



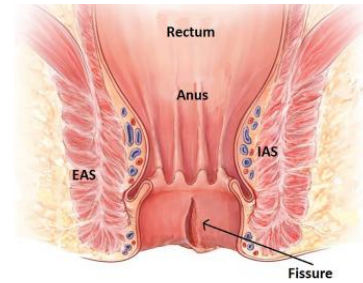
Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



The topic discussed in this issue is a very common condition called **Anal Fissure** and the wonderful treatment that Homoeopathy has to offer for it.

Kaartik Gupta, Clinical Psychologist continues his talks about **Phone / Internet Addiction** which is the burning issue of the 21st century, in the section Mind the MIND.



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

ANAL FISSURE

INTRODUCTION

- An anal fissure is a small cut or tear in the lining of the anus
- It can affect people of all ages, and it's often seen in infants and young children

ETIOLOGY / CAUSES

- Chronic constipation
- Frequent diarrhoea
- Straining during childbirth or bowel movements
- Inflammatory Bowel Disease (IBD), such as Crohn's disease
- Decreased blood flow to the anorectal area
- Overly tight or spastic anal sphincter muscles
- Anal cancer
- HIV
- Tuberculosis
- Syphilis
- Herpes

SIGNS & SYMPTOMS

- A visible tear in the skin around the anus
- A skin tag, or small lump of skin, next to the tear
- Sharp pain in the anal area during bowel movements
- Streaks of blood on stools or on toilet paper after wiping
- Burning or itching in the anal area

WHAT YOU CAN DO

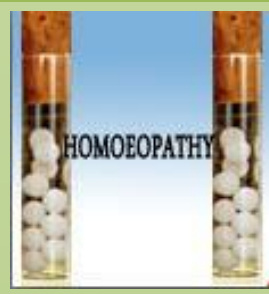
- Drink more fluids
- Eat more fibrous foods, such as raw fruits and vegetables
- Do sitz bath to relax the anal muscles, relieve irritation, and increase blood flow to the anorectal area
- Don't ignore diarrhoea
- Avoid constipation and don't strain while defecating

INVESTIGATIONS

- Physical clinical examination
- Proctoscopy



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY HEALS THE AGONY OF ANAL FISSURE

The pain of an anal fissure can be excruciating and extremely agonizing. The skin of and around the anus is extremely soft and sensitive as it is required to take the pressure while a person strains for defecation. A cut at such a sensitive area can be unexplainably painful. It is an extremely common condition and can be seen in people of all age groups. A lot of infants also suffer with it due to their unclear bowel movements.

The most important factor in the treatment of an anal fissure is to avoid all situations where a patient might have to strain during defecation. So be it constipation or even frequent loose stools (diarrhoea), need to be avoided at all costs. Diet rich in fibres and roughage are advisable for patients suffering from an anal fissure. Water and fluid intake have to be on the higher side to prevent hardening and drying of the stool. Doing sitz bath using potassium permanganate crystal is a good pain reliever and acts as a disinfectant as well. One should avoid taking any pain killer as once the pain is suppressed, it comes back again with more intensity by eventually reducing the pain tolerance of the mucosal lining of the anus.

Homoeopathy has a sure short cure for anal fissure. The sweet pills can take away all the agony of the severe pain that a tear (or fissure) can cause in the anal lining. When a patient is treated constitutionally, so his / her chronic constipation tendency also vanishes as this is what actually forms the basis of cure in a patient suffering from anal fissure. No straining to get the hard stool out, no formation of anal fissure. Management and following the dos and don'ts is the most important aspect of the treatment of anal fissure.

There are many Homoeopathic medicines that are extremely beneficial in treating a case of Anal Fissure. Some of the often-used remedies are – *Nux Vomica*, *Aesculus*, *Ratanhia*, *Silicea*, *Acid Nitric*, *Thuja*, etc.

MARVEL OF HOMOEOPATHY

34yrs old female complained of Irregular and extremely painful periods with profound weakness and low-grade fever. She had pain in her lower abdomen, back and legs. Lot of acidity and body aches in general. Patient was advised to go for a Trans-vaginal USG. The report dated **27th Feb. 2019** is –

Centre of Excellence in Obstetric Ultrasonology
Moti Bagh Hospital, Sector-10, Connaught Place

Date: 27/02/2019
Name: Mrs. MANJU
Ref. By: Dr. Sanket
Srl No: 6
Age: 34 Yrs.
Sex: F

USG LOWER ABD TVS

- * Scanning was done using a transvaginal scanner.
- * Scans show anteverted bulky uterus of mildly heterochoic echopattern, measuring 85 x 57 x 47 mm. Thickness of endometrium = 13.1 mm.
- * Right ovary : 45 x 37 mm. There is a approx 39 x 35 mm multilocular cyst seen within. There is a dilated tortous structure s/o hydrosalpinx seen on the right side.
- * Left ovary : 31 x 17 mm.
- * Both the adenexae are clear.
- * No pelvic collection is seen.

IMPRESSION : Bulky uterus with adenomyosis of uterus. Right endometriotic cyst with right sided hydrosalpinx.

**** End Of Reprt ****

Dr. PAWAN GROVER
MBBS,MD (RADIO.D
CONSULTANT RADI
DMC 17855

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Grover's Ultrasound Clinic
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groverdiagnostics@yahoo.in Website : www.groverultrasound.com we care for quality & accuracy

IT IS ONLY A PROFESSIONAL OPINION AND IS NOT VALID FOR MEDICO LEGAL PURPOSE.
HAVE TECHNICAL LIMITATION, PLEASE CORRELATE AND WITH OTHER INVESTIGATION TO ARRIVE AT FINAL DIAGNOSIS

After seeing this report, she consulted her Gynaecologist who advised her surgical intervention. They did not want to go for it and went to Dr. Sanket at our Moti Bagh clinic and he reassured them that this case, though difficult, but can be treated well with Homoeopathy.

Homoeopathic treatment was then started. She was prescribed Apis Mel 30.

Gradually she started improving symptomatically. The low-grade fever that she was having for about 2 months was now gone and she was feeling much energetic in general over a period of time. She started having her periods on time and the pain during periods was much reduced and bearable. The flow was also better. There were no such body aches as well.

She was asked to go for a follow-up TVS. The USG dated 16th May 2019 is as follows -

Centre of Excellence in Obstetric Ultrasonology
Moti Bagh Hospital, Sector-10, Connaught Place

Date: 16/05/2019
Name: Mrs. MANJU
Ref. By: Dr. Sanket
Srl No: 6
Age: 34 Yrs.
Sex: F

USG LOWER ABD TVS

- * Scanning was done using a transvaginal scanner.
- * Scans show anteverted uterus of normal echo pattern and contour, measuring 75 x 57 x 48 mm. Thickness of endometrium = 7.4 mm.
- * No mass lesion or gestation sac is seen in the uterus.
- * Both ovaries are normal in size and echopattern.
- * Right ovary : 31 x 20 mm.
- * Left ovary : 33 x 19 mm.
- * Both the adenexae are clear.
- * No pelvic collection is seen.

IMPRESSION : Normal study

**** End Of Reprt ****

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The patient is absolutely cured now and she and her family thank Homoeopathy and Dr. Sanket Gupta for the wonderful life changing experience and that too in such a short span of time.



MIND the MIND



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

PHONE/INTERNET ADDICTION (PART-2)

In the last issue, we looked at the grave problem of phone/internet addiction and how it affects different spheres of a person's life in addition to the physical and mental health issues. Some of our readers even shared their scores from the self-assessment questionnaire and the number of people facing significant problems due to excessive phone use is quite high. We hope the strategies suggested in response to your mails and in the current issue will help you maintain a healthy balance.

Self-help Strategies

1. Recognize the triggers that make you reach for your phone. It could be boredom, loneliness, work or even just the thought of missing out on something. Identify them, and find healthier and more efficient ways of handling them.
2. Look for in-person social interactions, not just virtual relations. Humans are social beings and isolation or even virtual relations are not healthy for us.
3. Develop healthy coping mechanisms and share your feelings, concerns and experiences with your loved ones. Build a strong social support system around you.
4. Set goals for when you can use your phone; schedule specific times of the day for using your phone.
5. While having meals, keep the phone away from yourself and be mindful of what and how much you are eating. Enjoy your food and chew it properly.
6. Mute the notifications so that it does not distract you while you are working and it also reduces the temptation to check it immediately.
7. Leave the phone/tablet out of your bedroom when you retire for the day and go to sleep. The blue light emitted by the screens can disrupt your sleep cycle.
8. As a parent, if you want your child or teenager to reduce their time on the phone, you need to model the same behaviour. Stick to the limits and boundaries you set. Focus more on spending quality time together.
9. There are certain apps that help you monitor your phone use on a daily basis, which eventually encourage you to reduce the screen time or to use it more judiciously.
10. Disconnect (from phone/internet) to reconnect with yourself, family, friends and nature!

Addiction Therapy

If you are unable to bring about some of these changes or are just not able to give up on your phone time, you must seek professional help as phone/internet addiction is treatable. **Cognitive-Behavioural Therapy** provides step-by-step ways to stop compulsive behaviours and change your perceptions about your use of phone/internet. Therapy can also help you learn healthier ways of coping with uncomfortable emotions—such as stress, anxiety, or depression—that may be fuelling your phone/internet use. SHUT (Service for Healthy Use of Technology) Clinic is an internet de-addiction centre started by NIMHANS, Bangalore to help people replace excessive technology usage with healthy activities. More such setups are coming up to handle this new age endemic.



TBK1 protein promotes cancer development, suppresses immune response to the disease

Researchers at The University of Texas MD Anderson Cancer Center have found that a protein involved in immune response to microbes also can fuel cancer development and suppress immune response to the disease. Working in mouse models of lung cancer, the team found TANK-binding kinase 1 (TBK1) and its adaptor protein TBK-binding protein 1 (TBKBP1) contribute to tumorigenesis when they are activated by growth factors rather than by innate immune mechanisms. Their findings are reported today in *Nature Cell Biology*.

They first found that knocking out TBK1 in a mouse model designed to spontaneously develop lung cancer driven by KRAS mutations sharply reduced the number and size of tumors. Knockdown in a human lung cancer line promoted programmed cell death and suppressed tumor growth.

In a series of experiments, the researchers showed that TBK1 and TBKBP1 form a growth factor signaling axis that activates mTORC1 to promote tumor development. The pathway consists of TBKBP1 recruiting TBK1 to protein kinase C-theta (PKC θ), through a scaffold protein called CARD10, enabling PKC θ to activate TBK1.

To test the protein's therapeutic potential, they treated mice with KRAS-driven lung cancer with amlexanox, a drug approved by the FDA as a paste to treat certain oral ulcers. The drug was recently identified as a TBK1 inhibitor. Mice injected with amlexanox had a steep reduction in the number and size of lung tumors.

Latest at AKGsOVIHAMS

- *Om-Vidya Charitable Dispensary of Homoeopathy is functional everyday from 9:30am to 11am and 5:30pm to 7:30pm from Monday to Thursday at the Pitampura branch of AKGsOVIHAMS. Dr. Preeti Sharma and Dr. Akanksha Rohilla are the consulting Homoeopathic physicians rendering their services here.*
- *Physiotherapy now available every day 10:30am to 2pm and 4:30 to 8:30pm at the Moti Bagh clinic by Dr. Dipendra Mohan and Dr. Vipul*



Mrs. Kakkar from Delhi asks – *I get severe headaches with nausea and vomiting every other day. Can migraines be cured completely?*

Dr. Sanket Gupta replies – Yes, migraines are absolutely curable with Homoeopathic medicines. Major factor is following the dos and donts strictly as advised to you by the treating Homoeopathic Doctor. More often than not, there are a lot of triggering factors that end up causing a migraine pain. When these factors are kept in check and managed well, then along with deep acting constitutional Homoeopathic medicine, complete cure can be attained.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



PATIENTS' FEEDBACK

I live in CANADA and I have a son Avi. He is 8 years old and he has EBS – which is a rare Genetic Skin Disorder Epidermolysis bullosa (EB) is the term used to describe a number of rare genetic conditions which cause the skin to blister and peel off in response to minimal friction and trauma. There is currently no cure, but research continues. There is still a long way to go but an effective treatment to prevent or reduce the blistering may ultimately be possible. Dowling Meara EB simplex itself cannot be treated, but there is much that parents and professionals can do to reduce the impact of the symptoms.

Since, September 2013 – Which THANK GOD, my husband just found a Video on YOUTUBE that shows the same case like my son has been Cured COMPLETELY by Dr. Sanket Gupta, MD (Hom) – Under his Homeopathic treatment.

I couldn't sleep that night...

I called Dr. Sanket Gupta, and asked if he can help my son – He didn't even hesitate, and answered ABSOLUTELY – I Will!

Since that time, there is a lot of improvement in my son's condition, which is not a Miracle, as there is definite scientific methodology that Dr. Gupta follows with his Homoeopathic treatment. I can definitely say – Avi has much less blisters showing up, very less pain, no more constipation ...

As soon as I will be able to fly to Dr. Sanket Gupta in India, to get the full treatment for my Son – I'LL DO THAT!!!

My HOPE is to see my son without any blisters one day!!!! I'll pray and Thank to God that I found about Doctor Sanket!!!! He is Our Hope!!!

Thank you Dear Dr. Sanket, for saving people's Lives!!!!!!!!!!

- Irena Asor, Canada



PERINEAL ABSCESS



VARICOSE ULCER



ANAL FISSURE



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)**



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(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

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