

Dynamic Revolutionary Egalitarian Assurgent Motivative Society

(DREAMS)

A charitable society registered under the societies registration act,,XXI of 1860

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

Thursday
March, 2011
Issue 13



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

- 'All statements qualified' is a strong indication for **Sulphur**.
- 'Blue sclerotic' and 'hair from arm up to the shoulder' is a good pointer to **Tuberculinum bovinum**.
- 'Migraine' at the time of menses is a good pointer to **Sepia**.

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

Quote

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

Mark Twain

Regular Features

Homoeopathic Topics
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Stalwarts

General Medical Info
Latest Info
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Retro

Lighter Moments
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Tips on Sehgal Method

Sehgal Method is the art of prescribing on the mental state of the patient. This method was introduced by **Dr. M. L. Sehgal**, way back in 1977, where more emphasis is given on the **feelings of the patient** without the applications of miasms, modalities or physical generals and such feelings being expressed by the patient in the form of speech, action or gestures while telling about their physical problems. More emphasis is given to the **most common & ordinary symptoms** rather than rare, peculiar and striking symptoms.

e. g. a patient says:

1) Since I have fever I don't feel like talking to anybody-interpreted as **TALK, indisposed to.**

2) Since two days I had been having fever, but today it has increased. I fear it may not increase further is taken as **FEAR, extravagance of**

3) Cure me immediately so that I can go to work. I cannot afford to leave my work taken as **-BUSINESS, talks of**

...to be Contd

Dr. Preeti Sehgal

B.H.M.S. (I & II YEAR)

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Dr. K.K. Aggarwal's tips

Cirrhosis of Liver (...Contd from previous)

7. Body fluids may accumulate as a result of liver scarring and a decreased ability to manufacture blood proteins. Fluid may accumulate in legs (edema), abdomen (ascites) or lung (pleural effusion).
8. Ascites may cause the abdomen to enlarge, which can cause shortness of breath and a feeling of fullness. The fluid provides an environment where bacteria can grow, increasing the risk of infection.
9. Patients are at risk of easy bruising and bleeding. Variceal bleeding can be fatal.
10. Hepatic encephalopathy is a condition that develops when the liver is unable to break down toxins normally found in the bloodstream, such as ammonia. The patient may have confusion or even coma. In early stages, there may be mild symptoms, such as difficulty sleeping or sleeping too much. Advanced cases can cause confusion, delirium, and even coma. Encephalopathy can develop suddenly and may become a medical emergency.
11. Patients with cirrhosis have a weak immune system and are vulnerable to infections.
12. Malnutrition is common and can cause loss of muscle in various areas of the body.
13. Patients with advanced cirrhosis have jaundice.
14. Cirrhosis patients are at an increased risk for developing liver cancer.
15. Tests are done to confirm the diagnosis, determine the cause and severity and also monitor for complications.
16. Liver biopsy is the best way to confirm the diagnosis of cirrhosis.

.....to be Contd

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

Coca.

For persons who are wearing out under the physical and mental strain of a busy life; who suffer from exhausted nerves and brains (compare, Fluor. ac.). Melancholy, from nervous exhaustion; bashful, timid, ill at ease in society. Sad, irritable; delights in solitude and obscurity (patient desires light and company- Stram.). Longing for alcoholic liquors and tobacco; for the accustomed stimulants. Want of breath: in those engaged in athletic sports; shortness of breath, in old people; in those who use tobacco and whiskey to excess. Hemoptysis, with oppression of chest and dyspnea. Sleepy, but can find no rest anywhere. Violent palpitation: from incarcerated flatus (Arg. n., Nux); from overexertion; from heart strain (Arn., Bor., Caust.). Bad effects: from mountain climbing or ballooning (Ars.); of stimulants, alcohol, and tobacco. Prevents caries of teeth.

Laughter dose

A lady dropped her handbag in the bustle of holiday shopping. An honest, little boy noticed her drop the handbag, so he picked it up and returned it to her. The lady looked into her handbag and commented, "Hmm... That's funny. When I lost my bag there was an Rs20 note in it. Now there are twenty Re1 notes." The boy quickly replied, "That's right, lady. The last time I found a purse, the owner didn't have any change for a reward."

Fun facts

- Research indicates that mosquitoes are attracted to people who have recently eaten bananas.
- The animal responsible for the most human deaths world-wide is the mosquito.

Your responses

Hello Anupam,
A nice informative e-mag.
Please continue. I wish you
all the best.

Dr. Vijay Pal Singh

Dear Dr. Anupam,
This is a very nice initiative
by you and others in the
editorial board....looking
forward to much more
informative stuff !

Dr. Nuvur Das

Points to ponder.....

Some people always throw stones
in your path. It depends on you
what you make with them. Wall?
Or Bridge? Remember, you are the
architect of your life.

Dr. Prasant

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B vitamin deficiency

...Contd from previous

Vitamin B₅ (pantothenic acid)

Deficiency can result in **acne** and **paresthesia**, although it is uncommon.

Vitamin B₆ (pyridoxine)

Deficiency may lead to **microcytic anemia** (because pyridoxyl phosphate is the cofactor for heme synthesis), **depression, dermatitis, hypertension, water retention**, and elevated levels of **homocysteine**

Vitamin B₇ (biotin)

Deficiency does not typically cause symptoms in adults but may lead to **impaired growth** and neurological disorders in infants. Multiple carboxylase deficiency, an inborn error of metabolism, can lead to biotin deficiency even when dietary biotin intake is normal.

Vitamin B₉ (folic acid)

Deficiency results in a **macrocytic anemia**, and elevated levels of **homocysteine**. Deficiency in pregnant women can lead to **birth defects**. Researchers have shown that folic acid might also slow the insidious effects of age on the brain.

Vitamin B₁₂ (cobalamin)

Deficiency results in a **macrocytic anemia, elevated homocysteine, peripheral neuropathy, memory loss** and other **cognitive deficits**. It is most likely to occur among elderly people, as absorption through the gut declines with age; the autoimmune disease pernicious anemia is another common cause. It can also cause symptoms of **mania** and **psychosis**. In rare extreme cases, **paralysis** can result.

HOMOEOPATHIC REVIVAL

A MONTHLY HOMOEOPATHIC NEWSLETTER.

DR. D.K. BHARDWAJ : 9871020702

Repertory

AGGRAVATION

Anger -- *Bry.*, *Cham.*, *Col.*, *Ign.*, *Nux v.*, *Staph*

Fright -- *Acon.*, *Gels.*, *Ign.*, *Op.*, *Ver. a.*

Grief -- *Aur.*, *Gels.*, *Ign.*, *Phos. ac.*, *Staph.*, *Ver. a.*

Consolation -- *Cact.*, *Graph.*, *Helleb.*, *Ign.*, *Lil. t.*, *Nat. m.*, *Sabal*, *Sep.*, *Sil.*

Conversation -- *Ambra*, *Cocc.*, *Phos. ac.*, *Stann.*

Laughing -- *Arg. m.*, *Dros.*, *Mang. ac.*, *Phos.*, *Stann.*, *Tellur.*

Bright objects -- *Bell.*, *Canth.*, *Coccinel.*, *Lyssin*, *Stram.*

Gaslight -- *Glon.*, *Nat. c*

Dark -- *Ars.*, *Calc. c.*, *Carbo an.*, *Phos.*, *Stram.*

Daylight to sunset -- *Med.*

Fasting -- *Croc.*, *Iod.*

Fats -- *Carbo v.*, *Cycl.*, *Kali m.*, *Puls.*, *Thuja.*

Let's get quizzical

**Catoptrophobia is the fear of ???
and the medicines are ??????**

answer for last quiz

Dystychiphobia is the fear of accidents
and the medicines are **carbo v**, **aco**,
cupr

Correct answers by

Dr. sunil, Dr. Ruchi, Dr. Naveen, Dr. Anuj

Investigation tips

SGPT

SGPT or serum glutamic pyruvic transaminase is also called Alanine transaminase (ALT) or alanine aminotransferase (ALAT).

It is commonly measured as a part of liver function tests, to determine liver health. Normal values are **5-60** U/L .

Significantly **elevated levels** suggest:
Viral hepatitis,
Congestive heart failure,
Liver damage,
Bile duct problems,
Infectious mononucleosis,
Or myopathy



+ HEALTH BE ABOVE ALL ELSE +

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HOMOEOPHARMACY

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Organon

The Philosophy of Homœopathy rests upon the following general interpretations of the System of Nature which Science universally recognizes as fundamental.

1. The laws and ways of Nature are uniform and harmonious.
2. Effects follow causes in unbroken succession.
3. To every action there is an equal and opposite reaction.
4. Action and reaction are ceaseless, equivalent and reciprocal.
5. Motion is, ceaseless and transformation continuous.
6. Matter is indestructible and infinitely divisible.
7. Force is persistent and indestructible.
8. The quantity of action necessary to effect any change in nature is the least possible.

Dr Stuart M. CLOSE

Mental health

Mental health as described by the American Medical Association is the sum total of the following qualities and capabilities:

- (1) Emotional stability.
- (2) Maturity of character.
- (3) Ability to recover from the paralyzing stresses of life in quick time.
- (4) Ability to judge reality accurately.
- (5) Ability to foresee and far see.
- (6) Ability to love, and sustain affectionate relationship with people around.
- (7) Ability to work cheerfully and productively.
- (8) Ability to gratify hunger thirst and sex urges in such a way as not to hurt other or oneself.
- (9) Having an effective conscience.

Vashisht

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