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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

JAN. 2025 Issue – 135



Karnataka Qualified Homoeopathic Doctors' Association®

Cordially invites you to the

Online National Webinar by



Dr. Bhaskar Jamubhai Bhatt, DHMS
National Executive Committee Member, Arogya Bharati

Topic: Rare Remedies

Dr. A. K. Gupta, MD (Hom)
National Secretary General- HMAI

**Topic: Evidence based MND case
Treated with Homoeopathy**



On Sunday, 5th of January 2025 @ 3:00 pm

Entry free for all



Watch Live on
Kqhda.India &



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Prof. Dr. A. K. Gupta was invited recently to give a webinar to Homoeopathic Doctors of Karnataka to educate them about the Scope and Efficacy of Homoeopathy in the treatment of Motor Neuron Diseases



HMPV

WHAT IS IT

- Human metapneumovirus (HMPV) is a virus that usually causes symptoms similar to a cold.
- Most cases are mild, but young children, adults over 65 and people with weakened immune systems are at a higher risk for serious illness.
- HMPV is common — most people get it before they turn 5.

CAUSES

HMPV spreads through direct contact with someone who has it or from touching things contaminated with the virus. For instance:

- Coughing and sneezing
- Shaking hands, hugging or kissing
- Touching surfaces or objects like phones, door handles, keyboards, or toys

Triggering factors for getting infected with HMPV are:

- Patients younger than 5 (especially premature infants) or older than 65.
- People having weakened immune system (from conditions like HIV, cancer or autoimmune disorders, or from medications that suppress immune system).
- People having asthma or COPD.

INVESTIGATIONS

- Complete Blood Count with ESR and CRP
- X-ray Chest
- Bronchoscopy

SYMPTOMS

- Cough
- Fever
- Runny or stuffy nose
- Sore throat
- Wheezing
- Shortness of breath (dyspnea)
- Rash

WHAT CAN YOU DO

- Washing your hands often with soap and water. If you are not able to use soap and water, use an alcohol-based hand sanitizer.
- Cover your nose and mouth — with your elbow, not your bare hand — when you sneeze or cough.
- Avoid being around other people when you or they are sick with a cold or other contagious diseases.
- Consider wearing a mask if you are sick and cannot avoid being around others.
- Avoid touching your face, eyes, nose, and mouth.
- Do not share food or eating utensils (forks, spoons, cups) with others.



Role of Homoeopathy in HMPV

Homoeopathy has a great role to play in the treatment of HMPV. Like any other viral infection, HMPV has a great prognosis with Homoeopathic medicines. As in any communicable infectious disease, the precautions to be taken by the patients and attendants are extremely important. As mentioned in the section above, one must be careful as HMPV can spread very easily and rapidly making the ones in contact infectious as well. but there is absolutely no reason to worried or fearful as this is usually a self-limiting virus and is very much treatable and manageable.

As the name suggests, the virus has basic affinity to the respiratory tract and especially the lungs. Hence it becomes imperative that the lungs are healthy and fighting fit whenever one may get infected. As it is a viral disease, therefore antibiotics do not have much of a role to play and the emphasis should be on working the immunity to fight the disease out of the body. This is precisely what Homoeopathy does. The common notion that Homoeopathy is slow to act is put to forever rest when one experiences the action of Homoeopathic medicines in Acute Infectious diseases like the HMPV. The recovery is not just fast and rapid but at the same time it is gentle, harmless, complete and full proof with no leftover signs of the illness like exhaustion, pains or fatigue.



MIND the MIND

TOP 10 BENEFITS OF SILENCE

Silence calms the nervous system, lowering cortisol levels & reducing stress

1

Reduces Stress

Quiet time allows the mind to wander, fostering creative thinking.

2

Enhances Creativity

Silence minimises distractions, boosting concentration & productivity.

3

Improves Focus

Reflection in silence helps process emotions & improves emotional regulation

4

Promotes Emotional Balance

Silence can stimulate brain growth & enhance memory.

5

Supports Cognitive Health

It allows for deep self-awareness & mindfulness practices.

6

Encourages Mindfulness

Silence helps clear mental clutter, leading to better decision-making.

7

Boosts Mental Clarity

Quiet environments promote restful sleep, essential for overall health.

8

Improves Sleep Quality

Silence encourages active listening & deeper connections in relationships

9

Enhances Relationships

Many spiritual practices use silence for meditation, leading to a greater sense of peace & connection with the self.

10

Supports Spiritual Growth



Lokesh says



I was suffering from chronic pancreatitis with sludge in gallbladder and severe exocrine deficiency. I was losing 6kg weight per month. I was admitted several times in 6 months due to severe pain and lost 16kg weight in just 3 months and allopathy was not able to cure this and each and every allopathy doctor I visited was told me that I have to live with this diseases life time. I lost my all hope to survive due to heavy weight loss and pain and I suffered severe anxiety depression and medical phobia. Then one day I got to know about my God (Dr.A.K.Gupta) and my treatment started in his supervision on Aug.23 and within 3 months my shrunken pancreas was back to its original shape and echotexture and I gained 2kg weight and I overcame from anxiety and depression due to his counseling and medicine.



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.



TAENIA CRURIS



CHALAZIONS

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
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