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### “DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 27

**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.

Chief Editor  
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Dr. Saurav Arora  
Dr. Navneet Bidani  
Dr. E. A Farooquee  
Mr. Mahesh Gidwani



#### Quote

“A man's character may be learned from the adjectives which he habitually uses in conversation”

**Mark Twain**

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## The Tips Page

### Health Tips...

Fresh fruits, dry fruits like dried apricots, roasted grams and salads, whole-wheat crackers and soups without starch and fat can be kept handy to be used as snacks so as to avoid snacking on unhealthy foods. High-fat and high-sugar snacks like cakes, samosas, kachories, fried bhujias, chips and soda should be avoided.

*Dr. S.S. Vithal*  
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### More tips....

DVT ..... **Hirudineum**  
Clots in brain ..... **Pitiutrinum**  
Genital urticaria in females ...**Sabina**  
Autism ..... **Hyos, Absint**  
Dyslexia ..... **Xerophyllum**  
Painful corn ..... **Ran b, Ruta**

*Dr. Nirmal Jeet Singh*

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

**Schizophrenia :** Silicea, Baryta carb,  
Thuja, Calc carb  
**Paranoid:** Lachesis, Ars. Alb. Apis,  
Nitric acid, Pulsatilla  
**Catatonic:** Hyos niger, Phos acid  
**GPI:** Aurum, Platina, Palladium  
**Neurotic :** Ignatia amara, Nux vom,  
Kali phos, Alumina, Mag  
carb, Tuberculinum, cup  
met., Zincum, Tarent. hisp

Contributed by  
*Dr. Navneet Bidani*

## Practical Tips

### whatever the disease may be.....

If an individual has aversion to black colour,  
the medicine is **Tarentula**.

*Dr E A Farooquee*  
[drfarooquee@gmail.com](mailto:drfarooquee@gmail.com)  
**9811370571**

## Clinical tips on NAILS....

**Nail biting** is common complaint in daily  
practice. Dr. Boger gives three remedies :  
**Ars. Alb, Sanicula, Hyoscymus.** But Dr.  
Dixon found **Sanicula** to be most effective.  
For splitting & spotted nails : medicines are  
**Arum Triphilum & Ammon Brom.**  
White spot on nails, crippled nails: **Silicea**  
Nails grow thick, cracked & out of shape :  
**Graphites**  
Cold blue nails – **Acid nit.**

*Dr. Darshan Kumar*

If you find any important documents like Driving license, Ration card, Passport, Bank Pass Book, etc., missed by someone, simply put them into any nearby Post Boxes. They will automatically reach the owner and Fine will be collected from them.

*Dr. S.K. Vashisht*

## Dr. K.K. Aggarwal's Tips

### All that wheezes is not asthma

All that wheezes is not asthma. All asthmatics do not wheeze.

### Formula of 2

If you need asthma drugs  
More than 2 times in a week during daytime,  
More than 2 times in a month during night, or  
You consume more than 2 inhalers in a year

...then you have persistent asthma and you need continuous inhaler drug

### Speak Out Formula

If you are able to speak a sentence, then you have mild asthma and an outpatient (OPD) treatment is adequate. If you break a sentence, you have moderate asthma and you may need hospitalization. If you break words, you have severe asthma and you may need hospitalization in the ICU.

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

### Try this it Works

The traditional technique is to strike the terminal phalanx of the middle finger of the nondominant hand with the tip of the middle finger of the dominant hand.

Try striking the nondominant middle finger with a reflex hammer, it offers several advantages over the traditional method. It is easier to perform, is more easily reproduced, provides more audible notes (especially important in a noisy setting such as the emergency department), and is less painful to the struck phalanx.

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

### Investigation tips

#### Estimated GFR

$(140 - \text{Age}) \times \text{Weight in K.G.} \times (0.85 \text{ for females})$

$72 \times \text{serum Creatinine (in } \mu\text{mol/l)}$

## SUBHASH HOMOEOPATHIC STORE

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### Lighter reading.....

#### Laughter dose

On the first day of school, about midmorning, the kindergarten teacher said, "If anyone has to go to the bathroom, hold up two fingers."

A little voice from the back of the room asked, "How will that help?"



+ HEALTH BE ABOVE ALL ELSE +

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#### Some extraordinary people in the world

##### **Akrit Jaswal: The Seven Year-Old Surgeon**

Akrit Jaswal is a young Indian who has been called the world's smartest boy? His IQ is 146 and is considered the smartest person of his age in India. Akrit came to public attention when in 2000 he performed his first medical procedure at his family home. He was seven. His patient was a local girl of 8 yrs, who could not afford a doctor. Her hand had been burnt in a fire, causing her fingers to close into a tight fist that wouldn't open. Akrit had no formal medical training and no experience of surgery, yet he managed to free her fingers and she was able to use her hand again. He focused his phenomenal intelligence on medicine and at the age of twelve he claimed to be on the verge of discovering a cure for cancer. He is now studying for a science degree at College and is the youngest student ever accepted by an Indian University.

#### Your responses...

To the Editorial Board,

Many congratulations to you all for this silver jubilee issue! I would like to thank you all for making this wonderful effort....wishing 'DREAMS' many many more landmarks to attain in the future!

Keep the great work going...All the Best!

best regards,

*Dr. Nupur.*

Congrats , Anupam ,on your silver jubilee issue!!!! Looking forward to enjoy the platinum issue tooo....and further more also!!! Regards

*Preetha*

#### **Juice recipes for Good Health**

##### **Anti Oxidant**

A juice made by mixing mango, pear, carrot and apple will act as an antioxidant. It clears the body heat, counteracts toxicity and decrease blood pressure. Apple is a well known anti oxidant. The addition of mango makes this juice a very tasty drink.

proportion- 3 parts mango, 2 parts pear, 2 parts carrot, 2 parts apple

#### **Points to ponder....**

##### **The Roots of Violence:**

Wealth without work,  
Pleasure without conscience,  
Knowledge without character,  
Commerce without morality,  
Science without humanity,  
Worship without sacrifice,  
Politics without principles.

***Mohandas K. Gandhi***

## The classical page

### Repertory

#### Cold and Aggravation from Cold.

**Hepar** is another chilly patient; extremely sensitive to slight draft, is worse from cold wind and cold drinks; aggravation from getting a part cold.

**Lycopodium**, while a warm remedy, stands high in its particulars, being aggravated by cold, as its stomach, cough, throat and headache.

**Nitric acid**, where there is icy coldness and aggravation from least exposure; soles of feet cold. The coryza and chilblains worse, but cough is better from cold.

**Nux vomica** has general chilliness over whole body; sensitive to open air; aversion to uncovering. Cough and headache made worse.

**Phosphorus** is very cold, with coldness locally in the cerebellum, stomach, hands and feet; neuralgia, rheumatism, cough and diarrhoea are worse from cold, while the stomach and head symptoms are relieved by cold.

**Phosphoric acid**, where there is sensitiveness to drafts; abdomen and one side of face cold.

**Rhus tox**, where there is internal chilliness; aggravation from cold, wet, open air, drafts, cold drinks and cold east wind.

**Silica**, where there is general chilliness, always cold; cold weather, cold water and cold in general aggravate.

(to be contd...)

## Apocynum Cannabinum.

Excretions diminished, especially urine and sweat. Dropsy of serous membranes; acute, inflammatory. Dropsy: *with thirst* (Acet. ac.), water disagrees or is vomited (Ars.); most cases uncomplicated with organic diseases; after typhus, typhoid, scarlatina, cirrhosis; after abuse of quinine. Acute hydrocephalus, with open sutures; stupor, sight of one eye lost; constant and voluntary motion of one arm and one leg (left arm and leg, Bry.); forehead projected. Amenorrhoea in young girls, with bloating or dropsical extension of abdomen and extremities. Metorrhagia: continued or paroxysmal flow; fluid or clotted; nausea, vomiting, palpitation; pulse quick, feeble, when moved; vital depression, fainting, when raising head from pillow. Cough, short and dry, or deep and loose, during pregnancy (Con.).

The other school says....

### In Herbal Medicine

It is also used to treat syphilis, rheumatism, intestinal worms, fever, asthma, and dysentery. Although the toxins from the plant can cause nausea and catharsis, it has also been used for **slowing the pulse**.

# HOMŌEO REVIVAL

Monthly Homoeopathic Newsletter

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

## TIPS ON Sehgal Method

### FEAR superstitious:

FEAR: A sort of discomfort aroused by an impending pain, danger or evil which is specific in nature.

Interpretation : Suppose a person is getting an attack of a particular disease for one or two years, in a particular month of the year. That's why he is FEARING that certainly he will get this attack this year also. No argument no reasoning is sufficient to rid him of this idea which is troubling him.

VERSION: "I have noticed that regularly on two three occasions in the past my pain has come on Monday. That's why one or two days before Monday I start FEARING that the pain will come and it so happens that it actually comes" (Giving stress)-"Doctor don't take me lightly. I request you to do something before the coming monday."

**Rhus Tox** is the only medicine covering this rubric.

*Dr. Preetii Sehgal*

## Sources of Vitamin A

Vitamin A is found naturally in many foods: (in µg)

**liver** (beef, pork, chicken, turkey, fish) (6500), **carrot** (835), **broccoli leaf** (800), **sweet potato** (709), **butter** (684), **kale** (681), **spinach** (469), **pumpkin** (400), **Cheddar cheese** (265), **egg** (140), **apricot** (96), **papaya** (55), **mango** (38), **pea** (38), **broccoli** (31), **milk** (28).

## The musings.....

(Dr. V.P. Singh)

### Headline: Food Package Chemical turns Men Girl-like

*Times Trends TOI, June 30, 2011*

*The report says that Scientists have warned that a chemical called bisphenol A (BPA), commonly found in food packaging may rob a man of his sex appeal. It is used to harden plastics &, therefore, one of the worlds's most used chemicals found in items used daily in every household, including Baby bottles, CD cases and food and beverages packaging. It also says that the chemical BPA mimics oestrogen and, therefore, impact the production and processing of hormones by the body. It also quote a study carried out by the University of Missouri in the US that found that male mice who were exposed to BPA as babies became demasculanised and behaved more like females (as reported in daily mail).*

#### MY TAKE

Notwithstanding damaging effects packaged food, water and beverage, both in PET bottles can cause, we would continue to buy and consume them, as is the case with our consumption of tobacco and alcohol despite highlighted harms time and again. Cancer OR no cancer, Libido OR no libido.

When I review the findings, thought over and looked around for manifestations of ill-effects of packaged food, water, and soft drinks, I was startled if not shocked. I find the reversal of the roles between man and woman. **Men are becoming relatively docile whereas women on the other hand are becoming progressively more aggressive.** Another observation I have made is that **women are becoming more explicit in discussing their sex life whereas men continue to keep shying away. May be it has to do with declining levels of testosterone.**

On to the point of discussion, another observation I wish to make is- it is understandable as to why **women in villages (located far away from cities and towns) still behave like women of yester years. With no mobiles, no pet bottles, no packaged food, no tetra pack and no mobile towers in their near vicinity, these women continue to be like those existed in the 1960s and 1970s. They still submit to the desires of their men. They never think of divorcing their men and even disobeying them.**

(to be contd.....)

### Upcoming events

**Kent Memorial Lectures 2011 : "UNDERSTANDING DERMATOLOGY – THE HOMOEOPATHIC WAY"**, on 17<sup>th</sup> and 18<sup>th</sup> 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:

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

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# vashisht

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