



## MONTHLY NEWS LETTER

10<sup>th</sup> April was celebrated as the “**WORLD HOMOEOPATHY DAY**” to mark the 259<sup>th</sup> birth anniversary of the Founder of Homoeopathy, **Dr. Samuel Hahnemann**. On this occasion, the Delhi Homoeopathic Board in collaboration with the Delhi Homoeopathic Federation hosted a grand ceremony to pay tributes to the Master of Homoeopathy on behalf of the entire Homoeopathic fraternity of Delhi. The glittering function was attended by the press media and general public as well along with a huge number of Homoeopathic doctors. Like every year there was a panel discussion this time too. The discussion was on “The Life Style Diseases and Homoeopathy”. Prof. Dr. A. K. Gupta was one of the expert panellists who apprised the gathering on how modification in Life Style can prevent, manage and also cure a lot of Life Style diseases like Diabetes Mellitus, Hypertension, Dyslipidaemia, Cervical Spondylitis, etc. with the help of Homoeopathy.



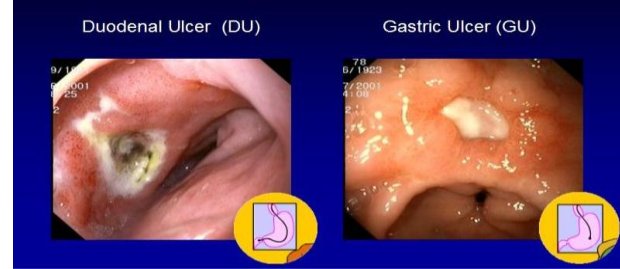
Dr. Girish Gupta, Dr. M. Sahani, Dr. S.M.Singh with Dr.A.K.Gupta as panellists



Dr. Gupta felicitated by Dr.R.K.Manchanda, Director General, CCRH, Govt. of India

In this issue we are discussing about **Peptic Ulcer**, a condition seen very commonly these days and is also one of the Lifestyle diseases. It is more important to know about the prevention of gastric ulcers and how to manage the lifestyle in order to get rid of this problem with the help of Homoeopathy.

**Depression** is a word being used far too often now days. Probably we all at some point in our lives suffer from a depressive phase. But why is it so common these days?? Are we really that depressed or the term is being wrongly abused and misused?? How does one get rid of this problem? **Kaartik Gupta**, our Clinical Psychologist has taken up this really interesting and prevalent topic in his section “Mind the Mind”



Dr. Sanket Gupta, MD, PGCCP(Cardiology)

# PEPTIC ULCERS

## WHAT

- Most common ulcer of the Gastro-intestinal tract which is a distinct breach in the mucosal lining of stomach (Gastric Ulcer) or 1<sup>st</sup> part of the small intestine (Duodenal Ulcer)
- Appears as a result of caustic effects of acid and pepsin in the lumen
- Duodenal ulcers are frequently seen as compared to gastric ulcers

## ETIOLOGY / CAUSES

- **Helicobacter pylori** is the most common causative bacteria
- Painkillers or analgesics like Aspirin, Ibuprofen, etc.
- Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)
- Excessive intake of spicy food
- Persistent mental stress
- Gastrinomas, rare gastrin-secreting tumors, also cause multiple and difficult to heal ulcers
- Lack of adequate water intake and sedentary lifestyle also contribute in formation of ulcers
- Excessive intake of beverages like tea, coffee, aerated drinks and Alcohol etc.

## SIGNS & SYMPTOMS

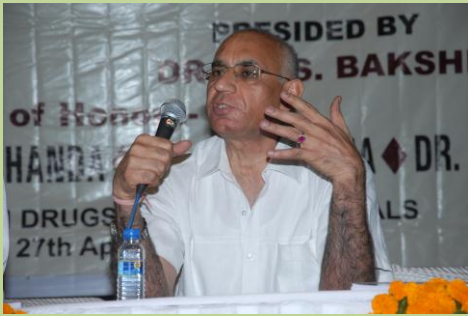
- Classical epigastric pain (upper abdominal pain) strongly correlated to meal times. In case of duodenal ulcer, the pain starts 3 hours after the meal has been ingested
- Bloating and abdominal fullness
- Water brash and heartburn
- Nausea and vomiting
- Loss of appetite and weight loss
- Rupture of the ulcer can lead to vomiting of blood, a condition called Haematemesis
- Dark or almost black coloured stool called Melena, due to the presence of blood in stool arising from ulcer rupture
- An ulcer can lead to perforation inside the abdominal or peritoneal cavity, a condition called Acute Peritonitis

## INVESTIGATIONS

- Liver Function Tests
- Complete lipid Profile
- Blood Test for H.Pylori bacteria
- Biopsy
- Endoscopy, Colonoscopy
- Barium meal X-ray

## WHAT CAN YOU DO

- Reduce weight
- Manage stress
- Avoid fried and spicy food stuffs
- Avoid beverages like Tea and coffee
- Drink plenty of water
- Eat your meals on time
- Sleep on time



Founder-Director AKGsOVIHAMS, Gold Medallist

# Oh! PEPTIC ULCER? HOMOEOPATHY HAI NAA!!

We all want a pain-free life. A convenient hassle free life where if at all there is any hurdle, we just pop in a pill (painkiller specifically) and we move on with our routine. This then becomes the lifestyle of a lot of people where in order to achieve more in life in least time possible, they pay the price in form of their own health. A quick fix solution to every little health trouble is tried for without any professional medical advice. To add to this, we Indians are ready to provide our own home remedies or solutions to our relatives and friends without really understanding the problem ourselves and make his/her belief in self-medication even firmer.

This is how the ground for erosions, ulcerations and destructions inside the human body is laid!! It was thought that aspirin would be a wonder drug and solve all the medical problems in the world. Alas! That is not the case. As the old saying goes, 'excess of anything and everything is bad', so also, an excess of medical drugs like aspirin esp. painkillers is devastating!! These strong chemical based "wonder drugs" have the ability to completely erode your stomach and intestines. So it is advised to avoid any sort of self-medication even for minor health issues as you may never know when your ignorance becomes dangerous for you.

The improper sleeping hours esp. of those who have night shifts add salt to the wound. Excessive intake of tea and coffee further enhances the risk of developing ulceration in the gastric and intestinal mucosa. Smoking and alcohol intake make the matters worse.

So how does one manage all this in such stressful life times?? Well the answer lies in being moderate in everything. Be it satisfying your taste buds with spice, or doing night shifts, or sipping tea and coffee. Laugh more often and try to stay as much as possible in every situation to avoid too tensed up.

And of course say no to painkillers and yes to Homoeopathy!! It is very important to understand that once you develop a peptic ulcer, it will take some time to completely heal and cure it. The case requires the patient to be disciplined in his life style and regular with medication. Only then one should expect a complete cure, otherwise the problem will keep appearing again and again if not taken care of properly. The visceral lining becomes so sensitive that even food is an injury to the mucosa of stomach and intestines.

This is one of those diseases where I would surely say Prevention is any day better than cure. We all want to enjoy our lives and do a bit of sinful unhealthy indulging. Those who become highly erratic in their means and methods land up into this mess and then have to survive on bland food for the rest of their lives. The trick lies in being disciplined most of the days of the month but a bit of cheating is allowed to pacify our taste buds on some days and occasions. So, the choice is completely yours....a short and exciting seemingly great lifetime or a blissful, joyful and restriction free healthy life..!!

# MARVEL OF HOMOEOPATHY

This is a case of a 23 yrs old girl Ms. B. R. who came at our Moti Bagh clinic complaining about abdominal pains, nausea and irritable bowels. This girl is an artist and has very erratic lifestyle as due to her theatre and shoots, she hardly gets to sleep on time. There are days when she doesn't get to sleep at all!! She suffered from an acute attack of pain as soon as she would eat something. The pain would be in the upper part of the abdomen (epigastrium) and she would eventually vomit out what she had eaten. In fact, off late she was feeling nauseated and even vomited at times every morning after waking up. She came to see Dr. Sanket Gupta who examined her thoroughly. On examination she said, "My stomach feels bloated all the time and I am better if I don't eat anything". She had lost about 12 kgs of weight in the last 6-7 months. On examining her thoroughly the doctor advised her a few blood tests and also an endoscopy.

After 2 weeks she came with the reports in her hands and horror on her face. The blood test for H.Pylori bacteria was positive. Her Liver enzymes were a bit raised also. The endoscopy said that she had a grade I – Hiatus Hernia and gastric erosions in the mucosal wall of stomach confirming the diagnosis of Gastric Ulcers. She had developed ulcerations at a lot of places in the mucosal lining of the stomach. The young pretty girl looked so pale and horrified that it was very difficult for Dr. Sanket to make her feel hopeful again as there was no remarkable change in her condition as compared to her 1<sup>st</sup> visit. The doctor now sat with her and explained her entire phenomena of how ulceration took place in her stomach. During the conversation it was learnt that due to her hectic shoots she had to keep herself awake with help of tea and coffee. The intake was so much so, that even if she would be hungry she would just sip in a cup of tea or coffee and carry on with her work. She was at once advised to completely stop the intake of these beverages as they were the triggering factors in her case. She realised this and promised the Doctor that she would not drink even a single drop of tea or coffee until and unless she is not allowed by him.

Taking everything and her own constitution into account, Ms. B. R. was prescribed Nat. Mur.200 and was asked to come again after 2 weeks. On her next visit she informed the Doctor that the bloatedness of the abdomen was much better and that the pain had also considerably reduced on eating. The frequency of vomiting had also lessened in the past 2 weeks. Most importantly she had kept a bay from tea and coffee and drank good amounts of water.

Weeks went by, and the same regime was being followed by the doctor and his patient. Within a span of 3 months the pretty girl started looking much brighter and healthier. She also regained 2kgs of weight. Seeing the positive signs in the patient she was asked to continue with the same treatment plan and diet and by the end of 6<sup>th</sup> month was advised for blood tests and endoscopy.

The blood reports showed that the H. Pylori bacterium was nowhere to be seen in her body. The liver enzymes were back to normal as well. But the sheer joy was provided by the endoscopy reports. It said that the girl had completely recovered from her gastric ulcers and the mucosal lining of the stomach looked as clean and as healthy as ever!!

*This is the Marvel of Homoeopathy*





# MIND the MIND



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

We all go through the ups and downs of our everyday lives. There are times when we feel we can achieve a lot, do wonders, make the most of our potential, and then there are days when we consider ourselves complete failures, feel down in the dumps, and nothing seems to be going our way. Such is life, and this variety and unpredictability is its beauty. Having a low mood, feeling sad or even “depressed” is actually different from clinical depression.

According to the ICD-10 Classification of Mental and Behavioural Disorders, clinical depression is marked by the following three cardinal symptoms lasting for a period of at least 2 weeks:

- Depressed mood
- Loss of interest and enjoyment
- Reduced energy leading to easy fatigability and diminished activity.

In addition to this, other common symptoms could be – reduced concentration and attention, reduced confidence and self-esteem, ideas of guilt and unworthiness, bleak and pessimistic views of the future, disturbed sleep and appetite, and ideas of self-harm or suicide.

Just like any other psychological illness, depression also could be due to a combination of bio-psycho-social factors. It is a very common illness and affects 1 in every 3 persons in India once in their lifetime. Although it can have a recurring course, it is definitely treatable with anti-depressant medication, psychotherapy, certain lifestyle changes and Homoeopathy also . There are some things that you can do too to manage your mood.

## STEPS TO BEAT DEPRESSION

- Maintain a routine. A structured day keeps the uncertainties and stress to the minimal. Moreover, it makes sure efficient use of your time.
- Go for a walk or exercise. Physical activity releases endorphins, often called “happy hormones” which work as natural anti-depressants.
- Engage more often in your favourite activities, hobbies or things that give you happiness even if it seems futile. The general rule of thumb that works in depression is- **THE MORE YOU DO, THE MORE YOU FEEL LIKE DOING**. So, don’t wait for your mood to get better before you do things that you enjoy.
- Share your feelings and thoughts with people you are comfortable with. They might not be able to suggest a solution to your problem but you would feel much better.
- Introspect. Take time to analyse your feelings and thoughts. Try to seek a rational explanation for your negative thoughts.

If you feel that your mood has become unmanageable and you’re quite distressed due to the same, don’t shy away from visiting a mental health professional. You can get past it with early recognition and proper treatment!



### **TV, Computer screen time in Children linked to High Blood Pressure**

**Research presented at the World Heart Federation's World Congress of Cardiology today suggests that children who spend over 2 hours in front of a TV, computer or video games each day have a significantly increased chance of having high blood pressure.**

The researchers say such children have over a 2.5-fold increase in odds of having high blood pressure (BP), while children with a low level of fitness had odds 3.4 times higher, compared with children with a high level of fitness.

**Children who have high BP will likely have it as adults unless treatment or interventions are taken. In children, high BP is defined as blood pressure that is the same or higher than 95% of children who are the same sex, age and height.**

## **Latest at AKGsOVIHAMS**

- Dr. A. K. Gupta and Dr. Sanket Gupta to present papers at an International Conference, LIGA, Indian Chapter on 24<sup>th</sup> and 25<sup>th</sup> May.
- Book your appointment now from your own Facebook account by visiting our Facebook page by the name AKGsOVIHAMS Homoeopathic Clinics

### **DID YOU KNOW?**

Health experts now have proof that laughter is good medicine.

A good belly laugh can send 20% more blood flowing through your entire body. One study found that when people watched a funny movie, their blood flow increased. That's why laughter might just be the perfect antidote to stress.

When you laugh, the lining of your blood vessel walls relaxes and expands. So have a good giggle. Your heart will thank you.

## **LAUGHTER IS THE BEST MEDICINE**



Patient: Doctor, you must help me. I'm under such a lot of stress; I keep losing my temper with people.

Doctor: Tell me about your problem.

Patient: I just did, didn't I, you stupid fool!!



WARTS

CORNS

WARTS ON NECK

# **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)

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