



**THE HOMEOPATHIC TREATMENT OF ASTHMA:
A Breath Of Fresh Air**

**VITANOVA**TM
Homeopathic Clinics

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It seems with each passing decade, people in general get heavier and sicker. We can't breathe, we can't control our blood pressure, we are ballooning out and we constantly ask our doctors, "what am I doing wrong?!" And what is going wrong with our kids? They are fatter than ever, asthma is on a sharp, steady rise, and they are always sick. What is going on?!

With an increase in pollution levels and exposure to chemicals, our body's immune response ought to breakdown at some point. Asthma is a disorder caused by inflammation in the airways (called bronchi) that lead to the lungs. Inflammation of the airways is linked to bronchial hyper responsiveness, which means that the airways leading to the lungs narrow when they are exposed to anything to which they are sensitive, making it hard to breathe. All children with asthma have airways that are overly sensitive, or hyper reactive to certain asthma triggers. Things that trigger asthma differ from person to person. This inflammation causes airways to tighten and narrow, which obstructs air from flowing freely into the lungs, making it hard to breathe. Symptoms include wheezing, breathlessness, chest tightness, and cough, particularly at night or after exercise/activity.

Asthma affects all age groups and walks of life. Some races may be predisposed as compared to others; however asthmatic patients happen to exist globally with an alarming increase each year.

Most asthmatics opt for the conventional line of treatment which includes bronchodilators and steroids. They work in acute conditions and when immediate relief is expected. Though helpful, individuals overtime realize that they work only at the level of relieving symptoms and preventing them temporarily. They do not help the body improve its response to allergens (irritants/triggers) or simply fail to improve the faulty immune mechanism.

Asthma cannot be cured nor can long-term relief achieved by medicines which only help in relieving bronchospasms (constriction of air passages or bronchioles), temporarily. Treatments capable of curing and offering long-term relief such as Homeopathy address the underlining causes of this ailment which are:

- Poor resistance to allergens.
- Lowered immunity.
- Genetic predisposition.

Since these triggers differ from patient to patient treatment should be tailored keeping in mind this individualistic concept. There are no two human beings entirely the same in health and

disease. It is our genes that give each one of us our individualistic characters and hence each asthmatic may respond differently to different triggers. Dr. Dorland Martins says “VitaNova Homeopathic Clinics takes the science of homeopathy to the next level by combining knowledge of modern day science of Genetics and Proteomics (study of effect of proteins on living organisms)”

At VitaNova Clinics in India, he and his team of MD doctors have been successfully treating patients with asthma after studying the behavior and expression of genes in each individual case.

At VitaNova Clinics, the patient’s history helps the Doctor to understand that individual’s genetic expression on mind and body. After this, the remedy carefully chosen with the help of latest techniques in Homeopathy would stimulate the body to repair itself. Repair done in such a manner will target the genes of each and every cell of the body and the person as a whole is stimulated to heal which means that repair takes place at level of mind, body and spirit.

Dr. Silroy Martins, Lead Consultant, Vitanova Clinics, Margao adds “Our treatment module incorporates a unique ‘Patient Empowerment Program’ that educates the patients about the nature of their disease and the systematic progress of their condition towards restoration of health”. He concludes saying, It is interesting to note that many of our patients experience this repair mechanism at a level above repairing of body and mind. They see its positive effects in their academics, personal, and professional life too. It is thus a renaissance, with Homeopathy as the means, where Science meets Spirituality!

For Appointments :

VitaNova Homeopathic Clinics, 1st Floor, Vasanta Arcade,
Near Popular High School, Comba, Margao Salcete- Goa.

Contact: 0832 2733388, +91 8308037773; **E-mail:** vitanovaclinics@gmail.com

Timings: Monday to Saturday: - Morning: 9:00am to 1:00 pm Evening: 4:00pm to 7:30pm

