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(DREAMS)

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“DREAMS - e - homoeo”

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Issue 34

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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Dr. Anupam Sethi Malhotra

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



Quote

"The fundamental cause of trouble in the world is that the stupid are cocksure while the intelligent are full of doubt."

- Bertrand Russell

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The Tips Page

Health Tips...

Early morning (3-5 o'clock) meditation is very beneficial to relieve all sorts of mental or physical stress.

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

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Tips on angina pectoris.....

Hydrocyanicum Acidum : Violent palpitation with cold extremities. Torturing pain in chest.

Kalmia Latifolia : *Sharp pains take away the breath.* Shooting through chest above heart into shoulder-blades.

Latrodectus Mactans : violent, præcordial pain extending to the axilla and down the arm and forearm to fingers, with numbness of the extremity.

Lilium Tigrinum : Angina pectoris with pain in right arm.

Naja Tripudians : Angina pains extending to nape of neck, left shoulder and arm with anxiety and fear of death.

(to be contd....)

Dr. Anupam Sethi Malhotra
9810545958

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

Proteus and **Tuber bov.** for cross and irritable children.

Chamomilla, **Tuber bov.** and **Proteus** for children with tempers

Thuja: Sore throat after bad vaccination.

Natrum silico-fluoride : is known as bone scraper, for discharges from fistulae.

Natrum sulphuricum : Diarrhoea only during daytime, worse wet.

Contributed by

Dr. Navneet Bidani

Practical Tips

Whatever the disease may be....

If the child makes gestures of hand all the time, **Hyosyamus** is the medicine.

Dr E A Farooquee
drfarooquee@gmail.com
9811370571

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

"CARDIAC ARREST" on Friday 7th October, 2011, 3 p.m. at The Auditorium, Moolchand Medcity. Speaker : Dr. K.K. Aggarwal. For free registration call Dr. Mini Mehta: 9999187181 or mail: minimehta614@yahoo.co.in

Do not ignore early morning chest pain

The circadian variation in frequency of heart attack, sudden cardiac death, and heart pain is characterized by a morning peak. Maximum heart attacks and sudden heart death occur between the hours of 6 a.m. and noon compared to the rest of the day.

Cardiac events are triggered stimulation of sympathetic nervous system. Fibrinolytic or the clot-dissolving capacity is also low in the morning. Among patients with stable heart blockages, plasminogen activator inhibitor-1 activity peaks in the early morning while tissue plasminogen activator activity is at its nadir.

Lessons

1. If you are a heart patient, do not smoke just after getting up. It can increase the sympathetic activity.
2. If you are a heart patient, do not take a cup of tea or coffee immediately after getting up. It can increase the sympathetic activity
3. Heart patients should take their drugs in the night so that the drug is available in the blood in the morning hours
4. Heart patients should not exercise early in the morning if they have not taken their morning drug or the previous night drugs.
5. Heart patients should not do Kapalbhathi or Bhastrika pranayama without medical supervision.
6. Early morning anger can be harmful.
7. Early morning is more harmful in winter and near full moon.
8. Early morning is more harmful in diabetic patients.
9. Early morning is more harmful in uncontrolled blood pressure patients.
10. Beta blockers and aspirin can prevent early morning heart attack and sudden heart death.

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

Investigation tips....

Semen analysis or Male fertility test or Sperm count

Semen analysis is a test to measure the amount and quality of a man's semen and sperm. Semen is the thick, white, sperm-containing fluid released during ejaculation

- The normal volume varies from 1.5 to 5.0 milliliter per ejaculation.
- The sperm count varies from 20 to 150 million sperm per milliliter.
- At least 60% of the sperm should have a normal shape and show normal forward movement (motility).

Tips for normal delivery

Keeping healthy and fit during your child bearing months is of prime importance. Besides maintaining healthy practices, one could also make use of following measures for ensuring a normal delivery:

- To begin with, the pregnant woman should avoid standing for too long during the advanced stages of pregnancy. Standing will exert gravitational pull on the baby getting it further down in pelvis. This might pose problems. She should also avoid carrying heavy.
- Spicy food or food items which have a warming effect on the system is known to facilitate normal childbirth. But if experiencing nausea or heartburn then, one should avoid spicy food.
- Fruits like pineapple, papaya, and mangoes are rich in bromelain, which is an enzyme with a softening impact on the cervix. Therefore, they are primarily considered labour stimulating foods. However, make sure you consume them in fresh form. Canned fruits would lose the bromelain content as a result of processing.

(.....to be contd)

Dr Kacker

Laughter dose

A little boy was sitting sadly after being shouted at by his mom. Dad asked : "What happened son?" Kid : "Dad, I can't handle your wife anymore! **I want my own wife!**"

Your responses...

Hello Dr. anupam,
E-magazine is very good & informative.

Dr. P. Manisha

Thank you very much, for such meaningful educational tips. My best wishes are always with you. Please keep this gesture.
with regards

Dr Vinod Madan

Dear Madam,
Thanks for your emails. They are really fruitful. Regards.

Dr. Nikita Kashyap

ॐ
+ HEALTH BE ABOVE ALL ELSE +
RANA HOMOEOPHARMACY
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Points to ponder....

We Judge Ourselves By what We Feel
we're Capable of Doing, While Others
Judge us By what We have Already Done!

Mahesh Gidwani

The classical page

(sample pages) of Repertory of Concomitant Symptoms

CRAMPS:[BONES]

Tearing, pain, cramp-like: *Valer.*, *Aur.*, *Olnd.*

CRAMPS:[BREASTS]:

Breast-feeding, stomach, cramp, from nursing : *Carb-an.*, *Carb-v.*, *Chin.*, *Phos.*

Breast-feddng, stomach , cramp, from, nursing emptiness feedling with : *Carb-an.*, *Ign.*, *olnd.*, *Sep.*

Cramp, praduually, increasing, and, decreasing in: *Plat.*

Crampy, pain, : *Lil-t.*, *Plat.*

Pain, nurses, while, child, cramps : *Cham.*

CRAMPS:[CONSTITUTION]:

Elderly, people, cramps, in, lges : *CALC.*, *Cupr-acet.*, *Mag-p.*, *Cupr.*

Elderly, people, plethoric, well, nourished painful cramp in calves or toes worse at night: *Nux-v.*

Gouty, constitutions, headache, intermittent, pains semi-lateral tearing drawing crampy : *Coloc.*

Rheumatic, constititons, intermittent, headache, semi-lateral tearing drawing crampy : *Coloc.*

Women, cramps: *Cocc.*

CRAMPS:[COUGHING]:

Cramps, in, chest, from: *Bell.*

Evening, 9, p, m, 9 p m about with fever followed by burning heat of head cramps in legs and feet : *Lyc.*

Dr. R. L. Khullar
9717307513

Asarum Europaeum

Nervous, anxious people; excitable or melancholy. Imagines he is hovering in the air like a spirit (*Lac. c.*); lightness of all the limbs. Cold "shivers" from any emotion. *Oversensitiveness of nerves, scratching of linen or silk, crackling of paper is unbearable* (*Fer. Tar.*). Sensation as if ears were plugged up with some foreign substance. When reading, sensation in eyes as if thy would be pressed asunder or outward; relieved by *bathing them in cold water. Cold air or cold water very pleasant to the eyes*; sunshine, light, and wind are intolerable. Nausea: in attacks or constant (*Ipec.*); < after eating, tongue clean (*Sulph.*); of pregnancy. Unconquerable longing for alcohol; a popular remedy in Russia for drunkards. "Horrible sensation" of pressing, digging in the stomach when waking in the morning (after a debauch). Great faintness and constant yawning.

Aggravation. - In cold and dry, or clear, fine weather (*Caust.*).

Amelioration. - Washing face or bathing affected parts with cold water; in damp, wet weather (*Caust.*).

HOMOEOPATHIC REVIVAL

Monthly Homoeopathic Newsletter

Dr. D.K. Bhardwaj
9871020702

Phobia	Fear of...	Medicine
Astraphobia	<i>Lightning</i>	bell, Puls, Ambr,
Batrachophobia	<i>Frogs, amphibians</i>	Crot-h, Hyo
Dr. Navneet Bidani		

Herbal medicine for influenza

Tulsi leaves in the form of infusion are highly effective or 'Tulsi leaves' juice can also be used in doses of 1 teaspoonful with 1 teaspoon of **honey** twice a day. This is a good remedy for 'flu' and cold. This can be taken as a preventive also when there is 'flu' in your city.

Similarly **black pepper-dry ginger** tea is also useful. This is generally prepared in Indian houses, during the prevalence of 'flu' and cold.

1 tsp of pure **turmeric** powder or paste should be mixed in warm milk and can be taken 3 times a day.

Know your food : Banana

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough **energy** for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by mind amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

(.....to be contd)

Pleural Effusion

Pleural effusion is abnormal accumulation of fluid between the pleural membranes, exceeding the normal small amount of fluid which lubricates the surfaces of the pleural membranes.

Types of Pleural Effusions

There are two types of effusions that can develop.

- **Transudative effusions** are caused by an underlying disease or disorder that disrupts the normal pressures in the lungs, compromising the ability of the blood vessels in the chest to remove excess fluid within the pleural space. Types of disorders that can cause transudative effusions include congestive heart failure, cirrhosis, and atelectasis. It is also associated with some medical procedures, such as peritoneal dialysis.
- **Exudative effusions** are caused by lung diseases resulting in inflammation of the pleura due to infection or disease. Exudates occur when the pleura becomes inflamed and fluid is unable to pass through the membranes. Types of disorders that can cause exudative effusions include cancer, lymphoma, pulmonary embolism, tuberculosis, asbestos-related diseases, and trauma.

Symptoms of Pleural Effusion

Symptoms of a pleural effusion can include shortness of breath, chest pain and cough. On auscultation, there are signs of decreased breath sounds or a pleural friction rub--the sound of pleura rubbing together during respiration.

Homoeopathic Medicines:

Apis, Cantharis, Ars. Alb., Sulphur.

Beauty tips.....

Banana bread mask

Take half really ripe, mashed banana for moisturizing, two teaspoons ground oats for soothing, milk for softening, a pinch of nutmeg for antiseptic and two teaspoons whole wheat flour as an antioxidant. Whip ingredients to get a smooth paste. Spread on clean face and leave for 5-10 minutes. Rinse thoroughly and pat dry for a glowing, flawless complexion.

Fun Facts....

If a statue of a warrior on a horse has both front legs in the air, the person died in battle.

If the horse has one front leg in the air, the person died as a result of wounds received in battle.

If the horse has all four legs on the ground, the person died of natural causes.

vashisht

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