

March. 2018 Issue - LIV



MONTHLY NEWS LETTER



To mark and celebrate the **International Women's day**, AKGsOVIHAMS Medical Centre, Pitampura is organising a **Free Camp on FEMALE DISEASES** on **Saturday 10th March, 2018**. This camp will be the 3rd in the series of Free Monthly Health Camps being held regularly at AKGsOVIHAMS Medical Centre for Homoeo-Psycho Cure n Care with Wellness at **RU-115, Pitampura, New Delhi**. These camps are held on the 2nd Saturday of every month and will cover various diseases for the welfare of the general population.

Most of the female complaints are some way or the other pertaining to menstrual disturbances and in this issue we will discuss a problem that affects more than 60% of the women and is called **Dysmenorrhea** (or Painful Periods).

Kaartik Gupta, Clinical Psychologist discusses about **Sexual Disorders** in the section Mind the MIND. Sexual health is as much psychological as it is physical. Let us know about Sexual health from the psychological point of view.



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

DYSMENORRHEA

INTRODUCTION

- Dysmenorrhea, also known as painful periods, or menstrual cramps, is pain during menstruation.
- Its usual onset occurs around the time that menstruation begins.
- Symptoms typically last less than three days.
- 2 types – (a) Primary ; (b) Secondary

ETIOLOGY / CAUSES

- Primary dysmenorrhea is thought to be caused by excessive levels of prostaglandins, hormones that make the uterus contract during menstruation and childbirth. Other factors can be - a uterus that tilts backward (retroverted uterus) instead of forward, lack of exercise, psychological or social stress, smoking, drinking alcohol, being overweight, and starting menstruating before age 11.
- Secondary dysmenorrhea may be caused by a number of conditions, like:
 - Uterine fibroids
 - Adenomyosis
 - a sexually transmitted infection (STI)
 - endometriosis
 - pelvic inflammatory disease (PID)
 - an ovarian cyst or tumour

SIGNS & SYMPTOMS

- The main symptom of dysmenorrhea is pain. It occurs in the lower abdomen during menstruation and may also be felt in hips, lower back, or thighs.
- Other symptoms may include nausea, vomiting, diarrhoea, light-headedness, or general achiness.
- For most women, the pain usually starts shortly before or during their menstrual period, peaks after 24 hours, and subsides after 2 to 3 days. Sometimes clots or pieces of bloody tissue from the lining of the uterus are expelled from the uterus, causing pain.
- Dysmenorrhea pain may be spasmodic (sharp pelvic cramps at the start of menstrual flow) or congestive (deep, dull ache).
- The symptoms of secondary dysmenorrhea often start sooner in the menstrual cycle than those of primary dysmenorrhea, and usually last longer.

INVESTIGATIONS

- Complete Blood count
- Ultrasound of the Pelvis
- Complete Hormonal Analysis
- Urine Analysis

WHAT YOU CAN DO

- Lie on back, supporting knees with a pillow
- Hot fomentation with gently massaging the abdomen



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS EVERY WOMAN'S BEST FRIEND

Dysmenorrhea can be literally translated as "difficult monthly flow." Although it's normal for most women to have mild abdominal cramps on the first day or two of their period, about 10% of women experience severe pain.

There are two types of dysmenorrhea:

1. **Primary dysmenorrhea** is menstrual pain that's not a symptom of an underlying gynecologic disorder but is related to the normal process of menstruation. Primary dysmenorrhea is the most common type of dysmenorrhea, affecting more than 50% of women, and quite severe in about 15%. Primary dysmenorrhea is more likely to affect girls during adolescence. Fortunately for many women, the problem eases as they mature, particularly after a pregnancy. Although it may be painful and sometimes debilitating for brief periods of time, it is not harmful.
2. **Secondary dysmenorrhea** is menstrual pain that is generally related to some kind of pathological disorder. Most of these disorders can be easily treated with medications or may even require surgery. Secondary dysmenorrhea is more likely to affect women during adulthood.

Homoeopathy has been a proven best friend for females all over the world regarding all kinds of female diseases ranging from menstrual irregularities to PCOS, Uterine Fibroids, Breast Tumours and even Breast cancers, etc. Dysmenorrhea is another such complaint where Homoeopathic medicines are extremely effective. There is no need for the woman to take painkillers during her painful periods if she opts for Homoeopathy. Pertaining to the cause and type of dysmenorrhea, medicines are prescribed.

Lot of females complain of heavy menstrual flow along with dysmenorrhea and so the main motive is to find out the cause of that pain. If there is an underlying pathological cause giving rise to the terrible menstrual pains, then the aim of the treatment is to eradicate the reason of that pain which is very nicely achieved with the sweet Homoeopathic pills. And if it is a simple primary or physiological dysmenorrhea then there is nothing as safe and as gentle as a Homoeopathic medicine which can relieve the calm and gentle wonderful women.

Medicines like *Belladonna*, *Colocynth*, *Bryonia*, *Magnesia Phos*, *Caulophyllum*, *Sabina*, *Viburnum opulus*, etc. are extremely beneficial in relieving the terrible menstrual pains. These should be taken only on consultation with your Homoeopathic doctor.

MARVEL OF HOMOEOPATHY

A 15yrs old girl Ms. S.V was brought by her mother at the Satya Niketan branch of AKGsOVIHAMS to consult with Dr. Sanket Gupta. The young girl was on her menstrual period and was complaining of tremendous abdominal pain, backache, body ache, weakness with nausea and vomiting. Her mother told the doctor that the girl had started with menarche at the age of 13yrs and since then her periods had been irregular and with extreme pain on almost all occasions. The pain would characteristically last for first 3 days and become bearable from the 4th day onwards. She would have to be on medical leave from the school for these 3 days and that was causing a huge impact in her studies as well. The mother used to give her painkillers every month but that was not the correct way of treating the problem, hence she decided to bring her doctor to AKGsOVIHAMS.

Dr. Sanket took the entire case and initially started the treatment with medicines to relieve the pain first as the young girl was literally crying with pain. Medicine was given just for 5 days and they were asked to report again after the dosage ended. On the 1st follow-up the mother told the doctor that she could see some improvement in the intensity of pain and there was no need to give any painkillers, though she could not attend the school still. This time Dr. Sanket asked them to get certain investigations done to rule out any pathological cause for the dysmenorrhea.

On the next follow-up they brought the reports of all the investigations that the doctor had asked for. There were reports of USG, Blood Count, Thyroid Profile and Hormonal Assay. It was extremely to rule out PCOD and other hormonal disorders. Fortunately, there was nothing alarming in the findings and hence it was diagnosed as a case of Primary Dysmenorrhea. Dr. Sanket now focussed more on the constitution of the young girl as he knew that a deep acting constitutional remedy will completely correct this functional imbalance in her body. Accordingly the best suited constitutional medicine was prescribed to that particular girl and effects were seen from the very next menstrual period.

Gradually the pain became from severe to moderate to mild and eventually to almost no pain at all in a time period of 4 months. Her academic performance also improved as a result and the girl was completely cured of her problem of Dysmenorrhoea. She is 19yr old girl now and till date hasn't faced any trouble with her periods at all!!



MIND the MIND



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

SEXUAL DISORDERS

Sex is still considered a taboo topic to be discussed openly in our society. People feel uncomfortable in asking, sharing or even seeking professional help about matters related to sexual health. It is ironical that *Kamastura*, the standard work on human sexual behaviour, was written in India around the 2nd century AD. It is even more fascinating that despite such widespread stigma and taboo, we have a population of 1.2 billion!

Since it is such a relevant topic which requires correct and authentic information, we will discuss this topic over the next 2 issues. This month's issue will focus on some of the common sexual disorders. Subsequently we will take the causes and treatments for such problems.

Although everyone is expected to have some sexual difficulties from time to time, when these persist or are reasonable high in intensity, it may be due to a sexual dysfunction. Sexual dysfunction is a disorder which prevents the individual from either wanting or enjoying sexual activity as desired. It is generally classified into four categories:-

1. **Desire disorders** – lack of sexual desire or interest in sex. The person may still enjoy sexual activities and experience satisfaction but doesn't desire sex as much. This makes the initiation of sexual activity less likely. In sexual aversion, sexual activity is completely avoided as it is anxiety provoking and associated with strong negative feelings.
2. **Arousal disorders** – inability to become physically aroused or excited during sexual activity even though the person may be emotionally ready for sex. In men, this may be manifested as failure to achieve an erection suitable for satisfactory intercourse. In women, the principal problem is vaginal dryness or lack of lubrication which makes intercourse difficult or impossible.
3. **Orgasm disorders** – delay or absence of orgasm (climax). The person may not be able to experience orgasm at all or it may be delayed. It includes a condition known as premature ejaculation, in which the male partner is unable to control ejaculation sufficiently for both partners to enjoy sexual interaction.
4. **Pain disorders** – pain during intercourse. In this condition, the person experiences genital pain during sexual intercourse making intercourse impossible or painful.

Sexual dysfunction can affect any age, although it is more common in those over 40 years because it is often related to a decline in health associated with aging. While research suggests that sexual dysfunction is fairly common (43 percent of women and 31 percent of men report some degree of difficulty), it is a topic that many people are hesitant to discuss. Because treatment options are available, it is important to share your concerns with your partner and health care provider.

'Sex is between the ears as well as between the legs'

- H.L. Newbold



Head injuries may lead to early Alzheimer's

According to a National Health Statistics Report from 2016, "From 2011 through 2014, Americans aged 5 years and over sustained an average of 8.6 million sports- and recreation-related injury episodes per year."

Now, a new study from the *University of Texas Southwestern in Dallas* seems to confirm some of these fears, as it links traumatic brain injury (TBI) with the onset of Alzheimer's disease. **Dr. Munro Cullum** — the neuropsychologist in charge of the research — and his colleagues drew their conclusions by looking at cases of Alzheimer's that had been confirmed postmortem. The study's findings have recently been published in the journal *Neuropsychology*.

Despite the association found between TBI and Alzheimer's, the researchers still would not go as far as advising parents to keep their children away from contact sports. That, the authors add, is because we still don't know exactly how, and in which cases, head injuries increase the risk of neurodegenerative problems later in life.

Dr. Cullum and team analyzed data sourced from 2,133 subjects whose diagnoses of Alzheimer's disease were confirmed postmortem.

They found that individuals who experienced a TBI accompanied by loss of consciousness for more than 5 minutes were, on the whole, diagnosed with Alzheimer's earlier than peers who had not sustained such head injuries.

These diagnoses seemed to come significantly earlier than in the case of people without brain injury — 2.5 years earlier, on average.

The researchers explain that the current study is set apart from previous, similar investigations by the fact that it found a high degree of association between dementia and a history of brain injury — namely, that Alzheimer's onset could be "accelerated" by up to 9 years.

"That's going to be a long wait. We need researchers now to start collecting this information as part of their routine studies. Until we have more detail, all we can look at are correlations," he concludes.

Latest at AKG's OVIHAMS

- A **Free Camp on Female Diseases** will be held at our Pitampura branch on **Saturday, 10th March, 2018** as part of a series of Free Monthly Health Camps on every 2nd Saturday. The camp will be held from **9am – 1pm**. Women can avail **Free Homoeopathic Consultation and treatment** as part of this camp for problems like - *Menstrual irregularities, Polycystic Ovarian Disease (PCOD), Breast tumor, Leucorrhoea, Menopause, Uterine fibroids*, etc. **25% discount** would be provided on **all blood tests** as well. For complete treatment Camp Patients can also avail follow-up in the **Om-Vidya Charitable Homoeopathic OPD** which is functional every day from 9am – 11am, except Sunday. **For registration, contact on – 011-40392959, 9873565050.**
- These camps will be held on the **2nd Saturday of every month** and will cover **various diseases** for the welfare of the general population.
- You can view all our previous newsletter and also subscribe for it by visiting www.oviham.com



Ms. Priya from Chennai asks – *I am suffering from PCOD and have gained a lot of weight. Can I lose weight with Homoeopathy?*

Prof. Dr. A.K. Gupta replies – PCOD itself is a major reason for weight gain among young females along with the other symptoms. So the aim of the treatment is to cure the cystic ovaries and as a by-product, weight also will come down gradually. Along with the medicinal part, it is extremely important to do regular physical activity and avoid carbohydrates as much as possible. Surely with the combination of Homoeopathic medicines and proper management, desired results can be achieved in a really quick time.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I was suffering from Urinary Tract Infection in my graduation years. I used a lot of allopathic medicines to get rid of it but all of this was in vain. Despite proper courses in allopathy I could not get cured of it. Through family acquaintances I came to know about AKGsOviHams. Earlier I was quite skeptical about homeopathy because of the notion that it is very slow in its results but I thought of giving it a try. The try I must say proved fruitful. Through a regular long course I was treated of my infection which any other medication had failed to do. Not only this, my cousin also got cured of his nasal allergies by the medicines provided by the doctor.

The clinic and the doctors I must say are to be praised in this regard and not just homeopathy. Dr.Sanket Gupta has always been readily available in case of emergencies and the prescription as I mentioned earlier was highly effective. The continuous pain and problems of UTI were cured effectively only by his medication. Dr. Sanket Gupta has been more of a friend and the best part is that he attends to all of his patients in the same manner, with same vigor and energy. He has not only helped me cure the disease but also been a constant support. In many instances he has counseled me which helped me to get through the problems I faced.

All in all it was a great experience with Homeopathy. This would not have been possible if I did not get the right doctors and the right clinic off course. It was a great experience to be associated with AKGsOviHams. I would recommend this clinic and homeopathy to the maximum number of people I meet. The only suggestion to the people who take up homeopathy for getting cured of any problem is that maintain consistency and do not stop and start the course according to your own will. It might take some time but in the end it would definitely get cured.

In the end I would like to say that the clinic is totally adhering to its aim of Patients welfare by betterment of the suffering patients through medical and emotional touch. It was a great experience to be treated in the clinic by such renowned and efficient medical practitioners.



MELASMA

RINGWORM

ACNE & HIRSUTISM

AKGsOVIHAMS Medical Centre has been a pioneer over the years in treating difficult and incurable conditions with a good success rate and we are continuously engaged and striving in our endeavour with Homoeopathic Clinical research to combat the dreadful -

- Motor Neuron Diseases (MND)
- Epidermolysis Bullosa (E.B.)
- Behcet's Disease (BD)



AKGsOVIHAMS MEDICAL CENTRE

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

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