

Aug 2014 Issue - XI



MONTHLY NEWS LETTER

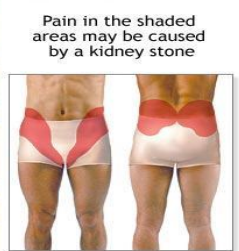
AKGsOVIHAMS Celebrates its 15th Anniversary

On 6th Aug 2014, AKGsOVIHAMS celebrated its, 15th Anniversary along with the 100th Birth Anniversary (Centenary) of Late **Sh.O.P.Gupta**, father of Prof. Dr. A. K. Gupta & chief patron of OVIHAMS (Om Vidya institute of Homoeopathy and Allied Medical Sciences). On this occasion, a Free Homoeopathic Camp and Free Blood Sugar Check-up (9am-1pm) was organized at Rajouri Garden clinic. Hon'ble Member of Parliament, **Sh.Parvesh Verma** and Chief Guest of the day inaugurated it. Camp was a great success with 79 patients took free Sugar check up & Homeopathic treatment. Highlight of the camp was when a 4 year girl was diagnosed having Juvenile Diabetes which the family was unaware of. An interactive session was also held & Dr. Gupta answered the various queries asked by the patients. All patients were given free Homoeopathic medicines and will be given free follow-up treatment for the entire month of August. Dr.V.K.Kheterpal, Dr.Rajneesh Narang, Dr.Sanket Gupta, Dr.Swati Baccahni and Dr.A.K.Gupta rendered their free services in the camp. Hon'ble MP highly appreciated the efforts and contribution of Dr.A.K.Gupta and his team of AKGsOVIHAMS for doing exemplary work in the field of Homoeopathy and working for the Society.



This issue is on **Kidney Stones** and the brilliance of Homoeopathy in such cases. We see how an emergency and classical surgical case of Renal Calculus (kidney stone) can be cured by sweet Homoeopathic medicines and prevent surgery.

In the section 'Mind the Mind', our Clinical Psychologist, Kaartik Gupta is talking about **Obsessive Compulsive Disorder (OCD)**



Dr. Sanket Gupta, MD, PGCCPC(Cardiology)

KIDNEY STONES

WHAT

- Also called renal calculus, it is a solid concretion or crystal aggregation formed in the kidneys from dietary minerals in urine.
- Can be found in kidneys, ureters or urinary bladder
- Usually are composed of calcium, struvite, uric acid or other compounds

ETIOLOGY / CAUSES

- Excessive intake of dietary calcium
- High dietary sodium may also increase the risk of stone formation
- Drinking fluoridated tap water is also a risk
- High animal protein intake further acidifies the urine which promotes stone formation
- Excess dietary intake of vitamin C might increase the risk of calcium oxalate stone formation
- Some people have a habit of holding urine for long, this also promotes stone formation as the urine becomes concentrated (or acidic) by the time they expel it out
- Family History

SIGNS & SYMPTOMS

- Excruciating intermittent pain that radiates from the flank to the groin area or inner thigh (Acute Colic)
- Urinary urgency, Interrupted Urination or Anuria, Burning with Urination
- Restlessness, Heaviness / Discomfort
- Haematuria (blood in urine)
- Sweating with Chill

WHAT CAN YOU DO

- Drink plenty of water more than 4lt/day
- Never hold urine
- Avoid all those food substances which are rich in urates and oxalates. For e.g. – Tomato, Spinach, Rajma, Lemon, Grams, Pulses, Arbi, Lady Finger, etc.
- Avoid non-vegetarian food
- Avoid lifting heavy weights
- Barley water can be taken in cases of emergency or extreme pain.

INVESTIGATIONS

- Urine Analysis
- Kidney Function Test
- X-ray KUB
- Intravenous Pyelography (IVP)
- Ultrasound Lower Abdomen



Founder-Director AKGsOVIHAMS, Gold Medallist

NO SURGERY REQUIRED FOR RENAL STONES

Renal colic is an excruciating pain in the abdomen starting from the lumbar region in the back (precisely called the Loin area) and extending down the lower abdomen, genital area and even the thigh (or groins). It is a state of an emergency and nothing but rushing to the hospital was the only thing that one could think of! But not now... small millimetre sized homoeopathic pills have the immense power of expelling kidney and ureteric stones all together with absolutely no need of any surgical intervention. Even the pain can be relieved off in case of Acute colicky pains.

Not just this, with Homoeopathic appropriate constitutional remedies like – Calc Carb, Lycopodium, Nux Vom., Phosphorus, Sulphur etc. can check the recurrence of the stone and prevent the damage to the urinary tract system. I have seen few families in which the history of stones is so strong that almost all the family members have the stone at some stage or the other, even the young children have suffered from this problem. Amazingly after homeopathic treatment to the pregnant ladies of the family this tendency has almost been removed in the third generation of the family.

Interestingly I've seen a patient who has been passing small tiny stones almost every alternate months for the last so many years. After the homoeopathic treatment in which I gave him his constitutional remedy, the frequency of stone formation has reduced considerably. Stones as big as upto the size of 12 mm has been passed out easily through Urine with Homoeopathic medicines .

Homoeopathically remedies are prescribed on the totality of symptoms and on the individual characteristic symptoms. Commonly used remedies for renal calculi are - BerberisVulg, Hydrangea, Terebinth, Colocynth, Mag Phos, Nux vom, Lycopodium, Apis Melifica, Parera Breva, Oscimum Can etc. Few Homeopathic medicines are helpful in crushing some stones also.

The only major thing to consider in case of renal calculi is the position and type of the stone. There is absolutely no problem to cure and that too in a very short time span, if the stone is in the upper pole of either kidneys or in the middle pole of the right kidney. But if the stone is in the inferior pole of either of the kidneys, then it will take longer to be cured as the stone then has to break into smaller pieces which can gradually travel with urine upwards and then be expelled from the system via urine.

Also, there is a particular kind of stone called the “Stag-horn type of calculus”, which has sharp edges and is extremely painful. This type is very rare, only found in 5% of cases of renal calculi. The sharp edges can injure and lead to massive bleeding in the internal lining of the kidneys and urinary tract. The stag-horn stone is usually visible in the X-ray and the doctor should immediately advice for surgery as any delay can lead to massive bleeding and ultimately death! Surgery cannot prevent the recurrence for which again Homoeopathy will come to the aid.

MARVEL OF HOMOEOPATHY

My name is Mr. Jaswinder and I am a 31yrs old Army officer.

Just a week back on 18th April 2013, I had a severe cramp-like pain in my left side of abdomen and the left groin. It was so severe that I immediately called up my doctor. Dr. Sanket Gupta asked me to see him immediately at his AKGsOVIHAMS Clinics in Satya Niketan, Moti Bagh. He examined me and said that he suspected a stone in my kidney.

I got an Ultrasound done. It said that I had 2 stones in the middle pole of my left kidney and a big stone measuring 13mm in my left ureter. Dr. Gupta gave me some of his Homoeopathic medicines and a liquid and asked me to take the medicine every 2 hourly. I wondered if such an acute condition could be handled with Homoeopathy, but as Dr. Gupta said, I followed his instructions. 2 days later in the morning when I went to the bathroom, I passed urine with difficulty and there was a sound hitting the vessel. I later found out that I had just passed out a huge stone in my urine. It was an unbelievable realization that in just 2 days Homoeopathy was able to cure me off this acute condition and I am very thankful to Dr. Sanket Gupta for this.



This picture is of the 13mm stone passed out by Mr. Jaswinder within just 2 days of Homoeopathic treatment

My all stones have been passed out. Now I don't have any discomfort while passing urine and do not suffer from any pain either.

The latest Ultrasound shows No more Stones in my Kidneys.

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, M.Sc (Cl. Psych)

OBSESSIVE COMPULSIVE DISORDER

In this edition, we would take up one of the most common psychological disorders, Obsessive Compulsive Disorder (OCD). Here we would highlight the clinical features, prevalence, and the causal factors in OCD. The psychotherapeutic treatment for this illness would be discussed in the next edition.

Obsessive Compulsive Disorder (OCD) is an anxiety spectrum disorder which is chiefly characterised by the occurrence of unwanted and intrusive (interfering) obsessive thoughts or distressing images usually accompanied by compulsive behaviours performed to neutralize the obsessive thoughts or images or to prevent some dreaded event or situation.

Obsessions involve persistent and recurrent intrusive thoughts, images or impulses that are experienced as disturbing and inappropriate. People with such obsessions try to resist, suppress or neutralize them with some other thought or action. Obsessive thoughts consist most often of contamination fears, fears of harming oneself or others, need for symmetry, sexual obsessions and obsessions concerning religion or aggression. **Compulsions** can involve either overt repetitive behaviours like hand washing, checking or arranging things in an order or more covert mental acts like counting, praying or saying certain words silently. A person having OCD would realise that the obsessions are a product of his own mind but still feels compelled or driven to perform the compulsive act to “prevent something bad from happening”.

OCD is a fairly common psychological problem with a lifetime prevalence rate of 1-2% globally, i.e. 1 in every 100 persons could experience an episode of OCD at least once in their entire lifetime. Although the characteristics of OCD are very common and experienced by all of us during our daily lives, what makes it a disorder is the severity and the persistence of disturbing thoughts and actions over a period of time.

Like any other psychological illness, there could be various factors causing OCD. The biological factors could be genetic vulnerabilities, heritability, or brain and neurotransmitter abnormalities. Studies suggest that the dysfunction of certain brain areas like orbital frontal cortex, cortico-basal-ganglionic-thalamic circuit could be responsible for the illness. Serotonin, an important neurotransmitter in the brain, has also been shown to be significantly involved in the development of OCD.

There are many psychological theories explaining the aetiology of OCD. According to them, some of the most significant psychological factors responsible for causing and maintaining the illness are - faulty thinking process, irrational beliefs, faulty learning and misinterpretation of intrusive thoughts. Obsessive thoughts lead to significant anxiety which the person finds extremely distressing. In order to get rid of this unpleasant feeling, the person performs the action which reduces the anxiety. This acts like a positive reinforcement and hence an unending cycle is formed. This point would be explained in detail in the next edition as part of the treatment for OCD. As mentioned above, we all experience intrusive thoughts in our day-to-day lives but people with OCD seem to have an inflated sense of responsibility and so misinterpret these thoughts as being very important and significant which could lead to catastrophic consequences.

In addition to this, stress is another important aspect that needs to be considered while talking about any psychological problem. Although stress does not seemingly cause OCD, it can trigger the onset of the illness in a person who is biologically or psychologically predisposed to it and can worsen the symptoms in a person having the disorder.

All this information might have left you a bit confused or even worried but it is okay as being with the anxiety is one of the most significant and influential psychotherapeutic techniques of treating OCD about which we'll discuss in detail in the next edition.



A new study by researchers from the Netherlands finds that breech babies have a higher risk of death from vaginal delivery than elective Caesarean section.

If a baby is in a breech position for delivery - the infant's buttocks or feet are in place to come out first instead of their head - a C-section may be performed to reduce the risk of subsequent complications.

Vaginal deliveries for breech babies 'increase neonatal mortality risk 10-fold', according to the research team - led by Dr. Floortje Vlemmix of the Department of Obstetrics and Gynecology at the Academic Medical Center, University of Amsterdam in the Netherlands

Latest at AKGsOVIHAMS

- Free follow-up treatment will be provided for the entire month of August to all the patients who attended the camp on 6th Aug.
- Dr. Gupta's First Aid Family Kit is now available at all our centres.

DID YOU KNOW?

1. There are more sweat glands on your feet than any other part of your body. An average pair of feet will sweat a pint of perspiration a day.
2. Most dust particles in your house are made from dead skin!
3. Like finger prints, everyone's tongue print is different!
4. An adult has 206 bones, and a newborn has 300.
5. Your stomach needs to produce a new layer of mucus every two weeks or it would digest itself.

LAUGHTER IS THE BEST MEDICINE



A guy is walking past a big wooden fence at the insane asylum and he hears all the residents inside chanting, "Thirteen! Thirteen! Thirteen!"

Quite curious about this, he finds a hole in the fence, and looks in.

Someone inside pokes him in the eye. Then everyone inside the asylum starts chanting, "Fourteen! Fourteen! Fourteen!"



HYDROCEPHALUS



MULTIPLE WARTS



NON-HEALING DIABETIC ULCER



AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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