



CONTACT DERMATITIS

WHAT IS IT

- Contact dermatitis is a rash on the skin that develops when one comes into contact with something he/she is allergic to or something that irritated the skin.
- There are 2 types of Contact Dermatitis -:
 - (a) Allergic Contact Dermatitis
 - (b) Irritant Contact Dermatitis

CAUSES

The most common causes of allergic contact dermatitis include:

- Plants or parts of a plant like poison ivy
- Skin care products with fragrances
- Metals, such as nickel
- Medications, including antibiotics
- Preservatives or chemicals.

The most common causes of irritant contact dermatitis include:

- Acids
- Cleaning products
- Body fluids, including urine and saliva
- Plants, like poinsettias and peppers
- Hair dyes, Nail polish remover
- Paints and varnishes
- Soaps or detergents
- Resins, plastics and epoxies

SYMPTOMS

Symptoms of contact dermatitis include a rash on the skin that's:

- Red to purple or darker than natural skin tone
- Swollen, hive-like or elevated from the skin surrounding it
- Bumpy with a small cluster of pimples or blisters
- Oozing fluid or pus
- Painful with a burning or stinging sensation
- Flaky or scaling
- Itchy
- Scratching the rash could break open the skin and cause a wound. If this wound becomes infected, it will look red and crusty and may be painful or leak pus.

INVESTIGATIONS

- Clinical examination
- S. IgE
- Skin Biopsy (if needed)
- Comprehensive Allergy Panel Test

WHAT CAN YOU DO

- Avoiding known allergens.
- Choosing fragrance-free moisturizers.
- Using fragrance-free or dye-free soaps and cleansers.
- Washing your hands and skin immediately after coming into contact with a known allergen or irritant.
- Avoid wearing tight and synthetic clothing.



Contact Dermatitis is Curable with Homoeopathy

Contact Dermatitis can be a very irritating and troublesome condition. 1 way to be free from this condition is to avoid all those things that cause the skin rash and eruptions while coming in contact with the body surface. This way one can keep the symptoms at bay but the inner sensitivity remains and may even worsen with time if a holistic Homoeopathic remedy is not administered to that person.

Sensitisation to any allergen/irritant can be lessened only by the constitutional Homoeopathic remedy as it acts at the root cause of the sensitivity. It is the man in disease and not the disease in the man. This approach and philosophy is the foundation of Homoeopathic medical science. Once a person is treated with the correct Homoeopathic similimum, the same substances that used to cause him/her the irritation when in contact, become absolutely harmless and the person at last can have all the choices and varieties to enjoy.

Till the time the Homoeopathic Doctor is sure that the patient is ready to be exposed to the causative irritants and allergens, the patient must comply with complete avoidance of those triggering substances. It has been seen in many cases that even stress (both mental and physical) can trigger these irritations and hence stress should be managed as well.



MIND the MIND

June is
**MEN'S
MENTAL
HEALTH**
Awareness
Month



MEN NEED TO KNOW
IT'S OKAY

- TO FEEL INSECURE
- TO TALK ABOUT FEELINGS
- TO NEED SUPPORT
- TO ASK FOR HELP
- TO CRY
- TO BREAK DOWN
- TO GO TO THERAPY
- TO HAVE BAD DAYS
- TO NOT BE OKAY
- TO FEEL WEAK
- TO FEEL
- TO BE VULNERABLE

STOP SAYING ALL THIS TO MEN

"Boys don't cry"

"Keep it to yourself"

"Show strength"

"Stop showing emotions"

"Crying means you are weak"

"Man up"

"Be a man"

This contributes to so much stigma around male mental health.

Let's encourage men to speak up and speak out about their emotions!



♥ You're **not alone**. It's okay to **speak up**.

YOUR MENTAL HEALTH MATTERS.



Mr. Mahbub Ahmed says



I highly recommend this psychologist, who has provided me with excellent guidance and support. Despite struggling with OCD for 7yrs, I've gained confidence thanks to his expertise. He offered effective solutions to overcome my academic challenges, and I'm now able to study efficiently. His kindness, patience, and professionalism make him an exceptional practitioner. Kaartik sir, thank you for your support.



Healing Through Acupuncture

Dr. Jatinder Singh Batra

Available every Mon, Wed and Fri from 11am – 2pm @Pitampura branch. For appointment, Call - 01140392959

In today's fast-moving world, where chronic and complicated diseases are increasing rapidly, many patients are searching for natural and holistic healing methods that can improve their quality of life. Among the dedicated practitioners working tirelessly in this field is Dr. Jatinder Singh Batra, an experienced Acupuncturist known for his compassionate approach and commitment to helping patients suffering from serious neurological, kidney, liver, and musculoskeletal disorders.

Dr. Jatinder Singh Batra provides supportive and holistic acupuncture-based care for patients dealing with chronic and difficult health conditions. His treatment philosophy is centered on restoring the body's natural healing mechanisms, improving circulation and nerve function, balancing energy flow, and enhancing overall well-being.

Over the years, Dr. Batra has worked with patients suffering from conditions such as: • Motor Neuron Disease (MND) • Paralysis and neurological disorders • Chronic Kidney Disease (CKD) • Liver cirrhosis and liver dysfunction • Severe back pain and cervical problems • Knee pain and joint degeneration • Anxiety-related disorders • Speech and nerve-related complications • Muscle weakness and mobility disorders

Special Interest in Motor Neuron Disease (MND)

One of the major areas of Dr. Batra's clinical focus is Motor Neuron Disease (MND), a progressive neurological disorder that affects muscle movement, speech, swallowing, and mobility. Through carefully planned acupuncture protocols, scalp acupuncture techniques, and nerve stimulation methods, Dr. Batra aims to help improve circulation, muscle response, energy levels, and patient comfort.

Acupuncture – A Holistic Healing Science

Acupuncture is an ancient healing science that works by stimulating specific points on the body to regulate the flow of energy and activate the body's self-healing ability. Dr. Batra uses a modern clinical approach to acupuncture, integrating traditional wisdom with practical therapeutic applications.

His approach often includes: • Scalp acupuncture • Body acupuncture • Nerve stimulation techniques • Pain management protocols • Rehabilitation-focused acupuncture • Lifestyle and dietary guidance

Supporting Patients with CKD and Liver Disorders

Chronic Kidney Disease and liver disorders are becoming increasingly common due to modern lifestyle factors and metabolic disorders. Through holistic therapies aimed at improving circulation, metabolism, digestion, and body balance, many patients report improvements in their strength, energy, sleep, appetite, and daily functioning.

Compassion Beyond Treatment

What truly distinguishes Dr. Jatinder Singh Batra is his compassionate connection with patients. He believes healing is not limited to physical treatment alone; emotional support, positivity, patience, and trust are equally important parts of recovery.

Dr. Batra's mission is to spread awareness about the potential benefits of Acupuncture as a supportive healing system for chronic illnesses. Through education, patient care, and dedicated clinical practice, he aims to inspire more people to explore holistic healthcare approaches that focus on restoring balance and improving quality of life.



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)**

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

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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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