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Homoeopathic management of osteoporosis

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Osteoporosis is a bone disorder of the elderly, especially women and is characterized by a diffuse reduction in the bone density due to increased bone mass. It occurs when the rate of absorption exceeds the rate of bone formation. Despite the adverse effects of osteoporosis, it is a condition that is often overlooked and undertreated in large part because, it is so often clinically silent before its manifesting in the form of fracture. The etiology of osteoporosis is multi factorial and the diagnosis is usually delayed, the treatment becomes more difficult, once bone mass has fallen below the fracture threshold so emphasis is placed on preventing osteoporosis in high risk subjects. Lifestyle modification, balanced diet, abstinence from addiction and exercise becomes the crux of prevention from osteoporosis. With the help of Homoeopathic Medicines an effective management of Osteoporosis is possible. The purpose of Homeopathic approach is to vitalize the body's natural healing and self-repair ability to create the highest state of health and wellbeing. Homeopathic remedies will allow the essential minerals and nutrients to be absorbed more efficiently. Thus preventing bone fractures or accelerating healing of any existing fracture. Homeopathic constitutional approach considers a person's characteristic symptoms, their overall physical and mental condition and understands the way a person's body reacts to Osteoporosis. Homeopathic remedies will not reverse existing bone loss of aging, but can help control pain, will slow down or stop further bone loss and can promote stability and healing.

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