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# Coughs: A riddle for homeopaths

Sharing my experiences  
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# IPECACUANHA

Asthmatic cough

Suffocative, gagging, vomiting

Irritable child, hard to please, clean tongue

Can faint or turn blue with cough, easy haemoptysis

Cough, children in, fat, obese/ Easy hemorrhage with cough

Cough, fat food agg: Ipec, Mag-m, Puls

Cough, as from disordered stomach, after fat food

Abusive, insulting with irritability

Impatience for work ; Irritability about business when it does not proceed fast / Anger business about

Clinical, death apparent, asphyxia, in children, newborns, mucus from

Clinical, death apparent, in newborns from coryza: Samb, Ip, Coffea

Jealousy, envy, will not value or appreciate anything; desires many things but throws them away; anger, shrieking, crying, < anger, slightest contempt, serene afterwards

Jealousy, value or appreciate anything, desires that others shall not: IP



- ➔ If any patient enters your cabin covering his or her nose (with a mask etc.) :  
The only remedy you should think of is **Rumex**.
- ➔ Cold air, inspiration agg

A boy who used to cough in class or when there are too many people around.

Cough when in presence of others/ nervous origin: **Ambra grisea**

Cough with eructations: **Ambra**



**Tip**

In this example, we're leading off with something **unexpected**.

While the audience is trying to come up with a number, we'll surprise them with the next slide.

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Cough with flatulence, usually middle of the night: **Sanguinaria**

Coughs at night agg when lying down child has to sit up and after sitting up they feel better: **Sanguinaria**

They also pass flatus after sitting or it's a gastric cough.



**Tip**

Hyos: Better by sitting erect

**Aralia racemosa:** Works as a specific remedy when there is agg lying or first sleep around 11 pm must get up and cough.

**Use in tincture or a low potency.**

**Mephitis:**

Specific for very strong coughs of the night, esp in children. Brings quick relief, within minutes and the child goes off to sleep.





## **Conium maculatum**

- Agg lying down at night or day, must sit up and cough it out
- Dry constant cough in old people/ pregnancy
- Dry chronic
- Dry in tuberculosis
- Sitting up amel: Con, Hyos
- Stomach cramping, cough during

# Phellandrium

Cough due to tuberculosis or bronchitis

Cough with hawking of mucus, early in morning with profuse offensive expectoration

Has to sit up but does not ameliorate.

Tip



## Tubercular coughs:

Drosera, Stannum met, Hepar sulph, Conium, Phosphorus, Puls, Tussilago, Bacillinum, Baryta carb., Baryta muriaticum .



# Croton Tiglium

Cough as soon as the head touches the pillow. They either get up and walk around or sleep in chair.

Cough alternating with eruptions

Suffocative, walking amel

Pain chest sides during cough



## Tip

**Head touches the pillow agg:**  
Conium, Dros, Caps, Lauro, Bell, Puls, Rumex, Hyos

# Mentha piperita

A case of a child presenting with cough and dyspnea. He was playing with crackers after Diwali, after that it started.

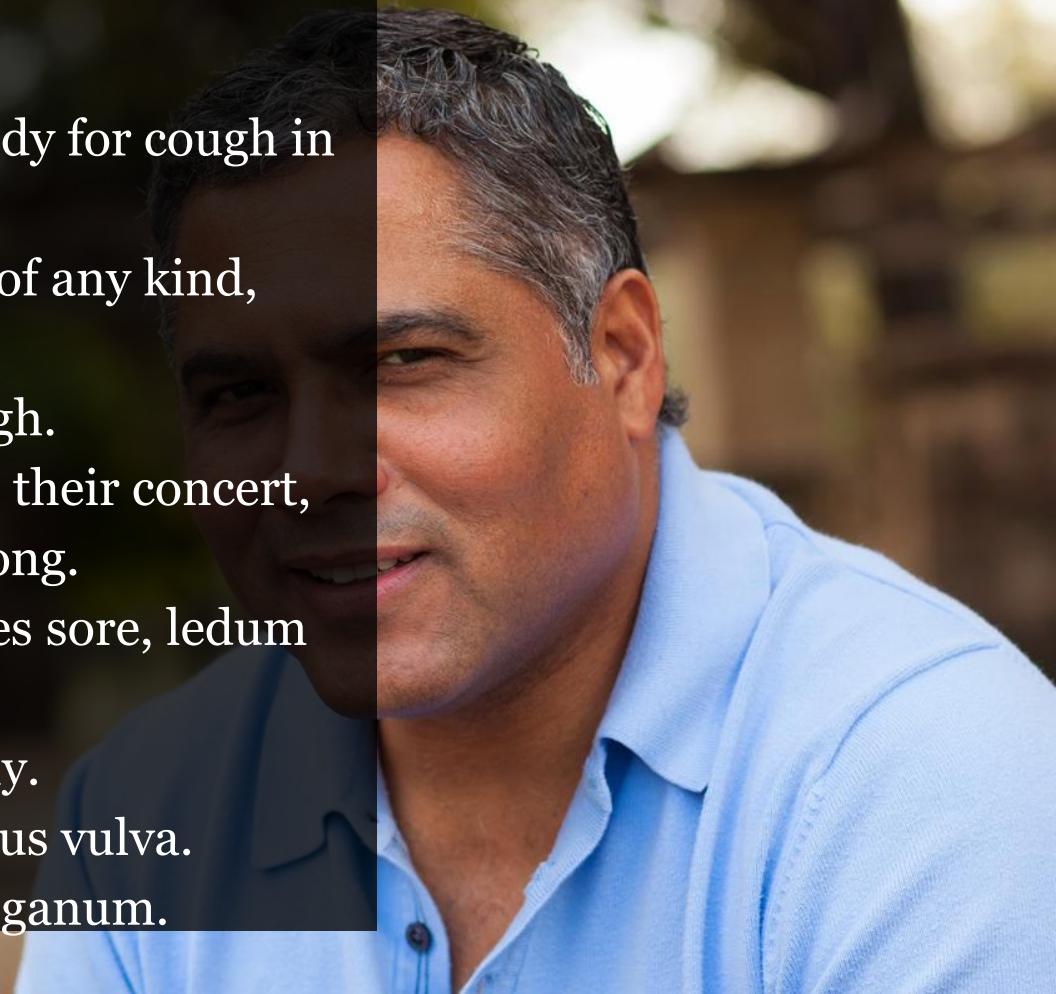
The mother scolded him a lot due to that and the child kept quiet. Gave Staphysagria first with no response. Then again evaluated, due to etiology, **smoke of the crackers.**

Cough from smoke of all kinds agg.: Euphr, Menth.

- Euphrasia: Cough is associated with excessive lachrymation. Daytime amel.
- Cough during daytime, when patient gets up in the morning and coughs, it leads to vomiting: Mentha

## **Mentha piperita (cont.)**

- Clarke: almost a specific remedy for cough in winters
- Cough agg by cold air, smoke of any kind, fog
- Voice gets husky with the cough.
- Can be given to singers before their concert, they will hold their voice for long.
- Every itching scratch, becomes sore, ledum also
- People who cannot get up early.
- External use in cases of pruritus vulva.
- Better by lying down like Manganum.





- Case of a child having a cough, not ready to talk, also a little irritable. Mother narrated the symptoms. He was talking in sign language.

**Fears of cough will increase if he talks. Sitting at one place. : Bryonia, Cina**

- Fear of talking, it will bring on cough.

# Food causing coughs

A patient comes with cough due to drink with spices on the rim/ chaat masala/ Peri peri masala/ vinegar: Alumina, Stannum

Coughs, meat agg: Staphysagria

Tip



## Coccus cacti

- Old man with a cough since 15 days. “It started after I was sitting with friends in my farm, think it was cold air. Now on and off, I cough but I sleep peacefully. **Esp when I am brushing, I cough** and sputum comes out.”
- There is lot of irritation of throat and he keeps on clearing, some thick mucus comes out
- **Cough on brushing teeth: Coccus cacti/ Staphysagria**
- Coccus, esp has morning cough with vomiting thick sticky mucus, throat closing up
- Vomiting impossible during ineffectual cough
- Drinking/ rinsing cold water amel
- Loud talking agg

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Winter coughs!

Annual cough for a month, every winter

**Psorinum 1M, 2-3 doses before winter acts  
as a preventative remedy.**

# PHATAK REPERTORY GEMS

Cough sleep preventing: *Sticta pulmonaria*

Appetite increased with cough: NV

Abdomen, coughing agg

Back, coughing agg: Bell, Bry, K bich, NM, Sepia

Bladder, coughing agg: Ipec, Caps

Asthma with cough: Caladium/ NM

Asthma after cough: Phos

Chest and lungs pain, on coughing: Medo

Cold air agg: Ars, Rumex, Phos, Kali nit

Cough from anger, in children: Anac, Ant-t

Cough, cannot deep enough: Caust, Rumex





## Winter cough in old people

- Top Remedies: Kreosote, Senega & Antimonium crudum
- Ammoniacum gummi is a lesser known remedy in coughs with sadness/ depression. It covers acute bronchopneumonia/ copious mucus in old weakened people.



**Causticum annum**

**Drinking cold  
water amel**

**Cuprum metallicum**

**Coccus cacti**

**Ipecac**

Onosmodium & Tabacum

# Cough Tips

Chronic cough in children with glandular enlargement, tonsils enlarged, think of Baryta carb as a remedy.

Lingering cough after fever and that does not get better by constitutional medicine.

## **Cough after influenza**

RUMX; SANG; STICT; AM-C; STRY; CON; EUPHR

## **Strychninum purum**

- Persistent cough after fever.
- And recurring cough after every episode of fever
- Explosive cough

# Cough Tips

## **Antimonium tart**

Weeping during cough

Clinging during cough

## **Manganum aceticum**

Chronic hoarseness

Cough agg in evening and damp weather

COUGH BETTER BY LYING DOWN (Psor, Kali bi)

Anemia with amenorrhea

All complaints better by lying down

## **Eupatorium perfoliatum**

Cough after fever, soreness of chest have to hold chest while coughing. Cough is agg lying on back and amel lying on face or getting on hands and knees. Cough with flushed face and watering eyes- lot of soreness and headache. Cough agg 2 to 4 am

# Cough Tips

## **Lycopodium**

Cough with lot of expectoration and still he does not feel better. Cough more on descending and cough in emaciated boys and girls

Cough, laughing: CHIN (3); Arg (2); Arg-n (2), Petr (2), Phos (2), Sanic (2), Stann (2), Ars, Bry, Con, Cupr, Cur, Dros, Dulc, Hyos, Kali-c, Lach, Mang merc-i-f mur-ac nit-ac ol-j rhus-t sil sin-staph zinc.

Many patients say we avoid the child cries. If the child weeps a lot, the child ends up with coughing.

**Bell & Arnica (Whooping cough with soreness and epistaxis)**

Mind; weeping, tearful mood, etc.; coughing, before: HEP, BRY too

# Farokh master tips:

**Quillaya saponaria:** Beginning of a cold, aborts it.

**Ammonium phos:** Sneezing, morning

**Eucalyptus globulus:** Cold initial stage with sinus pressure

**Sycotic compound:** Asthma, morning

**Verbascum:** Dry hard cough, waking him up; loud talking, lying down agg

**Saussurea lappa:** After Cancer treatment. Dry cough, with cachexia after cancer treatment with stomach symptoms.



# Thank you for your patience.

**MERRY CHRISTMAS AND A DELIGHTFUL NEW YEAR TO  
EVERYONE IN THIS COMMUNITY.**

**GRATITUDE FOR THIS OPPORTUNITY TODAY TO  
CONNECT WITH YOU.**

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