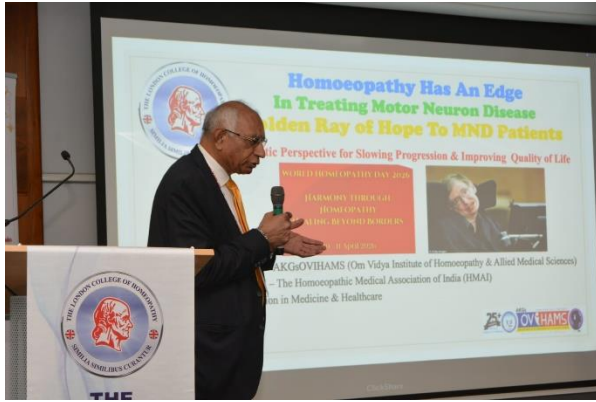


# APR. 2026 Issue – 151



It was a momentous occasion for AKGsOVIHAMS when both Prof.Dr.A.K.Gupta and Dr. Sanket Gupta were invited in London on the World Homoeopathy Day celebrations where an International Conference of more than 150 delegates from over 20 countries participated held on 11<sup>th</sup> April 2026. Dr.A.K.Gupta presented his research work – ‘Homoeopathy has an Edge in Treating Motor Neuron Disease – Golden Ray of Hope to MND Patients’. Dr. Sanket Gupta presented his case studies on ‘Role of Homoeopathy in Genetic Diseases’. Both the papers were widely appreciated with bringing out many collaborative opportunities. Full presentations can be seen here - <https://youtu.be/R1qFx-LwLHs?si=WTuKY5rmB8SJUEV> (Prof.Dr.A.K.Gupta) , <https://youtu.be/O3o47f0VUrc?si=eA43YopiQqZ7WTx> (Dr.Sanket Gupta)



Being the National Secy. Gen. of the largest Homoeopathic organization in the World – Homoeopathic Medical Association of India (HMAI), Prof.Dr.A.K.Gupta had the honour to represent the Homoeopathic Doctors of India at the House of Lords, The British Parliament, Westminster, London on the World Homoeopathy Day where he talked about the growing popularity of Homoeopathy all around the world.



# HEAT STROKE

## WHAT IS IT

- Heat stroke is a life-threatening condition in which heat overwhelms your body's ability to manage its temperature.
- Heat stroke causes reduced blood flow and damage to vital organs.
- Heat stroke causes the body temperature to soar to dangerous levels, typically above 104 degrees Fahrenheit (40 degrees Celsius).

## CAUSES

Heat stroke happens when excess heat overwhelms your body's built-in system for cooling itself. Risk factors include: -

- Agricultural workers, construction workers, firefighters, military members and athletes face an increased risk of heat stroke.
- Casual workouts can also lead to heat stroke, especially if one is not used to physical activity in the heat.
- People aged 65 and above, pregnant ladies, dehydration, having a viral or bacterial infection or have cardiovascular disease.
- Certain medications and substances interfere with body's ability to cool down.

## SYMPTOMS

- High internal (core) body temperature, typically over 104 degrees Fahrenheit
- Behaviour changes — like agitation or aggression
- Blurred vision
- Confusion
- Delirium
- Dizziness
- Fainting (syncope)
- Fast heart rate (tachycardia)
- Fast, shallow breathing (tachypnoea)
- Low blood pressure (hypotension)
- Nausea and vomiting
- Seizures
- Slurred speech
- Skin colour changes — either flushed or paler than usual
- Skin that's dry (classic heat stroke) or sweaty (exertional heat stroke).

## WHAT CAN YOU DO

- Move the person out of the sun or heat to a cooler spot.
- Pour water over their skin and use anything available to fan them.
- Soak a towel in ice water and apply it to their skin. Cover as much of their skin's surface area as possible. Replace with newly soaked towels every minute or so.
- Apply ice or cold packs to their armpits or neck.

## INVESTIGATIONS

- Complete Blood Count
- Urine Analysis
- ECG
- Chest X-ray



# Heat Stroke effects can be managed with Homoeopathy

**DEHYDRATION CASES SPIKE**

**Who's most at risk**

- Children (1-7 years) hit hardest
- Pregnant women, elderly also vulnerable

**What doctors are seeing**

- Surge in dehydration, diarrhoea, vomiting
- Fever, loose motions, lethargy, dizziness common

**Red flags in children**

- Sunken eyes, dry mouth
- Low or no urination
- Excessive sleepiness

**Danger window**

- Peak risk between 11 AM and 4 PM

**What's causing it**

- Heat stress, combined with poor hydration
- Unsafe food and contaminated water

**Treatment**

**Mild** | ORS, regular fluids

**Severe** | Immediate fluid support

**Quick care at home**

- Coconut water, ORS
- Fresh, home-cooked meals

**When to rush to a doctor**

- Persistent fever
- Confusion or unusual drowsiness
- No urination

**How to prevent**

- Age-appropriate fluid intake daily
- Avoid street food in heat
- Maintain strict hygiene

Heat stroke is a medical emergency and needs immediate attention and medical care. Heat generated due to external and internal conditions can be extremely debilitating and lethal. It can even be life threatening if not aided timely and well. Anyone and everyone must know and be aware of the basic first aid that one can provide even if he/she is not a healthcare provider. The basic steps listed in the section above can save lives of people affected by heat stroke when medical aid is far off or taking time to reach.

Though heatstroke is a medical emergency and should be appropriately dealt with, still Homoeopathy can come to the aid of the ailing persons. Medicines like *Belladonna*, *Arnica*, *Glonoine*, *Natrum Carb*, can relieve the people off the affects intense heat. Many times various vital organs like the Brain, Heart, Liver and Kidneys get impacted as a result of the heat stroke and the prolonged effects of the heat on these organs can very nicely be managed with Homoeopathic medicines.



# MIND the MIND

## PROFESSIONAL VS POP PSYCHOLOGY

Aspect	Professional Psychology	Pop Psychology
Definition	Scientific study and practice by licensed professionals based on established theories and empirical evidence.	Concepts believed to be based on psychology and considered credible by the public, even if not always scientifically validated.
Source of Information	Rigorous scientific research, peer-reviewed journals, academic institutions.	Mainstream media, self-help books, TV shows, radio programs, online content.
Depth and Complexity	In-depth and nuanced understanding based on extensive research and clinical experience.	Simplified concepts for broader appeal, which can lead to oversimplification or misinterpretation.
Regulation & Accountability	Regulated by professional bodies, licensing boards, ethical guidelines. Professionals accountable for malpractice.	Lacks strict regulation. Creators or proponents not always held accountable for misinformation.

## COOLING FOODS

## WARMING FOODS



Mr. Jain says



Dr. A. K. Gupta is a seasoned Homoeopathy practitioner with deep knowledge in Neuron disorders. His approach goes beyond just medicine, focusing on mental health through behavioral changes and spirituality. He treats the whole person, not just the symptoms.

## SOME GLIMPSES OF THE WORLD HOMOEOPATHY DAY, LONDON 2026





**LIPOMA**



**HIRSUTISM**



**PSORIASIS**



**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)**

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*Homoeo - Psycho Cure n Care with Wellness*

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

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**SOUTH DELHI** - 158, Satya Niketan, Moti Bagh, near Nanak Pura Gurudwara  
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**WEST DELHI** – B-13, Local Shopping Center, DDA Market, Shivaji Enclave, Rajouri Garden  
Tel: 011- 42131989





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