

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 24



Chief Editor
Dr. Anupam Sethi Malhotra

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

Clinical Tips

Laughs while talking**Bell, Strych, Phos, Crocus**
Stiffness of neck **Strychnine**
No capacity or interest in business **Agnus castus**

Dr. Nirmal Jeet Singh

Quote

“A person should not be too honest. Straight trees are cut first and honest people are screwed first.”

Chanakya

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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Don't do that.....

Calc-carb: Not to be used before Sulphur and Nitric acid. Not to be repeated in person of very advance age.

Hepar sulph: Don't use in the beginning of coryza.

Rhus-tox: Don't give it to hot patient even if exactly correspond the symptoms.

Dr. Navneet Bidani

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

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Health Tips...

External application of TURNIP JUICE provides immediate relief in cracked skin in winter.

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

Dr. K.K. Aggarwal's Tips

Should one take preventive vitamins?

(contd from prev)

- ✚ High dose vitamin E (≥ 400 IU/day) increases all-cause mortality. No one without special indications take supplements containing high doses of vitamin E for preventive health care.
- ✚ Patients on anticoagulants should not be given high doses of vitamin E, which might cause bleeding complications.
- ✚ Patients at risk for vitamin deficiency, such as those with alcoholism, malabsorption, vegan diet, a history of gastric bypass surgery, or some inborn errors of metabolism, as well as those being treated with hemodialysis or parenteral nutrition, should receive multivitamins.
- ✚ Blood tests for vitamin deficiency are useful in some patients. Marginal blood levels should not be overinterpreted as abnormal. Patients with clear-cut deficiencies should be treated with additional vitamins.
- ✚ Patients should not use large doses of individual vitamins.

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

If you see children Begging anywhere in INDIA, please contact: "RED SOCIETY" at 9940217816. They will help the children for their studies.

Dr. S.K. Vashisht

Tips on Sehgal Method.....

SHRIEKING, aid for

SHRIEKING: uttering a sharp cry (not pleasing to ear)

Aid: not complete but partial assistance. That part of assistance which one needs to fulfill the deficiency being experienced in one's own efforts. {as compared to **HELP**: A complete assistance, as the person is unable to carry out his work by himself }
Nutshell meaning: Asking for a helping hand in an UNPLEASANT manner

1. I have to look after household chores all alone. Nobody tries to help me. Although I am doing my work but shouldn't they assist me as I am sick.

2. I was just passing from here and thought of meeting you. Although I am able to tolerate my headache by taking home remedies like Tulsi tea or applying balm and thus carry out my work but I think a dose of your medicine will increase my efficiency.

These are the versions of **PLATINA** patients. **PLATINA** has superiority complex so he will not ask for assistance directly as he feels he is able to carry out his work himself and a little bit of outside help may help him to do his work more efficiently. That's why he asks for help in an unpleasant tone. A stage may come later, when without outside help he can't move and at that times he **CALLS** for **HELP** (**DELUSIONS**. help calling for) which will be explained next time.

Dr. Preetii Sehgal

Practical Tips

Whatever the disease may be

If there is strong desire to lie in bed, if an individual demands to remain in bed, if a person enjoys the bed.....

Hyoscyamus is the medicine.

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Investigation tips

Triglyceride

It is the main constituent of vegetable oil and animal fats. High levels of triglycerides have been linked to atherosclerosis , heart disease and stroke.

LEVELS: (in mg/dL)

Normal :	<150
Borderline high :	150-199
High :	200-499
Very high :	>500

Free Education and Free hostel for Handicapped/Physically Challenged children.
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Dr. S.K Vashisht

Diet according to the blood group

The **blood type diet** is a diet advocated by Peter D'Adamo, who claims that ABO blood type is the most important factor in determining a healthy diet, and he promotes distinct diets for people with O, A, B, and AB blood types. According to this theory, human blood type is key to the body's ability to differentiate self from non-self. Lectins in foods

- Blood group **O** is believed to be *the hunter*, the earliest human blood group. The diet recommends that this blood group eat a higher protein diet. It is believed that O blood type was the first blood type, originating 30,000 years ago.
- Blood group **A** is called *the cultivator*, and believed to be a more recently evolved blood type, dating back from the dawn of agriculture, 20,000 years ago. The diet recommends that individuals of blood group A eat a diet emphasizing vegetables and free of red meat, a more vegetarian food intake.
- Blood group **B** is, *the nomad*, associated with a strong immune system and a flexible digestive system. The blood type diet claims that people of blood type B are the only ones who can thrive on dairy products and estimates blood type B arrived 10,000 years ago.
- Blood group **AB**, *the enigma*, the most recently evolved type, arriving less than 1,000 years ago. In terms of dietary needs, his blood type diet treats this group as an intermediate between blood types A and B.

Your responses...

hey! Anupam

Nice to see your 'e'-magazine. I enjoy reading this! kudos!

Dr. Preetha Nair

Congratulations Dr Anupam,
Its really a tough task... but you are doing it so well. Thank you for your magazine.

Dr. R. Balaji

<http://doctorbalaji.blogspot.com>

HOMOEOPATHIC REVIVAL

Monthly Homoeopathic
Newsletter

Dr. D.K. Bhardwaj :
9871020702

Laughter dose

The other day my neighbor came running up to me in the driveway jumping for joy. She said, "I have some really wonderful news!"

"Great! Tell me why you're so happy." "I'm going to have TWINS". Amazed at how she could know so soon, I asked her, "How do you know?" "Well, that was the easy part. I went to Sam's Club and they had a home pregnancy kit in a **twin-pack**. Both tests came out **positive**!"

Special phone number for Eye bank and Eye donation: **04428281919** and **04428271616** (Sankara Nethralaya Eye Bank). For More information about how to donate eyes plz visit these sites. <http://ruraleye.org/>

Dr. S.K Vashisht

Repertory

CONSTIPATION

CAUSE

Enemas, Abuse of -- *Op.*
Confinement [after], hepatic and uterine inertia -- *Mez.*
Purgatives, abuse of [from] -- *Aloe, Hydr., Nux v., Sul.*
Cheese [from] -- *Col.*
Gastric derangements [from] -- *Bry., Hydr., Nux v., Puls.*
Going to sea [from] -- *Bry., Lyc.*
Gouty acidity [From] -- *Grat.*
Hæmorrhoids [From] -- *Æsc. gl., Æsc., Caust., Collins., Hydr., Nat. m., Nux v., Pod., Sul.*
Impaction [From] -- *Plumb. m., Pyr., Selen.*
Lead poisoning [From] -- *Op., Plat.*
Mechanical injuries [From] -- *Arn., Ruta.*
Mental shock, nervous strain [From] -- *Mag. c.*
Peristaltic irregularity [From] -- *Anac., Nux v.*
Travelling [From]; in emigrants -- *Plat.*
Torpor of rectum [From] -- *Aloe, Alum., Anac., Caust., Cinch., Lach., Lyc., Nat. m., Op., Psor., Selen., Sep., Sil., Ver. a.*

Tips for beautiful, flawless skin

Eight Enemies of skin's complexion:

- Age (getting aged)
- Lack of sleep
- Lack of nutritional food
- Alcohol
- Smoking and chewing tobacco
- Lack of exercise
- Exposure to sunburns and polluted environment
- Wrong life-style

Did you Know?

- Not drying the skin after taking bath and wearing clothes over wet skin is equivalent to inviting skin infections.
- Lack of sleep & rest can result in dusky complexion and dark rings beneath and around the eyes.
- Covering the face with bed sheet or blanket while sleeping may ruin the complexion and texture of the face.
- Constipation triggers lackluster skin (lacking brightness).
- Improper & inferior quality face- creams and creams not in tune with oily or dry skin may harm the face and its texture.
- Sunlight exposure, frostbite, corns, callosities and shoe blisters also causes damage to the skin though temporarily. The skin returns to its normal texture even without medicines provided.
- Visiting your friends/ relatives admitted in the hospitals ICU wards without wearing a mask (face cover cloth) on the face is inviting infectious diseases. Such visits could also trigger or increase facial acne or pimples.
- Anxiety, fear, repressed anger and emotions lead to many skin diseases.

From the book

"See the best in you" by

Dr. Shiv Dua

Published by B. Jain Publishers (P) Ltd.



+ HEALTH BE ABOVE ALL ELSE +

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Surendra Singh Rana
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Juice recipes for Good Health

The Wild Thing

Apple, Pineapple and Watermelon blends together to form a wonderful mouth watering juice which is excellent for you kidney and bladder. It also helps dispelling excess salts from your body. Some people use a tint of salt with this juice but drink is better without the salt flavor.

Proportion- 2 Apples, 1/2 Pine apple and 1/4 Watermelon (The seeds should be removed otherwise the taste will differ)

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vashisht

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Dr. S.K Vashisht

Valeriana

Excessive nervous excitability; hysterical nervous temperament (Ign., Puls.); persons in whom the intellectual faculties predominate; changeable disposition. Red parts become white (Fer.). Feels light as if floating in the air (Asar., Lac c., - as if legs were floating Sticta). Oversensitiveness of all the senses (Cham., Nux). Sensation of great coldness in head (on vertex, Sep., Ver.). Sensation as if a thread were hanging down throat (on tongue, Nat. Sil.). Child vomits: *curdled milk, in large lumps; same in stools (Aeth.); as soon as it has nursed, after mother has been angry.* Sciatica: pain < **when standing and letting foot rest on floor** (Bell.); when straightening out limb, during rest from previous exertion; > when walking.

What the others say.....

Valerian is an excellent herb to use to make you sleep, in combination with other herbs, or used alone. The active constituents are the volatile oil (isovalerianic acid) and valepotriates. Valerian depresses the central nervous system, similar to GABA (which occurs naturally in the brain and inhibits nerve impulse transmission.) There are no cons to taking valerian other than if you use it other than in a capsule it can smell up your house as a tea. Or if you have cats they may rub up and down your leg (they like it, similar to catnip) while you are drinking you tea, causing you to stumble and fall, spilling hot liquid all over yourself. For Valerian to be effective you must take it in sufficient quantities to work e.g. 1-2 tsp. of the alcohol extract before bed, or 6-10 capsules of the dried plant. Onset is typically 1 hour. You may awaken a little muddleheaded, which is quickly relieved as soon as you move about. For a daily dose, 5 ml (1 tsp.) of the alcohol extract 3 times a day between meals is the standard dose.

Henriette

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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