

Quick Remedy Guide

Remedy

Symptoms

Allium cepa

“onion-like” symptoms; eyes and nose water and burn; acrid nasal discharge

Euphrasia

eyes feel gritty and have burning, watery discharge; frequent sneezing; bland nasal discharge

Arsenicum album

eyes and nose burn and itch; tickling sensation in nose; nasal discharge leaves red marks; painful symptoms helped by warmth

Sabadilla

repeated sneezing fits; very runny nose, sensitivity to odours; sensation of lump in the throat with constant urge to swallow

Arundo

very itchy eyes, nose, insides of the ears and roof of the mouth; some sneezing; loss of sense of smell