

# My Journey Into Homeopathy

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Many times it happens in life when certain events become a turning point and change one's life drastically. Homeopathy the wonderful and gentle system of healing left me wonderstruck and brought a big change in my life. I had never thought that I would ever be taking homeopathic medication or even would have believed that it will work, but yes it did! Many times I come across people saying that they don't believe in homeopathy, some say it is too slow to act and have many more myths regarding this wonderful healing system. I emphasize to try it once and under the guidance of a qualified homeopathic consultant to get the best results.

I would like to give example from my life of a very common complaint-pain in lower back. Backache is a very common problem encountered so many times in today's fast and busy life. It was my daughter's birthday; I had cooked dinner and done the party arrangements for the guests. Almost two days I was on my toes, standing and cooking. Since it was a joyous moment my energy levels were high in order to have a perfect birthday party. The party ended on a good note, my daughter, her friends and all the guests really loved the arrangements and not to forget the food! All the guests left and I started cleaning up. By this time I did realize that my lower back was telling me 'I can't handle anymore'. Somehow I just winded up everything, brushed my teeth and went to bed. I could not believe how stiff and painful my back was! I did have little pain in my nape but it was bearable. Thanks to the amazing homeopathic remedy – *Rhus tox* that relieved me within an hour and I could have a good night sleep. I took a dose of *Rhus Tox 30C* every 15 minutes, almost 3 doses and felt the comfort. Also massaged warm sesame oil to my lower back, wrapped a sheet around, to provide warmth to the back which made me feel even more better and decided to sleep on floor, as I needed something hard to rest upon. Thanks a ton to my husband who gave me warm milk with pinch of turmeric before getting into sleep. All this really took off the stress from my back. The next morning I had recovered 70%. My back was not hurting anymore but still was left with little stiffness. So I decided to take *Rhus tox 30C* single dose every 4 hours (took 3 doses) and continued with warm oil massage and lying on hard floor. The next day I was completely free of stiffness.

I chose *Rhus tox* as it matched with the totality of my symptoms. I got backache as it was out of exertion (standing for a long time)-muscles of back were strained. I felt stiff & achy but not sore otherwise would have thought of *Arnica*. I felt better with warm oil massage (heat in general) & lying on hard floor. All these symptoms led me towards selecting *Rhus tox*. I chose 30C potency, as I knew I had to repeat often & also my problem was of a very acute origin and not of any chronic or lingering nature. I didn't have to take any conventional painkiller & my body healed up without any side effects.

Talking about the life changing experience that led me to become a homeopath. As a child I always suffered from really bad sore throats, so much so that I was labeled a sickly child. Symptoms – catching cold easily, runny nose, greenish yellow mucus in nose, fever, tonsils swollen, inflamed, aching as if splinters in my throat and very sensitive to touch. Dry hoarse cough, draining away my energy, leaving me irritated and angry. My mom always gave me hot tea & soups, more of liquid diets, as solids were painful to gulp down. I was given same old conventional medications, antipyretics, antibiotics, cough syrup but they just relieved temporarily,

and left me with side effects like loose stools. I was not gaining weight, could not concentrate on my studies & was really fed up. Getting cold once or twice a year is ok, but in my case it was difficult to count the days when I was free from these tonsillitis attacks. I was even advised tonsillectomy, but luckily my parents were strictly against it & saved my sweet tonsils. All thanks to homeopathy, which healed me. It even helped me, adjust from the hot climates of India to the coldest weather of Boston. I never had those bad sore throat attacks again. Now if any time I feel my throat is hurting and I may get an attack of sore throat I just do gargles of warm water with pinch of salt, have little ginger with honey, warm milk with a pinch of turmeric, all these auxiliary measures for a day or two and that little soreness is gone.

Over the years I feel my immunity has boosted a lot. I also made great changes to my diet and living, more of holistic. All thanks to homeopathy, which led my journey towards health. This big change happened when I entered homeopathic college in India and was given a ray of hope by my professors who were also the homeopathic practitioners. They took my detailed case for about two to three hours. They noted all my symptoms, family history, modalities, onset, duration, location, causation, feelings, characteristic symptoms and so many other details. They prescribed me my individualistic/constitutional remedy, also advised many diet changes like to avoid eating curd at night, to stop sour foods and bananas and do the auxiliary measures when in trouble.

Later I was told to have just one dose of the indicated remedy whenever the above-mentioned symptoms of sore throat reappeared and wait and watch. In one year, the frequency of attacks went down and my immunity boosted up. I passed my college with flying colors and today enjoying my life free of health troubles. Also my little daughter, husband, in-laws all are believers of homeopathy and my efforts continue to enlighten others about this amazing tool of healing. Holistic living and healing is very important in today's era as to have a good health in your hands and homeopathy is a part of that.

Homeopathy is a system of healing that is –

- Based on the principle that “like cures like.”
- Holistic in approach- treating the whole person, rather than symptoms alone, there by attempting to enhance the general level of health rather than just getting rid of the symptoms.
- Highly individualistic - a single medicine prescribed according to patient's case/symptoms. That is why two people with the same illness will not necessarily receive the same homeopathic remedy.
- Gentle - a minimum dose required.
- It regards symptoms as the body's healthy attempt to restore itself to balance.

Stay healthy and happy!

*Disclaimer: This article is only for educational purposes. Please consult your Primary Care Physician (Medical Doctor) for any medical emergencies or treatment consultation.*



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Homeopathic practitioner incorporates Homeopathic, Biochemic and Bach flower remedies in practice and a strong believer of holistic living .