

**HOMEOPATHIC
PRESCRIBING GUIDE
FOR
COMMON AILMENTS**

(Coughs, Colds, and Sore Throats)

(Includes Highlights on Bronchitis, Influenza, and Tonsillitis)

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IMPORTANT

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Introduction

The following is a simple guide to some of the homeopathic remedies most useful for coughs, colds, and sore throats.

Those marked with an asterisk (*) are the most commonly indicated or most easily recognised and obtained. Choose the closest match to the presented symptom.

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Homeopathic Remedies Useful for Coughs

Aconite* - Constant short, dry cough, feeling of suffocation. Or dry, hard, ringing cough, worse after exposure to cold, dry wind. Spasmodic, as in whooping cough, wakes individual from sleep. Anxiety, fear, and restlessness. Worse at night. Comes on suddenly after exposure to cold, dry, winds. Sensation of dryness in whole chest. No expectoration, except perhaps some watery mucus.

Ant Tart - Persistent cough with rattling respiration, great accumulation of sticky phlegm. Great difficulty in expectoration, sudden onset of suffocation, must sit up. Very restless with a pale face.

Ars Alb* - Wheezing respiration, much frothy phlegm. Cannot breathe freely or fully. Worse from midnight to 2 am. Very restless and anxious, utterly prostrated.

Belladonna - Dry, tickling cough in violent paroxysm, great dryness in the larynx. Cough seems to burst open head. Fit of coughing ends in sneezing or a whoop. Child begins to cry just before a coughing fit.

Bryonia* - Hard, dry spasmodic cough which shakes the whole body, associated with stitch/soreness in the chest. Bursting headache. Worse in cold, dry weather, worse for east winds, at night, after eating or last movement. Peevish, wants to be left alone, thirsty for cold drinks. Holds head and chest as coughing.

Causticum - Hard cough wracks the whole chest. Chest full of mucus which is very hard to expectorate. Rawness in throat and hoarseness of voice. Better for cold water. Coughs until exhausted.

Drosera* - Crawling in larynx which provokes coughing. Violent tickling in the larynx which wakes the patient. Spasmodic coughs until he retches and vomits. Coughs come from deep down in the chest which provokes pain - patient feels must hold chest until coughing stops. Oppression of the chest so that breath cannot be expelled. Clutching, cramping, constricting, and burning of the larynx. Worse at night. Whooping cough.

Nux Vomica* - Dry, tearing cough, gagging/retching. Feverish but can't move or uncover without desperate chilliness. Bursting headaches after coughing.

Pulsatilla - Dry, tearing cough, possibly with spells of gagging and choking aggravated by taking breath. Worse in warm room, evening and lying down.

Sepia - Violent cough with retching and gagging. Thick, tenacious yellow expectoration. Severe coughing on rising with much expectoration. No expectoration in the evening or by day. Sepia is a good remedy for finishing lingering whooping cough.

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Tissue Salts

Ferr Phos - Hard, dry cough with soreness and feverishness.

Kali Mur - Cough with white, albuminous phlegm; white or grey coated tongue. Children's cough.

Kali Sulph - Cough with yellow expectoration. Worse in a heated room or in the evening.

Mag Phos - Painful, spasmodic cough with a tendency to persist.

Calc Sulph - When the cough is loose and rattling with expectoration of thin, watery sputum. In alteration with Ferr Phos.

Silica - When the cough is accompanied by thick, yellow-green, profuse expectoration.

Calc Phos - Useful as an *intercurrent remedy and during convalescence.

Combin J - Ferr Phos, Kali Mur, Nat Mur - For coughs and colds - The winter seasonal remedy.

***intercurrent** - this has reference to any supplementary remedy which, while of secondary importance, still has some bearing on a particular case. Intercurrent remedies are intended to assist the action of the principle remedy, or remedies, by correcting any secondary conditions which may have a retarding effect on the general treatment. Intercurrent remedies are usually given at bedtime and repeated on rising.

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Bronchitis Highlight

For Bronchitis:

Ferr Phos - The first remedy for the inflammation and temperature.

Kali Sulph - In alteration with Ferr Phos to promote perspiration and control fever. It should be continued if expectoration is yellow and slimy, and for evening aggravation of symptoms.

Kali Mur - For the second stage with thick, white phlegm, feeling of stuffiness, and whitish-grey tongue.

Nat Mur - Watery, frothy expectation with loss of taste and smell.

Calc Sulph - A useful remedy, in alternation with Calc Phos to speed recovery during convalescence.

Combin J - Ferr Phos, Kali Mur, Nat Mur - For coughs and colds - The winter seasonal remedy.

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Homeopathic Remedies Useful for Colds

A cold is often a cleansing process, indicating that the body is ridding itself of non-functional organic matter; consequently it should never be suppressed. The patient should take plenty of rest, eat a light diet, fast gently if possible, and supplement with Vitamin C.

Nat Mur* - Runny, watery colds. Chilliness and a general feeling of discomfort. Loss of taste or smell and dryness of the skin.

Aconite* - In the early stage, in the first night. It will not help if the cold is further progressed: check other remedies.

Allium Cepa - When there is much sneezing/watering eyes.

Ars Alb* - Good for watery catarrh and sore nostrils.

Gelsemium* - When the onset is rapid, with chills running up and down the spine, aching in all the limbs of the body and typical flu-like symptoms.

Hepar Sulph* - In later stages when catarrh is thick and yellow.

Mercurius - Use when there is much salivation, sweating, and thick catarrh.

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Tissue Salts

Ferr Phos - This is needed for the feverishness, stuffiness and sneezing that herald the onset of a cold. A bout of sneezing is a first sign that a cold is threatening and Ferr Phos should be taken.

Kali Mur - For the second stage when there is white phlegm and stuffiness with congestion.

Nat Mur - Running, watery colds with chilliness and a general feeling of discomfort. Loss of taste and smell, and dryness of the skin.

Cal Phos - A short course of this remedy is helpful in building up the general health after a cold.

Combin J - Ferr Phos, Kali Mur, Nat Mur - For coughs and colds - The winter seasonal remedy.

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Influenza Highlight

For Influenza:

Nat Sulph - The principal remedy. It should be taken in alternation with Ferr Phos throughout the feverish stage, for the inflammation and temperature.

Ferr Phos - For the inflammation and feverishness.

Kali Sulph - To promote perspiration and to control temperature.

Kali Mur - For the catarrhal symptoms in alternation with one or more of the other indicated remedies.

Calc Phos - To speed recovery during convalescence.

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Homeopathic Remedies Useful for Sore Throats

Ferrum Phos* - Indicated by heat; pain, dryness. For inflammation and burning heat red throat with hoarseness and loss of voice.

Aconite* - Burning, smarting, dryness, tingling in throat - which is red. Sudden onset on exposure to cold wind. Swallowing water hurts.

Apis - Burning, stinging throat pains, and swollen, 'soggy' throat. Desire for cool, worse for heat.

Belladonna* - Typical fever throat - dry and burns like fire - tonsils inflamed and bright red. Red hot face and skin - no thirst.

Causticum - Burning pain in throat with soreness and rawness. Throat feels constricted. Must keep swallowing. Hoarseness relieved by coughing up mucus.

Gelsemium - Sore throat develops several days after exposure in warm, moist, relaxing weather, very shivery, no thirst.

Hepar Sulph - Purulent infection, splinter-like sensation in throat. High temperature, abscess forming. Low potencies accelerate suppuration. High potencies prevent it.

Lachesis* - Left side is worse on waking, pain is worse on swallowing. The throat tends to be blue/purple. Can't bear constrictions around the throat.

Mercurius* - Painful ulcerated throat, fetid breath, stinging throat pains and marked sweating with raised temperature. Do not repeat too often.

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Tissue Salts

Ferr Phos - For the inflammation and burning pain. Throat red and dry with hoarseness, loss of voice.

Kali Mur - in alternation with Ferr Phos when there is swelling of the glands or tonsils.

Calc Sulph - If taken in the early stages can prevent development of a cold. In the later stages of tonsillitis when matter is discharged of abscess forms. Ulcerated sore throat.

Calc Fluor - Relaxed throat with tickling in the larynx. In alteration with Calc Phos. For enlargement of the tonsils.

Calc Phos - Sore, aching throat with pain on swallowing. Chronic enlargement of tonsils.

Combin J - Ferr Phos, Kali Mur, Nat Mur - For coughs and colds - The winter seasonal remedy.

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Tonsillitis Highlight

For Tonsillitis:

Ferr Phos - The first remedy. Tonsils red and inflamed, painful on swallowing.

Kali Mur - The second remedy, as soon as there is any swelling. Tonsils spotted white or grey.

Silica - Periodical tonsillitis and when suppuration threatens.

Calc Sulph - During the last stage, when purulent matter discharges.

Calc Phos - Chronic swelling of the tonsils, causing pain on opening the mouth, with difficulty in swallowing.

Calc Fluor - Large indurated tonsils, relaxed throat and elongation of the uvula.

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