

Octt 2019 Issue - LXXIII



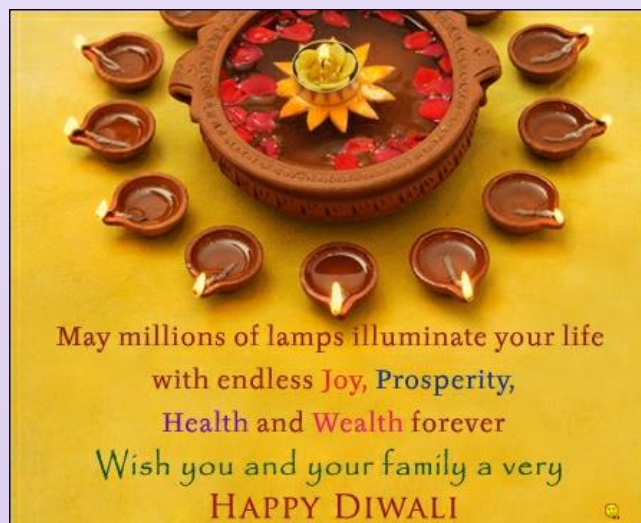
AKGs

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OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



Prof. Dr. A. K. Gupta presenting paper in 74th International Congress of LMHI in Sorrento, Italy

Case of Chronic Pancreatitis and Pancreatic Cyst advised Surgery Cured with Homoeopathy

<https://www.youtube.com/watch?v=anEq-DCwFxl&t=2s>

The topic discussed in this issue is **Seborrheic Dermatitis** and the wonderful treatment that Homoeopathy has to offer for it. **Kaartik Gupta**, Clinical Psychologist talks about **Suicide Prevention** which is the theme of World Mental Health Day 2019 in the section Mind the MIND.



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

SEBORRHEIC DERMATITIS

INTRODUCTION

- It is a common skin condition that mainly affects the scalp. It causes scaly patches, red skin and stubborn dandruff.
- It can also affect oily areas of the body, such as the face, sides of the nose, eyebrows, ears, eyelids and chest.

ETIOLOGY / CAUSES

The exact cause is unknown but certain factors that may lead to seborrheic dermatitis are: -

- A yeast (fungus) called *Malassezia* that is in the oil secretion on the skin
- An irregular response of the immune system
- Neurologic and psychiatric conditions, such as Parkinson's disease and depression
- A weakened immune system, such as seen in organ transplant recipients and people with HIV/AIDS, alcoholic pancreatitis and some cancers
- Recovery from stressful medical conditions, such as a heart attack
- Some medications

SIGNS & SYMPTOMS

- Skin flakes (dandruff) on the scalp, hair, eyebrows, beard or moustache
- Patches of greasy skin covered with flaky white or yellow scales or crust on the scalp, face, sides of the nose, eyebrows, ears, eyelids, chest, armpits, groin area or under the breasts
- Red skin
- Itching
- There might be discharge of colourless fluid or even bleeding from the scales on scratching

WHAT YOU CAN DO

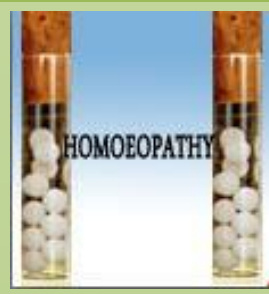
- Wash your scalp regularly and let it dry on its own
- Do not wet your hairs unnecessarily
- Avoid scratching as it further aggravates the condition
- Avoid skin and hair products that contain alcohol

INVESTIGATIONS

- Clinical skin examination
- Skin Biopsy



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



Founder-Director AKGsOVIHAMS, Gold Medallist

SEBORRHEIC DERMATITIS CURABLE WITH HOMOEOPATHY

Seborrheic Dermatitis is a very common skin condition that we see in our AKGsOVIHAMS clinics very frequently. The word seborrheic comes from 'sebum' which is the oily substance or secretion of the oil glands of the body. It is the scalp area that is seen to be affected mostly, though eyebrows, shoulders, forehead, back and chest are also the areas which get affected at times. These areas are rich in sebaceous glands and hence sebum production is more here.

I have seen in my clinical practice of over 42 yrs that people who are disposed to drinking very less quantity of water, or have a habit of retaining their urine for long, tend to develop seborrhoea more often than not. Also, it has a genetic prevalence as well as it usually runs in the families. So, it is the body balance that is altered due to such factors that lead to increased sensitivity of that individual of the mentioned areas specifically. Stress also plays a major role in this. Especially people who do not share their feelings and emotions well enough, quiet often suffer from such skin issues.

The bacterial and fungal growth is just a superimposed infection of the already sensitive area of the body leading to seborrheic dermatitis. Any topical treatment like anti-dandruff shampoos or anti-bacterial and anti-fungal ointments thus can only help in relieving the symptoms somewhat. Even antibiotics can not completely eradicate the disease from the system. The treatment needs to be full proof and holistic.

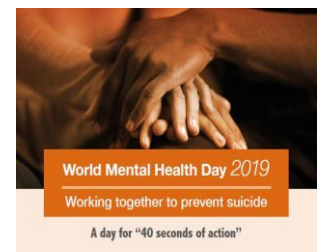
Homoeopathic medicines have this innate ability to correct the deranged balance and homoeostasis of the body. The medicines gradually lower the sensitivity and vulnerability of the diseased person to getting diseased any further and the body maintains that balance in its own magnificent natural way of healing. To achieve complete and permanent cure, it is extremely important to follow the dos and don'ts advised to the patient by his treating Homoeopathic doctor. One must drink at least 4litres of water in a day and avoid scratching. Patients must avoid all kinds of hair styling products especially.

MARVEL OF HOMOEOPATHY





MIND the MIND



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

WORLD MENTAL HEALTH DAY – 10th October

Every year, 10th October is celebrated worldwide as World Mental Health Day. It is an initiative taken by the World Health Organisation (WHO) to spread awareness about the importance of mental health in ensuring overall well-being of an individual. The theme for this year is ***Suicide Prevention***.

According to the WHO, **every 40 seconds someone loses their life to suicide**. A report released by the WHO stated **India's suicide rate at 16.5 suicides per 1,00,000 people**; the highest in the South-East Asian region. It was the second leading cause of death among 15-29-year olds, claiming 200,000 lives in 2016, topped only by road injury. It is a grave situation and we need to do a lot more on that front. So, this World Mental Health Day let us all make an effort to understand how we can be the support when it's needed the most. Common misconceptions about suicide and identifying the warning signs have been covered in an earlier issue. **Click on the link to know more - <https://ovihams.com/GetContent/Newsletter/18/V>**

WHAT TO DO?

It is natural to feel uncomfortable, apprehensive, fearful or even afraid if you are in a situation wherein your loved one, or any other person for that matter is contemplating suicide or is threatening to commit it. But anyone who threatens or is showing other warning signs requires immediate help. Talking to such a person can be extremely difficult for anyone but the most critical intervention in fact is asking the person if he/she is thinking of committing suicide. **Asking this question will not plant an idea of actually committing suicide, you cannot make a person suicidal by showing that you care.** The very act of approaching and asking this question can give an opportunity to the person to express his/her pent-up feelings and provide relief from the loneliness he/she was feeling.

WHAT TO SAY?

When talking to a person who is suicidal just be yourself. Let the person know that you care and that he/she is not alone. The right words are often unimportant at that moment as love and concern is communicated even through our voice and manners. Some of the ways in which one can start a conversation could be: -

- *I have been feeling concerned about you lately.*
- *Recently, I have noticed some differences in you and wondered how you are doing.*

In addition to this, ***listening*** to the other person is extremely important. Let him/her express all that he/she is going through. The conversation might seem very negative but the fact that it is taking place is a positive sign. Be sympathetic, accepting, calm and ***non-judgmental*** for whatever the other person expresses. Another way to help him/her would be to offer ***help and hope***. Saying something like – “You are not alone, I’m here with you” or “You may not believe it now but the way you’re feeling will change”.

WHAT NOT TO SAY/DO?

Since we are talking about a crisis situation which at times can be overwhelming for some of us, taking the following points into consideration can prove extremely beneficial. While talking to a person who is suicidal, ***don't*** get into an ***argument***; avoid saying such things as “You have so much to live for” or “Your suicide will hurt your family”. The person knows all this; they don't want to die; they just want to stop hurting. Similarly, ***don't*** give a ***lecture*** on the value of life or say that suicide is wrong. It will not serve the purpose of reducing the pain or suffering he/she is experiencing.

In addition to this, it is of essence that you (the helper) do not blame yourself for the situation. You cannot “fix” someone's depression. Your loved one's happiness, or the lack of it, is not your responsibility. It takes a lot of courage to help someone who is suicidal. Witnessing a loved one dealing with thoughts about ending his/her own life can stir up many difficult emotions. If you or anyone you know seems suicidal or is having even fleeting suicidal thoughts, it is recommended to consult a mental health professional at the earliest. Suicide is preventable. Even Homoeopathy has proven very beneficial in combatting suicidal thoughts.



Too much exercise may affect our ability to make decisions

A new study finds that exercise not only causes muscle fatigue but could also affect the brain. The authors conclude that overexercising might reduce our capacity to make decisions.

Researchers at *Hôpital de la Pitié-Salpêtrière in Paris, France*, have found that overtraining syndrome may affect the brain, as well as the rest of the body.

A physical training overload leads to a significant drop in physical performance as athletes experience an overwhelming sense of fatigue. The researchers wanted to test whether overtraining syndrome arises in part from neural fatigue in the brain, as well as from muscle tiredness. They were also interested in whether the overtraining affected the same portion of the brain as excessive intellectual work.

The group recruited 37 competitive male endurance athletes with an average age of 35 years. The participants either continued with their regular exercise regimen or increased their training by 40% per session over 3 weeks.

The athletes participated in cycling exercises on their rest days so that the researchers could monitor their physical performance. They also completed questionnaires that asked them about their subjective experience of fatigue. Finally, the researchers used behavioral tests and MRI scans to assess the participants' cognitive ability.

The study, which features in *Current Biology*, showed that over 3 weeks, physical training overload led to the athletes feeling more fatigued and also behaving differently.

In tests that evaluated economic choices, the fatigued athletes were more likely to act impulsively.

MRI scans showed that physically overloading the athletes resulted in impaired activation of the lateral prefrontal cortex. This area of the brain is responsible for higher order cognitive control; it influences decision-making, planning, behavioral inhibition, and motivational operations, among other behaviors.

Latest at AKGsOVIHAMS

- *Prof. Dr.A.K.Gupta will not be available from 5th - 7th November 2019. He has been invited to Chair a Scientific session in the wellness Conclave in upcoming IISF 2019 India International Science Festival to be held in Kolkata. He will also be presenting his research work on MND in Health Research Conclave. So kindly schedule your appointments accordingly*
- *AKGsOVIHAMS Medical Centre Pitam Pura completes 2 years on 21st Oct. 2019, the day which marks the birth anniversary of our Founder-Director Dr.A.K.Gupta*
- *Physiotherapy now available every morning 10:30am to 2pm at the Moti Bagh clinic by Dr. Dipendra Mohan*

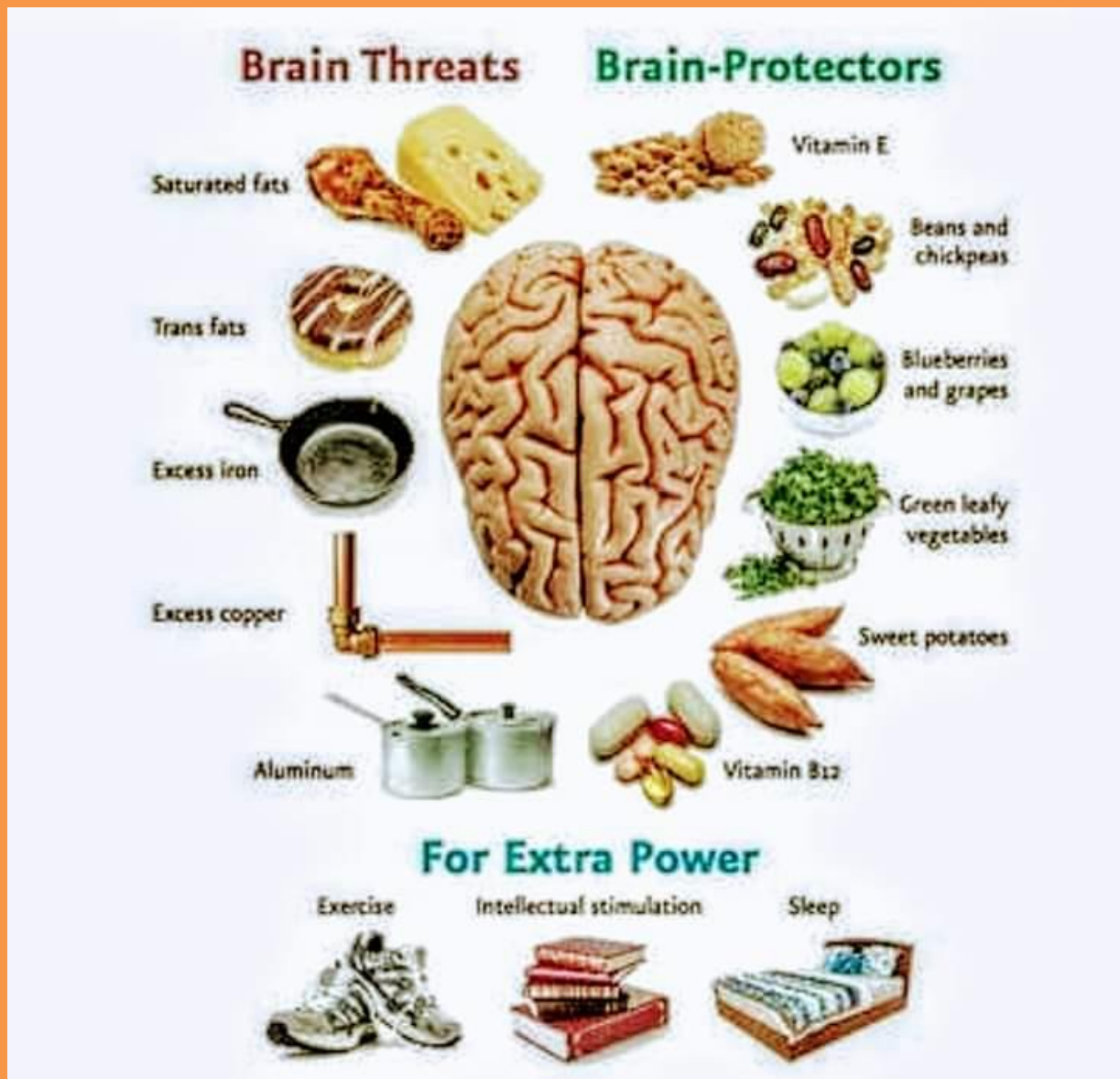


Mrs. Kavita Verma from Delhi asks – *I had an accident few years ago and since then have chronic backache. I have been advised surgery. What to do?*

Prof.Dr.A.K.Gupta replies – Firstly, we need to see the whole case in its totality. There are a number of cases where Homoeopathy has been found extremely beneficial for the patients of chronic backache and surgery is totally avoided. Depending upon the condition of your spine and the involved nerves of the lumbo-sacral plexus, Homoeopathic treatment can be ascertained. Also, a chronic injury might at times bring about structural and morphological changes which require surgical intervention. If that is not the case, then chances of you avoiding the surgery are quiet bright.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



PATIENTS' FEEDBACK

Since my very first visit, Dr. Kaartik has been friendly and receptive to my issues. He addresses each and every question I have with discretion and objectivity. What I like the most about the sessions is his methodical approach to varied problems such as emotional eating, binge watching, procrastination and impulsivity. The sessions with him are not only interactive but also solution oriented and effective.

I visited him at the Pitam Pura branch of AKGsOVIHAMS and consulted for Family problems, personal development, study habits, life skills and stress management. I am very thankful to him.

- Ms. A.B, New Delhi



WART

PSORIASIS

DERMATITIS

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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