

Homeopathy and Croup

1. [CROUP \(Membranous Laryngitis, False Croup.\)](#)

Croup is breathing difficulty accompanied by a "barking" cough. Croup, which is swelling around the vocal cords, is common in infants and children and can have a variety of causes. Croup, also known as laryngotracheitis, is an inflammation and narrowing of the larynx (voice box) and the trachea (windpipe) caused by an infection.

Croup, Laryngitis - Treatment & Homeopathic Medicines

#Aconite [Acon] Aconite is always the remedy in the beginning of croup, be it spasmodic or membranous in character. The child is suddenly aroused out of sleep gasping for breath. There is a most anxious distressed countenance, hot skin and much restlessness and tossing about. The cough is of the driest kind, loud and barking, no expectoration. If however, the remedy be continued a little while a little expectoration will appear and with it relief. Croup brought on by exposure to dry, cold winds calls for Aconite. The remedy should not be stopped too soon; if so the trouble will return the following night. The breathing is loud, especially the inspiratory effort. Ferrum phosphoricum often acts well in the beginning of croup. It may be distinguished from Aconite by the absence of anxiety and restlessness so characteristic of the latter drug Aconite croup comes on very suddenly. Veratrum viride is also a very useful remedy at commencement. The anxiety of Aconite is absent.

#Spongia [Spong] Spongia is the great homoeopathic croup remedy, but it always comes in after Aconite. The breathing is harsh, sawing and hard as if the patient were breathing through a sponge. Hard barking ringing cough with scanty expectoration; in fact, it seems to get tighter and tighter every minute and almost threatens suffocation. It is worse before midnight, and it is especially well indicated in light complexioned children with blue eyes. It corresponds more closely to the spasmodic form of croup than to the membranous.

#Hepar Sulphur [Hep] This is the third of the great croup trinity, and it follows Spongia well. It has the same croupy sound, but there is a certain amount of moisture to it; it has a "loose edge." It comes on after dry, cold winds, the breathing is whistling and there is great sensitiveness to the cold air. There must be some looseness of the cough to indicate Hepar; in fact, the child is apt to have choking fits with the cough. In the membranous form of croup it is useful when there are pains going from the throat to the ears and expulsion of pieces of false membrane.

Boenninghausen treated croup almost exclusively with these three remedies. His method was to give five powders; first, he gave a powder of No.1 (Aconite) in water so as not to make the patient cough; he waited two hours and if necessary gave powder No.2 (Aconite) and followed after two or three hours, if necessary, with No.3 (Spongia). The others, No. 4 (Spongia) and No.5 (Hepar), were given if necessary, but he always waited two to four hours between the doses. Hardly one in a hundred received all five powders, and he treated, it is said, over 400 cases without losing one. All this emphasizes the value of these remedies in croup. In false croup give Hepar as soon as the child during the day, commences to cough hoarsely. It will avoid the nocturnal attacks.

#Bromine [Brom] Perhaps the next remedy in order is Bromine. Its indications are a deep, hoarse voice, and every attempt at inspiration produces coughing; the breathing is hoarse, rasping and whistling and there is rattling in the larynx, and when the child coughs the larynx sounds full of mucus. With Bromine the child is suddenly roused out of sleep as if choking and a drink of water often relieves the spasmodic condition. The sensation as if some of the membrane were loose in the larynx giving rise to this rattling, is very characteristic of this drug. There is also marked prostration. Antimonium tartaricum has this rattling down than Bromine. Bromine follows Hepar well when Hepar is unable to remove the exudation. Great suffocation so that the child wants to be carried from room to room is a good indication. Bromine follows iodine well. Preparations of Bromine soon decompose, so it becomes necessary to have them made fresh; prepare with distilled water, one drop of pure Bromine to six ounces of water. The higher homoeopathic attenuations never deteriorate nor lose their power.

#Kali muriaticum [Kali-m] Clinically, Kali muriaticum has been found a very useful remedy in croup. It corresponds to croupous exudations, it has expectoration of gray fibrinous slime or phlegm from the mucous membrane. The cough is dry, hard and croupy, harsh and barking. It forms with Ferrum phosphoricum the principal tissue remedy treatment of croup.

#Kaolin [Kaol] This is a remedy little used or thought of in croup. It has some good symptoms, however. It is useful for membranous croup when it extends downwards, and one of its characteristic symptoms is intense soreness along the trachea and upper part of the chest. The patient does not want anything to touch him because the chest is so sore. Ammonium causticum is considered by some specific in membranous croup.

#Iodine [Iod] Iodine, in its provings, not only presents all the symptoms peculiar to croup, such as hoarseness, dry, rough, deep cough, painful

larynx, whistling respiration, sensation of obstruction in larynx, but in the record of poisonings we have the formation of pseudo-membrane on epiglottis, vocal chords and the parts of the larynx beneath them. Experienced teaches that its curative actions is all the more favorable the firmer the consistency of the morbid product is, hence Iodine is less indicated for mucous than for membranous formations. It may be employed in all stages of croup. Given in the beginning, it may cut short the attack, and after 1 exudation has taken place it diminishes this either directly by absorption, or by rendering it more fluid it become more easy to expectorate; and when exudation has existed for some time and the patient is exhausted it has the effect of rousing the organism to general reaction. The special indications for its use are the dry, short, barking cough with wheezing, sawing respiration, dyspnoea and imminent suffocation. The cough may have lost the peculiar metallic tone and become muffled and indistinct. There is constant desire to change position, and it acts especially well in dark-complexioned children. Use the IX dilution, three drops every fifteen minutes. Croup caused by long continued damp weather, with more fever than with Bromine, are good indication for Iodine. It comes in after Hepar when in spite of that remedy the exudation forms itself into membrane. Some practitioners pin their faith remedy in the IX dilution, especially when the case is a severe one.

#Kali bichromicum [Kali-bi] This remedy is suitable to children with short, fat necks, and it is indicated in true membranous croup. The cough is metallic, the fauces and tonsils are red and swollen, breathing is labored and the larynx is sensitive. The child has smothering spells and awakens choking. The formation of a thick membrane takes place, and the tendency of the disease is to extend downward, becoming croupous bronchitis. There is violent wheezing, and the expectoration is of tough and stringy mucus. It offers the most hope of removing the false membrane. Cowperthwaite places this remedy before all others in membranous croup. When the spasm of the throat is very severe, Lachesis will sometimes be indicated. Mercurius proto-iodide has been successful in certain cases and if diphtheria is suspected Mercurius cyanatus.

#Sanguinaria [Sang] This remedy may be useful in croup. There is the formation of a false membrane with dryness, burning and swollen feeling in the throat and a wheezing, whistling croupy cough. Dryness and burning are the keynotes of Sanguinaria.

2. [Putting the Kibosh on Croup](#) by author Nicole Duelli, CCH, RSHom (NA)

Homeopathy can work wonders for croup. As a parent, it is a definite relief to be able to do something that is effective and safe during a frightening croup attack.

Croup is a spasm of the larynx (voice box) that develops from a viral infection in children three months to four years. The hoarse, barking cough and trouble breathing appear unexpectedly in the middle of the night. Because children may have only mild hoarseness and a cough during the day, the middle-of-the-night spasms are frightening to both the children and their parents as they seem to appear without warning.

Coping with Croup

Some parents have stopped croup by taking their well-wrapped child out into the cold night air. Also administer homeopathic remedies to quickly reduce coughing and prevent recurrences on subsequent nights. If you have a young child, keep three remedies on hand so you're prepared to settle an attack of croup.

Remedy 1: Aconitum Napellis

Give Aconite on the first night, when the cough develops without warning and sounds alarmingly loud and dry. Be prepared for your child to be clingy, crying, and anxious. Aconite is also a great remedy to have on hand for the initial stages of other coughs, colds, and earaches, especially if they are caused by a chill or a cold wind. Give this remedy once or twice, and you will rarely need to follow with another. If your child continues to awaken or if the cough returns the following night, change to a different remedy.

Remedy 2: Spongia Tosta

Made from toasted sponge, Spongia is excellent for croup because it is used for respiratory infections and asthma accompanied by hoarseness that threatens suffocation and worsens with sleep. Homeopaths describe the cough as a saw going through wood. You may hear noise or whistling as the child breathes, but the air passages are dry. Asthmatics often have thick mucous and inflammation in the bronchioles even though it sounds dry.

Remedy 3: Hepar Sulphuriscalcareum

Whenever you hear wetness or rattling in the croupy cough, choose Hepar sulph. This remedy will resolve a croupy cough that develops very late at night or in the early morning hours (between two and five a.m.). Be sure to keep the child well wrapped and away from chill, as Hepar sulph brings on a strong sensitivity to the cold.

Preventing Recurrences

If remedies work during a croup attack but your child suffers from recurring bouts of croup, then consult a homeopath for a constitutional remedy that will strengthen the child's immune and defence system and protect against subsequent viral infections.

You need never fear another attack of croup once you experience the effectiveness of homeopathic remedies.

How to Take Remedies

Homeopathy works best when given one remedy at a time. Let the symptoms guide your choice. Give two to five 30C pills hourly, on the tongue as needed. For young children, crush the pills between two spoons and either administer them crushed or dissolve them in 1/4 cup (60 mL) water and offer the child one spoonful at a time, stirring between spoonfuls.

Practical Measures

Stay calm. Even if your heart is pounding, take a few deep breaths and reassure your child in a clear, calm voice. Take the child into the bathroom, close the door, and turn on the hot shower. The moist air will help relax the muscle spasm.

Use a humidifier in the child's bedroom at night. Vitamin C and zinc lozenges are helpful for immune support during croup and as a preventive. Give children under one year up to 35 mg of vitamin C and 5 mg of zinc daily. For children one to four years, give 40 mg of vitamin C daily and 5 mg of zinc twice daily. If your child is really struggling to breathe, seek emergency medical services. Also seek emergency medical help for a child with croup who drools, cannot swallow saliva, and has a fever and very sore throat. He or she may have epiglottitis, a dangerous condition caused by swelling of the "lid" that covers the larynx when we swallow.

Nicole Duelli, CCH, RSHom (NA), enjoys sharing her love for homeopathy. She is a certified classical homeopath who trained in Germany as a naturopathic practitioner and now practises in Vancouver.

3. Additional links: [description of [Spongia](#)]

[[Dana Ullman's website](#); excellent information on remedies for coughs, croup, bronchitis, pneumonia]