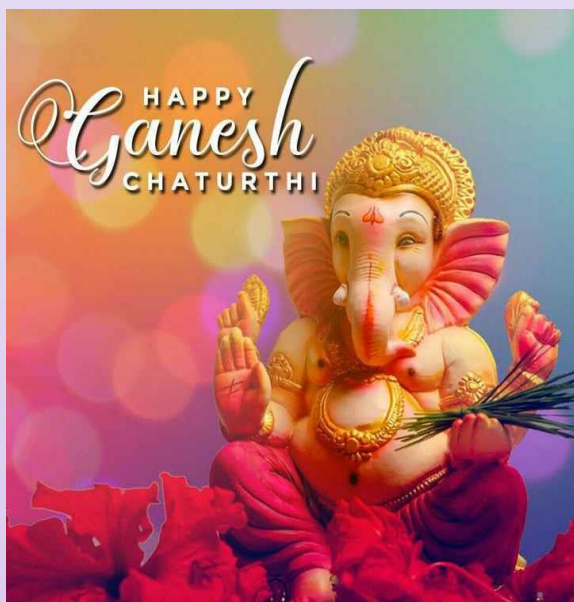


Sept 2019 Issue - LXXII



Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



AKGsOVIHAMS wishes you all a very **Happy Ganesh Chaturthi**

Cl. Psychologist **Dr. Kaartik Gupta** of AKGsOVIHAMS at a recently held **5 days camp on IQ and Learning Disability Assessment** organized by the **Delhi Govt.** for government school students

The topic discussed in this issue is **Pancreatitis** and the wonderful treatment that Homoeopathy has to offer for it.

Kaartik Gupta, Clinical Psychologist concludes the **Personality Disorders** and gives a broad summary about these disorders in the section Mind the MIND.



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

PANCREATITIS

INTRODUCTION

- Inflammation of the pancreas is called Pancreatitis. Pancreatic damage happens when the digestive enzymes are activated before they are released into the small intestine and begin attacking the pancreas
- 2 types – Acute and Chronic

ETIOLOGY / CAUSES

- Gall stones
- Long-time alcohol use
- Hereditary disorders of the Pancreas
- Cystic fibrosis
- High triglycerides
- Medicinal side effects
- Auto-immune infections
- Trauma
- Metabolic disorders like Diabetes Mellitus
- Surgery

SIGNS & SYMPTOMS

- Upper abdominal pain that radiates into the back; it may be aggravated by eating, especially foods high in fat
- Swollen and tender abdomen
- Nausea and vomiting
- Fever
- Increased heart rate
- Diarrhoea
- Weight loss
- Diabetes due to damage to the insulin producing cells of pancreas

INVESTIGATIONS

- Blood test for Pancreatic amylase and Pancreatic lipase
- Glucose Tolerance test
- Ultrasound of the whole abdomen
- CT Scan and MRI of the abdomen
- Blood Insulin levels
- ERCP

WHAT YOU CAN DO

- Avoid intake of alcohol
- Exercise regularly
- Avoid fried and fatty food
- Avoid getting constipated
- Avoid intake of excessive carbs



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY – A RAY OF HOPE FOR PATIENTS OF PANCREATITIS

The pancreas is an extremely important gland of the body and it plays a very essential role in the metabolism and digestion. Any inflammation of the pancreas (esp. Acute) can be not only extremely painful but even fatal at times. As mentioned in the section above, gall stones and alcohol intake are the most probable risk factors that may cause pancreatitis.

An acute pancreatitis is usually a medical emergency where patient has to be rushed to the hospital immediately as the acute inflammation can lead to bursting of the pancreas and hence causing abdominal perforation and peritonitis. In such cases, though less common, surgery has to be done immediately if the inflammation is uncontrollable with medicines. Homoeopathic medicines also can help to minimise the pain and inflammation if given at the earliest, though further investigation must be done even if the pain is curtailed or continues.

But chronic pancreatitis need not always require surgical intervention and is very much treatable with Homoeopathic medicines. Though surgery is usually the norm in Allopathic system post all the anti-inflammatory drugs are used up without much results. Here Homoeopathy has a wonderful role to play as it not only manages the symptoms of the disease well, but also roots out the chronic inflammation completely from the pancreatic system in much lesser time and that too without any side effects in a very gentle and potent way.

Homoeopathic medicines act on the basic cause of the inflammation keeping the constitution of the patient in mind to cure the patient completely. If the patients follow the dos and don'ts told to them by the treating Homoeopathic Doctor well, then there is no reason why a patient suffering from Pancreatitis be not completely back to the pink of his health.

MARVEL OF HOMOEOPATHY

This is a case Mr. S. Singh who was suffering from a Pancreatic cyst and Chronic Pancreatitis. He was completely cured with the Homoeopathic medicines at the AKGsOVIHAMS clinics by Prof.Dr.A.K.Gupta at the Rajouri Garden branch.

His trouble started in 2018 where he used to have severe abdominal pain. He used to have difficulty in eating and would even find it hard to sleep at night because of the pain. He used to stroll and stay awake all night. Even while walking he used to experience pain. He lost a lot of weight as well during his illness. On being investigated it was found that the entire upper layer of his pancreas was badly inflamed and damaged with a collection of about 500 ml of inflammatory fluid inside his pancreatic cyst. He was advised to go for surgery by the Allopathic doctors but somebody referred him to Dr. Gupta.

Within just 3 to 4 months of starting with the Homoeopathic treatment at AKGsOVIHAMS the cyst in the pancreas was completely gone. There was no pain as well which he had been suffering with for quiet some time. He could eat well, sleep comfortably. he was having no trouble in walking rather was now running around and even going to his work at a regular basis. His appetite is back to normal and he regained his weight and most importantly his health thanks to Homoeopathy.

Listen to the patient's journey in his own words - <https://www.youtube.com/watch?v=D9Oow8MUh8&t=3s>



MIND the MIND

Personality Disorder	Pattern
Dependent	Dependent, People-Pleasing
Anti-social	Deceptive
Borderline	Dependent, Victim, Angry, Distancing
Passive-Aggressive	Passive-Aggressive
Paranoid	Suspicious, Pridelful, Victim
Schizoid, Schizotypal	Distancing
Histrionic	Charmer
Narcissistic	Pridelful, Entitled, Defensive
Avoidant	Self-Effacing
Obsessive-Compulsive	Indecisive, Perfectionist
Depressive	Depressed, Hopeless

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

Over the past few months, we have looked at various personality disorders that are prevalent in the general population. With this issue, we wind up the series on personality disorders by giving you an outline of the Clusters of Personality Disorders which group the ones with similar symptoms and inner dynamics.

Personality Disorders

Personality disorder is a mental disorder in which the person has a rigid and unhealthy pattern of thinking, functioning and behaving. It represents an extreme or significant variation in personal functioning, a deviation from the way an average individual in a given culture thinks, feels, behaves, perceives, and relates to others. This causes significant problems and limitations in interpersonal relations, social activities, work productivity, and overall functioning.

Characteristics of Personality Disorders

- Causes significant distress to the person having a personality disorder, and almost always to those around them.
- It is pervasive and global, i.e. it is apparent in a range of personal and interpersonal situations and not restricted to any particular instance or situation.
- It impairs the personal, social and occupational functioning of the individual with personality disorder.

Types of Personality Disorders

Personality Disorders are grouped into three clusters, based on similar characteristics and symptoms. Many people with one personality disorder also have signs and symptoms of at least one additional personality disorder. It's not necessary to exhibit all the signs and symptoms listed for a disorder to be diagnosed.

Cluster A Personality Disorders - characterized by **odd, eccentric thinking or behaviour**. They include: -

1. Paranoid Personality Disorder
2. Schizoid Personality Disorder
3. Schizotypal Personality Disorder

Cluster B Personality Disorders – characterised by **dramatic, overly emotional or unpredictable thinking or behaviour**. They include: -

1. Antisocial Personality Disorder
2. Borderline Personality Disorder
3. Histrionic Personality Disorder
4. Narcissistic Personality Disorder

Cluster C Personality Disorders - characterized by **anxious, fearful thinking or behaviour**. They include: -

1. Anxious-Avoidant Personality Disorder
2. Dependent Personality Disorder
3. Obsessive-Compulsive Personality Disorder

TREATMENT

People who suffer from Personality Disorders are unlikely to seek treatment voluntarily as they may blame others and circumstances for their plight. If at all they do, it's for associated conditions like depression, anxiety, relationship problems, stress, strong feelings that others do not understand them, etc. A **combination of Psychotherapy and Pharmacotherapy** works best for such cases.

Psychotherapy – This is the most promising method of treatment for people with Personality Disorders. Intense and long-term therapy is required as there may be deep-rooted problems with interpersonal functioning. A strong therapist-client relationship offers the most benefit to people with such problems, yet is extremely difficult to establish due to the dramatic scepticism and inadequate coping skills of patients with such conditions. In addition to psychotherapy, Psychological Assessments also form a significant part of the treatment process as through testing the therapist gets a better understanding of the inner dynamics of the individual's personality which strengthens the case formulation and subsequent treatment plan.

Medicines – As mentioned above, prescribing medicines for the comorbid problems can work well which would also help in improving the overall functioning of the individual. A Psychiatrist prescribes such medicines.



Physical inactivity for 2 decades linked with twice the mortality risk

Experts have long associated sedentary lifestyles with poor health outcomes, but a recent study was a little more specific. It found that those who had led a physically inactive life for at least 20 years had a twofold greater risk of premature death when compared with physically active people.

The researchers presented their findings at the *European Society of Cardiology (ECS) Congress 2019*, which took place in Paris, France. The researchers looked at how physical activity over 22 years was linked to death in general, and more specifically, death from cardiovascular disease.

This study, led by *Dr. Trine Moholdt of the Norwegian University of Science and Technology*, in Trondheim, Norway, used information from the HUNT study. The Hunt study recruited Norwegian residents aged 20 or over, and checked up on their physical activity over three different periods: 1984–1986, 1995–1997, and 2006–2008.

At each follow-up, researchers asked participants about the frequency and duration of both leisure time and physical activity. This current study used data from the first and third surveys and included extra statistics on death up to 2013.

The researchers compared the high exercise group with those who were not physically active in both 1984–1986 and 2006–2008. They found that those in the low activity group were twice as likely to die from all causes and had a nearly threefold greater risk of death due to cardiovascular disease.

Dr. Moholdt notes that there is a range of recommendations about how much exercise an adult should do. For example, the American Heart Association (AHA) state that regular exercise can help reduce a person's chances of developing cardiovascular disease. Their current recommendation is for people to aim for at least 150 minutes of moderate-intensity exercise every week. This can include brisk walking, swimming, dancing, or cycling.

"Physical activity helps us live longer and better lives," she says.

Latest at AKGsOVIHAMS

- **Prof.Dr.A.K.Gupta is going to present a cured case of Pancreatic cyst and Chronic Pancreatitis in an International Conference in Italy on 28th Sept. He will not be in India from 21st to 29th Sept. Kindly schedule your appointments accordingly.**
- **Physiotherapy now available every morning 10:30am to 2pm at the Moti Bagh clinic by Dr. Dipendra Mohan**
- **Prof.Dr.A.K.Gupta is available everyday now at the Pitam Pura branch. Kindly call at the reception for details & appointment – 01140392959**
- **Now Charitable Homoeopathic OPD 9.30 am to 11am at AKGsOVIHAMS Medical Centre, Pitam Pura**

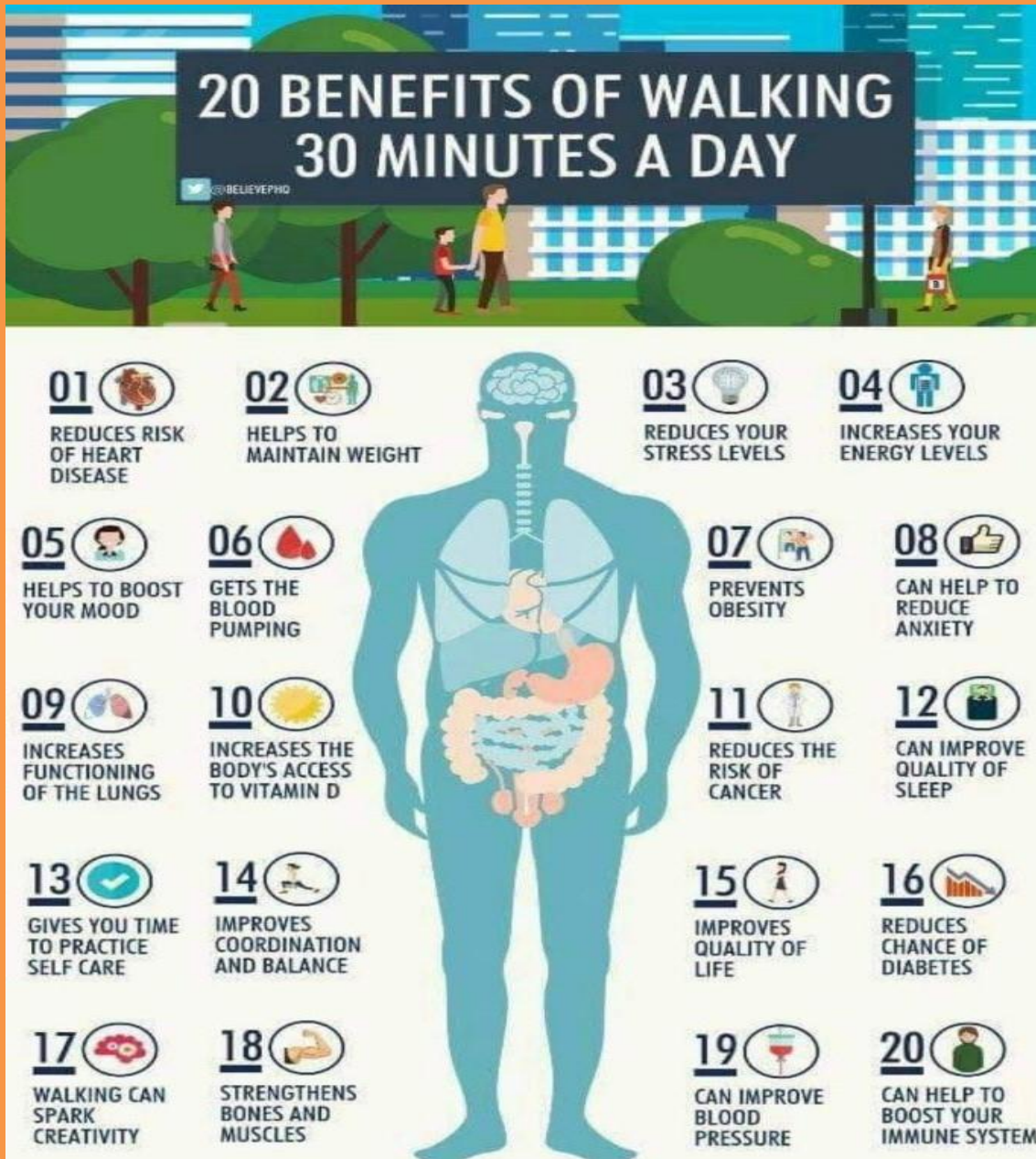


Mrs. N.K. from Delhi asks – *I am taking inhalers for almost 15yrs. Can I be ever off them?*

Dr. Sanket Gupta replies – Usually inhalers are prescribed in the treatment of chronic bronchitis and asthma. You will be glad to know that both these conditions are absolutely curable with Homoeopathy. Depending upon the severity of the disease, we ask the patients to gradually taper down the usage of inhalers and eventually when the patient's immunity and lung compliance improves, the patient is asked to stop the inhalers totally.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

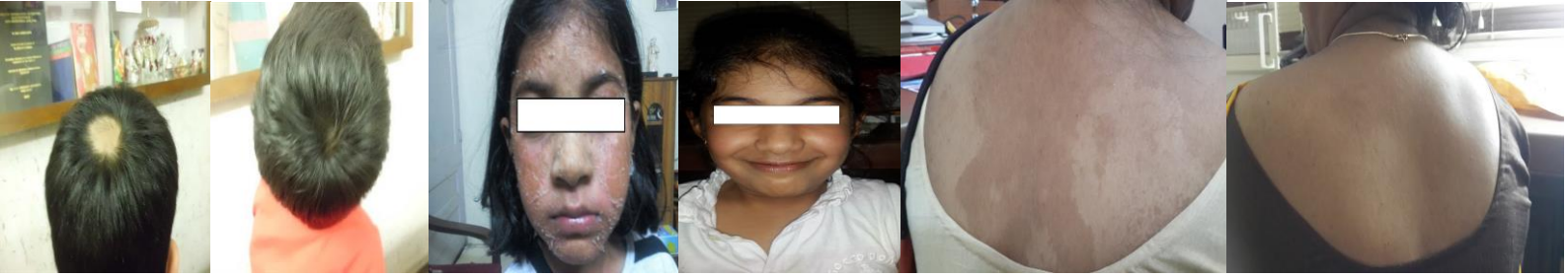


WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I was suffering from piles and gastric troubles for quiet some time and while searching on the web for some good Homoeopathic centre, I found about AKGsOVIHAMS Clinic. I feel fortunate that I came to this Homoeopathic clinic. There I met Dr. Sanket Gupta and explained him my problem. With all my heart I am extremely thankful to the doctor for the treatment he gave me. Within 10 days of medicine I am completely cured. I was surprised to see the speed of my recovery with Homoeopathy.

I specially appreciate Dr. Sanket's way of listening to the patient and giving his precious time to the patient. I wish him all the very best for his services to the humanity.

- Sanjey Kumar, New Delhi



ALOPECIA AREATA

ATOPIC DERMATITIS

HYPOPIGMENTATION

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

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