

Watch the full presentation here - https://youtu.be/OB7qpPkV9_k?si=xQB-9P0xaHRDsVBb



CARDIAC ARRHYTHMIA

WHAT IS IT

- An arrhythmia is an abnormal heartbeat. They can start in different parts of the heart and they can be too fast, too slow, or just irregular.
- Types of arrhythmias - Supraventricular arrhythmias, Ventricular arrhythmias, Bradyarrhythmia and junctional rhythms

CAUSES

- Coronary artery disease.
- Irritable tissue in heart (due to genetic or acquired causes).
- High blood pressure.
- Changes in heart muscle (cardiomyopathy).
- Valve disorders.
- Electrolyte imbalances in blood.
- Injury from a heart attack.
- The healing process after heart surgery.
- Other medical conditions.

SYMPTOMS

- Heart palpitations.
- Dizziness or light-headedness.
- Fainting episodes.
- Shortness of breath.
- Chest discomfort.
- Weakness
- Fatigue.
- A cardiac arrhythmia may be “silent” and not cause any symptoms.

INVESTIGATIONS

- ECG
- Blood tests for electrolyte levels or to look for a genetic issue
- Ambulatory monitors
- Stress test
- ECHO
- Cardiac catheterization.
- Electrophysiology study (EPS)
- Tilt table test
- CT and MRI Scans of the heart

WHAT CAN YOU DO

- Manage blood pressure
- Manage blood sugar levels.
- Avoid tobacco products.
- Cut back on alcohol intake.
- Avoid caffeine and stimulants.
- Work towards a healthy weight.
- Avoid activities that appear to trigger an arrhythmia
- Treat sleep apnoea.
- Lose weight in case of obesity



Homoeopathy can well manage Arrhythmias

Cardiac arrhythmias can be very tricky in nature. As in, some can be dangerous and troublesome while other can be absolutely silent. An irregular heart beat or pulse rate can be a cause of lot of uneasiness and distress to the patient experiencing it. Depending upon the causes and risk factors as listed in the above section, arrhythmias are treated. The suddenness and unexpected behaviour of the arrhythmias make them serious and fearful. One must not ignore an irregular heart beat especially if it is noticed often in the recent past.

One also need not panic as the anxiety and even heat strokes can mimic with irregular heartbeats and a physician should be able to guide in that scenario. But if at all the arrhythmias are cardiac in origin and well diagnosed then it calls for a proper medical treatment with some very important do's and don'ts.

Arrhythmias are usually treated with mechanical interventions like pacemakers and defibrillators so as to prevent cardiac arrest and death in patients highly prone to it.

But these arrhythmias can be treated conservatively as well and this is where the role of Homoeopathy comes in. lifestyle changes and Homoeopathic medicines can be a life saver and very good treatment option for patients needing non-invasive treatment for Cardiac Arrhythmias. It not only manages the patient's present situation but also helps him to be away from the many side-effects that the Allopathic medicines can cause in those circumstances.

Some of the very useful Homoeopathic medicines for Cardiac Arrhythmias are - *Digitalis*, *Aconite*, *Gelsemium*, *Aurum Met.*, *Veratrum Viride.*, *Glonoine*, *Melilotus Alba*, etc.



MIND the MIND

Memory Techniques for Retaining Information

🔦 Organize the information

Start by outlining the information you will need to recall. Creating a detailed, but organized outline of the information allows you to highlight and focus on important concepts.



Organize information

🔦 Make associations

Creating associations by drawing on existing knowledge is another helpful way to memorize information. You can create mental images and connect with sounds, smells to encode memories.



Make associations

🔦 Rehearse

Practice really does make perfect. Rehearse information over and over, either by writing it down or reading it aloud.



Read aloud

Write it down

🔦 Create mnemonics

Using mnemonic devices, such as acronyms, acrostics, and rhymes, is a good way to memorize information long-term.



Create mnemonics like rhymes

🔦 Write it down

It turns out that some things are just better done the old-fashioned way. Researchers have found that writing down information by hand is more effective than typing for learning concepts.



Type

Write

🔦 Say it out loud

When you need to remember new info, it's helpful to read it aloud. A study that the dual action of speaking and hearing ourselves talk helps get words and phrases into long-term memory.



Say it out loud

🔦 Engage in active recall

Flashcards are a great way to self-test. Studies show that retrieval practice can greatly enhance recollection than simply restudying materials.



Use flashcards to self-test

🔦 Use visual cues

Using visual tools such as concept maps, graphs, illustrations, can be beneficial for learning. Graphs & charts also simplify information, making it easier to later recall.



Use graphs and charts

WELLNESS TIPS FOR THE HEART



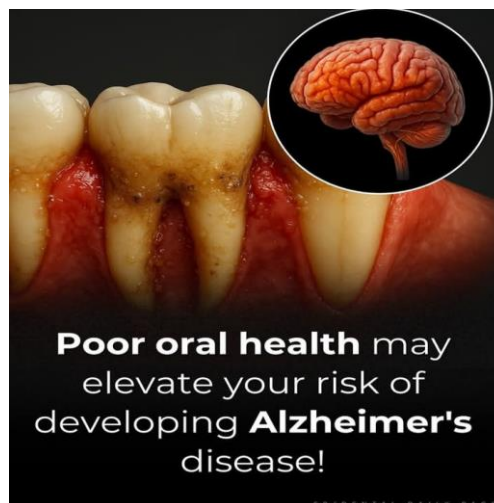
Meetu Bussi
says



Dr.A.K.Gupta has proved his worth as savior as always. He is very good at solving complicated issues which other doctors fail to do. His experience, understanding the core issue and intelligence is unmatched. He saved my daughter's life once again....I am greatly indebted to him for his services to humanity and homeopathy. Thanks a Zillion Dr. Gupta.

DENTAL HEALTH

DR. VANDANA SINGH



A simple scaling and cleaning session every year might prevent you from many diseases. Bacteria living in our mouth are not limited to oral cavity only. They invade into blood vessels and different nerves of body effecting parts of body and our nervous system too.

Studies suggest a connection between gum disease (periodontitis) and an increased risk of developing Alzheimer's disease. Here is what the research indicates:

🦷 Bacterial Invasion: A type of bacteria commonly found in gum disease, *Porphyromonas gingivalis*, has been detected in the brains of Alzheimer's patients. These bacteria may enter the bloodstream through inflamed gums and reach the brain.

🦷 Brain Inflammation: Once in the brain, these bacteria can trigger inflammation and contribute to the formation of amyloid plaques, which are characteristic features of Alzheimer's disease.

🦷 Cognitive Decline: Individuals with gum disease have been observed to experience faster cognitive decline compared to those with healthy gums.



CHRONIC ECZEMA



TAENIA CRURIS



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)

WEST DELHI – 1) J-158, Rajouri Garden, opp. Metro pillar 415-416
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

EMERGENCY HELPLINE – **7011842322, 9711013938, 8851653345**

Email – info@ovihams.com

Website – www.ovihams.com

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