

## Perceiving psychotherapy in homoeopathy

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Mental health related issues comprise nearly a quarter or more of the global burden of disease, secondly the prevalence of psychosomatic disorders in the community is day by day increasing. By considering the magnitude of psychosomatic diseases, every doctor must be able to carry out a physical & psychiatric assessment because it is evident that in many cases often you need more than just medical care; you need an environment that will take care of the sick individual. In psychosomatic diseases you can help them, before it has extended them too much; we can help them greatly with psychotherapy and good living. Homeopathic-psychotherapy can open the door to a healthier and happier life. Homeopathy cannot prevent tragedy, problems and crises in your life but it can support you in dealing with them in the most effective and healthiest manner. The best way to use homeopathy is in combination with a loving attitude toward yourself, and a healthy lifestyle which can be brought into with the help of psychotherapy. Homeopathic treatment in mental health care has been increasing, in step with these rising trends, as well as in response to global calls for the 'right to health' and free access to greater treatment options. Our case studies allow us to understand the significance of psychotherapy in Homoeopathy.

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