

June 2015 Issue - XXI



# MONTHLY NEWS LETTER



31<sup>st</sup> May is observed as the “**World No Tobacco Day**” all around the globe. To mark this, we held a week long camp from 1<sup>st</sup> to 6<sup>th</sup> June for all those who wanted to ‘*Kick the Butt*’ of smoking. Free consultations were given to all those who wanted to Quit Smoking with Homoeopathy. View the talk given by Dr.A.K.Gupta on Quit Smoking.

[https://www.youtube.com/watch?v=iBU\\_Zrt-vCU](https://www.youtube.com/watch?v=iBU_Zrt-vCU)

The month of June brings scorching heat along with it. The raising temperatures can put any living being to misery. The hot winds and the ‘burnt’ atmosphere have always proved to be a huge health hazard. So keep yourself well hydrated, wear caps and sunglasses when you step out in the sun. Eat all the juicy fruits that Mother Nature has made available for us. Coconut water is a great thing to bank on this summer.

In this issue we will discuss about **Migraine**. As the mercury is soaring ever so high this month, so is the incidence of Migraines (one-sided headaches). We will discuss about what actually a Migraine is and how Homoeopathy is the best thing possible for migraine. One very important thing I want to point out is that all those people having Migraine, please don’t be exposed to the direct draft of A.C. when you enter your car, open all windows for at least 5 minutes and only then switch on the A.C. and you must switch it off 5 minutes before you reach your destination. This practice helps you acclimatise better and in result prevents an avoidable migraine attack.

With hot summers, the episodes of rage, psychological abnormality, bipolarity and Anger in particular are seen to be on the rise. In the section ‘Mind the Mind’, our Clinical Psychologist, Kaartik Gupta has put some light on “**Anger!!**”

In the section ‘**Bursting the Myth**’, we will talk about the misconception that Homoeopathy can cure anything and everything. Even the most potent medical system has its limitations. Let’s discuss about that in this issue.



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

# MIGRAINE

## WHAT

- Chronic neurological disease characterized by recurrent moderate to severe headaches often in association with a number of autonomic nervous system symptoms. Also called 'hemi-crania' which means one-sided headache
- Is usually found in 4 phases – (a) Prodrome – hours or days before headache ; (b) Aura – immediately precedes the headache ; (c) Pain – Headache ; (d) Postdrome – effects felt at the end of migraine attack

## ETIOLOGY / CAUSES

The exact cause of Migraine is unknown. But there are many factors that can trigger a migraine attack. These factors are - :

- Genetics or family history
- Stress, Depression & Anxiety
- Hunger
- Lack of sleep and fatigue
- Exposure to loud noise
- Passive smoking
- During and around menstruation in females
- Overuse of eyes while watching TV or using mobile phones, etc.

## SIGNS & SYMPTOMS

- One-sided throbbing pain in head
- Nausea
- Vomiting which usually relieves the headache
- Sensitivity to light and sound
- Irritability
- Accompanying pain in the neck, arm and upper back may also be noticed

## WHAT CAN YOU DO

- Eat healthy and timely food. Avoid remaining hungry for long. Small meals at short intervals are advisable.
- Avoid excessive usage of beverages like tea, coffee, alcohol etc.
- Do not strain your eyes with watching T.V or even reading late at night.
- Avoid stress by all means and do deep breathing exercises and go for regular walks.

## INVESTIGATIONS

- Complete Haemogram
- CT Scan of the Brain
- MRI of the Head and Brain
- EEG



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



Founder-Director AKGsOVIHAMS, Gold Medallist

## **MIGRAINE – NOW NO MORE A PAIN**

### **With HOMOEOPATHY there's LOTS TO GAIN**

Migraine has been believed to be an obstinate condition to treat. However, it is a common experience of the practitioners of homoeopathic system of medicine that migraine is definitely treatable and curable in majority of cases. It is not a pain-killer based treatment. The entire focus is on the cause of the headache and the type of personality that the individual is possessing. Many times the headache in case of a migraine is so severe that the pain may last for more than 3-4 days together and even strong Allopathic painkillers fail to provide considerable relief to the agony of the patient. In such situations, it has been often experienced that if the indicated Homoeopathic medicines are given repeatedly at a short intervals then the excruciating pain can be lessened and patient can be relieved. This is done only during an acute attack. For the disease to be cured from its roots, the prescription is based on lot of other factors like the lifestyle, environmental factors and the basic constitutional make-up of the patient.

Taking every relevant detail into account, when a constitutional Homoeopathic medicine is prescribed, the intensity and frequency of headaches gradually starts reducing. The patients would find that every next attack that they have is much lesser in severity than it used to be before starting the Homoeopathic treatment. As the time passes by, the patient's threshold of tolerating pain increases under the same circumstances that persisted earlier. This is how a Homoeopathic cure is achieved!

As in all other diseases, also here in migraine, I must add, one must take care of the triggering factors. As there is no exact reason which can be pin pointed for the occurrence of a Migraine attack, it becomes imperative that the patient must not fall prey to the various triggering factors which have been mentioned above by Dr. Sanket Gupta. It must be understood, that to raise a patient's threshold of pain tolerance there has to be a combination of precautions and medicines. Medicines alone cannot cure the patient if he is not taking the necessary precautions. Even if the medicines are correct and suitable to the patient's needs, complete cure cannot be attained if these 'maintaining causes' are not checked.

The beauty of Homoeopathy also lies in the fact that many times all those complaints which the patient never even mentioned to the Doctor can be got rid of. When a constitutional treatment is given the person in general comes in line with the harmony and balance of his body. All those areas which were out of this balance are corrected back with the constitutional homoeopathic medicine. So, there is lot more to gain with Homoeopathy than just getting rid of the chief complaint like Migraine.

# MARVEL OF HOMOEOPATHY

This is a classic case of Migraine of a young 23 years old girl Ms. S.D. who came to see Dr. Sanket Gupta 2 years back in May 2013. She complained of left sided headaches since more than 3 years. The pain would start typically as dull ache just above the left eye. The intensity of the pain would gradually increase and become pulsating in nature. She would say that it feels as if someone is hammering my head from inside. The pain would extend to the left eye and left side of her neck and in severe cases the pain would even radiate to her left arm and left shoulder.

She was an aspiring student appearing for the civil services examination and had just come to Delhi 2-3 months back. She was staying in a P.G here in Delhi as she had come from Jhansi, Uttar Pradesh. So, her eating pattern and lifestyle had gone completely erratic. Her sleep pattern was also very irregular away from home and not surprisingly thus, the frequency and intensity of her headaches had increased manifold since coming to Delhi. To keep herself awake for late night studies she had developed this habit of having a cup of coffee every now and then back home itself. But now here in Delhi she used to take 3-4 cups of coffee in a day!

The examination stress and pressure was always added by the tension back home. Her family was also going through a bad financial phase. So this young ambitious girl had taken it all upon herself to get her family of 5 people out of all its troubles by getting selected for the highest civilian job. The amount of pressure she was experiencing everyday was the real reason for her headaches. After listening to the whole story, Dr. Sanket analysed the case and gave medicines to the girl. Most importantly he counselled the girl for long. He made her understand to relax a bit and take life as it comes and not to succumb to the pressure. He used to counsel her for long and helped the girl retain her confidence gradually. She started getting a grip of her own life which is the most important thing for any individual.

Also, he strictly asked her to correct her lifestyle and completely stop coffee! Initially the girl rebuked back that she won't be able to study without coffee as that keeps her up and going. But Dr. Sanket insisted on the ban on coffee in her life. He made her understand that coffee was making her lose precious sleep which was in turn giving her terrible headaches. In any case she won't have been able to focus on her studies fully this way. So why continue coffee and become addicted to the beverage? This made sense to the girl and she said "for 1 whole week I won't have coffee...if nothing changes then I will start it again..." The doctor accepted the challenge asked the girl to come after a week.

The next week she came for her follow-up brimming and smiling. She admitted that the pain had lessened and the frequency had also reduced. Whenever she had a feeling that the headache was about to start, she took the SOS medicine that was given to her to support her in pain. This was a small victory for both the doctor and his patient who was now hopeful of recovery. A girl who used to take injections several times in a day to get some relief from pain was gradually experiencing migraine-less days and she was able to concentrate better in her studies.

Today the young girl has absolutely no episode of Migraine and she follows a very healthy life style along with Homoeopathy. She appeared for her exams in 2014 and to everyone's joy she cleared the examination and is now all set to be a high rank officer in coming years...

*This is the Marvel of Homoeopathy*





# MIND the MIND

Holding on to anger is like  
drinking poison and expecting  
the other person to die.  
-Buddha



KAARTIK GUPTA, MSc (Cl. Psych.)

## ANGER

It is often said that we must be in control of our emotions. Our emotions, whether positive or negative, need an expression for us to be fully alive. But this expression needs to be an appropriate one. Anger is one such emotion. It is a basic emotion that we as humans and all the other animals also have in common. Even though it has its benefits, an uncontrolled anger can be destructive for the individual in many ways. In this edition, we will look at anger as the basic emotion that it is, the way it is manifested in our body and how it emerges. In the next issue, we will look at some of the most effective and appropriate ways of expressing anger, and suggest some therapeutic techniques for managing it.

As mentioned previously, anger is a basic emotion that we all possess by virtue of being humans. However, as is true for other aspects, there are individual differences related to anger also. It forms an integral part of one's overall personality; some people are easily angered whereas there are others who seem almost oblivious of this strong emotion. So what is it about these people that they never seem to lose their temper? Is it that they lack this basic emotion, or are too ignorant of it, or is it that they've mastered the art of controlling their emotions?! Feeling angry is natural and in some situations even required, but when it starts controlling an individual's mind, rather than being the other way round, it could spell disaster for him/her.

When we feel angry, there are certain bodily changes that we experience like – clenching jaws or even fist, grinding of teeth, increased and rapid heart rate, sweating, high blood pressure and headache. All these are signs of autonomic arousal due to intense emotion that is experienced when one feels extremely angry. Feeling angry is not the problem, acting on it in a way that is risky or even detrimental to oneself and the others is what makes the experience so dreaded and unwanted. For some people, anger comes so spontaneously and strongly that they are not even aware of all these bodily changes. By the time they realise such effects, they would have acted upon the impulse and caused damage either to self or others or even both. Such bouts of anger, often called a rage, can cause havoc in an individual's personal, social and occupational life. Relationships are tarnished beyond repair, opportunities are lost, people are repelled which in turn can lead to feelings of hatred from others and a strong sense of guilt or even helplessness towards self.

We usually blame other people, situations, life circumstances, or even god for our feelings of anger. When our needs are not fulfilled especially due to an obstruction of any kind it can lead to frustration which in turn could be, although not always, responsible for feelings of anger. We very well know that different people react differently in the same situation, which means that intrinsically there is nothing particular about any situation. A situation carries the meaning we attach to it. That's where our unique personalities and individual differences come into play. We all feel angry but how we deal with it decides whether we arrive at an appropriate solution or create another problem due to our uncontrolled anger. Till the time we come out with effective techniques for managing anger in our next issue, try this exercise – identify the situations in which you feel angry and note down how you responded to it.

*Everything that irritates us about others can lead us to an understanding of ourselves*

- Carl G. Jung



## **Nuts, peanuts linked to reduced risk of death from cancer, other diseases**

A new study finds that consuming these foods may protect against death from numerous diseases, including cancer, heart disease and diabetes. Conducted by Prof. Piet van den Brandt and colleagues, from Maastricht University in the Netherlands, the study is published in the *International Journal of Epidemiology*.

Peanuts and nuts are a **good source of omega-3, fibre, vitamin E, antioxidants** and "good" fats. As such, they have been associated with a number of health benefits, particularly for the heart.

**The study results revealed that participants who consumed around 15 grams of nuts or peanuts every day - the equivalent to half a handful - were at lower risk of death from numerous diseases, including cancer, diabetes, respiratory disease, heart disease and neurodegenerative disease, compared with participants who did not consume nuts or peanuts.**

Reductions in mortality with peanut and nut consumption was strongest for respiratory and neurodegenerative disease, and the results were equal between men and women.

## **Latest at AKGsoVIHAMS**

- A week-long "Quit Smoking with Homoeopathy" camp was held at all AKGsoVIHAMS Clinics from 1<sup>st</sup> to 6<sup>th</sup> June to mark the World No Tobacco Day which is observed every year on 31<sup>st</sup> May worldwide.
- View all our previous newsletters and also subscribe at [www.ovihams.com](http://www.ovihams.com)

## **DID YOU KNOW?**

**Multiple sclerosis (MS) occurs much less frequently in tropical and semitropical areas than in cold parts of the world. You can even map it out by latitudes. No one knows exactly why cold weather and MS go together. One theory advanced in The China Study holds that it may have to do with the consumption of dairy products, which is more common in colder than hotter parts of the world. Others suggest it may be that MS is genetic.**

## **LAUGHTER IS THE BEST MEDICINE**



**One day a Senior Cardiologist had to be the bearer of a bad news when he told a wife that her husband had died of a massive myocardial infarct. Not more than five minutes later, he heard her reporting to the rest of the family that he had died of a "massive internal fart."**

# BURSTING THE MYTH!!

- **Homoeopathy can cure Anything & Everything** – like any other medical system known to mankind, Homoeopathy too has its own share of scope and limitations. No system is 100% complete in its own. Staunch followers and strong believers of Homoeopathy at times say that Homoeopathy can cure anything and everything. I would like to inform that this is not correct. Every science is unable to reverse an irreversible degenerating natural process, and this holds true for Homoeopathy as well. Conditions like dementia, bony exostosis, late stages of MND, terminal stage Cancers, terminal stage Kidney Disease, Alzheimer's disease, etc. are some of the progressive and irreversible states where expecting cure would be irrational. In such diseases though, the best way to deal is palliation where the Homoeopathic medicines help in damage control and reducing the pace of the fastly progressing diseases. If even palliation is well achieved then it is seen as a scientific success as the life expectancy and quality of living improves. Here, I would like to mention, that Homoeopathy is far better in tackling such challenging situations than other invasive methods of treatment as Homoeopathy is gentle, convenient and harmless to the suffering patient.

## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

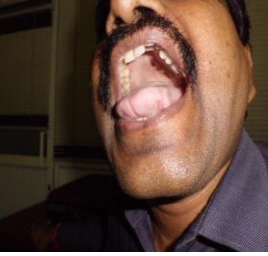
- No one has done more good to the medical profession than Dr. Samuel Hahnemann, Father of Homoeopathy. - *Sir William Osler, Father of Modern Medicine*
- I am writing this to thank you for the medicine I am getting to treat spurs, pain & swelling beneath my feet . I feel better and hope to avoid injections into the bones. My hope rests on your earlier treatment of drying up bursa in the left elbow. It all started from a small hardening of elbow end which swelled later. After a number of tests found okay Excision Operation was done in a leading private Ganga Ram hospital obvious expenses but the cure was far away. The collection of bursa fluid surfaced every week which was syringed out 5 or 6 times & the surgeon had no clues. It just occurred to me to stop at your clinic amidst fear & anxiety. It was amazing to see the bursa fluid vanishing on the fourth day to completely cure in 15 days' homoeopathic medicine.

The point is that the medical fraternity in all systems and dimensions should adopt cohesion and integrated health care administration through common window. Like in any Government there is functional distribution between the ministries & departments & the same being true of the management of a corporate house, by honest group discussion between Allopathic, Homoeopathic, Ayurveda & other systems of medicine should culminate into the consensus of the exclusive or mixed treatment under various systems. Who can deny the power of Yoga? And why not to assimilate surgery into all the systems? But the medicine should have near certain cure & the least side effects. All advocates claiming to handle civil, criminal, labour, taxation cases with the same expertise should be as untrue as all medical systems claiming similarly. The suggestion is: like solicitor firms having say 10 or 20 advocate experts in different branches of law, the hospitals & medical groups should clearly earmark the domain of the medical system under an integrated think tank decision making process for the good of patients & the medical professionals/enthusiasts.

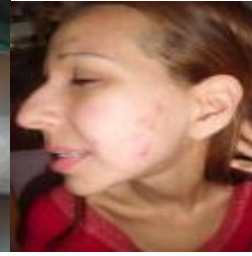
- **R.K.SHARMA** (Labour Commissioner)



BEHCET'S DISEASE



VARICOSE ULCER



ACNE



# **AKGS OVIHAMS HOMOEOPATHIC CLINICS**

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

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