

AUG 2023 Issue – 118



It's a great honor and proud moment for all of us at AKGsOVIHAMS as on 24th August 2023, ECONOMIC TIMES awarded AKGsOVIHAMS for Excellence in Healthcare in the field of Homoeopathy in the entire region of North India at ITC Maurya. Founder-Director of AKGsOVIHAMS Prof.Dr.A.K.Gupta received the prestigious award. This was the first ever Economic Times Healthcare Excellence Award in the field of HOMOEOPATHY.

The glittering event had Dr. Kiran Bedi as the Chief Guest.

Watch the immortal moment here - <https://youtu.be/1er7B9Oh48?si=KTK2Blp--ijpoBgf>



FIBROMYALGIA

WHAT IS IT

- Fibromyalgia is a chronic (long-lasting) disorder that causes pain and tenderness throughout the body, as well as fatigue and trouble sleeping

CAUSES

Many researchers believe that repeated nerve stimulation causes the brain and spinal cord of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain.

There are likely many factors that lead to these changes, including:

- fibromyalgia tends to run in families
- Some illnesses appear to trigger or aggravate fibromyalgia.
- Fibromyalgia can sometimes be triggered by a physical event, such as a car accident. Prolonged psychological stress may also trigger the condition.

SYMPTOMS

- Widespread pain - The pain associated with fibromyalgia often is described as a constant dull ache that has lasted for at least three months.
- Fatigue - People with fibromyalgia often awaken tired, even though they report sleeping for long periods of time. Sleep is often disrupted by pain, and many patients have other sleep disorders, such as restless legs syndrome and sleep apnoea.
- A symptom commonly referred to as "fibro fog" impairs the ability to focus, pay attention and concentrate on mental tasks.
- Fibromyalgia can co-exist with other conditions like IBS, Migraine, Interstitial cystitis, Temporomandibular joint disorders, Anxiety, Depression and Postural Tachycardia Syndrome.

INVESTIGATIONS

- Complete blood count with ESR
- Cyclic citrullinated peptide test
- Rheumatoid factor
- Thyroid function tests
- Anti-nuclear antibody
- Celiac serology
- Vitamin D

WHAT CAN YOU DO

- Do regular physical exercises and try to build on increasing your stamina
- Try to speak to a Psychologist and have therapy as it helps in relieving the stress and anxiety which in turn can help in relieving the symptoms of pain and fatigue.



Say Bye to Fibromyalgia Say Hi to Homoeopathy

Fibromyalgia can be an extremely draining, distressing and annoying medical condition for the patient as well as the family members. It is one condition that is often misunderstood, mis-diagnosed and hence not properly treated. It is basically a musculoskeletal disorder presenting with pain in the muscles & joints. It leads to multiple "tender points" on the body sply Neck, Shoulders, Back, Hips, Arms and Legs.

Patients often have difficulty in sleeping at night due to pains.

Some Pts. experience Mental problems & Cognitive dysfunction.

Can develop Light and Noise Sensitivity

Numb feeling on the Hands and Feet is also experienced by many Pts.

Restlessness Legs Syndrome may be associated.

Some may even get the Depression along with it.

Homoeopathy provides a very effective treatment for patients suffering from Fibromyalgia considering the Physical and Mental Symptoms of the individual patient. A large number of patients have already been benefitted with Homoeopathic treatment. Patients who were hooked to Pain Killers have been able to say Bye Bye after getting treated and Cured with Homoeopathy. Certainly self medication must be avoided. In some patient's it is advised to take rest and exercises both in special manner by modifying the life style and Sleep pattern.

Few of the very effective Homoeopathic medicines are Rhus Tox ; Bryonia Alba ; Causticum ; Calcarea Flour ; Formica Rufa and Ruta.G etc.

Say Hi to Homoeopathy and Bye to Fibromyalgia.





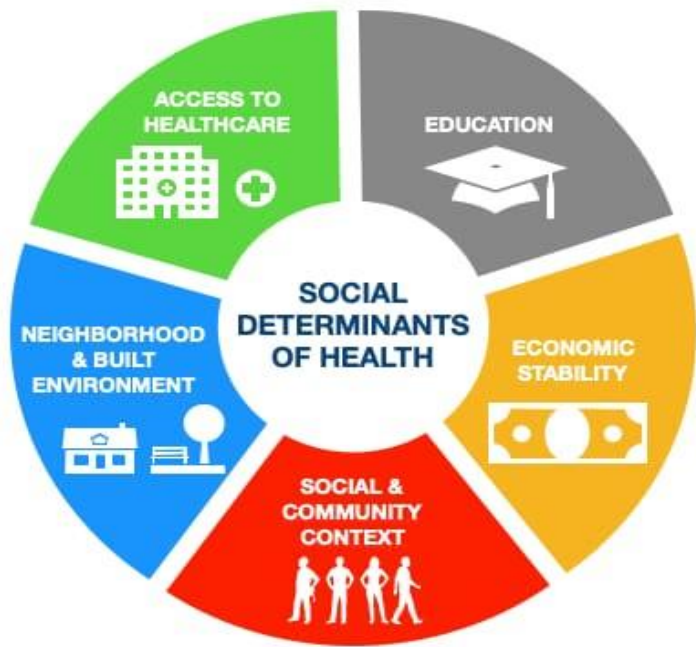
MIND the MIND

Over the past 10 years and 118 editions of our newsletter, we have covered a wide range of topics and concepts related to mental health. Based on your feedback and suggestions, we have even made changes to how the authentic information is presented – from text mode to current infographic presentation.

We would appreciate it if you, our readers, share what topics related to mental health would you want to know more about in the coming few months.

A TO Z OF MINDFULNESS

A AWARENESS of yourself and surroundings	B BELIEVE in yourself	C CALM and relaxed	D DAYDREAM and let your thoughts wander
E EMPATHISE with yourself	F FEEL and acknowledge your emotions	G GRATITUDE be thankful for what you have	H HAPPINESS let yourself be happy
I IMAGINATION use yours	J JOY be joyful	K KINDNESS to yourself and others	L LISTEN to what is happening now
M MEDITATE and learn how to relax	N NATURE enjoy all the nature around you	O OPEN your mind to the sensations around you	P PEACE find peacefulness
Q QUIET find a quiet place with no distractions	R REST your mind for a minute	S SEE what is around you right now!	T TIME be here now in the present moment
U USE your senses	V VISUALISE your happy place	W WELLBEING look after yours	X EXHALE slowly
	Y YOGA learn some exercises	Z ZEN be at peace	



Sonia Balani says



I had the pleasure of being treated by Dr. Sanket Gupta for a severe cough and swollen lymph nodes in my throat, and I must say that his level of professionalism and expertise was truly remarkable. He prescribed a personalized homeopathic treatment plan that was tailored to my specific needs, and his attention to detail ensured that I received the appropriate care every step of the way. Dr. Sanket's compassionate manner and dedication to my well-being made me feel at ease, his knowledge and expertise in homeopathy is amazing. He truly cares about his patients. His attention to detail and compassionate care set him apart from the rest. I would highly recommend Dr. Sanket to anyone in need of excellent medical care.



DENTAL HEALTH

DR. VANDANA SINGH

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

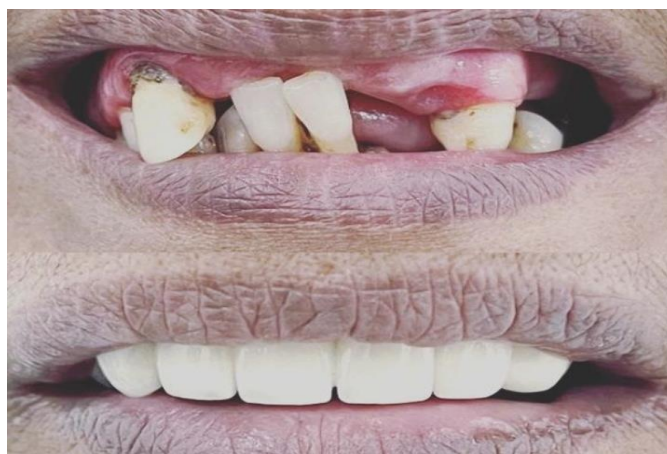
ADVANTAGES OF ALL CERAMIC CROWNS

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.





RECURRENT BOILS

ACNE

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

EMERGENCY HELPLINE – **7011842322, 9711013938, 8851653345**

Email – info@ovihams.com

Website – www.ovihams.com

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