



# MONTHLY NEWS LETTER



This issue includes:-

- An introduction to **Coeliac Disease** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treating Coeliac Disease (Wheat Allergy) on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Recently “World Mental Health Day” was observed. So our Clinical Psychologist, **Kaartik Gupta** has come up with a very useful article on **Dignity in Mental Health**. The treatment of Autism would be continued in the next issue.



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

# COELIAC DISEASE

## INTRODUCTION

- It is an autoimmune disorder of the small intestine that occurs in genetically predisposed people of all ages from middle infancy onward
- Globally coeliac disease affects between 1 in 100
- Also known as c(o)eliac sprue, non-tropical sprue, endemic sprue and gluten enteropathy

## ETIOLOGY / CAUSES

- Coeliac disease is caused by a reaction to gliadin, a prolamin (gluten protein) found in wheat, and similar proteins found in the crops of the tribe Triticeae (which includes other common grains such as barley and rye). Upon exposure to gliadin, and specifically to three peptides found in prolamins, the enzyme tissue transglutaminase modifies the protein, and the immune system cross-reacts with the small-bowel tissue, causing an inflammatory reaction. That leads to a truncating of the villi lining the small intestine (called villous atrophy). This interferes with the absorption of nutrients because the intestinal villi are responsible for absorption.
- Almost all people (95%) with coeliac disease have either the variant HLA-DQ2 allele or (less commonly) the HLA-DQ8 allele.

## SIGNS & SYMPTOMS

- pale, loose, and greasy stool (steatorrhea)
- Abdominal pain and cramping, bloatedness with abdominal distension (thought to be due to fermentative production of bowel gas)
- weight loss or failure to gain weight (in young children)
- mouth ulcers
- a degree of lactose intolerance may develop
- leads to an increased risk of both adenocarcinoma and lymphoma of the small bowel
- Pregnancy complications can occur in case of coeliac disease as an intercurrent disease in pregnancy, with significant complications including miscarriage, intrauterine growth restriction, low birthweight and preterm birth.

## INVESTIGATIONS

- Serum immunoglobulin A (IgA)
- Serology for anti-tTG antibodies
- Endoscopy
- Biopsy
- Complete Haemogram
- Blood Calcium & Vitamin D levels

## WHAT YOU CAN DO

Take gluten-free diet which includes naturally gluten-free food, such as meat, fish, nuts, legumes, fruit, vegetables, potatoes, pseudocereals (in particular amaranth, buckwheat, chia seed, quinoa)



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# BEAT THE WHEAT WITH HOMOEOPATHY

Any allergic reaction is an immune-mediated response to any external stimulus. Allergy may be inborn or acquired. Inborn allergy is usually seen in auto-immune conditions when the individual is born with a damaged immunity and hence the child may be allergic to several things. Here, the first ever contact to the allergic substance gives rise to severe manifestations in the form of respiratory, gastro-intestinal or skin symptoms. This type of allergic reaction is very difficult to cure and the patient has to bar himself from coming in contact with all those specific things to which he is hypersensitive.

Acquired allergy is usually seen later in life which develops over a period of time. Here the person's immunity goes down due to a certain reason and when he/she comes in contact with an 'allergen' (external stimulus); there is a severe anaphylactic reaction by the body. This type of allergy is more commonly seen. It is not the first contact always that showcases in form of an allergic reaction. It develops over time and surfaces when the patient's immunity is actually lower than usual. This type of allergy is totally curable and the patient can even start having the same food item or coming in contact with the particular allergen, once he is completely cured with Homoeopathy.

The most important thing to understand in a case of any allergy is to firstly notify and demarcate the culprit allergen. Once the allergen is known, then we ask the patient to completely ban that item and must avoid in coming contact with the irritant things. As, even if you start taking the constitutional Homoeopathic treatment, until and unless you remove the constant irritating factor (maintaining cause, i.e. the allergen), cure cannot be achieved! So, once the allergen is out of the picture, the constitutional Homoeopathic medicine starts building up the immune system of that individual and gradually the symptoms also start disappearing.

Similarly, in case of coeliac disease, for cure to be achieved, the patient must eat a gluten-free diet along with Homoeopathic medicines. As the medicine start taking their effect and over period of time patient's immunity is also raised manifold, one can start experimenting slowly and steadily. For example, 1 chapatti in a week and then 1 chapatti on alternate days and so... this way patient's response to wheat is also ascertained after the treatment and the Doctor then gradually finishes up the case declaring that he can have wheat now! But with a caution, that excess of anything and everything is bad.

Modern medicine has no cure for Coeliac Disease or any allergic disease for that matter. This is where the scope and efficacy of Homoeopathy lies. It doesn't matter what the patient is allergic to, just by giving constitutional Homoeopathic medicines, the immunity and vitality of the patient is raised which in turn helps him/her to confront the particular allergen and the same wheat which used to cause a havoc in the life of that individual gives him satiety and pleasurable taste!

# MARVEL OF HOMOEOPATHY

A 67yrs. old female called Mrs. V. R. came to consult Dr. Sanket Gupta at our clinic in Satya Niketan, Moti Bagh with a complaint of Chronic Diarrhoea and dysentery. She said she had been suffering from this upset bowel since almost 15yrs. She claimed to have consulted all the famous Allopathic doctors in India but without any success in her condition. She had tried Ayurveda treatment along with Naturopathy treatment, but all in vain. She had even tried Homoeopathy once but didn't have the patience to sustain with the treatment for more than 2 months. She happens to stay in our clinic's neighbourhood only and somebody from the colony itself referred her to take Homoeopathic treatment from Dr. Sanket. She had come with a huge file of investigatory reports containing Stool analysis, to Endoscopy & Colonoscopy reports to even Biopsy.

Dr. Sanket took the entire case and she told him that she gets abdominal cramps and distension and a constant urge to defecate. Stools are loose and watery with mucus at times. Listening to the entire case, he prescribed her some medicines and asked to come back after a week. She was slightly better but still in a bad state. Her family members told the doctor that she was highly authoritative in nature but due to this constant trouble she has now landed up into depression and severe anxiety. They were extremely worried about their mother. The weakness made her complain about body aches also.

Dr. Gupta gave his medicines but not much success was being achieved. She would be better on some days and worse on others. There was no satisfactory outcome. So, Dr. Sanket thought of getting few tests done. He asked for a complete haemogram, S. IgE and complete Allergy panel. The test reports cleared the situation. Her reports were: - *Hb* – 8.1; *S. IgE* – 657; and she was *highly allergic to wheat*, slightly allergic to milk and dust. The case picture was crystal clear now. She was suffering from Celiac Disease as she was highly allergic to wheat. She had developed anaemia due to the extreme weakness and mal-absorption of nutrients which was a result of Celiac disease. Dr. Sanket immediately advised her to avoid Gluten in all forms and eat only Gluten-free diet. He asked her to increase her fruit & green leafy vegetables intake and avoid wheat and cereals in all forms.

Based on the constitutional make-up of the lady the treatment was started afresh. For whole 1 and a half to almost 2 years the old woman (who was a Diabetic as well) did not touch roti or any other gluten rich food item and took Homoeopathic medicines religiously. She gradually had started becoming better and actually even gained 10 kgs in these 2 years.

Today she has absolutely no abdominal discomfort or diarrhoea and that too when she has now started taking wheat. She even has started enjoying Gol-gappas..! She thanked Dr. Sanket and Homoeopathy for making her life worth living again. 😊

*This is the Marvel of Homoeopathy*



# MIND the MIND



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

## DIGNITY IN MENTAL HEALTH

Brain, or mind, the governing centre of our lives continues to be the greatest mystery that humans are yet to unravel completely. Understanding the functioning and mechanisms of the normal human brain still eludes us, let alone comprehending the mental illness affected brain.

In today's fast-paced, ever competing and challenging world, attending to one's mental health is of prime importance. On the same lines, 10<sup>th</sup> October has been declared as the "World Mental Health Day" and the theme for this year is "Dignity in Mental Health". Promoting mental health and preventing mental illness is the prime motto of such an initiative. People work hard and spend considerable amount of time and money in getting their bodies in shape, but we often tend to forget or ignore the health of our mind.

Mental illness has existed from ancient times. Primitive methods of treating and associated religious beliefs of being possessed or being cursed by gods have done enough harm to the general belief about mental illness. There is widespread stigma even now when it comes to addressing the issue of mental illness. Although people are more aware now, they are still discriminated against and subjected to inhumane methods in the name of treatment. Add to this the social stigma which is like a curse to the person with a mental illness and his/her family members. With the advancements in pharmacotherapy and increasing efficiency of psychotherapies in treating various psychological problems, there is progress in the right direction in terms of awareness and treatment. However, lot still needs to be done to make people realize the importance of and caring for their mental health.

Awareness is the first step in preventing mental illness. Regular sleep pattern and a healthy diet are of utmost importance. In addition to this, maintaining healthy relations with our friends, family members and colleagues, engaging in our hobbies regularly, letting go, learning from the past planning for the future but staying in the here and now, and taking up some sport are ways which strengthen our mental health. Be happy and take care of your mental health.

*'When "I" is replaced by "WE" even illness becomes wellness'*

- Unknown



## Hospital treatments severely threatened by antibiotic resistance

Up to a half of infections after surgery and over a quarter of infections after chemotherapy are caused by organisms already resistant to standard antibiotics in the US, according to new estimates published in *The Lancet Infectious Diseases*.

Researchers have reported the strongest evidence yet that rising antibiotic resistance could have disastrous consequences for patients undergoing surgery or cancer chemotherapy.

A 30% reduction in the efficacy of antibiotic prophylaxis (preventive use of antibiotics) could result in 120,000 additional infections and 6,300 infection-related deaths every year in the US alone.

In the US, an estimated 157,500 surgical site infections resulted during inpatient surgery in 2011. A 3% mortality rate is associated with surgical site infections, and patients who develop such infections have between two and 11 times higher mortality rate than those who do not.

## Latest at AKGsoVIHAMS

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- View all our previous newsletters and also subscribe at [www.ovihams.com](http://www.ovihams.com)

## DID YOU KNOW?

- Some drugs that treat restless leg syndrome have a side effect of compulsive gambling. Dopaminergic agents that treat a variety of conditions, including restless leg syndrome, can cause otherwise ordinary people to become gambling addicts. Physicians do not always warn patients about this potential side effect, and patients and their families do not associate it with drug therapy. If you take any new medications, read the label for potential side effects. Gambling may be one of them! No one clearly understands why this happens.

## LAUGHTER IS THE BEST MEDICINE



**Doctor:** I have some bad news and some very bad news.

**Patient:** Well, might as well give me the bad news first.

**Doctor:** The lab called with your test results. They said you have 24 hours to live.

**Patient:** 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad news?

**Doctor:** I've been trying to reach you since yesterday.

# WHAT PEOPLE SAY

## ABOUT HOMOEOPATHY

- I also turn to homeopathic remedies for the treatment of indigestion, travel sickness, insomnia and hay fever just to name a few. Homeopathy offers a safe, natural alternative that causes no side effects or drug interactions.

- *Cindy Crwaford*

- The case mentioned below is that of my father Mr. Madan Mohan Vohra (aged 69 yrs). We are based in New Delhi; India. He'd got a brain tumour removed surgically way back in 1991 from University Hospital, Stony Brook, New York, USA. He has had diabetes and hypertension for as long as 35 years. He was going quite alright till about November 1999. He just had a mild heart attack in April 1998.

Starting in the later part of 1999, he started complaining of weakness and difficulty in movement of limbs etc. To our horror he was discovered with MND (motor neuron disease), something not really known in this part of the world. Every passing month his condition deteriorated. By the starting of 2002 he had become a complete vegetable, alive but motionless. Then started multiple problems due to the vegetable state, bed sores etc. All this while he'd been on allopathic medication. By the end of 2002 he developed severe asthma and congestion. Due to no movement and strong medication he also developed ulcers. He was vomiting blood. I got him admitted to a Hospital. He stayed there for week. Second day after being discharged he was vomiting again, about 10-12 times a day. I wanted a change in his medication. Dr. A K Gupta examined him at our residence and started Homoeopathy the same evening. Before next morning his condition became slightly better. And with each passing dose and hour he became quite stable. Within about 48 hours he was almost normal. With continued Homoeopathy for the next few weeks, even his overall illness seemed fading. Finding him pretty alright we discontinued homeopathy after about 3 months.

Then again in August 2003 his condition started going down. By the end of October he'd again become a complete vegetable; absolutely lifeless! He had swollen feet and stomach due water retention, a reaction of an allopathic medication for his hypertension. His vomiting again had blood due to ulcers in the stomach. This time it was severe. He was vomiting after every 20 to 30 minutes, at times even after every 5 minutes. But somehow he did not seem dehydrated. Dr Gupta once again started with Homeopathy. I knew the next few hours were really crucial. This time I had complete faith in homoeopathy and my doctor. I knew we had to be patient. All the while I kept watching him for signs of dehydration. Apart from my family only God and Dr. Gupta knew how difficult that night was. My father would not stop vomiting till about 10 pm. few in our family thought that I was doing a wrong thing by wasting time in following it with homoeopathy. And that my father should be rushed to the hospital. He'd gone pale. I kept giving him doses every five minutes. There were different doses for multiple problems. Just did not give up. Neither did my father. We knew that this medication had saved him once and would save him again, no matter how severe his case was now. I was not giving him any allopathic medication, firstly because they were very strong for him to digest and secondly he just could not retain them. A little before dawn he showed signs of improving. And then with every passing hour he improved slowly yet steadily. He was quite comfortable after about 72 hours.

He was back to moving a little on his own and eating his meals on his own after about 15 days of restarting with homoeopathy.

Today he is quite stable and takes both allopathic and homoeopathic medicines regularly. This was an Emergency dealt by Homoeopathy in a multiple organ involvement case MND and me and my family are extremely grateful to Dr. A. K. Gupta and Homoeopathy

- *Vikram Vohra*



RANULA

HYPERPIGMENTATION

LICHEN PLANUS

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