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## (DREAMS)

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### “DREAMS - e - homoeo”

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Issue 40

**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

Every man dies. Not every man really lives.

*William Wallace*

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#### Regular Features

**Homoeopathic Topics**  
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## The Tips Page

### Health Tips...

Take at least more than 30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.

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### Tips on fever

**Aconite:** High grade fever. Great heat, but dry skin, no sweat but very thirsty. All complaints accompanied by great restlessness.

**Belladonna** : high fever, great heat like aco but no thirst and sweat on covered parts. Extremities cold.

**Ferrum phos** : infalliable in first stages of fever. Palms hot. No restlessness. Better by cold application. Bitter taste.

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

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

Voice improves after taking **Rhus tox** with sore throat.

Swelling of left submaxillary gland : **Bromium**

**Corallium rubrum**

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

### Practical Tips

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

If there is aversion to company and yet, he is afraid of being alone the medicine is **Conium**.

*Dr E A Farooquee*  
[drfarooquee@gmail.com](mailto:drfarooquee@gmail.com)

### Clinical tips on specific similarities

Offensive putrid breath in girls at age of puberty : **Aurum Met.**

Snoring when asleep : **Opium, Sil.**

Snoring only when on back : **Drosera**

For enlarged adenoid where child cannot speak, hear : **Agarphis nutan 3x or 2x**

Earache better sipping of cold water :

**Baryta Mur.**

*Dr. Darshan Kumar*  
**9891715982**

### C.M.E. on CARDIOLOGY

**Thursday 5<sup>TH</sup> January, 2012 at 3 p.m.**  
at The Auditorium, **Moolchand Medcity.**

“SECONDARY HYPERTENSION”  
**Speaker : Dr. K.K. Aggarwal.**

“LAWS OF HOMOEOPATHY”  
**Sneaker : Dr Subhash Arora**

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

### **Winter sore throat**

Winter sore throat in children needs to be differentiated, because the viral sore throat needs no treatment; however, bacterial sore throat, if ignored, can end up with permanent heart or kidney damage.

Sore throat is a symptom, not a disease. Issuing a winter warning, Padma Shri and Dr B C Roy National Awardee **Dr KK Aggarwal**, President Heart Care Foundation of India, said that during winter season if children between 5 to 15 years complain of redness in the throat with fever ranging between 101–104°F and associated enlarged tender cervical lymph nodes, they need immediate attention and antibiotics. This sore throat is devoid of any cough, nasal discharge or nasal congestion.

On the contrary, viral sore throat will present with recurrent cough and nasal discharge.

The bacteria sore throat illness may last only for 2 to 3 days and if no antibiotics are given, the child may present with joint pains and involvement of the heart/kidney weeks later.

So called strep sore throat, the illness licks the joints and bites the heart. Six out of every 1000 children suffer from this illness. The illness is more common in winter season as children tend to spend more time indoor with each other.

Schools should be especially concern about cough in children as the disease can rapidly spread from one child to another by droplet infection.

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

### ***Investigation tips***

#### **Bleeding time**

Bleeding time is a test done to assess the platelet function. Normal values fall between 2 – 9 minutes depending on the method used. By Ivy method it is less than 9 and a half minutes, while in Duke Method, it is 1 to 3 minutes.

Diseases that cause prolonged bleeding time include thrombocytopenia, disseminated intravascular coagulation (DIC), Bernard-Soulier disease, and Glanzmann's thrombasthenia and hypofibrinogenemia Aspirin and other cyclooxygenase inhibitors can prolong bleeding time significantly

## **HAPPY NEW YEAR**

**May you have the hindsight to know where you've been, The foresight to know where you are going, And the insight to know when you have gone too far.**

**The team of  
DREAMS-e- homoeo  
wants to honour the authors of  
the magazine. Please nominate  
your favourite author and the  
reason for your selection.**

### Laughter dose

An elderly gentleman was strolling through a quiet residential neighborhood when he came upon a little boy sitting on the curb, crying. "What's the trouble, son?" he asked. "Are you lost?"

"Worse than that," the youngster sobbed. "Mom lost her book on child rearing and now she's using her own judgment!"

### Symptomatology

**Subjective Symptoms.** - Subjective Symptoms are symptoms which are discoverable by the patient alone, such as pain and other morbid sensations of body or mind, presenting no external indications.

**Objective Symptoms.** - Hahnemann defines objective symptoms as, "the expression of disease in the sensations and functions of that side of the organism exposed to the senses of the physician and bystanders."

**Totality of the Symptoms.** - "Totality of the Symptoms" is an expression peculiar to homœopathy which requires special attention. It is highly important to understand exactly what it means and involves, because the totality of the symptoms is the true and only basis for every homœopathic prescription.

(.....to be contd)



+ HEALTH BE ABOVE ALL ELSE +

## RANA HOMEO PHARMACY

114, Hari Nagar Ashram Chowk, Mathura Road,  
**Surendra Singh Rana**  
32957572, 24560545,  
9811986885, 9891940500

### Your responses...

Hello Mam,  
I like this issue very much especially the information about jackfruit.

Dr P Manisha

Thanks didi,  
for such a healthy information.....

Preeti Bhatia

### Health Tips by Dr Kacker

#### To Prevent Back Pain....

1. Lift weights that you can handle and lift correctly. Don't try to be Hercules. If the object you are trying to lift is too heavy, get some help.
2. Maintain your recommended body weight. Every extra pound that goes to your abdomen adds five pounds of pressure to your back.
3. Use good posture. Bad posture, such as slouching, puts extra stress and pressure on your spine than sitting up straight.
4. Stop smoking. Smokers have three times the risk of developing disc problems in the lower back and four times the risk of having pain due to disc problems in the neck than non-smokers.
5. Take advantage of ergonomics. Use a chair, possibly one that reclines slightly, with good lower-back support. This is especially important if you sit for long periods. If you stand all day, try resting one foot on a small stool to take pressure off your back.
6. Avoid a proper sleeping position. Sleeping on your back with a pillow under your knees or on your side with a pillow between your bent knees would be recommended. Don't sleep on your stomach. A firm mattress also does your back good.

#### Enjoy a Healthy Living....

Need not visit a Gym, your home may be the ideal place.

## Classical page

### Repertory of **DIARRHŒA**

#### Cause :

**Alcoholic abuse** -- Ars., Lach., Nux v.

**Anger** -- *Cham.*, Col., Staph.

**Beer** -- Aloe, Cinch., Ipec., *Kali bich.*,  
Mur. ac., *Sul.*

**Cabbage** -- Bry., Petrol.

**Chilling cold drinks, ices** -- *Acon.*,  
Agraph., *Ars.*, Bell., *Bry.*, Camph.,  
Carbo v., Caust., Cham., Grat., Nux m.,  
*Puls.*, Staph.

**Coffee** -- Cistus, *Cycl.*, Ox. ac., Thuya.

**Eggs** -- Chin ars.

**Fruits** -- *Ars.*, *Bry.*, Calc. p., *Cinch.*,  
Cistus, Col., Croc. t., Ipec., *Pod.*, *Puls.*,  
Ver. a., Zing.

**Meat** -- Ars., Croc.

**Milk** -- *Æth.*, Calc. c., Cinch., Lyc.,  
*Mag. c.*, *Mag. m.*, Nat. c., Niccol., *Sep.*,  
Sul., Val.

**Milk boiled** -- Nux m.

**Onions** -- Thuya.

**Oysters** -- *Brom.*, Lyc., Sul. ac.

**Pork** -- Acon. lyc., *Puls.*

**Sweets** -- *Arg. n.*, Calc. s., Croc. t.,  
*Gamb.*, Merc. v.

**Tobacco** -- Cham., Tab., *Bapt.*,

**Vaccination** -- *Sil.*, Thuya.

**Vegetables, melons** -- *Ars.*, *Bry.*,  
Petrol., Zing.

**Water polluted** -- *Alston.*, Camph.,  
Zing.

## Cicuta Virosa

Women subject to epileptic and choreic convulsions; spasms of teething children, or from worms. Convulsions: violent, *with frightful distortions* of limbs and whole body; with loss of consciousness; opisthotonos; renewed from slightest touch, noise or jar. Puerperal convulsions: frequent suspension of breathing for a few moments, as if dead; upper part of the body most affected; *continue after delivery*. Epilepsy: with swelling of the stomach as from violent spasms of the diaphragm; screaming; red or bluish face; lockjaw, loss of consciousness and distortion of limbs; frequent during the night; recurring, first at short, then at long intervals. When reading, the letters seem to turn, go up or down or disappear (Coc.). During dentition, grinding of teeth or gums; compression of the jaws as in lockjaw. Abnormal appetite *for chalk and indigestible things*; for coal or charcoal; child eats them with apparent relish (Alum., Psor.). Suffer violent shocks through head, stomach, arms, legs, which cause jerkings of the parts; head hot. Injurious chronic effects from concussions of the brain and spine, especially spasms; trismus and tetanus from getting splinters into flesh (Hyper.). Pustules which run together, forming thick, yellow scabs, on head and face. Sycosis menti. Eczema: no itching; exudation forms into a hard lemon-colored crust. Brain disease from suppressed eruptions.

**Aggravation.** - From tobacco smoke (Ign.); touch.

# HOMŒO REVIVAL

A monthly homoeopathic newsletter

Dr. D.K. Bhardwaj 9871020702

Phobia	Fear of..	Medicine
Emetophobia	<i>Vomiting</i>	can-i
Entomophobia	<i>Insects</i>	Ars, Bell, Stram
<b>Dr. Navneet Bidani</b>		



## Know your food: GUAVA

Guavas are rich in dietary fiber, vitamins A and C, folic acid, and the dietary minerals, potassium, copper and manganese. Having a generally broad, low-calorie profile of essential nutrients, a single common guava fruit contains about four times the amount of vitamin C as an orange.

Guavas contain both carotenoids and polyphenols like gallo catechin, guaijaverin, leucocyanidin and amritoside – the major classes of antioxidant pigments – giving them relatively high potential antioxidant value among plant foods. As these pigments produce the fruit skin and flesh color, guavas that are red-orange have more pigment content as polyphenol, carotenoid and pro-vitamin A, retinoid sources than yellow-green ones. It contains quercetin which is an antioxidant that blocks enzymes that are responsible for building sorbitol, the sugar that forms the cloudy white clusters that cause cataracts. Guava is also rich in folate which helps to fight bad breath that causes gum disease gingivitis. Combating free radicals produced during metabolism and aids in preventing age related chronic diseases, such as Alzheimer's, cancer, cataracts, heart disease and rheumatoid arthritis. Also helps to control blood pressure and cholesterol since its high in potassium. Guava helps control diabetes, protects prostate, its Lycopene reduces the risk of cancer.

Guava leaves are used in folk medicine as a remedy for diarrhea and, as well as the bark, for their supposed antimicrobial properties and as an astringent. Guava leaves or bark are used in traditional treatments against diabetes. In Trinidad, a tea made from young leaves is used for diarrhea, dysentery and fever. The juice of the leaves cures toothache, swollen gums and oral ulcers, heals wounds when applied externally, convulsions, epilepsy, bacterial infections and so on and so forth.

## Alert....

When a thief forces you to take money from the ATM, do not argue or resist, you might not know what he or she might do to you. What you should do is to punch your pin in the reverse, i.e. if your pin is 1234, you punch 4321.

The moment you punch in the reverse, the money will come out but will be stuck into the machine half way out and it will alert the police without the notice of the thief.

Every ATM has it; it is specially made to signify danger and help. Not everyone is aware of this.

*Contributed by*  
**Dr Dhananjay Bhupati**

## Points to ponder....

"You are not responsible for what people think about you.  
But you are responsible for what you give them to think about you"

**yashisht**  
**HOMOEOPATHIC PHARMACEUTICALS**

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## How to strengthen ciliary muscles.....

**Ciliary muscles** control eye lenses. Like any muscle, **the ciliary muscles can become weak**. How does a muscle become weak? From *lack of exercise*, of course. If one wants strong legs, he needs to walk and run from time to time, right? Well, if one wants a strong, functioning ciliary muscle set, he needs to **alternate the vision between near objects and far objects** so that these muscles are challenged to stay strong. This also increases the flexibility (range of motion) of eye lenses (sort of like yoga for eyes). Most people in modern society never view anything far away anymore! They don't live out in the country, in other words, so they're not looking at something a mile away. No mountains are even visible in most cities, and peoples' vision is focused entirely on things that are close. So their ciliary muscles are "locked" in a state of constant contraction. This causes these muscles to tighten, just like the leg muscles if they are never stretched out from time to time. This is all made even worse by the television set & computer monitor. Today's population spends so much time viewing mobile texting devices, cell phones, portable gaming devices and computer monitors that it's amazing their ciliary muscles have any range of motion at all. Sooner or later, after a lack of exercise (i.e. focusing on things at various distances), **the ciliary muscles get flabby while also losing range of motion** and then your eye lenses can't achieve the focus they're supposed to. So instead of the light rays striking your retina where they're supposed to, they may strike a point inside your eyeball *a quarter inch in front of your retina* instead (as an example, or in other cases it may be some distance behind your retina, which also causes blurred vision). simply **exercise the range of motion of your ciliary muscles** by alternating between focusing on close objects versus far away objects (such as the horizon). This is most easily accomplished from inside your home, near a window. Simply look at something on your desk, then look at something outside your window that's far, far away (ideally, at the horizon). Alternate this process several times, then rest your eyes, and then repeat. Do this daily for a few minutes each day.

(.....to be contd)

### Beauty tips

Coconut oil can work as an excellent skin moisturizer if applied immediately after a shower. Oils such as olive, jojoba or coconut oil and Vaseline (petroleum jelly) sit on top of the skin and lock in moisture, thus acting as a water sealant.

### Interesting facts about species...

A crocodile cannot stick its tongue out.  
A snail can sleep for three years.  
All polar bears are left handed.  
The ant always falls over on its right side when intoxicated.  
It is physically impossible for pigs to look up into the sky

## The editorial board



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