

Sept. 2015 Issue - XXIV



# MONTHLY NEWS LETTER



**Prof. Dr. A. K. Gupta** at the recently held 70<sup>th</sup> LMHI Conference in **Rio De Janerio**, Brazil. He presented a case study on a rare and dreadful disease called the **Behcet's Syndrome**. Homoeopathy has over the years shown its tremendous efficacy in treating such difficult and 'incurable' diseases and this International annual conference was a testimony to that.

This issue includes:-

- An introduction to **Dengue** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in preventing and treating Dengue on Page no. 3 by **Prof. Dr. A. K. Gupta**
- An introduction on the topic of **Autism** by our Clinical Psychologist, **Kaartik Gupta** on Page no. 5



Dr. Sanket Gupta, MD (Hom.), PGCCP (Cardiology)



Female *Aedes aegypti*  
WHO/TDR/Stammers

# DENGUE

## INTRODUCTION

- Also known as *break bone fever*, is a mosquito-borne tropical disease caused by the dengue virus
- Dengue is transmitted by several species of mosquito within the genus *Aedes*, principally *A. aegypti*. The virus has 5 different types. Infection with one type usually gives lifelong immunity to that type, but only short-term immunity to the others.

## ETIOLOGY / CAUSES

Dengue fever virus (DENV) is an RNA virus. It is contracted from the bite of a striped *Aedes aegypti* mosquito that has previously bitten an infected person. The mosquito flourishes during rainy seasons but can breed in water-filled flower pots, plastic bags, and cans year-round. One mosquito bite can cause the disease.

## INVESTIGATIONS

- Complete haemogram
- Liver and Kidney Function Tests
- USG whole abdomen
- IgG and IgM antibodies

## WHAT YOU CAN DO

- Get rid of open sources of water like in gardens, roadsides, parks and even water cooler and Air conditioner water droppings
- Wear clothes that fully cover the skin
- Use mosquito netting while resting
- Use the application of insect repellent

## SIGNS & SYMPTOMS

Incubation period ranges from 3 to 14 days, but most often it is 4 to 7 days. Characteristic symptoms are: -

- Sudden-onset fever which is usually very high as much as up to 104 deg.
- headache (typically located behind the eyes)
- muscle and joint pains
- A rash occurs in 50–80% of those with symptoms in the first or second day of symptoms as flushed skin, or later in the course of illness (days 4–7), as a measles-like rash
- Nausea and vomiting may also occur
- Some petechial spots (small red spots that are caused by broken capillaries) can appear at later stages
- some mild bleeding from the mucous membranes of the mouth and nose may also appear around the 7<sup>th</sup> to 10<sup>th</sup> day of fever
- in critical phase there is leakage of plasma from the blood vessels resulting in fluid accumulation in the chest and abdominal cavity as well as depletion of fluid from the circulation and decreased blood supply to vital organs which may cause death.



Prof. Dr. A.K. Gupta, MD (Hom.)



Founder-Director AKGsOVIHAMS, Gold Medallist

# PREVENT & CURE DENGUE WITH HOMOEOPATHY

The rate at which the incidences of cases of Dengue fever are increasing day by day is astonishing! These days every 4<sup>th</sup> person one hears about is contacting this dreadful virus and manifesting in some form or the other. The danger with such a disease is that it takes at least 3-4 days for it to completely be confirmed through investigations. As you have read about the damage it can cause to a person, a disease like Dengue can cause panic very easily among the population of the city. The problem with this is that when the panic sets in to a society, the real needy patients are left wanting for the correct treatment and the rich and affluent enjoy the medical assistance based on this fear. Here I would like to convey a very important message. Yes Dengue is a dreadful fever. Yes it is debilitating. Yes it is terrifying experience. But it is both PREVENTABLE and CURABLE!!

Homoeopathy has a huge role in both prevention and Cure of Dengue. The Homoeopathic medicines like *Gelsemium* and *Eupatorium Perf.*, when given to a healthy individual, provide immunity against the Dengue virus by creating an artificial disease inside the person. This shields the person from getting infected even during highly prevalent and vulnerable times. We at our AKGsOVIHAMS Clinics, have been providing Preventive medicines for dengue to people of all ages since a few years and remarkably not even a single case has been reported to develop Dengue if he has once received the Homoeopathic preventive. Usually I have seen that the 5 day course of Homoeopathic preventive medicines is able to provide immunity to the person from Dengue for that particular season.

The other major role is in treating an infected person. One starts panicking as soon as the platelets start crashing down. This sign marks the criticality and stage of the dengue fever. Homoeopathy has proved to be of immense power when it comes to treating Dengue in its initial stage. Usually medicines like *Arsenic Album*, *Eupatorium Perf.*, *Rhus tox*, etc. help in breaking the fever and patient recovers sooner than later. But the set of remedies changes when the stage of Dengue has reaches to a critical stage. Blood transfusions can be definitely prevented with Homoeopathic medicines like *Crotalus Hor.*, *Carica Pappaya*, *Phosphorus*, *T.N.T*, etc.

Some of the important medicines with their actions in treating Dengue are:-

1. *Tinospora cordifolia* – strong immune-stimulant, increases WBCs and platelet count
2. *Carica papaya* – high in complex vitamins that rapidly increases blood platelet production
3. *Rhus tox* – treats skin rashes, fever and pain with intense heat, thirst and restlessness
4. *Eupatorium perf.* – treats joint pain, fever, headache, soreness of eyeballs, backache with nausea & vomiting
5. *Gelsemium* – Treats fever, with muscular soreness, prostration, and violent headache
6. *Ocimum sanctum* – it has analgesic and anti-inflammatory effects in acute and chronic fever

# MARVEL OF HOMOEOPATHY

Mr. K.M, a 26yrs old boy, was admitted in a private hospital on 24th Aug.2013 with complaint of very high fever, with chills and shivering. He was vomiting a lot as well. For 2 days in the ICU antibiotics and antipyretics were being given but not much relief was seen. He was still vomiting a lot. He was diagnosed with Dengue and that too at the critical stage. The platelets were going down every day and he had passed some blood in his stool as well.

The doctors wanted to start blood transfusion but the mother insisted to try Homoeopathy once before transfusion could be started. The boy's mother, who was already Dr. A. K. Gupta's patient, came to him asking if Homoeopathy could do anything. On the 27<sup>th</sup> Aug., the platelets had come down to as low as 16,000!! Dr. Gupta gave her the indicated Homoeopathic medicines to be given to the patient every 2 hourly.

The boy gradually started improving. The vomiting disappeared on the 1st day itself and fever was also much better, as it was not going very high as earlier. To even the hospital's surprise the platelets now were 2, 96,000 on 1st Sept.2013. He was discharged the same day.

The entire family was grateful to Homoeopathy and Dr. A. K. Gupta for saving the young boy's life.

*This is the Marvel of Homoeopathy*





# MIND the MIND



KAARTIK GUPTA, MSc, M.Phil (Scholar, Cl. Psych.)

## AUTISM

Autism, or Autism Spectrum Disorders (ASD) as they are now classified, is a neurodevelopmental disorder characterised by impaired social interaction, verbal and non-verbal communication, and restricted and repetitive behaviour. It occurs in early childhood and the signs of autism usually can be observed around the age of 2 years. Autism follows a relatively static course but with behavioural training the child's functioning improves in certain areas.

A recent study states the global prevalence of autism to be 21.7 million people as of 2013 (Global Burden of Disease Study, 2013). It occurs 4-5 times more often in boys than girls. Among identical twins, if one has ASD the other also has ASD in 9 out of 10 cases. If one sibling has ASD, the other siblings have 35 times the normal risk of also developing the disorder. Recent studies claim to have found certain genes that could be responsible for causing ASD. However, it is an accepted fact that a combination of genetic, neurophysiological (brain development) and environmental factors (harmful agents from the environment, infection or any illness to mother during pregnancy) are responsible for this neurodevelopmental disorder. Some people believe that inappropriate parental upbringing is responsible for autism in children which is *not* the case.

In some cases, the child might develop normally till about the age of 2-3 years and then there is a gradual decline in the overall functioning of the child, especially language development. It is mainly a disorder characterised by poor quality of social communication, both verbal and non-verbal. The child might engage in certain odd and repetitive behaviours which are observed by the parents and they can make out that something is not right about their child's behaviour. If you observe most of the following features in your own or any other known child, then it is advised that you consult either a pediatrician or a clinical/child psychologist:-

- Does not respond by looking towards you when his/her name is called; does not smile back at you.
- Does not maintain eye contact; prefers to remain alone and appears aloof.
- Has become silent, withdrawn or indifferent to social signals; does not understand danger.
- Engages in odd and repetitive behaviours like staring at rotating wheels, moving about in circles, hand-flapping; has a tendency to taste, smell or touch repeatedly whatever he/she holds.
- Aligns toys or object in a straight line and gets irritated if that order is disturbed; is very particular about his/her toys, clothes and is not comfortable with change in routine.
- Does not point at people or objects with his/her index finger; does not indicate what he/she wants, instead grabs your hand and takes you to that place or object.
- Appears either very sensitive or not at all responsive to loud noise, bright light or even pain.
- Some children with autism seem to possess exceptional ability/interest in numbers, music, symbols, memory, etc.

In the next issue, we would be looking at psychological treatments for children/adults with autism.

*'Different but not less'*

- Dr. Temple Grandin



## Inadequate sleep linked to early signs of heart disease

Not getting the right amount of sleep can compromise brain functioning and emotional wellbeing. In addition to this, a new study indicates that for young and middle-aged adults, inadequate sleep may increase the risk of early signs of heart disease developing. The study, published in the journal *Arteriosclerosis, Thrombosis and Vascular Biology*, found getting too much sleep, too little sleep or poor quality sleep was associated with raised levels of calcium in the coronary arteries and arterial stiffness.

A total of **47,309 young and middle-aged adults** had their sleep duration and sleep quality assessed with a sleep questionnaire. Each participant also underwent a health examination to measure coronary artery calcium and arterial stiffness, two subclinical measures of CVD. **Inadequate sleep was linked to raised levels of coronary artery calcium. Participants who slept 5 or fewer hours a day had 50% more coronary artery calcium than those who reported sleeping 7 hours a day.**

## Latest at AKGsoVIHAMS

- **Homoeopathic Preventive for Dengue** available at all our clinics. Course is for just **5 days** and provides immunity against Dengue for the whole season. Cost – Rs.100 only.
- View all our previous newsletters and also subscribe at [www.ovihams.com](http://www.ovihams.com)

## DID YOU KNOW?

- **Our heart beats around 10000 times every day or about 30 million times in a year.**
- **Our eyes can distinguish up to ten million colour surfaces and take in more information than the largest telescope known to man.**
- **Our lungs inhale over two million litres of air every day, without even thinking. Their surface area is large enough to cover one side of a tennis court.**

## LAUGHTER IS THE BEST MEDICINE



**Doctor:** I have some bad news and some very bad news.

**Patient:** Well, might as well give me the bad news first.

**Doctor:** The lab called with your test results. They said you have 24 hours to live.

**Patient:** 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad news?

**Doctor:** I've been trying to reach you since yesterday.

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homoeopathy offers the optimal mix of simplicity, economy, effectiveness of treatment and cultural acceptability amongst the diverse population of a large developing country like India. Let us make all efforts to see that it is available to the common man, everywhere.

- *Dr. Ashok Kumar Walia, Ex-Minister of Health*

- I got in touch with Dr. Sanket Gupta because a friend of mine had spoken highly of him, and told me he could help me. I used to suffer from anxiety, and not of a mild, occasional kind, but of an ever present, extremely oppressive nature, such that I was unable to function normally in my daily life. I will not go into the details of it, for those were dark times for me and I do not wish to recall the memories, but I would state this in the most effective manner possible, that never in my life have I faced anything as debilitating and as hurtful as the kind of state of mind I used to live with. And the worst part was, I was as full of doubts as to whether I would ever be able to overcome this condition that I had almost started believing that I was to live like this, in this distraught and stagnant condition for the rest of my life.

As a doctor, he has been so generous with his time and his attention that no amount of money could hope to compensate him for. He would counsel me and help me with such perseverance, that one can find only one reason for his dedication, and that would be the fact that he is absolutely in love with his job. He didn't help me out of the goodness of his heart, although he is an exceedingly good human being; he helped me because he is so gifted at what he does, and he genuinely loves his profession. In my belief, that is THE best kind of doctor to trust your maladies to, because he is as devoted, perhaps more, towards your recovery as you are. He was always available, and made sure to always inspire me and buoy me with positivity, he answered my endless barrage of questions with clarity and patience. He would not let me get discouraged, and when I recall some of the counselling session I had with him, I can only wonder how he ever managed to be so patient and supportive throughout. He has my endless thanks, for the way he handles those who seek help from him, with such professionalism as befits a doctor, and yet radiates empathy and understanding for those suffering with disorders similar to mine.

Dr. Sanket has been so effective with his methods of treatment, that not only did he convince me of the fact that my anxiety is gone; he equipped me to deal with so much on my own. Due to his expertise at treating such conditions, I have never experienced anything more than what a perfectly mentally sound person would feel when caught up in bad situations. My anxiety left me, and my doubts left me, and it was a gruelling road I travelled for about three months, and then some more, but I had Doctor to lead, guide and help me along, as the situation merited. The doctor helped me resolve a condition I had been afflicted with for nothing less than 10 months or so, and would have grappled with for God only know how much longer, and achieved all of this simply with his counselling; he did not have me on any medication throughout the period of treatment.

His genius at his profession has been experienced and expounded by many, I am sure, and maybe there are other psychologists that could have helped me, but I don't think I would have gone to them, because the emotional investment Dr. Sanket makes in your recovery, makes him so approachable, available, kind, empathetic and understanding, and in terms of time and commitment, he far surpasses anything that one can expect. A person who is undergoing a mental disorder is more likely to take every word and act for more than it could imply, and attach meanings to it, but with this doctor, he doesn't make you feel unwelcome or any other negative emotion throughout the experience with him. I believe that is only because he has so wholesome a character, and that makes him the best person to approach for seeking counselling from.

He is candid, and delivers on the promises he makes, and he never gives up. Even after I got healed of my anxiety disorder, I am still in touch with him, and seek and rely upon his effective guidance, and he is always there to help out a young adult with the twists and turns that life is so fond of taking at this age. I am glad I took the decision to speak with him, because he an extremely valuable person to have in your life. This testimonial is an acknowledgement of the nothing-short-of-miracle he pulled on me, and also a little token expression of the gratitude I feel for his treatment, help, guidance, encouragement, time, effort, attention, kindness and for helping me change my life for the better.

- *Ms. S. Singh, Uttar Pradesh*



ECCHYMOTIC PATCH IN DIALYSIS PATIENT



TAENIA VERSICOLOR

WART

# **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](mailto:drakgupta@ovihams.com), [drsanketgupta@gmail.com](mailto:drsanketgupta@gmail.com)

For more Visit us at [www.ovihams.com](http://www.ovihams.com)