

Acute Care Academy -- Remedies for Coughs from Change in Weather

“Get Back To What You Love Doing. Faster.”

Aconitum Napellus (Aconite)

- ◆ Well known for any symptoms that come on after being exposed to the weather on a cold, dry windy day.
- ◆ Whatever symptoms come on, will likely make you feel a bit fearful.
- ◆ Cough Symptoms
- ◆ Barking, Croupy sounding
- ◆ Cold drinks aggravate the cough
- ◆ Dry cough

Cough Symptoms

- ◆ Aggravated by lying down, but especially lying on the side.
- ◆ Air passages feel very dry.
- ◆ Itching, tickling, or irritation in the chest, larynx, throat or trachea.
- ◆ Sharp pains in the chest and throat cause a cough.
- ◆ Entering a warm room from open air aggravates.
- ◆ Going from cold air to warm or vice versa aggravates. (Cor-r, Rumx, Phos, Spong, Verat-v, Verb)

Carbo Vegetabilis (Carbo-veg)

- ◆ Carbo Veg has a lowered vitality from loss of fluids, after western medicine drugs, and other diseases. The patient may appear lifeless. Head is hot. Must have air. They are improved by being fanned or having the window open.
- ◆ Carb-v is a VERY debilitated state. They might have never fully recovered from a previous illness.
- ◆ Mental state is also sluggish and slow.
- ◆ Carbo Veg (Continued)

Cough Symptoms

- ◆ Cold, damp and Wet air aggravates the cough.
- ◆ Dry, hacking cough from tickling in the Larynx
- ◆ Hard, violent waves of coughing “not ceasing until masses of offensive sputum are raised.”
- ◆ Cough from itching, tickling and irritation in the chest, larynx, throat, trachea.
- ◆ Coughing fit of three or four coughs. (Verat)
- ◆ Suffocative cough, especially in bed at night.
- ◆ Coughing while walking in open air or walking rapidly.
- ◆ Uncovering or undressing aggravates the cough. (Rumx, Squil)
- ◆ Whistling, wheezing cough.



Corallium rubrum (Cor-r)

- ◆ Mind symptoms: Ill humored. Irrascible. Worries about pain.
- ◆ Bewildered, as if having had too much to drink.
- ◆ Head feels three times its size (or something similar)

Cough Symptoms

- ◆ “[A] cough when the attack comes on, with a very rapid cough and the attacks follow so closely as to almost run into each other.”
- ◆ The nervous “minute-gun” cough where the patient gives an isolated cough at regular intervals through out the day.
- ◆ Coughing from post nasal drip.
- ◆ A painful cough.
- ◆ Corallium Rubrum (Continued)
- ◆ A cough in pregnancy (Acon, Phos)
- ◆ Reverberating cough (Verb)
- ◆ Intermittent cough
- ◆ Irritation in Chest or Larynx Causing a cough
- ◆ Gasping for breath precedes a cough
- ◆ Change of temperature precedes a cough.
- ◆ Violent cough on inhaling
- ◆ Face turns red while coughing (Acon, Carb-v, Phos, Squil)

Dulcamara (Dulc)

- ◆ Also called Solanum Dulcamara. Bittersweet Nightshade. It is NOT the climbing bittersweet that looks so lovely in fall arrangements.
- ◆ This is a KEY remedy for any ailment that might come up with warm days and cool nights. Exactly what happens in the fall, especially in the upper Midwest.
- ◆ Sensitivity to the cold and damp is common in all the Solanaceae remedies, it is “supreme” in Dulcamara.
- ◆ Someone who needs Dulcamara will be disturbed by not only weather changes (to cold) but even suddenly cooling the body by perspiring.
- ◆ Better from dry, even weather. All conditions are worse from cold and damp.
- ◆ Worse evening, nighttime and at rest.
- ◆ Concentration is difficult, especially if their ailment is accompanied by a headache.
- ◆ Capriciousness: They want something and then, they refuse when not offered, but they really want things they can’t have.
- ◆ Bossy, dictatorial. (Phos, Verat, Verat-v)
- ◆ Claustrophobia
- ◆ Lots of moaning and groaning, tossing around at night, restlessness.
- ◆ Quarrelsome (Acon, Carb-v, Phos, Spong, Verat, Verat-v, Verb)
- ◆ Suspicion and mistrustfulness.
- ◆ Bugged by small things.

Cough Symptoms

- ◆ Cough is barking (Acon, Cor-r, Rumx, Spong, Squil, Verat, Verat-v, Verb)
- ◆ Breathing deeply aggravates or brings up the cough.



- ◆ Cold, wet, open air aggravates the cough (Carb-v, Verat) Also, getting wet that causes a cough.
- ◆ Hacking, hoarse cough with a feeling of rawness in the larynx. Whistling, Wheezing cough.
- ◆ Entering a warm room from outside aggravates the cough.

Phosphorus (Phos)

- ◆ Phosphorus coughs have some very specific symptoms.
- ◆ Lying on the left side aggravates, and turning to the right side ameliorates. (Rumx)
- ◆ Cold dry air aggravates, as does going from warm to cold. (Acon, Rumx)
- ◆ Coughing from constriction in the larynx especially during sleep or first falling asleep and lying on your side.
- ◆ Both warm and cold drinks can aggravate a Phos cough, but only cold drinks can ameliorate a Phos cough.
- ◆ Feels like there are foreign bodies in the larynx. (Rumx)
- ◆ A hard cough which is better going outside.
- ◆ Irritation and tickling in the chest, larynx, behind the sternum, in the throat and trachea.
- ◆ Going from a warm room to cold air or vice versa. (Acon, Rumx, Verat-v, Verb)
- ◆ Whistling, Wheezing cough (Acon, Carb-v, Dulc, Phos, Spong, Squil, Verat)
- ◆ Cough is worse while walking in cold air or open air.
- ◆ Warmth can make the cough worse or better.
- ◆ Cough worse while talking or talking loudly.
- ◆ Cough is worse from touching the ear canal.
- ◆ General Phosphorus symptoms: Tired, weary, wants company, a little nervous, but not like Arsenicum anxiety.

Rumex Crispus (Rumx)

- ◆ Barking Cough (Acon, Corr-r, Dulc, Phos, Verat, Verat-v, Verb)
- ◆ Breathing Deeply aggravates (Acon, Cor-r, Phos, Squil, Verb), as does changing the rhythm of breathing.
- ◆ Cold or going from warm to cold aggravates the cough (Carb-v, Phos)
- ◆ Coughing from the sensation of a feather in the throat pit which could come on from breathing in cold air.
- ◆ This is the #1 remedy for tickling in the throat, chest, behind the sternum, throat-pit, Trachea.
- ◆ Coughing when lying down as soon as the head touches the pillow.

Mental/Emotional:

- ◆ Thoughts about disagreeable things.
- ◆ Thoughts about stagnation.
- ◆ Work and mental exertion aggravate.
- ◆ Aversion to work.
- ◆ Drawing monsters and evil and weird things.
- ◆ Irritability with a cold.



Spongia Tosta (Spong)

- ◆ Deep seated, barking, and/or choking cough. Barking cough could be nearly constant (Squil, Verat, Verat-v, Verb).
- ◆ Cough could originate in the chest, heart, throat or Larynx.
- ◆ Cough worse from cold and damp, or cold and dry weather.
- ◆ Cough worse from alcoholic drinks.
- ◆ A tightness or constriction in the larynx could be the source of the cough. This is also true on first sleep, or first sleep while laying on the side. (Phos)
- ◆ Convulsive and spasmodic coughs, especially before midnight and with emotional excitement.
- ◆ Cold drinks aggravate, Warm drinks ameliorate.
- ◆ A cold draft of air can cause a coughing jag.
- ◆ Can be dry or loose, but most likely it is dry.
- ◆ Dryness of the air passages, including larynx and trachea can bring on a cough.
- ◆ Warm or hot food ameliorates the cough, yet, eating can also bring on a cough.
- ◆ A hoarse cough (Acon, Carb-v, Phos, Verat, Verb)
- ◆ Irritation and tickling in the chest, bronchia, larynx (one spot in the larynx), throat.
- ◆ Lying down aggravates, especially on the side (right side).
- ◆ Metallic sounding cough (Rumx, phos), also a raspy, ringing cough.
- ◆ A plug sensation in the Larynx.
- ◆ Cough causes racking in the body.
- ◆ Reading, either to oneself or aloud, aggravates the cough.
- ◆ All kinds of weather can aggravate the cough, especially cold weather. Changes of temperature as well.

Mental/Emotional

- ◆ Does not want sympathy.
- ◆ Fear during the cough. Includes fear of death, suffocation, being incurable. Could even panic from the cough.
- ◆ Easily frightened.
- ◆ Loathing of life.
- ◆ Decides to sing involuntarily.
- ◆ Thinking of the complaints makes them worse.
- ◆ Weeping and tearful with Croup.

Verbascum Thapsus (Verb)

- ◆ This remedy comes from the plant Mullein. Well known as an herb for ear infections, potentizing it reveals its affinity for coughs, including when the weather changes from warm to cold.
- ◆ Overall, this is an evening and night time cough remedy. It can also be a painful cough.
- ◆ Mentally and physically, they are worse from excitement.
- ◆ People needing Verbascum can be either busy or lazy. They are restless, so staying busy can keep the restlessness at bay.
- ◆ Open air aggravates all sorts of symptoms for Verbascum. 🌿
- ◆ Interestingly, eating breakfast is helpful for those needing Verbascum.



- ◆ Generally, patients needing Verbascum are chilly and are greatly improved by becoming warmed up. They can be so cold that they are shuddering and shaking.
- ◆ Sitting upright and erect helps. Sitting bent over aggravates.
- ◆ Snow aggravates!! ❄️ 🧊
- ◆ Damp, rainy, wet weather aggravates.

Cough Symptoms

- ◆ Coughing at night during sleep. This is especially true if the patient is a child. Although it comes on during sleep, it does not necessarily disturb sleep.
- ◆ Like many remedies, the cough is Deep seated. It is not only deep seated, but deep sounding.
- ◆ The cough seems to come from the throat or the larynx.
- ◆ The Verbascum cough can be almost constant, or it seems that way.
- ◆ Interestingly, Verbascum is one of 44 remedies that has a “sympathetic” cough. (Spong, Verat)
- ◆ A Verbascum cough can sound like trumpets, loud and certainly drawing your attention. Other words used to describe the sound: Reverberating, Hollow, Hoarse, Rough, Harsh.
- ◆ Like most of the remedies in this course, the cough can originate from itching, tickling or irritation from the chest, larynx or trachea.
- ◆ Unlike many of the remedies, a deep breath inward will ameliorate the cough.
- ◆ Lying down, on the back, in bed aggravates the cough.
- ◆ Pain with the cough can show up in the head (forehead, temples, with a pressing or sharp pain), throat, abdomen (umbilical region).

