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## (DREAMS)

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### “DREAMS - e - homoeo”

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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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#### Quote

You can never cross the ocean unless you have the courage to lose sight of the shore.

**Christopher Columbus**

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## The Tips Page

### Health Tips...

Don't drink tea immediately after meals - Because tea leaves contain a high content of acid. This substance will cause the Protein content in the food we consume to be hardened thus difficult.

**Dr. S.S. Vithal**  
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### Tips on Tonsilitis

**Hepar sulph:** *Sensation of splinters and plug in throat. Stitches in throat extending to ears.*

**Merc iod flavus:** *Constant inclination to swallow. Worse on right side. Small ulcers on posterior pharynx.*

**Merc iod rubrus :** *Stiffness of muscles of throat and neck. Fauces dark red. Worse left side. Disposition to hawk.*

**Phytolacca:** *Tonsils swollen, especially right; dark-red appearance. Shooting pain into ears on swallowing.*

**Dr. Anupam Sethi Malhotra**  
**9810545958**

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

Larynx pain, touch on: **Lachesis, Phosphorus, Spongia, Antim. tart, Belladonna.**

Tearing pain in larynx: **Phosphorus**

Lump going up in larynx: **Phosphorus**

Biting nail, Nervous patients: **Natrum mur, Lycopodium clavatum, Proteus.**

*Contributed by*  
**Dr. Navneet Bidani**

### Practical Tips

**Whatever the disease may be....**

If a child cries when touched, the medicine is **Antim crude,**

**Dr E A Farooquee**  
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**9811370571**

### Clinical tips on specific similarities

**Graphites** – is useful in nasal catarrh when there is an extreme dryness of the nose.

**The balsam of Peru** should be remembered as an admirable remedy in Bronchitis, when there is formation of muco-pus (loud rales their creamy yellow expectoration)

**Dr. Darshan Kumar**  
**9891715982**

### Investigation tips

**Anti-nuclear antibodies** (ANAs), also known as *anti-nuclear factor* or ANF) are autoantibodies directed against contents of the cell nucleus. They are present in higher than normal numbers in autoimmune disease. The normal titer of ANA is 1:40 or less. Higher titers are indicative of an autoimmune disease

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

When you regularly change the oil in your car, and don't wait until it's performing poorly to change it, then why should you treat your body any differently.

wild animals do not get heart attacks because they live in accordance with the laws of nature and we have never heard of wild animals getting angioplasty or bypass done.

Cardiovascular disease (CVD) is the leading cause of death and hypertension is the most common, reversible risk factor for CVD. High blood pressure goes hand-in-hand with, heart disease, stroke, kidney disease, overweight/obesity and diabetes. In India, this number is over 10 crore. Worldwide, an estimated 97.2 crore people had hypertension in the year 2000. By 2025, an estimated 156 crore people will have it. High blood pressure is easily detected and usually controllable. Normal blood pressure is systolic below 120 and diastolic below 80. Hypertension is systolic blood pressure at or above 140 mm Hg and/or diastolic blood pressure at 90 mm Hg or higher.

"Prehypertension" is systolic pressure of 120-139 mm Hg, and/or diastolic pressure of 80-89 mm Hg. This is the point at which lifestyle changes are recommended to reduce blood pressure. There are dramatic benefits from small decreases in blood pressure, even in people without hypertension by current definitions.

1. Systolic increase in systolic blood pressure by 3-4 mm Hg would translate into a 20 percent higher stroke death rate and a 12 percent higher death rate from ischemic heart disease.
2. In patients with obesity, diabetes and hyperlipidemia, the impact of these small changes in blood pressure on CVD is even greater
3. Hypertension does not typically cause symptoms, that's why it's called the "silent killer"
4. There is a long lag period from the beginning of the problem to the time when patients are aware of the damage it has caused
5. Have your blood pressure checked routinely.
6. Live a healthy lifestyle to prevent hypertension
7. Keep weight in a healthy range.
8. Be physically active
9. Eat a diet high in fresh fruits and vegetables and low in saturated fat and sodium.
10. Avoid tobacco.
11. Those who choose to drink; do so in moderate amounts (no more than an average of one drink a day for women or two for men).
12. If you already have high blood pressure, keep it controlled under a physician's supervision

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

### Postural hypotension (contd from prev)

#### Main remedies for postural Hypotension in decreasing order of indication

Thyr > Nat m > Phos > Glon > Rauw > Acon > Agar > Am c > Aran > Cact > Cortico > Cur > Cholrpr > Ephed > Gel > Halo > Hist > Lach > Lat m > Levo > Lyc > Meph > Naj > Nat f > Rad br > Reser > Rib ac > Sep > Staph > Sulfa > Ther > Thiop > Thymol > Verat > Visc > Bar m etc.

**Dr. Rajneesh Sharma**

### Herbal medicine for HALITOSIS:

1. Clean teeth regularly with neem paste.
2. Wash mouth with a tsf of Triphalachurna or neem bark powder dissolved in warm water 3 to 4 times a day.
3. Chhoti Elaichi (green cardamom) is an excellent mouth freshener.
4. The decoction of dhania (coriander) can be used as mouthwash.
5. The gargles of cold decoction of aloe vera mixed with honey is very effective in chronic bad breath.



+ HEALTH BE ABOVE ALL ELSE +

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### Your responses...

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

**Dr. Pawan**

Dear Doctor,  
The e-magazine 'DREAMS' is excellent. Its pleasure reading it.

**Dr P. Nair**

Respected Madam Dr. Anupam,  
The e magazine is informative, fine and comprehensive.

**Dr. Hemesh**

### Laughter dose

One afternoon a lawyer was riding in his limousine when he saw two men along the road-side eating grass. Disturbed, he ordered his driver to stop and got out to investigate. He asked one man, "Why are you eating grass?" "We don't have any money for food," the poor man replied. "We have to eat grass." "Well, then, you can come with me to my house and I'll feed you," the lawyer said. "But sir, I have a wife and two children with me. They are over there, under that tree." "Bring them along," the lawyer replied. Turning to the other poor man he stated, "You may come with us, also." The second man, in a pitiful voice, then said, "But sir, I also have a wife and SIX children with me!" "Bring them all as well," the lawyer answered. They all entered the car, which was no easy task, even for a car as large as the limousine was. Once under way, one of the poor fellows turned to the lawyer and said, "Sir, you are too kind." "Thank you for taking all of us with you. The lawyer replied, "Glad to do it. You'll really love my place. **The grass is almost a foot high.**"

## The classical page

### *Murex Purpurea*

Persons of a melancholy temperament. For the sufferings during climacteric (Lach., Sep., Sulph.). Great depression of spirits. Sinking, all gone sensation, in stomach (Sep.). *Least contact of parts*, causes violent sexual excitement (excessive sexual irritation driving to self abuse, Orig., Zinc.). Violent excitement in sexual organs, and excessive desire for an embrace (rev. of Sep.). **Sore pain in uterus**; a distinct sensation of womb (Helon., Lys.). Bearing down sensation, as if internal organs would be pushed out, must sit down and cross limbs to > pressure (but no sexual desire, Sep.). Menses: irregular, early, profuse, protracted, large clots. Leucorrhoea: < mental depression, happier when leucorrhoea is worse.

# HOMŒO REVIVAL

A monthly homoeopathic  
newsletter

Dr. D.K. Bhardwaj  
9871020702

## Repertory of Postural Hypotension

CHEST - HEART failure - accompanied by - hypotension- elat.

CLINICAL - HYPOTENSION- acon. adlu. adon. agar. am-c. aml-ns. aran. atro-pur. bar-m. buth-a. cact. chlorpr. cortico. cur. **EPHE.** ferr. gels. glon. halo. hist. lach. lat-m. levo. lyc. meph. naja nat-f. **NAT-M. PHOS.** pilo. rad-br. rauw. reser. rhus-t. rib-ac. sep. staph. sulfa. ther. thiop. thymol. **THYR.** v-a-b. verat. visc.

Clinical - HYPOTENSION, low blood pressure- acon. adlu. agar. **Am-c.** aran. bar-m. cact. **Calc. Carb-v.** chlorpr. cortico. cur. ferr. gels. glon. halo. hist. lach. lat-m. levo. lyc. meph. naja nat-f. **Nat-m. Phos.** rad-br. **Rauw.** reser. rhus-t. rib-ac. **Sep.** staph. sulfa. ther. thiop. thymol. **Thyr.** v-a-b. verat. visc.

GENERALITIES - HYPOTENSION- acon. adlu. agar. am-c. aran. bar-m. cact. chlorpr. cortico. cur. ferr. gels. glon. halo. hist. lach. lat-m. levo. lyc. meph. naja nat-f. **Nat-m. Phos.** rad-br. rauw. reser. rhus-t. rib-ac. sep. staph. sulfa. ther. thiop. thymol. **Thyr.** v-a-b. verat. visc.

GENERALS - HYPOTENSION - sudden- **Diph-t-tpt.** helo-s.

GENERALS - HYPOTENSION- acetan. acon. adlu. adren. agar. ancis-p. aran. bacls-7. bit-ar. both-ax. both. bung-fa. **Cac.** cact. cench. chir-fl. chlorpr. cloth. coli. coll. cortico. crat. crot-c. crot-h. cur. dendr-pol. **Diph-t-tpt.** diphtox. elaps enteroc. ferr-i. ferr-m. ferr-p. ferr-s. gels. guips. halo. helo-s. hist. influ. lac-ac. lach. lat-m. levo. loxo-lae. lyc. lycps-v. meph. naja nat-f. oscilloc. psor. rad-br. rauw. reser. rib-ac. ser-a-c. spartin-s. staph. sulfa. ther. thiop. thymol. thy. toxo-g. tub-d. v-a-b. vario. verat-v. verat. vip. visc. voac-af.

GENERALS - PULSE - slow - accompanied by - hypotension- nat-pyru.

KIDNEYS - COMPLAINTS of kidneys - accompanied by - hypotension- cupr.

Vision - BLINDNESS, loss of vision - reading, while - standing posture, in a- glon.

VISION - LOSS of vision, blindness - reading, while - standing posture, in a- glon.

VISION - LOSS OF VISION. - reading, while - in a standing posture- glon.

*Dr. Rajneesh Sharma*

Phobia	Fear of...	Medicine
Clinophobia	<i>Going to bed</i>	<b>acon, Sabad, Lach</b>
Cynophobia	<i>Dogs</i>	<b>Bell, china</b>
<b>Dr. Navneet Bidani</b>		

## Know your food: Banana

*(contd from previous issue ....)*

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

**Strokes:** According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around So maybe its time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

## Health Tips by Dr Kacker

### PILES

#### 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.

#### Wipe Gingerly

It is recommended to wipe with moistened toilet paper, which is less abrasive. And wipe gently. Rough toilet hygiene can irritate a hemorrhoid. Also avoid using scented or colored toilet paper, which contains chemicals that may irritate hemorrhoids.

**And the most important of all avoid being constipated.**

### Points to ponder....

*Beautiful things Are not Always Good ~  
But Good things are Always Beautiful!*

**Dr. Poonam Chablani**

**yashisht**  
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## Transient ischemic attack

A **transient ischemic attack** or **TIA**, often referred to as "**mini stroke**" is a transient episode of neurologic dysfunction caused by ischemia – either focal brain, spinal cord or retinal – without acute infarction. TIAs share the same underlying etiology as strokes: a disruption of cerebral blood flow.

TIAs and strokes cause the same symptoms, such as contralateral paralysis or sudden weakness or numbness. A TIA may cause sudden dimming or loss of vision, aphasia, slurred speech and mental confusion. But unlike a stroke, the symptoms of a TIA can resolve within a few minutes or 24 hours. Brain injury may still occur in a TIA lasting only a few minutes. Having a TIA is a risk factor for eventually having a stroke or a silent stroke. A silent stroke or silent cerebral infarct (SCI) differs from a TIA in that there are no immediately observable symptoms. A SCI may still cause long lasting neurological dysfunction affecting such areas as mood, personality and cognition. A SCI often occurs before or after a TIA or major stroke.

A cerebral infarct that lasts longer than 24 hours but fewer than 72 hours is called a **reversible ischemic neurologic deficit** or RIND.

### Beauty tips

Squeeze an orange and, using your fingers, pat the liquid on your face. The juice will evaporate quickly and leave you with a radiant glow. Plus you'll have the benefits of the antioxidant vitamin C.

### Interesting facts

90% of breast-fed children get higher IQ points than those who are formula fed. 90% of babies carry a specific genes needed to digest breast milk fats into polyunsaturated fatty acids that develop the brain. Those babies end up with more IQ points.

## The editorial board



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