

Sept 2018 Issue - LX

*Homoeo –Psycho Cure n Care with Wellness*

MONTHLY NEWS LETTER

*(Dr.A.K.Gupta presenting Paper)**(Ms. Ela Gandhi with Dr.A.K.Gupta)*

Prof. Dr. A. K. Gupta presented his paper on “Homoeopathy Route in Silk Road Disease” **Behcet’s Disease** in the 73rd International Homoeopathic Conference of LIGA in Cape Town, South Africa. For more on Behcet’s Click - <http://ovihams.com/GetContent/Newsletter/65/V> **Ms. Ela Gandhi**, granddaughter of Mahatma Gandhi graced the occasion with her presence and applauded Homoeopathy as an Effective and Non Toxic mode of treatment. As we say Homoeopathy Ensures Health Safely. She is a true supporter of Homoeopathy and believes that Homoeopathy has a lot to offer in healing the mankind. Nearly 500 doctors from various countries like Brazil, South Africa, Canada, Belgium, Germany, Argentina, Italy, United Kingdom, France, America, Australia, India, Bangladesh and Thailand etc. participated in the congress.

Trigeminal Neuralgia, an agonisingly painful condition is dealt in this issue. Homoeopathy has a great role to play in this terrible nerve pain disorder.

Kaartik Gupta, Clinical Psychologist Introduces the series on **Personality Disorders** in the section Mind the MIND.



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

TRIGEMINAL NEURALGIA

INTRODUCTION

- Trigeminal neuralgia is inflammation of the trigeminal nerve, causing intense facial and head pain.
- It is also known as *tic douloureux*. Because of the intense pain it can cause patients to contort their face into a grimace and cause the head to move away from the pain. The obvious movement is known as a tic.
- Though it can affect people of any age, trigeminal neuralgia tends to afflict people older than 60 years of age
- It affects the right side of the face five times more often than the left.

ETIOLOGY / CAUSES

- The cause of trigeminal neuralgia is idiopathic, meaning the cause is not exactly known.
- There are some instances when the trigeminal nerve can be compressed by nearby blood vessels, aneurysms, or tumours
- There are inflammatory causes of trigeminal neuralgia because of systemic diseases including multiple sclerosis, sarcoidosis, and Lyme disease
- There also is an association with collagen vascular diseases including scleroderma and systemic lupus erythematosus (SLE)

INVESTIGATIONS

- Neurological clinical examination
- MRI of the Brain and Face
- CT-Scan of the Brain and Face

WHAT YOU CAN DO

- Avoid stimulants of all kinds
- Avoid taking heavy medication for long
- Opt for Homoeopathy

SIGNS & SYMPTOMS

- Episodes of severe, shooting or jabbing pain that may feel like an electric shock
- Spontaneous attacks of pain or attacks triggered by things such as touching the face, chewing, speaking or brushing teeth
- Bouts of pain lasting from a few seconds to several minutes
- Episodes of several attacks lasting days, weeks, months or longer — some people have periods when they experience no pain
- Constant aching, burning feeling that may occur before it evolves into the spasm-like pain of trigeminal neuralgia
- Pain in areas supplied by the trigeminal nerve, including the cheek, jaw, teeth, gums, lips, or less often the eye and forehead
- Pain affecting one side of the face at a time, though may rarely affect both sides of the face
- Pain focused in one spot or spread in a wider pattern
- Attacks that become more frequent and intense over time



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY CALMS YOUR NERVES

Trigeminal neuralgia is one of the worst pains a person can ever experience. It is an excruciating pain to say the least. The suddenness and acuteness of this pain makes it terribly agonizing. It is nothing but nerve irritation or inflammation of the 5th cranial nerve called the Trigeminal nerve. The nerve arises from the brain and supplies parts of the head, over the eyes and a large portion of the face. So, when there is a trigeminal nerve irritation, a patient can feel pain in any of the above mentioned areas and in severe cases in all the areas supplied by the trigeminal nerve.

As mentioned above by Dr. Sanket, that there is hardly any particular cause to pinpoint at that can lead to trigeminal neuralgia. Hence the treatment of such a condition becomes extremely difficult. Especially in modern medicine, the only treatment is strong steroids which have a lot of side effects or a brain surgery which is also not 100% successful and comes with its share of pros and cons.

In such a scenario Homoeopathy has come out to be extremely useful and effective. As the cause is unknown, the Homoeopathic doctor tries to curb all sorts of triggering factors and accordingly prescribe the medicines. It has been seen in various cases at AKGsOVIHAMS that the intensity and severity of pain gets reduced very soon with the indicated Homoeopathic medicines and with time even the frequency of pain episodes becomes much lesser. There have been a number of cases where patients have been off medication for long and the pain has not yet reappeared. The dos and don'ts are extremely important to follow in such cases to attain proper cure.

Medicines like *Chamomilla*, *Hypericum*, *Coffea Cruda*, *Spigelia*, *Sanguinaria*, etc. are extremely efficient in treating the pain of a trigeminal neuralgia. Medicine selection depends on the site, type and character of the pain.

Homoeopathy has the ability to calm down the irritated nerves!

View here a case of Trigeminal Neuralgia treated with Homoeopathy successfully - <https://www.youtube.com/watch?v=VelwqRxT1fU>

MARVEL OF HOMOEOPATHY

One day Prof. Dr. A. K. Gupta got a call from a senior general surgeon of a leading hospital in West Delhi who was a good friend of Dr. Gupta as well. The surgeon asked Dr. Gupta if he could come for a private consultation to the hospital. On meeting Dr. Gupta in the hospital the surgeon started narrating about his problem. He told Dr. Gupta that I have a terrible left sided Trigeminal neuralgia. The pain would start from the side of his head and within seconds radiate to whole of head and over the left eye and radiate down the facial muscles. There would be sensation of vomiting as well with the pain. The pain would become so intense and severe that he would be unable to perform any surgery without taking painkiller injections. He was forced to inject himself with painkillers at least 5 to 6 times in a day. He was on heavy dosage of steroids as well. The situation was grave and he would not be able to sleep for days together. Realizing the fact that his condition was not coming under any sort of control whatsoever, he thought of taking the expert opinion of Dr.A.K.Gupta.

Taking the entire case and severity of pain in account, Dr. Gupta prescribed him with the medicines for 1 week. After 1 week's medicine, there was marginal relief in the pain but he was still not able to sleep properly and he would pop in a sleeping pill at night just to be able to perform surgeries the next morning. Dr. Gupta this time added a liquid medicine that the surgeon had to take at night before going to bed. He was asked to take around 40-50 drops of that liquid at night. The new combination of medicines and this liquid worked really nicely this time around.

By the 3rd week or so, the surgeon was much better in general. He was now able to sleep on his own without the help of sleeping pills. The pain was much reduced now. The severity and intensity of pain was reduced by 90% now. He could now perform surgeries without taking any painkiller injections. In between though, very seldom he would still feel slight pain in the head and heaviness over the eyes.

The medicines were continued for another 1 month or so and the surgeon was completely cured of his problem of Trigeminal Neuralgia. He developed huge faith in Homoeopathy and since then has referred many patients to Dr. Gupta. He wrote a letter in gratitude to thank Dr.Gupta – *“It imparts me blissful sense in turning over my feelings of admiration towards the affable attitude and benevolent kindness, rendered by you. The professional proficiency of paramount nature gelled with a munificent stance makes you a pinnacle of your specialty and as a human being.*

No amount of appreciation can really reflect my venerated regards for you as an exemplifying doctor, as you provided keen ears to comprehend the nature of my illness and endowed me with the most excellent treatment modality.

I, genuinely reckon your merciful authority, as a paradigm of your specialty and in sheer positivism I firmly hope that the superfluous sympathy flaunted by you will keep on flowering in future as well.

Wishing your authority highest echelons of accomplishments and feats.

With unfathomable and most revered regards.”



MIND the MIND



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

PERSONALITY DISORDERS

When we talk of “Personality” people usually think of someone who is good looking, smart, charming and even influential to some extent. In this issue, we look at what is meant by personality, different characteristics of personality, and an introduction to Personality Disorders. In the following issues, we will cover different types of personality disorders and their management.

What is personality?

The word personality is derived from the Latin word ‘persona’ which means ‘mask’. Thus, it is kind of a façade we put on that is observable to others. According to the American Psychological Association (APA), personality refers to individual differences in characteristic patterns of thinking, feeling and behaving. It is dynamic in nature as we keep evolving with time and different experiences.

Characteristics of Personality

- Persistent and enduring – Even though we all modify our beliefs and behaviours during our lifetime, our core personality traits tend to remain stable over time.
- Early emergence – Our stable personality traits begin to manifest in adolescence, somewhere at the age of 15-16 years.
- Combination of traits – Personality is dynamic in nature as it is an amalgamation of different ways of thinking, feeling, perceiving and responding to the environment.
- It also involves how we relate to self and others. Thus, it involves both the interpersonal and intrapersonal relations.

Personality Disorders

As mentioned above, our personality comprises of several traits and not all of them are necessarily healthy and adaptive. Some of these traits are bound to be problematic. Personality disorder is a mental disorder in which the person has a rigid and unhealthy pattern of thinking, functioning and behaving. It represents an extreme or significant variation in personal functioning, a deviation from the way an average individual in a given culture thinks, feels, behaves, perceives, and relates to others. This causes significant problems and limitations in interpersonal relations, social activities, work productivity, and overall functioning.

Characteristics of Personality Disorders

- Causes significant *distress* to the person having a personality disorder, and almost always to those around them.
- It is *pervasive and global*, i.e. it is apparent in a range of personal and interpersonal situations and not restricted to any particular instance or situation.
- It *impairs* the personal, social and occupational functioning of the individual with personality disorder.

To be contd...



Dementia: New risk factor examined

Dementia describes a group of symptoms that include a decline in memory and cognitive abilities. Certain risk factors for these conditions are well-known like - age, sedentary lifestyle, smoking, excessive alcohol consumption, hypertension, high cholesterol levels, being overweight, a lack of social contact, and head injuries.

A group of researchers recently published a paper in the *BMJ* that might add another risk factor to this list: **air pollution**.

To do this, the researchers estimated levels of noise and air pollution across Greater London in the United Kingdom. Next, they took data from the Clinical Practice Research Datalink, a nonprofit research service that has been collecting data since 1987. In all, the team used the medical records of almost 131,000 people who were aged 50–79 in 2004, none of whom had been diagnosed with dementia.

From the participants' addresses, the scientists could estimate their individual exposure to a range of pollutants, including traffic noise. The pollutants of interest were nitrogen dioxide (NO₂), fine particulate matter (PM_{2.5}), and ozone (O₃).

Using these health records, the team tracked the health of each participant, following them until a diagnosis of dementia, deregistration from the doctor's office, or death, whichever came first. On average, this follow-up lasted 7 years. Of the whole group, 2,181 people (1.7 %) developed dementia.

The analysis showed that people whose exposure to NO₂ was in the top fifth had a 40 percent greater risk of being diagnosed with dementia than those in bottom fifth. When they analyzed PM_{2.5} levels, there was a similar relationship.

Even after controlling for relevant factors — such as smoking and diabetes — the results remained significant. Levels of O₃ and noise pollution did not increase dementia risk.

"Traffic-related air pollution has been linked to poorer cognitive development in young children, and continued significant exposure may produce neuroinflammation and altered brain innate immune responses in early adulthood."

Latest at AKGsOVIHAMS

- To know more about the South African LIGA conference and Prof. Dr. A. K. Gupta's presentation please visit - <http://ovihams.com/blogs/dr-a-k-gupta-presented-paper-at-cape-town-in-73rd-international-congress-of-liga.html>
- **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. Dhillon from New Delhi asks – *I am 55yrs old and non-diabetic. Off late I am having tingling sort of in my feet at night especially. What could be the reason?*

Prof.Dr.A.K.Gupta replies – Tingling in the feet can be due to either some nerve compression in the back region or else could be due to Vitamin B12 deficiency. If there is no history of any back pain or fall on the spinal region or hip region in the past, then this could very well be due to deficiency of Vitamin B12. Kindly get that checked as Vitamin B12 deficiency can cause nerve weakness (or neurasthenia). Homoeopathy has a great role to play in better absorption of Vitamin B12 from natural sources like cereals, beetroot, green leafy vegetables, jaggery etc.

Send your Query at - feedback@ovihams.com

Tips for Health & Wellness

Super Healthy Spices		
OREGANO helps soothe stomach muscles		Thyme relaxes respiratory muscles
MINT can ease hiccups		TURMERIC anti-cancer
GINGER anti-nausea remedy		BASIL can relieve gas and soothe stomach upsets
GARLIC natural antiseptic		BLACK PEPPER help relieve indigestion
FENUGREEK helps flush out harmful toxins		CAYENNE can stop a heart attack
Fennel can reduce bad breath and body odor		CINNAMON helps lower blood pressure
CLOVE anti-microbial		Dill treat heartburn, colic and gas
SAGE antiseptic and antibiotic		Rosemary antioxidant

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I, Vinod Monga resident of Rajouri Garden (West Delhi) India, would like to share my experience with homoeopathy and Dr. A. K. Gupta. On the morning of 17th June, 2018 (Sunday) I woke up with a very severe pain in my testicles which were swollen very heavily. I rang up Dr. A. K. Gupta and told him about my condition. He advised me to have two different liquids – Belladonna and Rhododendron 10-15 drops every 2 hour alternatively. Being a Sunday, his clinic was closed so he asked me to get an ultrasound done and meet him in person the next day. On Monday I got the report and went to his clinic. He explained that I had Hydrocele and Epididymitis problem and gave me two small bottles of different liquids and a bottle of some “Magical pills” to be taken every hour. As severe pain persisted, he advised me to apply hot water bottle or ice cold pack. After 2-3 days, I went back to the doctor again as the pain was still quite severe. Now he advised me that this requires surgical treatment to be resolved immediately. But I was adamant and forcefully requested him to treat me in his clinic only with his “magical Homoeopathic pills and liquids”. My wife and other family members were also insisting me to consult a surgeon or an allopathic doctor. But seeing my trust and confidence in homoeopathic treatment, Dr. A. K. Gupta asked me to finish the medicine within 48 hours and visit his clinic regularly. In the meantime, he advised me to wear only pyjama without underwear and to take complete bed rest for 2-3 weeks, and have very light food without fries and excessive mirch masala (spices).

On the 8-9th day, pain had relatively reduced and even the swelling had subsided. By the 20th day, the doctor permitted to go to work with an advice to wear extra loose pants and not to tighten the waist belt or to wear suspenders as an alternative. Everything is now in control and as of today (18th August, 2018), he has permitted me to wear my regular pants and waist belt also.

Now I am totally cured with the Grace of God and the constant advice of Dr. A. K. Gupta. I am enjoying my normal life all because of Homoeopathy which cures all kinds of problems. At last my sincere thanks and regards to Dr. A. K. Gupta and bless him to cure more and more people of any problem. My faith in Homoeopathy has strengthened, so has my family's!

VINOD MONGA, New Delhi



BEHCET'S DISEASE UVEITIS

BEHCET'S GENITAL ULCER

BEHCET'S MOUTH ULCER

AKGsOVIHAMS Medical Centre dedicated to Homoeo – Psycho Cure n Care with wellness 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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