

C.V.S.HOMOEOPATHIC CLINIC

HEALTH AND LIFE STYLE

“Physical, mental, social, and spiritual well being of an individual is called as the health, and it is not mere absence of disease.” —WHO

Health and disease are but two sides of a coin for all practical purposes. Mere physical built and well-being cannot be called as the health in the true sense. One should also feel, think well mentally, and morally.

Now a days hardly we can find a person in an optimum/perfect state of health! We do suffer either from acute or chronic/ major or minor illness at any point of time. We may accept or may not accept, it is a different issue. Then what are the causes of our illness and suffering) in spite of technological improvement; prosperity from wealth point of view; and we claim to be in the ultra modern age of 21st century? Are we not responsible for our own illness and suffering? Yes. Let us see what are all the factors, in which we can have a say, but still we are not conscious of these things.

1. Attitude to our health care and related factors

A Unless we are very keen of maintaining and improving our health, no agency in the world can help us. Importance of health, to lead a good/meaning full life; (to achieve Dharma, Artha, Karma, Moksha as in Indian thought) cannot be over emphasized.

B Taking casual measures/ to set right our health will only push us towards more illness and suffering.

E.g.: Erratic self-medication for fever, pains; sleep, digestion. Now a days we never allow a symptom to be

expressed in a person, which is the language of the nature. If we mask or suppress it, it can lead to further ill health and serious diseases.

- v Do take advice from well-qualified, well-oriented (service) and professional people rather than hobby advisers and quasi doctors.
- v Consult your physician for any problem in time, before it becomes a major illness and follow the advice meticulously till you regain your health back.
- v Reveal all your problems, major or minor without hiding or distorting. Physicians are guided by your voluntary information.
- v Many a time great things look very simple. Don't neglect simple health advice and look for sophisticated hi-tech methods for help.

2 “An ounce of prevention is better than a pound of cure.”

A) Physical hygiene and cleanliness:

- v We can **prevent** many bacterial and viral infections with simple measures in our day-to-day life.
- v Inculcate healthy and **cleanly habits** to children from the beginning. Like toilet training, washing hands properly; dining table methods and manners.
- v Try to have residence with a reasonable amount of natural **ventilation and natural lighting**
- v Observe **house keeping** cleaning things, removing unused, useless, overused material; & keep all the utilities in an orderly manner.
- v Sterilize drinking water by simple methods like boiling and filtering (instead of depending on packed water)

B Mental hygiene and health.

- v Take care of kids properly during their tender, growing age. Giving optimum warmth and love will shape up the future personality of your child; It is not tuitions; colleges or training institutions.
- v Give them congenial environment to realize, God gifted talents/potential rather than pushing them in lines of your wish and fancy.
- v **Take care of your psychi / emotions.** Stress kills us in spite of having all the wealth, power and richness, if we don't learn proper attitudes, and inculcate mental hygienic principles (Refer CVS mental health guidelines), then only we can cope up with all the situations and optimize our stress levels i.e. tensions.(which is the cause for so many common diseases like hypertension, Ischaemic heart disease; diabetes, allergic disorders.etc)
- v Bringing up the child starts from the conception itself. Health of the child i.e. physical & mental depends on the health and mental state of that women during the pregnancy. Probably that is the reason why it is customary to send the pregnant women to parents home during pregnancy, so that she may be happy and in a contented mood, with parents who brought her up from the childhood.
- v Don't destroy the self-confidence and self esteem of the child by dictating too much of discipline and insisting on sticking to rules and regulations
- v At the same time too much of freedom is also not good. We must keep in mind that parents are prime teachers of child who can make permanent impression on the intellect and feelings of the child.
- v Try to inculcate positive thinking, feelings and proper social values. Try to control negative emotions like

anger, fear, jealousy, hatred, hostility, animosity and in this place try to imbibe positive emotions like happiness, contentedness, love and affection towards others, empathy, brevity etc. This will be possible only when our goals are within the reach of our resources and strength.

- v Let us try to do our duty properly and meticulously and leave about the results to the Almighty (most of the times we are more worried about the results and least bothered about our duties.)
- v Beware of bombarding TV channels, and other networks like Internet. Exposure to the entertainment channels especially in case of children. Don't allow them to be carried away by TV programs and advertisements
- v There is too much of pressure on children because of heavy syllabi and parental craze for professional courses. It is the duty of the parents to balance such a phenomenon by not insisting on too many tuitions and allowing them to have some free time to play.
- v Our mind is like a monkey. No control over it. We search for peace and happiness at several places, in buildings; in theatres; in nature; in other people; in temples. We are restless, in search of peace and happiness! But we are hardly aware that it is with in us. It is said that man may control the entire world, but not his mind and desires, it is true. Try to control (optimise) over your sensual pleasures, desires, so that we may not miss step and acquire many destructive diseases like V.D; HIV, which can run into several generations, which is not reversible.

3. Take care of your food and nutrition: (Refer CVS guidelines for diet)

- v A well **balanced diet** need not be a rich diet. We can avail it with in the reach of our economy, if we have a thought to it.
- v Be near to nature! Don't go after the western style (tinned/packed foods, colored and flavored food items).
- v Try to take balanced diet with cereals (wheat, rice) dals, vegetables, fruit and nuts.
- v Adopt proper **cooking methods**. Over cooked and fried items will be good in taste and bad for health.
- v Try to **avoid aluminum utensils**, instead use either steel or copper vessels.
- v **Beware of adulteration and pollution**. Wash the vegetables and fruits under the flowing water so that we may reduce consumption of poisons from chemical pesticides and fertilizers, which are causative agents for many diseases, which even our medical world is not fully aware. Protect yourself from adulteration of food items where, "**purity is a rarity**" in our so-called ultra modern civilization.
- v Try to inculcate with the habit of consuming raw vegetables as part of your nutrition.
- v Try to change cooking oils in a rotation. A 3-4member family should not consume more than 3kg of oil. It may be, sun flower, sesame (thill) oil, and ground nut oil. Each 1kg will be sufficient for one month for a family.
- v Avoid too much of **milk and milk products** in your diet after certain age i.e. 8 to 10 years of age. Milk and milk product provide you only cholesterol and obesity.
- v **Vegetarianism**: When the entire world is realizing the value of vegetarian diet and harmful nature of non-vegetarian nutrition. We run after non-vegetarian and

other unhealthy methods. It is high time for us to look back in to our rich culture and good olden traditional methods and adopt fast those methods and materials.

- v **Fasting:** It is good to give rest to our gastric system once a while, to say weekly or fort nightly. But be at rest physically and mentally, when you are fasting. It is a method of cleaning out toxins from the body.

Avoid midnight dinners and sleeping immediately after dinner. Maintain at least 2hrs gap between your dinner and sleep.

- v **Sleep:** Try to go to sleep early i.e by 9.00pm and have sleep at least for 6hrs.

4. Need for physical exercise:

- v Need for physical exercise in our daily life is being reduced drastically as we are advancing technologically and financially. Hardly we walk for few minutes in a day in our busy life. To reach a distance of one kilometer we don't mind waiting for 1hr for bus or train, but we don't feel like walking. Try to habituate to have at least half an hour to one hour brisk walk either morning or evening.

To prevent serious future problems like heart (cardiac) or kidney diseases. If you can, you may adopt yogic asanas, pranayama and 10 minutes meditation (Learn from a guru and practice it).

- v Many people say, "we have no time, we are very busy." This is nothing but deceiving our selves.

5. Medical help :

- v In spite of all the above measures taken meticulously, we do get diseases. Certain diseases are inherited; some diathesis or predisposition is a weakness of our body and mind to get certain diseases. This is called as

constitutional weakness and is mostly inherited, a property we get it from our forefathers.

- v These are mostly chronic diseases (Long term illness) like Hypertension (High BP) diabetes, rheumatoid arthritics, chronic respiratory and skin allergies, peptic ulcer, asthma, skin diseases like psoriasis, leucoderma, eczema, mental diseases like anxiety-neurosis, schizophrenia, MDP, joint pains, etc.
- v For all such disorders, which are rooted at the genetic (constitutional) level, Homoeopathic medicines will come in to your rescue. These can prevent, postpone, relieve and cure several such diseases. But needs treatment for lengthy time. (apparently) (Refer general guide lines- CVS)
- v But there won't be any side effects to homoeopathic medicines in spite of taking for a long time. More over you can find general improvement in the person apart from complaints being cured.
- v Off-course, homoeopathic medicines are quiet useful in tackling acute illness equally, provided that physician is alert enough to select the medicine accurately and has management skills as well as infrastructure.

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