

MEASLES

Measles is a highly contagious viral infection that presents with fever, malaise, coryza, cough, conjunctivitis often with marked photophobia, and eventually an exanthemous rash. The appearance of Koplik's spots on the oropharyngeal mucosa within two to four days of the fever's appearance is considered pathognomonic and, typically, precedes the skin rash which begins at the head and neck and proceeds caudally. Once considered a benign disease of childhood, measles is known for its potential to cause severe complications, particularly in malnourished populations, most notably measles encephalitis which can lead to permanent blindness or death. Early pioneering research, which has been confirmed in modern times among malnourished children in the developing world, suggests that the severity of measles and the risk of its complications are closely if not entirely related to vitamin A deficiency. Research done in Africa has shown that a high dose of vitamin A for two days dramatically reduces the morbidity and mortality of measles, and in well-nourished populations most patients make a full recovery while only receiving symptomatic treatment. Other more common complications of measles can include secondary bacterial infections, such as strep throat and otitis media. Despite widespread vaccination, sporadic outbreaks still occur, both in unvaccinated preschool children and also increasingly in young adults with a history of previous vaccination, for reasons that are unclear. You may also wish to refer to the Viral Infections section of this guide.

Homeopathics

Cold HP™- high-potency homeopathic formula indicated for nasal congestion, runny nose, sneezing, irritated throat, fever, chills, and discharges.**

Cort Sym™ Gel- topical homeopathic gel indicated for skin irritation, inflammation, rashes, eczema, dermatitis, insect bites, swelling and rash with small blisters, red, inflamed skin, and genital and anal itching.**

Dermapar™- glandular homeopathic to support the skin, indicated for relief of itching, burning, weeping, cracks and eruptions.**

Immunopar™- glandular homeopathic for immune system support, indicated for painful irritated throat, mild ear disorders, and minor bronchial irritation, with yellow expectoration.**

Infect HP™- high-potency homeopathic formula indicated for symptoms associated with bacterial and viral conditions, such as chronic fever and cough.**

Infectistat™- homeopathic detoxifier for bacterial and viral infections, indicated for fever, irritated throat, and cough with tickle in the throat.**

Pulsatilla- single homeopathic remedy frequently mentioned by classical authors as a specific for measles.**

Throat Spray- homeopathic oral throat spray indicated for relief of swollen sensation, throat pain, and burning of the throat.**

V HP™- high-potency formula indicated for relief of symptoms from recurring viral infections, such as chronic fatigue, headache, and sore throat.**

**Denotes primary remedies*

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* **Virustat**TM- homeopathic detoxifier indicated for symptoms associated with viral infections, such as fever, rash, and achiness.**

VisioparTM- glandular homeopathic to support the eyes, indicated for minor inflammation and swelling in the eyes and burning and swelling of eyelids.**

Herbals

AllercomTM- fortifier for the respiratory system, indicated for lowered immune response, inflammation, congestion, cough, and viral infections.

BilberrycomTM- fortifier for the eyes, should conjunctival symptoms be marked.

The Cold Season Support- Rainforest Botanical cold and flu formula, indicated to soothe throat and mucous membranes, calm cough, and fight fever and chills.

EchinacomTM or **Echinacom C**TM- fortifier for the immune system, indicated for acute viral infections.

Eyebright- single spagyric herbal and fortifier for the eyes. Traditionally considered a specific for the ear, eye, nose, throat, and bronchial symptoms of measles.

GencomTM- fortifier for the blood and general system detoxifier, indicated for swollen glands, sore throat, fever, and skin eruptions.

* **Lomacom**TM- topical ointment to fortify the skin, indicated for sores and rashes.

MulleincomTM- fortifier for the respiratory system and expectorant, indicated for lung congestion, cough, sore throat, and swollen glands.

MyrrhcomTM- fortifier for the nose and sinuses, indicated for inflammation, mucus, sinus catarrh, sinus congestion, sore throat, bronchial infections, and fevers.

Olive Leaf- single spagyric herb known for its antiviral and immune-stimulating properties.

* **Propolicom**TM- fortifier for the immune system, indicated as a blood purifier, for lymphatic congestion, viral infections, fevers, strep throat, and tonsillitis.

RegencomTM- fortifier for the immune system, indicated for lowered immune response, viral infections, and as a general system detoxifier and blood purifier.

ScrophularicomTM- fortifier for the lymph, spleen, and liver, indicated for lymphatic congestion and skin diseases.

TrifolocomTM- fortifier for the lymphatic system and spleen, indicated for inflammation, fevers, skin disorders, and to promote lymphatic drainage.

* **Uña de Gato**- single spagyric herb from the Amazon Rainforest known for its immune-supporting, antioxidant, antimicrobial, antiviral, and anti-inflammatory benefits. Also known as cat's claw and available in liquid or capsules.

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Nutritionals

Colo-Calm™- combination of bovine colostrum and cat's claw to strengthen the immune system.

C-TR 1500- time-released vitamin C to boost immunity.

H.D.A. (High Delivery Acidophilus)- encapsulated live probiotic bacteria specially processed to deliver the greatest amount of beneficial cultures to the intestines, aids in fighting infections.

Immunique™- a balanced supplement providing vitamins, minerals, and other nutrients for immune support.

* **Vita-Tot Chews™**- tasty, chewable, full-spectrum vitamin and mineral supplement for children.

Zinc- essential mineral indicated to support the immune system and tissue repair.

Additional Considerations

Aspirin should not be used in patients with measles due to the risk of Reye's syndrome.

Be sure the patient gets plenty of bed rest, at least until the fever and rash are gone.

Plenty of fluids should be consumed, such as purified water, fruit juices, and vegetable broths. Avoid all processed foods.

The patient should remain home for approximately a week after the rash disappears.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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