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Nosodes and their utility in different types of Cough

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Abstract

Cough has an essential role in defence mechanism without which there is a risk of retention of airway secretions and aspirated materials which can lead to major complications. Cough reflex protects the human airways and lungs. Cough may occur due to various etiologies but more commonly occurs secondary to respiratory disorders and thus provides a clue to the diagnosis of the disease. The homoeopathic medicines which are prepared from disease causing organisms, diseased tissues, diseased products, are known as Nosodes. They have curative as well as prophylactic role. This article highlights about the cough reflex, different types of cough and causes of cough, role of nosodes in its treatment and source of their preparation.

Keywords: cough, cough reflex, types of cough, causes of cough, nosodes

Introduction

By definition, cough is a protective reflex of the body that occurs due to forced expiration against a closed glottis due to increase in the intra-thoracic pressure and is associated with a characteristic sound^[3].

Cough reflex^[4]

Cough reflex can basically be of two types

- True cough reflex –It helps to clear the materials from the airways and lungs.
- Expiration reflex –

It helps to prevent the entry of any foreign body or mucus secretions into the airways and lungs.

By these mechanisms, it helps to protect the airways and the lungs.

Different types of cough and their respective etiologies^[5]

Based on the duration of the cough it can be divided into 3 categories which can possibly clench to the diagnosis of the disease-

- Acute cough- duration is less than 3 weeks and can be due to respiratory tract infections, smoke or noxious chemical inhalation, aspiration.
- Sub-acute cough- the duration of this cough is from 3 to 8 weeks and can be due to conditions like tracheobronchitis, etc.
- Chronic cough-duration is more than 8 weeks and can be due to various cardiopulmonary disorders, inflammatory, infectious, neoplastic conditions.

Nosodes^[1]

'Nosode' is derived from a Greek word which means disease appearance. William lux, founder of isopathy, introduced the concept of using diseased products and discharges of humans and animals for treatment. Dr. Hering proved them healthy human beings first and then used them as homoeopathic medicines. Nosodes are the homoeopathic medicines which are prepared from morbid products of humans beings, plants, animals, microorganisms including vaccines and toxins and employed following all the laws and principles of homoeopathy.

Classification of Nosodes^[1]

Nosodes can be divided into four categories based on the nature of materials used for their preparation. They are as follows:-

NI- Lysates of microorganisms which are capable of producing bacterial endotoxins employed for the preparation of nosodes comes under this category.

Examples -Staplylococcinum, Typhoidinum

NII-

Microorganisms that can produce exotoxins are used for the preparation of nosodes and it comes under this category.

Examples- Diptherinum.

NIII-

Purified toxins are used for the preparation of nosodes falling under this category.

NIV-

The source of preparation of this category includes microorganisms, viruses, clinical materials of the patient or human convalescence.

Examples- Syphillinum, Psorinum.

Table 1: Reportorial analysis ^[6]

Cough	Aggravation	morning	Ambr, Bac 10; Morg G; Psor		
Amelioration	waking, on	10-12 a.m	Flavus, Psor		
	evening	night	Cortico		
	air, cold	air, cold	Hipp X, Morg G; Psor		
			Med; Sarc -X; Syph; Tub		
			Carc; Cortico; Pneum		
			change of warm to cold		
		bathing	Carc		
		company, in	Ambr; Follic		
		dressing	Carc		
		drinking	Lac-c; Psor		
		eating	Carc; Lac-c; Psor		
			after	Ambr	
		excitement	Cortiso		
		expiration	Pyrog		
		laughing	Carc; Cortiso		
		lifting	Ambr		
		lying	Hypo; Morg G; Psor; Pyrog		
			back, on	Med	
			head low	Psor	
			side, right	Syphillinum	
		Moving	Pyrog		
			turning in bed	Malaria, Pyrog	
		Music	Ambr		
		Reading	Ambr		
		shaving	Carc, Cortiso		
		sneezing	Cortiso		
		sweet things	Med		
		talking	Carc, Malaria		
		tongue into cheek, pushing		Med	
		uncovering	Carc, Cortiso		
		undressing	Carc		
		yawning	Carc		
	From	air, open	Tub		
		lying	Lac-c		
			knee-chest position		Med
		stomach on		Med	
		retching	Psor		
		sitting up	Pyr		
		vomiting	Psor		
When	wind, cold	Tub			
	breathlessness, dyspnoea		Ambr		
	eczema, suppressed		Psor		
	inspiration, deep		Tub		
	itch, suppressed		Psor		
	talking		Lac-c; Psor		
	tickling in chest		Ambr		
With		throat	Ambr; Lac-ac		
		back of	Tub		
	morning	Carc; Morg G; Morg P; X-ray			
		dressing, while	Carc		
	evening	Ambr; Psor; Tub			
	sleep, during	Bac; Hipp; Syc-co			
	winter, returns every		Psor		
	periodically	Psor			

		concussion in stomach		Ambr	
		congestion of blood to head		Ambr	
		dyspnoea	Tub; Tub-res		
		enuresis	Psor		
		eructations, frequent	Ambr		
		hoarseness	Ambr		
		nausea	Pneum, Psor		
		pain	Diph; Inf; Lac-c; Oscill		
			breast, right below		Tub
			bronchi, burning		Pyrog
			chest	Psor	
			kidneys, aching across		Med
			larynx, burning	Pyrog	
			ribs, left	Ambr	
			scapulae, darting	Med	
			side, aching in	Tub	
			sternum, behind	Carc	
			throat	Psor	
			tearing, in rectum	Tub	
		palpitations	Tub		
		perspiration	Tub		
		retching	Med; Psor		
		sleeplessness	Tub		
		sneezing at the end of the attack	Psor		
		spasm of trachea	Psor		
		vertigo	Psor		
		weakness in chest	Psor		
		chronic	Tub		
		deep-seated	Ambr; Tub		
		hacking	Lac-d; Malaria,	Med, Psor	,Tub
		hard	Lac-c; Med	Psor; Syph	Tub
			constant	Med, Syph	
		hollow- like coughing in a barrel	Med		
		sternum, mid	Lac-c; Med		
		trachea	Psor		
		long -lasting	Ambr; Psor; Tub		
		nervous	Ambr		
		racking	Syph; Tub		
		rattling	Lyss; Med		
		tickling			
			throat pit	Carc	
		violent	Ambr; Tub		
		whistling	Med		
		whooping	Psor; Syph; Tub; V-tox		
			crawling on inspiration, without		Ambr
			mucus, viscid		Tub
			pain, back, in		Tub

Detailed discussion of a few Nosodes highly effective for various respiratory tract infections [6, 7, 8, 9, 10, 11, 12]

- Bacillinum Burnett
- Tuberculinum
- Psorinum
- Medorrhinum
- Ambra grisea (?)
- Carcinocin

Bacillinum Burnett

Source

It was introduced by Dr Burnett and has a miraculous role in the treatment of tuberculosis and other forms of respiratory disorders [8]. The source from which it is prepared is sputum of tuberculosis patient containing the bacteria [1].

Particular symptoms

- It is a very good medicine to relieve the congestion of the lungs where symptoms of oppression are significant

[7, 8, 9].

- It has got a special indication for the lungs of old people with chronic catarrhal condition where pulmonary circulation is weakened, suffocative catarrh [7, 8, 9].
- Catarrhal dyspnoea with difficult cough and suffocative attacks at night [7].
- Humid asthma. The expectation of the patient is mucopurulent which is equally poly-bacillary and bubbling rules are present [8]. Expectation of non-viscid easily detached, thick phlegm from air passages, followed after a day or two by a very clear voice [7].
- Character of the cough of Bacillinum [7, 8, 9, 10].

Hacking cough but slight and tedious

Hard cough occurs more when the patient sleeps, cough shakes the patient, awaking him at night with easy expectoration. Single cough in the morning on rising from bed.

Patient experiences sharp pain in the precordial region arresting breathing, very sharp pain in the left scapula.

Coexistence of phthisis with other diseases or taints of disease

1. Particular modalities [7, 10].
2. Agglying down in bed at night, early morning, cold air.
3. Ame- by warmth.
4. Dose-should not be used below 30th potency and too frequent repetition is not recommended [8].

Tuberculinum Bovinum Kent

Preparation: Pus of tubercular abscess [1].

Particular symptoms [7, 8, 9]

It has remarkable results in the treatment of incipient tuberculosis.

1. When the symptoms are continuously changing and well selected remedy fail to improve, and the patient takes cold from the slightest exposure, tuberculinum acts well.
2. There is enlargement of tonsils and sense of suffocation even in the presence of plenty of air. The patient has a longing for cold air.
3. Character of the cough- Hard, dry hacking type of cough coupled with profuse sweating and loss of weight, occurs especially when the patient is asleep and there is shortness of breath.
4. Expectoration –Profuse bronchorrhoea characterized by easy and thick expectoration. There is shortness of breadth and rales are present all over rather chest. Indicated for broncho-pneumonia in children, deposits begin in the apex of the lung.
5. Effective for a sort of whooping cough which is dry in nature and mainly at night. Inclination to cough with viscid mucus which prevents him from sleeping in the evening. After much cough sensation of mucus in pharynx, mucus secretion being easily ejected.
6. “Slight tedious hacking cough, which has lasted for months in a girl of a distinctly phthisic habit “-Burnett.
7. “Hard, dry cough, shaking patient, more during sleep, but didn’t wake him up from sleep, sometimes slight but generally no expectation, slightly feverish-Boardman.
8. Modalities [9].

Aggravation from dampness, from draught, before a storm, early morning, after sleep

Ameliorate from open air.

Dose [8].

In case of children frequent repetition is required**

Psorinum

Sources- Prepared from scabies vesicle [1, 8].

1. Chronic cough after suppressed itch or eczema [8, 9].
2. Cough returns in every winter season [8, 9].
3. Character of the cough- Dry, Hard cough accompanied by great weakness of the chest. Feeling of ulceration under the sternum and pain in chest better by lying down [7].
4. Nature of the expectoration [7, 8, 9] sputa is pus like and green or yellow in colour and the mucus tastes salty.
5. The patient coughs for a long time before expectoration.
6. The patient may also complain of asthma with dyspnoea which is aggravated by sitting up and

ameliorated by lying down and keeping the arms spread wide apart [7, 8, 9].

7. Hay fever may also be present which appears regularly every year the same day of the month with an asthmatic, psoric or eczematous history [7, 8].
8. Plan of treatment in these patients should be that treatment should be started the previous winter to eradicate the diathesis and prevent summer attack [7, 8].
9. Dose-200th and higher potencies. Too frequent repetition should be avoided [8].

Medorrhinum

Source

Purulent urethral discharge of patients having acute gonorrhoea with Neisseria gonorrhoeae in it [7].

There are two preparations which are as follows [7]

- a. Acute- which contain the gonococcal virus.
- b. Chronic – which is the gleet and it also contain gonococcus.

Basically, we can conclude here that both the potencies are made from gonorrhoea virus [7].

Introduced by – Swan [7].

Symptoms [6, 7, 8, 9].

1. Soreness of the larynx, hoarseness while reading.
2. Incipient consumption.
3. Asthma, the patient complains of dyspnoea where he cannot exhale.
4. Character of the cough-
5. Dry, incessant cough and occurs especially in the night accompanied by much oppression of breathing.
6. Coughing arising from chest and is extremely painful as if the chest was painfully contracted.
7. Particular modality- cough is better lying on the stomach.
8. Dose- High potencies should be used and shouldn’t be frequently repeated.

Ambra Grisea

Source

Morbid secretions from the liver of Spermaceti whale (Physeter macrocephalus) [1].

Introduced by – Dr. Samuel Hahnemann in the year 1827 [7]. Hahnemann proved the drug on himself and his friend, Count de Gersdorf [7].

Symptoms [6, 7, 8, 9]

1. Breathing is asthmatic and accompanied by educations of gas.
2. Character of the cough- Nervous, spasmodic, barking in nature, coming from deep chest and the patient loses breath, with rush of blood to head and finally some phlegm comes up.
3. Cough causes concussion in pit of stomach and is worsened when many persons are present.
4. Nature of the sputa – Sputa is grayish or yellow-white, cream like; a “Sputum coctum.” Difficult to hawk up, along with that there is rawness and almost unavoidable reaching and vomiting.
5. Particular modality- Cough is aggravated by lifting heavy objects, in presence of people. Hoarseness and eructations in the morning on waking.
6. Dose- 2nd and 3rd potencies, repetition is recommendable.

Carcinosin**Preparation**

One of the principal nosodes of cancer which is generally prepared from the cancerous cells of breast and stomach^[1, 6, 11, 12].

Prepared by Dr Burnett, also we are indebted to Dr. Foubister for proving the medicine on himself in the 200th potency and securing its position in our materia medica^[11]. The presence of carcinoma in the family history points chiefly towards Carcinosin^[11, 12].

Along with the family history, the patient may present personal history of recurrent attacks of bronchitis, pneumonia, whooping cough in childhood, even tendency to suffer from severe inflammatory illness in early life like including mumps, tonsillitis, diphtheria and many more^[12].

Particular symptoms^[12]

1. Character of the cough- Tickling Cough in the throat pit.
2. It seems to come up from the stomach.
3. Cough with pain behind the sternum.
4. Cough aggravated by cold air, bathing, dressing and undressing, uncovering, eating, shaving, laughing, during inspiration. Ameliorated by yawning.
5. Relationship of remedies- When well indicated nosodes including Psorinum, Medorrhinum, Syphillinum & Tuberculinum fail to cure or produce a temporary amelioration of all the symptoms the complementary drug is Carcinosin.

Conclusion

Cough is one of the most frequent complaints with which the patient presents, thus understanding the different types of cough and the related etiologies is of prime importance. Homoeopathic medicines have gained fame in the treatment of different types of cough and nosodes are not an exception. There are several nosodes which are prepared from pathological condition related to respiratory system and act well in the treatment of the same when prescribed following the principles of homoeopathy. This article concludes that the cause which is actually responsible for the pathological condition can also be used for the preparation of a nosode (homoeopathic medicine) which will cure the same if prescribed following the principles of homoeopathy.

Conflict of Interest

Not available

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