Whooping Cough

Homeopathy is a traditional medicine. It may be used in conjunction with other medicines. For any ongoing chronic condition, it is important to be assessed or examined by your healthcare professional or specialist. Always seek medical advice in emergencies.

The information in this article does not constitute medical advice. It is referenced from the texts approved by Therapeutic Goods Administration and is for information only. If in doubt as to the appropriateness of a treatment seek advice from your homeopath.

While whooping cough is a notifiable disease, it can still be treated homeopathically alongside whatever else you need to do with your GP. Having said that, it can be quite challenging to treat at home and you would be recommended to work with a homeopath.

However, for those of you who are competent home prescribers, below is some information on remedies for the early stages. These are a few of the remedies which you may have in your kit or have easy access to.

Whooping cough requires constitutional treatment in many cases for successful resolution. If your home management is not effective obviously contact your homeopath or healthcare professional.

Early Treatment

**Drosera** Traditionally used in the first stages.

Prolonged coughing fits. Paroxysms follow each other rapidly. Persistent deep barking or choking cough. Retching and vomiting with cough, can barely breathe. Chest pain from coughing. Must hold chest while coughing. Worse after midnight, for warmth, talking, on lying down.

If used during the first stage of whooping cough, where symptoms indicate, they can either reduce the frequency of attacks or rapidly clear them.

**Other Traditionally Used Remedies**

*If symptoms are severe ensure you seek emergency medical assistance.*

**Antimonium Tartaricum (Ant-t)** Suffocating cough. Rattling mucous that is difficult to cough up. Weakness and need for support when cough in sitting position. Gagging and vomiting of mucous or food with the cough. Child stiffens and becomes blue. Wants to be fanned. Fear of being left alone, but doesn’t want to be looked at or touched. Worse for warmth, lying down. Better for coughing up mucous.

**Belladonna (Bell)** Hard, barking cough. Suffocating cough with pain in the larynx, waking after midnight. Violent cough. Whooping cough with expectoration of blood. Pain in stomach before onset of cough. Child cries out before the cough. Fever with red, hot face, swollen, glassy, red eyes. Worse around 3pm, for touch or jarring.

**Carbo Veg (Carb-v)** Early stage of whooping cough. Cough triggered by itching in larynx. Racking, spasmodic cough with blueness around the mouth or face generally. Wheezing respiration, wants to be fanned. Gagging, retching and vomiting of mucous with cough. Worse for warmth. Better for: cool air; being fanned.
**Ipecac (Ip)** Incessant, violent coughing with every breath. The child stiffens with each paroxysm of the cough, may become blue in the face. Violent gagging and vomiting from the cough, with or without nausea. Chest sounds full of mucous which is not better for coughing. Worse for warmth, dampness.

**Kali Bich (Kali-bi)** Violent, exhausting or choking cough, with expectoration of sticky, thick, yellow mucous which can be drawn out into strings (Coc-c. for clear strings). Mucous is difficult to cough up.

**Phosphorus (Phos)** Dry, hacking, exhausting cough. Tightness of chest with racking cough. Trembling with cough. Hoarseness and almost total loss of voice. Cough triggered by strong odours. Mucous may be clear or tinged with blood. Worse for cold air; talking.

There are other remedies apart from these but you are unlikely to have them in a home kit.