

Dynamic Revolutionary Egalitarian Assurgent Motivative Society
(DREAMS)

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

“DREAMS - e - homoeo”

a weekly newsletter 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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Clinical tips

Pain in elbow **oleum jec**
Pain in toes **daphne indica**
Pain in hip joint **tango**
Calcaneal spur **aranaea**

*(contributed by **Dr. Nirmaljeet Singh**)*

Quote

A good way to change someone's attitude is to change our own.

Because, the same sun melts butter, also hardens clay!

Life is as we think, so think beautifully.

Regular features

Homoeopathic topics
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Material medica
Organon
Repertory
Stalwarts

general medical info
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Health Tips

before going for each major meal, one must take salads made of fresh fruits and vegetables. This will ensure supply of vitamins and fibers and also create a fullness effect preferred by many weight watchers.

By **Dr. S.S. Vithal**

Repertory

EYEBALLS bad effects from....

- Snow, exposure to **Acon., Cic.**
- Electric or artificial light, **Glon., Jabor.**
- Glare of fire, **Acon., Canth., Glon., Merc.**
- Sight seeing, moving pictures,..... **Arn.**

Question: Principles of similia similibus curenter will not suffice but the therapeutic law of nature on which this principle is based must also be followed, Discuss.

Answer: As we know that the nature's law of cure exists since the eternity. This law is infallible law of nature which has been there since this universe came into existence. This fact was fully understood by Master Hahnemann in his initial years with Homoeopathy and quest to find the true, rational and non torturous healing art. He was a learned person who went through the history of medicine again and again to search the real truth. While going through the philosophy of medical advancement since mankind came into existence he found that there exist something beyond the materialistic nature of disease and medicine. Disease is nothing but the ex-pression of derangement of the vitality and this derangement can only be corrected through the proper and judicial employment of agents which are capable of deranging and thus have the power to stimulate the human system in like manner. But the question aroused, "what should be the ground reality of this cure?" While searching into this matter Hahnemann came across the fact of Nature's law of cure which is basis of every real cure happened on this earth ever. He also enquired deeply into the history and reported some examples of real cure in Organon of medicine (aphorism 46). The cures reported here were natural cure in which one similar disease or diseased condition was cured by another disease process. The nature's law applies here but as we know nature doesn't create disease to remove disease from the body. These cures were examples of accidental cures in history. The basis remains the same "Natures law of cure" "Similia Similibus curenter". In continuation of his hard work he defined clearly the "Therapeutic law of nature" which says, "A weaker dynamic affection is permanently extinguished in the living organism by a stronger one, if the later (whilst differing in kind) is very similar to the former in its manifestations." Therapeutic law of nature is based upon the Nature's law of cure whereby it defines the guidelines upon which a cure will take place and how it will take place i.e. "Modus operandi of Homoeopathic cure". Now as we see Nature's law of cure is necessary for every cure but it doesn't happen on its own. It must be applied properly for a cure to take place. We can understand it in following manner:

- For cure to take place the dynamic affection of the medicinal substance is to stronger then the disease force.
- The dynamic force is to be similar not same (as in nature's law of cure)
- The curative dynamic force is to regulated (we can manage the dose and power of medicinal force by virtue of potencies and dose)

By Dr. Saurav Arora

Investigation tips

BERA Test (Hearing Evaluation in children)

- BERA (Brainstem evoked response audiometry) is an electro-physiological test procedure which studies the electrical potential generated at the various levels of the auditory system starting from cochlea to cortex.
- The stimulus either in the form of click or tone pips is transmitted to the ear via a transducer placed in the insert ear phone or head phone. The waves of impulses generated at the level of brain stem are recorded by the placement of electrodes over the scalp.
- BERA is resistant to the effects of sleep, sedation, sleep and anesthesia.
- An abnormal BERA is an indication for MRI scan.

QUERCUS GLANDIUM SPIRITUS

Spirit distilled from Tincture of Acorn Kernels

Used first by Rademacher for chronic spleen affections; *spleen-dropsy*. Antidotes effects of Alcohol. Vertigo; deafness, with noises in head. **Takes away craving for alcoholics**; give dose as below for several months. Dropsy and liver affections. Useful in gout, old malarial cases with flatulence.

Dose.--Ten drops to a teaspoonful of the distilled spirit three to four times a day. A passing diarrhoea often appears for a time when using it. Curative effect. Quercus acts well in trituration of the acorn 3x in splenic cases, flatulence, old malaria and alcoholic history (Clark).

Subhash Homoeo Store

D-1/27,
NEW CENTRAL MARKET,
MADANGIR,
PH.; 29956416

Lets get quizzical

Give the medicines for :-

Craving for apple

Craving for banana

Craving for oranges

Craving for tomatoes

Craving for cucumber

Note : the maximum correct entries would be awarded at the end of the year

Answer to last quiz

Craving for egg :

calc. Carb

Craving for fish :

Nat. M, sul a

Craving for pork :

crot h, tub

Craving for mutton:

abies, mag c

Craving for coffee :

Angustura

Craving for tea :

Alum, Hep

Craving for milk :

Rhus tox

Craving for soup :

Calc ars

Correct Answers By

Dr. Ruchi, Dr. Anurag , Dr. Vandana, Dr. Seema, Dr. Preeti

Calcaneal spur

- A **calcaneal spur** (or **heel spur**) is a nail like projection, located on the inferior or the posterior aspect of the calcaneus.
- An inferior calcaneal spur consists of a calcification of bone, which lies superior to the plantar fascia at the insertion of the plantar fascia and is often associated with plantar fasciitis and ankylosing spondylitis. It causes localized tenderness and pain made worse by stepping down on the heel
- A posterior calcaneal spur develops on the back of the heel at the insertion of the Achilles tendon.it may be large and palpable through the skin. It is associated with inflammation of the Achilles tendon (Achilles tendinitis) and cause tenderness and pain at the back of the heel that is made worse by pushing off the ball of the foot.
- Not all heel spurs cause symptoms. Some are discovered on X-rays taken for other purposes.
- Treatment is designed to decrease the inflammation and avoid reinjury. Icing reduces pain and inflammation. Heel lifts reduce stress on the Achilles tendon and relieve painful spurs at the back of the heel. Donut-shaped shoe inserts take pressure off plantar spurs.

Laughter dose

The health minister is visiting a psychiatric ward. He asks the head of psychology, "How do you determine if a patient is cured." The psychologist explains: "We take them to the bathtub, which is filled with water, hand them a spoon and a cup and ask them to empty the bathtub." "I see," says the health minister, "the cured person would choose the cup because it's bigger, and would empty the tub faster." "Actually no," replies the psychologist, "a normal person would simply walk


