

Euphrasia

Euphrasia or Eyebright

Remedy picture as described in traditional homoeopathic texts

This is primarily an eye and sinus remedy. Made from the herb Eyebright, it is often indicated when the membranes of the eyes, nose and sinuses are inflamed, such as in hay fever, sinusitis, or conjunctivitis which produce watery secretion that are acrid.

Mental / Emotional Symptoms

Along with the eye symptoms they may be feeling sad and indifferent, reserved and reluctant to speak; adverse to conversation. A classic sign indicating Euphrasia is frequent yawning while walking in the open air.

Physical Symptoms

Eyes: Inflammation of the eye or eyelids with profuse hot, burning tears and a feeling of grit or sand in the eye. Tears that can be sour, sticky, prickling or irritating. Eyes that water all the time, worse in the cool wind. There may be thick yellow pus from the inner corner of the eye and a frequent desire to blink to clear the mucous. Conjunctivitis. Sensitivity or an aversion to light. Eyelids red, swollen, burning or itchy and may be ulcerated. Euphrasia may also treat cataract or opacities of the eye that occur after injury. Dimmed vision.

Nose: Bland, watery discharge during the day but blocked up in the evening.

Head: Sinus catarrhal headache with profuse discharge from eyes and nose. A sense of bursting or pressure in the forehead and sinuses.

Chest: Hacking cough usually only in the day, hawking up of offensive mucous. Cold and flu. Hoarseness. Stitches under the sternum during an inspiration.

Female: Absence of menses with eye pain or conjunctivitis. Short, painful menses which lasts only an hour a day.

Rectum: Evacuations are hard and scanty; constipation.

Skin: First stage of measles where eye symptoms match.

Sleep: Sleepy during the day. Wakes from fright during the night usually after 3 a.m., has frightening dreams.

Keywords

- Burning, prickling pains
- Eyes feel dry, itchy and full of grit
- Profuse, acrid tears
- Bland nasal discharge
- Burning, red, light sensitive eyes
- Hacking cough only in the daytime

Exciting causes

- Allergies
- Exposure to warm wind
- Measles
- Injury

Modalities

Better: For open air; in the dark; blinking; wiping or bathing the eye

Worse: For bright light; wind; warmth; evenings; sunlight

Desires: Sweets

Aversions: Smoke and smoking

Compare to: *Mercurius, Arsenicum, Rhus Tox, Causticum*