



AKGs

Homoeopathy Ensures Health Safely

OVIHAMS

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

Homoeo-Psycho Cure &amp; Care with Wellness



Mind the MIND

## MONTHLY NEWS LETTER

### हृदय की देखभाल करने में होम्योपैथिक भी सक्षम है डॉ. ए. के. गुप्ता

**नई दिल्ली** न्यूज फोल्डर ॥ डॉक्टर ए के गुप्ता निर्देशक एकेजी ओवीहिम्स (ओम विद्या इंस्टिट्यूट ऑफ होम्योपैथी एंड एलाइड मेडिकल साइंसेज) ने कहा की आज के तनावपूर्ण समय में हृदय की बीमारियां काफी अधिक बढ़ रही है

हृदय रोग से होने वाले मृत्यु दर को कैसे कम किया जा सकता है इस बारे में बात करते हुए डॉ गुप्ता ने कहा कि सबसे आवश्यक है अपने जीवन शैली का सुधार जिस में खानपान रहन सहन और मानसिक तनाव को ध्यान में रखना बहुत आवश्यक है। आमतौर पर हृदय रोग से पीड़ित होने वाले मरीजों में जो लक्षण देखे जाते हैं वह इस प्रकार हैं जैसे चलने पर सांस फूलना हृदय की गति बढ़ना या छाती में दर्द घबराहट और कमजोरी महसूस होना यह आम लक्षण है।

हृदय रोग होने की संभावना डायबिटीज, ब्लड प्रेशर, मोटापा और अत्यधिक मानसिक तनाव वाले लोगों में होने की संभावना बढ़ जाती है। और जिन लोगों में कोलेस्ट्रॉल और लीवर की प्रॉब्लम होती हैं उनमें भी संभावना बढ़ जाती है और जो लोग धूम्रपान वह शराब का सेवन अधिक मात्रा में करते हैं वह भी हृदय रोग से जल्दी पीड़ित होने की श्रेणी में आते हैं। जिन लोगों को किडनी की प्रॉब्लम होती है उनके लिए भी यह एक मुश्किल वाला कारण बन सकता है।

हृदय या दिल शरीर का एक ऐसा महत्वपूर्ण अंग है जो बिना रुके जिंदगी भर काम करता है। इसलिए यह आवश्यक हो जाता है कि हम भी हृदय की देखभाल अच्छी तरह से करें।

आमतौर पर यह माना जाता है की अगर हृदय रोग हो गया तो व्यक्ति को

सर्जरी या शल्य चिकित्सा करानी आवश्यक है परंतु वास्तव में ऐसा नहीं है। हृदय रोगों की समस्या का उपचार होम्योपैथी में भी काफी हद तक संभव है।

हृदय रोग हार्ट अटैक में अक्सर यह पाया जाता है की हार्ट की धमनियां में ब्लॉकेज हो जाती है जिसकी वजह से हृदय को उपयुक्त मात्रा में ऑक्सीजन युक्त रक्त नहीं पहुंचता ऐसे समय में भी होम्योपैथिक की कुछ दवाएं काफी लाभकारी सिद्ध होती हैं और व्यक्ति अपने सभी लक्षणों में आराम महसूस करते हैं।

होम्योपैथिक दवाइयों से हृदय के छेद जैसी वैट्रिकुलर सेप्टल डिफेक्ट व हृदय के वॉल्व के डिफेक्ट्स में भी प्रभावकारी लाभ मिलता है।

<https://www.youtube.com/watch?v=dn2QyCOwUCQ>

होम्योपैथी और मनोवैज्ञानिक परामर्श व जीवन शैली में बदलाव से बहुत से मरीज हृदय रोग वाले हमारे सेंटर में लाभ पा चुके हैं। आज के युग में हर किसी को सीपीआर की ट्रेनिंग लेनी चाहिए क्योंकि सही समय में अगर एक हार्ट के पेजेंट को फर्स्ट एड के रूप में दी जाए तो काफी लोगों की जान बच सकती है।

दिल का दौरा या जिसे मेडिकल भाषा में मायोकार्डियल इंफार्क्शन भी कहा जाता है दिल को पर्याप्त मात्रा में ऑक्सीजन नहीं मिलती तो ऐसी स्थिति उत्पन्न होती है।

जीवन की घड़कन को ठीक बनाए रखने के लिए के लिए आहार में शाकाहारी भोजन अपनाएं, हरी सब्जी फलों का सेवन अधिक करें, धूम्रपान व मदिरा का सेवन न करें नियमित व्यायाम हर रोज कम से

कम आधा घंटा अवश्य रखें तनाव से दूर रहें मन की शांति के लिए योगा मेंडिटेशन करें और अपने सगे संबंधियों व मित्रों के साथ अच्छे संबंध बनाकर रखें और सकारात्मक सोच रखें ऐसे आप अपने हृदय की बलीभाति देखभाल कर सकते हैं और हृदय आपके लिए हमेशा बड़कता रह सकता है। अपने निकटतम अपने निकटतम रिश्तेदारों दोस्तों से मन की बात कर ले अपने मन को हल्का रखें अधिक अपेक्षा न रखें यह बात करते हुए डॉक्टर ए के गुप्ता ने हंसते हंसते हुए कहा की एक कहावत यह भी है कि अगर दिल खोला होता यारों से तो जरूरत ना पड़ती दिल खुलवाने की औजारों से।



डॉक्टर ए के गुप्ता

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

Clinical Psychologist **Dharitri Dutta Gupta** discusses about **Mental Health in Unequal World** in the section Mind the MIND.



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

# PEMPHIGUS VULGARIS

## INTRODUCTION

- A rare autoimmune disorder that involves blistering and erosion of the skin and mucous membranes.
- It occurs almost exclusively in middle-aged or older people.

## ETIOLOGY / CAUSES

- Certain medications that may cause this condition include:
  - Blood pressure medications called ACE inhibitors such as captopril
  - Chelating agents
  - Antibiotics such as cephalosporin
  - Pyrazolones
  - Nonsteroidal anti-inflammatory drugs (NSAIDs)
- Emotional stress, thermal burns, ultraviolet rays, and infections have also been reported as triggers
- Certain major histocompatibility complex class II molecules, in particular alleles of human leukocyte antigen (HLA) DR4, appear to increase susceptibility to this disease

## SIGNS & SYMPTOMS

- Blistering of mouth and oral cavity
- Blistering of the genital area and rest of the body especially chest, shoulders and back
- Oozing of discharge from the blisters which makes the area infected, itchy and painful
- Infection can spread to bloodstream (sepsis)
- Malnutrition, because painful mouth sores make it difficult to eat
- Can be fatal if left untreated

## WHAT YOU CAN DO

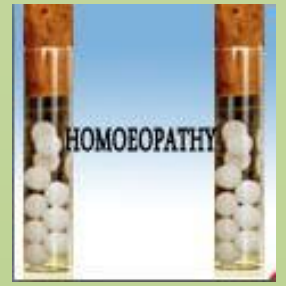
- Take soft-food diets which can be easily gulped
- Avoid spicy or acidic foods that may irritate the blisters
- Avoid too much sun exposure
- Wet dressings with Homoeopathic antiseptics

## INVESTIGATIONS

- Skin biopsy
- Complete hemogram
- Blood culture



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# **PEMPHIGUS VULGARIS IS CURABLE WITH HOMOEOPATHY**

It is an auto-immune disorder and here the immune system mistakenly produces antibodies against specific proteins in the skin and mucous membranes, known as desmogleins. These proteins form the glue that keeps skin cells attached and the skin intact. When desmogleins are attacked, skin cells separate from each other and fluid can collect between the layers of skin, forming blisters that do not heal. The condition is extremely troublesome and agonizing.

Usually under such conditions, the patients opt for Allopathic mode of treatment at first thinking that the ferocity of the disease can only be controlled by suppressing the blistering with the help of strong antibiotics and steroids. On the contrary, the fact is, if a patient opts for Homoeopathic mode of treatment from the very beginning, then not only the chances of complete cure increase, but also the ferocity of the dreadful disease in its acute exacerbation can be managed well with Acute Homoeopathic medicines.

Often, the patient is a cocktail of drugs and the disease is in a very complex state when it arrives at the doors of a Homoeopathic Doctor. In that case, the foremost importance is the management of the wounds of the already shrivelled skin which is blistering from all the orifices and mucous membranes of the body. We have found at our AKGsOVIHAMS clinics that dressing the wounds with very potent Homoeopathic antiseptics like Calendula and Echinacea mother tinctures can be extremely helpful in quicker healing of the wounds. Once the proper healing of the wounds is achieved, then it is aimed to make the outbreaks of blisters as minimal as possible by giving constitutional Homoeopathic treatment. This is a time taking process and one has to be patient to see the bright light of complete cure.

# MARVEL OF HOMOEOPATHY

A new born baby was brought to our AKGsOVIHAMS Moti Bagh branch in 2012. He was just 12 days old small boy named Jitender who was having thick scabs all over the body with peeling off skin.

The child was born absolutely normal but on the 9th day, there appeared a big vesicular eruption (bulla) on his left thigh. The fluid filled eruption burst open the next day and there was formation of thick yellow-coloured scabs. The skin started peeling off even on slightest touch. There was no discharge. There was no pain as the child was seemingly in no distress. He appeared slightly pale.

It was a full term normal vaginal delivery at home. The pregnancy was absolutely uneventful with no history of any medication by the mother.

Dr. Sanket Gupta examined him thoroughly and diagnosed this as a case of Epidermolysis Bullosa.

The baby boy was given prompt and apt Homoeopathic treatment with the help of which the child was absolutely cured off his malady within 1-2 months and hasn't reported any recurrence since then.

## Treatment Given –

- Sulphur 30/ 1 dose
- Calendula Q for external wash
- Causticum 30 & Hydrocotyle 30 once each in between for acute troubles

## **BEFORE**



## **AFTER**





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



# MIND the MIND

## Mental Health in an Unequal World

Every year, 10th October is observed as World Mental Health Day to sensitize the public as well as to create and spread awareness about the importance of mental health, and empower people against the prevailing stigma and discriminatory practices related to it in the society. Considering the large inequality in access to mental healthcare, for marginalized people, especially people living in poverty, the theme decided for this year's World Mental Health Day is "**Mental Health in an Unequal World**". Among all the health conditions in the world, mental health is an area which is frequently discussed but little understood, widely prevalent but strongly stigmatised, and often over-diagnosed but under-treated.

Today we live in an increasingly polarized world, where the wealthy ones are getting wealthier, and the condition of people living in poverty is further worsening. A large section of the population is continuously struggling with denial, discrimination and disparity, subsequently experiencing a range of negative emotions such as sadness, helplessness, hopelessness, fear, anger, hatred etc. which takes a huge toll on their mental health. According to the UN 2016 data, "nearly 800,000 persons die every year by suicide, and 79 per cent of global suicides occurred in low- and middle-income countries". However, the access to mental health services remains highly unequal, with 75%- 95% of people with mental disorders in low-middle income countries unable to access mental health services at all.

In India, according to the Global Burden of Diseases, Injuries, and Risk Factors Study (2017) about 20 crore people are having mental disorders. India accounts for one-fourth of deaths by suicide globally. The situation has further deteriorated with the COVID-19 Pandemic, leading to a further decline in mental health and well-being, and its impact is likely to linger on for many more years to come. Yet, mental health receives unequal priority from all quarters, policymakers, parents, teachers, at workplace, insurance companies, and even medical fraternity. There is a serious lack in the quality of care provided to people with mental health problems. Due to the lack of accessibility and availability of mental health care services in rural and remote areas of the country, nearly 80 per cent of those suffering from mental illness do not receive the treatment that they are entitled to and together with their families and carers continue to experience stigma and discrimination (National Mental Health Survey). On the other hand, growing awareness and higher access to mental health facilities in the higher income groups have complicated the diagnosis process. Unsolicited web search, self-diagnosis, simple life problems deemed as illness, overzealous consultations and needless medication are becoming far more common, attributing to over diagnosis.

This unfortunate inequality seen in our health care system needs to be addressed. Mental health and well-being are vital for a healthy and productive life. Our mental health requires and deserves as much attention as the rest of our body. Similarly, those living with mental illnesses require love and deserve to live as respectfully as any one of us. We all have a role to play to address these inequalities. With advancement in technology, we are in a better place than ever to reach out to a larger population, even in relatively remote areas. So let us all collectively do our bit to preserve and promote mental health, by being sensitive and empathetic towards others, sharing authentic information related to mental health and well-being, help create awareness regarding the importance of mental health, in order to bridge the gap of inequality as much as possible.

*'Mental illness is nothing to be ashamed of, but stigma and bias shame us all.'*

- Bill Clinton



## Sense of smell is our most rapid warning system

The ability to detect and react to the smell of a potential threat is a precondition of our and other mammals' survival. Using a novel technique, researchers at *Karolinska Institute in Sweden* have been able to study what happens in the brain when the central nervous system judges a smell to represent danger. The study, which is published in *PNAS*, indicates that negative smells associated with unpleasantness or unease are processed earlier than positive smells and trigger a physical avoidance response.

The olfactory organ takes up about five per cent of the human brain and enables us to distinguish between many million different smells. Odour signals reach the brain within 100 to 150 milliseconds after being inhaled through the nose.

Researchers at Karolinska Institute have now developed a method that for the first time has made it possible to measure signals from the human olfactory bulb, which processes smells and in turn can transmits signals to parts of the brain that control movement and avoidance behaviour.

Their results are based on three experiments in which participants were asked to rate their experience of six different smells, some positive, some negative, while the electrophysiological activity of the olfactory bulb when responding to each of the smells was measured.

"It was clear that the bulb reacts specifically and rapidly to negative smells and sends a direct signal to the motor cortex within about 300 ms," says the study's last author Johan Lundström, associate professor at the Department of Clinical Neuroscience, Karolinska Institute. "The signal causes the person to unconsciously lean back and away from the source of the smell."

**"The results suggest that our sense of smell is important to our ability to detect dangers in our vicinity, and much of this ability is more unconscious than our response to danger mediated by our senses of vision and hearing."**

The study was financed by the Knut and Alice Wallenberg Foundation, the National Institute on Deafness and Other Communication Disorders and the Swedish Research Council.

# Latest at AKGsoVIHAMS

- Watch here special talk on Spinal Diseases by Prof. Dr. A. K. Gupta, Founder-Director AKGsoVIHAMS <https://youtu.be/A9oL69oAKIY>
- **PREVENTIVE MEDICINE** available at all branches of AKGsoVIHAMS for COVID-19, DENGUE and FLU. Homoeopathic Prophylaxis is extremely reliable, safe and effective even for children and pregnant ladies. Watch here Prof.Dr.A.K.Gupta talking about Dengue and its management - <https://youtu.be/Hp77lK5Tt1g>



**Mrs. Sharanjeet from New Delhi asks –** *I have a very strong craving for eating lead. How do I get over it?*

**Cl. Psy. Kaartik Gupta replies –** The most important thing is to identify the reason why it is happening in the first place. Try to identify the triggers and situations in which you tend to eat or chew the lead. Being more aware and mindful of your thoughts, feelings and actions go a long way in helping you gain control over such harmful behaviours. Distraction, delaying and deep breathing can also help but only temporarily. If the problem still persists, kindly seek consultation with a mental health professional.

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

# Tips for Health & Wellness

## WHAT THE COLOR OF YOUR URINE SAYS ABOUT YOUR HEALTH:



### TRANSPARENT

Sign of overhydration. A person has been drinking a little too much water.



### BROWNISH ORANGE

Sign of dehydration or a possible sign of liver disease.



### PALE YELLOW

Means a person is healthy and hydrated.



### PINKISH RED

Possibly a sign of kidney disease, UTI or tumor.



### TRANSPARENT YELLOW

Normal.



### BLUE OR GREEN

Sign of a rare genetic disease.



### DARK YELLOW

Normal but needs to drink more water.



### FOAMY

Sign of kidney disease.

## PATIENTS' FEEDBACK

I have been seeing Dr. Sanket Gupta since the beginning of this year 2021, concerning Anxiety, Insomnia, Migraines, Lack of appetite and severe lethargy or general weakness. I immediately noticed change after the very first appointment. The insomnia for which I had used many conventional sleep aides, to no avail, completely disappeared and the rest of the issues I had, started to get resolved as well. He is a very attentive physician and I would give him 10/10 and recommend him for sure.

- *Mercy, French Embassy*



**STYE**

**IMPETIGO**

**FOLLICULAR TONSILLITIS**

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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