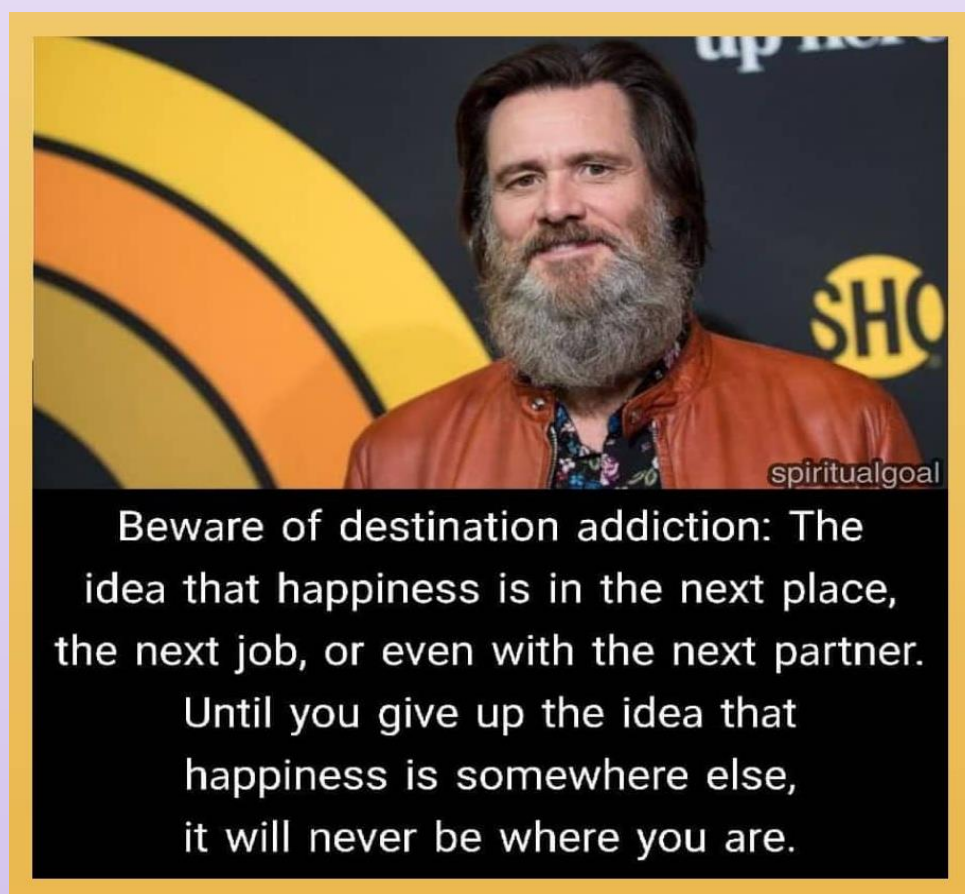


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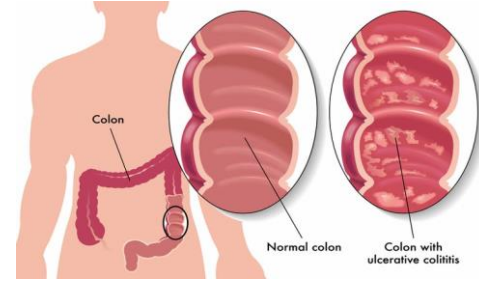
Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



We will discuss about a very troublesome gastro-intestinal disorder of **Ulcerative Colitis** in detail and the wonderful treatment that Homoeopathy has to offer for it.

Kaartik Gupta, Clinical Psychologist continues with the series on Personality Disorders and discusses about **Obsessive Compulsive Personality Disorder (OCPD)** in the section Mind the MIND.



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

ULCERATIVE COLITIS

INTRODUCTION

- Ulcerative colitis (UC) is a disease that affects the large intestine. It causes irritation and swelling called inflammation. Eventually that leads to sores called ulcers in the lining there.
- UC is a type of inflammatory bowel disease.

ETIOLOGY / CAUSES

- Ulcerative colitis happens when the immune system makes a mistake. Normally it attacks invaders in our body, like the common cold. But when one has UC, the immune system thinks food, good gut bacteria, and the cells that line the colon are the intruders. White blood cells that usually protect us, work against the lining of the colon instead. They cause the inflammation and ulcers.
- The disease sometimes runs in families.
- Other things, like food and stress, don't cause it, but they can trigger a flare of symptoms.

SIGNS & SYMPTOMS

- Bloody diarrhea
- There might be some pus in the stools
- Sudden urges to empty the colon right away
- Not feeling hungry
- Weight loss
- Feeling tired
- Fever
- Dehydration
- Joint pain or soreness
- Canker sores
- Eye pain when looking at a bright light
- Too few red blood cells causing anemia
- Not being able to hold the stools in

WHAT YOU CAN DO

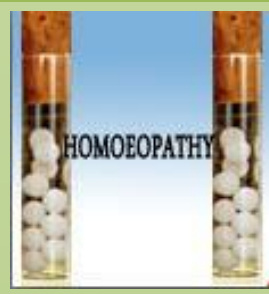
- Avoid fried and spicy food
- Avoid dairy products
- Avoid stress as much as possible
- Take less fibre and more of soft and bland food
- Avoid taking lot of painkillers

INVESTIGATIONS

- Stool sample tests
- Flexible sigmoidoscopy
- Colonoscopy



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



Founder-Director AKGsOVIHAMS, Gold Medallist

ULCERATIVE COLITIS CAN BE WELL MANAGED WITH HOMOEOPATHY

There is no definite cure in the modern medical science up till now for the patients suffering from Ulcerative Colitis. It's more of managing the symptoms which eventually may need complete colon removal in severe cases, a procedure called Colectomy.

Homoeopathy though has been quite successful in managing UC cases pretty well. As the basic action of the Homoeopathic medicines is on correction of the Immune system, so even in Ulcerative Colitis where immunity is highly compromised, Homoeopathic medicines are potent enough to act as a catalyst and repair and rejuvenate the patient's depleted immune mechanism and hence bring about the much-needed homoeostasis in the body.

In ulcerative colitis, a major contribution in recovery of the patient is made by the flora and fauna of the normal gut or intestines. But what happens, that due to excessive intake of antibiotics and anti-inflammatory drugs, this normal flora and fauna is destroyed leading to severe depletion in the basic immunity of the intestines. Stress also plays a very important role. Under stress, the normal gut which has good and bad bacteria both, starts experiencing mechanisms where it has to hold up between the good and the bad bacteria. Eventually the bad bacteria supersede if the patient is unable to manage the stress. This is how the bad bacteria starts eroding the lining of the intestines and hence the disease starts setting in.

These are the exact points where the Homoeopathic medicine hits. It hits at the root cause and eventually aids in regeneration and restoring the new and healthy flora and fauna. Giving anti stress or anti-depressants is again not the solution as it will only temporarily relieve the patient of his anxiety but the disease will still remain. The patient needs such medicine that treats him as a whole and where every aspect of his disease is taken care of, what exactly Homoeopathic medicine does!

Very importantly patients must adhere to the instructions of the treating doctor when it comes to dietary management of Ulcerative Colitis as this the foremost aggravating factor. Avoid fried and spicy food at all costs. Even dairy products should be avoided.

Find out more on Ulcerative Colitis by clicking here - <https://www.youtube.com/watch?v=n8992KYEQVI&feature=youtu.be>

MARVEL OF HOMOEOPATHY

This is a case of Mr. Ugesh Kumar who was diagnosed with Ulcerative Colitis in December 2016. He used to have frequent abdominal pains and was under allopathic t/t at the famous Institute of Liver and Biliary Sciences (ILBS) in Vasant Kunj, New Delhi but without any relief. He had loose and Bloody stools and also there would be mucus in his stools mostly. Despite proper dietary care and management his trouble was not reducing. He has a highly stressful job as well as Police Officer.

With no improvement in his condition he found out about Dr. A. K. Gupta and since August 2018 he has been on Homoeopathic medicines. When he came to the Moti Bagh branch of AKGsOVIHAMS for the very first time he complained of terrible discomfort in his abdomen and that he was unable to eat anything due to the fear of aggravating his disease. He would go at least 6 to 7 times to the washroom in a day to clear himself. Along with these complaints he also complained about his tendency for recurrent mouth ulcers. He also suffered from chronic sinusitis.

He was taking Mascoll regularly and Steroids and frequently had to take some Antibiotic or the other with regular Painkillers and Lots of Vitamins etc.

In his own words he was getting depressed and frustrated because of his complaints and had been becoming very irritable, as he could not attend to the urgent calls or meetings as he had to go to toilet very often to clear his persistent urge to pass stool. The discomfort had been intolerable.

Gradually with taking the Homoeopathic medicines, his condition started improving considerably. He now can eat anything that he wishes to without the fear of aggravating his disease. There is no pain now in the abdomen. The stools are well formed and gradually has reduced to only once or twice a day which is absolutely normal in this day and age. He can even have milk now without any discomfort!

Just slight abdominal distension or acidity he feels once in a while for which he still is continuing with the Homoeopathic treatment. Even his other complaints of recurrent mouth ulcers and chronic sinusitis have been well taken care of with Homoeopathy.

Listen to Mr. Ugesh in his own words thanking Homoeopathy and Prof. Dr. A. K. Gupta for his recovery from Ulcerative Colitis - <https://www.youtube.com/watch?v=Va2I4yBbwiA>



MIND the MIND



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

OBSESSIVE COMPULSIVE PERSONALITY DISORDER (OCPD)

Obsessive-Compulsive Personality Disorder (OCPD) and Obsessive-Compulsive Disorder (OCD) sound the same, and are often confused and mistakenly interchanged as being the same illness, but they are in fact two separate conditions. OCPD, also called Anankastic Personality Disorder in ICD-10, is characterised by a preoccupation with orderliness, perfectionism, and mental and interpersonal control, at the expense of flexibility, openness, and efficiency. If you've seen the popular American T.V. series "F.R.I.E.N.D.S", the character of Monica Geller played by Courtney Cox gives us a good understanding of how a person with OCPD functions.

Symptoms

A pervasive pattern of preoccupation with orderliness, perfectionism, and mental and interpersonal control at the expense of flexibility, openness and efficiency, beginning by early adulthood and present in a variety of contexts, as indicated by four (or more) of the following:

- Is preoccupied with details, rules, lists, order, organization, or schedules to the extent that the major point of the activity is lost
- Shows perfectionism that interferes with task completion (e.g., is unable to complete a project because his or her own overly strict standards are not met)
- Is excessively devoted to work and productivity to the exclusion of leisure activities and friendships (not accounted for by obvious economic necessity)
- Is over-conscientious, scrupulous, and inflexible about matters of morality, ethics, or values (not accounted for by cultural or religious identification)
- Is unable to discard worn-out or worthless objects even when they have no sentimental value
- Is reluctant to delegate tasks or to work with others unless they submit to exactly his or her way of doing things
- Adopts a miserly spending style toward both self and others; money is viewed as something to be hoarded for future catastrophes
- Shows significant rigidity and stubbornness

CAUSES

Just like all the other personality disorders, a biopsychosocial model of causation is accepted for understanding OCPD as well. The causes are likely due to **biological and genetic factors**, **social factors** (such as how a person interacts in their early development with their family and friends and other children), and **psychological factors** (the individual's personality and temperament, shaped by their environment and learned coping skills to deal with stress).

People with OCPD become oblivious to the fact that other people will often become annoyed at the extent they perform tasks and the delays caused, often believing the other person may be wrong for not working to the same perceived standard. The inflexibility can also impact on areas of morality, ethics and values, forcing themselves and others to follow very rigid moral principles. OCPD is one of the most prevalent personality disorders in the general population, with estimated prevalence ranging from 2% to 8%. Some studies suggest that Obsessive-Compulsive Personality Disorder is more common in males.

TREATMENT

It's not easy to treat OCPD, but if the person is willing to seek and accept help, then treatment can be effective. It has been suggested that sometimes, those with OCPD may respond better to treatment because of rigid adherence to therapy tasks set by the therapist. **Psychotherapy** can be helpful for such people. The goal is to lessen rigid expectations and learn how to value close relationships, recreation, and fun with less emphasis on work and productivity.



Timing of exercise may be key to successful weight loss

In a new study of 375 adults who have successfully maintained weight loss and who engage in moderate-to-vigorous intensity physical activity, most reported consistency in the time of day that they exercised, with early morning being the most common time.

The *Obesity* study also found that being consistent in the timing of physical activity was associated with higher physical activity levels, regardless of whether people exercised consistently during the morning, afternoon, or evening.

"Our findings warrant future experimental research to determine whether promoting consistency in the time of day that planned and structured physical activity is performed can help individuals achieve and sustain higher levels of physical activity," said senior author Dale Bond, PhD of the Brown Alpert Medical School. "It will also be important to determine whether there is a specific time of day that is more advantageous for individuals who have initial low physical activity levels to develop a physical activity habit," added first author Leah Schumacher, PhD.

Latest at AKGsOVIHAMS

- **FIRST-AID Homoeopathic Family Kit** now available at all AKGsOVIHAMS clinics.
- **Preventive Medicine** for *Dengue, Chikungunya* and *Swine Flu* available at all AKGsOVIHAMS Clinics.



Mrs. Anand from New Delhi asks – *My father has been diagnosed with benign vocal nodules. He is a diabetic patient as well. Can he be treated with Homoeopathy?*

Prof. Dr. A. K. Gupta replies – Yes vocal nodules can definitely be treated well with Homoeopathy. The good thing is that you have already ruled out any possibility of malignancy. So, the task is surely easier. Depending upon the size of the nodules, and the difficulty that they might be causing to your father, will the prognosis of the treatment depend upon. Even though he is diabetic, he can be completely cured with the Homoeopathic medicines. For diabetic patients, if required, medicines can be given in the liquid form to rule out any aggravation in the blood sugar levels. Please feel free to start the Homoeopathic treatment for your ailing father without any hesitation.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

6 **FOODS TO AVOID IN MONSOON**

- PAKORAS OR FRITTERS**
Our body's digestive ability is low when humidity is high. Avoid oily/fried food.
- CARBONATED DRINKS**
These drinks affect the mineral levels in our body and reduce enzyme activity.
- ROADSIDE JUICES**
Water used for washing or in ice has high chances of contamination and fruits are cut before hand.
- LEAFY VEGETABLES**
Due to dirt, dampness and mud, leaves are prone to germs and can lead to stomach infections.
- SEAFOOD**
Fish and prawns breed during monsoon. Stick to fresh water fish.
- ROADSIDE FOOD**
Contamination risks are high.

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

It all started from a small hardening of elbow end which swelled later. After a number of tests found okay Excision Operation was done in a leading private Ganga Ram hospital obvious expenses but the cure was far away. The collection of bursa fluid surfaced every week which was syringed out 5 or 6 times & the surgeons had no clues. It just occurred to me to stop at AKGsOVIHAMS clinic amidst fear & anxiety. It was amazing to see the bursa fluid vanishing on the fourth day to completely cure in 15 days' homoeopathic medicine.

The point is that the medical fraternity in all systems and dimensions should adopt cohesion and integrated health care administration through common window. Like in any Government there is functional distribution between the ministries & departments & the same being true of the management of a corporate house, by honest group discussion between Allopathic, Homoeopathic, Ayurvedic & other systems of medicine should culminate into the consensus of the exclusive or mixed treatment under various systems. But the medicine should have near certain cure & the least side effects. All advocates claiming to handle civil, criminal, labour, taxation cases with the same expertise should be as untrue as all medical systems claiming similarly. The suggestion is: like solicitor firms having say 10 or 20 advocate experts in different branches of law, the hospitals & medical groups should clearly earmark the domain of the medical system under an integrated think tank decision making process for the good of patients & the medical professionals/enthusiasts.

- **R.K.SHARMA, New Delhi**



JAUNDICE

MULTIPLE WARTS

ABSCESS

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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