

HOMEOPATHIC REMEDY REMINDERS FOR ACUTE COUGHS—Miranda Castro

Remedy	Onset	Type	Cough Symptoms	Other symptoms	Modality Worse for:	Modality: Better for:	Miscellaneous
Aconite	Sudden	Dry Croup #1	Barking, irritating, short, tickling.	None or unremarkable Breathing fast	Night Dry, cold air		With typical fears
Belladonna	Sudden	Dry	Tickling, short, dry, hard. Fits, exhausting, violent.	Sharp pains in chest/larynx Breathing fast	Night Deep breathing		Voice hoarse/lost. With typical Bell. Symptoms
Bryonia	Slow	Dry	Racking, fits Disturbs sleep	Stitching pains in chest (holds chest when coughing) Head hurts when coughing	Slightest movement Right side/lung Deep breathing	Fresh air Lying painful side	Dryness everywhere: lips/throat/stools Irritable (very)
Drosera		Dry Whooping	Irritating, barking, painful. Violent fits With retching/vomiting	Cannot cough deep enough to get relief. With nosebleeds. Face blue	After midnight Lying. Talking Eating/drinking	Pressure	Can't catch breath—chokes & retches & vomits. Holds chest and abdomen to get relief
Spongia tosta		Dry Croup #2	Hard, barking, constant. From tickling in larynx	With burning pains in chest With hoarse voice Breathing difficult	Deep breath/talking Excitement/exercise Cold drinks	Warm drinks/food Bending head forward	Wakes around midnight feeling suffocated Like a saw through wood
Antimonium tartaricum		Loose	Loud, rattling—audible from another room.	Chest full of mucus Sputum hard to raise ... too weak to raise it		Expectorating (temporary only)	Chilly, pale and white tongue. Cold sweat. Thirstless. Exhausted and sleepy.
Hepar sulph		Loose/Dry Croup #3	Barking. Dry at night, loose in the day. Choking fits with cough	Copious thick/yellow mucus—with choking, retching &/or vomiting with cough	Cold	Humidity (warm, moist)	With hoarseness
Ipecac		Colds descend	Incessant, irritating tormenting, deep with loud coarse rattling	Mucus is hard to cough up. Hard to get a breath With nosebleeds and nausea.	Worse stuffy room		Clean tongue. Blue face with cough. Capricious hunger.
Causticum		Colds descend	Constant, racking, disturbs sleep. Pains in chest	Scanty mucus – hard to cough up – swallows it. Painful (holds chest to cough)	Cold air Lying down	Drinking water, cold drinks (sips)	Voice hoarse With incontinence
Ferrum phos		Dry	Short, hacking cough First stage after Aconite.	Blood streaked mucus. With nosebleeds	Cold	Warmth Exertion	Pale alt. with flushed. High, dry fever with thirst.
Phosphorus		Colds descend	Hacking, racking, irritating (larynx) Disturbs sleep.	Breathing fast Burning or tight like a band Copious mucus (any color)	Talking/laughing Cold air Lying left side	Heat Lying right side	Wants company and affection Sick but doesn't look it. Is up and about, appetite is good.
Silica		Cough drags on	Irritating cough	Lumpy, thick, yellow mucus	Cold Uncovering feet/head	Hot drinks	Lingering coughs