

# Lung Health

Top Natural Homeopathic Remedies for Chest Congestion

## REMEDY

## USES/INDICATIONS

ANTIMONIUM TART –  
TOP REMEDY FOR CHEST  
CONGESTION

- excessive rattling of mucus in the lungs on coughing; the lungs seem to be overloaded with mucus
- cough produces little mucus
- difficult and labored breathing.
- suffocative spells while laying down
- difficult respiration in babies occurring shortly after birth

ARSENIC ALBUM –  
FOR CONGESTION  
WITH  
SUFFOCATION

- suffocative spells mainly at nighttime
- suffocation with difficulty in respiration worse while laying down
- wheezing or whistling sounds in the chest with breath cough is better by taking warm drinks
- burning pains in the chest
- can be given in all such cases of chest congestion that have occurred after taking cold drinks

IPECAC – FOR  
WHEEZING IN  
CHEST

- chest is full of mucus but cough does not expectorate
- suffocative complaint with constricted feeling in the chest bluish face due to lack of oxygen because of suffocative spells
- expectorated mucus at times can be bloodstained
- persistent nausea accompanies the cough/congestion
- vomiting, if present with chest congestion gives relief

PHOSPHORUS –  
IMPORTANT  
REMEDY FOR CHEST  
CONGESTION

- given to patients who complain of chest pain with chest symptoms
- pain is accompanied by burning in the chest
- patient complains of constrictive, oppressed feeling in the chest as if a weight is lying in the chest
- cough is made worse by talking, laughing
- cold air worsens the cough and chest pain
- patient may desire cold drinks, ice creams and refreshing things like juice

### BRYONIA ALBA – FOR CONGESTION WITH DIFFICULT BREATHING

- main indication is cough with difficult breathing that is worse by the slightest motion and better by rest
- patient feels a constant need to take a deep breath
- cough gets worse after eating, drinking or in a warm room stitching pains in the chest during inspiration
- chest pains are also worse while coughing
- patient must hold the chest with hands due to severe chest pains on coughing
- expectorated mucus is thick; mucus comes out only after much hawking
- thirst for an increased quantity of water might also be present

### SENEGA – FOR CONGESTION IN OLDER ADULTS

- mainly recommended in elderly people with chest congestion
- patient complains of rattling of mucus in the chest with oppressed feeling
- mucus from the chest needs much effort and comes out with great difficulty
- expectorated mucus is tough and copious
- extreme soreness is felt in the chest

## OTHER REMEDIES FOR CHEST CONGESTION

For Congestion with Suffocative Attacks - Lachesis is very efficient in treating suffocative attacks that are worse on lying down. The patient must rush towards an open window to get relief. The patient feels to take deep breaths. Nothing tight is bearable around the neck or waist. Sambucus gives best results when the suffocative spells occur while sleeping and the patient wakes up suddenly almost breathless. The nose feels totally obstructed. It is more frequently indicated in young children and infants.

For Difficulty Releasing Mucus - Kali Sulph is one of the best remedies for congestion; it is given when the mucus rattles in the chest and is expectorated with much difficulty. The expectorated mucus is yellow in color. Pulsatilla is used when the mucus from the chest is greenish in color and takes great effort to come out. Kali Bichrome works at its best when the mucus is extremely thick and sticky in nature and comes out in long threads or strings and requires much force to spit it out.

For Sudden Congestion after Exposure to Cold Air - Aconite is the best natural remedy for chest congestion from exposure to cold air. The patients requiring this medicine feels severe oppression in the chest with short difficult and labored breathing. Anxiety and restlessness of utmost degree can also be present with chest congestion.

For Congestion in Damp Weather - Natrum Sulph is highly ranked holistic medicine for chest congestion occurring in damp weather. The symptoms that guide towards this medicine use are rattling of mucus in the chest with difficulty in breathing and the patient feels the need to take deep breaths. Green colored mucus is coughed out. Pain in the chest also occurs during coughing, forcing the patient to hold the chest.

For Congestion in Infants - Ipecac is mainly given when a continuous rattling cough is present. The face of the infant turns blue due to incessant coughing. Wheezing from the chest is severe. vomiting usually eases the cough. Sambucus works very efficiently in treating the cough attacks in infants that occurs at night with blockage of nose. The infant wakes up in the night with sudden crying and extremely suffocated. Chamomilla works well for infants with rattling cough with utmost irritability and crying. Holding your baby will help this too.

