

Date 14/9/06

MRS ANNU BANKA

Disease → Allergic Rhinitis

Backache, Dysmenorrhoea, Metrorrhagia
Urticaria

Shlok → Tonsillitis

Bhasat - Backache, Hyperpigmentation

ANNU BANKA - First of all about five years ago when I was suffering from Allergic Rhinitis, someone suggested me doctor and said that this ^{treatment} was not available in Allopathy. When I was undergoing this treatment, I had an allergic attack in which my skin became so red and it itched a lot. It took me 2 1/2 yrs to get rid of my skin allergy (urticaria) but again for which ~~there~~ there is no treatment in Allopathy.

After a few years, I had severe backache, and doctor advised me complete bedrest of about 10-12 days and I was put under medication. When I was a little better, he taught simple 'asanas' of yoga which helped me get better day by day. Say, about in six months I was alright and was normal but he asked me to continue with yoga, walk and he also introduced me to ~~accupressure~~.

Doctor gave me full attention and instilled confidence in me that I can be normal and his simple exercises were ~~also~~ very helpful. He was always there, whenever I needed him.

As for parhez, in the beginning it seemed too much and impractical to follow. But, on his insistence we tried to follow his advice and the results made us think. So gradually we followed his system and it benefitted everyone in the family and now we are happy that we took his advice.

The compounders are extremely helpful and cooperative in times of need. And to give him his due credit it is because of the doctors' insistence that my husband who was overweight started with yoga and evening walk and became health conscious.