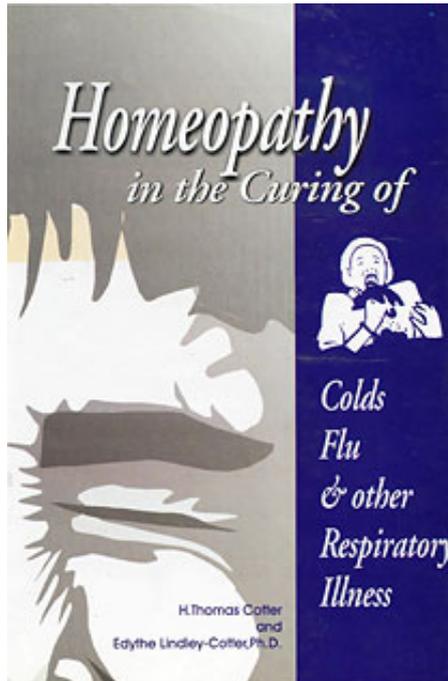


Cotter T. / Cotter E. L. Homeopathy in the Curing of Colds, Flu & other Respiratory Illness

Reading excerpt

[Homeopathy in the Curing of Colds, Flu & other Respiratory Illness](#)
of [Cotter T. / Cotter E. L.](#)

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ARSENICUM ALBUM

The *Arsenicum* patient is hot, but except for cold applications to the head, will feel better with warmth. This peculiar symptom is a strong guiding point to *Arsenicum* as the cure -- heat relieved by warmth. While the cough may be dry, there is a thin irritating discharge from the nose. *Arsenicum* head colds tend to migrate to the chest. This patient feels better indoors than out. Fear is often an accompaniment with colds needing *Arsenicum*.

BELLADONNA

Patients look red in the face and are often flushed all over, they feel hot and dry. This fever is a keynote of *Belladonna*, along with the aversion the patient feels to light. *Belladonna* is a right sided remedy. The patient's throat is bright red. They feel worse at night, and often have a troublesome dry, tickling cough.

BRYONIA

As mentioned earlier, this is the grumpy cold, give this patient his medicine and leave him alone. They do not want company, conversation, or anything else, except large cold drinks. *Bryonia* is also useful for pain, and chest pain often accompanies this cold. It also helps with the bursting headache that comes with this package. *Bryonia* is a good remedy to remember when you are grouchy, even if you do not have a cold.

CALCAREA CARBONICA

for the patient needing this for a cold or flu, he or she is likely to have a dry nose, but the nostrils are sore and ulcerated. Stoppages of nose, also with a fetid, yellow discharge. Offensive odor in nose. This patient takes cold at every change of weather. The mucus buildup is likely to be accompanied with hunger. The nose running is likely to alternate with colic. There will be a persistent sour taste and the mouth will fill with sour water. The gums may bleed and the teeth may ache. The toothache is worse with anything hot or cold and any drafts of air. This patient will have an aversion to meat, and will find that milk disagrees. He or she may crave eggs, salt and sweets, and even indigestible things like chalk, coal, or pencils. Physiologically, the *Calcarea Carbonica* patient is fat, fair, and flabby and has perspiration that is cold and sour.

CARBO VEGETABILIS

(Made from vegetable charcoal.) Disintegration and *imperfect oxidation* are the keynote of this remedy. The typical *Carbo* patient is sluggish, fat and lazy and has a tendency to chronicity in his complaints. Blood seems to stagnate in the capillaries, causing blueness, coldness, and ecchymosis (passage of blood from ruptured blood vessels into subcutaneous tissue,) Body becomes blue, icy-cold. Bacteria find a rich soil in the nearly lifeless blood stream and sepsis and typhoid state ensues. A lowered vital power from loss of fluids, after drugging; after other diseases; in old people with venous congestion; states of collapse in cholera, typhoid; these are some of the conditions offering special inducements to the action of *Carbo vegetabilis*. The patient may be almost lifeless, but the head is hot; cold-

ness, breath cold, pulse imperceptible, oppressed and quickened respiration, and must have air, must be fanned hard, must have all the windows open. This is a typical state for *Carbo vegetables*. The patient faints easily, is worn out, and must have fresh air. Hemorrhage from any mucous surface. Very debilitated. Patient seems to be too weak to hold out. *Persons who have never fully recovered from the effects of some previous illness*. Sense of weight, as in the back of the head (occiput), eyes and eyelids, before the ears, in the stomach, and elsewhere in the body; putrid (septic) conditions of all its affections, coupled with a burning sensation. General venous stasis, bluish skin, limbs cold.

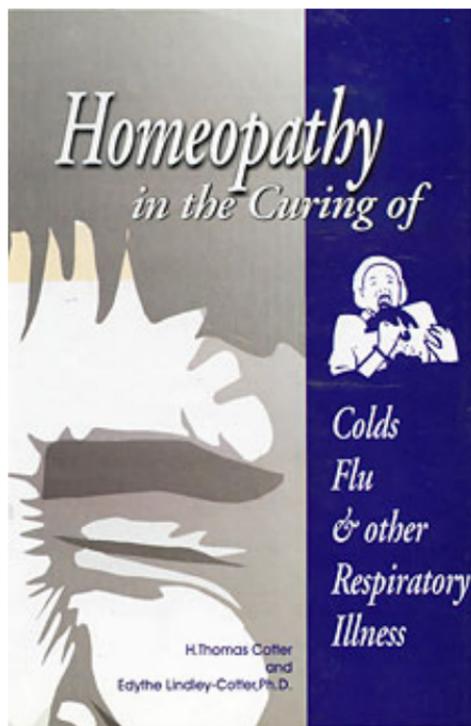
Nose. Coryza with cough, especially in moist, warm weather. Ineffectual efforts to sneeze.

Respiratory. Cough with itching in larynx; spasmodic with gagging and vomiting of mucus. Whooping cough, especially in beginning. Deep, rough voice, failing on slight exertion. *Hoarseness; worse, evenings*, talking; evening oppression of breathing, sore and raw chest. Wheezing and rattling of mucus in chest. An occasional spell of long coughing attacks. *Cough, with burning in chest; worse in evening, in open air, after eating and talking*. Spasmodic cough, bluish face, offensive expectoration, neglected pneumonia. Breath cold; *must be fanned*. Hemorrhage from lungs. *Asthma in aged with blue skin*.

Fever. Coldness, with thirst. Chill begins in forearm. Burning in various places. Perspiration on eating. Hectic fever, exhausting sweats.

Modalities. *Worse evening; night and open air; cold; from fat food, butter, coffee, milk, warm damp weather; wine. Better, from eructation, from fanning, cold*.

Relationship. Antidotes: Spirits Nitrate; Camphora; Ambra; Arsenicum. Compare: *Carboneum* - Lamp-black.



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