

# Allium

## Allium cepa - Red Onion

*Remedy picture as described in traditional homoeopathic texts.*

Allium is commonly needed in Autumn and Spring and has a reputation for use during the common cold especially in cases where the cold extends to the ears with much pain. The pain can extend to the jaws, face and head with photo sensitivity. The cold starts at the nose with sneezing and a watery acrid discharge 'as if peeling onions'. The eyes usually become red with bland tears. Complaints tend to start on the left side of the nose and then move to the right. Picture the classic glowing red rawness around the nostrils and upper lip. There can be an aggravation from warmth and towards evening and amelioration whilst in open air.

Allium suits colds and hayfever with characteristic symptoms of starting on the left-side, acrid and watery discharge, worse at evening and a warm stuffy room, however before choosing this remedy check to see if the mental/emotional symptoms also match.

### **Mental/emotional symptoms**

In Allium the person not only feels physically unwell but their mind also becomes sluggish and sleepy, they can't think and lack initiative.

### **Physical symptoms**

**Head:** Catarrhal congestive headache mostly in the forehead which is worse in a warm room and towards the evening; tearing, throbbing, bursting. Thread-like pains in the face. Headache ceases during menses and returns when flow stops.

**Eyes and Ears:** Red with burning and smarting. Sensitive to light, profuse bland watery discharge better in open air. Shooting pain in Eustachian tube.

**Nose:** Sneezing with copious watery acrid discharge, especially on entering a warm room. Rawness in the nose or a feeling of a lump at the root of nose. Hayfever. Fluent discharge with headache, cough and hoarseness. Nasal Polyps.

**Respiratory:** Rawness in the larynx and throat extending down to the chest with hoarseness or a hacking cough on inhalation of cold air. Tickling in larynx as if larynx is split or torn. Oppressed breathing with pressure in middle of chest. Constricted feeling in throat and pain extending to ear. People prone to chronic catarrh, which is aggravated during the evening. Cough originating in larynx.

**Stomach and Abdomen:** Insatiable hunger, pain where the stomach meets the small intestines, thirsty, belching and nausea symptoms. Diarrhea and rumbling offensive flatus, colicky pains in left upper abdomen and heat in rectum.

**Extremities:** Symptoms may come on after exposure to damp wet conditions especially getting the feet wet. Limbs especially arms feel lame, sore and tired. Ulcers on heel, painful afflictions of fingers around nails.

**Sleep:** Yawning with headache and drowsiness. Wakes at 2 am.

**Urination:** Sensation of weakness in bladder and urethra. Increased urine along with the fluent nasal discharge; urine red with much pressure and burning in urethra.

### **Keywords**

- Burning pains
- Constant sneezing and runny nose
- Nasal discharge acrid and watery; may burn skin
- Eyes red and irritated with bland tears that don't burn.
- The throat feels scratchy and itchy with a tickly cough
- Headache from congestion

### **Exciting causes**

- Wet feet
- Dampness
- NE winds
- Singing
- Spring

**Modalities**

Better: Cold conditions and open air, except cough.

Worse: Warmth and in the evenings; getting feet wet; spring; peaches.

Desires: Raw Onions; raw food; vegetables

Aversions: None noted.

**Repetition of the dose:** Allium may need to be repeated often, even hourly initially.

**Compare to:** *Euphrasia, Gelsemium, Aconite, Pulsatilla, Nat mur, Nux vomica.*

**Follow with:** *Calc carb* or *Silica* in cases of polyps.

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