

Dec. 2018 Issue - LXIII

*Homoeo –Psycho Cure & Care with Wellness*

MONTHLY NEWS LETTER



Founder-Director of AKGsOVIHAMS **Prof. Dr. A. K. Gupta** was invited to speak on ‘*Winter Ailments*’ on India’s most popular Health Show – **Total Health** of DD News Channel on 18th Nov. 2018.

Hyperpigmentation, a very commonly seen skin condition is discussed in this issue. Homoeopathy has wonderful treatment for this notorious disease.

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



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

HYPERPIGMENTATION

INTRODUCTION

- It is the darkening of an area of skin or nails caused by increase in melanin pigment
- More common in females especially after pregnancy

ETIOLOGY / CAUSES

- Sun damage
- Healed acne
- Addison's disease and Cushing's syndrome
- Insulin resistance as in Acanthosis
- Pregnancy
- Exposure to certain chemicals such as salicylic acid, bleomycin and cisplatin
- Smoking
- Coeliac disease
- Fungal infection like Ringworm and Taenia cruris
- Hypothyroidism

SIGNS & SYMPTOMS

- There is unusual darkening of the skin wherever there is high concentration of melanocytes (melanin producing cells)
- Hyperpigmentation can happen on any part of the body but the most common sites are - cheeks, forehead, chest, abdomen, under the eyes, upper arms, etc.
- Itching can also be present rarely in the hyper-pigmented areas

WHAT YOU CAN DO

- Avoid use of mehendis and hair colours as they contain chemicals that can harm the skin and cause pigmentation.
- Vitamin C rich foods have been seen to be helpful
- Drink plenty of water and fluids in general
- Rule out Diabetes and Thyroid Disorders

INVESTIGATIONS

- Detailed medical history
- Skin examination
- Blood insulin levels
- Blood sugar levels
- Complete Thyroid Profile



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



Founder-Director AKGsOVIHAMS, Gold Medallist

GET BACK THE OLD GLOW WITH HOMOEOPATHY

A discoloured skin is a bane considered by many. It can make a confident and extrovert human being into an individual who is totally introvert and low on self-confidence. Not a fatal or troublesome disease, but the social stigma attached to hyperpigmentation or any skin discoloration can give sleepless nights to a lot of patients. In India itself, Hyperpigmentation is extremely common, more so in females.

There are a lot of factors that can lead to hyperpigmentation of the skin. One very common factor is use of hair dyes or colours. The long lasting side-effects of such cosmetic products have been seen to cause blackening or pigmentation of the skin. That is one of the most important reasons especially in females along with pregnancy resulting in hyperpigmentation around the cheeks and forehead.

A lot of skin clinics use invasive techniques and procedures to treat acne. A side effect of such treatments is also usually discoloured skin which is due to the chemicals used during such procedures. Basically, any topical invasive mechanical procedure actually does more harm to the skin than good. The skin becomes very vulnerable and sensitive over a period of time with such procedures. Instead one should opt for a harmless and gentle method of treatment like Homoeopathy where the basic immunity of the skin improves naturally with the treatment surely and gradually giving long lasting successful results.

Homoeopathic medicines are potent and strong enough to treat all kinds of cosmetic problems like hyperpigmentation. Along with the medicines, having Vitamin C rich food items also helps in general well-being of the skin as well as helps in curbing the extra pigmentation. The more you keep yourself hydrated, the better it is for your skin. A dry and rough skin invites pigmentation more often than a well hydrated and smooth skin.

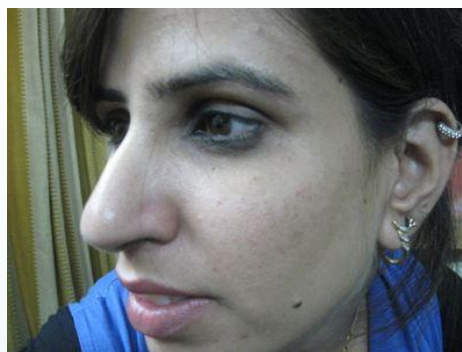
Homoeopathic medicines like *Arsenic Album*, *Badiaga*, *Berberis Aquifolium*, *Natrum Mur*, *Sarsaparilla*, *Sepia*, etc. have given extremely wonderful results in the treatment of hyperpigmentation.

MARVEL OF HOMOEOPATHY

BEFORE



AFTER





MIND the MIND



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

SCHIZOID PERSONALITY DISORDER

Schizoid Personality Disorder is marked by a pattern of indifference to social relationships, with a limited range of emotional expression and experience. Such people tend to be distant, detached and indifferent to social relationships. The disorder usually manifests itself by early adulthood through social and emotional detachments that prevent people from having close relationships. People with Schizoid Personality Disorder (SPD) are able to function in everyday life, but would not have developed meaningful relationships with others. SPD may mimic depression or extreme introversion.

Symptoms

People with SPD do not think that their behaviour is abnormal, as it does not affect their functioning. They tend to be loners and prefer solitary activities and rarely express strong emotions. Symptoms or certain characteristics of people with SPD are:-

- **Few activities provide pleasure** – very rarely any activity gives them pleasure. They might not even like recreational activities like playing sports, going out, watching movies, etc. Even the need/desire for engaging in any kind of sexual activity is very little or even negligible.
- **Emotional coldness** – they seem detached to family members and loved ones as they don't express both positive and negative feelings frequently. They may even appear indifferent to both praise and criticism.
- **Preference for solitary activities** – people with SPD almost always prefer to do things alone. As a result, they have very few friends or close and confiding relationships. But they do not even desire to form relationships.
- **Preoccupation with internal, mental life** – strong tendency to get excessively involved with fantasy and introspection.

Causes

The specific cause of SPD 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 Schizophrenia. Early childhood experiences, where warmth and emotions were absent, in addition to the individual's innate temperament contribute to the development of this disorder.

Treatment

People who suffer from schizoid personality disorders are unlikely to seek treatment voluntarily as they do not experience loneliness or compete with or envy others who enjoy close relationships. As a result, little research has been done on treatment for people with SPD.

Psychotherapy – Talk therapy can work but is challenging as the person is not interested in forming any sort of relationship with the health professional. In addition, they usually do not feel the need or desire to bring about a change in their way of functioning. Treatment likely will focus on increasing general coping skills, as well as on improving social interaction, communication, and self-esteem. Social skills training also can be an important component of treatment. Family counselling can also be beneficial as the expectations and confusions of the relatives can be addressed and shaped more realistically.

Medicines – Medication is generally not used to treat schizoid personality disorder itself. Drugs might, however, be prescribed if the person also suffers from an associated psychological problem, such as depression.

Persons suffering from SPD may spend their whole life in a dull, meaningless way without ever coming to know that what they have is a personality disorder and they require treatment. As they shove people away, even people close to them may never be aware of what goes on in the deep recesses of their heart and mind.



New blood test can detect ovarian cancer in its early stages

Relatively few cases of ovarian cancer are diagnosed in their early stages, so many people lose the opportunity for effective treatment. A newly developed blood test, however, could change this situation.

The team of researchers came from *Griffith University in Gold Coast or the University of Adelaide*, both in Australia.

Specialists from the *University of Adelaide* first identified a bacterial toxin — the subtilase cytotoxin produced by an *Escherichia coli* bacterium — that, as they discovered, allowed them to track down human cancer cells. This toxin is able to recognize N-glycolylneuraminic acid-containing glycans, abnormal chains of simple sugars that appear on the surface of cancer cells. These are then released into the bloodstream. The team behind the current study engineered a harmless subunit of the toxin.

According to the results, the new blood test detected significant levels of the cancer marker in 90 percent of samples from people with stage 1 ovarian cancer and 100 percent of samples from people with ovarian cancer at a later stage. The blood test did not detect the cancer glycan in any blood samples from healthy participants who served as a control population.

Prof. James Paton, an author of the study and director of the University of Adelaide's Research Centre for Infectious Diseases, believes that the new test could represent a huge step toward diagnosing ovarian cancer early.

"Detection of this tumor marker may also play a role in a simple liquid biopsy to monitor disease stage and treatment," adds *Prof. Michael Jennings*, a co-author and the deputy director of the Institute for Glycomics at Griffith University.

The researchers are now planning further trials that will involve more blood samples. They hope to improve the new test and eventually make it available to the public.

Latest at AKGsOVIHAMS

- Watch the entire episode of **Total Health** of **DD News** on 'Winter Ailments' where **Dr. A. K. Gupta** was invited to speak as the Homoeopathic Expert. Click here - <https://youtu.be/v9LwjJcOy0Y>
- **Preventive Medicine** for *Dengue*, *Chikungunya* and *Swine Flu* available at all AKGsOVIHAMS Clinics.
- Subscribe for Free the AKGsOVIHAMS Monthly E-Newsletter by visiting our website - www.ovihams.com



Mr. Nadeem from Delhi asks – *My wife is 5 months pregnant and has a 8mm stone in her right kidney. What can be done?*

Dr. Sanket Gupta replies – 8 mm stone in right kidney is not a problem at all. The patient can be treated very well with Homoeopathic medicines. But in your wife's case, as she is 5 months pregnant, so any kind of surgery should definitely avoided. Homoeopathy again is the best option in such a scenario. The mild and harmless Homoeopathic medicines will not only relieve any sort of colicky pain but also would help in conducting a very smooth pregnancy. Though there would not be a full throttle aggressive treatment to flush out the kidney stone as soon as possible (as it can cause unnecessary pressure on the abdomen), instead treatment would be to slowly and gradually take the stone out without any trouble to the pregnant lady.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

My name is Payal and this testimony is about my daughter Pihu who was diagnosed with mild autism 6 months back. It all started after she was vaccinated. I am writing this so that every parent with a problem child knows that most of the behavioral problems can be treated with the magic of homeopathy.

Initially when I started her medication with Prof.Dr.A.K.GUPTA, I was bit skeptical as cases of autism are hard to treat.

With great pleasure I would like you to know that when I met him my daughter was completely mute. She couldn't even say mummy or papa. After starting his treatment she started gaining her concentration...gradually she started talking. Initially she used to talk meaningless words...she came from meaningless to meaningful words in 3rd month. Slowly she picked up language and started one way conversation. She now says 'please aao', 'chalo', mum chaiye, chai chaiye, aur chaiye, etc.

Apart from her language there is improvement in her eye contact as well. And the most important thing which i would like to share with you all is this that she has dramatically improved academically...She now knows difference between circle, triangle, rectangle, hexagon and square. She knows all colours, animals, birds, body parts and full A To Z with its examples. Like J is for Jug J is for Juice, K for Kite, and K for King Etc...

Her therapist is also in shock and saying she has healed and dropped in her diagnosis of IISAA (scale used for counting spectrum of Autism)

As we are really grateful to Dr.A.K.Gupta, we have decided to continue his medicines for couple of months as this is showing great results.

- *Payal Chakraborty, New Delhi*



IMPETIGO

CYST

ALOPECIA AREATA

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)**



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Homoeo - Psycho Cure n Care with Wellness

(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

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