

December 2013 (ANNUAL ISSUE)



HOMOEOPATHY ENSURES HEALTH SAFELY
A.K.Gs OVIHAMS

Website : www.ovihams.com



MONTHLY NEWS LETTER



THE YEAR THAT WAS



AKGsOVIHAMS (Om Vidya Institute of Homoeopathy and Allied Medical Sciences (Regd.))

came into existence on 8th Aug. 1999 with a vision and approach of providing Health For All under one roof. The Limca Book Record holding centre was the first of its kinds in India where all systems of Medicines integrated together under one roof with the only purpose of providing best possible healthy life to one and all. It is the brainchild of Prof. Dr. A.K. Gupta who has been working selflessly for more than 36 yrs for the betterment of the suffering humanity. Under his guidance and leadership, AKGsOVIHAMS has become a notable contributor to the health of the society. And this was just recently acknowledged, on 12th August 2013, when the efforts and work of Dr. A.K. Gupta and his team paid rich dividends and AKGsOVIHAMS was conferred the **“Global Healthcare Excellence Award 2013 for the BEST HOMOEOPATHIC CENTRE in Delhi”** Watch: <http://youtu.be/Kcr8SIGIjs4>

AKGsOVIHAMS has been organizing regular Free Health and Awareness camps over the years along with carrying out research in difficult cases like the Motor Neuron Diseases (MND) and Epidermolysis Bullosa. One of such camps was recently held on the 12th November 2013 to mark the *World Diabetes Day* at our Moti Bagh branch. It was a huge success with a large number of patients from different walks of life availing the Free Homoeopathic Consultation and Free Blood Sugar check-up in a camp lasting for 3 hours. The youngest male and female patients were of 21yrs and 22yrs of age respectively; and the eldest were a 78yr old man and 75yrs old lady. Hon'ble MLA & Chairperson of the Delhi Commission for Women, Mrs. Barkha Singh, also participated in creating awareness about the efficacy of Homoeopathy in Diabetes. The camp was a testimony to the fact that Homoeopathy and Lifestyle Management works brilliantly in Diabetic cases.

AKGsOVIHAMS has been regularly holding such medical camps and listed below are the camps held at all our clinics in the year 2013:-

1. Healthy Lifestyle Awareness Week (17th Feb – 23rd Feb)
2. World Arthritis Day
3. Camp on “Quit Smoking with Homoeopathy” on No Tobacco Day
4. Camp on World Osteoporosis Day
5. Camp on “No Pains Day”
6. Camp for Cardiac patients on World Heart Day
7. Awareness Camp on AIDS and other Sexually Transmitted Diseases on World AIDS Day
8. Camp and Sewa for Shiv Kanwadiyas

This year Dr. Sanket Gupta also completed his M.D in Practice of Medicine.

In this issue we are talking about a disease which though is absolutely painless and complication free, but is a real social stigma to its sufferers. **Leucoderma/Vitiligo/Phulveri** is one such terrible disease. Let us know more about it and how Homoeopathy can be helpful in treating it.



Dr. Sanket Gupta, MD, PGCCP(Cardiology)

LEUCODERMA

WHAT

- 'Leuco' means white & 'Derma' means skin; Also known as Vitiligo in medical terminology or "Phulveri" in laymen's language
- A disease of hardly any medical significance apart from the social stigma attached to it due to cosmetic reasons. Most famous example – Michael Jackson
- It is an auto-immune disease where total absence of melanin leads to whiteness of the skin in particular places which may be sporadic or bilaterally symmetrical.

To know more on Leucoderma, visit - <http://www.ovihams.com/WebAilmentDetail.aspx?AilmentID=75>

ETIOLOGY / CAUSES

- Exact cause not known, pathologically defect in enzyme Tyrosinase is held responsible
- But there are some factors which can lead to leucoderma. Namely:-
 - a) Stress
 - b) Family history of any auto-immune disease in general and vitiligo in particular
 - c) Deficiency of Copper and proteins
 - d) Wearing tight clothes and synthetic clothes
 - e) Occupational hazards such as wearing certain rubbers or applying 'bindi'
 - f) Worm infestations
- Associated with Thyroid Disorders, S.L.E, AIDS, etc.
- More commonly seen in females than males

SIGNS & SYMPTOMS

- White coloured patches, uniform in nature with well demarcated edges
- May occur anywhere on the body but commonest sites are around lips, on cheeks, bilaterally distributed on legs, hands, fingers, or on chest & back, around eyes and on head
- A single white strand of hair could be the 1st sign of leucoderma on scalp
- Minimum or No itching, no pain, no discharge
- Patches may be acrofacial (on & around face), vulgaris (scattered symmetrically or asymmetrically) or universalis (whole body)

WHAT CAN YOU DO

- Avoid any unconfirmed topical ointment
- Restrict the use of synthetic clothes
- Intake of sour things should be avoided
- Avoid steroids
- Avoid stress

INVESTIGATIONS

- Complete Haemogram
- Serum Calcium
- Stool analysis
- Thyroid Profile



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IN LEUCODERMA

Vitiligo/Leucoderma has always puzzled physicians of all systems of medicine. However, Homoeopathy offers a reasonably positive treatment if not cure in all cases. Since Homoeopathy is a holistic science, it provides a comprehensive treatment by going to the root of the problem and thus helps in building immunity & eventually restores the depigmented patches, as in the case of Leucoderma, back to the normal skin colour.

As a rule, Homoeopathy never looks at Leucoderma as a local disease. It has been considered as a local expression of a systemic disturbance; hence a deep acting constitutional remedy has to be evolved, which call for an individual case study in all the cases of this disease. There is no single specific remedy for all cases of leucoderma. The exact treatment is determined only on an in-depth evaluation of each and every individual case.

Everybody asks me whether Leucoderma is curable with Homoeopathy or not??

The answer to this question is both 'Yes' and 'No', as seen in my clinical study at our centre AKGsOVIHAMS. We have about 60-70% curative rate in this disease. It can be said that cure depends on following criteria:-

- Duration of Leucoderma: - cases of recent origin respond much better as compared to the ones which are more than 10yrs old in duration. Children and young aged people show better results.
- Extent of Spread: - single or small spots (2 to 9) respond better than those which are very large (more than 5 inches in size). Individuals having only a single spot have an excellent curative rate. Cases with generalised spread and affection of fingertips, toes, corners of mouth & eyes, have shown partial results.

Let me share with you a testimonial of a father of an 11yr old boy who had developed Leucoderma at just 5 months of age but was completely cured with Homoeopathy. This was written by him on 14th Feb.2005: - "It was a matter of tremendous concern to notice white patches on the body of my 5mnths old boy back in April 2003. On contacting different Dermatologists in my state of Madhya Pradesh and later in Sir Ganga Ram Hospital, Delhi, it was confirmed that y small boy was suffering from Leucoderma. I was told this was not a coincidence as my brother also had the same disease. There were so difficult and unproven treatments available in Allopathy, I was completely confused about what to do.

One day I came across the website of AKGsOVIHAMS where I read about Dr. A. K. Gupta. I took his appointment and called him up from MP somewhere around in June 2003. I came to Delhi, visited Dr. Gupta. He took a detailed case history and after thoroughly reviewing all the reports and examining my son he said "I will correct it". These words gave me a lot of hope and we started with the treatment. Within 6 months. i.e., by December 2003, the patches at armpits, around neck folds, groins, back of knee were recolored up to around 40%. I sent the photographs to Dr. Gupta and the treatment continued. Meanwhile I also got transferred to Mumbai but the treatment continued.

Today the colouring of the area is almost 90% complete (treatment still continues) and only when you see very minutely you can ascertain some very dim patches. Now my son has completed 2 yrs. and I have no hesitation in saying that Dr. Gupta has really done a commendable job in treating my son. I am really thankful to him and Homoeopathy."

To hear more on Leucoderma from Prof. Dr. A. K. Gupta watch <http://youtu.be/w7qKD--QBm8>

MARVEL OF HOMOEOPATHY

This is the case of a 22 yrs. old man, Mr. S. V. who came to consult Prof. Dr. A. K. Gupta at his Rajouri Garden clinic for a huge white patch on the back. Dr. Gupta during the case taking came to know that the patch had been there since M. S. V. was just 9yrs old. It was a small spot to start with but gradually increased in size with age and now had occupied almost the whole of his back. He had been diagnosed Leucoderma by all the Dermatologists he had ever seen.

Along with Leucoderma, Mr. S. V. also suffered from recurrent and frequent attacks of cough and cold since last 8 to 10yrs.

Dr. Gupta after a detailed history taking, analysis and evaluation prescribed him the needed medicine on 26th July 2006. The picture below was taken on 26th July 2006.



Within just 2 months, the patch started reducing to Mr. S. V's amazement. The treatment continued and there was a steady improvement on almost every follow-up. The picture below was taken on 5th January 2007.



And brilliantly enough he was declared CURED on 24th November 2007 by Dr. Gupta.



KUDOS TO HOMOEOPATHY



Researchers say that they have identified a number of lifestyle factors that could be modified in order for a woman to have a healthy pregnancy. This is according to a study published in *BMJ*.

A collaboration of investors from UK, Ireland and New Zealand say that by changing certain lifestyle factors, such as increasing fruit intake before pregnancy and maintaining a healthy weight, pregnant women may “increase their likelihood of normal pregnancy outcomes.”

Women in the UK & Ireland had the lowest proportions of uncomplicated pregnancies at 58%, compared with 63% in Australia



Latest at AKGsOVIHAMS

- This New Year, we are adding another dimension to AKGsOVIHAMS. From January 2014 onwards, we will be starting with a new section in the newsletter which would be completely dedicated to “Mind and Psychology”. **Kaartik Gupta, MSc.(Cl.Psy)** Counselling Psychologist will be handling that.
- Spechtrochrome therapy being carried out for MND patients at our Moti Bagh branch. It is a hassle free therapy where the patient is tonated based on the stage of the disease, under specific coloured light for about an hour. The

LAUGHTER IS THE BEST MEDICINE



A dentist, after completing work on a patient, came to him begging.

Dentist: Could you help me? Could you give out a few of your loudest, most painful screams?

Patient: Why Doctor? It wasn't all that bad this time!

Dentist: There are so many people in the waiting room right now, and I don't want to miss Sachin's last test match.



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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, drsanket@ovihams.com

For more Visit us at www.ovihams.com