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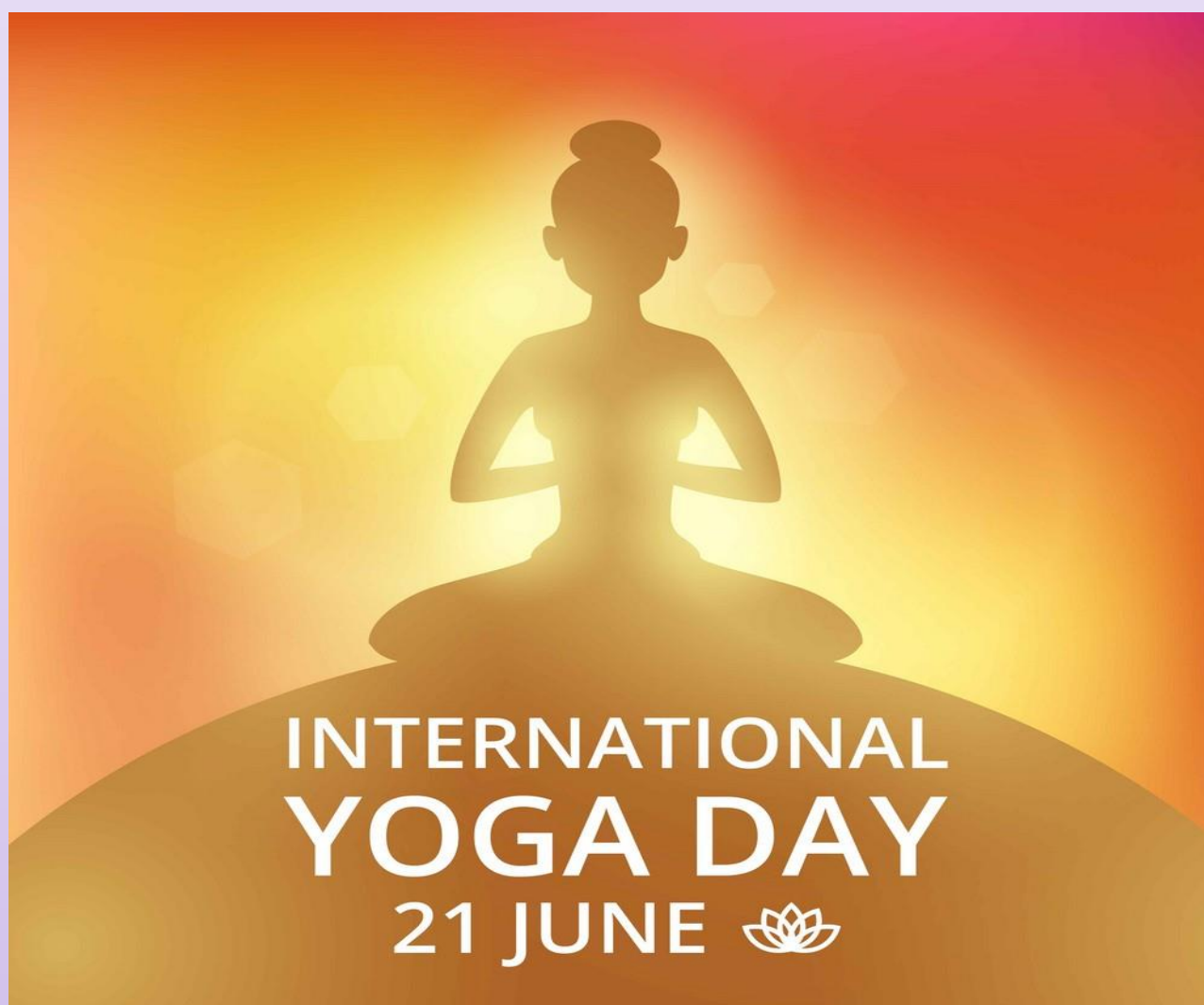
AKGs

OVHAMS

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



Know all about **Recurrent Tonsillitis** in this issue and the role of Homoeopathy in the treatment of this common ENT condition

Kaartik Gupta talks about **Suicide** in the section Mind the MIND



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

RECURRENT TONSILLITIS

INTRODUCTION

- Tonsils are the two lymph nodes located on each side of the back of the throat. They function as a defence mechanism and help prevent the body from getting an infection. When tonsils become infected, the condition is called tonsillitis.
- It's most often diagnosed in children from preschool age through their mid-teens.

ETIOLOGY / CAUSES

- It is usually a Streptococcal infection caused by *Streptococcus* bacteria.
- Untreated tonsillitis leads to prolonged enlargement of the tonsils giving rise to a condition called recurrent tonsillitis
- Intake of junk food
- Intake of cold beverages
- Intake of fried and fatty foods
- Untreated GERD (Gastro-Esohagial Reflux Disease) can also lead to recurrent tonsillitis

SIGNS & SYMPTOMS

- a very sore throat
- difficulty or pain while swallowing
- a scratchy-sounding voice
- bad breath
- fever
- chills
- child sleeps with mouth open
- earaches
- stomach-aches
- headaches and a stiff neck
- jaw and neck tenderness from swollen lymph nodes
- tonsils that appear red and swollen

WHAT YOU CAN DO

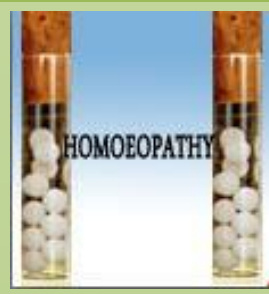
- Avoid cold and sour food and drink items
- Do saline water gargles
- Avoid fried and fatty foods
- Walk and exercise
- Avoid yelling

INVESTIGATIONS

- Clinical physical examination of the throat
- Throat swab



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



Founder-Director AKGsOVIHAMS, Gold Medallist

NO NEED TO GET TONSILS REMOVED SURGICALLY

Tonsils are the two lymph nodes located on each side of the back of throat. They function as a defence mechanism and help prevent the body from getting an infection. When they fall prey to the microbes and get infected, that condition is called Tonsillitis. And when they keep getting infected frequently, we call it as *Recurrent Tonsillitis*. Nature has created defence mechanism in our bodies at every level and any derangement in these defending ‘warriors’ manifests in form of inflammation, fever and other signs and symptoms. These tell a doctor what has to be treated in the suffering patient. Similarly, large and engorged tonsils is a manifestation of the chronically infected throat of the particular patient. This chronicity appears after repeated suppression of the inflamed tonsils with antibiotics and anti-inflammatory drugs. These drugs gradually reduce the fighting ability of the body of the patient with specification to the sensitive throat. A time comes, when even strong antibiotics stop acting on the patient and the poor child is advised to go for surgical removal of tonsils (Tonsillectomy). This only worsens the susceptibility of the child to catch frequent infections and fall prey to the furthermore medications.

What actually is required is to let the child’s immune system develop and fight on its own and that can be done only by means of a medical system that catalyses the immune response and defence mechanism of the suffering patient. Homoeopathy is tremendously capable and effective in carrying out this process. Even if a patient comes to a Homoeopathic doctor with severely large tonsils, fit for surgical removal, Homoeopathic medicines can not only gradually reduce the engorgement but also permanently cure the recurrent throat infections. A child ready to follow the doctor’s instructions definitely benefits in the longer run.

Some useful Homoeopathic medicines for Rec. Tonsillitis are – *Baryta Carb*, *Thuja*, *Medorrhinum*, *Phytolacca*, *Merc. Sol.*, *Sulphur*, etc.

MARVEL OF HOMOEOPATHY

Tonsillitis cases are very common in Homoeopathic clinics and AKGsOVIHAMS is no different. Every other day we see some child or the other with inflamed tonsils seeking Homoeopathic treatment. But this particular case that is being about to be discussed is a special one. This is a case of an 11yr old boy named T.J who had a huge tonsillar enlargement of the right side. The child had almost lost his original voice quality and now had a very squeaky voice and had to speak with a lot of effort. He had difficulty in breathing and swallowing. He would choke if he lied down to sleep. He was brought to Dr. Sanket Gupta by his mother to the Satya Niketan branch.

On examination, the boy had very mild pain on palpating the node but his discomfort was quite visible. He was slightly overweight and had very faulty lifestyle when it came to eating habits. He would drink a coke or thumbs up with every bite of the meal and that too chilled. He was extremely fond of fast food and would binge eat a lot with excessive intake of sauces and momos etc. It was quite evident that there had to be a drastic change in his lifestyle for which not only the child but also the overly pampering parents had to be disciplined for. Dr. Sanket gave a strict regimen to the child and the parents to be followed along with the medicines. He also advised the boy to do saline water gargles regularly and absolutely stop taking junk food and carbonated drinks.

Within the first 2 weeks of the treatment itself, the pain was gone and the voice started becoming better. But the swelling in the enlarged tonsil was still the same and he would still be unable to lie down normally without any discomfort. Due to the enlarged tonsil, the boy used to keep his mouth open all the time so as to breathe properly. Dr. Sanket told him certain exercises which enforced him to breathe through the nose and gradually his habit also reduced considerably.

With deep acting constitutional treatment and strict lifestyle modification, cure was achieved after a period of about 15 to 16 months. Not only did the size of the tonsil reduce back to normal, but his tendency to recurrent throat infections was completely cured and he could now have cold and sour stuff to eat and drink without ending up infecting himself. His overall immunity and health improved as it should be and most satisfyingly, he also lost about 8kgs of weight! There was no breathing difficulty and no more choking while lying down.

All thanks to Homoeopathy...



MIND the MIND

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

Suicide Can Be Prevented!

On 14th June, 2020 we lost yet another beautiful soul and an amazing talent to suicide. Sushant Singh Rajput's sudden death has led to an outpouring of emotions in an already difficult phase of our lives. Suicide leads to an emergence of complex emotions in people left behind, as they try to make sense of what exactly happened, why it happened, what they could have done to prevent it, questioning their own place in this world, and try to work around their grief. As people are trying to deal with this tragic loss, there has been an upsurge of messages on social media related to importance of mental health, need to speak up and reach out for help. Some are sharing their own experiences and battles with depression, how it makes them feel hollow or even numb at times for no apparent reason, while others are giving suggestions and advice on how to handle such testing times. But one thing that is not receiving due attention is our need to develop *healthy interpersonal and intrapersonal relations* as *protective factors* against such untimely deaths.

Mind is the most powerful entity known to us. It has helped humans achieve some fantastic feats over generations. Yet we know so little about it; and even miniscule about managing its resources the right way. Our mind, with all its abilities, can help us transform our lives into a gift worth living. But when we are not able to manage it properly or when it turns against us due to any mental illness, it can be the worst enemy. Hence, it is very important that we learn to manage our thoughts and emotions so that they lead us to a pleasant, active and fruitful existence. Mental health is equally, if not more, important than physical health. Feel free to consult a mental health professional for your mental and emotional well-being. Do not wait for a problem or an illness to occur before you start taking your mental health seriously. Developing healthy coping mechanisms, being in sync with your inner self, and having good frustration tolerance can go a long way in keeping you in the right frame of mind. Thus, how you relate to yourself (intrapersonal relationship) is the most important and forms the foundation for how you deal with all the others aspects of your life, including your interpersonal relationships.

Yes, talking helps. Yes, it is imperative to reach out when you find it hard to manage it on your own. But the most important aspect is reaching out to the right person at the right time. Build a strong social support around you. It need not comprise of a lot of people, maybe only a handful of them, but those that you can rely upon and confide in without any hesitation. Humans are social animals and we cannot survive in isolation. Hence, we all need a good support system around us as it gives a sense of security and belongingness; both vital for our well-being. In addition to this, seek professional help as it is much more than just giving suggestions or advice.

Suicide is preventable and we need to be vigilant for anyone showing signs of it so that help can be offered in time. Click on the following links to know more about suicide (<https://ovihams.com/GetContent/Newsletter/18/V>) and suicide prevention (<https://ovihams.com/GetContent/Newsletter/19/V>). Please encourage people to seek professional help whenever you notice a significant change in their behaviour, way of relating to people, or his/her overall functioning. Every life matters and we are all interconnected...

May the departed soul rest in peace and May God give strength to his family and friends to deal with their loss.



Drug-like molecules offer a promising treatment for COVID-19

A team of researchers at the University of Georgia has successfully demonstrated that a set of drug-like small molecules can block the activity of a key SARS-CoV-2 protein; providing a promising path for new COVID-19 therapeutics.

Led by *Scott Pegan*, director of UGA's Center for Drug Discovery, the team was the first to evaluate the SARS-CoV-2 protein PLpro, known to be essential in other coronaviruses for both its replication and its ability to suppress host immune function. He said **"The PLpro from SARS-CoV-2 behaved differently than its predecessor that caused the SARS outbreak in 2003. Specifically, our data suggests that the SARS-CoV-2 PLpro is less effective at its immune suppression roles. This may be one of the underlying reasons why the current virus is not as fatal as the virus from the 2003 outbreak."**

"The COVID-19 virus infects, but people don't run a fever before they are contagious, so there's a lot of focus on how virulence factors like PLpro have been modified by nature to give the virus a better chance, from its perspective, to coexist with us," he said. "Obviously we would not like for it to coexist, but COVID-19 seems to have solved the Goldilocks paradox of being in the right place at the right time and with the right infection level."

Pegan collaborated with UGA scientists *David Crich, Ralph Tripp and Brian Cummings* to explore inhibitors designed to knock out PLpro and stop replication of the virus. They began with a series of compounds that were discovered 12 years ago and shown to be effective against SARS, but development was cut short since SARS had not reappeared.

These compounds, naphthalene-based PLpro inhibitors, are shown to be effective at halting SARS-CoV-2 PLpro activity as well as replication. They offer a potential rapid development path to generating PLpro-targeted therapeutics for use against SARS-CoV-2.

The team's paper appears online in the *journal ACS Infectious Diseases*, published by the *American Chemical Society*.

Latest at AKGsOVIHAMS

- Watch *Prof.Dr.A.K.Gupta* speaking on the current scenario - <https://www.youtube.com/watch?v=jmQzUOkCGGY&list=TLGG9MlcOr6cDzAxNzA2MjAyMA>
- Watch *Dr. Sanket Gupta* talking about role of Homoeopathy in COVID-19 - <https://www.youtube.com/watch?v=iXUyW8Nr8JA&t=42s>
- Watch *Kaartik Gupta* talk about Mental Health in the current times - <https://www.youtube.com/watch?v=929hzJfEL3w&t=19s>




Mr. Singh from New Delhi asks – *What all things should be done to improve one's immunity in current scenario?*




Dr. Sanket Gupta replies – One should take vitamin C rich food and drinks like citrus fruits, lemon drinks etc.; drink plenty of water; take turmeric with hot milk once a day; do gentle exercises every day so as to improve the lung capacity; take immunity boosting Homoeopathic medicines from your Homoeopathic Doctor and most importantly stay calm and positive at all times and avoid unnecessary stress and anxiety by maintain healthy relationships and engaging in works and tasks that provide joy and happiness.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

HOW HEALTHY ARE YOUR LUNGS? 







Your lungs are healthy if you can:

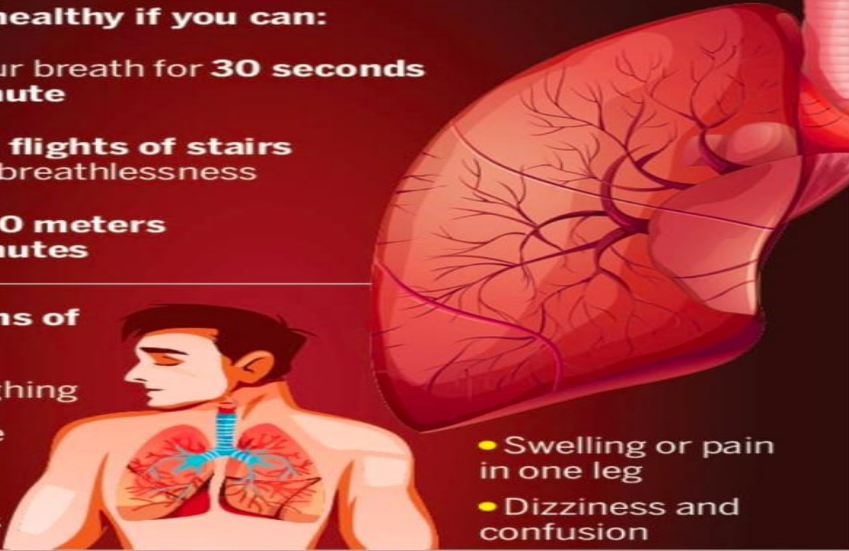
-  Hold your breath for **30 seconds to 1 minute**
-  **Climb 2 flights of stairs** without breathlessness
-  Walk **500 meters in 6 minutes**

Silent Symptoms of lung problems

- Persistent coughing
- Change in voice
- Shoulder pain
- Blue fingernails
- Swelling or pain in one leg
- Dizziness and confusion

Things to do for better lung health

-  Exercise
-  Eat food rich in antioxidants
-  Perform diaphragmatic breathing
-  Improve indoor air quality
-  Quit smoking
-  Minimise exposure to outdoor pollutants



PATIENTS' FEEDBACK

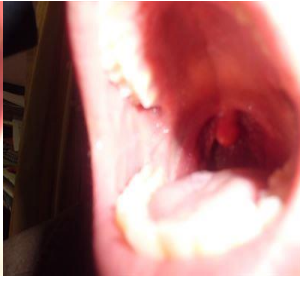
It was a big surprise for me and a real show also, of the positive effect on human body of the homeopathy medicines.

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 severe 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*



STAPHYLOCOCCAL THROAT

ECCHYMOSIS

TAENIA

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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