

# Life Must go on . . . .

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It was February 2001. My family noticed that movement of my left leg was not natural. I had to make effort to lift my left leg. Somehow, I just neglected it but by May 2001 the stiffness of left side was evident to others. We consulted our family physician who directed us to Dr. Bhanage. After preliminary examination he asked us to meet Dr. Sudhir Kothari. After a spate of tests and CT scan, he diagnosed it as early Parkinsons. We consulted almost all the reputed neurophysicians, not because we didn't trust them but because we still had a flicker of hope that someone would tell us that it is not Parkinsons but something else, because I was just 30 years old then.

I was destiny's favourite child having achieved almost everything that I had ever desired in my life - ofcourse there were a few setbacks as in everybodys life but this was like a bolt from the blue. My first and foremost concern was my kids.- Niharika - then 5 years old and Adit who was just 1 year old - too young to understand what their mother was going through physically and emotionally. They were still in my cosy nest. I still had to give them wings to fly - my buds had to still bloom into flowers. Before the symptoms of Parkinsons took over, I became a victim of "why me ?" syndrome. Oh God ! what mistake have I done to deserve this punishment ? Where did I go wrong ? Life is not a bad of roses as I had thought. The thorns had started pricking me and I was becoming more & more restless. I knew that I had to accept the reality and pick up the threads of my life together. I know it was difficult but not impossible.

Life was moving at a slow pace. I could carry on with prescribed medication, I could still walk and drive & keep myself occupied with tutions. As stiffness, slow movements became more prominent doctor introduced Syndopa in 2004. I was comfortable for a couple of yeras but soon involuntary movements started. I could still manage to go out for a stipulated time and return back before the symptoms began.

"An empty mind is a devils workshop" - so thinking that social interaction would keep me busy & lessen down my pain I decided to do my B.Ed and take up a job, I successfully completed my B.Ed. in 2007 but as we know "Man Propses and God disposes".

Destiny had different game in store for me. I could sense shivering on my right side & my movements became more restricted. By the end 2008 my life was

paralysed by involuntary movements & freezing. My on - off symptoms became more and more uncertain limiting my social interaction to some close relatives & friends. Doctors suggested DBS surgery which my mind was not ready to accept.

My Ayurvedic medicines and alterative therapies like yoga, pranayam, massage physiotherapy session alleviated the side effects of allopathic medicines like weight loss, low B.P., loss of balance, vomiting, constipation etc. and homeopathy took care of my mental well-being especially depression. It was at this point that I thought "How nice it would be if all pathys and alternative remedies are offered to a patient in a package to help the patient lead a near to normal life. In fact a holistic approach for all chronic, progressive and life threatening diseases will be "a dream come true" for the patients & their families.

The efforts of Parkinsons support group of Pune in this direction are really worth appreciating. Periodical meetings to bring together the patients for mutual interaction & giving moral support makes life a little easier for the patients. In fact Patwardhankaka, Shendekaka, Tirthalikaku are always ready with a smiling face & helping hand often going out of the way to mke us comfortable. A patient needs patience not pity & words of encouragement to boost their morale & support for the medicines to work more effectively & live a life of dignity. Also, if you think positively and remain in a happy & relaxed state of mind your symptoms lessen down, whereas stress and tension increases them, Its rightly said that

"If God helps f you iln your touble it means you have faith in his ability. If he dosen't he has faith in your ability."

Prayer increases inner strength. So with faith that there will soon be a remedy and cure for Parkson disease & a hope that it relieves many suffering patients, I sincerely pray -

Oh God !

Give me the courage -

to face the things which I can't change, the strength to change the things which I can, & the wisdom to understand the difference.

