

November 2013 Issue - II



MONTHLY NEWS LETTER



Wish you all a very **HAPPY, HEALTHY & PROSPEROUS DEEPAWALI**

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”** Watch: <http://youtu.be/Kcr8SlGls4>

AKGsOVIHAMS has been organizing regular 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 continuation of our endeavour for good health and better society, we have come out with a regular monthly 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.

Deepawali is a festival of lights and happiness. One generally tends to indulge in sweets and other faulty food habits. Keeping that in mind let's discuss about Diabetes incidence of which generally goes high during Diwali.

November 14th is being observed as the **“World Diabetes Day”** and so let's know more about this highly dreadful disease, Diabetes Mellitus, also known as the **“Sweet Disease”** which has taken epidemic proportions in our country today.



Dr. Sanket Gupta, MD, PGCP (Cardiology)

DIABETES MELLITUS

WHAT

- Syndrome characterized by increased level of sugar (Glucose) in the blood due to deficiency or inactivity of Insulin Hormone
- Worldwide disease, with India being its Capital and if not attended properly, leads to serious complications
- Is of 2 types mainly – Type – I (Insulin Dependent Diabetes Mellitus) and Type – II (Non-Insulin Dependent Diabetes Mellitus)

ETIOLOGY / CAUSES

- (a) Type – I Diabetes is a result of decreased production of insulin by pancreas. This is an auto-immune malady where body's own cells attack the other cells.
- (b) Type – II Diabetes is more frequently observed in these cases:-
 - Obesity
 - Stress & Poor lifestyle (overeating with inactivity)
 - Genetic defect or a strong Family History
 - Pregnancy

SIGNS & SYMPTOMS

- Increased urination with smell
- Increased thirst
- General drowsiness
- Weight gain / Weight Loss
- Slow or Non-Healing wounds
- Recurrent boils
- Tingling and numbness in extremities
- Difficult vision

INVESTIGATIONS

- Complete Haemogram
- Blood Sugar (Fasting & Post Prandial)
- Serum Insulin
- Glycosylated Hb (HbA1C) & Glucose Tolerance Test
- Urine Analysis for Reducing Sugar (F, P.P) & Ketones
- Serum Cholesterol and Triglycerides
- Serum Sodium, Potassium, Creatinine

WHAT CAN YOU DO

- Lose weight
- Get up and start exercising
- Avoid carbohydrates in all forms
- Avoid Alcohol and Stress
- Don't hold urine for long

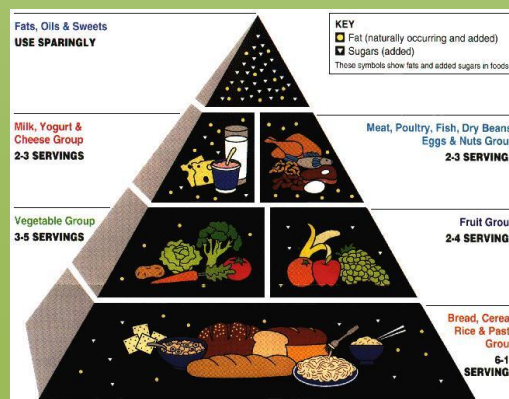


Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IN DIABETES

Homoeopathy has proved to be having a wonderful role in Type-II Diabetes Mellitus. Contrary to the common belief, the sweet pills work wonderfully in this “Sweet Disease”. With proper lifestyle management which includes diet control, stress management, regular walk and exercise and weight loss; you can prevent yourself from a lot of troubles that Diabetes can bring along with it.

This is a small pyramid showing the ideal diet for diabetics.



Homoeopathic medicines, when given on the individual’s constitutional make up, have the ability to not only control blood sugar levels, but also to completely cure the disease and make the patient completely medicine free. There are instances when a patient comes to us when he is already on Insulin Therapy or is not responding to any conventional medical treatment, when he/she starts taking Homoeopathic medicines, the patient’s body compliance to the allopathic treatment also improves. Means, even Insulin can be reduced or even stopped and the medicines which had earlier stopped acting on him start giving favourable reaction under Homoeopathic management.

Just to tell you more on how Homoeopathy works in case of Diabetes, let me tell you about a case of Mr N.P., who has highly demanding job where he has to travel to different places frequently. Owing to enormous work pressures, long working hours and erratic lifestyle, he landed up in to Diabetes in January 2009. Initially he did not realise the rise of blood sugar levels. Apparently he felt that his vision was getting blurred with increased thirst and frequent urination. Being his family doctor, he came to see me on the morning of 24th Jan.2009. After listening to him I immediately tried to check his blood sugar levels with my glucometer. The machine didn’t show any reading. It just mentioned “HI”. So I immediately ask him to rush to a nearby laboratory and get his random blood sugar checked. To our horror, the report said that Mr N. P’s blood sugar was 832!!

I immediately gave him some medicines and he being a true believer of Homoeopathy, followed all my instructions religiously. Within few days, his vision started getting back to normal. The thirst also came down along with the frequency of urination. Just a week later the reading came down to 403 from 832. On 16th Feb.2009, his fasting blood sugar had come down to only 104!! And thereafter, with regular exercise, diet control and Homoeopathic medicines, everything came under control rapidly to everybody’s surprise. Without any allopathic medicines he was treated successfully with Homoeopathic Medicines and is today back on track with normal blood sugar levels and life.

To watch Dr.A.K.Gupta speak more on Diabetes, visit: <http://youtu.be/xUU5T91Eio8> ; <http://youtu.be/lgycifW1al>

MARVEL OF HOMOEOPATHY

This is a case of 50yrs old Diplomat of a European Country named Mr. M.V. He came to our Moti Bagh branch to avail our services during the week long camp held at the centre on “Lifestyle Disorders” in February 2013. He mentioned about a skin problem for which he wanted to see if Homoeopathy could help. As it was a camp, he just mentioned about this skin ailment and took the medicine given to him by Dr. Sanket Gupta. The next week when he visited us he was accompanied by his wife, he spoke more about his problems. He mentioned that he and his wife had been married for more than 5yrs but were unable to produce a child. A detailed and long case history was taken by Prof. Dr. A. K. Gupta and Dr. Sanket Gupta.

During the case taking it was found that his sperm count was really low, and there were very occasional motile sperms detected. There were pus cells found in the semen and also Fructose was detected. So now we knew where the pathology was and as to what to treat in this case. Also, we found out in our frequent meetings with the couple, that there were many things leading to disharmony between the two. The basic understanding was not matching. So we decided to give them counselling sessions as well and even the wife, Mrs D. V was treated under Homoeopathic medications.

With a lot of sessions passing by and trying to build a bridge between the two, and also treating their physical maladies the whole process kept going on.

In July 2013, the couple went on a holiday to their nation. We has asked him to get his semen analysis tested again when he comes back, but when Mr M.V came back to India in September, the very next day, on 24th Sept.2013 he came to see us with a bottle of Scotch in his hand and twinkle of joy in his eyes. To our extreme joy and thrill, he broke the news that his wife had finally conceived for the 1st time in 5yrs of their marriage and he would become a proud father. He hugged Prof. Dr. A. K. Gupta and Dr. Sanket Gupta and paid his deepest gratitude and thanks to Homoeopathy and the entire team of AKGsOVIHAMS.

Everybody around in the clinic congratulated him and it was a moment for us to cherish.. 😊

THIS IS THE MARVEL OF HOMOEOPATHY..!!



The ability of the human eye lens to change focus relies on a dense formation of proteins that can result in clumps that cloud the lens and lead to cataracts – except for special protective proteins that prevent this. Now a team in Munich, Germany has discovered an activation mechanism that can switch on one of these protective proteins to keep the lens clear.

The team, from the Technische Universitaet Muenchen (TUM) write about their findings in a recent online issue of the *Proceedings of the National Academy of Sciences (PNAS)*.

They suggest the discovery may lead to alternative treatments for cataracts that do not require surgery

Latest at AKGsoVIHAMS

- 14TH NOVEMBER, Thursday is being observed as the “**World Diabetes Day**” at AKGsoVIHAMS Clinics. There would be **Free Consultation and Free Instant Blood Sugar Check-up** for patients suffering from Diabetes Mellitus on that day.
- Spechtrochrome therapy being carried out for MND patients at our Moti Bagh branch. It is a hassle free therapy where the patient is tonated based on the stage of the disease, under specific coloured light for about an hour. The idea is to revitalise the neurons.

LAUGHTER IS THE BEST MEDICINE



A man went to the Doctor and complained that he had the most terrible constipation.

The Doctor examined him and then gave him some tablets to be taken as the last thing at night.

2 weeks later, the patient returned for a check-up and the doctor asked him how his constipation was.

The doctor was rather surprised when the man gloomily answered that the pills worked fine and he went every morning at 7:30.

“So why the long face?” asked the Doctor.

“Because I don’t get up until 8 o’ clock” replied the patient.



BEFORE

AFTER

BEFORE

AFTER

BEFORE

AFTER

DIABETIC ULCER

VITILIGO

DIABETIC ULCER

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