



## Homeopathic Remedies for Hay Fever

1. Go through the symptoms listed below.
2. Where the symptom applies to you, check all the "O" across the *REMEDY* columns.
3. After you have gone through all the symptoms listed, count the number of symptoms checked in each *REMEDY* column, and put the number in the last row.
4. Select the Remedy that is the closest match to your symptoms.

SYMPTOMS	REMEDY							
	All-c.	Ambro.	Ars.	Euphr.	Nat-m.	Sabad.	Arund.	Wye.
<b>EYES</b>								
Profuse tears / discharge	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>				
Bland tears / discharge	<input type="checkbox"/>							
Burning tears / discharge			<input type="checkbox"/>	<input type="checkbox"/>				
Itchy eyes / eyelids		<input type="checkbox"/>						
Sore / burning / swollen eyelids	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>		
Sore, gritty, as if sand in the eyes				<input type="checkbox"/>	<input type="checkbox"/>			
Conjunctiva itchy / burning							<input type="checkbox"/>	
Conjunctiva inflamed / red			<input type="checkbox"/>					
<b>NOSE</b>								
Profuse nasal discharge	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
Burning nasal discharge	<input type="checkbox"/>		<input type="checkbox"/>					
Bland nasal discharge				<input type="checkbox"/>				
Nasal discharge like egg white					<input type="checkbox"/>			
Watery nasal discharge		<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>		
Green and slimy nasal discharge							<input type="checkbox"/>	
Discharge clear mucus							<input type="checkbox"/>	
Itchy / tickling inside nose			<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intense sneezing	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>		
Frequent sneezing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Spasmodic sneezing						<input type="checkbox"/>		
Burning sensation							<input type="checkbox"/>	
Pain in root of nose							<input type="checkbox"/>	
Loss of smell (temporary)					<input type="checkbox"/>		<input type="checkbox"/>	
<b>MOUTH/THROAT</b>								
Roof of mouth itchy / burning							<input type="checkbox"/>	<input type="checkbox"/>
Itchy throat								<input type="checkbox"/>
Irritated/swollen throat with dry cough								<input type="checkbox"/>
Dry mouth with little thirst						<input type="checkbox"/>		
Loss of taste (temporary)					<input type="checkbox"/>			
<b>SENSITIVITIES / MODALITIES</b>								
Worse in warm / stuffy room	<input type="checkbox"/>	<input type="checkbox"/>						
Better in warm room			<input type="checkbox"/>			<input type="checkbox"/>		
Better in open air, away from pollens	<input type="checkbox"/>			<input type="checkbox"/>				
General sensitivity to sunlight					<input type="checkbox"/>			
Eyes are sensitive to bright / sun light	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
<b>Number of Symptoms matched</b>								

**Remedy names:** All-c. – *Allium cepa*; Ambro. – *Ambrosia*; Ars. – *Arsenicum album*; Euphr. – *Euphrasia*; Nat-m. – *Natrum muriaticum*; Sabad. – *Sabadilla*; Arund. – *Arundo*; Wye. – *Wyethia*

**Potency:** 30c is normally used for treatment at home, and can be repeated up to three times a day. Stop when there is relief. If there is no improvement after 2 days, stop and change remedy.

*This is a simplified tool to help home prescribing for relief of some key Hay Fever symptoms. Please seek help from a qualified homeopath when there are asthmatic symptoms, or if you cannot find a remedy that provides relief.*

**This tool is not intended to replace medical advice.**