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AKGs

*Homoeopathy Ensures Health Safely*

OVIHAMS

OM-VIDYA INSTITUTE OF HOMOEOPATHY &amp; ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure &amp; Care with Wellness



Mind the MIND

# MONTHLY NEWS LETTER



Prof. Dr. A. K. Gupta was invited to talk on the occasion of World Homoeopathy Day on the prestigious and India's most popular health show – "Total Health" on DD NEWS on the 10<sup>th</sup> April. Watch the show here again –

<https://youtu.be/IT64LzfiJHg>



Prof. Dr. A. K. Gupta presenting at the Scientific Conference held at Vigyan Bhawan on the occasion of World Homoeopathy Day, 2021. Theme of the conference was "Homoeopathy – Roadmap to Integrative Medicines"

As our country is caught in the midst of the **Second Wave of COVID-19** in this issue we cover the role of Homoeopathic medicines in its treatment and management. The same topic is covered from a psychological perspective in Mind the MIND.



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



# 2<sup>ND</sup> WAVE OF COVID-19

## INTRODUCTION

- Affecting people of all age groups
- The virus is mutating rapidly

## ETIOLOGY / CAUSES

- Rapid mutation of the virus
- Carefree attitude of the people in general
- Incapacitated health system
- Post vaccination spread and carelessness
- Not giving more thought process to treating the prevalent disease and instead coming out with not completely proven vaccines
- Changing weather will always bring on a surge in cases
- People stopped updating their own immunity by the end of 2020

## SIGNS & SYMPTOMS

- Diarrhoea
- Fever ranging from 99 to 104 degrees Fahrenheit
- Body aches
- Headaches
- Dry cough
- Chest pain and tightness
- Breathlessness
- Conjunctivitis rarely

## INVESTIGATIONS

- RT-PCR
- HRCT Chest
- Serum Ferritin
- Blood CRP Levels
- IL-6 levels

## WHAT YOU CAN DO

- Stay inside your homes as much as possible
- Wear a double mask all the times
- Keep yourself well hydrated
- Do regular steam inhalation at least once or twice a day
- Stay calm, Do Proning Exercises



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



Founder-Director AKGsOVIHAMS, Gold Medallist

## **Homoeopathy Effective In Treating Patients - 2nd Wave Of Covid**

In the wake of 2nd wave of Covid -19 India is currently experiencing a steady rise in the daily coronavirus cases from across the country. It is believed and seen that this new wave of coronavirus is deadly for the healthier age groups — which means individuals between 25-40 years old are more vulnerable to the newly mutated COVID-19 virus. According to health experts, since the virus has mutated quite a few times in the recent past, it has now become difficult for the RT-PCR tests to detect the virus infection amongst people.

Patients are experiencing new set of Symptoms as mentioned below list of new COVID-19 symptoms to look out for in this second wave of coronavirus.

1. Abdominal Pain
2. Diarrhoea
3. Unexplained Headache
4. Conjunctivitis or Pink Eyes
5. Extreme Headache or Acute Pain Above the Eye Lids
6. Confusion of The Brain – Brain fog

Apart from the above few symptoms, patients who are infected with COVID-19 are also experiencing Gastrointestinal symptoms during the course of their illness. This is accompanied by nausea and vomiting. Few patients also vomit up blood which need acute medical attention. Fever, muscle pain or body ache, loss of smell and taste, sudden chills, breathlessness, extreme fatigue, painful sore throat, etc. are also observed.

Patients are being treated with Homoeopathy on individual basis of their symptoms accordingly. As Homoeopathic treatment is based on the individualisation of the patient and not disease specific, still commonly found effective medicines are Bryonia, Gelsemium, Phosphorus, Arsenic Album, Eupatorium Perf etc.

The most distressing is the sudden dipping in the Oxygen level of the patient where Homoeopathy is able to help in sustaining it till the Oxygen is being arranged for the patients. In this critical situation when patients are not able to get the admission in the Hospitals and due to non-availability of Oxygen, Homoeopathic medicines like Carbo Veg, Arsenic Album, Vanadium and Aspidosperma Q have shown good results in emergency situation also.

Prone position helps maintain the Oxygen levels naturally. All precautions to be followed to be on safer side. Oxygen can not be substituted in extreme cases of Lungs involvement.

# MARVEL OF HOMOEOPATHY

Ms. N. S., 35-year-old female, consulted Dr. Sanket Gupta telephonically on 10<sup>th</sup> April, 2021 after she tested positive for COVID. The presenting complaints of the patient were – cough, sore throat, SpO2 level ranging between 85-92, fever 100 degrees Fahrenheit (at the time of presentation), sudden chills and body ache. She was a chronic patient of Asthmatic Bronchitis. The patient was understandably anxious and very scared when she approached for treatment. Dr. Sanket Gupta patiently listened to her and addressed all her queries in detail. She was assured of recovering well soon. Medicines appropriate for her symptoms and condition were sent to her and she started taking them as prescribed. Within 2 days, there was improvement in her overall condition. Fever did not go beyond 99.5 degrees Fahrenheit, SPO2 levels improved to 93-94, body aches were also less compared to earlier. She was asked to continue with the same medicines and also to do gargles and steam 2-3 times a day.

By the 7<sup>th</sup> day, her condition had improved significantly. She had not developed a fever for the past 2 days, no body ache, SPO2 levels were stable around 96-97 and no more sudden chills. She still had intermittent periods of cough but not very troubling. Medicines for the same were given to her along with some immunity boosting doses. She was asked to continue with these for another 4 days in addition to gargles and taking steam.

By the 10<sup>th</sup> day, the patient had recovered completely. She did not have any active symptoms and was feeling comfortable and healthy. Couple of days later, she got her RT-PCR test done again and much to her delight the result came negative. She thanked Dr. Sanket Gupta for the timely help not just in making her feel healthy physically, but also for being so approachable and patient in dealing with all her apprehensions even in such testing times. She is a regular patient at AKGsOVIHAMS, and her trust and belief in Homoeopathy has only grown stronger after this!



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



# MIND the MIND



## SECOND WAVE OF COVID

In the wake of COVID-19 last year, we had covered several topics in our newsletter related to taking care of one's mental and emotional health during the crisis. Focusing our attention from [self-isolation to self-exploration](#), [establishing a new world order](#), fighting the menace of [infodemic](#), to [grieving for a loved one lost to COVID](#); through these articles we tried to use our professional knowledge and experience to help you feel a sense of comfort and purpose during those trying times. A year on, we find ourselves in similar if not more challenging circumstances. Our country is grappling with the devastating effects of the second COVID wave. The virus is spreading at an unprecedented rate, claiming more lives every single day as the country's healthcare system is collapsing right in front of our very own eyes. There is a sense of chaos, panic and gloom all around.

Images and visuals of people carrying their ill family members, pleading for space and proper treatment in the hospitals, plight of aged people sitting on footpaths outside hospitals requiring oxygen cylinders, dead bodies piling up in crematoriums waiting for their turn for the final rites; we all are witness, some even victims, to these heart-wrenching stories. The situation is bad to say the least and at present there does not seem to be a way out.

It appears we were caught completely unaware and unprepared for such a challenge. Frequent mutations in the virus, casual approach of people towards taking adequate precautions, evident disparity on the part of the system to organise rallies with huge crowds and allowing mass religious gatherings while penalising the common man for disregarding COVID guidelines, and the never-ending blame game between the central and state governments have together led us to where we are right now. Healthcare professionals across the country have been pushed to the point where even they are breaking down emotionally as the sheer helplessness of the situation has taken a toll on them.

The situation is grim and thus we need to be there for each other. Do look after yourself, but also extend a helping hand in whatever way possible towards others in these trying times.

- Please stay home and do not venture outside unless absolutely necessary. Always wear a mask properly whenever outside your home.
- Avoid large gatherings and maintain physical distance, but do not distance yourself emotionally from others. Talk to your family and friends regularly; look after each other well as that is all that eventually matters.
- Limit your intake of news or updates related to COVID. You probably already know all that you need to know; frequently checking the statistics is only going to worsen your anxiety.
- Kindly refrain from forwarding any unauthentic or unverified information over Whatsapp or other such portals; it can cause more harm than good despite the best of your intentions.
- Pray for the safety and well-being of all as, directly or indirectly, we are all affected by the current situation.
- Try to follow a routine even if at home, and do spend some time for your religious or spiritual growth. It will help you for sure in these challenging times. Once again let us all come together in our efforts to manage our lives in a healthy way in the times of COVID. Now is the time to be united and ensure we do as much to help the ones in need.



## Thrombotic Thrombocytopenia after COVID-19 Vaccination

Several cases of unusual thrombotic events and thrombocytopenia have developed after vaccination with recombinant adenoviral vector encoding the spike protein antigen of severe acute respiratory syndrome coronavirus 2 (SARS CoV2) (ChAdOx1 nCoV-19, AstraZeneca). More data was needed on the pathogenesis of this unusual clotting disorder and hence this study was conducted.

They assessed the clinical and lab features of 11 patients in Germany and Austria in whom thrombosis or thrombocytopenia had developed after vaccination. Included in this testing were samples from patients who had blood samples referred for investigation of vaccine associated thrombotic events, with 28 testing positive on a screening PF4-heparin immunoassay.

Of the 11 original patients, 9 were women, with a median age of 36yrs (22-49yrs). Beginning 5 to 16 days after vaccination, the patients presented with one or more thrombotic events, with the exception of 1 patient, who presented with fatal intracranial haemorrhage. Of the patients with one or more thrombotic events, 9 had cerebral venous thromboses, 3 had splanchnic vein thrombosis, 3 had pulmonary embolism, and 4 had other thromboses; of these patients, 6 died. 5 patients had disseminated intravascular coagulation. None of the patients had received Heparin before symptom onset. All 28 patients who tested positive for antibodies against PF4-heparin tested positive on the platelet-activation assay in the presence of PF4 independent Heparin. Platelet activation was inhibited by high levels of heparin.

**The scientists concluded that vaccination with AstraZeneca (called COVISHIELD in India) can result in the rare development of immune thrombotic thrombocytopenia mediated by platelet-activating antibodies against PF4, which clinically mimics autoimmune heparin-induced thrombocytopenia.**

# Latest at AKGsOVIHAMS

- Watch here a compilation of some of the very difficult diseases cured at AKGsOVIHAMS narrated by the patients themselves - <https://youtu.be/WIhE-bbLxA>
- Watch here the role of Homoeopathy in the management of Ankylosing Spondylitis – <https://youtu.be/YcDIKOxupWM>
- **Clinical Psychologist Dharitri Dutta Gupta** 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. Sahani from New Delhi asks** – I get a lot of mood swings off late. I am 47yrs of age and badly need help!

**Cl. Psy. Dharitri Dutta Gupta replies** – Occasional mood swings are normal. However, frequent shifts in mood can be a manifestation of physical conditions like hormonal imbalance, menopause, etc or psychological issues like stress. Sharing your feelings with someone close or keeping a journal is likely to better regulate one's mood. Moreover, keeping a daily routine, regular physical exercise, a healthy diet, adequate sleep, engagement in recreational activities, social interactions are some of the easiest techniques to help manage one's mood swings. If the mood swings are prolonged and has started affecting your daily functioning, it is advisable to consult a mental health professional.

Send your Queries at - [feedback@ovihams.com](mailto:feedback@ovihams.com)

# Tips for Health & Wellness

## **PRONING EXERCISE ADVISABLE FOR COVID PATIENTS**



## **PATIENTS' FEEDBACK**

Doctors are known as Gods on earth and medicine is definitely their blessing. I have started to believe in this more after my experience with COVID-19.

Homoeopathy was my saviour when me and my family got tested positive for COVID-19. We were scared and anxious. We had most of the symptoms – cold, sore throat, no sense of taste or smell.

We trusted Homoeopathy for our treatment and are happy we did so. The treatment was extremely effective. The medicines didn't have any side effects, no drowsiness and they were easily available. Our symptoms had reduced in 5 days and we tested negative within 12 days. The medicines worked miraculously.

Dr. Sanket Gupta timely checked in with us and prescribed the medicines according to our prevalent symptoms. The effect of medicine was visible within 2 hours of a dose itself.

I am glad we chose Homoeopathy for our recovery. All my gratitude for our Dr. Sanket Gupta and Homoeopathy.

- *Shuchita Sehgal, New Delhi*



**BLACK EYE**



**GLANDULAR SWELLING**



**STYE**

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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