



## DRY COUGH: HOMEOPATHIC MANAGEMENT OBSERVATIONAL STUDY

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**ABSTRACT** Dry Coughs is the very frequent conditions by which peoples get affected easily. The dry cough is due to infection triggered by cold and flu viruses. The dry cough can also be stimulated by the atmospheric pollutants hurting throat. Dry cough happens for the reason that the back of your throat is sore and arise deeper from the chest. In this paper we have discussed how homeopathy is effective in treating the dry cough.

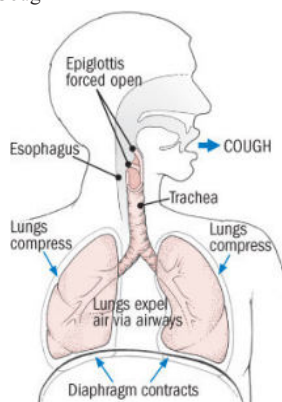
**KEYWORDS** : Dry Cough, COLD, FLUE, VIRESES, POLLUTANT, HOMEOPATHIC MEDICIENCS ETC.

### INTRODUCTION:

A cough is a response that assists to empty the throat and airways of mucus, foreign particles, or irritants. When the body coughs, it throws a gesture to the brain that produces a response action. This starts with the diaphragm muscles narrowing and exhaling out forcefully. At the same time, the vocal cords close to create a "coughing" sound while air is released through the mouth and nose. [1] The inhalation of air through the mouth and nose then helps to clear any mucus or irritants in the throat and lungs, making coughing an effective way of eliminating annoying particles from the airways. [3]

### Types Of Cough:[1]

- Dry Cough
- Wet cough
- Spasmodic Cough



**Image Of How Dry Cough Is Caused.**

### Causes Of Dry Cough:[2]

- Allergies
- Air pollutants
- Acid Reflux
- Viral infections
- Dehydration
- Bacterial infection

### Symptoms Of Dry Cough:[4]

- Feeling short of breath
- Incident of mysterious weight loss
- Feeling feverish
- Tired and lethargic
- Cough with or without blood.
- Unexplained persistent cough

### Precautions Of Dry Cough:[6]

- Wash your hands frequently to prevent infection.
- Take medicines regularly.
- Drink plenty of fluids
- Eat healthy to boost immunity.
- Protect the body by wearing warm clothes.
- Cough or sneeze into a tissue/handkerchief
- Avoid touching the eyes, nose and mouth
- Keep distance from people to prevent spreading cold

### Diagnosis Of Dry Cough:[3]

- Endoscopy
- Spirometry
- Imaging tests

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### Homeopathic management of dry cough:

Homeopathy is very efficient in constructing up the structure, thus decreasing the likelihood of reappearance. This ultimately implies that the Homeopathic therapy increases the body's capacity to battle against the disease. Homeopathy is a natural and gentle system of medicines which make use of small dosages of well-studied medicines to enhance the body's natural healing process.

**In Our Advanced Homoeo Health Center & Hmr Pvt Ltd, Indore We Have Found Very Good Results On Dry Cough As Observational Study On Following Number Of Patients:**

Sr. No.	Age Group	Number of Patients
1	5 to 45 years	256
2	45 and above	172

### Medication Prescribed:[8-14]

Sr. No.	Name of Medicine	Symptoms
1	SPONGI A	Cough Is Absolutely Dry, great dryness of all air passages. Barking, croupy cough, larynx dry, burns, constricted. Cough abates after eating or drinking, especially warm drinks. Laryngeal phthisis.
2	RUMEX	Cough That Arise From Sudden Change Of Temperature nose dry. Tickling in the throat pit causes a cough. dry ,teasing cough, preventing sleep. Aggravated by pressure, talking and inspiring cool air and at night. Rawness of larynx and trachea.
3	BELLADONNA	Cough That Arises From Inhaling Fine Dust In Air, tickling ,short, dry cough, worse at night. cough with pain in left hip. Barking cough ,whooping cough with pain in stomach before attack, with expectoration of blood. High, piping voice.
4	DROSER A	Spasmodic, dry irritative cough, like whooping cough worse after midnight yellow expectoration, with bleeding from nose and mouth. Retching. deep, hoarse voice, laryngitis. Asthma when talking, with contraction of the throat.
5	BRYONIA A	Soreness in larynx and trachea. Hoarseness, worse in open air. Dry , hacking cough. Cough dry, at night, must sit up, worse after eating or drinking, with vomiting. Expectoration brick shade, tough and falls like of jelly. Coming into warm room excites cough.
6	PULSATILLA	Capricious hoarseness comes and goes. Dry cough in evening and at night, must sit up in bed to get relief, loose cough in the morning, with copious expectoration. Expectoration bland, thick, bitter, greenish.
7	NUXVOMICA	Catarrhal hoarseness with scraping in throat. Spasmodic constriction. tight, dry ,hacking cough, at times with bloody expectoration. Cough brings on bursting headache.

8	PHOSPHORUS	Hoarseness, worse evenings. Larynx very painful. Violent tickling in larynx while speaking. Cough from tickling in throat, worse cold air, reading, laughing, talking, from going from warm room into cold air. Sweetish taste while coughing. Hard, dry, tight, racking cough. sputa rusty, blood colored or purulent.
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#### CONCLUSIONS:

Dry cough remains a disturbing situation both physically and mentally and can sometimes lead to dangerous complications. From our observational findings (research) at our advanced Homoeo health Center & Homeopathic Medical research Pvt Ltd Indore, we have found that homeopathic medicines can completely treat the dry cough if prescribed on the basis of totality of symptoms, Individualization & on investigation.

#### Biography:

**Dr. A. K. Dwivedi, BHMS (Gold Medalist), MD, MBA, Ph.D.** has been a Registered Homeopaths for over 25 years. He is a Professor & HOD: Department of Physiology S.K.R.P. Gujarati Homoeopathic Medical College, Indore. He is a Member of Executive Council, Devi Ahilya Vishwavidyalaya Indore, MP, INDIA, he is also a Member Scientific Advisory Board (CCRH) Ministry of Ayush, Govt of India. Member Academic Board Madhya Pradesh Medical Science University, Jabalpur MP (India). DIRECTOR, & CEO Advanced Homeo Health Centre & Homeopathic Medical Research Pvt.Ltd. Indore, Madhya Pradesh, India, EDITOR, "SEHAT EVAM SURAT" (Hindi Monthly Medical Magazine).

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