



MONTHLY NEWS LETTER



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

IRRITABLE BOWEL SYNDROME

INTRODUCTION

- Is a functional gastrointestinal disorder (FGID) and has no known organic cause
- It is a disorder of the gut–brain axis

ETIOLOGY / CAUSES

- Exact causes of IBS are still unknown but recent evidence indicates that there are abnormal levels of mast cell expression and activation in specific parts of the gastrointestinal tract which are unique to each subtype of IBS
- Risk of developing IBS increases six-fold after acute gastrointestinal infection
- further risk factors are:-
 - young age
 - prolonged fever
 - anxiety and depression
- Antibiotic use also appears to increase the risk of developing IBS
- Research has found that genetic defects in innate immunity and epithelial homeostasis increase the risk of developing both post-infectious as well as other forms of IBS

SIGNS & SYMPTOMS

- Abdominal pain or discomfort
- Frequent diarrhoea or constipation
- Change in bowel habits
- Urgency for bowel movements
- Feeling of incomplete evacuation (tenesmus)
- Bloating or abdominal distension
- People with IBS, more commonly than others, have gastroesophageal reflux, symptoms relating to the genitourinary system, chronic fatigue syndrome, fibromyalgia, headache, backache, and psychiatric symptoms such as depression and anxiety
- Reduction in libido

INVESTIGATIONS

- Stool microscopy and culture
- Complete haemogram
- Liver function test
- Abdominal ultrasound
- Endoscopy and colonoscopy

WHAT YOU CAN DO

- Low carbohydrate diet
- Proton pump inhibitors (PPIs) used to suppress stomach acid production may cause bacterial overgrowth leading to IBS symptoms and thus should be discontinued
- Avoid stress of any kind



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS THE ANSWER TO IBS

For long, scientists have been trying to ascertain the exact reason for the bowels to suddenly start behaving indifferently in a man. When all the causes are ruled out, then the person is labelled as an IBS patient with no apparent cause. When no proper cause could be found, the scientists attributed IBS to being a psycho-somatic disorder which means a disorder which is resultant of stress, anxiety and depression. It is hence believed in Modern medicine that there is no permanent cure for this condition. But Homoeopathy on the other hand has a great deal to offer in IBS or any kind of psycho-somatic disorder.

The basic principle of Homoeopathic system of medicine is that the medicine is prescribed on the basis of the patient's constitution. It means a Homoeopathic doctor takes into account not just the physical symptomatology that the patient is giving but also the entire mental framework of him. As in how is his mental strength, his decision making, any fear complex, his basic temperament, etc. when the patient is treated as a whole like this, then the chances of patient getting completely cured become extremely high. Correct homoeopathic medicine when given taking all the above mentioned factors, then the immune system of the individual becomes so strong that it roots out the disease completely.

Similarly in IBS, not all patients react in the same way. So it is not necessary that the medicine treating a group of IBS cases would be same. The medicine selected would depend entirely on the constitution of those cases. There are many medicines which work very well on the psycho-somatic axis of the body like *Argentum Nit.*, *Arsenic Alb.*, *Carcinocin*, *Gels.*, *Sulph.*, *Nux Vom.*, etc. but there indications are completely different from one another.

Stress is usually manifested in the form of 'Flight or Fright' which is done by the Autonomic Nervous System (ANS) of the human beings. In a stressful environment, the 10th cranial nerve, called the *Vagus* in alliance with the ANS manifests in a patient in form of fear, anxiety, palpitation, sudden constipation or diarrhoea, vomiting, excessive sweating or trembling. With the Homoeopathic medicines, this balance is tried to regain. Once this homoeostasis is achieved, the patient gets rid of all these complaints and is cured!

Along with the Homoeopathic treatment one is advised to drink plenty of water and do physical exercises or yoga.

MARVEL OF HOMOEOPATHY

A 27yrs old man Mr. V. Malhotra came to our clinic in Satya Niketan, Moti Bagh with a complaint of upset stomach and on-off abdominal pain. He consulted Dr. Sanket Gupta and was really puzzled and in trouble as he had been to all systems of medicine earlier but with no major relief. He was extremely apprehensive to start with as he had been advised by the allopathic doctors to consult a psychiatrist as there was no concrete pathological finding. He was suffering from crampy abdominal pains with alternate diarrhoea and constipation. At times he would experience severe gastricity in the form of flatulence and eructation. Often he would suffer from nausea and vomiting as well. According to him his diet was fine, but he was not gaining any weight at all.

On taking the entire case history, it came out that he used to have cervical spondylitis in the past and for that he had taken lot of painkillers. Also, he had lost his father around 3 yrs back and also was unemployed since last 6-7 months. So he was under definite stress for quite some time. He had become an anxious individual and would sweat with nervousness before an interview. The level of confidence had also gone down. Dr. Sanket spoke to the young man at length and gave him the assurance that he would be cured. He even gave Mr. Malhotra the necessary boost and motivation to make him relaxed and stress free. He advised the patient to follow certain routine so as to manage his stress positively. Taking everything into account Mr. Malhotra was given the Homoeopathic medicine called *Lycopodium 200*.

On the 1st follow-up itself the patient reported that the stool seemed to be well-formed now and also the gas formation had reduced considerably. His anxiety and nervousness had also reduced to some extent but still was present appreciably. The same medicine was continued for another 2 weeks. This time when he came, he was much better in general. All his complaints had almost gone down by 70-80% and he looked more confident and happier. He was sleeping well and most importantly he had cracked an interview successfully. His digestion was brilliant and in his own words, "I have never felt so light in my life!"

Dr. Gupta continued the medicines for just 2 more weeks and later stopped it as he was completely cured of all his troubles. In mere 2 months of Homoeopathic treatment, Mr. V. Malhotra was completely cured from IBS; an ailment which he was told had no permanent cure. Today he is married happily and working well in an MNC firm in Noida. The willingness that he showed to be cured is commendable even though he gives all the credit to Homoeopathy and Dr. Sanket Gupta for his new lease of life!

This is the Marvel of Homoeopathy



MIND the MIND

Help for
IBS

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

IRRITABLE BOWEL SYNDROME

Irritable Bowel Syndrome (IBS) is a functional disorder of the lower gastrointestinal tract characterised by abdominal pain, discomfort and alteration of bowel habits in the absence of any organic disorder. Studies suggesting the prevalence of IBS in the Indian population are not very conclusive, although findings suggest a prevalence rate of about 4% in a North Indian community (Makharia et al., 2011). In this edition, we look at some of the psychological factors that contribute to the condition of IBS and then suggest certain psychotherapeutic techniques that have been found to be efficient in its treatment.

Certain personality characteristics like getting easily tensed, excessive concern about one's physical health, low stress tolerance, poor coping abilities have been found to be present in people with IBS (Latimer, 1983). Anxiety sensitivity, i.e. the tendency to believe that anxiety and its symptoms are harmful to the body or mental state has been suggested as a possible cognitive mechanism of abdominal symptoms and anxiety in people with IBS (Sugaya, 2012). Stress has been found to play a major role in IBS as it can lead to the worsening of symptoms, particularly vomiting, diarrhoea and constipation.

Studies suggest that for the 25-30% of chronic IBS patients who would be considered moderate to severe (Drossman & Thompson, 1992), psychological treatments may be the best alternative, and certainly have a role to play in comprehensive care. Following are some of the psychological interventions used in the treatment of IBS:-

- *Psychoeducation* – Educating the patient about the condition, its probable causes, role of psychological factors in the causation, maintenance and treatment of IBS.
- *Psychotherapy* – Psychotherapies like Brief Psychodynamic Psychotherapy, Hypnotherapy and Cognitive-Behaviour Therapy have been found to be effective in the treatment of IBS. The treatment plan is individualised for each person depending on the nature of problem and his/her overall personality dynamics.
- *Stress management* – Learning effective ways of managing daily stresses will improve the overall gastrointestinal functioning as well. Relaxation training is one such way.
- *Regular exercise, healthy diet and a structured daily routine*

'To eat is human, to digest divine'
- Copeland



Pancreatic cancer may be treatable with tree extract

With no effective treatments currently available, there is an urgent and important need to develop new drugs to treat pancreatic cancer. After carrying out tests in lab cells and mice, researchers propose that *nimbolide*, a natural extract from the leaves of the *neem tree*, could meet such a need.

In the journal *Scientific Reports*, a team of biomedical scientists at *Texas Tech University Health Sciences Center* reports how nimbolide can stop pancreatic cancer growing and spreading without harming normal, healthy cells.

The main reason pancreatic cancer is so deadly is because it is very difficult to diagnose in the early stages, before it has started to spread and invade surrounding tissue and other organs, which it does very fast.

Previous studies of nimbolide's effect in lab cells and animals reveal that nimbolide has a number of anti-cancer properties. The compound interferes with cancer cell signaling pathways that are linked to inflammation, survival, growth, invasion, development of tumor blood vessels and cancer spread, or metastasis.

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DID YOU KNOW?

- There are more bacteria in your mouth than the human population of the United States and Canada combined.
- You burn more calories while sleeping than you do when watching television.
- The thumbnail grows the slowest; the middle nail grows the fastest.
- Before their first birthday, average babies will have dribbled 255 pints of saliva. By the time they're two years old, they will have crawled 93 miles.

LAUGHTER IS THE BEST MEDICINE



A space occupying lesion is usually an unnecessary growth and by definition a tumour serves no useful function. This Doctor's apparent hatred for the punk lifestyle makes him mock his patient whose brain is not functioning, at least according to the Doctor.



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Complementary therapies, like homeopathy, get to the cause – rather than just treating the symptoms.....I know from my own experience that they work...I'd like to see doctors prescribing homoeopathic treatment....”

- *Peter Hain, Secretary of State for Wales,UK*

- My heartfelt thanks to Dr. A.K.GUPTA(OVIHAMS CLINIC)for curing my Grandfather when all other treatment and medication was not helping. I had never imagined in my wildest thoughts that Homeopathic treatment could be of use at the time of critical emergencies. My Grandfather of over 85 years had multiple blood clots in brain when admitted to hospital. He was not recognising us and was not behaving natural which forced us to move to hospital emergency. As explained by the attending doctors, he had multiple blood clots in his brain. He was admitted to the hospital and the treatment started. He continued to behave in the same manner for next 48 hours; he rather started bleeding due to some anticoagulants given for the clots. We were getting panic but the doctors advised that this would continue for a week time following which he might start recovering. He would not take medicine or recognize us. He started chewing the medicine when we forcefully put the medicine in his mouth.

By the grace of God, when we shared his condition with Dr. A.K.GUPTA(OVIHAMS CLINIC) he gave some Homeopathic medicine to be given to him after 2 hours each. He told us to start this medicine along with the Allopathic treatment being followed. We started the Homeopathic medicine from 10:00 P.M. (within this time no allopathic medicines were scheduled to be given). To our pleasant surprise, he started calling me by name at 7:00 A.M. in the morning. With all thanks to the Almighty and Dr. A. K. Gupta (OVIHAMS CLINIC), he started to respond properly and soon came back to his normal mental behaviour by the end of the day. It did take a few days to resume his daily routine but the critical stage of emergency was over. The Homeopathic medicine given to him was faster to treat his sufferings than the Allopathic medicine. The Allopathic doctor had asked for a week's time to bring some recovery to his problem but it actually took few hours with the Homeopathic medicine to control the emergency. My sincere thanks to Dr. GUPTA.

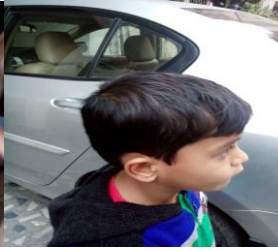
- *Amit Tagra*



VARICOSE ULCER



ALOPECIA AREATA



HORDEOLUM EXTERNUM



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

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