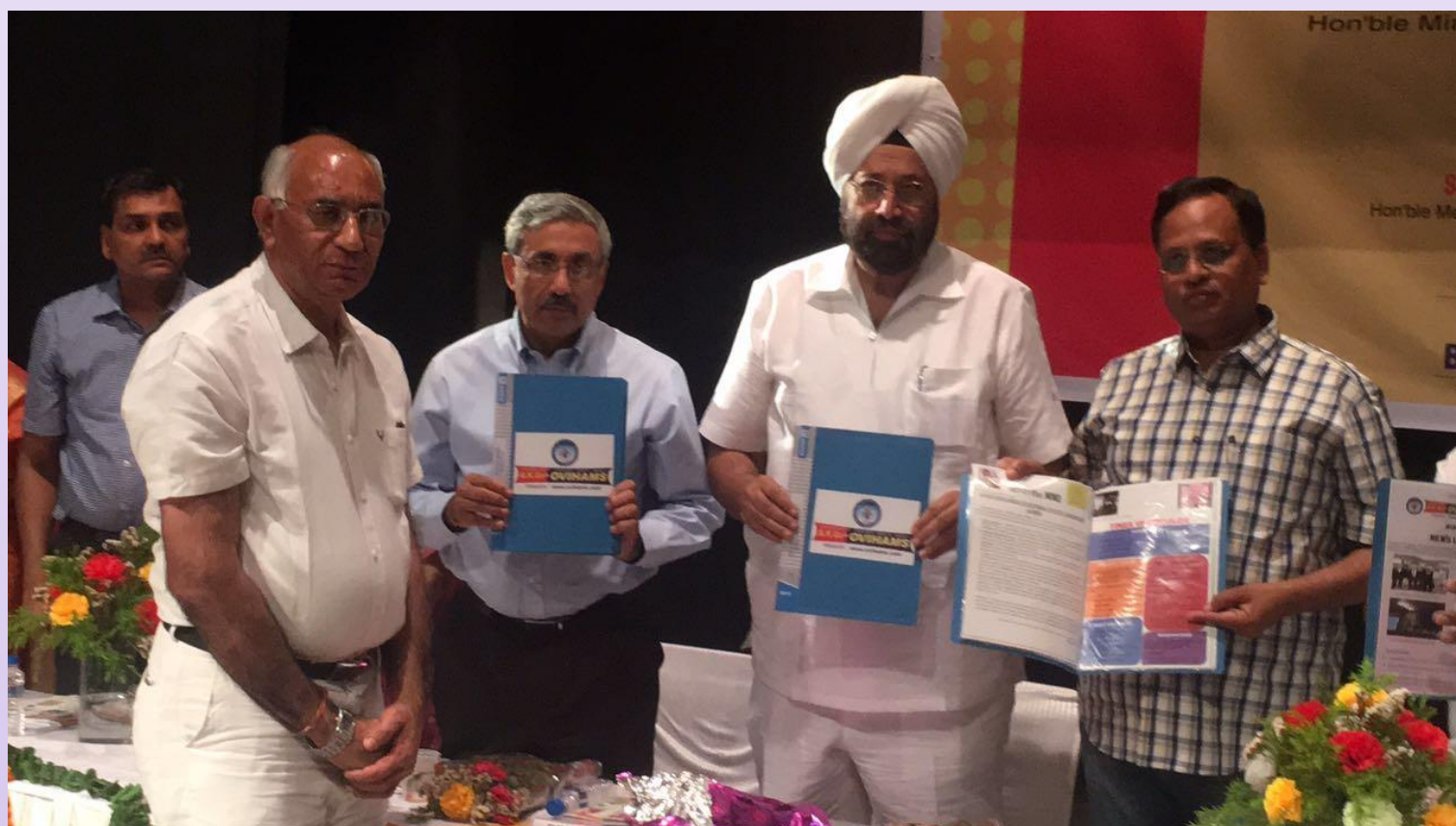


May 2016 Issue - XXXII



MONTHLY NEWS LETTER



Hon'ble Health Minister of Delhi, **Sh. Satyender Jain** released the Monthly Newsletter of AKGsOVIHAMS on 24th April 2016, at the Pearey Lal Bhawan, New Delhi

This issue includes:-

- A discussion on **Nephrotic Syndrome** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Nephrotic Syndrome on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will give an insight about **Addiction** on Page no. 5



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

NEPHROTIC SYNDROME

INTRODUCTION

- It is a nonspecific kidney disorder characterized by three signs of disease: large proteinuria, hypoalbuminemia, and edema

ETIOLOGY / CAUSES

- Minimal change disease (MCD) is the most common cause of Nephrotic Syndrome in children
- Focal Segmental Glomerulosclerosis (FSGS) is the most common cause in adults. Term focal is used as some of the glomeruli have scars, while others appear intact; segmental refers to the fact that only part of the glomerulus suffers the damage
- Inflammation of the glomerular membrane
- Inflammation of the glomeruli along with the deposit of antibodies in their membranes
- Rapidly progressive glomerulonephritis (RPGN)
- Diabetic nephropathy
- Systemic lupus erythematosus (S.L.E); Sarcoidosis
- Syphilis; Hepatitis B; HIV
- Sjögren's syndrome
- Amyloidosis; Multiple Myeloma; Vasculitis
- Cancer
- Nephrotoxic drugs

SIGNS & SYMPTOMS

- large proteinuria (>3.5 g per 1.73 m² body surface area per day)
- Hypoalbuminemia (<2.5 g/dl)
- Hyperlipidaemia, Hypertension
- Edema
- Hyponatremia with a low fractional sodium excretion
- Foamy or frothy urine
- Puffiness around the eyes, characteristically in the morning; pitting edema over the legs; Fluid in the pleural cavity causing pleural effusion; Fluid in the peritoneal cavity causing ascites; Generalized edema throughout the body known as anasarca
- Anaemia (iron resistant type)
- Dyspnoea may be present

WHAT YOU CAN DO

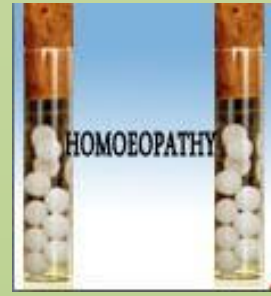
- Rest depending upon the severity of swelling
- Do not consume more than 1 g of protein/kg body weight/ day
- The amount of water ingested is not greater than the level of diuresis

INVESTIGATIONS

- Kidney Function Test (KFT)
- Complete Urine Analysis & Culture
- Renal Biopsy
- CT Scan & USG whole abdomen
- Complete Haemogram
- Complete Lipid Profile



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ROLE OF HOMOEOPATHY IN NEPHROTIC SYNDROME

Homoeopathy has a huge role to play in difficult and so-called incurable cases. More often than not, where modern medicine fails, Homoeopathy takes over in an emphatic way. One such disease is the dreadful Nephrotic Syndrome. As described above by Dr. Sanket Gupta, it is a condition where due to the defect in the permeable membranes of the Nephrons (kidney cells), the kidney fails to filter the large protein molecules and hence there is a massive albuminuria resulting in severe loss of proteins from the blood and body. Patient feels immensely weak and drained out. There is an eventual electrolyte imbalance which can be fatal too.

Any super-imposed or complimentary infection like a Sore Throat or Recurrent Colds can lower the immunity and further enhance the misery of the patients. One must avoid catching any infection when suffering from Nephrotic Syndrome. When there is a multi-system involvement, usually it is seen that the modern medicine fails to provide any respite to the suffering patient. The reason is that a particular doctor specialised in a particular organ system is concerned in managing only his field of action unaware of the effect on rest of the body. This is where a system of medicine that treats a person as a whole, is needed. Homoeopathy not only treats the pathological state of a disease but also treats the person constitutionally from within to root out the disease at the earliest.

Homoeopathic medicines are potent enough to manage even the severe acute state of a disease like Nephrotic syndrome where multiple problems are faced by the patient. There are medicines to reduce the bodily swelling and also to reduce the loss of albumin in the urine. Once the severe and acute stage of the disease is managed successfully, then the Homoeopathic Doctor tries to root out the disease by giving the deep acting constitutional medicine to his patient so that the kidneys by themselves start filtering better and the permeable membrane does not behave abnormally anymore. Gradually then the blood levels of protein also start to increase.

Dietary management is very essential part of the treatment of Nephrotic syndrome. As there is excessive loss of proteins in urine, some nephrologists advise to stop protein totally. This should never be done! Totally banning the intake of proteins in any form increases the weakness of the patient extremely fast as the reservoir of proteins start to lose their stock which is saved for bodily functions. This may lead to starvation or gradual death. Hence some small amount of daily intake of protein is a must but remember not to exceed the limit of 1gram of protein per kg of body weight. White portion of an egg is a recommended source and amount of daily protein intake usually.

MARVEL OF HOMŌEOPATHY

This is a case of 2 yrs. old boy S. Kalra who was brought by his parents at our Rajouri Garden clinic to consult Prof. Dr. A. K. Gupta for the severe state of Nephrotic Syndrome, that the boy was in. He was swollen all over and the swelling was especially more profound on the face. They came on 13th March 2014. The child could never be given breast milk as the mother had developed a lot of troubles during pregnancy. The boy was eventually Lactose (Milk) Intolerant by the age of 1 year. Parents also told that the boy was having recurrent bouts of offensive cough and cold and had a history of Pneumonia too when he was just over a year old. He was also diagnosed with Juvenile Hypothyroidism with the TSH Levels as high as 8.59!

The albumin in his urine report was massive (++++). Urine was scanty and frothy white in colour. His blood calcium levels were quiet low as well, only 7.5! The child was obstinate in nature and used to hold his breath in order to get his demands fulfilled. He had started getting spells of breathlessness as well. Dr. Gupta observed the boy thoroughly and after his clinical examination started his Homoeopathic treatment along with dietary management. After 2 weeks, on the first follow-up itself, the boy had improved. His coughing and breathless had reduced considerably. Also he was passing urine more often with a slight reduction in swelling as well. The same medicines were continued for another 2 weeks.

By around 20th April, the boy had totally recovered from all his troubles. There was no swelling anywhere on the body. The urine was pale yellow and with normal frequency. He had no bouts of cough and cold. The urine report confirmed presence of Albumin as “Nil” which meant that the small 2 year old boy had been completely cured of the dreadful Nephrotic Syndrome. His TSH levels also became normal and his Blood calcium levels also came into normal range of 9. The level of Total Proteins in blood also rose though still not adequate. For that dietary management was advised.

The medicines used during different stages of the treatment were – *Apis Mel.*, *Abrotanum*, *Lycopodium*

13th March 2015



20th April 2015



This is the Marvel of Homoeopathy



Junk food, high-fat diet may harm kidneys as much as type 2 diabetes

Published in the journal *Experimental Psychology*, the study indicates that a high-fat diet or junk food may result in an increase in blood sugar levels comparable to that which occurs with type 2 diabetes.

Without effective treatment, over time, the increase in blood glucose may lead to diabetic kidney disease, in which the organs are no longer able to remove waste products from the body.

Lead study author *Dr. Havovi Chichger*, senior lecturer in biomedical science at *Anglia Ruskin University* in the United Kingdom, and colleagues suggest that consuming too much junk food or eating a diet high in fat could lead to a similar outcome.

The researchers found that the rats fed the high-fat diet or junk food also showed a similar increase in the number of GLUT and SGLT receptors to the rats with type 2 diabetes.

The team believes the findings indicate that the risk of kidney damage may be just as high for people who consume an unhealthy diet as it is for individuals with type 2 diabetes.

Latest at AKGsOVIHAMS

- **Sh. Satyender Jain, Health Minister, Delhi Govt.**, released the April issue of AKGsOVIHAMS Newsletters on **24th April** at **Peyarey Lal Bhawan**, New Delhi. The annual event was held to celebrate the 261st Birth Anniversary of *Dr. Samuel Hahnemann*, the Father of Homoeopathy.
- **Prof. Dr. A. K. Gupta** was conferred with the **Special Appreciation Award** in the function for his outstanding contribution in Homoeopathy.
- **Free consultation & treatment** was given to all elderly females on **12th May 2016** at all our clinics to mark the 6th Death Anniversary of **Smt. Vidyawati Gupta**, mother of Dr. A. K. Gupta and Chief Patron of OVIHAMS.

DID YOU KNOW?

- **Our lungs inhale over 2 million litres of air every day. Their surface area is large enough to cover one side of a tennis court**
- **We give birth to over 200 billion red cells every day**
- **When we touch something, we send a message to our brain at 124mph**

LAUGHTER IS THE BEST MEDICINE



The doctor took one look at the gut of a patient and refused to believe that he works out. So the patient listed the exercises he does 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

- If there is a scientific system of medicine, in vogue today, it is Homoeopathy; other systems are more or less empirical, but not so Homoeopathy, which as a scientific basis of its own. That, in fact, was the great contribution of Hahnemann to medical science.

- *Hon'ble Minister of Law, Govt. of India, Shri C. C. Biswas*

- “The good thing about homeopathy is that it is true whether or not you believe in it.” Homeopathy is quite well trusted and 300 million people and more than 80 nations use it. Despite the fact the wonders it does to you is only evident and believable once you use it.

I was suffering from Urinary Tract Infection in my graduation years. I used a lot of allopathic medicines to get rid of it but all of this was in vain. Despite proper courses in allopath I could not get cured of it. Through family acquaintances I came to know about AKG's OviHams. Earlier I was quite sceptical about homeopathy because of the fact that it is very slow in its results but I thought of giving it a try. The try I must say proved fruitful. Through a regular long course I was treated of my infection which any other medication had failed to do. Not only this, my cousin also got cured of his nasal allergies by the medicines provided by the doctor.

The clinic and the doctors I must say are to be praised in this regard and not just homeopathy. Dr.Sanket Gupta has always been readily available in case of emergencies and the prescription as I mentioned earlier was highly effective. The continuous pain and problems of UTI were cured effectively only by his medication. Dr. Sanket Gupta has been more of a friend and the best part is that he attends to all of his patients in the same manner, with same vigour and energy. He has not only helped me cure the disease but also been a constant support. In many instances he has counselled me which helped me to get through the problems I faced.

All in all it was a great experience with Homeopathy. This would not have been possible if I did not get the right doctors and the right clinic off course. It was a great experience to be associated with AKGsOVIHAMS. I would recommend this clinic and homeopathy to the maximum number of people I meet. The only suggestion to the people who take up homeopathy for getting cured of any problem is that maintain consistency and do not stop and start the course according to your own will. It might take some time but in the end it would definitely get cured.

In the end I would like to say that the clinic is totally adhering to its aim of Patients welfare by betterment of the suffering patients through medical and emotional touch. It was a great experience to be treated in the clinic by such renowned and efficient medical practitioners.

- *Tanvi Misra*

(A happy patient)



NEPHROTIC SYNDROME

HERPES ZOSTER

TUMOUR ON SCALP

AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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