

**Dear Readers,**

*"Childhood is the world of miracle or of magic, it is as if creation rose luminously out of the night all new and fresh and astonishing. Childhood is over the moment things are no longer astonishing. When the world gives you a feeling of "déjà vu", when you used to existence, you become an adult." - EUGENE IONESCO, Present Past / Past Present .*

Childhood is like clay on which whatever we write is going to have an impression in the years to come. What a child feels and experiences even while in the womb is going to have an effect in his life to come. All this in turn is going to reflect on his state of health and fitness. In Homeopathy literature, there is evidence that the stress of the mother during pregnancy and lactation is going to have a derogatory effect on the child's health. A lot of times we are able to find the correct similimum of the child by tracing back into the history of stressful and emotional turmoils during conception and pregnancy.

All across the world the pregnant females are guided to remain happy so the child is born healthy, there must be some truth in this age old guidance.

Some recent researches also showed that whenever the mother would be happy or does activity which she enjoys, the movements of the child in utero increases to a significant degree and mothers who remain sad and stressed show a higher tendency to low birth weights. Therefore the base for a happy and healthy child is laid the very moment a couple plans a child .

When the child comes to this new world, it's the environment and surrounding which play and significant role in his development. If the child sees a healthy environment and gets a lot of love and

affection in his early childhood, he or she is going to become a more secure, confident and healthy individual. What a child learns in the initial years from parents is known to have a lasting impression on the mind of the child which is why good parenting is an absolute necessity.

A healthy child is full of love and has spontaneous reactions to all impressions. If the environment is not adequate in terms of the affection and harmony in the surrounding, the emotional and mental growth of the child is going to be affected for sure and we see disorders like ADHD, Depression, Obesity, Autism, Enuresis are on a rise in the society.

Homeopathy has good results for treatment of these disorders but we also need to work on the basics of human development so as to prevent occurrence of these disorders as there is much more to be taken care of with medications. We can bring awareness about harmony in the environment and need of lot of love and affection during the growing year by discussing these aspects with parents. The homeopathic way of treatment gives us this opportunity to discuss these sensitive issue with the family which a conventional physician might not give importance to.

The society needs these changes and we as homeopaths can play a role in bringing awareness about these issues. Before that, we have to apply these aspects to our lives as we will certainly have some role to play in growth of a child at some stage of our life, be it as a parent, grandparent or any other relation. This way it will much easier for us to pass this on to others.

**Dr Geeta Rani Arora**  
Editor



### Unbolt yourself ...

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<b>April 2012</b>	<b>Ophidia Group</b>	<b>February, 20<sup>th</sup>, 2012</b>
<b>May 2012</b>	<b>Management of Fevers with Homeopathy</b>	<b>March, 20<sup>th</sup>, 2012</b>
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