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(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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Mr. Mahesh Gidwani



Quote

"When you do the common things in life in an uncommon way, you will command the attention of the world."

- George Washington

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The Tips Page

Health Tips...

To get quick & permanent relief from PILES (bleeding or dry); eat enough raw reddish, two pcs of dry Prune & two pieces of dry Fig daily at least for one month (for acute or chronic cases); along with correct homoeopathic treatment.

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

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

Lycopodium clavatum has desire for cold drinks too, but **Chelidoneum majus** wants drinks very hot.

Pulsatilla has complaints after hair cut like Belladonna. Mongols have usually Catarrh, they tend to be overweight. **Pulsatilla** and **Medorrhinum** most indicated.

Contributed by
Dr. Navneet Bidani

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Practical Tips

Whatever the disease may be....

...if the patient repeats the question first,
Zincum met is the medicine

Dr E A Farooquee
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Tips on angina pectoris.....

Cimicifuga racemosa: Numbness of left arm; feels as if bound to side. Left-sided infra-mammary pain.

Dioscorea villosa; pain back of sternum into arms.

Fagopyrum: Pain around heart, better lying on back, extending to left shoulder and arm. *Throbbing in all arteries.*

Haematoxylon: *Sensation as if a bar lay across chest.* Convulsive pain in heart region with oppression.

(to be contd....)

Dr. Anupam Sethi Malhotra
9810545958

Clinical tips for some common mother tinctures

Gambogia : Acute & chronic diarrhea.

Gaultheria P.: Acute inflammation of joints.

Hydrangia : Renal colic due to renal calculas.

Uva Ursi : Specific for urinary infection.

Alteris Ferinosa:— Uterine tonic & habitual tendency of abortion.

Brahmi : Must used for Concentration & memory.

Dr. Darshan Kumar
9891715982

Bloated and Gassy Feeling in the abdomen is related to faulty lifestyle

(contd from previous....)

8. Several habits can increase the amount of air you take in. These include: Eating too quickly, gulping beverages, loose or poorly-fitted dentures, drinking through a straw, excessive swallowing due to nervous tension, excessive swallowing due to postnasal drip and chewing gum or sucking on candy.
9. Avoid swallowing excessive air by eating slowly and chewing thoroughly. If you gulp food, or eat too quickly, you may swallow excess air, leading to gas and bloating. Normally, about half of passed gas comes from swallowed air.
10. Too much stress can cause your stomach and colon to go into spasms, leading to uncomfortable gas and bloating. When under stress, one also eats more.
11. Exercising helps the body to absorb gases in the colon. Aerobic exercise for at least 30 minutes every day can help to counter constipation.
12. Lactose-intolerance is a relatively common food allergy. Milk, dairy products, and medications that contain lactose can produce gas. Lactose that is not completely digested will pass to the colon where gas is produced by the bacteria trying to break it down.
13. Certain vegetables produce more gas. Baked beans, Broccoli, Brussels sprouts, Cabbage, Cauliflower, Lentils and Lima beans and Fatty foods (they slow digestion, giving food more time to ferment).
14. Starches that produce gas are wheat, corn and potatoes.
15. Some drugs such as those that inhibit digestive enzymes or contain indigestible sugars like lactulose or sorbitol, can cause gas-related symptoms. Antibiotics are known to cause excess gas because they kill the beneficial bacteria in the colon that normally aids in digestion.
16. Most people tilt their head forward when they use a straw to drink. This puts the air in your mouth above the liquid when you swallow and leads to more gas in your system.

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

Investigation tips....

Needle aspiration biopsy (NAB) or fine needle aspiration cytology (FNAC) or fine needle aspiration biopsy (FNAB) or fine needle aspiration (FNA), is a diagnostic procedure sometimes used to investigate superficial lumps or masses.

1. A biopsy is performed on a lump or a tissue-mass when its nature is in question.
2. For known tumors, this biopsy is performed to assess the effect of treatment or to obtain tissue for special studies.

Lighter reading.....

Laughter dose

A married couple in their early 60s was celebrating their 40th wedding anniversary in a quiet, romantic little restaurant. Suddenly, a tiny yet beautiful fairy appeared on their table. She said, 'For being such an exemplary married couple and for being loving to each other for all this time, I will grant you each a wish.' The wife answered, 'Oh, I want to travel around the world with my darling husband. The fairy waved her magic wand and - poof! - two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment: 'Well, this is all very romantic, but an opportunity like this will never come again. I'm sorry my love, but my wish is to have a wife 30 years younger than me. The wife and the fairy, were deeply disappointed, but a wish is a wish. So the fairy waved her magic wand and poof!...**the husband became 92 years old.**

The Chinese and Japanese drink hot tea with their meals, not cold water. It is feels nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal. French fries and Burgers are the biggest enemy of heart health. A coke after that gives more power to this demon. Avoid them for your Heart's Health

Dr. Dhananjaya Bhupathi

Your responses...

Respected Dr. Anupam Sethi Malhotraji, good evening. I have a small feed back to make the magazine more comprehensive. When U discuss a particular disease, let the author also write the treatment schedule. It will be more authentic to discuss a particular case with full details, signs & symptoms @ the time of commencement of treatment and the end results with full cure. Many allopaths say that homeo as a humbug and bluff, which is totally untrue. Though it is an 'open secret' to say that homeo has the most wonderful remedies.

regards,

Dr. Dhananjaya Bhupathi.



+ HEALTH BE ABOVE ALL ELSE +

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Points to ponder....

'To get something you never had, you have to do something you never did.'
When God takes something from your grasp, He's not punishing you, but merely opening your hands to receive something better.

Mahesh Gidwani

The classical page

(sample pages) of **Repertory of Concomitant Symptoms**

BREASTS :[ABDOMEN] :

Movements, extending, bladder, into, breast below left after drinking : Ol-an.
Pain, extending, breasts, to : Ferr-m.
Pain, extending, breasts, to, right to : Colo.
Pain, umbilicus, extending, to, breast region to : Kreos.
Sharp, pain, sharp, inguinal, extending to breast left : MURX.
Sharp, pain, sharp, inguinal, right extending to left breast : MURX.
Sharp, pain, sharp, umbilicus, extending to breast region : Kreos.
Sharp, pain, sharp, umbilicus, extending to breasts : *Pall.*
Tearing, pain, extending, to, right breast : Coloc.

BREASTS :[COUGHING] :

Breast-feeding, during : Ferr.

BREASTS :[DELUSION] :

Breasts, are, too big, or too small : Bar-c.

BREASTS :[DREAMS] :

Back, burnt, pinched, back, and breast are : Phos.
Pinched., of, being, at, back and at breast being : Phos.
BREASTS :[EMERGENCY] :
Breasts, injuries : BELL-P., CON., Arn., Calen., Phyt.
Breasts, injuries, contusion, from : CON., *Bell-p.*, Arn.
Breasts, injuries, mastectomy, after : *Calen.*, Bell-p., X-ray.

BREASTS :[FEVER] :

Mumps, infection, metastasis, to, brain breasts : PULS., Carb-v., Con., Ploc.
Puerperal, fever, milk, lack, of in breast : *Cham.*

Dr. R. L. Khullar
9717307513

Physostigma

Uncommon mental activity; *cannot stop thinking.* Vision dim; from blur or film; objects mixed. Pain after using eyes; floating black spots, flashes of light, twitching of lids and muscles of eyes (Agar.); mystagmus. *cannot bear to raise eyelids.* Night-blindness; photophobia; *contraction of pupils;* *Glaucoma;* paresis of accommodation; astigmatism. Profuse lachrymation. *Spasm of ciliary muscles, with irritability after using eyes. Increasing myopia.* Post-diphtheritic paralysis of eye and accommodation muscles. *Tongue feels sore on tip* Great prostration of muscular system; impaired locomotion (Gels.). *Fluttering of heart felt in throat.* Tremors or trembling of young persons from mental or physical disturbances. *Pain in right popliteal space.* Idiopathic or traumatic tetanus; brought on or *< by slightest breath of air from a person passing* (Hyper., Lys., Nux, Strych.).

Relations. - Compare: Bell., Con., Cur., Gels., Hyper., Strych.

HOMOEOPATHIC
REVIVAL
 Monthly Homoeopathic Newsletter
Dr. D.K. Bhardwaj
 9871020702

Phobia	Fear of...	Medicine
Aquaphobia	<i>Water</i>	Hyo, lyss, Stram
Arachnophobia	<i>Spiders</i>	Lac-c, China
Dr. Navneet Bidani		

Herbal medicine for DANDRUFF

The emulsion prepared with the oil of sandalwood and lemon juice is highly effective. One part of sandalwood oil is mixed with three parts of fresh lemon juice and briskly shaken in a glass bottle before applying.

Application of a mixture of neem oil and camphor is also effective, followed by washing the hair.

Decoction of bark of a neem tree is also useful for external application.

Coconut oil mixed with lemon juice is very effective for external usage.

Know your food

walnut (akhrot)

Raw walnuts contain glyceryl triacylates of the *n*-3 fatty acid alpha-linolenic acid and antioxidants.

consumption of walnuts increases fat oxidation and reduces carbohydrate oxidation without affecting total consumption, suggesting that walnut consumption may improve the use of body fat in overweight adults. Walnuts decrease the endothelial dysfunction associated with a high-fat meal. Walnut act as a cancer chemopreventive agent, due to the fruits high phenolic content, antioxidant activity, and potent in-vitro antiproliferative activity. walnuts reduces the risk of heart disease by improving blood vessel elasticity and plaque accumulation. Walnuts have also been shown to aid in the lowering LDL cholesterol and the C-Reactive Protein (CRP). The anti-inflammatory nutrients in walnuts may play a special role in support of bone health. This nut also improves the memory.

Night blindness

Night blindness or **Nyctalopia** is a condition making it difficult or impossible to see in relatively low light. It can be described as insufficient adaptation to darkness. It may exist from birth, or be caused by injury or malnutrition (lack of vitamin A).

The most common cause of nyctalopia is **retinitis pigmentosa**, in which the rod cells in the retina gradually lose their ability to respond to the light. Patients suffering from this genetic condition have progressive nyctalopia and eventually their daytime vision may also be affected. In **X-linked congenital stationary night blindness**, from birth the rods either do not work at all, or work very little, but the condition doesn't get worse.

Another cause of night blindness is a **deficiency of retinol**, or vitamin A, found in fish oils, liver and dairy products.

Loss of peripheral vision often results in night blindness. Individuals suffering from night blindness not only see poorly at night, but also require some time for their eyes to adjust from brightly lit areas to dim ones. Contrast vision may also be greatly reduced.

Refractive "vision correction" surgery is a widespread cause of nyctalopia due to the impairment of contrast sensitivity function (CSF) which is induced by intraocular light-scatter resulting from surgical intervention in the natural structural integrity of the cornea.

Treatable causes:

Cataracts
Nearsightedness
Use of certain drugs
Vitamin A deficiency

Nontreatable causes:

Birth defect
Retinitis pigmentosa

Medicines for Night blindness :

Bell., *Cadm. s.*, *Cinch.*, *Helleb.*, *Hep.*, *Hyos.*, *Lyc.*, *Nux v.*, *Physost.*, *Puls.*, *Strych.*

Upcoming events

CARDIOLOGY STUDY CIRCLE: "CARDIAC ARREST" on Friday 7th October, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. Speaker Dr. K.K. Aggarwal. For free registration call Dr. Mini Mehta: 9999187181 or mail : minimehta614@yahoo.co.in.

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

vashisht

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