

March 2019 Issue - LXVI

*Homoeo –Psycho Cure & Care with Wellness*

# MONTHLY NEWS LETTER



**AKGsOVIHAMS wishes you a very Happy and Healthy Holi and also invites you all to join us at India Gate for the love of Homoeopathy to celebrate the World Homoeopathy Day**

We will discuss about a neurological disease called the **Guillain-Barre Syndrome (or G. B. Syndrome)** and the wonderful treatment that Homoeopathy has to offer for this disease.

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



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

# G.B.SYNDROME

## INTRODUCTION

- Acute illness which is caused by inflammation of peripheral nerves
- More common in children
- This infection is thought to trigger a faulty response in the immune system

## ETIOLOGY / CAUSES

- In Guillain-Barré syndrome the body's immune system attacks part of the peripheral nervous system.
- Usually it occurs a few days or weeks after the patient has had symptoms of a respiratory or gastrointestinal viral infection.
- The body's immune system begins to attack the body itself, causing what is known as an autoimmune disease.

## SIGNS & SYMPTOMS

- The disease varies in speed of onset with children reaching their maximal disability over a matter of days or, much more gradually over a period of up to four weeks.
- Initial symptoms consist of tingling, numbness, unsteadiness and progressive weakness usually affecting the feet and then the hands and gradually progressing up the limbs.
- At the height of their illness about a quarter of children remain able to walk but the other three quarters lose their mobility and about 16% need to be artificially ventilated on an intensive care unit.

## INVESTIGATIONS

- Complete hemogram
- NCV (Nerve Conduction Velocity) Test
- Electromyogram (EMG)
- Blood CPK levels
- Stool Analysis

## WHAT YOU CAN DO

- Physiotherapy
- Avoid the patient from getting affected from any viral infection as much as possible



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# GB SYNDROME IS CURABLE WITH HOMOEOPATHY

Guillain – Barre Syndrome is a rare Neurological disease where all of a sudden, the patient experiences profound weakness and absolute inability to lift the lower limbs and move. It is seen in children majorly as compared to adults and is usually a sequelae of some sort of viral infection which may be associated with the respiratory system or the gastro-intestinal tract. It is an auto-immune disease that affects the peripheral nerves of the patient.

When a disease is of sudden onset, its best chance of recovery is also within the initial few days itself. In the GB Syndrome also, the sooner the right treatment is given the more are the chances of 100 per cent reversal of the disease. If left untreated, GB Syndrome can cause complete paralysis and eventual death.

Homoeopathy is definitely the treatment of choice when it comes to GB Syndrome. Like any other auto-immune disease where patient's immune cells are actually working against his/her own body, Homoeopathy has the ability to bring harmony to this totally messed up immune response. The balance needed to maintain a healthy functional body is achievable with deep acting constitutional Homoeopathic medicines.

Physiotherapy also plays an important role in basic strengthening and repair of the affected lower limbs. I always advise my patients suffering from GB Syndrome to take regular physiotherapy as well as it only helps in speeding up the process of recovery and eventual cure.

At AKGsOVIHAMS, a large number of patients have been cured who were earlier suffering from this disease. Once recovered, the disease is usually never seen back to affect the patient again and thus it can be concluded that Homoeopathy can cure the Guillain – Barre Syndrome.

To watch some amazing cases of G B Syndrome cured with Homoeopathy at AKGsOVIHAMS, Click here - <https://youtu.be/QChooIuLq9o> , <https://youtu.be/wPeJchNruVA>

# MARVEL OF HOMOEOPATHY

Prof.Dr.A.K.Gupta was called to see a 15 yrs. old male patient, Mr Varun Kapoor on 1st September 2004 as the patient was completely bedridden and was not in a position to come to the clinic. He was unable to move his lower limbs for 1 month. On taking history, the doctor was told that on 31st July 2004, Varun had a fall in morning with sudden weakness in legs. After that he was completely unable to move his legs. There was sensation as if legs were joined and fixed. There was tingling in legs with sudden jerks and twitching of feet. There was heaviness in left leg. He also experienced severe headache off and on which was aggravated by pressure. He had pain in nape of neck, upper dorsal region and left shoulder and feeling of pressure on chest. Since the onset of problem, patient was having sweating on Right side of body only. He had ineffectual desire for urination and also urinary incontinence more at night. Patient also complained of anxiety and restlessness. There was positive H/o anuria with U.T.I. prior to this problem.

ON EXAMINATION - Patient was fully conscious with normal pulse, B.P. and temperature. There was complete loss of power in both lower limbs and normal power in both upper limbs. Motor nerve conduction studies done on 31<sup>st</sup> July 2004 read as – *“Electrophysiology is suggestive of acute axonal polyradiculoneuropathy consistent with G.B.Syndrome.”*

Even after hospital stay and 1 month of regular allopathic medication, the condition of the patient had not improved much.

Considering the symptoms of paralysis and urinary incontinence as chief presenting complaints, CAUSTICUM 1M, 4 doses were prescribed to be taken on alternate days on 1st September and patient started improving thereafter.

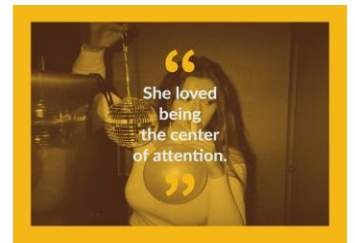
On 5th October Patient complained of jerking (++++) of feet. He also got fatigued easily. Urinary incontinence was better. So RHUS TOX 1M, 4 doses on alternate days and ZINCUM MET 30 t.d.s. were prescribed. Patient responded very well and on 3rd Nov. he was able to come to the clinic for the first time. He was much better and was able to take few steps without walker even. C/o jerking of feet: better, more in left leg. Now he was also able to control the urge for urine. Bed Wetting: frequency reduced to almost once in a week. Pain in legs: absent. C/O Headache after exertion. He had now started sweating on left side of body also. No more pain in nape of neck. No more tingling. Muscle tone building up. Same prescription was repeated for quite some time as patient's condition was improving.

Motor nerve conduction studies repeated on 12th November showed- *“FUC of GBS showing Good Reinnervation on right side and early Reinnervation changes in left quadriceps and no reinnervation in left tibialis anterior.”*

After 7 months of regular treatment, patient was absolutely fine. It was such a pleasure to see Mr. Varun walking on his own to our clinic without any help. His parents were so elated with joy as prior to this treatment they were very apprehensive whether their son would ever be able to go to school or not. Not only did he go to school but also appeared in his 10th Board exams and did very well.



# MIND the MIND



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

## HISTRIONIC PERSONALITY DISORDER

Histrionic personality disorder (HPD) is characterized by a long-standing pattern of attention seeking behaviour and extreme emotionality. For people with HPD, their self-esteem depends on the approval of others and does not arise from a true feeling of self-worth. They have an overwhelming desire to be noticed, and often behave dramatically or inappropriately to get attention. The word histrionic means "dramatic or theatrical" and the roots of HPD can be traced back to the cases of hysterical neuroses that were described by Sigmund Freud, the founder of Psychoanalysis.

The core features of HPD are: -

- **Attention seeking** – A person with HPD constantly wants to be in the limelight. They can become highly uncomfortable and awkward in situations in which they are not the centre of attention.
- **Self-dramatization** – Their expression of emotions is exaggerated and dramatized. The tone, style and gestures seem as if they are performing in front of an audience; yet it lacks sincerity and genuineness.
- **Suggestibility** – People with HPD are easily influenced by others and circumstances, and may feel inapt with regard to decision making. They constantly seek reassurance and approval of others.
- **Inappropriate seductiveness** – A person with HPD may attempt to seduce members of the opposite sex through dressing, talk and behaviour. They seem lively, dramatic and even charm new acquaintances with their enthusiasm, apparent openness, or flirtatiousness.
- **Over concern with physical attractiveness** – Preoccupation with looks and physical appearance is quite evident. They are considered shallow as they are mostly only interested in materialistic things and are self-centred. In addition, they have a tendency to believe that relationships are more intimate than they actually are.

## CAUSES

The exact cause of HPD is not known, but both learned and inherited factors play a role in its development. The tendency for HPD to run in families suggests that a genetic susceptibility for the disorder might be inherited. However, the child of a parent with this disorder might simply be repeating learned behaviour. Other environmental factors that might be involved include a lack of criticism or punishment as a child, positive reinforcement that is given only when a child completes certain approved behaviours, and unpredictable attention given to a child by his or her parent(s), all leading to confusion about what types of behaviour earn parental approval. HPD occurs more frequently in women than in men. People with HPD may take rash decisions as they don't think much before acting. They have poor frustration tolerance and may not be able to deal with the monotony of routine. Due to their inability to connect with others on a deeper level, their relationships may be superficial and less easily sustained.

## TREATMENT

In general, people with HPD do not believe they need therapy. They also tend to exaggerate their feelings and to dislike routine, which makes following a treatment plan difficult. However, they might seek help if depression - possibly associated with a loss or a failed relationship - or another problem caused by their actions causes them distress. Psychotherapy is generally the treatment of choice for HPD. The goal of treatment would be to help the individual uncover the motivations and fears associated with his or her thoughts and behaviour, and to help the person learn to relate to others in a more positive way.



## Sleep loss can turn us into social outcasts

**Sleep deprivation** can contribute to a host of mental and physical problems, including **depression, diabetes, and impaired cognitive functioning**. Now, research from the *University of California (UC), Berkeley* has linked sleep deprivation to another effect: social isolation.

The findings — which appeared in the journal *Nature Communications* — indicate that, on the one hand, people who have experienced sleep loss are less eager to interact with others. On the other hand, the results also show that people who are sleep-deprived tend to come across as socially unappealing.

The UC Berkeley research team used functional MRI brain scans, as well as standardized assessments of a person's state of loneliness and innovative tests to see if sleep deprivation was linked to social withdrawal. The researchers recruited a cohort of 18 healthy adults, which they split into two groups. They instructed participants in one group to get a regular night's sleep, while those in the other group had to stay awake through the night.

At the first stage of the study, the scientists monitored the participants' brain activity as they watched short videos depicting individuals with a neutral expression walking toward the viewer. The participants had the option to stop the video when they felt that the person on-screen was getting too close.

**First, the researchers observed that sleep-deprived individuals were more likely than their well-rested peers to keep people at a distance, stopping the videos to keep the walker 18–60% further back than their peers.**

Then, the brain scans revealed that sleep-deprived people presented heightened activity in a brain circuit called the near space network, which lights up when we think that we perceive a threatening human presence. However, the same scans showed that sleep-deprived participants had lower levels of activity in the so-called theory of mind network, which normally assesses emotions and intent in the self and others.

**These two sets of findings put together suggest that sleep loss impairs a person's ability to correctly assess social situations, rendering the individual more likely to withdraw from social contexts.**

# Latest at AKGsOVIHAMS

- **Prof.Dr.A.K.Gupta** will be presenting his research work and study in the treatment of **MND in Medanta Hospital at Sri Ganganagar on 31<sup>st</sup> March.**
- **Join AKGsOVIHAMS on Sunday, 7<sup>th</sup> April at India Gate 7am onwards in an event of “Run for Homoeopathy” to celebrate the World Homoeopathy Day.**
- **Preventive Medicine for Dengue, Chikungunya and Swine Flu** available at all AKGsOVIHAMS Clinics.



**Mr. Singh from New Delhi asks** – *I am hypertension patient for about 15yrs now and have been taking my allopathic medicines regularly. Due to the side effects of these medicines, I want to switch over to Homoeopathy completely. Can I do that?*

**Dr. Sanket Gupta replies** – Mr. Singh, firstly I need to know what all medicines are you taking to control your Blood Pressure. Also, are there any associated medicines for your heart, blood and kidneys etc? Depending upon these assessments only I would be able to start your treatment. Now coming to your query of being off allopathic drugs completely. Well initially we have to give both Homoeopathic and Allopathic medicines together and as the Homoeopathic medicines start making a grip on your system would I like to taper off your previous Allopathic medicines. It is not at all advisable to stop such drugs at once as it can have irreparable damage to your health. Being totally on homoeopathic medicines would be ascertained only in due course of time as the treatment progresses. It is not possible in each and every case to completely give up such Allopathic medicines.

Send your Queries at - [feedback@ovihams.com](mailto:feedback@ovihams.com)

# Tips for Health & Wellness

## Spices for Weight Loss



### 1. Cinnamon

Helps reduce blood sugar and helps carbs process healthier

### 2. Cayenne Pepper

Contains capsaicin which burns fat



### 3. Mustard Seed

Boosts metabolism 20%-25% for several hours after consumption



### 4. Ginger

Acts as diuretic, improves gastric mobility, hinders cholesterol absorption



### 5. Black Pepper

Boosts metabolism, helps digestion, and aids nutrient absorption



## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I am really grateful to Dr. A. K. Gupta for helping me during one of the worst phase of my life. I was suffering from Childhood Eczema (Atopic Dermatitis) since I was an infant. I had consulted many allopathic doctors at different places but got only temporary relief. But since I visited Dr. Gupta few years ago, though the treatment continued for years, but I am glad it was cured completely.

I am so thankful to Dr. Gupta for his kind help and love and affection extended to me. The decision taken by my family members and me was the right choice.

Homeopathy is supposed to work miracles! I believe and strongly recommend Homeopathy!!

- *Ashima, New Delhi*



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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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