

Psoriasis

Suraj Nanda

I had suddenly developed black spots on my arms and legs were spreading to my torso. They used to itch terribly. At first I thought it was insect bite but when they started spreading I understood this was something else. I was suffering this for a duration of more than 3 months. I approached my family doctor who gave me some pills & ointment which I very studiously used, following prescription strictly, but I didn't find any change. Then I called up Just Dial and asked for skin specialist. I was given 4 choices.

Luckily I came first to Dr. Sunil Mehra. At first I was apprehensive because I was given the notion that homeopathy takes long time. But after meeting Doctor in the first visit itself I was convinced that this was a better option. The doctor immediately saw the symptoms and concluded that I had psoriasis and started my medicine. In the first 14 days itself my spots stopped increasing in a month's time. The patches started subsiding by the end of another month the patches started lighting up and many of them disappeared. This was the pattern which the doctor had also said would be the course of recovery.

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Basically I am myself a person of discipline and followed the doctors instructions regarding sleep and eating habits. I do not drink or smoke, only problem was ~~morning~~ & coffee though not very necessary were a part of my diet. I abstained totally. Today I am 80% better and confident of 100% recovery through homeopathic medicine and the efforts of Dr Sumil Mehra, may god bless him and his patient may have ~~his~~ ~~every~~ advantage of his medicines and his practice.

I have understood
1) That homeopathic medicine is best as it doesn't have side-effects and it eliminates the problem from the root and does not reoccur.

2) Confidence in the doctor is must. Follow his instructions to the hilt.

Hope you all also have speedy Recovery

Jai Mata Ji