

July 2016 Issue - XXXIV

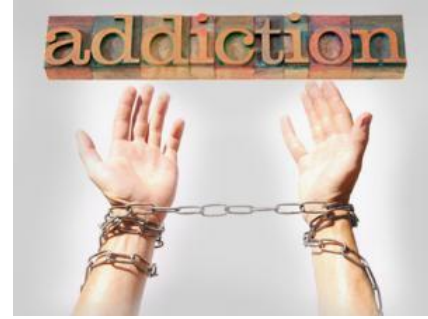


# MONTHLY NEWS LETTER



This issue includes:-

- An insight on **Addiction** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Patients suffering from various kinds of Addictions on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will continue his discussion about **Addiction** on Page no. 5. He talks about the various treatments possible to help a person suffering from any sort of Addiction.



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

# ADDICTION

## INTRODUCTION

Addictions do not only include physical things we consume, such as drugs or alcohol, but may include virtually anything, such abstract things as gambling to seemingly harmless products, such as chocolate - in other words, addiction may refer to a substance dependence (e.g. drug addiction) or behavioral addiction (e.g. gambling addiction)

## ETIOLOGY / CAUSES

- There is a link between the repeated uses of an addictive substance and how the human brain experiences pleasure - its use has a nice reward, leading to further and more frequent use.
- The addictive substance, be it nicotine, alcohol or some drug actually causes physical changes in some nerve cells in the brain.
- After a while, the user of the potentially addictive substance does not get the same pleasure and has to increase the dose - his/her body's tolerance to it increases.
- Eventually, the user no longer experiences pleasure from the substance and takes it simply to prevent withdrawal symptoms - taking the substance just makes them feel normal.
- When tolerance increases, the risk of addiction is much greater.

## INVESTIGATIONS

- Blood test - this may be ordered to determine whether the substance is still in the blood (whether the substance has been taken recently)
- DSM criteria for substance dependence - a patient diagnosed with substance dependence (an addiction) must meet criteria laid out in the DSM (Diagnostic and Statistical Manual of Mental Disorders), a manual published by the American Psychiatric Association

## SIGNS & SYMPTOMS

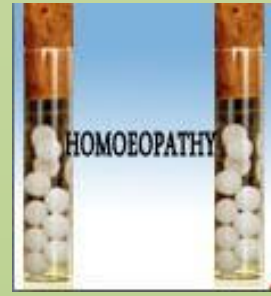
- The person takes the substance and cannot stop - such as nicotine, alcohol or drug dependence, at least one serious attempt was made to give up, but unsuccessfully
- Withdrawal symptoms - when body levels of that substance go below a certain level the patient has physical & mood-related symptoms. There are cravings, bouts of moodiness, bad temper, poor focus, a feeling of being depressed & empty, frustration, anger, bitterness and resentment. There may suddenly be increased appetite, Insomnia, constipation or diarrhoea. With some substances, withdrawal can trigger violence, trembling, seizures, hallucinations, & sweats
- Addiction continues despite health problem awareness
- An addicted person commonly feels they need their drug to deal with their problems

## WHAT YOU CAN DO

- Acknowledge the problem and consult for help from an expert
- Family members must be supportive in creating a congenial environment for the person



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# ROLE OF HOMOEOPATHY IN MANAGEMENT OF ADDICTIONS

The first step for the addicted person is to acknowledge that there is a substance dependency problem (addiction problem). The next step is to get help. In most of the world there are several support groups and professional services available. Treatment options for addiction depend on several factors, including what type of substance it is and how it affects the patients. Typically, treatment includes a combination of inpatient and outpatient programs, counselling (psychotherapy), self-help groups, pairing with individual sponsors, and medication.

Talking of medication, Homoeopathy definitely has a major role to play in the de-addiction journey of a 'patient'. In over 39 years of my medical practice, I have myself witnessed some tremendous results in such cases at our AKGsOVIHAMS Clinics. People have approached for quitting alcohol, smoking, drugs, etc. and majority of them have been wonderfully helped by Homoeopathy. Those who haven't achieved desirable results have either lacked willingness or conviction on their own part, or have had a non-congenial and non-co-operative environment at home and work place. For any de-addiction plan to be successful for a patient these 2 factors are the most important. A willing person with a co-operative and supportive environment is much more receptive and responsive to the medical treatment.

The commonest attacking area for any addictive substance is the Central Nervous System (CNS). The substance inhibits the release of neurotransmitters which are responsible for carrying nerve impulses. Once these neurotransmitters are inhibited in their normal functioning, a person develops delayed nervous responses and irregular nerve impulses leading to addiction. It's a vicious circle. So, as the centre of attack is the CNS, a medical system that boosts and strengthens the CNS would automatically prove beneficial in such dreadful cases. Homoeopathy is that very medical science! The homoeopathic medicines are absorbed through the nerve root endings of the tongue and directly hit the CNS. There are some very powerful Homoeopathic medicines which have the ability to shake up the CNS and work in a normal manner as it is used to be. These Homoeopathic medicines thus have the ability to develop control and also the power to abstain from the substance in later stages of the treatment.

But the first and foremost attempt is made to manage the withdrawal symptoms. It is the fear of the withdrawal symptoms only that a patient may lose conviction and confidence in him and give in to the indulgence once again. This is where the role of family and friends also comes in. when the struggle of 1 man becomes fight for the whole team; chances are very high of coming out victorious. There are brilliant medicines in Homoeopathic science which can help the person in managing and fighting with the withdrawal symptoms with ease. Medicines like *Nux vomica*, *Kali phos.*, *Arsenic Album*, *Coffea cruda*, *Aconite*, *Gelsemium*, *Argentum nitricum*, *Ipecac*, *Acid sulphurosum*, *Caladium*, *Daphna indica*, *Quercus*, etc. have proved to be extremely effective in helping a person wean off completely of the addictive substances.

Article on How to Quit Smoking by Dr. A. K. Gupta <http://www.ovihams.com/AilmentDetails.aspx?id=62>



# MARVEL OF HOMOEOPATHY

Very recently a 17yr old boy was brought by his mother and uncle to consult Dr. Sanket Gupta at our Satya Niketan clinic. The boy was a drug addict and he used to smoke weed at least 2-3 times a day. The effect of smoking weed was such that he would lose all sense of right and wrong. He had lost a lot of weight. He would eat food only under the influence of weed; otherwise he wouldn't eat at all. His retaining and understanding power was not to be seen for a long time. There were marks of deep cuts on his arm and chest which he had inflicted on to himself under the influence of weed. He had started smoking weed about 1 year ago. He left his studies in between to sit in the colony park and smoke with his friends. Such was his addiction. His father is a vegetable vendor and mother is a housemaid. His elder brother too was addicted to the smell of white fluid (whitener) used in daily lives to erase ink marks.

The mother had come with a lot of hope that maybe Dr. Sanket would be able to bring her son out of the mess. She narrated that Arun would even beat his own mother up for money at times. He would lock himself up in a room while smoking weed and won't come out of his room for hours together. On 2 or 3 occasions he had even attempted to commit suicide when his mother refused to go him out of the house. In sober condition, every morning he would promise his mother that he won't smoke weed from now on, but the promises lasted only till evening and eventually he started smoking weed even during the day!

Listening to the entire case and looking at the misery of the concerned mother, Dr. Gupta assured Arun's mother that he will try his best to help her son. A strong family background of addicts and a non-congenial home environment was enough to shake up any doctor a little. Dr. Sanket asked the patient's mother and uncle to leave the room as he wanted to speak to Arun one on one. On speaking to Arun, the doctor realised that the boy himself wanted to come out of this mess and give up the addiction completely. That was half the battle won! The main difficulty would appear during withdrawal as he used to experience cramping in abdomen, weakness in arms and legs, excessive palpitation and sweating at times.

It is this fear of such withdrawal symptoms and also the mental block that the person won't be able to think and function properly without his favourite substance that the patient despite the willingness is unable to completely wean off the substance. So, Dr. Sanket prescribed his Homoeopathic medicines based on the withdrawal symptoms at first and assuring the young boy to do his 50% and the rest 50% will be taken care of by the medicines.

In just 1 week of the medication there was a sea change in Arun. He had not smoked weed even once during the whole week. Whenever he felt the urge, he took the Homoeopathic medicines prescribed to him at short intervals to prolong, delay and eventually kill the urge to smoke weed. Both the boy and his mother were beaming with confidence and hope that they can win this battle against the drug addiction. It's been almost a month now, and Arun has now regained weight, his memory is improving, his ability to concentrate is much better and most importantly he hasn't smoked weed even once in this entire duration!

*This is the Marvel of Homoeopathy*



# MIND the MIND

CAUSES OF  
ADDICTION

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

## ADDICTION

Over the past two issues, we took up the burning problem of addiction as a mental illness, explored its nature and probable causes that go into the making of an addict. The current issue is aimed at spreading awareness about the available evidence based psychological treatments for de-addiction.

1. **Psychotherapy** – Also called “talk therapy”, is aimed at helping the patient understand the link between their thoughts, feelings and behaviours so that the maladaptive ones can be replaced with more adaptive and productive processes. Interventions in terms of Cognitive Behaviour Therapy (CBT), Motivation Enhancement Therapy (MET) and Behaviour Therapy are efficient in the treatment of addiction behaviour.
2. **Craving control** – Use of certain medicines and behavioural techniques can help a person deal with the intense feelings of craving when it seems too much to bear. It gives a sense of greater control to the person over the substance which in turn motivates him/her to stay away from using the substance. Many people report that they tend to continue abusing the substance since they are unable to handle the periods of intense craving which can come all of a sudden.
3. **Relapse prevention** – Arguably the most important component of de-addiction programs. Leaving the substance is not that hard, but staying away from it is the most difficult part as reported by many patients with addiction. To ensure that the person stays clean and healthy without the substance, they are taught some techniques like asking for help whenever they feel the need to do the substance or staying away from potentially “dangerous situations” like going to party where alcohol is available. With therapy, the individual gains more confidence in his/her own abilities rather than depending on the substance for facing life situations. In addition to this, they also start enjoying their life without the substance. Both the patient and his/her family play an important part in this process hence they are educated about it and advised regarding appropriate ways of ensuring sobriety for the patient.
4. **Alcoholics Anonymous (AA)** – It is a self-help group in which ex-alcoholics come together and share their experiences, for instance how they got into drinking, how it affected their life and now how they are maintaining their sobriety. These are mostly weekly sessions and have been found to be very effective in supporting the recovering alcoholics stay motivated to be clean without the use of alcohol. Similar to AA, there is NA (Narcotics Anonymous for drug addicts) and Al-Anon (for the family members and friends of problem drinkers).
5. **Yoga and exercise** – A healthy daily routine with yoga or regular exercise promotes feelings of general well-being and ensures healthy mind and body. It detoxifies the body faster and even helps in recovering from the damage caused due to excessive substance use.
6. **Social skills training** – An important aspect for being away from drugs/alcohol is the ability to say NO to such offers from others. Assertive behaviour, healthy communication pattern and good problem-solving ability are skills that are taught to assist the person stay healthy without feeling the need to take the substance.

One of the simplest, yet very powerful principles of staying healthy is “**ONE DAY AT A TIME**”! Instead of making any long-term plans for staying sober, which might seem over-whelming and extremely difficult, just plan for that very day and **DECIDE** to be clean without the substance.

*‘Rock bottom became the solid foundation on which I rebuilt my life’*

- J. K. Rowling



## Artificial sweeteners: Healthy alternative or fast track to obesity?

The variety of sugar substitutes on the market to satisfy the sweet tooth of the population while reducing calorie content can often be confusing. To add to the confusion, experts have found that "diet" varieties of foods and beverages may, in fact, increase appetite.

**While these sweeteners are widely used in foods and beverages marketed as "sugar-free" or "diet," a new study published in the journal *Cell Metabolism* reveals how artificial sweeteners affect the brain and the effect it has on regulating appetite and altering taste perceptions.**

The study, co-led by the *University of Sydney*, discovered that there is an area of the brain that senses and integrates the sweetness and energy content of food

When exposed to a diet laced with high quantities of the artificial sweetener, sucralose, the researchers found that animals consumed more food, which suggests that artificial sweeteners can make you feel hungrier and, as a result, eat significantly more. Sucralose is derived from sucrose and is up to 650 times sweeter than sugar

“Through systematic investigation of this effect, we found that inside the brain's reward centers, sweet sensation is integrated with energy content. When sweetness versus energy is out of balance for a period of time, the brain recalibrates and increases total calories consumed” said *Associate Prof. Greg Neely from the University of Sydney's Faculty of Science*

Team from the *University of Sydney's Charles Perkins Centre & the Garvan Institute of Medical Research*, chronically exposed fruit flies to a diet containing sucralose for more than 5 days. When the fruit flies were subsequently given food that was naturally sweetened, the flies consumed 30% more calories.

## Latest at AKGsOVIHAMS

- **Free Consultation for Senior Citizens** on all the clinics of AKGsOVIHAMS on **Saturday, 6<sup>th</sup> August**, to mark the 102<sup>nd</sup> Birth Anniversary of **Late Sh. O. P. Gupta**, Chief Patron OVIHAMS and Father of Prof. Dr. A. K. Gupta
- **8<sup>th</sup> August is the 17<sup>th</sup> Birth Anniversary of AKGsOVIHAMS**
- Also, there would be regular radio shows to be aired on **96.9 FM**, official radio frequency of Indian Institute of Mass Communication.

## DID YOU KNOW?

- The fingernail of a healthy person takes four to six months to grow out completely. Here are some more fascinating body facts.
- One in every 1000 babies is born with a tooth.
- A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.
- There are approximately 96,000 km of blood vessels in the human body.
- Each person sheds 22 kilograms of skin in his or her lifetime.
- Our heart beats 100 000 times a day.

## 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

- Say hello to Arnica, Catherine Zeta-Jones' best friend from the set of musical Chicago. The pal isn't a she. It's a homeopathic herbal remedy, and the two got to know each other intimately during the hamstring-hampering shoot. 'The pain wasn't there when I was doing it (applying Arnica)... I had that sticky stuff glued to me for months. Brings out the bruising, darling.'

- *Catherine Zeta-Jones, Hollywood Actress*

- I am a 31yrs old Army officer. Just a week back ON 18th April 2013, I had a severe crampy pain in my left side of abdomen and the left groin. It was so severe that I immediately called up my doctor. Dr. Sanket Gupta asked me to see him immediately at his AKGsOVIHAMS Clinics in Satya Niketan Moti Bagh. He examined me and said that he suspected a stone in my kidney. I got an Ultrasound done. It said that I had 2 stones in the middle pole of my left kidney and a big stone measuring 7.8mm in my left ureter. Dr. Gupta gave me some of his Homoeopathic medicines and a liquid and asked me to take the medicine every 2 hourly. I wondered if such an acute condition could be handled with Homoeopathy, but as Dr. Gupta said, I followed his instructions.

2 days later in the morning when I went to the bathroom in the morning, I passed urine with difficulty and there was a sound hitting the vessel. I later found out that I had just passed out a huge stone in my urine. It was an unbelievable realization that in just 2 days Homoeopathy was able to cure me off this acute condition and I am very thankful to Dr. Sanket Gupta for this.

- *Jaswinder, Punjab*



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# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

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

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