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JAL PRAHARI SAMMAN SAMAROH 2024



Jal Prahari Samman Samaroh 2024 was recently organised on 18th Dec.2024. AKGsOVIHAMS is proud to be associated as Health Partner in a very important Cause of Water Conservation. AKGsOVIHAMS held a Medical Camp also on the occasion. Hon'ble MoS Jal Shakti Shri Raj Bhushan Chaudhry, Hon'ble Shri Balyogi Ji MP (RS), Waterman Tajender Singh Ji, Padmashri Laxman Singh ji and Padmashri Umashankar Pandey Ji were the Chief Guest and Guest of Honor.



GANGRENE

WHAT IS IT

- Gangrene is death of body tissue due to a lack of blood flow or a serious bacterial infection.
- Gangrene commonly affects the arms and legs, including the toes and fingers.
- It can also occur in the muscles and in organs inside the body, such as the gallbladder.

CAUSES

- Lack of blood supply - The blood provides oxygen and nutrients to the body. It also provides the immune system with antibodies to fight infections. Without a proper blood supply, cells cannot survive, and tissue dies.
- Infection - An untreated bacterial infection can cause gangrene.
- Traumatic injury - Gunshot wounds or crushing injuries from car crashes can cause open wounds that let bacteria into the body. If the bacteria infect tissues and remain untreated, gangrene can occur.
- Following are the risk factors that can lead up to a Gangrene – Diabetes; Obesity; Blood vessel disease like Raynaud's; Smoking; Immunity suppression with Chemotherapy or radiations; complications of COVID-19

SYMPTOMS

- Changes in skin colour — ranging from pale grey to blue, purple, black, bronze or red
- Swelling
- Blisters
- Sudden, severe pain followed by a feeling of numbness
- A foul-smelling discharge leaking from a sore
- Thin, shiny skin, or skin without hair
- Skin that feels cool or cold to the touch
- Low blood pressure
- Fever, although some people may have a body temperature lower than 98.6 F
- Rapid heart rate
- Light-headedness
- Shortness of breath
- Confusion

WHAT CAN YOU DO

- Manage diabetes
- Lose weight
- Don't smoke or use tobacco
- Practice good hygiene. Wash any open wounds with a mild soap and water. Keep the hands clean and dry until they heal.
- Check for frostbite as it reduces blood flow in the affected body area.

INVESTIGATIONS

- Complete Blood Count
- Diabetic profile
- Liver and Kidney Function Tests
- Tissue or Fluid Culture
- X-ray, CT Scans and MRI of the gangrenous parts and suspected areas of affection



Homoeopathy can manage Gangrene well

This is a case of Mr. A. T., 56 yrs old man who was brought to our Rajouri Garden clinic in end of July 2017 to consult with Prof. Dr. A. K. Gupta. He is a diabetic patient since 27yrs and came with complaints of burning in both the soles and even almost complete loss of sensation in the feet. He had difficulty in wearing his footwear. A full blown case of Diabetic Neuropathy! His 1st right toe had to be amputated due to Diabetes Mellitus as it had become gangrenous and would have affected other parts of the foot as well. His HbA1C level at that time was 14.6!! This was alarmingly high.

The healing of the wound that had developed after amputation was not happening or obviously extremely slow and seriously dangerous condition for the patient to be in despite best of allopathic medication and dressing, the wound was not even getting close to healing. Patient was in extreme pain as well. He was on heavy Insulin dosage along with anti-hypertension and anti-dyslipidaemia medicines. His blood reports showed the bad effects of diabetes in all other body parts like heart, kidneys and liver as well.

After going through the entire case Dr. Gupta gave him Arsenic Album 1M / 1 dose to be taken on alternate days. The patient was asked to dress the wound with the help of Calendula Mother Tincture and was also asked to keep a record of Blood Sugar Fasting and Post-Prandial. In just 1 weeks' time, the patient started feeling much better. The pain and burning in the feet were much reduced and the blood sugar levels also started coming down on a daily basis. The same prescription was continued.

Gradually his other body symptoms and parameters also started improving. Burning and tingling in feet was much better. Heaviness over the eyes and constant palpitation and uneasiness was much reduced. Healing of the wound was extremely good by the end of 2 weeks of Homoeopathic treatment. Blood sugar levels kept coming down steadily and gradually.

The wound by now has been completely healed though the patient is still undergoing treatment for diabetes mellitus and other issues.

Watch the complete case - <https://www.youtube.com/watch?v=V2TSvSM1GzU>



MIND the MIND

Clinical Psychology and Indian Armed Forces

The armed forces are the pride of our Nation. They serve for our well-being at the cost of leading a very difficult and challenging life themselves. The sacrifices of these men and women, and their family members can never really be paid off. An opportunity to serve this special class of people was a long-held dream, that took shape in 2023 and I consider myself blessed to have lived this dream. 151 Base Hospital, Basistha was to be my workspace for a year as I worked in the Department of Psychiatry as a Clinical Psychologist.

As expected, the environment was thoroughly professional yet welcoming. The HOD of Psychiatry Department, Major Ishaque Qureshi, was a very warm and approachable person who instantly made me feel a part of the institution. Administering psychological assessments, providing psychotherapy and counselling for the armed forces personnel and their family members, group therapy sessions, de-addiction counselling, mental health awareness programs were some of the roles I played during my service. Several referrals from other departments like – Neurology, Orthopedic, Endocrine, ENT, Pediatrics, etc. highlighted the role and importance of a Clinical Psychologist in a multi-disciplinary setup like this.

One case that stood out for me was the psychological intervention for an Army officer who had been badly injured in the ongoing civil unrest in Manipur. Though stable post-surgery, his recovery had been slow as there was a real danger of him developing Acute Stress Reaction or even Post-Traumatic Stress Disorder (PTSD). A combination of psychiatric medicines and psychological techniques (supportive counselling, emotional catharsis, relaxation exercises and visualization) were used extensively in combination with the other medicines and surgical procedures. As his condition improved, the officer was referred to Command Hospital, Kolkata for undergoing reconstructive surgery for the gunshot wound he had received. This case brought to light the grave dangers these men and women face so bravely on a daily basis; being able to contribute to his recovery through timely psychological interventions was a deeply satisfying experience for me.

Due to several challenging factors like – need for constant vigil, staying away from family for long periods, ever present danger, and uncertainty of their job profile, near zero margin for error, and frequent transfers among other reasons, armed forces personnel are highly vulnerable to experience psychological issues like clinical depression, anxiety issues, substance abuse, dissociative episodes, panic attack, and adjustment disorder. In addition to this, their family members go through their own set of challenges compounded by the absence of their loved one's physical presence and concerns for their safety. A trained Clinical Psychologist plays a vital role in helping this special population navigate through these challenges and ensure their overall well-being, so that they continue to develop into more productive and balanced individuals.

It is only through a healthy and balanced mind one can achieve their true potential. And for the men and women in uniform, who are extremely fit physically, mental health is of prime importance as they operate in such stressful environments away from their loved ones. The Armed Forces Medical Services (AFMS) is cognizant of this and is recruiting Clinical Psychologists all over the country in large numbers. It has even initiated regular Mental Health Awareness Programs and helplines which are easily accessible and provide professional support to the personnel experiencing emotional/psychological distress. These services are extended even to the ex-servicemen, and their family members, who have served in the armed forces in the past.

Mental Health is for all and its role and relevance in the efficient functioning of our armed forces cannot be stressed enough. Active steps towards looking after our personnel is not just a collective responsibility but a necessity.



Devender says



Medicines are working effectively for paralysis and some chronic complaints of my father. Dr. Sanket is quite knowledgeable and experienced. He cured my father off the COVID-19 infection also.



DENTAL HEALTH

DR. VANDANA SINGH

How bad AQI Impacts Your Oral Health !!!!

Air pollution can cause dental health issues, such as cleft palate to a fetus during pregnancy; enamel discoloration and softening; cavities; tooth brittleness; enamel erosion; oral cancer; and inflammation of the airway, which contributes to the development of asthma.

A few of air pollution's negative effects on human dental health include:

- Inflammation of the airway and resulting asthma
- Erosion of tooth enamel and resulting higher incidence of cavities and chips
- Toxic compounds in tooth enamel
- Discoloration and chipping of enamel due to chlorine
- Pregnant women's fetuses can be negatively impacted; poor enamel formation (impaired mineralization), cleft palate, and a lower number of teeth than the 32 that are normal
- Small particles inhaled increases the risk of oral cancer

Furthermore, pollution's effects on the environment cause problems for water, soil, forests, crops, and ecosystems. Ultimately, the food we consume is less healthy if sourced from an area that suffers the negative effects of pollution. This, in turn, also contributes to health concerns in humans. Poor nutrition has a serious impact on oral health.

Be sure to also do your part each day to take great care of your teeth, gums, and other oral structures. Your mouth is a portal to the inner workings of your body. In fact, endocarditis, diabetes complications, pregnancy complications, respiratory issues, strokes, and heart attacks have been linked to gum disease (gingivitis, periodontitis, advanced periodontitis), a condition that afflicts about half the population. And gum disease is the main cause of tooth loss in adults.

Who does not love big smiles of all shapes and sizes? Air pollution is a silent killer and a silent thief of good oral health. Protect your smile and you may enjoy healthy, strong teeth that serve you well physically and emotionally throughout your lifetime.



CHRONIC ECZEMA



DRUG ALLERGY

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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Tel: 011-25101989

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




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

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