

Ayurveda, Homeopathy and Chinese Medicine

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Improving response to treatment to classical homeopathy of respiratory tract conditions with the help of biochemic homeopathic medicines in children

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Statement of the Problem: There is a rising incidence of recurrent infections/allergic conditions in children. Conservative treatment is harmful for prolonged use, and does not improve the body's response to infection/allergens. Homeopathy succeeds in doing so. The difficulty to homeopathically individualize the case in children due to limitations of communication can be overcome by integrated study of specific ion functions in the body related to biochemic homeopathic medicines to improve the body's response, reducing recurrence of illness and duration of treatment, helping the child's all round development.

Methodology & Theoretical Orientation: A detailed study of each patient including clinical examination was done based on homeopathic principles, to understand the constitution, and family history by in depth interviews of parents and child whenever possible. Factors involved in the onset and modification of intensity of the problem, were studied.

Findings: Many children had the onset of recurrent respiratory tract infection after exposure to allergens/infections when they came in contact with larger social groups. Some showed association with separation anxiety. History of allergic conditions in the family was found in many cases. Frequent use of nebulizers, anti-allergic medicines, and antibiotics resulted in loss of appetite/irritability. Homeopathy was helpful in controlling the acute episode and incidence, although the degree of difficulty in treating children was high in the classical method. Use of biochemic homeopathy medicines, along with the classical prescription, speeded up the cure, and could be used in acute situations by parents according to prior guidelines.

Conclusion & Significance: This method of integrated use of biochemic medicines in classical homeopathic treatment, gave faster and better results showing remarkable improvement in health reducing cost and improved compliance, and helping the child's overall development.

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Ayurveda Marma health in prevention & cure

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Marma, the Sanskrit word itself denotes the vital energy of living organism under control by hidden force. The Prana energy in Ayurveda is vital to the point of control over all systems in health and thus important to balance it in terms of Ojus or essence of healthy tissues to maintain their homeostasis for better Tejas or energy out-put for varied functions of living body. Though 107 Marma points have been described extensively in Ayurveda for their spread all over in living body, 37 vital areas of head and neck area, 11 in each limb making 11X4=44, front 12 and back 14, roughly to divide their location has priority through in access from hearts of Ayurveda. Heart in Ayurveda from physiology to psyche components makes it dual in connection with the lower abdominal or naval and uro-genital bladder area under control or controlled functions through above subtle and vital energies known as PRANA-OJUS-TEJAS. Human body as a mystical and complex dualism of macro to micro and from physio to psyche is well governed through these vital life holding areas of governance. And understanding the concepts behind is easy to execute for their role under preventive health to promotion of health and well beyond from also in therapeutic balance in a given conditions of health and disease in Ayurveda.

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