

Dynamic Revolutionary Egalitarian Assurgent Motivative Society  
**(DREAMS)**

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

## “DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 51

DREAMS is abbreviation of Dynamic Revolutionary Egalitarian Assurgent Motivative Society, a charitable society registered under the societies registration act XXI of 1860.

*A consortium of professionals like doctors, lawyers, engineers, journalists, social workers and people from general public joined hands to work for the poor, downtrodden, destitute and sick without access to modern amenities. Doctors in DREAMS have been MORE active, imparting services to all sections of society during the normal and not so normal times [whether epidemics or natural calamities like earthquake], by organizing camps for DETECTION, PREVENTION AND TREATMENT of diseases. At DREAMS we believe in active work rather than lip service to make the society healthier in all aspects*

Chief Editor



**Dr Anupam Sethi  
Malhotra**

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### Regular Features

#### Homoeopathic Topics

Therapeutics  
Materia Medica  
Organon  
Repertory  
Clinical Tips

#### General Medical Info

Latest Info  
Investigation Tips  
Disease info

#### Lighter Moments

Jokes  
Quotes  
Beauty tips

### Quote

Small is the number of people who see with their eyes and think with their minds.

**Albert Einstein**

### The editorial board

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## The Tips Page

### Health Tips...

Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.

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

### Homoeopathic Tips from Masters

#### Acalypha Indica on GI tract

Acalypha indica is indicated for haemorrhagic broncho-pulmonary disease especially with burning GI symptoms.

Dr. Furman T. Kepler

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

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### Practical Tips

Whatever the disease may be....

If the patient becomes **angry, when misunderstood**, the medicine is **Bufo**

**Dr E A Farooquee**  
9811370571

## Tips on colic

### Colocynthis :

The colic is terrible, and is only bearable by *bending double*, or *pressing something hard against the abdomen*. This colic is neuralgic in character. It does not, as a rule, occur in the first stage of the disease. The pains are of a *crampy* nature.

### Magnesia phosphoric:

Colic in children. Pains are most relieved by hot applications.

### Chamomilla

succeeds in the colic of children, if there is much wind which distends the abdomen; the child tosses about in agony, but does not double up like *Colocynthis*.

### Veratrum album

This also has colic, bending the patient double, similar to *Colocynthis*, but the patient walks about for relief, or is much prostrated and has cold sweats, especially on the **forehead**.

### Bovista

It has colic relieved by bending double, after eating.

### Dioscorea

It is a good remedy for *wind* Colic. The Pain begins right at the umbilicus, and then radiates all over the abdomen, and even to extremities and, unlike *Colocynthis*, the pain is aggravated by bending forward and relieved by straightening the body out.

### Stannum

This is a colic remedy too, and the only way the child is relieved is by being carried with the abdomen on the mother's shoulder.

### Staphisagria

is also a remedy for colicky children, with disposition like *Colocynthis* and *Chamomilla*. In such children the teeth grow black and decay early. Again the *Staphisagria* child is often troubled with sore eyelids. In such a case there is chronic tendency to colic and *Staphisagria* is sometimes the only remedy.

**E.B. Nash**

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

### Omega-3 fatty acids beneficial for heart

Fish oil pills, diet rich in omega-3 fatty acids, fish, canola oil, soybean oil, flaxseeds and walnuts all lower the blood pressure. According to a study of middle-aged adults in China, Japan, Great Britain and the U.S. and published in the journal Hypertension, there are heart benefits of omega-3 fatty acids. Oily fish, such as salmon, mackerel and sardines, contain two types of omega-3 fats -- DHA and EPA -- that have been shown to reduce blood fats called triglycerides and possibly prevent dangerous heart-rhythm disturbances.

American Heart Association recommends that adults eat fatty fish twice a week, and that people with heart disease consider taking fish oil pills to get extra DHA and EPA. Plant sources contain an omega-3 known as ALA, a precursor to DHA and EPA. The new study shows that both fish and vegetable sources of omega-3 do offer a modest blood pressure benefit.

In the study, blood pressure levels tended to dip as participants' omega-3 intake climbed. The benefit was most clear among people without high blood pressure and those who were not taking medication or following a special diet to control their elevated blood pressure. The bottom line is eat omega-3 fats as part of an overall diet, limit salt, alcohol and saturated fat, get enough vegetable protein and nutrients such as potassium and calcium. With blood pressure, every millimeter counts. The effect of each nutrient is apparently small but independent, so together they can add up to a substantial impact on blood pressure.

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

### Women Safety Tips

If a robber asks for your wallet and/or purse, DO NOT HAND IT TO HIM. Toss it away from you. Chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. Run like mad in the other direction!

### Investigation tips

#### CD4 count

A CD4 count measures the number of T cells expressing CD4. HIV infection leads to a progressive reduction in the number of T cells expressing CD4. While CD4 counts are not a direct HIV test, they are used to assess the immune system of a patient.

Normal values for CD4 cells is 500-1200 cells/mm. Less than 200 cells per microliter in an HIV-positive individual is diagnosed as AIDS.

**Dr R. N. Wahi**

SEGAL'S PHARMACY  
279, KUCHA GHASI RAM,  
CHANDNI CHOWK, NEAR  
FATEHPURI DELHI 110006  
PH.: 23925839, 23955242,  
23933542

09810293865, 09013805465  
[drnwahi@gmail.com](mailto:drnwahi@gmail.com)

## Symptomatology

The true Totality, therefore, is a Work of Art, formed by the mind of the artist from the crude materials at his command, which are derived from a proving or from a clinical examination of the patient.

It is important that these points should be understood, because, otherwise, there is liability to err in several directions.

1. Error may arise in placing too much emphasis upon a single symptom or perhaps actually prescribing on a single symptom as many thoughtlessly do.

2. Error may arise in attempting to fit a remedy to a mass of indefinite, unrelated or fragmentary symptoms by a mechanical comparison of symptom with symptom, by which the prescriber becomes a mere superficial "symptom coverer."

3. Failing in both these ways the prescriber may fall to the level of the so-called "pathological prescribers," who empirically base their treatment upon a theoretical pathological diagnosis and end in prescribing unnecessary and injurious sedatives, stimulants, combination tablets, and other crude mixtures of common practice.

*Stuart Close*

## Laughter dose

A lawyer was on vacation in a small farming town. While walking through the streets on a quiet Sunday morning, he came upon a large crowd gathered by the side of the road.

Going by instinct, the lawyer figured that there was some sort of auto collision. He was eager to get to the injured parties but couldn't get near the car. Being a clever sort, he started shouting loudly, "Let me through! Let me through! I am the son of the victim."

The crowd made way for him. Lying in front of the car was a donkey.

## Your responses...

Dear Dr Anupam Sethi,  
Congratulations to you and your team for the marvelous work in the form of Dream E-journal ,having Golden Jubilee, which is quite informative and educative and covers the current topics of interest. I am delighted to learn about the workshop, well done and keep it up.  
with best wishes

**Dr. A. K. Gupta**

Dear Editors,  
Hearty congratulations for your valuable issues of DREAMS-e- homoeo. Thanks a lot for sending me the above magazine and time to time important information of different programmes and workshops of homoeopathy.

Regards,

**Dr Vimla Bisht,**  
pantnagar, uttrakhand.

Dear Dr. Anupam,  
Very impressed with the 50th issue of DREAMS e-homoeo. It was certainly very educative. Keep up the good work.

**Dr. U. Ravi Rao,**  
Secunderabad

## Medical tricks

Stop a nose bleed by putting some cotton on upper gums right behind the small dent below the nose and press against it hard. Most of the bleeding comes from the cartilage wall that divides the nose, so pressing there helps get it to stop.

**This page is supported by**

**Dr E A Farooquee**

9999225527

## Classical page

### Repertory of cough

#### CAUSE, OCCURRENCE, AGGRAVATION

**Falling asleep without waking :** *Acon.*, Agar., *Aral.*, *Cham.*, Cycl., Lach., Nit. ac., Sul., Tub., Verbasc.

**Sleep [after]** -- Brom., Lach., Spong.

**Air, hot** -- Kali s.

**Arsenical wall paper** -- Calc. c.

**Catarrh** -- Am. m., Caust., *Ipec.*, Kreos., *Scilla*, Sticta.

**Post-nasal, in children and adults** -- Hydr., Pop. c., Spig.

**Cold air** -- *Acon.*, Alum., Am. c., Ars., Bar. c., Brom., Calc. sil., *Carbo v.*, *Cepa*, *Hep.*, Lach., *Mentha*, Nit. ac., *Phos.*, Rhus t., *Rumex*, Scilla, Senega, *Spong.*, Trifol.

**To warm** -- Ant. c., *Bry.*, *Ipec.*, *Nat. c.*, Scilla, Ver. a.

**Condiments, vinegar, wine** -- Alum.

**Drinking** -- Ars., *Bry.*, *Carbo v.*, Dros., Hyos., Lyc., Phos., Staph.

**Cold** -- *Carbo v.*, *Hep.*, Merc., Rhus t., Scilla, Sil., *Spong.*, Ver. a.

**Eating** -- Anac., Ant. ars., Ant. t., *Bry.*, *Calc. c.*, *Carbo v.*, *Cinch.*, Hyos., Kali bich., *Lach.*, *Mez.*, Myos., Nux v., Phos., Staph., Taxus, Zinc. m. Warm room, Entering -- *Acon.*, Ant. c., Anthem., *Bry.*, *Caust.*, Cham., Merc., *Nat. c.*, *Puls.*, Ran. b., Ver. a..

**Exposure even of hand from under cover** -- Bar. c., Hep., Rhus t.

**Influenza** -- *Cepa*, *Eriod.*, Hyos., *Kali bich.*, Kali s., *Kreos.*, *Pix l.*, *Sang.*, Senega, Stann., Strych., *Rumex*, Sabad., *Sang.*, *Sil.*, Sticta, Tub., Verbasc.

**Reading, laughing, singing, talking** -- Alum., *Ambra*, Anac., *Arg. m.*, *Arg. n.*, Arum, Carbo v., *Caust.*, Cim., Collins., *Con.*, *Dros.*, *Hep.*, *Hyos.*, Iridium, Lach., *Mang. ac.*, Mentha, Nux v., *Phos.*, *Rumex*, Sil., Spong., *Stann.*, Sul.

**Tickling Dust, feather [as from]** -- Am. c., Ars., *Bell.*, *Calc. c.*, Caps., Caust., *Carbo v.*, Cina, *Dros.*, Euphorb. dath., *Ign.*, Lac c., Lach., *Lact v.*, Nat. m., Nux v., Paris., *Phos.*, *Rumex*, Sep.

## CISTUS CANADENSIS

A deep-acting anti-psoric remedy, with marked action in glandular affections, herpetic eruptions, chronic swellings, when patient *is extremely sensitive to cold*. *Sensation of coldness in various parts*. Scrofulous ophthalmia. Poisoned wounds, bites, phagedenic ulcers. *Malignant disease of the glands of the neck*. Cistus has affinity for naso-pharynx; aborts colds that center in posterior nose. Sniffing. **Face.**--Itching, burning, and crusts on right zygoma. Lupus, caries; open, bleeding cancer. Tip of nose painful. **Mouth.**--Scorbutic swollen gums. *Mouth feels cold*; putrid, impure breath. *Pyorrhoea*. *Hurts to protrude the tongue*. **Ears.**--Watery discharge; also fetid pus. Tetter on and around ears, extending to external meatus. **Throat.**--Spongy feeling; *very dry* and *cold air passing over parts causes pain*. Breath, tongue, and throat feel cold. Uvula and tonsils swollen. A small, dry spot in throat; must sip water frequently. Hawking of mucus. Swelling and suppuration of glands of throat. Head drawn to one side by swellings in neck. Sore throat from inhaling the least *cold air*. Heat and itching in throat. **Stomach.**--*Cool feeling* in stomach before and after eating. *Cool feeling* in whole abdomen. Desire for cheese. **Stool.**--Diarrhoea from coffee and fruit, thin, yellow, urgent; worse in morning. **Chest.**--Coldness in chest. The neck is studded with tumors. Induration of mammæ. Hæmorrhage from lungs. **Extremities.**--Sprained pain in wrist. Tips of fingers sensitive to cold. Tetter on hands. Cold feet. Syphilitic ulcers on lower limbs, with hard swelling around. White swelling. **Sleep.**--Cannot sleep from coldness in throat. **Female.**--Induration and inflammation of mammæ. Sensitive to cold air. Bad smelling leucorrhœa. **Respiratory.**--Asthmatic after lying down (trachea feels narrow), preceded by formication. **Skin.**--Itching all over. Small, painful pimples; lupus. *Glands inflamed and indurated*. Mercurio-syphilitic ulcers. Skin of hands hard, thick, dry, fissured; deep cracks. Itching of swollen hands and arms; general itching which presents sleep. Hemicrania. **Modalities.**--*Worse*, slightest exposure to cold air; mental exertion, excitement. *Better* after eating.

This page is supported by

**Dr Madhvi Jain,**

Joint secretary,

HOMOEOPATHIC CARDIOLOGISTS OF INDIA

Phobia	Fear of...	Medicine
Pogonophobia	Beards	Laur
Pyrophobia	Fire	Cupr, Bell

Dr Navneet Bidani

### Know your food: SAFFRON

Saffron is considered one of the world's most expensive spices. The stigmas are also used to make medicine. Saffron has a long medicinal history as part of traditional healing; Saffron is used for **asthma, cough, pertussis**, and to loosen phlegm as an **expectorant**. It is also used for **insomnia, cancer, atherosclerosis, flatulence, depression, Alzheimer's disease**, fright, shock, **hemoptysis**, pain, heartburn, and dry skin. Women use saffron for menstrual cramps and **PMS**. Men use it to prevent **premature ejaculation** and infertility. Saffron is also used for to increase interest in sex as an **aphrodisiac** and to induce sweating. Some people apply saffron directly to the scalp for baldness (**alopecia**). It helps in relieving inflammation of arthritis. Saffron also provides relief from joint pains. It is very helpful for athletes as it eases fatigue and muscle inflammation by helping the tissues to get rid of lactic acid which gets built up after strenuous exercise. It also helps to **lower the levels of LDL cholesterol and triglycerides**.

Several modern research studies have hinted that the spice has possible **anticarcinogenic, anti-mutagenic** (mutation-preventing), **immunomodulating**, and **antioxidant**-like properties. Saffron stigmas, and even petals, may be helpful for depression. Early studies show that saffron may protect the eyes from the direct effects of bright light and **retinal stress** apart from slowing down **macular degeneration** and **retinitis pigmentosa**. (Most saffron-related research refers to the stigmas, but this is often not made explicit in research papers.) Other controlled research studies have indicated that saffron may have many potential medicinal properties

### Beauty tips

Add 2 teaspoon of glycerin with lemon juice and six-teaspoons of petroleum jelly. This is an excellent moisturizing lotion for the body to prevent dryness.

### 20 painkillers in your kitchen

#### Prevent digestive upsets with pineapple

Got gas? One cup of fresh pineapple daily can cut painful bloating within 72 hours, say researchers at California 's Stanford University . That's because pineapple is naturally packed with proteolytic enzymes, digestive aids that help speed the breakdown of pain-causing proteins in the stomach and small intestine, say USDA researchers.

### Points to ponder....

Do Not Ask God To Take Away Our Pain, Instead Ask Him To Give Us Strength To Feel It...

Do Not Ask God To Take Away Our Problems... Instead Ask Him To Give Us Wisdom To Solve It...

Do Not Ask God To Give Us A Wealthy Life... Instead Ask Him To Teach Us To Earn It...

If God Put Brains In Our Head, Puts A Heart In Our Chest, Then He Wants Us To Use It Wisely...



+ HEALTH BE ABOVE ALL ELSE +

# RANA HOMOEOPHARMACY

114, Hari Nagar Ashram Chowk,  
Mathura Road, New Delhi 14

**Surendra Singh Rana**  
32957572, 24560545, 9811986885

By: **Dr. Navneet Bidani**

The much awaited seminar on Cardiology at Constitutional Club, Rafi Marg, New Delhi materialized on 10th November 2012 and was certainly worth waiting!

This one day seminar was held by the **Heart Care Foundation of India** in association with **Homoeopathic Cardiologists of India** during the 19th Perfect Health Mela. **Dr. K.K. Aggarwal**, President, Heart Care foundation of India, presided over the function while **Dr. Anupam Sethi Malhotra**, President, Homoeopathic Cardiologists of India was the organizing secretary.

For the first time, an effort was made to bring together the topmost faculty from both allopathic and homoeopathic doctors practicing cardiology to provide the recent updates and to share the knowledge and experiences in curative, preventive and diagnostic cardiology. Over 300 homoeopathic doctors participated from different states in this seminar. Hon'ble Health Minister of Haryana, **Rao Narendra Singh** was the chief guest and Padmashri Alok Mehta was the guest of honour. **Dr Surinder Singh**, Registrar and Co-ordinator AYUSH Haryana was also the guest. Inaugurating the workshop, Shri Rao Narendra Singh launched the 50th issue of 'DREAMS-e-homoeo' journal. This golden jubilee issue is a Cardiology special issue in form of a hard copy in which choicest excerpts from older issues were also added in order to make it a special issue that is to be preserved and study again and again. The inauguration had a unique feature in it that, Dr. K.K. Aggarwal gave the training and '**hands on practice**' of **CPR-10** to the entire team of Health Minister and taught them its importance. He explained that **CPR-10 is chest only compression with the rule of 10, which is 'within 10 minutes of death, compress the chest for 10 minutes with the speed of 10x10 i.e.100 per minute to revive the dead person'**. All the delegates were also taught and given '**hands on practice**' of **CPR-10**

The first scientific session commenced with **Dr. Sameer Srivastava**, senior cardiologist from Escorts Heart Institute and Research Centre, New Delhi. He taught the delegates the very basics of Electrocardiogram (ECG). **Dr. Biswajit Paul** from Escorts gave a very interesting presentation on Cardiac Stress test and how to interpret TMT. **Dr. Praveen Chandra**, Chairman, Division of Interventional Cardiology, Medanta - the Medicity, gave a presentation on Interpretation of Angiography. He started with the anatomy of heart, the circulatory system, about atherosclerosis and coronary artery disease. **Dr Awdhesh Pandey**, Sr. Consultant & Head, Indian Institute of *Nuclear Medicine*, explained that while angiography detects the abnormal anatomy, nuclear scanning detects the abnormal physiology. **Dr. Yugal K. Mishra**, senior cardiac surgeon from Escorts, New Delhi showed how the robotic cardiac surgery is done and how much successful it is in diseases like Atrial Septal defect and Mitral Valve repair. He further discussed the recent advances in the field of cardiac surgery. Padma Shri and Dr. B. C. Roy National Awardee **Dr. K. K. Aggarwal** said that in Allopathy there should be sessions of homoeopathy so that one knows the strength and weaknesses of other systems of medicine. He explained the cardiology in simple and beautiful similies. He also highlighted some homoeopathic medicines, which can interact with allopathic drugs. He also enlightened audience about homoeopathic medicines that act

like ACE-inhibitor, beta blockers, lv remodelers etc. This session was concluded by the chairman of the session **Dr R N Wahi**, who told that understanding diagnosis is important in understanding the disease as well as the diseased person.

The post-lunch session started with a short introduction of cardiology course for homoeopaths by **Dr Anupam Sethi Malhotra**, followed by a brainstorming presentation on Cardiology and Homoeopathy by **Dr. Jaswant D. Patil**, an allopath turned homoeopath from Mumbai. He started with a famous quote "We treat the man in the Disease not

a Disease in the Man." He said that "There are no specifics in Homoeopathy though there are peculiars in Homoeopathy". He gave many tips on angina. He then showed documentary proof along with testimonials of the cases that he cured with homoeopathy, such as **IHD (Coronary Blocks) with Hypertension, Complete Heart Block, Calcific Aortic Stenosis with Chronic Cardiac Failure, Congenital Acyanotic Heart Disease, Rheumatic Heart Disease, Dilated Cardiomyopathy & Ischaemia with DVT**

He ended up his session by saying that **believe in homoeopathy, a right constitutional medicine in homoeopathy gives unbelievable results and even reverses the pathology which allopathy cannot.**

This was followed by **Dr. Manpreet Singh Bindra's** enlightening lecture on 'Why, When and How to Replace Allopathic Drugs in Cardiac patients with Homoeopathic Medicines...'. He told that most of the allopathic drugs can be tapered very easily like lipid lowering agents (statins), sorbitrate (vasodilator), antacids as they are safe to be withdrawn with immediate replacement but drugs like aspirin (anti-coagulant), diuretics, beta blockers, calcium channel blockers, ACE inhibitors, anti-hypertensive drugs always need special attention while tapering in a very slow manner and they demand replacement of a Homoeopathic drug which could provide the similar effects in functioning of body systems. He ended up his lecture by saying that never never feel disgrace in discussing a case with colleague from allopathic fraternity in terms of pharmacology.

The session was chaired by **Dr V K Chauhan**, Principal Sur Homoeopathic Medical College. He encouraged the endeavor of bringing the two pathies together and understanding the strengths of each other.

The scientific session was finally capped by felicitation and award presentation. The success of this seminar goes to the entire team of Homoeopathic Cardiologist of India and 'DREAMS-e-homoeo'. The core team under the able guidance of **Dr. Anupam Sethi Malhotra** includes **Dr. Nirmaljit Singh, Dr. Navneet Bidani, Dr. Mini Mehta, Dr. Deepak Sharma, Dr. Ritu Khanna, Dr. P. Manisha, Dr. Madhvi Jain, Dr. Puja Kapoor**, and last but not the least **Dr. R. N. Wahi** who supported this project whole-heartedly. **Dr Nirmaljit Singh**, Gen Secy H.C.I. proposed the vote of thanks by the admiring the faculty and appreciating the efforts of the team especially **Dr K K Aggarwal** and thanked the audience too.

The sessions were so interesting and informative that the delegates sat stitched to their seats till the last. This novel and unforgettable experience for the Homoeopaths was very much appreciated and left all yearning for more.



# CONGRATULATIONS



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WZ-107, Meenakshi Garden, New Delhi 18, Near Subhash Nagar Metro Station, Pillar No 480. phone no : 25407224, 25136224, 9811210805, 9810312329

### Last but not the least.....

The year 2012 was quite eventful and escalating both for DREAMS as well as HCI. HCI - an infant, celebrated its first anniversary and DREAMS magazine had merriment with its 50<sup>th</sup> issue.

This tremendous work would not have been possible without the gifted team whom I specially want to thank from the bottom of my heart.

First of all I thank the esteemed **Dr K K Aggarwal**, whose guidance and motivation gave the function grand form. He is a pillar of strength and light. My words of gratitude can never be enough.

I specially thank **Dr Surinder Singh, Dr R N Wahi, and Dr Deepak Sharma**, who were warm like the family, though not the members at that time. Their contribution with 'tan', 'man' & 'dhan' was above admiration.

I would be failing my duty if I don't give my thanks to my hard working and adorable team **Dr Nirmaljit Singh, Dr Navneet Bidani, Dr Mini Mehta, Dr Puja Kapor & Dr Madhvi Jain**. Their efforts were 'never tiring' & 'always on'.

My sincere thanks and regards are also for my husband **Sunil Malhotra**, who has always been a physical, mental and moral support and my **Mother & Brother** who are always showering blessings and guidance and **MY DIVINE GURU, THE MAGIC FORCE.....**

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