Earache in children can be worrisome, but a well-matched homeopathic remedy can effectively and safely treat most earaches from start to finish.

Generally, earaches occur in infants from six to 18 months old, but children of all ages can get them. Earache (Otitis Media or Glue Ear) is a painful inflammation of the middle ear, and may be accompanied by a high temperature (38°C or 100.4°F, or above). The earache usually goes away in two or three days, but during that time the pain may vary from mild to excruciating.

Children with earaches may pull, tug or rub their ears. Probably, they’ll be irritable and restless (especially at night), have a cough and a runny nose, and/or not nurse/feed well. They also may have loss of balance and be unresponsive to quiet sounds.

Conventional medical advice for earache is to leave it alone for about three days as most cases clear up in that time. Painkillers (but not aspirin for under-16s) may be recommended to relieve earache and high temperature. As many middle ear infections are caused by viral infections, antibiotics may be ineffectual; and using antibiotics to treat a non-serious infection makes bacteria more drug-resistant. However, if a child has a serious health condition that makes her or him vulnerable to infection, is under three months old, or the infection shows no signs of improvement after four days, then the doctor may recommend antibiotics. Other medical treatments for draining fluids are to insert grommets (under general anaesthetic), or myringotomy (a surgical cut made in the ear drum).

Homeopathic Remedies
Homeopathic remedies are non-toxic and can be used from the first stages of earache through the infective stage, to a comfortable resolution, helping your child to heal naturally and safely. Homeopathy is very simple to use once you get the hang of matching a remedy’s symptoms to your child’s symptoms. Below are five commonly used remedies for earache in children, along with a short description of each remedy’s characteristics. Note the bold
words: they are strong determining characteristics. Just match the remedy with your child’s symptoms. Remedies are best obtained from a specialist homeopathic pharmacy (choose a homeopathic first-aid kit in 30c potencies). Then just let your child suck one 30c remedy. You may have to repeat the remedy two or three times if the pain returns. But if the pain keeps reoccurring after you’ve repeated that particular remedy, try a better match. If you do not see improvement, see a classical homeopath or doctor. (Do not keep prescribing if there are other concomitant symptoms, or your instinct tells you something is wrong – see a doctor.) But if your child’s pain and discomfort are receding, this indicates his or her vital force has been stimulated and is curing him or her. Well done!

Aconitum Napellus

Earaches that start suddenly, out of the blue; caused by exposure to dry cold weather/environment, or cold, dry wind. May also have been caused if the child has had a fright. Often with a high fever, agitation and restlessness. The child’s face is red and flushed, and she or he looks frightened, panicky, tense. If old enough, the child may say he or she is frightened of death. The child will want to drink lots of cold water and throw off the bedclothes. Worse times will be at night, around midnight.

Belladonna

Ear infections that come on suddenly, violently – and disappear just as quickly. Crimson redness, swelling, throbbing, heat – usually worse on the right side. The child may have dilated pupils and a drugged expression, and much body heat but with icy cold hands and feet. Nightmares where the child sees monsters. Worse from getting wet and cold. Sensitive to light, touch and noise.

Chamomilla

The child has been screaming constantly all evening and wants to be carried. Very irritable. Shrieks with pain, and nothing will placate – impossible to please. Capricious - asks for something and then does not want it. Doesn’t want to be spoken to, touched or looked at. The child has one red cheek and one pale cheek. Diarrhea green, lincteric, hot, smells like eggs. Also a great remedy for the crises of teething and otitis media.

Mercurius

Usually the right ear is affected. Discharges are greenish/yellow, may smell bad or musty, with possible loss of hearing. Salivating and sweating, especially at night when the ear and other symptoms are worse. Unstable body thermostat: the child cannot get comfortable with the room temperature - is either too hot or too cold. The child may have strep throat, sinusitis or bronchitis at the same time.

Pulsatilla

Pulsatilla is very often prescribed for acute and chronic otitis media following a recent cold. The child is mild, affectionate and fearful of being alone; craves consolation and attention. Changeable: the child weeps easily, or gets angry over trifles. Any discharges are thick and bland, yellow/green. Chilly, yet disliking warmth, the child wants to be outdoors. Thirstless, yet has a dry mouth. Worse twilight.

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