



| | | | |
|---|--|---|---|
|  | Osteoporosis: Homeopathic Approach | |  |
| | DR. RONAK SHAH'S DIVINE HOMEOPATHY Restoring Vitality SINCE 1991 M.D.(HOM.) | It helps relieve the pain and to absorb essential calcium and other necessary vitamins and minerals. Promoting the strengthening of the bones. It helps to heal the present fractures, and prevent further bone fractures. 9825050054 dr-ronakshah.com | |

Osteoporosis: Homeopathic Approach

Osteoporosis is a condition that results from reduced bone density. Bones become weak, brittle and are prone to fracture easily. Usually, this condition causes no pain or other symptoms and a person comes to know of it when a fracture occurs. Bones commonly affected in osteoporosis are hip bone, ribs, bones in the spine and wrist.

Causes of Osteoporosis:

- White and Asian women, especially older women who are past menopause or Estrogen deficiency
- Low BMI
- Dietary factors: Low calcium or vitamin D intake
- Disease condition: Hyperthyroidism, hypogonadism, diabetes mellitus, and other immunological diseases.
- Glucocorticoid therapy
- History of tobacco and alcohol abuse
- Stress and sedentary lifestyle

Symptoms:

There typically are no symptoms in the early stages of bone loss. But once your bones have been weakened by osteoporosis, you might have signs and symptoms that include:

- Back pain
- Crack at the hip, wrist, or spine. (The hip joint, wrist joint, and vertebral spine are usually affected in Osteoporosis. It can affect the other bones as well.)
- Stooped posture
- Reduced height

Homeopathy for Osteoporosis:

- Homeopathic medicines work extremely well in treating mild to moderate cases of Osteoporosis. Well-selected homeopathic remedies slow down the further bone loss, thereby promoting stability in the condition. Homeopathy medicines help prevent further bone loss, thereby preserving the bone mass. They cannot recover from bone loss which has occurred already.
- Homeopathic treatment for osteoporosis helps relieve the pain and supports the immune system to absorb essential calcium and other necessary vitamins and minerals, thereby promoting the strengthening of the bones. It helps to reactivate the natural healing energies of the body, heal the present fractures, and prevent further bone fractures.
- The constitutional approach used in Homeopathy helps treat Osteoporosis in totality from the roots, thereby reducing the chances of it reoccurring soon.
- Homeopathy along with the dietary absorption of calcium, physiotherapy, and various forms of exercises, yoga, and meditations can help you go a long way in treating and managing Osteoporosis.
- So, if you happen to suffer from osteoporosis at any time, count on homeopathy without a second thought and obtain relief and improve your quality of life.
- Common Homeopathic medicines for osteoporosis are Calc phos, Symphytum, Silicea, Ruta etc.