



MONTHLY NEWS LETTER



Prof. Dr.A.K.Gupta was invited to share some of his Wonderful Cures with Homoeopathy in a 48hr Zoomathon by the IFPH (Int'l Forum for Promotion of Homoeopathy) on 21st March 2021. It was a 200th day of the continuous webinar series which was attended by Homoeopathic Doctors all around the globe. Dr. Sanket Gupta also assisted in the widely appreciated presentation with a few of his cured cases as well

Know all about **MALE IMPOTENCY** in this issue and the role of Homoeopathy in the treatment of this disease

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



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

MALE INFERTILITY

INTRODUCTION

- Male infertility is any health issue in a man that lowers the chances of his female partner getting pregnant.
- About 13 out of 100 couples can't get pregnant with unprotected sex.

ETIOLOGY / CAUSES

- Sperm Disorders like Azoospermia
- Varicoceles
- Retrograde Ejaculation
- Immunologic Infertility
- Obstruction
- Low Hormonal levels
- Medications for diseases like Arthritis, Depression, Anxiety disorders, Hypertension, Cancer, etc.
- Metabolic disorders like Diabetes Mellitus
- Alcoholism
- Substance abuse

SIGNS & SYMPTOMS

- Inability to perform a sexual intercourse completely due to Erectile Dysfunction or Premature Ejaculation
- Ejaculation is very thin and less in amount and viscosity
- Patient may complain of pain during coition or ejaculation
- Pain in the legs and fatigue in general
- Anxiety and sadness

WHAT YOU CAN DO

- Exercise regularly
- Do not hesitate and see your doctor at the earliest
- Try to maintain a healthy lifestyle
- Have a positive frame of mind and do not feel anxious

INVESTIGATIONS

- Semen Analysis
- ELISA
- USG Lower Abdomen
- Hormonal Analysis



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



Founder-Director AKGsOVIHAMS, Gold Medallist

INFERTILITY IS CURABLE WITH HOMOEOPATHY

Homeopathy is entirely different in approach from most medical care systems and is based upon a Law of similar which says a medicine when given to a healthy person will produce certain symptoms which it will actually cure the same set of symptoms when given to the person suffering from the disease. In every case, the Homeopath looks at everything that is going on in the patient's life based upon a "totality of symptoms", Homeopath is covering all the aspect of positive, negative, emotional, sentimental and latent (suppressed) sides of Personality. Any event or unwanted stress during the various aspects of life can have a major impact on the health in general and the fertility in particular of a person.

Homoeopathic medicines treat the root cause be it even a result of any underlying pathological factor like Hormonal imbalance or diabetes mellitus. Or in case of chronic alcoholism and substance abuse, medicines are there in Homoeopathy that can not just reduce the impact of such abuses on the system but also reduce the addiction levels of the person being treated and eventually helping in improving the fertility.

The social stigma attached with this problem has an impact of altogether different level and we as a society should be more careful and responsible towards the suffering patient. Bad experiences and being shamed upon can really dent the confidence levels of the patient and the condition only worsens. It is extremely important that the patient is positive in his approach and outlook and never think of him as a lesser being than anybody else. This problem is completely curable and one should never lose hope.

MARVEL OF HOMOEOPATHY

This is a case of 50yrs old Diplomat of a European Country named Mr.M.V. He came to our Moti Bagh branch to avail our services during the week-long camp held at the centre on “Lifestyle Disorders “in February 2013. He mentioned about a skin problem for which he wanted to see if Homoeopathy could help. As it was a camp, he just mentioned about this skin ailment and took the medicine given to him by Dr. Sanket Gupta. The next week when he visited the clinic, he was accompanied by his wife, he spoke more about his problems. He mentioned that he and his wife had been married for more than 5 yrs but were unable to produce a child. A detailed and long case history was taken by Prof.Dr.A.K.Gupta and Dr.Sanket Gupta.

During the case taking it was found that his sperm count was really very low, and there were very occasional motile sperms detected. There were pus cells found in the semen and also Fructose was detected. So now we knew where the pathology was and as to what to treat in this case. Also, we found out in our frequent meetings with the couple, that there were many things leading to disharmony between the two. The basic understanding was not matching. So, we decided to give them counselling sessions as well and even the wife, Mrs D. V was treated under Homoeopathic medications.

With a lot of sessions passing by and trying to build a bridge between the two, and also treating their physical maladies the whole process kept going on. By-and-large both of them were feeling much better in general Mentally, Emotionally and Physical health wise. There has been a better understanding between them. The bondage between them was increasing at all levels. At this time, we asked him to get his Semen analysis done again so that we can add on to our treatment if needed.

In July 2013, the couple went on a holiday to their nation and said that they'll get the Semen analysis done at their native country. To which we said OK.

Next when Mr M.V came back to India in September and the very next day, on 24th Sept.2013 he came to see us with a bottle of Scotch in his hand and twinkle of joy in his eyes. When we asked for the Report of Semen Analysis thinking it to be better, to our extreme joy and thrill, he broke the news that instead of the report he gave the news his wife is Pregnant & had finally conceived for the 1st time in 6 yrs of their marriage and he would become a proud father. So, he never went for the Semen analysis as it was no more required. He hugged Prof. Dr. A. K. Gupta and Dr. Sanket Gupta and paid his deepest gratitude and thanks to Homoeopathy and the entire team of AKGsOVIHAMS.

Everybody around in the clinic congratulated him and it was a moment for us to cherish....

Watch the couple narrating their story here - <https://youtu.be/HmgEwAMuJV4>



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



MIND the MIND



Delivering Bad News

In the last issue of Mind the MIND, we have highlighted the importance of clinician's sensitivity while delivering bad news to patients, and how this information plays a significant role in the treatment adherence and outcome. The skill becomes even more relevant for clinicians working in end-of-life care, where there are few options for disease control, or death is imminent. An inappropriate, awkward, unprepared way of communication on part of the doctors, not only breaks the morale of the patients, but also evokes a range of negative emotions, and largely affects the patient/family member's trust in the doctor as well as on the medical treatment. While on the other hand, delivering bad news is one of the most difficult tasks that the doctors face. Their fears of being blamed, being unsure about the emotional reaction of the patient/family members, not knowing all the answers, unavailability of treatment options (in cases of terminal illness) make delivering bad news a complex and anxiety provoking communication for the doctors as well. Therefore, the current article is an attempt to discuss few important components relevant for the doctors dealing with such challenging situations.

The most important aspect that the clinicians need to remember while breaking the bad news is *to not break the hope* of the patient, no matter how severe the illness is. After the bad news, patients/family members want a little hope, and would want to hear about treatment options available. Encouragement, patience, the space to discuss feelings and reassurance, guidance towards maintaining optimum "quality-of life" are few of the most important components that the doctors need to keep in mind while breaking the bad news. The setting in which the news is delivered also becomes important. It is vital that the doctors make sure the patient is accompanied by someone close for their emotional support, and have the conversation in a comfortable environment, free from interruptions, and with sufficient amount of time in hand to empathize and support the emotional needs of the patient. Moreover, the doctor should use language that is easily comprehensible to the patient. Rather than using medical jargons, information should be shared in simplified terms, and their queries should be addressed adequately. Preferences of the patient/family members regarding treatment should be respected as well.

Given the complexity in delivering bad news and its negative impact on both the patient/family members as well as the physician, a lot of emphasis is being placed on developing the skills of communication and a number of protocols have been proposed. One such protocol - **SPIKES**, although primarily developed for Cancer patients, is widely used for delivering the bad news to patients.

- **Setting up the Interview:** This indicates prior preparation by the clinician regarding the information to be shared. The clinician should set up the setting in a way that a complete undivided attention can be given to the patient, using appropriate vocabulary, an open body posture and empathy. Preparedness ensures lesser level of anxiety on part of the clinician, and more receptiveness by the patient.
- **Perception:** It's important to assess the perception of the patient towards the news. A good assessment, by using appropriate open-ended questions, of what the patient already knows about his/her condition would allow the clinician to clarify any misunderstanding, and provide with realistic expectations about the diagnosis and treatment.
- **Invitation:** It is important to obtain patient's invitation and readiness to hear the dreadful news. The clinician needs to explore and assess what and how much the patient wants to know regarding the diagnosis and prognosis.
- **Knowledge:** The clinician should give adequate information and knowledge to the patient regarding the diagnosis and treatment options available. It is to be shared in a way and at the pace it is comprehensible by the patient.
- **Empathy:** As mentioned earlier, bad news is likely to trigger a range of negative emotions in the patients. The clinician needs to be prepared to empathically deal with the expression of emotions. Empathetic and kind communication, with appropriate reflection of client's feelings, helps the patient to process the information better and feel reassured to an extent.
- **Strategy:** It is important to guide the client towards the future plan and strategy. The clinician should try and provide with alternative treatment options if available, suggest palliative care, and kind of roles family members can play to help the patient maintain hope and "Quality of Life".

Irrespective of the high need and emphasis placed on effective communication skills while delivering the bad news, many a times these protocols are found to be violated, breaking the very morale of the patients. So as professionals, let us all try to be well-prepared and sensitive while sharing information with the patients that would instil HOPE even during their dark times!!!



Quitting smoking may improve mental well-being

Some people believe smoking offers mental health benefits, such as reducing stress and anxiety. Around 40–45% of mental health professionals assumed that smoking cessation would not be helpful to their patients. Some also believe that mental health symptoms would worsen if they quit smoking. Many smokers worry that they will lose social relationships, either from the irritability that can occur early on during smoking cessation or because they view smoking as a central part of their social life. This is why a group of researchers set out to explore how smoking impacts mental health precisely. Their review appears in the *Cochrane Library*.

Scientists have identified links between mental health and smoking. For instance, one report found that people with mental health disorders smoke at two to four times the average rate of the general population.

In the recent review, researchers examined the findings of 102 studies. **In total, the review included data from more than 169,500 participants. Based on their analysis, the team concluded that, contrary to smokers and some practitioners' fears, quitting smoking compared with not quitting did not worsen depression, anxiety, and symptoms of stress.** The review also found some evidence that quitting smoking promoted positive feelings and mental well-being. The team concluded that stopping may even have a small positive effect on social well-being.

A sub-analysis of three studies showed a pooled reduced likelihood of 24% in developing mixed anxiety and depression in the future and, based on two studies, a 44% reduced chance of developing anxiety alone.

Latest at AKGsoVIHAMS

- **Clinical Psychologist Dharitri Dutta Gupta** was invited to be a part of the **Free Specific Learning Disability Assessment Camp** organized by **Directorate of Education, Govt. of Delhi**.



- **She is available for consultation at Satya Niketan branch of AKGsoVIHAMS on Tuesday, Thursday and Saturday. For appointment call on – 7002473202**
- **PREVENTIVE MEDICINES** available for **COVID-19, DENGUE and SWINE FLU** at all branches of AKGsoVIHAMS



Mrs. Balani from Delhi asks – *I have a recurrent skin issue. My skin is very dry off late and am losing a lot hair these days! What could it be and can I be cured?*

Dr. Sanket Gupta replies – As you say that you have a recurrent skin trouble and it is dry off late tells me that you could be suffering from any underlying endocrine disorder like Hypothyroidism. I would advise you to get certain blood tests done like complete Thyroid Profile, Blood Ferritin levels and even get your blood sugar checked and see us at any of our clinics. These issues are very much treatable with Homoeopathy and there is no need to worry.

Send your Queries at - feedback@oviham.com

Tips for Health & Wellness



PATIENTS' FEEDBACK

In the midst of the pandemic, with fear and uncertainty everywhere when my father got COVID-19 in September 2020 and his cough wasn't settling with the prescribed Allopathic medicines, we were worried, Dr. Sanket's Homoeopathic medicines worked like magic. His ability to give comfort and assurance in such testing times means the world. The rest of us took some precautionary medicines prescribed by him and were alright.

Dr. Sanket is my go-to person for anything. Me and my family have benefitted immensely with his consultations in the last few months – which now is all the more convenient and accessible. I have personally recommended him to so many of my loved ones who also now vouch for him!

Kudos to Homoeopathy and Dr. Sanket Gupta! Upwards and Onwards hereon!

- Mansi Arya, Gurgaon



ALOPECIA AREATA

NON-HEALING ULCER IN ITP

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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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