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“DREAMS - e - homoeo”

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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

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.

Mark Twain

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The Tips Page

Health Tips...

TO stay Healthy, Happy & Fit
THINK GOOD
FEEL GOOD
DO GOOD
HELP THE NEEDY
SAVE MOTHER NATURE & HUMANITY..

Dr. S.S. Vithal

Homoeopathic Tips from Masters

Sinapis nigra in Colic:

Everyone has patients with a Dioscorea colic, but when there is **very offensive breath**, the remedy called for is '**Sinapis nigra**'.

Dr. Robert Redfield

*Contributed by
Dr. Navneet Bidani*

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Practical Tips

Whatever the disease may be....

If **anger is followed by quick repentance**, the medicines are: **Croc. s, Mez**

*Dr E A Farooquee
9811370571*

Tips on Heart and Pulse

Staph. : The least motion makes the heart palpitate.

Rhus tox. : Aching of the left arm with disease of the heart.

Nat. mur. : Irregular intermission of the beating of the heart and pulse, especially when lying on the left side.

Spong. : Violent palpitation of the heart with pain and gasping respiration; awakens in the night with suffocation; dry cough; great alarm and anxiety.

Acon. : Uncomplicated cardiac disease, especially with numbness of the left arm; tingling in fingers; fainting.

Cactus. : Sensation of constriction in the heart as if an iron hand prevented its normal movement.

Kali carb. : Heart beat intermits; action irregular, tumultuous, weak; stitches through to scapula.

Spig. : Violent (visible and audible) palpitation of the heart, < when bending chest forward; stitches in heart.

Cactus. : Palpitation of the heart; worse when walking, and when lying on the left side; at night.

Lith. carb. : Rheumatic soreness in cardiac region, < stooping, with pains in limbs; finger joints tender and painful.

Bell. : Globular pulse; feels as though a shot passed under the finger (Gregg). Violent beating of the heart reverberating through the head.

Nat. mur. : Cold feeling in heart when exerting the mind or mental overexertion.

E.B. Nash

Dr. K.K. Aggarwal's Tips

Differentiate between different types of Fever

Following are few tips

- If a patient comes with fever with chills and rigors, think of Malaria in north and filaria in Vidarbha region in India.
- In malaria, chills are in the afternoon; in filarial, the chills occur in the evening.
- Fever with joint pains on extension often is due to Chikungunya (flexion improves the pain)
- Think of dengue if there is fever with itching, rash and periorbital pain.
- In presence of fever with single chills think of pneumonia.
- Fever with sore throat, no cough, no nasal discharge: Think of streptococcal sore throat, especially in the children.
- Fever with red angry-looking throat: Think of streptococcal sore throat
- Fever with red epiglottitis: Think of Hemophilus infection
- Fever with cough and or nasal discharge: Think of common flu
- Fever with cough, nasal discharge, nausea and vomiting: Think of H1N1 flu
- Fever with toxic look, persistent fever: Look for typhoid
- Fever with no or low rise in pulse: Look for typhoid
- Fever with urinary symptoms (burning, frequency): Rule out urinary infection.
- Fever with high TLC (white cell count) and liver pain: Rule out liver abscess
- Fever with watery diarrhea, with no blood or mucous: Rule out acute gastroenteritis
- After the fever is over, jaundice appears: This is viral hepatitis
- After the fever is over, one feels very weak: Rule out dengue hemorrhagic fever.

Dr KK Aggarwal

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

Investigation tips

BNP is a substance secreted from the ventricles or lower chambers of the heart in response to changes in pressure that occur when heart failure develops and worsens. The level of BNP in the blood increases when heart failure symptoms worsen, and decreases when the heart failure condition is stable. The BNP level in a person with heart failure - even someone whose condition is stable - is higher than in a person with normal heart function.

BNP levels below 100 pg/mL indicate no heart failure

BNP levels of 100-300 suggest heart failure is present

BNP levels above 300 pg/mL indicate mild heart failure

BNP levels above 600 pg/mL indicate moderate heart failure.

BNP levels above 900 pg/mL indicate severe heart failure.

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Symptomatology

The true Totality, therefore, is a Work of Art, formed by the mind of the artist from the crude materials at his command, which are derived from a proving or from a clinical examination of the patient.

It is important that these points should be understood, because, otherwise, there is liability to err in several directions.

1. Error may arise in placing too much emphasis upon a single symptom or perhaps actually prescribing on a single symptom as many thoughtlessly do.

2. Error may arise in attempting to fit a remedy to a mass of indefinite, unrelated or fragmentary symptoms by a mechanical comparison of symptom with symptom, by which the prescriber becomes a mere superficial "symptom coverer."

3. Failing in both these ways the prescriber may fall to the level of the so-called "pathological prescribers," who empirically base their treatment upon a theoretical pathological diagnosis and end in prescribing unnecessary and injurious sedatives, stimulants, combination tablets, and other crude mixtures of common practice.

Stuart close

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Your responses...

Dr. Anupam Sethi

With regards, thank you for sending such A valuable mail which is full of knowledge with inspiration. Waiting for your next episode.

Dr. Deepak Raaj Dangwal

*BHMS, MD (psychiatry), Phd (psychology)
Post Doctoral Fellow - University of Delhi
Department of Psychology*

Thank you for a very easy to read format with many nuggets of information. I like the mix of remedy and other information. Thanks for sending it to me and I look forward to future issues.
Yours,

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Medical tricks

Stop a nose bleed by putting some cotton on your upper gums right behind the small dent below your nose and press against it hard. Most of the bleeding comes from the cartilage wall that divides the nose, so pressing there helps get it to stop.

Laughter dose

Lil' Johnny was sitting in front of a party store, with him he had a German Shepherd dog. A man came up and asked Johnny: "Does your dog bite?" Johnny said: "No." So the man went to pet the dog and he bit the man's arm. The man said: "I thought you said your dog doesn't bite." "He doesn't," said Johnny, but this isn't my dog."

Classical page

Repertory of rectal PROLAPS

morning : Podo.

forenoon : Rhus-t.

evening : **Ign**

night : *Aesc.*

children : *Ferr., hydr., nux-v., Podo.*

convulsive : *Ars.*

diarrhoea, during : *Calc., Dulc.,* gamb.,
mag-m., **Merc., mur-ac., Podo.**

flatus, when passing : Valer.

hæmorrhage of rectum, after : *Ars*

kneeling : Ail.

menses, during : Aur., podo.

mental excitement, from : Podo.

painful : *Ars., ther.*

parturition, after : *Podo., ruta.*

sitting agg. : Ther.

smoking agg. : *Sep.*

sneezing, after : Podo.

standing : *Ferr-i.*

J.T. Kent

JALAPA

Causes and cures colic and diarrhoea. The child is good all day, but screams and is restless and troublesome at night.

Gastro-intestinal.--Tongue, smooth, glazed, dry, smarting.--Pain in right hypochondrium. Flatulence and nausea. Pinching and griping. Watery diarrhoea; thin, muddy stools. Abdomen distended. Face cold and blue. Anus sore.

Extremities.--Aching in arms and legs. Pain in large joint of great toe. Smarting at root of nail. Burning of soles.

Relationship.--Antidotes: *Elater; Cann sat.*

HOMŒO REVIVAL

A monthly homoeopathic newsletter

Dr. D.K. Bhardwaj

9871020702

SYMPTOMS OF LATENT PSORA.

Mostly with children: frequent discharge of ascarides and other worms; unsufferable itching caused by the latter in the rectum.

The abdomen often distended.

Now insatiable hunger, then again want of appetite.

Paleness of the face and relaxation of the muscles.

Frequent inflammations of the eyes.

Swellings of the cervical glands (scrofula).

Perspiration on the head, in the evening after going to sleep.

...to be contd

Phobia	Fear of...	Medicine
Phobophobia	Phobias	<i>Bell, Lyco, Phos, Stram</i>
Pnigophobia	Choking	<i>Cann-i</i>

Dr Navneet Bidani

Know your food : PAPAYA

Papaya fruit is a rich source of nutrients such as provitamin A carotenoids, vitamin C, B vitamins, lycopene, dietary minerals and dietary fibre. Papaya skin, pulp and seeds also contain a variety of phytochemicals, including natural phenols.

Danielone is a phytoalexin found in the papaya fruit. This compound showed high antifungal activity.

In some parts of the world, papaya leaves are made into tea as a treatment for malaria.

Papaya is marketed in tablet form to remedy digestive problems.

Papain is also applied topically in countries where it grows for the treatment of cuts, rashes, stings and burns. Papain ointment is commonly made from fermented papaya flesh, and is applied as a gel-like paste. Harrison Ford was treated for a ruptured disc incurred during filming of *Indiana Jones and the Temple of Doom* by papain injections.

Green papaya is also used as an herbal medicine for contraception and abortion.

Papayas may be very helpful for the prevention of atherosclerosis and diabetic heart disease.

Eating 3 or more servings of fruit per day may lower the risk of age-related macular degeneration.

The juice of its leaves is found to be effective to raise the platelet count in Dengue.

Papaya is frequently used as a hair conditioner.

20 painkillers in your kitchen

Soothe foot pain with salt

Experts say millions of people worldwide develop painful ingrown toenails each year. But regularly soaking ingrown nails in warm salt water baths can cure these painful infections within four days, say scientists at California's Stanford University. The salt in the mix naturally nixes inflammation, plus it's anti-bacterial, so it quickly destroys the germs that cause swelling and pain. Just mix 1 teaspoon of salt into each cup of water, heat to the warmest temperature that you can comfortably stand, and then soak the affected foot area for 20 minutes twice daily, until your infection subsides.

Points to ponder....

Words don't have teeth, but they can bite. Always be careful before talking RUDE

Dr Poonam Chablani

Beauty tips

Apply almond oil on hands to keep them hydrated. To prevent nails from breaking, massage the nails with vitamin E.



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Irritable bowel syndrome

Irritable bowel syndrome (IBS, or spastic colon) is a symptom-based diagnosis characterized by chronic abdominal pain, discomfort, bloating, and alteration of bowel habits. As a functional bowel disorder, IBS has no known organic cause. Diarrhea or constipation may predominate, or they may alternate. A diagnosis of IBS can now be made on the basis of symptoms alone, in the absence of alarm features such as age of onset greater than 50 years, weight loss, gross hematochezia, systemic signs of infection or colitis, or family history of inflammatory bowel disease. Onset of IBS is more likely to occur after an infection, a stressful life event, or onset of maturity.

Several conditions may present as IBS including coeliac disease, fructose malabsorption, mild infections, parasitic infections like giardiasis, several inflammatory bowel diseases, bile acid malabsorption, functional chronic constipation, small intestinal bacterial overgrowth, and chronic functional abdominal pain. In IBS, routine clinical tests yield no abnormalities, although the bowels may be more sensitive to certain stimuli, such as balloon insufflation testing. The exact cause of IBS is unknown. **The most common theory is that IBS is a disorder of the interaction between the brain and the gastrointestinal tract**, although there may also be abnormalities in the gut flora or the immune system. The risk factors are **acute gastrointestinal infection** (six fold), **young age, prolonged fever, anxiety, and depression. Psychological factors** may be important in the etiology of IBS.

IBS has no effect on life expectancy. However, it is a source of chronic pain, fatigue, and other symptoms and contributes to work absenteeism. The high prevalence of IBS and significant effects on quality of life make IBS a disease with a high social cost.

IBS can be classified as either **diarrhea-predominant (IBS-D)**, **constipation-predominant (IBS-C)** or IBS with **alternating stool pattern (IBS-A or pain-predominant)**.

Several medical conditions, or comorbidities, which appear with greater frequency in patients diagnosed with IBS, are **Headache, Fibromyalgia, Chronic fatigue syndrome and Depression:**

Stress relief, psychotherapy and alternative medicines are more effective as treatment

The editorial board



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