

## Natural Help for Chickenpox

Chickenpox is an infection associated with the varicella-zoster virus. Complications are rare, but cases vary in severity from one or two spots to whole body. Infections spread by direct contact with spots, or by droplets on the breath.

One attack usually gives lifelong immunity. However in some cases the virus remains in a dormant state and can be reactivated later, causing a further attack or in some cases developing into shingles later in life.

Symptoms: reddish pimples appear first, then develop into small fluid filled blisters. Spots usually persist for up to 5 days, and may be intensely itchy. May be accompanied by fever and loss of appetite.

### Practical help:

Keep the child cool and dress in loose clothing.

Trim nails short and keep clean (to limit damage by scratching and avoid infecting spots).

Put cotton socks/mitts on a baby's hands.

Encourage bed rest and sleep as much as possible.

### Natural treatments:

Lukewarm baths (1) put a good handful of **porridge oats** in a cotton sock, tie the end and place under running tap. The used oaty sock is also great for dabbing on individual spots afterwards. (2) **Chamomile** baths are also good - one or two chamomile tea bags under running water and leave in the bath (used tea bags are also good for dabbing on the spots). (3) One tablespoon of **bicarbonate of soda** and two drops of **lavender oil** in the bath.

**Aloe vera gel or lavender oil** can also help soothe itching topically.

Don't attempt to bring down the fever. Fever is the body's intelligent response to the infection, and will 'burn it up' and shorten its duration.

Supplement with **vitamin C** (or give vitamin C rich foods) to support the immune system.

Do use your parental instinct and seek professional advice if you are concerned about your child's response to chickenpox.

### Homeopathic treatment:

Will help in cases where the itching is intense and help the body resolve more severe cases as promptly as possible. There are a number of possible remedies. If one of these doesn't help quickly, give me a call - I might be able to suggest something else.

**Rhus tox** - first remedy to think of in chickenpox. Intense itching is the main symptom. Will often relieve the itch and shorten the illness.

**Sulphur** - can look similar to Rhus tox, with intense itching and no reduction in thirst or appetite.

**Ant tart** - this remedy will bring out the rash in cases where the child is unwell but the rash is slow to appear. They will often be drowsy and feverish, and there may be an associated cough.

**Belladonna** - Drowsy, flushed and feverish with the chickenpox, may also have a headache.

**Merc** - useful in cases where the blisters discharge pus.

In very severe cases homeopaths will sometimes prescribe the nosode Variolinum, but this would need to be prescribed by a homeopath rather than self-administered.

### Scarring:

The following oils can help with scarring from chickenpox

**Rosehip oil; calendula oil** (Helios do a good one); **Vitamin E oil**. Also consider using **raw honey**.

-----  
Karen Leadbeater DSH, PCH, RSHom

Registered Homeopath

01822 870834 / 07799 643013

www.karenleadbeater.co.uk  
-----