



Combating Monsoon-Related Illnesses with Homoeopathy

By: H/Dr. Shaista Sarfaraz

After the relentless summer heat, the rain provides a much-needed and refreshing change for everyone, but it also increases the risk of various diseases due to contaminated food and water. The humidity and sudden changes in weather, along with the increased breeding of bacteria, viruses, and insects, can lead to infections such as fever, colds, cough, diarrhea, dysentery, typhoid, malaria, dengue, pneumonia, and more. If not treated promptly, these can result in severe complications.

However, by taking proper precautions, we can prevent many of these illnesses and their complications. Here are some common monsoon diseases and the precautions you can take to protect your health:



Common Cold

Runny nose, constant sneezing, headache, and recurrent sore throat are common symptoms. It affects all age groups. It is a common disease in the rainy season; probably that is why it is known as the common cold. It is infectious but not that serious.

- Precautions:

- Avoid sharing towels and handkerchiefs.
- Wash your hands frequently when touching different surfaces used by many people.
- Cover your mouth when you sneeze to prevent spreading the cold to others.
- Avoid exposure to rain for long periods.
- Keep children away from infected family members.
- Maintain a normal air-conditioner temperature and avoid ice cream.

Homoeopathic Medicine



Aconite 30
Sudden fever



Allium Cepa 30
Thirst, nausea.



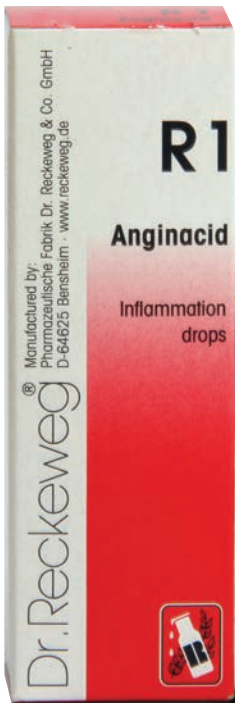
Belladonna 30
Red, bluish-red face



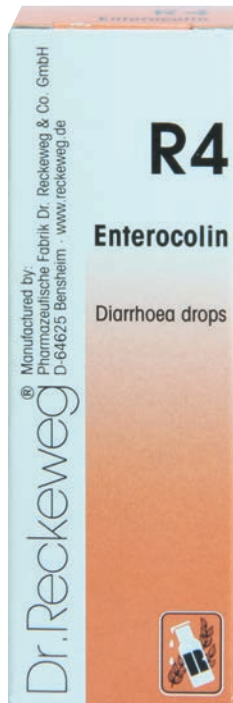
Euphrasia 30
Conjunctivitis, discharge



Dulcamera 30
Cough worse in cold, wet weather



R-1
Inflammation Drops



R-4
Diarrhea Drops



R-5
Stomach Drops



R-6
Influenza Drops



R-78
Eye-care Drops

Dosage:

Every patient is unique, so the dosage may vary based on the disease, age, symptoms, complaints, and medical history. A qualified homeopathic doctor can suggest the right dosage and application. However, the standard dosage is usually 10 drops in a sip of water per day.

Typhoid

This highly infectious disease spreads during the monsoon through contaminated food and water. Symptoms include prolonged fever, severe abdominal pain, headache, and diarrhea or constipation.

Precautions:

- Consume safe food and water.
- Thoroughly wash fresh vegetables and fruits before eating raw.
- Practice good hand hygiene to prevent spreading the disease.
- Get vaccinated if traveling to areas where typhoid is common.
- Drink plenty of fluids to prevent dehydration.
- Continue precautions even after recovery, as the disease can relapse.

Homoeopathic Medicine



Baptisia30
Fever



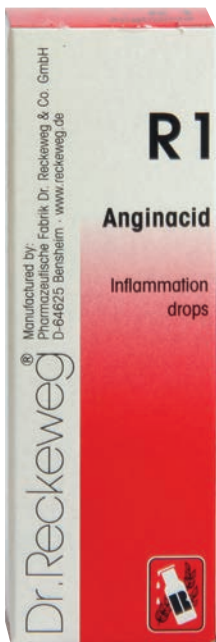
Acid mur30
vomiting



Ars alb30
Sneezing



Gelsemium30
Burning in eyes



R-1
Inflammation Drops



R-26
Regeneration drops



Vita - C 15 Syrup
Nerve Tonic



R-45
Laryngitis drops

Dosage:

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Malaria:

Malaria is one of the most common diseases in monsoons. The disease is spread by Female Anopheles mosquito. Since there is a problem of water logging during the rainy season, mosquitoes get conducive conditions to breed. This is the most dangerous disease in India with the highest number of deaths credited to it. Fever at regular intervals, bouts of shivering, muscle pain and weakness are the symptoms that a patient shows while suffering from Malaria.

Precautions:

- Use mosquito repellents and nets to prevent bites.
- Eliminate stagnant water to prevent mosquito breeding.
- Use DDT in nearby drains.
- Seek immediate medical attention for high fever.

Homoeopathic Medicine



Natrum Mur 30
Cutting pain in abdomen



Chininum Sulph 30
Itching skin



Crotalus-hor 1M
Increase Platelets



Carica- papaya-Q
Jaundice, Hepatitis



R-1
Inflammation Drops



R-6
Influenza Drops



R-73
Osteo-arthritis Drops



R-37
Intestinal Colic drops

Dosage:

Every patient is unique, so the dosage may vary based on the disease, age, symptoms, complaints, and medical history. A qualified homeopathic doctor can suggest the right dosage and application. However, the standard dosage is usually 10 drops in a sip of water per day.

Dengue:

Dengue is caused by mosquitoes and includes symptoms like sudden fever with chills, intense headache, severe muscle and backbone pain, vomiting, tastelessness, weakness, dry tongue, constipation, reddish eyes, puffiness on the face, and a characteristic skin rash.



Precautions:

- Use mosquito repellents and creams.
- Wear full-sleeve shirts, full pants, and socks.
- Use bed nets for infants, young children, and elderly during the day.

Homoeopathic Medicine:



Natrum Mur 30
Cutting pain in abdomen



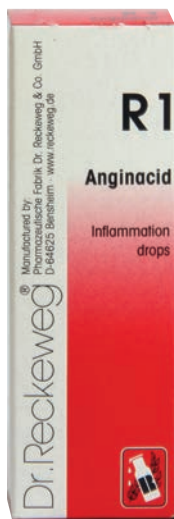
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Cholera:

Poor hygiene conditions and contaminated food and water also lead to cholera. Diarrhea and vomiting are common symptoms. Cholera infection is often mild or without symptoms, but can sometimes be severe, with profuse watery diarrhea, vomiting, leg cramps leading to a severe loss of water from the body.

The precautions include plenty of fluids to avoid dehydration. Oral Rehydration Salt (ORS) is used to prevent dehydration. Standard home solutions such as salted rice water, salted yogurt drinks, vegetable and chicken soups with salt can be given. Home solutions such as water in which cereal has been cooked, unsalted soup, green coconut water, and unsweetened fresh fruit juices. World Health Organization (WHO) recommends a child with diarrhea should be fed continuously. Continued feeding speeds the recovery of normal intestinal function. In contrast, children whose food is restricted have diarrhea of longer duration and recover intestinal function more slowly.

Homoeopathic Medicine



Veratrum Alb 30

Pain in abdomen
preceding stool. Cramps



Camphor 30

Severe muscular pains



Cuprum Met 30

Cholera; with cramps
in abdomen

Hepatitis A

This disease spreads through the fecal-oral route via contaminated food and water. It is usually a short-term infection with symptoms lasting up to three months. Vaccination can protect against hepatitis A, especially when traveling to areas where it is common.

Precautions:

- Avoid eating uncovered food exposed to flies.
- Drink safe water.

Homoeopathic medicines



Chelidonium 30

Jaundice due to hepatic
and gall-bladder obstruction



Thuja 30

Skin pigmentation (chloasma)
freckles, fungal infection



Lycopodium 30

High sensitivity to noise
and smells



R-7- Liver and Gallbladder drop



R-37 Intestinal Colic drops

Some other diseases that get aggravated during monsoon:

Allergic Asthma: This is more severe in its intensity and frequency during the monsoons because of weather changes and the associated dampness in the environment.

Amoebiasis (infection of the intestines)

is a very common problem during the monsoons, as the parasite *Entamoeba histolytica*, which is responsible for it, tends to survive for longer under warm and moist conditions. It enters the body through contaminated food or water and produces diarrhea or dysentery with blood and mucus.

Fungal infections are common during the monsoons because of constant dampness and the possibility of coming in contact with filthy water. The moisture present in the environment helps the fungi to grow and thrive, especially in skin folds such as the groins or between the toe.

Gastro enteritis infections (bacterial/viral) of the gastrointestinal tract.

It gives rise to several problems such as stomachache, diarrhea and vomiting, causing loss of body fluids that in turn lead to dehydration. Children are usually affected. Unhygienic surroundings, contaminated water and food items, and overcrowding.

Monsoon also brings diseases like Conjunctivitis, tonsillitis, earache, pneumonia, diarrhea, dysentery, vomiting.

General care and precautions during monsoon

Avoid taking food from outside vendors as that might be infected by flies and bacteria

- Always try to take filtered water and warm drinks.
- Use a powerful insect repellent to hold mosquitoes away and prevent getting bitten. It's a furthermore good concept to take the anti-malarial drug during this monsoon.

- Where likely, try to avoid walking through rainy water. It can lead to numerous fungal diseases of the feet and heels.
- Keep the items like Umbrella, raincoat, etc. when you are going out.
- Take moderately hot food and drinks in this monsoon.
- Keep away the children to play in the rain and rainy water.
- Also avoid walking where water is lying on the street, as traffic will propel by and spray it all over you.
- Dry your feet when they get wet.
- Avoid colds and coughs by keeping your body moderately hot and dry.
- Don't go in air-conditioned rooms with wet hair and damp apparels.
- If anyone suffers from asthma or diabetes, avoid residing in any place with wet walls. It encourages the development of fungus and can be especially hurtful.
- Drink many of heating herbal teas, particularly those with antibacterial properties.

If you or your loved one's experience symptoms related to monsoon illnesses, consult with a qualified homoeopathic doctor to receive personalized care and effective remedies.

At Dr. Salim Ahmed & Co, we are committed to provide with the best homoeopathic solutions for a healthier monsoon season.
For more information, guidance, or to schedule a consultation, please reach out to us today.

Your health is our priority—let us help you navigate this monsoon season safely and effectively.



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