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

Pulsating pain right hip: **Ptelea**  
Pain external throat extending to eye : **Selenium**  
Pain under the left scapula : **Oxalicum acidum**

*(Contributed by Dr. Navneet Bidani)*

**Quote**

I have not failed. I've just found 10,000 ways that won't work.

**Thomas Alva Edison**

**Regular Features**

**Homoeopathic Topics**  
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### Tips on Sehgal Method

Sehgal Method is based on **practical knowledge** rather than theoretical and is simple, quick and easily comprehensible. Let us discuss some more rubrics which are very frequently applied....

**FRIVOLOUS:** *Meaning-Casual, Not worth of serious consideration. Taking the matters lightly without becoming serious as others would have taken under similar situation.*

The patients show same attitude towards their disease also. That is why they are often unaware of their disease at the onset and often brought by others or when disease start affecting their routine.

#### VERSIONS:

- I don't know since how long I am sick. I never paid attention to it.
- My family member reminded me or forced me to come to you.
- I was passing by the road saw your board ,thought let me show you.
- I came to show my son to you, thought show you myself as well, Otherwise I WOULD'N'T HAVE COME for myself.
- I don't take medicine immediately.
- Throat is infected but on seeing GOLGAPPA can't resist. Let me eat now, afterwards I will see.

All this show patient's FRIVOLOUS nature, that is how lightly he is taking his problem.

...to be contd  
**Dr. Preetii Sehgal**

### Dr. K.K. Aggarwal's tips

#### Cirrhosis of Liver (...contd from previous)

25. Ascites and edema can lead to infection. Ascites can cause shortness of breath. Treatment is given to reduce the amount of fluid that collects in the lower legs and abdomen and includes diuretic fluid pills and low salt diet.
26. In patients who do not get adequate relief with fluid pills, periodic drainage of the abdominal fluid (paracentesis) may be required. After fluid removal, one needs to continue taking fluid pill and restrict salt.
27. If diuretics, paracentesis, and changes in diet are not completely successful then a TIPS (transjugular intrahepatic portosystemic shunts) procedure may be recommended to treat ascites.
28. People with cirrhosis should have tests to detect cancer of the liver with an ultrasound and a blood test every 6 to 12 months.
29. Cirrhosis patients can develop confusion, which is often subtle. Detecting confusion is important since treatment is available and the confusion itself can lead to serious problems (e.g., an automobile accident). A change in the sleep pattern (insomnia or sleeping too much) may be an early sign.
30. People with advanced cirrhosis may require a specialized diet. Most doctors do not recommend vitamins, herbs, or other supplements for people with cirrhosis.
31. Exercise is generally safe in whom the disease is not in an advanced stage. It may increase the risk of variceal bleeding in patients with advanced disease.
32. Some patients with cirrhosis will require a liver transplantation. The transplant involves replacing a damaged liver with a healthy liver. Donated liver comes from people who have suffered brain death or from living donors. Eighty percent of people are alive one year after liver transplant and the majorities are alive five years after transplant. This is compared to almost certain death in patients with very advanced cirrhosis who do not undergo transplantation. Most people who undergo transplantation for hepatitis C will develop recurrent hepatitis C after transplantation.

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

## Organon.....

### Aphorism 224

If the **mental disease** be not quite developed, and if it be still somewhat doubtful whether it really arose from a corporeal affection, or did not rather **result from faults of education, bad practices, corrupt morals, neglect of the mind, superstition or ignorance**, the mode of deciding this point will be, that if it proceed from one or other of the latter causes it will diminish and be **improved by sensible friendly exhortations, consolatory arguments, serious representations and sensible advice**, whereas a real moral or mental malady, depending on bodily disease, would be speedily aggravated by such a course, the melancholic would become still more dejected, querulous, inconsolable and reserved, the spiteful maniac would thereby become still more exasperated, and the chattering fool would become manifestly more foolish.

### Laughter dose

A man who makes caskets was on his way to deliver one of the coffins when his car broke down. Trying not to be late, he put the coffin on his head and began heading to his destination. Some policemen saw him and wanted to make some money off him (bribe), so they challenged him: "Hey!!! What are you carrying and where are you going?"

The man said, "I do not like where I was buried, so I am relocating.

The Policemen ran for their lives.

## Your responses

Dear Dr. Anupam,

Let me congratulate you on this venture, and all the efforts that you are putting in. I also must mention here that in Dr. Navneet Bidani, you have a very dedicated person, in your team. I have all the confidence on his sincerity. Likewise Dr. Shiv Dua is also a good prolific writer, and am confident would be an asset to you. Regarding Dr. Sehgal's School, I feel you are doing a great service by trying to provide the dictionary meaning of the Rubrics in the Mind Section, as this is the only way to understand this.

Best luck, and blessings to you,

DR. R.N. WAHI

## Health Tips

Food combinations and smart cooking ideas can make mealtimes more enjoyable. This will also add to the variety of food types in the daily diet.

By **Dr. S.S. Vithal**  
[www.drivithal.com](http://www.drivithal.com)

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## Personality disorder

Personality disorders are a long-standing and maladaptive pattern of perceiving and responding to other people and to stressful circumstances.

There are ten **Specific personality disorders**, grouped in three clusters. There are more behavioral patterns that do not match these ten disorders, but nevertheless exhibit characteristics of a personality disorder. This category is labeled **Personality disorder not otherwise specified**.

### I. Specific personality disorders

#### Cluster A (odd or eccentric disorders)

1. **Paranoid personality disorder:** (*irrational suspicions and mistrust*)
2. **Schizoid personality disorder:** (*lack of interest in social relationships*)
3. **Schizotypal personality disorder:** (*odd behavior or thinking*).

#### Cluster B (dramatic, emotional or erratic disorders)

4. **Antisocial personality disorder:** (disregard for the law and the rights of others).
5. **Borderline personality disorder:** (extreme "black and white" thinking)
6. **Histrionic personality disorder:** (pervasive attention-seeking behavior.)
7. **Narcissistic personality disorder:** (a pervasive pattern of grandiosity, need for admiration, and a lack of empathy.

#### Cluster C (anxious or fearful disorders)

8. **Anxious (avoidant) personality disorder:** (social inhibition, feelings of inadequacy)
9. **Dependent personality disorder:** (psychological dependence on other people)
10. **Obsessive–compulsive personality disorder:** (rigid conformity to rules, moral codes and excessive orderliness.

... to be contd

## Points to ponder.....

A wise man once sat in the audience and cracked a joke. All of them laughed like crazy. After a moment he cracked the same joke again & a little less people laughed this time. He cracked the same joke once again and no one laughed. Then he smiled and said "***when you cant laugh on the same joke again and again they why do you keep crying over the same thing over and over again***".  
Forget the past and MOVE ON.

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## An illegal Homeopathic Patent or Medicine

Controversy about, and shortages of, injected hCG for weight loss have led to substantial Internet promotion of "homeopathic hCG" for weight control. The ingredients in these products are often obscure, but if prepared from true hCG via homeopathic dilution, they contain either no hCG at all or only trace amounts.

The United States Food and Drug Administration has stated that this drug is fraudulent and ineffective for weight loss. It is also not protected as a homeopathic drug and has been deemed an illegal substance.

## Repertory

### FEAR

**accidents, of** : Acon., *carb-v.*, cupr., gins.

**animals, of** : Bufo., caust., **Chin.**, hyos., *stram.*

**bad news, of hearing** : *Calc-p.*, dros., lyss., nat-p.

**behind him, that someone is** : Anac., brom., crot-c., lach., med.

**betrayed, being** : Hyos.

**bitten, of being** : *Hyos.*, *lyss.*

**burden, of becoming a** : Raph.

**censured, of being** : Caps.

**cholera, of the** : *Lach.*, **Nit-ac.**

**cold, of taking** : Nat-c., sulph.

**cutting himself when shaving** : Calad.

**danger, impending, of** : Cimic., ether.

**disaster, of** : Elat., lil-t., psor., *puls.*

**dogs, of** : Bell., *caust.*, **Chin.**, *hyos.*, *stram.*, *tub.*

**downward motion, of** : *Bor.*, gels.

**drowned, of being** : Cann-i.

**epilepsy** : Alum., arg-n.

**extravagance, of** : Op.

**failure, of, in business** : *Psor.*

**fainting, of** : *Arg-n.*, aster., carb-an.,

**Lac-c.**

**fasting, of** : Kreos.

**eating, of** : Caust., grat., op., puls., tarent.

**fire, things will catch** : Cupr.

## Investigation tips

### Luteinizing hormone

Or **LH** is a hormone produced by the anterior pituitary gland. In *females*, an acute rise of LH triggers ovulation and development of the corpus luteum. In *males*, it is called **interstitial cell-stimulating hormone (ICSH)** and stimulates Leydig cell production of testosterone. LH levels are normally low during childhood and, in women, high after menopause.

### High LH levels are found in

Premature menopause, Gonadal dysgenesis, Turner syndrome, Polycystic Ovary Syndrome, Testicular failure

### Conditions with very low LH secretions are:

Hypothalamic suppression, Hypopituitarism, Eating disorder, Hyperprolactinemia, Gonadotropin deficiency.



+ HEALTH BE ABOVE ALL ELSE +

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## ABSINTHIUM

A perfect picture of epileptiform seizure is produced by this drug. Nervous tremors precede attacks. Sudden and severe giddiness, delirium with hallucinations and loss of consciousness. Nervous excitement and sleeplessness. Cerebral irritation, hysterical and infantile spasms come within range of this remedy. Poisoning by mushrooms. Chorea. *Tremor*. Nervousness, excitement, and sleeplessness in children.

**Mind:** Hallucinations. Frightful visions. Kleptomania. Loss of memory. Forgets what has recently happened. Wants nothing to do with anybody. Brutal.

**Head.**--*Vertigo, with tendency to fall backward*. General confusion. Wants head low. Pupils dilated unequally. Face blue. *Spasmodic facial twitching*. Dull occipital headache (*Gelsem, Picric ac*).

**Mouth.**--Jaws fixed. Bites tongue; trembles; feels as if swollen and too large; protruding.

**Throat.**--Scalded sensation; as of a lump.

**Stomach.**--Nausea; retching; eructation. Bloated around waist and *abdomen*. Wind colic.

**Urine.**--Constant desire. Very strong odor; deep yellow color (*Kali phos*).

**Sexual.**--Darting pain in right ovary. Spermatorrhoea, with relaxed, enfeebled parts. Premature menopause.

**Chest.**--Sensation of weight on chest. Irregular, tumultuous action of heart can be heard in back.

**Extremities.**--Pain in limbs. Paralytic symptoms.

**Dose.**--First to sixth potency.

*Vashisht*

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