



# MONTHLY NEWS LETTER



**AKGsOVIHAMS wishes you all a very HAPPY & SAFE HOLI**

It's the month of March again. Most of us during this month are concerned about winding up the financial year. People in those kinds of jobs that have anything to do with the finances, feel the heat during this month. The students of Xth and XIIth standards appear for their board examinations. All these events bring about a lot of stress, anxiety and helplessness to many people.

But March isn't that bad a month after all. The festival of colour **Holi** brings with it lot of joy and harmony. One tends to forget their problems and worries in the colours of Holi. Also, March is the month of Women, as 8<sup>th</sup> March is celebrated world over as "**The International Women's Day.**" A day dedicated to the beautiful women on the entire planet to salute their spirit of joy and strength. It is very rightly said that the health of a family depends on the health of the women of the house. Hence we wish to dedicate this entire issue to the fairer gender. We will discuss one of the most common female troubles – **Fibroadenoma of the Breasts (Breast Tumors).**

AKGsOVIHAMS will observe the whole week as Int'l Women's week and we announce **Free Consultations** to all our female patients.

In the section 'Mind the Mind', our Clinical Psychologist, Kaartik Gupta has paid a tribute to the women of our wonderful country, India.

In the section '**Bursting the Myth**', we will talk about the misconception that homoeopathic medicines first take the disease out (or make things worse) and then start helping in getting better which is too late.



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

# FIBROADENOMA BREAST

## WHAT

- Non-cancerous tumour in the breast that is commonly found in women under the age of 30
- Most women only have one tumour, 10 to 15 per cent of women have multiple lumps
- Can occur in one or both breasts
- African-American women are more likely to develop these tumours

## ETIOLOGY / CAUSES

- The exact cause of fibro-adenomas is not known
- Hormones such as oestrogen may play a part in the growth and development of the tumours
- Taking oral contraceptives before the age of 20 has been associated with a higher risk of developing fibro-adenomas
- Fibro-adenomas are hormonally responsive - increases in size may occur during late phases of the menstrual cycle.

## SIGNS & SYMPTOMS

- These tumours may grow during pregnancy but they often shrink during menopause
- There are two types of fibro-adenomas: *simple* fibro-adenomas and *complex* fibro-adenomas
- The simple tumours do not increase breast cancer risk and look the same all over when viewed under a microscope
- The complex tumours contain other components such as macro-cysts (fluid-filled sacs large enough to feel and to see without a microscope) and calcifications (calcium deposits)
- American Cancer Society states that women with complex fibro-adenomas have approximately one and a half to two times greater risk of developing breast cancer than women with no breast lumps

## INVESTIGATIONS

- Manual clinical examination
- Ultrasound of the breast
- Mammogram
- Fine Needle Aspiration Cytology or Biopsy

## WHAT CAN YOU DO

- have regular check-ups with your doctor and schedule regular mammograms
- make breast self-exams a regular part of your routine



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# BREAST TUMOURS - CURABLE WITH HOMOEOPATHY

Breast tumours or fibroadenomas are enough to scare any female. The sheer thought of 'Cancer' is enough to rattle anyone. Though, as discussed above by Dr. Sanket around 90% of these tumours are benign (or non-cancerous). But still, presence of lumps in breast is definitely not a pleasant feeling for any young girl. The lumps are usually an accidental finding and are verified only by a clinical examination or with the help of an Ultrasound or a Mammogram.

It is only recently in the last 30 years that the incidence of Breast Cancer has increased manifold. Studies have shown that it is the working women usually who suffer from breast cancer. A major reason for this is that the working mothers aren't able to provide proper breast feeding to their nursing kids. This may be due to lack of time, work pressure or high stress levels, that the optimum amount of lactation is not produced and hence the lactiferous ducts (milk glands) in the breast are not stimulated enough giving rise to the development of mischievous cancerous cells. So, my sincere advice to all working ladies is to please take it easy when you are feeding your child. Don't rush, stay stress-free and be as regular as possible in giving breast feed to your kids.

Usually, in Modern Medicine, the Fibro-adenomas are advised to be excised or surgically removed. In some cases complete mastectomy (i.e., removal of the entire breast tissue) has to be performed when these may turn cancerous. But hey, this is not always the case! The breast tissue can surely be saved with the homoeopathic intervention.

Homoeopathy offers a brilliant treatment wherein we cannot only prevent new cyst formation, but also can completely cure the adenoma. It is believed that these adenomas are sycotic in nature and the constitutional treatment along with inter-current anti-sycotic remedy can absolutely make the female comfortable and tumour free. Medicines like *Lac Can.*, *Conium*, *Phytolacca*, *Calc. Carb.*, *Thuja*, *Calc. Flour*, *Sarsaparilla*, etc. have shown tremendous results in treating breast tumours successfully.

<http://youtu.be/mfn6AAIFdS4>

# MARVEL OF HOMOEOPATHY

This is a case of Ms.C.B aged 22yrs who came to our Rajouri Garden clinic with a complaint of hard growth in her left breast. On enquiring she told Prof.Dr.A.K.Gupta that just few days back she felt something hard and unusual in her left breast. She was brought to Dr.Gupta by her mother who already been his patient. She said that the node was hard to feel but not painful at all. It was fixed and wouldn't move on pressure.

On being asked to get an Ultrasound done, the result showed '*2 fibro-adenomatous growth in the upper quadrant of the left mammary gland...the bigger one measuring 27 X 20mm...*' the mother and the young girl were extremely anxious and frightened on seeing the report as there was another growth inside which even they were not aware of! The mother was extremely worried as she thought these growths might be cancerous in nature and such a young girl would be in severe trouble.

Dr. Gupta pacified the duo and explained the real situation. He told them that these growths are benign usually and not to worry but just to rule out any possibility of malignancy Dr. Gupta advised for an FNAC. As expected, the report said non-cancerous benign fibro-adenomatous growths.

Homoeopathic treatment was started to dissolve these growths completely and even prevent the development of any new tumours. She also had some menstrual irregularities along with the fibroadenomas. Dr. Gupta took the whole case thoroughly and based on her constitutional framework, she was prescribed Natrum Mur.200

By the next menstrual cycle her symptom started improving. It wasn't as painful as it used to be and was near the usual date and by the next menstrual cycle she had become absolutely fine. The cycle was on time with a normal flow, duration and consistency without any pain. Positive changes in her physical complaints gave the young girl lot of confidence and belief in the power of homoeopathy. She was now hopeful of an improbable cure in terms for her breast tumours. The same medicine was continued and she had it religiously for 7 more months. Gradually she started feeling the reduction in the size of the harder growth.

After 9 months of homoeopathic medicines, she was asked to undergo an Ultrasound again. The report dated 24<sup>th</sup> January 2012 showed – '*solitary benign growth of 7 X 4mm*'. This was a wonderful result in just few months of Homoeopathic treatment. The smaller growth had completely gone and the bigger one also reduced remarkably in size.

Within another 4 months of homoeopathic treatment the fibro-adenoma was completely cured. The young girl and her mother thanked Homoeopathy and Prof.Dr.A.K.Gupta for the remarkable cure.

*This is the Marvel of Homoeopathy*



# MIND the MIND



KAARTIK GUPTA, MSc (Cl. Psych)

## WOMEN: THE WEAKER SEX?

We the children of “Bharat Mata” pray to “Mata Rani” for peace, prosperity, good health and success in our lives yet our society at large considers women as the weaker sex! Strange but unfortunately a reality in most of the Indian households and the “traditional” mindset. On one hand we pray to numerous goddesses for their blessings and when that goddess comes to us in the form of a baby girl, it is considered a misfortune and in some cases she does not even get the opportunity to see this beautiful world. Whether we call it our hypocrisy or the male dominance that has led to the prevalence of such notions in our society, fact is we all are equals irrespective of sex, caste, colour, religion and even sexual orientations. We are all humans above everything else.

They say women are the weaker sex as they cry very easily, cry more often, are sensitive and emotional, yet they forget that it is a woman who goes through the unbearable pain of delivering a child and not a man, it is a woman who forms a bond with the child even before he/she is born and not a man, a housewife works tirelessly 24\*7 without any salary so that the other members of the family can function well and lead a healthy life but when it comes to respect or value attached to her “work profile” the “*she’s a housewife!*” nudge downplays all the efforts and sacrifices she makes.

It is a well-known fact that in the 21<sup>st</sup> century, a woman has done everything that supposedly only a man could do. And they’ve done it equally well if not better than males. Be it climbing the Everest, going into outer space, joining the armed forces, heading the government, or even driving a truck or bus; women have done it all and continue to do so. We don’t have to prove that women are equal to men or they are as good as men. The very act of proving this is an indication that somewhere we believe, and even agree to some extent, that men are superior to women. We all are equals and have the same potential or capacity to achieve what we want. What matters is our belief in ourselves and striking at the right opportunity, if the opportunity does not come then creating one for us.

The reason why we’ve titled this article as this is that on the occasion of International Women’s Day we want everyone to celebrate womanhood, and by everyone we mean even men. The notion of “*Women as the weaker sex*” needs to be replaced with “*Women the WE-KAR sex*”. It is a girl who **unites** two separate households after her marriage, it is *She* who adapts and balances her roles towards her own parents and her in-laws beautifully, it is *She* who brings a new life into this world and is the 1<sup>st</sup> point of contact for this new creature. A girl who is well-educated not only develops her own personality but fosters, nurtures and shapes the lives of people of two households after her marriage. Having said this, it is also important to remember that marriage is just one part of a girl’s life, if and when it happens. There is much more to women than just marriage or their roles and responsibilities which come along with that. Women are known to be resilient, patient and tolerant by nature which helps them achieve success, handle set-backs well, and maintain healthy interpersonal relationships.

Let us all celebrate womanhood with a feeling of love towards them, respect in our eyes, value in our mind, gratitude in our heart and a sense of *WE-KAR*, i.e. unity and belongingness in our being. Happy Women’s Day!

*“Extremists have shown what frightens them most; a girl with a book”*

- Malala Yousafzai

[https://www.youtube.com/watch?v=ufIzq\\_3rLQ](https://www.youtube.com/watch?v=ufIzq_3rLQ)



## **Low stress resilience in young adulthood 'raises risk of coronary heart disease'**

The less resilient an adolescent is for dealing with stress, the more likely they will be to develop heart disease later in life, suggests a large study of Swedish men that analyzed their psychological profiles in their teens and followed up their incidence of coronary heart disease in their middle-aged years.

the study found the following rates per 1,000 person-years associated with each stress-coping profile:

**Low resilience to stress - 2.6 incidences of CHD**

**Medium stress resilience - 2.0**

**High resilience - 1.6**

But even those who were poor at coping but who had good physical fitness did not seem to be protected from heart disease - stress, the researchers say, appears to counter the benefit of physical activity in preventing heart disease.

**Stress may influence metabolic control as well as causing inflammation**

## **Latest at AKGsOVIHAMS**

- **Free consultation** for all the females for the whole week on all the clinics of AKGsOVIHAMS.
- Prof. Dr. A. K. Gupta to lead his 1<sup>st</sup> CME as the President of the Delhi State branch on Sunday, 15<sup>th</sup> March. The CME is on "Efficacy of Homoeopathy in seasonal ailments."

## **DID YOU KNOW?**

While complete severing of the spinal cord will generally remove all function below the injury site, the spinal cord is different from a manmade electronic cable in that impairment levels do not correspond to the degree of spinal damage. The spinal nerves are in fact highly redundant and interconnected, so even a 90% gap in the spinal cord may not deprive a victim of the ability to walk. The implications of this include the fact that a cure for spinal cord injuries may be easier to achieve than once thought. Partial, "random" regeneration, rather than nerve by nerve reconnection, may suffice to return mobility.

## **LAUGHTER IS THE BEST MEDICINE**



A pregnant woman from Virginia was involved in a car accident and, while in the hospital, she fell into a coma. When she awoke days later, the woman noticed that she was no longer carrying a child, and asked, 'Doc, what happened to my baby!' The doctor replied, 'Ma'am, you've had twins! You're the proud mother of a handsome baby boy and a beautiful baby girl. Also, you should know that while you were in a coma, your brother named the children for you.' 'Oh, no!' shrieked the woman. 'Not my brother! He's not really all together, if you know what I mean!' The doctor replied, 'Well, ma'am, your brother named your daughter Denise.' 'Oh, that's no so bad,' smiled the woman. Then, hesitantly, she asked, 'What's the boy's name?' The doctor grinned and said, 'Denephew.'

# BURSTING THE MYTH!!

- **Homoeopathy takes the disease out** – This is a big misconception. There is no such thing that homoeopathic medicines increase the disease further and only then improvement starts. In fact, Homoeopathy is the safest and shortest possible treatment available to mankind. If the medicine given is correct, nothing acts faster than a homoeopathic remedy!

Actually a lot many times, when a patient comes to consult a homoeopathic doctor, he is already a cocktail of strong medicines which he has taken earlier for the same trouble or some other problems before consulting a homoeopath. It becomes extremely difficult for the homoeopathic doctor to gauge the right set of symptoms. In such cases, by stopping all the earlier medicines and giving his very mild medicines, a Homoeopathic doctor tries to procure a clearer picture of the disease symptoms and particularly the individual patient in play. Stopping those earlier medicines at times increases the magnitude of the disease so as all the suppressed symptoms start coming up. Here the patient might start feeling that his condition is getting worsened. But a competent homoeopathic doctor will always educate his patient of such happenings so that the trust in his means and methods stays with the patient. Especially in skin diseases where heavy antibiotics, topical applications and steroidal drugs are used to provide instant but temporary relief, suppression of the original disease takes place. This makes the job of a homoeopathic doctor a bit difficult as he has to take care of the suppression of the disease and provide permanent cure as well.

## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homoeopathic treatment is indispensable for its easy approach, effectiveness and low cost.  
- *Mother Teresa*
- I am a 36 years old housewife. Around Oct 2011, suddenly I started having irregularity in my periods. There was profuse flow and I gradually started experiencing pain during my cycle, which had never happened earlier. I consulted my Gynaecologist in Jan. 2012 and she advised me to have an Ultrasound done. To my utter surprise, I was diagnosed with a fibroid in my uterus of the size 35mm X 42mm. It was a huge setback to me. I was terribly worried as my Gynae told me that the fibroid had to be surgically removed. During this time I was brought to AKGsOVIHAMS Homoeopathic Clinic in Moti Bagh by my elder sister who was already being treated there successfully for uterine fibroid. I met Dr. Sanket Gupta in last week of January 2012 for the 1st time. I asked him all sort of questions whether I can be cured off my disease by just these sweet pills??!! I had all my doubts cleared by Dr. Sanket Gupta who very calmly made me understand how Homoeopathy corrects the inner abnormalities of our body. Trusting him and my elder sister, I started my treatment with Homoeopathy. Within a month itself I noted significant change as this time my period was not that bad and rather comfortable. This gave me confidence and with full faith in Homoeopathy and my doctor's abilities I continued the treatment till Oct. 2012. By this time all my symptoms were absolutely normal and I felt as if I never had any problem. Seeing my response to his medicines, Dr. Gupta asked me to go for an USG again. I was a little apprehensive that in just 9 months of treatment what changes would have possibly occurred. To my absolute joy, the USG report read, NO ABNORMALITIES DETECTED..!! I was over the moon and next morning came to see Dr. Sanket with the report of our triumph in my hand. He was very happy to have achieved this cure and said that you do not need any further medication now. Unbelievably I am not on any medicine now and my periods are absolutely regular and normal and comfortable. I want to thank AKGsOVIHAMS and Dr. Sanket Gupta for curing me and saving my life from a surgeon's knife. Hail Homoeopathy..!!

- *Mrs. R. Kumar*



TAENIA VERSICOLOR



ACNE



ALOPECIA AREATA (BEARD)



# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

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

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