Aconite is an important remedy for the very early stages of acute infections, especially if the initial symptoms come on after going to sleep or in the middle of the night, whether its cough, croup, fever, or other upper respiratory conditions. It is particularly useful during the initial panic reaction where there is fear and restlessness, often with feelings of claustrophobia and being very trapped. Frequently, the child will shift out of Aconite as the illness continues, so Aconite should be considered as near to the onset as possible. (For more symptoms see the “generalities” section for this remedy.)

**Sudden Onset Cough with High Fever (Key Characteristic)**

- **Sudden onset of cough and fever after exposure to cold dry air or cold dry wind**
  - Normally accompanied by a high fever
- **Marked anxiety, fearfulness, and restlessness**
  - More telling than the nature of the cough itself is the accompanying fear, anxiety, and constant restlessness, especially at night
- **Generally worse at night or while sleeping**
- Barking, dry, irritating, or tickling cough
  - Accompanied by fast breathing and irritated air passages
  - Cough is worse at night or with cold dry wind or in cold dry air
  - Cough is worse on inspiration and lying on either side
  - Cough is better lying on the back

**Early Stages of Croup**

- **Useful in the initial period of croup (first 24 hours or so)**
- Croup may come on after exposure to cold
  - Often comes on at night; wake with dry barking cough
- Cough is dry and barking, but without mucus present
- Cough worse with inspiration or with drinking
- **Wheezing; they feel trapped and suffocated in their breathing**
  - May be in a panic about the claustrophobic feeling of the chest being trapped and constricted
Antimonium Crudum (Ant-c.)

In contrast to most coughs that are associated with upper respiratory causes, Antimonium Crudum has a cough that seems to stem from significant indigestion and stomach/intestinal disorder. These children are sluggish, irritable, and generally sick from indigestion and over-indulgence, and often have significant nausea, vomiting, and diarrhea. Look for a thickly white coated tongue and thirstlessness in a sulky irritable child with cough and loss of voice.

Cough Associated with Upset Digestive System (Key Characteristic)

- Cough that stems from digestive upset
  - Cough may appear to start or somehow arise from the stomach and intestines
- Cough accompanied by significant hoarseness of voice or loss of voice
- Indigestions from over-indulgence
  - After eating too much become sluggish, irritable, and sick (or are chronically this way)
  - May develop nausea, vomiting, and diarrhea
  - Are often completely thirstless with the nausea and vomiting
- Thick, white coating on the tongue (important to see this)
- Generally worse from being overheated or from too much sun exposure
  - Become exhausted, aggravates cough and symptoms, and causes loss of voice
- Cracking on corners of mouth and nostrils; with dry lips

Mental and Emotional Characteristics

- Anger, irritability, and aversion to interference
  - May not want to be looked at or touched, very irritable with digestive upset
- Generally stubborn and sulky

What makes it better and worse overall?

- Worse: Worse from over-indulgence in food. Worse from sun exposure and becoming heated.
Antimonium Tartaricum (Ant-t.)

The main feature of an Antimonium Tartaricum cough is the loud and obvious sound of rattling mucus in the chest, as if the chest is full of mucus. The mucus, though sounding profuse, is difficult to cough out, and they are often very weak and exhausted with the acute illness. Their breathing is likewise affected by the congestion in the chest, with asthmatic or difficult breathing. They are generally irritable and very averse to being examined or touched, but may be more on the apathetic, sunken, and exhausted side later in the illness.

Loud, Rattling Cough that Sounds Like the Chest is Full of Mucus (Key Characteristic)

• Cough is loud and rattling, easily heard
  - Cough sounds as if the chest is full of mucus, but they be unable to bring up or expel the mucus especially if weakened by the illness
  - Cough may be worse at night; especially 10 pm to midnight

• Breathing may be asthmatic or difficult; with fast breathing that is rattling and audible

• Mucus is difficult to bring up
  - If do bring up some mucus may provide temporary relief

• May be weak and sleepy with the illness; exhausted
  - Too weakened to cough up the mucus

• Cough accompanies many different chest conditions
  - Could be bronchitis, whooping cough, uncomplicated cough, or other conditions

Common Accompanying Symptoms (not always seen)

• Thirstless, with a tongue that is coated white and thick

• Cold, profuse sweating during the day

Mental and Emotional Characteristics

• Marked irritability; don't want to be examined or touched
  - Anger and irritability can aggravate the cough

• Drowsy, apathetic, or may be clingy
  - If really exhausted from the illness can be very sleepy and drowsy and out of it

General Characteristics

• Exhausted and pale-faced; face is pale and sunken and lips may be bluish

What makes it better and worse overall?

• Better: May be better sitting up

• Worse: Worse with anger, worse being touched or examined
Arsenicum Album (Ars.)

Arsenicum Album is useful in acute or chronic cough, often accompanied by breathing difficulties, that may stem from many different allergies or infections of the air passages. Key symptoms are burning and raw pains better with warmth and hot drinks, strong aggravation at midnight to 2 a.m., and amelioration from sitting up. General symptoms include marked chilliness and aversion to cold, restless anxiety, and constant thirst for small sips of water. (For more symptoms see the “generalities” section for this remedy.)

Cough with Raw or Burning Irritation of Air Passages (Key Characteristic)

- Air passages, throat, chest may have raw, burning irritations and pains
  - Burning pains feel better with warm or hot drinks, and being warm in general
- Cough tends to be dry at night; may be hacking and exhausting
  - Cough can be loose or dry but tends to be dry at night
- Cough strongly aggravated at night from midnight to 2 a.m.
- Better sitting up or propped up with pillows
  - Wants to lie down because tired, but cough is better if propped up with pillows or sitting
- Cough accompanied by difficult breathing; may have fast, wheezing breath
- Mucus is copious and frothy; may be seen more in morning or during day
  - Mucus may taste salty
- Generally aggravated by cold, cold drinks, fresh air, cold air, etc
- Generally better with hot drinks and warmth
- Increased perspiration especially on head with cough and difficult breathing
Belladonna (Bell.)

Belladonna is an important consideration in a cough or croup that comes on rapidly, is accompanied by a high fever, and is intense, spasmodic, and violent. Other symptoms include oversensitivity to stimuli, easy choking and spasm sensations in the throat, red face, hot head, and cold hands and feet. (For more symptoms see the “generalities” section for this remedy.)

Painful, Violent Coughing Fits with High Fever (Key Characteristic)

- **Cough accompanied by a sudden onset and high fever**
  - See BELLADONNA in the FEVER CATEGORY for more information
  - Fast, shallow breathing with the fever

- **Painful coughing that is fitful, exhausting, hard, violent, and racking**
  - Coughing causes irritation in the chest and air passages which increases coughing in general
  - **Cough can be violently loud and severe**

- **Sudden choking sensations or spasmodic cramping of the throat**
  - May feel they can’t breathe during the choking, face becomes very red, constantly need to cough during the episode

- **Sharp pains with coughing and in the chest**

- **Worse at night and in the evening**

- **Worse with motion; increases pain and coughing**

- **Worse with stimuli; light, touch, noise, etc**
  - Cough brought on by any touch or pressure on the throat/larynx

- **May feel like they cannot breathe well enough or deep enough**
  - But cough aggravated on taking a deep breath

- **Cough may be better from drinking cool water or cool air**

- **Generally feel best lying still in a dark room without stimuli**

- **May be accompanied by a pounding headache**

Croup with Sudden Onset; Especially at Night

- **Croup comes on suddenly, as if out of nowhere; and accompanied by high fever**
- **Coughing fits that are intense, leading to choking sensation and reddening of face**
- **Generally same symptoms as cough above**
**Bromium (Brom.)**

Consider Bromium in recurrent or chronic cases of upper respiratory infection especially during the summer months where the glands in the neck are huge and swollen. This cough and upper respiratory infection often includes irritation and spasming in the larynx, leading to a hoarse voice.

**Cough from Upper Respiratory Infections with Chronic Swollen Glands in the Neck (Key Characteristic)**

- Coughing fits from upper respiratory infections
  - Particularly upper respiratory infections during the summer months
  - Often has significant laryngitis with hoarseness of voice accompanying, or before, cough
  - Laryngitis may precede the cough

- **Summertime respiratory infections with cough**

- **Huge swollen glands in the neck** (cervical glands especially)
  - In children with chronic respiratory infections; glands are large and swollen

- Cough better from open air

- **Cough markedly worse from swallowing**

- Coughing caused by feeling of irritation in the larynx
  - Cough may be brought on by, or aggravated by, irritation from smoke or dust

- Cough worse from heat or in a warm room

- Cough set off by inspiring

**Summertime Croup**

- Croup that comes during the summer months

- Same symptoms as cough (above)

- Significant hoarseness of the voice during croup

- May have spasming and contraction in the larynx triggered by taking a deep breath in

**What makes it better and worse overall?**

- Better: Better with open air

- Worse: Worse with inspiration, swallowing, heat or warm room, and with irritations from smoke or dust
Bryonia Alba (Bry.)

Bryonia Alba is the first remedy to consider when the worst aspect of the cough is terrible pain in the chest that is worse with any motion, so that they want to hold the chest or immobilize it and may fear even to inspire less they cough and increase the pain. There is also general dryness, thirst, and may be fever. They tend to be irritable and impatient, but may also be very anxious of the pain and movement that brings it on. (For more symptoms see the “generalities” section for this remedy.)

Incredibly Painful Dry Cough with Intense Pain in the Chest (Key Characteristic)

• Dry fits of coughing; irritating, racking cough
  - Cough has little or no mucus and expectoration usually

• Cough is aggravated by any movement or deep breath
  - As a result they are afraid to move, take in a breath, etc. They become very averse to any motion

• Severe pain the chest, throat, and/or head when coughing
  - The pain is stitching and sharp; very intense
  - The pain is so bad with coughing that they try to hold their chest, throat, or head still while coughing to prevent the pain
  - Other movement of the body may also aggravate pain in the chest; may become averse to movement while they have the cough
  - Cough and pain may be better from lying on the painful side of the chest to prevent motion
  - May feel pain in the stomach with coughing as well

• Cough worse with eating or swallowing food or drink
  - Because of the movement

• Cough worse from becoming overheated

• Cough better from open air and fresh air

• Symptoms tend to be worse on the right side; chest might be more painful on right side

• Generally aggravated by movement; even the slightest motion can aggravate pain and cough
Calcarea Carbonica (Calc-c.)

Calcarea Carbonica may be called for in chronic or recurring chest congestion leading to cough in children with chronic immune weakness. The chest congestion often starts from food allergies, environmental allergies, or damp cold weather and leads to a cough with thick yellow mucus that may only come up in the morning. The cough and congestion is often accompanied by significant fever, but not with the suddenness and intensity of symptoms seen in Belladonna. These children are slow, plodding, methodical, extremely obstinate, and tend towards anxiety in chronic situations. (For more symptoms see the “generalities” section for this remedy.)

Dry Cough at Night, Loose Productive Cough in the Morning (Key Characteristic)

• Cough tends to be dry in evening and night, but in the morning they may have a loose cough
  - Loose cough in morning brings up thick, yellow, and potentially foul-smelling mucus
• Thick, yellow, smelly mucus
  - May feel the mucus in their chest causing irritation and coughing
  - Mucus may be quite difficult to cough up, feeling like a plug in the chest
• Congested cough accompanied by high fever
  - Especially in younger children, chest congestion and cough may be accompanied by high fever, where they are lethargic, want to be held, are perspiring on the head profusely, and have a hot head and cold hands and feet
  - Similar to Belladonna (See BELLADONNA COUGH CATEGORY) but not near as severe
• Cough and lung congestions from food allergies, cold weather, environmental allergies, and colds that drop to the chest in chronic, recurring situations
• Chest infection may be accompanied by painless hoarseness of the voice

Common Accompanying Symptoms (not always seen)

• Cough (and fever) may accompany teething in infants
Calcarea Sulphurica (Calc-s.)

Calcarea Sulphurica should be considered in a case of croup where the only time the croupy cough comes on is when the child wakes up; particularly in the morning from sleep, but possibly also after napping, etc. Other notable features are thick, lumpy yellow mucus when they do cough something up, intolerance of warmth or over-heating and a desire for cool open air. They may be better in a cool/cold bath or shower. (For more symptoms see the “generalities” section for this remedy.)

Croup that Starts Only on Waking Up (Key Characteristic)

- Cough occurs when they awake, especially in the morning (also possibly from a nap, etc)
  - At other times the croupy cough may not be there at all
- Mucus and expectoration is copious, lumpy, and yellow
  - But the cough is generally dry, and may only get out the mucus occasionally
- Generally warm-blooded and wants to be uncovered or not wrapped up
- May crave green, unripe, and sour fruits (citrus, etc.)
- Better in the cold or open air, or in a cold shower/bath

Mental and Emotional Characteristics

- Tends to be sluggish, dull, depressed, and irritable during acute

What makes it better and worse overall?

- Better: Cold air, cold bathing, open air
- Worse: Worse in a warm room or overheating in bed, etc
Carbo Vegetabilis (Carb-v.)

Carbo Vegetabilis may be called for in rather severe situations where there is very poor recovery from an infection or bad cough and the child is left with very low vitality. There is much paleness, blueness, weakness, and cold sweating. Most characteristically, there is a very strong desire to be fanned or have constant air movement, despite cold sweating externally. (For more symptoms see the “generalities” section for this remedy.)

Severe Cough and Low Vitality during Poor Recovery from Acute Illness (Key Characteristic)

• Children who are recovering poorly from an acute illness or chest infection, or from a serious case of whooping cough, etc
• Fits of violent or suffocative coughing; often accompanied by fast or wheezing breathing
  - May be breathless or be having difficulty breathing well with the cough
  - May feel swelling and bloating in the chest and abdomen that constricts breathing
• Strong desire to be fanned or having air movement in the room
  - Getting poor oxygenation from breathing, may appear blue, pale, and dull; need air movement
• Green or yellow mucus from lingering infection
• Voice is hoarse
• Worse during the evening and night, especially before midnight
Causticum (Caust.)

The main feature of a Causticum cough is the presence of sticky, scanty difficult to get out mucus in the chest. They try to cough and bring it up but cannot get it past the throat easily, and it is a constant irritation. The cough itself can be quite intense, and is a tickling irritating cough that may vanish completely during the day and only come on at night or while lying down. The cough is better with sips of cold water and in damp, rainy weather, but is worse with lots of environmental stimuli such as cold air, or overheated room, etc. Finally the Causticum cough is almost always accompanied by a hoarse voice and raw pain in the chest and throat, and there may be loss of urine with coughing.

Constant Irritating Cough with Stuck Mucus in the Chest (Key Characteristic)

• Mucus felt deep in the chest and very difficult to cough out
  - Tries to cough more deeply to cough up the mucus, but can only get it to the throat and then it slips back down; may be constantly trying to get out mucus and unable
  - The mucus is scant, sticky and difficult; constantly tries to clear throat
• Cough is constant, irritating, exhausting, and can be violent
  - Cough wakes them up at night
  - Cough may vanish completely during the day (top remedy for this symptom if it appears)
  - Tickling in the larynx brings on the cough
• Rawness and sore pain in the chest
  - The cough is brought on by the raw feeling in the chest
• Hoarseness of voice significant with cough
  - Hoarseness is significant, and is worst in the mornings
• Cough better with frequent small sips of cold water; eases the cough for a short time
• Cough is worse in cold air or getting overly warm in bed
  - They are generally very sensitive to the environment
• Cough is worse on lying down, may only appear while lying
• Cough worse bending the head forward
• Cough and symptoms are generally better in wet, damp, or rainy weather
• Symptom

Common Accompanying Symptoms (not always seen)

• Loss of urine with cough
  - Can lose urine during coughing (just during coughing)
• May have feeling of choking, or may have difficulty swallowing liquids

General Characteristics

• Oversensitive to sensory stimuli in the environment; lights, noise, temperature, etc.
Chamomilla (Cham.)

Chamomilla may be useful in cases of cough that accompany teething in infants, or in dry chronic coughing that is particularly aggravated or brought on by anger. These children are extremely irritable and capricious and cannot be satisfied during acutes. Their symptoms are particularly aggravated when they have fits of anger, which occur readily. (For more symptoms see the “generalities” section for this remedy.)

Cough Brought on by Anger, and with Teething (Key Characteristic)

• Dry, irritating, tickling cough during sleep
• **Cough is triggered by anger**
  - And the child will be highly irritable especially during teething (See GENERALITIES)
• Cough worse at night during sleep
Cina (Cina)

The Cina cough is spasmodic and fitful, often ending in gagging and retching because of the intensity, and the child is extremely irritable, restless, capricious, and dissatisfied. They may eat constantly as though malnourished, and look sickly and pale. There is also tremendous itching, picking, and boring at the skin, nose, butt, etc. Many present as though they have bad worm infestations in the GI, and some may.

**Suffocative Coughing Fits with Retching and Gagging (Key Characteristic)**

- Coughs are spasmodic and fitful; the fits are so bad they may gag and even retch during the cough
  - Cough is extremely painful, but children tend to stay very still during the cough, or may have their body stiffen and go rigid during a cough
  - Children will hold their chest and try not to move or talk for fear of bringing on coughing fits
  - Gurgling in throat and constant swallowing with coughing
  - May be needed in whooping cough with these symptoms

- Hot arms and legs and a cold, pale face during acute infections; may have a fever
  - But may have hot red cheeks; or one cheek red the other pale

- **Voracious appetite despite sickness**
  - Still ravenously hungry even while sick or in the midst of a fever; eat like someone who has worms and is malnourished
  - Eat a lot but are not satisfied; may need to eat right after throwing up even
  - Despite appetite may have poor weight gain
  - **Strong craving for sweets**

- Cough in children with worm infestations (pinworm, etc.)

**Common Accompanying Symptoms (not always seen)**

- Constant picking at the nose and itching around the anus
- Convulsions in a child with worm problems

**Mental and Emotional Characteristics**

- **Incredible dissatisfaction and inability to be sated emotionally; very capricious**
  - Tremendous dissatisfaction and inability to sate needs; never satisfied
  - Wants to be carried but then screaming and unhappy once picked up

- **Extremely irritable; screaming and hitting**
  - Irritable screaming and weeping in infants, can be restless and sleepless
  - Dislike being looked at, touched, examined, or interfered with at all

**General Characteristics**

- **Pale and sickly looking; but may have hot red cheeks or one cheek red the other pale**
  - Pale face, sunken eyes, sickly expression, blue circles around eyes and mouth

- **Constant itching and scratching; boring in the nose**, scratching skin, itching around the anus, etc
What makes it better and worse overall?

- Worse: Generally worse at night

**Coccus Cacti (Cocc-c.)**

Coccus Cacti is an important remedy for cough from extreme nervous irritation, where the fits are violent and spasmodic and end in coughing up of thick, stringy mucus or even vomiting. The coughing and irritation is soothed by cold air, water, food, and drink, and aggravated by anything heating such as being in a warm bed. They are hypersensitive and easily irritated and set off. The remedy is also useful in croup and whooping cough with the same symptoms.

**Violent, Spasmodic, Irritating Coughing Fits Ending in Sticky Mucus Expectoration (Key Characteristic)**

- **Coughing is intensely spasmodic; happens in violent, whooping fits** (from over-irritation of the nerves)
  - From constant nervous irritation and tickling deep in the throat (larynx)
  - Coughs are hard, hacking, violent and paroxysmal in nature
- **Fits end in coughing up ropy, stringy, and sticky mucus; even retching and vomiting**
  - Coughing may be so violent it ends in retching and vomiting of mucus
- **Coughing worse at night; especially around 11-12 pm**
  - May also be bad in the morning; 6-7 am
- **Coughing is better with fresh, cold, or open air**
  - Cold air, water, drinks, etc, can calm down the nervous irritation and ameliorate the coughing
- **Coughing is aggravated by warm rooms or becoming heated**
  - Warming up irritates and aggravates the coughing (such as being warm in bed, etc.)
- **Hypersensitive to irritations which aggravate cough**
  - Especially any little thing touching the mouth, throat, or local area
  - Any little thing can irritate because the are hypersensitive and the nerves are very irritated already; even brushing teeth, for example
- **One of the major remedies for whooping cough**
  - With symptoms described above

**Croup with Paroxysmal Coughing at Night**

- Croup with the same symptoms as the cough; generally worse at night and when heated

**Mental and Emotional Characteristics**

- May be hypersensitive, easily irritated, and easily set off by slight things

**What makes it better and worse overall?**

- Better: Better from cold; air, water, food, drink, room, etc.
- Worse: Worse from heat and warming up, warm drinks and food, etc.
Cuprum Metallicum (Cupr.)

Generally the severity and intensity of the Cuprum cough would lead most parents to the emergency room quickly. The coughing is violently spasmodic and is suffocative or choking while it occurs. The breathing becomes short and panting with lack of oxygen and there may be blueness of the face and lips is severe. The most helpful thing for the cough is drinking cold water and drinks that seems to relax the spasming. They become very fearful of the next attack, and will try to suppress themselves (breathing, moving, talking, etc) to prevent it. (For more symptoms see the “generalities” section for this remedy.)

Severe and Long-Lasting Spasmodic Coughing Fits that are Suffocative (Key Characteristic)

• Suffocative, violent, and spasmodic coughing fits which are severe
  - Severity of cough that would lead parents to seek immediate medical attention
  - During the fit, the child is breathless and stiff, and other twitching and spasm in the body, especially fingers and toes, may follow
• Difficult and fast breathing between coughing fits
  - May be panting and short of breath between coughing fits which are suffocative
• Face and lips may be pale or blue from suffocative coughing fits
• Coughing significantly improved by sipping or drinking cold drinks
  - Desire ice cold or cold water to drink that helps symptoms
  - Cold air is aggravating to cough, however
• Cough is so intense that they are scared to cough, move, or breathe in fear of the cough coming back on
  • Generally cold-blooded and averse to cold, except cold drinks

General Characteristics

• Coldness, blueness, and cramping seen throughout body; cramping pains
Drosera (Dros.)

Drosera is a remedy for intensely violent and repetitive suffocative coughing fits, with severe cough from whooping cough or bronchitis. The severity of the fits leads to shortness of breath and blueness in the face, as well as retching, vomiting, and various bleeding from burst blood vessels (nosebleed, burst blood vessels in eye, blood-tinged mucus coughed up).

Barking, Deep, Dry Cough in Violent Suffocating Fits (Key Characteristic)

• Cough is hard, barking, deep and dry
  - Severe cough, as in whooping cough, starts with tickling in the back of the mouth and throat
  - Coughing attacks come one after the other in rapid succession
• Worsening of cough at night; set off when lying down to sleep
  - Coughing may be set off as soon as the head touches the pillow
  - The longer they lie in bed the worse the coughing gets
• Coughing so severe it leads to suffocation, retching, and vomiting
  - Can’t catch breath with the cough; face turns blue; breathing becomes fast and difficult
  - Can have retching, vomiting, and bursting of blood vessels in eyes from intensity of the cough
• Cough is intensely painful; so much pain in the chest they hold the chest while coughing
• Coughing so intense they get a nosebleed during the fits
• Coughing fits accompanied by profuse sweating
• May cough up blood-laced mucus
  - In general the coughing leads to various bleeding discharges because of its intensity
• Voice hoarse from the coughing

Common Accompanying Symptoms (not always seen)

• Nosebleeds

General Characteristics

• For other characteristics of an acute Remedy picture, see REMEDY GENERALITIES

What makes it better and worse overall?

• Better: Better from holding or putting pressure on the painful area (chest or throat with cough)
• Worse: Worse at night and while lying down, worse with drinking and talking
Dulcamara (Dulc.)

Consider Dulcamara when the main feature of the cough is that it chronically recurs whenever the weather turns or becomes cold and damp. These children lack vitality and catch colds easily in the damp cold weather. The cough is congestive and rattling, but the main feature is the aggravation from damp, cold weather without other strong symptoms.

**Cough Brought on by Cold, Damp Weather (Key Characteristic)**

- Cough and respiratory infections that clearly occur with the onset or change to cold, damp weather
- These children generally catch colds very easily, especially in damp cold weather
- Rattling cough congestion in the chest
- May have to cough a long time before coughing out mucus
- Cough better with movement and walking
- Cough worse while sitting still, lying down, and at night

**Common Accompanying Symptoms (not always seen)**

- Cough may develop from a sore throat

**Mental and Emotional Characteristics**

- Tend to be depressed, irritable, and quarrelsome

**General Characteristics**

- Generally cold-blooded; very sensitive to cold and damp
  - Lack strong vitality

**What makes it better and worse overall?**

- Worse: Worse from change of weather to cold, damp
Hepar Sulphuris Calcareum (Hep-s.)

Hepar Sulph may be useful in either cough or croup, and may have a very intense and violent cough especially at night (or more towards morning for croup). The most notable characteristic is an extreme aversion to taking the slightest chill from uncovering or even slight breezes. These types are cold and irritable during the acute, have significant thick mucus, and are very sensitive to the pain they are in. (For more symptoms see the “generalities” section for this remedy.)

Cough with Significant Thick Yellow Mucus Worse from Any Cold Exposure (Key Characteristic)

• Dry barking cough during the night
  - Intense and violent cough; can be all night long
  - Accompanied by irritation in the larynx and soreness in the chest
  - Cough may be violently set off by going to bed (upon closing the eyes)

• Loose productive cough during the morning
  - With copious thick, tough, sticky yellow mucus

• Generally worse with the slightest exposure to cold
  - From uncovering even a bit, from drafts, wind, cold dry air, cold food or drink, etc

• Better from warmth, covering up, being in a warm room

• Cough leads to a hoarse voice

• May be accompanied by significant retching and vomiting

• Accompanied by significant sweating

• Generally worse at night, from the time they get in bed to midnight or even all night

Croup with the Same Symptoms as the Cough, but Worse in Early Morning

• Croup generally worst in the early morning (4 am to waking, etc)
  - With choking and wheezing
  - May be much rattling of mucus, and thick mucus, but difficult to bring up
  - Otherwise same symptoms of cough

• Like the cough, intense worsening from the slightest exposure to cold (causes coughing)
Ignatia Amara (Ign.)

Ignatia may be useful in cough with the main features of being worse the more they cough (better if suppressed), and stemming from a tickling specific sensation in the throat. The cough may have an emotional cause; especially grief or disappointment. They are generally very sensitive to their environment and easily set off in over-reactive ways. (For more symptoms see the “generalities” section for this remedy.)

Coughing that Becomes Worse the More They Cough (Key Characteristic)

• Hysterical, dry, racking cough from tickling in the throat
  - Once the coughing starts they can hardly get a long enough break to breathe
  - The more they cough, the worse the cough becomes
• Coughing worse the more they cough; helped if they suppress the cough
  - If they can do something to suppress the cough it will help prevent additional coughing
• Coughing set off by environmental irritants such as cigarette smoke or strong odors
• Sensation of a feather or small speck of something in the throat; causes tickling that leads to the cough
• May have a lump sensation in the throat; that cannot be swallowed or gotten rid of
• Cough with these symptoms that comes on after an emotional stress or grief
  - Very sensitive to emotions; especially to disappointment and grief which can lead to hysterical coughing and other symptoms
• Cough worse at night

Croup with Same Symptoms as Cough (above)

• May be useful in croup where the cough is worse the more they cough, better if suppressed
Ipecachuana (Ipec.)

Consider Ipecachuana for cough or croup in which there is significant gagging, choking, and even vomiting accompanying the cough. There may also be continuous nausea, and the child is usually difficult, frustrated, and capricious during the cough, especially if fevered. Other accompanying symptoms may include nosebleeds and a strong aggravation of coughing and general symptoms from becoming angry or frustrated.

Dry Coughing Fits with Choking and Gagging (Key Characteristic)

- Cough is dry and irritating, comes in fits and paroxysms
- Strong choking or gagging with the coughing; leading to vomiting with the cough
  - Often the choking during the cough leads to vomiting or retching
  - Children may go stiff and have difficulty breathing during the cough with the choking (especially infants), and may go blue in the face
  - May feel persistently nauseous even while not vomiting
- Mucus that is blood-streaked and difficult to cough up
- Acute may be accompanied by nosebleeds with bright red blood
- Generally worse at night and in the evening
- Covered with hot or cold sweat
  - And acute coughing/croup may be accompanied by fever where they feel chilly externally and hot inside
- Face looks drawn, bluish, and deathly with dark-ringed eyes
  - Especially if nausea and vomiting is prominent
- Coughing fits and general aggravation from becoming angry or frustrated
  - Anxious and capricious during acute; easily frustrated and difficult to please

Croup with Gagging and Vomiting

- Generally same symptoms as cough (above)
- With croup may have wheezing

Mental and Emotional Characteristics

- Anxiety
- Dissatisfaction and capriciousness
  - Very difficult during acutes and fevers; pleased by nothing and easily frustrated
  - Complaints are aggravated by becoming frustrated and/or angry

What makes it better and worse overall?

- Worse: Worse in evening and at night. Worse in a warm room. May be aggravated by smell of food.
Kali Bichromicum (N.)

The key characteristic of a Kali Bichromicum case of cough or croup is the significant presence of profuse, thick, ropy, sticky and difficult to expectorate mucus, particularly when the condition is in conjunction with significant sinusitis. There may be sharp pains and irritation in the chest, and the cough is strongly aggravated by eating. Finally, like the mucus, the mental quality during the acute may be quite thick, foggy, disconnected and even depressed.

**Rattling Cough with Profuse, Stringy, Thick Mucus (Key Characteristic)**

- Croupy cough with ropy, sticky, tough mucus that is difficult to cough up
  - Mucus may only be coughed up readily in the morning, and is ropy, sticky, and thick
- Cough is better after getting out mucus
- Cough may be worst in the middle of the night or in the morning on rising
- **Cough is significantly aggravated after eating**
  - Chest is painful; feels sore and bruised
  - Pain in the chest extends from the front to the back, and the irritation in the chest aggravates the cough
  - May feel various sharp pains in the chest and throat
- Hoarse voice accompanying the cough
- **Cough may accompany or be associated with simultaneous sinusitis**
  - See KALI BICHROMICUM in SINUSITIS CATEGORY
- Mentally thick, foggy, and disconnected during the acute; depressed
  - Especially if the cough occurs along with sinusitis

**Croup with a Tinny or Metallic Sounding Cough and Shortness of Breath**

- May have a metallic sounding cough during croup
- May have strong bouts of shortness of breath
- Thick, stringy mucus as in the cough
- Other symptoms similar to the cough (above)
Kali Carbonicum (Kali-c.)

Kali Carb is a very commonly used remedy in cough especially cough from various chest infections such as bronchitis that are right-sided and accompanied by significant sharp or stabbing pains and often nausea and vomiting as well. There is a strong aggravation of the cough at night, especially after midnight and from 2-4 a.m., and upon waking with cough they must sit bolt upright or lean forward to feel better. In chronic situations they tend to be very irritable, emotionally closed, and rigid. (For more symptoms see the “generalities” section for this remedy.)

Cough with a Strong, Distinct Aggravation at Night (Key Characteristic)

• Cough may be either dry and hard or loose and productive
  - May be a dry, tickling cough
  - May be a loose, productive cough with bronchitis, etc
  - Tends to be racking and violent, may lead to vomiting

• Cough at night, especially aggravated at 2-4 AM, violently disturbs sleep
  - Main aggravation time is 2-4 A.M.
  - Cough will wake them up at night, particularly after midnight
  - Cough may start when lie down with a tickling and crawling feeling in the larynx

• Chest pain that is cutting, stabbing, and sharp
  - Chest pain may also be accompanied by irritation throughout airways
  - Pains are very sharp and come on especially with coughing, worse at night
  - Chest pain tends to be more right-sided
  - Chest pain associated with right sided chest infections

• Has to sit upright or bend forward to cough and feel better
  - Will bolt upright at night to be able to cough and feel better
  - Generally feels better sitting upright or even leaning forward somewhat

• Cough worse getting chilled, in a cold room, with drafts or cold air, etc

• Cough worse with exertion and deep breaths in

• Vomiting and nausea with coughs is common

What makes it better and worse overall?

• Better: Sitting upright or bending forward
Lachesis Muta (Lach.)

Consider Lachesis in cough or croup where the most significant characteristics are the intensity and violence of the cough, and the accompanying choking and suffocating sensations with an abhorrence of anything constricting around the neck or body. Coughing is worse at night or upon falling asleep, as is the croup, and is easily aggravated by even small irritants. The corresponding personality is also intense, with a lot of body heat, energy, and a strong personality. (For more symptoms see the "generalities" section for this remedy.)

Dry Coughing and Suffocative, Choking Sensations (Key Characteristic)

- **Cough tends to be dry, loud, and violent**
  - Lots of energy in the cough; lots of pressure and irritation leads to violent cough
  - If there is any mucus it may be thick, blood-streaked, and bad-tasting
- **Choking and suffocating sensations with coughing**
  - May have full, suffocating, choking sensation in throat during coughing
  - Choking sensation on falling asleep
  - May have a constant irritation and sense of constriction in the throat leading to coughing
- **Cough is easily set off by any little irritation; especially touching the neck, and tight clothes**
  - Easily irritated by anything touching the throat such as a tight collar
- **Cough generally worse at night**
  - May cough all night, severely disturbing sleep
  - May wake up suddenly with cough upon falling asleep
  - Generally cannot stay lying down with the cough, needs to sit up and hack loudly
- Cough better in open air
- Feelings of constriction, tightness, and fullness in the chest

Croup with Choking Sensation Especially at Night

- May wake from sleep many times during the night with violent coughing with suffocating feeling
- Generally same symptoms as cough (above)
**Lycopodium (Lyc.)**

Consider Lycopodium for a constant, aggravating dry, tickling cough that lingers chronically after acute infections that easily drop into the chest. The cough is particularly aggravated when lying down at night, keeping the child awake, and may be soothed with hot drinks. The general personality type is characterized by anxiety and irritability, and there are frequently significant and recurring symptoms of digestive upset. (For more symptoms see the “generalities” section for this remedy.)

**Chronic Lingering Dry Cough after Acute Infections (Key Characteristic)**

- **Colds and flus easily descend to the chest, and once gone leave a lingering dry cough behind**
- **Constant, dry, tickling cough; especially at night in bed**
  - Cough is caused by a constant tickle in the larynx; like a feather tickling the throat
  - In the acute part of chest colds, the cough may be accompanied by rattling in the chest while breathing
- **Cough aggravated at night while lying down**
- **Little or no mucus coughed up**
  - During more serious acute infections could be thick yellow mucus
- **Cough is better with hot drinks**
- **May have a feeling of tightness and constriction in the chest after acute infections during cough**
**Medorrhinum (Med.)**

Medorrhinum is most often a remedy for chronic situations of recurring and intense upper respiratory infection, with constant post-nasal drip of mucus and colds that drop easily into the chest to cause a deep, rattling cough. The cough is typically better while lying on the abdomen, and is accompanied by thick and difficult to expectorate yellow-green mucus. The accompanying personality type is intense, often with incredible precocity, openness, and lack of inhibition. (For more symptoms see the “generalities” section for this remedy.)

**Deep, Rattling Cough Accompanying Chronic, Recurring Upper Respiratory Infections and Constant Post-Nasal Drip (Key Characteristic)**

- Chronic chest colds, or upper respiratory infections like sinusitis that drop into the chest
  - Accompanied by constant post-nasal drip with profuse mucus in the throat
- Deep, rattling cough with hard to dislodge mucus
  - Can’t bring the mucus up from the chest
  - Cough is dry, severe, and can be harshly painful in the throat
- **Cough better lying on abdomen or in the fetal position** (knees tucked up to chest while lying face down)
- Mucus is yellow-green, in difficult to get out clumps
- Constant clearing of the throat (from post-nasal drip of mucus and mucus in the chest)
- Generally worse at night
Mercurius Solubilis (Merc.)

Mercurius is a frequently called for remedy in intense upper and lower respiratory tract infections with severe infection leading to yellow, green, and blood-tinged mucus and other intense symptoms. The cough may be severe, accompanied by significant chest pain, and will often coincide with a heavy and tight constriction in the chest that makes breathing difficult. Important generalities are extreme oversensitivity to both hot and cold temperatures, significant chills and fever (usually alternating), and very bad breath with excess saliva, a swollen and patchy tongue, and often sores and bad tastes in the mouth. The emotional state is likewise intense, with chaotic behavior, oversensitivity and fears, and violent intense reactions. (For more symptoms see the “generalities” section for this remedy.)

Cough Associated with Serious Upper Respiratory Tract Infections with Purulent Mucus (Key Characteristic)

- Coughs with bronchitis or more serious lower respiratory infections like pneumonia
- Difficult breathing with respiratory conditions; feel heavy in the chest like a weight sits on it
  - Taxing to breathe, especially after exertion or eating
  - Breathing is more difficult at night; especially the warmer they get in bed
  - Chest and lungs feel tight and closed; feel like they can't take a full breath
- Cough can be severe and rapid; can't catch the breath
  - Croup and whooping cough where coughing fits/spasms so intense they retch and vomit
- Mucus that is yellow, green, and blood tinged as the infection progresses
  - May be hard to get out at first, but accumulates and comes out later in infection
- Cough causes intense pain in the chest, extending from the front to the back
  - Don't want to take a deep breath in order to avoid this pain
Nux Vomica (Nux-v.)

Nux Vomica may be useful in a very dry cough that is better with hot drinks and worse with any cold exposure, even from uncovering and rising from bed in the morning. They are generally irritable and impatient during the cough, and anger easily aggravates the cough. (For more symptoms see the “generalities” section for this remedy.)

Dry, Intense, Racking Cough Better with Hot Drinks Worse with Cold (Key Characteristic)

- Dry, Tickling Cough in Violent Fits
  - Cough may come from allergies, respiratory conditions, fevers, or influenza
  - Cough is caused by a tickling in the larynx
- Cough better with hot drinks
- Cough worse with cold air, cold wind, or generally becoming cold or chilled
  - Worse uncovering first thing in the morning
  - Worse going from a warm room into the cold, etc.
- Cough brought on by anger or excitement
- Cough worsened by coffee or stimulants
- Cough with sour mucus coughed up
  - Coughing up of mucus may lead to vomiting
- Cough accompanied by digestive upset or stomach conditions
- Easily irritated and aggravated during cough
Phosphorous (Phos.)

Phosphorous is an important remedy for cough, especially in chronic cases in children where the chest is a significant weak point, and every cold and upper respiratory infection quickly drops into the chest producing a dry, burning, painful cough. The cough is aggravated by cold air, talking, and inhaling, and is worse lying on the left side. Importantly, the general nature of the child is sweet; they want consolation or to be rubbed during the acute, and may be weak and trembling from the cough. They may be quite anxious and excitable during this time. (For more symptoms see the “generalities” section for this remedy.)

Dry, Painful Cough with Burning in the Chest (Key Characteristic)

- **Colds that quickly sink into the chest** (especially in chronic situations)
  - Chronic Phosphorous children are extremely susceptible to having any cold or upper respiratory infection quickly sink into the chest, causing cough, bronchitis, or even pneumonia
- **Painful cough that is dry and tickling**
  - Cough can be so painful children try to hold their breath because each inhale leads to a cough
  - Children may try to hold their chest still to prevent the pain of the cough
  - Cough is especially dry at night, but may cough up significant mucus in the morning
  - Any mucus present may be tinged with blood; otherwise may be any color
- **Cough is generally worst in the morning, decreased during the day, and worsens again from evening to midnight**
- **Coughing increases with excitement** (and they are generally easily excitable)
- **Cough and chest are significantly irritated and aggravated by cold air**
- **Cough worse lying on left side**
- Cough is worse when eating, drinking, or talking
- **Burning in the chest with cough**
  - Air passages feel irritated and burning
  - Become exhausted during the cough/acute; trembling and weak during cough

Croup with Racking, Painful Cough

- Generally same symptoms as the cough (above)
- The cough is so painful that the child holds their chest to prevent the motion

COPYRIGHT 2011, ANGELICA LEMKE ND
Pulsatilla (Puls.)

Pulsatilla is an important remedy for either chronic or acute cough (and sometimes croup) that accompanies other upper and lower respiratory infections. Cough is accompanied by bland thick yellow mucus, but this may only come up in the mornings with the rest of the day and night having dry coughing and airway irritation. They are much worse from becoming overheated and do better if they can move around in open, cool air. In addition, the general feature of clinginess and neediness is important, especially in chronic situations. (For more symptoms see the “generalities” section for this remedy.)

Dry Cough Throughout Night and Day, Wet Cough Only on Waking (Key Characteristic)

- Constant dry cough especially during the evening and at night
  - Cough may be associated with allergies, asthma, colds, bronchitis; many infections
  - Cough is caused by a dry tickle in the windpipe
  - Cough forces them to sit up at night; feel better sitting up
- Dry, raw throat that is very irritated
- Breathing is loud and rattling at night, sleep is disturbed easily by cough
- Cough wet and productive upon waking up in the morning
  - At this time the cough may bring up copious yellow/green, thick, sticky mucus
- Mucus and expectoration is thick, yellow, bland, and profuse
  - Early in the infection/cough mucus may only come in morning, but as infection progresses the cough becomes more productive and they easily produce the yellow thick mucus
  - Mucus may taste unpleasant, and is always worst in the morning on waking up
- Cough may cause nausea and vomiting
- Cough aggravated by lying down at night; better sitting up
- Generally worse on becoming warm or overheated, in a stuffy room, etc
- Generally better in the cool open air, uncovering, removing hats, etc
  - Unless cough is from allergies which will be aggravated in open air

Croup with Sensation of Throat Closing at Larynx

- Croup with a dry cough aggravated at night while lying down
  - Forced to sit up during the coughing attack, better sitting up
  - May be accompanied by retching and vomiting
- Cough at night is accompanied by a sensation as if the throat were closing off at the larynx
Rhus Toxicodendron (Rhus-t.)

Rhus Toxicodendron may be useful in a dry painful and tight cough that is worst in the morning on rising and then improves as they get up and move around throughout the day. Other important characteristics are improvement from hot drinks and significant aggravation from any cold exposure or uncovering of the body. The cough may stem from exposure to cold water, or may accompany a fever or flu. (For more symptoms see the “generalities” section for this remedy.)

Dry, Painful Tight Cough Worst in Morning and Better As Day Continues (Key Characteristic)

- Dry, painful, and tight cough
  - Tends to be short and dry, and painful; may or may not be productive
- **Cough is worst first thing in the morning and then continuously improves**
  - First thing in the morning they are very tight and the cough is aggravated, then as they get up and start to move and loosen up the cough improves
  - May be bad again by evening because of exhaustion
- Cough brought on by exposure to cold water
  - Common cause of the cough is swimming in cold water or exposure to cold water
- **Cough is better with hot drinks**
- **Cough is worse from getting chilled or exposing or uncovering parts of the body**
- Cough is better while up and moving, especially after moving for a while (not initially)
- Cough may accompany fever, flu, and other upper respiratory infections
Rumex Crispus (Rumex)

Rumex is perhaps the most commonly used remedy for coughs in which the key feature is constant, intense tickling in the throat and air passages. The tickling leads to a constant dry irritating cough and a sore and painful chest, and everything is severely aggravated by cold air so that they tend to cover their mouth if going outside or breathing in cold air.

**Incessant Tickling Irritation Leading to Coughing Fits (Key Characteristic)**

- **Constant and strong tickling felt in the throat and air passages**
- **Irritation leads to constant, dry, irritating cough**
- **Coughing and pain worse breathing in cold air**
  - Such a strong aggravation from breathing cold air that they may cover mouth outside with a hand or scarf to avoid
  - Cold air also aggravates the strong tickling and irritation
  - Generally worse breathing in cold and fresh air, or with change of temperature from warm to cold, or on becoming cold, or by uncovering, etc
- **Pain in the chest; burning, sore, sharp**
  - Cough causes pain in the chest, which are worsened by breathing in cold air
- **Throat may feel raw, sore, and irritated**
  - May lose the voice
- **Mucus may build up and get stuck in back of throat; occasionally hawk it up**
- **Generally worse while lying down**
- **Generally worse from talking**

**Croup with the Same Symptoms as Cough (above)**

- Croup where the cough is triggered by inspiration, especially of cold air
  - And where there is a general aggravation from cold air or on becoming chilled as in the cough
Sepia (Sep.)

Sepia is a useful remedy in constant nighttime coughs in children, especially if they are accompanied by profuse, white/yellow and salty tasting mucus. There may also be some difficulty breathing with tightness and oppression in the chest, all better sitting up. The general characteristics are chilliness, dullness, sluggishness, and often emotional flatness or depression. There can also be a marked irritability and aversion to the company of others or of specific people. (For more symptoms see the “generalities” section for this remedy.)

Congestive Nighttime Cough with Copious White/Yellow, Salty Mucus (Key Characteristic)

• Constant rattling cough while lying down at night
  - All kinds of different cough qualities possible; hacking, loose, dry, tickling, violent, etc
  - Coughing fits may end in gagging and retching
  - Cough may seem to stem from the stomach, and can be fairly violent
• Coughs up lots of salty, white/yellow mucus
• Chest feels tight, constricted, and oppressed; may hurt from coughing as well
• Profuse sweating with cough
  - Feels worse after the sweating
• Cough is better while sitting up, and worse lying down and at night
• Cough may be accompanied by urinary incontinence; lose urine when coughing
Silica (Sil.)

Consider Silica in a lingering or recurring case of cough that does not clear up after acute colds or infections. The cough may be accompanied by congealed, thick, yellow/green mucus from the infection. They are generally fragile children who are very sensitive to their environment; they are chilly, weak, and better from being wrapped up and with warm drinks. (For more symptoms see the “generalities” section for this remedy.)

**Lingering Coughs that Do Not Clear Up After Colds and Infections (Key Characteristic)**

- **Cough that lingers long after winter colds or acute upper respiratory infections**
  - Especially in children who are prone to chronic infections and weak immune systems
  - The cough does not clear up easily due to the weakness and fragility of the child
- **Congestion in the chest and thick, yellow or even green, lumpy mucus**
- **Cough better from warm or hot drinks**
- **Cough worse with getting chilled or cold, or uncovering the feet, head, or body**
- **Cough worse from over-exertion**
Spongia Tosta (Spo.)

Spongia may be useful in moderate to severe cough or even croup stemming from anything from allergies to respiratory infections. In either case, the cough is dry, barking and continuous, and in croup can sound like a seal bark. Other strong characteristics include marked amelioration of the cough and irritation from eating or drinking warm food and drinks.

Constant Barking, Dry, Hacking Cough (Key Characteristic)

- Cough is dry, barking, continuous or in bad fits
  - Can be bad throughout day and night; may be particularly aggravated around midnight
- Cough may be set off by looking upwards (at the ceiling)
  - And may be reduced by bending the head forward
- Cough usually from allergy, asthma, or respiratory infection
- Cough is better with eating and drinking; especially warm drinks or food
- Cough is worse from cold, dry air and cold drinks
- Cough is aggravated by sweets
- Cough may be set off by over-excitement (may even lead to cough in the first place)
- Cough accompanied by irritation and tickling in the larynx (voice box)
- Burning, soreness, and bruised feeling of the chest from coughing
  - Worse during coughing
- Cough can feel constrictive and suffocating
  - May lead to minor blueness of the face for lack of oxygen
- Voice is screechy and hollow sounding

Croup with Dry, Barking Cough

- Dry barking cough, like a seal's bark or saw, with croup
- Wheezing that sounds like noisy whistling
- Generally worse at or around midnight
  - Child may awaken suddenly with fright and constrictive, suffocating coughing
- Better eating or drinking (warm foods and drinks)
- Better sitting upright or bending head or body forward

Mental and Emotional Characteristics

- Acute anxiety during cough or croup
  - Can wake at night with very acute anxiety or fear related to the breathing
- Excitability; may worsen the cough, or may have lead to the cough in the first place

General Characteristics

- Generally worse on waking in the morning

What makes it better and worse overall?

- Better: Generally better from warm food and drink
- Worse: Generally worse from excitement or exertion
Sulphur (Sulph.)

Sulphur will be most useful in chronic, lingering cough that comes after a recurring upper respiratory condition has been treated with antibiotics and led to lowered resistance and immunity. Eventually a dry cough/chronic bronchitis may develop with yellow or green mucus and raw, irritated, and burning air passages. These are generally very warm-blooded children who can't stand a warm room and need fresh open air, and who are very mentally and physically active although may be quite lazy and exhausted during the cough. They are generally precocious, uninhibited children who will not hesitate to graphically describe their symptoms. (For more symptoms see the “generalities” section for this remedy.)

Dry, Racking Cough with Raw Irritated Air Passages that Lingers (Key Characteristic)

- Dry, racking cough that wakes them at night
  - Cough tends to be dry during the evening/night, but may be loose at times
  - Cough might be from chronic recurring bronchitis, or might be a lingering remnant of chronic respiratory conditions that have been treated with antibiotics
  - Wake up at night with chest and sides in pain from coughing
- Mucus tends to be white or yellow, or green in more severe infection
  - Cough may be looser and more productive during the day, dry at night
- Larynx feels irritated and raw like there is dust, dirt, or sand in it
  - Burning in the chest with coughing
- Cough aggravated by lying on the back
- Cough much worse in a warm room or getting heated in bed at night
  - Will usually want the window left open, and generally ameliorated by open air
  - May generally have trouble breathing in a warm room; breathing difficult or fast
- Heat and redness of head and face during cough; may become very bright red
- Chest infections may be accompanied by very offensive smelling and profuse perspiration
Tuberculinum Bovinum (Tub.)

Tuberculinum is a chronic remedy type with huge weakness and susceptibility to illness found in the lungs. Even between the chronic acute infections there is often a constant, lingering, and weak dry cough that gets worse during acute infections. General characteristics of the chronic Tuberculinum include night sweating, grinding of teeth at night, significant irritability and general discontentment, and a weak immune system and sometimes poor development leading to almost constant illness. (For more symptoms see the “generalities” section for this remedy.)

Chronic, Persistent Cough in Children with Constantly Affected Lungs (Key Characteristic)

• Children with incredibly weak lungs which may be constantly affected with illness
  - History of repeated and frequent episodes of croup, bronchitis, pneumonia, fluid in the lungs, cough, pleurisy, asthma, etc.

• Persistent dry cough at night, expectoration of copious mucus in the morning during infection
  - Mucus, especially during acute infections, is thick, yellow, and filled with pus
  - Between acute infections may just have a chronic, dry, weak cough

• Chronic weak cough from tickle in the back of the throat between infections
  - Lungs are so weak that they can never quite completely recover between illnesses
  - Cough may worsen after excess exposure to cold

• Onset or aggravation of illness from damp weather

• Onset or aggravation of illness from smoke or airborne pollution
  - Very sensitive to poor quality air

• During acute cough or illness, cough is aggravated in a warm room and may be better in fresh open air

• Will develop high fever in the evening during acute illness, plus swelling of glands and profuse sweating