

Chronic Urticaria

Hema Narayan

Since 2 years.

I am a housewife, Hema Narayan, staying at TAKSHILA Mahokel, Coz Road. I had been suffering from skin itching all over the body since two years. I was not knowing whether to call it "allergy" or something else.

I was under the treatment of my Family Doctor first, followed by a Skin specialist for a few months. The itching did not stop. Then I tried with a Special Skin specialist at Chennai. I also took medicines for three months. No result. Since the itching used to start suddenly from one end and it used to go to the other end I used to blame bed-up. This trouble was continuing in spite of treatment by specialists as explained above with no clue what to do my life was going on with this pain. I used to tell my friends at Takshila abt. my sufferings.

One day, one of my friend has suggested me to try Homeopathy and to meet with Dr. Sunil Mehra who, according to her, has treated her son for pimples and hair fall successfully. As I have not tried Homeopathy so far and since I was not satisfied with Allopathic treatment so far I thought it would be a good idea to go for a change.

When I first went to Dr. Mehra's clinic on 15/2/08, the way he has kept his reception has attracted me. He has displayed several tips to patients. A book with several case histories also is a proof of his best efforts and achievements. The initial discussion with Dr. Mehra and the way he turns patients to his favour were quite interesting. I still remember what he told me first "You are curable, although two years old, but it will take time - patience should be with you."

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Avoid Coffee if you cannot avoid fully, reduce it".
Dr. Mehra has a special style of approach. He is
taking pain to explain abt. his treatment. To
be frank, the first two months of Dr. Mehra's
treatment did not work at all - its reason might be a
two year old Cope. From end of Jan 09 I was able
to feel some improvement. I must say his
focused treatment thereafter was giving relief to
me.

Dr. Mehra used to ask me first whenever I met with him
whether I stopped drinking Coffee. He has asked this in
the note which I was told to maintain to know
whether "Coffee is a Drug" for me to see everyday.
I now drink Coffee only ONCE whereas I was
drinking Coffee per day 4 times. I shall find soon I
am unable to stop drinking Coffee, but I will probably
do that shortly.

I would like to add that today I have 75% improvement
and credit goes to Dr. Mehra for his focused
treatment and personal care. The stories and personal
examples and the way he used to advise me to stick to
fresh vegetables and fruits - all helped me to
change my way of life. Dr. has got a good team of
attenders. His fee structure is reasonable. His telephone
service is excellent.

Homeopathy if one trusts, will heal and it is dependable.

HEMA NARAYANA SWAMY