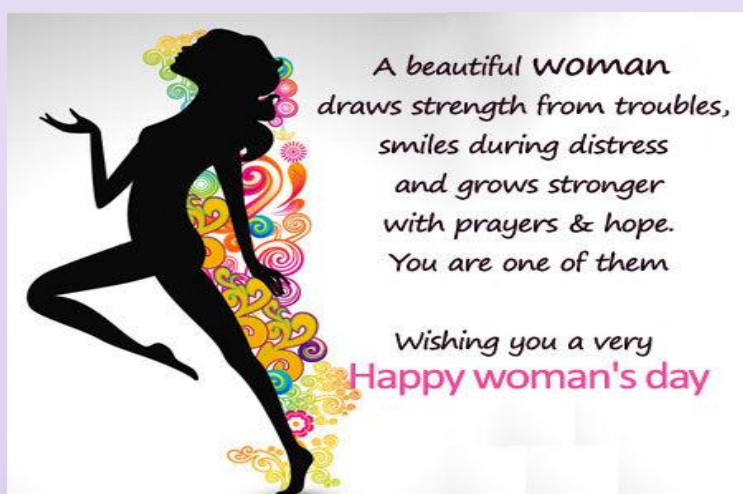


March 2017 Issue - XLI



# MONTHLY NEWS LETTER



**AKGsOVIHAMS wishes you all a very Happy and Healthy Holi**



Listen to the radio show of our Clinical Psychologist **Kaartik Gupta** in this season of Examinations on “**How to Prepare well for the Exams**” Visit - <https://www.youtube.com/watch?v=VSOs6TIZASs>

AKGsOVIHAMS organized **FREE PSYCHOLOGICAL CONSULTATION CAMP** for all FEMALES on the **International Women's Day**, i.e., **8<sup>th</sup> March 2017** at our Rajouri Garden Clinic.

The topic discussed in this issue is **Leucorrhoea**. It is a very common condition among females. Let us learn more about it and how Homoeopathy is helpful for every female suffering from this trouble.

Our Clinical Psychologist **Kaartik Gupta** will continue with the topic of **Anorexia Nervosa**. He would resume with the treatment options and ways to counter Anorexia Nervosa.



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

# LEUCORRHOEA

## INTRODUCTION

- Leucorrhoea is a thick, whitish or yellowish vaginal discharge.
- It is usually a non-pathological symptom secondary to inflammatory conditions of vagina or cervix.
- It sometimes occurs before a girl has her first period, and is considered a sign of puberty.
- Female infants may have it for a short time after birth due to their in-uterine exposure to estrogen.

## ETIOLOGY / CAUSES

- Chronic cervix infections
- Syphilis a chronic infectious disease contracted through sexual intercourse
- Excessive or insufficient ovarian hormones
- Gonorrhoea which is a contagious inflammation of the genital mucous membrane
- Uterine cancer
- Trichomonas vaginalis which is a parasitic, anaerobic organism
- Candida albicans – diploid organism
- Leucorrhoea may also happen during pregnancy

## SIGNS & SYMPTOMS

- Lethargy and Weakness
- Thick, viscid as well as foul smelling discharge – mainly during puberty
- Pain in the lumbar region and the calves
- Black patches under the eyes
- Digestive disturbances
- Spots on undergarments
- Dragging sensation in the abdomen
- Intense itching in the genital region
- Constipation
- Irritability
- Headaches which are frequent

## WHAT YOU CAN DO

- Avoid non-vegetarian diet such as eggs, meat, fish etc.
- Drink lots of water
- Consume ghee, milk, green vegetables in extra quantities
- Vaginal area should be kept clean and dry

## INVESTIGATIONS

- Clinical presentation
- Vaginal swab for culture
- USG of the Pelvis to rule out uterine causes
- Hormonal Analysis to rule out ovarian causes



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# SAY NO TO THE DISCOMFORT OF LEUCORRHOEA WITH HOMOEOPATHY

Leucorrhoea is that whitish or yellowish vaginal discharge that almost all females experience at some point in their lives. Such off and on and minor incidences usually are just functional disturbances and don't require any medication as the female body is capable enough to restore the healthy state by itself. But a female should definitely not ignore when the vaginal discharge is very frequent and troubling her in terms of smell, irritability, itching or backache etc. She should consult a doctor at the earliest.

The treatment for this problem depends on the cause of Leucorrhoea. As mentioned above by Dr. Sanket Gupta that Leucorrhoea can be present due to various reasons. It is usually just a symptom of the disease. Conditions like Pelvic Inflammatory disease, Cervicitis, Cervical Cancer, Candidiasis, Uterine Cancer, or any Sexually Transmitted Disease, etc. all manifest in some or the other form of Leucorrhoea. Though the clinical presentation guides a Doctor towards the probable cause, still it is advisable to rule out the common factors first. Like Genital Candidiasis is one of the commonest factors depicting in the form of itchy and smelly leucorrhoea.

Genital hygiene plays a huge role in the presence or absence of leucorrhoea. Good hygiene ensures vaginal health and is of paramount importance even when leucorrhoea is present. Gynaecologists put a lot of emphasis on the role of the pH of the female genitalia. Any alteration in this pH can easily bring about Leucorrhoea and hence the maintenance of this pH becomes extremely crucial in the treatment of Leucorrhoea.

There is efficient treatment for Leucorrhoea in all systems of medicine. Depending upon the cause the treating doctor draws out the treatment plan. As the problem is arising out of disturbance in the natural pH of the involved organs, hence a natural mode of treatment is the best and fastest possible way to cure. This is why Homoeopathy has magnificent results to show in this female disorder.

Homoeopathic medicines like *Sepia*, *Natrum mur.*, *Borax*, *Ammonium carb*, *Bovista*, *Kreosote*, *Cimicifuga*, etc. have shown superb results over the years when administered correctly depending upon the female patient in question. There is definite cure in the shortest possible time for Leucorrhoea in Homoeopathy.



# MARVEL OF HOMOEOPATHY

One of the major causes of Leucorrhoea is Vaginal Candidiasis. It is due to the fungal infection from the micro-organism *Candida albicans*. It is a very frequently seen condition among females and we will discuss 1 such case of Candidiasis here.

A female patient 37 yrs of age came to Dr. Sanket Gupta at our Satya Niketan Clinic with a complaint of offensive white vaginal discharge with severe itching. She also had a lot of backache and profound weakness. The discharge was often dirty yellowish in colour as well. This was not the first time that she was experiencing such a problem. She had been to her gynaecologist at least 4-5 times in last 9 to 10 months for the same trouble. The Gynaecologist would give her some antibiotics and antifungal medicines for a few days on consuming which she used to get relief but the problem would reoccur very soon. And by now the same medicines were not showing much of an effect in relieving at least her symptoms of itching and discomfort.

This is when she resorted to Homoeopathy as she had heard about how Homoeopathy can cure a disease from its roots and prevent recurrences. She was already told by the Gynaecologist that she was suffering from a disease called *Candidiasis*. She narrated her symptoms to the doctor and told him that very often just when her menstrual cycle would get over; she would start having severe thick whitish discharge with offensive smell and severe itching at times. On many occasions she would have burning sensation as well. All her blood tests had already been carried out to rule out the other possibilities like Diabetes Mellitus, etc. listening to the complaints of the patient and after taking the entire history, Dr. Gupta started with the Homoeopathic treatment.

The lady responded a little slow to the treatment in the beginning as the vaginal pH had been altered hugely due to the heavy medications she had taken in the past 1 year. By the 3<sup>rd</sup> week of starting the Homoeopathic medicines, she started showing some positive results. The burning and itching had reduced considerably now. But the most important change noticed by the lady was that the offensiveness of the discharges was not seen anymore. Very slightly smelly discharge was being experienced by her. This indicated that the vaginal pH was now attaining normalcy. This is a very positive sign. Gradually the itching was completely gone and the rashes she used to get also healed. By this time the discharge was also not as thick and as frequent.

By the time her next menstrual cycle appeared, the trouble was much lesser and she was in a much comfortable state. But the real challenge was to see how her body responds after the periods get over. As soon as the cycle got over, the very next day as usually the white leucorrhoea discharge appeared. But the good thing was that this time all the severity and intensity of all the symptoms was considerably lesser by 30 to 40%. This made it apparent that the treatment was on the right track but definitely required some more time to throw out the infection completely. Hence Dr. Sanket repeated the same prescription and as expected the relief this time was much faster and stronger. For the first time in almost 1 year, the lady experienced 4 days without any white discharge or any other symptoms before her next menstrual cycle arrived.

The gradual pattern of improvement gave a lot of hope and sense of satisfaction to the lady. She continued with the medicines and followed all the instructions that the doctor advised her. Within 4 months the candidial infection completely vanished and it has been almost 4 years now that the infection hasn't reoccurred. She visits regularly for her and her family members' treatments who all are now avid followers of Homoeopathy.

*This is the Marvel of Homoeopathy*



I need to ~~be~~  
~~skinnier.~~  
love myself.

# MIND the MIND

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

## ANOREXIA NERVOSA

In the previous issue, we talked about anorexia nervosa being a mental and not a physical illness, its probable causes, common psychological conditions that can co-occur with it, and identifying its symptoms. In this issue, we look at the most efficacious treatment for anorexia nervosa.

**Psychoeducation** – The individual needs to be educated about the condition, physical and psychological consequences of engaging in such eating habits, body weight and its appropriate regulation, along with the various treatments available.

**Psychotherapy** – Psychotherapy has been proven to be very helpful in addressing not only the person's eating disorder, but also his/her overall emotional health and happiness. The focus would be to address the underlying emotional and cognitive issues that result in the disordered eating. Various forms of psychotherapy, like Cognitive-Behavioural Therapy (CBT), Interpersonal Therapy (IPT), and Psychodynamic Therapy have been found effective in the treatment of anorexia nervosa. Although the process and techniques followed in each might be different, they aim at making the person understand how the condition is associated with unhealthy and unrealistic thoughts and beliefs about food and diet. Issues related to one's self-perception and self-image are also addressed as inaccurate self-image can be devastating to the point where an emaciated person still see themselves as overweight. Behavioural interventions in terms of monitoring one's eating habits, promoting healthy eating behaviours through goal setting and rewards are also important.

**Training in problem solving** – It is about helping the individual cope with difficult or stressful situations in a more appropriate way than engaging in binge eating. It also aims at learning healthy coping mechanisms than using food as a way of dealing with negative emotions to ensure that the person is able to handle day-to-day difficulties efficiently.

**Family therapy** – It is an essential part of eating disorder treatment as families come to discover how changes in the way they communicate, manage conflict, or tolerate negative emotions can aid in their loved one's recovery.

**Pharmacotherapy** – Medicines like certain anti-depressants are prescribed for the treatment of anorexia nervosa by psychiatrists. In addition to this, homoeopathy is also efficient in treating the condition.

*“I am beginning to measure myself in strength, not in pounds. Sometimes in smiles.”*

- Golda Poretsky



## **Insecticide Exposure Linked to Behavioral Problems in Kids**

Young children whose mothers were exposed to pyrethroid insecticides while pregnant showed increased rates of behavioral difficulties, a small retrospective French cohort study found.

**After adjusting for certain potential confounders, there was a positive association between high prenatal concentrations in maternal urine of certain neurotoxic chemicals found in insecticides, on one hand, and on the other, internalizing behavioral difficulties at age 6 in offspring, reported Jean-François Viel, MD, of the French national research institute INSERM, and colleagues.**

Moreover, there was a positive association between high concentrations of certain chemicals in children's urine and externalizing behavioral difficulties at the same age, the authors wrote in *Occupational & Environmental Medicine*.

Pyrethroids are a class of insecticides that were designed because of concerns about organophosphate insecticides.

The current study was an examination of prenatal exposure, as measured by urinalysis, in relation to behavioral abnormalities. It used data on 287 mother-child pairs from the PELAGIE cohort, including urine samples from the mothers during pregnancy (6-19 gestational weeks) and in children at age 6.

The authors also found that there was a more than twofold increased risk of abnormal or borderline social behavior associated with children who had the highest 3-PBA (3-phenoxybenzoic acid) levels (OR 2.93, 95% CI 1.27-6.78). They also noted a nonsignificant trend toward increased risk for children who had intermediate levels of 3-PBA (OR 1.91, 95% CI 0.80-4.57).

**They concluded that the results, along with the prior study that linked pyrethroid insecticides with cognitive disabilities, support a "potential risk to neurodevelopment from pyrethroid insecticides," and that remediating the potential causes of these neurodevelopmental deficits is "of paramount public health importance."**

# **Latest at AKGsOVIHAMS**

- **FREE PSYCHOLOGICAL CONSULTATION CAMP** was held for all **FEMALES** on the International Women's Day, i.e., **8<sup>th</sup> March 2017** at **J-158, Rajouri Garden** by our Clinical Psychologist **Kaartik Gupta**. All the female patients who benefitted from the camp would get discounts on their follow-up visits as well.
- Subscribe all our Newsletters for free on [www.ovihams.com](http://www.ovihams.com)

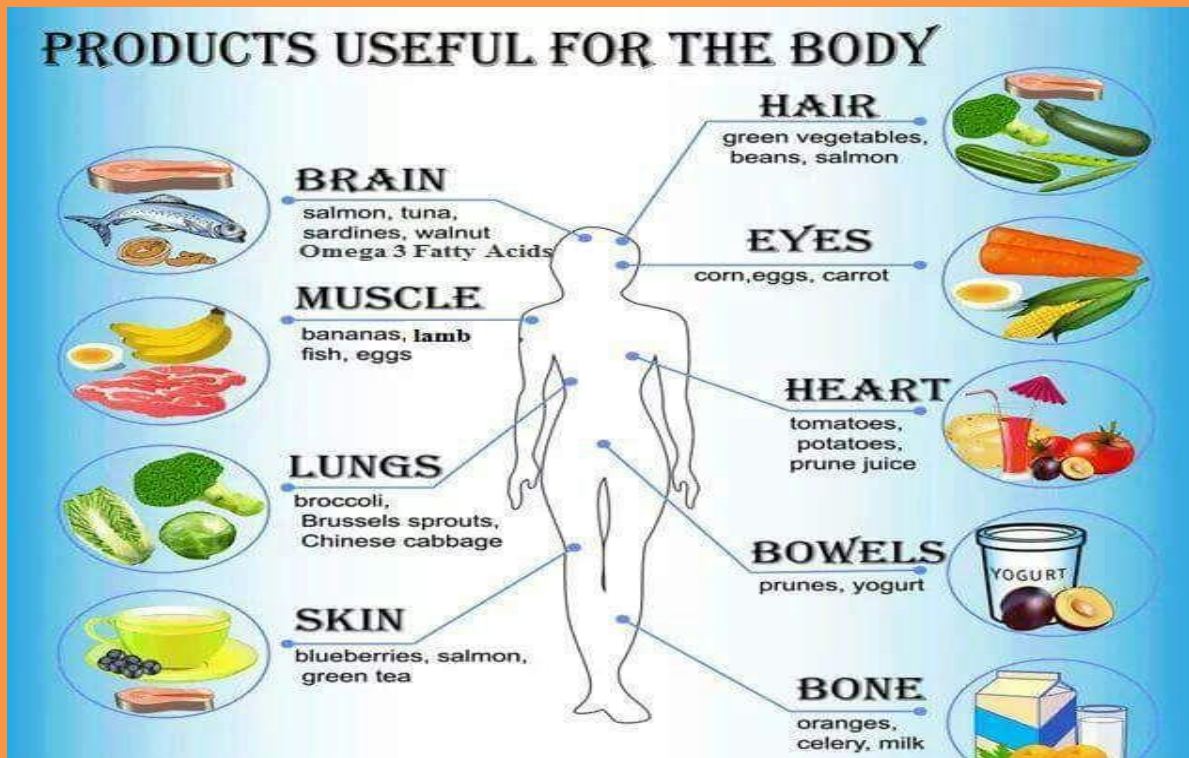
## **LAUGHTER IS THE BEST MEDICINE**



The doctor on his morning round was a tired man with a hang-over. Upon finding patient on bed # 7 dead, he took out a notepad from his huge coat pocket and wrote down instructions for the boys to carry the body to the mortuary. The time was 8 AM. However while writing down instructions for the boys to carry the body to the mortuary he wrote 'Patient on bed # 8 died at 7 AM. The boys arrived at bed No. 8, removed the patient ruthlessly and threw the 'body' on the stretcher when the patient started protesting, "Hey. It's not me!!" "Shut up man" said the guys." You seem to think you know better than the doctor himself!!"



# Tips for Health & Wellness

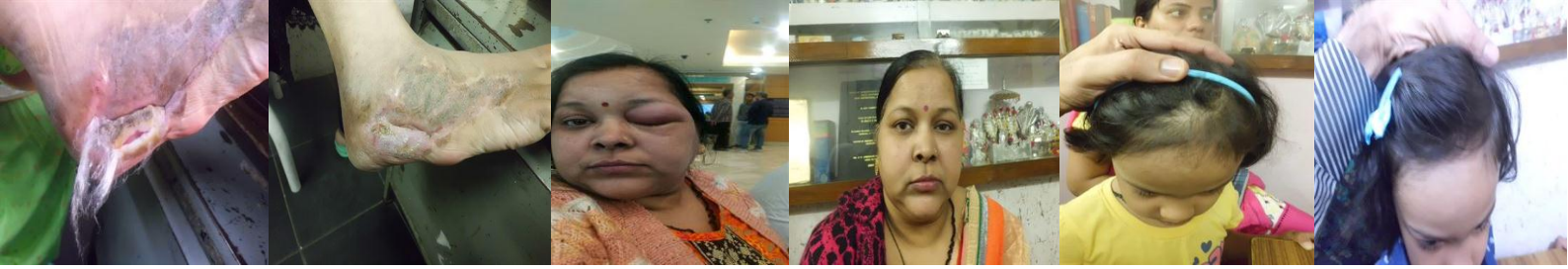


## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

The good thing about homeopathy is that it is true whether or not you believe in it. Homeopathy is quite well trusted and 300 million people and more than 80 nations use it. Despite the fact the wonders it does to you is only evident and believable once you use it. I was suffering from Urinary Tract Infection in my graduation years. I used a lot of allopathic medicines to get rid of it but all of this was in vain. Despite proper courses in allopathy I could not get cured of it. Through family acquaintances I came to know about AKG's Oviham. Earlier I was quite skeptical about homeopathy because of the fact that it is very slow in its results but I thought of giving it a try. The try I must say proved fruitful. Through a regular long course I was treated of my infection which any other medication had failed to do. Not only this, my cousin also got cured of his nasal allergies by the medicines provided by the doctor.

The clinic and the doctors I must say are to be praised in this regard and not just homeopathy. Dr.Sanket Gupta has always been readily available in case of emergencies and the prescription as I mentioned earlier was highly effective. The continuous pain and problems of UTI were cured effectively only by his medication. Dr. Sanket Gupta has been more of a friend and the best part is that he attends to all of his patients in the same manner, with same vigor and energy. He has not only helped me cure the disease but also been a constant support. In many instances he has counseled me which helped me to get through the problems I faced. All in all it was a great experience with Homeopathy. This would not have been possible if I did not get the right doctors and the right clinic off course. It was a great experience to be associated with AKG's Oviham. I would recommend this clinic and homeopathy to the maximum number of people I meet. The only suggestion to the people who take up homeopathy for getting cured of any problem is that maintain consistency and do not stop and start the course according to your own will. It might take some time but in the end it would definitely get cured.

In the end I would like to say that the clinic is totally adhering to its aim of Patients welfare by betterment of the suffering patients through medical and emotional touch. It was a great experience to be treated in the clinic by such renowned and efficient medical practitioners.



NON-HEALING OPERATIVE WOUND

ANGIONEUROTIC OEDEMA

ALOPECIA AREATA

# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

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

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