

# Conquering stress



## homoeopathy cures

### ■ Dr Anita Salunkhe

THE fast pace of our lives, over-urbanisation, keeping deadlines etc. has often been considered to be responsible for the illnesses we face in our day-to-day life. And the one word for this is stress. Stimulates us and increases our level of alertness. Life without stimulus would be incredibly dull and boring similarly life with too much stimulus become unpleasant and tiring and may ultimately damage our health.

Couple of years back a 40-year-old woman came to us having tried several other therapies with no result

complaining of migraine and sleeplessness. Homeopathy believes that every disease or effect proceeds from a cause. Hence homeopaths require understanding 'the suffering' patient as a whole.

In this case, her life was very happy and healthy until five years back when her husband suffered a paralytic attack and was bedridden. She was a

working lady with two growing children. Following her husband's loss of income the entire responsibility of running the household fell entirely on her shoulders. A single salary was not enough to meet the needs of the family. Gradually she became irritable, angry, tensed, sad and worried about her family. In fact, she lost interest in life, looked older, scrawny and weak. There was nothing but total despair for survival. This mental and physical tension to keep the show going resulted in a diseased state.

The unavoidable stress drained and weakened her health. Homoeopaths, like other doctors, cannot change a situation a patient faces but surely can help one to bring in a positive attitude towards facing problems. The patient was prescribed Sepia. Not only her migraine and sleep improved but increased her level of tolerance, brought in an attitudinal change etc. Besides it gave her mental and physical strength to fight the situation as well as the disease. Now she is a strong lady who is willing to face any problem coming her way with a smile.

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