

Feb. 2020 Issue - LXXVII



AKGs

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OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo –Psycho Cure & Care with Wellness

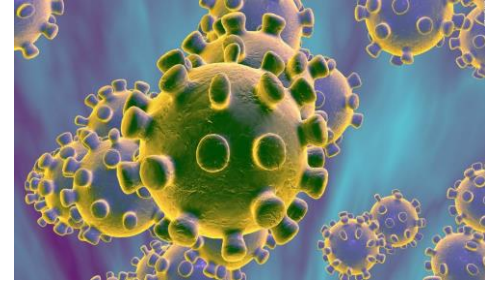
MONTHLY NEWS LETTER



Know all about **Coronavirus** in this issue.

Watch - <https://www.youtube.com/watch?v=R4UsZdJAqnY&t=4s>

Kaartik Gupta, Clinical Psychologist talks about **Emotional Manipulation in Relationships** in the section Mind the MIND.



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

CORONAVIRUS INFECTION

INTRODUCTION

- Coronaviruses are types of viruses that typically affect the respiratory tract of mammals, including humans. They are associated with the common cold, pneumonia, and severe acute respiratory syndrome (SARS) and can also affect the gut.
- This year its named as Wuhan Corona virus, as starting from Wuhan City in China.
- A coronavirus was first isolated in 1937 from an infectious bronchitis virus in birds that had the ability to seriously devastate poultry stocks.

SIGNS & SYMPTOMS

Cold- or flu-like symptoms usually set in from two to four days after coronavirus infection, and they are typically mild.

Symptoms include:

- Sneezing
- Runny nose
- Fatigue
- Cough
- In rare cases, Fever
- Sore throat
- Exacerbated asthma

INVESTIGATIONS

The virus responsible can be diagnosed by taking a sample of respiratory fluids, such as throat swab, mucus from the nose, or blood.

SPREAD / TRANSMISSION

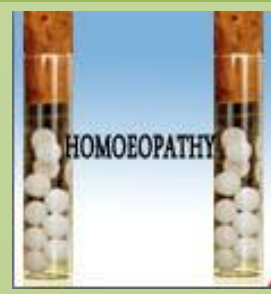
- Coughing and sneezing without covering the mouth
- Touching or shaking hands with a person that has the virus
- Making contact with a surface or object that has the virus and then touching your nose, eyes, or mouth
- On rare occasions, a coronavirus may spread through contact with faeces

WHAT YOU CAN DO

- To prevent transmission, be sure to stay at home and rest while experiencing symptoms and avoid close contact with other people.
- Covering the mouth and nose with a tissue or handkerchief while coughing or sneezing can also help prevent the spread of a coronavirus
- Be sure to dispose of any used tissues and maintain hygiene around the home



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



Founder-Director AKGsOVIHAMS, Gold Medallist

CORONA VIRUS – HAVOC or HYPE?

Coronaviruses are a large group of viruses that are common among animals. In rare cases, they can be transmitted from animals to humans. Human coronaviruses (HCoV) were first identified in the 1960s in the noses of patients with the common cold. Two human coronaviruses are responsible for a large proportion of common colds *OC43* and *229E*. Among humans, infection most often occurs during the winter months as well as early spring. It is not uncommon for a person to become ill with a cold that is caused by a coronavirus and then catch it again about four months later. This is because coronavirus antibodies do not last for a very long time. Also, the antibodies for one strain of coronavirus may be useless against other strains.

Fast facts on corona viruses

- There is no cure for the common cold in conventional treatment.
- A coronavirus causes both SARS and MERS.
- Coronaviruses infect many different species.
- There are six known human coronaviruses.

The Central Council for Research in Homoeopathy (CCRH) discussed the ways and means of prevention of Coronavirus infection through Homoeopathy in 64th meeting of its Scientific Advisory Board on 28th January 2020. The Group of Experts inter-alia has recommended that homoeopathy medicine *Arsenicum album 30* could be taken as prophylactic medicine against Coronavirus infections, which has also been advised for prevention of ILI. It has recommended one doze of *Arsenicum album 30*, daily in empty stomach for three days. The dose should be repeated after one month by following the same schedule in case Coronavirus infections prevail in the community. The Expert Group has further suggested that general hygienic measures for prevention of air-borne infections suggested by the Ministry of Health and Family Welfare, Govt. of India, for prevention of the disease should also be followed by the public.

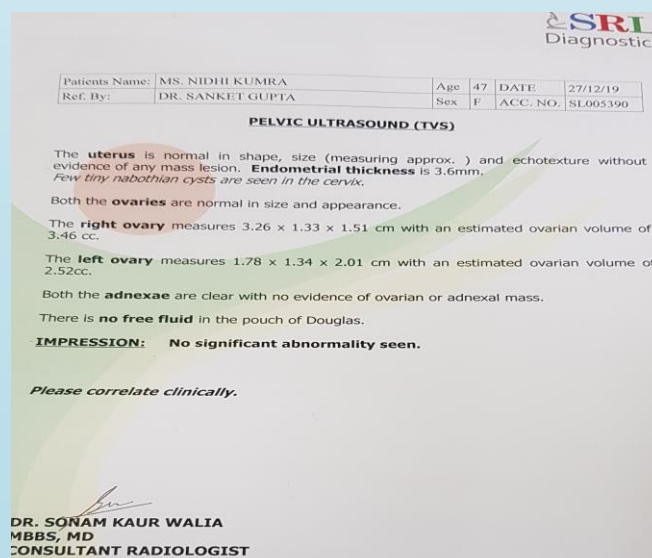
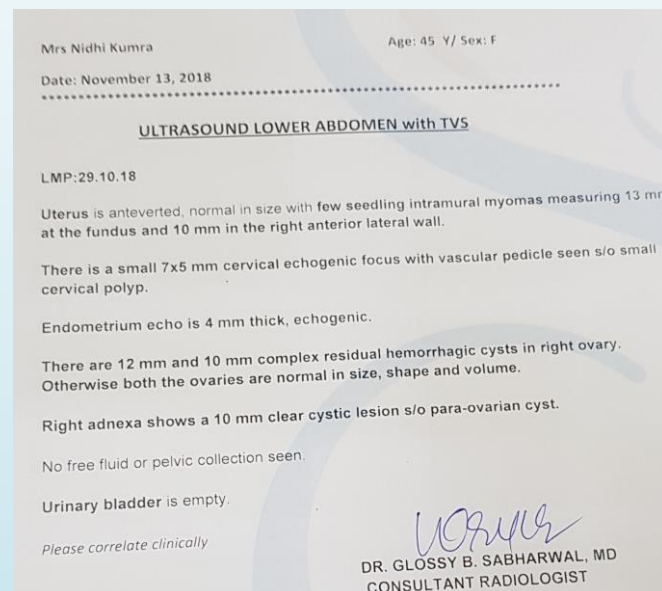
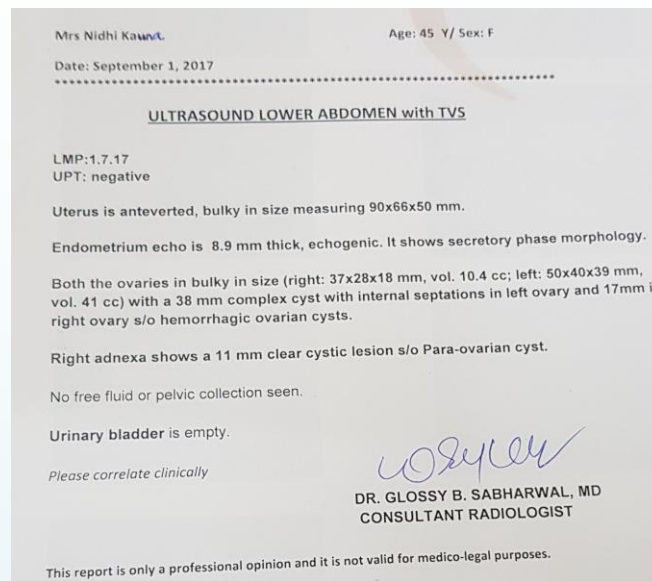
It's important to have better Immunity to fight out such kind of infections. So, all efforts should be made to boost the immunity which is being done by Homoeopathy and following a healthy life style. There is no need to panic, take precautions and if needed get it treated. The remedy for the patient is worked out according to the Individual Patients Symptoms and his constitution.

Homoeopathy Ensures Health Safely.

Read the full article here - <https://ovihams.com/blogs/coronavirus----havoc-or-hype.html>

MARVEL OF HOMOEOPATHY

This is a case of *Multiple Fibroids, ovarian cysts and Cervical Polyp* cured completely with Homoeopathy by Dr. Sanket Gupta at the Satya Niketan branch of AKGsOVIHAMS.



Along with the gynaecological issues, the patient was also treated for Chronic Bronchitis, Hypertension and Anxiety related troubles, all with Homoeopathic medicines.



MIND the MIND

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

EMOTIONAL MANIPULATION IN RELATIONSHIPS

Humans are social animals and hence we always wish or strive for a healthy, loving, and nurturing relationship. Interpersonal relations can be a tricky affair; through the ups and downs of companionship one experiences a wide range of emotions. The world seems a better place when you are in a stable, mutually respectful and nourishing relationship. However, have you noticed yourself feeling diminished consistently? Do you find yourself apologizing to your partner even despite being on the receiving end of your lover's bad behavior? Have you been feeling that your partner takes you for granted and also takes advantage of you? If the answer of these questions is a 'YES' then there are high chances that your partner could be manipulating you emotionally.

Being in a relationship with an emotionally manipulative person may not only scar you emotionally but also cause severe damage to you in the long run. **Here are some warning signs to watch out for:**

- 1. Your partner diminishes your feelings:** Emotional manipulators are selfish people and are concerned solely about themselves and their desires. They do not care about your feelings and when you try to share some grief or feelings, they may turn you down by saying you are stupid or are over-reacting. Sometimes, their manipulative nature makes you think that they are right. An emotional manipulator also does not apologize and blames you for something, which is actually their fault.
- 2. Your partner often lets you down:** If you get insulted, embarrassed or are made fun of by your partner frequently, especially in public, he or she is likely to be an emotional manipulator. The person is likely to prey on all your insecurities. You may be made fun of in front of your family and friends, by your partner, which crosses the limit of joking. Even if you convey that you are hurt by these actions, they do not change.
- 3. Your partner blames you for their bad behavior:** An emotional manipulator will never take the blame or responsibility of their bad deeds. Instead, they will try to put the entire blame on you with lame justifications.
- 4. Your partner does not explain themselves:** Emotional manipulators are likely to hold back their issues and do not bother to explain their actions. Actually, such people do not intend to connect emotionally with you. They will try to impose themselves upon you and feel that they are superior to you. Such people are angered easily if things are not done according to them.
- 5. Your partner changes ways only after extremities:** Emotional manipulators do not care about your feelings and when you are fed up and want to leave, they start overreacting and promise to make positive changes. However, after a while they regain their previous attitude.
- 6. They undermine your faith in your grasp of reality.** Emotional manipulators are incredibly skilled liars. They insist an incident didn't happen when it did, and they insist they did or said something when they didn't. The trouble is they're so good at it that you end up questioning your own sanity. To insist that whatever caused the problem is a figment of your imagination is an extremely powerful way of getting out of trouble.

If you relate with the above-mentioned pointers, it is possible that your partner might be manipulating you emotionally. The best way to deal with such a situation is to seek professional help from a Relationship Counsellor or Psychologist and work around the problem. If your partner does not agree for professional help, at least you must take guidance to protect your mental and emotional well-being.

'A healthy relationship will never require you to sacrifice your friends, your dreams, or your dignity.'



Lithium microdose could stop Alzheimer's from advancing

Some recent studies in rodents have suggested that lithium may help treat Alzheimer's disease. A new study in rats adds to this evidence, showing that a microdose of the compound can halt the progression of this neurodegenerative condition, even in its later stages.

One study appeared in the journal *Translational Psychiatry*. The study found that concentrations of lithium hundreds of times lower than what doctors usually prescribe for psychiatric conditions such as bipolar disorder can help improve early signs of Alzheimer's in rat models. *Dr. Claudio Cuello* — at the Department of Pharmacology and Therapeutics at McGill University in Quebec, Canada — was the senior author of that study.

The researchers called the lithium microdose formulation NP03. In their previous study, they applied it to a transgenic Alzheimer's model, wherein rats expressed human proteins that triggered characteristics of Alzheimer's disease, such as toxic accumulation of amyloid plaques in the brain and cognitive problems.

So, in the new study, the researchers administered the same dose to transgenic rats at the equivalent of late preclinical stages of Alzheimer's disease in humans. At this post-plaque stage, the beta-amyloid had already accumulated to such an extent that it had started to affect cognition.

The rats took the lithium for 12 weeks, and the researchers assessed their remote working memory using the novel object recognition test. Dr. Cuello and colleagues also examined markers of neuroinflammation in the rodents' brains, levels of oxidative stress, and levels of beta-amyloid.

According to the study authors, "NP03 rescues functional deficits in object recognition" tests, "reduces levels of soluble and insoluble cortical" beta-amyloid, and reduces the number of plaques in the brain's hippocampus. "In addition," they write, "NP03 reduces markers of neuroinflammation and cellular oxidative stress. Together, these results indicate that microdose lithium NP03 is effective at later stages of amyloid pathology, after appearance of [beta-amyloid] plaques."

Latest at AKGsOVIHAMS

- *Prof. Dr. A. K. Gupta, Dr. Sanket Gupta and Cl. Psy. Kaartik Gupta won't be available at any of our clinics from 26th Feb. to 2nd March 2020. Kindly schedule your appointments accordingly.*
- *Om-Vidya Charitable Dispensary of Homoeopathy is functional everyday from 9:30am to 11am and 5:30pm to 7:30pm from Monday to Thursday at the Pitampura branch of AKGsOVIHAMS. Dr. Preeti Sharma and Dr. Akanksha Rohilla are the consulting Homoeopathic physicians rendering their services here.*
- *Physiotherapy now available every day 10:30am to 2pm and 4:30 to 8:30pm at the Moti Bagh clinic by Dr. Dipendra Mohan and Dr. Vipul*



Mr. Narang from New Delhi asks – My nephew has become very aggressive off late. What can be done to resolve this?

Cl. Psy. Kaartik Gupta replies – Before you try to resolve it, it is very important to understand the reasons for his aggressive behaviour. Is that his usual way of responding or has it developed suddenly without any known / apparent reason? If it is the latter, it could be a manifestation of some mental illness which needs to be assessed through a detailed clinical interview. When dealing with him, the family members themselves need to be calm and not become aggressive or abusive in turn as it will only escalate the matter.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



Ministry of Health & Family Welfare
Government of India

CORONA VIRUS

Reduce your risk of Coronavirus infection:



**Clean hands with soap and water
or alcohol-based hand rub**

**Cover nose and mouth when coughing
& sneezing with tissue or flexed elbow**



**Avoid close contact with anyone
with cold or flu-like symptoms**

Thoroughly cook meat and eggs



**Avoid unprotected contact with
live wild or farm animals**

PATIENTS' FEEDBACK

I visited the Pitam Pura branch of AKGsOVIHAMS for my Psychological problems to consult Dr. Kaartik Gupta. Although he is young but he has huge experience in treating a person's problems with ease and is very encouraging and motivating. I had gone to other therapists as well but they were not satisfactory (tried three others) but Kaartik definitely is. He takes little time to make you back to normal and creates a will power within you to modify or change the negative behavior. Talking to him is very soothing and one feels Happy after a session with him. He prescribes no medicine and with very simple process of different exercises he cures the problems. But the patient has to be Frank with him and shouldn't hide any facts.



JAUNDICE / HEPATITIS

CYST

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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)

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Tel: 011-24100494; M- 8356904562


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

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