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HOMOEOPATHY: A Safe Therapy Sans Side-effects

By A Special Correspondent

MUMBAI: Indians are blindly following the Western model in everything and this includes the field of medicine also. In their search for quick-fix solutions an increasing number of people are going in for allopathic treatment. While allopathy has its plus points, the fact also remains that increasingly people are complaining about the side-effects and other deficiencies of allopathy.

In this background, Deshbhakti Andolan decided to bring out a special edition dedicated to homeopathy. The following is an interview with Dr Anita Salunkhe, a prominent 41-year-old homeopath who is passionate about homeopathy and has made it her life's mission to confer the immense benefits of her branch of medicine to as many people as possible.

She has been invited to deliver lectures in several world cities, including New Jersey, Connecticut, Rio de Janeiro, Munich, Berlin, Tel Aviv, Sofia, Amsterdam, Zurich, Moscow and Belgrade. "While westerners are increasingly realizing the benefits of homeopathy, we in India are increasingly turning towards allopathy," Dr Salunkhe told DA in an exclusive marathon interview. Excerpts:

What exactly is homeopathy?

Homeopathy is a beautiful science founded in Germany, ironically, by allopathic physician Dr. Samuel Hahnemann in the 1790. His son was suffering from a disease and he felt very frustrated that he could not cure his own son who eventually died. He realized

that allopathy is not a complete science and started his search for an alternative. While researching, he came across a paper titled "Likes cure likes" which contained some crude findings. Excited by that idea, he founded what we today called as homeopathy.

Hahnemann gathered around him some very faithful (but not blind), extremely hardworking followers, who stood by him through all the onslaughts of criticism. Slowly but surely Homeopathy began to spread its roots and soon came to be recognized as a scientific system of medicine. Even its strongest critics had to accept it as an independent school of medicine.

Homeopathy is a modern science and an effective way of treating all types of diseases: ranging from ordinary colds and bronchitis to chronic arthritis, diabetes, high blood pressures, skin ailments, mental deficiencies etc. In fact there are few diseases for which homeopathy has no cure. Homeopathic treatment can help as no other science can. It excels in recurrent, relapsing and chronic diseases even if they are a psychic plane like anxieties, depressions and manias.

- The term 'homeopathy' comes from the Greek words *homoeo*, meaning similar, and *pathos*, meaning suffering or disease. Homeopathy is an alternative medical system based on principle 'Similia Similibus Curentur', that is Like cures like

- Homeopathy seeks to stimulate the body's defense mechanisms and

processes so as to prevent or treat illness.

- Treatment involves giving very small doses of substances called remedies which would produce the same or similar symptoms of illness in healthy people if they were given in larger doses. The smaller doses stimulates your immune system to cure the disease. It helps the body heal itself.

- Treatment in homeopathy is individualized (tailored to each person). Homeopathic practitioners select remedies according to a total picture of the patient, including not only symptoms but lifestyle, emotional and mental states, and other factors.

- Homeopathy deals with the patient as a whole unit, it treats each and every illness in the fastest and most beneficial way.

- By accepting this mode of treatment you are going to improve your "immune system" thereby naturally your body will become more 'strong' so as to 'repel' the disease.

- The more chronic the disease the more time will be required to build your immune system or defence system.

- This therapy has definite scientific laws and cure takes place only according to these laws.

Q How does it differ from the present day prevalent treatment or therapies?

Antibiotics, Cough Syrups or penicillin's relieves a patients infections, bronchitis or arthritic pains immediately. But unfortunately cannot stop the recurrence of symptoms.

Just like a pest control treatment in your kitchen can get rid of cockroaches and insects immediately but new insect's reappear soon if the kitchen is not kept hygienically clean and dirt free. Similarly the bacterial or viruses return to these organs which are not kept healthy and toxins free. Thus a reduced immunity in an unhealthy tissue like tonsils or lungs etc. acts as an invitations to bacteria thus causing relapse. Any amount of repetition of antibiotics is not the solution to the problem. Homeopathic medicines improve the immunity of the body as a whole and tissues in particular, which are affected recurrently, become free of toxic proteins. The bacteria thus do not get nourishment there and the tissues and organs become healthy. This treatment is called treating the MAN IN DISEASE AND NOT DISEASE IN MAN. In this treatment patient does not have any side effect like weakness, loss of appetite etc. and is able to resume school or work immediately.

Q The major complaint against homeopathy is that its treatment takes time unlike allopathic system where the relief is quick. Why this is so?

A In allopathy the relief is quick because this system of medicine gives medicines to the disease in man and not the man in disease. Homeopathic medicines cures the person by making the system of the diseased person strong and thus there by preventing the frequency of the disease and by completely curing the patient from the root cause of

the disease by making the body much healthier from within and not like allopathic medicines which treat superficially the disease by giving them quick relief. Given this fact, homeopathy takes time to cure.

Q The general perception is that allopath doctors (MBBS) undergo a More thorough curriculum and training unlike homeopathy doctors. What is the truth?

The fact is that even homeopathic doctors (BHMS) have to undergo a thorough curriculum and training which is exactly similar to that of MBBS i.e. of 5 1/2 yrs course including one year of compulsory internship. Our course includes exactly the same subjects as what MBBS students have to study plus study of homeopathic subjects like Materia medica, {Knowledge of Drugs} homeopathic philosophy and repertory {Book on mental and physical symptoms} etc..

Q Does homeopathy recognize the role of the mind in causing Diseases and in controlling them?

Yes definitely. In fact homeopathy is the only specialized branch of medicine which has recognized the importance of co-relation of mind with the physical symptoms. It is only system which believes that diseases starts first in mind. Drugs are proved on Human beings and not on animals. Mental and physical symptoms are noted, A homeopath first tries to find out what exactly is causing the disease and while doing so he or she first factors in the mental condition of the patients. He or she finds out the cause of stress, anxiety etc and find out the roots either at home, office, school, college etc. We try to find out what is disturbing the patient's biochemistry which is resulting in the disease. to perceive in a person that makes him uneasy, his sensitivity or certain issues, his tolerance and attitude towards certain things that disturb his biochemistry. By giving the Similimum genetic constitutional remedy the whole system {body} improves holistically. Thus it changes the attitude of the person towards looking at the problem and puts him or her

at ease and health follows. It follows in real sense the definition of Health by the World Health Organisation -- "HEALTH is not only the absence of sickness or diseases, but also physical, mental and social well-being".

Q The other misconception is that homeopaths do not depend on Diagnostic tools like X-Rays, MRI etc. Please comment.

A It is a complete myth. Homeopaths do depend upon modern diagnostic tools. In fact even after curing a patients, we seek reconfirmation of the cure through modern diagnostic methods.

Q Homeopathy is being taught through postal tuitions. How can an important discipline like medicine be learnt through post?

A We have well recognized and registered homeopathic colleges in India under the Central Council of homeopathy. Knowledge of homeopathy can be had only through regular colleges and not through post. Actually, I would demand a ban on these so-called postal tuitions. I also appeal to people not to be taken in by advertisements offering postal tuitions.

Q There are any number of people who practise homeopathy and even dispense medicines even though they are not qualified. How safe is it to go to such persons for treatment?

A More and more quacks and psueo-homeopaths seem to be jumping into the band-wagon to cash in on the growing popularity of homeopathy. I would advise people to stay away from such persons. They are risking their health and lives by patronizing these quacks. It is illegal to practice any system of medicine without a valid degree. These bogus doctors have caused immense damage to the world of medicine. On just symptoms and in long term the disease get suppressed to major illness.

Q How you will know you "ARE YOU IN SAFE HANDS?" WHAT SHOULD YOU EXPECT WHEN ON CORRECT HOMOEOPATHIC LINE OF TREATMENT?

No new major disease should appear Old symptoms should and must reappear in a milder, tolerable form without which complete cure is not possible..There should be a general sense of well being in the patient.

The patient should say, "I am feeling better" rather than "My Pains are better"

What are the Homoeopathic Parameters for knowing if a cure is taking place?

* The patient's appetite should improve, sleep should improve, Constipation should vanish, Stamina & Enthusiasm should improve.

* conventional parameters like Blood profile, pressure, body temperature should become normal.

Remember MAN as a whole is more important than his PARTS. Appearance of skin eruptions during any treatment is one of the best signs of correct Homoeopathic treatment.

* Pains appearing an lower part of the already existing pains or away from the center of the body are Best Signs i.e. when knee pain is being treated pains appearing in the shoulder or the back is a BAD sign and on the other hand, pains appearing in the ankle or heel i.e. away from the center of the body is a very GOOD sign.

* No Dietetic Restrictions are required if the treatment is correct. Homoeopathic similimum is a "BULL DOZER". It cures ailments inspite and despite the aggravating factors.

* Even an asthmatic should be able to tolerate cold drinks, ice creams, sour, pickles etc., from the 1st week of treatment.

* Even Acute episodes of Fever, Diarrhea, Vomiting, Headache, Acute Hypertensions, Asthma etc., respond in a very rapid and gentle manner to a minimum dose.

That is TRUE HOMOEOPATHY That is HOMOEOPATHY AT ITS BEST

* Local Applications of all Ointments, Balms and Painkiller ointments oil massages, eye drops and Ear drops are contraindicated in

Homocopathy because it blocks the exteriorization of disease (i.e. bringing the disease on the skin)

* It is the HOMOEOPATH who fails not HOMOEOPATHY.

Homeopathy is like 'Yoga'; it is not only a therapy but also a way of life. When used in the 'Right Way' it does rejuvenate a person making him feel younger.

Q How does one know that he or she is in safe hands?

a. If your Homoeopathic physician has never probed your MIND and BODY thoroughly you are not in safe hands.

b. If your Homoeopath has put in a lot of restrictions regarding daily food and does not allow you to consume or try aggravating or symptom precipitating factors then he is not sure of increasing your resistance.

c. If he pays extra attention to the conventional parameters like Blood, X-ray and less attention to your feelings. He may not be able to help you.

d. If your Homoeopath treats your disease and not you, he is doing more harm to you and it is nothing but SUPPRESSION.

EVERY HOMOEOPATH HAS TO FOLLOW "DR. HERING'S LAW OF CURE"

Which states It is well known that diseases progress from periphery to the centre. Curative treatment should therefore drive the disease from centre to the periphery. Homeopathic treatment confirms with this curative action as laid down in Hering's Law of direction of cure.

According to this Law, when a medicine is acting curatively

This law is as reliable yardstick to determine the patient progress towards cure

Cure should take place with symptom disappearing :-

(a) From Head to Foot.

(b) From Centre of the body to the Periphery

(c) More important organs to less important organs like lungs, kidneys to skin etc.

(d) From inside to Outside e.g. from cough and sneezing to skin eruption.

How it is different from other conventional therapy?

HOMEOPATHY THE POST MODERN TREATMENT

CURRENT MEDICAL TREATMENT	HOMOEOPATHIC TREATMENT
TREATS EFFECT of diseases. E.g. with antibiotics Bacteria killed but immunity not strengthened Hence Recurrence if the complaint is frequent .	Treats the ROOT CAUSE of diseases. It strengthens Immunity of the person hence his power to fight the infection and resist it improves Recurrence and relapse of complaint does not occur .
Weakness, loss of appetite, decrease enthusiasm	Patient immediately gains in stamina, enthusiasm, desire to Work.
Lethargy, persists during and short time after treatment.	Appetite and bowels normalize instantly.
It gives anti hypertensive, antidepressants and keeps the Blood pressure symptoms under control .	Treats the metabolic disorder in the body due to which Pressure, sugar levels automatically normalizes .
Treats every part of the body as separate parts with a special for every part.	Treats Man as a complete individual made up of parts which are all working harmoniously with each other
Treats Disease in Man	Treats Man in Disease

Mera Bharat Mahan

By Narad Muni

After every bomb blast there is a debate in the country's newspapers and television channels as to why pro-ISI terrorists are able to carry out their activities with impunity. But my information is that the ISI has a completely different view on this. According to my sources, the ISI has formally complained to the Indian government that it is not getting sufficient facilities to operate in India. For example, it has stated that persons crossing the border from Bangladesh as unnecessarily harassed by men of the Border Security Force. It has demanded that Bangladeshi nationals be allowed greater freedom to enter India and settle down in Assam and other states. In fact, it wants ration cards to be issued to the Bangladeshis within 24 hours of their entering India.

The ISI has also demanded that its front organisations like the Lashkar-e-Toiba, Harkat-ul-Ansar, HUJI etc be given land on concessional terms in New Delhi so that they can open their offices and training centres. In fact, it wants members of these organisations to be given travel concessions on Indian Railways and Indian Airlines. It also wants the Indian government to confer Padma Bhushan or not Paramveer Chakra to Mohammed Afzal Guru who was found guilty and sentenced to death by the Supreme Court of India in connection with the Parliament attack case. Since the government is reluctant to

implement the Supreme Court's decision it might as well honour him, the ISI has argued in its letter. It also wants action to be taken against the brave men and women of the Intelligence Bureau, Research and Analysis Wing (RAW), Central Bureau of Investigation (CBI) who are tracking down its operatives to be given punishment postings so that they stop harassing it.

The response of the government to this letter is not clear so far. But it is reliably learnt that several human rights activists of our country have sent a memorandum to the government to sympathetically consider the ISI's letter. They have reasoned that it will be a violation of the ISI's fundamental rights if its demands are not conceded.

As a token gesture of goodwill, they have said, all those arrested so far in connection with terror attacks should be released forthwith and the cases against them withdrawn immediately. They should be rehabilitated suitably as per their wishes. Actually, they should also be compensated in cash for the time they have spent in Indian jails, these activists have stated.

As for the victims of terror attacks, these human rights activists have said that since they are no more there is no question of taking up their cause. Narayana!! Narayana!!

(e) In exactly Reverse Order of how symptoms have appeared.

First symptom should disappear last and recent symptom should disappear first

All these with a General Sensation of Well Being.

Therefore, REMEMBER that only with CLASSICAL and CORRECT HOMOEOPATHY, which is based on Original Homoeopathic Principles, we can completely eradicate the so-called incurable diseases like Asthma, Diabetes, Hypertension, Rheumatoid Arthritis, Chronic Allergies,, and Aids

Q One of the major problems of allopathy is that often there are side effects. Is there a similar problem with homoeopathy also?

Homeopathic medicines in high dilutions, taken under the supervision of trained professionals, are safe and unlikely to cause adverse reactions.²⁵

So there are no such side effects of the medicines per se as seen in allopathy but only an intensification of the symptoms FOR A SHORT PERIOD.

Q Allopathic drugs are manufactured under scientific conditions in modern pharmaceutical factories. What about homoeopathic medicines?

Homeopathic medicines are manufactured under scientific conditions, even we have proper selection of the sources of medicines which is

correctly evaluated and then prepared under strict scientific supervision.

Q Do the Homoeopaths Use cortisones or steroids?

This question is often posed by some patients during the course of a consultation. The answer is an emphatic "NO". Homoeopaths of integrity and commitment to their profession do not use cortisones, and in fact there is absolutely no need for that.

WHAT IS WRONG HOMOEOPATHY?

- Homeopathic cough syrups, den tonic, shampoos, ointments, mixtures that are available in shops is wrong homoeopathy.
- Unqualified people prescribing homoeopathic medicines are quacks.
- Taking homoeopathic medicines after reading prescriptions from news papers is wrong homoeopathy.

Q Since when are you practicing homoeopathy?

For the past 20 years during which I have cured thousands of patients. Even those suffering from chorinic diseases have been cured by me. I take difficult cases as a challenge and go all out to cure the patient. I have a high success rate because I give my best to each and every case. Also, I am constantly doing research and updating myself through extensive interaction with patients, peers, study of scientific journals and by actively participating in seminars and

workshops not only in India, but abroad. I am regularly invited to international seminars in the West where I exchange notes with fellow homoeopaths from the world over. Every passing day further reinforces my mission and determination to spread the benefits of homoeopathy to as many people as possible.

Q Do people go for homoeopathy when they fail to get results from allopath or do they prefer homoeopathy as a first line of treatment?

There was a time when homeopathy was looked upon only as an alternative. But not anymore. An increasingly large number of people are opting for homoeopathy as their first choice. Awareness about safe treatment is spreading very fast.

Q What has been your major areas of success?

Disease name does not matter to me as we treat the man or woman and his or her immune system with which he or she is born. I have cured almost all the cases which have come to me. I feel that there is a resident medical officer within each of us in the form of our immune system. My job has been to stimulate the immune system and let it cure the patient. Here I would like to mention I have achieved even in cases of learning disabilities and autism in children.

Q One major complaint against homoeopathy is that it first intensifies the disease and then controls it.

Some patients report feeling worse for a brief period

of time after starting homeopathic remedies. Homeopaths interpret this as the body temporarily stimulating symptoms while it makes an effort to restore health.

Q You are often invited to chair and address conferences on homoeopathy across the globe. Is there a major resurgence in homoeopathy abroad, particularly in the West?

Homeopathy was discovered in Germany, but it found a home in India. But now there is a major resurgence in homoeopathy in the West. There is a great demand for good homoeopaths from India. The social crises in the West as can be seen from the large number of divorces, broken homes, drug abuse and alcoholism etc are resulting in increased stress levels and other symptoms. The people are looking for long term and holistic cures for their problems and they are increasingly realizing the homoeopathy is the answer to their needs.

Q Does homoeopathy recommend surgery? If yes, in which cases?

Yes, homoeopathy does recommend surgery for example, in extreme cases of severe heart blockages in major arteries, very huge stag horn calculi in kidneys, in emergency cases like intestinal obstruction etc. but after the surgery homoeopathic medicines can be given to prevent it's recurrence and for the general well-being of the patient..

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