

Dynamic Revolutionary Egalitarian Assurgent Motivative Society (DREAMS)

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registration act XXI of 1860

“DREAMS - e - homoio”
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

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Clinical Tips of **Dr. D.P. Rastogi**

Calcarea silicate : Catarrh with feet very cold and damp. Child very sensitive to cold.

Arnica Montana: Hypertension. Used for shock, emotional as well as physical shock.

(Contributed by **Dr. Navneet Bidani**)

Quote

Information is not knowledge.

Albert Einstein

Regular Features

Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts

General Medical Info
Latest Info
Investigation Tips
Retro

Lighter Moments
Jokes
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Quotes

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Practicle tips

Research has shown that people whose diet is rich in potassium, (Vegetarians for example) are less likely than others to develop high Blood pressure. KALI PHOS 6X 4 Tab at bed time should suffice.

Calcium is also beneficial. Fortunately, potassium and calcium are abundantly present in a large variety of foods. Fruits, vegetables, beans, fish, fowl and lean meats are full of Potassium. Calcium is a little more restricted. Foods rich in calcium usually also contain large amounts of sodium and fat, which can increase Blood pressure.

CALC PHOS 6X 4 TABLET a day could be helpful.

Dr. S.K. Vashishth

Dr. K.K. Aggarwal's tips

MP3 Noise pollution: Safety guidelines for "leisure-time" noise exposure

Too much noise not only pollutes the environment, it can permanently damage your hearing.

Rule of thumb: MP3 users should set the volume no higher than 60 percent of its full capacity when using "ear buds" style headphones, like those that come with iPods. With over-the-ear headphones, one can use 70 percent as the maximum as per a report in the Journal of Pediatrics.

Playing an MP3 player at full blast could harm the hearing. Parents should look for signs of a problem, like when a child complains of ringing in the ears or sounds being muffled.

Prolonged exposure to sounds louder than 85 decibels (dB), can cause gradual hearing loss. A normal conversation is about 60 dB. Many personal stereo systems at maximum level are over 100 dB. Rock concerts and firecrackers can be 140 dB and higher. Noise levels need to reach 120 dB to 140 dB to become uncomfortable or painful.

Manufacturers should equip MP3 players with an indicator that displays the volume level in terms of decibels, along with a signal -- such as a flashing light -- that goes off when decibel levels reach the danger zone.

(.....to be contd)

**Padma Shri & Dr B C Roy National Awardee
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The "Don't" tips

Aconite: Never give in blood poisoning such as in Scarlet Fever or typhoid fever where there is stupor and purplish skin.

Anacardium: Don't repeat too often. Don't use where there is excessive coagulation of blood.

(Contributed by **Dr. Navneet Bidani**)

Tips on Sehgal Method

FEAR, extravagance of

Extravagance: More than a certain limit; excess in any matter; that part of spending, which an individual feels is in excess of, what in his estimation is the right limit.

Each individual has his own measurement of the excess. Spending more than that 'estimation' is considered as exceeding the limit and the individual may be SCARED TO CROSS THAT LIMIT. The same implies for their disease that the particular problem (pain, skin ailment, fever etc.) may not increase further.

VERSIONS:

1. (In scared tone) Doctor, previously you used to treat me in short period but now you are taking too much time.
2. Till yesterday this boil was not so big hence I didn't pay much attention to it but today when I got up I saw it has grown further. So I got scared and came running to you.
3. Previously my pain used to subside in 2 or 3 days but this time it has been 7 days and it is still continuing. Now I am getting scared.
4. Doctor they say homeopathic medicine first increase the problem and then cure but please don' give me any medicine which will aggravate my problem. Iam afraid of aggravations.
5. Doctor how much time it will take for complete cure? DR: '2months' If he has not set any particular limit in his mind then he would say "O.K" but if they think 2months is more than enough time for such an ailment then in a scared tone they would say "2months! 2months is too much"

OPIUM is the only medicine covering this rubric. So While OPIUM is afraid of his problem crossing the limit or increasing further **HYOCYAMUS** is afraid of his problem turning serious.

Dr. Preetii Sehgal

Your responses

Dear Dr Anupam,
First of all I must thank you for starting an International level e-magazine on Homoeopathy. Please continue the good work. I look forward to reading your e-magazine.

Dr. Vidhi Trikha

Hello
received your News Letter. I liked it very much. Please keep sending the same.

Gisela DiCarlo,
DiHom, Milford, Pa 18337
USA

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Health Tips...

Worries & tensions are like birds. We can't stop them from flying near us but we can certainly stop them from making a nest in our minds. .

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

Psoriasis

TRIVIA

- Psoriasis has a large hereditary component, and many genes are associated with it, but it is not clear how those genes work together.
- Most of them involve the immune system, particularly the major histo compatibility complex
- In psoriasis, immune cells move from the dermis to the epidermis, where they stimulate skin cells (keratinocytes) to proliferate. The immune-mediated model of psoriasis has been supported by the observation that immunosuppressant medications can clear psoriasis plaques.
- Psoriasis is a fairly idiosyncratic disease. The majority of people's experience of psoriasis is one in which it may worsen or improve for no apparent reason.
- A psychological symptom management programme has been reported as being helpful.
- Bath solutions and moisturizers help soothe affected skin and reduce the dryness but cannot be used for long periods. Abrupt withdrawal of some topical agents, particularly corticosteroids, can cause an aggressive recurrence of the condition.
- Daily, short, non-burning exposure to sunlight helped to clear or improve psoriasis.
- Systemic treatment given to patients resistant to phototherapy and topical treatment may be hepato toxic.
- Climatotherapy involves the notion that some diseases can be successfully treated by living in a particular climate. The Dead Sea is one of the most popular locations for this type of treatment.
- Doctor fish (a fish only consume the affected areas of the skin), are encouraged to feed on the psoriatic skin of people with psoriasis in Turkey, Croatia & Ireland.
- Mahonia Aquifolium is said to be effective in the treatment of eczema and psoriasis.

Investigation tips

TOTAL CHOLESTEROL

Desirable: Less than 200

Borderline High: 200 to 239

High: 240 or higher

HOMOEOPATHIC REVIVAL

Monthly homoeopathic
newsletter.

Dr. D.K. Bhardwaj:
9871020702

Laughter dose



Repertory

PRURITUS (itching of skin)

Bends of elbows, knees [of] -- Selen.,
Sep.

Chest [of], upper limbs -- Arundo.

Ears, nose, arms, urethra [of] -- Sul.
iod.

Face, hands, scalp [of] -- Clem.

Face, shoulders, chest [of] -- Kali br.

Feet, ankles [of] -- Led.

Feet, legs [of] -- Bov.

Feet, soles of [of] -- Ananth., Hydroct.

Hands, arms [of] -- Pip. m., Selen.

Nose [of] -- Morph., Strych.

Orifices [of] -- Fluor. ac.

Thighs, bends of knees [of] -- Zinc. m.

Webs of fingers, bends of joints [of] -
- Hep., *Psor.*, Selen., Sep.

Posology by *STUART CLOSE*

The word "physiological" as currently used in medicine in relation to drug action and dosage is misleading and inaccurate, The Word has a reassuring sound, pleasantly suggestive of something normal and healthy. Its use tends to obscure, or keep in the background, the fact that the kind of drug action so designated is essentially a *toxic* action and therefore really painful and injurious.

The "physiological action" of a drug is not its therapeutic or curative action. It is exactly the opposite of a curative action., and is never employed in homœopathic practice for therapeutic purposes. The use of the word "physiological" in connection with drug action and drug dosage tends to mislead the unwary and justify the use of measures which would otherwise be regarded as illegitimate. In one word, is it a euphemism. Inasmuch as the action of the 'physiological' dose and the purpose for which it is given is avowedly to *produce drug symptoms*, in, a direct and positive manner, that fact should be clearly expressed in the name,' in order that there may be no misunderstanding.

The homœopathic school has recognized the wisdom and justice of taking this position, and has complied with the requirements of scientific accuracy in nomenclature by the adoption and use of the word "pathogenetic" (Gr., *pathos*, suffering, and *genesis* origin, "producing suffering") as properly describing the character of such drug action. The "suffering" of the organism produced by the drug is expressed in symptoms, which are the language of disease. In homœopathic parlance, therefore, these are termed "pathogenetic symptoms," a term which is preferable because it is accurate and truthful.

.....to be contd



+ HEALTH BE ABOVE ALL ELSE +

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Juice recipes for Good Health

Super Breath

This juice is specifically for people who want to improve their skin complexion. The ingredients are Apple, Carrot and Tomato. For better effect use Green apples. This juice also had an added advantage of eliminating bad breath. This is due to the Apple, Tomato combination.

Proportion- 2 part apple, 2 part carrot and 1 part tomato

Petroselinum

Intermittent fever: complicating traumatic or chronic urethritis or stricture; with abdominal affections and perverted or defective assimilation. Thirsty and hungry, yet as soon as they begin to eat or drink they loose all desire (rev. of, Cal.). **Sudden urging to urinate** (Canth.). Child suddenly seized with desire to urinate; if cannot be gratified at once, *jumps up and down with pain*. Burning, tingling *from perineum throughout whole urethra*. Frequent voluptuous tickling in fossa navicularis. Gonorrhoea: sudden irresistible desire to urinate; *intense biting, itching*, deep in urethra, must rub it with some rough article in urethra for >; pain at root of penis or neck of bladder. Gleet.

vashisht
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Good persons must die, but death cannot kill their names

Mr. Mahesh Gidwani, the editor and finance secretary of DREAMS, has suffered a personal loss. His mother, a lady with immense tolerance and ability to treat all shades of life with smiling face, left for heavenly abode on 18th May, 2011. May her soul rest in peace.

***“If the people we love are stolen from us,
the way to have them live on is to never stop loving them.”***

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 news-letter by the respective authors.
