

January 2015 Issue - XVI



# MONTHLY NEWS LETTER



The entire team and staff of AKGsOVIHAMS wishes you all

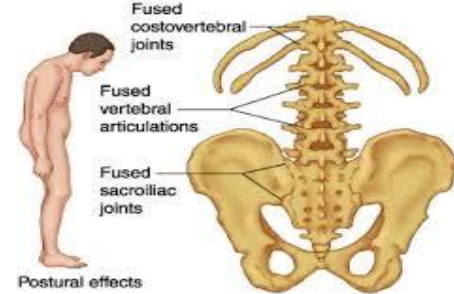
**A VERY HAPPY, HEALTHY & PROSPEROUS NEW YEAR 2015**

2015 has arrived with fantastic news for our Founder-director, Prof.Dr.A.K.Gupta. He has been elected as the President of the Delhi State branch of Homoeopathic Medical Association of India (HMAI). This is another feather in his illustrious cap. The entire team of AKGsOVIHAMS wishes him all the very best.

This issue is on *Ankylosing Spondylitis (AS)*. The troublesome auto-immune disease is a 'so-called incurable disease'. But Homoeopathy is extremely effective in treating Ankylosing Spondylitis. In this issue we have tried to throw some light on what AS is, and how can it be dealt successfully with Homoeopathy.

In the section 'Mind the Mind', our Clinical Psychologist, Kaartik Gupta has discussed about **"Decoding Emotions."** Let's find out our EQ.

In the section '**Bursting the Myth**', we will talk about the misconception that homoeopathic medicines are good for children only or small disorders and not major diseases.



Dr. Sanket Gupta, MD (Hom.), PGCCP (Cardiology)

# ANKYLOSING SPONDYLITIS

## WHAT

- Ankylosing Spondylitis (AS) is a chronic disease affecting the spine and lower limb joints, of unknown or lesser known causation
- It affects younger individuals in late teens and early to mid-adulthood.

## ETIOLOGY / CAUSES

- It is likely to be an auto-immune disorder with a genetic link (HLA-B27 marking). Research has shown that more than 9 out of 10 people with AS carry a particular gene known as human leukocyte antigen B27 (HLA-B27)
- There are theories on its link with some bacterial infection as a triggering factor
- AS can run in families and the HLA-B27 gene can be inherited from another family member

## SIGNS & SYMPTOMS

- Painful stiffness of the lower back and spine
- Constant backache
- Pain in hips
- Reduced mobility
- Painfulness of the spine and joints on waking up
- Painful difficulty in bending the spine
- Pain in lower limbs and soles, etc.
- One also experiences fatigue, low energy
- Difficulty in expanding the chest due to ribs affection
- Loss of appetite, loss of weight, low grade fever, etc.
- In this disease a person in severe cases may appear as wooden hard.

## INVESTIGATIONS

- X-Ray Whole Spine
- Complete haemogram
- ESR
- C-Reactive Protein (CRP)
- CT Scan
- MRI Scan
- A.S.O. Titre
- HLA-B27

## WHAT CAN YOU DO

- Exercise
- Physiotherapy
- Swimming



Prof. Dr. A.K. Gupta, MD (Hom.)



# ANKYLOSING SPONDYLITIS IS MANAGEABLE WITH HOMOEOPATHY

- Ankylosing Spondylitis (AS) is an auto-immune disease with a genetic background.
- Being a constitutional disorder, it calls for a constitutional approach to the treatment of AS.
- Homeopathic approach incorporates wholesome study of the cases of AS inclusive of the genetic trend of the patients. With the genetic trend I mean the fundamental miasmatic background of the patient. Knowledge of this background gives a true insight into the case to the treating Homoeopathic doctor.
- Early cases of AS can be treated with great success with homeopathy.
- Moderately progressive cases can be helped to prevent further increase of the disease with considerable betterment as well.
- However, severe cases can only be relieved symptomatically.
- Homeopathy is suggested for Ankylosing Spondylitis, especially in the early and mid-stages.
- Along with Homoeopathic medicines the role of management cannot be negated in a troublesome case like Ankylosing Spondylitis. Physiotherapy and Exercise, especially swimming is recommended in addition to the homeopathic treatment with wholesome benefit.
- Few homoeopathic remedies which have been found to be extremely helpful in treating the cases of Ankylosing Spondylitis are – *Bellis Per.*, *Bryonia Alba*, *Chelidonium Majus*, *Kali Bich.*, *Phytolacca*, *Pulsatilla*, *Rhus Tox.*, *Zincum Metallicum* and Dr.A.K.Gupta's own preparation called '*T.M.*'

# MARVEL OF HOMOEOPATHY

*In the words of the patient's son:* - "It all started some 4 years back when my mother was staying with my sister in Kolkatta. She started feeling something awkward with her left hand thumb. Months passed by and when I saw her next time I could see that her left thumb is almost numb. Since these are the early stage of development nobody took it that seriously thinking something else may be. But then sooner my family tried to diagnose it and after lots of test doctor could not come into any kind of conclusion. Then suddenly we came across this term MND from some doctor who predicted it since no other thing could be diagnosed. Since very few people are aware of this rare disease nobody was so sure whether this is it or something else. So she stated Yoga and other stuff. Since I do job several thousand kilometres away, I was completely unaware of all this or the full scale severity. In my next visit I could see that her hands had been affected and she was struggling to do pressure work. Also it had affected her legs and sometimes she was tumbling down due to imbalance. Till this time we could not see any visible damage to her figure. Once again I departed after a week or two, diagnosis was continuing though without any result. Then after sometime I was talking to my mother one day and I could feel the distortion in her voice. It kept continuing after that. My next meeting with my mother was after a bit long gap. Then I could see the full scale damage. She has started reducing to skeleton. She was struggling to work. Her hand muscle had gone. That was just unbelievable. Suddenly I became lost. What to do or what not to do was beyond my imagination. Then we decided we will take her to Delhi for a neuro test. My friend's uncle is a neuro surgeon and after hours of testing he confirmed that it is MND. Also a shocker later on for me was that be prepared for the inevitable. As a son what was happening to me that point of time is hard to explain. It was so overwhelming. We went to baba Ram Dev ashram as per my mother's request.

After coming to home I was thinking what's next. Also mean while I had already shifted to Bangalore. Coming to Bangalore I could hardly pass my time just thinking about the future events. Then suddenly I got a call from my very good friend Mr.Sandeep Gulati from Delhi. He told me about Dr.A.K.Gupta, his clinic, their success story and so on. Then I went through the website of OVIHAMS. After reading a previous case of MND a little ray of hope suddenly started erupting inside me. I contacted him and soon we started our medication. My mother started showing some good result afterwards. Also she became mentally stronger with a hope that things will go well afterwards.

After 3 months Dr.Gupta visited my mother in our home in Orissa in Jan 2006. It was so great having him at our doorsteps when we know how busy man he is. After examining her thoroughly and taking complete mental, emotional and physical aspects he advised for the change and additions in diet and also advised for some exercises. Since then close to 2 years have been elapsed and my mother is almost stable and has got completely cured of the persistent feeling of falling down backward. Her sensation of thickening of her Tongue and vague sensation has been completely taken care of. Now she is able to lift her Hands and able to eat on her own. She has started moving around though at times she still staggers while walking. Her appetite has improved. Her depression part has been reduced tremendously. The speech part became quite better but that varies on different occasions. No further damage in these years except the voice distortion and sleeping problem.

Also it is very important to note that MND is a rare disease which affects your body muscle a lot. So that means the patient has to go through physiotherapy constantly. With current Homoeopathic therapy we could see muscle recovering which is a very good sign. Since MND does a lot of damage to your body, it does disfigure the patient and disable them of doing the most private things. That's why it is very important to make them happy and keep encouraging them so as to minimize the chances of depression.

Current medical science doesn't have any full proof answer to MND though stem cell researches are going on. We all are aware of the power of Homeopathy and there is no side effects. In long run it has got a tremendous effect if it suits you."

*This is the Marvel of Homoeopathy*



# MIND the MIND



KAARTIK GUPTA, MSc (Cl. Psych)

## Decoding Emotions

Carrying on from our last issue wherein we talked about ways of promoting mental health, in the following two issues we will try to understand what emotions really are, the role they play in maintaining our mental health and ways of dealing with them efficiently. Emotions, as we all know and experience, refer to our feelings with regard to something that influences or impacts us in some way. Although there is a wide range of emotions that we experience, the most basic ones that are represented clearly from an early age on the human face are – anger, fear, sadness, disgust, happiness, and surprise.

When we talk of emotions, the first thing that comes to mind is that it refers to how we feel. But in addition to this feeling component, it also includes our cognitive state, the physiological reactions associated with such feelings and the expressive behaviour.

Some people often complain that they are not able to control their emotions or that there are moments when heightened emotions get the better of them. It would have happened with all of us at some point or the other in our lives. But yes, facing such a situation very often can be difficult and even distressing for some. People feel powerless or inadequate in their ability to handle their emotions efficiently. Maintaining a balance and dealing with our emotions appropriately is very important for the peace of mind. However, we can look at this from the other angle also, i.e. only if one has the peace of mind can one handle his/her emotions efficiently. There is no definite answer to this riddle as to what causes what, but there are methods, techniques and approaches that can help us achieve this emotional stability.

People are often curious to know about their IQ (Intelligence Quotient), but very few are even aware of something called EQ (Emotional Quotient) which refers to a person's ability to monitor one's own and others' emotions, discriminate between different emotions and use this information to guide their thinking and behaviour. Being aware of one's emotions comes naturally to some, but for others it is a challenge and such people either deal with them immaturely and inadequately or become indifferent to it.

We all go through ups and downs in our lives, failure is as much a part of it as success, happiness does not last forever and neither does sorrow, and all along this roller coaster ride we have our emotions that give us the sense of being alive and make us feel a part of existence. Change appears as the only constant since nothing lasts forever. Within the midst of all this emotional turmoil, maintaining stability is a challenge. The one who gathers this ability to be in touch with his/her emotions and is able to maintain that balance irrespective of the situation can conquer anything as he/she realises that the real power lies within....in the mind!!



## Obesity 'not always linked with metabolic problems'

In a new study, researchers from Washington University School of Medicine in St. Louis, MO, have found that some obese people do not have the metabolic changes usually associated with diabetes, heart disease and stroke. This suggests that some obese people may be protected from these metabolic abnormalities when gaining weight. The findings of the study are published in *The Journal of Clinical Investigation*.

Senior investigator Dr. Samuel Klein, the Danforth Professor of Medicine and Nutritional Science and director of Washington University's Center for Human Nutrition, explains the finding: "This research demonstrates that some obese people are protected from the adverse metabolic effects of moderate weight gain, whereas others are predisposed to develop these problems. This observation is important clinically because about 25% of obese people do not have metabolic complications. Our data shows that these people remain metabolically normal even after they gain additional weight."

**One of these key factors distinguishing normal & abnormal metabolism was the accumulation of fat inside the livers of people with abnormal metabolism - people with normal metabolism did not have these fat accumulations.**

## Latest at AKGsVOIHAMS

- Dr.A.K.Gupta and Dr. Sanket Gupta will not be available from 22<sup>nd</sup> to 26<sup>th</sup> of January at any of our clinics as Dr. Sanket is getting married. Please schedule your prior appointments accordingly
- Prof.Dr.A.K.Gupta completed 37 years of his practice on 25<sup>th</sup> December, 2014. The entire staff and team of AKGsVOIHAMS wishes him many more successful years ahead

## DID YOU KNOW?

### **You are taller in the morning than in the evening**

When you crawl out of the sack in morning you are the tallest. On average, you are approximately one and half inch taller when you wake in the morning, thanks to excess fluid between within your spinal discs. While you are sleeping, these fluids replenish. During the day your body has to deal with the stress of standing, so the discs become compressed and the fluid seeps out. This results in you losing a small amount of extra height.

## LAUGHTER IS THE BEST MEDICINE



**A lawyer was just waking up from anaesthesia after surgery, and his wife was sitting by his side. His eyes fluttered open and he said, "You're beautiful!" and then he fell asleep again. His wife had never heard him say that so she stayed by his side.**

**A couple of minutes later, his eyes fluttered open and he said, "You're cute!" Well, the wife was disappointed because instead of "beautiful," it was "cute." She asked, "What happened to 'beautiful'?" His reply was "The drugs are wearing off!"**

# BURSTING THE MYTH!!

- **Homoeopathy good for Kids only** – It is often said and believed that Homoeopathy being free from any side effects and having small minute doses, is really good for small children and/or minor ailments. People often say Homoeopathy will at least not harm their kids even if it is unable to treat the child successfully. Now that is a major shortcoming in the area of awareness about Homoeopathy. Yes Homoeopathic treatment has absolutely no side effects, but that is not the only reason a parent should think about Homoeopathy for their kids. It is the fast and harmless effectiveness of the Homoeopathic treatment that should make it viable for the masses to believe that Homoeopathy should actually be the first choice of medical system when it comes to everyone and not just the kids. Even incurable and major chronic and serious illnesses can be effectively treated and managed with Homoeopathy singlehandedly. There are many such examples of diseases where any other system of medicine has been found to be of a much lesser use as compared to Homoeopathy. So-called Incurable Diseases like Cancer, Asthma, Leucoderma, MND, Epidermolysis Bullosa, Psoriasis, etc. can all be treated and managed beautifully with Homoeopathic remedies alone. Major and dreadful surgeries can be absolutely prevented if Homoeopathic treatment is taken at the right time and not succumbing to the terrors of the scalpel. Patients suffering from diseases like Kidney and Gall stones, Uterine Fibroids, Slip Discs, Piles, Chronic Sinusitis, Tonsillitis, Adenoid Hypertrophy, Breast tumours, etc. are always advised to get their malady corrected surgically! But all these surgeries can be very well prevented as all the diseases can be cured with the simple and minute doses of Homoeopathic medicines without any trouble whatsoever and at much cheaper price. It saves your money and more importantly saves your precious organ and body from getting chopped by the surgeon's knife. It saves the agony of the after effects of surgery that you witness later on when it is already too late. So, please adopt Homoeopathy for all minor and major ailments and troubles for yourself and your entire family and friends, and not just your small children.

## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- “Homoeopathy, unaided by the state, has wonderful progress to its credit. Its cheapness, its simplicity is remarkable. The cures it has affected are no less remarkable. I have no doubt; therefore, that it deserves state patronage as any other system of medicine. - *Shri Jaiprakash Narayan, Indian Socialist Statesman*
- It was a big surprise for me and a real show also, of the positive effect on human body of the homeopathy 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 on homeopathy. Thanks to Doctor A. K. Gupta and thanks to Homeopathy! - *Ashwani kumar*



ATOPIC DERMATITIS



ECCHYMOSIS IN DIALYSIS PATIENT



CELLULITIS

# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

## WEST DELHI

J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel : 011-25101989, 011-25430368 ; Fax – 011-25111989

## SOUTH DELHI

158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel : 011-24100494

## NORTH DELHI

RU-115, Pitam Pura, opp. Power House

Tel : 011-27345218, 9873565050

EMERGENCY HELPLINE – 9811341238, 9711013938

Email – [drakgupta@ovihams.com](mailto:drakgupta@ovihams.com), [drsanketgupta@gmail.com](mailto:drsanketgupta@gmail.com)

For more Visit us at [www.ovihams.com](http://www.ovihams.com)