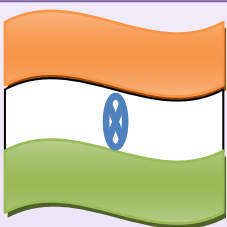


Aug 2018 Issue - LIX



AKGs

OVIHAMS

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo –Psycho Cure n Care with Wellness

MONTHLY NEWS LETTER



FREE CONSULTATION
&
50% DISCOUNT for all Sr. CITIZENS
ON
6th AUG, 2018 (MONDAY)
To mark the birth anniversary of
Late Sh. O. P. Gupta (Chief Patron
AKGs OVIHAMS)

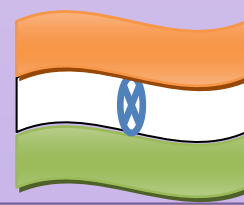


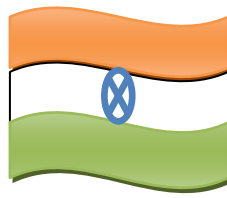
AKGs OVIHAMS completes **19yrs** of its inception on **8th Aug. 2018**. The brainchild of Prof. Dr. Ak. Gupta was inaugurated on the same day in the year **1999** with a vision for integrated system of Medicine working for the betterment of the health of the people of our wonderful nation.

We also wish you all a very **Happy Independence Day**.

We will discuss about the **Diseases of Eye** in this issue.

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





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

EYE DISEASES

INTRODUCTION

- Of the 37 million people across the globe who are blind, over 15 million are from India. What's worse, 75% of these are cases of avoidable blindness!

ETIOLOGY / CAUSES

- Lazy Eye due to improper eye development
- Presbyopia due to advancing age
- Uveitis
- Eye lens crystallization causing cataracts
- Raised intra-ocular pressure causing glaucoma
- Eye injury
- Blocked blood vessels of the eye
- Diabetes Mellitus
- Bacterial infiltrations like in stye or conjunctivitis
- Over use of electronic gadgets like mobile phones

SIGNS & SYMPTOMS

- Eye strain and pain
- Red Eyes
- Night Blindness
- Lazy Eye
- Squint
- Colour-blindness
- Blurred vision
- Light sensitivity
- Floaters in eye
- Dry eyes
- Excessive lachrymation or watering of eyes
- Headaches
- Giddiness
- Sticky eyes with discharge
- Itching

INVESTIGATIONS

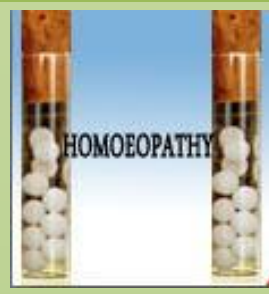
- Slit-lamp Examination
- Ophthalmoscopy
- Colour Photography
- Angiography
- Optical Coherence Tomography
- Ultrasonography
- MRI and CT Scan

WHAT YOU CAN DO

- Give your eyes a rest and avoid straining
- Quit smoking or never start
- Eat well and maintain a healthy weight



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS AN EYE CANDY

Most people have eye problems at one time or another. Some are minor and will go away on their own, or are easy to treat at home. Others need a specialist's care. Eye complaints can be categorized as Acute or Chronic.

Diseases like *Stye*, *Conjunctivitis*, *Blepharitis*, etc. fall under the category of Acute Eye Diseases and can be treated and cured in a few days itself with Homoeopathy. There is no need to go for heavy antibiotics as by following simple instructions of dos and don'ts and Homoeopathic medicines, these diseases can be cured.

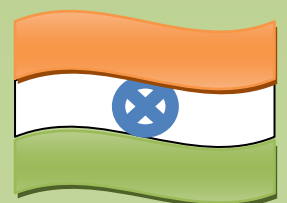
Homoeopathy has a pivotal role to play in chronic diseases of the eye. Diseases like *Glaucoma*, *Cataract*, *Chalazion*, *Refractive errors*; *corneal ulcers*, *retinal detachment*, and etc. fall under this category. The earlier the patient is put on Homoeopathic medicines, the better are the chances of complete recovery.

Chalazion for example is a completely curable disease with Homoeopathic medicines. There is no need to go in for any surgical removal of the nodule.

Homoeopathy for long has been used by mothers to get their children's spectacles removed. Homoeopathic medicines have the ability to correct the refractive error at the early stages and there are many kids who have got their spectacles removed completely and having a normal 6/6 vision with the help of exercises and Homoeopathic medicines. This is a testimony to the magical efficiency of Homoeopathic system of medicine.

Even the medicinally incurable conditions like Cataract and Glaucoma can be very well treated with Homoeopathy. If given at early stages, Homoeopathic medicines have the ability to completely resolve the crystallization of the eye lens and it even prevents and arrests further crystallization in later stages of the disease. Hence preventing surgery. *Cineraria* eye drops are every old person's trusted medicine to prevent senile cataract.

In case of Glaucoma, we have some wonderful medicines that don't let the intra-ocular pressure rise beyond the normal levels and give wonderful symptomatic relief in headaches and vision disturbances occurring due to glaucoma. Here Homoeopathic medicines again have an edge over strong Allopathic medicines as these do not have any side effects!



MARVEL OF HOMOEOPATHY

UVEITIS



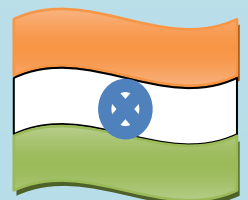
CHALAZION



STYE



ANGIONEUROTIC OEDEMA





MIND the MIND

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

AN EYE FOR AN EYE!

The ability to see is probably the best gift God has given us to appreciate the beauty of nature. However, this gift is not bestowed upon a few as they have some form of visual impairment. According to the 2001 Census report, about 1% of the Indian population suffers from visual disability. This edition of Mind the MIND is aimed at spreading awareness about eye donation in order to mark the National Eye Donation Fortnight (28th Aug. – 8th Sep).

Visual impairment can be a congenital condition, or can even be acquired through infection, injury or accident. Organ donation is believed to be one among the highest noble deeds that an individual can perform. Through this article, we will try and clear some of the myths/misconceptions related to eye donation, and subsequently encourage more people to help others by donating their eyes posthumously.

MYTH	FACT
<i>If I donate my eyes when I die, I will be blind by birth in my next life</i>	Gifting sight to someone is a divine gesture – something only a person with a lot of greatness in the heart can do. How can such a person be born blind in the next birth? This myth has stemmed out of ignorance and is a complete misconception.
<i>Old and senile people are not suitable for donating eyes.</i>	There is no age bar for eye donation. Anyone above 1 year of age can donate their eyes.
<i>You need to formally pledge your eyes in order to be eligible for donation.</i>	Although it is recommended to pledge your eyes, the family of the deceased can even come forward and donate his/her eyes.
<i>If I donate my eyes, it will leave holes in the eye socket causing face disfigurement</i>	Eye donation does not cause any disfigurement of the face as only the cornea of the eye is removed and not the entire eye.
<i>If I have pledged my eyes for donation, no authorisation/consent from anybody is required after my death</i>	Even if you have pledged your eyes for donation, the consent of your family member is essential for completing the process.
<i>It is against my religion to become an eye donor</i>	All religions honour those who make selfless sacrifices. Eye donation is a noble, divine deed and all faiths support this cause.
<i>If you have spectacles, you cannot donate eyes</i>	Even people who wear spectacles can donate their eyes as it will not cause any hindrance.

'It's easy not to donate but hard to be blind; donate your eyes...Let the Lamp Pass-On'





Do brain-training games really work?

When placed under scientific scrutiny, the benefits of such brain-training games turn out to be controversial. For instance, some studies have found that brain-training games improve the "executive functions, working memory, and processing speed" of young people, while others hail the benefits of such games for preserving cognitive health in seniors.

On the other side of the debate, however, we find those who say that no such benefits exist. A report published last year, for example, monitored the brain activity, cognitive skills, and decision-making abilities of young adults, only to conclude that brain-training games "do not boost cognition."

Neuroscientists at *Western University in Ontario, Canada*, set out to investigate if the alleged cognitive benefits of brain-training tasks can be transferred to other tasks that the users haven't been specifically trained for — but which engage the same brain regions. *Bobby Stojanoski*, a research scientist in the Brain and Mind Institute at Western University, is the lead author of the paper, which was published in the journal *Neuropsychologia*.

They used "a targeted training approach" in which 72 participants were trained on "two different, but related, working memory tasks." Working memory refers to the brain's ability to retain new information — such as a new name, a shopping list, or a telephone number — for a short period of time. The participants took part in 2 experiments. One tested their working memory in a certain task that they had been trained on, and the other tested them on another, related task that they received no specific training in. The second task engaged the same brain areas as the first.

The research team found that the high scores in the first game did not boost the participants' performance in the second game. **"Despite hours of brain training on that one game, participants were no better at the second game than people who tested on the second game, but hadn't trained on the first one,"** the researcher explains.

"If you're looking to improve your cognitive self, instead of playing a video game or playing a brain-training test for an hour, go for a walk, go for a run, socialize with a friend. These are much better things for you."

Latest at AKGsOVIHAMS

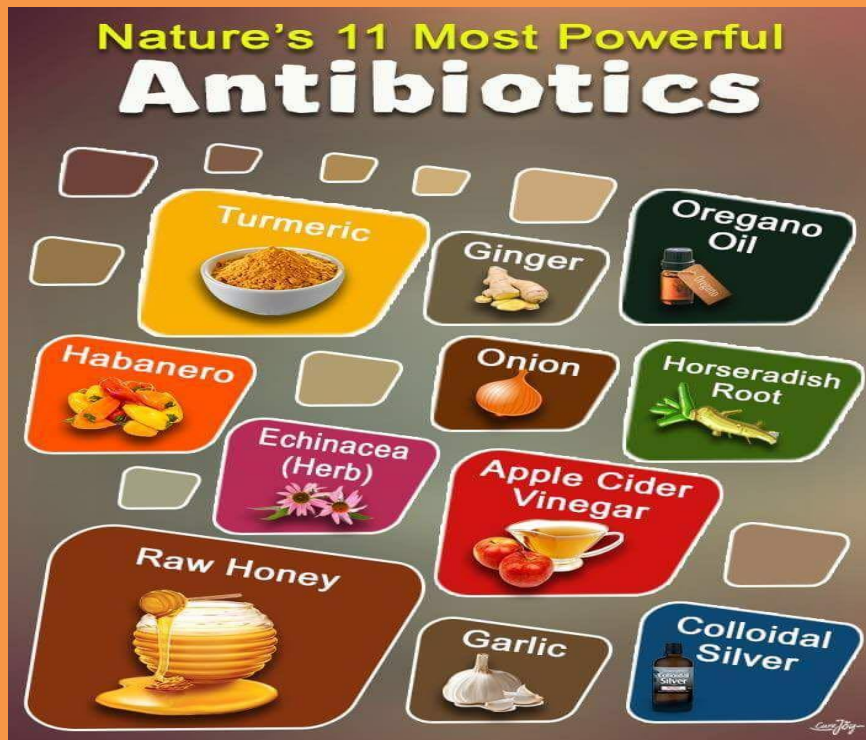
- **Free Consultation and 50% discount** on treatment for all **senior citizens** on **6th Aug. 2018** on the occasion of **104th Birth Anniversary** of Late **Sh.O.P.Gupta**, Chief Patron of AKGsOVIHAMS.
- **Prof.Dr.A.K.Gupta will not be available from 3rd to 11th September** as he will be going to South Africa for an **Int'l Conference** to present a paper on Behcet's Disease. So kindly book your appointments accordingly.
- **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**.
- **Preventive Medicine** for *Dengue, Chikungunya* and *Swine Flu* available at all AKGsOVIHAMS Clinics.



Mr. Malhotra from New Delhi asks – *I have frequent urination at night these days. I am 68yrs old. What could be the reason?*

Dr. Sanket Gupta replies – Frequent urination at night accompanied with ineffectual micturition in elderly males is usually a guiding symptom of Prostate disorder. Kindly get your abdominal Ultrasound done. Also it is extremely necessary to rule out Diabetes Mellitus. Please get your HbA1C checked as well. Prostatic troubles are extremely common at this age and Homoeopathy has a wonderful role to play in such diseases. I always say Homoeopathy is an old man's best friend.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

The Bechet's medications you have provided to me are very effective. They greatly diminish the inflammation and discomfort. I am writing you to order more Bechet's medications. I feel your treatment for Bechet's is very helpful and request you refill the Bechet's Syndrome medications.

As I previously described to you, my Bechet's symptoms are cyclical, over a number of weeks. When the symptoms start, the inflammation gets worse over time and becomes very painful. Then it slowly subsides, on its own, and is finally clear for a while. But then shortly it starts all over again.

Taking your medication has done the following:

- 1) The severity (and pain) of the inflammation has been substantially reduced to where it is more of a milder irritation, rather than disabling.
- 2) The term of the cycles has been shortened. Rather than taking weeks, it is now a number of days, which greatly reduces the period of discomfort.
- 3) In addition to the above benefits, I feel it has also cured the symptoms, to some degree. That is, if I stopped taking the medication for a while, the original harsh inflammation reaction does not reoccur and instead the milder form of cyclical inflammation persists. My body appears to have actually overcome the reaction and healed somewhat.

In an effort to continue to heal, I now take your medications when the inflammation starts to occur and stop it when the inflammation subsides, since it is not necessary and also give my body a chance to try and control the reaction on its own. This process is been very effective for me. Hopefully the reaction will just "fade away" over time.

Thank you for all your help Dr. A. K. Gupta

- John Podgorny, California, USA





NEPHROTIC SYNDROME



PSORIASIS



CYSTIC GROWTH



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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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**

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 <https://www.youtube.com/channel/UCcTjXDusTTVhI852JPOAFRg>