

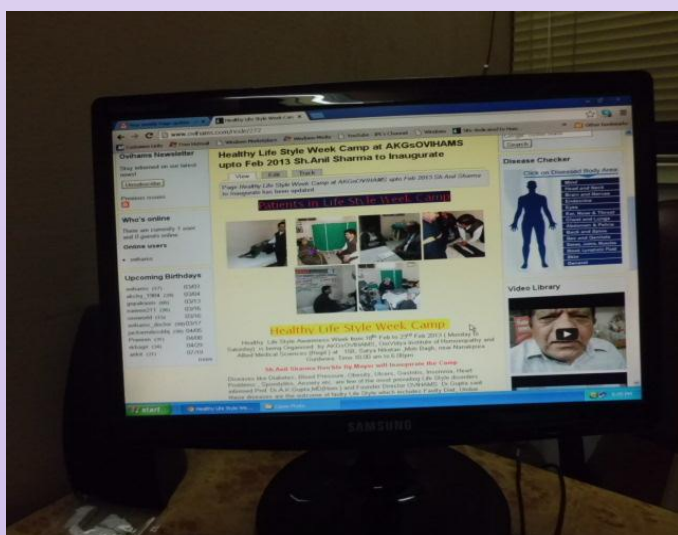
February 2014 Issue - V



MONTHLY NEWS LETTER

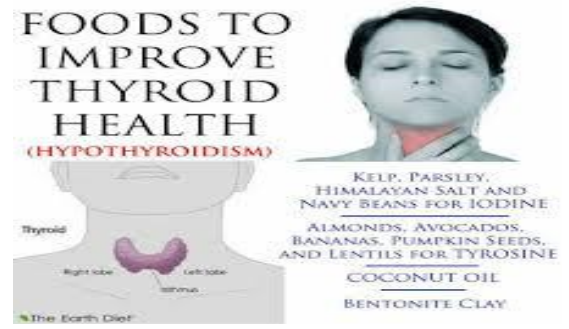
AKGsOVIHAMS has always believed in its motto of Health For All in a holistic way. The centre was started in 1999 with the sole aim of bringing all systems of medicine under one roof so as to provide a place to the patients where they can be treated as a whole as none of the medical system is complete in itself. An integrated selfless approach has always augured well in providing complete cure and positive health to the suffering society. AKGsOVIHAMS has been a pioneer in this approach the testimony to which is the centre's accreditation in the 2001 edition of *Limca Book of Records* and conferred with *Global Healthcare Excellence Award in 2013*.

Last February, AKGsOVIHAMS organized a weeklong camp on "Healthy Lifestyle Awareness Week" where along with Homoeopathy experts from other systems of medicine like Naturopathy, Acupuncture, Acupressure and Nutrition gave their valuable services absolutely free of cost. The sole aim was to create awareness about a Healthy Lifestyle and routine and an effort to educate the society on the ways and means to prevent Lifestyle Disorders and also how to attain cure.



February is also a month where our young readers might be having their exams round the corner. Many times one finds a lot of students who either have an exam phobia, or difficulty to retain what has been studied or poor concentration. *Kaartik Gupta*, our Clinical Psychologist has come up with some wonderful tips and techniques which can help your kids in performing much better in the upcoming exams if done along with Homeo care.

The disease which has been discussed in details in this issue is **Hypothyroidism**, A disorder which is being thought generally when there is an unreasonable weight gain, especially in ladies. But it is important to understand that there are many more signs and symptoms which one should not ignore as they may also indicate towards this disease.



Dr. Sanket Gupta, MD, PGCP (Cardiology)

HYPOTHYROIDISM

WHAT

- Also called “Underactive Thyroid” as the thyroid gland does not produce enough Thyroid Hormone
- In children, hypothyroidism leads to delays in growth & intellectual development, a condition called “Cretinism”
- Is of 2 main types – a) Primary (inadequate gland function) ; b) Central (not enough stimulation by TSH)

ETIOLOGY / CAUSES

- a) Primary Hypothyroidism is caused due to –
 - (i) Iodine Deficiency
 - (ii) Auto-Immune (Hashimoto’s) thyroiditis
 - (iii) Previous Thyroid surgery
 - (iv) Previous radioiodine treatment
 - (v) Previous external radiotherapy to neck
- b) Central Hypothyroidism is caused due to –
 - (i) Medicines like – Lithium bases mood stabilizers, Tyrosine kinase inhibitors, etc.
 - (ii) Lesions compressing the Pituitary gland like – pituitary adenoma, craniopharyngioma.
 - (iii) Surgery or radiations to the pituitary, injury
 - (iv) Vascular disorders
 - (v) Auto-immune diseases like Sarcoidosis
 - (vi) Infections like T.B, Syphilis

SIGNS & SYMPTOMS

- Fatigue, poor memory & concentration
- Increased sensitivity to weather
- Weight gain with poor appetite
- Constipation & shortness of breath
- Hoarse voice & Poor hearing
- Irregular Menses
- Dry, coarse skin & cool extremities
- Myxoedema (mucopolysaccharide deposits)
- Hair Loss
- Slow pulse rate
- Swelling of limbs
- Carpel Tunnel syndrome
- Delayed reaction of tendon reflexes
- Abnormal sensations
- Pleural effusion, pericardial effusion
- Ascites

INVESTIGATIONS

- Complete Thyroid Profile comprising of Blood levels of Free T3, Free T4 and TSH
- Blood levels of Anti- TPO
- Blood Anti- Tg
- Serum Calcium

WHAT CAN YOU DO

- Take iodine rich foods and Iodized salt
- If you are a non-vegetarian then go for sea food
- Beat the lethargy and fatigue with regular physical activities



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY – THYROID SAVIOUR

Thyroid gland is one of the most important Endocrine gland in our body. The thyroid hormone is required for the normal functioning of numerous tissues in the body. If at anything goes wrong with the functioning of the gland, it can lead to either Hypo or Hyper-Thyroidism. Hypothyroidism is a very common disease in today's times. Modern medicine has been able to curb this disorder with some really effective medication but the only drawback is that the patient has to keep taking these medicines for his entire life and also a long term use of these medicines gives rise to a number of side-effects as well.

On the contrary, Homoeopathy being a holistic science, it acts directly on the vitality of the patient and tries to empower the diseased thyroid gland to correct itself. I mean, the Homoeopathic medicines act as a catalyst for the thyroid gland to rejuvenate itself and ultimately achieve the cure. So, a patient can be absolutely cured from Hypothyroidism with Homoeopathic medicines and eventually leave the medication to lead a medicine-free healthy life! All individuals behave and function differently, so, the same medicine cannot cure all patients. But some of the very commonly used medicines for Hypothyroidism are - Baryta Carb, Calc. Carb., Conium, Phytolacca, Spongia, Thuja, Thyroidinum, etc.

I would like to narrate a case of Hypothyroidism here, which was completely cured with Homoeopathy only.

Mrs. G.G, a 34 yrs old female, came to me at our Pitam Pura clinic on 21st April 2013, with a problem of excessive hair loss, which is called Alopecia in medical terminology. As per the norm, I started taking her case history. Nothing much significant was found so I just prescribed for the hair loss and asked her to see me again after 1 month. She came then 1 month later, but the hair fall was still the same. There was not much change in her condition as to when she came to me for the 1st time. There was an expression of anxiety on her face. I pondered a bit and again looked at her case sheet as to see if I had missed anything. I observed that she appeared a bit heavier than the last visit last month. On checking her weight she said, that she has gained about 3-4kgs in last 3 months. This made me to ask her to get few blood tests done. Complete Haemogram, Thyroid profile and Blood sugar fasting were being asked to look investigate. She was surprised that she seemingly doesn't have any peculiar symptoms, so why are these tests required. But I insisted to get them done.

She came to me with these reports on 5th June 2013:- TSH-8.16 (0.4 - 5.5), Blood Sugar (F)-90, ESR-32, Hb-11.9

She was really surprised to see that that she had some thyroid disorder. She was really worried as well. Her major issue was that she would have to be on allopathic drugs throughout her life for Hypothyroidism. I brought to her notice, that there was no need for her to start allopathic medication and be on medicines all her life, as Hypothyroidism is absolutely curable with Homoeopathy. This statement gave her some confidence and she decided to stick to Homoeopathic medicines only for her ailment. To her utter amazement, her TSH came down to 6.27 in less than a month's time. This report gave her and her husband immense satisfaction and joy that her TSH showed considerable improvement. Even her hair fall started getting reduced.

She continued with the treatment and we again checked her TSH in Dec.2013. to everyone's elation, the TSH this time was just 3.8!! She was thrilled and really thanked Homoeopathy and AKGsOVIHAMS to come to her rescue..

I want to emphasise on a point here, if you see she was not responding to the medicines initially, but on retaking the case when I realized that the problem lies much deeper, the medicine changed and she responded beautifully. The point I want to make is that it is not Homoeopathy that is slow, but actually it is the fastest possible mode of treatment to achieve cure. The only condition being that one has to have a correct approach, both the patient and the doctor. For more on Thyroidism visit <http://www.ovihams.com/AilmentDetail.aspx?AilmentID=19>

MARVEL OF HOMOEOPATHY

A 14yrs old boy M.S, was brought to Prof. Dr. A. K. Gupta with complaints of forgetfulness & impaired memory as he was doing very badly in studies. The parents told that the boy had become a pain in the neck for the entire family due to his behaviour. He was a habitual liar, mischievous & disobedient. He forged the marks and grades in his test papers and copies. He had no interest in studies, but would make big promises to the mother. He used to fight with other children deliberately and would even threaten them. But strangely, Dr. Gupta was told, that the boy used to weep at night while sleeping. He used to get frightened easily.

Dr. Gupta went into a great detail of the childhood history of this boy & something very significant came out. Initially the child was given to some relatives after his birth and he could be restored back by his parents with a lot of difficulties and fights among the concerned parties. The small child was taken to the police station and the court. He was subjected to a lot of mental trauma which as a result had a great impact on his mind. He started getting frightened very easily and developed the fear of being taken away from his parents. Seeing this, the parents were extra cautious and affectionate towards this boy. All his irrelevant wishes and demands were fulfilled during those days by the worried parents. This eventually led to the boy becoming obstinate and demanding with the growing age.

Listening to the entire case, Dr. A. K. Gupta prescribed the boy a Homoeopathic medicine. He reported after 2 weeks again with not much change in him, the only change which was noticeable in him by the parents was that he had been little less abusive all these days and had felt little better after a huge vomiting few days back. Dr. Gupta gave the same medicine again but in a higher potency. This time he responded quickly. The parents informed Dr. Gupta over phone after 4 days of taking the medicine that the boy has been weeping very often and apologising to his mother every now and then without any apparent cause. Dr. Gupta calmed the worried mother and said just continue with the same medicine. On the next visit after 15 days, the boy looked quiet cheerful and very rarely he would get frightened now. On asking the parents, they said there was a remarkable change in his behaviour but at the same time he still does not sit and study or still can't remember the chapters, but always keeps swearing that now he will do his best. Dr. Gupta prescribed him *Anacardium 200* and asked him to report after 4 weeks.

This time, there had been a great improvement in the child. He had started retaining the context what he had studied earlier and did better in his class tests and off course showed the copies to the parents. It boosted up his confidence, and Dr. Gupta told the parents to give him more encouragement and not to discuss his bad habits all the time and specially in front of anybody in his presence.

The boy was treated continuously for the same and in his final exams he did pass the class and that too with relatively good marks.

This is the marvel of Homoeopathy

To read about more such marvellous cases visit the section "Wonders of Homoeopathy" at www.ovihams.com



MIND the MIND



KAARTIK GUPTA, M.Sc. (Cl. Psych)

It is that time of the year again when most of the students would be burning the night lamps to complete their course and prepare for the approaching examinations at different educational levels. As a student, I was amazed by the memory power of some of my friends and used to wonder how they could retain so much without making much effort. And I'm sure the same thought puzzles some of us even now.

Good memory is just one aspect that contributes in scoring well in the exams. In order to recall later, we first need to retain the information and even before that we need to attend to that stimulus or piece of information. Paying attention is closely linked to one's concentration power and the ability to maintain his/her focus on the task at hand.

Our brain has a remarkable capacity to grow and develop its various parts which eventually improve its overall functioning. Just like physical exercises, like a workout in the gym, strengthen our body muscles there are certain strategies and games that serve as mental workout and training for the mind. Doing these on a regular basis significantly enhance our mental capacity and cognitive functioning. Here are a few exercises and strategies to help you improve your ability to concentrate, remember, retain and retrieve information even at a later stage:-

- Structure your day (routine)
- Ascertain if you are a day or a night person; best/ most comfortable time of the day for studies
- Take short breaks(2-5 mins) every 30-35 mins and start with a quick revision of the previous session.
- Make notes or flashcards for yourself.
- Make mnemonics for yourself (like VIBGYOR for the seven colours of rainbow where each letter represents the subsequent colour starting with Violet and ending with Red as in the actual rainbow)
- Balanced diet, regular exercise and adequate sleep (at least 6 hrs)
- Reducing the distractions to the minimal in the study environment.
- Work on the table; use your bed only for sleeping and not for studying as the bed is associated with sleep and when you sit and study on the bed, it confuses the brain as whether to study or sleep. This in turn starts interfering with the normal sleep pattern also.
- Positive attitude and faith in your own abilities

And of course, there is no substitute to hard work. Considering the current times, what counts is

Smart -hard work.



There is more evidence that people who adopt a whole diet approach - such as a Mediterranean diet – have a lower risk of heart attack and cardiovascular death than those who follow a strictly low-fat diet. This is according to a new study recently published in *The American Journal of Medicine*.

The Mediterranean diet mainly focuses on increasing intake of fruits, vegetables, whole grains, pasta and fish, eating products made from vegetable and plant oils, and eating less meat.

The investigators say this diet incorporates foods that are low in saturated fat, but it also encourages intake of monosaturated fats that are known to lower cholesterol. They add that their findings show consuming a variety of cardioprotective foods in a diet is better at preventing heart disease than a standard low-fat diet.

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DID YOU KNOW?

Artificial sweeteners are even more dangerous than sugar itself. These tablets/items consist of carcinogenic (cancer forming) agents and hence it is strongly advised not to use artificial sweeteners. It is better to take tea or coffee or any other food item with very slight sugar or without sugar completely rather than adding the more harmful artificial sweeteners.

LAUGHTER IS THE BEST MEDICINE



A man was just coming out of anaesthesia after a series of tests in the hospital, and his wife was sitting at his bedside. His eyes fluttered open, and he murmured, “You are beautiful.”

Flattered, the wife continued her vigil while he drifted back to sleep. Later, her husband woke up and said, “You are cute.”

Startled, she asked him “What happened to beautiful?”

He replied, “The drugs are wearing off!!”



NON – HEALING ULCER



HERPES ZOSTER



EPIDERMOLYSIS BULLOSA

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

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