

Dynamic Revolutionary Egalitarian Assurgent Motivative Society
(DREAMS)

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“DREAMS - e - homoeo”

a weekly 'e' magazine by DREAMS

DREAMS is a consortium of dedicated workers aiming for the social upliftment, working at grass root levels in the important areas like **health, education, national integration, pollution free environment** etc.

“DREAMS” has worked to open free medical camps in various villages, providing free medical care. It has also worked during natural calamities like earthquake and epidemics.

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Issue 11



Chief Editor
Dr. Anupam Sethi Malhotra

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Dr. Navneet Bidani
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Clinical Tips of **Dr. D.P. Rastogi**

- **Gelsemium** is good for **Poliomyelitis**.
- **Mercurius cynatus** is good for **diphtheria**.
- **Paeonia** very excellent drug for **piles**.

(Contributed by **Dr. Navneet Bidani**)

Quote

*Generosity is giving more than you can, and
pride is taking less than you need.*

Kahlil Gibran

Regular Features

Homoeopathic Topics
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Health Tips

Milk is beneficial for child till 4 years of age. After this age, one should take milk only at bedtime, curd or lassi etc should be taken at morning or lunch hours.

By **Dr. S.S. Vithal**
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Points to ponder.....

If you think you are too small to have an impact, try going to bed with a mosquito in the room....

You asked.....

Q1: What is your opinion on the use of local applications along with indicated remedies for the treatment of skin diseases?

Dr. Amit Oswal, Pune

Ans: A majority of disorders of the skin are the attempts by the constitution to exteriorize the effects of the sickness, at the same time protecting the internal organs from damage. Even the miasmatic load is reduced through skin manifestations in the form of eruptions or discharges.

Hence any attempt to treat skin disorders with local applications will amount to suppression or hinder the natural process of elimination.

So it must be discouraged until and unless the manifestations are unbearable and severe leading to secondary symptoms like frustrations, anxiety, depression, etc.

I allow local applications only in two conditions -

- a. For distressful manifestations like burning, itching etc, non-medicinal agents like plain Vaseline, pure coconut oil, white petroleum jelly may be used for local applications.
- b. As an alternative route of administration particularly in children with vomiting and diarrhoeas, when the remedial agent is massaged on normal skin of fontanelles, palms, soles etc.

Dr. Navneet Bidani

you can ask your doubts & queries by mailing us at dranupamsmalhotra@rediffmail.com or drbidani@gmail.com.

Sleep scale index

0-9 = Average daytime sleepiness (Primary snorers)

10-15 = Excessive daytime sleepiness (moderate sleep apnea)

16-24 = severe daytime sleepiness (severe sleep apnea)

Know your sleep scale...

Mr. Arvinder (patient of Dr. Ravi)
.... Score 18 (severe sleep apnea)

Mr. Anil (patient of Dr. Varun)
.... Score 11 (moderate sleep apnea)

Others care being sent individually.

Dr. K.K. Aggarwal's tips

Prevention update: Reducing salt: make it a prescription

1. Using a computer simulation model, it has been shown that a reduction in dietary salt by 3 gm per day has the same benefits as quitting smoking, normalizing obesity or high cholesterol levels.
2. A meta-analysis using international data has shown that after implementation of smoking restriction laws, there has been a significant reduction in hospitalizations for acute heart attack over a period of 12 months.
3. Combined analysis of two trials in patients with coronary artery disease, has shown that people who are receiving folic acid (1 mg per day) + Vitamin B12 (0.4 mg per day) have an increased risk of primary lung cancer and cancer mortality at 3 years follow up.

*Padma Shri and Dr B C Roy National Awardee
Dr KK Aggarwal*

Your responses

Thanks Dr. Anupam for your DREAMS e homoeo. It's nice to have the tips of Respected Dr .D .P. Rastogi shared by Dr. Bidani. Good work, please keep it up. With best wishes.

Dr. A.K. Gupta

Hello Dr. Anupam, I really enjoyed the articles. Keep the good work going. Regards-

Dr. Shailja

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Investigation tips...

β -hCG

Beta Human chorionic gonadotropin is a hormone produced by the developing embryo after conception. The test is used to

1. diagnose **pregnancy**, (even as early as 3 weeks of l.m.p.)
2. diagnose and follow up care of **ectopic pregnancy**,
3. **tumour marker** for choriocarcinoma, germ cell tumors, hydatidiform mole formation, and islet cell tumor or in males can be a test for testicular cancer.

Normal levels

Non-pregnant females: <5.0 mIU/ml
Postmenopausal females: <9.5 mIU/ml

QUIZ

Medicine for **diarrhoea from chocolate** ????

answer for last quiz
Ceraunophobia is fear of thunder and lightning. And the medicines are **Phos, Nat carb, Rhodo**

Correct answers by
Dr. Anurag, Dr. Manisha

Sleep apnea (Contd from previous)

Obstructive sleep apnea, the most common category of sleep-disordered breathing, is estimated to affect about 4% of men and 2% of women. The muscle tone of the body ordinarily relaxes during sleep, and at the level of the throat the human airway is composed of collapsible walls of soft tissue which can obstruct breathing during sleep. Individuals with **low muscle tone** and soft tissue around the airway (e.g., because of obesity) and **structural features** that give rise to a narrowed airway are at high risk for obstructive sleep apnea. The **elderly** are more likely to have OSA than young people. **Men** are more likely to suffer sleep apnea than women and children. The risk of OSA rises with increasing **body weight, active smoking** and **age**. In addition, patients with **diabetes** have up to three times the risk of having OSA. Among patients with **strokes**, 60% have obstructive sleep apnea. **Obesity BMI >30, large neck circumference (16 in (410 mm) in women, 17 in (430 mm) in men), enlarged tonsils and large tongue volume** are the indicators to suspect OSA.

CSA occurs in **infants** or in **adults with heart disease, cerebrovascular disease, or congenital diseases**, but it also can be caused by **some medications** and **high altitudes**.

Complications of sleep apnea

Obstructive sleep apnea may be a risk factor for the development or aggravation of other medical conditions like **hypertension, heart failure, heart rhythm disturbances, atherosclerotic heart disease, pulmonary hypertension, insulin resistance**, and even death are some of the known complications of untreated obstructive sleep apnea. Central sleep apnea may cause **sudden death**. Short of death, drops in blood oxygen may trigger **seizures**, even in the absence of epilepsy.

Diagnosis

1. Polysomnography (sleep study)
2. Evaluated by Epworth Sleepiness Scale.

HOMOEOPATHIC REVIVAL

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DR. D.K. BHARDWAJ: 9871020702

Repertory

ODONTALGIA, (Toothache) CAUSE

Coffee -- Cham., Ign.
Cold bathing -- Ant. c.
Decayed teeth -- Cham., *Kreos.*, *Merc.*,
Mez., Staph.
Dental pulp, inflamed -- Bell.
Drafts, or cold exposure -- *Acon.*, Bell.,
Bry., *Calc. c.*, Cham., *Merc.*, *Puls.*, *Rhod.*, Sil.
Extraction of teeth -- Arn., Staph.
Menses, during -- Bar. c., Cham., Sep.,
Staph.
Nursing baby -- Cinch.
Pregnancy -- Alum., *Calc. c.*, Cham., *Mag. c.*,
Nux m., Puls., Ratanh., *Sep.*, Tab.
Tea -- Thuya.
Tobacco-smoking -- *Clem.*, Ign., Plant.,
Spig.
Washing clothes -- Phos.

Asarum Europaeum

Nervous, anxious people; excitable or melancholy. Imagines he is hovering in the air like a spirit (Lac. c.); lightness of all the limbs. Cold "shivers" from any emotion. **Over sensitiveness of nerves, scratching of linen or silk, crackling of paper is unbearable.** Sensation as if ears were plugged up with some foreign substance. When reading, sensation in eyes as if they would be pressed asunder or outward; relieved by *bathing them in cold water.* *Cold air or cold water very pleasant to the eyes;* sunshine, light, and wind are intolerable. Nausea: in attacks or constant < after eating, tongue clean of pregnancy. Unconquerable longing for alcohol; a popular remedy in Russia for drunkards. "Horrible sensation" of pressing, digging in the stomach when waking in the morning (after a debauch). Great faintness and constant yawning.

Aggravation. - In cold and dry, or clear, fine weather .

Amelioration. - Washing face or bathing affected parts with cold water; in damp, wet weather (Caust.).

Laughter dose

This old lady walks into the Doctor's office and says, "Doctor, please help me. I have a terrible problem with farting. It's not really a social problem, because you can't smell it or hear it, but I must have farted 20 times since talking to you." The Doctor nods his head and says, "Take this bottle of pills and use them all. When they are all gone in about 2 weeks, come back to see me." The old lady comes back 2 weeks later and is angry. She says "What was in those pills? I fart just as much. You still can't hear them, but now they smell horrible!" The Doctor again nods his head and says, "Great, that takes care of your sinus problem, now let's work on your hearing."

ॐ

+ HEALTH BE ABOVE ALL ELSE +

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