

	Insomnia: Homeopathic Approach	
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Insomnia: A Homeopathic Approach

Insomnia is a very common problem that affects your energy, mood and ability to function during the day. In which a person has difficulty falling asleep, has trouble sleeping or gets up early. Chronic insomnia can also contribute to serious health problems.

Insomnia is diagnosed when a person has difficulty sleeping for three nights during a period of at least three months, and it causes significant distress in daily life. Different people need different amounts of sleep,

Stick to a regular sleep schedule for a good sleep. Turn off all screens at least an hour before bed. Avoid stimulating activity and stressful situations before bedtime.

Home Remedies:

Cumin powder and ripe bananas: First, mash the cooked bananas properly. Then, mix the cumin powder well in the banana you peel. Finally, eat this mixture before you go to bed. You should follow this method regularly to see the best results.

Homeopathic remedies for insomnia:

Individuals suffering from insomnia or insomnia get surprisingly positive results using homeopathic treatment.

1. Homeopathic medicine is not a sleeping pill. It helps to bring sleep naturally.
2. The underlying cause of insomnia is taken into consideration while choosing a homeopathic medicine for insomnia. When taking a case study or case at the Divine Clinic, we try to evaluate the presentation of symptoms, history of current complaints, a person's lifestyle, a person's emotional and current mental state, the stress that the person is going through, past medical history, family history, etc. In this way, the cause of insomnia (such as anxiety, stress, depression, defective lifestyle, hormonal imbalance, or any other medical condition, etc.) is identified when taking a case and the purpose of treatment is to treat that cause at a deeper level.

Homeopathic medicines commonly given for insomnia include: Coffea cruda, Nux vomica, Passiflora, Kali phos, phosphorus, silica, sulphur, staphysagaria, etc. Self-medication is not advisable for patients suffering from insomnia, as each case requires a detailed evaluation before prescribing medications.