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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 32

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

Nearly all men can stand adversity, but if you want to test a man's character, give him power.

Abraham Lincoln

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The Tips Page

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.

Dr. S.S. Vithal
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Tips on angina pectoris.....

Arnica : pain especially severe in elbow of left arm.

Aconite : pain in *left shoulder*.
Stitching pain in chest.

Ars Alb: pain in neck and occiput.

Cactus G: Pain in apex, shooting down left arm.

Cereus Bonplandii: Pain in chest through heart, with pain running toward spleen. Pain in left pectoral muscle and cartilages of left lower ribs.

(to be contd....)**Dr. Anupam Sethi**
Malhotra

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

Thuja Warm aggravates.

Gelsemium Tiredness and heaviness.

Amm carb Cloudy weather aggravates,
pain in the heels.

Ars alb and **Tarentula** make the life of
cancer patients much easier.

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If a child has aversions to gentle touch or caresses; **Cina** is the medicine.

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

Clinical tips for some common mother tinctures

Uric Acid Gout & uric acid diathesis

Bellis Per Mechanical injury of small
muscles.

Cascara Constipation & joint pain.
Chaparo More mucus in stool in case
of dysentery.

Chelone Specific for thread & round
worms.

Dr. Darshan Kumar
9891715982

Heart Surgery: free of cost for children (0-10 yr) at Sri Valli Baba Institute Bangalore 10.
Contact : 9916737471

Dr. S.K. Vashisht

Dr. K.K. Aggarwal's Tips

Bloated and Gassy Feeling in the abdomen is related to faulty lifestyle

If you constantly feel bloated or gassy, then you can cut down on foods and food habits that worsen symptoms of gas in the abdomen. Foods that split equally into two parts produce gas. The examples are pulses, Rajma (Red Kidney Beans), Chole (Chickpeas) etc. One should cook them after soaking them in water for few hours or cook them with asafoetida.

Foods that are grown on the ground surface such as cauliflower, broccoli, cabbage etc. if eaten raw produce gas. Similarly, foods that grow under the ground e.g. onion, radish, carrot etc produce gas if eaten raw or without soaking them in water.

What can be done?

1. Cut down on gas-producing foods such as beans, dairy products, bran and whole wheat foods.
2. Limit gas-forming vegetables such as onions, broccoli, cabbage and brussel sprouts.
3. Limit gas causing fruits such as peaches, apples and pears.
4. Some people are fructose-intolerant and do not tolerate fruits.
5. Those who are fructose-intolerant may find that many sodas contain fructose and produce the same problems.
6. Limit sugary fruit drinks and carbonated soft drinks.
7. Limit artificial sweeteners such as maltitol, mannitol, sorbitol, xylitol and other sugar alcohols, as they can increase bloating.

(to be contd....)

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

Investigation tips....

Total iron-binding capacity (TIBC)

	Serum iron (in µg/dL)	Transferrin and TIBC	transferrin saturation %
Normal levels	Male 65-177 Female 50-170	250-370 µg/dL	Male 20-50%; Female 15-50%
iron deficiency anemia	Low	High.	Low
anemia of chronic disease	Low	Low.	Normal
hormonal contraception, or pregnancy but without iron deficiency	Normal	High.	Low

Lighter reading.....

Laughter dose

A little boy was doing his maths homework. He said to himself, "Two plus five, the son of a bltch is seven. Three plus six, the son of a bltch is nine..." His mother heard what he was saying and gasped, "What are you doing?" The little boy answered, "I'm doing my maths homework, Mom." "And this is how your teacher taught you to do it?" the mother asked. "Yes," he answered. Infuriated, the mother asked the teacher the next day, "What are you teaching my son in maths?" The teacher replied, "Right now, we are learning addition." The mother asked, "And are you teaching them to say two plus two, the Son Of a bltch is four?" After the teacher stopped laughing, she answered,

"What I taught them was, two plus two, THE SUM OF WHICH, is four."



+ HEALTH BE ABOVE ALL ELSE +

RANA HOMOEOPHARMACY

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Surendra Singh Rana
32957572, 24560545, 9811986885

If you SNEEZE too hard, you can fracture a rib. If you try to suppress a sneeze, you can rupture a blood vessel in your head or neck and die. So good to bless the sneezing person

Your responses...

Respected Ms. Anupam Sethi Malhotra, I am very happy to go through this issue of 'DREAMS', which is well designed and informative for all homeo practitioners.

Regards,

Dr.Dhananjaya Bhupathi

Dr Anupam

You are really doing a great job. Please keep it up. It is quite refreshing at times.

Dr.Rajesh Chawla

Cotton Ear Buds

Please do not show sympathy to people selling buds on roadside or at Signals..... Just wanted to warn you people not to buy those packs of ear buds you get at the roadside. It's made from cotton that has already been used in hospitals. They take all the dirty, blood and pus filled cotton, wash it, bleach it and use it to make ear buds. So, unless you want to become the first person in the world to get Herpes Zoster Oticus (a viral infection of the inner, middle, and external ear) of the ear and that too from a cotton bud, DON'T BUY THEM!

Dr. Dhananjaya Bhupathi

Points to ponder....

People may be unkind, just be kind.
They may cheat you, just be honest.
They may forget your good deeds, just do good.

In the end it is between you and GOD & not between you and them.

Dr. D. G. Jain

The classical page

(sample pages) of **Repertory of Concomitant Symptoms**

BELCHING :[CHEST] :

Aching, pain, belching, amel.: **Lyc.**
 Constriction, belching, amel.: **Mag-c, lyc.**
 Cramp, belching : **Dig.**
 Crampy, pain, belching, amel.: **Kali-c.**
 Crampy, pain, crampy, sternum, belching amel.: **Phos.**
 Fullness, sensation, belching, incomplete, from : **Ang.**
 Oppression, belching, amel.: **CARB-V., LYC., Am-m., Lach., Phos., Grat.**
 Pain, belching, from : **Cocc., Phos., Staph.**
 Pain, belching, from, amel.: **Ambr., Ang., Bar-c., Canth., Kali-c., Lach., Lyc., Phos., Sang., Sep.**
 Pressing, pain, belching, amel.: **Ambr., Kali-c., Lyc., Sep., Zinc.**
 Pressing, pain, pressing, sides, belching, after : **Nit-ac.**
 Pressing, pain, pressing, sides, belching, after amel.: **Kali-c., Nux-v., Sep.**
 Pressing, pain, pressing, sternum, behind belching, on : **Kali-c.**
 Pressing, pain, pressing, sternum, belching, amel.: **Petr.**
 Sharp, pain, sternum, belching, from : **Kali-c.**
 Sore, pain, belching, on : **Phos.**
 Sore, pain, belching, on, amel.: **Ambr.**
 Tearing, pain, belching : **Sep.**

Dr. R. L. Khullar

9717307513

CEREUS BONPLANDII

Mind.--Great desire to work and to be doing something useful.

Head.--Occipital headache and *pain through the globe of the eyes and orbits* (*Cedron; Onos*). Pain across the brain from left to right. Pain along right malar bone running to temple.

Chest.--Convulsive pains at the heart; feels as if transfixed. Pain in chest through heart, with pain running toward spleen. Pain in left pectoral muscle and cartilages of left lower ribs. Sensation of a great weight on heart, and pricking pain. Hypertrophy of heart. Difficult, sighing respiration, as from some compression of chest.

Skin.--Itching of skin (*Dolich; Sulph*).

Extremities.--Pain in neck, back, shoulders, down arms, hands and fingers. Pain in knees and joints of lower extremities.

Dose.--Third to sixth attenuation.

HOMOEOPATHIC
REVIVAL
 Monthly Homoeopathic Newsletter
Dr. D.K. Bhardwaj
 9871020702

Phobia	Fear of...	Medicine
Amaxophobia	<i>Vehicles, driving</i>	Phos
Anthropophobia	<i>People</i>	Lyco, Hyocy
Dr. Navneet Bidani		

Herbal medicine for WORMS

1. An apple a day keeps the worms away.
2. Tomatoes 2-3 in number with a pinch of black pepper and salt taken on empty stomach for 10 days prove very useful in worms.
3. Coconut water mixed with a small quantity of honey is very useful in worms.
4. Ajwain 5gm mixed with a pinch of salt taken on empty stomach for 5-7 days.

Know your food

Fenugreek (*methi*) is a plant in the family Fabaceae. It is used as a herb (the leaves), as a spice (the seed) and the leaves and sprouts are also eaten as vegetables and is a common ingredient in many curries.

Uses of Fenugreek

Due to its estrogen-like properties, it increases libido and lessens the effect of hot flashes and mood fluctuations in menopause and PMS.

Remedy for balancing cholesterol.

It lowers blood sugar levels in both type I and type II diabetes.

Its seeds are thought to be a galactagogue, that is often used to increase milk supply in lactating women.

Relieves the discomfort of arthritis and lowers its incidence.

Helps relieve heartburn and acid reflux.

Its tea is a remedy for fever.

Remedy to ease child birth for pregnant women.

Local application of dried powdered seeds helps in skin inflammation such as abscesses, boils, burns, eczema, and gout.

Urticaria

Urticaria is a kind of skin rash notable for pale red, raised, itchy bumps. It is frequently caused by allergic reactions; however, there are many non-allergic causes.

Acute urticaria: lasting less than six weeks and is the result of an allergic trigger. Acute viral infection is another common cause of acute urticaria.

Chronic urticaria: lasting longer than six weeks, is rarely due to an allergy. The majority of patients have an idiopathic cause. 30–40% of patients have an autoimmune cause. Less common causes of hives include friction, pressure, temperature extremes, exercise, and sunlight.

The skin lesions of urticarial disease are caused by an inflammatory reaction in the skin, causing leakage of capillaries in the *dermis*, and resulting in an *edema* which persists until the *interstitial fluid* is absorbed into the surrounding cells.

Urticaria are caused by the release of *histamine* and other mediators of inflammation (*cytokines*) from cells in the skin. This process can be the result of an allergic or non-allergic reaction, differing in the eliciting mechanism of histamine release.

TYPES

Allergic urticaria

Autoimmune urticaria

Infections

Non-allergic urticaria

Dietary histamine poisoning

Stress and chronic idiopathic urticaria

Iatrogenic or Drug-induced

Physical urticaria or Dermographism

Solar

Temperature induced

Exercise-induced anaphylaxis

Water induced

Angioedema is similar to urticaria, but in angioedema, the swelling occurs in a lower layer of the dermis.

Upcoming events

CARDIOLOGY STUDY CIRCLE: "CARDIAC ARREST" on Friday 7th October, 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

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