

April 2018 Issue - LV



MONTHLY NEWS LETTER

On this
World Homeopathy Day
(10th April 2018)
Let us Come Together and Say
#isupporthomeopathy
Show Your Love and Support to Homeopathy!

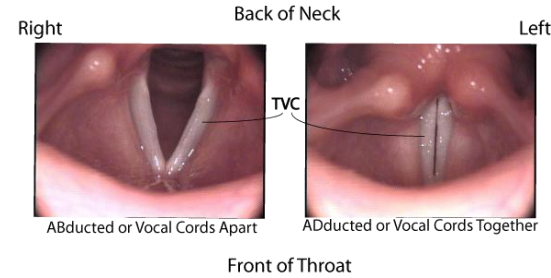
To mark and celebrate the **World Homeopathy Day**, AKGsOVIHAMS Medical Centre, Pitampura is organising a **Free Camp on ARTHRITIS (Joint Pains)** on **Saturday 14th April, 2018**. This camp will be in the continuous series of Free Monthly Health Camps being held regularly at AKGsOVIHAMS Medical Centre 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 cover various diseases time to time for the welfare of the general population.

This issue discusses about a rare neurological disorder called **Spasmodic Dysphonia**. It is one of another 'incurable diseases' that AKGsOVIHAMS is engaged in research of. Fortunately Homoeopathy has been found to be the most beneficial treatment for people suffering from this neurological disorder.

Kaartik Gupta, Clinical Psychologist continues series on **Sexual Disorders** in the section Mind the MIND. Sexual health is as much psychological as it is physical. Read to know more about Sexual health from the psychological point of view.



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



SPASMODIC DYSPHONIA

INTRODUCTION

- Spasmodic dysphonia (or laryngeal dystonia) is a voice disorder characterized by involuntary movements or spasms of one or more muscles of the larynx during speech
- The exact cause is unknown
- There are 3 types of spasmodic dysphonia (SD) – (a) Adductor spasmodic dysphonia; (b) Abductor spasmodic dysphonia; (c) Mixed spasmodic dysphonia

ETIOLOGY / CAUSES

Although the exact cause of spasmodic dysphonia is still unknown, but certain epidemiological, genetic and neurological pathogenic factors have been listed which can act as triggering or risk factors:-

- Being female
- Being middle aged
- Having a family history of neurological diseases (e.g., tremor, dystonia, meningitis and other neurological diseases)
- Stressful events
- Upper respiratory tract infections like Sinus and throat illnesses
- Heavy voice use
- Cervical dystonia
- Childhood measles or mumps
- Pregnancy and parturition

SIGNS & SYMPTOMS

- Gradual onset can begin with the manifestation of a hoarse voice quality, which may later transform into a voice quality described as strained and breaks in phonation
- Symptoms are less likely to occur at rest, while whispering, and/or on speech sounds that do not require phonation
- The voice quality of adductor spasmodic dysphonia can be described as “strained-strangled” from tension in the glottis region
- Voice quality for abductor spasmodic dysphonia can be described as breathy from variable widening of the glottis region
- Vocal tremor may also be seen in spasmodic dysphonia
- A mix and variance of these symptoms are found in mixed spasmodic dysphonia

INVESTIGATIONS

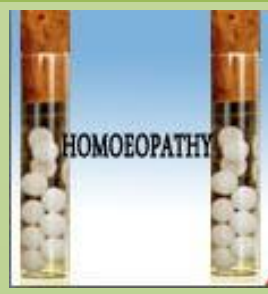
- Speech assessment
- Laryngoscopy
- Pulmonary Function Test to rule out any causative factors in the lungs

WHAT YOU CAN DO

- Voice therapy
- Massaging of the neck and cervical muscles
- Deep breathing exercises with chanting “OM”



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



Founder-Director AKGsOVIHAMS, Gold Medallist

STRONGER VOCAL CORDS WITH HOMOEOPATHY

Spasmodic Dysphonia is also known as ‘Laryngeal Dystonia’. It is characterised by the dysfunctional vocal cords which are situated inside our voice box or Larynx. It is a rare neurological disorder and a very difficult one to diagnose at the early stages. Only when other neurological possibilities are ruled out, can a Doctor reach at the diagnosis of Spasmodic Dysphonia. The cause of this disease is not known and there is not much treatment of this condition in the modern medicine. The only temporary solution available as on date is Botox injections. That is an extremely costly affair and still doesn’t really make the person alright. Hence it is usually not opted by the patients.

The only ray of light has been seen with Homoeopathy in the cases of Spasmodic Dysphonia. Fortunately Dr. Sanket Gupta of AKGsOVIHAMS Medical Centre has been able to treat a few cases successfully and this has made us eager to carry out our clinical research in finding cure for this so-called incurable Neurological Disorder.

Why Homoeopathy seems to work in an ‘incurable disease’ must be the first question that springs to anybody’s mind. The answer lies in the basic principle and science of Homoeopathy. The fundamental of Homoeopathic system of medicine is to maintain the body balance or homoeostasis. The constitutional Homoeopathic medicine that is specific to a specific individual aids in regaining this lost homoeostasis (during illness) and thus ultimately restores the sick to a state of perfect health and harmony.

Along with the constitutional treatment, certain other medicines are also required to prescribe for proper management of a difficult case like spasmodic dysphonia. The aim is to lessen the suffering of the ailing individual with the help of medicines that not only help the patient in relieving some of his symptoms but also do not let the disease progress or deteriorate further.

Some of the medicines that we found useful during the clinical research of Spasmodic Dysphonia are – *Gelsemium*, *Argentum Met.*, *Argentum Nit.*, *Selenium*, *Cuprum Met.*, *Natrum Mur.*, *Lachesis*, *Lyssin*, *Merc. Sol.*, etc.

Till now we have had some wonderful results in treating this dreadful disease and hope to bring out the cure for sure.

MARVEL OF HOMOEOPATHY

A case of Spasmodic Dysphonia in the patient's own words...

"I am writing this to thank for getting benefits of the treatment what I have got and also to spread the awareness and information regarding a very rare and unknown disease called 'Spasmodic Dyphonia (SD)' from which I was suffering. Because this disease is very difficult to recognise so first of all I would like to give little information regarding this disease. This is a voice related problem. This is a neurological disease. I was feeling very difficult to speak. I needed to put lot of effort to speak and my voice quality also got changed. It sounded like I was having cold and cough. Everybody was asking me weather I was ill. Because of the effort and strain it was creating pain also in throat. If I was speaking while laughing then sound quality was good. In the morning also sound quality was good. But as the day used tp progresses the sound quality would deteriorate. While singing also it was perfectly fine. Speaking after eating something was more difficult. There was tightening of throat muscles.

Now I will tell whole thing how it happened with me and how I got to know about this:

This was around in July 2013 when I felt that there is something wrong in my throat. Prior to this also it used to happen but occasionally. But from July it was continuous. Initially I was feeling that I am having cough/cold. So I went to ENT doctor. But after his check-up he said it's perfectly ok. But still he gave some general antibiotics and immunity booster medicines. But after a week, problem was same. Then to cross check I went to some better ENT doctors (2-3). They also said it seems no cold/cough. At one of the clinic he did Laryngoscopy test also. This test is to check the movement of vocal cords in our voice box in throat. My both vocal cords were also moving ok. So this is also ruled out. As the days progressed and the problem was same so I was more tensed and I wanted to get checked all possibilities. So I got my lung functioning test checked, chest x ray, thyroid test, ECG test etc. All was ok. Now I was more worried because I knew something was wrong and I was unable to figure it out. Then one another ENT doctor said this is due to stress and anxiety and I need some speech therapy. It seems something related so I visited a speech therapist but it also didn't work. Due to this problem I was losing my confidence in day to day life. As it was difficult to speak with people so I started avoiding talking with my friends and office colleagues. I was feeling very nervous and stressful in office. In stress my voice quality used deteriorate even further.

While all these tests were going on I was also searching and studying on internet a lot. One day I came across on net about this word 'Spasmodic Dysphonia' (SD). This is a neurological disease and its cause is still unknown. As I tried all things but nothing worked so I thought to try homeopathy also. I came to know about OVIHAMS clinic through net. I visited there and met Dr. Sanket Gupta. I explained him everything. We discussed about this disease SD. Frankly speaking at that time I was thinking I will not get cured here also but still I wanted to try and give a chance. I trusted on him and continued his medicines. Initially for few weeks he tried different medicines. After around 2 months I got smell of improvement in voice quality. There I got a confidence in myself. After some adjustments and trying medicines we were coming close to curing the disease. Now as the months progressed the quality of sound kept on improving. I can't tell you how much happy I was and am now as well.

In my study on internet I came across an article of a lady 'Julie Melody' in Michigan who was also having similar problem. I wrote her an e-mail and she also guided very much to me. Although in her case the cause was different. But through her I came to know a lot about this disease.

I again thank to Dr. Sanket Gupta from my deep heart for bringing my voice back. The kind of happiness I am having can't be explained through words for him. It's like I got a new life."



MIND the MIND



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

SEXUAL DISORDERS (PART-2)

In our last issue, we had discussed about sexual health and some of the types of sexual disorders. In this issue, we will look at some of the probable causes of sexual dysfunction and its treatments.

Sexual response is a psychosomatic process meaning that both body and mind are responsible for a sexual response as well as a sexual dysfunction. A physically healthy person can have sexual problems due to several reasons like – depression, anxiety, concern regarding performance, relationship difficulties, sexual inhibition, substance abuse, body image disturbance and sexual trauma. It can be difficult to ascertain whether the sexual dysfunction is caused by physical or psychological factors. A few pointers might help:-

- If there is a history of sexual abuse or an evidence of psychological stressors like performance anxiety or fear of intercourse, the dysfunction is more likely to be of psychological causation.
- A psychological problem may not be consistent under different circumstances, whereas a physical problem will persist irrespective of the changed circumstances.
- Medical and gynaecological investigations can reveal if any health condition sufficiently justifies the sexual dysfunction.

Treatment

- Psychotherapy – By addressing and resolving the underlying emotional and psychological problems, most sexual dysfunctions of psychological origin can be treated easily. Through talk therapy, people are able to get a better understanding of their thought process and thus can deal with their thoughts and feelings in a healthy manner.
- Sex Therapy – It is a type of psychotherapy wherein you can address your concerns about sexual function, feelings and intimacy either in individual therapy or in joint therapy with your partner. Masters and Johnson techniques are the most effective and widely employed behavioural techniques in treating sexual dysfunction in both males and females. Specific techniques are taught for problems like Erectile Dysfunction, Premature Ejaculation, etc. Healthy and honest communication of one's sexual needs and desires to their partners is also taught.
- Sex education – Sometimes, a little support and correction of faulty attitudes towards sex is all that is required for treating sexual dysfunction. Providing correct and authentic information is the most important step in the treatment process as a lot of sexual problems arise due to incorrect information or myths related to sexual behaviours.
- Medications – Homoeopathic medicines have been found to be very effective in treating sexual dysfunction of both physical and psychological origins.

Identifying the causal factors, i.e. physical, psychological or a combination of the two is of prime importance for the treatment to be successful. If you or any of your loved one is experiencing any sexual problem, you can consult us at AKGsOVIHAMS for complete Homeo-Psycho Cure n Care, many patients have already been treated & benefitted.

'Every positive thing you do in your relationship is Foreplay!'

- John Gottman



Artificial Sweeteners Impact Metabolic Health Even on Cellular Level

Consuming the artificial sweetener sucralose may predispose people to metabolic syndrome, researchers reported. At a cellular level, those who consumed sucralose experienced increased glucose uptake, inflammation, and adipogenesis - all of which were most notable in people with obesity, according to *Nabanita Kundu, PhD, of George Washington University (GWU) in Washington, D.C., and colleagues.*

"We wanted to do a systematic study where we look at fat-derived stem cells and how these agents effect those looking at the gene expression and adipogenesis and inflammation, and also look at the human subjects' fat who have actually taken these agents over a period of time," explained senior study author *Sabyasachi Sen, MD, also of GWU, during a presentation of the findings at The Endocrine Society's annual meeting.*

The analysis included 18 participants of both normal and obese weight, most of whom had prediabetes. Following a 7-day food log, a fat biopsy was obtained from participants' subcutaneous fat to assess mRNA gene expression profile and other biochemical measures. Human adipose tissue-derived mesenchymal stromal cells (MSCs) exposed to varying levels of sucralose: 0 mM, 0.2 mM (equivalent to drinking 4 cans of diet soda per day), 0.45 mM, and 1.0 mM.

In the fat samples from participants with obesity, there was a 2.5-fold increase in the upregulation of the glucose transporter GLUT4 (P=0.0005). The taste-receptor genes TAS1R3 and TAS2R3 were also altered, with a 1.5- and 1.8-fold upregulation, respectively (P=0.03 for both). Adipogenic-related genes exposed to sucralose in people with obesity also saw several significant increases in regulation, ranging from 1.6- to 1.9-fold for the genes PLIN, PPARG, and CEBPA.

Other clinical measures were also affected in patients with obesity who consumed the artificial sweetener, marked by increased acute insulin response value in subjects with obesity (399.32 ± 207.22 vs 574.19 ± 505.76) and higher triglycerides in all consumers (126.9 ± 82.2 mg/dL vs 95.7 ± 23.4) compared to non-consumers.

"Sweetened beverages have been shown to increase insulin resistance and promote diabetes ... it's not going to be the solution," he said.

Latest at AKG's OVIHAMS

- A **Free Camp on Arthritis** will be held at our Pitampura branch on **Saturday, 14th April, 2018** as part of a series of Free Monthly Health Camps on every 2nd Saturday. The camp will be held from **9am – 1pm**. Patients can avail **Free Homoeopathic Consultation and treatment** as part of this camp for problems like – *Osteoarthritis, Rheumatoid Arthritis, Gout, and all types of Joint complaints*. **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.**

NEW

- **Prof. Dr. A.K. Gupta** and Clinical Psychologist **Kaartik Gupta** are now also available to their patients on **DocTalk**. Kindly use DocTalk instead of WhatsApp & SMS to contact the doctors for better communication & Records keeping. To contact Dr. A.K. Gupta sms **DOC DRAKG** and to contact Kaartik sms **DOC DRKG** to 9220592205



Mr. Anurag from Canada asks – My 4yr old boy has a strange habit of smelling everything he touches. Is this normal behaviour? What could be the reason and what should I do?

Cl. Psy. Kaartik Gupta replies – This could be a normal exploratory behaviour of your child as his olfactory sensation might be well developed. However, if he is doing it excessively it is advised that you consult a Clinical or Child Psychologist as it could be a manifestation of some psychological problem as well and thus would require appropriate intervention.

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.



CYSTIC SWELLING



ALOPECIA AREATA



EXFOLIATIVE DERMATITIS

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)**
- **Spasmodic Dysphonia (SD)**



AKGsOVIHAMS MEDICAL CENTRE

Homoeo - Psycho Cure n Care with Wellness

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

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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- 40392959; 9873565050

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

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