

April 2015 Issue - XIX



MONTHLY NEWS LETTER



Prof.Dr.A.K.Gupta paying his tributes to Dr.Hahnemann in Paris, France

10th April is celebrated as the “**WORLD HOMOEOPATHY DAY**” all around the globe as it is the birth anniversary of the great German physician, **Dr. Samuel Hahnemann**. Born on this day in 1755 in a small town of Germany, Dr. Hahnemann was the 1st doctor and scientist of his time to look beyond the prevalent modes of treatment which were actually doing more harm to the patient than good. So, in 1796 he for the first time used the word “Homoeopathy” to describe his discovery of a new medical system which he believed was the most effective and yet harmless way to treat the suffering humanity. It has been more than 200 years to the discovery of the newest medical science of Homoeopathy and each year it is becoming the preferred medical system all over the world. The entire team of AKGsOVIHAMS pays their deepest gratitude and tribute to the soul of the great man Dr. Samuel Hahnemann on his 260th Birth anniversary and wishes you all a very Happy World Homoeopathy Day.

In this issue we will discuss about **Gout**. It is a very commonly seen complaint these days and homoeopathy has proved to be extremely beneficial in treating and managing Gout.

In the section ‘Mind the Mind’, our Clinical Psychologist, Kaartik Gupta has discussed about the importance of a good “**Sleep.**”

In the section ‘**Bursting the Myth**’, we will talk about the misconception that homoeopathic medicines and other medicines from any other mode of treatment must not be taken together.



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

GOUT

WHAT

- Metabolic disease which affects both males and females
- There is a deposition of Uric acid in and around the joint causing severe painfulness, swelling and restricted mobility of the affected joint.

ETIOLOGY / CAUSES

Hyperuricemia is the underlying cause of gout. This can occur for a number of reasons including:-

- Diet
- Genetic predisposition
- Under excretion of urate, the salts of uric acid.
- Renal under excretion of uric acid is the primary cause of hyperuricemia in about 90% of cases, while overproduction is the cause in less than 10%.
- About 10% of people with hyperuricemia develop gout at some point in their lifetimes.

SIGNS & SYMPTOMS

- Primarily Great toe is a commonly affected joint; however, Gout may affect elbows, knee or small joints later by chronic deforming arthritis.
- The affected joints are red, swollen and painful to touch with characteristic aggravation at night.
- The urine is offensive and pale-yellow in colour.

WHAT CAN YOU DO

- Drink plenty of water
- Restrict dietary protein uptake – like all kinds of Daal, Paneer, Soya, etc.
- Stop red meat and avoid Non-vegetarian food in general
- Avoid alcoholic beverages
- Never hold your urine for long
- Avoid all foods with urates like – lemon, tomato, citrus fruits, rajma, chholey, brinjal, cauliflower, etc.

INVESTIGATIONS

- Complete Haemogram
- S. Uric Acid
- Urine Routine
- X-ray



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



Founder-Director AKGsOVIHAMS, Gold Medallist

GOUT IS TREATABLE WITH HOMOEOPATHY

Gout (or *Gathia-bai* as commonly called in Hindi language), is very commonly occurring joint complaint. Usually it is first noticed with a swelling and terrible pain in one of the big toe. The pain typically occurs at night and the patient may have accompanying fever. Gout develops when the level of uric acid in the blood serum starts rising beyond normalcy (less than 7). Anything beyond 7 is a worrying signal to the doctor.

There are a lot of food items that we eat on daily basis that are rich in urates (the final outcome of digestion of uric acid). Stuff like lemon, tomato, citrus fruits, rajma, chholey, brinjal, cauliflower etc., are rich in urates and must be completely stopped by the suffering patient. All these food items are extremely common and yet not all of us end up with Gout! Now this brings the question then why does it happen to only a small percentage of people? The answer lies in their genetic and constitutional make-up and also faulty lifestyles to trigger the matter. The point that I am trying to make here is of Dr. Hahnemann's concept of '*Individualization*.' Each individual has his or her own framework which decides what he/she could be vulnerable to in life. This is where homoeopathy works. The homoeopathic doctor gives the medicine based on this individualization only and hence two people having same set of symptoms of the same disease may still get different Homoeopathic remedies and still be gently cured. That is the beauty of this Doctrine of Individualization which D.Hahnemann talked about more than 200 years ago!

Also, faulty habits of drinking alcohol along with eating too much of non-vegetarian food especially red meat; holding urine for long; drinking very less water, etc. all are triggering points to invite Gout.

Having understood that Gout is caused by the constitutional factors, it calls for constitutional approach towards its treatment. The constitutional approach involves evaluation of the individual factors inclusive of one's personal and family history (ascertaining the genetic tendency), while planning a long-term treatment. Homeopathic approach to Gout treatment is more of a holistic approach. Homeopathy is very strongly suggested for the treatment of Gout. There are times when the pain and stiffness of the involved joints may call for short acting acute remedial measures. Medicines like *Belladonna*, *Actea racemosa*, *Ledum Pal.*, *Acid benzoic*, have given remarkable results in relieving pain.

MARVEL OF HOMOEOPATHY

This is a case of a 40yrs old man called Mr.U.S., who visited Prof.Dr.A.K.Gupta at our Rajouri Garden clinic in 1st week of April 2014. He was an obese man and was on Allopathic treatment for Chronic Kidney disease since few years. He had hepatomegaly (enlarged liver) and fatty infiltrations of liver. His urea was above the normal range and so were creatinine and uric acid. Though he was on strong allopathic medication, but still on his wife's persuasion he came to know if Homoeopathy could help him.

He was clearly a multi-organ level diseased person and all the aspects had to be taken under consideration. He was a diabetic patient too. He had come with all the lab investigations which showed his reports as: - urea – 79; S. Creatinine – 1.8; S. **Uric Acid – 8** ; Blood Sugar (Fasting) - 152... he was on all kinds of allopathic medication for all these respective conditions. So, Dr.Gupta advised him to continue with these medicines along with his Homoeopathic medicines. The idea was to not immediately withdraw the strong allopathic drugs, as sudden withdrawal would prove to be a disaster for Mr. U.S.

On his next follow-up Mr.U.S came with a hugely swollen big toe of the right foot with excruciating pain on slightest of touch. He was unable to walk on his own due to this pain. He admitted that he had taken few pegs of alcohol 2-3 days consecutively and even the allopathic pain killers were not giving him relief. He had himself got his uric acid tested again and it was an alarming **10.8!!** Seeing his condition and the reports, Dr.Gupta gave him Ledum Pal.200 and Arnica 200 to be taken alternately every 2-3 hourly and see him again after 3 days.

3 days later when he came, he could walk on his own. The swelling was not there anymore and there was no pain. But just a slight discomfort was there. This wonderful experience with Homoeopathy in such an acute state of Gout made Mr.U.S a firm believer in the science. He said that he could now foresee that he will be fine very soon. He promised to take all the necessary precautions and religiously continued with the homoeopathic medication. After just one and a half months of Homoeopathic treatment he was feeling much better in general. He had cut down on all the unwanted food and lifestyle habits. He used to walk as well and had lost about 3 kgs in this period. He got himself investigated again. And this time the results were there for all to see. Reports read as – Urea – 52; Creatinine – 1.1; **Uric Acid – 4.7**, Blood Sugar (F) – 112

He was ecstatic to see the positive outcome of his and Dr.Gupta's efforts. The uric acid had been completely normalised and it could be said that he was living a much better life now. He further continued the treatment and still comes whenever he is in any trouble. His Blood sugar is also under control now and kidneys are also responding well to the treatment.

One very important thing to notice here is that not even once did Dr.Gupta ask him to stop his allopathic drugs which he was also reluctant to do completely despite not getting much relief. In difficult and multi-organ involvement cases both Homoeopathy and Allopathy can be taken together as complimentary to each other in certain cases.

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, MSc (Cl. Psych.)

SWEET SLUMBER – A GOOD NIGHT’S SLEEP!!

Sleep is essential for a person’s health and well-being. But unfortunately in today’s fast paced life people are not sleeping enough. Studies suggest that adults require 6-8 hours of good sleep every night for a healthy mind and body. Even for children and adolescents, adequate sleep is required as growth hormones are secreted mostly during sleep. A good sleep helps in better learning, improves memory, keeps you fresh for better functioning the next day and gives both body and brain much needed rest after a hard day’s work.

Odd work timings, excessive workload, high stress levels, demands of maintaining social relationships, spending much time on social networking sites or messengers have greatly influenced both the quality and quantity of sleep. Recently, a popular newspaper published findings of a research done among private sector employees which suggests that about 38.5% of employees sleep less than 6 hours daily and it is having significant impact on their well-being. Hence, in this issue we would suggest you certain ways by which you can get a good night’s sleep.

- Fix a time for sleeping and waking up and follow it regularly.
- Use your bed only for sleeping and engaging in sexual activity. Avoid having your meals, sitting and relaxing or studying on the bed.
- Take bath with warm water before going off to sleep. Drink hot milk.
- Create a cosy environment; try blocking out any light and sound from the bedroom. Make sure that the bed sheet and pillows are clean.
- Avoid watching or reading anything exciting or thrilling before sleeping as such an activity would activate your brain and so it would not get the message to relax and subsequently you might find it difficult to drop off to sleep.
- In case you wake up repeatedly during the night, stop watching the clock again and again as it might create unnecessary anxiety about waking up next morning.
- “*I will get a good sleep tonight!*” - give this message to yourself with conviction just before sleeping.

Sleep is the golden chain that binds health and our bodies together

- Thomas Dekker



Simple eye test for 6-year-olds predicts need for glasses in teen years

Researchers have found that a simple eye test in first grade could predict the onset of near-sightedness by eighth grade. A study of over 4,500 children published in JAMA Ophthalmology identified 414 who became near-sighted (had myopia, in which further distances are seen as blurry) by the time they were between 7 and 13 years of age.

The strongest single predictor of myopia among the 13 factors in the study was refractive error, found the authors led by Prof. Karla Zadnik, dean of the College of Optometry at The Ohio State University in Columbus.

The simple test - which the study scientists did, using an auto-refractor to measure the children's eyes - picks up the fact that children growing up with normal vision are slightly farsighted at around 6 or 7 years old.

The eye researchers explain this phenomenon: in people with normal vision, the eyeball, growing with the rest of the body, is programmed to stop at a point that gives clear vision. The eyeball in myopia, however, rather than having the typical spherical shape, becomes elongated - shaped more like a grape or olive than a ball.

Latest at AKGsoVIHAMS

- Dr. Sanket Gupta appointed as Guest Lecturer at JRK Homoeopathic Medical College, Rohtak, Haryana. He will not be available at the Moti Bagh clinic on Wednesday mornings from now on.
- Free Consultations for all patients for the whole week (10th Apr-17th Apr.) on the occasion of World Homoeopathy Day (10th April), 260th Birth Anniversary of Dr. Samuel Hahnemann, Founder of Homoeopathy at all our clinics.

DID YOU KNOW?

For every pound of fat gained, you add seven miles of new blood vessels. New tissue needs blood supply, so your vascular system expands to accommodate it. This also means your heart must work harder to pump blood through the new network, which may reduce oxygenation and nutrient replenishment in other tissues. Lose a pound? Your body will break down and reabsorb the unneeded blood vessels from the previous tissue.

LAUGHTER IS THE BEST MEDICINE



A man goes to his doctor and says, "I don't think my wife's hearing isn't as good as it used to be. What should I do?" The doctor replies, "Try this test to find out for sure.

When your wife is in the kitchen doing dishes, stand fifteen feet behind her and ask her a question, if she doesn't respond keep moving closer asking the question until she hears you."

The man goes home and sees his wife preparing dinner. He stands fifteen feet behind her and says, "What's for dinner, honey?" He gets no response, so he moves to ten feet behind her and asks again. Still no response, so he moves to five feet. Still no answer. Finally he stands directly behind her and says, "Honey, what's for dinner?" She replies, "For the fourth time, I SAID CHICKEN!"

BURSTING THE MYTH!!

- **Homoeopathic Medicines must be taken alone and any other system's medicine should be stopped** – Many times during clinical practice it is seen that the patients are on some kind of medicines or the other already before visiting a Homoeopathic doctor. These medicines at times make the patient's body dependent on these drugs. For eg. - anti-diabetic drugs, epilepsy medicines, anti-hypertension medicines, sleeping pills, thyroid disorder drugs or even steroids in long standing cases. Even if the patient is not getting freedom from his sufferings, he still fears that he will not take homoeopathy because the doctor might ask to stop all these medicines suddenly. There are few people who themselves stop everything without even asking the doctor because they have 'heard' that these medicines 'need to be stopped' while taking Homoeopathic treatment. The above mentioned case in the section "Marvel of Homoeopathy" is a clear testimony to this scenario. Sudden withdrawal of such drugs is extremely dangerous at times and the Homoeopathic Doctor will always ask you to taper them off gradually rather than stopping them at one go! So don't be afraid and consult your nearest Homoeopathic doctor for all your troubles.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- I could not have written "Origin of Species" without the homeopathic treatment that he received from Dr. Gully (based on Darwin's own letters!) - *Charles Darwin*
- My father was suffering from Aplastic Anaemia which had been diagnosed by AIIMS in the month of August-2006. Due to that problem his haemoglobin (Hb) & Platelet counts reduced very quickly & he also felt very weak etc. But, with the God's grace someone directed me to meet Dr.A.K.Gupta for Homoeopathy expert opinion. accordingly I along with my father visited in his clinic & after treatment of almost 5 months the following reports have come:

A) His Hb maintained for at least for 35-40 days & and hence there is no need for frequent transfusions of blood.

B) Platelets have risen to 72000 from 13000 which have maintained no bleeding from the body

Note: Doctor has also suggested taking leaf of papaya & maximum green vegetables also.

We really thank God & Dr. A.k.Gupta for the miraculous recovery in my father's case.

- *Jasmeet Singh*



NON – HEALING ULCER



HYPERPIGMENTATION



CHRONIC ECZEMA

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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