

# coughs & croup

**N**othing makes life more miserable than a persistent, irritating cough. It can ruin your sleep, your concentration and a night at the movies! This fact sheet is full of remedy information to help keep you and your family cough free this winter.

Colds, flu and the resulting cough can go through many stages, requiring different remedies, as it progresses. Many of these ailments can drag on leaving us with a residual cough that can take some time and very careful consideration of symptoms and remedy pictures to effectively resolve.

**For the dry cough:** consider **Ferrum phos** in the early stages of an inflammatory process. It may be useful for short, acute, painful cough with no expectoration. **Aconite** for a dry, ringing or barking cough that is worse in the evening. It may come on after being exposed to a dry, chill wind. **Belladonna** when a dry, barking repetitive cough is accompanied with fever and a flushed face. For a dry throat and hard, dry cough that is painful and worse from movement **Bryonia**. The person holds their sternum still when they cough. **Nux Vomica** has a dry fatiguing cough and feels worse in the morning. Dry, raspy, croupy cough that sounds like a seal **Spongia**. Follows well around midnight after **Aconite** for a dry, barking croupy cough.

**For the spasmodic cough:** **Drosera** has a tickling, wheezing or deep suffocating cough that is worse for lying down and after midnight. **Ipecac** relieves incessant, wheezing, choking coughs that may trigger retching, nausea and hoarseness. Vomiting of phlegm does not relieve the nausea or the cough. For a sudden suffocating cough consider **Sambucus**. **Mag phos** may relieve paroxysms of loud, noisy coughing especially if hot drinks help the cough. For an awful dry, wracking cough moving into a moist cough, worse at night and accompanied by a sore throat, bad breath and offensive sweat **Mercurius**.

**For the mucousy cough:** **Nat Mur**, when there is excessive salty, clear and watery mucous or **Kali Mur** for a hoarse and rattling cough especially when the mucous is white and thick and difficult to expectorate. **Hepar Sulph** has yellowish mucous and may feel like they have a splinter or fish bone caught in the throat. The loose cough is noisy, barking and rattling and can come on after exposure to cold air; they are very sensitive to drafts. **Ant tart** has much rattling mucous in the chest that can't be expectorated. **Pulsatilla** for when your cough has thick, bland, yellow/green mucous by day and dry at night. **Silica**



feels worse in the morning upon rising and when lying down at night. Chronic, thick mucous.

**The croupy cough:** Three remedies come to mind as the most commonly used in order for croup. **Aconite**: sudden onset around 11 pm, **Spongia**: dry barking cough around midnight and **Hepar sulph**; Loose noisy 'rattling' cough.

**Coughs in babies and toddlers:** The following remedies can be considered for little ones with a lingering cough that doesn't respond to well indicated remedies.

When the cough is associated with teething consider **Chamomilla** especially if the typical mental emotional state of irritability and fretfulness is present. The cough is persistent, irritating, dry and tickling especially during sleep. **Calc carb** suffers frequent coughs, colds and swollen glands especially at times of rapid growth. **Calc phos** also has chronic cough especially when teething. They are not as angry as **Chamomilla** and more prone to be discontented and unable to settle. They are prone to leg cramps and tummy aches and crave salty food. Consider **Ignatia** for a lingering, nervous cough that won't resolve and may be related to emotional upsets such as dad being away, mum starting work again or a family grief. There is often a lump sensation in the throat and frequent sighing. **Phosphorus** suits all kinds of coughs in little ones. This includes loose, dry or spasmodic coughs in open, friendly children who love cold drinks. Use along with the indicated remedy.

**The lingering or recurrent cough:** Consider a homoeopathic consultation for coughs that linger or recur despite your best efforts. The homoeopath will choose a deep acting remedy based on the overall picture.