

**Dear Readers,**

Today, we all are running from pillar to post to make our lives better. What is the betterment we are running towards? Many times people feel that they are working so hard to attain happiness. I wonder where the happiness is. By working 18 hours a day, where the person comes home just to have food and sleep for a few hours. When you reach another step in the ladder of success, you are likely to be busier than what you are today. One certainly has a bigger pay packet but that will every time come with more responsibilities. Therefore, it is very important to understand what the happiness is for a person. In this rat race, are people able to achieve what they intended to? This is the question we have to ask ourselves and help our patients answer this question to themselves.

I am discussing this aspect here because the homeopathic concept says that the base of many physical problems is the subconscious turmoil; when we are not happy, we suffer.

Therefore, along with the medicine, it is important to help the patient understand the cause of his unhappiness and suffering. The medicines have a great role to play in correcting the sensitivity of the patient but it is also important to help the patient recognize his problem area, so that his basic conflict can be solved and the maintaining cause or the precipitating cause (the emotional disturbances) can be lessened.

If a person is resolved, he will certainly have less suffering. Realization of self and knowing yourself is an important aspect of life. When we are able to resolve ourselves, then only we can guide the patients towards this resolution and health in a deeper sense.

Handling patients of various ailments is an exhausting job for a physician and especially a homeopathic physician, where patients come and express all their sufferings and issues with partners, boss, family, neighbour, society etc.

Many times, it is very draining. Here comes the necessity to be resolved ourselves so we can take all that. Therefore, we are able to be neutral at such discussions and keep ourselves away from it. Similarly, when handling end stage diseases, we do have homeopathic remedies, which are known to be useful in the palliation of diseases. There are many homeopathic physicians, who have evidence based results of the treatment of cancers and other so called end stage diseases. We have included few such cases in this issue. Another such aspect, which has been touched for the first time is Euthanasia — a debatable subject. Dr Ahmed Currim has given three cases, where he prescribed homeopathic remedy to help the patient go.

Why I am discussing all these aspects in this write up is because the role of medicines we all agree to, but we have to think much prior and much beyond this.

Why at all a person reaches such a stage, where life is such that he knows that the death is near and he lives every day in that fear. If all these people were helped at an earlier stage of the life with correct homeopathic remedy, were guided properly to resolve their conflicts and were given assistance for the same, maybe, many of them would not suffer. Another aspect is when a person is at such a stage, just a comfort of voice and some assuring words for a better life condition than what the patient is in will do wonders to his health along with the remedy. Happiness is hard to define but most people are aware of whether they are happy or not. One has to understand what it is that will make you happy. Everyone has unique requirements for attaining happiness and what makes one person happy may be very different from what makes someone else happy. Handling end stage diseases is one aspect but we have to keep another aspect in mind i.e. to help such people in their earlier stages, so that they do not reach such stage.

**Dr Geeta Rani Arora**  
Editor



## Unbolt yourself ...

MONTH	TOPIC	LAST DATE OF SUBMISSION
October, 2011	Anxiety Disorders	August 20, 2011
November, 2011	Throat Disorders	September 20, 2011
December, 2011	Sycotic Miasm	October 20, 2011

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