



MONTHLY NEWS LETTER



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- An insight on **Idiopathic Thrombocytopenic Purpura (ITP)** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Patients suffering from Idiopathic Thrombocytopenic Purpura (ITP) on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will discuss about **The Importance of Sports** on Page no. 5 keeping track with the just concluded Olympic games



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

ITP

INTRODUCTION

- **Idiopathic thrombocytopenic purpura (ITP)** is a bleeding disorder in which the immune system destroys platelets, which are necessary for normal blood clotting. People with the disease have too few platelets in the blood
- ITP is sometimes called *immune thrombocytopenic purpura* or simply, *immune thrombocytopenia*.
- ITP affects women more often than men. It is more common in children than adults. In children, the disease affects boys and girls equally.

ETIOLOGY / CAUSES

- ITP occurs when certain immune system cells produce antibodies against platelets. The antibodies attach to the platelets. The body destroys the platelets that carry the antibodies.
- In children, the disease sometimes follows a viral infection.
- In adults, it is more often a long-term (chronic) disease and can occur after a viral infection, with use of certain drugs, during pregnancy, or as part of an immune disorder.

SIGNS & SYMPTOMS

- Abnormally heavy periods in women
- Bleeding into the skin, often around the shins, causing a skin rash that looks like pinpoint red spots (petechial rash)
- Easy bruising
- Nosebleed
- Bleeding in the mouth
- A very low platelet count (<10,000 per μ l) may result in the spontaneous formation of hematomas (blood masses) in the mouth or on other mucous membranes

INVESTIGATIONS

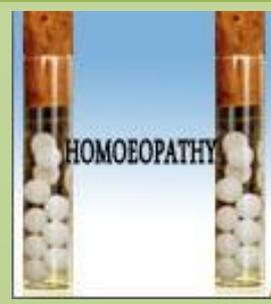
- Complete haemogram with total Platelet count
- Bleeding time
- Clotting time
- Bone marrow aspiration or biopsy may also be done

WHAT YOU CAN DO

- Avoid usage of blood thinning medicines and painkillers in general
- Drink plenty of fluids
- Watch for sudden and unstoppable bleeding and immediately consult a doctor in such a scenario



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY – A SAFER BET THAN BLOOD TRANSFUSION

Idiopathic Thrombocytopenic Purpura (ITP) is one of the most debilitating and troublesome auto-immune disease. Here gums suddenly start bleeding on their own on slightest touch with a brush, or at times bleeding even without any touch. Patient develops small to huge bluish patches called ‘petechae’ all over the body which are painful and patient is unable to carry out any daily routine work due to the weakness and pains. Once a rare condition, but now very commonly seen. The reason being excessive intake of painkillers and blood thinners! These drugs cause weakening of the capillary walls which results in bleeding leading to petechial haemorrhages and patches.

The immunity of an ITP patient is extremely low and he/she generally falls prey to other clinical conditions as well. The only answer that modern medicine has to this dreadful problem is blood transfusion, which itself is a troublesome affair. Blood transfusion do not assure of recovery. It’s just a makeshift procedure as to drag the ailing person as long as possible. This is where again Homoeopathy has proven to be a much safer and effective treatment than the conventional blood transfusion. A system where body’s immunity is strengthened further to fight out the auto-immune disease is needed in such cases. Homoeopathic mode of treatment is thus the answer for the dreadful disease like Idiopathic Thrombocytopenic Purpura (ITP).

Homoeopathy is a science based on the basic principle of individualization, which means that each and every individual reacts bodily and mentally to the same situation in a different manner. So, even for the same disease, 2 people may get totally different Homoeopathic medicines based on their physical and mental make-up, i.e., their constitution. The constitutional medicine, thus assigned to that particular individual has the power to completely cure the ailing person by rooting out the disease by the means of a natural law which is Likes Cure Likes. The constitutional medicine has absolutely no side-effects and even builds immunity against other so-called complimentary or super imposed infections.

In my clinical practice of around 40 yrs. I have come across numerous such situations where even the learned Allopathic friends have been bamboozled by the power of these small Homoeopathic pills. Cases like ITP for instance where there is no answer apart from the troublesome blood transfusions, Homoeopathy has not been able to just help the suffering patients but has gone all the way in complete stoppage of transfusions which usually never happens. Usually, the frequency of transfusions goes on increasing slowly and gradually and the patient just keeps dragging himself; getting weaker day by day. But when Homoeopathic medicines are given simultaneously, almost in all cases, the frequency of transfusions come down and eventually stopped! Not just this, the basic vitality of the suffering patient improves; his appetite and blood counts improve. He gains weight again and feels healthy back again. And the occurrence of the petechial patches stops completely with Homoeopathy gradually.

Some of the Homoeopathic medicines which I found extremely useful in cases of ITP apart from the constitutional medicines in my clinical practice are: - *Phosphorus*, *Crotalus Horr.*, *Arnica*, *Lachesis*, *Hammemelis*, *Tri-Nitro Toluene (T.N.T)*, etc.

MARVEL OF HOMOEOPATHY

Mrs. Saroj Sharma, 35 yr old lady went to consult Prof. Dr. A. K. Gupta at our Rajouri Garden clinic in Jan'2008 with complaint of recurrent bleeding from gums and nose since 16-17yrs. She had purplish patches all over body, called ecchymotic patches. On investigations it was noticed that her total platelet count was drastically low and was reducing further. It had come down to 7,000 from 10,000 within a period of 6 months!! She also complained of profuse and prolonged menstrual bleeding, though her cycle was regularly on time. It was a clear cut case of **Idiopathic Thrombocytopenic Purpura** where without any apparent reason the patient's platelet counts keep decreasing quiet rapidly. There is difficulty in clotting of blood and appearance of purplish ecchymotic patches all over the body.

Mrs. Sharma was given steroids in 2006 but without much benefit. She also complained of recurrent left sided headaches. She had developed cataract also at such a young age.

She was a very anxious lady and thought her disease was incurable.

We started the treatment on 25th Jan., 2008. On 31st Jan., 2008, her blood reports showed the platelet count as 70,000, which was still quiet low. Her ESR was 3 with a blood picture of normocytic normochromic smear with mild thrombocytopenia. Her lipid profile was normal and urine analysis showed marginal increase in epithelial cells and 0-1 RBCs in urine.

The treatment continued for another 2-3months and on 19th April, 2008 her platelet counts were pleasantly raised to 1,20,000. Much better report and the patient were far better symptomatically also. And again on 27th May 2008, the blood report showed tremendous improved of the tremendous recovery and cure. The platelet count now was much within the normal range of 1,50,000-4,50,000. It was now 3,22,000!! To everybody's joy, there was no more bleeding from gums, no ecchymotic patches and her headaches were also much better.

Till today the Sharmas thank Homoeopathy and take Homoeopathic medicines only for any and every problem.

This is the Marvel of Homoeopathy



MIND the MIND



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

IMPORTANCE OF SPORTS

Keeping in view the just concluded Olympic Games, this is probably the best time to talk about sports in this section of our newsletter which deals with various aspects of our mental functioning. When we come across the word “SPORTS”, most of us think of things like physical strength, stamina, energy, competitiveness and speed, just to name a few. However, what we miss out on is the mental aspect of sports which is equally, if not more important, for performing to the best of one’s ability. How the body performs has a lot to do with what goes on between the ears, in our mind!

We all have been involved in one or the other sport at some point of time in our lives. It starts during early childhood, but unfortunately for most people it takes a backseat by the time the person reaches high school as studies or other things take precedence. Although it is important to prioritise what one wants to do in life, but it’s equally important to do the things you’ve always enjoyed doing. And for some, it’s playing or being a part of some sport!

If you ask any sportsperson what sports has taught them, most of them would say in unison “*the ability to handle both victory and defeat in the same way*”. Sport has this remarkable asset of teaching us that things will change, nothing will last forever, and one needs to work hard consistently to be the best. It develops a strong character. It brings balance to the way a person thinks, feels and behaves. Dealing with injuries and poor form develops the ability to tolerate frustration, appreciating the opponent when he/she plays better portrays humbleness, and the desire to outperform our own selves in every successive opportunity.

With advanced technology and reducing playing areas around, children are spending most of their time indoors and engage in these sports/games on their laptops, tabs or mobiles. Playing outdoors has numerous benefits like – child learns to socialise, he/she develops the quality of sharing and cooperating by participating in team sports, grows into a physically and mentally healthy individual, imbibes sportsman spirit which has significant influence on various aspects of an individual’s life.

Studies also suggest that engaging in any sport on a regular basis has protective functions from developing any form of mental illness. In addition, it has therapeutic effects also as engaging in sports releases endorphins which are natural stress killers. Hence, it is even prescribed for the treatment of depression and some anxiety disorders. Active involvement in sports also enhances one’s confidence and faith in one’s own abilities.

Discipline, determination and dedication are the ingredients for a successful and healthy living. Sports mould the person in the same frame and shape a never-say-die attitude which powers an individual to handle the ups and downs of life without being overwhelmed. Hence, I urge all of you, especially children and adolescents, to take up some sport as per your interest and ability for a healthy functioning.

‘Hard work beats talent when talent doesn’t work hard’

- Anonymous



Soy may prevent diabetes, heart disease for women with PCOS

According to a study published in the *Endocrine Society's Journal of Clinical Endocrinology and Metabolism*, consuming soy may be beneficial to improve metabolic and cardiovascular health in women who have polycystic ovary syndrome.

Soy isoflavones are naturally occurring, plant-based estrogens found in the soybean plant. They are often found in foods such as soymilk, as well as supplements.

There is growing interest in using soy isoflavones in diseases related to metabolic syndrome. Surveys and nutritional intervention studies have suggested that dietary isoflavones have protective effects against menopausal symptoms, coronary heart disease, cancer, hyperlipidemia, osteoporosis, and various forms of chronic renal disease.

The trial, led by Mehri Jamilian and Zatollah Asemi, Ph.D., was performed on 70 women diagnosed with PCOS aged between 18-40 years. Compared with the placebo group, soy isoflavone administration significantly decreased circulating levels of insulin and other biological markers associated with insulin resistance - a condition whereby the body's tissues are resistant to the effects of insulin, which can lead to type 2 diabetes.

Supplementation with soy isoflavones also resulted in significant reductions in testosterone, harmful cholesterol known as low-density lipoprotein (LDL), and triglycerides - or fats in the blood - than their counterparts who received the placebo.

Latest at AKGsOVIHAMS

- Radio interview of **Prof Dr. A. K. Gupta** aired on **96.9FM** in programme called '*Apni Sehat*'. The topic discussed was **Allergy and Homoeopathy**. Watch the video on - <https://www.youtube.com/watch?v=58d8DrFo3rw>
- Subscribe to our monthly newsletter by visiting our website www.ovihams.com

DID YOU KNOW?

- **Diabetes causes 6 deaths every minute and 1 in 20 deaths in the world. Every year 3.2 million people in the world die from diabetes or related causes**
- **Eating Breakfast helps to burn 5 to 20% of calories throughout the day**
- **A child's ability to learn can increase or decrease by 25% or more depending on if the child grows up in a stimulating environment**
- **A condition called synaesthesia can cause senses to overlap. In other words, some people can taste words or hear colours**

LAUGHTER IS THE BEST MEDICINE



Patient: What is the probability of success in undergoing a bypass surgery?

Doctor: 100%!!

Patient: But how can you be so sure of achieving 100% success?

Doctor: On the day of convocation, my professor told me that when you practise medicine chances of failure will be 99% and success 1%. I have already attended 99 patients(failed to cure them) and you are the 100th!!

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Usain Bolt, Olympic sprinter and famed winner of numerous gold medals has been using homeopathy since the age of 16. He is a patient of German sports Doctor Hans-Wilhelm Muller-Wohlfahrt who uses homeopathy at his German clinic. Bolt was born with scoliosis, a curvature of the lower spine, which makes him more susceptible to back pain and injuries. He says “He’s the only person I’ve been to over the years that has figured out a way to make sure my back is okay and I can compete and I can stay on track. He is well-known for his holistic approach. Though conventionally trained in medicine and orthopaedics, his treatment includes manual diagnostics, as well as herbal and homeopathic remedies and acupuncture.”



- *Usain Bolt, famous sprinter*

- My father was suffering from Aplastic Anaemia which had been diagnosed by AIIMS in the month of August, 2006. Due to that problem his Hb & Platelets counts had reduced very quickly & he also felt very weak. But with the God’s grace someone directed me to meet Dr.A.K.Gupta, a Homoeopathy expert. Accordingly I along with my father visited in his clinic in Rajouri Garden & after treatment of almost 5 months the following reports came:

A) His Hb is maintained at least 35-40 days & frequent transfusions of blood have stopped.

B) Platelets came to 72000 from 13000, which have maintained till now and there is no bleeding from the body.

Note: Doctor has also suggested taking leaf of papaya & maximum green vegetables.

We are really thankful to God & Dr. A.k.Gupta for the saving my father from the misery.

Jasmeet Singh, New Delhi



IDIOPATHIC THROMBOCYTOPENIA



ECCHYMOTIC PATCH IN DIALYSIS PATIENT



PATAECHIAL HAEMORRHAGE



AKGS OVIHAMS HOMOEOPATHIC CLINICS

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

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