

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

Issue 30

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.

Chief Editor
Dr. Anupam Sethi
Malhotra

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



Quote

India is the cradle of human race, the birth place of human speech, the mother of history, the grandmother of legend and the great grandmother of tradition.

Mark Twain

Now Follow DREAMS e homoeo on electronic platform too-
Visit the following links for all past and present issues of
Dreams e homoeo



www.drbidani.co.nr &
www.audesapere.in/enewsletters.html

Regular Features

Homoeopathic Topics
Therapeutics
Materia Medica
Organon
Repertory
Stalwarts

General Medical Info
Latest Info
Investigation Tips
Retro

Lighter Moments
Jokes
Quotes

B. JAIN HOMOEEO AGENCIES

Shop No. 6, 1400/1, Hans Plaza Gali no. 7, Wazir Nagar, Kotla Mubarakpur, New Delhi -03.
Ph. 24628620, 46578155, 9953667589.

The Tips Page

Health Tips...

Sit in silence for at least 10 minutes each day. Buy a lock if you have to.

Dr. S.S. Vithal
www.drivithal.com

B.H.M.S. (I & II YEAR)
Need personal coaching or expert guidance?

CALL : PAL

9711692202

Private Tutor

**ALSO COACHING BIOLOGY
FOR
MEDICAL ENTRANCE**

Tips on vocational hazards....

CRAMPS, of carpenters, After prolonged use of tools..... **Mag Phos.**

PROBLEMS of Hospital Ward Boys, after inhaling foul odour.... **Anthr, Pyrog, Echin.**

HEADACHE of Laundry Workers, from ironing..... **Bry.**

NAILS destruction of Washerwomen, by washing clothes.....**Sep.**

RAILWAY SPINE of Commercial Travellers.....**Bellis Perennis.**

Dr. Daljeet Kishore

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

Cough waken the patient : **Sulphur**
Sleepy while sitting : **Sepia**
Pain vertex, Sleep ameliorates : **Calc. carb**
Sweetish taste in mouth : **Mercurius, Pulsatilla, Sulphur.**

Contributed by
Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If a patient can't do anything before others, because he/she is intensely shy, **Ambra grisea** is the medicine.

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

Clinical tips for some common mother tinctures

Aspidosperma : In Asthmatic condition as aged (wants to breath during exertion)

Azardica Indica – Blood purifier & good for skin disease.

Allium Sativa – Lower blood pressure.

Aralia R. – Asthmatic condition increases lying down.

Arg. Nit. – Loss of mental & physical balance.

Ashwagandha – Hypertension & mental weakness.

Dr. Darshan Kumar

Please CHECK WASTAGE OF FOOD. If you have a function/party at your home in India and food gets wasted, don't hesitate to call 1098. This is the number of Child helpline. They will come and collect the food. AND LETS TRY TO HELP INDIA BE A BETTER PLACE TO LIVE IN. Please Save Our Mother Nature for "OUR FUTURE GENERATIONS"

Dr. S.K. Vashisht

Dr. K.K. Aggarwal's Tips

(...contd from previous)

7. Her HDL is less than 50mg/dL. LDL Goals are dependent upon risk. The following levels of lipids and lipoproteins in women should be encouraged through lifestyle approaches: LDL-C<100mg/dL; HDL-C>50mg/dL; triglycerides <150mg/dL; and non-HDL-C (total cholesterol minus HDL cholesterol) <130 mg/dL. If a woman is at high risk or has hypercholesterolemia, intake of saturated fat should be <7% and cholesterol intake <200 mg/d. For diabetic women, LDL should be <100. For vascular disease and very high risk women, LDL should be<70. HDL of 60 mg/dL is considered cardioprotective. One can raise HDL by taking in 2–3T of olive oil daily, quitting smoking, getting regular aerobic exercise and maintaining a healthy weight.

8. She is overweight by 20 pounds or more (More than one-third of women are more than 20 pounds overweight.)

9. Either natural or through surgery, early menopause—before the age of 40 – is associated with increased risk for cardiovascular disease. Taking birth control pills greatly increases risk of heart attack & stroke, especially after age 35.

10. She has a high demand/low control job with sustained high levels of stress. Stress is a normal part of life.

11. A healthy diet consists of eating fruits, vegetables and whole–grain high–fiber foods (aim for 5 servings of vegetables and 2 servings of whole fruit daily);

- Eating fish, especially oily fish, at least twice a week
- Limiting saturated fat to < 10% of energy, and if possible to <7%, cholesterol to <300 mg/dL
- Limiting alcohol intake to no more than 1 drink per day
- Limiting sodium intake to <2.3 g/d (approximately 1 tsp salt)
- Avoiding all trans–fatty acids (listed as "hydrogenated oil" in the ingredients section)

12. Pregnant and lactating women should avoid eating fish potentially high in methylmercury

13. Having at least three of a cluster of symptoms that are listed below put her at risk:

- High blood sugar >100 mg/dL after fasting;
- High triglycerides – at least 150 mg/dL;
- Low HDL (<50 mg/dL in women);
- Blood pressure of 130/85 or higher and Waist >35 inches. (Waist measurement of 35 inches or more or waist–to–hip ratio greater than 0.80 is a predictor of high triglycerides and low HDL levels)

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

Lighter reading.....

Laughter dose

My nieces Jessica, age five, and Stephanie, age three, were chatting with their mom when Stephanie asked, "Mommy, does God really make rainbows?"

"Of course he does," my sister replied. Jessica nudged Stephanie and explained, "**Only God has such big crayons.**"



+ HEALTH BE ABOVE ALL ELSE +

RAMA HOMOEOPHARMACY

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

Surendra Singh Rana
32957572, 24560545, 9811986885

Investigation tips....

Alpha-Fetoprotein (AFP)

It can also be used as a **biomarker** to detect a subset of tumors in non-pregnant women, men, and children. A level above 500 ng/ml of AFP in adults can be indicative of **Hepatocellular carcinoma, Germ cell tumors, and metastatic cancers of the liver.**

In pregnant women it is used as a screening test for a subset of developmental abnormalities: it is principally **increased** in open neural tube defects and omphalocele & **decreased** in Down syndrome.

Your responses...

Dear Editors,
I am extremely happy to subscribe for this e-Magazine on Homeopathy. The standard is quite good. I offer my unconditional support to conduct free medical camps in villages and I can diagnose any disease instantaneously with the aid of acupuncture techniques. God bless your entire team of philanthropic mind sets.

Dr. Dhananjaya Bhupathi

Hello Dr. Anupam,
Thanks for sending this lovely, informative magazine.

Dr Puja Kapoor

A charitable trust distributed **Ledum pal 200** to treat scorpion bites in around 1000 villages in Andhra Pradesh, where this problem is very much prevalent & where there are no facilities. More than 95% cases are successful even for the dog bites and the snake bites also. Thousands of cases are registered along with the signatures of patients and the time taken for the relief. In most of the cases pain was relieved within 10 minutes of administration of medicine.

Dr. Neelaveni Tanguturi

Points to ponder....

Trust the one who can see three things in you ~
sorrow behind your smile,
love behind your anger &
reason behind your silence!

Dr. Saurav Arora

The classical page

Repertory

Warmth and Aggravation from Warmth.

Others:

Antimonium tart.: the head is worse from warmth; cough is worse from warm drinks; aggravation from getting warm in bed; drowsy from warmth.

Bryonia: head, face and chills are worse. Cough worse from warm air and room.

Drosera: while always chilly, has < of cough; ulcers, and pain in long bones from warmth.

Dulcamara: the cough, nettle rash and sneezing worse from warmth.

Graphites: is worse from dry heat in the evening and night; itching is worse from heat of stove; toothache is worse from warmth.

Ipecac: the heat aggravates the chill; worse from warm, moist, south winds.

Lachesis: worse in warm spring weather (e. g., diarrhoea) and from warmth of bed; diarrhoea aggravated.

Lycopodium: has desire for open air; warmth < eruptions; warm room < cough and headache. Aversion to warm food (warm drinks > pain in throat); longs for cold food although it < diarrhoea and cough.

Ambra Grisea

For children, especially young girls who are excitable, nervous and weak; nervous affections of old people, nerves "worn out." Lean, thin, emaciated persons who take cold easily. Great sadness, sits for days, weeping. After business embarrassments, unable to sleep, must get up (Act., Sep.). Ranula with fetid breath (Thuja). Sensation of coldness in abdomen (Cal.). **The presence of others, even the nurse, is unbearable during stool;** frequent, ineffectual desire, which makes her anxious. Discharge of blood between periods, at every little accident - a long walk, after very hard stool, etc. Leucorrhoea; *thick, bluish-white mucus*, especially or only at night (Caust., Mer., Nit. ac.). Violent cough in spasmodic paroxysms, with eructations and hoarseness; worse talking or reading aloud (Dros., Phos.); evening without, morning with expectoration (Hyos.); whooping cough, but without crowing inspiration.

Aggravation. - Warm drinks, warm room; music; lying down; reading or talking aloud; the presence of many people; after waking.

Amelioration. - After eating; cold air; cold food and drinks; rising from bed.

HOMŌEO REVIVAL

Monthly Homoeopathic Newsletter

Dr. D.K. Bhardwaj
9871020702

Phobia	Fear of...	Medicine
<i>Acrophobia</i>	<i>Heights</i>	<i>Arg Nit</i>
<i>Aerophobia</i>	<i>Flying</i>	<i>Can-i</i>
Dr. Navneet Bidani		

Ask our experts ...

Q. My 13 years old daughter has developed urticaria for the last three months. She gets swollen patches on her body and at times a swollen lip. She had malaria seven months back and had stomach infection after a month. Her skin rashes were earlier appearing every 12-24 hours but would disappear completely with 1/2 tablet of Cetzine. After de worming (Nizonide 500 mg) and one week of Rantac (150mg - 2 tablets per day), they have been pushed to every 3-4 days. She is also taking homeopathy treatment.

A. Urticaria can be caused by anything you can think of. It may be something which you have tolerated for years and now suddenly it is causing allergy. It may be something in the air like pollens, air fresheners, mosquito repellents etc. or some ingestants like adulterants, preservatives, flavouring agents, nuts etc. or an internal problem like worm infestation, hepatitis, collagen disorder etc. Thus, the permanent cure of urticaria will occur only if one identifies such a cause and removes it. This is not an easy task. It is also true, that with the passage of time, most cases will resolve on their own, whether you find the cause and remove it or not. Therefore, one gives minimal medicines so that the patient is comfortable enough to do one's chores and yet not suffer from side-effects. If however, too heavy medication is required or if the patient develops some other symptoms, then one would not like to wait for spontaneous resolution. Since the urticaria seems to be waning in your child, one can wait for some time for spontaneous resolution before embarking on a probable lengthy investigation.

Dr. Navneet Bidani

Info....

**Institute of Health Sciences, 819 N. L.L.C.
Charles Street Baltimore , MD 1201.**

This is the latest in medicine, effective for cancer!

Read carefully & you be the judge. Lemon is a miraculous product to kill cancer cells. It is 10,000 times stronger than chemotherapy. lemon juice is beneficial in preventing the disease. Its taste is pleasant and it does not produce the horrific effects of chemotherapy. As you know, the lemon tree is known for its varieties of lemons and limes. You can eat the fruit in different ways: you can eat the pulp, juice press, prepare drinks, sorbets, pastries, etc... It is credited with many virtues, but the most interesting is the effect it produces on cysts and tumors. This plant is a proven remedy against cancers of all types. Some say it is very useful in all variants of cancer. It is considered also as an anti microbial spectrum against bacterial infections and fungi, effective against internal parasites and worms, it regulates blood pressure which is too high and an antidepressant, combats stress and nervous disorders.

The source of this information is fascinating: it comes from one of the largest drug manufacturers in the world, says that after more than 20 laboratory tests since 1970, the extracts revealed that: It destroys the malignant cells in 12 cancers, including colon, breast, prostate, lung and pancreas ... The compounds of this tree showed 10,000 times better than the product Adriamycin, a drug normally used chemotherapeutic in the world, slowing the growth of cancer cells. And what is even more astonishing: this type of therapy with lemon extract only destroys malignant cancer cells and it does not affect healthy cells.

*Courtesy
Ashok Gupta.*

Don't put your mobile closer to your ears until the recipient answers, Because directly after dialing, the mobile phone would use its maximum signaling power, which is: 2watts = 33dbi. Please Be Careful. Please use left ear while using cell (mobile), because if you use the right one it may affect brain directly. This is a true fact from Apollo medical team.

Dr. Dhananjaya Bhupathi.

Upcoming events

CARDIOLOGY STUDY CIRCLE: "Angina" on Thursday 1st September, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. 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

Opening A MULTISPECIALITY HOMOEOPATHIC HOSPITAL at Jagadhari. Treating the Gangrene, Malignancy, Dengue & other Viral diseases, Kidney Diseases etc. Contact: Dr. Jatinder Sharma : 9416022626, e mail : jatindersharma0204@gmail.com

vashisht

HOMOEOPATHIC PHARMACEUTICALS

GMP
CERTIFIED

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

Works : Plot No. 99, I.E. Medchal, Hyderabad 501401

Ph. : 08418-222111, 9848065885

Website : www.vashishthomoeo.com, E mail : sk_vashisht@hotmail.com

Special offer to DREAMS e homoeo readers:

- 70% discount to supply a set of 12 Bio chemic Tissue salts.
- The supply at the door step, in packing of (30gms--100gms--500gms-).
- This offer is valid for limited period.

The editorial board



Disclaimer: The opinions expressed in the articles published in the 'Dreams e homoeo' belong solely to the authors. The Editorial board may or may not be in agreement with the views expressed in the news-letter by the respective authors.