

Aug 2017 Issue - XLVII



## MONTHLY NEWS LETTER



Remembrance on **103<sup>rd</sup> Birth Anniversary of Late Sh.O.P.Gupta**, F/O Dr.A.K.Gupta Chief Patron, AKGsOVIHAMS. Free Consultation for Senior citizens at Pitam Pura Clinic on 6<sup>th</sup> Aug.

On the occasion of **18<sup>th</sup> Anniversary of AKGsOVIHAMS** we discuss about **MND ( Motor Neurone Disease)**, on which Prof. Dr. A. K. Gupta & his team have been working tirelessly in Clinical research to find some breakthroughs in the treatment of this incurable disease and have presented Papers in International Conferences in India and Abroad. It is a rare neurological syndrome which is becoming increasingly apparent over the last few years. AKGsOVIHAMS has been pivotal and almost like a pioneer in providing some solace to the patients suffering from MND.

On this occasion, **30% Discount** is being offered to patients at all AKGsOVIHAMS clinics & Online Consultations from **6<sup>th</sup> to 11<sup>th</sup> August, 2017**. To avail the offer click here - <http://ovihams.com/events/akgsovihams-18th-anniversary-celebrations.html>

Our Clinical Psychologist **Kaartik Gupta** discusses about the **Attitude of Gratitude** in the section Mind the MIND.



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

# MND / ALS

## INTRODUCTION

- It is a group of neurological disorders that selectively affects motor neurons, the cells that control voluntary muscle activity including speaking, walking, breathing, swallowing and general movement of the body
- Fast progressing degenerative disease or devastating illness which leads to progressive paralysis and eventually may lead to death

## ETIOLOGY / CAUSES

- About 90% of cases of MND are "sporadic", meaning that the patient has no family history of MND and the case appears to have occurred with no known cause
- There is some weak evidence to suggest that onset can be "triggered" by as yet unknown environmental factors. Approx. 10% of cases defined either by a family history of MND or by testing positive for a known genetic mutation associated with the disease
- The following genes are known to be linked to ALS: Cu/Zn superoxide dismutase SOD1, ALS2, NEFH, senataxin (SETX) and vesicle associated protein B (VAPB)

## SIGNS & SYMPTOMS

- Progressive Weakness
- Muscle Wasting
- Fasciculation or twitchings
- Spasticity or Stiffness in the Arms and Legs
- Overactive Tendon Reflexes
- Foot Drag, Unable to move, Tends to fall
- Difficulty in holding the Neck
- Slurred Speech / Loss of Speech
- Choking , Suffocation , Cough
- Difficulty in swallowing especially Liquids
- Increased Salivation

## INVESTIGATIONS

- Nerve Conduction Velocity Test (NCV)
- Electro-Myography (EMG)
- CT and MRI Scans of Brain and Spine
- Complete Haemogram, Thyroid Profile
- CPK
- Blood levels of Lead, Arsenic and Mercury
- Vitamin B12 levels
- Vitamin D3 levels

## WHAT YOU CAN DO

- Do active and passive exercises as advised by your doctor under the supervision of a physiotherapist.
- Avoid cold sour food and drinks, Stress
- Most important Stay Positive, Do Steaming . Do Yoga & Meditation



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY – A RAY OF HOPE FOR MND PATIENTS

There are 4 main types of MND depending on the pattern of motor neurone involvement and the part of the body where the symptoms begin.

- (a) **Amyotrophic Lateral Sclerosis (ALS)** - Also called the *Lou Gehring's Disease*. This is the commonest and deadliest form of MND.
- (b) **Progressive Bulbar Palsy (PBP)** – about 25% of cases of MND are of bulbar origin.
- (c) **Progressive Muscular Atrophy (PMA)** – very small portion of cases are seen and affects mainly lower motor neurons.
- (d) **Primary Lateral Sclerosis (PLS)** – Rarest form. Affects upper motor neurons only.

Currently there is no cure for ALS. The only drug that affects the course of the disease is *riluzole*. The drug functions by blocking the effects of the neurotransmitter glutamate, and is thought to extend the lifespan of an ALS patient by only a few months. Most cases of MND progress quite quickly, with noticeable decline occurring over the course of months. Although symptoms may present in one region, they will typically spread. If restricted to one side of the body they are more likely to progress to the same region on the other side of the body before progressing to a new region. After several years, most patients require help to carry out activities of daily living such as self-care, feeding, and transportation. MND is typically fatal within 2–5 years. Around 50% die within 14 months of diagnosis. The remaining 50% will not necessarily die within the next 14 months as the distribution is significantly skewed. As a rough estimate, 1 in 5 patients survive for 5 years, and 1 in 10 patients survive 10 years. Professor Stephen Hawking is a well-known example of a person with MND, and has lived for more than 40 years with the disease. Mortality normally results when control of the diaphragm is impaired and the ability to breathe is lost. One exception is PLS, which may last for upwards of 25 years. Given the typical age of onset, this effectively leaves most PLS patients with a normal life span. PLS can progress to ALS, decades later.

We at AKGsOVIHAMS have found over a span of about 15 years of clinical research that Homoeopathy has proved to be extremely useful and efficacious in the treatment and management of MND cases. The sooner the treatment is started, the better is the prognosis. There are numerous cases where my patients were told that they won't be alive for long, but thanks to Homoeopathy they are hale and hearty living happily with their families. Yes we haven't been able to achieve complete cure, but by improving the quality of life, arresting the progress of the deadly disease and bringing remarkable improvement in various facets of MND symptoms, Homoeopathy is showing some light in the dark room of MND. Almost 60 to 70% of cases of Motor Neuron Diseases have seen positive results with Homoeopathy. We have shared our experience of treating around 300 cases of MND.

My dream and endeavour is to come out with some cure in years to come and with the blessings of God and good wishes of my dear patients and readers, we shall succeed one day!

➤ Efficacy of homoeopathy in our MND cases visit - <https://www.youtube.com/watch?v=nqYQxGngAMM>

<https://www.youtube.com/watch?v=BYiwHVTQkU> ; <https://www.youtube.com/watch?v=HSyV7nx1IFM>

<https://www.youtube.com/watch?v=-oCIEniEjdk> ; <https://www.youtube.com/watch?v=326Dh70zC6M>

# MARVEL OF HOMOEOPATHY

This is the case of Mr. Vinod Seth who visited Dr. A. K. Gupta at his Rajouri Garden clinic in July 2010 for the first time. In the middle of 2009 he started to lose his balance while walking. Sometimes he would trip when walking on uneven roads and sometimes would lose balance when climbing stairs. He had problem in holding things. Within one year he was unable to walk without support, he had difficulty in speaking, he lost his grip to hold properly, and he had fasciculation in legs, severe discomfort in his throat and pain in his entire body. He had a feeling as if his voice was coming from the nose and had feeling of choking in his throat.

After consulting numerous doctors, undergoing multiple tests, finally in G.B.Pant Hospital, he was diagnosed with MND in advanced stage. He was told that there is no medicine for MND in the world and he can just take some Vitamins and wait. He was told that there is no treatment to stop the progress or improve the quality of life and his condition will not improve but deteriorate further and has the life expectancy for one to two year only. This was a huge shock to the entire family and this is when they started looking for alternatives. This when they came across via the internet, encouraging work of Dr.A.K.Gupta with MND patients. The treatment was started in the middle of 2010 and within 1-2 months the fasciculations and throat choking reduced. When he first visited Dr. Gupta, he had difficulty in eating and drinking properly. Gradually, he was back to normal diet under the Doctor's guidance.

He had difficulty even while sitting as he would tend to fall backwards. There was persistent coughing as well. The coughing reduced to a bare minimum. There was no more falling backwards. Swallowing also was much better. Within one year the deterioration was under control.

There was a time when he had lost his Voice / speech completely and he had to write down to communicate even with his family. But with persistent Homoeopathic treatment and advice of Dr. Gupta he regained his speech and can now communicate orally and verbally and doesn't have to write any more for communication. Also there was a loss of muscle power and strength which he regained with the Homoeopathic treatment over the years. This is a very positive sign in prognosis of MND cases.

Now after almost 8 years his condition is stable and no further significant deterioration has happened. He is still on medication. Homoeopathic treatment has definitely improved his quality of life and significantly slowed down almost arrested the progress of the disease & has gained weight.

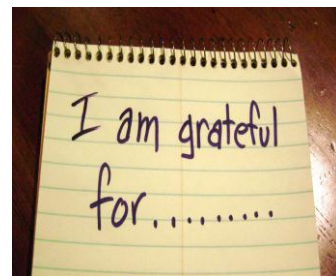
It was a matter of pleasant surprise and happiness for the doctors of G.B.Pant Hospital when Mr. Seth visited the hospital of late. The doctors could not believe that he is still alive and hale & hearty, contrary to what he had been told by the same doctors more than 8 years ago.

The entire family is really thankful to Prof. Dr. A. K. Gupta and AKGsOVIHAMS for supporting him and stabilizing him through Homeopathic treatment. ☺

➤ Watch Mr.Vinod Seth's improvement over the years - <https://www.youtube.com/watch?v=cRLzSdgQ3BI>



# MIND the MIND



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

## ATTITUDE OF GRATITUDE!

We all have our own share of ups and downs in our lives. It is a part of our existence. That is what life is all about; a process of constant change and evolution. As a Buddhist tale teaches us, no matter what happens, this too shall pass! Maintaining our stability (physical, mental and emotional) is what we strive for and wish to achieve. That is the beauty of the dichotomy of life, maintaining the balance between change and stability.

One such powerful way of doing it is developing an “Attitude of Gratitude”. Gratitude is about feeling and expressing appreciation: for all we’ve received, all that we have (however little it may be), and for all that has not befallen us. It is easy to crib about things not going your way, to feel disheartened due to the ever mounting problems which can eventually make you feel helpless, and to just surrender to the challenges life throws at us. Being grateful for all that we have, gives us the strength to face situations more effectively, it diffuses self-pity and self-centeredness which hamper our growth, and removes us from complaining mode into a best-outcomes mind set.

### Benefits of gratitude

- Gratitude facilitates contentment and thus reduces our sufferings from anxiety and depression.
- Gratitude promotes physical health as it strengthens our immune system, lowers blood pressure, and improves quality of sleep.
- Gratitude strengthens the bonds of our relationships as we feel more connected to our loved ones and promotes healthy attachment patterns.
- Gratitude makes us generous and compassionate which in turn influences and inspires others also to be more compassionate.
- It keeps us grounded and makes us humble.

### Developing an attitude of gratitude

An attitude of gratitude means making it a habit to express thankfulness and appreciation in all aspects of life, on a regular basis, for big and small things alike. Some ways of developing this habit are:-

- Wake up every morning and thank God for giving you the gift of life. Acknowledge and appreciate all that you have.
- Make it a habit to say “Thank You” to the shopkeeper at the store after buying anything, the autowallah or cab driver who drives you safely to your destination, and to anyone who helps you meet your goals in any way.
- Start a gratitude journal or diary and every night before going to sleep, write down the things that you are grateful for, proud of, and excited about.
- Appreciate and express your gratefulness to your family members, friends and colleagues who stand by you through your ups and downs.
- Appreciate yourself for your efforts and achievements.
- Whenever faced by a difficult situation, be grateful for all that you have as it will help you to look for solutions rather than get bogged down by the problem and assist in good decision-making.

*“When I look back on the suffering in my life, this may sound really strange, but I see it now as a gift. I would have never asked for it for a second. I hated it while it was happening and I protested as loudly as I could, but suffering happened anyway. Now, in retrospect I see the way in which it deepened my ‘being’ immeasurably.”*

*~Ram Dass*



## Could stem cells reverse the aging process?

Stem cells in the brain determine how quickly our bodies age, researchers have noted. But by introducing fresh stem cells, part of the aging process could be slowed down or reversed, a new study finds.

*Dr. Dongsheng Cai*, from *the Albert Einstein College of Medicine*, in New York City, NY, alongside a team of specialists, has found that adding fresh stem cells to the hypothalamus might be the way to go if we want to delay old age. The results of this study are published in the current issue of *Nature*.

Previous research conducted at the Albert Einstein College of Medicine had already shown that the **hypothalamus plays a crucial role in controlling aging**. Dr. Cai and his team have now been able to locate the specific cells that are responsible for the aging process: neural stem cells also involved in neurogenesis - that is, the creation of new brain neurons.

The researchers noted that the number of brain stem cells in the hypothalamus steadily decreases with time, and this impacts the speed at which the aging process unfolds. However, they add that their study has shown that this process can be counteracted.

**"Our research shows that the number of hypothalamic neural stem cells naturally declines over the life of the animal, and this decline accelerates aging. But we also found that by replenishing these stem cells or the molecules they produce, it's possible to slow and even reverse various aspects of aging throughout the body."**

In their study, the researchers used mice to test the role of neural stem cells. They noticed that the number of stem cells in the animals' hypothalamus started to decline at around 10 months old, which, according to the scientists, is long before aging becomes apparent. "By old age - about 2 years of age in mice - most of those [stem] cells were gone," notes Dr. Cai.

**Dr. Cai and his colleagues found that this action was productive: in all the mice, the aging process was either slowed down, or different aspects of aging were counteracted altogether.**

# Latest at AKGsOVIHAMS

- Avail **30% discounts on Online Consultations and at all our Clinics**. Discount will be given on showing the coupon code only for which visit - <http://ovihams.com/events/akgsovihams-18th-anniversary-celebrations.html>
- **FREE Consultation for all senior citizens on Sunday, 6<sup>th</sup> Aug. 2017 at our Pitam Pura Clinic** on the occasion of 103<sup>rd</sup> Birth Anniversary of **Late Sh.O.P.Gupta**, Chief Patron of AKGsOVIHAMS
- **Dr. Sanket Gupta and Kaartik Gupta will not be available from 12<sup>th</sup> to 15<sup>th</sup> August**. Kindly schedule your appointments accordingly.
- Subscribe all our Newsletters for free on [www.ovihams.com](http://www.ovihams.com)

## LAUGHTER IS THE BEST MEDICINE



**A mother complained to her consultant about her daughter's strange eating habits.**

– "All day long she lies in bed and eats yeast and car wax. What will happen to her?"

– "Eventually," said the consultant, "she will rise and shine."

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

It all started some 4 years back in 2002 when my mother was staying with my sister in Kolkatta. She started feeling something awkward with her left hand thumb. Months passed by and when I saw her next time I could see that her left thumb is almost numb. Since these are the early stage of development nobody took it that seriously thinking something else may be. But then sooner my family tried to diagnose it and after lots of test doctor could not come into any kind of conclusion. Then suddenly we came across this term MND from some doctor who predicted it since no other thing can be diagnosed. Since very few people are aware of this rare disease nobody was so sure whether this is it or something else. So she started Yoga and other stuff. Since I do job several thousand kilometres apart I was completely unaware of all these or the full scale severity. In my next visit I could see that her hands have been affected and she is struggling to do pressure work. Also it has affected her legs and sometimes she is tumbling down due to imbalance. Till this time we could not see any visible damage to her figure. Once again I departed after a week or two, diagnosis was continuing though without any result. Then after sometime I was talking to my mother one day and I could feel the distortion in her voice. It kept continuing after that. My next meeting with my mother was after a bit long gap. Then I could see the full scale damage. She has started reducing to skeleton. She was struggling to work. Her hand muscle had gone. That was just unbelievable. Suddenly I became nowhere. What to do what not to do was beyond my imagination. Then we decided we will take her to Delhi for a neuro test. My friend's uncle is a neuro surgeon and after hours of testing he confirmed that it is MND. Also a shocker later on for me that be prepare for the inevitable. As a son what was happening to me that point of time is hard to explain. It was so overwhelming.

We went to baba RamDev ashram as per my mother's request. After coming to home I was thinking what's next. Also mean while I had already shifted to Bangalore. Coming to Bangalore I could hardly pass my time just thinking the future events. Then suddenly I got a call from my very good friend Mr Sandeep Gulati from Delhi. He told me about Dr A.K.Gupta, his clinic, their success story and so on. Then I went through the website of OVIHAMS. After reading a previous case of MND a little ray of hope suddenly started erupting inside me. I contacted him and soon we started our medication. My mother started showing some good result afterwards. Also she became mentally stronger with a hope that things will go well afterwards.

After 3 months Dr Gupta visited my mother in our home in Orissa in Jan 2006. It was so great having him at our doorsteps when we know how busy man he is. After examining her thoroughly and taking complete mental. Emotional and physical aspects he advised for the change and additions in Diet and also advised for some exercises. Since then close to 2 years have been elapsed and my mother is almost stable and has got completely cured of the persistent feeling of falling down backward. Her sensation of thickening of her Tongue and vague sensation has been completely taken care of. Now she is able to lift her Hands and able to eat on her own. She has started moving around though at times she still staggers while walking. Her appetite has improved. Her Depression part has been reduced tremendously. The speech part became quite better but that varies on different occasions. No further damage in these years except the voice distortion and sleeping problem.

Also it is very important to note that MND is a rare disease which affects your body muscle a lot. So that means the patient has to go through physiotherapy constantly. With current Homoeopathic therapy we could see muscle recovering a good sign. Since MND does a lot of damage to your body, it does disfigure the patient and disable them of doing the most private things. That's why it is very important to make them happy and keep encouraging them so as to minimize the chances of depression.

Current medical science doesn't have any full proof answer to MND though stem cell researches are going on. We all are aware of the power of Homeopathy and there no side effects. In long run it has got a tremendous effect if it suits you.

- *Mr. Dutta, Bhuvaneshwar, Orissa*



APHTHAE



DERMATITIS



ATOPIC DERMATITIS



**Mr. Afridi from Pakistan asks** – *How much time does it take for a MND patient to become ok?*

**Prof. Dr. A. K. Gupta says** – MND is a very fast progressing disease. The recovery of a patient entirely depends upon the nature, type, severity and the speed at which the patient is deteriorating. ALS is the commonest, fastest and deadliest type of MND. The slowing down of the fast progression of degeneration is also a big achievement in such cases. The sooner the treatment is started, the more are the chances for us to arrest the progression of the ailment. Good news is that I have seen in my patients, the earlier the Homoeopathic medicines are given, the pace of recovery also becomes really fast though not cured. Patients need continuous and prolonged medication.

**NOTE** - This segment has been created to answer all your queries related to Health, Mind (Psychology) and Homoeopathy. We invite you to ask our doctors and experts any questions and we would try to respond to the questions with the best of our knowledge. You may send in your queries at [drsanketgupta@gmail.com](mailto:drsanketgupta@gmail.com) and we would include as much questions as possible in this section.

## **AKGsOVIHAMS HOMOEOPATHIC CLINICS**

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

WEST DELHI - J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel: 011-25101989, 011-25430368; Fax – 011-25111989

SOUTH DELHI - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel: 011-24100494

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