



**AKGs**

**OV I HAMS**

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

*Homoeo –Psycho Cure & Care with Wellness*

# MONTHLY NEWS LETTER

Your  
health  
is an investment  
NOT an  
expence

Know all about **Tics** in this issue and the role of Homoeopathy in the treatment of this Neurological condition

**Kaartik Gupta** writes about **The New World Order** in the section Mind the MIND



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

# TICS

## INTRODUCTION

- These short-lasting sudden movements (motor tics) or uttered sounds (vocal tics) occur suddenly during what is otherwise normal behaviour.
- Tics are often repetitive, with numerous successive occurrences of the same action.
- Motor tics can be classified as either simple or complex.
- Tics are most prevalent in children and more in girls than boys

## ETIOLOGY / CAUSES

- Exact cause is not known
- Usually a tic begins as a response to some physical or mental stimulus which becomes a habit later on
- Stress definitely can trigger and worsen a tic
- Anxiety can be a cause and effect of a tic disorder
- Deprivation of sleep worsens a tic especially the motor tic

## SIGNS & SYMPTOMS

- Blepharospasm where there is involuntary movement of the eyelids
- Transient tic disorder is characterized by the presence of one or more tics for at least one month but less than one year
- Chronic tic disorder is characterized by the presence of one or more long-lasting tics. They may be either motor or vocal, but not both.
- Tourette's syndrome is the most severe tic disorder. It is characterized by the presence of both motor tics and vocal tics.

## WHAT YOU CAN DO

- As a parent be supportive to your child
- Provide behavioural therapy
- Keep a stress free and happy atmosphere at home
- Try to keep the child engaged in activities

## INVESTIGATIONS

- Clinical Neurological examination is usually enough
- Psychoanalysis



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# TICS ARE CURABLE WITH HOMOEOPATHY

Tics are often classified not as involuntary movements but as *unvoluntary movements*. This means that people are able to suppress the actions for a time. The suppression, though, results in discomfort that grows until it is relieved by performing the tic. It usually begins as a habit which gets converted into a disorder if left ignored and uncorrected.

Usually there is no treatment for this in Modern Neurophysiology and often the patients are put on anxiety medicines to curb the need of performing the tic. Many a times it goes away without any medicinal treatment at all by simply making the person more aware of the disorder and what is happening to him / her and by giving good psychotherapy. But a lot of times despite these efforts the tics don't really go away and bother the person. This is where Homoeopathy comes in.

Tics are absolutely curable with Homoeopathy with proper detailed evaluation of the case. We see a lot of kids and young adults coming to AKGsOVIHAMS Clinics having the tic disorder and all of them are beautifully helped with the Homoeopathic medicines. The anxiety and restlessness associated with the tics also get completely resolved with the dynamic Homoeopathic medicines without leaving any side effects as compared to strong anti-anxiety allopathic medicines.

Some of the useful Homoeopathic medicines for tic disorders are – *Agaricus, Cina, Hyoscyamus, Stramonium, Zincum Metallicum*, etc.

# MARVEL OF HOMOEOPATHY

A case of Tics cured with Homoeopathy. Patient narrated her journey – “I, Nandini Sharma, had a tick of moving my shoulders to and fro. Tick is a kind of repeated action done non-stop and often unknowingly. It all started a year ago when I started suffering from acute back pain and would tick my shoulders to ease the pain. This habit of ticks got to me and I was suffering ever since. Due to this habit, I wasn’t able to play basketball and any other sport comfortably as the pain would arise and also the need to constantly keep ticking. I soon started getting irritated of this and complained about it to my parents. We tried several medicines and treatments but none showed any results. Then finally, I visited Prof. Dr. A. K. Gupta. He helped me throughout and gave me the homeopathic medication which started showing results in a couple of months. I was soon free of the habit of ticking and resumed my active and healthy life. All thanks to Dr. A. K. Gupta for his constant guidance and support that today my life is back to normal and I have left the habit of ticking far behind me.”



# MIND the MIND



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

## THE NEW WORLD ORDER!

Change is the only constant. And change we must! There is nothing that lasts forever; not even the hard times. With the same motto, we need to bring our lives back on track in the post lockdown period. Though the danger is not yet over, we need to learn to live with COVID-19. Thanks to the brave and relentless efforts of our COVID warriors, proactive decision making by the authorities, and the discipline shown by the citizens of our country we are now ready to move or in fact create a new world order. The pandemic has affected and altered our lives significantly to say the least. On one hand it has claimed the lives of lakhs of people all over the world, caused many to lose their jobs and has led to huge economic crisis across the globe; on the other hand the pause has given us all an opportunity to dig deep and reflect upon what we are doing with our lives. Our existence needs to be meaningful, not just mere survival.

The current situation requires us to adapt to a different way of life, and it can only be achieved by behaving responsibly (both individually and socially). The previous two months' issues were dedicated to sharing ways of utilising the lockdown period for your self-growth; we hope you did at least some of them! In this issue, we shall list down some of the important lessons the pandemic has taught us and how we can establish a new way of living (for the near future at least) for the well-being of one and all.

- Uncertainty is the only certainty. Nobody could have even thought that a virus could lead to such a global crisis of this magnitude. Accept the uncertainties of life and have faith in yourself to handle it appropriately.
- Respect nature and understand that we share, not own, this beautiful planet with other species. Everything in nature is interlinked so be mindful of how you relate to it. Mother Nature was blossoming without human interference! Animal sightings might be common in the coming few days, even in urban areas, so please contact the wildlife rescue teams in such circumstances rather than harming the animal in anyway.
- Always groom and nurture the child in you! Regularly engage in your hobbies and lead a happy life 😊
- Learn to enjoy your own company. It is the pre-requisite for healthy and meaningful interpersonal relationships.
- Spend quality time with your family and friends; your relationships are what you truly earn. Money, property, fame seem too miniscule in such critical times.
- Maintain social distance. Take care of your personal hygiene. Wear face mask and hand gloves whenever stepping out of home. Follow the guidelines laid down by the government. It is for your own safety.
- Work towards improving your immunity. Take a balanced diet, exercise regularly, and eat home-cooked food. Follow the AYUSH health advisory for immunity boosting. Practice yoga and meditation.
- The Lockdown also suggests that many of us can actually work from home. This would in turn save lot of precious time, fuel, relieve traffic, and thus can lead to a significant change in how people spend their day. This could eventually have a positive impact on the national economy as well. Do cashless transactions whenever possible; it would reduce the likelihood of virus from spreading.
- Develop an attitude of gratitude and be compassionate towards others. Everyone you meet is fighting a battle you know nothing about; so always be kind. Together we can make things easier for us. United we stand and divided we fall.

*'He who has health, has hope; and he who has hope has everything.'*

- Thomas Carlyle



## Low-cost PCR test designed to detect coronavirus

The associated professor from the Department of Pharmacy at the *CEU Cardenal Herrera (CEU UCH) University of Valencia*, *Consuelo Rubio Guerri*, has designed a quantitative PCR test for the detection of coronavirus SARS CoV-2 using probes from a commercial library (Universal Probe Library, UPL) which makes it possible to decrease its cost.

From prior tests by Doctor Rubio Guerri on another RNA virus, this PCR could have very high sensitivity and specificity in detecting SARS CoV-2. In the strategy designed, the same highly-preserved regions of the RNA of the virus that are used in current diagnostic PCRs would be expanded, but the use of the pre-existing probe library could significantly cheapen the cost of the test.

Furthermore, and in light of the prior experience of doctor Rubio with this methodology, **the results for SARS CoV-2 could be obtained in just two hours and its sensitivity could be very high.**

The president of the Valencian Community, Ximo Puig, presented this Wednesday, in an online event with the participation of Science minister Pedro Duque, the 41 projects selected among the over 200 presented to the call of the Valencian Innovation and Research System for the COVID-19 emergency, together with the councillor for Innovation, Universities, Science and Digital Society, Carolina Pascual. Among the chosen projects is the design of the PCR test for the detection of SARS-CoV-2 of CEU UCH professor Consuelo Rubio.

# Latest at AKG's OVIHAMS

- *Due to the lockdown, only Rajouri Garden and Satya Niketan clinics would be open for the time being in the morning hours from 11am to 2pm.*
- **Good News** Govt. of India Ministry of AYUSH notifies inclusion of Homoeopathy for Covid 19 treatment.
- **Preventive Homoeopathic medicine for CORONAVIRUS Infection available at all three clinics Free by Om Vidya Charitable Homeopathy**



**Mr. Kohli from New Delhi asks** – *I get angry very easily these days and finding it difficult to control it. What should I do?*

**Cl. Psy. Kaartik Gupta replies** – Anger is a basic emotion that we all experience at different times, in varying degrees. But what matters the most is how you express it. If you feel it is a recent change in you, it could be due to the uncertain times we are facing due to the current lockdown and pandemic. Try to understand what is causing your anger and then try to deal with it appropriately.

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

# Tips for Health & Wellness

## 80 Healthiest Foods

### Veggies

asparagus  
carrots  
celery  
kale  
onions  
spinach  
squash  
sweet potatoes  
tomatoes  
yams

### Fruits

apples  
blueberries  
cranberries  
grapefruit  
oranges  
pears  
plums  
raspberries  
strawberries  
watermelon

### Grains

barley  
brown rice  
buckwheat  
corn  
millet  
oats  
quinoa  
rye  
spelt  
whole wheat

### Spices

basil  
cilantro  
ginger  
oregano  
parsley  
peppermint  
rosemary  
sage  
thyme  
turmeric

### Beans

black beans  
garbanzo beans  
kidney beans  
lima beans  
miso  
navy beans  
pinto beans  
soybeans  
tempeh  
tofu

### Seafood

cod  
halibut  
mackerel  
oysters  
salmon  
sardines  
scallops  
shrimp  
tilapia  
tuna

### Nuts

almonds  
cashews  
flaxseeds  
macadamia nuts  
peanuts  
pistachios  
pumpkin seeds  
sesame seeds  
sunflower seeds  
walnuts

### Drinks

cranberry juice  
fat free milk  
fruit smoothie  
green tea  
ice water  
mint tea  
orange juice  
soy milk  
tomato juice  
vegetable juice

## PATIENTS' FEEDBACK

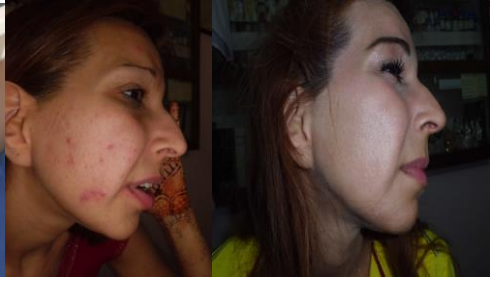
I am writing this review regarding my father's treatment at AKGsOvihams... We live in Amritsar and we opted for online treatment.

Around six months back my father was diagnosed with dementia and sleep disorder. We were taking treatment from a psychiatrist but the medicines were too many and too much for him as he is 68. Then we decided to try homeopathic treatment. I have taken treatment from Dr. Gupta earlier. So, I called him and discussed his case with him. He assured me that within 15 days you will start seeing the improvement.

To my surprise, within a couple of days, my father started behaving normally. He again started listening to songs and music on the radio, started talking with other family members, started going for a long walk. Earlier he was listless and sometimes wore clothes upside down even had a strong aversion towards bathing. But now he takes bath on his own and sleeps fine. We are taking psychiatric treatment with homeopathic treatment but now he is just taking 2 medicines... one for dementia and a light medicine for sleep. But his condition is far better than it was before.

Thanks to Dr. Gupta for his help and guidance. Highly recommended.

- Gaurav Sharma, Amritsar



WART

E.B of the Head

ACNE

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](mailto:drakgupta@ovihams.com); [drsanketgupta@ovihams.com](mailto:drsanketgupta@ovihams.com); [kaartikgupta@ovihams.com](mailto:kaartikgupta@ovihams.com)

Website – [www.ovihams.com](http://www.ovihams.com)

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