

Dynamic Revolutionary Egalitarian Assurgent Motivative Society
(DREAMS)

A charitable society registered under the societies registration act XXI of 1860

“DREAMS - e - homoeo”

A weekly 'e' magazine by DREAMS

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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Issue 23



Chief Editor
Dr. Anupam Sethi Malhotra

Editorial Board:
Dr. Saurav Arora
Dr. Navneet Bidani
Dr. E. A Farooquee
Mr. Mahesh Gidwani

Clinical Tips

Repeated chest infection **morgan pure 202**
Pain in thumb joint **haedeoma 1x**
Uterine haemorrhage after D & C **acid nit 200**

Dr. Nirmal Jeet Singh

Quote

“Let us endeavor so to live that when we come to die even the undertaker will be sorry.”

Mark Twain

Regular Features

Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts

General Medical Info
Latest Info
Investigation Tips
Retro

Lighter Moments
Jokes
Quotes

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Ph. 24628620, 46578155, 9953667589.

Practical Tips

Whatever the disease may be

1. If there is severe anxiety about his/her own children **Acetic acid** is the remedy
2. If there is severe anxiety about the money **Cal flour** is the remedy

Dr E A Farooquee
drfarooquee@gmail.com

B.H.M.S. (I & II YEAR)

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The “Don’t” tips

Ailanthus Glandulosa: Discontinue in scarlatina, when eruption begin to occur.

Ammonium Carb: Don't use before and after lachesis.

Aloes: Don't repeat frequently in rectal condition, wait after few doses.

Baryta carb: Don't use in Catarrhal asthma.

Dr. Navneet Bidani

Dr. K.K. Aggarwal's Tips

Should one take preventive vitamins?

Simple multivitamins (containing 0.5 to 1.5 RDA of all vitamins) are probably not beneficial for most adults who eat a balanced diet and get regular sun exposure or drink vitamin D–fortified dairy products. Because multivitamins may be harmful in some people, vitamin recommendations should be tailored to individual patients.

A diet with five to nine servings of vegetables and fruits per day supplants multivitamin use in most patients. This diet promotes health not only by providing known vitamins, but also because it contains fiber and other less well–defined nutrients and replaces meat and animal fat.

Women of childbearing potential should take a vitamin supplement containing at least 400 micrograms of folic acid per day. In addition to a varied diet, women who are trying to conceive should take a daily supplement of 400 to 800 micrograms folic acid or a prescription prenatal vitamin.

People who take vitamin A–rich diet, pregnant women, and those who are at increased risk for fractures or osteopenia should avoid supplements that contain vitamin A, including multivitamin supplements.

In osteoporosis, or previous fracture, add supplement of 800 IU of vitamin D with calcium, particularly if dietary intake is inadequate and sun exposure on the skin is poor. For all adults over age 70, the RDA is 600 IU per day. The value of vitamin D supplementation is marginal in younger adults but is better established in the elderly.

Padma Shri & Dr B C Roy National Awardee
Dr. K.K. Aggarwal
Chief Editor 'e medinews'

Tips on Sehgal Method

NAKED, wants to be.

Naked: To bare oneself ; to reveal information

Wants: A desire, which MUST be fulfilled.

The patient wants to reveal his inner feeling, information about disease to the doctor.

VERSIONS

* I cannot hide anything from you or anybody else for long. It puts pressure on my mind (LIGHT, desire for) (**BELL**)

* I want to tell you everything. It will help you to choose such a medicine which will give me immediate relief (**BELL**)

* Have you noted down all my symptoms carefully?(would come back many times and repeat his symptoms as he fears that if some symptoms is left unheard by doctor, he may be prescribed wrong medicine (**HYOS**).

* If I will not tell you about my problems then how will you treat me? That's why I have to tell you everything about my disease. (**HYOS**).

* I don't want to hide anything from you as I feel that this disease is going to harm me in future (DELUSIONS, injury about to receive ;is) or I fear that this disease is causing a lot of harm to me (FEAR,is being injured).

So he will constantly try to tell you about his symptoms every time something new (NAKED,wants to be constantly) so that nothing remains hidden from the doctor and he is saved by him, from any supposed injury, disease is about to cause or is causing.

Dr. Preetii Sehgal

Your responses

I am an Indian homoeopath working in Australia. Thank you for sending me the newsletter. Very good one and knowledgeable.

Dr. Agimary Joseph

I regularly read the informative articles. Please keep it up keep sending me the e-magazine.

Dr. Preeti Laroia

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Investigation tips

HDL cholesterol (High Density Lipo proein) or "good cholesterol" prevents atherosclerosis by extracting cholesterol from the artery walls and disposing of them through the liver.

Levels in mg/dL

Low HDL :	<40 (Men), <50 (Women)
Medium HDL :	40-59
High HDL :	>60

Homœopathic Posology

In ordinary usage a physiological dose means a dose of a drug, empirically selected, of sufficient quantity and strength to produce a definite, predetermined effect or group of symptoms. Practically it amounts to the *maximum dose* consistent with safety. A physiological dose of Atropine or Belladonna, for example, is one sufficient to produce dilatation of the pupils, dryness of the mucous membranes and flushing or turgescence of the skin. The action of the drug is carried to this point irrespective of any accessory symptoms that may be produced, or as to whether it is curative or otherwise. No other kind of action is looked for or expected and, as a rule, it is not recognized if it occurs. The intent is to produce a direct definite drug effect. That other effects not desired nor needed are produced incidentally, does not matter. They are left to take care of themselves, and it is not considered that they complicate or prejudice the case if they occur.

Unlike the homœopathic physician, the allopathic practitioner is not trained to observe the finer, more delicate action of drugs upon the living organism and he does not, therefore, recognize the symptoms expressing such actions when they occur. From this point of view such symptoms, so long as they are not serious, are of no importance and have no use.

In considering the reasons why the dose of the medicine chosen homeopathically is necessarily smaller than the physiological dose of antipathic or allopathic prescription, we meet first the fact of *organic resistance*.

Every living organism is endowed with an inherent, automatic power of reaction to stimuli. By means of this power the organism offers resistance to everything which tends to injure or destroy its integrity or disturb its normal functioning. Resistance is manifested by suffering pain, fever, inflammation, changed secretions and excretions, etc.

STUART CLOSE

Health Tips...

Smoking (even passive smoking) is very dangerous for health. According to latest research-fumes of mosquito repellent coils, spraying of mosquito killers like HIT, Beygon etc are 5 times more harmful than smoking, for all, especially for patients suffering from chest diseases (COPD).

By *Dr. S.S. Vithal*
www.drivithal.com

HOMEO REVIVAL

Monthly Homoeopathic
Newsletter

Dr. D.K. Bhardwaj :
9871020702

Laughter dose

FUN IN NOTICE.....

In a London Laundromat:
AUTOMATIC WASHING
MACHINES : PLEASE REMOVE ALL
YOUR CLOTHES WHEN THE
LIGHT GOES OUT

**Outside a London second-hand
shop:**
WE EXCHANGE ANYTHING -
BICYCLES, WASHING MACHINES,
ETC. WHY NOT BRING YOUR WIFE
ALONG AND GET A WONDERFUL
BARGAIN?

**Seen during a London
conference:**
FOR ANYONE WHO HAS
CHILDREN AND DOESN'T KNOW
IT, THERE IS A DAY CARE ON THE
1ST FLOOR

Repertory of psoriasis

BOERICKE

PSORIASIS -- Ant. t., *Ars.*, *Ars. iod.*, Aster., Aur. m. n., Berb. aq., *Bor.*, *Carb. ac.*, *Chrysar.*, Cic., Coral., Cupr. ac., Fluor. ac., *Graph.*, Hep., Hydrocot., Iris, *Kali ars.*, *Kali br.*, *Kali s.*, *Lyc.*, *Mang. ac.*, Merc. aur., *Merc. s.*, Mur. ac., Naph., Nat. ars., Nat. m., Nit. ac., Nit. mur. ac., *Petrol.*, Phos., Platanus, *Sep.*, Strych. ars., Strych. p., Stellar., *Sul.*, Tereb., Thuya, *Thyr.*, Tub., Ustil.

Palms [of] -- Calc. c., Coral., *Graph.*, *Hep.*, *Lyc.*, Med., *Petrol.*, Phos., Selen.

Prepuce, nails -- *Graph.*, *Sep.*

Tongue [of] -- *Graph.*, Mur. ac., *Sep.*

KENT

psoriasis : Alum., am-c., ambr., **Ars-i.**, *ars.*, aur., bor., bry., bufo., *calc-s.*, *calc.*, *canth.*, carb-ac., *chin.*, *clem.*, cor-r., cupr., dulc., iod., *iris.*, *kali-ar.*, *kali-br.*, *kali-c.*, *kali-p.*, *kali-s.*, led., *lob.*, **Lyc.**, mag-c., *mang.*, merc-c., merc-i-r., *merc.*, *mez.*, *nit-ac.*, nuph., *petr.*, ph-ac., *phos.*, **Phyt.**, *psor.*, *puls.*, ran-b., *rhus-t.*, *sarr.*, *sars.*, **Sep.**, *sil.*, *sulph.*, tell., teucr., thuj.

diffusa : *Ars-i.*, *ars.*, *calc.*, *cic.*, *clem.*, dulc., *graph.*, *lyc.*, merc-i-r., *mez.*, mur-ac., *rhus-t.*, *sulph.*, thuj.

inveterata : Calc., carb-ac., *clem.*, *kali-ar.*, *mang.*, merc., *petr.*, *puls.*, *rhus-t.*, *sep.*, *sil.*, *sulph.*

symphilitic : **Ars-i.**, *ars.*, aur., *cor-r.*, *kali-br.*, **Merc.**, *nit-ac.*, **Phyt.**, *sars.*, thuj.

FUCUS VESICULOSUS Sea Kelp

A remedy for obesity and *non-toxic goitre*; also exophthalmic. Digestion is furthered and flatulence diminished. Obstinate constipation; forehead feels as if compressed by an iron ring. Thyroid enlargement in obese subjects.

Dose.--Tincture, five to sixty drops three times a day before meals.

Allopathic old texts:-

Fucus Vesiculosus is a perennial plant of the order Algae, commonly called *Bladder-wrack* or *Sea-wrack*, which grows as a sea-weed along the coast, and may be easily recognized by its flat leaf, with a midrib throughout its length, and in it a number of small spherical vesicles, filled with air. It contains mucilage, soda and Iodine, but less of the latter than is found in other algae which inhabit deeper water. A *Decoction* of the plant is the best form in which to administer it.

Therapeutics. Fucus was formerly official in the Irish Pharmacopoeia, and has been employed as an alterative and tonic in goitre, psoriasis, glandular enlargements, etc., but more especially to produce the absorption of adipose tissue, an extract being largely sold as a remedy for obesity, under the name of "Anti-fat".

Samuel O. L. Potter, M.D.



+ HEALTH BE ABOVE ALL ELSE +

RANA HOMOEOPHARMACY

114, Hari Nagar Ashram Chowk,
Mathura Road, New Delhi 14

Surendra Singh Rana

32957572, 24560545, 9811986885

Juice recipes for Good Health

Super Skin

It is a very well know fact that orange and cucumber are the most vital things to have if one is concerned about the skin. A combination of these two combined with ginger will act as a supper supplement for your skin. Its combined effect will improve the skin texture and moisture content in the skin. It is also a body heat reducing drink.

Proportion : 2 parts orange, 2 parts cucumber, ½ part ginger.

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vashisht

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- **The human HEART creates enough pressure when it pumps out to the body to squirt blood 30 feet.**
- **At 40 Centigrade a person loses about 14.4 calories per hour by breathing.**
- **When you blush, the lining of your stomach also turns red.**

Myositis

Myositis is a general term for inflammation of the muscles. Many such conditions are considered likely to be caused by autoimmune conditions, rather than directly due to infection, although autoimmune conditions can be activated or exacerbated by infections. It is also a documented side effect of the lipid-lowering drugs statins and fibrates.

Elevation of creatine kinase in blood is indicative of myositis

The disorder develops slowly, with a gradual increase of rigidity of the muscles, usually of the limbs, first with soreness and finally pain and swelling. All movement is difficult and painful, and finally serum infiltrates into the structures, producing an edema which may become general.

There is marked malaise and indisposition to physical exercise. There may be slight chilliness with a mild fever and nausea and vomiting and loss of appetite and an inability to masticate or swallow food from involvement of the muscles of the head and neck. Constipation is common. Acute inflammation of contiguous organs may occur during its course. As the disease progresses the tongue may become dry and coated with a brown coat, and the mucous membranes are dry and dark colored, resembling a typhoid condition without the characteristic fever. In most particulars the symptoms very closely resemble those of trichina spiralis.

There is a form of myositis in which permanent hardening—an actual ossification—takes place in the structure of the muscle. This is known as **ossifying myositis**. It is of rare occurrence. It occurs in males in early adult life. The actual cause is unknown. Calcareous matter is deposited into the sheaths of the muscular fibrillae and around the joints, producing permanent rigidity.

Dr. M. L. SEHGAL'S HOMOEOPATHIC RESEARCH and EDUCATIONAL TRUST is going to establish **SEHGAL ACADEMY** by August, 2011. It is for the first time that any such kind of academy is going to be set up in which a student will learn everything about the mind chapter. It is a seven day course. The purpose of this academy is to create proper awareness of mind that has not got proper recognition in our studies and practices. The admission is open for any student, from anywhere in the world. It could be final year student or intern or practitioner, who has interest in Sehgal method.

To know more about this

log on to www.ssrhindia.com or contact Dr Preetii Sehgal : 9811048519

ADVT

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