

## EUPHRASIA

Acute Fluent Coryza : Eye Discharges Excoriate  
Coryza Worse at night : Cough Worse in Daytime

### Botanical Note

Euphrasy or Eyebright ; coupled by the ancients with rue (Ruta) for its beneficial effects on the eye ; "a little annual herb, very abundant on dry pastures and by waysides ; it seldom rises more than three or four inches from the ground ; it bears numerous opposite leaves which are usually ovate with deep serratures ; the flowers are rather large compared to the size of the plant and are placed in leafy spikes terminating the shoot ; the upper lip of the corolla is two-lobed, the lower three-lobed ; the plant is extremely variable in appearance ; the flowers vary in colour, being white or reddish and streaked with purple ; there is a black spot in the corolla suggestive of the pupil of the eye ; the flower tube is hairy outside and the stems are covered with hairs having a downward direction" ; the Mother Tincture is made from the whole plant.

### Tissue Affinities

For *the conjunctiva* of the eye and *the mucus membrane of the upper respiratory passages*, causing acute catarrhal inflammation.

### Physical Features

Sore eyes, running nose. Morbilliform rash on face.  
Strange odour of the sweat, possibly offensive.

### Mental Factors

None of note.

### General Reactions

Very chilly and cannot even get warm in bed—Nux v.—  
Worse warmth, south wind, direct sun, touch, evening, night,  
and after sleep.

*Better* out of doors, from drinking coffee, in the dark.

Sweats mostly on anterior aspect of body, and sweat has peculiar odour.

**Particular Symptoms**

**GENERAL.** Symptoms often accompanied by marked lassitude, weariness, feverishness and shooting pains in limbs.

**HEAD.** Bursting headache accompanying catarrh, *Worse* in evening.

**EYES.** Acute conjunctivitis with excoriating discharge; lids stick together in the a.m.; eyes feel "dry" as if "full of sand" or as if "hair hung over eyes"; they burn and smart, must keep rubbing them and blinking; pupils are contracted and lids puffy; photophobia; copious burning lachrymation, *Worse* in cold wind. Blurring of vision.

**NOSE.** Sneezing with fluent coryza; may run for an hour or two, then cease only to start again later in the day; nasal discharge is bland; symptoms *Worse* at night, when recumbent, in open air.

**RESPIRATORY SYSTEM.** Spread to larynx and tubes with loose cough; cough is *Worse* in daytime and *Better* on lying down, i.e. just the opposite of the coryza.

**ALIMENTARY SYSTEM.** Upper lip feels as if "made of wood"; tongue and cheek feel "stiff".

Nausea, gastric distress, with much yawning; colicky pains in region of umbilicus; borborygmi and tendency to diarrhœa.

**URINARY SYSTEM.** Frequency of urination and urine increased in amount.

**Prescribing Notes**

May be indicated in measles if picture fits.

For use as eye lotion add 2 to 4 drops of the Mother Tincture to one oz. (2 tablespoons) of boiled water.

—Homœopathy, Dec., '57