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OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

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MONTHLY NEWSLETTER

GIFT YOURSELF & LOVED ONES A HEALTHY CHRISTMAS AND NEW YEAR

FREE Homoeopathic and Psychological Camp along with 50% discount on all Path. Lab. Tests to be held on 25th December at our Pitam Pura Branch from 9am to 2pm. The camp would be inaugurated by MCD Counsellor Ms. Anju Jain.

Also that day, Prof. Dr. A. K. Gupta completes 40 GLORIOUS YEARS of his clinical practice and service to the suffering humanity.



In this Issue :-

In this issue we discuss about a common type of back and leg pain called **Sciatica**. Homoeopathy has got a wonderful role to play in the Sciatic Nerve Compression and can avoid surgery as well. Read further to know more about this.

Kaartik Gupta, Clinical Psychologist talks about '**The Unfinished Business**' in the section Mind the MIND.



SCIATICA

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



Sciatic nerve
(damaged)

Knee
weakened

Introduction

- Sciatica is nerve pain from irritation of the sciatic nerve.
- The sciatic nerve is the largest nerve in the body. It begins from nerve roots in the spinal cord in the low back and extends through the buttock area to send nerve endings down the lower limb.

ETIOLOGY/CAUSES

Following causes of irritation or inflammation of the sciatic nerve can produce the symptoms of sciatica:-

- Lumbar disc herniation
- Irritation of the nerve from adjacent bone
- From tumours
- Irritation of the nerve from adjacent muscle
- Internal bleeding
- Infections in or around the lumbar spine
- Injury of the lumbar spine
- Even during pregnancy the sciatic pain may arise due to the compression of the nerve

SIGNS & SYMPTOMS

- Sciatica causes pain, a burning sensation, numbness, or tingling radiating from the lower back and upper buttock down the back of the thigh to the back of the leg. The result is lumbar pain, buttock pain, hip pain, and leg pain.
- Sciatica is often associated with lower back pain
- Severe sciatica can make walking difficult
- Symptoms of sciatica are aggravated by walking or bending at the waist and relieved by lying down.
- Risk factors for sciatica include degenerative arthritis of the lumbar spine, lumbar disc disease, and slipped disc, and trauma or injury to the lumbar spine.

WHAT YOU CAN DO

- Avoid any kind of stretching and strenuous exercising
- Avoid forward bending
- Hot fomentation is recommended
- Ultrasonic therapy is helpful as well

INVESTIGATION

- Straight Leg Raising Test (SLR) is done clinically to confirm the diagnosis
- X-ray Lumbar Spine
- CT Scan of the Lumbar Spine and Pelvis
- MRI of the Lumbar Spine and Pelvis
- Electromyogram



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



HOMOEOPATHY CURES SCIATICA

Sciatica is an extremely common condition that we get to see in our clinics. Its treatment depends entirely on the cause of the pain. Usually the sciatic nerve gets compressed as a result of intervertebral disc protrusion at the level of L5-S1. Depending on the cause only, manifestation of pain is ascertained. I would like to divide the treatment of sciatica into 2 parts -:

1. Acute Sciatica Treatment – This treatment is given when there is just simple irritation of the sciatic nerve due to any external cause like minor injury or heavy weight lifting or pulling or compression due to pregnancy. These are most common forms of sciatica seen in the clinical practice. Here the mere management of pain is required to make the patient free from the discomfort. Medicines like Belladonna, Rhus Tox, Bryonia, Gnaphalium, Colocynthis, Hypericum, Valeriana, etc. on the basis of symptom similarity can help in treating the patient completely.

2. Chronic Sciatica Treatment – When a sciatic nerve pain becomes of long duration and is due to mainly the internal causes, then we have to go in for the complete chronic sciatica treatment. These internal causes can be lumbar disc protrusion or herniation, any tumour in the nerve region, or it can be a secondary manifestation of any bony, muscular or nerve infection. These are the more rarely seen forms of sciatica and usually take a longer time to be cured completely. Here the emphasis is not only on the management of pain but to root out the exact cause of the sciatic nerve irritation. Deep acting constitutional Homoeopathic treatment is the only choice of option in such a scenario. At times even surgical intervention may be needed which is extremely rare.

Basically, there is an extremely effective and beneficial treatment of Sciatica in Homoeopathy where not only the pain, but the root cause is taken care of and the patient is hence completely cured.

It is extremely important to follow the instructions (do's and don'ts) of the treating doctor especially in Chronic Sciatica Treatment. Physiotherapy and Acupuncture also have been found to be very helpful and effective in restoring the patient to the state of complete health at the earliest.

MARVEL OF HOMOEOPATHY

Sciatica is a very common trouble that we see almost every day in our AKGsOVIHAMS Clinics and there is hardly much to talk about in a case like this as it is easily treatable with Homoeopathy. But this one particular case is worth sharing as it was quite a challenging one. It was a case of Chronic Sciatic Nerve Compression due to Lumbar disc herniation at the level of L5-S1. It is a case of a retd. Supreme Court Lawyer who happened to visit at our Moti Bagh clinic and meet Dr. Sanket Gupta. The 68yr old man had come with an attendant and a walking stick in his hand to give him support while walking.

This was during very early days of Dr. Sanket's clinical practice. The patient had a huge pile of reports and investigations. He was quite intimidating for the young doctor. Initially, his attitude and body language suggested that he had very little faith in what Homoeopathy and that too a very young doctor could do to his grave trouble. On starting the interrogation, he told the doctor that he had been suffering from this lower backache and pain going down to his entire left lower limb. He had an accident in about 2003 after which his back and spine were operated upon. There was no trouble till 7 months after surgery. But after that he started feeling a nagging pain in his left hip and back of left thigh. He used to have tremendous tingling and even numbness in the entire left leg which gradually made it impossible for him to walk without a stick!

Being a very reputed Lawyer he had contacts with almost all the big orthopaedic doctors and surgeons and he kept on switching from 1 doctor to the other. Often he would be relieved of the pain and agony but it would always relapse due to some reason or the other. Despite getting a surgical correction he was not finding complete relief and cure. This is when someone suggested him to try Homoeopathy.

Dr. Sanket went through all his reports and listened to the entire case history thoroughly. Keeping the constitution of the patient in mind, Dr. Gupta gave him 3 doses of NuxVomica 1M to be taken at an interval of half an hour each followed by N.Alba. the patient was asked to avoid any kind of stretching, lifting or bending and to do regular hot fomentation at least once a day and come back for the follow up after 2 weeks.

On the 10th day itself, Dr. Sanket got a call from the retd. Supreme Court Lawyer and these were his words – "What have you given me?? I am sure your medicines contain steroids!!" Hearing this Dr. Sanket started laughing and asked how he was feeling after the medicines. The patient said – "I have never felt so wonderful and light in the last 7 years!! I am just wondering how that is possible. I feel almost no pain or discomfort." Dr. Sanket replied, - "No sir. There is absolutely no such thing called steroids in Homoeopathic medicines. I am glad your constitutional medicine is about to completely cure you... this is the marvel of Homoeopathy sir ☺!!"

The treatment continued for another 2 months and the patient was now able to walk on his own without the help of a stick!! His entire family is a huge follower of Homoeopathy now and they all take Homoeopathic medicines for any to every complaint.



MIND THE MIND

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

THE UNFINISHED BUSINESS!

YOU CAN'T START
THE NEXT CHAPTER
OF YOUR LIFE
IF YOU KEEP
RE-READING
THE LAST ONE

Human brain is a meaning making machine. It tries to decipher both simple and complicated situations. Lack of meaning and clarity make us feel uncomfortable and give rise to anxiety. Finished tasks, resolved matters, completed figures, and symmetrical patterns give us a sense of "wholeness". In reality, we tend to carry lot of baggage from the past, hold a grudge against people who hurt us, feel disappointed at not having achieved our dreams, and all this can make one feel low and poorly of him/her. Everything in this world has a beginning and an end. Whatever exists, will someday cease to be. As we approach the end of this year, let's make an attempt at trying to achieve that "closure" because it is very important for our well-being.

There will always be something that is left incomplete. The words not spoken, the opportunities not taken, the things not done, the relationships that were broken ... and the list can go on. It is at this point we need to make a choice. A choice that will shape the future we create for ourselves. We can either grab the bull by its horns and set out to change things around till the time we feel content, or accept things for the way they are now and move on. The latter might seem passive, but in reality it is a BIG STEP that provides you the cushion to face forthcoming challenges.

Ways of handling unfinished business

- Objectively assess if you can do something about it now. Consider the pros and cons of your actions before taking any decision. If not, prepare yourself to move on.
- Prioritise what is more important to you and try to focus on it.
- Learn to forgive; both self and others for the wrongdoings of the past. It is a gateway for healthy living, positive thoughts and more productive life.
- Acknowledge your feelings about this unfinished business and accept it for what it was. Acceptance does not mean agreeing with whatever happened, it means that now you are deciding to move on keeping in mind the lessons that experience taught you.
- Share about it with someone you confide in or write it down in raw feelings. This has a therapeutic effect as all the bottled emotions get processed appropriately.
- Learn from the experience as it would help you become wiser in life.
- Be aware of your thoughts and keep yourself motivated to keep moving. Prepare few helpful thoughts which you can tell yourself at times when you feel disturbed.

'In three words I can sum up everything I've learned about life: it goes on'

-Robert Frost

WHAT'S NEW?

Could a Hot Cup of Tea Preserve Your Vision?

The study of U.S. adults found that people who drank hot tea on a daily basis were 74 percent less likely to have glaucoma, compared to those who were not tea fans. Glaucoma refers to a group of diseases where fluid builds up in the eye, creating pressure that damages the optic nerve. It's a leading cause of blindness in older adults, according to the American Academy of Ophthalmology (AAO)

Experts were quick to stress that it may not be tea, itself, that wards off the eye disease. There could be something else about tea lovers that lowers their risk, said senior researcher *Dr. Anne Coleman*.

But the findings do raise a question that should be studied further, according to Coleman, *a professor of ophthalmology at the University of California, Los Angeles*.

"Interestingly," she said, **"it was only hot, caffeinated tea that was associated with a lower glaucoma risk."**

Decaf tea and iced tea showed no relationship to the disease. Neither did coffee, caffeinated or not.

Some studies have suggested that people who drink a lot of coffee have a heightened glaucoma risk. Others have hinted that caffeine can temporarily boost pressure within the eye. On the other hand, some studies have failed to find a coffee-glaucoma link.

The findings were published online Dec. 14 in the *British Journal of Ophthalmology*.

Of nearly 1,700 survey participants, 5 percent had glaucoma.

Overall, Coleman's team found, the odds of having glaucoma were 74 percent lower among people who said they drank hot tea more than six times a week, versus non-drinkers.

That was with a number of other factors taken into account – including age, weight, diabetes and smoking habits.

Latest at AKGsOVIHAMS

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- The camp would be inaugurated by MCD Councilor Ms. Anju Jain.

- Prof. Dr. A. K. Gupta completes 40 years of Clinical Practice in Homoeopathy on 25th December, 2017.



Need help?
AskUs!

Mr. D. Thapa from Ladakh asks – Are Gall stones curable with Homoeopathy? If yes, then how long is the treatment process?

Prof. Dr. A. K. Gupta says – The treatment of Gall Stones depends on few criteria. 1. Number and size of stones; 2. Gall Bladder wall thickness; 3. Any impact on the nearby organs like liver and pancreas. We assess these criteria by looking at the USG report of the whole abdomen. If all the 3 factors are pointing towards the negative only then it is advised to go in for surgery. Otherwise definitely the gall stones are very well treatable with Homoeopathy. Initially symptomatic improvement is there and slowly and gradually the size of the stones also starts reducing which helps in further improving the regular functioning of the gall bladder. Once the normal functioning of the gall bladder is achieved the treatment is gradually stopped. Coming to your question on how much time it takes to cure is a difficult one to answer as it entirely depends on the condition of the gall bladder. On an average we at AKGsOVIHAMS usually have seen that it takes about 8 to 12 months of regular Homoeopathic treatment to achieve the desirable result in case of a gall stone. Surgery is definitely avoidable and preventable!



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

It all started in the middle of 2015 as my colleagues where I used to work started telling me that I make a sound without even me knowing and it is very irritating through my mouth. I was trying to control myself but then I got a new job in Dubai and I left the company... my family used to tell me that it's because of your weight and I started to reduce my weight. I was 90 kgs and I reduced to 75 kgs but even in my new company I had this problem of making noise. I could feel that I was having a breathing problem. I went to an ENT and showed him the problem and after observing me he recommended me to visit a pulmonologist (respiratory doctor). I visited a pulmonologist and he did some chest x ray and blood tests and also breathing tests. Everything was normal but my breathing test showed some signs of asthma. My doctor gave me some tabs and also inhaler. I started using it but my breathing was ok for some time but it started all over again... since my job was in sales I was not in office most of the time. Till then I had no voice problem!

One fine evening my voice changed suddenly and I could not talk properly as though someone is choking me. It looked like I was losing my voice. I went to the same pulmonologist but he was on vacation so I went to another pulmonologist and he examined and he said to continue the inhaler and told me to visit an ENT specialist. I went to an ENT and he could feel my course voice. This was somewhere in the month of April 2016. He gave me some tabs and he did an endoscopy of my nose and throat and he said everything was fine and he did not see any trouble with my throat. After using the tabs for some days my voice improved. The best part was this voice change was mostly in the night time and morning I would be fine. So I continued with inhaler and tabs for some time. Then some of my relatives suggested me to go to India and show in Manipal hospital in manipal. So again I went to a top respiratory doctor and gave him my history. He again did the X-ray, blood test, breathing test and also told me to see ENT dept. I did but everything was normal but doctor told me it is also not asthma as the symptoms are very different as I was playing sports well. He advised me to stop the inhaler for some time and see what exactly happens. At this time I was confused and did not know what to do.

My ENT in Dubai again gave me medicine for anxiety as he felt this could also be the reason. I started anxiety medicine as well but things were becoming from bad to worse... slowly my morning and evening voice was course and everybody in the office was noticing but I used to go for sales meetings and avoid them. My diet during this time was very bad as well. So when I started searching on the internet I came to know it could be a stomach problem as well like GERD... so I visited a Gastroenterologist and he also did some tests and he also said it looks like GERD... so he gave me medicines for that... after using it for some time the voice was better but again it came back... Now it was really depressing... So I decided to speak this to my manager and I told him my problem and he could understand that. Now the problem was that even by October nobody was able to diagnose what exactly is the problem? Again I went to a top ENT and he did endoscopy but the doctor said your throat is perfect maybe I should do speech therapy. I also went to a speech therapist and they told me to attend classes which were highly expensive. I started to improve my diet and started having more juices like carrot beetroot etc. and things were getting better but it was temporary.

Then I went to holistic healing Centre where they said we will place a machine on your head and scan your entire body so that we know what exactly the problem is. Even though it was expensive I thought it was worth it as at least I know what exactly is the problem... after scanning the doctor told me that I have gall bladder stone and due to that I am having this problem and gave 14 medicines to have which was highly expensive. I again went to another Gastro to check this up and he again did tests but he told me to visit an ENT which I did ...This ENT doctor told me that you may have spasmodic dysphonia. And it is incurable disease and it's a neurological disorder. The only way is to have Botox injections every three months with a specialist doctor in India. By this time I had lost my job as well and I was feeling highly depressed. But at least now I knew what exactly the problem is. So I searched in the internet and got to know a doctor with 30yrs of experience in Bangalore who can verify if this is *spasmodic dysphonia*. I went to him and he confirmed it. He said only solution is Botox.

One of my relatives also gave me address of Dr Sanket Gupta in Delhi and after seeing his award for this condition I immediately met him. He advised me that there is no need for any Botox but I need to be patient for at least 6 months. This was in Feb 2017. I followed the steps of Dr. Sanket. I changed my diet, prayed more, did a lot of exercises and things changed slowly and in 6 months' time my voice improved by 60%. I am still continuing and now in the month of Nov. 2017 I have recovered 95% and also found a job. I thank Allah for this condition that it taught me patience and hope and also to make me meet a Doctor like Dr. Sanket Gupta. Thank you doctor once again.

- Syed Salman, Sharjah, U.A.E



CORN



PSORIASIS



GANGLION



AKGs OVIHAMS HOMOEOPATHIC CLINICS

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

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