



**Patient's Name:**  
Sushma Karnik



Founded by: Dr Anita Salunkhe, MD

**Ailments Cured**

- Psoriasis with Eczema
- Polyarthritis
- Bronchial Asthma
- Hypothyroidism
- Depression

**Duration of Recovery**

13 months (Sept 1, 2003 - Aug 30, 2004)

**Highlights**



Sept 20, 2003

A depressed, middle-aged woman suffering from multiple and chronic ailments approached **MindHeal Homeopathy** in September 2003.

Her most visible symptom was a disfiguring, thick layer of psoriatic eczema, almost like a disfiguring second skin, across her body, especially on her arms and legs. The patches were initially small but they grew very large and thick over a period of 30 years. They were pussy and bleeding and were painful.

Mrs Karnik also developed arthritic pain in her joints over the years. These had grown so painful that she gave up her position as a school teacher as her movements grew more and more restricted. Eventually, when the pain was unbearable, she would confine herself to bed for hours.

In addition, Mrs Karnik suffered from hypothyroidism. This had made her sluggish and list-

less, and she would lie in bed, wracked by arthritis, unable to even read a book or newspaper. She simply wasn't motivated to do anything.



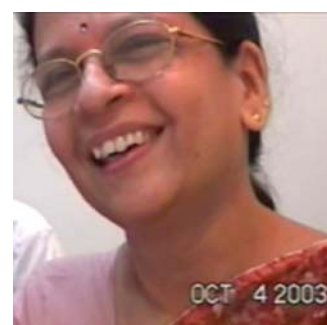
Oct 4, 2003

These ailments, coupled with Bronchial Asthma, had led to a deep depression. From being a buoyant personality and a respected school teacher, Mrs Karnik turned into a recluse, moody and depressed, often in physical pain and too embarrassed to venture out of her home.

**Assessment**

Mrs Karnik was a mild-mannered person who had experienced several setbacks in her personal life. Marriage changed the course of her life - she was forced to move from Mumbai to a small town. She was also forced to give up teaching, something she was especially passionate about.

As it was not in her nature to rebel, Mrs Karnik had resigned herself to her predicament, and only sank deeper into a debilitating, silent grief.



Oct 4, 2003

There were other personal setbacks too linked to her immediate family. These only added to the burden she was carrying with-

out complaint.

Over the years, her feeling of being trapped and utterly helpless intensified. As it did, Mrs Karnik's physical ailments grew worse.



Feb 1, 2004

### Treatment

Only 15 days after treatment began, Mrs Karnik walked into **MindHeal Homeopathy's** clinic - unassisted. Her Arthritis had begun to ease.

Her eczema looked better and one patch, on her back, had already disappeared!

There were occasions when she smiled - a significant achievement for someone who had been depressed for three decades.

Also, in the course of time, she lost her puffy and swollen look as her thyroid functioning improved, and her chest too cleared up.

Over the course of just four consultations in just 13 months, with **MindHeal Homeopathy's** remedies, Mrs Karnik began to self-heal. Her body began to rebalance itself and she began to even look different.

Apart from her illnesses clearing up, Mrs Karnik's outlook to life was changing too.



Aug 30, 2004

That's how **MindHeal Homeopathy**, with simple homeopathic remedies - but the right ones - brings about a transformation in both mind and body.

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**MindHeal Homeopathy** is based in Chembur, Mumbai. To find out more about **The MindHeal Way**, call: 022-25230530 / +91-9930363981. Or write to [crm@mindheal.org](mailto:crm@mindheal.org). Website: [www.mindheal.org](http://www.mindheal.org). or log into [www.mindhealhomeoclinic.blogspot.com](http://www.mindhealhomeoclinic.blogspot.com). We'll be happy to answer all your queries.