

October 2013 Issue - I



# MONTHLY NEWS LETTER



## AKGsOVIHAMS (Om Vidya Institute of Homoeopathy and Allied Medical Sciences(Regd.))

came into existence on 8th Aug. 1999 with a vision and approach of providing Health For All under one roof. It is the brainchild of Prof.Dr.A.K.Gupta who has been working selflessly for more than 36 yrs for the betterment of the suffering humanity. Under his guidance and leadership, AKGsOVIHAMS has become a notable contributor to the health of the society. And this was just recently acknowledged, when the efforts and work of Dr.A.K.Gupta and his team paid rich dividends and AKGsOVIHAMS was conferred the **“Global Healthcare Excellence Award 2013 for the BEST HOMOEOPATHIC CENTRE in Delhi”**

AKGsOVIHAMS has been organizing a lot of free health camps over the years along with carrying out research in difficult cases like the Motor Neuron Diseases (MND) and Epidermolysis Bullosa. Through the most wonderful system of Medicine, i.e., **Homoeopathy**, AKGsOVIHAMS has always tried to heal its patients in the gentlest manner with people from all walks of life and have been benefited.

In a continuous journey for good health and better society, we have decided to come out with our own newsletter to aware, inform and educate the people furthermore. Dr. Gupta says it's our best way to connect to the masses and helping them out. We thank you all for your continuous support without which nothing would have been possible. We hope that this newsletter would be instrumental in preventing lots of diseases and thus assure better health and a healthier society.

This would be a monthly newsletter where a disease or a group of diseases would be discussed and how Homoeopathy can tackle it.

October 12<sup>th</sup> is being observed as the **“World Arthritis Day”** and so let's know more about a very common Joint Disease in this issue - OsteoArthritis



Dr. Sanket Gupta, MD, PGCCP(Cardiology)

# OSTEOARTHRITIS (O.A)

## WHAT

- Most common form of Arthritis
- Also called Wear and Tear Arthritis as it occurs when the protective cartilage on the ends of your bone wears down
- Most commonly affects the joints of hands, neck, lower back, knee and hips
- Gradually worsens with time

## ETIOLOGY / CAUSES

- Primarily a result of ageing process
- Joint injury
- Infection
- Hormonal dysfunction (in Females)
- Calcium deficiency
- Genetic pre-disposition
- Obesity

## SYMPTOMS

- Sharp pain in the affected joint after repetitive use
- Restricted mobility and joint stiffness esp. more in morning
- Swelling on and around the joint
- Crackling noise called Crepitus is heard on moving the affected joint
- Muscular spasms
- Pain increases with cold temperature and humid atmosphere
- Nodosities in the joints
- Bone deformities in later stages

## INVESTIGATIONS

- X-rays of the affected joint
- Complete Blood Count
- ASO Titre
- Serum Calcium, Vit. D
- Serum Uric Acid
- Bone Mass Densitometry (BMD)
- MRI Scan of the affected joint

## WHAT CAN YOU DO

- Lose weight
- Get up and start exercising
- Hot fomentation



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

# HOMOEOPATHY – The Answer

Osteoarthritis being a degenerative disease doesn't hold great prognosis in the eyes of Modern Medicine. The usual plan of treatment is painkillers and muscle relaxants along with Calcium and other supplements. Finally the stage of Joint replacement arrives and the patient is asked to go in for the surgery.

Now the question arises, *can you save yourself from the atrocities of a surgery and still lead a pain-free life????*

The answer is a big and emphatic YES!!!!

Homoeopathy is the science where an individual is treated as a whole and wherever there is any derangement, the correct Homoeopathic medicine has the ability to bring back the harmony. In cases like Osteo-Arthritis where a lot of factors are responsible in the wear and tear of the joint, we try to take into account all such factors and accordingly give the medicine. The Homoeopathic medicines like Rhus Tox, Bryonia, Phytolacca, Calc Fluor etc., have a great ability to alleviate your pain. But subsiding the pain is not the complete solution. Hence a deep acting constitutional medicine based on all the above mentioned parameters is required to be given to further prevent the already damaged joint. Also improvement is seen considerably well in the present state of that particular joint.

Please remember that the do's and don'ts have to be followed thoroughly well as no medicine can substitute that.

I am reminded of a case of a 53yr old Mrs. S.C. who came to see me in agonizing pain in both her knee joints. The pain was excruciating in the right one and comparatively lesser in the left one. She had been advised Total Knee Replacement (TKR) by all the Orthopaedics that she had consulted. Due to the fear of going under the knife, she thought of trying Homoeopathy. She was quiet overweight. She came to me with a notion that at least if even 5% relief she can have, she won't go in for any joint replacement. I took her complete history and gave her the required Homoeopathic medicine for 2 weeks. In the next visit she had a smile on her face and she said that the pain has reduced by almost 35-40% and was feeling very confident that Homoeopathy could save her from the misery of a surgery. The treatment continued for good year and a half. She managed her weight and took regular medicine and it's been more than 9 yrs now that she is going on without any trouble. There hasn't been a need for joint replacement and with her strong will power, Homoeopathic medicines and the blessings of the Almighty she is almost pain free. She thanks Homoeopathy and AKGsOVIHAMS for saving her knee from being replaced!!

# MARVEL OF HOMOEOPATHY

A new born baby was brought to our AKGsOVIHAMS branch. He was just a 12 days old boy having thick scabs all over the body with peeling off skin. The child was absolutely normal but on the 9<sup>th</sup> day there appeared a big vesicular eruption (bulla) on his left thigh. The fluid filled eruption burst open the next day and there was formation of thick yellow coloured scabs. The skin started peeling off even on slightest touch. There was no discharge. There was no pain as the child was seemingly in no distress, though he appeared slightly pale.

Dr. Sanket Gupta examined him thoroughly and diagnosed this complicated case with the guidance of Prof. Dr. A.K.Gupta as a case of *Epidermolysis Bullosa Simplex*.

The baby was given prompt and apt Homoeopathic t/t with the help of which the child was absolutely cured off his malady within 1-2 months and hasn't reported any recurrence!!

7<sup>th</sup> Aug.2010



11<sup>th</sup> Aug.2010



28<sup>th</sup> Aug.2010





People, who are married, when they are diagnosed with cancer, are more likely to live longer, compared with those who are unmarried. This is according to a new study published in the *Journal of Clinical Oncology*.

## Latest at AKGsoVIHAMS

12<sup>TH</sup> Oct., Saturday is being observed as the “World Arthritis Day” at AKGsoVIHAMS Clinics.

There would be **Free Consultation and 30% discount on treatment** for patients suffering from any type of Arthritis on that day.

## LAUGHTER IS THE BEST MEDICINE



A Man goes to an Orthopaedic doctor and says to the doctor, “It hurts when I press here” (pressing his side) “And when I press here” (pressing the other side) “And here” (his leg) “And here, here and here” (his other leg and both arms).

So the doctor examined him all over and finally discovered what was wrong..... The doctor said, “You have got a broken finger!!”



ATOPIC DERMATITIS

LEUCODERMA

PLANTAR WART

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