

FORWARD MARCH – 21
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HEART DISORDERS AND HOMOEOPATHY

INTRODUCTION

A history of chest discomfort or breathlessness, palpitation etc is characteristic of heart disorders. It is a condition that makes many people worry about the longevity of their life. The common features of heart diseases are Chest discomfort, Breathlessness, palpitation, syncope, peripheral edema.

Predisposing factors-

According to Homoeopathic principles and philosophy, causation of chronic diseases is i.e. Miasm. Moreover the following factors are also responsible for this disease.

1. PAST HISTORY-

Suppression of skin diseases, Emotional excitement, Persisting anxiety and worries, Recurrent inflammatory diseases, Suppression of rheumatic diseases, Suppression of ulcers by local application, History of syphilis, Still birth in females.

2. FAMILY HISTORY-

Hypertrophy cardiomyopathy, Bronchial asthma, Rheumatic disorders, Tumour, Warts, Gonorrhoea, Skin disease, Asthma, Gastritis.

HOMOEOPATHIC APPROACH-

Homoeopathy has better promise for heart disorders as in all other diseases. The conventional mode of treatment for heart problems is not curative. A heart patient has to be on medicines throughout his life which brings drug dependency and its side effects. So in spite of all means the disease keeps on progressing. In such conditions Homoeopathy plays a vital role. Homoeopathic treatment is curative in curable cases, but if the disease is too advanced to be cured then also it gradually removes the drug dependency, its side effects and improves the quality of life.

As Homoeopathic treatment is holistic. Medicines given on the basis of totality of symptoms which act directly on the defense mechanism of the body thus enhances the body's natural ability to fight diseases.

LIFESTYLE CHANGES AND PREVENTION-

- Avoid or reduce the amount of salt.
- Reduce intake of fats and cholesterol and include fruits and vegetables.
- Develop a routine of regular exercise.
- Avoid sedentary lifestyle, sleeping during the day.
- Avoid smoking.

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