

# JULY 2023 Issue – 117



**Prof. Dr. A.K. Gupta was recently invited at the National Conference of Alternative Medicine where he put his views as the President of Homoeopathic Medical Association of India (Delhi Branch) to Dr. Manjupara, Minister of AYUSH, Govt. of India**



Expert Insight : All you need to know about Diabetes Mellitus and Homoeopathy . Dr.A.K Gupta

**Founder-Director of AKGs OVIHAMS Prof. Dr.A.K.Gupta was interviewed by a leading Homoeopathic Pharmaceutical Company – SBL about Diabetes Mellitus and its treatment in Homoeopathy.**

Watch the entire interview here - <https://youtu.be/FfNhDEIHemU>



# ENDOMETRIOSIS

## WHAT IS IT

Endometriosis is a disease in which tissue similar to the lining of the uterus grows outside the uterus. It can cause severe pain in the pelvis and make it harder to get pregnant. Endometriosis can start at a person's first menstrual period and last until menopause.

## CAUSES

The exact cause of endometriosis is unknown. There are some factors that can be a higher risk of developing endometriosis. These factors can include:

- Family history of endometriosis.
- People who begin menstruating before age 11 may be at a higher risk.
- The length of the menstrual cycle (shorter time between periods) and the duration of flow (how many days of bleeding).
- Defects in the uterus or fallopian tubes.

## SYMPTOMS

- The main symptom is pain. This pain can be intense or mild. It can typically be felt in the abdomen, pelvic region, and lower back.
- Although endometriosis is a common condition, not all people will experience symptoms. Sometimes, one can have endometriosis and not know until it is found during another procedure or investigation of infertility.
- Very painful menstrual cramps.
- Abdominal pain or back pain during period or in between periods.
- Pain during sexual intercourse.
- Heavy bleeding during periods or spotting (light bleeding) between periods.
- Infertility (difficulty becoming pregnant).
- Painful bowel movements.

## INVESTIGATIONS

- Physical Clinical examination
- Ultrasound of the Pelvis (TVS)
- MRI of the abdomen
- Laparoscopic biopsy procedure

## WHAT CAN YOU DO

- Manage excess body weight and try to reduce if obesity sets in
- Avoid taking too much of Oestrogen tablets or any other hormonal tabs.
- The pain during the menstrual cycle can be managed well without too many painkillers



## Endometriosis is treatable with Homoeopathy

With endometriosis, the endometrial-like tissue acts as endometrial tissue would — it thickens, breaks down and bleeds with each menstrual cycle. But because this tissue has no way to exit the female body, it becomes trapped. When endometriosis involves the ovaries, cysts called endometriomas may form. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

As mentioned in the section above by Dr. Sanket Gupta that there is no known cause for this condition but there can be various factors like family history, excessive hormone replacement therapy or even auto-immunity. Under all these scenarios Homoeopathy can be the best possible choice of treatment as it is non-invasive and takes care of familial tendencies as well if the treatment is started in the early stages. There are some fantastic anti-spasmodic medicines in the Homoeopathic Materia Medica that can help in tackling the severe pain that one experiences during the menstrual cycle. Medicines like *Magnesia Phosphorica*, *Colocynth*, *Viburnum Opulus*, *Sabina*, etc can be great relievers in the cases of endometriosis when we are looking at symptomatic management of the case.

Considering the auto-immune aetiological aspect, a constitutional Homoeopathic approach and treatment can really cure the case in its entirety as the Homoeopathic medicine will hit at the immunity axis and resolve the disharmony that created this imbalance inside the body of the suffering female. At AKGsOVIHAMS we have been able to help a number of females successfully in not just pain management but also in completely resolving the issue at hand.



# MIND the MIND

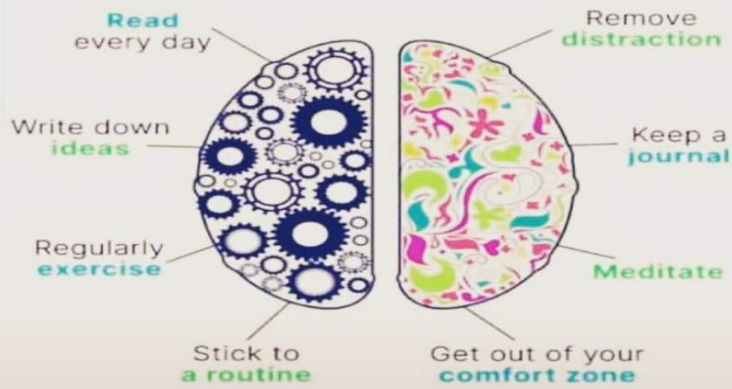
## POSITIVE COPING SKILLS FOR STRESS AND ANXIETY

1. Write your thoughts/feelings in a journal 
2. Play an instrument 
3. Listen to music- lay back or sit down and focus on the music
4. Write a story 
5. Write a letter to the person you are stressing over (you don't have to actually send it) 
6. Eat a healthy and nutritious meal or snack 
7. Go for a walk
8. Go to the gym  
9. Exercise at home 
10. Do yoga 
11. Meditate 
12. Take some deep breaths
13. Stretch 
14. Watch a feel-good movie or TV show
15. Read 
16. Take a social media detox
17. Paint/draw/color 
18. Crochet/knit/sew 
19. De-clutter or clean your living space 
20. Go for a bike ride 
21. Go to the park
22. Have a picnic 
23. Listen to a podcast 
24. Spend time playing with a pet 
25. Spend time with family 
26. Spend time with a friend/significant other
27. Vent to a close friend or family member 
28. Schedule an appointment for therapy
29. Practice mindfulness- being fully aware in the present moment
30. Slow down- approach the tasks you normally have to do with a calm and slow attitude 
31. Go for a relaxing drive 
32. Sit outside and take in the sunlight
33. Do your nails/hair/makeup 
34. Take a day for self-care 
35. Do anything creative
36. Take photos and/or edit them 
37. Shoot and edit a video
38. Make a vision board of things you love 
39. Put your to-do list on pause
40. Take a mental health day off from work
41. Reorganize your belongings 
42. Redecorate/rearrange your room
43. Do a face mask 
44. Take a relaxing bath
45. Write down the things that are stressing you out that you have no control over and rip them up and throw them in the garbage- practice letting go 
46. Create a list of positive affirmations for yourself
47. Garden- tend to your plants inside and/or outside
48. Practice gratitude- make a list of the things you are grateful for
49. Practice compassion- be kind to yourself when you are struggling, notice and change critical or judgmental thoughts
50. Practice acceptance- accept the emotions you are experiencing not as good or bad, but just as part of your experience- they will eventually pass

# How to train your brain

@onlinecounseling4u

Pragya Aggarwal says



I really liked this session with Dr. Kaartik. 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.



## DENTAL HEALTH

**DR. VANDANA SINGH**

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

### ADVANTAGES OF ALL CERAMIC CROWNS

These crowns are ideally suited to people who prefer a natural appearance as they are the most cosmetically pleasing crowns. The material used is 'bio-compatible' which is kind to your gums and tissues. There is no risk of any allergic reaction or sensitivity to hot or cold foods.

Whether you require veneers, crowns, or a fixed bridge, the use of ceramic can provide the aesthetics, longevity, and the durability you desire.

All-ceramic or all-porcelain crowns provide the best natural colour and, they are the top-quality crowns worldwide. Purely made of ceramic, which is translucent, these crowns are very life-like and blend well with the rest of your natural teeth. They have the ability to replicate both the form and function of natural teeth. All ceramic crowns are constructed using computer technology, e.g.- CAD/CAM technology which is based upon 3D design.

Apart from having super aesthetics, these crowns are valued for their metal friendly characteristic. Patients who have metal compatibility issues, will face no risk of an allergic reaction or sensitivity to hot or cold foods. The average life of a crown is around 10 years. The most Important factor affecting the lifespan of any restorative treatment is oral hygiene of the patient.





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**ATOPIC DERMATITIS**

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

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