

Dear Readers,

**M**enopause is one stage in the life of a woman where there are changes that are, at times, difficult for a woman. Post menopausal life is a new phase of life but many females encounter lot of problem going through this change and continue to have the effects of reduced estrogen long after the menopause is "officially" over.

Many females face a lot of difficulty passing through this menopausal phase like hot flushes, sweating, itching, mood swings. Medication is required in many cases but all of them do not report to the doctors. Awareness about seeking homeopathic help is also required as females suffer by thinking that this is just a change and they have to bear it. Homeopathic medicines help the overall person by acting at both the physical and mental plane and also touch all the other aspects of the patient's health.

In homeopathy, because of the lack of proper understanding, many times people only get to learn the extreme form of the individual remedy. People tend to believe certain facets of the remedies and believe the remedies to be like that. For example, *Natrum muriaticum* will always fall in love with a person not of her grade or *Sepia* is one who is extremely indifferent to her family and children or *Stramonium* would be wild, violent and delusional. But we need to understand the various stages which a remedy goes through so we are able to prescribe these in the early stages and not just wait till the patient reaches

the very extreme stage. We need to learn about how a remedy will behave when in healthy state or in lesser severely state of disease. Otherwise, we will not be able to help people until they are very ill. The recent works by doctors like George Vithoulkas, Paul Herscuc, Rajan Sankaran adds so much to the literature, which I have personally found very useful in my practice, where they have given various facets of personalities in the early stages of disease and given a deeper understanding of our classical literature. I might have missed out many names, my apologies for the same, as I am quoting those limited that I have read yet there are many in the field that are doing this kind of work which we need to read. In fact, reading the basic literatures with more in depth analysis and trying to read in between the lines is also a great way of understanding aspect. Kent Lectures is one book, I swear by, have read it more than 50 times, but I still feel the need to read it all over again.

In this issue, I share with you all a case where we do not see the extreme state in the lady but a compromised state of the remedy where she, a dignified lady, is doing her duty to be the best wife but her emotions and evolution to this stage when looked into, tells the remedy. There is no extreme you see but the basic emotion is expressed in a subtle way of her behavior and way of living.

**Dr Geeta Rani Arora**  
Editor



### Unbolt yourself ...

| MONTH         | TOPIC                         | LAST DATE OF SUBMISSION |
|---------------|-------------------------------|-------------------------|
| December 2010 | Rare Remedies                 | October 20th 2010       |
| January 2011  | Cancer                        | November 20th 2010      |
| February 2011 | Attention Deficient Disorders | December 20th 2010      |
| March 2011    | Kali Group                    | January 20th 2011       |

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