



Ayurveda Siddhasramam

A House wherein all kinds of Siddha Ayurvedic Medicines are manufactured, according to Ayurvedic Science. The medicines are all prepared from indigenous herbs, Muligais and other products to check the diseases which man is heir to. The genuineness and efficacy of the medicines stand for any kind of test by the public.

Their wonderful medicine 'Amruta Ratnakaram' is a well tried guaranteed specific for all complaints, however chronic they may be. It can be used without any restrictions of diet and irrespective of age and climate.

They are also prepared to prescribe a suitable medicine for acute or chronic complaint on furnishing them with a full history and nature of the complaint together with symptoms, if any. It shall be their aim to root out such complaints.

Apply to:—

Ayurveda Siddhasramam

Post Box 1236, MADRAS.

A Treatise on Amruta Ratnakaram

Awarded Numerous Gold Medals and First Class Certificates
in Several Ayurvedic Conferences and Industrial
Exhibitions.

A GREAT BOON TO HUMANITY AMRUTARATNAKARAM

(THE BEST BLOOD PURIFIER & NERVINE TONIC)

Is pleasant to take, creates a good appetite, Produces strength.

An all round Nervine Tonic.

PREPARED SCIENTIFICALLY BY

Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA, M.D., (Ayr.), D.Sc., (Hr.)

Managing Director and Senior Physician

It is prepared under advanced and up-to-date method
by our expert whose experience in the Sastraic Medicines
is as extensive as unequalled and can be judged from its
Therapeutic properties.

This excellent Ayurvedic Amruta is a Heavenly
Nector for all Acute and Chronic diseases of Either Sex
and cures all Ailments (both Acquired and Constitution-
al) connected with the reproductive organ. There is no
need to describe the composition of AMRUTA RATNA-
KARAM and to speak in detail of the various diseases
that are cured by the use of this specific.

We may mention in particular that our specific has
produced unique and very gratifying results in the follow-
ing cases.

AMRUTA RATNAKARAM

147300

(a) It keeps the Liver in its normal condition and
prevents the Bile from being deranged. Bile when de-
ranged produce the worst diseases that man is heir to
such as Burning sensation of the soles of the Feet and
Hand, Acidity, Colic Pain, Jaundice, Billiousness, Erup-
tions, Various kinds of Impurities of Blood, etc.

(b) Bad Liver Creates Acidity and Bad Blood, and
Bad Blood is the root of all the diseases. One of the
Symptoms of Dyspepsia is that the sufferer cannot digest
anything but light food. The food that he Eats is not pro-
perly assimilated and digested, but is converted into
acid. It cures surely all kinds of Colic pain, Pain in the
Liver, Spleen, Sides and Tumouric Gulmo, Heart and
many other diseases. Keeps the liver in proper order and
checks Bitter and hot belching and occasional vomiting
of Bile.

(c) It cures most wonderfully and magically Gout
with its Concomitant Symptoms the Rheumatic pains in
any part of the body in the Lumber region (i.e.) Lumbago
in the Nerves, Muscles, Joints, Testicles, Legs, Arms, and
Fingers and Neuralgic pain in the Head, Face, Occiput
Ears, Mouth, Teeth, Stomach, Bowels, Liver and Spleen
and Rheumatic Sciatica and Paralysis of different types.

(d) It thickens the Vital Fluid and remedies General
Debility and gives full energy and as such it acts as a
Tonic. It also cures Debility of the Brain and Nervous
Debility of all kinds brought on by Youthful Indiscre-
tions of young men. It cures loss of cheerfulness and
Memory and tends to improve active habits by bringing
on gradually Health, Liveliness, Loveliness etc. It cures

5C
L 150021, N 25.54

7125.1.15

73

Registered No. M. 1924

THE SECRET OF HEALTH

A Monthly Journal for Preservation of One's Health. (79)

Vol. I] OCTOBER 1923. [No. 1

"God made your Body and He made it Great
It has a guest of might and high Estate
Keep the Shrine noble, handsome, high and whole
For in it lives God's Guest, a kingly Son"

EDITED BY

Ayurveda Vaidya Ratnakaram Parakkal

Dr. N. V. S. Sarma, M.D., (Ayr.) D.Sc. (Hrs.)

Managing Director and Senior Physician.

AYURVEDA SIDDHASRAMAM

Annual Subscription:

INLAND As. Twelve, FOREIGN Re. One only.

Price per Copy Anna ONE only.

EDITORIAL & PUBLISHING OFFICES
411, Mint Street, Post Box 1236, MADRAS.

impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the Semen to its normal conditions and acts like magic in strengthening and invigorating the prostrated system.

(e) This is the best remedy for checking Nocturnal Emission and night Dream. Nocturnal Emission has become the general complaint of almost every student living in the land. Amruta Ratnakaram subdues the unnatural excitement both of the mind and the organ. Cools the Head and the unnatural irritation of the stomach. It cures Nocturnal Emission with its concomitant symptoms viz. Loss of Appetite and Taste for food, Habitual Constipation, Vertigo, Black spots around the eye, Brain Fag, Cheerlessness, unwillingness to do one's duty, Irritability of temper, the fact of the eyes getting Sunken. Discharge of Semen at the sight and Touch of women, etc. If patients subject to the wasting and fatal disease neglect it at the outset, it eats into their very Vitals and brings on many other diseases along with them even Impotency and their condition goes on from bad to worse, till at last it spoils life once for all and makes conjugal life a curse.

(f) It most effectively stops the discharge of Semen before and after passing urine and stool of patients suffering from Gonorrhoea and all other diseases of the Urinary organs. It also makes normal the urine of those who pass urine resembling Lime-Water and Milk. It acts like a magic in remedying the Black and White Discharges of women suffering from Lencorrhoea. It cures without fail all the Twenty Varieties of Prameha, no matter whether they are considered Curable or Incurable. More-

over it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrea. It increases the bulk of the body, the quantity of the Vital Fluid, strength and complexion of the patient's body.

Prameha is a very dangerous disease; it eats into the very system of the patients suffering from this fearful disease. The food we eat is converted into Semen on the 30th day and the waste of this Semen in some form or other is what is called Prameha. The unfortunate patient should lose no time to check the progress of this fearful disease. If neglected at the outset simple Prameha may develop into Gleet, Stricture, Diabetes of all Kinds, Albumenorrea, Impotency, etc. It causes the free flow of urine, allays the burning sensation in the urethra while passing urine and stops the running of the poisonous matter through the Urethra most admirably. Gonorrhoea is that is contracted by its victims by coming in contact with women of ill-fame and women infected with the Gonorrhoea Virus.

This Amruta cures Gonorrhoea most successfully and Surely. It heals the sores within the Male Organ and begins to stop the running of the poisonous matter, Pass at once.

Gleet is the painful development of Gonorrhoea. Men attacked with this disease pass with urine hard thread-like Semen to the length of one or two inches. They do not pass natural urine but along with urine they pass phosphates, Semen and many other substances. Stricture is the out come of gleet. Constant running of poisonous

about all kinds of diseases that Man is heir to even Pthisis. It is an excellent remedy for simple Cough, Cold and Fever as well as for Asthma and Consumption.

(h) It cures surely and permanently Syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met with in the land are due to the poison of Syphilis found latent in the patient's body. The poison begins to develop gradually into worst Kinds of skin and other diseases, even Leprosy, Impotency, Loss of Manhood, Diabetes and other nervous and Wasting diseases such as Paralysis, Pthisis, etc.

If the patient has intercourse with a woman suffering from Syphilis he Contracts the Chancre along with Ulcers and Buboes on both sides. Then it develops into hard Ulcers and Buboes also Increase in numbers and they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient is attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack-Chancre, then at this stage the whole penis is attacked with ulcers. It is Sometimes Confounded with Gonorrhœa as puss begins to flow through the urethra and patient feels severe burning Sensation while passing urine.

It cures Syphilis not only in their first secondary and other stages but cures the Worst consequences of Syphilis viz., the Impurities of Blood. Not to speak of the ordinary Kind of Skin diseases, such as Itches, Scabies, Bilious Eruptions, Cracks, and Fissures in the Skin, Eczema, Excrescences on the Skin, Herpes of all Kinds and in any

part of the Body, Gangrene of the Flesh, Ulceration of any Kind but even Leprosy, which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratakaram are not required to be confined to bed or Prevented from Bathing or going out in the Sun's Rays ; but it can be used in the Ordinary course of Life by Any one and Every one.

(j) It Purifies the IMPURE BLOOD of those Patients who are Suffering from Influenza, Pneumonia, Malarial Fever, etc., from time to time and who have become Hopeless of cure, by Increasing the Red Corpuscles of the Blood and by Removing the Poison Radically from the System.

(k) As the AMRUTA RATNAKARAM Contains Purely Ayurvedic Medicines such as Chandrodaya, Tamra, Muktya, Pravala, Swarna, Abrak and Loha Bhasmas besides very valuable and effective vegetable ingredients, and are Harmless and Pure, every one no matter WHETHER YOUNG or OLD, MALE or FEMALE may use it SAFELY and SECURELY. In View of the EXCELLENT RESULTS DERIVED from AMRUTA RATNAKARAM and taking into Consideration the manifold Good Results Derived from it, it may Indeed be Called HEAVENLY NECTOR.

This Unique GUARANTEED Preparation stands Unrivalled in the Whole Medical World and as such we offer Guarantee to the Patients with an honest Conviction that it will surely Produce the desired effect.

This was prescribed by our Rishies for all incurable and intractable diseases which humanity has to suffer. It is prepared to suit all climates, all races and all ages.

matter through the urethra obstruct the free passage of urine. A white Substance like milk and Lime water which is nothing but phosphates is seen in the urine passed by patients attacked with Gonorrhœa and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptics. Diabetes is the most fatal out-come of excessive Indulgence, Gonorrhœa, Gleet, Syphilis, etc. If not detected at its incipient stage and if the causes of disease are not removed betimes it takes a very dangerous turn bringing death at last.

The most obstinate disease that very frequently destroys the health of Females is Leucorrhœa, i.e., white discharge. Females of India very frequently become subject to the diseases of Leucorrhœa, Dysmenorrhœa, etc. The causes are not very far to seek. Excessive indulgence and contact with polluted husband and mental moral shock or emotion are the root causes of this disease. The unfortunate husbands who contract Gonorrhœa or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratnakaram Heals the ulcers within the Female organ from which Puss passes constantly in the shape of white Semen and as soon as these ulcers are healed up the white Discharge is checked and the patient is gradually restored to her normal health. It is capable of curing not only Leucorrhœa but Dysmenorrhœa. Dysmenorrhœa, Amenorrhœa, Menorrhagia, Sterility, Metritis, Displacement of the uterus, General debility and many other Female diseases too numerous to mention. It removes not only the diseases mentioned

above but all concomitant symptoms of those all viz. palpitation of the heart, Sinking sensation, Dullness of appetite, Backache, Fainting and unnatural discharges of Blood and Semen. They increase the Bulk of the body and make the lean and the lanky corpulent and fat. They make Women Beautiful and lovely by removing all their diseases.

It checks the excessive Menstrual flow of Women during and after menstruation and to cure the pain that the patient feels before and after it. It has a wonderful efficacy of curing irregularity in periods, and Scanty and Painful discharge of menstrual flow. It brings on periods in females who fail to have them even when they attain youth. The Urinary diseases of the Females may be the cause of the Sterility of the females. To remedy sterility, those causes must be removed. By the use of Amruta Ratnakaram Barren Women become blessed with good healthy children. It removes all the complaints of women that stand in the way of their giving birth to children. It prevents Habitual Abortion if used before Pregnancy. This is the best and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis, Asthma. Raktapitta and all other kinds of Phlegmatic affections even Pthisis, the king of all diseases, are all cured by the administration of this Sovereign remedy. In Pthisis, it is both Curative as well as Preventive. It is very beneficial in cases of Cold, Cough, Asthma and even in loss of voice and Pthisis accompanied by fever. Though the attack of cold is a simple and even ordinary disease yet it should not be neglected, in as much as this simple cold can bring

A noteworthy feature of this medicine is that there is no restriction of diet and on the other hand it requires a good and strong nourishing diet. Numerous Unsolicited Testimonials have been received in Proof of its Efficacy.

Price Per Phial Rs. 5 (Five only.)

OURSELVES

Our object in bringing forward the publication of this journal under the name of "The Secret of Health" is to convince the public how to preserve one's health free from all diseases and also the value of the efficacious medicines prepared according to the Ayurvedic Science.

Ayurveda or the Science of Life had already reached a high degree of perfection even in the hoary vedic times, but of late has fallen into disrepute. A variety of circumstances has happened to bring our highly advanced Science of Health and cure to its present languishing condition not the least among which have been the lack of patronage by the Government and the irrational mania of the public for everything Western consequent upon our deplorable denationalisation.

Fortunately for our sacred land a wave of revival is sweeping over the length and breadth of our country and the spell of glorious patriotism is calling back to renovated and vigorous life, our ancient science and arts. Taking advantage of this opportunity, we have thoughtfully brought out the above journal with the sole object of restoring our unhappily discredited Ayurveda to its pristine glory as far as it lies in us and we rely upon the patriotism and generosity of our country-men to crown our efforts with success by their unstinted patronage and hearty cooperation.

Blooming health, long life and prosperity are obtained by strictly following the Laws of nature. This invaluable journal will where necessary explain these Laws of Nature and if the directions given therein are strictly followed with honest faith will prolong our life and ensure everlasting happiness.

Our Ayurveda is the result of long experience of some of the greatest sages of India who were intellectual giants and spiritual leaders and siddhas who could see things far beyond the purview of ordinary men. Therefore, Ayurveda is God-send and is the greatest science of treatment in this world specially suited to the climate of India and to the conditions of Indians.

The brain power and responsibility necessary for a medical man is indeed very great. It is impossible for any and every man to carry on the profession of Ayurveda honestly and successfully.

Those men who have not had full sense of responsibility neither fear God nor love man are consequently quite unfit to discharge the great trust and responsibility which were discharged with great ease and success by the Rishis and Siddhas in the past.

With great faith in God and with the Blessings of our Rishis and Siddhas we venture to come forward before the public to do our best to further the cause of Ayurvedic Science. We humbly pray to the Almighty that He may give us the necessary strength and courage to discharge our trust and responsibility to our entire satisfaction.

We once more appeal to our country-men to give us their generous and kind patronage and hearty cooperation

and help us in our noble enterprise of redeeming our invaluable Ayurveda.

With the earnest desire of making this journal reach the hands of all of our country-men-rich and poor alike--and with the fervent prayer for their continued help and patronage, we have priced it as cheap as possible at a subscription of annas twelve per year—Single copy one-anna.

Sample Copies can be had free on application to:—
Dr. N.V.S. Sarma, M.D. (Ayr.) D.Sc, (Hr)

41, Mint Street,

Post Box 1236,

MADRAS.

VAIDYAM OR THE ART OF MEDICINE

The administration of medicine is called Vaidyam. Medicine is meant 'Amrutam' in a large sense. Just as Amrutam made the Devas possess an ever lasting health, youth and also conquer death so also medicine has the power of setting aright the faults of Tridhoshas on the system of human beings and make them healthy and happy. Hence the name 'Amrutha' is given to 'Medicine.'

We give below the qualifications of a true Vaidyan in the outset and the qualifications of the patient afterwards.

THE QUALIFICATIONS OF A VAIDYAN.

1. He who does not fail to worship God or his family deity every day,
2. He who is of sterling character and very patient,
3. He who is free from any bodily defects,
4. He who is above cunningness and envy,
5. He who treats his patients (males and females) as his brother, sister, father and mother,
6. He who is of very good reputation and strong in common sense,
7. He who is well versed in the Siddha Ayurvedic Sastras.
8. He who speaks truth always,

9. He who is of charitable and sympathetic disposition,
10. He who does not fear at the sight of severe diseases,
11. He who is not addicted to the habit of drink opium taking, black magic, quarrelsome nature and other bad habits,
12. He who observes regularly the daily duties,
13. He who seeks the advice of elderly people,
14. He who is able to attend to the nature of the patient bodily condition, climatic changes, and strength of the disease.
15. He who is well acquainted in the knowledge and preparation of medicine, knowledge of plants and drugs and the twelve constituents of the body viz: wind, bile, phlegm, food juice, blood, flesh, fat, bone, marrow, vital seed, excreta and urine,
16. He who has the knowledge of 4 kinds of fires, and the 3 kinds of strength of the patient,
17. He who has got experience in preparing foods of 6 different kinds viz: Salt, pungent, bitter, sweet, sour and astringent and their uses on patients according to the nature of the disease, dose of the medicine and other circumstances and forming the correct judgment of curing the disease within a specified time,
18. He who is fortunate in diagnosing the different diseases successfully, and possessing the knowledge of 3 eyes, 4 heads, 5 faces, 6 hands, 8 bodies, and 10 legs.
19. He who wears always white clothing and applies sandal paste and sweet scents on his body.

Therefore he alone is called a real Vaidyan who possesses all the above said qualities and the patient who takes medicine from the hands of such a doctor alone can conquer death and the medicine is really a Sanjivi. It should not be taken that the above said qualifications are exaggerated and given according to one's whims and fancies. If necessary we can quote stanzas from the original texts.

Contrary to the above, some people by merely wearing coloured cloths (Kashaya) Rudraksha mala around their neck and adorning their fore heads with all sorts of mark, pretending to be big sages like Nandi Devar, Tirumoolar. Agastyar and Dhanvantri, and assuming as one of the Eighteen Siddhas, impure in mind and putting on showy jarments, and beads etc. to cheat the public, incompetent to cure their own sickness and advertising to the public that they can cure all sorts of diseases by circulating all kinds of useless things giving the medicines their own peculiar names, leading an immoral life, utterly ignorant of the shastras dealing with the science of the medicine, moving in low circles, appearing before the public as big Ayurvedic Siddha Vaidyans, just like a tiger covering itself with a cow's Skin enters the folds of the cows and devour them. He who takes medicine from such people will surely be inviting death upon himself for his ruin as it turns out to be absolutely nothing but poison.

We have thus given out the real qualities of a true Vaidyan as propounded in the shastras.

(To be continued.)

WE GIVE BELOW THE QUALIFICATIONS OF THE PATIENT.

1. However rich one may be if he is suffering from any disease and even if the Vaidyan happens to be his best friend, he should directly go to the Vaidyan and take him to his residence.

2. He should treat the Vaidyan paying full respects as he would treat his own mother, father, Guru, God and give him a high seat.

3. He should speak the truth to him and receive the medicine with both hands and with due respect.

4. He should take the medicine with the proper vehicle or anupan and observe strictly the diet prescribed by him.

5. He should not feel dejected for any change of medicine now and then and he must take it cheerfully what all given to him.

6. He should obey the instructions given to him.

7. He should tell the Vaidyan the changes he feels by the treatment.

8. He should not think of changing treatment from one doctor to another without intimating the fact to the doctor in attendance.

9. He should perform the religious rites ordained by the Vaidyan in regard to Santhi etc.

10. He should pay the Vaidyan amply with betel leaves and $\frac{1}{2}$ nuts.

11. He should take leave of him with due respect. He who takes medicine from a Vaidyan as stated above will have a speedy cure and even the mere mention of his name by them will have perfect health. *(To be Contd.)*

HEALTH

The noble object of Siddha Ayurvedic Science is the preservation of health with cheerfulness and strength. Agastya the Great Siddha has said 'He who duly observes the regulations laid down in the Siddha Ayurvedic Sastras about the preservation of health succeeds in living for more than a century.' There are certain conditions to fulfil if one wants to possess perfect Health. The first is by conquering the disease when it attacks the body and the second is by observing such laws as keep away disease. Most people know about the laws of health but they do not put them to practice. Health is absolutely necessary for every individual for upon it depends the four kinds of Purushartas Viz. Dharma—Artha—Kama and Moksha. Without health one is not really happy in spite of his vast riches, relatives and valuable properties etc., etc.

For a person to be healthy he should see that the three forces which rule his body according to Siddha Ayurvedic science, Viz. Wind, bile and phlegm are in a state of harmony and that the eight constituent elements which are parts and parcels of the body are in normal quantity. Besides the above two points, there are certain rules to be observed by each and every individual.

1. **EARLY RISING.** "Early to bed and early to rise makes a man healthy, wealthy and wise" is a maxim well known to all of us. Our Siddha Ayurvedic

HEALTH

19

Sastras very strongly Emphasise on this point of early rising and he who wants to possess good health should make it a point to practise this habit irrespective of the climatic conditions whether he lives in a hot or in a cold country. As soon as he rises from bed he should wash his face and mouth and pray to God invoking his blessings for his long life and prosperity. This done, he should answer the calls of nature and wash his face, mouth etc., and clean his teeth with a green tooth brush of the twig of Accasia Arbica or of the banian tree or with good tooth powder.

2. **PHYSICAL EXERCISE.** Physical Exercise is indispensably necessary for a person who expects to be strong and healthy. Now a days we have neglected this important item and therefore ninety per cent of the people are neither strong nor courageous. We must devote at least half an hour a day for doing physical exercise like Buskey, Dumbell or Kerla and the last and the best is walking for a mile or two in the morning or evening time according to the nature and other conditions of the body for the time being.

3. **BATH.**—Bathing is very essential for the preservation of health. Bathing not only cleanses the body by removing the accumulated dust etc., but also imparts strength to the body, refreshes the mind, cools the system and promotes longevity. Every one should practice bathing in the morning times and especially before taking any tiffin or food. Bathing in cold water is always preferable to hot water. One may also use one or two teaspoonfuls of oil, a good Thailam over the head and bathe in

hot or cold water as one is accustomed to. Oil bath once in five or seven days is absolutely necessary for the preservation of health as it gives lustre to the eyes, renders the skin soft, prevents Baldness and premature whiteness of the hair and promotes the growth of the hair. Generally speaking rubbing oil over the head frequently gives strength to the eyes, nose, ears, mouth and body. Persons suffering from complaints of excessive wind should constantly take oil bath.

4. PRAYER AND WORSHIP.—One should devote a few minutes every day for praying and worshipping the favourite deity for one's prosperity and longlife. One should not treat this as a trifle as true and faithful prayers avert many mishaps and danger. Prayer gives strength to the mind and soul.

(To be continued.)

FASTING

AND ITS INFLUENCE ON HEALTH.

Fasting is not a new thing to Hindus and Mahamedans. From time immemorial we are accustomed to Fasting. It is made as a religious rule of law and our Sastras emphasise to observe fasting on important days in the year such as Ekadesi day, lunar or solar Eclipse, days on which great persons have incarnated. Besides these, fasting bestows health to the body and its benefits are too many to mention here. By fasting many minor and major ills are cured without taking any medicine. We are acquainted with the proverb, Langanam Parama Oushatham Viz., fasting is the best medicine. Fasting cures Obesity-Fasting cures indigestion and other similar complaints due to excess in eating. It gives lightness to the body and limbs. It promotes Satva Guna and long life and finally it equals Tapas. Recently we have heard from our Mahatmaji Gandhi to state that whenever he thinks he has committed a mistake or done any harm to any body knowingly or unknowingly he has fasted on several days to counteract the evils. Therefore fasting is one of the best means for washing out sins and purifying the mind and the body in general.

HOW TO OBSERVE FASTING. By fasting one should not take that one should abstain completely from taking any kind of food and drink. In former days our forefathers observed fasting very strictly on important

days and enjoyed very good health. Now a days we have neglected fasting and therefore we are suffering from too many ills. In the interest of good health one may practise fasting once in fifteen days by taking only a very small quantity of milk in the morning and also in the night just to keep up one's spirits and in the mean-time he may drink water whenever he finds it absolutely necessary. He should not take any kind of solid food or fruits even. By adopting this mode of practice once in fifteen days, it is better if the day so chosen falls on a Ekadesi day or Newmoon, Fullmoon day, his body gets free from all poisons and then purified and rendered light and healthy. Further, we have contracted a bad habit of taking food or tiffin on too many occasions in a day whether we really feel the pinch of appetite or not and consequently spend a lot of money over medicines etc. If we are temperate in eating and drinking, we can hope to be healthy and happy. Therefore, by occasional fasting and that on important days as pointed out above, we fulfil double objects viz., our bodies are purified and thereby gain health, strength, forbearance etc., and we purge our sins to obtain salvation.

V. R.

PLANTS AND DRUGS.

- (1) ENGLISH COUCH GRASS. TAMIL ARUGAMPUL
SAN DOORVA. HIND DURBA.

This grass grows everywhere throughout India and can be had all round the year.

The root of the grass enters into many medicines and it individually cures several diseases.

The root purified, pounded into a paste and drunk with milk cures burning sensation while passing urine.

The decoction of the root added to gingelly oil with a number of fragrant drugs and prepared in the form of thailam cures many diseases due to excess of heat. The Juice of the plant may be applied to wounds and cuts very successfully. The juice squeezed into the nose checks bleeding instantaneously. The juice is a good astringent. The grass as a whole pounded with a few pepper and taken in cow's milk is an effective medicine for the bite of the rat and mad dog.

- (2) LATIN AGATI GRANDIFLORA. TAMIL AGATTI.
SAN AGASTYA.

This small tree is found throughout Southern India and especially in hot places.

There are two varieties in this, one bearing white flower and the other red flower.

The leaves are used by Hindus as curries etc. It acts on the intestines and makes the bowels move free. It is very much liked by the cattle also as food. The

bark is very astringent and used as decoction for checking dysentery and diarrhoea. The juice of the leaves and flowers is a remedy for nasal catarrh and head-ache when it is sniffed up the nostrils.

The juice of the flowers is dropped into the eyes to relieve dimness of vision.

The decoction of the leaves used as a gargle cures ulcers in the mouth and the same if taken inside cures those in the stomach.

(3) **TAMIL ARAIKEERAL. HIND CHANDLIKA BAJEE.**

This plant is grown in all vegetable gardens throughout India and is relished very much by all classes of people for its taste and many medicinal properties. It comes under one of the dietetic articles.

It is nutritious, allays biliousness, increases the digestive power and purifies the blood. If this green is prepared in the following manner, it acts as a good tonic and its nutritive properties on the system are wonderful. Take the tender leaves devoid of their thick twigs etc. wash them in clean water and put the same in an earthen pot without even a little water, over fire. Put some fresh butter or good ghee and close the vessel for a while. In a few minutes it is quite ready and before using, add a small quantity of salt and pepper well powdered. Generally all greens if prepared in this manner produce very good results. Most people when preparing greens boil them with water and throw out the essence which is the important thing in it.

Of all the greens this is one of the best in giving strength to the nerves.

ACUTE RHEUMATISM

When the body gets debilitated from various causes viz. by eating several varieties of food inharmoniously composed, taking too much oily foods, intemperate habits, leading a lazy life, indulging in excess of sleep during day-time, the five kinds of Vayu viz. Prana, Apana, Udhana, Vyana and Samana get infuriated and lead to the eighty kinds of Rheumatism. Besides the above, the following other causes also contribute to the sudden attack of acute Rheumatism.

(1) Walking by exposing one's self to excess of heat and cold, (2) heavy riding on horse-back or travelling a long distance in trains or in carts, (3) eating too many cold substances in cold season and (4) sitting in a damp place for a long time.

Important Symptoms of Acute Rheumatism.

1. Severe pain all over the body and especially in the joints and on the thigh followed with severe fever and inflammation of some nerves, Swelling in the joints, feet and ankle, loss of appetite, unwillingness to work, tendency to sleep always, burning sensation all over the body, pain in the chest and constipation.

If the acute Rheumatism is caused by the vitiated wind there will be unbearable pain as if thousand needles were pricked into his body, the skin will put on a black or dull appearance, stools will look dark and the urine

coloured and scanty. If the acute Rheumatism is caused by the vitiated bile, there will be burning of the skin, the temperature of the body always register a little high, the skin will put either a red or yellow appearance and the stools scanty and urine coloured. If the acute Rheumatism is caused by the vitiated phlegm, there will be heaviness all over the body followed with pain and swelling in the joints, hands and feet.

If the acute Rheumatism is caused by the above faults in their combination with each other it becomes incurable.

Immediate attention should be paid for treating the patient and if the disease is allowed to take root in the body, it becomes difficult to cure him. In the beginning a good purgative in the form of oil should be given for two or three days, and local external application in the form of paste, Ointment or oil should be made.

After purgative, efficacious Shastric medicines should be taken, observing a strict diet.

DIET TO BE OBSERVED. The following are recommended:—Old rice, dal (Arhar dal) wheat, ghee, moderately, Brinjal, Attikai, (*Ficus glomerata*) (Hindi-Gular) Murunga Kai, Shajer, and greens of all variety, garlic and ginger. It is better always to use ghee than gingelly oil when preparing the above said food. As for tiffin bread prepared out of country wheat flour and other varieties prepared out of Soji rava with sufficient quantity of ghee and sugar may be used.

All kinds of food that are heavy and difficult to digest should be avoided and one should bathe in hotwater.

Siddha Makaradhwaja

Is the principal alterative tonic of the Hindu Materia Medica. It is also one of the costliest medicines because it contains Gold etc. Hence it never fails to produce the most satisfactory result in cases of debility, organic, constitutional or otherwise. It acts like a charm in Typhoid Fevers, Chronic Diarrhoea, complaints of Women after delivery, weakness of brain, Vertigo, Giddiness, Loss of Memory, Loss of Nerve-power, Feeling of Lassitude, Depression of spirits, constant mental misgivings, Palpitation of the Heart, Want of spirits and Energy, Inaptitude for Exertion, Cadaverous appearance of the eyes, face and Skin, Dropsy, Dyspepsia, Diarrhoea, Distention of stomach and Intestines, Spermatorrhoea, Impotency, Nausea, Vomiting, Diseases of the Heart and Lungs, Asthma, Diseases of the Nerves and Nerve-centres etc. It acts like a charm and can safely be administered to the new-born babe, to the youth during study and to the old verging on death.

Per Tola Rs. 80. A Month's use Rs. 20.

Brihat Chandrodaya Makaradhwaja

This remarkable remedy containing Gold, Musk, etc, is an excellent medicine for Nervous Debility, and Weakness. Few medicines can compare with this in the direct effects it produces on the nervous system. It is a specific for Impotency and Nervous debility.

Price for A month's use Rs. 20

Makaradhwaja

Is one of the most powerful and principal alterative tonic of the costliest ingredients such as Gold etc. The alterative and tonic properties of these elements are too well-known to need any explanation. It is particularly valuable for Fever and Ague. It is a restorative after and preventive for Typhoid Fever etc. It renders the system invulnerable to the attack of diseases indigenous to tropical and unhealthy regions. Its action on the respiratory and nervous systems is truly excellent.

Per Tola Rs. 50. A month's use Rs. 12.

Purna Chandrodaya Rasa

Is one of the most powerful and principal alterative tonics and contains costly ingredients such as Gold, Musk, etc. The alterative and tonic properties of the elements of Purna Chandrodaya are too well-known to need any explanation. It is particularly valuable in malarial districts for Fever, Ague, Nervous debility, Asthma, Piles, Dyspepsia, and a general tonic. It is a restorative and preventive of Typhoid Fever etc. It renders the system invulnerable to the attack of diseases indigenous to tropical and unhealthy regions. Its action on the respiratory and nervous systems is truly excellent.

Per Tola Rs. 80. A month's use Rs. 20.

Specific for Piles

This is a specific for all other kinds of Piles complaint.

Price for a month's use Rs. 10

Chintamani

A sovereign remedy for Anaemia, Jaundice, Pandu (dropsy) and Sopham, etc. It cures sloughs arising from most fearful and enormous enlargement, and blood poisoning, destroys all inflammatory growths, restores and improves free circulation and imparts a healthy tone to the system.

Price for a month's use Rs. 10.

Makaradhwaja Rasayan

A specific for all urethral affections, Acute Gonorrhoea of painful and severe type. All burning and pricking painful sensation, painful, excessive or scanty urination and discoloration cease. It kills the germs "Genococci," the bacilli of Gonorrhoea in a very short time and thus paves the way to permanent cure. It is a sovereign remedy for acute Gonorrhoea, Gleet, Urithritis, Running white etc. and their consequences.

Price for a month's use Rs. 10.

Suthaka Nivaran

This is one of the celebrated Sastraic Medicines for Diseases of Women. It consists of two sets of medicines one for stopping excess of menstrual discharge and the other to cure the evils resulting from insufficient discharge. It cures Leucorrhoea, or Whites, Amenorrhoea, Dysmenorrhoea, Pelvic Tumour, Metrites, Irregularity of Menses etc. It restores the faded frame to the bloom of youth, gives strength of the special organs and removes all puerperal disorders.

Price for each medicine a month's use Rs. 10.

Sukhadhara Sanjivi Lahiyam

Is a sovereign cure for chronic cases of constipation. It will help the bowels to move freely, will create keen appetite and allay the heat of the system. It acts as an excellent health restorative.

Price per a month's use Rs. 5

Mula Sanjivi
(Specific for Bleeding Piles)

This is the most powerful remedy for bleeding Piles. When the distention and protrusion of the terminal Veins cause unbearable pain at the gut, use our Mula Sanjivi, the pain and bloody discharge will soon disappear. Being slightly laxative it dispels irritation by regulating the bowels.

Price for a month's use Rs. 10.

Basanta Kusumakara Rasa

This is one of the best sastraic medicines for Nervous Debility. For Diabetes, there is no other medicine in any system of treatment to equal it in lowering the specific gravity of the urine and in removing sugar from it. It is the most invigorating Medicine for Nervous Debility. It consists of Gold, Pearl, Musk etc. It stimulates appetite and gives vitality to old and sharpens the Intelligence. This medicine never fails to give relief.

Price for a month's use Rs. 30

Arogya Tailam

This is one of the best sastraic oils. It removes Giddiness of the Head, Nervous Debility, Night dreams and all other diseases arising from disordered wind.

Price per 12 oz. Phial Rs. 5

Araku Chandhanadhi Tailam

Cools and refreshes the brain, keeps the eyes clear, allays the heat of the system and makes the skin glossy and fresh. Specially recommended for pregnant ladies as it stops Nausea, Giddiness of the head and other allied diseases that accompany maternity.

Price Per 12 oz. Phial Rs. 7.

Kum Kum Rasayan

It is a sure and guaranteed remedy to check vomiting of pregnant women and it gives brilliant appearance to the babe. It removes all the complaints of the women that stand in the way of their giving birth to children. It prevents habitual Abortion, if used during pregnancy. This is the safest remedy for females during pregnancy for almost all the diseases.

Price for a month's use Rs. 15

Chyavanaprasa**THE HEALTH RESTORER**

Our chyavanaprasa is prepared according to formula of Chyavana Rishi and contains the world best tonics and is a marvellous remedy for Consumption, Phthisis, Pleurisy, Bronchitis, Pneumonia, Asthma, Cough, Cold Pain in the chest, costiveness, blood-spitting, weakness, poverty of blood, loss of appetite, general debility, influenza and all affections of the respiratory system.

Price for a month's use Rs. 5

Dysentery Cure

The best specific for Dysentery even if accompanied by fever and other complications: Has wonderful effects.

Price per Phial Rs. 2

Hydrocele Cure

This is a specific which is the result of long researches and profound medical skill and prepared on entirely scientific principles with ingredients of reputed pathological value. Medical profession strongly recommends it as an infallible cure.

Price per Internal Oil & Internal Medicine

A months use Rs. 15

Tooth Powder

Its regular use would cure all sorts of diseases of the Gums, Gum boils, Caries of the teeth, Tooth-ache, Bleeding, foul breath etc. and make the teeth pearl white and strong. It is an antiseptic and destroys microbes, is pleasant to take and imparts a fragrance to the breath.

Price per phial As. 8

The Cough Tablets

These tablets have long since gained a great celebrity and are strongly recommended as the best of the remedies known for Coughs, Cold, Bronchitis, Hoarseness, Difficulty of breathing or Asthma and all disorders of the chest and lungs and if taken in time may prevent even consumption.

Price Per Phial Rs. 1

Laxative Tablets

These Tablets are very useful to those who want a mild aperient and who are suffering from constipation. One or two tablets at bed time will result in one or two easy and free motions in the morning.

Price per Phial Re.

Leucoderma Cure

This is a guaranteed specific for Leucoderma or White Leprosy.

Price per 45 days specific for a complete Cure Rs. 40

Syphilis Cure

It cures surely and permanently syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met within the land are due to the poison of syphilis found latent in the patient's body. It cures syphilis not only in their first, secondary and later stages but cures worst consequence of syphilis viz. Impurities of Blood.

Price per bathing oil & Internal Medicine

A months use Rs. 15

Specific for Ulcers

This is a sure remedy for ulcer of every description, Venereal Sinus, Ulceration due to Piles and Fistula and sores in the mouth and ears. It has a special action on cancers as it always checks bad and foetid discharges in a short time and leads to the growth of healthy tissues. It is purely innocuous in its action.

Price per Phial Rs. 2

Dyspepsia Cure

One of the symptoms of Dyspepsia is that the sufferer cannot digest anything but light food. The food that he eats is not properly digested and assimilated, but is converted into acid. Our specific will keep the liver in proper order and checks bitter and hot belching and occasional vomiting of Biles.

Price for A month's use Rs. 5.

Ringworm Cure

It speedily and permanently cures all sorts of Ringworms and other skin-Diseases. It produces no irritation or burning sensation but soothes the integuments.

Price per Stick Rs. 1

Worms in the Intestines

These pills are pure vegetable preparations and are perfectly harmless. They are a sure remedy for all sorts of worms in the intestines and other viscera and the worms are destroyed in such a way as to prevent their reappearance.

Price per two kinds of Specific Rs. 3

Hysteria Cure

It allays all sorts of Nervous irritabilities and infuses a soothing tone to the nervous system. In all sorts of disorders of the nervous system such as Mania, Hysteria, Epilepsy, Palpitation of the Heart, Sleeplessness, etc. it acts as a charm.

Price for bathing oil and internal Medicine a month's use Rs. 20

Specific for Liver-Complaints

It is the best and safest vegetable liver regulator. It acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually and dispels Headache and Habitual Constipation, Irritation and Spasm. It promotes a healthy and proper secretion of bile, and relieves the constitution of all causes capable of inducing gout. The impurity of Blood and its consequent after-effects are promptly removed by it.

Price for a month's use Rs. 5

Cholera Cure

However sudden or severe may be the case, our medicine is always effective. One dose of this invaluable specific will check the progress of the disease and save life. It is a sovereign remedy for Diarrhoea, Cholera and all sorts of Bowel-Complaints. It is preventive as well as curative. This specific effectively checks the progress of the disease. In the mofussil where doctors are not available a phial of this medicine should always be kept in hand. None can afford to be without it.

Price to cure 10 Patients Rs. 2.

Delirium Cure.

When one has dangerous fits, and is at the point of death musk acts like a charm. People have been kept alive for hours to execute wills and to arrange their worldly affairs by taking Musk. Musk is a great boon to Humanity. This specific is made from the best Musk and it is a remedy for Typhoid, Cholera, Diarrhoea, sudden and dangerous Perspiration, Heat, Apoplexy, Cough and Fainting fits. It is to be used as a general stimulant, to be administered to the patient when the pulse is sinking or in a state of collapse.

Price per phial Rs. 2.

Leprosy Cure

This is the most potent remedy for all sorts of Leprosy. Purifies the blood, imparts lustre and beauty of the body and makes man a real man.

Price per bathing oil & Internal medicine

A month's use Rs. 15

Specific for Asthma

It cures chronic Bronchitis, Asthma, and all other kinds of phlegmatic affections. It is very beneficial in cases of Cold, Cough, Asthma and in loss of voice. Though the attack of cold is a simple and ordinary one yet, it should not be neglected inasmuch as this simple cold can bring in all kinds of diseases that man is heir to,—even Consumption.

Price per Bathing oil & two Internal medicines

A month's use Rs. 20

Kasturi Pills.

This can be used separately or with Pansupari. It removes bad odour of the mouth and all diseases affected by cold.

Price per phial Re. 1.

Sanjivi Taila and Tonic Pills

Try this specific and enjoy Heavenly Pleasures. Perfect Health means Strong Nerve power, Strong youthful vigor, Strong organs, and Strength in every limb. How can we gain this? By using our Sanjivi oil externally and Tonic Pills internally it gives everlasting youth and makes life full of pleasures. Try one pill only, within an hour after using it you will enjoy life's best pleasure to the full—manhood and youth will be always at your beck and call. Even oldmen will be able to enjoy pleasures of life to their entire satisfaction. Try this and enjoy Heavenly Pleasures.

Price 1 Dozen pills Rs. 10 1 Oz. Oil Rs. 10

Diabetes cure

This is a safe and an infallible remedy for Diabetes of every form. It has an astringent effect upon the Kidneys and it promptly checks the excessive flow of urine; metabolism is restored and the formations of sugar and abnormal thirst disappears and appetite becomes normal.

It entirely removes Debility, Burning of the Palms and Soles, Weakness of the Brain, acid eructations, aching pains, Drowsiness of spirits etc.

Price for a month's use Rs. 60

Fever Cure.

Our "Fever Cure" radically cures all sorts of fever both acute and chronic. Fever attended with enlargement of liver and spleen, remittent fevers, Influenza, Penumonia etc. It is an alternative tonic of superior value and prepared scientifically with many valuable Ayurvedic Ingredients.

Per two kinds of specific Rs. 3

Bhasmas.

All of our Bhasmas are prepared in accordance with the strict rules laid down in Ayurveda. It is prepared with high cost and hard labour and guaranteed that it is true and genuine. It is intended for administering to the patients and not purified drug for preparing medicines. So it costs higher value.

Suvarna (Gold) Bhasma.

Useful in Phthisis, Consumption, Sexual weakness, strengthens memory and removes general debility.

Price per tola Rs. 60

Specific for Consumption

It cures chronic Bronchitis Raktapitta and all other kinds of Phlegmatic affections, Consumption accompanied by fever, the king of all diseases. In Consumption, it is both Curative as well as Preventive.

Price per bathing Oil & two Internal Medicines

A month's use Rs. 20.

Infantile Remedies**BABY'S FRIENDS**

These are highly efficacious in cases of Indigestion, Acidity, Colic, Dyspepsia, Liver complaints, Spleen, Fever, Constipation, Hemorrhage, Consumption, Asthma, Nervous Debility, Depression of spirits, Sleeplessness, Hysteria and Diseases of children more especially at the time of teething. Their use improves appetite, ensures sound sleep, strengthens the muscles and Nerves and keeps the brain cool.

Per three kinds of Specific Rs. 3.

Specific to remove Impotency

This specific thickens the vital fluid and remedies General Debility and gives full energy and as such it acts as a Nervine Tonic. It also cures Debility of the brain and Nervous Debility of all kinds brought on by youthful Indiscretions. It cures Impotency, Loss of Power and Retention. It increases the vital fluid admirably and restores the semen to its normal conditions and acts like magic in strengthening and invigorating the prostrated system.

Price per external application and Internal Medicine—

a month's use Rs. 24

Specific for Rheumatism & Paralysis

It cures most wonderfully and magically Gout with its concomitant symptoms, the Rheumatic pain in any part of the body, in the Lumber region (i. e.) Lumbago, in the Nerves, Muscles, Joints, Testicles, Legs, Arms and Fingers and Neuralgic pain in the Head, Face, Occiput, Ears, Mouth, Teeth, Stomach, Bowels, Liver, Spleen and Rheumatic Sciatica and Paralysis of different types.

Per Bathing oil and two Internal medicines

A month's use Rs. 25

Specific to remove Sterility of women

By the use of this Specific, Barren women become blessed with good and healthy children. It removes all the complaints of women that stand in the way of their conception. It prevents even abortion when used before there is any chance for abortion.

Price per external application & Internal Medicine

a month's use Rs. 20

Healing Specific

It is a safe and sure specific for all sorts of ulcers and hard chancre whether venereal or otherwise. It causes no irritation on the parts and is soothing in action. So thoroughly does it heal the ulcers that no disfiguration is produced in that part.

Price per phial Rs. 2

Elephantiasis Cure

This is a safe and guaranteed remedy for Elephantiasis accompanied with fever.

Price for a month's use Rs. 20.

Tamra Bhams.

Useful in Leprosy of all kinds, Consumption, Asthma etc.
Price per Tola Rs. 100

Silver Bhasma.

Useful in Nervous debility etc.
Price per Tola Rs. 25

Mukta Bhasma

Useful in general debility, Coughs, Phthisis, Asthma, Consumption, etc.
Per tola Rs. 120

Praval Bhasma.

Useful in Liver, Lungs, and Heart, Phthisis, Asthma and Nervous troubles.
Per Tola Rs. 20

Loha Bhasma

Useful in Anaemia, Consumption, Phthisis, Delirium, Bright's disease, Heart affections, Scrofula, General and Sexual debility. Very good alterative and Tonic.
Per Tola Rs. 10

Ayaskanta Bhasma.

Useful in Anaemia, Consumption, Debility both general and weakness of the brain.
Per Tola Rs. 20

Suvarna Vasantam.

Is a very good remedy for Prameha.
Per a month's use Rs. 15

Kushmanda Rasayan.

Cures excess of menstrual flow, Asthma, chest pain and excess of heat. It is a best nervine tonic.
Price for a month's use Rs. 7

Aswagandha Rasayan.

Useful in Asthma, Consumption, Jaundice, Dropsy and general debility. It can be used by young and old.
Price for a month's use Rs. 7

Sathavari Chrita

Cures Asthma, Gonorrhoea and Excess of heat. It is a best cooling medicine to the body.

Price for a month's use Rs. 7.

Tonic Pills.

Weak and debilitated persons will find this a wholesome specific in restoring their lost vigour. It is not only a tonic but a nutritious food. It increases the semen, makes it natural, stops night emissions and vitalises the nerves; in a word it is the most valuable medicine for the weak and debilitated in bringing back charm and manhood to their constitution.

It can be safely called the greatest Elixir of Life and Health. The greatest Health-giver, Strength giver, Vigour giver, Manhood giver, Life giver and Youth giver. What we state is no exaggeration. Any one can try it only once, and he will himself find its wonderful and magical effects. It is used along with our Sanjivi Taila.

You will enjoy life's best pleasure to the full manhood and youth will be always at your beck and call.

Price per Doz. Pills Rs. 10.

TAILAS

(Medicated Oils).

It is laid down in the Ayurvedic Sastras that the external application of oil produces eight times good results than the internal use of Ghee. No other mode of treatment will be of such a good treasure of external application of medicines as the ancient system of treatment can and this accounts for the existence of so many good and efficacious medicated oils. Who could ever imagine that the external application of oil alone can cure chronic diseases such as Phthisis, Asthma, Cough, Vertigo, Giddiness of the Brain, Brain fag due to over-exertion of the Brain, Rheumatism, Paralysis and all other nervous diseases? In all such diseases external application of the medicated oils is inevitably necessary. Massaging the weakened limbs and the body with medicated oil brings about a rapid change, re-establishing lost Vigour and Health. The action of medicated oil is very quick and satisfactory as the oil enters into the tissues more quickly and easily.

Amruta Amalaka Taila.

The best bathing oil, cools the Head and Brain removes fatigue and makes the patient diligent and industrious.

Per 12 oz. Rs. 5

TAILAS

48

Maha Bhringaraja Taila.

Useful for Hemicrania, Baldness and premature grey hair.

Price per 12 oz. Rs. 5.

Brihat Maha Dashamul Taila.

Is a very good remedy for all kinds of diseases of the Head, Eye, Nose, Occiput. By external use it cures all diseases that attack the regions of men and women above the shoulders.

Price per 12 oz. Rs. 8.

Sanjivi Taila

This is the best oil that is required for local external application for the cure of the dire disease called impotency.

The external application of this taila cures all the diseases arising from deranged air and is a permanent remedy for Prameha, Stricture, Hysterical and Epileptic fits, Insanity of all kinds, colic pain, etc. Barren women are blessed with strong and healthy children by its use for a reasonable time. There is no second remedy in the medical world like Sanjivi Taila to increase the vital fluid and potency of men and nervous prostration. If it is used along with our Tonic pills, a man will never become old.

Price per oz. Rs. 10.

Brihat Sutika Dashamul Taila.

Cures obstinate giddiness of the brain of such female patients as are attacked with this disease.

Price per 12 oz. Rs. 8.

44

SECRET OF HEALTH**Maha Narayan Taila.**

Cools the head marvellously well and cures Paralysis of all kinds and all the different kinds arising from the derangement of air. It is a good remedy for insanity and giddiness of the brain.

Price per 12 oz. Rs. 15.

Maha Mash Taila.

It is too well-known to be the best and surest remedy for Rheumatism and Paralysis to require more elaborate description.

Price per 12 oz. Rs. 12.

Netra Bindu.

Our Netra Bindu is one of the most soothing, cooling and delightfully healing preparations. It relieves the optic nerves from tension and undue fatigue, removes redness and cures ulceration, watering of the Eye, Short-sightedness, Sore-eyes, profuse flow of tears, Purulent discharge, fear or intolerance of light. It is guaranteed to be perfectly free from any strong, irritating or injurious substances.

Price per phial Rs. 2.

Karna Mitra.

It cures Otorrhœa, Otitis, Tympanites, Inflammation and all other distressing diseases of the Ear, including deafness if not of long standing. It tones the auditory nerves and removes all pain from the head and ears. It is soothing and is free from all sorts of irritation. In bringing about the evacuation of Pus and all other septic matter it possesses remarkable power

Price per phial Rs. 1.

Hair Oil.

This oil softens the scalp, gently stimulates the hair roots, and by such action brings about a quick and healthy growth of hair. It also prevents the hair from prematurely turning grey or putting forth a faded and lustreless appearance. It preserves the skin from chaps and redness caused by cold or tropical heat or impure water.

Price per phial Rs. 1.

Antidotes for Snake Poison.

This is the sovereign cure for all kinds of Snake poison. It is Prepared according to the recipe of ancient Rishies and its marvellous effect has been tried and appreciated largely by the public. Every house ought to have one.

Price to cure 10 Patients Rs. 1.

SAVE YOURSELF FROM PLAGUE.**Plague Cure**

It is preventive as well as curative Plague originates from a kind of germs in the blood, stool and sputa of Plague-patients. It is superfluous to add that these bacilli are highly contagious. They communicate the disease from one person to another and produce a kind of poison which begets those violent and fatal symptoms, characteristics of Plague.

Ours is a tried and trusted remedy and it can always be relied upon.

Price per phial to Cure two patients Rs. 7

EMERGENCY POCKET MEDICAL CASE

We have placed in the market our Medical Pocket Cases to meet the requirements of Travellers and Emergencies at Home. The case is made of fine leather and holds glass tubes, containing medicines for Diarrhoea, Colic, Fever, Cholera, Cough, Head-ache, etc. A booklet giving full instructions for the administration of the medicines is herein enclosed. This Handy Pocket Case with twelve tried medicines can be had for Rs. 25.

N.B.—The above preparations are manufactured by the Ayurveda Siddhasramam and are available in their consulting room, No. 411, Mint Street, Madras.

GENERAL HINTS FOR OUR CONSTITUENTS

Purest medicines are rarely obtainable in the market. Our Ayurveda Siddhasramam was established to meet this want and it is the only firm which can supply the most genuine medicines that can be had. We intend making a speciality of treatment through correspondence, as we believe it is of incalculable importance in different cases where a disease may need special attention. Advice to patients from all parts of the world is given gratis by sending him our prescription made out with great care and least delay. The best medical skill is employed in advising and prescribing for those who place their trust in us. We prepare medicines strictly in accordance with the injunctions of the Ayurvedic Sastras. All correspondence whether from sufferers or friends of sufferers will be promptly attended to with great care. The following questions

GENERAL HINTS

concerning their ailments if answered in full will enable us to form an idea of the diseases. Also it will be desirable to furnish us with history of the case in all chronic and complicated cases. Write your name and address in full and legibly and give concise directions for the despatch of the parcel.

From whatever sort of seminal complaint may the patient suffer, be it ever so complicated or pronounced incurable by physicians of repute, before giving up all hopes let him consult the Managing Director and Senior Physician Ayurveda Vaidya Ratnakaram Pandit Dr. N.V. S. Sarma, M.D. (Ayr.), D.Sc. (Hr.) Ayurveda Siddhasramam. Once and through the Grace of God we shall try to give him great relief. Through the mercy of God we have gained some special experience in the treatment of such diseases. Consult us and you will have the full benefit. Do not consider your case incurable before you have once tried the Ayurveda Siddhasramam. Please see that you write our name "Managing Director, Ayurveda Siddhasramam, Pot Box 1236, Madras," distinctly in the address or else you are likely to be cheated. The secrecy of all letters is Strictly maintained as Confidential.

When ordering medicines for ailments kindly answer the following questions:—

1. How many years old are you? Are you married?
2. Do you get free motions? Do you feel burning sensation when passing urine? How many times do you pass urine in 24 hours?
3. Do you feel any pain on the spinal chord, waist, arms, legs and shoulder?
4. Do you get wet dreams? Do you get involuntary emissions at a very little excitement?
5. How is your sexual power and sexual appetite? Is there any disorder in the male organ? State clearly

6. Do you digest your food properly? Do you feel dyspeptic and pain after meals? Do you get flatulence or constipation?
7. Do you feel very tiresome to get up in mornings?
8. Do your gums swell and does your mouth give out offensive smell?
9. Do you get sound sleep or are you disturbed by dreams? Have your memory and sight become weak?
10. Are you hunted by evil thoughts and despondency?
11. Whether you indulged in any youthful excesses from the age of 12 to 25.
12. Whether addicted to intoxication.
13. (Females.) Is the monthly flow clear? Do you suffer from Leucorrhoea? Have you got any issue? State every thing clearly.
14. Have you got syphilitic or mercurial poisons in your system?

State clearly the origin of your ailments.

N. V. S. SARMA

Managing Director

Ayurveda Siddhasramam

Post Box 1236, Madras.

"THE AKADEMI."

Is a monthly magazine containing Articles in Yoga, Art, Industry and Sciences in the 3 languages of Tamil, Sanskrit and English. Best medium for Advertisements. Annual subscription Rs. 6 for India. For further details apply with one annas stamp to the Office.

Vol. III begins by next october 1923.

"Akademi Office," Tiruvendipuram,

South Arcot Dt., South India.

The Siddha Ayurveda

The creator of the universe out of mercy towards human beings and other living creatures preached Ayurveda or Science of life to the Goddess Parvathi and who in turn gave out the same to Nandi Devar. Nandi Devar imparted the learnings to Devas-Munies and Siddhas.

The eighteen Siddhas headed by Saint Agastyar have done many splendid works on medicine-drugs-treatment, diagnosis etc. They have spared not a little pain in treating several subjects for the welfare of the human beings and other living creatures. For instance; they have not left anything for us to discover or to float a new theory now and blow out the theory after some time.

They have analysed almost all the plants-drugs, minerals, metals-even urine and excreta of animals, grass and stones of different kinds. They have found some medicinal property or other in almost all the things we can find on earth. It is a pity that we have totally ignored them and lost their entire touch. Thus it will be noted that the Siddha system of medicines has been in vogue in this country from time immemorial. As it has been the product of great Siddhas-well-versed in the sciences and built upon solid basis, it has been handed over to us from generation to generation with the result that it is being practised with success even though there is not much encouragement both from the public and the Government. Men who have had the practice to study the system in detail have pronounced that this system of treatment is far superior to the several systems now adopted in the country.

Our Ayurveda Siddhasramam faithfully adopts the system according to Siddha Sastras in the preparation of all our medicines with the help of Physicians well versed in the art. Therefore it is humbly requested that the well wishers and the general public who are interested in the uplift of Siddha Ayurveda patronize us and try our medicines.

LIC 0007. N23.04
A1241.103

A Treatise on Amruta Ratnakaram

Awarded Numerous Gold Medals and First Class Certificates
in Several Ayurvedic Conferences and Industrial
Exhibitions.

A GREAT BOON TO HUMANITY AMRUTARATNAKARAM (THE BEST BLOOD PURIFIER & NERVINE TONIC)

Is pleasant to take, creates a good appetite, Produces strength.

An all round Nervine Tonic.

PREPARED SCIENTIFICALLY BY

Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA,

Ph. D. Sc., M. D., (Hem.), M. D., (Ayr.), D. Sc., (Hr.)

Managing Director and Senior Physician

It is prepared under advanced and up-to date method
by our expert whose experience in the Sastraic Medicines
is as extensive as unequalled and can be judged from its
Therapeutic properties.

This excellent Ayurvedic Amruta is a Heavenly
Nector for all Acute and Chronic diseases of Either Sex
and cures all Ailments (both Acquired and Constitutional)
connected with the reproductive organ. There is no need
to describe the composition of AMRUTA RATNA-
KARAM and to speak in detail of the various diseases
that are cured by the use of this specific.

We may mention in particular that our specific has
produced unique and very gratifying results in the follow-
ing cases.

(a) It keeps the Liver in its normal condition and
prevents the Bile from being deranged. Bile when de-
ranged produces the worst diseases that man is heir to
such as Burning sensation of the soles of the Feet and
Hands, Acidity, Colic Pain, Jaundice, Billiousness, Erup-
tions, Various kinds of Impurities of Blood, etc.

(b) Bad Liver Creates Acidity and Bad Blood, and
Bad Blood is the root of all the diseases. One of the
Symptoms of Dyspepsia is that the sufferer cannot digest
anything but light food. The food that he Eats is not
properly assimilated and digested, but is converted into
acid. It cures surely all kinds of Colic Pain in the Liver,
Spleen, Sides and Tumouric Gulmo, Heart and many other
diseases, keeps the Liver in proper order and checks
Bitter and hot belching and occasional vomiting of Bile.

(c) It cures most wonderfully and magically Gout with
its Concomitant Symptoms the Rheumatic pains in any
part of the body in the Lumber region (i.e.) Lumbago in
the Nerves, Muscles, Joints, Testicles, Legs, Arms, and
Fingers and Neuralgic pain in the Head, Face, Occiput,
Ears, Mouth, Teeth, Stomach, Bowels, Liver and Spleen
and Rheumatic Sciatica and Paralysis of different types.

(d) It thickens the Vital Fluid and remedies General
Debility and gives full energy and as such it acts as a
Tonic. It also cures Debility of the Brain and Nervous
Debility of all kinds brought on by Youthful Indiscretions
of young men. It cures loss of cheerfulness and Memory
and tends to improve active habits by bringing on gra-
dually Health; Liveliness, Loveliness etc. It cures impot-
ency, Loss of Power add Retention. It increases the

A white Substance like milk and Lime water which is, nothing but phosphates is seen in the urine passed by patients attacked with Gonorrhœa and prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptics. Diabetes is the most fatal out-come of excessive Indulgence, Gonorrhœa, Gleet, Syphilis, etc. If not at its incipient stage and if the causes of disease are not removed betimes it takes a very dangerous turn bringing death at last.

The most obstinate disease that very frequently destroys the health of Females is Leucorrhœa i.e., white discharge. Females of India very frequently become subject to the diseases of Leucorrhœa, Dismonorrhagia, etc. The causes are not very far to seek. Excessive indulgence and contact with polluted husband and mental moral shock or emotion are the root causes of this disease. The unfortunate husbands who contract Gonorrhœa or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratnakaram Heals the ulcers within the Female organ from which puss passes constantly in the shape of white Semen and as soon as these ulcers are healed up the white Discharge is checked and the patient is gradually restored to her normal health. It is capable of curing not only Leucorrhœa but Dysmonorrhœa. Amenorrhœa, Menorrhagia, Sterility, Metritis, Displacement of the uterus general debility and many other Female diseases numerous to mention. It removes not only the diseases mentioned above but all concomitant symptoms of those all viz. palpitation

of the heart, Sinking sensation, Dullness of appetite Backache, Fainting and unnatural discharges of Blood and Semen. They increase the Bulk of the body and make them lean and the lanky corpulent and fat. They make Women Beautiful and lovely by removing all their, diseases.

It checks the excessive Menstrual flow of Women during and after menstruation and to cure the pain that the patient feels before and after it. It has a wonderful efficacy of curing irregularity in periods, and Scanty and Painful discharge of menstrual flow. It brings on periods in females who fail to have them even when they attain youth. The Urinary diseases of the Females may be the cause of the Sterility of the females. To remedy sterility, those causes must be removed. By the use of Amruta Ratnakaram Barren Women become blessed with good healthy children. It removes all the complaints of women that stand in the way of their giving birth to children. It prevents Habitual Abortion if used before Pregnancy. This is the best and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis, Asthma. Raktapitta and all other kinds of Phlegmatic affections even Pthisis, the king of all diseases, are all cured by the administration of this Sovereign remedy. In Pthisis, it is both Curative as well as Preventive. It is very beneficial in cases of Cold, Cough, Asthma and even in loss of voice and Pthisis accompanied by fever. Though the attack of cold is a simple and even ordinary disease yet it should not be neglected, in as much as this simple cold can bring

about all kinds of diseases that Man is heir to even Pthisis. It is an excellent remedy for simple Cough, Cold and Fever as well as for Asthma and Consumption.

(h) It cures surely and permanently Syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met with in the land are due to the poison of Syphilis found latent in the patients, body. The poison begins to develop gradually into worst Kinds of skin and other diseases, even Leprosy, Impotency, Loss of Manhood, Diabetes and other nervous and Wasting diseases such as Paralysis, Pthisis, etc.

If the patient has intercourse with a woman suffering from Syphilis he Contracts the Chancre along with Ulcers and Buboes also Increase in numbers as they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack-Chancre, then at this stage the whole penis is attacked with ulcers. It is Sometimes Confounded with Gonorrhoea as puss begins to flow through the urethra and patient feels severe burning Sensation while passing urine.

It cures Syphilis not only in their first secondary and other stages but cures the Worst consequences of Syphilis viz., the Impurities of Blood. Not to speak of the ordinary Kind of Skin diseases, such as Itches, Scabies, Billious Eruptions, Cracks, and Fissures in the Skin, Eczema, Eruptions on the Skin, Herpes of all Kinds and in any part of the Body, Gangrene of the Flesh, Ulceration of

any Kind but even Leprosy, which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratakaram are not required to be confined to bed or Prevented from Bathing or going out in the Sun's Rays; but it can be used in the Ordinary course of Life by Any one and Every one.

(j) It Purifies the IMPURE BLOOD of those Patients who are Suffering from Influenza. Pneumonia, Malarial Fever, etc., from time to time and who have become Hopeless of cure, by Increasing the Red Corpuscles of the Blood and by Removing the Poison Radically from the System.

(k) As AMRUTA RATNAKARAM Contains Purely Ayurvedic Medicines such as Chandrodaya, Tamra, Muktya, Prvala, Swarna, Abrak and Loha Bhasmas besides very valuable and effective vegetable ingredients, and are Harmless and Pure, every one no matter WHETHER YOUNG or OLD, MALE or FEMALE may use it SAFELY and SECURELY. In View of the EXCELLENT, RESULTS DERIVED from AMRUTA RATNAKARAM and taking into Consideration the Manifold Good Results Derived it, it may indeed be Called HEAVENLY NECTOR.

This Unique GUARANTEED Preparation stands Unrivalled in the Whole Medical World and as such we offer Guarantee to the Patients with an honest Conviction that it will surely Produce the desired effect.

This was prescribed by our Rishies for all incurable and intractable diseases with humanity has to suffer. It is prepared to suit all climates, all races and all ages. A noteworthy feature of this medicine is that there is no restriction of diet and on the other hand it requires a good

and strong nourishing diet. Numerous Unsolicited Testimonials have been received in Proof of its Efficacy.

Price Per Phial Rs. 5 (Five) only.

For a complete course of one month 3 phials Rs. 15.

THE FOLLOWING CERTIFICATE

OF

Dr. L. C. BURMAN, M.A., Ph.D., D.Sc., Bio., Lit.D.,
Sahitya Shastri, Vidyabhushan, Etc.,

President of the Educational Institute, Allahabad City, U.P

IS PUBLISHED FOR THE INFORMATION OF PUBLIC

Amruta Ratnakaram prepared by Ayurveda Vaidya Ratnakaram Pandit, Dr. N. V. S. Sarma, M.D., (Ayr.), D.Sc., (Hr.), Managing Director and Senior Physician of the Ayurveda Siddhasramam of Madras, marvellously purifies the blood and serves as a nervine tonic in all bad cases. I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory.

Allahabad City, }
21st Sept., 23. }

(Sd.) L. C. BURMAN

President
The Educational Institute.

(True Copy)

N. V. S. SARMA
Ayurveda Siddhasramam
Post Box 1236
411, Mint Street, MADRAS.

Health—(contd.)

FOOD. One should take wholesome, simple and nutritious food; when taking food one should not indulge in talks of controversial matter. The food must be freshly prepared and the persons who prepare food must be clean and good hearted. One should avoid taking any food when he does not feel hungry or when he thinks the food previously taken is not digested. One should chew or masticate the food well and avoid drinking water when taking food. One should take sufficient quantity of ghee or oil mixed with food. Dry food will cause dysentery or diarrhoea. One should avoid taking any food from the hands of sickly people or from the house where persons are suffering from infectious diseases. One should not take food or sweets which are exposed in the public streets for sale as dirt and other impurities are mixed up with them. One should not take food from the hands of enemies. One should take only two meals a day; one at 10 Am and another at night 7 or 8 P.M. The morning meal should consist of food prepared of old rice, Dhall, one or two vegetables - sufficient quantity of ghee or oil and butter-milk. Persons who are suffering from obesity should avoid taking rice diet and they may take preparations of wheat and other light food. Persons must use their common sense in the selection and preparation of foods. The night meal should be simple and wholesome. The rice should be of old one. Some kind of green may be used with or without dhall. In preparing the greens the essence should

not be thrown out. The mode of preparing greens has been dealt with in our journal of last month. As regards tiffin or refreshments to be taken in the evenings between 2 and 3 P.M. we have to draw the attention of the public who care for their health to the many varieties that are offered in the several restaraunts and hotels and they are the main causes for several ailments. It is always safe to take tiffins prepared in the house and in the absence of it, it is better to take some fruits and drink plain water or buttermilk. We need not say much about the qualtties of milk and ghee we get now a days. In the place of ghee which is sold in the bazars we can use safely pure gingelly oil or cocanutoil. If freshFruits are not available as they are costly at times one can take a few dried dates- few almonds-and raisins and drink a cup of water or butter-milk. This will serve in the place of tiffin. One must change the diets according to the circumstances and other conditions of the body as health depends much upon the changes of the weather, digestive power of the individual and temperament of the mind Etc. We have to mention a few more facts out of our personal experience. Persons who are accustomed to take their meals at 10 A.m, may take a cup of coffee -tea or cocoa or plain milk or some kanji. In the morning There will not be any necessity for taking any solid food as appetite will not keenly be felt when taking meals. One should avoid taking coffee or tea Etc., on too many occasions in a day. Persons who are suffering from dyspepsia or who have poor digestion should not take any solid food in the evenings and it is enough if they take a cup of buttermilk or some light liquid food.

Whatever you prepare for your food, offer to God first and then you had better take. Do not over eat. You can err in under eating rather than over eating.

(To be continued)

How to avoid catching cold

Most people do not know when they will get cold. For all outward purposes when we go out we are alright and after finishing the work we turn home and after a while we find that we are victims to cold and its sufferings. In a few minutes we find a vast change in the body and the mind is put to much hardships and sufferings.

We find a sort of heaviness in the head-pain all over the body-a sort of itching sensation in the throat and the breath in the nose a little obstructed and finally watery substance coming out from the nose. When we suffer from cold we are very uneasy and the ailment though appear to be trifling in the beginning, yet it plays such a havoc on the system and at times it leads to dangerous and incurable diseases such as Asthma, Consumption Chronic Bronchites and Pthisis Etc. If proper treatment is given in the outset, dietic observances strictly followed, -the ailment is easily cured in four or five days. On the otherhand if the-diseases are neglected and the man who is victim exposes himself to hot and cold weather unmindful of what he drinks and eats, the disease develops to several chronic complaints as mentioned above.

When the body is in a highly heated condition, if a person goes out exposing himself to severe hot weather and after returning home takes a bath in cold or hot

water, catches cold suddenly. Besides these other intemperate habits contribute for catching cold. If a man wants to avoid catching cold often he must observe the following directions. He should have regular baths early morning in cold or hot water as he is accustomed to. He should see that his bowels move regularly. He should sleep in a room well ventilated with the windows opened (not directly opposite to the windows). He should not walk bare footed. He should not expose to the cool wind after returning from a brisk walk or hard work. He should avoid taking cold producing foods and drinks Etc when the body is highly heated. He should not expose himself during winter nights without sufficient warm clothings.

When you have caught cold, the following hints will effect a speedy cure and give relief. Give gentle massage by your hands and fingers over the head-forhead - the sides - on the eyebrows and nose Etc. This gentle massage improves the blood circulation and relieves the congestion on the head; One should take complete rest mild nourishing food- avoid exposing to cold weather- avoid hard works and night keeping. One should not go to bed with wet feet.

V. R.

Plants and Drugs

Eng. Holy Plant-San. Tulasi-Hind. Kala Tulasi-Tam. Tel. Maha. Tulasi.

This plant is very well known to the Hindus from time immemorial as this is considered very holy and offered to God Vishnu for worship.

This plant is found throughout India and specially cultivated in the private and temple gardens and in houses. Medicinally this plant has got considerable value and especially for the ailments of children.

The juice of the plant is given in small doses in cases of children having disorders of stomach. In cases of fever the juice is used as anupan with Kasturi Pills. This also acts well as an expectorant with one or two gorochana pills. The juice may be used in ear-ache cases of children.

Persons who fall victims to Malaria often can chew a handful of this plant daily as a preventive measure. By growing about a dozen plants in flower pots in the midst of a house or court-yard-the troubles of musquitos are put an end to. By offering this plant to God Vishnu every day during the Puja it is said in the shastras that He is immensely pleased and offers benedictions on the worshipper. Eng, Garlic-San. Lashuna- Hind. Lasun-Tam, vellai-pundu- Tel. Velluli.

This is cultivated all over India for culinary purposes. It has got very good medicinal properties and is consumed in one form or another in the preparation of food-soups-curries and chutnies Etc by most people and especially by working classes. It is used along with chillies, cumin seeds- coriander- and pepper Etc in the form of a paste and mixed in tamarind water while preparing what is called pepper water.

It is said to remove the pains in the body. It creates good appetite and removes constipation. Persons who are suffering from rheumatic complaints can safely use this article daily in their diet. It can be used externally as

a paste along with mustard-vacha Etc for rheumatic pains and other swellings. Garlic enters into many medicines as an important ingredient which cures several diseases such as asthma-Paralysis-rheumatic complaints-colic, convulsions Etc. A garlic bruiced and boiled in gingelly oil can be used as ear drops for ear ache. As the garlic imparts an offensive smell owing to the oil contained in it some people of higher classes do not use it in their diet. Considering its high medicinal value it can be used occasionally in the diet by all classes of people as preventive and curative measure of several diseases.

Eng. Wood apple-Sans. Kapitha Hin, Khact Tam. Vilampalam-Tel. Velaga. This tree is cultivated in the gardens through out India for the fruit. It is highly praised in the Ayurvedic shastras for its medicinal purposes for allaying biliousness, excessive heat etc. The ripe fruit is very palatable and can be taken in the morning mixed with a little sugar or sugarcandy. It can also be prepared in the form of a sherbat. The unripe fruit is astringent and is used with other medicines in diarrhoea and dysentery. The unripe fruit is used as chutney and condiment with salt and chillies. The gum which exudes from the stem of the tree is used in dysentery along with other medicines. The leaf has got a very pleasant smell and is used for checking vomiting and biliousness.

How Prameha is Caused

Prameha is one of the most dangerous diseases. If the disease be allowed in the beginning without proper treatment by the help of an efficient doctor, it takes deep

root in the system and causes several other varieties of complicated and chronic diseases which become incurable in the long run. The disease is carried to several people who are innocent by contact and other means and even children are affected and made to suffer for the faults of their parents.

We give some of the important causes for prameha. Excessive indulgence in sexual congress-fasting at that time-suppressing the semen from flowing out, eating too much Pungent-saltish and astringent foods, too much anxiety and other irregular habits are some of the important causes for prameha. The disease at first takes its root in the bones under spinal column then affects the regions around the naval and spreads to the important bones and nerves through blood and vital fluid and manifests its influence through rectum and other important organs. Siddha Ayurvedic shastras speak about 21 kinds of Pramehas.

(1) *Vata Prameha*—The urine passed will be like cow's urine-Pain in the organ-Passing Puss like matter, pain and swelling of the testicles. Irritation in the stomach and the sides and also heaviness and general weakness.

(2) *Pitta Prameha*—Debility in the body-inactivity, pain in all the joints, black spots all over the body-burning sensation, a sort of irritation in the urethra and rectum, passing yellowish fluid-distaste for food, weakness of the limbs-pain in the organ with erection Etc.

(3) *Kapa Prameha*—Pain in the organ with irritation, constantly passing urine of white color, spots of red color

all over the body-excessive heat-bloodlessness in the eyes and nail.

Vada Pitta Prameha—Or the combination of two faults, pain all over the body-pain in the organ as if a needle is pierced-passing urine as if flour has been mixed in it with burning sensation, a sort of feeling as if some solid thing is moving in the stomach, constipation Etc.

Pitta and Sleshma Prameha—Bitterness in the mouth a sort of pain under naval, the organ becoming thinner or smaller than the usual size-passing urine in white and yellow color, pain in the joints-tendency to sleep during day time-feeling no appetite, swelling in the body Etc.

Combination of the three faults.—Itching sensation all over the body as if worms are moving, swelling under the naval, Black spots in the organ, constantly passing urine with irritation, finding different colored sediments in the urine Etc.

Prameha with abscess or Katti Prameha—Formation of abscess or boils all over the body with unbearable pain-itching sensation on the organ, passing puss in a semi-liquid form, oozing out matter under testicles, general debility etc.

Watery Prameha—Pain in all parts of the body, bitterness in the mouth-vomitting-giddiness-constantly passing urine with semen, pain under naval-passing puss like matter with stools-boils in groins Etc.

Thread prameha or Thanthi Prameha—Pain under naval-a sort of tickling sensation at the end of the organ, Erection, after passing urine some matter hanging like thread, passing of the white, wetting of the cloth constantly; burning sensation in the hands and feet Etc.

Blood Prameha—Laziness, giddiness of the head, body getting soft like cotton, passing bloody urine often with burning sensation and pain, a sort of restlessness Etc.

Puss Prameha—Passing pussy matter mixed with urine followed by burning sensation, boils in the groins, fistula in the anus, ulcer, under the naval, rheumatic pains under heels, constantly passing urine, fever with shivering giddiness, pain all over the body Etc. (*To be continued.*)

Our Makarahwaja Rasayanam will positively cure all sorts of Prameha and a trial will convince of what we claim.

The Value of Salt Free Diet.

By H. L. Harris, New York, N. Y.

Sodium Chloride has been used for preserving meat and fish and as a condiment of foods. Many persons believe that the consumption of sodium chloride is essential to maintain health. The medical fraternity, however, are fast learning the deleterious effect of sodium chloride on the heart and kidneys.

I have been accumulating matter on the value of a salt-free diet for a number of years.

The death rate from nephritis and Bright's disease, heart disease and kidney disease has increased enormously during the last fifteen or twenty years; and it is a noticeable fact that this increase has been much larger in the United States than in England. The reason for this may, no doubt, be that England objects to heavily salted foods;

Reproduced from "Therapeutic and Dietetic Age," July-August 1923

thus her hams and bacon are preserved with borax and her butter with one-half of one per cent of boric acid instead of salt.

The following quotations will show the value of a salt free diet.

Dr. Moras in "Avoid the Over Use of Table Salt," says: "Call this myno-salt theory, if you like. But with me it is a fact or conviction, born of experience and confirmed by practice and results.

"Salt ages people. Salt favors deposits in the blood-vessels and joints. Salt robs the hearts of marrow of the tissue-cells. Salt is an enemy to good digestion and assimilation. Salt is the most prolific cause of stomach bowel, kidney, nerve, vital and sexual impairments. It aggravates catarrh and rheumatism. In any but the "normal" amount found in foods, table salt is slightly or decidedly injurious in proportion to the excess taken, though the system becomes accustomed to it as it does to tea, coffee, tobacco, vinegar, and sweets.

"The average eater consumes at least ten to twenty times more than the system requires in each twentyfour hours. This necessarily keeps the tissues and fluids oversalt, as butter is. Salt "draws" water and creates thirst, but the water that it draws from your blood and flesh takes some essential living proteid (albuminoid) constituents along; whereas the water which you drink, to substitute that which salt abstracts is "dead water."

"Another reason still why salt is bad is that its habit so perverts your taste, that you swallow soup and meats and vegetables only because they are "salty," and there-

fore, you hurriedly swallow the mouthful or morsel in your rush for the next, with never a care of your "bolting" food and "gulping" soups." Use practically no table salt, except a very little in the cooking and see how instinctively your tongue will "search" each "bite" for its own distinctive taste, which it will rediscover and relish after a week's attention to proper eating as later explained.

Dr. H. O. Beeson says: "Prescott, in his history of Mexico relates instances of the tribe of Tlascalans, with whom he had made an alliance, and by their aid was enabled to establish himself in that country, in which he states that they had been imprisoned on a high mountain plateau for fifty years by the allied tribes about them during which time they had not been allowed to visit the low lands to procure salt, and that after fifty years of salt deprivation, he found them strong, courageous and enduring.

"Human blood contains four-tenths to five-tenths of one per cent. The same is true of the tissue serum. The cells contain no sodium chloride. They will not take it. They will give up some of their water to dilute a pabulum of greater saline density than their own. This shrinkage becomes fatal when the osmotic density exceeds nine tenths of one per cent.

"The amount of salt that can be used without producing harm cannot be determined by the sense of taste alone. It must conform to the physiological needs and must not exceed the limits of cell integrity. A cell cannot exist in a solution of greater osmotic density than nine parts per thousand, for beyond that it will give up some

of its water and shrink, and thereby becomes incapable of performing its functions.

"What is our consumption of salt per capita per diem? I have been unable to find in medical literature any statement of the average amount used by the American people. Charles Archard states that the average consumption of the French people is 20 grams. That makes 300 grains. Our War Office gives the daily ration to the United States soldier as 16-25 of an ounce. If I am not mistaken, that makes 307 grains. The soldier's ration of food is 35 ounces. This is a proportion of 1 to 55 or 18 to 100. We may take it as the best criterion of the amount used by American people from which the American soldier is derived *300 grains weighed out fills a tablespoon heaped up*. That is what we use daily. This is the result of being guided by the taste alone, giving no consideration to the physiological needs of the body or of the evil effects of the increased osmotic tension upon digestion and nutrition.

"All physiologists agree that 95 per cent of the salt injected is eliminated unchanged within twentyfour hours. Then of the 300 grains eaten daily by the average American, 285 grains are cast out of the body as foreign material as rapidly as the emunctories can accomplish the work. And who is there to say that this can be carried on for years without harm?"

"The use of an excessive amount of salt with food causes:

"1. Inhibition of the production of digestive secretions.

"2. Consequent retardation of digestion.

"3. Favors the growth of saprophites by reason of delay in digestion, with consequent slight but persistent ptomain toxemia.

"4. Being eliminated in large part by the mucous membranes, the exosmosis produced causes exhaustion and final infection and the foundation of chronic catarrh is laid.

"5. The daily extra work put upon the emunctories in eliminating the surplus and the evil effects of the hypertonic tension on the cells results in general glandular insufficiencies and final degeneration.

"6. The hypertonic osmotic tension of the blood serum exhausts the red cells of their water and makes them poorer oxygen carriers, thereby inhibiting metabolic processes and the oxidation and elimination of bodily waste.

"7. The bodily distresses caused by these disturbances of metabolism and elimination, and the demand for diluent due to the presence of an undue amount of this highly osmotic agent, together with the mucous membrane excitation caused by the excess of sodium chloride in the mucus bathing them, are the foundation of the drink evil and the sexual perversions. If not the chief cause they are certainly important ones.

"8. A sufficient amount of salt to be used daily is 15 to 30 grains to meet all the demands of nutrition and any in excess of this is not only useless but distinctly detrimental."

Dr. Luva says: "We are in the habit of taking daily with our food 10 to 15 gm. of common salt, and this quantity is often considerably exceeded. There is, how-

ever, in reality, no physiological necessity for this, for on the one hand we know that carnivorous animals, in order to thrive, require no addition of salt whatever, to their food, and meat, we know, does not contain more than 0.1-0.2 per cent NaCl, and on the other hand we are acquainted with nations living in a state of Nature who live only on animal food (flesh and milk) and either do not know common salt at all or else together disdain it. But with civilized man the amount of salt supplied depends more on training and habit than on any real need for it, and, as a large number of observations on health and diseased individuals have taught us, may be greatly reduced without harm."

Gasteira discusses the causes, the forms and consequences of renal congestion and emphasizes the necessity for measures to restore the balance in the cardio-vascular system with restriction to a milk diet, or better still to a salt-free diet, supplemented by diuretics according to individual indications.

Barlow in an editorial on "Poisoning from Common Salt" (the Journal A. M. A., Oct. 5th, 1922, p. 1297) speaks of the condition as a rare one, "I wish to give my experience with several cases of fatal salt poisoning in China.

"Throughout Chekiang Province, and probably in other provinces of China, the drinking of saturated solution of salt is a common mode of committing suicide, and there is none more difficult to treat. In only one case did I succeed in securing recovery. Salt is taken for suicidal purposes sometimes in a common saturated solution made

from water as the solvent, and sometimes in the brine from salted kraut."

"The salt-free diet should be instituted in every case of persistent hyperchlorhydria."

Dr. J. N. Hurty says:

"Salt, too, in the large quantities in which we generally use it lays an unusual burden upon the kidneys and injures them. All embalmed meats, ham, bacon, corned beef, dried beef, and smoked sausage, etc., very slowly but surely damage the kidneys, liver and other vital organs. All this is not new, for it is told over and over by the authorities. * * *

"It is my belief that more harm, if any would result from rich ice cream and fruit cake as they almost always are when the body does not need food and purely to indulge the sense of taste, than from the benzoate of soda as a preservative of foods: and I am also strongly opposed to embalmed meats with their kidney-destroying saltpetre, their creosote and excessive amount of salt. As for spices—they are an abomination as articles of diet. They are constipating, stimulating and irritating.

"In what I have said there is nothing new. The same has been taught, by physiology and dietetics for years."

It is evident from the above that sodium chloride is not the innocent condiment it is supposed to be, and that it is not an essential substance for the welfare of the human system.

Press Opinions.

The Muslim Outlook, (Sunday Octr. 14-23) Says:—

We have received first number of the monthly Journal "The Secret of Health" started by Dr. N. V. S. Sarma, M.D., (Ayr.) D. Sc. (Hr.) The journal is nicely got up and contains valuable information about Ayurvedic Siddha system of treatment. The object of the Editor in fixing the subscription at annas twelve per year is with a view to make the journal available to all rich and poor alike. Sample copy supplied free on application to the Editor at 411, Mint Street, Madras.

New India, (Monday Octr. 8th 1923) Says:—

We are glad to welcome into the ranks of monthly magazines this useful medical monthly Edited by Dr. N. V. S. Sarma, M. D., (Ayr.) D. (Hr.) Managing Director and Senior Physician at Ayurveda Siddhasramam. The first number published this month contains useful articles on the art of medicine, health, fasting, plants and drugs and acute rheumatism. The object of the journal is to convince the public how to preserve one's health free from all diseases and also the value of the efficacious medicines prepared according to Ayurvedic science.

The annual subscription is very cheap being 12 annas.

The West coast Spectator, (Saturday Octr. 6-1923) Says:—

We acknowledge with thanks the following:—"The Secret of Health" a new monthly journal for preservation of one's health Edited at Madras by Dr. N. V. S. Sarma,

M. D., (Ayr.) D. Sc. (Hr.) The object of the journal is to stimulate Ayurveda and the time selected for publication is opportune. The reading matter is carefully selected and the get up is attractive. The magazine is offered to the public for twelve annas per annum a nominal price which should ensure the largest circulation. We feel certain that there is a bright future before the new magazine.

'The Princely India' Delhi, of 13-10-23 Says:—

We have great pleasure in acknowledging receipt of a copy of the Monthly Journal "THE SECRET OF HEALTH" recently published by Dr. N. V. S. SARMA, M. D. (Ayr.) D. Sc. (Hr.) The Journal is nicely got up and contains valuable information under the several heads of Health, Hygiene and Medicines coming under the category of Ayurvedic Siddha System of Treatment.

We quite appreciate the laudable object of the Editor in bringing forward such a useful journal at a time when the study of AYURVEDIC medicines is being rejuvenated. We congratulate him on his efforts and highly recommend his valuable production to the general public who are sure to be benefitted. The object of the Editor in fixing a nominal subscription of annas Twelve per year is with a view to make the journal reach the hands of all-rich and poor-alike. A sample copy of this journal can be had free on application to the Editor,

"THE SECRET OF HEALTH"

411, Mint Street, MADRAS.

The Hindu of Madras of 27-10-23 says as follows:—

The Secret of Health:—A tiny monthly which aims to convince the public of the importance of health and of the efficacy of Ayurvedic Treatment. Edited by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma, Managing Director and Senior Physician, Ayurveda Siddhasramam. Annual Subscription 12 As.

The Citizen, Monday October 22, 1923, Trivandrum says as follows:—

We have received the first number of "The Secret of Health" a monthly Journal under the editorship of Dr. N. V. S. Sarma, M.D. (Ayr), D.Sc. It contains useful information in regard to health, Hygiene and Medicines prepared according to the Ayurvedic Siddha system of treatment. The subscription fixed is nominal 12 annas a year. Now that our ancient sciences and arts, particularly Ayurveda, are being revived, the appearance of such a Journal is most opportune. We wish the monthly every success.

‘வைதிக ஹிந்து’ ருத்ரோத்தாரிஸ்ரூப ஆவணி-புர: டாசியம் அடியில் குறிப்பிட்டிருக்கிறபடி எழுதுகிறது:—

“சுகாதாரத்தின் ரகசியம் (The Secret of Health):—இப் பெயர்கொண்ட ஒருமாதாந்த ஆங்கிலப் பத்திரிகை சுகாதாரத்தைக் கவனிக்கும் வழிகளையும் அதன் சாதனங்களையும் எல்லோருக்கும் போதிக்க ஆயுர்வேதவைத்திய ரத்னாகரம் பண்டித டாக்டர் என். வி. எஸ். ஸர்மா, எம்.டி., (Dr. N. V. S. Sarma, M.D.(Ayr.) D. Sc. (Hr) அவர்களால் பிரசுரம் செய்யப்படுகிறது. இது கல்ல கிளேஸ் காலிதத்தில் கிரம்பப் பக்கங்களுடன் மிகவும் அருமையான விஷயங்கள் வெளியிடப்பட்டிருக்கின்றன. ஒவ்வொருவரிடமும்

இப்பத்திரிகை இருக்கவேண்டியது அவசியம் என்று நினைத்தே வருஷத்தா உள்நாட்டுக்கு அரை 12 தான் வைக்கப்பட்டிருக்கிறது. ஆயுர்வேத முறைமைகளையே பெருமைப்படுத்தி அதின் உண்மையைப் பிரசுரப்படுத்த முன் வந்திருக்கும் இப்பத்திரிகையை ஆதரிப்பது ஒவ்வொருவரின் கடமையாகும். இப்பத்திரிகையின் விலாசம்:—

பத்ராபுரம்,

“The Secret of Health,

சுகாதார ரகசியம்,

411, தங்கராஜை தெரு, P. B. 1236, சென்னை.

Medicines

Siddha Makaradhwaja

Is the principal alterative tonic of the Hindu Materia Medica. It is also one of the costliest medicines because it contains Gold etc. Hence it never fails to produce the most satisfactory result in cases of debility, organic, constitutional or otherwise. It acts like a charm in Typhoid Fevers, Chronic Diarrhoea, complaints of Women after delivery, weakness of brain, Vertigo, Giddiness, Loss of Memory, Loss of Nerve-power, Feeling of Lassitude, Depression of spirits, constant mental misgivings, Palpitation of the Heart, Want of spirits and Energy, Inaptitude for Exertion, Candaverous appearance of the eyes, face and Skin, Dropsy, Dyspepsia, Diarrhoea, Distention of stomach and Intestines, Spermatorrhoea, Impotency, Nausea, Vomiting, Diseases of the Heart and Lungs, Asthma, Diseases of the Nerves and Nerve-centres etc. It acts like a charm and can safely be administered to the new-born babe, to the youth during study and to the old verging on death.

Per Tola Rs. 80. A Month's use Rs. 20.

Brihat Chandrodaya Makaradhwaja

This remarkable remedy containing Gold, Musk, etc, is an excellent medicine for Nervous Debility, and Weakness. Few medicines can compare with this in the direct effects it produces on the nervous system. It is a specific for Impotency and Nervous debility.

Price for A month's use Rs. 20.

Mula Sanjivi (*Specific for Bleeding Piles*)

This is the most powerful remedy for bleeding Piles. When the distention and protrusion of the terminal Veins cause unbearable pain at the gut, use our Mula Sanjivi; the pain and bloody discharge will soon disappear. Being slightly laxative it dispels irritation by regulating the bowels.

Price for a month's use Rs. 10.

Specific for Piles

This is a specific for all other kinds of Piles complaint.

Price for a month's use Rs. 10.

Makaradhwaja Rasayan

A specific for all urethral affections, Acute Gonorrhœa of painful and severe type. All burning and pricking painful sensation, painful, excessive or scanty urination and discoloration cease. It kills the germs "Genococci," the bacilli of Gonorrhœa in a very short time and thus

paves the way to permanent cure. It is a sovereign remedy for acute Gonorrhœa, Gleet, Urithritis, Running white etc. and their consequences.

Price for a month's use Re. 10.

Suthaka Nivarani

This is one of the celebrated Sastraic Medicines for Diseases of Women. It consists of two sets of medicines one for stopping excess of menstrual discharge and the other to cure the evils resulting from insufficient discharge. It cures Leucorrhœa, or Whites, Amenorrhœa Dysmenorrhœa, Pelvic Tumour, Metrites, Irregularity of Menses etc. It restores the faded frame to the bloom of youth, gives strength to the special organs and removes all puerperal disorders.

Price for each medicine a month's use Rs. 10.

Sukhadhara Sanjivi Lahiyam

Is a sovereign cure for chronic cases of constipation. It will help the bowels to move freely, will create keen appetite and allay the heat of the system. It acts as an excellent health restorative.

Price for a month's use Rs. 5.

Basanta Kusumakara Rasa

This is one of the best sastraic medicines for Nervous Debility. For Diabetes, there is no other medicine in any system of treatment to equal it in lowering the specific gravity of the urine and in removing sugar from it. It is the most invigorating Medicine for Nervous Debility. It

consists of Gold, Pearl, Musk etc. It stimulates appetite and gives vitality to old and sharpens the Intelligence. This medicine never fails to give relief.

Price for a month's use Rs. 30.

Araku Chandhanadhi Tailam

Cools and refreshes the brain, keeps the eyes clear, allays the heat of the system and makes the skin glossy and fresh. Specially recommended for pregnant ladies as it stops Nausea, Giddiness of the head and other allied diseases that accompany maternity.

Price per 12 oz. Phial Rs. 7.

Kum Kum Rasayan

It is a sure and guaranteed remedy to check vomitting of pregnant women and it gives brilliant appearance to the babe. It removes all the complaints of the women that stand in the way of their giving birth to children. It prevents habitual Abortion, if used during pregnancy. This is the safest remedy for females during pregnancy for almost all the diseases.

Price for a month's use Rs. 15.

Dysentery Cure

The best specific for Dysentery even if accompanied by fever and other complications: Has wonderful effects.

Price per Phial Rs. 2

Ringworm Cure

It speedily and permanently cures all sorts of Ring worms and other skin-Diseases. Produces no irritation or burning sensation but soothes the integuments.

Price per Stick Re.

Hysteria Cure

It allays all sorts of Nervous irritabilities and infuses a soothing tone to the nervous system. In all sorts of disorders of the nervous system such as Mania, Hysteria, Epilepsy, Palpitation of the Heart, Sleeplessness, etc. it acts as a charm.

Price for bathing oil and internal Medicine a month's use Rs. 20.

Cholera Cure

However sudden or severe may be the case, our medicine is always effective. One dose of this invaluable specific will check the progress of the disease and save life. It is a sovereign remedy for Diarrhoea, Cholera and all sorts of Bowel-Complaints. It is preventive as well as curative. This specific effectively checks the progress of the disease. In the mofussil where doctors are not available a phial of this medicine should always be kept in hand. None can afford to be without it.

Price to cure 10 Patients Rs. 2.

Delirium Cure.

When one has dangerous fits, and is at the point of death musk acts like a charm. People have been kept alive for hours to execute wills and to arrange their worldly affairs by taking Musk. Musk is a great boon to Humanity. This specific is made from the best Musk and it is a remedy for Typhoid, Cholera, Diarrhoea, sudden and dangerous Perspiration, Heat, Apoplexy, Cough and fainting fits. It is to be used as a general stimulant, to

be administered to the patient when the pulse is sinking or in a state of collapse. **Price per phial Rs. 2.**

Leprosy Cure

This is the most potent remedy for all sorts of Leprosy. Purifies the blood, imparts lustre and beauty of the body and makes man a real man.

Price per bathing oil & Internal medicine
A month's use Rs. 15

Hydrocele Cure

This is a specific which is the result of long researches and profound medical skill and prepared on entirely scientific principles with ingredients of reputed pathological value. Medical profession strongly recommends it as an infallible cure.

Price per Internal Oil & Internal Medicine
A month's use Rs. 15.

Tooth Powder

Its regular use would cure all sorts of diseases of the Gums, Gum boils, Caries of the teeth, Tooth-ache, Bleeding, foul breath etc. and make the teeth pearl white and strong. It is an antiseptic and destroys microbes, is pleasant to take and imparts a fragrance to the breath.

Price per phial As. 8.

Leucoderma Cure

This is a guaranteed specific for Leucoderma or White Leprosy.

Price per 45 days specific for a complete Cure Rs. 40

The Cough Tablets

These tablets have long since gained a great celebrity and are strongly recommended as the best of the remedies known for Coughs, Cold, Bronchitis, Hoarseness, Difficulty of breathing or Asthma and all disorders of the chest and lungs and if taken in time may prevent even consumption.

Price per phial Re. 1.

Laxative Tablets

These Tablets are very useful to those who want a mild aperient and who are suffering from constipation. One or two tablets at bed time will result in one or two easy and free motions in the morning.

Price per phial Re. 1.

Syphilis Cure

It cures surely and permanently syphilis and the dire consequences of this dirty disease. Most of the Leprosy cases met within the land are due to the poison of syphilis found latent in the patient's body. It cures syphilis not only in their first, secondary and later stages but cures worst consequence of syphilis viz. Impurities of Blood.

Price per bathing oil & Internal Medicine

A month's use Rs. 15.

Specific for Consumption

It cures chronic Bronchitis Raktapitta and all other kinds of Phlegmatic affections, Consumption accompanied by fever, the king of all diseases. In Consumption, it is both Curative as well as Preventive.

Price per bathing Oil & two Internal Medicines

A month's use Rs. 20

Dyspepsia Cure

One of the symptoms of Dyspepsia is that the sufferer cannot digest anything but light food. The food that he eats is not properly digested and assimilated, but is converted into acid. Our specific will keep the liver in proper order and checks bitter and hot belching and occasional vomiting of Biles.

Price for A month's use Rs. 5.

Infantile Remedies**BABY'S FRIENDS**

These are highly efficacious in cases of Indigestion, Acidity, Colic, Dyspepsia, Liver complaints, Spleen, Fever, Constipation, Hemorrhage, Consumption, Asthma, Nervous Debility, Depression of spirits, Sleeplessness, Hysteria and Diseases of children more especially at the time of teething. Their use improves appetite, ensures sound sleep, strengthens the muscles and Nerves and keeps the brain cool.

Per three kinds of Specific Rs. 3.

Specific for Rheumatism & Paralysis

It cures most wonderfully and magically Gout with its concomitant symptoms, the Rheumatic pain in any part of the body, in the Lumber region (*i. e.*) Lumbago in the Nerves, Muscles, Joints, Testicles, Legs, Arms and Fingers and Neuralgic pain in the Head, Face, Occiput, Ears, Mouth, Teeth, Stomach, Bowels, Liver, Spleen and Rheumatic Sciatica and Paralysis of different types.

Per Bathing oil and two Internal medicines

A month's use Rs. 25

Specific to remove Impotency

This specific thickens the vital fluid and remedies General Debility and gives full energy and as such it acts as a Nervine Tonic. It also cures Debility of the brain and Nervous Debility of all kinds brought on by youthful Indiscretions. It cures Impotency, Loss of Power and Retention. It increases the vital fluid admirably and restores the semen to its normal conditions and acts like magic in strengthening and invigorating the prostrated system.

Price per external application and Internal Medicine—
a month's use Rs. 20

Specific for Asthma

It cures chronic Bronchitis, Asthma, and all other kinds of phlegmatic affections. It is very beneficial in cases of Cold, Cough, Asthma and in loss of voice. Though the attack of cold is a simple and ordinary one yet it should not be neglected inasmuch as this simple cold can bring in all kinds of diseases that man is heir to,—even Consumption.

Price per Bathing oil & two Internal medicines
A month's use Rs. 20.

Elephantiasis Cure

This is a safe and guaranteed remedy for Elephantiasis accompanied with fever.

Price for a month's use Rs. 20.

Specific to remove Sterility of women

By the use of this Specific, Barren women become blessed with good and healthy children. It removes all the complaints of women that stand in the way of their conception. It prevents even abortion when used before there is any chance for abortion.

Price per external application & Internal Medicine
a month's use Rs. 20

Sanjivi Taila and Tonic Pills

Try this specific and enjoy Heavenly Pleasures. Perfect Health means Strong Nerve power, Strong youthful vigor, Strong organs, and Strength in every limb. How can we gain this? By using our Sanjivi oil externally and Tonic Pills internally it gives everlasting youth and makes life full of pleasures. Try one pill only, within an hour after using it you will enjoy life's best pleasures to the full—manhood and youth will be always at your beck and call. Even oldmen will be able to enjoy pleasures of life to their entire satisfaction. Try this and enjoy Heavenly Pleasures.

Price 1 Dozen pills Rs. 10 1 Oz. Oil Rs. 10.

Fever Cure.

Our "Fever Cure" radically cures all sorts of fever both acute and chronic, Fever attended with enlargement of liver and spleen, remittent fevers, Influenza, Penumonia etc. It is an alterative tonic of superior value and prepared scientifically with many valuable Ayurvedic Ingredients.

Price two kinds of specific Rs. 3

Diabetes cure

This is a safe and an infallible remedy for Diabetes of every form. It has an astringent effect upon the Kidneys and it promptly checks the excessive flow of urine; metabolism is restored and the formations of sugar and abnormal thirst disappears and appetite becomes normal.

It entirely removes Debility, Burning of the Palms and Soles, Weakness of the Brain, acid eructations, aching pains, Drowsiness of spirits etc.

Price for a month's use Rs. 60.

Bhasmas.

All of our Bhasmas are prepared in accordance with the strict rules laid down in Ayurveda. They are prepared with high cost and hard labour and guaranteed that they are true and genuine. They are intended for administering to the patients and not purified drug for preparing medicines. So they costs higher value.

Suvarna (Gold) Bhasma.

Useful in Phthisis, Consumption, Sexual weakness, strengthens memory and removes general debility.

Price per tola Rs. 60.

Tamra Bhasma.

Useful in Leprosy of all kinds, Consumption, Asthma etc.

Price per Tola Rs. 100

Silver Bhasma.

Useful in Nervous debility etc.

Price per Tola Rs. 25

Mukta Bhasma

Useful in general debility, Coughs, Phthisis, Asthma, Consumption, etc.

Per tola Rs. 120

Praval Bhasma

Useful in Liver, Lungs, and Heart, Phthisis, Asthma and Nervous troubles.

Per Tola Rs. 20

Loha Bhasma

Useful in Anaemia, Consumption, Phthisis, Delirium, Bright's disease, Heart affections, Scrofula, General and Sexual debility. Very good alterative and Tonic.

Per Tola Rs. 10

Ayaskanta Bhasma

Useful in Anaemia, Consumption, Debility both general and weakness of the brain.

Per Tola Rs. 20

Suvarna Vasantam

Is a very good remedy for Prameha.

Per a month's use Rs. 15

Sathavari Ghrita

Cures Asthma, Gonorrhœa and Excess of heat. It is a best cooling medicine to the body.

Price for a month's use Rs. 7.

Tonic Pills.

Weak and debilitated persons will find this a wholesome specific in restoring their lost vigour. It is not only a tonic but a nutritious food. It increases the semen, makes it natural, stops night emissions and vitalises the nerves; in a word it is the most valuable medicine for the weak and debilitated in bringing back charm and manhood to their constitution.

It can safely be called the greatest Elixir of Life and Health. The greatest Health-giver, Strength giver-Vigour giver, Manhood giver, Life giver and Youth giver, What we state is no exaggeration. Any one can try it only once, and he will himself find its wonderful and magical effects. It is used along with our Sanjivi Taila.

You will enjoy life's best pleasure to the full manhood and youth will be always at your beck and call.

Price per Doz. Pills Rs. 10.

TAILAS**(Medicated Oils).**

It is laid down in the Ayurvedic Sastras that the external application of oil produces eight times good results than the internal use of Ghee. No other mode of treatment will be of such a good treasure of external application of medicines as the ancient system of treatment can and this accounts for the existence of so many

good and efficacious medicated oils. Who could ever imagine that the external application of oil alone can cure chronic diseases such as Phthisis, Asthma, Cough, Vertigo, Giddiness of the Brain, Brain fag due to over-exertion of the Brain, Rheumatism, Paralysis and all other nervous diseases? In all such diseases external application of the medicated oils is inevitably necessary. Massaging the weakened limbs and the body with medicated oil brings about a rapid change, re-establishing lost Vigour and Health. The action of medicated oil is very quick and satisfactory as the oil enters into the tissues more quickly and easily.

Per 12 oz. Rs. 5

Brihat Maha Dashamul Taila.

Is a very good remedy for all kinds of diseases of the Head, Eye, Nose, Occiput. By external use it cures all diseases that attack the regions of men and women above the shoulders.

Price for 12 oz Rs. 8

Brihat Sutika Dashamul Taila.

Cures obstinate giddiness of the brain of such female patients as are attacked with this disease.

Price per 12 oz. Rs 8.

Netra Bindu.

Our Netra Bindu is one of the most soothing, cooling and delightfully healing preparations. It relieves the optic nerves from tension and undue fatigue, removes

redness and cures ulceration, watering of the Eye, Short-sightedness, Sore-eyes, profuse flow of tears, Purulent discharge, fear or intolerance of light. It is guaranteed to be perfectly free from any strong, irritating or injurious substances.

Price per phial Rs. 2.

Karna Mitra.

It cures Otorrhæa, Otitis, Tympanites, Inflammation and all other distressing diseases of the Ear, including deafness if not of long standing. It tones the auditory nerves and removes all pain from the head and ears. It is soothing and is free from all sorts of irritation. In bringing about the evacuation of Pus and all other septic matter it possesses remarkable power

Price per phial Re. 1.

Hair Oil.

This oil softens the scalp, gently stimulates the hair roots, and by such action brings about a quick and healthy growth of hair. It also prevents the hair from prematurely turning grey or putting forth a faded and lustreless appearance. It preserves the skin from chaps and redness caused by cold or tropical heat or impure water.

Price per phial Re. 1.

SAVE YOURSELF FROM PLAGUE.

Plague Cure

It is preventive as well as curative Plague originates from a kind of germs in the blood, stool and sputa of Plague-patients. It is superfluous to add that these

bacilli are highly contagious. They communicate the disease from one person to another and produce a kind of poison which begets those violent and fatal symptoms, characteristics of Plague.

Ours is a tried and trusted remedy and it can always be relied upon.

Price per phial to Cure two patients Rs 7.

N. B.—The above preparations are manufactured by the Ayurveda Siddhasramam and are available in their consulting room, No. 411, Mint Street, Madras.

EMERGENCY POCKET MEDICAL CASE

We have placed in the market our Medical Pocket Cases to meet the requirements of Travellers and Emergencies at Home. The case is made of fine leather and holds glass tubes, containing medicines for Diarrhoea, Colic, Fever, Cholera, Cough, Head-ache, etc. A booklet giving full instructions for the administration of the medicines is herein enclosed. This Handy Pocket Case with well tried medicines can be had for Rs.25.

GENERAL HINTS FOR OUR CONSTITUENTS

Purest medicines are rarely obtainable in the market. Our Ayurveda Siddhasramam was established to meet this want and it is the only firm which can supply the most genuine medicines that can be had. We intend making a speciality of treatment through correspondence, as we believe it is of incalculable importance in different

cases where a disease may need special attention. Advice to patients from all parts of the world is given gratis by sending him our prescription made out with great care and least delay. The best medical skill is employed in advising and prescribing for those who place their trust in us. We prepare medicines strictly in accordance with the injunctions of the Ayurvedic Sastras. All correspondence whether from sufferers or friends of sufferers will be promptly attended to with great care. The following questions concerning their ailments if answered in full enable us to form an idea of the diseases. Also it will be desirable to furnish us with history of the case in all chronic and complicated cases. Write your name and address in full and legibly and give concise directions for the despatch of the parcel.

From whatever sort of seminal complaint may the patient suffer, be it ever so complicated or pronounced incurable by physicians of repute, before giving up all hopes let him consult the Managing Director and Senior Physician Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma, Ph.D.Sc., M.D., (Hom.), M.D., (Ayr.), D.Sc., (Hr.) Ayurveda Siddhasramam. Once and through the Grace of God we shall try to give him great relief. Through the mercy of God we have gained some special experience in the treatment of such diseases. Consult us and you will have the full benefit. Do not consider your case incurable before you have once tried the Ayurveda Siddhasramam. Please see that you write our name "Managing Director, Ayurveda Siddhasramam, Pot Box 1236, Madras," distinctly in the address or else

you are likely to be cheated. The secrecy of all letters is Strictly maintained as Confidential.

When ordering medicines for ailments kindly answer the following questions:—

1. How many years old are you? Are you married?
2. Do you get free motions? Do you feel burning sensation when passing urine? How many times do you pass urine in 24 hours?
3. Do you feel any pain on the spinal chord, waist, arms, legs and shoulders?
4. Do you get wet dreams? Do you get involuntary emissions at a very little excitement?
5. How is your sexual power and sexual appetite? Is there any disorder in the male organ? State clearly
6. Do you digest your food properly? Do you feel dyspeptic and pain after meals? Do you get flatulence or constipation?
7. Do you feel very tiresome to get up in mornings?
8. Do your gums swell and does your mouth give out offensive smell?
9. Do you get sound sleep or are you disturbed by dreams? Have your memory and sight become weak?
10. Are you hunted by evil thoughts and despondency?
11. Whether you indulged in any youthful excesses from the age of 12 to 25.

12. Whether addicted to intoxication.

13. (Females.) Is the monthly flow clear? Do you suffer from Leucorrhoea? Have you got any issue? State every thing clearly.

14. Have you got syphilitic or mercurial poisons in your system?

State clearly the origin of your ailments.

Dr. N. V. S. SARMA

Managing Director

Ayurveda Siddhasramam

Post Box 1236, Madras.

“THE AKADEMI.”

Is a monthly magazine containing Articles in Yoga, Art, Industry and Sciences in the 3 languages of Tamil, Sanskrit and English. Best medium for Advertisements. Annual subscription Rs. 6 for India. For further details apply with one anna stamp to the Office.

Vol. III begins by next october 1923.

“Akademi Office,” Tiruvendipuram,

South Arcot Dt., South India.

Our Ayurveda Siddhasramam has been awarded several Gold Medals and First Class Certificates of merit by the following Ayurvedic Conferences and Industrial Exhibitions held from the year 1919 :—

1. The Dravida Ayurveda Vaidya Sammelana Conference and Exhibitions, Tiruvendipuram, South Arcot District, 1919.
2. The Tamil Vaidya Conference and Medical Exhibition, Tinnevely, 1921.
3. The Industrial Exhibition, Bezwada, 1921.
4. The Bhagalpur Exhibition, Bhagalpur, 1922.
5. The Indian Industrial Exhibition, Karachi, 1922.
6. The Bellary Industrial and Agricultural Exhibition, 1923.
7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.

—
This Pharmacy is being worked and personally supervised by

Dr. N. V. S. SARMA

Ph.D.Sc., M.D., (Hom.), M.D., (Ayr.), D.Sc., (Hr.)

Managing Director and Senior Physician

AYURVEDA SIDDHASRAMAM

Telephone

559.

Post Box

1236.

Telegrams:

“RATNAKARAM.”

