

July 2014 Issue - X



MONTHLY NEWS LETTER

India usually witnesses rainfall in all its different regions during the month of July. The **Monsoons** bring a sense of joy and relief to all of us. The kids love to dance in the rain, the elders relish the ‘pakodas’ with a cup of tea and nice stroll in the parks. The young couples enjoy the pleasantries of the beautiful weather that the monsoon brings along with it. Most importantly the farmers’ hard work of the entire year pays off and we get better and pure vegetables to eat.



But along with so much joy and festivities, the changing weather from the scorching heat to cool windy mornings also spells doom at times if one is not careful. The rainy season is almost synonymous with skin ailments and hair fall. Allergies start proliferating during these wet days. Even diarrhoea becomes very common every year during this time. The humidity off and on adds to the agony giving rise to very common skin ailments like Acne, Taenia vers., Fungal rashes, etc. so with all the fun and enjoyment it is advisable to keep certain Homoeopathic medicines for your household. Medicines like Rhus Tox., Dulcamara, Natrum Sulph, Bryonia alba, Aloes, Rhododendron, etc. are very useful in this changing weather.

In this issue we are discussing about one prominent trouble during the rainy season, **ACNE**, commonly called Pimples. It is a condition seen generally in teenagers but it is also often seen in adults. There are a lot of factors which lead to the development of various kinds of Acne. We will discuss those and also give some tips on how certain types of Acne can be cured even without medicines.

The topic of **Suicide**, which was taken up in the previous issue, will be further continued in this monthly as well under the section of “Mind the MIND”.



Dr. Sanket Gupta, MD, PGCCP(Cardiology)

ACNE (PIMPLES)

WHAT

- Common skin disease which affects those areas which have the maximum oil glands like face, upper part of chest and back. It develops as a result of blockage in the follicles.
- Occurs commonly during adolescence affecting 80-90% of teenagers all around the world.
- Various types of Acne are – Vulgaris, Rosacea, Simplex, Nodular

ETIOLOGY / CAUSES

- **Hormonal** – hormonal activity during menstrual cycles and puberty may lead to the formation of acne. This is due to the increase of androgens (sex hormones) during these times.
- **Genetic** – studies suggest that the rate of Acne incidence is remarkably high in first degree relatives which explains the genetic component in acne
- **Psychological** – research indicates, increased acne severity is significantly associated with increased stress levels
- **Infectious** – Propionibacterium acnes is the anaerobic bacterium that is widely concluded to cause acne. Staphylococcus aureus also plays a vital role in formation of acne
- **Diet** – a high glycaemic diet (rich in carbohydrates) worsens the acne. There may be a relation between acne and insulin metabolism as well.

SIGNS & SYMPTOMS

Acne can present in following forms:-

- Seborrhoea (increased oil secretion)
- Comedones (Black or White heads)
- Papules
- Pustules (with discharge of pus)
- Nodules
- Cysts

WHAT CAN YOU DO

- Drink plenty of water
- Avoid constipation
- Avoid fried and spicy food
- If you have dandruff, get that treated also
- Always wipe your face with a dry tissue before washing it with water
- Avoid synthetic clothing around chest and back

INVESTIGATIONS

- Complete haemogram
- Liver function test
- Stool analysis



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY – TEENAGER'S BEST FRIEND

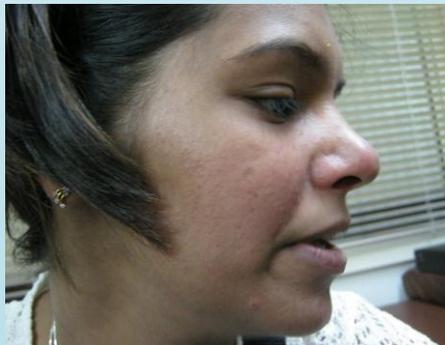
ACNE – The age old adolescence nuisance.

It is generally thought and believed that everybody goes through a phase in their lifetime when they develop Acne or Pimples, as commonly called. But the fact is, it's not just the teenagers who get acne, but acne can develop at any age. As discussed above by Dr. Sanket, there are a lot of factors which can result in development of any type of acne. Oily skin, hormonal changes (esp. in females), constipation, dust, allergic reaction to any cosmetic, and most importantly stress, can cause the formation of Acne.

Now one must understand that it is not always the external factors which result in the formation of an Acne. So just giving creams and ointments or topical applications won't suffice. To completely cure this trouble the Doctor needs to correct the intrinsic disharmony essentially. All those factors that prove to be a hindrance in the path of cure must be completely eradicated to achieve permanent cure with absolutely no recurrences. This is exactly what Homoeopathy does!! Taking all the constitutional and environmental factors into account, Acne cure is a guarantee! So much so, after the treatment, there are no scar marks left even. That is why I say, Homoeopathy is a teenager's Best Friend.

We ourselves have successfully treated thousands and thousands of cases of Acne, of various kinds in all ages. And I can claim undoubtedly, that Homoeopathy provides the best treatment for Acne with absolutely no side effects.

MARVEL OF HOMOEOPATHY



This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, M.Sc (Cl. Psych)

In the last edition, we discussed about suicide, its warning signs and some of the common misconceptions related to it. Carrying on from there, in this edition we'll lay down some of the techniques and ways for effective intervention during crisis.

WHAT TO DO?

It is natural to feel uncomfortable, apprehensive, fearful or even afraid if you are in a situation wherein your loved one, or any other person for that matter is contemplating suicide or is threatening to commit it. But anyone who threatens or is showing other warning signs requires immediate help. Talking to such a person can be extremely difficult for anyone but the most critical intervention in fact is asking the person if he/she is thinking of committing suicide. Asking this question will not plant an idea of actually committing suicide, you cannot make a person suicidal by showing that you care. The very act of approaching and asking this question can give an opportunity to the person to express his pent-up feelings and provide relief from the loneliness he/she was feeling.

WHAT TO SAY?

When talking to a person who is suicidal just be yourself. Let the person know that you care and that he/she is not alone. The right words are often unimportant at that moment as love and concern is communicated even through our voice and manners. Some of the ways in which one can start a conversation could be:-

- *I have been feeling concerned about you lately.*
- *Recently, I have noticed some differences in you and wondered how you are doing.*

In addition to this, **listening** to the other person is extremely important. Let him/her express all that he/she is going through. The conversation might seem very negative but the fact that it is taking place is a positive sign. Be sympathetic, accepting, calm and **non-judgmental** for whatever the other person expresses. Another way to help him/her would be to offer **help and hope**. Saying something like – “*You are not alone, I'm here with you*” or “*You may not believe it now but the way you're feeling will change*”.

WHAT NOT TO SAY/DO?

Since we are talking about a crisis situation which at times can be overwhelming for some of us, taking the following points into consideration can prove extremely beneficial. While talking to a person who is suicidal, **don't** get into an **argument**; avoid saying such things as “*You have so much to live for*” or “*Your suicide will hurt your family*”. The person knows all this; they don't want to die, they just want to stop hurting. Similarly, **don't** give a **lecture** on the value of life or say that suicide is wrong. It will not serve the purpose of reducing the pain or suffering he/she is experiencing.

In addition to this, it is of essence that you (the helper) do not blame yourself for the situation. You cannot “fix” someone's depression or the happiness or the lack of it in your loved one's life is not your responsibility.

It takes a lot of courage to help someone who is suicidal. Witnessing a loved one dealing with thoughts about ending his/her own life can stir up many difficult emotions. As you're helping a suicidal person, don't forget to take care of yourself. Find someone that you trust—a friend, family member, counsellor or a priest—to talk to about your feelings and get support of your own.

If you or anyone you know seems suicidal or is having even fleeting suicidal thoughts, it is recommended to consult a mental health professional at the earliest. Suicide is preventable. Even Homoeopathy has proved to be very beneficial in combatting suicidal thoughts.



A new study recently presented at the Frontiers in Cardiovascular Biology meeting in Barcelona, Spain, suggests that women who have high cholesterol may be at higher risk of developing breast cancer.

The research team, Length of Stay and Mortality (ACALM) Study Unit at Aston University School of Medicine in the UK, says their findings indicate that statins - drugs used to reduce levels of low-density lipoprotein, or "bad" cholesterol, in the blood - could be used to prevent breast cancer.

Past research has indicated a link between obesity - which can cause high cholesterol - and increased risk of breast cancer.

Using a statistical model, the researchers estimated that women with high cholesterol were 1.64 times more likely to develop breast cancer than women with normal cholesterol levels.

Latest at AKGsOVIHAMS

- 6th Aug. will be celebrated as the 100th birth anniversary of Late. Sh. O. P. Gupta, the chief patron of AKGsOVIHAMS and Dr. A.K.Gupta's father. The centenary celebration will be held in various forms.

DID YOU KNOW?

In many Indian households you will find that people sit on the floor and eat their meals. Few reasons why it is good to go back to the ancestral ways:-

1. Helps improve your digestion
2. Helps you lose weight
3. Makes you more flexible
4. Helps you bond with your family
5. Improves your posture
6. Lubricates and keeps your knees and hip joint healthy
7. Strengthens the heart by improving circulation

LAUGHTER IS THE BEST MEDICINE



In a car garage, where a famous heart surgeon was waiting for the service manager, to take a look at his Mercedes, there was a large mouthed mechanic who was removing the cylinder heads from the motor of a car, he saw the surgeon waiting and lured him into an argument.

He asked the doc after straightening up and wiping his hands on a rag, "Look at this car I am working on, I also open hearts, take valves out, grind them, put in new parts, and when I finish this baby will purr like a kitten. So how come you get the big bucks, when you and I are doing basically the same work?"

The surgeon very calmly leaned over and whispered to the loudmouth mechanic,

"Try doing it with the engine running..!!" 😊



NODULAR ACNE

ALOPECIA AREATA

ACNE VULGARIS

AKGS OVIHAMS HOMOEOPATHIC CLINICS

(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

WEST DELHI

J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel : 011-25101989, 011-25430368 ; Fax – 011-25111989

SOUTH DELHI

158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel : 011-24100494

NORTH DELHI

RU-115, Pitam Pura, opp. Power House

Tel : 011-27345218, 9873565050

EMERGENCY HELPLINE – 9811341238, 9711013938

Email – drakgupta@ovihams.com, drsanketgupta@gmail.com

For more Visit us at www.ovihams.com