

# SPONGIA TOSTA

Roasted sponge  
Euspongia

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## Dyspnea and laryngeal coughing

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The person wakes up suddenly before midnight with dyspnea and acute anxiety (“breathing as if through a sponge”).

**Laryngitis** with characteristic cough resembling the sound of a saw cutting through a pine-wood board.

### **Laryngitis stridulosa.**

Hoarseness with dryness of the pharynx and vocal cords, burning pains when speaking.

### **Aggravation:**

- around midnight,
- when lying with the head low.

### **Improvement:**

- with warm drinks,
- when lying with the head high up.