

**Dynamic Revolutionary Egalitarian Assurgent  
Motivative Society (DREAMS)**  
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## “DREAMS - e - homoio” 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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Dr. Anupam Sethi Malhotra

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

**Nux vomica** patients are aggravated by overwork. They do their work quite laboriously.

**Phosphorus** has nasal obstruction, polypus, & he does not like tea.

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

### Quote

**"Not everything that can be counted counts, and not everything that counts can be counted."**

*- **Albert Einstein***

### Regular Features

**Homoeopathic Topics**  
Therapeutics  
Materia Medica  
Organon  
Repertory  
Stalwarts

**General Medical Info**  
Latest Info  
Investigation Tips  
Retro

**Lighter Moments**  
Jokes  
Quiz  
Quotes

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### Tips on Sehgal Method

**RECOGNIZE, everything, but cannot move**, recognizes

This rubric was simplified by Dr. Sehgal as RECOGNISES, the reality and accepts it.

**Recognize:** acknowledge the existence or validity of something

**Reality:** the truth

**Accept:** to agree

Nutshell meaning is acknowledging or understanding the situation and behaving and working accordingly. Such patients are very mild and gentle in nature.

#### VERSIONS:

1. Now that the disease has come, naturally it will take its own time. So why to unnecessarily bother.

2. Whenever I feel sick, I don't like anybody disturbing me. When children make noise I get angry but then I think that if children won't make noise then who else and ignore them and keep on lying with eyes closed.

*Dr. Preetii Sehgal*

B.H.M.S. (I & II YEAR)

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### Health Tips

Don't sleep immediately after taking meals - The food we intake will not be able to digest properly. This will lead to gastric problems & infections in our intestine.

By **Dr. S.S. Vithal**  
[www.drsvithal.com](http://www.drsvithal.com)

### Dr. K.K. Aggarwal's tips

#### Dengue Update..... (Contd)

12 Dengue and malaria are not the indices of the hygiene status of a city. Cholera and typhoid represent the hygiene indices.

13. Dengue mosquito, aedes, grows in fresh water collected in any place within or outside the house.

14. It is a day biter, prefers to bite before breakfast and after lunch, prefers human sites below elbow and below knee.

15. Unlike anopheles (mosquito causing malaria) which bites every 3rd day, a dengue mosquito bites 4-5 times a day.

16. While anopheles infects one person in 3 days, aedes mosquito can infect 15 persons in 3 days.

17. Infections from one cause life long immunity only for that strain.

18. IgM blood test may take 5 days to become positive. Therefore in the first 5 days all dengue tests may be negative.

19. A platelet count of less than one lakh signifies dengue hemorrhagic fever or dengue shock syndrome.

20. Do not give aspirin in the suspected case of dengue as it can further disturb the platelet functions.

**21. Never panic. There is no need for platelet transfusion unless platelet count is less than 10,000 with active bleeding.**

**Padma Shri & Dr B C Roy National Awardee**

**Dr. K.K. Aggarwal**  
**Chief Editor e medineews**

## WHAT HAS HOMŒOPATHY TO OFFER THE YOUNG MAN?

The man who considers homœopathy as a possible future must be a student of people and willing to become a student of philosophy. He must be able to read between the true and the false in any symptoms the patient may give; he must possess a sense of values. He must train himself to observe all those signs which the vital energy writes upon the human face, and he must be able to interpret all the signs, which show through habits and circumstances, into indications for the health-restoring medicines which he has at his command. Hours must be spent in patient study, tracing the course of the disturbance and the remedy to fit it, always basing the process upon the sound rock of natural law.

To the young man who is equipped, and willing to undergo the training for this lifelong task, homœopathy has everything to offer.

In the first place, homœopathy offers to the independent mind an opportunity continually to seek new verifications of the natural laws upon which this system of medicine is based. It opens up vast fields to the pioneer, and we cannot gauge the distance that eager minds may travel, or how greatly the interpretations of these laws may influence the civilization of the future.

Homœopathy offers a life of service to humanity, and it is the only method of healing that surely sets the sick man and sick woman on the permanent road to recovery. We must remember that though we may fail, the failure is ours; it is not the failure of homœopathy. The better knowledge we have of the "tool of our trade" the better use we should make of them.

Homœopathy treats the sick individual; it is therefore a specialty. Therefore, homœopathy offers a special inducement to the man who can teach people to think and act as individuals, and to demand medical treatment as individuals.

## Your responses

Thanks and congrats for the 'e' magazine and wish u all the best and great success in achieving your objective and mission through this. With regards and best wishes

*Dr. Nirmal Jit Singh*

Dear Anupam,  
I have received issues of DREAMS-e-homeo. They were quite informative and well produced. Page make up too is also very good. Well done, With complements from

*Ashok Gupta*  
Editor, Yuvraj features

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## Investigation tips

**Pap smear** or **Papanicolaou test** is a screening test used to detect pre-malignant and malignant processes in the ectocervix. The cells gathered from the cervix, are examined microscopically for abnormalities. The test aims to detect potentially cervical intraepithelial neoplasia (CIN) or cervical dysplasia, which are usually caused by sexually transmitted human papilloma viruses. This is an effective method for early detection of pre-cancer and **cervical cancer**. The test may also detect infections and abnormalities in the endocervix and endometrium.

## Personality disorders

### Schizotypal personality disorder

is a personality disorder that is characterized by an **odd behavior, odd thinking, odd speech, unconventional beliefs** and **need for social isolation**.

Highlighting features are eccentric behavior and anomalies of thinking and affect. Any of the following may be present:

- Inappropriate or constricted affect (the individual appears cold and aloof).
- Behavior or appearance that is odd, eccentric, or peculiar.
- Poor rapport with others and a tendency to social withdrawal.
- Odd beliefs or magical thinking, inconsistent with subcultural norms.
- Suspiciousness or paranoid ideas.
- Unusual perceptual experiences including bodily or other illusions, depersonalization or derealization.
- Vague, circumstantial, over-elaborate, or stereotyped thinking, manifested by odd speech or in other ways, without gross incoherence.
- Occasional transient episodes with intense illusions, auditory or other hallucinations, and delusion-like ideas, usually occurring without external provocation.

The exact **cause** is **unknown**. Genes are thought to be involved.

Talk therapy (**psychotherapy**) is a big part of treatment. **Social skills training** can help some people cope with social situations. Some people may be helped by **antipsychotic medications**.

## Points to ponder.....

**Growing older is mandatory, growing up is optional. We make a Living by what we get. We make a Life by what we give.**

# HOMOEOPATHIC REVIVAL

monthly homoeopathic  
newsletter.

**Dr. D.K. Bhardwaj :**  
**9871020702**

## Laughter dose

Old Paddy Murphy took his wife to the hospital to have a baby. After waiting for a while in the waiting area, Paddy picked up the hospital house phone, called the doctor and said, "Hello, this is Mr. Murphy. What's the news?" The doctor answered, "You are the father of a fine baby boy, but hold on because it's not all over yet." After about a half hour, Paddy called the doctor back and asked, "Hello, this is Mr. Murphy. What's the news?" The doctor answered, "You're the father of twins, a boy and a girl, but hold on because it's not all over yet." After 15 minutes, Paddy called back again and asked, "Hello, this is Mr. Murphy, What's the news? The doctor answered, "You're the father of triplets -- two boys and a girl. It's not all over yet, but it's slowing down, so why don't you go get something to eat; I'll be here all night." So Paddy went to a pub and got himself six shots of good Irish whiskey. He then, unsteadily called the doctor at the hospital, which he **misdialed to the local cricket club**. When the person answered, Paddy asked, "Hello, this is Mr. Murphy, what's the news?" The person replied, "**All out for a hundred and one, and the last one out was a duck.**"

## Repertory WARTS (by location)....

**THROAT:** *Arg-n., merc-c., nit-ac., thuj*

**RECTUM:** *Arg-n., aur-m., aur., benz-ac., caust., Cinnb., euphr., jac-c., lyc., merc-d., merc., mill., nat-s., Nit-ac., petr., phos., sabin., sep., staph., sulph., Thuj.*

copious bleeding : *Mill.*

extremely sensitive : **Staph.**

flat : *Euphr., sulph., Thuj.*

sore : *Benz-ac., thuj.*

**STERNUM :** *Nit-ac*

**BACK :** *Nit-ac., sil., thuj.*

**Cervical region :** *Nit-ac., thuj.*

**UPPER LIMBS :** *Ars., bov., Calc., carb-an., caust., dulc., kali-c., lyc., merc., Nat-c., nat-m., nat-s., nit-ac., petr., phos., rhus-t., Sep., sil., sulph., thuj.*

**Elbow, bend on :** *Calc-f.*

**Forearm :** *Sil.*

**Wrist :** *Ferr-ma.*

**Hand :** *Anac., ant-c., Bar-c., berb., bov., bufo., Calc., Caust., Dulc., ferr-ma., ferr-pic., ferr., fl-ac., kali-c., kali-chl., lach., lyc., nat-c., nat-m., Nit-ac., ph-ac., phos., psor., rhus-t., sep., sil., Sulph., Thuj.*

flat : *Berb., Dulc., lach., ruta., sep.*

horny : *Ant-c., caust., sep., thuj.*

itching : *Sep.*

large : *Dulc.*

## Homoeopathy ....

Homoeopathy is a technique by which we treat chronic disease, auto immune disease, autoimmune deficiency disease and genetic disease. Homoeopathy also prevents such diseases through same technique. This is the only system in the world which has ability to cure the patient having such diseases. There are some points to be cleared to understand the system:-

- Chronic word is the characteristic of patient and not the disease.
- The best method of treatment is to treat the cause or remove the cause.
- The material causes of such chronic diseases are still to be known.
- If there is a result there must be a cause. Hence the cause of chronicity in an individual is immaterial.
- Whatever the disease may be, find out a basic immaterial characteristic of the patient. And there after an immaterial similar and verified medicine which has ability to modify these characteristics.
- One immaterial characteristic, prominent in an individual, is sufficient to remove the chronicity from an individual with the help of an immaterial similar and verified medicine.

*Dr. E.A Farooque*



+ HEALTH BE ABOVE ALL ELSE +

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## FUN FACTS:

**Kent repertory: Dreams : teeth,. pulled out : Nat-m.**

**Psychology: dreams of teeth pulled out means being betrayed, or stabbed in the back.**

**Therapeutics: natrum mur is an indicated for bad effects of reserved displeasure, of being betrayed, of long lasting grief.**

## Agnus Castus (Chaste tree)

For the lymphatic constitution. *Absent-minded, reduced power of insight*; cannot recollect; has to read a sentence twice before he can comprehend (Lyc., Phos. ac., Sep.). "Old sinners," with impotence and gleet; unmarried persons suffering from nervous debility. **Premature old age:** melancholy, apathy, mental distraction, self- contempt; arising in young persons from abuse of the sexual powers; from seminal losses. **Complete impotence:** relaxation, flaccidity, coldness of genitalia. No sexual power or desire (Cald., Sel.). Impotence, after frequent attacks of gonorrhoea. Bad effects of suppressed gonorrhoea (Med.). Gleet, with absence of sexual desire or erections. Leucorrhoea: transparent, but staining linen yellow; passes imperceptibly *from the very relaxed parts*. Deficient secretion or suppression of milk in nursing women. (Asaf., Lac. c., Lac. d.); often with great sadness; says she will die. Complaints of imaginary odor before the nose, as of herring or musk. Prevents excoriation, from walking.

**Relationship.** - Calad. and Selen. follow well after Agnus in weakness of sexual organs or impotence.

*Vashisht*

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