

May 2018 Issue - LVI

*Homoeo –Psycho Cure n Care with Wellness*

MONTHLY NEWS LETTER



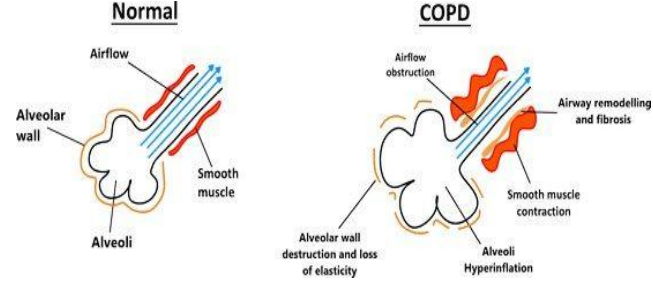
Dr. Sanket Gupta of AKGsOVIHAMS Medical Centre was conferred with the **Special Appreciation Award** on 22nd April 2018 in a function organized by the Board of Homoeopathic System of Medicine Delhi to celebrate the 263rd birth anniversary of **Dr. Samuel Hahnemann**, the Founder of Homoeopathy. **Shri Satyender Jain, Hon'ble Minister of Health & Family Welfare, Govt of NCT Delhi** was the **Chief Guest**. Mr. Jain declared in the glittering function of Homoeopathic Doctors of the capital, that Homoeopathy very soon will be a part of the **'Mohalla Clinics'** run by the Delhi Govt.

The commencement of summers usually brings about a lot of difficulty for patients of Respiratory diseases. So, we thought to discuss about a group of respiratory disorders called the **Chronic Obstructive Pulmonary Disease (COPD)**. It is one of the most debilitating respiratory diseases and a very difficult one to treat successfully. Fortunately Homoeopathy has been found to be beneficial in treatment for people suffering from this group of respiratory diseases.

Kaartik Gupta, Clinical Psychologist discusses about the **Asthma Anxiety Link** in the section Mind the MIND as we observe the World Asthma Day.



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



COPD

INTRODUCTION

- It is a type of obstructive lung disease characterized by long-term breathing problems and poor airflow
- COPD is a progressive disease, meaning it typically worsens over time
- Chronic bronchitis and Emphysema are the different types of COPD

ETIOLOGY / CAUSES

- **Smoking** - The primary risk factor for COPD globally is tobacco smoking. The likelihood of developing COPD increases with the total smoke exposure. In non-smokers, second-hand smoke is the cause of about 20% of cases.
- **Air Pollution** - Poorly ventilated cooking fires, often fuelled by coal or biomass fuels such as wood and dung, lead to indoor air pollution and is one of the most common causes of COPD. Areas with poor outdoor air quality, including that from exhaust gas; generally have higher rates of COPD.
- **Occupational exposures** - Intense and prolonged exposure to workplace dusts, chemicals, and fumes increases the risk of COPD. High levels of dust in coal mining, gold mining, and the cotton textile industry, occupations involving cadmium and isocyanates, and fumes from welding can lead to COPD.

SIGNS & SYMPTOMS

- A chronic cough that persists for more than three months each year for at least two years, in combination with sputum production and without another explanation, it is by definition chronic bronchitis.
- Shortness of breath. Typically the shortness of breath is worse on exertion of a prolonged duration and worsens over time. In the advanced stages, or end stage pulmonary disease it occurs during rest and may be always present. Many people with more advanced COPD breathe through pursed lips and this action can improve shortness of breath in some.
- Chest tightness, wheezing, anxiety
- A barrel chest is a characteristic sign of COPD
- Advanced COPD leads to high pressure on the lung arteries, which strains the right ventricle of the heart.

INVESTIGATIONS

- Chest X-ray
- Pulmonary function test
- Spirometry
- CT Scan of the Chest
- Complete haemogram

WHAT YOU CAN DO

- Avoid both active and passive smoking by all means
- Dust and air pollution control at individual and community level is required



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



Founder-Director AKGsOVIHAMS, Gold Medallist

BREATHE EASY WITH HOMOEOPATHY

COPD is a resultant of the industrialization and urbanization. The quality of air that we breathe these days is equivalent to smoking 8-10 cigarettes in a day. Going by this number, Delhi soon would be a capital of COPD patients in coming years. The air pollutants are basically lung irritants that hamper the basic structural morphology and physiological functioning of the lungs. It is a slow and progressive chronic disease which manifests as a simple bronchitis case initially. This if not treated well or ignored, later on leads to the chronic obstruction of the Lungs which is called COPD. The rise in COPD patients over the years is alarming. Sadly, modern medical science has not been able to come up with a solution to end the acute bronchitis in the very beginning so that it does not get converted into a COPD case. The modern medicines suppress the acute condition. Patient feels fine temporarily but the frequency and intensity of such episodes keeps increasing gradually and ultimately the lung tissue starts getting hampered leading to a full blown case of COPD.

The good news is that the Homoeopathic medicines have the ability to nip the acute bronchitis in its bud in the very initial stages itself. The medicines revitalise the basic immune mechanism of the patient and the body is able to fight against the pollutants and irritants making the patient stronger and healthier. It prevents the patient in getting into COPD. This is one aspect of treatment.

The other aspect is when a patient opts for Homoeopathic treatment in the later stages when he/she is a full blown COPD case. Here also, Homoeopathy has a great role to play. In comparison to the invasive ways of handling a COPD case, Homoeopathic medicines are far more effective and gentle in treating the patient. The management of a COPD case can be done wonderfully with Homoeopathic medicines. Again the focus in this stage is to give as much comfort to the patient as possible. In the end stages cure is usually unattainable but patient can definitely have much lesser discomfort and can breathe easy with Homoeopathy.

In the later stages, usually patients need to be hospitalised quiet often despite strong bronchodilators and respiratory medicines. But with Homoeopathic medicines, we have seen that a patient can manage his/her life very easily with continuous medication and there is hardly any episode of acute attack which would require hospitalisation. Homoeopathic medicines are as fast and as effective as modern medicines to provide relief to the suffering COPD patient.

Some of the useful Homoeopathic medicines for COPD are – *Ars. Alb, Antim Tart, Natrum Sulph, Cupr. Met, Drosera, Ipecac, Antim Ars., Medorrhinum, Nat. Mur, Spongia, Phosphorus, etc.*

MARVEL OF HOMOEOPATHY

A full blown case of COPD of a lady aged 63yrs came to see Dr. Sanket Gupta at our Moti Bagh clinic in the month of April 2015. She was suffering since many years. Her left lung was already collapsed and she was a very thin and fragile frame woman weighing less than 35kgs. She was completely emaciated and very short of breath. She could not stand erect as standing made her breathless. She would cough without much expectoration and any attempt to bring out the sputum would result in gagging and vomiting. Her appetite was extremely low and even drinking 1 full glass of water was impossible for her. She was on steroids and bronchodilators to keep her moving as long as she could. Her daughter told the doctor that she had to take artificial oxygen every now and then and at least once a month she had to be hospitalised.

Her haemoglobin was only 8! Her electrolyte levels were also very low. She was in a very debilitated and prostrated state. Due to all these troubles she had developed severe constipation also since a few years. Even a simple act of defecation would leave her all panting and breathless. She had come with a resigned face.

On starting the treatment, gradually things started to improve and by 2 months of treatment she could now stand straight without getting breathless. Her constipation was the first thing to improve and that gave her lot of relief from her daily misery. This gave her confidence of getting much better as well. With strict instructions from the doctor, the diet and appetite also started improving slowly and steadily, though she did not gain much of weight. For the first time in many years she had a period of almost a year where there was no need of hospitalization.

But she had an acute attack of severe coughing and breathlessness with chest pain in the month of May 2016 for which she was taken to the hospital by her family. But this time, the family gave her the immediate acting Homoeopathic medicines as instructed by Dr. Sanket and as a result her stay in the hospital was much short and she was back home in just 2 days. The acute episode was managed very well with a combination of Homoeopathy and Modern medicines and even the hospital doctor acknowledged that the patient's lung compliance had definitely improved since her last visit to the hospital which was just over a year ago.

Slowly and steadily the patient's health has improved considerably much to the delight of her family and she is leading comparatively a comfortable life now. Though, not completely cured of the disease, she is still taking Homoeopathic medicines for her well-being.



MIND the MIND



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

ASTHMA ANXIETY LINK

The process of breathing symbolises the philosophy of a happy life itself; taking in from the surrounding, staying in the here and now, and eventually letting go off it to live on. It's a smooth, rhythmic, simple, almost effortless process that happens on its own mostly. Although we can get some control over it, it tends to be involuntary for most part of our lives. However, there are many of us who wish to experience such a feeling more often.

Respiratory problems are on the rise, mainly due to increasing pollution levels, erratic weather conditions, and poor air quality all over the world. No one seems immune to these drastic changes as people of all ages, belonging to different socio-economic backgrounds are suffering with various respiratory problems. Even though there are physical reasons for such problems, psychological and emotional factors like – personality traits, temperament, early childhood experiences, coping abilities, and stress management mechanisms can exacerbate or even trigger problems like asthma.

Studies suggest a high comorbidity of anxiety disorders, panic attack and even depression in patients suffering from respiratory problems that mostly go unnoticed and eventually affect the overall Quality of Life (QOL) of the individual. The role of psychological factors like misinterpretation of bodily symptoms can be explained through the “**Breathlessness-Anxiety-Breathlessness Cycle**”. Feeling or an anticipation of breathlessness can make you feel anxious, which in turn would affect the rate of breathing and can be misinterpreted as a sign of some serious respiratory problem which further makes you feel scared and can lead to a faulty coping of avoiding such situations in the future. Thus, the person gets caught in this vicious cycle that hampers his/her QOL significantly.

What to do?

- In addition to the on-going treatment with your physician, seek professional help from a **Clinical Psychologist** as they are trained to identify and assist you in dealing with such issues more efficiently.
- Through **psychotherapy**, the underlying issues that are interfering with the overall healthy functioning of the patient are identified and worked upon using various techniques and strategies.
- **Relaxation training** and deep breathing exercises are taught to ensure you are breathing correctly and more efficiently.
- **Share** your thoughts and feelings with someone you trust. It is a must for your physical, mental, emotional, and spiritual well-being.
- Use **positive imagery** to help you feel calmer, relaxed and thus breathe freely.

‘Breath is the link between mind and body’

- Dan Brule



Use of ibuprofen and similar NSAIDs may shorten life of patients with metastatic renal cell carcinoma

Ibuprofen, aspirin, and other non-steroidal anti-inflammatory medications are among the most commonly utilized medications in the world. Primarily for treating pain, inflammation, and preventing cardiovascular disease, NSAIDs' promising anti-cancer properties have been highlighted by a growing body of data in recent years. However, a new study in the journal *Kidney Cancer* indicated that non-aspirin NSAID use was associated with shorter overall survival in patients with metastatic renal cell carcinoma (mRCC).

To explore the effect of NSAIDs on outcomes of patients with mRCC, researchers investigated their use in 4,736 patients from a pooled database of patients treated on phase II-III clinical trials of targeted therapy agents. The association of the use of non-ASA NSAIDs with reduced survival was consistent when looking at untreated or previously treated patients, and also when looking at the type of targeted therapy received, either vascular endothelial growth factor (VEGF) or mammalian target of rapamycin (mTOR) targeted therapy. This may be explained by non-ASA NSAIDs' kidney-specific toxicity profile and their potency, which can cause increased blood pressure and decreased renal function.

The study also concluded that aspirin did not provide a survival advantage or have an apparent anti-cancer effect for mRCC patients. **They point to NSAID nephrotoxicity as a possible cause** and posit that the dose required for tumor-growth inhibition may be larger than the dose needed for the analgesic effect or cardiovascular disease prevention.

The investigators advise that "while thought-provoking, these results should be interpreted cautiously as hypothesis-generating rather than definitive and highlight the need for studies investigating the mechanisms of action underlying our observation." They also recommend: "Prior to starting a new medication in any patient, a discussion needs to take place regarding the potential risks and benefits of that agent. This is especially true for non-aspirin NSAIDs in patients with RCC."

Latest at AKGsOVIHAMS

- A **Free Camp on Respiratory Diseases** will be held at our Pitampura branch on **Saturday, 12th May, 2018** as part of a series of Free Monthly Health Camps on every 2nd Saturday **9am – 1pm**. Patients can avail **Free Homoeopathic Consultation and treatment** as part of this camp for problems like – *Asthma, Bronchitis, Allergic Rhinitis, Sinusitis, COPD, and other Respiratory Diseases*. **25% discount on all blood tests** as well. Complete Follow up treatment of Camp Patients can also be availed in the **Om-Vidya Charitable Homoeopathic OPD** which is functional every day from 9am – 11am, except Sunday. **For registration, contact on – 011-40392959, 9873565050.**



- **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



Mrs. Smita from New Delhi asks – *Are there any general Homoeopathic medicines that can be kept handy in household?*

Dr. Sanket Gupta replies – Homoeopathy though is a very individualistic science, but still there are certain very helpful and effective medicines that everyone should have in their home. Medicines like Arnica (for Injury), Calendula mother tincture (for dressing a wound), Aconite (for sudden high fever), Belladonna (for any sort of inflammation), Ipecac (for Vomiting), Nux Vomica (for upset bowels), Mag Phos (for Stomach Pain) etc.

Homoeopathic First-Aid Family Kit & Traveller's Kit is also available at AKGsOVIHAMS.

Tips for Health & Wellness

COMPELLING REASONS FOR EATING FRUITS		
 STRAWBERRIES Fighting cancer & aging	 BANANAS Boost energy	 CHERRIES Calm Nervous System
 GRAPES Relax blood vessels	 PINEAPPLE Fights arthritis	 BLUEBERRIES Protect the Heart
 KIWIS Increase bone mass	 WATERMELON Control heart rate	 MANGOS Prevents cancers
 ORANGES Protect skin & vision	 APPLES Help resist infection	 PEACHES Providing potassium fluoride & iron

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Since a very long time I have been facing skin allergies and I tried everything but didn't get any positive results. Then someone told me to try Homeopathic medication and visit to a skin allergies expert who can understand my situation and treat me for the same. So I started searching on the web for a skin allergies specialist and then I discovered A.K.Gs OVIHAMS skin clinic in New Delhi at Satya Niketan Moti Bagh II and I got the chance to meet Dr. Sanket Gupta. I would say he is an Allergies expert. My Treatment is going on for the past 5 months and I am really getting very positive results. My skin allergies fading off day by day and there is no itching whatsoever. I would say I am 95% cured. I am very thankful to Dr. Sanket Gupta. He understands my situation and he really knows how to tackle skin allergies and how to treat them without any side effects.

"Thank You sir you are doing a very good Job."

- *Yaman Verma, New Delhi*



ABSCESS

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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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