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(DREAMS)

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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 31

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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Dr. Anupam Sethi
Malhotra

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



Quote

A wise man is superior to any insults which can be put upon him, and the best reply to unseemly behavior is patience and moderation.

Moliere

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The Tips Page

Health Tips...

Life isn't fair, but it's still good. Life is too short to waste time hating anyone. Love your enemy also.

Dr. S.S. Vithal
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More Tips.....

Aversion to potato **Thuja**
Eczema with arthritis ... **Arbutus andr**
Eczema of external genitals **Croton t**
Gastric ulcers with haemorrhage
..... **ornithogalium**
Sweat smells of onions **Thuja**
Breath smells of urine **Graphites**

Dr. Anupam Sethi Malhotra

Clinical Tips by Dr. D.P. Rastogi...

Patient shows that he wants to score off doctor **Nitric acid, Zincum**

Sheer exhaustion could drop in tracks

.....**China off, Conium, Picric acid**

Anaemia.....**Calc phos 2X, Ferr-phos 3X**

Bright red blood haemorrhage **Ipeacac**

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If a child becomes anxious in presence of strangers; the medicine is '**Stramonium**'

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

Clinical tips for some common mother tinctures

Avena Sativa: Tonic after exhausting disease effect of morphine habit.

Arjuna: Heart tonic, Angina pectoris.

Acid Picric: Backache, due to spinal weakness.

Absinthium: Seizures with nervous tremors.

Dr. Darshan Kumar

If anyone met with fire accident or people born with problems in their ear, nose and mouth can get free PLASTIC SURGERY done by Kodaikanal PASAM Hospital . Contact : 045420-240668,245732 "Helping Hands are Better than Praying Lips"

Dr. S.K. Vashisht

Dr. K.K. Aggarwal's Tips

20 minutes of sunlight and a glass of milk can keep osteoporosis at bay

Osteoporosis and vitamin D deficiencies are the two new epidemics of the society said Padma Shri and Dr B C Roy National Awardee **Dr KK Aggarwal**, President Heart Care Foundation of India and MTNL Perfect Health Mela.

Drinking less milk, quitting sunlight exposure and omitting the traditional aerobic indoor games are few reasons for these new epidemics. Younger professionals also stay indoors with practically no sunlight exposure. This is especially true for medical residents.

Here are few tips to prevent osteoporosis and strengthen the bones:

1. **Stop smoking:** One should stop smoking as it increases bone loss.
2. **Eat a calcium-rich diet:** The aim should be to get 1,500 milligrams of calcium a day in postmenopausal woman or a man over age 65. Good dietary sources of calcium include dairy products, tofu and other soy products; orange juice fortified with calcium, canned salmon with the bones, and cooked spinach. The alternative is to take calcium supplements.
3. **Get enough vitamin D:** Vitamin D levels are influenced by how much sunlight one gets. Levels tend to decrease in older adults, especially in winter and in people who are unable to leave their home. One should consider taking a supplement to make sure one gets the recommended daily amount.
4. **Get exposure to sunlight** of at least 20 minutes per day. The exposure should at least be of 20 minutes every day for a month in a year.
5. **Get enough protein in diet:** An adequate intake of protein in diet, combined with an adequate intake of calcium helps to increase bone density. One should aim for about 12% of calories to come from proteins such as legumes, poultry, seafood, meat, dairy products, nuts and seeds. However, too much protein with too little calcium can be harmful.
6. **Weight-bearing exercises:** These are activities such as walking, jogging and stair climbing that one should do on the feet, with your bones supporting your weight. They work directly on the bones of the legs, hips and lower spine to slow mineral loss.
7. **Weightlifting exercises:** These exercises are also called resistance training or strength training. They strengthen muscles and bones in the arms, chest and upper spine. They can work directly on the bones to slow mineral loss.
8. **Get adequate vitamin K:** This vitamin may be helpful in enhancing bone strength. Green leafy vegetables are the best sources of vitamin K. If one is taking a blood thinner he or she should check with the doctor.
9. **Avoid excessive alcohol:** Women should limit alcohol consumption to less than one ounce a day and men should limit it to less than two ounces.
10. **Limit cola drinks:** People who have high cola intake often have lower bone density.

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

Lighter reading.....

Laughter dose

A man and his ever-nagging wife went on vacation in Jerusalem. While they were there, the wife passed away. The undertaker told the husband, "You can have her buried here in the Holy Land for \$150 or we can have her shipped back home for \$5000. The husband thought about it and told the undertaker he would have her shipped back home. The undertaker asked him, "Why would you spend \$5000 to have her shipped home when you could have a beautiful burial here, and it would only cost \$150?" the husband replied, "Long ago, I heard that a man died here, was buried here, and three days later, rose from the dead. I just can't take that chance!



+ HEALTH BE ABOVE ALL ELSE +

RANA HOMOEOPHARMACY

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Surendra Singh Rana
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Points to ponder....

**Heated gold becomes ornaments.
Beted copper becomes wires.
Depleted stone becomes statue.
So, the more pain you get in your life
the more valuable you become.**

Mahesh Gidwani

Your responses...

Dr Anupam ji,
Congratulation for the Issue, we all wish you all the best and salute your dedication.

Dr. S. K. Vashisht

Dear Dr Anupam,
Its nice to see your news letter regularly. I pray to god to give you good health and spirit to keep on providing such a useful information to the masses. I keep awaiting for every issue of DREAMS e homoeo . Its contents are informative and simple so that even a layman can understand.

Wishing you and your team
REGARDS,

Dr. Sudhir chaudhary

In 1982, Lokpal Bill was Implemented in Singapore. 142 corrupt ministers & officers were arrested in one single day. Today Singapore has 92% Literacy rate, better Medical facilities, 90% money is white and only 1% unemployment rate. I hope we get strong anticorruption bill now, so that at least next generation can see such progress.

Dr. Malojiraje Tanpure

Investigation tips....

Body mass index

Weight (kg) / {height (m)}² With the metric system, the formula for BMI is weight in kilograms divided by height in meters squared. Since height is commonly measured in centimeters, divide height in centimeters by 100 to obtain height in meters.

Example: Weight = 60 kg, Height = 155 cm (1.55 m) Calculation: $60 \div (1.55)^2 = 25$

The classical page

Repertory

warmth and aggravation from warmth.

Others:

Mercurius: the external pains worse from warmth of bed; extremely sensitive to heat; headache, mumps, toothache, rheumatic pains and itching are worse.

Natrum mur: is worse from heat of sun and in summer; cough and headache worse; toothache aggravated from warm food.

Phosphorus: while cold, cannot tolerate heat near back; warm water causes toothache; warm food causes diarrhoea; warm drinks < cough; stomach is worse from heat; hands, face and arms become red from heat, and itching is worse.

Sepia: general aggravation in warm room, warm climate, from covering; conjunctivitis and headache worse; breathing oppressed from warmth.

Sulphur: Too warm. Throws off covers; < warm room, warmth of bed and heat of sun; headache, burning of feet and itching especially <.

Veratrum: has cough worse in warm room; neuralgia worse from warmth of bed; diarrhoea worse in warm weather.

Zincum: complaints from becoming heated and getting cold; rheumatism from overheating; warm room aggravates

GAULTHERIA PROCUMBENS

Inflammatory rheumatism, pleurodynia, *sciatica*, and other neuralgias, come within, the sphere of this remedy. Cystic and prostatic irritation, undue sexual excitement, and renal inflammation.

Head.--Neuralgia of head and face.

Stomach.--Acute gastritis, severe pain in epigastrium; *prolonged vomiting*. Uncontrollable appetite, notwithstanding irritable stomach. Gastralgia from nervous depression (Give five drops of 1x of Oil).

Skin.--Smarting and burning. Intense erythema, worse, cold bathing; better, olive oil and cool air blowing on part.

Relationship.--Compare: *Spiræea*. Gaultheria contains Arbutin. *Salicyl acid*. *Methylum salicylicum* (an artificial Gaultheria oil for rheumatism, especially when the salicylates cannot be used. Pruritus and epididymitis, locally). After *Cantharis* in burns.

Dose.--Tincture and lower potencies.

HOMŒO REVIVAL

Monthly Homoeopathic Newsletter

Dr. D.K. Bhardwaj
9871020702

Phobia	Fear of...	Medicine
<i>Aichmophobia</i>	<i>Sharp pointed objects</i>	<i>Sil, spig</i>
<i>Ailurophobia</i>	<i>Cats</i>	<i>Opium, bell</i>

Dr. Navneet Bidani

Know your food

Kidney beans are known scientifically as *Phaseolus vulgaris*. Among its many varieties, some are very popular in our country, *lal rjma*, *chitra rajma*, *raungi* (*safed lobia*) and *lal lobia*.

Dried and canned kidney beans are not only available throughout the year; they are an excellent and inexpensive form of **protein**. Kidney beans are a very good source of **cholesterol-lowering fiber**, as are most beans. In addition to lowering cholesterol, kidney beans' high fiber content **prevents blood sugar** levels from rising too rapidly after a meal, making these beans an especially good choice for individuals with **diabetes, insulin resistance or hypoglycemia**. They are also an excellent source of the trace mineral, molybdenum, an integral component of the enzyme sulfite oxidase, which is responsible for detoxifying sulfites. A cup of cooked kidney beans provides 45.3% of the recommended daily intake for fiber, which not only helps to increase stool bulk and **prevent constipation** but also helps prevent digestive disorders like **irritable bowel syndrome & diverticulosis**. Soluble fiber forms a gel-like substance in the digestive tract that binds with bile and dispatches it from the body. Research studies have shown that insoluble fiber **lowers the risk of heart attack**. When researchers analyzed data in relation to the risk of death from heart disease, they found that higher legume consumption was associated with an 82% reduction in risk. kidney beans are **rich in iron** and can increase your energy level by helping to consistently **replenish** your iron stores. Unlike red meat, another source of iron, kidney beans are low in calories and all but fat-free.

Info....

DR. TONY ALMEIDA discovered a new & successful treatment for diabetes.

Ingredients:

- 1 - Wheat flour 100 gm
- 2 - Gum(of tree) (*gondh*) 100 gm
- 3 - Barley 100 gm
- 4 - Black Seeds (*kalunji*) 100 gm

Put all the above ingredients in 5 cups of water. Boil it for 10 minutes and put off the fire. Allow it to cool down by itself. When it has become cold, filter out the seeds and preserve the water in a glass jug or bottle.

Take one small cup of this water every day early morning, empty stomach. Continue this for 7 days. Next week repeat the same but on alternate days. With these 2 weeks of treatment you will wonder to see that you have become normal and can eat normal food without problem.

Dr. Dhananjaya Bhupathi

Self-Healing while you fast

Body has its own ability to heal naturally while we fast. When we fast digestive system gets rest, and lungs are not required to remove extra CO₂ obtained by burning carbohydrates and starch in food. Instead, they relax and relief from respiratory disease is obtained.

The renal system is free to remove excess urea, creatinine and uric acid from blood, this in turn reduces pain and swelling in joints and muscles, imparting relief in arthritis which comes from protein digestion.

Fats are not consumed so the body burns its own stored fat to yield energy, however drinking sufficient water helps in dissolving released toxins and flushes them out of the body along with a check of the collapse state!!!

Dr. **Deepak Dass**

Upcoming events

CARDIOLOGY STUDY CIRCLE: "Angina" on Thursday 1st September, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. Speaker Dr. K.K. Aggarwal. For free registration call Dr. Mini Mehta: 9999187181 or mail : minimehta614@yahoo.co.in.

Kent Memorial Lectures 2011 : "UNDERSTANDING DERMATOLOGY – THE HOMOEOPATHIC WAY", on 17th and 18th September 2011, at PHD House, 2, Institutional Area, Haus Khas, New Delhi-16 , org. by S.D.H.A. Contact: DR. R.N. WAHI: 9810293865

Opening A MULTISPECIALITY HOMOEOPATHIC HOSPITAL at Jagadhari. Treating the Gangrene, Malignancy, Dengue & other Viral diseases, Kidney Diseases etc. Contact: Dr. Jatinder Sharma : 9416022626, e mail : jatindersharma0204@gmail.com

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