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COVID 19 -Lockdown's Impact on Health and Role of Homoeopathy

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ABSTRACT:

COVID19, Pandemic is challenging situation and to control it, Indian government had taken preventive measures as Lockdown nationwide. Due to sudden change in daily routine, many people are facing health issues and mainly mental health issues. Mental health issues as like, anticipatory anxiety, fear, depression etc. Some physical issues like neck, eye pain, light headache, acidity all are due to disturbed life style. All complains are self-limiting, some are managing by counseling and rarely need medical health. As life style disorder Homoeopathy also suggest slight alteration in diet and regimen, sensible friendly exhortations, consolatory arguments, serious representation and sensible advice. Homoeopathy also having scope of some leading medicine in this condition likes Ars. Alb, Gelsemium, Kali. Phos., Kali. Ars., Silicea, etc.

Key words: COVID-19, Corona, Worries, Fear, Homoeopathy, Mental health issues, Lockdown.