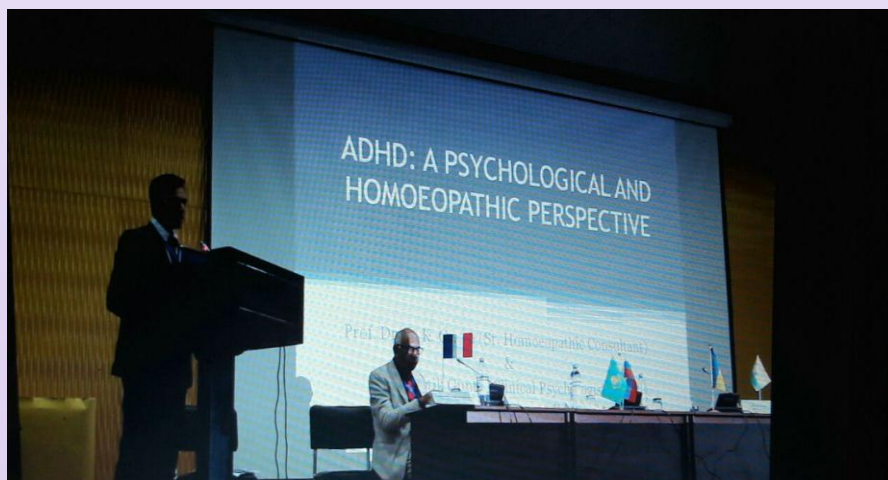


Sept. 2017 Issue - XLVIII



# MONTHLY NEWS LETTER



**Kaartik Gupta** presented his 1<sup>st</sup> paper at an International level along with **Prof. Dr. A.K. Gupta** in the recently held conference organized by the Asian Homoeopathic Medical League (AHML) in the city of **Almaty, Kazakhstan**. It was a combined presentation on Attention Deficit Hyperactivity Disorder (ADHD) with a Psychological and Homoeopathic Perspective. To know more about the conference visit - <http://ovihams.com/ahml-conference-at-almaty/ahml-conference-at-almaty.html>

In this issue we will discuss about a rare genetic disease called **Epidermolysis Bullosa**. Homoeopathy has shown some encouraging and positive results in this disease. Management is the key in such conditions and Homoeopathy also helps in effective management of E.B.

Our Clinical Psychologist **Kaartik Gupta** talks about the burning issue of the **Blue Whale** in the section Mind the MIND.



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

# EPIDERMOLYSIS BULLOSA

## INTRODUCTION

- It is a group of inherited disorders in which skin blisters develop in response to minor injury
- There are 4 main varieties of Epidermolysis bullosa, namely – *Simplex, Junctional, Dystrophic and Hemidesmosomal* epidermolysis bullosa

## ETIOLOGY / CAUSES

- All of the different types of epidermolysis bullosa are generally inherited. Therefore, having a family history of the disease, especially an affected parent, is a risk factor. The inheritance pattern may be dominant or recessive. A dominant form means that an offspring can inherit the gene or trait from one affected parent. The recessive form means that both parents must carry a gene and transmit that gene to the offspring in order for the infant or child to be affected.
- Chafing (wearing away) of the skin, rubbing, or even increased room temperature may cause blisters to form.

## SIGNS & SYMPTOMS

- Depending on the type present, E.B varies in severity from minor blistering of the skin to a lethal form involving other organs
- The condition generally starts at birth or soon after that
- Weber-Cockayne is the most common form of E.B simplex. This type involves blistering of the palms and soles and may include excessive sweating
- The recessive forms of E.B tend to be more severe. There is formation of large, fluid-filled blisters that develop in response to minor trauma
- In the severe forms, scarring after blister formation may cause deformities, fusion of the fingers and toes, and contracture deformities (for example, at the fingers, elbows and knees). If the mouth and oesophagus are involved, blistering and scarring lead to feeding and swallowing difficulties.

## WHAT YOU CAN DO

- All forms of EB need to be prevented from leading into deformities and super ceded infections.
- The skin must not be allowed to become completely dry.
- Avoid friction as much as possible while handling the child and be cautious even in choosing the clothing to wear for the patient as well as the attendants.

## INVESTIGATIONS

- Skin biopsy
- Complete Haemogram
- Genetic coding
- Allergy Panel



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



# ROLE OF HOMOEOPATHY IN MANAGEMENT OF E.B PATIENTS

Epidermolysis Bullosa is one of the most troublesome diseases that I have come across in my clinical practice. It is not only painful for the patient (usually a child) but also for the parents and family members as it is a constant struggle and difficult routine of managing the case with bandages, etc. As mentioned in the section above there are various variants and types of E.B and each form is severe in itself apart from the milder versions of E.B Simplex that is seen sometimes. It is a genetic disorder where mostly consanguine marriages (marriage among blood relations) have been reported in the parents. This results in a genetic mutation leading to the child born with blistering of any part of the body. It is an extremely difficult disease to cure and considered incurable in the Modern Medicine.

Blisters seem to occur more frequently when the weather is hot and humid. Increased physical and emotional stress also has been reported to cause an increase in blistering. Any amount of friction or even itching leads to blister or bulla formation. Interestingly, some individuals with EBS-DM have reported an improvement in blistering when they have a fever. Blisters tend to decrease in number and severity for most patients as they grow older. Some people with EBS-DM even report having “grown out of it” by the time they begin grade school.

Major part of treatment is the correct management of the blisters and wounds. It is imperative to protect the skin from secondary microbial infections as there is always a chance of landing into septicaemia which can be fatal. Bandaging must be of the softest quality covering the entire length of the affected area. There is major risk of respiratory failure also as many patients get blistering inside the oral mucosa and air pipe. Hence, liquids at room temperature or slightly colder should be preferably given to the patient.

We at AKGsOVIHAMS have seen some encouraging results in the treatment of Epidermolysis Bullosa. Homoeopathy has been able to get children out of life threatening conditions and those are carrying on well with the regular treatment and management. The frequency and intensity of blistering has been seen to gradually reduce with the Homoeopathic treatment in a lot of cases. Medicines like *Sulphur*, *Aristolochia*, *Cantharis*, *Acid Nitric*, *Silicea*, *Rhus tox*, *Merc. Sol.*, etc have been found really helpful when indicated in a particular case. Also, external wash with the *Calendula* mother tincture is a wonderful gift of Homoeopathy for EB patients. It not only heals the wounds but also acts as an anti-septic and protects the patient from other secondary microbial infections.



# MARVEL OF HOMOEOPATHY

A new born baby was brought to our AKGsOVIHAMS Moti Bagh branch in August 2010. He was just 12 days old small boy named Jitender who was having thick scabs all over the body with peeling off skin.

The child was born absolutely normal but on the 9th day, there appeared a big vesicular eruption (bulla) on his left thigh. The fluid filled eruption burst open the next day and there was formation of thick yellow colored scabs. The skin started peeling off even on slightest touch. There was no discharge. There was no pain as the child was seemingly in no distress. He appeared slightly pale.



It was a full term normal vaginal delivery at home. The pregnancy was absolutely uneventful with no history of any medication by the mother.

Dr. Sanket Gupta examined him thoroughly and diagnosed this as a case of Epidermolysis Bullosa.

The baby boy was given prompt and apt Homoeopathic t/t with the help of which the child was absolutely cured off his malady within 1-2 months and hasn't reported any recurrence since then.

Treatment Given –

Sulphur 30/ 1 dose

Calendula Q for external wash

Causticum 30 & Hydrocotyle 30 once each in between for acute troubles



Watch the whole case on - <https://www.youtube.com/watch?v=mXm2bBuaQJE>



# MIND the MIND



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

## CATCHING THE BLUE WHALE!

It is often said that there is nothing innately good or bad, it is the mind that makes it so. There is another belief which suggests that everything has its advantages and disadvantages. Today, we live in a world that is developing and growing at a very rapid pace. Technology is a major contributor to this change. Gadgets are becoming smarter and humans becoming more mechanical than ever. Hence, it is not surprising to come across something like “The Blue Whale Challenge” which has created such a panic among our society for the welfare and health of our children. It is alarming to see so many children and adolescents from all over the world falling for such an absurd and sadistic creation of some sick human mind.

### ***“What is The Blue Whale Challenge?”***

Unlike the popular belief, it is not an online game or an application that can be downloaded in the smartphones. It is a challenge in which the administrator or “curator” approaches some individuals through social networking sites or hashtags who seem to be vulnerable to him/her for falling in this trap. The curator sends a link that has 50 challenges for the participant, 1 task for each day. The tasks gradually escalate in intensity with the last task being committing suicide.

### ***“Why are children falling for this?”***

There are several reasons for this. Strong needs for social recognition and acceptance need to prove oneself as strong and worthy, and the temptation of such a “challenge” seems thrilling to them. In addition to this, the internet is full of information that is too sensitive for such an age group which can make it difficult for them to differentiate the real world from the virtual world. Children/adolescents who are too adventurous, thrill seeking, or even those who feel alone, are teased as “losers” by others, and those suffering from depression are highly vulnerable to get entangled in this. Just like in any other form of abuse, the “curator” tends to check the loyalty by initially asking the participant to complete certain tasks and then use threats to ensure that the participant does not discontinue or report it to others.

### ***“What can parents do to safeguard their child?”***

Although an unwanted phenomenon, the Blue Whale Challenge does give you an opportunity to understand the importance of spending quality time with your children. It is not possible to protect them from everything that is “bad” or “harmful” in this world, but it is certainly possible and required to make them wise enough to be able to differentiate what is helpful for them and what is not. The best way to do this is to talk to them! Make them feel your love and care by being with them, try to get to know how their life is going but respect their personal space as well. Watch out for any significant changes in their behaviour and daily routine, keep a check on what they do on the internet, and discuss with them about the need to be careful with what information they put online.

### ***“For children and adolescents”***

Each one of you is a special and unique person. You do not have to prove anything to anyone. Just have faith in yourself and follow your passion. Share your feelings and thoughts only with those whom you trust, who understand you and those who can guide you well. Use technology and social media responsibly; it is imperative for your growth and safety!

- ❖ If you or any of your loved one is showing any such signs of being affected by the game, or feel vulnerable it is advised that you consult a mental health professional and seek help.

Here is a link to a short film on this topic. Do watch! <https://www.youtube.com/watch?v=Yjk1FnM9Aek>



## **Anesthesia and surgery during infancy may impact white matter during childhood**

General anesthesia and surgery in otherwise healthy infants under the age of 1 year old could be associated with decreases in the amount of white matter in the brain, as well as reductions in the remaining white matter's integrity, according to a new *University of Iowa Health Care* study published in the *Online First edition of Anesthesiology*.

Researchers conducted structural MRI tests on 34 children between the ages of 12 and 15 years old - 17 otherwise healthy patients who had been administered general anesthesia and had surgery in their first year of life, and 17 control subjects who had not had surgery or general anesthesia before their first birthday.

**What they found was that the volume and integrity of white matter was on average 1.5 percentage points lower in patients who had undergone surgery involving general anesthesia as infants.**

This is the first study in relatively healthy humans to measure amounts and integrity of white matter in different parts of the brain, says *Robert Block, PhD*, associate professor of anesthesia at the UI Carver College of Medicine and first author on the study.

# **Latest at AKGsOVIHAMS**

- **AKGsOVIHAMS Clinic at Pitam Pura will be functioning regularly on all days from next month. Patients can avail full services for Homoeopathy and Psychology.**
- **Space available at both Satya Niketan and Pitam Pura Clinics for Allied Medical services like – Dentist/Physiotherapy/Yoga/Accupuncture/Accupressure/Naturopathy/Ayurveda etc. and other medical specialities. Contact Dr.A.K.Gupta at 9811341238 or [dr.gupta.ak@gmail.com](mailto:dr.gupta.ak@gmail.com)**
- **Subscribe all our Newsletters for free on [www.ovihams.com](http://www.ovihams.com)**

## **LAUGHTER IS THE BEST MEDICINE**



**Medical student was asked...**

**... if there is nuclear weapon attack**

**... who will survive ...???**

**?**

**?**

**?**

**Ans - SLE patients... because they have antinuclear antibodies sir.**

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

My Name is Irena. I live in CANADA and I have a son Avi. He is 8 years old and he has EBS – which is a rare Genetic Skin Disorder

Epidermolysis bullosa (EB) is the term used to describe a number of rare genetic conditions which cause the skin to blister and peel off in response to minimal friction and trauma. There is currently no cure, but research continues. There is still a long way to go but an effective treatment to prevent or reduce the blistering may ultimately be possible. Dowling Meara EB simplex itself cannot be treated, but there is much that parents and professionals can do to reduce the impact of the symptoms.

Since, September 2013 – Which THANK GOD, My husband just found a Video on YOUTUBE that shows the same case like my son has been Cured COMPLETELY by Dr. Sanket Gupta, MD (Hom) – Under his Homeopathic treatment.

I couldn't sleep that night...I called Dr. Sanket Gupta, and asked if he can help my son – He didn't even hesitate, and answered ABSOLUTELY – I Will ☐

Since that time, there is a lot of improvement in my son's condition, which is not a Miracle, as there is definite scientific methodology that Dr. Gupta follows with his Homoeopathic treatment. I can definitely say – Avi has much less blisters showing up, very less pain, no more constipation ...

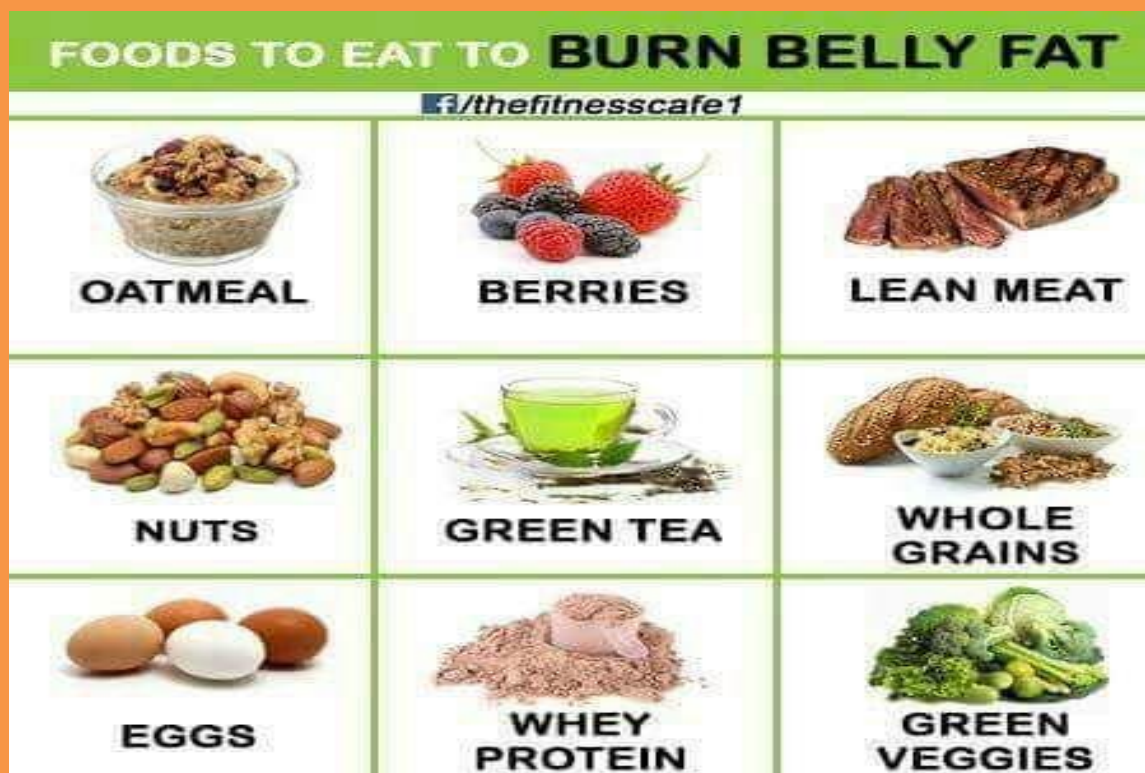
As soon as I will be able to fly to Dr. Sanket Gupta in India, to get the full treatment for my Son – I'LL DO THAT!!!

My HOPE is to see my son without any blisters one day!!!! I'll pray and Thank to God that I found about Doctor Sanket!!!! He is Our Hope!!!

Thank you Dear Dr. Sanket, for saving people's Lives!!!!!!!!!!!!

- *Irena Asor Mazor, Canada*

## Tips for Health & Wellness







PSORIASIS

EPIDERMOLYSIS BULLOSA

HYPERPIGMENTATION



**Mr. Deepak from New Delhi asks** – *My 4 year old son behaves very aggressively with everyone in the house. He is extremely impatient and lacks concentration. What could be the reason?*

**Clinical Psychologist Kaartik Gupta says** – It is difficult to comment on the exact reason as a child's aggressive behaviour could be due to several reasons. It could be a manifestation of childhood problems like ADHD, Behavioural problems, autism or any other developmental problem. Children learn a lot from what they observe around them; hence it is important to keep your own behaviour in check as well. Further, you can consult at our clinic in person for detailed assessment of your child.

**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

NORTH DELHI - RU-115, Pitam Pura, opp. Power House; Tel: 011-27345218, 9873565050

EMERGENCY HELPLINE – 9811341238, 9711013938, 9711981553

Email – [drakgupta@ovihams.com](mailto:drakgupta@ovihams.com); [drsanketgupta@gmail.com](mailto:drsanketgupta@gmail.com)

Website – [www.ovihams.com](http://www.ovihams.com)

 <https://www.facebook.com/AKGsOVIHAMS/>, <https://www.facebook.com/Mind-the-MIND-208725019557269/>

 <https://www.youtube.com/channel/UCcTjXDusTTVhI852JPOAFrg>