

A MESSAGE FROM THE DIRECTOR

HEALTH IS WEALTH

Past two years have been really difficult for all of us, be it physically, mentally, emotionally, socially or financially. We all got through a lots of ups and downs but one thing which we all agree upon equally is "Those who were comparatively healthier fought the battle better". Neither huge bank balance or high social status could save one from the waves COVID-19 brought if they weren't in a good state of health. Keeping all the other things aside, we just focussed on how to become healthy and escape the attack but as they say "Rome wasn't built in a day", so is the healthier state of body and mind. It's an ongoing process which needs daily efforts.

We earn money each day of our life to have bread & butter and ofcourse a better life ahead for us and our future generations but this pandemic taught us to realise what the first step towards that better life is - good health. That proves what we all have been hearing since childhood - Health is the real wealth. Self care is not a luxury, it's the need of hour

"Jaan Hai to Jahan Hai"

Therefore on this Doctor's day, we are bringing forth this issue with the invaluable efforts of my Orbit Clinic's Team that will guide and ensure us to have a healthy life. In this technology-driven modern era, sedentary lifestyle, short of time, unhealthy diets, unavoidable stress etc. are the prime reasons which has made our lives unhealthy & which needs to be corrected. We actually forgot – how to enjoy life in a healthy way? There is probably no greater blessing than living and enjoying a healthy life. It is the God's ultimate gift to us.

Thus for all of our patients who seek our help and confide in us at their most vulnerable times demonstrates trust, this carefully curated compilation is specially designed for you. I believe you enjoy reading this as much as we did putting it together!



With immense pleasure, Orbit Clinic is introducing its wide range of products which helps you to rejuvenate. These products are purely herbal, free from chemical based compositions; hence free from any adverse or toxic effects of any kind. These includes Trichomeal Hair oil & shampoo for heathier hair, Divafeast for any mentrual related issues, Osteomeal-D for joint pains anf Hepatomeal for digestion or liver related problems. Above all, Homeopathy to help you in any of your troublsome days to combat the minor to major or obstinate illnesses.

Wish you health and happiness!

Dr SHWETA SINGH
BHMS, MD (HOM)

From the desk of Chief Editor

I extend my sincere gratitude to the readers, team & contributors for their immense support in publication of this issue of our prestigious Newsletter "EXPLORING HOMEOPATHY". This newsletter mirrors the vision & mission of Orbit Clinics to facilitate the best quality treatment services with utmost care to our patients. In this issue, we are introducing our whole new range of herbal products, including Trichomeal, Hepatomeal, Osteomeal-D and Diva-Feast that covers nearly all major aspects of health issues.

TRICHOMEAL, has been renowned for hair growth and nourishment, having benefits of ingredients such as Amla, Neem patra, aloe vera, etc.

HEPATOMEAL, a liver tonic, is packed with the goodness of Cinnamon. It helps detox and cleanse the liver.

For healthy bones and muscles, **OSTEOMEAL-D** is of good use. It is well indicated in joint pains, muscle strain and weakness. Its main component is Berberis vulgaris which has rich anti-inflammatory properties.

DIVA FEAST, prestigious for all the female problems, is enriched with Shatavari which helps in Menstrual problems, Menopausal problems or any infection related to female organs.

I sincerely believe you enjoy reading this issue as much as we did putting it together!

HAPPY DOCTOR'S DAY 2022 to the entire medical fraternity.



Orbit Clinics®

World Class Homeopathic Treatment

Dr. Deepak Sharma
BHMS, MD (HOM)
Founder Director



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FEMALE

is the God's best creation- A package of sacrifice, tolerance, happiness, cheerfulness, liveliness and above all creator of new progeny.

Though a female is recognised as DIVA but still forgets to take care of herself while taking care of others & hence suffer from a lot of physical & mental turmoil, throughout her life, facing lot of health issues. Out of which, the common ones are being discussed here:

- **Dysmenorrhoea** – pain lower abdomen, back and legs during periods because of narrow passage, pelvic inflammatory disease (PID), uterine fibroids, infection, tumours or polyps in the pelvic cavity
- **Metrorrhagia** is abnormal bleeding at irregular intervals, particularly between the menstrual cycles where reasons being hormonal imbalance, uterine growths, adenomyosis, endometriosis or lack of ovulation
- **Menorrhagia** is prolonged menstrual bleeding or excessive blood flow with normal duration of periods. The aetiology behind this might be hormonal imbalance, uterine fibroids, PCOD, Intrauterine device (IUD), complicated pregnancy or even malignancy.
- **Amenorrhoea** is absence of menstruation which is normal during pregnancy but pathologically can be because of Genetics, Overweight or underweight, overexertion, malnutrition, stress and depression, Chronic illness or Side effects of medications etc
- **Uterine fibroid** are muscular growths made up of connective tissues in the wall of uterus. These growths are usually not cancerous (benign). Most of the patients don't experience any symptoms and hence unaware of the pathology till late. Usually affects females of reproductive age group
- **Lactation issues** like scanty milk secretion during breastfeeding because of irregular feeding schedule, Premature delivery, maternal obesity, pregnancy-induced hypertension & Diabetes
- **PCOD** is characterised by formation of multiple cysts in ovaries which can result in irregular and sometimes excessive, prolonged menstrual bleeding because of erratic ovulation. Again, a hormonal disorder common among women of reproductive age group which might lead to insulin resistance, hirsutism, androgenic hair thinning & interrupt conception
- **Leucorrhoea** is abnormal non-haemorrhagic discharge from vagina. Physiologic during pregnancy, mid cycle or premenstrual phase but when because of bacterial or fungal infection, is accompanied with itching, smell, burning &/or pain.

General management

Dear Divas, be kind to yourself and try to prioritise yourself while handling your other responsibilities, when it comes to your health so as to achieve what you intend to, either personally or professionally. Taking care of oneself is not a luxury but need of the hour.

Few basic tips, if followed by a female can make life better & healthier

- Take time for regular walks or exercise
- Have good homemade healthy food
- Maintain hygiene especially during menses.
- Avoid using cloth pads, use good quality sanitary pads
- Get regular health check ups
- Have a good friend circle which is healthy for your growth
- Avoiding things that could harm you, such as drugs, cigarettes, and alcohol.

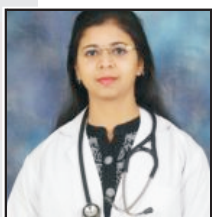
Homoeopathic Management

Homeopathy has served a major role in combating these female complaints effectively & gently. Many homeopathic medicines have proved themselves in treatment of all the above-mentioned disorders. The common medicines that have proved their efficacy are Pulsatilla, Sepia, Thuja, Calcarea carb, Sabina, Lachesis, Lac caninum, Natrum mur. etc

To address these multiple complaints, alongwith the Homoeopathic treatment - “Orbit Clinics” present DIVAFEAST, a tonic for every phase of woman's life.

DIVAFEAST is enriched with very well selected components needed for general health of females, which

- Acts on uterine muscles and endometrium to address complaints like irregular menses, uterine spasm, amenorrhoea, Leucorrhoea, uterine fibroids, ovarian cysts, abdominal pain etc.
- Improves women's health & bleeding disorders as it relaxes the uterine tissues
- Used for irregular menstrual cycles by maintaining the hormonal balance.
- Enhances folliculogenesis & release of egg for effective treatment of infertility and ovarian cyst.
- Used for menopausal symptoms, reducing inflammation & heaviness in body.
- Improves fertility in females.
- Elevates defence system of body against disease, revitalises the body, increases resistance against adverse environmental issues to create a sense of well-being
- Shatavari, the main component, has Saponins that regulate estrogen, controls excessive amount of blood loss during menses, helps manage premenstrual syndrome, regulates menstrual cramps, treats infertility, prevents miscarriages, inflammation of sexual organs, enhances folliculogenesis & ovulation.



Dr NUPUR, BHMS
Senior Consultant

Health Tip



• Consume two dates, four almonds, and half walnut soaked in overnight water and drink it in morning and In evening, drink one coconut water for couple of months.

• For natural conditioners, use curd and leave for 15 min then raisin with water

BADDHA KONASANA

(Butterfly Pose)

BENEFITS

- The posture targets the low back, hip & thigh muscles, improves flexibility and reduces tension & pain. Enhances the pelvic health.
- Builds strength & boosts circulation in pelvic floor muscles,
- Beneficial in Prenatal period, may encourage a smooth delivery
- Improves mindfulness and eases stress
- Reduces depression



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

Dr MANISH SHARMA

BHMS, Senior Consultant
(With inputs from Dr Shanvi Yadav)



Hair

fall though is a common problem but losing around 20-30 hair a day is considered normal but more than 50 per day is categorised as the complaint of hair loss. The issue is becoming common with our youth which leads to low self-esteem making them avoid social interaction, communication and use various things to hide the hair loss.

The common causes

Genetic- Positive family history plays a major role

Environmental changes- Air pollution, water pollution, change of geographical location and usage of inappropriate cosmetics have seen to be a common factor

Malnutrition- Deficiency of iron, protein vitamin A, D, E & B 12 can be one of the reasons

Hormonal imbalance- Women may lose hair because of PCOS/PCOD, birth control pills, after delivery or during climacteric. Besides from genetic male pattern baldness, men can lose hair as their hormonal balance changes with age and life style. Apart from these, smoking and both hyperthyroidism and hypothyroidism can lead to hair loss irrespective of the gender.

Stress- Stress, either Physical or Mental can lead to alopecia, which can be even post surgery, severe illness, childbirth etc

Post COVID Side effects- Prolonged use of various medicines and steroid affects the body in multiple ways, leading to post COVID hair loss

Miscellaneous- Poor hair hygiene, severe dandruff, scalp psoriasis etc are other triggers.

Treatment modalities

A. General management

Diet rich in the deficient nutrient, addressing the lifestyle problem can be of immense help; Like including meditation, exercise etc to daily routine

B. Homeopathy

Homoeopathic medicines help stimulate hair growth & check hair fall. The treatment is based on individualistic criteria as of how is patient's general health, mental picture, immunity, aetiology behind falling of hair etc and hence bringing about gentle and long lasting relief

C. Trichomeal Hair Oil And Shampoo

Over 3000 people have used *Trichomeal Hair Oil and Trichomeal Shampoo*, herbal, chemical free products of *Orbit Clinics*, and got benefitted along with Homoeopathic treatment. They can be used even after the hair fall has stopped for better health of hair roots along with cleansing

Trichomeal Hair oil is enriched with herbs like Karanj, Jasud, Dhatura, Amla, Neem, Bhringraj, Brahmi, Mehndi & Aloe vera. Whereas, the Trichomeal shampoo is packed with Amla, Neem, Bhringraj & Jasud.

Prevention

- Eat a protein rich diet to prevent hair fall. Add fresh fruits and vegetables like green vegetables to your daily diet regime.
- Use natural ingredients like amla and shikakai
- Get adequate sleep (at least eight hours a day)
- Exercise for at least 30 minutes three times a week



Dr SHWETA SINGH

MD (Hom.), Senior Consultant
(With inputs from Dr Garima Jindal)



Joint

pain or a physical discomfort in joints have been a major concern and affect the person's quality of life. The medical term for pain in joints is Arthralgia which is quite different from Arthritis which means inflammation of joints indicated by pain, swelling, warmth, redness around the joint. Joint pains may or may not be accompanied by inflammation. It may affect single or multiple joint at a time depending upon the causes.

Causes may include the following: It may be related to lining of the joints, bones, tendons, ligaments, muscles, cartilage.

- Sedentary life style: Overuse or lack of use of joints
- Genetic
- Injury/ fracture
- Sprains/ strains
- Infections- viral fever, dengue, chikunguniya etc
- Skin infections like psoriasis – (Psoriatic arthritis)
- Obesity
- Nutritional deficiencies- Calcium, Vit D, Vit B12, Iron deficiencies etc.
- Underlying diseases- osteoarthritis, rheumatoid arthritis, bursitis, gout, psuedogout, ankylosing sponlylosis, cervical or lumbar spondylosis, connective or soft tissue diseases etc.



The intensity of pain ranges from mild to severe leading to restriction of joint movement causing much discomfort to an individual. If inflamed, one can find redness, heat, swelling around the joint which makes the life miserable. The pain may be continuous or intermittent with different modalities. It may also increase irritability due to constant pain or discomfort.

Homeopathic Treatment

Homeopathy has a wide range of remedies which proved to be of great help in cases of joint pains. The cardinal principle is unique i.e. “Individualization” which offers treatment considering the whole of the patient, not only the disease. The totality which covers the physical and mental state along with the main complaint and modalities leads to sustainable results, & yes ...without any adverse effects. There is no specifics for pain, every individual is provided with the medicine; his symptoms were calling of which is known to be the simillimum that target the root cause and gives permanent relief.

Osteomeal- D (The most effective product for Joint related complaints launched by Orbit Clinics)

The main ingredient is *Berberis vulgaris* which is one of the wonderful remedy known for treating joint pains, removes toxins from the joints. Relieves pain, intense weariness, lameness, swelling and pain.

Management

Life style modification is must. Exercise is the important component to sustainable recovery.

The maintaining cause may be the overweight someone is carrying, so reduction in some pounds may help you in faster recovery.



Dr SAKSHI GUPTA

BHMS, MAPC
Associate Consultant

Liver

is the second largest and one of the most extraordinary organs in the body as it performs innumerable functions like converting nutrients and drugs absorbed from the digestive tract into ready-to-use chemicals, store minerals, produce bile and filter blood i.e., removes toxins and other chemical waste products from the blood. Liver is the centre of metabolism. So when the liver is overwhelmed with toxins, all the metabolic activities get deranged. Infections in blood also reach the liver and inflict damage while many other disease processes, inflammations and diseases, including cancer in other organs, also target the liver. When the liver is overburdened and consequently unable to metabolise nutrients and fats properly, it slows down metabolism leading to more serious health issues.

The common primary diseases affecting liver include viral hepatitis, alcoholic fatty liver disease, non-alcoholic fatty liver disease, cirrhosis and hepatocellular carcinoma. Predisposing factors to liver disease, usually are

- Viral or bacterial infections
- Toxin consumption in the form of alcohol, drugs
- Obesity
- Diabetes Mellitus
- Poor immunity
- Using shared needles
- Exposure to infected body fluids
- Inherited diseases, etc

Usually an insidious process, it takes weeks, months or years for the signs and symptoms to appear after a liver injury. The common signs and symptoms encountered by the patient might be as follows:

- Jaundice
- Appetite lost
- Abdominal pain &/or swelling, especially on upper right side
- Itching, Easy bruising
- Changes in the colour of urine &/or stool.
- Fatigue
- Nausea or vomiting
- Swelling on legs and ankles

General management

Steps one can take to keep liver functioning well and reduce the risk for liver disease:

- Maintain proper hygiene.
- Limit exposure to toxins, alcohol intake and tobacco consumption
- Cholesterol levels, sugar levels should be managed within normal limits.
- Do not share needles, razors, toothbrushes or other personal items.
- Eat a healthy, well-balanced diet maintaining a healthy weight.
- Be careful before using any medicine.
- Practice safe sex to reduce the risk of contracting hepatitis.

Homeopathic Management

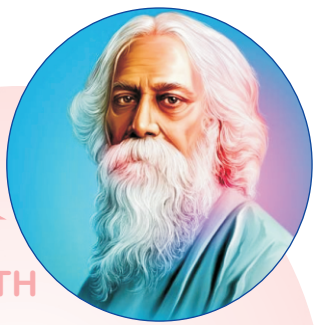
Homoeopathy offers one of the best treatments for all the common hepatic disorders encountered by the mankind; be it as mild as Jaundice or as risky as Hepatitis. Homoeopathic medicines annihilate signs & symptoms of liver diseases by addressing the associated complaints and the underlying pathology affecting liver, helping rejuvenate the hepatic cells performing hepatocorrective action. Few of those commonly used medicines are Chelidonium, Lycopodium, Berberis vulgaris, Carduus marianus, Carica papaya, Andrographis paniculata etc.

Apart from this hepatocorrective treatment, certain cases require hepatoprotective action too along with the treatment to strengthen the liver cells and improve liver's health. Keeping this in mind, "Orbit Clinics" presents HEPATOMEAL, a double strength sugar-free General Tonic for liver.

Hepatomeal is enriched with a few well selected herbs which help and support the liver in the following ways:

- **Cinnamon**, the main ingredient; has antioxidant and anti-inflammatory properties with therapeutic benefits on lipid profile, liver enzymes, C reactive protein and insulin resistance mainly in patients with non-alcoholic fatty liver disease.
- **Bhumi amla** has hepatoprotective, hepatocorrective, antioxidant and anti-viral characteristics. Apart from being a detoxifying agent, it also nourishes the liver.
- **Bhringraj** act as a liver tonic, aids in cases of liver enlargement, jaundice and fatty liver. The antioxidants that are present in this herb help lowering the toxic load on liver and improves the functioning of liver.
- **Kasani** is used as a liver tonic. It helps manage the jaundice, fatty liver and hepatomegaly
- **Punarnava** helps to cleanse and revitalize the liver. It's main role is to correct the liver functioning by removing the toxins. It also facilitates digestion and reduce the burden on liver.
- **Ernad** is also a hepatoprotective in nature
- **Daruhaldi** - the main role is to maintain the level of liver enzymes and prevent liver disorders by protecting the liver cells against any damage caused by the free radicals.
- **Haritaki** supports the liver and helps eliminate toxins from the body
- **Kutaki** acts as hepatoprotective and antioxidant, and protect liver cells from free radicals.

HEPATOMEAL, a combination of these vital herbs, helps cleanse, detox and support the liver. Also, the tonic works against loss of appetite, protect the liver from harmful hepatotoxins, corrects liver dysfunction and damage.



RAVINDRANATH
TAGORE

*I have long been an ardent believer in the Science of Homeopathy, and I feel happy that it has got now a greater hold in India that even in the land of its origin.
It is not merely a collection."*

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