

Nasal Polyp.

Birendra Ray

MoB - [REDACTED]

Its More than 8-9 years that i am suffering from mysterious headache whose cause i could not understand before i came to Dr. Sonil Mehra. The symptoms could be stated as a heaviness in the head and around eyes as soon as i wake up. Perhaps before waking up i could not sleep properly or had a not a sound sleep. Even a small exposure to light or sound can distract me from going into deep sleep or alas can soon bring me out of sleep. As soon as it clocks 1:30-2 pm, there is a deep urge to sleep missing which (the headache is persisting) would lead to massive pain in head, area behind the eyes, I could sense a feel of little numbness in area near jaws, ears, stiffness in neck etc.

Thinking that this could be @ care with everyone, I did not take it seriously though it was affecting my social life and/or academic life.

The only cure i personally could find out is to "take a nap". when this started to overcome my daily work, i started to find what is actually causing it. Some key trigger are exposure to dust, smoke, strong smells like that of deo, perfumes, and to be present in area of Air conditioners.

on consolidating above symptoms (there might be few more which i am not remembering now), i could not understand the actual reason or was feared to go to a allopathy doctor to tell him/her the weird symptoms.

The 8-9 years in very first line is the issuer of this shyness / carelessness / assumption / See below Next page

perception.

Its almost 4 year for me in job and it has been really concerning me if i could ever get rid of headache.

I dont know if i had faith in homeopathy, but i did not had faith in allopathy. The same reason i rarely took pills like parlon, sagidon etc. even if i took it, they will not do any change.

Since i live (stay) very near to Dr mehra's clinic, i thought to ~~at~~ cure my chronic headache (because i heard homeopathy does not have any sideeffects). dieheartly.

Its almost 6.5 months back, that i came to Dr mehra's clinic where initial thoughts (Dr's thoughts) and talks were enough to convince me "I have come to right place". His lots of thoughts scribbled in various notes has probably all questions & with answers one can have related to health, health problems/problems/situations leading to bad health.

The very first x-ray taken of me for PNS was enough to conclude, the monster behind the headache is "NASAL polyps". This monster is causing all the weird symptoms.

Since my problem is for very long, the Doctor already estimated the cure time to be 1 year... provided whatever is being advised is followed.

Now this "whatever is advised" are not very hard to follow. I can say these advised are based on "To follow". See below Next page

the nature". The more we go away from nature, more possibility of catching a disease.

I would say

If one follows everything what is being given to read to us ~~where~~ one can achieve the best health.

The doctor has all the reasons to blindly faith him but one can ask for results. I have another xray (pns) and to my utter surprise what was "Nasal polyp in bimaxillary sinus" is now "polyp in left maxillary sinus". 6 months are gone and one polyp is gone. I have strong faith in another 6 months the other polyp will have no place in my sinus.

Not only i am ~~getting~~ getting cured for my polyp, I have learnt the maintenance of health free of cost. (i am paying only for polyp :-). My ~~to~~ severe headache symptoms, frequency has gone down by 20-30%. but as soon as the second polyp goes away this percentage will dramatically exceed.

one more thing to mention is to maintain the diet chart as per doctor to keep track ~~for~~ of what are we putting in our stomach which may/is causing the disease or triggering the disease is of utmost importance. It brings to our conscience to what good/bad we are doing to our health.

The great comfort for me is ... my doctor is only 1 sms away for of me.
(waiting to write more)

Brenda Rai