



AKGs

OVIHAMS

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

Homoeo – Psycho Cure &amp; Care with Wellness

# MONTHLY NEWS LETTER

**Healthcare**  
A Free Health & Wellness Magazine

## ATTITUDE OF GRATITUDE

Being grateful and counting your blessings is a good way to forge deeper bonds, improve health and become stronger, says **Kaartik Gupta**, a clinical psychologist

**W**e all have our own share of ups and downs in our lives. It is a part of our existence. That is what life is all about – a process of constant change and evolution. As a Buddhist tale teaches us, no matter what happens, this too shall pass! Maintaining our stability (physical, mental and emotional) is what we strive for, and wish to achieve. That is the beauty of the dichotomy of life, maintaining the balance between change and stability.

One such powerful way of doing it is developing an attitude of gratitude. Gratitude is about feeling and expressing appreciation for all we've received, all that we have (however little it may be), and for all that has not befallen us. It is easy to crib about things not going your way, to feel disheartened due to the ever-mounting problems which can eventually make you feel helpless, and to just surrender to the challenges life throws at us.

Being grateful for all that we have gives us the strength to face situations more effectively. It diffuses self-pity and self-centeredness which hamper our growth, and removes us from a complaining mode into a best-outcome mindset.

**Benefits of gratitude**

- Gratitude facilitates contentment and thus reduces our sufferings from anxiety and depression.
- Gratitude promotes physical health as it strengthens our immune system, lowers blood pressure, and improves our quality of sleep.
- Gratitude strengthens the bonds of our relationships as we feel more connected to our loved ones, and promotes healthy attachment patterns.
- Gratitude makes us generous and compassionate, which in turn influences and inspires others also to be more compassionate.
- It keeps us grounded and makes us humble.
- In the pursuit of happiness and life satisfaction, gratitude offers a long-lasting effect in a positive feedback loop of sorts. Thus, the more gratitude we experience and express, the more situations and people we may find to express gratitude towards.

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## Wellness

### Developing an attitude of gratitude

An attitude of gratitude means making it a habit to express thankfulness and appreciation in all aspects of life, on a regular basis, for big and small things alike. Some ways of developing this habit are:

- Wake up every morning and thank God for giving you the gift of life. Acknowledge and appreciate all that you have.
- Make it a habit to say "Thank You" to the shopkeeper at the store after buying anything, the autowallah or cab driver who drives you safely to your destination, and to anyone who helps you meet your goals in any way.
- Start a gratitude journal or diary, and every night before going to sleep, write down the things that you are grateful for, proud of, and excited about.
- Appreciate and express your gratefulness to your family members, friends and colleagues who stand by you through your ups and downs.

When I look back on the suffering in my life, this may sound really strange, but I see it now as a gift. I would have never asked for it for a second. I hated it while it was happening and I protested as loudly as I could, but suffering happened anyway. Now, in retrospect I see the way in which it deepened my being immeasurably. — Ram Dass

to think of someone who has been with you or has helped you in difficult times. Write a letter to them, expressing how grateful you are for all they have done for you – for their time, valuable advice, or just being there with you even through those silent conversations. It will mean a lot to them and will make you feel good as well. This small act in itself can go a long way to set in motion the positive feedback loop and bring about a positive change around us!

Gratitude is both a trait and a state, and thus it can be developed with repeated practice. So, start today itself and try

**ATTITUDE OF GRATITUDE**

**About the author**  
Kaartik Gupta is a Consultant Clinical Psychologist at AKGsOVIHAMS Medical Centres at Pitam Pura and Satya Niketan. He is an RCI Licensed Clinical Psychologist and provides psychotherapy, counselling, psychological assessment, and de-addiction counselling to people of all age groups.

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Clinical Psychologist of AKGsOVIHAMS, **KAARTIK GUPTA**'s article got featured in the January issue of the highly esteemed and prestigious magazine – **Healthcare**

Read the full article here – <https://gmail.us7.list-manage.com/track/click?u=0d050b56f34b11eb4115b62b7&id=068d3dcb12&e=36ff7b4e2f>

Know all about **BIRD FLU** in this issue and the role of Homoeopathy in the treatment of this disease

Clinical Psychologist **Dharitri Dutta Gupta** writes **The Gift of Time** in the section Mind the MIND



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

# BIRD FLU

## INTRODUCTION

- Also called avian influenza, is a viral infection that can infect not only birds, but also humans and other animals
- H5N1 is the most common form of bird flu

## ETIOLOGY / CAUSES

H5N1 occurs naturally in wild waterfowl, but it can spread easily to domestic poultry. The disease is transmitted to humans through contact with infected bird faeces, nasal secretions, or secretions from the mouth or eyes.

People at greater risk of contracting H5N1 are:

- a poultry farmer
- a traveller visiting affected areas
- exposed to infected birds
- who eats undercooked poultry or eggs
- a healthcare worker caring for infected patients
- a household member of an infected person

## SIGNS & SYMPTOMS

- Cough
- Diarrhoea
- respiratory difficulties
- fever (over 100.4°F or 38°C)
- headache
- muscle aches
- malaise
- runny nose
- sore throat

## WHAT YOU CAN DO

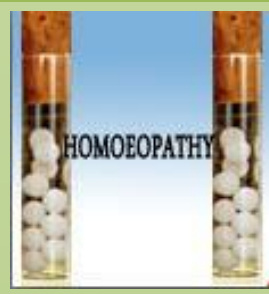
- Avoid open-air markets
- Avoid contact with infected birds
- Avoid undercooked poultry
- Practice good hygiene and wash your hands regularly

## INVESTIGATIONS

- RT-PCR
- Complete hemogram
- Nasopharyngeal culture
- Chest x-ray



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# BIRD FLU IS CURABLE WITH HOMOEOPATHY

Like any other flu, Avian Influenza (Bird Flu) is absolutely treatable. It is a highly infectious viral infection of the birds (usually poultry) that can transmit to the human beings very easily. As most of the human population tends to consume chicken and eggs, there lies a very high probability of this infection to transmit to the human beings from these infected birds and to other humans from the fellow infected human beings.

Like any other infectious disease, this viral infection is also preventable and avoidable. The emphasis should always be on preventing a disease and then on its treatment and cure. In this case as well, all the measures like a half-cooked poultry, or raw cooked chicken and eggs, bird excreta, etc. if taken care of then the chances of falling ill are very less.

Though the disease is mainly of the birds, but once it affects the human being, it can create a havoc in the patient's health and must not be ignored hence. Like any other viral infection, if the fever is not controlled and the infection does not come under control then it can lead to sepsis and even death of the patient.

Though the birds are vaccinated these days but still we see the incidence of bird flu every year and thus again proves the point that one has to be cautious on his own to prevent falling prey to any infection rather than depend on the 'external artificial immunity' that is guaranteed by a vaccine!

Homoeopathic medicines have played a wonderful role in patients who have suffered from the bird flu over the years. Medicines like *Nux Vomica*, *Ipecac*, *Calcarea Phos.*, *Arsenic Album*, *Pyrogen* etc. have been found to be extremely beneficial.

# MARVEL OF HOMOEOPATHY

Mrs. Dheer 65 yrs suffered Brain Stroke and was hospitalized. After the discharge from the hospital, she was in a vegetative state where she had almost lost her Speech, developed Hemiplegia, Lost control of Urination and Stools. She was declared incurable by the hospital and neurologists and nothing can be done now for her was the only phrase the family members were to hear from everywhere.

Then the family was advised to try homoeopathy and that's how they came to see Prof.Dr.A.K.Gupta at the Moti Bagh clinic. After taking her complete case history and analysing the symptoms Dr. Gupta gave the homoeopathic medicine Causticum. Within a week's time she started showing signs of improvement in the form of started getting feeling and sensation about the Urination, she could make people understand that she was about to urinate. This was the turning point for the family towards hope and faith in homoeopathy.

After the continuous treatment of more than 6 months she had improved tremendously when she developed full control over her urination, stools and started making sound of words though which was not fully understandable that time. With other medicines given time to time according to the symptoms and constitution she was fully cured and she visited our clinic on her own feet after a period of 18 Months of treatment with full recovery of all her symptoms and now she could speak also properly. She thanked Homoeopathy for saving her from the misery of vegetative life which she and the family members were compelled to accept as her fate before starting Homoeopathic treatment. Now the Dheer family is a staunch follower of homoeopathy and believe that Homoeopathy Ensures Health Safely and Surely.



# MIND the MIND

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

## THE GIFT OF TIME

New Year brings New Year Resolutions, and we know way too well what happens to that newfound energy and enthusiasm within few days. As the festivities are done, the motivation also seems to fizzle out and we get drawn back to the old ways of doing things. But 2020 was different, and as we have already spoken about it several times in our previous articles, it has made us realize what really matters in life. Time is the greatest and most precious gift you can give anybody, including your own self. Hence, it is imperative that we use it well and judiciously. Our ability to manage time determines our inner peace, mental well-being as well as our successes and failures. Effective time management allows you to:

- Be more productive.
- Save more energy needed for more important tasks at hand.
- Engage in tasks that matter to you.
- Feel less stressed and better about your own self.

Managing or organizing our time of the day is a skill and we all can develop this skill with some self-motivation, self-discipline and consistency. Here are a few ways by which we all can develop this skill:

- ❖ **Know your day:** Time management starts with realizing how one is spending his/her time. Monitoring or keeping a time log would help you to determine the different tasks that you are engaging in during the day, and the amount of time spent in these tasks. This would also determine which tasks require the most time, help identify the time of day when you are most productive, and also analyse whether you are investing sufficient amount of time on the most important tasks.
- ❖ **Set Priorities:** Making a “to-do list” can help us prioritizing our tasks. It’s important to make a list that is realistic and achievable. Rank the items on your “to do” list in order of priority. Keep in mind that your goal is not to mark off the most items; rather you want to mark off the highest priority items.
- ❖ **Get organized:** Researches suggest disorganization results in poor time management. Being organized leads to enhanced productivity. One of the best ways to get organized is by getting rid of things you don’t need. When things around you are clean and ordered, you feel more in control and better focused at your tasks. A clutter-free environment begets clutter-free thought process.
- ❖ **Schedule your time:** Scheduling your tasks is not only recording what you have to do, but also about making a time commitment to the things that you want to do. It is also important that you allot time for high priority activities first and protect these slots from distractions and interruptions. Scheduling your time also allows you to capitalize on the loss time, such as waiting or commuting time. We can use such time to schedule small tasks like reading the news, listening to educational audiotapes etc. Do remember to devote some time in your schedules for creative activities of your interest.
- ❖ **Delegate tasks to others:** Sometimes it may not be possible for you to complete all tasks by yourself on time. In such a scenario, you can ‘delegate’ i.e., assign responsibility of a task to somebody else, to free up certain time for tasks that require your expertise. It begins by identifying tasks that others can do on your behalf and finding the appropriate person(s) to do them.
- ❖ **Stop Procrastinating:** Procrastination is the act or habit of putting or delaying important tasks at hand. This is truer for tasks that seem overwhelming, boring or unpleasant. The best way to overcome procrastination is by breaking down the tasks into smaller segments that require less time commitment. This is likely to help in breaking the monotony of the task and achieve more specific and realistic deadlines. In addition, rewarding yourself on completion of each small segment is likely to maintain the motivation to complete the whole task.
- ❖ **Manage distractions:** It is likely at times that your day doesn’t go as you had scheduled due to certain external factors, like – phone calls, unexpected visitors, family obligations etc. Therefore, it’s important to allot a slot in your schedule to deal with such unexpected distractions. Moreover, it is important to be assertive, and politely deny not so urgent requests.
- ❖ **Avoid Multi-tasking:** Contrary to the popular belief, multi-tasking actually does not save time. In fact, frequent switching from one task to the other leads to extra time without us realizing it. Researches also indicate that routine multi-tasking may lead to difficulty in concentration and maintaining focus.
- ❖ **Stay healthy:** Time management also requires you to care and attend to your own physical and psychological needs. Scheduling time to relax, engaging in hobbies or occasionally doing absolutely nothing, can help to rejuvenate your mind and body, enabling you to accomplish tasks more quickly and easily.

We all have 24 hours in a day, and utilizing them wisely in a balanced manner sets the tone for a healthy being. Think or plan less and act more!

*‘Take care of the minutes and the hours will take care of themselves.’*

*Lord Chesterfield*



## Could ginger ease lupus symptoms?

A recent study in rodents suggests that ginger might help treat people with lupus and those vulnerable to forming dangerous blood clots. Researchers at *Michigan Medicine* in Ann Arbor recently looked at whether ginger might help reduce symptoms of lupus. Specifically, they investigated the main bioactive compound of ginger root: 6-gingerol. They published their findings in *JCI Insight*.

The authors of the study set out to “determine the extent to which ginger-derived compounds might function as a natural suppressor of aberrant neutrophil hyperactivity.” To investigate, the scientists assessed the effects of 6-gingerol on mice with lupus. They also included mice with antiphospholipid syndrome (APS), which is often associated with lupus. APS is an autoimmune disease that causes blood clots to form in the body’s blood vessels.

The team found that, in both groups of mice, 6-gingerol prevented the release of neutrophil extracellular traps. Lead author Ramadan Ali, Ph.D., explains: “Neutrophil extracellular traps, or NETs, come from white blood cells called neutrophils. These sticky spiderweb-like structures are formed when autoantibodies interact with receptors on the neutrophil’s surface.” NETs drive lupus and boost the formation of blood clots. Alongside the reduction of NETs, 6-gingerol also produced a drop in blood clot formation. It also seemed to inhibit phosphodiesterases, which are neutrophil enzymes. This inhibition led to a reduction in neutrophil activation.

**The findings suggest that the ginger compound’s anti-inflammatory activity directly affects autoantibodies related to illnesses such as lupus and APS.**

**This study is the first to demonstrate a protective role for ginger-derived compounds in the context of lupus and importantly provides a potential mechanism for these effects via phosphodiesterase inhibition and attenuation of neutrophil hyperactivity.**

# Latest at AKGsOVIHAMS

- **WEBINAR ALERT** – International Forum for Promoting Homoeopathy (IFPH) has invited Prof.Dr.A.K.Gupta to give a presentation on Motor Neuron Disease and Homoeopathy. Attend the conference here – <https://us02web.zoom.us/j/7130600186?pwd=eE43V3d2ZHIJQjN4RWwrMzVVQXJ2Zz09>

Date – 2<sup>nd</sup> Feb. 2021

Time – 8:30pm IST

Meeting ID – 713 060 0186

Passcode - 123456

- **Founder-Director of AKGsOVIHAMS, Prof.Dr.A.K.Gupta was recently appointed as an *Honorary Advisor of the International Institute of Lifestyle Management* in recognition of his expertise in the field of **Lifestyle Medicine****



**Mrs. Iyer from Delhi asks – *I have a recurrent nose bleeding. Can it be cured?***

**Prof.Dr.A.K.Gupta replies –** Recurrent nose bleeding or Epistaxis can be due to a few reasons. Hypertension is one of the very important underlying causes of recurrent nosebleeds. In such cases usually it is the only symptom. On other times, an allergic patient can develop a recurrent epistaxis or some children esp. have the habit of picking and digging their nose every now and then and in turn they end up inuring the anterior wall of the nasal cavity which is extremely thin and has a lot of arteries leading to nose bleeds. So, depending upon the causative factor a recurrent nose bleeding trouble is definitely curable with Homoeopathy.

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

# Tips for Health & Wellness

VITAMIN	WHAT WE USE IT FOR	GOOD SOURCES
<b>A</b>	For healthy vision, skin, bones, teeth & reproduction	Liver, Eggs, Fish, Milk, Carrots, Sweet Potato, Pumpkin, Spinach
<b>B1</b> THIAMIN	Helps convert food into energy and is critical for nerve function	Pork, Soy, Watermelon, Tomato, Spinach
<b>B2</b> RIBOFLAVIN	Helps convert food into energy and supports healthy skin, hair, blood & brain	Dairy, Meat, Green Leafy Veggies, Enriched Wheat, Oysters
<b>B3</b> NIACIN	Helps convert food into energy and is essential for healthy nervous system	Beef, Chicken, Shrimp, Avocado, Peanuts, Tomato, Spinach
<b>B6</b> PYRIDOXINE	Helps make red blood cells and improves sleep, appetite & mood	Chicken, Tofu, Banana, Watermelon, Fish, Legumes
<b>B7</b> BIOTIN	Helps convert food to energy & break down glucose	Whole Grains, Eggs, Almonds, Soybeans, Fish
<b>B9</b> FOLATE	Vital for new cell creation and DNA synthesis	Legumes, Spinach, Leafy Greens, Chickpeas, Tomato, Asparagus
<b>B12</b>	Breaks down fatty acids & amino acids, helps make red blood cells	Dairy, Beef, Pork, Poultry, Fish, Eggs
<b>C</b>	Acts as an antioxidant, helps make new cells, & improves immune system	Fruit & Fruit Juices, Pepper, Broccoli, Tomato, Spinach
<b>D</b>	Strengthens and helps form bones & teeth via calcium & phosphorus	Egg Yolk, Fatty Fish, Liver, Sunlight
<b>E</b>	Acts as an antioxidant, helps stabilize cell membranes	Nuts, Avocado, Tofu, Whole Grains, Seeds
<b>K</b>	Essential for blood clotting and helping to regulate blood calcium	Broccoli, Brussels Sprouts, Liver, Leafy Greens

@dr\_mayur\_jain

@cheatdaydesign

## PATIENTS' FEEDBACK

It is very important that every patient should have faith in the type of medicine he/she is taking and more importantly one should have faith in the treating doctor. Dr. A. K. Gupta has been associated for last 20 years with our family.

After no improvement in my father's Prostate problem (BPH) from allopathy and even renowned Delhi's Padma Shri Awardee Homoeopathic Doctor, we consulted Dr. A. K. Gupta and since Oct.2019 when his treatment started, a lot of many minor symptoms subsided along with the original complaint.

My father continues to take his Homoeopathic medicines for old age problems and as family we will continue to remain in touch with Dr. A. K. Gupta for the rest of our lives. We would advise everyone to try him at least once in order to get well soon rather than consulting different doctors, thereby losing precious time. We wish Dr. Gupta and his family long life and happiness.

- Col. Rajvir Singh, Greater Noida



PSORIASIS



NON-HEALING DIABETIC WOUND



ALOPECIA AREATA



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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