



AKGs

Homoeopathy Ensures Health Safely

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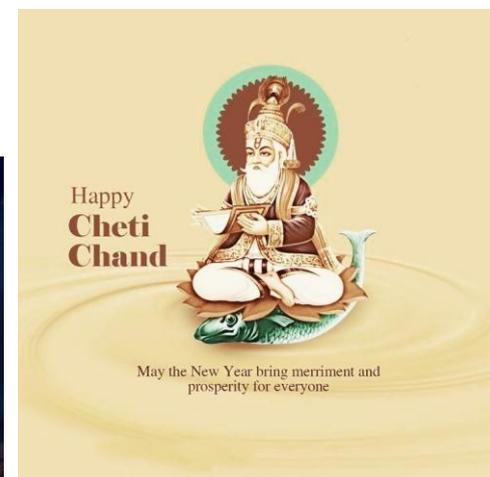
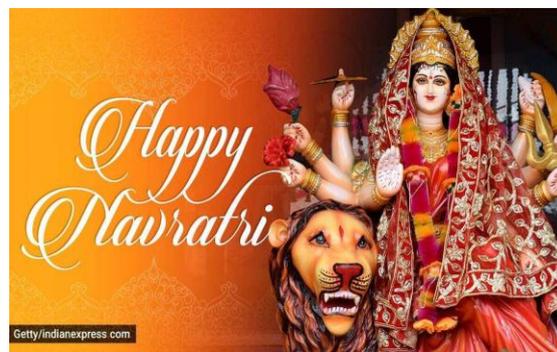
OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure & Care with Wellness



Mind the **MIND**

March 2023 Issue – 113



One Nation and many Festivals!

This is the true beauty of our country and the entire team of AKGsOVIHAMS wishes our readers a very Happy Hindu Nav Varsh, Navratri, Ugadi, Gudi Padwa, Ramadan and Cheti Chand!

MUSCULAR DYSTROPHY

WHAT IS IT

- Muscular dystrophy is a group of diseases that cause progressive weakness and loss of muscle mass.
- In muscular dystrophy, abnormal genes (mutations) interfere with the production of proteins needed to form healthy muscle.
- There are many kinds of muscular dystrophy.

CAUSES

- Certain genes are involved in making proteins that protect muscle fibres. Muscular dystrophy occurs when one of these genes is defective.
- Each form of muscular dystrophy is caused by a genetic mutation particular to that type of the disease. Most of these mutations are inherited.
- Muscular dystrophy occurs in both sexes and in all ages and races. However, the most common variety, Duchenne, usually occurs in young boys. People with a family history of muscular dystrophy are at higher risk of developing the disease or passing it on to their children.

INVESTIGATIONS

- Blood levels of Creatine Kinase
- Genetic testing
- Muscle biopsy
- ECG
- ECHO
- EMG
- Lung Function Tests

SYMPTOMS

Specific signs and symptoms begin at different ages and in different muscle groups, depending on the type of muscular dystrophy.

- a) Duchenne type muscular dystrophy
 - This is the most common form
 - Frequent falls
 - Difficulty rising from a lying or sitting position
 - Trouble running and jumping
 - Waddling gait
 - Walking on the toes
 - Large calf muscles
 - Muscle pain and stiffness
 - Learning disabilities
 - Delayed growth
- b) Myotonic - Characterized by inability to relax muscles following contractions. Facial and neck muscles are usually the first to be affected. People with this form have long, thin faces; drooping eyelids; and swan-like necks.
- c) Facioscapulohumeral (FSHD) - Muscle weakness begins in the face, hip, and shoulders. The shoulder blades might stick out like wings when arms are raised.
- d) Congenital - This is apparent at birth or before age 2. Some forms progress slowly and cause only mild disability, while others progress rapidly and cause severe impairment.
- e) Limb-girdle - Hip and shoulder muscles are usually affected first. People with this type of muscular dystrophy might have difficulty lifting the front part of the foot and so might trip frequently.

Homoeopathy is the best friend for people with Muscular Dystrophy

Although there's no cure for any form of muscular dystrophy, treatment for some forms of the disease can help extend the time a person with the disease can remain mobile and help with heart and lung muscle strength. Being genetic in nature the disease is bound to be progressive but with Homoeopathy, the fast progression of the disease can not only be curtailed but there shall be major help in improving and maintaining a good quality of life.

Homoeopathy has the power to hit at the innate immunity and the also at the genetic level. Many a times if the mother is given the correct similimum (in cases where there is a family history of Muscular Dystrophy), the new-born takes birth without any abnormality and does not develop any dystrophic changes in the years to come. Homoeopathy also has a huge role to play in Muscular Dystrophies that happen later in adult stages of life. In such cases even complete cure is a possibility where medicines like Natrum Mur., Plumbum Met., have been found to be extremely useful in our OPDs.

In cases where the severity has already been reached and the vital organs have become involved like the heart and the lungs, there also Homoeopathic medicines not only relieve the patient of the suffering but make the inevitable much easier and comfortable.

Patients suffering from muscular dystrophy not only need thorough medication but also good physical therapy and exercises to keep the complications at bay. A holistic treatment of Homoeopathy alongside physical repair and rehab has been really handy for patients suffering from Muscular Dystrophies over the years.



MIND the MIND

Emotional Regulation

In times of smartphones, augmented reality, artificial intelligence and now Chat GPT, it is harder than ever to be in touch with our emotions. Due to our over-involvement and dependence on technology, people are losing touch with their inner selves and becoming increasingly anxious, conflicted, and confused about their sense of being. The fast-evolving social structure almost encourages us to suppress or ignore our emotions as they feel over-whelming.

As Sigmund Freud once said, “Unexpressed emotions will never die. They are buried alive and will come forth later in uglier ways...” It is imperative to feel, understand and express our emotions appropriately. Thus, as mental health professionals, we strongly advise each one of you to watch the movie “Inside Out”. Though it is an animated movie, it has great learnings and insights to offer to people of all ages. If you have already watched it, kindly share your views on this beautiful and important concept of Emotional Regulation as depicted in this movie or even from your own experiences. Kindly share your thoughts with us on feedback@ovihams.com and we shall discuss about the feedback of our readers in our next month’s newsletter.

ZONES OF REGULATION!

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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Fit Tips

Do **NOT** skip meals!

When you skip meals your metabolism slows down, and you are not burning calories like you should. Your body thinks that you are starving so when you eat again, your body stores away more than usual resulting in more fat. So, small meal at small interval is necessary.



Patient who took Psychotherapy says



Dharitri is very patient and listens everything you have to say. She knows her subject matter and that is evident from her suggestions and comments. I have had 4 sessions with her and they have helped me feeling better. You can share anything with her without the fear of being judged.



DENTAL HEALTH

DR. VANDANA SINGH

B.D.S (M.A.M.C., Del)

As many as 70% of neck problems may be related to a TMJ disorder. The reverse is true, as poor neck posture can cause jaw issues and pain. Are you regularly bothered by neck pain? As many as 80% of people experience neck pain at some point in their lives. Did you know that the problem may have started in your jaw? Here's the surprising connection between your jaw and your neck:

- The Temporomandibular joints (TMJ), connect your lower jaw bones to your skull.
- Because muscles in your neck are connected to your jaw, muscle tension that starts in your TMJ can move to your neck. This causes aches, spasms, tension, and reduced flexibility in your neck.

Causes of TMJ disorders

While causes are not always clear, **TMJ disorders can exist due to:**

- Stress and anxiety that leads to jaw clenching and teeth grinding
- Jaw spasms and strain
- Misaligned TMJ disc
- Arthritis
- Injury
- Genetics

Symptoms of TMJ issues

In addition to jaw and neck pain, symptoms of TMJ issues can include:

- Discomfort in the ear, face, and shoulders
- Pain when chewing, swallowing, yawning, or opening your mouth in general
- Clicking or grinding sounds, when chewing or opening your mouth
- Limited mouth opening
- Locking of the jaw joint(s) so you are unable to fully close your mouth
- A change in the way your upper and lower teeth align/fit together
- Headaches

Your dentist or physician can educate you on the risk factors and behaviors that can cause TMJ disorders and pain.

If the pain persists, they may recommend:

- Physical therapy to improve your joint motion and strengthen your jaw and neck
- Gentle jaw and muscle stretching exercises
- Prescription medications to relieve anxiety and relax muscles
- A dental bite guard (occlusal splint) to help relax the jaw muscles and reduce pain

Note - Before resorting to any major procedure, you should speak to your dentist about all your options



ALOPECIA AREATA

ATOPIC DERMATITIS

HERPES INFECTION

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 endeavor 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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2) B-13, Local Shopping Center, DDA Market, Shivaji Enclave
Tel: 011- 42131989

SOUTH DELHI - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara
Tel: 011-24100494; M- 9711013938

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