



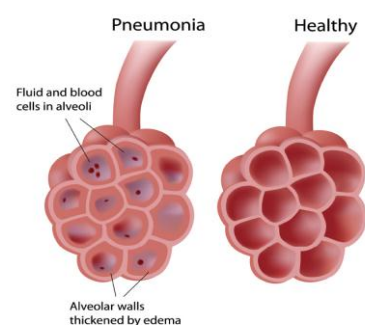
MONTHLY NEWS LETTER



Tributes to **Sh.O.P.Gupta**, Chief Patron of AKGsOVIHAMS on his 12th Death Anniversary on 25th Dec.2016

Our Clinical Psychologist, **Kaartik Gupta** recently gave a talk to a gathering of students of Indian Institute of Mass Communication, New Delhi on “**How to Beat Examination Blues**”. Visit the link to watch the entire session - <https://www.youtube.com/watch?v=cdtGY7-Gr00>

The disease discussed in this issue is **Pneumonia**, a condition that is seen very commonly especially in children and old age groups. Also discussed is **Bipolar Disorder**, a condition that came to limelight as the famous rapper *Yo Yo Honey Singh* recently admitted to have been suffering from it.



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

PNEUMONIA

INTRODUCTION

- An inflammatory condition of the lung affecting primarily the microscopic air sacs known as alveoli.
- Affects approximately 7% of the population globally and results in about 4 million deaths per year.

ETIOLOGY / CAUSES

- Pneumonia is due to infections caused primarily by bacteria or viruses and less commonly by fungi and parasites
- Secondary manifestation in auto-immune diseases, chemical burns or drug reactions
- Conditions and risk factors that predispose to pneumonia include: -
 - smoking
 - immunodeficiency
 - alcoholism
 - chronic obstructive pulmonary disease
 - asthma
 - chronic kidney disease
 - liver disease

SIGNS & SYMPTOMS

- Productive cough with sputum either rust coloured or mixed with blood
- High fever usually
- Shaking chills
- Shortness of breath
- Sharp or stabbing chest pains during deep breaths
- Increased rate of breathing
- In the elderly, confusion may be the most prominent sign
- More severe signs and symptoms in children may include blue-tinged skin, unwillingness to drink, convulsions, ongoing vomiting, extremes of temperature, or a decreased level of consciousness

INVESTIGATIONS

- Clinical examination
- Chest x-ray
- Sputum analysis
- Complete haemogram
- C – Reactive Protein
- CT Scan

WHAT YOU CAN DO

- Keep yourself well covered and protect from cold
- Avoid intake of cold and sour food and drinks
- Avoid eating rice and curd at night along with fried and heavy food items like rajma, chana, gobhi etc.



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



Founder-Director AKGSOVIHAMS, Gold Medallist

BREATHE EASY WITH HOMOEOPATHY

Pneumonia is a condition where there is inflammation of the alveoli (air sacs). It is an extremely common condition especially in children and elderly. This condition usually is seen as a complication of a particular condition or as a side effect of some drugs. These days hospital induced Pneumonia is very often seen.

Stages of Pneumonia - Pneumonia actually means consolidation and fibrosis of the lung tissues.

- **Early stages** - In the early stages of the disease usually the sputum is productive and loose with white or slightly yellowish colour. This is the best stage to treat the patient as the expansion of lungs is not hampered by this stage.
- **Stage of Consolidation and Fibrosis** - It becomes a serious threat to the lives of small children and older adults if the pneumonia happens to reach this stage. Reason being, that the lungs are unable to throw out the phlegm in the terminal stage of the disease with extreme pain in chest and severe breathlessness. The expansible strength of the lungs decreases to the bare minimum gradually. It is difficult to reverse back completely from this state of the disease.

Treatment Options – Both modern medicine and Homoeopathy have a totally different way of treating the disease.

- **Allopathy** – Heavy antibiotics is the only mode of treatment in the Modern medicine. The idea is to kill the causative organism in order to save the lungs from further damage. Now this can be quite restrictive as a lot of organisms are resistant to the commonly used antibiotics and the patient has to go through a series of investigations to find out the causative agent. Prognosis is always bleak as the stages of the disease progress.
- **Homoeopathy** - The homoeopathic concept on the other hand is totally different. The homoeopathic medicines are curative in nature and without actually killing or suppressing the bacteria, these medicines raise the vitality and fighting ability of the lungs itself, which heals from inside and becomes stronger with every homoeopathic dose. Depending upon the individual, medicines are given and patient can be completely cured.

Some useful Homoeopathic medicines – It is always advisable to consult a good Homoeopathic doctor near you when you suffer from pneumonia. But some of these medicines can be kept handy at home – *Bryonia alba*, *Arsenic album*, *Phosphorus*, *Silicea*, *Drosera*, *Mephitis*, *Antim tart*, etc.

MARVEL OF HOMOEOPATHY

This is a case of 4 yr old young boy called Sahil. He is son of a house maid and was brought to Dr. Sanket Gupta in July 2011. He had a congenital heart disease and was born with Atrial Septal Defect (ASD). Due to the excessive load on the heart and lungs he used to get high grade fevers with excessive coughing and breathlessness. The fever would commence with shivering and his palpitation could be seen on his chest clearly as the heart would beat in a frightening way forcefully! His mother told that the fever would usually go up to 105 degrees even. She used to take him to AIIMS to get his ECHO tested and the time when they came at the Satya Niketan clinic for the first time, it was a 54mm septal defect.

The young boy used to appear blue especially during high fever and would constantly gasp for breath. The 4 year old boy looked like a 2 yr old boy. He was so thin and under grown. He was unable to walk beyond 10-12 minutes and was not allowed to run at all! He used to vomit out every other day whatever he ate. His appetite was extremely low and he was usually constipated. This was a challenging case of ASD with recurrent Pneumonia for the young doctor. But the mother had shown tremendous faith in the doctor and taking strength from that Dr. Sanket Gupta started the treatment with his homoeopathic medicines. The only significant medical history in the family was of her mother who was suffering from Leucoderma.

As the child was brought in an acute stage of Pneumonia, it was imperative that the high grade fever and excessive cough be addressed at first. Within 2 days Sahil had completely come out of fever and his coughing reduced by 60-70%. He was not vomiting anymore though was still not eating the way he should have been. He was not breathless anymore. This wonderful result gave a lot of hope to the mother and a much needed boost to the young doctor himself. Within a week Sahil recovered fully from his acute pneumonia stage and now the treatment was based on aborting the frequent recurrences of Pneumonia attack.

Gradually the frequency and severity of Pneumonitis reduced drastically and by the 3rd month of treatment, the frequent pneumonia attacks were completely arrested and the child was eating very well. There was no such breathlessness and he could walk briskly and even run for few minutes, but not for long.

Another ECHO was done in the month of February 2012. This time the report said that the septal defect had now reduced to 31mm. This was a huge achievement considering the severity of the problem. Treatment was continued for another 1 and a half years.

The latest ECHO report of April 2016 suggests that the septal defect left is of just 5mm now. The child runs around like any other boy of his age. He has gained good weight and eats very well. There is no breathlessness, but yes he does get slightly more palpitation if he plays and runs for a very long time. This is the only concern for which Dr. Sanket Gupta still gives Sahil his Homoeopathic medicines and Sahil takes them extremely fondly.

A hopeless case for a poor house maid's younger son turned into a miraculous success story with the help of Homoeopathy.

This is the Marvel of Homoeopathy



MIND the MIND

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

BIPOLAR AFFECTIVE DISORDER (BPAD)

In our May 2014 edition, we had talked about depression. In this edition, we look at a related yet more complex psychological illness known as Bipolar Affective Disorder (BPAD). In the next edition, we will look at the therapeutic approach used to deal with this illness.

Bipolar Affective Disorder, as the name suggests is characterised by repeated (at least two) episodes in which the patient's mood and activity levels are significantly disturbed, this disturbance consisting on some occasions of an elevation of mood and increased energy and activity (*Mania or hypomania*), and on others of a lowering of mood and decreased energy and activity (*Depression*). Recovery is usually complete between the episodes. Hence, the disturbance in mood can vary at the two extreme poles and is mostly episodic in nature. This disturbance in mood is persistent (across time) and pervasive (across situations), i.e. for at least a week in case of mania and at least 2 weeks in case of a depressive episode. Manic episodes usually begin abruptly but last shorter than depressive episodes.

As per recent studies, there are about 8.7 million people in India who are suffering with BPAD (source: NIMH). It is a very serious and debilitating psychiatric illness both for the person suffering from it, as well as his/her family members. It tends to run in families and has a strong biological aetiology. Imbalance of certain neurochemicals has been found to be an influential factor in the causation of BPAD. In addition, stressful situations can also trigger the illness in people already predisposed for it. In severe cases, the person can even have psychotic features which increase the likelihood of engaging in violent behaviour or suicidal attempts if not intervened.

Many famous personalities like – Vincent Van Gogh, Catherine Ceta-Jones and Yo Yo Honey Singh have bravely talked about their struggles with this illness with the aim of spreading awareness about the importance of mental health, and also to fight the stigma prevalent in our society about mental illness. BPAD, like any other mental health illness, is treatable. Early and correct intervention is of utmost importance when it comes to dealing with mental illness. Therefore, if you or any of your loved one have experienced the following for a considerable length of time, please seek professional help from a psychiatrist or psychologist.

- Change in mood (very happy or very low for no apparent reason)
- Increased/decreased energy levels
- Sudden interest in different activities/ not deriving pleasure from usually pleasurable activities for you
- Increased/decreased need for sleep
- Increased/decreased interest in sex
- Easy irritability
- Increased/decreased appetite

'I realized that bipolar disorder may be a part of my life, but it isn't who I am'

- Demi Lovata (American singer)



Dementia: Protein in urine may put people at greater risk

New research - published in *Neurology*, the medical journal of the American Academy of Neurology - suggests that people who have protein in their urine might have higher odds of developing problems with memory and thinking down the line, and they may even develop dementia.

Researchers trawled through all available publications focused on kidney problems and the development of cognitive impairment or dementia, in order to summarize the best available evidence and connect the dots between the two conditions.

"Chronic Kidney Disease and dementia share many risk factors, such as high blood pressure, diabetes and high cholesterol, and both show similar effects on the brain, so they may have shared vascular factors or there may even be a direct effect on the brain from kidney problems," says Kay Deckers, of Maastricht University in the Netherlands, author of the systematic review and meta-analysis.

Out of 8,494 studies on the conditions, 22 of these met the criteria to be included in the systematic review. Five of the studies - that included a total of 27,805 people - were evaluated in the meta-analysis of the protein that sometimes emerges in urine, called albuminuria or proteinuria.

Deckers and team say that their large population-based study adds to the growing evidence that kidney dysfunction is an independent risk factor for cognitive impairment or dementia.

Latest at AKGsOVIHAMS

- Prof. Dr. A. K. Gupta completes 39 glorious years of his clinical practice on 25th December.
- 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
- Subscribe all our Newsletters for free on www.ovihams.com

DID YOU KNOW?

There are many differences between men and women that we don't entirely understand. For instance:-

- Women have smaller-diameter coronary arteries surrounding the exterior of their heart in relation to the size of the heart; men have larger-diameter arteries. If a female heart was transplanted into a male patient, the arteries over time would grow to be the larger-diameter type.
- Men also have larger-diameter strands of hair.
- Women blink about twice as much as men do and have a keener sense of smell.
- Men burn fat more quickly (about 50 calories a day more).

LAUGHTER IS THE BEST MEDICINE



My doctor took one look at my gut and refused to believe that I work out. So I listed the exercises I do every day: jump to conclusions, climb the walls, drag my heels, push my luck, make mountains out of molehills, bend over backward, run around in circles, put my foot in my mouth, go over the edge, and beat around the bush.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homeopathy is a highly developed health practice that uses a systematic approach to the totality of a person's health. Anyone seeking a fuller understanding of health and healing will find Homeopathy extremely important and applicable.

- *Gay Gaer Luce*, twice winner of The National Science Writer's Award

- It was a big surprise for me and a real show also, of the positive effect on human body of the homeopathy medicines.

My child has heart problem by birth. He had multiple VSD, ASD + TGA... After his second operation of the heart at AIIMS the heart became quite ok, but he got some severe infections in his lungs and side effects of medicines on his kidneys. He remained unconscious in the ICU for last one and half months after surgery. The child was on ventilator and was not passing urine. No allopathic medicine was helping him to improve his condition. His body had swollen up badly and there was no hope of his survival.

Finally, with no hope left from allopathic medicine. We consulted to Homeopathy Dr. A. K. Gupta, after understanding the situation he gave three days medicines for the child. The result started showing within 18 hours. My child passed 1litre urine in 24 hours, next day 900 ml. Within 48 hours situation changed into hope and within 8 days child was out from ICU. After 20 days we were at home with a strong belief on homeopathy.

Thanks to Doctor A. K. Gupta and thanks to Homeopathy!

- *Ashwani kumar*, New Delhi



IDIOPATHIC THROMBOCYTOPENIA

LEUCODERMA

SCLERODERMA

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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