

Dynamic Revolutionary Egalitarian Assurgent Motivative Society
(DREAMS)

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“DREAMS - e - homoeo”

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*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. Also worked during natural calamities like earthquake and epidemics.

Chief Editor
Dr. Anupam Sethi Malhotra

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CLINICAL TIPS OF DR. D.P. RASTOGI

Drugs for common cold : Puls., Carbo veg., Euphrasia, Allium cepa, Iodium, Kali iod., Arsenicum iod., Psorinum, Nux vom.

Stuffed up nose but no relief from blowing : Lachesis, Kali bich., psorinum, Naja, Sticta pulmonaria.

(Contributed by *Dr. Navneet Bidani*)

QUOTE

The fragrance of flowers spreads only in the direction of the wind.
But the goodness of a person spreads in all direction

Chanakya

REGULAR FEATURES

Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts

General Medical Info
Latest Info
Investigation Tips
Retro

Lighter Moments
Jokes
Quiz
Quotes

HEALTH TIPS

Mix a pinch of chewing tobacco and a drop of water and apply directly and immediately on sting ; and cover with sticking plaster to hold in place. Pain will go away in few minutes.

By **Dr. S.S. Vithal**
www.drivithal.com

B.H.M.S. (I & II YEAR)
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POINTS TO PONDER.....

When flood comes, fish eat ants & when flood recedes, ants eat fish. Only time matters. Just hold on, God gives opportunity to everyone!

Dr. Prasant

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DR. K.K. AGGARWAL'S TIPS

Cirrhosis of Liver

Cirrhosis is a severely scarring disease of the liver due to many years of continuous injury. The most common causes are longstanding alcohol abuse and hepatitis B or hepatitis C virus. Cirrhosis cannot be cured but one can prevent the disease from worsening. Here is a recap of some essential information about the disease.

1. Liver is a large organ (around 1.5 kg), located in the right upper abdomen, beneath the rib cage and performs many essential functions.
2. Liver can repair itself when injured but the healing process involves scar formation. Repeated or continuous injury can cause significant scarring. One can tolerate a partially scarred liver without serious consequences but eventually, the scar can become severe enough to cause symptoms.
3. Causes of liver injury include longstanding alcohol abuse, chronic hepatitis (B or C) and nonalcoholic steatohepatitis, a condition that causes inflammation and accumulation of fat and fibrous tissue in the liver.
4. People with early cirrhosis may or may not have symptoms.
5. In advanced cases, scarring may make it difficult for blood to flow through the liver. As a result, veins in other areas outside of the liver become abnormally expanded are called varices.
6. A site where varices are common is the food pipe or esophagus. When the pressure in the varices reaches a certain level, the varices can burst causing massive bleeding called variceal bleeding.

.....to be contd

Padma Shri and Dr B C Roy National Awardee
Dr. K.K. Aggarwal

JONOSIA ASOCA/ JANOSIA ASHOKA

Various clinical conditions in which Ashoka is used:-

1. Leucorrhoea
2. Amenorrhoea
3. Metorrhagia
4. Menorrhagia
5. Uterine colic
6. UTIs
7. Haemorrhoides
8. Reflex headaches arising due to uterine pathology

Trivia

- This drug has been accepted by the therapies of Allopathy, Homoeopathy, Hekimi etc. with the names of Ashoka cordiel; Tin Ashoka; vibro Ashoka; Ashoka compound.
- It is used in disorder related to menstrual cycle and axis.
- According to Ayurveda, intake of bark of Ashoka with boiled milk is a remedy for menstrual disorders. It is also helpful in dysmenorrhoea.
- It is also known as a nourishing tonic for uterus.

Dosage: Tincture to low potencies

Contributed by
Dr Saurav Arora
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audesapere.in

YOUR RESPONSES

I am an allopathic doctor. In the beginning I used to delete your mails thinking that it a homoeopathic news letter. Today it was read by me and to my surprise, it contains many useful articles. Thanks for mailing to me.

DR.G.M.SINGH

11th issue is interesting, Dr. Anupam. Dr. Bidani's views on skin diseases and local application are in tune with great Hahnemann's theory. Congrats!

Dr. Shiv Dua

LAUGHTER DOSE

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped centimeters from a shop window. For a second everything went quiet in the cab, then the driver said, "Look mate, don't ever do that again. You scared the daylight out of me!" The passenger apologized and said, "I didn't realize that a little tap would scare you so much." The driver replied, "Sorry, it's not really your fault. Today is my first day as a taxi driver; I have been driving funeral van for past 25 years.

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B VITAMIN DEFICIENCY

Vitamin B₁ (thiamine)

Deficiency causes beriberi. Symptoms of this disease of the nervous system include weight loss, emotional disturbances, Wernicke's encephalopathy (impaired sensory perception), weakness and pain in the limbs, periods of irregular heartbeat, and edema (swelling of bodily tissues). Heart failure and death may occur in advanced cases. Chronic thiamine deficiency can also cause Korsakoff's syndrome, an irreversible psychosis characterized by amnesia and confabulation

Vitamin B₂ (riboflavin)

Deficiency causes ariboflavinosis. Symptoms may include cheilosis (cracks in the lips), high sensitivity to sunlight, angular cheilitis, glossitis (inflammation of the tongue), seborrheic dermatitis or pseudo-syphilis (particularly affecting the scrotum or labia majora and the mouth), pharyngitis (sore throat), hyperemia, and edema of the pharyngeal and oral mucosa

Vitamin B₃ (niacin)

Deficiency, along with a deficiency of tryptophan causes pellagra. Symptoms include aggression, dermatitis, insomnia, weakness, mental confusion, and diarrhea. In advanced cases, pellagra may lead to dementia and death (the 3(+1) Ds: dermatitis, diarrhea, dementia, and death).

.....To be contd

HOMOEOPATHIC REVIVAL

A MONTHLY HOMOEOPATHIC NEWSLETTER

DR. D.K. BHARDWAJ: 9871020702

REPERTORY

THINGS THAT DISAGREE

- **Beer** -- Ferr. m., *Kali bich.*
- **Bread** -- Ant. c., *Hydr.*, *Lyc.*, *Nat. m.*,
Nit. ac., Puls.
- **Butter** -- Carbo an., *Carbo v.*, *Nat. m.*,
Puls.
- **Cabbage** -- *Bry.*, *Carbo v.*, *Kali c.*, *Lyc.*,
Petrol.
- **Cheese** -- Col.
- **Coffee** -- Carbo v., *Lyc.*, *Nux v.*
- **Eggs** -- Colch.
- **Fish** -- Carbo v.
- **Meat** -- Ars., Bor., *Bry.*, *Carbo v.*,
Cinch., Mag. m., *Nat. m.*, *Puls.*, Selen.,
Sil., Ver. a.
- **Melons** -- Zing.
- **Mushrooms, poisonous** -- Camph..
- **Onions** -- Brom., *Lyc.*, Thuya.
- **Oysters** -- Carbo v., *Lyc.*
- **Pastry** -- Ant. c., *Lyc.*, *Puls.*
- **Pork** -- Ant c., *Carbo v.*, *Cycl.*, *Puls.*
- **Potatoes** -- *Alum.*, Sep.
- **Sausage** -- Acet. ac., Ars., Puls.
- **Soup** -- *Kali c.*
- **Strawberries** -- Ox. ac.
- **Sweets** -- *Arg. n.*, *Ipec.*, *Lyc.*, Sul.,
Zinc..
- **Vegetables** -- *Hydr.*
- **Vinegar** -- Ant. c., *Carbo v.*
- **Water** -- *Ars.*, *Chin. ars.*

INVESTIGATION TIPS

POLYSOMNOGRAPHY

Polysomnography or sleep study is a test that measures different physical and physiological parameters while a subject is asleep. A polysomnography test includes:

An **EEG** (electroencephalogram) monitors brain waves,

An **EOG** (electro-oculogram) monitors eye movements,

An **EMG** (electromyogram) monitors muscle activity,

Measurement of oral and nasal **airflow**,

Measurement of chest and abdominal **movement**,

Audio recording of the loudness of **snoring**,

Oximetry (blood oxygen levels)

Video monitoring of the subject during the study



+ HEALTH BE ABOVE ALL ELSE +

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Let's get quizzical

Dystychiphobia is fear of ?????

And the **medicines** are ?????

answer for last quiz

Medicine for diarrhoea from chocolate
.....**lithium**

Correct answers by

Dr. Madhu, Dr. Ruchi, Dr. Vijay, Dr. Anil

NOTICE

As per Govt. norms now it is mandatory to display the Registration Certificate with the latest Photograph of the practitioner on it at the place where practicing. Therefore, all the practitioners are directed to surrender their old registration certificate in the Board's office & apply for the new certificate as per enclosed Performa at Annexure - I along with their latest photograph & display the same at the place where practicing.

All the Registered Medical Practitioners of this Board of Homoeopathic System of Medicine, Delhi are hereby informed that as per decision of the Board taken in its meeting, new registration certificates are going to be issued to all the practitioners registered with this Board against a payment of `100/- only

The application can be submitted on any working day between 11.00AM to 04.00PM (1.30 to 2.00 PM - lunch) & the payment can be made by demand draft/cheque in the favour of "Board of Homoeopathic System of Medicine, Delhi". The certificates will be distributed in the Board's office on 07.03.2011, initially to begin with and subsequently in the forthcoming months.

The practitioners are directed to submit their documents in the Board's office 07 days before the date of distribution.

To,
The Registrar,
Board of Homoeopathic System of
Medicine,
Delhi

Sir,
With regards I would like to inform you that I Dr..... is registered with this Board at SL. No..... dated on the basis of qualification. With reference to your memorandum & as per Govt. norms you are, requested to kindly issue me a new Certificate with my photograph on it. I am surrendering my old registration certificate along with prescribed Performa, one passport size photograph & requisite fee of Rs.100/- for your perusal.

Thanking you,

Yours faithfully,

Dt.:-.....

Dr.....

Resident of :-.....

Clinic Address :-.....

Tel. No. :-.....

E - mail :-.....

Disclaimer: The opinions expressed in the articles published in the 'Dreams e homoeo' belong solely to the authors. The Editorial board may or may not be in agreement with the views expressed in the news-letter by the respective authors
