

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. It has also worked during natural calamities like earthquake and epidemics.

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Clinical Tips of Dr. D.P. Rastogi

Irritable, better from snapping: **Natrum muriaticum.**
Irritable, remorseful after snapping: **Nux vomica.**
Tormenting others: **Zincum met.**

(Contributed by Dr. Navneet Bidani)

Quote

A man is but the product of his thoughts. What he thinks, he becomes.

-Mohandas K. Gandhi

Regular Features

Homoeopathic Topics
Therapeutics
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Organon
Repertory
Stalwarts

General Medical Info
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Lighter Moments
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Health tips

Half the overweight patients have tendency to skip breakfast. But the reality is, - “ **Eat breakfast like a king, lunch like a prince and dinner like a pauper**” .

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

Sensation as if:-

- **Beaten** :- *Ars-h., Ars-m., Lith., Merc-i-f., Sil.*
- **Beaten**, joints were :- *Puls.*
- **Beaten**, from bone, flesh were :- *Thuj., Zinc.*
- **Beaten**, in parts :- *Calend.*
- **Beaten**, in muscles :- *Agar., Arg-m.*
- **Beaten**, or bruised, parts were :- *Acon.*
- **Beaten**, with menses :- *Goss.*
- **Beaten**, wounds were :- *Calend.*
- **Beaten**, tired as if :- *Arn.*
- **Beating**, paralyzed with :- *Am-m.*

Stalwarts

Dr. E.B. Nash on GLONOINE.....

.....I used, in my early practice, to carry a small vial of the 1st dilution in my case on purpose for those who were inclined to sneer at the young doctor and his sweet medicine, and many a disbeliever have I convinced, in about five or ten minutes, that there might be power in small doses of sweet medicine, by dropping on the tongue a drop of this preparation, for it seldom failed to produce its characteristic throbbing headache within that time. One lady, not willing to acknowledge that it affected her, rose to leave the room, and fainted and would have fallen to the floor if I had not caught her. No one ever asked after that experiment for any more proof of the power of homœopathic medicine....

Your responses

Thanks for your 'DREAMS'. I enjoy it every week. Keep the good works on!

Regards,

Dr. Ayub Khan

Appeal by Dr. S. S. Vithal...

Must visit the following website which is very against our system of homoeopathy. Must react to it. & do something for the its safegaurd it.

<http://www.1023.org.uk>

Dr. K.K. Aggarwal's tips

Every year, over 24 lakh people die of heart attacks in India. About half of those deaths take place within one hour of the onset of warning signs and before the patient ever reaches a hospital.

The **5 Warning Signs** of a Heart Attack, which every body must know

Pain or discomfort in the jaw, neck or back

Feeling weak, lightheaded, or faint

Chest pain or discomfort

Pain or discomfort in the arms or shoulder

Shortness of breath

Act fast

1. Take 300 mg water-soluble aspirin and chew it if a heart attack is suspected.
2. Get yourself rushed to a nearest heart centre for clot-dissolving therapy.
3. You may require an emergency angiography and angioplasty to remove the clot.
4. If there is a cardiac arrest, the bystander should give chest compression, 100 per minute, over the centre of the chest for the next 10 minutes.

**Padma Shri and Dr B C Roy National Awardee
Dr KK Aggarwal**

Laughter Dose

An artist asked the gallery owner if there had been any interest in his paintings currently on display. "I've got good news and bad news," the owner replied. "The good news is that a gentleman inquired about your work and wondered if it would appreciate in value after your death. When I told him it would, he bought all fifteen of your paintings."

"That's wonderful!" the artist exclaimed, "What's the bad news?". With concern, the gallery owner replied, "The guy was your doctor."

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Investigation tips

Glycated hemoglobin (HbA1c) is a form of hemoglobin used primarily to identify the average plasma glucose concentration over prolonged periods of time. This serves as a marker for average blood glucose levels over the previous months prior to the measurement. **The International Diabetes Federation recommends HbA_{1c} values below 6.5%.** Monitoring the HbA_{1c} in type-1 diabetic patients may improve treatment.

Research Shows How Bacteria Stay Ahead Of Vaccines And Antibiotics

New research provides the first detailed genetic picture of an evolutionary war between *Streptococcus pneumoniae* bacteria and the vaccines and antibiotics used against it over recent decades. Large-scale genome sequencing reveals patterns of adaptation and the spread of a drug-resistant lineage of the *S. pneumoniae* bacteria. The study unmasks the genetic events by which bacteria such as *S. pneumoniae* respond rapidly to new antibiotics and vaccines. The team suggest that knowing the enemy better could improve infection control measures. *S. pneumoniae* is responsible for a broad range of human diseases, including pneumonia, ear infection and bacterial meningitis. Since the 1970s, some forms of the bacteria have gained resistance to many of the antibiotics traditionally used to treat the disease. In 2000 *S. pneumoniae* was responsible for 15 million cases of invasive disease across the globe. A new vaccine was introduced to the US in 2000 in an attempt to control disease resulting from the most common and drug resistant forms of the bacteria. The new research uses DNA sequencing to precisely describe the recent evolution and success of a drug-resistant lineage of the bacteria called PMEN1 that has spread successfully to all continents. "Drug resistant forms of *S. pneumoniae* first came onto the radar in the 1970s," says Dr Stephen Bentley, from the Wellcome Trust Sanger Institute and senior author on the study. "The power of next-generation sequencing exposes *S. pneumoniae* as a pathogen that evolves and reinvents itself with remarkable speed. The degree of diversity was a real surprise in such seemingly closely related organisms. First, the team had to distinguish between single letter mutations that are passed down 'vertically' when cells divide in two, and so-called 'horizontal' changes - called recombinations - where chunks of DNA letters are passed across from one bacterium to another and swapped over, changing the structure of their genomes. drug-resistant PMEN1 lineage originated around 1970 - about the time that saw the introduction of the widespread use of antibiotics to fight pneumococcal disease."

**HOMOEOPATHIC
REVIVAL**

A monthly homoeopathic newsletter.

Dr. D.K. Bhardwaj
9871020702

Physostigma (Calabar Bean)

Uncommon mental activity; *cannot stop thinking*. Vision dim; from blur or film; objects mixed. Pain after using eyes; floating black spots, flashes of light, twitching of lids and muscles of eyes (Agar.); mystagmus. Great prostration of muscular system; impaired locomotion (Gels.). Tremors or trembling of young persons from mental or physical disturbances. Idiopathic or traumatic tetanus; brought on or < *by slightest breath of air from a person passing* (Hyper., Lys., Nux, Strych.).

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