

## Case studies of chronic cases

### **Psoriasis:According to Wikipedia,**

**“Psoriasis is a long-lasting autoimmune disease characterized by patches of abnormal skin. These skin patches are typically red, itchy, and scaly. Psoriasis is generally thought to be a genetic disease. Infections and psychological stress may also play a role. Psoriasis is not contagious. The underlying mechanism involves the immune system reacting to skin cells. Psoriasis typically appears as raised areas of inflamed skin covered with silvery-white scaly skin. These areas are called plaques and are most commonly found on the elbows, knees, scalp, and back. It involves widespread inflammation and exfoliation of the skin over most of the body surface. It may be accompanied by severe itching, swelling, and pain. There is no cure for psoriasis. However, various treatments can help control the symptoms. These treatments may include steroid creams, vitamin D3 cream, ultraviolet light, and immune system suppressing medications such as methotrexate”.**

### **Cases of psoriasis:**

1. 74 year old man, Mr N.G came from Kandivli on 19 February 2013 complaining of psoriasis on the palms and soles since the past 5 months. He had lot of cracks on his soles due to which it was very painful for him to walk. He would get throbbing pain in both the big toes at night. His palms were also cracked and bled at times. The skin of the soles had become very thick. He was applying Fucidin and Tenovate cream daily without any long-lasting relief.

In homoeopathy we not only note down the symptoms of the illness, but we also look into the mental make-up of the patient, his likes, dislikes etc. This patient was always very punctual. He would get very angry and he would shout, but later regret it. He was very hard working and impatient. He was respected by all in his community as he used to help everybody in distress. He would help poor people in getting their heart surgeries done. He would help in their education also. He was also obsessed with cleanliness. He had low tolerance to pain and wanted to get better quickly. His problem started when he was cheated of Rs 2 lacs by a person whom he trusted.

Based on this and other symptoms he was given medicine by the name of Aurum Arsenicum. Within 2 months the skin of his palms and soles became normal. He can walk normally and is very happy to get rid of the ointments and the socks he was forced to wear. There is no recurrence till date. (Refer pictures in gallery)

2. 32 year old woman M.P. came on 3 March 2014 from Daman with lesions all over her body which had started a year earlier. There was lot of itching and scaling. She had big red patches on both her arms and hair margins which caused her lot of shame and embarrassment. She had to give up her job as a beautician as people were scared of getting infected. Three people in her family had psoriasis. She was fond of chicken and carbonated drinks. She lost her mother immediately after her marriage, which left her feeling that she lost a friend with whom she could discuss and solve her problems. As a result she would get

very confused. By nature she is very timid and fearful. Now she depends on her brother to bail her out in tough situations. Also she needs her husband's help in small things. She couldn't comb her hair as her scalp would bleed.

She was given Graphites with which over a period of 1.5 years all her skin lesions slowly dried up and disappeared. She has re-started her work and is happy to get rid of this distressing disease. (Refer pictures in gallery)

3. 56 year old male patient M.C. came from Mulund on 26 December 2007 suffering from psoriatic patches over both legs, arms and abdomen which developed 5 years earlier. These caused a lot of itching and throbbing pain. When he came to me both his legs were red and swollen. (See gallery) For 25 years he ran his brother-in-law's shop, but after the latter's death 6 years ago his nephews started harassing him to vacate the premises. This is when his problem started. He felt he had helped in raising his 2 nephews and gave his life for his sister---and still they didn't respect him! He was very fussy about food and imagined certain foods were harmful to him. He was very generous and naïve. He believed in keeping up relations with all and would even talk to his brother who had cheated him. He likes to eat icecream. He thought people would say his legs were decayed, so he would avoid going to the nearby temple. He would wear full trousers and full sleeved shirts to hide his lesions.

He was given Pulsatilla and over a period of 2 years all his lesions cleared up. He started working with his son and is actively involved in all activities at the nearby temple.

4. 43 year old male patient S.T. came on 14-12-02 for psoriasis all over his body for the last four years. He was a poor man working for 12 hrs in a mill as a machine operator. Half his monthly salary would go in buying ointments which he had to apply all over his body. After working for 20 years in the mill, he lost his job as the mill shut down. Then he went to Bangalore for work for two years. Psoriasis started there as he was all alone there without his family. Now he has another job where he is responsible for four other people who work under him. He hides his hands whenever he has to see his boss as he is scared of getting fired. By nature he is very quiet and sincere.

Within 3 months of taking Natrum Mur his entire skin cleared up like magic. As he was poor I gave him free treatment. But his grateful smile made up for all the money in the world!

5. 47 year old male patient D.P. came from USA complaining of peeling of the skin of both palms since 8 months. He also had lesions on his ear, elbow and knee. He couldn't play tennis, as holding the racket would cause his palms to bleed. He had difficulty in doing simple things like unbuttoning, holding a tea cup, etc. He said he was hampered, having to carry steroid cream all the time. He was training for a triathlon as he felt it was a good challenge to keep him fit. He likes to take risks and do something different. He liked to meet new people, talk about new ideas, and try different cuisines. He had claustrophobia and hated crowded places. His throat would pain if he talked for long. He loved having spicy food and chocolates.

Within a year of taking Argentum Nitricum his skin was totally clear.

**With the above 5 cases I wanted to demonstrate that every patient of psoriasis is different and needs different medicines based on the case history. In allopathy there is no cure for psoriasis. Patients have to apply ointments throughout their lives along with harmful oral medication, whereas in Homoeopathy, there is a high rate of cure and negligible chance of recurrence.**

## **Hypothyroidism: According to Wikipedia**

**Hypothyroidism, also called underactive thyroid or low thyroid, is a common disorder of the endocrine system in which the thyroid gland does not produce enough thyroid hormone. It can cause a number of symptoms, such as poor ability to tolerate cold, a feeling of tiredness, constipation, depression, and weight gain. Occasionally there may be swelling of the front part of the neck due to goitre. Most people with hypothyroidism symptoms and confirmed thyroxine deficiency are treated with a synthetic long-acting form of thyroxine, known as levothyroxine (L-thyroxine). Most of the patients have to take it lifelong.**

### **Cases of Hypothyroidism:**

1. 48 year old female I.S. came on 31 March 2005 with complaints of intense lethargy and weight gain since 6 months. Her T.S.H. (Thyroid stimulating hormone) level was 82.53. Normal levels are 0.2—6. She had severe constipation. She is afraid to travel by train alone as she saw few girls falling down. She gets panic attacks if she cannot sleep, worried about her future and finances. She is very timid and worries what will happen if her family members die. She has a fear of crossing streets. Gets very panicky if husband is late returning home. Her stress levels had increased after her husband made a huge financial loss. She would feel suffocated and run to the balcony. She had claustrophobia as if her heart would stop beating. She would tremble with fear if her boss scolded her. She was prone to getting headaches in the sun.

I gave her Calcarea Bromatum. After 5 weeks her TSH dropped to 7.87. The patient said she is feeling much better. She has no headache, no panic, no constipation, and no fear of crossing the road. Her lethargy has gone. She lost 2 kg weight. A repeat TSH test after 4 weeks showed a level of 2.94 and in the year 2010 was 1.9. Till date she is fine. Her thyroid problem never recurred.

**If she had taken allopathic medicine she might have had to take thyroid tablets lifelong. In homoeopathy we treat the individual with the disease, not just the thyroid deficiency. We take into account the mental state and the causative factor. Then the cure is complete.** (All reports in gallery and testimonial in video section)

2. 54 year old female A.M. came to me on 29 March 2011 for dullness, lethargy, sleepiness, dryness in mouth and constipation since one month. She was feeling depressed and had no enthusiasm to do anything. Her stomach would feel very full and heavy. For years she had headache on going in the sunlight. She was very attached to her kids. Her problem started

after her daughter got married. She would feel very lonely and insecure without her. She was very dependent on her husband for emotional support. She was very mild by nature and could never be rude or nasty to anyone. Her hair had become very dry and coarse. She was fond of eating sour, sweet food and cheese. Her TSH level was **229.54** !!! Normal is 0.35 to 5.5.

Based on her case history I gave her Pulsatilla. After 18 days her TSH dropped to 168.40. After another 5 weeks it came down to 142.25. One month later it dropped to 36.30. After 5 weeks it was 10.64. Another 6 weeks it was 6.48. Refer reports in gallery.

**Usually patients never opt for homoeopathy in thyroid problems. But this lady had lot of faith in me and in homoeopathy. It is 5 years since I treated her but her thyroid problem never re-surfaced. If she had opted for allopathy (like her younger sister who is on thyroid medication since years), she would have had to take thyronorm tablet lifelong. Such miracles can happen only with homoeopathy.**

## **Cases where surgery was avoided:**

### **A: Kidney stones:**

Case 1: 60 year old male Professor J.N. came to me on 23 January 2009 for multiple stones (at least 5) in right kidney measuring 2-4 mm in size. A tiny 2 mm stone is also seen in the left kidney. Since childhood he would go through an ordeal of kidney stone pain every 3-6 months. His uric acid level was also high. He was a very intelligent, compassionate man. He would never impose on his juniors, would avoid fights. His finger joints were very stiff. He wouldn't remember to drink water. He liked to have soup and sweets. After a thorough case-taking session I gave him Lycopodium. In a few years all his stones disappeared. Since the past 3 years there has been no new stone. **Homoeopathy not only removed his stones but also cured his tendency to develop stones.** (Refer testimonial of handwritten notes)

Case 2: 27 year old female V.V. came to me on 8 June 2011 for stones in both kidneys, polycystic ovarian disease and fear psychosis. She had 2 stones in her right kidney and 1 in the left kidney. Lot of changes happened in her body after she got married. She was very scared of the dark and was unable to sleep alone. She was very career oriented. She was very hardworking and was very popular at her work place. After 5 years of treatment she got rid of her kidney stones. Her PCOD came under control and she became pregnant. She is no longer fearful. (Testimonial in videoandsonography in before and after section. )

Homoeopathy treated multiple complaints with one medicine. (I had given her Phosphorus). We treat the person as a whole and not for individual ailments. An allopath would have prescribed hormonal medicines for the PCOD and tranquilisers for her mind state, whereas here, simple homoeopathic pills healed her in a holistic way without any side effects.

**B. Fistula in Ano :An anal fistula is an infected tunnel between the skin and the anus, the muscular opening at the end of the digestive tract. Most anal fistulas are the result of an infection in an anal gland that spreads to the skin. Symptoms include pain, swelling and discharge of blood or pus from the anus. Surgery is usually needed to treat anal fistula.**

Case 1: 65 year old male D.U. came to me on 19 July 2011 as he had suffered from anal fistula for a long time. He was referred to me by his family physician to avoid surgery. He would get bleeding from the anus. It was very embarrassing for him as his underwear would get stained. He wanted to avoid surgery as he had to look after his two brothers. His other relatives and friends would turn to him for advice about any health crisis. He was very friendly, helpful and generous by nature. His problem restricted his life. He was a foodie. He loved to entertain people. He liked to travel. After taking Cannabis Indica his bleeding slowly subsided. He didn't need any surgery. (Refer handwritten note in testimonial).

Case 2: The same family physician referred this overseas patient to me. He came on 23 January 2009 with a complaint of anal fistula since 3 months. A painful boil would form near the anus, then after 2-3 days it would burst and lot of pus and blood would come out. He was very short tempered, didn't like injustice. He was very straightforward. If anybody lied he would lose his temper. His blood would boil if he saw youngsters being rude to elderly people. Also he was very neat and meticulous. Within a month of homoeopathic treatment his fistula healed. He had to cancel his scheduled surgery. There is no recurrence till date. (Refer testimonial in handwritten notes)

**C. Lipoma: According to Wikipedia---A lipoma is a benign tumour composed of adipose tissue (body fat). It is the most common benign form of soft tissue tumour. Lipomas are soft to the touch, usually movable, and are generally painless. Many lipomas are small (under one centimeter diameter) but can enlarge to sizes greater than six centimeters. Usually, treatment of a lipoma is not necessary, unless the tumour becomes painful or restricts movement. They are usually removed by surgery for cosmetic reasons.**

Case of lipoma: 39 year old female B.S. came on 7 October 2005 for a 2 cm by 1.5 cm lipoma above right eyebrow since 5 months. There was no pain but it looked very odd. People would tease her and call her Dilip Kumar as he has a lipoma in the same place. She was afraid of surgery, so she came to me. She liked eating spicy and sweet things. She was very punctual; she would finish all her work at home and then go out. She was very clean and organised. She was very mild, couldn't retaliate and would keep on brooding. She would get headaches from strong odours. Based on additional history I gave her Silicea. Over a period of ten months the lipoma slowly went away. Her forehead became smooth and there is no recurrence till date.

**D. Corns: Corns are hard, thickened areas of skin that form as a consequence of rubbing, friction or pressure on the skin. Corns on the feet can make walking painful. Some corns on the feet develop from an incorrect walking motion, but most are caused by ill-fitting shoes. One needs to change their footwear. Allopaths use salicyclic acid locally, tell patients to use corn caps etc. If there is no response, surgery is done.**

Case 1: A 15 year old boy S.S. was brought by his mother on 10 October 2011 for multiple corns below his right big toe since 18 months. He had tried changing his footwear many times. He used many corn caps and got his corns trimmed. But they would grow back. I took his history. He had tendency to catch cold. He was a big time foodie and would tend to overeat. He would perspire a lot. Self-respect was very important for him. He was afraid of the dark and would sleep in between his parents. He was very careless, selfish and lazy. After a dose of Sulphur all his corns fell off in 10 days. He couldn't believe it. He had come to me as his mother forcibly got him to me. After 2 years he got corns again on the same area. With Sulphur they fell off promptly. See his testimonial in the video section.

Case 2: 65 year old female C.G. came to me on 2 January 2006 for multiple corns on both her soles since many years. She was staying in a farm house and would walk over stony surfaces barefoot. She was very carefree by nature. She used to be badly constipated and had sleep issues. I gave her

homoeopathic medicine Opium. She came back after a month and I was feeling and prodding both her soles. I couldn't find the corns! Then she told me, "Silly girl, why are you poking me? All the corns are gone".

**E: Varicose Veins:From Wikipedia---Varicose veins are veins that have become enlarged and twisted. The term commonly refers to the veins on the leg although varicose veins can occur elsewhere. Veins have pairs of leaflet valves to prevent blood from flowing backwards. Leg muscles pump the veins to return blood to the heart, against the effects of gravity. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves do not work. This allows blood to flow backwards and they enlarge even more. Varicose veins are most common in the superficial veins of the legs, which are subject to high pressure when standing. Besides being a cosmetic problem, varicose veins can be painful, especially when standing. Severe long-standing varicose veins can lead to leg swelling, venous eczema, skin thickening and ulceration.**

Case of varicose veins: On 14 December 2012, 30 year old male J.L. came with redness of both legs below knees since 6 months. He thought it was some skin allergy. As it didn't improve he went to a doctor who said it was eczema due to varicose veins. He was advised laser surgery. He came to me as he wasn't convinced about the surgery. He was working in a football academy. He was very ambitious. He had lot of pressure to perform. He had a habit of continuously sipping lime juice. He would get breathless if there was strong odour. He would love eating chicken, fish and coffee. After one year of taking Phosphorus, all the redness subsided. The thickness of the veins also reduced.

**F: Bullous Pemphigoid is a rare skin condition that causes large, fluid-filled blisters. The blisters develop on areas of skin that often flex — such as the lower abdomen, upper thighs or armpits. Bullous pemphigoid occurs when your immune system attacks a thin layer of tissue below your outer layer of skin. The reason for this abnormal immune response is unknown, although it sometimes can be triggered by taking certain medications. Treatment usually includes medications, such as steroids, and other drugs that suppress the immune system. Bullous pemphigoid can be life-threatening, especially for older people who are already in poor health.**

Case of Bullous Pemphigoid: On 4 July 2014, 52 year old female K.R. came to me with diagnosis of bullous pemphigoid. I had never treated such a condition and I had heard it was very difficult to treat. She was taking Wysolone 10 mg (steroid) and 4 tablets of Keycept (immunosuppressant mycophenolate) daily. Due to heavy doses of steroids and immunosuppressants over a period of 1 year, she had developed hypertension, diabetes, high cholesterol, terrible weakness and ugly acne over her face and neck. She had put on 40 kg weight. She didn't even have the energy to take a bath. She had to leave working and was totally confined at home. She had lost her confidence. She felt very helpless and felt she was a liability. She was fed up of her life. She used to be very hardworking and had taken the responsibility of bringing up her children single-handedly. She had struggled all her life, but she didn't mind it as she was working. But now since she couldn't work, she felt bogged down. After a series of homoeopathic medicines over a period of 2 years, she has stopped taking the steroid and immunosuppressant. Her skin lesions have subsided, her blood

pressure has come down, she has lost 40 kg and has resumed working now. She is much more active and in a good frame of mind. See testimonial in video section and pictures in gallery.

**If she hadnot opted for homoeopathy I shudder to think what would have happened to her. Because of the allopathic medicines she developed high blood pressure, diabetes, acne and obesity. Homoeopathy has performed a miracle for her and has changed her life for the better. Homoeopathy can do wonders in auto immune diseases where allopathy can offer only steroids and suppressants which add insult to injury.**

#### **G: Cases of chronic cold and sinusitis:**

Case 1: On 8 June 2004 a general physician sent his 15 year old daughter to me for chronic sinusitis since 7-8 years. Allopathic medicine was not doing any good to her. She would have a cold perpetually. Her ears and nose would be blocked. She would keep all the doors and windows closed at home to avoid dust and pollution. She would venture out only for school. She would lock herself in an air-conditionedroom at home. She would eat a lot but wouldn't put on weight. She loved to eat cheese, paneerand wanted hot food. She was very short tempered and impatient by nature. Also she was very reserved, stubborn and dominating. If anyone forced her to do anything, she wouldn't do it. She would fight with her younger brother. Within 15 days this girl responded beautifully to Lycopodium. Not only did her cold subside, she mellowed down a lot. Her family were amazedand happy to see the change in her.

Case 2: On 23 December 2013 a 30 year male doctor came to me from Kolhapur for recurrent cold and sneezing. He was suffering since 2 yearsand had taken lot of anti allergicsand steroids. He was so desperate that he was thinking of getting his sensory nerve cut. He couldn't attend to his clinic. He would take an injection of Aviland go to sleep for 8-10 hrs. He would use baby soap as he was allergic to normal soap. He liked to eat sweets and soup. He had been hot-tempered since childhood. He did all possible tests like MRI, nasal swab, culture reports of his nasal discharge, but everything was normal. He was very tense as his medical practice was affected by his constant sneezing. He was very reserved, dominating and impatient. Also he was very lazy, suspiciousand fussy about food. He loved branded clothes even though he couldn't afford them. He would take lot of medicines. He was given Lycopodium. In 2 months' time he was much better. Now he attends his clinic regularly. His immunity had increased immensely and he doesn't fall sick easily.

Case 3: On 17 November 2015 a 42 year old male T.M. came to me complaining of chronic sinusitis since childhood. Mucus would form over his eyebrows and ears. He would have to pull it from the nose and spit it out. His family was worried as he would keep on pulling and spitting. He was taking LevocetandMontair tablets daily without any relief. He was very careful about his diet. He took all

precautions but he kept on getting cold and sore throat. By nature he was very conscientious, balanced, content and even tempered. He would introspect and find a solution to any problem. Within 6 months of treatment this man improved a lot. His immunity got a boost. Now the pulling of mucus is "rare". His overall stamina also improved.

#### **H:Case of asthma:**

19 year old female Y.B. came to me on 1 December 2011 for asthma since childhood. She couldn't eat spicy food, cold drinks, sweets and chocolates. When her asthma increased she would vomit a lot. With every change of weather she would be down with a cough and cold. She couldn't do any activity for more than half an hour. She would have to rest or lie down. She was better off in dry climate where she could eat everything and be physically active. She loved eating panipuri, spicy food, green chillies and chocolate. She was very attached to her parents. Unlike her cousins she would wear only western garments. She had varied interests---learnt Tally, mehndi, crochet, badminton, web designing. She wanted to be financially independent and look after her parents. She wanted to lead her life her way. She was on Foracort inhaler daily. I put her on homoeopathic medicine Phosphorus and slowly weaned her off the steroid inhaler. After 20 days of starting the medicine she ate 4 ice creams but nothing happened to her. Her stamina slowly improved. After 4 months of the medicine she danced for 3 hrs continuously. She started using perfume which she couldnot use earlier. She could work whole day without feeling tired. She could even do dusting in her house! See her testimonial in the video section.

**In allopathy asthmatics have to take steroid inhalers, anti allergicsand bronchodilators all their life. They have to follow food restrictions. Whereas Homoeopathy by improving the immunity, obviates the use of all this.**

**I:Polycystic ovarian disease: According to Wikipedia: PCOS is a set of symptoms due to elevated male hormone in women. Signs and symptoms of PCOS include irregular or no menstrual periods, heavy periods, excess body and facial hair, acne, pelvic pain, difficulty getting pregnant, and patches of thick, darker, velvety skin. Associated conditions include diabetes, obesity, obstructive sleep apnoea, heart disease, mood disorders, and endometrial cancer. PCOS has no cure. Treatment may involve lifestyle changes such as weight loss and exercise. Birth control pills may help with improving the regularity of periods, excess hair growth, and acne. Metformin and anti-androgens may also help.**

**Cases of PCOS :**



**Case 1:** 22 year old female S.M. came to me for late, irregular menses, acne and facial hair. She loved to eat junk food. She was a tomboy in childhood. She was very affectionate, kind hearted and generous by nature. She was not interested in studying but wanted to do something creative. She was very carefree by nature. She would get bored easily. She would get a kick by doing something different, which not everyone can do. This would boost her confidence. Slowly with the homoeopathic medicines her menses became regular, her acne reduced and the frequency of plucking her facial hair reduced. After a few years she got married. Then she had problems in conceiving. When she went to the gynaecologist she prescribed hormonal medicines (clomiphene and metformin) to conceive. The patient wanted to conceive naturally, so I put her on homoeopathic medicines Magnesium Sulphuricum and Anterior Pituitary. Within a month she conceived and is now blessed with a baby boy.

**She could conceive normally without any hormonal medications with the help of homoeopathy.**

**Case 2 :** 23 year old female N.C. came to me on 17 October 2015 for weight gain, acne, irregular menses and facial hair. She was also prone to get migraine. Her PCOS started when she started working. She would get very nervous when her clients called. There was lot of pressure on her and was scared of getting scolded by her boss. By nature she was very shy, reserved and timid. She was a foodie and liked to eat sweets and pastries. She had lot of perspiration on her palms and soles. After 6 months of homoeopathic medicines Calcarea Carbonica and Testosterone her acne has reduced, she has lost weight, her menses are regular. Even the frequency of migraines has reduced dramatically. She used to wax her chin every month. Now she does not need to do it. (Refer testimonial in handwritten notes)

**Her gynaecologist had prescribed tablet flutamide 250 mg daily (it is anti androgen and is given to patients with prostate cancer also). Also she was taking tablet Isotretinoin for her acne. This also has lot of side effects. For the migraine she was given tablet almogril 6.25 mg and paramet. With homoeopathy her PCOS was treated without her needing to take these harmful medicines.**

**J: Case of infertility:** 31 year old female J.M. came to me for getting help in conceiving on 25 September 2015. She was married 3 ½ years ago. She had a miscarriage last year. Her Toxoplasma IgG was 56.4. Normally it should be less than 3. She had tuberculosis of her cervical glands in 2009 for which she had taken full treatment. After the TB illness she became prone to cough and cold. Earlier she had never fallen sick. I gave her homoeopathic medicine Tuberculinum. Next month she missed her period as she was pregnant! She was ecstatic with the result. Later I gave her medicine to nullify the toxoplasma. Now she has given birth to a healthy child.

**If she hadnot come for homoeopathy she might have had to wait longer for a child. Or she might have needed to take hormonal medicines to conceive or maybe IVF. With homoeopathic medicines her problem was resolved in one month.**

**K:Case of migraine** :33 year old female V.V. came to me on 1 February 2012 for migraine and vertigo since 3 years. The migraine started when she started her own beauty parlour. It was a new experiencefor her, with new tension daily. She was the first in her family to set up her own business. She had to face all challenges alone. But she wanted to prove that she could do it. She wanted her own identity and career. She didn't want to be dependent on anyone. She wanted to keep abreast of new things happening in the beauty industry. She wanted to be famous. There was lot of vomiting, giddiness and sweating with the migraine. It would last for 3 days during which she couldnot do any work. She liked to eat spicy food and pickles. I gave her NatrumMuriaticum with which her headaches slowly decreased in frequency and intensity.

**She was taking tablets Sibelium, Valance (which is anticonvulsant) andDomstal without much relief. In contrast just a simple homoeopathic medicine made from common salt helped her permanently.**

**THESE ARE JUST A FEW EXAMPLES OF HOW HOMOEOPATHY OFFERS AN EFFECTIVE AND GENTLE METHOD OF CURE WITHOUT ANY SIDE EFFECTS.**