

Coughing and Wheezing: How Homoeopathy Can Help



Coughs & Wheezes: Their Treatment by Homoeopathy

by Phyllis Speight

★★★★★ 5 out of 5

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Coughing and wheezing are common symptoms that can be caused by a variety of conditions, from the common cold to more serious respiratory infections. While there are many conventional treatments available for coughs and wheezes, homoeopathy offers a safe, natural, and effective alternative.

How Homoeopathy Can Help with Coughs and Wheezes

Homoeopathy is a system of medicine that uses highly diluted substances to stimulate the body's own healing response. Homoeopathic remedies are made from natural substances, such as plants, minerals, and animals, and are prepared in a specific way that preserves their therapeutic properties.

When a homoeopathic remedy is taken, it stimulates the body to produce a response that is similar to the symptoms of the condition being treated.

This response helps to strengthen the body's immune system and promote healing.

In the case of coughs and wheezes, homoeopathy can help to:

- Reduce inflammation in the airways
- Thin and loosen mucus
- Soothe irritated tissues
- Strengthen the immune system

Homoeopathic Remedies for Coughs and Wheezes

There are a number of homoeopathic remedies that can be used to treat coughs and wheezes. The best remedy for you will depend on your individual symptoms.

Some of the most commonly used homoeopathic remedies for coughs and wheezes include:

- **Aconitum napellus:** This remedy is helpful for dry, hacking coughs that are worse at night. It can also be used for coughs that are accompanied by fever and chills.
- **Belladonna:** This remedy is helpful for coughs that are sudden and violent. It can also be used for coughs that are accompanied by a high fever and flushed face.
- **Bryonia alba:** This remedy is helpful for coughs that are dry and painful. It can also be used for coughs that are worse with movement.

- **Calcarea carbonica:** This remedy is helpful for coughs that are chronic and recurrent. It can also be used for coughs that are accompanied by wheezing and shortness of breath.
- **Dulcamara:** This remedy is helpful for coughs that are worse in damp weather. It can also be used for coughs that are accompanied by a runny nose and sore throat.
- **Hepar sulphur:** This remedy is helpful for coughs that are accompanied by thick, yellow mucus. It can also be used for coughs that are worse at night and in cold weather.
- **Kalium bichromicum:** This remedy is helpful for coughs that are accompanied by thick, stringy mucus. It can also be used for coughs that are worse in the morning.
- **Pulsatilla:** This remedy is helpful for coughs that are accompanied by thick, white mucus. It can also be used for coughs that are worse at night and in warm weather.
- **Rumex crispus:** This remedy is helpful for coughs that are dry and hacking. It can also be used for coughs that are worse in the evening and at night.
- **Sticta pulmonaria:** This remedy is helpful for coughs that are accompanied by a rattling sound in the chest. It can also be used for coughs that are worse in cold weather.

How to Use Homoeopathic Remedies

Homoeopathic remedies are typically taken in pill or liquid form. The dosage will vary depending on the remedy and the severity of your symptoms.

When taking a homoeopathic remedy, it is important to follow these guidelines:

- Take the remedy as directed by your homoeopath.
- Do not take more than one remedy at a time.
- Wait at least 30 minutes before or after eating or drinking.
- Avoid touching the remedy with your hands.
- Store the remedy in a cool, dark place.

Safety of Homoeopathy

Homoeopathy is a safe and effective system of medicine. Homoeopathic remedies are made from natural substances and are highly diluted, so they do not have any harmful side effects.

However, it is important to note that homoeopathy is not a substitute for medical care. If you have a cough or wheeze that is severe or persistent, it is important to see a doctor to rule out any underlying medical conditions.

Coughing and wheezing can be frustrating, even debilitating conditions. But homoeopathy offers a safe, natural, and effective way to relieve these symptoms. If you are looking for an alternative to conventional treatments, homoeopathy is worth considering.

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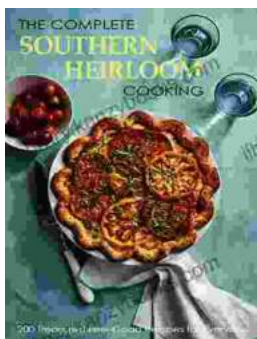
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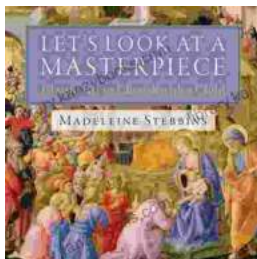


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