

Dynamic Revolutionary Egalitarian Assurgent Motivative Society
(DREAMS)

A charitable society registered under the societies registration act XXI of 1860

“DREAMS - e - homoeo”

An ‘e’ magazine by DREAMS

Issue 50 - “Cardiology 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.

Chief Editor
Dr. Anupam Sethi
Malhotra

Editorial Board:
Dr. Saurav Arora
Dr. Navneet Bidani
Dr. E. A Farooquee
Mr. Mahesh Gidwani



Quote

A good head and a good heart are always a formidable combination.

Nelson Mandela

Regular Features

Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts

General Medical Info
Latest Info
Investigation Tips
Retro

Lighter Moments
Jokes
Quotes

Now Follow DREAMS e homoeo on electronic platform too- Visit the following links for all past and present issues of Dreams e homoeo



<http://drbidani.com/publications/e-newsletter>
& www.dranupam.com

This page is supported by

B. JAIN HOMOEEO AGENCIES

Shop No. 6, 1400/1, Hans Plaza Gali no. 7, Wazir Nagar, Kotla Mubarakpur, New Delhi -03.
Ph. 24628620, 46578155, 9953667589.

The Tips Page

Health Tips...

Jealousy, fear, anger, greed, ego & revenge have negative effect on human mind and body leading to hypertension & diabetes even in younger children (more in females). To avoid it Eat moderately, Go for exercise/walk/yoga. Have compassion and Do not harbor hatred.

Dr S S Vithal
Drvithal.com

Homoeopathic Tips from Masters

Naja in Heart cases: Always prescribe Naja in heart cases when symptoms are scarce, unless guided away from it by some specific symptoms.

Dr. Moore
Contributed by
Dr Navneet Bidani

Practical Tips

Whatever may the disease be,

if the patient is **smiling when speaking**, the medicine is **Aur Met**.

& if the patient **never smiles**, the medicine is **Alumina**.

Dr e a farooquee
drfarooquee@gmail.com

Staph. : The least motion makes the heart palpitate.

Acon. : Uncomplicated cardiac disease, especially with numbness of the left arm; tingling in fingers; fainting.

E.B.NASH

Tips on Angina pectoris

Angina pectoris is a dull pain felt in the center of the chest that may radiate down the left arm and up into the neck and jaw, accompanied by dizziness, nausea, sweating, and difficult breathing. These symptoms are usually worse < on exertion and by excitement. Unlike a true "heart attack" the pain usually is better > when resting. Angina is caused by arteriosclerosis that has diminished the flow of blood to the muscle. A heart attack occurs when the heart muscle itself has been damaged by a lack of oxygen. This usually happens when one of the arteries leading to the heart is block by a blood clot (coronary thrombosis). This results in cardiac infarction, which is the dead of part of the heart muscles.

The victim usually experiences pain in the center of the chest that radiates down both of the arms and into the neck and jaw, breathlessness, dizziness, sweats, chills and nausea. The pains are sometimes described as being crushing, agonizing, bursting or viselike. In severe case the individual will stop breathing, collapse and loss consciousness. The action taken in the first 3 minutes may make the difference between life and death. Apply CPR immediately (refer) and call the emergency. When the patient begins to breathe place the individual in recovery position and give a remedy for asphyxia as needed.

DIRECTION (EXTENSION) OF PAIN

Angina pains extending to the nape of neck, left shoulder and arm with anxiety and fear of death - **Naja**.

Downward, pains often travel, in heart attacks - **Kalm**.

Left arm, extending from the heart to, with numbness and tingling of fingers - **ACON**.

Left to right - **LACH**.

Violent, praecordial pain extending to the axilla down the arm and forearm to fingers with numbness of extremity - **LAT-M**.

Come on slowly, gradually increase then gradually subside - **Cact**.

Dr Naneet Bidani

This page is supported by

PALSETHI



9711692202

an expert for personal coaching & guidance for
BIOLOGY FOR MEDICAL ENTRANCE & BHMS I, II.

Dr. K.K. Aggarwal's Tips

Most sudden cardiac deaths occur on Monday mornings of December and January

1. Maximum sudden cardiac deaths peak in the morning.
2. Primary arrhythmic event is more likely to occur in the morning because increased adrenergic activity at this time may increase electrical instability or induce myocardial ischemia without heart attack.
3. Mortality reports of the Massachusetts Department of Public Health, of 2203 individuals who in 1983 died an out-of-hospital death from ischemic heart disease one hour or less after the onset of symptoms, showed peak frequency of sudden death between 9 and 11 AM (*Circulation* 1987;75:131).
4. Framingham Heart Study: The hourly risk of sudden cardiac death was at least 70 percent greater between 7 and 9 AM than the average risk during the remaining 22 hours of the day (*Am J Cardiol* 1987;60:801).
5. Data from the Berlin emergency care system found a peak frequency of ventricular fibrillation between 6 AM and noon; in contrast, asystolic episodes were more evenly distributed throughout the day (*Circulation* 1993;88:2284).
6. The morning peak in sudden death is particularly related to the first three hours after awakening and onset of activity (*Am J Cardiol* 1992;70:65).
7. Data from the Seattle Fire Department, based upon 6603 cases of out-of-hospital cardiac arrest, of which 3690 were witnessed, also exhibited a diurnal variation, with a low incidence at night and two peaks of approximately the same size (*Circulation* 1998;98:31). An evening peak at 4 to 7 PM was attributed primary to patients found in ventricular fibrillation, while arrests that showed other rhythms exhibited mainly a morning peak from 8 to 11 AM.
8. Cardiac arrests also show a weekly and seasonal variation; the daily incidence peaks on Monday and the seasonal incidence is greatest in the winter (*Eur Heart J* 2000;21:315, *Am Heart J* 1999;137:512).
9. One 12 year analysis of 222,265 cases of death from coronary heart disease found that there were approximately 33 percent more deaths in December and January than in June through September (*Circulation* 1999;100:1630).

Dr KK Aggarwal

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

This page is supported by

Dr R. N. Wahī

: 9810293865

Investigation tips

Cardiac stress test

The cardiac stress test is done with heart stimulation, either by exercise on a treadmill, pedalling a stationary exercise bicycle or with intravenous pharmacological stimulation, with the patient connected to an electrocardiogram (or ECG). People who cannot use their legs may exercise with a bicycle-like crank that they turn with their arms.

The level of mechanical stress is progressively increased by adjusting the difficulty (steepness of the slope) and speed. The test administrator or attending physician examines the symptoms and blood pressure response. With use of ECG, the test is most commonly called a cardiac stress test, but is known by other names, such as exercise testing, stress testing treadmills, exercise tolerance test, stress test or stress test ECG.

A stress test may be accompanied by echocardiography. The echocardiography is performed both before and after the exercise so that structural differences can be compared

The Scope of Homœopathy

Accuracy and efficiency in homœopathic therapeutics is only possible to those who have a clearly defined idea of the field in which the principle of *Similia* is operative.

The scope of homœopathy is a subject which has received too little consideration by teachers and practitioners alike. Hazy and confused ideas prevail. As a result we find on the one hand a few sincere but misguided enthusiasts attempting the impossible and bringing ridicule upon themselves, and on the other hand, the great majority, ignorant of the higher possibilities, missing their opportunities and bringing discredit upon themselves and their art by resorting to unhomœopathic measures in cases which could readily be cured by homœopathic remedies. One believes too much, the other too little. Neither one knows why he succeeds in one case and fails in another.

Haphazard cures do not justify boasting. The art of pharmaco-therapeutics in general, and of homœopathy in particular, is not advanced by such work. What we need is clean-cut, scientific work; work capable of being rationally explained and verified; results attained by the intelligent application of a definite principle and a perfected technic in a sharply delimited field.

Homœopathy as a therapeutic method is concerned primarily only with the morbid vital *processes in the living organism, which are perceptibly represented by the symptoms, irrespective of what caused them.*

Stuart close

Laughter dose

In a car garage, where a famous heart surgeon was waiting for the service manager to take a look at his Mercedes, there was a loud mouthed mechanic who was removing the cylinder heads from the motor of a car. He saw the surgeon waiting and lured him into an argument. He asked the doc after straightening up and wiping his hands on a rag, "Look at this car i'm working on. I also open hearts, take valves out, grind them, put in new parts, and when I finish this baby will purr like a kitten. So how come you get the big bucks, when you and I are doing basically the same work?" The surgeon very calmly leaned over and whispered to the loudmouth mechanic, "Try doing it with the engine running."

Your responses...

Thank you, for a very easy to read format with many nuggets of information. I like the mix of remedy and other information. Thanks for sending it to me and I look forward to future issues.

Yours,

Shirley A. Reischman, LLC
Center for Advanced Medicine
4889 Smith Road, West Chester, OH 45069.
jereisch@fuse.net

Respected Dr. Anupam Sethi Malhotra, I am a regular reader of your e-journal 'Dreams' and found it quite interesting and informative. Even though every issue is unique but the last issue is very special to me because it came exactly at the time when I was very much tensed about one of my patient who was suffering from chronic cough and was not responding to any of the medicine. I tried almost all the common medicines but without any results. Then I read a tip on *Coccus Cacti* contributed by Dr. Navneet Bidani and I tried it. To my surprise, it worked like a miracle. Within less than a week that long-lasting cough was no more. I really thank Dr. Navneet Bidani from bottom of my heart for providing such an informative tip. I would have never thought of this medicine otherwise.

I wish you and your team all my good wishes for this noble work DREAMS.

Regards,
Dr. Maya
Lucknow

Medical tricks

One can slow the heart rate down by blowing on the thumb. The vagus nerve controls the heart rate, which could be calmed down by breathing.

This page is supported by

DR R C AGGARWAL

Repertory of PAIN heart

night : *Arg-n.*, *cann-i.*, *coc-c.*, *naja.*, *nat-m.*

lying down, after : *Agar.*

ascending agg. : *Crot-h.*

exertion : *Cer-s.*, *dig.*, *lil-t.*

lying agg. : *Agar.*, *aur.*, *lil-t.*, *puls.*, *rumx.*, **Spong.**

Lying on left side agg. : *Cact.*, *colch.*, *crot-h.*, *dig.*, *dios.*, *iber.*, *kali-ar.*, *lach.*, *naja.*, *nat-m.*, **Spig.**, *tell.*

could lie only on left : *Ars-m.*, *rumx.*

right side : *Arg-n.*, *lil-t.*, *rumx.*

could lie only on : *Naja.*, **Spong.**

extending to left scapula : *Aloe.*, *lil-t.*, *naja.*, *sulph.*

to axilla : *Ferr-i.*, *lat-m.*

to left hand : *Acon.*, *am-m.*, *aster.*, *aur.*, *cact.*, *cimic.*, *crot-h.*, *dig.*, **Kalm.**, *lat-m.*, *naja.*, *nux-v.*, *rhus-t.*, *spig.*, *tab.*, *ther.*

right arm : *Phyt.*, *spig.*

right leg : *Alumn.*

back : *Aloe.*, *ars-i.*, **Cench.**, *crot-t.*, *glon.*, *kali-c.*, *lil-t.*, *naja.*, *spig.*, **Sulph.**

nape of neck and shoulder : *Naja.*

left scapula : *Spig.*

shoulder : *Verat.*

sternum : *Spig.*

LATRODECTUS MACTANS

The bite produces tetanic effects that last several days. A picture of *Angina pectoris* is presented by the action of the drug. The præcordial region seems to be the center of attack. Constriction of chest muscles, with radiation to shoulders and back. Lowered coagulability.

Head.--Anxiety. Screams with pain. Pain in neck to back of head. Occipital pain.

Respiratory.--Extreme apnoea. Gasping respiration. Fears losing breath.

Chest.--Violent, præcordial pain extending to the axilla and down the arm and forearm to fingers, with numbness of the extremity. Pulse feeble and rapid. Sinking sensation at the Cramping pain from chest to abdomen.

Extremities.--Pain in left arm, feels paralyzed. Weakness of legs followed by cramps in the abdominal muscles. Paræsthesia of lower limbs.

Skin.--Coldness of whole surface. Skin cold as marble.

SYMPTOMS OF sycosis.

The sycotic patient is especially liable to rheumatic troubles, and where this taint appears, especially if there has been any attempt at suppression of the rheumatic manifestations, we find reflex troubles in the heart, with violent hammering and beating. In the combination of sycosis and psora we get the right soil for valvular and cardiac disturbances with changes in the organic structure; these are the conditions that cause the fatalities. With these sycotic heart conditions there is none of the fear and apprehension that we find in the psoric patient. The syphilitic and sycotic heart conditions are much more dangerous than the psoric, but the psoric patient worries about his condition, takes his pulse frequently, fears death and remains quiet, while the syphilitic and sycotic patients have no mental distress, and may have no subjective heart symptoms; but they die suddenly and without warning. If there are pains about the heart and dyspnoea, these conditions are > from gentle exercise, as show walking or riding. When there is any trouble about the heart in sycotic patients there is usually some dyspnoea. When the heart condition is of rheumatic origin, however, there is sometimes severe pain, very much < by motion. These patients have a soft, slow, easily compressible pulse; the valves are roughened, the muscles become flabby and soft, and in long-continued cases they lack power. As a rule these patients are fleshy and puffy; their obesity is the cause of their dyspnoea.

This page is supported by

RANA HOMOEOPHARMACY

114, Hari Nagar Ashram Chowk,

Mathura Road, New Delhi 14

Surendra Singh Rana

32957572. 24560545. 9811986885

Know your food : Heart-Healthy Foods

Flaxseed (ground)

Omega-3 fatty acids; fiber, phytoestrogens.

Ground flaxseed hides easily in all sorts of foods -- yogurt parfaits, morning cereal, homemade muffins, or cookies.

Oatmeal

Omega-3 fatty acids; magnesium; potassium; folate; niacin; calcium; soluble fiber.

Top hot oatmeal with fresh berries. Oatmeal-and-raisin cookies are a hearty treat.

Black or Kidney Beans

B-complex vitamins; niacin; folate; magnesium; omega-3 fatty acids; calcium; soluble fiber.

Give soup or salad a nutrient boost -- stir in some beans.

Almonds

Plant omega-3 fatty acids; vitamin E; magnesium; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Mix a few almonds (and berries) into low-fat yogurt, trail mix, or fruit salads.

Walnuts

Plant omega-3 fatty acids; vitamin E; magnesium; folate; fiber; heart-favorable mono- and polyunsaturated fats; phytosterols.

Walnuts add flavorful crunch to salads, pastas, cookies, muffins, even pancakes.

Soy milk

Isoflavones (a flavonoid); B-complex vitamins; niacin; folate, calcium; magnesium; potassium; phytoestrogens.

Soy milk is great over oatmeal or whole-grain cereal. Or, make a smoothie with soy milk.

20 painkillers in your kitchen

Tame leg cramps with tomato juice

At least one in five people regularly struggle with leg cramps. The culprit? Potassium deficiencies, which occur when this mineral is flushed out by diuretics, caffeinated beverages or heavy perspiration during exercise. But sip 10 ounces of potassium-rich tomato juice daily and you'll not only speed your recovery, you'll reduce your risk of painful cramp flare-ups in as little as 10 days, say UCLA researchers.

Emotional causes.....

Anger weakens the **liver**

Grief weakens the **lung**

Worry weakens the **stomach**

Stress weakens the **heart & brain**

Fear weakens the **kidney**

Points to ponder....

An enemy occupies more space in the **brain** than a well wisher in the **heart**. Don't damage your brain, Make more space in your heart & live life full of love..

Dr Poonam Chablani

Beauty tips

Tomatoes are Anti-Oxidant hence including tomatoes in your daily diet will make your skin Wrinkle Free. And using the paste of one day old curd with a tomato and applying it to your skin soft.

Supported by



GMP
CERTIFIED

Office & correspondence : 17-65, Ram Nagar Colony, Trimulgherry, Alwal, Secunderabad 500015

Works : Plot No. 99, I.E. Medchal, Hyderabad 501401

Website : www.vashushthomoeo.com, E mail : sk_vashisht@hotmail.com

Coronary Artery Disease

Coronary artery disease (CAD or atherosclerotic heart disease) is the result of the accumulation of atheromatous plaques [made up of **fat, cholesterol** etc.] within the walls of the coronary arteries, that supply the myocardium with oxygen and nutrients. The deposition of the plaque in the lumen of an artery causes narrowing by decreasing its diameter. It is sometimes also called **coronary heart disease (CHD)**. CAD is the leading cause of death worldwide. The symptoms and signs of coronary artery disease are noted in the advanced state of disease, most individuals with coronary artery disease show no evidence of disease for decades as the disease progresses before the first onset of symptoms, often a "**sudden**" **heart attack**, finally arises. After decades of progression, some of these atheromatous plaques may rupture and (along with the activation of the blood clotting system) start limiting blood flow to the heart muscle. The disease is the most common cause of sudden death, and is also the most common reason for death of men and women over 20 years of age. According to the Guinness Book of Records, Northern Ireland is the country with the most occurrences of CAD. By contrast, the Maasai of Africa have almost no heart disease.

As the degree of coronary artery disease progresses, there may be near-complete obstruction of the lumen of the coronary artery, severely restricting the flow of oxygen-carrying blood to the myocardium. Individuals with this degree of coronary artery disease typically have suffered from one or more **myocardial infarctions (MI)**, and may have signs and symptoms of chronic coronary ischemia, including symptoms of angina at rest and flash pulmonary edema.

A distinction should be made between myocardial ischemia and myocardial infarction. **Ischemia** means that the amount of blood supplied to the tissue is inadequate to supply the needs of the tissue. When large areas of the myocardium becomes ischemic, there can be impairment in the relaxation and contraction of the myocardium. If the blood flow to the tissue is improved, myocardial ischemia can be reversed. **Infarction** means that the tissue has undergone irreversible death due to lack of sufficient oxygen-rich blood.

An individual may develop a rupture of an atheromatous plaque at *any* stage of the spectrum of coronary artery disease. The acute rupture of a plaque may lead to an acute myocardial infarction (heart attack).

Angina (chest pain) that occurs regularly with activity, after heavy meals, or at other predictable times is termed **stable angina** and is associated with high grade narrowings of the heart arteries. Angina that changes in intensity, character or frequency is termed unstable. **Unstable angina** may precede myocardial infarction, and requires urgent medical attention.

This page is supported by

Dr Mini Mehta
Finance Secy, HOMOEOPATHIC CARDIOLOGISTS OF INDIA

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.

More on heart.....

Lesser known facts : Heart is not a pure muscle

Heart is a muscular pump .But it contains more of non-muscular cells than contractile cells. The average human heart which weighs 300 - 400 grams. Contrary to the popular perception heart is not purely a muscular organ. In fact myocytes constitutes only 30% of heart mass. Rest formed by

- 1.Fibroblasts
- 2.Endothelial cells
- 3.Purkinje cells
- 4.Interstitial cells
- 5.Collagen
- 6.Fibrous skeleton
- 7.Extracellualr matrix.

Why is this important to recognize?

Cardiac failure is not synonymous with myocardial failure. Many times cardiac failure is due to supporting structure failure like in connective tissue disorders, excessive fibroblast proliferation and resulting in fibrosis of heart. Cardiac interstitial failure is new emerging clinical entity. In future individual cell based therapy will aim at replacing specific cells that are defective or depleting.

Apical Impulse

How do you define apical impulse?

It is a brief early systolic outward thrust, followed by late systolic retraction felt by the palpating finger when the LV contracts and rotates, the LV apex and the adjacent interventricular septum hits against the chest wall. It is usually felt at the 5th left intercostal space just inside the mid clavicular line, lasting less than 30% of systole and occupying less than 3 square cms area.

Should we always be able to palpate an apical impulse?

Not really. If apical impulse is not felt in the sitting posture, one has to try in the left lateral position. In thick chest walled persons it may be impossible to feel the apical impulse in any position. Many times it is so tiny it lies behind a rib and one will not feel it. In pericardial effusion also apical impulse is absent.

Taking Care of Your Heart during a Festival Season

The holidays can be a hectic time. A leading cardiologist has 10 tips for getting through the season feeling healthier and less stressed:-

- 1.If you have a packed holiday schedule, give the first gift to yourself: Splurge on a healthy treat like out-of-season berries for breakfast and try to do one healthy thing every day.
- 2.Before a party, eat a high-protein snack, such as nonfat yogurt and a piece of fruit. The protein will give you sustainable energy and make it easier to pass up party foods that are high in fat and salt. The fruit will fill you up and help give you the vitamins you need.
- 3.Instead of taking that first glass of wine or champagne, start with a glass of bubbly water, with a squeeze of lime. Many of us drink more alcohol (and calories) than we want because we start out thirsty and want something in our hand. Replace one of those drinks with water, and you've cut 100 or more calories from the evening.
- 4.If you have the choice between olives and canapés or chips, go for the olives - they're good for your heart, take longer to eat and give you clear evidence (with the pits) of how many you've eaten.
- 5.Can't resist chocolate? Don't. Instead, look for dark chocolate with intense flavors and savor a small piece of it. If it keeps you from eating that whole box of milk chocolates, it's done the trick.
- 6.While shopping, instead of cramming into the elevator, take the stairs. Or pass up that parking space closest to the store and walk a little farther. Every step helps.
- 7.For family meals, look for lean cuts of meat, such as flank steak, pork tenderloin, or chicken without the skin, and broil or grill them to reduce the fat.
- 8.When serving potatoes, use yams or sweet potatoes instead to increase vitamins and minerals, and try using low-fat buttermilk instead of butter and cream in mashed potatoes.
- 9.If you find your blood-pressure rising, take a few minutes for yourself. Get a massage or give yourself time to relax in a bath at home.
- 10.And finally, remember the spirit of the season. Whether we practice a religion or not, this is a time to pause, reflect on our priorities and spend time with people we love.

Dr Rita Redberg, MD,

*Director of UCSF Women's Cardiovascular Services ,
Author of numerous books, articles and scientific papers on heart-health
and lifetime wellness.*

This page is supported by

Dr E A Farooquee

9999225527, 981 1370571