

Dynamic Revolutionary Egalitarian Assurgent Motivative Society
(DREAMS)

A charitable society registered under the societies registration act XXI of 1860

“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

DREAMS is a consortium of dedicated workers aiming for the social uplift, 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 and in some urban areas, providing free medical care. It has also worked during natural calamities like earthquake and epidemics.

Issue 25



Chief Editor
Dr. Anupam Sethi Malhotra

Editorial Board:
Dr. Saurav Arora
Dr. Navneet Bidani
Dr. E. A Farooquee
Mr. Mahesh Gidwani

Quote

“The world suffers a lot. Not because of the violence of bad people, but because of the silence of good people”

Napoleon

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Regular Features

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The Tips Page

Health Tips...

Eating of enough fresh fruits & salads can lower the risk of heart attack. Before each meal everybody must take these.

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

B.H.M.S. (I & II YEAR)
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Don't do that.....

Phosphorus: Very Dangerous in advanced Tuberculosis, can start hemorrhage.

Veratrum viride: Don't use in weak heart and in pneumonia.

Causticum: Can produce warts as well as cure them, should not be taken over long period.

Dr. Navneet Bidani

Clinical Tips by Dr. D.P. Rastogi...

Pulsatilla: Cough on exertion at night.

Thea (Tea): In a case of bed wetting.

Hepar sulphuris calcareum : discharge smells like old cheese.

Badiaga : Pain worse going up and down in Osteoarthritis of knee.

Carbo vegetabilis : Headache, frontal Piercing.

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be.....

If there is a tendency in an individual, to eat beyond the capacity for digestion, the medicine is: **Abies can.**

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

Clinical tips....

Tips on the basis of immediate cause

Asthma after shock :	Puls.
Pastry produces indigestion :	Puls.
Sugar causes diarrhea:	Arg nit
Coffee produce headache :	Nux. vom
Coffee produce diarrhea :	Nat mur
Bathing caused headache :	Ant. crud

Dr. Darshan Kumar

A site where you can search for any BLOOD GROUP, you will get thousands of donor address.... www.friendstosupport.org

Dr. S.K. Vashisht

Dr. K.K. Aggarwal's Tips

People on restricted/ special diets may need vitamin supplementation

Vitamin B12 levels are affected by dietary intake. In younger adults, low consumption of animal-source food is the main cause of low vitamin B12 levels. The lowest intakes of vitamin B12 are seen in those who eat no animal products, and intake increases with increasing intake of animal source foods.

Types of food habits

Semi vegetarian: Meat occasionally is included in the diet. Some people who follow such a diet may not eat red meat but may eat fish and perhaps chicken.

Lactoovo vegetarian: Eggs, milk, and milk products (lacto = dairy; ovo = eggs) are included, but no meat is consumed.

Lacto vegetarian: Milk and milk products are included in the diet, but no eggs or meat are consumed.

Macrobiotic: Whole grains, especially brown rice, are emphasized and vegetables, fruits, legumes, and seaweeds are included in the diet. Locally-grown fruits are recommended. Animal foods limited to white meat or white-meat fish may be included in the diet once or twice a week.

Vegan: All animal products, including eggs, milk, and milk products, are excluded from the diet. Some vegans do not use honey and may refrain from using animal products such as leather or wool. They also may avoid foods that are processed or not organically grown. People who consume a vegan diet should be supplemented with vitamin B12 (at the RDA of 2.4 micrograms/day) if they do not consume other fortified food products (such as cereals). They are also at risk for inadequate vitamin D status and should consider a supplement, particularly during winter months. Lactoovo vegetarians and lactovegetarians should also consider supplementation with vitamin B12. In contrast, people consuming a very low carbohydrate diet (e.g., "Atkins" style) may consume few fruits and vegetables, particularly during the initial phase.

Dr KK Aggarwal
Padma Shri & Dr B C Roy National Awardee
Chief Editor 'e medineus'

Investigation tips

Serum insulin

Excess levels of insulin in the serum, also known as pre-diabetes, **insulin resistance**, and **syndrome X**, is commonly associated with PCOS (Polycystic Ovarian Syndrome) in females.

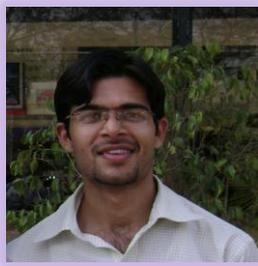
Normal levels

Fasting : <10
p.p.(90 min. after 75 gms of glucose) : < 29

SUBHASH HOMOEOPATHY STORE

D-1/27, NEW CENTRAL MARKET,
MADANGIR.
PH.; 29956416, 9868117882

Meet the editors...



Arora, Dr. Saurav

He is a **budding Homeopath** with a zest to **serve & learn** Homeopathy. He has done **B.H.M.S.** from Dr. B. R. Sur Homeopathic Medical College. He runs a website on Homeopathy which is portal dedicated to Homeopathy and Research in Homeopathy. You can visit his website at www.audesapere.in. **Professional abridgement: Gold Medalist, Ex- House Physician, Senior Research Fellow** at D.H.A.P and formerly SRF at Thyroid Clinic, biography listed in Asian Admirable Achievers 2009. **Joint Secretary** (IIHP, Delhi), **Executive Member** SHMC Alumni Association, in **Website development team and Administrative Committee of Congress of LHMI** (LIGA 2011).

He did his **BHMS** from DS Homoeopathic Medical College, Pune, India. **Highly skilled** in treating the chronic/incurable diseases. A respected **teacher**, who is specialized in Homoeopathic **repertorisation & case taking**. His special area of interest is in treating **pediatric & psychiatric** disorders like depression, anxiety neurosis etc. Has appreciable number of cured cases to his credit. He is an **active member** of South Delhi Homoeopathic Association, an internationally renowned homoeopathic association & is an **editor** of association's bimonthly homoeopathic journal: SDHA Chronicle.



Bidani, Dr. Navneet



Farooque, Dr. E. A.

Dr. (Prof.) EA Farooque is a renowned homoeopathic doctor and **founder of Dr Farooque's Advanced Homoeopathy**.

He has a vast experience of over 30 years in the field of Homoeopathy and alternative systems of medicines. He worked as a professor and taught homoeopathic medicine in different homoeopathic colleges. Passing through several researches, he has established a unique technique to manage and cure hundreds of incurable, chronic and difficult diseases.

He is **finance secretary** of society DREAMS and a very **dynamic** personality. A graduate from **science** with qualifications in **management**, specializing in marketing, particularly '**pharmaceutical marketing**', '**concept selling**' and '**innovative marketing**'. Has development of many hospitals in his credit. A spiritually **enlightened** person, a **philanthropic** and a very good human being and involved in various social activities.



Gidwani Mr. Mahesh



Malhotra, Dr. Anupam Sethi

She did **B.H.M.S.** from Delhi & **M.D.** in **Organon**. Doing research oriented private practice. Formerly at **teaching faculty** of S.H.M.C. Had been **Examiner** from many Universities. **Written Books** in 'Ready reckoner...' series. **Published articles** in various magazines and souvenirs. Delivered **Lectures** in many CME. **Organized** several **Camps, seminars** and **C.M.E.** series. **Panelist** in television shows & medical discussions. **Senior Diploma (Light Music), Senior Diploma (Kathak), Training in Food Preservation, News Reading & Anchoring. Ever learning attitude and hobbies of Counseling, Poetry, Writing, Singing, Painting** etc.

Lighter reading.....

Laughter dose

Three engineering students were discussing who could have created a human body. The first one said, "It must have been a mechanical engineer. Just look at all the joints". The second said, "No, it was an electric engineer. The nervous system has thousands of electric connections". Then the last one said, "It could only have been a civil engineer. Who else would run a toxic-waste pipeline through a recreational area".

Alternative natural therapy

The nose has two nostrils. We use both to inhale and exhale. Actually they are different. The right side represents the sun, left side represents the moon.

Right side belongs to 'hot', so it gets heated up easily, left side belongs to 'cold'.

Do you notice the moment we wake up, which side breathes faster? Left or right? If left is faster, one feels tired. Close your left nose and use your right nose for breathing, you will get refreshed quickly.

During a headache, try to close your right nose and use your left nose to breathe. In about 5 mins, headache will go. If you feel tired, just reverse, close your left nose and breathe through your right nose. After a while, you will feel your mind is refreshed.

Most females breathe with their left noses, so they get "cooled off" faster. Most of the guys breathe with their right noses, they get worked up.

This can be taught to kids, but it is more effective when practiced by adults.

Points to ponder....

A blind person asked Swami Vivekanand: "can there be anything worse than losing eye sight?" He replied: "yes, losing your vision!"

Mahesh Gidwani

Your responses...

Congratulations, Dr. Anupam Sethi Malhotra. It is nice effort to share Homeopathic Knowledge. It will help us to improve our system. All the best and all support to your kind effort.

My website is aimed to share Homeopathic Knowledge among students and doctors.

Dr. Rahees K

Director and Editor

<http://similiacare.net>

Dear Madam,

Thank you for sending the e magazine. It is so handy, readable & informative. I would like to congratulate you for this great work. ALL THE BEST, Keep going.

Dr Puja Kapoor

Juice recipes for Good Health

The Vitamin Juice

This is an extremely healthy drink with loads and loads of vitamin content. It is made from Honeydew, black grapes, watermelon and milk. If you have kids at home, they will love this. Other than Vitamin C, it also has Vitamin B2. It also increases the cell activity and strengthens body immunity

Proportion: Mix in equal proportions.



+ HEALTH BE ABOVE ALL ELSE +

**RANA HOMEO
PHARMACY**

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Surendra Singh Rana
32957572, 24560545, 9811986885

The classical page

Repertory

Of related rubrics...

Anger: *strong displeasure*

Fury: *intense, explosive, often destructive emotion.*

Indignation : *righteous anger at something wrongful, unjust, or evil.*

Irritability : *an angry and disagreeable mood.*

Quarrelsome : *Given to angry dispute*

Rage : *intense, explosive, often destructive emotion.*

Resentment : *anger generated by a sense of grievance.*

Vexation: *the psychological state of being irritated or annoyed.*

Violence: *an unjust, unwarranted, or unlawful display of force, state of being highly excited whether physical or moral.*

HOMŌEO REVIVAL

Monthly Homoeopathic Newsletter

Dr. D.K. Bhardwaj
9871020702

Cedron

Periodicity is the most marked characteristic of this drug. It is particularly useful in tropical or in damp, warm, marshy countries. It has been found curative in malarial affections, especially neuralgia. Adapted to persons of a voluptuous disposition, excitable, nervous temperament. Cedron has powers of antidoting snake-bites and stings of insects. Tincture of pure bean scraped on wound. Mania.

Head.--Pain from temple to temple across eyes. Pain over whole right side of face, coming on about 9 am. Crazy feeling from pain across forehead; worse, working on black. Roaring in ears produced by Cinchona. Whole body seems numb with headache.

Eyes.--Shooting over left eye. Severe **pain in eyeball, with radiating pains around eye**, shooting into nose. Scalding lachrymation. **Supra-orbital neuralgia periodic.** Iritis, choroiditis.

Extremities.--Lancinating pain in joints; worse, feet and hands. Sudden pain in ball of right thumb, extending up arm to shoulder. Pain in ball of right foot, extending to knee. Shingles, with radiating pain. Dropsy of knee-joint.

Fever.--Chilliness towards evening; then frontal headache extending into parietal region. Red eyes. Heat, with itching of eyes, tearing in limbs, **numbness of limbs.**

The other school says

Cedron has been used in Central America as a remedy for snake bite and Purple has recommended it as an antiperiodic. The *dose* of the crude drug is from five to fifteen grains (0.3-0.9 Gm.). The bitter principle cedrin has been given hypodermically in *doses* of one-fifteenth of a grain (0.004 Gm.).

Joseph P. Remington

Dr. Close was born November 24, 1860 and came to study homeopathy after the death of his father in 1879. His mother remarried a homoeopathic physician who turned Close's interests from law to medicine.

His stepfather helped him study the Organon and he attended medical school in California for two years. Finishing his studies at New York Homeopathic College he graduated in 1885. Completing his homeopathic education. Close preceptored with B. Fincke and P. P. Wells.

Setting up practice in Brooklyn, Dr. Close went on to found the Brooklyn Homoeopathic Union in 1897. This group devoted itself to the study of pure Hahnemannian homeopathy.

The homeopathic library of Dr. Close was reputed to be the one of the best in the country. He was an accomplished musician as well as an avid genealogist.

Upcoming events

Kent Memorial Lectures (KML) 2011: "UNDERSTANDING DERMATOLOGY – THE HOMOEOPATHIC WAY" on 17th and 18th September 2011, at PHD House, 2, Institutional Area, Haus Khas Opposite Siri Fort Auditorium, New Delhi-16, organized by S.D.H.A.

Two day workshop with Dr M K Sahni: Saturday, September 24, 2011, Karnal 132001 Haryana India

THE SCIENCE OF PAST LIFE REGRESSION: Sunday, July 24, 2011 at Hotel Mehfil Inn, Camp Road, Amravati, India.

SEHGAL ACADEMY: a seven day course in August 2011

vashisht
HOMOEOPATHIC PHARMACEUTICALS

**GMP
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