



MONTHLY NEWS LETTER



This issue includes:-

- An introduction to the **Brain Stroke** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treating Brain Stroke on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Continuation from the previous issue on the topic of **Anger** by our Clinical Psychologist, **Kaartik Gupta** on Page no. 5
- **Bursting the myth** that a Homoeopathic treatment is difficult to follow as one has to take lot of precautions on Page no. 7
- Also do read a path breaking research conducted in the treatment of **AIDS** with Homoeopathy under the section **What's New** on Page no. 6



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

BRAIN STROKE

INTRODUCTION

- Brain must be continually supplied with blood through the arteries. If the blood supply stops for some reason, the result is very serious. Disruptions of blood flow to the brain are known as stroke
- Approximately 800,000 people have a stroke each year; about one every 4 seconds
- There are 3 types of Stroke: - Ischemic Strokes, Haemorrhagic Strokes, Transient Ischemic Attack (TIA)

ETIOLOGY / CAUSES

- Ischemic strokes are caused by the arteries that connect to the brain becoming blocked or narrowed, resulting in ischemia - severely reduced blood flow. These blockages are often caused by blood clots, which can form either in the arteries connecting to the brain, or further away. Clots can be caused by fatty deposits within the arteries called plaque.
- Haemorrhagic strokes are caused by arteries in the brain either leaking blood or bursting open. The haemorrhaged blood puts pressure on brain cells and damages them. The ruptures can be caused by conditions such as hypertension, trauma, blood-thinning medications and aneurysms (weaknesses in blood vessel walls).
- TIAs are different from the aforementioned kinds of stroke because the flow of blood to the brain is only disrupted temporarily for a short time. They are similar to ischemic strokes in that they are often caused by blood clots or other debris.

SIGNS & SYMPTOMS

- Confusion, including trouble with speaking and understanding
- Headache with altered consciousness or vomiting
- Numbness of the face, arm or leg, particularly on one side of the body
- Trouble with seeing, in one or both eyes
- Trouble with walking, including dizziness and lack of co-ordination
- Bladder or bowel control problems
- Depression
- Pain in the hands and feet that gets worse with movement and temperature changes
- Paralysis on one or both sides of the body
- Trouble expressing emotions

EARLY DETECTION

- F - Face** drooping on 1 side while smiling
- A - Arm** one or both flops down on trying to raise
- S - Speech** difficult to repeat simple phrase, Slurs
- T - Time.** Any of above sign, Emergency Situation

INVESTIGATIONS

- Blood Pressure daily chart
- CT & MRI Brain Scan
- KFT
- Lipid Profile



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY - A MASTERSTROKE

Brain stroke is such a condition where every minute is crucial. Once there is an attack, the patient must be attended to immediately. Immediate resuscitation with administration of acute and short acting Homoeopathic drugs can save the major damage to the brain. This goes a long way in preventing any harm to patient's life and also prevents from reaching to a vegetable state.

In treating a condition like Brain Stroke, opting for Homoeopathy can actually prove to be a Masterstroke! The earlier the homoeopathic treatment is started, the better are the chances of complete reversal of the symptoms and patient's condition. We have treated many such cases of Brain Stroke with Homoeopathy wherein the patient has been completely cured of its paralytic state and is up above and kicking. The constitutional homoeopathic medicine revitalises the entire neuro-vascular system of the individual and maintains the homoeostasis of his/her body and thus helps in rooting out the disease.

Here I must also add that the patients of stroke should be hospitalized and given the appropriate medication. Alternative/Natural Treatments: Alternative treatments can be marvellous adjuncts to conventional treatments with stroke patients. Several techniques can help restore mobility, circulation, and ease other symptoms associated with stroke.

One must follow a regular regime to combat the effects of a brain stroke and also to prevent a stroke, especially for those who have a family history of Brain Stroke. That includes:-

Lifestyle - It is vital that you commence regular aerobic exercise - swimming, walking or anything safe and gentle that you feel comfortable with. People at high risk for stroke should not smoke and should eat a low-fat diet and not take contraceptive pills.

Diet - To prevent strokes, your diet should be rich in potassium, magnesium, vitamin E, and the essential fatty acids contained in fish oils. Some studies suggest that selenium may also protect against stroke. Have fresh fruits and vegetables. Eat a low fat, salt and cholesterol diet, exercise regularly; keep to your ideal weight; monitoring blood pressure and cholesterol levels; and do not smoke. Avoid alcohol, caffeine and drugs. Patients with stroke need careful handling. Cases may take long time to recover, first 48 to 72 hrs. are very crucial which decides the fate of the patient. Awareness regarding the factors predisposing Stroke can minimize the occurrences and if at all it occurs, timely treatment can safe guard the fatal casualty.

Prevent - High blood pressure, High cholesterol, a Sedentary Lifestyle, Obesity, the abuse of stimulant drugs such as amphetamines, smoking, use of birth-control pills, and stress.

More- <http://www.thestrokefoundation.com/index.php/natural-remedies/171-brainstroke-and-homeopathy>

MARVEL OF HOMOEOPATHY

Mrs. Dheer, 65yrs of age, suffered a Brain Stroke and was hospitalized. After the discharge from the hospital she was in a vegetative state where she had almost completely lost her Speech, developed Hemiplegia (Paralysis of half of the body), lost control of Urination and Stools. She was declared incurable by the hospitals and neurologists and “nothing can be done now for her” was the only phrase the family members would get to hear from everywhere. Then the family was advised to try homoeopathy and that's how they came to Prof. Dr. A. K. Gupta.

After taking her complete case history and analysing the symptoms Dr. Gupta gave her the homoeopathic medicine Causticum. Within a weeks' time she started showing signs of improvement in the form of started getting feeling and sensation about the Urination; she could make people understand that she was about to urinate. This was the turning point for the family towards hope and faith in homoeopathy.

After the continuous treatment of more than 6 months she had improved tremendously when she developed full control over her urination, stools and started making sound of words though which were not fully understandable at that time. With other medicines given time to time according to the symptoms and constitution she was fully cured and she visited Dr. Gupta's clinic in Rajouri Garden on her own feet after a period of 18 Months of treatment with full recovery of all her symptoms and now she could speak also properly.

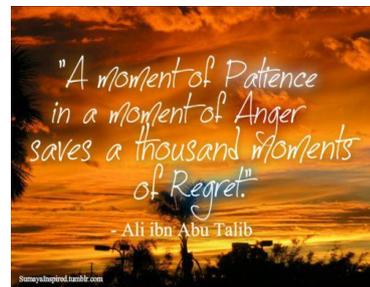
She thanked Homoeopathy for saving her from the misery of vegetative life which she and the family members were compelled to accept as her fate before starting Homoeopathic treatment. Now the Dheer family is a staunch follower of homoeopathy and believe that Homoeopathy Ensures Health Safely and Surely.

This is the Marvel of Homoeopathy

Also view - <https://youtu.be/aUXaCRorLJE>



MIND the MIND



KAARTIK GUPTA, MSc (Cl. Psych.)

ANGER

In the last issue, we presented an overview about anger as an emotion, the way it is manifested in us and how it emerges. Carrying on from there, in this issue we will look at some of the most efficient techniques for controlling anger and suggest ways of expressing it in a more productive way.

- *Identify the triggers* – in the last issue we had asked you to note down the situations in which you got angry and how you reacted. Identifying the triggers is the foremost task when it comes to managing one's anger as there might emerge a pattern in the kind of situations that make you angry and even in the way you react to it. To modify anything, we first need to know what exactly we are dealing with.
- *Bodily arousal* – be aware of the physical changes in your body when you get angry. Attending to those changes in time can prevent you from acting impulsively with anger.
- *Alternative solutions* – in the above mentioned exercise you were also asked to note down your response to that anger provoking situation. Think of other alternatives that you could have employed in order to deal with that particular situation in a more adaptive way.
- *Think before you act* - before saying or doing anything in response to anything that upsets or frustrates you, think of the possible consequences of your action. This can save lot of damage to you and your dear ones.
- *Time out* – when you feel that your anger is getting out of control withdraw yourself from that situation or argument for a couple of minutes. Step out of the room, drink water and take a short walk. But later do discuss about the situation when you and everyone else involved in the argument has calmed down. During time out, plan how you are going to stay calm when your conversation resumes.
- *Engage in self-talk* – devise a list of positively worded statements that you will say to yourself before, during and after situations that make you angry. Focus more on how you will manage the situation appropriately, rather than thinking how others should react. It is a very powerful technique of dealing with anger efficiently.
- *Distraction and relaxation* – when angry try to distract yourself by engaging in activities like listening to some soothing music, talking to your friend, washing dishes or cleaning your room. Taking long deep breaths or focusing on your breathing and gradually relaxing your muscles is another very effective way to cool your mind.
- *Assertive communication* – being assertive means putting your point across in a direct, honest and clear manner but not at the expense of the others' rights and feelings. It ensures healthy communication which is imperative for any kind of relationship to sustain.

However, if after trying these techniques also you feel that you, or any of your loved one, are unable to control your anger, it would be a good idea to consult a therapist for help. Asking for help is not a sign of weakness. Instead it shows that one is brave enough to accept that he/she is not perfect, which none of us are, and has taken a sensible decision to take control of life so that they enjoy it to the fullest!

Consider professional help if:-

- You feel constantly frustrated and angry no matter what you try.
- Your temper causes problems at work or in your relationships.
- You avoid new events and people because you feel like you can't control your temper.
- You have gotten in trouble with the law due to your anger.
- Your anger has ever led to physical violence.

Speak when you are angry and you'll make the best speech you'll ever regret

- Ambrose Brierce



HIV and AIDS Cure news: Could Snake Venom and Homeopathy Hold the Key to Defeat HIV Once and for all?

In this year's *World Homeopathy Summit*, a group of Indian researchers claimed that snake venom holds the key into defeating HIV.

The group of researchers was from Hyderabad, based on *JSPS Government Homeopathic Medical College, and Indian Institute of Chemical Technology or (IICT)*. The snake venom or *Crotalus Horridus* was seen to be able to stop the duplication of the virus in the human cell.

According to Professor Dr. Praveen Kumar (Department Head of Practice of Medicine at JSPS College), "Scientifically speaking, *Crotalus Horridus* has inhibited reverse transcriptase or RT, an enzyme which is utilized by viruses like HIV and Hepatitis-B to convert the viral RNA into viral DNA, so that they multiply into billions and wreck patients."

Latest at AKGsoVIHAMS

- Prof. Dr. A. K. Gupta won't be available from 24th Aug to 3rd Sept. as he is going for an International conference to present his paper in Brazil. Kindly schedule your appointments accordingly.
- View all our previous newsletters and also subscribe at www.ovihams.com

DID YOU KNOW?

Some drugs that treat restless leg syndrome have a side effect of compulsive gambling. Dopaminergic agents that treat a variety of conditions, including restless leg syndrome, can cause otherwise ordinary people to become gambling addicts. Physicians do not always warn patients about this potential side effect, and patients and their families do not associate it with drug therapy. If you take any new medications, read the label for potential side effects. Gambling may be one of them!!

LAUGHTER IS THE BEST MEDICINE



A 92 year-old man went to the doctor to get a physical examination. A few days later the doctor saw the man walking down the street with a gorgeous young lady on his arm. At his follow up visit the doctor talked to the man and said, "You're really doing great, aren't you?" The man replied, "Just doing what you said Doctor, 'Get a hot mamma and be cheerful'." The Doctor said, "I didn't say that. I said you got a heart murmur. Be careful."

BURSTING THE MYTH!!

- **One has to take many precautions while taking Homoeopathic treatment:** - A lot of times our patients ask us for an opinion about the ailments of their friends and families and how and whether homoeopathy has a role to play in those respective diseases. Often we have encountered that even on getting an extremely positive and hopeful response from the treating doctor those patients never turn up with their relatives for the treatment. On being asked the reason, they invariably say that the patient is a bit sceptical about Homoeopathic treatment as he/she thinks that he/she might have to avoid a lot of things and follow a very strict routine. Those people think that the treating Homoeopathic doctor may ask them to follow an impractical and joyless regimen. This dear friend is not true! The action of Homoeopathic medicines doesn't get hampered by any of the random and day-to-day stuff. There is no need to take unnecessary precautions just for nothing. All that a Homoeopathic doctor will ever ask a person to avoid would be related entirely to the patient's disease. And that is true with all medical sciences that are prevalent today. Homoeopathic medicines are extremely palatable and easy to take. One doesn't need to be strict with the timings of the medicines as well. Important thing is that the correct amount of dosage should be taken accurately. For eg.- 3 times a day doesn't necessarily mean at 3 different fixed timings. It simply means that the patient must take the medicine once each in morning, afternoon and evening/night. So, don't be apprehensive! Just trust your treating Homoeopathic doctor and the medicine will take care of you.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- I have used Homoeopathy for all my life and have also treated hundreds of people with it.

- *Ashok Kumar, Top Film Actor*
- I had been suffering from kidney stone since 3 years and I underwent lots of treatment regarding it. I was admitted a number of times in the hospital to get painkiller injections and all sort of things. I came to know about OVIHAMS and I met Dr. Gupta. After discussing I started treatment from him. At that time I had 3 stones in my both kidneys, one in left and two in right kidney. Right kidney stone was causing so much pain that I was admitted 3-4 times in hospital within 15 days. Right side kidney stone was the problem of mine at that particular time which is solved within 1 week and it was a nice experience to have homoeopathy at such a crucial time which really saved my life. One experience which I can recall at this time was that even when I came here and was discussing my stone problem with Dr. Gupta I had pain in my right kidney. But on taking the very 1st dose my pain got subsided. This experience made me firmly believe in this treatment. One thing which I want to add more was my problem of passing stools 3-4 times a day. Since I was not very much concerned about this problem it got solved without taking any special treatment. I discussed with Dr. Gupta that how it happened then only I came to know more about homoeopathy, how it cures and what it cures.
Thanks to Doctor A. K. Gupta and thanks to Homeopathy!

- *Mr. Gulab Arora*



MOLLUSCUM CONTAGIOSUM

CHALAZION

ACNE

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