

## **Diet & Homoeopathy**

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Hippocrates, the father of medicine, had said hundreds of years ago, “Let thy food be thy medicine”. Diet is an important factor that makes a big difference between health & disease. Homoeopathy too recognizes the importance of diet. A person with an acute or chronic disease has to modify his diet for speedy recovery.

### **What is the relationship between Diet and Homoeopathy?**

Homoeopathy employs for treatment extremely diluted medicines in a very small dosage as a principle of treatment. This makes it essential for a patient to exclude from his diet all such substances which may hamper the functioning of the medicine.

Also, in order to increase the efficiency of the medicine, one should pay greater attention on the type of diet taken daily.

Dietary advices that one should follow while taking Homoeopathic medication are:

- 1) Avoid all such foods which do not agree with your body or which make you sick. You may have a craving for such foods but try to keep away from them. After successful homoeopathic treatment you shall be able to tolerate the foods which you previously could not.
- 2) Avoid foods that are incompatible with your disease. Generally the dietary restrictions are more for chronic diseases.
- 3) In certain diseases like asthma, joint pains, piles etc. after taking homoeopathic treatments the symptoms may aggravate in some patients, but this is for a temporary period. During this period, the patient is advised to consume a simple balanced diet.
- 4) Avoid strong flavored foods like – coffee, tea, garlic, onions, peppermint, tobacco and alcohol as they decrease the efficiency of medicine.
- 5) Avoid using deodorants while taking homoeopathy as researches show that they change the ‘pH’ of the skin.

To, sum it all, a well-balanced diet which provides all essential nutrients, carbohydrates, proteins, fats, vitamins & minerals, dietary fiber (roughage) and water taken at right time and in right quantity will aid in the increasing efficiency of homoeopathic treatment.