

March 2014 Issue - VI



# MONTHLY NEWS LETTER

AKGsOVIHAMS has always believed in its motto of Health for all in a holistic way. The centre was started in 1999 with the sole aim of bringing all systems of medicine under one roof so as to provide a place to the patients where they can be treated as a whole as none of the medical system is complete in itself. An integrated selfless approach has always augured well in providing complete cure and positive health to the suffering society. AKGsOVIHAMS has been a pioneer in this approach the testimony to which is the centre's accreditation in the 2001 edition of *Limca Book of Records* and conferred with *Global Healthcare Excellence Award in 2013*.



March is that part of the year when we notice a change. There is a change in the weather as summers are approaching and the winters are bidding us a good bye. There is a change in the economy as this is the end of the financial year as well. The students give their exams during this month to advance further in their studies. The festival of **Holi** makes it a really special and an enjoyable month.

March also marks the occasion of **INTERNATIONAL WOMEN'S DAY**. Homoeopathy has always proved to be an ideal foil for the women's health both physical and mental. AKGsOVIHAMS is very proud to be a part of this effort to serve the females in any and every way possible.

March along with bringing new change and new joyous avenues, also brings about a change in the health of a lot of people. All the patients having any sort of allergies especially bronchiolar allergies have to face a torrid time during this changing season. One such troublesome ailment is **BRONCHIAL ASTHMA**. Air pollution along with pollens in the changing season is the major triggering factors which bring upon an Acute Asthmatic Attack. We will discuss about Asthma in detail in this issue.

March is the month of examinations as well. **Kaartik Gupta** will continue on his discussion and tips on exam preparations from the previous issue. This time the focus is on parents on how to cope with these trying times.



Dr. Sanket Gupta, MD, PGCCPC(Cardiology)

# BRONCHIAL ASTHMA

## WHAT

- Dreadful disease that causes the airways of the lungs to swell and narrow, leading to wheezing, shortness of breath, chest tightness and coughing.
- Asthma may be classified as Atopic (extrinsic) or Non-atopic (Intrinsic)
- to read more on asthma visit <http://www.ovihams.com/AilmentDetail.aspx?AilmentID=6>

## ETIOLOGY / CAUSES

Asthma is a complex disease with multiple causes. The asthma attack is triggered by a series of factors, typically acting in a concert with one another. This disease is a classic example of “gene-environment interaction”. There are many substances (called allergens) which can trigger an asthmatic attack. The most common ones are –

- Animals (pet hair or dander)
- Dust mites
- Certain medicines (Aspirin & NSAIDS)
- Chemicals in the air or in food
- Exercise
- Mould
- Pollen
- Respiratory infections such as common cold
- Strong emotions (or Stress)
- Tobacco smoke

## SIGNS & SYMPTOMS

Asthma attacks can last from minutes to days, and can become dangerous if the airflow is severely blocked. Symptoms include:-

- Cough with or without phlegm
- Pulling in of the skin between ribs while breathing
- Shortness of breath which gets worse with exercise or activity
- Wheezing

Emergency symptoms that need prompt medical attention are:-

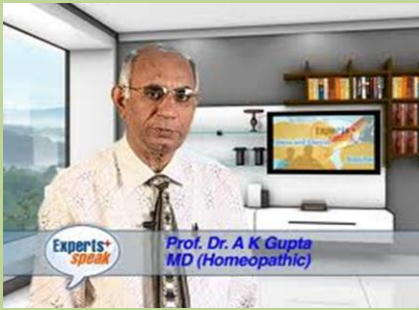
- Bluish colour to the lips & face
- Severe drowsiness or confusion
- Extreme difficulty in breathing
- Rapid pulse with severe anxiety
- Chest pain and sweating

## INVESTIGATIONS

- Blood Ig E levels
- Complete haemogram
- Chest X-ray
- Lung function tests

## WHAT CAN YOU DO

- Stay away from substances that trigger your asthmatic attack
- Avoid air pollution and try to wear masks in the changing seasons to avoid sudden change in temperatures
- Avoid deep breathing exercises



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY CURES ASTHMA

Asthma is the chronic disease of lungs and airways. The course of asthma is punctuated by periodic acute attacks in which the airways become partially blocked. Many people with allergic asthma also suffer hay fever. Asthma in adults is less likely to be caused by allergy, and more likely to be associated with respiratory infections and emotional upsets.

Very often, people suffering from asthma are found to be having some sort of a history of eczema or skin allergies like urticarial or atopic dermatitis in their childhood which had been suppressed by an extensive usage of antibiotics and steroids which later led to the development of bronchial asthma in adult life. Here it becomes important to understand the route of the cure. When there is a huge history of such suppression by allopathic medications, then on giving Homoeopathic deep acting constitutional medicines, there is always a chance that as asthmatic trouble reduces, the old skin lesions might start reappearing. In this situation, the patients should not panic as this is a good sign and the patient is on the road to complete recovery and cure. One must understand that lungs are more important organ than skin. So the in built vitality of the body which is reactivated with the help of Homoeopathic medicines, tries to throw the disease out of the lungs and hence it comes out on the skin for a while. Basically disease travels from a vital organ to a lesser important organ. The advice is to be patient during this time and let the body heal on its own in the most natural way with the help of Homoeopathic medicines.

It's not always that you will have to experience such a phenomena of cure. Only in cases which have a strong history of suppression by allopathic medicines will behave in this manner. The other forms of Asthma behave in a much less troublesome way and get cured sooner rather than later. The good news is, Homoeopathy can even shun away the usage of inhalers in case of acute emergencies and work as fast as anything.

I am reminded of one such incident where Homoeopathic medicine worked magically in an acute asthmatic attack. This was the month of April probably in the year 2002. A woman used to visit me frequently for her allergic problems of recurrent cold and cough. One day she was accompanied by her 11 year old son. As usual, I saw the mother and gave her the medicine and she went out of my cabin to collect her medicines. I was seeing the next patient, when suddenly in about 5 minutes' time I heard a loud shriek. It was the mother shouting as her son had suddenly become breathless. I immediately went to the waiting area to see what had happened. I saw the child coughing incessantly and crying a lot. He was unable to breathe properly. He was almost lying down on the floor with his hand and legs folded towards his chest. On asking the mother what had happened, she said that the young boy was an asthmatic patient and this was an acute attack. She was horrified to tell that she was not carrying his inhaler and asked if I could help in any way. I asked her what triggered the attack. Embarrassingly she told that she had scolded the child just a while back as he was not sitting properly. The scolding made the child so upset that it initiated an asthmatic attack. Listening to the whole narration I gave him few doses of Aconite. Within few seconds itself, the child's agony started to reduce. The cough became slightly better and he was able to breathe with some comfort. I gave him Blatta Mother Tincture to keep sipping subsequently every 5 minutes. Within 20 minutes or so, there was absolutely no coughing and the boy was breathing alright. The mother was amazed to see the efficacy of the sweet Homoeopathic pills in an emergency such as this. After this she decided to take only homoeopathic treatment for her son and today that boy (who is a young man now) doesn't suffer from Asthmatic attacks at all!!

# MARVEL OF HOMOEOPATHY

This is a case of a girl named Ms. S.D who came to our clinic at Moti Bagh with recurrent complains of Migraine. She was having headaches since 7-8 yrs and taking painkillers at least once a day regularly. With every attack of headache she used to complain of nausea as well and even on vomiting she would not feel any improvement in the pain. She came to see Dr. Sanket Gupta who took a detailed case history. During the history taking process it was learnt that she was an asthmatic patient too, but would get an attack only when there was a change in season, esp. during the months of September-October.

The college student told the Doctor that even during her childhood days she used to get headaches while standing in the sun in assemblies. The pain gets aggravated in bright lights and loud sounds. In acute attacks, even the slightest of sound would feel noisy to her and increase her headache as result. Taking all the symptoms into account and keeping in mind the presence of Asthma, Dr. Sanket prescribed her medicines for a week.

The following week, she returned but the pains were still there and persistent with no major change in the entire condition of the young girl. Dr. Gupta again tried to look into the causes of the sufferings of Ms. S. D. It was learnt that she had always had a stressful childhood as her father was very dominating in nature and so was not given enough liberty to fulfil her wishes. She lived in a very restricted environment and as a result became a reserved child who hesitated in making friends as well. The most surprising thing was when she told the doctor that she hadn't slept well for the past 3-4 yrs. This made the whole picture clear now and Dr. Sanket changed her medicine and gave her the necessary remedy. She was asked to report again after 2 weeks.

2 weeks later when she returned back, there was a sense of relaxation on her face with a smile. She told Dr. Gupta, that she had slept very well and peacefully in the past 2 weeks. Only 3-4 times did she experience the headache and this time even the intensity of pains were reduced. The pains had reduced to an extent which gave the confidence to the patient that she could actually get alright. With a sense of hope she asked Dr. Gupta if she could ever be absolutely headache free. Dr. Sanket assured her that she would definitely get cured off her migraines and even the asthma should be taken care of. So, Dr. Gupta repeated the same medicines and asked her to see him again in 2 weeks' time.

This time when she came for the follow-up, the intensity and frequency of pains had reduced further. She was sleeping perfectly fine and was much relaxed in general with a positive outlook towards life in general.

Soon the month of September-October arrived and she was apprehensive about the asthmatic episode which she usually experienced during these months due to the changing season. Dr. Gupta gave her the constitutional remedy as well as the precautionary doses to prevent the asthma attacks. She did have an attack but fortunately enough the intensity and severity of the episode was far lesser as compared to earlier years. She joyously exclaimed "Homeopathy is taking care of me beautifully and making me stronger with every passing day".

The whole treatment went on for about 6-7 months and today that girl does not report of any headaches and has been getting good sound sleep regularly. The asthmatic attacks didn't appear in the last year Sept-October months.

She is really happy to tell one and all that Homoeopathy and AKGsOVIHAMS have been instrumental in bringing her good health and joy.

*"This is the Marvel of Homoeopathy"*



# MIND the MIND



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

Exam time can be stressful for both children and parents alike. Parents often find it hard to cope with the increased irritability, demotivation and disconnectedness in their children prior to and during exam time. Since children, especially adolescents don't take their parents' advice very favourably, parents often feel helpless and unable to alleviate the tension that their children are visibly going through. Some of these tips may help you deal with your child's anxieties during exams:

**Remain Calm and Relax:** The best way you can help your child is to remain calm yourself! It's very important not to transfer any additional anxiety onto your kids. This can happen unintentionally, especially if you've had mixed experience of exams yourself. Keep reminding yourself it's not about you. Reassure your child that there are more important things in life and that this is only part of the story. Let them know you will help them no matter what and, although naturally you want them to do well, you will not think any less of them if these particular exams don't work out.

**Reinforce the positives:** It is extremely important for parents to appreciate their children for every little success they achieve. Encourage them to look at failures as natural and opportunities to learn and grow. Praise your child's effort and perseverance, rather than focusing on results. Listen to them, give support and avoid comparing him/her to other kids. Do not interfere in their study schedule but spend a few minutes every day trying to analyse how it's going and whether they need help in any areas. In addition, encouraging messages, cards, or even tight hugs can be extremely motivational.

**Strike a Balance:** Encourage your child to take breaks while studying. Even during exams, sometime should be set aside for playing outside, listening to music or engaging in any other preferred activity of choice. Eating regular and nutritious meals and a good night's sleep is absolutely necessary.

**Keep the environment friendly:** Help your child prepare a schedule according to his own realistic standards and leave him to follow it in his own way. Assist them in arranging their tables and study material properly. A clutter free desk breeds healthy learning. The entire family should take care of minimizing noise and distractions during exam time.

**Look & Listen:** Observe how your child is coping and managing their stress. If you notice they are behaving 'out of character' or seem to be finding the whole process difficult, ask how you can help them or suggest taking a walk, or have a bath to relax. Sometimes it is just enough for your child to talk things through with you, they may not be asking for directive actions. By listening and supporting your child you are helping them.

**Give Last Minute Tips:** Parents can give these valuable last minute tips that can be extremely helpful:

- Double checking the time and place of the exam and leaving well in advance.
- Keeping enough stationery and some to spare.
- Having a good breakfast before leaving for the exam.
- Going to the toilet just before the exam starts. A full bladder can create nervousness.
- Reading all the directions on the paper and all the questions before starting to write.
- Planning out the allotted time so as to have enough time for each question.
- Tackling the easiest questions first and coming back to the hard ones at last.

As parents, you are naturally concerned about your child's future. The pressure is strong, especially today when generations of students have been instilled with the value of education and the importance of performing well in their examinations. Your fears are perfectly normal but it's important to remember this: While you may be willing to invest time, energy, and money to ensure your child does well in school, be mindful that your effort and expectations do not push your child over the edge. The happiness of your child is precious. A few years down the line, when you reminisce about their childhood, you will only remember their smiles and not their grades in their final examinations!



Scientists have found, eating a lot of protein rich diet like meat and cheese, increases risk of cancer almost as much as smoking 20 cigarettes in a day. A study found that even a small decrease in protein intake, from moderate to low levels, reduces likelihood of early death by 21%.

In the study, researchers found eating a diet rich in animal proteins during middle age makes you four times more likely to die of cancer.

Researchers found plant based proteins, such as those from beans, did not seem to have the same mortality effects as animal proteins. Rates of cancer and death also did not seem to be affected by controlling carbohydrate or fat consumption, suggesting that animal protein is the main culprit.

## Latest at AKGsOVIHAMS

- To mark the **International Women's Day**, all Females can avail **Free Consultations** at all AKGsOVIHAMS Clinics on 8<sup>th</sup> March.
- Book your appointment now at [www.ovihams.com](http://www.ovihams.com)

## DID YOU KNOW?

It is believed commonly that banana should be taken in case of a diarrhoea. On the contrary, a banana should never be taken when the stomach is upset with loose stools. The reason is the bulkiness of banana which is provided to it by the kind of fat it contains.

## LAUGHTER IS THE BEST MEDICINE



Patient: I am in the hospital!! Why am I in here??

Doctor: you've had an accident involving a bus.

Patient: what happened??

Doctor: well, I ve got some good news and some bad news. Which would you like hear first??

Patient: give me the bad news first.

Doctor: your legs were injured so badly that we had to amputate both the legs.

Patient: that's terrible!! What's the good news??

Doctor – there's a guy in the next ward who made a very good offer on your slippers.



TAENIA VERSICOLOR

ALOPECIA/BALDNESS

ATOPIC DERMATITIS

# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

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

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