

FROM THE EDITOR'S DESK

About 50 years back when there were no televisions or computers, reading was a primary leisure activity. People would spend hours reading books and travel to lands far away-in their imagination. With the development of technology and increasing facilities people have lost the skill and passion for reading. These days, there are many other exciting and thrilling options available, aside from books when it comes to exploring options for leisure and spending extra time. People who still want to read, take out special time to indulge in their choice of activity i.e. reading. It is advisable to indulge in at least half an hour of reading a day to keep abreast of what's happening in the world.

It is observed that children and teenagers who love reading have comparatively higher IQs. They are more creative and do better in school and college. Reading is said to significantly help in developing vocabulary.

Reading helps in mental development and is known to stimulate the muscles of the eyes. Reading is an activity that involves greater levels of concentration and adds to the conversational skills of the reader. It is an indulgence that enhances the knowledge acquired, consistently. The habit of reading also helps readers to decipher new words and phrases that they come across in everyday conversations. The habit can become a healthy addiction and adds to the information available on various topics. It helps us to stay in-touch with contemporary writers as well as those from the days of yore and makes us sensitive to global issues.

Why I am insisting on reading for homeopaths or students of homeopathy is that as our science is not as easy as people think it to be. We are always facing challenges as we see newer cases every day, each case is a challenge as there is no set formula

for a homeopathic prescription. To be prepared for this new challenge every day or for every knock at our door, we need to read a lot. We have our own vast literature written by our masters, books like *The Chronic Diseases* by Dr. Hahnemann, *Kent's lectures*, *Nash, The Genius of Homeopathic Lectures* by Stuart Close, *Roberts, Kent's Philosophy* which many of the students don't read during their study time but these books are gems. These books can be read even a 100 times and still every time you will learn something new. It is very necessary to know our basics if we want to be a good prescriber. For example the chapters of susceptibility and idiosyncrasy in

being developed, new findings in medicine and diseases, to be sure that we don't miss out on any important diagnosis and know our scope and the ways to handle these cases well. It is required to know what new of investigation are being developed so we can use that, which will not only help us in diagnosis but also to see the prognosis of the case and can be used for showing the efficacy of homeopathy if records are maintained.

It is good to read newer books coming in the market and following different ways of homeopathy being practiced by different schools as that way one gets a guideline but before you start following any particular

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Kent's Philosophy are such that if read thoroughly and if one sincerely tries to understand what Kent has said in between the lines, most of the concepts of selection of potency become crystal clear. Once while reading one such book, I think it was Nash's work, it was written that one dose of *Ranunculus Bulbosus* 10 M can cure Herpes Simplex, I tried it and till date in all the cases I have seen in my practice, I have given this medicine and to my surprise, I have always found it to be effective. I personally don't believe in specifics but somehow this worked in all the cases. So reading our texts is not just an advantage but necessary. To begin with, try and inculcate a habit of reading at least for an hour or half each day, dedicated only to homeopathic study per se. It will go a long way for you.

Not only that, we need to be abreast with the latest technology

section or school, be hundred percent thorough with your basics, for which you have to read your classical text, otherwise you will get swept off with the aura of the successes which the senior teachers have got. Don't forget that they have got it after a lot of reading, research, practice and hard work. You can also reach there, but you will have to follow the same path which they have gone through. Good things come with a price and here your efforts will be the price you pay for becoming a successful homeopath and at the end of the day you will be a satisfied person, that what you have earned is a fruit of your own sincere hard work and efforts.

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