



AKGs

Homoeopathy Ensures Health Safely

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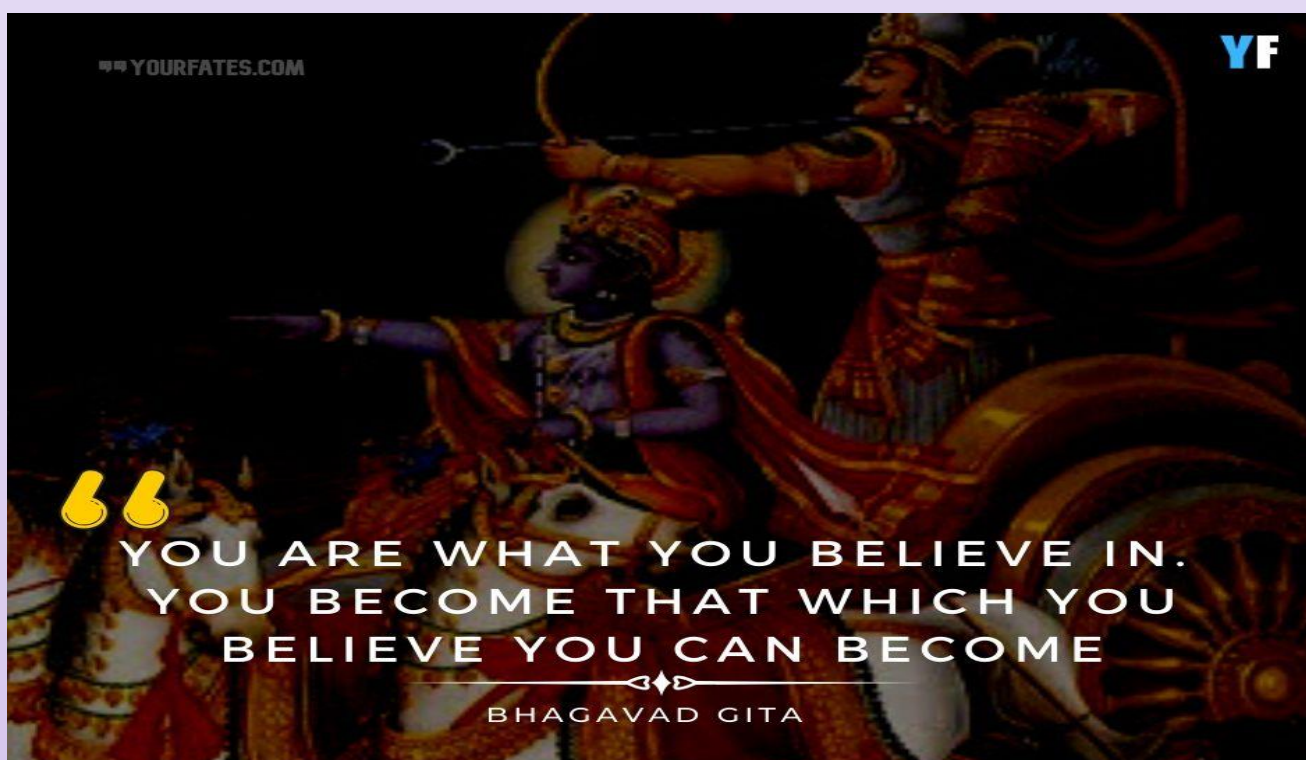
OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure & Care with Wellness



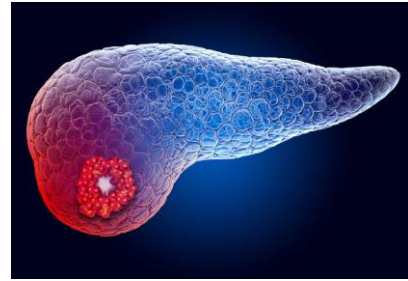
Mind the **MIND**

MONTHLY NEWS LETTER



The topic of discussion in this issue is **Pancreatic Cyst**. Let us learn all about this disease and how Homoeopathy can help in dealing with it.

Clinical Psychologist **Kaartik Gupta** discusses about **Blood-Injection-Injury Phobia** in the section Mind the MIND.



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

PANCREATIC CYST

INTRODUCTION

- Pancreatic cysts are collections (pools) of fluid that can form within the head, body, and tail of the pancreas
- There are 2 major types of pancreatic cysts; pseudocysts (inflammatory cysts) and true cysts (non-inflammatory cysts). Pseudocysts are benign, while True cysts can be benign, precancerous, or cancerous.

ETIOLOGY / CAUSES

- Alcoholism
- Gallstones
- Trauma
- Surgery
- Middle aged females
- Elderly males

SIGNS & SYMPTOMS

- Large pancreatic cysts or even large Pseudocysts can cause abdominal pain, vomiting and back pain by exerting pressure on the surrounding tissues and nerves
- Small or large cysts in the head of the pancreas also may cause jaundice due to obstruction of the common bile duct
- If the cysts become infected, it may result in fever, chills, and sepsis
- If a cyst becomes malignant and begins to invade the surrounding tissues, it may lead to the same type of pain as pancreatic cancer, pain that usually is constant and felt in the back and upper abdomen

INVESTIGATIONS

- Ultrasound of the whole abdomen
- CT Scan of the whole abdomen
- MRI of the whole abdomen
- Endoscopic ultrasound
- FNAC (Fine Needle Aspiration Cytology)
- CarcinoEmryogenic Antigen (CEA)
- ERCP
- Pancreatic amylase and lipase

WHAT YOU CAN DO

- Avoid alcohol intake
- Maintain a healthy and balanced diet
- Exercise regularly



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



Founder-Director AKGsOVIHAMS, Gold Medallist

PANCREATIC CYSTS ARE TREATABLE WITH HOMOEOPATHY

Pancreatic cysts can be tricky to resolve at times. The treatment depends on the type of cyst and how it manifests in a particular case. According to the Allopathic mode of treatment, most cysts are benign and don't need any treatment, but the true cysts can be even deadly for the patient and need immediate surgical intervention. The acuteness of the disease is usually not manageable with conventional Allopathic drugs and hence their doctors advise to go in for surgery in extreme cases.

On the other hand, with Homoeopathy at AKGsOVIHAMS, we have been able to cure and treat many patients who have suffered with pancreatic cysts and Pancreatitis. Ranging from simple Pseudocysts to dangerous and inflammatory Pancreatic cysts, all are treatable and curable with Homoeopathy. There are very potent and effective medicines in Homoeopathy that not only arrest the inflammatory processes but also heals the pancreatic gland from within.

Treatment is always ascertained by the causes and the triggering factors of the disease. Once you treat the cause, the disease is always taken care off pretty well. this holds true in cases of Pancreatic cysts as well. An amalgamation of Acute, Chronic treatment provides best of recovery to the suffering patient and he/she gets back to the pink of his/her health like any other healthy individual.

Some of the very useful Homoeopathic medicines for treating Pancreatic cysts are – *Nux Vomica*, *Phosphorus*, *Iris vers.*, *Chionanthus*, etc.

Watch here Prof. Dr. A. K. Gupta's presentation in an international conference on Pancreatic Cysts - <https://youtu.be/anEq-DCwFxl>

MARVEL OF HOMOEOPATHY

This is a fantastic case of a young male patient who was suffering from Chronic Pancreatitis for many years. Ultrasound report showed Pancreatic Cyst also. The pancreatic lining was damaged completely with acute inflammatory collection of fluid (up to 500ml) inside the Pancreatic cyst. Patient was suffering with severe Abdominal Pains, excessive vomiting with Indigestion, improper stool with difficult evacuation, could not even walk due to the excruciating pains. He had lost his appetite and had lost more than 15kgs of weight. Patient was told by the Allopathic doctors in hospitals that there is no cure and he has to undergo Surgery as that is the only possible treatment.

The patient came to Prof. Dr. A. K. Gupta and within 3 to 4 months the inflammatory fluid collection was completely gone and he became alright with Homoeopathic treatment. He could now eat, sleep and walk normally like any other healthy individual. He regained his appetite and weight as well. There were absolutely no pains now and he could even run now for good 2 to 3kms every day.

He was asked by the Dr. Gupta to have another Ultrasound done to see the progression of the case. To the young man's utter delight, his Pancreas were absolutely normal now and there was no pancreatic cyst. The report was absolutely normal and all the signs of the inflammation and the disease were gone for good!

Listen to the patient narrating his journey -

<https://www.youtube.com/watch?v=D9Oow8MUh8&t=5s>



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



MIND the MIND

BLOOD-INJECTION-INJURY PHOBIA

Humans are hard-wired to be squeamish or experience discomfort at the sight of blood, injury or deformity. This natural uneasiness can sometimes become a specific phobia, which can lead to serious disability if vital medical procedures are refused. Blood-injection-injury (BII) phobia is an acute fear and avoidance of stimuli or invasive medical procedures associated with blood, injections and injury (Lillecreutz, Josefsson, & Sydsjö, 2010). It is a condition in which a person is likely to faint at the sight of blood, the anticipation of physical injury, or the anticipation of an injection. These are the cues that can act as a trigger and cause the person to faint.

➤ NATURE OF BII PHOBIA

Most people with phobias experience a rise in heart rate on encountering the dreaded object; the heart rate stays high until gradual habituation sets in if exposure continues for 20-60 minutes. Even though many patients with panic attacks and other phobias, especially agoraphobia, may feel faint, actual fainting is rare. In contrast, people with BII phobia in the presence of blood-injection-injury stimuli initially experience a slight rise in heart rate and blood pressure that within a few seconds or minutes is followed by marked vasovagal slowing of the heart rate. The patient's blood pressure drops and he/she feels nauseated, sweats, goes pale, and may faint. This **fainting** in reality is a self-protective response to prevent loss of blood (in case of injury) and to ensure that adequate amount of blood and oxygen is being supplied to the brain.

➤ PREVALENCE AND CAUSES

BII phobia is a common psychiatric disorder, with an estimated prevalence of 3-4% in the general population. Like phobias of animals, BII phobia in adults usually dates back to their childhood. Patients with BII phobia often have family members with a similar problem. Hence, in addition to the evolutionary context of this diphasic cardiovascular response, the role of social learning is equally important. Having **observed** a significant other getting anxious or even fainting as a child can lead to strong association of fear with such a setting. In addition to this, repeated statements like – “*Doctor ne suyi (injection) laga deni hai agar baat nahin maani*” instil feelings of dread and avoidance towards such settings in the impressionable mind of a young child.

➤ TREATMENT

Psychotherapy has been very effective in treating this condition. Specific techniques like **Applied Tension** technique (to prevent fainting) and **Graded Exposure** (to learn habituation) are carried out by the patient, first under the guidance of the therapist and then practised on their own. Detailed evaluation and analysis of triggers, cues, avoided situations, safety behaviours employed by the patient, impact on functioning, identification and modification of irrational beliefs, and habituation are important aspects which are discussed in detail during the therapy sessions along with homework assignments.

If you feel paralyzed by the possibility of being exposed to blood, are terrified of a blood-inducing injury, or avoid necessary routine testing or vaccines out of a desire to avoid needles, or if you have ever fainted at the sight of blood, please seek professional help. Considering the times we are living in, such medical procedures have become a part of our lives. BII phobia is a treatable condition, so you do not need to suffer as there is HOPE.



Gut bacteria influence brain development

Researchers discover biomarkers that indicate early brain injury in extreme premature infants. **The research team found that the overgrowth of the gastrointestinal tract with the bacterium Klebsiella is associated with an increased presence of certain immune cells and the development of neurological damage in premature babies.**

The early development of the gut, the brain and the immune system are closely interrelated. Researchers refer to this as the gut-immune-brain axis. Bacteria in the gut cooperate with the immune system, which in turn monitors gut microbes and develops appropriate responses to them. In addition, the gut is in contact with the brain via the vagus nerve as well as via the immune system.

"The microorganisms of the gut microbiome -- which is a vital collection of hundreds of species of bacteria, fungi, viruses and other microbes -- are in equilibrium in healthy people. However, especially in premature babies, whose immune system and microbiome have not been able to develop fully, shifts are quite likely to occur. These shifts may result in negative effects on the brain," explains the first author of the study, *David Seki*, microbiologist and immunologist. "In fact, we have been able to identify certain patterns in the microbiome and immune response that are clearly linked to the progression and severity of brain injury. Crucially, such patterns often show up prior to changes in the brain. This suggests a critical time window during which brain damage of extremely premature infants may be prevented from worsening or even avoided."

"Our data show that excessive growth of the bacterium *Klebsiella* and the associated elevated ??-T-cell levels can apparently exacerbate brain damage," explains Lukas Wisgrill, Neonatologist at the Department of Pediatric and Adolescent Medicine at the Medical University of Vienna. The study monitored a total of 60 premature infants, born before 28 weeks gestation and weighing less than 1kg, for several weeks or even months. The team examined the microbiome using 16S rRNA gene sequencing, and analysed blood and stool samples, brain wave recordings (e.g. aEEG) and MRI images of the infants' brains. "How the children's motoric and cognitive skills develop only becomes apparent over several years," explains Angelika Berger.

Latest at AKGsoVIHAMS

- Dharitri Dutta Gupta has been appointed as a Lecturer in Clinical Psychology, Deptt. of Psychiatry at Gauhati Medical College & Hospital, Assam. She would be available for online consultations only hence forward. Call on 7002473202 to book your appointment with her.
- Watch here special talk on **Alternative for Painkillers** by Prof. Dr. A. K. Gupta, Founder-Director AKGsoVIHAMS - <https://youtu.be/9ZnBl6Ju284>



Mr. Sukhvinder from Punjab asks – *I am a chronic kidney patient and on dialysis for almost 6 months. What is the hope for me in Homoeopathy?*

Prof.Dr.A.K.Gupta replies – Chronic kidney disease is one such condition where the prognosis of the case depends entirely on the stage of the disease. There can be many causative factors for this chronic disease and accordingly the treatment is ascertained. Usually, the results are encouraging with Homoeopathy and in certain cases we have been able to take the patient off dialysis completely. I would like to see your complete case history and hopefully you should be helped positively with Homoeopathy.

Send your Queries at - feedback@ovihams.com

Tips for Health & Wellness



PATIENTS' FEEDBACK

I have been a school teacher by profession, which involved a lot of talking and straining my vocal cords for eight to nine hours at a stretch. In late eighties I observed that I had developed a nagging cough, which irritated me a great deal. The routine cough treatment did not help much and with the passage of time, the cough aggravated to the point, which caused me immense discomfort and at times I coughed as if my lungs would explode. Nights were terrible and at times I had to spend the nights just sitting.

I consulted various allopathic doctors, who differed in their opinions. However, one Dr. Sanjay Gupta decided to put me through many tests and came to a conclusion, that I suffer from a condition called sarcoidosis, which had damaged my lungs to a considerable extent. Since allopathic stream of medicine does not have any definite treatment for this malady, and to arrest further deterioration in my condition, it was felt imperative to put me on heavy doses of a drug called prednisolone. This treatment, took care of my cough, but had dangerous side effects, like weakening of my bones and the resultant water retention in my body, which bloated me, much to my dislike.

My colleagues and friends, who noticed this discomfort in me, suggested that I try a Homeopathy treatment. Though I had never taken homeopathy treatment in my life and had little or no faith in this stream of medication, I still consulted Dr Bhatnagar, who was a renowned Homeopathy doctor of Delhi at that time. He studied my case history and endorsed the earlier diagnosis of an allopathic doctor. At the same time, he assured me that the treatment for this ailment is available in homeopathy stream of medicine and it does not have any side effects either. His treatment worked wonders for me and in a short time I felt much better, the cough disappeared and I was able to sleep comfortably in the nights. Unfortunately, I had to discontinue treatment by Dr. Bhatnagar, because I had shifted my residence to Gurgaon. This shift caused me some concern but I was fortunate to find Dr. A. K. Gupta of the OVIHAMS Health Care Centre who is not only highly qualified, but has also immense experience in homeopathy. His abilities to identify the problems are clinically positive and his treatment impeccable. His humane and kind attitude towards his patients is very reassuring and one feels a lot confident, while in his care. I am extremely happy with the homeopathy medication and now lead a perfectly normal life. I have no hesitation in recommending homeopathy treatment to anyone, who suffer, worry and stay in depression for ailments, which appear non curable. I would say.....TRY HOMEOPATHY! Friend.

- Mrs. R. MacLaren, Gurgaon



JAUNDICE



ACNE ROSACEA



TAENIA CRURIS



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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