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Prof.Dr.A.K.Gupta was invited recently to give his presentation about the Scope and Efficacy of Homoeopathy in the treatment of Motor Neuron Diseases in the 2-day World Homoeopathic Congress held in Patna, Bihar



Dr. Sanket Gupta of AKGsOVIHAMS was invited to give his presentation on the Role of Homoeopathy in Rare and Genetic Disorders in the recently held National Conference of the Indian Institute of Homoeopathic Physicians at Pune, Maharashtra. He presented a case each of the successfully cured Epidermolysis Bullosa and Spasmodic Dysphonia



ALLERGIC RHINITIS

WHAT IS IT

- Allergic rhinitis (hay fever) is an allergic reaction to tiny particles in the air called allergens. When one breathes in allergens through the nose or mouth, the body reacts by releasing a natural chemical called histamine.
- Despite being called hay fever, hay does not cause hay fever and most people don't get a fever.

CAUSES

Allergic rhinitis occurs when the body's immune system reacts to an irritant in the air. The irritants (allergens) are so tiny that one can easily inhale them through nose or mouth.

Allergens are harmless to most people. But if one has hay fever, the immune system thinks the allergen is intruding and it tries to protect the body by releasing histamine into the bloodstream which causes mucous membranes in the nose, eyes, and throat to become inflamed and itchy as they work to eject the allergen out from the body.

The main allergens include: -

- Dust mites that live in carpets, drapes, bedding and furniture.
- Pollen from trees, grass, and weeds.
- Pet dander
- Mold spores
- Cockroaches (their saliva and waste).

INVESTIGATIONS

- Complete Blood Count
- Absolute Eosinophil Count
- S. IgE
- Comprehensive Allergy Panel

SYMPTOMS

- Nasal stuffiness (congestion), sneezing and runny nose.
- Itchy nose, throat, and eyes.
- Red or watery eyes.
- Headaches, sinus pressure and dark circles under your eyes.
- More mucus in the nose and throat.
- Tiredness.
- Sore throat from mucus dripping down the throat (postnasal drip).
- Wheezing, coughing, and trouble breathing.

WHAT CAN YOU DO

- Avoid touching your face and rubbing eyes or nose.
- Close windows in your home and car during the spring, summer, and early fall when pollen counts are higher.
- Put covers on pillows, mattresses, and box springs to protect against dust mites.
- Keep pets off couches and beds, and close doors to bedrooms you do not want them to enter.
- Use filters in your vacuum cleaner and air conditioner to reduce the number of allergens in the air.
- Wash your hands often, especially after playing with pets.
- Wear a hat and sunglasses to protect your eyes from pollen when you're outside. Change your clothes as soon as you come indoors.



Homoeopathy can cure Allergic Rhinitis

The foremost and basic way to manage a case of allergic rhinitis is to identify the causative agent (or allergen) and completely stay away from it till the time the patient is able to attain the desired immunity with the help of Homoeopathic medication.

In the Allopathic mode of treatment, the way to treat any allergic rhinitis case is with the help of anti-histamine drugs and medicines. What happens as a result of this suppression of the natural defense mechanism and the reaction of the body cells to an allergen is that the already low body resistance goes further down and slowly and gradually the dosage and amount of anti-allergic medicine required to provide relief to the patient keeps on increasing at a steady or at times even rapid pace. The whole scenario eventually makes a patient immuno-compromised case. On the other hand, with the Homoeopathic mode of treatment, the total emphasis of the doctor is to provide a medicine that can act as a catalyst in increasing the body's resistance and as a result helps in increasing the patient's immunity and self-defense. With this approach, the patient is able to root out the allergen out of his/her system and can enjoy or use the same substance that was earlier causing havoc in his/her body system.

Medicines like *Allium Cepa*, *Corallium Rubrum*, *Arsenic Iodatum*, *Sabadilla*, *Natrum Muriaticum*, *Sanguinaria Canadensis*, *Euphrasia* etc. can very well take care of the Acute episodes of Allergic Rhinitis and at the same time deep acting medicines like *Psorinum*, *Sulphur*, *Calcarea Carb*, *Lycopodium*, etc. can help in curing the chronic Allergic Rhinitis ailments.



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

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