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MONTHLY NEWS LETTER



Prof. Dr. A. K. Gupta receiving the prestigious Dr. Mahinder Singh Memorial Award by the President of Central Council of Homoeopathy, Dr. Ramjee Singh, on 4th September at the National Homoeopathic Seminar in Greater Noida



Kartik Gupta, our Clinical Psychologist being welcomed at the Indian Institute of Mass Communication, New Delhi by the Director General of IIMC, Sh. K. G. Suresh, Dr. A. K. Pandey, Senior Cardiologist, MAX Hospital, Parparganj and Mr. Mayank Aggarwal, ADG IIMC on the inauguration of Psychologist Clinic in IIMC. Kartik has been appointed as the visiting Clinical Psychologist at IIMC and will be rendering his services every Friday between 5 to 6pm.

This issue includes:-

- An insight on **Chikungunya** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Patients suffering from Chikungunya on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kartik Gupta** has discussed about **Burnout** on Page no. 5 keeping in view the rising number of people experiencing it.



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



CHIKUNGUNYA

INTRODUCTION

- An infection caused by the chikungunya virus. The virus is passed to humans by two species of mosquito of the genus *Aedes*: *A. albopictus* and *A. aegypti*. The virus circulates within a number of animals including monkeys, birds, cattle and rodents
- People at risk for more severe disease include new-borns infected around the time of birth, older adults (>65 years), and people with medical conditions such as high blood pressure, diabetes, or heart disease
- Once a person has been infected, he or she is likely to be protected from future infections

ETIOLOGY / CAUSES

- Chikungunya virus, also referred to as CHIKV, is a member of the alphavirus genus
- Chikungunya is generally transmitted from mosquitoes to humans. Less common modes of transmission include vertical transmission, which is transmission from mother to child during pregnancy or at birth. Transmission via infected blood products and through organ donation is also theoretically possible during times of outbreak
- Chikungunya is spread through bites from *Aedes* mosquitoes, and the species *A. aegypti* was identified as the most common vector

SIGNS & SYMPTOMS

- Symptoms usually begin 3–7 days after being bitten by an infected mosquito
- Fever and joint pains
- Headache, muscle pain, joint swelling or rash
- Chikungunya disease does not often result in death. Most patients feel better within a week. In some people, the joint pain may persist for months
- Rarely, neurological disorders have been reported in association with chikungunya virus, including Guillain-Barré syndrome, palsies, meningoencephalitis, flaccid paralysis and neuropathy

WHAT YOU CAN DO

- Use mosquito nets and repellents
- Wear full sleeve clothes
- Avoid water getting collected and stagnating as it breeds mosquito larvae
- Drink plenty of fluids like water and coconut water
- Avoid painkillers and Paracetamols

INVESTIGATIONS

- Complete haemogram with ESR and total platelet count
- Test for Chikungunya antigen
- PCR
- IgM antibodies



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS THE CHOICE OF TREATMENT THIS SEASON

Any changing season, brings with it a set of infectious and at times communicable diseases. Rainy season is usually the most troublesome season especially in tropical countries like India where due to unhygienic and water logged areas give rise to tremendous and deadly infectious diseases. If dengue was the “disease of the season” last year, then it is **Chikungunya** this year. The rate at which we are seeing Chikungunya patients every day in our clinics is absolutely alarming! Dengue patients reported this season have been much lesser though. The Chikungunya virus is a notorious one as it is much more distressing as compared to the common flu. The joint pains are lasting even after the fever is gone. Patients are complaining of severe pain and swelling in the joints affected by the virus. A macular rash is also being seen in almost all the cases of Chikungunya.

Allopathic medicines as common antipyretics and painkillers etc. have also not been found very effective this season when compared to the small and sweet Homoeopathic medicines. The number of patients opting for Homoeopathy in this viral season has been huge. The major reason for this being the ability of Homoeopathic medicines to bring down the fever and pain in a much quicker time than the conventional allopathic medicines. Homoeopathic medicines have been able to control the rapid rise in fever as well as progressive and excruciating joint pains. Along with the medicines, patients have been advised to increase the intake of liquids in general. Coconut water has been found out to be extremely useful during the fever these days.

A lot of false negative tests are seen these days of chikungunya. The patients are presenting with typical clinical symptoms, but on getting the investigation specifically for chikungunya, is coming out to be negative. Reasons for that could be the similar symptoms of Zika virus which is quiet prevalent these days; or the wrong timing of getting the test done. Usually we have seen in our practice, that the chikungunya infection if present, shows positive lab test only from the 4th day onwards. Any test done before that is showing negative result despite the clear cut clinical presentation.

Homoeopathic medicines like *Rhus tox*, *Eupatorium perf.*, *Gelsemium*, *Arsenic album*, *Natrum Sulph.*, *Bryonia alba*, *Nux vomica*, *Apis mel*, *Sulphur*, *Polyporus Pinicola* etc. are some of the successfully used medicines this season. There are a lot of messages and information being spread these days via social media that **Ocimum sanctum**, the Homoeopathic medicine made from Indian herb ‘*Tulasi*’ if taken in 200 potency, just 3 doses will cure Chikungunya. I totally condemn this information and appeal anyone who is reading this to not fall for this incorrect information. Homoeopathic medicines are selected and prescribed taking a lot of factors into account like physical and mental makeup of the person, his susceptibility, his likings and disliking, his thirst for water, etc. so, for the same disease like Chikungunya 2 patients may get totally different medicines and both will get cured. So, Ocimum is just one of the helpful medicines. One must visit & consult the nearest Registered Homoeopathic doctor for proper treatment and cure of Chikungunya.

- Listen to Prof. Dr. A. K. Gupta speak on Chikungunya, Dengue and Viral fever on the health show of **Apna Radio 96.7 FM**. Click here <https://youtu.be/Pu04BstXpK8>

MARVEL OF HOMOEOPATHY

Chikungunya has been seen so commonly in our AKGSOVIHAMS clinics this season that even we ourselves are surprised. More than 85% of patients have completely recovered from the dreadful disease who took the Homoeopathic treatment from our various clinics. The remaining 10-15% are those who became either careless and did not complete the full course of the treatment or impatient with the suffering and went on to try other modes of treatments. One such wonderfully cured case we will discuss in this section.

It is a case of 49yr old female who is a school teacher by profession, Mrs. K. S. She and her whole family are pretty old patients of Dr. Sanket Gupta and visit him at our Satya Niketan branch quiet often. Similarly, Mrs. K. S. came last week on the 4th September worried and accompanied by her 2 sons. She was having high fever with intense pain in all joints. The son had already given their mother 1 crocin 2 hrs back but of no avail as the fever was still rising. She was shivering when she came to see Dr. Sanket. The doctor noticing the symptoms and anxiety of the patient gave his Homoeopathic medicines and assured all of them that she would be up and running in 3 days from now! She was really worried as students' examinations were approaching in a week's time and she had to be fit by that time. Dr. Gupta told them that for 2 days she has to bear the atrocities of the joint pains and fever and he had strictly advised against taking any allopathic medicines for fever or pains as the panicked family left the chamber.

The next 2 days were very troublesome for the lady but with her willingness and faith in Homoeopathy and Dr. Sanket, she kept on taking the medicines; at times at every 1 hour she took a dose of the Homoeopathic medicine. Despite constant pressure by family members and other relatives she did not take any allopathic medicine for fever as high as 103 degrees. Her sons gave cold fomentations to bring the fever down and also the Homoeopathic medicines at every 15 minutes now. And by the evening of 6th September, the fever started coming down consistently. The fever had now come down to as low as 99 degrees by the next morning.

But the pains and swelling in the joints had surprisingly increased from that day onwards, i.e., 7th September. The worried sons rushed to see and inform Dr. Sanket in the morning itself. The doctor was confident of his prescription and knowing that the disease is almost going to get over now as it is fighting its last battle inside the teacher's body, asked the boys to keep giving the same medicines at an interval of every 2 hrs and assured that she would be absolutely fine by the next day. This is what exactly happened and Mrs. K. S. was much better by the 8th morning.

The weakness was much better. There was no fever and very slight pains here and there. She came to thank the doctor on the evening of 8th September and informed him that even her relatives were surprised to see how wonderfully Homoeopathy had been able to tackle the deadly virus and cured her without any allopathic intervention. It was definitely a first-hand experience for the entire family where an age old myth got shattered that Homoeopathy doesn't work fast and cannot be taken in acute fevers! The entire family now has promised to take the Homoeopathic medicines as the 1st choice whenever they are in need of any medical help!

This is the Marvel of Homoeopathy



MIND the MIND



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

PAUSE TO PLAY LONGER!!

In today's fast paced world, everyone seems to be running after something or the other. For some it's their work, for some its money, and for a few others it could be their dreams. But in this mad rush what one tends to miss out on is the present! We want to earn big, save big so that one can enjoy life once all the duties and responsibilities are over. But by the time that stage comes, if at all it does come, other things like own health and other responsibilities would take precedence. So where is the time to enjoy life and be present to this very moment?!

Burnout is a very common phenomenon that is experienced by most people at some stage or the other during one's lifetime. But surprisingly, it is being experienced and reported lot sooner than what was once the case. Ever growing workload, interpersonal problems, health issues, increasing cost of living, sleep difficulties, emotional problems, unhealthy drinking or smoking habit, etc. are a few reasons as to why people are experiencing this burnout so frequently. It is defined as a state of mental, emotional and physical exhaustion caused by excessive and prolonged stress. It can have significant effects on a person's socio-occupational functioning.

Common signs of burnout:-

- Feeling tired and drained most of the time
- Lowered immunity
- Change in appetite or sleep habits
- Feeling helpless, trapped or defeated
- Loss of motivation
- Feeling detached and decreased sense of satisfaction
- Withdrawing from responsibilities
- Procrastinating or delaying things indefinitely
- Taking out frustration on self or others

Ways of replenishing yourself:-

- Take relaxation seriously – engage in any form of relaxation like meditation, yoga, listening to music or reading a book.
- Take a break, you deserve it – take some time off for YOURSELF.
- Engage in some sport or physical activity.
- Get enough sleep; quality sleep is of prime importance for healthy mind and body.
- Prioritise things and do away with unhelpful worrying.
- Disconnect (phone, social media and emails) to reconnect with yourself, family and your friends.
- Learn to turn off and cultivate a rich non-work life.
- Cut-down or stop unhealthy drinking and smoking habits.
- If required, seek help from a mental health professional like psychologist.

'Self-care is not selfish. You cannot serve from an empty vessel'

- Eleanor Brownn



Caesarean delivery may increase risk of childhood obesity

The most common risk to children born via caesarean delivery is respiratory problems, while increasing evidence suggests children may also have an increased risk of other adverse health outcomes as adults.

Researchers from the *Harvard T.H. Chan School of Public Health in Boston, MA*, aimed to identify if caesarean delivery was associated with obesity in children and young adults by examining participants of the Growing Up Today Study (GUTS), a large group of individuals followed up through questionnaires from childhood through early adulthood.

Study findings show that **women** who underwent caesarean delivery had a **higher BMI** before pregnancy and were more susceptible to **gestational diabetes, preeclampsia, and pregnancy-induced hypertension**.

According to the results, published by *JAMA Pediatrics*, caesarean delivery was connected with a **15 percent higher risk of obesity** in children, compared with those born by vaginal delivery. Additionally, children born by caesarean delivery were **64 percent more likely to become obese** when compared with their siblings born via vaginal delivery.

Jorge E. Chavarro, M.D., Sc.D., and colleagues also found that children included in the study born by vaginal delivery had a 31 percent reduced risk of obesity, compared with children whose mothers had multiple caesarean deliveries.

Latest at AKGsOVIHAMS

- Our clinical psychologist, **Kaartik Gupta** appointed as the **visiting Clinical Psychologist** at IIMC, New Delhi on 16th September 2016
- **Prof. Dr. A. K. Gupta** conferred with the prestigious **Dr. Mahinder Singh Award** on 4th September at the National Homoeopathic Seminar, Greater Noida
- **Preventive Homoeopathic medicines** for **Dengue, Chickungunya** and other Flu-like symptoms available at all our AKGsOVIHAMS Clinics. 5-day course provides immunity for the entire season!

DID YOU KNOW?

- **Our nose is our personal air-conditioning system; it warms cold air, cools hot air and filters impurities.**
- **Our eyes can distinguish up to 10 million colour surfaces and take in more information than the largest telescope known to man.**
- **In 1 square inch of our hand we have 9 feet of blood vessels, 600 pain sensors, 9000 nerve endings, 36 heat sensors and 75 pressure sensors.**

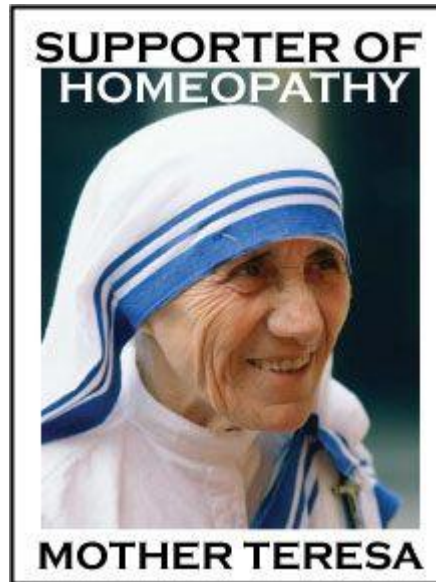
LAUGHTER IS THE BEST MEDICINE



My mother was rushed to the hospital following a serious tumble. There the staff placed a band around her wrist with large letters warning: **Fall Risk**.

Unimpressed, Mom said to me, “I’ll have them know I’m a winter, spring, and summer risk too.”

WHAT PEOPLE SAY ABOUT HOMOEOPATHY



- I think that, with Homoeopathy, if you get the right mix, it works 20 times quicker than the conventional medicine.

- *Sienna Guillory*

- 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 sever 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



LEUCODERMA

CHRONIC ECZEMA

LICHEN PLANUS

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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