How to improve your immunity with Homoeopathic Medicine?

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Summary:
The human body is a marvelous creation and functions in a highly synchronized and balanced way. Disease results when this balance is disturbed either due to infections, inflammations, trauma, autoimmune diseases, and tumors. Whatever the reason, with any of these, the body has a strong immune system, which reacts to these changes and tries to ensure that balance is restored as quickly as possible and with minimal effect on overall bodily function.

While most of us have a natural tendency to do so, some have a weak immune system to fight against common health issues. This makes them more prone to infections and they take more time to repair and restore health. However, several homoeopathic medicines can help to strengthen immunity. These can be used with the consultation of a professional, and this can help improve overall health.

Although homeopathic medicines are thought to stimulate the body's defenses, how they do so remains a mystery. Homoeopathic medicine does not simply stimulate the body's immune system to treat ill people, for it can also calm them when this is necessary for the healing of the individual.

Homoeopathic Medicines to Improve Immunity:
People with auto-immune ailments suffer because their body's immune system is over-active and it attacks the person's cells, not just bacteria, viruses, or foreign substances. Homoeopathy believes that "like cures like." So in treating a disease, what it does is use small amounts of the substance that is known to induce the disease. This way, similar symptoms are induced and the disease is treated. Some of the most common homeopathic medicines are used to boost the immunity of the body.

While some people refer to most homoeopathic medicines as immune-stimulating, they are immunomodulatory. Whether a person has an autoimmune disease or repeated infections, homeopathy can be used.

Arsenicum Album: This home remedies to strengthens the immune system and is used in a variety of conditions ranging from anxiety to poisoning to digestive disorders.

Allium Cepa: With winter setting in, more and more people are prone to developing a runny nose, nasal congestion, and teary eyes. So, with winter still around the corner, using homoeopathic medicine Allium cepa (Small Onion) helps in building immunity by easing these symptoms. Keeping 3 to 5 pellets of this compound under the tongue can help control nasal congestion.

Silica: Effective Homoeopathic Medicine to boost the immune system, this remedy is responsible for stimulating the production of macrophages. These are a type of cells, which are essential for eating up bacteria and foreign bodies. It, therefore, helps improve immunity and fight infections.

Gelsemium: Obtained from the vine Gelsemium sempervirens, this homoeopathic medicine is useful to build immunity against cold and flu symptoms. Keeping it under the tongue also helps relieve symptoms if they are already present and controls further attacks of flu-like symptoms.

Oscillococcinum: Popularly homeopathic medicine known as Oscillo, this contains very small amounts of duck liver and heart. This homeopathic remedy is used in the first couple of days with the onset of flu-like symptoms, this helps the body aches and fatigue disappear. It is proven to be safe and effective and helps prevent further attacks of similar symptoms.

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