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## Indications of lesser known homoeopathic medicines in cough

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### Abstract

Cough is a sudden and often repetitively occurring reflex which helps to clear the large breathing passages. It is a protective reflex against foreign material. It is the most common presenting complaint in outpatient department. Cough may represent a symptom of simple common cold as well as of fatal Lung carcinoma. The curative effects of lesser known homoeopathic medicines in the cases of cough have been explored by proving and clinical verification. The role of these medicines should be further explored and identified, especially in clinical practice, to strengthen the Materia medica. This article reviews the therapeutic indications of lesser known homoeopathic drugs in the management of cough.

**Keywords:** Cough, lesser known medicines, homoeopathy, common cold, lung carcinoma

### Introduction

Cough is the most common complaint for which patients seek medical care. A cough is not a disease, but can be a common symptom of different upper and lower respiratory tract diseases. Even if you do not have a lung disease, you may cough. Prevalence is heavily influenced by the social history of smoking tobacco usage and is estimated between 5% to 40%. With respect to acute cough (<3weeks), As predicted by the 2006 CHEST Cough Guidelines, the most common causes were respiratory infections, most likely of viral cause, followed by exacerbations of underlying diseases such as asthma and COPD and pneumonia. With respect to subacute cough (duration, 3-8 weeks), As predicted by the 2006 guidelines, the most common causes were post infectious cough and exacerbation of underlying diseases such as asthma, COPD, and upper airway cough syndrome (UACS). With respect to chronic cough (> 8 weeks), As predicted by the 2006 guidelines, the most common causes were UACS from rhino sinus conditions, asthma, gastroesophageal reflux disease, nonasthmatic eosinophilic bronchitis, combinations of these four conditions, and, less commonly, a variety of miscellaneous conditions and atopic cough in Asian countries. An algorithm developed by De Blasio et al to diagnose acute cough. At first, life threatening causes like pneumonia, asthma, COPD, pulmonary embolism, bronchiectasis, lung abscess, lung cancer, foreign body inhalation or congestive cardiac failure have to be ruled out by investigating symptoms, signs and laboratory investigations. Patients with pneumonia will be characterized by the presence of cough with productive sputum, fever with or without dyspnea. Dyspnea with wheeze may suggest asthma or COPD. In addition, hemoptysis may characterize the presence of bronchiectasis or lung cancer. Concurrent pedal edema with or without muffled heart sounds, decreased renal output suggests congestive cardiac failure. In case of foreign body inhalation, chest x-ray or bronchoscopy may give evidence on the size and site of the inhaled object. Having ruled these, cough associated with productive sputum may be a sign of acute bronchitis due to upper respiratory tract infections. If cough persists for 8 weeks and above, a diagnosis of chronic cough is made and causes to be investigated. In all the cases of chronic cough and in those with acute atypical cough, a chest x-ray should be performed. Spirometry should be performed to assess whether and to what extent the airways are obstructed by measuring forced expiratory volume in first second (FEV1) when a case of bronchial asthma or COPD is suspected. Presence of low-grade fever, productive cough, loss of weight and appetite with an acid-fast bacillus being detected in sputum smear would give the diagnosis of tuberculosis. In case of absent/atypical findings in the chest x-ray that does not correlate with clinical picture, a high-resolution computed tomography of the chest may throw light on the underlying cause. History of having worked in a cotton industry or flour mill for many years would give a clue towards pneumoconiosis and a typical reticulo nodular

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pattern may be observed in chest x-ray or high-resolution computed tomography (HRCT). Lastly, drug induced fibrosis should be suspected. Homoeopathic medicine selection involves a holistic and individualized approach to the case. Many lesser known homoeopathic drugs have been added to the Materia medica but their utility in practice becomes limited in this conventional totality of symptoms approach. As a result, often, the potential benefit of these drugs in clinical conditions is not optimally explored and utilized. So, this article gives indications of some lesser known homoeopathic medicines in the cases of cough.

### Homoeopathic Therapeutics:

**Asarum Europaeum:** Nervous, hacking cough. Short respiration. several attacks of cough, brought on by mucus in the chest, which rises into the throat, and causes difficult breathing, and, lastly, cough with expectoration, Much expectoration by hawking and coughing, (Whistling respiration when beginning to cough), Very short breath (at night), Short breathing; the throat feels constricted, and he is attacked with a hacking cough. Aggravation. In cold and dry, or clear, fine weather

**Flavus:** Takes cold easily. Cough wakes him up between 1-1.30 a.m. Dyspnea, worse towards 2 a.m.; wakes up suffocated. Dry cough, worse in the morning. Has a cold regularly, coughs and expectorates. Feeling like feathers in the throat, like Kali Bich. Sore throat after having had wet feet.

**Guaiacum Officinale/Guajacum Officinale:** Feels suffocated (asthma). Stiffness and dryness of the throat. Dry, tight cough. Halitosis after coughing. Dry cough, with loss of breath, caused by tickling in the pit of the stomach. Pleuritic stitches. Pain in the articulations of the ribs, with shortness of breath till expectoration sets in. Sudden stuffed sensation in the chest, in the precordial region, like an arrest of breathing; it often attacks her suddenly, even at night when asleep, and causes an almost completely dry cough, which is frequently repeated until there is some expectoration, Pain in the chest, stitches in the left side beneath the true ribs, more towards the back. Agg. inspiration.

**Laurocerasus:** Cough with valvular disease. Exercise causes pain around the heart. Tickling, dry cough. Dyspnea (asthma). Constriction of the chest. Cough, with copious, jelly like or bloody expectoration. Small and feeble pulse. Threatening paralysis of the lungs. Gasping for breath; clutches the heart. Tickling in the throat provoking cough(after two hours), Slight tickling in the throat provokes a cough (during the first hours), \* Cough, with a whistling sound, and a feeling in the throat as if the mucous membrane were too dry, Paroxysms of cough, Cough in a few paroxysms(after a few hours, and frequently), (Violent cough; from inhaling the vapor of aqua Laurocerasi, in whooping cough), Frequent short cough, with roughness and hoarse speech(after a quarter of an hour), A dry, short cough, with a feeling as if mucus were hanging in the throat and could not be loosened; an hour afterwards the mucus loosens easily, Short hacking cough, at 2 P.M. , Short hacking cough, caused by tickling in the larynx(after one hour and a half), Hacking cough on account of rawness in the trachea(after one hour), easy hacking of a piece of mucus (second morning).

**Mephitis Putorius:** Spasmodic and whooping cough. Few paroxysms during daytime, but many at night, with vomiting after eating. Asthma, as if inhaling Sulphur; cough from talking; hollow, deep, with rawness, hoarseness, and pain through the chest. it very useful in whooping-cough and in many kinds of spasmodic suffocating coughs. Violent spasmodic cough; worse at night. False croup; cannot exhale.

**Narcissus poeticus:** A remedy for cough and bronchitis. Continuous cough. Coryza; frontal headache. Convulsive stage of whooping cough. Coldness of the extremities.

**Ocimum sanctum:** Pain in the chest while coughing or sneezing; pain in the middle of the sternum; pleuritic pains. Of benefit in diarrhea and fever associated with cold, cough, bronchitis; eases difficult respiration. In cases of asthma where the patient sits bent forward and supports the head with the hands while the elbows rest on the knee; cannot lie quiet in bed. Wheezing and rattling. In tuberculosis: first stage of consumption, distressing dry cough, expectoration of phlegm streaked with blood.

**Magnetis poli ambo:** Convulsive cough at night; short attacks which do not wake him, with hemoptysis; shocks in the chest, anxious breathing and visible oppression of the chest. A shock in the upper part of the sternum, causing cough and lachrymation. Mucus in the trachea is easily hawked up in the morning and evening. Asthma after midnight due to mucus in the chest, better coughing.

**Magnetis Polus Arcticus:** Suffocative, spasmodic cough around midnight, hindering sleep. Dry, asthmatic cough, worse walking in open air. Unceasing irritation which induces cough, this irritation can only be removed by suppressing the cough by will power.

**Magnetis Polus Australis:** Cough and coryza with expectoration of a greenish mucus and dyspnea. Nocturnal paroxysm of fetid cough. Oppression of chest. Sighing respiration with involuntary deglutition.

**Sticta Pulmonaria:** Throat raw; drooping of mucus posteriorly. Dry hacking cough at night; worse inspiration (bronchitis). facilitates expectoration. Loose cough in morning. Pain through the chest from the sternum to the spinal column (angina pectoris). Cough after measles (Sang.); worse towards evening and when tired. Cough, incessant, dry, spasmodic, agg. evening and night, sometimes with feeling of hard masses in chest, pressure at root of nose. Hacking cough in nervous and hysterical patients, particularly such as are subject to sick headache. Cough dry, racking, with splitting at night. Cough, with hoarseness, nightly expectoration. Very noisy cough often spasmodic, like whooping cough; frequently suitable for the incessant cough of measles, which prevents sleep at night, with stuffy and dry nose.

**Cad met:** Constrictive pain behind the sternum, especially when coughing. coughing, muco-purulent sputum sometimes blood-streaked sputum. Respiration difficult especially with the slightest movement. Acute bronchial and pulmonary diseases.

**Cuprum nitricum:** Cough frequent, loose, easy with expectoration of a stringy yellow fluid, coming by gulps, and so abundant that the patient had a vessel on either side of him. Respiratory sound feeble and dull, with a general moist, coarsely bubbling rale. Breathing short, hurried, difficult.

### Discussion and Conclusion

Treatment of the causes of cough can often be an effective treatment strategy. However, in allopathy, at the moment there are no effective treatments controlling the cough response per se with an acceptable therapeutic ratio. In homoeopathy prescription based on totality of the symptoms. But sometimes in homoeopathy there is lacking of general symptoms therefore, prescription based of pathological symptomatology of the patient. And various Homoeopathic Materia-medica's are enriched with such symptoms in many lesser known medicines. Their effectiveness needs to be explored further to give relief to suffering humanity as well as research perspective to enrich the existing homoeopathic literature.

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