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"DREAMS - e - homoeo"

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Issue 39

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

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Quote

"Sometimes it is not enough to do our best; we must do what is required."

Sir Winston Churchill

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Obituary

With a heavy heart it is informed that Prof. Dr. Diwan Haish Chand, left for heavenly abode on Tuesday 13-12-2011. A prayer meeting dedicated to him will be held at Golf Links Community Centre, on 18th December, 2011, from 4p.m. to 5p.m.

His demise is an irreparable loss to the Homoeopathic fraternity and he has left a big void in the field, all we can say to him at this moment is:-

If tears could build a stairway and memories were a lane
We would walk right up to heaven and bring you back again.
No farewell words were spoken no time to say goodbye
You were gone before we knew it and God only knows why
Our hearts still ache in sadness and secret tears still flow
What it meant to lose you no one will ever know

Since you'll never be forgotten we pledge to you today
A cherished place within our heart is where you'll always stay

Health Tips...

Don't walk/run immediately after meals. People always say that after a meal walk a hundred steps and you will live till 99. In actual fact this is not true. Walking will cause the digestive system to be unable to absorb the nutrition from the food we intake.

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

Practical Tips

Whatever the disease may be....

If there is extreme irritability with thick coated tongue, the medicine is **Antim crude**

Dr E A Farooquee
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9811370571

Clinical tips on specific similarities

Coryza dry at night fluent by day: **Nux.V**
Dry cough at night but loose in morning: **Calc. Carb.**
Loose morning cough but dry evening: **Puls.**
Cough with frequent eructation: **Ambra. Gr.**
One of the best medicines in the beginning of whooping cough: **Carbo Veg.**

Dr. Darshan Kumar
9891715982

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Dr. K.K. Aggarwal's Tips

Heart Attack Symptoms in Women and elderly are Different

Winter is the month for heart attacks and the symptoms in women and the elderly may be different, warns Padma Shri & Dr. B.C. Roy National Awardee, **Dr. KK Aggarwal**, President, Heart Care Foundation of India

- Chest pain is still the most common sign of a heart attack for most women but women are more likely than men to have symptoms other than chest pain or discomfort when experiencing a heart pain. In a study published in Archives of Internal Medicine researchers examined 35 years of research that yielded 69 studies and found that, between 30 and 37 percent of women did not have chest discomfort during a heart attack. In contrast, 17 to 27 percent of men did not experience chest discomfort.
- Older people are also more likely to have heart attack without chest discomfort. Absence of chest discomfort is a strong predictor for missed diagnosis and treatment delays.
- Women are also more likely than men to experience other forms of cardiac chest pain syndromes, such as unstable angina, and they appear to report a wider range of symptoms associated with acute coronary syndrome (ACS). They are more likely to report pain in the middle or upper back, neck, or jaw; shortness of breath; nausea or vomiting; indigestion; loss of appetite; weakness or fatigue; cough; dizziness; and palpitations.
- Women are, on an average, nearly a decade older than men at the time of their initial heart attack. Coronary heart disease is the leading cause of death among U.S. women, and affects one in ten women after the age of 18.

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

Investigation tips

The **25-hydroxy vitamin D** test is the most accurate way to measure vitamin D.

The normal range is 30.0 to 74.0 ng/mL. Lower than normal levels suggest a vitamin D deficiency. This condition can result from Lack of exposure to sunlight, Lack of adequate vitamin D in the diet, Liver and kidney diseases, Malabsorption, Use of certain medicines, including phenytoin, phenobarbital, and rifampin

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DR. DIWAN HARISH CHAND



Dr. Diwan Harishchand

On 7th march, 1924, a star was born in Lahore, in the family of Dr. Diwan Jai Chand, to take the torch of the family ever higher. And he did so, till his last breath, on 13th December 2011.

Teaching for nearly seven decades, not only in India, but in Greece, Pakistan, Bangladesh and associated with teaching programmes in many countries, he was a respected and beloved teacher of a big proportion of practicing Homoeopaths today. Amongst the highest qualified homoeopaths (M.B.B.S., L.R.C.P., D.T.M.H., M.D.(Hom), M.D.(M.A.), F.F.Hom, D-HT, F.I.H.A.), he took practical training in U.S.A., London and at Geneva with Dr. Pierre Schimdt and from father Dr. Diwan Jai Chand. He was honoured by innumerable awards and fellowships by many countries like Argentina, Brazil, Spain, Nepal, Pakistan, Britain, USA, South Africa, Mexico apart from India. Even his patients were spread globally, as he was a visiting physician in many countries. His name was included in 'limca book of world records' as well. This was not enough and he wrote 9 books to guide us all, for the time when he would not be here.

His favourite author was 'Kent', and favourite aphorism 172.

His hobbies were photography and stamp collection.

His only regret was the 'combinations and patents'. In an exclusive interview to 'DREAMS-e-homoeo' he said, "combinations and patents benefit

Your responses...

Dear Dr. Malhotra,
Dreams 37th issue is valuable,
information on 'Sarcoidosis' in particular.
Thanks.

Dr. Shiv Dua

Dear Dr Anupam,
The previous issue was comprehensive
and informative. The only subject which
is lesser seen in your magazine is
'organon'. I wish to see more of it in the
coming issues.

Dr. Mini Mehta

Hello Anupam.
I received the newsletter, thank you
very much. Nice work - Fresh and light
Regards,

Rumen Stoychev,
CEO, HomeoHelp Holistic School &
HomeoHelp Publishers

Aphorism 4

***He is likewise a preserver of health
if he knows the things that derange
health and cause disease, and how
to remove them from persons in
health.***



+ HEALTH BE ABOVE ALL ELSE +

RANA HOMOEOPHARMACY

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The classical page

Repertory of Sneezing

Abdomen, affecting the :- Acon., Nux-v.

Chest, agg. the :- Acon., Cina, Grat., Seneg.

Constant, on entering a warm room :- All-c.

Continuous :- Ars., Nat-m., Puls., Sil.

Coryza, without :- Agar., Alum., Ars., Calc., Carb-v., Caust., Cic., Con., Dros., Eupho., Hyos., Iod., Lyc., Meny., Merc., Nat-c., Nit-ac., Phos., Stann., Staph., Teucr., Zinc.

Cough, ends in :- Cina, Hep., Seneg.

Crawling in nose, after :- Ambr., Carb-v., Colch., Dros., Mur-ac., Nit-ac., **PULS.**, Seneg., Spig., Teucr., Zinc.

Difficult :- Phos., Sulph.

Dry :- Chin.

Evening, in :- Puls.

Excessive :- Bry., Con., Kali-c., Merc., Nat-c., Nat-s., Par., Sil.

Exhausting :- Sabad.

Forcible :- Acon., Am-c., (Asar.), Bar-c., Caps., Chin., Kali-bi., Kali-n., Merc., **Rhus-t.**

Frequent :- Ant-t., Apis, Kali-bi., Kreos., Merc.

Borax

Dread of downward motion in nearly all complaints. Great anxiety from downward motion; when laying the child down on a couch or in the crib, cries and clings to the nurse; when rocking, dancing, swinging; *going down stairs or rapidly down hill*; horseback riding (compare Sanic.). Children awake suddenly, screaming and grasping sides of cradle, without apparent cause (Apis, Cina, Stram.). *Excessively nervous*, easily frightened by the slightest noise or an unusual sharp sound, a cough, sneeze, a cry, lighting a match, etc. (Asar., Calad.). Hair becomes frowsy and tangled; splits, sticks together at eh tips; if these bunches are cut off, they form again, cannot be combined (Flour. ac., Lyc., Psor., Tub.). Eyelashes: loaded with dry, gummy exudation; agglutinated in morning; turn inward and inflame the eye, especially at outer canthus; tendency to "wild hairs.". Nostrils crusty, inflamed; tip of nose shining red; *red noses of young women*. Stoppage of right nostril, or first right then left with constant blowing of nose (Am. c., Lac c., Mag. m.). *Aphthae*: in the mouth, on the tongue, inside of the cheek; easily bleeding when eating or touched; prevents child from nursing; with hot mouth, dryness and thirst (Ars.); cracked and bleeding tongue (Arum.); salivation, especially during dentition. Aphthous sore mouth; is worse from touch; eating salty or sour food; of old people, often from plate of teeth (Alumen). Child has frequent urination and screams before urine passes (Lyc., Sanic., Sars.). Leucorrhoea: profuse, albuminous, starchy, with sensation as if warm water were flowing down; for two weeks between the catamenia (compare, Bov., Con.). Skin: unhealthy, slight injuries suppurate (Calend., Hep., Mer., Sil.).

Aggravation. - *Downward motion*; from sudden, slight noises; smoking, which may bring on diarrhoea; damp, cold weather; before urinating.

Amelioration. - Pressure; holding painful side with hand.

Phobia	Fear of...	Medicine
Dementophobia	Insanity	Can-i, Puls, Calc
Dromophobia	Crossing streets	Acon

Dr. Navneet Bidani

Know your food: Jackfruit

The Jackfruit (Kathal) is an enormous Fruit which is large and bushy. When immature, the fruit is amazingly similar in grain to chicken, making jackfruit is an excellent vegetarian substitute for meat. It is a very nutritional and tasty fruit and even the seed of the fruit is edible and very high in nutritional value. The flesh of the jackfruit is starchy, fibrous and is a source of dietary fiber. The fruit helps in lowering blood pressure due to its very high level in potassium. It is also rich in Vit A and good source of Vit C & calcium. Boiled Jackfruit seeds are very tasty and nutritious snacks to eat. The seeds have around 135 kcal/ 100 gms. It is a rich source of complex carbohydrate, dietary fiber, vitamins like vitamin A, C and certain B vitamins, and minerals like calcium, zinc, and phosphorous with high nutrition benefit in a seed. Jackfruit seed contain phytonutrients and their health benefits are wide-ranging from anti-cancer to antihypertensive, anti-ageing, antioxidant, anti-ulcer, etc.

The Chinese consider jackfruit pulp and seeds useful in overcoming the influence of alcohol on the system. The seed starch is given to relieve biliousness and the roasted seeds are regarded as aphrodisiac. The ash of jackfruit leaves, burned with corn and coconut shells, is used alone or mixed with coconut oil to heal ulcers. The dried latex yields artosterone, a compound with marked androgenic action. Mixed with vinegar, the latex promotes healing of abscesses, snakebite and glandular swellings. The root is a remedy for skin diseases and asthma. An extract of the root is taken in cases of fever and diarrhea. The bark is made into poultices. Heated leaves are placed on wounds. The wood has a sedative property; its pith is said to produce abortion.

Herbal medicines for peptic ulcers

Cold milk is the best bet in complaints of heartburn.

Daily intake of 10 to 20gms of pure ghee with rice or meal is rewarding.

Banana fruit contains some ulcer healing properties. One to three bananas are to be taken along with a cup of milk. This provides a protective cover to the ulcer by neutralising the excessive acidity of gastric juices. However, the small yellow bananas are to be avoided and the larger greener ones preferred.

Amlaki - Botanically known as Emblica Officinalis, Indian gooseberry is highly useful and the fresh juice extracted from the fruit along with some sugar, if consumed daily on empty stomach, works wonderfully in this condition.

Certain plants which have astringent properties like Patol Patar, Brahmi, Aloe etc., are very useful in the treatment of peptic ulcer.

The decoction of barley, pipal, parval along with honey, can be taken for ulcers and acidity twice daily in the dose of 25 to 50ml.

The powder of Harar (2.5gm to 5gm) mixed with honey and gur has proved very effective for controlling peptic ulcer.

Points to ponder....

Dreams aren't those that you have when you are asleep, dreams are those that don't let you sleep till they are fulfilled!

Dr. Poonam Chablani

वशिष्ट

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Beauty tips

Use of Turmeric to fight pigmentation:

Mix a little amount of turmeric with cucumber juice or lemon. Apply this to the pigmented area of the skin and see the benefits.

The best illustration of the value of brief speech reckoned in dollars was given by Mark Twain. His story was that when he had listened for five minutes to the preacher telling of the heathen, he wept, and was going to contribute fifty dollars, after ten minutes more of the sermon, he reduced the amount of his prospective contribution to twenty-five dollars, after half an hour more of eloquence, he cut the sum to five dollars. At the end of an hour of oratory when the plate was passed, he stole two dollars.

The editorial board



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