

Thomas Kruzel

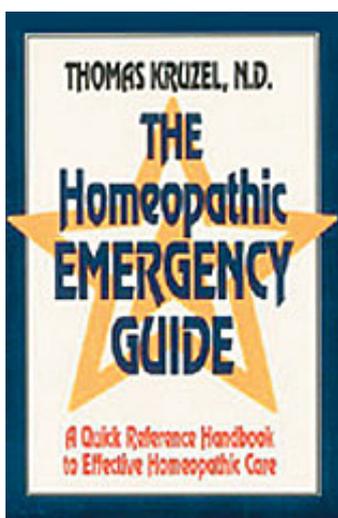
The Homeopathic Emergency Guide

Extrait du livre

[The Homeopathic Emergency Guide](#)

de [Thomas Kruzel](#)

Éditeur : North Atlantic Books



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ASTHMA

The term **asthma** is used generally to describe any disorder of impaired breathing involving a reversible airway obstruction. It often occurs secondarily to a variety of external stimuli such as smoke, changes in temperature, emotional upsets or exposure to specific allergens. It is also seen more commonly in children than adults, and a relationship to foods such as milk or wheat has been noted. A history of prior upper respiratory infection is also common.

Symptoms may range from mild to severe and include wheezing, rapid and labored breathing, cough, tightness in the chest, shortness of breath and increased mucus with expectoration.

"Attacks" of asthma quite often occur at night due to mucus buildup in the airways with lying down. Hypersensitivity reaction or foreign-body aspiration must be considered in younger children who develop a sudden onset of difficulty with breathing and have had no previous history. **Inflammation of the larynx**, called **epiglottitis**, is a potentially fatal condition and examination must be done with great care by a physician with knowledge of intubation procedures.

Most persons experiencing an asthma attack will exhibit varying degrees of distress until the cause has been eliminated or the body is able to restore the balance. A sudden worsening of the patient's respiratory distress or change in symptoms is a signal to the examiner that some type of intervention may be necessary and the person needs to see a physician.

Ammonium carb (2)

3 AM (Cupr); **marked oppression of breathing**; severe asthma; exhausted breathing; shortness of breath with marked wheezing, bronchial constriction, congestion; difficult expectoration; burning in chest; cough with palpitations; worse ascending; slow, labored, stertorous breathing; bubbling sounds, pulmonary edema; slimy

sputum with specks of blood; **weakness of heart**; aphonia, lacks reaction; **weak and drowsy**; chilly.

- | | |
|---------------------|--------------------|
| < cold, cloudy days | > pressure |
| < damp, open air | > eating |
| < 3-4 AM, motion | > lying on abdomen |
| < menses | > dry weather |
| < wet application | |

Aralia racemosa

9-11 PM; **dry cough with first sleep, asthma on lying down at night; tickling or foreign-body sensation in throat**, strong cough, spasmodic cough; constriction of chest; rawness burning behind sternum; **frequent sneezing**; hay fever; least draft of air causes sneezing; **copious watery excoriating nasal discharge; salty acrid taste**; whistling breathing; drenching sweat during sleep.

- | | |
|----------------------|------------------------|
| < 11 PM, after a nap | > lying with head high |
| < drafts | > sitting up |

Arsenicum alb (3)

11:30 to 2-3 AM—**very restless**, may alternate with prostration, burning in chest, **sips warm drinks, anxious**, association with skin eruptions (alternate) (Ars-i—if underlying pollen or hay fever); can't lie down, fear of suffocation; cough worse lying on back; scanty expectoration—**frothy; darting pain, upper portion of right lung**; wheezing respiration; dry cough; bloody sputum; cough alternately dry and loose, must sit up; cough worse drinking; **fear of death**; sudden onset; **air hunger**; thirsty for warm drinks; chilly.

- | | |
|--------------------|---------------------------------|
| < cold drinks, air | > hot applications, food, drink |
| < 11:30 to 3 AM | > motion |
| < exertion | > elevating head, sitting up |
| < yearly bouts | > company, sweating |
| congestion to head | > cold |

Arsenicum iod (3)

Cough dry with little and difficult expectoration; hacking cough; **asthma associated with hay fever**; air hunger; short of breath; yel-

low/green foul expectoration; asthma of psoric persons; burning heat in chest; thirsty; chilly.

- < dry, cold weather
- < windy, foggy
- < exertion, in a room
- < apples, tobacco smoke
- > open air

Cuprum met (3)

3 AM (Am c); cough with gurgling sound, **better drinking cold water**; suffocative attacks; **spasm and constriction of chest**; spasmodic asthma alternates with spasmodic vomiting; dyspnea with uneasy sensation in epigastrium; angina with asthma; breathing worse with bending backward; loud rattle in chest; painful constriction of chest; severe spasmodic cough ending with patient becoming motionless and stiff or goes into convulsions; symptoms change suddenly in character; severe weakness with illness.

- < anger, motion
- < suppressions
- < hot weather, touch
- < vomiting, loss of sleep
- < raising arm
- > cold drinks
- > pressure over heart

Ipecac (3)

Constant constriction in chest, incessant or suffocating cough; violent cough with every breath; cough causes nausea, gagging, vomiting; **coughs till they are blue in the face**; croup, **hoarseness from a cold; rattle in chest without expectoration; painless hoarseness**; child becomes stiff, with blueness of their face; **especially indicated if associated with nausea and vomiting** and/or frothy stool; thirstless; chilly.

- < warmth, damp
- < overeating, in a room
- < heat and cold
- < periodically
- < moist warm wind
- < lying down
- > open air

Kali carb (3)

2-4 AM, better with sitting up; **ameliorated by leaning forward**; plump, pale, tired; very sensitive to cold; anxiety in stomach; heart palpitations; frequent **eczema on palms**; stitching; cutting pains; dryness of pharynx; much expectoration in AM and after eating; **worse right lower chest; whole chest sensitive**; cheesy-tasting sputum; coldness of chest; **difficulty swallowing** tough sputum; head cold leading to chest cold; averse to solitude; **puffiness of upper eyelids between eyebrows and lid may occur with excessive coughing**; thirst and thirstless; **chilly**.

- | | |
|-----------------------------|--------------------------------|
| < cold air, weather, drafts | > warmth |
| < 2-3 AM, winter | > sitting with elbows on knees |
| < lying on painful side | > open air |
| < left side | |

Kali nit (3)

Violent excessive dyspnea, dry AM cough with chest pain and bloody expectoration; cough is short, dry; hacking; dyspnea so severe that breath cannot be held long enough to drink; chest feels constricted; sour-smelling; clotted, bloody sputum; **spasmodic croup**; right lung congestion; palpitations; **external coldness and internal burning**.

- | | |
|-----------------------|--------------------------|
| < walking, cold, damp | > gentle motion |
| < eating veal | > drinking sips of water |
| < lying with head low | |

Lachesis (2)

Sensation of suffocation on lying down, **especially if anything is around throat**, - wants windows open; **feels they must take a deep breath**; cough is dry, suffocative fits; **breathing almost stops on falling asleep** (Grind); larynx is painful to touch; better with expectoration; sensation of a plug which moves up and down with short cough (Anac); thirsty; cold; loquacious, sleep into their aggravation.

- | | |
|-------------------|-----------------------------|
| < sleep, AM, heat | > open air, cold drinks |
| < warm drinks | > discharges, expectoration |
| < swallowing | > hard pressure, bathing |

- < slight touch, noise
- < retarded discharges
- < cloudy weather
- > warm applications

Lobelia (3)

Dyspnea from constriction of chest, sensation of pressure or weight in chest better **rapid walking**; asthma attack with weakness felt in pit of stomach and preceded by **prickling all over**; senile emphysema; sits with elbows on knees; rattling in chest with difficult expectoration; weak pulse.

- < after sleep, tobacco
- < suppressions
- < slightest motion
- > rapid waking
- > evening
- > warmth
- > eating a little

Natrum sulph (2)

4-5 AM; **holds chest when coughing** (Bry); **asthma from cold, damp weather**; heavy cough with ropy greenish expectoration; **empty, all-gone feeling in the chest**; desires to take a deep long breath; pain through **left lower chest**; fresh cold brings on asthma attack (Dulc); constitutional remedy for **asthma in children**.

- < damp weather, night air
- < damp cellars
- < lifting, touch, pressure
- < wind, light
- < late evening; music
- > open air
- > change of position
- > dry weather
- > pressure

Pulsatilla (3)

Evenings; dry night cough leading to loosening up in AM; bland, thick mucus, yellow/green; marked shortness of breath; anxiety, especially in evening; better sitting up; **pressure upon chest, soreness**; urine emitted with cough (Caust); feels smothered when lying down; **thirstless; weepy**; discouraged, desires sympathy; **air hunger**; asthma from suppressions; **thirstless**.

- < warm room, bed, clothes
- < warm air, suppressions
- < evening, rest
- > open air, uncovering
- > erect posture
- > gentle motion,

- < before menses
- < lying on left side, painless side
- < first motion
- < rich foods, fats
- < pregnancy
- continued motion
- > weeping

Sambucus (3)

Midnight, child awakens with laryngeal spasm or suffocation; marked profuse sweating and cyanosis; mucus obstructs; rapid onset; spasmodic croup; difficult expectoration; chest oppression with pressure in stomach and nausea; if nursing, child cannot breathe; **cannot expire** (Meph); whistling breathing, spasm of glottis; **dry burning heat during sleep but copious sweat on waking;** thirstless.

- < dry, cold air
- < cold drinks
- < while heated
- < head low
- < sleep
- < after eating fruit
- > pressure over a sharp edge
- > motion, wrapping up
- > sitting up

Senega(2)

Dryness, with a scraping, raw pain in the chest which is < talking; voice is hoarse and unsteady, loss of voice with reading aloud; sputum production is profuse, thick and very difficult to expectorate, may be blood-streaked or albuminous in consistency; soreness of chest with coughing, burning in chest from coughing; cough often ends with sneezing; rattling of mucus in chest; consider using in older persons with asthmatic bronchitis, hydrothorax (Merc, Sulph) or pneumonia; thirsty.

- < **inhaling cold air**
- < **touch, rest**
- < walking in open air
- > **bending head backwards**
- > perspiration

Silicea (3)

Profuse mucopurulent sputum; slow recovery from pneumonia; stitches in chest through to back; **violent cough when lying**

down with thick yellow lumpy expectoration; retching, shaking gagging cough; **very sensitive** to noise, pain or cold; emaciation; mentally, alert, physically weak; **sweat** is profuse on upper body; **ailments from suppressed foot sweats, immunizations; thirsty, chilly.**

- | | |
|----------------------------|----------------------|
| < cold feet | > warm wraps to head |
| < uncovering | > profuse urination |
| < new moon, night | > wet, humid weather |
| < mental exertion, alcohol | |
| < noise, jarring | |
| < excitement | |
| < lying on left side | |

Spongia (3)

Much dryness of air passages; **hoarseness; larynx dry, burning, constricted; dry, croupy, barking cough; croup worse during inspiration and before midnight;** respiration is short, panting, **difficult; sensation of a plug in larynx; cough better after eating or drinking,** especially warm; irrepressible cough from deep in chest; wheezing cough worse from cold air; oppression of chest with weakness and heat; blue lips; larynx painful from touch; grabs throat when swallowing.

- | | |
|--------------------------|-----------------------|
| < dry, cold wind | > lying with head low |
| < awakened from sleep | > eating |
| < exertion, raising arms | > coughing and |
| < using voice | |

Sulphur (3)

Oppression, burning in chest; **difficult respiration, wants windows open;** loose cough; heat in chest; **much rattling of mucus;** chest feels heavy; stitching pains shoot to back; **oppression as if a load on chest;** dyspnea during night better with sitting up; **pulse more rapid in AM than PM;** irregular breathing; violent cough, 2-3 incomplete bouts; red/brown spots over chest; sulphur constitution; **thirsty; chilly.**

- | | |
|-------------------------|---------------------|
| < bathing, suppressions | > open air, motion |
| < milk | > warm applications |

- | | |
|---------------------------------|-----------------------------|
| < heated in bed, exertion | > sweating, dry heat |
| < speaking, atmospheric changes | > drawing up affected limbs |
| < 11 AM, full moon | > on right side |
| < at rest | |

Consider:**Chamomilla**

Consider in **children** who are irritable and attack comes on during or after anger or tantrum; also in adults when attacks come on from anger (Ars, Nux v), or if condition is ameliorated with chamomille tea.

Medorrhinum (2)

3-5 AM, oppressed breathing, incessant dry night cough, can't exhale.

Nux vomica (2)

Aggravated midnight and 4-5 AM: Nux-vom leads to Arsenicum.

Thuja (3)

3 AM, 3 PM, child's remedy for asthma.

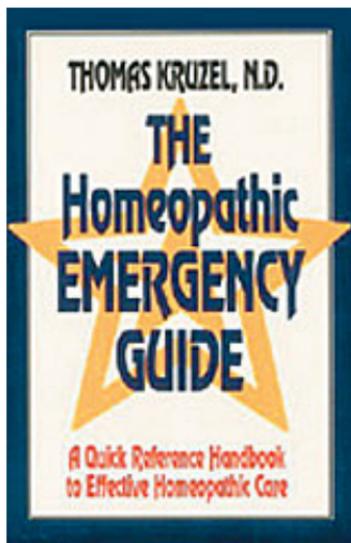
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|----------------------|--------------------|
| < night, heat of bed | > left side |
| < cold damp air | > drawing up limbs |

Croup triad: Trio of remedies which often follow one another for the treatment of coughs and croup.

Aconite (3), Hepar (2), Spongia (3).

Symptoms in Kent's Repertory	Page
Respiration, Asthmatic.....	763
Respiration, Asthmatic, midnight, after.....	764
Respiration, Asthmatic, in children.....	764
Respiration, Asthmatic, emotions, after.....	764
Respiration, Asthmatic, eruptions suppressed.....	765
Respiration, Asthmatic, hay asthma.....	765

Respiration, Asthmatic, old people	765
Respiration, Difficult, times	767
Respiration, Difficult, air, cold/open/amel.....	768
Respiration, Difficult, exertion, after	769
Respiration, Difficult, while lying	769
Respiration, Difficult, wants doors & windows open.....	770
Respiration, Difficult, sitting upright amel.....	771
Respiration, Difficult, sleep during	771
Respiration, Difficult, falling asleep	771
Respiration, Difficult, in a room.....	772
Respiration, Stertorous/Stridulous.....	776
Respiration, Wheezing	776
Cough, Asthmatic.....	782
Cough, Constriction larynx.....	784
Cough, Croupy	785
Chest, Constriction, see appropriate rubric.....	826



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A Quick Reference Handbook to Effective Homeopathic Care

384 pages, broché
publication 1992



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