

Review Article

Cough During Covid: Keynote Prescription with Fast Recovery

Sonia Banwsal* and Sumeet Jangada

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna

ABSTRACT

In this pandemic of corona virus, homeopathy gives a valuable contribution for treatment of mild and moderate cases of Corona virus. Solely homeopathic medicine in mild corona cases and homeopathic medicines as add on therapy along with modern medicines in moderate cases are popular in current era. Symptomatic Manifestation of corona is variable but cough is most widely manifested symptom in cases. Here some therapeutics regarding the cough from homeopathy where cough is major concern about the patient's health and followed by some cases which show the beneficial effect of Homeopathy in treatment of Corona Virus Cases.

Keywords: Cough, homoeopathy, covid



QR Code for Mobile Users

(Received 10 February 2022; Accepted 25 February 2022; Published 4 March 2022) ISSN: 2347-8136 ©2022 JMPI

Address for Correspondence:

Dr. Sonia Banwsal

Guru Mishri Homoeopathic Medical College & PG Institute, Shelgaon, Jalna

Conflict of Interest: None Declared!

INTRODUCTION

In Pandemic era of Novel Corona virus, Corona occupies its dangerous place in each and every mind. This pandemic is a huge fight of medical fraternity against novel Corona virus to save humanity. From emergency to Regular OPD departments of medical worlds are facing a constant pressure to fight against the corona virus. Due to its variable presentation in this second wave of corona, diagnosis and prognosis are very difficult for even highly intellectual Physicians, Fever, weakness and cough are widely manifested symptoms among the corona patients. Sometime presence of only one symptom to chain of pathological symptoms is present in corona virus affected patient in this second wave. In this fight for humanity let's give contribution from Homeopathy to fight against this Pandemic.

Types of cough

Dry cough-Dry coughs commonly follow on from respiratory illnesses, such as colds and the flu. These coughs develop when there is little or no mucus in the throat. A person

may feel a tickling sensation in their throat and be unable to stop coughing

Wet cough-This cough occurs when a person coughs up mucus or phlegm. Wet coughs are typically due to an infection, such as the flu, the common cold, or a chest infection.

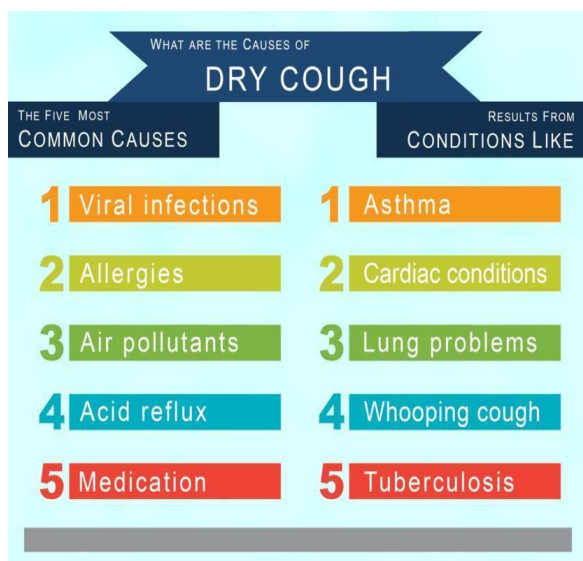
Whooping cough-A person with whooping cough typically has mild cold or flu-like symptoms, followed by an aggressive and painful cough. People with weak immune systems, such as babies, may struggle to fight the infection or have trouble breathing

Chronic cough -A chronic cough is a cough that lasts longer than a typical illness, usually 8 weeks or more. These coughs sometimes signal an underlying disease.

Therapeutics of cough

Arsenicum Album: Unable to lie down; fears suffocation. Air-passages constricted. Asthma worse midnight. Burning in chest. Suffocative catarrh. Cough worse after midnight; worse lying on back. Expectoration scanty, frothy Darting pain through upper third of right lung. Wheezing expiration Haemoptysis with pain between

shoulders, burning heat all over Cough dry, as from sulphur fumes; after drinking



This remedy has a dry cough from tickling in the supra-sternal fossa. It is a laryngo-tracheal cough, which is teasing and persistent, and is aggravated by cold air. The patient has to cover the head with the bedclothes and breathe warm air to stop the cough. Deep inspiration aggravates it. It suits incessant fatiguing coughs, with soreness behind the sternum, and much tough mucus in the larynx which cannot be hawked up. It suits the night coughs of consumptives where there are sharp, stitching pains through the lungs in the early stages.

Bryonia Alba

The cough of Bryonia is generally dry and concussive. It seems to come from the region of the stomach, and is preceded by a tickling in the epigastrium. During the cough the patient holds the sides of the chest with his hands, as the cough not only shakes the chest, but also hurts distant parts of the body. It is induced also by coming from the open air into a warm room and is accompanied by bursting headache. The expectoration is scanty, tough and sometimes bloody.

Spongiatosta

This remedy suits a hard, barking, ringing, metallic sounding cough, which is worse from deep breathing and excitement, often arousing the patient out of sleep with a suffocative feeling. There is usually no expectoration; it suits, therefore, oftentimes the dry, racking cough of chronic bronchitis

Sanguinaria Canadensis:

This is one of our best remedies in dry and humid coughs following inflammation. It is especially useful in the pre-tubercular stage of phthisis. Brigham says that few remedies have proved equal to Sanguinaria for bronchial coughs. It is usually a dry cough excited by tickling in the larynx and upper chest. The expectoration is rust colored and the breath may be offensive. Again, it may have a loose cough, but the secretion of mucus is expectorated with great difficulty, here being like Kali bichromicum. Holcombe says: "It has done me better in pulmonary diseases than any other single remedy." Almost any cough with a hectic flush and dryness of the throat will yield to Sanguinaria.

Hepar Sulphuricum

The cough of Hepar is husky and hoarse, never a perfectly dry one; it has a loose edge and the patient coughs into a fit of choking.

Squillamaritima

Rattling in chest, patient coughs a long time before little mucus raised, which relieves.

Causticum

Causticum has dry, hollow cough, with tightly adhering mucus chest, relieved a drink water, as the nervous spasmodic cough Cuprum accompanied oftentimes with in the more frequently the left, and involuntary spurting urine. Natrummuriaticum this last symptom. With Causticum patient cannot cough deeply enough raise mucus, Lachesis this sticking attended with morning.

Senega

Senega is useful in coughs with profuse secretion of mucus, ineffectual efforts though cough loose rattling Burning in chest before symptom.

Ipecacuanha

Ipecac has loose, rattling cough occurring with every accompanied by asthma and nausea and vomiting. As with

Antimoniumtartaricum

the chest of mucus, does not to coughing. cough that has lasted long oftentimes be benefited by

Rhustox

Tickling behind upper sternum. Dry, teasing cough from midnight morning, during chill, or when putting hands out bed. Haemoptysis

overexertion; blood bright red. Influenza, with all bones (Eup. perf.) Hoarseness from overtraining voice. (Arm.) Oppression of the chest, cannot get breath sticking pains. Bronchial coughs old people, worse on awaking and mucus.

Eupatorium perfoliatum

Coryza, with Hoarseness and cough, with soreness must support Influenza, with soreness muscles and bones Chronic loose cough, chest by getting on hands and knees.

Ferrum Phosphoricum

First stage of inflammatory affections Congestions Haemoptysis. Short, painful tickling cough. Croup. Hard, dry cough, sore chest. Hoarseness. Expectoration of pure blood in pneumonia. [Millefol.] Cough better at night.

Cases of Corona Virus infected patients with beneficial effects of Homeopathy as add on therapy to conventional medicines:

Note: This is a summary of managed cases through phone call and video call. All the cases were taken according to Homeopathic case taking Guidelines mentioned in Organon and analysis was based on Principle of analogy. Posology of cases was on the basis of disease Severity and patient's Susceptibility as well as suitability of Medicine.

Case No. 1:

Name: ABC

Age: 48yrs

Sex: Male

Address: Jalna

Complaints of fever, weakness cough and body ache for 4 days. Taken allopathic medicines but slight relief. Bodyache and dry cough were chief complaint of pt during case taking. Cough was dry with no expectoration with irritation of throat. On the basis of other physical generals and totality of symptoms Eupatorium perfoliatum 200 BDS was prescribed on April 15 2021.

16 April- Relief in cough with slight bodyache

18 April- Relief in bodyache and having a feeling of strength in day-to-day activities.

Learning: In this case Cough with concomitant symptom-Severe bodyache (Great soreness of muscles) was the basis of Prescription.

REFERENCES

1. Boericke W., Pocket manu of Homeopathic MateriaMedica with Repertory, Reprint edition, India, B. Jain Publication Pvt. Ltd New Delhi.
2. Dewey W.A., Practical Homeopathic Therapeutics, Reprint edition, India; B. Jain Publication Pvt. Ltd. New Delhi, Cough chapter.