

July 2017 Issue - XLVI



MONTHLY NEWS LETTER



Prof. Dr. A. K. Gupta, Founder-Director AKGsOVIHAMS, presenting his paper on Vitiligo in the Workshop on the occasion of World Vitiligo Day as the Penalist Speaker in the event organized by a leading Homoeopathic journal – HomoeoTimes in Chennai on 25th June 2017

To know more about the event, visit - <http://ovihams.com/world-vitiligo-day-workshop-on-homeopathy-in-vitilgo/world-vitiligo-day-workshop-on-homeopathy-in-vitilgo.html>

The topic discussed in this issue is **Pancreatitis**. It is a very critical clinical condition which may even require hospitalization number of times. But Homoeopathy can prevent that well. Let's find out how.

Our Clinical Psychologist **Kaartik Gupta** will continue with the treatment and management of **Trichotillomania** in the section Mind the MIND.



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

PANCREATITIS

INTRODUCTION

- Pancreatitis is a disease in which the pancreas becomes inflamed.
- There are two forms of pancreatitis: acute and chronic.

ETIOLOGY / CAUSES

- Pancreatic damage happens when the digestive enzymes are activated before they are released into the small intestine and begin attacking the pancreas.
- Acute pancreatitis is a sudden inflammation that lasts for a short time caused by gallstones or heavy alcohol use. Other causes include medications, infections, trauma, metabolic disorders, and surgery.
- Chronic pancreatitis is long-lasting inflammation of the pancreas. It most often happens after an episode of acute pancreatitis. Heavy alcohol drinking is another big cause. Other causes include gallstones, hereditary disorders of the pancreas, cystic fibrosis, high triglycerides, and certain medicines.
- In up to 15% of people with acute pancreatitis, the cause is unknown.

SIGNS & SYMPTOMS

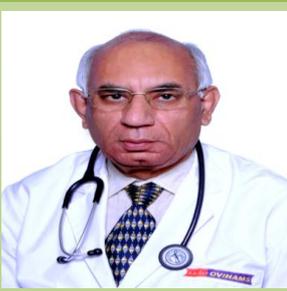
- Upper abdominal pain that radiates into the back; it may be aggravated by eating, especially foods high in fat
- Swollen and tender abdomen
- Nausea and vomiting
- Fever
- Increased heart rate
- Weight loss caused by poor absorption (malabsorption) of food
- Diabetes may develop if the insulin-producing cells of the pancreas are damaged

WHAT YOU CAN DO

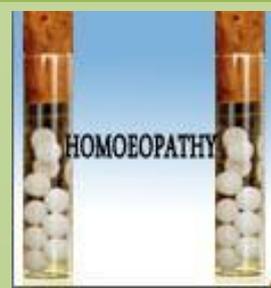
- Avoid fried and fatty food
- Stop drinking alcohol
- Do regular exercises
- Drink plenty of water
- Avoid overuse of medications

INVESTIGATIONS

- Pancreatic function test
- Glucose tolerance test
- Ultrasound, CT scan and MRI of the abdomen
- ERCP to look at the pancreatic and bile ducts using X-rays
- Biopsy
- Urine and Stool Analysis



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ROLE of HOMOEOPATHY in TREATMENT & MANAGEMENT of PANCREATITIS

The pancreas is a large gland behind the stomach and next to the small intestine. The pancreas does two main things:

- (a) It releases powerful digestive enzymes into the small intestine to aid the digestion of food.
- (b) It releases the hormones insulin and glucagon into the bloodstream. These hormones help the body control how it uses food for energy.

When a gland of such paramount functionality and importance gets damaged in any form, it is bound to create havoc in the rest of the body. A person suffering from Pancreatitis is not only in danger pertaining to the gland itself, but also is in danger of damaging lot many organs and functionalities of the body which may eventually prove fatal. Pancreatitis if ignored or left untreated can lead to serious complications like Peritonitis, Kidney failure, Pancreatic cyst, Pancreatic cancer, etc.

Usually an episode of Acute Pancreatitis is a case of medical emergency due to the sheer nature and severity of pain. Even strong painkillers given in the form of injections may fail to bring any amount of relief to the ailing patient. Surgery remains the only option in such cases at times.

Homoeopathy though has lot many times prove to be beneficial to the patients of Pancreatitis. If the treatment is started at the initial stages of the disease, then Homoeopathy is extremely effective. Especially if a case of Chronic Pancreatitis comes to us for treatment, we make sure after taking all the causative factors into account in the particular case, that the acute stage is avoided and prevented from happening at all.

Even for the severe pain of Acute Pancreatitis we have certain very good medicines in Homoeopathy like *Colocynth*, *Magnesia Phos.*, *Plumbum Met.*, *Belladonna*, etc. eventually if surgery is required, then also Homoeopathic medicines can aid the patient by managing the pains well before the surgery is carried out. The most important part of treatment is doing the dos well and not doing the don'ts at all!

MARVEL OF HOMOEOPATHY

Dr. Sanket Gupta once got a call from a foreign nationality lady staying in the Radisson Hotel in the Mahipalpur area. The lady was crying over phone and pleading for help for her 62 year old mother who was howling with agonizing pain. Within half an hour a car came to pick Dr. Gupta from our clinic in Satya Niketan, Moti Bagh. He was welcomed by the New Zealand native lady who called the doctor to immediately visit and see her mother.

On the way to the hotel room the lady briefed the doctor about the situation. Ms. S. J. had eaten some chicken the previous night with intake of about 90 to 120 ml of whisky. She started having some acidity at night for which she took an antacid and went to sleep. In the middle of the night she woke up suddenly and vomited out a bit and since about 3am she had not been able to sleep. She vomited a lot whole night and early morning and there was no defecation though she was trying hard to poop. By about 10 am she started experiencing pain in the right side of her abdomen. By noon the pain had become excruciating at this is when the daughter decided to call the nearest Homoeopathic Doctor and that's how she found Dr. Sanket Gupta.

On reaching the room, poor lady was lying on the floor holding her abdomen very tightly and crying with pain. On enquiring it was learnt that she used to get pains back in New Zealand also at times which she would manage on her own by taking a pain killer from the nearest medical store. She was staying all alone in her house in New Zealand and never really bothered much about the on and off abdominal pains. But this was by far the worst ever episode of pain she had ever had in her life!

The mother and daughter duo had to catch a flight next morning back to New Zealand so it was a really grave situation. Dr. Sanket examined the lady thoroughly and he was clear that it was an attack of Pancreatitis. He went back to his clinic with the daughter and prepared the medicines to be given immediately to the old Homoeopathic follower. He asked the daughter to immediately give the medicines and take her mother to the nearest imaging centre to get an Ultrasound of the whole abdomen. The daughter went back and kept giving the Homoeopathic medicines as per the directives of Dr. Sanket Gupta. Within 30 to 45 minutes the pain had reduced by 40 to 50% which made it a bit easier for the 62 yr old to get an Ultrasound done.

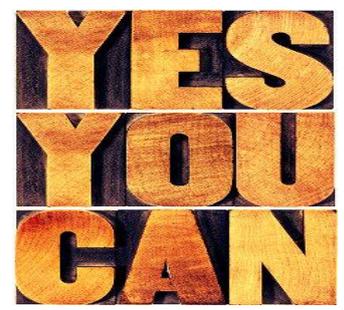
The USG report showed multiple Gall stones and a stone stuck in the pancreatic duct and common bile duct. This was the reason of that severe pain. This now was a clear cut surgical case. Dr. Gupta gave some more medicines to the lady later in the evening so that she doesn't suffer from any pain till she lands in New Zealand and gets herself operated upon. A week later he again got a call from the daughter of Mrs. S. J. who thanked the doctor for timely Homoeopathic intervention and diagnosis of her mother's condition. She had been operated earlier in that morning.

This is how Homoeopathy can help in tackling emergencies as well.

This is the Marvel of Homoeopathy



MIND the MIND



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

TREATING TRICHOTILLOMANIA

In the last issue, we discussed about trichotillomania, its signs and symptoms, its causes, and the epidemiology of this illness. In this issue, we look at the various treatment options available for trichotillomania.

- **Psychotherapy** – It is a talking therapy used to treat emotional problems and mental health conditions. A combination of various therapies like – Habit Reversal Training, Cognitive-Behavioural Therapy and Supportive Therapy have been found to have the strongest evidence in the treatment of trichotillomania. It comprises of educating the client about the condition, enhancing their awareness about the occurrence of the urges, identifying the triggers of hair-pulling, and teaching them responses incompatible to pulling, like fist clenching in response to the pulling urges. Targeting the faulty patterns of thinking and replacing them with more healthy and appropriate ways of thinking. In addition, providing emotional support to the patient for effectively dealing with the feelings of guilt, shame and embarrassment.
- **Enhancing problem solving abilities** - Developing better coping mechanism, targeting the faulty self-perception, and subsequently enhancing their self-confidence are also taken up and addressed in the therapy. Apart from this, family counselling is also done as the condition can affect other members of the family, influence their family dynamics and communication with each other. Acceptance and Commitment Therapy can also be used to help the patient accept the hair-pulling urges as harmless thoughts while not acting upon them.
- **Relaxation training** – Various forms of relaxation techniques can be taught to the patient with trichotillomania in order to help them feel calm and relaxed in general, and specifically during strong urges to pull one's hair.
- **Pharmacotherapy** – Psychiatrists generally prescribe a combination of Selective Serotonin Reuptake Inhibitors (SSRIs), anti-depressants, anti-anxiety medicines and in some cases mild anti-psychotics also to treat this condition. These medicines act on the neurotransmitters in our brain in order to restore the “normal” functioning and stabilise the chemical imbalance which is believed to be one of the reasons for conditions like these.
- **Homoeopathic** – there are many good medicines to treat the condition of Trichotillomania like Silicea, Stramonium, Belladonna, Chamomilla, etc. These medicines act directly on the Central Nervous System and control the impulses of pulling out the hair.
- **Support groups** – Support groups provide an opportunity to interact with people suffering with similar problems. The biggest relief is the realisation that they are not the only one's going through this. In addition, sharing one's experience and learning from the ways in which others coped with trichotillomania gives lot of encouragement and hope for recovering from this condition.

Trichotillomania can be a disabling condition as it significantly affects the personal, social and occupational functioning of an individual if left untreated. As it can be inferred from above, it is a treatable condition and the functioning of the patient can be restored or even made better as he/she would learn a lot even from this experience. So, if you or any of your loved one seem to having this condition it is advised that you seek help at the earliest as that is the first step in any form of recovery. Having said that, I believe the most important thing for any person with trichotillomania is to accept it as a condition that they have. It is not who you are, it is just a condition that you have; there's much more to you than just the hair-pulling part. There is no need for you to feel ashamed or embarrassed due to this condition as you did not choose it. But do choose to love yourself unconditionally for what you are – a unique and special human being!

‘Love yourself instead of abusing yourself’

- Karolina Kurkova



Poor Sleep Tied to Alzheimer-Related Pathology

Self-reported poor sleep was associated with a greater presence of several cerebrospinal fluid (CSF) biomarkers of Alzheimer's disease, according to a cross-sectional study.

Disrupted sleep or lack of sleep has previously been linked to a greater risk for brain amyloid plaque on PET imaging, but the study is among the first to show an association between poor sleep and amyloid and other biological markers for Alzheimer's disease in the spinal fluid, wrote **Barbara Bendlin, PhD, of the University of Wisconsin-Madison, and colleagues.** In the study of cognitively normal adults in late-middle age at risk for dementia, self-reported worse sleep quality, daytime sleepiness, and sleep problems were all associated with greater Alzheimer's disease (AD) pathology on CSF analysis, they wrote in *Neurology*. They noted that there is evidence of bidirectional relationships between sleep and amyloid, which could not be disentangled in their cross-sectional study.

"Studies in mice have shown that the effects of sleep on Alzheimer's pathology and vice versa (pathological changes on sleep), really do go in both directions, and that's very likely the case in humans as well."

The study of sleep quality and CSF Alzheimer's disease biomarkers included 101 participants in the Wisconsin Registry for Alzheimer's Prevention (WRAP) trial who were cognitively normal, but had an elevated risk for AD (73.3% due to family history and 29.7% due to APOE epsilon 4+). The mean age of the participants included in the analysis was 62.9 and 65% were female.

All participants completed sleep assessments and CSF collection. Sleep quality was measured using the Medical Outcomes Study Sleep Scale (MOS) and the Epworth Sleepiness Scale (ESS).

"Further studies with more robust sleep measures and - as the authors suggest - objective sleep-wake measures and longitudinal designs are needed to confirm these findings and clarify the directivity between sleep disturbances and AD neurodegenerative processes," they wrote.

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LAUGHTER IS THE BEST MEDICINE



A man suffered a serious heart attack and consequently had a quadruple heart bypass surgery. He woke up to find that he was in the care of nuns at a catholic hospital. When he had recovered sufficiently a nun began to ask him questions as to how he was going to pay for the treatment he has had.

The nun asked..."Do you have health insurance?"

The patient replied in a rapsy voice...."No health insurance.."

The nun asked"Do you have money in the bank?"

The patient replied..."No money in the bank."

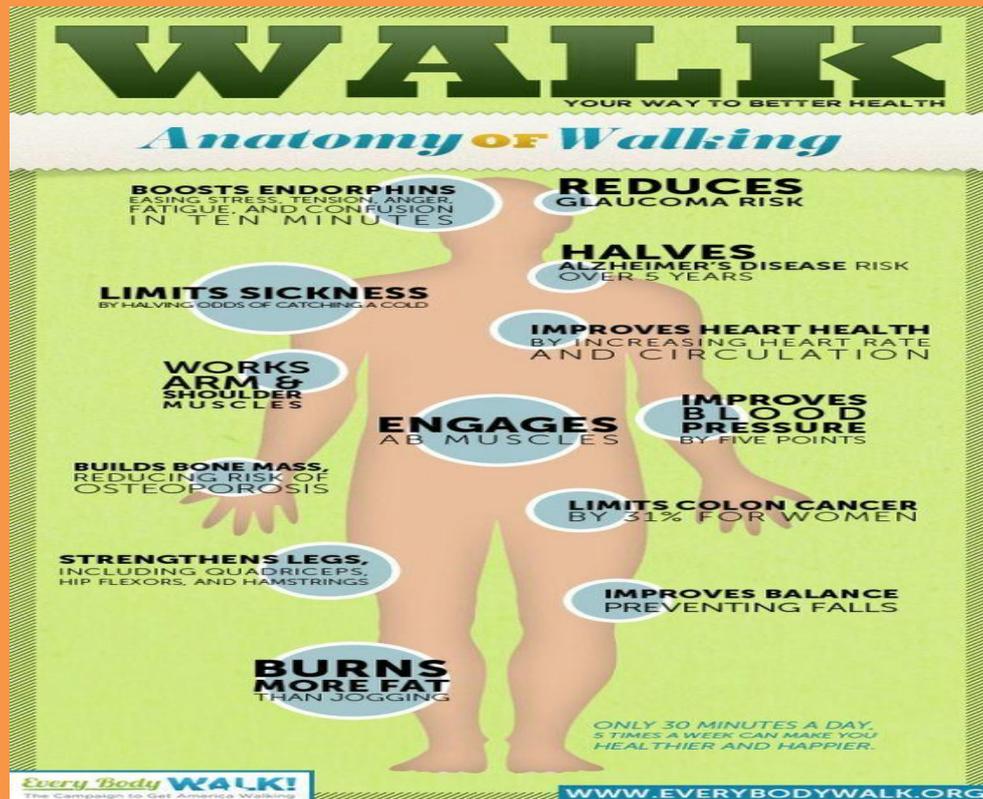
Somewhat impatient the nun asked..."Do you have a relative who will be willing to help you settle the account for your treatment?"

The patient replied..."I only have a spinster sister who is a nun."

The nun became agitated and announced loudly.."Nuns are not spinsters! They are married to God."

The patient retorted.." Then send the bill to my brother in law."

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

Dear Dr. A. K. Gupta,

It imparts me blissful sense in turning over my feelings of admiration towards the affable attitude and benevolent kindness, rendered by you. The professional proficiency of paramount nature gelled with a munificent stance makes you a pinnacle of your specialty and as a human being.

No amount of appreciation can really reflect my venerated regards for you as an exemplifying doctor, as you provided keen ears to comprehend the nature of my illness and endowed me with the most excellent treatment modality.

I genuinely reckon your merciful authority, as a paradigm of your specialty and in sheer positivism. I firmly hope that the superfluous sympathy flaunted by you will keep on flowering in future as well.

Wishing your authority highest echelons of accomplishments and feats

With unfathomable and most revered regards

Dr. Anil Khetarpal

Laprosopic & Endovirological Surgeon

KHETARPAL HOSPITAL, New Delhi



HYPOPIGMENTATION



CORN



IMPETIGO



Mrs. S. Bansal from New Delhi asks – *Can the sweet Homoeopathic pills be given to diabetic patients?*

Prof. Dr. A. K. Gupta says – Homoeopathic pills are made from sugar of milk which is actually extremely low in glycaemic index. The amount of glucose is as minimal as it can be in any other substance. In fact, we treat diabetes itself with these medicines itself and it is absolutely safe to be taken. There are other options also like administering the medicine in the liquid form to those diabetic patients who are sceptical about the usage of these pills. The good thing is that there is no change in the efficacy of the Homoeopathic medicine given in either of these forms to the diabetic patient.

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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