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*Homoeo –Psycho Cure & Care with Wellness*

MONTHLY NEWS LETTER



Founder-Director AKGsOVIHAMS, Prof.Dr.A.K.Gupta receiving the prestigious International Award for Excellence in Homoeopathy from the Ambassador of Finland and the Mayor of Ranchi in Ranchi in the left picture and with Jal Mantri Mr. Gajender Shekhawat at Jal Prahari Samman in the right picture

- Do you get any bleeding in the anal region?
- Do you notice any discharge on your undergarments especially after passing stool?
- Do you get any pain in the anal area?
- Do you feel any lump or swelling in the anus and surrounding areas that keeps coming and going?

If **YES** then you may be suffering with an **Anal Fistula**. Find out all about it in this issue.

Kaartik Gupta, Clinical Psychologist talks about **Handling Grief/Loss Appropriately** in the section Mind the MIND.



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

ANAL FISTULA

INTRODUCTION

- An anal fistula is a tunnel that runs from inside the anus to somewhere in the skin around it.
- It usually follows an infection that didn't heal the right way.

ETIOLOGY / CAUSES

- Just inside the anus are several glands that make fluid. Sometimes, they get blocked or clogged. When that happens, a bacteria build-up can create a swollen pocket of infected tissue and liquid. This condition is called an abscess. If the abscess is not treated well, it grows up further. Eventually, it'll make its way to the outside and punch a hole in the skin somewhere near the anus so the deposit inside it can drain. The fistula is the tunnel that connects the gland to that opening.
- A fistula can also come from conditions like tuberculosis, sexually transmitted diseases, or an ongoing illness that affects the bowels.

SIGNS & SYMPTOMS

- Pain
- Redness
- Swelling around the anus
- Bleeding
- Painful bowel movements or urination
- Fever
- A foul-smelling liquid oozing from a hole near the anus

WHAT YOU CAN DO

- Do Sitz-bath with potassium permanganate crystals once or twice a day
- Avoid sitting for long periods of time
- Avoid constipation and straining for defecation
- Keep the anal area clean and hair free as much as possible

INVESTIGATIONS

- Physical clinical examination
- Proctoscopy
- X-ray of the Colon
- CT scan of the Colon
- Colonoscopy



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ANAL FISTULA IS CURABLE WITHOUT SURGERY

Anal fistula is a common Ano-rectal disorder where a blind opening from inside the anal cavity tends to make its way out into the anus leading to formation of a tract called 'fistula'. The tract usually gets infected off and on with bacterial activity leading to discharge of pus or blood or at times transparent fluid in the anal region. As the tract is a blind opening, it is extremely difficult to tell from outside for an examining physician about the depth of the entire tract. Hence very commonly people end up getting a fistula surgically treated without giving conservative methods a chance. The misery doesn't end here! Often a surgically corrected fistula can relapse with a greater vigour and trouble for the patient.

The fact is, that an anal fistula is absolutely curable and does not really require a surgical intervention! Homoeopathy has some wonderful medicines to treat this malady completely off its very roots. The aim is to minimize the occurrence of refilling of the fistula and also to eventually heal the abscess in the background that is actually the precursor of this condition.

Along with medicines, hygiene, food habits, bowel movements play a pivotal role. One must abide by all the directions given to the patient by his/her treating doctor, otherwise on one hand the medicine is trying to heal, while on the other hand these factors would just keep on adding the pile of infection to the already infected tract. Like eating too much of spicy food or not maintaining the anal hygiene can all lead up to causing the infection and reopening of the fistula. Prolong sitting should be avoided as much as possible.

Some of the extremely useful Homoeopathic medicines for the treatment of Anal Fistula are: - *Silicea, Nux Vomica, Nitric Acid, Aesculus, Graphites, etc.*

MARVEL OF HOMOEOPATHY

My name is Mr. Jaswinder and I am a 31yrs old Army officer.

On 18th April 2013, I had a severe crampy pain in my left side of abdomen and the left groin. It was so severe that I immediately called up my doctor. Dr. Sanket Gupta asked me to see him immediately at his AKGsOVIHAMS Clinics in Satya Niketan Moti Bagh. He examined me and said that he suspected a stone in my kidney. I got an Ultrasound done. It said that I had 2 stones in the middle pole of my left kidney and a big stone measuring 7.8mm in my left ureter. Dr. Gupta gave me some of his Homoeopathic medicines and a liquid and asked me to take the medicine every 2 hourly. I wondered if such an acute condition could be handled with Homoeopathy, but as Dr. Gupta said, I followed his instructions.

2 days later in the morning when I went to the bathroom, I passed urine with difficulty and there was a sound as if something had hit the vessel. I later found out that I had just passed out a huge stone in my urine. It was an unbelievable realization that in just 2 days Homoeopathy was able to cure me off this acute condition. He asked me to continue with the same treatment as the other stone might still have been present in the middle calyx of my kidney. As suggested, I took his medicines for another 2 to 3 weeks and even that stone came out very soon without even being painful. I am very thankful to Dr. Sanket Gupta for this.



MIND the MIND



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

HANDLING GRIEF/LOSS APPROPRIATELY

People often experience grief when they lose someone special or something very valuable to them. Death of a close/loved one, end of a romantic relationship, divorce, breaking up of a deep friendship, losing something valuable to you are some of the examples wherein we experience grief or a sense of loss. This feeling of grief and loss can have adverse effects on one's health, personality, and relationships. The effects of grief on a person usually depend on different factors which include - the kind of loss suffered, level or type of attachment, the person's beliefs, age and his/her mental or physical health.

Losing someone (either because of death or otherwise) affects each one of us in a different way. Anxiety and a sense of helplessness are two things that most people experience. Feelings of anger and denial are also experienced in the early stages of grief cycle. The sadness creeps in eventually. The process of grief is a natural one and people should be encouraged to process or express it, rather than suppressing it. The rites and rituals associated with death ceremonies prevalent in all cultures across the globe were primarily established with this purpose of providing a strong social support to the grieving individual/family so that it helps them to adapt to life without the deceased. If these emotions are not processed/expressed appropriately, they can lead to varied mental and/or physical problems like depression, anxiety, psychosis, diabetes, migraine, cardiovascular diseases, etc.

Here are some ways to cope with grief and loss:

1. **Express yourself and share all the feelings bottled inside you.** You should talk about your feelings with a close friend or family member. Some people even prefer to write down their feelings in a diary which gives them an outlet and helps to channelize their emotions which can be extremely therapeutic.
2. **When you feel sad, do not try to avoid it.** Feeling sad is a natural and healthy part of the process of grieving. Instead of hiding your sadness under the mask, acknowledge it and let yourself feel sad for the loss you've experienced.
3. **Feelings of self-pity** can come quite automatically at such a time, but do not encourage it as it would do you more harm than good in the long run.
4. **Follow a schedule instead of isolating yourself.** By following a schedule, you will keep yourself active, which will help in healing. Go for a walk regularly and do not withdraw from people (even though it might feel to be the best thing at that particular time) in a room as this will make your condition worse.
5. **Take care of your sleep.** Emotional strain makes one tired and hence, undisturbed sleep is very much essential for your health. Make sure to sleep and wake up every day at a set time. Take a healthy and balanced diet; eat light but have all meals.
6. **Seek professional help** as it would help you to deal with the situation appropriately and in healthy ways. Grief Counselling and Supportive Therapy are widely practised by psychotherapists as they help an individual adapt better to their changed situation. Through therapy, all the emotions are processed appropriately, the person goes through the grief cycle and adapts well to his/her life's changed circumstances after the loss.
7. **Stay away from addictive substances.** Do not consume too much alcohol or any other addictive substance. It may temporarily numb the pain, but afterwards, you will feel worse.
8. **Build Resilience** as it is a protective and healthy trait when it comes to handling difficult circumstances.
9. **Acceptance** of what has happened, no matter how hard or painful, is the ultimate way of handling and growing from it.

- *'The song is ended, but the melody lingers on'*

Irving Berlin



Scientists breach brain barriers to attack tumors

The brain is equipped with barriers designed to keep out dangerous pathogens. *Yale* researchers have found a novel way to circumvent the brain's natural defenses when they're counterproductive by slipping immune system rescuers through the fortresses' drainage system, they report Jan. 15 in the journal *Nature*.

"People had thought there was very little the immune system could do to combat brain tumors," said senior corresponding author Akiko Iwasaki. "There has been no way for glioblastoma patients to benefit from immunotherapy."

While the brain itself has no direct way for disposing of cellular waste, tiny vessels lining the interior of the skull collect tissue waste and dispose of it through the body's lymphatic system, which filters toxins and waste from the body. These vessels form shortly after birth, spurred in part by the gene known as vascular endothelial growth factor C, or VEGF-C. Together, the team investigated whether introducing VEGF-C through this drainage system would specifically target brain tumors.

The team introduced VEGF C into the cerebrospinal fluid of mice with glioblastoma and observed an increased level of T cell response to tumors in the brain. When combined with immune system checkpoint inhibitors commonly used in immunotherapy, the VEGF-C treatment significantly extended survival of the mice.

"These results are remarkable," Iwasaki said. "We would like to bring this treatment to glioblastoma patients. The prognosis with current therapies of surgery and chemotherapy is still so bleak."

The study was primarily funded by the Howard Hughes Medical Institute and the National Institutes of Health.

Latest at AKGsOVIHAMS

- *Prof. Dr. A. K. Gupta, Dr. Sanket Gupta and Cl. Psy. Kaartik Gupta won't be available at any of our clinics from 26th Feb. to 2nd March 2020. Kindly schedule your appointments accordingly.*
- *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. Rawat from Shimla asks – *My father in law just suffered from a brain stroke. Can he be treated with Homoeopathy?*

Prof. Dr. A. K. Gupta replies – Any cardiovascular injury's best chance of recovery is during the initial few hours and days itself. During a brain stroke, as Homoeopathic Doctors we have a great chance of complete revival and reversal of the brain injury if the correct treatment is given in the very beginning itself. Depending upon the extent of brain injury, Along with Homoeopathic medicines and essential physiotherapy, a brain stroke patient has almost 80% chances of complete recovery.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

VITAMIN	WHAT WE USE IT FOR	GOOD SOURCES
A	For healthy vision, skin, bones, teeth & reproduction	Liver, Eggs, Fish, Milk, Carrots, Sweet Potato, Pumpkin, Spinach
B1 THIAMIN	Helps convert food into energy and is critical for nerve function	Pork, Soy, Watermelon, Tomato, Spinach
B2 RIBOFLAVIN	Helps convert food into energy and supports healthy skin, hair, blood & brain	Dairy, Meat, Green Leafy Veggies, Enriched Wheat, Oysters
B3 NIACIN	Helps convert food into energy and is essential for healthy nervous system	Beef, Chicken, Shrimp, Avocado, Peanuts, Tomato, Spinach
B6 PYRIDOXINE	Helps make red blood cells and improves sleep, appetite & mood	Chicken, Tofu, Banana, Watermelon, Fish, Legumes
B7 BIOTIN	Helps convert food to energy & break down glucose	Whole Grains, Eggs, Almonds, Soybeans, Fish
B9 FOLATE	Vital for new cell creation and DNA synthesis	Legumes, Spinach, Leafy Greens, Chickpeas, Tomato, Asparagus
B12	Breaks down fatty acids & amino acids, helps make red blood cells	Dairy, Beef, Pork, Poultry, Fish, Eggs
C	Acts as an antioxidant, helps make new cells, & improves immune system	Fruit & Fruit Juices, Pepper, Broccoli, Tomato, Spinach
D	Strengthens and helps form bones & teeth via calcium & phosphorus	Egg Yolk, Fatty Fish, Liver, Sunlight
E	Acts as an antioxidant, helps stabilize cell membranes	Nuts, Avocado, Tofu, Whole Grains, Seeds
K	Essential for blood clotting and helping to regulate blood calcium	Broccoli, Brussels Sprouts, Liver, Leafy Greens

PATIENTS' FEEDBACK

It is very important that every patient should have faith in the type of medicine he is taking and more importantly one should have faith in the doctor who is treating him. Dr. A. K. Gupta has been associated with our family for last 20 years.

I wish to share my own experience with Dr. A. K. Gupta who treated me and cured me successfully from my major injury sustained in a car accident that resulted in serious spine injury with a hairline fracture between vertebrae D7 and D8 causing a blood clot. Various doctors of Allopathy had told me that I will be bedridden for the rest of my life even if I was operated upon.

Luckily enough my parent met Dr. A. K. Gupta at his clinic in Rajouri Garden with all my reports. Within 3 months of taking continuous Homoeopathic medicines, I started normal walk and joined my job. However, precautionary I continued his medicines for another 3 months. It has been 20 years since then and till today I am living as normally and as happily as any other person of my age. I am greatly thankful to Dr. Gupta and his staff for putting me on road as I have been cured permanently.

As a family we will continue to remain in touch with Dr. A. K. Gupta for the rest of our lives and advise everyone to try him atleast once in order to get well soon rather than consulting different doctors thereby losing precious time. We wish Dr. A. K. Gupta and his family for best of everything.

- Surinder Pal Singh, Greater Noida



JAUNDICE / HEPATITIS

CYST

IATROGENIC THROMBOCYTOPENIA

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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