

Dynamic Revolutionary Egalitarian Assurgent Motivative Society

(DREAMS)

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“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

Issue 43

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

Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.

George Bernard Shaw

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The Tips Page

Health Tips...

Don't have any sort of addiction like Alcohol/ Beer / Cannabis / Opium / Smoking or Tobacco in any form/or any type of Drugs etc in your life.

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Tips on pains

Cramping pains

Cuprim, colocynth, mag phos

Erratic pains

Lac can, pills, tiberculinum

Stitching pains

Bryonia, kali carb, squilla

Pains deep in bones

Aurum, asafetida, eupat perf, merc

Pains sensitive

Aconite, chammo, coffea

Dr. E.B. Nash

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

Piles worse before menses: **Cocculus indicus, Phosphorus, Pulsatilla.**

Collinsonia 3X : In Piles, hot, bleeding, itchy like Sulphur. With heart symptoms, in pregnancy.

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be...

If the patient is frightened easily on every noise the medicine is **Borax.**

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

Clinical tips

Bowel disturbed by the slightest deviation in diet : **Allium Sativa**

Complaints of drunkards after leaving of alcohol : **Cal. Ars.**

White spot on the nails : **Nit Acid.**

Colocynth causes colic again & again : **Kali carb.**

Dr. Darshan Kumar
9891715982

C.M.E.

Clinical Communication Skills – Emerging Backhand & Designer Doctors

Speakers : **Dr Vivek Chhabra**, (*Specialty Doctor in Emergency Medicine, UK, James Paget University Hospital*),

Dr KK Aggarwal (*Padma Shri and Dr BC Roy National Awardee*)

Date: **1st March, 2012, Thursday.**

Time : **1–4 PM**

Venue: **Moolchand Medcity**

Dr. K.K. Aggarwal's Tips

Exercise reduces Depression

Quoting a British study published in the American Journal of Epidemiology Dr KK Aggarwal Padma Shri and Dr BC Roy National Awardee, President Heart Care Foundation of India, said that those who get regular vigorous exercise are less likely to develop depression or an anxiety disorder over time.

In general, men who reported regular vigorous exercise — such as running or playing soccer — were about one-quarter less likely than their less active peers to develop depression or anxiety over the next 5 years.

Even Small Amounts of Exercise Are Beneficial

In a study, published in the Journal of the American Medical Association, by Dr Timothy Church of Louisiana State University System it has been shown that even small amounts of physical activity—approximately 75 minutes a week—can improve cardio respiratory fitness levels of sedentary overweight individuals.

Commenting on the study, Dr KK Aggarwal said that while this level of exercise is lower than that currently recommended to produce weight loss, the current findings may be used to encourage those people who don't exercise at present to start some form of physical activity. Improvements in fitness are associated with a reduction in the risk of cardiovascular disease and death.

The National Institutes of Health Consensus Development Panel recommends at least 30 minutes of moderate-intensity physical activity on most days of the week, the reports suggest that 60 minutes of exercise each day may be necessary to prevent weight gain.

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

Investigation tips

Serum calcium:

Normal values range from **8.5 to 10.2 mg/dL**. Higher levels may be due to **Hyperparathyroidism**, Taking too much calcium or vitamin D, HIV/AIDS, tuberculosis, **Metastatic bone tumor**, **Multiple myeloma**, hyperthyroidism, **Paget's disease**, **Sarcoidosis**, medications with lithium etc...

Lower than normal levels may be due to **Hypoparathyroidism**, Kidney failure, Liver disease, Magnesium deficiency, Pancreatitis, Vitamin D deficiency.

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Symptomatology

The **Totality of the Symptoms** means *all the symptoms of the case which are capable of being logically combined into a harmonious and consistent whole, having form, coherency and individuality.* Technically, the totality is more (and may be less) than the mere numerical totality of the symptoms. It includes the "concomitance" or form in which symptoms are grouped.

Hahnemann (Org., Par. 7) calls the totality, "*this image (or picture) reflecting outwardly the internal essence of the disease, i.e., of the suffering life force.*"

The word used is significant and suggestive. A picture is a work of art, which appeals to our esthetic sense as well as to our intellect. Its elements are form, color, light, shade, tone, harmony, and perspective. As a composition it *expresses* an idea, it may be of sentiment or fact; but it does this by the harmonious combination of its elements into a whole--a totality. In a well balanced picture each element is given its full value and its right relation to all the other elements. So it is in the symptom picture which is technically called the Totality. *The totality must express an idea.* When studying a case from the diagnostic standpoint, for example, certain symptoms are selected as having a known pathological relation to each other, and upon these is based the diagnosis. The classification of symptoms thus made represents the *diagnostic idea.* Just so the "totality of the symptoms," considered as the basis of a homœopathic prescription, represents the *therapeutic idea.* These two groups may be and often are different. The elements which go to make up the *therapeutic totality* must be as definitely and logically related and consistent as are the elements which go to make up the *diagnostic totality.*

Your responses...

Hai Sir

Congrats. Nice thought and very nice work. It is so helpful to us. And add some cases that you have cured and discuss one drug every time about specific and gunshot indications by basing on that , so that everyone can prescribe. Don't think otherwise, it is just a suggestion, THANK YOU SIR ,

Dr. Santosh Lallu

Dear editor,

I just came across your magazine. It's nice , informative and interesting. Please keep sending it to me.

Dr. Ruma

Laughter dose

A little old man shuffled slowly into an ice cream parlor and pulled himself slowly, painfully, up onto a stool... After catching his breath, he ordered a banana split.

The waitress asked kindly, 'Crushed nuts?'

'No,' he replied, 'Arthritis.'



+ HEALTH BE ABOVE ALL ELSE

+

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Classical page

Repertory of **AMELIORATIONS**

Acids -- Ptel., Sang.

Bathing -- Acon., Apis, Ars., *Asar.*,
Caust., Euphras., *Puls.*, Spig.

Cold -- Apis, *Asar.*, Bufo, Meph., Nat. m.,
Sep.

Vinegar -- Vespa.

Warm -- Ant. c., Bufo, Radium, *Stront.*,
Thea.

Bending

Double -- Aloe, Cinch., *Col.*, *Mag. p.*

Forward -- Gels., *Kali c.*

Boring into, nose, ears -- Nat. c.,
Spig.

Breakfast, after -- Nat. s., Staph.

Carrying -- Ant. t., *Cham.*

Chewing -- Bry., Cupr. ac.

Coffee -- Euphras., Fluor. ac.

Combing hair -- Formica.

Company -- *Æth.*, *Bism.*, *Kali c.*, Lil. t.,
Lyc., *Stram.*

Consolation -- Puls.

Conversation -- Eup. perf.

Euphrasia

Bad effects from falls, contusions or mechanical injuries of external parts (Arn.). Catarrhal affections of mucous membranes, especially of the eyes and nose. Profuse **acid lachrymation**, with profuse, **bland coryza** (reverse of All. c.). **The eyes water all the time** and are agglutinated in the morning; margins of lids red, swollen, burning. Profuse fluent coryza in morning with violent cough and abundant expectoration, < from exposure to warm south wind. When attempting to clear the throat of an offensive mucus in the morning, gagging until he vomits the breakfast just eaten (Bry.). Profuse expectoration of mucus by voluntary hawking, < on rising in morning. Amenorrhoea, with catarrhal symptoms of eyes and nose; profuse acid lachrymation. Menses: painful, regular, **now lasting only one hour**; or late, scanty, short, lasting only one day (Bar.). Pertussis: *excessive lachrymation during cough; cough only in day time* (Fer., Nat. m.).

Aggravation. - In the evening, in bed, indoors, warmth, moisture; *after exposure to south wind*; when touched (Hep.).

Medical tricks

If you've got an itch in your throat, scratch your ear. When the nerves in the ear get stimulated, they create a reflex in the throat that causes a muscle spasm, which cures the itch.

HOMOEOPATHIC REVIVAL

A monthly homoeopathic newsletter

Dr. D.K. Bhardwaj

9871020702

Phobia	Fear of..	Medicine
Homilophobia	Sermons	Hyo, Nat-c, Sulph
Linonophobia	String	Hyo, can-i, stram
Dr Navneet Bidani		

Know your food: mushroom

Mushrooms are a low-calorie food usually eaten raw or cooked to provide garnish to a meal. Raw dietary mushrooms are a good source of **B vitamins**, such as **riboflavin**, **niacin** and **pantothenic acid**, and the essential minerals, **selenium**, **copper** and **potassium**. Fat, carbohydrate and calorie content are low, with absence of vitamin C and sodium. When exposed to ultraviolet light, natural ergosterols in mushrooms produce **vitamin D2**. Most mushrooms have a **high protein** content. Some mushroom materials, including polysaccharides, glycoproteins and proteoglycans, modulate immune system responses and **inhibit tumor growth**. Studies show that glucan-containing mushroom extracts primarily change the function of the innate and adaptive immune systems, functioning as bioresponse modulators. Helps **lower cholesterol**. Mushrooms can inhibit the production of certain enzymes such as aromatase, which the body uses to make estrogen. This could **reduce the risk of breast cancer**. Steroid-like molecules that inhibit histamine release and have **anti-inflammatory** properties.

Beauty tips

2 tbsps of raddish juice +2 tbsps of tomato juice +2 tbps of lemon juice, mix them apply for half an hour, thrice a week. Really works...

20 painkillers in your kitchen

1. Make muscle pain a memory with ginger

When Danish researchers asked achy people to jazz up their diets with ginger, it eased muscle and joint pain, swelling and stiffness for up to 63 percent of them within two months. Experts credit ginger's potent compounds called gingerols, which prevent the production of pain-triggering hormones. The study-recommended dose: Add at least 1 teaspoon of dried ginger or 2 teaspoons of chopped ginger to meals daily.

Points to ponder....

Life can be much happier and less stressful, if we remember one simple thought – “**we cannot have all that we desire.**”

FYI : Abbreviations

GPRS : General Packet Radio Service.

WAN : Wide Area Network

LAN : Local Area Network

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Nails

Cracked or split nails

Dry, brittle nails that frequently crack or split have been linked to thyroid disease. Cracking or splitting combined with a yellowish hue is more likely due to a fungal infection.

Puffy nail fold

If the skin around the nail appears red and puffy, this is known as inflammation of the nail fold. It may be the result of lupus or another connective tissue disorder. Infection can also cause redness and inflammation of the nail fold.

Dark lines beneath the nail

Dark lines beneath the nail should be investigated as soon as possible. They are sometimes caused by melanoma, the most dangerous type of skin cancer.

Gnawed nails

Biting nails may be nothing more than an old habit, but in some cases it's a sign of persistent anxiety that could benefit from treatment. Nail biting or picking has also been linked to obsessive-compulsive disorder.

Nails Are Only Part of the Puzzle

Though nail changes accompany many conditions, these changes are rarely the first sign. And many nail abnormalities are harmless -- not everyone with white nails has hepatitis. These observations are just the indications to look for into systemic disorders.....

The editorial board



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