



Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER



Know all about **Recurrent Urinary Tract Infections** in this issue and the role of Homoeopathy in the treatment of this common condition

Clinical Psychologist **Dharitri Dutta** writes about **Infodemic** in the section Mind the MIND



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

RECURRENT U.T.I

INTRODUCTION

- These are the infections of the urinary tract that either don't respond to conventional treatment or keep recurring
- More prevalent in women. In fact, studies show that 1 in 5 young adult women have recurring UTIs

ETIOLOGY / CAUSES

- Microorganisms like *E.Coli*, *Klebsiela*, *Pseudomonas*, etc. can all cause urinary tract infection
- Habit of drinking less water
- Habit of retaining urine
- Pregnancy
- Diabetes
- Hospital borne
- Unhygienic sanitary conditions
- Sexual transmission

SIGNS & SYMPTOMS

- Frequent urination
- Bloody or dark urine
- Burning sensation while urinating
- Pain in the kidney regions
- Pain in the bladder region
- Nausea and vomiting
- Chills with a high fever, over 101°F (38°C)
- Fatigue
- Mental disorientation

WHAT YOU CAN DO

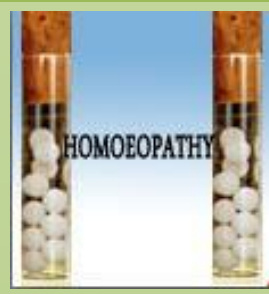
- Drink at least 3 to 4 litres of water daily
- Never retain or hold urine for long
- Maintain good personal hygiene
- Avoid excessive intake of antibiotics

INVESTIGATIONS

- Urine analysis
- Urine culture
- Blood sugar fasting
- HbA1C



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



Founder-Director AKGsOVIHAMS, Gold Medallist

SAY NO TO ANTIBIOTICS AND YES TO HOMEOPATHY

Urinary infections are extremely common and almost all of us experience it at least once in our lives. Women especially suffer a lot from these infections and certain females unfortunately just cannot get rid of the irritating urinary tract infections. A lot many times they have to go through a series of antibiotic courses with no benefit at all and then there comes a point when most of the antibiotics are resistant and patient has to look out for other treatment options.

Actually, antibiotics mostly can treat a urinary infection pretty well in a short time period but if the case doesn't respond as expected, then it becomes a chronic suffering for the patient and the allopathic doctor just keeps on adding on the various concoctions of antibiotics without actually proving any relief to the misery of the patient. The thing with antibiotics is that if they don't work well in the initial course, then invariably the condition only worsens as the basic flora and fauna of the urinary tract is woefully disrupted and the patient loses the basic immune response to even a mild infection.

This is where Homoeopathic medicines score way much more than the conventional antibiotics. Homoeopathic medicines without disturbing the original flora and fauna of the urinary tract completely root out the infection and even in cases of recurrent infections, the chronicity of the disease is easily managed beautifully with Homoeopathy.

Like any other disease, it is extremely important that the patient takes care of what to do and what not to do especially when it comes to recurrent UTIs. Drinking plenty of water and not retaining urine are of utmost importance along with the other points mentioned in the section above.

Some of the useful Homoeopathic medicines for Recurrent Urinary Tract Infections are: - *Thuja, Sepia, Staphysgaria, Kali Chlor., Apis Mel., Cantharis, etc.*

MARVEL OF HOMOEOPATHY

On 9th Sept. 2020 evening, Dr. Sanket Gupta got a phone call from one of his patients, Mrs. Rati that she wanted to consult for her sister in Faridabad who had been diagnosed with COVID-19 and was on artificial oxygen. The patient's son called the next moment to give the details of his mother's case. His mother, 68yrs old and diabetic was COVID-19 positive and was experiencing severe breathlessness on sitting for even 5 minutes for 2-3 days. She was put on artificial oxygen as her oxygen levels had dropped below 85 in the oximeter by 7th September. So, on directions of a local physician she was put on artificial oxygen. Despite that her condition was not stable and whenever the family members would remove the artificial oxygen the levels were dropping down alarmingly to as low as 68! She also had lot of coughing as well with dryness of mouth. She had fever also 2-3 days ago but that had been taken care of with Paracetamol. But her breathlessness and resultant hypoxia was worrying the entire family.

On being narrated the whole history, Dr. Gupta asked the patient's son why she had not been taken to the hospital by now? The gentleman replied, that he was reluctant to take his mother to the hospital and was more comfortable in taking care of her at home as he had seen in lot other cases of COVID-19 in his vicinity where people were recovering rather well by staying home and not reaching to the hospital. He said he had full faith in Homoeopathy and the ability of Dr. Sanket Gupta that his mother will be alright very soon without the need of hospitalization.

And his faith won!

Dr. Gupta asked him to give Arsenic Album 200 to his mother every 2hrs along with Koffeez cough syrup. He prescribed for steam inhalation through mouth as much as possible throughout the day as well.

Amazingly in less than 3 days the artificial oxygen was taken off and the old lady now could sit, talk, walk as normally and as healthily as ever. The cough had disappeared in few hrs of the medicines itself. She was constantly able to maintain oxygen levels of 97-98 throughout the day!!

The entire family is extremely happy and relieved and cannot thank Homoeopathy and Dr. Sanket Gupta enough for saving the life of the old lady. 😊



DHARITRI DUTTA, MSc, M.Phil (Cli. Psy.)



MIND the MIND



INFODEMIC

“Infodemic” is a relatively new term, yet it has become alarmingly relevant in the present times. Infodemic is an overabundance of information and the rapid spread of misleading or fabricated news, images, and videos (WHO, 2019). The term has become even more significant in the recent times due to its hazardous impact in the battle against COVID-19. While we all are collectively trying to fight the pandemic, the rapid spread of misleading information and rumours in the mainstream media, as well as social media is creating fear, panic and uncertainty amongst the general public. In the sad state of affairs, not only the patients and their family members, but also the frontline warriors, like the health care professionals, police, sanitary workers etc. are experiencing stigma, discrimination and severe mental/physical harassment. Not only in the area of health sector, infodemic is having tremendous physical, mental and social consequences globally in other areas as well. One such example that indicates the serious adverse consequences of infodemic is the everyday news related to the tragic death of actor Sushant Singh Rajput, where a woman, whose role in his death is yet to be established is harassed, accused of murder, called a ‘witch’ and given rape threats over social media.

Today, we live in a digital world. We, the public, largely rely on the media to convey and update ourselves with the latest information to make informed decisions. The large pool of information around us helps us to form an accurate assessment of risk and decide necessary course of actions. The social media allows us to connect and share ideas with a large number of people in a short span of time. However, while doing so, little do we pause to look at the source of the information or the credentials of the source. The proliferation of misinformation of this sort or disproportionate exposure to sensationalist or graphic news and ambiguity in the news can all result in negative emotions and behaviours. Inaccurate information spreads widely and at speed, making it more difficult for the public to identify verified facts and advice from trusted sources. Let’s look into the probable reasons for the menace of infodemic:

Confirmation Bias: We, human beings, have the tendency to seek out information that confirms the beliefs we already have as opposed to seeking out information that might counter it. So, whenever we come across information that evokes any emotional reaction, we feel compelled to share with others to reaffirm what we believe in.

Another possible explanation could be that, when people start to believe in false information, they begin doubting the accuracy of correct information available. They dispute scientific evidence and fall into the grip of various conspiracy theories. Exposure to misinformation repeatedly directly affects our opinions, attitudes and thus behaviour. Proliferation of misinformation amplifies our negative attitudes, resulting in more undesirable, biased and aggressive affect and behaviours.

Another very crucial reason is that the human minds are more drawn to information that is shocking or sensational. The visuals, provocative headlines and language used in such fake news or misinformation is such that it creates an immediate response of shock in the minds of the people and that, in turn has a more immediate effect and make us to react than to analyse.

A chaotic, saturated and unfortunate media environment is posing as a great threat to the physical and mental well-being of each one of us. In such a period of crisis like the current pandemic, identifying truth from the false can be difficult, yet more vital than ever before. So, it has become very important that we all come together, bring out and believe in the information that is true and accurate. We need to make sure that we are better educated in terms of media literacy. So, let us all learn to pause before forwarding information to others. We need to pause to introspect the emotions we experience while reading a post, the possible reasons for such emotions, the reasons for the felt need to share it with others and most importantly to check and recheck the source and credentials of the source of the post. It is our responsibility to ensure that what we believe as truth for ourselves is actually the truth.



Ultra-processed foods may accelerate biological aging

A study links the consumption of ultra-processed foods with the shortening of the body's telomeres. Telomeres are structures located at the ends of our chromosomes. They preserve the integrity of chromosomes. Telomeres become shorter and less effective over time as chromosomes replicate. Scientists view them as markers of an individual's biological age at a cellular level.

New research indicates that eating ultra-processed foods is linked to the accelerated shortening of telomeres and cell aging.

The researchers, from the *University of Navarra in Pamplona, Spain*, presented their findings at this year's European and International Congress on Obesity (ECOICO 2020) in September. The findings also feature in a study paper in *The American Journal of Clinical Nutrition*.

While their components are often extracted from natural sources, UPFs ultimately contain no, or very little, in the way of whole foods. UPFs are nutritionally poor and often unbalanced.

The researchers began their analysis with data from the SUN project, which the University of Navarra is conducting with other Spanish universities. The ongoing study began recruiting in 2000 and includes volunteers over the age of 20 years. Participants are required to fill out and return questionnaires every 2 years.

The likelihood of shortened telomeres increased dramatically with the number of UPF servings, starting with the medium-low group. That group was 29% more likely to exhibit reduced TL, while the medium-high group was 40% more likely to do so. Those in the high group were 82% more likely to have shortened telomeres.

The researchers also made observations for those who consumed more than 3 servings of UPFs per day. These people were more likely to have diabetes, a family history of cardiovascular disease, and abnormal blood fats under their skin.

The study authors also found that those who consumed higher amounts of UPFs were more likely to experience depression — especially when they were less active physically.

Latest at AKGsOVIHAMS

- *Clinical Psychologist Dharitri Dutta, M.Phil, Former Asst. Prof. at Assam Don Bosco University, Guwahati, is now a part of Team AKGsOVIHAMS and shall be rendering her services at the Satya Niketan branch from 6th October on every Thursday and Saturday 11am to 2pm. with Prior appointment only. M- 7002473202*
- *Senior official of the CCH, Dr. Lalit Verma is also now a part of the Team AKGsOVIHAMS. He is available for consultation at the Pitam Pura branch every Thursday and Saturday from 11am to 2pm. For appointment call Ph- 01140392959*



Mr. Singh from New Delhi asks – Is chalazion curable with Homoeopathy? I don't want to get it operated.

Dr. Sanket Gupta replies – Chalazion is a small, round hard node like structure that is usually seen over the eye lids. It is usually painless but it is cosmetically a trouble. Good thing is that chalazion is completely curable with Homoeopathy and there is no need to go under the scalpel for the same. It is important not to rub and press the chalazion as it might rupture leaving behind a scar and further worsening the case and also increasing the healing period. Usually a chalazion is cured in 3 to 6 months' time with Homoeopathic medicines.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



Cherries help calm your nervous system



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Kiwis increase bone mass



Blueberries protect your heart



Pineapples help fight arthritis

PATIENTS' FEEDBACK

I was suffering from Urinary Tract Infection in my graduation years. I used a lot of allopathic medicines to get rid of it but all of this was in vain. Despite proper courses in allopath I could not get cured of it. Through family acquaintances I came to know about AKGsOVIHAMS. Earlier I was quite sceptical about homeopathy because of the fact that it is very slow in its results but I thought of giving it a try. The try I must say proved fruitful. Through a regular long course, I was treated of my infection which any other medication had failed to do. Not only this, my cousin also got cured of his nasal allergies by the medicines provided by the doctor.

The clinic and the doctors I must say are to be praised in this regard and not just homeopathy. Dr. Sanket Gupta has always been readily available in case of emergencies and the prescription as I mentioned earlier was highly effective. The continuous pain and problems of UTI were cured effectively only by his medication. Dr. Sanket Gupta has been more of a friend and the best part is that he attends to all of his patients in the same manner, with same vigour and energy. He has not only helped me cure the disease but also been a constant support. In many instances he has counselled me which helped me to get through the problems I faced.

All in all, it was a great experience with Homeopathy. This would not have been possible if I did not get the right doctors and the right clinic off course. It was a great experience to be associated with AKGsOVIHAMS. I would recommend this clinic and homeopathy to the maximum number of people I meet. The only suggestion to the people who take up homeopathy for getting cured of any problem is that maintain consistency and do not stop and start the course according to your own will. It might take some time but, in the end, it would definitely get cured.

- Tanvi Misra, Kanpur



PSORIASIS

NON-HEALING DIABETIC WOUND

DERMATITIS

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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