

March 2020 Issue - LXXVII

*Homoeo –Psycho Cure & Care with Wellness*

MONTHLY NEWS LETTER

Reduce your risk of **coronavirus** infection:



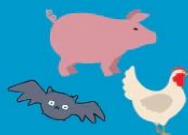
Clean hands with soap and water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



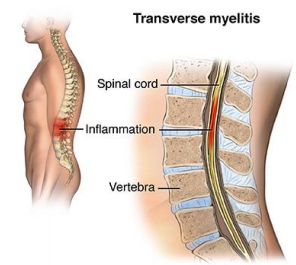
Avoid unprotected contact with live
wild or farm animals



World Health
Organization

Know all about **Transverse Myelitis** in this issue and the role of Homoeopathy in the treatment of this neurological condition

Kaartik Gupta, Clinical Psychologist talks about **Mental Health in the times of COVID-19** in the section Mind the MIND.



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

TRANSVERSE MYELITIS

INTRODUCTION

- It is an inflammation of both sides of one section of the spinal cord.
- This neurological disorder often damages the insulating material covering nerve cell fibres (myelin)

ETIOLOGY / CAUSES

- Viral, bacterial and fungal infections affecting the spinal cord may cause transverse myelitis. In most cases, the inflammatory disorder appears after recovery from the infection.
- Viruses associated with transverse myelitis are: Herpes viruses, Cytomegalovirus, Epstein-Barr, HIV, Enteroviruses, West Nile, Echovirus, Zika, Influenza, Hepatitis B, Mumps, measles and rubella
- Bacterial infections associated with transverse myelitis include: Lyme disease, Syphilis, Tuberculosis, Actinomyces, Pertussis, Tetanus, Diphtheria
- There are a number of inflammatory conditions that may cause the disorder: Multiple Sclerosis, Neuromyelitis Optica (Devic's disease), Autoimmune disorders
- Vaccinations

SIGNS & SYMPTOMS

- Transverse myelitis pain may begin suddenly in lower back. Sharp pain may shoot down the legs or arms or around the chest or abdomen.
- Some people with transverse myelitis report sensations of numbness, tingling, coldness or burning. Some are especially sensitive to the light touch of clothing or to extreme heat or cold. One may feel as if something is tightly wrapping the skin of chest, abdomen or legs
- Some people notice heaviness in the legs, or that they're stumbling or dragging one foot. Others may develop severe weakness or even total paralysis
- Bladder and bowel problems

INVESTIGATIONS

- MRI Scan
- Lumbar puncture
- Blood tests for antibodies

WHAT YOU CAN DO

- Physiotherapy
- Occupational therapy
- Psychotherapy to treat any anxiety or depression



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



Founder-Director AKGsOVIHAMS, Gold Medallist

TRANSVERSE MYELITIS IS TREATABLE IN HOMOEOPATHY

Transverse Myelitis is an uncommon neurological disorder which may precede a few neurological diseases or may succeed a few infectious diseases. In certain cases, a reaction to vaccinations or even invasive procedures might lead to the development of transverse myelitis. In this condition there is inflammation of the myelin sheath in a particular segment of the spinal cord and usually affects both the sides of the body. Thoracic and abdominal regions are most commonly found to be involved.

Depending upon the probable cause of the inflammation of the myelin sheath as discussed above, the symptomatology varies and thus so the treatment modalities. Modern medicine usually advises the intake of steroids and strong anti-inflammatory nerve drugs as there is no apparent cure for this condition in Allopathy.

In Homoeopathy though, things are a bit different. Like any other so-called incurable neurological disease, this condition too has some answers from the Homoeopathic field of medicine. There are medicines as strong as any nerve medicines and most importantly they do not impact the other parts of the body adversely. There are medicines in Homoeopathy that can act locally on the nerve endings and also deep acting constitutional medicines that can correct the imbalance of the body homeostasis.

Patients need to take all the necessary precautions like avoiding strenuous exercises and over straining.

Medicines like *Causticum*, *Colchicum*, *Antim Crud*, *Rhus Tox*, *Agaricus*, *Natrum Mur.*, etc. have been found to be very useful in the treatment of Transverse Myelitis.

MARVEL OF HOMOEOPATHY

Amid the scare of COVID-19 this season, many cases of respiratory infections of all kinds have come to all the 3 clinics of AKGsOVIHAMS. We have very successfully treated and cured almost all the cases which included cases of Laryngitis, Tracheitis, Sinusitis, Asthma, Bronchitis, Upper Respiratory Tract Infections and Lower Respiratory Tract Infections. People have been panicking extremely during this deadly viral scare, where every cough scares the hell out of any person. And at this time Homoeopathy at AKGsOVIHAMS has been providing solace amid all the chaos.

We have been even providing preventive medicines for Coronavirus to all our patients and fortunately till now not even a single patient of ours has been infected with this deadly virus.

Homoeopathy has always stood the test of times during epidemic like these and even in horrible times of the ongoing Coronavirus Homoeopathic doctors are doing their level best to counter this disease and God willingly we should be successful as well.

Watch Dr.A.K.Gupta on JK 24x7 channel <https://www.youtube.com/watch?v=1YWcv7vLWl8>

Listen to Dr.A.K.Gupta talking on Coronavirus <https://www.youtube.com/watch?v=R4UsZdJAqnY>



MIND the MIND

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

THE UPSIDE OF COVID 19

The past few weeks have been all about the pandemic of Coronavirus (COVID19) as it has affected a large number of countries across the globe. We in India are also experiencing a lockdown as the government is aptly taking an aggressive approach to prevent an outbreak here. Although necessary, the lockdown in itself has led to feelings of fear, anxiety, dread, and uncertainty among people with regard to what is going to happen next. In addition to these, a lot of people are also experiencing boredom, sense of meaninglessness and awkwardness as they are forced to stay indoors and spend this time with their immediate family members and more surprisingly with themselves. With so much happening around us all the time, we humans have not invested much time and effort to understand our true selves. As a result of the current crisis, people are faced by the harsh reality that we know practically nothing about our own selves and thus feeling more troubled. Let us utilise these challenging times to be more in sync with our true selves as well as with Mother Nature.

- **Stay indoors and remain calm.** Social distancing is the only way we can protect ourselves and prevent an outbreak. Be responsible and encourage others to follow the same.
- **Do not post/forward any fake news/messages** without checking its authenticity as it leads to panic and would be the worst thing to happen in such crucial times. Encourage others to do the same.
- **Maintain the routine.** Sleep and wake up every day at the same time. It will ensure your physical and mental well-being. Take bath regularly and maintain your hygiene even though you might not be stepping out of your home. Have proper meals at fixed times and exercise or workout at home itself.
- **Spend this time with your family members.** Talk to each other, engage in common activities like playing board-games, going through old photo albums, and doing household chores together. Nurture the family bond which might not have been receiving its share of time and effort over the years due to our busy lives.
- **Use this time to introspect or reflect on your own life.** Try and process the emotions which have been bottled up or even suppressed over time for some or the other reason. Write them down and discuss with your confidant or share them with your therapist as it would feel light and extremely liberating in the end.
- **Learn new skills** which you always wanted to do or engage in your favourite hobbies as you have enough time in hand now. Re-ignite the child in you and make learning fun again. Draw, read a book, learn knitting, cooking, try DIY crafts; you never know you might just come across a very different version of yourself!
- **Stay in touch with your friends** over phone call, messages, social media and even video calling as meeting in person is not advisable at present. Have virtual parties and get-togethers over conference calls.
- **Keep a check on your screen time.** With several social media and streaming apps serving a plethora of series and movies online, it is very tempting to binge watch. Kindly limit your screen time as it will negatively affect your physical and mental health. Once things get back to normal, it would be very difficult to break this habit and function appropriately in accordance with your work routine.
- **Delve inside to handle the chaos outside!**

COVID 19 has, directly or indirectly, affected millions of lives worldwide. But it has also given us humans an opportunity to finally stop and reflect on what we are doing to ourselves as well as to this beautiful planet of ours. Considering the mad rush, we humans were in, this is probably nature's way of pressing the reboot button and giving us another chance to be more responsible, compassionate and considerate of other living beings that we share this planet with. Thanks to no human activity, within weeks, there are reports of nature reclaiming the lost ground and animals returning to habitats they had long left (<https://www.youtube.com/watch?v=I2hNKrfyNw>). We've already seen that happen in Chernobyl, where wildlife is thriving now as humans had abandoned that place following the nuclear disaster in 1986. I sincerely hope we all learn this important lesson and mend our ways in favour of sustainable development before it's too late!



Scientists Develop Blood Test That Spots Tumor-Derived DNA in People With Early-Stage Cancers

In a bid to detect cancers early and in a noninvasive way, scientists at the *Johns Hopkins Kimmel Cancer Center* report they have developed a test that spots tiny amounts of cancer-specific DNA in blood and have used it to accurately identify more than half of 138 people with relatively early-stage colorectal, breast, lung and ovarian cancers. The test, the scientists say, is novel in that it can distinguish between DNA shed from tumors and other altered DNA that can be mistaken for cancer biomarkers.

The goal, adds Jillian Phallen, a graduate student at the Johns Hopkins Kimmel Cancer Center who was involved in the research, was to develop a screening test that is highly specific for cancer and accurate enough to detect the cancer when present, while reducing the risk of “false positive” results that often lead to unnecessary overtesting and overtreatments.

To develop the new test, Velculescu, Phallen and their colleagues obtained blood samples from 200 patients with breast, lung, ovarian and colorectal cancer. The scientists’ blood test screened the patients’ blood samples for mutations within 58 genes widely linked to various cancers.

Overall, the scientists were able to detect 86 of 138 (62%) stage I and II cancers. Among 42 people with colorectal cancer, the test correctly predicted cancer in half of the eight patients with stage I disease, eight of nine (89%) with stage II disease, nine of 10 (90%) with stage III and 14 of 15 (93%) with stage IV disease. Of 71 people with lung cancer, the scientists’ test identified cancer among 13 of 29 (45%) with stage I disease, 23 of 32 (72%) with stage II disease, three of four (75%) with stage III disease and five of six (83%) with stage IV cancer. For 42 patients with ovarian cancer, 16 of 24 (67%) with stage I disease were correctly identified, as well as three of four (75%) with stage II disease, six of eight (75%) with stage III cancer and five of six (83%) with stage IV disease. Among 45 breast cancer patients, the test spotted cancer-derived mutations in two of three (67%) patients with stage I disease, 17 of 29 (59%) with stage II disease and six of 13 (46%) with stage III cancers.

Despite these initial promising results for early detection, the blood test needs to be validated in studies of much larger numbers of people.

Latest at AKGsOVIHAMS

- *Due to the lockdown, only Rajouri Garden and Satya Niketan clinics would be open for the time being in the morning hours from 11am to 2pm. Medicines can be collected. Please visit the clinic only if extremely urgent.*
- *Preventive Homoeopathic medicine for CORONAVIRUS Infection available at all the three clinics of AKGsOVIHAMS absolutely FREE!!*



Mr. Chaudhary from New Delhi asks – *I am having mild cough with slight fever. Should I get myself tested for coronavirus?*

Dr. Sanket Gupta replies – Firstly, March and April months are usually weather changing months and are high on allergens. So seasonal flu, cough and allergic sneezing is very common during this time. Secondly, for coronavirus to be positive one must have prolonged fever, dry cough with shortness of breath and body and joint pains. In your case it seems like a seasonal variation only. Take rest and sip lukewarm water. Also do gargling and take Homoeopathic medicines and you should be good to go in a day or two. Please do not panic at name of any cough or sneeze and relate it to the coronavirus. If at all somebody does get infected, even then chances of recovery are much bright. Stay positive and stay safe.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

Coronavirus Precaution Tips



1. Wear a mask



2. Wash your hands frequently



3. Cough etiquette
(Cover your mouth with sleeve or elbow.)

PATIENTS' FEEDBACK

It was a big surprise for me and a real show also, of the positive effect on human body of the homeopathy medicines.

My child has heart problem by birth. He had multiple VSD, ASD + TGA... After his second operation of the heart at AIIMS. The heart became quite ok, but he got some sever infections in his lungs and side effects of medicines on his kidneys. He remained unconscious in the ICU for last one and half months after surgery. The child was on ventilator and was not passing urine. No allopathic medicine was helping him to improve his condition. His body had swollen up badly and there was no hope of his survival.

Finally, with no hope left from allopathic medicine. We consulted to Homeopathy Dr. A. K. Gupta, after understanding the situation he gave three days medicines for the child. The result started showing within 18 hours. My child passed 1litre urine in 24 hours, next day 900 ml. Within 48 hours situation changed into hope and within 8 days child was out from ICU. After 20 days we were at home with a strong belief on homeopathy.

Thanks to Doctor A. K. Gupta and thanks to Homeopathy!

Ashwani Kumar, New Delhi



IMPETIGO

BOIL

CORN

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

 <https://www.facebook.com/AKGsOVIHAMS/>, <https://www.facebook.com/Mind-the-MIND-208725019557269/>

 <https://www.youtube.com/channel/UCcTjXDusTTVhI852JPOAFrg>;  - [akgsovihams](#);  - [akgsovihams](#)