

Jan. 2019 Issue - LXIV



Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



Vocal Nodule, is a difficult disease to treat of the Larynx (or voice box). We discuss the role of Homoeopathy in this disease.

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



Normal



Vocal Nodules

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

VOCAL NODULE

INTRODUCTION

- A Nodule is a protrusion caused by an abnormal multiplication of cells. It may look like a local raised area above the surface. When these nodules are seen over vocal cords they are called as vocal nodules.
- They are usually benign and not cancerous

ETIOLOGY / CAUSES

Vocal Nodules or Polyps develop from various reasons ranging from: -

- voice overuse (such as prolonged singing, shouting, or loud talking)
- cigarette smoking
- viral infection
- chronic inflammation and sinusitis
- It is also believed that polyps are result of allergic inflammatory reaction
- Vocal fold nodules occur more frequently in females

SIGNS & SYMPTOMS

- Vocal polyps may interfere with normal voice functioning and produce a hoarse, breathy, or weak voice.
- Difficulty producing vocal pitches in the higher range
- Increased phonatory effort
- Vocal fatigue
- There may be a sensation of soreness or pain in the neck, lateral to the larynx which generally occurs because of the increased effort needed to produce the voice

INVESTIGATIONS

Clinical and physical examination of the head and neck

Laryngoscopy

Laryngeal videostroboscopy

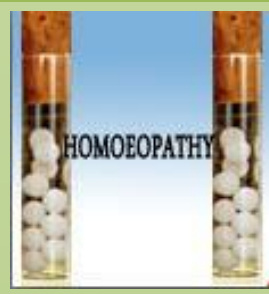
Biopsy if required

WHAT YOU CAN DO

- Regulating voice use by doing vocal functional exercises to reduce the strain on voice
- Stay well hydrated and drink plenty of water
- Avoid Behaviours such as frequent throat clearing, shouting, speaking over background noise and hard crying
- Avoid Tobacco and alcohol



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



Founder-Director AKGsOVIHAMS, Gold Medallist

NO SURGERY REQUIRED FOR VOCAL NODULES

“Any growth or nodule anywhere in the body, has the potential to turn cancerous!!”

This one statement has for years shaken and tormented lives of many patients and their family members. Studies say that only 5% of any or all growths taken into account can become cancerous at any given point of time. Yet, the fear of Cancer can drive any sane person to sheer misery. Many times, it is not the cancer, but the magnanimous fear attached to this word that kills a patient.

Vocal nodule is one such disease. It is the presence of small to large growths on the vocal cords of our voice box. 99 times out of 100 vocal nodules are benign. But in my practice, itself, I have seen patients dying out of utter fear of this benign growth becoming malignant 1 day! The 1st objective is to always educate and reassure the patient and the even more fearful family members. This condition called vocal nodules is absolutely curable with Homoeopathy.

Fear is the biggest friend of the Cancer Industry and the surgeons. Out of fear of 1 day developing the impending cancer patients themselves ask the surgeons to remove the nodules without even realizing the need and consequence of the surgery. Through these Newsletters our most important aim is to make the general public more and more aware as much as possible about various other means that are possible to treat a particular condition. And this edition is no different.

Vocal nodules do not require surgical removal in the first place. If and only if the nodule or polyp has turned cancerous should a surgery be undertaken which happens in less than 1% of cases actually.

The earlier the Homoeopathic treatment is ascertained the more and better are the chances of complete cure. Homoeopathy approach towards vocal nodules is more totalistic and holistic, rather than considering polyps as a local problem. Moreover, allergy is a constitutional problem and calls for constitutional approach for its management. Homoeopathy is based on same constitutional approach for management of any disease.

Homoeopathy has very positive role in the management of vocal nodules, especially when they are small in size. In case of professionals for whom voice is the only thing that matters, risk of alteration of voice quality as a complication of surgery, can be very fatal. Interestingly, timely administered homoeopathy treatment can help avoid surgery.

Medicines like *Acid Nit.*, *Argentum Met.*, *Causticum*, *Lycopodium*, *Natru Mur*, *Selenium*, etc. are extremely beneficial in cases of Vocal nodules.

MARVEL OF HOMOEOPATHY

This is a case of 27yrs old Mr. S. Singh who came from Lakhimpur, U.P to meet Prof. Dr. A. K. Gupta as he was suffering from Chronic Pancreatitis, Pancreatic Cyst and Enlarged Liver and Spleen. He came in August 2017 at our Rajouri Garden clinic. He had been suffering since Nov.2016 when he suddenly developed severe abdominal pain with extreme weakness and not even having the strength to sit up in the bed by himself. He had been hospitalized where Aspiration was done to take out fluid from the abdomen. In all this while patient had lost about 25 to 30kgs of weight with absolutely no appetite. He complained of nausea and vomiting with backache and profound weakness.

The USG reports brought by him read as – *“Liver moderately enlarged (17.8cm) ...A thick walled cystic lesion with hypoechoic as well as deepened echogenic content is seen anterior to body and tail of the Pancreas. It measures 11.4x5.8x9.9cm (497ml volume) Spleen is mildly enlarged (12.cm)”* The blood reports showed Pancreatic Amylase as high as 1,10,000!!

Dr. Gupta took the entire case and examined the patient well. Homoeopathic treatment was started thus on 18th Aug. 2017. Within just 2 weeks of taking the prescribed Homoeopathic medicines, Mr. Singh started feeling better. The pain in abdomen was now much more bearable. A blood test was taken in next 2 weeks and amazingly the Pancreatic Amylase had rocketed down to just 117! The normal range is 28 to 100 and this was achieved in just less than 4 weeks of Homoeopathic treatment.

Gradually the abdominal pain had reduced to bare minimum and thus another USG was taken on 26th Oct. 2017 which showed that the Pancreatic cyst had now reduced to 6.1x5.6x4.1cm with a volume of approximately 250ml only. The weakness was also much reduced. He was now able to move and gaining strength and confidence gradually. He was now eating much better than before though still not back to his normal appetite. There was no vomiting either. The back pain was still there at times making it difficult to bend forward.

By Dec. 2017 he was doing remarkably better in all his symptoms. The USG of 29th Dec. 2017 showed the cyst remained with only 35ml of volume and had further reduced to 3.9x4.5x3.8cm.

By February and March 2018, he had become absolutely normal in all aspects of his life. He was eating as much as he would earlier in his healthier days. He had regained his strength and gained some weight considerably as well. the final USG done on 17th March 2018 showed absolutely NORMAL REPORT with no presence of Pancreatic cyst. The liver and spleen were also back to their normal sizes and volumes.

The desperate and helpless boy who could not even move on his own in the bed was now running around like any other healthy individual and he started doing a job as well! (ॐ)

Watch the cured patient here talking about his journey with Homoeopathy - <https://www.youtube.com/watch?v=D9Oow8MUh8>



MIND the MIND

Schizotypal Personality Disorder

"UFO AIDER"

Unusual perceptions
Friendless except for family
Odd beliefs, thinking, and speech

Affect – inappropriate, constricted
Ideas of reference
Doubts others – suspicious
Eccentric – appearance/behavior
Reluctant in social situations,
anxious



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

SCHIZOTYPAL PERSONALITY DISORDER

Schizotypal personality disorder is a pattern of social and interpersonal difficulties that includes a sense of discomfort with close relationships, eccentric behaviour, and unusual thoughts and perceptions of reality. Speech may include digressions, odd use of words or display "magical thinking," such as a belief in clairvoyance and bizarre fantasies. Patients usually experience distorted thinking, behave strangely, and avoid intimacy. They typically have few, if any, close friends, and feel nervous around strangers although they may marry and maintain jobs. The disorder, which may appear more frequently in males, surfaces by early adulthood and can exacerbate anxiety and depression.

SYMPTOMS

Schizotypal personality disorder typically includes five or more of these signs and symptoms:

- Being a loner and lacking close friends outside of the immediate family
- Incorrect interpretation of events, such as a feeling that something which is actually harmless or inoffensive has a direct personal meaning
- Peculiar, eccentric or unusual thinking, beliefs or mannerisms
- Dressing in peculiar ways, such as appearing unkempt or wearing oddly matched clothes
- Belief in special powers, such as mental telepathy or superstitions
- Unusual perceptions, such as sensing an absent person's presence or having illusions
- Persistent and excessive social anxiety
- Peculiar style of speech, such as vague or unusual patterns of speaking, or rambling oddly during conversations
- Suspicious or paranoid thoughts and constant doubts about the loyalty of others
- Flat emotions or limited or inappropriate emotional responses

Schizotypal is more common in individuals related to people having Schizophrenia, and is believed to be part of the genetic "spectrum" of Schizophrenia.

TREATMENT

People with schizotypal personality disorder rarely seek treatment for the disorder itself. When they do seek treatment, it most often is due to a related disorder, such as depression or anxiety.

Psychotherapy - is the form of treatment most often used. The goal of therapy is to help a person change his or her interpersonal styles, expectations, coping patterns, and habits of thinking and behaviour, in order to develop more appropriate and effective social skills. Through treatment, people with this disorder can often be taught to recognize when they are distorting reality.

Medicines - People with schizotypal personality disorder who also suffer from another disorder, such as anxiety or depression, might benefit from medication, such as an antidepressant or anti-anxiety drug. In some instances, especially at times of crises or extreme stress, severe symptoms might develop, requiring a brief period of hospitalization.

Treatment for people with this disorder is most effective when family members are involved and supportive.



Study reveals how much fiber we should eat to prevent disease

A new meta-analysis examines 40 years' worth of research in an attempt to find out the ideal amount of fiber that we should consume to prevent chronic disease and premature mortality. The results appear in the journal *The Lancet*.

Professor Jim Mann, of the University of Otago, in New Zealand, is the corresponding author of the study, and *Andrew Reynolds, a postdoctoral research fellow at Otago's Dunedin School of Medicine*, is the first author of the paper.

Reynolds and colleagues examined the data included in 185 observational studies — amounting to 135 million person-years — and 58 clinical trials which recruited over 4,600 people in total. The studies analyzed took place over almost 40 years. The scientists investigated the incidence of certain chronic diseases, as well as the rate of premature deaths resulting from them. These conditions were: *coronary heart disease, cardiovascular disease, stroke, type 2 diabetes, colon cancer, and a range of obesity-related cancers, such as breast cancer, endometrial cancer, esophageal cancer, and prostate cancer.*

Overall, the research found that people who consume the most fiber in their diet are 15–30 percent less likely to die prematurely from any cause or a cardiovascular condition, compared with those who eat the least fiber. Consuming foods rich in fiber correlated with a 16–24 percent lower incidence of coronary heart disease, stroke, type 2 diabetes, and colon cancer.

Fiber-rich foods include whole grains, vegetables, fruit, and pulses, such as peas, beans, lentils, and chickpeas.

The analysis also revealed that the amount of fiber that people should consume daily to gain these health benefits is 25–29 grams.

However, they do caution that, while the study in itself did not find any adverse health effects of consuming fiber, eating too much of it may be damaging for people with insufficient iron or minerals.

Finally, the clinical trials also revealed that consuming more fiber correlates strongly with **lower weight and lower cholesterol levels.**

Latest at AKGsOVIHAMS

- **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. Joshi from Pune asks – *I have male pattern baldness. How can I be helped with Homeopathy?*

Prof. Dr. A. K. Gupta replies – Male pattern baldness is also called Androgenic Alopecia, where it is the imbalance of testosterone hormone along with other androgens that lead to hair loss. Usually the prognosis is good in younger males comparatively to the males who are 40yrs and above. There certainly good treatment available for this form of Alopecia in Homoeopathy. Even in the age group of 45yrs and above, Homoeopathy can definitely arrest the rate of hair fall.








Rich intake of proteins and vitamins like Vitamin B and C along with the Homoeopathic medicines can really help in restoring the hair back to its full glory.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

CureJoy

Top Natural Painkillers

Earache Garlic			Toothache Cloves
Heartburn Apple Cider Vinegar			Chronic Pain Turmeric
Joint Pain Cherries			Bloating Pineapple
Sore Muscles Peppermint			Sinus Pain Horseradish
Injury Pain Water			Urinary Tract Infections Blueberries

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Around six months back my father was diagnosed with dementia and sleep disorder. We were taking treatment from a psychiatrist but the medicines were too many and too much for him as he is 68.

Then we decided to try homeopathic treatment. I have taken treatment from Dr. Gupta earlier. So, I called him and discussed his case with him. He assured me that within 15 days you will start seeing the improvement.

To my surprise, within a couple of days, my father started behaving normally. He again started listening to songs and music on the radio, started talking with other family members, started going for a long walk. Earlier he was listless and sometimes wore clothes upside down even had a strong aversion towards bathing. But now he takes bath on his own and sleeps fine. We are taking psychiatric treatment with homeopathic treatment but now he is just taking 2 medicines... one for dementia and a light medicine for sleep. But his condition is far better than it was before.

Thanks to Dr. Gupta for his help and guidance. Highly recommended.

- *Gaurav Sharma, Amritsar*



PSORIASIS

CHALAZION

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)**



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; M- 7011842322

SOUTH DELHI - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel: 011-24100494; M- 8356904562




NORTH DELHI - RU-115, Pitam Pura, opp. Power House; Tel: 011- 40392959; M-8851653345

EMERGENCY HELPLINE – **9811341238, 9711013938, 9711981553**

Emails – drakgupta@ovihams.com; drsanketgupta@ovihams.com; kaartikgupta@ovihams.com

Website – www.ovihams.com

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

 <https://www.youtube.com/channel/UCcTjXDusTTVhI852JPOAFrg>;  - akgsovihams;  - akgsovihams