

Dynamic Revolutionary Egalitarian Assurgent Motivative Society

(DREAMS)

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

“DREAMS - e - homo eo”

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.

Thursday
12th May, 2011
Issue 19



Chief Editor
Dr. Anupam Sethi Malhotra

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

Clinical Tips of Dr. D.P. Rastogi

Physostigma: Preventive for poliomyelitis, 3 powders, 4 hourly to be taken one day a week for two weeks.

Calcarea phosphorica: Alopecia areata.

Tuberculinum bovinum: Astigmatism.

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

Quote

"Obstacles are those frightful things you see when you take your eyes off your goal."

- **Henry Ford**

Regular Features

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Shop No. 6, 1400/1, Hans Plaza Gali no. 7, Wazir Nagar, Kotla Mubarakpur, New Delhi -03.
Ph. 24628620, 46578155, 9953667589.

Tips on Sehgal Method

FEAR, betrayed of being

(A sort of discomfort aroused by something specific like impending pain, danger or evil) A person can identify the subject of **fear**.

Betrayed- deceived

Being-a continuous process

Nutshell meaning: These patients have fear of being deceived, robbed by friends, any situation, and any event or (in case of patients) by disease or whatever he has at present.

These patients never take any sort of risk. Even if there is only 1% chance of losing and 99% of winning still they would not take any chance.

VERSIONS-

(1) I won't stop allopathic medicine till I have the confidence that your medicine will be equally effective as allopathic. In case your medicine does not work, I'll be deprived of what I already have.

(Although with side effects of medicine, the disease is somewhat under control now)

(2) Have you noted down all my symptoms? I fear if something is left unnoticed, I may get wrong medicine.

(3) Is it really necessary to do investigation? Can't you tell me like this, what has happened to me? The very thought that, something serious might come out in investigation, will kill me beforehand.

(4) Have you treated an identical case (to that of mine) in the past? These patients want 100% guarantee of cure, that is why they will do full enquiry about Doctor before going to him.

HYOSCYAMUS is the only medicine covering this rubric. In other words this rubric is the KINGPIN symptom of Hyoscyamus.

Dr. Preeti Sehgal

Dr. K.K. Aggarwal's tips

Living environment, the most important influence on health

Environment influences the health outcome of a family.

The noise levels of the area one lives determine the blood pressure and the anxiety levels. People living near the main roads or the airport have higher blood pressures.

The air pollution levels decide the age of the lungs.

The company of the people one lives with has been described as the most important factor in Vedic literature. The so-called 'satsang' decides one's behavior and culture.

As per a study at the Ohio State University published in Urban Studies looking at the data on 8,782 people in 373 Chicago neighborhoods, the neighborhood had a major influence on how much exercise one does. The researchers found that people who live in neighborhoods with higher levels of poverty lower levels of education, and more families headed by women were less likely than others to exercise. Neighborhood-related factors that influenced exercise levels included: amount of trust among neighbors, perceived violence in the community and beliefs that neighbors help each other. The study also found that neighborhood was more important for women than men in determining exercise levels. Neighborhood characteristics were more important than a person's income in determining exercise levels.

Padma Shri & Dr B C Roy National Awardee
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B.H.M.S. (I & II YEAR)

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Homœopathic Posology

Under homœopathic principles any potency may be required in any case. It is as unreasonable to expect to cure all cases with any two or three potencies as it is to expect to cure all cases with any two or three remedies. In either case, those who follow such a course are governed more by the love of ease and their prejudices than they are by their desire for efficiency.

The selection of the dose is as much an integral part of the process of making a homœopathic prescription as the selection of the remedy, and often quite as important. A well selected remedy may fail utterly, or even do injury, because of wrong dosage. Dose as well as remedy must be adjusted to the patient's need.

The homœopathic doctrine of dosage, like the law of cure, was based upon the discovery of *the opposite action of large and small doses of medicine*. It is another application of medicine of, the Law of Mutual Action - the third Newtonian law of motion - "Action and Reaction are Equal and Opposite." Everyone at all acquainted with the action of drugs knows, for example, that Ipecac in large doses causes nausea and vomiting and in small doses, under certain conditions, will cure the same; that Opium in large doses will cause a deep sleep or narcosis, and in small doses, under certain conditions, will cure the same.

Although the physiological antagonism between large and small doses is an illustration of the homœopathic law of posology, the use of drugs in "physiological doses" has nothing to do with their homœopathic use, because *homœopathic remedies are never used in "physiological doses."* This statement is true, even in those cases where the low reacting power of the patient sometimes requires *material doses* of the homœopathic remedy. It would be more accurate to say that homœopathic medicines are never used for their *"physiological effect."*

STUART CLOSE

Your responses

The get up of this e-journal is very attractive. You can also try some variations in the colour back-ground.

Posology is a topic which remains confusing to the young entrants. The possible factor is that most of us have not understood this part properly, or may be that we have not followed the trail of potencies as envisaged by Hahnemann in various editions of the Organon. Unfortunately, with most of us the potencies become favorite, based on individual experience. I feel, this topic should involve more and more participation. Best luck, and blessings to you,

DR. R.N. WAHI

Hello Dr. Anupam,

Nice informative e-magazine. I wish u to continue with this. Wish u god luck. Hope sooner number of readers will increase...

Regards,

Dr. R. S. Sodhi
Homœocare Jalandhar

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Points to ponder

If an egg is broken by an outside force**a life ends**. If an egg breaks from within....**life begins**.
Great things always begin from within.

Contributed by
Dr. Shiv Dua

Psoriasis (CONTD)

The symptoms of psoriasis can manifest in a variety of forms.

Plaque psoriasis (*psoriasis vulgaris*) is the most common form of psoriasis. It affects 80 to 90% of people with psoriasis. Plaque psoriasis typically appears as raised areas of inflamed skin covered with silvery white scaly skin. These areas are called plaques.

Flexural psoriasis (inverse psoriasis) appears as smooth inflamed patches of skin. It occurs in skin folds, particularly around the genitals (between the thigh and groin), the armpits, under an overweight stomach (pannus), and under the breasts (inframammary fold). It is aggravated by friction and sweat, and is vulnerable to fungal infections.

Guttate psoriasis is characterized by numerous small round spots. These numerous spots of psoriasis appear over large areas of the body, such as the trunk, limbs, and scalp. Guttate psoriasis is associated with streptococcal throat infection.

Pustular psoriasis appears as raised bumps that are filled with non-infectious pus (pustules). The skin under and surrounding the pustules, is red and tender. Pustular psoriasis can be localized, commonly to the hands and feet (palmoplantar pustulosis), or generalized with widespread patches occurring randomly on any part of the body.

Nail psoriasis produces a variety of changes in the appearance of finger and toe nails. These changes include discolouring under the nail plate, pitting of the nails, lines going across the nails, thickening of the skin under the nail, and the loosening (onycholysis) and crumbling of the nail.

Psoriatic arthritis involves joint and connective tissue inflammation. Psoriatic arthritis can affect any joint but is most common in the joints of the fingers and toes. This can result in a sausage-shaped swelling of the fingers and toes known as dactylitis. Psoriatic arthritis can also affect the hips, knees and spine (spondylitis). About 10-15% of people who have psoriasis also have psoriatic arthritis

Erythrodermic psoriasis involves the widespread inflammation and exfoliation of the skin over most of the body surface. It may be accompanied by severe itching, swelling and pain. It is often the result of an exacerbation of unstable plaque psoriasis, particularly following the abrupt withdrawal of systemic treatment. This form of psoriasis can be fatal, as the extreme inflammation and exfoliation disrupt the body's ability to regulate temperature and for the skin to perform barrier functions

Health Tips...

**GOD heals everything.
Remember that you are too
blessed to be stressed.**

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

HOMOEOPATHIC REVIVAL

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Laughter dose

A man had two of the best tickets for the World Cup Final. As he sits down, another man comes along and asks if anyone is sitting in the seat next to him. "No", he says, "the seat belongs to me but it is empty.." "This is incredible!" said the man, "who in their right mind would have a seat like this for the World Cup Final, the biggest sporting event of the year, and not use it?" He says, "Well, actually, my wife was supposed to come with me, but she passed away. This is the first Cup Final we haven't been to together since we got married." "Oh... I'm sorry to hear that. That's terrible. I guess you couldn't find someone else, a friend or relative or even a neighbor to take the seat?" The man shakes his head... **"No. They're all at her funeral."**

Repertory

"SENSATIONS AS IF -"

MIND AND SENSORIUM.

Air itself were in tremulous motion (fever) :- *Saba*.

Air, he were in ; on going to sleep quick drawing to feet wakens him :- *Tell*.

Air, he were entering cold :- *Tarent*.

Air, and busy himself, he must go into the :- *Anac*.

Air, she were so light she could float in :- *Manc.*, *Tep*.

Air, she were floating in :- *Cocaine*, *Nux-m.*, *Stict.*, *Valer.*, *Xanth*.

Air, legs were floating in :- *Stict*.

Air, flying or swimming in :- *Calc-ar.*, *Manc.*, *Valer*.

Air, ongoing to sleep he were in :- *Tell*.

Air, when walking, he were gliding in :- *Asar*.

Air, when walking, he were walking on :- *Asar.*, *Chin.*, *Coff.*, *Lac-c.*, *Merc-i-f.*, *Nat-m.*, *Nux-v.*, *Op.*, *Phos-ac.*, *Phos.*, *Rhus-t.*, *Spig.*, *Stram.*, *Stict.*, *Thuj*.

Air, hovering in, one were :- *Manc.*, *Nux-m.*, *Op.*, *Stict.*, *Valer*.

Air, like a spirit (when walking in open air), he were hovering in :- *Asar*.

Air, and tormented by great anxiety lest slightest touch or motion make her fall from the height ; she were being lifted high in :- *Hyper*.

Air, suspended in :- *Sep*.

Air, he were walking in :- *Aur-m.*, *Lact*.

Herbert A. ROBERTS,

M. D.

Investigation tips

SERUM CALCIUM

Normal values range from 8.5 to 10.2 mg/dL

Lower levels may be due to:

Hypoparathyroidism, Rickets, Osteomalacia, Vitamin D deficiency, Magnesium deficiency, Pancreatitis, Malabsorption (inadequate absorption of nutrients from the intestinal tract)

Higher levels may be due to:

Hyperparathyroidism, Metastatic bone tumor, Milk-alkali syndrome (Excessive calcium intake), Multiple myeloma, Excessive vitamin D level, hyperthyroidism, Use of certain medications such as lithium, tamoxifen, and thiazides.



+ HEALTH BE ABOVE ALL ELSE +

RANA HOMOEOPHARMACY

PHARMACY

114, Hari Nagar Ashram Chowk,
Mathura Road, New Delhi 14

Surendra Singh Rana

32957572, 24560545, 9811986885

Calcarea Arsenica (Arsenite of Lime)

Great mental depression. **The slightest emotion causes palpitation of heart** (Lith. c.). Rush of blood to head and left chest (Amyl., Glon.). Epilepsies, from valvular diseases of the heart. Complaints of drunkards, after abstaining; craving for alcohol (Asar., Sul. ac.). Complaints of fleshy women when approaching the menopause.

Juice recipes for Good Health

The Cholesterol Buster

A juice made from Apple cucumber and celery is known to fight cancer and reduce cholesterol. It also improves any sort of stomach upset and headache. This juice is a must have once you have crossed your 30's. If you have this juice every other day, then you will not have to worry about your cholesterol level any more.

Board of Homoeopathic System of Medicine & Delhi Homoeopathic Federation celebrated 256th Birth Anniversary of Dr. Hahnemann in a glittering function at ITO, Delhi. Hon'ble Dr. A.K. Walia, Minister of Health & Family Welfare Govt. of Delhi was the Chief Guest. Hon'ble minister conferred the first ever 'Homoeo Rattan Award' to Dr. Diwan Harish Chand, for his contribution to the cause of homoeopathy. Dr. P.C. Mehta was given a Lifetime Achievement Award. Dr. K.K. Juneja (Chairman) & Dr. Aditya Kaushik (Vice Chairman) of the Board informed the chief guest about the needs & the amendments required the field of homoeopathy and requested the minister to look into the matters. Dr. A.K. Walia, praised the system & assured that the points raised by Dr. Juneja & Dr. Kaushik will be considered. A Panel discussion on Homoeopathy in Thyroid Disorders was also organized. Dr. J.D. Daryani, Dr. Anil Khurana, Dr. A.K. Gupta, Dr. Tanveer Hussain, Dr. R.K. Manchanda and Dr. Archana Narang were the panelists. It was an eye opener as people were not aware of the role of homoeopathy in this particular malady.



Vashisht

HOMOEOPATHIC PHARMACEUTICALS

Office & correspondence : 17-65, Ram Nagar Colony, Trimulgherry, Alwal,
Secunderabad 500015

Works : Plot No. 99, I.E. Medchal, Hyderabad 501401

Ph. : 08418-222111, 9848065885

Website : www.vashishthomoeo.com

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