



**Patient's Name:**  
Sadhana Poyekar



Founder: Dr Anita Salunkhe, MD



July 14, 2009

**Ailments Cured**  
Rheumatoid Arthritis  
Systemic Lupus Erythematosus  
Scleroderma  
Nausea  
Vomiting  
Weight loss  
Skin pigmentation

and would thrash Sadhana and their two children, a boy and a girl. He also spent his earnings on alcohol and left nothing for the family. Sadhana was a school teacher and it was thanks to her modest salary that the family got by.



July 14, 2009

**Duration of Recovery**

11 months  
(July 14, 2009 - June 14, 2010)

**Assessment**

Sadhana Poyekar cried through the better part of our first session. She was a woman in excruciating pain - both physically and mentally.

She has lived in Mumbai most of her life, she had had an uneventful childhood, and was married at the tender age of 18. Being an awfully disciplined and conscientious person, she completed her higher education after marriage.

Sadhana's disease process was set in motion soon after she got married. Her husband worked with a public utility service - Mumbai's BEST bus transport service - and was an alcoholic. He often came home drunk

Over the years, Sadhana's husband abandoned all his familial responsibilities and Sadhana's burden only increased. But she never once complained. She bore the pain of watching her children grow up with an alcoholic and abusive father and her own bitter sense of helplessness and abandonment and abuse at his hands.



July 24, 2009

The young wife and mother learnt to deal with her overwhelming emotions by suppressing them and crying only when alone. Her first traumatic experience was the death of her father-in-law, who had been her only confidant. Soon after his death, Sadhana began to experience sharp and severe pain in her joints. These were the first signs of rheumatoid arthritis - an auto-immune disorder where the body's immune system attacks its own joints. This was accompanied



Nov 20, 2009

with mild nausea and vomiting. She ate very little and shed 7 kg.

Then, in 2005, her husband died. Although he had had been abusive, Sadhana was still shaken. But she made one singular resolution - to give her children the best education and life

any mother could. Sadhana told me that the only thought that had carried her through every painful day was that her life was destined to be the way it was. Thus, she never asked 'why me'; she only silently grieved. In her own words: "God doesn't give everyone everything and I am one of the unfortunate ones."

By sheer dint of hard work and by biting back her pain and suffering, Sadhana educated her son to be a pilot and her daughter to be a management graduate. It came at great personal cost.

Through those difficult years, Sadhana's arthritis grew more chronic and severe and she developed another condition - systemic lupus erythematosus, another auto-immune disorder where various tissues in the body get inflamed.

The nausea and vomiting continued and she completely lost her appetite. When her joint pains grew unbearable, Sadhana gave up her

job. Her life's mission towards her children had been fulfilled and there was no point driving on.

Sadhana also grew indifferent to life in general; she stopped visiting friends, attending social gatherings and mostly stayed at home.



June 14, 2010

**Treatment**

Sadhana had been treated with strong allopathic drugs for several years before she came to see me. These included powerful immunosuppressant medication, steroids and

painkillers, which had also caused her skin to turn excessively dark.



June 14, 2010

**MindHeal Homeopathy** alleviated her joint pain very quickly. In just two weeks, she stopped crying in pain and even began to smile occasionally. Her appetite

showed vast improvement and her general interest level had begun to rise.

As homeopathic treatment continued, Sadhana's sense of depression lifted and her joint pains had reduced so much that she resumed work again! Having stopped the allopathic treatment, Sadhana's skin grew lighter and she was no longer embarrassed to go out meet people.

She had gone from being someone who was habitually asked why she was so ill to being told she was looking "much better" - definitely a first!



Feb 3, 2010

“God doesn't give us equally. I thought it was my destiny to suffer”