

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 of **Dr. D.P. Rastogi**

Pain in Bone .....**Aurum, Mercurius, Sulphur.**

Pain in bone, trunk, finger tip covers .....**Kali carb.**

Pain in flesh, extremities .....**Kali Carb.**

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

**Quote**

Nature has given us two ears, two eyes, and but one tongue-to the end that we should hear and see more than we speak.

**Socrates**

**Regular Features**

Homoeopathic Topics  
Therapeutics  
Material Medica  
Organon  
Repertory  
Stalwarts

General Medical Info  
Latest Info  
Investigation Tips  
Retro

Lighter Moments  
Jokes  
Quiz  
Stories  
Quotes

### health tips

Everybody, especially after 25 years of age must take one tea spoon full of sesame seeds once a day. It is rich source of calcium and other good fatty acids, which is helpful in curing cancers, heart and other dreaded diseases.

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

### Laughter dose

There was this nervous patient whose imagination afflicts them with all kinds of ills which never materialize. One afternoon he staggered into the house. He was bent forward. He was bent forward. he tottered to a chair, and still curled into a half-moon shape, dropped into it. "Mary," he gasped, "it's come at last. There was no warning. All of a sudden I found I couldn't straighten up. I can't lift my head." When the doctor had arrived and looked over the patient, the wife inquired, "Is there any hope?" "Well," the doctor said, "it will help a good deal if he will unhitch the third buttonhole of his vest from the top button of his trousers.

### Repertory

#### VERUCCA (warts)

##### Location

- Body, in general** -- Nat. s., Sep.  
**Breast** -- Castor.  
**Face, hands** -- Calc. c., Caust, Carbo an., Dulc., Kali c.  
**Forehead** -- Castorea.  
**Genito-anal surface** -- Nit. ac., Thuya.  
**Hands** -- Anac., *Bufo*, Ferr. magnet., Kali m., Lach., Nat. c., *Nat. m.*, Rhus t., Ruta.  
**Neck, arms, hands, soft, smooth** -- Ant. c.  
**Nose, finger tips, eye brows** -- Caust.  
**Prepuce** -- Cinnab., Phos. ac., Sab.

### You asked.....

Q. As we know that Silicea has power of expulsion of foreign bodies from our body, What do you do when you get a patient whose similitum is Silicea (no doubts about it) - but he/she has a pace-maker?

**Dr. Santosh Walujkar,**  
**BHMS, Pune**

Answer: It is true that Silicea removes foreign bodies embedded in the tissues and organs. But it is necessary to understand the term foreign body. In the literal sense, it is a term for something that is NOT accepted by the body as its own, hence it tries to get rid of it by inflammation, suppuration abscess formation, which ultimately bursts open. This natural process is definitely augmented by Silicea. However, when an individuals constitution has accepted the substance without any untoward response, then in such cases Silicea will not have this effect.

**Dr. Navneet Bidani**

you can ask your doubts & queries by mailing us at [dranupamsmalhotra@rediffmail.com](mailto:dranupamsmalhotra@rediffmail.com) or directly at [drbidani@gmail.com](mailto:drbidani@gmail.com).  
We will try our best to answer your query as accurate as possible.

## DAMIANA (TURNERA)

Said to be of use in sexual neurasthenia; impotency. Sexual debility from nervous prostration. Incontinence of old people. Chronic prostatic discharge. Renal and cystic catarrh; *frigidity of females*. Aids the establishment of normal menstrual flow in young girls.

**Dose.**--Tincture and fluid extract-ten-to forty-drops doses.

### Your response.....

dear mam,  
its wonderful to see you for the great cause once again.  
I have met you once but your glory is still in my sight.  
It will be wonderful if you dont limit these things to limited people but to grow this to the world.

# HOMOEOPATHIC REVIVAL

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

### Fun Facts

\*  
Wearing  
HEADPHONES for just  
an hour will increase  
the bacteria in your ear  
by 700 times.

\*  
The strongest muscle in  
the body is the  
TONGUE.

\*  
A SNAIL can sleep for  
three years.

### Prevention.....

Is there any remedy which reduces the risk of suicide?

Homeopathy is very strong in this matter. There are so many general and particular remedy which reduce the risk if suicide in a person who has a suicidal disposition.

**1. Aurum met 30-200:**

aur met 30 or 200 1 dose in a month reduce the risk of suicide in a person who has a disposition of suicide either due to grief, due to pain, by throwing himself from a height or from a window. Thought of suicide is a strong symptom of 'aur met'.

**2. 'natrum sulph 30 or 200:**

It has ability to reduce risk of suicide where there is strong disposition and thought of suicide in an individual , where the person wants to hang or shoot himself/herself.

*Dr E. A. Farooque*

## Eating More Fruit And Vegetables Is Linked To A Lower Risk Of Dying From Ischaemic Heart Disease

A European study investigating the links between diet and disease has found that people who consume more fruit and vegetables have a lower risk of dying from ischaemic heart disease - the most common form of heart disease and one of the leading causes of death in Europe. However, the authors point out that a higher fruit and vegetable intake occurs among people with other healthy eating habits and lifestyles, and that these factors could also be associated with the lower risk of dying from IHD. The study is published online today (Wednesday 19 January) in the *European Heart Journal* [1].

Data analysed from the European Prospective Investigation into Cancer and Nutrition (EPIC) Heart study has shown that people who ate at least eight portions of fruit and vegetables a day had a 22% lower risk of dying from IHD than did those who consumed fewer than three portions a day. A portion weighed 80 grams, equal to a small banana, a medium apple, or a small carrot.

Dr Francesca Crowe of the Cancer Epidemiology Unit at the University of Oxford, UK, and the first author of the paper by the EPIC study collaborators, said: "This study involved over 300,000 people in eight different European countries, with 1,636 deaths from IHD. It shows a 4% reduced risk of dying from IHD for each additional portion of fruit and vegetables consumed above the lowest intake of two portions. In other words, the risk of a fatal IHD for someone eating five portions of fruit and vegetables a day would be 4% lower compared to someone consuming four portions a day, and so on up to eight portions or more."

The EPIC study started in 1992 and recruited participants from a total of ten European countries [2] until 2000. For the analysis of IHD deaths, data from eight countries for people aged between 40 and 85 were used. Participants answered questions about their diet at the time of entry to the study and other questions about health, socio-economic status and lifestyle, such as smoking, drinking and exercise habits. They were followed-up for an average of nearly eight and a half years.

The researchers found that the average intake of fruit and vegetables was five portions a

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

#### Nutrient-dense foods

Nutrient-dense foods have a lot of nutrients relative to the number of calories they contain. As reported by Health Beat, some examples of foods that pack a nutritional punch are:

- \* Avocados \* Chard, collard greens, kale, mustard greens, spinach \* Bell peppers
- \* Brussels sprouts \* Mushrooms (crimini and shiitake) \* Baked potatoes \* Sweet potatoes
- \*Cantaloupe, papaya, raspberries \* Seeds (flax, pumpkin, sesame, and sunflower) \* Eggs ,
- \* Dried beans (garbanzo, kidney, navy, pinto) \* Lentils, peas\* Low-fat yogurt \* Strawberries
- \* Salmon, halibut, cod, scallops, shrimp, tuna \* Lean beef, lamb, venison, Chicken, turkey
- \* Almonds, cashews, peanuts \* Barley, oats, quinoa, brown rice

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