

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 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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Chief Editor
Dr. Anupam Sethi Malhotra

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Clinical Tips of **Dr. D.P. Rastogi**

- **Kali iodatum 1M** for **ear trouble**.
- **Bromium 3X**: 4 minims 3 times daily for **enlargement of thymus**.
- **Kali iodatum, Kali sulphuricum** for **sinus trouble**.

(Contributed by Dr. Navneet Bidani)

Quote

We read the world wrong and say that it deceives us.

Rabindranath Tagore

Regular Features

Homoeopathic Topics
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Materia Medica
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Stalwarts

General Medical Info
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Lighter Moments
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Tips on Sehgal Method

To prescribe on the basis of Sehgal Method one should have thorough knowledge of the **RUBRICS** in the **mind** section of repertory. They are the language of provers and have to be matched with the language of patient(**VERSION**). Rubrics are our tools of prescription and we should be well versed with their meaning, their presence in repertory and how a patient is going to express them (by speech or gestures).

The very first rubric **ABRUPT**

The patient is not going to tell you that he is abrupt, but during case taking he will say or do something which shows he is **ABRUPT**. When you ask him something he may not say anything for a while and then all of sudden he will reply or do something which is interpreted as **ABRUPT**, dictionary meaning of which is sudden, unpredicted or without any pre-warning. Attendants often say, "He is very unpredictable. We are caught unawares and are unable to make anything about his behavior as to when or why or what changes his attitude. There may be different version of same rubric or similar version of different rubrics, which will be dealt in next issue.

...to be Contd
Dr. Preeti Sehgal

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Dr. K.K. Aggarwal's tips

Cirrhosis of Liver (...Contd from previous)

17. Ultrasound is done to evaluate the liver and look for complications.
18. Blood tests are carried out to determine the underlying cause of cirrhosis and also to monitor liver functions.
19. There are major advances in the treatment. It has now become easier to recognize, prevent, and treat complications.
20. Patients should be regularly monitored for complications. Several treatments can minimize cirrhosis-related complications.
21. Cirrhosis patients should avoid taking substances that can further damage the liver such as alcohol. One should not take any new prescription and non-prescription drugs, herbs, vitamins, or dietary supplements without medical advice.
22. Paracetamol can further injure the liver in cirrhosis patients. The exact safe dose is uncertain. Patients should not take more than 650 mg per dose and no more than 2000 mg per day. However, even low doses may not be safe for those who drink alcohol.
23. Cirrhosis patients may need an upper endoscopy to determine if varices are present in the food pipe.
24. Cirrhosis patients should be vaccinated against hepatitis A and B, pneumococcal pneumonia and flu.

.....to be Contd

**Padma Shri and Dr B C Roy National
Awardee
Dr. K.K. Aggarwal**

Dioscorea Villosa (Wild Yam.)

Persons of feeble digestive powers, old or young. Flatulence after meals or after eating, especially of tea-drinkers; are often subject to violent colic. Gripping pains in abdomen about umbilicus. Violent twisting colic, occurring in regular paroxysms, as if intestines were grasped and twisted by a powerful hand. Colic pains: < *from bending forward and while lying*; > on standing erect or bending backwards (*rev. of Colo*). Emissions during sleep; vivid dreams of women all night (*Staph.*); knees weak; genitals cold; great despondency (*Staph.*). Felons; early when pains are sharp and agonizing, when pricking is first felt; nails brittle. Disposition to paronychia (*Hep.*).

Aggravation. - Lying; sitting; *bending double*.

Amelioration. - Motion; walking difficult, compelled to walk even though tired.

Laughter dose

One night, Tim was walking home when, all of a sudden, a thief jumped on him. Tim and the thief began to wrestle. They rolled about on the ground and Tim put up a tremendous fight. However, the thief managed to get the better of him and pinned him to the ground. The thief then went through Tim's pockets and searched him. All the thief could find on Tim was 25 Rs. The thief was so surprised at this that he asked Tim why he had bothered to fight so hard for 25 rupees. "Was that all you wanted?" Tim replied, "I thought you were after the five hundred rupees I've got in my shoe!"

Points to ponder.....

Only in the depth of pure silence can we hear God's Voice."

Dr. Pinky Roy

Your responses

Thanks Dr.Anupam!!!
Keep up the good work.. All the best for your venture E-zine!!!

Dr. I. Nanda

Dear Doctor ,
Thanks for wonderful presentation and tips of mm Org and repertory
Dr. Pradeep Ramdas Garge

Health Tips

Laughter is the best medicine for better health.

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

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Personality disorder

Personality Disorders are “**enduring pattern of inner experience and behavior that deviates markedly from the expectations of the culture of the individual who exhibits it**”

These behavioral patterns in personality disorders are typically associated with *severe disturbances in the behavioral tendencies of an individual*, usually involving several areas of the personality, and are *nearly always associated with considerable personal and social disruption*. Additionally, personality disorders are **inflexible** and **pervasive** across many situations, due in large part to the fact that such behavior is **ego-syntonic** i.e. the patterns are consistent with the ego integrity of the individual and are, therefore, **perceived to be appropriate by that individual**. This behavior can result in the patient adopting maladaptive coping skills, which may lead to personal problems that induce extreme **anxiety, distress** and **depression** in patient.

The onset of these patterns of behavior can typically be traced back to **late adolescence** and the **beginning of adulthood** or in rarer instances, childhood. Inflexible and pervasive behavioral patterns often cause serious personal and social difficulties, as well as a general functional impairment. Rigid and ongoing patterns of feeling, thinking and behavior are said to be caused by underlying belief systems and these systems are referred to as **fixed fantasies** or “**dysfunctional schemata**”

Child abuse and **neglect** consistently evidence themselves as antecedent risks to the development of personality disorders in adulthood. The **sexually abused** group demonstrated the most consistently elevated patterns of psychopathology. Officially verified **physical abuse** showed an extremely strong role in the development of antisocial and impulsive behavior. On the other hand, cases of abuse of the **neglectful** type that created childhood pathology were found to be subject to partial remission in adulthood.

..... to be Contd

HOMOEOPATHIC REVIVAL

Monthly homoeopathic newsletter.
Dr. D.K. Bhardwaj : 9871020702

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Minimum requirements:-
BHMS with experience of 1+ year

Contact: Dr. Shefali
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Repertory

Sensation as if.....

- Fall**, about to :- *Mag-p-ambo, Rhus-t.*
Fall, out of bed, he would :- *Arg-n., Ars., Ars-s-f.*
Fall, he were elevated and would :- *Mosch.*
Fall, on dancing, he would :- *Puls.*
Fall, headlong, he would :- *Gels.*
Fall, if she did not hold onto something, she would :- *Saba.*
Fall, if he looks down on going downstairs, he would :- *Onos.*
Fall, on looking up, he would :- *Puls.*
Fall, from a seat, he would :- *Alumn.*
Fall, from a height :- *Calend.*
Fall, back on getting out of bed :- *Rhus-t.*
Fall, in open space, he would :- *Ars.*
Fall, on standing, he would :- *Oxyt., Samars.*
Fall, at every step, he would :- *Dor.*
Fall, if he turns his head, he would :- *Spig.*
Fall, if she walks :- *Iod.*
Fall, backward, one would :- *Chin., Dub., Spong., Staph.*
Fall, to left, she would :- *Aur., Merl.*
Fall, to one side, he would :- *Am-m., Calc-c., Rheum.*
Fall, to right, he would :- *Itu, Sac-lac.*

BBC flash: There was a nuclear blast 4:30pm Sunday in Fukushima Japan. If it rains in the next few days, DO NOT GO UNDER THE RAIN, even if it's only a drizzle. Radioactive particles, which may cause burns, alopecia or even cancer, may be in the rain. Asian countries should take necessary precautions. If it rains, remain indoors first 24hours, close doors n windows, swab neck skin with beta-dine where thyroid area is, radiation hits thyroid first.

Dr. Shiv Dua

Investigation tips

F.S.H. or Follicle-stimulating hormone is synthesized & secreted by gonadotrophs of the anterior pituitary to regulate the development, growth, pubertal maturation, and reproductive processes of the body.

Increased levels are found in :- **Premature menopause**, Premature Ovarian Aging, Gonadal dysgenesis, Turner syndrome, Castration.

Decreased levels are found in :- **Polycystic Ovarian Syndrome, Hirsutism**, Infertility, Hypothalamic suppression, **Hypopituitarism**, Hyperprolactinemia, Gonadotropin deficiency



+ HEALTH BE ABOVE ALL ELSE +

RANA
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Surendra Singh Rana
32957572, 24560545, 9811986885

Mental health of CHILD

Children learn what they live with...

- If a child lives with **criticism**, he learns to **condemn**.
- If a child lives with **hostility**, he learns to **fight**.
- If a child lives with **ridicule**, he learns to **be shy**.
- If a child lives with **shame**, he learns to **be guilty**.
- If a child lives with **tolerance**, he learns to **be patient**.
- If a child lives with **encouragement**, he learns **confidence**.
- If a child lives with **praise**, he learns to **appreciate**.
- If a child lives with **fairness**, he learns **justice**.
- If a child lives with **security**, he learns to have **faith**.
- If a child lives with **approval**, he learns to **like himself**.
- If a child lives with **acceptance & friendship**, he learns to find **love in the world**.

Organon

..... A mutilated homœopathy is a lame and crippled thing, compelled to sustain itself by crutches, splints and braces. An emasculated homœopathy is an impotent homœopathy, without the virility necessary to maintain or reproduce itself. Some shortsighted, superficial and weak-kneed individuals, actuated by their prejudices, or through their failure to comprehend the subject as a whole, have adopted an emasculated homœopathy for themselves and attempted to support their crippled eunuch as a candidate for general acceptance. Subjects such as the "life force" the single remedy, potentization, infinitesimals, the minimum dose, and the totality of the symptoms as a basis for the prescription, they have characterized as unessential, "so long as the principle of *similia* was maintained." They do not perceive that each of these doctrines is logically drawn from and inseparably connected with the one fundamental doctrine which they profess to accept and apply. It is this which has brought homœopathy, as *an institution*, down to a point where as very existence is threatened.....

Dr Stuart M. CLOSE

The Genius of Homeopathy

Vashisht

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