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Healings by Homeopathy

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Purpose of the book

“The meaning of life is to find your gift. The purpose of life is to give it away.” - Pablo Picasso

Homeopathy is a wonderful science. But it is still not accepted well by many primarily because of lack of awareness, surrounding myths, etc.

I have been practicing Homeopathy since 2011, and teaching Homeopathy in a medical college since 2016. So I have seen some amazing benefits that homeopathy has given to people.

Here is an attempt to showcase a few cases, so that Homeopathy can become more popular, and more people will choose to take Homeopathy and benefit from it.

It is my way of giving something back to Homeopathy, the science which has given me so much.

Please note – all the cases mentioned in the book are the cases treated at Hitaarth Clinic. But the credit for the cure goes solely to Homeopathy and Almighty. I was just a medium between the patient and Homeopathy, I was just a Hitaarth (a catalyst)

Why patient stories?

“A story is a way to say something that can’t be said any other way.”
– Flannery O’Connor

In this book, we have tried to explain the benefits of Homeopathy with the help of some short stories. These are real patient stories. (Names have been changed.)

Stories help us relate better, we can understand the message better. These are real-life changes that happened to people, so you can understand how deeply Homeopathy can change one’s life.

If I had just written the benefits of Homeopathy, it would have become a very theoretical book, like a school textbook.

So I hope you love the stories, our conversations with the patient and take home some interesting learnings.

What is Homeopathy?

“Homeopathy is the true and very advanced healing science much beyond the scope of current methods of chemical analysis and interpretation.” - Mahatma Gandhi

I won't go into too much specifics of Homeopathy. I teach Homeopathy at a medical college. Medical students need to have an in-depth understanding of Homeopathy. But for the general population, I will stick to basics.

Immunity booster –

It works on the principle of stimulating the body's healing powers to fight the disease. So our body can heal itself, Homeopathy just helps to give that slight push – which takes the body from a “diseased mode” to a “healing mode”.

Holistic healing –

Homeopathy considers the person as a whole. If someone comes to a Homeopath with Hypothyroid, we do not give medicine for the thyroid. We do not treat each organ separately, we consider the body as one complete set and not a sum of its parts.

Root cause – As said before Homeopathy helps in stimulating

your body's immunity, the body itself fights off the disease. So the disease is completely removed from its roots by your strong, rejuvenated body.

Patient Story 1 – Allergic child

“Through the window, the child saw the world, a canvas of dreams waiting to be painted.”

6 year old, Aryan Shah came to our Lokhandwala Clinic.

He was having recurrent cold and cough especially after exposure to dust or cold things.

His house had a huge French window. The grill of the window had a small net to prevent birds from coming in. The net used to be quite dusty because of the pollution. But the window was Aryan’s favorite place in the house. He used to see the cars, birds, and people from the window. He would love to sit for hours at that window, but because of this dust allergy, he has stopped going there.

As soon as he used to sit at the window, within 5 mins he would start sneezing, coughing, get watery eyes, because of the dusty net and outside pollution. The mother cleans the net almost daily but still, he keeps sneezing badly. So finally the parents decided that he shouldn’t go near the window.

He would get a cold cough even while eating ice creams, bananas, etc. So they brought him for homeopathic treatment. We

took a detailed case and gave them the appropriate medicines.

The child started improving very quickly. The intensity of cold and cough episodes was lesser, watering of eyes was lesser. He was more active and playful.

After one month of treatment, I told the parents to make him sit at the window and we will see what happens. To our surprise, he didn't cough or sneeze at all. And since that day Aryan is back to his daily rituals of sitting at the window for 3-4 hours a day. Waving back at birds, people, etc. He is super happy, eating very well, sleeping peacefully.

We continued the medicines for 4 more months. It's been over 6 months since his last medicine, He continues to remain allergy-free.

His words – “Thank you Hitesh doctor for giving my window back to me.”

Learnings from the case –

- When the medicine is right, Homeopathy can work extremely fast.
- Children have really good immunity, they just need a little support of homeopathic medicine and they go back to healing mode very soon.
- Diseases once cured by homeopathy, do not come back easily.

Patient Story 2 – PCOS

“Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip-toe if you must, but take the step.”

– Unknown

Miss Vidhi Maniar, 28 year old, CA by profession, works in a corporate firm.

2 years back, Vidhi came to our D.N. Nagar clinic. She was wearing a formal shirt and pants and had a laptop bag with her. She was overweight, looked tired, and irritated, and had brownish acne marks on her cheeks, and a few hairs on her chin and upper lip.

She told us that she’s suffering from PCOS for the last 10 years, ever since she started her CA studies. Her periods are irregular, she’s gaining weight. Since she’s joined her corporate job – she’s getting facial hair, disturbed sleep, mood swings, etc.

All these were classical signs of PCOS. We took a detailed 3-hour case, where we understood her complaints, her food habits, sleep habits, office stress, college life, childhood, and upbringing. We require all these details to understand the

patient as a whole and to prescribe an appropriate medicine.

She was an extremely nervous person and would get overwhelmed if there was too much work.

On going deep, we came to know that she was an extremely studious girl, but was always nervous and underconfident. She didn't want to take up CA, she wanted to do Fashion designing, but her parents didn't allow her. She failed miserably in her first few attempts, which led to low confidence, depression, and binge eating and the whole journey started from there. She had developed a hatred for her parents.

Eventually, she completed her CA and took up a corporate job. She didn't like this monotonous job and had conflicts with her boss as well. She would get nervous while making presentations, and sleepless nights before the big day.

After the complete case-taking session we concluded that a few things are affecting her – her nervous personality, hatred towards her parents, unhappiness at her job, and want of a creative outlet.

In such cases, Homeopathic medicines help beautifully. We give medicine depending on these personality traits, and the same nervous person starts to deal with the situations in a better way, the long-standing hatred starts dissolving, etc. Along with Homeopathy we also give counseling to such patients, as to how to channel their energy and see things differently.

We started her on Homeopathic medicines. We took once-a-month counseling sessions to help her heal the wounds and solve the nervous trait. We asked to read a self-help book. We advised her to exercise and diet changes to reduce her weight. We also asked her to take up some part-time Fashion designing classes over weekends.

After 18 months of therapy, her sonography is normal, her

periods are normal, no new acne on her face, and her facial hair growth has reduced. She's sleeping better, she has become extremely confident and self-aware of her shortcomings. She has forgiven her parents, she said – "Whatever they did was keeping my happiness in mind". She's doing good at her work. On weekends she designs Indian wear for her clients. She's enjoying this work too.

Her words – "Thank you, doctor, for everything, these last 18 months have been truly remarkable for me. My life has turned around 180 degrees. From a nervous, overweight person to a happy, healthy person."

Learnings –

- Homeopathy can bring around such beautiful turn rounds in a person's life.
- Long standing 10-year-old illness can be cured in 18 months
- Every patient is handled differently. Customized advice depending on patient to patient.
- Multiple problems like – acne, facial hair, menstrual irregularity, and depression can be treated together
- We understand the core of the patient and treat them from within.

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Patient Story 3 – Breaking the language barrier

“Your story inspires us to believe in the power of the human spirit.”

A 84 year old lady, Mrs. Nair.

She had severe back pain, so much so that she couldn't stand for more than 10 mins. She required support while walking. She had sciatica-like pain in the right leg. Doctors had advised her spine surgery.

She was quite old, so the family didn't want to undergo surgery. The patient lived in Rameshwaram, Tamil nadu, and her granddaughter (Divya) brought her to Mumbai for treatment.

Divya has been my patient for many years and has great belief in Homeopathy. She told me about her Nani's condition and if we could do something about it. Nani couldn't travel to my clinic, so I visited their home. (I also call her nani now, because she's like a family to me).

The most difficult part about this case was – Case taking. Nani knew only Tamil, and I didn't know Tamil at all. So I asked all questions in Hindi to Divya, and she translated

them to nani, then nani replied to her, and then Divya again translated them for me. While nani was answering I studied her facial expressions, and her hand movements – so that I could understand the emotions behind her answers. The case-taking went on for 3 hours. It has been one of my most challenging cases till now.

At the end of the session, I got some really good points on which I could prescribe, and we started nani on Homeopathic medicines.

After 2 months of medicines, nani started improving very well. She could stand for 15 minutes, and walk a little. Pain was lesser, she started eating better and sleeping better. We used to consult nani on video calls. Divya was also there on the call as a translator always.

After 6 months of therapy, nani improved a lot. She could stand for 20-25mins, and walk without pain. She loves to help with housework, so she started cutting vegetables. She even wanted to wash her clothes, but we stopped her from doing that.

Nani now went back to Rameshwaram, medicines continued via video calls. Her health kept improving very well. We stopped the course after about 2 years.

She's 90 years old now, she's still quite active. Can stand, doesn't have any pain, helps in housework. She's not taking any medicines. That's the power of Homeopathy. To be able to cure such seemingly impossible cases also.

Learnings –

- Even in such elderly patients, Homeopathy can work wonders.
- In many cases we can avoid surgery. If the cases isn't very

critical (which can lead to death or serious disability) you can think of taking homeopathic treatment for 3 months at least.

- Cases with such language barriers also can be treated so well. If the hearts connect, language is no longer needed. We homeopaths try to read the heart of the patient.

Conclusion

I hope you found the interesting cases and lessons valuable. You've probably seen why we ask so many questions and how homeopathy helps.

Homeopathy is a special kind of medicine. It looks at healing in a complete way, fixing problems from their roots without causing side effects. It makes you feel better physically and mentally, bringing you back to good health.

It can treat anyone, from a month-old baby to a 95-year-old grandma, and can help with many different issues like skin problems, allergies, asthma, stomach problems, and more.

However, it's important to know that homeopathy may not work for serious conditions like a heart attack. But for most other illnesses, it's likely to have a solution. So, if you're sick, consider seeing a homeopath.

The goal of this book was to show you the healing possibilities of homeopathy. If we've managed to share that message with you, we'd see it as a success.

To repeat what I mentioned at the start - All the cases described in the book are the cases treated at Hitaarth Clinic. But

the credit for the cure goes solely to Homeopathy and Almighty.
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About Author

Dr. Hitesh P. Fariya is an M.D Homeopathic doctor at Hitaarth Clinic. He's practising Homeopathy since 2011. Dr. Fariya is also a visiting professor at a Homeopathic medical college since 2016. He has our clinics in Mumbai at multiple locations. (Andheri, Lokhandwala, Malad, Andheri East).

Dr. Fariya firmly advocates the adage, "Prevention is better than cure." His commitment to this principle is evident through his multifaceted efforts in healthcare outreach. He has orchestrated numerous health camps, extending support to the underprivileged.

Dr. Fariya is not just a practitioner but also an educator, sharing his knowledge through engaging seminars for the wider community. Moreover, he demonstrates his dedication to spreading health awareness through his insightful blogs, accessible on his website.

Utilizing modern mediums, he extends his reach further, crafting informative videos and health-centric posts shared across various social media platforms and dedicated WhatsApp groups.

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