

MONTHLY NEWSLETTER

In the 50th issue of our Newsletter we are happy to inform that the Pitam Pura branch of AKGsOVIHAMS Medical Centre was inaugurated on the 21st Oct., 2017 by Sh.K.G.Suresh, Director-General Indian Institute of Mass Communication. It was also 61st Birthday of Founder-Director of AKGsOVIHAMS Prof.Dr.A.K.Gupta on the same day. A Charitable Homoeopathic OPD has also been started on that day which would run from Monday to Saturday between 9am to 11am. Few glimpses from the event –



In this Issue :-

We will discuss about a neurological disease called **Parkinsonism**. The disease became famous when the legendary boxer *Mohamad Ali* was diagnosed to be suffering with it. Homoeopathy has been a very useful in tackling this disease effectively.

Kaartik Gupta, Clinical Psychologist talks about the **Missing Innocence** on this Children's Day in the section Mind the MIND.

PARKINSONISM



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



Introduction

- Neurodegenerative disorder which leads to progressive deterioration of motor function due to loss of dopamine-producing brain cells.
- Second most common neurodegenerative disorder and the most common movement disorder.

ETIOLOGY/CAUSES

- A substance called dopamine acts as a messenger between two brain areas - the substantia nigra and the corpus striatum - to produce smooth, controlled movements. Most of the movement-related symptoms of Parkinson's disease are caused by a lack of dopamine due to the loss of dopamine-producing cells in the substantia nigra. When the amount of dopamine is too low, communication between the substantia nigra and corpus striatum becomes ineffective, and movement becomes impaired; the greater the loss of dopamine, the worse the movement-related symptoms.
- Genetic and pathological studies have revealed that various dysfunctional cellular processes, inflammation, and stress can all contribute to cell damage.
- 5 genes have been identified that are definitively associated with Parkinson's disease. These are – SNCA, PARK2, PARK7, PINK1, LRRK2
- Some of the risk factors for developing Parkinson's Disease are – Progressive age, Family history, Head injury, etc.

SIGNS & SYMPTOMS

- Trembling in fingers, hands, arms, feet, legs, jaw, or head. Tremors occur while the individual is resting, but not while involved in a task.
- Stiffness of the limbs and trunk, which may increase during movement. Rigidity may produce muscle aches and pain.
- Loss of fine hand movement leads to cramped handwriting and makes eating difficult.
- Slowness of voluntary movements (Bradykinesia)
- Bradykinesia together with stiffness also affect the facial muscles and result in an expressionless, "mask-like" appearance.
- Postural instability which leads to falls.
- Distinctive shuffling walk with a stooped position & a diminished or absent arm swing. Difficult to start walking and to make turns. Patient may freeze in mid-stride and appear to fall forward while walking.

WHAT YOU CAN DO

- The family and attendants of the patient must be extremely supportive and well informed about the management of the case.
- Patient should be kept motivated and cheerful as much as possible.

INVESTIGATIONS

- Clinical analysis
- CT Scan of the Brain
- MRI of the Brain



Prof. Dr. A.K. Gupta, MD (Hom.)
Founder-Director AKGsOVIHAMS, Gold Medallist



PARKINSON'S DISEASE IS TREATABLE WITH HOMOEOPATHY

Dopamine is the chemical deficiency of which leads to this condition called Parkinson's disease. It is named after scientist James Parkinson who first described the disorder as "shaking palsy". Descriptions of Parkinson's disease date back as far as 5000 BC. Around that time, an ancient Indian civilization called the disorder Kampavata and treated it with the seeds of a plant containing therapeutic levels of what is today known as levodopa. The exact cause though is still unknown as to why this Dopamine suddenly starts reducing in an individual which eventually leads to Parkinson's disease. Certain factors which have been listed above by Dr. Sanket Gupta are to be taken into consideration.

The lives of patients suffering with Parkinson's disease becomes gradually dependent and almost of a vegetative state. Along with the primary symptoms of the disease, patients have been found to complain of depression, anxiety, severe body aches, respiratory troubles, and even dementia or memory loss. There is no cure in modern medicine for Parkinsonism. Patients have to take the medicines throughout their lives and the effort is to prevent the inevitable for as long as possible. Prognosis is usually not great.

With Homoeopathy though, the approach is different. We don't try to just manage the effect by recuperating the deficiency, but the approach of the Homoeopathic Doctor is to find out the reason which led to this Dopamine deficiency and under what circumstances. As mentioned earlier there are certain risk factors which may lead to the development of a normal healthy individual into a full blown Parkinsonism case. The risk or triggering factors are extremely important for the treating Homoeopathic Doctor as these factors and their effect on the individual tell us what is needed to be given to that particular individual to cover up the deficiency. The Homoeopathic medicine boosts the vital force and thus the pituitary to secrete enough Dopamine for the individual to function naturally and in a normal healthy way.

This approach is the main reason why Homoeopathy is able to cure such so-called Incurable cases. It's the Man in Disease that we treat. The homoeostasis is being tried to achieve and not mere fulfilling or supplementing of the deficient chemical.

MARVEL OF HOMOEOPATHY

In April 2014, Mrs. Shiela Devi, 54yrs old, from Muzaffarpur, Bihar consulted Prof. Dr. A. K. Gupta for the first time at his clinic in Rajouri Garden. She was a clinically diagnosed case of Parkinson's disease by a Neurologist. She was also suffering from Type-II Diabetes Mellitus and Hypothyroidism. Her problem started around 2010 when her children noticed at that her hands had started shaking a bit especially when holding a cup of tea in her hand. Initially it used to happen very seldom but gradually it started becoming more and more apparent. There was gradually tremendous shaking in the legs and hands when she came for her first visit to see Dr. Gupta. There was difficulty in walking because she felt that she would fall down in the forward direction on taking any step. She also complained of pains in her lower limbs and back. There was a tingling sensation all over the body with twitching in the extremities at times. She was generally an anxious person.

Dr. Gupta took the entire case in detail and started with her Homoeopathic treatment. In about 3 months' time there were about 50% reductions in tremors in hands and legs. There was no more pain in the lower limbs and the tingling sensation had also gone down considerably. Twitching was very seldom noticed by now. She was also much cheerful after 3 months of Homoeopathic treatment. She used to get frequent episodes of coughing, which was totally cured in these 3 months.

By December 2014 the tremors were completely gone. There was no twitching and tingling in any part of the body. For quiet long she was unable to get up after sitting. But now she was able to get up and initiate walking on her own without the fear of falling down as she felt stable. Walking is with support or with somebody's help but definitely the tendency to fall forwards had been resolved completely.

The cure has been nothing short of new lease of life for Mrs. Shiela and her family. They are extremely thankful to Homoeopathy and Prof. Dr. A. K. Gupta.

- Watch the case here - <https://youtu.be/GOqdmATHZOg>



MIND THE MIND

Kaartik Gupta, MSc, M.Phil (Cl. Psych.)

MISSING! INNOCENCE



As kids, we all wanted to grow up soon so that there is no homework to do, no school to go to every morning, and to do all that we like. But after growing up, we wish to be kids again. Such is life; always happier and greener on the other side! Children's day makes us nostalgic not just for all the happy days we spent during our childhood, but it also makes us smile with amazement at how simple life was back then. Childhood was fun, simple, uncomplicated, full of friends, lots of fights but the eventual patch-up as well. This beautiful phase of our lives had a synonym which seems lost today – Innocence!

It was innocence that every child eagerly waited for the Santa, it was innocence that the child did whatever he/she was told to without questioning, it was innocence that intrigued the young minds to know more about this beautiful

world of ours, it was innocence that protected them from knowing too much too soon. This ensured they felt safe, comfortable and also developed healthy relations with others.

It pains to even think that all this seems so rare in today's world. Are we even raising kids these days? They seem to talk like adolescents even at the tender age of 8-9 years. They know a lot more than what is required and appropriate for their age already. Terms like behavioural problems, mood swings, anger issues, relationship problems, stress, suicidal attempts were not supposed to be meant for children. What is wrong with today's kids? Is it that they are being wired differently now? Is it because of their parents that they are having so many issues? Is it because of the advancements in technology and media that they are being exposed to things which are not meant for them? Who is responsible for the loss of innocence?

Fact is, We all are responsible. We as humans have failed to look after our children well. The innocence of thousands of children has been taken advantage of and shattered forever through acts like abuse (sexual, physical, emotional), child labour, witnessing domestic violence, broken families, addiction, etc. A child's innocence cannot be regained under such threatening and dangerous circumstances. If they persist, the consequences are going to be lot worse than what we are seeing already; and it's a frightening image.

We, as parents and/or guardians, have to provide a safe environment for the child to grow in, develop his/her abilities to the fullest, regulate the kind of information that the child is exposed to, and let them explore their wide horizon of endless possibilities!

- Spend quality time with your child, together as a family, EVERYDAY!!
- Make the child feel comfortable by acknowledging and valuing what he/she is feeling or has to say about anything.
- Encourage the child to ask questions; keep their inquisitiveness burning.
- Appreciate even small efforts of your child so that they develop a good self-concept. Also, encourage your child to appreciate other people and things so that they recognise the beauty on simplicity.
- Laugh out whole-heartedly with your children and play games with them often. Read them stories; it would strengthen your bond with them and would also develop good reading habits in them.
- Practice what you preach! Children are very good observers and they learn more what they see around them.

WHAT'S NEW?

Suicide could be predicted with brain imaging
Researchers from Carnegie Mellon University (CMU) and the University of Pittsburgh — both in Pittsburgh, PA — have created a brain imaging method that can accurately distinguish between individuals with and without suicidal thoughts.

Study co-author **Marcel Just**, of the Department of Psychology at CMU, and colleagues recently reported their results in the journal **Nature Human Behaviour**. For their study, the researchers enrolled 34 participants. Of these, 17 had suicidal tendencies and 17 were control subjects. The participants were all presented with three lists of 10 words. One included words with negative associations (such as "evil," "cruelty," and "trouble"), one included positive words (such as "good," "carefree," and "praise"), while the third included words related to suicide (such as "death," "hopeless," and "distressed"). As the subjects were shown the word lists, they underwent functional MRI of the brain, which enabled the researchers to monitor their neural response to each word.

The scientists found that the subjects' neural response to six words — "death," "cruelty," "trouble," "carefree," "good," and "praise" — across five specific brain regions were best for distinguishing between participants with suicidal tendencies and the controls.

By training a "machine-learning algorithm" to use these data, the researchers found that they were able to identify subjects with and without suicidal tendencies with 91% accuracy.

Next, the team divided those with suicidal tendencies into 2 groups: those who had attempted suicide and those who had not. They found that their algorithm was able to distinguish between these two groups with 94% accuracy. "Further testing of this approach in a larger sample will determine its generality and its ability to predict future suicidal behavior, and could give clinicians in the future a way to identify, monitor, and perhaps intervene with the altered and often distorted thinking that so often characterizes seriously suicidal individuals." - Study co-author David Brent, University of Pittsburgh

Latest at AKGsoVIHAMS

- Prof.Dr.A.K.Gupta would be now available every Wednesday (10:30am to 1:30pm) and Friday (4:30pm to 8:30pm) at our Satya Niketan centre. Also, he will be available every Tuesday (11am to 2pm) and Saturday (5pm to 8pm) at the newly inaugurated Pitam Pura centre.
- Dr. Sanket Gupta will be now available every Wednesday (11am to 2pm) and Friday (5 to 8pm) at the Pitam Pura centre.
- Clinical Psychologist, Kaartik Gupta will be available on all days at Pitam Pura centre except whole of Wednesday, Friday evening and Saturday evening.
- Homoeopathy, Psychology and Path. Lab. Collection for All routine & Special Investigations will be available at the new centre. Contact – 01140392959
- Dr. Sanket Gupta will not be available at any of the clinics from 18th to 23rd November. Kindly schedule your appointments accordingly.



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>



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

It's magical when a few doses of a medicine make you wonder if you were ill at all! I would like to thank you Dr. A. K. Gupta, your medicines work like a miracle for me.

My faith in homeopathy is very strong and it is further restored by Dr. Gupta every time I have an illness. They are the regular ones from acute cold & cough to gastroenteritis to muscle pains, sciatica nerve pain, vertigo, giddiness or anxiety & sleep disorder. The problem maybe mild or chronic but Dr. A. K. Gupta's medication has a solution for everyone. Kudos to you Doctor! Thank you once again.

-Mrs. Ruby Arora, Delhi



Health and Wellness tips

 <p>USE N95 / N99 / N100 AIR MASKS Vegimask, 3M OR OTHER GOOD BRANDS</p>	 <p>DRINK PLENTY OF WARM FLUIDS</p>	 <p>ADVISIBLE TO GIVE UP SMOKE / ALCOHOL</p>	 <p>Stay away from machines with ultra-violet lights, negative ions and photo catalytic oxidation -they all release ozone.</p>	 <p>Eat fruits specially rich in vitamin "C & E" It act as antioxidant</p>
<p>SMOG ALERT</p>  <p>HOW TO SURVIVE CITY'S SMOG</p>				 <p>IT IS RECOMMENDED TO TAKE SHOWER SEVERAL TIMES A DAY</p>
 <p>MORNING WALKS & OUTDOOR EXERCISES ARE STRICTLY PROHIBITED ALSO KEEP WINDOWS & DOORS CLOSED</p>	 <p>HALDI POODH OR TURMERIC LATTE Battles free radicals</p>	 <p>EAT JAGGERY / HONEY WITH GINGER natural cleanser & flushes out toxins from the stomach, lungs, respiratory Tract & is loaded with our best friend - antioxidants.</p>	 <p>DO WARM SALINE GARGLES BEFORE GOING TO BED This will clear off all the pollutants inhaled</p>	 <p>DOCTOR CONTACT If suffering from regular headaches, constant breathlessness, nausea, a sore throat or dry eyes call us immediately! 96811341238</p>



NON-HEALING DIABETIC FOOT

HYPERPIGMENTATION

APTHAE



AKGs OVIHAMS HOMOEOPATHIC CLINICS

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

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