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 2026 Issue – 157





Prof.Dr.A.K.Gupta, Founder-Director, AKGsOVIHAMS was conferred the Iconic Excellence Award by the Rameshwars Educational Welfare Society, Laxmi Bai Training Institute, Sunder Kand Mitra Mandal and Uday Prakash Newspaper Family at the Capital Model School in New Delhi



ONYCHOMYCOSIS

WHAT IS IT

- It is a type of fungal infection that can affect toenails or fingernails.
- It's a common condition and is often treatable.

CAUSES

- Many types of fungus can cause nail infections like Dermatophytes (*Trichophyton, Epidermophyton* or *Microsporum*), Molds (*Aspergillus, Scopulariopsis* or *Fusarium*), Yeasts (*Candida* species)
- Old age
- A weakened immune system due to treatments for HIV, cancer, rejection-preventing drugs after a transplant or common medical conditions like diabetes.
- Using shared locker rooms, bathrooms or living spaces with someone who has nail fungus can increase risk of developing it.
- Smoking
- Psoriasis
- Shoes that are too tight
- Living in tropical climates
- Frequent swimming

SYMPTOMS

- Nail dystrophy
- Affected nails may look unusually whitish, yellowish or brownish. The nail color can look cloudy or spotty.
- Nails may crack or look crumbly or flaky.
- Nails may look thicker or misshapen, or they may separate from the nail beds underneath.
- Pain
- Cellulitis in the surrounding tissue
- infection can spread to other nails or parts of the body

INVESTIGATIONS

- Physical examination
- Immunostaining
- PCR or ELISA testing
- Fungal culture testing

WHAT CAN YOU DO

- Wear shoes in locker rooms and communal spaces. If you live with someone who has nail fungus, wear shoes in the bathroom.
- Don't share personal hygiene items, especially nail-specific ones like nail clippers or trimmers.
- Sanitize your nail clippers or trimmers before using them.
- Don't tear or rip your nails.
- Wear shoes that fit properly.
- If you have diabetes, follow foot care instructions from your provider and do annual foot exams.
- Use disposable emery boards instead of reusable nail files.



Homoeopathy is your Nail's Best Friend

Nail fungus usually isn't dangerous, but it can be unpleasant or embarrassing. And it can be a greater concern if you have diabetes or a weakened immune system. That's because it can increase your risk of having other serious infections in nearby tissues. Thus, it is difficult to ignore the fungal nails. It is very much a preventable condition but once you get affected then it can be a long road ahead for recovery as if not treated properly, the fungal colonies tend to stick around in the nails and surrounding tissues for months together! That's because it can take that long for healthy nail tissue to grow in and replace affected nail tissue.

Common conventional approaches are usually mechanical and superficial and not really permanent solution. That's why one finds the fungal growth reappearing very soon despite the treatments done.

On the other hand, Homoeopathy can completely and permanently treat this condition as once the fungal growth is gone a new healthy nail tissue appears and replaces the old diseased nail. But for this to happen the ideal situation is to start the Homoeopathic treatment as soon as one gets affected.
Homoeopathic medicines like *Antim Crud, Silicea, Graphites, Petroleum, Echinacea,* etc. have given tremendous results in treating the fungal nails.



MIND the MIND

World Mental Health Day 2026

Lived Experiences: Heard. Real Voices. Real Change



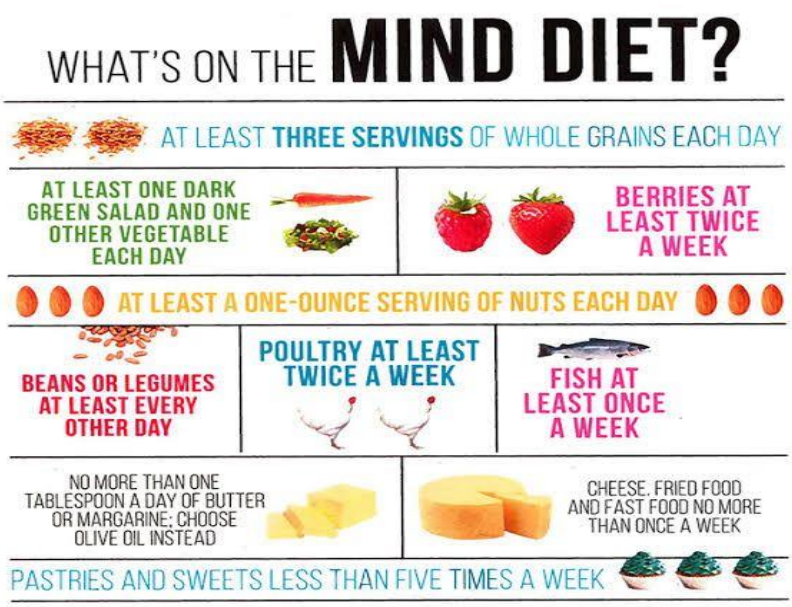
Sometimes, change begins with simply listening. With being present, with making someone feel seen, heard, and understood. Every lived experience carries a story, and every story deserves to be heard.

A heartfelt thank you to our wonderful children from Udayachal, the students of USTM, and our beloved clients — whose voices, stories, and lived experiences continue to inspire us and remind us why this work matters.

You motivate us to keep showing up, keep listening, and keep working towards a world where every voice matters and every experience is valued.

Happy World Mental Health Day😊😊😊

https://youtube.com/shorts/JwYO8SDnBQ0?si=vv9WIqnFuT59TTe4



Mr. Jain says

RECOMMENDED

Dr. A. K. Gupta patiently listened to all my concerns and took ample time during the consultation. He provided caring, holistic advice beyond just prescribing medication, which felt very reassuring. The clinic was welcoming, the staff courteous, and the wait time reasonable, making the consultation worth the fees.

LAUGHTER IS THE BEST MEDICINE

Why did the Dalmatian go to the eye doctor?

He kept seeing spots.





EPIDERMOLYSIS BULLOSA



PHOTODERMATITIS



WART

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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