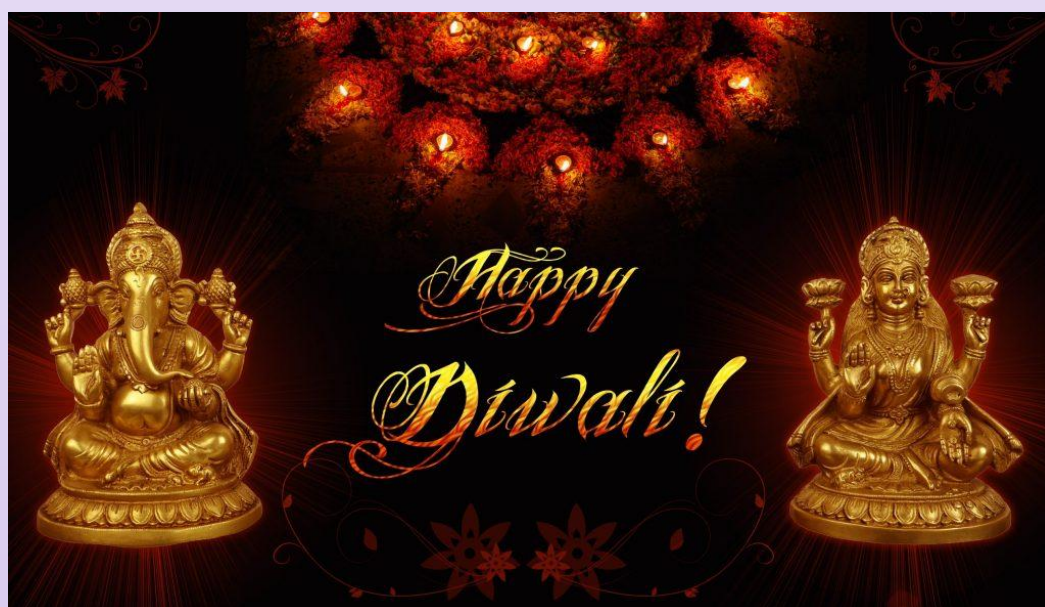


Oct. 2017 Issue - XLIX



## MONTHLY NEWS LETTER



In the auspicious festival of Diwali, we are pleased to inform that with the blessings of the Almighty and the best wishes of all near and dear ones, the inauguration of new AKGsOVIHAMS Medical Centre at Pitam Pura will be held on 21<sup>st</sup> Oct. 2017. We thank all our patients for their trust reposed in us and seek the same patronage & assure our best services in the future as well.

In this issue we discuss about a common problem among new born babies called **Infantile Colic**. Homoeopathy has been a very useful aid for parents of new born kids also. Children love Homoeopathic treatment as it offers Sweet Pills to eat and Sweet Behaviour to admire.

**Kaartik Gupta**, Clinical Psychologist talks about the theme of the **World Mental Health Day - Mental Health in Workplace** in the section Mind the MIND. His interview & radio talk regarding this issue on **Apna Radio 96.9FM** was well appreciated by all. To hear that visit - <https://www.youtube.com/watch?v=gx9ATLNQzba>



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

# INFANTILE COLIC

## INTRODUCTION

- Episodes of crying for more than three hours a day, for more than three days a week, for three weeks in an otherwise healthy child is called Infantile Colic.

## ETIOLOGY / CAUSES

- **Overstimulated senses** - New-borns have a built-in mechanism for tuning out sights and sounds around them, which allows them to sleep and eat without being disturbed by their environment. Near the end of the first month, however, this mechanism disappears — leaving babies more sensitive to the stimuli in their surroundings.
- **An immature digestive system**
- **Infant acid reflux** - Infant GERD is often the result of an underdeveloped lower esophageal sphincter, the muscle that keeps stomach acid from flowing back up into the throat and mouth, which can irritate the esophagus.
- **Food allergies or sensitivity** – some babies develop an allergy to milk protein (or lactose intolerance) in formula-fed babies.
- **Tobacco exposure** - Several studies show that moms who smoke during or after pregnancy are more likely to have babies with colic

## SIGNS & SYMPTOMS

- Crying occurs at the same time every day (usually in the late afternoon or early evening, but it can vary)
- Crying seems to occur for no reason
- Baby may pull up his legs, clench his fists and generally move his legs and arms more
- He also often will close his eyes or open them very wide, furrow his brow, even hold his breath briefly
- Bowel activity may increase, and he may pass gas or spit up
- Eating and sleeping are disrupted by the crying — baby frantically seeks a nipple only to reject it once sucking has begun, or dozes for a few moments only to wake up screaming

## WHAT YOU CAN DO

- Mother should be very cautious about what she eats and consumes.
- Apply pressure to baby's tummy. Some babies find it comfortable.
- Try to divert baby's attention by taking him out of the house

## INVESTIGATIONS

- It is generally clinically diagnosed by the physician.
- Only in case of severe and incessant crying can one investigate with an Ultrasound (USG) of the whole abdomen or CT Scan of the abdomen.



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY IS EVERY INFANT'S BEST FRIEND

Parents usually opt for Homoeopathy and try to avoid the hard and chemical based Homoeopathic medication for their small little kids. Homoeopathy has always been able to maintain the faith of the patients especially in case of children as it not only cures their problems completely but also builds up their overall immunity which helps them in the long run later on in their lives.

Infantile colic is a type of case that we see almost every day in our AKGsOVIHAMS Clinics. Usually the child recovers soon and even without medication at times. But there are cases where the child just doesn't stop crying despite best of efforts from the parents and other family members. This is where need of medication arises and there is no better system of medicine than Homoeopathy to tackle the infant in the most gentle way. Crying child is a very tedious problem as it becomes difficult to elicit the exact cause. For Excessive Crying Child one may refer to my Book "**The problem Child and Homoeopathy**" of B.Jain publishers, also available on Amazon.com

The colic is usually abdominal in origin resulting due to either gastric or digestive disturbances; urinary infection; milk intolerance and can be very well treated medicinally; or rare intestinal infection like intussusception or volvulus which require surgical intervention.

There are many Homoeopathic medicines which are very useful in cases of Infantile Colic. Few of them are – *Chamomilla, Cina, Belladonna, Nux Vomica, Aethusa, Calcarea Phos, Pulsatilla, Colocynth, Magnesia Phos, Senna, Raphenus* etc.

# MARVEL OF HOMOEOPATHY

This is a case of Mr. A. T., 56 yrs old man who was brought to our Rajouri Garden clinic in end of July 2017 to consult with Prof. Dr. A. K. Gupta. He is a diabetic patient since 27yrs and came with complaints of burning in both the soles and even almost total loss of sensation in the feet. He had difficulty in wearing his footwear. A full blown case of Diabetic Neuropathy! His 1<sup>st</sup> right toe had to be amputated due to Diabetes Mellitus as it had become gangrenous and would have affected other parts of the foot as well. His HbA1C level at that time was 14.6!! This was alarmingly high. The healing of the wound that had developed after amputation was not happening or obviously extremely slow and seriously dangerous condition for the patient to be in despite best of allopathic medication and dressing, the wound was not even getting close to healing. Patient was in extreme pain as well. He was on heavy Insulin dosage along with anti-hypertension and anti-dyslipidaemia medicines. His blood reports showed the bad effects of diabetes in all other body parts like heart, kidneys and liver as well.

After going through the entire case Dr. Gupta gave him *Arsenic Album 1M / 1 dose* to be taken on alternate days. The patient was asked to dress the wound with the help of *Calendula Mother Tincture* and was also asked to keep a record of Blood Sugar Fasting and Post-Prandial. In just 1 weeks' time, the patient started feeling much better. The pain and burning the feet were much reduced and the blood sugar levels also started coming down on a daily basis. The same prescription was continued.

Gradually his other body symptoms and parameters also started improving. Burning and tingling in feet was much better. Heaviness over the eyes and constant palpitation and uneasiness was much reduced. Healing of the wound was extremely good by the end of 2 weeks of Homoeopathic treatment. Blood sugar levels kept coming down steadily and gradually.

The wound by now has been completely healed though the patient is still undergoing treatment for diabetes mellitus and other issues.

Various stages of improvement - :

27<sup>th</sup> July 2017



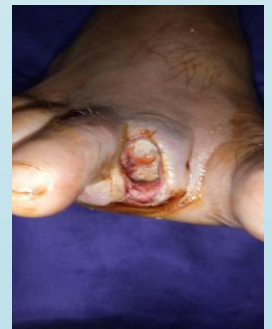
13<sup>th</sup> Aug. 2017



29<sup>th</sup> Aug. 2017



10<sup>th</sup> Sept. 2017



26<sup>th</sup> Sept. 2017



4<sup>th</sup> Oct. 2017







# MIND the MIND

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

## MENTAL HEALTH IN WORKPLACE

Every year, 10th October is celebrated as World Mental Health Day all over the world. The aim of this event is to spread awareness among people about the importance of mental health, fight stigma against mental illness, and to promote ways of improving one's mental health. The theme for this year was "*Mental Health in Workplace*". It is a very relevant theme, especially in today's world where the line between our professional and personal life is getting blurred and over-lapping with each other.

### *Why this theme?*

We spend a significant time of our adulthood at our workplace or in being engaged with work. Thus it has a great impact not just on our livelihood, but also on our health. Feeling stressed, burnout or mental fatigue are very common terms among the working class. Factors like increasing competition, job insecurities, office politics, etc. can have detrimental effects on the psychological well-being of an individual. Depression, anxiety problems, and even physical problems like diabetes, hypertension and heart problems are some of the commonly experienced difficulties which in turn affect the overall functioning of the individual. Due to widespread stigma against mental illness, people shy away from discussing about such things openly which further exacerbates their condition. Hence, it is important to spread awareness about mental health and create an attitude of acceptance; both towards the illness and the person suffering from it.

### *Signs of stress or mental illness at workplace*

- The person may appear low or dull
- Low self-confidence which leads to difficulty in decision making, procrastination and poor performance
- Absenteeism; increased use of harmful substances like alcohol, cigarette or any other drug
- Social isolation or preferring to be alone most of the time
- Easy irritability, fatigability, missing deadlines
- Difficulty in concentrating at work; forgetting things or remaining absent-minded

### *Ways to promote mental health at workplace*

- Share your thoughts and feelings with someone you trust and feel comfortable with
- Take out time for yourself and do what you like (hobbies)
- Regular exercise and a healthy diet along with sufficient water intake
- Take small breaks even at work as it keeps you fresh and helps in concentrating better
- Have faith in yourself and see any stressful situation as an opportunity to develop or grow
- Build a healthy, cordial and accepting environment at workplace. Openly discuss about mental health issues and address the needs of the workers
- Make your workers/employees feel valued and involved in the functioning of the organisation. Appreciate their work regularly.
- Provide opportunities to consult a Psychologist or Psychiatrist for any issues related to mental health.

*'To be healthy as a whole, Mental Wellness plays a role'*

- Listen to **Dr. A. K. Gupta** - Radio talk on World Mental Health Day, 2017 on AIR FM Gold 106.4 MHz  
<https://www.youtube.com/watch?v=nh8zu2O4wP8>



## Preterm adults have 'older' brains, finds study

Adolescents and adults who were born very prematurely may have "older" brains than those who were born full term, a new study reveals.

Researchers identified changes in the brain structure of adults born between 28 and 32 weeks gestation that corresponded with accelerated brain aging, meaning that their brains appeared older than those of their non-preterm counterparts. Lead study author *Dr. Chiara Nosarti, of the Institute of Psychiatry, Psychology and Neuroscience at King's College London* in the United Kingdom, and colleagues recently reported their findings in the journal *Neuroimage*.

A baby's brain fully develops in the final few weeks of gestation, so being born early disrupts this process. As such, babies born preterm are at greater risk of developmental disabilities including impairments in learning, language, and behavior.

Using MRI, the researchers analyzed the brain structure of 328 adults who had been born before 33 weeks gestation. Subjects were assessed at two time points: adolescence (mean age 19.8 years) and adulthood (mean age 30.6 years). The brain scans of these participants were then compared with those of 232 adults who were born full term (the controls), alongside 1,210 brain scans gathered from open-access MRI archives.

Compared with the controls, the team found that subjects born very preterm had a lower volume of gray matter in both adolescence and adulthood, particularly in brain regions associated with memory and emotional processing. They also pinpointed a number of structural brain alterations that demonstrated resilience to the effects of preterm birth. For example, they identified increases in gray matter volume in regions associated with behavioral control.

**Upon further investigation, the team found that the reduced gray matter volume identified in very preterm participants was associated with accelerated brain maturation. As a result, the brains of the preterm subjects appeared older than those of the controls.**

# Latest at AKGsoVIHAMS

- Inauguration of AKGsoVIHAMS Medical Centre, Pitam Pura on Saturday, 21<sup>st</sup> Oct. 2017. The Chief Guest for the event will be Sh. Ram Niwas Goel, hon'ble Speaker of the Delhi State Assembly. Also gracing the occasion will be Guests of Honour - Padmashri Prof. Dr. V. K .Gupta and Sh. K. G. Suresh, Director-General, Indian Institute of Mass Communication.
- Homoeopathy, Psychology and Path. Lab. Collection for All routine & Special Investigations will be available at the new centre. Contact - 01140392959

## LAUGHTER IS THE BEST MEDICINE



Three old men are at the doctor's office to take a memory test.

The doctor says to the first old guy, "What is three times three?" "274," was his reply.

The doctor worriedly says to the second old man, "It's your turn. What is three times three?" "Tuesday" replies the second man.

The doctor sadly says to the third one, "Okay, your turn. What's three times three"? "Nine" says the third old man.

"That's great!" exclaims the doctor. "How did you get that"?

"That was easy Doc, "I just subtracted 274 from Tuesday."

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Homeopathy is a system of alternative medicine which is based on the principle of "like cures like", according to which a substance that causes the symptoms of a disease in healthy people will cure similar symptoms in sick people. It's a completely safe form of medicinal remedy and has no side effects. Homeopathy is a holistic form of medicine, which focuses on the complete treatment and health of the entire body rather than the treatment of a specific system of the body.

Homeopathy has been found to be effective in alleviating the pain of patients with chronic illnesses as well. Homeopathy may be viewed as a healthier way of dealing with sickness because it does not impede the body's natural tendency to defend itself against infection or stresses. Instead, homeopathy gently speeds up the immune system's process. Also, the medicines do not cause any harmful side effects.

Hi, my name is Prerna Nainwal and I wish to share my personal experience with homeopathic treatment at the OVIHAMS clinic. I was suffering from insomnia and spells of anxiety for past couple of months. I had neglected my problem and as a result of which it had become quite severe, my everyday functionality had started to suffer, I wanted to avoid taking allopathic treatment for my problem since the medicines prescribed have a lot of serious side effects.

Eventually I was advised to try some alternative form of medicine and I chose OVIHAMS and homeopathy since my friend referred me to it and told me about its benefits. After taking homeopathic treatment for 2 weeks I felt a definite improvement in my condition and after a period of 4 weeks my symptoms of anxiety and insomnia completely disappeared and I was able to have a long unbroken period of sleep for a continuous 8 hours. I also felt more energy in my system during the day and felt fresh and alert. I would sincerely advice you to put your faith in OVIHAMS and homeopathy and reap rich benefits and long lasting health from its treatment.

- *Prerna Nainwal, Mumbai*

## Tips for Health & Wellness







EXFOLIATIVE DERMATITIS



LICHEN PLANUS



RANULA



Need help?  
**AskUs!**

**Ms. Sruthi from Noida asks** – *Are Uterine fibroids treatable with Homoeopathy? If yes, in how much time?*

**Dr. Sanket Gupta says** – Uterine fibroids are very well treatable with Homoeopathy. There are a huge number of cases of uterine fibroids that have been absolutely cured with the help of Homoeopathy at AKGsOVIHAMS. Depending upon the type, number, size and site of fibroid it can be ascertained as to how much time it will take to be cured. USG is the main guide along with clinical symptoms when it comes to the assessment of prognosis of a uterine fibroid case. To know more on this you may have a look at our newsletter issue on uterine fibroid by visiting - <http://ovihams.com/GetContent/Newsletter/14/V>

**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)

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 <https://www.youtube.com/channel/UCcTjXDusTTVhI852JPOAFRg>