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### “DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 28

**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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#### Quote

Few are those who see with their own eyes and feel with their own hearts.

**Albert Einstein**

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## The Tips Page

### Health Tips...

Everybody, (ladies in particular), especially after 25 years of age, must take one teaspoonful of SESAME SEEDS (Til) once a day. These are natural source of calcium + other good fatty acids which are helpful to cure cancer, heart & other dreaded diseases.

*Dr. S.S. Vithal*  
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### More tips....

Laschivious thoughts on seeing a female..... **Agnus castus**

For breast enhancement... **Agnus Q,**  
**Abroma augusta Q**

No secondary sexual features in puberty.....**Sabal ser**

*Dr. Nirmal Jeet Singh*

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

### Cardiology tips....

**Congestive failure :** Ant. tart., Carbo Veg, Cactus g., Digitalis , laurocerasus, Strophanthus.

**Failure with hyperthyroidism :** Lyco, Iberis amara, Ars. Iod.,

**Failure from hypertension :** Crotalus horridus, Crategus, Baryta carbonica.

**Rheumatic Carditis :** Kalmia latifolia.

Contributed by  
*Dr. Navneet Bidani*

## Practical Tips

If a pt is sensitive to spices or any of her trouble aggravate d after taking spicy food. The medicine is Phos-30

*Dr E A Farooquee*  
[drfarooquee@gmail.com](mailto:drfarooquee@gmail.com)  
**9811370571**

## Clinical tips for some rare Q's

**Eschscholtzia Californica Q** – Acts as tranquilizer & used in nervous tension & anxiety.

**Desmodium G** – Fever, Headache & also to control high fever.

**Harpagophytum Prucumbet** – It is good remedy in joint pain. Pain in Tendon & muscles increase with change in weather

*Dr. Darshan Kumar*

It costs 38 Trillion dollars to create OXYGEN for 6 months for all Human beings on earth.  
**"TREES DO IT FOR FREE" "Respect them and Save them"**

*Dr. S.K. Vashisht*

## Dr. K.K. Aggarwal's Tips

### Excess Fat around the Waist May Increase Death Risk for Women

There is increasing evidence that excess abdominal fat is a risk factor for long-term conditions like diabetes and heart disease. However, a recent study from Harvard and the National Institutes of Health published in the journal *Circulation* links abdominal obesity and women's risk of premature death. As per the study, women who carry excess fat around their waists are at greater risk of dying early from cancer or heart disease than women with smaller waistlines, even if they were of normal weight.

In the study researchers followed more than 44,000 nurses over the course of 16 years to track their medical history and lifestyle. At the beginning of the study the women were asked to measure their waists and hips. Every two years, the women completed questionnaires about their health, providing information about their age, activity level, smoking status, diet, blood pressure and cholesterol levels.

They examined the cause of death for all women who died over the course of the study. In total, 3,507 deaths occurred, of these, 1,748 were due to cancer and 751 were due to heart disease. They discovered that women with greater waist circumferences were more likely to die prematurely, particularly from heart disease, when compared to women with smaller waists. For example, women with waist size equal to or greater than 35 inches were approximately twice as likely to die of heart disease as were women with a waist size less than 28 inches, regardless of their body mass index. Similarly, women with a waist size equal to or greater than 35 inches also were twice as likely to die of cancer as were women with a waist size less than 28 inches. Women who had a greater waist circumference and were also obese were at the greatest risk of premature death. Greater waist circumference is a sign of collecting excess fat around one's midsection, called abdominal obesity. **A healthy waist limit for women is 80 cm and for men is 85 cm. Waist circumference is determined by measuring around the waist at the navel line.**

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

### Investigation tips

**Albuminuria** is a pathological condition wherein albumin is present in the urine.

**Causes** of albuminuria :-

The **nephrotic syndrome** usually results in the excretion of about 3.0 to 3.5 grams per 24 hours.

**Nephritic syndrome** results in far less albuminuria.

**Microalbuminuria** (between 30 and 300 mg/24h) can be a forerunner of diabetic nephropathy.

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### Lighter reading.....

#### Laughter dose

In a divorce court a woman requested the judge: "Your honor, I want to divorce my husband." "But why?" asked the judge. She replied, "Because he is not faithful to me." The judge asked, "How do you know?" She replied, "My lord, not a single child resembles him."



+ HEALTH BE ABOVE ALL ELSE +

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#### Some extraordinary people in the world

#### Kim Ung-Yong

This Korean super-genius was born in 1962 and might just be the smartest guy alive today. He's recognized by the Guinness Book of World Records as having the highest IQ of anyone on the planet. By the age of four he was already able to read in Japanese, Korean, German, and English. At his fifth birthday, he solved complicated differential and integral calculus problems. Later, on Japanese television, he demonstrated his proficiency in Chinese, Spanish, Vietnamese, Tagalog, German, English, Japanese, and Korean. Kim was listed in the Guinness Book of World Records under Highest IQ?; the book estimated the boy's score at over 210.

#### Your responses...

Hallo Dr.Anupam Sethi Malhotra.!  
**CONGRATULATIONS!**

Very many thanks for mailing me the Issue of DREAMS- e- homoeo. I liked it very much. Please convey my best wishes to the editors and the family of DREAMS. It is very nice effort. It really is very good, full of knowledge and refreshes the memory of Homoeopathic Lovers.

*Dr. Daljeet Kishore*

Hi Dr Anupam

It really a very good presentation from all angles.

*Dr Ehsaan Ali*

#### Juice recipes for Good Health

#### Pink Floyd

This is an extremely tasty juice (Most of the times used as milk shake) which is made from a combination of banana and strawberry. The strawberries should be ripe enough and should be mixed or blend very well before using.

Proportion: 8 medium size strawberries and 3 bananas with half cup milk

#### Points to ponder....

**Strong people also commit mistakes as Weak people.....!**

**Only difference is stronger people admit mistakes,,,**

**But weaker ones look for Excuses...!!**

*Dr. Ranbir Singh Joasn*

## The classical page

### Repertory

#### Cold and Aggravation from Cold.

**Aconite**, is worse from cold, dry winds, makes the coryza, conjunctivitis, toothache, croup, cough and rheumatism worse.

**Belladonna**, where there is aggravation by going from warm to cold; aggravation from drafts and cold wind.

**Bryonia**, where there is chilliness; complaints from cold drinks in hot weather.

**Carbo veg.**, where there is susceptibility to cold, Cold nose, knees, etc.

**Colocynth**, where there is coldness of whole body; aggravation from cold weather; stomach, coryza, gastritis and rheumatism are worse from cold; tearing pain in face from taking cold.

**Ipecac** has oversensitiveness to both heat and cold; colic from cold drinks; aggravation in winter.

**Ignatia** has chill predominating; cold winds and air alike aggravate; washing hands in cold water aggravates pains; nose, feet, and legs up to knees are cold.

**Lachesis** has a coldness over the whole body; limbs and upper lip cold; throat worse from drafts.

**Mercurius**, cannot bear cold; extremely sensitive. Coldness in ears, testicles and Legs.

**Natrum Mur.**, icy coldness about the heart; coldness of feet, joints, back and stomach.

**Sepia** has coldness over whole body; sensitive to cold, damp air; the cough, eruptions, toothache and rheumatism are worse from cold.

**Sulphur** is worse from cold, windy weather; in damp, cold weather; the throat and the diarrhoea are worse from cold.

## Thlaspi Bursa Pastoris

Profuse passive haemorrhage from every outlet of the body; *blood dark and clotted*. Metrorrhagia: with violent cramps and uterine colic; in chlorosis; after abortion, labor, miscarriage; at climacteric; with cancer uteri (Phos., Ust.). Menses: too early; too profuse; protracted (eight, ten, even fifteen days); tardy in starting, first day merely a show; second day colic, vomiting, a haemorrhage with large clots; each alternate period more profuse. Haemorrhage or delaying menses from uterine inertia; exhausting, scarcely recovers from one period before another begins. Leucorrhoea: bloody, dark, offensive; some days before and after menses.

*What the other school says...*

*Used for food, to supplement animal feed, for cosmetics and for medicinal purposes. Herbally, it is used to stop vaginal bleeding, which may be attributable to the common parasitic fungus found with it, which is related to the vasoconstrictor ergot.*

## HOMOEOPATHIC REVIVAL

Monthly Homoeopathic Newsletter

Dr. D.K. Bhardwaj

9871020702

### Herbal Medicines for warts

*Castor oil, if applied regularly for a fairly long period, softens the warts. This should be applied adequately.*

*Papaya Milk: Papaya fruit milk is also effective in breaking the warts. Its regular application over the warts should be continued for longer periods to get the desired effect.*



## The musings.... (Dr. V.P. Singh)

### Cholesterol

At least twice a week, I read about both good and bad things about cholesterol. Studies have confirmed that listening to music lowers cholesterol levels and improves heart health.

A study suggests that eating 100 g. of probiotic yogurt, significantly improved the cholesterol profile, lowers LDL cholesterol while raising HDL cholesterol.

Roasted Peanuts and Walnuts, are reported to help lower bad cholesterol. They provide you with many essential micronutrients.

Researchers believe that people who consume apple cider vinegar (ACV) for eight weeks will have improved levels of HDL cholesterol

*Also Without Cholesterol, There Is No Brain or Vitamin D.*

### My take

**Recipe for desirable cholesterol levels:**

**Peanuts** (about 50-100 grams, roasted ), your favourite **music**, **Yogurt**, **Sun light** (available free for all without any discrimination), **ACV**.

You don't have to mix them together. They are independent of each other. Music you can enjoy, yogurt you can have with your meals, munch on peanuts and walnuts whenever you feel like, ACV you can take while you are having your meals or the way you like. Essential: Sit under the SUN when UV rays are in full bloom (12-1 p.m. in winters and 7-8 a.m. in summers). You can eat peanuts and/or 2-3 walnuts, while sitting under the SUN.

## warts

A **wart** is generally a small, rough growth, typically on hands and feet but may occur at other locations. They can resemble a cauliflower or a solid blister. They are caused by virus, specifically by *human papillomavirus 2 & 7*. There are about 130 known types of human papilloma viruses. HPV infects the squamous epithelium, usually of the skin or genitals, but each HPV type is typically only able to infect only a few specific areas on the body. There are as many as 10 varieties of warts, the most common considered to be mostly harmless. It is possible to get warts from others; they are contagious and usually enter the body in an area of broken skin. They typically disappear after a few months but can last for years and can recur.

**Common wart:** (*Verruca vulgaris*), a raised wart with roughened surface, most common on hands, but can grow anywhere on the body.

**Flat wart:** (*Verruca plana*), a small, smooth flattened wart, flesh-coloured, which can occur in large numbers; most common on the face, neck, hands, wrists and knees.

**Filiform or digitate wart:** a thread- or finger-like wart, most common on the face, especially near the eyelids and lips.

**Genital wart:** (venereal wart, *Condyloma acuminatum*, *Verruca acuminata*), a wart that occurs on the genitalia.

**Mosaic wart:** a group of tightly clustered plantar-type warts, commonly on the hands or soles of the feet.

**Periungual wart:** a cauliflower-like cluster of warts that occurs around the nails.

**Plantar wart:** (*verruca*, *Verruca pedis*), a hard sometimes painful lump, often with multiple black specks in the center; usually only found on pressure points on the soles of the feet.

### Upcoming events

**Kent Memorial Lectures 2011 : "UNDERSTANDING DERMATOLOGY – THE HOMOEOPATHIC WAY"**, on 17<sup>th</sup> and 18<sup>th</sup> 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**,

**THE SCIENCE OF PAST LIFE REGRESSION:** Sunday, July 24, 2011 At Hotel Mehfil Inn, Camp Road, Amravati, India. Contact: **Dr. Shilpa Harwani** : stars\_shilpa@rediffmail.com

**SEHGAL ACADEMY:** a seven day course in August 2011. Contact **Dr. Preetii** : 9811048519

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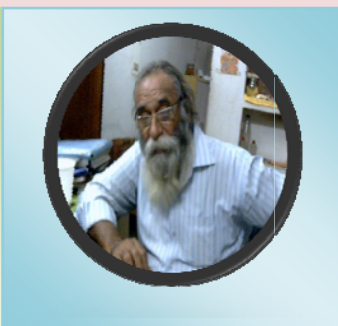
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