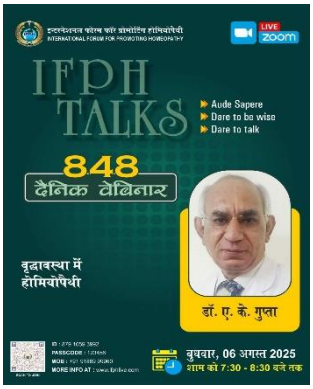
AKGs OVIHAMS 25 YEARS
PIONEERING INTEGRATION IN HEALTHCARE

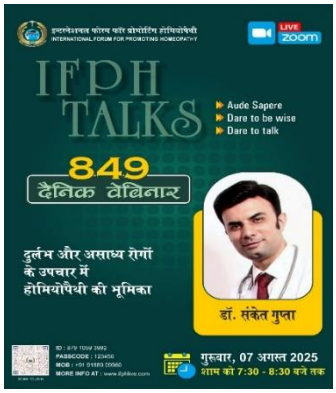
AKGs
Homoeopathy Ensures Health Safely
OVIHAMS
OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES
Homoeo-Psycho Cure & Care with Wellness
Mind the MIND

AUG 2025 Issue – 143

In continuation with the series of Webinars on MND Awareness, AKGsOVIHAMS organized the 3rd webinar in successive months and this time it was on the "Role of Diet and Nutrition in the Treatment of MND/ALS'. The expert Dietary inputs were given by Ms. Nitti Gupta who is a very renowned and experienced Nutritionist in West and North Delhi and excels in helping patients suffering from various diseases. Founder-Director AKGsOVIHAMS, Prof.Dr.A.K.Gupta shared small video clippings of over 20 cases that have shown remarkable improvements in various aspects of MND at AKGsOVIHAMS. Watch the entire webinar here - https://youtu.be/6lPzApiwfIM?si=Q7YR7LVcmDfq6Msb



Founder-Director AKGsOVIHAMS Prof.Dr.A.K.Gupta was invited recently to speak in a webinar on the Role of Homoeopathy in Geriatric Diseases. Watch it here - https://youtu.be/WvUj3zt2MxI?si=Hmf8yf4NYelWkMlG



Dr. Sanket Gupta, Homoeopathic Consultant at AKGsOVIHAMS was recently invited to give a lecture in a webinar on the Role of Homoeopathy in Treatment of Rare and Incurable Diseases. Watch it here - https://youtu.be/ONjzYFguQ4A

HYPERHIDROSIS

WHAT IS IT

- It is a medical condition characterized by excessive sweating that goes beyond what is needed for body temperature regulation, causing discomfort and impacting daily life.
- It is of 2 types – (a) Primary
  (b) Secondary

CAUSES

- Primary hyperhidrosis is caused by faulty nerve signals that trigger eccrine sweat glands to become overactive.
- Secondary hyperhidrosis is caused by: -
  (a) Diabetes
  (b) Menopause hot flashes
  (c) Thyroid disorders
  (d) Some types of cancer
  (e) Nervous system disorders
  (f) Infections
  (g) Taking certain medications, such as pain relievers, antidepressants, and some diabetes and hormonal medications
  (h) Anxiety Neurosis and Nervousness
  (i) Familial history

SYMPTOMS

The main symptom of hyperhidrosis is heavy sweating. This goes beyond the sweating from being in a hot environment, exercising, or feeling anxious or stressed. The type of hyperhidrosis that usually affects the hands, feet, underarms, or face causes at least one episode a week when one is awake. And the sweating usually happens on both sides of the body.

INVESTIGATIONS

- Clinical physical examination
- Blood tests to rule any underlying medical condition like Diabetes, Thyroid disorders, Hormonal issues, etc.
- Sweat test

WHAT CAN YOU DO

- Use antiperspirants containing 6% to 20% aluminum chloride (Drysol, Xerac AC, others) can temporarily block sweat pores.
- Shoes made of natural materials, such as leather, allow feet to breathe, which helps prevent sweaty feet.
- Wear moisture-wicking athletic socks when you are active.
- Keep your feet dry. Change socks one or two times a day. Dry your feet each time. Use shoe insoles and foot powder to help absorb sweat. Wear sandals or go barefoot when you can.
- Wear natural fabrics, such as cotton, wool, and silk. These allow the skin to breathe.

Homoeopathy is very effective for Hyperhidrosis

Hyperhidrosis, as the name suggests, is excesstive sweating. This not so rare condition is more of a social stigma than a painful suffering. Sweaty palms are more of an embarresment to the person than actually being a physical trouble. But yet, it demands good and effective medical treatment. Sadly though, the suppressive and inhibitory approach of the 'modern medicine' to this complaint brings about more trouble than actual gain. But Homoeopathy, natuarally has the ability to treat such unnatural glandular discorders.

The treatment of Hyperhidrosis depends entirely on the type and any underlying cause. If it is a case of Primary Hyperhidrosis where there is perpetual sweating due to faulty nerve signals, then with constitutional Homoeopathic medicines, this imbalance is tried to restore to a large extent without any perceptible side effects that might lead to any other inflammation or allergies in the body.

In case of Secondary Hyperhidrosis though, treatment is very much possible by addressing the underlying medical condition causing this excessive sweating. Conditions like Diabetes, Thyroid Disorders and their assigned medicines can also bring about excessive body sweating. A proper planned Homoeopathic treatment of these conditions can give complete relief to the suffering patient.

Also, many a times, Hyperhidrosis is seen in assosciation with Anxiety Neurosis, Nervousness and Depression. A proper treatment of Anxiety and Depression will eventually take care of the Hyperhidrosis.

Some of the Homoeopathic medicines useful in treating Hyperhudrosis are – *Silicea, Argentum Nitricum, Merc Sol, Calcare Carb*,etc.

MIND the MIND

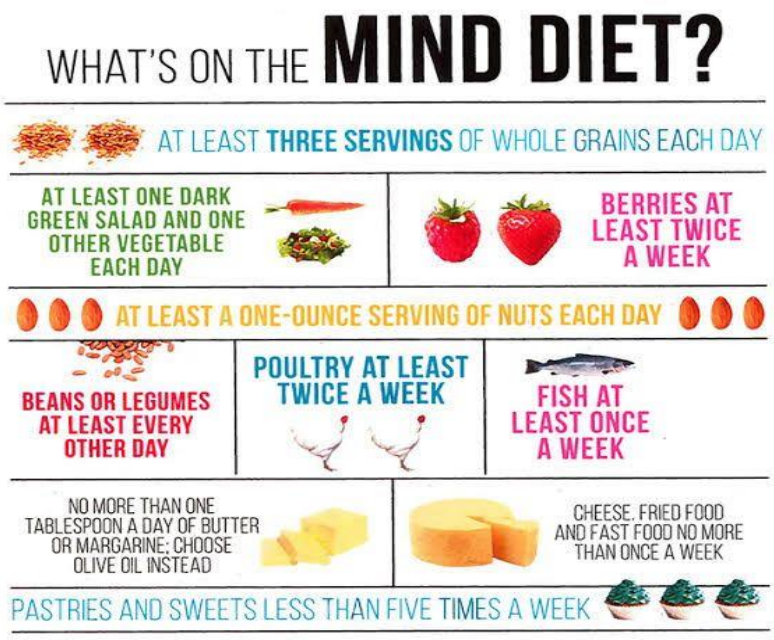
JOMO vs. FOMO

Joy Of Missing Out

- Taking a break from trends and prioritizing what you actually want to do
- Seeking joy in the little things and focusing on your own experience
- Practicing gratitude for the things you do have
- Feeling more present, engaged and positive about your life

Fear Of Missing Out

- Following trends to "keep up" with peers
- Feeling jealousy and negatively comparing your experience to those of others
- A sense of discontent with your life centered on what you lack
- Feelings of anxiety, stress, frustration & depression



Meetu Bussi says

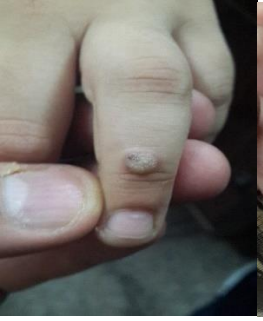
Dr. Gupta has proved his worth as saviour as always. He is very good at solving complicated issues which other doctors fail to do. His exprecience, understanding the core issue and intelligence is unmatchable. He saved my daughter's life once again....I am greatly indebted to him for his services to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

DIABETES MANAGEMENT THROUGH DIETARY INTERVENTIONS

Dietician Nitti Gupta

Diabetes is a chronic metabolic disorder characterized by high blood sugar levels due to the body's inability to produce enough insulin or effectively use the insulin it produces. Following are the changes in Diet that one needs to make to maintain healthy blood sugar levels: -

- **Low-Carbohydrate Diets**: Restricting carbohydrate intake can help manage blood sugar levels. Focus on whole, unprocessed foods like vegetables, lean proteins, and healthy fats.
- **Mediterranean Diet**: Emphasizes whole grains, fruits, vegetables, lean proteins, and healthy fats, which can help regulate blood sugar levels and improve insulin sensitivity.
- **Intermittent Fasting**: Alternating periods of eating and fasting can improve insulin sensitivity and glucose metabolism.
- **High-Fiber Diet:** Aim for 14g of fiber per 1000 calories, including foods like whole grains, fruits, vegetables, and legumes.
- **Healthy Fats:** Include sources like fatty fish, nuts, and seeds in your diet.
- **Limit Saturated and Trans Fats:** Restrict intake of saturated fats to less than 7% of total calories and minimize trans fats.

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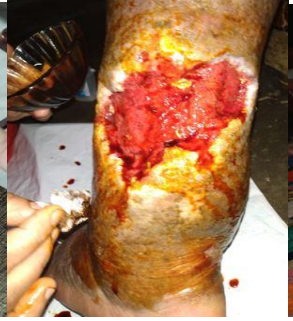
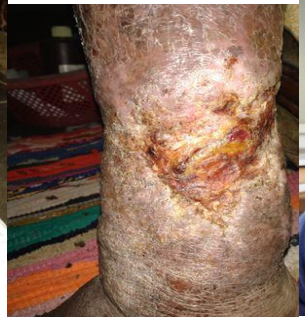
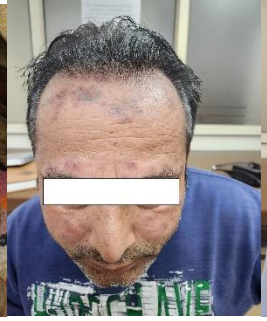



VENOUS ULCER




LICHEN PLANUS

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: - 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
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