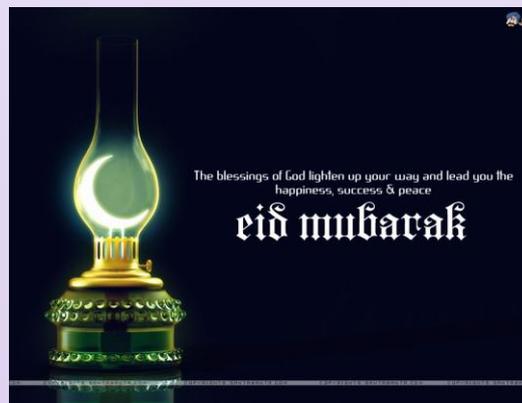




MONTHLY NEWS LETTER



The entire month of October is going to be a month of festivities, fun, frolic, joy, love and happiness. AKGsOVIHAMS wishes you all **Happy Dussehra, Eid, Deepawali and Chhat Puja, Season's Greetings**

This issue is on *Alopecia* and the mastery of Homoeopathy in such cases. There are innumerable advertisements and commercial gimmicks which promise and claim miraculous results for Hair problems but we will try to throw some light on facts rather than fiction and on what really works for hairs.

In the section 'Mind the Mind', our Clinical Psychologist, Kaartik Gupta will discuss about *Phobias*.



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

ALOPECIA

WHAT

- Hair loss from head or any other part of the body
- Various types of Alopecia are -: Alopecia Areata, Scarring Alopecia or Cicatricial Alopecia, Male pattern baldness or Androgenic Alopecia, Diffuse Patterned or Unpattern Alopecia, Female pattern baldness, Telogen effluvium, Trichotillomania, Traction Alopecia, Alopecia Totalis, Alopecia Universalis

ETIOLOGY / CAUSES

- Dihydrotestosterone (DHT) is believed to be the cause of 95% of cases with Male pattern baldness
- Nutritional deficiency of biotin, proteins iron (ferritin to be specific) and zinc
- Excessive intake of animal fats (rich in fast food) and Vitamin A
- Infections like Taenia capitis, Secondary syphilis, Dissecting cellulitis, Folliculitis, etc.
- Drugs for Hypertension, Diabetes Mellitus, Heart disease and cholesterol, Hormone Replacement Therapy; steroids and acne medicines
- Trauma due to beauty and hair treatments ; or trichotillomania (habit of pulling out one's own hair from the roots)
- During pregnancy due to increased oestrogen levels in the blood
- Thyroidism, Hormonal Imbalance & STRESS

SIGNS & SYMPTOMS

- Hair loss in patches usually circular in pattern
- Dandruff
- Skin lesions
- Itching
- There may be hair loss from unusual areas as well like – eyebrows, back, chest, or even above the ears
- In male-pattern alopecia, loss and thinning begin at the temples and the crown

WHAT CAN YOU DO

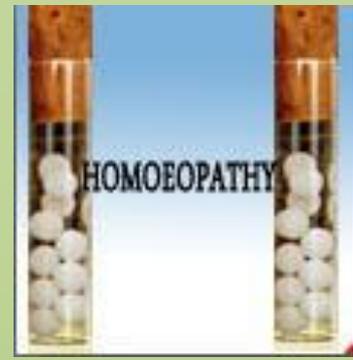
- Avoid using strong shampoos on a daily basis
- Avoid using very hot water for head wash
- A glass of juice composed of carrots, beet root, 1 amla and few leaves of tulsi
- A piece of jiggery or gudd every morning
- Oiling at least once a week is essential
- Massage the scalp with for 4-5 minutes at night with head hanging down

INVESTIGATIONS

- Complete haemogram with Ferritin levels
- The pull test & the pluck test
- Scalp biopsy & Trichoscopy
- Complete Thyroid Profile and Hormonal analysis



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



Founder-Director AKGsOVIHAMS, Gold Medallist

BETTER HAIR WITH HOMOEOPATHIC CARE

Presence or absence of hairs on the scalp goes a long way in impacting the individual's personality and self-confidence. In a world of "Jo dikhta hai wo bikta hai" hair has a huge role to play. One sees all kinds of claims being made regarding giving back the "lost hair". It is very easy to fall as a prey to these commercial gimmicks. Homoeopathy has been always in reckoning and famous when it comes to treating hair loss or alopecia. But I would like to inform that not all kinds of hair loss are curable. Male pattern hair loss more often than not is genetic in origin. Hence it cannot be completely cured, but yes can be controlled very well with the Homoeopathic medicines. As in there is no certainty that the hair lost today will be regained back tomorrow, but yes can curtail falling.

But cases of patchy hair loss or diffuse hair loss are absolutely curable with Homoeopathic medicines. The minimum time it takes to start showing results in a case of hair fall is between 1 to 2 months. It is very important to understand that all kinds of alopecia cases may just be presenting with hair fall as the primary presentation, still 2 similar cases may not receive the same Homoeopathic medicine. The remedy depends entirely on the cause of the present situation and the constitutional framework of the individual patient. For example, in a case of male pattern baldness where there is strong genetic background, it is extremely necessary to give a deep acting anti-miasmatic remedy. This prevents any further loss of hairs. Medicines like *Thuja*, *Sulphur*, *Medorrhinum*, *Psorinum* are extremely useful in such cases to initiate the process of recovery and take care of the fundamental genetic background.

I really want to make everybody reading this aware about what not to do when it comes to hairs. Switching shampoos every now and then is the worst thing that one can do to his/her own scalp. A shampoo, please understand, is just a cleansing agent. No shampoo on earth can grow back the lost hairs. It would surely though get you rid of your dandruff. Oiling is a must once or twice a week as it gives the basic strength and nourishment to the hair roots. But if you are having an already oily scalp then get yourself treated first for dandruff. A cleaner scalp would be well suited for oiling and regaining the basic scalp immunity. Don't use any hair gels or artificial colours and mehendi. They all have an impact of the health of the hair.

The sooner the homoeopathic treatment starts, the better are the chances of cure and better hair care.

MARVEL OF HOMOEOPATHY

This is a case of a young girl Ms. J.A who developed a big round bald patch on the back of her head. It was a horrible time for the girl and her parents as she was of marriageable age when they came to see Prof. Dr. A. K. Gupta at our Rajouri Garden branch. This was the condition on the 1st visit:-



Dr. Gupta prescribed her Acid Flour 1M and the treatment lasted for just a few weeks. She got all her hair back and not only that, the general health of her hairs also improved remarkably. The parents were elated and thanked Homoeopathy and Dr. A. K. Gupta for the successful treatment of their beloved daughter.



This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, M.Sc (Cl. Psych)

PHOBIAS

In this issue, we'll be discussing about phobias which is a fairly common psychological problem whose manifestation might change from person to person or even from culture to culture. Here we'll talk about some of the most common types of phobias, its prevalence and the presumptive factors that play a significant role in the causation of the disorder. In the next issue we'll look at the psychological techniques for dealing with and overcoming our phobic situations or objects.

A phobia is a persistent and disproportionate fear of some specific object or situation that presents little or no actual danger and yet leads to a great deal of avoidance of these feared situations. Phobias are disabling and not adaptive as they interfere with ordinary activities.

Types of phobia

There are three main types of phobic disorder:-

- Simple phobia is confined to a single feared object or situation (e.g. dogs, spiders, height or sight of blood, etc.)
- Social phobia is the most common form of phobia which is chiefly characterised by disabling fears of one or more specific situations (e.g. public speaking, urinating in a public bathroom, or eating in public, etc.). In these situations, a person fears that he/she may be exposed to the scrutiny and potential negative evaluation of others, or act in an embarrassing or humiliating manner.
- Agoraphobia is characterised by anxiety in relation to distance from safety as well as by the proximity of the phobic stimulus. In this, the person's main concern is with regard to whether or not he/she would be able to escape from the situation safely or not if the need arises.

The lifetime prevalence for specific phobias was estimated to be around 12 per cent (Kessler, Chiu, et al., 2005), and it is more common among women.

Aetiology

A combination of factors could be responsible for the development of phobia in an individual. The evolutionary perspective states that we are more likely to have phobia of water, snakes, height and enclosed places as these could be associated with trauma and so we are "prepared" for such events or situations to ensure the survival of human race.

Behaviourists believe that phobia is due to faulty learning wherein a neutral stimulus is wrongly paired with a traumatic or painful event. It can also be learned by observing others behave in a certain way. For instance, a young girl might observe her mother feeling scared of a dog and so even she might learn the behaviour of avoiding and feeling scared of the dog even without having had any traumatic or painful experience with the dog. The act of avoiding the feared situation or event causes the individual to not experience anxiety which in turn acts as a positive reinforcement for the avoidance behaviour. Subsequently a vicious cycle is formed wherein the person fears or dreads facing that particular situation or event as avoiding or escaping has become the primary response of the individual to the anxiety provoking situation.

Efficacy of Homoeopathy in treating Phobias - <http://youtu.be/f7CLFBxwS40>

http://youtu.be/qAtzfit_OMM

http://youtu.be/k1c6tY8ki_k



According to the American Academy of Pediatrics (AAP), the safest place for a baby to sleep is in the room with its carers but not in their bed. A recent study from the organization suggested that bed-sharing is the greatest risk factor for sleep-related infant deaths.

Because sleep-related infant deaths are typically linked to an infant's unsafe sleep environment, researchers from this latest study analysed data for infant deaths on sofas from 24 states between 2004-2012 from the National Center for the Review and Prevention of Child Deaths Case Reporting System database.

Infants found dead on sofas more likely to be placed face-down, on side

After assessing the data, the researchers found that out of 9,073 sleep-related infant deaths, 12.9% occurred on sofas, with 72% of these deaths happening in infants between 0-3 months of age.

The infants who died on sofas were more likely to be sharing the sofa with another person, and although babies were most commonly placed on their backs to sleep, the infants found on sofas were more likely to be placed face-down or on their sides.

Latest at AKGsOVIHAMS

- Dr. A. K. Gupta and Dr. Sanket Gupta to present their respective scientific papers in an Int'l conference in Malaysia. Dr.A.K.Gupta would be unavailable from 7th to 13th Nov. while Dr. Sanket would be unavailable from 7th to 10th Nov. Kindly schedule your appointments accordingly.

DID YOU KNOW?

- At just 12 weeks the human foetus can scowl and squint.
- If you remove the minerals from a bone by soaking it overnight in a six percent solution of hydrochloric acid, it will become so soft; you could tie it in a knot.
- The average person has about 100 000 scalp hairs.
- Aspirin and alcohol can be absorbed directly into the bloodstream through the stomach lining.
- The kidneys filter your blood up to 300 times per day.

LAUGHTER IS THE BEST MEDICINE



An old lady fell down the stairs and broke her leg. The doctor put it in a cast and warned her not to walk up and down the stairs. The leg was slow in mending. Finally, after six months, the doctor announced it was all right to remove the cast.

"Can I climb the stairs now?" asked the old lady.

"Yes" answered the doctor.

"Oh, I'm so glad," she smiled. "I'm sick of climbing up and down the drainpipe all the time."

BURSTING THE MYTH!!

- **HOMOEOPATHY IS PLACEBO & NOT SCIENCE** – since its period of inception, Homoeopathy has always been put into testing waters. As it is in total contrast to the prevalent school of medicine, more often than not these so-called scientific experts keep looking for substantial evidence for the efficacy of Homoeopathy. They say when a particle is diluted at such exponential levels, then hardly is there any matter left for the machines to measure. And hence they say, as It cannot be measured appropriately, these medicines are nothing but sugar balls or plain water!
- I would like to throw some light on the real scientific phenomena of how a homoeopathic medicine works. It is absolutely correct that the matter is hardly left to any measurable proportions inside the potentised Homoeopathic medicines. What remains inside is actually the energy which is the real driving and curative agent of that remedy. It acts at a dynamic level when a Homoeopathic medicine is consumed. If the medicine given is correct based on the “Law of Similars” then the effect of these energised particles would be most favourable, quick and remarkable. Here the effect can only be manifested in form of relief of symptoms and reduced agony of the sufferer.
- A testimony to science of Homoeopathy was an article in the Times of India last year which said that the researchers of IIT-Bombay have been able to prove the phenomenon of Homoeopathic science which tells that even after dilution beyond the Avogadro’s number there still remains some force inside which drives the remedy to the dynamic level and initiate the process of recovery and cure.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- “I have long been an ardent believer in the science of Homeopathy and I fell happy that it has got now a greater hold in India than even in the land of its origin. It is not merely a collection of a few medicines but a real science with a rational philosophy as its base. We require more scientific interest and inquiry into the matter with special stress upon the Indian environment.” – ***Rabindranath Tagore***
- OviHams and Homeopathy have completely changed my life. I got know about OviHams Clinic through my brother and it’s a long chain of references that finally brought me in contact of OviHams and Dr. Sanket Gupta. When I first met him the physical condition I was in was very severe. I had dozens of test conducted ranging from Bone T.B., typhoid, H.I.V., Cancer, Thyroid and the list is very long. Since adolescence I was anaemic. Then finally I met Dr. Sanket Gupta I told him about my condition which ranged from low grade fever, fatigue, very high Eosinophil levels, and conversion disorder (where in you just collapse physically with no signs of illness), carpal tunnel syndrome on right wrist, sever dust allergy etc. Among the long list of allopathic doctors he was the first homeopathic doctor I was consulting. On the first consultation after all the discussion we had he just asked me to get a simple blood test to check the ferritin content in my blood. The reports were really shocking as it was 7.2 which have a range of (10 to 271). It was then detected what the real problem was. I had heard from people that homeopathic treatment works very slow and you have to take medicines for years. But believe me its only after taking medicines at OviHams that this myth of mine completely shattered. As within a period of less than one month my condition improved drastically. And all my problems were getting cured within such a short period. I took regular medicine for less than 4 months and my physical and mental condition was back to normal. Still if I have any problem I don’t take allopathic medicine I come to OviHams and my trusted doctor Mr. Sanket Gupta who has cures for illness of all sorts. It’s the miracle of OVIHAMS and homeopathic treatment that I am fit fine and healthy now. – ***Bandana Rawat***



ALOPECIA (MOUSTACHE)

HAIR FALL in of NON-HODGKIN'S LYMPHOMA

ALOPECIA AREATA

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, drsanketgupta@gmail.com

For more Visit us at www.ovihams.com