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MONTHLY NEWS LETTER



In the recently held 260th Birth Anniversary celebrations of **Dr. Samuel Hahnemann**, the Father of Homoeopathy, the Board of Homoeopathic System in Delhi honoured **Dr. Sanket Gupta** with the prestigious **Appreciation Award** for his contribution and services to the humanity with Homoeopathy. The award was presented by the Hon'ble Parliament Secretary Health, Govt. of NCT Delhi, Mr. Rajesh Kumar. The event was a huge success with Homoeopathic doctors from all over Delhi making their presence felt at the prestigious Annual function at Peyarey Lal Bhawan, New Delhi.

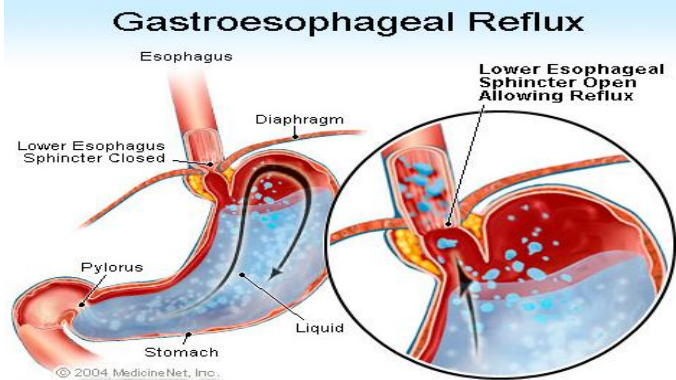
In this issue we will discuss about **Gastro-Esophageal Reflux Disease (G.E.R.D)**. It is a very commonly seen complaint these days especially with the changed lifestyle and stressful job culture and in this issue how Homoeopathy has proved to be extremely beneficial in preventing, treating and managing G.E.R.D.

In the section 'Mind the Mind', our Clinical Psychologist, Kaartik Gupta has discussed about **"Letting Go..."**

In the section '**Bursting the Myth**', we will talk about the misconception that homoeopathic medicines being sweet in nature and taste cannot be given to Diabetic patients or Homoeopathy cannot treat Diabetes Mellitus.



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



G.E.R.D

WHAT

- Gastroesophageal reflux is the return of the stomach's contents back up into the esophagus.
- In normal digestion, the lower esophageal sphincter (LES) opens to allow food to pass into the stomach and closes to prevent food and acidic stomach juices from flowing back into the esophagus. Gastroesophageal reflux occurs when the LES is weak or relaxes inappropriately, allowing the stomach's contents to flow up into the esophagus.

ETIOLOGY / CAUSES

- **Hiatus Hernia** – it occurs when the upper part of the stomach moves up into the chest through a small opening in the diaphragm. This condition leads to heartburn and reflux a lot of times.
- Faulty and untimely eating habits with deficient sleep
- Certain food items like chocolate, peppermint, fried and fatty food, coffee, alcohol etc.
- Cigarette smoking as it relaxes the Lower Oesophageal Sphincter.
- Obesity
- Pregnancy

SIGNS & SYMPTOMS

- Burning chest pain beginning behind the breastbone and moving upward to the neck and throat.
- Feels like food is coming back into the mouth leaving an acid or bitter taste.
- Heartburn can last as long as 2 hours and is often worse after eating.
- Nausea and vomiting are commonly associated

WHAT CAN YOU DO

- Eat slowly and chew properly so that most of the food is digested in the mouth itself
- Avoid beverages like tea, coffee and alcohol
- Eat and sleep on time. Eat something or the other every 3-4 hours
- Avoid over-eating
- Walk and do deep breathing exercises regularly

INVESTIGATIONS

The diagnosis is usually made on the presentation and clinical history itself. But at times to rule out other causes, these investigations may need to be carried out:-

- Endoscopy
- Barium X-ray
- Ultrasound of the whole abdomen



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



Founder-Director AKGsOVIHAMS, Gold Medallist

BE G.E.R.D FREE WITH HOMOEOPATHY

30-35 years ago, Gastro-Esophageal Reflux Disease was unheard of. It is majorly a disease of the modern lifestyle that we all lead today; a lifestyle which is too faulty to be called healthy. Work pressure, family stresses and extreme lack of physical activity have led to the emergence of many such Lifestyle Disorders like G.E.R.D. Untimely and erratic eating patterns and habits have made this a household disease.

Our stomach produces Hydrochloric Acid (HCl) every 3-4 hours. HCl is needed for proper digestion of the carbohydrates along with the help of enzyme Pepsin. When the food pattern is erratic and untimely, this Hydrochloric Acid starts accumulating inside the stomach wall and starts escaping through the Lower Oesophageal Sphincter giving rise to a severe chest pain and burning. As this pain mimics the pain of a heart attack, it is called *Heartburn*.

As mentioned above, food materials like chocolates and beverages like coffee and alcohol and even excessive tea all can result in the Gastro-oesophageal reflux. The pain and burning is usually associated with loss of appetite, nausea and vomiting. The sphincter is a muscle which becomes dysfunctional due to all these factors stated and discussed above. So, one must follow a healthy routine to be free of this disease. Antacids and painkillers are not the solution! In fact, such medicines make the sphincter loosen its elasticity and grip even more and as a result the after a while even these medicines become ineffective. Until and unless the life style is corrected, G.E.R.D will come to haunt again and again.

In such a scenario, patient needs a medication which actually helps in making his own system and sphincter ready for the big fight! And thus comes the role of Homoeopathy. The homoeopathic medicines based on the symptomatic presentation, try to not only reduce the complaint but also it strengthens the basic musculature and make it more viable to sustain such pressure situations for a longer period of time. But here also, I must emphasize that the problem will return though, may not be with the same intensity, if the patient's lifestyle is not corrected.

Regular physical activity; eating food at shorter intervals without actually over eating; sleeping for at least 6-7 hours and on time with avoidance of dangerous beverages and food items, are the ways to correct the faulty lifestyle.

Some of the useful Homoeopathic medicines in such cases are *Arsenic Album*, *Acetic Acid*, *Anacardium*, *Asafoetida*, *Carbo Veg.*, *Nux Vomica*, etc.

MARVEL OF HOMŌEOPATHY

A 24yrs old young lady working in a private bank came to consult Dr. Sanket Gupta at the Moti Bagh branch in May 2012 with a complaint of pain in her abdomen and indigestion in general. She also complained of severe vomiting which she used to get a lot of times. Vomiting was so frequent and severe that she had started becoming afraid at the sight of food itself. Even on drinking water she would vomit and that too 3-4 times a day. She was suffering from all this for the past 4 to 5 months she said.

On thorough case taking and interrogation, Dr. Sanket Gupta realized that the trouble stated around 1 year ago when she joined this private bank. Due to the excessive work load and pressure, in the initial few days of joining itself she had started getting improper sleep. Being a beginner in a new environment can get to the best of people. She was no different. In order to perform beyond expectations and excel in her field she had started working rigorously even at the cost of her regular lunch at times. To stay awake and be able to work for longer hours, her intake of coffee and tea became alarmingly high. And thus gradually her body started showing the repercussions. She had lost a bit of weight and gradually developed severe heartburn and pain in the upper part of the abdomen. Dr. Gupta started her treatment and within few days itself she started feeling better. The process continued for quiet sometime and along with modification in lifestyle and homoeopathic medicines she was getting back to her normal self slowly and gradually.

One day Dr. Sanket got a call from her father that she was suddenly severely vomiting on trying to even sip in water or any liquid. She was in a terrible state. Doctor immediately asked them to come and see him as soon as possible. Within half an hour they reached the clinic. The parents were extremely anxious and worried about their daughter especially considering that she was taking her medicines regularly and had modified her lifestyle as well. The patient was so weak and prostrated that she couldn't even come out of the car. Dr. Sanket went inside the car to see and examine the young lady. Her blood pressure was down to 76/48 and her palms and feet were extremely cold to touch. The doctor rushed inside and gave her a dose of *Arsenic Album 200* directly on her tongue. 2 more doses he gave in a span of 10 minutes each. By the 3rd dose her vomiting sensation stopped and she drank a whole glass of Glucon-D juice. By another 20 minutes she was now able to move around and came in the clinic.

Dr. Sanket was a bit surprised too that why did this episode happen? On enquiring he got to know that the previous night the girl had a heavy dinner and the following morning she was unable to clear her bowels properly. Doubting that there is something more to this problem, he advised an endoscopy. The report revealed that the girl had a hiatus hernia! Now even more extensive and consolidating medication was required. She was given her constitutional medicine *Nat. Mur 200*. Along with that the symptomatic medicines were also given in between. Throughout the course of the treatment it was made sure that she must stop everything which was harming her body even slightly. The result was that after 6 months the endoscopy report read – “*No Abnormality Detected. Hiatus Hernia not seen....*”

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, MSc (Cl. Psych.)

JUST LET IT GO!!

We as humans can form attachments with almost anything; be it a person, a pet, our house or even a non-living object like a cell phone. Such feelings of love and attachment are basic to all of us. It gives us a sense of owning something, a sense of belongingness, providing or being nurtured by others and gives our lives some meaning. All these form an integral part of what we see as our identity. In addition to the basic feelings of love and attachment come the uninvited feelings of insecurity, anger, frustration which to some extent make our love for that entity conditional. And as we all know, love is unconditional.

We tend to hold onto not just the happy moments in our lives, but also the ones that hurt us, made us angry, were embarrassing or even painful. Even though the situation is long over, the emotion or feeling attached to that event stays with us for long. It will be with us as long as we let it be. The moment we decide to give it up, we can do so and be absolutely free. Free from the stress, pain, hurt and that constant feeling of unrest or unease with our own selves. Although we all understand that carrying this entire baggage of past insults, grudges, unfinished business/relations causes us more harm than benefit, we find it difficult to let go.

One of the reasons for this could be that we start identifying ourselves with all those emotions, feelings and thoughts. It's almost as if they define us. Rather than it being a part of our wider existence, it becomes our sole identity; the one we relate with. The very thought of letting go of all these problematic feelings makes the person feel free and relieved, still he/she is unable to gather the courage to actually do away with it. It almost seems as if we prefer holding onto things that are troubling us to being free and unoccupied. This need to be in control is what makes it so difficult. Very well aware of the fact that most things in life are out of our control still we try to gain as much control as possible over all those aspects of life that directly or indirectly can influence us.

Letting go is an art which is easier said than done. But all it requires is – just letting go. Instead of feeding our ego or defending our “self-respect”, we need to accept things and people as what they are. Accept that things will not always go the way we want, appreciate individual differences, respect the fact that others might have views different from ours, and the only thing we can control is our thoughts or even the way we look at things. An event in itself does not carry any meaning except for the one that we attach to it.

In order to lead a happy and peaceful life, we need to let go of not just the significant events that changed us in some way but also accept and let go off things that we encounter every day. Daily hassles like an argument at workplace, altercation due to traffic jam, an unwanted and uninvited remark by someone or instances of people not living up to your expectations are enough to disrupt our mental peace. If we learn to let go off all these unnecessary stressors in our lives, we would lead a life we had always dreamt of. Or even better as it would be a reality constructed by us and we will play it our way. No event has the power to unsettle us till the time we allow it to do so.

“Accept what is, let go of what was and have faith in what could be”

- Unknown



Quitting smoking at time of angioplasty may improve outcomes, study finds

Patients who quit smoking at the time of undergoing angioplasty - a nonsurgical procedure used to improve blood flow to the heart - may benefit much more from the procedure than those who continue to smoke. This is according to a new study published in the journal *Circulation: Cardiovascular Interventions*.

The procedure involves the insertion of a thin tube into an artery in the arm or the groin, which is threaded to the coronary arteries. The tube has a small balloon on the end, which is inflated to push any plaque against the wall of the artery. This relieves the blockage and improves blood flow.

During angioplasty, a small mesh tube called a stent is normally inserted, which expands and fixes to the artery wall as the balloon inflates. This stent reduces the likelihood of the artery becoming blocked again.

Compared with patients who continued to smoke after angioplasty, those who quit the habit reported a better overall quality of life at 1 year after the procedure.

Latest at AKGsoVIHAMS

- Dr. Sanket Gupta appointed as Guest Lecturer at JRK Homoeopathic Medical College, Rohtak, Haryana. He will not be available at the Moti Bagh clinic on Wednesday mornings from now on.
- View all our previous newsletters and also subscribe at www.ovihams.com

DID YOU KNOW?

Airborne allergies such as hay fever are among the worst allergies one can experience. While foods that trigger allergies may be readily avoided and many chemical exposures can be reduced, avoiding grass, dust, pollen and mould may be exceedingly difficult. However, scientific research indicates that there may be a brighter side to the scourge of spring and summer. Exposure to airborne allergens appears to tinker with the immune system in such a way that the risk of cancer is mitigated in allergy sufferers.

LAUGHTER IS THE BEST MEDICINE



An optometrist was instructing a new employee on how to charge a customer: "As you are fitting his glasses, if he asks how much they cost, you say '\$75.' If his eyes don't flutter, say... 'For the frames. The lenses will be \$50.' If his eyes still don't flutter, you add... 'Each

BURSTING THE MYTH!!

- **Homoeopathic Medicines cannot be given to Diabetic Patients** – Many times in my practice I have encountered this question that whether the sweet tasting Homoeopathic remedies can be given to Diabetic patients or not. The answer to this question should put to rest any further queries on Diabetes and Homoeopathy. Homoeopathic powder and pills are basically made up sugar of milk (Lactose). The content of glucose is extremely marginal to cause any disruption in a diabetic's blood glucose levels. Not just that, in cases of uncontrolled Diabetes and long standing diabetes mellitus, there is another way of administering the medicines. The medicine in such cases is given in liquid form directly so that not even minimal glucose enters the patient's blood stream. For many years now Homoeopathy has successfully shown its efficacy in treating Diabetes Mellitus remarkably well. So, just because of this misconception and notion please don't hesitate in taking Homoeopathic medicines. Your sugar levels will not increase any further, in fact, the power of Homoeopathy is such that the blood sugar levels will come down gradually and if you are able to manage and correct your lifestyle as well, and then type-II Diabetes Mellitus can be even cured with Homoeopathy!

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- I can't manage without homeopathy. In fact, I never go anywhere without homeopathic remedies. I often make use of them. - *Paul McCartney, former Beatles member*
- In today's life, everyone wants to recover fast without seeing its ill effects. My daughter, Mriga Singhal studying in 9th standard in Manav Sthali School, New Rajinder Nagar was suffering from fever since august, 2002. I consulted an Allopath Doctor in Shalimar Bagh who gave her medicine after having some tests. That Doctor treated her for nearly one month. When I found no improvement in her condition I shifted to another senior Allopath Doctor. He also gave medicines after some test. But there was no improvement in her fever and the condition deteriorated as she also started vomiting. Then, that senior Allopath Doctor after having some more Tests, Ultrasound, X-Ray, etc. advised me to consult a Kidney Specialist. Then, I consulted a Kidney Specialist at a well reputed Hospital in Ashok Vihar. That kidney specialist asked me to admit my daughter immediately in the Hospital for a Biopsy Test. As per that kidney specialist, the swelling in the kidney may be the reaction of any medicine or any other reason, but it will be cleared only after the Biopsy. Then one of my friends advised me to avoid Biopsy Test and to consult a Homeopath Consultant, Dr. A.K.Gupta. I visited Dr. Gupta at his institute "OVIHAMS" in the first week of Oct.' 02. After seeing my daughter's reports deeply, he assured me and started with his treatment. After his treatment for nearly one and a half month, my daughter started going school in second week of Dec.' 02. I think that swelling in her kidney may be the reaction of any medicine prescribed by Allopath Doctors. After Dr. Gupta's treatment I feel that best part of homeopathy is that there are no side-effects or reaction. On the other hand, the worst part of Allopathy treatment is that almost every medicine has its side-effects or reactions and it cures one disease and in turn brings another.

May God bless the Homeopath way and Dr. A.K.Gupta.

- *Mukesh Singhal, Journalist, Pitampura*



ATOPIC DERMATITIS

POST-CHEMO HAIR LOSS

CELLULITIS

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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