

# Homoeopathy Update

## Autumn 2005

Welcome to the Autumn edition of my newsletter. I hope you find it helpful and interesting. Feel free to pass it on to your friends.

## Coughs

Last winter, I received many phone calls from patients suffering from persistent coughs.

In my first edition of the newsletter I concentrated on the treatment of colds, and I hope that together with the cough remedies indicated below, patients will be able to successfully treat this year's cough and cold viruses.

A cough is the body's way of clearing irritants from the respiratory system and should not be suppressed with over the counter cough remedies.

The most common cause of a cough is the cold or flu virus, because of this, many do not benefit from antibiotic treatment. Croup, which is common amongst children, is a viral inflammation of the larynx, trachea and bronchial tubes and produces a characteristic barking cough.

More serious are the coughs caused by certain bacteria. These include whooping cough, pneumonia and tuberculosis. Homoeopathic remedies, prescribed by a homoeopath, can be used to relieve the symptoms of these complaints.

**However, a cough that produces bloody sputum, needs investigating by your G.P.**

Coughs may also be a symptom of asthma, allergies, sinusitis or bronchitis.

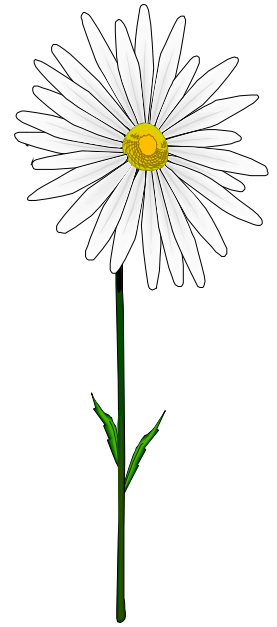
When deciding on a homoeopathic remedy for your cough, the first thing to decide is whether it is dry or productive.

A productive cough, is one which brings up mucus from the throat or sputum from the lungs. If this is green or yellow, it is likely there is some bacterial infection involved. Clear or white sputum is more common in viral infections. Coughs may start off dry and then become productive.

There are a large number of remedies for coughs and the better you are able to describe your specific symptoms, the more likely you are to find the curative remedy. Try answering the following questions:

Is it dry or productive?  
How does the cough sound?  
What colour and texture is any mucus or sputum?  
How does it taste?  
Is it worse at night, if so what time?  
Do you wake from sleep coughing?  
Is it worse lying down?  
Is it worse indoors or outdoors?  
Is it worse for a change in temp?  
Is it in short bursts or longer spells?  
Is there any pain, e.g. in chest, throat, head?  
What factors excite the cough, e.g. talking, laughing, exertion?  
Are there any other factors which aggravate or ameliorate the cough?

After taking your chosen remedy don't expect the symptoms to instantly vanish. Consider if there has been any improvement and then only repeat if the symptoms return. Give the remedy a chance to work, but if there is no improvement after several doses it is most likely that a different remedy will need to be considered.



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## Dry Coughs

**Aconite;** Hoarse, hard, dry, croupy, irritating, with a sudden onset after getting chilled. Dry throat. Worse at night, after 12am.

**Belladonna;** Dry, tickling, short or barking. May end in a sneeze or a whoop. Head congested. Sore, red inflamed throat. Worse at night.

**Bryonia;** Hard, dry, spasmodic, Painful, causes patient to hold chest or head. Thirst for cold drinks. Better sitting up.

**Nux-V;** Dry and tight, with retching, and headache. Worse lying on back. Patient irritable and chilly.

**Drosera;** Violent, incessant, deep barking, choking, retching with nose bleeds. Comes from deep in chest, pain in ribs. Worse after 12am. Whooping cough.

**Spongia;** Hollow, barking, crowing, or tight and croupy. Feeling of weight in chest from accumulation of mucus. Worse in wet weather.

**Rumex;** Dry, tickly, continuous. Worse at night, for cold air, changing rooms or touching throat. Better covering mouth.

**Phos;** Hard, tickly, wheezing, racking and exhausting. Desires cold water. Worse for lying down, changes in temp and talking.

**Causticum;** Hoarse, hard and raw. Soreness in chest, which seems full of mucus, which can't be coughed up. Involuntary urination.

**Ferr-p;** Early stage of infection in children, with fever. Colds which go quickly to chest. Short, painful, tickly

## Productive coughs

**Pulsatilla;** Dry at night, productive in morning. Yellow/ green phlegm. Worse in warm, stuffy rooms. Patient tearful, miserable and thirst less.

**Ant-t;** Course, loose and rattling. Patient too weak to raise phlegm. With yawning. Worse for anger, eating. Vomiting of food and mucus.

**Hep-s;** Loose, thick, yellow phlegm, difficult to expectorate. Worse for drafts and getting cold. Weeping with cough, patient irritable and craves hot drinks.

**Dulcamara;** Loose and rattling. Worse cold, wet weather, exertion and lying down. Excessive, easy expectoration with whooping cough.

**Cocc-c;** Suffocating, violent, tickling. Racking cough which only stops when clear ropy or yellow slimy mucus is raised. Worse in Autumn, exercise and lying down.

**Stann;** Violent, dry in evening, copious green, sweet tasting phlegm during day. Worse for talking and laughing.

**Calc-c;** Dry and tickly at night, in morning yellow expectoration, with rattling in chest.

**Ars;** Dry alternating loose, wheezing with frothy expectoration. Asthmatic coughs which are worse at night, around 1am. Better sitting up.

The above is only a brief summary of a few remedies and is not an exhaustive list.

If you have no success with self-prescribing, call me for an acute phone consultation (standard charges apply unless you are a patient currently undergoing constitutional treatment)

## NEW COURSE

In November, I am running a 1 day informal course on prescribing for common childhood complaints. The course will cover subjects such as: Homoeopathic first aid - cuts, bruises, sprains, burns, bites and stings. Fevers, coughs, colds, ear infections, stomach upsets, sore throats, plus basic homoeopathic principles. It will be aimed at people with little or no knowledge of home prescribing. The dates have yet to be finalised and will run from my Maidstone and Rochester clinics with a maximum of 6 people per session. There will be a small fee of £5 (£10 non patients) to cover the cost of handouts. If anyone is interested could they please call me ASAP. to enable me to finalise the sessions.

### HAYFEVER

An Autumn reminder to all hay fever sufferers.

**Book in now for your winter constitutional treatment and reduce next seasons symptoms.**

