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(DREAMS)**

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“DREAMS - e - homoeo”

A weekly ‘e’ magazine by DREAMS

Issue 29

*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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Malhotra**

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Quote

Any fool can criticize, condemn, and complain but it takes character and self-control to be understanding and forgiving.

- Dale Carnegie

Regular Features

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

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

**Lighter Moments
Jokes
Quotes**

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The Tips Page

Health Tips...

Don't bathe after meals - Bathing will cause the increase of blood flow to the hands, legs & body thus the amount of blood around the stomach will therefore decrease. This will weaken the digestive system in our stomach. .

Dr. S.S. Vithal
www.drivithal.com

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

Acidum Phosphoricum:

Bone pains, dyspepsia, want warm drinks. Is like Pulsatilla. One pupil large. slender tall persons. H/o Masturbation. Desire for juicy things with great difficulty in studies, brain exhaustion, cannot concentrate. Rheumatoid arthritis. Diarrhoea does not debilitate. Bites the tongue during sleep.

Contributed by
Dr. Navneet Bidani

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Practical Tips

Whatever the disease may be....

If a child weeps or has tears in eyes, when looked at; the medicine is 'Nat mur'.
If a child laughs when looked at; the medicine is.....'Lyco'

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

More tips....

Mental retardation and hypothyroidism
due to radiation.....**Syph 200,**

Baryta carb 200

Articular arthritis....**Harpagophytum**

After aggravation of tuberculinum

.....**Psor 200**

Dr. Nirmal Jeet Singh

Symphoricarpm R.: Specific remedy for morning sickness, vomiting during pregnancy. Also used in constipation during menses.

Yerba Santa : Asthmatic & Bronchitis affect.

Fraxinus Amcucana: Enlargement of uterus, uterine fibro

Oreodaphne: Migraine, severe headache, relieved by inhalation

Dr. Darshan Kumar

By the next 10 months, our earth will become 4 degrees hotter than what it is now. Our Himalayan glaciers are melting at rapid rate. So let all of us lend our hands to fight GLOBAL WARMING. **Plant more Trees. Don't waste Water & Electricity. Don't use or burn Plastics**

Dr. S.K. Vashisht

Dr. K.K. Aggarwal's Tips

Over 60% of women believe their biggest health threat to be breast cancer but heart disease kills 6 times as many women as breast cancer. Some risk factors are different for women than for men. Heart disease symptoms may be milder in women. Heart attacks often strike without warning. If a woman does not realize heart disease is a health threat, she will not make heart healthy changes or respond to symptoms once they occur.

The woman is at risk if:

1. Her father or brother below age 55 or her mother or sister below age 65 have had a heart attack, stroke, angioplasty or bypass surgery.
2. She is over 55 years old. (After age 65, the death rate increases sharply for women)
3. She smokes or is exposed to secondhand smoke every day.
4. Her blood pressure is over 135/85 mm Hg. Optimal blood pressure is 120/80 mm Hg. Drug therapy is indicated when blood pressure is >140/90 mm Hg, or an even lower blood pressure in the setting of chronic kidney disease or diabetes (> 130/90 mm Hg).
5. She does not exercise for at least 30 minutes that includes moderate-intensity physical activity, like taking a brisk walk, on most days. For weight control, women need to exercise with 60-90 minutes with moderate-intensity activity on most days. About 70% of American women don't exercise regularly.
6. She has diabetes. After age 45, diabetes affects many more women than men. If diabetic, aim to achieve glycosylated hemoglobin (HbA1c) level less than 7%.

(.....to be contd)

Dr KK Aggarwal

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

Investigation tips

Prolactin

Hyperprolactinaemia, or excess serum prolactin, is associated with **hypoestrogenism**, anovulatory **infertility**, **oligomenorrhoea**, amenorrhoea, unexpected lactation, and **loss of libido in women**, and **erectile dysfunction** and **loss of libido in men**. *Prolactin levels may be of some use in distinguishing epileptic seizures from psychogenic non-epileptic seizures. The serum prolactin level usually rises following an epileptic seizure*

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Lighter reading.....

Laughter dose

AT AN ATM MACHINE:

Friend: What are you looking at?

Mr. Bean: I know your PIN no., hee, hee.

Friend: Alright, what is my PIN no. if you saw it?

Mr. Bean: four asterisks (**)!**

Your responses...

Dear Doctor,

The contents are very excellent and useful for updation. You may kindly include the articles on treatment of Cancer, HIV, AIDS and Infertility in future issues.

Dr. Dhananjaya Bhupathi.

Dear Dr. Anupamji

Thanks for the nice information u have given to me, i am interested in magazine n wants to know more about health n keep myself fit.

Thanks

Archana Malhotra



+ HEALTH BE ABOVE ALL ELSE +

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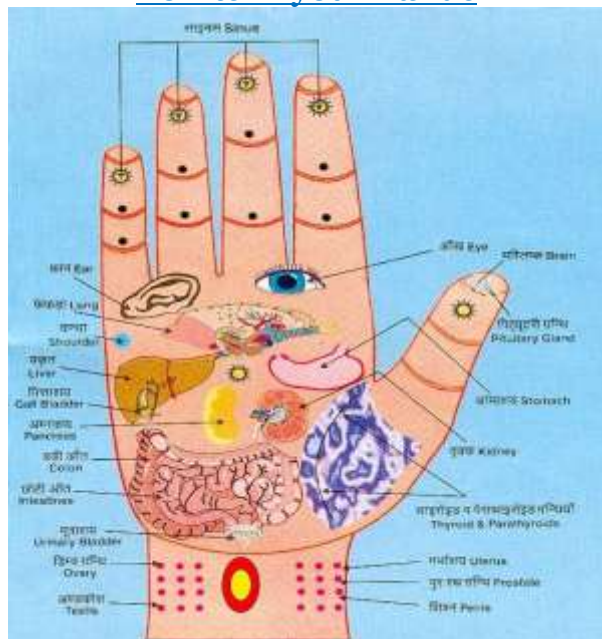
Juice recipes for Good Health

Purple Pine

Purple pine is made from pineapple and grapes. Black grape is usually used. The drink is high in iron and pineapple acts as a Potential Anti-Inflammatory and Digestive agent. It is a good drink to have after your lunch or dinner. Grape juice is known to be good for heart.

Proportion: 1/2 Pineapple and 1 full cup of grapes.

Points in your hands



Dr. Dhananjaya Bhupathi.

Points to ponder....

MY FAVOURITE PRAYER:-

GOD

give us

grace to accept with **SERENITY** the

things *that can not be changed;*

COURAGE to change the things

which should be changed;

and the **WISDOM** to *distinguish* the one
from the other

Dr. Anupam Sethi Malhotra

Repertory

Warmth and Aggravation from Warmth

Are covered by the following eighteen remedies:

APIS, Ant. t., Bry., Dulc., Dros., Graph., Ipec., Lach., Lyc., Mer., Nat. mur., Phos., PULS., Secale, Sulph., Sepia, Verat. and Zinc.

The leaders are:

Apis, where there is general condition of warmth and aggravation from warm room. The chill and headache are worse from warmth.

Pulsatilla is too warm, with great internal heat; aggravation from warm room and warm food; from heat of stove, with general aggravation of all complaints from heat.

Secale, cannot bear heat, will throw off all covering; aversion to heat; internal pains much aggravated by heat. Warm drinks aggravate the coldness of stomach.

Croton Tiglium

Affects mucous membrane of intestinal tract, producing transudations of watery portions of blood, a copious, watery diarrhoea (Ver.), and develops an acute eczema over the whole body (Rhus). The bowels are moved as if by spasmodic jerks, "coming out like a shot" (Gamb.); as soon as *patient eats, drinks, or even while eating*; yellow watery stool. Constant urging to stool followed by sudden evacuation, which is shot out of the rectum (Gamb., Grat., Pod., Thuja). Swashing sensation in intestines, as from water, before stool (rumbling before stool, Aloe). *Drawing pain through the chest from breast to scapula*, of same side every time the child nurses; nipple very sore. Intense itching of skin, but so tender is unable to scratch; > by gentle rubbing; eczema over whole body. Intense itching of genitals of both sexes (Rhus); vesicular eruption on male; so sensitive and sore is unable to scratch. Cough: as soon as the head touched the pillow a spasmodic paroxysm of cough set in; suffocated, must walk about the room or sleep in a chair.

Aggravation. - Diarrhoea; every motion; after drinking; while eating or nursing (Arg. n., Ars.); during summer; from fruit and sweetmeats (Gamb.); *the least food or drink*.

What the others say:-

The crushed leaves of *Croton tiglium*, are mainly used as a laxative for very persistent constipation, and are one of the most potent laxatives known to man. Four seeds of *Croton tiglium* can kill an adult, and 15 will kill a horse. These hakims or healers use the plant for treating gastroenteritis, throat problems, abortions, eczema and mastitis. Applied externally, the crushed leaves which are the laxative part of the plant are applied to snake bites.

**HOMOEOPATHIC
REVIVAL**

Monthly Homoeopathic Newsletter
Dr. D.K. Bhardwaj
9871020702

The musings....

There are some pertinent questions before us Homeopaths. I shall like to list them here for discussion among ourselves.

1. Do drugs we use today have the same therapeutic properties as those which were proved originally?
2. Do vegetable species grown in Americas, Europe and Asia have the similar properties and/or ingredients in them differ both quantitatively and qualitatively?
3. Do the signs and symptoms produced during the drug proving on a set of people who had different food habits, lived in healthier surroundings and enjoyed a relatively stress free life, would match the signs and symptoms if we conduct reproving of the same drugs today on people who live on packaged and junk food; live a stressful life, both at home and work place, and are threatened by global warming and tsunamis?

The silver lining in this confusing scenario is that experience in our clinical settings suggests that medicines prescribed on the basis of pathogenic and clinical symptoms as listed in the materia medica still work quite effectively as they are supposed to. It may look strange as to how drugs of vegetable origin have withstood the test of time in a state which is being constantly changed every moment. The man, his habits, his life-style and his environment, all have dramatically changed, but the drugs despite material change in their food (*in 18-19th Centuries it was natural manure, now it is all synthetic*), have not changed a bit. I am amazed at their versatility. But then I am not surprised, mysterious are the ways of the nature.

Don't bother; keep treating patients as you have been all along since you passed out of the College.

Dr. V.P. Singh

Coeliac disease

Coeliac disease is an **autoimmune disorder** of the small intestine that occurs in **genetically predisposed people** of all ages from middle infancy onward.

Severe coeliac disease leads to the characteristic symptoms of ***steatorrhoea*** (*pale, loose and greasy stool*), and **weight loss** or **failure to thrive** (in young children).

People with milder coeliac disease may have symptoms that are much more subtle and occur in other organs rather than the bowel itself.

It is also possible to have coeliac disease without any symptoms whatsoever. Many adults with subtle disease only have fatigue or anaemia.

Coeliac disease leads to an increased risk of both adenocarcinoma and lymphoma of the small intestine.

Coeliac disease has been linked with a number of conditions. In many cases, it is unclear whether the gluten-induced bowel disease is a causative factor or whether these conditions share a common predisposition. These are:-

- IgA deficiency
- Dermatitis herpetiformis
- Growth failure and/or pubertal delay
- Recurrent miscarriage and unexplained infertility.
- Hyposplenism
- Abnormal liver function tests

Coeliac disease is associated with a number of other medical conditions, many of which are autoimmune disorders: diabetes mellitus type 1, autoimmune thyroiditis, primary biliary cirrhosis, and microscopic colitis and more controversial cerebellar ataxia, peripheral neuropathy, schizophrenia and autism.

All these conditions improve by removing gluten from the diet.

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**,

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

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