

Feb. 2019 Issue - LXV

*Homoeo –Psycho Cure & Care with Wellness*

# MONTHLY NEWS LETTER



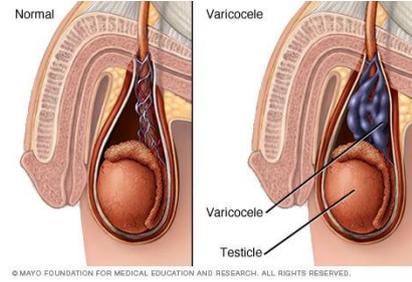
**Prof. Dr. A.K. Gupta**, Founder-Director of AKGsOVIHAMS was invited by Homoeopathic Doctor's Association, Faridabad on 3<sup>rd</sup> Feb. 2019 where he gave an enlightening presentation on **Homoeopathic Perspective in Motor Neuron Diseases (MND)** in Hotel Roland Inn, Faridabad. Watch the entire lecture here - <https://www.youtube.com/watch?v=Ch2g-bmqjXQ>

**Varicocele**, is often found in young males and is one of the leading causes of Male Impotency. It is being discussed in this issue how Homoeopathy has a wonderful role to play in its treatment.

**Kaartik Gupta**, Clinical Psychologist continues with the series on Personality Disorders and discusses about **Borderline Personality Disorder** in the section Mind the MIND.



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



# VARICOCELE

## INTRODUCTION

- Varicocele is when the veins in male scrotum swell and get enlarged. It's a lot like a varicose vein in the leg. It might feel like a bag of worms.
- About 10 to 15 of every 100 men have this problem.
- It is the leading cause of infertility in men.

## ETIOLOGY / CAUSES

- A spermatic cord holds up each testicle. The cords also contain the veins, arteries, and nerves that support these glands. In healthy veins inside the scrotum, one-way valves move the blood from the testicles to the scrotum, and then they send it back to the heart. Sometimes the blood doesn't move through the veins like it should and begins to pool in the vein, causing it to enlarge. A varicocele develops slowly over time.
- There are no established risk factors for developing a varicocele, and the exact cause is unclear.
- Excessive masturbation has been believed to be a causative factor though no proof has been found yet.
- A physical trauma or injury can also cause Varicocele

## SIGNS & SYMPTOMS

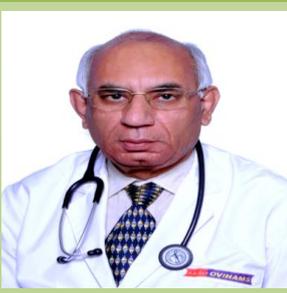
- a lump in one of the testicles
- swelling in the scrotum which subsides on lying down
- visibly enlarged or twisted veins in the scrotum, which are often described as looking like a bag of worms
- a dull, recurring pain in the scrotum
- infertility

## WHAT YOU CAN DO

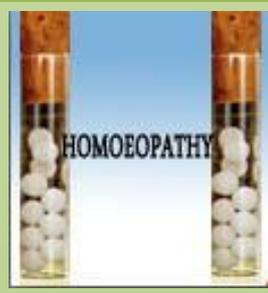
- Avoid lifting heavy weights
- Wearing tight undergarments might help at times
- Wear inguinal belts if swelling is apparent
- Avoid excessive masturbation

## INVESTIGATIONS

- Clinical examination
- Ultrasound of the Scrotum



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY CAN CURE VARICOCELE

Due to any unknown reason at times, the veins that supply the testicular area inside the spermatic cords engorge and enlarge causing disruption in blood supply to the male genitalia. This happens due to the failure of the valves inside these veins which leads to accumulation of venous blood making the veins to engorge almost 2 to 3 times of their natural size. As a result, there is definite hampering to the total sperm count leading to infertility in a male.

Depending upon the enlargement of the venous plexus, a varicocele may vary from Grade I up to Grade III. More the grading, more the severity and more the difficulty in producing a child. Varicocele up to Grade I is usually not felt by the patient himself and is an investigatory finding. This can be reduced by conservative treatment and taking necessary precautions. Wearing an inguinal belt is found to be quite helpful at this stage. But both Grade II and Grade III may require surgical intervention to remove the varicocele plexus. As at these stages conservative treatments don't really work that much. One major disadvantage of going for a surgery is that it has been seen that the varicocele appears back again pretty soon and the reproductive power of the person gets further hampered.

Homoeopathic medicines on the other hand have an extremely wonderful role to play in the treatment of Varicocele. There are different but very effective medicines available for various stages of Varicocele. It has been found that over a period of time, Homoeopathic medicines are able to reduce the tortuosity of the veins and the blood flow to the reproductive organs is restored. Surgery can definitely be avoided if Homoeopathy is the treatment of choice in most of the cases.

Some of the useful Homoeopathic medicines for the treatment of Varicocele are – *Lachesis*, *Rhododendron*, *Phosphorus*, *Apis Mel.*, *Lycopodium*, *Calcarea Fluor.*, *Arnica*, *Selenium*, *Hammemelis*, etc.

# MARVEL OF HOMOEOPATHY

A 27yrs old young man came to Dr. Sanket Gupta at the Moti Bagh clinic with a clinical and radiological diagnosis of Varicocele. It was a Grade-II varicocele. He was supposed to get married in 2 months' time and he was really worried about his medical condition as he was told by the Ultrasonologist himself, that he might become infertile due to the presence of this varicocele. He was advised to get a surgical removal of the varicocele plexus. He did not want to go in for any invasive procedure and hence wanted to try Homoeopathy for this.

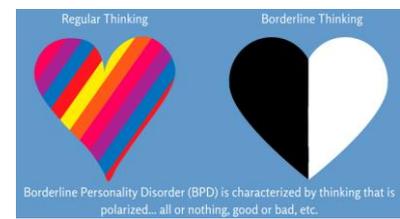
On being interrogated, he told Dr. Sanket Gupta that he had never ever experienced any sort of difficulty in his genital region and even the functionality was ok till about a month ago when he started noticing some sort of deficiency in the normal erection pattern that he usually had. So, he consulted a urologist who advised him to go for an Ultrasound of the Scrotum. On being enquired he also told Dr. Gupta that during his younger days he used to get hit on the genital area at times while playing cricket. It was a grade-II varicocele with lot of tortuosity of the venous plexus present in that area.

Taking everything into account, the Homoeopathic treatment was started. With in a month itself he started feeling better symptomatically and the erections were back to normal very soon. Just before getting a married, he got another ultrasound done. The report showed that the varicocele was still there but the size and tortuosity of the veins had reduced considerably. It was now a Grade-I varicocele. Seeing the marked reduction, the young man was reassured and positive and happily went on to marry.

The treatment continued all this while for about 8 to 9 months or so. In between he was asked to repeat an Ultrasound but somehow it could never happen. But the most important news that Dr. Sanket received was that his wife was pregnant after 7 months of marriage! They have a beautiful little daughter today and he is enjoying his family life like any other healthy individual. 😊



# MIND the MIND



KAARTIK GUPTA, MSc, M.Phil (Cli. Psy.)

## BORDERLINE PERSONALITY DISORDER

Borderline Personality Disorder (BPD) is a disorder that is centred on instability in different aspects of life. Though they may continue to be high functioning, their private lives may be in turmoil due to the core features of this personality disorder. People with BPD tend to be instable in terms of – mood, relationships, self-esteem and goals.

The core features of BPD are: -

- **Impulsivity**: Persons having BPD may act out of an impulse, without due consideration of consequences. They may fail to plan ahead and logically analyse the pros and cons of a particular behaviour. They can be impulsive eaters, reckless drivers, alcohol/drug addicts, etc. It also makes them prone to episodes of intense anger followed by violent outbursts. These are easily precipitated when their impulsive acts are criticised or thwarted by others.
- **Instability of mood**: A person having BPD has severe, unexplainable mood swings. It may vary from intense elation to despair to anger. Limited self-awareness makes their emotional regulation difficult. These mood swings tend to have disastrous effects on their behaviour because of their tendency to act out.
- **Difficulty sustaining relationships**: People having BPD are generally insecure and demanding in a relationship, giving the other person little space, which may drive them away. Initially they may get too involved in the relationship, but tend to withdraw at a later point. Due to these reasons, in addition to excessive mood swings and poor emotional regulation, people with BPD have difficulty in maintaining long term relationships with either friends or partners.
- **Instability of self-image and aims**: There may be sudden and dramatic change of self-image and identity by changed goals, values, and beliefs. Opinions and attitudes on crucial matters such as religion, politics, etc. are also liable to change frequently and easily. Such people tend change or shift career paths or even jobs more frequently as they don't feel satisfied with any one field for a long time.
- **Fear of abandonment**: A person having BPD may have a grave fear of being rejected or left alone. They may not be able to tolerate being alone and may expect others to act in accordance with their needs and demands all the time. Any deviation from their expectations may make them feel betrayed and rejected.
- **Feelings of emptiness**: This vaguely defined sense of emptiness, meaninglessness or an emotional vacuum is one of the symptoms of BPD. They might feel that life is devoid of all meaning or may feel hollow and worthless. Their efforts to avoid abandonment could be a manifestation of this feeling as one may require relationships for a sense of fulfilment and to avoid getting in touch with one's own emptiness.
- **Self-harm**: The reckless behaviour, emotional instability, violent outbursts and occasional worthlessness may lead a person having BPD to engage in acts of self-harm. Slitting of wrists, ingesting poisonous substances are examples of such acts. Other self-harming activities like gambling, substance abuse and risky sexual behaviour may also be performed for the same reasons. A dislike for self is apparent and such acts may be an expression of self-criticism or even tension relief.

**Comorbid conditions** – People with BPD may also have other co-occurring disorders like depression, substance abuse, eating disorders, anxiety, etc.

### TREATMENT

Usually, BPD is treated with a combination of medication and psychotherapy, although during times of crisis, individuals with BPD may require brief periods of hospitalization to remain safe.

**Psychotherapy** – Also called Talk Therapy, it is a fundamental approach for treating BPD. The therapist may adapt the type of therapy to best meet the client's needs. The goals of psychotherapy can be outlined as – emotional regulation, reduce impulsivity, healthy distress tolerance, and improved relationships. Dialectical Behaviour Therapy (DBT) has been found to be the most effective form of psychotherapy for people with BPD. DBT uses a skills-based approach in both individual and group sessions. Mindfulness meditation is also often included. Other forms of therapy include – Schema Focused Therapy, Mentalization Based Therapy, etc.

**Medicines** - Although no drugs have been approved by the Food and Drug Administration specifically for the treatment of borderline personality disorder, certain medications may help with symptoms or co-occurring problems such as depression, impulsiveness, aggression or anxiety. Medications may include antidepressants, antipsychotics or mood-stabilizing drugs.

**Hospitalization** - At times, people with BPD may need more-intense treatment in a psychiatric hospital or clinic. Hospitalization may also keep them safe from self-injury or address suicidal thoughts or behaviours. Depending on the severity, hospitalization could be long-term or partial.



## TV viewing tied to risk of early onset Colorectal cancer

Recent research has linked prolonged sitting while viewing TV to a raised risk of developing colorectal cancer before the age of 50 years. When they diagnose colorectal cancer in people younger than 50 years, doctors generally refer to it as young-onset colorectal cancer.

The recent study, which now features in the journal *JNCI Cancer Spectrum*, is one of the first to link a particular sedentary behavior to a higher risk of young-onset colorectal cancer.

The researchers behind the new study note that young-onset colorectal cancer is usually more aggressive than colorectal cancer that strikes later in life and is likely to have some distinct biological features. Senior study author **Dr. Yin Cao**, who is an assistant professor in the Department of Surgery at Washington University School of Medicine in St. Louis, MO, suggests that the new finding "may help identify those at high risk and who might benefit more from early screening."

For their investigation, Dr. Cao and colleagues turned to the Nurses' Health Study, which is part of a project that started in 1976 and is looking into "risk factors for major chronic diseases in women."

The team analyzed data on 89,278 women in the Nurses' Health Study II. This data included surveys about cancer diagnoses and sedentary behavior, including the amount of time that the women spent sitting and watching TV. During a 22-year follow-up period, 118 of the women received a diagnosis of young-onset colorectal cancer.

The researchers then carried out an analysis that compared the women who developed cancer with those who did not, focusing on the time that they spent sitting and viewing TV. They found a link between "prolonged sedentary TV viewing time" and a higher risk of young-onset colorectal cancer, even after adjusting for known risk factors, such as BMI, exercise, diet, smoking, and family history of colorectal cancer.

**The size of the risk increased with more TV viewing time. Sitting and watching TV for more than 2 hours per day was tied to a risk of young-onset colorectal cancer that was nearly 70% higher**

# Latest at AKGsOVIHAMS

- Read about the Faridabad seminar- [https://www.facebook.com/AKGsOVIHAMS/posts/1898660213578025?tn\\_K-R](https://www.facebook.com/AKGsOVIHAMS/posts/1898660213578025?tn_K-R)
- **Preventive Medicine** for *Dengue, Chikungunya* and *Swine Flu* available at all AKGsOVIHAMS Clinics.
- Subscribe for Free the AKGsOVIHAMS Monthly E-Newsletter by visiting our website – [www.ovihams.com](http://www.ovihams.com)



**Mrs. Kaushik from Lucknow asks** – *Whenever I am stressed or anxious, I end up eating a lot! As a result, I am over 100kgs today! What should I do? Please help*

**Cl. Psy. Kaartik Gupta replies** – Many people tend to engage in emotional eating or have a "comfort food" when they feel low or stressed. It helps to elevate the mood at that time, but if this becomes a pattern, and your usual way of coping, then it can be severely detrimental to your physical, psychological and emotional well-being.

A combination of Homoeopathic treatment and Psychotherapy has proven to be efficient in treating such issues.

Send your Queries at - [feedback@ovihams.com](mailto:feedback@ovihams.com)

# Tips for Health & Wellness

## Why You Should *Eat* **Fruits** *Every Day*



**STRAWBERRIES**  
Fight aging



**BANANAS**  
Boost your energy



**CHERRIES**  
Calm your nerves



**GRAPES**  
Relax your blood vessels



**PINEAPPLES**  
Relieve arthritis pain



**BLUEBERRIES**  
Strengthen your heart



**WATERMELONS**  
Promote weight loss



**ORANGES**  
Protect your skin  
and vision

**APPLES**  
Help resist infection



*CureJoy*

## WHAT PEOPLE SAY ABOUT HOMOEOPATHY

My self Prabhakar Singh and I have a new born baby boy approx. 1 month of age who was suffering with inguinal hernia. Every Doctor I saw for my son said that the treatment for Inguinal Hernia was not possible and that only surgery was the way out.

But someone suggested trying to look for any treatment in Homoeopathy for once. I came across AKGsOVIHAMS clinic on the net and I went to consult there for my son. We met Dr. Sanket Gupta there and he was the 1st doctor who said that my son could be treated and there was no need of surgery. We were thrilled to hear this but also doubtful if this was possible. But the way Dr. Sanket assured us, made us believe in him and Homoeopathy. With full faith we started the treatment in May 2015 and in just 2 months treatment my baby became absolutely fine. The swelling of hernia had disappeared in 20 days only but to completely cure we continued the medicines for 1 more month. We have never seen hernia again till date.

I want to thank Dr. Sanket Gupta for saving my son from the misery of a surgery.

- Prabhakar Singh, New Delhi



FURUNCLE

CYST

PSORIASIS

AKGsOVIHAMS Medical Centre dedicated to Homoeo – Psycho Cure n Care with wellness 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)**
- **Spasmodic Dysphonia (SD)**



# AKGsOVIHAMS MEDICAL CENTRE

*Homoeo - Psycho Cure n Care with Wellness*

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

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