

PNEUMONIA
SYMPTOMS
AND
COMPLEMENTARY
TREATMENT

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IMPORTANT

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Introduction

Pneumonia is an inflammation of the lungs usually caused by infection, bacteria, virus, fungi, or other organism. Pneumonia is a particular concern for older adults and individuals with chronic illnesses or poorly functioning immune systems.

There are more than 50 strains of pneumonia, which range in virulence from mild to life-threatening. Although signs and symptoms change, many cases of pneumonia develop suddenly - chest pain, shortness of breath, cough, chills, and disorientation (especially in the elderly). Infection often follows a cold or flu; however, it also can be associated with other illnesses or occur independently.

Although antibiotics can treat some of the common forms of bacterial pneumonias, antibiotic-resistant strains are an evolving problem. For that reason, and because the disease can be serious, it is best to try to prevent infection in the first place.

Common symptoms

Pneumonia symptoms vary widely from individual to individual - and different combinations of symptoms may be manifested.

Symptoms can develop suddenly (e.g. over 24-48 hours), or they can develop more slowly over several days.

If an individual has developed pneumonia, they are likely to have difficulty breathing (dyspnoea). Moreover, the breathing may be rapid and shallow, and the individual may feel breathless, even when resting.

Other common symptoms include:

- Abdominal pain
- Chest strain
- Coughing up phlegm (thick mucus) that may be yellow, green, brownish, or blood-stained
- Feeling generally unwell
- Fever
- Loss of appetite
- Pain in the chest
- Rapid heartbeat
- Sweating and shivering
- Unusually rapid breathing
- Wheezing

Elderly individuals with pneumonia often show fewer symptoms. For example, they are less likely to have a fever than a younger person.

Less common symptoms

Less common symptoms of pneumonia include:

- Coughing up blood (haemoptysis)
- Fatigue
- Headaches
- Nausea
- Pain in the joints and muscles.
- Vomiting

Severe symptoms

Severe symptoms include:

- Bluish or grey colour of the lips and fingernails
- Feelings of confusion and disorientation - especially in the elderly
- Skin turning "ashen" or blue (cyanosis)

Note: Pneumonia symptoms can be similar to those of other chest infections, such as bronchitis.

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Treatment

- Bed-rest
- Fluids/fluid diet if required
- Small quantities of whole food if required
- Steam inhalations (lavender and tea tree, or olbas* oil may be added). A portable humidifier is recommended
- Foot baths of hot water and mustard
- Relaxation and visualization therapy - <http://campbellmgold.com> for titles

(* Olbas Oil is an inhalant decongestant for relief of catarrh, colds and sinuses. It is a mixture of essential pure plant oils which have a strong pleasant smell. When exposed to air these oils give off penetrating vapours which rapidly relieve bronchial and nasal congestion and hay-fever when inhaled. If applied to the skin, the oils produce a feeling of warmth, and they act like a local anaesthetic particularly effective in relieving muscular discomfort and pain.)

Tissue Salts

- **Ferr Phos** - in the early stages of the illness
- **Kali Mur** - for thick, white, sticky phlegm
- **Kali Sulph** - for hot dry skin, to promote perspiration, and for wheezing, rattling in the chest, with coughing up of loose phlegm. Also for watery and copious, or greenish, slimy yellow phlegm
- **Nat Mur** - for lung inflammation with clear frothy phlegm
- **Silica** - for thick, heavy and yellow phlegm

Dose: 2 x tabs for children and 4 x tabs for adults every 30 minutes. Then every hour, then 3 x daily as condition improves.

Supplements

The following supplements are recommended for inflammation of the respiratory tubes and linings:

- Vit A - 25,000 iu, 1 - 3 x daily for five days, then stop for two days
- Vit C - 1,000 - 3,000 mg, morning and afternoon
- Vit E - 400 iu, 1 - 3 x daily
- Acidophilus Caps - 3 caps, 3 x daily
- Propolis - persistent, painful coughing can be eased by sucking a propolis lozenge as often as required.

Propolis may also accelerate healing in the lining of the bronchi and smaller tubes, since there is evidence that it has this effect in the upper respiratory tract

- Honey - an obstinate cough can be helped by equal quantities of honey, linseed oil, and whiskey. Dose 1 x tablespoon, 3 - 4 x daily.

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Other Natural remedies

- Adopt a raw juice diet for 5-10 days (carrot 230 g, celery 170 g, parsley 55 g). When the fever subsides adopt an exclusive all-fruit diet for 3-4 days. Thereafter embark on a well-balanced (HCF - high carbohydrate and fibre) diet.
- Avoid smoking, alcohol, all meats, salt, pepper, tea, coffee, refined foods, white flour, sugar, and fried foods.
- Sipping cold spring water is beneficial in the treatment of pneumonia. Sip cold spring water at short intervals till fever persists.
- Herbal tea made from fenugreek seeds is excellent during early acute stages of pneumonia. It dispels toxin, produces perspiration and reduces the duration of fever. Up to 4 cups can be taken daily. Quantity should be reduced as condition improves.
- Sesame seeds are valuable remedy. An infusion of the seeds mixed with a tablespoon of linseed, a desert-spoon of honey and a pinch of salt expel catarrhal matter and phlegm.
- Garlic is a marvellous remedy. It reduces temperature, pulse rate and respiration within 48 hours. Garlic juice can be applied to the chest.
- Rub turpentine oil over ribcage and cover it with a warm cloth to relieve pain associated with pneumonia.

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