



AKGs

OVIHAMS

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



On 8th. August 2020, AKGsOVIHAMS completed 21 glorious years of its existence. A leading government website wrote a beautiful article on the journey of the centre and its pioneering role in the healthcare sector over the last 21 years – <https://www.sarkaritel.com/akgsovihams-a-trendsetter-in-healthcare>

Know all about **Ganglion** in this issue and the role of Homoeopathy in the treatment of this common condition

Kaartik Gupta writes about **Life Lessons from M.S. DHONI** in the section Mind the MIND



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

GANGLION

INTRODUCTION

- Ganglion is a small sac filled with fluid and is usually attached to the lining of joint or tendon
- Most common in women nearly 3 times and 70% occur in the late teens and young adulthood
- These masses or cysts are not tumours and are non-cancerous

ETIOLOGY / CAUSES

- The cause of ganglions is not always clear but a Ganglion forms when tissues surrounding certain joints become inflamed and swell up with lubricating fluid
- Some joint diseases such as rheumatoid arthritis have been associated with ganglion cysts
- Those occupations that require workers to overuse certain joints such as the wrist and fingers, for instance Typewriters, Computers pose the risk for ganglion cysts

SIGNS & SYMPTOMS

- Most commonly, ganglions are seen on the wrist (usually the back side) and fingers, but they can also develop on the shoulder, elbow, and knee
- They can increase in size or can disappear spontaneously
- Ganglions are usually painless. However, the condition can become painful when the ganglion presses nerves
- They are hard and round and may restrict the movement of the area involved

WHAT YOU CAN DO

- Hot fomentation has been found helpful in many cases
- Hard pressure should be avoided
- Wearing a supportive band around the wrist or a knee cap can help reducing the restriction in movement

INVESTIGATIONS

- Routine Blood Analysis
- FNAC



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



Founder-Director AKGsOVIHAMS, Gold Medallist

A GANGLION DOES NOT NEED SURGICAL REMOVAL

A ganglion usually keeps increasing and decreasing in size on its own depending upon the pressure exerted on the involved area. At this stage the ganglion is soft and movable and usually Allopathic doctors prescribe muscle relaxants and anti-inflammatory drugs. Simple Homoeopathic medicines can dissolve the ganglion at the very beginning by nipping it in the bud itself and no sign of recurrence is also noted in future.

But, when a ganglion is ignored over a long period or not treated properly, then it becomes into a hard-round ganglionic cyst. This condition can restrict the movement and be very painful also at times. There is no medicinal treatment at this stage in Allopathy and all they can do is, surgically remove the ganglion cyst. The surgical removal works well till some time but within a few months it has been seen in many cases that the ganglion formation happens again and this time with more vengeance.

Homoeopathy though, has a totally different approach to this condition. There are some beautiful medicines in Homoeopathy that can not only prevent the surgery but also abolish the chances of any recurrence of the ganglion. The Homoeopathic medicines act directly at the root of the inflammatory tissues and hence are able to slowly and steadily reduce the size of the ganglion. The harness of the cyst also gradually disappears and what we are left with is a soft and movable ganglion which over a period of time completely disappears. It is advisable to hence opt for Homoeopathic treatment and not to go under the knife.

Some of the very potent Homoeopathic medicines for a ganglion are – *Calcarea Fluor, Ruta, Arnica, Conium, etc.*

MARVEL OF HOMOEOPATHY

My father (aged 77 yrs.) has been living since last 2 years with stage 4 colon cancer that has gone to Liver. He was operated upon for removal of colon tumour in 2018 followed by intensive chemotherapy (10 chemo sessions) which he tolerated well. However, in May 2020 he had to be admitted to hospital in emergency following complaints of nausea, vomiting, drowsiness & weakness. His Liver & kidney functions were derailed & he got diagnosed with Hepatitis B also. His health became extremely fragile and he had to be kept in ICU for around 10 days and then moved to the wards. Despite all medical intervention, his recovery was very moderate. His Bilirubin level kept on increasing in this whole period & eventually reached around 12. He became very weak and was not able to even eat food on his own or to sit & was drowsy most of the time. He had lot of body pain, severe constipation and feverish most of the time. During this time the doctors at the hospital told us that he should be taken home as there was nothing much left in him!

I have known Dr Gupta for a long time now & have deep faith in him. I regularly consult him for my family health. I discussed the case with him and started with homeopathic medicines. Within one day the pace with which the Bilirubin level was increasing decreased and, in few days, it started coming down. In just a month he moved out of the bed and started moving around. His bilirubin level is almost normal now (1.14) and he has better appetite and bodily strength. Today, after a treatment of just over 2 months, he is much better now.

I am highly grateful to Dr Gupta who saved my father's life and is helping him live a better life... I would highly recommend Dr Gupta for any ailments howsoever complex it may be.

Attached below are the before and after reports of the Homoeopathic treatment: -

BEFORE

Urea	0.7	Ratio
Creatinine	42.20	mg/dL
Uric Acid	0.48	mg/dL
Calcium Serum	1.30	mg/dL
Phosphorous (Serum)	7.86	mg/dL
Sodium (Serum)	2.40	mmol/L
Potassium (Serum)	141.0	mmol/L
Date - 28/05/2020	4.33	mmol/L
Liver and Kidney Function Combined Panel[Panel]		
Bilirubin Total	11.24	mg/dL
Bilirubin Direct	9.23	mg/dL
Bilirubin Indirect	2.01	mg/dL
AST/SGOT	85.60	U/L
ALT/SGPT	99.70	U/L
Alkaline Phosphatase	172.00	U/L
Gamma GT	66.00	U/L
Protein Total	5.30	g/dL
Albumin	2.18	g/dL
Globulin	3.12	g/dL
A/G Ratio	0.7	Ratio
Urea	41.40	mg/dL
Creatinine	0.53	mg/dL
Uric Acid	1.48	mg/dL
Calcium Serum	7.86	mg/dL
Phosphorous (Serum)	2.93	mmol/L
Sodium (Serum)	137.0	mmol/L
Potassium (Serum)	4.33	mmol/L

AFTER

LIVER PANEL 1; LFT,SERUM			
AST (SGOT) (IFCC without P5P)	70	U/L	<50
ALT (SGPT) (IFCC without P5P)	30	U/L	<50
AST:ALT Ratio (Calculated)	2.33		<1.00
GGTP (IFCC)	47	U/L	<55
Alkaline Phosphatase (ALP) (IFCC-AMP)	177	U/L	30 - 120
Bilirubin Total (DPD)	1.14	mg/dL	0.20 - 1.10
Bilirubin Direct (DPD)	0.73	mg/dL	<0.30
Bilirubin Indirect (Calculated)	0.41	mg/dL	<1.10
Total Protein (Buret)	7.10	g/dL	6.40 - 8.10
Albumin (BCG)	2.40	g/dL	3.20 - 4.60
A : G Ratio (Calculated)	0.51		0.90 - 2.00



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



MIND the MIND



THALA FOREVER!

As Mahendra Singh Dhoni, arguably the best Captain of the Indian Cricket Team, announced his retirement from International Cricket on 15th August, 2020 tributes have been pouring in from all over the world. His international career began with a run out dismissal and that's exactly how it even ended. No Indian cricket fan will ever be able to get over that heart-breaking run out in the 2019 World Cup Semi-final against New Zealand which eventually led to the ouster of the team from the tournament. He was much more than just a successful Indian cricketer. Through his life, and how he conducted himself both on and off the field, Dhoni has taught us some very valuable lessons in life. As a passionate cricket lover, I am writing this article to share what we all can learn from Thala MS Dhoni. This is my tribute to our Captain Cool!

- **Hard work always pays** – Dhoni had his share of difficulties in the beginning and even served in the Indian railways as a ticket collector. But he never gave up trying and through sheer hard work and solid performances at the domestic level, he earned his call-up to the Indian Cricket Team in 2004. Like Dhoni, we all need to have faith in ourselves and keep striving to achieve what we want to, despite the obstacles. Coming from a small town like Ranchi, he showed young Indians from small towns that even they can conquer the world; provided you are disciplined, honest and consistent in your efforts.
- **Leadership skills** - Dhoni was a master in man-management. His first captaincy assignment came in the 2007 T20 World Cup, and boy did he deliver! Many players have performed exceptionally well under his captaincy as he infuses so much trust in them and makes them feel comfortable. As some players have shared, Dhoni would be very crisp, clear and receptive during their interactions. He was not a big fan of team meetings and just provided the environment for every player to express themselves to the best of their ability. Even after stepping down from captaincy, he was still the Leader of the pack!
- **Living in the here and now** – Dhoni's favorite song "*Main pal do pal ka shayar hun...*" symbolizes his philosophy in life. It's a beautiful song with brutally honest lyrics that highlight the impermanence of everything in life and encourage you to appreciate the importance of living in the moment. MS treated victory and defeat the same way and was never over-awed by either. Even the way he retired, he just signed-off; no farewell match, no fuss, just a simple message and he is ready for the new phase of life.
- **Mahi Way** – There seems to be a sense of comfort and security in following the rules, or going by the textbook. But Dhoni followed only the Mahi way! His batting technique, wicket-keeping technique, field placements as a captain were all a constant challenge to conventionality. He did things his way and as his records show, he was mighty effective with them. Even the way he announced his retirement was far from what you would expect for a person of Dhoni's stature. But that's just the way he is. It is again reflective of a deep sense of calmness, stability, contentment and a strong self-belief that we all strive for in life.
- **Captain cool** – Despite being in the most crucial and easily scrutinized position in world cricket, Dhoni conducted himself superbly both on and off the field. He never let his emotions get the better of him, was a detached decision maker and handled pressure situations extremely well. Like Dhoni, if we can also learn the art of managing our emotions, life would be much smoother. He always emphasized on focusing on the process and not worry about results, as results would automatically come if the process is right.
- **Humbleness** – The reason why Dhoni is loved so much lies in his humbleness. Despite his achievements, he is a grounded individual. Throughout his career, he handed over the winning trophy to the youngest member of the squad as soon as he was presented with it and stepped aside which shows his greatness. He even served in the Army briefly post the 2019 World Cup.
- **Never give up** – Dhoni is arguably the greatest finisher ever to have played this game. He has won innumerable games for India and CSK in the IPL which seemed done and dusted but he had the ultimate confidence to take the game deep and emerge victorious more often than not. Dhoni symbolized Hope for cricket lovers. And on rare occasions when he failed, he was courageous enough to take responsibility.

Mahi Bhai. MS. Dhoni. MSD. Thala. Captain Cool. The Coolest One. Lt. Col. Mahendra Singh Dhoni. Thank you for all the lovely memories and being truly inspirational. You will be missed.

'Till the full stop doesn't come, the sentence isn't complete.'

- M S Dhoni



Daily aspirin may exacerbate cancer in older adults

The authors of a recent study found that healthy older adults who took a daily, low dose of aspirin were at higher risk of receiving a diagnosis of advanced cancers and dying from cancer than those who took a placebo.

In recent years, there have been high hopes that taking a daily, low dose of aspirin might help protect older people from dementia, cognitive decline, and cancer. Doctors widely prescribe daily aspirin to people at high risk of cardiovascular problems. In addition, some clinical trials involving mostly middle-aged adults have found that aspirin may reduce the risk of developing cancer, especially colorectal cancer.

A study originally published in March 2020 suggested that taking a daily low dose of aspirin did not protect older people from cognitive decline and dementia. **The latest study, which investigated the same cohort of individuals, reports that daily aspirin increases the risk of receiving a diagnosis of advanced cancers and cancer that has spread or metastasized. The scientists published their findings in the *Journal of the National Cancer Institute*.**

Researchers at Massachusetts General Hospital in Boston, the Berman Center in Minneapolis, MN, and Monash University in Melbourne, Australia, carried out the recent study. They analyzed results from the **Aspirin in Reducing Events in the Elderly (ASPREE) trial, which included 19,114 individuals** living in Australia and the United States. None of the participants had cardiovascular disease, dementia, or physical disability at the start of the study. Most participants were over 70 years of age.

Researchers randomly assigned the participants to take either 100 milligrams of aspirin per day or a placebo.

An earlier analysis of outcomes in the two groups after a mean follow-up period of 4.7 years found a higher number of deaths from all causes in the aspirin group. Most of the excess deaths were due to cancer. **“Deaths were particularly high among those on aspirin who were diagnosed with advanced solid cancers, suggesting a possible adverse effect of aspirin on the growth of cancers once they have already developed in older adults,”** says senior author Dr. Andrew T. Chan of Massachusetts General Hospital and Harvard Medical School.

Latest at AKGsoVIHAMS



- ***Clinical Psychologist Dharitri Dutta, M.Phil, Former Asst. Prof. at Assam Don Bosco University, Guwahati, is now a part of Team AKGsoVIHAMS and shall be rendering her services soon.***



Mrs. Kumar from New Delhi asks – My son was brilliant in studies till 9th standard. But now he is unable to concentrate and is glued to his phone. How do I get him back to his brilliant best?

Cl. Psy. Dharitri Dutta replies – Reduced ability to concentrate is one of the common issues amongst adolescents. Having a proper daily study schedule, regular physical exercise, and a good sleep may help in improving his concentration. Reduced screen time (e.g.- mobile phone, laptop, TV, etc.) is advisable. However, if you have noticed a drastic deterioration in his attention and concentration and problem persists for long, it can be due to certain underlying psychological factors as well and thus professional help is recommended.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

DID YOU KNOW...?



Cherries help calm your nervous system



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Kiwis increase bone mass



Blueberries protect your heart



Pineapples help fight arthritis

PATIENTS' FEEDBACK

I am really grateful to Dr. A. K. Gupta for helping me during one of the worst phases in my life. I was suffering from Childhood Eczema (Atopic Dermatitis) since I was an infant. I had consulted many allopathic doctors at different places but got only temporary relief. But since I visited Dr. Gupta few years ago, though the treatment continued for years, but I am glad it was cured completely.

I am so thankful to Dr. Gupta for his kind help and love and affection extended to me. The decision taken by my family members and me was the right choice.

Homeopathy is supposed to work miracles! I believe and strongly recommend Homeopathy!!

- *Ashima, New Delhi*



JAUNDICE



VARICOSE ULCER



CHRONIC ECZEMA

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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