



AKGs

OVIHAMS

OM-VIDYA INSTITUTE OF HOMOEOPATHY &amp; ALLIED MEDICAL SCIENCES

*Homoeo - Psycho Cure & Care with Wellness*

# MONTHLY NEWS LETTER





आयुष  
AYUSH  
Directorate of AYUSH  
Govt. of NCT of Delhi

सत्यमेव जयते  
Department of Health and Family Welfare  
Government of NCT of Delhi

## Improve Immunity by AYUSH Systems of Medicine

### Selfcare Measures

- ⇒ Drink adequate lukewarm water throughout the day to keep oneself hydrated.
- ⇒ Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes.
- ⇒ Regular use of spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) in cooking.
- ⇒ Always take light, easily digestible and nutritious food.
- ⇒ Take adequate sleep for at least 7-8 hours daily.
- ⇒ Maintain personal hygiene, wash hands frequently for minimum 20 seconds with soap and water, practice social distancing and use homemade masks whenever you go out.
- ⇒ Spend quality time with family members, play indoor games and be happy.

### Ayurveda

- ⊙ Take Chyavanprash 10gm (one Tbsf) in the morning. Diabetics should take sugar free Chyavanprash.
- ⊙ Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar), if needed.
- ⊙ Golden Milk- Half tea spoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.
- ⊙ Simple Ayurvedic Procedures like Nasal application of sesame oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
- ⊙ SamshamaniVati-2 tabs (125 mg) two times a day for 15 days (further doses only on the advice of ayurvedic practitioner).

### Homoeopathy

- ⊙ Arsenic Album 30 (4-5 Globules) once a day for three days, early morning, repeat after one month. (further doses only on the advice of homoeopathy practitioner).

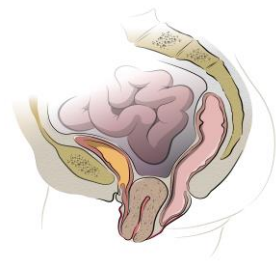
### Unani

- ⊙ Joshanda of Bahidana 5gm, Barge Gaozaban 7gm, Unnab 7 Dana, Sapistan 7 Dane, Darchini 3gm, Banafsha 5gm. Boil these ingredients in one litre of water for 15 mins and take warm like regular tea once or twice a day.
- ⊙ Use of Khajoor (dates), Anjeer, Sabudana, Moong Dal, Barley, Soups of seasonal vegetables etc. in diet.

For more information, please mail your queries to [directoratoefismh@gmail.com](mailto:directoratoefismh@gmail.com)  
Issued in Public Interest by  
Directorate of AYUSH, Department of Health and Family Welfare, Government of NCT of Delhi

Know all about **Uterine Prolapse** in this issue and the role of Homoeopathy in the treatment of this gynaecological condition

Find a special message and request for all of you in the section **Mind the MIND!** Also watch **Clinical Psychologist Kaartik Gupta** speak on **COVID-19** in a special TV interview on **CNBC Awaz** [https://www.youtube.com/watch?v=Kl9UrAb\\_aWc](https://www.youtube.com/watch?v=Kl9UrAb_aWc)



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

# UTERINE PROLAPSE

## INTRODUCTION

A uterine prolapse is when the uterus descends toward or into the vagina. It happens when the pelvic floor muscles and ligaments become weak and are no longer able to support the uterus.

## ETIOLOGY / CAUSES

Pelvic floor muscles can become weak for a number of reasons:

- Pregnancy
- factors related to delivery, including trauma, delivering a large baby, or having a vaginal delivery
- getting older, especially after menopause, when levels of circulating oestrogen drop
- frequent heavy lifting
- straining during bowel movements
- chronic coughing
- a history of pelvic surgery
- genetic factors

## SIGNS & SYMPTOMS

Symptoms vary depending on how severe the prolapse is. Typical symptoms include:

- pelvic heaviness or pulling
- vaginal bleeding or an increase in vaginal discharge
- difficulties with sexual intercourse
- urinary leakage, retention or bladder infections
- bowel movement difficulties, such as constipation
- lower back pain
- uterine protrusion from the vaginal opening
- sensations of sitting on a ball or that something is falling out of the vagina
- weak vaginal tissue

## WHAT YOU CAN DO

- perform Kegel exercises regularly
- prevent and treat constipation
- avoid heavy lifting
- manage chronic coughing
- maintain a healthy weight through diet and exercise

## INVESTIGATIONS

- Clinical physical examination
- Ultrasound of the Pelvis
- MRI of the Pelvis



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# SURGERY AVOIDABLE FOR UTERINE PROLAPSE WITH HOMOEOPATHY

In earlier times when the industrialization had not fully set in, India had a lot of people who were living in villages and were devoid of basic education and knowledge. The situation of the girls and women was even worse. During those times multiple child births was a norm and not much care was given towards the health of the mother and her hygiene in particular. A woman would go on to carry her household chores within hours of delivering a baby and that is why India in the early 50's and 60's had a lot of cases of uterine prolapse. But now with the advancement in life in totality and more awareness among the masses, the incidences of such cases have definitely gone down drastically. But it still happens, more so due to the laxity of the uterine ligaments.

The only treatment for this in modern medicine is surgical correction where complete uterus is removed from the female's body. Though even the Gynaecologists advise all the exercises that a woman should do to prevent a prolapse, but largely there is a lack of potent medicines that can strengthen the lax ligaments binding the uterus. Homoeopathy though, can to a definite extent help in avoiding such a major surgery.

Homeopathic remedies for Uterine prolapse can cure the early stages of Uterine Prolapse but in the terminal stage cases of Uterine Prolapse when the whole uterus comes out of the vagina, surgical intervention is the only way out. But why to let the thing reach the last stage when it can be curtailed at the earlier stages itself. This is where the role of Homoeopathy is!

*Sepia, Lilium Tigrinum, Murex, Lappa Articum, Fraxinus Americana, Podophyllum, Helonias and Rhus Tox* are the top remedies helpful in this condition.

# MARVEL OF HOMOEOPATHY

This is a case of an 80yrs old female who was having Grade-IV uterine prolapse. She was a chronic diabetic patient and was also on cardiac and anti-hypertensive drugs. She was bed ridden and would even defecate and urinate in the bed itself. She had multiple surgeries throughout her life and was also having massive hernia on the right lower abdominal area. The surgeons had reduced to take her uterus out at this stage and that is why the family members who were already Dr. Sanket Gupta's patients brought her case to him at the Satya Niketan branch of AKGsOVIHAMS. The doctor actually had to visit their place to see and examine her.

As it was a grade-IV case, so cure was not attainable but definitely quality of life could be improved is what the doctor told the resigned family members. Due to the pressure of the bulky uterus the old lady had difficulty in controlling her bladder and would as a result would end up urinating often in the bed itself. At this age even performing Kegel exercises was difficult as the musculature was very lax.

The Homoeopathic treatment was started and within 2 months she started showing signs of improvement. The frequency of urination had considerably reduced and also, she could now hold her urine for a longer period of time. Though there was no change in the amount of prolapsed uterus.

Due to the massive herniations her lower body was extremely heavy with swelling in the lower extremities. This also gradually reduced with the Homoeopathic medicines.

During the entire course of treatment, she was asked to continue taking her allopathic medicines that she had been taking for her heart disease, High blood pressure and Diabetes Mellitus.

By about a year and a half of Homoeopathic treatment she was now able to go the washroom on her own with some support. The quality of life was much improved and despite being a surgical case, her uterus was not giving her major trouble anymore. The entire family's faith in Homoeopathy grew only stronger!



# MIND the MIND

Self-exploration is not an art, it is a daily exercise to strengthen your soul so it could fight with your ego

– Omar Iftikhar

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

## SELF-ISOLATION TO SELF-EXPLORATION!

As the lockdown has been rightly extended across the country, it is imperative for all of us to act as responsible beings and follow the orders of staying at home. It is understandable that such a drastic change in our lives could be leading to feelings of anxiety, helplessness and proving to be a major challenge for many of us. However, it is the need of the hour and together we can handle this as well! In our last issue, we had suggested few tips for utilising this period to focus on self-growth. Putting all that into action, Team AKGsOVIHAMS has come up with a few surprises as our professionals explored their creative sides! ☺

करते हो तैयारी सालों की  
मगर खबर नहीं है अगले पल की।  
कर लो तरक्की चाहे कितनी भी  
पर उसके आगे किसी की नहीं  
चलती।

सब धारा यहीं रह जाता है  
अपनी पर जब वो आता है।  
जितना कहर इस धरती पर ढाओगे,  
तब तब कुदरत का रौद्र रूप  
पाओगे।

भुगत कर सब यहीं जाना है,  
स्वर्ग नर्क का कोई अलग नहीं  
ठिकाना है।

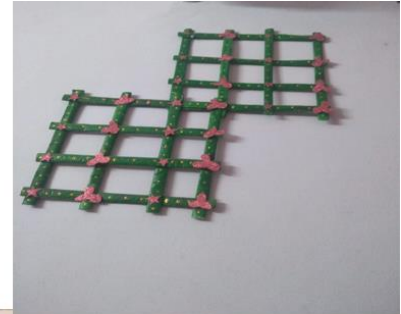
सबसे निवेदन बस ये ही है  
संभल जाओ अब जल्दी ही  
क्योंकि दिन वो दूर नहीं  
जब पापों से दुखी इस धरती पर  
उसने प्रलय का प्रकोप लाना है।

akanksha

**Dr. Akanksha**



**Dr. Praveen**



**Kaartik**



**Dr. Preeti**

We would love to know your experiences also. Please share your experiences/paintings/songs/artwork/literary skills/baking/cooking skills/photography or any other way in which you are utilizing the lockdown period for your growth or exploration. With due consent, we would publish them in our next issue. Kindly send them to [feedback@ovihams.com](mailto:feedback@ovihams.com) or [kaartikgupta@ovihams.com](mailto:kaartikgupta@ovihams.com)

*\* Please pray for the well-being of everyone who is out in the field to ensure that we are well fed, have access to all that we need and most importantly ensuring our health and survival. Let's do our bit for them! Stay Home. Stay Safe.*



## New study questions the effectiveness of masks against SARS-CoV-2

Research published at the beginning of April casts serious doubts about the effectiveness of both surgical and cloth masks in preventing the spread of infectious SARS-CoV-2 particles.

According to a study recently published in *Nature* and covered by *Medical News Today*, surgical masks may go some way toward preventing a person with a viral respiratory infection from spreading infectious particles.

**Now, new findings, published in the *Annals of Internal Medicine*, suggest that neither surgical nor cloth masks are at all effective in stopping the spread of SARS-CoV-2.**

The research, conducted by investigators from the *University of Ulsan College of Medicine, Chung-Ang University Hospital, and Sejong University* — all in Seoul, South Korea — involved a group of four participants receiving medical care for COVID-19.

To find out whether — and which — masks could stop the viral particles from spreading, the researchers asked the participants to cough over petri dishes without a mask, while wearing a disposable surgical mask, and while wearing a reusable mask made of cotton cloth. In each of these three circumstances, the participants had to cough five times. Each time, they did so over a different petri dish.

Finally, the team swabbed the outer and inner surfaces of each mask — cotton or surgical. They expected to find droplets containing SARS-CoV-2 on the inner surfaces. The question was whether any viral particles had been able to pass through the masks to their outer surfaces.

**After analyzing the swabs, the researchers found particles of SARS-CoV-2 on the outsides of both types of mask, suggesting that neither type can contain the virus.**

The team goes on to note that, while it remains unclear just how large particles containing SARS-CoV-2 and carried by the breath are, estimates regarding the size of a similar coronavirus, SARS-CoV, suggest that “Surgical masks are unlikely to effectively filter” it.

# 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.*
- **Good News Govt. of India Ministry of AYUSH notifies inclusion of Homoeopathy for Covid 19 treatment.**
- **Preventive Homoeopathic medicine for CORONAVIRUS Infection available at all three clinics Free by Om Vidya Charitable Homeopathy**



**Mr. Ahuja from New Delhi asks** – *I am an allergic asthma patient. Do I have a chance of getting infected with COVID-19?*

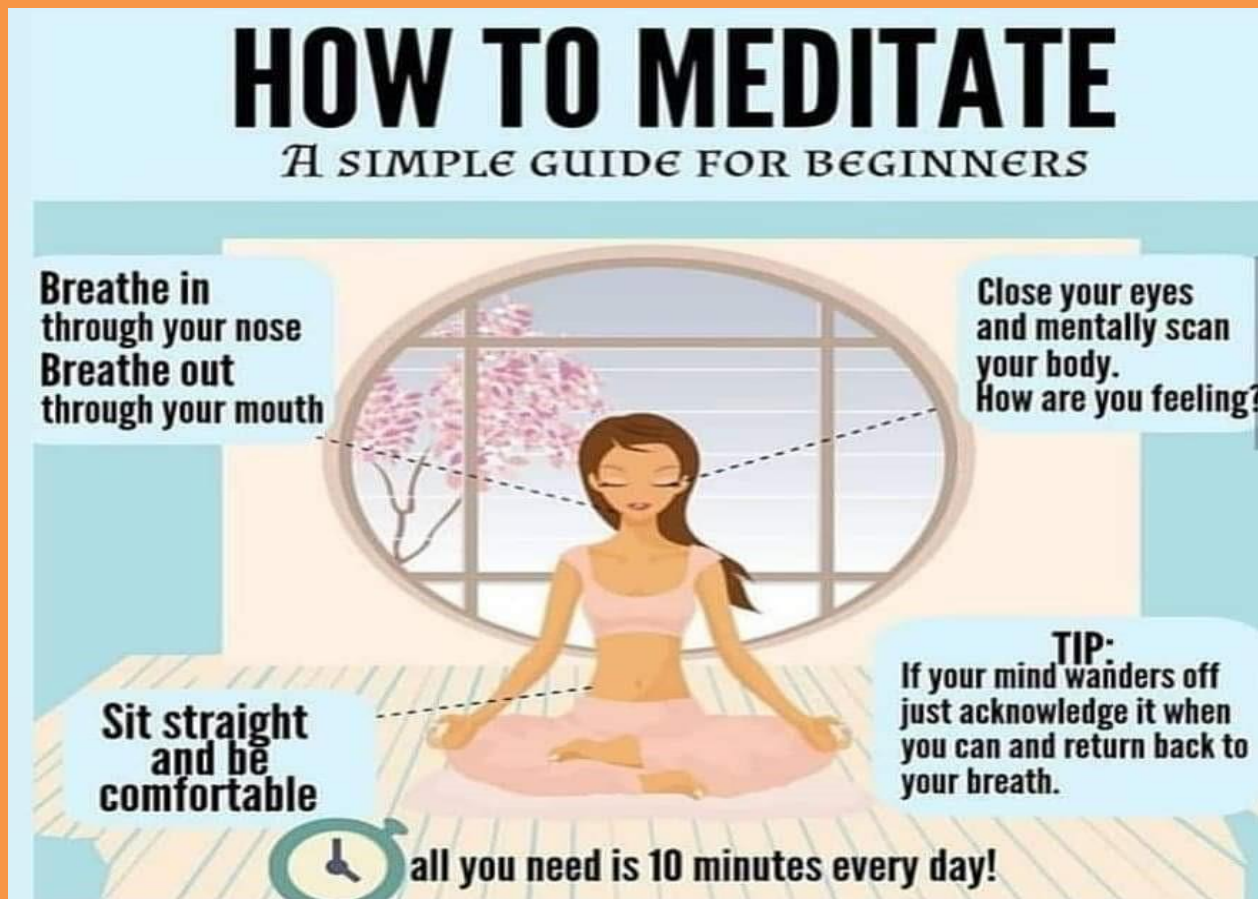
**Prof. Dr. A.K. Gupta replies** – Asthma usually does reduce the compliance of the lungs to a minimal extent but that too episodically. To a certain extent the immunity of the patient is on the lower side depending upon the severity of the status of asthma. So yes, there is a chance of an asthmatic patient to catch the COVID-19 infection as compared to ones who have better lung compliance.

If one is on regular Homoeopathic treatment for the mentioned problem, then not only does the chances of asthma getting completely cured increase, also the overall immunity and lung compliance of the patient shall also improve to a greater extent.

Also, take all the necessary precautions to prevent any chance of you getting affected even temporarily.

Send your Queries at - [feedback@ovihams.com](mailto:feedback@ovihams.com)

# Tips for Health & Wellness



## PATIENTS' FEEDBACK

I had been suffering from Gluten Intolerance/ commonly known as Wheat Allergy or Coeliac Disease. As I use to have recurrent Abdominal discomfort with pain, loose stools etc. after eating meals. Doctors investigated and confirmed the diagnosis of having Celiac Disease. I had Thyroid problem also. I use to have Pain in Right side of abdomen for nearly 1 year.

On 30.3.2019 when I consulted Dr A.K. Gupta, My Blood tests reports were as under: -

tTG level was 76.2 ; Hb- 8.6gms ; Vit D3- 7.53 ; Vit. B12 - 186 ; CRP - 6.5 ; ANA +ve

After Homoeopathic treatment feeling almost completely ok. I have started with a little bit of wheat also and don't experience any discomfort or pain.

On 25.12.2019

Blood reports were: - Hb -10.4gms ; tTG -28.2

rest of the reports are also ok.

- Mrs. Geetu Narang, Delhi

Watch the patient narrate her own story <https://youtu.be/dVT1sNnT-hI>



ITP

APTHAE

CHALAZION

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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