

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

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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Chief Editor
Dr. Anupam Sethi Malhotra

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

Clinical Tips

Prickly heat in summers **Jaborandy**
Coryza with irritation in nose and palate **Arundo**
Peri-anal abscess **Myristica, Calc. sulph**

Dr. Nirmal Jeet Singh

Quote

"It is the mark of an educated mind to be able to entertain a thought without accepting it."

Aristotle

Regular Features

Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts

General Medical Info
Latest Info
Investigation Tips
Retro

Lighter Moments
Jokes
Quiz
Quotes

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Practical Tips

Those sure symptoms which are 'innate' or 'are there since birth' when made the basis of prescription, the medicine will definitely work; **whatever the disease may be:-**

- Anxiety for others **Phos.**
- Anxiety about future **Lyco**
- Desire for amusement and play **Lach**
- Desire to be carried **Chamo**
- Desire to dance **Tarentula**

Dr. E.A. Farooquee

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

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The "Don't" tips

Antim Tart: Discontinue if eruption like small-pox is produced.

Arnica montana: Don't use where excessive coagulability of blood. Do not use it externally or internally in case of mad dog bitten

Apis: Don't use in low, too frequent or for long period, especially in 3rd month of pregnancy. It can cause abortion.

Dr. Navneet Bidani

Dr. K.K. Aggarwal's Tips

MP3 Noise pollution: Safety guidelines

Noise-induced hearing loss usually happens slowly, with no pain. Right after exposure to noise, you may notice some "ringing" in your ears. You might have trouble hearing people talk. After several hours or even a few days, these symptoms may go away. However, when you are exposed to loud noise repeatedly, you could have hearing loss that lasts forever. The louder the sound, the shorter the time period before noise induced hearing loss can occur. Sounds of less than 75 decibels, even after long exposure, are unlikely to cause hearing loss. A good rule of thumb is to avoid noises that are "too loud", "too close" or that last "too long." For average factory noise, 85 dB, it takes only 8 hours for noise-induced hearing loss (NIHL). Other excess levels include: passing motorcycle, 90 dB-8 hours exposure for NIHL, subway train or diesel truck, 100 dB-2 hours exposure, helicopter and power mower 105 dB 1 hour, and, ranking with auto horn, propeller aircraft, and air raid siren, live rock music 90-130 dB 20 minutes. Listening to music at 110 to 120 decibels, damages hearing in less than an hour and a half.

iPOD guidelines

A typical person can safely listen to an iPod for 4.6 hours per day at 70 percent volume using stock earphones.

Listening to music at full volume through an iPod for more than five minutes a day using stock earphones can increase the risk of hearing loss in a typical person.

Individuals can safely listen to iPods for 90 minutes a day with the supplied earphones if the volume is at 80 percent of maximum levels without greatly increasing risk of hearing loss.

The safest limit is 2 hours a day at 50% of the volume.

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

YOHIMBINUM (Coryanthe Yohimbe)

Excites sexual organs and acts on central nervous system and respiratory center. An aphrodisiac, used in physiological doses, but contraindicated in all acute and chronic inflammations of abdominal organs. Homeopathically, should be of service in congestive conditions of the sexual organs. Causes hyperæmia of the milk glands and stimulates the function of lactation. Menorrhagia.

Head.--Agitation, with flying sensations of heat in face. Disagreeable, metallic taste. Copious salivation. Nausea and eructation.

Sexual.--**Strong and lasting erections.** Neurasthenic impotence. Bleeding piles. Intestinal hæmorrhage. Urethritis.

Fever.--Rigor; intense heat, waves of heat and chilliness, tendency to sweat.

Sleep.--**Sleepless.** Thoughts of events of whole past life keep him awake.

Dose.--As a sexual stimulant, ten drops of a one per cent solution. Homeopathic dose, third potency.

Points to ponder.....

When **GOD** solves your problems, you have faith in **HIS** abilities; when **GOD** doesn't solve your problems he has faith in **your** abilities.

Dr. Prasant
Hyderabad
09440 51 6168;
040 2763 6719

Your responses

Dear Dr. Anupam,
Please convey my good wishes to your team, which is worthy of appreciation. The reason is your subscribing to a noble cause through this e-magazine. Any thing promoting homoeopathy is superior.

Dr. Shivo Dua

It is a very good magazine, full of knowledge.

Vibha Kumar
Australia

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Investigation tips

LDL cholesterol
(Low Density Lipoprotein) or "bad" cholesterol.

Ideal : Below 100

Optimal : 100 to 129

borderline high : 130 to 159

higher risk : 160 or more

Elevated levels of LDL cholesterol are associated with an increased risk of coronary heart disease.

Homœopathic Posology

Therapeutic means curative, healing, alleviating. A pathogenetic action is never curative. The action of a drug may be pathogenetic (toxic), or therapeutic (curative), depending upon the size and strength of the dose, the susceptibility of the patient and the principle upon which it is given.

In the homœopathic treatment of disease a drug is never given for its pathogenetic action. Pathogenetic doses may be given, however, for experimental purposes to a healthy person, in making what are called provings. In treating disease homeopathically the object is not to *produce symptoms* but to "*remove them*". By means of the similar remedy in the minimum dose it is possible to do this in a direct manner without producing symptoms. It is not necessary to resort to the indirect, antipathic or allopathic method of producing drug symptoms in one part to remove a disease of the same, or any other part, and therefore it is not necessary to use "physiological" or pathogenetic doses. The homœopathic cure is obtained without suffering, without the production of any drug symptoms, in a positive and direct manner, by the action of sub-physiological or sub-pathogenetic doses; in other words, by the *minimum dose*, which is a dose so small that it is not capable of producing symptoms when used therapeutically. Homœopathy requires that the therapeutic dose must be capable only of producing a slight temporary aggravation or intensification of *already existing symptoms*, never of producing new symptoms. Only the similar remedy, in the smallest possible dose, is capable of bringing about this highly desirable result. By this means the patient's strength and vitality are conserved, his suffering quickly reduced to the lowest possible degree and a true cure brought about, if the case has not passed beyond the curative stage. It is not to be understood that infinitesimal doses are not capable of producing symptoms in healthy susceptible persons; for that is not true. Infinitesimal doses will produce symptoms in certain highly sensitive persons, and many of our most valuable provings have been made with more or less highly potentiated medicines. Indeed, no remedy can be regarded as having been thoroughly proven until it has been proven in the potencies as well as in crude form.

STUART CLOSE

Health Tips...

Work as if it was your first day.
Forgive as soon as possible. Love without boundaries. Laugh without control and never stop smiling.

By **Dr. S.S. Vithal**
www.drivithal.com

HOMŒO REVIVAL

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Laughter dose

FUN IN NOTICE.....

In a Hyderabad restaurant:
OPEN SEVEN DAYS A WEEK, AND WEEKENDS TOO.

Spotted in a toilet of a London office:
TOILET OUT OF ORDER. PLEASE USE FLOOR BELOW.

Spotted in a safari park:
ELEPHANTS PLEASE STAY IN YOUR CAR

At a Budapest zoo:
PLEASE DO NOT FEED THE ANIMALS. IF YOU HAVE ANY SUITABLE FOOD, GIVE IT TO THE GUARD ON DUTY.

Doctor's clinic, Rome:
SPECIALIST IN WOMEN AND OTHER DISEASES.

Repertory

The tricky rubrics

Aversion to company and **Better alone** may not be quite the same thing; and yet it is often difficult to sort them.

Worse in the dark, and **Fear of darkness** are difficult to fix correctly in many cases. **Fear of robbers**, **fear of ghosts** - **of apparitions**, etc., may come in : so here you have at least four rubrics which you may have to combine on pain of missing something.

Better in open air may be confused with **Desire for open air**.

Dry weather aggravates and **Cold dry weather aggravates** are different and include different remedies.

Confusion also occurs when generals and particulars are exactly reversed. For example **Lycopodium** is in the main, **intolerant of heat**, which his **stomach craves**; while **Phosphorus** detests the **cold** which his sick **stomach demands** with vehemence.

J. T. KENT

Dandruff

Pityriasis simplex capillitii, commonly known as "**dandruff**", is the shedding of dead skin cells from the scalp. Dandruff is sometimes caused by frequent exposure to extreme heat and cold. It is normal for skin cells to die and flake off, a small amount of flaking is normal and common; about 487,000 cells/cm² get released normally after detergent treatment. Some people, however, either chronically or as a result of certain triggers, experience an unusually large amount of flaking, up to 800,000/cm², which can also be accompanied by redness and irritation.

Dandruff is a common scalp disorder affecting almost half of the population at the pre-pubertal age and of any gender and ethnicity. Dandruff can be considered aesthetically displeasing and often causes itching. The severity of dandruff may fluctuate with season as it often worsens in winter.

The epidermal layer continually replaces itself, cells are pushed outward where they die and flake off. In most people, these flakes of skin are too small to be visible. However, certain conditions cause cell turnover to be unusually rapid, especially in the scalp. For people with dandruff, skin cells may mature and be shed in 2–7 days, as opposed to around a month in people without dandruff. The result is that dead skin cells are shed in large, oily clumps, which appear as white or grayish patches on the scalp, skin and clothes.

Dandruff has been shown to be the result of three required factors:

1. Skin oil commonly referred to as sebum or sebaceous secretions
2. The metabolic by-products of skin micro-organisms (most specifically *Malassezia* yeasts)
3. **Individual susceptibility**

Dandruff can also be a manifestation of an **allergic reaction** to chemicals in hair gels, sprays, and shampoos, hair oils, or sometimes even dandruff medications like ketoconazole.



+ HEALTH BE ABOVE ALL ELSE +

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Juice recipes for Good Health

Super Cooler

A combination of Bitter gourd milk and Apple is used when one generates lots of internal body heat. This juice will instantly cool down your internal body heat and make you more comfortable. It also fights bad breath just like our previous recipe.

Proportion- 1 part Bitter gourd, 1 cup milk, 2 full Apples

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HEALTH NEWS : Homeopathic remedy approved to treat sprains

Much to the anger of conventional medicine, the homeopathic remedy Arnica has been officially recognised as a successful remedy for treating sprains and bruises in the United Kingdom. The Medicines and Healthcare Products Regulatory Agency (MHPR) has registered the product, which means that the manufacturer can now make claims for its effectiveness.

Tips on Sehgal Method

BUISNESS, talks of
BUISNESS- OCCUPATION or PROFESSION
TALKS-exchange information through speech

Main concern in the mind of patient is business. Although he goes to doctor for his physical problem but he will talk more about his buisness or work rather than actual problem. Even in disease while lying on bed, their mind will be occupied with their work

Bryonia: because of his disease he will not allow his work to suffer. If very ill then only they would take rest but still would keep themselves up to date about their business on phone. For housewife their occupation is household work.

They would say "Please cure me as my work is getting affected" or "Don't ask me to take rest as I can't leave my work"

Ars. Alb: I can't take rest till my work is finished. That's why even if I am very ill I can't lie down and have to get up to finish my work as I become restless if things are not in order.

HYOS: "You cure me I will bring many patients to you" (INCITING)

PHOPHORUS : (give and take) VERY BUSINESS MINDED .Does everything from the point of view of gaining something. However severe his ailment may be but if he feels that by doing a particular person's work would be beneficial for him, he would immediately get up and do his work. Keeps everyone happy from whom he may gain some business.

"Dr. even if I am ill I still do other people's job so that I may get their attention and affection when needed, I could take their help in my business. (AFFECTION returns affection)

OPIUM-I have paid so much and spent so much time with you but not got as much relief. Now you have to treat me for free .Now I am not going to pay you anymore. It is more than enough for the relief I have got till now.

Dr. Preetii Sehgal

Dr. M. L. SEHGAL'S HOMOEOPATHIC RESEARCH and EDUCATIONAL TRUST

is going to establish SEHGAL ACADEMY by August, 2011. It is for the first time that any such kind of academy is going to be set up in which a student will learn everything about the mind chapter. It is a seven day course. The purpose of this academy is to create proper awareness of mind that has not got proper recognition in our studies and practices. The admission is open for any student, from anywhere in the world. It could be final year student or intern or practitioner, who has interest in Sehgal method.

To know more about this

log on to www.ssrhindia.com or contact Dr Preetii Sehgal:9811048519

ADVT.

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