



# ATRIAL SEPTAL DEFECT

## WHAT IS IT

- It is a birth defect of the heart in which there is a hole in the wall (septum) that divides the upper chambers (atria) of the heart.
- Atrial septal defects (ASDs) that are not diagnosed until adulthood can damage the heart and lungs, shortening life.

## CAUSES

It is a congenital defect and hence is present since birth.

Atrial septal defects are defined as primum or secundum.

- The primum defects are linked to other heart defects of the ventricular septum and mitral valve.
- Secundum defects can be a single, small, or large hole. They may also be more than one small hole in the septum or wall between the two chambers.

## SYMPTOMS

A person with no other heart defect, or a small defect (less than 5 millimetres) may not have any symptoms, or symptoms may not occur until middle age or later.

Symptoms that do occur may begin at any time after birth through childhood. They can include:

- Difficulty breathing (dyspnoea)
- Frequent respiratory infections in children
- Feeling the heart beat (palpitations) in adults
- Shortness of breath with activity
- Fatigue
- Swelling of legs, feet, or belly (abdomen)
- Whooshing sound that can be heard through a stethoscope (heart murmur)

## INVESTIGATIONS

- Abnormal heart sounds on auscultation during the physical clinical examination
- Echocardiogram (ECHO)
- Cardiac catheterization
- Coronary angiography for adults
- ECG
- Heart MRI or CT
- Transoesophageal echocardiography (TEE)

## WHAT CAN YOU DO

- Monitor certain health conditions, such as diabetes or lupus, during pregnancy to avoid ASD in your child
- Get immunised for German Measles as it is believed to cause certain congenital heart defects in babies

# Beauty of Homoeopathy in a terminal case of an ASD child complicated with severe Bronchopneumonia

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

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

These are the words Mr. Ashwani Kumar from Vasant Kunj, New Delhi whose child was born with multiple Atrial and Ventricular Septal defects and how Homoeopathy came as a saviour for the little boy.



# MIND the MIND

**Earth Day** is celebrated on 22<sup>nd</sup> April to remind ourselves that we are a part of the ecosystem, not masters of it. As we all observed during the lockdown period, Nature is highly resilient. Let us all act responsibly and learn from Mother Nature to enhance our Mental Wellbeing.

## THE SCIENCE OF NATURE THERAPY

How Nature Therapy Walks can improve health & happiness



### BENEFITS FOR MIND, BODY, AND SPIRIT

Research suggests that spending even a small amount of time (as little as five minutes) in nature can:



Increase happiness & self-esteem



Reduce levels of stress, anger, and depression



Improve immune system activity



Lower blood pressure & blood sugar



Enhance performance on cognitive tests



Foster sense of community and generosity

### WHY IT WORKS

Reasons proposed for why nature is so effective in improving health and happiness include:



- 1 Biophilia**  
People inherently love and enjoy nature
- 2 Attention Restoration Theory**  
Nature provides much-needed reprieve from the constant stimulation of modern life
- 3 Psycho-Evolution**  
Humans evolved in nature and experience less cognitive stress there
- 4 Environmental Self-Regulation**  
Nature teaches us how to cope more effectively
- 5 Relaxation Response**  
Nature's cyclic calm provides an ideal meditation environment
- 6 Maslow's Hierarchy of Needs**  
Spiritual experiences in nature fulfill the human need for self-actualization
- 7 Aromatic Compounds**  
Trees release phytoncides that induce positive physiological responses

Nature Therapy Walks can be completed in half an hour (or less) at minimal cost and physical exertion, while still providing an uplifting experiential and spiritual interaction with nature. A semi-structured and guided yet flexible experience, Nature Therapy Walks help participants enjoy nature in safe, meaningful, and cost-effective way. Learn more or become a Guide at [NatureTherapyCenter.com](http://NatureTherapyCenter.com).

# TIPS FOR HEALTHY HEART



Kanishq Chaudhary says



Cure to any disease can be found here at AKGsOVIHAMS. Dr.Sanket Gupta requires a special mention here who is highly experienced. His expertise and medication helps not only to cure but to heal completely.



## DENTAL HEALTH

**DR. VANDANA SINGH**

**B.D.S (M.A.M.C., Del)**

**MILK TEETH ARE IMPORTANT FOR CHILDREN HEALTH**

### **What to do to keep your kid's teeth healthy**

- Encourage your child to brush twice daily.
- Take them to dentist for regular dental check ups & cleaning
- You can add flossing also in his or her routine

### **FLUORIDE TREATMENT**

- **What is Fluoride?**

Fluoride is a naturally occurring mineral found in things, such as rocks, plants, oceans & ground water. It is a proven way to prevent tooth decay.

- **Why is Fluoride important?**

When children eat or drink, the bacteria in the mouth feed on the sugars and starches and release acids that erode the protective layer of the teeth, known as the enamel. When the enamel breaks down, tooth decay, or cavities, can occur. Fluoride penetrates the enamel, making it stronger and more resistant to acid attacks, and it can even reverse very early tooth decay. It also promotes remineralization, which is when minerals are redeposited into the enamel after the acids strip them away (demineralization).

In younger children who still have their baby teeth, fluoride gets incorporated into their developing permanent teeth. When the permanent teeth erupt, they are less prone to cavities. In adults and older kids, fluoride hinders acid production and, as we said, helps with remineralization. This means fluoride can prevent cavities in people of all ages.

According to the Centers for Disease Control and Prevention (CDC), drinking fluorinated water decreases cavities by approximately 25% in kids and adults. In fact, fluoride is so effective at fighting decay, the CDC has called community water fluoridation one of the top 10 greatest public health achievements of the 20th century.

- **Fluoride treatment by dentist**

Dentist apply topical fluoride to the teeth in the form of gel, foam, or varnish.

- **When should your kid get a fluoride treatment**

Twice a year a child should get it until the age of 16



**WARTS**



**VARICOSE ULCER**



**PITYRIASIS 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 endeavor 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

EMERGENCY HELPLINE – 7011842322, 9711013938, 8851653345

Email – [info@ovihams.com](mailto:info@ovihams.com)

Website – [www.ovihams.com](http://www.ovihams.com)

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