

Dynamic Revolutionary Egalitarian Assurgent Motivative Society

(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

We must become the change we want to see.

Mahatma Gandhi

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The Tips Page

Health Tips...

To avoid heart problem:-1. Need to have physical exercise for minimum of 45 minutes daily. 2. Eat your food at perfect timings, like how you eat during your school days. Eat in small quantities more times and have lot of vegetables and boiled food, try to avoid fried items and oily food. Fish is good than other non-vegetarian food. 3. Sleep for 8 hours a day, this count should complete before sun rising. 4. Stop smoking.

Dr. S.S. Vithal
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Tips on piles

Aesculus: *Sensation as if the rectum was filled with sticks.* Prominent sense of fullness in rectum. Piles do not, as a rule, bleed. Great pain, soreness and *aching in the back.* Sometimes has constipation, sometimes not.

Collinsonia: *Sensation as if the rectum was filled with sticks.* Piles often bleed persistently. Greatly constipated, with colic on account of it.

Dr. Anupam Sethi Malhotra
9810545958

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

The upward direction of **Sepia** symptom is characteristic.

Increased desire in old woman : **Moschus**

Drowsiness : **Nux moschata**

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If the patient is Cheerful when in thunder and lightning, the medicine is **sepia**

Dr E A Farooquee
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Clinical tips on specific similarities

- Palpitation < when quiet & > when moving about – Mag.Mur.
- Palpitation in morning when hungry – Kali Carb.
- Never think of digitalis where there is rapid pulse

Dr. Darshan kumar
9891715982

C.M.E. on CARDIOLOGY

Thursday 2nd February, 2012 at 3 p.m.
at The Auditorium, **Moolchand Medcity.**

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

Call Dr mini : 9999187181

Dr. K.K. Aggarwal's Tips

Eating chocolate no baba but in pregnancy yes baba?

Indulging in chocolate during pregnancy could help ward off a serious complication of pregnancy known as pre-eclampsia according to a study published in the *Journal of Epidemiology*. Indiscriminate use of chocolate can increase obesity and worsen diabetes and heart disease.

Dark chocolate is rich in a chemical called theobromine, which stimulates the heart, relaxes smooth muscle and dilates blood vessels. In pre-eclampsia, blood pressure spikes during pregnancy and excess protein is released into the urine. Dr. Elizabeth W. Triche, examined 2,291 women who delivered a single infant and found that women who consumed the most chocolate and those whose infants had the highest concentration of theobromine in their cord blood were the least likely to develop pre-eclampsia. Women in the highest quarter for cord blood theobromine were 69 percent less likely to develop the complication than those in the lowest quarter. Women who ate five or more servings of chocolate each week in their third trimester of pregnancy were 40 percent less likely to develop pre-eclampsia than those who ate chocolate less than once a week. A similar, but weaker relationship between chocolate consumption and preeclampsia risk was seen in the first trimester. Women eating five or more servings of chocolate each week were at 19 percent lower risk than those who ate chocolate less than once a week.

Bacteria in gums can cause preterm delivery

Dr. Aggarwal further said that proper dental care can prevent heart attacks, heart blockages, asthma and COPD. Bacteria present in the gums have been linked to many diseases in the past. Periodontal treatment should also be included in prenatal care programs. The Journal of Periodontology has shown that treating gum disease in pregnant women may prevent preterm birth. A study has shown that while pregnant women, whose periodontal disease was treated, were no more likely to deliver their babies prematurely than women with no gum disease, those who did not receive treatment had a nearly 90-fold increased risk of premature delivery. Another team found that the more bacteria women with periodontal disease had in their gums during and after pregnancy, the more likely they were to deliver their infants prematurely.

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

Investigation tips

Platelet count: A normal platelet count in a healthy individual is between 150,000 and 450,000 per μl (microlitre) of blood $((150-450)\times 10^9/\text{L})$.

Disorders leading to platelet dysfunction or **reduced count:** HELLP syndrome, Hemolytic-uremic syndrome, Chemotherapy, Dengue.

Disorders featuring an elevated count: Thrombocytosis, including essential thrombocytosis (elevated counts, either reactive or as an expression of myeloproliferative disease); may feature dysfunctional platelets

Laughter dose

Morris, an 82 year-old man, went to the doctor to get a physical. A few days later, the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later, the doctor spoke to Morris and said, 'You're really doing great, aren't you?'

Morris replied, 'Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, 'I didn't say that.. I said, **'You've got a heart murmur; be careful.'**

HOW DO WE CRY?

First of all, there are really three different types of tears. BASAL TEARS keep our eyes lubricated constantly. REFLEX TEARS are produced when our eyes get irritated, like with onions. PSYCHIC TEARS are produced when the body reacts emotionally to something. Each type of tear contains different amounts of chemical proteins and hormones. The emotional tears contain higher levels of manganese and the hormone prolactin, and this contributes in a reduction of both of these in the body; thus helping to keep depression away.

The emotional tears require an emotional response, or trigger to be activated. This response can be caused by an outside source, either pain or loss of love or from an inside source (self-realization of one's life and others). When emotions affect us, the nervous system stimulates the cranial nerve, in the brain and this sends signals to the neurotransmitters to the tear glands. Thus, we cry .

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.

Your responses...

Very nice & informative issue. loved the article on ciliary muscles.

Dr. Puja kapur

Dear Mam,

Wishing you a very happy new year. It was a wonderful start of this year with a very refreshing issue of DREAMS e homoeo. it really had some interesting facts. Thanks.

Dr Madhvi

Symptomatology

(contd from prev....)

The Totality of the Symptoms means, first, the totality of each individual symptom.

A single symptom is more than a single fact; it is a fact, with its history, its origin, its location, its progress or direction, and its conditions.

Every complete symptom has three essential elements:-Location, Sensation and Modality.

By *location* is meant the part, organ, tissue or function of body or mind in which the symptom appears.

By *sensation* is meant the impression, or consciousness of an impression upon the central system through the medium of the sensory or afferent nerves, or through one of the organs of senses; a feeling, or state of consciousness produced by an external stimulus, or by some change in the internal state of the body. A sensation may also be a purely mental or physical reaction, such as fright, fear, anger, grief or jealousy.

By *modality* we refer to the circumstances and conditions that affect or modify a symptom, of which the conditions of aggravation and amelioration are the most important.

(.....to be contd)

Classical page

Repertory of otalgia

Aggravation

Night, at -- *Acon.*, Ars., Bell., Calc. p.,
Cham., Dulc., Ferr. p., Hep., Kali iod.,
Merc., *Puls.*, Rhus t.

Cold air [from] -- Calc. p., Caps.,
Cham., *Hep.*, Kali m., Mag. p., Sang.

Noise -- Bell., Cham.

Pressure, motion -- Menthol.

Warmth -- *Acon.*, Bor., Calc. p.,
Cham., Dulc., *Merc.*, Nux v., *Puls.*

Washing face and neck with cold water -- Mag. p.

Amelioration

During day -- *Acon.*

Being carried, motion -- Cham.

Cold applications -- *Puls.*

Motion, covering -- Aur.

Sipping cold water -- Bar. m.

Warmth -- *Bell.*, Caps., Cham., Dulc.,
Hep., *Mag. p.*

Open air, in -- *Acon.*, Aur., Ferr. p.,
Puls.

HOMŌEO REVIVAL

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newsletter

Dr. D.K. Bhardwaj
9871020702

GLONOINE.

Sudden local congestion, especially to head and chest; bursting headache rising up from neck, with great throbbing and sense of expansion as if to burst; cannot bear the least jar.

Can't bear anything on the head, especially hat; or pressure as of a hat.

Over-heating in the sun, or sunstroke.

Special comments by E.B. Nash

This is, in the first place, one of our great head remedies. It has intense pain in the head, with great throbbing and sensation of fullness and constriction of the vessels of the neck. There are so many symptoms attending this condition of congestion that it is not wise to try to give them all here. I used, in my early practice, to carry a small vial of the 1st dilution in my case on purpose for those who were inclined to sneer at the young doctor and his sweet medicine, and many a disbeliever have I convinced, in about five or ten minutes, that there might be power in small doses of sweet medicine, by dropping on the tongue a drop of this preparation, for it seldom failed to produce its characteristic throbbing headache within that time. One lady, not willing to acknowledge that it affected her, rose to leave the room, and fainted and would have fallen to the floor if I had not caught her. No one ever asked after that experiment for any more proof of the power of homoeopathic medicine. This throbbing headache, *seeming to arise from the neck*, is very characteristic, and the throbbing is not a mere sensation but is visible in the carotid arteries. The vessels are full to bursting, and if their walls were not healthy there is danger of apoplexy. No remedy equals this one for producing sudden and severe congestion of the head, and none can cure it quicker when indicated by the symptoms. The remedies that stand nearest *Glonoine* in their effect on the head I believe to be *Belladonna* and *Melilotus*. *Belladonna* and *Glonoine* both have the fullness, pain and throbbing, but that of *Glonoine* is more intense and sudden in its onset, and ((to be contd))

Phobia	Fear of...	Medicine
Genophobia	Sex	Thuj
Gephyrophobia	Crossing bridges	Acon

Dr. Navneet Bidani

Know your food: soya bean

soya bean is a species of legume, a bean which is classed as an oilseed rather than a pulse. Fat-free (defatted) soybean meal is a primary, low-cost source of protein and soy vegetable oil is another product of processing the soybean crop. Soya beans are considered to be a source of complete protein, that is, it contains significant amounts of all the essential amino acids that must be provided to the human body because of the body's inability to synthesize them, hence can replace animal-based foods.

Major products :-

Soybean oil: Soybean seed contains about 19% oil.

Soybean meal: Soybean meal is the material remaining after solvent extraction of oil from soybean flakes, with a 50% soy protein content.

Soybean Flour : It refers to defatted soybeans ground.

Infant formula: Soy-based infant formula (SBIF) is used for infants who are allergic to pasteurized cow milk proteins.

Meat and dairy substitutes: Soy products also are used as a low-cost substitute in meat and poultry products .

Consumption of soy may also reduce the risk of colon cancer, possibly due to the presence of sphingolipids.

(.....to be contd)

Vocabulary genius

The person who invented this sentence must be a vocabulary GENIUS.

Read the sentence below carefully:

"I do not know where family doctors acquired illegibly perplexing handwriting nevertheless, extraordinary pharmaceutical intellectuality counterbalancing indecipherability, transcendentalizes intercommunications' incomprehensibility".

This is a sentence where the Nth word is N letters long. e.g. 3rd word is 3 letters long, 8th word is 8 letters long and so on...

Points to ponder....

Life is like a coin, pleasure and pain are the two sides; only one side is visible at a time but remember other side is waiting for its turn.

vashisht
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How to strengthen ciliary muscles.....

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 stretch out from time to time. This is all made even worse by the television set -- or perhaps your 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. For a strong, functioning ciliary muscle set, one 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 the eyes). The simple tool is a pair of **pinhole glasses**. They're like exercise machines for the eyes. One has to wear them for a few minutes a day, then walk around and *look at stuff*, which causes the *ciliary body* of eyes to engage in **adaptive exercise** that increases the range of motion of ciliary muscles. It's the same principle as doing pull-ups to get a stronger upper body, or walking up flights of stairs to build stronger leg muscles. Or **exercise the range of motion of your ciliary muscles** by alternating between focusing on close objects



versus far away objects. With added nutritional support for eye health (lutein, zeaxanthin, astaxanthin and so on), these exercises can, over time, enhance the **range of motion** of ciliary muscles and eye lenses, hence **reduce the intensity of prescription glasses**,

The editorial board



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