

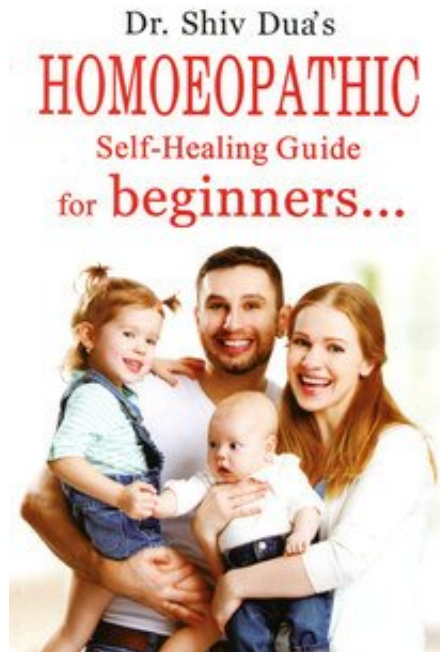
Shiv Dua

Homoeopathic Self-Healing Guide for beginners

Reading excerpt

[Homoeopathic Self-Healing Guide for beginners](#)
of [Shiv Dua](#)

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Preface

IN THIS era of increased life expectancy of human beings and increasing health disorders inducted by disillusion of modern system of medicine (allopathy), people always look for a safer and effective alternative. Homoeopathy is one of the best safe therapies, which has definite potential. Homoeopathic doctors are mostly practicing in cities and towns. They are not seen in villages except in some regions of West Bengal, Bihar, Rajasthan and Assam. This book is meant for inhabitants of villages and small towns where homoeopaths are not available but some people take interest in homoeopathy and use homoeopathic medicines at their homes. A layman can benefit by self- prescribing with the help of this book irrespective of living in urban and rural background.

The **first part of the book** deals with introduction to homoeopathy in the simplest manner with health attitudes and list of common medicines to be stored at home.

The real utility of this book rests with the **second part**, which has been designed to make a disease-wise diagnosis. There are three basic medicines given here which is to be inducted one after the other in the order of given preference. Keynote has been suggested to refer to first, second and third remedies. When the first fails, the second remedy is to be taken and when the second fails, the third remedy is to be taken. No symptom of the remedy has been given. Only name of disease like cold, fever, cough etc. makes it easy to opt for the remedies in the order given and this will not confuse a layman. If all the three remedies are not found useful, it is better to consult a homoeopath, although its possibility is rare.

BHMS students and the persons, who have knowledge about homoeopathy and understand names of diseases and the symptoms, can switch over to **third part of the book** for single remedy prescription.

In the beginning of disease, there is introduction to the

disease under the column '**Know about..... ?**' If it is fever, you will find 'know about fever'. What are fevers, their causes, and their management; how it is to be dealt with? is described here. Then there is a second heading, '**First step treatment**' under which precautions and step wise treatment is suggested. Every person possesses some skill. All are gifted with some in-built quality, which needs exposure. Those who do not know how to implement skills into practice can benefit from this book. Becoming doctor, engineer or CA are some of desires of children today and their parents show them these dreams. A child does not know much about other professions but his/her visits to doctors fascinate some children. Doctor is the one of the inspirations for the child. Toy- kits containing thermometer, stethoscope, injection and a box of medicines are fancy items for children to enact as a doctor. Some children cultivate a hidden urge to learn medicines but destiny make them company executives, engineers, scientists, chartered accountants, lawyers, chemists, teachers, actors, writers, shop keepers, company secretaries and government servants. Such people can learn homoeopathy through this book for self treatment and treatment of their family. **This book will fulfill their heart-felt desire to cure their friends, relatives and the poor.**

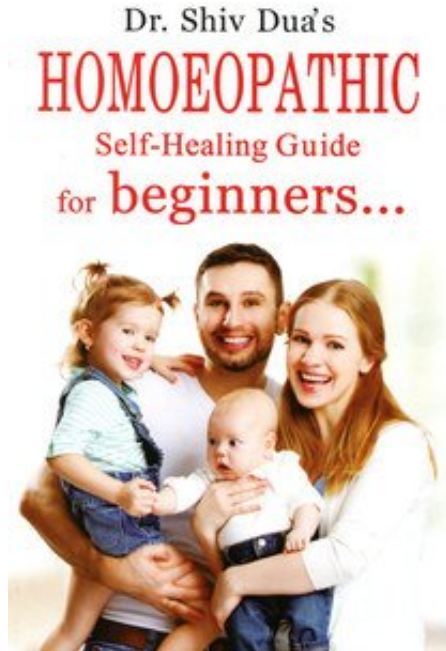
The urge of learning is not limited to non-medical persons. It is a process hidden in every interested person, can be a qualified doctor of allopathic system of medicine. Here is an example as to how learning attains near perfection. I was posted for some days in Lakhasar village of district Bikaner, Rajasthan in connection with Potash investigations in 1976. I stayed with my colleague, Mr. R.M.Singh, Drilling Engineer who was in charge of operation. He had a fast friend, Dr. Sharma who was Medical Officer in government dispensary, Lakhasar. He had completed his MBBS and MS and his posting was in this rural area. Dr. Sharma was at a loss to understand how a homoeopathic medicine without actual medicinal substance could heal? We discussed about it for hours everyday. To know more about it, I gave Dr. Sharma a book to read. I still remember it was 'Beginners guide to Homoeopathy'

by T.S. Iyer. Dr. Sharma read the book a number of times. He was so much convinced about the principles of homoeopathy that he purchased many other books on homoeopathy for study. He further tested homoeopathic medicines on his patients, especially in surgical cases. Time went by and I got transferred to other states of India from time to time. I returned to Bikaner area after 14 years on a posting near Palana and happened to meet Dr. Sharma. I was surprised to know that Dr. Sharma had gained tremendous popularity as a noble surgeon in Bikaner, not merely because of his allopathic practice but by dint of his applying homoeopathy in difficult surgical cases. His services were even sought by the then Chief Minister of Rajasthan, Honourable Shri Bhairon Singh Shekhawat, now Honourable Vice President of India. Here was a glaring example of excellence of homoeopathy.

Homoeopathic prescribing is not that simple but an attempt has been made in this book to make it look like simple. Single remedy given in this book may become a 'hit' or a 'miss' but I am confident that 'hit' will be more than 'miss'. This book is a catalogue with which day to day ailments can be resolved at home. The medicines mentioned in the book need not require any doctor's advice and cannot harm your health, if taken as per directions given on the first page of the book.

Learning any art and science is not difficult, if one takes interest. When grass can grow from cemented brick wall, why learners cannot achieve success and help themselves. This book will be a boon for them.

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