

A “Blanket” Remedy for Epidemics: *Genus epidemicus*

During an outbreak of seasonal and epidemic flu, many of the same symptoms appear within the general population. By tracking these symptoms, homeopaths have pinpointed a single remedy that may help most people. This one remedy stands out because it can benefit most cases and protect the general population, including you.

It’s called *genus epidemicus*. It not only may work on your symptoms, but it may also act as a preventative during outbreaks to strengthen your natural defenses.

Homeopathy at Work

During the 1918 Spanish Flu pandemic, the homeopathic *Gelsemium sempervirens* was the primary remedy available to a factory employing 8,000 workers. Among those workers who took *Gelsemium*, only one death was reported due to the flu.¹

Very likely, you can find the current season’s *genus epidemicus* in a familiar remedy. Over the years, both *Gelsemium sempervirens* and *Bryonia alba* have come up as *genus epidemicus*. The “[Remedy Pictures Guild](#)” download can help you understand these powerhouses in depth. The chart below reflects some of the main differences in the symptom profiles between *Gelsemium* and *Bryonia*, making it easier to choose the better fit for your particular case.

SYMPTOM PROFILES FOR TWO COMMON FLU REMEDIES	
<i>Gelsemium</i>	<i>Bryonia</i>
Lethargy, fatigue, too exhausted to move	Tired, restless; all symptoms worse with motion
Chilly, chills down your spine; sensitive to cold	Warm, dry, with desire for cool air
No thirst	Thirsty, dry mouth
Dull, sleepy, heavy; too exhausted to complain	Dull, but irritable and worried; want to be left alone and quiet

Worse from movement because of tiredness	All symptoms worse/more painful from motion
Headache mainly at the back of your head	Headache in forehead; better from pressure, worse with motion
Slow onset over 6–12 hours	Slow onset over 6–12 hours
Painful cough and chest symptoms	Painful cough and chest symptoms

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Note: *If your symptoms are more severe than indicated for Gelsemium or Bryonia, and if you feel pain in your bones, you may want to consider **Eupatorium perfoliatum**.*

In general, you'll notice a lot of similarities. If your symptoms fit either remedy, a homeopath looks for a deciding factor. One of these is thirst. Use *Gelsemium*, nearly as a rule, if you have a definite lack of thirst. *Bryonia*, while similar in other details, is best if you are not thirsty. In narrowing the choice with clear, simple details like this, a homeopath can quickly zero in on the right remedy.

For the latest news on the current year's *Genus epidemicus* remedies for a particular outbreak, see www.diymedicinevolution.com.