

Aug 2019 Issue - LXXI

*Homoeo –Psycho Cure & Care with Wellness*

MONTHLY NEWS LETTER



AKGsOVIHAMS has completed **20yrs** of its existence on 8th August. We thank you all for your continuous support and we tend to continue to make our best efforts for the vision of health for all. Also glad to share that the Founder-Director of AKGsOVIHAMS, **Prof.Dr.A.K.Gupta** was recently conferred with the prestigious **Chikitsa Sewa Ratan Award**.

A very **Happy Independence Day** to all of you.

The topic discussed in this issue is a very commonly seen neurological condition of **Bell's Palsy** 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 **Dependent Personality Disorder (DPD)** in the section Mind the MIND.



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

BELL'S PALSY

INTRODUCTION

- It is a condition that causes a temporary weakness or paralysis of the muscles in the face. It can occur when the nerve that controls the facial muscles becomes inflamed, swollen, or compressed.
- More common among people between ages 16 and 60.

ETIOLOGY / CAUSES

- Bell's palsy occurs when the seventh cranial nerve becomes swollen or compressed, resulting in facial weakness or paralysis.
- The exact cause of this damage is unknown, but it is believed it's most likely triggered by a viral infection. The viruses/bacteria that have been linked to the development of Bell's palsy include: herpes simplex, which causes cold sores and genital herpes; HIV, which damages the immune system; sarcoidosis, which causes organ inflammation; herpes zoster virus, which causes chickenpox and shingles; Epstein-Barr virus, which causes mononucleosis; Lyme disease, which is a bacterial infection caused by infected ticks

SIGNS & SYMPTOMS

- The symptoms of Bell's palsy can develop one to two weeks after one has a cold, ear infection, or eye infection. They usually appear abruptly, and patient may notice them when they wake up in the morning or when they try to eat or drink.
- Bell's palsy is marked by a droopy appearance on one side of the face and the inability to open or close the eye on the affected side.
- Other signs and symptoms of Bell's palsy include: drooling; difficulty eating and drinking; an inability to make facial expressions, such as smiling or frowning; facial weakness; muscle twitches in the face; dry eye and mouth; headache; sensitivity to sound; irritation of the eye on the involved side

WHAT YOU CAN DO

- an eye patch (for the dry eye)
- a warm, moist towel over the face to relieve pain
- facial massage and physical therapy exercises to stimulate the facial muscles

INVESTIGATIONS

- Clinical neurological examination
- CT Scan of the brain
- MRI of the skull



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



Founder-Director AKGsOVIHAMS, Gold Medallist

BELL'S PALSY IS CURABLE WITH HOMOEOPATHY

Bell's Palsy is a very painful condition and may require high dosage of corticosteroids and anti-viral or anti-bacterial drugs to provide relief. The pain is intense and to relieve it such heavy medications have to be administered in large doses which can actually have lasting side effects on the human body.

With Homoeopathy though, Bell's Palsy is totally curable. The time taken to cure has been seen to be much lesser than the conventional system and that too without any side-effects. Also, the sooner the treatment is started the lesser are the chances of any complication to develop.

The treatment and choice of homoeopathic medicine may vary from person to person depending upon the precipitating or causative factor of the Bell's palsy. Considering the extent of nerve damage, the medicines are selected homoeopathically to provide gentle but sure relief to the patients. Like in many cases a viral infection such as of Herpes is a precursor for Bell's Palsy. So alongside treating the nerve injury, the Homoeopathic doctor will also simultaneously treat the pending viral infection so as to prevent any recurrence of the painful Bell's palsy.

Some of the useful Homoeopathic medicines for Bell's Palsy are – *Causticum, Aconite, Rhus Tox, Agaricus, Natrum Mur., Hypericum, Arnica* etc.

Physiotherapy also plays a significant role in quicker recovery of the case. Facial muscle exercises are a must to not only aid in recovery but to prevent any further damage to the affected nerve.

Watch here Prof. Dr. A. K. Gupta's lecture on Bell's Palsy at an International Conference in Malaysia - <https://www.youtube.com/watch?v=Mp071qf2rxE&t=11s>

MARVEL OF HOMOEOPATHY

This is a case of a young man who developed Bell's Palsy and was completely cured with Homoeopathy. It all began when he was in Australia. He was having an acute cold and cough the night before. In the morning when he woke up he noticed that he was having some strain and pressure in the right side of his head and gradually during the next few minutes he started feeling that he was losing the control over the right side of his face and had pain over the back of his head and upper jaw. Within 3 hours he was completely unable to lift his right eyebrow, could not blink his eye. By the night his right cheek had completely drooped down. The lips drooped to the right side as well.

He went to a general physician there in Australia who prescribed him with steroids to be taken for next 5 days. He developed high blood pressure also during this time due to the intake of steroids which had led to irregular heart beats and palpitations. Then he was given a medicine to control the blood pressure. But these medicines reacted badly to the patients' system and he was eventually hospitalised after just 5 days of this Allopathic treatment. The BP had shot to 194/116!

After getting discharged he came to India and was brought to Prof. Dr. A. K. Gupta for the treatment at our Rajouri Garden clinic. The Homoeopathic treatment was then started and in just 15 days he was feeling much better. The BP was back to normal now and his Bell's Palsy also became much better. He developed much better control in just 15 days of taking the Homoeopathic medicines. In over a month's time he was completely cured!

Watch the patient narrate his journey in his own words by clicking here - <https://www.youtube.com/watch?v=-I6zu6Nri8s>

Watch another cured case here - <https://www.youtube.com/watch?v=8yg9hVGeHm0>

Watch another cured case here - <https://www.youtube.com/watch?v=tFUd-aCAK1g>



**Dependent
Personality
Disorder**
(over-reliance on
others to meet needs)

MIND the MIND

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

DEPENDENT PERSONALITY DISORDER (DPD)

Humans are social beings; we need others to function appropriately. This inter-dependence is natural and even promoted to an extent, especially in our culture. But when this dependence gets in the way of an individual being able to grow to his/her fullest potential, it starts hampering their well-being. Dependent personality disorder is described as a pervasive and excessive need to be taken care of that leads to submissive and clinging behaviour as well as fears of separation. This pattern begins by early adulthood and is present in a variety of contexts. The dependent and submissive behaviours are designed to elicit caregiving and arise from a self-perception of being unable to function adequately without the help of others.

SYMPTOMS

People with this disorder do not trust their own ability to make decisions and feel that others are more quipped. They may feel devastated by loss and separation, and they may even suffer abuse to stay in a relationship. They may belittle themselves and their abilities and frequently refer to themselves as stupid. Other Signs and symptoms, as catalogued by the DSM-5:

- Has difficulty making everyday decisions without an excessive amount of advice and reassurance from others.
- Needs others to assume responsibility for most major areas of his or her life.
- Has difficulty expressing disagreement with others because of fear of loss of support or approval. (Note: Does not include realistic fears of retribution.)
- Has difficulty initiating projects or doing things on his or her own (because of a lack of self-confidence in judgment or abilities rather than a lack of motivation or energy).
- Goes to excessive lengths to obtain nurturance and support from others, to the point of volunteering to do things that are unpleasant.
- Feels uncomfortable or helpless when alone because of exaggerated fears of being unable to care for himself or herself.
- Urgently seeks another relationship as a source of care and support when a close relationship ends.
- Is unrealistically preoccupied with fears of being left to take care of himself or herself.

CAUSES

The cause of this disorder is unknown. The disorder usually appears in early adulthood. Individuals who experienced separation anxiety or chronic physical illness in childhood or adolescence may be at higher risk of developing this disorder. A history of neglect, being in a long-term abusive relationship, having over-protective or authoritarian parents are also high-risk factors. The prevalence of DPD in the general population is estimated at less than 1 percent. More women than men have been found to have DPD.

When alone, a person with DPD may experience nervousness, anxiety, panic attacks, fear or even hopelessness.

TREATMENT

Treatment focuses on alleviating symptoms. Psychotherapy is often the first course of action. Cognitive-behavioural therapy (CBT) focuses on maladaptive thinking patterns, the beliefs that underlie such thinking, and resolving symptoms or traits that are characteristic of the disorder—such as the inability to make important life decisions or the inability to initiate relationships. This disorder often requires long-term therapy or treatment; it would be a therapeutic relationship built on dependence, aimed at making the individual independent through the process of therapy. It can also teach the individual new ways to build healthy relationships with others and improve their self-esteem.



Testosterone may improve women's sex lives after menopause

A wide-ranging review of 36 trials found that testosterone may have profound positive effects on sexual function and well-being in postmenopausal women.

This review, published in *The Lancet Diabetes & Endocrinology*, included blinded randomized controlled trials of testosterone treatment that had lasted for at least 12 weeks. In total, the research team analyzed 46 reports of 36 trials that had collectively included 8,480 participants.

The trials took place between 1990 and 2018, and each compared testosterone treatment with either a placebo or an alternative hormone treatment, such as estrogen, progestogen, or both. The authors looked at how the treatments affected sexual function, as well as a number of other physical health markers, including cardiovascular, cognitive, and musculoskeletal health. In addition, they looked at how testosterone treatment impacted mood, breast density, lipid profiles, and excess hair growth.

The authors noted that there were consistent benefits to the participants' sexual function, which went beyond increasing the number of satisfactory sexual encounters. **They also observed that participants had increased libido and heightened orgasms while taking the treatment, as well as improved self-image. In addition, the participants reported fewer sexual concerns and less sex-related distress.**

On the other hand, the authors found no benefits to cognition, bone density, muscle strength, or body composition. They likewise found no improvements to depression or psychological well-being.

The researchers determined that the participants had experienced no serious side effects regarding insulin, glucose, blood pressure, or breast health during their treatment. Also, in 9 studies, they found that women taking testosterone treatment were not more likely to experience a heart attack or stroke. However, the team discovered that participants who took oral formulations experienced worsening lipid profiles, including increased levels of low-density lipoprotein cholesterol and reduced levels of high-density lipoprotein cholesterol. Triglycerides and total cholesterol levels were also on the upswing in these participants.

Latest at AKGsOVIHAMS

- Prof.Dr.A.K.Gupta is available everyday now at the Pitam Pura branch. Kindly call at the reception for details – 01140392959
- FIRST-AID Homoeopathic Family Kit now available at all AKGsOVIHAMS clinics.
- Now Charitable Homoeopathic OPD 9.30 am to 11am at AKGsOVIHAMS Medical Centre, Pitam Pura



Mr. Anugrah from Lucknow asks – *I am learning journalism and am really passionate about it. But I get really nervous when I have to speak in public or on stage. How do I get rid of this?*

Cl. Psy. Kaartik Gupta replies – Social anxiety is a very common phenomenon. Relaxation exercise, identifying and changing maladaptive thinking patterns related to your performance, and facing such anxiety provoking situations in a graded hierarchy are some techniques used as part of psychotherapy through which the problem can be very well dealt with. Consult a clinical psychologist in person for effective treatment.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



WHAT PEOPLE SAY ABOUT HOMOEOPATHY

I got in touch with Dr. Sanket Gupta because a friend of mine had spoken highly of him, and told me he could help me. I used to suffer from anxiety, and not of a mild, occasional kind, but of an ever present, extremely oppressive nature, such that I was unable to function normally in my daily life. never in my life have I faced anything as debilitating and as hurtful as the kind of state of mind I used to live with. And the worst part was, I was so full of doubts as to whether I would ever be able to overcome this condition, that I had almost started believing that I was to live like this, in this distraught and stagnant condition for the rest of my life.

As a doctor, Sanket has been so generous with his time and his attention that no amount of money could hope to compensate him for. He would counsel me and help me with such perseverance. He didn't help me out of the goodness of his heart, although he is an exceedingly good human being; he helped me because he is so gifted at what he does, and he genuinely loves his profession. In my belief, that is THE best kind of doctor to trust your maladies to, because he is as devoted, perhaps more, towards your recovery as you are. He was always available, and made sure to always inspire me and buoy me with positivity, he answered my endless barrage of questions with clarity and patience. He has my endless thanks, for the way he handles those who seek help from him, with such professionalism as befits a doctor, and yet radiates empathy and understanding for those suffering with disorders similar to mine.

Dr. Sanket has been so effective with his methods of treatment, that not only did he convince me of the fact that my anxiety is gone, he equipped me to deal with so much on my own. Due to his expertise at treating such conditions, I have never experienced anything more than what a perfectly mentally sound person would feel when caught up in bad situations. My anxiety left me, and my doubts left me, and it was a gruelling road I travelled for about three months, and then some more, but I had the Doctor to lead, guide and help me along, as the situation merited. The doctor helped me resolve a condition I had been afflicted with for nothing less than 10 months or so, and would have grappled with for God only know how much longer, and achieved all of this simply with his counselling and his wonderful Homoeopathic pills. This testimonial is an acknowledgement of the nothing-short-of-miracle he pulled on me, and also a little token expression of the gratitude I feel for his treatment, help, guidance, encouragement, time, effort, attention, kindness and for helping me change my life for the better.

- S. Singh, Lucknow



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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)

WEST DELHI - J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel: 011-25101989, 011-25430368; Fax – 011-25111989; M- 7011842322

SOUTH DELHI - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara

Tel: 011-24100494; M- 8356904562

NORTH DELHI - RU-115, Pitam Pura, opp. Power House; Tel: 011- 40392959; M-8851653345

EMERGENCY HELPLINE – **9811341238, 9711013938, 9711981553**

Emails – drakgupta@ovihams.com; drsanketgupta@ovihams.com; kaartikgupta@ovihams.com

Website – www.ovihams.com

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