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## (DREAMS)

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### “DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 42

**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

It is very easy to defeat someone, but it is very hard to win someone.

**John Keats**

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#### Regular Features

**Homoeopathic Topics**  
Therapeutics  
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Latest Info  
Investigation Tips  
Retro

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## The Tips Page

### Health Tips...

Be vegetarian to enhance the quality of your life.

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### Tips on pains

Pains accompanied with chill: **Puls**

Pains accompanied with sweating:  
**Chamo**

Pains accompanied with fainting:  
**Hepar sulph.**

Pains accompanied with micturition:  
**Thuja**

Pains accompanied with delirium:  
**Verat. alb.**

*Dr. E.B. Nash*

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

**Calc carb** and **Natrum carb** for weak ankles  
**Magnesia muriaticum** for Ascites  
**Thuja** for colitis and rheumatism  
**Mancinella** for people who have fear of insanity.

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

### Practical Tips

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

If the patient is cheerful on waking, the medicine is **Tarentula**

*Dr E A Farooquee*  
[drfarooquee@gmail.com](mailto:drfarooquee@gmail.com)  
**9811370571**

### Clinical tips for some rare mother Tincture.....

**Mallein** : It is used as Antipyretic & in Hyperacidity

**Myrica c** : It is use in the case of I.B.S

**Pothos F** – Asthmatic Complaint from inhaling dust

*Dr. Darshan Kumar*  
**9891715982**

### C.M.E. on CARDIOLOGY

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

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

**“C.A.D.”**  
**Speaker : Dr. Bipin Jethani**

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

### Avoid Smoking in winter

Smoking can not only precipitate heart attack, paralysis and increase blood pressure but can also increase the risk of erectile dysfunction in men. Men who smoke 20 cigarettes a day are 40% more likely to struggle with erectile dysfunction than men who do not smoke..

Nicotine present in smoke can constrict the blood supply to various organs. As per a study published in the journal Tobacco Control in men aged 16–59 the risk of erectile dysfunction is almost double in smokers than in non smokers. Apart from smoking, obesity, heavy alcohol consumption and misuse of Viagra like drugs can also disturb men's sexual health.

Apart, uncontrolled diabetes, blood pressure, which is common in winter season also add to the same.

Depression is also common in winter adding to the agony. For those who want to quit smoking winter is the best time to do so.

**Dr KK Aggarwal**  
**Padma Shri & Dr B C Roy National Awardee**

### Investigation tips

**CCP or Cyclic Citrullinated Peptide Antibody:**-This test is a very reliable marker for Rheumatoid arthritis with specificity of about 98% and helps to differentiate it from other types of arthritis. It also helps in evaluation of prognosis of Rheumatoid arthritis. High levels of the antibody indicate a more aggressive RA & higher risk of joint damage as compared to a patient with low levels. predate the diagnosis of RA & may be found years before symptoms of RA develop.

units	negative	Low positive	Moderate positive	Strong positive
EU	< 20	20 - 39	40 - 59	> 60

**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.**

## INDIAN BOOKS & PERIODICALS SYNDICATE

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## Symptomatology

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. Dr. William Boericke well said:

"The modalities of a drug are the pathognomonic symptoms of the Materia Medica."

By "**aggravation**" is meant an increase or intensification of already existing symptoms by some appreciable circumstance or condition.

"Aggravation" is also used in homœopathic parlance to describe those conditions in which, under the action of a deeply acting homœopathic medicine (or from other causes), latent disease becomes active and expresses itself in the return of the old symptoms or the appearance of new symptoms. In such cases it represents the reaction of the organism to the stimulus of a well selected medicine, and is generally curative in its nature.

"**Amelioration**" is technically used to express the modification of relief, or diminution of intensity in any of

## Beauty tips

Rub half a lemon on your face with a hint of sugar granules to remove dead cells and lighten a tan. You can also rub on hyper-pigmented areas like elbows to lighten them. Mix with a little cucumber juice to make a natural astringent.

## Your responses...

Mam,  
Nice design, informative and interesting magazine. I really like the design. You have included so many areas/categories from beauty tips to general tips ... Liked the intelligent use of space.(now that I have started designing and writing I can appreciate these things more). There is always trouble deciding between space (which is limited) and contents. The newsletter is flawless, informative for everyone (students, doctors, professionals, others). Really good job.

Dr. Neha Garg

## Laughter dose

A man was telling his neighbor, 'I just bought a new hearing aid.

It cost me four thousand dollars, but it's state of the art.....It's perfect.'

'Really,' answered the neighbour. 'What kind is it?'

'Twelve thirty..'



+ HEALTH BE ABOVE ALL ELSE

+

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## Classical page

### Repertory of

#### AGGRAVATION

Emission after -- Cob.  
 Masturbation after -- Nux v., Phos. ac., Staph.  
 Night At -- Aloe, Calc. c., Lyc., *Merc.*, Mez., Nat. m., *Staph.*, Viscum.  
 Cold exposure From -- Acon., *Bry.*, *Rhod.*, Sul.  
 Damp exposure From -- Dulc., Phyt., *Rhus t.*  
 Eating From-- Kali c.  
 Exertion From -- Agar., *Berb. v.*, Cocc., Hyper., Kali c., Kali p., Ox. ac., Sul.  
 Jar; touch From -- *Acon.*, *Berb. v.*, *Bry.*, Kali bich., *Lob. infl.*, Mez., Sil., *Tellur.*  
 Lying down From -- Bell., *Berb. v.*, Niccol. s., Nux v., *Rhus t.*  
 Motion; beginning From -- Lac c., *Rhus t.*  
 Motion; walking From -- *Æsc.*, Aloe, *Ant. t.*, Bell., *Bry.*, *Caust.*, Chel., Cinch., *Colch.*, Kali bich., *Kali c.*, Mez., *Nux v.*, Ox. ac., Paraf., Petrol., Phyt. Ran. ac., Sep., *Sul.*  
 Resting; sitting From -- *Agar.*, Alum., *Ant. t.*, Bell., *Berb. v.*, Can ind., Cob., Ferr. mur., Kali p., Kreos., *Lac c.*, *Merc.*, Nux v., Puls., *Rhus t.*, Sep., Sul., *Zinc. m.*  
 Standing From -- *Æsc.*, Bell., Nux v., Sarc. ac., Sep.  
 Stooing From -- *Æsc.*, *Berb. v.*, Diosc., Guaco, Tellur.  
 Warmth From -- *Kali s.*, Puls., Sul.  
 Morning In -- Agar., *Berb. v.*, *Bry.*, Conv., Kali c., Nat. m., Nux v., Petrol., Phyt., Ruta, Selen., *Staph.*  
 Rising from seat When -- *Æsc.*, Arg. n., *Berb. v.*, *Caust.*, Kali p., *Lach.*, Sil., Sul., Tellur.

## UPAS TIEUT

Produces *tonic spasms, tetanus, and asphyxia.*

**Head.**--Disinclined for mental work. Irritable. Dull headache deep in brain.

**Eyes.**--*Pain in eyes and orbits, with conjunctivitis.* Dull sunken eyes. Styes.

**Mouth.**--Herpes on lips. Burning on the tongue. Pain in mouth, as from a splinter (*Nit ac.*).

**Male.**--Desire increased, with loss of power. *Dull backache*, as after excessive coitus.

**Chest.**--Lancinating pain throughout right lung toward the liver, stopping breathing. Violent palpitation; sensation of heaviness in stomach.

**Skin.**--Numb hands and feet. Hangnails inflamed; itching and redness of roots of nails.

# HOMŌEO REVIVAL

A monthly homoeopathic  
newsletter

Dr. D.K. Bhardwaj  
9871020702

Phobia	Fear of..	Medicine
Hematophobia	<i>Blood</i>	Alum
Herpetophobia	<i>Reptiles</i>	Ars, Stram, Op
<b>Dr. Navneet Bidani</b>		

## Know your food: Soyabeans

### Health benefits of soyabeans:

Consumption of soy may reduce the risk of cancer, possibly due to the presence of sphingolipids. Several large population studies have shown, that consumption of soy foods is associated with a reduction in prostate cancer risk in men, is significantly associated with decreased risk of death and recurrence of breast cancer among women and may reduce the risk of colorectal cancer in postmenopausal women.

Recent studies have shown improvement in cognitive function, particularly verbal memory, and in frontal lobe function with the use of soy supplements.

Soy products are beneficial to cardiovascular and overall health because of their high content of polyunsaturated fats, fiber, vitamins, and minerals and low content of saturated fat

Recent research suggests that soy protein decreases postprandial triglyceride levels, which is increasingly viewed as important for reducing CHD risk.

Soybeans contain a high level of phytic acid, which has many effects including acting as an antioxidant and a chelating agent. The beneficial claims for phytic acid include reducing cancer, minimizing diabetes and reducing inflammation.

## If you loose your mobile...

1. Dial \*#06# from your mobile.
2. The mobile shows a unique 15 digit number.
3. Note down this number anywhere except mobile, because it is the number which will help to trace out the mobile in case of theft.
4. Mail this 15 digit IMEI No to [cop@vsnl.net](mailto:cop@vsnl.net)
5. Mobile will be traced within 24 hrs via a complex system of GPRS and internet.
6. Send an e mail to [cop@vsnl.net](mailto:cop@vsnl.net) with the following info : name, address, phone model, make, last used no, e mail for communication, missed date, IMEI no.

## Points to ponder....

Majority of the problems in life are because of two reasons:  
First, we act without thinking.  
Second, we keep thinking without acting.

**vashisht**  
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## Nails

### Nails and Health: Read the Signs

Nails can reveal clues to overall health. A touch of white here, a rosy tinge there, or some rippling or bumps may be a sign of disease in the body. Problems in the liver, lungs, and heart can show up in nails.

#### Pale Nails

Very pale nails can sometimes be a sign of serious illness, such as: Anemia, Congestive heart failure, Liver disease, Malnutrition etc.

#### White Nails

If the nails are mostly white with darker rims, this can indicate liver problems, such as hepatitis.

#### Yellow Nails

One of the most common causes of yellow nails is a fungal infection. As the infection worsens, the nail bed may retract, and nails may thicken and crumble. In rare cases, yellow nails can indicate a more serious condition such as severe thyroid disease, lung disease, diabetes or psoriasis.

#### Bluish Nails

Nails with a bluish tint can mean the body isn't getting enough oxygen. This could indicate an infection in the lungs, such as pneumonia. Some heart problems can be associated with bluish nails.

#### Rippled Nails

If the nail surface is rippled or pitted, this may be an early sign of psoriasis or inflammatory arthritis. Discoloration of the nail is common; the skin under the nail can seem reddish-brown.

*(.....to be contd)*

## The editorial board



*Disclaimer: The opinions expressed in the articles published in the 'Dreams e homoeo' belong solely to the authors. The Editorial board may or may not be in agreement with the views expressed in the news-letter by the respective authors.*