

Jan. 2017 Issue - LII



MONTHLY NEWS LETTER



AKGsOVIHAMS wishes you and your Family a very Happy, Healthy and Prosperous New Year



A **Free Camp on Diabetes Mellitus** was held at our **Pitampura branch** this **Saturday on 13th January, 2018** as the first camp of a series of Free Monthly Health Camps on every 2nd Saturday at AKGsOVIHAMS. Patients availed **Free Homoeopathic Consultation and treatment** and **Free Blood Sugar investigations** were also done along with other Blood tests and lab investigations at 30% discounted price.

This issue discusses about **Female Infertility**. There are lot of factors that can cause infertility in women. Homoeopathy has got a wonderful role to play in this condition. Read further to know more about this.

Kaartik Gupta, Clinical Psychologist talks about a very important aspect of Psychological interventions, i.e., **'Psychological Assessment'** in the section Mind the MIND. A must read !!!



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

FEMALE INFERTILITY

INTRODUCTION

- Infertility is defined as trying to get pregnant (with frequent intercourse) for at least a year with no success.
- Infertility results from female factors about one-third of the time.

ETIOLOGY / CAUSES

- Ovulation disorders like – Poly Cystic Ovarian Disease (PCOD), Hypothalamic dysfunction (FSH and LH Hormones Imbalance), Premature ovarian failure, Too much Prolactin hormone
- Damage to fallopian tubes due to - Pelvic inflammatory disease, surgery for ectopic pregnancy, Pelvic tuberculosis
- Endometriosis can cause damage to the sperm or the egg or an earlier endometriosis surgery can cause scarring of the Fallopian tube
- Uterine or Cervical causes like - Benign polyps or tumours (fibroids or myomas), uterine abnormalities present from birth, cervical stenosis (a narrowing of the cervix), and sometimes the cervix can't produce the best type of mucus to allow the sperm to travel through the cervix into the uterus.
- Risk factors like Late age, Smoking, Obesity, H/O STDs, Alcohol abuse

SIGNS & SYMPTOMS

- The main symptom of infertility is the inability to get pregnant.
- A menstrual cycle that's too long (35 days or more), too short (less than 21 days), irregular or absent can mean that the female is not ovulating.
- There may be no other outward signs or symptoms.

WHAT YOU CAN DO

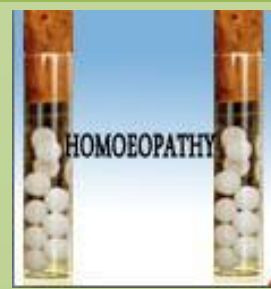
- Maintain a normal weight
- Quit smoking and avoid passive smoking as well
- Avoid alcohol
- Reduce stress
- Limit caffeine intake
- Do regular walking and physical exercises
- Avoid sweets and chocolates as well
- Maintain a healthy inter-personal relationship with your partner

INVESTIGATIONS

- Hysterosalpingography & Laproscopy
- Complete Hormonal Assay
- Ovarian reserve testing to determine the quality and quantity of eggs available for ovulation
- Complete Thyroid Profile
- Genetic Testing



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS EVERY FEMALE'S BEST FRIEND

A baby is not just an addition as another member in the family, but is a reason for so much joy and happiness that the entire environment of the house takes a positive upliftment. It is said that a woman is incomplete until she becomes a mother. The sheer emotion and pain of not being able to conceive can be extremely detrimental to a couple and especially the wife. Fortunately we with Homoeopathy have been able to eradicate such pain of many females at our AKGsOVIHAMS Clinics.

The non-invasive Homoeopathic treatment for Infertility depends on the causative factors.

It can be divided into 2 categories:-

1. Primary Infertility – This category includes majorly genetic and congenital factors that can cause infertility in a female. In such cases at times surgical intervention may be required. Also, there are times when no particular reason can be ascertained and still a female is unable to conceive. That is called unexplained infertility and this also falls under this category. It has been seen over the years, that with constitutional correction and revitalisation of a female with Homoeopathic treatment, which has been able to help such couples conceive miraculously.
2. Secondary Infertility – This category includes all the pathological causes that can cause infertility. Conditions like PCOD, Uterine Fibroids, Thyroid Disorders, Tuberculosis, Hormonal Imbalances, Metabolic syndrome; Diabetes Mellitus, etc. can cause infertility in a female. Once a female is treated based on the pathological factor causing the infertility, then success is eventually achieved. Homoeopathy is extremely efficacious in treating almost all such conditions with the basis being Miasmatic and deep acting constitutional homoeopathic treatment. Along with the medication, patients must also follow the instructions of the treating doctor pertaining to the dos and don'ts of the condition to achieve desirable results.

Diseases like PCOD and Uterine Fibroid are the most common causative factor for infertility in females. At AKGsOVIHAMS we have been able to cure innumerable cases of PCOD and Uterine fibroids with Homoeopathy.

Homoeopathy has been found to be the most effective and best mode of treatment for Infertility and has been the first choice for many couples even ahead of the modern fertility methods which are largely invasive in nature. Most of the females find Homeopathy as their best friend for being very effective, easy to take and that too without any adverse effects.

MARVEL OF HOMOEOPATHY

Mrs. P.B, 36yrs old female came to see Dr. Sanket Gupta at our Satya Niketan Clinic in Oct. 2013. She was referred by one her friends who had earlier been cured at AKGsOVIHAMS by the doctor. She had been married to her husband for almost 3 years and despite trying they were not able to conceive. All the relevant investigations were done for both husband and wife but nothing conclusive came out of the reports. She did not want to go in for any invasive procedures to conceive and wanted to try something more natural and gentle. This is when she was advised by her friend to try Homoeopathy as it could do wonders as it had done for herself.

After taking the entire case history Dr. Sanket realised that the couple had some issues with each other in their own heads but were not willing to communicate about that to each other fearing it would hurt the other person. Especially the lady had lot of stress and adjustment issues with her husband. But she had throughout refrained to talk to him about all that fearing that she might end up hurting her husband's ego. On further interrogation in following visits, the wife told the Doctor that she had conceived once in the very beginning of their marital life but then soon she got a miscarriage within a month. She was so terrified back then that she never told her husband about this as she thought he would feel really bad and disappointed. She herself though felt guilty at that time that her body could not cope with an early pregnancy. And after that all these years she never conceived despite trying hard.

Psychological pressures and stress especially in a female can cause unexplained infertility at times. Marital harmony and psychological well-being of both husband and wife was the need in this case as well. Gauging the whole scenario, Dr. Gupta treated Mrs. P. B. with her constitutional medicine and also counselled her on every follow-up to be more open and communicative with her husband. Gradually with the medicines and the doctor's advice, she started becoming more comfortable with her husband emotionally. The Doctor also advised the husband on how sometimes a small thing for him could be a really big issue for his wife. The counselling sessions for both the partners seemed to be helping gradually and they actually started looking happier.

In the end of February 2014, the Austrian couple came with a huge gift and a bottle of champagne for the doctor. The lady had finally conceived after almost 4 years of marriage!! The couple were absolutely delighted and had even got an Ultrasound done on Dr. Sanket's insistence to confirm the pregnancy. The report showed that Mrs.P.B was 5 weeks pregnant! ☺

Because of the earlier episode, obviously the lady was really anxious and worried this time. The Doctor assured her and kept giving her tiny and minute doses throughout the 9 months so that the now 37 yrs. old woman has an uneventful pregnancy. For all small issues like a backache, morning nausea, cold and cough etc., she took only homoeopathic medication.

And in Nov. 2014 she gave birth to a beautiful little daughter who is now a wonderful 3yrs old girl! ☺



MIND the MIND



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

PSYCHOLOGICAL ASSESSMENT

Psychological testing might sound intimidating, but it's designed to help you. In many ways, psychological testing and assessment are similar to medical tests. For physical symptoms, a physician might order X-ray or blood test to understand what's causing those symptoms. The results of the test will help develop a treatment plan. Psychological evaluations serve the same purpose. Psychologists use tests and other assessment tools to measure and observe a patient's behaviour to arrive at a diagnosis and guide treatment. What makes them different and challenging is that physical symptoms and their causes can be seen by the others, whereas psychological entities like intelligence and personality are not something tangible and thus cannot be seen. They are mostly paper-pencil tests and do not require use of any machines. That is why psychological tests are administered and interpreted only by trained psychologists, mostly Clinical Psychologists.

Purpose of Psychological Tests

Psychological tests are administered for a variety of reasons depending on the setting in which they are used. Some of these purposes are:-

- For arriving at a diagnosis
- For analysing the personality dynamics of an individual which helps in understanding and predicting their behaviour pattern
- For assessing the severity of a disorder
- For assessing neuropsychological conditions like Dementia, Traumatic Brain Injury, etc.
- For recruitment purposes in corporate and defence services.

Types of Psychological Tests

- **Intelligence Tests**: Administered mostly among children and adolescents for gauging their Intelligence Quotient (IQ). Intelligence tests for adults are also available.
- **Personality Tests**: Personality refers to one's usual way of thinking, feeling and behaving across settings and situations, which develops based on one's temperament, past experiences, upbringing, and way of interpreting things.
- **Aptitude and Interest Inventory**: These inventories help in determining the interest area of the participant and also whether he/she has an aptitude for that particular field.
- **Neuropsychological Tests/Battery**: A Battery is a collection of tests which are administered together for finding out the structural and functional abnormalities of the brain due to stroke, injury, aging or infection.

Every individual is different and unique, and these psychological tests help in devising individualised treatment plan best suited for the welfare of the patient. They form an integral part of the psychological interventions.



ADHD: Could maternal depression be the cause?

A group of researchers recently investigated the role of depression during pregnancy in ADHD risk.

However, the authors of the current study believe that this lack of clarity might be due to methodological flaws. Such flaws include the fact that earlier studies only quantified depression at one or two points in time during pregnancy, rather than throughout. Also, the effects of depression after pregnancy were not taken into account.

The team designed a study to reopen the question and address the issues outlined above. So, in this experiment, depressive symptoms were measured biweekly from 12 weeks pregnant until delivery. Children were followed until the age of 3–6. At this point, the scientists registered details about the mother's depressive symptoms following pregnancy. Data regarding pre-pregnancy obesity, hypertension disorders during pregnancy, and gestational diabetes were also collated.

In all, 1,779 Finnish mothers and their one child, born 2006–2010, were included in the study. Their assessment began at the 12th week of gestation, and the final assessment took place when the child was an average of 3.8 years old. The researchers' findings were recently published in the journal *PLOS One*.

Following analysis, **ADHD was more commonly found in the offspring of depressed mothers, and their symptoms were significantly worse.**

If the mother experienced depressive symptoms after birth, this added to the effects of depressive symptoms during pregnancy: there was a further increased risk of ADHD and more pronounced symptoms.

Contrary to expectations, maternal obesity and pregnancy disorders — such as maternal diabetes — did not influence ADHD outcomes in the offspring.

Latest at AKGSOVIHAMS

- A **Free Camp on Hypertension (or High Blood Pressure)** will be held at our Pitampura branch on **Saturday, 10th February, 2018** as part of a series of Free Monthly Health Camps on every 2nd Saturday. The camp will be held from **9am – 1pm**. Patients can avail **Free Homoeopathic Consultation and treatment** as part of this camp. **30% discount** would be provided on **all blood tests** as well. For complete treatment Camp Patients can also avail follow-up in the **Om-Vidya Charitable Homoeopathic OPD** which is functional every day from 9am – 11am, except Sunday. **For registration, contact on – 011-40392959, 9873565050.**
- These camps will be held on the **2nd Saturday of every month** and will cover **various diseases** for the welfare of the general population.
- You can view all our previous newsletter and also subscribe for it by visiting www.oviham.com



Need help?
AskUs!

Mrs. Singh from Delhi asks – *My 12yr old son is unable to concentrate in studies. Forgets what he had studied. I am really worried about his future. What should I do?*

Cl. Psych. Kaartik Gupta replies – Forgetfulness can be due to several reasons like inattention, lack of clarity of concepts, being mentally preoccupied with other things, etc. It can also be due to inefficient study habits. Thus, identifying the reason is very important.

You can talk to him about this showing your concern for him, suggest other effective study techniques, or consult a psychologist who is trained to both identify and provide intervention for helping the child function well.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

My father was suffering from Aplastic Anaemia which had been diagnosed by AIIMS in the month of August-2006. Due to that problem his Haemoglobin (Hb) & Platelets counts reduced very quickly & he was also feeling very weak etc. But with the god grace someone directed me to meet Dr.A.K.Gupta for Homoeopathy as he is an expert in difficult cases like these. Accordingly I along with my father visited in his clinic & after treatment of almost 5 months the following reports came:

A) His Hb maintained at least 35-40 days & frequent transfusions of blood stopped.

B) Platelets came to 72000 from 13000 which have maintained and there was no bleeding from the body.

Note: Doctor has also suggested taking leaf of papaya & maximum green vegetables also.

We really thankful to God & Dr.A.K.Gupta for taking care of my father and getting him rid of the miseries of Blood transfusions.

- *Jasmeet Singh, New Delhi*



WART

PSORIASIS

HYPERPIGMENTATION

AKGsOVIHAMS Medical Centre has been a pioneer over the years in treating difficult and incurable conditions with a good success rate and we are continuously engaged and striving in our endeavour with Homoeopathic Clinical research to combat the dreadful -

- **Motor Neuron Diseases (MND)**
- **Epidermolysis Bullosa (E.B.)**
- **Behcet's Disease (BD)**



AKGsOVIHAMS MEDICAL CENTRE

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

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 <https://www.youtube.com/channel/UCcTjXDusTTVhI852JPOAFrg>