

Dynamic Revolutionary Egalitarian Assurgent Motivative Society

(DREAMS)

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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

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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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Dr. E. A Farooquee
Mr. Mahesh Gidwani



Quote

Intellectual growth should commence at birth and cease only at death.

- **Albert Einstein**

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The Tips Page

Health Tips...

One can live full span of happy & healthy life with proper eating and drinking, clean environment, pious & tranquil thinking.

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Don't do that.....

Lachesis: To be used with care in very high potency.

Silicea tera: Use with caution in pulmonary tuberculosis.

Sulphur: Don't repeat in high potency at frequent intervals.

Dr. Navneet Bidani

Clinical Tips by Dr. D.P. Rastogi...

Heart :

Acute attack angina : Aconitum napellus, Iodium, Cactus grandiflora, Spongia tosta, Arsenicum album, Spigelia anthelmia, Latrodactus-mactans, Lilium tigrinum.

Coronary : Arsenicum album, Carbo-vegetabilis , Oxalicum acidum, Snakes.

Post coronary : Crategus, Arnica montana, Kali carbonica

Contributed by
Dr. Navneet Bidani

Practical Tips

whatever the disease may be.....

If the patient never weeps, even in grief, the medicine is **NUX VOM**

Dr E A Farooquee
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9811370571

Clinical tips....

Tips on immediate cause

Boil milk produce diarrhea : **Sep., Nux M.**

Fruit produce diarrhea : **Verat. a, Ars. a.**

Vegetable caused indigestion : **Ars. Alb.**

News exciting, urging to stool : **Sul,**

Heat of the sun produce weakness – **Nat. c.**

Dr. Darshan Kumar

Engineering Students can register in www.campuscouncil.com to attend Off Campus for 40 Companies.

Dr. S.K. Vashisht

OSTEOPOROSIS IN MEN

Most think of osteoporosis (loss of bone mass and density) as a disease of older women. It is true that it is more common in women but men are not immune. Most men are living long enough to end up with age-related osteoporosis. Osteoporosis starts earlier and gets worse faster in women because of hormonal shifts, but at age 65, both sexes lose bone at the same rate. The main fear of osteoporosis is a broken bone. 25% men over 50 years will have an osteoporosis-related fracture some time in his life. A broken bone can end up with lingering pain, loss of mobility, long-term disability, and loss of independence.

Osteoporosis is associated with some male-only conditions. 1. Abnormally low testosterone levels. 2. Psoriasis effect both women and men but is linked to loss of bone density in men only. 3. Androgen deprivation therapy, used to treat advanced prostate cancer, involves drugs that interfere with testosterone.

Some drugs affect bones in both sexes. Long-term cortisone therapy can diminish bone mass. The proton-pump inhibitors and the selective serotonin reuptake inhibitor antidepressants too, may contribute to bone loss. Lifestyle and health habits are also a major factor in osteoporotic risk, for both men and women. Smoking and heavy alcoholic drinking weaken bones. Men are more likely than women to engage in those behaviors. Keeping bones strong is yet another reason to exercise. Vitamin D is important for bone health. We should be getting at least 800 to 1,000 international units (IU) of vitamin D daily, especially during winter. The recommendations of calcium intake for men are unclear. There is an association between long-term daily calcium intake at levels of 1,500 mg and a greater risk of developing advanced prostate cancer. On the other hand, there's a string of results that suggest the mineral may lower colon cancer risk. Daily calcium recommendation is at 700 mg, which most men should be consuming. For men at risk of osteoporosis, the right balance may be about 700 mg - 1,000 mg, which can be achieved with a normal diet that includes one to two servings of dairy products, and plenty of vitamin D, which usually means taking the vitamin in pill form.

Dr KK Aggarwal
Padma Shri & Dr B C Roy National Awardee
Chief Editor 'e medinews'

Investigation tips

Microalbuminuria: It is elevated concentrations of albumin in a spot sample (30-300 mg/L). This is an indicator of **subclinical cardiovascular disease**, marker of **vascular endothelial dysfunction**, an important prognostic marker for **kidney disease**.

SUBHASH HOMOEOPATHIC
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PH.; 29956416, 9868117882

Lighter reading.....

Laughter dose

A wife was making a breakfast for her husband. Suddenly, her husband burst into the kitchen and started talking in worried, sometimes panic stricken voice. 'Careful,' he said, '**CAREFUL!** Put in some more butter! Oh my gosh! You're cooking too many at once. **TOO MANY!** Turn them! **TURN THEM NOW!** We need more butter. Oh my gosh! **WHERE** are we going to get **MORE BUTTER?** They're going to **STICK!** Careful. **CAREFUL!** I said be **CAREFUL!** You **NEVER** listen to me when you're cooking! Never! Turn them! Hurry up! Are you **CRAZY?** Have you **LOST your mind?** Don't forget to salt them. You know you always forget to salt them. Use the salt. **USE THE SALT! THE SALT!**'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?'

The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'



+ HEALTH BE ABOVE ALL ELSE +

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Your responses...

To the Editorial Board,

Congrats 'DREAMS' on its 25th issue. Happy to read the bio-data of the editorial board and chief editor. Except Dr. Arora and Mr. Gidwani, I have met the others but knowing about the artistic qualities in Dr. Anupam is a pleasure. After all, Arts and Science is what we call homoeopathy. I wish a very promising and healthy life for 'DREAMS' and its propellers.

Dr. Shiv Dua

Juice recipes for Good Health

The Sugar Fighter

This is a simple but very useful and easy to digest juice. It regulates the sugar content in our body. The juice is made of Pear and banana. Pear is good for an ulcer, constipation, and urination and also works for congestion, fever alleviation, and cough. Banana is good for people who have high blood pressure because it is low in salt. Banana contains tryptophan, a type of protein that the body converts into serotonin. Serotonin is a hormone that is known to make you feel happy and improve your mood.

Proportion 3 parts pear & 2 parts banana.

Points to ponder....

The will of God will never take you where the Grace of God will not protect you.

Mahesh Gidwani

The classical page

Repertory

Cold and Aggravation from Cold.

Arsenicum: when patient is cold and has general aggravation from cold, except the headache, which is relieved by cold.

Calcarea carb: has chilliness with aversion to open air and sensitiveness to cold, damp air, with aggravation of pains from slightest draft.

China: where there is chilliness with coldness of internal parts.

Causticum: where there is coldness that warmth does not relieve. The cough, diarrhoea, and rheumatism are worse from cold; paralysis from cold.

Dulcamara: complaints brought on by cold, damp weather and living in damp places; coryza, cough and neuralgia are worse from cold.

Graphites : predominantly chilly; the coryza bone pains and stomach are worse from warmth.

(to be contd...)

HOMŌEO REVIVAL

Monthly Homoeopathic Newsletter

Dr. D.K. Bhardwaj
9871020702

Abies canadensis

Mucous membranes are affected by Abies can and gastric symptoms are most marked, and a catarrhal condition of the stomach is produced. There are peculiar *cravings* and chilly sensations that are very characteristic, especially for women with uterine displacement, probably due to defective nutrition with debility. Respiration and heart action labored. Wants to lie down all the time; skin cold and clammy, hands cold; very faint. Right lung and liver feel small and hard. Gleet.

Head.--Feels light-headed, tipsy. Irritable.

Stomach.--Canine hunger with torpid liver. *Gnawing, hungry, faint feeling* at the epigastrium. Great appetite, craving for meat, pickles, radishes, turnips, artichokes, coarse food. *Tendency to eat far beyond capacity for digestion.* Burning and *distention of stomach and abdomen with palpitation.* Flatulence disturbs the heart's action. Pain in right shoulder-blade, and constipation, with burning in rectum.

Female.--Uterine displacements. Sore feeling at fundus of uterus, relieved by pressure. Prostration; wants to lie down all the time. Thinks womb is soft and feeble.

Fever.--Cold shivering, as if blood were ice-water (*Acon*). Chills run down back. Cold water feeling between shoulders (*Ammon mur*). Skin clammy and sticky. Night-sweat (*China*).

The other school says:-

This agent has been employed in medicine for a long time—the bark in decoction as an astringent, the foliage in hot infusion as a diuretic and diaphoretic, and the oil as a stimulant local application. It undoubtedly possesses valuable properties. The following properties and uses are suggested : 1. general asthenia and feeble digestion 2. irritation of the urinary organs, and in disease of the skin.

TIPS ON Sehgal Method

SUPERSTITIOUS: having a belief in an idea with no logical background.
BLIND FAITH

VERSION-"My friend was cured by you. If you could cure him you will definitely be able to cure me. With this faith in my mind I have come to you for treatment."

Medicines: Bell., Con., Op., Rhus Tox., Stram., Zinc.

Dr. Preetii Sehgal

Functions of Vitamin A

Vitamin A is required for **night vision** i.e. to see normally in the dark.

It promotes the growth and health of all body **cells and tissues** & helps in maintaining **healthy skin**.

It acts for **regulation of gene expression**, thereby influence numerous physiological processes

It assists the **immune system**, and because of its antioxidant properties is great to protect against pollution and cancer formation and other diseases.

It also assists the **sense of taste** as well as helping the digestive and urinary tract and many believe that it helps **slow aging**.

It is required for development and maintenance of the **epithelial cells**, in the mucus membranes and **skin**, and is important in the formation of **bone and teeth, storage of fat** and the synthesis of **protein and glycogen**.

Diet soft drinks not healthy alternatives

Promoting diet soft drinks as healthy alternatives to sugar-sweetened drinks may be "ill-advised" researchers told a conference in the US this past week. The American Diabetes Association's 71st Scientific Sessions held in San Diego 24 to 28 June, learned how one study linked diet soft drink consumption to larger waistlines in older people and another study suggested heavy consumption of the artificial sweetener aspartame, commonly used in diet sodas and other foods, may help raise blood glucose, a high level of which increases diabetes risk.

SALSA is a large population-based study of how elderly Mexican and European Americans gradually become more and more disabled. The principal investigator is Dr Helen P Hazuda, who has been leading the study for the last 20 years, told the conference that: "Data from this and other prospective studies suggest that the promotion of diet sodas and artificial sweeteners as healthy alternatives may be ill-advised." "They may be free of calories but not of consequences," she added.

Although on average the waistlines of the participants went up over the follow ups, those of the diet soft drinks users increased by an extra 70% compared to those who did not consume diet soft drinks. And for "frequent users", ie those who drank two or more diet soft drinks a day, their increase in average waist size was five times greater than for non-users.

The researchers commented that waist circumference is often used as a measure of visceral adiposity or fat around the belly area, which is known to be a major risk factor for diabetes, cancer, heart disease and other chronic conditions.

Upcoming events

Kent Memorial Lectures 2011 : "UNDERSTANDING DERMATOLOGY – THE HOMOEOPATHIC WAY", on 17th and 18th September 2011, at PHD House, 2, Institutional Area, Haus Khas, New Delhi-16 , org. by S.D.H.A. Contact: **DR. R.N. WAHI: 9810293865**,

THE SCIENCE OF PAST LIFE REGRESSION: Sunday, July 24, 2011 At Hotel Mehfil Inn, Camp Road, Amravati, India. Contact: **Dr. Shilpa Harwani : 9011660747**

SEHGAL ACADEMY: a seven day course in August 2011. Contact **Dr. Preetii : 9811048519**

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