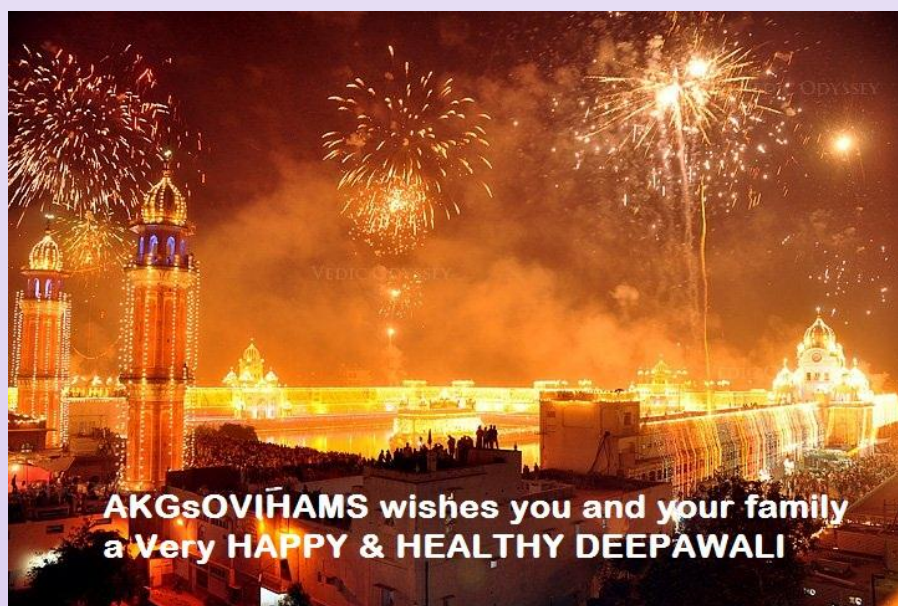




# MONTHLY NEWS LETTER



**Dr.A.K.Gupta presenting his paper on MND at the recently held International Conference in Moscow**



**Kaartik Gupta talks on Psychological First-Aid on Radio 96.9FM on World Mental Health Day**

This issue includes:-

- An insight on **Slip Disc** on Page no. 2 by **Dr. Sanket Gupta**
- Role of **Homoeopathy** in treatment and management of Patients suffering from Slip Disc on Page no. 3 by **Prof. Dr. A. K. Gupta**
- Our Clinical Psychologist, **Kaartik Gupta** has discussed about **Psychological Fist Aid** on Page no. 5 keeping in line with his talk on the same theme on the occasion of the **World Mental Health Day** aired live on 10<sup>th</sup> Oct. 2016 on **Apna Radio 96.9FM**



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

# SLIP DISC

## INTRODUCTION

- A slipped disc occurs when the soft inner portion of the disc protrudes through the outer ring.
- Symptoms vary based on where the slipped disc has occurred and if it compresses any of the spinal nerves.
- Slipped discs are more common in older adults; more common in men than women.

## ETIOLOGY / CAUSES

A slipped disc occurs when the outer ring becomes weak or torn and allows the inner portion to slip out. This can happen due to –

- Progressive ageing because the discs begin to lose some of their protective water content as the age progresses.
- Certain motions may also cause a slipped disc. A disc can slip out of place while twisting or turning to lift an object. Lifting a very large, heavy object can place great strain on the lower back, resulting in a slipped disc.
- Overweight individuals are also at increased risk for a slipped disc because their discs must support the additional weight.
- Weak muscles and a sedentary lifestyle.

## SIGNS & SYMPTOMS

- pain and numbness, most commonly on one side of the body
- pain that extends to the arms or legs
- pain that worsens at night or with certain movements
- pain that worsens after standing or sitting
- pain when walking short distances
- unexplained muscle weakness
- tingling, aching, or burning sensations in the affected area
- The types of pain can vary from person to person

## WHAT YOU CAN DO

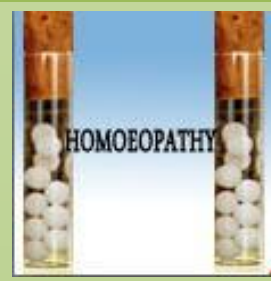
- Use safe lifting techniques: Bend and lift from knees, not the waist
- Maintain a healthy weight and do exercises to strengthen the muscles in the back, legs, and abdomen
- Do not remain seated for long periods; get up and stretch periodically

## INVESTIGATIONS

- X-rays
- CT scans
- MRI scans
- Disco-grams



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY KEEPS THE SPINE ALIGNED

In today's times where the lifestyle has become essentially sedentary and physical activity has gone out of the window, the body's shock absorber (i.e., spine) has also become slightly delicate and more prone to slipping than standing firm and erect! The process of disc protrusion starts much early in a patient's life. Faulty sitting and lying posture is the beginning of future troubles like Slip-Disc. Our spinal column has these discs placed between the vertebrae and hence are called the intervertebral discs. These discs are made of delicate matter and they help in maintaining the shape and contour of the spinal column. Once the posture of the spinal column begins to lose its normal shape, the vertebrae put pressure on the discs which over a period of time ultimately escape the disc space and start bulging outside the spinal column which exerts pressure on the neighbouring nerves and muscles. As a result the person experiences excruciating pain extending down to the lower limbs and in worse cases even causing complete immobility.

Coming to the treatment, it's simple to understand what is required to be done. Need of the hour in this case is to somehow make the disc go back to its original and natural position and preventing any relapse. There are 2 ways to achieve the desired results. First is the Allopathic way which is usually surgery, where the portion of the disc that is protruding is cut and removed from the body. This method is neither full proof nor does it prevent any further relapse. Maximum cases of spinal surgery end up either worse or with initial improvement and later recurrence of the old problem.

The other method is a holistic approach towards the problem and attaining complete cure. This involves treatment with Homoeopathic medicines and correct management with physiotherapy. This approach not only helps in recovering the patient from pain and agony but also helps in preventing any recurrence of the same problem in future. It prevents the patient from going under the knife who already carries the fear of the surgery going horribly wrong. Homoeopathic medicines help in pain reduction, preventing further complications, reducing the muscular inflammation and eventually getting the spine back into its shape.

With any case of slip disc at any stage of the disease, the dos and don'ts are of prime importance. One must avoid sudden and jerky movements, avoid slouching, and avoid bending forward especially when in slightest of discomfort. One must do the exercises advised by a learned physiotherapist regularly even if he/she is completely free from any pain or discomfort. Avoid using soft bed at night and avoid using reclining chair and instead try to attain 90 degree position while sitting. A chair with firm back support is recommended.

➤ Visit <https://youtu.be/cn-5-jXDYJo> to view Dr.A.K.Gupta's lecture on MND in Moscow



# MARVEL OF HOMOEOPATHY

A senior Lawyer once visited Dr. Sanket Gupta at our Satya Niketan Clinic back in 2010. He came with a stick in his hand and was unable to sit in the chair due to the severe back pain that he had developed in just 10-15 days. He had an accident about 3 months back where he fractured in right leg and therefore was using the stick to walk. But the pain in the back was an off and on thing since years but had become really severe off late. He came with his MRI reports which suggested disc protrusion at the levels of L3 – L4 and L4 – L5. He was put on heavy painkillers and steroidal therapy to relieve him off the pain by the Orthopedician. The doctor had suggested surgery on seeing the MRI reports but as the patient was extremely reluctant on going under the knife, so he was put on such strong medication.

Even with such strong medication his pain was persisting and now there was severe numbness of the right lower limb which was already badly impacted due to the accident. He even tried Aurvedic medicines but did not find much relief there as well. Then he met a friend of his at a physiotherapy clinic in Vasant Kunj, who had gone there to treat his cervical spondylitis trouble. This friend suggested him to give Homoeopathy a chance. The lawyer laughed it off saying what could Homoeopathy do in such a grave situation. But his friend, who was already a patient of Dr. Sanket Gupta, insisted to try at least once as it is there was nothing much left for him to loose. Agreeing to his friend's persuasion, the senior lawyer decided to meet Dr. Sanket at his clinic in Satya Niketan.

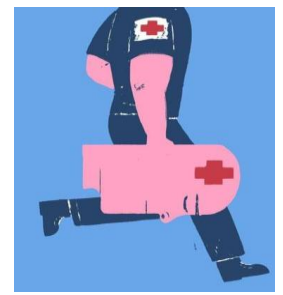
The first time when he came to visit Dr. Sanket, he had a lot of questions and doubts to which the doctor heard and answered very patiently. The first and obvious question was that what can these small pills do in such a painful condition? How will it prevent surgery? Can I get completely cured just by the small sweet pills?? The doctor assured the patient that he would try his best to make it a comfortable situation for him at first. He said he will make sure that the pain and other symptoms reduce considerably as soon as possible. He made the patient aware that the surgery could definitely be prevented and he could be actually cured completely; But not only with Homoeopathic medicines, but with correct pain and lifestyle management as well. For this Dr. Sanket told him the dos and don'ts and asked him to continue physiotherapy for at least a month.

Once the patient gained some hope and confidence he then narrated all his problems thoroughly and Dr. Gupta took the entire case. Keeping in mind the constitution of the patient and the intensity and nature of the trouble, he gave the patient his Homoeopathic medicines to eat and asked to report again after 1 week. The doctor asked him to discontinue all the painkillers and steroids or any other medications that he was on. Understanding that those medicines were of no good to him, the patient followed Dr. Gupta's advice and started the treatment.

On the next visit, a week later, the 53 year old senior lawyer looked much more relaxed, happy and hopeful of complete recovery. On being asked he told Dr. Sanket that the pain was almost gone by 50% and that he was sleeping much more peacefully than he had had in the last 1 month. The numbness in the right lower limb was completely gone, just slight tingling in the back of thigh region in both lower limbs was still present. Within 3 weeks there was absolutely no pain or numbness or tingling. With the exercises advised by Dr. Gupta and the Physiotherapist and the Homoeopathic medicines, and correctly following the dos and don'ts, surgery was avoided and till today his back is supporting him well. 😊



# MIND the MIND



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

## PSYCHOLOGICAL FIRST AID

We are all well aware about the physical first-aid. The white box with a red cross on top which contains all the necessary things like cotton, band-aid, dettol, etc. required for healing a physical injury and preventing any further injury. However, not many people are aware of a similar concept called *Psychological First-Aid* which involves humane, supportive and practical help to fellow human beings suffering serious crisis events. Hence, the World Health Organization (WHO) declared “Psychological First-Aid” as the theme for this year’s World Mental Health Day which is celebrated every year on 10<sup>th</sup> October.

### **What is Psychological First Aid (PFA)?**

It is a technique for providing support and care to a person who has just experienced crisis situation like - been involved in or witnessed an accident, terrorist attack, death of a loved one or suicide to help them deal with and recover from the traumatic event. Providing a helping hand in time can prevent the person from getting traumatized, his/her functioning getting disrupted, keep a check on maladaptive coping methods like excessive use of drugs or alcohol, or even taking an extreme step like attempting suicide.

### **Who can provide PFA?**

Usually it is done by mental health professionals, rescue volunteers, disaster management workers but it would be good if teachers, medical practitioners, health care providers and religious organizations also learn this so that the service providing group expands and more people can be professionally assisted in dealing with crisis in an appropriate manner. Anyone who is trained in PFA can provide it and help the affected person function and cope better.

### **Themes involved in PFA**

- Provide practical care and support in a non-intrusive manner
- Assess what the person needs and his/her concerns
- Help people to address basic needs (eg.- food, water, information)
- Protect them from any further injury/harm
- Listen to people but do not pressurize them to talk
- Comforting people and helping them to feel calm
- Seek professional help for further assistance if required.

*‘Mental illness is nothing to be ashamed of. But STIGMA and BIAS shame us all’*

-

*Bill Clinton*

- Visit the link <https://youtu.be/ZWTudNRLKM4> and watch Kaartik Gupta’s talk on the topic of ‘Psychological First Aid’ on the occasion of World Mental Health Day on Apna Radio 96.9FM



## Common prostate cancer treatment linked to later dementia, researcher says

A new retrospective study of patient medical records suggests that **men with prostate cancer who are treated with testosterone-lowering drugs are twice as likely to develop dementia within five years as prostate cancer patients whose testosterone levels are not tampered with.** The study was conducted by researchers at the *Stanford University School of Medicine and the University of Pennsylvania Perelman School of Medicine.* The paper describing the research was published online Oct. 13 in *JAMA Oncology.*

Testosterone can promote the growth of prostate tumors, and so clinicians have used androgen deprivation therapy to lower testosterone and other androgens in prostate cancer patients since the 1940s. A 2015 study by the same authors found an association between ADT and Alzheimer's disease.

The team looked at deidentified records from Stanford Medicine's clinical-research data warehouse for nearly 10,000 patients with prostate cancer. Of the 1,829 who received androgen deprivation therapy, 7.9% developed dementia within five years, compared with 3.5% of those not treated with ADT.

That study, published in September in *The New England Journal of Medicine,* revealed that prostate cancer patients randomized to either active monitoring, surgery or radiation therapy all had the same risk of death from the cancer after 10 years. 99% of men in the study survived regardless of initial treatment. These startling results suggest that active monitoring of prostate cancer patients may be as good as early radical treatment and may cause fewer side effects.

## Latest at AKGsOVIHAMS

- **Kaartik Gupta**, our Clinical Psychologist is now available at both **Rajouri Garden** and **Satya Niketan Clinics** from this Diwali. Pts. must take prior appointment. For consultation Call – **9711981553**
- **Prof.Dr.A.K.Gupta** gave a presentation on the “Efficacy of Homoeopathy in treatment of MND” on 15<sup>th</sup> Oct., at the recently held **1<sup>st</sup> Eurasian Congress on Homoeopathic Medicine & 25<sup>th</sup> AHML** International conference at **Moscow, Russia.**
- **Preventive Homoeopathic medicines** for **Dengue, Chickungunya** and other Flu-like symptoms available at all our **AKGsOVIHAMS Clinics.** 5-day course provides immunity for the entire season!

## DID YOU KNOW?

- **Similar to fingerprints, everyone also has a unique tongue print!**
- **Humans shed about 600,000 particles of skin every hour. That works out to about 1.5 pounds each year, so the average person will lose around 105 pounds of skin by age 70.**

## LAUGHTER IS THE BEST MEDICINE



When a three-year-old boy was told to pee in a cup at the doctor's office, he unexpectedly got nervous. With a shaking voice, he asked, “Do I have to drink it?”

# WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- An allopath comes and treats cholera patients and gives them his medicines. The Homeopath comes and gives his medicines and cures perhaps more than the allopath does because the Homoeopath does not disturb the patients but allows the nature to deal with them.

- *Swami Vivekananda*

- It was a matter of tremendous concern to notice white patches in April '2003 on the body of my 5 months old son till I contacted ayurvedic dermatologist at Guna (MP) and when he told that the white patch is of Vitiligo, commonly known as Leucoderma.

Then I frantically looked for appointments from dermatologists at Sir Gangaram Hospital, New Delhi and Leelavati Hospital, Mumbai and they also endorsed the view of the doctor at Guna. It was confirmed that this was vitiligo. It was also told to me that it is not a coincidence but since my brother has vitiligo, it's hereditary. And of course there were so difficult and unproven treatments available in allopathy, I was completely confused and confounded.

I started the allopathic treatment as I never wanted my kid to have such disease. One day I came across the website of OVIHAMS where I read about Dr Gupta. I called him up from Guna (MP) and took his appointment somewhere around in June 2003. I came to Delhi especially to consult him and Dr Gupta after a long discussion and review of previous prescriptions diagnosed the ailment as vitiligo and said that "I will correct it".

The treatment started and within 6 months i.e. by Dec'2003 the patches at armpits, around neck folds, groins, back of knee were recoloured up to around 40%. I sent the photographs to him and the treatment continued. Meanwhile I also got transferred to Mumbai but the treatment continued.

Today the colouring of the area is almost 90% complete (treatment still continues) and only when you see very minutely you can ascertain some very dim patches. Now my son has completed 2 years and I have no hesitation in saying that Dr Gupta has really done a commendable job by treating Vitiligo of my son. I am really thankful to him and Homoeopathy and wish him all the very best in his service to the patients suffering from skin diseases.

God Bless All.

- *Girija Shankar, Mumbai*



MOLLUSCUM CONTAGIOSUM

HERPES ZOSTER

EPIDERMOLYSIS BULLOSA

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

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