

Dec. 2020 Issue – 87

*Homoeo –Psycho Cure & Care with Wellness*

MONTHLY NEWS LETTER



AKGsOVIHAMS wishes you all a very Happy, Healthy and Prosperous New Year 2021

Founder-Director of AKGsOVIHAMS, **Prof.Dr.A.K.Gupta** was invited as Guest of Honour to give a key-note address on “**Daily Regimen in Maintaining Wellness**” in the prestigious **6th India International Science Festival (IISF 2020)** held from 22nd to 25th Dec. 2020. Click here to watch his expert comments on Wellness - <https://youtu.be/1GKr1HsQlgA>

Know all about **POST-COVID SYNDROME** in this issue and the role of Homoeopathy in the current scenario

Clinical Psychologist **Dharitri Dutta Gupta** writes **Adieu 2020** in the section Mind the MIND



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

POST-COVID SYNDROME

INTRODUCTION

"We're seeing continued evidence that a fair number of people who have had COVID-19 continue to feel the effects of this illness for weeks to months after recovering from the worst of their symptoms or complications," says Dr. Sandeep Lahoti, gastroenterologist at Houston Methodist who is leading the COVID-19 Recovery Clinic.

ETIOLOGY / CAUSES

Those who seem to be most at risk of developing post-COVID syndrome include:

- Adults over the age of 50
- People who experienced a more severe case in the first go
- Individuals with underlying health conditions, particularly cardiac and pulmonary issues, hypertension, diabetes or obesity
- People with weak immune responses

SIGNS & SYMPTOMS

- Fatigue
- Difficulty breathing
- Some amount of coughing especially on speaking and inhalation
- Joint pains
- Chest pain
- Brain fog, including an inability to concentrate and impaired memory
- Loss of taste and/or smell
- Depression, Anxiety & Sleep issues

INVESTIGATIONS

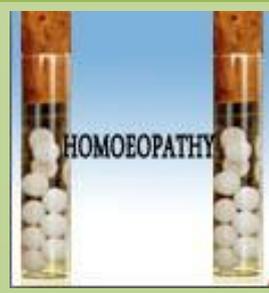
- Physical clinical examination
- Complete haemogram
- Blood CRP levels
- Blood D-Dimer levels
- LFT and KFT
- HRCT scan of the Chest
- Urine Analysis
- Chest X-ray

WHAT YOU CAN DO

- Deep breathing exercises
- Proning, that means lying on your elbows with chest facing downwards and then doing deep inspiration
- Do regular walks, light exercises and eat a balanced diet and stay hydrated
- Be in constant touch with your physician



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



Founder-Director AKGsOVIHAMS, Gold Medallist

A NEGATIVE REPORT IS NOT THE END OF THE BATTLE

COVID-19 has gotten all of us by the scuff of the neck, quiet literally! The fortnight of quarantine was not enough for the sufferers to be subjected to it seems as now it is being seen in many cases that the Post COVID-19 symptoms are actually taking a heavier toll on the already battered individuals! A negative covid-19 report after all means absolutely nothing in the current scenario! It doesn't guarantee you that you are cured now...in fact, in many cases the battle had just begun!

The thing with the negative report is, that it only suggests that the virus may now not be present inside that patient. But it does not tell how much has the virus actually infected that particular patient. Most of the sufferers, start resuming their normal pre-covid routine as soon as they get a negative RT-PCR report. This is where many find out, that they are feeling extreme weakness in carrying out their daily routine. Some complain of profound body aches that have lasted for about a month after the end of their quarantine! Some have even died a few days later...

This is where a reason gifted mind would question the whole emphasis on a report than actually the clinical picture of the patient. I always tell all my patients, don't go by the report only. It has not much significance! What matters is are you back to your 100%? If not, then please be in constant touch with your treating doctor. The left-over Pneumonia or the cardiac injury must be treated completely to label a person as cured or COVID-free.

Homoeopathy, fortunately, has been playing an extremely beneficial role in not just during COVID period but also in completely curing the patient during Post-COVID period. The gentle Homoeopathic medicines have been seen much more impactful than the harmful steroids and heavy antibiotic doses in these testing times.

Medicine like *Avena Sativa*, *Arsenic Album*, *Rumex Crispus*, *Bryonia Alba*, *China Officinalis*, *Kali Carb*, etc. have shown magnificent results over a wide range of patients at AKGsOVIHAMS Clinics

MARVEL OF HOMOEOPATHY

This is a wonderful case of Non-Healing ulcer of a patient already suffering from Idiopathic Thrombocytopenia. Mr. V.C. from Ghaziabad, visited Prof. Dr. A. K. Gupta at our Satya Niketan branch to consult for a huge ulcer on his left leg. The ulcer was absolutely red in colour and the leg as hard as a rock! He had small wounds turned ulcers on smaller areas of the legs as well.

It used to Bleed profusely with pain on walking a little bit even. He had been suffering with severe Thrombocytopenia. His Platelet Counts had been always low. The wound / Ulcer was not healing despite of best medications of Antibiotics and Dressings with all possible Antibiotic and Steroidal Creams and Ointments.

Then he was referred to Prof.Dr.A.K.Gupta for Homoeopathic treatment at AKGsOVIHAMS in the month of July 2020. Within 2 weeks of Homoeopathic treatment there was improvement seen and felt by him and his family. Every visit showed remarkable improvement and the Healing has been visible as evident with the Pictures in the video. He is still under treatment for the extremely low platelets count which has never been beyond 10,000 since last 40years!

Watch here Mr.V.C. narrate his whole case and the earlier futile struggle of trying all possible means to treat this ulcer and how eventually Homoeopathy has come to his rescue - <https://youtu.be/cWrs7I2gIu0>



MIND the MIND

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

Adieu 2020

In a few days' time, the year 2020 will draw to a close. The current year has been one of the most difficult years for all of us. 2020 started with reports of violence, deaths, mobs vandalizing public and private properties amidst the nationwide protest on the Citizenship Amendment Bill. While we were still trying to recover and make sense of this chaos, we were in the grip of the worst pandemic the world had ever seen- the COVID 19. Needless to say, how the pandemic has already claimed the lives of lakhs of people and affected the health of millions in India alone. Not only the pandemic, we, as a nation also mourned over the deaths of many of our favourite celebrities, such as Irrfan Khan, Sushant Singh Rajput, Saroj Khan, Rishi Kapoor to name just a few. And currently, despite the intense cold conditions, lakhs of farmers have been protesting against Government's Farm Laws at various Delhi borders for days, risking their health and work.

The pandemic has introduced us to a strange way of living. Phrases like Lockdown, Quarantine, Social Distancing that were rarely heard, are everyday vocabulary now. We cannot think of stepping out of the house without face masks, sanitizers or frequent hand sanitization routines. Social distancing has replaced hugs/handshakes with the simple gestures of nodding/Namaste. Visits to relatives/friends/neighbours have been reduced to the minimal. With schools remaining shut, virtual classes are the only mode of learning left for the students. The new normal of "Work from Home" has confined office goers to their homes, working longer hours than before with minimal social interactions. People are still trying to strike a balance between their lives and livelihood.

The unforeseen pandemic has affected us not just at an individual level but also the society at large. The discriminatory practices in the society saw a new high. Not only the patients and their family members, our frontline workers, like the health care professionals, police, sanitary workers etc. are experiencing stigma, discrimination and severe mental/physical harassment too. The uncertain nature of virus, rapid spread of misleading information, rumours, sensationalized news in the media created severe anxiety and panic in the public. The Global economic crisis has hit most of us badly. It has brought many companies to a complete standstill. A large number of people are being laid off from their jobs, while others are working at a reduced salary/pay-cut. The migrant and daily wage labours are the worst hit, where they are still struggling to have their basic needs met. During the most crucial period of development, children are glued to the screen whole day to attend online classes. Their peer interactions, outdoor play activities have come to a minimal. On the other hand, the vulnerability of the elderly population for developing physical as well as psychological concerns have risen manifolds.

The disruptions in the regular way of living, along with the real fear of getting infected with virus have led to an upsurge of mental health concerns all over the world. Bereavement, isolation, loss of income, uncertainty and fear are triggering mental health conditions or exacerbating existing ones. Reportedly, cases of depression, anxiety, OCD, Substance abuse, suicide, domestic violence are on a rise, as with the number of people seeking professional help to deal with a varied mental health concern.

Indeed, a difficult year it has been! Yet we managed to struggle and live. As we know, with every low there's a high and it is true that even this current pandemic has a silver lining to it. The pandemic allowed us the opportunity to have back the real, genuine moments with our family and loved ones, which we somewhere lost in the otherwise fast-paced busy life of ours. As life slowed down, we tried finding new ways to stay connected or to reconnect with the people who matter to us. On an individual level, we started to value our own selves as well as the lives of others and offer help as much possible. Many prominent figures came forward to serve those in need with whatever resources they have. Time at home gave us the chance to introspect and also to explore and enhance the new/hidden skills that we have.

With limited outside resources available, people of all ages, even in the remote areas had to rely on the internet and online resources available. People tried to gain as much possible from the digital platform. The educational institutions came out with innovative ways to ensure that the students do not miss out on their learning. With the maximum learning happening online, the parents could also remain more updated about their ward's leaning experience. The "work from home" practice has proven to be more productive in terms of work efficacy. In addition, it is also likely to reduce the cost of expensive infrastructures, huge electricity consumptions in the work places, reduction in the traffic on the roads and the resulting air pollution. During this period, with the blessing of the vast online platform available, we also saw the many home-based entrepreneurs emerging and blooming in different areas.

With regard to health, COVID-19 popularized the practice of overall hygiene maintenance like never before. Proper sanitization when we come home from outside, washing hands before eating, covering our mouth while coughing, keeping a sanitizer handy are some of the healthy practices we all developed for good. Prevention is better than cure was indeed put into practice.

Lastly, with the world-wide lockdown, Nature also got the much-needed opportunity to hit the reboot button and reclaim the space to heal itself. There was a significant reduction in the overall levels of pollution: water, noise, especially the air. While humans were restricted to their homes, animals and birds came out to reclaim their territories. The beaches were cleaner, and the surface water was clearer. Hopefully, these beautiful transformations in the nature would be an eye-opener to the mankind, and we would learn to respect the nature more than before.

COVID-19 has been a long battle. Yet we devised new ways of connecting, learning and continuing with our lives in spite of the hurdles. Fortunately, as we come closer to the end of the year, the statistics of daily infections and deaths are lowering down. With the gradual process of unlock at present, we are again moving towards normalcy. With the rigorous efforts of the scientists, the vaccines made have shown efficacious results too and are likely to be made available to the public very soon. The vaccines, advanced understanding of the virus, our collective efforts and lessons learned during this period make us hold onto our belief for a brighter future. As the famous quote from the classic movie Shawshank Redemption (1994) goes, "Hope is a good thing, may be the best of the things. And good thing never dies", let's continue to be hopeful and be ready to welcome 2021 with new spirits and enthusiasm!



Is the sugar substitute stevia bad for health?

New research into the plant-based sweetener stevia indicates that the sugar substitute may have negative implications for gut health.

Stevia is up to 300 times sweeter than table sugar, so only a very small amount is necessary to achieve a sweetening effect.

The digestive system is home to various types of bacteria. Some of these bacteria help keep the body healthy. Maintaining a healthy and balanced gut is important in many ways.

Some gut bacteria can prevent inflammation, protect against certain types of cancer, and reduce symptoms associated with rheumatoid arthritis.

Researchers from Ben-Gurion University of the Negev (BGU) in Beersheba, Israel, focused on stevia in a study that recently featured in *Molecules*. Their findings suggest that stevia can have a negative effect on gut health. The research team studied two forms of stevia: the commercialized herb supplement and purified stevia extract. They looked at how the different forms of stevia affect bacterial communication.

The gut has quorum sensing (QS) pathways. These pathways enable bacteria molecules to communicate with each other, which is important in terms of microbial regulation. **The team found that the stevia herb supplement had an “inhibitory effect on bacterial communication.” The purified stevia extract showed “a molecular interaction and possible interruption of [some forms of] bacterial communication.”**

“With reference to the effects identified in our study and the growing consumption of stevia, we urge that more studies be conducted to help further elucidate the effects of these sweeteners and to adjust the highest daily

Latest at AKGsOVIHAMS

- On 25th December, Free Camp for Senior Citizens was held at all the branches of AKGsOVIHAMS as an annual feature on the death anniversary of Sh.O.P.Gupta, Chief Patron of AKGsOVIHAMS
- Prof.Dr.A.K.Gupta completed 43 glorious years of his clinical practice on 25th Dec.
- Clinical Psychologist Dharitri Dutta Gupta is available now at Satya Niketan branch of AKGsOVIHAMS on Tuesday, Thursday and Saturday. For appointment call on – 7002473202

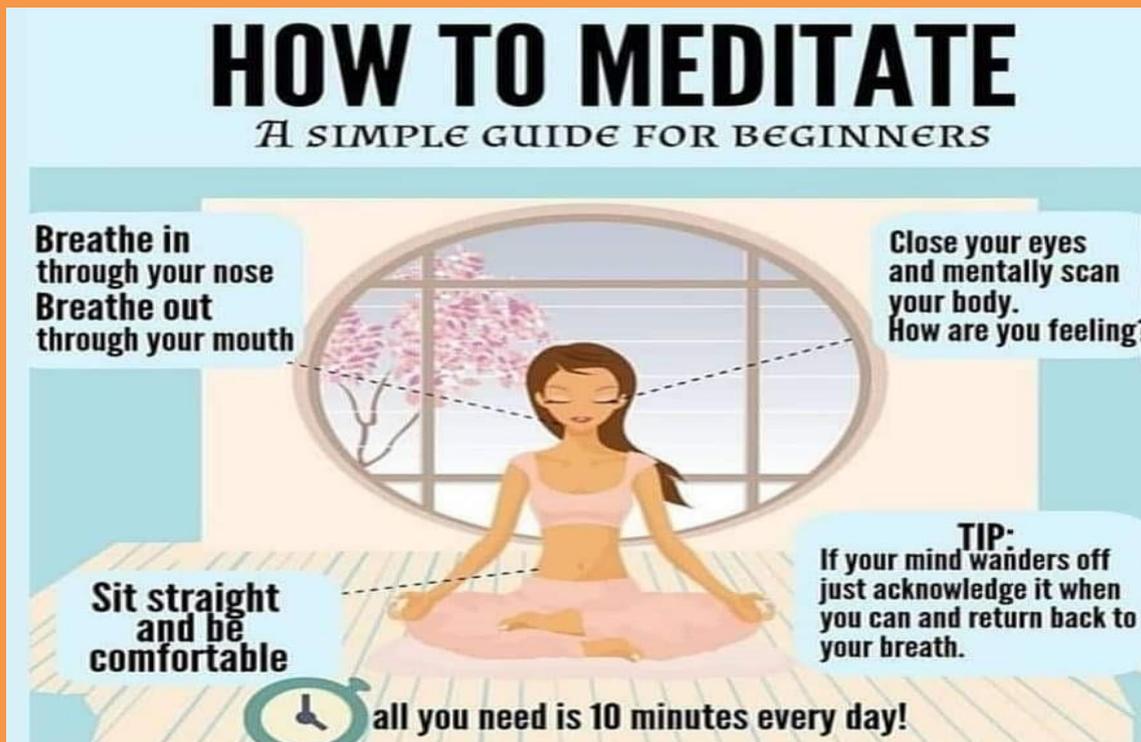


Mr. Suri from Delhi asks – *I suffered from COVID-19 in Nov. 2020. Can I be infected again?*

Dr. Sanket Gupta replies – The human body has an immune mechanism that forms antibodies in response to any foreign antigen that infects the body and COVID-19 is no different. There have been certain instances where re-infection has been reported but most of the patients who recovered well and did not end up dampening their immunity furthermore and also took good care of themselves and their immunity post the COVID-19 infection have not reported any such thing. So the idea is, take good care of yourself, eat vitamin C rich foods, exercise on daily basis, eat nutritious and healthy diet, drink good amount of water and most importantly, keep a positive approach towards life in general. Homoeopathic medicines can help in post COVID-19 care as well.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



PATIENTS' FEEDBACK

I work with Macmillan Publishing Solutions. I manage all Indian locations - Bangalore, Chennai, Delhi, and Kolkata. Since I have to manage around 1200 employees at all of these locations nationwide, I have a lot of traveling. At times, I am stationed away from home for many months. I stayed for four months during October 2008-January 2009 at Chennai. I ate food prepared by restaurants around. Owing to enormous work pressures, long working hours and erratic life style patterns, I led myself to diabetes. At first, I did not realize increase of sugar level in my blood but one day towards the end of January, I found my vision getting blurred, and increase in thirst levels with frequent urination. Since Dr.A.K.Gupta is our family doctor, I went and saw him in the morning of 24.1.2009. Dr Gupta noticed that things were not good at my end. So, he immediately checked me up and suspected something serious and took out a small machine from his bag and took some blood from my fingertip with his Instant Blood Sugar check-up machine which did not give any reading rather showed HI only on the screen, seeing that he said it seems to be very high Blood Sugar level.

He gave me some Liquid medicines to be taken 10 drops twice and some powders and also suggested me to get blood and urine checked up from the nearby Path Lab. I went around to the nearest Lab and got my sugar levels tested. To anyone's surprise. Random blood sugar testing yielded an unbelievable result, my sugar level had shot up to 832!!! Dr Gupta too was stunned. He immediately gave me some medicines and increased the dose to 25-30 drops told me that the situation was quite grave... Since I have had been trusting Homeopathy from inception, I heeded to whatever he told me to follow. With the medicines that he gave me...I could realize that my blurred vision started returning to normal.

Frequent thirst also started to recede with frequent urination subsiding rapidly. A week later, when I saw him again 832 figures plummets to 403...and thereafter, things start turning purple. I trusted him, homeopathy and thy Lord--almighty. Regular exercise and medication of Dr Gupta with dietary control brought all of it under control so rapidly that people around me were surprised. Without any allopathic/ayurvedic medicine, I am back on tracks with normal blood sugar levels.

Kudos to Homeopathy...I would say it works faster than any other form of medicine... All it takes is sheer belief/placebo with homeopathy.

- *Dr. Nakul Parashar, New Delhi*



CHRONIC ECZEMA



NON-HEALING ULCER



IDIOPATHIC THROMBOCYTOPENIA



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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