

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**

Pulsatilla

- May be thirsty for cold drink
- Weeps when worried
- Worse stuffy room
- Loathes fat
- Better by slow motion. (*Arsenicum album* child wants to be carried very fast but *Pulsatilla* child is satisfied by slow motion.)

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

Quote

Stand up, be bold, be strong. Take the whole responsibility on your own shoulders, and know that you are the creator of your own destiny.

SWAMI VIVEKANANDA

Regular Features

Homoeopathic Topics
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General Medical Info
Latest Info
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Lighter Moments
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Health Tips

Early morning fast walk or correct Yogic exercises for 40-60 minutes daily will make you fit and fine for the day and in life specially for the sedentary worker

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

SLEEP, POSITION

abdomen, on : Acet-ac., ars., *bell.*, bry., calc-p., calc., cina., cocc., *coloc.*, crot-t., ign., lac-c., podo., puls., stann., *stram.*

back, on : Acon., aloe., ambr., ant-c., ant-t., *apis.*, arn., ars., aur., bism., **Bry.**, *calc.*, chin., *cic.*, *coca.*, *colch.*, coloc., dig., dros., *ferr.*, *hell.*, hep., *ign.*, kali-p., kreos., *lac-c.*, *lyc.*, mang., med., **Merc-c.**, mez., nat-m., *nux-v.*, op., ox-ac., par., *phos.*, *plat.*, **Puls.**, rhod., **Rhus-t.**, ruta., sabad., sars., sol-n., spig., stann., stram., *sulph.*, verat., viol-o., zinc.

curled up like a dog : Ars., bapt., bry.

knees, on the, with face forced into pillow : Med.

kneeling : Stram.

limbs crossed : Rhod.

spread apart : *Cham.*, mag-c., nux-v., plat., puls., viol

stretched out : Agar., bell., cham., chin., dulc., plat., *puls.*, rhus-t.

INDOLUM

Primary action is to increase the elimination of Indican. Auto-intoxication. Compare: *Skatol.*

Persistent desire to sleep, dull, discontented mental state, hideous, delusions and nervousness, constant motion of fingers and feet. Intestinal putrefaction.

Head.--Dull occipital and frontal headache in afternoon. Dull sensation over eyes. Eyeballs hot and hurt when moved. Pupils dilated with headache.

Stomach.--Bloated feeling. Hungry sensation after full meal. Great thirst. Constipation.

Extremities.--Very tired and sore in lower limbs. Feet burn. Knee-joints sore.

Sleep.--*Sleepiness.* Continuous dreaming.

Dose.--Sixth attenuation.

Your responses

Keep it up Dr. Anupam. It happens to be very informative issue this time. Congrats to all the editorial board. Tips of Dr. KK agarwal are valuable.

Dr. Shiv Dua

Lets get quizical

Belonephobia is the fear of ??????????

and the medicine is ??????????

Dr. K.K. Aggarwal's tips

Heat stroke (High temperature with no sweating and fever where paracetamol will not work)

1. Hyperthermia is elevation of core body temperature above the normal diurnal range of 36°C to 37.5°C due to failure of thermoregulation.
2. The most important causes of severe hyperthermia (greater than 40°C or 104°F) caused by failure of thermoregulation is heat stroke.
3. Heat stroke is when the core body (rectal) temperature in excess of 40.5°C (105°F) with associated central nervous system dysfunction. Complications include acute respiratory distress syndrome (ARDS), disseminated intravascular coagulation, renal or hepatic failure, hypoglycemia, rhabdomyolysis, and seizures.
4. There are two types of heat stroke:
 - Classic (nonexertional) heat stroke: affects people with underlying chronic medical conditions that either impair thermoregulation or prevent removal from a hot environment. These include cardiovascular disease, neurologic or psychiatric disorders, obesity, anhidrosis (no sweating), extremes of age, and use of drugs such as anticholinergic agents or diuretics.
 - Exertional heat stroke — occurs in young healthy people who engage in heavy exercise during periods of high ambient temperature and humidity. Typical patients are athletes and military recruits in basic training.

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

Laughter Dose

Three men were drunk and they stopped a taxi. The taxi driver figured that they were not in their minds. So, he just switched on the engine and switched it off and told them , "we have arrived". The first man gave him money. the second one thanked him. but the third one slapped the taxi driver.....

The taxi driver was stunned because he was hoping that none of them must have had realized that the car didnt move an inch. He asked the third man : "what was that for?" The third man replied , 'control your speed from next time onwards, **you almost killed us.**'

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Investigation tips

CEA (Carcinoembryonic antigen)

It is normally produced during fetal development, but the production of CEA stops before birth. Therefore, it is not usually present in the blood of healthy adults. It is a tumour marker for colorectal carcinoma, gastric carcinoma, pancreatic carcinoma, lung carcinoma and breast carcinoma.

Sleep positions may determine your personality.

The most common positions:



- a. **Fetal** (41%) - People are gruff initially, but have warm and open hearts
- b. **Log** (15%) - Social butterflies
- c. **The Yearner** (13%) - Perceived as open, but truly suspicious
- d. **Soldier** (8%) - Reserved
- e. **Freefall** (7%) - Fun and fantastic at parties
- f. **Starfish** (5%) - Excellent listeners

kind of person they are. Professor Chris Idzikowski, director of the Sleep Assessment and Advisory Service, has analysed six common sleeping positions - and found that each is linked to a particular personality type. Professor Idzikowski also examined the effect of various sleeping positions on health

- **The Foetus:** Those who curl up in the foetus position are described as tough on the outside but sensitive at heart. They may be shy when they first meet somebody, but soon relax. This is the most common sleeping position, adopted by 41% of the 1,000 people who took part in the survey. More than twice as many women as men tend to adopt this position.
- **Log :** Lying on your side with both arms down by your side. These sleepers are easy going, social people who like being part of the in-crowd, and who are trusting of strangers. However, they may be gullible. Nearly 15% people sleep like this.
- **The yearner :** People who sleep on their side with both arms out in front are said to have an open nature, but can be suspicious, cynical. They are slow to make up their minds, but once they have taken a decision, they are unlikely ever to change it. 13% adopt this posture.
- **Soldier** Lying on your back with both arms pinned to your sides. People who sleep in this position are generally quiet and reserved. They don't like a fuss, but set themselves and others high standards. 8% person sleep this way. soldier positions were more likely to lead to snoring and a bad night's sleep.
- **Freefall :** Lying on your front with your hands around the pillow, and your head turned to one side. Often gregarious and brash people, but can be nervy and thin-skinned underneath, and don't like criticism, or extreme situations. This sleeping position is around 7% and is good for digestion
- **Starfish (5%):** Lying on your back with both arms up around the pillow. These sleepers make good friends because they are always ready to listen to others, and offer help when needed. They generally don't like to be the centre of attention. This position too is more likely to lead to snoring and a bad night's sleep.

The research also found that most people are unlikely to change their sleeping position. Just 5% sleep in a different position every night.

HOMOEOPATHIC REVIVAL

A monthly homoeopathic newsletter

Dr. D.K. Bhardwaj : 9871020702

Organon (Dr. H.A. Roberts)

... Medicine, while always dealing with the ills of mankind, has passed through a continuous barrage of "modern" discoveries.

Consider the discovery of the synthetic group of drugs. There has been a continuous procession of these substances over a period of years. Aspirin, luminol, the phenols, the sulphanilamides, the vitamins and numerous others. Each discovery has been hailed as a modern development of science for the conquering or alleviation of the ills of mankind. In most cases the discovery of such a therapeutic agent has been met with loud acclaim and ardent advertising; its use became widespread very shortly. Soon the sincere students of science perceived, through their laboratory research and from clinical observations, that there was another face to the seeming curative action of the substance, that was not without danger to the patient; and therefore warnings were sent out that there should not be too free use of the substances except under the most careful observation.

Such an agent was aspirin. First advanced for its harmless sedative properties in the control of pain, it was widely used and in considerable amounts, by physician and laymen alike, until its depressant properties came to be respected by careful therapists. The American Medical Association found it advisable to publish warnings against the use of this substance which was commonly sold under the trade name of aspirin; but the use of the substance was not curtailed to any marked degree except by the most careful prescribers. It had become a cure-all for domestic use and all too often in hospitals and by physicians who sought first the suppression of the distressing symptoms rather than the cure of the patient.

It was Hahnemann who observed that any drug was poisonous if dangerous dosage was given. Therefore it is to be expected that homœopathic physicians early recognized the dangers of the synthetic drugs, among them the coal-tar derivatives. The ability of the trained homœopath to observe and correlate symptoms made it a foregone conclusion that he would easily trace the depressed vitality, the heart attacks, and many collapsed conditions, to the frequent use of aspirin and like pain-killers.....

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