



*Homoeo –Psycho Cure & Care with Wellness*

# MONTHLY NEWS LETTER



Clinical Psychologist **Dharitri Dutta Gupta** talked about Mental Health in the times of COVID-19 on the **World Mental Health Day** in a programme called **DOCTORS SPEAK** on **DD News Channel**. Watch - <https://www.youtube.com/watch?v=MgIX1UTwvHE&list=PLxx0m3vtiqMaFWzCSdWeg0Tv0xeBtp33Y&index=9>



**Founder-Director, Prof.D.A.K.Gupta** shared his successfully treated cases of the rare neurological disease **MND** recently in the highly prestigious **International Webinar** on Evidence based Homoeopathic Cases

Know all about **Ringworm** in this issue and the role of Homoeopathy in the treatment of this common skin disease

Clinical Psychologist **Kaartik Gupta** writes about **World Mental Health Day 2020** in the section **Mind the MIND**



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

# RINGWORM

## INTRODUCTION

- Ringworm of the body is a rash caused by a fungal infection
- It's usually a red, itchy, circular rash with clearer skin in the middle

## ETIOLOGY / CAUSES

- **Human to human** - Ringworm often spreads by direct, skin-to-skin contact with an infected person
- **Animal to human** – one can contract ringworm by touching an infected animal. Ringworm can spread while grooming dogs or cats. It's also common in cows.
- **Object to human** - objects or surfaces that an infected person or animal has recently touched or rubbed against, such as clothing, towels, bedding and linens, combs, and brushes can spread ringworm
- **Soil to human** - ringworm can be spread by a prolonged contact with infected soil
- Warm climate
- Wearing tight or restrictive clothing
- Having a weak immune system

## SIGNS & SYMPTOMS

- Reddish, scaly or white patches on the skin typically on the buttocks, trunk, arms and legs
- The lesions may appear raised and blistered
- The circular lesion might have a clearing in the centre
- Hair loss is common side effect of this disease
- Ringworm of scalp especially is characterized by patchy hair loss where the hair might be bent and broken at an odd angle
- Usually itching is present

## INVESTIGATIONS

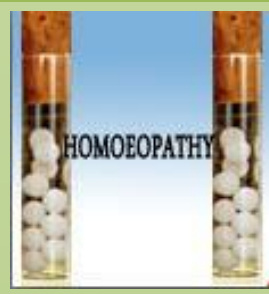
- Clinical examination
- Skin biopsy

## WHAT YOU CAN DO

- Educate yourself and others of the risk of ringworm from infected people & pets
- Maintain good hygiene
- Stay cool and dry
- Don't share personal items like towels, clothing etc.



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# GET RID OF THE STUBBORN RINGWORM INFECTION WITH HOMOEOPATHY

Ringworm infections on the skin is a very commonly seen condition and especially in a country like India. The varied climate zones and our own habits make us Indians very vulnerable to contracting fungal infections and especially ringworm infections. Most part of country is hot and humid and hence the number of fungal cases is always huge. Also, the awareness about personal hygiene is much less in our country especially in the lesser privileged people. That gives rise to huge numbers of such infections and spreads among the masses as well.

These skin infections can be very stubborn to treat because of their tendency to never actually go away completely and on top of that they keep resurfacing. Especially, the use of anti-fungal ointments tends to suppress the infection. Once the ointment is applied, it gives instant relief and extreme relaxation and the patient keeps applying the same ointment continuously for days together. But once the ointment is stopped, the fungal infection returns back with vengeance and even more troubling. Then the patient applies more ointments and or even steroidal creams till a point that everything stops working and the skin becomes extremely sensitive and fragile. The patient then goes to a Homoeopathic doctor and expects a miraculous cure!

But the good news is, if one visits a Homoeopathic doctor right at the beginning of the fungal infection, then the chances of complete cure are sky high! The Homoeopathic doctor won't necessarily give you any ointment to apply locally, but would rather give you Homoeopathic medicines to consume and treat you from within. The idea is to increase the defence capacity of the skin by enhancing the immune mechanism of the individual patient.

Along with the medicines, it is extremely important to take care of the dos and don'ts. Like, maintain good personal hygiene, do not share personal belongings like towels, clothing etc.

*Lycopodium, Kalium Bichromicum, Arsenicum album, Bacillinum, Calcarea carbonica, Cicuta, Graphites, Kali bromium, Nitric acid, Natrum Mur* are some of the effective homeopathic remedies to cure ringworm

# MARVEL OF HOMOEOPATHY

**BEFORE**



**AFTER**





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



# MIND the MIND



## WORLD MENTAL HEALTH DAY 2020

Till now the year 2020 has been very challenging to say the least. It has brought forth several challenges and the greatest of them all, the COVID-19. A minute, invisible virus has changed everything around us and how we manage our daily lives. One such aspect that it has affected significantly is the mental health and well-being of individuals.

As per recent reports, the number of people seeking psychological consultations has increased during the past few months. Issues ranging from Depression, Anxiety, Obsessive –Compulsive Disorder (OCD), increased substance abuse, feelings of isolation, hopelessness and uncertainty have significantly affected the mental well-being of a large number of people. Keeping in view the growing need for psychological assistance in the general population, the World Federation for Mental Health (WFMH) has decided upon “Mental Health for All. Greater Investment – Greater Access” as the theme for this year’s World Mental Health Day which was observed on 10th October.

With the current world scenario having far reaching impact on human lives, it has also brought to light the plight of health care services, especially with regard to mental health across the globe. As per recent statistics released by the World Health Organisation (WHO), 1 in every 4 person experiences mental health related issues at some point of time in their lives. Stigma, lack of awareness and severe shortage of mental health professionals are the biggest factors responsible for such inadequate mental care facilities.

To address the same concerns, this year’s theme is aimed at encouraging more investment in terms of funds, resources, intent and time from both government and private sectors. For any field or profession to grow, these inputs are very important and the same is required for mental health care services. Just like physical health, mental health is equally, if not more important and every individual has the right to receive the best mental health services from qualified professionals. His/her social or economic standing should not become an obstacle for receiving this basic right. In addition to this, there is a demand for greater investment in the research area related to mental health. In India, we still tend to depend on global data for understanding psychological phenomena whereas India in itself is a land of diverse cultures and people, with very unique cultural practices that deeply influence our psyche. Hence, regular and authentic studies related to different aspects of mental health conducted on the Indian population are needed.

Apart from this, the greatest investment needed in today’s times is **INVESTING IN YOUR OWN SELF**. Invest in yourself so that you can reach your true, fullest potential. In the recent years, people have become more aware and thus taking steps to ensure their physical fitness. But the mental or psychological well-being still seems to be lagging far behind. Here are few useful tips on how you can invest in yourself, and get access to your true potential: -

- Spend time with your loved ones. Share how you feel with someone you can confide in.
- Regularly engage in your hobbies; learn a new skill.
- Try to process your emotions rather than blocking them out.
- Abstain from indulging in harmful substances.
- Practice gratitude; learn to forgive for your own mental peace.
- Seek professional help whenever needed.

Mind the MIND, Psychology unit of AKGsOVIHAMS, organised a series of Online Lectures from 10th-16th October, 2020 to observe the World Mental Health Week on their Facebook page. A panel of renowned Mental Health Professionals, from across the country shared their experiences and valuable tips for enhancing mental health in these trying times. The event was well received and appreciated by all. We Thank you for all your support and blessings!



## Air pollution linked to markers of neurodegenerative disease

A new study has shown that young adults and children exposed to air pollution have the markers of Alzheimer's disease, Parkinson's disease, and motor neuron disease in their brain stems. Alongside these markers were nanoparticles that appeared to originate from vehicles' internal combustion and braking systems. The research, which appears in the journal *Environmental Research*, highlights the need to do more to protect young people from the effects of air pollution to avoid "a global neurodegenerative epidemic."

In the recent study, the researchers set out to identify the markers for Alzheimer's, Parkinson's, and motor neuron disease in the brain stems of deceased young people from Mexico City. The researchers examined material from 186 autopsies that took place between 2004 and 2008. The individuals ranged in age from 11 months to 40 years.

Pathologists performed the initial autopsies a few hours after death and then stored the materials, including parts of the brain stem, at -80°C (-112°F) until the researchers examined them.

**In the brain stems, the researchers found markers for not only Alzheimer's disease but also Parkinson's disease and motor neuron disease. These markers included growths of nerve cells and misformed proteins that had caused tangles and plaques.** Significantly, alongside these markers, the researchers also found particles that were likely to be the product of vehicle air pollution.

According to Prof. Barbara Maher from Lancaster University in the United Kingdom, who is a co-author of the study, "not only did the brain stems of the young people in the study show the 'neuropathological hallmarks' of Alzheimer's, Parkinson's, and [motor neuron disease], they also had high concentrations of iron-, aluminum-, and titanium-rich nanoparticles in the brain stem — specifically in the substantia nigra and cerebellum." He continues: "The iron- and aluminum-rich nanoparticles found in the brain stem are strikingly similar to those which occur as combustion- and friction-derived particles in air pollution (from engines and braking systems)."

In contrast, a control group of age-matched deceased people who lived in low pollution areas did not show the markers of neurodegenerative disease.

## Latest at AKGsOVIHAMS

A week-long **Mental Health Awareness campaign** was run by the *Psychology unit of AKGsOVIHAMS* on the Facebook page **MIND the MIND** where renowned Clinical psychologists from across the country shared their views on the importance of Mental Health in various aspects of life.

*Day-1*

<https://www.facebook.com/208725019557269/videos/687836098506338>

*Day-2*

<https://www.facebook.com/208725019557269/videos/3392939424094232>

*Day-3*

<https://www.facebook.com/208725019557269/videos/339474520713893>

*Day-4*

<https://www.facebook.com/208725019557269/videos/3470815672964177>

*Day-5*

<https://www.facebook.com/208725019557269/videos/260900621959031>

*Day-6*

<https://www.facebook.com/208725019557269/videos/1051747078600712>

*Day-7*

<https://www.facebook.com/208725019557269/videos/384255679270398>



**Mr. Kohli from New Delhi asks** – *Can my knees be prevented from being totally replaced? I am 71yrs old.*

**Dr.Prof.A.K.Gupta replies** – As an individual grows older, the synovial fluid in the joints esp. the knee joint starts decreasing gradually. One of the reasons for that is immobility and lack of exercising. There is a natural process of degeneration which all of us have to go through and that cannot be prevented. But yes, with the help of Homoeopathic medicines and regular exercising, knee replacement can definitely be avoided as it would help in pain management and provide better strength in the knees to carry along.

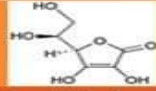
# Tips for Health & Wellness

## Vitamin C Knowledge

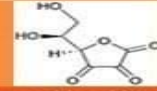


Vitamin C, or technically L-ascorbic acid, is an essential water-soluble vitamin known to exhibit antioxidant properties. It was first isolated in 1927 and is vital to human survival.

Two of the vitamers of Vitamin C:



ascorbic acid (reduced form)



dehydroascorbic acid (oxidized form)

### United States Vitamin C Recommendations

Recommended Dietary Allowance (adult male)	90 mg per day
Recommended Dietary Allowance (adult female)	75 mg per day
Tolerable Upper Intake Level (adult male)	2,000 mg per day
Tolerable Upper Intake Level (adult female)	2,000 mg per day

### Benefits of Vitamin C

- effective antioxidant
- cancer risk reduction
- Reduce risk of: myocardial infarction, stroke, cardiovascular mortality, or all-cause mortality
- Chronic diseases
- Acute care
- Treats common cold
- Cataract

### Vitamin C Deficiency

- bone pain
- fatigue
- lethargy
- anemia
- myalgia
- general malaise
- easy bruising
- perifollicular hemorrhages
- gum disease
- mood changes
- scurvy

### 10 Foods High in Vitamin C



Kale



Acerola



Seabuckthorn



Red Pepper



Orange



Kiwifruit



Brussels sprout



Lychee



Strawberry



Lemon

naturalhealthzone.org

# PATIENTS' FEEDBACK

My name is Payal and this testimony is about my daughter pihu who was diagnosed with mild autism 6 months back. I am writing this so that every parent with a problem child know that most of the behavioural problems can be treated with the magic of homeopathy.

Initially when I started her medication with Prof.Dr.A.K.GUPTA, I was bit sceptical as cases of autism are hard to treat. With great pleasure I would like you to know that when I met him my daughter was completely mute. She couldn't even say mummy or papa. After starting his treatment, she started gaining her concentration...gradually she started talking. Initially she used to talk meaningless words...she came from meaningless to meaningful words in 3rd month. slowly she picked up language and started one-way conversation. She now says 'please aao', 'chalo', mum cahiye, chai cahiye, aur cahiye, etc.

Apart from her language there is improvement in her eye contact as well. And the most important thing which i would like to share with you all is this that she has dramatically improved academically...She now knows difference between circle, triangle, rectangle, hexagon and square. She knows all colours, animals, birds, body parts and full A to Z with their examples. Like J is for Jug J is for Juice, K for Kite, K for King etc.

Her therapist is also in shock and saying she has healed and dropped in her diagnosis of IISAA (scale used for counting spectrum of Autism)

We are really Grateful to Dr.A.K.Gupta.

- Pihu, New Delhi



IMPETIGO

CYST

APTHAE

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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