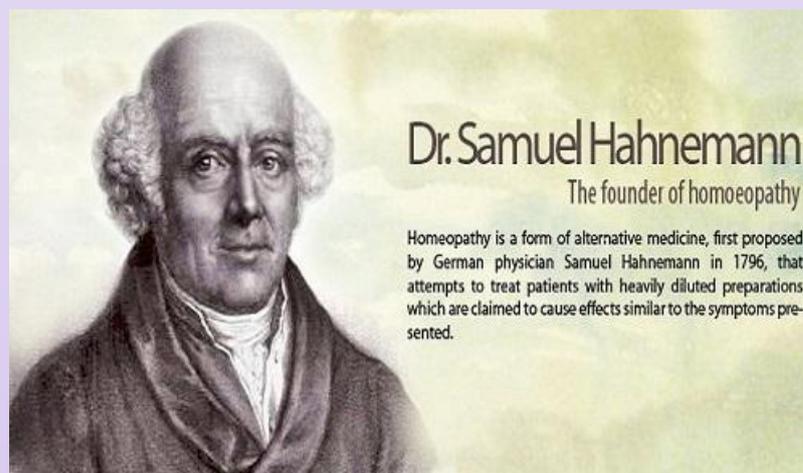


April 2014 Issue - VII



# MONTHLY NEWS LETTER

10<sup>th</sup> April is celebrated as the “**WORLD HOMOEOPATHY DAY**” to mark the birth anniversary of the Founder of Homoeopathy, **Dr. Samuel Hahnemann**. A chemist par excellence, an extraordinary Botanist, and a clinician dissatisfied with the prevalent mode of medical treatment, Dr. Hahnemann introduced his new system of medicine called Homoeopathy in the year 1796. On the occasion of his 259<sup>th</sup> birth anniversary AKGsOVIHAMS pledges to take Homoeopathy to its deserved 1<sup>st</sup> place as the most preferred system of medical science and let as many people as possible, benefit from the brainchild of Dr. Hahnemann.



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. Even Dr. Hahnemann during his later years used to advocate for an amalgamation of all the prevalent modes of treating the human beings. 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*.

In this issue we are discussing about **Uterine Fibroids**, a condition seen in 40-50% of females these days. It is thought to be a disease which has only surgical solution, but Homoeopathy not only cures the disease it can even prevent it from occurring in females having a strong family history of uterine fibroids.

They say Patience is a gift of God, not possessed by all. In today's hustle and bustle life, nobody has time. Nobody wants to wait for the red light to turn green. The situation is so grave that we look at our watches even while attending a funeral of a near one. The situation is alarming these days. Lack of patience is an invitation to a lot of troubles and diseases. Our clinical psychologist, **Kaartik Gupta** has come up with a wonderful article for everyone out there on how to be more patient and why it is good to wait at times.



Dr. Sanket Gupta, MD, PGCCP(Cardiology)

# UTERINE FIBROID

## WHAT

- Most common benign tumours in females that originate from the smooth muscle layer (myometrium) of the uterus
- Malignant version is extremely uncommon and is called leiomyosarcoma
- Typically seen in middle and later reproductive ages
- May interfere with pregnancy

## ETIOLOGY / CAUSES

Exact aetiology not clearly understood but there are certain factors:-

- Genetic predispositions
- Prenatal hormone exposure
- Growth factors & xenoestrogens
- Null parity
- Obesity
- Poly cystic ovarian disease
- Diabetes
- Hypertension

Types of Uterine fibroids:-

1. Intramural – most common & located within the walls of uterus; asymptomatic unless large
2. Subserosal – located underneath the mucosal surface & can become very large
3. Submucosal – located in the muscle beneath the endometrium & distorts uterine cavity; may lead to bleeding & infertility

## SIGNS & SYMPTOMS

Fibroids when small in size are usually asymptomatic. Depending on its size a fibroid may give rise to certain symptoms as:-

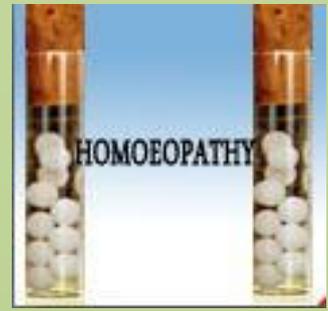
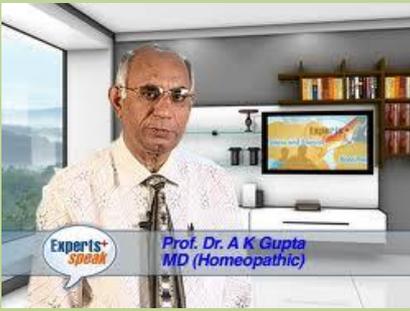
- Gynaecological haemorrhage
- Heavy or painful periods
- Abdominal discomfort or bloating
- Painful defecation
- Backache
- Urinary frequency or retention
- Infertility in some cases
- Pain during intercourse depending upon the location of the fibroid
- During pregnancy they may also cause miscarriage, bleeding, premature labor or interference with the position of foetus
- Larger fibroids may distort or block the fallopian tubes

## INVESTIGATIONS

- Ultrasonography of the whole abdomen
- CT Scan of the abdomen
- Biopsy

## WHAT CAN YOU DO

- Reduce weight
- Avoid lifting heavy objects
- Avoid hormonal intake in any form
- Regular morning walks
- In case of a family history of Uterine fibroids take preventive Homoeopathic treatment in initial reproductive years



Founder-Director AKGsOVIHAMS, Gold Medallist

# SAY NO TO HYSTERECTOMY WITH HOMOEOPATHY

These days, the cases of uterine fibroids are alarmingly increasing day by day. Earlier it used to be seen that females in their mid-40's or early 50's would only report to be having these benign tumours in their uterus. But as the years have gone by, I have seen females as young as 27-28yrs of age developing fibroids in their womb. The disease has become so common these days that it is imperative that every female should take care and be watchful in relation to their menstrual flow. Any abnormality felt or if anything unusual occurs, females should not ignore it and see their nearby doctor.

The fear of Cancer is enough to compel anybody to go in for surgery, but here comes the role and efficacy of Homoeopathy. Firstly, my dear friends, only a slight percentage of these tumours become cancerous in nature. If I have to quote a figure then I would say 2-3 cases out of 100 may later on become malignant and that too if not treated properly. Many times a fibroid may remain silent for years together even if not treated medically or ignored. There is no definite treatment in conventional medicine and more often than not, the lady is advised to get her uterus removed surgically.

The good news is Homoeopathy can save you from the surgeon's knife and completely cure it, as if the fibroid was never there in the uterus. Few of you must be thinking right now, "Oh!! This may take a very long time to completely cure the disease so why not get it removed and get over with the hassle!" I must apprise you of the fact that any mechanical (or surgical) intervention in your body will have some repercussions which you would have to deal for a very long period of time. Females complain of frequent urination, recurrent Urinary Tract Infections, abdominal pains etc. after undergoing hysterectomy (removal of uterus).

Most importantly, the chances of the fibroid disappearing with Homoeopathic medicines within a year itself are very bright and high. Homoeopathy has a huge role to play when it comes to even preventing a fibroid to occur. Keeping in mind the strong family history of a female where for example her mother, aunt and sisters all have had uterine fibroids, then if this lady takes proper constitutional and miasmatic Homoeopathic treatment in her initial years, then most probably she will not develop a uterine fibroid ever in her life.

Thus as we say *Homoeopathy Ensure Health Safely*, uterine fibroid is curable for sure in the most harmless, gentle and non-interventional manner through Homoeopathy.

To read a testimonial of one of our patients of uterine fibroid click here - <http://www.ovihams.com/Testmonials.aspx>

# MARVEL OF HOMOEOPATHY

This is a case of 40yrs old housewife, Mrs. R.K, who visited at our Moti Bagh branch on 30<sup>th</sup> May 2012. She was brought to Dr. Sanket Gupta by her elder sister who had been earlier cured by him. She was having an Ultrasound report dated 27<sup>th</sup> Apr.2012, which said - "Uterus is bulky, anteflexed anteverted....showing one large size SOL (Space Occupying Lesion) of about 4.31 x 4.38 x 3.65cm size along left posterolateral aspect of lower uterine segment....Size of Uterus (enlarged) – 7.28 x 4.30 x 4.70cm..... Impression – FIBROMYOMA UTERUS with SUBSEROSAL EXTENSION."

She was extremely anxious and worried while narrating her complaints to the Doctor. She had already tried allopathic mode of treatment but was not benefitted at all and was advised by the gynaecologists to undergo hysterectomy (surgical removal of the entire uterus). The idea of undergoing such a major surgery was a big jolt to her and she thought of trying Homoeopathy then after being told about the wonderful results in such cases by her elder sister at AKGsOVIHAMS Clinics. She told the doctor that she had started facing a lot of menstrual troubles off late. Heavy and painful bleeding, irregular periods, weakness and fatigue in general. There was a strong family history of uterine fibroids as all her elder sisters had experienced this problem but all were completely cured with the help of Homoeopathy by Dr. Sanket.

Though she had faith in Homoeopathy and Dr. Gupta, still she was a bit apprehensive and fearful about the fibroid becoming cancerous later on. The doctor assured her that Homoeopathy will take care of her and there is absolutely no need of any surgery. The treatment was eventually started after taking a detailed case history. Over a period of time the symptoms started to improve. The periods started becoming more regular and the pain had disappeared by the 1<sup>st</sup> menstrual flow itself since the treatment started. The weakness and fatigue also became much better gradually with time.

By the months of Novemeber-December, she had absolutely no discomfort and became symptom free. Dr. Sanket asked her to get a fresh USG done. In January she got the sonography done. The report dated 10<sup>th</sup> January 2013 read "Uterus is NORMAL, Anteflexed Anteverted. **Cavity empty and clear. No sac or myoma seen.** Cervical Canal normal". There was absolutely no growth inside the uterine cavity signifying that the patient had been cured.

The absence of fibroid from her uterus was the reason of great sense of joy to the lady who was very grateful to Homoeopathy and AKGsOVIHAMS for saving her from the surgeon's knife.

*"This is the Marvel of Homoeopathy"*



# MIND the MIND



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

In today's world where everything is just a click away, patience seems to be an archaic or redundant quality. Not too long ago, it was considered a virtue which would take us to great heights. It was an important ingredient in the recipe of success. But with changing times, the whole meaning of the word, even its existence seems to be at stake.

It is said that everything takes its time, but in the present scenario who has that much of time for things to work out on their own. This does not mean that we should stop making efforts and should just wait for things to settle by themselves. Being patient is a skill possessed by a few in today's fast paced, always on the move world. As Joyce Meyers very rightly said, "Patience is not the ability to wait, but the ability to have the right attitude while waiting".

If we just take a moment out of our busy lives to reflect as to why people are becoming so impatient nowadays, the answers are all around us. Speed is what thrills us; be it in motorcars, airplanes, internet surfing, escalators, mobile phone interface or even food preparation. Just as patience was believed to be the key sometime back, it seems to have been replaced with "instant"; instant results, instant money transactions, ready to eat food, etc.

All this has not only impacted our pace of lives, but has influenced different aspects of it. People are becoming more aggressive, impatient and impulsive. The meanings and values attached to our relationships are changing as people are becoming less tolerant of differences and emotional upheavals. As a result, people's frustration tolerance is very low, failure or defeat is not taken in the right spirit as all of us want success at every cost which in turn influences our psychological well-being. A tense, worried, hurried and unsettled brain can never be home to a peaceful, happy and healthy mind.

Life is too short to be wasted worrying about achieving everything, yet too long to sprint across past everything and everyone. Some of the ways in which we can be happy and at peace with our own selves are-

- Staying in the present
- learning to let go off things
- taking things lightly (at least to some extent)
- thinking before saying or doing anything
- spending time with our loved ones
- engaging in our hobbies or doing things we like

It is important to remember and realize how precious patience is in our lives. It is a skill that can be taught and learned as patience isn't always easy, that's why it must be practiced.



### **Sun-filled mornings may help us control our waistlines**

Researchers at North Western University seem to think that light can be used to fight obesity. The benefits of sunlight have been well documented. As well as providing us with the necessary vitamin D, exposure to sunlight has also been implicated in preventing infectious disease and even lowering blood pressure.

Recent studies have also suggested that manipulating sleep duration or light exposure can produce alterations in people's metabolic function, appetite and body fat.

One of these studies showed that 45 minutes of morning light between 6-9am lowered body fat and appetite in obese women over 3 weeks. Another study in obese women found that exercise was more effective at reducing body fat when it was combined with a good quality of light exposure. The earlier this light exposure occurred during the day, the lower the BMI index goes.

## **Latest at AKGsOVIHAMS**

- **FREE CONSULTATION** on 10<sup>th</sup> April to mark 259<sup>th</sup> Birth Anniversary of Dr. Samuel Hahnemann, Father of Homoeopathy.
- Book your appointment now from your own Facebook account by visiting our Facebook page by the name AKGsOVIHAMS Homoeopathic Clinics

### **DID YOU KNOW?**

- If the lining of mucus were to disappear from your stomach, your stomach has the ability to digest itself.
- A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.

## **LAUGHTER IS THE BEST MEDICINE**



Sally walked into the Dentist's office to make an appointment.

"How much do you charge to pull out a tooth?" she asked. "Its \$130" was the prompt reply.

"\$130?!!" gasped Sally. "That's ridiculous! There must be a way for you to go cheaper."

"Well" said the Dentist thoughtfully. "I suppose if we don't numb it, we could knock off \$30."

"Only \$30!!" countered Sally, "that's still \$100, you've got to make it cheaper."

"Well" said the Dentist after a long pause, "I suppose if we take it out with a wrench we could knock it down to \$50!"

"Perfect", said Sally happily, "I would like to make an appointment for next Tuesday, for my husband Jack."

BEFORE

AFTER

BEFORE

AFTER

BEFORE

AFTER



MEHANDI ALLERGY

ALOPECIA AREATA

POST DIALYSIS ECCHYMOSIS

# **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)