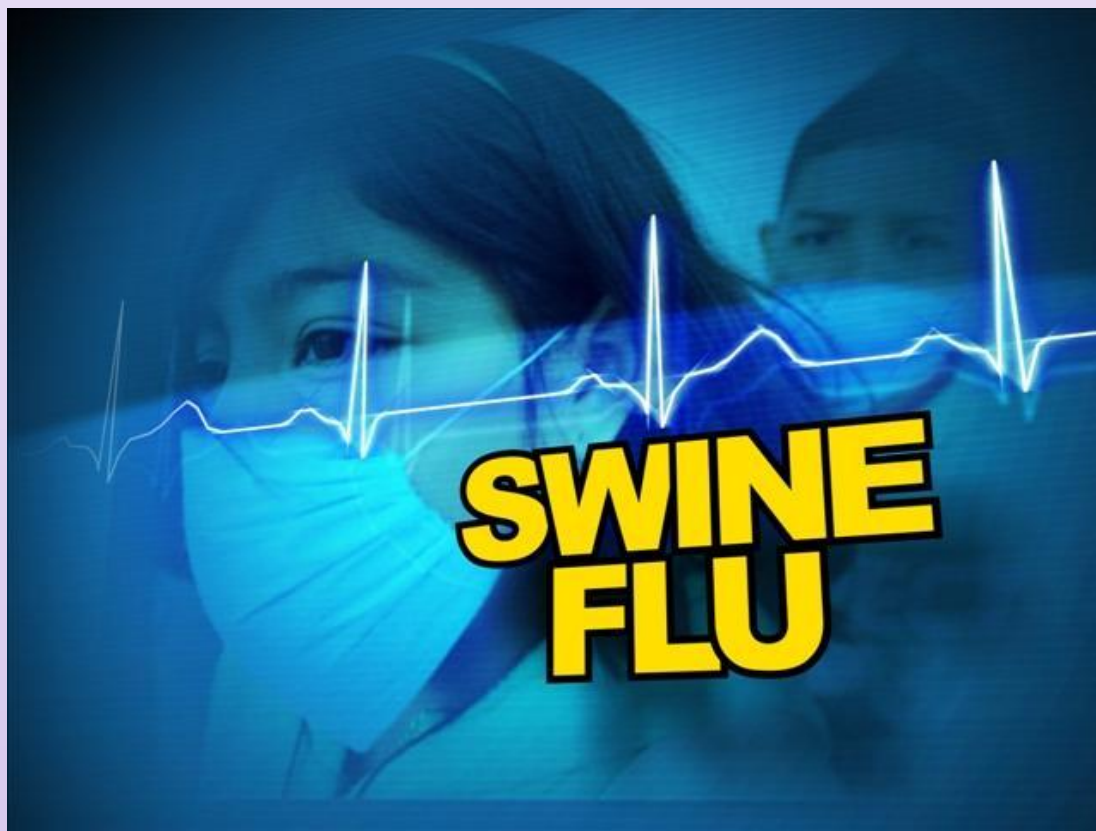


February 2015 Issue - XVII



# MONTHLY NEWS LETTER



This issue is on *Swine Flu*. It is the burning disease now-a-days. Everybody wants a vaccine for swine flu. The disease has gained sort of an epidemic status in a lot of our states. So it is imperative that we discuss about swine flu how can it be dealt successfully with Homoeopathy.

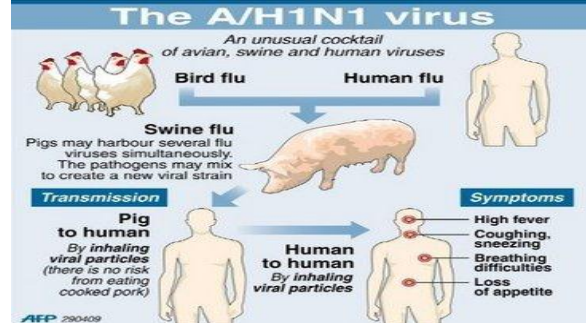
In the section ‘Mind the Mind’, our Clinical Psychologist, Kaartik Gupta has discussed about *“Handling Emotions.”*

In the section ‘**Bursting the Myth**’, we will talk about the misconception that homoeopathic treatment is very tedious to follow and includes lot of precautions.

To know more about swine flu visit <http://www.ovihams.com/Article.aspx?id=44>



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



# SWINE FLU

## WHAT

- It is a contagious Respiratory Disease caused by H1N1 Virus

## ETIOLOGY / CAUSES

- The Virus enters the body through inhalation of contaminated droplets or is transferred from a contaminated surface to the Eyes, Nose or Mouth of an infected person.

## SIGNS & SYMPTOMS

- FEVER
- COUGH
- SORE THROAT
- RUNNING NOSE / STUFFY NOSE
- CHILL
- MUSCLE & JOINT PAINS
- HEADACHES
- VOMITINGS & DIARRHOEA ( In some cases)

## INVESTIGATIONS

- Blood test for H1NI virus

## WHAT CAN YOU DO

- If you are sick or have any flu-like symptoms, stay home
- Cough or sneeze into the crook (inside elbow) of your arm. This way you do not transfer the germs to your hands and then to every object you touch.
- Wash Hands Frequently
- Gargle with warm salt water 2-3 times a day prevents proliferation. H1N1 takes 2-3 days after initial infection in the Throat / Nasal cavity to proliferate the virus and show characteristic symptoms.
- If you have things others have touched, use your hand sanitizer to avoid swine flu infection.
- Drink as much of warm liquids ( tea, coffee etc.) as you can.
- Boost Natural Immunity with foods that are rich in Vitamin C ( Amla and other Citrus Fruits)
- Touch public handles and pens as little as possible. These are loaded with germs that may carry the swine flu virus
- Buy locally grown fruits and vegetables if possible. Make sure you wash your fruits and vegetables with water, and soak for greater effectiveness
- Avoid Crowds
- Do not eat or drink after others without complete sanitization of containers or utensils.



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# SWINE FLU & HOMOEOPATHY

Swine flu is alarmingly on the rise and has gained epidemic status especially in the states of Gujarat, Rajasthan and Punjab. In Delhi itself, though very few cases have been reported but the increasing scare of the H1N1 virus is creating a lot of havoc. So, here I take the opportunity to address this burning issue in these worrying times. Firstly, I appeal everybody reading this to keep calm and not to panic. Swine flu is definitely manageable. It can be prevented as well as fully well treated with Homoeopathy. But before treatment one must try to prevent getting the H1N1 virus by following the above mentioned regimen and routine by Dr. Sanket Gupta. Prevention is any day better than cure.

Also, one must be able to differentiate the Common Flu/Cold from Swine Flu. This table will be very useful for all of you.

COMMON COLD/FLU	SWINE FLU
Fever is rare	Fever usually present in 80% of the cases
Productive (muco-purulent) cough is often present.	Non-productive (dry, hacking) cough usually present
Slight body aches may be present	Severe aches and pains
Stuffy nose often present with a cold which resolves on its own in a week	Stuffy nose not usually present
Sneezing commonly seen	Sneezing not common
Cold symptoms tend to develop over a few days	Has a rapid onset within 3-6hrs.
Headache is uncommon	Headache is very common
Sore throat commonly present with mild chest discomfort	Sore throat not seen usually but severe chest discomfort is often present

Now coming straight to the management of Swine Flu, the Vaccinations have not proved to be really effective against the H1N1 virus. If you contract the virus get to the doctor within 36 hours and ask for Tamiflu or Relenza. These antiviral medicines will halt the progression of H1N1 or Swine flu virus. Visit an authorised Medical centre or Hospital equipped to deal with such cases.

Though Homoeopathy deals in treating the patients in an individualistic manner, Homoeopathy has been found effective in the past also to help in the previous epidemics. As the symptoms goes in majority of cases Arsenic Album seems to be the most suitable as genus epidemicus for Swine Flu. It is advised that one must consult a qualified Homoeopathic doctor before taking it. Few other medicines which can be used to treat a case of Swine flu (as they run close to the clinical presentation of Swine flu) are – Influenzinum, Gelsemium, Arsenic album (this is the most probable), Eupatorium Perf., etc.

# MARVEL OF HOMOEOPATHY

I, Amarjot Singh Bhatia, 16 Yrs. of age, never thought in my life that homoeopathic medicine will become my lifesaving medicine which is thought to be slow acting . I am really grateful to homoeopathic consultant “Dr A.K.Gupta” who showed the right path to my parents in my childhood. When I was hardly six months of age, I was having some brain problem as I was delivered by forceps delivery method and my birth weight was 3.6 Kg. C.T. Scan showed bilateral fronto-parietal Hygroma with mild Hydrocephalous and Parenchymal atrophic changes. Allopathic doctors advised immediate surgery to save my life but it was Dr.A.K.Gupta only who suggested for homoeopathic treatment for some time. It did wonders and within six months I was cured. In Nov. 1998, I was diagnosed of having bilateral maxillary sinusitis and for that also I took homoeopathic treatment with great relief.

Not only this, In Dec. 2003, I had a bad fall from the third floor of my house and got multiple brain injuries. I was operated at Sir Ganga Ram Hospital but after one month it was found that I have developed some complication and once again urgent brain surgery was advised. C.T. Scan showed: “*A large extra dural Haematoma in Right posterior fronto-parietal region. An associated subdural component is also seen with the haematoma on to anterior aspect of fronto-temporal region on right side. Tentorial subdural haematoma is also present. Multifocal areas of contusion are present in Right temporal lobe and right posterior-parietal region. Evidence of subarachnoid haemorrhage is noted in superficial C.S.F. spare is in right frontal region. Interhemispheric fissure appears hyper dense.*” I was brought again under the care of Dr.A.K.Gupta and his magic pills of Homoeopathy. He visited at hospital to see me and started the homoeopathic treatment. C.T. Scan done on Jan 13, 2004 showed moderate communicating hydrocephalous with evidence of periventricular oozing. C.T. Scan was repeated at regular interval. C.T. Scan done in May 2004 showed “*communicating extraventricular hydrocephalous in the right temporal and occipital region. Oedema seen in previous C.T. Scan has largely resolved.*”

Then I had several problem like hearing problem, musical sounds in ear and even problem in walking. But after getting treatment for five months, I am almost normal and by grace of god I appeared in my board exams (Xth class) in the month of march and got brilliant result which was almost ruled out by the parents and doctors of the hospital earlier on seeing my condition. I am still undergoing homoeopathic treatment which has proved to be much better contrary to general belief and expectations which has made me a firm admirer of homoeopathic system of medicine where such a severe problem has responded so well and almost cured me with sweet tiny pills instead of agony of bitter tablets and capsules and horrifying injections and major surgeries.

My sincere thanks to Dr. A.K.Gupta and Homoeopathy.

*This is the Marvel of Homoeopathy*



# MIND the MIND



KAARTIK GUPTA, MSc (Cl. Psych)

## Handling the emotional atyachaar

At a time when machines are being made more and more advanced, getting equipped with all the functions that humans can perform or even more than what is possible for us, it is our emotions that give us the human entity. It gives us the sense of being alive, of experiencing all that is happening around us, being shaped from whatever has happened in our past and in turn playing a decisive role in moulding the approaching future.

In this issue, we will discuss about some of the ways in which you can achieve emotional stability and the desired balance between your emotional and the logical side.

- *Experience your emotions fully.* Go through the emotional cycle completely. Just as we enjoy the happy and joyous moments, it is equally important for us to feel the sadness and pain in difficult times. Blocking them will suppress them for a while but they are never completely forgotten so it is advised to be with those feelings till the time it becomes normal for you. Although this might not always be a pleasant experience, but you need to try.
- *This too shall pass.* We all know that change is the only constant and nothing lasts forever, neither the good nor the bad times. So, maintaining a balance while experiencing both the good and bad times is important. A wise person enjoys the good times to the fullest and does not lose hope while the going gets tough.
- *Expressing emotions appropriately.* In our culture, kids are usually taught to not be overtly expressive of their views and feelings. Boys especially grow up listening to “*chhup kar, ladke nahin rotay*” which over the years makes them hardened and emotionally less sensitive. Due to this and many more cultural practices, children do not learn the right way of expressing their emotions. They go on to develop into adults who are unable to handle their emotions maturely and appropriately.
- *Balanced decision making.* Before taking any decision, consider all the possible options, evaluate the pros and cons of each and then decide upon the most suitable one. Arriving at a decision in haste or because of intense emotions can cause trouble. At the same time approaching everything, especially relationships, only logically can become too mechanical.
- *Talk to your friends or family members* or for that matter any person you confide in about what you are going through. Share and express whatever you are feeling. It will not only make you feel better and give you the strength to see it through, you might even arrive at some solution to your problems.
- *Seek professional help* whenever you feel overwhelmed by emotional conflicts. A mental health professional like a psychologist would not only listen to you completely, he/she would be absolutely non-judgmental and so you can share even your darkest secrets that have been troubling you. In addition, the professional would provide you with certain scientific and standardised therapeutic techniques that have been tried and found to be efficient by thousands of people across the globe.

“*Feelings are like waves. You cannot stop them from coming but you can decide which ones to surf.*”

- Unknown



## Early peanut exposure may prevent allergy in high-risk children

A new study involving over 600 children suggests if babies start eating peanut products regularly and frequently before the age of 11 months, there is a very good chance that those at high risk of peanut allergy will not develop it.

Allergy to peanuts develops early in life. Once it develops, it is rarely outgrown and there is no cure. Those most at risk are children with a family history of peanut allergy, who have eczema or are allergic to eggs.

Now a clinical trial led by King's College London in the UK and supported by the National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health in the US, found that introducing peanut products into the diets of infants at high risk of developing peanut allergy was safe and resulted in an over 80% reduction in the subsequent development of the allergy.

**The results show that less than 1% of the children who were given peanut products and who completed the study in line with the protocol, developed peanut allergy by the age of 5, compared with 17.3% of those who avoided peanut products in that time.**

## Latest at AKGsOVIHAMS

- Prof. Dr. A. K. Gupta, the Founder-Director of AKGsOVIHAMS has been elected as the President of the Delhi State Branch of the Homoeopathic Medical Association of India (HMAI). Another feather in his cap
- Subscribe to our newsletters at [www.ovihams.com](http://www.ovihams.com) and share with your near and dear ones

## DID YOU KNOW?

- A person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.
- Eighty per cent of people infected with the Ebola virus, will die from this disease.
- There are approximately 96,000 km of blood vessels in the human body
- Human foetuses react to loud rock music by kicking.

## LAUGHTER IS THE BEST MEDICINE



A guy is walking past a big wooden fence at the insane asylum and he hears all the residents inside chanting, "Thirteen! Thirteen! Thirteen! Quite curious about this, he finds a hole in the fence, and looks in. Someone inside pokes him in the eye. Then everyone inside the asylum starts chanting, "Fourteen! Fourteen! Fourteen!"

# BURSTING THE MYTH!!

- **Homoeopathic Treatment is Tedious and Complicated:** - A lot number of people refrain from taking Homoeopathic medicines because of a notion that taking homoeopathic medicines is too complicated and tedious as it may have too many restrictions and precautions. The patients due to these apprehensions many times just keep on worsening the case but don't take the treatment. This is very wrong and something which can prove extremely costly later on.

The fact is that Homoeopathic treatment is as simple and easy to follow as any other medical system available to humanity! There is no need for illogical dietary restrictions or time bound medication. If the medicine given is correct, then it will do its action any which way. As you all know, Homoeopathic medicines are energy based having very less material in it, so the only need is to take proper dosage. For example if your doctor has asked you to take the medicines 3 times a day, then it should neither be less or more than three, until and unless required.

It is a common belief that with homoeopathic medicines one must not take onions, garlic, or coffee at all. But the fact is that one does not need to completely ban these food items. Yes, if one wishes to take them, then just keep a gap of 1 hour at least before or after taking the medicine.

Also, there are times when the patient is taking some medicine for some other problem from any other medical system then he/she need not stop those medicines even along homoeopathic treatment. For example, one does not need to stop hi blood pressure or diabetes medicines and can very well take the particular homoeopathic treatment. Just a gap of 1 hour between the 2 sets of medicines will be good enough for prper action of all the medicines.

## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homoeopathy did not merely seek to cure a disease but treated a disease as a sign of disorder of the whole human organism. This was also recognized in Upanishad which spoke of human organs as combination of body, mind and spirit. Homoeopathy would play an important part in the public health of the country along with other systems. - ***Dr. S. Radhakrishnan, Former President of India***
- During my age of 52 yrs. to 59 yrs., I had 4 Road side accidents. In each accident I had 3-4 bones Fractured. They include bones of Foot, Knee Joint, Multiple Ribs, Clavicle, Bones of Wrist joint, hand and Nasal Bone. In every episode of accident, first I consulted Orthopaedic Surgeon regarding fractures. After that I used inform about my injuries to Dr.A.K.Gupta (Consultant in Homoeopathy). I had always believed Homoeopathy has a great role in prompt relieving of Soft Tissues Swelling, Relief in Pain and good Callus formation at Fracture sites. True to my belief in all the 4 accidents, Swelling & Pain had disappeared within few days of injuries. There had been **PROMPT & COMPLETE HEALING WITH GOOD CALLUS FORMATION** with Homoeopathic treatment. **NO DELAYED OR NON UNION** of any fracture was noticed. Now my present impression is, if Homoeopathic treatment is taken (from a competent homoeopathic Consultant) in fracture cases, it will help the patients in quick relief of agony of pain, & timely (or may be earlier) union of fracture.

***Dr.G.S.Garkal, consultant Radiologist, MBBS, DMRD, MD***



MULTIPLE WARTS

PSORIASIS

EPIDERMILYSIS BULLOSA

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(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)

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