

January 2014 Issue - IV



# MONTHLY NEWS LETTER



AKGsOVIHAMS (Om Vidya Institute of Homoeopathy and Allied Medical Sciences (Regd.)

Wishes you all a very **HAPPY, HEALTHY & PROSPEROUS NEW YEAR**

“Be always at war with your vices, at peace with your neighbours and let each new year find you a better man”  
Benjamin Franklin

New Year is a new beginning. Though every day is a new day, but there is something special about a New Year. It is a *chance* to ponder upon the mistakes we made in the previous year and try and correct them and more importantly not repeat the same mistakes in the New Year. It also is a *promise* that we make to ourselves to be a better and a more successful person, full of zeal and enthusiasm. It is a *gift* from the Almighty to all of us to experience our share of happiness and sorrows on this beautiful planet.

But unfortunately, some people are unable to enjoy the festivities and the fun & frolic of the New Year. Even though seemingly they are physically healthy, it's the anxiety of the unknown and the undue apprehensions that hampers their effort of trying to have fun. Keeping this in mind and in an effort to comfort all our anxious friends, we are going to discuss about **Anxiety Neurosis** in detail in this issue.

Also, we are starting with a new section called “*Mind the Mind*”, where **Kaartik Gupta**, M.Sc Clinical Psychology, will share his expertise regarding the disorders and diseases related to the Mental make-up of the human beings.



Dr. Sanket Gupta, MD, PGCP (Cardiology)

# ANXIETY NEUROSIS

## WHAT

- Common mental disorder characterized by excessive rumination, worrying, uneasiness, apprehension & fear about future uncertainties
- It is divided into - Generalized Anxiety Disorder, Phobic Disorder & Panic Disorder

## ETIOLOGY / CAUSES

No exact cause known but according to a few hypothesis and theories, Anxiety Neurosis can occur due to:-

- Low levels of GABA, a neurotransmitter that reduces activity in central nervous system
- Selective Serotonin Reuptake Inhibiting drugs used to treat depression can also bring about Anxiety
- Dependence on stimulants like caffeine, alcohol & benzodiazepine
- The dysfunctioning of Amygdala, centre for processing of fear and anxiety
- Stress of financial issues or physical illness or relationship failures
- Anxiety is also seen commonly in patients suffering from Dementia

## SIGNS & SYMPTOMS

- a) Physical symptoms:-
  - i) Cold clammy sweating
  - ii) Headache & Dizziness
  - iii) Flatulence, Nausea, Vomiting
  - iv) Trembling or shaking
  - v) Racing heart beat and high BP
  - vi) Muscle tension
  - vii) Chest pains
  - viii) Easy fatigue
  - ix) Difficulty in concentrating
  - x) Disturbance in sleep
  - xi) Frequent urination
  - xii) Hot flushes
- b) Emotional symptoms:-
  - i) Trouble focussing
  - ii) Irritability
  - iii) Restlessness
  - iv) Depression

## WHAT CAN YOU DO

Along with medicines, there are a certain exercises which when done during an attack, can prove to be very beneficial in aborting the repercussions of Anxiety. One can do exercises like deep breathing and counting backwards and feel confident.

Try to put more positive thoughts in your mind and shun out all the negativities

## INVESTIGATIONS

- Complete Haemogram
- Complete Thyroid Profile
- ECG
- Rule out Pheochromocytoma



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY & ANXIETY

Anxiety is a feeling of apprehension, worry or dread. It is normal for human beings to worry, but some people worry excessively and uncontrollably. It is considered a disorder if anxiety has been going on for more than 6 months.

Homoeopathy has an edge in treating such cases as it deals with the sensitivity of the nature of the person concerned. Homoeopathic medicines working at the root level, can counter the genetic proneness to the condition. Homoeopathy has very effective medicines to deal with all the bodily and emotional conditions associated with anxiety neurosis. The point that I want to emphasize upon is that the benefits of Homoeopathy are devoid of any side-effects in contrast to conventional anti-depressants and anxiolytics prescribed for the condition.

Also, a Homoeopathic doctor is capable enough to provide the much needed counselling and Psychotherapy to the patients of anxiety neurosis. As the basic principle of Homoeopathy is to prescribe on the person as a whole and not just his bodily parts, a Homoeopath gets a deep insight of the personality and nature of his patient. And so, the able Homoeopathic doctor is in a much better position to help out the anxious patient. Thus, Homoeopathy is very strongly recommended for better results.

There are innumerable cases of people appearing in an interview that they dreaded from, with the support of Homoeopathic pills in his pockets. Children who used to prepare everything the night before their exams and would just forget everything at the sight of question paper have not just given exams in a peaceful state of mind and relaxed nerves, but have also come out with flying colours with the help of Homoeopathy. There are many examples of people who have got rid of the anxiety that they used to suffer from whenever they saw the object of their phobia; like phobia of dogs or lizards or cockroaches, etc., a lot of people are a testimony to the instances where they have stood by the frightening dog with a lot of courage and help from Homoeopathic medicines.

Homoeopathic medicines are as fast acting as any conventional allopathic anxiety relieving drug and they make you feel better without any dependence and side-effects.

Watch Prof. Dr. A. K. Gupta talk about Anxiety and Phobia in children [http://youtu.be/qAtztit\\_QMM](http://youtu.be/qAtztit_QMM)

# MARVEL OF HOMOEOPATHY

This is a case of a 15yrs old girl Ms. M.M who was suffering from severe Anxiety Neurosis and Depression when she was brought to Dr. Sanket Gupta at our Moti Bagh branch. She was accompanied by her mother. The mother started narrating the problem to Dr. Sanket. She told that the girl had developed a severe phobia of going to her school. It is a very famous school in south Delhi. She was overweight and complained of terrible body aches with nausea, vomiting and bursting headaches. She would cry day in and day out and had no friends. Just the idea of going to the school would bring upon severe anxiety to the young female. There was difficulty in sleeping at night and severe pains ere making her life miserable. She even had started thinking of committing suicide. The mother was extremely worried and horrified while narrating the case. During the entire session the girl kept quiet and was continuously crying.

Dr. Sanket listened very carefully and later started interrogating the young girl. During the interrogation it was learnt that the girl had gone through a lot of mockery because of her weight and even the teachers used to pull her leg. She had gradually developed hatred towards the school and wanted her parents to change her school in the middle of 10<sup>th</sup> standard. Dr. Sanket realized the sensitivity of the young girl and after about a two-and-a-half hours session gave her the needful Homoeopathic medicine. Pleasantly on the next visit after a week, the girl was relatively relaxed and the pains had also reduced considerably. She had slept well the whole week also. But still the urge of not going to the school was still there. Then after speaking to the mother, Dr. Sanket decided to give counselling sessions to the girl as her confidence was badly down. Along with the Homoeopathic medicines, the pep talks and motivational verses, she was finally ready to go to the school on the 13<sup>th</sup> day of starting the treatment. Dr. Gupta gave her the medicines which would help her in managing any anxious moments. The whole day passed and in the evening when she came to the clinic she informed that she was able to pass the whole day without any severe trouble though she wasn't still happy in that school. This was a big step in the direction of cure.

Gradually, with counselling sessions and Homoeopathic medicines she became much better day by day. She started making new and trustworthy friends and she started taking interest in her studies as well. All in all with her courage and determination and with the help of Homoeopathy she not only gave her Board exams, but she topped in her class and in her own words she fondly admitted to Dr. Sanket, "My world has changed...!"

The entire family is grateful to Homoeopathy and AKGsOVIHAMS for bringing out the transformation in their daughter. She is a much more confident and vivacious girl now. There is neither any depression nor any anxiety!



# MIND THE MIND



**KAARTIK GUPTA, M.Sc (Cl. Psych)**

Each one of us is different from others in numerous ways. The way a person thinks, feels, behaves or even approaches a particular situation can vary from person to person. These individual differences give each one of us a separate identity and make him/her a unique individual. This brings us to the subject of Psychology, which is the scientific study of human and animal behaviour with the object of understanding why living beings behave as they do.

## **SIGNIFICANCE OF PSYCHOLOGY**

It is said that a healthy mind resides in a healthy body so we need to take care of our physical health. But what about our mind or brain that controls everything? Mental health is equally, if not more, important than our physical well-being. Our brain/mind can do what our body cannot. Human brain/mind is still the biggest mystery that we haven't been able to unravel completely. "Mind over matter" is an age-old concept that explains many virtually impossible acts like people walking over burning coal, a person lying comfortably on a bed of nails, and many more such amazing and mind-boggling feats which seem unimaginable considering the physical limitations of the human body. Stephen Hawking, the great physicist and cosmologist, is a living testament to the power of the human brain/mind that although greatly limited by his physical abilities due to a motor neuron disease, has made significant contributions in explaining the theory of the black hole and the possibility of travelling across time.

## **ANXIETY NEUROSIS**

Anxiety is a complex blend of unpleasant emotions and cognitions that is both more oriented to the future and much more diffuse than fear (Barlow, 2002). It is a general feeling of apprehension about possible danger. At the cognitive/subjective level, anxiety involves negative mood, worry about possible future threat or danger, self-preoccupation, and a sense of being unable to predict the future or to control it if it occurs. At a physiological level, anxiety often creates a state of tension and chronic over arousal.

Some amount of anxiety is beneficial and even required to perform up to one's potential, but when it comes to anxiety disorders they have unrealistic, irrational fears or anxieties of disabling intensity as their principle and most obvious manifestation. A combination of bio-psycho-social factors is believed to responsible for these anxious preoccupations.

## **TREATMENT**

Psychotherapy, or talk therapy, is a therapeutic interaction with the purpose of helping the person understand his/her problems and illness through specific techniques and strategies which empower them to explore their thoughts, feelings, and behaviours for the purpose of achieving higher levels of functioning.



**In a large study on Swedish men, further evidence has emerged of the smoking link to cataract development in the eye, with addiction of 15 cigarettes a day raising the risk of needing a cataract operation by 42%, compared with people who have never smoked.**

A total of 44,371 men were studied, in the cohort of Swedish men between 45 and 79yrs of age. The authors, led by Dr. Birgitta Ejderik Lindblad of Sweden's Orebro University Hospital, conclude: -  
“The higher the intensity of smoking, the longer it takes for the increased risk to decline. These findings emphasize the importance of early smoking cessation and preferably the avoidance of smoking.”

## Latest at AKGSOVIHAMS

- Spechtrochrome therapy being carried out for MND patients at our Moti Bagh branch. It is a hassle free therapy where the patient is tonated based on the stage of the disease, under specific coloured light for about an hour. The idea is to revitalise the neurons.

## DID YOU KNOW?

- Drinking a glass of warm water after having meals, is really good for digestion and doesn't allow the fats to get accumulated in our body. The Chinese practice this and this is a major reason why we find most of them slim & trim!

## LAUGHTER IS THE BEST MEDICINE



There was this nervous patient whose imagination afflicts him with all kinds of ills which never materialize. One afternoon he staggered into his house. He was bent forward. He tottered to a chair, and still curled into a half-moon shape, dropped into it. “Mary”, he gasped, “it’s come at last. There was no warning. All of a sudden I found I couldn’t straighten up. I can’t lift my head”.

When the doctor arrived and looked over the patient, the wife inquired, “Is there any hope?”

“Well” the doctor said, “it will help a good deal if he will unhitch the third buttonhole of his vest from the top button of his trousers!”



PSORIASIS

CHALAZION

DRUG ALLERGY

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