

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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Editor : **Dr. Anupam Sethi Malhotra**

Editorial Board : **Dr. Navneet Bidani**  
**Dr. E. A Farooquee**  
**Dr. saurav arora**  
**Mr. Mahesh gidwani**

**Clinical tips**

Allergy to old books or files.....**Bromium**  
Allergy to pollen ..... **Pollen**  
Allergy to flowers..... **Allium cepa**  
Allergy to house dust.....**House dust**  
Allergy to smoke.....**Mentha piperata**

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

**Quote**

Life is like a coin. You can spend it any way you wish,  
but you only spend it once.

**Lillian Dickson**

**Regular features**

Homoeopathic topics  
Therapeutics  
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Retro

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### health tips

every meal should be enjoyed and consumed slowly. This will aid better digestion of food.

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

### Laughter dose

A: Did you hear that a baby was fed on elephant's milk and gained twenty pounds in a week.

B: That's impossible. Whose baby?

A: An elephant's.

### Repertory

#### ANXIETY

alone, when : **Ars.**, cadm., *dros.*, *mez.*, **Phos.**, rat., tab., zinc.

company, when in : *Acon.*, *ambr.*, bell., cadm., lyc., *petr.*, plat., stram.

crowd, in a : *Acon.*, *ambr.*, bell., lyc., *petr.*, plat., stram.

anger, during : Sep.

cruelties, after hearing of : *Calc.*

excitement, from : Asaf., *phos.*

anticipating an engagement : **Arg-n.**, gels., med.

expected of him, when anything is : *Ars.*

business, about : Anac., puls.

### Organon

**Homoeopathy is now extensively disseminated over the world, but, strange to say, by none are its doctrines so distorted as by many of its pretended devotees.**

**Homoeopathics treats of both the *science* and the *art* of healing by the law of similars, and if the *art* is to remain and progress among men the science must be better understood than at present.**

**To apply the art without the science is merely a pretension, and such practice should be relegated to the domain of empiricism.**

**To safely practice the art of curing sick people, the homoeopathic physician must know the science.**

***Dr. James Tyler Kent***

## Investigation tips

- CPK (creatin phosphokinase) is an enzyme mostly found in the heart, brain, and skeletal muscle.
- When the total CPK level is high, this is an indication that there is an injury or stress to the heart, brain or the muscle tissue.
- CPK-1 or CPK-BB is mostly found in brain and lungs. The increase in CPK-BB is an indication that there could be injury to one or both these organs.
- CPK-2 or CPK-MB is mainly found in the heart. CPK-MB level rises 3-6 hours after heart attack. If there is no further damage, then the level will peak at 12-24 hours and will return back to normal after 12-48 hours after tissue death.
- CPK-3 or CPK-MM is mostly found in skeletal muscles. An increase in CPK-MM level is an indication of injury or stress in skeletal muscle. Some drugs also have the capability to increase CPK levels.

## Angelica

- produces disgust for liquor;
- also for atony of different organs,
- dyspepsia,
- nervous headache
- chronic bronchitis (to increase expectoration).

dosage in tincture, five drops, three times daily

**Subhash  
Homoeo  
Store**  
d-127, new  
central market  
madangir

## Lets get quizzical

Give the medicines for :-

- diarrhoea from cabbage :**
- diarrhoea from eggs**
- diarrhoea from meat**
- diarrhoea from polluted water**
- diarrhoea from melon**
- diarrhoea from pork**

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

Answer to last quiz

- Craving for apple..... Ant. Tart
- Craving for banana ..... Theridion:
- Craving for oranges .....Elaps
- Craving for tomatoes .....Ferrum
- Craving for cucumber..... Ant. C

**Correct Answers By**

**Dr. Ruchi , Dr. Preeti, Dr. Amit , Dr. Vijay,  
Dr. Sageeta**

## Anxiety neurosis

Anxiety is typically defined as a future-oriented, negative affective state with a component of fear, resulting from perception of threat and typified by a perceived inability to predict, control, or obtain desired results in upcoming situations. Phobic anxiety or panic disorder has been consistently associated with IHD. Panic symptoms may represent the more severe spectrum of anxiety or reflect somatic responses, especially of the cardiovascular system, to negative emotions, ie, fear of future uncertainties. Phobic anxiety and panic disorder are rarer than general anxiety. Anxiety disorders appear to be caused by an interaction of biopsychosocial factors, including genetic vulnerability, which interact with situations, stress, or trauma to produce clinically significant syndromes. In the central nervous system, the major mediators of the symptoms of anxiety disorders appear to be nor epinephrine and serotonin. Other neurotransmitters and peptides, such as corticotrophin-releasing factor, may be involved. Peripherally, the autonomic nervous system, especially the sympathetic nervous system, mediates many of the symptoms.

*Dr. G.P.S. Dhingra*

## Social Stress Leads To Atherosclerosis

Studies on genetically engineered mice show that social stress activates the immune system and accelerates the development of atherosclerosis. Commonly used drugs to reduce blood pressure, however, may stop this process. This is the conclusion of a thesis presented at the University of Gothenburg, Sweden.

Several large studies have clearly shown that there is a correlation between psychosocial stress and the risk of developing cardiovascular disease. However, little is known about why this is the case. The study has been conducted using mice that have been genetically modified to spontaneously develop atherosclerosis. Using mice as experimental animals allows the scientists to study cause and effect relationships in a controlled situation. situations that disrupt the social environment in which the mice normally live increased atherosclerosis, while more physical forms of stress did not. The scientists discovered that social stress increased blood levels of different markers of inflammation - which previously have been shown to accelerate the development of atherosclerosis. "When the sympathetic nervous system is activated, adrenalin is released and this increases the heart rate. also found some evidence that the sympathetic nervous system is responsible for the release of these inflammatory markers. studies suggest that social stress that activates the immune system is also the type of stress that can lead to the development of atherosclerosis

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