

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. Also worked during natural calamities like earthquake and epidemics.

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**Chief Editor
Dr. Anupam Sethi Malhotra**

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Dr. Navneet Bidani
Dr. E. A Farooquee
Mr. Mahesh Gidwani**

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

Rash on palm of hands:	Fluoricum acidum
Pain in the sole of the feet:	Valeriana
Eruption on the back of wrist:	Rhus venenata

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

Quote

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

Sir Winston Churchill

Regular Features

**Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts**

**General Medical Info
Latest Info
Investigation
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Retro**

**Lighter Moments
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B.H.M.S. (I & II YEAR)

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Tips on Sehgal Method

It was the genius of Dr. Sehgal's method that we do not confine merely to the literal meaning, but versatile meaning of the rubrics without actually altering dictionary meaning so that they could be applied in large no. of patients. E.g.in Rubric:

LIGHT, desire for

Literal meaning: something that provides visibility, which illuminates.

Versatile meaning of rubric:

LIGHT: light in weight (which doesn't burden mind), **knowledge** (when light is thrown on something, it becomes visible and you become aware of it), **Assurance**.

DESIRE: A wish which may or may not be fulfilled.

FOR : on account of, about

So '**LIGHT, desire for**' means *wishes to know about disease, to lighten his mind, to get assurance*.

VERSIONS in Patient's language

* Dr. I don't want to put any sort of burden on my mind. I want to remain tension free.

* I don't think much about my disease .It creates unnecessary tension in mind.

* Dr., what has happened to me? Should I go for investigations?

* When I am sick I like to hear light music or see some light serials or company of a friend, who understands me and talk about the things I like, thus making me forget about my disease for a while and lightning my mind.

* Dr. , will I be cured ?

* I read medical books, search internet, medical articles in journals to have a thorough knowledge of my disease so that I could take necessary precautions.

Dr. Preetii Sehgal

Dr. K.K. Aggarwal's tips

Oculo stenotic reflex

If a coronary lesion measures 50% on angiogram on an asymptomatic patient the cardiologist (and patient) may be tempted to stent the lesion. "If you see a blockage you must open it and stent it" is the reaction referred to in the medical literature as the oculo-stenotic reflex.

Fractional Flow Reserve, or FFR, is a guide wire-based procedure that can accurately measure blood pressure and flow through a specific part of the coronary artery. The procedure is carried out through a standard diagnostic catheter at the time of a coronary angiogram. Measurement of Fractional Flow Reserve has been shown to be useful in assessing whether or not to perform angioplasty or stenting on 'intermediate' blockages.

The objective of opening up blockages in the coronary arteries is to increase blood flow to the heart. But several studies have shown that if a functional measurement, such as FFR shows that the flow is not significantly obstructed, the blockage or lesion need not be opened and the patient can be safely managed with drugs.

A few minutes of measurement with a special guide wire may reveal that an intervention won't have a significant impact on this particular blockage. Being able to better select cases not only saves costs, but contributes to more appropriate patient care.

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

Organon.....

There is much misapprehension about homœopathy among physicians as well as among the laity. Among physicians there is a feeling that if we know the materia medica that is all that is required. The materia medica is indeed important, and its thorough comprehension and study is needed at all times; but unless the homœopathic physician has a concept of the philosophy, of the reasons underlying the administration of the remedy, he will never make a careful homœopathic physician.

The study of the materia medica by Hahnemann would have caused no disturbance among the medical men of his day; it was when Hahnemann taught his fundamental principles that he drew forth antagonism and ire as against a new and revolutionary (and therefore dangerous) doctrine. So in order to understand homœopathy, and to get the proper concept of administering our remedies, and even of taking the case and eliciting symptoms, we must get Hahnemann's concept of the principles that enter into the studies of the homœopathic physician.

One of the first and foremost elements with which the homœopathic physician must be conversant is the different forms of energy, for it is on this basis only that we can prescribe homœopathically.....

- Dr. H.A. Roberts

Laughter dose

Santa enters kitchen, opens sugar container, looks inside and closes it. He does this again and again.

Why?

..Because his Doctor told him to check sugar level regularly

Your responses

Dear Anupam,
I am happy to read this e initiative regularly. Keep it up!

Dr. R. K. Manchanda,
*M.D. (Hom), M. B. A. (Health care),
Deputy Director (Homoeopathy)
Govt. of NCT of Delhi*

Dear Dr. Anupam,
Congrats for a wonderful e-magazine which incorporate HMM, Repertory as well as Organon with practical tips. Wish u all the best. I'll like to participate in this journey by sending some articles. Thanks.

Dr. Pradeep Garge

Health Tips

Eating pumpkin as vegetable or salad or even adding its juice in daily diet is highly useful. It is natural antioxidant and alkaline in nature.

By **Dr. S.S. Vithal**
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Personality disorders

Paranoid personality disorder:

Is a condition characterized by excessive **distrust** & suspiciousness of others. **They think they are in danger** and look for signs and threats of that danger, disregarding any facts. Their combative and suspicious nature may elicit a hostile response in others, which then serves to confirm their original expectations. They are often **rigid, critical of others**, and unable to collaborate, although they have great difficulty accepting criticism themselves, characterized by at least 3 of the following:

- Excessive sensitivity to setbacks and rebuffs;
- Tendency to bear grudges persistently, i.e. refusal to forgive insults and injuries or slights;
- Suspiciousness and a pervasive tendency to distort experience by misconstruing the neutral or friendly actions of others as hostile or contemptuous;
- A combative and tenacious sense of personal rights out of keeping with the actual situation;
- Recurrent suspicions, without justification, regarding sexual fidelity of spouse or sexual partner;
- Tendency to experience excessive self-importance, manifest in a persistent self-referential attitude;
- Preoccupation with unsubstantiated "conspiratorial" explanations of events both immediate to the patient and the world.

A **genetic contribution, negative internal feelings** and **parental modeling** are supposed to be the causes. This disorder may be first apparent in childhood and adolescence with solitariness, poor peer relationships, social anxiety, hypersensitivity, peculiar thoughts and language, and idiosyncratic fantasies

Treatment: Because of reduced levels of trust, there can be challenges in treating paranoid personality disorder. However, **psychotherapy, antidepressants, antipsychotics** and **anti-anxiety** medications can play a role

Points to ponder.....

One of the basic differences between GOD and human is that, GOD gives and forgives. & human gets, gets and forgets. Be thankful in life.

**Dr. Prasant
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HOMOEOPATHIC REVIVAL

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**Dr. D.K. Bhardwaj :
9871020702**

Just for reference...

ABRUPT : Nat-m., *tarent.*

FRIVOLOUS : Arn., bar-c., merc., par., spong.

LIGHT, desire for : *Acon., am-m., Bell., calc., Gels., lac-c., nat-m., ruta., Stram., valer.*

Investigation tips

Prostate-specific antigen (PSA) is a protein produced by the cells of the prostate gland. It is present in small quantities in the serum of men with healthy prostates, but is often elevated in the presence of prostate cancer. Rising levels of PSA over time are associated with both localized and metastatic prostate cancer.
PSA threshold > 20 ng/ml

Repertory

....of warts (location)

EYES: Arund., *calc.*, cinnb., *merc.*, *nit-ac.*, phos., staph., **Thuj.**

canthi : Calc., nit-ac.

Eyebrows : Anan., *caust.*, *thuj.*

Eyelid : *Caust.*, cinnb., *nit-ac.*, sulph., **Thuj.**

Right, lower : *Nit-ac.*

Bleeding when touched : Nit-ac.

Iris : *Cinnb.*, **Merc.**, staph., *thuj.*

Sclerotic : Arund.

Behind ear, inflamed and ulcerated : Calc.

On the ears : Bufo.

NOSE: *Caust.*, *nit-ac.*, **Thuj.**

Inside nose : Nit-ac.

FACE: *Calc.*, **Caust.**, **Dulc.**, *kali-c.*, *lyc.*, *nit-ac.*, *sep.*, sulph., *thuj.*

Chin : *Lyc.*, **Thuj.**

Lips : *Caust.*, *kali-s.*, **Nit-ac.**, *thuj.*

Mouth, around : Cund., *psor.*

Palate : Arg-n.

Tongue : Aur-m-n., *aur-m.*, aur., *lyc.*, mang., staph.

THROAT : *Arg-n.*, *merc-c.*, *nit-ac.*, *thuj.*

Homoeopathy vs Allopathy

Homoeopathy is a technique by which we treat chronic diseases, auto immune diseases, autoimmune deficiency diseases and genetic diseases. Homoeopathy also prevents such diseases through same technique. Homoeopathy is only system in the world which has ability to cure the patient having such diseases. Allopathic system of medicine has ability to manage effects of such diseases with full confidence even in worse condition.

Homoeopathy believes in immaterial cause of such chronic diseases whereas Allopathy does not believe in such theory

Homoeopathy uses medicines in immaterial form whereas Allopathy uses medicines in material form.

Homoeopathy believes that the cause behind chronic disease is on immaterial (dynamic) level and has relation with the immaterial (dynamic) characteristics of the individual. Allopathy believes in material causes or pathogens (virus bacteria, chemicals).

Dr. E. A. Farooquee



+ HEALTH BE ABOVE ALL ELSE +

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FUN FACTS

Onions help reduce cholesterol if eaten after a fatty meal

Chewing on gum while cutting onions can help a person from stop producing tears.

Contrary to popular belief, a swallowed chewing gum doesn't stay in the gut. It will pass through the system and be excreted.

Kalmia Latifolia.

Adapted to acute neuralgia, rheumatism, gouty complaints, especially when heart is involved as a sequel of rheumatism or gout. In heart diseases that have developed from rheumatism, or alternate with it. Pains sticking, darting, pressing, *shooting in a downward direction* (Cac. - upward, Led.); attended or succeeded by *numbness of affected part* (Acon., Cham., Plat.). Severe stitching pain in right eye and orbit (left eye, Spig.); stiffness in muscles, pain < when turning the eyes (Spig.); begins at sunrise, < at noon and leaves at sunset (Nat. m.). Rheumatism: pains intense, change places suddenly going from joint to joint; joint hot, red, swollen; worse from least movement. Vertigo when stooping or looking down (Spig.). Pulse slow, scarcely perceptible (35 to 40 per minute); pale face and cold extremities.

Relations. - Similar: to, Led., Rhod., Spig., in rheumatic affections and gout. It follows Spig., well in heart disease.

Vashisht

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