

Acute Complaints

Before you phone, please take note of yours or your child's symptoms. Of most help to your homeopath, are "strong symptoms" which are clear and intense. The following questions can help you understand what is important to report.

When did the symptoms start?

- Time of day.
- Date.
- During a weather change (cold wind, electrical storm, extreme heat), an emotional event, a physical exertion, after eating/drinking, after nursing a sick child?
- What was happening just before becoming sick? This could be any kind of event with strong emotions from sadness/grief to excessive joy.

Describe your symptoms in as much detail as possible.

- If there are pains...
 - Where are they? With babies and small children and pets, notice and observe the behavior.
 - How do they feel? Aching, throbbing, sharp, cutting, bruised etc?
 - Does anything make them feel better e.g. rubbing, cold packs, hot packs, lying down, moving, pressure, dark/light?
 - Does anything make them feel worse e.g. noise, light, rubbing, pressure, cold, heat, people being around?
 - When are the pains better/worse e.g. morning, evening, waking with them, time of day or night?
 - Do the pains radiate anywhere e.g. from the knee up, from the knee down, from the back around to the abdomen, etc?
 - Do the pains start in one part of the body and end in another e.g. back of the head to the left eye?
 - Any sensations e.g. like hammers, like a knife, like a needle, like ants?

- If there is a discharge...
 - What colour is it?
 - How much is there (a lot or a little)?
 - Does it itch or burn or is it bland?
 - Is there an odour? What does it smell like e.g. old cheese, putrid, foul etc?
 - Is it thick, thin, watery, sticky or creamy, full of pus (what colour) or blood?
 - Where is it coming from e.g. eyes, ears, nose, sexual organs, urinary organs, sores/ulcers, mouth?

Have any of the following changed from your normal state of health?

- Energy
- Appetite—cravings or aversions to certain foods e.g. sour, sweets, chocolate, potatoes, fruit, smell of food, hunger, ice cold
- Constipation/diarrhea
- Thirst—cravings or aversions to certain drinks e.g. cold, hot, fizzy, thirst/thirstless, sour, ice
- Perspiration
- Response to heat/cold
- Sleep
- Emotions e.g. more/less irritable, depressed, anxious etc With children they may act out in ways that are “out of character” to their normal selves.

Do you have any odd sensations or feelings in your body?

Of particular interest are those symptoms which are unusual or peculiar e.g. extremely chilly with fever but do not want the covers on. Also important are symptoms which are different from those common to your complaint e.g. most coughs are worse lying down but if your cough is better lying down, that is important information. Other examples might be: bones feel broken with the flu, or there feels like there is a hair on the back of the tongue with a cough, or a fish bone stuck in the throat. Again with children and babies and pets, observation of their behavior will be of most importance...any changes in behavior could be indicative of certain remedies. e.g. Cats looking for warm places to sleep can mean more chilliness than usual.

Here's a full body check through of symptoms to observe during an acute respiratory illness with a cough, runny nose with a possible sore throat and ear pain. Most of the body systems have been done using the cough as the primary symptom. It will help to understand how important it is to get all the modalities: location, sensation, time of day, better/worse and any accompanying symptoms called concomitants or any unusual or characteristic or strange, rare and peculiar symptoms! And here is a link to a light-hearted article about this very topic <http://hpathy.com/homeopathy-papers/acute-prescribing-in-homeopathy-even-you-can-learn-to-do-it/>

And on to the body check with a cough as the presenting symptom:

Face and Head:

- Color: pale, redness of one or both cheeks
- Color of lips: redness, blueness
- Head: pain during cough? Does the child hold their head when coughing? Where is the pain and what is the nature of the pain? Sore? Pulsating? Stabbing?
- Head: is there heat in the head when coughing?
- Head: is there any dizziness (vertigo) before, during or after coughing?
- Perspiration: forehead, back of head, wetting hair
- Nose: movement in and out of the outer nose (alae)
- Nose discharge: clear, watery, thick like egg white, green yellow, both nostrils or just one, stringy, stuffed up and when is it stuffed up- on lying down? Which side? Does the discharge burn the lip or under the nose (excoriating)?
- Nose: sneezing-many times in a row, only in the house, only outside, only morning, with a cough or at end of cough. Does the sneezing make the cough better/worse?
- Eyes: pupils dilated, bloodshot, pain with cough, swelling of upper or lower lids, watery (lachrymation) during the cough and does it burn the skin around the eye, or shiny (brilliant) during the cough.
- Ears: any pain with the cough? Which ear? Right? Left? Both?
- Throat: is there a sore throat with the cough? Pain with the cough? Sore, raw, burning? Roughness, scraping, scratching sensation?
- Teeth: sometimes a cough can hurt the teeth!

Mouth:

- Tongue: discolored, red, clear, raised bumps
- Inner cheeks: sores white or red, pustules
- Palate: the hard part or soft part, any white or red or raw looking sores
- Tonsils: swelling, red, white, gray, mucus
- Odor: any smell that is unusual

Cough:

- Dry, rattling, loose, violent etc
- Hold the chest, throat, abdomen
- Crying/weeping before, after or during the cough
- What do they want to drink? Hot, cold, icy, milk, apple juice?
- Does the drink make the cough better or worse?
- Any appetite or cravings? Ice cream, milkshakes, apples, warm food, cold food, fatty foods, spicy/vinegar/salty? Do they make the cough better or worse?
- Is there a discharge with the cough? Or no discharge? Is there an odor to the discharge? Color? Consistency?

Has your primary care doctor made a diagnosis?

- Before you take any antibiotics or steroid medications, please phone immediately for advice. Homeopathy can be successfully used for bladder infections, tonsillitis/throat infections, ear infections, coughs, colds etc
- What have you taken so far e.g. herbals, homeopathic remedies, conventional medications, etc? If a homeopathic combination remedy has been given, have the container on hand so that the remedies in it can be given to the homeopath, especially if it has helped some but not totally.

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If your complaint is serious and/or life/threatening, go to the emergency room or to your doctor. Broken arms, legs, head injuries, dehydration, chest pains, suffocation, poisoning, surgery etc need immediate attention. Once the situation is well taken care of, please phone and then appropriate homeopathic treatment can be assessed.

Phosphorous

COUGH

- From tickling in throat; worse cold air, reading, laughing, talking, on going from warm room into cold air.
- Whole body trembles, during cough.
- Nervous, provoked by strong odours, entrance of a stranger; worse lying on left side, in cold room; before thunderstorm.
- Hard, wheezing; dry, violent, painful, tickling, hacking, exhausting; with retching; causes pain in abdomen must hold abdomen]; causes burning in air-passages and trembling, worse reading aloud; worse change of weather; worse singing.
- Worse: lying on back.
- Dry, with pain in head as if it would burst.
- Hard, tight, dry, racking, exhausting, better going into open air.
- Hollow, mostly in morning in bed, also at night, prevents falling asleep.
- Hollow, dry, with pressure in pit of stomach.
- Dry, waking from sleep.
- In morning after rising with expectoration of transparent mucus and sensation in middle of sternum as if something were torn loose.
- Must sit up when coughing.
- With burning dryness in throat.
- Vermeulen

Symptoms in “Rubric Language” – refer to Kent’s Repertory on Homeoint.org:

<http://www.homeoint.org/books/kentrep/kentcoug.htm>

The following rubrics are taken from Zandvoort Millenium Repertory so you may or may not find these particular rubrics in Kent.

- **Fever: during.**
- Hands: holding: abdomen, amel.
- Hands: holding: chest with both, while coughing.
- **ROOM: AGG.: WARM: GOING FROM, TO COLD AIR, OR VICE VERSA, AGG.**
- **Sit up, must.**
- **Sleep: during: waking him.**
- **Talking, from.**
- Weather: change of.
- Weather: stormy
- Weeping: before.

- Weeping: after.
- Wind, in.
- Wind, in: cold.
- **Croupy.**
- **Dry.**
- **Dry: fever: during.**
- Loose.
- LOOSE: MIDNIGHT: ABOUT: SITTING UP, AMEL.
- Loose: expectoration: without.
- RATTLING: SHAKES THE BODY.

Zandvoort

MODALITIES (what makes the whole person in general, better or worse)

Worse:

- LYING ON LEFT SIDE; painful side; ON BACK.
- SLIGHT CAUSES; EMOTIONS; talking; touch; odours; light.
- COLD; open air.
- Putting HANDS in cold water.
- WARM FOOD.
- Loss of fluids.
- Weather; sudden change of; windy; cold; thunderstorms; lightning. Morning and evening.
- Mental exertion.
- Twilight.

Better:

- Eating.
- Sleep.
- Cold; food, water, washing face with cold water.
- Rubbing; magnetism.
- Sitting.
- Dark (with company).
- Lying on right side.
- After sleep.
- Cold, open air.
- After eating.
- Rest.

NOSE

- Fan-like motion of nostrils [Lyc.]
- Internal nose swollen, dry, and stopped up; ulcerated; scabs on margins of nostrils.
- Dry coryza, forming crusts, adhering firmly.
- Profuse discharge of green [or yellow] mucus from nose, worse in morning; without coryza;
- Stoppage of nose, with frequent sneezing, better open air; with dulness of head as if coryza would develop.
- Nose obstructed in morning.
- Discharge from one and stoppage of other nostril.

MOUTH

- Tongue dry, smooth, red or white, not thickly coated.
- Tongue yellow, grey, dry in middle; cracked, parched or glossy; dry, coated white, with stinging in tip; coated only in middle.
- Tip of tongue somewhat swollen, with enlargement of its papillae and feeling as if it had been burnt.

FEVER

- Burning heat; local, up back.
- At night, without thirst.
- With anxiety, burning in face and hands, flushed cheeks, left more than right; in afternoon and evening. [11] Flushes all over, beginning in hands.
- Causes frequent waking. With desire to sleep.

FOOD

- Food and drinks: cold: drinks, water: amel.
- Food and drinks: cold: drinks, water: aversion.
- Food and drinks: cold: drinks, water: desires.
- Food and drinks: cold: drinks, water: desires: fever, during.
- Food and drinks: cold: drinks, water: desires: fever, during: heat.
- FOOD AND DRINKS: COLD: DRINKS, WATER: DESIRES: FEVER, DURING: HEAT: BURNING.
- Food and drinks: cold: drinks, water: desires: thirst, without.
- FOOD AND DRINKS: COLD: DRINKS, WATER: DESIRES: ICY.
- Food and drinks: cold: drinks, water: desires: icy: water.
- Food and drinks: cold: food: amel.
- Food and drinks: cold: food: aversion.

- Food and drinks: cold: food: desires.

A number of families choose not to use ice or to refrigerate their water or other beverages so this symptom can be a hard one to get but often I find, that kids who know about ice cream, milkshakes and slurpees, will often ask for these when Phosphorous is indicated. They will also ask for ice cubes to suck on or really enjoy the frozen pedialyte. And contrary to conventional thinking that ice cream or dairy products might make a cough worse, with Phosphorous, it can often make it better.

MIND

- AFFECTION: RESPONDS TO, RETURNS.
- Affectionate.
- AFFECTIONATE: RETURNS AFFECTION.
- Anger, irascibility: temper tantrums: appeased easily.
- **Anxiety: alone, when.**
- Anxiety: fear, with.
- Anxiety: fever, during.
- Anxiety: flushes of heat, during.
- Clinging: children, of: take the hand of mother, will always.
- Clinging: persons or furniture, to. (a favorite blanket or toy)
- Desires: numerous, various things: refused when offered.
- **Fear: alone, of being.**
- Frightened easily: fever, during.
- Kicks: sleep, in.
- Light: desire for.
- **Magnetized: desires to be.**
- **Magnetized: mesmerism amel.** (they may want to be touched or rubbed or massaged lightly)
- Moaning, groaning: sleep, during.
- NAKED: WANTS TO BE: CLOTHING, LIFTS UP HER. (I haven't seen this so much in the acutes but it is an important symptom)
- Restlessness, nervousness: heat: before.
- Restlessness, nervousness: heat: with.
- **RESTLESSNESS, NERVOUSNESS: ANXIOUS: PERSPIRATION ON FOREHEAD AND HEAT OF HEAD, WITH.**
- Sensitive, oversensitive: noise, to.
- Sensitive, oversensitive: noise, to: slightest.
- **Sensitive, oversensitive: pain, to.**
- Striking: general.
- Talk, talking, talks: sleep: in.
- Tossing about: bed, in.
- **Tossing about: sleep: during.**

- Weeping, tearful mood: coughing: before.
- Weeping, tearful mood: eating: after.
- Whimpering: sleep, during.

And here is Farokh Master's description of the Phosphorous child. This is from his book Clinical Observations of Children's Remedies, 3rd Edition:

Identifying Features

MIND

- **Active** children, who engage in various activities, including **creative ones**, but become exhausted very fast.
- Affection comes out spontaneously; need a lot of warmth (caresses and kisses) all the time (Puls).
- Children who attract others by their charming, dynamic, and extroverted personalities, emitting the light of warmth and intelligence.
- Fidgety children who cannot sit still in one place.
- Intelligent, friendly, and sensitive children.

PHYSICAL

- Children who **grow very fast** at the beginning of puberty (Sulph). This causes them to look lean, thin, and lanky.
- Children who cough at the sight of strangers (Ambr, Caust).
- Nose bleeds very easily from slightest cause.
- Perspiration all over the body except the feet.
- Ravenous appetite with emaciation and excessive thirst.

Other important symptoms:

MIND

- **Anguish and fearful when alone.** It is a big punishment for Phos children to remain all by themselves. They **love and need company**.
- **Carefree** children who do not study much, as they are intelligent, or children who excel in academics as well as in extracurricular activities.
- Cheerful, vivacious, **and precocious child who loves to travel or go out.**
- **Clairvoyance**

- **Darkness** in any form **aggravates**, as the child then starts seeing frightening visions of dead relatives, friends, ghosts, and evil persons.
- **Easily frightened** and develops strong anxiety when asked to:
 - Have her blood drawn (usually faints)
 - Perform any minor first-aid procedure like bandaging an injury, or wound, etc
 - Undress for a physical examination.
 - Visit a doctor or a dentist for a check-up.
- When anxious, frequently bites his nails or bites the pillow.
- **Emotionally, gets attached too soon** to either human beings or animals. (Hence **clinging** is an important symptom)
- Fear of cockroaches, **darkness, ghosts**, and spiders.
- Frequently invites fancies and goes into a state of **daydreaming** so as to escape reality (chiefly due to a forsaken feeling).
- **Great love for animals**, especially dogs and other domesticated animals. Would like to eat and sleep with the pet. Also would like to give food to stray animals, and becomes very cheerful when taken to the zoo.
- **Sharp, alert, and observant children.**
- Strong desire for **creative activities** like clay model making, crafts, drawing, painting, etc.
- Strong desire to be magnetized and rubbed gently. The child frequently asks for family members to tickle and **rub them gently.**
- Contented, and satisfied children (because they are mild).
- Development arrested.
- Extremely ticklish.
- Loves to wear light blue, pink, or red clothes with pleasant designs.
- Makes funny and strange gestures when they are emotionally disturbed, or when in the presence of strangers.
- Moaning from pain.
- Obedient children who show respect to elders, family members, teachers, and friends, and hence are always welcomed everywhere.
- Prefers playing with Barbie dolls, doctor kit, Scrabble, Uno, toy cars, etc. Phos children may also act out fairy tales while playing.
- Spells of unconsciousness or fainting when fasting, during fever, from strong odors, and on seeing blood.
- Strong anxiety in children when any member of the family falls sick.
- Temper tantrums; knocks his head against the wall and other things in anger.
- Tendency to bite people, pillow, or nails, due to separation anxiety, fear and fright.
- Worse during thunderstorms. During thunderstorm and lightening, the need for company is great; while in company, the child wants to cling and prefers to hide or sleep in a safe place; tightly hugs members of the family.

Repertorization of a recent case...the child normally has done very well on Chamomilla as a constitutional remedy but the nature of this season's respiratory illness is requiring a different remedy for many of my young patients.

	Phos.	Bell.	Ars.	Kali-c.	Hep.	Sulph.	Cina	Ant-t.	Nux-v.	Sil.	Calc.	Stann.	Lyc.	Sep.	Lach.	Verat.	Cham.	Caust.	Bry.	Arn.	Puls.	Carb-v.	Apis	Spong.	Dros.	Con.	Ip.	Stram.
Total	28	25	23	23	21	21	19	18	22	19	19	19	18	17	17	16	17	16	15	14	16	15	15	14	13	13	13	12
Rubrics	11	9	8	8	7	9	8	8	6	8	6	7	8	8	8	7	6	6	7	7	6	7	6	6	6	5	6	
Kingdoms	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
cough; RATTLING (99)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
cough; LOOSE; expectoration; without (28)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
cough; LOOSE; fever, during (38)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
cough; DEEP seated (72)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
cough; PAINFUL (307)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
WEEPING, tearful mood; cough; during (29)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
mind; WEEPING, tearful mood; cough; after (8)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
mind; CLINGING; children, of (35)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
cough; FEVER; during (95)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
mind; STRIKING (126)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
mouth; COATED; tongue; fever, during (8)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
mind; TALK, talking, talks; sleep; during (116)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	