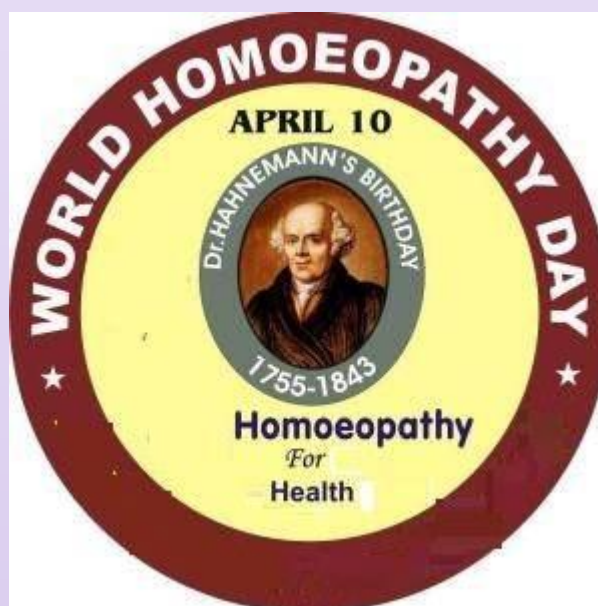


April 2017 Issue - XLIII



MONTHLY NEWS LETTER



10th April is celebrated as the **WORLD HOMOEOPATHY DAY** to mark the Birth Anniversary of the Founder of Homoeopathy, i.e., **Dr. SAMUEL HAHNEMANN**. Like every year, this year as well we had given Free Consultation for all patients at all the 3 branches of AKGsOVIHAMS Homoeopathic Clinics. This is the **262nd Birthday** of Dr. Hahneman.



On the occasion of **World Health Day**, on **7th April**, **Kaartik Gupta, Clinical Psychologist** at AKGsOVIHAMS was called upon by the **96.9FM Apna Radio** to talk on Depression. The theme of the World Health Day this year given by the WHO was – “**Depression – Let’s Talk**”. Click here to listen to the whole show <https://youtu.be/64xQYYauPGo>

The topic discussed in this issue is **Congestive Heart Failure**. It is a very common condition these days with the ever increasing and changing lifestyle. Let us learn more about it and how Homoeopathy is helpful for every heart patient.

We will talk about **Psycho-somatic Disorders** in the section Mind the MIND.



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

CONGESTIVE HEART FAILURE

INTRODUCTION

- Congestive Heart Failure is a weakening of the heart brought on by an underlying heart or blood vessel problem
- Congestive heart failure (CHF) is generally classified as systolic or diastolic heart failure and becomes progressively more common with increasing age.

ETIOLOGY / CAUSES

- Stress
- Weakened heart muscle
- Damaged heart valves
- Blocked coronary arteries
- Toxic exposures like smoking, alcohol or cocaine
- Infections
- High blood pressure & Diabetes mellitus
- Pericardial disease
- Congenital heart diseases
- Prolonged and serious arrhythmias
- Obesity

SIGNS & SYMPTOMS

- shortness of breath, or a feeling of not being able to get a deep breath
- cough with a frothy, pink liquid
- Exercise intolerance
- He or she may awaken at night short of breath and have to sit or stand up to get relief
- Fluid retention and swelling (oedema) in the legs, the feet, and the ankles may occur, particularly at the end of the day or after prolonged sitting or standing. This is pitting oedema. Swelling may be so severe as to reach up to the hips, scrotum, abdominal wall, and eventually the abdominal cavity (ascites)

INVESTIGATIONS

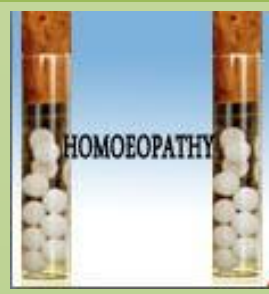
- ECG, ECHO, TMT
- Complete Lipid Profile
- Kidney Function Test
- Complete haemogram
- Blood sugar analysis
- Urine analysis

WHAT YOU CAN DO

- Avoid fried and fatty food
- Drink good quantity of water or minimum as prescribed by the treating doctor
- Gentle walk and exercise
- Avoid smoking and drinking alcohol
- Avoid stress



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HAVE A HEARTY LIFE WITH HOMOEOPATHY

Heart is the most important organ in the human body along with brain. It is the engine of our body. Hence anything related to the heart becomes extremely crucial. Since the time man has discovered the role of the heart, efforts have been going on and on to know and learn and devise out the means to make the heart survive as long as possible. Cardiologists and scientists have over the years found invasive ways of making the heart function longer than its capacity by maybe prolonging the life from 5 to 10 years especially when talking about the Congestive Heart Failure where gradually all the mechanics of this engine just refuse to work further. In such a grave situation at times invasive surgical intervention is the only choice at hand. But there are times where even the non-invasive treatment options like Homoeopathy can be of supreme help and act as life savers without any surgical intervention.

Before I talk about the marvel of Homoeopathy and how it keeps your heart healthy, we must try to understand the mechanism of a heart attack. Heart attack is nothing but cessation of blood flow to the heart which happens due to the blockage of the coronary arteries eventually leading to rupture and hence heart attack. Failure is when heart fails to pump blood to the rest of the body. So, to prevent heart from going into the state of rupture and failure we must prevent all those factors that can cause these fatal incidents. Dr. Sanket has listed all those causes above and the top most factor listed there is stress! This is what I want to talk about. By stress we mean, the load that you put on your mind and heart. Stress is believed to be the single most potent causative factor of most of the diseases and heart tops the list. Basically sudden or acute stress can lead to the rupture of the arterial wall as when a person is stressed, the heart has to work much more than usual leading to a rise in the pumping of blood and also the tension created by this blood on the arterial walls increases. Hence it is extremely important to manage anger, stress, grief and anxiety to have a healthy heart.

I am always asked this question how can Homoeopathy help in cardiac cases and especially in case of heart attack as it is an emergency. You will be glad to know that we at our AKGsOVIHAMS Clinics have been successful in preventing many potential cardiac failure patients from going under the surgeon's knife. Fear is the biggest reason because of which unfortunately most of the heart patients and their families get swayed into the hands of certain avoidable angioplasties and cardiac stenting. A case of angina or heart attack is definitely an emergency but not irreversible even with medications. There are some fantastic Homoeopathic medicines that are potent enough to heal the rupture and save the heart from further damage.

In case of Congestive Heart disease usually a patient goes to a Cardiologist with a 70 to 100% block on his ECHO and he is advised for angioplasty and stenting. Allopathic medicines are given to try to prolong the period of landing on the surgeon's table but that is the eventual fate. With Homoeopathy though, when a patient is treated holistically with a complete emphasis on the do's and don'ts, there have been brilliant results observed where the heart function starts becoming better, the ejection fraction improves and the patient lasts longer and healthier without the hassle and side effects of allopathic medicines. Basically the constitutional Homoeopathic treatment tries to restore the lost balance of the body. It just revitalises the heart to correct itself naturally and the person lives with a healthy heart as a result. Some of the extremely useful Homoeopathic medicines are - *Adonis Vernalis*, *Aurum Met.*, *Convallaria Majalis*, *Crategus*, *Digitalis*, *Iberis Amara*, *Latrodectus*, *Lycopus*, *Spartium*, *Strophanthus*, etc.

MARVEL OF HOMOEOPATHY

Congestive heart disease is extremely common these days and with gradually increasing age and also progressively worsening pathology, the chances of heart failure are hence very high in the elderly people of our country. One such patient Mr. Singh was a heart patient with Ejection Fraction as 35% only. In laymen language it can be said that only 35% of power was left in his heart and was at a highly dangerous point in his life. His entire family was a patient with Dr. Sanket Gupta and he himself had a lot of faith in Homoeopathy.

The 73year old man was thus brought to our Satya Niketan Clinic accompanied by his grandson and daughter in law. He was a chronic High BP patient and was on hypertensive medicines for over 20years. Everything was being managed well until he had a severe chest pain (angina) one night where he was rushed to the nearest hospital. The ECG confirmed that he had a massive heart attack and the next 48hrs were extremely crucial for him. His son rang up Dr. Sanket in morning and he visited the patient in ICCU that evening. There was huge electrolyte imbalance with Blood pressure being maintained at a low of about 110/70. He was though complaining of a lot of uneasiness and breathlessness. There was some coughing as well with slight swelling in the feet.

Accompanied by the patient's son, Dr. Sanket went to his clinic and gave him some medicines to be given immediately to the patient as that night was extremely critical for the old man. The medicines were given in liquid form so as to make it easy for the hospital nurse to administer the dosage while giving the drops to the patient at night. According to the doctor's instructions 3-4 drops were being given every half an hour to begin with. Within 2 hours, he started feeling lighter in the chest and was breathing better as well. The dosage then was now being given at a gap of 1 hour each and subsequently the interval kept on increasing seeing the stability of Mr. Singh's condition. He slept very peacefully that night and was discharged on the next day evening.

This is how Homoeopathy helped to manage the critical acute stage. Now it was important to restore the damage done to his heart during this ordeal. His ejection fraction was very low – 17% by now. This was a high risk case of a recurrence of heart attack and eventual heart failure. Hence it was extremely important that along with the medications patient must strictly follow the dos and don'ts. Another beauty of the Homoeopathic treatment is that it can be given as a complimentary medicine alongside the allopathic medicines especially in cases like this where the doctor cannot stop all the allopathic medicines all of a sudden. This can have extremely serious and irreversible consequences. So, another round of blood tests was carried out to see the current scenario and accordingly the Homoeopathic treatment was started.

During the 6 months of treatment, not even once did Mr. Singh complain of any dizziness, or chest pain or uneasiness or breathlessness, etc. only difficulty was that he still could not walk for a longer than 15 minutes. Earlier though before starting the Homoeopathic treatment, he couldn't walk more than 10 steps as he would feel weak and breathless. Gradually his compliance kept on improving slowly and steadily.

After 10 month of treatment his ECHO was done again and to everyone's delight his ejection fraction was now 28% which was a great sense of satisfaction and joy to the Doctor and his patient!! He is still under treatment and is doing very well.

This is the Marvel of Homoeopathy



MIND the MIND

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

PSYCHOSOMATIC DISORDERS

The term *psychosomatic* is derived from the Greek words *psyche* (soul) and *soma* (body). It literally refers to how the mind affects the body. Unfortunately, it has come to be used, at least by the lay public, to describe an individual with medical complaints that have no physical cause and are “all in your head”. Due to this, lot of undue burden is put both on the patient, as his/her problem is not given due weightage, and also on the health system of a country as lot of time, money and resources are spent unnecessarily. Hence, this article is aimed at educating the readers about this class of disorders, its probable causes and the most efficient treatment available.

What does it include?

What comprises psychosomatic disorders has been a controversial issue, but nevertheless problems like – acne, bronchial asthma, coronary arteriosclerotic heart disease, diabetes mellitus, essential hypertension, peptic ulcer, skin diseases, etc. are included under the psychosomatic approach. Although psychological factors might not necessarily cause them, they can play a significant role in its exacerbation and hence in the recovery as well. Patients can also develop depressive or anxiety disorders secondary to any of these conditions as they affect one’s overall functioning. Psychosomatic disorders also include conditions wherein psychological factors are manifested as physical problems, like – irritable bowel syndrome (IBS), somatoform disorder, pain disorder, conversion disorder, etc.

Causative factors

A combination of biological, psychological and social factors seems to be responsible for causing these psychosomatic disorders. Poor immunity, family history and genetic factors can predispose a person for such conditions. Stress may have indirect effects on health by increasing levels of risk behavior (e.g. smoking, alcohol consumption), or may have direct effects on specific physiological mechanisms (e.g. increases in blood pressure) as well as affecting the individual’s resistance to disease through suppression of the immune system, or by exacerbating or triggering a disease process in an already vulnerable individual. Certain personality traits like anger and hostility have been found to be associated with increased risk of coronary heart disease. In addition to this, unhealthy lifestyle habits like smoking, drinking alcohol, lack of exercise, poor eating and sleeping patterns can have significant long-term effects on health. Intrapsychic conflict, unexpressed emotions, and poor coping mechanisms have also been found to play an important role in the causation and exacerbation of psychosomatic disorders.

Treatment

A holistic approach is required for treating cases of psychosomatic disorder. Hence, alternative systems of medicine like Homoeopathy, Ayurveda, Unani and Yoga have been found to be very effective. In addition to these, psychological intervention through psychotherapy helps acknowledge and validate the patient’s subjective experience of his/her condition. Emphasis is given to the patient’s thought process, ways of dealing with stressful situations, and teaching them relaxation techniques to feel calm and at peace. Apart from this, his/her family members are also included in the treatment process in order to ensure that they also contribute in the recovery process of the patient.

‘Your body hears everything your mind says’

- Naomi Judd



Potassium as important as sodium for healthy blood pressure

A high salt diet is known to increase the risk of hypertension. A recent review concludes that consuming adequate potassium levels might be just as important for maintaining a healthy blood pressure. Studies over recent years have clearly demonstrated that eating a diet high in salt (and therefore sodium), such as the standard Western diet, can lead to hypertension.

This most recent review, published in *American Journal of Physiology - Endocrinology and Metabolism*, shows that high sodium intake is not the only important dietary factor; potassium also has a vital role to play.

The author of the current review, *Alicia McDonough, Ph.D., professor of cell and neurobiology at the Keck School of Medicine at the University of Southern California*, sums up her findings: "**Decreasing sodium intake is a well-established way to lower blood pressure, but evidence suggests that increasing dietary potassium may have an equally important effect on hypertension.**"

Her review explores the links between potassium, sodium, and the sodium-potassium ratio, delving into a range of studies in the field and drawing conclusions about potassium's benefits. McDonough found a number of population studies demonstrating that higher dietary potassium, as rated by urinary excretion or dietary recall, was generally associated with lower blood pressure, regardless of the level of sodium intake. Her conclusion, in a nutshell, is that potassium is vital for keeping blood pressure within a normal range. Sodium is still a key player, but simply reducing salt intake alone may not be enough to control hypertension. As McDonough says: "**If you eat a typical Western diet, your sodium intake is high, and your potassium intake is low. This significantly increases your chances of developing high blood pressure.**"

The authors of the paper explain that, because our bodies evolved to deal with a low sodium, high potassium diet, "consuming a surfeit of dietary potassium" is a "good strategy." Adults are advised to consume at least **4.7 grams of potassium each day** in order to lower blood pressure. This level of consumption, they say, will diminish the effects of salt and reduce kidney stones risk, as well as bone loss.

Latest at AKGsOVIHAMS

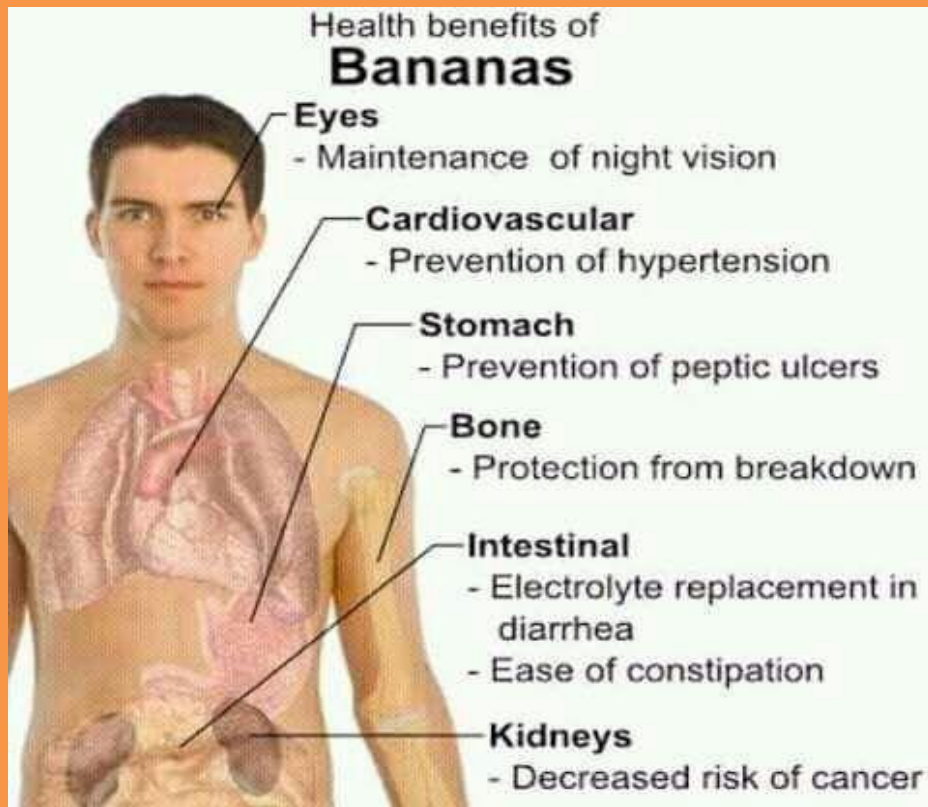
- **Kaartik Gupta** will be one of the **Panellists** on the eve of **23rd April**, to speak on **Psycho-Somatic Disorders** on the occasion of Dr. Hahnemann's 262nd Birthday Celebrations organized by the Delhi Homoeopathic Board at the Pearey Lal Bhawan, New Delhi.
- **Prof.Dr.A.K.Gupta, Dr. Sanket Gupta and Kaartik Gupta would not be available** from evening of **28th April** till afternoon of **1st May**. Kindly schedule your appointments accordingly.
- Our Clinical Psychologist **Kaartik Gupta** was called upon for a radio show in the last week of March to talk about the rising incidences of "**Anger in Children**"; a really serious problem of the urban India. You may listen the entire talk by clicking here - <https://youtu.be/DSdGebuo90w>
- Subscribe all our Newsletters for free on www.ovihams.com

LAUGHTER IS THE BEST MEDICINE



The best doctor in the world is the veterinarian. He can't ask his patients what is the matter – he's got to just know.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Dr. A. K. Gupta, the Bechet's medications you have provided to me are very effective. They greatly diminish the inflammation and discomfort. I am writing you to order more Bechet's medications. I feel your treatment for Bechet's is very helpful and request you to refill the Bechet's Syndrome medications.

- *John Podgorny, California, USA*



SUBMANDIBULAR NODULE

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

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