

May 2021 Issue – 92

AKGs

Homoeopathy Ensures Health Safely



# OVHAMS

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

Homoeo-Psycho Cure &amp; Care with Wellness



Mind the MIND

## MONTHLY NEWS LETTER

### FREE TELE-CONSULTATION SERVICES

Exclusively for COVID and Post-COVID care  
of Patients and their family members



Time: Monday-Saturday  
5:30 pm-8:30 pm



#### Consult our Homeopathic Doctors for:

- Preventive medicines
- Curative medicines for COVID related symptoms
- Medicines for Post-COVID Complications



#### Consult our Clinical Psychologists for:

- Low Mood and Anxiety
- Sleep Disturbances
- Grief and Bereavement
- Any other psychological issues


#### Dedicated Team


##### Homeopathic Doctors:

- Dr. ( Prof.) A. K. Gupta  
( +91-7011842322)
- Dr. Sanket Gupta  
( +91-9711013938)

##### Clinical Psychologists:

- Kaartik Gupta  
( +91-8851653345)
- Dharitri Dutta Gupta  
( +91-7002473202)

 [www.ovihams.com](http://www.ovihams.com)

 [info.ovihams.com](mailto:info.ovihams.com)

The topic of discussion in this issue is **Mucormycosis (Black Fungus)**. Let us learn all about this prevalent deadly disease and how Homoeopathy can help in dealing with it.

Clinical Psychologist **Dharitri Dutta Gupta** will discuss about **Health Anxiety** in the section Mind the MIND.



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



# MUCORMYCOSIS

## INTRODUCTION

- It is a serious but rare fungal infection caused by a group of moulds called mucormycetes
- It mainly affects people who have health problems or take medicines that lower the body's ability to fight germs and sickness

## ETIOLOGY / CAUSES

People get mucormycosis through contact with fungal spores in the environment. Following are the risk factors: -

- Diabetes
- Cancer
- Organ transplant
- Stem cell transplant
- Low number of white blood cells
- Long-term corticosteroid use
- Injection drug use
- Too much iron in the body (raised Ferritin as in COVID-19)
- Skin injury due to surgery, burns, or wounds

## SIGNS & SYMPTOMS

- One-sided facial swelling
- Partial or complete blindness
- Headache with sinus congestion
- Black lesions on nasal bridge or upper inside of mouth that quickly become more severe
- Fever and Cough
- Chest pain with Shortness of breath
- Blisters or ulcers, and the infected area may turn black

## WHAT YOU CAN DO

- Avoid areas with a lot of dust like construction or excavation sites
- Avoid direct contact with water-damaged buildings
- Avoid activities that involve close contact to soil or dust
- Clean skin injuries well with soap and water

## INVESTIGATIONS

- Clinical examination
- Tissue biopsy
- CT Scan of the lungs, paranasal sinuses and head



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



Founder-Director AKGsOVIHAMS, Gold Medallist

# HOMOEOPATHY IS EFFECTIVE IN MANAGING MUCORMYCOSIS

Mucormycosis is a disease that is causing havoc in post-covid or already hospitalized covid patients. The deadly fungal disease has instilled new fear and dashed the hopes of many covid patients who have ended up losing their vision or a part of their face! The frightening part is that the number of cases of Mucormycosis are being seen to rise sporadically in different parts of the country which was otherwise a very rare disease phenomenon. This disease is a result of long ICU stays, overuse of steroids and usage of unhygienic oxygen cylinders and pipes. The hospital environment in most cities of India is a breeding ground for many infections and Mucormycosis is yet another disease added to the embarrassing list of hospital borne infections.

In the treatment of a lot of moderate to severe cases of COVID-19, where patients have been in the ICU and hospital wards for many weeks and even a month or two, the immunity of the patient is getting a huge battering resulting in major superimposed infections like this black fungus. Patients are witnessing the symptoms of this disease even days after being discharged from the hospital, leaving them to fight even bigger and deadlier battles. Where is this all leading up to? Is this really the correct treatment protocol?

Homoeopathy on the other hand has been able to cure patients off COVID-19 completely and without any slightest of side effects. I strongly propose to all my patients to take Homoeopathic medicines even in severe and hospitalised cases as it can help in hastening the recovery and also play a huge role in tackling the side effects of the cocktail of Allopathic medicines that the patient is bound to take. Not every body would be able to bear such a brunt of the disease first and on top of that such aggressive treatment protocols.

Homoeopathic medicines can also help in arresting the fast progress of a case of black fungus and prevent the complete erosion and hence removal of that body part, which is usually the paranasal sinuses, eyes and face. The medicines help in raising the immunity of the patient's body and fight it out to completely cure the patient.

Most important is the management of post-covid patients like maintain good oral hygiene and changing the water of the oxygen pipes, etc. that does not let the fungus grow and thrive. Prevention is always the best cure.

Watch Dr.A.K.Gupta talking about the Black Fungus here – <https://youtu.be/8muyZU6ObP8>

# MARVEL OF HOMOEOPATHY

This is a case of a 15yrs old girl Ms. M.M who was suffering from severe Anxiety Neurosis and Depression when she was brought to Dr. Sanket Gupta at our Moti Bagh branch. She was accompanied by her mother. The mother started narrating the problem to Dr. Sanket. She said that the girl had developed a severe phobia of going to her school. It is a very famous school in south Delhi. She was overweight and complained of terrible body aches with nausea, vomiting and bursting headaches. She would cry day in and day out and had no friends. Just the idea of going to the school would bring upon severe anxiety to the young female. There was difficulty in sleeping at night and severe pains were making her life miserable. She even had started thinking of committing suicide. The mother was extremely worried and horrified while narrating the case. During the entire session the girl kept quiet and was continuously crying.

Dr.Sanket listened very carefully and later started interrogating the young girl. During the interrogation it was learnt that the girl had gone through a lot of mockery because of her weight and even the teachers used to pull her leg. She had gradually developed hatred towards the school and wanted her parents to change her school in the middle of 10<sup>th</sup> standard. Dr. Sanket realized the sensitivity of the young girl and after about a two-and-a-half hours session gave her the needful Homoeopathic medicine. Pleasantly on the next visit after a week, the girl was relatively relaxed and the pains had also reduced considerably. She had slept well the whole week also. But still the urge of not going to the school was still there. Then after speaking to the mother, Dr. Sanket decided to give counselling sessions to the girl as her confidence was badly down. Along with the Homoeopathic medicines, the pep talks and motivational verses, she was finally ready to go to the school on the 13th day of starting the treatment. Dr. Gupta gave her the medicines which would help her in managing any anxious moments. The whole day passed and, in the evening, when she came to the clinic, she informed that she was able to pass the whole day without any severe trouble though she wasn't still happy in that school. This was a big step in the direction of cure.

Gradually, with counselling sessions and Homoeopathic medicines she became much better day by day. She started making new and trustworthy friends and she started taking interest in her studies as well. All in all, with her courage and determination and with the help of Homoeopathy she not only gave her Board exams, but she topped in her class and in her own words she fondly admitted to Dr. Sanket, "My world has changed...!"

The entire family is grateful to Homoeopathy and AKGsOVIHAMS for bringing out the transformation in their daughter. She is a much more confident and vivacious girl now. There is neither any depression nor any anxiety!





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



# MIND the MIND



## Health Anxiety

India is witnessing a sudden unprecedented surge in COVID 19 and is in a state of severe crisis. Each day the reported number of new infections and deaths are setting new records and is bringing forward the image of collapsed healthcare system of the country. While only a few months back, with the decreased number of cases, arrival of the vaccines, vaccination drive in the country and loosening of restrictions, people had slowly started to move forward to “normalcy”; this huge second wave has shattered the lives of many around us. Haunting news, images and videos of people crying over losing their loved ones, people struggling to get a bed in the hospital, shortage of oxygen, long queues outside the crematoriums and burial grounds, doctors pleading the public to stay home and maintain COVID appropriate behaviours flooded the Indian media and social media. The second wave has led to a stronger realization that the number reported in the newspapers and television every day is not just a mere statistic, but someone’s parent, child or sibling.

These have certainly heightened the fear, anxiety and panic in the public by manifolds. People are not only scared about getting infected with the deadly virus, they are also extremely concerned with the health of their near and dear ones, especially about the health of the elderly. While people are becoming increasingly alarmed about their health status and familiarizing themselves with different medical terminologies, mental health professionals are observing a significant rise in cases of what is known as “Health Anxiety or Illness Anxiety”. It is a mental health condition referring to “excessive worries and obsessions related to a perceived threat to one’s health.” While it is natural and understandable to be anxious about one’s health in these times, the COVID anxiety differs from Health anxiety in terms of the intensity of the anxiety. If left unattended, Health Anxiety may go severe with time, and may start affecting one’s functioning.

So, in this edition of Mind the MIND, let us try to understand the significant features of Health Anxiety disorder:

- Health Anxiety presents a persistent preoccupation with having or acquiring a serious illness.
- Every symptom, no matter how small, is given disproportionate importance. A person with Health Anxiety is hypersensitive to any bodily changes or sensations, and often misinterprets them as dangerous if he/she finds any.
- There is a high level of anxiety about health, and the individual is easily alarmed about personal health status. He/ she is easily alarmed about illness, such as by hearing about someone else falling ill or reading a health-related news story.
- In many cases, illness or symptoms become the central feature of one’s identity, and a frequent topic of his/her social interactions.
- A person with Health Anxiety spends a lot of time on the internet trying out find out more about the suspected disease and seeks repeated reassurance from family, friends or doctors.
- He/she is likely to visit many physicians for the same problem, and are often dissatisfied with their medical care.
- In Health Anxiety, the illness related preoccupation is chronic and persistent, but the nature of specific suspected illness may change over time.

In present scenario, with the rise in the COVID cases, mental health professionals have witnessed increase in the number of cases of Health Anxiety and a further deterioration of those who are already diagnosed with this condition. They have become pathologically avoidant, home-bound and practising repeated hand washing, checking their body temperatures, respiratory functions, level of oxygen (SpO<sub>2</sub>) and testing their ability to smell and taste over and over again. Many are also doubting the accuracy of the tests results, hence a negative COVID result is also not enough to relieve them from the anxiety.

The good news, however, is that Health Anxiety can be managed with the right intervention. Therefore, if you are experiencing or know anyone in your family with the above-mentioned symptoms, kindly seek a mental health professional for help. In the next edition, we will discuss the evidence-based techniques of managing and treating Health Anxiety.



## New research optimizes body's own immune system to fight cancer

A groundbreaking study led by engineering and medical researchers at the University of Minnesota Twin Cities shows how engineered immune cells used in new cancer therapies can overcome physical barriers to allow a patient's own immune system to fight tumors. The research is published in *Nature Communications*, a peer-reviewed, open access, scientific journal published by Nature Research.

In this first-of-its-kind study, the researchers are working to engineer the T cells and develop engineering design criteria to mechanically optimize the cells or make them more "fit" to overcome the barriers. If these immune cells can recognize and get to the cancer cells, then they can destroy the tumor.

"This study is our first publication where we have identified some structural and signaling elements where we can tune these T cells to make them more effective cancer fighters," said Provenzano, a researcher in the University of Minnesota Masonic Cancer Center. **"Every 'obstacle course' within a tumor is slightly different, but there are some similarities. After engineering these immune cells, we found that they moved through the tumor almost twice as fast no matter what obstacles were in their way."**

To engineer cytotoxic T cells, the authors used advanced gene editing technologies (also called genome editing) to change the DNA of the T cells so they are better able to overcome the tumor's barriers. The ultimate goal is to slow down the cancer cells and speed up the engineered immune cells.

Provenzano said the next steps are to continue studying the mechanical properties of the cells to better understand how the immune cells and cancer cells interact. The researchers are currently studying engineered immune cells in rodents and in the future are planning clinical trials in humans.

"Using a cell engineering approach to fight cancer is a relatively new field," Provenzano said. "It allows for a very personalized approach with applications for a wide array of cancers. We feel we are expanding a new line of research to look at how our own bodies can fight cancer. This could have a big impact in the future."

# Latest at AKGsOVIHAMS

- **FREE TELE CONSULTATION SERVICES** by our experts exclusively for **COVID and POST-COVID** care of patients and their family members from **Monday to Saturday 5:30pm to 8:30pm**. For details visit [www.ovihams.com](http://www.ovihams.com)
- **Watch Prof. Dr. A. K. Gupta** talk about the role of Homoeopathy in the prevalent Pandemic of COVID-19 on India Science TV – <https://www.youtube.com/watch?v=HPBe3IvJpK>
- **Watch Kaartik Gupta, Clinical Psychologist** at AKGsOVIHAMS taking questions as an expert in the webinar organized by Makhanlal Chaturvedi National University of Journalism <https://www.facebook.com/menujc91/videos/173743954650757>



**Mrs. Aggarwal from New Delhi asks** – *Can Homoeopathic preventive medicines be given to small children and pregnant ladies?*

**Prof. Dr. A. K. Gupta replies** – Homoeopathic medicines are the most gentle and most effective mode of preventive medication. These medicines can be given to infants and even lactating mothers. Even the pregnant ladies can be put on the advisable preventive dose by the treating Homoeopathic Physician and be rest assured that both the mother and the child will only benefit from the administration of Homoeopathic medicines as a preventive to curb the COVID-19 infection in the country. This, if done at large scale throughout the nation can go a long way in preventing the 3<sup>rd</sup> wave of the deadly COVID-19 infection cases.

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

# Tips for Health & Wellness



## PATIENTS' FEEDBACK

Homoeopathic treatment taken from Dr. Sanket Gupta for my father suffering from COVID-19 related complications and other health issues has shown wonderful results. My father aged 78's condition at the time of discharge from hospital after taking 12 days COVID-19 treatment was very bad. Lots of cough accumulation in the chest, difficulty in speaking, low oxygen levels, lack of complete consciousness or very drowsy/sleepy condition he was in and covid infection was not fully removed from the body. He was just struggling and going down further when we decided to take Homoeopathic medicine from Dr. Sanket. My father started recovering within 2-3 days of medication and within 3 weeks, he fully recovered from covid and post covid complications. During the treatment, Dr. Sanket was very supportive and quick to respond to any query or new development related to father's health. He kept a close watch and provided real time support through WhatsApp and calls.

In addition, we are now also taking medicine from Dr. Sanket for my father who recently had a left sided paralysis affecting his left leg and left arm a month before contacting COVID-19. He also has prostate related troubles causing frequent urination day and night, knee pain and chronic cough. After just 15 days of medicine, father has shown measurable improvement in all of his problems including movement of left hand and leg affected by paralysis.

So, we strongly recommend anyone suffering from covid, post-covid complications any chronic or acute health problems to take Homoeopathy medicine from Dr. Sanket who is always spot on in medicine selection according to patient's ailments.

- *Mr. Rana, New Delhi*





**TAENIA CRURIS**

**SEVERE ALLERGIC REACTION**

**NASAL POLYP**

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)

**WEST DELHI** - J-158, Rajouri Garden, opp. Metro pillar 415-416

Tel: 011-25101989, 011-25430368; Fax – 011-25111989

**SOUTH DELHI** - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara


Tel: 011-24100494; M- 9711013938


**NORTH DELHI** - RU-115, Pitam Pura, opp. Power House; Tel: 011- 40392959

EMERGENCY HELPLINE – **7011842322, 9711013938, 8851653345**

Emails – [drakgupta@ovihams.com](mailto:drakgupta@ovihams.com); [drsanketgupta@ovihams.com](mailto:drsanketgupta@ovihams.com); [kaartikgupta@ovihams.com](mailto:kaartikgupta@ovihams.com)

Website – [www.ovihams.com](http://www.ovihams.com)

 - [AKGSOVIHAMS](https://www.facebook.com/AKGSOVIHAMS) , [Mind-the-MIND](https://www.facebook.com/Mind-the-MIND)

 - [drakgsovihams](https://www.youtube.com/channel/UCdrakgupta) ;  - [akgsovihams](https://twitter.com/akgsovihams) ;  - [akgsovihams](https://www.skype.com/people/akgsovihams)

Media Partners -

**sarkaritel.com**  
we connect