

Homeopathic ways of preventing or minimizing flu symptoms

Influenza or the flu is an acute viral respiratory infection which is characterized by a sudden attack of fever, muscle aches, bronchitis and weakness

There are 2 homeopathic remedies which are widely used to either prevent or minimize flu symptoms: Influenzinum and Oscillococcinum. The results of double blind studies seem to indicate that Influenzinum has a very important role in the prevention and cure of the flu and Oscillococcinum is useful in shortening the duration and lessening the severity of symptoms caused by this disease. That said, many homeopaths, including myself have found Oscillococcinum to prevent the flu, as well as, minimize the discomfort. More research is needed.

<http://www2.cochrane.org/reviews/en/ab001957.html>. American Homeopath, 2006. vol.12 pg.9

- **Influenzinum** is a homeopathic remedy made from the current influenza vaccine. It is safe, effective, affordable, and becoming more popular each year. It is made by Boiron and may be purchased online. The popular potency is 9C. I have used this myself for the last 3 years and have recommended this to my patients. So far, only one person has developed the flu and 2 others developed mild symptoms. Take one dose (3 pills) one time per week. If you are in close proximity to someone who has the flu, take one dose per day. (more)

In 1998 the French Society of Homeopathy conducted a survey of 23 homeopathic doctors concerning their use of Influenzinum as a flu preventive. The survey included use of Influenzinum over a 10 year period (from 1987 to 1998) in 453 patients.

Different doctors prescribed this homeopathic medicine differently. Weekly doses were used by 26 percent of participants and monthly dosage by 23 percent. Another 16 percent used a weekly then monthly dosage plan, and 35 percent applied some other dosage protocol. The majority of respondents - 80 percent - began treatment in the fall (September through November) and ended between February and April. The results:

- In approximately 90 percent of the cases, no instances of the flu occurred when Influenzinum was used preventively no matter what the dosage protocol. Only in 5 percent of the cases was there was no protective effect.
- Physicians rated the medicine good to very good in 90 percent of the cases.
- Among patients, 98 percent expressed a desire to take the same preventive treatment the following year



- **Oscillococcinum** (Anas Barbarae) is a remedy prepared from the heart and liver of the Muscovy Duck, a common source of the influenza. Oscillococcinum works rapidly, with 63 percent of patients showing “complete resolution” or “clear improvement” at 48 hours.*¹ In a double-blind, placebo-controlled clinical trial, the recovery rate within 48 hours of treatment was significantly greater in the group that received the active. Oscillo works best when taken early, so it’s helpful to keep it on hand. Here’s a little secret. You can save yourself some money if you order Anas Barbarae 200C from a homeopathic pharmacy. One bottle will last years. One dose is only 2 pills. It’s the very same remedy as Oscillococcinum but at a very low cost.² References:
 1. Papp R, Schuback G, Beck E, et al. Oscillococcinum in patients with influenza-like syndromes: a placebo-controlled, double-blind evaluation. Br Homeopath J. 1998;87:69-76.