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HOMOEOPATHY FOR STUDENTS

This is an era of competition and stress. Every body is under stress. Students are one of the most vulnerable groups. Now-a-days the burden of studies starts at very tender age.

As a result children face various problems, as:

- a. Examination fear
- b. Brain fag
- c. Headache
- d. Lack of concentration
- e. Forgetfulness
- f. Defective vision
- g. Difficulty in learning various objects

Fear of Examination: It is one of the commonest problem in students where student gets fever, palpitation or diarrhoea due to fear of exams. He/she will be so nervous at times that it will be impossible to sleep and eat also. Some times the student is quite intelligent and hard working but could never complete the paper in prescribed time as fingers got tired or forget the right answer in the examination hall and could recollect it afterwards.

Brainfag: It is the result of continuous studies, which is the consequence of education system. This brings complete tiredness of the brain. A student suffering with this can not read, digest and focus his attention at all.

Headache: It is the indication of excessive tension. They can be caused by the existence of strong external demands but also by excessive ambitiousness and striving for perfection. Interviews at the time of admission, examination and over expectations of parents as well as teacher put a tremendous stress on little ones, as a result headache in school children is very common.

Vision Defective: The most common among students is defect in vision. Generally the student cannot read the black board, the books and the letters appears hazy. Continuous studies bring headache and eye complaints like pain and watering in eyes.

In above-mentioned complaints, as in other ailments, the Homoeopathy has lot to offer. Correctly chosen medicines not only relieve the complaints but also improve the general health of the patients.

So homoeopathic remedies can come to rescue of students in their academic pursuits for any problems.

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