



AKGs

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OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo – Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER

**ATTENTION
— IDLING —
PARENTS:
YOU ARE
POLLUTING**

**SAVE
OUR KIDS'
AIR**

**DON'T IDLE
WHILE YOU WAIT.**

IDLING IS LEAVING YOUR ENGINE RUNNING WHILE YOUR VEHICLE IS PARKED LIKE WHEN YOU'RE PARKED WAITING TO PICKUP THE KIDS FROM SCHOOL.

**IDLING A CAR
FOR JUST
5 MINUTES
A DAY CAN EMIT AS MANY AS
25 POUNDS
OF HARMFUL
AIR POLLUTANTS
+ 260 POUNDS
OF CARBON DIOXIDE
A YEAR (YUCK!)**

**BETTER YET, RIDE A BIKE,
RIDE THE BUS, OR WALK!**

EVERY LITTLE BIT COUNTS. INFOGRAPHIC BROUGHT TO YOU BY PICKLEWIX.COM

Know all about **Rheumatoid Arthritis** in this issue and the role of Homoeopathy in the treatment of this auto-immune disease

Clinical Psychologist **Dharitri Dutta Gupta** writes about **Caring for our Children** in the section Mind the MIND



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

RHEUMATOID ARTHRITIS

INTRODUCTION

- It is a chronic inflammatory auto-immune condition of the joint, muscles, tendons, nerves and fibrous tissue
- More commonly observed in young females, 24 year to 45 years

ETIOLOGY / CAUSES

Exact cause of RA isn't known. However, certain triggering factors are: -

- being a woman
- having a family history of RA
- exposure to certain types of bacteria, such as those associated with periodontal disease
- having a history of viral infections, such as the Epstein-Barr virus
- trauma or injury, such as bone fracture, dislocation of a joint, and ligament damage
- smoking cigarettes
- having obesity

SIGNS & SYMPTOMS

- joint pain
- joint swelling
- joint stiffness
- loss of joint function
- deformities in the affected joints
- fever in active stage is commonly found

WHAT YOU CAN DO

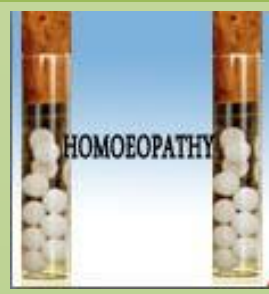
- Low-impact exercises can help to improve the range of motion in the joints and increase mobility
- Take ample rest during flare up and active stage of the disease
- Alternate hot and cold compressions help in reducing inflammation and stiffness
- Take omega-3 fatty acids rich foods like fish, chia seeds, flax seeds, walnuts
- Take foods rich in anti-oxidants

INVESTIGATIONS

- Test for RA Factor
- Complete Hemogram with ESR
- Blood CRP levels
- Antinuclear Antibody Test and Anti-CCP test
- X-ray of the affected joints



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



Founder-Director AKGsOVIHAMS, Gold Medallist

RHEUMATOID ARTHRITIS CAN BE VERY WELL MANAGED WITH HOMOEOPATHY

Rheumatoid arthritis can be a very difficult disease to treat and for long it has been considered a bane for the sufferer. The lack of knowledge about the exact causation of the disease makes it even more troublesome to treat. As mentioned above, many factors can contribute to a person developing Rheumatoid Arthritis. The treatment usually depends on the stage and severity of the disease.

It is an inflammatory auto-immune disease and the symptoms severity depends from person to person. There is 'no cure' in the conventional medicine for this disease. The patient can only be managed with lifelong anti-inflammatory drugs or steroids that can have their share of side-effects when taken over a longer period of time.

Even physiotherapy can or should be done in the passive stage and that too mildly so as to not further accentuate the patient's inflammatory process.

When the disease progresses to the stage of joint deformities, that stage is irreversible and extremely difficult to curtail.

With Homoeopathy, though cure in each and every case is difficult to achieve, but still the disease can be better managed with the gentle Homoeopathic medicines. Beginning from the inflammatory stage itself, there are some very good medicines in Homoeopathy that can not only help in recovery but also reduce and lessen the relapses of acute inflammation and pain. Patient can be free from the harmful painkillers and strong steroids and can lead a happier and healthier life.

To attain complete cure, like any other auto-immune disease, a deep acting constitutional Homoeopathic medicine is the only way.

Homoeopathy is very strongly suggested for all cases of Rheumatoid Arthritis. Some of the effective Homoeopathic medicines for various stages of Rheumatoid Arthritis are – *Rhus Tox*, *Bryonia Alba*, *Arnica*, *Phytolacca*, *Cimicifuga*, *Lycopodium*, *Belladonna*, *Actea Spicata*, *Pulsatilla*, etc.

MARVEL OF HOMOEOPATHY

This is a case of 49-year-old housewife, Mrs. Kain. Her daughter is a patient of Dr. Sanket Gupta and on one of such visits she had come to see him at his clinic in Satya Niketan, Moti Bagh. While she was sitting inside the chamber and narrating her complains to the doctor, she received a call from her house and she immediately became panicky. The call was from her father who told her that her mother was having shooting pain in her head and was crying with pain. As she was an old hypertensive, they checked her blood pressure. The reading was 220/130mm of Hg. Even on checking the blood pressure again after 5 minutes, the reading was still the same.

The terrified girl told everything to Dr. Sanket and asked him if he could help her with anything to stop the agony of her mother. Dr. Sanket gave her some medicines to give to her mother at an interval of every 5 minutes and advised her to rush her mother to the hospital as there was a definite danger of stroke. Luckily, she was staying nearby so she could immediately go home and medicate her mother. They decided to take her to the nearby Primus hospital in Chanakya Puri.

She kept giving the homoeopathic liquid medicines to her mother all along the way. Within this half an hour itself she started feeling relaxation in her head and by the time they reached the emergency section of the Primus hospital and a nurse checked her blood pressure, her BP had come down to 156/104mm of Hg! The hospital doctors kept her under observation for 2 hrs after listening to the narrative of her family. The girl though kept giving the same Homoeopathic medicines to her mother, though at longer intervals of 20 minutes each. The doctor had asked the nurse to check her BP every half an hour. With every reading there was a gradual and steady decline in the Blood pressure of the 49yr old woman. Seeing that the BP was now well maintained and out of danger, the doctor asked her family to take her back home.

At this time a much-relieved girl called Dr. Sanket to thank him and tell him that her mother was doing fine now and was much better with the final reading being 132/90 mm of Hg when they left from the hospital. Since that day, Mrs. Kain became a fan of homoeopathy and now takes regular Homoeopathic treatment for all her ailments.



MIND the MIND

DHARITRI DUTTA GUPTA, MSc.M.Phil (Cli. Psy.)

Caring for Our Children

Childhood is the most fun, carefree, exciting and memorable phase of one's life. Children are storehouses of boundless energy, will, capability, zeal, curiosity and enthusiasm. These early years of life form the basis of intelligence, personality, social behaviour, and capacity to learn and nurture oneself as an adult. A healthy physical and psychological health ensures holistic development of a child. Unfortunately, children today are going through a lot of emotional and behavioural issues. World Health Organization (WHO, 2019) data reported that worldwide 10-20% of children and adolescents suffer from one or the other mental disorder. It also indicates that one out of every 5 children is suffering from a mental health concern. Depression, Anxiety, Post-Traumatic Stress, Attention Deficit Hyperactivity Disorder, Behavioural Disorders are some of the most common psychological issues found amongst children. Let us understand few possible explanations for the growing cases of children mental health concerns:

Parental well-being: Parental well-being, especially of the mother's, during the pregnancy period of 9 months is very closely associated with the baby's mental health. Psychological distresses like stress, anxiety, depression, frustration, anger etc. of a mother during pregnancy can result in behavioural and emotional issues in the offspring. Relationship instability between the parents, frequent verbal/physical abuse, toxic-chaotic environment can also have lasting adverse impact on the child's development.

Early attachment patterns: The ability of a child to form a secure attachment with the primary care giver, be the parents/grandparents/any significant other for that matter, allows the child to build a sense of trust, security, sense of identity, self-esteem, appreciation of others, ethical behaviour, and self-control. On the other hand, maltreatment, abuse, neglect, inconsistent parenting during the early years lead to insecure attachment styles and negative ways of relating to the world, and is associated with a wide variety of psychological issues like separation anxiety, depression, sleep disturbance, mood fluctuations, aggressive and violent behaviours.

Parenting Styles: For healthy mental health of children, it is imperative for the parents to be warm, supportive, nurturing, responsive, accepting and sensitive to their child's needs and to offer an opportunity for the child to freely explore possibilities. Children who are brought up in an environment which is controlling, demanding, abusive, over-involved or neglectful, often manifest issues like emotional dysregulation, aggression, lower academic performance, depressive symptoms, fearfulness, anxiousness and difficulty in forming interpersonal relationships.

School Environment: School is where a child learns to socialize and prepares a child with the tools for future success. Unfortunately, in the recent times, due to increased unhealthy competitions, parental-teachers' expectations and demands, schools are becoming stressful places for children, where they can be exposed to physical/emotional violence, boredom, alienation, academic frustration, teasing, harsh punishment, humiliation and failure. Children, at times, also are victims of bullying at school, which is likely to put them at a heightened risk for severe mental health issues to stunted professional growth later in life.

Media: In the recent times, Children are becoming smarter in the ways they operate electronic devices, like a mobile, laptops, iPad, video games etc. Increased screen time is affecting children's motor coordination, communication skills, most importantly affecting children's ability to concentrate. Over exposure to violence in Media seems responsible for increased aggressive behaviour, misleading ideas of sex and substance taking behaviours amongst children.

Child sexual abuse (CSA): In India, every second child has experienced sexual abuse before the age of 18. What is more alarming is that, in majority of the cases of CSA, the perpetrator is someone known to the child, someone who is trusted within the family. It impairs a child's ability to trust and relate with others and can have long lasting psychological and behavioural issues amongst children.

Children's mental health problems are real and common, yet fortunately treatable. A parent should spend as much time as possible to talk, play, laugh, cry, dream and explore with the child. A nurturing and supportive environment at home allows an opportunity to parents to form a bond with the child that encourages sharing of feelings and be aware of children's mental health needs. Fortunately, most children are resilient, and grow up mentally healthy. However, as adults, it's our responsibility to create a surrounding where each child feels loved, cared, respected, heard, trusted, understood, valued and safe. Let us all be receptive to children's mental health needs and promote healthy development, as Pt. Jawaharlal Nehru rightly said "*Children are like buds in a garden and should be carefully and lovingly nurtured. as they are the future of the nation and the citizens of tomorrow.*"



Losing two to three kilograms of weight can almost halve the risk of Type 2 diabetes

Losing a few kilograms in weight almost halves people's risk of developing Type 2 diabetes – according to a large scale research study led by the Norfolk and Norwich University Hospital and the University of East Anglia.

A new study published in the international journal JAMA Internal Medicine shows how providing support to help people with prediabetes make small changes to their lifestyle, diet and physical activity can almost halve the risk of developing Type 2 diabetes.

The findings come from the Norfolk Diabetes Prevention Study (NDPS) - the largest diabetes prevention research study in the world in the last 30 years. The NDPS clinical trial ran over eight years and involved more than 1,000 people with prediabetes at high risk of developing Type 2 diabetes.

The study found that support to make modest lifestyle changes, including losing two to three kilograms of weight and increased physical activity over two years, reduced the risk of Type 2 diabetes by 40 to 47 per cent for those categorized as having prediabetes.

The research trial tested a simple lifestyle intervention, which helped people make small achievable lifestyle changes that led to a modest weight loss, and increases in physical activity. Importantly these changes were sustained for at least two years and the weight lost was not put back on.

The Norfolk Diabetes Prevention Study ran between 2011 and 2018 and worked with 135 GP practices in the East of England, and found 144,000 people who were at risk of developing Type 2 diabetes. In screening sites across the East of England, 13,000 of these people then took a fasting glucose and glycosylated hemoglobin (HbA1c) blood test to detect prediabetes.

More than 1,000 people with prediabetes were then entered into a randomized controlled trial, testing a pragmatic real-world lifestyle intervention, compared to a control group, with average follow-up of just over two years.

Latest at AKGsOVIHAMS

- **Clinical Psychologist Dharitri Dutta Gupta is available now at Satya Niketan branch of AKGsOVIHAMS on Tuesday, Thursday and Saturday. For appointment call on – 7002473202**
- **Preventive Medicine for COVID-19 is available all the 3 centres of AKGsOVIHAMS**
- **Subscribe for free to our monthly Newsletters and find all the older ones as well by logging on www.ovihams.com**



Mrs. Anand from Gurgaon asks – *I am 69yrs old but till today I have anxiety on speaking in public! Can you help me?*

Cl. Psy. Dharitri Dutta Gupta replies – Fear of speaking in public is a common form of anxiety. The symptoms of such anxiety may range from slight nervousness to panic, depending upon the severity of the condition. A good preparation of the content is the best way to deal with the anxiety. Its important that you know the topic well and get organized with the content before speaking in front of the audience. You can rehearse at home alone, or with your family members to get your fluency and feel confident about the topic. Deep breathing before the speech/presentation, and focusing more on the content than the audience will help you remain calm. If your fear persists and affects your regular functioning, then I would suggest you to seek professional help.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

vitamin:	essential for:	sources:
A	Eye health, immune system support, healthy skin.	orange fruits, orange vegetables, dark green vegetables, milk.
B6	Healthy brain & nerve function, red blood cell production.	Beans, nuts, red meat, fish, eggs, spinach.
B12	Red blood cell production, nerve function.	Milk, eggs, poultry, red meat, fish.
C	Healthy bones, teeth, skin, & brain function.	Citrus fruits, berries, spinach, tomatoes.
D	Strong bones, calcium absorption.	Sunlight, egg yolks, milk.
E	Healthy red blood cells & protection against cell damage.	Nuts, vegetable oils, whole grains, green vegetables.
Folic acid	Cell health, protection against heart disease.	Dark green vegetables, fruits.
K	Blood clotting	Egg yolks, dark green vegetables.
Niacin	Promotes the conversion of food to energy.	Whole grains, dairy products, nuts, poultry.
Riboflavin	Energy production, healthy chemical processes in the body, healthy skin.	Fish, whole grains, dark green vegetables, meats, milk.

PATIENTS' FEEDBACK

Mr. Kaartik is a wonderful counsellor. He has been extremely supportive in my transformation journey. I have been stuck in a rut for quite sometime and with Mr Kaartik I have broken down everything that has been bothering me, what I want and step by step we have been working towards solving the many obstacles. Mr Kaartik has this way of making me think of what I can do for myself and then together we have looked for ways to implement them. Thus, avoiding dependency which is unwarranted in the long term. I have also been able to discuss the abuse, I had gone growing up in Delhi and other intimate issues something very difficult to do unless one is absolutely comfortable with the counsellor. Mr Kaartik makes his patients very emotionally comfortable for them to be able speak their mind freely. The process has been very healing to me, something I needed for a very long time. There has been significant progress, I am more productive, happier and trying to see life with a more rejuvenated perspective. My mental health has improved tremendously and I have no one but Mr. Kaartik to thank for it.

- Ms. Soumya Verma, New Delhi



NON HEALING DIABETIC WOUND

HYPOPIGMENTATION

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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