

Jan. 2017 Issue - 40



# MONTHLY NEWS LETTER

*AKGSOVIHAMS wishes you and your Family a very Happy and Healthy New Year*



The topic discussed in this issue is **Hypertension (High Blood Pressure)**. It is a condition that is seen in every household these days. Let us learn more about it and how to deal with it especially with Homoeopathy.

Kaartik Gupta, our clinical psychologist will continue his discussion about **Bipolar Affective Disorder (BPAD)** in the section Mind the MIND



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

# HYPERTENSION

## INTRODUCTION

- Hypertension is defined as blood pressure higher than 140 over 90 mmHg (millimetres of mercury)
- Blood pressure is the force exerted by the blood against the walls of blood vessels, and the magnitude of this force depends on the cardiac output and the resistance of the blood vessels
- Men are more prone to hypertension at a younger age and women have a higher rate of hypertension at older ages

## ETIOLOGY / CAUSES

- Prevalence of hypertension is higher in people over 60 years of age
- Obesity, Stress and worry
- Greater intake of dietary salt, excessive alcohol, low dietary potassium and physical inactivity all contribute to an increased risk of hypertension
- Use of oral contraceptives and hormonal therapy
- As a secondary manifestation of conditions like – Diabetes, Kidney disease, Pheochromocytoma (a cancer), Cushing syndrome (which can be caused by use of corticosteroid drugs), Congenital adrenal hyperplasia, Hyperthyroidism, Hyperparathyroidism, Pregnancy, Sleep apnoea

## SIGNS & SYMPTOMS

Usually hypertension is asymptomatic and that is the reason it is also called “The Silent Killer”. Clinically it may manifest in form of few symptoms like:-

- Headache which may be throbbing and pulsating or dull in nature
- Giddiness and vertigo
- Pain over the eyeballs
- Palpitation, Anxiety and sweating
- Breathlessness at times
- Stroke and heart attack in severe cases

## INVESTIGATIONS

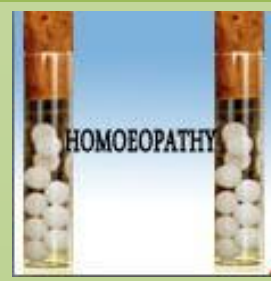
- Complete lipid profile
- Kidney function test
- Serum electrolytes
- Complete thyroid profile to rule out the involvement of thyroid gland
- Cortisol levels to rule out adrenal glands cancer

## WHAT YOU CAN DO

- Monitor and get your blood pressure checked at regular intervals
- Exercise regularly
- Drink plenty of water
- Avoid fried and fatty food, and high salt intake
- Be positive and stress free



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# KEEP YOUR BP IN CHECK WITH HOMOEOPATHY

Hypertension is one of the most essential signs indicating towards major involvement of organs like heart, kidney and brain. People usually panic and are afraid of getting their blood pressure checked fearing that it would be high. But the fact is that it is actually good if one gets the BP checked regularly. As it is a perfect indicator of how the person is doing health wise. Common symptoms like headache, giddiness, pain in the eyes or chest pain at times indicate towards a high blood pressure and these signs must not be ignored.

Many a times a patient does not experience any of these signs and it is accidentally found that he/she has an extremely high blood pressure. This scenario is seen very often and can be extremely dangerous as the unaware patient may suffer from a sudden brain stroke or cardiac arrest if the BP shoots up to alarming levels! This is the reason hypertension is also called '*silent killer*.' All the more reason that people above 40yrs of age should get their BP checked at regular intervals.

The treatment of hypertension depends upon the type and cause of hypertension in question. For example, a hypertensive patient having a regular blood pressure of about 150/90 with involvement of kidneys will be given different medicine from the patient having same BP but having heart involved. As hypertension is not a self-dependent entity, hence it cannot be cured until the cause is addressed.

Lifestyle modification becomes a major part of the treatment when we talk about Hypertension. Regular and moderate exercise with controlled and balanced diet is an ideal foil for a person to maintain the normal blood pressure. It is said that ideally, it is better to be on the lower side than the higher side of blood pressure.

Homoeopathy has some fantastic medicines to cater and keep the blood pressure in check. In case of Primary Hypertension, where patient has high blood pressure due to hereditary reasons, then it is the deep acting constitutional medicine only that can help the patient and save him/her from complications later on. If the patient is suffering from Secondary Hypertension (which is usually the case), then depending upon the involved organic causes, the medicines are given along with the constitutional treatment.

Medicines like *Crategus*, *Rauwolfia*, *Alium Sativa*, *Aconite*, *Arnica*, *Baryta Mur.*, *Lycopus*, *Strophanthes*, etc. have proved to be of immense benefit to the mankind in keeping the blood pressure in check.

For more - <http://ovihams.com/ailments/bp-blood-pressure-hypertension.html>

# MARVEL OF HOMOEOPATHY

Hypertension is usually seen as a manifestation of many other diseases. In a chronic condition like Chronic Kidney Disease, it is imperative to maintain a normal blood pressure of 120/80 mm of mercury. But there are certain times when the arterial blood pressure shoots up to dangerous levels. One such case we would be discussing in here and see how Homoeopathy saved the life of a patient in a matter of few hours.

This is a case of 49 year old housewife, Mrs. Kain. Her daughter is a patient of Dr. Sanket Gupta and on one of such visits she had come to see him at his clinic in Satya Niketan, Moti Bagh. While she was sitting inside the chamber and narrating her complains to the doctor, she received a call from her house and she immediately became panicky. The call was from her father who told her that her mother was having shooting pain in her head and was crying with pain. As she was an old hypertensive, they checked her blood pressure. The reading was 220/130mm of Hg. Even on checking the blood pressure again after 5 minutes, the reading was still the same.

The terrified girl told everything to Dr. Sanket and asked him if he could help her with anything to stop the agony of her mother. Dr. Sanket gave her some medicines to give to her mother at an interval of every 5 minutes and advised her to rush her mother to the hospital as there was a definite danger of stroke. Luckily she was staying nearby so she could immediately go home and medicate her mother. They decided to take her to the nearby Primus hospital in Chanakya Puri.

She kept giving the homoeopathic liquid medicines to her mother all along the way. Within this half an hour itself she started feeling relaxation in her head and by the time they reached the emergency section of the Primus hospital and a nurse checked her blood pressure, her BP had come down to 156/104mm of Hg! The hospital doctors kept her under observation for 2 hrs after listening to the narrative of her family. The girl though kept giving the same Homoeopathic medicines to her mother, though at longer intervals of 20 minutes each. The doctor had asked the nurse to check her BP every half an hour. With every reading there was a gradual and steady decline in the Blood pressure of the 49yr old woman. Seeing that the BP was now well maintained and out of danger, the doctor asked her family to take her back home.

At this time a much relieved girl called Dr. Sanket to thank him and tell him that her mother was doing fine now and was much much better with the final reading being 132/90 mm of Hg when they left from the hospital. Since that day, Mrs. Kain became a fan of homoeopathy and now takes regular Homoeopathic treatment for all her ailments.

*This is the Marvel of Homoeopathy*





# MIND the MIND



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

## **BIPOLAR AFFECTIVE DISORDER (BPAD) PART-2**

In the previous edition, we had talked about Bipolar Affective Disorder (BPAD), its prevalence in India, causative factors, and had also highlighted some of the symptoms that indicate the illness. In the current edition, we look at the treatment available for BPAD. The aims of psychological therapy are the prevention of relapses and the promotion of social functioning. Other aims may include the reduction of mood symptoms and mood fluctuations, promoting good coping skills, the enhancement of medication compliance and promoting communication within the family.

- **Pharmacotherapy** – Treatment for BPAD traditionally has been predominantly pharmacotherapy. Medicines like lithium, anti-psychotics and sodium valproate remain first-line treatments (Calabrese, et al., 2002). Homoeopathic medicines have also shown very good results in many cases here at AKGsOVIHAMS.
- **Psychoeducation** – Educating the patient and his/her caretakers about the illness, making them aware about the early warning signs, promoting treatment compliance, emphasising the need for regular daily routine and sleep, and relapse prevention.
- **Cognitive Behavioural Therapy (CBT)** – Discrete, time-limited, structured psychological intervention where the patient collaboratively works with the therapist to identify the types and effects of thoughts, beliefs and interpretations on current symptoms, feeling states and/or problem areas. The patient learns healthy coping skills appropriate for the target thought, beliefs or problem areas. Maladaptive ways of thinking are identified and challenged through use of different strategies.
- **Interpersonal and Social Rhythm Therapy (IPSRT)** – Psychological intervention with emphasis on problematic areas related to interpersonal conflicts, role transitions, grief and loss, and social skills and their effects on current symptoms, feelings states and/or problems. Importance is also given to improve the regularity of daily life in order to minimise relapse.
- **Family Focused Therapy (FFT)** – Family therapy aims to improve family functioning and teaches a combination of communication skills, problem solving and coping strategies. It will often include psychoeducation about bipolar disorder and teach the family/parents skills in recognising early warning signs of relapse.
- **Supportive Counselling** – It can help the patient explore how he/she feels about the diagnosis, deal with feelings of grief or loss due to the changes brought about in a person's life due to the illness. The counsellor helps the person deal with the challenges in terms of education, career, love prospects, and assists in accepting the illness. Although, it is a part of the person but there is much more to him/her than just this illness.

*‘One of the things with depression and bipolar disorder is that if you don't have prior awareness, you don't have any idea what hit you’*

*- Kay Redfield Jamison*



## Mediterranean diet prevents brain atrophy, study finds

Mounting evidence emphasizes the health benefits of a Mediterranean diet. New research suggests that the healthful diet helps to preserve brain volume in elderly adults. The "traditional" Mediterranean diet - consisting of large amounts of fruits and vegetables, whole grains, olive oil, a moderate amount of fish, dairy, and wine, as well as a limited intake of red meat - has been shown to improve cardiometabolic health.

Researchers led by *Michelle Luciano, Ph.D.* - from the *University of Edinburgh in Scotland* - looked at the effects of the Mediterranean diet (MeDi) on total brain volume, gray matter volume, and the thickness of the cortex. The study followed 967 people aged between 73 and 76 years, who lived in Scotland and who did not have dementia, over a period of 3 years. 562 of these people had a MRI brain scan at the age of 73, in order to measure total brain volume, gray matter volume, and cortical thickness. Of these, 401 people had a second brain scan at age of 76.

Participants who did not follow the Mediterranean diet closely were likely to develop brain atrophy over the 3-year interval. **More specifically, poor adherence to the diet was associated with a 0.5% greater reduction in total brain volume than those who had followed the diet closely.** A 0.5% decrease in brain volume is half the size of what is considered a normal decrease due to the natural aging process.

**Contrary to previous studies, this research did not find a relationship between fish and meat consumption and changes in brain volume. This suggests that other individual components of the diet - or all of its components taken in combination - might be responsible for the association.**

## Latest at AKGsoVIHAMS

- From the evening of 25<sup>th</sup> to the morning of 30<sup>th</sup> January, Dr.A.K.Gupta, Dr.Sanket Gupta & Kaartik Gupta won't be available at any of our clinics. Kindly schedule your appointments accordingly.
- Subscribe all our Newsletters for free on [www.ovihams.com](http://www.ovihams.com)

## DID YOU KNOW?

- **An hour's sleep could make you happier than \$60,000**

According to a US study by psychologist Daniel Kahneman & his colleagues, an increase in household income actually has little effect on your daily mood. In fact, the study suggests that getting one extra hour of sleep each night does more for your daily happiness than a \$60,000 raise!

- **Chewing gum boosts your brain power**

Researchers at Coventry University have discovered that chewing mint-flavoured gum could dramatically decrease feelings of tiredness. Meanwhile, separate research studies have suggested that chewing gum can improve test scores and improve memory by 35%.

## LAUGHTER IS THE BEST MEDICINE



A young guy comes to a doctor. After examination the doctor says: "So, we will have to cut one of your lungs."

The guy is astonished and tells: "But doctor, my lungs have always been great, I have never had any problems with them."

Doctor : "I see it myself. But your liver have no room anymore."

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homoeopathy is not merely a collection of few medicines but a new Science with a rational philosophy as its base. We require more scientific interest and inquiry into the matter with special stress upon the Indian environments.

- *Nobel laurel Dr. Rabindra Nath Tagore*

- My name is Gaurav and I hail from Amritsar, Punjab. I just wanted to say thanks to Dr A.K.Gupta, Founder Director of AKGsOVIHAMS Homoeopathic Clinics for providing me an excellent treatment for my psychological and my physical ailments. Earlier I had strong anxiety with depression. And I started taking treatment from Dr A.K.Gupta in month of April. Not only he took my whole case thoroughly but he also helped me like a good psychologist. Many of my fears and doubts disappeared during my first visit.

I started taking treatment religiously and within a span of two months I started feeling better and more positive. My anxiety has reduced and mentally I am now feeling more active and calm. Earlier I was not able to live my life properly as I was so depressed and melancholic but now I live positively and to my surprise I don't take things too seriously. In other words, I have accepted the life the way it is.

Thanks to the guidance and psychological support he gave. I am sure that in next few months I will be a different person and will bounce back. Thanks again to Dr A.K.Gupta.

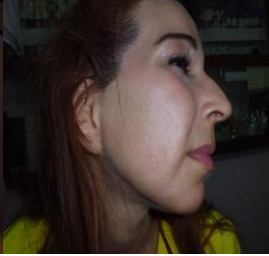
- *Gaurav, Amritsar, Punjab*



ABSCESS



ACNE



ATOPIC DERMATITIS



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

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