

Homeopathic Healthcare
George Guess, MD

Teething Problems

Teething problems in children can be approached two ways homeopathically. The first is acutely, focusing on the symptom presentation of the child at the moment. The other is chronically in children who have recurrent teething problems; this approach takes into account aspects of the child beyond simply those symptoms associated with teething. There will be instances when a more acute remedy, such as Chamomilla, will not adequately benefit the child; in these cases parents should consider the "constitutional" characteristics of the child, as reflected in remedy images described below — appearance, pattern of growth and development, timing of tooth eruption, perspiration, temperament, etc.

For acute teething pain administer a 30C potency of the indicated remedy every 4-6 hours until improvement sets in; then repeat only as needed for relapse.

Chamomilla (chamomille): This is the most common remedy for teething pain in fussy, irritable babies. These children are discontent, capricious - wanting one thing, then another, and throw tantrums. They want to be carried constantly, which can relieve them for a time; being rocked may also ameliorate. They are inconsolable and do not want to be messed with. Often one cheek will be red and hot, the other pale and cold. Ear pain often accompanies dentition, as can green diarrhetic stools. The tooth pain is often better from cold things, like a cold teething ring.

Calcarea carbonica (calcium carbonate): Typically the eruption of teeth is delayed in these children. They are prone to develop colds during dentition. The tooth pain is worse from cold air or from hot things. These babies tend to be chubby with large heads They are liable to sweat on the head at night and suffer from constipation.

Calcarea phosphorica (calcium phosphate): The teeth are also delayed (soft, easily decayed) in this remedy. These are very discontented children who whine and moan. They always want to be somewhere else. Though irritable, they are not as intensely irritable as Chamomilla. Head sweat at night is also typical of this remedy. Teeth are sensitive to chewing. These babies tend to be thinner and have darker hair and eyes than Calc-c.

Silicea (silica, pure flint): Yet another remedy for difficult, slow teething. The teeth are soft and have poor enamel; they break down quickly. A good remedy for constipation in newborns. The gum pain is worse from cold water. This remedy also has head sweat at night. The features in Silicea are very delicate (much finer than those of Calc-c for instance).

Kreosotum (creosote): A remedy for very painful dentition with inflamed, red, spongy gums (or dark blue); also often irritated and bleeding lips. The child is agitated and wakeful; he won't sleep at night unless caressed and fondled all the time. The teeth may decay as soon as they erupt.

Podophyllum (may apple): Teething accompanied by diarrhea — stools profuse and gushing, yellow, malodorous. The child has a great desire to press the gums together during dentition.

Phytolacca (poke root): Another remedy with a strong desire to clench the gums or teeth together because of the discomfort of teething. These children will bite everything when teething, especially if the object is hard.

Aconite (monkshood): Sudden fever with dentition; dry, hot skin; child gnaws its fists, fretful, restless, anxious; sleepless.

Belladonna (deadly nightshade): Fever with dentition; red, hot face; dry skin; dilated pupils. Twitching and jerking. Starts and wakes just as falling asleep. Can be delirious during fever -- hitting, biting. May be needed acutely in constitutional Calcarea children.

Coffea (coffee): Wakeful, constantly on the move during dentition. The child may not be so distressed; just wakeful, even happy.

Staphysagria (stavesacre): These children are very sensitive mentally and physically; they cry and shrink from every wry look or harsh word, and they cry from the least pain. Gums look pale, white; tender to touch.

Lastly, frequently a source of local relief is Plantago (plantain) tincture rubbed directly on the gums.

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