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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 44

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

A man's character may be learned from the adjectives which he habitually uses in conversation.

Mark Twain

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The Tips Page

Health Tips...

Fresh Orange juice is very useful for GOUT (Increased uric acid) patients. Take it frequently & ALOE VERA juice or its pickle along with Correct homoeopathic remedy to cure this disease permanently.

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

Tips on vertigo

Vertigo on turning the head, Con., Calc. ost., Kali c.

Vertigo on *moving* the head, Bry., Calc. ost., Con.

Vertigo on looking up, Puls., Silic.

Vertigo on looking down, Phos., Spig., Sulph.

Vertigo from odor of flowers, Nux v., Phos.

Vertigo on *watching*, or loss of sleep, Cocc., Nux vom.

Vertigo on the *least noise*, Therid.

Vertigo while *walking*, Nat. m., Nux v., Phos., Puls.

Vertigo while studying, Nat. m.

Vertigo while or after eating, Grat., Nux v., Puls.

Vertigo as if whirling, Bry. Con., Cyclam., Puls.

Dr. E.B. Nash

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

Juniperus virginicus : Respiratory symptoms.

Kali-nitricum : Polypus of nose.

Radium bromatum : Rheumatism and troubles remaining after the use of X-rays.

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If the patient is anxious, when in company, the medicine is **Ambra g.**

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Clinical tips

Boil milk produce diarrhea – Sepia, Nux Mos

Fruit produce diarrhea – Verat.alb, Ars.alb.

Sugar causes diarrhea – Arg Nit.

Coffee produce diarrhea – Nat mur

Dr. Darshan Kumar

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Dr. K.K. Aggarwal's Tips

Be Alert from Symptom of Heart Attack

The most common symptom of coronary heart disease is chest pain (angina) or discomfort, which can also occur in the shoulders, arms, neck, jaw or back. People may mistake this pain for indigestion, which can be dangerous. This can result in death or disability, depending on how much of the heart muscle is damaged. Unfortunately, many people Sometimes, it's impossible to tell the difference between the symptoms of heartburn, angina and heart attack.

A heart attack occurs when the blood supply to part of the heart muscle is severely reduced may not be aware they are having a heart attack.

There are some useful pointers that might help a person know whether they're having a heart attack or not, but when in doubt, one should check it out.

Symptoms of a heart attack include the sudden onset of tightness, pressure, squeezing, burning or discomfort in the chest, throat, neck or either arm. When these symptoms are accompanied by nausea, vomiting, sweating, shortness of breath or a fainting sensation, Dr. Aggarwal says one should be especially suspicious that you might be having a heart attack. People who have any risk factors that may predispose them to a heart attack should be particularly cautious.

Main points

1. Heart attack pain is never pinpointed
2. Heart attack pain never lasts less than 30 seconds.
3. If you smoke, have diabetes, high cholesterol, high blood pressure, are overweight or have a strong family history of heart disease and have any symptom related to the chest or heart, you should be alert.

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

Investigation tips

Bone density or **bone mineral density** or **BMD** refers to the amount of mineral matter per square centimeter of bones. It is used in clinical medicine as an indirect indicator of osteoporosis and fracture risk. **z-score**, the number of standard deviations above or below the mean for the patient's age, sex and ethnicity. **t-score**, the number of standard deviations above or below the mean for a healthy 30 year old adult of the same sex and ethnicity as the patient. **Normal** is a T-score of -1.0 or higher, **Osteopenia** is defined as between -1.0 and -2.5, **Osteoporosis** is defined as -2.5 or lower.

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Symptomatology

(contd from previous.....)

The "totality" is not, therefore, a mere haphazard, fortuitous jumble of symptoms thrown together without rhyme or reason, any more than a similar haphazard collection of pathogenetic symptoms in a proving constitutes *Materia Medica*

The Totality means the sum of *the aggregate of the symptoms*: Not merely the numerical aggregate-the entire number of the symptoms as particulars or single symptoms-but their sum total, their organic whole as an individuality. As a machine set up complete and in perfect working order is more than a numerical aggregate of its single dissociated parts, so the Totality is more than the mere aggregate of its constituent symptoms. It is the numerical aggregate *plus the idea or plan which unites them in a special manner to give them its characteristic form*. As the parts of a machine cannot be thrown together in any haphazard manner, but each part must be fitted to each other part in a certain definite relation according to the preconceived plan or design, "assembled," as the mechanics say-so the symptoms of a case must be "assembled" in such a manner that they constitute an identity, an individuality, which may be seen and recognized as we recognize the personality of a friend.

The same idea underlies the phrase, "*Genius of the Remedy*." Genius, in this sense, being the dominant influence, or the essential principle of the remedy which gives it its individuality.

(....to be contd)

Your responses...

DILAASA YA SACHMUCH DAWA
(Assurance or real medicine)

This is the heading of the editorial page of Hindi Nav Bharat Times, Delhi dated 21.3.12. The editor gives reference of one Mr. E. Earnest, a professor of complementary medicines, Britain who has given his views in a magazine, 'the Biologist' on homoeopathy. According to this, the homoeopathic medicines have failed in all clinical trials and its water like medicines are not effective to cure diseases. Homoeopathic is nothing but placebo. On these comments, the editor says that such attacks on homoeopathy were made in the past also. Many people of Britain, USA, Canada and Australia had condemned homoeopathic medicines two years back. In spite of all this condemnation, people of world have faith in it. Allopathic therapy is modern with scientific tools of investigations to find a disease properly. Even the patent medicines of allopathy work. On the other hand, people go have faith in homoeopathy. Whenever allopathy fails to cure a disease, people take shelter of homoeopathy or alternative medicines and they are cured. How does this happen? If the followers of homoeopathy wish to start a drive to support homoeopathy, they should upgrade homoeopathy with latest scientific tools and means to prove its effectiveness at par with allopathy. I request the readers to read the paper for fully understanding meaning of the above translation. In my views, the editor has supported homoeopathy by telling a method. Hope the concerned authorities in government pay attention to this news item and take proper action.

Dr. Shiv Dua

Medical tricks

Clear a stuffed nose or relieve sinus pressure by pushing your tongue against the roof of your mouth then pressing a finger between your eyebrows. Repeat that for 20 seconds it causes the vomer bone to rock, which loosens your congestion and clears you up.

Classical page

Repertory of **AMELIORATIONS**

- Descending** -- Spong.
- Excitement, pleasurable** -- Kali p., Pall.
- Fasting** -- Cham., Con., *Nat. m.*
- Feet in ice water** -- *Led.*, Sec.
- Ice, holding in mouth** -- Coff.
- Lemonade** -- Cycl.
- Light** -- Stram.
- Limb hanging down** -- Con.
- Magnetized** -- Phos.
- Mouth, covered** -- Rumex
- Music** -- Tar. h.
- Night** -- Cupr. ac.
- Oil applications** -- Euphorb. d.
- Putting feet on chair** -- Con.
- Riding in carriage** -- Nit. ac.
- Rocking** -- Cina, Kali c.
- Sea [at]** -- Brom.
- Seashore [at]** -- Med.
- Shaving [after]** -- Brom.

Helonias Dioica.

For women: with *prolapsus from atony*, enervated by indolence and luxury; *worn out with hard work, mental or physical*; overtaxed muscles burn and ache; so tired cannot sleep. Always better when occupied, when not thinking of the ailment (Cal. p., Oxal. ac.). Restless, must be continually moving about. Irritable, fault finding; cannot endure least contradiction or receive least suggestion (Anac.). Profound melancholy; deep, mental depression. Diabetes: first stages; urine profuse, clear saccharine; lips dry, stick together; great thirst; restlessness; emaciation; irritable and melancholy. Albuminuria: acute or chronic; during pregnancy, with great weakness, languor, drowsiness, unusually tired, yet knows no reason. Menses: too early, too profuse, from uterine atony in women enfeebled by loss of blood; when patients lose more blood than is made in intermenstrual period; breasts swollen, nipples painful and tender (Con., Lac c.). Flow passive, dark, clotted, offensive. Sensation of soreness and heaviness in pelvis (Lappa); *a consciousness of a womb*, feels it move when she moves, *it is so sore and tender* (Lys.). For the bad effects of abortions and miscarriages.

HOMOEOPATHIC REVIVAL

A monthly homoeopathic
newsletter

Dr. D.K. Bhardwaj
9871020702

Phobia	Fear of...	Medicine
Monophobia	Being alone	<i>Arg-n, Hyo, kali-c, Lyco</i>
Musophobia	Mice	<i>Calc, Cimic, China, Aeth</i>
Dr Navneet Bidani		

Degree of Resource Utilization

Buddha, one day, was in deep thought about the worldly activities and the ways of instilling goodness in humans. One of his disciples approached him and said humbly " Master! My attire is worn out and is beyond the decency to wear the same. Can I get a new one, please". Buddha found the robe indeed was in a bad condition which needed replacement. He asked the store keeper to give the disciple a new robe to wear on. The disciple thanked Buddha and retired to his room. A while after, he went to his disciple's place and asked him "Is your new attire comfortable? Do you need anything more?" Disciple: "Thank you my Master. The attire is indeed very comfortable. I need nothing more". Buddha: "Having got the new one, what did you do with your old attire?" Disciple: "I am using it as my bed spread". Buddha: "Then.. hope you have disposed off your old bed spread". Disciple: "No.. no.. master. I am using my old bedspread as my window curtain". Buddha: "What about your old curtain?" Disciple: "Being used to handle hot utensils in the kitchen" Buddha: "Oh I see Can you tell me what did they do with the old cloth they used in Kitchen" Disciple: "They are being used to wash the floor" Buddha: "Then, the old rug being used to wash the floor...???" Disciple: "Master, since they were torn off so much, we could not find any better use, but to use as a twig in the oil lamp, which is right now lit in your study room..." Buddha smiled in contentment and left for his room

Moral: If not to this degree of utilization, can we at least attempt to find the best use of all our resources - at home and at office. Treat the earth well.

Dr. Shiv Dua

20 painkillers in your kitchen

2. Heal heartburn with cider vinegar

Sip 1 tablespoon of apple cider vinegar mixed with 8 ounces of water before every meal, and experts say you could shut down painful bouts of heartburn in as little as 24 hours. "Cider vinegar is rich in malic and tartaric acids, powerful digestive aids that speed the breakdown of fats and proteins so your stomach can empty quickly, before food washes up into the esophagus, triggering heartburn pain," explains Joseph Brasco, M.D., a gastroenterologist at the Center for Colon and Digestive Diseases in Huntsville, AL.

Points to ponder....

Some people always throw stones in your path. It depends on you what you make with them. A Wall or a Bridge? **-Remember you are the architect of your life.**

Beauty tips

For blackheads, mix rice powder with curd and apply daily on the affected area. Rub gently on the skin with circular movements. Wash it off with water.

vashisht
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Osteoporosis

Osteoporosis means "porous bones." In osteoporosis the **bone mineral density (BMD)** is reduced, **bone microarchitecture** deteriorates, and the amount and variety of **proteins in bone** is altered. The bones are strongest at about age 30, then begin to lose density. About half of women 50 and older will have an osteoporosis-related fracture in their lifetime. Osteoporosis is the underlying cause of 1.5 million fractures every year. Spinal compression fractures are the most common -- tiny fractures that can cause the vertebrae to collapse and alter the shape of the spine. Hip fractures can cause lasting mobility problems and even increase the risk of death. Wrist, pelvic, and other fractures are also common in people with osteoporosis. Bone loss is a natural part of aging, but not everyone will lose enough bone density to develop osteoporosis. Women's bones are generally thinner than men's and bone density has a rapid decline for a time after menopause. Women who are thin and have a small frame are more likely to develop osteoporosis. Heredity plays a role, and so does ethnicity. It is more common among whites and Asians, though African-Americans and Hispanics may still be at risk. Some conditions, such as type 1 diabetes, rheumatoid arthritis, inflammatory bowel disease, and hormonal disorders are also linked to bone loss. Smoking, an inactive lifestyle, and a diet low in calcium and vitamin D poses a greater risk for osteoporosis. Excess drinking is linked to bone loss and a risk of fractures. Corticosteroids & anti-inflammatory drugs increase risk of bone loss. Eating disorders (anorexia nervosa or bulimia) can also take a toll on bone health.

Osteoporosis risks can be reduced with lifestyle changes and sometimes medication; in people with osteoporosis, treatment may involve both. Lifestyle change includes diet and exercise, and preventing falls. Medication includes calcium, vitamin D, bisphosphonates and several others. Fall-prevention advice includes exercise to tone deambulatory muscles, proprioception-improvement exercises; equilibrium therapies may be included. Exercise with its anabolic effect, may at the same time stop or reverse osteoporosis.

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