



Homoeo –Psycho Cure & Care with Wellness

MONTHLY NEWS LETTER

IFPH TALKS.
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LIVE EVENT

Prof. Dr. A.K. Gupta

MORE INFO AT www.ifph.world

International Forum For Promoting Homeopathy

An Initiative by IFPH TEAM

India **155th Day**
Motor-neuron Diseases & Homeopathy

DATE	IST	UAE
February 2nd	8.30 PM	7.00 PM

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Watch the highly appreciated lecture of Prof. Dr. A.K. Gupta talking about his vast experience of treating the ‘Un-Treatable’ Motor Neuron Diseases – <https://youtu.be/o74NDprjt3c>

Know all about **TENNIS ELBOW** in this issue and the role of Homoeopathy in the treatment of this disease

Clinical Psychologist **Kaartik Gupta** writes about **Delivering Bad News** in the section Mind the MIND



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



TENNIS ELBOW

INTRODUCTION

- Tennis elbow is inflammation or, in some cases, micro tearing of the tendons that join the forearm muscles on the outside of the elbow
- Extremely common in players of racquet sports like tennis and hence the name

ETIOLOGY / CAUSES

- **Overuse** - Tennis elbow is often due to damage to a specific forearm muscle, the extensor carpi radialis brevis (ECRB), that helps stabilize the wrist when the elbow is straight. When the ECRB is weakened from overuse, microscopic tears form in the tendon. As the elbow bends and straightens, the muscle rubs against bony bumps. This can cause gradual wear and tear of the muscle over time.
- Many people with tennis elbow participate in work or recreational activities that require repetitive and vigorous use of the forearm muscle or repetitive extension of the wrist and hand. Painters, plumbers, carpenters, auto workers, cooks, and even butchers are particularly prone to developing tennis elbow.

SIGNS & SYMPTOMS

- Pain or burning on the outer part of the elbow
- Weak grip and strength
- Sometimes, pain at night
- The symptoms are often worsened with forearm activity, such as holding a racquet, turning a wrench, or shaking hands
- Dominant arm is most often affected; however, both arms can be affected

WHAT YOU CAN DO

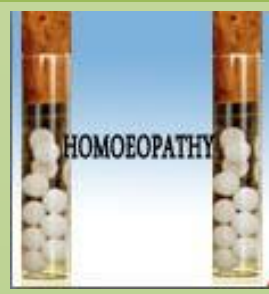
- Complete rest and no activity by the affected arm
- Physiotherapy
- Using a brace centred over the back of the forearm may also help relieve symptoms of tennis elbow

INVESTIGATIONS

- X-ray
- MRI scan
- EMG



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



Founder-Director AKGsOVIHAMS, Gold Medallist

PLAY FREELY WITH HOMOEOPATHY

Tennis Elbow became a very famous disease back in 2004 when Sachin Tendulkar, the famous Indian Cricketer, got affected by it. Also known as Lateral Epicondylitis, tennis elbow is a very common condition which generally happens due to the overuse of the dominant arm muscles. The pain can be so excruciating that even lifting a glass of water can be found troublesome by the patient. It depends on the extent of the tear in the involved muscle.

In conditions like tennis elbow, medical treatment and physiotherapy go hand in hand. Depending upon the severity of the condition the medicines are prescribed and at all stages of the disease, rehabilitation and exercise under the scrutiny of a good physiotherapist is very essential. Even the duration of treatment depends entirely upon the extent of the tear in the muscle.

Very rarely and only in exceptional cases, surgical correction would be required otherwise this disease is very much treatable with the conservative approach of medicines and physiotherapy. Homoeopathic medicines have shown tremendous results in treating the pain and even restrictive movement of the patients suffering from tennis elbow.

Homoeopathic medicines can not only relieve the pain and suffering in a much quicker and holistic way but also can prevent the harmful side-effects of having analgesics and anti-inflammatory medicines which one ought to have for quite sometime in case of tennis elbow. If treated at the earliest with Homoeopathy then definitely surgery won't be required.

Some of the highly beneficial Homoeopathic medicines for Tennis Elbow are: - *Ruta*, *Arnica*, *Calc. phos.*, *Rhus Tox*, *Hypericum*, etc.

MARVEL OF HOMOEOPATHY

This is a case of a 68yrs old female who was already under treatment at AKGsOVIHAMS for Hypothyroidism for a few months when one day she started feeling a slight pinching pain in her right elbow. She being a home maker tried to do hot fomentation and take any painkiller on her own and would get a temporary relief from the pain and would then go on to her regular household chores. This went on for a few weeks and she never mentioned this pain of hers to Dr. Sanket Gupta from whom she was taking her Homoeopathic medicines for Hypothyroidism.

One fine day, she felt a sharp excruciating pain in the entire right forearm when she tried to hold a frying pan in the kitchen. This time the pain was unbearable and she realized that the matter was serious and needed immediate attention. So, that very day she went to consult Dr. Sanket Gupta at the Moti Bagh branch. The doctor on seeing her and after doing her physical examination was sure that the lady was suffering from a Tennis Elbow (or Lateral Epicondylitis).

He immediately started with her treatment and advised her to do physiotherapy as well. She was asked to strictly keep the affected arm at rest and not to lift anything at all from her right hand. The lady wondered whether this treatment would hinder her treatment for Hypothyroidism which she was already on. Dr. Gupta assured her that this treatment would not cause any break in her previous treatment and Homoeopathy is a holistic science and will very nicely take care of both the issues. She just has to follow what is being told to her.

Gradually with the Homoeopathic medicines and physiotherapy, the lady improved. The pain had reduced considerably in less than a month and she could start doing her chores step by step. The whole treatment went on for three and a half months and the patient was completely pain free and could very comfortably do all her daily chores. She could now lift anything from her right hand and that too without experiencing even a slightest iota of pain or tingling in the right forearm and elbow. With the help of Physiotherapy and Homoeopathic medicines, the healing took place beautifully. Not only, this her TSH levels were always under control and it only got better from there on.



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



MIND the MIND



Delivering Bad News

Nobody likes to hear bad news. Even if the news is not particularly related to you, one ends up feeling a wide range of emotions like – fear, shock, disbelief, sadness, anger, panic and is often accompanied by a sense of helplessness. It creates a very unpleasant state of being which not only impacts the individual physically, but can have significant psychological repercussions as well. While the effects of bad news on the listener are well-known, conveying bad news is an even more important responsibility which has few takers. This becomes even more relevant when it comes to Doctor-Patient interaction. Informing the patient about any form of illness is challenging, it becomes even more difficult in cases of terminal illness. In this edition of Mind the MIND, we highlight the importance of sensitivity while talking to the patient about different aspects of their illness as it becomes an important precursor to their subsequent treatment adherence and outcome.

Over the years we, at AKGsOVIHAMS, have come across several patients who previously have had very unfortunate and negative experiences with doctors straightaway telling them that there is no treatment or hope left for them. This has especially happened in cases of Motor Neuron Disease (MND). When a doctor, usually considered only second to God, gives such a statement it completely breaks the morale of the patient and his/her family members. Such insensitivity and lack of professionalism on the part of the doctor can initiate a vicious cycle of shock, anxiety, despair, hopelessness, depression with the patient and his/her family members staring down the fast approaching and unescapable DEATH. Mental suffering and anguish are piled up on an already frail physical system. By the time the patient and his/her family members consult another professional for a second opinion, the doctor's words "There's no treatment" have almost hijacked the patient's belief system and caused significant damage which becomes a major hurdle in responding to any form of subsequent treatment and recovery.

The same holds true for other terminal illnesses as well. Till few years back, Cancer used to be one such dreaded term which implied certain death. But today, thousands of people all over the world stand testimony to the fact that Cancer is not invincible. Positive mindset and a strong support system are vital for their recovery in addition to the medicines.

As professionals, it is our responsibility to calmly address all concerns of the patient and his/her caregivers. In addition to providing all the necessary details pertaining to the diagnosis, treatment plan and prognosis for that particular case, how this information is conveyed is of prime relevance. Listener can forget some piece of information, but they will always remember how they felt while receiving it. And as already mentioned above, it goes a long way in determining how the patient approaches it further. The professional needs to devote sufficient time with the patient and caregivers to explain and address all their queries, needs to handle this crucial moment in the patient's life with utmost care, sensitivity, empathy and patience, and try to instil hope no matter how bleak the situation might look at present. For a professional it might just seem like sharing information, but for the patient and his/her caregivers it would mean everything as they desperately seek your help and trust your judgment. So, what you say and how you say will reverberate with them forever.



Is Any Amount of Coffee Safe for Baby During Pregnancy?

Too much coffee during pregnancy could lead to kids with behavior problems later on. That's the key takeaway from new research that examined 9,000 brain scans from 9- and 10-year-olds as part of the largest long-term study of brain development and child health.

"The goalposts are moved by caffeine, and there are subtle, but real changes in behavioral outcomes in most kids who were exposed to caffeine in utero," said study author John Foxe, director of the Del Monte Institute for Neuroscience at the University of Rochester in Rochester, N.Y.

For years, pregnant women have been told to limit their caffeine intake to lower their risk for miscarriage or preterm birth, but this new study suggests that pregnant women who consume any coffee may be more likely to have kids with behavioral issues later in life.

Most of the behavioral issues seen in the kids were minor, but noticeable, Foxe said. Other risks for developing behavioral issues include family history and some social and economic factors, he added.

While it's known the fetus can't break down caffeine when it crosses the placenta, Foxe said exactly how or at what point in pregnancy caffeine leads to these changes is not fully understood.

The study did not find any changes in the children's intelligence or thinking ability.

The American College of Obstetricians and Gynecologists suggests pregnant women limit their caffeine intake to 200 milligrams per day. That's about two 6-ounce cups, but even that may be too much, the study suggested.

Latest at AKGsOVIHAMS

- **Founder-Director of AKGsOVIHAMS, Prof.Dr.A.K.Gupta** was recently appointed as an *Honorary Advisor of the International Institute of Lifestyle Management* in recognition of his expertise in the field of **Lifestyle Medicine**
- **Clinical Psychologist Dharitri Dutta Gupta** is available now at Satya Niketan branch of AKGsOVIHAMS on Tuesday, Thursday and Saturday. For appointment call on – **7002473202**
- **Subscribe for free to our monthly Newsletters** and find all the older ones as well by logging on **www.ovihams.com**

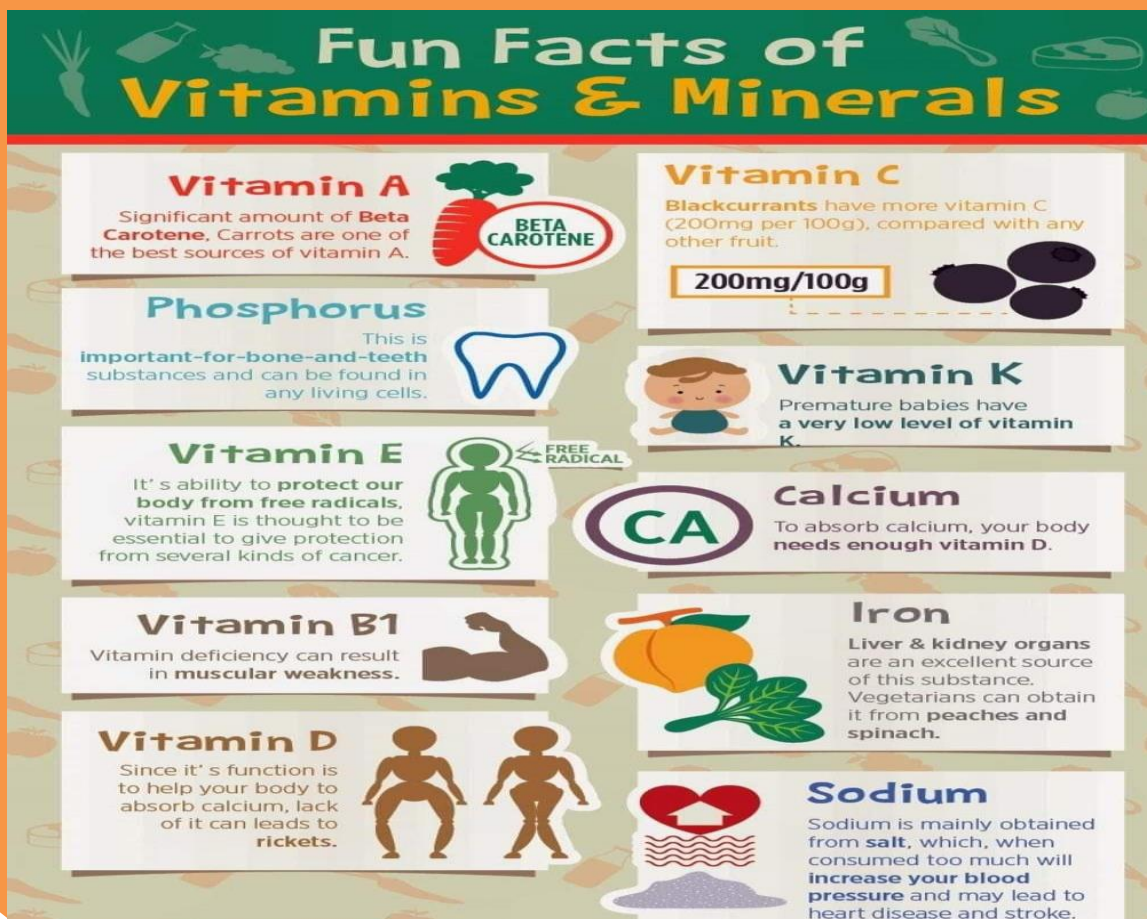


Mrs. Sehgal from Delhi asks – *How can I get my 5 yrs. old son to be away from mobile phone and I-Pad?*

Cl.Psy.Kaartik Gupta replies – With everything going online during the pandemic, people of all ages have become hooked on to their devices. It is important to regulate the screen time, especially for young children. Children learn the most through observation, so if you want to reduce your child's screen time, make sure you practise it yourself first. Suggest alternatives to phone like board games, outdoor play, art and craft activities. Fix a time of the day for your child to use his/her phone and strictly follow it. Make sure all family members' phones and other devices are kept away especially during meal times.

Send your Queries at - **feedback@ovihams.com**

Tips for Health & Wellness



PATIENTS' FEEDBACK

My father (aged 77 yrs.) has been living since last 2 years with stage 4 colon cancer that has gone to Liver. He was operated upon for removal of colon tumour in 2018 followed by intensive chemotherapy (10 chemo sessions) which he tolerated well. However, in May 2020 he had to be admitted to hospital in emergency following complaints of nausea, vomiting, drowsiness & weakness. His Liver & kidney functions were derailed & he got diagnosed with Hepatitis B also. His health became extremely fragile and he had to be kept in ICU for around 10 days and then moved to the wards. Despite all medical intervention, his recovery was very moderate. His Bilirubin level kept on increasing in this whole period & eventually reached around 12. He became very weak and was not able to even eat food on his own or to sit & was drowsy most of the time. He had lot of body pain, severe constipation and feverish most of the time. During this time the doctors at the hospital told us that he should be taken home as he will live only 4 to 5 days more!

I have known Dr.A.K.Gupta for a long time now & have deep faith in him. I regularly consult him for my family health. I discussed the case with him and started with homeopathic medicines. Within one day the pace with which the Bilirubin level was increasing decreased and, in few days, it started coming down. In just a month he moved out of the bed and started moving around. His bilirubin level is almost normal now (1.14) and he has better appetite and bodily strength. Today, after a treatment of just over 2 months, he is much better now.

I am highly grateful to Dr Gupta who saved my father's life and is helping him live a better life... I would highly recommend Dr Gupta for any ailments howsoever complex it may be.

- *Umesh Joshi, New Delhi*



CHRONIC ECZEMA



ALOPECIA AREATA



WART



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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