

HOMOEOPATHY – A HOLISTIC APPROACH TOWARDS A HEALTHY BODY.

Homeopathy, or Homeopathic Medicine, is the practice of medicine that embraces a holistic, natural approach to the treatment of the sick. Homeopathy is holistic because it treats the person as a whole, rather than focusing on a diseased part or a labeled sickness.

In the practice of Homeopathic Medicine, a detailed, comprehensive interview of the patient, called the homeopathic case-taking, is undertaken to reveal the physical, psychological and emotional characteristics and complaints of that individual..

Homeopathy looks beyond the labels of disease to cure their causes rather than merely their symptoms and it stimulates the body's own natural healing powers to bring health, vitality and well-being. It does not treat superficially by just driving away the symptoms but heals the patient from within. It uses medicines that cover the disturbance of the whole person rather than giving different medicines for different afflicted parts of the body. Patients often report improvement in overall energy, mood, quality of sleep, and digestion, along with the concerned ailments.

Homeopathy: an effective treatment

Homeopathic treatment is an effective method of healing – in both acute and chronic conditions, as claimed by millions of patients and thousands of homeopathic doctors. It may even offer long lasting to permanent cure, treating the disease from its roots, for most of the ailments. The body of clinical evidence for the effectiveness of homeopathy continues to accumulate. Several research studies have shown overall that three quarters of the chronically ill patients reported that they felt 'moderately better' or 'much better'. A number of rigorous clinical trials have shown homeopathy superior to placebo; others have shown it to have effects similar to conventional treatments.

Homeopathy is an effective alternative to antibiotics in infectious diseases, producing no toxic side effects and bringing about rapid recovery. Viral infections are also very well treated with homeopathy. In addition, homeopathy is effective for a variety of complaints occurring in children, including behavioural problems. Other medical conditions successfully treated are: skin diseases such as acne, boils, eczema, psoriasis, warts; musculoskeletal pain, arthritis, osteoarthritis, sciatica, bursitis and fibromyalgia; allergies, frequent infections; tension headache and migraine; heartburn, gastritis, constipation, intestinal conditions, irritable bowel syndrome, inflammatory bowel disease; frequent colds, sinusitis, tonsillitis, cough, asthma and respiratory infections; emotional conditions such as depression, anxiety, insomnia; menstrual disorders, premenstrual syndrome, infertility, hot flushes; morning sickness, labour induction, labour pain, lactation problems, breast inflammation (mastitis); coronary dysfunctions, liver disorders, Ménière's disease. There are many other conditions besides those listed where homeopathy is found to be effective.

Homeopathy: a safe treatment

Homeopathy is safe. Unlike other medication, homeopathic medicines are non-toxic and harmless and do not have any adverse side effects. Patients unable to use conventional prescription drugs due to side effects can often safely use homeopathic medicines. Homeopathic medicines are natural, prepared from minute amounts of herbs, minerals and animal products. They are suitable for pregnant women, infants and children without worrying about the dosage.

Many childhood ailments could be very effectively and quickly treated with homeopathy without producing any side effects whatsoever. Unlike antibiotics and other such medicines, homeopathic pills do not hamper digestion, or lower the body's resistance. Neither do they cause any allergies nor cause any damage, even if taken over a long period. There is no toxicity, no addiction, no dependency, no withdrawal. Millions of people use it to help themselves, their families and their pets without any dangerous physical repercussions.

Homeopathy: a low-cost treatment

Homeopathic medicines are much less expensive than conventional prescription drugs,

Since homeopathic doctors need to obtain a large amount of information from their patients, a longer consultation time is required. This means that consultations are more expensive than usual GP consultations. The overall costs of a homeopathic treatment may therefore be comparable to that of conventional treatment. In the long run, however, homeopathy saves money. Under proper homeopathic treatment not only the person's immediate complaints improve, but also his/her susceptibility to disease decreases as there is a general improvement in health and thus less need for medical consultations. So the cumulative costs are very low.

The long-term gain has been demonstrated by several research studies. They show that patients who were treated with homeopathy used fewer medications, had better health, fewer days off sick, fewer visits to medical specialists, less time in the hospital than patients of conventional physicians.. In other words, homeopathy is now emerging to be the choice of treatment amongst people.