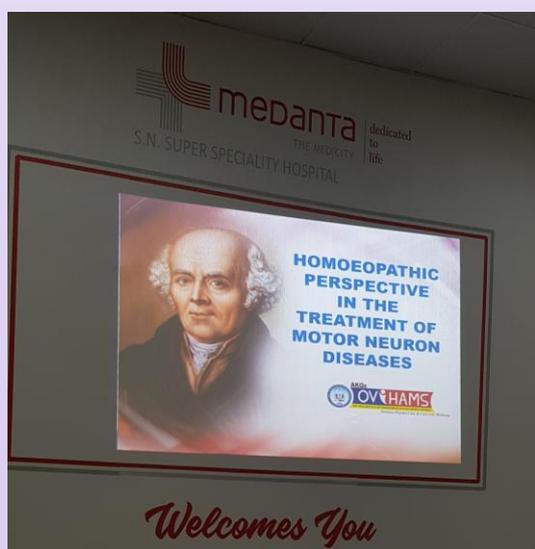


April 2019 Issue - LXVII

*Homoeo –Psycho Cure & Care with Wellness*

MONTHLY NEWS LETTER



Another feather added to the cap of AKGsOVIHAMS when Founder-Director **Prof.Dr.A.K.Gupta** was invited by **Medanta Hospital** in Sri Ganganagar, Rajasthan to present his studies and ongoing research in the treatment of **Motor Neuron Diseases**.

Dr.A.K.Gupta was also invited as a Chief Panelist to speak on the **DD News** show - **Total Health**, which is no.-1 health show in India to speak on Homoeopathy. This was the first time ever that an entire episode had been exclusively dedicated to Homoeopathy. Watch it here - <https://youtu.be/RMt1w8in46M>

Also, AKGsOVIHAMS supported the **“Run for Homoeopathy”** event to celebrate the World Homoeopathy Day on 7th April in Major Dhyan Chand National Stadium, New Delhi. Homoeopathic Doctors and lovers came in huge numbers to make this event a grand success.

We will discuss about a very commonly seen problem of **Inguinal Hernia** and the wonderful treatment that Homoeopathy has to offer for it.

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



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

INGUINAL HERNIA

INTRODUCTION

- An inguinal hernia occurs when tissue, such as part of the intestine, protrudes through a weak spot in the abdominal muscles. The resulting bulge can be painful, especially when one coughs, bends over or lifts a heavy object.
- More common in males

ETIOLOGY / CAUSES

Some inguinal hernias have no apparent cause. Others might occur as a result of:

- Increased pressure within the abdomen
- A pre-existing weak spot in the abdominal wall
- A combination of increased pressure within the abdomen and a pre-existing weak spot in the abdominal wall
- Straining during bowel movements or urination
- Strenuous activity
- Pregnancy
- Chronic coughing or sneezing

SIGNS & SYMPTOMS

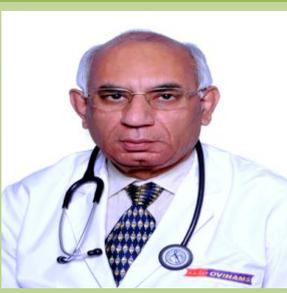
- A bulge in the area on either side of the pubic bone, which becomes more obvious when the patient is upright, especially if one coughs or strains
- A burning or pain or discomfort in the groin, especially when bending over, coughing or lifting
- A heavy or dragging sensation in the groin
- Weakness or pressure in the groin
- Occasionally, pain and swelling around the testicles when the protruding intestine descends into the scrotum

INVESTIGATIONS

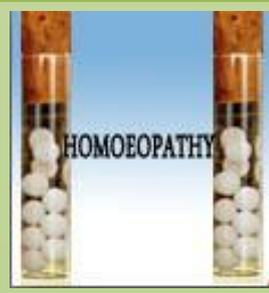
- Clinical Examination
- USG of the lower abdomen
- USG of the scrotum

WHAT YOU CAN DO

- Maintain a healthy weight
- Emphasize on high-fibre foods like Fruits, vegetables and whole grains that can help prevent constipation and straining
- Avoid lifting heavy objects



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ALL INGUINAL HERNIA CASES DON'T NEED SURGERY

Inguinal Hernia or (Groin Hernia) is the commonest type of hernia and is seen very often at our clinics. Usually lifting heavy weights is the precursor of this problem. It may be extremely painful or may be having no pain at all and just present as a lump or swelling in the groin area. The lump may be reducible (means on pushing the swelling or in lying down position the herniation is not observed) or non-reducible.

A reducible hernia has a much better prognosis as compared to a non-reducible hernia. In fact, a reducible hernia is very much treatable without any medication also. Patient just has to avoid lifting any sort of weights & pushing hard, follow the dos and don'ts and wear an inguinal hernia belt (which is readily available in the market and comes in different sizes according to suitability) for about 3 to 4 weeks as advised and the hernia would be actually gone. The reason is that during this resting period and comforting the abdominal wall with the help of hernia belt, the body muscles repair and strengthens along with the Homoeopathic medicines.

In case of a non-reducible inguinal hernia, usually a general surgeon advises to go for surgical intervention where they apply a mesh sheet to cover the sort of escape route in anterior abdominal wall for the various viscera. Such surgical hernia treatment has been seen to fail where a relapse of hernia has been seen in many cases.

The good news is that there is absolutely no need to go for any surgical intervention for all cases of inguinal hernia patients as it is more or less curable with Homoeopathy. Even the stringent non-reducible inguinal hernia swellings can also be restored and surgery is reasonably preventable.

The only and most important aspect of treatment of inguinal hernia is management along with Homoeopathic medicines. The modus operandi of the Homoeopathic cure is by acting as a catalyst in repair and strengthening of the muscles of the anterior abdominal wall naturally so as to prevent the viscera from escaping out. In such a scenario the chances of recurrence are also minimal. From a small baby to an old man, anyone who has inguinal hernia, can be very well treated with Homoeopathic medicines.

There are many Homoeopathic medicines which are useful in successfully treating Inguinal hernia. Some of them are – *Nux Vomica*, *Rhus Tox*, *Bryonia*, *Arnica*, *Rhodendron*, *Ruta*, *Thuja*, etc.

Patients are advised not to take any of these medicines on their own. Better see a good Homoeopathic doctor for consultation and proper assessment.

MARVEL OF HOMOEOPATHY

This is a case of 6 months old baby boy of Mr. Prabhakar who had bilateral inguinal hernias. The parents came to visit Dr. Sanket Gupta in the Moti Bagh clinic with their small boy. They were advised to get them surgically removed and were extremely worried as they obviously did not want their very small boy to undergo the scalpel at such tender age.

On examination, the swellings were non-reducible but not painful as the child did not cry or grimace on pressing the herniations. Mr. Prabhakar told Dr. Gupta that the left inguinal hernia had appeared first about 1 month ago and the right one appeared 3 weeks later. Seeing the case Dr. Sanket assured the parents that he would try his best to help their child and make sure that he doesn't have to get these surgically operated.

The big problem was, that for an infant, inguinal belt is not readily and easily available in the market. So, the doctor advised the parents to tie a sort of a tight clothing or 'langot' that provide support and pressure to the inguinal swellings. This would at least prevent further herniation if not help in reduction.

The treatment was started and within 2 weeks' time the swelling on the right inguinal region had reduced considerably. This gave a lot of confidence to the parents and they kept continuing with the treatment. Gradually the right inguinal hernia was completely cured by the end of 1 month's treatment and by this time the left inguinal hernia had also reduced remarkably. Eventually with the further course of treatment even the left inguinal hernia was completely cured in just 3 months' time.

A precautionary medication was continued for 1 more month just to avoid any recurrence and assure further strengthening of the fragile anterior abdominal wall of the infant.

Its been over 3 years today and the boy is absolutely fine and no relapse or recurrence has been reported!



MIND the MIND



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

ANTI-SOCIAL PERSONALITY DISORDER

Anti-Social Personality Disorder (ASPD), sometimes referred to as Sociopath, is defined by a pattern of socially irresponsible, exploitative, and guiltless behaviour. People with ASPD consistently show no regard for right and wrong, ignore the rights and feelings of others, and are characterised by impulsive, irresponsible and often criminal behaviour.

Symptoms

According to the DSM-5, features of antisocial personality disorder include:

- Violation of the physical or emotional rights of others
- Lack of stability in job and home life
- Irritability and aggression
- Lack of remorse
- Consistent irresponsibility
- Recklessness, impulsivity
- Deceitfulness
- A childhood diagnosis (or symptoms consistent with) conduct disorder

People with ASPD may seem charming on the surface, but are likely to be irritable and aggressive. Due to their manipulative tendencies, it is very difficult to gauge whether the person is lying or telling the truth. ASPD is more common among males, and is diagnosed only after the age of 18 years if there have been some symptoms of conduct disorder before age 15. Symptoms tend to peak during the late teenage years and early 20s. They sometimes improve on their own by the time a person is in their 40s.

CAUSES

A combination of genetic and environmental factors seems to play a role in the development of ASPD. However, certain factors seem to increase the risk of developing ASPD, such as:

- Diagnosis of childhood conduct disorder or ADHD
- Family history of antisocial personality disorder or other personality disorders or mental illness
- Being subjected to abuse or neglect during childhood
- Unstable, violent or chaotic family life during childhood; poor disciplinary

TREATMENT

Psychotherapy, or talk therapy, is usually the treatment recommended for ASPD. A therapist can help a person manage negative behaviours and build interpersonal skills they may lack. Often the first goal is simply to reduce impulsive behaviours that can lead to arrest or physical harm. *Family therapy* is also indicated to educate family members and improve communication patterns.

No *medications* have been approved by the U.S. Food and Drug Administration to treat ASPD. Medication may sometimes be prescribed to help reduce aggressive or impulsive behaviours. Medications might include mood stabilizers or antidepressants. Comorbid conditions include – ADHD, Substance abuse, Impulse control disorders, etc. ASPD is one of the hardest personality disorders to treat. People with this condition usually don't seek treatment on their own. They may only start therapy when required to by a court or forced by family members.

If you think you might have ASPD or have a loved one who does, kindly consult your doctor or a mental health professional preferably with integration of Homoeopathy .



Chili pepper compound may slow down lung cancer

A new study finds that *capsaicin*, the pungent compound in chili peppers, can successfully stop lung cancer metastasis. *Piyali Dasgupta*, Ph.D., from the Marshall University Joan C. Edwards School of Medicine in Huntington, WV, is the senior investigator of the new study. *Jamie Friedman*, a doctoral researcher in Dasgupta's lab, is the first author of the paper. Friedman and colleagues presented their findings at the *American Society for Investigative Pathology* annual meeting in Orlando, FL.

The researchers tested capsaicin in three cultured lines of human non-small cell lung cancer cells and found that capsaicin stopped the first stage of metastasis, which is called "invasion." Friedman and colleagues also fed mice with lung cancer a diet enhanced with capsaicin and found that these rodents had a much smaller number of metastatic cancer cells in their lungs compared with mice that did not receive the treatments.

Further cell experiments found that capsaicin stopped metastasis in lung cancer by blocking the activation of the Src protein — a protein that is key in regulating the proliferation, survival, and motility of the cells. Friedman and colleagues conclude: "**Our results show that capsaicin directly interacts with Src and inhibits Src activation to suppress the metastasis of [lung cancer]. The results of our studies may foster the development of novel anti-metastatic therapies for human [lung cancer].**"

"However, using capsaicin clinically will require overcoming its unpleasant side effects, which include gastrointestinal irritation, stomach cramps, and a burning sensation."

Latest at AKGsOVIHAMS

- **Prof.Dr.A.K.Gupta, Dr. Sanket Gupta and Dr. Kaartik Gupta won't be available at any of our clinics from 19th to 22nd April, 2019.** Kindly schedule your appointments accordingly.
- **Dr. Sanket Gupta and Dr. Kaartik Gupta** would be presenting a case study in the AHML Asian International Conference in **Kathmandu, Nepal** on 20th April 2019.
- **Dr. Sanket Gupta will not be available from 6th May to 15th May 2019.** Kindly schedule your appointments accordingly.
- **Preventive Medicine for Dengue, Chikungunya and Swine Flu** available at all AKGsOVIHAMS Clinics.

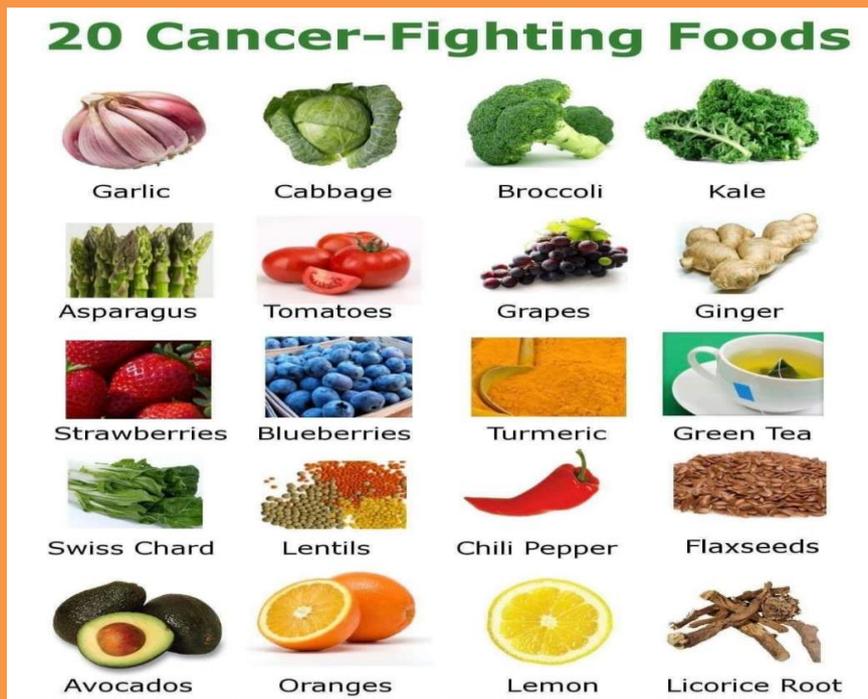


Ms. Sharma from New Delhi asks – is Acute Appendicitis surgery avoidable with Homoeopathic medicines?

Dr. A. K. Gupta replies – Appendix is a vestigial organ and when it gets infected, the usual practice is to remove the entire appendix surgically. The risk of perforation of the appendix makes it even more viable for removal. So, if the appendicular pain is manageable and no perforation is seen in the investigatory findings, then one can definitely opt for Homoeopathic treatment and surgery can very well be prevented. Acute appendicitis treatment depends entirely on the severity of infection and there are some good Homoeopathic medicines that are potent enough to deal with Acute Appendicitis.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I have been a school teacher by profession, which involved a lot of talking and straining my vocal chords for 8 to 9hrs at a stretch. In late eighties I observed that I had developed a nagging cough, which irritated me a great deal. The routine cough treatment did not help much and with the passage of time, the cough aggravated to the point, which caused me immense discomfort and at times I coughed as if my lungs would explode. Nights were terrible and at times I had to spend the nights just sitting. I consulted various allopathic doctors, who differed in their opinions. However, one Dr. Sanjay Gupta decided to put me through many tests and came to a conclusion, that I suffer from a condition called Sarcoidosis, which had damaged my lungs to a considerable extent. Since allopathic stream of medicine does not have any definite treatment for this malady, and to arrest further deterioration in my condition, it was felt imperative to put me on heavy doses of a drug called prednisolone. This treatment, took care of my cough, but had dangerous side effects, like weakening of my bones and the resultant water retention in my body, which bloated me, much to my dislike.

My colleagues and friends, who noticed this discomfort in me, suggested that I try a Homeopathy treatment. Though I had never taken homeopathy treatment in my life and had little or no faith in this stream of medication, I still consulted Dr Bhatnagar, who was a renowned Homeopathy doctor of Delhi at that time. He studied my case history and endorsed the earlier diagnosis of an allopathic doctor. At the same time, he assured me that the treatment for this ailment is available in homeopathy stream of medicine and it does not have any side effects either. His treatment worked wonders for me and in a short time I felt much better, the cough disappeared and I was able to sleep comfortably in the nights. Unfortunately, I had to discontinue treatment by Dr. Bhatnagar, because I had shifted my residence to Gurgaon. This shift caused me some concern but I was fortunate to find Dr. A. K. Gupta of the OVIHAMS Health Care Centre who is not only highly qualified, but has also immense experience in homeopathy. His abilities to identify the problems are clinically positive and his treatment impeccable. His humane and kind attitude towards his patients is very reassuring and one feels a lot confident, while in his care.

I am extremely happy with the homeopathy medication and now lead a perfectly normal life. I have no hesitation in recommending homeopathy treatment to anyone, who suffer, worry and stay in depression for ailments, which appear non curable. I would say.....TRY HOMEOPATHY! Friend.

- Mrs. R. McLaren, Gurgaon



I.T.P LEG

ATOPIC DERMATITIS

WART

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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