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AKGs

*Homoeopathy Ensures Health Safely*

# OV I HAMS

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

Homoeo-Psycho Cure &amp; Care with Wellness



Mind the MIND

## MONTHLY NEWS LETTER

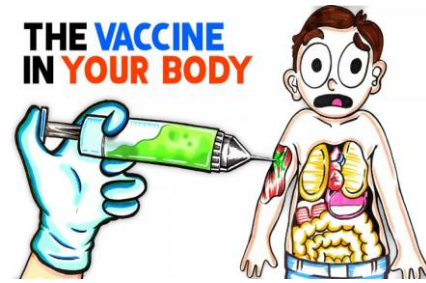


Watch Prof.Dr.A.K.Gupta talking as the expert on the recent episode of **TOTAL HEALTH – India's numero uno Health Show** that talked about **Alternative Sciences and their treatments** this winter season on DD News -

[https://youtu.be/gvqLuzt\\_HYo](https://youtu.be/gvqLuzt_HYo)

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

Clinical Psychologist **Kaartik Gupta** tries to **Bust the Myths about Mental Health** in the section Mind the MIND.



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

# VACCINOSIS

## INTRODUCTION

- Vaccinosis is a term used when the body has any acute or chronic negative effects from vaccination.
- It pertains to all vaccines in general

## ETIOLOGY / CAUSES

Not everyone who is vaccinated suffers from any side effects or long-standing ailments from vaccinations. But a lot of people do and those who do could be due to: -

- Genetic predisposition
- Co-morbidities
- Already compromised immunity
- Overdose of the attenuated vaccine
- Environmental factors
- Not thoroughly proven and tested, rather economically motivated immunization programmes
- Rapid pathogenic mutations

## WHAT YOU CAN DO

- Educate yourself about the efficacy of the vaccine before getting jabbed
- Opt for Homoeo-Prophylaxis which means boosting up the immunity with the help of Homoeopathic medicines to prevent a certain disease.

## SIGNS & SYMPTOMS

### Acute Symptoms: -

- Fever and Malaise
- Body aches
- Nausea & Vomiting
- Headaches
- Bowel disturbances

### Chronic Symptoms: -

- Arthritis
- Neurological disorders
- Menstrual irregularities
- Sexual dysfunctions
- Developmental abnormalities in children
- Respiratory illnesses
- Auto-immune disorders
- Long-standing allergies
- Reappearance of old and healed diseases



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# VACCINOSIS - A CRUEL REALITY

This is one of the most debatable topics in medical communities especially since the last 20yrs or so. The reason is, that the Allopathic fraternity believes that for every infectious disease a vaccine should be there so as to prevent the infection of that specific organism. But on other hand, it has been seen and observed multiple times over the years by various doctors and health experts of various medical sciences, in varied parts of the world that most vaccines have either failed to provide the said 'protection' and more alarmingly have led to development of long-standing side effects and diseases in a lot of individuals especially children.

Autism, for example, is widely considered to be a by-product of the MMR vaccine that the young borns are inoculated with at a very tender age. Similarly, GB Syndrome, a viral neurological disease, is documented to be a result of immunization program for the H1N1 virus! The latest being the COVID-19 Vaccines which are being enforced upon the people without it going through thorough verification and quality check process. The doctors all over the world are gradually seeing the effects of the deadly COVID vaccines. People as young as 24yrs of age are suddenly falling down while walking in the streets; the number of heart attacks are on an all-time high in the young adults especially those who were jabbed with these vaccines! People are developing allergic rashes and urticaria out of nowhere and the basic immunity has taken a huge beating at the hands of these so-called life-saving vaccines.

The question arises then what should be done by an individual? The answer lies within! The emphasis should always be to work on your in-built immunity and there are ways on how to raise it over a period of time. Healthy balanced diet, regular physical activity, mental well-being and avoidance of junk food in general go a long way in keeping one's immune system in good shape. Homoeopathic medicines that act on the basic principle of enhancing one's immune system have proven to be extremely beneficial in not only preventing such infectious diseases but also curing them if the need arises. Homoeo-prophylaxis is safe and can be given to pregnant women and infants and neonates as well.

# MARVEL OF HOMOEOPATHY

A 24yr. old female Ms.S.B. who is a regular patient of Dr. Sanket Gupta, suddenly started complaining of difficulty in breathing in the end of August 2021. She visits him at the Pitam Pura branch of AKGsOVIHAMS. She received her 1<sup>st</sup> dose of COVISHIELD in the 1<sup>st</sup> week of August. Knowing the history of the case well, it was initially thought by the doctor that the young lady must be having some anxiety as she would generally complain of breathlessness under stressful conditions. But the medicines given accordingly did not make any change rather she developed coughing with slight wheezing as well in the following week. This prompted the doctor to go for investigations as it looked like an allergic reaction now. And not surprisingly her IgE levels were alarmingly high, confirming the diagnosis that she had come in contact with something that has resulted in these breathless and coughing spells.

Accordingly, the medicines were given and she improved to some extent. But gradually the condition only worsened further to the point that she could barely walk from her bed to the washroom. There was immense breathlessness and extreme weakness. Though the allergic cough was gone but her lungs as if were not able to come back to normalcy at all. Her oxygen levels were ranging between 84 to 92. This is when they sort for Allopathic treatment and kept taking Homoeopathic medicines as well. The chest specialist put her on steroids immediately and asked her to go for a CT scan and complete Allergy Panel. But she was still not improving.

To everyone's surprise, the allergy panel was all clear and she had just mild allergic sensitivity to dust. The matter got even more confusing as it was not getting clear that what had actually caused such a detrimental allergic reaction. The CT Scan report inferred that the lungs had *round glass opacities and diagnosed it as Reactive Pneumonitis*. The chest specialist now said that she must have come in contact with a pet like a dog or cat. But she had no pet and had not come in contact with anyone else's pet in the last 1 year. So, all things pointed to only 1 possibility and that was covid vaccination.

It was now apparent that the young girl had developed severe reactive pneumonitis in response to the COVISHIELD shot and the Pulmonologist also reached the same inference. And now accordingly she was prescribed to antidote the effects of the vaccine. She was prescribed *Thuja* followed by *Arsenic Album* and *Antim Tart* and she started showing great improvement in quick time. Within 2 weeks' time she was absolutely back to normal with O2 reading as normal as 98 and no breathlessness at all. The weakness also recovered completely with time and she was able to join back to her office.

The whole family is extremely thankful to Homoeopathy and AKGsOVIHAMS for apt treatment at the critical juncture.



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



# MIND the MIND



## MYTH BUSTERS – A MENTAL HEALTH FACTSHEET!

It is the Mind that governs us, yet we know so little about it. Despite all the inventions and discoveries humans have made, our brain/mind is still the biggest mystery. Since the functioning is still not clearly known, one can imagine how difficult it is to comprehend the dysfunctional mind. As a result, there is widespread stigma and misconception related to mental illness and mental health in general. Spreading awareness is the best way to tackle stigma and rectify misconceptions, thus this issue is an attempt to address some such commonly held myths/misconceptions.

<u>MYTH</u>	<u>REALITY</u>
Mental illnesses are untreatable.	Mental illnesses are treatable with Psychotherapy and Medications.
Mental illness is caused by evil spirit or supernatural power ( <i>oopari hawa</i> ).	A combination of biological, psychological and social factors are known to cause mental illness.
Lack of will power causes mental illness.	Will power does get affected due to some mental illnesses, but it is <b>not</b> the cause of the illness.
<i>"I am not insane or paagal to seek help from a mental health professional".</i>	Mental health is as important as physical health; professionals do not just deal with illnesses but also help in improving your sense of well-being and mental health in general.
Most people with mental illness require hospitalization.	Majority of patients with mental illness are treated at OPD level; only severe cases require hospitalization.
People with mental illness are violent.	People with mental illness are no more violent than "normal" individuals.
We should be sympathetic towards people with mental illness.	Empathy, care and affection is what they need.
Children do not experience mental health problems.	Even very young children may show warning signs of mental illness. Childhood disorders like autism, ADHD, learning difficulty, depression, etc. are fairly common.
Bad parenting causes mental illness.	No one factor can cause mental illness. Family members and loved ones have a major role in support and recovery.
<i>"Mental illness will never affect me!"</i>	Anyone, even mental health professionals, can develop a mental illness. You may not experience it yourself, but a friend or family member might need help.
Everyone gets depressed as they grow old, it is just a part of the aging process.	Although geriatric depression is common, not everyone in that age group suffers from it.

Through this list, we have just tried to touch upon some of the most commonly held misconceptions about mental illness and mental health. I am sure you too would have heard some of these within your family or friends' circle. Kindly share such experiences with us or you can even ask your own doubts with regard to mental health and we will try our best to address them collectively in the next monthly issue. ***Be assured your identity would be kept confidential.***

Kindly send in your suggestions, queries and feedback about this very important issue to [feedback@ovihams.com](mailto:feedback@ovihams.com).



### **Vitamin D and omega-3 supplements found to reduce autoimmune disease risk**

At the American College of Rheumatology's ACR Convergence 2021, researchers have presented the results of the first large, national, randomized controlled trial investigating the value of daily vitamin D, omega-3 fatty acid, or both supplements in preventing autoimmune disease.

**In the trial, taking vitamin D and omega-3 fatty acid supplements for 5 years reduced the occurrence of autoimmune disease in older adults by 25–30%, compared with not taking them.**

“In past ecologic observations,” Dr. Costenbader explained, “inflammatory bowel disease, multiple sclerosis, and type 2 diabetes have been shown to be more prevalent at northern latitudes, where circulating vitamin D levels are lower.” Conversely, she added, “Both high plasma 25-OH vitamin D and high residential UV exposure were associated with a decreased risk for rheumatoid arthritis [RA] among women in the Nurses’ Health Study in our past work.” Of omega-3 fatty acids, Dr. Costenbader said, “In past observational studies, lower RA risk has been observed in those with increased fatty fish intake.” Dr. Costenbader also noted that in a different study, “higher [omega-3 (n-3)] fatty acid-to-total lipid proportion in [red blood cell] membranes was associated with a lower prevalence of anti-CCP and rheumatoid factor antibodies, and lower progression to inflammatory arthritis among healthy volunteers.”

Dr. Costenbader and her colleagues recruited 25,871 adults for the VITamin D and Omega-3 Trial (VITAL). All of the men who participated were aged 50 years or older. The women, who accounted for 51% of the cohort, were aged 55 years or older. The average age of the participants was 67 years. The researchers divided the participants into four randomly assigned groups, each of which received a daily allotment for 5.3 years of either: an omega-3 placebo and a vitamin D placebo; 1mg of an omega-3 fatty acid supplement and 2,000 IU of vitamin D; an omega-3 placebo and 2,000 IU of vitamin D; 1 mg of an omega-3 fatty acid supplement and a vitamin D placebo

**In the final analysis, the incidence of autoimmune disease was reduced by 25–30% for participants who took vitamin D supplements, omega-3 fatty acid supplements, or both, compared with people who took only placebos.**

# Latest at AKGsoVIHAMS

- Prof.Dr.A.K.Gupta presented two highly acclaimed International webinars on Skin Diseases (conducted by Ontario Homoeopathic Medical Association, Canada) and on Motor Neuron Diseases (attended by almost 5000 doctors all over the globe).

- **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.  
<https://youtu.be/Hp77lK5Tt1g>



**Mr. Kumar from New Delhi asks – I am 46yrs old and suffering from frequent urination for 3-4 months? What could it be and is it curable with Homoeopathy?**

**Dr. Sanket Gupta replies –** Frequent urination in males at this age can be due to various reasons like Diabetes Mellitus, Prostate Hypertrophy, Urinary Tract Infection, Kidney Stones or even Cystitis, etc. One needs to carry out the relevant investigations to reach at the diagnosis and accordingly the treatment is ascertained. Kindly get following investigations done:- HbA1C, KFT, Urine Analysis, Ultrasound of the Lower Abdomen.

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

# Tips for Health & Wellness

## Want **GLOWING SKIN?** Eat Your Water!



Apples  
84% Water



Strawberries  
90% Water



Watermelons  
92% Water



Iceberg Lettuce  
96% Water



Oranges  
87% Water



Spinach  
96% Water



Celery - 95% Water



Grapefruit - 91% Water



Tomatoes - 93% Water



Cucumbers - 96% Water

## PATIENTS' FEEDBACK

It was a big surprise for me and a real show also, of the positive effect on human body of the homeopathy medicines.

My child has heart problem by birth. He had multiple VSD, ASD + TGA... After his second operation of the heart at AIIMS The heart became quite ok, but he got some sever infections in his lungs and side effects of medicines on his kidneys. He remained unconscious in the ICU for last one and half months after surgery. The child was on ventilator and was not passing urine. No allopathic medicine was helping him to improve his condition. His body had swollen up badly and there was no hope of his survival.

Finally, with no hope left from allopathic medicine. We consulted to Homeopathy Dr. A. K. Gupta, after understanding the situation he gave three days medicines for the child. The result started showing within 18 hours. My child passed 1litre urine in 24 hours, next day 900 ml. Within 48 hours situation changed into hope and within 8 days child was out from ICU. After 20 days we were at home with a strong belief on homeopathy.

Thanks to Doctor A. K. Gupta and thanks to Homeopathy!

- *Ashwani Kumar, New Delhi*



**ABSCESS**

**ANGIONEUROTIC OEDEMA**

**DERMATITIS**

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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