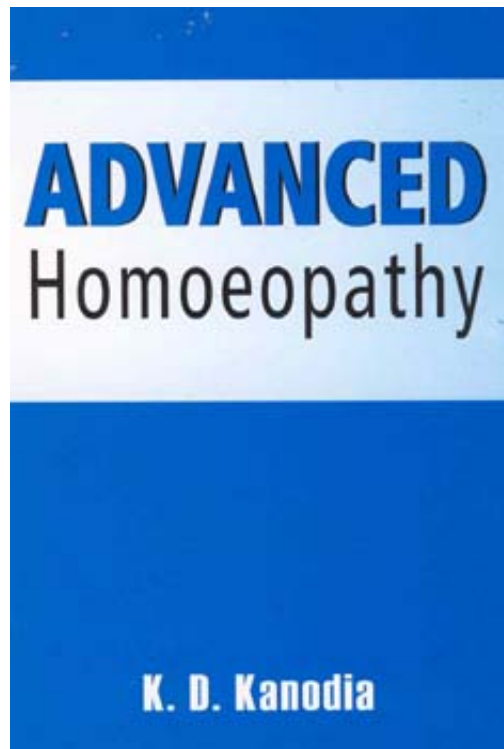


K.D. Kanodia  
Advanced Homoeopathy

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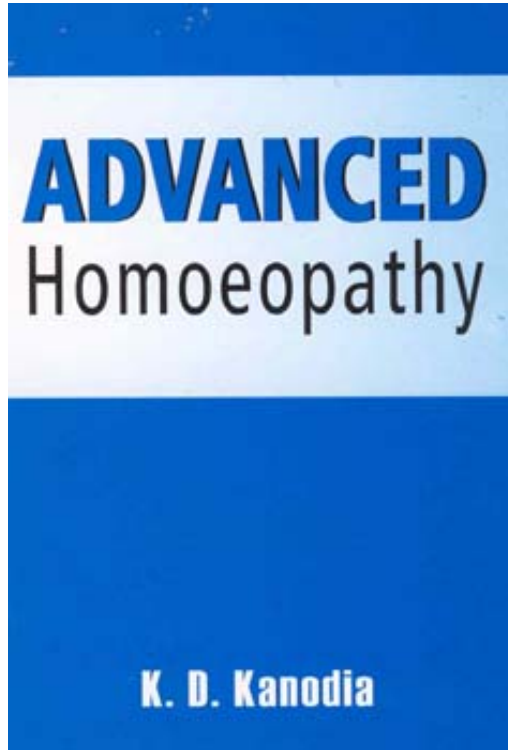
### *Diet and Homoeopathy*

It is one of the very important aspect of study today for many reasons :

- In spite of vast research work done, the common man as well as the common physician is not aware and educated of the delicacies of diet — in routine or during sickness of different nature.
- Pollution at different levels in air, water, vegetables, fruits and other eatables has made this subject more complicated.
- The human body is getting another pollution through damaging effects of many drugs used by common man unscrupulously.
- The worries and anxieties and the tension in the present world is constantly creating sickness on the mental and emotional aspect of man's life, and the women face the worst part of it.

- The bad living conditions for different level of people are affecting their health adversely. The one class is living in extreme conditions of luxury - which creates a particular kind of sickness, while those living in damp places, unhygienic conditions are prey to another sort of diseases.
- The diets for children, pregnant ladies, growing youth, and the young and old people have to be classified differently.
- The poor and the rich, a villager and a city dweller are to be categorised separately for certain purposes to make the subject useful and practical.
- Homoeopathic system has a superior ground -for study of this chapter on diet because of the advantages it has possessed during collection of symptoms, e.g. craving for eggs, cheese, sweets, salt, tobacco, apple, pickles, milk, beer and such many other items. These states show a particular desire in each body which has a meaning and that requires a remedy to settle the abnormality. Likewise some people have aversion for a particular item and this again is an indication of some imbalance which is corrected by the counterpart in remedy.

Now we shall start our discussion under separate heads to make the subject useful.



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