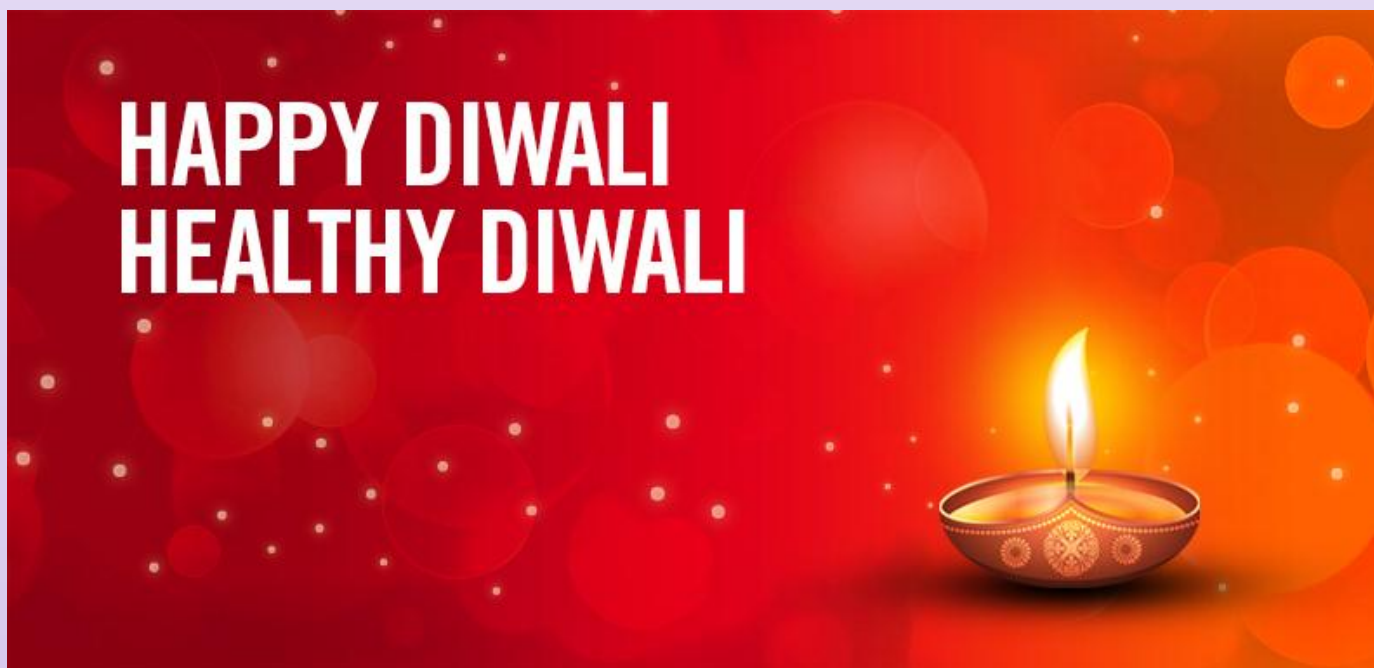


Non. 2018 Issue - LXII



Homoeo –Psycho Cure n Care with Wellness

MONTHLY NEWS LETTER



The entire team of AKGsOVIHAMS wishes you and your loved ones a very Happy, Healthy and Prosperous Deepawali, Goverdhan Pooja & Chhat Pooja.

Alzheimer's disease is discussed in this issue. Homoeopathy has a great role to play in this neurological disorder.

Kaartik Gupta, Clinical Psychologist continues further with the series on Personality Disorders and discuss about **Paranoid Personality Disorder** in the section Mind the MIND.



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

ALZHEIMER'S DISEASE

INTRODUCTION

- It is a progressive disease that destroys memory and other important mental functions.
- Alzheimer's disease is the most common cause of dementia — a group of brain disorders that cause the loss of intellectual and social skills.

ETIOLOGY / CAUSES

- Scientists believe that for most people, Alzheimer's disease is caused by a combination of genetic, lifestyle and environmental factors that affect the brain over time
- Less than 5% of the time, Alzheimer's is caused by specific genetic changes
- Plaques are clumps of a protein called beta-amyloid that may damage and destroy brain cells in several ways, including interfering with cell-to-cell communication
- In Alzheimer's, threads of tau protein twist into abnormal tangles inside brain cells, leading to failure of the transport system
- Increasing age is the greatest known risk factor
- Many people with Down syndrome develop it
- Women are more likely to develop it than men
- History of trauma on head
- Lack of exercise, Obesity, Smoking, High BP, High blood cholesterol, Poorly controlled type 2 diabetes, diet lacking in fruits and vegetables

SIGNS & SYMPTOMS

- At first, increasing forgetfulness or mild confusion may be the only symptoms
- Patients repeat statements and questions over and over, not realizing that they've asked the question before
- Forget conversations, appointments or events, and not remember them later
- Misplace possessions often
- Get lost in familiar places
- Eventually forget the names of family members and everyday objects
- Difficulty in concentrating & thinking, especially about concepts like numbers
- Multitasking is especially difficult
- Once-routine activities that require sequential steps, such as planning and cooking a meal become a struggle as the disease progresses
- Depression, Apathy, Social withdrawal, Mood swings, Distrust in others, Irritability and aggressiveness, Changes in sleeping habits

WHAT YOU CAN DO

- Maintain a healthy heart with a healthy lifestyle by keeping your BP, Cholesterol and blood sugar levels in control
- Stay active — physically, mentally and socially

INVESTIGATIONS

- Clinical examination and interrogation
- MRI of the Brain



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY HAS THE ANSWERS TO THE PUZZLE

Although Alzheimer's disease has always puzzled physicians of all walks, interestingly homeopathy system offers reasonably positive treatment if not cure. When we discuss the role of medicine for certain diseases, we probably do not talk of the 'cure' in real sense, but more of 'control' and 'relief'. AD is one such condition, where homeopathy has following role to play:

- To control the disease process whereby further deterioration of the brain damage is slowed down to a certain extent.
- To improve to an extent some of the symptoms like communication, failing memory, anxiety, restlessness, etc.
- Many of the problems associated with Alzheimer's disease such as restlessness, depression, and agitation can be treated effectively and gently with homeopathy.
- It may also be possible, especially in the early stages of Alzheimer's disease, to restore someone's memory with homeopathic medication.
- Timely administered homeopathy medicines can prevent further progress of the disease.
- Even if given in very late stages of the disease, the potent Homoeopathic medicines have the ability to improve the general quality of life of the suffering patient.
- As a lot goes into managing such a patient at home, Homoeopathic medicines definitely help in restoring some level of independence in the previously totally dependent patient.
- Homoeopathy undertakes study of each Alzheimer's case as a separate entity and does in-depth evaluation of the disease as well as patient as a person. The study also involves deep evaluation of the mind and emotions. After appreciating the patients in his/her totality, a suitable medicine called as 'constitutional medicine' is selected for the patient. The medication based on such foundation brings deeper level healing process for the sufferers of chronic diseases.
- It should be noted that there is no single specific remedy for all the cases of Alzheimer's. The exact treatment is determined only on in-depth evaluation of individual case.

At AKGsOVIHAMS we have treated a few cases where Homoeopathy has been of great help to the patients. Medicines like *Baryta Carb*, *Arnica*, *Conium*, *Natrum Mur.*, etc have shown tremendous promise.

MARVEL OF HOMOEOPATHY

This is a case of Mrs. B. A. who has been a patient of Prof. Dr. A. K. Gupta since many years and keeps consulting him for various issues. One fine day in May 2018, the 62yrs old lady was brought by her family members at the Rajouri Garden clinic to consult Dr. Gupta. The family told the Doctor that off late Mrs. B. A. had started forgetting a lot of things. She had become extremely forgetful in the last 7-8 months or so. She would completely forget where she had kept the keys, whether she had lunch or not, would refuse to give money to the shopkeeper and say I don't remember buying anything from here, etc. Such incidences were repeating very often and definitely alarmed the other family members. She was taken to a Neurologist who asked for an MRI of the Brain. The MRI showed 'Diffuse Cerebral Atrophy' suggesting towards Alzheimer's disease.

By the time she was brought to Dr. Gupta, she had almost forgotten a lot of things and even her speech had become slurry and babbling was seen as well which prompted the family members to bring her to Dr. A. K. Gupta. On taking the entire case history, it came out to the doctor's knowledge that since a few years the lady had been feeling grossly neglected by her own family members. There had been some major family disputes and issues. She was undergoing some sort of emotional turmoil which she never actually shared with anyone. She had a nature of suppressing her emotions. Also, in the last 2-3 yrs she had been falling sick quiet often and regularly which made her sad as well. Sometimes joint pains, other times fever or gastric issues etc. She hadn't been in the best of her mental and physical health for a while now which definitely had a toll on her brain. Though she was able to carry out all basic human functions on her own but the difficulty or partial loss of speech and memory was disturbing her and the family members as well.

Taking everything into account, the Homoeopathic medicines were started. She was already on Allopathic medicines for High Blood Pressure and Diabetes Mellitus and was asked to continue with those medicines.

By September 2018, there was a definite improvement in her memory and speech. She was now looking more oriented. She had started regaining her speech back to some extent. She was able to remember and recall few of the recent events when interrogated. This was a very positive change and the medicines were continued. Along with the Alzheimer's disease, her other parameters like Blood Pressure and Blood Glucose levels were also kept under check with the help of Homoeopathic medicines and gradually the dosage of Allopathic medicines for both BP and Diabetes have been tapered.

Mrs. B. A. is still under the supervision of Prof. Dr. A. K. Gupta and is responding very nicely to the Homoeopathic medicines. This case has shown the efficacy of Homoeopathic medicines in such a so-called 'incurable case' which is believed that patient will only deteriorate with time and that there is no such treatment to stop or arrest or even slow down the process of gradual brain degeneration. Homoeopathy definitely has shown that with proper clinical research with an open mind and acceptance for Homoeopathic medical system may be sooner we can come out with proper cured cases of Alzheimer's disease.

Click here to view the case – <https://youtu.be/9hnf6RWPvKg>



MIND the MIND

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

PARANOID PERSONALITY DISORDER

As a child, we all were told by our elders “not to trust strangers”. In today’s times, when we come across reports of abuse and deceit even by one’s own family members it is natural to feel and even be little suspicious of others’ intentions. Trust is arguably the most important component for any kind of interaction and relationship to develop.

Paranoid Personality Disorder (PPD) is an unwarranted tendency to interpret the actions of others as deliberately threatening or demeaning. In addition, there is a strong reluctance to confide in others, tendency to bear grudges for long, and to find demeaning or threatening subtext in even the most innocents of comments or events. Such an individual feels strong emotions of anger and hostility to the others very frequently.

Symptoms

People with PPD do not think that their behaviour is abnormal, and it seems completely rational to be suspicious of others. Symptoms or certain characteristics of people with PPD are:-

- **Suspiciousness** - believing that others have hidden motives or are out to harm them; doubting the loyalty of others
- **Hypersensitive** to criticism
- **Social isolation and poor self-image** – detached and socially isolated; being quick to become angry and hostile
- **Poor interpersonal relations** - being argumentative and defensive; having trouble seeing their own problems
- **Trouble relaxing** – feel tense and worked up all the time
- **Inability to collaborate** - having trouble working with others; tendency to bear grudges
- **Excessive self-importance** – tendency to personalize to believe that everything others say or do may be a direct reaction to him.

Causes

The specific cause of PPD is unknown. However, a combination of bio-psycho-social factors seems to play a role as the condition occurs more frequently in families with a history of Psychotic disorders like Schizophrenia and Delusional Disorder. Early childhood experiences also play an important role in addition to the individual’s innate temperament.

Treatment

People who suffer from personality disorders are unlikely to seek treatment voluntarily as they may blame others and circumstances for their plight. If at all they do, it’s for associated conditions like depression, anxiety, etc.

A combination of Psychotherapy and Pharmacotherapy works best for such cases.

Psychotherapy – This is the most promising method of treatment for people with PPD. Intense and long-term therapy is required as there may be deep-rooted problems with interpersonal functioning. A strong therapist-client relationship offers the most benefit to people with the disorder, yet is extremely difficult to establish due to the dramatic scepticism of patients with this condition. Establishing rapport is the most challenging task for the therapist, yet the professional seeks to work around it to help the individual see things from a different perspective.

Medicines – As mentioned above, prescribing medicines for the comorbid problems can work well which would also help in reducing the suspicion.



Can apathy predict dementia?

Because there is no cure for dementia, accurately predicting who will go on to develop it is vital to minimize its impact. According to a new review, apathy may hold the key. Observing changes in behavior might be a useful way to assess an individual who might otherwise fly under the radar.

One behavior of interest is apathy, which is defined as a loss of motivation, a lack of interest, and reduced emotional expression. Already, researchers have noted that apathy is a common feature of dementia, occurring in around half of the people with Alzheimer's disease. As the authors explain: "We aimed to systematically review and meta-analyze the evidence from longitudinal cohorts for the association between apathy in older people and the risk of incident dementia." In total, the researchers assessed and collated data from 16 studies, including 7,365 participants. Their results were published earlier this month in *JAMA Psychiatry*.

The authors concluded that "apathy was associated with an approximately twofold increased risk of dementia in memory clinic patients."

Researchers saw a particularly pronounced effect in younger, healthier individuals because it was easier to detect apathy in them.

Changes in apathy could be useful for doctors, helping them gauge the potential risk of developing dementia, alongside standard clinical tests; the authors explain further: "Apathy is a relevant, noninvasive, cheap, and easily implementable prognostic factor prodromal to dementia." They go on: "It has important clinical significance because patients are vulnerable and tend to withdraw from care, requiring an active caregiving approach from clinicians."

Recent research has focused on developing biomarkers for dementia risk, including MRI and the analysis of cerebrospinal fluid. Compared with these high-tech options, assessing apathy would be much quicker and more cost-effective.

As ever, more research is required to gather more detail on this relationship. The authors also note that it is important to remember that not every older adult with apathy will go on to develop dementia. **However, they also write that older adults with apathy "represent a medically highly vulnerable group that tends to withdraw from care."**

Latest at AKGsOVIHAMS

- **21st Oct.** was the **1st Anniversary** of the Pitam Pura branch and **AKGsOVIHAMS** in association with Indian Institute of Mass Communication (**IIMC**) held a successful camp and seminar on Iodine Deficiency on the day. Watch the whole event here – <https://youtu.be/DjAz8SUniXY>
- Our Clinical Psychologist **Kaartik Gupta** was invited by leading cardiologist **Dr. K. K. Aggarwal** to talk about **OCD** at the **MTNL Perfect Health Mela** on 27th Oct. Watch the full Medtalk here – <https://youtu.be/6qFhtffm3oc>
- **Prof.Dr.A.K.Gupta** talks about the critical issue of Air Pollution in Delhi. Watch here – <https://youtu.be/sk5XYgn5AK4>
- **Preventive Medicine** for *Dengue, Chikungunya* and *Swine Flu* available at all AKGsOVIHAMS Clinics.



Ms. Dawar from Canada asks – My 8yrs old son constantly picks his nose and moves his shoulder when he is focussing on something! What is this? Is it something serious? How can I help my child?

Cl. Psy. Kaartik Gupta replies – Nose picking or moving one's shoulder are not behavioural problems by themselves as such. However, it could be a manifestation of the anxiety your child experiences, especially when doing a task like studying that requires focus. More information would be required to assess it adequately. Hence you can consult Child or Clinical Psychologist to get it checked and rectified thoroughly.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

13 BRAIN Foods - Boost Your Brain and Memory

Surge Your Brain Power

The infographic displays 13 different foods arranged in two rows. Each food is accompanied by a small image and a text box describing its brain-boosting benefits. The foods include almonds, walnuts, blueberries, brussels sprouts, broccoli, cauliflower, ginger, apples, watermelon, cabbage, lettuce, cantaloupe/rockmelon, and pine nuts.

- Almonds**: Increase blood flow to the brain
- Walnuts**: high in omega 3
- Blueberries**: Improve learning & motor skills
- Brussels Sprouts**: has tryptophan which converts to serotonin in the brain
- Broccoli**: assists in proper brain functioning
- Cauliflower**: Assists in cleansing white matter in brain & spine
- Ginger**: anti-inflammatory may help protect from brain disease
- Apples**: power food for mind, body & emotions
- Watermelon**: targets Brain Function
- Cabbage**: High intake of cruciferous may lower risk of brain, lung & prostate cancer
- Lettuce**: helps increase blood flow to the brain & cleanse blood plaque
- Cantaloupe/Rockmelon**: supports the brain
- Pine Nuts**: helps stimulate brain activity

authenticdiscovery.com.au

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I had been suffering from kidney stone since 3 years and I underwent lots of treatment regarding it. I was admitted a number of times in the hospital to get painkiller injections and all sort of things. I came to know about OVIHAMS and I met Dr. Gupta. After discussing I started treatment from him. At that time I had 3 stones in my both kidneys, one in left and two in right kidney. Right kidney stone was causing so much pain that I was admitted 3-4 times in hospital within 15 days. Right side kidney stone was the problem of mine at that particular time which was solved within 1 week and it was a nice experience to have homoeopathy at such a crucial time which really saved my life. One experience which I can recall at this time was that even when I came here and was discussing my stone problem with Dr. Gupta I had pain in my right kidney. But on taking the very 1st dose my pain got subsided. This experience made my firm believe in this treatment.

One thing which I want to add more was my problem of passing stools 3-4 times a day. Since I was not very much concerned about this problem it got solved without taking any special treatment. I discussed with Dr.Gupta that how it happened then only I came to know more about homoeopathy, how it cures and what it cures.

Thanks to Doctor A. K. Gupta and thanks to Homeopathy!

- Gulab Arora, Tilak Nagar, New Delhi



PSORIASIS

MELASMA

CELLULITIS

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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