



Homoeo – Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



Watch **Prof. Dr. A. K. Gupta** talking about the role of Homoeopathy in **Skin Ailments during the Monsoon** season on India's most popular and prestigious Health show – **Total Health** on DD News <https://youtu.be/az7A4NjRNz4>



Watch **Dr. Sanket Gupta** talking about the role of Homoeopathy in the treatment of **COVID-19** on DD News in the show – **Doctor Speak** - <https://www.youtube.com/watch?v=wGZnvyWnQO8>

Know all about **Cysticercosis** in this issue and the role of Homoeopathy in the treatment of this neurological condition

Kaartik Gupta talks about **Loss and Mourning in the times of COVID-19** in the section **Mind the MIND**



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

CYSTICERCOSIS

INTRODUCTION

- Cysticercosis is a parasitic disease caused by ingesting the eggs of the pork tapeworm, *Taenia solium*.
- The pork tapeworm responsible for causing cysticercosis is endemic to many parts of the developing world, including Latin America, Asia, and sub-Saharan Africa.

ETIOLOGY / CAUSES

Cysticercosis in humans is caused by the dissemination in humans of the larval form of the pork tapeworm, *Taenia solium*, which then form cysts in various organs. When the eggs of *Taenia solium* are ingested by humans, the tapeworm eggs hatch and the embryos penetrate the intestinal wall and reach the bloodstream.

Risk Factors: -

- living in areas where the parasite is endemic
- drinking water or eating food contaminated with tapeworm eggs

SIGNS & SYMPTOMS

- Nausea and vomiting
- Abdominal pain
- Headache
- Lethargy
- Confusion
- Vision changes
- Balance problems
- Weakness or numbness
- Seizure (often the presenting symptom, occurs in about 70% of people with Neurocysticercosis)

INVESTIGATIONS

- Stool Analysis
- CT scan
- MRI scan
- Complete Haemogram

WHAT YOU CAN DO

- Avoid raw or undercooked pork
- Maintain proper sanitation and hygiene
- Avoid cabbage



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



Founder-Director AKGsOVIHAMS, Gold Medallist

CYSTICERCOSIS IS TREATABLE THE HOMOEOPATHIC WAY

Like any other infectious and parasitic disease, Cysticercosis is also very well treatable with Homoeopathy. Once the nature and pathology of the disease is known and understood, then it is easier to manage and treat. Cysticercosis mainly presents in the form of epileptic seizures (called as Neurocysticercosis) but can also show signs and symptoms of intestinal origin as well. Depending upon the site of the involvement, Homoeopathic medicines can be used effectively to treat the malady.

Cases of intestinal origin usually take very less time to recover and are completely curable with the indicated Homoeopathic medicines in a very short span of time. But, when it comes to Neurocysticercosis, where the brain is pathologically affected, it takes longer and is definitely a struggle for the patient and his/her family. The epileptic seizures can put any one in a terror seeing their loved ones like that and they land up into giving the patients allopathic medicines. The general protocol for the continuation of anti-epileptic drugs is 3 years of no attack. So, the medicines have to be continued till the time of 3 years is achieved without any seizure experienced by the patient. Such a long and heavy dose of medication has its own repercussions on the over all health of the individual. This is where Homoeopathy (as an adjuvant to begin with and as a curative mode in the end) comes in.

At our AKGsOVIHAMS Clinics we have been able to help quiet a good number of patients suffering from Neurocysticercosis where over a period of time gradually the allopathic medicines are tapered and finally stopped and a closure to the case is achieved with Homoeopathic medicines at the helm.

Medicines like *Cina*, *Chimaphilla*, *Santonine*, *Filix Mas*, *Nux vomica*, *Cicuta*, *Artemisia vulg.*, etc. have been found to be extremely beneficial in the treatment of such cases.

MARVEL OF HOMOEOPATHY

Mrs. A. C, a 43 yr old working female visited Dr. Sanket Gupta at the Moti Bagh branch of AKGsOVIHAMS Clinics in 2016 with a complaint of a very small absent seizure that she was experiencing since 2012. She was investigated back then thoroughly and was diagnosed to be suffering from Cysticercosis. She was under allopathic treatment for almost 4yrs but her absent seizures had not reduced even a bit. She was advised to visit Dr. Sanket and try Homoeopathy for her problem by a friend of hers who is a staunch believer in Homoeopathy and a cured patient of Dr. Sanket Gupta.

The lady complained that all of sudden she would get an aura in her chest and within seconds she would just go blank and would suddenly start doing something unusual or go completely blank. The whole episode would last for 4 to 5 minutes and she would automatically gain back her senses and on being asked she would say she did not remember anything and would pass profuse urine after that. She would experience such episodes ever second day. These are called absent seizures or seizures with consciousness. On taking the entire case history, her Homoeopathic treatment was started.

She started responding beautifully to *Nux Vomica* and within 6 months the frequency of such episodes reduced to just once a month or even more than a month and gradually even her allopathic dose was being tapered down. Later, she started experiencing the side effects of the allopathic medicines like forgetfulness, drowsiness at work, a lot of weight gain, etc. All these troubles were also taken care of with other indicated Homoeopathic medicines from time to time and the treatment went along very nicely until 2018 when a severe rift in the family gave her massive stress and she had a massive seizure right in front of her family members.

Again, they rushed to the Neurologist who gave very heavy anti-epileptic doses and the patient was again back to square 1. This time she was not allowed to take homoeopathic medicines by her own family and the case only worsened in 6-7 months from then on. She did not have a massive seizure again yes, but all her old miseries and absent seizures were back to trouble her and this led her to again visit Dr. Sanket Gupta in 2019. This time she was given *Ignatia* and *Filix Mas*. She is now responding again to the Homoeopathic treatment and with slight family counselling and Homoeopathic medicines she is getting back to her normal self.

Had they approached for Homoeopathy at that stage in 2018 when she had a massive seizure, things could have been much better off today!



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



MIND the MIND



LOSS AND MOURNING IN TIMES OF COVID

The COVID-19 pandemic has undoubtedly changed everything around us. The complete social structure has been forced to undergo a massive change. Death was believed to be the ultimate leveller; it treated everyone the same. But due to the pandemic, even that has changed. You can postpone marriages, cancel travel plans, but cannot do that with birth and death. People who lost their loved ones during the past few months have had a very difficult time dealing with their loss. The forced, and much needed, restrictions on public gatherings made it even more difficult as many of the family members could not be present at the crematoriums to attend the funeral rites. The rites and rituals associated with death ceremonies prevalent in all cultures across the globe were primarily established with the purpose of providing a strong social support to the grieving individual/family so that it helps them to adapt to life without the deceased. It was even worse for those who lost their loved one to COVID-19 as in many cases, they were not allowed to touch or even see the deceased as they were taken to be cremated directly from the hospitals to prevent the spread of infection. Not being able to touch or see your deceased relative, being unable to hug the other people who are grieving can leave a lasting emotional impact.

In addition to all this, the unfortunate stigma arising from the mysterious nature of the virus and false information floating all over social media left the grieving family members feeling isolated and ostracised by the society. As Alice Byrne writes, "there is an acute sense of emptiness when you are forced to grieve in solitude." It is in fact, in challenging times like these we need to support each other the most. Losing someone to death affects each one of us in a different way. Anxiety and a sense of helplessness are two things that most people experience. Feelings of anger and denial are also experienced in the early stages of grief cycle. The sadness creeps in eventually. The process of grief is a natural one and people should be encouraged to process or express it, rather than suppressing it. If these emotions are not processed/expressed appropriately, they can lead to complex mental and/or physical problems. Hence, here are few useful ways for you to cope well during these challenging times:

1. **Let yourself mourn and cry for your loss.** There is no shame in crying, even if you are a male. Talk about your feelings with a close friend or family member. Some people even prefer to write down their feelings in a diary which gives them an outlet and helps to channelize their emotions which can be extremely therapeutic.
2. **When you feel sad, do not try to avoid it.** Feeling sad is a natural and healthy part of the process of grieving. Instead of hiding your sadness under the mask, acknowledge it and let yourself feel sad for the loss you've experienced.
3. **Talk to other family members about the good memories you have of the deceased.** It will help you mourn, give a sense of closure, and keep their memories alive. Arrange for virtual prayer meets as group gatherings are not allowed; knowing that he/she was loved by so many people would give you the strength you need during this difficult phase.
4. **Feelings of self-pity** can come quite automatically at such a time, but do not encourage it as it would do you more harm than good in the long run.
5. **Take care of your sleep.** Emotional strain makes one tired and hence, undisturbed sleep is very much essential for your health. Make sure to sleep and wake up every day at a set time. Take a healthy and balanced diet; eat light but have all meals.
6. **Seek professional help** as it would help you to deal with the situation appropriately and in healthy ways. Grief Counselling and Supportive Therapy are widely practised by psychotherapists as they help an individual better adapt to their changed situation. Through therapy, all the emotions are processed appropriately, the person goes through the grief cycle and adapts well to his/her life's changed circumstances after the loss.
7. **Stay away from addictive substances.** Do not consume too much alcohol or any other addictive substance. It may temporarily numb the pain, but afterwards, you will feel worse.
8. **Build Resilience** as it is a protective and healthy trait when it comes to handling difficult circumstances.
9. **Acceptance** of what has happened, no matter how hard or painful, is the ultimate way of handling and growing from it.



Stroke risk higher for COVID-19 patients who smoke or vape

A review suggests smoking and vaping could increase the severity of COVID-19 due to blood vessel damage and a higher risk of stroke.

“There is a growing body of evidence to suggest that, as well as the respiratory symptoms of COVID-19, the disease can also cause, among others, neurological effects.” A recent report from a neurological hospital in the United Kingdom identifies cases of delirium, brain inflammation, nerve damage, and stroke in COVID-19 patients.

Reports of stroke in COVID-19 are particularly prevalent. Some reports estimate that 30% of critically ill COVID-19 patients experience blood clots. And if they occur in the brain, they may trigger a stroke.

Researchers from *Texas Tech University Health Sciences Center* previously found that smoking and vaping increases the risk of viral infection. They found that both smoking and vaping could increase the risk of stroke in COVID-19 due to damage to the blood-brain barrier and a higher risk of blood clots. The details are published in the *International Journal of Molecular Sciences*.

They found one study which showed that 36.4% of COVID-19 patients had neurological symptoms. Another paper found five cases of sudden stroke in COVID-19 patients aged 30–40 years due to abnormal blood clotting in their large arteries.

The researchers explain that when the body is deprived of oxygen, which occurs with smoking, the amount of clotting factors in the blood increase. In combination with COVID-19, which also increases blood-clotting proteins, the risk of stroke rises.

“COVID-19 seems to have this ability to increase the risk for blood coagulation, as does smoke. This may ultimately translate in higher risk for stroke.”

– *Luca Cucullo, Ph.D., Center for Blood-Brain Barrier Research, Texas Tech University Health Sciences Center*

Latest at AKGsOVIHAMS

- *All three branches of AKGsOVIHAMS are functional on all days but only in the morning hours due to the current scenario. Kindly schedule your appointments accordingly.*
- *Watch Prof.Dr.A.K.Gupta speaking on the role of alternative systems of Medicine as a Homoeopathic Expert in the current scenario - <https://youtu.be/baSydTOBRFY>*
- *Watch Dr. Sanket Gupta talking about role of Homoeopathy in COVID-19 - <https://www.youtube.com/watch?v=iXUyW8Nr8JA&t=42s>*
- *Preventive medicine for COVID-19 available at all our branches*



Mr. Aggarwal from New Delhi asks – *Is Arsenicum Album 30 a sure shot preventive for COVID-19?*

Prof.Dr.A.K.Gupta replies – Arsenicum album 30 is a very potent Homoeopathic medicine that covers a wide range of symptoms that are also found in the patients suffering from the deadly virus. But yes, it is not the only medicine! As Homoeopathy works on the principle of individualization, so it can vary from person to person what medicine would suit him/her. But yes, as directed by the AYUSH Ministry Arsenic album 30 is safe to take by people of all age groups and simple 1 dose of empty stomach for 3 days has to be taken which can be repeated again after 15 days in the same way

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness

VITAMIN CHEAT SHEET

VITAMIN	WHAT WE USE IT FOR	GOOD SOURCES
A	For healthy vision, skin, bones, teeth & reproduction	Liver, Eggs, Fish, Milk, Carrots, Sweet Potato, Pumpkin, Spinach
B1 THIAMIN	Helps convert food into energy and is critical for nerve function	Pork, Soy, Watermelon, Tomato, Spinach
B2 RIBOFLAVIN	Helps convert food into energy and supports healthy skin, hair, blood & brain	Dairy, Meat, Green Leafy Veggies, Enriched Wheat, Oysters
B3 NIACIN	Helps convert food into energy and is essential for healthy nervous system	Beef, Chicken, Shrimp, Avocado, Peanuts, Tomato, Spinach
B6 PYRIDOXINE	Helps make red blood cells and improves sleep, appetite & mood	Chicken, Tofu, Banana, Watermelon, Fish, Legumes
B7 BIOTIN	Helps convert food to energy & break down glucose	Whole Grains, Eggs, Almonds, Soybeans, Fish
B9 FOLATE	Vital for new cell creation and DNA synthesis	Legumes, Spinach, Leafy Greens, Chickpeas, Tomato, Asparagus
B12	Breaks down fatty acids & amino acids, helps make red blood cells	Dairy, Beef, Pork, Poultry, Fish, Eggs
C	Acts as an antioxidant, helps make new cells, & improves immune system	Fruit & Fruit Juices, Pepper, Broccoli, Tomato, Spinach
D	Strengthens and helps form bones & teeth via calcium & phosphorus	Egg Yolk, Fatty Fish, Liver, Sunlight
E	Acts as an antioxidant, helps stabilize cell membranes	Nuts, Avocado, Tofu, Whole Grains, Seeds
K	Essential for blood clotting and helping to regulate blood calcium	Broccoli, Brussels Sprouts, Liver, Leafy Greens

@dr_mayur_jain

@cheatdaydesign

PATIENTS' FEEDBACK

Hi, two years ago I fell down somewhere and had injured my left knee ligament so badly that it took me 5 minutes to even get up from my lying posture. In a scan, I came to know that three ligaments of my knee were torn. Doctors suggested me to undergo a surgery. I refused as I am not for it.

I know Dr. Sanket Gupta from Delhi for more than 4 years. I called him up and consulted. He couriered me my medicine and my knee was almost 90% perfect within 20 days. And I continued the medicine for 2 months. Got completely alright.

Now, I have injured my right knee. I consulted Dr. Gupta again and took medicine for 1 month. It is almost 80% ok now. Rarely I get pain.

Thank you Dr. Sanket Gupta

- *Krishna Priya, Chennai*



CYST

PSORIASIS

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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