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**AKGs***Homoeopathy Ensures Health Safely***OV HAMS**

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

Homoeo-Psycho Cure &amp; Care with Wellness

Mind the **MIND**

## MONTHLY NEWS LETTER





**AKGs** *Homoeopathy Ensures Health Safely*

**OV HAMS**

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure & Care with Wellness




ओम – विद्या चैरिटेबल होम्योपैथिक ओपीडी

सुबह 10 बजे से 11 बजे तक

AKGsOVIHAMS मेडिकल सेंटर

होमियो-साइको इलाज और देखभाल वेलनेस के साथ

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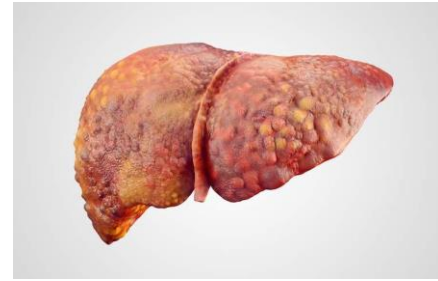
प्रो. डॉ ए.के. गुप्ता (एम डी) डॉ संकेत गुप्ता (एम डी) डॉ प्रवीन,

कार्तिक गुप्ता (एम. फिल) धरित्री (एम.फिल)

**8<sup>TH</sup> August, on the 22<sup>nd</sup> anniversary of AKGsOVIHAMS, OM-VIDYA Charitable OPD now fully functional everyday from 10am to 11am at our Pitam Pura branch where patients can avail services in the field of Homoeopathy and Psychology at bare minimum cost**

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

Clinical Psychologist **Dharitri Dutta Gupta** continues her talk about **Body Shaming** in the section Mind the MIND.



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

# LIVER CIRRHOSIS

## INTRODUCTION

Cirrhosis is a late stage of scarring (fibrosis) of the liver caused by many forms of liver diseases and conditions. Each time the liver is injured, it tries to repair itself. In the process, scar tissue forms. As cirrhosis progresses, more and more scar tissue forms, making it difficult for the liver to function.

## ETIOLOGY / CAUSES

- Chronic alcohol abuse
- Chronic viral hepatitis
- Non-alcoholic fatty liver disease
- Iron build-up in the body
- Cystic fibrosis
- Copper accumulated in the liver
- Poorly formed bile ducts
- Inherited disorders of sugar metabolism
- Genetic digestive disorder
- Autoimmune hepatitis
- Destruction of the bile ducts
- Hardening and scarring of the bile ducts
- Certain Medications

## SIGNS & SYMPTOMS

- Fatigue
- Easily bleeding or bruising
- Loss of appetite
- Nausea
- Swelling in legs, feet or ankles
- Weight loss
- Itchy skin
- Jaundice
- Fluid accumulation in abdomen
- Spiderlike blood vessels on skin
- For women, absence or loss of periods
- For men, loss of sex drive, breast enlargement or testicular atrophy

## WHAT YOU CAN DO

- Do not drink alcohol
- Eat a healthy diet preferably vegetarian and maintain a healthy weight
- Reduce risk of hepatitis

## INVESTIGATIONS

- Liver Function Test
- USG / CT Scan/ MRI of the whole abdomen
- Fibroscan



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# EARLY HOMOEOPATHIC INTERVENTION CAN SAVE THE LIVER

Liver cirrhosis is one of those diseases that if detected early and not ignored, then there is a chance of complete cure. Liver is one of the most important organs of the body and has regenerative powers. It is the centre of metabolism of a human body and a healthy liver goes a long way in having a healthy body ultimately. As discussed above, Liver scarring (or cirrhosis) can be due to several reasons but one of the commonest reasons is alcohol intake. Needless to say, what needs to be done in that aspect by the patient. But the real challenge is treating the Non-Alcoholic Liver Cirrhosis. This condition can usually go unnoticed in the initial stages as very seldom patient experiences any alarming signs.

Be it Alcoholic Liver Cirrhosis or Non-Alcoholic Liver Cirrhosis, early diagnosis and treatment is the key! In case of Alcoholic Liver Cirrhosis, usually the cirrhosis is preceded by a state of 'Fatty Liver' which is a very common finding in a lot of patients these days and they end up ignoring it as if that means nothing and needs no attention. Actually, if the fatty liver is treated well and early with Homoeopathic medicines and the lifestyle modification, there is absolutely no chance that this particular liver would become cirrhotic in future. Constitutional Homoeopathic medicines along with liver based specific medicines have the potent power to completely reverse the steatosis (fatty liver) even if it is grade III! By this stage usually mild to moderate cirrhosis develops in the liver, but this can definitely be cured. But if it is neglected and allowed to aggravate then more often than not the pathology worsens and might require liver transplant due to hepatic failure.

Similarly, in cases of Chronic Hepatitis which can cause Non-Alcoholic Liver Cirrhosis, it can be easily detected early and treated well with Homoeopathic medicines. Other times, the treatment always depends on the cause of the Liver Cirrhosis. Like in genetic metabolic disorders, it is usually the palliative treatment that is done to delay the eventual surgery. But in cirrhosis which is drug induced, Homoeopathic medicines if given at the right time can completely recover the damaged liver.

Some of the useful Homoeopathic medicines for Liver Cirrhosis are – *Lycopodium*, *Nux Vomica*, *Chelidonium Majus*, *Leptandra Indica*, *Carduus Mar.*, *Calcarea Carb*, *Thuja*, *Sepia*, etc.

# MARVEL OF HOMOEOPATHY

This is a case of a 54yr old female from Lucknow who was referred to Prof.Dr.A.K.Gupta by a relative of hers in May 2015 at our Rajouri Garden branch. The patient was already diagnosed with Liver Cirrhosis in 2012 which had gradually worsened over a period of time. She presented with Ascites (collection of fluid in the abdomen), bleeding in vomiting at times due to portal hypertension and splenomegaly (enlarged spleen). She was a diabetic since 1999 and was on heavy allopathic medications thus far to sustain with. She complained of complete loss of appetite, vomiting of blood on occasions, nausea, abdominal pain with swelling in the abdomen and feet. She was diagnosed with Cryptogenic Chronic Liver Disease and this was an acute exacerbation of the malady.

The patient was under lot of distress and discomfort and seeing the scenario, Dr. Gupta started with an aggressive Homoeopathic treatment with an aim to control the prevalent inflammatory process. With in the first 15 days of the treatment, the abdominal swelling reduced to almost 60%. The swelling in the feet was gone and she could eat now on her own though still very light food as advised by the doctor. The nausea and vomiting of blood had also reduced considerably.

This was a chronic disease now back to its latency with acute stage being managed well with Homoeopathy. The family and the patient were thrilled at the quick and effective response of Homoeopathic medicines in such a critical scenario and they sort to continue with the proper Homoeopathic treatment now over a longer period of time to manage her case in a much more complete manner.

They took the Homoeopathic treatment from Dr. Gupta for few months and fortunately all her parameters started coming to normal levels or near normal levels gradually over a period of time. The spleen was back to its original size in the next Ultrasound done at a gap of two-and-a-half months. The same report also showed marked improvement in the echogenicity of the Liver and the liver looked much healthier and active than the last scan.

Patient's response to the treatment was very nice and she did not require any tapping to be done further on (Tapping is a process of taking out excess fluid from the body). Being from another state, she could not continue the treatment for very long but she continued with her lifestyle modifications as guided by the doctor.

The whole family now is a staunch believer in Homoeopathy and thank Dr. Gupta and AKGsOVIHAMS for the wonderful and life changing treatment.

The medicines used during the treatment at various stages were – *Staphysgaria*, *Carcinocin*, *Arsenic Album*, *Apis Mel.*, *Chelidonium*, *Ipecac*, *Nux Vomica*, *Dioscorea*, *Lycopodium*, *Natrum Mur.*, etc.





THANK YOU BODY



# MIND the MIND

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

## Developing Body-Positivity

In an age where media and social media has taken a huge space in our lives, there is a strong emphasis on “idealised beauty” on platforms such as Instagram, magazines and television. Glorification and glamorisation of “The Perfect shape and Body”, has made people, especially the young generation to become extremely critical of their own bodies and have succumbed to the pressure of living up to somewhat unrealistic standards of beauty, so much so that their self-worth and success is evaluated on the basis of how they look.

Body shaming is a universal phenomenon. Almost every day, we come across advertisements, videos, articles, blogs offering tips about how to lose weight 'in days', appear slimmer 'instantly', become ‘fair complexioned’ and hide our 'imperfections', without actually knowing anything about us. The commercial world is hell bent on making us feel insecure, insufficient, inadequate and less desirable until we look a certain way. Movies and Sitcoms often use overweight characters’ bodies as the basis of many of the show’s jokes. It’s not always ‘others’, but also the family members and friends who make comments on one’s appearance. They might be well-intentioned, but cause hurt nevertheless. Body Shaming is everywhere and hence the high percentage of people expressing dissatisfaction about how they look. Therefore, in this edition of Mind the MIND, let’s try to embrace ourselves as we are and learn to develop a healthier relationship with our Body.

1. **Love yourself for who you are, not for how you look.** We are much more than how we look. Sure, appearance is important, but what truly defines you is your inner beauty. Start appreciating your talents, skills, achievements and commitments. Look within and realize the gifts and potentials that you are born with or have achieved, and drive your energy towards enhancing who you are as a Person.
2. **Use self-affirmations.** A change in the way we talk to ourselves can come a long way. Make an effort to not self-bully, or berate yourself over how you look. Rather, say positives about yourself and your body. It may feel difficult and silly in the beginning, but slowly and surely you would have a better acceptance of your body.
3. **Block toxic people from your life.** It may not be easy to cut off from people who often make a comment on your looks, but it’s important to let them know how their comments have made you feel. At times, the other person may not realize how their comments have hurt you. However, if they continue to do so and put you down with body shaming, it’s best to cut these people from your life. Similarly, un-follow those pages and accounts in social media that makes you feel bad about yourself.
4. **Speak up when others are targeted.** Sometimes, speaking up for someone else comes easier than taking on your own bully. If you see someone posting/passing comments that indicates body-shaming, call them out, report them if necessary and express your support to the victim. If you feel very strongly about body shaming, raise your voice to help others by advocating for body positivity. It would indeed be a boost to your self-confidence as well as encourage others to do the same.
5. **Surround yourself with Positivity.** Social media does not necessarily have to be a negative experience for you going forward. Try looking for pages that make you feel good about yourself and how you relate with your body. Curating social media feeds with more body positive contents, would help you feel more accepting of your own body. There is a whole lot of good and positive content even on social media, you just need to look in the right place.
6. **Understand photo-shop does exist.** The moment you feel dissatisfied while comparing yourself with a celebrity/ model’s “Perfect Body”, always remind yourself that they are surrounded with stylists, fitness coaches, nutritionists, photo-editing apps, and sheer expertise of technicians, whose only task is to make them look beyond perfect.
7. **Exercise no matter what.** Exercising or indulging in a physical activity releases the happy hormones in your body called endorphins. This, in turn, can uplift your mood and make you feel good about yourself.
8. **Body-positivity is not equivalent to being “unhealthy”.** While it is important to love yourself and your body, it is equally important to make sure that your body type (ex.- obesity), is not a risk to your health. Take care of your physical and emotional health, while continuing to love your body. Balanced diet and regular meals are a must.

Considering the amount of capital invested in the global cosmetic and glamour industry, attempts at body shaming are not going anywhere anytime soon. Therefore, always remember that someone judging you for how you look does not say anything about you, but says a lot about them. Love and respect yourself for who you are as a person, and do what is best for your physical and mental well-being.

“Feeling beautiful has nothing to do with what you look like.”

- Emma Watson



## Our genes shape our gut bacteria, new research shows

Our gut microbiome -- the ever-changing "rainforest" of bacteria living in our intestines -- is primarily affected by our lifestyle, including what we eat or the medications we take, most studies show. But a *University of Notre Dame* study has found a much greater genetic component at play than was once known.

In the study, published recently in *Science*, researchers discovered that most bacteria in the gut microbiome are heritable after looking at more than 16,000 gut microbiome profiles collected over 14 years from a long-studied population of baboons in Kenya's Amboseli National Park. However, this heritability changes over time, across seasons and with age. The team also found that several of the microbiome traits heritable in baboons are also heritable in humans.

In their study, the researchers used fecal samples from 585 wild Amboseli baboons, typically with more than 20 samples per animal. Microbiome profiles from the samples showed variations in the baboons' diets between wet and dry seasons. Collected samples included detailed information about the host, including known descendants, data on environmental conditions, social behavior, demography and group-level diet at the time of collection.

**The research team found that 97 percent of microbiome traits, including overall diversity and the abundance of individual microbes, were significantly heritable.**

Microbiome heritability was typically 48 percent higher in the dry season than in the wet, which may be explained by the baboons' more diverse diet during the rainy season. Heritability also increased with age, according to the study.

Knowing that genes in the gut microbiome are heritable opens the door to identifying microbes in the future that are shaped by genetics. In the future, therapies could be tailored for people based on the genetic makeup of their gut microbiome.

The Amboseli Baboon Project, started in 1971, is one of the longest-running studies of wild primates in the world. Focused on the savannah baboon, the project is located in the Amboseli ecosystem of East Africa, north of Mount Kilimanjaro.

# Latest at AKGsOVIHAMS

- Watch here special talks on Rain-Borne Diseases this Monsoon season by Prof. Dr. A. K. Gupta, Founder-Director AKGsOVIHAMS - <https://youtu.be/pIsye82O3x8> and <https://youtu.be/vtoj5AqIz4c>

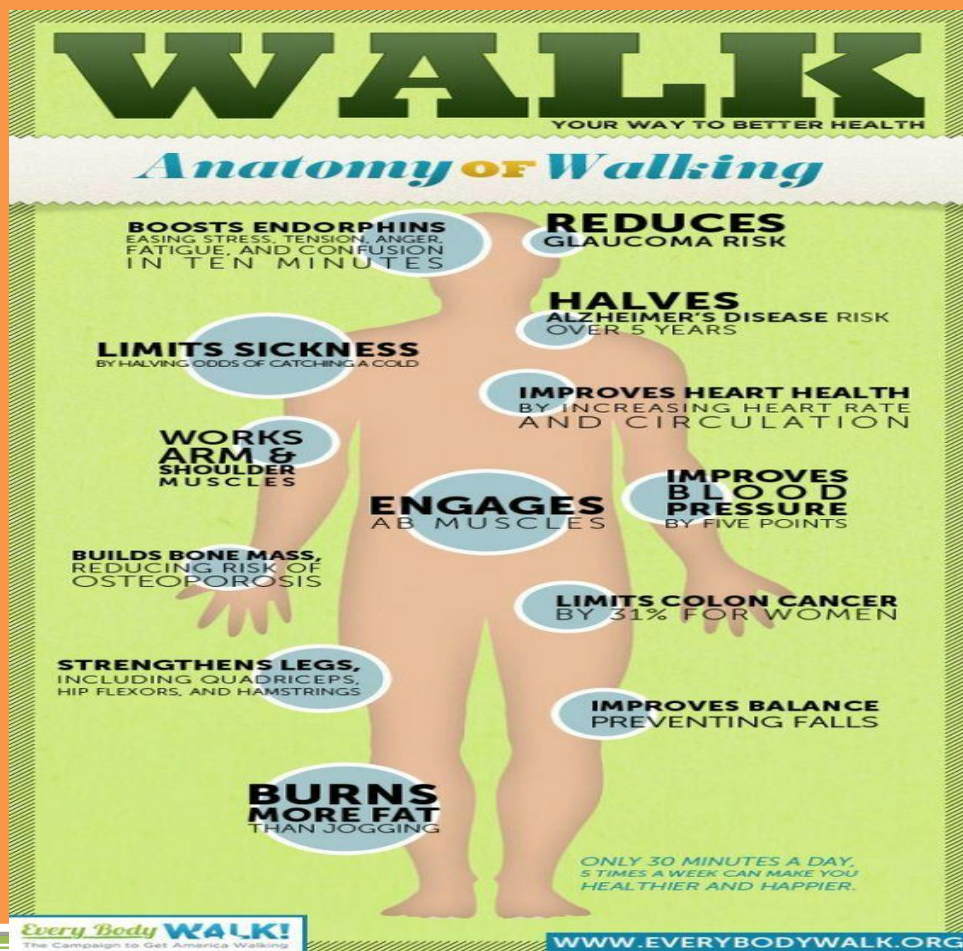


**Mrs. Garg from Indore asks –** *I am facing lot of difficulty in sleeping off late. I don't feel like doing the works which always interested me. I don't know what to do? Am I suffering from Depression?*

**Cl. Psy. Dharitri Dutta replies –** Depression is a mental health condition most prominently marked by low mood, fatigue and reduced ability to experience pleasure for a considerable period of time. Difficulty in sleeping can be an associated symptom of depression along with reduced concentration, weight loss, reduced/raised appetite, social withdrawal, etc. Feelings of failure, hopeless, helpless and repetitive negative thought patterns are most commonly observed too. If you feel that you are experiencing most of these symptoms persistently for sometime now, it would be good to get in touch with a mental health professional. However, if difficulty in sleeping is the prime concern, structuring your day with work, physical activities, recreational activities, interactions with family/friends and a healthy diet is likely to improve the quality of your sleep.

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

# Tips for Health & Wellness



## PATIENTS' FEEDBACK

My son is 8 years old and he has EBS – which is a rare Genetic Skin Disorder. Epidermolysis bullosa (EB) is the term used to describe a number of rare genetic conditions which cause the skin to blister and peel off in response to minimal friction and trauma. There is currently no cure, but research continues. There is still a long way to go but an effective treatment to prevent or reduce the blistering may ultimately be possible. Dowling Meara EB simplex itself cannot be treated, but there is much that parents and professionals can do to reduce the impact of the symptoms.

Since, September 2013 – Which THANK GOD, my husband just found a Video on YOUTUBE that shows the same case like my son has been Cured COMPLETELY by Dr. Sanket Gupta, MD (Hom) – Under his Homeopathic treatment.

I couldn't sleep that night...I called Dr. Sanket Gupta, and asked if he can help my son – He didn't even hesitate, and answered ABSOLUTELY – I Will 😊

Since that time, there is a lot of improvement in my son's condition, which is not a Miracle, as there is definite scientific methodology that Dr. Gupta follows with his Homoeopathic treatment. I can definitely say – Avi has much less blisters showing up, very less pain, no more constipation ...

As soon as I will be able to fly to Dr. Sanket Gupta in India, to get the full treatment for my son – I'LL DO THAT!!!

My HOPE is to see my son without any blisters one day!!!! I'll pray and Thank to God that I found about Doctor Sanket!!!! He is Our Hope!!! Thank you Dear Dr. Sanket, for saving people's Lives!!!!!!!!!!

- Irena Asor, Canada





**RECURRENT CHALAZION**

**WART**

**ECHHYMOSIS**

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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