

Stress

The words “stress” and “anxiety” are often used interchangeably, but bear different meanings in medical terms. Stress is caused by particular situations or events in one’s life that makes one feel frustrated, angry, worried or even anxious. The stress response is different for each individual such that the same event can often illicit disparate responses.

- Public speaking excites some but terrifies others;
- Pressure from deadlines increases productivity in some but renders others paralyzed;
- Difficult circumstances in family or friend settings find some eager to take control and others stricken with panic;
- Social situations requiring people to voice their opinions are easy and comfortable for some but stressful for others;
- Changes in the work environment are welcomed by some but not by others

HOMEOPATHIC REMEDIES FOR OVERCOMING STRESS

Homeopathy is effective because it is a holistic medical practice that treats the person as a whole and addresses the underlying issues that lead to stress. Homeopathy recognizes the uniqueness of each individual and treats him/her accordingly.

Identifying the factors that cause stress, and the various reactions to such factors, are of utmost importance in homeopathy since symptoms are most often manifested when one is exposed to an external force stronger than his/her internal vitality and immune system. Therefore treating symptoms superficially will only act as a temporary palliative and will not provide a lasting cure. Classical homeopathy, in its aim to cure the underlying stress response, can permanently eliminate its symptoms.

Factors such as the mental/emotional state of a person, the location of the symptom, the behaviour of the person towards the symptom, susceptibility, family history, and more are addressed and analyzed by the practitioner, allowing her to recognize underlying causes of stress or anxiety experienced by the individual, and to administer a fitting remedy.

Below is a partial list of stress remedies, along with their disease pictures. Keep in mind that these remedies may only act as immediate palliatives and will not permanently cure stress or anxiety unless they are a constitutional match to one’s vital state.