

REVIEW OF

HOMOEOPATHY FOR HARMONAL HEALING IN WOMEN

AUTHOR: DR GAURANG GAIKWAD

PUBLISHED BY HIMSELF

PAGES 406

ISBN 978=93-340-9969-0

BY DR. M. K. SAHANI., PhD

Hormones play a crucial role in regulating various physiological functions in women, including reproduction, metabolism, mood, and overall health. The hormonal state in women fluctuates throughout their life due to factors such as puberty, menstrual cycles, pregnancy, menopause, and underlying medical conditions. Imbalances in these hormones can lead to various disease conditions, affecting physical and mental well-being. The hormonal state in women is a dynamic and complex system that influences various physiological processes and disease conditions. Understanding hormonal fluctuations and their effects can help in early diagnosis, prevention, and management of hormonal disorders. Lifestyle modifications, medical interventions, and hormone therapy are essential approaches to maintaining hormonal balance and overall health in women.

In his book HOMOEOPATHY FOR HARMONAL HEALING IN WOMEN Dr Gaurang Gaikwad explores the impact of hormonal states in women concerning specific disease conditions. Hormonal healing in women focuses on restoring balance to the endocrine system, which regulates hormones responsible for menstrual health, metabolism, mood, energy levels, and overall well-being. When hormones are imbalanced, women may experience symptoms such as irregular periods, fatigue, mood swings, weight gain, sleep disturbances, and fertility issues.

The book is structured into 19 chapters, each focusing on different aspects of women's health, providing both clinical insights and in-depth knowledge of relevant remedies. Road map of the book is exhaustive presentation of different aspect for practising Homoeopathy in most classical way. Beginning with the entry point of case taking to inward tour of theory of miasma, Homoeopathic principle, remedies portrait, potency matching and more ever his own clinical case studies this presentation finds a well-structured source of information for all. While going through the book it is observed that Dr Gaikwad's approach is reflecting his extensive experience and mentorship under renowned practitioners like Dr. Rajan Sankaran and Dr. Sunirmal Sarkar. This fusion got more refined with his constant learning approach along with clinical and teaching experiences.

I have observed Dr. Gaurang Gaikwad as a young energetic distinguished homeopathic practitioner and internationally acclaimed teacher based in Mumbai, India with charismatic spirit which includes different dimension of human being. In himself he reflects the meeting point of He is renowned for blending classical homeopathy with advanced kingdom methods, offering a comprehensive approach to treatment.

I am glad that Dr. Gaurang Gaikwad with his uncompromising scholarly approach has dared to make a presentation of Homoeopathic strategies and map for women's life situation. Authors have taken great pain to put all aspects in fewer words yet with wider meaning. One need to go through each page for their holistic meaning to imbibe the spirit of explanation. Presentation of the book will definitely useful for both undergraduate and postgraduate students and practitioners at large.



DR. M. K. SAHANI, PhD