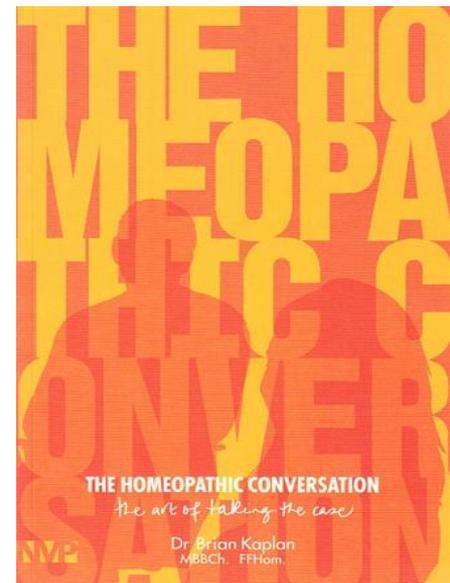


The Homeopathic Treatment of Coughs



Clinical Success is Vital!

- We are told that a well taken case is 50% of the cure.
- This ability is therefore *indispensable*.



Aphorism 151 (the Organon)

If, however, the patient complains of a couple of severe ailments the investigating physician will usually find several collateral, although more minor, befallments that give a complete image of the disease.

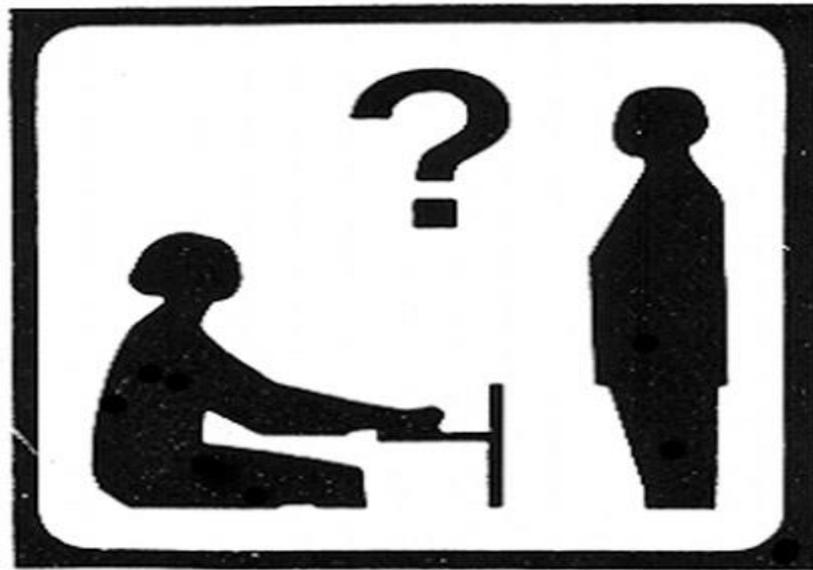
Aphorism 151 (the Organon)

If, however, the patient complains of a couple of severe ailments the investigating physician will usually find **several collateral, although more minor, befallments that give a complete image of the disease.**

Aphorism 95 (partial)

Chronically ill patients become so accustomed to their long sufferings that they pay little or no attention to the smaller, often very characteristic accompanying befallments which are so decisive in singling out the remedy. They view them as almost a part of their natural state, nearly mistaking them for health, whose true feeling they have fairly well forgotten during the course of their fifteen to twenty year long suffering. It hardly occurs to them to believe that these accompanying symptoms, these remaining smaller or greater deviations from the healthy state, could have a connection with their main malady.

Get the complete story – what else?



are you asking
the right questions?

Open Ended Questions

- Say a little bit more about...
- When you say----what do you mean? The re-iterating question.
- What kind of ----- is that?
- -----is very vague. It is like the label on a folder—if we opened the folder what is inside?

Clemens von Bönninghausen

It is now over three years since the great Homœopathic Congress was held in Brussels, Belgium being, I am sorry to say, but little represented. In the last session of this meeting after several propositions had been read, my resolution was adopted and a prize-question was proposed, to answer which a period of two years was granted. This prize essay, as the Homœopathic journals have also made known, was intended to call out a "Treatise concerning the greater or lesser (characteristic) value of the symptoms occurring in a disease, to aid as a norm or basis in the therapeutical selection of the remedy." The answer to this question was not limited to Belgium or to France, but it was handed over to the competition of the whole medical world, and it was thus unanimously acknowledged to be a subject of the greatest importance. Nevertheless, this question, in spite of the daily increase of the homoeopathic literature, has thus far remained unsolved. This silence extending far over the time set, which was computed liberally enough, seems to justify the assumption that the solution of the question has met with considerable difficulties, though every homœopath must every moment find himself in the position to ask himself this question, and to have to answer it. It might not appear altogether proper for me, the author of the question, to also now enter among the competition for this prize. But the old practitioner will be pardoned for furnishing at least some contribution to the solution, and thereby again calling attention to the question. From *Bönninghausen's Lesser Writings*

Aphorism 153

"In seeking for the specific homoeopathic remedy, i.e., in this juxtaposition of the phenomena of the natural disease and the list of symptoms of the medicines, in order to discover a morbid potency corresponding in similitude to the evil to be cured, **the more striking, particular, unusual and peculiar (characteristic) signs and symptoms of the case should especially and almost solely be kept in view**; for there must especially be some symptoms in the list of the medicine sought for corresponding to this, if the remedy should be the one most suitable to effect the cure. **The more general and indefinite symptoms, such as lack of appetite, headache, weariness, disturbed sleep, uncomfortableness, etc., in their generalness and undefinedness deserve but little attention, unless they are more especially pronounced**, as something of such a general nature is seen in almost every disease and in almost every medicine."

from the 5th Edition of the *Organon der Heilkunst*

Clemens von Bönninghausen



1785-1864

Bönninghausen classified the characteristic symptoms into seven categories referred to as Bönninghausen's Latin Hexameter:

- Quis
- Quid
- Ubi
- Cur
- Quomodo
- Quando
- Quibus Auxiliis

Clemens von Bönninghausen



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Clemens von Bönninghausen



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Quis (Personality of the Patient)

Who?

Quis (Personality of the Patient)

Who?

He is a 37 year old irritable man.



37 year old irritable man!

Clemens von Bönninghausen



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Quid (Peculiarity of Complaints)

What?

Quid (Peculiarity of Complaints)

What?

He has a throbbing migraine headache.



A throbbing migraine headache!

Clemens von Bönninghausen



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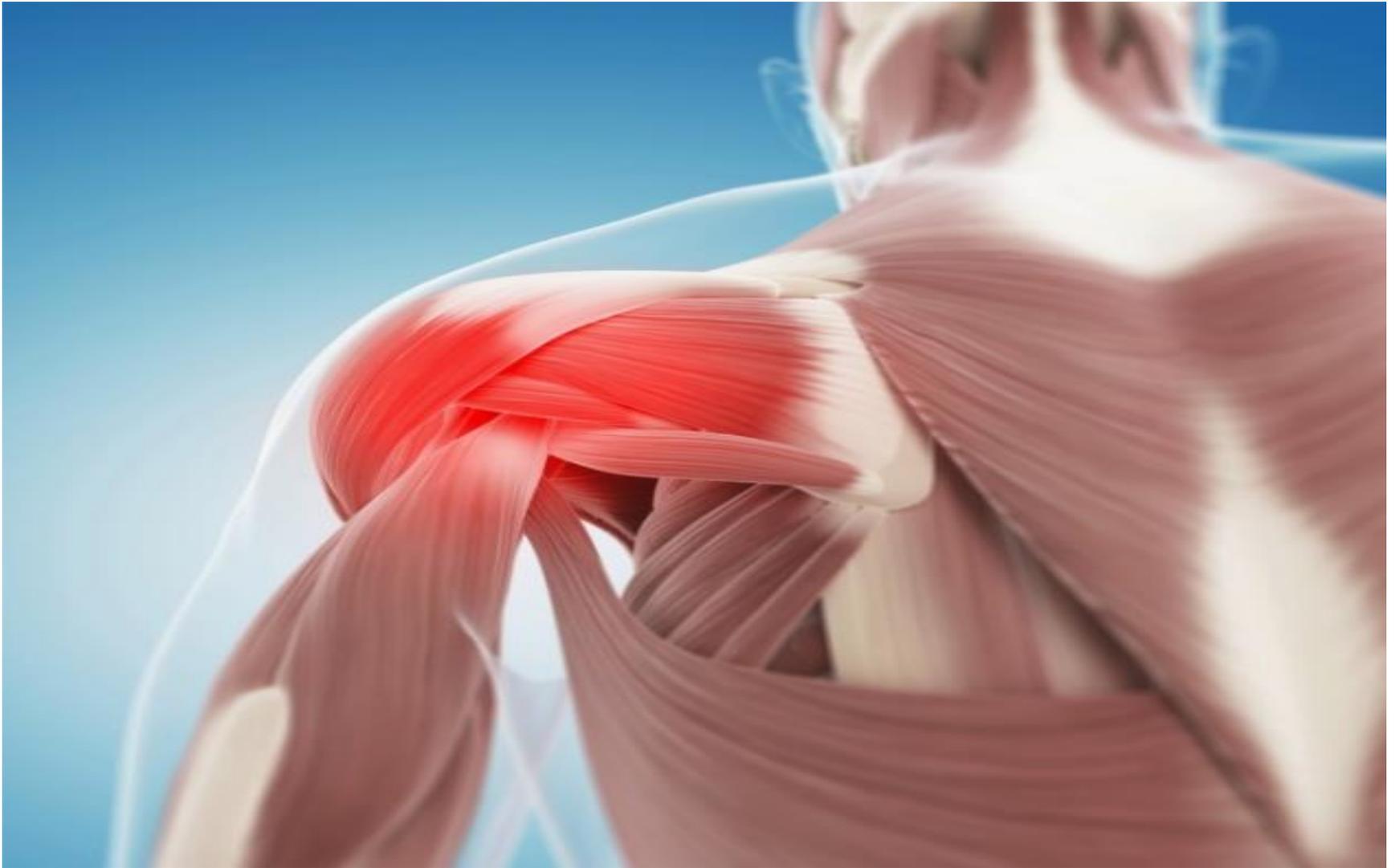
Ubi (Seat of Disease)

Where?

Ubi (Seat of Disease)

Where?

The pain is in the vertex descending downwards towards the left shoulder.



The pain is in the vertex descending downwards towards the left shoulder!

Clemens von Bönninghausen



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Cur (Causations)

The Why?

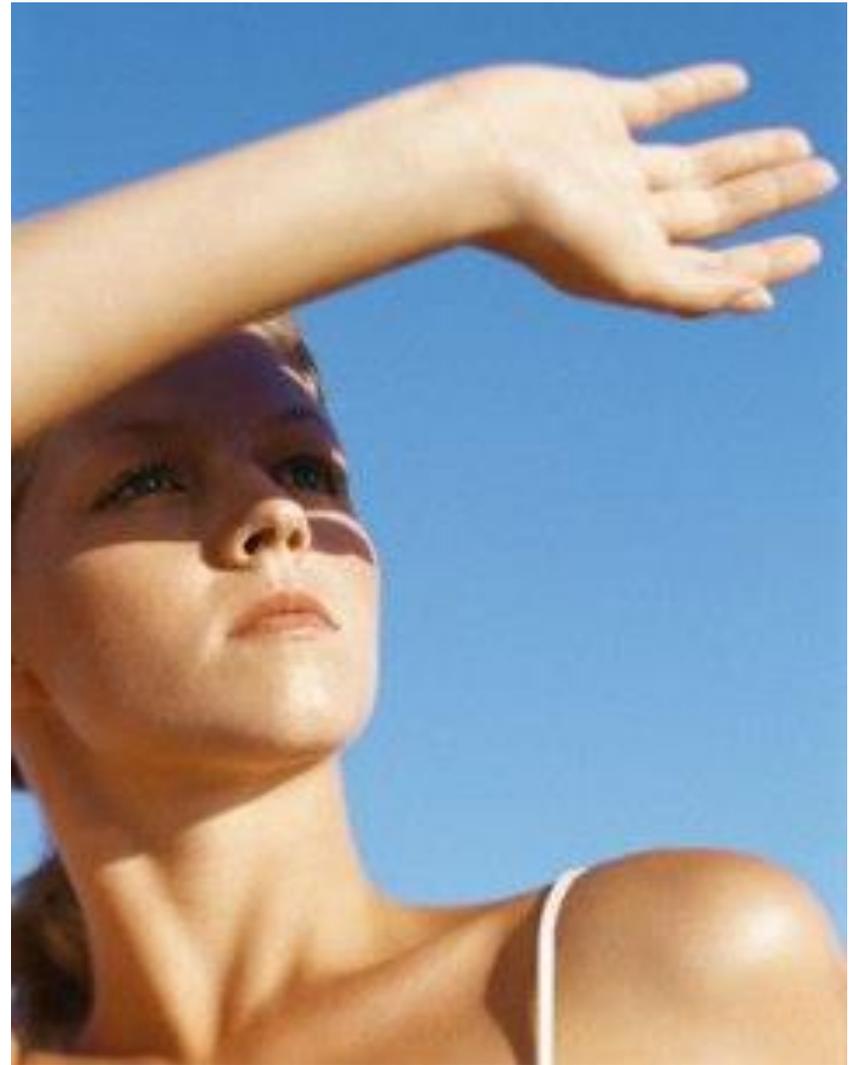
Cur (Causations)

The Why?

He received a blow to the head or was sitting in the sun for too many hours.



Watch
the ball!



**She received a blow to the head or was
sitting in the sun for too many hours!**

Clemens von Bönninghausen



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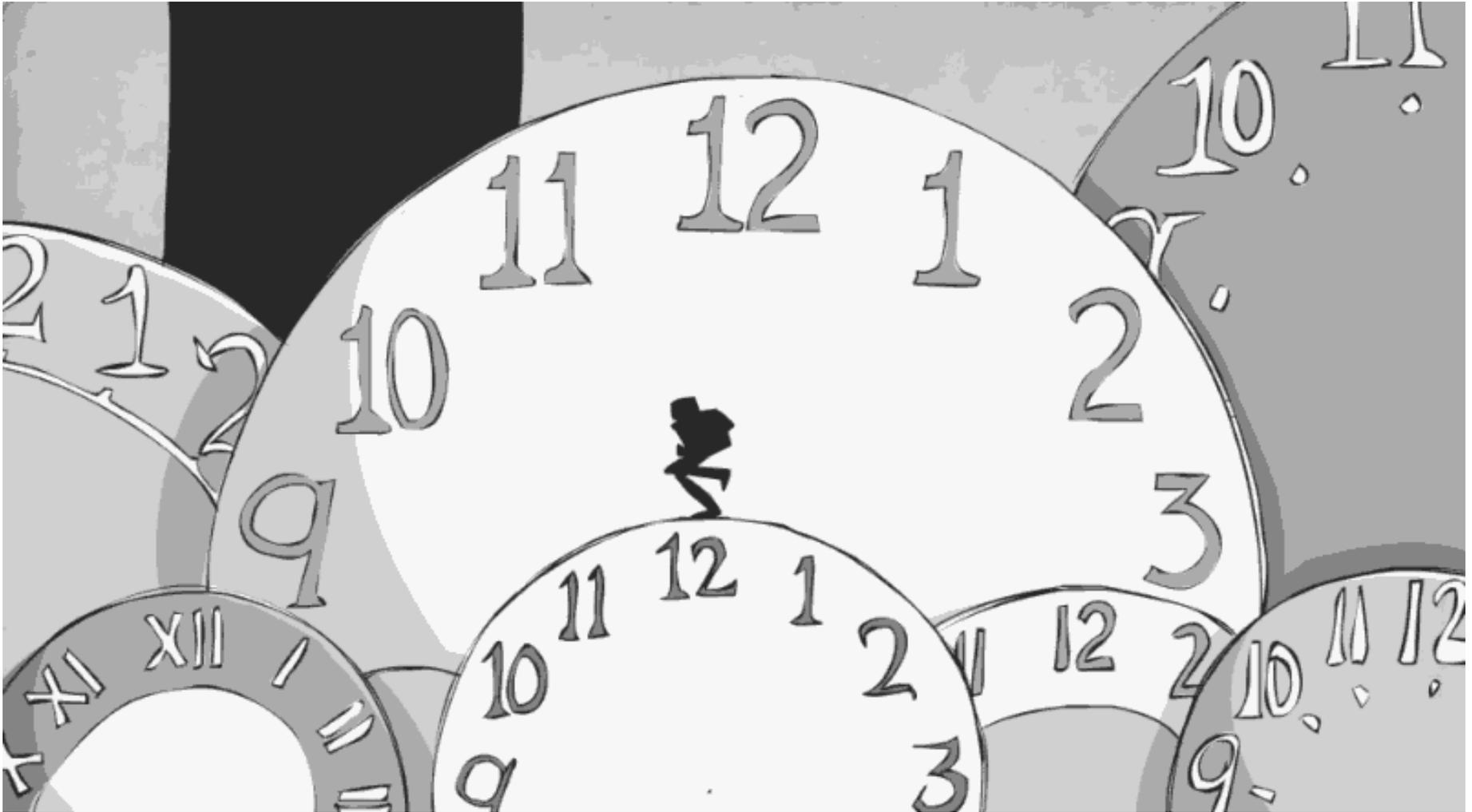
Quomodo (Modalities of Time)

When?

Quomodo (Modalities of Time)

When?

**It's worse from 3:00 to 4:00 PM and
always better from 7:00 to 9:00 AM.**



**It's worse from 3:00 to 4:00 PM and
always better from 7:00 to 9:00 AM!**

Clemens von Bönninghausen



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- **Quamodo (Modalities of Circumstances).**
- Quibus Auxiliis (Concomitant Symptoms)

Quando (Modalities of Circumstances)

Modified by?

Quando (Modalities of Circumstances)

Modified by?

**It's better from fresh air and worse
from standing in the cold rain.**



**It's better from fresh air and worse
from standing in the cold rain!**

Aphorism 133

Upon becoming sensible [i.e. , upon feeling and becoming conscious] of this or that medicinal ailment, it is serviceable, indeed requisite for the exact determination of the symptom, to place oneself in different situations and to observe whether the befallment increases, lessens or passes away and whether, perhaps, the befallment returns when one is once again in the initial situation.

1. Does the befallment increase, lessen or pass away:

-by movement of the part in question?

-by walking in a room or in the fresh air?

-by standing, sitting or lying?

2. Does the symptom alter itself:

-by eating?

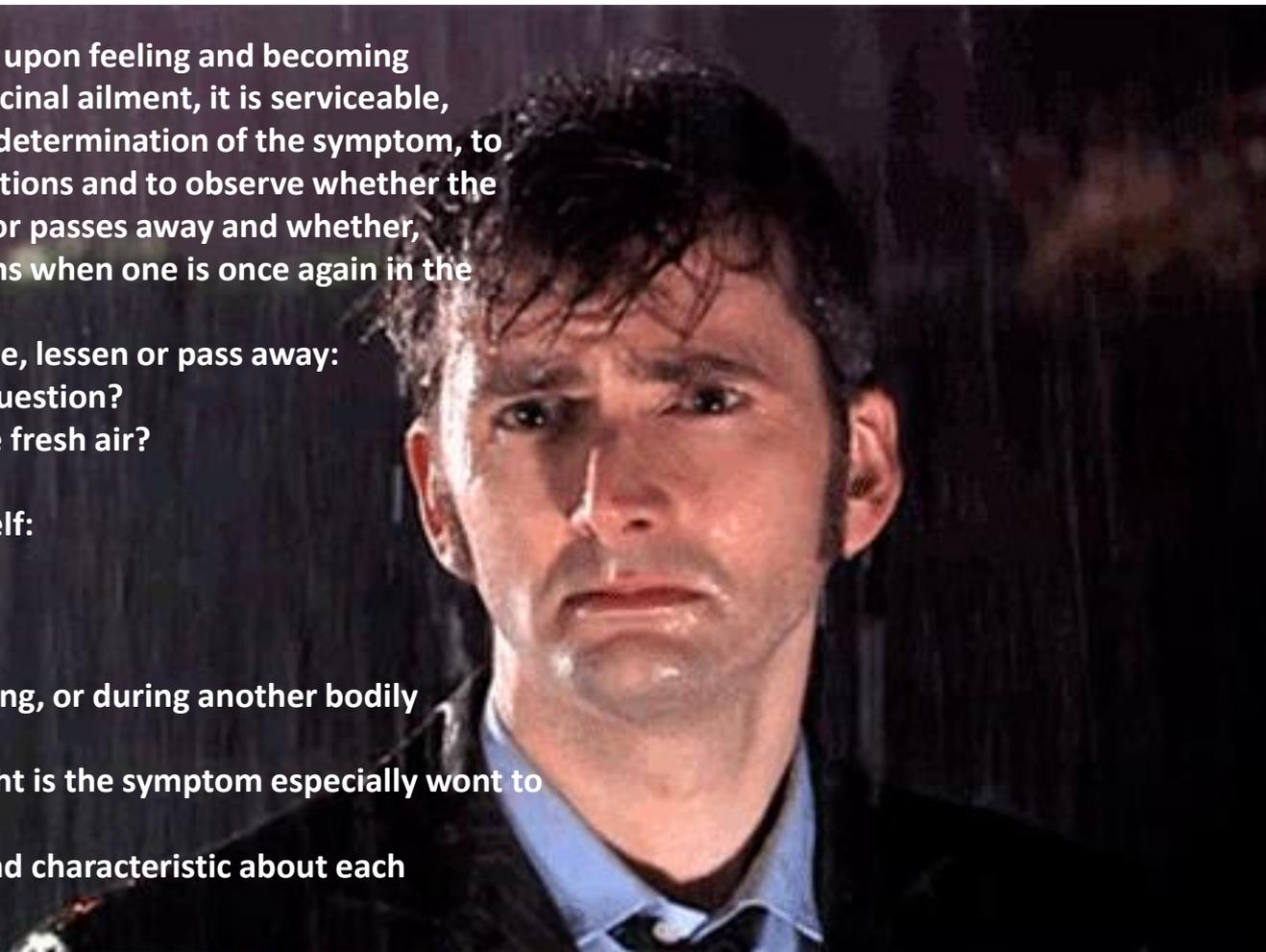
-by drinking?

-under some other condition?

-by speaking, coughing, sneezing, or during another bodily function?

3. What time of the day or night is the symptom especially wont to come?

In this way, what is peculiar and characteristic about each symptom becomes evident.



**It's better from fresh air and worse
from standing in the cold rain!**

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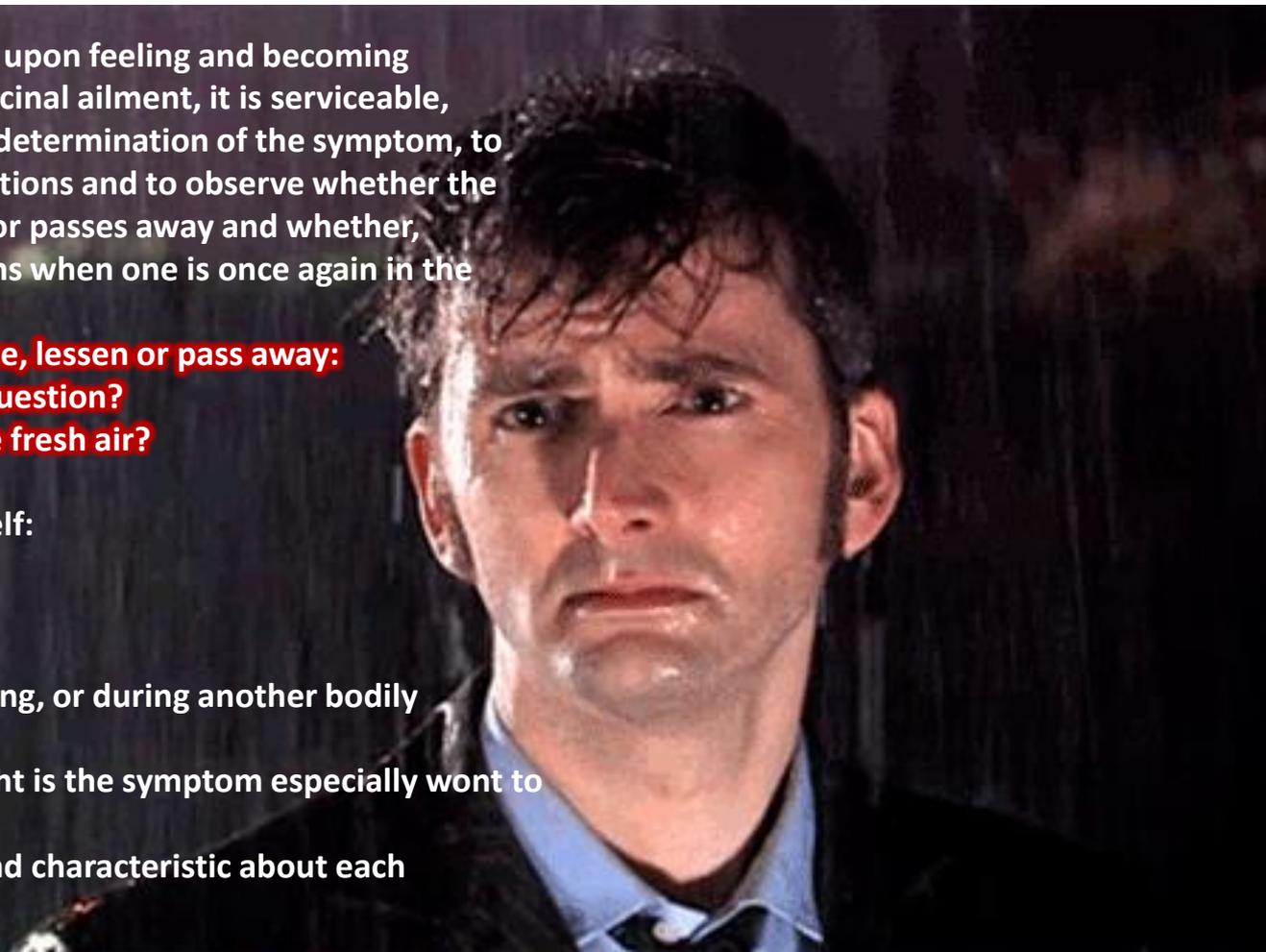
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It's better from fresh air and worse from standing in the cold rain!

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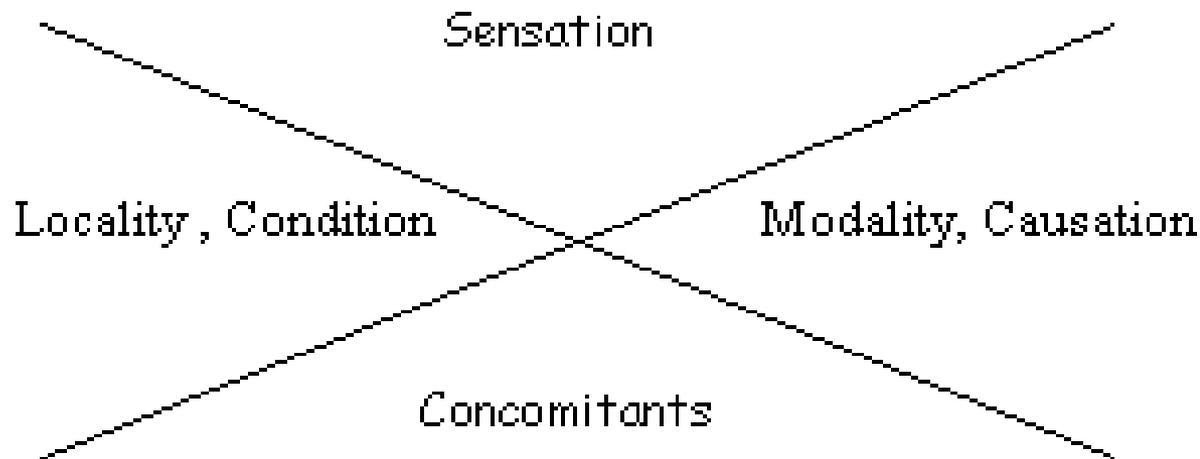
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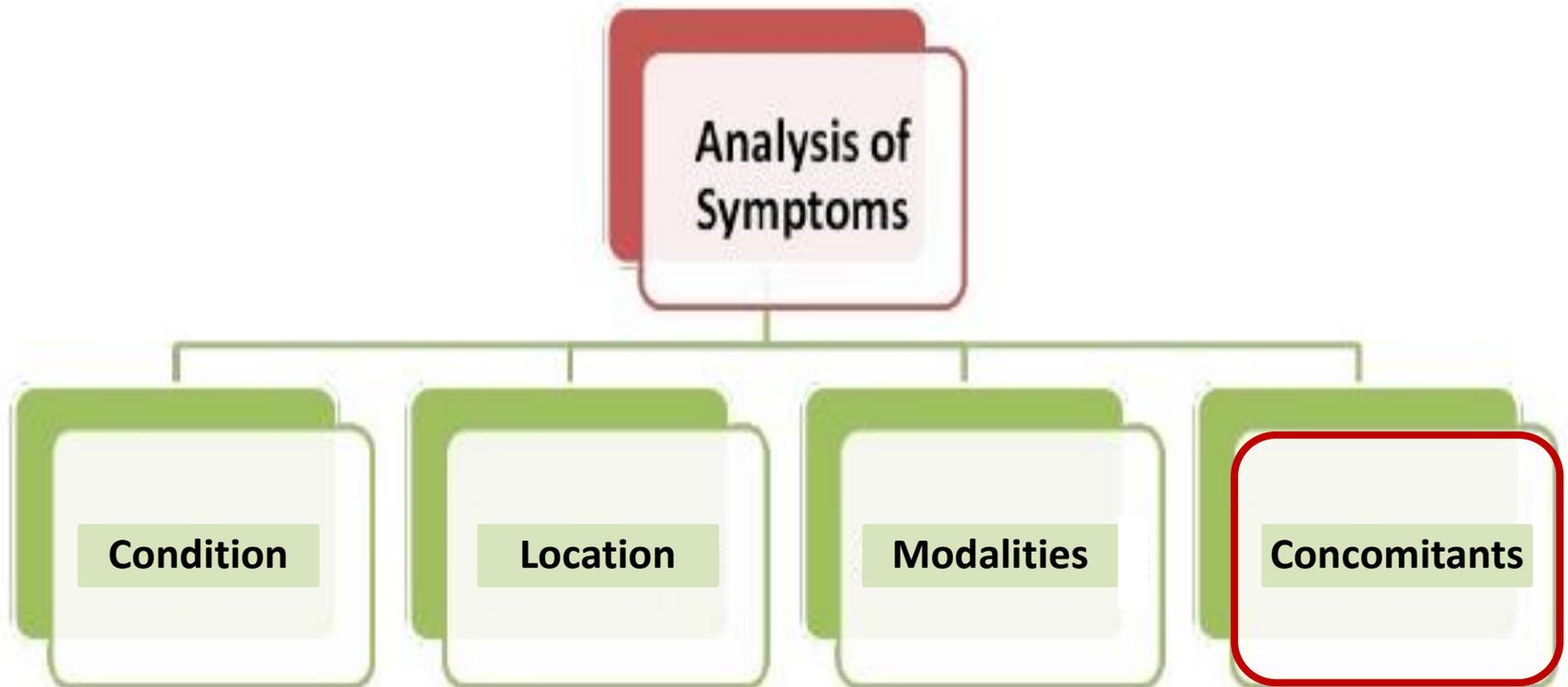
**It's better from fresh air and worse
from standing in the cold rain!**

Type of Symptoms

Symptoms consist of 3 essential components – their nature (what is it), their location (where is it), their modalities (how is it influenced or modified). **Concomitants are other symptoms.**



Abstraction of Symptoms



LSMC

- Location
- Sensation
- Modality
- Concomitant

Clemens von Bönninghausen



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- **Quibus Auxiliis (Concomitant Symptoms)**

Quibus Auxiliis (Concomitant Symptoms)

What with?

Quibus Auxiliis (Concomitant Symptoms)

What with?

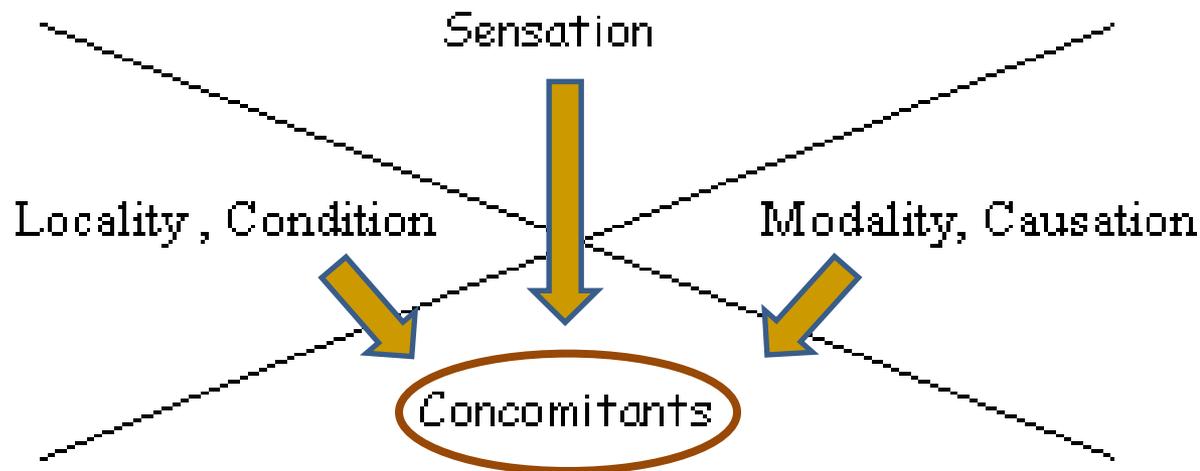
With his headache he always gets stomach bloating with smelly gas.



With his headache he always gets stomach bloating with smelly gas!

Type of Symptoms

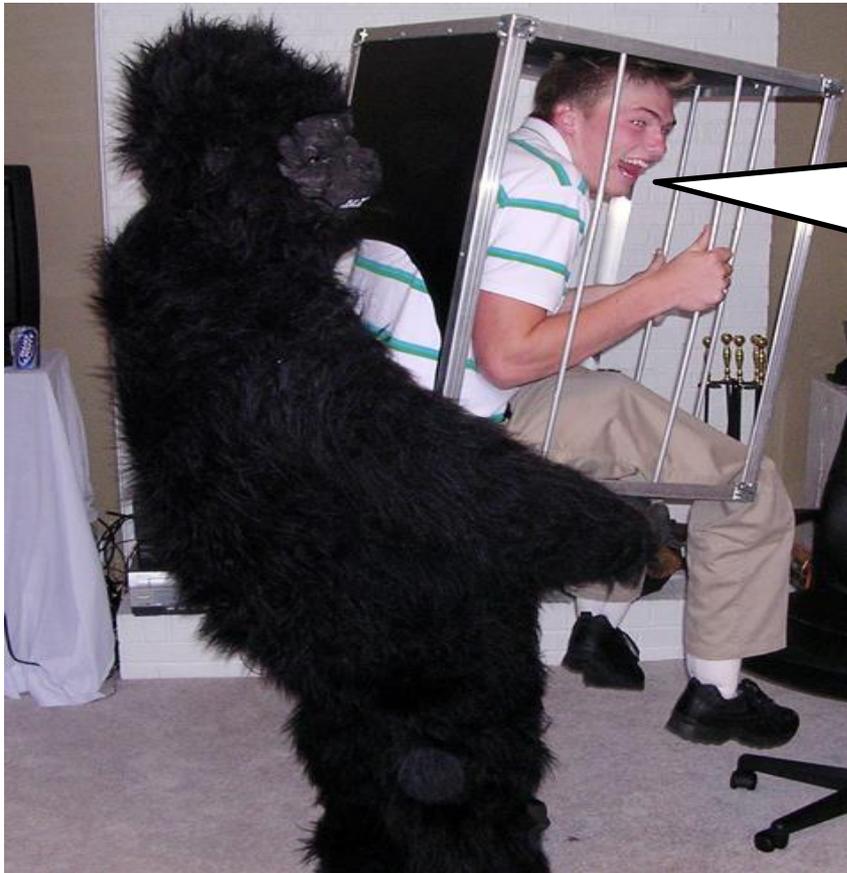
Symptoms consist of 3 essential components – their nature (what is it), their location (where is it), their modalities (how is it influenced or modified). **Concomitants are other symptoms.**



Don't help the patient!

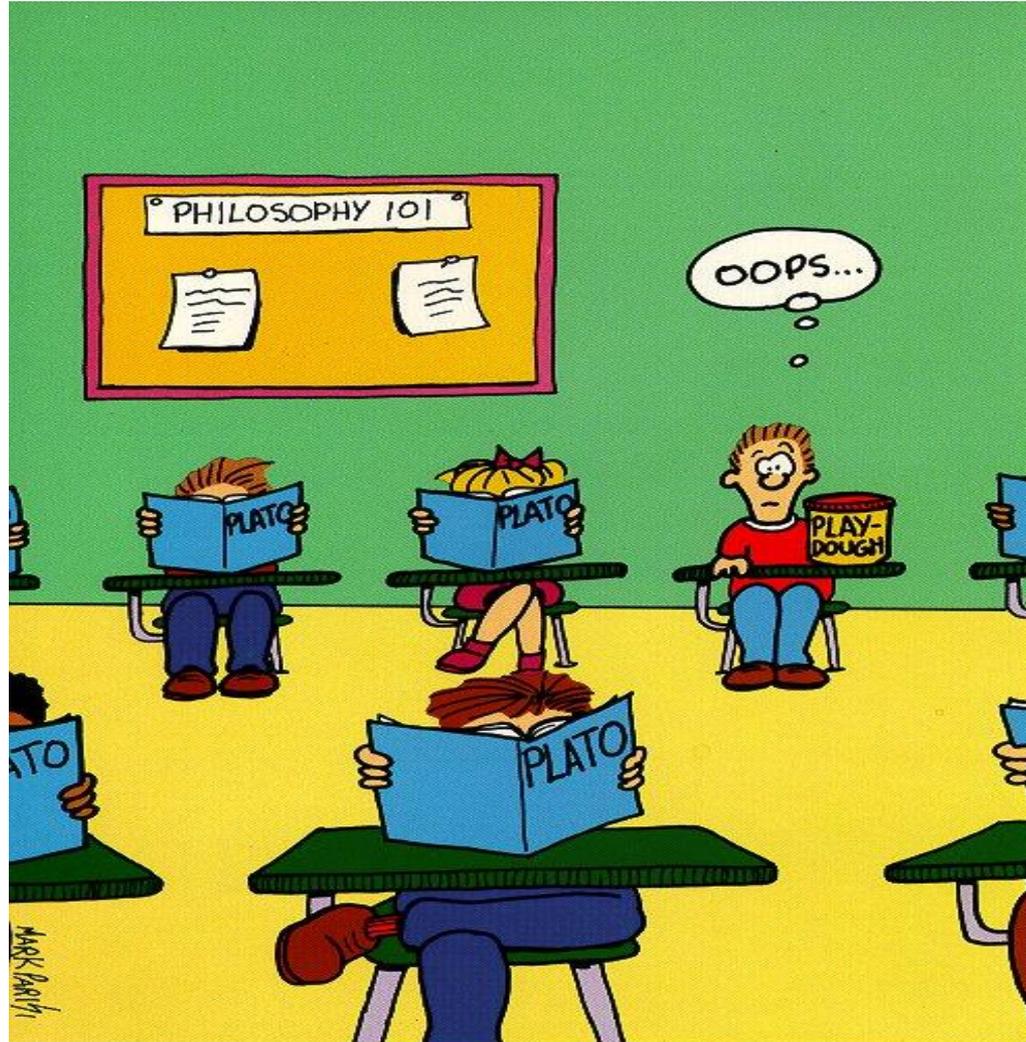


Make sure you have the correct symptom!

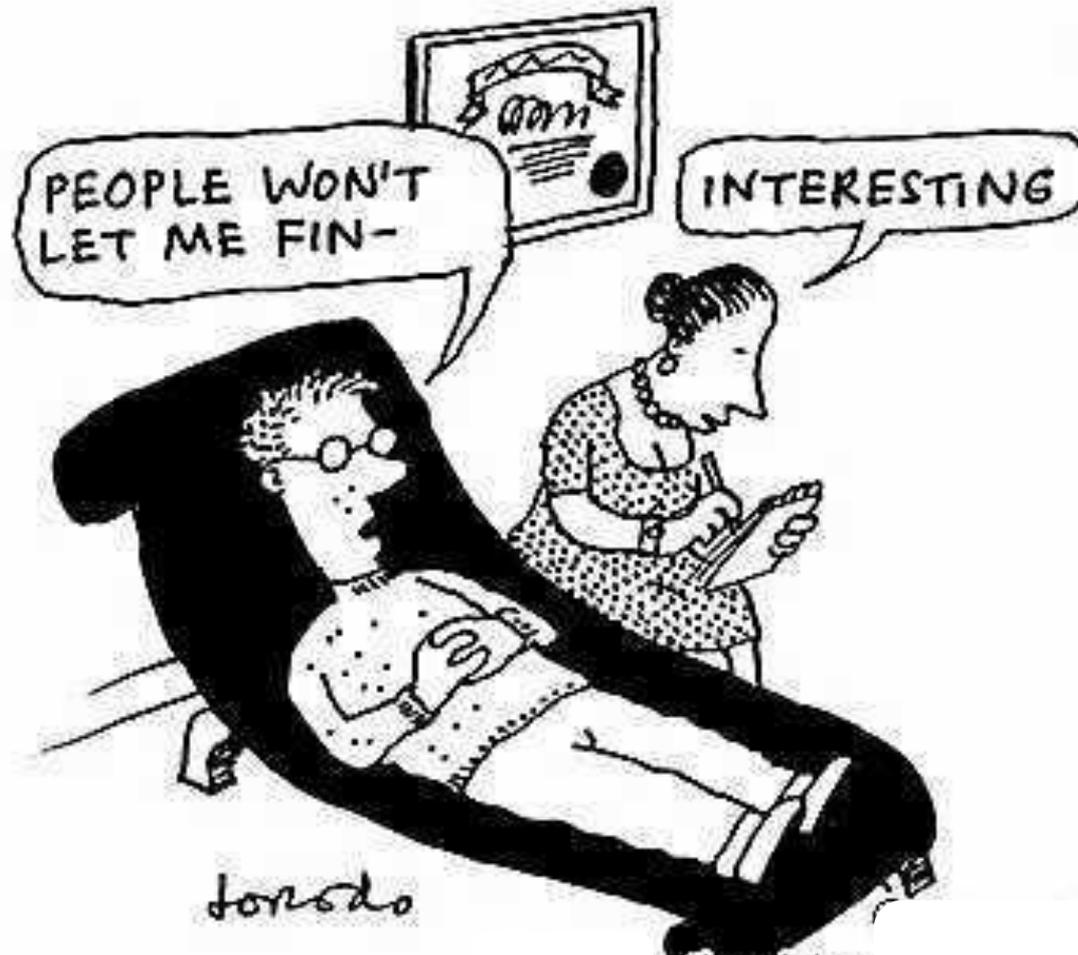


Let me make sure I have
this right – you think you
are a small puppy dog?

Don't assume!

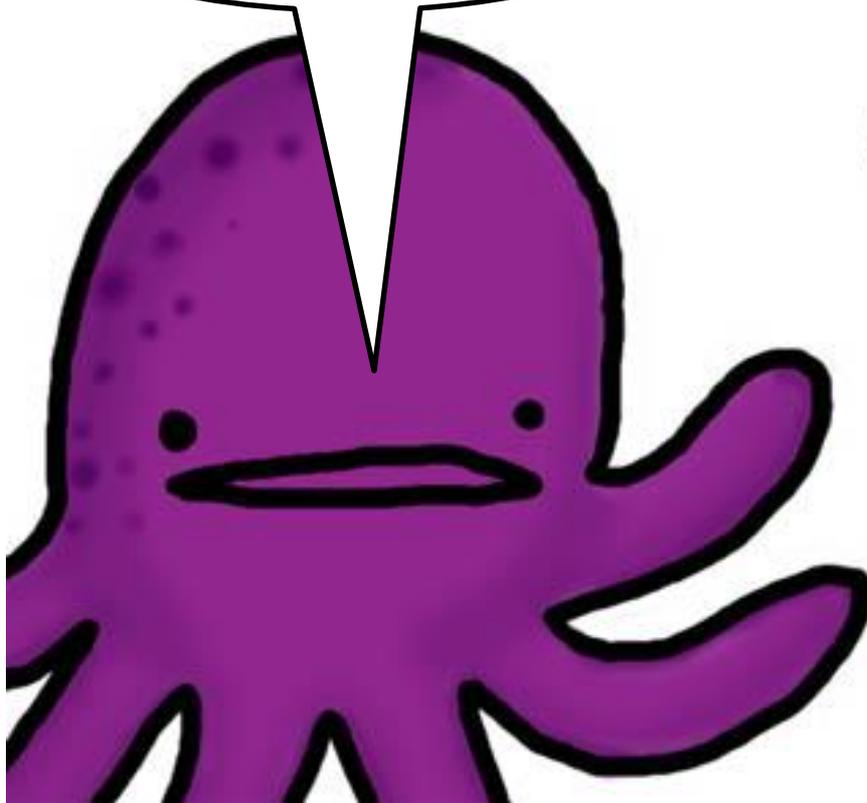


Don't interrupt!

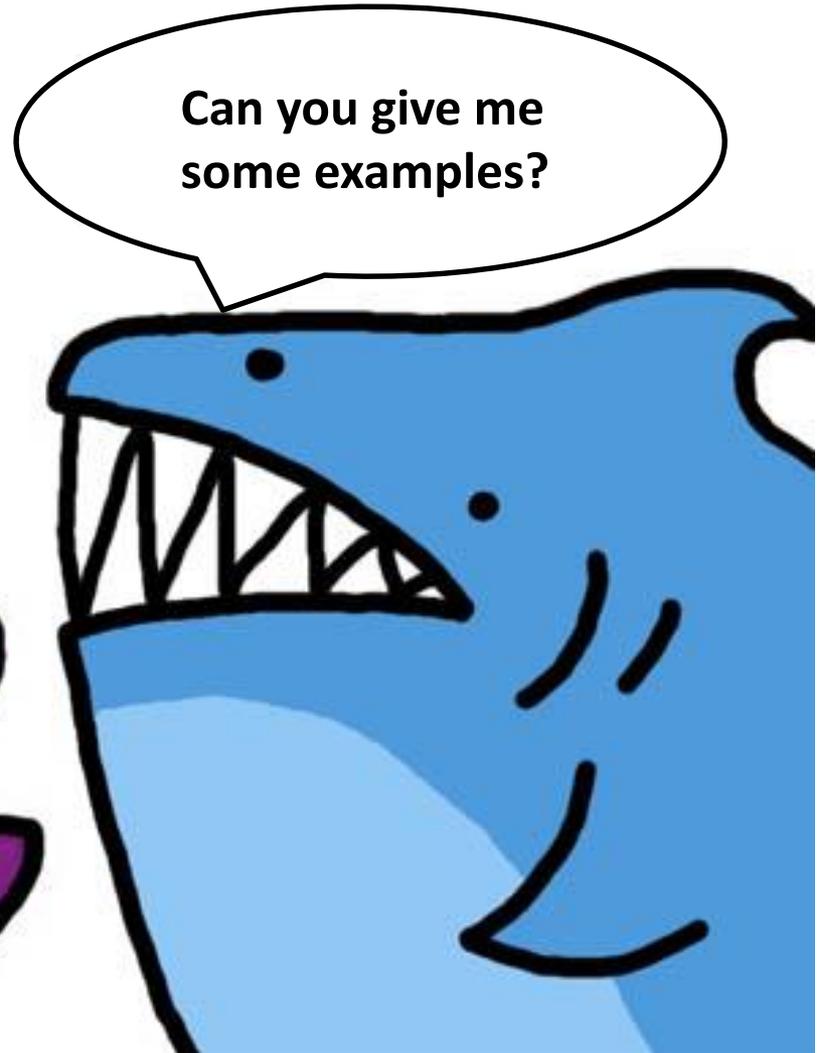


Ask for examples!

I'm always putting my legs in my mouth!



Can you give me some examples?



Aphorism 153 (partial)

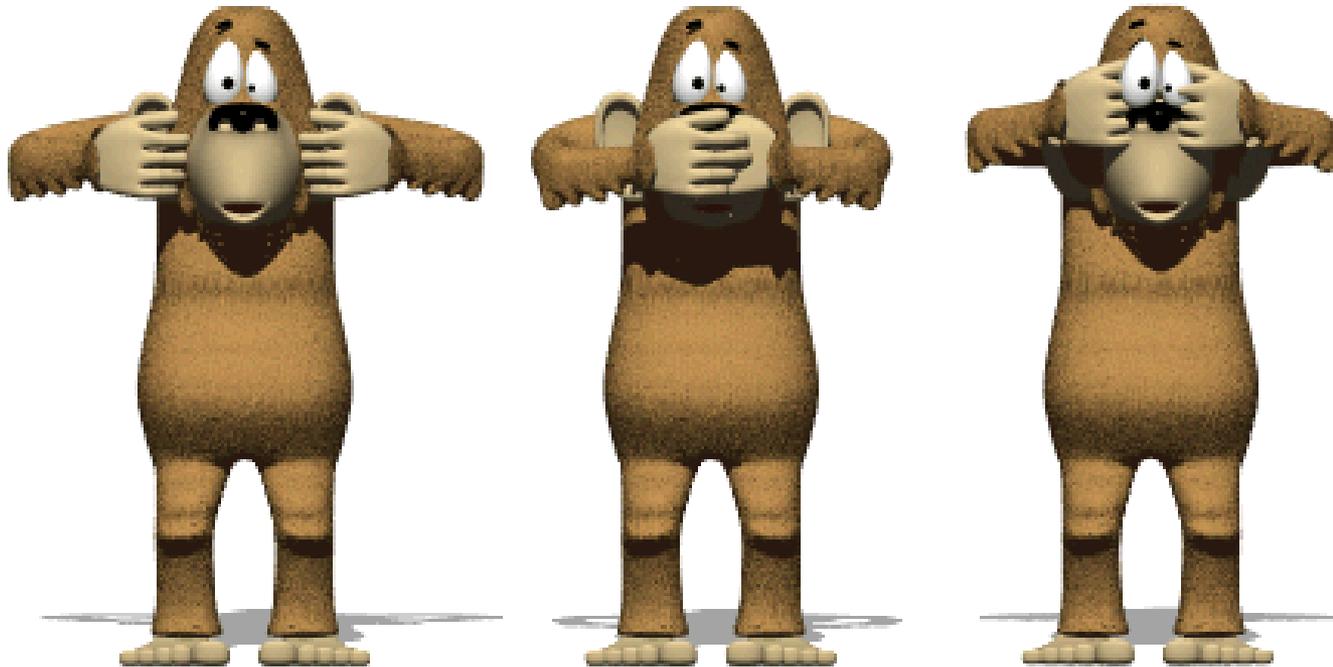
The more common and indeterminate symptoms (lack of appetite, headache, lassitude, restless sleep, discomfort, etc.) are to be seen with almost every disease and medicine and thus deserve little attention unless they are more closely characterized.

Striking, Strange & Peculiar



Frankly, you having a barking cough is rather normal...

Observe carefully!



Times

You want to know the **times of aggravation** and **amelioration** for all of the cough symptoms.



Weather & Temperature

You want to know how **weather** and also **temperature** affect the symptoms of the cough.

Air (open, cold, etc.).

Autumn.

Cellars.

Cold.

Damp rooms.

Fog.

Heated.

Icy air.

Room, inside.

Sea wind.

Snow.

Spring.

Sun.

Uncovering.

Warm.

Weather

Wet, becoming.

Winter.

Position

You should know which **positions** make the patient feel better and which aggravate them.

Bed.

Bending.

Kneeling.

Lying.

Raised, must be.

Raising arms.

Sit, must.

Sitting.

Standing.

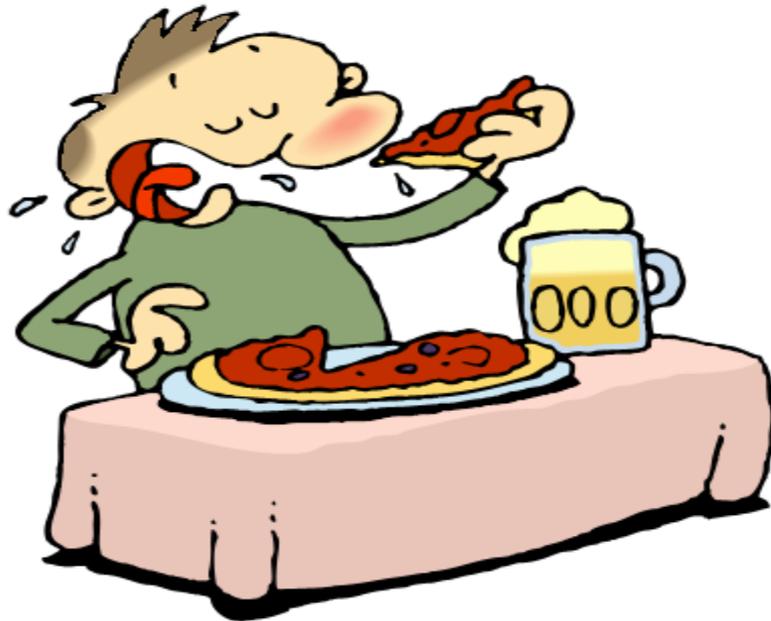
Stooping.

Stretching.

Turning head.

Food and Drink

You want to know how **foods** and **drinks** affect the cough or if any specific foods affect them.



External irritants

You need to know **what affects them** in general.

Acrid sense.

Bright objects.

Brushing teeth.

Carbon vapors.

Clothing.

Dry cough, smokers.

Dust.

Fire.

Flatus.

Hack, smokers.

Music.

Noise.

Odors.

Piano.

Pressing larynx.

Smoke.

Sulphur fumes.

Touch of ear.

Touch of larynx.

Violin.

Activities

How **activities** affect them is important.

Ascending.

Breathing.

Brushing teeth.

Closing eyes.

Coition.

Coughing aggravates.

Crying.

Dancing.

Descending.

Dentition.

Eructation.

Exertion.

Expectoration,
ameliorates.

Expiration.

Inspiration.

Laughing.

Lifting.

Manual labor.

Motion.

Moving.

Panting.

Putting tongue out.

Reading aloud.

Riding.

Running.

Singing.

Sneezing.

Talking.

Walking.

Writing.

Yawning.

Emotions

You need to understand their **emotional state**.

Agitation.

Anger.

Chagrin.

Consolation.

Crying.

Excitement.

Fretting.

Fright.

Grief.

Hysterical.

Nervous.

Persons in room.

Spoken to.

Strangers.

Student.

Surprise.

Sympathetic.

Thinking of it.

Sensations

Know the **sensations** of the cough symptoms.

Burning.

Choking.

Crawling sensation.

Crumb sensation.

Down sensation.

Dry cough from:

- tickling.

- irritation.

Dryness inside.

Dust sensation.

Foreign body sensation.

Full sensation.

Hair sensation.

Hacking from:

- tickle.

- dryness.

Irritation.

Itching.

Pain.

Plug sensation.

Prickling.

Rawness.

Roughness.

Scratching sensation.

Spot, sensation of.

Stitching sensation.

Stinging sensation.

Swollen sensation.

Tickling.

Tingling.

Titillating.

Worm sensation.

Sounds

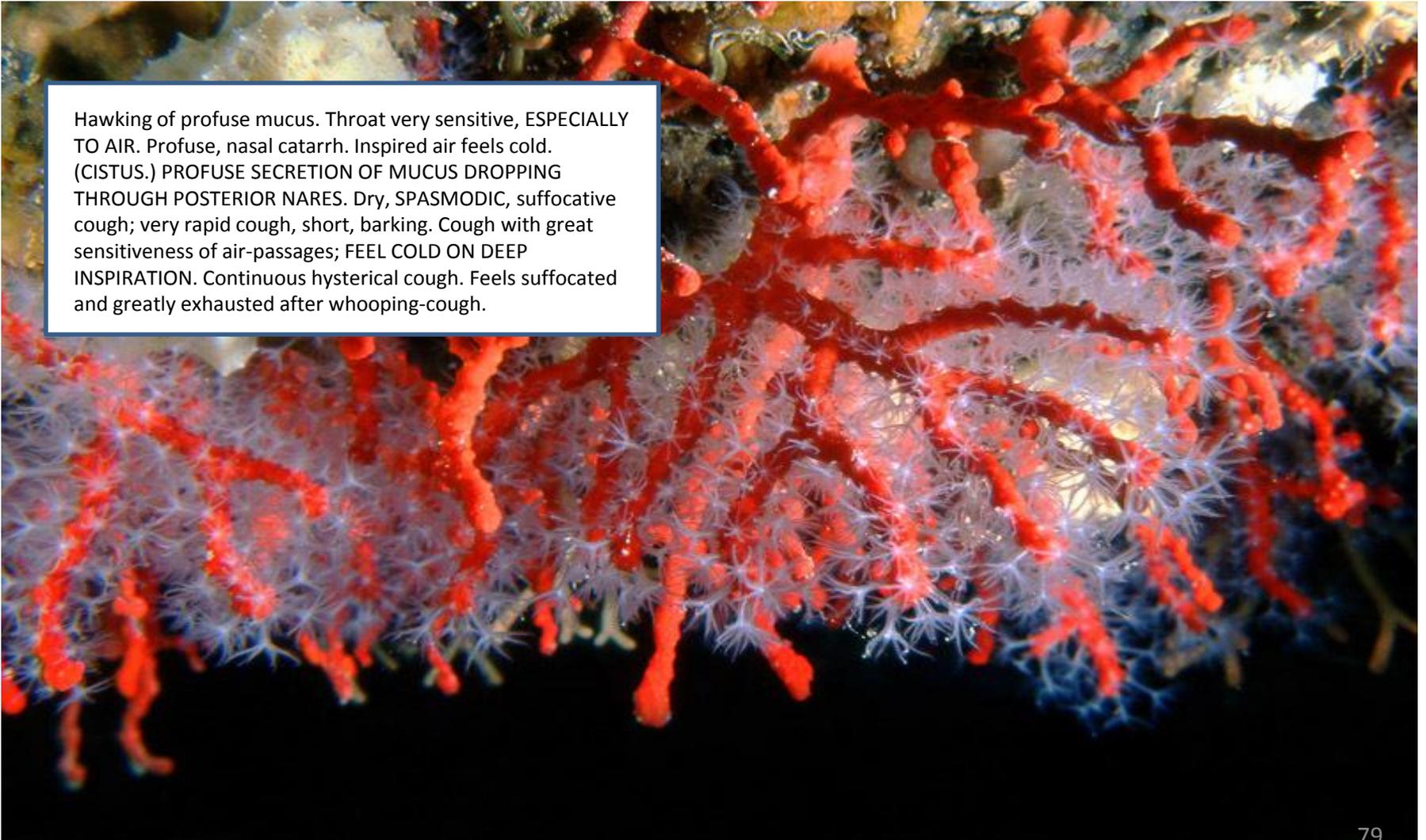


Corallium rubrum



Corallium rubrum

Hawking of profuse mucus. Throat very sensitive, ESPECIALLY TO AIR. Profuse, nasal catarrh. Inspired air feels cold. (CISTUS.) PROFUSE SECRETION OF MUCUS DROPPING THROUGH POSTERIOR NARES. Dry, SPASMODIC, suffocative cough; very rapid cough, short, barking. Cough with great sensitiveness of air-passages; FEEL COLD ON DEEP INSPIRATION. Continuous hysterical cough. Feels suffocated and greatly exhausted after whooping-cough.



Drosera



Drosera

Spasmodic, dry irritative cough, like whooping-cough, the PAROXYSMS FOLLOWING EACH OTHER VERY RAPIDLY; can scarcely breathe; chokes. Cough very deep and hoarse; worse, after midnight; yellow expectoration, WITH BLEEDING FROM NOSE and mouth; RETCHING. DEEP, HOARSE VOICE; HOARSENESS; laryngitis. Harassing and titillating cough in children - not at all through the day, but begins as soon as the head touches the pillow at night. Worse lying down.

Sambucus nigra



Sambucus nigra

Chest oppressed with pressure in stomach, and nausea. Hoarseness with tenacious mucus in larynx. Paroxysmal, SUFFOCATIVE COUGH, COMING ON ABOUT MIDNIGHT, with crying and dyspnoea. Spasmodic croup. Dry coryza. SNIFFLES OF INFANTS; nose dry and obstructed. Loose choking cough. When nursing child must let go of nipple, nose blocked up, cannot breathe. CHILD AWAKES SUDDENLY, NEARLY SUFFOCATING, SITS UP, TURNS BLUE. CANNOT EXPIRE. (MEPH.) Miller's asthma.

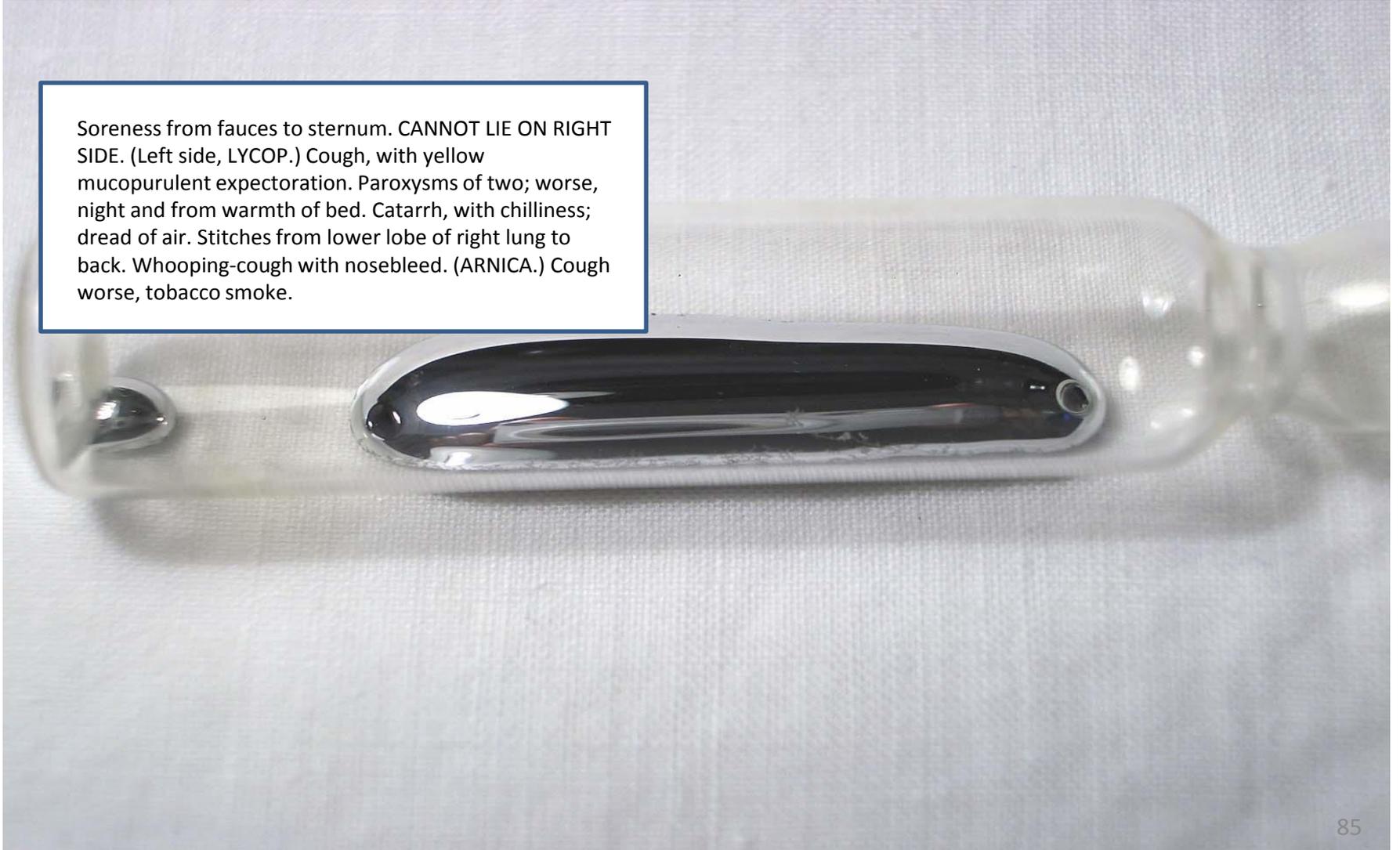


Mercurius solubulis



Mercurius solubulis

Soreness from fauces to sternum. CANNOT LIE ON RIGHT SIDE. (Left side, LYCOP.) Cough, with yellow mucopurulent expectoration. Paroxysms of two; worse, night and from warmth of bed. Catarrh, with chilliness; dread of air. Stitches from lower lobe of right lung to back. Whooping-cough with nosebleed. (ARNICA.) Cough worse, tobacco smoke.



Cuprum metallicum



Cuprum metallicum

Cough has a gurgling sound, better by drinking cold water. Suffocative attacks, worse three AM (AM. C.) SPASM AND CONSTRICTION of chest; spasmodic asthma, alternating with spasmodic vomiting. Whooping-cough, better, swallow water, with vomiting and spasms and purple face. Spasm of the glottis. Dyspnoea with epigastric uneasiness. Spasmodic dyspnoea before menstruation. Angina with asthmatic symptoms and cramps (Clarke).



Hyoscyamus niger



Hyoscyamus niger

Suffocating fits. Spasm, forcing bending forward. DRY, SPASMODIC COUGH AT NIGHT (WORSE LYING DOWN; better sitting up), from itching in the throat, as if uvula were too long. Dry, hacking spasmodic cough; from a dry spot in larynx at night; worse lying, eating, drinking, talking, singing; better sitting up. Spasms of chest with shortness of breath, forcing him to bend double. Exhausting cough, with sweat.



Capsicum



Capsicum

CONSTRICTION of chest; arrests breathing. Hoarseness. Pain at apex of heart or in rib region, worse touch. Dry, hacking cough, expelling an offensive breath from lungs. Dyspnoea. Feels as if chest and head would fly to pieces. Explosive cough. Threatening gangrene of lung. PAIN IN DISTANT PARTS ON COUGHING - bladder, legs, ears, etc. HOT FEELING IN FAUCES. Subacute inflammation of Eustachian tube with great pain.



Sample Case

- The patient comes in with a dry, hacking or barking cough which started slowly a few days earlier. The patient also has a hoarse voice from the cough.
- The cough is better from eating or drinking anything warm. It is also better when sucking on a hard candy. He also feels better when he takes a shower but worse after a short nap.
- The patient's cough tends to be worse just before midnight. It is also worse from cold drinks.
- One very peculiar symptom is that the patient will cough every time they touch the outside of their throat.

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- One very peculiar symptom is that the patient will **cough every time they touch the outside of their throat**.

Spongia tosta



Arsenicum album



Arsenicum album

Cough from allergy or infection or irritated air passages. The patient is often chilly, restless, thirsty for sips, anxious. Increased perspiration during cough and dyspnea.

Worse: Night from 12 to 2 AM. Cold or open air. Cold drinks. Lying. Dust, smoke or fumes. Ascending stairs.

Better: Warmth and warm drinks. Sitting upright.

Belladonna



Belladonna

Sudden high fever with forceful coughing paroxysm. Severe, bursting headache with each cough. Bright red face with cough. Marked spine pains during cough. Each cough causes more irritation in the air passages which provokes more coughing.

Worse: Motion. Deep breath. Dust. Any touch of larynx. Yawning.

Bryonia alba



Bryonia alba

Severely painful cough felt in whole head and chest. Must hold the chest with each cough and sometimes holds the head. Dry cough with each movement or deep breath. Fears to inspire.

Worse: Eating or swallowing. Overheating. Lying with head low. Ascending. Raising arms. Bending head backward.

Better: Open air.

Causticum



Causticum

Irritated, tickling cough with scant, difficult expectoration. Causticum can have coughs at any hour, but a cough which vanishes during the day. Often associated with hoarseness. Urinary incontinence with cough.

Worse: Drafts or cold air. Bathing. Becoming heated in bed at night. Lying. Only on lying. Bending head forward. Talking.

Better: Cold drinks. Rainy weather.

Chamomilla



Chamomilla

Coughs in children and infants, especially during dentition. Chronic cough in cranky, difficult children.

Worse: Anger. Night during sleep. 10 PM. 9 AM.



Coccus cacti



Coccus cacti

Paroxysmal, tickling cough at 6 to 7 AM or after 11:30 PM. Hard, short, hacking coughs in paroxysms ending in copious mucus. Cough produces ropes of thick mucus. Also dry coughs.

Worse: Becoming heated. Warm rooms. Warm drinks or food. Lying. Rinsing out the mouth. Winter. In alcoholics.

Better: Cold or open air. Cold drinks or cold food.

Hepar sulphur



Hepar sulphur

Productive cough with thick, yellow mucus. Also dry, croupy cough. Dry cough at night but loose in the morning.

Worse: Evening in bed until midnight. Cold weather. Cold dry air. Cold drink or food. Slightest drafts. Wind. Uncovering or undressing. Getting even just one hand cold. After eating, especially lunch. Talking.

Better: Warmth. From expectoration.

Kali carbonicum



Kali carbonicum

Bronchitis and productive cough. Dry, tickling cough. Cough at night, especially 2 to 4 AM and in the morning. Cough awakens the patient, especially after midnight. Vomits with cough. Stitching pains in chest with each cough.

Worse: 2 to 4 AM. On first going to sleep. Cold air or from the slightest draft. Lying. Exertion. Deep inspiration. Warm food.

Better: Sitting upright or even bent forward.

Nux vomica



Nux vomica



Nux vomica

Dry cough from allergies, asthma or from influenza.

Worse: Morning on waking. 3 AM. From midnight until daybreak. Cold air or wind. Going from warm room into the cold. Eating.

Associated with indigestion or gastritis. Anger. Excitement. Mental exertion. Abuse of coffee, alcohol.

Better: Warmth or warm drinks. Lying on side.

Phosphorus



Phosphorus

Every cold ends in a cough and chest infection. Burning or painful chest from cough, must hold or squeeze it. Dry, tickling cough. Painful cough. Burning in chest with cough.

Worse: Evening or twilight. Sleep; awakens from the cough. Cold air. Entering or leaving a warm room to go into the cold. Lying on left side. Odors & smoke. Talking. Reading aloud. Singing.

Better: Turning to the right side. Warmth.

Pulsatilla pratensis



Pulsatilla pratensis

Cough from allergy and asthma or from fluent colds. Loose rattling coughs with green, juicy expectoration. Dry cough evening, then loose during the morning.

Worse: Evening or at night in bed. Becoming cold (during infection). Warm room. Becoming wet. Before menses or suppressed menses.

Better: Open or cool air. Gentle walking. Sitting. Deep breath. Lying propped on pillows.

Rumex crispus



Rumex crispus

Tickling irritated coughs - the main remedy.
Scant expectoration. Dry, irritated cough. Also
productive, hard cough.

Worse: 11 PM. Morning. Cold or open air.
Entering or leaving a warm room - to or from
cold. Changes in air flow. Undressing.
Uncovering. Bending the head backwards.
Inspiring. Talking. Lying.

Better: Turning onto the right side.

Spongia tosta



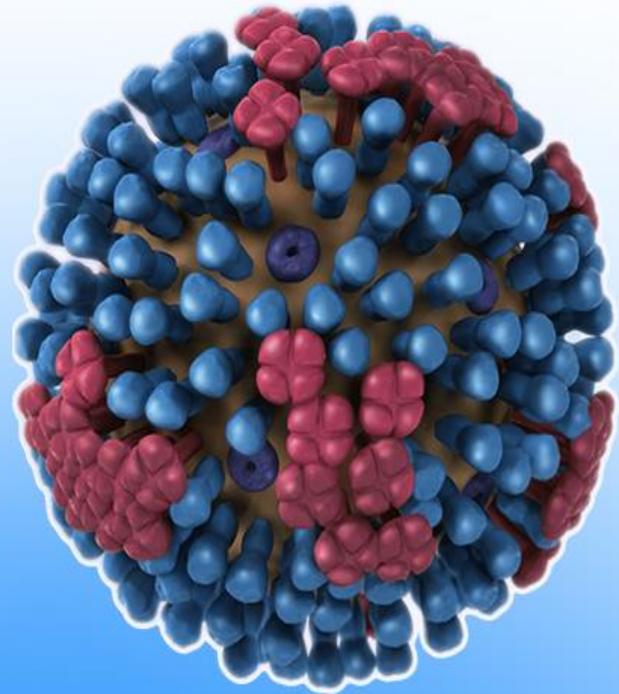
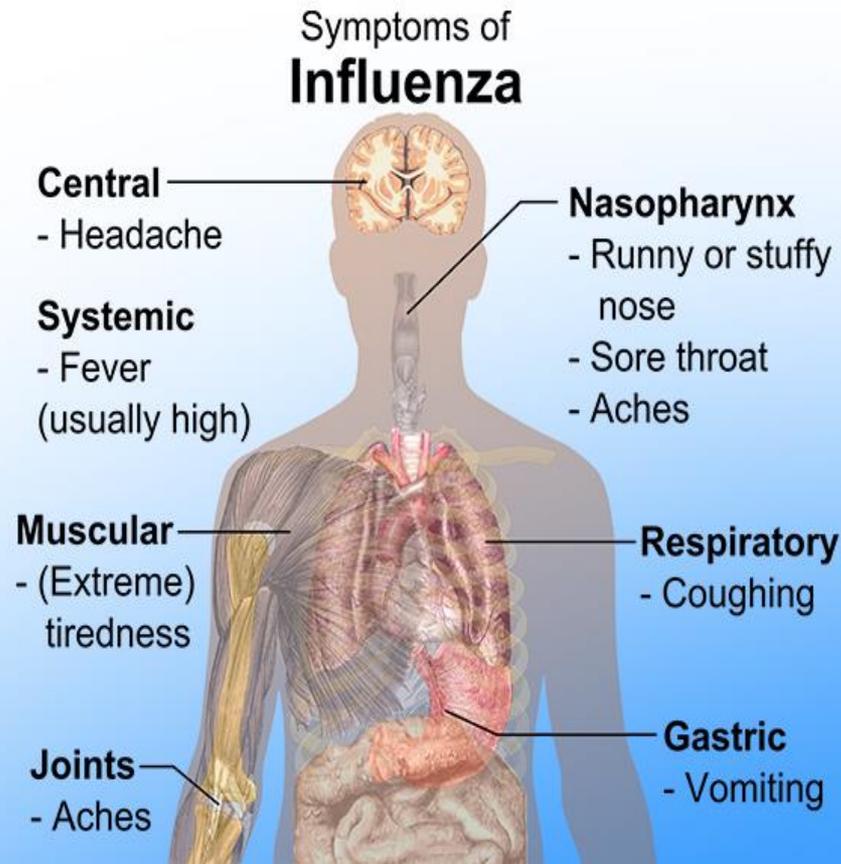
Spongia tosta

Dry, hacking cough from allergy, asthma or infection. Barking, croupy, or irritated cough, often with constriction or tickling in the larynx.

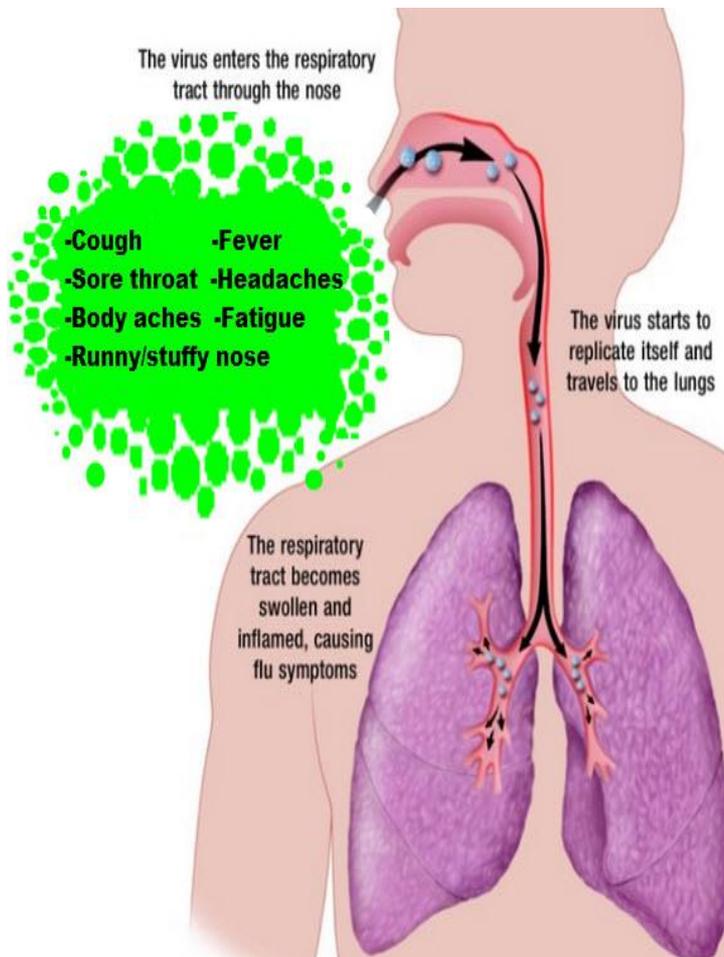
Worse: Before or at midnight. Both day and night. Cold, dry air. Cold drinks.

Better: Warm drinks or food. From eating or drinking. From constantly sucking on hard candy or "Cough drops." Sitting. From bending the head forward.

The Homeopathic Treatment of Influenza

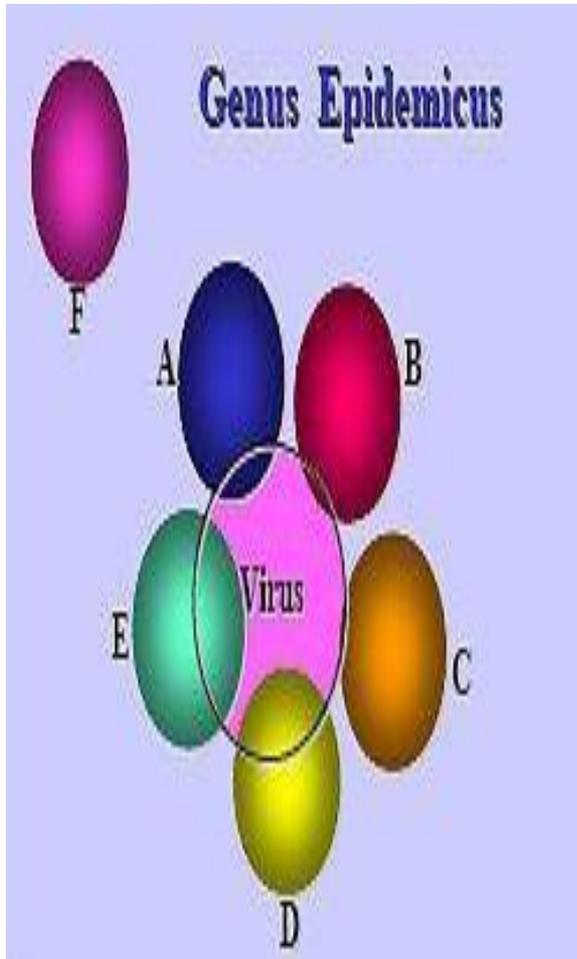


What is influenza?



Influenza, commonly called "the flu," is an illness caused by RNA viruses that infect the respiratory tract of many animals, birds, and humans. Compared with most other viral respiratory infections, such as the common cold, influenza (flu) infection can cause a more severe illness with a mortality rate of about 0.1% of people who are infected with the virus.

The Genius Epidemicus



When finding a remedy that covers influenza symptoms it is important to look at each case without prejudice, however, in many outbreaks of influenza a consistent pattern of symptoms may present itself over a large % of the infected population. It is a symptom pattern which reflects only one remedy. This is referred to as the Genus Epidemicus. This is usually covered by one of the common remedies we think about for influenza.

Most Common Remedies

- Arsenicum album
- Bryonia
- Belladonna
- China
- Eupatorium perfoliatum
- Gelsemium
- Nux vomica
- Rhus toxicodendron
- Baptisia

Influenza Case

This is a case of a 47 year-old woman with influenza. The chief symptoms include very strong pains which are aggravated with any kind of pressure and extremely offensive discharges. The patients face is red and they are both weak and sleepy. The patient says they are unable to think clearly and their mind feels dull. There is also a dark line down the middle of their tongue. The patient is thirstier than usual.

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