The Treatment of Coughs With Homeopathy

by Laura Paris, O.M.D., L.Ac.

Now that the flu season is upon us, it is not uncommon for practitioners to see patients with viral and respiratory infections of all kinds. Some are return visits where a prescribed antibiotic hasn't eliminated the problem. If only one pill could cure everyone; but everyone is different and every cough the doctor treats has a different story.

When treating with homeopathy, regardless of the diagnosis (be it croup, pertussis, laryngitis, bronchitis, pneumonia, or pleurisy), it is the story that leads us to the right remedy and a cure.

"Doctor, it came on so suddenly after skiing one day." (Aconite)

"Doctor, I'm so thirsty and irritable, my cough is dry and my chest hurts when I move" (Bryonia)

"Doctor, my throat hurts and I can hardly speak. Do you have some ice-cold water?" (Phosphorus)

"Doctor, the baby starts to cry before the cough and it's a violent, dry cough." (Belladonna)

"Doctor, there's a lot of thick, sticky phlegm, I have a hacking cough and it hurts behind the sternum." (Kali bichromicum)

"Doctor, the baby starts coughing at night as soon as her head hits the pillow." (Drosera)

"Doctor, my whole chest is sensitive, and I'm coughing up little hard lumps of phlegm. The cough wakes me up at 3 am." (Kali carb)

"Doctor, she's as sweet as can be, but she has so much yellow mucus!" (Pulsatilla)

Obviously, there are hundreds of remedies for hundreds of stories. The more commonly used homeopathic medicines for coughs are listed in Table 1 in this Technical Bulletin and Table 2 in the The Treatment of Coughs With Homeopathy - Part II. If no single remedy is clear to new users of homeopathy, some of the low potency combination remedies for coughs often prove effective. As always, the best way to find the best remedy is using the repertory, the cough section can be very enlightening.

Dry Coughs are covered in Table I. Productive Coughs are covered in Table II.

Table I - Dry Coughs

<table>
<thead>
<tr>
<th>Homeopathic Remedy</th>
<th>Nature of Cough</th>
<th>Other Facts</th>
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</thead>
<tbody>
<tr>
<td>Aconite</td>
<td>Constant Short, dry cough. Hoarse, loud cough. Dryness of chest. Feels like suffocating with each inspiration</td>
<td>Anxiety, restless, worse at night. After exposure to cold wind.</td>
</tr>
<tr>
<td>Bryonia</td>
<td>Hard, dry, spasmodic cough. Pain in chest, must press hand to sternum. Cough shakes whole body, must spring up in bed. Hurts to</td>
<td>Irritable, worse with movement, worse after food or drink. Thirsty.</td>
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</table>
breath deeply.

| **Phosphorus** | Dry, tickling, tight cough that is exhausting. Violent, shaking cough. Must hold chest and abdomen while coughing. Trembles with cough. Cough worse laughing, talking or eating. | Chilly with thirst for ice cold drinks. Anxious, nervous. Worse in open air or going from cold to warm room. |
| **Causticum** | Dry, raw, hoarse cough. Aphonia. Chest seems full of mucus and "if I cough a little deeper I could get the mucus out". | Better with ice-cold water. Inability to expectorate. Escape of urine with cough. |
| **Spongia** | Hoarseness. Dry, barking, croupy cough. Worse during inspiration and before midnight. Irrepressible cough from spot deep in chest. Feels like plug in throat. | Better after eating or drinking warm drinks. Worse lying with head low. |

### Table II - Productive Coughs

<table>
<thead>
<tr>
<th>Homeopathic Remedy</th>
<th>Nature of Cough</th>
<th>Other Facts</th>
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<tbody>
<tr>
<td><strong>Drosera</strong></td>
<td>Spasmodic Cough dep in the chest. Violent tickling in the larynx brings on cough. Cough impulses so violent cannot catch breath. Cough as soon as head hits pillow. Principal remedy for whooping cough.</td>
<td>Pain in the hypochondrium must hold while coughing. Worse at night. Cough can be dry and irritative.</td>
</tr>
<tr>
<td><strong>Hepar Sulph</strong></td>
<td>Croup. Loose, rattling cough worse in the morning. Suffocating, choking cough. Hoarseness with loss of voice.</td>
<td>Better breathing warm air. Worse when any part of the body gets uncovered or cold. Better sitting up and bending head backwards</td>
</tr>
<tr>
<td><strong>Kali Bich.</strong></td>
<td>Voice hoarse with hacking cough. Profuse white or yellow expectoration, sticky and stringy. Cough as a brassy sound.</td>
<td>Worse in the evening. Pain in the sternum that extends to the shoulders.</td>
</tr>
<tr>
<td><strong>Stannum</strong></td>
<td>During the day, loose cough with heavy, green mucus. Dry cough at night. Weakness of chest or chest feels empty.</td>
<td>Worse using voice, laughing or singing. Worse with warm drinks.</td>
</tr>
<tr>
<td><strong>Antimonium tart.</strong></td>
<td>Great rattling of mucus, but very little is expectorated. Burning sensation in chest. Bronchial tubes are overloaded with mucus</td>
<td>Cough worse with eating palpitation and hot feeling in chest. Better sitting up.</td>
</tr>
</tbody>
</table>

**SPASMODIC CROUP**

There is a celebrated group of homeopathic remedies for Spasmodic Croup, sold for years as Boeninghausen's Croup Powders. The remedies are:
Aconite, Hepar Sulph., and Spongia

Give in that order as required at two to four hour intervals, according to the urgency of the case.

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Top 6 Natural Homeopathic Remedies for Chest Congestion

By Dr. Vikas Sharma MD 110 Comments

Homeopathic Remedies for Chest Congestion

Homeopathic Remedies for Chest Congestion

Chest congestion in itself is not a disease but this term refers to a number of collective symptoms that are present in various respiratory diseases. The symptoms which refer to chest congestion include rattling cough due to accumulation of mucus in the chest, wheezing or whistling sound produced during breathing, difficulty in respiration, difficulty in expectorating the mucus accumulated in the lungs, suffocative spells and chest pains. Asthma, bronchitis and pneumonia are few examples of respiratory disease that leads to chest congestion. A simple cold if not treated in time may also lead to chest congestion due to spread of infection. In this article I have tried to cover all symptoms of chest congestion with respect to their homeopathic remedies.

Top Natural Homeopathic Remedies for chest Colds and Congestion:

1. Antimonium Tart: Homeopathic medicine Antimonium Tart is one of the leading homeopathic medicine for treatment of chest congestion. The prominent indication for using this medicine in chest congestion is excessive rattling of mucus in the lungs on coughing. The lungs seem to be overloaded with mucus. But even on much coughing very little mucus is expectorated. There is difficulty in breathing and patient takes short breath to compensate for normal breathing. There are suffocative spells that force the patient to sit up. Chest congestion consequent to working in damp basements yields wonderfully well to this medicine. This medicine also possess great power to heal difficult respiration in babies occurring shortly after birth.

2. Arsenic album: Homeopathic medicine Arsenic album is yet another wonderful medicine used in homeopathy to treat chest congestion. This medicine is mainly prescribed to those patients of chest congestion who suffer from suffocative spells mainly at night time. Suffocation with difficulty in respiration is worse on lying down and better by sitting up. On breathing wheezing or whistling sounds in the chest are produced. The cough is better by taking warm drinks.
Burning pains in chest may also be present. This medicine can be given in all such cases of chest congestion that have occurred after taking cold drinks.

3. Ipecac: Ipecac is a natural homeopathic medicine that gives excellent results where wheezing in chest is a prominent symptom. There is continuous violent cough. The chest is full of mucus but inspite of coughing none of it comes out. The patient feels suffocative with constricted feeling in chest. The face of patient turns bluish due to lack of oxygen as a result of suffocative spells. Expectorated mucus at times can be blood stained. Persistent nausea accompanies cough and chest congestion. Vomiting if present with chest congestion gives relief to patient.

4. Phosphorus: Phosphorus is an Important homeopathic medicine for the treatment of chest congestion. This medicine is given to those patients who complain of chest pain with chest symptoms. Pain is accompanied by burning in the chest. The patient requiring this medicine complains of constrictive, oppressed feeling in chest as if a weight is lying in chest. Cough is present that is worse by talking, laughing. Cold air worsens the cough and chest pain. The patient requiring homeopathic medicine phosphorus can also have strange symptoms – They desire cold drinks, ice creams and refreshing things like juice along with above symptoms.

5. Bryonia Alba: Bryonia Alba is also an excellent natural homeopathic medicine that helps in relieving the chest congestion. The main indication for using this medicine is cough with difficult breathing. The difficult breathing is worse by slightest motion and better by rest. The patient feels a constant need to take a deep breath. The cough gets worse after eating, drinking or in warm room. This medicine has powerful effect in treating stitching pains in chest during inspiration. The chest pains are also worse while coughing. The patient has to hold the chest with hands due to severe chest pains on coughing. The expectorated mucus is thick. The mucus comes out only after much hawking. Thirst for increased quantity of water might also be present.

6. Senega: Senega is a top homeopathic medicine, mainly recommended in elderly people with chest congestion. The patient requiring this medicine complains of rattling of mucus in chest with oppressed feeling. The mucus from the chest needs much effort and comes out with great difficulty. The expectorated mucus is tough and copious. Extreme soreness is felt in chest.

**Antimonium Tart and Hepar Sulph- Homeopathic remedies for Chest Congestion with great rattling of mucus on coughing**

Both Antimonium Tart and Hepar Sulph are natural homeopathic medicines for treating rattling of mucus in chest. Antimonium Tart can be given to those patients who have rattling of mucus in chest on coughing. The bronchial tubes in chest are full of mucus but it cannot be coughed out. For people requiring this medicine, the complaints are worse after exposure to dampness. The second homeopathic medicine Hepar Sulph is used for rattling of mucus that is worse in the morning time. For patients requiring Hepar Sulph, chest congestion gets worse by cold air exposure.

**Homeopathic medicines Ipecac, Arsenic Album, and Nux Vomica for wheezing in chest due to chest congestion:**

The first homeopathic medicine Ipecac can be used where wheezing is present due to chest congestion. The indicating feature for using this medicine is relief from vomiting or coughing out the mucus. Arsenic album is given when the wheezing is present with suffocative spells and cough. And patient is better after taking warm drinks. Nux Vomica is mainly used when the wheezing is worse during sleep.
**Bryonia Alba and Arsenic album homeopathic remedies for chest congestion with difficult breathing**

Bryonia Alba is a natural homeopathic medicine and can be used to relieve difficulty in breathing when motion worsens the problem and patient is better by taking rest. Homeopathic medicine Arsenic Album can be used when the difficulty in breathing is worse on lying down and better by sitting up.

**Lachesis and Sambuccus homeopathic medicines for Chest congestion with suffocative attacks**

Homeopathic medicine Lachesis is very efficient in treating suffocative attacks that are worse on lying down. The patient has to rush towards an open window to get relief. The patient feels to take deep breaths. Nothing tight is bearable around the neck or waist. Homeopathic Remedy Sambucus gives best results when the suffocative spells occurs while sleeping and the patient wakes up suddenly almost breathless. The nose feels totally obstructed. It is more frequently indicated in very young children and infants.

**Bryonia Alba and Phosphorus – Natural Homeopathic medicines for chest congestion attended with chest pain**

Both homeopathic medicines Bryonia Alba and Phosphorus occupy a significant place in homeopathy to treat the chest pains due to chest congestion. But the selection depends upon the symptoms given by the patient. Bryonia Alba more suited to those patients who give symptoms of chest pains which are worse on inspiring and while coughing. The pains are stitching type in nature. Such patients get relieve by lying down. And for using Phosphorus in chest pain the most indicative symptoms are – worsening of chest pain by lying on left side and by pressure. Warm applications usually relieve the pains and cold air aggravates the chest pain.

**Homeopathic medicines Kali Sulph, Pulsatilla, Kali Bichrome for difficult coughing up of mucus in chest congestion:**

Kali Sulph is one of the best homeopathic remedy for congestion; It is given when the mucus rattles in the chest and is expectorated with much difficulty. The expectorated mucus is yellow in colour. Pulsatilla is used when the mucus from chest is greenish in colour and takes great effort to come out. And the last medicine Kali Bichrome works at its best when the mucus is extremely thick and sticky in nature and comes out in long threads or strings and requires much force to spit it out.

**Homeopathic medicine Aconite for sudden chest congestion after exposure to cold air:**

Aconite is the best natural remedy for chest congestion from exposure to cold air. The patients requiring this medicine feels severe oppression in chest with short difficult and laboured breathing. Anxiety and restlessness of utmost degree can also be present with chest congestion.

**Homeopathic medicine Natrum Sulph for Chest congestion in damp weather:**

Natrum Sulph is highly ranked holistic medicine for chest congestion occurring in damp weather. The symptoms that guide towards this medicine use are rattling of mucus in chest with difficulty in breathing and patient feels the need to take deep breaths. Green coloured mucus is coughed out. Pain in chest also occurs during coughing, forcing the patient to hold the chest.

**Ipecac, Sambucus and Chamomilla – Natural Homeopathic medicines for chest congestion in infants:**
All these medicines are very efficient homeopathic remedies for chest colds in infants. Ipecac is mainly given when continuous rattling cough is present. The face of the infant turns blue due to incessant coughing. Wheezing from the chest is severe. Vomiting usually eases the cough. Homeopathic medicine Sambucus works very efficiently in treating the cough attacks in infants that occurs at night with blockage of nose. The infant wakes up in the night with sudden crying and extremely suffocated. And the last mentioned medicine Chamomilla works well for infants with rattling cough with utmost irritability and crying. Such infant feel a lot better when they are carried around.

**Homeopathic Remedies for the Common Cough**

Many of the following remedies are found in home-use kits.

**Aconite napellus (Acon.)**

The sudden onset of a cough after exposure to a dry cold wind or from getting chilled. There is a suffocative feeling with a constant, short, dry cough and chest. Aconite is for the early stages of croup and croup coughs, and also night-time coughs, accompanied by shortness of breath and agitation. In the case of croup, Aconite may need to be followed by Hepar-sulph as the symptoms develop.

**Antimonium tartaricum (Ant-t.)**

A rattling, choking, chesty cough with negligible expectoration and where the patient has to sit up in order to breathe. The patient sounds like they are drowning in mucus and there are suffocative paroxysms of coughing, with sweat (see Ipecac)

**Arsenicum album (Ars.)**

An asthmatic cough with wheezing and frothy expectoration. There is burning expectoration or sensation, with constricted airways, making breathing difficult. The patient is very chilly, restless, anxious and may be sweaty, with marked exhaustion. The patient feels worse after midnight and is sensitive to cold.

**Belladonna (Bell.)**

A short, dry tickling cough, with sudden onset and worse at night. The cough lubricates the throat a little, but it dries out again and causes sudden violent spasms of coughing. There is tickling, burning or a scraped sensation in the throat. Belladonna symptoms are aggressive and can include high temperatures with a flushed face, staring eyes, swollen glands and red or inflamed membranes.

**Bryonia alba (Bry.)**

A hard dry cough with soreness in the chest, where the patient clutches at their chest to ease the stitching pains caused by coughing. Bryonia symptoms are clearly better for hard pressure and keeping still. All symptoms are accompanied by dryness and are worse for any motion (including eating or drinking). Warm air aggravates and entering a room can trigger a bout of coughing. The patient wants to take a deep breath and sigh, but this is too painful and they are irritable, thirsty and want to be left alone. The cough may be caused by exposure to cold dry winds and builds up slowly over a few days. Always wants to lie on the painful side.

**Calcarea carbonica (Calc.)**

Tickling cough, dry at night and loose in the morning with easy expectoration. Cough aggravated by various activities like eating or playing. Will suit the chubby, sweaty Calc-carb type of patient.

**Drosera (Dros.)**
Spasmodic cough ending in retching and even vomiting. Cough from deep in the chest forcing the patient to clutch their abdomen on coughing. A choking cough with bouts following each other so rapidly that it is difficult to breathe. Cough is triggered by tickling in the throat and wakes patient from sleep. Worse lying down, after midnight, after getting warm in bed (see Ip, Ant-t).

**Ferrum phosphoricum (Ferr-p.)**
The early stage of a respiratory infection, or colds which head rapidly for the chest and ear resulting in bronchitis or otitis. A very common remedy in children’s coughs which start with a fever and flushed face, followed by a short painful tickling cough with soreness over the sternum. Blood-streaked sputum or nosebleeds may be reported. Also covers croupy coughs.

**Hepar sulphuricum (Hepar.)**
Croup from cold, dry winds or cold air. Cough is triggered by any part of the body being exposed. Choking spells of coughing. The Hepar patient is very sensitive to cold air, or cold in any form, and is especially irritably, although they are much better for warmth or humid weather. This is an important croup remedy in children.

**Ignatia amara (Ign.)**
Dry, hacking, spasmodic cough, where the more the patient coughs, the more the irritation. ([REDACTED]) (see Dros). They are unable to take a full breath and sigh frequently.

**Ipecacuanha (Ip.)**
Suffocative coughs, ([REDACTED]), coughs with choking or gagging (compare Antim tart, Drosera). Cough incessant and violent with each breath. Stiff and blue in the face with choking cough. Rattling cough with very little expectoration. Coughs accompanied by nausea or nosebleed. Wheezing coughs that recur annually.

**Kali bichromicum (Kali-bi.)**
A barking, hacking cough with rales of white sticky or ropy mucus, the consistency of egg-white, and hoarseness. A croupy cough with tickling in the throat and accumulation of tough mucus. It may be triggered by undressing.

**Lycopodium clavatum (Lyc.)**
A tickling cough, with shortness of breath and fan-like motion of nostrils at each intake. Tickling cough accompanied a throbbing headache with each bout of coughing.

**Nux vomica (Nux.)**
A dry teasing cough with a sore chest, where colds usually settle. An immobile, feverish patient who is very sensitive to being uncovered. There is a spasmodic cough, with retching, which causes a headache and a bruised sensation around the navel. The patient is oversensitive, irritable and is worse in cold, dry, windy weather.

**Phosphorus (Phos.)**
An exhausting and violent, dry and tickling cough with irritation deep in the throat. The cough may be triggered by laughing, talking or by a change in temperature, e.g. going out or coming in. There is a bursting pain in the head, a tight painful chest and pain may spread to abdomen. The patient may clutch their head, chest or abdomen on coughing. They can’t lie on their left side and are usually anxious, seek reassurance and feel chilly, but want cold drinks.

**Pulsatilla pratensis (Puls.)**
This is a gagging, choking cough that comes and goes. It is dry at night and loose in the morning, worse and night and on lying down, causing the patient to sit up or use extra pillows. The chest feels sore, they can’t lie on their left side and there may be spurts of urine passed with coughing. The cough is triggered by coming into a warm room or by breathing in. This patient needs reassurance or sympathy and a child will be weepy and clingy. Fresh air helps, while a closed room aggravates symptoms.

**Rhus toxicodendron (Rhus-t.)**
A dry teasing cough from tickling in the chest, which is triggered by uncovering the smallest part, even a hand. It is a dry, night cough with a bloody taste, although no blood is seen. The patient must move about as it is worse at rest and from cold, wet weather.

**Sepia (Sep.)**
A violent cough with thick, yellow expectoration, with retching and gagging, that is worse on rising. The expectoration is only at night or only in the morning and the patient is tired and indifferent.

**Sulphur (Sulph.)**
A strong desire for fresh air accompanies this suffocative cough which is worse at night with the rush of blood to head and chest. There is a burning feeling on the face and chest, with red lips and eyelids. The patient feels worse after a bath and has burning feet which are stuck out of the end of the bed.

Many of the above remedies can be found in home-use kits

Coughing is an important way to keep your throat and airways clear. However, excessive coughing may mean you have an underlying disease or disorder.

Some coughs are dry, while others are “productive.” A productive cough is one that brings up phlegm (also called sputum or mucus). Coughs can be either acute or chronic.

Besides cold and flu, other common causes of coughs include asthma; allergies (like hay fever); lung infections such as pneumonia or acute bronchitis; chronic obstructive pulmonary disease (emphysema or chronic bronchitis); sinusitis leading to postnasal drip; smoking cigarettes or exposure to secondhand smoke; pollutants; and gastroesophageal reflux disease (GERD). A cough due to a lung infection may start out suddenly but then linger on. If a child has a barking cough, see croup.

**Cough – Homeopathy Treatment & Homeopathic Remedies**
**#Phosphorus [Phos]**

The cough of Phosphorus arises from irritation in the trachea. It is tickling which is lower down than the irritation calling for Belladonna. It is made worse by talking or using the voice; in fact, any change in breathing causes the cough. It is at first dry and tight and then with expectoration of tenacious purulent mucus. It is worse from a change to cold air, the chest feels dry, and the cough sounds and there is a constriction across the upper part of the chest. Continued hoarseness with a distressing, dry cough. It is also a remedy for stomach or hepatic coughs, anaemic coughs, and in reflex coughs, being here similar to Ambra grisea. Ignatia is useful in nervous coughs, in which the more the patient coughs the greater the irritation to cough. Sticta has this symptom, but it is not nervous in origin. Ambra grisea is useful in nervous coughs followed by eructation of wind. Reflex coughs rather than those of organic lesions of the respiratory organs. Phosphorus follows Belladonna well. Belladonna relieves the soreness, tenderness and fever, but the hoarse, rough voice yields to phosphorus. A dry cough is an important indication for Belladonna.

**#Rumex crispus [Rumex]**

This remedy has a dry cough from tickling in the supra-sternal fossa. It is a laryngo-tracheal cough which is teasing and persistent, and is aggravated by cold air. The patient has to cover the head with the bedclothes and breathe warm air to stop the cough. Deep inspiration aggravates it. It suits incessant fatiguing coughs, with soreness behind the sternum, and much tough mucus in the larynx which cannot be hawked up. It suits the night coughs of consumptives where there are sharp, stitching pains through the lungs in the early stages. Silicea has a similar cough, worse from cold drinks, worse from speaking and worse from lying down at night.

**#Bryonia [Bry]**

The cough of Bryonia is generally dry and concussive. It seems to come from the region of the stomach, and is preceded by a tickling in the epigastrium. During the cough the patient holds the sides of the chest with his hands, as the sough not only shakes the chest, but also hurts distant parts of the body. It is induced also by coming from the open air into a warm room and is accompanied by bursting headache. The expectoration is scanty, tough and sometimes bloody. Natrum carbonicum. Cough worse in a warm room, with a purulent salty and greenish expectoration. Asclepias tuberosa. Loose cough, with stitching pains in the chest, a looser cough than the Bryonia cough, and the patient is more “broken up” with the cold.

**#Spongia [Spong]**

This remedy suits a hard, barking, ringing, metallic sounding cough, which is worse from deep breathing and excitement, often arousing the patient out of sleep with a suffocative feeling. There is usually no expectoration; it suits, therefore, oftentimes the dry, racking cough of chronic bronchitis.
Sambucus. Useful in suffocative coughs of children where there is rough wheezing with great dyspnoea; patient can only breathe with the mouth wide open.

#Hyoscyamus [Hyos]
The cough of this remedy is dry, nervous and spasmodic, occurs at night and ceases after sitting up. This is characteristic of the drug; the Belladonna cough may compel the patient to sit up, but no relief is obtained. Hyoscyamus is a wonderfully calming remedy in the night coughs of consumptives. Manganum has a cough that is always better on lying down, only troublesome when sitting up. Conium. This remedy has a tormenting dry cough, worse lying down, worse in the evening and at night. Speaking or laughing also aggravates the cough. The irritation is in the trachea or upper bronchi. Opium has a difficult cough, especially tormenting at night, with a scanty expectoration. Burt testifies as to its utility in dry spasmodic nightly coughs that prevent sleep, with no expectoration. Laurocerasus is a very beneficial remedy in the dry, teasing cough of consumptives. Aralia racemosa cures a spasmodic cough coming on at night after the first sleep, caused by tickling in the throat and constriction of chest; has to sit up and cough violently. Naphthalin. Dr. Cartier recommends this remedy highly in spasmodic coughs, due to an acute laryngo-tracheitis.