



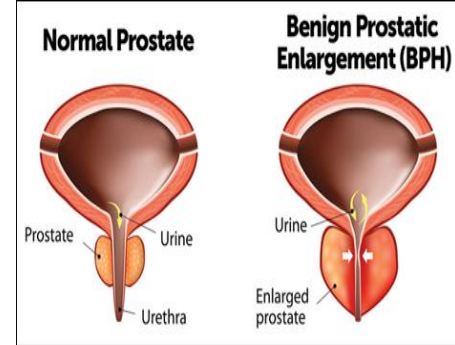
MONTHLY NEWS LETTER



Dr. A. K. Gupta paying tributes to **Dr. Samuel Hahnemann's Statue** (Father of Homoeopathy) in Germany and on the right with **Mr. Stephen Fry**, CEO of Hounslow Chamber of Commerce who was the chief guest at the inauguration of **London College of Homoeopathy** on 7th June, 2017 in London.

The topic discussed in this issue is **Benign Prostatic Hyperplasia (BPH)**. It is a very common condition among males of 40 yrs and above of age. Let's know more about it in detail and what can Homoeopathy do to help BPH patients.

Our Clinical Psychologist **Kaartik Gupta** will talk about **Trichotillomania** in the section Mind the MIND.



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

Benign Prostatic Hyperplasia

INTRODUCTION

- Benign prostatic hyperplasia (BPH) is an enlarged prostate gland. As the prostate gets bigger, it may squeeze or partly block the urethra. This often causes problems with urinating.
- BPH occurs in almost all men as they age.
- BPH is not cancer.

ETIOLOGY / CAUSES

- Most experts consider androgens (testosterone and related hormones) to play a permissive role in the development of BPH. Dihydrotestosterone (DHT), a metabolite of testosterone, is a critical mediator of prostatic growth.
- Men older than 60 in rural areas had very low rates of clinical BPH, while men living in cities and consuming more animal protein had a higher incidence.
- Misrepair-accumulation aging theory suggests that development of benign prostatic hyperplasia is a consequence of fibrosis and weakening of the muscular tissue in the prostate.

SIGNS & SYMPTOMS

- Trouble getting a urine stream started and completely stopped (dribbling).
- Often feeling like one needs to urinate. This feeling may even wake the person up at night.
- A weak urine stream.
- A sense that the bladder is not completely empty after urination.
- In a small number of cases, BPH may cause the bladder to be blocked, making it impossible or extremely hard to urinate. This problem may cause backed-up urine (urinary retention), leading to bladder infections or stones, or kidney damage.

WHAT YOU CAN DO

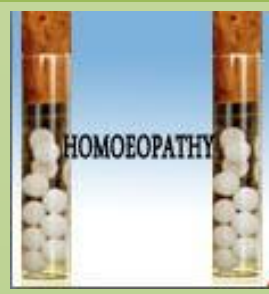
- Practice "double voiding." Urinate as much as you can, relax for a few moments, and then urinate again.
- Avoid caffeine and alcohol.
- Avoid medicines that can make urination difficult, such as over-the-counter antihistamines, decongestants (including nasal sprays), and allergy pills.

INVESTIGATIONS

- Clinical rectal examination to know the size of the prostate gland
- Urine analysis
- Prostate Specific Antigen (PSA) test to rule out any possibility of Prostate Cancer
- Ultrasound of the lower abdomen



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS EVERY OLD MAN'S FRIEND

Almost every male after the age of 50 yrs develops some or the other trouble pertaining to his prostate gland. It is very commonly seen and is considered to be due to low androgen levels as the age progresses. A healthy human male prostate is classically said to be slightly larger than a walnut. The mean weight of the normal prostate in adult males is about 11 grams, usually ranging between 7 and 16 grams. Clinically a prostate is called enlarged when it weighs about or more than 20grams.

Enlarged prostate gland becomes troublesome because it presses the adjoining urinary bladder giving the patient frequent but ineffectual urge to urinate. If ignored, the size of the prostate gland can go up to as much as almost 100 grams causing total urinary block or obstruction. This then becomes a medical emergency and calls for an immediate surgical removal of the troublesome prostate gland. But this happens very rarely and that too if the patient is negligent and ignorant over the years.

The better, safer and much more conservative way of treating an enlarged prostate gland is with Homoeopathy. The aim of the Homoeopathic doctor is to first and foremost help in recovering the patient from the symptoms of urinary troubles and also to arrest the further gain in weight and size of the prostate gland. With regular medication and proper management Homoeopathy can even reduce of the size of the enlarged prostate gland back to its normal weight and size and completely cure the patient.

Homoeopathy thus can prevent the surgical intervention in the case of a Benign Prostatic Hyperplasia. At times the prostate gland becomes so enlarged that it starts hampering the daily life of the patient due to urinary difficulties. Homoeopathy can get the patient rid of such troublesome situations as well by firstly addressing the predominant issue of urinary obstruction.

Some of the extremely useful Homoeopathic medicines for this condition are – *Conium*, *Nux Vomica*, *Sabal Serulata*, *Staphysgaria*, *Solidago*, *Sarsaparilla*, *Thuja*, etc.

MARVEL OF HOMOEOPATHY

This is a case of 84yr old Mr. H.K. who had been suffering from enlarged prostate since almost 2 decades. He was a heart patient as well and over the years he was managing himself with the Allopathic medicines prescribed to him by his Cardiologist and Urologist. But since about 2-3 months he started facing difficulty in voiding the urine. He had to strain a lot and would face burning also while micturition despite his Allopathic medicines. This is when he was brought at our Satya Niketan clinic to consult Dr. Sanket Gupta by his daughter who was already Dr. Gupta's patient.

Mr. H.K. told Dr. Gupta that since last 1 week or so there was tremendous discomfort and his frequency to urinate had gone to just once or twice a day. He had to strain excessively and still only a few drops of urine would pass. This was definitely an alarming sign and Dr. Gupta immediately asked him to get his Urine Analysis, Kidney Function test and Ultrasound done. The next day itself early morning all the tests were conducted at a nearby path lab and by evening they went again to see Dr. Sanket at hi clinic. The Urine Analysis reports showed definite Urinary infection with presence of 40-50 pus cells. Luckily though, the kidney profile was good and healthy with all the parameters within range. So, it had to be the prostate gland that was causing all the trouble, though the doctor and he waited for the reports of the USG next evening.

Mr. H.K. had not got his USG in almost 3yrs. The report showed that the Prostate gland had increased to as much as 84grams in weight!! This was really shocking for the patient and his family as according to them he was doing absolutely fine till 2 months ago. How could the size of the prostate gland increase from 47grams 3 yrs ago to 84gms now?!! Dr. Gupta explained that this is what happens when you opt for only symptomatic relief without actually trying to remove the cause of trouble. The modern medicine only can give symptomatic relief and cannot cure.

Dr. Gupta started his treatment with all efforts to firstly ease the old man. He was having too much of difficulty in voiding the urine. So, he started with physiological doses which would act as a catheter and make him urinate. On the 2nd day of the medicines itself he passed urine at least 4 to 5 times. This gave confidence to Mr. H. K. and the doctor as well. But the stream of urine was still very feeble. The accompanying urinary infection had to be dealt simultaneously as well. Despite the patient's family show inclination towards taking the antibiotic course for the UTI, the old man showed faith in Homoeopathy and Dr. Gupta and decided to take only Homoeopathic medicines knowing well enough that this antibiotic intervention may just hamper with the on-going treatment process.

The burning and itching in the urinary tract was gone in about 2 weeks and by this time the flow of urine also improved considerably. By the end of a month's treatment Mr. H.K. was back to his normal self of urinating 9 to 10 times a day with a good healthy stream without any itching or burning in the urinary tract.

Knowing that the Acute and immediate situation was now under control, Dr. Sanket decided to go for the root cause, which was an enlarged prostate gland. The recurrence of this problem could be solved if and only if the size of the Prostate was reduced. As he was a heart patient and almost 85yrs of age, so surgery was out of question. Dr. Gupta then started the constitutional treatment to reduce the size of the prostate gland. After almost 1 year of treatment the USG showed that Prostate was reduced to 73kgs!! The treatment is still on and the last report showed prostate gland weight as 61kgs!!

This is the Marvel of Homoeopathy



MIND the MIND



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

TRICHOTILLOMANIA

Trichotillomania, or hair-pulling disorder, is an impulse control disorder characterised by repetitive hair pulling leading to variable hair loss that may be visible to others. It involves recurrent, irresistible urges to pull out hair from scalp, eyebrows or other areas of the body despite trying to stop. Such hair pulling often leads to patchy bald spots which cause significant distress and can interfere with social and occupational functioning. People with trichotillomania may go to great lengths to disguise the hair loss. In this issue of our newsletter, we look at the symptoms, probable causes and the epidemiology of trichotillomania. In the next issue, we will present the most efficient psychological treatment available for this condition.

Signs & Symptoms

- Repeatedly pulling hair out, typically from scalp, eyebrows or eyelashes, but sometimes from other body areas, and sites may vary over time
- An increasing sense of tension before pulling, or when you try to resist pulling
- A sense of pleasure or relief after the hair is pulled
- Noticeable hair loss, such as shortened hair or thinned or bald areas on the scalp or other areas of your body, including sparse or missing eyelashes or eyebrows
- Preference for specific types of hair, rituals that accompany hair pulling or patterns of hair pulling
- Biting, chewing or eating pulled-out hair
- Playing with pulled-out hair or rubbing it across your lips or face
- Repeatedly trying to stop pulling out your hair or trying to do it less often without success
- Significant distress or problems at work, school or in social situations related to pulling out your hair

People with trichotillomania often report feeling shame, humiliation and embarrassment. In addition, they may experience low self-esteem, feelings of guilt, low self-confidence and a tendency to engage in harmful substance abuse. Apart from this, it can also lead to a condition called trichobezoar which refers to formation of large, matted hairball in the digestive tract due to ingestion/eating of hair. It can be a serious complication leading to weight loss, vomiting, intestinal obstruction and even death.

Causes

The causes of trichotillomania, like those for any other psychological illness, are understood from the Bio-Pscho-Social perspective. Genetics and family history play an important role in the development of trichotillomania and may occur in those who have a close relative with the disorder. It can **co-occur** with conditions like anxiety disorders, Obsessive-Compulsive Disorder (OCD), depression, and eating disorders. Severe stress can trigger trichotillomania in some people.

Epidemiology

The prevalence of trichotillomania may be underestimated because of accompanying shame and secretiveness. It usually begins in early to mid-adolescence, with 0.6 - 3.4% of the general population having this condition at least once in their lifetime, with the female to male ratio being as high as 10:1.

* If you or any of your loved one is experiencing most of the symptoms mentioned above, it is advisable that you **seek immediate help from a mental health professional.**



Breast-feeding mothers at lower risk of heart disease, stroke

Researchers found that a mother's risk of heart disease and stroke is further decreased with each additional 6 months of breast-feeding.

Study co-author *Sanne Peters*, Ph.D., of the University of Oxford in the United Kingdom, and colleagues recently published their findings in the *Journal of the American Heart Association*.

To get a better understanding of this association, the researchers analyzed the data of 289,573 Chinese women who were part of the China Kadoorie Biobank study. All women were free of cardiovascular disease at study baseline, and almost all of them had children.

The team found that, overall, women who had breast-fed their children were at 9 percent lower risk of heart disease and 8 percent lower risk of stroke, compared with women who had never breast-fed.

Looking at the results by breast-feeding duration, the study revealed that women who had breast-fed their children for 2 years or longer were 18 percent less likely to develop heart disease and 17 percent less likely to have a stroke, compared with non-breast-feeding mothers. For every 6 additional months of breast-feeding, the risks of heart disease and stroke were reduced by 4 percent and 3 percent, respectively.

The researchers are unable to pinpoint the precise mechanisms behind their findings, but they speculate that the lower risk of heart disease and stroke among breast-feeding mothers may be down to a metabolism "reset" after pregnancy.

"Pregnancy changes a woman's metabolism dramatically as she stores fat to provide the energy necessary for her baby's growth and for breast-feeding once the baby is born. Breast-feeding could eliminate the stored fat faster and more completely," explains Dr. Peters.

"The findings should encourage more widespread breast-feeding for the benefit of the mother as well as the child."

- Senior author **Zhengming Chen**,
University of Oxford

Latest at AKGsOVIHAMS

- Another proud moment for AKGsOVIHAMS, as the Fouderd-Director, **Prof. Dr. A. K. Gupta** has been invited as an **expert** to share his marvellous results and experiences in treating vitiligo. The event is being organized by a leading Homoeopathic journal – **Homoeo Times** to observe the **World Vitiligo Day** on **25th June 2017** in **Chennai**.
- Subscribe all our Newsletters for free on www.ovihams.com

LAUGHTER IS THE BEST MEDICINE



Doctor tells to patient:

- I have some bad news and worse news.

Patient:

- What is it, doctor?

Doctor:

- The laboratory test results show that you have only 24 hours to live.

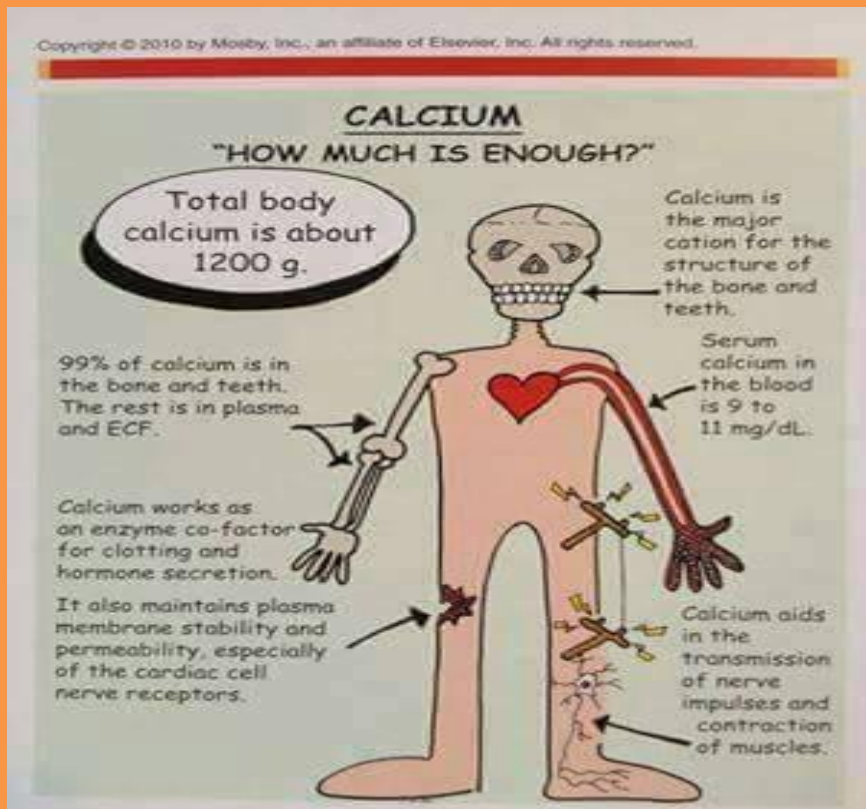
Patient:

- Oh my God!

Doctor:

- The worse news is that I was tried telling this to you yesterday but your cell phone was unreachable.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- I am a 15yrs old girl. I had a tick of moving my shoulders to and fro. Tick is a kind of repeated action done non-stop and often unknowingly. It all started a year ago when I started suffering from acute back pain and would tick my shoulders to ease the pain. This habit of ticks got to me and i was suffering ever since. Due to this habit, I wasn't able to play basketball and any other sport comfortably as the pain would arise and also the need to constantly keep ticking. I soon started getting irritated of this and complained about it to my parents. We tried several medicines and treatments but none showed any results. Then finally, i visited Dr.A.K.Gupta. He helped me throughout and gave me the homeopathic medication which started showing results in a couple of months. I was soon free of the habit of ticking and resumed my active and healthy life. All thanks to Dr.A.K.Gupta for his constant guidance and support that today my life is back to normal and i have left the habit of ticking far behind me. Homoeopathy is a MIRACLE!

▪ *NANDINI SHARMA, New Delhi*



CYST

ALOPECIA AREATA

DERMATITIS



Rais Ansari from Afghanistan asks – *Is there any medicine in Homoeopathy to cure Molluscum Contagiosum and Genital warts?*

Dr. Sanket Gupta says – Molluscum contagiosum is viral in origin whereas Genital warts are considered to be sycotic in origin according to the Homoeopathic philosophy. Both the diseases have wonderful cure in Homoeopathy. Molluscum contagiosum usually takes about 2 months to be cured while Genital warts can vary from 2 weeks to 6 months in getting cured.

NOTE - This segment has been created to answer all your queries related to Health, Mind (Psychology) and Homoeopathy. We invite you to ask our doctors and experts any questions and we would try to respond to the questions with the best of our knowledge. You may send in your queries at drsanketgupta@gmail.com and we would include as much questions as possible in this section.

AKGsOVIHAMS HOMOEOPATHIC CLINICS

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

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