

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 53

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*

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.audesapere.in/enewsletters.html
&
www.dranupam.com

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

Three things cannot be long hidden: the sun, the moon, and the truth.

Buddha

The editorial board

*Dr Deepak
Sharma*



*Dr E A
Farooquee*



*Mr Mahesh
Gidwani*



*Dr Navneet
Bidani*



*Dr Nirmaljit
Singh*



*Dr Saurav
Arora*



The Tips Page

Health Tips...

WORK like you don't need the money.
LOVE like nobody has ever hurt you.
DANCE like nobody is watching you.
SING like nobody is listening you.

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

B.H.M.S. I & II YEAR

CALL : 

9711692202

An expert for
personal coaching & guidance for
BHMS I, II, BDS &
BIOLOGY FOR MEDICAL ENTRANCE

Homoeopathic Tips from Masters

Lycopodium in infantile eczema:

Lycopodium is a master remedy in infantile eczema.

Dr. Leon Renard

Ignatia for Stage fright:

To be given prophylactically a few doses on the day of performance, and one dose just before it.

Dr. Bennett

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If the patient is **angry when caressed**, the medicine is **china**.

If the patient is **angry when touched**, the medicines are **ant.cr, tarent**.

Dr E A Farooquee
9811370571

Tips on EARS

Agaric. : Redness, burning, itching of ears as if they had been frozen.

Lach. : Pains in the ears with sore throat

China. : Ringing in the ears from debility or loss of fluids.

Phos. : Difficult hearing, especially of the human voice.

Calc. ost. : Hard of hearing after the abuse of Quinine.

Graph. : Moist and sore places behind the ears, spread over cheeks and neck.

Merc. sol. : Inflammation of internal and external ear, with stinging, tearing pains, bloody offensive discharge.

Kali bich. : Violent stitches in the left ear, extending into roof of mouth, side of head and neck; glands swollen, neck painful to touch.

Silicea. : Stoppage of ears, which open at times with a loud report; difficult hearing of human voice.

E B Nash

Dr. K.K. Aggarwal's Tips

All about Forgetfulness (contd from previous)

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) more points....

5. **Suggestibility:** Suggestibility is the vulnerability of the memory to the power of suggestion - information that you learn about an occurrence after the fact becomes incorporated into your memory of the incident, even though you did not experience these details.
6. **Bias:** Even the sharpest memory isn't a flawless snapshot of reality. In your memory, your perceptions are filtered by your personal biases — experiences, beliefs, prior knowledge, and even your mood at the moment. Your biases affect your perceptions and experiences when they're being encoded in your brain. And when you retrieve a memory, your mood and other biases at that moment can influence what information you actually recall.
7. **Persistence:** Most people worry about forgetting things. But in some cases people are tormented by memories they wish they could forget, but can't. The persistence of memories of traumatic events, negative feelings, and ongoing fears is another form of memory problem. People suffering from depression are particularly prone to having persistent, disturbing memories. So are people with post-traumatic stress disorder (PTSD). PTSD can result from many different forms of traumatic exposure; for example, sexual abuse or wartime experiences. Flashbacks, which are persistent, intrusive memories of the traumatic event, are a core feature of PTSD.

Dr KK Aggarwal

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

Investigation tips

Hemoglobin electrophoresis is a blood test that can detect different types of hemoglobin. The test can detect abnormal levels of HbS, the form associated with **sickle-cell** anaemia, or any other abnormal hemoglobin-related blood disorders. It can also be used to determine whether there is a deficiency of any normal form of hemoglobin, such as **thalassemias**. This test is also used for thalassaemia screening.

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

Cure and Recovery

The New Ideal.-Hahnemann contemplated the entire held of medicine from the standpoint of an ideal and efficient therapeutics. In the first paragraph of the Organon he penetrated directly to the heart of the matter and declared that the "physician's high and only mission is to restore the sick to health-to cure."

Here Hahnemann took his stand. From this point be viewed his field. By this standard he measured all physicians, all medical theories, methods and systems and he desired and demanded the same measurement for himself and his own method. He asked but one question, applied but one test, *Do they cure the sick?* Experience and observation of the men and methods of his day showed clearly that they did not cure. In the light of a vast and comprehensive knowledge and a bitterly disappointing personal experience, he pronounced the medicine of his day a failure and set about its reformation.

Cure was not then, as it has since become in the dominant school of medicine, an obsolete term. Physicians still talked and wrote of "cures," but vainly sought to find them. "The Art of Healing" or "The Healing Art" were familiar phrases, but the thing itself, like a will-o'-the-wisp, eluded them-then as it has ever since.

In the second paragraph of the Organon, Hahnemann gives, for the first time in medical history, an adequate and satisfying definition of the ideal expressed in the word "Cure:" "The highest ideal of a cure is rapid, gentle and permanent restoration of health, or removal and annihilation of the disease in its whole extent, in the shortest, most reliable and most harmless way, on *easily comprehensible principles.*"

Stuart Close

Your responses...

Dear Dr.,
Your magazine is very good.
Regards

Dr C S Gupta

Dear editor,
We wait for your magazine eagerly, since it is so very informative and interesting. When your magazine comes late we feel bad. Please make it more regular like it was in the beginning.
Thanks

Dr . Ruchira

Laughter dose

The following quotes were taken from actual medical records as dictated by physicians...

By the time he was admitted, his rapid heart had stopped, and he was feeling better.

Patient has chest pain if she lies on her left side for over a year.

On the second day the knee was better and on the third day it had completely disappeared.

The patient has been depressed ever since she began seeing me in 1983.

Discharge status: Alive but without permission.

This page is supported by

Dr Puja Kapur

Classical page

Rubrics for gang rapists..

KILL sudden impulse to : *Ars-i., ars., hep., iod., kali-ar., nux-v., plat., thea.*

MISANTHROPY: Acon., all-c., *am-m., ambr., anac., ant-c., aur.,* bar-c., bell., *calc.,* cic., con., cop., crot-h., cupr., grat., guai., hydrc., *hyos.,* iod., kali-bi., lach., *led., lyc.,* merc., *nat-c.,* nat-m., nit-ac., *phos.,* plat., *puls.,* rhus-t., *stann.,* sulph., tab.

MORAL feeling, want, of : *Anac.,* bism., cocc., coloc., con., croc., cur., hyos., *kali-br.,* lac-c., *laur.,* op., sabad.

QUARRELSOME intoxicated, when : *Petr.*

RAGE, fury, insults, after : Sang., stram.

RAGE, fury, kill people, tries to : Hep., **Hyos.,** sec., *stram.*

RASHNESS : *Aur.,* caps., meny., puls.

REVERENCE lack of : Anac., coloc.

RUDENESS (compare insolent) : Ambr., arn., aur., bell., canth., eug., gall-ac., graph., hell., *hyos., lac-c., Lyc.,* lyss., nit-ac., nux-m., *nux-v.,* op., pall., par., phos., *stram.,* **Verat.**

Want of sensitiveness : Bell., chin., con., cupr., cycl., daph., euphr., *ph-ac.,* phos., ran-b., rheum., rhod., sabin., staph., stram

SHAMELESS : Bell., calc., canth., cub., cupr., hell., **Hyos.,** merc-c., mosch., nat-m., nux-m., nux-v., op., **Phos.,** phyt., **Sec.,** *stram., tarent., verat..*

JACARANDA CAROBA

Has reputation as a remedy in venereal diseases and rheumatism. Morning sickness. The urinary and sexual symptoms are important. Rheumatic symptoms.

Head.--Vertigo on rising, with heavy forehead. Eyes pain; are inflamed and watery. Coryza with heavy head.

Throat.--Sore, dry, constricted. Vesicles in pharynx.

Urinary.--Urethra inflamed; discharge of yellow matter.

Male.--Heat and pain in penis; painful erections; phimosis. Prepuce painful and swollen. Chancroid. Chordee. Itching pimples on glans and prepuce.

Extremities.--Rheumatic pain in right knee. Weakness of lumbar region. Morning soreness and stiffness of muscles. Gonorrhœal rheumatism. Itching pimples on hands. Gonorrhœal and syphilitic arthritis.

This page is supported by

Dr Ritu Khanna

Medical tricks

If your hand falls asleep, rock your head from side to side. That will wake your hand or arm up in less than a minute. Your hand falls asleep because of the nerves in your neck compressing so loosening your neck is the cure. If your foot falls asleep, that's governed by nerves lower in the body, so you need to stand up and walk around.

Phobia	Fear of...	Medicine
Thanatophobia	Death	Acon, Cimic, Graph, Arg-n
Trichophobia	Hair	Bell

Dr Navneet Bidani

Know your food: TOMATO

"Tomato" or *Solanum lycopersicum* is consumed in diverse ways, including raw, as an ingredient in many dishes and sauces, and in drinks. Tomato consumption is believed to benefit the heart, among other organs. Tomatoes contain all four major carotenoids: alpha- and beta-carotene, lutein, and lycopene. Lycopene is one of the most powerful natural antioxidants. In some studies, lycopene, especially in cooked tomatoes, has been found to help prevent prostate cancer. Lycopene has also been shown to improve the skin's ability to protect against harmful UV rays. A study done by researchers at Manchester and Newcastle universities revealed that tomato can protect against sunburn and help keeping the skin looking youthful. The richest source of lycopene in the diet is tomato and tomato derived products. Lycopene has also been shown to protect against oxidative damage. In addition to its antioxidant activity, other metabolic effects of lycopene have also been demonstrated. Tomato consumption has been associated with decreased risk of breast cancer, pancreatic cancer, head and neck cancers and might be strongly protective against neurodegenerative diseases. Tomatoes, tomato sauces and puree are said to help lower urinary tract symptoms (BPH) and may have anticancer properties. Tomato consumption might be beneficial for reducing cardiovascular risk associated with type 2 diabetes and reducing cholesterol. Tomatoes are rich in potassium too. Another component glutathione helps in eliminating toxins esp heavy metals from the body.

Beauty tips

Cucumber is the natural astringent. It also helps tightening skin and slows down the aging process. Grate cucumber and extract the juice. Apply the juice on face with cotton ball. Let it dry on your face for 20 mins. Time-to-time, reapply the juice. Rinse face with cold water when the juice dries completely. The juice can also be preserved in refrigerator and used everyday for brilliantly glowing skin.

20 painkillers in your kitchen

Wash away pain injuries with water

Whether it's feet, knees or shoulders that are throbbing, experts at New York's Manhattan College, say that one could kick-start recovery in one week just by drinking eight 8-ounce glasses of water daily. Why? Experts say water dilutes, and then helps flush out, histamine, a pain-triggering compound produced by injured tissues. "Plus water is a key building block of the cartilage that cushions the ends of bones & joints' lubricating fluid, and the soft discs in the spine," adds Susan M. Kleiner, Ph.D., author of the book, *The Good Mood Diet*. "And when these tissues are well-hydrated, they can move and glide over each other without causing pain." One caveat: Be sure to measure your drinking glasses to find out how large they really are before you start sipping, she says. Today's juice glasses often hold more than 12 ounces, which means five servings could be enough to meet your daily goal.

Points to ponder....

People too weak to follow their own dreams, will always find a way to discourage yours.

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
Ranahomoeo114@gmail.com

Upcoming events.....



WORLD HOMEOPATHIC AWARENESS ORGANIZATION, USA & DELHI HOMEOPATHIC MEDICAL ASSOCIATION

celebrates "Homeopathic Week" 10-16 April 2013

Theme for 2013: Homeopathy for Trauma and Disasters

Please participate in this year's activities.

- Join the seminar on 14 - 04 - 2013
- Get involved in disaster management training.
- Work for public awareness.
- Become a sponsor, co-sponsor.
- Send in your creative suggestions for further individual and community activities.

If interested, send the following details about yourself to:

Dr Deepak Sharma,

WHAO National Representative of India, Gen Secy. DHMA

responseds@yahoo.co.in or dranupamsethimalhotra@gmail.com

Full Name, Qualifications, Registration no. , Complete Address, Phone no., E mail id

AGGARWAL HOMOEOPHARMACY

Stockiest of Indian & German, Homoeopathic, Biochemic Medicines, Cosmetics & Sundry products of Reputed Companies

SBL Pvt Ltd, Dr Willmar Schwabe India Pvt Ltd, Dr Reckweg & Co, Adelmars Pharma, Bakson Drugs & Pharmaceuticals Pvt Ltd, Beck & Koll, Wheezal Labs, Indo German Homoeo Remedies, R S Bhargava Pharmacy, HL, HSL, Wellmans, JVS

Dr R C Aggarwal

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

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.