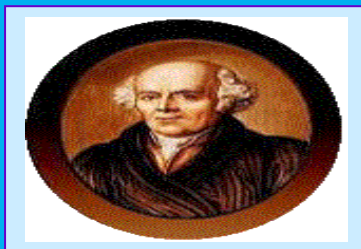


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“DREAMS - e - homo”
A weekly 'e' magazine by DREAMS

HAHNEMANN BDAY SPECIAL



“Not live in vain”

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.

Issue 17



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Clinical tips of Dr. D. P. Rastogi- contributed by Dr. Navneet Bidani)

Mania : Agaricus muscarius, Cannabis indica, Cantharis,
Belladonna, Fluoricum acidum, Stramonium,
Veratrum album, Opium.

Depression : Natrum muriaticum, Lycopodium clavatum,
Phosphoricum acidum, Psorinum, Sulphur

CHRISTIAN FRIEDRICH SAMUEL HAHNEMANN

Hahnemann belonged to that class of great men, who have risen to eminence under the most unfavorable circumstances and in spite of greatest obstacles thrown in their way.

On his 256th birth anniversary, let us discuss and appreciate the qualities that made him discover an unparallel system of therapeutics.

The most striking peculiarity of Hahnemann's mind was **indomitable perseverance** in following out the line of conduct he believed to be the true one, not withstanding every difficulty and discouragement. This perseverance we see in the means he adopted to pursue his studies, in undeviating efforts to follow up the truth he discovered and to perfect the system he originated undeterred by the hard necessities of poverty.

Another quality of Hahnemann's was **conscientiousness**. He abandoned his lucrative practice of medicine, when his faith was shaken in it and adopted translation of books and chemical discoveries to support the financial needs of the family, which were ten fold greater labor than medical practice.

“My sense of duty would not easily allow me to treat the unknown pathological state of my suffering brethren with these unknown medicines. The thought of becoming in this way a murderer or malefactor towards the life of my fellow human beings was most terrible to me, so terrible and disturbing that I wholly gave up my practice in the first years of my married life and occupied myself solely with chemistry and writing.”

And his **industriousness** was immense too. He proved **90** drugs, wrote **70** original works on chemistry and medicine, and translated **24** works on chemistry, medicine, agriculture and general literature. And we all know it was translation job, which became 'a falling apple' to our Newton.

He was an avid **learner** right since his early years. He became proficient at languages and even by the age of twelve was sufficiently accomplished in **Greek** and **Latin** that he was given the task of tutoring other children in these. His linguistic repertoire expanded through his adolescence so that by the age of twenty he had mastered **English, French, Italian, Latin and Greek**, and was able to make a living at the University of Leipzig as a translator and teacher in languages. He subsequently added to these, **Arabic, Syriac, Chaldaic and Hebrew**.

Goodness of heart, generosity & dignity of profession were the other qualities seen on various occasions. He freely forgave his enemies. To poor he was liberal, in giving them the benefit of his advice gratuitously, to others he charged large fees for to value the services he rendered and the amount of labor he has undergone.

Deep logical thinking, modesty and many more such qualities of his will keep inspiring us.....

Homoeopathy

Homoeopathy is a therapeutic method which assumes that a deviation from fundamental mean **within reversible limits** can be restored to normal by means of **stimuli**, usually applied in the form of drugs, only **sub physiological** doses of which are necessary because of hypersensitivity in disease and whose action is always directed towards normal by **virtue of altered receptivity** of tissue to stimuli.

W.E. Boyd

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Health tips...

DRINK WATER:

2 glasses of water after **waking up**
– *it helps activate internal organs.*

1 glass of water, 30 minutes before
meal – *it helps digestion.*

1 glass of water, before taking **bath**
– *it helps lowering blood pressure*

1 glass of water, before going to **bed**
– *it helps reduce heart attack and
stroke*

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

Dr. K.K. Aggarwal's tips

Dengue Update

1. Dengue is a **Notifiable illness**.
2. There are four different types of dengue fever 1, 2, 3, and 4.
3. A person can suffer from **undifferentiated fever, dengue fever, dengue hemorrhagic fever, dengue shock syndrome (four dengue related illnesses)**.
4. Retro orbital pain presenting as pain in the eyes or pressure on eye movement is characteristic of dengue related fever.
5. A person in his life time can get four attacks of dengue fever or related illnesses.
6. Presence of restlessness (oxygen deficiency in the brain), abdominal pain (indicating internal hemorrhage) and black stools (GI bleeding) signifies urgency.
7. The two dangerous clinical signs are falling systolic blood pressure and fall in pulse pressure.
8. The mortality for dengue hemorrhagic fever and dengue shock syndrome is around 1%.
9. There is no mortality seen in undifferentiated fever and dengue fever.
10. During epidemics, people of all ages are involved otherwise the disease is more common in children.
11. If dengue is reported in one house it becomes customary for the State Health Department to search for the breeding sites around 100 houses so that the disease can be curtailed there and then.

.....To be contd.

Padma Shri & Dr B C Roy National Awardee
Dr. K.K. Aggarwal
Chief Editor e medinews

Tips on Sehgal Method

Rubric: CARRIED desire to be fast

Meaning

CARRIED : A state of being transported

Desire : A wish which may or may not be fulfilled, (Unlike 'Want'-a wish which must be fulfilled)

Fast-More than normal speed.

Understanding

Who wants to be transported? : One who cannot carry his own weight.

Where he wants to be transported? : From an uncomfortable state to state of comfort.

How he wants to be transported? : Fast

So the meaning of the whole rubric is an urge to be transported either physically or mentally to a comfortable state by any person or thing (medicine) as he is not in a position to do so himself, and that too fast.

VERSIONS :

* I am trying to find anyone who can pull me out of this miserable state immediately.

* Do you have any medicine which will give me instant relief?

* I don't take homeopathic medicine as its action is very slow. Please get me rid of this problem immediately.

* Child wants that he should be carried and person carrying him should move about fast.

* The child is crying. You give loud and repeated fast tapping on the table. He stops crying and starts looking towards it. Here he has been carried mentally and his mind has been diverted.

* Child doesn't allow mother to leave him. If she has to go, then after few moment start calling her.

* "Who will go to doctor and sit in waiting. Instead I prefer going to chemist and take medicine from him."

* If you don't have any medicine which will give me instant relief, then I will prefer taking injections.

Most frequently used medicines :
Belladonna, Ars. alb., Brom, Rhus Tox, Verat. alb.

Dr. Preeti Sehgal

Your responses

Thanks Dr. Anupam.

Dreams issue of 31st march is innovative and informative. I would like to share comments on PSA. This is from my book on Prostate,' PSA test cannot distinguish between aggressive tumors and those that would remain slow growing for years. A new tool called DNA micro array allows scientists to analyze the pattern of gene activity in a cell.' I am not sure whether this test is available in India or not. According to an article on prostate cancer in Reader's Digest of Feb., 2011, therein says not to worry about it. In majority of the cases, it does not flare up. It is better to leave it as it is and live a long life. Of course, the treatment of BHP has to be carried on till the weight of prostate reduces and urinary flow is normal. Homoeopathy has done wonders on BHP.

Dr. Shiv Dua

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Investigation Tips

SGOT (serum glutamic oxaloacetic transaminase) also called **AST**, is quite similar to SGPT or ALT which is predominantly a liver parenchymal enzyme, but SGOT is also found in cardiac, renal and skeletal muscle.

NORMAL VALUES

Female : 6-34 IU/L. Male: 8-40 IU/L

It is raised in **acute liver damage**. Elevated levels are biochemical marker for the diagnosis of **acute myocardial infarction**

Personality disorders

Schizoid personality disorder

is characterized by a lack of interest in social relationships, sometimes sexually apathetic, a tendency towards a solitary lifestyle, secretiveness, and emotional coldness. In a patient four or more of the following are present :-

- Emotional coldness, detachment or reduced affection.
- Limited capacity to express either positive or negative emotions towards others.
- Consistent preference for solitary activities.
- Very few, if any, close friends or relationships, and a lack of desire for such.
- Indifference to either praise or criticism.
- Taking pleasure in few, if any, activities.
- Indifference to social norms and conventions.
- Preoccupation with fantasy and introspection.
- Lack of desire for sexual experiences with another person.

The causes of schizoid personality disorder are unknown.

People with this disorder rarely seek treatment, and little is known about which treatments work. Talk therapy may not be effective, because people with schizoid personality disorder have difficulty relating well to others. However, one approach that appears to help is to put fewer demands for emotional closeness or intimacy on the person with this condition. People with schizoid personality disorder often do better in relationships that do not focus on emotional closeness. They are better at handling relationships that focus only on recreation, work, or intellectual activities and expectations.

Laughter dose

Boss: We are very keen on cleanliness. Did you wipe your feet on the mat as you came in?

New employee: Yes, sir.

Boss: We are also keen on truthfulness. There is no mat.

You asked....

Q. : I am 13 yr old who has recently joined a new school. I have changed schools before but I have never felt so lonely. I used to be treated like a star by my teachers & friends at my school and I miss it all. I know it's impossible to go back. My parents want me to forget my old friends & start afresh. Just how can I?

Naman Dua

Ans. :

Transitions can be challenging. But your earlier experience of changing schools must have made you flexible. Use this to integrate into your new school. Befriend the class opinion maker – you could ask for help with studies or other activities. Often this is enough to get drawn into their group.

Get involved in extracurricular and in classroom activities without appearing too competitive. Maintain a low profile till your new mates accept you.

Who says you must forget old friends? Keep in touch with them – over the internet & phone. Ask your parent's permission to meet up with them after school or over weekends.

Dr. Navneet Bidani

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

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Repertory of warts (location)

GENITALIA MALE : Alum., apis., *arg-n.*, aur-m-n., *aur-m.*, aur., *calc.*, *cinnb.*, euphr., *fl-ac.*, **Hep.**, *lyc.*, *med.*, *merc-d.*, *merc.*, *mill.*, **Nat-s.**, **Nit-ac.**, *ph-ac.*, *phos.*, psor., *sabin.*, *sars.*, *sep.*, *staph.*, **Thuj.**

anus, and : Nit-ac.

bleed easily : *Calc.*, *cinnb.*, *med.*, *mill.*, **Nit-ac.**, sulph., *thuj.*

fetid, bleeding when touched : *Cinnb.*, **Nit-ac.**, *thuj.*

hot : Ph-ac.

itching : *Lyc.*, psor., *sabin.*, *staph.*, *thuj.*

GENITALIA FEMALE : *Calc.*, euphr., *lyc.*, *merc.*, **Nat-s.**, **Nit-ac.**, *sabin.*, *sars.*, *staph.*, **Thuj.**

cauliflower, like : **Nit-ac.**

dry : *Lyc.*

itching : Euphr., *lyc.*, *sabin.*

pediculated : *Lyc.*

soft, red and fleshy : **Nat-s.**

Uterus : *Calc.*, cub., graph., *kreos.*, *merc.*, *nit-ac.*, sec., tarent., **Thuj.**

Vagina : *Nit-ac.*, *phos.*, *staph.*, tarent., **Thuj.**

bleed easily : *Phos.*

Things to know about Anna Hazare and Lok Pal Bill

1. Who is Anna Hazare?

An ex-army man. Fought 1965 Indo-Pak war.

2. What's so special about him?

He built a village Ralegaon Siddhi in Ahamad Nagar district, Maharashtra. This village is a self-sustained model village. Energy is produced in the village itself from solar power, bio-fuel and wind mills. In 1975, it used to be a poverty clad village. Now it is one of the richest villages in India. It has become a model for self-sustained, eco-friendly & harmonic village.

3. **And more...**This guy, Anna Hazare was awarded **Padma Bhushan** and is a known figure for his social activities.

4. He is supporting a cause, the amendment of a law to curb corruption in India.

5. How that can be possible?

He is advocating for a Bill, The Lok Pal Bill (The Citizen Ombudsman Bill) that will form an autonomous authority who will make politicians (ministers), beurocrats (IAS/IPS) accountable for their deeds.

6. It's an entirely new thing right..?

In 1972, the bill was proposed by then Law minister Mr. Shanti Bhushan. Since then it has been neglected by the politicians and some are trying to change the bill to suit their corruption

7.. Oh.. He is going on a hunger strike for that whole thing of passing a Bill ! How can that be possible in such a short span of time? The first thing he is asking for is: the govt should come forward and announce that the bill is going to be passed. Next, they make a joint committee to DRAFT the LOK PAL BILL. 50% government participation and 50% public participation, because u cant trust the govt entirely for making such a bill which does not suit them.

8. What will happen when this bill is passed?

A LokPal will be appointed at the centre. He will have an autonomous charge, say like the Election Commission of India. In each and every state, Lokayukta will be appointed. The job is to bring all alleged party to trial in case of corruptions within 1 year. Within 2 years, the guilty will be punished.

Dr. S.S. Vithal

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Naja Tripudians (*Cobra virus*)

Suicidal insanity, broods constantly over imaginary troubles. Simple hypertrophy of heart. For restoring a heart damaged by acute inflammation, or from relief of sufferings of chronic hypertrophy and valvular lesions. Irritating, dry, sympathetic cough in the acute stage of rheumatic carditis, or chronic organic lesions (Spon.). Threatened paralysis of heart, post-diphtheritic. Pulse irregular in force, but regular in rhythm. Inability to speak with choking, nervous, chronic palpitation, especially after public speaking; pain < by carriage riding or lying on side. Severe stitching pain in region of heart.

Relations. - Compare: Ars., Cac., Crot., Lach., Myg., Spig.

DR. HAHNEMANN'S BUST IN NEW DELHI



FUN FACTS

People say "Bless you" when you sneeze because when you sneeze, your heart stops for a millisecond. If you sneeze too hard, you can fracture a rib. If you try to Suppress a sneeze; you can rupture a blood vessel in your head or neck and die.

Vashisht

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