

July 2018 Issue - LVIII

*Homoeo –Psycho Cure n Care with Wellness*

MONTHLY NEWS LETTER



Monsoon weather is here and along with all the joy and festivity it also brings with it humid and wet weather, which is ideal for fungal infestations. In this issue we are going to discuss about **Fungal Infections** and how to stay healthy in this weather as one can enjoy only if one is healthy.

Acupressure and Naturopathy Expert **Manish Gupta** is now available at our Pitam Pura branch. Patients can avail his services on **Tuesday, Thursday and Saturday** from **6pm to 8pm**.

Kaartik Gupta, Clinical Psychologist discusses about the **Travelling**. Find out how it benefits everyone and its relation to mental health.



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

FUNGAL INFECTIONS

INTRODUCTION

- In humans, fungal infections occur when an invading fungus takes over an area of the body and is too much for the immune system to handle.
- Usually fungi affect the skin, nails, head or scalp, majorly and can affect the lungs in rare conditions as well.

ETIOLOGY / CAUSES

- Some fungi reproduce through tiny spores in the air. One may inhale the spores or the fungi can land on a person. As a result, fungal infections often start in the lungs or on the skin
- Anyone with a weakened immune system may be more likely to contract a fungal infection
- Anyone who is taking antibiotics is also at risk of getting a fungal infection.
- Cancer treatment usually leads to contacting fungal infections.
- Diabetes may also make a person more prone to fungal infections.

SIGNS & SYMPTOMS

- Itching in general in the regions like feet, groins, thighs, and chest or under the breasts, etc.
- Most people get something called ringworm which is a dry, slightly red circle of itchy skin usually on the leg or arm, or occasionally the scalp.
- Fungal infections are not contagious.
- Nails turn white, or flaky and brittle, or Nails grow into a curved-over shape instead of being fairly flat.
- Fungi can grow in ear canal, if one does a lot of swimming or diving or live in a humid environment.
- Vaginal thrush where there is itchy, yellowish white vaginal discharge with offensive odour and at times accompanied with back pain.
- Sometimes fungi can grow in lungs. This is serious and is usually related to the person already having a weak immune system, such as having cancer or receiving chemotherapy.

INVESTIGATIONS

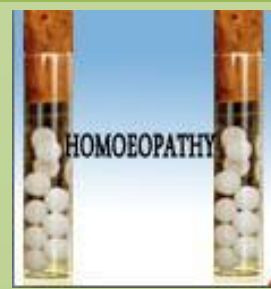
- Blood culture
- Histopathological analysis of the fungal scrapings
- Urine analysis
- Blood sugar levels
- Complete haemogram

WHAT YOU CAN DO

- Avoid applying antifungal ointments
- Avoid scratching



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS THE BEST CURE FOR FUNGAL INFECTIONS

We Indians, in particular are very prone to fungal infections reason being the various seasonal changes and weather fluctuations throughout the large landscape of our great country. Humid environments, damp places, marshy areas, basements and cellars are the common places which aid to the fungal growth. Humid air in general has a major impact on our skin.

There are wide range of fungal infections and diseases that one can encounter. Most commonly it is the skin that is affected due to fungal infections in a patient. Skin being the first line of defence becomes the first thing to come in contact with the onslaught of the growing fungi.

Usually when a fungal infection occurs and is treated with anti-fungal ointments and medicines, it seen that it tends to reappear with every change of season and at times with greater vigour. Despite the strongest of anti-fungal applications, the patient's suffering doesn't come to an end. This is where the role and efficacy of Homoeopathy comes in. There are some extremely wonderful medicines in Homoeopathy that not only help in healing the infection but also prevent the recurrence and completely cure the patient. With the Homoeopathic medicines, a person who would react violently to any change in weather conditions, becomes much more comfortable gradually and is able to enjoy the rains like any other person.

But yes, till the curative process is not complete, it is essential to follow the dos and don'ts as instructed by the Homoeopathic doctor. For example – do not remain wet or change your clothes at least twice a day; don't scratch the itchy areas as it will further aggravate the condition; don't wear very tight clothing, wear loose clothes as much as possible; dry your sweat by wiping first and wash only after completely drying up, etc.

Even for females suffering from vaginal candidiasis where there is lot of itching in the private parts along with white smelly discharge, there is tremendous role that Homoeopathy can play in completely curing the condition and throwing away the agony of such suffering.

Some of the extremely beneficial Homoeopathic medicines for Fungal infections are – *Arsenic Album, Sepia, Acid Chryso., Tellurium, Cina, Dulcamara, Natrum Sulph, Rhus tox*, etc.

Please do not consume any of these medications without the guidance of your treating Homoeopathic Doctor.

MARVEL OF HOMOEOPATHY

Ring Worm Infection



Taenia Vers. Infection



Pompholyx



Pityriasis Vers. Infection





MIND the MIND



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

TO TRAVEL IS TO LIVE!

Life is a journey. And to make this journey more beautiful and meaningful, we travel. We travel across cities, across landscapes, across continents to marvel the beauty of our Mother Earth. Travelling is an enriching experience. It is not only good for the economic growth of a country but also for the overall growth of an individual.

Recent studies have also proven numerous benefits of travelling. Some of these benefits are –

- It improves overall physical health. Engaging in outdoor activities, spending time close to nature helps in stabilising BP, improves immunity, and makes a person physically fit.
- It improves mental health. Travelling helps lower stress levels, aids in recovery from depression and anxiety problems, encourages flexibility in our thinking process, and ensures mental peace. It also enhances your tolerance of uncertainty which can work wonders for reducing anxiety.
- It makes us more creative and induces out of the box thinking as we encounter new and challenging situations which were unexpected. It also enhances problem solving skills.
- As we meet people from different backgrounds and cultures, it helps us to look at things from a different perspective. It nourishes love and respect for others, and for the entire humanity at large.
- You get to know yourself better as you spend more time with yourself and might even be surprised to discover certain skills which you thought you never had!
- Travelling revitalises the human soul and significantly improves productivity at work as it provides a much needed break from excessive workload and monotony of daily life.
- The enormity and beauty of nature in its various forms makes us humans humble as we realise how tiny we are in this entire existence. It makes us more appreciative and grateful for all that we have!

Today, people of all ages are taking to travelling more seriously. It is an excellent investment in oneself that promotes physical, mental, emotional, and even spiritual well-being. Spending time with nature brings us close to our own existence. It broadens our perspective about life, teaches us to maintain balance and be in sync with nature, and even makes us realise to be more mindful and appreciative of all the other living organisms co-existing with us on this beautiful planet of ours.

Thus, we at AKGsOVIHAMS encourage you to travel. Travel to discover places, to meet people, to love animals, to grow stronger bonds with your loved ones, to make beautiful memories, and most importantly to know thyself in the true sense. Be safe while you travel and also be responsible to spread love, happiness, maintain cleanliness, and ensure that our Home, Planet Earth, grows more beautiful as this is all we have!

‘Travelling – it leaves you speechless, then turns you into a storyteller’

- *Ibn Battuta*



Common cause of dementia may be treatable

A new study — led by the *University of Edinburgh* in the United Kingdom — has now uncovered how a disease that affects the brain's small blood vessels contributes to dementia and stroke. The disease in question is called **cerebral small vessel disease (CSVD)**.

In a paper now published in the journal *Science Translational Medicine*, researchers led by *Prof. Anna Williams*, who heads the MRC Centre for Regenerative Medicine at the university, note how they studied molecular features of the disease in rats. **They identified a mechanism through which blood vessel changes from CSVD harm the myelin covering of nerve fibers that carry signals between brain cells. The scientists also showed how certain drugs reversed the blood vessel changes and prevented damage to the nerve fibers in the rats' brains.**

Brain scans of individuals with dementia often show abnormalities in white matter, which consists mostly of nerve fibers and their myelin covering.

But until this study, the underlying mechanisms implicating CSVD as a driver of myelin damage in white matter were unknown. Should the mechanism be the same in human CSVD, these findings could pave the way to new treatments for dementia and stroke.

Prof. Williams and her colleagues discovered that CSVD causes dysfunction of endothelial cells, which are the cells that form the inner lining of blood vessels. They also found that dysfunctional endothelial cells stop precursor cells from maturing into cells that make the myelin covering on nerve fibers.

Closer investigation revealed that the rats that developed CSVD had a mutated form of an enzyme called ATPase, and that this led to dysfunction of their endothelial cells. The mutation has also been found in the brain tissue of humans with CSVD.

In a final set of experiments, the scientists showed how using drugs to stabilize the endothelial cells "could reverse the white matter abnormalities in early-stage SVD in the rat model, suggesting a potential therapeutic approach."

Latest at AKGsOVIHAMS

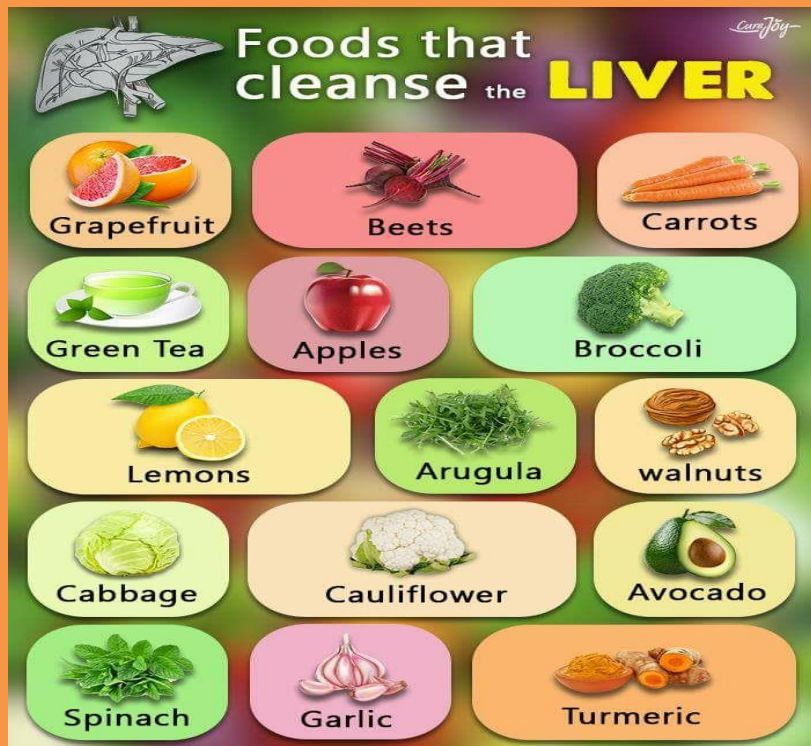
- **Acupressure and Naturopathy expert Manish Gupta** now available at the **Pitam Pura branch** of AKGsOVIHAMS Medical Centre on Tuesday, Thursday and Saturday. Patients can avail his services from **6 to 8pm**.
- **Dr.A.K.Gupta, Dr. Sanket Gupta and Clinical Psychologist Kaartik Gupta** will not be available on **14th and 21st July**. **Kindly schedule your appointments accordingly.**
- **Preventive Medicine for Dengue, Chikungunya and Swine Flu** available at all AKGsOVIHAMS Clinics.
- Visit our website www.ovihams.com to subscribe for our Newsletters for free.



Mrs. Kapoor from New Delhi asks – *I think my husband has OCD... How do I verify that? And what can be done if it is confirmed?*

Kaartik Gupta replies – OCD is a treatable condition. It is important that you consult a Clinical Psychologist and get your husband evaluated following which psychotherapy would be initiated. A combination of psychotherapy and medicines works best in the treatment of OCD.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

In today's life, everyone wants to recover fast without seeing its ill effects.

My daughter, Mriga Singhal studying in 9th standard in Manav Sthali School, New Rajinder Nagar was suffering from fever since august, 2002.

I consulted an Allopath Doctor in Shalimar Bagh who gave her medicine after having some tests. That Doctor treated her for nearly one month. When I found no improvement in her condition I shifted to another senior Allopath Doctor. He also gave medicines after some test. But there was no improvement in her fever and the condition deteriorated as she also started vomiting. Then, that senior Allopath Doctor after having some more Tests, Ultrasound, X-Ray, etc. advised me to consult a Kidney Specialist.

Then, I consulted a Kidney Specialist at a well reputed Hospital in Ashok Vihar. That kidney specialist asked me to admit my daughter immediately in the Hospital for a Biopsy Test. As per that kidney specialist, the swelling in the kidney may be the reaction of any medicine or any other reason, but it will be cleared only after the Biopsy.

Then one of my friends advised me to avoid Biopsy Test and to consult a Homeopath Consultant, Dr. A.K.Gupta. I visited Dr. Gupta at his institute "OVIHAMS" at Ganga Ram Vatika, Tilak Nagar in the first week of Oct.' 02. After seeing my daughter's reports deeply, he assured me and started with his treatment. After his treatment for nearly one and a half month, my daughter has started going school in second week of Dec.' 02.

I think that swelling in her kidney may be the reaction of any medicine prescribed by Allopath Doctors. After Dr. Gupta's treatment I feel that best part of homeopathy is that there are no side-effects or reaction. On the other hand, the worst part of Allopathy treatment is that almost every medicine has its side-effects or reactions and it cures one disease and in turn brings another.

May God bless the Homeopathy and Dr. A.K.Gupta.

- Mukesh Singhal, New Delhi



HERPES ZOSTER

TAENIA VERSICOLOR

MOLLUSCUM CONTAGIOSUM

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

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

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