

Dec. 2015 Issue - XXVII



MONTHLY NEWS LETTER



This issue includes:-

- An insight on **Air Pollution** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of diseases caused due to Air Pollution on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** will discuss about **Dementia** on Page no. 5

Monthly Newsletters released in 2015

January – Ankylosing Spondylitis; and Decoding Emotions

February – Swine Flu; and Handling Emotions

March – Fibroadenoma of Breasts; and Tribute to Women

April – Gout; and Sleep

May – Gastro Esophageal Reflux Disease (G.E.R.D); and Letting Go...

June – Migraine; and Anger

July – Brain Stroke; and Anger

August – Epilepsy; and Schizophrenia

September – Dengue; and Autism

October – Coeliac Disease; and Importance of Mental Health

November – Autism



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

AIR POLLUTION

INTRODUCTION

Introduction of particulates, biological molecules, or other harmful materials into the Earth's atmosphere, possibly causing disease, death to humans, damage to other living organisms such as food crops, or the natural or built environment.

ETIOLOGY / CAUSES

- Transportation
- Fuel combustion in stationary sources
- Burning of fossil fuels like coal, wood, dry grass
- Construction activity
- Motor vehicles produce high levels of Carbon Monoxide (CO) and Hydrocarbons (HC) and Nitrogen Oxides (NO)

WHAT YOU CAN DO

- Staying indoors
- Cleaning indoor air
- Reducing the effective inhaled dose of air pollution
- Avoiding outdoor activity when and where air pollutant levels are higher
- Reducing exposure in micro-environments near sources such as traffic
- Personal protective equipment—masks

SIGNS & SYMPTOMS

- Breathlessness
- Coughing
- Cold and coryza
- Unexplained sneezing
- Watery eyes
- Dry skin with rashes
- Upset bowel movements
- Hair fall
- General body weakness
- Drowsiness
- Sleeplessness
- Headaches

INVESTIGATIONS

- Complete haemogram
- S. IgE levels to check for any allergen air particulate matter
- Pulmonary Function Test



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ROLE OF HOMOEOPATHY IN MANAGING AIR POLLUTION BORNE DISEASES

Air pollution is one of the most significant issues since industrialization. Today the human race is facing the effects of it ever so badly. Nobody is unaware of the repercussion of this pollution on the health of living beings. The most important aspect is prevention in this scenario as once we curb the sources causing pollution; our air will be automatically cleaner and easy to breathe. I am going to discuss particular pollution causing sources and what effect they have on human beings and how those health issues are dealt with Homoeopathy.

- **Tobacco Smoke** - it generates a wide range of harmful chemicals and is a major cause of ill health, as it is known to cause cancer, not only to the smoker but affecting passive smokers too. It can cause burning sensation in the eyes or nose, throat irritation, cancer, bronchitis, severe asthma, and a decrease in lung function. Homoeopathic medicines like *Ignatia*, *Nux vomica*, *Caladium*, *Coffea cruda*, *Kali phos.*, *Daphne Indica*, *Tabacum*, etc. can help a person to quit smoking along with managing the bad effects of tobacco smoke.
- **Biological pollutants** - These are mostly allergens that can cause asthma, hay fever, and other allergic diseases. In such cases constitutional Homoeopathic medicine works the best as to make the person more immune to the allergen.
- **Volatile organic compounds** - They can cause irritation of the eye, nose & throat. There may be headaches, nausea, & loss of coordination. In the longer run, some of them are suspected to cause damage to the liver and other parts of the body. Here usually specific Homoeopathic medicines based on symptomatology of the patient are prescribed.
- **Radon** - A radioactive gas that can accumulate inside the house, it originates from the rocks and soil under the house and its level is dominated by the outdoor air and also to some extent the other gases being emitted indoors. Exposure to this gas increases the risk of lung cancer. A Homoeopathic medicine called *Radium brom.* Has been found very effective in Lung cancers due to Radon.
- **Ozone** - Exposure to this gas makes our eyes itch, burn, and water and it has also been associated with increase in respiratory disorders such as asthma. It lowers our resistance to colds and pneumonia. A constitutional Homoeopathic medicine is the best answer in this scenario.
- **Oxides of nitrogen** - This gas can make children susceptible to respiratory diseases in the winters. Medicines like *Aconite*, *Bryonia*, *Hepar sulph*, *Nux vomica*, etc. are useful in winters.
- **Carbon monoxide** - it combines with haemoglobin to lessen the amount of oxygen that enters our blood through our lungs. The binding with other haeme proteins causes changes in the function of the affected organs such as the brain and the cardiovascular system, and also the developing foetus. It can impair our concentration, slow our reflexes, and make us confused and sleepy. Along with the necessary precautions, medicines like *Carbo veg.*, *China*, *Calcarea carb.*, *Magnesia carb*, *Carbo animalis*, *Ferrum met*, *Drosera*, etc. can be used in such conditions
- **Sulphur dioxide** - SO₂ in the air is caused due to the rise in combustion of fossil fuels. It can oxidize and form sulphuric acid mist. SO₂ in the air leads to diseases of the lung and other lung disorders such as wheezing and shortness of breath. Medicines like *Blatta orientalis*, *Spongia*, *Arsenic album*, *Acid sulphurosum*, etc. are useful.
- **Suspended Particulate Matter** - Suspended matter consists of dust, fumes, mist & smoke. The main chemical component of SPM is lead, others being nickel, arsenic, & those present in diesel exhaust. These particles when breathed in, lodge in our lung tissues & cause lung damage & respiratory problems. Homoeopathic medicines like *Plumbum met.*, *Arsenic Album*, *Alumina*, *Pothos*, *Allium cepa*, etc. have been used wonderfully over the years to combat these problems arising from SPM.

MARVEL OF HOMOEOPATHY

A 20 year old boy came to Dr. A. K. Gupta at our Moti Bagh clinic with severe pain, burning and increased sweating in his right foot. There was slight wasting on his right foot also in comparison to his left foot. The pain had started after an accident in which a bike passed over his foot and as a result he had 3rd, 4th and 5th metatarsal fractures. The fractures were reunited but he started feeling a lot of pain after that till 1-2 months. The pain was persisting and burning type. His bone scan diagnosed him with **Reflex Sympathetic Dystrophy**.

Looking at the acuteness of pain and stage of the disease, Dr. Gupta started his treatment with a single dose of *Calc. Phos. 1M* followed by *Arnica 30* and *Symphytum 30* for 15 days and asked him to continue with regular exercise and physiotherapy. On the follow up, there was remarkable improvement. The pain had reduced to more than 80% but the muscle wasting was still the same. This time the doctor gave the young boy 1 dose of *Natrum Mur.200* keeping in mind that the acuteness of the disease had been taken care of, so now a deeper acting constitutional medicine was required. On subsequent follow ups the pain was almost not there and even the muscle wasting was getting better day by day. He regained the strength and power in his legs and feet and has now taken admission in the Indian Military Academy to pursue his dream of serving in the Indian Army.

His father, an Army Colonel himself, thanked Dr. A. K. Gupta and Homoeopathy for the remarkable cure of his son's condition and giving him back the confidence required to be an army officer.

This is the Marvel of Homoeopathy



MIND the MIND



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

DEMENTIA

Life is what we experience every moment. With experience comes wisdom. Old age is characterised by a person's learning from his/her life events. At a stage when the elderly oscillate between the memories of the lived past and the anxiety of an uncertain but inevitable end, they also have to deal with the waning physical and mental health. Dementia is one such condition which is very common among the elderly yet very little is known by the general population. In this issue, we will look at what dementia is, how prevalent it is in the general population, some of its probable causes and how to recognise the condition if it is there in your loved ones. In the next issue, we will look at other conditions that can co-exist with dementia and ways of managing it.

Dementia is a syndrome usually chronic, characterized by a progressive, global deterioration in intellect including memory, learning, orientation, language, comprehension and judgement due to disease of the brain. It mainly affects older people; about 2% of cases start before the age of 65 years. After this, the prevalence doubles every five years. Dementia is one of the major causes of disability in late-life. As per the Dementia India Report 2010, there are 3.7 million Indians with dementia and the numbers are expected to double by 2030.

A large number of conditions can cause dementia. However, a majority of cases are due to a few common causes such as Alzheimer's disease and multi-infarct dementia. The traditional risk factors of dementia are advancing age, illiteracy, addiction, hypertension, diabetes, poor socioeconomic status, trauma, and familial or genetic factors.

Persons with dementia can present difficulties in two ways, either with cognitive deterioration or with behavioural and psychological symptoms of dementia (BPSD). Thus, they can present to either neurologist or psychiatrist. Dementia usually starts around the age of 65 years and people start showing the following symptoms:-

- Difficulty remembering things that just happened, like whether they have had their meal or not.
- Difficulty finding the right word while speaking, making conversations longer.
- Changes in mood and overall personality.
- Losing interest in previously enjoyable activities.
- Confusion; difficulty following storylines.
- Deteriorating sense of direction and spatial orientation
- Repeating the same question or activity over and over again.

Dementia not only deteriorates the patient's functioning, it also burdens the care-givers emotionally, physically and financially. Support for the care-givers is as important as for the person with dementia. Awareness and better understanding about dementia is the most active management plan for dealing with this illness.

"Don't dwell on the disease. Value the moments, the pearls of wisdom, their smile and humour"

Linda Brendle



Asthma Appears to Double Chronic Migraine Risk

If you have asthma and occasionally get migraines, that may double your chances of eventually getting 15 or more these powerful headaches a month, a new study says.

Of 4,446 participants who had fewer than 15 migraines a month (what doctors call "episodic migraines"), 746 (16.8%) had asthma and 3,700 (83.2%) did not. About a year later, 131 people (2.9%) started getting 15 or more migraines per month, or "chronic migraines."

Participants with asthma had twice the risk of going on to get chronic migraines compared to those without asthma. The researchers say that finding held up after they took into account the people's ages, body fat, gender, headache frequency, and migraine prevention-medication use. The risk appeared to rise as the number of asthma symptoms increased, but this was significant only in people with the most severe asthma.

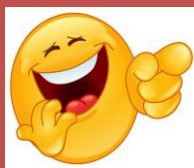
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- **Free Consultation Camp for Senior Citizens on 25th December** at all the AKGsoVIHAMS Clinics.
- View all our previous newsletters and also subscribe at www.ovihams.com

DID YOU KNOW?

- If you remove the minerals from a bone by soaking it overnight in a 6% solution of hydrochloric acid, it will become so soft; you could tie it in a knot.
- One person in 20 has an extra rib, and they are most often men.
- The average person has about 100000 scalp hairs.

LAUGHTER IS THE BEST MEDICINE



After hearing that one of the patients in mathare mental hospital had saved another from a suicide attempt by pulling him out of a bathtub, the director reviewed the rescuer's file and called him into his office. "Omondi, your records and your heroic behavior indicate that you're ready to go home." he said. "I'm only sorry that the man you saved later killed himself with a rope around the neck."

"Oh, he didn't kill himself," Omondi replied. "I hung him up to dry."

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- If there is scientific system of medicine, in vogue today, it is Homoeopathy; other systems are more or less empirical, but not so Homoeopathy, which has 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*

- In today's life, everyone wants to recover fast without seeing its ill effects. My daughter, Mriga Singhal studying in 9th standard in Manav Sthali School, New Rajinder Nagar was suffering from fever since august, 2002. I consulted an Allopathic Doctor in Shalimar Bagh who gave her medicine after having some tests. That Doctor treated her for nearly one month. When I found no improvement in her condition I shifted to another senior Allopath Doctor. He also gave medicines after some test. But there was no improvement in her fever and the condition deteriorated as she also started vomiting. Then, that senior Allopath Doctor after having some more Tests, Ultrasound, X-Ray, etc. advised me to consult a Kidney Specialist. Then, I consulted a Kidney Specialist at a well reputed Hospital in Ashok Vihar. That kidney specialist asked me to admit my daughter immediately in the Hospital for a Biopsy Test. As per that kidney specialist, the swelling in the kidney may be the reaction of any medicine or any other reason, but it will be cleared only after the Biopsy.

Then one of my friends advised me to avoid Biopsy Test and to consult a Homeopathic Consultant, Dr. A. K. Gupta. I visited Dr. Gupta at his institute "OVIHAMS" at Ganga Ram Vatika, Tilak Nagar in the first week of Oct.' 02. After seeing my daughter's reports deeply, he assured me and started with his treatment. After his treatment of nearly one and a half month, my daughter has started going school in second week of Dec.' 02. I think that swelling in her kidney may be the reaction of any medicine prescribed by Allopath Doctors. After Dr. Gupta's treatment I feel that best part of homeopathy is that there are no side-effects or reaction. On the other hand, the worst part of Allopathy treatment is that almost every medicine has its side-effects or reactions and it cures one disease and in turn brings another.

May God bless Homeopathy and Dr. A. K. Gupta.

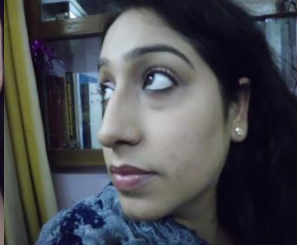
- *Mukesh Singhal, Journalist, Delhi*



CHRONIC ECZEMA



PLANTAR WART



ACNE ROSACEA

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

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