

# ve Health

Dr Batra's

Get well soon!



For private circulation only

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Wish You  
A Happy &  
Healthy New Year!

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## LOOK WHO'S TALKING!

### FIRST-HAND ACCOUNTS FROM OUR PATIENTS

#### Well, Well !

I would like to express my thankfulness and gratitude for the treatment and hospitality extended to me at Dr Batra's® clinic. It has been one and half years since I have been on medication for Pilonidal Sinus and I am happy to say that it has substantially healed the infection. Thank you for your care and I wish Dr Rajni and your team all the very best.

*Chetna Tilak*

Chetna Tilak, Bangalore

#### All Clear!

My daughter Shubra Puri had been under treatment for asthma at Dr Batra's® for the past three years and is now completely cured. In the last three years she never needed to use any inhaler nor any other medication. In fact after starting treatment, she did not have a single attack. I find her doctor Dr Preeti Indoria very understanding and caring. I want to thank her for her genuine concern which we deeply appreciate.

*Manisha Puri*

Manisha Puri, Noida

#### Tea Off

I would like to mention the improvement that I have personally experienced at Dr Batra's®. I have been undergoing treatment for memory loss, anxiety neurosis and tea addiction. I had approached Dr Batra's® as a last hope. I actually didn't believe that such a thing as tea addiction could be cured and in such a short span of time. Yet at the end of the fourth month I already started feeling that I did not have to drink tea that often and could hardly believe that my intake had reduced from 16 to just 2-3 cups per day. Today I feel fresh and no longer feel the temptation to incessantly drink tea. I would like to specially thank Dr Kanan Shah and her colleagues for their success in helping me get over this habit.

*DR SUDHAKAR RAJU*

Sudhakar Raju, Pune

#### A Happy Ending

My daughter, Tanvi, has been under treatment for Psoriasis for the past one year at Dr Batra's® Clinic. Earlier we had tried all sorts of treatments without any luck and had almost lost hope. Finally, we came to Dr Batra's®. Here there was almost instant progress and within just one month, she recovered almost 70%. Today she has only a few very faint patches left. But I shall continue to monitor her condition for a few more years. Our grateful thanks to all your staff.

*Pratibha Samuel*

Pratibha Samuel, Mumbai

#### Easy Does It

Till he was three years old, my son Rajdeep would catch frequent coughs and colds. I started him on treatment at Dr Batra's® under Dr Kishwar Sultana. After a year of treatment, his condition has improved dramatically. His immunity has shot up and he no longer suffers from frequent colds and coughs.

*Mr. Rajib Biswas*

Mr. Rajib Biswas, Kolkata

#### Face Facts

I was suffering from severe facial acne. It was so bad I never thought it would ever go away. But when I started treatment at Dr Batra's®, my skin improved by almost 70-80%, acne reduced by 90% and now hardly any scars remain. Not only is my face clear but my confidence is also back. Just three years ago this hardly seemed possible. I wish to thank Dr Bansode and Dr Batra's® for changing my life.

*Ms Pranali Vagal*

Ms Pranali Vagal, Mumbai

## Wishing You A Healthy, Happy New Year



As we move into the New Year, I am sure many of you will have made many good resolutions related to health, fitness and weight loss. Here are some easy ways to help turn those resolutions into reality:

### Fitness

- Exercise two or three times a week
- Use the stairs instead of elevators or park at the far end of the parking lot if possible
- Breathe. Take full abdominal breaths several times during the day

### Nutrition

- Write a simple nutrition resolution to which you can commit
- Plan a healthy lineup of snacks for whilst watching TV
- Make a strategy for limiting your food and alcohol intake at holiday parties
- Forget newspapers, books and cell phones at meals and EAT WHILE YOU EAT
- Try not to eat late at night leaving a minimum of two hours before sleeping
- Stay entirely or, at least, mainly vegetarian

### Stress Management

- Control your schedule and make time for reflection and relaxation
- Read a book on progressive relaxation
- Play with a pet
- Get a massage
- Turn off the TV and listen to music

### Social Health

- Start a New Year's Day family tradition
- Invite a neighbor or an elderly person that lives alone to dinner
- Remember to play -- play games, play with words, play with your children
- Plan comedy nights with family, friends, or co-workers
- Join a group/club with common interests

Remember health is never about one nutrient or even thirty nutrients for that matter. True health is about following some basic principles and supporting the body on a cellular level with nutrient-dense food. It is about exercising. It is about eliminating toxins. It is about emotional health. It is about drinking water and breathing correctly.

Improving or regaining your health is a process. It does not happen instantaneously. The process does not have to be one of denial or cataclysmic changes. One simply needs to acquire the right information about the body and start making some changes on a daily basis.

But to take a journey you must start a journey. So what are you waiting for? Go ahead and make a start towards a healthy, happy life.

*I wish each of you peace, prosperity and positivity in the year ahead.*



Dr Mukesh Batra  
Chairman & Managing Director  
DBPHCPL

# Pain in the neck

**S**ridevi aged 35 yrs came to us with swelling on the right side of her throat. She had protruding eyeballs and a staring look. It all started with her second pregnancy in 2003 when she was diagnosed Goitre. She underwent ultrasound and Fine



Before Treatment

Needle Aspiration Cytology which showed features of Adenomatous Colloid Goitre. Adenomatous Colloid Goitre occurs when the body's own cells attack the thyroid and unless properly treated it can cause thoracic inlet obstruction leading to grave consequences. This is more common in females.

In 2007 she first started homeopathic treatment but there was no improvement in size up to December 2007. She went from doctor to doctor and as her condition was not responding to medication she was advised surgery. It was then that she decided to come to Dr Batra's® Homeopathic Clinics. Here was a case that had come to us from the surgeon's table for a second opinion before risking the knife.

We began with a thorough case analysis based on which she was prescribed the homeopathic medicine *Spongia*. *Spongia* is prepared from toasted sponge in the sea and after undergoing the process of potentization, the wonderful curative properties of this drug are brought forth. It contains iodine as an active ingredient which is also an important constituent in the making of T3 and T4, the thyroid hormones. The iodine available in potentised *Spongia* helps to support the thyroid functioning and brings its working back into balance. Within a



After Treatment

span of just 4 months the thyroid adenoma started dwindling in size and returned to a normal level to the delight of the patient.

Patient of  
Dr. Satish Kumar  
Banjarahills, Hyderabad  
DBPHCPL



**W**inter means end of the year holidays and festive celebrations. It also means taking extra care of your health to protect against the viral and allergic infections that the cold weather brings. The lowered temperature lowers our immunity which in turn lowers our resistance to these infections. The most usual winter ailment is the common cold and cough--a catarrhal and inflammatory condition of the upper respiratory tract which includes the nose, throat, sinuses, eustachian tubes, larynx, trachea and bronchial tubes. Children catch six to ten colds every year primarily during the winter. Common symptoms include sneezing, a sore throat, coughing, a runny nose, red watery eyes, headaches followed by bodyache, anorexia, mild fever and inflammation of the mucous membrane of the nose.

More than two hundred viruses can cause a cold. The most common of these are the rhino and corona viruses. The increased intake of catarral-forming foods such as white bread, porridge, sugar, meat and pies are responsible for the incidence of coughs during winter. Simple preventive measures include plenty of rest, medication, lots of drinking water, washing hands well and frequently, not sharing food or utensils with anyone, covering the mouth and nose while sneezing, exercising regularly and avoiding exposure to the cold as also to anyone with a cold.

**Cold Comfort**  
Foods To Warm You This Winter

**Cold Cuts: Dietary Changes**  
A healthy diet strengthens the immune system and the body's ability to avoid or combat a cold and cough. Consuming plenty of fruits and vegetables rich in vitamin C is the key to a healthy winter.

In case of severe cold and cough with mild fever, patients are advised to avoid solid foods and only drink fruit and vegetable juices diluted with water followed by an all-fruit diet for two to three days. Fresh juicy fruits like apples, pears, grapes, oranges, pineapples and grapefruit should be eaten thrice a day. Drink lemon water with honey rather than sugar. Let drinking water be warm. Introduce a well balanced diet gradually after the all fruit interlude. A balanced diet includes whole grain cereals, lightly cooked vegetables, nuts and fresh fruits. Cut out all refined and cereal products (white rice, white flour, white bread), and all non vegetarian food including meat, fish and eggs. Cut down on dairy products, soft drinks, candy, and fried, spicy foods. Common herbs that help recovery from coughs and colds are garlic, ginger, turmeric, bitter gourd roots and basil. Garlic soup prepared with three or four cloves of chopped garlic in a cup of water or half a teaspoon of turmeric powder mixed in 30 ml of warm milk are tried and tested remedy to help you over a cold. Other useful herbal remedies are

• Drink herbal tea with cinnamon.  
• Add salt to boiling water. Cool the water a little and inhale the steam.  
• Drink one cup of soda water mixed with one cup of milk.

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Sudeshna Chatterjee  
Nutritionist, DBPHCPL



**M**y son is six year old. He continues to bed wet at night though he is completely toilet trained during the day. Is this normal? How can we help him gain bladder control during the night?

This is a question which doctors frequently encounter. Millions of kids and even teenagers from every part of the world wet their beds every single night. Bedwetting is, in fact, the most common paediatric health issue. It's so widespread that there are probably children in your child's class that do it. Yet no one talks about it or tells their friends so each sufferer feels that they are the only one, which makes them feel even more ashamed and alone.

Bedwetting (nocturnal enuresis) is the involuntary voiding of urine during sleep at least three times a week in a child aged 5 years or older. About 15% of five-year-olds are wet at night. By age 12 about three percent of kids still wet their bed, more boys than girls. Most girls can stay dry by age six and most boys stay dry by age seven. By the age of ten years, 95% of children are dry at night.

Bedwetting seems to run in families—the

likelihood of a child wetting the bed is 40% if one parent, and 70% if both parents had suffered. So there is often a genetic element.

One of the most common reasons for bedwetting is the bladder muscle contracting and emptying the bladder when it is only half full of urine. This is because the child has been slightly slow in developing the necessary nerve and muscle control. In such cases the homeopathic remedy, *Causticum 30*, 5 pills every night can be of help.

Psychological causes like sibling rivalry, a second child coming into the family with the consequent lack of attention, strict parents, peer pressure and other emotional stress can contribute to enuresis. In such cases *Kali phos 6x*, 2 tablets twice daily can be given to the child.

In males, phimosis or tightness of the foreskin can be the cause of bedwetting. Circumcision may be considered in select cases.

Occasionally, a medical condition such as a urine infection is responsible for bedwetting. In such cases *Cantharis 200*, 5 pills twice daily can be of immense help.

## 🚩 BEDWETTING & HOMEOPATHY 🚩

It's most likely that bedwetting will go away on its own. In fact, 15 out of 100 kids who wet their bed recover every year without any treatment at all. So there is no need for so much parental alarm and anxiety. Most importantly, never punish a child for wetting his/her bed. They are not doing it deliberately, they just cannot help it. Instead, here are some tips and treatments:

- Be patient and understanding - most kids will become dry without treatment.
- If an adult in your family used to wet the bed, have them talk to your child about it. Then your child will not feel so alone or ashamed.
- Respect your child's privacy and do not talk about bedwetting in front of others.
- Have your child change their pyjamas and the wet bedding themselves. (But just have them do it in a matter of fact, "taking responsibility for themselves" kind of way, not as a punishment.)
- Use a reward system, such as a sticker chart on the bedroom wall for dry nights. Put the focus on being dry, to keep the tone positive.
- Make sure your child drinks lots and lots of water early in the day.
- Have your child go to the bathroom to empty the bladder right before bedtime.



### Homeopathic Remedies

*Equisetum 30C* where nocturnal urination has become a habit. It is safe and effective for children who wet their beds during nightmares and other dreams.

*Kreosote 30C* where kids wet the bed in the first part of sleep and there is dental caries associated with bedwetting.



- Make sure your child is getting enough sleep.
- Eliminate caffeine and allergy-causing foods which can irritate the bladder.
- Restrict fluids after dinner - but make sure your child drinks very well throughout the rest of the day, especially in hot or dry weather.
- Wake up your child in the middle of the night, a little earlier than they usually wet the bed, and walk them to the bathroom. This doesn't teach the child to be dry, but does keep the bed dry, until the child develops the ability to hold it during the night.

# A Pain *in the* Behind

**3**5 year old Naresh suffered from excruciating pain in the rectum that would continue for hours after passing stool. At times, he also passed blood along with stool. His job as a jewellery designer involved long sitting hours which further aggravated his condition. In fact, he could barely concentrate due to the pain and discomfort in his anal area. He realised that his condition must surely be related to the constipation problem he had been suffering from for over 10 years. A visit to our clinic confirmed that he was suffering from piles (also known as hemorrhoids). He was prescribed *Nux Vomica*, a homeopathic medicine that is one of the most effective remedies for piles that is coupled with constipation. It took just a few doses to relieve Naresh from both constipation and piles.

Piles is common among both men and women. According to a recent health estimate, over 40% of people worldwide suffer from piles. 40% of the population has experienced symptoms of this disease sometime in life. Those with faulty eating habits and a sedentary lifestyle are more prone to piles. Pregnant women are also commonly afflicted with piles. In India, approximately 80% of sufferers are in the age group of 21–50 years. Piles is often mistakenly feared as a tumour of the anus. Actually, piles is neither tumourous nor dangerous. It is simply an enlarged /



engorged blood vessel(s) of the anus. In medical terminology, it is called hemorrhoids.

Lack of exercise, junk food, and a sedentary lifestyle are the three factors responsible for an increasing number of young adults being afflicted with piles.

The good news is that it can be treated.

Piles may cause symptoms like bleeding, itching, pain and a lumpy feeling in the anus. Embarrassment causes most piles patients to suffer in silence rather than seek medical help. They only go to the doctor when the pain becomes unbearable and the condition so severe that it usually requires surgery. Instead if the complaint is treated when it occurs, it can be easily cured and the disease prevented from progressing into complications.

Exercise plays an important corrective role in this condition. Movements which exercise the abdominal muscles will improve circulation in the rectal region and relieve congestion.

## PILES & HOMEOPATHY

### Helpful Hints:

1. Sitz Bath – Before passing stool, sit in a shallow bathtub of warm water for 10-15 minutes to relieve the anal spasm and relax the anal sphincter. This pacifies all painful anal conditions.
2. When there is constant bleeding, ice application is advised.
3. Avoid long walks, long distance travelling and cycling.
4. Indian style toilets are preferable as squatting is a better position for natural defecation.

### Pills for Piles

Piles should never be ignored or left for later. Complications of untreated piles include bleeding, infection, prolapse, strangulation, necrosis and gangrene. Painful bleeding usually indicates the onset of complications.

Homeopathy is highly recommended for the management of piles and its symptoms of pain, bleeding, itching and so on. It provides relief gently, minus any side effects or invasive procedures like surgery.

Grade 1 and 2 of internal piles can be significantly helped with homeopathy. In Grade 3 piles, the symptoms can be relieved

### Homeopathic Remedies

*Aesculus hippocastanum* 30c: 5 pills twice daily for non bleeding piles with splinter like pain lasting for hours after the stools

*Aloe* 30c: 5 pills twice daily for hemorrhoids that are swollen and protrude 'like a bunch of grapes' and are soothed by cold soaks or compresses.

*Hemammelis* 30c: 5 pills twice daily for bleeding piles.

### Diet is key

#### Foods to Avoid:

1. Spices and chillies.
2. Refined foods as their fibre content is negligible
3. Oily/fried foods, junk foods, canned foods, sugar and sweets.
4. Meat, chicken and fish.
5. Tobacco and alcohol.
6. Tea, coffee/ caffeinated beverages.

This is a small sacrifice when you balance it against the awful pain of piles. You might moan and groan, saying what's left? Plenty, actually.

#### Foods to Embrace:

1. All fibre-rich foods such as fruits, especially papayas and figs.

Choose fruit over fruit juice.

2. Wholegrain cereals (eg brown rice, whole wheat bread, whole wheat pasta).
3. Green, leafy vegetables and raw salads.
4. Ginger, garlic, onions, radish, beetroot, and bitter gourd (Karela).
5. Plenty of fluids, especially water, to keep bowel movements soft.



but the condition may not be completely cured. Grade 4 piles can find symptomatic relief with homeopathy.

Surgery may be considered if symptoms are unbearable and persistent.

## Heading Off Baldness

When I started treatment, I was practically going bald from severe hair loss. My hair loss was a result of heavy blood loss during menses. My menses would last for months leaving me really weak. I was also diagnosed with PCOD and endometriosis. My appetite was poor, my sleep disturbed. I stopped going to college and became very negative and pessimistic. I used to wear a scarf all the time to cover my head. I was having a truly bad time.

After starting treatment at Dr Batra's<sup>®</sup>, my sleep and appetite improved. My menses normalised and the pain reduced. My hair started to re-grow and now I have completely normal hair growth. My hair has become so silky and bouncy, I can't believe it. I no longer wear a scarf and have started going out again. I have been given a second birth. Homeopathy truly is the best treatment.

## Rare Disease, Familiar Remedy



Before Treatment



After Treatment

43 year old Prasad came to our Malleswaram clinic in Bangalore in December 2004 with intensely itching and painful pustular eruptions all over his body.

A biopsy confirmed that Prasad was suffering from Subcorneal Pustular Dermatitis [SCPD] also known as Sneddon-Wilkinson disease. It is a very rare condition with only approximately 200 cases reported worldwide. The disease occurs more frequently in adults between 40-60 years of age with a male to female ratio of 4:1.

Prasad had tried various medications which had produced side effects like blurring of vision, drowsiness and extreme fatigue. Realising that he needed lifelong treatment, he was seeking a safe longterm solution. His search brought him to Dr. Batra's<sup>®</sup>. Here our doctors in consultation with our senior specialists carefully planned his line of treatment. Today after three years of homeopathic treatment, his condition has enormously improved. His skin complaints have subsided and there has been no recurrence for the past one year.

Homeopathy has enabled Prasad to lead a pain-free life and face the future with confidence.

## Medical Test

1. Flax seeds and flaxseed oil are good sources of
  - a. Omega 2 fatty acids
  - b. Omega 3 fatty acids
  - c. Omega 4 fatty acids
  - d. Omega 5 fatty acids
2. Polyunsaturated fats are found in
  - a. Olive oil
  - b. Canola oil
  - c. Peanut oil
  - d. Sunflower seed oil
3. GERD stands for
  - a. Gastro Enteric Reflux Disease
  - b. Gut Enteric Respiratory Disease
  - c. Gum Excision Rotary Dystrophy
  - d. Gastro Esophageal Reflux Disease
4. Carrots are rich in which Vitamin
  - a. Vitamin K
  - b. Vitamin B
  - c. Vitamin D
  - d. Vitamin A
5. Megaloblastic Anaemia is caused by deficiency of
  - a. Vitamin B1
  - b. Vitamin B2
  - c. Vitamin B6
  - d. Vitamin B12
6. Patchy hair loss is known as
  - a. Alopecia Areata
  - b. Alopecia Totalis
  - c. Alopecia Universalis
  - d. Androgenetic Alopecia
7. Women tend to suffer more from Osteoporosis after
  - a. Puberty
  - b. Pregnancy
  - c. Lactation
  - d. Menopause
8. Migraine is also known as
  - a. Cream Headache
  - b. Ice cream Headache
  - c. Biscuit Headache
  - d. Cola Headache
9. This metal is responsible for most cases of contact dermatitis
  - a. Gold
  - b. Silver
  - c. Nickel
  - d. Bronze
10. Homeopathy was discovered by
  - a. Dr Samuel Harrison
  - b. Dr Samuel Hahnemann
  - c. Dr Samuel Horniman
  - d. Dr Samuel Hutchison

### ANSWERS

1. b) Omega 3 fatty acids
2. d) Sunflower seeds oil
3. d) Gastro Esophageal Reflux Disease
4. d) Vitamin A
5. d) Vitamin B12
6. a) Alopecia Areata
7. d) Menopause
8. b) Ice cream Headache
9. c) Nickel
10. b) Dr Samuel Hahnemann

## Winter Wisdom

You are probably aware of the importance of protecting your skin from the summer sun. But what you might not realise is that it is equally important to take care of your skin in the winter. The dry and harsh wind of winter can cause skin to crack, chap and become irritated making it even more susceptible to the sun's ultraviolet (UV) rays.

Tips for minimizing winter skin problems:

- Moisturize frequently
- Protect your skin from sun damage
- Dress in layers
- Examine your skincare regimen
- Remove wet clothes immediately
- Avoid long, hot showers

## quiz 38

Here's your chance to win free treatment and other exciting prizes. Winners will be selected by a lucky draw.

- 1<sup>st</sup> Prize: Free annual treatment\* for one at DBPHCPL.
- 2<sup>nd</sup> Prize: Dr Batra's® range of hair care products.
- 3<sup>rd</sup> Prize: Dr Batra's® shampoo & conditioner (250 ml).
- 4<sup>th</sup> Prize: Dr Batra's® shampoo & conditioner (100 ml).
- 5<sup>th</sup> Prize: Dr Batra's® shampoo (100 ml).

### Medical Mystery

1. In cases of Psoriasis one should apply  
A. Coconut oil                      B. Olive oil
2. Vitiligo is contagious  
A. True                                  B. False

Cut along the dotted line and send in your entry by 25<sup>th</sup> February, 2009 along with your name, patient code number, branch and personal address to Corporate Communications Department, Dr Batras' Positive Health Clinic Pvt. Ltd., 2<sup>nd</sup> Floor, H. Kantilal Compound, Andheri-Kurla Road, Sakinaka, Andheri (E), Mumbai - 400072. Please mention the quiz number on the envelope. You can also email your quiz answers at [positivehealth@drbatras.com](mailto:positivehealth@drbatras.com) with the quiz number.

Answer to Quiz No 36:

1. Thrombocytes
2. Shigella

Winners of  
Quiz No. 36

- 1<sup>st</sup>. Kuldeep Mehta, Ludhiana | 2<sup>nd</sup>. Binit Kumar, New Delhi | 3<sup>rd</sup>. Ashis Kumar Jain, Bangalore  
4<sup>th</sup>. Vandana Rathore, Vadodara, 5<sup>th</sup>. Manish Mani, Mumbai

\* Winners to collect their prizes within one month of announcement. \*Conditions apply.

Write in to us with your feedback and comments to [newsletter@drbatras.com](mailto:newsletter@drbatras.com)  
Chat with our senior consultants everyday between 2 pm to 3 pm at [www.drbatras.com](http://www.drbatras.com)



Welcome to the Pain-Free World.

Dr. Batras' Positive Health Clinic Pvt. Ltd.

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