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MONTHLY NEWS LETTER

On 6th August, a **Free Homoeopathic Camp** was held at our Moti Bagh clinic on the occasion of the **101st Birth Anniversary** of Late Sh. O. P. Gupta, Chief Patron of AKGsOVIHAMS. The camp was inaugurated by the Ambassador of Bosnia, **Dr. Sabit Subastic**.



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

EPILEPSY

INTRODUCTION

- Group of neurological disorders characterized by seizures (episodes that vary from brief & nearly undetectable to long periods of vigorous shaking)
- Seizures may present in 3 main ways:- (a) Generalized (involving both hemispheres of brain), (b) Partial (affecting 1 hemisphere of brain) and (c) Absence Seizures (these are non-convulsive)

ETIOLOGY / CAUSES

Epileptic seizures are the result of excessive & abnormal cortical nerve cell activity in the brain. Seizures may be genetic or acquired in origin.

- Genetic – most epilepsy are due to interaction of multiple genes and environmental factors. In identical twins, if one is affected there is a 50–60% chance that the other will also be affected. Close relatives of a person with epilepsy have a risk 5 times that of the general population
- Acquired – it may occur as a result of a number of other conditions including tumours, strokes, head trauma, previous infections of the Central Nervous System (like meningitis, encephalitis, etc.), and as a result of brain damage around the time of birth

SIGNS & SYMPTOMS

- Partial seizures are often preceded by certain experiences, known as an aura which may be sensory, psychic, autonomic, or motor phenomena
- Jerking activity may start in a specific muscle group
- non-consciously generated activities called Automatism may occur and mostly repetitive movements like smacking of the lips or attempts to pick something up
- contraction of the limbs followed by their extension along with arching of the back which lasts 10–30 seconds (the tonic phase)
- shaking of the limbs in unison (clonic phase)
- person often turns blue. May have Frothing
- Loss of bowel or bladder control may occur
- tongue may be bitten at either the tip or on the sides

WHAT YOU CAN DO



INVESTIGATIONS

- EEG (Electro-encephalogram) of the brain
- CT scan and MRI of the Brain
- Complete Haemogram



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



Founder-Director AKGsOVIHAMS, Gold Medallist

HOMOEOPATHY – FITTING Reply to FITS

Epileptic seizures are commonly seen phenomena. It's a debilitating experience for the patient as well as the attendants. It's a disease where the brain nerve cells send irregular impulses causing vigorous shaking of the entire body. Such a disease takes time to be treated. Modern science has over the years definitely helped in understanding these fits better. Majority of cases can be well managed by the common Allopathic neurological drugs. But these drugs have to be taken at least 3 years till the last attack occurred. The problem with such treatment is that these drugs have a lot of side-effects. They make the person lousy and weak. The memory goes down. Certain cases turn up into mental disorders as well. And the worst part is that after the Neurologist stops the medicines there is a recurrence of the attacks in a lot of cases.

Over the years, Homoeopathy has proved to be a fitting reply to the dreadful fits. Yes the treatment plan is longer than usual diseases, but cure is certain in 70-80% of the cases. What separates the Homoeopathic treatment from other modes of medicine is that the Homoeopathic medicine prescribed to the patient is selected very meticulously taking care of the causative and triggering factors, the stage of the disease and the constitution of the patient in general. That is precisely the reason why 2 people having epilepsy may be given 2 entirely different medicines based on the just mentioned factors. On the other hand, the Allopathic drugs are chemical based and usually the same medicines or salts are prescribed to 2 different patients.

Also, once a Homoeopathic doctor realises that his patient does not need any more medication to fight Epilepsy, there are hardly any chances of recurrence of seizures. The only chance that this can happen again is when the patient is under unbearable discomfort, which can be either physical discomfort or mental trauma.

Along with the medication one must also take care of few things. A patient with epilepsy must not be exposing himself/herself to the T.V or computer screens for long and uninterrupted hours. One must have a sound and complete sleep as lack of sleep is a very common triggering factor for a fit to come. Eat healthy and timely food. Excess of all the things must be avoided.

If one takes care of all the above mentioned things and takes the Homoeopathic medicines regularly, then there is no reason why the suffering patient not be cured permanently even after stopping the medication.

MARVEL OF HOMOEOPATHY

This is the case of a 29yrs old labourer called Neeraj. He was working in the factory when he suddenly fell down and was shaking vigorously. The other workers rushed to his help but he shook severely for good 3 to 4 minutes and there was frothing from the mouth as well. The owner of the factory was called upon immediately. When the owner arrived in about half an hour he found that Neeraj was conscious but in a very fatigued and prostrated state still and he was lying on a table. He immediately asked other labourers to help Neeraj reach the owner's car. The owner, Mr. Anand was Dr. Sanket Gupta's old patient and so he immediately took Neeraj to Dr. Sanket at the Moti Bagh clinic.

On listening to Mr. Anand's narration of the incident it was clear that this was a case of Epilepsy. But the important thing to know here was that what could have triggered this attack. On taking the complete case history, Neeraj said that he had witnessed such shaking in his village also around 2 years back when he was in the fields with his elder brother. That time it was not as long as this one and fearing what people might say and his parents would get worried, he did not tell anyone about the incident. So there was no medical treatment ever taken by him.

Also, he told that off late there was some strife going on in his family. He was the youngest member in the family and the regular quarrels at home between his elder brother and his father made him extremely sad. So, he left his home and came to Delhi just a month back where he joined Mr. Anand's factory. But seemingly he was still not at peace and he had this attack.

Considering the history, Dr. Sanket gave him a dose of Natrum Mur. 200. Neeraj was advised to complete his sleep and was counselled as well. He was also asked to get an EEG done to see the extent of the involvement of brain.

On the next visit Neeraj came with the EEG report to the clinic. The report confirmed Grand-Mal Epilepsy with the involvement of a huge cortical neural complex. Dr. Sanket continued the same medicines and Neeraj was given the medicines for 1 month this time.

Next month when he visited he looked better in general. He looked calm and composed and had gained some weight as well. There was no episode of any seizure. The same medicines were continued for around 1 year. There was absolutely no recurrence of any epileptic fit and Neeraj was not depressed and anxious anymore. He used to complain of frequent headaches as well which was not there anymore. Though, the situation at his home had not improved much, but he was able to deal with it in a much better way and would not let it affect his health and mind.

Mr. Anand, who had sponsored the entire treatment of his employee Neeraj, was extremely pleased to see his faith in Dr. Sanket and Homoeopathy pay rich dividends to the life of his young employee. It's been more than 3 years now since Neeraj experienced any such episode again. There is no physical weakness as well. He was asked to stop the medicines long ago and is living his life happily. He thanked Homoeopathy and Dr. Sanket for curing him.

This is the Marvel of Homoeopathy



It's pronounced...
[skit-suh-FREE-nee-uh]
not
[KREY-zee]

Fight Stigma

MIND the MIND

KAARTIK GUPTA, MSc (Cl. Psych.)

SCHIZOPHRENIA

Imagine walking down the road and noticing a group of people talking amongst themselves, and you know for sure that they are planning to kill you, or imagine someone commenting on every move you make, you can hear the fine details of your own actions distinctly, or what if the others could somehow get to know exactly what you are thinking at every moment while you are awake. How does it make you feel? Scary right?! This is just a small glimpse of what a person suffering with schizophrenia has to put up with because of the illness. Add to this the rejection, discrimination and feelings of helplessness arising from not being understood by your own loved ones. They seem to have a world of their own which is different from the real life but it forms the person's "Reality" and so he/she responds accordingly. More often than not a person with schizophrenia cannot understand that his "Reality" is not for real and thus lives in complete denial of having an illness.

According to the ICD-10 classificatory system, schizophrenia is characterised in general by fundamental and characteristic distortions of thinking and perception, and by inappropriate or blunted affect. The prevalence rate of schizophrenia is almost equal in males and females, and begins in the age range of 16-35 years. Like any other psychological disorder, the aetiology of schizophrenia can also be understood in terms of bio-psychosocial aspects. Though the findings are not conclusive, studies suggest an increased level of the neurotransmitter dopamine in people with schizophrenia. It also has strong heritability with a prevalence of upto 50% in identical twins as compared to 1% in the general population. Psychological factors like faulty thinking processes and low stress tolerance have been seen in people with schizophrenia. Studies also suggest that a home environment that is highly critical, hostile or emotional can be a contributing factor in a person who is already vulnerable for developing schizophrenia. In some cases, extreme levels of stress also can trigger the illness in people who are predisposed for schizophrenia.

Schizophrenia is a very debilitating illness that can significantly hamper a person's personal, social and occupational functioning. Early identification and treatment can ensure good recovery. It even limits the extent of cognitive impairment due to the illness. Schizophrenia is not curable but definitely a treatable condition. Specific anti-psychotic medicines and psychotherapeutic techniques have been developed that have proven to be efficient in the treatment of schizophrenia.

If you observe any of the following in your loved ones for a period of 1-2 weeks, it is advised you seek mental health professional's help at the earliest:-

- Withdrawing from people or staying in the room for most part of the day
- Not taking care of personal hygiene
- Showing some odd behaviour like smiling, murmuring or making gestures even when alone
- Talking in a way that is not completely comprehensible ; becoming suspicious of others
- Has family history of some psychiatric illness.

"Please hear this: There are not 'schizophrenics.' There are people with schizophrenia."

- Elyn Saks



Regular consumption of spicy foods may increase lifespan

The observational study, published in *The BMJ*, found people whose daily diets regularly featured spicy foods had a lower risk of death from cancer, ischemic heart disease and respiratory disease.

The researchers observed that participants who reported eating spicy foods 3-7 days a week were 14% less likely to have died than participants who ate spicy foods less than once a week. Participants who ate spicy foods once or twice a week were at a 10% reduced risk of dying compared with participants who ate spicy foods less than once a week.

Frequent consumption of spicy foods was also associated with a lower risk of death from cancer, ischemic heart disease and respiratory system diseases. This reduced risk was more prominent among female participants than male participants.

"Possible mechanisms might involve the bio-accessibility and bioavailability of bioactive ingredients and nutrients of spicy foods," the authors write, "but further studies are needed to verify our findings."

Latest at AKGsoVIHAMS

- Prof.Dr.A.K.Gupta to attend an Intern'l Conference & present paper on Behcet's Disease in Rio ,Brazil hence won't be available from 25th Aug to 3rd Sept. Patients are advised to re-schedule their appointments accordingly.
- View all our previous newsletters and also subscribe at www.ovihams.com

DID YOU KNOW?

- If you remove the minerals from a bone by soaking it overnight in a six per cent solution of hydrochloric acid, it will become so soft; you could tie it in a knot.
- Boys are more likely than girls (by a ratio of 3-to-2) to have bad acne.
- One person in 20 has an extra rib, and they are most often men

LAUGHTER IS THE BEST MEDICINE



Three old men are at the doctor's office to take a memory test.

The doctor says to the first old guy, "What is three times three?" "274," was his reply.

The doctor worriedly says to the second old man, "It's your turn. What is three times three?" "Tuesday" replies the second man.

The doctor sadly says to the third one, "Okay, your turn. What's three times three"? "Nine" says the third old man.

"That's great!" exclaims the doctor. "How did you get that"?

"That was easy Doc, "I just subtracted 274 from Tuesday."

WHAT PEOPLE SAY ABOUT HOMOEOPATHY

- Homoeopathic treatment is my first choice not only for me but also for my family. Homoeopathy should be developed as full-fledged alternative system of medicine. More research and more development are essential to make Homoeopathy more popular and useful.

Sh. K. R. Narayanan, Former President of India

- I am writing this to thank for getting benefits of the treatment what I have got and also to spread the awareness and information regarding a very rare and unknown disease called “Spasmodic Dysphonia (SD)” from which I was suffering. This was around last year in July 2013 when I felt that there is something wrong in my throat. Prior to this also it was happening but occasionally. But from this period it was continuous. Initially I was feeling that I am having cough/cold. So I went to ENT doctor. But after his check-up he said it’s perfectly ok. But still he gave some general antibiotics and immunity booster medicines. But after a week, problem was same. Then to cross check I went to some better ENT doctors. They also said it seems no cold/cough. At one of the clinic he did Laryngoscopic test also. My both vocal cords were also moving ok. So this was also ruled out. As the day progressed and the problem was same so I was more tensed and I wanted to check all possibilities. So I got my lung functioning test checked, chest x ray, thyroid test, ECG test etc. All was ok. Now I was more worried because I knew something was wrong and I was unable to figure it out. Then another ENT doctor said this is due to stress and anxiety and I need some speech therapy. It seems something related so I visited a speech therapist but it also didn’t worked. Due to this problem I was losing my confidence in day to day life. As it was difficult to speak with people so I started avoiding talking with my friends and office colleagues. I was feeling very nervous and stressful in office. In stress my voice quality used to deteriorate. While all these tests were going on, I was also searching and studying on internet a lot. One day I came across on net about this word “Spasmodic Dyphonia” (SD). This is a neurological disease and its cause is still unknown. As I tried all things but nothing worked so I thought to try homeopathy also. I came to know about AKGsOVIHAMS clinic through net. I visited there and met Dr. Sanket Gupta. I explained him everything. We discussed about this disease SD. Frankly speaking at that time I was thinking I will not get cured here also but still I wanted to try and give a chance. I trusted on him and continued his medicines. Initially for few weeks he tried different medicines. After around 2 months I got smell of improvement in voice quality. There I got a confidence in myself. After some of adjustment in medicines we were coming close to curing the disease. Now as the months progressed the quality of sound keeps on improving. I can’t tell u how much happy I was and am now also. It’s around a year completed and it’s almost cured. I am still continuing it to cure it completely and from roots. I again thank to Dr. Sanket Gupta from my deep heart for bringing my voice back. The kind of happiness I am having can’t be explained through words for him. It’s like I got a new life.

- *Shishir Kumar, New Delhi*



ACNE



POST CHEMO HAIR LOSS



EPIDERMOLYSIS BULLOSA

AKGS OVIHAMS HOMOEOPATHIC CLINICS

(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

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