

## Anguish increases the risks of heart attacks, says a report

Dr Lubna Kamal

There really is such a thing as heartbreaking grief, suggested a new research in Health Day Reporter. Further, Journal of the American Heart Association reported that your risk of heart attack may increase during the days and weeks after the death of a close loved one. It ranges from one per 320 people with a high heart attack risk to one per 1,394 people with a low heart attack risk. My own grandfather died of heart attack just three days after sudden death of one of his grandchild.

"Caretakers, healthcare providers and the bereaved themselves need to recognize they are in a period of heightened risk in the days and weeks after hearing of someone close dying," said Murray Mittleman, M.D., a preventive cardiologist and epidemiologist at Harvard Medical

# Dealing with grief



School's Beth Israel Deaconess Medical Center and School of Public Health's epidemiology department in Boston.

Not only heart attack, shock of death of a close one, can also trigger severe depression. A few years back, one of my distant cousins died in a car crash. My aunt went into such severe depression that she couldn't

eat, sleep or even weep. I was asked for help and no sooner than I gave her few drops of a medicine, tears started rolling from her eyes after two days of demise of her son. Ignatia was the medicine, which should be taken after death of a close one. It is absolutely safe in 30 potency and can be taken up to 4-5 times every day for a week to prevent depression or heart

troubles or any other ailment due to shock of death of a loved one.

Apart from Ignatia, Natrum mur if taken in 200 potency once in a month, can alleviate prolonged grief or complicated grief, that is one lasting for more than a year. About 15% of bereaved individuals suffer from complicated grief, and one-third of people already getting mental-health services have been found to suffer from this extended grief reaction, which can otherwise be prevented from few doses of Natrum mur.

There are many more and different medicines for different grief reactions due to loss of parents, friends, spouse, sibling, relatives etc. Different stages of grief namely shock & denial, pain & guilt, anger & bargaining, depression", loneliness, can be helped through appropriate homeopathic medicine for which one should consult a homeopathic physician.

*The writer is a practising homoeopath*