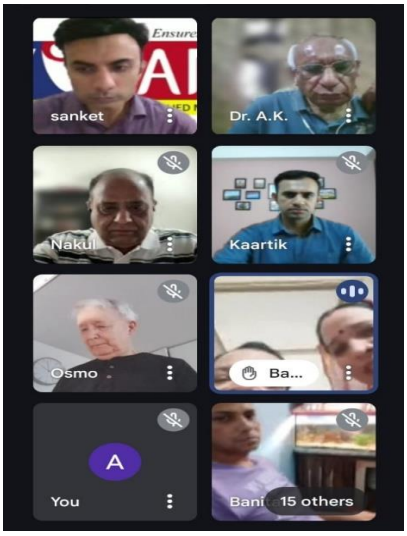
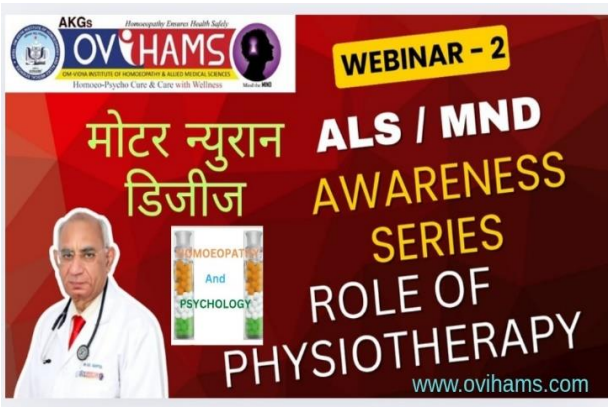
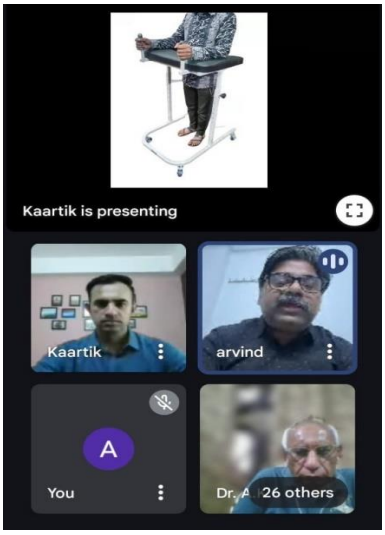
AKGs OVIHAMS 25 YEARS
PIONEERING INTEGRATION IN HEALTHCARE

AKGs
Homoeopathy Ensures Health Safely
OVIHAMS
OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES
Homoeo-Psycho Cure & Care with Wellness
Mind the MIND

JULY 2025 Issue – 142







In continuation with the series of Webinars on MND Awareness, AKGsOVIHAMS organized the 2nd webinar in successive months and this time it was on the "Role of Physiotherapy in the Treatment of MND/ALS'. The expert physiotherapy inputs were given by Dr.Arvind Walia who is a very renowned and experienced Physiotherapist in West and North Delhi and excels in helping patients suffering from neurological diseases like MND. The conference was not only attended by patients and their caregivers but also a few Physiotherapists themselves who are taking care of some of our patients in various other states of the country. Such medical interactions among the fraternity are very healthy as it benefits the patients at large and we are proud to say that AKGsOVIHAMS our patients' welfare is our sole purpose. Watch the entire webinar here - https://youtu.be/KJW8ELjNl1w?si=vYnqlh-j3BXG_1Ba

Founder-Director AKGsOVIHAMS was invited at the prestigious board meeting of the Association of Asia Pacific Union (AAPU) held at Noida to talk about the Role of Healthcare in bridging the gap among the countries in the Asia-Pacific region.

INSOMNIA

WHAT IS IT

- Insomnia is a common sleep disorder that can make it hard to fall asleep, stay asleep, or cause to wake up too early and not be able to get back to sleep. It can lead to daytime sleepiness, low energy, irritability, and difficulty concentrating.

- Insomnia can be short-term (acute) or long-term (chronic).

CAUSES

- Stress and anxiety
- Certain medical conditions like chronic pain, asthma, or heart disease can lead to insomnia.
- Mental health conditions like Depression, and other mental health disorders can contribute to sleep problems
- Some medications can interfere with sleep as a side effect.
- Irregular sleep schedules, excessive caffeine, or alcohol intake, and using electronic devices before bed can disrupt sleep.
- Insomnia becomes more common with age.
- Changing sleep patterns due to work or travel can also disrupt sleep.

SYMPTOMS

- Difficulty falling asleep.
- Difficulty staying asleep (waking up frequently during the night).
- Waking up too early and being unable to fall back asleep.
- Feeling tired or unrefreshed upon waking.
- Daytime sleepiness.
- Irritability or mood changes.
- Difficulty concentrating.
- Increased errors or accidents.
- Anxiety or worry about sleep.

INVESTIGATIONS

A doctor can diagnose insomnia based on the sleep history, symptoms, and possibly a sleep diary or sleep study/analysis.

WHAT CAN YOU DO

- Cognitive behavioral therapy for insomnia
- Homoeopathic medicines to induce sleep by stimulating the sleep centers in the brain
- Improving sleep hygiene, such as establishing a regular sleep schedule, creating a relaxing bedtime routine can be helpful
- Avoid caffeine and alcohol before bed
- Addressing any medical or mental health conditions that may be contributing to insomnia is crucial in getting the healthy sleep.

Homoeopathy makes you sleep without any side-effects

Homoeopathy is extremely effective in the treatment of Insomnia. The Homoeopathic medicines are not only free of any side effects but also more importantly are not-habit forming and one can leave the medicines as soon as they start getting the healthy sleep without any withdrawal symptoms or need for the Homoeopathic medicines.

At AKGsOVIHAMS innumerable patients have been cured off Insomnia only with Homoeopathy and one such case is written below in the words of the patient herself:-

"Hi, my name is Prerna Nainwal and I wish to share my personal experience with homeopathic treatment at the OVIHAMS clinic. I was suffering from insomnia and spells of anxiety for past couple of months, I had neglected my problem and as a result of which it had become quite severe, my everyday functionality had started to suffer, I wanted to avoid taking allopathic treatment for my problem since the medicines prescribed have a lot of serious side effects.

Eventually I was advised to try some alternative form of medicine and I chose OVIHAMS and homeopathy since my friend referred me to it and told me about its benefits, after taking homeopathic treatment for 2 weeks I felt a definite improvement in my condition and after a period of 4 weeks my symptoms of anxiety and insomnia completely disappeared and I was able to have a long unbroken period of sleep for a continuous 8 hours. I also felt more energy in my system during the day and felt fresh and alert. I would sincerely advice you to put your faith in OVIHAMS and homeopathy and reap rich benefits and long lasting health from its treatment."

MIND the MIND

HEALTHY SLEEP HABITS

Improve your sleep with some positive lifestyle changes and consistent sleep habits

1 REGULAR SLEEP SCHEDULE

Try to maintain a consistent sleep pattern 7 days a week. Getting up at the same time every day can help.

2 RELAXING BEDTIME ROUTINE

Spend time before bed relaxing: read a book, meditate, stretch, do yoga, have a shower or bath. Avoid difficult conversations, activities or work.

3 AVOID STIMULANTS

Don't drink caffeine, sugary or energy drinks in the evening. Avoid nicotine before bed. Only drink alcohol in moderation at night, if at all.

4 GOOD SLEEP ENVIRONMENT

Keep your bedroom clean, tidy and comfortable. Use a quality mattress and bedding. Keep the bedroom aired, and a temperature between 60 -70 °F (17-21 °C)

5 BLOCK OUT NOISE AND LIGHT

Make sure the bedroom is dark and quiet. Use blackout curtains or a sleep mask. Use earplugs, white noise, a fan or music to mask external noise.

6 ONLY SLEEP AND INTIMACY

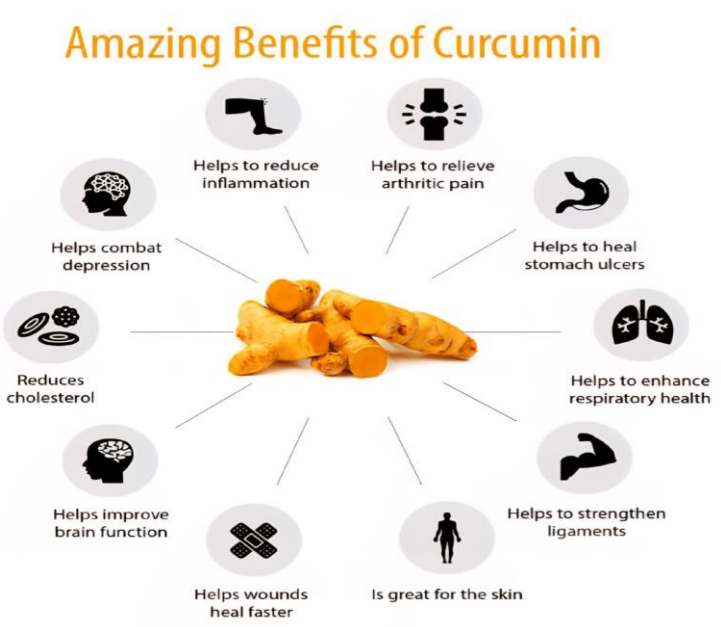
Only use the bed for sleep and intimacy with a partner. Avoid watching TV or using other devices in bed. That will help associate the bed with sleep.

7 EXERCISE AND DAYLIGHT

Try to do regular exercise, but not too intense before bedtime. Spend time outside in the daylight. Even a short walk during the day can improve sleep.

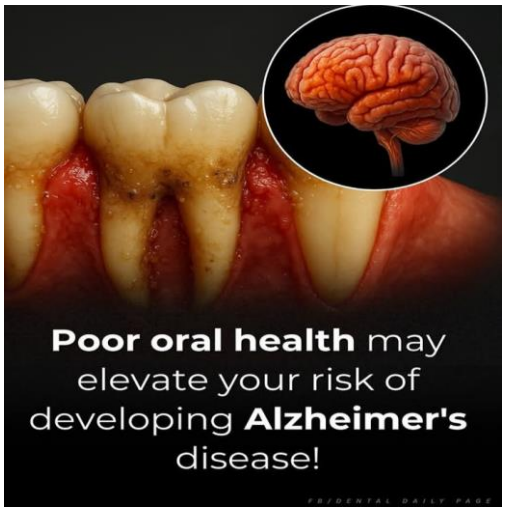
8 EAT WELL

Try to eat a balanced, healthy diet. Avoid heavy, fatty, fried or spicy food late in the evening if you get indigestion. Bananas, yogurt or healthy cereal are good bedtime snacks.



DENTAL HEALTH

DR. VANDANA SINGH



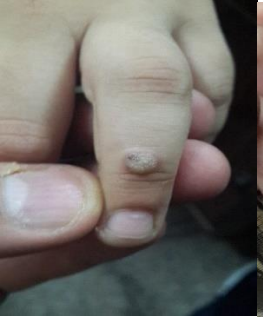
A simple scaling and cleaning session every year might prevent you from many diseases. Bacteria living in our mouth are not limited to oral cavity only. They invade into blood vessels and different nerves of body effecting parts of body and our nervous system too.

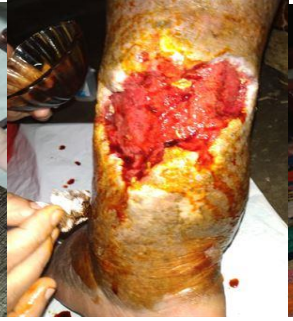
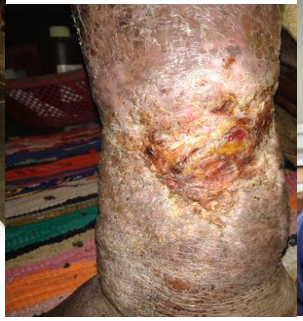
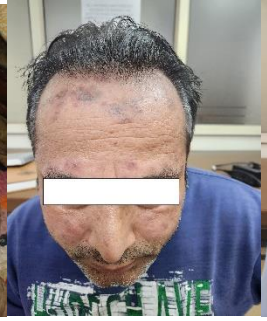
Studies suggest a connection between gum disease (periodontitis) and an increased risk of developing Alzheimer's disease. Here is what the research indicates:

🦷 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.

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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)

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

SOUTH DELHI - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara
Tel: - 9711013938, 9811341238

WEST DELHI – B-13, Local Shopping Center, DDA Market, Shivaji Enclave, Rajouri Garden
Tel: 011- 42131989

GUWAHATI - House no. 8, Chitraban Path, RG Baruah Rd, opposite Nexa showroom, Guwahati, Assam
Tel:- 9711981553, 7002473202

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

Email – info@ovihams.com

Website – www.ovihams.com

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