



EDITORIAL BOARD

Dr DEEPAK SHARMA
Dr KAVITHA KUKUNOOR

EDITOR-IN-CHIEF

Dr SHWETA SINGH

CO-EDITOR

Dr SAKSHI GUPTA

SECTION EDITORS

Q&A
Dr SHILPI ARORA

HEALTH TIP

Dr NUPUR
GENERAL QUOTE

Dr GARIMA JINDAL

YOGA TIP

Dietician Mrs Sonal

SUPPORTING MEMBERS

Dr MANISH SHARMA
SAURAV SATRAWAL

REVIEWER

Dr HIRA H AGARWAL

DESIGNED BY

Dr SHWETA SINGH

CONTENT

Fertility:
Not a Calculation!

Puberty:
*The journey towards
Adolescence*

Right Diet
for each stage of life!

*Can Stress cause Uterine fibroids
to grow?*

Your body needs care:
Hypothyroidism

EXPLORING HOMEOPATHY

Newsletter

(An initiative of Orbit Clinics)



Dr DEEPAK SHARMA
Director, Orbit Clinics

**From the
Desk of
Chief editor**



Dr Shweta Singh

I extend my sincere gratitude towards our readers, team members & the contributors for their immense support in publication of our prestigious newsletter "Exploring Homeopathy". This newsletter mirrors Orbit Clinic's mission & vision to provide the highest quality treatment, services with utmost care to our patients. In this carefully curated, theme based issue "Being a Healthy Woman"-we emphasized upon the different milestones in a woman's lifespan & the major significant negative life events which may cause noticeable disturbances & affect their health & produce numerous array of disease conditions.

Females are the strong pillars of our 'Society' which would never come into existence without their contribution. An emergence of strong healthy society requires healthy women. Since their reproductive system undergo major physiological changes, they go through dramatic physical & mental challenges during puberty, menstrual cycles, pregnancy & the menopause. Therefore their health should be handled with utmost care & we need to focus on the diagnosis, treatment & management of the conditions that affects a woman's physical & emotional wellbeing. We tried our best upon bringing forth the solutions for females to cope up with such challenges or diseased conditions if any, so that they may enjoy the best of their health. I sincerely wish you enjoy reading this issue as much as we did putting it together!

Fertility: Not a Calculation

"Unfortunately, with fertility, time is not your friend. People are waiting longer to get married and longer to have kids, and so many more people are experiencing fertility issues. But no one ever talks about it - Said by BILL RANCIC.

What is Infertility? According to WHO, Infertility, disease of a male or a female reproductive system, is defined as the failure to achieve pregnancy after 12 months or more of regular and unprotected sexual intercourse. It may be caused by a number of factors. As in males, the common problems are: Improper secretion of semen, absence or low level of sperms or abnormal shape and movement of the sperm. In females, it might be caused by: abnormalities of the ovaries, uterus, fallopian tubes or the endocrine system. Today, after going through approximately 1000 cases of infertility and getting positive result in more than 600+ cases, we observed a similar pattern in causes of Infertility in most of the cases. In the era of computation, people are becoming too calculative. They plan every event upto death, whether it's education, marriage or pregnancy. And, because of this calculative mindset, the cases of infertility are increasing. Today, everybody has a plan that they want to marry by this particular age & plan their conception after so and so years of marriage. Most of the couples, coming for treatment, usually say, "Sir, our marriage is of xyz years now, and we want to plan a baby." But, it's important to understand that pregnancy is a natural process and we shouldn't disturb it with our calculations. People are already marrying at a late age and after that take 3 to 4 years to plan pregnancy. The advancing age limits the capacity of the body for normal healthy pregnancy. All the problems that cause infertility, as mentioned above, whether related to the sperm or ovum, will increase the potential risk of infertility with advancing age. This is the most prevalent reason of increasing infertility cases, day by day. As we grow older, our body systems and organs are also ageing & start losing their functionality. It's like when we try to download new updates of apps on some old generation phone, it ceases to work. Similarly, with advancing age, our body organs also undergo constant wear-and-tear. And, under these circumstances, most of the couples fail to conceive naturally. So, instead of interfering with the nature's law, with our calculative minds, by making plans, we must bring the acceptance in our lives, for the natural process. Inference is, fertility is not a calculative process. It is important to understand the natural processes of body, by doing the right thing at right time. And, not planning things outside their natural order. Infertility is not a disease itself, but we are inviting it of our own will. Most of the couples coming with the complaint of infertility could have had a normal pregnancy, if they had not interfered with the natural process. More the delay, more complicated it becomes. The complications will keep on increasing whether it's before, during or after pregnancy. So, to conclude it can be said that when the odds are stacked up, all seems lost. But, if we follow the natural order, nothing is impossible. Sometimes it's hard to see the rainbow when there's been endless days of rain. But believe in oneself, and the rainbow shall be seen eventually.



Dr NUPUR



PUBERTY: The journey towards Adolescence

What is Puberty?

Puberty has been a time of celebration in many societies. It is the transition from childhood to adulthood marking the beginning of fertility in female. The process comprises of cognitive, psychosocial and biological maturation. Growth and the development of secondary sexual characteristics mark the onset of puberty. The recent trend observed is an earlier pubertal maturation whose consequences are earlier sexuality and teen pregnancy.

Physical changes:

Although the timing, sequence and pace of pubertal maturation vary among individuals. Adrenarche - the activation of adrenal androgen secretion, begins before puberty (approximately 6 years of age) and ultimately stimulates Pubarche - the appearance of pubic hair and also the development and activity of the pilosebaceous unit i.e. hair follicle and sebaceous gland. Gonadarche - the activation of the hypothalamic-pituitary-gonadal axis, which facilitates the pubertal growth spurt, stimulates Thelarche (appearance of breast tissue), and finally Menarche, the onset of menses.

The age of puberty and menarche is influenced by genetics, general health and environmental exposures. A substantial proportion of adult height, about 17-18%, is gained at puberty. In girls, the pubertal growth spurt occurs approximately 2 years earlier than in boys and peak height velocity is reached approximately 6 months before menarche. About one-half of total body calcium is accumulated during puberty in females, and one-half to two-thirds in males. In girls, the peak velocity in bone mineral accretion occurs at menarche, approximately 9-12 months after peak height velocity is attained. During this age, there is increase in bone density which is greater in black females than in white females. Children with a family history of early puberty are more likely to experience an early puberty themselves; menarche correlates relatively well between mothers, daughters and siblings.

Higher weight and body fat mass are associated with an increased likelihood of early menarche. Early pubertal development is associated with slightly decreased adult height and an increased risk for obesity, as compared to a late menarche.

In most adolescent girls, the first sign of puberty is an acceleration of growth, followed by thelarche, pubarche and finally, menarche.

Menarche occurs at an average of 2.6 years after the onset of puberty. On average, the pubertal sequence of accelerated growth, thelarche, pubarche and menarche requires a period of 4.5 years. The relationship between menarche and the growth spurt is relatively fixed i.e. after menarche, growth slows and generally does not increase more than about 6 cm (2.4 inches). The menses immediately following menarche usually are anovulatory, irregular and occasionally heavy. Anovulatory cycles frequently persist for as much as 12-18 months and are not uncommon even up to 4 years after menarche. However, the frequency of menses generally increases rapidly over the first year after menarche.

Mental or emotional and social changes:

With increasing age, brain develops and sets command to release certain hormones to regulate the normal functioning of the body. Along with physical changes, there are marked changes observed at emotion levels too like mood swings, irritability, frequent burst of angers, impulsive, low self-confidence etc. Unexplained mood swings might make the child to stay away from public, avoid interacting with new people etc.

There are two types of disorders related to puberty:

1. Delayed Puberty
2. Precocious Puberty

Delayed Puberty, when breast tissue or pubic hair not appeared by the age of 13-14 years or appearance of menarche as late as 16 years.

Precocious Puberty, girls who with any secondary sexual characteristics before the age of 8 or menses appear before the age of 10.

Other complaints during puberty may be:

- Menstrual abnormalities - amenorrhea, menorrhagia, dysmenorrhea
- Infection
- Hirsutism, etc.

General Management:

Mentoring both child and parents is must in concept of puberty. This is the phase where the child has to be given time to understand herself and notice what changes she is experiencing. On the other side, parents should guide, support and be aware about the changes that she will experience and has to face. The communication between both is equally important to manage the disputes. Exercise like cycling, walking etc. might help to boost the body and hence can minimise the emotional attacks of low self-esteem and anger burst outs. During this stage of life, they should be taught about sex education so that child is aware about the physical as well as mental changes happening helping her to manage in better way.

Homoeopathic Management:

The predominant hormones during pubertal phase of life are Estrogen, Androgen and Growth hormones. To regulate these hormones, homoeopathy plays a vital role even when conventional treatment fails to help. Homoeopathy aids the girls

- To menstruate normally with a ease
- In addressing precocious or delayed puberty
- In providing strength to the body - physically and mentally
- To build and boost the confidence
- In elevating mood
- To maintain general health

There are various medicines which can be of immense help but to quote a few - Phosphorus, Medorrhinum, help in precocious puberty while, Pulsatilla, Natrum Mur, Sepia, help in delayed puberty.

We, at Orbit Clinics, not only offer the treatment but also guide and counsel you in the best way to help you live a healthier life ahead.

YOGA TIP

सूर्यभेदी प्राणायाम के लाभ

- शरीर को उर्जावान बनाता है।
- तनाव कम करता है।
- रोग प्रतिरोधक क्षमता, शरीर में ऑक्सीजन लेवल और बौद्धिक क्षमता को भी बढ़ाता है।
- जिन लोगों का ब्लड प्रेशर कम रहता है, उन्हें ये प्राणायाम जरूर करना चाहिए।

TURMERIC (Haldi)

Indian Saffron or Golden Spice

Health Benefits

- Reduce Inflammation
- Reduce pain - body pain, joint pain
- Provide energy
- Detoxify Liver
- Helps in weight loss
- Wound healing
- Promotes healthy skin

Nutrition Content

- Potassium
- Magnesium
- Copper
- Zinc
- Calcium & Iron
- Vitamin B6
- Vitamin C

HEALTH TIP



Dr SAKSHI GUPTA

Right Diet for each stage of Life!!

The National Family Health Survey (First phase, December 2020) highlighted malnutrition as a significant factor for under-five mortality, especially for girls in India. *Girls and women are particularly vulnerable* because of the prevailing inequalities, socio-cultural norms and discrimination, right from when they are conceived. In households, where girls are born, studies have shown that they are breastfed for a shorter duration than boys, and hence devoid of milk. Girls are weaned earlier as parents keep trying for a boy, making them deficient in required nutrients right during early childhood. Also, many of them have to become a caretaker with prioritised diets for men in the family.

People need to understand the fact that *undernourished girls become undernourished mothers of low weight babies*, giving rise to a vicious cycle. Effects of malnutrition overlooked have long term impacts. It is not that there is no advancements. The country has been making progress in reducing undernutrition. There is not a single state in the country where stunting rates have not decreased. But the progress is much slower than required.

If we want to lay a strong healthy foundation for the future generations then we need to keep in mind, health of the daughters first. And for the daughters to eat healthy, their nutritional needs are to be understood to begin with. *The food your baby girl consumes can make all the difference to her health* in the years to come.

According to WHO, **infants** should be breastfed exclusively for the first six months which should be continued till the second year of life. Once the baby starts eating solid food, great first food options include, rice cereal mixed with milk. Slowly you can transit to all kinds of lump-free pureed fruits and vegetables; keeping the focus on fresh, home-cooked food without salt, sugar or artificial sweeteners and full-fat dairy products to provide the required amount of fat and cholesterol for healthy brain development.

Once the child touches **2-3 year** mark, protein becomes very important for muscle building. Ensure lunches and snacks include fresh fruits like bananas, oranges, apples and vegetables.

Although boys and girls have the same nutritional needs when they are younger, girls have very different dietary requirements when they reach **puberty**. This is the time to pay special attention. Around this time, girls need an average of 2,200 calories per day. Hence, along with healthy snacks, keep fresh fruits, yoghurt, whole-grain baked snacks and simple salted popcorn stacked.

When **menarche** is reached, iron stores become the cause of concern as teen girls are at high risk of developing iron-deficiency anaemia. Give them iron-rich recipes like lean red meat, iron-fortified cereals, beans and green leafy vegetables to help fulfil their iron needs. Girls build up most of their skeletal system by their late teens making it important to look after bone & muscle health, which means their diet complemented with calcium, mineral and vitamin rich food. For the same, plenty of low-fat dairies, protein rich substances, fish, beans and a healthy dose of sunlight is to be added.

Gradually, the **reproductive years** aren't to be neglected as yet because

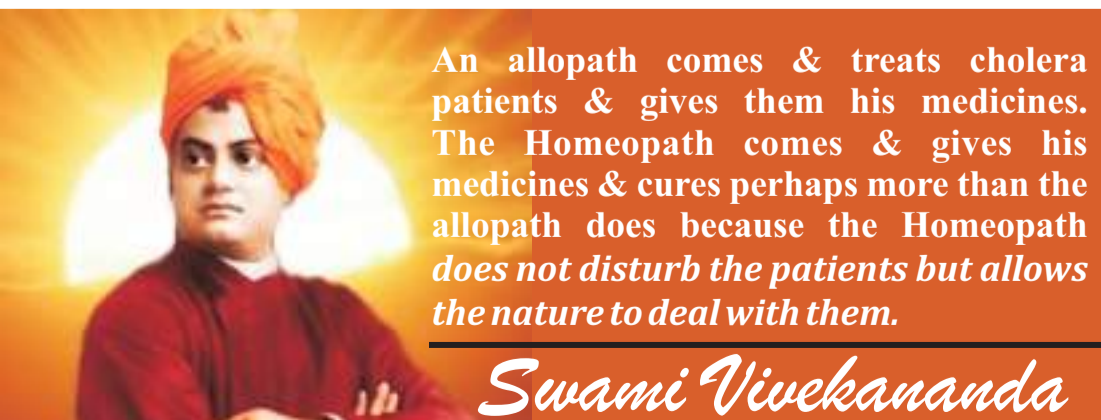
many women don't eat a well-balanced diet before pregnancy and hence poor nutritional status to meet demands of pregnancy. All women of childbearing age need 400 micrograms of folic acid each day, found in green leafy vegetables, nuts, beans, citrus fruits, fortified breakfast cereals etc. Folic acid is most helpful during the first 28 days after conception, but unfortunately, you may not realize that you are pregnant before 28 days. Therefore, intake of folic acid should begin before conception and continued throughout pregnancy. Maintaining zinc intake (15 mg a day) also helps for good functioning of reproductive function. Oysters, lean meat, poultry, baked beans, chickpeas and nuts are excellent sources of zinc. It is recommended that women take at least 1,000 mg of calcium a day from natural sources such as low-fat yogurt, canned salmon, sardines, rice and cheese. Vitamin D promotes calcium absorption and bone mineralization and hence should be a part of preconception care. Dietary iodine can minimize the risk of deficiency during early foetal development. Daily dietary iodine intake of 150µg during preconception period is recommended. Sea foods & dairy products are excellent sources. Researches have found that omega-3 fatty acids help improve egg quality. Sea fishes (salmon, anchovies, sardine, oyster), nuts & seeds (walnuts, flax & chia seeds) are excellent sources of omega 3 fatty acids. Potential foetal complications secondary to anaemia include spontaneous prematurity and intrauterine growth retardation.; hence child-bearing aged women need foods high in heme iron and/or consume iron-rich plant foods or iron-fortified foods with an enhancer of iron absorption, such as vitamin C, which in turn helps regulate the ovarian function. The chances of conception are more in women who include vitamin C in their daily diet, which is abundantly available in all type of seasonal fruits and vegetables.

And during **pregnancy**, nutrition is more important than ever. In the first trimester of pregnancy, women usually do not need extra calories but during the second trimester, she needs 340 calories extra and during the last trimester, extra 450 calories are necessary per day. These calories should come from a balanced diet of protein, fruits, vegetables and whole grains to supplement for multivitamins and minerals too. During pregnancy demand for folic acid increases to 600 mcg per day and that of iron becomes 27 mg a day. Calcium levels need to be maintained at 1gm per day and that of Vitamin D 600 IU daily to help strengthen baby's bones and muscles.

During **lactation**, an additional 330 to 400 kilocalories (kcal) per day is recommended, compared with the amount they were consuming before pregnancy. A mother's need for iodine and choline increase during lactation. They need to consume 290 mcg of iodine and 550 mg of choline daily throughout the first year postpartum. Iodine can be found in dairy products, eggs, seafood or in iodized table salt. Choline can be found in dairy and protein food groups, such as eggs, meats, some seafood, beans, peas, and lentils.

Requirement of calcium increases with the enhanced needs during **menopause** owing to the hormonal changes making the requirement as high as 1,200 milligrams per day. Calcium can be procured from dairy products, fish with bones (such as sardines and canned salmon), broccoli and legumes. Do not forget to keep iron in reserve with daily dose of 8 mg. Studies reveal that omega-3 help decrease frequency of hot flashes and the intensity of night sweats.

“India remains home to the highest number of stunted girl kids. Good health is a hallmark of healthy growth in all walks of life. Nutrition for women should enable them to form a pivotal part of society as they always are. We should take every necessary step so that they shine out as productive members of the family.”



An allopath comes & treats cholera patients & gives them his medicines. The Homeopath comes & gives his medicines & cures perhaps more than the allopath does because the Homeopath does not disturb the patients but allows the nature to deal with them.

Swami Vivekananda



Dr SHWETA SINGH



Can Stress cause Uterine Fibroids to Grow?

We all experience stress at some point of life & it is quite normal to be stressed but when stressful events are perceived as insurmountable, our susceptibility towards diseases increases & it affects us in numerous ways, causing array of health issues like insomnia, depression, headaches, cardiovascular diseases, diabetes, hypertension and even reproductive issues like uterine fibroid.

Uterine fibroids are the commonest benign uterine tumours of reproductive age group. There is considerable evidence that shows estrogen and progesterone are mainly responsible for proliferating tumour growth since the fibroids rarely appear before menarche and regress after menopause.

Today's modern and hectic lifestyle, social pressure and various psycho-social factors etc. are the foremost reasons of worry, anxiety and stress in females which is the body's biochemical response to handle them. When coping strategies are unable to buffer the stress, the brain cells of our body get hyper-stimulated, the hypo-thalamic-pituitary-adrenal axis overtly activates followed by subsequent release of cortisol, a stress hormone. As a result, estrogen & progesterone hormone levels start fluctuating which in turn encourage fibroid growth leading to flaring up of the signs & symptoms. Hence, Fibroids that were once asymptomatic tend to grow at an alarming rate under stressful life events which require major behavioural adjustments within a relatively short time period which is found to be one of the major etiological factors e.g. birth of first child; divorce etc.

The most likely presentation of fibroids (depends upon their location, size & number) is by their effect on the woman's menstrual cycle or pelvic pressure symptoms. Uterine fibroids can cause infertility if left untreated.

Fibroids are classified based on their location as:

Intramural- Grow within the muscle wall of the uterus; unless big, may be entirely asymptomatic (50-70%)

Submucosal- Just under the surface of the uterine lining (endometrium); primarily responsible for prolonged heavy bleeding which can lead to anaemia.

Subserosal- Just under the outside lining (Perimetrium) of the uterus; mainly responsible for pressure symptoms like increased Urinary frequency and retention leading to recurrent urinary tract infections: Abdominal discomfort, Bloating abdomen, constipation, painful defecation, Pelvic pain and pressure or fullness in lower abdomen and backache.

Cervical- located in the wall of cervix; cause pain during sexual intercourse (Dyspareunia)

They can be single or multiple; tiny as seed or large weighing 'several pounds'. Leading a stress-free life may not prevent you from developing uterine fibroids but it may reduce the symptom severity.

Let's learn how to manage stress:

1. Treatment procedures- It's natural for women to experience stress when they have been diagnosed with uterine fibroids which is entirely a surgical condition with many post-operative complications like weight gain, lack of interest in sex, irritability & above all zero chances of pregnancy. Hormone therapy has its own side effects. On other hand, Homeopathy is not only to treat fibroid's symptoms but to address its underlying cause & individual susceptibility. Homeopathic medicines work by neutralising the hormones & shrinking the fibroids without any negative effects. Moreover the feelings of stress and anxiety disappear if such non-invasive treatment is available.

2. Relaxation techniques- Deep breathing exercises are the best way to relax your body as well as mind, engage yourself in enjoyable activities like listening to calming music, painting. Massage is also a great way to limit stress.

3. Lifestyle changes- Start exercising daily as it may ease your stress levels by releasing endorphins, helping you relax, improving your sleep as well. Stretching, yoga, dance, swimming, walking, jogging are a few options to adopt. Consume more fruits, especially citrus, and green leafy vegetables. Soy is known to have anti estrogenic properties & its intake might reduce fibroid risk. Fibers are important as it helps to get rid of excess estrogens. Foods such as red, processed meat, salty foods, and certain carbohydrates should be avoided as they contribute to stress & make them more prone to develop fibroids.

4. Social support- Vent your feelings as it can help tremendously in the pursuit of life & reduce your stress & unavoidable anxieties. Talk to your family members, friends about your problems; their support, encouragement & advice might help you manage stress.

5. Develop coping mechanisms- Try to eliminate the stressful triggers from your life as much as you can. The coping mechanisms can help you manage those situations better where stress is unavoidable.

Your Body Needs Care: HYPOTHYROIDISM

Women are sensitive to the criticism they have to face because of being fat or thin or short or tall or dark etc which may take a toll on their health too but one needs to understand and accept the fact that they are unique in their own way. The body needs to be healthy to be beautiful.

One of the common reasons behind obesity in females is HYPOTHYROIDISM, affecting young and middle aged equally. Thyroid hormone is very crucial for regulation of metabolism, which when drops subnormal leads to Hypothyroidism. It can be seen particularly during pregnancy, menopause, lactation etc.

Main causes:

- An autoimmune condition called Hashimoto's disease-prevents the thyroid from producing and releasing enough thyroid hormone
- Inflammation of thyroid
- Pregnancy
- Long lasting viral illness
- Iodine deficiency
- Medicinal side effects

Signs & Symptoms, which may vary from person to person

- Lethargy and fatigue
- Increased fat and abnormal body weight
- Can not bear extreme climate especially cold
- Dry skin
- Painful muscles & joints
- Hairfall
- Depression & anxiety
- Heavy or irregular periods or fertility problems

The treatment mainly adopted for hypothyroidism is hormone replacement therapy, which at times make gland become dormant and stops secreting the hormone gradually, hence the person becomes dependent on these tablets lifelong. The best treatment for hypothyroidism is found in homeopathy, where the aim is to make increase the gland activity.

Hypothyroidism if not treated proper might lead to:

- Mental health problems
- Fluctuating body temperature
- Goitre(Simple and exophthalmic)
- Breathlessness
- Cardiac disorders
- Myxedema coma

Diet regimen, regular exercise and homeopathic remedies can help treat hypothyroidism. As per the homeopathic approach, individualization of the case by proper case analysis helps physician decide the best suitable homeopathic medicine.

A few of them which have shown good results in treating even the most chronic cases of hypothyroidism are Conium mac, Hekla lava, Thyroidinum, Natrum Mur, Thuja, Sepia, Calcarea carb, Iodum etc.

No need to panic and feel ashamed about your body. Just take care of yourself and believe in Homeopathy.

FREQUENTLY ASKED QUESTIONS

Q1. Is it a concern to get early periods?

The time when first periods come for a girl is called as menarche. It is a start of her reproductive journey. Usually the average age of a girl to have periods is between the age of 11 years to 14 years. But it might be earlier or later too. If all other related parameters are fine than there is nothing to be concerned about. An early period may be due to genetics, lifestyle, excessive exercise, drastic weight changes, hormonal imbalance because of Polycystic Ovary Syndrome (PCOS), endometriosis etc

Q2. Is it a concern to get late periods?

Nowadays the changed lifestyle and high anxiety levels in school going children might lead to slow hormonal development and hence delayed Menarche. But it is not a concern until the age of 16 years.

Q3. What is the cause of vaginal discharge other than periods?

Vaginal discharge is fluid secreted from tiny glands in the vagina and cervix. This fluid leaks from the vagina each day to remove old cells and debris, keeping the vagina and reproductive tract clean and healthy. The amount of vaginal discharge can vary significantly from person to person. The color, consistency, and amount can also change from day to day, depending on where a person is in their menstrual cycle. Apart from the regular secretions if the discharge is profuse, acrid or offensive then it is termed Leucorrhoea.

Q4. What are the reasons of missed or irregular periods?

The major reasons of periods delay in any female can be:-

- (I) Pregnancy
- (ii) Stress
- (iii) Contraceptive pills
- (iv) PCOS
- (v) Premenopausal syndrome
- (vi) Excessive sudden loss or gain of weight
- (vii) Anaemia
- (viii) Thyroid issues

Q5. What are the major symptoms of premenopausal syndrome?

The major symptoms are as follows

- i) Hot flushes
- ii) Irregular periods
- iii) Weight gain
- iv) Mood swings
- v) Acne and Hirsutism



Dr SHILPI ARORA