

JUNE 2023 Issue – 116



Founder-Director AKGsOVIHAMS Prof.Dr.A.K.Gupta was honored at the World Conference on Social Harmony and Economy – 2023 by Mr. Thabang, High Commissioner, Kingdom of Lesotho held on 25th June in the India International Centre.



Clinical Psychologist Kaartik Gupta delivered a talk on “Fratricide in the Indian Armed Forces” at Sashastra Seema Bal (SSB) Frontier HQ, Guwahati. It was an interactive session with the officers and jawans aimed at spreading Mental Health awareness. Clinical Psychologists Dharitri Dutta and Kaartik Gupta of team Mind the MIND gave a Training Program organized on ‘Mental Health and Sports’ to the enthusiastic athletes in NHTTF, Guwahati, Assam



Dr. Sanket Gupta was conferred with a Certificate of Excellence by the GoodMD group for his service to the suffering humanity.



ACID PEPTIC DISEASE

WHAT IS IT

The stomach normally secretes acid that is essential in the digestive process. This acid helps in breaking down the food during digestion. When there is excess production of acid in the stomach, it results in the condition known as acidity or APD. Normally, there are some protective mechanisms against the acid, in the stomach and proximal intestine. But an imbalance between the protective mechanisms and the level of acid secretion can cause acidity.

CAUSES

- Weakness of the valve between the stomach and oesophagus can cause a reflux of the acid from the stomach to the lower part of the oesophagus. This reflux can cause heart-burn.
- A heavy meal or increase in intra-abdominal pressure such as while straining or lifting weights, can bring about this reflux.
- Excess acid secretion can also cause acidity and ulcers, when the normal protective lining of the stomach and duodenum (the part of the intestine that joins the stomach), is damaged.
- Any kind of break down in the defence mechanisms that protect the stomach and intestine from damage by acid can cause acidity. The body secretes bicarbonate into the mucous layer, which neutralises the acid. Hormone-like substances known as prostaglandins, help to keep the blood vessels in the stomach dilated, ensuring adequate blood flow. Lack of adequate blood flow to the stomach may contribute to ulcers. Prostaglandins are also believed to stimulate bicarbonate and mucous production, which help protect the stomach.
- Consumption of alcohol, highly spicy foodstuffs, irregular food habits, and Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) also predispose to gastric acidity.
- There is a higher incidence of acidity in highly emotional and nervous individuals.
- It is also more common in the developed and industrialized nations, though a recent increase in has also occurred in developing countries.

SYMPTOMS

- Heartburn is characterized by a deeply placed, burning pain in the chest behind the sternum (breast-bone).
- Occurs after meals and is precipitated by increase in intra-abdominal pressure like straining or lifting weights.
- More common at night when a person is lying down.
- It is usually relieved when the person sits up.
- Regurgitation of the gastric contents
- Dyspepsia is a burning or aching pain in the upper abdomen, described as a stabbing sensation penetrating through the gut.
- At times there may be no pain, but only a feeling of indigestion, fullness, bloating, flatulence, or nausea

INVESTIGATIONS

- Clinical history and physical examination
- Lipid profile
- LFT
- Blood test for H-Pylori
- Endoscopy

WHAT CAN YOU DO

- Acidity can be prevented by avoiding the known causative factors like alcohol consumption, spicy foods, drugs like NSAID's, steroids etc.
- Regular eating habits and a healthy diet can prevent acidity.
- People with a highly nervous and emotional disposition and those involved in high-stress jobs could opt for a change in their lifestyle and reduce the stress.



No need to binge on Antacids when Homoeopathy is here

Acid Peptic Disease or Acidity or Heartburn is as common a health condition these days as any other medical ailment. Blame it on the urban and fast paced lifestyle where one of the most commonly affected part of the body is the gut which ends up giving acidity to the sufferers. These days, every 2nd person is having some antacid or the other just to keep this acidity at bay without realizing the actual cause and trying to eradicate that cause. Also, without realizing that having antacid drugs can actually cause a lot of harm to the vital organs like kidney and liver in the long run!

As mentioned above in detail the factors and causes that can give one heartburn or dyspepsia, the line of treatment simply has to be based on that. Treatment of the root cause with constitutional homoeopathic Remedy is the actual and natural way of defeating this irritating health condition that not just makes one irritable but also very less productive in all aspects of day to day life. Homoeopathic medicines not only cure the acidity but can also prevent the occurrence of ulcerations that might happen in future due to the Acid Peptic Disease. In severe cases at times where the patient have to be on Homoeopathic medication for slightly longer periods of times, even then there are absolutely no ill effects of the medicines that the patient is having.

Change in life style is a must! Follow the Do's and Don'ts properly. The bland diet is highly recommended with absolutely avoiding Spicy, Fried, Excessive Non vegetarian food. Must avoid Beverages like excessive Tea and Coffee. Smoking and drinking Alcohol should be avoided as well. Drink plenty of water and eat small meals timely at regular intervals of 4hrs.



MIND the MIND

“Yog” means union; it means the union of the individual with the universal or divine consciousness. Yoga is an ancient Indian practice aimed at establishing physical, mental, and spiritual harmony within an individual. 21st June is celebrated as International Yoga Day the world over.

Yoga, as an add-on practice to psychotherapy and counselling, is very effective in treating psychological problems and helping an individual maintain good mental health. Numerous studies have shown how Yoga positively impacts mental health. Some of the psychological benefits of Yoga have been illustrated below: -

Psychological Benefits of Yoga



HEALTH TIPS FOR SUGAR CONTROL



Vijay Kohli says



- Exercise Regularly.
- Control Your Carb Intake.
- Increase Your Fiber Intake.
- Drink Water and Stay Hydrated.
- Implement Portion Control.
- Choose Foods With a Low Glycemic Index.
- Control Stress Levels.
- Monitor Your Blood Sugar Levels.

Dr. Sanket Gupta is one of the most competent doctor that I have known. His knowledge, diagnosis and treatment are commendable. He has been able to reverse and eliminate many chronic and serious ailments in my family, extended family and friends. He is not only a good and humble person but it is rare to find professionals like him.



DENTAL HEALTH

DR. VANDANA SINGH
B.D.S (M.A.M.C., Del)

Why has Gutkha consumption increased?

Gutkha has made inroads in traditional society and people with lower socioeconomic status as an alternative source of smoking. The myth in favour of gutkha that it is less harmful than smoking products is a major challenge in India. Gutkha consumption has increased because of aggressive advertisement, and convenient packed sachets, which is available in various brand names in almost all shops at affordable cost. The widespread marketing of gutkha with strategic placement of kiosks near schools has led to a widespread addiction amongst school-going children as well. Gutkha use can begin from early age of childhood due to its flavoured sweet taste, easy availability, cost effectiveness, and instant stimulus. Gutkha's ease of procurement and storage, and lack of social stigma may promote the switch from paan or smoking to gutkha. Many people use gutkha to obtain the psychoactive effects of nicotine. Some authors reported that all users thought that tobacco use may enhance the sense of wellbeing, reduce anxiety and appetite (in taxi drivers), produce arousal or relaxation, relieve tension, help concentration (in clerks, cashiers), combat bad breath, and may be considered as a leisure activity. Some researchers found that habit of gutkha chewing is very difficult to quit.





CYST



PSORIASIS



ALOPECIA AREATA



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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