

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 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.

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

Colon carcinoma **Anhalonium**
Skin symptoms better by cold application **Ledum pal**
Hot flushes of climacteric when Lachesis, Sulphur
and Medo failed **Sanguinaria can**

(contributed by Dr. Navneet Bidani)

Quote

"First they ignore you, then they laugh at you, then they fight you, then you win."

Mahatma Gandhi

Regular Features

Homoeopathic Topics
Therapeutics
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General Medical Info
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Quotes

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Tips on Sehgal Method

RECOGNIZES (contd)

recognizes the reality and accepts it-

These patients identify the truth which can't be changed and reconcile with it without complaints. They are adjusting in nature. Same is true for children.

Children:

1. The sick child is lying quietly on the bed. If mother comes and sits near him its o.k., but even if she doesn't, he will not complain. He would rather ask mother to complete her work first and then come to him.

2. Whatever you ask him to do or eat he would agree without protest.

3. They don't complain much or demand anything as they don't want to bother anybody .

4. The child doesn't stop playing even if he has fever, but after sometimes goes and lies down on the bed himself. WHY? Because he realizes that he is left with no more energy and instead of anybody forcing him to take rest he himself goes and lies down.

Above versions are of COCCULUS patient.

The other medicine covering this rubric is SANGUINARIA, which also realizes the situations and try to adjust with or accept it as she is HOPEFUL about recovery.

Version: Today if the circumstances are unfavourable but hopefully tomorrow they will get better so why to bother unnecessarily.

Dr. Preetii Sehgal

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

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Dr. K.K. Aggarwal's tips

Diabetes can be prevented

With proper risk factor management it is possible to get rid of both insulin & drugs in type 2 diabetes. Type 1 diabetes requires life-long insulin treatment. 'Type 2' diabetes is due to a faulty lifestyle & the resultant insulin resistance can be prevented. For this, drastic changes in lifestyles need to be done, starting with improved diets and more exercise, to avoid type 2 diabetes in the first place. Type 2, or what used to be called adult-onset diabetes, occurs when either the body does not produce adequate amounts of insulin or the cells ignore the insulin. The body needs insulin to transport sugar in the blood to cells for energy. Being overweight, eating an unhealthy diet, and lack of exercise are common contributors to this form of the disease. However, even small steps — standing more often during the day or walking during a lunch break or eating an apple instead of ice cream — can help make a difference.

Tips to prevent diabetes

- Do not eat white refined carbohydrates.
- Eat less at a time.
- Work out at least 30 minutes a day.
- Eat green bitter vegetables in plenty
- Eat a high fiber diet
- Do not eat trans fats in food.

Padma Shri & Dr B C Roy National Awardee

Dr. K.K. Aggarwal
Chief Editor 'e medinews'

Homœopathic Posology

It is not to be denied that the subject of the dose in homœopathy is a very important one. The three essential elements of the system are the *principle*, the *remedy* and the *dose*; -and the three are of equal importance. Posology, and the related subject of Potentization were the subjects of so much misunderstanding, discussion and controversy in the early days of homœopathy that the profession, after being divided into two opposing camps grew tired of the subject. It came to be regarded as a kind of "Gordian Knot," to be cut by each individual as best he could with the instrument at his disposal. Hahnemann himself at one time, almost in despair of ever being able to bring his followers to an agreement on the subject, cut the knot by proposing to treat all cases with the thirtieth potency. Following this suggestion others tacitly adopted a dosage confined to one, or a very limited range of potencies. The materialistically minded restricted themselves to the crude tinctures and triturations, or the very low dilutions, ranging from 1x to 6x. Others ranged from the third to the thirtieth potencies, while another small class of metaphysical tendency used only the very high potencies, ranging from the two hundredth to the millionth, each according to his personal predilection.

Such a state of affairs is unfortunate. Assuming that there is a difference in the action of the various doses of medicines, and that a series of potencies or preparations of the different medicines has been available for use; it follows that the entire series should be open to every practitioner, and that each man should be competent, willing and ready to use any potency or preparation of the remedy indicated in a given case, without prejudice. If he confines himself to one or two potencies, be they low, medium, or high, he is limiting his own usefulness and depriving his patient of valuable means of relief and cure.....

.....(to be contd)

STUART CLOSE

Your responses

Dear Dr. Anupam,

The improvement in the subsequent issues of 'DREAMS', is remarkable. Contents have been up to the mark, Designing part is superb. New ideas are being incorporated in every issue. Every issue shows improvement in Contents and presentation. Regarding the special issue I must say a befitting tribute to Dr. Hahnemann.

Wishing you all the very best...

Dr. Manish Bhartiya
Editor, Vital Informer

"Great magazine". I will be glad to receive it in the future.

Congrats

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Investigation tips

- **SGOT is more than SGPT in dengue hemorrhagic fever. It can help in differential diagnosis.**
- **SGOT/SGPT may also be high in thyroid disorders**

Psoriasis

Psoriasis is a chronic, non-contagious **autoimmune disease** that affects the skin and joints. It commonly causes red, scaly patches to appear on the skin. The scaly patches caused by psoriasis, called psoriatic plaques, are areas of inflammation and excessive skin production. Skin rapidly accumulates at these sites and takes on a silvery-white appearance. Plaques frequently occur on the skin of the elbows and knees, but can affect any area including the scalp and genitals. In contrast to eczema, psoriasis is more likely to be found on the extensor aspect of the joint. The disorder is a chronic recurring condition that varies in severity from minor localized patches to complete body coverage. Fingernails and toenails are frequently affected and can be seen as an isolated finding. Psoriasis can also cause inflammation of the joints, which is known as psoriatic arthritis. Ten to fifteen percent of people with psoriasis have psoriatic arthritis. The cause of psoriasis is not known, but it is believed to have a **genetic component**. Factors that may aggravate psoriasis include stress, withdrawal of systemic corticosteroid, excessive alcohol consumption, and smoking. There are many treatments available, but because of its chronic recurrent nature psoriasis is a challenge to treat.

Diagnosis

A diagnosis of psoriasis is usually based on the appearance of the skin. There are no special blood tests or diagnostic procedures for psoriasis. Sometimes a skin biopsy, or scraping, may be needed to rule out other disorders and to confirm the diagnosis. Skin from a biopsy will show clubbed Rete pegs if positive for psoriasis. Another sign of psoriasis is that when the plaques are scraped, one can see pinpoint bleeding from the skin below (**Auspitz's sign**).

Epidemiology

Psoriasis affects both sexes equally and can occur at any age, although it most commonly appears for the first time between the ages of 15 and 25 years. Researchers have identified genetic loci associated with the condition. **Onset before age 40 usually indicates a greater genetic susceptibility and a more severe or recurrent course of psoriasis.**

Health Tips...

Don't waste your precious energy & time on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive & present moment...

By **Dr. S.S. Vithal**
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Laughter dose

Mr. James Barricks, was a rich old man was dying from a rare disease. On his deathbed, he called for his insurance agent, doctor and preacher: "I trusted each of you my entire life. Now I want to give each of you \$30,000 cash in an envelope to put in my grave. I want to take it with me." Mr. Barricks died and at the funeral, each one placed the envelope on top of the man, then he was laid to rest. On the way from the funeral, in the limo, the doctor confessed, "I must tell you gentlemen, I only put \$20,000 on top of Mr. Barricks, I wanted to buy this new machine that would enable me to diagnose his rare disease and save others. It's what he would have wanted." Then the preacher said: "I have to confess, I only put \$10,000 on top of Mr. Barricks. We needed that money to help more homeless, and it's what Mr. Barricks would have wanted". The insurance agent was angry at both men and said: "I can't believe both of you, stealing from a dead man. **I wrote Mr. Barricks a cheque for the full \$30,000!**"

Repertory

INSOMNIA

CAUSES OCCURRENCE

Abdominal disturbances -- Ant. t.,
Cupr. m.

Aching Bones ,in -- Daphne.
**Legs, in, yet cannot keep
them still** -- Med.

**Muscles ,in, too much
exhausted, tired out** -- Helon.

**Anxiety, driving him out of bed,
aggravated after midnight** -- Ars.

Arterial pulsations -- Acon., *Bell.*,
Cact., *Glon.*, Sec., Selen., Sul., Thea.

Banqueting, late suppers -- Puls.

Bed feels too hard, cannot lie on it --
Arn., Bry., *Pyr.*

Bed feels to hot, unable to lie on it --
Op.

Chronic nicotinism -- Plant.

Coffee, abuse -- Cham., *Nux v.*

ColdnessBody [of] -- *Acon.*, Ambra,
Camph., *Carbo v.*, Cistus, *Ver. a.*
Knees [of] -- Apis, *Carbo v.*

Cramps -- Argen. mex., Col., Cupr. m.

Dentition -- Bell., Bor., *Cham.*, Coff.,
Cyrip.

**Menopause; women with prolapsus
uteri or uterine irritation** -- Senec.

Mouth and throat sore -- Arum, Merc.

Weaning of child -- Bell.

MIASM

According to Homoeopathic philosophy, the cause behind the chronic disease is **miasm**. If you know the 'miasm', you know the fundamental cause of all chronic diseases, you are able to deal with the **real cause** in respect of its origin, **progress, medicines** (related to miasm) and **cure** (decrease of miasm). Allopathy does not believe in miasmatic theory that is why they are very far from the cure of real chronic disease (where the cause is internal). A homoeopath also can not cure a real chronic disease without the **knowledge of miasm**, its origin, its progress and its relation with dynamic medicine. So it is necessary to understand the relation between dynamic medicines and miasm. Dr Hahnemann believed that the removal of disease is not possible without the removal of cause.

Miasmatic medicine can be defined as a 'medicine selected on miasmatic symptoms similarities of the patient.' A medicine becomes miasmatic only after being selected on the ground of miasmatic symptoms. A medicine if selected on the basis of non-miasmatic symptoms is never a miasmatic medicine. A miasm always exist in the patient and not in the medicine. If miasm is the real cause of a dynamic disease, definitely it is the matter of patient. It is true that a patient is miasmatic or non-miasmatic. A medicine is never miasmatic or non-miasmatic before it is prescribed on miasmatic symptoms.

Dr E A Farooque



+ HEALTH BE ABOVE ALL ELSE +

RANA HOMOEOPHARMACY

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- Six-year-olds laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
- Laughing lowers levels of stress hormones and strengthens the immune system.
- It's been proven that people can lessen reactions to allergies by laughing.

Juice recipes for Good Health

The Body Cleanser

Blend **3 parts apple, 1 part ginger and 3 parts carrot**. The main benefits of this juice include revitalization of the body, good for cold and glowing skin. Beauticians usually prescribe this juice because of its extremely good effects on the skin. But the benefits are not limited to the skin. It has a cleansing and boosting effect to the whole body.

Rhododendron Snow rose.

Nervous persons **who dread a storm** and are particularly afraid of thunder; < before a storm, especially an electrical storm (Nat. c., Phos., Psor., Sil.). Toothache, every spring and fall during sharp east winds; worse from **change of weather, thunderstorm, windy weather**. Acute inflammatory swelling of joints, wandering from one joint to another; severe at night; < in rest and during rough stormy weather (Kalm.). Rheumatic drawing, tearing pains in all the limbs, **worse at rest and in wet, cold windy weather** (Rhus). Cannot get sleep or remain asleep unless legs are crossed. Gout with fibrous deposit in great toe-joint, rheumatic, often mistaken for bunion (Colch., Led.). Induration and swelling of the testicle after gonorrhoea or rheumatic exposure (Clem.); orchitis, sensation in gland as if it were being crushed (Aur., Cham.).

Aggravation. - Stormy, windy weather, electrical changes in the atmosphere; on approach of thunderstorm; symptoms reappear with rough weather.

Amelioration. - Better from wrapping the head warmly; dry heat and exercise.

Vashisht

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