

Homeopathic Healthcare
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Mumps

Mumps has had some press recently with the small outbreak in Charlottesville being reported in the media. As demonstrated during this little epidemic, mumps can arise even in vaccinated individuals. Once developed, there is, of course, no conventional medical treatment for mumps beyond that providing some degree of symptomatic relief. Antibiotics have no efficacy and the illness just has to run its course. Patients have to be confined to prevent passing the contagion on.

While usually a mild inconvenience, some few individuals may suffer one of the complications of mumps, usually orchitis in older males past puberty (inflammation of the testes, possibly leading to sterility in rare cases) or inflammation of the breasts or ovaries in females, or meningoencephalitis (inflammation of the lining of the brain and spinal cord), or pancreatitis (inflammation of the pancreas). The acute mumps illness is usually much worse in adults than in children.

Primary symptoms include: painful swelling of the parotid glands (just below and in front of the ears) and possibly other salivary glands; fever (at times with chills), fatigue, loss of appetite. Many other characteristics can be present as well.

Homeopathic medicine, however, does provide a quite effective, alternate means of therapy of this disease. The correct homeopathic remedy can quickly reduce fever, swelling and pain, and shorten the course of the illness. Of course, prior to initiating treatment, confirmation of the diagnosis by a physician is recommended as on occasion other illness masquerade as mumps. Below are just some of the possible homeopathic medicines for mumps, with prescribing indications.

Dosage: one dose of either the 30C or 200C potency of the remedy every 4-6 hours as needed until improvement sets in; then discontinue as long as improvement continues, repeating for a relapse of similar symptoms. If there has been no improvement after three doses, change to another, hopefully more appropriate homeopathic medicine.

Homeopathic Medicines

Mercurius: one of our best remedies in mumps; more often indicated in the latter stages of the illness; tenderness of the gland; great salivation; offensive, often metallic taste in the mouth, and often a coated and indented tongue (from the imprint of the teeth) are common; the patient is liable to feel alternately hot and cold; the right side is more commonly affected.

Phytolacca: stony hardness of the parotid (and possibly the submandibular glands under the chin) indicate this remedy; the pains tend to shoot into the ear when swallowing; cold, wet weather aggravates the patient. (Another remedy for a very hard parotid gland is *Conium maculatum*; also *Bromium* if the gland on the left side becomes hard and warm).

Pulsatilla: this remedy is commonly indicated for the later effects of the mumps, especially when the illness affects either the testes in boys or the ovaries or breasts in girls, with swelling and tenderness; the patient is worse from heat and warm rooms, usually thirstless, and desires company and comforting.

Carbo vegetabilis: exhaustion and abdominal bloating and gas accompany the infection; the patient is chilly yet desires to be fanned or exposed to drafts.

Jaborandi (pilocarpine): J. Compton Burnett, an English homeopath of long ago, found *Jaborandi* 3X to be his most commonly effective remedy for the mumps; he prescribed it routinely with great success, bringing pain relief swiftly. It can be used as a prophylactic as well; useful too should the disease spread to the testes or breasts. Excessive sweating and salivation are prominent symptoms.

Aconitum: for the early onset of mumps, when fever is high and the patient is very anxious and restless.

Belladonna: usually of great value in the early, acute disease; the glands are swollen, hot and red; sore to pressure; worse on the right side; pains tend to be shooting or pulsating and may extend to the ear; a bright red face often accompanies the fever.

Rhus toxicodendron: dark red swelling of the gland, most often on the left side; aching of the limbs causing great restlessness, with some relief from change of position and movement; worse at night; chilliness.

Lachesis: also a left-sided remedy; the swollen gland has a purplish hue; symptoms are worse after sleep; the gland can be enormously swollen and very sensitive to touch; tension and throbbing are present.

Lycopodium: the glandular inflammation begins on the right side and often spreads to the left; the patient might crave warm drinks; there may be associated abdominal bloating.

Homeopathic prevention: *Parotidinum* or *Rhus toxicodendron* 30C – 3 doses in a 24 hour period – can at times prevent or mitigate the severity of mumps, and is recommended as a prophylactic during outbreaks. *Jaborandi* is, at times, also an effective preventative.

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