AKGs
Homoeopathy Ensures Health Safely
OVIHAMS
OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES
Homoeo-Psycho Cure & Care with Wellness
25+ YEARS Pioneering Integration in Healthcare
Mind the MIND

OCT. 2025 Issue – 145

In continuation of the MND Awareness series. AKGsOVIHAMS conducted the 5th webinar on 26th October 2025 where it was discussed about Fasciculations / Muscle Twitching which is a very common feature in MND patients. Prof.Dr.A.K.Gupta, Founder-Director AKGsOVIHAMS, explained the audience all about Fasciculations and how Homoeopathy has been extremely helpful for MND patients in reducing and controlling these twitchings.

Watch the entire webinar here - https://youtu.be/TBfS3pOn3Yc?si=CpbOQyWgqssjI04K

NASAL POLYPS

WHAT IS IT

- A polyp is the swelling of the lining of the nose, which is usually due to long-standing inflammation of the lining of the nose.
- Polyps look like small grapes and can appear singly or in clusters in the nasal cavity.
- They are collections of inflammatory cells, fluid, and tissue.

CAUSES

- Sinus infection
- Allergy to various agents.
- Studies indicate that patients with asthma and rhinitis have more chances of having nasal polyps

SYMPTOMS

- Nose block forcing an individual to breathe through the mouth
- Runny nose
- Sneezing
- Reduced sense of smell and taste
- There can even be bleeding from the nose at times due to forceful expulsion of nasal discharges
- Constant irritation with itching in the nose at times
- Difficulty in breathing
- Fatigue
- Irritability
- Headaches

WHAT CAN YOU DO

- Any episode of acute Sinus Infection and Inflammation must not be suppressed with nasal sprays or antibiotics as suppression leads to hampered immunity and makes the person susceptible to chronic inflammation which in turn causes internal proliferation leading up to the formation of nasal polyps.
- Do deep breathing exercises
- Do steam inhalation even on the days when there is no inflammation or perceptible difficulty in breathing.
- Avoid sudden changes in temperatures
- Avoid using strong perfumes and aromatic odour substances.
- Avoid eating fried food as gastritis can aggravate the condition

INVESTIGATIONS

- X-Ray (Waterview) of the Para-Nasal Sinuses (PNS)
- CT scan of the Head and Nose
- Complete Blood Counts
- S. IgE

No Surgery Required for Nasal Polyps

Homoeopathy is a branch of therapeutics that is individual specific and not disease specific. That means homoeopathy believes in treating the patient who is diseased rather than treating diseased organs and parts of the body. This homoeopathy approach works at the root level. Homoeopathy is strongly recommended for management of nasal polyps, especially when they are small in size. Timely administered homoeopathy medicines help avoid surgery and its inherent complications. Moreover, it is very common for the condition to recur even after surgery. Homoeopathy has preventive role to offer by which chance of recurrence is minimized.

Any episode of acute sinus infection and inflammation must not be suppressed with nasal sprays or antibiotics as suppression leads to hampered immunity and makes the person susceptible to chronic inflammation which in turn causes proliferation of the turbinates (tissues) inside the nasal cavity leading up to the formation of nasal polyps. Weak immunity is also susceptible to allergens and hence the cycle of inflammation keeps going on which by constant suppression through anti-allergics gives rise to the formation of Nasal Polyps.

If we reverse this process then slowly and gradually the size of the nasal polyps is reduced and eventually the condition is completely cured saving the patient from the wrath of multiple surgeries as even on getting the polyps surgically removed, the condition tends to reoccur and patient's miseries are never ending. But with Homoeopathy this can be achieved very nicely and permanent relief is provided to the suffering patient.

One such case that elicits this beautifully can be seen here where even after the surgery patient was suffering but how Homoeopathy healed her - https://youtu.be/UVgweASH8DE?si=d1G7rl7BU0ZgsTDz

MIND the MIND

YOUTH AND MENTAL HEALTH

India is a young country and has the largest youth population in the world. While it presents a great opportunity to fulfil the dream of India becoming a self-reliant and self-sustainable country, the picture is not quite rosy when looked at more intently. Feelings like loneliness, insecurities about their looks, frail and fragile relationships, a constant need for approval and validation from others, emotional dysregulation are posing significant challenges to our youngsters who constantly feel on the edge. Add to this, the uncertainty in job market and high unemployment rate. Today's youngsters are struggling and they need help.

One such effort was recently made by Mr. Kaartik Gupta and Ms. Dharitri Dutta, Clinical Psychologists at Mind the MIND (Psychology unit of AKGsOVIHAMS). They, along with their team of Psychologists, carried out Mental Health Screening for the students of a premier institute in Guwahati. A total of 1412 students (901 pursuing UG and 511 pursuing PG) were tested within the first month of their joining. Out of this, surprisingly 450 students (31.86% of the total) met the criteria for *being significantly distressed or require further evaluation*. These are worrying signs considering their academic session had just begun.

A closer look at their responses to questionnaires, brief individual interactions with them and information available in the public domain point to few important factors that need attention: -

- Pressure to perform takes a toll on them. Mostly it is self-induced.
- Constant comparisons, done by self or others, with their peers shifts the focus from working on themselves to what and how the others are operating. It also gives rise to feelings of envy, inadequacy, and dissatisfaction.
- Interpersonal or romantic relationship issues have a major impact on their sense of self and overall well-being.
- Being away from home, family and friends feels like a challenge, especially for the first timers. Some find it difficult to adjust, while the others can make a smooth transition.
- Some students shared having fleeting suicidal thoughts and feelings of loneliness.
- Inability to cut down screen time and doomscrolling on social media platforms.
- Feelings of self-doubt and absence of a guide or mentor to help navigate crucial junctures in life.

To ensure our youngsters grow and develop into balanced, resilient, and productive individuals, we need to take certain steps right now.

- It starts by taking full accountability for one's life. Ask yourself! *If I take 100% accountability of my life, what would change? How will my life be? What kind of a life do I want to lead? What kind of an individual do I want to grow into? Are my actions helping me or restricting me from achieving the life I want to lead?*
- Keep a check on yourself through daily introspection and reflection. Spend ten minutes with yourself to assess how you spent your day and if it is in sync with what you want to be.
- Be mindful of where you are investing your time, energy, emotions, and efforts daily. At least half-an-hour each day should be devoted to your hobbies.
- Reach out to your support system not just when faced by a problem, but to share the good and mundane parts of your life as well.
- Take care of the basics - sleep, hygiene, diet, exercise. A strong foundation ensures a stable building. Avoid engaging in harmful substances like alcohol, cigarettes, and drugs.
- As parents, friends, teachers, and well-wishers it is important to create a safe space around them. Listen more, be present, let them know you care, enquire about things other than their studies as well.
- Educational institutions have an important responsibility to create a healthy environment not just for the academic but overall growth and development of the student.
- Initiatives like - mentorship programs, participation in extracurricular activities, regular seminars and workshops related to mental health, sports days, theatre clubs, etc. should become an integral part of the students learning experience.
- Regular physical and mental health screening/check-ups to ensure that ill health does not become a hinderance in the youngster's growth.

DENTAL HEALTH

Dr. Vandana Singh

Periodontitis

Periodontitis, a gum disease, is linked to several adverse health outcomes:

Adverse pregnancy outcomes: Pregnant women with periodontitis face increased risks of preterm birth and low birth weight, making preventive strategies crucial.
Cognitive disorders (Alzheimer's): Chronic inflammation and dysbiosis associated with periodontitis are recognized as contributing factors to cognitive disorders.
Respiratory disorders - Periodontitis-related inflammation and microbial factors can worsen respiratory conditions.

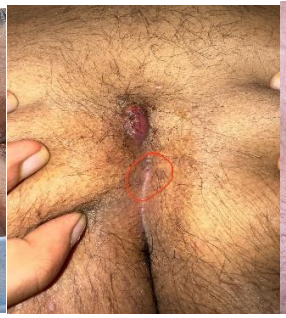
Prevention first: Prioritizing preventive strategies like regular dental check-ups, oral hygiene, and early intervention to reduce disease progression.

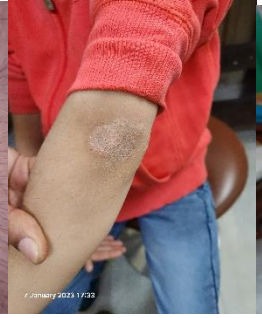
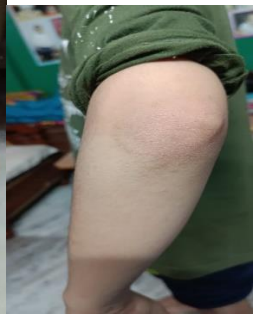
Periodontal therapy not only improves oral health but also modestly reduces systemic inflammatory markers, such as C-reactive protein and HbA1c, particularly in individuals with diabetes.

Integrated Care: Highlighting the importance of collaboration between dental and medical professionals for optimal patient outcomes and integrated care protocols.

Personalized Approach: Recognizing that individual susceptibility is influenced by genetic factors and immune responses, necessitating a personalized approach to risk assessment and management.





EYE HAEMORRHAGE **ANAL FISTULA** **ECZEMA**

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

(25+ years of Pioneering Integration in Healthcare, Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

NORTH DELHI - RU-115, Pitam Pura, opp. Power House; Tel: 011- 4039259

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

- AKGsOVIHAMS , Mind-the-MIND

- DrAKGupta OVIHAMS ; - akgsovihams ; - akgsovihams ; - akgsovihams

Media Partners - sarkaritel.com