
	WEAKNESS: HOMEOPATHIC APPROACH	
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WEAKNESS: HOMOEOPATHIC APPROACH

Weakness is a term to explain lack of strength and energy to perform any activity. The medical term for weakness is asthenia.

Alternative Names: Lack of strength; Muscle weakness

CAUSES:

The main reasons behind weakness include anaemia, diarrhoea, childbirth, bleeding, fever, old age, copious menstrual bleeding, sexual excesses, and nervous exhaustion. Diabetes mellitus, thyroid problems and myasthenia gravis are a few medical conditions that lead to much weakness. Some medications can weaken your muscles. These include corticosteroids like prednisone and cholesterol-lowering statins.

TYPES: Asthenia can affect the body and mind. Based on this, it can be divided into two categories:

- **Physical Weakness:** It refers to the inability of the muscles of the body to perform activities that require some physical effort, such as running, swimming, cycling, climbing stairs, jogging, and doing physical exercise.
- **Mental Weakness:** It is defined as a substantial decrease in cognitive activities such as learning, judgment, or decision-making.

SYMPTOMS:

- **Fatigue:** Feeling tired or lacking energy despite adequate rest.
- **Difficulty with movement:** Weakness can make it challenging to perform tasks that require physical effort, such as lifting objects, walking, or climbing stairs.
- **Muscle aches or pain:** Weakness may be accompanied by muscle discomfort or soreness.

PRECAUTIONARY MEASURES:

- Maintain a balanced diet
- Stay hydrated
- Get sufficient rest and sleep
- Exercise regularly

HOMEOPATHIC TREATMENT OF WEAKNESS

Homeopathic medicines are natural and safe, and work as a tonic for recovery from weakness. They are helpful in treating both mental and physical weakness. The medicines are selected on a case-to-case basis, as per the cause. Homeopathic medicines set off the body's own restoration processes and help it fight the disease on its own. These medicines have shown remarkable recovery in case of weakness, making the person feel energetic and rejuvenated.

Homeopathic medicines for weakness are China, Kali Phos, Cocculus Indicus and Gelsemium.

- China- weakness after bleeding, diarrhoea and from anaemia.
- Kali Phos- excellent for nervous exhaustion. Nerve weakness from stress, worries, strain.
- Cocculus Indicus- weakness from profuse menses.
- Gelsemium- weakness after fever.