

Trying...and Succeeding

I clearly remember, it was the year 1996, I was carrying on with my mundane day to day chores, when it came to my notice that there was slowness in my speech and writing had become small. It was surprising as earlier many people had commented on my speech not being clear. I went to doctor with curiosity, that maybe have a neurological problem. The Dr. responded 'Son you have PD!!' My immediate reaction to that was, is it curable? The doctor prescribed a few medications and declared that it's not curable. I had just retired and suddenly my mind was filled with a lot of apprehensive questions, like if I could still continue living an active lifestyle?!!



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Reading up on the disease and collecting literature enlightened me with the effectiveness of Yoga on controlling symptoms. I went for a course at Keval Dham and since then I have been regularly attending Iyengar Yoga classes organized by PDMDS., which I am very proud of being a part of.

In the beginning when people started inquiring about weight loss, change in facial expressions etc, I was starting to get disheartened, and hence I would avoid going out and meeting people. Eventually I told them I have started losing weight because of Parkinson's. Inspired by Dr.Singhal, Dr.Charu and Dr.Lalkaka, I have started participating in various social activities. Moreover people around me have been very cooperative now that they are aware of me having PD.

I have been advised to have a caretaker with me. But since I have been so actively independent throughout my life, people tend to get surprised till today I travel by myself. Though there have been hindrances in trying to be independent. Like recently, I had a fall while crossing the road. Luckily a known person helped me and called my family. I had to undergo surgery and lost 1/3rd of my finger. I controlled myself, God has only injured my finger otherwise I could have had to go through worse circumstances. I had to go through this time in my life by sacrificing a part of my finger and not my entire hand!

I have realized most importantly in PD you should have confidence and courage to face the situation boldly. Throughout my experience of PD, implementing the proverb "*try and try till you succeed*" holds a BIG value in my life.