

JULY 2026 Issue – 154



Prof. Dr. A.K. Gupta delivered a pathbreaking lecture at AIIMS Bhopal on 10th July 2026, sharing the remarkable journey of clinical research and treatment of Motor Neuron Disease (MND/ALS) through Homoeopathy at AKGs OVIHAMS.

Drawing upon decades of dedicated research and experience with hundreds of MND patients, Dr. Gupta presented evidence-based clinical observations, treatment approaches, and inspiring patient outcomes that have brought renewed hope to individuals battling this devastating neurological disorder. His lecture highlighted the importance of innovation, integrative healthcare, and the relentless pursuit of solutions for conditions often considered beyond the reach of conventional treatment.

The enthusiastic response from the faculty, researchers, and students at AIIMS Bhopal reflected the growing interest in exploring new possibilities for patient care and fostering meaningful scientific dialogue.

At AKGs OVIHAMS, we remain committed to advancing research, challenging limitations, and bringing hope where hope is needed the most.



GALL BLADDER POLYP

WHAT IS IT

- Gallbladder polyps are growths in the lining of your gallbladder.
- Most gallbladder polyps aren't cancerous and don't cause symptoms. But in rare cases, they can turn into cancer.
- They are diagnosed accidentally in most cases.

CAUSES

- Cholesterol build up
- Long-term inflammation
- Cholangitis
- Cholecystitis
- Familial adenomatous polyposis (FAP)
- Gallstones
- Hepatitis B
- High cholesterol
- Peutz-Jeghers syndrome
- Primary sclerosing cholangitis (PSC)
- Obesity or metabolic syndrome

SYMPTOMS

- Gallbladder polyps usually don't cause symptoms.
- Upper right abdominal pain that can come and go
- Nausea and vomiting
- Fever (if the gallbladder or bile duct becomes inflamed)
- Trouble digesting fatty foods
- In rare cases, a cancerous polyp can block bile flow and cause jaundice
- Cancerous polyps can spread outside the gallbladder and affect other parts of the body.

INVESTIGATIONS

- Ultrasound of the upper abdomen
- Endoscopic ultrasound
- Lipid Profile
- Liver Function Test

WHAT CAN YOU DO

- Treat the underlying chronic inflammation
- Avoid constipation
- Eat healthy and cholesterol free diet rich in proteins
- Drink plenty of water
- Avoid obesity
- Do physical exercises



No Surgery needed for Gall Bladder Polyp

Gall bladder polyps are mostly benign and non-cancerous as discussed in the section above. They are usually formed due to an increased cholesterol uptake that gets stored in the form of a bile leading to a growth inside the lumen of the organ called as the gall bladder polyp.

Despite being mostly benign in nature, surgical removal of the gall bladder remains the **ONLY** available mode of permanent treatment in the conventional Allopathic mode of system. Though the Allopathic Doctors also advise to avoid the surgery as long as the polyp is turning dangerous, but the potential of the polyp turning into cancer is itself a scary proposition for a common man and he gives in to this fear and ends up getting the gall bladder removed more often than not.

On the other hand, a gall bladder polyp can be permanently cured without any surgical intervention and keeping the functioning and important gall bladder intact with the sweet and little but powerful Homoeopathic medicines. One must not forget, what a body can create, the same body has the power to destroy as well. and on this very principle the Homoeopathic medicines just act as a catalyst in letting the body do its clean up job and achieve cure to such diseases.



MIND the MIND

WHAT THE MAHABHARATA CAN TEACH US ABOUT NARCISSISM

A psychological perspective – not a clinical diagnosis of the characters.



1. DURYODHANA Entitlement & Envy

Believed he deserved the throne regardless of fairness. His inability to celebrate others' success and constant comparison with the Pandavas fueled resentment and destructive decisions.



Lesson:
Chronic entitlement and envy can cloud judgment and damage relationships.



2. SHAKUNI Manipulation for Personal Gain

Used deception, emotional manipulation and strategic exploitation to achieve his goals, often disregarding the suffering of others.



Lesson:
Manipulation may create temporary victories but erodes trust and ultimately harms everyone involved.



3. DHRTARASHTRA Enabling Narcissistic Behaviour

Blind attachment to his son prevented him from holding Duryodhana accountable, despite recognizing his harmful actions.



Lesson:
Unhealthy enabling allows destructive behaviours to grow unchecked.



4. KARNA The Need for Validation

Despite his strengths and talents, his deep longing for acceptance and recognition influenced many of his decisions and loyalty.



Lesson:
When self-worth depends entirely on external validation, we become vulnerable to unhealthy loyalties.



5. YUDHISHTHIRA Healthy Self- Reflection

Often reflected on his mistakes, accepted responsibility and sought guidance.



Lesson:
Humility, accountability and self-awareness are signs of psychological maturity.

WHAT IS NARCISSISM?



Narcissism exists on a spectrum.

Having occasional narcissistic traits—such as wanting appreciation or feeling proud of achievements—is part of being human.

It becomes problematic when these patterns are rigid, pervasive and consistently harm others or impair relationships.

Key features can include: entitlement, lack of empathy, need for admiration, sensitivity to criticism and difficulty accepting accountability.

THE BIGGER MESSAGE



The Mahabharata shows us how unchecked pride, envy and the need for validation can shape decisions, relationships and even history.



At the same time, it highlights the importance of humility, empathy, self-awareness and dharma (righteous action).



Ancient wisdom, when seen through the lens of psychology, can help us understand ourselves and build healthier relationships.



When we understand these patterns in stories, we can recognize them in life and choose growth over ego.



Disclaimer: This content is for educational purposes only and not intended to diagnose any character or person.

13 BRAIN Foods - Boost Your Brain and Memory



Ms. Vani Arora says



I had been suffering from Migraine and headaches for a long time and decided to try homeopathic treatment here. I'm happy to say that I experienced great relief and that it had improved significantly. I don't get any such headaches now. Thank you Dr.Sanket Gupta for all the care and support. Highly recommended.



DENTAL HEALTH

DR. VANDANA SINGH

How bad AQI Impacts Your Oral Health!!!!

Air pollution can cause dental health issues, such as cleft palate to a foetus during pregnancy; enamel discoloration and softening; cavities; tooth brittleness; enamel erosion; oral cancer; and inflammation of the airway, which contributes to the development of asthma.

A few of air pollution's negative effects on human dental health include:

- Inflammation of the airway and resulting asthma
- Erosion of tooth enamel and resulting higher incidence of cavities and chips
- Toxic compounds in tooth enamel
- Discoloration and chipping of enamel due to chlorine
- Pregnant women's fetuses can be negatively impacted; poor enamel formation (impaired mineralization), cleft palate, and a lower number of teeth than the 32 that are normal
- Small particles inhaled increases the risk of oral cancer

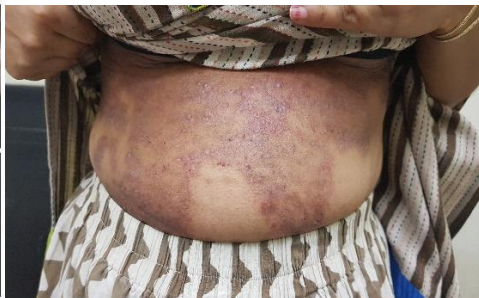
Furthermore, pollution's effects on the environment cause problems for water, soil, forests, crops, and ecosystems. Ultimately, the food we consume is less healthy if sourced from an area that suffers the negative effects of pollution. This, in turn, also contributes to health concerns in humans. Poor nutrition has a serious impact on oral health.

Be sure to also do your part each day to take great care of your teeth, gums, and other oral structures. Your mouth is a portal to the inner workings of your body. In fact, endocarditis, diabetes complications, pregnancy complications, respiratory issues, strokes, and heart attacks have been linked to gum disease (gingivitis, periodontitis, advanced periodontitis), a condition that afflicts about half the population. And gum disease is the main cause of tooth loss in adults.

Who does not love big smiles of all shapes and sizes? Air pollution is a silent killer and a silent thief of good oral health. Protect your smile and you may enjoy healthy, strong teeth that serve you well physically and emotionally throughout your lifetime.



ACNE



TAENIA CRURIS



ALOPECIA AREATA

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)

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

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