



MONTHLY NEWS LETTER

Few glimpses of the inauguration of the first Homoeopathic O.P.D in the premises of the prestigious Indian Institute of Mass Communication (IIMC), on Monday 30th May, 2016



Dr. A. K. Gupta and Dr. Sanket Gupta being welcomed by Director General, IIMC, Mr. K. G. Suresh



With the team and staff of IIMC



Dr. A. K. Gupta seeing a patient

This issue includes:-

- An insight on **Urticaria** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and cure of Urticaria on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will give continue his discussion about **Addiction** on Page no. 5
- Audio-video of the **Radio interview** of **Prof. Dr. A. K. Gupta** on Homoeopathy aired on **96.9FM**, IIMC's own radio channel - https://www.youtube.com/watch?v=aQQaR89l-w&list=LLWpYwk7xsQpcSHm7uZ_ygsA



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

URTICARIA

INTRODUCTION

- Also known as hives (chapaaki), is a kind of skin rash notable for pale red, raised, itchy bumps.
- It is usually an allergic manifestation

ETIOLOGY / CAUSES

Urticaria can be:-

- Drug induced
- Complication & symptom of a parasitic infection, like *blastocystosis* & *strongyloidiasis* and worm infestations esp. *Ascaris*
- Due to pressure or delayed effects of pressure
- Stress induced
- Cold-induced
- Sunlight induced
- Water induced (very rarely seen)
- Exercise as it raises body temperature
- Food induced

SIGNS & SYMPTOMS

- Welts (raised areas surrounded by a red base) from urticaria can appear anywhere on the surface of the skin. Welts may be pin point in size, or several inches in diameter.
- Individual hives that are painful, last more than 24 hours, or leave a bruise as they heal are more likely to be a more serious condition called urticarial vasculitis.
- Hives caused by stroking the skin (often linear in appearance) are due to a benign condition called dermatographic urticaria.
- Itching usually varies from few minutes to few hours and in severe cases may last a whole day or two.

INVESTIGATIONS

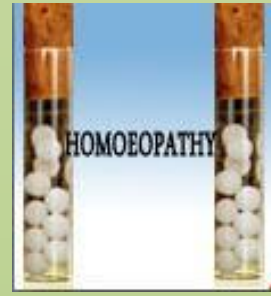
- Complete haemogram
- Absolute Eosinophil Count
- S. IgE levels
- Stool analysis for ova & cysts
- Complete Allergy Panel to find out the causative allergen if any
- Rule out other diseases where urticarial may be a secondary manifestation

WHAT YOU CAN DO

- Avoid sudden change of temperature & the known allergens
- Avoid stress and worry
- Drink plenty of water & never hold urine
- Avoid wearing synthetic and sweat drenched clothes
- Try to avoid excessive use of anti-allergic drugs as they suppress the itching and the next episode is even more severe in intensity



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



Founder-Director AKGSOVIHAMS, Gold Medallist

ROLE OF HOMOEOPATHY IN CURE OF URTICARIA

Urticaria is usually an allergic response to an allergen which may be due to an intrinsic (internal) or extrinsic (external) factor. When I say extrinsic factor, I am referring to any external element like dust, air, water, sunlight, food material, etc. which can bring about an allergic reaction in a person. There is release of histamine by the mast cells of the body when the person comes in contact with any of these allergens. This is body's own response to fight the external agent. It is due to histamine release that a person feels itchy and gets a raised eruption. But this defence mechanism is disturbed by anti-allergic drugs which actually suppress and inhibit the histamine release to give the patient relief from itching. But this is really not the right thing to do. The more we suppress the itch, the more intensified it gets in the next episode and so on...

Urticaria due to intrinsic factor refers to the person's own faulty immune mechanism. Here is an auto-immune response which can be precipitated by stress or any systemic disease. There are antibodies called Immunoglobulin (Ig) factors in the blood plasma which are responsible in carrying out immune-responses successfully. One of such Immunoglobulin is IgE, which is raised when a patient has an intrinsic allergy. This means that the body develops fight against its own cells. The antibodies start behaving as antigens and lower the immunity resulting in urticaria.

Homoeopathy has lots to offer in a case of urticaria. Both acute and chronic urticarias are curable with Homoeopathy. Depending upon the causative allergen and modalities when a Homoeopathic similimum is prescribed, the acute urticaria is completely taken care of. Acute urticaria is usually due to an extrinsic factor.

When it comes to a case of chronic urticaria, where patient is usually suffering due to auto-immune imbalance (an intrinsic factor), a deep acting constitutional homoeopathic medicine taking all the factors into account completely roots out the urticaria. The constitutional homoeopathic medicine tries to maintain the immune balance by restoring the vitality of the diseased individual.

One must avoid complete contact of the allergen that he/she is sensitive to. Only then cure can be achieved.

Some very useful homoeopathic medicines for urticaria are – *Apis Mel.*, *Arsenic Album*, *Chloral hydr.*, *Rhus Tox*, *Nat. Sulph.*, *Urtica Urens*, etc. The homoeopathic doctor prescribes the medicine only on its specific indication which can cure the patient.

MARVEL OF HOMOEOPATHY

There have been innumerable cases of urticaria which have been cured beautifully with Homoeopathy at our AKGsOVIHAMS Clinics. Some of the cases we would like to share by the medium of pictures here.

BERFORE



AFTER



This is the Marvel of Homoeopathy



MIND the MIND

CAUSES OF
ADDICTION

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

ADDICTION

In the last issue we talked about addiction as a medical condition, its consequences on the abuser and his/her family, and how to identify if you or any of your loved one is battling this illness. In the current issue, we will look at some of the probable causes of addiction and in the next issue we will look at the available psychological treatments for staying clean and healthy.

Not everyone who uses a drug/alcohol gets addicted to it. So what is it about some individuals that they get hooked to it whereas the others seem to have control over it? This is one of the most common questions a mental health professional is asked in relation to addiction. Like most other mental health issues, addiction is also understood in terms of a **combination of biological, psychological and social factors**.

Numerous studies over the years have suggested that just as we have different personalities, the way our brains are wired and function is different. Research indicates that there are certain **brain areas** (called dopamine pathways) and neurochemicals that function differently in people with addiction problems. They could either be vulnerable for it from the beginning, or the use of the drug/alcohol caused those changes. Either way it disrupts the brain chemistry which in turn affects the overall functioning of the individual. In addition to this, genes also play a major role as addiction has been known to run in families.

Being impulsive, thrill-seeking, short-tempered, non-assertive, having maladaptive ways of dealing with stress are some of the **personality characteristics** that make a person vulnerable to get into addiction. Curiosity and peer pressure are the most common reasons by which people try alcohol/drugs for the first time. A good, “relaxing”, “high” experience definitely increases the chances of engaging in such behaviours again for experiencing the same pleasure. Apart from this, most people who get addicted to drugs/alcohol use the substance as a way of escaping the hardships of real life. It becomes their way of dealing with stress or any form of difficulty in personal or professional life. However, that escape lasts for a very brief period as the moment the effect of the substance dies out the person again has to face the problem which he/she feels inept in dealing effectively. Hence, the person gets into a cycle of escaping the reality through the use of alcohol/drug and wants to be in that state so that he/she does not have to face the harsh reality. Substance use is believed to be a sign of poor coping ability of the individual.

Apart from the biological and psychological factors, our **culture** and **society** also play a role in advocating the use of certain drugs. For instance, in some cultures of India drinking alcohol is considered a great way of bonding together and celebrating occasions. In fact, not serving alcohol in marriage or other such social gatherings is considered disrespectful and insulting to the guests. Even God has not been spared and in the name of Lord Shiva, people smoke ganja and have bhang during holi or *shivratni*. Nowadays all these drugs and alcohol are so easily available (for instance wine and beer shops in malls) that it is almost as if the society is promoting the use of such substances rather than spreading awareness about its harmful impact.

A combination of such factors, apart from some other, has been identified as the reason why people become addicts. However, with proper awareness and guidance we can save our dear ones from ruining their lives. So please take action before it's too late!

'Drugs/Alcohol takes you to hell, disguised as heaven'

- Donald Lynn Frost



Toxoplasma infection might trigger neurodegenerative disease

Infection with the common parasite *Toxoplasma gondii*, that can cause a disease known as **toxoplasmosis**, promotes accumulation of a neurotransmitter in the brain called **glutamate**, triggering neurodegenerative diseases in individuals predisposed to such conditions. This is the finding of a new study conducted by researchers from the *University of California-Riverside (UC-Riverside)*, recently published in *PLOS Pathogens*.

Infection with the parasite most commonly occurs through eating undercooked, contaminated meat or drinking contaminated water. It may also occur through accidentally swallowing the parasite after coming into contact with cat feces - by cleaning a litter tray, for example.

Those who become ill from *T. gondii* infection may experience flu-like symptoms - such as swollen lymph glands or muscle aches - that last for at least a month. In severe cases, it can cause damage to the eyes, brain, and other organs.

Glutamate is an amino acid released by nerve cells. It is one of the brain's most abundant excitatory neurotransmitters. Previous studies have shown that too much glutamate may cause harm; a build-up of glutamate is often found in individuals with traumatic brain injury (TBI) and people with certain neurodegenerative diseases, such as multiple sclerosis (MS) and amyotrophic lateral sclerosis (ALS).

Astrocytes use a glutamate transporter called GLT-1 in an attempt to remove excess glutamate from outside of neurons and convert it into a less harmful substance called glutamine, which cells use for energy.

***T. gondii* increases glutamate by inhibiting GLT-1**

Latest at AKGsOVIHAMS

- **Prof. Dr. A. K. Gupta** has been appointed as visiting Homoeopathic Consultant in the prestigious **Indian Institute of Mass Communication (IIMC)** which comes under the I & B Ministry. The inauguration of the first ever Homoeopathic OPD in the premises of IIMC was held on Monday, 30th May, 2016 by the **Director-General, Mr. K. G. Suresh**. The OPD would function every Monday between 3 to 4 pm. Both Dr. A. K. Gupta and Dr. Sanket Gupta would be rendering their services to the people of the prestigious institution.
- Also, there would be regular radio shows to be aired on **96.9 FM**, official radio frequency of IIMC.

DID YOU KNOW?

- **High heels save knees** - High heels, as favoured by Sarah Jessica Parker, may actually be good for you. Researchers at Warwick and Oxford Brookes universities discovered that wearing high heels may make women less likely to develop arthritic changes in their knee joints as they age.
- **Ditch the whiskers to beat sneezes** - Allergy prone? A moustache can aggravate hay fever by trapping pollen. One study found men who washed their moustaches twice a day with liquid soap used fewer antihistamines and decongestants. The reason being that cleaning got rid of stuck pollen grains.
- If medication is constantly exposed to light, heat or humidity – in other words, a steamy bathroom – it could degrade faster than it should, thus reduce its potency and efficacy.

LAUGHTER IS THE BEST MEDICINE



What is difference between God and cardiologist?

Cardiologist says he is God but God never says he is a cardiologist.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- "I believe what prevents men from accepting the homeopathic principle 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* (Physician to King George VI and to four generations of British monarchs)

- I was suffering with constipation and lot of indigestion since 2 years. In January 2016 I was prescribed heavy dose of cremaffin free plus and a lot of allopathic tablets. Then a friend suggested to me to give Homoeopathy a shot. I met Dr. Sanket Gupta first time at his clinic in Satya Niketan, and I was really impressed. All that I can say about my experience with the Doctor is that I got a perfect treatment from Sanket sir and the way he treated me half of my problem was taken care of in the first week itself. And as prescribed by Sanket sir, I took the medicines for five months continuously and I got complete recovery. Now I am feeling well. Special and heartily thanks to Sanket sir for giving me a free minded and tension free life.

When I started taking homeopathic medicines I used to visit at his AKGsOVIHAMS clinic to get medicines on a weekly basis. So the main thing I want to mention that whenever I used to visit at the clinic then not even a single time I had to wait for long to consult with the doctor. The working and appointment assigning at the clinic is excellent. So special thanks to all the staff members of AKGsOVIHAMS clinic. They are providing wonderful service. I like the way they talk to me and all other patients. It's a very healthy and friendly environment.

- *Mr. C. S, Kanpur, U.P*



HYPERPIGMENTATION

HIVES

ECCHYMOSIS IN A DIALYSIS PATIENT

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

Email – drakgupta@ovihams.com, drsanketgupta@gmail.com

For more Visit us at www.ovihams.com