

EXPLORING HOMEOPATHY

(An initiative by Orbit Clinics)



THE NEWS LETTER

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DESIGNED BY Dr SHWETA SINGH

The current pandemic has changed our lives!

A MESSAGE FROM THE DIRECTOR



Dr DEEPAK SHARMA

COVID-19 – This pandemic has taken a toll on everybody, in one or the other way, but it has given all of us a chance to look back on how have we been living our lives!! Not in that healthy way, I must say, as it should be. Be it the eating habits, be it adopting proper hygiene measures, be it about how physically active we are throughout the day, so on and so forth. Most of us have become slaves of the technology-driven modern day world which has made our lifestyles unhealthy. The result of this lifestyle is in front of us in the form of this pandemic. Owing to the fact, that we are living a detrimental life, our immune systems have become so weak that the body gets easily afflicted by the virus and finds it difficult to fight it. This time has proven that we really need to give it a serious thought!

But, again, building immunity or even improving it is not a one day process. It will not shoot up after drinking 5 glasses of Kaadhas a day or eating healthy food for three days a week or exercising once a week or even taking Homoeopathic medicines once. Health is not destroyed or built in one day. It is a continuous process. We need to eat healthy most of the times. We need to give upon the sedentary lifestyle. We need to take proper mental and physical rest. These include the basic things to start with, which can help in the long run, and if maintained, forever. So, in the end I would like to just say that there is no need to panic, no need to fear or become anxious about the spread of the disease; instead work upon bringing about a change in your daily life routine. You will be benefitted every time.

Last but not the least, I wish to thank my patients for being patient with us and believing in us. Also my team for working dedicatedly and efficiently even during the tough times and bringing out this Newsletter compiling valuable information.

FROM THE EDITOR



Dr SHWETA SINGH

Dear Readers

I extend my sincere thanks to my readers, team and contributors for their immense support in publishing this very first issue of our Newsletter **"EXPLORING HOMEOPATHY"**- An initiative by Orbit Clinics. This newsletter mirrors Orbit clinic's vision and mission of providing the highest quality of treatment, services and care to transform the lives of our patients with the best of health.

A year has passed since the Novel Corona virus first evolved in December 2019. Our world and our nation stand at challenging crossroads, be it because of this COVID-19 and in my view, we tend to look for solutions and positive outcomes. So, we have tried to capture in this issue precisely all the information; we need to know regarding Corona virus or COVID-19. We emphasized upon the ideas to tackle this tough situation and to strengthen our immunity to give a strong fight against this virus and helps us to cope up with the challenges and cherish a happy & healthy life with our loved ones. We, the team of Orbit Clinics believe that the feelings of our patient's satisfaction is everything that teaches us and keeps us stimulated and motivated. In regards, these are our sincere efforts in bringing forth those solutions which gives us something to work towards with hope and optimism.

I sincerely believe this carefully curated issue will be a valuable and informative addition to your reading list. I hope you enjoy reading this issue as much as we did putting it together!

YOGA TIP



Cobra
- Bhujangasana -

BENEFITS OF BHUJANGASANA

1. Increases the blood circulation.
2. Reduces obesity.
3. Helpful in strengthening the digestive system.
4. Helpful in strengthening the lung power.
5. Decreases stiffness of lower back & makes the spine flexible.
6. Relieve stress and fatigue..
7. Helps in irregular menstrual cycle problems.
8. Acts as guard against constipation and back pain

Please avoid this pose in case of:

Back injury, Carpal tunnel syndrome, Headache, Pregnancy

NOTE: Consult a doctor before beginning an exercise regime.



Dr MEERA KUMARI, MD(HOM)

Associate Consultant, Orbit Clinics

Coronavirus disease 2019 (COVID-19) is a contagious disease caused by *severe acute respiratory syndrome* coronavirus 2 (SARS-CoV-2)/ novel Coronavirus.

Novel corona virus, is also known as Wuhan pneumonia or Wuhan corona virus. Novel means it is newly discovered, and Wuhan is the place in China, where it first originated in December 2019. It has since spread worldwide. The WHO declared the outbreak 'a Pandemic' in March 2020.

It belongs to corona viruses, a group of related RNA viruses that cause diseases in mammals and birds. Coronaviruses constitute the subfamily Orthocoronavirinae, in the family Coronaviridae. They are enveloped viruses with a positive-sense single-stranded RNA genome and a nucleocapsid of helical symmetry. Viral proteins on the surface of the virus create an image reminiscent of the solar corona or halo, thus coronaviruses are known for their crown shape. 'Corona' is derived from the latin word meaning 'crown'. In humans and birds, they cause respiratory tract infections that can range from mild to lethal.

Mild illnesses in humans include some cases of the common cold (which is also caused by other viruses, predominantly rhinoviruses), while more lethal varieties can cause SARS (Severe Acute Respiratory Syndrome), MERS (Middle East Respiratory Syndrome) and COVID-19.

TRANSMISSION OF COVID-19

- It spreads from person to person mainly through the respiratory route after an infected person coughs, sneezes, sings, talks or breathes, either the respiratory droplets or aerosols, get into the mouth, nose or eyes of other people who are in close contact (within 6 feet) with the infected person.
 - Surface transmission through fomites (infected objects & surfaces) - When one touches surfaces that someone who has the virus has coughed or sneezed on.
 - Research shows that the virus can live in the air for up to 3 hours, so it can spread through the airborne route.
- Preventive measures include social distancing, quarantining, and ventilation of indoor spaces, covering coughs and sneezes, hand washing, and keeping unwashed hands away from the face.

CLINICAL FEATURES

- Asymptomatic (20-25%)
- Symptoms begin one to fourteen days after exposure to the virus.
- Symptoms of COVID-19 are variable, and are similar to any other upper respiratory infections such as- Stuffy & runny nose, coughing, sore throat, and fever and body pain.
- Some people also complain of headache, diarrhea, loss of smell and taste.
- If corona virus reaches the lower respiratory tract, it causes pneumonia, either direct viral pneumonia or a secondary bacterial pneumonia and they can also cause bronchitis.

INVESTIGATIONS

- RAPID ANTIGEN DIAGNOSTIC TEST** based on antigen detection; this test detects the presence of viral proteins i.e. antigens, expressed by the covid-19 virus. The sample from the respiratory tract of the person is taken and, if the target antigen is present in sufficient concentration in the sample it will bind to the specific antibody and generate a visually detectable signal, typically within 30 minutes. The antigens detected are expressed only when the virus is actively replicating. This test is best used to identify acute infection.
- RAPID ANTIGEN-ANTIBODIES DIAGNOSTIC TEST** based on host-antibody detection; this test detects the presence of antibodies in the blood of the people believed to have been infected with covid-19. Antibodies are produced over days to weeks after infection with the virus. The strength of antibody response is also dependent on several factors, such as, age, nutrition status, severity of diseases, certain medications, and certain infections like HIV that suppress the immune response.
- RT-PCR (Reverse Transcriptase Polymerase Chain Reaction)** This is the Gold standard test. Sample is collected from nose (nasopharyngeal swab) or throat (oropharyngeal swab), the sample is treated with several chemical solutions that removes substances like proteins & fats and extracts only the RNA present in the sample. This extracted RNA is a mix of person's own genetic material and if present, corona virus's RNA. The RNA is reverse transcribed to DNA using a

specific enzyme. Scientists then add additional short fragments of DNA that are complementary to specific parts of transcribed viral DNA. These fragments attach themselves to the target section of the viral DNA, if the virus is present in the sample. Some of the added genetic fragments are for building DNA strands during amplification while the other are for building the DNA and adding marker labels to strands which are then used to detect virus. The mixture is then placed in a RT-PCR machine. The machine cycles to temperatures that heat and cool the mixtures to trigger specific chemical reaction that create new identical copies of the viral DNA. The cycle repeats over and over to continue copying the target sections of viral DNA, Each cycle doubles the previous amount. The standard real time RT-PCR set up usually goes through 35 cycles.

- PULSE OXIMETRY:** it may show low oxygen saturation (SpO2<90%)
- ARTERIAL BLOOD GAS (ABG):** in patients with severe illness indicated to detect hypoxia or acidosis.
- COMPLETE BLOOD COUNT (CBC):** in patients with severe illness it shows leukocytosis, thrombocytopenia, decreased eosinophils, and decreased hemoglobin.
- COAGULATION SCREENING, D-DIMER TEST:** D-dimer is a protein fragment released into the blood from the breakdown of a blood clot. In patient with covid-19 severe illness there is elevated D-dimer, prolonged prothrombin time and elevated fibrinogen.
- CHEST X-RAY:** Non-enhanced chest computed tomography (CT) showed multiple round and oval ground-glass opacities in both lungs, with a crazy-paving pattern. No mediastinal lymphadenopathy or pleural effusion was present.

HEALTH TIP

An ORANGE a Day

- ➔ Strengthen Immune system
- ➔ Repair body tissue
- ➔ Prevent Skin drying
- ➔ Reduce cholesterol level

How to Differentiate Common Cold/ FLU/ COVID-19



Dr SAKSHI GUPTA, BHMS, MAPC

Associate Consultant, Orbit Clinics

Causative agent

Influenza viruses belong to a virus family known as Orthomyxoviridae. COVID-19 is caused by a coronavirus named SARS-CoV-2, which is classified under the family Coronaviridae. Both families consist of RNA viruses, but they differ particularly with regard to the protein layer that encapsulates the RNA. Influenza viruses express two surface antigens - hemagglutinin (H) and neuraminidase (N) - which trigger the immune response. The surface of SARS-CoV-2 does not have these antigens. Rather, its outer surface is studded with glycoprotein spikes, which are responsible for triggering the immune response, and they carry out the critical function of enabling the coronavirus particle to enter cells, where it then replicates.

Incubation period

The incubation period of flu ranges between 1 to 4 days, while in COVID-19, it is between 2 to 14 days. However, according to 2020 research, the median incubation period for COVID-19 is 5.1 days.

Transmission

Both viruses can be spread by an infected individual for days before their symptoms appear through droplets of cough or sneeze, by touching contaminated surfaces or objects and through contact with hands; but in some cases, COVID-19 might be spread via the airborne route. The WHO is not sure exactly how long the virus can survive, but it could be days. The speed of transmission is a crucial point of difference between them. Influenza has a shorter serial interval, which is the time between successive cases. The serial interval of influenza is three days, while COVID-19 is around five to six days, which means the flu can spread faster than COVID-19. The reproductive number (R0) or the number of secondary infections from one individual is 1.3 in influenza and 2 to 2.5 in COVID-19. This means that COVID-19 is more infectious.

Symptoms

The initial symptoms of COVID-19 and influenza are similar, like fever and respiratory symptoms, such as cough and sore throat.

With the flu, most common symptoms include cough, cold, headache, sore throat, fever, chills, fatigue, muscle aches, and sore throat. **COVID-19** has fever, tiredness, dry cough, red eyes, and in some cases, loss of taste and smell initially. Some patients may experience nasal congestion, sore throat and diarrhoea. These symptoms might worsen gradually and the patient might develop pneumonia, acute respiratory distress syndrome (ARDS), and eventually multi-organ failure and death.

Treatment

As flu has been around much longer than COVID-19, there are more treatment options with quick results, but symptomatic treatment is achieving fruitful results in managing COVID-19 to an extent over a period of days. Moreover, the flu patients do not require to restrict their movement during illness but the individual with Corona Virus needs to isolate, wear mask and take proper hygiene measures.

Prevention

There are vaccines for flu or influenza, which might provide protection. While there are several clinical trials and more than 20 vaccines in development underway for COVID-19, there are no approved vaccines yet. Good immune system can help ward off the infection. Also, the best way to prevent spreading of SARS-CoV-2 virus includes adopting social distancing, maintaining proper hygiene measures, hand hygiene in particular, wearing masks and avoiding touching the face.

Severity and mortality

While the symptoms are similar in both diseases, the fraction with severity and mortality is higher for COVID-19. About 15% may have severe infections, and 5% may need intensive care. Currently, the fatality rate of COVID-19 is about 1.4-4.5% compared to 0.1% in influenza. Partly, this difference may be attributed to the fact that COVID-19 is caused by a new type of coronavirus, against which humans have no immunity. By contrast, many people have at least some degree of immunity against seasonal influenza, enough to prevent hospitalization and complications in most instances. The following table outlines the symptoms of COVID-19, influenza and common cold.

	COVID-19	Flu	Cold
Incubation period	2-14 days	1-4 days	1-3 days
Symptom onset	Gradual	Abrupt	Gradual
Cough	Common	Common	Mild to moderate
Shortness of breath	Common	Sometimes	Mild
Fever	Common	Common	Rare
Fatigue	Common	Common	Sometimes
Runny nose	Sometimes	Sometimes	Common
Nasal congestion	Sometimes	Sometimes	Common
Diarrhea	Sometimes	Sometimes	Rare
Body aches	Sometimes	Common	Slight
Sore throat	Sometimes	Sometimes	Common
Headache	Sometimes	Common	Rare
Loss of appetite	Sometimes	Common	Sometimes
Respiratory issues	Common	Sometimes	Sometimes
Chills	Sometimes*	Fairly common	Uncommon
Loss of taste and smell	Sometimes	Sometimes	Sometimes

*including repeated shaking with chills



Dr GARIMA JINDAL, MD(HOM)

Associate Consultant, Orbit Clinics



PREVENTION IS BETTER THAN CURE

COVID-19 : IMPACT ON MENTAL HEALTH

While and when the Corona pandemic was announced globally, it seemed like a dark cloud covering the whole world. All the odd things coming up all together; change of weather, fear of corona infection, work from home, fear of losing Jobs, financial crisis etc. When the global focus has mostly been on testing, finding a vaccine and preventing transmission; people were going through a myriad of psychological problems in adjusting to the current lifestyles and fear of the disease. At some places fear was such that people started developing symptoms without being infected. It created havoc for all. 24*7 news channels were exaggerating the scenario and making it more troublesome and unbearable. From bread earners to housewives, it was a stressful condition for one and all. Despite that amongst all the odds, there were people who were making the best of this time by enhancing their skills, giving time to reading and exploring themselves. The world at once slowed down its pace and the nature was healing in a miraculous way. Clean rivers, greenery establishing itself in the most beautiful way, animals could be seen happy and enjoying absence of humans. But the stress and anxiety that surrounded everyone resulted into derangement of mental health. It became difficult for many of us to cope up with the changing lifestyle giving rise to numerous diseased conditions. It was seen that many of the old disease came up in aggravated form due to this stressful environment. The factor that triggered mental health the most during these times was the social media. Every new update regarding the no. of cases of corona positive patients in our nation and the world brought about a wave of fear and fright in everyone. Not being aware of what to be done and what is not, people were doing everything possible to save themselves from this pandemic. From sanitising, bathing twice or thrice per day, staying at home, taking kaadhas, working from home to wearing mask, screen shield, gloves etc; they did it all. But the no. of positive cases seemed to be increasing its graph gradually. So there are certain things which are to be done to cope up with the mental troubles we face when situations like COVID PANDEMIC hit us hard. The most important being following only trusted news channels, such as local and national TV and radio, and keeping up-to-date with the latest news from WHO on social media. Rather than following any random source that not only exaggerates the scenario but also doesn't gives the correct facts and figures. Apart from the news updates, an effort is to be made on a personal level about maintaining our routine for our own good. "Excess of anything is hazardous". Here, excess of working on screens, overeating or resting will definitely lead to deranged health. So this marks the importance of a routine in one's daily schedule. Maintain a proper sleep schedule, eating healthy meals on regular interval, doing some mandatory recreational activity as there is no movement outside the home and having a routine fitness hour. This fitness hour not only include physical workout but mental peace and meditation. These are some of the essential things that are advisable and help you to cope better with such stressful and dramatic situations.

Good nutrition is crucial to maintain or achieve optimum health, particularly in today's pandemic times when immunity plays a vital role and might be needed to fight back against any infections. No diet or drink can prevent or cure covid-19 infections, but a healthy diet provides strength to your immune system and reduces the likeliness of developing diseases. Your health is the outcome of your Immunity.

GENERAL PREVENTION

CLEAN HANDS
Use soap and water, or an alcohol-based hand rub.

SOCIAL DISTANCING
Maintain safe distance from anyone who is coughing or sneezing

NO TOUCHING OF FACE WHEN OUTSIDE
Don't touch your eyes, nose or mouth especially, when outside your home.

REST IS IMPORTANT
Stay home if you feel unwell.If you have fever, cough and difficulty breathing, seek medical attention

STEP OUT WHEN IMPORTANT
Go out only when its very necessary to move, staying at home is the best we can do.

GET ADEQUATE SLEEP
Sleep is important for health in general, and as a bonus it may also benefit our immune function. The lack of sleep will prevent the body from resting and this will impair other bodily functions that will have a direct impact on your immunity.

STAY UPDATED WITH THE LATEST NEWS AND IN TOUCH WITH YOUR HEALTH CARE PERSON

Dr SHWETA SINGH, MD (HOM.)
Consultant, Orbit Clinics
Janak Puri branch

STAY HYDRATED: Drink enough water
Recommended: 4-5 litres per day
Avoid soft drinks, canned juices, alcoholic and caffeinated drinks
Avoid excess of tea & coffee

CONSUME MORE FIBRES: it prevents overeating
Consume more fruits, green vegetables, pulses
Yes! Whole grains like oats, brown rice, brown pasta, whole wheat bread
Avoid white bread, white pasta and rice

LIMIT FAT INTAKE
Use little amount of unsaturated oils like olive, sunflower or rapeseed to cook meals
Instead of frying, opt cooking techniques like steaming, grilling, sauteing.

SAY NO TO: Transfat as much as possible, processed fried food like doughnuts
Bakery products like biscuits, cookies, frozen pizzas etc
Red or fatty meats, butter, full cream dairy products
Instead prefer healthy sources like fish & nuts

LIMIT SALT EXCESS
WHO recommends consumption of less than 5g/day

LIMIT SUGAR INTAKE
WHO limit the amount of sugar intake up to or *less than 6 teaspoons in a day*
Avoid sweets, cakes, pastries, chocolates, sweet beverages etc

VITAMIN C (Ascorbic acid) is strongly recommended by WHO which acts as an antioxidant and promotes strong immunity.
Make sure you are consuming enough amount of this vital nutrient in your diet.
Richest sources: Kiwi fruit (90mg/ 100mg), Pineapple (78mg/cup), Mango (45mg/cup), strawberry (60mg/100g), papaya (140mg/cup), orange (53mg/100g), lemon (30mg/pc), broccoli (89mg/100g), tomato (28mg/pc)
Other sources are cauliflower, cabbage, green chilli, peas, dark green leafy vegetables, blackberry, spinach etc..

ADD HEALTHY HERBS & SPICES to your diet which has anti- inflammatory properties such as garlic, black pepper, cinnamon, turmeric, ginger, fennel seeds etc

NO to SMOKING as it depletes the Vitamin C levels and has negative impact on our immune system.

SUN EXPOSURE- Natural source of Vitamin D
Expose yourself to sunlight, a few minutes of mid-morning or mid-afternoon
In case, very low vitamin D levels, it may not be possible to maintain it through sun exposure only, supplements may be required
Recommended dose: 60000IU weekly

Overconsumption even of healthy diet under the influence of panic behaviour may have negative impact on your health. So, it is important to identify the individual needs Be Strategic about your Dietary Choices

“Homeopathic treatment is indispensable for its easy approach, effectiveness and low cost”

Mother Teresa



Dr NUPUR, BHMS

Consultant, Orbit Clinics

Sonia Vihar branch

(with inputs from Dr Sakshi Gupta)



Choose Homeopathy, Raise your Immunity

As Law of gravity is to Isaac Newton, Homeopathy is to Dr Samuel Hahnemann. Around 230 years ago while translating Cullen's materia medica, Dr Hahnemann came across a statement - Cinchona Bark cures malaria-like fever because of its bitter action on stomach. This made him curious to find out the reason behind this. As a result, he ingested the bark mixture himself to study the effects and surprisingly, he developed malaria-like symptoms. He undertook this for extensive investigation and research through conducting provings on himself and his disciples. This made him discover a new law of therapeutics where the drug which produced certain symptoms in a healthy individual had the capability to treat them in diseased person. It took him about 6 years to investigate, discover and give the term HOMEOPATHY to this new system of medicine. Also, simultaneously he coined the term ALLOPATHY for the Old School of Medicine.

Homeopathy has been known and regarded as "Art and Science" owing to its artistic and scientific application to the ailing humanity. Homeopathy is based on nature's law of cure - Similia Similibus Curentur. i.e. like cures likes. This implies a medicine produces the same symptoms in an apparently healthy individual as it intends to treat in a diseased individual.

Homeopathy is the science with wholistic approach towards patients where case history is taken pertaining to the whole individual and not just the complaints presented to know the exact cause of origin and nature of the sufferings. This brings forth the totality of the symptoms belonging to a particular medicine. The word Whole describes the man with respect to his nature, behaviour, disease sufferings, surroundings, etc. A patient has his own presentation of sufferings, whatever be the pathological diagnosis.

The law pertains to both disease and medicine. The low doses and highly diluted drug interact with the cell molecule to enhance the sensitivity of regulatory functioning system to stimulate the defence mechanism and fight against the causative organisms which produce the similar symptoms to the disease. Example- common flu, one having high grade fever with dullness and aching over body with frequent desire to drink water while the other will be having high grade fever but he will be very active during fever and no desire to drink water although he drinks a lot in normal days. Here, both the patients have common flu but the presentation differs hence medicine will also be different for both.

What is immunity? The body's resistance to fight against any disease causing pathogens.

There are two types of immunity-

1. *Innate*, which is present since birth and has its own genetic and constitutional physical make up
2. *Acquired*, that develops after birth owing to exposure of surrounding environment. It is further of two types:
 - Natural Acquired Immunity-body develops its own resistance after getting infected
 - Artificial Acquired Immunity- body develops it after vaccinations or any prophylactic medication. It develops the memory and lasts life-long.

How body response activates the Immune reaction?

The lymphoreticular system (Lymphoid and Reticuloendothelial cells) is

responsible for body immune response. The lymphoid cells i.e. lymphocytes and plasma cells are responsible for specific immunity. Reticuloendothelial, mainly phagocytic cells, are concerned with eliminating the foreign particles from blood and tissues, responsible for non-specific immunity.

Immunity Booster by Orbit Clinics

The law of similars describes power to cure and it is the art of science which act as the prevention, called as Homeopathic Prophylaxis.

Homeopathy is the most recently discovered scientific system of medicine. It has been reported successful in every epidemic outbreak like Influenza, Cholera, Dengue, Chikungunya, etc. Recently it has shown successful prevention from Swine Flu and Dengue fever in India.

At present, COVID has been spreading rapidly taking away lives of many. To protect oneself, good immune system and necessary precautionary measures play an important role and with passing days strong need of vaccination is being felt. Do not get confused between vaccination and immunization. Vaccination can be a form of immunization but our Immunity booster or other Homeopathic medicines acts as an immunization. This immunization helps build a stronger immune system and acts as protective shield against diseases.

Since Hahnemann's time, Homeopathic cardinal principles provide some specific remedies against diseases such as Belladonna for Scarlet fever, Diphtherinum and Mercurius cynatus for Diphtheria, Carbo veg and Cuprum met for whooping cough etc. All these have shown the highest efficacy during the epidemic and also helped protect against that infection or disease.

Keeping this in mind and knowing the fear, we have come up with our Immunity Booster which not only help in prevention but also help in calming the mind down. Our PM Sh. Narendra Modi believes in Homeopathic mode of treatment and has asked AYUSH practitioners to come forward and work for the cause. Central Council of Research in Homeopathy worked in the field and came up with Medicine which can help prevent the contraction with virus.

Our Immunity booster acts on central axis including brain and spinal cord which is the core of body and boosts the vital energy as each cell of our body possesses vital energy to regulate the function of the body. Our dose acts on the target cell and helps the patient to feel at ease. The Immunity Booster is highly effective with minimum dose in highly diluted form and very easy to take.

Since the first day of lock-down till today more than two thousand immunity boosters have been dispensed throughout the country from our centres and more than 88% of all the patients prescribed our Immunity Booster, responded very well and are leading healthy life. Only few got mild fever with headache but it was self-limiting and patients started doing their normal daily routines within 2-3 days. Few patients, those contacted Covid infection, responded very well to our treatment with a very quick recovery. This also shows that Homeopathy acts as best prophylactic.

Along with immunity booster, supplements like Vitamin- C and D3 also have a very good role in prevention and providing strength to body.

Homoeopathic Prophylaxis

never leads to anaphylaxis or shock,
never results in secondary infections,
never leaves in its wake, serum or vaccine diseases or
any other severe reaction;
it simply protects surely and gently.

Dr Arthur Hill Grimmer

Role of Orbit Clinics during the pandemic

"The physician's high and only mission is to restore the sick to health, to cure, as it is termed."

This is the sole aim of the physician as mentioned by Dr Hahnemann. Keeping this in view, all our centres are open since Day 1 of Lockdown.

Many patients though opted for tele-consultation with regular follow-ups. Every patient is being attended with utmost care, given counselling and management explained. Orbit Clinics haven't made any difference in consulting. Even we have given more time to patients online and delivered the medicines at borders, red zone area, and also to some patient's home following home isolation.

Nowadays, there are two categories of patients suffering from COVID-19, Symptomatic and Asymptomatic. Asymptomatic patients are those who got infected with the virus but didn't experience any symptom. Symptomatic patients suffer from common symptoms like fever, cough, breathing issues etc. It can be mild to moderate to severe. But it is not impossible to prevent or treat the infection if you follow the preventive measures as advised.

Care of COVID Positive Patients under Orbit Clinics

More than 300 suspected patients were advised RT-PCR test for COVID. We asked them to follow the precautionary measures and prescribed Homeopathic medicines as per individuality & therapeutic basis. Maximum patients showed improvement within 5 days from the onset of treatment. The temperature started reducing, breathing issues and sense of taste improved, which is the wonderful effect of our treatment and around 78.6% of the patients got wonderful results. One patient with severe symptoms in ICU was given our medicines and on the 9th day his oxygen levels started rising to normal and by the 17th day he was discharged from hospital.

Orbit Clinics is moving ahead with the best, safest and absolutely effective treatment for all types of acute and chronic ailments across the globe. The entire team of Orbit Clinics have treated more than fifty thousand satisfied patients with the number growing per day with 90% success rate testimonials. We have eight Clinics around Delhi / NCR, one each at Bangalore and Michigan, USA and many more centres to come up with well recognised and registered Doctors, worldwide. The patient network is growing rapidly in India and abroad through tele-consultations.

We also offer specialized treatment for PCOS, Osteoarthritis, Backaches, Neck pain, Alopecia and dandruff, Obesity, Infertility, Renal stone, Skin diseases etc.



Dr SHILPI ARORA, MD (Alt. Med.)

Associate Consultant, Orbit Clinics

Bangalore Branch

POST COVID-19 COMPLICATIONS

We all must have heard of the idiom **"EVERY CLOUD HAS A SILVER LINING"**. This idiom is very much appropriate during this pandemic as each and every person irrespective of age and sex has been affected by it. The COVID-19 spread has taught us that adopting a healthy lifestyle is the best protection shield from most of the diseases. What we never considered as a source of happiness, has now become the major missed parts of our lives, amidst this pandemic. Being free to roam around, do our daily chores without tension, visiting parks, walks, meeting family and friends etc. have become the most sought after activities of human life to feel happy and content.

No doubt the whole world is suffering today and amidst the tension of contracting the virus, the story doesn't end if the person once gets the infection and recovers. There are multiple signs and symptoms seen in the recovered patients as well. It's not only the physical symptoms that take time to vanish but mental health of the person is also at stake. Symptoms like fever, fatigue, body ache, cough, sore throat, difficulty in breathing, etc. develop after the contraction of the corona virus and might still remain even after the virus is no more present. The recovery period is likely to be longer for patients who suffered the severe form of disease or those with pre-existing illness making management as well as treatment of Post-Covid signs and symptoms all the more important.

Homeopathy will no doubt be a helpful aid and tool in the recovery of Post-Covid symptoms.

Homeopathic approach is a boon in today's times where new theories and strains of Corona Virus keep coming up presenting with varied symptoms. Homeopathy, as a healing method, relies on the totality of the symptoms revealed during the entire evolution of the infection.

It is a known fact that the virus, once it is inside the body, does not isolate and attack the respiratory system alone, but instead makes its way to multiple organs.

Some patients who had recovered had to contact their consultant either with mild symptoms or severe like low oxygen saturation levels, spectrum of lung diseases or reduced heart function, heart attack or even stroke.

The mild symptoms that are commonly seen in the patients, after recovering from COVID-19 are:

Fatigue and tiredness
Anxiety and depression
Body pain
Dry cough &/or hoarseness

It is of utmost importance to monitor and administer a proper post-discharge rehabilitation plan to monitor the patient's health, so timely intervention can be done

Few things that COVID survivors should be monitored frequently for:

Oxygen saturation levels
Respiratory symptoms like persistence or worsening of cough and breathlessness
Rise of body temperature above 100
Lethargy, drowsiness
Blood sugar levels in known diabetics
Blood pressure

The Homeopathic remedies can be of help in the recovery but should be taken with proper Consultation of registered homeopathic practitioner only. Self medication should be strictly avoided.

Along with these medicines, maintaining hydration, taking proper rest, having healthy nutritious food and supplements, if advised. Being physically active by engaging in activities like yoga, walk, warm up exercises and aerobics may be of help.

Even after recovery from COVID-19, proper precautions need to be taken like using mask, maintaining hand & respiratory hygiene and physical distancing. Recovered patients should look for early warning signs such as high grade fever, breathlessness, drop in oxygen levels, unexplained chest pain, new onset of confusion or focal weakness. If any of these are experienced, the consultant should be contacted immediately.

FREQUENTLY ASKED QUESTIONS

Is homeopathy a very slow acting medicine branch?

Answer - It is just a misconception which people carry that homeopathy works very slow. Intact, in few cases like of fever, common cold, throat infections, headache and many more countless diseases, there is no match of the action of homeopathic medicine. A single dose of perfectly selected medicine can cure.

Does homeopathy has any side effects?

Answer - Before answering this we should be knowing that what the meaning of side effect of any medication is. A side effect is an unwanted symptom caused by medicine intake. But why does any medicine cause any side effect- it happens so when either the dosage is too high, or the person is hypersensitive to any medication or there might be interaction between one or two drugs. All these things are minimized in case of homeopathy as, our medicines being potentized thoroughly will not be having any high dosages. Also the chances of hypersensitive reactions are also minimized due to potentization of medicine.

Is there any Homeopathic preventive medicine effective for COVID-19?

Answer - Yes, it may be effective and Govt of India also declared the preventive medicine for COVID-19, and it is very effective as per our patient's feedback.

What should be the time gap in-between Homeopathic & Allopathic medicines?

Answer - Generally, there should be a gap of around 30 minutes between homeopathic and other medicines. but do let your consultant know about the medicines you are already taking for the required guidance.

**ASK YOUR QUERIES at 9711153617 or
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