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COUGHS

Coughs coughs coughs! They've been running rampant and hanging around for quite some time. A cough is your body's way of trying to expel an irritant. It could also be as a result of an infection. Please be sure to take the proper precautions if someone in your family is suffering from a cough. Difficulty breathing or wretching should be examined by your primary healthcare provider.

Here are some common remedies that can help with a cough:

Aconite: Good for early stages. Symptoms appear suddenly after being in the chilled cold air. Cough is dry, croupy and barking. Cough can cause loss of breath. Worse speaking, drafts and deep breathing. Better lying on the back.

Antimonium-t: patient feels as if they have too much mucous and is drowning in it. There is rattling in the chest, loose cough and the bronchi are loaded with mucous. Expectoration is difficult. Patient may attempt to cough up mucous but it's very difficult and will feel like vomiting in the process.

Bryonia: cough is dry and painful. Coughing hard shakes the whole body. Dryness runs through all mucous membranes, expectoration is difficult. Patient is cranky!!! Chest hurts with any movement. Better drinking cold water, fresh air and lying on painful side.

Drosera: think of "barking cough" with this medicine. The mucous is dry in the evening and loose in the morning. Cough is accompanied by bleeding nose. Cough may cause vomiting. Worse drinking lying down, talking and better holding abdomen.

Phosphorus: every cold seems to settle in the chest. There is tightness and burning in the chest. Tickling in the throat. Cough disturbs sleep and must sit up to expel large amounts of mucous. Throat feels raw. Talking aggravates.

CONSULT YOUR PRIMARY CARE PHYSICIAN if your child have a high fever, if they are having difficulty breathing and feel very unwell overall. The information contained herein is awesome but is not intended to replace the advice of your medical team. It is not intended to endorse or recommend any particular type of medical treatment. No information contained herein should be used to disregard medical and/or health related advice or provide a basis to delay consultation with a physician or a qualified healthcare provider. The Ontario College of Homeopathic Medicine disclaims any liability based on information provided herein; it is for educational purposes only.