

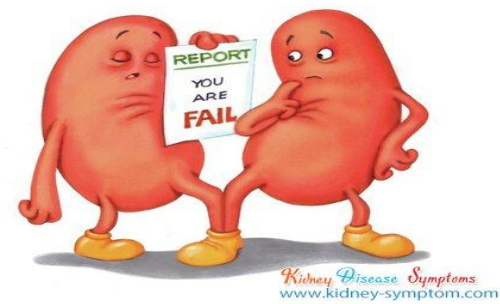


MONTHLY NEWS LETTER



This issue includes:-

- An insight on **Renal Failure** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Renal Failure on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will continue his discussion about **Dementia** on Page no. 5



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

RENAL FAILURE

INTRODUCTION

- Medical condition in which the kidneys fail to adequately filter waste products from the blood
- 2 main forms are acute kidney injury, which is often reversible with adequate treatment, and chronic kidney disease, which is often not reversible

ETIOLOGY / CAUSES

Causes of Acute Kidney Injury:-

- Accidents, injuries, or complications from surgeries in which the kidneys are deprived of normal blood flow for extended periods of time
- Drug overdoses, accidental or from chemical overloads such as antibiotics or chemotherapy

Causes of Chronic Kidney Disease:-

- Long term Diabetes mellitus
- Uncontrolled Hypertension
- Poly-cystic kidneys
- Overuse of common drugs such as *ibuprofen*, and *paracetamol* and also drugs with heavy metals
- False habit of holding the urine for long

SIGNS & SYMPTOMS

- **High levels of urea in the blood, can result in:** Vomiting and/or diarrhoea, which may lead to dehydration; Nausea; Weight loss; Nocturnal urination; More frequent urination, or in greater amounts than usual, with pale urine; Less frequent urination, or in smaller amounts than usual, with dark coloured urine; Blood in urine; Pressure, or difficulty urinating
- **A build-up of phosphates in the blood that diseased kidneys cannot filter out may cause:** Itching; Bone damage; Non-union in broken bones; Muscle cramps
- **A build-up of potassium in the blood that diseased kidneys cannot filter out may cause:** Abnormal heart rhythms; Muscle paralysis
- **Failure of kidneys to remove excess fluid may cause:** Swelling of the legs, ankles, feet, face and/or hands; Shortness of breath due to extra fluid on the lungs
- Pain in the back; Memory problems; Difficulty concentrating; Low blood pressure; Dizziness; Loss of Appetite; Darkening of Skin; Foamy or bubbly urine

WHAT YOU CAN DO

- **Never hold or retain urine**
- **Avoid taking painkillers**
- **Drink optimum amount of water so as to prevent getting into Kidney disease**
- **Manage weight so as to prevent Diabetes mellitus**
- **Keep Blood Pressure in check**
- **Avoid Stress**

INVESTIGATIONS

- **Kidney Function Test; Glomerular Filtration Rate; Urine Analysis (Routine & Microscopic)**
- **Blood Sugar levels; Liver Function Test**



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ROLE OF HOMOEOPATHY IN MANAGING RENAL FAILURE

The number of kidney failure cases in India has risen remarkably in the last 15 years. A huge reason for that is the rise in number of Diabetics in our country. The stressful lives and faulty lifestyles are leading to Hypertension which is one of the leading causes of Chronic Renal Failure. Most importantly, the intake of painkillers and medicines with heavy metals having nephrotoxic effects have been the other major reason for the rapid rise in CRF cases.

Kidneys usually are affected as a result of other systemic and chronic illnesses and don't necessarily get affected primarily. As kidneys are one of the most vital organs of our body, so all the measures should be adopted which are necessary for proper filtration of our blood through the kidneys. Drink optimum amounts of water and never retain or hold back your urge to urinate. It is one of the major ways of expelling wastes and toxins outside the human body. As mentioned in the causes above, there are some really harmful medicines that are nephrotoxic in nature. Sadly, these medicines are used by a lot of people on a daily basis.

Homoeopathy on the other hand, is the safest and also extremely efficacious when it comes to treating kidney related diseases and other chronic illnesses. As this system of medicines has absolutely no side effects, so even if somebody has been taking Homoeopathic medicines for a particular illness for a long time, he/she will never fall prey to any kidney disease due to these medicines. Also, the usual practice of putting the CKD patient on dialysis at an early stage is not correct. Modern medicine practitioners advise for dialysis when the Serum Creatinine level rises above 4, even though the urine output is not completely absent. Here I would like to inform, that till there is some urinary output, keep trying the medicines and do not resort to dialysis straight away. Complete absence of urination is a sure short medical emergency and interventional methods of treatment like dialysis should be performed then.

In my experience of over 38 years, I have seen a huge number of patients of chronic kidney disease benefit from Homoeopathic medicines. Patients with Creatinine level as high as 10 and urea as high as 200 have responded beautifully to Homoeopathic medicines. There have been many instances of number of dialysis reducing and patients saved from getting their kidneys transplanted solely with Homoeopathic remedies. Constitutional homoeopathic treatment if given to children and young adults having a family H/O renal failure, then their kidneys can be made to function better with these medicines taking the familial trait into account.

Of course, prevention is better than cure any day. So drink plenty of fluids and most importantly, never hold or retain the urge to urinate.

MARVEL OF HOMOEOPATHY

This is the case of Mr. Sudhir Ahuja who visited our clinic in Rajouri Garden with his brother to consult Prof. Dr. A. K. Gupta on 17th June 2014. He was a known case of Diabetes Mellitus and a patient of Chronic Kidney Disease. He was taking medicines for Hypertension also. He was already on dialysis treatment as his urea and creatinine were way beyond the normal range. He had a history of being chronic alcoholic as well and was under tremendous depression when he visited Dr. A. K. Gupta for the first time. As he was told by the Allopathic doctors that his was an incurable condition now and dialysis was the only treatment available before going for a renal transplant, he had gone into severe depression and despair of recovery. Fed up of the agony of dialysis, he thought of finding some respite in Homoeopathy. The blood levels of urea and creatinine were 88 and 9.5 respectively at the first visit.

Taking the entire case history and the constitution of the patient into account, Dr. Gupta started with the Homoeopathic treatment. As his Blood pressure was still not under control despite the Allopathic medicines, Dr. Gupta gave him Homoeopathic medicines for Hypertension as well. His Diabetes was seemingly under control, so he was asked to continue with the Allopathic medicines that he was taking for his Diabetes Mellitus.

After about 1 month of taking Homoeopathic medicines, the Kidney Function Test was repeated. To Mr. Sudhir's pleasant surprise, his urea had come down to 47 and Creatine had reduced remarkably to 5.4 as well. He had not received any dialysis during this 1 month as he had lost hope and got fed up of that mode of treatment. The blood levels of urea and creatinine though were still out of the normal range, but this tremendous improvement in the reports and his physical condition gave the patient immense confidence and hope of being healthy and happy again. He was not sad anymore and had come out of his depression with flying colours. His appetite had improved nicely and the urine output had also increased considerably. The swelling over his feet and on his face was not seen every day now.

The medicines were continued and gradually his symptoms were improving nicely. The urine output had also started touching normalcy often now. Blood tests were again done in Aug. 2014 and the report seemed even better than the previous occasion. Urea was now under normal range and was just 33. While creatinine was now 2.88, still slightly above the reference range. His Haemoglobin (Hb) was slightly on the lower side – 10.9. Accordingly the medicines were added to cover the Iron deficit which was leading to Low Hb. Symptomatically Mr. Sudhir had almost no problems by now, only mild fatigue or weakness at times. His blood pressure was also being controlled brilliantly with the Homoeopathic medicines.

The next tests were carried out in Nov. 2014 and it showed betterment in all aspects. His Hb improved to 12.2; urea was well in the reference range and creatinine now was as low as 1.7! The entire family is a strict devotee of the Homoeopathic medicines today and Mr. Sudhir thanks Prof. Dr. A. K. Gupta and Homoeopathy to provide him new lease of life altogether.

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, MSc, M.Phil (Scholar, Cl. Psych.)

DEMENTIA

In the last issue, we looked at dementia as a progressive syndrome of the brain which is marked by disturbances of cognitive functioning, emotional control, social behaviour and motivation. It is a challenging condition both for the patient and the caregivers. Spreading knowledge about the disease and awareness for its most effective treatment in the general population through this newsletter is the main aim of this article.

If you suspect your loved ones to be having the symptoms of dementia, it is advised to get a thorough physical and psychological check-up done as dementia can be caused or co-exist with other problems. Some of the most commonly occurring problems in people with dementia are – depression, Parkinson's disease, Huntington's disease, sleep difficulties, etc.

Although dementia is an irreversible condition, the progressive decline can be slowed down with certain behavioural strategies. In addition to this, providing a caring and supportive environment at home can be beneficial both for the patient and the caregivers. Studies suggest that the following interventions are helpful in improving the quality of life and slowing the deterioration of the individual:-

- *Supportive therapy* – A form of psychotherapy in which the therapist assists the patient and the caregivers deal appropriately with a range of emotions like despair, anger, feelings of helplessness and sadness that they experience because of the illness.
- *Cognitive rehabilitation* – Training the patient to engage in mentally challenging activities like solving puzzles, Sudoku,
- *Memory aids* – Memory deficits is one of the main features of dementia. Helping the patient remember things by maintaining a pocket diary, making note of important dates and contact numbers, preparing flashcards, labelling rooms at home so that they do not lose their way, setting reminder notes in phone for medicines, etc.
- Ensuring that they maintain their *self-care* and engage in activities of daily routine like grooming, cooking, buying stuff from the grocery, reading and doing something that they enjoy the most.
- Being *patient* and *caring* towards the patient will lessen the difficulties he/she has to go through because of the disease. It will also provide a healthy home environment for the caregivers to live in.

Time has a great way of balancing things. One, who took care, is now being cared for and the carer in turn will be taken care of in the future. So be there for your loved ones when they need you the most.

'None of us want to be reminded that dementia is random, relentless and frighteningly common'

- Laurie Graham



Study links high sugar intake to increased risk of breast cancer

Study coauthor Peiyang Yang, PhD, assistant professor of palliative, rehabilitation & integrative medicine at the University of Texas MD Anderson Cancer Center, & colleagues publish their findings in the journal *Cancer Research*. According to the team, previous research has identified a link between dietary sugar intake & risk of breast cancer, with some studies suggesting inflammation may play an important role.

According to the researchers, the amount of sucrose and fructose the mice consumed was comparable to that found in a typical Western diet - characterized by high intake of refined sugars, saturated fat and red meat, and low intake of fresh fruits and vegetables and whole grains. **50-58% of mice fed sucrose-enriched diet developed breast cancer.**

The team found that dietary fructose and sucrose - a combination of glucose and fructose - increased 12-lipoxygenase (12-LOX) signaling, which increased production of 12-hydroxy-5Z,8Z,10E,14Z-eicosatetraenoic acid (12-HETE) to raise risk of breast cancer development and metastasis.

Latest at AKGsoVIHAMS

- Both Dr. A. K. Gupta and Dr. Sanket Gupta will not be available from 3rd to 6th February. Kindly schedule your appointments accordingly.
- View all our previous newsletters and also subscribe at www.ovihams.com

DID YOU KNOW?

- The tiniest muscle, the stapedius of the middle ear, is just one-fifth of an inch long.
- A fetus acquires fingerprints at the age of three months
- Our brain sees the world upside down. When the rods and cones of our retina send an image to the brain—say we're looking at a tree—the image that gets transmitted to the brain is upside down. The brain automatically rotates the image in its visual cortex. Babies learn to do this early on. It's so automatic; we do not know we're doing it.

LAUGHTER IS THE BEST MEDICINE



A scientist tells a pharmacist, "Give me some prepared tablets of acetylsalicylic acid."

"Do you mean aspirin?" asks the pharmacist.

The scientist slaps his forehead. "That's it!" he says. "I can never remember the name."

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homeopathy is the true and very advanced healing science much beyond the scope of current methods of chemical analysis and interpretation

- *Aditya Sardana, Ayahuasca - The Sacred Psychedelic!!*

- Hello. I am a 36 years old housewife. Around Oct 2011, suddenly I started having irregularity in my periods. There was profuse flow and I gradually started experiencing pain during my cycle, which had never happened earlier. I consulted my Gynaecologist in Jan. 2012 and she advised me to have an Ultrasound done. To my utter surprise, I was diagnosed with a fibroid in my uterus of the size 35mm X 42mm. It was a huge setback to me. I was terribly worried as my Gynae told me that the fibroid had to be surgically removed.

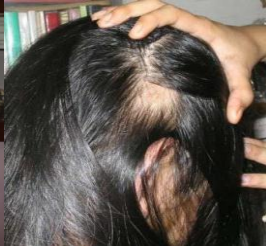
During this time I was brought to AKGsOVIHAMS Homoeopathic Clinic in Satya Niketan, Moti Bagh by my elder sister who was already being treated there successfully for uterine fibroid. I met Dr. Sanket Gupta in last week of January 2012 for the 1st time. I asked him all sort of questions whether I can be cured off my disease by just these sweet pills??!! I had all my doubts cleared by Dr. Sanket Gupta who very calmly made me understand how Homoeopathy corrects the inner abnormalities of our body. Trusting him and my elder sister, I started my treatment with Homoeopathy. Within a month itself I noted significant change as this time my period was not that bad and rather comfortable. This gave me confidence and with full faith in Homoeopathy and Dr. Sanket Gupta's abilities I continued the treatment till Oct. 2012. By this time all my symptoms were absolutely normal and I felt as if I never had any problem. Seeing my response to his medicines, Dr. Gupta asked me to go for an USG again.

I was a little apprehensive that in just 9 months of treatment what changes would have possibly occurred. To my absolute joy, the USG report read, NO ABNORMALITIES DETECTED..!! I was over the moon and next morning came to see Dr. Sanket with the report of our triumph in my hand. He was very happy to have achieved this cure and said that you do not need any further medication now. Unbelievably I am not on any medicine now and my periods are absolutely regular and normal and comfortable. I want to thank AKGsOVIHAMS and Dr. Sanket Gupta for curing me and saving my life from a surgeon's knife. Hail Homoeopathy..!!

- *Mrs. R. Kumari*



ACNE ROSACEA



ALOPECIA AREATA



CELLULITIS

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

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