

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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Clinical tips

Retinal detachment**Phos 200 single dose**
Retinal detachment with haemorrhage**Crotalus h**
Glaucoma**Onosmodium**
Gall stone colic**Dioscoria**
Gall stones**BoldoQ, Berb. Q,
Cholestrinum 6x**

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

Quote

I have learnt silence from the talkative,
toleration from the intolerant, and kindness
from the unkind; yet strange, I am ungrateful
to these teachers.

Kahlil Gibran

Regular features

Homoeopathic topics
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Stalwarts

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Health Tips

Early morning meditation is very beneficial to relieve all sorts of mental and physical stress.

By **Dr. S.S. Vithal**
www.drivithal.com

Laughter dose

Anil : my doctor told me I had LOW BLOOD PRESSURE, but promptly gave me something to raise it.

Ajay : wow what did he give you.

Anil : HIS BILLS

Repertory

COLIC, PAIN

Anger [From] -- *Cham.*, Col., Staph.

Carriage riding [From] -- Carbo v., Cocc.

Cold [From] -- Acon., Cepa, *Cham.*, Col., Nux v.

Cheese [From eating] -- Col.

Cucumber salad [From eating] -- Cepa.

Gastric disorder [From] -- Carbo. v., *Cinch.*, Col., Diosc., Ipec., Lyc., *Nux v.*, *Puls.*

Uncovering [From] -- Nux v., Rheum.

Wet feet [From] -- Cepa, *Cham.*, Dolichos, Dulc.

Worms [From] -- Artem., Bism., *Cina*, Filix m., Granat., *Indigo*, Merc. s., Nat. p., Sabad., Spig.

Stalwarts.....

Post Script of a letter to a patient by Dr. Hahnemann.....

...Even should you be reduced to your last sixpence, remain cheerful and happy. Providence watches over us, and a lucky chance puts things right again. How much do we need in order to live, to restore our powers by food and drink, to shield ourselves from cold and heat? Little more than courage; when we possess that, we can find the minor essentials without much trouble. The wise man needs but little. Conserved strength does not need to be renewed by medicine.

The patient was an educated working man (a tailor) in Gotha, who, in spite of being delicate, reached the age of ninety-two years and did not die until 1851.

If you are trying to put your health on a sounder footing, any non-medical rules which I can advise you to follow consist in : not undertaking more work than your bodily strength can manage, nor trying to accomplish it too quickly.

Thus you will attain your object better. Anger and sorrow must be expelled from the bosom of a wise man, he must not allow them to enter.

Investigation tips

anti-t TG or ATA

The best initial laboratory test for diagnosis of **celiac disease** is *anti-tissue transglutaminase antibody (anti-tTG), IgA*. These are antibodies against the transglutaminase protein. High levels of ATA are found in almost all instances of coeliac disease. Though may be found in patients with several other conditions like juvenile diabetes, inflammatory bowel disease, and various forms of arthritis. Deposits of anti-tTG in the intestinal epithelium predict coeliac disease.

CHELONE GLABRA (Snakehead)

- A remedy in liver affections with pain or soreness of the left lobe of the liver and extending downwards.
- Dumb ague. Soreness of external parts, as if skin were off; debility. Malaise, following intermittents.
- Dyspepsia with hepatic torpor. Jaundice.
- **Round and thread worms. It is an enemy to every kind of worm infesting the human body.**

Dose.--Tincture, in one to five drop doses.



A monthly
homoeopathic
newsletter.
Dr. D.K. Bhardwaj ;
9871020702

Lets get quizzical

Give the medicines for :-

Diarrhoea from onion

Diarrhoea from coffee

Diarrhoea from chocolate

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

Answer to last quiz

diarrhoea from cabbage : **bry, petrol, podo**

diarrhoea from eggs: **china ars**

diarrhoea from meat : **ars, crot**

diarrhoea from polluted water **alston, camph,**

zingi

diarrhoea from melon

zingi

diarrhoea from pork

puls

**Dr. Sangeeta, Dr. Ajay, Dr. Bhavna, Dr. Ruchi, ,
Dr. Preeti, Dr. Anita, Dr. Vimmi,**

Your responses

All Accolades is too little to describe ur unique endavour, nay an avlaunche of homeopathic wisdom. Frankly, this is a venture targeted for people like us who skip the monthly CME meetings too often. Thanks & Congratulations once again.

Dr. R.K. Malhotra

Urine incontinence

Millions of women experience involuntary loss of urine called urinary incontinence (UI). Some women may lose a few drops of urine while running or coughing. Others may feel a strong, sudden urge to urinate just before losing a large amount of urine. Many women experience both symptoms. UI can be slightly bothersome or totally debilitating. For some women, the risk of public embarrassment keeps them from enjoying many activities with their family and friends. Urine loss can also occur during sexual activity and cause tremendous emotional distress.

Women experience UI twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. But both women and men can become incontinent from neurologic injury, birth defects, stroke, multiple sclerosis, and physical problems associated with aging.

The Types of Urinary Incontinence

Stress : Leakage of small amounts of urine during physical movement (coughing, sneezing, exercising).

Urge : Leakage of large amounts of urine at unexpected times, including during sleep.

Overactive Bladder : Urinary frequency and urgency, with or without urge incontinence.

Functional : Untimely urination because of physical disability, external obstacles, or problems in thinking that prevent a person from reaching a toilet.

Overflow : Unexpected leakage of small amounts of urine because of a full bladder.

Mixed : Usually the occurrence of stress and urge incontinence together.

Transient : Leakage that occurs temporarily because of a situation that will pass (infection, taking a new medication, colds with coughing).

Management:

Bladder retraining is a method that strengthens the muscles of your pelvic floor by maintaining a schedule for urination regardless of the need for urination.

On the other hand, practicing **kegel exercises** for three times a day can help contract pelvic floor muscles for 10 seconds and then relax them for 10 seconds.

Latest info

Vitamin D Deficiencies May Impact Onset Of Autoimmune Lung Disease

A new study shows that [vitamin D](#) deficiency could be linked to the development and severity of certain autoimmune lung diseases.

Brent Kinder, MD, UC Health pulmonologist, director of the Interstitial Lung Disease Center at the University of Cincinnati and lead investigator on the study, says vitamin D deficiencies have been found to affect the development of other autoimmune diseases, like [lupus](#) and type 1 [diabetes](#). "ILD is a group of diseases that mainly affect the tissues of the lungs instead of the airways, like [asthma](#) and [emphysema](#) do," says Kinder. "It causes scarring of the lungs, is more difficult to diagnosis and treat than other kinds of lung diseases and is often fatal.

Vitamin D deficiency has implications for other manifestations of autoimmune illnesses. It was seen that, reduced serum 25-hydroxyvitamin D levels were strongly associated with reduced lung function.

One of the next steps is to see if supplementation will improve lung function for these patients. Vitamin D is known to be a critical dietary factor for bone and skin health and could be used as a treatment to improve ILD as opposed to other, more toxic therapies.

Source: University of Cincinnati Academic Health Center
