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Issue 36

**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

Intellectuals solve problems. Geniuses prevent them.

*Albert Einstein*

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## The Tips Page

### Health Tips...

Medical research Authority of the US has found that new cancer in human beings caused by 'Silver Nitro oxide'. Whenever you buy recharge cards or calling cards don't scratch them with your nail as it contain 'silver nitro oxide' coating and can cause skin cancer.

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

**Rhus Toxicodendron:** angina with numbness in left arm.

**Spartium:** Angina pectoris with nephritis.

**Spigelia:** Angina pectoris extending to arm or both arms. Craving for hot water which relieves.

**Sumbulus Moschatus:** Pain around left breast and left hypochondriac region. Aching in left arm, heavy, numb and weary.

*(...to be contd)*

**Dr. Anupam Sethi Malhotra**  
**9810545958**

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

**Pulsatilla, Calcarea phos, Lycopodium** demand affection but don't give out, Phosphorus patients demand and give out affection.

**Sabadilla** has aggaravation in open air, thirstlessness with a dry tongue, desire for honey and pastry.

**Mezereum** has perspiration in small parts.  
*Contributed by*

**Dr. Navneet Bidani**

## Practical Tips

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

If the patient is cheerful on waking, the medicine is **tarentula**.

If the patient is tearful on waking, the medicine is **lycopodium**.

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

## Clinical tips on specific similarities

**Drosera** for whooping cough.

**Ars. Alb.** for influenza.

**Eupatorium** for dengue fever.

**Cantharis** for Ist & IInd degree of burn.

**Raphanus** for post operative gas pain etc.

**Dr. Darshan Kumar**  
9891715982

## CARDIOLOGY STUDY CIRCLE

"HYPERTENSION" on Thursday 1st December, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. Speakers : **Dr. K.K. Aggarwal**. 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)

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

### Heart disease is preventable

Heart disease is preventable and the easiest way to learn this is to remember the A to G of cardiovascular prevention. ABC represents safe parameters and DEFG represent what to do to achieve these parameters.

- A stands for Abdominal Girth which should be kept lower than 85 cm in men and less than 80 cm in women.
- B stands for Blood Pressure which should be kept lower than 120/80.
- C stands for bad non-HDC Cholesterol which should be kept less than 130 mg%.

#### **The prevention strategies include**

- D stands for Diet which should be in moderation and include variety.
- E stands for Exercise which should be taking 10000-steps walk or 80 minutes of walk or 40 minutes of brisk walk or 20 minutes of brisker than brisk walk.
- F stands for Fun or taking life differently. For example, half glass full vs half glass empty
- G stands for God which is a parasympathetic state of mind achieved by Pranayama, yoga and relaxation techniques.

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

### Investigation tips....

#### **Albumin (Alb)**

Albumin is a protein made specifically by the liver, and can be measured cheaply and easily. It is the main constituent of total protein; the remaining fraction is called globulin (including the immunoglobulins). Albumin levels are **decreased** in **chronic liver disease**, such as **cirrhosis**. It is also decreased in **nephrotic syndrome**, where it is lost through the urine. **Poor nutrition** or states of impaired protein catabolism, such as in Ménétrier's disease, may also lead to hypoalbuminaemia.

Normal range : 3.5 to 5.3 g/dL

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### To remove dark circles under eyes

Take 1 tspn tomato pulp, 1 pinch of turmeric powder ½ tspn of limejuice and 1 tspn of gram flour. Make a paste and apply gently. Remove gently with moist cotton pads after ½ an hour.

## Postural hypotension

A decrease in blood pressure that occurs when moving toward an upright posture.

### Causes

#### Autonomic dysfunction

##### Hereditary

- Amyloidosis (Psora/ sycosis)
- Hereditary Orthostatic Hypotension: Hyperbradykininism (Syphilis)
- Epithelial sodium channel genes: Pseudohypoaldosteronism (Psora/ Syphilis)
- Mitochondrial disorder: Maternal inheritance (Syphilis)
- Postural Orthostatic Tachycardia Syndrome (POTS) (Psora)
- Spastic-Ataxia with Lipodystrophy (Psora/ Syphilis)

### Sporadic

- Shy-Drager (Multiple System Atrophy) (Syphilis)
- Diabetes (Psora/ Syphilis)
- Postural Orthostatic Tachycardia Syndrome (POTS) (Psora)
- Elderly patients
  - Hypotension (Psora/ Syphilis/ Sycosis) -
    - Fatigue; Hypotension (Psora)
  - Low intravascular volume (Psora)
  - Vasodilation (Psora/ Sycosis)
  - Reduced cardiac output (Psora)
  - Drugs: Amphetamines; Vinca alkaloids (Causa occasionalis)
  - Exacerbation (Psora)
  - Rapid positional change (Causa occasionalis)
  - Morning (Psora)
  - Large meals (Causa occasionalis)
  - Prolonged recumbency (Causa occasionalis)
  - Warm environment (Psora)
  - Increased intrathoracic pressure: (Psora)
  - Vasoactive drugs (Causa occasionalis)
    - (.....to be contd)
- **Dr. Rajneesh Sharma**

## Your responses...

Dear Dr. Anupam,  
Accept my heartiest congratulations for this venture. This is no doubt a wonderful step for promotion of Homoeopathy. Hope this e-zine will be publishing the quality articles unlike others.

Thanks & Regards,

Dr. Navneeta

Dear Dr. Anupam,  
I am finding this material as very useful and at the same time it is short so that everyone can afford to have a look.

Thanks.

Dr . S.K. Dua



+ HEALTH BE ABOVE ALL ELSE +

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22057570 24560545

## Laughter dose

At 82 years old, a man applied for his first passport.

He was told he'd need a birth certificate, but his birth had never been officially registered.

When he explained his dilemma to the passport agent, the response was less than helpful.

"In lieu of a birth certificate," the agent said, "**you can bring a notarized affidavit from the doctor who delivered you.**"

## The classical page

### Repertory of NAILS

**Affections** -- Alum., *Ant. c.*, Castor eq., *Graph.*, Hyper., Nit. ac., *Sil.*, Upas, X-ray.

**pulp [of], nails recede, leave raw surface** -- Sec.

**Atrophy** -- Sil.

**Biting of** -- Am. br., Arum.

**Blueness** -- Dig., Ox. ac.

**Deformed brittle, thickened (onychogryposis)** -- Alum., Ananth., *Ant. c.*, *Ars.*, Caust., Diosc., Fluor. ac., *Graph.*, Merc., Nat. m., Sabad., Sec., Senec., Sep., *Sil.*, Thuya, X-ray.

### Eruptions

**Around nails** -- *Graph.*, Psor., Stann. mur.

**Falling off** -- Brass., But. ac., Helleb. fort., Helleb.

**Hang nails** -- *Nat. m.*, Sul., Upas.

**Hypertrophy (onychauxis)** -- *Graph.*

### Inflammation

**Around root (paronychia)** -- Alum., Bufo, Calc. s., *Diosc.*, *Graph.*, Hep., *Nat. s.*  
**Pulp (onychia) [of]** -- Arn., Calend., *Fluor. ac.*, *Graph.*, Phos., Psor., Sars., Sil., Upas.  
(.....to be contd)

## Bovista

Persons who suffer from tettery eruptions, dry or moist. Adapted to old maids; with palpitation. *Stammering children* (Stram.). *Enlarged sensation* (*Arg n*). Awkward; *everything falls from hands* Discharge from nose and all mucous membranes; *very tough, stringy, tenacious* (Kali bi.). . Cheeks and lips feel swollen. *Acne* worse in summer; due to use of cosmetics. Usually deep impression on finger, from using blunt instruments, scissors, knife, etc. Intolerance of tight clothing around the waist (Calc., Lach., Sulph.). Sweat in axilla, smells like onions. Haemorrhage: after extraction of teeth (Ham.); from wounds, epistaxis. Great weakness of joints and weariness of hands and feet. Awkwardness, inclined to drop things from hand (Apis); objects fall from powerless hands. Menses: *flow only at night*; not in the daytime (Mag. c. - only in the day, ceases lying, Cac., Caust., Lil.); every two weeks, dark and clotted; with painful bearing down (Sep.). Intolerable itching at tip of coccyx; must scratch till parts become raw and sore. *Diarrhoea before and during menses*. Chronic diarrhoea of old people; worse at night and early morning. *Colic*, with red urine; *relieved by eating*. Must bend double. Pain around umbilicus. Stitches through perineum towards rectum and genitals.

## HOMOEOPATHIC REVIVAL

A monthly homoeopathic newsletter

Dr. D.K. Bhardwaj  
9871020702

Phobia	Fear of...	Medicine
Blennophobia	<i>Slime</i>	<b>BELL</b>
Brontophobia	<i>Thunder</i>	<b>Phos</b>
<b>Dr. Navneet Bidani</b>		

## Know your food: Banana

(contd from previous issue ....)

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Morning Sickness:** Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

(....to be contd)

## Health Tips by Dr Kacker

**PILES:** avoid activities that put a strain on hemorrhoids such as lifting weights or cycling. It is recommended to do swimming. one can resume the usual exercise routine once the flare-up is over. Regular exercise can help prevent hemorrhoids by helping to regulate your bowel movements.

### Do Some Serious Guzzling

The harder the stool, the harder one has to push, which can aggravate hemorrhoids. Water is cheaper than a stool softener, and it is just as effective. It is recommended to try to drink at least eight 8-ounce glasses of water a day. But if water does not help, try a mild, over-the-counter stool softener. If you are salt sensitive and you have high blood pressure, just make sure that the softener you choose does not contain sodium.

(....to be contd)

## Points to ponder....

Whenever you want to know how rich you are? Never count your currency, Just try to Drop a Tear and count how many hands reach out to WIPE.

**that is true richness.**

*Dr. Poonam Chablani*

**vashisht**  
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### Ask our experts....

**Ques.: Is Ginseng in homoeopathic tablet form a good option for general well-being? Manoj**

**Ans:** Ginseng is considered a stabilizer, energizer, and stress reducer. A number of people all over the world take it daily to boost their energy, vitality, and performance or in special situations such as convalescence, aging, and recovery. Ginseng has both short-term and long-term uses. On a short-term basis, you can use ginseng as a rapid and safe stimulant if you've had a sleepless night, if you must cope with an unusually heavy work load, if you're a student facing final exams, if you're suffering from jet lag, or if you wish to improve your performance during an important sports game. Ginseng can also be used to address long-term problems, for example, in recovering from periods of stress and burn-out, in convalescence, in intensive sports training, and in generally remaining alert if you know you are going through an extended period of high stress accompanied by many physical or emotional demands. Ginseng can improve your sexual performance. It is not an aphrodisiac, in the sense of being a sexual stimulant; however it can help to maintain sexual energy and may also help in cases of impotence.

**Precautions:** There are a number of prescription and over-the-counter drugs which may be rendered ineffective or combine dangerously with ginseng. These include aspirin and other anti-inflammatories such as ibuprofen, anticoagulants such as warfarin, drugs that treat diabetes by lower blood sugar and a variety of anti-depressants. If you are taking any of these drugs, consult your doctor before adding ginseng to your daily supplements; you may need to take an altered dosage of ginseng, your prescription may need to be adjusted, or you may not be able to take ginseng at all. Ginseng is a so-called cycle herb, one that should not be taken consistently for long periods of time. After a few weeks of taking ginseng, you should go ginseng-free for a few weeks.

***Dr. Navneet Bidani***

### The editorial board



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