

HOMOEOPATHIC FIRST AID FOR COUGHS AND EARACHE

Several remedies are listed under the one problem. The idea is to choose the remedy best suited to the physical, mental and emotional symptoms. The common potency for first aid use is 30c. The dosage is 4 drops onto the tongue, or suck 2 tablets 3 times a day for 2-3 days, then reassess. For Aconite the dose is to suck 2 tablets or 4 drops hourly for 4 doses, then 2 hourly for another 4 doses. With the correct remedy the response is usually rapid and effective. All coughs and persistent earaches should be checked by your doctor.

COUGHS

- Aconite:**
- Cough comes on suddenly after exposure to cold dry wind.
 - Dry croup-like cough that wakes patient from sleeping.
 - Wakes if anxious and restless, fever, thirst, no sweating.
 - If used at the onset of cough can prevent it developing further.
- Ferr Phos:**
- Works also in the initial stages of cough.
 - Short painful cough from irritation or tickling in the windpipe.
- Belladonna:**
- Red-faced, burning hot with dilated pupils.
 - Sudden onset of dry teasing cough, cough till retches.
 - As if dust in the throat, throat red and hot from coughing.
- Spongia:**
- Raw, tearing, burning pain in throat, croup-like cough.
 - Worse before midnight.
 - Wakes from sleep anxious with suffocating feeling, difficulty breathing.
 - Improves with hot drinks.
 - Take after Aconite for croup.
- Hepar Sulph:**
- Croup after Aconite and Spongia, cough worse after midnight.
 - Over sensitive, wants to be wrapped up, can't bear to be uncovered.
 - Cough loose, rough, rattling alternating with dry hoarseness.
 - Wheezing, loses voice.
 - Better in a warm, steamy room.
- Bryonia:**
- Wants to be left alone.
 - Cough worse when enters a warm room.
 - Stabbing pains in throat or chest, holds head and chest with hands.
 - Worse from movement, thirst for long cold drinks.
- Nux Vomica:**
- Dry teasing cough.
 - Feverish, shivers when moving or uncovered.
 - Cough may come in spells and cause headaches.
- Pulsatilla:**
- Loose cough in the morning, dry persistent cough in the evening.
 - Spasms of coughing with gagging and choking.
 - Tearful and worse in warm rooms, desire windows open.
 - No hunger or thirst.
- Ant Tart:**
- Yellow-green phlegm.
 - Loose phlegm, difficult to cough up.
- Drosera:**
- Breathless, rattling noisy chest.
 - Bouts of dry cough, worse midnight to 6am when lying down.
 - Breathless, wheezy, rattling.
 - Nausea and vomiting may occur.
 - Blueness of face.

EARACHE

- Aconite: -Give at onset.
 -Sudden earache after a chill or exposure to cold, dry weather.
 -Ear red, hot, painful, better from warm applications.
 -Usually worse at night.
 -Anxious, restless and fearful.
- Ferr Phos: -Better taken in the first inflammatory stages.
 -Noises in the ear and throbbing pains.
 -Ears feel stopped up.
 -Worse from the heat, better with cold applications.
 -Child miserable and whining and responds to cuddling.
- Chamomilla: -The patient needing Chamomilla is never calm.
 -Sudden screams, becomes cross, irritable and doesn't know where to put himself.
 -One cheek may be hot and red, the other pale.
 -Pain is worse from warm applications.
- Belladonna: -Sudden onset, particularly for when the right ear is affected.
 -Pain comes and goes.
 -Skin dry, flushed and burning.
- Kali Mur: -Cracking noises on blowing nose and swallowing.
 -Diminished hearing, stuffy, closed sensation in ear.
 -Indicated when hearing is impaired after earache has gone.
- Mere: -Earache in damp, changeable weather, worse at night.
 -Patient sweaty and smells sick.
 -Tearing pain extends to both cheeks.
 -Yellow foul-smelling discharge.
- Hepar Sulph: -Wants to be warm and well covered.
 -Stitching pains with buzzing and throbbing.
 -Sensitive to touch.

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