

**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



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

Clinical Psychologist **Kaartik Gupta** talks about **Cognitive Distortions** in the section Mind the MIND.



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

# WARTS

## INTRODUCTION

- Warts are a type of skin infection caused by the human papillomavirus (HPV). The infection causes rough, skin-coloured bumps to form on the skin.
- Warts can be condylomatous, plain, bleeding or tags in type and manifestation

## ETIOLOGY / CAUSES

- Direct contact with a wart
- Touching something contaminated with the virus, such as towels, doorknobs and shower floors
- Sexual intercourse (genital warts)
- Nail biting and cuticle picking
- Shaving

## SIGNS & SYMPTOMS

- Dome-shaped
- Flat
- Rough
- Skin-coloured, brown, grey or black
- Usual areas of the body involved are hands, face, armpits, neck, eyes, feet etc.
- May bleed at times
- May itch as well

## WHAT YOU CAN DO

- Avoid scratching
- Avoid touching
- Avoid unprotected intercourse

## INVESTIGATIONS

- Skin biopsy
- Clinical examination



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# WARTS DO NOT NEED A MECHANICAL REMOVAL

Wart is a very common skin eruption that is usually ignored until and unless it is visible to the external world or causing any irritation (which is a rarity though). In today's times when physical appearance can make or break a person's confidence, warts can cause a lot of stress and anxiety to the one having a wart. In such a scenario, one looks for immediate removal or extraction of the wart and lands up in the clinic of a dermatologist or a plastic surgeon and in the process pays a whopping amount of money. The misery though doesn't end here as many a times the warts reappear either in the same place from where they were mechanically removed or from another place in the body.

Homoeopathy is to the rescue here again! For many years and in almost all households of India, it is a known fact, that Homoeopathy works very well in cases of warts. In fact, a lot of Allopathic doctors themselves give *Thuja* as a prescription to their patients suffering from warts. *Thuja* though, is not the only medicine for warts. There are many other potent and effective Homoeopathic medicines for the treatment and cure of warts depending upon the type, size and site of the wart.

Warts are believed according to Homoeopathic science to be sycotic in origin and not viral as believed in the Allopathic mode of medicine. The deep acting constitutional and anti-miasmatic Homoeopathic medicines not only cure the wart at present but also ensures that there is no recurrence of these tiny skin growths or even appearance of new ones in that particular patient and that too in a much more cost-effective manner than a cosmetic surgery or a dermatological procedure. The wart once gone, is rooted out from the system and doesn't even leave a tiny scar mark.

At AKGsOVIHAMS we have treated and cured many cases of warts and some of them can be seen in the section of Marvel of Homoeopathy. Some of the effective Homoeopathic medicines for the treatment of warts are – *Thuja*, *Medorrhinum*, *Acid Nitric*, *Calcarea Carb*, *Antim Crud*, *Causticum*, *Anacardium*, *Dulcamara*, *Natrum Mur.*, etc.

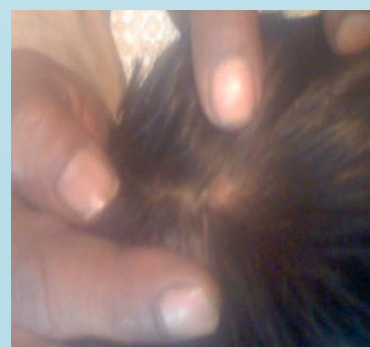
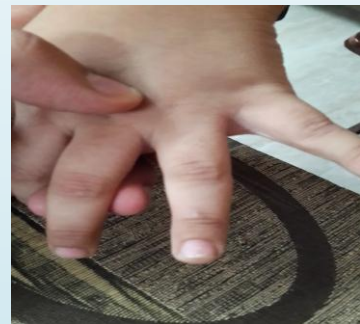


# MARVEL OF HOMOEOPATHY

**BEFORE**



**AFTER**





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

# MIND the MIND

## COGNITIVE DISTORTIONS (Part-1)

Cognitive distortions are negatively biased errors in thinking that are purported to increase vulnerability to depression (Dozois & Beck, 2008). We experience automatic thoughts in response to events, which in turn lead to emotional and behavioural responses. The content of such Negative Automatic Thoughts (NATs) is usually consistent with an individual's core beliefs about self, others and the world in general. Such a thought process distorts the person's perception of reality, which in turn makes them susceptible to experience stress, anxiety and depression. Identifying these errors in our thinking pattern is crucial for us to replace them with healthier and more adaptive thought processes.

Below is a list of some of the most common thinking errors we all tend to make across situations. Aaron T. Beck and David D. Burns, along with a few others, have contributed significantly to our understanding of cognitive distortions and ways of changing them through the process of Cognitive Restructuring (part of Cognitive-Behaviour Therapy).

### Cognitive Distortions that Add to Anxiety, Worry, and Stress

<b>All-or-nothing thinking</b>	Looking at things in black-or-white categories, with no middle ground ("If I fall short of perfection, I'm a total failure.")
<b>Overgeneralization</b>	Generalizing from a single negative experience, expecting it to hold true forever ("I didn't get hired for the job. I'll never get any job.")
<b>The mental filter</b>	Focusing on the negatives while filtering out all the positives. Noticing the one thing that went wrong, rather than all the things that went right.
<b>Diminishing the positive</b>	Coming up with reasons why positive events don't count ("I did well on the presentation, but that was just dumb luck.")
<b>Jumping to conclusions</b>	Making negative interpretations without actual evidence. You act like a mind reader ("I can tell she secretly hates me.") or a fortune teller ("I just <i>know</i> something terrible is going to happen.")
<b>Catastrophizing</b>	Expecting the worst-case scenario to happen ("The pilot said we're in for some turbulence. The plane's going to crash!")
<b>Emotional reasoning</b>	Believing that the way you feel reflects reality ("I feel frightened right now. That must mean I'm in real physical danger.")
<b>'Shoulds' and 'should-nots'</b>	Holding yourself to a strict list of what you should and shouldn't do and beating yourself up if you break any of the rules
<b>Labeling</b>	Labeling yourself based on mistakes and perceived shortcomings ("I'm a failure; an idiot; a loser.")
<b>Personalization</b>	Assuming responsibility for things that are outside your control ("It's my fault my son got in an accident. I should have warned him to drive carefully in the rain.")

Does one or more of these seem familiar to you? You can share your observations or feedback with us on [feedback@ovihams.com](mailto:feedback@ovihams.com) or even discuss them in detail over consultation with our Clinical Psychologists at AKGsOVIHAMS. Ways of identifying, modifying and replacing these cognitive distortions with a more balanced thought process shall be discussed in the February, 2022 issue as our next month's newsletter will be the **Special 100th Issue!**



## Grape seed extract reverses aging in mice

In a new study, researchers identified a new drug based on a component of grape seed extract that has successfully extended the life span and healthspan of mice.

In recent years, researchers have identified a class of drugs called *senolytics*. These drugs can destroy senescent cells in the laboratory and in animal models, potentially reducing the number of chronic conditions that occur with age and an increasing life span.

**In the study, scientists identified a new senolytic derived from a component of grape seed extract, known as procyanidin C1 (PCC1).** To test the effects of PCC1 on aging, the researchers developed three experiments involving mice.

In the 1<sup>st</sup> experiment, they exposed mice to a sub-lethal dose of radiation to induce cellular senescence. One group of mice then received PCC1, while the other group received the vehicle that carried the PCC1. The researchers found that after the mice underwent irradiation, they developed abnormal body features, including significant amounts of gray hair.

**Treating the mice with PCC1 significantly reversed these features. The mice who received PCC1 also had fewer senescent cells and fewer biomarkers associated with senescent cells. Finally, the irradiated mice had worse exercise capacity and muscle strength. However, the mice that received PCC1 saw this reversed & had better survival rates.**

In the 2<sup>nd</sup> experiment, the researchers treated older mice with either PCC1 or a vehicle every 2 weeks for 4 months. **The team found a significant number of senescent cells in the kidneys, livers, lungs, and prostates of the aged mice. However, PCC1 treatment reversed this.** The PCC1-treated mice also had improved grip strength, maximum walking speed, hanging endurance, treadmill endurance, daily activity levels, and balance, compared with the mice who only received the vehicle.

In the 3<sup>rd</sup> experiment, the researchers looked at very old mice to see what effect PCC1 may have on the longevity of the mice. They found that mice treated with PCC1 lived, on average, 9.4% longer across their lifetime than mice who received the vehicle. **This equated to a 64.2% extended life span following the treatment.**

# Latest at AKGsoVIHAMS

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**Mrs. Kulkani from Mumbai asks –** *I think my 4yrs old son is a bit slow in understanding things and commands. What can it be and what tests should I get done to identify if there is a problem?*

**Cl. Psy. Dharitri Dutta Gupta replies –** difficulty in comprehending instructions can be associated with a wide variety of childhood related problems. The specific areas in which the difficulty is noticed also matters a lot. Therefore, it would be good if you can get in touch with a child specialist or a mental health professional. A detailed initial assessment of the child by an expert would be essential before deciding on the type of tests to be done.

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



# Tips for Health & Wellness



## PATIENTS' FEEDBACK

I was diagnosed with Guillain Barre Syndrome on July 15, 2018. Dr.A.K.Gupta of AKGsOVIHAMS treated me with Homoeopathic medicines. After nearly one Year, most of my body has recovered and regained strength. Waiting for my fingers and lower leg to get back to normal. Thanks to Dr.A.K.Gupta and Homoeopathy.

<https://www.youtube.com/watch?v=WmN5jBYELpI&t=34s>

- *Shivram Paudel, USA*



**PSORIASIS**

**CHRONIC ECZEMA**

**CHALAZION**

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)

**WEST DELHI** - J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel: 011-25101989, 011-25430368; Fax – 011-25111989

**SOUTH DELHI** - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel: 011-24100494; M- 9711013938

**NORTH DELHI** - RU-115, Pitam Pura, opp. Power House; Tel: 011- 40392959

EMERGENCY HELPLINE – **7011842322, 9711013938, 8851653345**

Emails – [drakgupta@ovihams.com](mailto:drakgupta@ovihams.com); [drsanketgupta@ovihams.com](mailto:drsanketgupta@ovihams.com); [kaartikgupta@ovihams.com](mailto:kaartikgupta@ovihams.com)

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