Definition

Hiccough, singultus or hiccup is the state of having intermittent reflex spasm of the diaphragm, accompanied by a rapid closure of the glottis during an inspiratory effort, producing an audible sound.

Mechanism

Hiccup is a disorder of diaphragmatic movement, produced by an extraordinary type of breathing movement involving a sudden inspiration due to an involuntary contraction of the diaphragm and synchronous clonic spasm of intercostal muscles accompanied by closure of the glottis of the larynx. Usually only one hemidiaphragm is involved, mostly left.

Types

Transient

Acute hiccoughs are due to sudden excitement, emotion, gastric distention, oesophageal obstruction etc.

Persistent

These are also called chronic hiccups and have a number of causes and may be subcategorized into two groups-

Prolonged- more than 48 hours.

Intractable- more than 1 month.

Causes

Idiopathic

1. Unknown
Psychogenic causes

1. Conversion disorders
2. Fear, shock and excitement
3. Hysteria
4. Malingering
5. Personality disorders
6. Psychogenic vomiting
7. Stress

Gastrointestinal:

1. Abdominal aortic aneurysm
2. Achalasia
3. Appendicitis
4. Cancer
5. Cancer
6. Candida esophagitis
7. Carcinoma
8. Cholecystitis
9. Cholelithiasis
10. Gastric distention
11. Gastric lesions
12. Hepatic lesions
13. Hepatitis
14. Hepatoma
15. Inflammatory bowel disease
16. Obstruction
17. Oesophageal lesions
18. Pancreatic lesions
19. Pancreatitis
20. Pseudocysts
21. Reflux esophagitis
22. Ulcer

Mediastinal and other thoracic lesions

1. Aortic aneurysm
2. Lung cancer
3. Mediastinal adenopathy
4. Myocardial infarction
5. Pneumonia
6. Tuberculosis

Central nervous system

1. Arteriovenous malformations
2. Congenital malformations
3. Epilepsy
4. Infection- Meningitis and encephalitis
5. Malignancies- Secondaries and Brain tumours
6. Motion sickness
7. Multiple sclerosis
8. Parkinson disease
9. Raised Intracranial tension
10. Stroke - CVA, Subarachnoid hemorrhage
11. Trauma
12. Vascular lesions
13. Ventriculoperitoneal shunt

Diaphragmatic irritation

1. Empyema
2. Eventration
3. Hepatomegaly
4. Hiatus hernia
5. MI
6. Pericarditis
7. Peritonitis
8. Pneumonia
9. Splenomegaly
10. Subphrenic abscess
11. Tumors

Ear, nose, and throat disorders

1. Goiter
2. Irritation of auditory canal
3. Laryngitis
4. Pharyngitis
5. Retropharyngeal/peri tonsillar abscess
6. Tumor

Vagus nerve irritation

1. Abdominal branches - Tumors, gastric distension, peptic ulcer, Acute aortic aneurysm, infection, organomegaly, inflammations (e.g. appendicitis, cholecystitis, pancreatitis, inflammatory bowel disease)
2. Auricular branches - Foreign body, hairs
3. Meningeal branches - Meningitis, glaucoma
4. Pharyngeal branches – Pharyngitis
5. Recurrent laryngeal nerve - Mass lesions in neck, goiter, laryngitis
6. Thoracic branches - Infection, tumors, reflux oesophagitis, MI, asthma, trauma, thoracic aortic aneurysm, pacemaker- complications

Procedure/ Surgery/Anesthesia related

1. Craniotomy
2. Hyperextension of neck - Stretching phrenic nerve roots
3. Laparotomy
4. Manipulation of diaphragm or stomach
5. Thoracotomy

Metabolic

1. Fever
2. Gout
3. Hyperglycemia
4. Hypocalcemia
5. Hypocarbia
6. Hypokalemia
7. Hyponatremia
8. Uremia

Endocrine
1. Addison’s disease
2. Diabetes
3. Thyrotoxicosis

Drugs
1. Alpha methyl dopa
2. Antibiotics
3. Benzodiazepines
4. Chemotherapeutic agents
5. Dexamethasone
6. Digoxin
7. Generalized anesthesia
8. NSAID
9. Short-acting barbiturates

Symptoms
1. Anxiety
2. Coma & stupor
3. Convulsions
4. Dizziness & giddiness
5. Hallucinations
6. Hyperhidrosis
7. Malaise & fatigue
8. Pyrexia of unknown origin
9. Sleep disturbances
10. Syncope & collapse

Diagnosis
Detailed neurologic examination, CBC, serum creatinine, liver function tests, chest radiograph, CT of the head, chest, and abdomen, echocardiography, bronchoscopy, chest fluoroscopy and upper endoscopy.

Treatment
1. Irritation of the nasopharynx by tongue traction, lifting the uvula with a spoon, catheter stimulation of the nasopharynx, or swallowing one tablespoon full of dry granulated sugar.
2. Interruption of the respiratory cycle by breath holding, Valsalva manoeuvre, sneezing, gasping or fright stimulus, or rebreathing into a bag.
3. Stimulation of the vagus and carotid massage.
4- Irritation of the diaphragm by holding knees to chest or by continuous positive airway pressure during mechanical ventilation.
5- Relief of gastric distension by belching or insertion of a nasogastric tube.

**Plan of Treatment of Hiccups**

**Homoeopathic remedies for Hiccough**

Repertory of Hiccoughs

ABDOMEN - COMPLAINTS of abdomen - accompanied by – hiccough borx.
ABDOMEN - INFLAMMATION - Liver - accompanied by – hiccough Bell.
ABDOMEN - INFLAMMATION - Peritoneum - accompanied by – hiccough Hyos. Lyc.
ABDOMEN - PAIN - accompanied by – hiccough merc.
ABDOMEN - PAIN - cramping - accompanied by - hiccough hyos.
ABDOMEN - PAIN - hiccough, on - tearing pain plb.
ABDOMEN - PAIN - Liver - colic; gallstone - accompanied by – hiccough Chin.
ABDOMEN - PAIN - Sides - Flanks - hiccough; during - stitching pain borx.
ABDOMEN - PAIN - Sides - hiccough agg. - stitching pain bar-c.
BACK - HICCOUNG agg. teurc.
CHEST - HICCOUNG agg. am-m. stront-c. teurc.
CHEST - PAIN - Heart - Region of - hiccough agg. – burning agar.
CHEST - PAIN - hiccough agg. - stitching pain am-m.
CHEST - PAIN - hiccough agg. am-c. am-m. stront-c.
DREAMS - HICCOUNG; constant - relieve it; not able to pert-vc.
DREAMS - HICCOUNG; constant pert-vc.
EAR - HICCOUNG; after - agg. bell.
EAR - PAIN - hiccough agg. - pinching pain bell.
EAR - PAIN - hiccough agg. bell. tarent.
EXTREMITIES - CONVULSION - hiccough; after bell. cupr.
EXTREMITIES - PAIN - Toes - First - hiccoughs, from ph-ac.
EXTREMITIES - TENSION - hiccough; after con.
EYE - VOMITING - hiccough; and - agg. apis arn. asar. bry. chin. lyc. nux-v. puls. sep. sil. verat.
FEVER - SUCCESSION of stages - chill - followed by - heat - then perspiration - hiccough; then ars.
GENERALS - CONVULSIONS - epileptic - after epileptic convulsions; complaints – hiccough cic.
GENERALS - CONVULSIONS - hiccough; after cupr.
HEAD - CONCUSSION of brain - accompanied by – hiccough hyos. lyss.
HEAD - HICCOUNG agg. bry.
HEAD - INFLAMMATION - Meninges - accompanied by – hiccough Arn.
HEAD - MOTIONS of head - convulsive - hiccough, after bell.
HEAD - PAIN - accompanied by – hiccough aeth.
HEAD - PAIN - Forehead - hiccough agg. - pressing pain Bry.
HEAD - PAIN - hiccough - after - dull pain con.
HEAD - PAIN - hiccough - during - pressing pain Bry.
HEARING - IMPAIRED - hiccough; after bell.
MIND - MOROSE - hiccough; during Agn.
MIND - RESTLESSNESS - night - hiccough; with Stram.
MIND - SADNESS - hiccough; with ruta
MIND - SHRIEKING - hiccough; with cic.
MIND - WEEPING - hiccough; from bell.
MOUTH - CONSTRUCTION - accompanied by – hiccough cupr.
RESPIRATION - DIFFICULT - hiccoughs; interrupted by aeth.
RESPIRATION - HICCOUNG agg. puls.
RESPIRATION - HICCOUNG respiration nux-v.
SLEEP - SLEEPINESS - hiccough; with Nux.
SLEEP - YAWNING - hiccough, with aml-ns. carl. caust. cocc. crot-t. mag-c. nat-m.
STOMACH - CANCER - accompanied by – hiccough Carb-an.
STOMACH - COMPLAINTS of the stomach - accompanied by – hiccough Kali-bi.
STOMACH - ERUCTATIONS - hiccough; after ars.
STOMACH - ERUCTATIONS; TYPE OF - empty - alternating with – hiccough agar.
STOMACH - ERUCTATIONS; TYPE OF - empty - evening - hiccough; during sulph.
STOMACH - ERUCTATIONS; TYPE OF - hiccough, like - dinner; after carb-an. plat.
STOMACH - ERUCTATIONS; TYPE OF - hiccough, like - eating; after cycl.
STOMACH - HEARTBURN - hiccough; during Nux-v.
STOMACH - HICCOUTH - accompanied by – convulsions bell. CIC. Cupr. HYOS. Ran-b. Stram.
STOMACH - HICCOUTH - accompanied by - Eyes; red discoloration of apis arn. asar. bry. chin. lyc. nux-v. puls. sep. sil. verat.
STOMACH - HICCOUTH - accompanied by – perspiration bell.
STOMACH - HICCOUTH - accompanied by - saliva; profuse Lob.
STOMACH - HICCOUTH - accompanied by - Spine; complaints of Stram.
STOMACH - HICCOUTH - accompanied by - stretch; impulse to aml-ns.
STOMACH - HICCOUTH - accompanied by - Tongue - white discoloration of the tongue Nicc.
STOMACH - HICCOUTH - afternoon - 13 h b. Verat-v.
STOMACH - HICCOUTH - afternoon - 14 h tarent. Verat-v.
STOMACH - HICCOUTH - afternoon - 15 h ptel.
STOMACH - HICCOUTH - alcoholic drinks; after RAN-B. sul-ac.
STOMACH - HICCOUTH - back; with pain in teucr.
STOMACH - HICCOUTH - bed agg.; in lachn. nat-m. nicc. sil. Sulph.
STOMACH - HICCOUTH - bread and butter agg. nat-s.
STOMACH - HICCOUTH - breakfast agg.; after carl. tarent. zinc.
STOMACH - HICCOUTH - carried; when Kreos.
STOMACH - HICCOUTH - chill – after am-c. ars.
STOMACH - HICCOUTH - chill – during ars.
STOMACH - HICCOUTH - coffee - amel. hydr-ac.
STOMACH - HICCOUTH - cold drinks agg.; after ars. lac-h. puls.
STOMACH - HICCOUTH - cold; after taking a phos.
STOMACH - HICCOUTH - continued - pregnancy agg.; during op.
STOMACH - HICCOUTH - continued - two years almost uninterrupted, eighteen to twenty times a inute; since Nicc.
STOMACH - HICCOUTH – continued caust. merc-cy. verat-v.
STOMACH - HICCOUTH – daytime nitr-ac. petr. phos.
STOMACH - HICCOUGH - dinner - before mag-m. Mur-ac. nux-v.
STOMACH - HICCOUGH - dinner - during - agg. cycl. grat. Mag-m. nat-c.
STOMACH - HICCOUGH - drinking - after - cold water - agg. thuj.
STOMACH - HICCOUGH - drunkards; in Hyos. Ran-b. sul-ac.
STOMACH - HICCOUGH - during - agg. Mag-m. teucr.
STOMACH - HICCOUGH - eating - overeating agg.; after cycl. ign. nux-v. puls.
STOMACH - HICCOUGH - eating - while - agg. Cycl. eug. lac-h. mag-m. merc. nat-c. samb. teucr. tritic-vg.
STOMACH - HICCOUGH - emotions; after Ign.
STOMACH - HICCOUGH - eructations - after Agar. alum. bry. carb-an. cycl. ox-ac. rhus-t. sep. til.
STOMACH - HICCOUGH - eructations - amel. carb-an. ham. zinc.
STOMACH - HICCOUGH - eructations - ineffectual; after cocc.
STOMACH - HICCOUGH - evening - 17-20 h phys.
STOMACH - HICCOUGH - evening - 18 h ham. nat-c. sars.
STOMACH - HICCOUGH - evening - 18.30 h mag-c.
STOMACH - HICCOUGH - evening - bed agg.; in nat-m. nicc. sil. sulph.
STOMACH - HICCOUGH - evening - fasting agg. sulph.
STOMACH - HICCOUGH - evening - followed by drowsiness lob.
STOMACH - HICCOUGH - exertion agg.; after calc. carb-v.
STOMACH - HICCOUGH - fever – after ars. lach.
STOMACH - HICCOUGH - fever – before calc.
STOMACH - HICCOUGH - fever - hour when the fever ought to come; at the ARS.
STOMACH - HICCOUGH - flatulence agg. ruta
STOMACH - HICCOUGH - followed by – asthma cupr.
STOMACH - HICCOUGH - followed by - Head - convulsions of head bell.
STOMACH - HICCOUGH - followed by – intussusception plb.
STOMACH - HICCOUGH - followed by – nausea cupr.
STOMACH - HICCOUGH - followed by - Stomach; pain in papin.
STOMACH - HICCOUGH - followed by – vomiting jab.
STOMACH - HICCOUGH - food - fat, from jug-r.
STOMACH - HICCOUGH - forenoon - 11 h ox-ac.
STOMACH - HICCOUGH - forenoon - eating; after bar-c. nat-s.
STOMACH - HICCOUGH – frequent ars. cina merc. prot. ran-b. staph.
STOMACH - HICCOUGH - fruit; after cold ars. Puls.
STOMACH - HICCOUGH – greasy Lyc. stront-c.
STOMACH - HICCOUGH – incomplete arn. caust. dig. mag-c.
STOMACH - HICCOUGH - inspiration agg. ang.
STOMACH - HICCOUGH - intermittent – after **Hyos**.
STOMACH - HICCOUGH – intermittent **caust**.
STOMACH - HICCOUGH - lasting - seconds; a few **prot**.
STOMACH - HICCOUGH - laughing agg. **calc**.
STOMACH - HICCOUGH – loud **cic. ign. ozone**
STOMACH - HICCOUGH - menses; after **stram**.
STOMACH - HICCOUGH - morning - fasting agg. **kali-n. sulph**.
STOMACH - HICCOUGH - morning - rising agg.; after **gamb. graph. mag-c**.
STOMACH - HICCOUGH – morning **acon. all-c. apec. cann-s. kali-n. spong. verat**.
STOMACH - HICCOUGH – motion agg. **carb-v. merc-c**.
STOMACH - HICCOUGH - night - midnight – before **kali-c**.
STOMACH - HICCOUGH - night – midnight **bell. hyos**.
STOMACH - HICCOUGH - night - sleep agg.; during **puls**.
STOMACH - HICCOUGH - night - urination, with involuntary **hyos**.
STOMACH - HICCOUGH – night **apoc. ars. bell. carb-an. HYOS. merc-c. merc. puls. sul-ac. vanil**.
STOMACH - HICCOUGH – noon **kali-c. sil. sulph**.
STOMACH - HICCOUGH - nursing the child agg.; after **bex. HYOS. stram. teucr**.
STOMACH - HICCOUGH - operation, after abdominal **Hyos**.
STOMACH - HICCOUGH – paroxysmal **ign**.
STOMACH - HICCOUGH - periodical - once a day; at least **prot**.
STOMACH - HICCOUGH – periodical **ars**.
STOMACH - HICCOUGH - perspiration, after **ars**.
STOMACH - HICCOUGH - pork, after **ham**.
STOMACH - HICCOUGH - quinine; after **Nat-m**.
STOMACH - HICCOUGH - reading aloud, while **cycl**.
STOMACH - HICCOUGH - retching, with **jat-r-c. mag-p. merc. nux-v**.
STOMACH - HICCOUGH - sitting up in bed agg. **Kreos**.
STOMACH - HICCOUGH - sleep agg.; during **calc. cina ign. Merc-c. puls**.
STOMACH - HICCOUGH - smoking - agg. - eating; before **sel**.
STOMACH - HICCOUGH - soup agg. **alum. symph**.
STOMACH - HICCOUGH - spasms – before **bell. cupr**.
STOMACH - HICCOUGH - spasms - Esophagus, of **verat-v**.
STOMACH - HICCOUGH - suffocative - accompanied by - Abdomen; cramping pain in **verat**.
STOMACH - HICCOUGH - supper - after - agg. **alum. cob. coca con. lyc. sep. staph**.
STOMACH - HICCOUGH - supper - beginning of; at **con**.
STOMACH - HICCOUGH - tea; after **lach**.
STOMACH - HICCOUGH - thinking about it, on **ox-ac**.
STOMACH - HICCOUGH - typhoid fever; during **mag-p. phos**.
STOMACH - HICCOUGH - unconscious, when **cupr**.
STOMACH - HICCOUGH - urination agg.; during **hyos**.
STOMACH - HICCOUGH - vexation; with **agn**.
STOMACH - HICCOUGH - vomiting – after bism. bry. jatr-c. narcot. op. verat-v. VERAT.
STOMACH - HICCOUGH - vomiting – before cupr. jab. jatr-c. mag-m.
STOMACH - HICCOUGH - vomiting - ending in vomiting jab.
STOMACH - HICCOUGH - vomiting – fever lach.
STOMACH - HICCOUGH - walking agg.; after carb-v.
STOMACH - HICCOUGH – winter nit-ac.
STOMACH - HICCOUGH - yawning - after agg. aml-ns. mag-c.
STOMACH - HICCOUGH - yawning – before caust.
STOMACH - HICCOUGH - yellow fever; during ars-h.
alum-p. alum-sil. Alum. am-c. AM-M. ambr. aml-ns. amyg. anac. androc. ang. ant-c. ant-t. apom. arg-
meny. merc-c. merc-cy. merc-n. MERC. mez. mill. mit. morph. Mosch. mur-ac. narc-ps. narcot. NAT-
STOMACH - INFLAMMATION - accompanied by - hiccough hyos.
STOMACH - NAUSEA - accompanied by – hiccough ars. bry. sep.
STOMACH - NAUSEA - hiccough; with bry. cupr. lach. merc-c. ruta
STOMACH - PAIN - accompanied by – hiccough mag-m. Sil.
STOMACH - PAIN - hiccough, from incomplete – cramping mag-c.
STOMACH - VOMITING - alternating with – hiccough phos.
STOMACH - VOMITING - hiccough; after cupr. jatr-c.
THROAT - ROUGHNESS - hiccough agg. borx.
VISION - VOMITING - hiccough agg.; or apis arn. asar. bry. chin. lyc. nux-v. pulv. sep. sil. verat.

References

Radar 10

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