



MONTHLY NEWS LETTER

WE THINK TOO MUCH
AND FEEL TOO LITTLE.
MORE THAN MACHINERY,
WE NEED HUMANITY.
MORE THAN CLEVERNESS,
WE NEED KINDNESS AND
GENTLENESS.

- Charlie Chaplin

The topic discussed in this issue is **Impetigo**. It is one of the most common skin infections in children. Let us learn more about it and what is the role of Homoeopathy in curing this disease is.

Our Clinical Psychologist **Kaartik Gupta** chose the topic of **Anorexia Nervosa**. It is an eating disorder seen quiet commonly these days especially among young females. The disorder is being discussed in detail in this issue.



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

IMPETIGO

INTRODUCTION

- It is a bacterial skin infection that causes red sores that can break open, ooze fluid, and develop a yellow - brown crust. These sores can occur anywhere on the body.
- It is one of the most common skin infections in children.
- It is contagious and can be spread to others through close contact or by sharing towels, sheets, clothing, toys, or other items. Scratching can also spread the sores to other parts of the body.

ETIOLOGY / CAUSES

Impetigo is caused by one of two kinds of bacteria –

1. Strep (streptococcus)
2. Staph (staphylococcus)

Often these bacteria enter the body when the skin has already been irritated or injured because of other skin problems such as eczema, poison ivy, insect bites, burns, or cuts.

Children may get impetigo after they have had a cold or allergies that have made the skin under the nose raw.

SIGNS & SYMPTOMS

You or your child may have impetigo if you have sores:

- That begins as small red spots, and then change to blisters that eventually break open
- The sores are typically not painful, but they may be itchy
- That oozes fluid and looks crusty
- That increase in size and number
- Sores may be as small as a pimple or larger than a coin

INVESTIGATIONS

- Clinical examination
- Complete haemogram
- Secretion Culture
- Urine analysis

WHAT YOU CAN DO

- At home, gently wash the sores with clean water each day.
- Try not to scratch the sores, because scratching can spread the infection to other parts of the body.
- Keep the fingernails cut



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



Founder-Director AKGsOVIHAMS, Gold Medallist

IMPETIGO CURABLE WITH HOMOEOPATHY

Impetigo is an infectious disease with bacteria being its causative agent. Impetigo is very commonly seen among children and is one of the most common infectious diseases in this age group.

The treatment for any infectious disease lies in the medicinal approach as much as the **management** of the particular disease. Like in case of Impetigo:-

- It spreads even more due to scratching; hence it becomes imperative that the nails of the child be short and well clipped.
- Washing the sores gently on a daily basis prevents further spread of the disease.
- Patient must avoid eating highly spicy and sour things as that will irritate the sores furthermore.

Homoeopathic Approach: - All infectious diseases are curable with Homoeopathy and Impetigo is no exception to this fact. It is not that the specific homoeopathic medicines contain anti-microbial agents in them, instead according to the Homoeopathic science; the selected Homoeopathic medicine (which we call '*similimum*') raises the basic immunity and vitality of the patient which creates disease fighting antibodies inside the ailing person. These antibodies in the most natural and harmless manner throw out the disease and its causative agent by creating an environment unfavourable for the survival of the causative microbes.

This is the reason why we get to see complete cures and zero recurrences of the same diseases later on in a patient's life that has been under the Homoeopathic healing as compared to other systems of medicines. The complete cure is a result of the immunity created inside that person by the *similimum*.

Some of the very useful Homoeopathic medicines for Impetigo are – *Bacillinum*, *Cina*, *Mezerium*, *Hepar sulph.*, *Lithium carb.*, *Graphites*, *Natrum Mur.*, *Petroleum*, *Rhus Tox*, *Silicea*, etc.

MARVEL OF HOMOEOPATHY

A case of venous ulcer cured with Homoeopathy

21st Aug. 2013

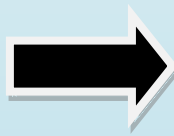


29th Aug. 2013



9th Sept. 2013

13th Dec. 2013



17th Feb. 2014



This is the Marvel of Homoeopathy



MIND the MIND



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

ANOREXIA NERVOSA

We all, to some extent, do wish we looked different or could fix something about ourselves. That's only human. But if you are preoccupied with being thin and it is significantly influencing your eating habits, thoughts and life in general, you could be having an eating disorder. Anorexia nervosa is a serious eating disorder that results in unhealthy and often dangerous weight loss. In the current issue, we will look at the symptoms and probable causes of anorexia, while the treatment would be taken up in the next issue.

What is anorexia?

It is an eating disorder which occurs most often in adolescent females and is characterised by intense fear of gaining weight or becoming obese, inability to perceive own body size accurately, and the person would go to extreme lengths to maintain low weight. Even though eating and meal times become extremely stressful for the sufferer, food and what they can and cannot eat is exactly what they keep thinking about.

Comorbid conditions

Depressive symptoms and obsessive-compulsive personality traits are common. In addition, up to 50% of patients with anorexia nervosa also have bulimic episodes which are characterised by rapid consumption of large amounts of food in a relatively short period of time. It is known as binge-eating and is usually followed by intense guilt and attempts to remove eaten food by self-induced vomiting, laxative abuse and/or diuretic abuse.

Causes

Like any other mental illness, anorexia is also best understood as being caused due to a combination of biological, psychological, emotional and social factors. In addition to one's cultural idealization of thinness, factors like low self-esteem, body dissatisfaction, perfectionism, strict dieting, troubled family relationships, any history of physical or sexual abuse, and family history of eating disorders.

Signs and symptoms

If you or any of your loved one seems to be having the following difficulties, it is advised that you consult a mental health professional at the earliest:-

- Dieting despite being thin; rigorous work out for maintaining a low weight
- Dramatic weight loss
- Strange or secretive food rituals; avoiding to eat in front of others
- Wearing over-sized clothes to hide their excessive weight loss and avoid being questioned about it
- Over-critical of appearance
- Preoccupation with weight, food, calories or dieting
- Withdrawal from usual friends and activities.

'Anorexia is not an illness of the body; it is an illness of the mind'

- Lynn Crilly



How are corns and throat cancer related?

In some rare cases, extreme thickening of the skin is a symptom of a particular form of esophageal cancer. New research investigates the link between foot corns and cancer of the esophagus in mice and humans. Corns form naturally as a result of putting too much pressure on the skin or subjecting it to excessive friction.

New research, from the *Queen Mary University of London* in the *United Kingdom*, examines the link between keratin (the protein found in the outer layers of the skin, which plays a key role in forming corns) and a form of esophageal cancer called "*tylosis*." Tylosis causes severe thickening of the skin in the hands and feet, and it has been associated with an esophageal cancer risk of over 95%. The study was published in the journal *Nature Communications*, and it was led by authors *Thiviyani Maruthappu* and *Anissa Chikh*.

Researchers used genetically modified mice to study the *iRHOM2* gene. A group of mice had the *iRHOM2* gene removed, and these mice developed a much thinner epidermis on their paws, compared with mice that still had the gene. Additionally, researchers found reduced expression of keratin 16 (K16) in *iRHOM2*-free mice. K16 is a cytoskeletal scaffolding protein that can be found in abundance at the pressure-bearing points in the footpad of mammals.

Researchers also examined K16 levels in humans with TOC, and they found a similarly heightened expression of the protein. This suggests that the *iRHOM2* gene helps to regulate K16 in both humans and mice. Additionally, the research shows that the *iRHOM2*-K16 interaction also downregulates the expression of K6 - a keratin that typically binds together with K16.

Latest at AKGsOVIHAMS

- **World Cancer Day** observed at all the clinics of AKGsOVIHAMS on **4th February**, with Free Consultations to all the Cancer patients
- Subscribe all our Newsletters for free on www.ovihams.com

LAUGHTER IS THE BEST MEDICINE



Dentist: - Don't worry, it will take me only a minute to pull your tooth out.

Patient: - And how much will it cost me?

Dentist: - 100\$.

Patient: - For a 1 minute job?!

Dentist: - If you prefer, I can be pulling it out for one hour...

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

"Homoeopathy goes still a little deeper. it works on the manamayakos the mental body . the founder of homoeopathy Hahnemann discovered one of the greatest things ever discovered, and that was , the smaller the quantity of medicine the deeper it goes"

- OSHO





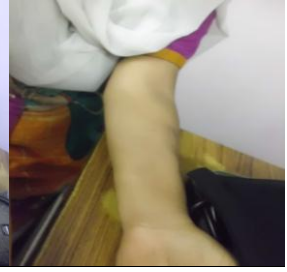
WART



PSORIASIS



ECCHYMOSIS



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

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