



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**

Feb. 2023 Issue – 112

Some glimpses from the recently held Free Homoeopathy and Psychology Health Camp for the residents of RU Block, Pitam Pura. The camp was successfully held on 26th January 2023 where patients were given the facilities of Free Homoeopathic and Psychological Consultation by the experts of AKGsOVIHAMS led by Prof.Dr.A.K.Gupta. The residents also availed Free Blood Sugar and Blood Pressure testing as well. All the residents were given Free Homoeopathic medicines on behalf of the OM-VIDYA Charitable OPD of AKGsOVIHAMS. Homoeopathic Consultation was provided by Dr. Sanket Gupta and Dr. Praveen while the Psychological Consultation was provided by Clinical Psychologist Dr. Kaartik Gupta. The kids in the local art competition were felicitated and provided material for their artistic needs by AKGsOVIHAMS.



A Webinar was conducted on 6th Feb 2023 on ZERO Tolerance for AYUSH Criticism where Experts from all Medical Systems of AYUSH spoke.

Prof. Dr. A. K. Gupta, Founder-Director of AKGsOVIHAMS was invited as the representative of the Homoeopathic fraternity to speak on the topic. Watch his talk here - <https://youtu.be/r7h13a4Clr4>

HYDROCELE

WHAT IS IT

- Hydrocele is a type of swelling in the scrotum, the pouch of skin that holds the testicles. This swelling happens when fluid collects in the thin sac that surrounds a testicle.
- Hydroceles are common in new-borns.

CAUSES

- Orchitis (Inflammation of the testicles)
- Injury or trauma to the genitalia
- Herniation (escape of the vital abdominal organs into the inguinal canal and the testicular sac)
- Lymphadenitis (inflammation of the testicular lymph nodes due to any infection of the genital organs)
- Tubercular inflammation of the scrotum or testes.

SYMPTOMS

- Often the only sign of a hydrocele is a painless swelling of one or both testicles.
- The swelling might make an adult's scrotum feel heavy.
- In general, pain gets worse as the swelling increases.
- Sometimes, the swollen area might be smaller in the morning and larger later in the day.

INVESTIGATIONS

- Ultrasound of the scrotum
- Ultrasound of the whole abdomen
- Fine Needle Aspiration Cytology done to examine the fluid collected in the scrotal sac

WHAT CAN YOU DO

- Wear loose clothing
- Avoid any sort of weight lifting
- Do not scratch the scrotal area

A case of Acute Hydrocele cured with Homoeopathy

I, Vinod Monga resident of Rajouri Garden (West Delhi) India, would like to share my experience with homoeopathy and Dr. A. K. Gupta. On the morning of 17th June, 2018 (Sunday) I woke up with a very severe pain in my testicles which were swollen very heavily. I rang up Dr. A. K. Gupta and told him about my condition. He advised me to have two different liquids - *Belladonna* and *Rhododendron* 10-15 drops every 2 hour alternatively. Being a Sunday, his clinic was closed so he asked me to get an ultrasound done and meet him in person the next day. On Monday I got the report and went to his clinic. He explained that I had Hydrocele and Epididymitis problem and gave me two small bottles of different liquids and a bottle of some "Magical pills" to be taken every hour. As severe pain persisted, he advised me to apply hot water bottle or ice cold pack. After 2-3 days, I went back to the doctor again as the pain was still quite severe. Now he advised me that this requires surgical treatment to be resolved immediately. But I was adamant and forcefully requested him to treat me in his clinic only with his "magical Homoeopathic pills and liquids". My wife and other family members were also insisting me to consult a surgeon or an allopathic doctor. But seeing my trust and confidence in homoeopathic treatment, Dr. A. K. Gupta asked me to finish the medicine within 48 hours and visit his clinic regularly. In the meantime, he advised me to wear only pyjama without underwear and to take complete bedrest for 2-3 weeks, and have very light food without fried and excessive spices.

On the 8-9th day, pain had relatively reduced and even the swelling had subsided. By the 20th day, the doctor permitted to go to work with an advice to wear extra loose pants and not to tighten the waist belt or to wear suspenders as an alternative. Everything is now in control and as of today (18th August, 2018), he has permitted me to wear my regular pants and waist belt also.

Now I am totally cured with the Grace of God and with the constant advice of Dr. A. K. Gupta I am enjoying my normal life all because of Homoeopathy which cures all kinds of problems. At last my sincere thanks and regards to Dr. A. K. Gupta and Bless him to cure more and more people of any problem. My faith in Homoeopathy has strengthened, so has my family's!



MIND the MIND

Learning to Love

Love is in the air when it is the month of February. However, love need not always be about valentines or sweethearts, but also about loving your own self. Feeling loved is fundamental to Health. As much as it is important to be loved by others, we need to love, give time, and take care of our own mind, body, and soul. In the current stressful, hectic, and competitive environment that we live in, the significance and practice of self-love has become more relevant than ever.

Let us first understand what self-love is all about. In simpler terms, self-love refers to appreciating yourself and treating yourself with kindness, both in thought as well as in your behavior. Self-love is about respect and taking active measures to protect and nurture yourself. Although it sounds easy, self-love is a practice that can be learned. Practicing self-love promotes both physical and psychological well-being. It boosts self-esteem and makes you aware of your strengths and allows you to be more accepting of your weaknesses.

Ways to cultivate self-love in our daily life: -

- **Practice self-care:** Taking care of your basic needs is essential to being mentally healthy. Exercising, maintaining proper nutrition, and getting enough sleep all help to improve and maintain good mental health.
- **Focus on your needs, not your wants:** Practicing self-love means putting your needs ahead of your wants. It is about choosing to do the things that keep you focused on your goals and moving towards a healthier, happier life.
- **Forgive yourself for mistakes.** *'To err is human.'* Practicing self-love is about learning to acknowledge those mistakes and growing from them.
- **Be proactive and set goals.** It can be affirming to set a goal, work towards it regularly, and finally accomplish your goal. Setting reasonable, healthy goals shows that you believe in yourself and your ability to grow.
- **Protect yourself and your time.** A clear boundary around yourself would communicate how you want to be treated by others. Most people struggle with setting boundaries, but they are essential for maintaining healthy relationships with the self and others. Boundaries can help prevent a lot of miscommunication and conflict.
- **Be true to yourself.** Identify, acknowledge and live in line with your own values, principles, preferences and needs. By acknowledging our strengths and weaknesses, celebrating our personal victories, and asking for help when we need it, we can embody a growth mind-set and have openness and truthfulness in our relationships with others as well as oneself.
- **Take responsibility and hold yourself accountable.** Self-love involves a lot of reflection, awareness, and humility. When you see yourself for who you truly are in the present moment, you can take accountability for your thoughts and actions.

Loving oneself does not mean you are selfish or narcissist. It just means that you believe you are worthy of love; unconditional love! Your relationship with yourself is the most important relationship you will ever have, as it has direct impact on all your other relationships. As with all habits, practice makes perfect and self-love is something worth practicing as it makes us more resilient in dealing with difficult life situations.

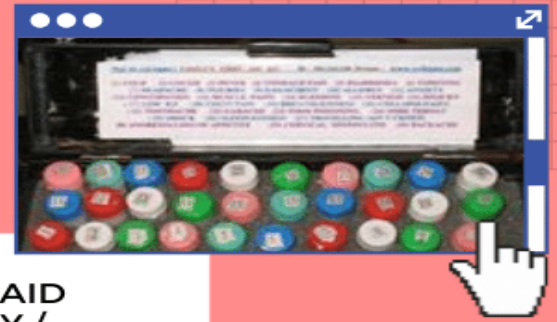
QUIZ TIME

send your answers to
info@ovihams.com

Hydrocele is?

- A. Swelling in Brain
- B. Swelling in Scrotum
- C. Swelling in Ears

What's the



FIRST AID
FAMILY /
TRAVELLER'S KIT

Prize?

Mrs. Rehana
Shakeel says



I had a lot of problems regarding my health. I was not able to walk properly and facing leg tremors and it was day to day issues. Besides having this, I was facing stress related issues and this stress made me lose my appetite, sleep and I was having anxiety due to my deep thinking regarding my BP and Diabetes and it remained high and I had to visit the hospital often even in midnights. But after taking Homoeopathic treatment from Dr. Sanket Gupta, I have improved a lot. Now I can walk easily with no leg tremors and I can go anywhere. Dr. Sanket has played a great role as a therapist as well. I have come out of depression and there is no more sleep or anxiety issues. My sugar levels are a lot better after taking his medicines and my appetite has got better too. I am really grateful to him for his time and efforts.



EPIDERMOLYSIS BULLOSA

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 – 1) J-158, Rajouri Garden, opp. Metro pillar 415-416
Tel: 011-25101989

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




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

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