

ASH Trio

This trio of remedies has been in use for nearly 200 years, originated by one of the pioneer doctors of homeopathy, Boenninghausen. It is best known by homeopaths as the ‘Croup Trio’ and is extremely effective for treating children prone to croup. It can also be used for many cold or respiratory challenge, whether it tends to go to croup, bronchitis, or pneumonia. It is also very effective if a cold tends to become an ear or sinus infection. The key is to have these remedies on hand and use them at the first sign of a sore throat, fever or sniffles.

#1 Aconitum Napellus

This is the one to start with. Even one dose given at the onset can often prevent the need to take anything else.

#2 Spongia Tosta

This is the second one in the trio. Give it 30 minutes after giving the Aconite if the symptoms are still present and very intense. If symptoms are mild, move to this remedy 1 to 2 hours following the Aconite.

#3 Hepar Sulphuris Calcareum

The third one in the trio is Hepar Sulphuris Calcareum. Dose 30 minutes to 2 hours afterward the other remedies, depending upon intensity of symptoms as above.

General instructions

Three pellets is one dose. Allow to dissolve under the tongue. Ensure mouth is free of any food, drink or toothpaste for 20 minutes before and after taking remedy.

Rotate through the three remedies one at a time. You may only need a single dose of Aconite, or you do not need the Hepar Sulph. Follow the symptoms.

Reduce frequency of remedies as symptoms lessen. As symptoms abate, increase the time between doses and then stop. If symptoms return, resume dosing for a couple more rounds.

Avoid strong-smelling medicaments such as Vicks camphor, eucalyptus, tea tree and peppermint during homeopathic treatment.

To determine potency please book a Homeopathic Acute Care appointment 403-202-8507.