

June 2018 Issue - LVII

*Homoeo –Psycho Cure n Care with Wellness*

MONTHLY NEWS LETTER

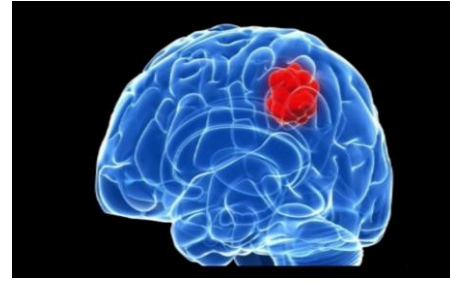


Plastic is a major pollutant and one of the most troublesome material when it comes to decomposition. The world needs to be free from Plastic mischief as soon as possible. The WHO had the theme of beating Plastic Pollution on this World Environment Day and we at AKGsOVIHAMS fully support and participate in that.

Today, **8th June** being the **World Brain Tumour Awareness Day** we dedicate this issue on discussing about **Brain Tumour**. These are one of the most dreadful of the Cancer category and Homoeopathy has been able to manage such cases very well.

To mark the same we are organizing a Camp on **Neurological Disorders**. The camp will be held at the North Delhi Branch of AKGsOVIHAMS on **Saturday, 9th June 2018** at **RU-115, Pitam Pura** from **9am to 1pm**. Patients can avail **Free Homoeopathic Consultation** on all kinds of Neurological disorders like *MND, Paralysis, Parkinsonism, Migraine*, etc. **25% discount on all kinds of Pathological Lab Tests** would also be provided by Dr. Nishit's Clinical Laboratory.

Kaartik Gupta, Clinical Psychologist discusses about the **Alzheimer's disease**, an incurable neurological disorder in the section Mind the MIND



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

BRAIN TUMOUR

INTRODUCTION

- A brain tumour occurs when abnormal cells form within the brain
- There are 2 main types of tumours: malignant or cancerous tumours and benign tumours. Cancerous tumours can be divided into primary tumours that start within the brain, and secondary tumours that have spread from somewhere else, known as brain metastasis tumours.

ETIOLOGY / CAUSES

- The cause of most brain tumours is unknown
- Risk factors include:-
 - Inherited conditions, such as Von Hippel Lindau disease, multiple endocrine neoplasia, and neurofibromatosis type 2 carry a high risk for the development of brain tumours
 - Exposure to vinyl chloride
 - Epstein–Barr virus
 - Ionizing radiation
- Mutations and deletions of so-called tumour suppressor genes, such as P53, are thought to be the cause of some forms of brain tumour
- People with celiac disease have a slightly increased risk of developing brain tumours

SIGNS & SYMPTOMS

Symptoms of brain tumours depend upon the location, size, and rate of growth of the tumour.

- Headaches as a result of raised intracranial pressure is an early symptom of brain cancer
- Frontal lobe tumours may contribute to poor reasoning, inappropriate social behaviour, personality changes, poor planning, lower inhibition, decreased production of speech
- Tumours in temporal lobe may lead to poor memory, loss of hearing, difficulty in language comprehension
- Tumours in parietal lobe may result in poor interpretation of languages, decreased sense of touch and pain, poor spatial and visual perception
- Damage to occipital lobe may result in poor or loss of vision
- Tumours in cerebellum may cause poor balance, muscle movement and posture
- Tumours on brainstem can affect BP, swallowing and heartbeat

INVESTIGATIONS

- CT Scan
- MRI Scan
- EEG
- CSF aspiration
- Clinical examination of the eye
- Clinical examination of the ear

WHAT YOU CAN DO

Avoid noise, stress, and radiations of the electronic devices. Do regular exercise without exertion.



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



Founder-Director AKGsOVIHAMS, Gold Medallist

BRAIN TUMOURS CAN BE WELL MANAGED WITH HOMOEOPATHY

The word tumour in itself can instigate terror in anyone's heart and you can imagine what happens to a person when he/she comes to know of suffering from a Brain Tumour. The impact of this diagnosis changes lives of not just the patients but their family members as well. The good news is, not every brain tumour is cancerous. Symptoms are usually experienced by the patients in both benign and malignant cases of brain tumour. Symptoms like headache, nausea, giddiness, vomiting, impaired vision and hearing are some of the most common manifestations seen in various types of brain tumours.

Treatment depends on the type and size of a brain tumour. If the tumour is not gaining in size then it is usually benign and treated with medication and Homoeopathy has a great role to play in this. There is absolutely no need to go in for any surgery or any invasive procedure in each and every case. Conservative treatment is the best option. There are times when a benign tumour, though not showing any signs of becoming cancerous, slowly and steadily gains size over a period of time and starts showing its effects in form of the symptoms mentioned above. Again in such a scenario, it is usually advised to go in for a surgery and get the tumour removed. But, Homoeopathy has been seen to be extremely efficacious in preventing the surgery by not only arresting the growth of the tumour but also eventually decreasing the size of the concerned tumour.

When it comes to the treatment of a malignant brain tumour, Homoeopathy has a very good role to play as a complementary medicine. A few even cancerous brain tumour cases have been cured by Homoeopathic doctors but largely Homoeopathy has been a wonderful aid along with the Modern system of medicine in combatting the malignant brain tumours. It has been seen that the effect of chemotherapy and other modes of treatment have given better results in patients who were on Homoeopathy as well as compared to those who were only on Allopathic treatments.

Palliation is the second best mode of treatment where cure is difficult to achieve. This is where Homoeopathy is second to none. There are various studies and papers by different scientists and doctors all around the globe that have shown the wonderful efficacy of Homoeopathy in difficult, rare and incurable diseases like brain tumours.

MARVEL OF HOMOEOPATHY

On 1st January 2015, a 56yrs old female was brought by her sister to Dr. Sanket Gupta at the Moti Bagh branch of AKGsOVIHAMS. She complained of double and even triple vision with complete inability to open the right eye. There was intense pain in the right side of her head and sort of hemiparesis in the right face. She used to feel flickering in her right eye all the time. She also had hypertension and her BP would remain around 160/120 despite anti-hypertensive medicines. She was on Steroids since 4 months and was suffering since 2012.

The MRI of the Cranium and Orbits of December 214 read – *“Enhancing soft tissue involving the infero-lateral part of the right cavernous sinus & extends anteriorly into the right side of right superior orbital fissure & orbital apex. Posteriorly the lesion extends up to the right Meckel’s cave. Medically the lesion bulges into the right cavernous sulcus causing its subtle widening & minimally indenting the cavernous right ICA.”* She was diagnosed with a rare Neurological Disorder called the **Tolosa Hunt Syndrome**. There was no respite to her sufferings whatsoever which brought her to try an alternative in Homoeopathy.

After taking the entire case in detail Dr. Sanket started with her Homoeopathic treatment. The results were quick and very encouraging. Within 2 weeks the pain in the head had reduced quite a bit and her BP was now keeping around 140/100. But she complained of needle like sensations in her head a lot. By Feb. 2015 she was much better in general. The eyes were now moving much better. She could open her right eye more than half now. The needle like pains in the head were also almost gone by now. A video was recorded on 2nd march which showed absolutely normal movement of both the eyes without any difficulty. Vision was absolutely normal and she could move her eyeballs like any other person. Her Blood Pressure was also under control now and would very rarely go above 130/90.

Another MRI was done in the last week of March which read – *“There is significant reduction in size and enhancement of the soft tissue since the last MRI involving the inferolateral part of the right cavernous sinus, right superior orbital fissure & orbital apex which extends posteriorly up to right Mecke’s cave. Signal change in right lateral rectus muscle denervation. No more edema as seen in last MRI.”*

Thus the report proved and showed marked improvement in the patient’s condition. She is now leading a normal life like any other healthy human being and thanks Dr. Sanket Gupta and Homoeopathy for giving her new lease of life! 😊



MIND the MIND



KAARTIK GUPTA, MSc,M.Phil (Cli. Psy.)

ALZHEIMER'S DISEASE

Alzheimer's disease is a neurological disease in which the death of brain cells causes memory loss and cognitive decline. It is the most common cause of Dementia (For reference <https://www.facebook.com/Mind-the-MIND-208725019557269/>). Alzheimer's disease is a progressive disease that destroys memory and other important mental functions. At first, someone with Alzheimer's disease may notice mild confusion and difficulty remembering. Eventually, people with the disease may even forget important people in their lives and undergo dramatic personality changes.

SYMPTOMS

The initial changes that are felt by the patient and also observed by his/her family members are unusual difficulty remembering things and organizing thoughts.

- Difficulty remembering things that just happened. Asking the same question again and again, misplace possessions, lose their way or direction, eventually can even forget the names of their family members and everyday objects.
- Impairments to reasoning, complex tasking, and exercising judgment
- Impaired speaking, reading and writing
- Changes in personality and behaviour

CAUSES

Recent studies suggest that Alzheimer's disease is caused by a combination of genetic, lifestyle, and environmental factors that affect the brain over time. Presence of plaques and tangles inside brain cells leads to decline and eventual cell death. Factors like – age above 65 years, Down syndrome, female sex, Mild Cognitive Impairment or head trauma in the past, diabetes, stroke and heart problems increase the risk for both Alzheimer's disease and vascular dementia.

MANAGEMENT

Apart from pharmacological treatment, psychosocial intervention is also an imperative part of the treatment process. It is important both for the patient and also for his/her caregivers.

- **Supportive therapy** – A form of psychotherapy in which the therapist assists the patient and the caregivers deal appropriately with a range of emotions like despair, anger, feelings of helplessness and sadness that they experience because of the illness.
- **Cognitive rehabilitation** – Training the patient to engage in mentally challenging activities like solving puzzles, Sudoku, scrabble, etc.
- **Memory aids** – Memory deficits is one of the main features of Alzheimer's disease. Helping the patient remember things by maintaining a pocket diary, making note of important dates and contact numbers, preparing flashcards, labelling rooms at home so that they do not lose their way, setting reminder notes in phone for medicines, etc.
- Ensuring that they maintain their **self-care** and engage in activities of daily routine like grooming, cooking, buying stuff from the grocery, reading and doing something that they enjoy the most.
- Being **patient** and **caring** towards the patient will lessen the difficulties he/she has to go through because of the disease. It will also provide a healthy home environment for the caregivers to live in.



Supplements don't work, with one exception

A new review finds that the most widely used supplements do not protect the heart against cardiovascular disease. However, folic acid may prevent stroke.

Researchers led by *Dr. David J. A. Jenkins* — a professor and Canada research chair in nutrition and metabolism at the *University of Toronto* — set out to examine existing studies in an attempt to determine whether vitamin and mineral supplements do, in fact, protect the heart. Their findings were published in the *Journal of the American College of Cardiology*.

For the new research, Dr. Jenkins and his team "conducted a systematic review and meta-analysis" of 179 randomized controlled trials published between January 2012 and October 2017 — both before and after the U.S. Preventive Services Task Force published their guidelines. The researchers used studies from the Cochrane Library, MEDLINE, and PubMed databases.

The review revealed that the four most popular supplements — vitamin D, calcium, vitamin C, and multivitamins — have no cardioprotective benefit.

The reviewers found no consistent evidence to suggest that these supplements prevent heart disease, heart attack, or stroke, or that the supplements correlate with a longer lifespan.

A significant exception, however, is the role of folic acid in preventing stroke. One randomized controlled trial called the China Stroke Primary Prevention Trial (CSPPT) showed a significant reduction in stroke risk for those taking folic acid. Overall, it revealed that the intake of folic acid alone can reduce stroke risk by 22 percent. Additionally, people with high blood pressure who took folic acid in addition to their usual hypertensive medication had a 73 percent lower risk of stroke.

Latest at AKGsOVIHAMS

- This month the Camp will be on **Neurological Disorders**. It will be held at the North Delhi Branch of AKGsOVIHAMS on **Saturday, 9th June 2018 at RU-115, Pitam Pura from 9am to 1pm**. Patients can avail **Free Homoeopathic Consultation** on all kinds of Neurological disorders like *MND, Paralysis, Parkinsonism, Migraine*, etc. **25% discount on all kinds of Pathological Lab Tests** would also be provided. 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.**



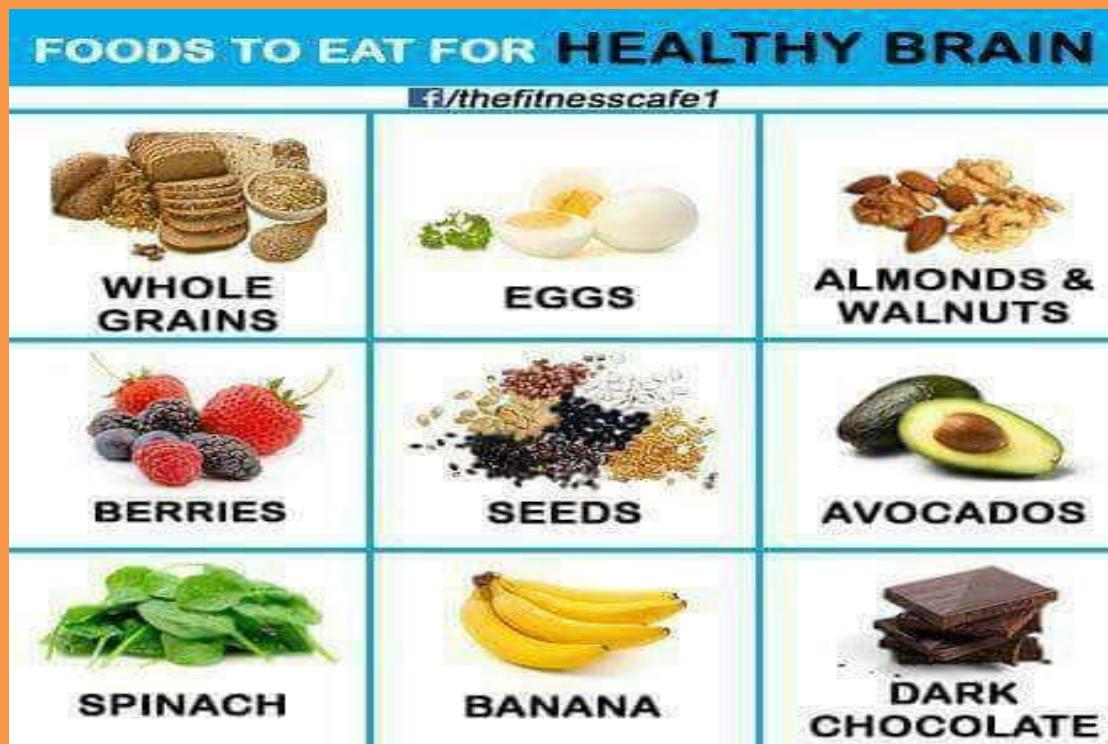
- **Preventive Medicine** for *Dengue, Chikungunya* and *Swine Flu* available at all AKGsOVIHAMS Clinics.



Mrs. Behal from Gurgaon asks – *Is there any treatment for weight loss in Homoeopathy?*

Prof. Dr. A.K. Gupta replies – Yes definitely there are good Homoeopathic medicines that can help in weight reduction in case of Obesity. Medicines generally differ according to the cause of excessive weight which be due to Diabetes Mellitus, Hypothyroidism, Hormonal Imbalances, or simple generalized obesity due to lack of physical activity. All of these conditions are successfully treatable with Homoeopathy, but demand necessary dietary management and physical activity to attain desirable results along with the medicines.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Till about a few weeks back I was not exactly the one who believed in homeopathy but something happened that changed my whole perception towards the stream of medicine. I slept alright and got up with a pain in my right ear with some kind of liquid oozing out. Just as with every other illness I went to my family doctor who asked me to go and see an ENT specialist. After examining my ear he categorically told me that there is no problem with my ear. I told him that there is some liquid coming out for which he said that all that needs to be done is that I need to take a medicine for the same. I took the medicine and the oozing of the liquid stopped but as it happened there was a feeling of fullness in my ear and I felt that as if I was carrying some cotton in my ear. I went back to the specialist and asked him about the same. He said that it'll pass off in a day or two but the condition deteriorated and the fullness was not going off in fact I was hearing a continuous whistling sound also which was irritating and started taking its toll on my sleep as well. I was not able to sleep in the night. I was not able to sleep in the day. I became restless and paranoid so I went to another specialist who told me that there was nothing wrong with the ear and I was just imagining things though he also prescribe me a couple of other audiometry tests which I undertook. Though the results came negative during this period I was not able to sleep and I was getting depressed with the situation. I was in the opinion that doctors were not able to understand what the problem was rather nobody was willing to understand what the problem was.

So finally my wife told me that we should go to her Homeopathic doctor, Dr.A.K.Gupta of AKGsOVIHAMS. We went to him and explained him the whole situation. He told me there was nothing to worry about and gave me few Homoeopathic powdered doses which were to be taken with lukewarm water and as luck would have it after taking the second dose suddenly I heard a Pop in my ear and I felt as if something has travelled from the nose through the throat and that feeling cleared there and then. I was so happy and delighted that what all the ENT specialists in the city were not able to understand and treat 4 doses from my doctor treated the same without any test. This incident changed my whole perception about Homoeopathic medicine and from that day on I have utmost faith in my doctor and other stream of medicine which is long forgotten by many people today. But I request them to look into this before opting for any kind of allopathic treatment or surgery. It is accepted as this is the only stream which has no Side Effects whatsoever. I really want to thank Dr AK Gupta from the core of my heart for relieving me of such a problem which was taking its toll on my physical health and mental health as well. Thank you once again for being there.

- *Upendra Sharma, New Delhi*



CHEMO HAIR LOSS & LEUKEMIA

ACNE VULGARIS

ALOPECIA AREATA

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)

WEST DELHI - J-158, Rajouri Garden, opp. Metro pillar 415-416

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

EMERGENCY HELPLINE – **9811341238, 9711013938, 9711981553**

Email – drakgupta@ovihams.com; drsanketgupta@gmail.com; kaartikgupta@gmail.com

Website – www.ovihams.com

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