



AKGs

Homoeopathy Ensures Health Safely

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OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure & Care with Wellness



Mind the MIND

MONTHLY NEWS LETTER

Recently Prof.Dr.A.K.Gupta and Dr. Sanket Gupta of AKGsOVIHAMS were invited for a webinar on COVID-19 and Homoeopathy by Makhanlal Chaturvedi University, Bhopal. The session was extremely well received and both the doctors answered various queries of the viewers. Watch here - <https://youtu.be/IPTDeZAvtpk>

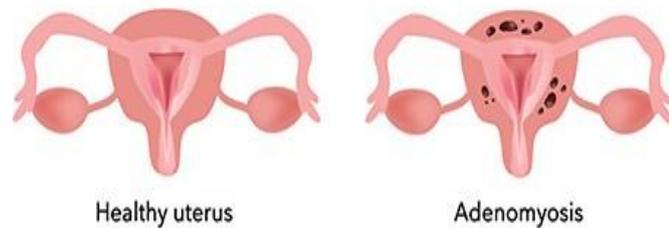
Clinical Psychologist Kaartik Gupta was invited by Safetree Insurance for another interactive session on COVID-19 and its impact on Mental Health. Watch - <https://youtu.be/Y94Irt0GAHo>

The topic of discussion in this issue is **Adenomyosis**. Let us learn all about this gynaecological disease and how Homoeopathy can help in dealing with it.

Clinical Psychologist **Dharitri Dutta Gupta** will continue the discussion about **Health Anxiety** in the section Mind the MIND.



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



Healthy uterus

Adenomyosis

ADENOMYOSIS

INTRODUCTION

- Adenomyosis is a condition in which the inner lining of the uterus (the endometrium) breaks through the muscle wall of the uterus (the myometrium). The displaced tissue continues to act normally — thickening, breaking down and bleeding — during each menstrual cycle.

ETIOLOGY / CAUSES

- Uterine incisions made during an operation such as a C-section, Fibroid removal etc. might promote the direct invasion of the endometrial cells into the wall of the uterus
- Other experts suspect that endometrial tissue is deposited in the uterine muscle when the uterus is first formed in the foetus
- Uterine inflammation related to childbirth
- Recent theory proposes that bone marrow stem cells might invade the uterine muscle
- Middle age
- Low Estrogen levels

SIGNS & SYMPTOMS

- Bulky uterus
- Heavy, prolonged menstrual bleeding
- Severe menstrual cramps
- Abdominal pressure and bloating
- Anaemia
- Lot of weakness
- Accompanied urinary tract infection in some cases
- Weight gain
- Anaemia

INVESTIGATIONS

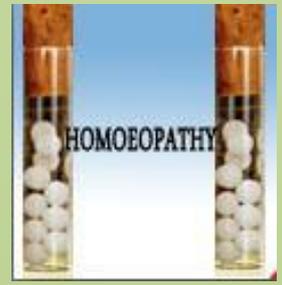
- Clinical Physical examination
- USG of the Pelvis
- MRI of the uterus
- Hormonal Analysis

WHAT YOU CAN DO

- Hot fomentation over the abdomen helps in relieving the pain
- Avoid doing strenuous physical work
- Maintain a healthy lifestyle
- Avoid taking too many painkillers



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ADENOMYOSIS IS CURABLE WITH HOMOEOPATHY

Adenomyosis is being seen very commonly these days in females ranging from 30 to 40yrs of age. It can be a very troublesome condition for the lady as persistent and painful menstrual flow causes a havoc in the daily life of the patient. As mentioned above, there are no sure shot reasons for the development of Adenomyosis in a uterus, but there can be a certain risk factors for sure. One very important factor apart from the ones mentioned above that can lead up to adenomyosis is persistent and chronic stress. This stress can be at physical or mental level or both. For example, the working females at times find it difficult to strike a balance between their personal and professional life and end up being tormented in terms of health.

The condition does not have much of a treatment in the Allopathic system of medicine. Usually, hormonal therapy is sort for but it is often unsuccessful and eventually the Gynaecologist advises for Hysterectomy (Removal of Uterus). Now, this is one surgery that is not only avoidable but can have a lot of repercussions later on. Most of the women who get hysterectomy done under these circumstances suffer in some way or the other later on in their lives. Like Arthritis, Hormonal imbalances etc.

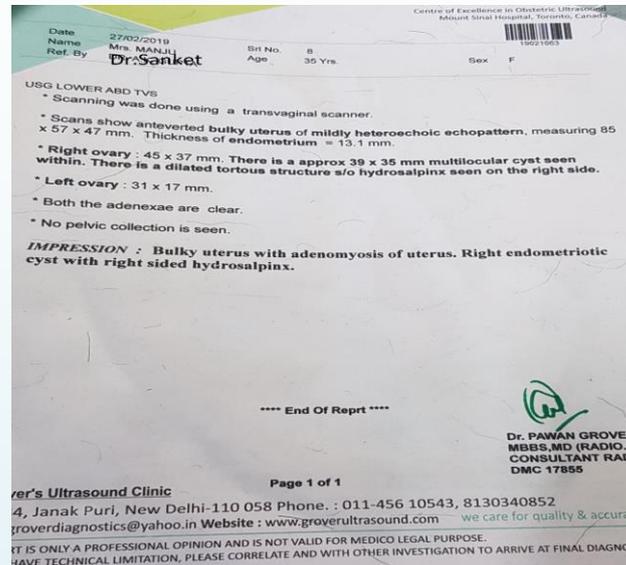
Homoeopathy, on the other hand has a very full proof and permanent cure for this malady. There is absolutely no need for the surgical removal of the uterus. The treatment is symptomatic to begin with and curative to end with. The idea is to firstly normalize the menstrual cycle so as to reduce the pain and persistent and continuous menstrual bleeding. Once that is achieved, over a period of time the uterus starts healing from within and the patient is completely cured.

We at AKGsOVIHAMS have been able to help and cure a lot of ladies from this troublesome disease and saved them from going under the scalpel. No only this, it even prevents the possible bone depletion and other side effects of a Hysterectomy.

MARVEL OF HOMOEOPATHY

Mrs. M from New Delhi complained of Irregular and extremely painful periods with profound weakness and low-grade fever. She had pain in her lower abdomen, back and legs. Lot of acidity and body aches in general.

Patient was advised to go for a Trans-vaginal USG. The report dated 27th Feb. 2019 is –

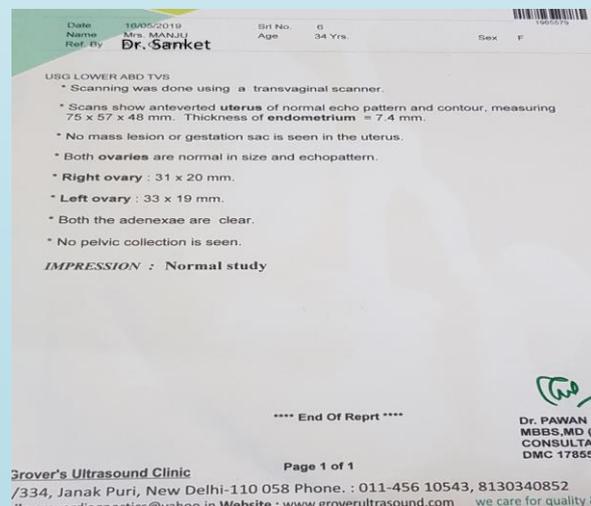


After seeing this report, she consulted her Gynaecologist who advised her surgical intervention. They did not want to go for it and went to Dr. Sanket at our Moti Bagh clinic and he reassured them that this case, though difficult, but can be treated well with Homoeopathy.

Homoeopathic treatment was then started. She was prescribed Apis Mel 30.

Gradually she started improving symptomatically. The low-grade fever that she was having for about 2 months was now gone and she was feeling much energetic in general over a period of time. She started having her periods on time and the pain during periods was much reduced and bearable. The flow was also better. There were no such body aches as well.

She was asked to go for a follow-up TVS. The USG dated 16th May 2019 is as follows –



The patient is absolutely cured now and she and her family thank Homoeopathy and Dr. Sanket Gupta for the wonderful life changing experience and that too in such a short span of time.



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



MIND the MIND



Health Anxiety

In our last edition, we had discussed about Health Anxiety or Illness Anxiety. Although this illness has been there for many years, the prevailing pandemic has led to a significant rise in the prevalence of this condition. Over-exposure to information, dramatic presentation of events in media, and the widespread infodemic has just blown things out of proportion. Health Anxiety is not just limited to COVID, it can be with regard to any other condition or illness as well.

As discussed in the last edition, Health Anxiety, formerly called Hypochondria is characterized by excessive worry and obsessions related to a perceived threat to one's health. People with pathological health anxiety have excessive fear of getting, or having a disease. They constantly monitor their health and frequently check the vital signs/parameters. Every symptom, no matter how small, is given disproportionate importance. They are hypersensitive to any bodily changes or sensations, and often misinterpret them as being dangerous, if they find any. Health anxiety leads to continuous vigilance often associated with checking of the body, repeated requests for reassurance, and browsing on social media, followed by the vicious cycle of increased anxiety, greater symptomatology and more misinterpretation. It leads to a sense of complete desperation as the individual's personal, social and occupational functioning are significantly hampered.

Regardless of how helpless it seems; Health Anxiety is a treatable condition. Through Psychotherapy, Counselling and medications in some cases, the individual can lead an absolutely normal and productive life despite having this condition. Here are a few techniques and tips which can be used to deal with COVID induced Health anxiety:

- **Know you are not alone:** Understanding that you not alone in this difficult time and sharing your overwhelming emotions with close ones will give you a sense of comfort. It is important to remember that there is no shame or judgment around if you are experiencing anxiety. These are difficult times and we all are in this together.
- **Stay away from 'Dr. Google':** Internet is flooded with information, but most of it is inauthentic and not reliable. Limit your reliance and need to feed yourself with unnecessary information. It is doing you more harm than good. "Self-diagnosing" or "Self-medicating" are probably the worst ways to deal with such things. Face the situation, as avoidance only provides temporary relief and worsens it in the long-run.
- **Limit your exposure to Media:** The sensational reporting in media about the failed healthcare system, deaths, cremations is very likely to trigger and worsen your anxiety. We already know what we ought to know. Staying away from these negativities is very important for our mental health.
- **Effective Coping Strategies:** Engaging in your hobbies, positive and productive activities like yoga, meditation, cooking, gardening, painting, playing indoor games, reading, photography, connecting with friends and family, solving riddles/Sudoku/puzzles, etc. ensures you are in a healthy state of mind and thus better equipped to deal with problems. Learning new skills keeps the brain active and boosts self-esteem.
- **Set Goals and go at your own pace:** Acknowledge your uniqueness and set your personal achievable goals. It's okay to go slow. A 'START' is more important. Achieving small goals regularly is huge boost to one's mental health. Moving forward matters, the pace doesn't.
- **Attitude of Gratitude:** Thinking about the worst might seem natural, but our Mind is very flexible and can be trained to look at things differently. Developing an attitude of gratitude, counting your blessings and being thankful for the small things in life has been proven to promote mental health and resilience.
- **Seek professional help:** If you feel your anxiety has started impacting your functioning, please seek professional help. There are well established strategies in Psychotherapy and Counselling to manage Health Anxiety. Cognitive-Behaviour Therapy (CBT) is one such evidence-based therapy.
- **Be patient:** Upon consulting a professional, stick to that one particular professional for an adequate time period and try to trust him/her and the process. Doctor-shopping or going for second/third opinion is only going to worsen the condition.



Scientists learn what fuels the 'natural killers' of the immune system

Part of our innate immune system, which dispatches these first responders, NK cells are primed from birth to recognize and respond to danger. Natural killer (NK) cells are your allies when it comes to fighting infections and cancer. If T cells are like a team of specialist doctors in an emergency room, NK cells are the paramedics: They arrive first on the scene and perform damage control until reinforcements arrive.

Because Dr. Sun and his colleagues studied NK cells in animals instead of a dish, they could establish what type of metabolism NK cells use and compare it to T cells in a natural setting. They found that NK cells ramp up aerobic glycolysis about five days prior to when T cells respond with their own glycolytic surge.

The findings are relevant to ongoing efforts to use NK cells as immunotherapy in people with cancer and other conditions. In particular, they have implications for using NK cells as a form of cell therapy -- when cells are grown outside a patient and then infused back into the patient's blood.

The takeaway for researchers designing clinical trials is this: They must find a balance between encouraging NK cells to multiply and preserving their stamina. These NK cells are the paramedics of our immune system, so it's important to keep them speedy and responsive.

The findings were reported June 1, 2021, in the journal *Cell Reports*. This research was supported by the Cancer Research Institute, the NCI Cancer Center Support Grant (P30CA08748), Cycle for Survival, the Ludwig Center for Cancer Immunotherapy, the American Cancer Society, the Burroughs Wellcome Fund, and the NIH.

Latest at AKGsoVIHAMS

- Watch here a special talk on **Detoxification, Ankylosing Spondylitis, Ulcerative colitis, Liver Cirrhosis and Homoeopathy with Prof.Dr.A.K.Gupta and CAAS India** <https://youtu.be/hpRLuZYQQJ8>
- **PREVENTIVE MEDICINE available at all branches of AKGsoVIHAMS for COVID-19. Homoeopathic Prophylaxis is extremely reliable, safe and effective even for children and pregnant ladies.**



Mr. Dugar from New Delhi asks – *How do I speak to my son about the changes he would experience as he has just hit puberty?*

Cl. Psy. Kaartik Gupta replies – Puberty leads to a lot of changes at physical, hormonal, psychological and emotional level for both boys and girls. Glad to know that you are willing to have this seemingly awkward but very important conversation with your son. Try to keep it light and simple. Gauge what he already knows about it, as he would already have some idea through internet or friends. At this age, it is more about correcting the information that they already have and sensitising them about hormonal changes, body image concerns, sex, masturbation, importance of mutual respect and consent in relationships.

Send your Queries at - feedback@oviham.com

Tips for Health & Wellness



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 some time 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 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.

- Soumya Verma



BLACK EYE

ACNE VULGARIS

RINGWORM

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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