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MONTHLY NEWS LETTER



Clinical Psychologist Kaartik Gupta with the RJ's of Apna Radio 96.9FM during his talk on Anger Management

Winter is setting in nicely and by the end of this month would be taking its full effect hopefully. It's a common practice during the winter season for people to indulge in delicious cuisines and beverages which may not be as healthy though. Especially as the wedding season is in its prime, the amount of alcohol and rich fatty food flowing inside the people would be huge. But, sadly that's not great news for the liver as the liver generally slows down and the fats start getting accumulated inside the liver cells resulting in slow metabolism. This gives rise to a condition called **Fatty Liver Disease** or **Hepatic Staetosis**. So, anticipating the higher incidence this season as well, we have decided to discuss about the Fatty Liver in detail and how to manage it with Homoeopathy.

All of us at times recall our childhood memories and go on a joyous wonder ride remembering the old times. We tell ourselves, "I wish I could be a small again". Alas! No one can roll back the time. But can we actually do something about it? Our Clinical Psychologist **Kaartik Gupta** will tell how we can keep the child in us alive.



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

FATTY LIVER DISEASE

INTRODUCTION

- Fatty liver, or steatosis, is a term that describes the build-up of fat in the liver. While it's normal to have some fat in the liver, more than 5 to 10% of the liver weight is fat in the case of fatty liver
- Fatty liver is a reversible condition. Mostly detected in people between ages 40 and 60
- 2 types – (a) Alcoholic ; (b) Non-Alcoholic

ETIOLOGY / CAUSES

- Alcoholism; heavy drinking
- obesity
- hyperlipidaemia, or high levels of fats in the blood
- diabetes mellitus
- genetic inheritance
- rapid weight loss
- side effect of certain medications, including aspirin, steroids, tamoxifen, and tetracycline

SIGNS & SYMPTOMS

Fatty liver typically has no associated symptoms. One may experience:-

- fatigue
- vague abdominal discomfort
- liver may become slightly enlarged, which is clinically notifiable
- poor appetite
- weight loss
- abdominal pain
- weakness
- confusion
- vomiting
- jaundice in severe cases

WHAT YOU CAN DO

- Limit or avoid alcoholic beverages
- Manage cholesterol
- Keep blood sugar levels in check
- Do regular exercises and Lose weight
- Drink plenty of water
- Avoid prolonged sitting
- Avoid fried and fatty food, especially junk food

INVESTIGATIONS

- Clinical examination
- Liver Function Test
- Ultrasound of the whole abdomen
- Liver biopsy



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



Founder-Director AKGsOVIHAMS, Gold Medallist

KEEP YOUR LIVER HEALTHY WITH HOMOEOPATHY

Liver is one of the most important organs of our body. It oxidises the food and converts it to energy which one needs for daily body functions. A healthy liver is an asset which very few people have. We can say that Liver is the engine of our body. And if the engine doesn't function well one can understand the impact that it will have on the rest of the body. **Fatty Liver disease** is one such disease that if not managed in its budding stages, then it can cause havoc later on. Usually a fatty liver disease is an accidental finding as during the first 2 stages of the disease, one hardly experiences any significant symptoms clinically. But if it is left unchecked and allowed to progress to the 3rd and 4th stage then it may lead to even liver failure.

The most common cause of a Fatty Liver is Alcoholism (excessive intake of Alcohol). Ethanol (drinking alcohol) has the ability to disrupt the process of oxidisation needed for conversion of food and nutrients to energy. So, when the intake of alcohol becomes regular, the liver gradually over a period of some time starts getting slower and weaker causing the food (especially fats) to accumulate inside the liver cells. The accumulated fat slows down the liver furthermore and the vicious circle keeps continuing making the condition of the liver from bad to worse and eventually ending into liver failure. Also, fatty liver may occur as a secondary manifestation of Diabetes Mellitus and Obesity. The emphasis again is on the faulty lifestyle and faulty food habits. Prolonged use of painkillers and antacids can also lead to a fatty liver condition.

Apart from the obvious lifestyle management, there are some very good treatment options available to maintain a healthy liver. We have some extremely wonderful Homoeopathic medicines that not only help in maintaining the health of the liver, but there are medicines that can even save a liver from going into failure. We have seen it at our AKGsOVIHAMS Clinics, where grade-3 and grade-4 fatty liver cases have reverted back to the state of complete recovery and health. Homoeopathic medicines act as a catalyst for the ailing liver and help in its revitalisation. It's the kick start that a down and out liver needs at times. Medicines like *Chelidonium*, *Lycopodium*, *Cholestrinum*, *Calcarea Carbonica*, *Carduus Mar.*, *Nux Vomica*, *Pulsatilla*, *Arsenic Album*, *Kal Megh*, *Chionanthus*, *Phosphorus*, *China*, *Taraxacum*, etc. have proven to be priceless for mankind in all kinds of liver disorders and especially for Fatty Liver.

Medicines have a major role to play but as I always say, the dos and donts are extremely important, and so in this case as well. Regular walk and exercise goes a long way in not only maintaining a healthy liver but also helps in recovering from a diseased liver. Intake of alcohol and non-vegetarian food must be cut down to a bare minimum. To cure any disease, such maintaining causes must be removed completely.

MARVEL OF HOMOEOPATHY

This is a case of a 43yr old man, Property dealer by profession, who came to Dr. Sanket Gupta at our clinic in Satya Niketan, Moti Bagh with an ultrasound report suggesting Grade – III Fatty Liver. His entire family had been patients with Dr. Sanket for a few years and so the man went directly to see him. This was a panic stricken man sitting in Dr. Gupta's chamber with his wife and terribly worried about his health and future. He had come 2-3 days earlier to the doctor with his usual complaint of acidity and gas formation and nausea in morning on waking up. Knowing his history well, Dr. Sanket had asked him to get an Ultrasound done of his abdomen.

This man had been suffering from Diabetes Mellitus for the past 7years for which he takes an allopathic medicine every day. He had a habit of chewing gutkha, at least 3-4 pouches every day. He would take around 200ml of whisky 4-5 times a week and very fond of non-vegetarian food. A classic case of fatty liver disease! Despite regular and repeatedly cautioning him about the repercussions he did not make any modifications in his lifestyle and here he was with high blood sugar levels and a grade-III Fatty liver.

He promised to definitely give up alcohol and said would reduce gutkha as well, but won't be able to give it up completely as he was badly addicted to it. So, the Doctor according to his symptoms and constitution started the treatment. Following few days were extremely difficult for the patient as he had not taken alcohol even once. He was unable to sleep at night properly and would even feel severe anxiety with breathlessness the moment he would lie down. On enquiring it was found that he used to take alcohol at night to make himself sleep. Now his sedative had certainly gone out of his life.

This was a challenge ahead of the doctor and the patient too now. Dr. Sanket changed the combination of medicines and motivated the patient to stay with the regular routine and diet that he had now started following. He advised him to sleep early and wake up early as well and to go for a regular daily morning walk. He asked him to increase the amount of water intake from 4-5 glasses to 10 to 12 glasses of water in a day. Non-vegetarian food was now allowed only once in 15 days.

The treatment continued and gradually the patient started feeling better. By the end of 2 months there was no anxiety, no palpitations, no breathless. The bowel movements were absolutely normal now and his appetite had also improved. There was no abdominal discomfort though slight acidity was still there with a little gas formation. There was no nausea or vomiting either. His blood sugar levels were much under control now and even his abdominal circumference had reduced a bit, though there was no loss of weight noted as such.

In the 3rd month Dr. Sanket asked him to get the Ultrasound of abdomen repeated to see how much the liver had responded. Obeying to the doctor's advice, he got the USG done and brought the report the next day itself. He was beaming with joy and gave a huge smile while entering the doctor's chamber. The reason of course was the USG report which now read – "*Liver – normal in size and echo-texture. Grade-I fatty Liver.*" Patient's immense discipline and courage and the will to be alright as soon as possible made these results achievable in such a short span of time. The 43yr old property dealer thanked Dr. Sanket Gupta and Homoeopathy

This is the Marvel of Homoeopathy



MIND the MIND



KAARTIK GUPTA, MSc, M.Phil (Cl. Psych.)

LIFE – A CHILD’S PLAY

Every year, we celebrate 14th November as Children’s Day on the occasion of our country’s first Prime Minister Pt. Jawahar Lal Nehru’s birthday and as a mark of honour for his love for children. For children, this day holds significance as it celebrates their childhood, ushers them to enjoy their childhood to the fullest, and above all is a holiday for them from school. But does it hold any significance for us adults? Do we still need it? Or on the contrary, keeping in view our current lifestyles and changing values of our relationships, isn’t it even more relevant for us now than it was during our childhood?!

A child gets hurt, but forgives easily

A child tries and fails, but decides to do it again in a better way

A child cries for smallest of things, but finds happiness in little moments

A child yearns for nurturance, but still learns to be self-dependent

A child is made fun of, but does not give up his/her innocence

A child is considered weak, but gains strength through knowledge

A child might lack experience, yet can make wise decisions

A child might lose, but does not stop playing

A child values relations more than his/her ego

A child might not have the sense of time, yet finds time for things and people he/she likes

This child is *YOU*. This child is *ME*. This *CHILD* is there in *EACH ONE OF US*. It might have been silenced in the past by others, been subjected to experiences which shattered its gentleness, punctured its joyousness, threatened its innocence, stomped its freedom, bound its spirit through restrictions; **YET** this *CHILD IN EACH ONE OF US* still relishes the smell of the rains, feels safe when hugged, feels happy when sees another person smile, cherishes home-cooked food, loves to be with friends, feels thrilled upon winning a game, is curious to learn more and more about the mysteries of our beautiful world, travels to let the spirit free, and above all enjoys life in the present.

So **HOLD ONTO** the child in you. Make mistakes, do crazy stuff, laugh as much as you can, forgive quickly, keep learning and enjoy this journey of life like a child whose love is unconditional both to the self and others.

‘If you carry your childhood with you, you never become older’

- Tom Stoppard

➤ Watch Kaartik Gupta’s recent talk on **Anger Management** on **Apna Radio 96.9 FM** at <https://youtu.be/AJQGM8mc6rY>



Alcohol damage to fetus measured by new blood test

The effect of alcohol on the developing fetus is difficult to predict; however, earlier interventions can help minimize the damage. Researchers from America and Ukraine have joined forces to design a blood test that might help solve this problem.

It is widely known that drinking during pregnancy carries a health risk for the child. Fetal alcohol spectrum disorders (FASD) are a range of physical and mental disabilities that can affect a child's development and have long-lasting consequences. Symptoms of FASD vary from individual to individual but can include physical changes, such as slightly different facial characteristics and smaller heads. Children may also weigh less and be shorter in stature than average. FASD often includes cognitive difficulties and behavioral issues - for instance, impaired attention, memory, and speech development.

Teams of scientists from the *University of California-San Diego School of Medicine, Texas A&M College of Medicine, and the Omni-Net Birth Defects Prevention Program in Ukraine* recently combined their efforts to design a solution for early diagnosis. Their findings are published in PLOS One.

The investigators looked at birth outcomes for 68 pregnant women from prenatal care clinics in western Ukraine. Alcohol exposure during early pregnancy changed the amount of circulating small RNA molecules, called microRNAs (miRNAs). These changes in miRNAs were particularly marked in the mothers whose child showed neurobehavioral or physical signs due to alcohol within the first 12 months of life. Prof. Miranda says: "Collectively, our data indicate that maternal plasma miRNAs may help predict infant outcomes and may be useful to classify difficult-to-diagnose FASD subpopulations."

Latest at AKGsOVIHAMS

- Our Clinical Psychologist, **Kaartik Gupta** was interviewed by **Apna Radio FM 96.9 MHz** on the topic of '**Anger and its Management**' in today's times. You may visit the link <https://youtu.be/AJQGM8mc6rY> to listen to the talk.
- **Kaartik Gupta**, our Clinical Psychologist is **now available** at all 3 of our clinics at **Rajouri Garden, Satya Niketan and Pitam Pura**. Patients must take prior appointment. For consultation Call – **9711981553**

DID YOU KNOW?

In a Japanese study that examined how to make the most of a nap, people who took a "coffee nap"—consuming about 200 milligrams of caffeine (the amount in one to two cups of coffee) and then immediately taking a 20-minute rest—felt more alert and performed better on computer tests than those who only took a nap.

Why does this work? A 20-minute nap ends just as the caffeine kicks in and clears the brain of a molecule called adenosine, maximizing alertness. "Adenosine is a byproduct of wakefulness and activity," says Allen Towfigh, MD, medical director of New York Neurology & Sleep Medicine. "As adenosine levels increase, we become more fatigued. Napping clears out the adenosine and, when combined with caffeine, an adenosine-blocker, further reduces its effects and amplifies the effects of the nap."

LAUGHTER IS THE BEST MEDICINE



A scientist tells a pharmacist, "Give me some prepared tablets of acetylsalicylic acid."

"Do you mean aspirin?" asks the pharmacist.

The scientist slaps his forehead. "That's it!" he says. "I can never remember the name."

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- I believe what prevents men from accepting the homeopathic principles is ignorance, but ignorance is criminal when human lives are at stake. No honest man faced with the facts of homeopathy can refuse to accept it. He has no choice. When I had to face it, I had to become a follower. There was no choice if I were to continue to be an honest man. ... Truth always demands adherence and offers no alternative.



SIR JOHN WEIR, K.C.V.O.
London, England
President, I.H.A.

- *Sir John Weir* (Physician to King George VI and to four generations of British monarchs)

- I had a wonderful experience at AKGsOVIHAMS. I had tried all alternatives and other homeopathic doctors as well. Dr Sanket gupta listens to his patients very well and has great knowledge at such a young age in his field. One can't help thanking him because you are sure to be cured. For all future ailments i do propose going once to his clinic. Unlike many other doctors who have become money making machines, his prime motive is patient's welfare. Thank you.

- *Jyotsana Dang*, Gurgaon



ALOPECIA AREATA



ATOPIC DERMATITIS



CHALAZION



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, 9711981553

Email – dr.gupta.ak@gmail.com ; drsanketgupta@gmail.com

For more Visit us at www.ovihams.com