

That possibility is that the answer we need is to be found elsewhere than in the field of chemistry or physics be it organic, inorganic, physiological, colloidal or molecular. There is that distinct possibility that the answer is to be found in the field of biology. Hahnemann entertained that idea also as have many others. But that provides material for another discussion.

—A. I. H. Journal, February, 1949.

## THAT TROUBLESOME COUGH

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A cough at this time of year is often difficult to clear up, and this is probably more so at the present time on account of our lack of resistance, due to deficient diet and increased nervous strain. Apart from association with some definite disease such as bronchitis, pneumonia or whooping cough, most of the persistent coughs are a sequel of an ordinary cold in the head or influenza.

The correct remedy for these latter ailments should prevent the appearance of a cough or at any rate its persistence. Supposing however, such a cough to have become really troublesome, there are a number of possible remedies, and the selection has to be made with care in order to obtain success.

Let us take first the hard, irritating cough, which is a nuisance both to the sufferer and to those about him. There may be no expectoration at all, or a very small quantity after much strenuous coughing. Belladonna is often useful here, when the cough causes a bursting headache and red face, and

especially if the initial trouble has been brought on by exposure of the head to a draught or cold wind.

Another likely remedy is Phosphorus which has a cough, caused by tickling in the larynx, and is worse on change of temperature either from warm air to cold, or vice-versa, there is desire for cold drinks, especially fruit juices. The cough tends to be worse on lying down, especially on lying on the left side. There may be a sensation of tightness across the upper part of the chest. Another remedy that also has a tickling cough, worse from lying on the left side is Lachesis. Remember two other great modalities of Lachesis—worse after sleep or on falling asleep, and worse from the heat of a fire or the sun.

Similar to Phos. in some respects is Rumex, which is more sensitive to cold air and may lie in bed with the clothes over the mouth, to keep out cold air. Rumex is also worse from using the voice, the Rumex cough may be accompanied by a sore, raw pain going down behind the sternum. Like Phos. again the cough is usually worse on lying.

Hepar is another of these tickling cough remedies especially when the cough has been brought on by exposure to a dry cold wind. The Hepar cough also is worse lying down, but the chief point about Hepar is its intense chilliness which may persist even through extra blankets and hot water bottles. Hepar wants hot drinks and mentally he is decidedly irritable.

Causticum is similar to Phos. to which it is antidotal. Either of these two remedies should not follow closely upon the other, if the first one given be having any good effect. Causticum has a very special affinity for the larynx, and when it is needed, there is often a hoarseness or weakness of voice. It is one of the remedies particularly suitable when complaints are brought on by cold dry wind. There is often a difficulty in bringing right up what phlegm there is and the patient is obliged to swallow it. Another remedy that may come into the picture is Drosera: the typical Drosera cough

is rather different from that of the others Drosera, of course, is the most outstanding remedy for whooping cough, and its cough, even when not true whooping cough, tends to be of that spasmodic and suffocative type, often ending in retching or actual vomiting. The cough may start immediately on lying down in bed or it may come on after midnight. It is provoked by using the voice by eating or drinking, and also maybe by warmth.

One must not forget that Gelsemium covers an irritating cough, often, of course, associated with symptoms of influenza, or with what is sometimes loosely called an influenzal cold. The other signs of Gels. will frequently be present—drooping eyelids, shivers up and down the spine, aching back and legs and the typical Gels. headache—like a tight band round the forehead. The character of the sputum (if any) when unusual, may help to suggest the remedy for instance there is the stringy sputum of Kali bic. (the cough here tends to be worse about two or three a.m. as with all Kali's); and the sputum flecked with bright blood of say Phos. or Ferrum phos.

The foregoing remedies are by no means a complete list of possible ones for acute coughs, but they will cover the great majority of such cases, when the cough persists a long time in spite of treatment, it may be a matter of a deep-acting constitutional remedy being needed, and possibly a comprehensive examination of the patient, including X-rays. This, of course, is a question for expert consideration.

—*Health through Homœopathy, March, 1949.*

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