

Whooping Cough: 3 Noteworthy Homeopathic Medicines



Cough, Cough, Cough.

That's the title of my [Monday Night Live event from January 29, 2024](#). In it, I mentioned whooping cough (also known as pertussis). Even though I've touched on this particular condition in previous blogs (as part of posts on homeopathic medicines appropriate for [various coughing conditions](#)), judging by the response to my reference, whooping cough deserves a blog post of its own.

Since there's no time like the present ... let's do it!

Coughs come in all shapes and sizes. Some are caused by

viruses (like croup), some by bacteria (like pertussis), and some, of course, by extrinsic triggers (like smoke inhalation). Often, there is no immediate diagnosis, especially at the onset of the condition. More often than not, determining which type of cough is presenting is left to a doctor's clinical experience or, more importantly, a parent's familiarity.

Don't forget what Dr. Robert Mendelsohn said, "When it comes to treating a sick child, one grandmother is worth two pediatricians."



Moms will recognize many coughs by the sound they make and, thereby, be well-equipped to choose the most tightly fitting homeopathic medicine to address them.

Whooping Cough Symptoms

In and of itself, whooping cough is not generally dangerous. It's most threatening in individuals who don't yet have the wherewithal to physically cough up the phlegm collecting in the lungs – children under a year old.

Let me emphasize again that this is *generally* speaking. Getting in the car is dangerous. Catching a cold could lead to a dangerous form of pneumonia. "Danger" is relative, my

friends. That's the advantage of our being empowered by the health autonomy provided by Practical Homeopathy®.

With education, we have the ability to meet potential dangers head-on.

Pertussis can feel relentless. They don't call it the 100-day-cough for nothing! It can be a disconcerting sound. However, to add to the confusion, there isn't always a whoop!

There are dry, wheezing coughs, which can also be considered something of an asthmatic cough.

A barking cough – picture a seal clapping its flippers and barking – is [croup](#). It's more of a bass sound as the cough is expelled.

Whooping cough, however, is distinguishable by its unique sound of a whoop at the end of the coughing spasm as the sufferer takes their next breath. It's a violent contraction of the lungs as they intake air.

Let me tell you, my friends, it wasn't easy to find the sound of whooping cough without it being accompanied by conventional medical advice. But undaunted, I finally found one. [Listen here.](#)

It's often worse at night. Often, if it's a child (and they're the ones most prone), they play, eat normally, and everything is fine during the day. So, the mother naturally thinks, "Oh, ok. Well, last night was horrible. But look at Junior now! He's fine." Then, that night, little Junior whoops the night through. He whoops it up, you might say.

Homeopathic Medicines for Whooping Cough

Over the last two centuries, homeopaths have historically recognized *Drosera* 30 as the remedy for this cough – across

the board. *Drosera* is a great medicine, and I often teach my readers, listeners and students about its use in these cases.

There's also *Bryonia* and *Pertussinum*, not to mention many others.

But then the doctors Banerji came along, and they had a different approach. Their protocol for whooping cough is [*Ipecacuanha* \(*Ipecac*\) 30](#) mixed with [*Cuprum metallicum* 6](#), as often as every 3 hours, according to severity.

(If you're new to this paradigm, "mixed with" means one dose of pillules from each medicine is combined in the mouth.)

As I always say, in homeopathy, there is more than one way to knit a sweater. I've named three medicines that are recognized for use in cases of whooping cough. *Drosera* 30 or *Ipecac* 30 mixed with *Cuprum* 6.

How does one choose? Well, who can argue with the clinical success of the Banerjis? However, if after researching *Drosera* in a *materia medica*, you find it to be a tighter-fitting remedy for the cough in question, then, by all means, it's a legitimate choice. The decision belongs to you. I am merely your teacher.

If one is inexperienced or doesn't quite know which kind of cough is developing, my go-to Banerji Protocol for quick-onset respiratory illnesses is *Aconitum napellus* 200 mixed with *Bryonia alba* 30, every three hours according to the rapidity of the condition's development.

There are choices, my friends. But these are a good place to start.

"Whoop it up" no more, and pass on the good news of Practical Homeopathy®!

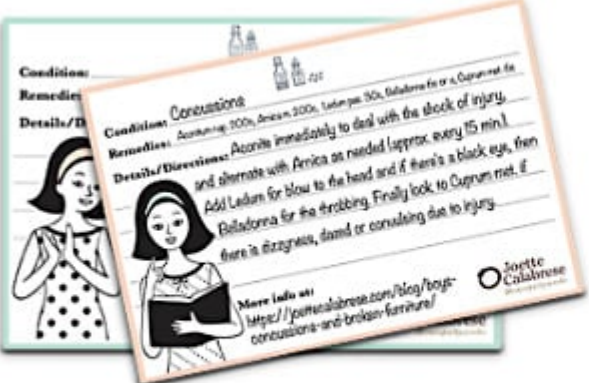
Warmly,

joette

P.S. I cover coughs and many other conditions in my course, [The Antibiotic Alternative: Balance Your Bugs Without the Drugs](#). In fact, I'm looking at the provided time stamps for that video course right now, and I see over 300 conditions listed – along with their associated homeopathic medicines.

If you want to raise your children as I did, without drugs and endless visits to the pediatrician, [The Antibiotic Alternative](#) is the course for you. Learn how to care for your family with guts, spunk, moxie and Practical Homeopathy™.

Remember – all my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.



Condition: Concussions
Remedies: Arnica 30C, Aconite 30C, Ledum pal. 30C, Belladonna 6C or 12C, Cuprum met. 6C
Details/Directions: Alternate with Arnica as needed (approx. every 15 min.) and alternate with Arnica as needed (approx. every 15 min.). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or consulting due to injury.
More info at: <https://joettescalabrese.com/blog/hoys-concussions-and-broken-furniture/>

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