

December 2014 Issue - XV



MONTHLY NEWS LETTER



THE YEAR THAT WAS



This issue is on **Psoriasis**. The dreadful and troublesome auto-immune disease is a ‘so-called incurable disease’. But Homoeopathy is extremely effective in treating Psoriasis and on many occasions can cure the disease as well. In this issue we have tried to throw some light on what psoriasis is, and how can it be dealt with successfully with Homoeopathy.

In the section ‘Mind the Mind’, our Clinical Psychologist, Kaartik Gupta has discussed about **“Mental Health”**, A concept which is hugely underrated in our society and hardly does anybody bother to give it any attention.

In the section **‘Bursting the Myth’**, we will talk about the misconception that homoeopathic medicines are sweet and thus should not be given to Diabetic patients.



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

PSORIASIS

WHAT

- **Common, chronic, relapsing/remitting, immune-mediated skin disease** characterized by red, scaly patches, papules, and plaques, which usually itch
- Five main types of psoriasis are plaque, guttate, inverse, pustular and erythrodermic
- The disease affects 2–4% of the general population

ETIOLOGY / CAUSES

The cause of psoriasis is not fully understood, but a number of theories exist:-

- **Genetic** - Psoriasis has a strong hereditary component, and many genes are associated with it, but it is unclear how those genes work together.
- **Associated Conditions** - Psoriasis has been associated with an increased risk of certain cancers, cardiovascular disease, other immune-mediated disorders such as Crohn's disease and ulcerative colitis.
- **Triggering Factors** – certain conditions precipitate the appearance of psoriatic lesions. These conditions may be:-
 - Stress
 - Sudden withdrawal of corticosteroid
 - Chronic infections
 - Changes in weather and climate

SIGNS & SYMPTOMS

- **Plaque psoriasis** typically appears as raised areas of inflamed skin covered with silvery-white scaly skin. These are most commonly found on the elbows, knees, scalp and back
- **Erythrodermic type** involves widespread inflammation and exfoliation of the skin over most of the body surface. It may be accompanied by severe itching, swelling and pain. This form of can be fatal
- **Pustular psoriasis** appears as raised bumps filled with non-infectious pus. It can be localized, commonly to the hands and feet, or generalized which is often accompanied by a fever, muscle aches, nausea, and an elevated white blood cell count
- **Annular pustular psoriasis** is seen during childhood. It is characterized by ring-shaped plaques with pustules around the edges seen on torso, neck, arms, and legs
- **Pitting of nails, whitening of nail, small areas of bleeding from capillaries under nail, yellow-reddish discoloration of nails loosening and separation of the nail and crumbling of the nail**

INVESTIGATIONS

No special blood tests or diagnostic procedures are needed to make the diagnosis. Psoriasis is usually clinically diagnosed with the help of certain signs:-

- **Auspitz's sign** - pinpoint bleeding when scale is removed
- **Koebner phenomenon** - psoriatic skin lesions induced by trauma to the skin

WHAT CAN YOU DO

- **Apply moisturizers and emollients such as mineral oil (esp. Coconut oil), petroleum jelly**
- **Avoid wearing synthetic clothes**
- **Avoid scratching**



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



Founder-Director AKGsOVIHAMS, Gold Medallist

PSORIASIS NOT A TROUBLE ANYMORE

Auto-immune diseases in general are a difficult set of diseases to manage. Psoriasis is no different. The amount of itching and scaling that one experiences is grossly troublesome. Though an exact cause is unknown, there are a lot of factors that can trigger a Psoriatic outburst. A familial history of this disease is usually seen in these patients. Also, at the commencement of winters, as the skin starts drying up with the changing weather, the psoriatic plaques start appearing making it all the more irritating for the poor sufferers. A topical application of some moisturizer or coconut oil does provide some relief from the insatiable itching but that too for a temporary period of time.

Allopathic medicines or any topical ointment only tend to suppress the eruptions. The sad part is that once the patient stops applying these ointments or stops taking such strong drugs (which usually are steroidal in nature), the plaques or eruptions comeback with such vigour and violence that becomes unbearable or the suffering patients. *What to do in such a critical situation?*

The answer to the above asked question lies with Homoeopathy. It is one system of medicine, which is absolutely harmless and does not produce any aggravations in such a debilitating disease as Psoriasis. As I have mentioned so many times earlier, that Homoeopathy works on the basis of the constitution of the patient and not merely the name or nature of the disease. Hence, it has been seen innumerable times that Homoeopathy has been successful in correcting auto-immune diseases. If not complete cure, then good control has definitely been achieved in such cases. Psoriasis also is managed beautifully with Homoeopathy.

Few people might think that Homoeopathy will take too long in such a disease to provide relief, but dear friends, here is a piece of good news for you all. Even a dreadful disease like Psoriasis in its most violent phase can be controlled sooner than later with the correct Homoeopathic medicinal administration. Complete cure and eradication of Psoriatic plaques and lesions though may definitely take long time as the disease is auto-immune in nature where body's own fighter cells start creating havoc in the immune system. To put it simply it is a perfect example of the Hindi phrase "*Ghar ka bhedi Lanka dhaaye...*"

MARVEL OF HOMOEOPATHY

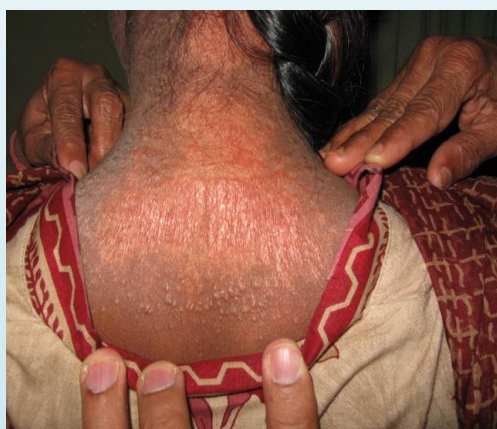
A Case of Psoriasis Cured with Homoeopathy By Prof. Dr.A.K.Gupta



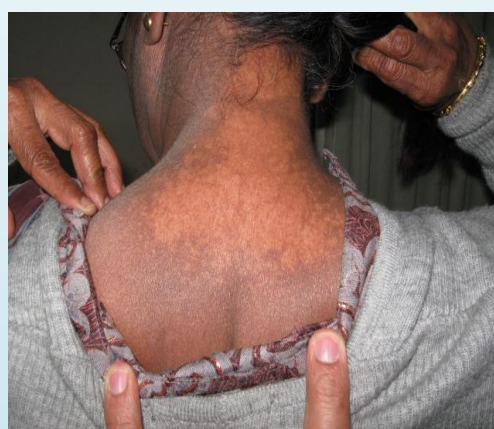
22.11.2009



20.12.2009



14.3.2010



27.2.2011



29.1.2012

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, M.Sc (Cl. Psych)

TOWARDS A HEALTHY MIND

We all engage in different exercises or activities to shape up and build our physical strength, but we often ignore our governing system; our mind or brain! Dumbbells are good for building up muscles but what about the mind? There aren't any gyms for mental training or strengthening. It is often said that "A healthy mind resides in a healthy body", but it is also true that *A healthy mind often precedes a healthy body*. Only if we have the peace of mind and are able to take good decisions efficiently can we grow in all aspects of life.

Mental health is an imperative but often ignored aspect of our lives. Through this column, we would try to encourage you to pay more attention to your mental health. The daily hassles, frustrations, anger, disappointments and unexpected situations we face in our lives pose great risk for our mental health. We need to train and strengthen our mind to adjust and adapt to such challenges. The World Health Organization (WHO) defined *mental health* as "a state of well-being in which the individual realises his/her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his/her community". It is not just the absence of mental illness.

Having talked about what mental health is and why we need to be more serious about it, let's now look at some of the ways that various studies all over the world propose to be efficient in helping us to train or strengthen our brain/mind.

- ✓ Engage in brain stimulating activities like playing Sudoku, solving puzzles or crosswords.
- ✓ Regular exercises, yoga and meditation in the proper way.
- ✓ Learning to Let Go!!
- ✓ Spending some significant amount of time doing your hobbies or anything that gives you happiness. As kids, we all had at least one such activity that gave us immense pleasure and we were always ready to do it with full enthusiasm.
- ✓ Don't let the child in you die out.
- ✓ Keep in touch with your friends and family. Meet them often. Share your thoughts, feelings and experiences with whomever you feel comfortable or have that rapport with.
- ✓ Experience your emotions; even if negative let the feeling run its course. It is important that you process the emotion appropriately. Blocking it is no solution.
- ✓ Learn to be patient. It is a virtue that very few possess in today's world but it is a very important ingredient for your success.
- ✓ Be stable and balanced in your approach.
- ✓ Get adequate amount of sleep everyday (6-8 hrs) and take a healthy, balanced diet.
- ✓ Avoid the use of harmful substances like alcohol, cigarettes and other drugs that have the potential of causing havoc in your brain.
- ✓ Believe in yourself and work towards your goals or dreams.

In the next issue, we will discuss about emotions and emotional regulation. We all go through different emotions in different situations. Sometimes these emotions can be so overpowering that they arrest or hamper our thinking process which in turn leads to difficulties. The ability to be in sync and in command of our emotions leads to a sense of satisfaction, happiness and a belief that we can handle situations the way we want no matter how hard it might seem.



Could laughing gas be used to treat severe depression?

It is somewhat surprising that nobody has thought to treat an illness where the main symptom is profound sadness with a substance that makes people laugh. Such was the sentiment expressed by the head of a team that conducted a small pilot study that found **nitrous oxide** - commonly known as laughing gas - shows promise in alleviating severe depression that is not responding to treatment.

The team, from **Washington University School of Medicine in St. Louis, MO**, reports the findings of their proof-of-concept study into the effects of laughing gas on severe, treatment-resistant depression in the journal *Biological Psychiatry*.

The results showed that two-thirds of the patients reported an improvement in symptoms after receiving the nitrous oxide. In contrast, only one-third of the same patients reported improvement after receiving the placebo treatment. And none of the patients reported worse symptoms after treatment with nitrous oxide.

Latest at AKGsOVIHAMS

- Free Consultation for all the Senior Citizens on 25th December at all our AKGsOVIHAMS clinics.
- Dr. Gupta's First Aid Family Kit is now available at all our centres.

DID YOU KNOW?

Very low cholesterol levels are associated with violence. According to Golomb and colleagues in their study of 79,777 patients, violent criminals had a much lower level of cholesterol than non-violent individuals. Low cholesterol is also associated with higher rates of suicide. In a study of monkeys, low cholesterol was also linked to aggressive behaviours.

LAUGHTER IS THE BEST MEDICINE



A man went to the doctor and complained that he had the most terrible constipation.

The doctor examined him and then gave him a prescription for some tablets to be taken last thing at night.

2 weeks later the patient returned for a check-up and the doctor asked him how his constipation was.

The doctor was rather surprised when the man gloomily answered that the pills worked fine and that he went every morning at 7.30.

"So why the long face?" asked the doctor.

"Because I don't get up until 8 o'clock!!!" replied the patient.

BURSTING THE MYTH!!

- **Homoeopathic Medicines cannot be given to Diabetic patients as they are sweet in taste** – Many times at our clinics we have been confronted with this query that as the nature and taste of Homoeopathic medicines is sweeter, then how can they be prescribed to people suffering from Diabetes Mellitus?!! There is a need to create awareness about the Homoeopathic medicines here. Homoeopathic medicines are basically alcohol mixed dilutions which contain more of energy than the crude substance. It is this liquid which is put into the white pills called as sugar of milk to make it easier for the patients to intake. So, fundamentally, it is the liquid which is the real deal that is absorbed by those pills. Moreover, these pills are so small in number, that the amount of sugar going inside a patient is hardly measurable. Also, in cases where the blood sugar levels are alarmingly high, patients are prescribed medicines in liquid form for all their ailments. So, there is absolutely no intake of sugar in any form by the suffering patient and most importantly his/her Diabetes is kept in check and well controlled with the same Homoeopathic medicines. Homoeopathy has made great progress in all directions and leading drug manufacturers now provide sugar less pills which can be medicated with homeopathic medicines and given especially to diabetic and weight conscious patients. And as mentioned earlier, even if the conventional sugar based & sweet homoeopathic pills are given the dose is usually so small that it does not produce any ill effect on the patients' blood sugar levels.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- “I also turn to homeopathic remedies for the treatment of indigestion, travel sickness, insomnia and hay fever just to name a few. Homeopathy offers a safe, natural alternative that causes no side effects or drug interactions.”
- *Cindy Crawford*
- Last year i was suffering from a disease where my hair growth suddenly stopped on my beard. My face used to look quite awkward as there were patches on my beard that did not have any hair on it. I took allopathic treatment for that for a couple of months and the hair growth started coming in. I was surprised after few months as the situation became the same. I got quite petrified as i was been told by few of my friends that this disease spreads on to the entire body and i did not want this to happen to me at this young age. Then someone told me to go for Homeopathic treatment as that is the permanent solution for this and referred me to Dr. A.K Gupta. I consulted him and he took all his time to know my complete medical history. Not only did he give me medicines for the hair loss but for a few other ailments that i had. I know homeopathy is a slow treatment but i saw results in few weeks.
The present situation is that i am perfectly fine with all my ailments and feel happy that i made the right decision. There is no hair loss anymore and patches have been taken care off. Thank you Dr. Gupta.
- *Nikhil Wadhawan*



DIFFERENT CASES OF PSORIASIS IMPROVING AT OUR CLINICS

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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