

# BIOLOGICAL THERAPY

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## REPORT FROM THE MEDICAL PRACTICE

### BHI Cough and Bronchitis Remedies

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The cold and flu season is made particularly conspicuous by the sound of coughs. The cough can be one of the first symptoms arising from a viral or upper respiratory infection and is frequently the most persistent symptom lingering past the disappearance of runny noses, fevers and head and body aches.

The coughs accompanying viral and upper respiratory infections are usually of two general types. They often occur as simple coughs with or without expectoration. In more severe cases, these coughs may occur with inflammation of the bronchi causing related breathing difficulties. In addition, such coughs may be the result of irritants such as chemicals, pollutants, dust, automotive exhaust, industrial fumes or tobacco smoke. Often, during cold weather, metropolitan areas experience very high levels of these airborne irritants due to temperature inversions which increases the incidence of bronchial coughs.

BHI provides two excellent combination homeopathic remedies to combat the coughs of the cold and flu season. The first, BHI Cough, is a balanced combination formulated for the general treatment of coughs of all kinds. Coughs accompanying colds, influenza, cases of sinusitis or asthma may be treated with this remedy. BHI Cough is well suited for dry coughs and coughs with expectoration as it helps promote expectoration and ease difficult respiration.

The applicability of BHI Cough to common coughs can be easily seen when the materia medica of its individual ingredients is examined:

#### Focusing Ingredient:

##### *Betonica 4x*

Furthers expectorations; catarrhs; abdominal pain, also in hepatic and gall bladder regions

#### Accompanying Ingredients:

##### *Anisum Stellatum 4x*

Expectoration at all mucous membrane catarrhs

##### *Ephedra vulgaris 4x*

Dyspnea in cases of asthma; feeling of apathy

##### *Ipecacuanha 4x*

Rattling noises in air passages during respiration; whooping cough with nosebleed; shortness of breath

##### *Hepatica triloba 5x*

Profuse serous sputa and hoarseness with pharyngeal catarrh; irritation of throat

##### *Lobelia inflata 5x*

Constriction of chest with dyspnea; aggravated by working, better from walking rapidly

##### *Arsenicum iodatum 6x*

Dry, irritating cough; sub-acute and chronic pneumonia

##### *Belladonna 6x*

Short, dry cough from tickling in larynx; interrupted sleep with pain in larynx and threatened suffocation

##### *Naphthalinum 6x*

High fever and spasmodic asthma with soreness in chest;

emphysema; sighing inspiration in elderly patients with asthma

*Natrum sulphuricum 6x*

Short breath while walking; relief from sitting up and holding chest with both hands; cough in damp weather

*Quebracho 6x*

Dyspnea with asthma and cyanosis; furthers expectoration

*Tartarus emeticus 6x*

Dry cough with vomitus

*Blatta orientalis*

Cough with bronchitis; asthma with much pus-like mucus; stout and corpulent patients mainly affected

*Medorrhinum nosode 10x*

Incessant dry night cough; incipient tuberculosis; pharyngeal catarrhs

As can be seen from the characteristic symptoms listed above, BHI Cough combines many of the most popular single homeopathic remedies indicated for coughs.

BHI Bronchitis is most applicable for treatment of coughs where respiration is particularly difficult, also for cases of bronchial inflammation. Bronchial coughs and coughs due to emphysema or the inhalation of irritants respond well to treatment with BHI Bronchitis which promotes clearing of the bronchi and respiratory passages.

The materia medica of characteristic symptoms of the single ingredients which comprise BHI Bronchitis illustrates this remedy's specificity for coughs with bronchial inflammation:

**Focusing Ingredient**

*Hepatica triloba 6x*

Pharyngitis; bronchitis; phlegm is sticky

**Accompanying Ingredients**

*Lobelia inflata 4x*

Breathing extremely difficult; bronchiolitis; capillary bronchitis; whooping cough; emphysema

*Hyoscyamus niger 5x*

Dry spasmodic cough at night, worse on lying down; much mucus

*Sticta pulmonaria 5x*

Severe dry, racking cough; spasmodic stage of whooping cough; mucous membranes dry

*Tartarus emeticus 5x*

Dry cough with mucus secretion

*Belladonna 6x*

Voice husky; dry cough; violent cough in sleep; barking cough

*Bryonia alba 6x*

Cough when entering a warm room; dry cough, as if from stomach; intense stitches in chest

*Creosotum 6x*

Secretions with bad odor; itching; smoker's cough

*Ipecacuanha 6x*

Dyspnea with great anxiety; wheezing respiration; cough causing inclination to vomit without nausea

*Pertussin nosode 15x*

Against whooping cough

It is important to remember when treating coughs that they are most often only one part of a more complex symptom picture and that the whole of the patient's condition must be considered. In cases of coughs accompanying colds and influenza the importance of fluids and the maintenance of a balanced diet must be stressed along with adequate rest to prevent either the recurrence or development of chronic conditions. Both BHI Cough and Bronchitis may be used with other BHI combination remedies to meet the specific needs of the patient.

BHI CHEST - for inflammation of the pleura, rib soreness and general chest soreness due to respiratory complaints

BHI COLD - for the early symptoms of colds and other viral infections

BHI FLU - for influenza related symptoms

BHI SINUS - for sinusitis and colds

BHI THROAT - for sore throats and loss of voice