongue, throat and larynx          Constant boring into nose and picking at lips until sore and bleeding, especially in children          Obstructed nose, must mouth-breathe          Acrid, watery, blood-streaked nasal discharge, causes raw sores          Corrosive saliva; throat, mouth, tongue, and palate may burn, making it difficult to eat or drink despite having a thirst.          Hoarseness with peeling or chapping of the lips          Sneezing is worse at night          Very irritable, stubborn and nervous;          Worse cold damp, cold winds, overuse of voice, lying down; Better warmth</p>
Arundo	<p>Everything itches          Annoying, burning itching of nose, mouth, palate, ear canals and eyes, but especially the roof of mouth          Bluish nasal discharge          Profuse salivation during nasal discharge          Sneezing from itching of nostrils          Running nose with loss of smell</p>

Euphrasia	<p>Profuse, burning, hot, scalding tears from the eyes  Eyes inflamed: extreme irritation, burning and itching. Light sensitive, swollen and watery, better blinking frequently  Wakes in the morning with eyelids sticky and crusted. Tears can irritate skin  Nose very runny and watery but the discharge doesn't burn (opposite of Allium Cepa)  Intense sneezing  Worse morning, warm breezes, wind, indoors  Lying down makes the nasal discharge worse as well as the watering eyes but improves the cough/asthma</p>
Gelsemium	<p>Hay fever which occurs with every change of weather, especially spring, along with sneezing early in the morning  Tired, droopy, drowsy feeling during allergies  Flushed and dull, heavy-feeling face  Aching in the back of the head and neck, a trembling feeling, and chills along the spine  Dry, stuffy nose with thin, watery, irritating discharge  Violent sneezing from tingling in nose  Thirstless  Worse heat of summer, humidity, before storms  Better open air, sweating, profuse urination</p>
Iodum	<p>Asthmatic persons who breathe heavily when quiet  Shortness of breath on the least exertion or talking</p>
Kali Bichromicum	<p>Thick, stringy, green or yellowish mucus from the nose or throat, hard to expel  Thick postnasal drip with frequent hawking  Pain at the root of the nose relieved by hard pressure  Aching fullness in nasal bones and sinuses  Violent sneezing  Loss of smell  Chilly. Thirsty  Worse cold damp; Better warmth</p>
Natrum Muriaticum	<p>Profuse, watery nasal discharge, like egg-white, lasting one to three days then becomes stopped up and difficult to breathe  Often starts with sneezing, especially in early morning  Stuffiness alternates with runny nose  Loss of taste and smell  Hammering headache above eyes  Eyes watery, gritty; itchy inner corners of eyes; swollen eyelids  Thirsty, dry mouth, cracks at the corner of the mouth. Cold sores  Sad mood. Craves salt  Worse heat, sun, wind, from 9 a.m to 11 a.m  Better outside, cool bathing.</p>
Nux Vomica	<p>Spasmodic sneezing, streaming from the eyes and nose  Very runny nose in the morning and during the day; dries up in open air  Horrible dry, raw stuffed up nose at night and in bed  Nose feels blocked but there is watery nasal discharge through one nostril  Irritation of eyes, nose and face; itching in eustachian tubes, compels swallowing  Irritable, impatient mood.  Oversensitive to odours/light/noise  Very chilly  Worse cold dry, drafts, uncovering, early morning, outside, eating  Better warmth, hot drinks, damp atmosphere, rest, free-flowing discharges</p>

Pulsatilla	<p>Watery discharge from the nose and eyes which doesn't burn.  May lead to an infection with a profuse, thick, creamy yellowish / green discharge  Red, itchy, swollen eyelids, better for a cold compress.  Stuffy nose, worse warm room, indoors, lying down, better walking in open air  Frequent sneezing  Sore nostrils  Very sensitive to all pollens.  May have wheezing and cough, worse on lying.  Thirstless  Weeps quite easily; sensitive; changeable moodiness; clingy neediness  Symptoms worse being overheated.  Better company and consolation, air conditioning</p>
Sabadilla	<p>Violent, spasmodic sneezing that exhausts the person and make the eyes water.  Nose stuffed up.  Itching or tickling inside the nose with irritating watery discharge  Feeling of a lump in the throat  Itching of soft palate  Watery eyes with red and burning eyelid margins  Symptoms worse in the open air, better in a warm room.  Dry mouth but little thirst.  Chilly  Sensitive to odors, can't tolerate odor of garlic  Symptoms worse in open air and especially for flower pollen.  Better for a warm room and warm drinks.</p>
Sanguinaria	<p>Chronic rhinitis or hay fever complicated by nasal polyps  Dryness and burning of ears, throat and nasal passages</p>
Solidago	<p>Burning, stinging eyes.  Paroxysms of sneezing with mucus discharge from nose.  One of the main remedies for people allergic to house dust mite.</p>
Sulphur	<p>Watery, burning nasal discharge, or a blocked nose, when outside.  Frequent sneezing.  Blocking of nose on alternate sides.  Burning pain in eyes.  Symptoms worsened by warmth and becoming warm in bed.  Better for being in open air.  May be lazy, opinionated, and desire sweets, alcohol, and spicy food.</p>
Wyethia helenoides	<p>Intolerable itching of the roof of the mouth, makes "clucking" noises when trying to scratch it with tongue  Extreme itchiness of eyes, nose, ear canals, skin and throat  Throat feels swollen; back of throat is dry and burning; and sensation as if something were in nasal passages.  Extreme dryness of nose, mouth and throat, despite salivation; constant hawking or desire to swallow to relieve dryness  Everything in the person's head feels dry and irritated, but the nose may still be runny with burning discharge  Dry wheezy cough  Depressed, nervous, weak and lethargic  Sweats easily  worse during afternoon</p>