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(DREAMS)

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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 37

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
Dr. Anupam Sethi
Malhotra

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



Quote

By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience, which is the bitterest.

Confucius

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The Tips Page

Health Tips...

Everybody (ladies in particular) specially after 25 years of age must take one teaspoonful of SESAME SEEDS (Til) once in a day. These are natural source of calcium + other good fatty acids which are helpful to cure cancer, heart & other dreaded diseases

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Tips on angina pectoris.....

Tabacum: pain in præcordial region. Pain radiates from center of sternum. Palpitation when lying on left side.

Aconite ferox: Pain and anxiety with suffocation. Must sit up.

Magnolia: Sensation as if heart has stopped beating. Angina with itching in feet.

Mag phos.: Constricting pains around heart in nervous people.

Dr. Anupam Sethi Malhotra
9810545958

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

Kali carbonicum : For backache before labour.

Mentha piperata : Cough due to smoke.

Clematis : Sycotic remedy, tenderness in right iliac fossa, buboes.

Cicuta virosa : Eruptions on face, colicky pain in abdomen.

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If patient has desire for company and aggravation when alone; the medicine is **Bismuth**.

Dr E A Farooquee
drfarooquee@gmail.com

Clinical tips on specific similarities

Sweats while eating : **Nat.Mur**.

Old misers with wrinkled faces when they get sick : **Lyc**.

Desire to be rubbed & most symptoms are increased by rubbing : **Zinc Ph**.

Dr. Darshan Kumar
9891715982

CARDIOLOGY STUDY CIRCLE

"HYPERTENSION" on Thursday 1st December, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. Speakers : Dr. K.K. Aggarwal. For free registration call Dr. Mini Mehta: 9999187181 or mail: minimehta614@yahoo.co.in or dranupamsmalhotra@rediffmail.com

Dr. K.K. Aggarwal's Tips

No antibiotics are required for viral disorders

With every change of season, viral nasal and throat congestion cases rises. The patients typically presents with high grade fever, nasal discharge, sore throat and body ache. No antibiotics are required for viral disorders. Symptoms that suggest a viral etiology for sore throat include congestion, cough, nasal discharge and diarrhea. One needs to be concerned especially in children and rule out group A beta hemolytic strepto bacterial infection which accounts for upto 30% of pharyngitis cases in children and 10% in adults. If untreated they can lick the joints and bite the heart and cause valvular heart disease. A sore throat which needs antibiotics is the one which is associated with red angry looking tonsils, pain in the throat while swallowing food, painful enlargement of lymph node at the angle of the mouth and absence of cough, nasal discharge, sneezing and eye inflammation.

Two or more drugs may interact with each other

Two or more prescription or over-the-counter drugs interact negatively with each other and cause adverse drug reactions. To reduce the risk of drug reactions, one must follow the following guidelines:

1. Read labels carefully.
2. Understand the ingredients in each drug.
3. Understand any possible side effects they can cause.
4. Before taking a drug speak with the doctor or pharmacist if you don't understand the drug label.
5. Make sure the doctor is aware of all the drugs you are taking.
6. Don't mix pills.
7. Don't break capsules into any food or drink.
8. Don't take any medication with alcohol.
9. Don't take medication at the same time as vitamins or mineral supplements.

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

Investigation tips....

ACE or Angiotensin I-converting enzyme
(i) catalyses the conversion of angiotensin I to angiotensin II, a potent vasoconstrictor &
(ii) degrades bradykinin, a potent vasodilator.

Increased level confirm the diagnosis of **Sarcoidosis**.

ACE levels may be low in COPD, starvation or steroid therapy

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Postural hypotension (contd from prev)

Treatment

Removal of causative/exacerbating factors

Stockings

Reduction of salt loss: Mineralocorticoids

Vasoconstriction

Prevention of vasodilation

Prevention of postprandial hypotension

Avoidance of gastric filling: Smaller more frequent meals

Adenosine receptor blockade: Caffeine -Strong coffee or tea before arising from bed & with meals

Water drinking

Acts rapidly (Minutes)

Before meal: 120 to 480 ml over 5 minutes

Total daily intake: 2 to 3 liters

Mediated through sympathetic activation:
Increased plasma norepinephrine

Increase in cardiac output

Increase in red cell mass

Reduction of nocturnal polyuria

Reduction of fall in diastolic pressure

Avoidance of supine hypertension:

Sleep with head of bed elevated

(.....to be contd)

Dr. Rajneesh Sharma

Your responses...

Dear Dr. Anupam,
Hope you are in good spirit and health. I recently went through the "Dreama - e - Homoeo" initiative started by you, and I must congratulate you.
Regards

Dr. S. A. Arora

Dear Dr Malhotra,
I have been reading your magazine regularly & its been a great effort from you & your team. My best wishes with you.

Regards
Dr. Rawan Yadav



+ HEALTH BE ABOVE ALL ELSE +

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Laughter dose

A woman was being questioned in a court trial involving slander.
"Please repeat the slanderous statements you heard, exactly as you heard them," instructed the lawyer.

The witness hesitated.

"But they are unfit for any respectable person to hear," she protested.
"Then," said the attorney, "just whisper them to the judge."

The classical page

Repertory of NAILS

Ingrowing toe nail -- Caust., Magnet. aust., Nit. ac., *Sil.*, Staph., Teucr., Tetrady.

Injury to matrix -- Hyper.

Irritable feeling under finger nails, relieved by biting them -- Am. brom.

Itching-Around roof of -- Upas.

Pains

Burning under -- Sars.

Gnawing, beneath finger nails -- Alum., Sars., Sep.

Neuralgic -- Alum., *Cepa*, Colch.

Beneath finger nails -- Berb. v.

Smarting at roots -- Sul.

Splinter-like, beneath toe nails -- Fluor. ac.

Ulcerative, beneath toe nails -- Ant. c., Graph., Teucr.

Skin around

Dry, cracked -- Graph., Nat. m., Petrol.

Pigmented -- Naph.

Softening -- Plumb., Thuya.

Spots, white on -- Alum., Nit. ac.

Trophic changes -- Radium.

Ulceration -- Alum., Graph., Merc., *Phos.*, Psor., Sang., Sars., Sil., Teucr., Tetrady.

Yellow color -- Con.

Equisetum Hyemale

A remedy for enuresis and dysuria. Sever dull pain in the bladder, as from distension, not relieved after urinating. Frequent and intolerable urging to urinate, with severe pain **at close of urination** (Berb., Sars., Thuja). Urine flows only drop by drop Constant desire to urinate; large quantity of clear, watery urine, without > (scanty, a few drops, Apis, Canth.). Sharp, **burning**, cutting pain in urethra while urinating. Paralysis of bladder in old women. Enuresis diurna et nocturna: profuse watery urine, where habit is the only ascertainable cause. **Incontinence in children**, with dreams or night-mares when passing urine. Incontinence in old women, also with involuntary stools. Retention and dysuria during pregnancy and after delivery. Much mucus in urine. Albuminuria. Involuntary urination. Deep pain in region of right kidney, extending to lower abdomen, with urgent desire to micturate. Right lumbar region painful.

Modalities: *Worse*, right side; movement, pressure, touch, sitting down; *better*, in afternoon from lying down.

HOMOEŒO

REVIVAL

A monthly homoeopathic newsletter

Dr. D.K. Bhardwaj
9871020702

Phobia	Fear of..	Medicine
Carcinophobia	Cancer	<i>Verat, Phos</i>
Claustrophobia	Closed spaces, confinement	<i>Arg-n</i>
Dr. Navneet Bidani		

Know your food: Banana

(contd from previous issue)

Overweight and at work?: Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods like BANANA every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking & Tobacco Use: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Health Tips by Dr Kacker

Piles

Sit in a SITZ bath

Sit in a tub filled with 6 to 8 inches of warm water for 10 minutes, three times a day. Add 1 cup of Epsom salts if you wish. It can help reduce the swelling and can be quite soothing.

Eat more fiber

To keep your stool soft, consume a high-fiber diet, especially during a flare-up. It is recommended eat more fresh fruits and vegetables and less red meat and cheese.

Reach for a tube of relief

You can also use plain old non-medicated petroleum jelly.

Points to ponder....

We Always Feel that GOD Never comes on Time When We Call Him...But the Truth is ~ "He is Always on Time" But "We are Always in Hurry!"

Dr. Poonam Chablani

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Sarcoidosis

Sarcoidosis is a disease in which abnormal collections of chronic inflammatory cells (granulomas) form as nodules in multiple organs.

The cause of sarcoidosis is **unknown**. The current working hypothesis is that in genetically susceptible individuals sarcoidosis is caused through alteration in immune response after exposure to an environmental, occupational, or infectious agent.

Granulomas most often appear in the **lungs or the lymph nodes**, but virtually any organ can be affected. Normally the onset is **gradual**. Sarcoidosis may be asymptomatic or chronic. It commonly improves or clears up spontaneously. More than 2/3 of people with lung sarcoidosis have no symptoms after 9 years. About 50% have relapses. About 10% develop serious disability. Lung scarring or infection may lead to respiratory failure and death. Chronic patients may deal with waxing and waning symptoms over many years.

Common symptoms are vague, such as fatigue unchanged by sleep, lack of energy, weight loss, aches and pains, arthritis, dry eyes, swelling of the knees, blurry vision, shortness of breath, a dry hacking cough or skin lesions. Sarcoidosis and cancer may mimic one another, making the distinction difficult. The cutaneous symptoms vary, and range from rashes and noduli to erythema nodosum or lupus pernio. It is often asymptomatic.

Fun facts:

Dating back to the 1600's, thermometers were filled with Brandy instead of mercury.

No one can drown in the Dead Sea. It is 25 percent salt, which makes the water very heavy

Herbal medicine for common cold :

Black tea prepared with black pepper powder, dry ginger powder and tulsi leaves. This tea can be taken 3 to 4 times a day to get relief from runny nose, 'headache, and sore throat. It is as good as aspirin or paracetamol tablets.

The editorial board



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