



Swatshya Homoeopathic Healing Directors and Chief DRS DINESH AND URVI CHAUHAN



A SHORT HISTORY OF MODERN MEDICINE:

- "Doctor, I have an ear ache."
- 2000 B.C. - "Here, eat this root."
- 1000 B.C. - "That root is heathen, say this prayer."
- 1850 A.D. - "That prayer is superstition, drink this potion."
- 1940 A.D. - "That potion is snake oil, swallow this pill."
- 1985 A.D. - "That pill is ineffective, take this antibiotic."
- 2000 A.D. - "That antibiotic is artificial. Here, eat this root!"

Mother: Doctor, my child is suffering from fever, cold and coughs.

Not very infrequently do we hear this conversation from the expert general physicians.

Doctor: Give him this antibiotic for 3 days. Here's the prescription and he'll be alright.



Formatted: Font: 10 pt



But **just ask your self** a question that 'what will get alright???' the cough, the fever.... This cough and fever are the signs and symptoms of our body's natural immune defense mechanism. **Just think** with the use of antibiotics are we strengthening the immune system to fight infection or are we **suppressing the problem**.

Children do get ill; it is an important part of building their immunity. What they **do not need** is an endless stream of prescriptions and over-the-counter drugs to suppress their symptoms and interfere with the body's natural ability to heal itself.

Swedish doctors remarked in 1990, "We have lost the common sense and the wisdom that used to prevail in the approach to childhood diseases. Too often, instead of reinforcing the organism's defenses, fever and other symptoms are relentlessly suppressed. **This is not always without consequences....."**

Antibiotics work by killing bacteria. However, they are not discriminating about which bacteria they destroy and in the process many of those that we actually need in order to be healthy are killed off too. We live with just over 3 pounds of bacteria occupying our gut. The **ratio** between the health promoting and the disease-provoking bacteria is determined by our lifestyles, stress levels, diet and any **antibiotic therapy** we are undergoing.

Imbalance of the bacterial flora.....

If your child takes in antibiotics, the **balance of the gut bacteria is disrupted**-a large percentage of the good as well as the bad bacteria is wiped out. *One course of antibiotics can wipe out beneficial strains of bacteria for six months or more. These beneficial bacteria are called 'probiotics'. They are part of the child's first line of defense against harmful bacteria, viruses and fungi, as well as other disease producing microbes. They also produce important B vitamins, improve digestion, increase resistance to infection, and produce substances called 'bacteriocins', which act as natural antibiotics to kill undesirable micro-organisms.*

Result of indiscriminate use of antibiotics.....

Since the time antibiotics were first made, the answer to any type of bacterial infection has been to zap it with antibiotics. But now the bugs are fighting back, and as a result we are seeing **antibiotic-resistant "super bugs"** that may soon conquer us all. **It appears that the more antibiotics we use, the faster the bacteria will develop resistance.** Because of this



developing resistance more and more new generations' antibiotics are introduced and used.

If we continue to prescribe and use antibiotics at the current rate, more drug-resistant bacteria will emerge. In terms of our long term health we need to be **more discriminating in the way we use antibiotics**. They should **never** be given for a viral infection such as a cold or flu. As far as the child's health is concerned **we need to find ways to bypass antibiotics unless absolutely necessary, and to use more natural ways of helping children fight off infections**. If we do this, their immune system will become stronger and more able to deal with whatever pathogenic (disease-causing) bacteria they encounter.

What children do need???

They need food that is going to strengthen their defenses and make them better able to fight off bacteria and other infections. Food that is fresh and full of immune boosting nutrients

An immune-boosting diet is the key to their future health.

Role of homeopathy.....

After visualizing the pros and cons of '**Indiscriminate use of Antibiotics**', lets now see what Homoeopathy has to offer above and beyond these antibiotics.

How Homeopathy works.....

Children are exposed at all times to countless and a wide variety of infective agents, BUT not always do they fall prey to these infections. All thanks to our body's **fighter cells**. However there are times when children are unable to cope with them and finally end up falling ill. Homoeopathy here plays a great role as it **frees** the child of his disease by **enhancing** his inbuilt defense mechanism thereby improving his **own inborn immunity**. Thus **ensuring** that the next time, the body's **own soldiers** are all set to fight the battle. Whereas antibiotics are like **borrowed soldiers** who provide an artificial immunity to help fight infections but remember that these are **temporary victories**.

It reminds me of **A Chinese Proverb which says:**

Give a man a fish and you feed him for a day.

Teach a man to fish and you feed him for a life time.

The same analogy can be seen here. When you give an antibiotic; you are feeding a single fish to your child, which will suffice him for that time period



only. It's like every time your child falls ill; you pop him an antibiotic which will take care for his present episode and you feel that he is cured. **BUT just think againis he really cured???** The answer is **NO**. These are just misleading relief's as the tendency to fall ill remains. However if you **upraise** the child's natural defenses, you are in a way teaching him to fish which will feed him and make him healthy for life time.

Homoeopathic remedies are **dynamic in action** which corrects the imbalance of energy within the body and canalize the balanced energy in a more **focused** manner. Not only will it take care of the infections but help in overall development as a healthy being.

The song of harmony and peace is thus restored.

Edited by Dr. Priyanka Jain

SWASTHYA HOMOEOPATHIC CLINIC

Branch 1: B/1, Ground Floor, New Pullibai Kapor Niwas, Before Vanilal Saree showroom, S.V.Road, Vile Parle (west), Mumbai-400056

Tel : [91-22-26208881](tel:91-22-26208881)

Branch 2: 602, Kuber Bhuvan, S.V.P.Road, Near Ram Mandir, Borivali (west), Mumbai 400103

Tel : [91-22-28927642](tel:91-22-28927642)

International Branch : Japan

Email : drchauhan@vsnl.net, swasthyaclinic@vsnl.net

Web site : www.homeohome.com

Web Phone: [skype](https://www.skype.com): swasthyaclinic, drurvi