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**“DREAMS - e - homoeo”**

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**HAHNEMANN BIRTHDAY SPECIAL**

**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**

“No individual has done more good to the medical profession than Samuel Hahnemann.”

**Sir William Osler,**  
the father of modern medicine.

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## The Tips Page

### Health Tips...

Apply mashed banana over a burn on your body to have a cooling effect. Instead of pouring cold water or applying ice on burnt part apply Luke warm water. It will aggravate the burning pain for few seconds initially but after that there will be no pain and blisters on affected part.

**Dr. S.S. Vithal**  
[www.drivithal.com](http://www.drivithal.com)

### Tips on face

**Acon.** : On rising the red face turns deathly pale.

**Dulc.** : Face ache and asthma, after disappearance of tetters in the face.

**Gels.** : Sensation of stiffness in the face; lips dry, cracked and chapped, upper lip swollen; breaks out around the mouth.

**Sulph.** : Comedones, black pores of the skin, particularly in the face.

**Acon.** : Neuralgia of trigeminus, left side, face red and hot; restlessness, anguish and screaming.

**Camph.** : Face livid, pale, haggard, pale and anxious, distorted, bluish, cold.

**Merc.** : Pimples, especially on face with a bluish halo, without itching.

**Verat.alb.** : Face pale, sunken, cold, hippocratic, and nose pointed, or face bluish.

**Dr. E.B. Nash**

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

Horny corns both sole : Antimonium crudum

Piles worse before menses: Cocculus indicus, Phosphorus, Pulsatilla

Must swallow the sputa : Sepia, Kali sulphuricum, Causticum

*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 on Nails .....

Biting is common complaint in daily practice. Dr. Boger gives three remedies : Ars.Alb, Sanicula, Hyoscymus. But Dr. Dixon found 'Sanicula' to be most affective. Other medicines like Arum Triphilum & Ammon Brom is for splitting & spotted nails.

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

### Traveler's Diarrhea

Traveler's diarrhea is the most common illness in persons traveling to India.

Though most episodes are nearly always benign, the resultant dehydration that can accompany diarrhea may be severe and cause more complications than the diarrhea itself.

While classifying diarrhea, amongst the international travelers, the internationally accepted classification must be adhered to. Under this, a traveler diarrhea can be classified as Mild, Moderate and Classic.

- Mild traveler's diarrhea is said to occur when a traveler passes one or two unformed stools in 24 hours without any associated symptoms (nausea, vomiting, fever, abdominal pain, blood in stool).
- Moderate traveler's diarrhea is when a traveler passes one or two unformed stools in 24 hours with at least one of the above symptoms or more than two unformed stools in 24 hours without any symptoms.
- Classic traveler's diarrhea is when the traveler passes 3 or 4 unformed stools in 24 hours with at least one of the above symptoms.

Traveler's diarrhea should not be confused with the term 'acute diarrhea' which is used for 3 or 4 loose or watery stools per day. In traveler's diarrhea, even one unformed stool will be considered as mild diarrhea.

Traveler's diarrhea may occur between 4 to 14 days after landing in New Delhi or any part of India. If the contamination is high, travelers can also develop diarrhea in less than four days. It will also be a differential diagnosis when diarrhea appears within 10 days of the person returning home.

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

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

### Investigation tips

#### Serum B<sub>12</sub>

Lowest acceptable level for vitamin B<sub>12</sub> in blood has been raised from about 200 pg/ml (145 pM) to 550 pg/ml (400 pM).

Serum Homocysteine and Methylmalonic acid levels are considered more reliable indicators of B<sub>12</sub> deficiency than the concentration of B<sub>12</sub> in blood

## INDIAN BOOKS & PERIODICALS SYNDICATE

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### Excerpts from “**The chronic diseases**”

Even some gross errors of diet, taking cold, the appearance of weather especially rough, wet and cold or stormy, or even the approach of autumn, if ever so mild, but, more yet, winter and a wintry spring, and then some violent exertion of the body or mind, but particularly some shock to the health caused by some severe external injury, or a very sad event that bowed down the soul, repeated fright, great grief, sorrow and continuous vexation, often caused in a weakened body the re-appearance of one or more of the ailments which seemed to have been already overcome; and this new condition was often aggravated by some quite new concomitants, which if not more threatening than the former ones which had been removed homœopathically were often just as troublesome and now more obstinate. This would be especially the case whenever the seemingly cured disease had for its foundation a psora which had been more fully developed. When such a relapse would take place the Homœopathic physician would give the remedy most fitting among the medicines then known, as if directed against a new disease, and this would again be attended by a pretty good success, which for the time would again bring the patient into a better state. In the former case, however, in which merely the troubles which seemed to have been removed were renewed, the remedy which had been serviceable the first time would prove less useful, and when repeated again it would help still less. Then perhaps, even under the operation of the Homœopathic remedy which seemed best adapted, and even where the mode of living had been quite correct new symptoms of disease would be added which could be removed only inadequately and imperfectly; yea, these new symptoms were at times not at all improved, especially when some of the obstacles above mentioned hindered the recovery.

**Dr C S F Hahnemann**

### Your responses...

Dear Editors,  
Regards.

The efforts of entire team to provide information, in all fields of practice, in short and sweet way, is really appreciable.

**Dr. Nirmal Sareen**

Respected madam Dr. Anupam,  
perused the last issue which is fine and comprehensive .

**Dr. Dhananjai**

### 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

**Mahesh Gidwani**

### Herbal Medicine

#### HOARSE VOICE

Inhale the vapours coming out-of hot water in which a few drops of eucalyptus oil have been added, for about 10 minutes.

Add some black pepper powder to a cup of warm milk, and drink the mixture twice a day. A little bit of sugar can also be added, if desired.

The fresh juice of tulsi leaves ( ½ tsp) and 1 tsp of honey well mixed, should be taken 3 to 4 times a day.

Steam inhalation of turmeric water. Add a 'pinch of turmeric powder (haldi) to 15 to 20ml of water.

## Classical page

### Repertory of ANGINA PECTORIS

**Abuse of coffee, From** -- Coff.  
**Abuse of stimulants, From** -- Nux v., Spig  
**Muscular origin, From** -- Cupr., Hydroc. ac.  
**Organic heart disease From** -- *Ars. iod., Cact., Calc. fl., Crat., Kal., Nat. iod., Stront. iod., Tab.*  
**Rheumatism From** -- Cim., Lith. c.  
**Straining, overlifting From** -- *Arn., Carbo an., Caust.*  
**Tobacco From** -- Kal., Lil. t., Nux v., Spig., Staph., Tab.  
**Pseudo-angina pectoris** -- Aconitine, Cact., *Lil. t., Mosch., Nux v., Tar. h.*  
**Shooting**  
**Down left shoulder, arm to fingers** -- *Acon., Arn., Asper., Bism., Cact., Cim., Crot., Kal., Latrod., Lepid., Naja, Ox. ac., Rhus t., Spig., Tab.*  
**From apex to base** -- Med.  
**From base to apex at night** -- Syph.  
**From back to clavicle, shoulder** -- Spig.  
**Lancinating, tearing** -- Ars., Bell., *Cact., Cereus, Cim., Colch., Daphne, Glon., Iberis, Kal., Latrod., Lil. t., Lith. c., Magnol., Menthol, Ox. ac., Pæonia, Phyt., Spig., Syph., Tab.*  
**Stitching, cutting** -- Abies n., *Acon., Anac., Ars., Asclep. t., Bry., Cact., Can. ind., Caust., Cereus, Dig., Iberis, Kali c., Kali n., Lith. c., Naja, Spig.*

## Bismuth

**Solitude is unbearable**; *desires company*, child holds on to its mother's hand for company (Kali c., Lil., Lyc.); **Anguish**; *he sits, then walks, then lies, never long in one place.* Headache returning every winter; alternating with, or attended by gastralgia. Face, deathly pale, blue rings around the eyes. Toothache > holding cold water in mouth. (Bry., Coff., Puls.). **Vomiting: of water as soon as it reaches the stomach**, food retained longer (vomits food and water, Ars.); of *enormous quantities*, at intervals of several days when food has filled the stomach; of all fluids as soon as taken; and purging, offensive stools (watery stools, Ver.); *with convulsive gagging and inexpressible pain, after laprotomy* (Nux, Staph.). Stomach: pressure as from a load in *one spot*; alternating with burning; pain crampy, spasmodic; with irritation, cardialgia and pyrosis. Cholera morbus and summer complaint, when *vomiting predominates*; stools foul; papescent, watery, offensive very prostrating (Ars., Ver.).

# HOMŌEO REVIVAL

A monthly homoeopathic  
newsletter  
Dr. D.K. Bhardwaj  
9871020702

Phobia	Fear of...	Medicine
Mysophobia	<i>Dirt and germs</i>	Syph, cur
Nudophobia	<i>Nudity</i>	sulph, clad, Staph
Dr Navneet Bidani		

### Lesser writings

During the summer of 1799, the last year of his sojourn in **Konigsutter**, an epidemic of scarlet fever occurred, during which Hahnemann discovered the great value of *Belladonna* as a prophylactic against this serious disease.

At first small-pox came from the vicinity of Helmstadt to Konigsutter, spreading slowly around; the eruption was small, warty looking, and it was accompanied with serious atonic symptoms. In the village it came from scarlet fever was prevalent at the time, and, mixed up with the latter, the small-pox made its appearance in Konigsutter. About the middle of the year the small-pox ceased almost entirely, and the scarlet fever then commenced to appear more frequently and alone. This epidemic was exceedingly contagious ; it extended through families. If a single child was affected by it, not one of its brothers and sisters remained exempt, nor did it fail to affect other children who came close to the patients or to things that had come in contact with their exhalations."

**Hahnemann** was very successful both in the prevention and treatment of this terrible scourge, but at this time did not reveal the name of the remedy he used. No doubt this may have further embittered the physicians against him. Despite the wishes of his numerous patients, who were grateful for his skill, the unjust opposition of the jealous doctors was too powerful for him, and he had to again resume his wanderings.

### 20 painkillers in your kitchen

#### 3. Chase away joint and head pain with cherries

Latest studies show that at least one in four women is struggling with arthritis, gout or chronic headaches. A daily bowl of cherries could ease the ache, without the stomach upset so often triggered by today's painkillers, say researchers at East Lansing 's Michigan State University . Their research reveals that anthocyanins, the compounds that give cherries their brilliant red color, are anti-inflammatories 10 times stronger than ibuprofen and aspirin. "Anthocyanins help shut down the powerful enzymes that kick-start tissue inflammation, so they can prevent, as well as treat, many different kinds of pain," explains Muraleedharan Nair, Ph.D., professor of food science at Michigan State University . His advice: Enjoy 20 cherries (fresh, frozen or dried) daily, then continue until your pain disappears.

### Beauty tips

#### POX MARKS

Soak chiraunji in unboiled milk. Mix it well and make a paste, apply it on chicken pox marks, they will disappear in few days.

**vashisht**  
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## Hyperhidrosis

hyperhidrosis is excessive sweating.

Normally, sweat glands produce perspiration that's carried to the skin's surface when the temperature rises, atmospheric (summers) or internal (fever), or exercising or anxiety or stress. For the 2%-3% of the population who have hyperhidrosis, however, the sweat glands don't shut off. They sweat even when the circumstances don't call for it: when they're in air conditioning or while they're sitting and watching television. Some people even sweat in a swimming pool.

There are two types of hyperhidrosis.

**Primary hyperhidrosis** (also called focal hyperhidrosis) causes excessive sweating in the hands, underarms, face, and feet without any apparent reason. It is usually present since childhood. It may also be hereditary. Aetiology is not known.

**Secondary hyperhidrosis** (also called generalized hyperhidrosis) causes excessive sweating all over the body or in a larger area of the body and is caused by a medical condition or medication. Unlike primary hyperhidrosis, this type is more likely to cause sweating during sleep. And in this case, there is something that's causing hyperhidrosis: a medical condition or a medication. Some of them include: Pregnancy, Diabetes, Hyperthyroidism, Menopause, Obesity, Parkinson's disease, Rheumatoid arthritis, Lymphoma, Gout, Infection

Uncovering the underlying condition and getting the proper treatment for it will help decrease the sweating of secondary hyperhidrosis

## 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 newsletter by the respective authors.*

## Christian Friedrich Samuel Hahnemann

Christian Friedrich Samuel Hahnemann was born April 11, 1755, in Meissen, Upper Saxony, Germany, to Johanna Christiana (Speiss) and Christian Gottfried Hahnemann. His father worked as a painter, decorating porcelain. As a child, Hahnemann studied Latin, Greek, Hebrew, history, physics, botany, and medical science, taken under the wing of teachers who recognized his academic gifts. His father, who disdained formal education, would often withdraw his son for what he called "thinking lessons," but Hahnemann persisted, drawn to the study of medicine. At age 20, he enrolled in the University of Leipzig, where he supported himself by tutoring and by translating books. After two years, Hahnemann moved to Vienna to study at a Catholic hospital. In 1779, Hahnemann received his doctor of medicine degree from the University of Erlangen.

Still fascinated with science, especially chemistry, Hahnemann further immersed himself in the study of pharmacy after his move to Dessau in 1781. There, he met Johanna Henrietta Leopoldina Kuchler. The two were married December 1, 1782, and settled in Gommern, where they welcomed the first of 11 children in 1783. The next year, Hahnemann published his first medical work.

As the protective father of many children facing a host of diseases and illnesses, Hahnemann became increasingly uncomfortable with the medical techniques of the day, later dubbed the "Age of Heroic Medicine." Lack of medical knowledge coupled with a belief in evil spirits and curses led well-meaning physicians to prescribe such treatments as blood letting, in which doctors would remove nearly all of patients' blood. Another popular treatment was blistering, an attempt to draw toxins out of the body through the application of hot substances. Doctors also dispensed huge doses of drugs including mercury, arsenic, opium, and alcohol, often trying to induce vomiting and emptying of the bowels. Such 'heroic' therapy often prolonged the illness, if it did not kill the patient outright." In the United States, George Washington died in 1799 after being treated for sore throat. His therapies included bloodletting and blistering with cantharides, a concoction made from dried beetles.

Hahnemann recognized the fallacy of such treatments, and instead encouraged his own patients to seek exercise, healthy food, and fresh air. Eventually, he became so disenchanting with medicine and his inability to effectively treat disease that he quit his job and moved to Dresden. There he spent five years studying chemistry and working on translations of scientific texts and other books into German. Working on his own experiments, Hahnemann began to make important discoveries while gaining eminence for his own publications.

While translating William Cullen's *Lectures on the Materia medica* into German, Hahnemann began to doubt Cullen's theory about Cinchona bark, a Peruvian plant that is now the basis of the malaria cure quinine, so he launched his own experiments, using himself as a guinea pig. Taking large doses of the substance, Hahnemann developed the fever, chills, thirst, and throbbing headache that characterize malaria. This experience convinced Hahnemann that small doses of the same substance would prompt the body's own immune system to fight off the disease, in much the same way a flu shot carrying deactivated germs wards off the flu. This became Hahnemann's famous maxim, *like cures like*, or the *Law of Similars*.

For years, Hahnemann enlisted his family for experiments that involved inducing various symptoms, testing out more than 2,000 substances ranging from herbs to snake venom, and carefully recording the results. Finally, he began to apply his remedies to actual sick people, administering concoctions he hoped would mimic the symptoms already being exhibited by the patient. At first, Hahnemann noticed that his patients actually became sicker from his substances. This prompted him to dilute his medicines into smaller and smaller doses to find the tiniest possible portion that would still trigger the body's response. To his own surprise, Hahnemann discovered that the more diluted remedies were actually more effective at treating diseases. This became his *Law of Infinitesimals*, which holds that even though none of the original molecules may remain in a particular dilution, the *vital forces*, or healing power, of the substance remains.

In 1830, at the age of 66, Hahnemann's wife, Johanna, died. A year later, Hahnemann's long-time protector and patron, Grand Duke Frederick, also died. Hahnemann remained in Coethen, lecturing, writing, and receiving students. One of these students was a 35-year-old French woman by the name of Marie Melanie d'Hervilly, whom Hahnemann married in 1835. At the request of his new wife, Hahnemann moved to Paris, where he intended to retire.

Hahnemann, however, was too well-known and his knowledge of homeopathy too in demand. Within a few years, Hahnemann had a larger practice than ever, and students visited from around the world. He spent the last several years of his life visiting patients, lecturing, and revising a sixth edition of his *Organon*, all the while battling a chronic lung infection that reoccurred each spring. He died July 2, 1843, at the age of 90.

