

A Classical Homeopathic Approach To A Pediatric Case of Common Cold Triggered By Weather Change- A Case Report

Preliminary Data-•Date: 17/05/2025

•**Sex / Age:** Female / 7 years

•**Religion:** Hindu

•**Occupation:** Student (2nd Grade)

•**Marital Status:** Unmarried

Chief Complaint-Severe cough with throat pain, sneezing, and acrid nasal discharge since 2 days.

Location | Sensation | Modality | Concomitant

1| Upper Respiratory Tract

•Dry Cough (+++), •Throat Pain (+++)

•Sneezing (+)

•Acrid, excoriating nasal discharge (+++)

•< Sneezing aggravated in sunlight

•< After exposure to wet/rainy weather

•Onset: Sudden, •Duration: 2 days

•Progression: Increasing

2| Body-•Fever with chills (++)

•Temperature: 101.2°F

•< While lying in bed, •Onset: Sudden

•Duration: 2 days

•Progression: Progressive

3| Mind-

•Anxious and irritable since onset (++)

•Onset: Sudden, •Duration: 2 days

•Progression: Progressive

History of Present Illness-The child was healthy until two days ago when she suddenly developed a dry cough, throat pain, and sneezing, followed by acrid nasal discharge. She also experienced chills and fever (101.2°F). Complaints began soon after a shift to rainy weather conditions.

Associated Complaints-None.

Past History-No significant illness in the past.

Symptom Analysis-

Category	Symptom
Mental General	Anxious since complaints (++)
Physical Generals	Hot patient; fever with chills (++); Temp: 101.2°F
Physical Particular	Dry cough (+++); throat pain (+++); acrid nasal discharge (+++); sneezing (+); Naso-pharynx congestion (+++)
Modalities	Sneezing < sunlight; Fever < lying in bed; Ailments after wet weather

Family History-All family members are apparently healthy.

Physical Generals-•Appearance: Healthy face, fair skin, black healthy hair, normal eyes, and healthy teeth/nails.

•**Taste:** Normal, •**Diet:** Non-vegetarian

•**Appetite:** Normal, •**Thirst:** Normal

•**Desires/Cravings/Intolerances/Aversion:** Nothing specific

•**Sleep:** Sound and refreshing (8 hours)

•**Dreams:** Not remembered, •**Habits:** None

•**Vaccination:** All required immunizations up to date, •**General**

Modalities: None specific

Eliminations-•Perspiration: Moderate on exertion, •**Urine:** Satisfactory

•**Stool:** Normal, twice daily

Thermal Reaction-Hot patient.

Life Space Investigation-The patient lives with her parents and elder brother in Kharghar. Her father owns a tailoring business; mother is a homemaker. She is emotionally sensitive and cries easily.

General Examination-•Height: 105 cm

•**Weight:** 22 kg, •**Pallor / Icterus / Cyanosis / Oedema:** Absent, •**Nails:**

Pink and healthy

•**Temperature:** 101.2°F, •**Pulse:** 90/min

•**Respiratory Rate:** 20/min

Systemic Examination-•RS: Clear bilateral airflow, normal percussion, no abnormal sounds, •**CVS:** S1 and S2 normal

•**CNS:** Oriented and conscious

•**GIT:** No abnormal findings

Developmental History-

•**Birth:** Full-term normal delivery

•**Birth Weight:** 3.5 kg

•**Milestones:** Achieved within normal limits

•**Breastfeeding:** Up to 2 years

•**Mental & physical development:** Age-appropriate, •**Immunization:** Up to date

Local Examination-

•**Naso-pharyngeal congestion** (+++)

•**No facial pain or tenderness**

Provisional Diagnosis-Common Cold

Differential Diagnosis-•Acute Rhinitis

•Nasopharyngitis, •Allergic Rhinitis

Final Diagnosis-Common Cold

Evaluation of Symptoms-

•Anxious since complaints – Mental General, Characteristic

•**Thermals:** Hot – Physical General, Common

•Fever with chills–Physical General, Common

•Dry cough–Physical Particular, Characteristic

•Acrid nasal discharge – Physical Particular, Characteristic

•Sneezing < sunlight – Physical Particular, Modality, Characteristic

•Fever < lying on bed – Physical Particular, Characteristic

•Ailments from wet weather–General Modality, Causative

Totality of Symptoms-•Anxious since illness

•Dry cough, •Acrid, excoriating nasal discharge, •Sneezing < sunlight

•Fever < lying on bed,

•Ailments from wet weather

Repertorial Rubrics-•MIND – Anxiety

•NOSE–Discharge–excoriating

•NOSE–Sneezing–in sunshine

•COUGH–Dry, •FEVER–in bed

•GENERALLS–Weather–wet–agg.

Miasmatic Analysis-Predominantly Psoric

Prescription (as per classical approach)-

•**Mercurius Solubilis** 200-6 pills BD ×

2 days

•**Cosmos**–4 pills TDS × 3 days

Auxiliary Management-

•Drink only warm water

•Steam inhalation every 6–8 hours

•Salt water gargles thrice daily

•Avoid cold water and exposure to cold air

•Bed rest for 7–14 days

•Use a mask when outside

Follow-ups-Date: 19/05/2025

•Anxiety and throat pain reduced

•Fever worsened on Day 1, better on Day 2

•Sneezing absent, nasal discharge increased

•Mild residual cough

Prescription-•**Mercurius Sol** 200-BD × 1 day

•**Cosmos**–4 pills TDS × 3 days

Date: 21/05/2025, •Anxiety resolved

•Throat pain mild

•Cough and nasal discharge improved

Prescription-•**Mercurius Sol** 200-BD × 1 day

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