

PROHERB

delivering health and wellbeing

Brauer Professional Article– July 2010

Winter is here! Patients presenting with coughs? Husteel is the answer!

By Phillip Bayer

Coughs associated with upper respiratory illness are frequent presentations during the winter season. In homotoxicology terms, a cough is a protective reflex action of the body typically observed in the excretion phase of the six phase table. A productive cough is the body's attempt to eliminate viscous phlegm produced in the airways, while a dry cough occurs when the bronchi react to irritation due to infections, smoking, allergens, and cold air.

Coughs can be due to many causes, among them cardiovascular disease, tumours, foreign objects and some medications. However, while it is important to exclude such conditions, one must remember the old axiom "when you hear hoofbeats, look for horses, not for zebras"! In other words, it is more likely to be a common infection, such as an upper respiratory infection, bronchitis or viral influenza.

Husteel is a Heel preparation specifically for cough and spasmodic bronchitis. A prospective, cohort study examined the efficacy and tolerability of Husteel in 339 patients, the majority of whom were diagnosed with acute bronchitis [1].

The reduction in symptoms (expectoration of phlegm, nausea/vomiting, pain during coughing, respiratory spasm, frequency of coughing attacks) was used as an objective measure of efficacy.

Physicians ranked the overall efficacy of the medication and assessed patient tolerance. Significant improvements in clinical symptoms were observed for 45% of patients within three days of treatment.

Efficacy was rated "very good" or "good" in 96% of cases and patient tolerance rated as "very good". This study suggests that Husteel is a safe and effective treatment for coughs of varying aetiology.

The combination of homoeopathic ingredients suggests that it can be useful in the following circumstances:

1. Productive, irritating, tickling cough
2. Spasmodic cough where bronchial spasm is evident e.g. such as that seen in asthma, whooping cough and bronchitis
3. Pleuritic irritation with cough
4. Chronic obstructive pulmonary disease (COPD)

Ingredient	Indication
Arsenicum iodatum	Common colds Bronchitis
Atropa belladonna	Inflammation of the tonsils and respiratory organs, accompanied by high fever

Scilla maritima	Common colds
Cuprum aceticum	Asthmatic coughing Whooping cough Spasmodic conditions
Causticum	Hoarseness with coughing Spasmodic conditions

Prescribing Methods:

Use in conjunction with Traumeel in inflammatory conditions. Use with Spascupreel in conditions where spasm is evident.

Recommended dosage:

In general, 10 drops 3 times daily.

For acute conditions, 10 drops every 15 minutes for up to 2 hours.

1. Rabe A, Ludwig J, Weiser M, Modern homoeopathic *therapy for coughs*, Biologische Medizin, 2001, 30(5):234-8

The views in this publication are those of the authors. ProHerb Ltd does not have the resources to verify the information in this publication and accepts no responsibility for application, in whatever form, of the information contain herein.