

## COUGH REMEDIES:

DR. PHYLIS SPEIGHT

"What can I take for my cough?" is such a common question and the answer is always rather difficult, because there are so many different kinds of coughs, and so many remedies to cure them!

There are five rather similar remedies, perhaps not so frequently thought of for troublesome coughs, details of which follow:—

*Lachesis.* Cough dry, with sensation as if something were in the Trachea which might be raised and indeed comes partly up, but then goes back. It is provoked by tickling in trachea induced by touching trachea or pressing on it, or by pressure of the clothing of the patient. (Remember a Lachesis patient lothes constriction round the neck). It is better by eating. The cough occurs always on awaking from sleep. There is some hoarseness and sore throat which shoots up into the ear.

*Phosphorus.* Cough dry, with scanty, rusty sputum. It occurs night or day. Provoked by tickling in the trachea, fairly low down, and by a feeling of rawness and soreness in trachea, and bronchi. Induced by very deep inspiration. Accompanied and characterised by a hoarse, barking sound, by rawness of trachea and whole chest, and by a peculiar and distressing weight across chest. Hoarseness.

*Causticum.* Cough dry—occurs in evening. Provoked by tickling high in trachea. Long paroxysms. Voice almost gone. Trachea is sore and raw but not chest.

*Rumex Crispus.* Cough dry and short and paroxysmal, or a constant hack. Occurs evening and night on going to bed. Induced by inhaling a breath of cool air, by a deep inhalation or by variation of breathing. Accompanied by great fatigue from coughing and by stitches through the left lung.

*Sepia.* Cough dry though there are acrid coryza and lachrymation. Induced by tickling in the larynx and each cough

feels as though it would split the larynx in two. Patient cringes under the pain. Dry cough which seems to arise from stomach especially when in bed in evening.

These five remedies all have "dry cough"—study their differences and you will find that prescribing is made easier.

The cough of *Nux vomica* is induced by motion of the body, or exertions of the mind; by forced expirations, reading etc. It is worse every other day; appears in the evening or at night after lying down and prevents going to sleep. Short and dry but fatiguing. Lasts often from midnight to day-break and is accompanied by severe headache and pain and soreness in epigastric zone.

*Pulsatilla* produces two kinds of cough—one with abundant sputa consisting of thick yellow mucus sometimes bloody, often of a bitter taste; the other a dry cough occurring chiefly at night. The feeling which provoked the cough is chiefly in the trachea.

Irritation in larynx provoking cough on coming from the open air into a warm room—*Aconite*—*Ranunculus*.

Coughs from change of cold to warm air—*Rumex*, *Squilla*, *Ipec. Bry.*

Characteristic of *Bryonia* patient is that he presses with hand on sternum, cough dry.

Cough with stitching, lancinating pains—*Bryonia*, *Squilla*, *Ranunculus*, *Asclepias*.

*Spigelia* has spasmodic cough which stops the breath; is provoked by a tickling deep in trachea, is violent, dry and hollow, and is excited especially by stooping forward.

List these particulars of various remedies and their "coughs"—add to them as you come across other details, learn them in your spare moments, and then prescribe with confidence for the next person who asks you to "please cure my cough!"

• —*The Homœopathic World, May '60:*