

May 2019 Issue - LXVIII

*Homoeo – Psycho Cure & Care with Wellness*

# MONTHLY NEWS LETTER



**Dr. Sanket Gupta** and **Kaartik Gupta** of AKGsOVIHAMS Medical Centres presented a paper titled “**Role of Integration of Homoeopathy and Psychology in the treatment of Obsessive-Compulsive Disorder (OCD)**” at the **27th International Homoeopathic Conference (IHCON)** of Asian Homoeopathic Medical League (AHML) organised by AHML Nepal Chapter from 20th - 21st April, 2019 in the capital city of **Kathmandu**. Over 200 delegates from countries like Bangladesh, India, Malaysia, Nepal, Pakistan, Russia, etc. attended the event. The chief guest for the 2-day conference was the former Prime Minister of Nepal **Mr. Pushpa Kamal Dahal**, popularly known as Prachanda.

We will discuss about a very commonly skin problem of **Molluscum Contagiosum** 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 **Narcissistic Personality Disorder** in the section Mind the MIND.



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

# MOLLUSCUM CONTAGIOSUM

## INTRODUCTION

- Molluscum contagiosum is a common and contagious viral skin infection. It causes raised, pearl-like nodules or papules on the skin.
- More common in children than adults.

## ETIOLOGY / CAUSES

- Molluscum Contagiosum Virus (MCV) can spread through close, direct contact with an infected person, normally through skin-to-skin contact, for instance, via sexual activity. It can also spread to different parts of the body, and to other people if they touch contaminated objects, such as towels.
- Most people are resistant to the virus, and they are unlikely to become infected unless their immune system is compromised.
- Children under 10 years of age, people in tropical climates, people involved in contact sports where skin-on-skin contact is more common, anyone with a weak immune system, individuals with atopic dermatitis are all at risk of getting infected with MCV

## SIGNS & SYMPTOMS

- The papules appear as small, firm, flesh-coloured, dome-shaped, pearly, wart-like spots on the skin and are 1-5mm in diameter with a dimpled centre
- Mollusca tend to develop on any part of the skin that is not usually covered, such as the arms, face, and hands. They can also occur on chest and stomach.
- Sexually transmitted Mollusca generally appear on genitalia, groin, lower abdomen, and inner thighs. They develop in small clusters and remain on the top layer of skin, but they can spread to other parts of the body.
- Some Mollusca have a small white dot with pus, and they release a thick, white fluid when they burst. The dimpled part may bleed.
- The virus is contagious until the bumps are gone.

## WHAT YOU CAN DO

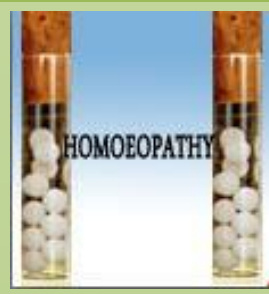
- Practice good hand hygiene
- Avoid contact sports
- Don't touch, scratch, or rub the papules
- Do not shave over affected areas of skin

## INVESTIGATIONS

- Clinical examination of the skin
- Skin Biopsy if needed



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# MOLLUSCUM CONTAGIOSUM IS ABSOLUTELY CURABLE WITH HOMOEOPATHY

Like any other infectious disease, molluscum contagiosum's treatment comes with certain dos and don'ts. It is a contagious disease and can spread from one person to another or on one part of the body to the other. This may happen by use of similar clothing or even physical contact.

Molluscum contagiosum is usually a self-limiting viral disease which generally disappears within a year or two. But who would wait for such a long time especially with its tendency to be infectious and contagious? Hence treatment at the right time becomes a must in such cases.

Allopathic treatments usually go for invasive methods for the removal of these eruptions that may or may not leave a scar on the affected area. A topical cream or ointment is prescribed to be applied on the papules of the molluscum. But it has been seen that such creams don't really have an impact on curing the disease completely, rather in certain cases eruptions might reappear after going away initially.

Homoeopathic treatment on the other hand, is best suited for patients suffering from this infectious disease. Within a few weeks itself the eruptions are totally gone and do not leave any scar. More importantly, they never seem to reappear.

Molluscum contagiosum is also commonly seen in people whose immunity is compromised. For instance, patients suffering from other systemic disorders like AIDS, Liver Cirrhosis, SLE etc, where there is always vulnerability to catch other viral infections, MCV is one of the commonly seen infections. In such cases also, Homoeopathy comes to be of great help and it speedily eradicates the MCV infection without much hassle which is a great relief to any already tormented patient.

Homoeopathic medicines like *Calc. Carb*, *Silicea*, *Rhus Tox*, *Nat. Mur*, etc. are extremely beneficial in treating the cases of Molluscum Contagiosum.



# MARVEL OF HOMOEOPATHY

Presenting here few of the many cured cases of Molluscum Contagiosum at AKGsOVIHAMS clinics: -

**BEFORE**



**AFTER**





# MIND the MIND

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

## **NARCISSISTIC PERSONALITY DISORDER (NPD)**

Narcissism is defined as a human experience of feeling important, needing admiration and attention, wanting success and love. The term comes from a character in Greek mythology, called *Narcissus*. He saw his reflection in a pool of water and fell in love with it. It is normal and can even be a healthy personality trait, if it's mild and occasional. A person whose personality is strongly characterised by narcissistic traits may act obnoxious and difficult, but still not have a disorder. NPD is an extreme form of narcissism which can cause great distress and functional impairment, and last a long time.

### **Symptoms**

Individuals with NPD, according to the DSM-5, exhibit five or more of the following, which are present by early adulthood and across contexts:

- A grandiose sense of self-importance
- Preoccupation with fantasies of unlimited success, power, brilliance, beauty, or ideal love
- Belief that one is special and can only be understood by or associate with special people or institutions
- A need for excessive admiration
- A sense of entitlement (to special treatment)
- Exploitation of others
- A lack of empathy
- Envy of others or the belief that one is the object of envy
- Arrogant, haughty behaviour or attitudes

Individuals with NPD can be easily stung by criticism or defeat and may react with disdain or anger. A sense of entitlement, disregard for other people, and other aspects of NPD can damage relationships. While a person with NPD may be a high-achiever, the personality disorder can also have a negative impact on performance (due to, for instance, one's sensitivity to criticism). NPD affects more men than women. It is best described as a paradox. People with NPD may act superior and confident, but are often fragile and lack self-esteem. They crave attention and praise yet are unable to form close relationships. NPD causes great distress to both the person with the disorder and those around them.

### **CAUSES**

It is unclear what causes NPD. It may be associated with circumstances during childhood, such as very high parental expectations, over-pampering, neglect, or abuse. An individual may have learned manipulative behaviors from their parents or household members while growing up. If a child learns that vulnerability is not acceptable, this may undermine their ability to tune into other people's feelings and needs.

### **TREATMENT**

Due to feelings of superiority, entitlement and arrogance, people with NPD don't always recognize that they have a mental illness or seek help even when their patterns of behavior cause serious problems in their lives and the lives of those around them. For those who do seek help, diagnosis is made by a mental health professional and treatment generally includes psychotherapy.

- Psychodynamic therapy – used to explore and reduce pain from past events.
- Cognitive-Behavior Therapy (CBT) – used to change unhelpful patterns of thinking and behavior.
- Relationship therapy – used to resolve conflicts in couples or families through improved communication and problem-solving.



## Poor sense of smell linked to increased mortality risk

A recent study that includes data from more than 2,000 older adults finds an association between poor sense of smell and an increased risk of death. Scientists have shown that a reduction in the sense of smell might be an early sign of both Alzheimer's and Parkinson's.

Researchers from *Michigan State University* in East Lansing studied a group of 2,289 adults aged 71–82 years. They recently published their results in the journal *Annals of Internal Medicine*.

At the start of the study, each participant completed a Brief Smell Identification Test (BSIT) in which the scientists presented them with 12 common odors and asked them to identify each smell from a list of four options.

Using data from the BSIT, the authors defined each participant's sense of smell as good, moderate, or poor. The research team then followed the participants for 13 years. Throughout the study, 1,211 participants died.

The team found that poor olfaction was more prevalent among males, black people, and people who drank more alcohol or smoked.

Poor sense of smell had a strong association with dementia, Parkinson's, and chronic kidney disease as well as a moderate association with depressive symptoms.

**The scientists showed that those belonging to the group with the poor sense of smell had a 46% higher risk of mortality at the 10-year mark compared with those in the good olfaction category.**

Even after the researchers accounted for socioeconomic status, lifestyle factors, and existing health conditions, the results were still significant.

Individuals whom the researchers deemed as having moderate olfaction also had an increased mortality risk: a 17% increase at year 10 and an 11% increase at year 13 compared with those in the good olfaction category. However, this result was not statistically significant.

# Latest at AKGsOVIHAMS

- **Dr. Sanket Gupta will not be available from 6<sup>th</sup> May to 15<sup>th</sup> May 2019.** Kindly schedule your appointments accordingly.
- To know more about the International Conference held in Kathmandu recently, visit - <https://ovihams.com/blogs/case-of-ocd-and-ed-treated-with-integration-of-homoeopathy-and-psychotherapy-at-akgsovihams.html>
- **Preventive Medicine for Dengue, Chikungunya and Swine Flu** available at all AKGsOVIHAMS Clinics.



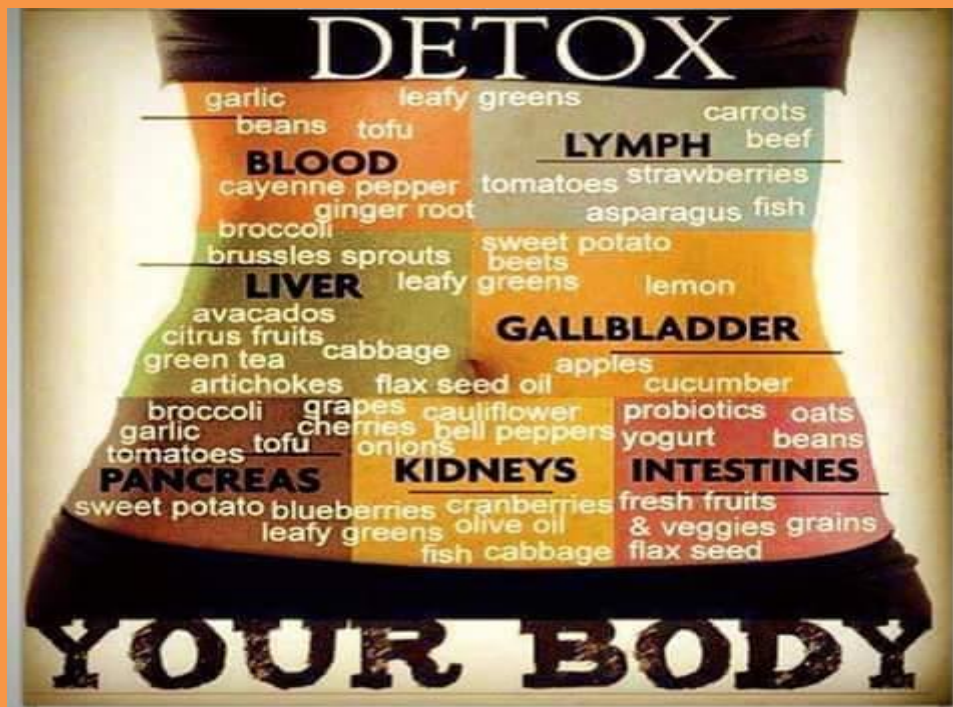
**Mrs. Singh from New Delhi asks –** *My husband is badly addicted to Alcohol. He wants to give it up but is unable to do so on his own. Can he be helped?*

**Cl. Psy. Kaartik Gupta replies –** Alcoholism is a serious illness which can be treated with a combination of Psychotherapy (Cognitive-Behavioural Therapy, Motivation Enhancement Therapy, etc.) and Homoeopathic medicines. However, depending upon the severity of the problem and existence of any comorbid condition, hospitalization might also be needed.

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



# Tips for Health & Wellness



## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Till about a few weeks back I was not exactly the one who believed in homeopathy but something happened that changed my whole perception towards the stream of medicine. I slept alright and got up with a pain in my right ear with some kind of liquid oozing out. Just as with every other illness I went to my family doctor Who asked me to go and see an ENT specialist. After examining my ear, he categorically told me that there is no problem with my ear. I told him that there is some liquid coming out for which he said that all that needs to be done is that I need to take a medicine for the same. I took the medicine and the oozing of the liquid stopped but as it happened there was a feeling of fullness in my ear and I felt that as if I was carrying some cotton in my ear. I went back to the specialist and asked him about the same, he said that it'll pass off in a day or two but the condition deteriorated and the fullness was not going off in fact I was hearing a continuous whistling sound also which was irritating and started taking its toll on my sleep as well. I was not able to sleep in the night; I was not able to sleep in the day. I became restless and paranoid so I went to another specialist who told me that there was nothing wrong with the ear and I was just imagining things though he also prescribed me a couple of other audiometry tests which I undertook. Though the results came negative, during this period I was not able to sleep and I was getting depressed with the situation. I was in the opinion that doctors were not able to understand what the problem was. Nobody was willing to understand what the problem was.

So finally, my wife told me that we should go to her Homeopathic doctor, Dr. AK Gupta of AKGsOVIHAMS. We went to him and explained him the whole situation. He told me there was nothing to worry about and gave me few Homoeopathic powdered doses which were to be taken with lukewarm water and as luck would have it after taking the second dose suddenly I heard a Pop in my ear and I felt as if something has travelled from the nose through the throat and that feeling cleared there and then. I was so happy and delighted that what all the ENT specialists in the city were not able to understand and treat 4 doses from my doctor treated the same without any test. This incident changed my whole perception about Homoeopathic medicine. From that day on I have utmost faith in my doctor and other stream of medicine which is long forgotten by many people today but I request them to look into this before opting for any kind of allopathic treatment as this is the only stream which has no Side Effects whatsoever. I really want to thank Dr AK Gupta from the core of my heart for relieving me of such a problem which was taking its toll on my physical health and mental health as well. thank you once again for being there. best regards.



SCAR MARKS



PSORIASIS



POMPHOLYX

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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