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### “DREAMS - e - homoeo”

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**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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Malhotra

Editorial Board:  
Dr. Saurav Arora  
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#### Quote

You cannot escape the responsibility of tomorrow  
by evading it today

**Abraham Lincoln**

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## The Tips Page

### Health Tips...

Half of overweight patients have a tendency to skip breakfast, About 60 to 70% patients complain of digestion or stomach-related problems or for advice on weight gain; disclose that they frequently miss their breakfast. But the reality is-- "Eat breakfast like a king, lunch like a prince, and dinner like a pauper".

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### Tips on angina pectoris.....

**Oxalicum acidum:** *sharp, lancinating pain in left lung coming on suddenly, depriving of breath.* Præcordial pains which dart to the left shoulder.

**Phaseolus nanus:** Sick feeling about heart, Fearful palpitation and feeling that death is approaching.

**Phytolacca decandra:** Shock of pain in cardiac region alternating with pain in right arm.

*(to be contd....)*  
**Dr. Anupam Sethi Malhotra**  
**9810545958**

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

Jealousy in children: **Lachesis** 10 M 3 doses 12 hourly seem to act as one dose.

Nasal obstruction, green discharge :  
**Teucrium.**

Wart in inner thigh : **Medorrhinum.**

Aversion to salt : **Corallium rubrum**

*Contributed by*  
**Dr. Navneet Bidani**

### Practical Tips

#### Whatever the disease may be....

If there is aversion to company with fear to be alone, **conium** is the remedy.

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

### Clinical tips on specific similarities

- One of the best remedy in Albuminuria : **Ammon benz**
- Albumin in pregnancy:
  1. Ist stage : **Merc cor.**
  2. Later stage: **Phos.**
  3. In all stages: **Helonias**

**Dr. Darshan Kumar**  
**9891715982**

### CARDIOLOGY STUDY CIRCLE

"C. A. D." on Thursday 3<sup>th</sup> November, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. Speakers : Dr. K.K. Aggarwal, Dr. Bipin Jethani For free registration call Dr. Mini Mehta: 9999187181 or mail: [minimehta614@yahoo.co.in](mailto:minimehta614@yahoo.co.in) or [dranupamsmalhotra@rediffmail.com](mailto:dranupamsmalhotra@rediffmail.com)

## OSTEOPOROSIS IN MEN

Most think of osteoporosis (loss of bone mass and density) as a disease of older women. It's true that it is more common in women but men are not immune. Most men are living long enough to end up with age-related osteoporosis. Osteoporosis starts earlier and gets worse faster in women because of hormonal shifts, but at age 65, both sexes lose bone at the same rate. The main fear of osteoporosis is a broken bone. 25% men over 50 years will have an osteoporosis-related fracture some time in his life. A broken bone can end up with lingering pain, loss of mobility, long-term disability, and loss of independence.

Osteoporosis is associated with some male-only conditions. 1. Abnormally low testosterone levels. 2. Psoriasis affects both women and men but is linked to loss of bone density in men only. 3. Androgen deprivation therapy, used to treat advanced prostate cancer, involves drugs that interfere with testosterone.

Some drugs affect bones in both sexes. Long-term cortisone therapy can diminish bone mass. The proton-pump inhibitors and the selective serotonin reuptake inhibitor antidepressants too, may contribute to bone loss.

Lifestyle and health habits are also a major factor in osteoporotic risk, for both men and women. Smoking and heavy alcoholic drinking weaken bones. Men are more likely than women to engage in those behaviors.

Keeping bones strong is yet another reason to exercise. Vitamin D is important for bone health. We should be getting at least 800 to 1,000 international units (IU) of vitamin D daily, especially during winter. The recommendations of calcium intake for men are unclear. There is an association between long-term daily calcium intake at levels of 1,500 mg and a greater risk of developing advanced prostate cancer. On the other hand, there's a string of results that suggest the mineral may lower colon cancer risk.

Daily calcium recommendation is at 700 mg, which most men should be consuming. For men at risk of osteoporosis, the right balance may be about 700 mg - 1,000 mg, which can be achieved with a normal diet that includes one to two servings of dairy products, and plenty of vitamin D, which usually means taking the vitamin in pill form.

Most drugs have been tested only in women. Alendronate in the bisphosphonate class, has been shown to be effective in men. An alternative for men receiving androgen deprivation therapy is one of the selective estrogen receptor modulator drugs. The experimental drug, denosumab, may have promise for treating men with bone loss resulting from hormonal therapy.

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

### Tips for normal delivery

If she has already been experiencing contractions, pregnancy tips for normal delivery would also include half an hour walk daily. Walking will facilitate the movement of hips from side to side. This will help the baby to position itself in the right spot for normal delivery. Regular brisk walks will also ensure that the muscles remain toned.

Labour is a physically demanding exercise. She would require immense physical stamina and strength. Therefore, indulging in some mild cardiovascular exercises should do just fine. Practicing them on a regular basis will help her to build up on the required stamina. A safe and low impact exercise schedule should be adhered to around this time. Always seek medical advice before indulging in any kind of physical activity during the terminal months prior to childbirth.

Indulging in regular yoga sessions would also help in keeping a surgical childbirth at bay. Yoga will help regulate the respiration and heartbeat and will also help in relaxing the system. She could also resort to yogic postures which resemble pelvic tilts and squats which would help in expanding the pelvic region, facilitating easy childbirth.

(...to be contd)  
**Dr Kacker**

### Points to ponder....

Never be too proud of who you are & what position you hold because after a game of chess the king & the pawns are tossed into the same box!

**Mahesh Gidwani**

### Your responses...

Hello mmam

Your e magazine is really informative and interesting. Thanks.

**Dr. Madhvi**

I notice a lot of early morning issues mentioned by various doctors in Dreams. A dose of Horn Beam (B/Flower Remedy) early every morning will defray all problems.

**Dr. Jeff Tikari**

ॐ

+ HEALTH BE ABOVE ALL ELSE +

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114, Hari Nagar Ashram Chowk,  
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32957572, 24560545, 9811986885

### Laughter dose

Friend: How many women do you believe must a man marry?

Mr. Bean: 16

Friend: Why?

Mr. Bean: Because the priest says 4 richer,  
4 poorer, 4 better and 4 worse.

## The classical page

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

#### **COUGHING : [ BLADDER ]**

**Pain, bladder, coughing, when :** Caps., Ip.  
**Pressing, pain, pressure, in, coughing, when :** Ip., Caps., Colch., Kreos.

**Retention, of, urine, coughing, on, sensation of retention with urging :** Ip.  
**Sharp, pain, cough, during :** Caps.  
**Sharp, pain, sharp, bladder, neck, of coughing, when :** Caps.

**Urging, coughing, while :** Ip.

**Urination, involuntary, urination, cough, during :** APIS., CAUST., NAT-M., PHOS., PULS., SQUIL., *Alet., Alum., Ant-c., Bell., Bry., Calc., Caps., Cench., Colch., Ferr-m., Ferr-p., Kreos., Lyc., Nux-v., Rumx., Sep., Spong., Thuj., Verat., Zinc.*

**Urination, involuntary, urination, cough, during pregnancy, during :** Cocc.

**Urination, spurting, stream, coughing, when :** *Squil., Kreos., Staph.*

#### **COUGHING : [ BLOOD ] :**

Circulation, coughing, symptoms, worse, sitting bent forward and : *Spong.*

#### **COUGHING : [ BRAIN ] :**

Coma, unconsciousness, cough, from : **Cadm-s., Kali-c.**

Coma, unconsciousness, cough, from, attacks of between : *Ant-t., Cadm-s.*

Coma, unconscioisness, cough, from, stiffness and : **Cupr., Ip.**

Looseness, senssation, on : **Acon., Bry., Carb-an., Sep., Sul-ac.**

Stitches, coughing, when : *Bry.*

Stitching, coughing, when, coughing, in pertussis : **Anac.**

## Helleborus Niger

Weakly, delicate, psoric children; prone to brain troubles with serous effusion. Melancholy: woeful; despairing; silent; with anguish; after typhoid; in girls at puberty, or when menses fail to return after appearing. Irritable, easily angered; consolation <, does not want to be disturbed; Unconscious; stupid; answers slowly when questioned; a picture of acute idiocy. Brain symptoms during dentition; threatening effusion. Meningitis: acute, cerebro-spinal, tubercular, with exudation; paralysis more or less complete; with the cri encephalique. Vacant, thoughtless staring; eyes wide open; insensible to light; pupils dilated, or alternately contracted and dilated. Soporose sleep, with screams, shrieks, starts. Hydrocephalus, post-scarlatinal or tubercular which develops rapidly; automatic motion of one arm and leg. Convulsions with extreme coldness of body, except head or occiput, which may be hot. Greedily swallows cold water; bites spoon, but remains unconscious. Chewing motion of the mouth; corners of mouth sore, cracked; nostrils dirty and sooty, dry. Constantly picking his lips, clothes, or boring into his nose with the finger. *Boring head into pillow: rolling from side to side; beating head with hands.* Diarrhoea: during acute hydrocephalus, dentition, pregnancy; watery; clear, tenacious, colorless, mucus; white, jelly-like mucus; like frog spawn; involuntary. Urine: **red, black, scanty, coffee-ground sediment; suppressed** in brain troubles and dropsy; albuminous. Dropsy: of brain, chest, abdomen; after scarlatina, intermittents; with fever, debility, suppressed urine; from suppressed exanthemata.

Phobia	Fear of...	Medicine
Astraphobia	<b>Lightning</b>	<i>bell, Puls, Ambr,</i>
Batrachophobia	<b>Frogs, amphibians</b>	<i>Crot-h, Hyo</i>
<b>Dr. Navneet Bidani</b>		



### Herbal medicine for **Cervical Spondylosis**

Neem is very useful in cervical spondylosis. The flowers as well as leaves can be consumed on daily basis.

Any oil available at home mixed with camphor (karpur) can be used for massage of neck.

One string of garlic is to be taken daily on empty stomach.

#### **Do's & Don'ts**

Wheat is better than rice, maida and suji.

Exposure to cold is avoided.

Sour things, particularly curd, etc. are strictly prohibited.

### **Know your food: Banana**

(contd from previous issue ....)

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke

**Brain Power:** 200 students at a Twickenham School (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

(....to be contd)

### **Cataract**

A **cataract** is a clouding that develops in the crystalline lens of the eye or in its envelope, varying in degree from slight to complete opacity and obstructing the passage of light. Cataracts typically progress slowly to cause vision loss, and are potentially blinding if untreated. The condition usually affects both eyes, but almost always one eye is affected earlier than the other.

#### **Types of cataract:**

**Senile cataract**, occurring in the elderly, is characterized by an initial opacity in the lens, subsequent swelling of the lens and final shrinkage with complete loss of transparency.

**Secondary cataract**, can form after surgery for other eye problems, such as glaucoma. Cataracts also can develop in people who have other health problems, such as diabetes. Cataracts are sometimes linked to steroid use.

**Traumatic cataract** can develop after an eye injury, sometimes years later.

**Congenital cataract:** Some babies are born with cataracts or develop them in childhood, often in both eyes. These cataracts may be so small that they do not affect vision. If they do, the lenses may need to be removed.

**Radiation cataract** can develop after exposure to some types of radiation.

**Common symptoms:** Cloudy or blurry vision, Colors seem faded, Glare, Headlights, lamps, or sunlight may appear too bright. A halo may appear around lights, Poor night vision, Double vision or multiple images in one eye, Frequent prescription changes in eyeglasses or contact lenses.

### Beauty tips.....

Winter is here and it often brings cracked heels, which not only look bad but also painful and hence, you can't ignore them. To treat your cracked heels melt paraffin wax and mix mustard oil with it. Apply the mixture on the affected area and leave overnight. If you use it regularly your heels will become smooth after 10 to 15 days

### Facts....

**Edwards Syndrome** : This is trisomy 18 syndrome. There are three instead of the normal 2 chromosomes 18. Children with this condition have multiple malformations and mental retardation due to the extra chromosome 18. The children characteristically have low birth weight, small head (microcephaly), small jaw micrognathia), malformations of the heart and kidneys, clenched fists with abnormal finger positioning, and malformed feet. The mental retardation is profound with the IQ too low to even test.

**Shankhdhar Yogesh**

# vashisht

## HOMOEOPATHIC PHARMACEUTICALS

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Office & correspondence : 17-65, Ram Nagar Colony, Trimulgherry, Alwal, Secunderabad 500015

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Website : [www.vashishthomoeo.com](http://www.vashishthomoeo.com), E mail : [sk\\_vashisht@hotmail.com](mailto:sk_vashisht@hotmail.com)

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