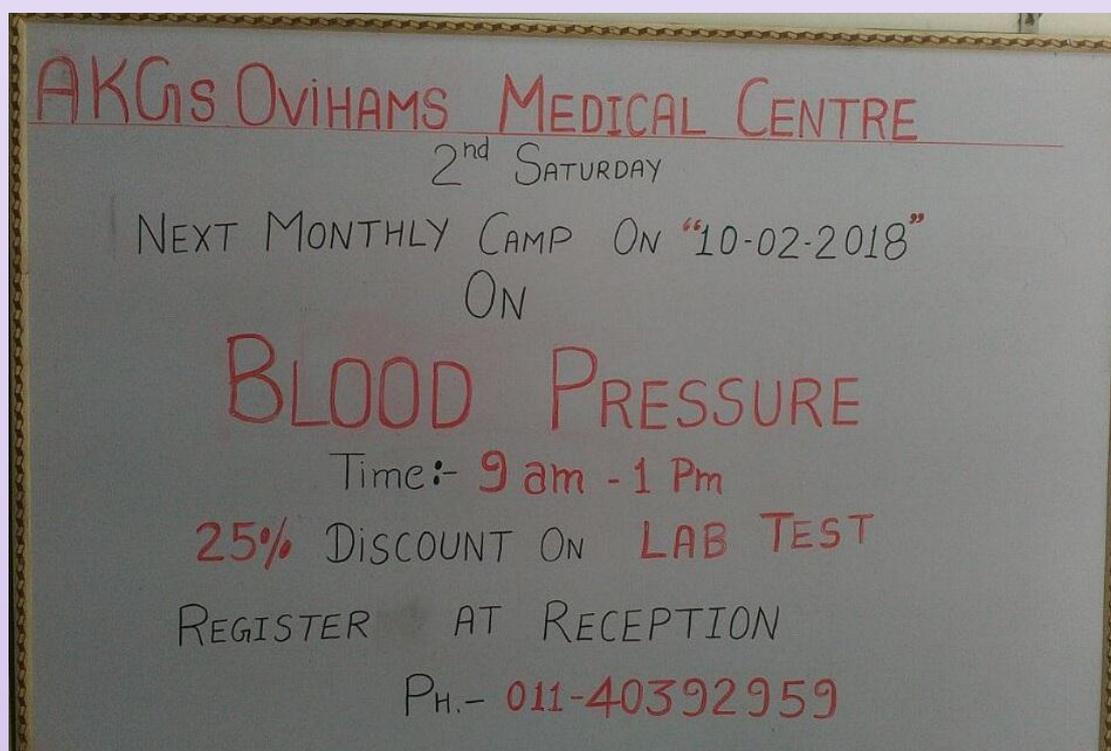


Feb. 2018 Issue - LIII



MONTHLY NEWS LETTER



A **Free Camp on Hypertension** is being held at our **Pitampura branch** this **Saturday on 10th February, 2018** as the second of the series of Free Monthly Health Camps on every 2nd Saturday at AKGsOVIHAMS. Patients can avail **Free Homoeopathic Consultation and treatment and 25% discount on all investigations.**

This issue discusses about **Behcet's Disease** (or The Silk Road Disease). It is an auto-immune disease considered incurable in the Modern medicine. Homoeopathy has been found to be really efficacious in treating this dreadful disease. Read on further to know more.

Kaartik Gupta, Clinical Psychologist discussed about how to tackle the **'Examinations Properly'** in the section Mind the MIND. As the Examination time is approaching.



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

BEHCET'S DISEASE

INTRODUCTION

- Rare immune-mediated small vessel systemic vasculitis that often presents with mucous membrane ulceration and ocular problems.
- Named in 1937 after the Turkish dermatologist Hulusi Behçet, who first described the triple-symptom complex of recurrent oral aphthous ulcers, genital ulcers, and uveitis.
- Considered more prevalent in the areas surrounding the old silk trading routes in the Middle East and in Central Asia. Thus, it is sometimes known as Silk Road Disease also.
- Can be fatal due to ruptured vascular aneurysms or severe neurological complications.

ETIOLOGY / CAUSES

- The cause is not well-defined, but it is primarily characterized by auto-inflammation of the blood vessels.
- There does seem to be a genetic component involved, as first degree relatives of the affected patients are often affected in more than the expected proportion for the general population. An association with the GIMAP ("GTPase of the immunity-associated protein") family of genes on the long arm of chromosome 7 (7q36.1) has been reported.
- Research suggests that previous infections may provoke the autoimmune responses present in Behçet's disease.

SIGNS & SYMPTOMS

- Painful oral muco-cutaneous ulcerations in the form of aphthae or non-scarring oral lesions and are usually relapsing in nature
- Painful genital ulcerations usually develop around the anus, vulva, or scrotum and cause scarring
- Inflammatory eye disease can develop early in the disease course and lead to permanent vision loss in 20% of cases.
- Abdominal pain, nausea, and diarrhoea with or without blood, abdominal tenderness, bloating, and generic abdominal discomfort.
- Can cause fatal inflammation of the lungs, heart, neurological system and musculo-skeleton system as well.

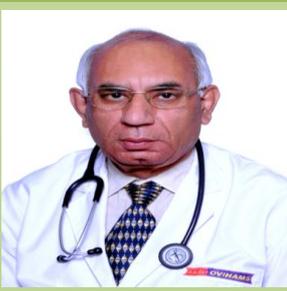
INVESTIGATIONS

For a patient to be diagnosed with Behçet's disease, the patient must have oral (aphthous) ulcers (any shape, size, or number at least 3 times in any 12 months period) along with 2 out of the following "hallmark" symptoms:

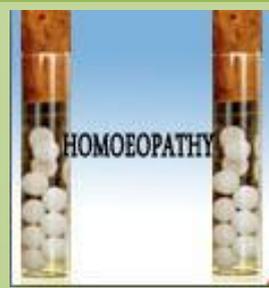
- Genital ulcers
- Skin lesions like papulo-pustules, folliculitis, erythema nodosum, acne
- Eye inflammation

WHAT YOU CAN DO

- Hot foods and liquids must be avoided
- Spicy food and drinks are never to be taken
- Must avoid falling sick as the immunity is already compromised. Patient must therefore be extra cautious in changing weather.



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY IS EFFICACIOUS IN TREATING BEHCET'S DISEASE

Imagine when one morning suddenly you are unable to see anything clearly with your eyes or a scenario when you are unable to just get up out of your bed in the morning even though you had no complaint the night before. Such is the life of an individual suffering from the Behcet's disease. The pain, the discomfort and constant agony of the patient is unexplainable. Almost every single part of the body becomes involved with acute and later chronic inflammations. The most common form of inflammations are of the skin (in form of ulcerations), eye (in form uveitis) and genital sores.

It is an auto-immune disease where body's own cells which were meant to protect the body become offensive. So the entire immune system of the patient takes a heavy beating. No particular reason can be pinpointed which can be believed to cause the auto-immunity of this devastating measures. Treatment options, hence for such diseases in modern medicine are extremely less and very invasive in nature with multiple side effects. Steroids are a must and patients are put on very heavy medications just to drag the patient as far as possible without much success.

In diseases like the Behcet's Disease, where there is multi-organ involvement and life is at risk, Homoeopathy can prove to be a source of hope and relief for sure. As Homoeopathy is an individual based science, so the kind of symptoms the patients present with, if a correct similar remedy is prescribed, then even the most dreadful diseases like the Behcet's disease can be taken care of very well, despite that it is considered incurable.

At AKGsOVIHAMS itself there have been brilliant success stories of this disease. Both Acute and chronic stages of this disease can be tackled well with Homoeopathy and the patient can lead a peaceful life.

- The positive results of Homoeopathy in tackling a disease like Behcet's syndrome needs to be shared and propelled for which I would be giving a presentation this year on the '*Efficacy of Homoeopathy in the Treatment of Behcet's Disease*' at the International podium of **LIGA** in Cape Town, **South Africa** in September month of this year.

MARVEL OF HOMOEOPATHY

In May 2016, Mr. John P. from California, USA, contacted Prof. Dr. A. K. Gupta through our website www.ovihams.com for the treatment of Behcet's Disease. He had seen about a case on the internet that had been treated with Homoeopathy by Dr. Gupta and hence he wanted to enquire if he could be helped as well. The 70yrs old man had been diagnosed with the Behcet' disease almost 40yrs ago. He wrote in his email that he suffered from a systemic, cyclical, reoccurring and rotating inflammation that goes from his eyes, sores in mouth and back, extreme fatigue and severe digestive disturbances. When one area would be inflamed, the other areas of the body would be somewhat normal. Along with these he also had high B.P and cardiac arrhythmias since 10yrs, joint pains for 10yrs, poor sleep for 15yrs, and tinnitus for 40yrs, poor balance for 20yrs, declining mental functioning for 10yrs, and an enlarged prostate for 10yrs.

As the patient was unable to come to India, so throughout all the consultation was done online and via video calling. His main trouble at that time was pertaining to the eyes and treatment was accordingly started. Within the first 6 weeks of treatment, Mr. John wrote in his email – *“The medication has been very beneficial and helped in two ways. First, it has greatly diminished the intensity and pain of the inflammatory reaction as it occurs and appears to suppress the symptoms. So the reaction has gone from an extreme inflammation of the blood vessels in the white of the eye, to more like just a somewhat superficial redness in the area that is not extremely painful. And, second, it has shortened the duration of the reaction cycle. That is, rather than taking a week to process the reaction cycle, it only takes two or three days. This results in a shortened period of inflammation in the eye.”*

The treatment was continued with addition to some medicines to boost his mental alertness as well. After 15 weeks of treatment Dr. Gupta received another email in which Mr. J.P said – *“The medications continue to be very beneficial and helped in three ways. First, it has diminished the intensity and pain of the inflammatory reaction as it occurs and appears to suppress the symptoms. Second, it has shortened the duration of the reaction cycle. That is, rather than taking a week, or longer, to process the reaction cycle (i.e., going from inflammation to normalcy), it only takes a number of days. Third, it appears that some overall healing is actually occurring slowly and steadily. I would also like to mention another benefit. That is, there still does not appear to be any negative side effects from taking the medications.”*

Seeing the wonderful progress in this case, medicines were continued with an addition this time for enlarged prostate as well. The inflammatory process, pain and discomfort and even the frequency and intensity of all complaints kept decreasing day by day. After a few months of treatment this was Mr. J.P's assessment – *“The severity (and pain) of the inflammation has been substantially reduced to where it is more of a milder irritation, rather than disabling. The term of the cycles has been shortened. Rather than taking weeks, it is now a number of days, which greatly reduces the period of discomfort. In addition to the above benefits, I feel it has also cured the symptoms, to some degree. That is, if I stopped taking the medication for a while, the original harsh inflammation reaction does not reoccur and instead the milder form of cyclical inflammation persists. My body appears to have actually overcome the reaction and healed somewhat. In an effort to continue to heal, I now take your medications when the inflammation starts to occur and stop it when the inflammation subsides, since it is not necessary and also give my body a chance to try and control the reaction on its own. This process is been very effective for me. Hopefully the reaction will just "fade away" over time.”*

Homoeopathy thus greatly helped Mr. John P. to fight against this dreadful disease and gave him a definite ray of hope of complete cure.

✚ Another case of Behcet's syndrome treated with Homoeopathy at AKGsOVIHAMS visit - <https://www.youtube.com/watch?v=CKdRXI920Jk>



MIND the MIND



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

TIPS FOR EXAMINATION BLUES!!!

It is this time of the year again when most of the students would be burning the night lamps to complete their course and prepare for the approaching examinations at different educational levels. Such a time can be stressful for both children and parents alike. Parents often find it hard to cope with the increased irritability, demotivation and disconnectedness in their children prior to and during exam time. Here are a few **TIPS** that may help **parents** deal with their child's anxieties during exams:

Remain Calm and Relax: The best way you can help your child is to remain calm yourself! It's very important not to transfer any additional anxiety onto your kids. This can happen unintentionally, especially if you've had mixed experience of exams yourself. Keep reminding yourself it's not about you.

Reinforce the positives: It is extremely important for parents to appreciate their children for every little success they achieve. Encourage them to look at failures as natural and opportunities to learn and grow. Praise your child's effort and perseverance, rather than focusing on results. Listen to them, give support and avoid comparing him/her to other kids. Encouraging messages, cards, or even tight hugs can be extremely motivational.

Strike a Balance: Encourage your child to take breaks while studying. Even during exams, sometime should be set aside for playing outside, listening to music or engaging in any other preferred activity of choice. Eating regular and nutritious meals and a good night's sleep is absolutely necessary.

Keep the environment friendly: Help your child prepare a schedule according to his own realistic standards and leave him to follow it in his own way. Assist them in arranging their tables and study material properly. A clutter free desk breeds healthy learning. The entire family should take care of minimizing noise and distractions during exam time.

Some **TIPS** for the **students** as well; as they are the ones who'll actually be facing the challenge:-

- Structure your day (plan out a routine). Ascertain if you are a day or a night person; best/ most comfortable time of the day for studying.
- Take short breaks (2-5 mins) every 35-40 mins and start with a quick revision of the previous session.
- Make notes or flashcards for yourself. Make *mnemonics* (like VIBGYOR for the seven colours of rainbow where each letter represents the subsequent colour starting with Violet and ending with Red as in the actual rainbow)
- Balanced diet, regular exercise, yoga and adequate sleep (at least 6 hrs)
- Reducing distractions to the minimal in the study environment, especially mobiles.
- Work on the table; use your bed only for sleeping and not for studying as the bed is associated with sleep and when you sit and study on the bed, it confuses the brain as whether to study or sleep. This in turn starts interfering with the normal sleep pattern also.
- Positive attitude and faith in your own abilities

And of course, there is no substitute to hard work. While you, as parents, may be willing to invest time, energy, and money to ensure your child does well in school, be mindful that your effort and expectations do not push your child over the edge. The happiness of your child is precious. A few years down the line, when you reminisce about their childhood, you will only remember their smiles and not their grades in their final examinations! So all the best to all the students. We hope our advice would serve you good!



Study shows why insulin secretion does not work properly in type 2 diabetic individuals

In a new study, researchers from the *universities of Uppsala and Lund* show why insulin secretion is not working properly in patients suffering from type-2 diabetes. The report is published in the journal *Cell Metabolism*.

Type 2 diabetes is a major public health issue with globally more than **400 million individuals affected**. Both lifestyle and hereditary components contribute to the disease. The main problem is insufficient secretion of the blood glucose-lowering hormone insulin, which is produced by β -cells within the pancreas and secreted into the bloodstream after a meal.

A team led by *Sebastian Barg at Uppsala University* has now discovered that this is due to a defect that slows down the traffic of insulin packages out of the β -cell. Insulin is released when small insulin-containing vesicles fuse with the cell membrane, which ejects the hormone into the bloodstream. For this to happen, each of the vesicles must first attach to the cell membrane and allow its secretion machinery to be assembled.

By comparing β -cells from healthy and type 2 diabetic individuals, the researchers found that the problem lies in the attachment of the insulin vesicles to the cell membrane. **In diabetic β -cells, arrival of new vesicles at the cell membrane is dramatically slowed, which is likely due to a reduction in several of the proteins responsible for their attachment at the cell membrane.** As a consequence, new insulin vesicles cannot assemble their secretion machinery and the amount of insulin that reaches the body is insufficient.

The hope is now that the report can guide the development of new treatments for type-2 diabetes.

Latest at AKG's OVIHAMS

- 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. **25% 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



Mr. Deepak from Delhi asks – *My cousin has a problem of recurrent kidney stones. Stones keep secreting and forming again and again. Is there any cure for this in Homoeopathy?*

Dr. Sanket Gupta replies – Homoeopathy has a wonderful treatment in kidney stones. It not only gets the patient rid of the present status of stones but also prevents the recurrence of kidney stones. Usually there is a genetic and hereditary factor as well where in members of the same family suffer from kidney stones. Medicine given on that account can prevent the occurrence in future generations as well.

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

AKGsOVIHAMS and Homoeopathy have completely changed my life. I got to know about AKGsOVIHAMS Clinic through my brothers and it's a long chain of references that finally brought me in contact of AKGsOVIHAMS and Dr. Sanket Gupta. When I first met him the physical condition I was in is was very severe. I had dozens of tests conducted, you name the test and I had got it done ranging from Bone T.B., typhoid, H.I.V., Cancer, Thyroid and the list is very long. Since adolescence I was anaemic. Then finally I met Dr. Sanket Gupta I told him about my condition which ranged from low grade fever, fatigue, very high eosinophil levels, and conversion disorder (where in you just collapse physically with no signs of illness), carpal tunnel syndrome on right wrist, sever dust allergy etc. Among the long list of allopathic doctors he was the first homeopathic doctor I was consulting. On the first consultation after all the discussion we had he just asked me to get a simple blood test to check the ferritin content in my blood. The reports were really shocking as it was 7.2 which have a range of (10 to 271). It was then detected what the real problem was. I had heard from people that homeopathic treatment works very slow and you have to take medicines for years. But believe me its only after taking medicines at AKGsOVIHAMS that this myth of mine got pleasantly completely shattered. As within a period of less than one month my condition improved drastically. And all my problems were getting cured within such a short period. I took regular medicine for less than 4 months and my physical and mental condition was back to normal. Still if I have any problem I don't take allopathic medicine I come to AKGsOVIHAMS and my trusted doctor ,Dr. Sanket Gupta who has cures for illness of all sorts. It's the miracle of AKGsOVIHAMS homeopathic treatment that I am fit, fine and healthy now.

- *Bandana Rawat, New Delhi*



VARICOSE ULCER

BEHCET'S UVEITIS

CELLULITIS

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>