

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 52

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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Quote

To live is the rarest thing in the world. Most people exist, that is all.”

Oscar Wilde

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The Tips Page

Health Tips...

Life is too short to waste time hating anyone. Forgive them for everything! Don't take yourself so seriously. No one else does.

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Tips on Nose

Arum tri. : Discharge of burning, ichorous fluid from the nose, excoriating the nostril and upper lip, especially in diphtheria or scarlatina.

Aur. met. : Ulcerated, agglutinated, painful nostrils; cannot breathe through the nose; crusts.

Cepa. : Copious, watery, acrid discharge from the nose, and watering bland discharge from the eyes. Constant sneezing with profuse acrid coryza, when coming into a warm room

Nux vom. : Nose running through the day, at night stopped up.

Verat. alb. : The nose grows more pointed; seems to be longer; face cold, and sunken.

Puls. : Coryza, fluid or dry, with loss of taste and smell; sore nostrils; later a yellowish green discharge.

Cina. : Constantly picking of boring the nose.

Calc. sulph. : Purulent catarrh, discharges yellow, thick and lumpy.

E B Nash

Practical Tips

Whatever the disease may be....

If the patient has **fear of financial loss**, the medicine is **Cal. fluor**

Dr E A Farooque
9811370571

Homoeopathic Tips from Masters

Leucorrhoea in Children:

If there are no specific reasons for other remedies, I start treatment in young girls with mild catarrhal discharge (leucorrhoea) by giving Pulsatilla especially if the discharge is thick like cream, and then Sulphur or Sepia according to symptoms. If these remedies are not sufficient to effect a cure, then Cal. carb is mostly indicated.

Dr. Wassily

Contributed by
Dr. Navneet Bidani

Dr. K.K. Aggarwal's Tips

All about Forgetfulness

How can one tell whether the memory lapses are within the scope of normal aging or are a symptom of something more serious? Unless memory loss is extreme and persistent — it is not considered indicator of Alzheimer's or other memory-impairing illnesses. Seven normal memory problems as reported by HEALTHbeat (Harvard)

Transience: This is the tendency to forget facts or events over time. One is most likely to forget information soon learning. Memory has a use-it-or-lose-it quality: memories that are called up and used frequently are least likely to be forgotten. Brain scientists regard it as beneficial as it clears the brain of unused memories, making way for newer, more useful ones.

Absentmindedness: This occurs when one does not pay close enough attention. One forgets where one has just put the pen because one does not focus on where one put it in the first place. One is thinking of something else so the brain didn't encode the information securely. Absentmindedness also involves forgetting to do something at a prescribed time, like taking the medicine or keeping an appointment.

Blocking: Someone asks a question and the answer is right on the tip of your tongue - you know that you know it, but you just can't think of it. This is perhaps the most familiar example of blocking, the temporary inability to retrieve a memory. A common example is calling your older son by your younger son's name, or vice versa. Research shows that people are able to retrieve about half of the blocked memories within just a minute.

Misattribution: Misattribution occurs when you remember something accurately in part, but misattribute some detail, like the time, place, or person involved. Another kind of misattribution occurs when you believe a thought you had was totally original when, in fact, it came from something you had previously read or heard but had forgotten about. This sort of misattribution explains cases of unintentional plagiarism, in which a writer passes off some information as original when he or she actually read it somewhere before. Misattribution becomes more common with age. As you age, you absorb fewer details when acquiring information because you have somewhat more trouble concentrating and processing information rapidly. Also as you grow older, your memories grow older as well. And old memories are especially prone to misattribution.

(to be contd)

Dr KK Aggarwal

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

Investigation tips

GGT(Gamma-glutamyltransferase) or GGTP (gamma-glutamyl transpeptidase) is an enzyme found in many tissues, esp liver, and is significant diagnostic marker.

Normal value for men is 15-85 IU/L, whereas for women it is 5-55 IU/L

Elevated serum GGT is found in metabolic syndrome, alcohol addiction and chronic liver disease.

Dr R.N. Wahi

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drnwahi@gmail.com

Life, Health and Disease

Life is the invisible, substantial, intelligent, individual, co-ordinating power and cause directing and controlling the forces involved in the production and activity of any organism possessing individuality.

Health is that balanced condition of the living organism in which the integral, harmonious performance of the vital functions tends to the preservation of the organism and the normal development of the individual.

Disease is an abnormal vital process, a changed condition of life, which is inimical to the true development of the individual and tends to organic dissolution.

Vital phenomena in health and disease are caused by the reaction of the vital substantial power or principle of the organism to various external stimuli. So long as a healthy man lives normally in a favorable environment he moves, feels, thinks, acts and reacts in an orderly manner. If he violates the laws of life, or becomes the victim of an unfavorable environment, disorder takes the place of order, disease destroys ease, he suffers and his body deteriorates

When organic vitality is exhausted, or is withdrawn, his transient material organism dies, yields to chemical laws and is dissolved into its elements, while his substantial, spiritual organism continues its existence in a higher realm.

Stuart Close

Laughter dose

Three old guys are out walking.
First one says, 'Windy, isn't it?'
Second one says, 'No, it's Thursday!'
Third one says, 'So am I. Let's go get a beer....'

Your responses...

Dear Anupam,
CONGRATULATIONS on E-DREAM
NEWSLETTER -- very nice!

Blessings

**Debby Bruck,
HWC Founder**

Dr. Anupam.

Many thanks for the issue 50. I find the articles very educative and the presentation & appearance excellent.
Warm regards,

Dr.U.Ravi Rao
Mother India Pharmaceuticals Pvt.Ltd

सेवा में,

निदेशक, ड्रीम्स -इ- होमियो, दिल्ली

महाशय,

निवेदन पूर्वक कहना है, मुझे "ड्रीम्स -इ- होमियो" पढने के बाद बहुत ही अच्छा लगा. मैं भी "ड्रीम्स -इ- होमियो" का पाठक बनना चाहता हूँ.

आपका बिश्वास भाजन
Dr. Sunil Kumar

Medical tricks

If you get all messed up on liquor, and the room starts spinning, put your hand on something stable. The reason: Alcohol dilutes the blood in the part of your ear called the cupula, which regulates balance. Putting your hand on something stable gives your brain another reference point, which will help make the world stop spinning.

This page is supported by

Dr Puja Kapur

Classical page

Rubrics for gang rapists..

CRUELTY: Abrot., absin., **Anac.**, croc., cur., nux-v., op., *plat.*

CUT others, desires to : Lyss.

DESTRUCTIVENESS : Agar., anan., apis., *bell.*, bufo., calc., *camph.*, canth., carb-s., *cupr.*, cur., hura., *hyos.*, lach., laur., merc-i-f., mosch., op., phos., plat., plb., sol-t-ae., staph., *stram.*, stront., sulph., *tarent.*, *tub.*, *verat.*

HATRED: Acon., *agar.*, aloe., am-c., **Anac.**, *aur.*, *calc.*, cic., cupr., kali-i., *lac-c.*, *lach.*, *led.*, mang., *nat-m.*, nit-ac., phos., rhus-t., stann., sulph.

IMPERTINENCE: Canth., graph., nit-ac., pall., phos., *verat.*

INDIFFERENCE, apathy, etconscience, to the dictates of : Cann-i.

INSANITY drunkards, in : *Ars.*, bell., calc., cann-i., carb-v., chin., *coff.*, crot-h., dig., hell., hep., *hyos.*, *lach.*, merc., nat-c., **Nux-v.**, *op.*, puls., *stram.*, sulph.

INSOLENT: Bell., *canth.*, *graph.*, *hyos.*, *lac-c.*, **Lyc.**, lyss., nit-ac., *nux-v.*, pall., *petr.*, phos., **Plat.**, *psor.*, *stram.*, **Verat.**

LASCIVIOUSNESS, lustful : Agar., aloe., *ambr.*, *apis.*, arund., aur., bor., *calad.*, calc-s., *calc.*, *canth.*, *carb-v.*, chin., coc-c., *con.*, cop., *dig.*, *fl-ac.*, *graph.*, **Hyos.**, hyper., ign., **Lach.**, **Lil-t.**, lyc., lyss., merc., mosch., nat-m., nit-ac., op., **Orig.**, **Phos.**, **Pic-ac.**, **Plat.**, *puls.*, raph., *sel.*, *sep.*, *sil.*, spig., **Staph.**, *stram.*, *tarent.*, *verat.*, zinc.

LEWDNESS: Agn., apis., bell., *camph.*, *canth.*, *cub.*, *hyos.*, *lach.*, lyss., nux-v., op., *phos.*, *pic-ac.*, plat., rob., *stram.*, *tarent.*, *verat.*

MALICIOUS : Abrot., *acon.*, agar., aloe., am-c., am-m., ambr., *anac.*, arn., *ars.*, *aur.*, bar-c., *bell.*, berb., *bor.*, bufo., calc-s., *calc.*, cann-s., canth., caps., carb-an., caust., chin., cic., clem., cocc., coloc., com., con., croc., *cupr.*, glon., guai., *hep.*, hydr., *hyos.*, ign., kali-i., *lac-c.*, *lach.*, *led.*, *lyc.*, mang., merc., mosch., nat-c., *nat-m.*, nicc., *nit-ac.*, **Nux-v.**, op., par., petr., phos., plat., sec., squil., stann., **Stram.**, stront., sulph., *verat.*, zinc.
(to be contd.....)

Lyssin.

Affects principally the nervous system; aching in bones. **Complaints from abnormal sexual desire.** Convulsions brought on by dazzling light or sight of running water. **The sight or sound of running water or pouring water aggravates all complaints.** *Hypersensitiveness of all senses.* Lyssophobia; fear of becoming mad. *Bluish* discoloration of wounds. Mental emotion or mortifying news always makes him worse. **Cannot bear heat of sun.** Convulsions: from dazzling or reflected light from water or mirror; from even thinking of fluids of any kind; from slightest touch or current of air. Headache: from bites of dogs, whether rabid or not; chronic, from mental emotion or exertion; < *by noise of running water or bright light.* Salive; tough, ropy, viscid, frothy in mouth and throat, with constant spitting. Sore throat, constant desire to swallow. Difficulty in swallowing, even spasm of oesophagus from swallowing liquids; gagging when swallowing water. Constant desire to urinate on *seeing running water*; urine scanty, cloudy, contains sugar. Prolapsus uteri; many cases of years' standing cured. Sensitiveness of vagina, rendering coition painful. Conscious of womb. Feels prolapsed. Desire for stool on hearing or seeing running water. Profuse, watery stools, with pain in bowels; worse, evening. **Modalities.**-- *Worse*, sight or sound of running water or pouring water, or even thinking of fluids; dazzling or reflected light; heat of sun; stooping.

This page is supported by

Dr Madhvi Jain,

Joint secretary,

HOMOEOPATHIC CARDIOLOGISTS OF INDIA

Phobia	Fear of..	Medicine
Siderodromophobia	Trains	Ars, Cann-i, Acon, Stram
Taphephobia	Being buried alive	Stram, Lach, Cann-i
Dr Navneet Bidani		

Know your food: Lady Finger

Lady finger or Okra or Bhindi is a popular health food due to its high fiber, vitamin C and folate content. Okra is also known for being high in antioxidants. It is also a good source of Calcium and Potassium.

It is used to boost sexual vigour and reduce excess menstrual blood. It is found beneficial in leucorrhoea and dysuria also. It has anti-diabetic properties too. It helps control blood sugar as it curbs the rate at which sugar is absorbed from the intestinal tract. Okra helps lubricate the large intestines due to its bulk laxative qualities. The Okra fiber absorbs water and ensures bulk in stools. This helps prevent and improve constipation. It contains mucilage, which binds cholesterol and bile acid carrying toxins dumped into it by the filtering liver. Thus keeping in control the cholesterol levels. Lady fingers are especially beneficial for the control of colo-rectal cancer. It is a good source of vitamin B6 and folic acid. The vegetable is a good provider of good bacteria called the probiotics which help in biosynthesis of vitamin B. It is good for summer heat treatment, good for those feeling weak, exhausted, and suffering from depression. It is an ideal vegetable for weight loss. It treats lung inflammation, sore throat, and irritable bowel.

Lady's Finger can be applied to hair as the last rinse to make hair bounce.

Greenish-yellow edible okra oil is pressed from lady finger seeds; it has a pleasant taste and odor, and is high in unsaturated fats such as oleic acid and linoleic acid

Beauty tips

Mix ½ cup of oatmeal with ½ cup water and make a paste. Clean your face with normal water and then apply the pack evenly on your face. Allow the pack to rest for 10-15 mins and then rinse off with warm water while scrubbing your face with the pack in circular motions. The result is fresh glowing skin.

20 painkillers in your kitchen

Relax painful muscles with peppermint

Suffering from tight, sore muscles? Stubborn knots can hang around for months if they aren't properly treated, says naturopath Mark Stengler, N.D., author of the book, *The Natural Physician's Healing Therapies*. His advice: Three times each week, soak in a warm tub scented with 10 drops of peppermint oil. The warm water will relax your muscles, while the peppermint oil will naturally soothe your nerves -- a combo that can ease muscle cramping 25 percent more effectively than over-the-counter painkillers, and cut the frequency of future flare-ups in half, says Stengler.

Points to ponder....

An inconvenience is an unrecognized opportunity.

Dr Poonam Chablani

ॐ

+ HEALTH BE ABOVE ALL ELSE +

**RANA
HOMOEOPHARMACY**

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

Surendra Singh Rana
32957572, 24560545, 9811986885

Rape : types and the psyche behind.....

Rape is most committed and least reported crime all over the world. As per definition, rape is a type of sexual assault usually involving sexual intercourse, which is initiated by one or more persons against another person without that person's consent. The act may be carried out by physical force, coercion, abuse of authority or with a person who is incapable of valid consent, such as one who is unconscious, incapacitated, or below the legal age of consent.

There are many causes like Weak legal sanctions for sexual violence, Losing moral and cultural values, Presentation of women as sexual object in media (ads, movies etc), Deficient upbringing (lack of parental care), Ilitracy , Bigotry etc. Psychologists and sociologists are divided over the psychology behind rape. According to psychologists, rape is caused by some psychological illness within the offender. Sociologists, however, believe that rapists are relatively normal people and do not have psychological problems. Sociologists view rape in a couple different ways. Some believe that rape is due to an expression of gender inequality while some sociologists believe that rape is attributed to permissiveness, sexually, within society. Psychologists strongly believe that those who rape are either emotionally disturbed or have personality defects. Some men take rejection from women personally which results in severe frustration which forces them to rape women.

Sometimes men rape women as an expression of male dominance over women. At times it is just a basic drive which he is otherwise not able to fulfill. Some other psychologists believe that rape is caused by a sexual addiction. The average psychologists will state that a rapist is a man who had childhood experiences that were relatively difficult to deal with and now they cannot relate to women in a successful manner which ultimately is a defect called sexual inadequacy.

The psychology behind the rape varies with the type of rape. The types are **Stranger rape, Date rape, Hate rape, Gang rape, Incestual rape, Marital rape, Child abuse, Corrective rape etc.**

(to be contd....)

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