



MONTHLY NEWS LETTER

Glimpses of the recently held International Convention on “World Homoeopathy Day” at Vigyan Bhawan, New Delhi organized by **LMHI** Indian Chapter with support of **AYUSH** Ministry Gov’t of India & Central Council of Research in Homoeopathy. Over 2000 Doctors from India & 23 countries with WHO officials participated in this mega event.



Dr.A.K.Gupta with delegates from Canada



Dr. Gupta with Sh. Shripad Naik, Hon'ble AYUSH Minister



Dr.A.K.Gupta giving his presentation on MND



National coverage of the mega event

This issue includes:-

- A discussion on **Tinea Versicolor** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Tinea Versicolor on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will continue his article from the previous issue about the **Attention Deficit Hyperactivity Disorder (ADHD)** on Page no. 5



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

TINEA VERSICOLOR

INTRODUCTION

- Fungal infection of the skin
- It's also called pityriasis versicolor
- Because the yeast grows naturally on your skin, tinea versicolor is not contagious
- more likely to affect teens and young adults

ETIOLOGY / CAUSES

It is caused by a type of yeast called *Pityrosporum ovale* that naturally lives on our skin. When the yeast grows out of control affecting the natural colour, or pigmentation of the skin, patches may develop that are lighter or darker as a result.

The infection can happen for any of the following reasons:

- oily skin
- living in a hot climate
- profuse sweating
- weak immune system
- hormonal changes

SIGNS & SYMPTOMS

Acidic bleach from the growing yeast causes areas of skin to be a different colour than the skin around them. These can be individual spots or patches. Specific signs and symptoms of the infection include:

- Patches that may be white, pink, red, or brown and can be lighter or darker than the skin around them.
- Spots that do not tan the way the rest of the skin does.
- Spots that may occur anywhere on the body but are most commonly seen on neck, chest, back, and arms.

The spots may disappear during cool weather and get worse during warm and humid weather. They may be dry and scaly and may itch or hurt, although this is not common.

WHAT YOU CAN DO

- Avoid using oily skin products.
- Reduce exposure to the sun.
- Do not wear tight clothing.
- Wear breathable fabrics, such as cotton, to decrease sweating.
- Drink at least 4 litres of water in a day.
- Increase daily uptake of fluids

INVESTIGATIONS

Tinea is usually diagnosed clinically itself just by the look of the skin rash. In doubt following investigations may be conducted:-

- Skin biopsy
- Wood's lamp which uses UV rays. If yeast is present, the skin would turn yellow or green



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



Founder-Director AKGsOVIHAMS, Gold Medallist

TINEA VERSICOLOR CURABLE WITH HOMOEOPATHY

Tinea Versicolor is one of the very common skin diseases that we see in countries like India. The heat and humidity are the basic factors needed for the fungal growth and when either the climate is harsh or the patient's immunity is anyhow low, one tends to suffer from this disease. Excessive sweating and that too acidic in nature provides the best environmental conditions for the yeast to grow.

One must drink plenty of water and avoid exposure to excessive sunlight. Expulsion of toxins through urine, faeces and sweat is extremely essential. The lesser the concentration of the natural discharges, the lesser the chances for a person to fall prey to such diseases. Also, avoid tight clothing and wear loose clothes.

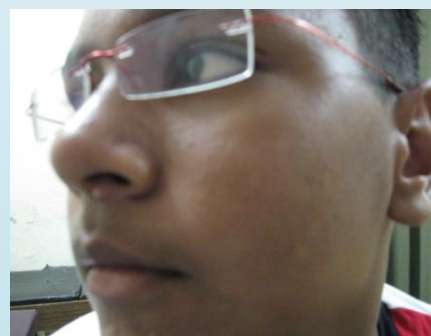
Homoeopathy has been since ages proven to be the quickest and most gentle path to cure when it comes to tackling T.V. In my career of over 39 years, there has hardly been any case of this disease which hasn't got cured with Homoeopathy. There is no need of any external applications as with the internal homoeopathic medication itself, the disease can be rooted out. Some of the medicines which I found extremely useful in treating this disease successfully are – *Acid Fluor.*, *Acid Chryso.*, *Bacillinum*, *Cina*, *Tellurium*, *Teucrium*, etc.

* 10th April is celebrated as the “**World Homoeopathy Day**” to mark the birth anniversary of **Dr. Samuel Hahnemann**, Founder of Homoeopathy. He was born in Meissen, Germany in 1755. He discovered Homoeopathy in 1796 in Germany and since then the world has been celebrating and reaping benefits of this gift of Dr. Hahnemann to the suffering humanity. He was a great scientist and many of his works remain the greatest contributions in the field of medicine and science.

I had a privilege to address the masses about the World Homoeopathy day and the recently held convention in this regard at Vigyan Bhawan on **All India Radio FM Gold 106MHz** on 8th April 2016. Listen to the talk here - <https://youtu.be/ZM1zvTBjric> and for more details visit our website www.ovihams.com

MARVEL OF HOMOEOPATHY

Few pictures of Tenia Versicolor cases cured with Homoeopathy without any external applications.





MIND the MIND

YOUR CHILD
IS CAPABLE
OF THINGS
NO ONE
CAN PREDICT.

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

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

In the previous issue, we looked at what ADHD is, how is it caused, its prevalence in India and what are some of the identifying features of the problem. In the current issue, we will tell about the most efficient ways in which the behavioural problems associated with ADHD can be dealt with.

- Pharmacotherapy – Medicines are considered to be the first line of intervention in the treatment of ADHD. However, studies suggest that medicines alone may prove to be insufficient. Hence, a combination of medicine and some adjunct therapy is recommended in most cases.
- Attention-enhancement training – Using techniques like cancelling a particular letter wherever it comes in an article (letter cancellation) or asking the child to sort out 2-3 types of pulses (grain-sorting) are effective ways of improving the child's attention span.
- Biofeedback – EEG biofeedback which uses real-time displays of brain activity has been found to be efficient in improving self-regulation ability in children with ADHD. It gives them more control over their behaviour and attention span.
- At school, seat the child away from distractions such as doors, windows and corners. Try teaching the child in interesting and novel ways rather than through oral recitation or just reading from the book.
- At home, regularly spend some time outdoors with the child. Instructions should be **SHORT, CLEAR** and always ask for **FEEDBACK** (repeat what he/she understood). Ensure quality sleep for the child.
- Praise and compliment the child even for smallest improvements. Appreciate the child for his/her efforts and reinforce it with something that the child likes.
- Cognitive-Behavioural Therapy - Although mainly used with adults, CBT and some of its components can also be employed with children for dealing with features of inattention, hyperactivity and impulsivity. Training in organizing and planning, problem-solving training, learning skills to reduce distractibility, etc. have been found to produce desirable changes in children and adults with ADHD (Safren et al., 2010).

Problems of inattention, hyperactivity and impulsivity can be dealt with effectively through the love, care and support of the family and school teachers. Having a child with ADHD can be challenging and at times even frustrating. Consulting a psychologist both for the treatment of your child and for your own mental well-being would be helpful as a healthy environment ensures a healthy developing child.

'If children can't learn the way we teach, then we have to teach the way they learn'

- Robert Buck



59% shift to Homoeopathy

A recent study conducted by *IMRB* on 'Acceptance of Homoeopathy in India' across Mumbai, Bengaluru, Hyderabad, New Delhi, Kolkata, Chennai, Pune and Ahmedabad has revealed that 59% of people have shifted from Allopathy to Homoeopathy.

At least 77% believe Homoeopathy is the best form of treatment for long term benefits.

Latest at AKGsOVIHAMS

- Prof. Dr. A. K. Gupta presented his paper in the International conference on 9th April, 2016 on the Clinical Research in Homoeopathy in treatment of MND cases at AKGsOVIHAMS Clinics, to mark the **World Homoeopathy Day**. The conference was inaugurated by the Hon'ble **AYUSH Minister, Sh. Shripad Naik** and was held at Vigyan Bhawan, New Delhi.
- **Sh. Satyender Jain, Health Minister, Delhi Govt.**, to release the April issue of **AKGsOVIHAMS Newsletters** on 24th April at **Peyarey Lal Bhawan**, New Delhi.

DID YOU KNOW?

- Nerve impulses to and from the brain travel as fast as 170 miles per hour. Ever wonder how we can react so fast to things around us or why that stubbed toe hurts right away? It's due to the super-speedy movement of nerve impulses from our brain to the rest of our body and vice versa, bringing reactions at the speed of a high powered luxury sports car.

LAUGHTER IS THE BEST MEDICINE



After hearing that one of the patients in mathare mental hospital had saved another from a suicide attempt by pulling him out of a bathtub, the director reviewed the rescuer's file and called him into his office. "Omondi, your records and your heroic behavior indicate that you're ready to go home," he said. "I'm only sorry that the man you saved later killed himself with a rope around the neck."

"Oh, he didn't kill himself," Omondi replied. "I hung him up to dry."

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homeopathy is wholly capable of satisfying the therapeutic demands of this age better than any other system or school of medicine.

- *Charles Frederick Menninger, M.D.*

- Hi, my name is Dr Nakul Parashar. I work with Macmillan Publishing Solutions. I manage all Indian locations - Bangalore, Chennai, Delhi, and Kolkata. Since I have to manage around 1200 employees at all of these locations nationwide, I have a lot of traveling. At times, I am stationed away from home for many months. I stayed for four months during October 2008.

January 2009 at Chennai, I ate food cook prepared by restaurants around. Owing to enormous work pressures, long working hours and erratic life style patterns, I led myself to diabetes. At first, I did not realize increase of sugar level in my blood but one day towards the end of January.

I found my vision getting blurred, and increase in thirst levels with frequent urination. Since Dr AK Gupta is our family doctor, I went and saw him in the morning of 24.1.2009. Dr Gupta noticed that things were not good at my end. So, he immediately checked me up and suspected something serious and took out a small machine from his bag and took some blood from my fingertip with his Instant Blood Sugar check-up machine which did not give any reading rather showed HI only on the screen, seeing that he said it seems to be very high Blood Sugar level.

He gave me some Liquid medicines to be taken 10 drops twice and some powders and also suggested me to get blood and urine checked up from the nearby Path Lab. I went around to the nearest Lab and got my sugar levels tested...to anyone's surprise...random blood sugar testing yielded an unbelievable result...my sugar level had shot up to 832!!! Dr Gupta too was stunned.

He immediately gave me some medicines and increased the dose to 25-30 drops told me that the situation was quite grave... Since I have had been trusting Homeopathy from inception, I heeded to whatever he told me to follow. With the medicines that he gave me...I could realize that my blurred vision started returning to normal.

Frequent thirst also started to recede with frequent urination subsiding rapidly. A week later, when I see him again 832 figures plummets to 403...and thereafter, things start turning purple. I trusted him, homeopathy and thy Lord--almighty. Regular exercise and medication of Dr Gupta with dietary control brought all of it under control so rapidly that people around me were surprised. Without any allopathic/ayurvedic medicine, I am back on tracks with normal blood sugar levels.

Kudos to Homeopathy...I would say it works faster than any other form of medicine... All it takes is sheer belief/placebo with homeopathy.

Details of Blood Reports:- Normal range 24.1.2009 Blood sugar random – 832mg/dl(<160) Urine Sugar random - ++++ (Nil) Blood sugar Fasting – 271 (60 – 100) 28.1.2009 Urine Sugar Fasting - +++ (nil) Blood sugar PP - 518 (80 – 140) Urine Sugar PP - ++++ (Nil) HbA1C - 11.5% (< 6 %) 28.1.2009 Blood sugar random -403 (with Glucometer at clinic) 7.2.2009 Blood sugar Fasting – 248.2 Urine Sugar Fasting - +++ Blood sugar PP - 361.8 Urine Sugar PP - ++++ 11.2.2009. Blood Sugar Fasting – 217 Random – 321 16.2.2009. Blood Sugar Fasting – 104

- *Dr Nakul Parashar, New Delhi*



ATOPIC DERMATITIS

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AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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