

# May 2023 Issue – 115



Recently, Prof.Dr.A.K.Gupta was invited as a representative of the Homoeopathic System of Medicine in “Swastha Sansad”, a highly prestigious Alternative System summit held in Bhopal. He also gave a resounding lecture to the young and budding Homoeopathic Doctors of Rani Dullaiya Homoeopathic Medical College, Bhopal on ‘Areas of Clinical Excellence in Homoeopathy.’

**RANI DULLAIYA SMRITI HOMOEOPATHY MEDICAL COLLEGE & HOSPITAL, BHOPAL**  
(R. D. MEMORIAL GROUP OF INSTITUTES, BHOPAL)

**WORKSHOP ON**

**Areas of Clinical Excellence in the Homoeopathy for the Budding Homoeopathic Doctors**

**Date : 28 April, 2023**  
Venue : Barkhedi Kalan, Bhadbhada Road, Bhopal (M.P.)

**Speaker**  
**Dr. A. K. Gupta**  
Senior Homoeopathic Doctor  
(Delhi)

G20 75th Anniversary

# PHOTODERMATITIS

## WHAT IS IT

- It is a form of allergic contact dermatitis in which the allergen must be activated by light to sensitize the allergic response, and to cause a rash or other systemic effects on subsequent exposure. The second and subsequent exposures produce photoallergic skin conditions which are often eczematous.

## CAUSES

- Many topical medications and ointments can cause sensitivity to the sunlight
- Sulfa used in many drugs can bring about photosensitivity
- Psoralens, coal tars, photo-active dyes (eosin, acridine orange)
- Lemon oil (may be present in fragrances)
- PABA and Oxybenzone (UVA and UVB chemical blocker found in sunscreens)
- Salicylamide (found in industrial cleaners)
- Tetracycline antibiotics
- Benzoyl peroxide
- Retinoids (e.g., isotretinoin)
- Some NSAIDs (e.g., ibuprofen, naproxen sodium)
- Pellagra (Vitamin B3 deficiency)
- Amiodarone, used to treat atrial fibrillation
- Photodermatitis can also be caused by plants such as Ammi majus, parsnip, giant hogweed (*Heracleum mantegazzianum*), common rue (*Ruta graveolens*), and Dictamnus, a genus of flowering plants in the family Rutaceae with a single species Dictamnus albus, commonly called the burning bush.
- Photodermatitis caused by plants is called phytophotodermatitis.

## SYMPTOMS

Photodermatitis may result in: -

- Swelling
- Difficulty breathing
- A burning sensation
- A red itchy rash sometimes resembling small blisters
- Peeling of the skin
- Nausea may also occur
- There may also be blotches where the itching may persist for long periods of time. In these areas an unsightly orange to brown tint may form, usually near or on the face

## INVESTIGATIONS

- Clinical physical examination
- Skin biopsy
- Allergy panel
- S. IgE
- Allergy Patch Test

## WHAT CAN YOU DO

- Prevention includes avoiding exposure to chemicals that can trigger the reaction, such as by wearing gloves, or avoiding sunlight or wearing sunscreen preferably with at least factor 30 and with a high UVA protection level on the affected area. And by addressing any risk factors, such as those listed in causes section.

# Homoeopathy is the answer to Photodermatitis

Photodermatitis is the sensitivity to sunlight that brings about severe allergic reaction in the skin of the patients. But it is not always the first line of sensitivity. There can be many underlying triggering factors and causes that can make it extremely difficult for the person to move out in the sun. the treatment for such a condition hence depends on taking care of such causes and triggering factors.

We at AKGsOVIHAMS are proud to share that many of our patients who were photosensitive, are now moving out in the sun as any other common human being with the help of Homoeopathy. This beautiful system of medicine has the ability to not only manage but also successfully treat such difficult and agonizing diseases.

Have a look at a few such cases



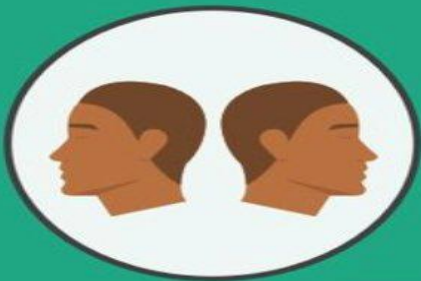


# MIND the MIND

24<sup>th</sup> May is observed as *World Schizophrenia Day* to spread awareness about this common but poorly understood mental illness. Click on the link below to know more about Schizophrenia –

<https://ovihams.com/psychology/schizophrenia.html>

## 5 Myths and Facts about Schizophrenia



**Myth #1: People with schizophrenia have multiple personalities**

64 percent of Americans believe schizophrenia involves a split personality. While patients often times have difficulty distinguishing imagination from reality, they do not have multiple personalities.

**Myth #2: People with schizophrenia are dangerous**

Schizophrenia can cause patients to act unpredictably, however rarely do they commit acts of violence. In those who are violent, substance abuse is often involved.



**Myth #3: People with schizophrenia never recover**

Schizophrenia is a very challenging condition. However, 25 percent of all patients recover entirely. An additional 50 percent of patients see improvement in their symptoms.

**Myth #4: People with schizophrenia are lazy**

People with schizophrenia may have difficulty carrying out basic daily functions such as bathing or dressing. However, with the help of a caregiver, patients can live very productive lives.



**Myth #1: People with schizophrenia aren't smart**

Some studies suggest that patients with schizophrenia have memory or learning problems. However, this does not mean they are not intelligent. Scientists are examining "links between genes that may be related to both psychosis and creativity.



Protect yourself  
& your family  
this **Monsoon**



Pooja Sharma  
says



Dr. A.K Gupta avoided a thyroidectomy (the surgical removal of all or part of your thyroid gland.) Before I met him, I visited other doctors on this issue. Specialized endocrinologist also suggested doing surgery immediately, But I was not able to pay for the surgery. At that time one of my friend recommended to visit AKGsOVIHAMS Homoeopathic Clinic, Satya Niketan, South Moti Bagh, New Delhi, Delhi.

After 3 months of treatment the problem for which I came has completely cure. Dr. A.K Gupta tries to dig in deep to find out the root cause of the disease. He is very patient friendly and born for his profession. He saved one life as I know. I am very thankful to him and wish him all the best.

# DENTAL HEALTH

**DR. VANDANA SINGH**

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

## A review on harmful effects of pan masala

Pan Masala (PM) is a mixture of areca nut with slaked lime, catechu and other flavoring agents. It is widely available and used by all the sections of the Indian society. It is genotoxic as it increases sister chromatid exchange and chromatin aberrations. Among humans, it is a leading cause of oral submucous fibrosis that often progresses to oral cancer. Among experimental animals, it leads to neoplastic lesions in lung, liver, and stomach. It is hepatotoxic leading to increased level of enzymes, deranged carbohydrate, and lipid metabolism. It is harmful to kidneys and testes leading to increased creatinine and sperm deformities respectively. PM is a very harmful substance affecting almost all organ systems, and there is immediate need for a national policy on complete ban on the production, storage, sale, and marketing of PM.

### Surrogate Advertisements

India has banned direct and indirect advertisements of tobacco products. But tobacco companies can often circumvent such efforts through surrogate advertisements. 'Surrogate Advertising' is duplicating the brand image of one product extensively to promote a banned product of the same brand. The product shown in the advertisement is called the 'surrogate.' The surrogate could either resemble the original product or could be a different product altogether from the same brand.

### Betel Nut is also a Carcinogen

The betel nut in pan masala does not contain nicotine but it contains nitrosamines which are also carcinogenic. The slaked lime, although not classified as a carcinogen yet, can form tumors in the mouth. Most oral cancer cases in India occur due to the consumption of smokeless tobacco like pan masala and oral cancer rates are especially high in the state of Uttar Pradesh in North India due to the widespread consumption of pan.

### Legal Loopholes

I also wanted to understand why it is so difficult for law enforcement authorities to regulate the use of these products. I realized that the laws are heavily focused only on tobacco and NOT on carcinogens in general which is why companies simply remove tobacco but keep the other carcinogens in. Betel nut is in the same category as tobacco in the list of carcinogens, yet tobacco is the only one that receives all the negative publicity. However, this ad became the talk of the town not because they were promoting a popular pan masala brand but rather because the company (Vimal) brought together 2 of the most powerful celebrities in Bollywood who had never worked together in a single movie in their entire career.

### Ingredients in Pan Masala

Pan masala by a popular brand known as Vimal contains the following ingredients – betel nuts, catechu, lime, salt, saffron, permitted spices and flavours, and added flavours. As you can see, it contains betel nuts which is a group 1 carcinogen. Most Indians do not know about the harmful effects of the other ingredients in pan and pan masala. They only know that tobacco can cause cancer due to public health initiatives but do not know that betel nut can also cause cancer. In fact, many people believe that pan masalas are beneficial for mouth freshening, cleaning, and digestion due to their pleasant taste and sweetness. Pan masala companies take advantage of this by removing only tobacco from their pan masala and sell it as tobacco-free pan masala.



**ACNE**



**BLACK EYE**



**JAUNDICE**



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)

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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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