

November 2014 Issue - XIV



MONTHLY NEWS LETTER

Recently 2 days International Homoeopathic Conference was held in Kuala Lumpur, Malaysia organized by Asian Homoeopathic Medical League. More than 200 doctors participated in the conference. Various topics like Diabetes Mellitus, Cancer, Spasmodic Dysphonia, Bell's palsy, Arthritis, Psoriasis, Vitiligo were discussed. Dr.Sanket Gupta of AKGsOVIHAMS presented his paper on 'A case of Spasmodic Dysphonia cured with Homoeopathy.' Dr.Sanket was the youngest among all speakers in the conference. His paper was appreciated by all the doctors. He was presented with an award of excellence by Dr. Mohd Nasir and Dr. Nik Fairuz of Malaysia. Prof. Dr. A. K. Gupta, Founder Director AKGsOVIHAMS presented four cases of Bell's palsy cured with Homoeopathy and presented Audio-Video graphic testimony of those cases showing improvement and cure at various stages.

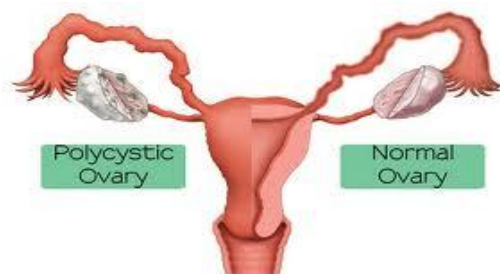


This issue is on *Poly Cystic Ovarian Disease (PCOD)*. Homoeopathy has proved to be the best possible treatment for PCOD where the hormonal balance is corrected without any harmful effects as compared to hormonal treatment given in Allopathy where the patient might complain of certain side effects and even recurrence of the cysts.

In the section 'Mind the Mind', our Clinical Psychologist, Kaartik Gupta will discuss about the treatment and management of *Phobias*.

In the section 'Bursting the Myth', we will talk about the misconception that homoeopathic medicines first increase the disease.

- Watch Prof. Dr. A.K.Gupta's presentation in AHML, Malaysia <http://youtu.be/Mp071qf2rxE>
- Watch Dr. Sanket Gupta's presentation in AHML, Malaysia <http://youtu.be/HYbP8gOeBzI>



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

POLY CYSTIC OVARIES

WHAT

- A multisystem disorder, with the primary problems lying in hormonal regulation in hypothalamus, with involvement of many organs
- One of the most common endocrine disorders among women where cysts are the 'result', not the cause of disease
- Symptoms of PCOS will persist even if both ovaries are removed; the disease can appear even if cysts are absent

ETIOLOGY / CAUSES

PCOD is a heterogeneous disorder of uncertain cause. There is strong evidence that it is a genetic disease. Such evidence includes the familial clustering of cases, greater concordance in monozygotic compared with dizygotic twins and heritability of endocrine and metabolic features of PCOD.

The genetic component appears to be inherited in an autosomal dominant fashion with high genetic penetrance but variable expressivity in females; this means that each child has a 50% chance of inheriting the predisposing genetic variant(s) from a parent, and, if a daughter receives the variant(s), the daughter will have the disease to some extent. The genetic variant(s) can be inherited from either the father or the mother, and can be passed along to both sons (who may be asymptomatic carriers or may have symptoms such as early baldness and/or excessive hair) and daughters, who will show signs of PCOD. The allele appears to manifest itself at least partially via heightened androgen levels secreted by ovarian follicle theca cells from women with the allele.

The exact gene affected has not yet been identified though.

SIGNS & SYMPTOMS

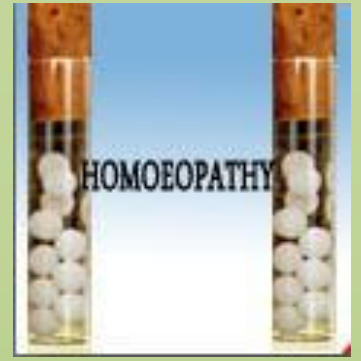
- **Anovulation** – resulting in either irregular periods (**oligomenorrhoea**) or complete absence of menstrual periods (**amenorrhoea**) and ovulation related **infertility**
- **Excess Androgenic Hormones** – resulting in **Acne** or unwanted bodily hair growth (**Hirsutism**), increased hair thinning or diffuse hair loss (**Androgenic Alopecia**)
- **Insulin Resistance** – resulting in **Obesity**, **Type –II Diabetes Mellitus** and **High cholesterol** levels.

INVESTIGATIONS

- Ultrasound of the Pelvis
- Hormonal analysis for Progesterone, Estra-diol, Luteinizing Hormone (LH), Follicle Stimulating Hormone (FSH), Testosterone and Prolactin
- Blood Insulin levels (Fasting & Post-prandial)
- Complete Haemogram

WHAT CAN YOU DO

- Reduce weight as it is the most important aspect for a better prognosis
- Avoid unnecessary stress and strain
- Take proper sleep
- Avoid over indulgence in stimulants like coffee, alcohol etc.
- Avoid sweets



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

Founder-Director AKGsOVIHAMS, Gold Medallist

GREAT RESULTS FOR PCOD WITH HOMOEOPATHY

PCOD (Poly-Cystic Ovarian Disease) is a disease characterized by multiple cysts (small sacs filled with fluid) in the ovaries. "Poly" means many. The patient usually presents with history of irregular menstrual cycles; unpredictable and heavy. The patient is often obese and has hirsutism (excessive facial and body hair). The patient usually seeks medical opinion for difficulty in conceiving. Various hormones of the body are working in harmony to regularize smooth functioning of reproductive system. The disturbance of hormonal mechanism make an ovary to produce excessive amount of reproductive hormone and at the same time there is failure of egg formation. This excess with absence of ovulation may cause infertility.

Off-late it has been seen that the incidence of PCOD cases is alarmingly on the higher side. Every third girl today is having this problem or suffering from some sort of hormonal imbalance. This remarkable change has been noticed since the advent of contraceptive pills! A lot of studies are there to suggest that the females who have taken a lot of contraceptive pills in their life time, have somewhere down the years suffered with the problem of PCOD or even simple functional hormonal imbalance. Also, daughters of those mothers who have taken a lot of contraceptive pills in their initial years, have suffered from PCOD in their adulthood.

With this understanding that the disturbed hormonal functioning of the body at the root of PCOD, it can be easily perceived that this constitutional disorder will require constitutional approach towards its rectification. Homoeopathy approach towards management of PCOD is constitutional, taking into account presenting complaints along with physical, mental, and genetic make-up that individualizes a person. Homoeopathic medicines which act at root level can bring back deviations of hormonal system back to normalcy and in many cases abolish the need of exogenous hormones, which may in turn be having a lot of side effects, and complicating surgical procedures. Moreover with this hormonal harmony, chances of conception increase significantly, gently and permanently.

MARVEL OF HOMOEOPATHY

This is one of the many successfully cured cases of PCOD with homoeopathy at AKGsOVIHAMS. A 24 year old girl called Ms. N.S came with her mother to Dr. Sanket Gupta at our Moti Bagh branch on 28th Oct.2013for the treatment of multiple cysts in her ovaries. They came with an abdominal ultrasound report dated 23rd Oct.2013. this is how the report read – *‘Liver is mildly enlarged in size (16.5cm).....both ovaries appear enlarged in size with multiple small follicles arranged peripherally with central echogenic stroma....Right ovary measures – 4.7 X 2.8 X 1.6 with a volume of 11.4cc....Left ovary measures – 4.1 X 2 X 2.2 with a volume of 9.4 cc... The report is suggestive of Poly Cystic Ovaries.’*

Dr. Sanket asked her to get a hormonal analysis done as well which showed relatively high levels of Testosterone hormone. The patient had a complaint of very scanty and usually delayed periods since 6-7 months. She used to have severe pain during her periods which would be better only by a painkiller. She had unwanted facial hair growth as well. She was obese weighing 90kgs. She also always complained of discharge from her breasts just few days before her periods. The mother was understandably distressed and so was the 24year old girl.

The treatment started and gradually her cycles started improving. The menstrual flow became better in amounts with every passing month. Gradually the pain was also not felt as intense as it used to be. Also, with the homoeopathic medicines, the discharge which she used to get from her breasts, vanished completely within 6 months of treatment. The weakness and fatigue were a thing of past and she started feeling much better in general. Even the facial hair growth had reduced to a bare minimum.

On 4th Nov.2014 she got her USG done of the whole abdomen. The report read as – *‘Liver normal in shape, size and echo texture.....Uterus normal and anteverted measuring 6.8 X 2.6 X 4.3cm.....both ovaries are normal in shape, size and volume with no presence of any growths and cysts.....Right ovary measuring – 2.3 X 1.7 X 1.7 with a volume of 3.7cc and Left ovary measuring 2.5 X 1.6 X 1.5 with a volume of 3.5cc.....Normal study’*

The joy on the face of the girl and her mother of a normal ultrasound study was extremely satisfying. The testosterone levels have also come down within the range, though it is still towards the higher side. Hence a treatment of few more weeks is required to give her body the state of complete harmony.

One must take note that along with the Homoeopathic medicines Dr. Sanket had asked the girl to reduce her weight as well. She abided to all the instructions fairly well and the result is there for everyone to see. She was asked to stop having sweets in any form completely. Without losing weight, it is very difficult to cure a case of PCOD in quick time. To her own admission, the girl says that had she been more disciplined about her diet and physical exercise, she would have been cured in a much lesser time.

The entire family is extremely thankful to Homoeopathy and AKGsOVIHAMS for providing her a new zeal for life. She had tried all means of trying to lose weight and went to lot of gynaecologists even, but the impatience and unsuccessful treatments had made her an extremely anxious person. She was almost of the notion that she will never marry as what is the point of marrying a girl who can't be a mother!! Such were the state of affairs when she came to Dr.Sanket. But God willingly everything is perfect now and the same girl today is extremely confident and positive about herself and marriage in general.

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, M.Sc (Cl. Psych)

PHOBIAS

Continuing from the last edition wherein we talked about the general features, types, prevalence rate and the aetiology of phobias, in this edition we will look at some of the strategies and techniques to be adopted for overcoming one's fear.

As mentioned earlier, phobia of any object or situation is caused due to faulty learning and certain cognitive errors. Through the process of psychotherapy, we can assess, evaluate and challenge (if required) the faulty thinking pattern. Once these errors are identified, they can be modified or replaced with more appropriate and adaptive thinking style.

Cognitive-Behaviour Therapy (CBT) is a form of psychotherapy in which a therapeutic relationship is established between the client/patient and the therapist with the aim of changing overt behaviour by altering thoughts, interpretations, assumptions and strategies of responding. Certain techniques form a part of this CBT treatment which are aimed at challenging the faulty thought processes and replacing them with more adaptive ones. In addition, it also has a behavioural component to it. The client is encouraged to engage in those actions or be in those situations which he/she had been avoiding till now.

- *Relaxation training* – Teaching certain relaxation exercises to the individual is the first step so that he/she learns to remain calm even in stressful or anxiety provoking situations. It also helps in stabilising the physiological parameters like BP, heart rate, pulse rate, etc.
- *Exposure* – This technique involves exposing the individual to the feared object, animal or situation in order to overcome the fear. This is usually done in a graded form, i.e. starting with the least anxiety provoking or feared situation and once it is successfully dealt with moving up in the hierarchy of feared situations. Sometimes exposure in real life might not be possible, for instance the fear of travelling in an aeroplane. It is not feasible to ask the individual to repeatedly book a flight ticket for the purpose of exposure activity or to go directly and sit in the aeroplane. In such cases, the therapist makes use of the client's vivid imagination and visualisation abilities extensively.
- *Cognitive restructuring* – It is very common to hear something like “I don't know how I'm able to spot a lizard or a cockroach everywhere whereas others don't notice such things” from an individual who has phobia of lizards or cockroach. In fact, they are true when they say this but the reason is slightly different. People who have any phobia tend to scan the environment more often to check for any signs of “danger”, believe that they might behave in an inept or embarrassing manner for which they would be ridiculed or rejected by others (in social phobia), and all these are exaggerated to the extent that they restrict the person from pursuing the situation.

Phobias can be debilitating in the sense that they can hamper one's functioning, limit the opportunities available to the individual as they start avoiding situations even if there is a slight chance that they might have to face their feared object or situation. It is important to remember that the control lies with us and we all have it in us to mould the situation and emerge a winner. As someone very rightly put it, **FEAR** has 2 meanings, which one we choose makes all the difference.

F – Forget

F - Face

E – Everything

OR

E - Everything

A – And

A - And

R – Run

R - Rise

Efficacy of Homoeopathy in treating Phobias - <http://youtu.be/f7CLFBxwS40>

http://youtu.be/qAtztit_OMM

http://youtu.be/k1c6tY8ki_k



A new study from researchers at the University of Colorado Boulder and Humboldt State University, published in the journal PLOS ONE, finds that senior citizens who run several times a week expend the same amount of energy as a typical 20-year-old when walking.

The team found that older adults who regularly participate in highly aerobic activities such as running have "a lower metabolic cost of walking" than older, sedentary adults and seniors who regularly walk for exercise.

The researchers explain that it was surprising to find that older adults who regularly run for exercise are better walkers than older adults who regularly walk for exercise.

The take-home message of the study, the authors say, is that constantly running for exercise "slows down the aging process," allowing older people to move more easily and improving their quality of life.

Latest at AKGsOVIHAMS

- Dr. Gupta's First Aid Family Kit is now available at all our centres.
- Book your appointment and also View all the previous editions of AKGsOVIHAMS Newsletters at www.ovihams.com

DID YOU KNOW?

- At just 12 weeks the human foetus can scowl and squint.
- The average person has about 100 000 scalp hairs.
- Aspirin and alcohol can be absorbed directly into the bloodstream through the stomach lining.
- The kidneys filter your blood up to 300 times per day.

LAUGHTER IS THE BEST MEDICINE



A pregnant woman from Virginia was involved in a car accident and, while in the hospital, she fell into a coma. When she awoke days later, the woman noticed that she was no longer carrying a child, and asked, 'Doc, what happened to my baby!' The doctor replied, 'Ma'am, you've had twins! You're the proud mother of a handsome baby boy and a beautiful baby girl. Also, you should know that while you were in a coma, your brother named the children for you.' 'Oh, no!' shrieked the woman. 'Not my brother! He's not really all together, if you know what I mean!' The doctor replied, 'Well, ma'am, your brother named your daughter Denise.' 'Oh, that's not so bad,' smiled the woman. Then, hesitantly, she asked, 'What's the boy's name?' The doctor grinned and said, 'Denephew.'

BURSTING THE MYTH!!

- **HOMOEOPATHY FIRST WORSENS THE DISEASE** – This is not exactly the correct notion. Actually what happens, in certain cases like asthmatic bronchitis, or tonsillitis and other respiratory ailments, sometimes the condition of the patient may just initially get aggravated slightly after giving the homoeopathic medicine. That is because when the dynamic homoeopathic medicine hits the deranged vital energy of the body, the body tries to throw out the disease in a single go. So, that is the body's own reaction to the medicine which tries to create a stronger yet shorter artificial disease which is able to drive out of the body the original weaker disease. This medicinally created artificial disease runs its course of few days and gradually dwindles down leaving the body absolutely disease free and hence the patient is cured permanently with no recurrence at all. But one must understand that this happens in very rare cases where there is aggravation of the disease symptoms. It is the duty of the treating doctor to inform the patient well in advance if he thinks that the disease symptoms might just get increased for initial few days. Also, the patients must not panic and keep calm. Rather should be relaxed enough that there are great chances of him/her becoming absolutely disease free.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- “An allopath comes and treats cholera patients and gives them his medicines. The Homoeopath comes and gives his medicines and cures perhaps more than the allopath does because the homoeopath does not disturb the patients but allows the nature to deal with them.” - *Swami Vivekananda*

- It was a big surprise for me and a real show also, of the positive effect on human body of the homeopathy medicines.

My child has heart problem by birth. He had multiple VSD, ASD + TGA... After his second operation of the heart at AIIMS The heart became quite ok, but he got some severe infections in his lungs and side effects of medicines on his kidneys. He remained unconscious in the ICU for last one and half months after surgery. The child was on ventilator and was not passing urine. No allopathic medicine was helping him to improve his condition. His body had swollen up badly and there was no hope of his survival.

Finally, with no hope left from allopathic medicine. We consulted to Homeopathy Dr. A. K. Gupta, after understanding the situation he gave three days medicines for the child. The result started showing within 18 hours. My child passed 1litre urine in 24 hours, next day 900 ml. Within 48 hours situation changed into hope and within 8 days child was out from ICU. After 20 days we were at home with a strong belief on homeopathy.

Thanks to Doctor A. K. Gupta and thanks to Homeopathy! - *Ashwani Kumar*



ALOPECIA AREATA



ECZEMA



POMPHOLYX

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

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