



MONTHLY NEWS LETTER



This issue includes:-

- An insight on **Sarcoidosis** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Sarcoidosis on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will talk about the **Attention Deficit Hyperactivity Disorder (ADHD)** on Page no. 5



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

SARCOIDOSIS

INTRODUCTION

- Inflammatory disease that affects multiple organs in the body, but mostly the lungs and lymph glands
- In people with sarcoidosis, abnormal masses or nodules (called granulomas) consisting of inflamed tissues form in certain organs of the body which may alter the normal structure and possibly the function of the affected organ(s)
- Sarcoidosis most often occurs between 20 and 40 years of age, with women being diagnosed more frequently than men

ETIOLOGY / CAUSES

The exact cause of sarcoidosis is not known. It is a type of autoimmune disease associated with an abnormal immune response, but what triggers this response is uncertain. How it spreads from one part of the body to another is still being studied.

INVESTIGATIONS

- Chest X-ray
- CT scan of chest
- PET scan
- CT-guided biopsy & open lung biopsy
- Mediastinoscopy & bronchoscopy with biopsy
- Endobronchial ultrasound & endoscopic ultrasound with FNA of mediastinal lymph nodes
- Angiotensin-converting enzyme(ACE)blood Test

WHAT YOU CAN DO

- Avoid smoking both active & passive
- Try to move every joint as much as possible but avoid exertion and never exercise in pain
- Drink 8-10 glasses of water daily

SIGNS & SYMPTOMS

- Initial complaint of a persistent dry cough, fatigue, hoarse voice and shortness of breath
- Tender reddish bumps or patches on the skin
- Red and teary eyes or blurred vision
- Pain in the hands, feet, or other bony areas due to the formation of cysts in bones with swollen and painful joints
- Enlarged & tender lymph glands in the neck, armpits, groin, chest and around the lungs.
- Kidney stone formation
- Enlarged liver
- Development of abnormal or missed heart beats (arrhythmias), inflammation of the covering of the heart (pericarditis), or heart failure.
- Nervous system effects, including hearing loss, meningitis, seizures, or psychiatric disorders (for example, dementia, depression, psychosis)
- Fever, fatigue and weight loss
- Dry mouth and nosebleeds



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ROLE OF HOMOEOPATHY IN TREATMENT OF SARCOIDOSIS

Sarcoidosis is a systemic inflammatory disease with a chronic nature. It affects multiple organ systems and hence is a very difficult disease to manage and treat. The diagnosis is usually reached quiet late and the effect on the patient is often debilitating. Sarcoidosis is believed to be incurable and is managed only with the help of steroids in the modern medicine. With Homoeopathy though, we have seen some very encouraging results in the cases of Sarcoidosis at our AKGsOVIHAMS clinics. Homoeopathy has been extremely beneficial to almost all the patients suffering with this disease and a few cases have been even cured!

Almost all the patients of Sarcoidosis reach to a Homoeopathic doctor when they are either tired of the conventional allopathic treatment or they are unable to withstand the side-effects of the steroids. In such a scenario the plan of treatment adopted by a Homoeopathic doctor is crucial. The steroids should not be stopped immediately as it can have a devastating impact on the patient's health. Instead, there should be an effort to gradually taper down the doses of steroid as the Homoeopathic medicine gradually takes its grip over the patient's body. This has to be a slow and gradual process.

Once the Homoeopathic medicine has started showing its effect, even the acute exacerbation of the disease can be managed and dealt successfully with the Acute and Short acting Homoeopathic remedies. As Sarcoidosis is a multi-system chronic inflammatory disease, so many times there are episodes of 1 system getting affected after the other or even more than 1 system troubling the patient together at the same time. At such moments, both Allopathic and Homoeopathic medicines can complement each other beautifully and the patient can be saved from all the sufferings.

Being a deep impacting disease, its cure is possible only by a deep acting constitutional Homoeopathic medicine. The best time to give a constitutional medicine in this disease is usually the latent period where all the symptomatic manifestations of the disease are under control. When a patient receives the Constitutional Homoeopathic medicine in this latency period (which I call Cruise Control period), the medicine acts as a catalyst in trying to give the battered immune system a much needed push to fight the disease and eventually rooting the disease out of the body!

Some extremely useful Homoeopathic medicines for Sarcoidosis are – *Bryonia alba*, *Cuprum Met.*, *Senega*, *Natrum Sulph*, *Bacillinum*, *Lachesis*, *Belladonna*, *Capsicum*, etc. It is advised to see your nearest Homoeopathic Doctor before taking any of these medicines as all the medicines have their own indications and actions on which they are prescribed.

MARVEL OF HOMOEOPATHY

Mrs. R. N. M, 58yrs old visited Dr. A. K. Gupta in the year 2000 for Sarcoidosis treatment at our Rajouri Garden clinic. She had been diagnosed with the disease in 1996 and was now looking for some alternative treatment possibilities for her suffering. She was on steroidal treatment since 4 years but still had complaints of recurrent bouts of dry cough, chest pain, breathlessness and also joint pains and body ache at times. She was also suffering from Fibroids in her uterus. The severity of her disease was being kept under check with the steroids but still she was tired of being sick all the time. Also, she had heard that there is good treatment of Uterine Fibroids in Homoeopathy and that the surgery can be avoided.

Dr. Gupta took the entire case and started her treatment with the Homoeopathic medicines. The chief and most disturbing complaint the lady had was dry cough with breathlessness. Dr. Gupta did not ask her to discontinue any of her allopathic medicines but also assured the lady of definite recovery. By the 2nd month itself, the frequency and intensity of coughing had started to reduce. Gradually the breathlessness also lessened. In between medicines were given to manage her joint pains also. Medicines were given to treat the uterine fibroid as well.

In about 1 years' time, the uterine fibroid got completely cured and her uterus was now normal and healthy. Gradually, Dr. Gupta started lowering the dosage of the steroids when he realized that Mrs. R. N. M's body was now reacting well to the Homoeopathic medicines. Even with gradual withdrawal of the steroids, not even once did she have to face any difficult or unmanageable situation. Homoeopathic medicines were proving to be a great boon for her body. For her joint pains at times she used to take painkillers, which also gradually stopped with the effective action of the Homoeopathic medicines.

The nature of the disease is such that it develops slowly inside the patient and leaves his/her body really slowly too. So, the patient had to take the Homoeopathic treatment for quite a long time but eventually she was cured and totally rid of the misery of Sarcoidosis. She still visits Dr. Gupta whenever in any slightest of medical needs and thanks Homoeopathy and AKGsOVIHAMS for what she considers is a miraculous recovery!

Some of the useful medicines in this case were – *Spongia*, *Rhus Tox*, *Bryonia*, *Calc. flour*, *Silecia*, *A.M.N*, etc.

This is the Marvel of Homoeopathy



MIND the MIND

YOUR CHILD
IS CAPABLE
OF THINGS
NO ONE
CAN PREDICT.

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

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

ADHD is a neuropsychiatric condition affecting pre-schoolers, children, adolescents and adults around the world. In this issue, we will look at the features of ADHD, its prevalence in India, some of the probable causes of it and how to identify its features. In the next issue, we will tell how psychotherapy can help in managing the problem behaviours associated with it.

ADHD is characterised by features of inattention, hyperactivity and marked impulsivity in childhood. If left untreated, the hyperactivity might reduce with age but the person will have difficulty in maintaining his/her focus for a considerable length of time which can significantly influence his/her functioning across varied domains of adult life. As per a recent study conducted by Venkata and Panicker (2013), the prevalence rate of ADHD in India is 11.32% with higher occurrence in males compared to females.

ADHD has a strong genetic basis in majority of cases. Maternal smoking during pregnancy, exposure to lead and problems with central nervous system at key moments in development may increase the risk of ADHD.

Children are generally more active and playful compared to adults. However, if you identify any of the following features, over a period of time, in your child it is advised that you consult a mental health professional, paediatrician or your general physician for assessment of ADHD:-

- Unable to sit in one place for considerable length of time
- Is always on the move as if “run by a motor”
- Does not complete work; gets distracted easily
- Answers before listening to the complete question
- Does not wait for his/her turn
- Loses his/her belongings too often
- Talks excessively; has difficulty playing quietly

Studies also suggest that people with ADHD can have significant reading and/or writing difficulties. There is a pleasant flip-side to ADHD also. Children and even adults with ADHD have been found to be creative and ‘tech-savvy’. Channelizing the energy of the child by engaging him/her in some sports activity has proven very effective and productive.

“The diagnosis made me want to prove everyone wrong. I knew that, if I collaborated with Michael, he could achieve anything he set his mind to.”

- Debbie Phelps, mother of Michael Phelps (Most decorated Olympian ever)



School entry age may impact risk of ADHD diagnosis

The age at which a child starts school may influence their likelihood of being diagnosed with *attention deficit hyperactivity disorder*, suggests a new study published in *The Journal of Pediatrics*.

ADHD is characterized by poor attention, hyperactivity and impulsive behavior. The causes of ADHD remain unclear, though some studies have suggested that it may be down to genes, use of alcohol, cigarettes or drugs during pregnancy, exposure to environmental toxins - such as lead - at a young age or brain injury.

Dr. Mu-Hong Chen, of the National Yang-Ming University in Taipei, Taiwan, and colleagues suggest a diagnosis of ADHD may be related to the age at which they start school.

The researchers say: "**Relative age, as an indicator of neurocognitive maturity, may play a crucial role in the risk of being diagnosed with ADHD and receiving ADHD medication among children and adolescents. Our findings emphasize the importance of considering the age of a child within a grade when diagnosing ADHD and prescribing medication to treat ADHD.**"

Latest at AKGsoVIHAMS

- Dr. A. K. Gupta & Dr. Sanket Gupta would be presenting their paper in the International conference on 9th-10th April, 2016 to mark the **World Homoeopathy Day**. The conference would be inaugurated by the Hon'ble **President of India, Sh. Pranab Mukherjee** and would be held at Vigyan Bhawan Delhi.

- View all our previous newsletters and also subscribe at www.ovihams.com

DID YOU KNOW?

There are many differences between men and women that we don't entirely understand. For instance, women have smaller-diameter coronary arteries surrounding the exterior of their heart in relation to the size of the heart; men have larger-diameter arteries. If a female heart was transplanted into a male patient, the arteries over time would grow to be the larger-diameter type. Men also have larger-diameter strands of hair. Women blink about twice as much as men do and have a keener sense of smell. Men burn fat more quickly (about 50 calories a day more).

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

- Homoeopathic treatment is my first choice not only for me but also for my family. Homoeopathy should be developed as full-fledged alternative system of medicine. More research and more development are essential to make Homoeopathy more popular and useful. Homoeopath treats their patients in more compassionate way. Homoeopathy is second largest system of medicine being practiced in India.

- *Shri K. R. Naraynan – Hon'ble Former President, Govt. of India*

- 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, Vasant Kunj, New Delhi**



PSORIASIS



PIGMENTATION



ECCHYMOTIC PATCH

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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, drsanketgupta@gmail.com

For more Visit us at www.ovihams.com