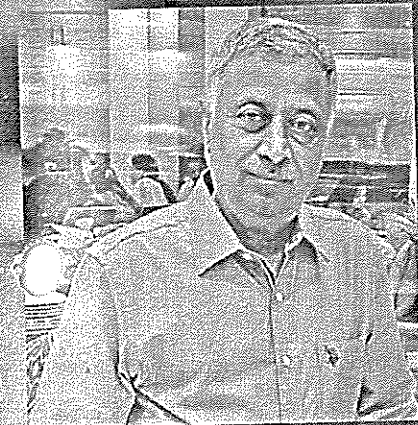


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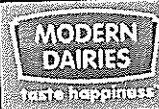


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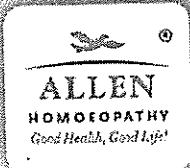


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- Eat Smarter for a Good Night's Rest
- Homeopathy in Sleep Health: A Journey through Efficacy, Challenges & Research Frontiers
- Good Sleep = Good Health



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EAT SMARTER FOR A GOOD NIGHT'S REST

-Compiled by Editorial Deptt., Homoeopathy for All
The quality of your diet affects the quality of your sleep. Here's how eating smarter can help you get to sleep faster and maximize a good night's rest.

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HOMEOPATHY IN SLEEP HEALTH: A JOURNEY THROUGH EFFICACY, CHALLENGES & RESEARCH FRONTIERS

-Dr. R. Valavan, Dr. Poorva Tiwari
In summary, this manuscript highlights the potential of homeopathy in treating sleep disorders, yet emphasizes the need for more robust, large-scale research. Future directions should include detailed clinical trials to validate the efficacy of homeopathic remedies and explore their integration with conventional treatments. Advancing this research is essential to establish homeopathy as a reliable option in sleep health management.

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GOOD SLEEP = GOOD HEALTH

-Dr Meghna Chikara
Homoeopathic treatment can be a great way to manage various forms of sleep troubles without getting addicted to medicines.

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SLEEP HYGIENE FOR HEALTHY SLEEP- GENERAL AND HOMOEOPATHIC MEASURES

-Prof. Dr. S. Sabarirajan, Prof. Dr. S. R. Ameer Khan Babu
This article review about causes, risk factors, different type, clinical presentation general management including some home remedies management and homoeopathic way of treatment of sleep disorder and healthy sleep.

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WARTS AND ITS HOMOEOPATHIC MANAGEMENT

-Dr Pooja Chandil, Dr Prashant Gupta
This article is a brief overview on warts and their homoeopathic managements.

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FEVER WITH RASH, DIAGNOSIS AND HOMOEOPATHIC TREATMENT

-Dr. Janki Yogesh Doshi

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SLEEP DISORDERS

-Dr. Mudita Arora, Pooja Maurya, Rajshree Banerjee
Sleep disorders arise from a complex interplay of factors, including lifestyle habits, underlying health conditions, genetic predispositions, and environmental influences. Symptoms differ widely among the different types of sleep disorders. They can range from difficulties initiating or maintaining sleep, irregular breathing patterns during sleep, involuntary movements, to unusual behaviors like sleepwalking or night terrors.

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-Andrea Corinna Mayer

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-Dr. R. Valavan, Snigdha Suman Dalua

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