



**AKGs**

*Homoeopathy Ensures Health Safely*

**OV HAMS**

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure & Care with Wellness



Mind the **MIND**

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## **FREE HOMEOPATHY & PSYCHOLOGY HEALTH CAMP**

**26<sup>TH</sup> JANUARY 10 AM – 12.30 PM**

**SRI RAM PARK NEAR RU Block MANDIR**

**BLOOD SUGAR, BP CHECK, HOMEOPATHIC & PSYCHOLOGICAL CONSULTATION**

**RWA RU Block , Dr.A.K.Gupta, Dr.Sanket Gupta, Dr.Praveen & Kaartik Gupta**

**MEDICINES from OM VIDYA CHARITABLE OPD RU-115, P.Pura Ph – 40392959**



**HOMOEOPATHY**

**And**

**PSYCHOLOGY**



# ERYTHEMA NODOSUM

## WHAT IS IT

Erythema nodosum is characterized by tender, red bumps, usually found symmetrically on the shins. Up to 55% of cases have no clear identifiable cause. Sometimes, erythema nodosum is not a separate disease. Rather, it is a sign of some other infection, disease, or of a sensitivity to a drug.

## CAUSES

Diseases that can cause Erythema Nodosum include:

- Streptococcal infections
- Sarcoidosis
- Coccidioidomycosis (infection of the upper respiratory tract and lungs)
- Histoplasmosis
- Tuberculosis
- Psittacosis (a flu-like disease)
- Ulcerative colitis or Crohn's disease
- Cancer

Medicines that can cause erythema nodosum include:

- Antibiotics containing sulfa or penicillin
- Bromides and Iodides
- Oral contraceptives

## SYMPTOMS

- Red, tender bumps on the shins
- Fever
- Joint pains
- Enlarged lymph nodes in the chest

## INVESTIGATIONS

- A biopsy (removal of tissue for exam under a microscope) of a bump can usually confirm the diagnosis.
- A throat swab may be done to check for the streptococcal infection.

## WHAT CAN YOU DO

- Erythema Nodosum is sort of an allergic reaction or a hypersensitivity reaction depending upon the cause of the condition. In that case, identifying the allergen especially any drug or any food item is of prime importance and one should be able to decipher that. Avoiding the allergen and the drug is the best prevention and management for the condition.
- The underlying disease that has resulted in this condition needs to be managed and treated well and subsequent precautions need to be taken as told by the treating doctor to prevent erythema

# Erythema Nodosum is CURABLE with Homoeopathy

Erythema Nodosum is quite common in people with sensitive skin or general hypersensitive bodily reactions. The basis of these reactions or hypersensitivity is the underlying weak immune system. As mentioned in the section above, there can be many causes of Erythema Nodosum and hence the treatment of this condition depends on the triggering factor. This condition is in itself quite troublesome and needs proper attention alongside the causative factors. Usually it presents as an acute condition and needs immediate treatment.

Erythema Nodosum usually presents as red bumps over the skin which may be painful to touch as well. Joint pains are also seen associated with these bumps at times and hence can give the patient a lot of agony. These bumps itch as well and call for anti-allergic treatment. But like in all allergies, giving just the anti-allergic treatment is not sufficient as it is usually seen that anti-allergic treatments just suppress histamine production and are not actually treating the condition in a permanent manner. Once the erythema is suppressed with anti-allergic and anti-inflammatories; the next episode is usually more ferocious and violent needing even stronger and more invasive treatments.

The treatment of such conditions calls for a gentle and long-lasting solution. Homoeopathy has a wonderful answer to the problem of Erythema Nodosum. The medicines are not only gentle in demeanour, but the treatment is long-lasting and non-invasive. The overall immunity of the person is enhanced and the same person is able to be in contact with the same allergens and causative agents and still be disease-free!



# MIND the MIND

healthy

## Self-Talk



THIS

NOT THAT

✓ Whoops. I made a mistake.

✗ I'm so dumb.

✓ I like me.

✗ No one likes me.

✓ I did something bad.

✗ I'm a bad person.

✓ This is really hard, but I'm going to keep trying.

✗ I give up. I'll never be able to do this.

✓ I haven't figured it out...yet.

✗ I never get anything right.

✓ I am enough. And worthy, too.

✗ I'm not good enough.

## QUIZ TIME

send your answers to  
[info@ovihams.com](mailto:info@ovihams.com)

Erythema  
Nodosum is a  
condition of?

A. Skin

B. Nerves

C. Muscles

## *Last Month's Winner*



Ms. Pragya  
Aggarwal says



I really liked this session with Dr. Kaartik Gupta. He provided me insights that were very helpful. He calmly listened to me and suggested me new way of thinking on how I could handle an issue. This made me less worrisome about what I was worrying. I got very valuable inputs by the end of the session.



**ABSCESS**



**HERPES ZOSTER**



**TAENIA VERSICOLOR**

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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2) B-13, Local Shopping Center, DDA Market, Shivaji Enclave

Tel: 011- 42131989

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

Tel: 011-24100494; M- 9711013938




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