

**EDITORIAL BOARD MEMBERS**

Dr DEEPAK SHARMA
Dr KAVITHA KUKUNOOR

EDITOR-IN-CHIEF

Dr SHWETA SINGH

CO-EDITOR

Dr SAKSHI GUPTA

SECTION EDITOR**HEALTH TIPS**

Dr NUPUR

GENERAL QUOTE

Dr GARIMA JINDAL

YOGA TIP

Ms. NEHA TEHARPURIA

Q&A

Dr SHILPI ARORA

SUPPORTING MEMBERS

Dr MANISH SHARMA
SAKSHI GARG

REVIEWERS

Dr HIRA H AGARWAL

DESIGNED BY

Dr SHWETA SINGH



A MESSAGE FROM THE DIRECTOR

Lately we have encountered number of patients complaining of joint pains irrespective of age & gender. The complaint earlier, used to affect the elderly or after some kind of injury but today, every other person is suffering from one form or the other. The commonest reason elicited being lifestyle at fault i.e., unbalanced diet, minimal physical activity, inadequate sleep, mental stress in excess etc. through the cases we have treated in past 15 years.

We, at Orbit Clinics, use only classical Homoeopathy to treat our patients which has been found to be very effective in all types of Joint pains. There are hundreds of remedies which are capable of providing permanent relief in painful joints, howsoever chronic or where surgery has been advised. The only requirement is the best knowledge of Homoeopathy & its wise application.

To serve the suffering humanity better, Orbit Clinics has come up with its novel composition – Osteomeal D to relieve any kind of muscular and joints pain in the body. It is an unique combination of well- chosen herbs and medicines which are selected to treat any type of acute or chronic pain. The team of Orbit Clinics aims to provide a holistic mode of treatment covering all the signs & symptoms presented.

This newsletter intends to provide all the required valuable inputs regarding types, management and treatment of painful joints which won't be found anywhere else. So I wish you an insightful learning, with a request to share your valuable feedback about the same.



Dr DEEPAK SHARMA

Homeopathic Solutions for Joint Pain/ Shoulder Pain/ Body Pain- Dr Deepak Sharma

Click the link: <https://youtu.be/r3etNeCcNQ0>

Homeopathic Solutions for Back Pain- Dr Deepak Sharma

Click the link: <https://youtu.be/p-kxicxrw6k>

Homeopathic Solutions for Knee Pain- Dr Deepak Sharma

Click the link: <https://youtu.be/8xGJ2RJERsQ>

FROM THE DESK OF EDITOR

Dear Readers,

It is my pleasure to introduce this issue of Orbit Clinic's Newsletter- *Exploring Homeopathy* which mirrors the vision and mission of Orbit Clinics to facilitate the best quality treatment services with utmost care to our patients. We are in winter season, the season which is not so pleasing and can be harsh on patients with muscular or joints pain. Most of the patients reported aggravation of their complaints while thriving with chilly and low temperatures. There can be numerous possible reasons behind it; one is our body's pain receptors become highly sensitive and intensifies our already persisting orthopedic complaints. Also we become more prone to muscle spasms in low temperatures which aggravate our pains and results in stiffness.

Orthopedic disorders are so widespread nowadays and if left untreated, these may get worsen with time. So, here's our team members have come up with this Newsletter which includes detailed information on the most common orthopedic disorders like cervical spondylosis, myalgia, back-pain and osteoarthritis along with simple health & yoga tips and management. We, at Orbit Clinics tried our best upon bringing forth the solutions for our patients to cope up with such obstinate pains and complaints id any, so that they may enjoy the best of their health in all seasons.

Osteomeal-D, a new patent formulated by Orbit Clinics to combat any kind of acute and chronic joints pain, muscle strains and weakness. This is made up of pure herbs, safe with no toxic or adverse effects as it is free from chemical based composition. The main ingredient is Berberis vulgaris which has rich anti-inflammatory properties.

I sincerely believe that this issue is worth reading and will be a valuable and informative addition to your reading list.

Wish you all a happy, healthy & prosperous year 2023.

To know more about Osteomeal-D

Click the link: <https://youtu.be/EbD9Mss4XOQ>



Dr SHWETA SINGH

CONTENTS

*Cervical Spondylosis

*Myalgia (Muscular Pain)

*Back-Pain

*Osteoarthritis- Myth Buster

ASK YOUR QUERIES at 9711153617
Email us at responseds@gmail.com
Visit us at www.orbitclinics.com

HEALTH TIP TO STRENGTHEN YOUR BONES, MUSCLES & NERVES

Soak 2 Cashews + 3 Almonds + 1 walnut + 1 teaspoon flax seeds for 6 hours in water and make it paste, Mix it well in slight luke warm milk (200ml) and consume daily.
*You can also add Honey or Jaggery as sweetener.





Cervical Spondylosis

Dr Garima Jindal, MD (Hom.)

In recent times, long working hours on laptops at desk jobs has gifted us with persistent pain in the neck. Every second person complains of pain around the neck region which gradually might increase to an extent that it interferes with an individual's quality of life. The condition is medically called as Cervical Spondylosis as the cervical vertebral column is affected. People may call it arthritis of the neck. Our spine is made up of 33 bones, called vertebrae, that are stacked on top of one another. These bones connect to create a canal that protects the spinal cord. The seven small vertebrae that begin at the base of the skull and form the neck comprise the cervical spine. Spondylosis is a term given to a painful condition of the spine resulting from the degeneration of the intervertebral discs whereas Spondylitis is a term given to inflammation of the joints of the backbone.

Intervertebral discs are the cushion like structure present between each vertebrae protecting it from shock and offering flexibility to our spine. Disks are like "jelly filled, cushy doughnuts" between each vertebrae. Degeneration of these discs results in compression of the nerves thus causing pain and later numbness in the affected areas.

Major cause apart from ageing (wear and tear, degeneration) includes wrong posture occupations that promote the suffering. Jobs that include repetitive neck motions, awkward positioning or extra workload over neck region for prolonged time period. This condition develops gradually due to negligence of the sufferer. Once the changes are on a pathological level, reversal of the condition back to normal is difficult. Early diagnosis helps in better management.

Symptoms mostly seen are:

- ☐ Pain and stiffness around neck
- ☐ Numbness and tingling sensation in fingers
- ☐ Headache & vertigo
- ☐ A clicking, popping or grinding sound on movement of neck
- ☐ Muscle spasms



Pain management is the utmost priority for the patient as well as the medical professional. Various homeopathic medicines show great results in managing the pain and other symptoms, only if taken with advice of a qualified homeopath.

How Homeopathy helps in Cervical Spondylosis?

- ☐ Homeopathy provides relief in pain and stiffness of the cervical spine.
- ☐ Homeopathic medicines reduce the inflammation of the disc and ligaments.
- ☐ In return, homeopathy improves the mobility of neck and hands.
- ☐ If a patient has nerve root compression, the regular use of homeopathic medicines shows improvement in the relief from tingling sensation and numbness.
- ☐ Homeopathic medicines are deep-acting and, hence, they control the further process of degeneration.
- ☐ Homeopathy controls the progression of the disease and prevents further destruction of the disc and vertebrae to a good extent.
- ☐ Gradually, homeopathy reduces the need for painkillers. Eventually, there is no need to consume painkillers.
- ☐ Homeopathy is safe, non-toxic, and non-habit-forming even when taken for a long duration.
- ☐ If augmented with physiotherapy, yoga, and other measures, homeopathy shows excellent results in cervical spondylitis.

Do's and Don'ts for Cervical Spondylosis-

- ☐ Exercise regularly to maintain muscle strength, flexibility, and range of motion of the neck.
- ☐ Use a thin pillow and sleep on a firm mattress.
- ☐ Avoid sitting, working, or standing for a prolonged period in stressful postures.
- ☐ Do not practice yoga without consulting an expert.

YOGA TIP: PASCHIMOTTANASANA

- Improves back flexibility
- Builds strength in the shoulders
- Strengthen quads, abdominals and knee joints
- Stretches hamstrings, gluteal and calves muscles
- Reduce obesity



When not to do:

- People suffering from herniated vertebra discs, do not bend forward completely.
- Do with bend knees, in case of hamstring injuries to avoid discomfort in this pose.
- Late second or third trimester of a pregnancy.
- Patients suffering from abdominal hernia, should advised to avoid the pose.

NOTE: Before beginning an exercise regime, Always consult your Physician.

FREQUENTLY ASKED QUESTIONS

Dr Shilpi Arora, BHMS, MD (Alt. Medicine)



Q. How does homeopathy help in bone related issues?

Homeopathy is based on totality of symptoms and individualization of the person before prescribing any medicine. The aim is not only to treat bone diseases but to address its underlying cause and individual susceptibility. So, homeopathy is a very good choice in treating orthopedic diseases.

Q. Is there any painkiller available in homeopathy for instant relief?

Homeopathy is always neglected and never considered as a pathy which can help in relieving of the pains, but the fact is homeopathy has many fast acting medicines that can work much faster than painkillers in reliving pain, but they are not given the name of pain killer. The significant advantage of homeopathic medication is that it can be continued for a longer duration minus any side effects until patient gets complete recovery. Such pain relieving medicines can be prescribed only on the basis of symptom similarity after consultation with your physician.

Q. Can a patient have pain killers or muscle relaxants along with homeopathic medicines?

Homeopathic medicines have a separate domain of working, they act in those places where the effect is most needed and where the vital force is low. The Homeopathic medicines do not interfere with prescription of other drugs. These medicines engage the body's innate healing response to restore health. Hence, any other medicine can be taken with homeopathic medicine in emergency conditions, otherwise it should be avoided as it may act like suppressors and mask your symptoms and make it difficult to find your best medicine.

Q. How does Homeopathy help in calcium or vitamin D deficiency?

These days, vitamin D deficiency and as a result calcium deficiency is very commonly seen in people due to the non exposure to sunlight and bad lifestyle. Homeopathy can prove very effective in curing Vitamin D deficiency, as homeopathic medicines stimulate the body's inherent reaction and encourages the body to heal itself. Many medicines like Sepia, Calcarea carb, Alumina etc are very effective in curing symptoms arising due to these deficiencies.

Q. What are the precautions to keep in mind while under homeopathic treatment ?

Homeopathy is known as a safe medicine but it should not be taken without the recommendation of a homeopathic physician. The dosage and potency should be decided by the physician only. Self medication should be avoided.

Myalgia (Muscular Pain)

Dr Manish Sharma, BHMS



Myalgia can be caused by injuries, infections or any other disease. Muscle pain may be acute or chronic; affecting a specific area or whole body in general. No age or gender is exempted from myalgia. When one tries a new physical activity, or start anew exercise routine, one may experience delayed-onset muscle soreness (DOMS) which might initiate after 8 to 12 hours and may last up to 36 to 48 hours.

Types of Muscle Soreness

1. Acute muscle soreness:-

The pain is felt within a minute of contraction of the muscle and disappears within four or five minutes or up to some hours after the muscle's relaxation.

2. DOMS (Delayed Onset Muscle Soreness):-

DOMS is an exercise-related muscle pain. When one tries a new physical activity, or start a new exercise routine, one may experience delayed-onset muscle soreness (DOMS) which might initiate after 8 to 12 hours and may last up to 36 to 48 hours.

Symptoms associated are-

1. Joint pains
2. Muscle cramps
3. Muscle spasms

Causes might be certain:-

1. Infections
2. Injuries
3. Medications
4. Neuromuscular disorders
5. Autoimmune diseases

Diagnosis:-

Diagnosis can be made by a variety of tests as required. They might be

- ☐ Blood tests to check related enzymes, hormones, electrolyte levels etc.
- ☐ MRI or CT scan to look for muscle injury or damage.
- ☐ Electromyography to measure electrical activity in nerves and muscles.
- ☐ Muscle biopsy to look for muscle tissue changes that may indicate neuromuscular diseases.

Management

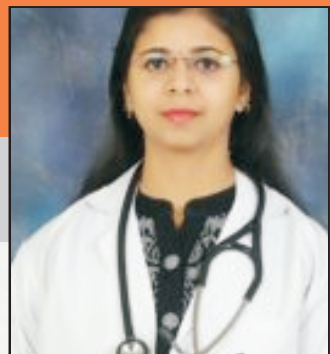
Depending on the cause, following might prove helpful-

1. Resting and elevating the painful area.
2. Using ice packs to reduce inflammation and a heat pad to improve blood circulation alternately.
3. Soaking the affected area in a warm bath with Epsom salts or taking a warm shower.
4. Taking timely treatment and following Doctor's instructions strictly

Homeopathic Treatment

Homeopathy offers one of the best mode of treatment for muscular pains. Few out of thousands of medicines available, are listed here but strictly to be taken with the advice of a qualified Homeopath

1. **Rhus Toxicodendron**– For Soreness of Muscles after stretching
2. **Arnica montana**– For Sore Muscles after Trauma
3. **Bryonia Album**– For muscle pain aggravated by motion
4. **Causticum**- For muscular pain, neural in origin
5. **Gelsemium sempervirens**- For muscular pain accompanied by severe weakness and fatigue
6. **Belladonna**- For muscular pain because of inflammation



Back- Pain

Dr Nupur, MD (Hom. scholar)

Our back represents an important structure, as it supports and gives strength to the body. The main consideration is the spinal cord, vertebrae and nerve plexuses, along with organs like the kidney, gall bladder, stomach, and uterus, which give rise to referred back pain. Usually, back pain starts with middle age i.e, after 40–45 years. But evolution changed a lot, as in the modern digital world, people are less likely to be physically active, so it is becoming commoner in younger age groups.

Causation: Once in a life, everyone faces either of these pains (head or back). The reason behind the pain could be any of the following-

- 1) Due to any disease conditions like Spondylosis, Cholelithiasis, Bulging Disc or Disc Dislocation, Renal Calculi, Hernia, PID, Urinary tract infection (UTI), Sciatica, Spinal Tuberculosis, Pyrexia of unknown origin, etc.

Spondylosis: It is a condition in which there are degenerative changes in the spine, osteophytes are seen, and the space between the intervertebral discs is reduced. It can be seen in the neck, i.e., cervical spondylosis, in the upper or midback, i.e., thoracic spondylosis (rare), and in the lower back, i.e., lumbar spondylosis. Cervical and lumbar spondylosis are very common.

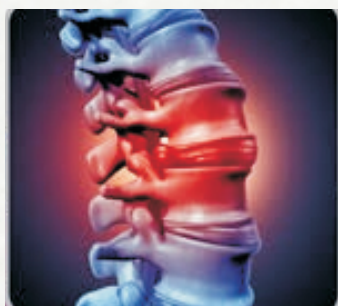
Cholelithiasis: The presence of stones in the gall bladder or in the common bile duct cause hyperacidity, belching, or eructation, and complaining of pain in the epigastric or stomach area, and even sometimes pain in the back between the scapula or at the right shoulder with nausea and vomiting.

Bulging Disc: A bulging disc usually prevents the collapse of bones. Here the content occupies the surrounding surface of the vertebrae, which causes stiffness and rigidity with pain aggravated by movement.

Pelvic Inflammatory Disease (PID): Infection mainly affecting the cervix or vagina, endometrium, and fallopian tubes. The sufferer may complain of white discharge (leucorrhoea), abnormal menses, dysmenorrhoea, constant pain in the back and lower abdomen, and great tenderness.

Sciatica: is due to compression of the nerve in the lumbo-sacral plexus. Usually, pain starts from the lower back and extends up to the thigh or knee, mainly the posterior compartment. It affects either side at a time.

- 2) Due to obesity, bad body postures while sitting, standing or sleeping, heavy lifting, etc.
- 3) Due to nutritional deficiencies like calcium, vitamin, minerals, proteins etc.
- 4) In a physiological condition, like pregnancy.
- 5) Due to history of falling, accidents, or injuries to ligaments, muscles or nerve or deformities like flat foot, etc.



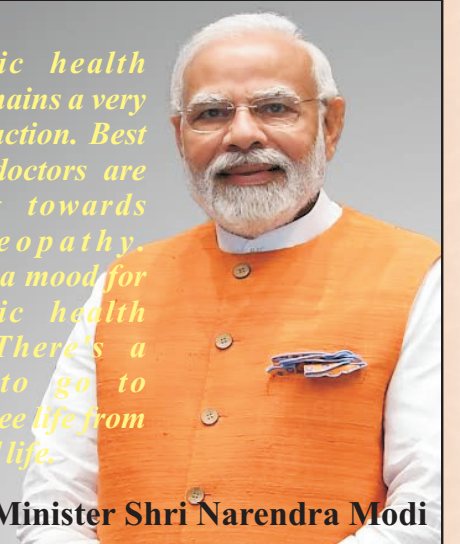
Homeopathic Treatment

Homeopathic medicines help in eliminating the pain from its root cause, whether of acute or chronic origin. There are hundreds of remedies which have shown it's effectiveness in treating back-pains like Rhus tox, Bryonia alba, Kali carb, Arnica, Cimicifuga etc. Homeopathy is based on individualization and remedies should be differentiated according to symptom similarity in order to cure.

Homeopathy Success Story

Click the link: https://youtu.be/qbvqwfp8_70 | https://youtu.be/_dIOVKteUII

Holistic health care remains a very big attraction. Best of the doctors are moving towards Homoeopathy. There's a mood for Holistic health care. There's a mood to go to stress-free life from stressful life.



Prime Minister Shri Narendra Modi



Osteoarthritis- Myth Buster

Dr Sakshi Gupta, BHMS, MAPC

Osteoarthritis is not the same as Arthritis. Arthritis is a general term which describes inflammation of joints. Whereas, Osteoarthritis, the most common type of arthritis, is a degenerative joints disease. Osteoarthritis (OA) is a part of ageing process, basically a wear and tear disorder of joints. But it is not the result of ageing alone, rat her a consequence of multiple factors which could be changed or prevented to a great extent. OA is characterised by breakdown of the cartilage (cushions between joints), bony changes of the joints, deterioration of tendons, ligaments and inflammation of joint lining. As Osteoarthritis worsens, bones may harden, change shape and get bumpy.

Factors that contribute to OA development:

- ☐ Progressing age
- ☐ Overuse because of a job or sports
- ☐ Obesity puts more stress on a joint
- ☐ Weak muscles unable to provide enough support.
- ☐ Bone deformities
- ☐ Injury to joints
- ☐ Positive family history
- ☐ Female gender

Signs & Symptoms

- OA usually affects the commonly used joints, namely hands, knees, hip and spine leading to complaints developing gradually, like -
- ☐ Pain, swelling and stiffness of joints aggravated after rest
 - ☐ Creaking noise during joint movement
 - ☐ Muscle weakness around the joints leading to joint instability

Characteristic symptoms experienced at joints affected by OA

- ☐ Hips - Pain felt in the groin area or buttocks and sometimes on the inside of knee or thigh.
- ☐ Knees - A “grating” or “scraping” feeling when moving the knee is felt
- ☐ Fingers - Bony growths (spurs) at the edge of finger joints leading to swelling, tenderness and redness. There might be pain at the base of the thumb too.
- ☐ Toes - The big toe feels painful and tender. Swelling of ankle or toes might also be present.

Complications

Depending on which joint is affected, osteoarthritis can cause difficulty standing, walking, turning knobs or keys and opening jars apart from just pain. Other adverse effects can be

Sleep disruption as pains, stiffness and difficulty moving interfere with sleep. Disturbed sleep intensifies sensation of pain.

Reduced productivity Many people miss multiple days of work per year because of chronic joint pain. This can also result in a decreased ability to perform normal everyday activities

Weight gain OA may lead to decreased ability to exercise or even walk resulting in weight gain and subsequently to side effects of obesity

Other complications include bone death, stress fractures, bleeding or infection in joints, deterioration of tendons and ligaments around joints, pinched nerve, in OA of the spine

Prevention

- **Maintain healthy weight:** Each pound one gains add nearly four pounds of stress on knees and increases pressure on hips by six-fold.

- **Control Blood Sugar:** High blood sugar levels speed the formation of certain molecules that make cartilage stiffer and more sensitive to mechanical stress.

- **Get Physically active:** 30 minutes of moderate exercise five times a week helps strengthen the muscles to support and stabilize the joints. Start small, like with 10 minutes every other day. Consult a doctor or physical therapist before starting a new exercise program.

- **Protect Joints:** Balance rest and activity throughout the day.

The Bottom Line – Choose a Healthy lifestyle, the best defence against any disease. Diet, exercise, sleep, manage stress, alcohol intake and smoking as they can have a tremendous influence on the health of your joints.

General management techniques

- ☐ Protection, rest, ice, compression and elevation (PRICE): This may help the commonest affected joint - knee
- Protection refers to protecting the knee from further injury
- Rest give tissues time to heal. However, stopping all movement is not advisable, as this can lead to stiffness and muscle weakness.
- Ice can help reduce swelling and inflammation.
- Compression with a knee support can increase comfort levels.
- Elevation will encourage circulation and reduce swelling.
- ☐ Supportive devices: Crutches or walkers can improve walking ability. Symptoms of osteoarthritis of the spine can be relieved by using a firmer mattress.

Conventional treatment – The right choice??

Relieving the pain with pain killers and steroids or even going for a knee replacement might seem easier and a quick way to bring comfort but WATCH OUT!!

☐ Pain killers relieve pain but doesn’t reduce swelling or inflammation associated with OA. Moreover, they can lead to nausea, heartburn, gastric ulcers, constipation, dizziness, drowsiness, even liver and kidney damage. With time, body develops resistance and needs higher dosage which can be addictive too.

☐ Prescription NSAIDs reduce swelling and inflammation but might lead to serious renal, hepatic and gastric issues. Even more, if taken in high doses, can increase the risk of heart attack or stroke.

☐ Antidepressants are also prescribed even in the absence of depression, to treat chronic pain of OA. The exact way it helps curb pain is not known, but brain chemicals affected are thought to play a role. Some common side effects include nausea, dry mouth, sleepiness, weight changes and constipation. All antidepressant drugs carry a boxed warning of increased risk of suicidal thinking and behaviour in children, adolescents and young adults. BEWARE!!

☐ Injectable corticosteroids or “steroids” are injected directly into a joint to help ease inflammation and pain. They act quickly but might result in allergic reactions, infection, bleeding and skin changes.

☐ Knee replacement is recommended if other treatments have not provided relief. As with any surgical procedure, it also carries risks which range from infection, allergic reaction and pain to blood clots. Scar tissue or other complications can sometimes affect knee movement.

Homeopathic management

Homeopathy is unfortunately thought to have slow effects in relieving pain but the Homeopathic medicines do not intend to annihilate only the pain, as that alone doesn’t suffice the needs of the patient. Homeopathy, instead, intends to remove the cause behind the sufferings of the patient so that relief is brought about to such a great extent that it doesn’t affect normal daily life routine and the patient is able to carry out his functioning with minimal aid. This is the correct mode of treatment whereby the cause is addressed to remove the effects and not the effects only are removed just to provide the time-being relief. This needs to be decided by the patient what is really required – step-by-step long-term relief in the condition as a whole or instant temporary relief in pain. There are number of Homeopathic medicines which are used to treat OA selected on the basis of complaints an individual is suffering from. A detailed case history is taken from the patient comprising of all the information required to prescribe the most suitable medicine. Moreover, Homeopathic remedies can address the associated risk factors efficiently too, which increases the risk of encountering OA, like obesity, Diabetes etc. If the complaints that lead to occurrence of Osteoarthritis are under control, the prevalence and rate of progression can be regulated.

“Osteoarthritis is the most common cause of disability in older people if left untreated. Though it cannot be completely cured but right therapy slows down the progression and helps improve quality of life”