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Disease - Cold and cough and Bronchial problem Recovery - max 100%  
nose block Hill date

I have been suffering from problem of cold and cough since my childhood, which became chronic with aging. To overcome my problems and suffering, I took the help of allopathic medicines, which would help me in recovering. But such recovery was always temporary and with time recurrence of problem increased manifold and also leading to other cold related issues like breathlessness and fever etc. The over dependence on medicine had also impacted on my sleeping habits and made me mentally weak to have the medicine, if I sense that I may experience the cold related problems. It's not that I had not attempted Homoeopathy in past but I knew that the practitioners whom I had gone were not formally educated and trained rather have learn the knowledge by available books. Though I had this problem for long, one thing which I knew and was confident that I want to get rid of this disease at any cost. After we shift to Andheri, I came to know about Dr. Mehra through one of my wife's friend. I came to him with clear mindset of getting myself cured from this disease. During the first interaction with Doctor, I realised that what he was interested in whether the patient itself know its disease, whether he really wants to be cured. ~~and~~ what I liked during the discussion that it was he, who was more confident than me that I can be cured. ~~was~~ After the discussion he asked for my confirmation for continuation of treatment and upon confirmation only, he talked about the

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treatment process. what he seeks from a patient that his instructions to be heard and learnt well and be followed. I may say many of his suggestions has been followed by me which actually has benefited in my recovery process. I have never dreamt in my life that there would any day in my life without taking allopathic medicine during extreme cold situations. Just to share, I started my treatment in January, but till date I have not taken a single allopathic medicine for cold. Though there are days when my ~~heart~~ got cold, but timely updation to Dr. Mehra by sms and continuing his advice with return sms has helped me to recover fast from such situation. What's important is that Dr. Mehra be informed timely and correctly, so that recovery from such sudden situations can be outcome in short period. Though treatment seems very simple with the medicines referred by Dr. Mehra, but the most important is the ~~the~~ do's and don'ts suggested.

what I feel that he is honest towards his job and expects the same from its patient. I have never been living so happy in my life without bothering about cold, sneezes etc. Atleast I don't worry about this in my life. My sincere thanks to him for the service he is doing to the human life.

The suggestions to read more could be that believe in yourself that you can be cured, cure process would take time so ~~be~~ have patience. Instruction of doctor needs to be followed. The staff of doctors have been well trained to do inform you about your situation in case of his unavailability, it may help you in treatment during his unavailability ~~and they communicate with doctor~~ with this I again thank for making me happy again in my life.

Santosh Kumar Singh