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(DREAMS)

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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 48

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

Health is the greatest gift, contentment the greatest wealth,
faithfulness the best relationship.

Buddha

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The Tips Page

Health Tips...

If anyone is suffering from loud snoring, he/she must change sleeping position frequently. Also consult your physician for medical aid.

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

Homoeopathic Tips from Masters

Arnica in Pleuro-pneumonia:

If pleura-pneumonia has followed upon an external injury, such as a blow, or a fractured rib, or some other traumatic cause, we should choose Arnica in preference to Bryonia.

.....*Dr. Hale R.*

Contributed by
Dr. Navneet Bidani

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Practical Tips

Whatever the disease may be....

If, the patient **can't look at blood** the medicines are : **Nux.mos, Alum.**

Dr E A Farooquee
9811370571

Tips on 'the burning sensation'

Arsenicum leads all the remedies for burning sensation. This burning, strange as it may seem, is greatly **ameliorated by heat**. Hot applications if they can be gotten in contact with the part, also heat of a warm stove or warm room.

Secale cornutum is the exact opposite, for while the part is objectively cold, it still *burns*, but hot applications are intolerable; they cannot even bear to have it covered.

Phosphorus has the sensation of *burning* in an intense degree. It may be subjective only without actual rise of temperature, or it may attend organic changes in malignant diseases, with great rise of temperature. Over-sensitiveness of all senses, he is *fidgety all over*.

Sulphur has it as though it were *eternally burning*. Burning on vertex, in eyes, in tongue; burning vesicles in mouth; sore throat with great burning and dryness, first right, then left; burning in stomach; burning and pressure in rectum; burning and itching in hæmorrhoids; burning in anus; burning in urethra; burning in vagina, scarcely able to keep still; nipples burn like fire; burning in chest, rising to face; burning between scapulæ, burning of hands; burning of feet; puts them out of bed to cool them; hot flushes and burning all over; burning skin of whole body; itching eruptions burn after scratching.

Apis has *burning*, and **stinging** which is relieved by cold.

Capsicum has all affections, accompanied with **burning** of mucous membranes in any locality. It feels as if **red Pepper had been applied to the parts**; nor is it relieved by heat applied,

E.B. Nash

Smoking makes you 5 years older

Men have a greater chance of dying than women, and smoking increases any adult's risk of death just as if five years were suddenly added to their age.

- For men who have never smoked, heart disease presents their greatest risk for death at any age, exceeding the odds of dying from lung, colon and prostate cancer combined.
- Male smokers face a lung cancer risk that is greater than the odds of heart disease taking their lives after age 60, and is ten-fold higher than the chance of dying from prostate and colon cancer combined.
- The chance of dying from heart disease and breast cancer are similar for nonsmoking women until age 60, when heart disease becomes a greater risk.
- For female smokers, dying from lung cancer or heart disease is more likely than dying from breast cancer after age 40.

Diabetics who smoke are more likely to have severe hypoglycemia

People with diabetes who smoke are more than twice as likely to have an episode of severe hypoglycemia, or very low blood sugar, as those who have never smoked. Loss of sugar can cause mental confusion, or even coma or seizures in severe instances. Smoking, through its effect on hormone regulation and insulin clearance, has been hypothesized to result in severe hypoglycemia. According to a study published in the journal *Diabetes Care*, after taking account of other factors, smoking conferred a 2.6-fold increased risk of having severe hypoglycemia. Furthermore, smoking was associated with similarly increased odds of having diabetes-related nerve damage, impaired kidney function, and sight-threatening retinal defects.

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

Investigation tips

AFP or **Alpha-fetoprotein** is a major plasma protein produced by the yolk sac and the liver during fetal development.

AFP is measured in pregnant women as a screening test. it is **increased** in open **neural tube defects** And is **decreased** in **Down syndrome**.

It can also be used as a **biomarker** to detect a subset of tumors in non-pregnant women, men, and children. A level above 500 nanograms/ml of AFP in adults can be indicative of **hepatocellular carcinoma, germ cell tumors, and metastatic cancers of the liver.**

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Symptomatology

The Totality of the Symptoms means *all the symptoms of the case which are capable of being logically combined into a harmonious and consistent whole, having form, coherency and individuality*. Technically, the totality is more (and may be less) than the mere numerical totality of the symptoms. It includes the "concomitance" or form in which symptoms are grouped.

Hahnemann (Org., Par. 7) calls the totality, "*this image (or picture) reflecting outwardly the internal essence of the disease, i.e., of the suffering life force.*"

The word used is significant and suggestive. A picture is a work of art, which appeals to our esthetic sense as well as to our intellect. Its elements are form, color, light, shade, tone, harmony, and perspective. As a composition it expresses an idea, it may be of sentiment or fact; but it does this by the harmonious combination of its elements into a whole--a totality. In a well balanced picture each element is given its full value and its right relation to all the other elements.

Stuart close

Your responses...

Hello Dr Anupam ,
I congratulate you & your team for bringing out issue 47 which is very interesting.

I would like to share my experience regarding **Coccus Cacti**. I have found it extremely useful in coughs esp worse in the morning, on waking with expectoration of whitish mucus which is expectorated after great effort. It is also a great remedy for urinary calculi, haematuria and its associated complaints

An Interesting Fact about **Pumpkin**:
Our Materia medica has a medicine called **Cucurbita pepo** which is made from seeds of Pumpkin. It is used as a Vermifuge as reported in Boericke materia medica which also mentions that the seeds are a valuable remedy for Tape worms. Two ounces of Seed, yielding one of pulp, may be mixed with cream & taken like porridge. It is one of the most efficient & least harmful of teniafuges. This supports your article " know your food - Pumpkin" which mentions its usefulness in worms. I hope this will add to the information.

Regards

Dr Anjali Miglani

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Medical tricks

If you ate a big meal and you're feeling full as you go to sleep, lay on your left side. That'll keep you from suffering from acid reflux it keeps your stomach lower than your esophagus, which will help keep stomach acid from sliding up your throat.

Laughter dose

Patient: Doctor, should I file my nails?

Doctor: No! Throw them away like everybody else.

Classical page

Repertory of VERTIGO

BREAKFAST, before, worse : Alum., *calc.*

BREAKFAST, during : Con., *sil.*

Amel. : *Alum.*, calc., cinnb.

Lie down, compelled to : *Nit-ac.*, **Puls.**

Rising amel. : Caust., rhus-t.

Waking, him from sleep : **Nux-v.**

ANGER, after : Acon., calc.

BACK, comes up the : *Sil.*

BATHING, after : Phys., samb.

BENDING head backwards, on : Glon., seneg.

forwards : Clem., mag-m., merc., pic-ac., *sulph.*

BLOWING the nose : Culx., sep.

BREAD, after eating : Manc., sec.

BREATH, deep, agg. : *Cact.*

amel. : Acon.

CLOSING eyes lying, while : *Lac-d*

CLOSING eyes nausea, with : *Lach.*, *ther.*

CLOSING eyes sitting, while : Thuj.

J.T. Kent

CIMEX LECTULARIUS

Of use in intermittent fever, with weariness and inclination to stretch. Hamstrings feel too short (*Ammon mur*). Flexors mostly affected. Sensation of retraction of arm tendons. Stretching.

Head.--Violent headache, caused by drinking. Great rage; vehement at beginning of chilly stage. Would like to tear everything to pieces. Pain under right frontal bone.

Female.--Shooting pain from vagina up towards left ovary.

Fever.--Chilliness of whole body. Sensation as of wind blowing on knees. *Pains in all joints, as if tendons were too short*, especially knee-joints. Chill; worse lying down. Thirst during apyrexia, but little during chilly stage; still less during hot stage, and none during sweating. Musty, offensive sweat.

Bowels.--Constipation, feces dry and in small balls (*Op; Plumb; Thuj*) and hard. Ulcer of rectum.

Dose.--Sixth to two hundredth attenuation.

HOMOEOPATHIC

REVIVAL

A monthly homoeopathic
newsletter

Dr. D.K. Bhardwaj
9871020702

Phobia	Fear of...	Medicine
Ornithophobia	Birds	<i>Bell, Kali-c, Lac-c</i>
Phasmophobia	Ghosts	<i>Acon, Lyco, Plat</i>
Dr Navneet Bidani		

Know your food BAY LEAF or TEJ PATTA

Bay leaf was highly praised by the Greeks and the Romans, who thought that the herb was symbolic of wisdom, peace, and protection. Fresh leaves are very rich source of **vitamin-C**; Furthermore, its fresh leaves and herb parts are very good in **folic acid**; Bay leaves are excellent source of **vitamin A**; The spice is indeed very good source of many vitamins such as niacin, pyridoxine, pantothenic acid and riboflavin. Also, this noble spice is a good source of **minerals** like copper, potassium, calcium, manganese, iron, selenium, zinc and magnesium. This is very low in Cholesterol and Sodium.

Medicinally, it has **astrigent, diuretic, and appetite stimulant** properties. Bay leaf has been used as an herbal remedy for headaches. It contains compounds, called parthenolides, which have proven useful in the treatment of **migraines**. Bay leaf has also been shown to help the body process **insulin** more efficiently, which leads to lower blood sugar levels, and to reduce the effects of stomach ulcers. Bay leaf contains eugenol, which has **anti-inflammatory and antioxidant properties**. Bay leaf is also an **antifungal and antibacterial**, and has also been used to treat **rheumatism and amenorrhea**. Infusions of herb parts are reputed to soothe the stomach and relieve flatulence and **colic** pain. It has been found to help to protect from lung and oral cavity cancers. The components in the essential oil can also been used in many traditional medicines in the treatment of arthritis, **muscle pain, bronchitis** and **flu** symptoms. Its decoction is used in **weight reduction** as well.

The lauric acid in the bay laurel leaves has insect repellent properties.

20 painkillers in your kitchen

End endometrial pain with oats

The ticket to soothing endometriosis pain could be a daily bowl of oatmeal. Endometriosis occurs when little bits of the uterine lining detach and grow outside of the uterus. Experts say these migrating cells can turn menstruation into a misery, causing so much inflammation that they trigger severe cramping during period, plus a heavy ache that drags on all month long. Fortunately, scientists say opting for a diet rich in oats can help reduce endometrial pain for up to 60 percent of women within six months. That's because oats don't contain gluten, a trouble-making protein that triggers inflammation in many women, making endometriosis difficult to bear, explains Peter Green, M.D., professor of medicine at Columbia University .

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

Beauty tips

Soak **Chiraunji** overnight. Mix it well with un boiled milk to make a paste. Apply it on chicken pox marks, they will disappear in few days.

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Varicose veins

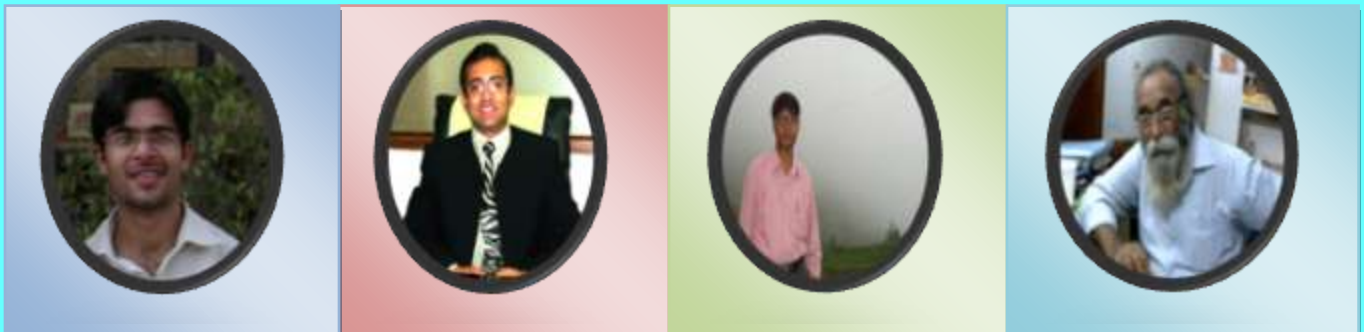
Varicose veins are veins that have become enlarged and tortuous. The term commonly refers to the veins on the leg, although varicose veins can occur elsewhere. Veins have leaflet valves to prevent blood from flowing backwards (retrograde flow or reflux). Leg muscles pump the veins to return blood to the heart, against the effects of gravity. When veins become varicose, the leaflets of the valves no longer meet properly, and the valves do not work i.e. valvular incompetence. This allows blood to flow backwards and they enlarge even more. Varicose veins are most common in the superficial veins of the legs, which are subject to high pressure when standing. Besides cosmetic problems, varicose veins are often painful, especially when standing or walking. They often itch, and scratching them can cause ulcers. Serious complications are uncommon.

Signs and symptoms include Aching, heavy legs (often worse at night and after exercise), Appearance of spider veins (telangiectasia) in the affected leg, Ankle swelling, especially in evening, A brownish-blue shiny skin discoloration near the affected veins, Redness, dryness, and itchiness of areas of skin, termed stasis dermatitis or venous eczema, because of waste products building up in the leg, Cramps may develop especially when making a sudden move as standing up, Minor injuries to the area may bleed more than normal and/or take a long time to heal. In some people the skin above the ankle may shrink (lipodermatosclerosis) because the fat underneath the skin becomes hard. Restless legs syndrome appears to be a common overlapping clinical syndrome in patients with varicose veins and other chronic venous insufficiency. Whitened, irregular scar-like patches can appear at the ankles. This is known as atrophie blanche.

Varicose veins are more common in women than in men, and are linked with heredity. Other related factors are pregnancy, obesity, menopause, aging, prolonged standing, leg injury, abdominal straining, and crossing legs at the knees or ankles. Less commonly, but not exceptionally, varicose veins can be due to other causes, as post phlebitic obstruction and/or incontinence, venous and arteriovenous malformations

Non-surgical treatments include sclerotherapy (in which medicine is injected into the veins to make them shrink.), elastic stockings, elevating the legs, and exercise. The traditional surgical treatment has been vein stripping to remove the affected veins. Newer, less invasive treatments which seal the main leaking vein on the thigh are available. Alternative techniques, such as ultrasound-guided foam sclerotherapy, radiofrequency ablation and endovenous laser treatment, are available as well. Because most of the blood in the legs is returned by the deep veins, the superficial veins, which return only about 10 per cent of the total blood of the legs, can usually be removed or ablated without serious harm.

The editorial board



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