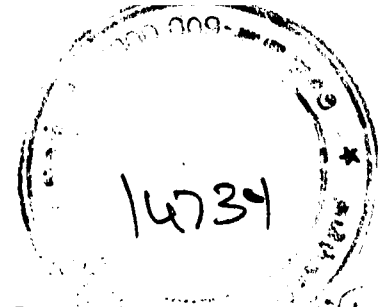




Ayurveda Siddhasramam.

Extension.

In response to the invitation of Dr. N. V. S. Sarma Ph. D.S.C. Managing Director and Senior Physician—Ayurveda Siddhasramam, on the occasion of the opening ceremony of the extension to the Asramam in 411, Mint Street, Madras, several pandits of Ayurveda and Siddah systems gathered together at 4-30 P.M. on the 2nd instant and graced the function held under the presidentship of Ayurveda Ratna Pandit Dr. T.D.S. Murti D. Sc. (Ayr).

Amongst those who were present Messrs. Pandit C.S. Murugesu Mudaliar, Pandit C.T. Muthia Pillai and Pandit N.C. Kannapiran Mudaliar interested themselves in the function. Pandit C. T. Muthia Pillai said briefly about Siddah and Ayurvedic systems of medicine, their use and efficacy and about the many ways how they should be resuscitated. Mr. N.C. Kannapiran Mudaliar while giving a general survey of the work done by Dr. N. V. S. Sarma, eulogized in strong terms about the capacity of the Doctor and wished him full success in his enterprise. Mr. C. S. Murugesu Mudaliar observed that in as much as the work taken up by the Doctor is

one of love and charity unlike others of similar nature he will be surely successful.

The chairman in bringing the function to a close impressed upon the Doctor that he should work with zeal and love as he has all the characters necessary to bring the business to a successful end.

After the close of the meeting, the audience was given light refreshment and *pan-supari*.

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 AND NERVINE TONIC)

pleasant to take, creates 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., (Hom.), 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 AMRUTARATNAKARAM 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 following cases.

(a) It keeps the liver in its normal condition and prevents the Bile from being deranged. Bile when deranged 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 Eruptions, 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 gradually Health, Liveliness, etc. It cures impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the Semen to its normal condition 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 un-natural 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 eyes, 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 Leucorrhoea. It cures without fail all the Twenty Varieties of Prameha no matter whether they are considered Curable or Incurable. Moreover it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrhoea. 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, all Kinds-Albumenorrhoea, 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 which 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, 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 matter through the urethra obstructs 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 Gonorrhoea and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptic. Diabetes is the most fatal out-come of excessive Indulgence, Gonorrhoea, 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 Leucorrhoea i.e., white discharge. Females of India very frequently become subject to the diseases of Leucorrhoea, Dismorrhagia, etc.,. The causes are not very far to seek. Excessive indulgence and contact with polluted husbands and mental, moral shock or emotion are the root causes of this disease. The unfortunate husbands who contract Gonorrhoea or Prameha should think very seriously that by coming in contact with their wives, they are destroying the health of their wives. Amruta Ratna-

karam heals the ulcers within the Female organ from which pus 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 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 age. 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 safest and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis and 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 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 pro-

per 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-Chancres, then at this stage the whole penis is attacked with ulcers. It is Sometimes Confounded with Gonorrhœa as pus 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, Excrescences on the Skin, Herpes of all kinds and in any part of the Body, Gangrene of the Flesh, urticaria, Ulceration of any kind but even Leprosy, which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratnakaram 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 Corpus-

cles of the Blood and by Removing the Poison Radically from the System.

(k) As AMRUTA RATNAKARAM Contains Purely Ayurvedic Medicines such as Chandrodaya, Tandra, 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. 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 Certificates are published for the information of the Public:—

i. Dr. L. C. BURMAN, M.A., Ph. D. Sc., Bio., Lit. D. Sahitya Shastri, Vidyabhushan, Etc, President, The Educational Institute. (Allahabad City. 21-9-23).

"*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."

ii. Ayurveda Ratna Pandit Dr, T. D. S. Murti, D. Sc. (Ayr.), President Founder, 'Academy of Aryan Science' and the Editor of the Akademi, Tiruvendhipuram. (1-1-24).

"I had the pleasure of visiting the 'Asramam' on 1-1-24. I tried the various preparations of this 'Asram' amongst my patients and found them efficacious. I also tried the all round medicine. 'Amruta Ratnakaram' in some special cases of ailments (i.e. Digestive, circulatory and thoracic diseases) and found the same to be true to its description by Ayurveda Vaidya Ratnakaram Pandit Dr. N.V.S. Sarma, Ph. D. Sc., M.D., (Hom) M.D., (Ayr.) D. Sc., (Hr.) I can safely recommend to the public the various preparations of this 'Asram.' As the

proprietor of this Asram' prepares personally every medicine and at the same time is willing to give a real description of the process of each medicine to real doctors. I need not say it adds more to my recommendation.

He does his work unostentatiously. His medicines similarly effect cure unobservedly.

To say more is superfluous. I wish all success to this Asramam and its useful work under the supervision of the learned Pandit Dr. N.V.S. Sarma. Ph. D.Sc., Etc."

Ayurveda Siddhasramam.

Our principal and important Medicine 'Amruta Ratnakaram' 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 Exhibition, 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, Bellary. 1923.

7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition, Baroda, 1923.

Press Opinions.

- i The Calcutta Medical Journal, November, 1923.

The secret of Health edited by Ayurveda Vaidya Ratnakaram pandit Dr. N. V. S. Sarma M. D. (Ayr) D. Sc. (Hr.) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the volume. We wish every one of our readers would get hold of a copy and enrich his knowledge of medicine and science from this valuable journal. We wish we had space enough to quote some of the very striking passages from this Journal.

The Ayurveda Siddhasramam of which the Vaidya Ratnakaram Dr. is the Managing Director and senior Physician has wonderfully prepared specifics and cures for Cholera, Delirium, Leprosy, Hydrocele, Leucoderma, Dyspepsia, Consumption, Impotency, Rheumatism and Paralysis, sterility in women, Elephantiasis, Diabetes and even Plague.

We wish the enterprise grand success, which is bound to come from all that we could gather out of this

Journal and we trust we will be provided with a regular supply of the same for our medical members to enjoy in "fresh fields and pastures new."

Annual Subscription is Annas Twelve only and the Editorial and Publishing offices are at 411, Mint Street, Madras. Post Box 1236.

- ii *New India, Madras. (Monday Oct. 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. Sc. (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.

- iii 'The Practical Medicine' Delhi Nov 1923 Says:—

The Secret of Health—Under this title is issued a monthly Journal by Dr. N. V. S. Sarma, M. D. (Ayr.) D. Sc. (Hr.) from 411, Mint Street, Post Box 1236, Madras. The annual subscription is only annas twelve and the paper is brought about for popularising Ayurvedic Medicines prepared under the Siddha Ayurvedic System. It is intended to deal with matters concerning health and hygiene and the first issue of October 1923,

contains useful information on the subject. We wish this new comer a success in the field.

iv 'The Swarajya' Madras (17-11-23) Says:—

'The Secret of Health'—This is a monthly Journal edited by Dr. N. V. S. Sarma, M D. (Ayr.) Sc., (Hr.) Managing Director of Ayurveda Siddhasramam. The first issue contains a number of interesting and instructive articles on Health, Fasting, and Acute Rheumatism. The annual subscription is fixed at the nominal rate of 12 as. A sample copy can be had on application to the editor, 411, Mint Street, Madras.

v. *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 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.



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To be able to fight for it and survive, you must be **PHYSICALLY STRONG**. Every one of you, man woman and child, must be fit as a fiddle. Ensure that fitness and strength by a course of

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The Greatest Nerve Tonic of the Age

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THE SECRET OF HEALTH

A MONTHLY JOURNAL

Vol. I || FEBRUARY 1924. || No. 5.

THE DANGER OF PREPARING FOODS ETC. IN METALIC VESSELS.

Since two or three decades it has become a fashion to prepare all food stuffs in metalic vessels, with middle and higher classes of people. The vessels selected are generally of brass, copper, bronze, Aluminium and lead etc. In cases of copper and brass vessels sometimes tin-coating is done and it is also necessary for the same when acid preparations are made. Generally, some people go on cooking in the said vessels even after major part of the tin-coating has exhausted which naturally causes several complaints like copper poisoning followed by vomitting, purging etc. We have heard of several cases of copper poisoning resulting in deaths, where the poisoning is severe. Our ancestors some 30 years ago were not in possession of a large number of Metal Vessels, even when they could afford to have. They prepared all their food stuffs in earthen and stone vessels and it is one of the main causes for their robust health and long lease of life. It is only on rare occasions like ceremonial days, new moon days they

used to prepare some selected foods in metal vessels. Our shastras also highly recommend to prepare all foods in earthen vessels only. Even to-day we can see that in almost all the temples all the foods are prepared in earthen pots only. It is cooling to the system to have our foods prepared in earthen vessels and to do so in metal vessels is heating and leads to several minor ills and gradually poisons the blood. There is also considerable difference in taste between the preparations made in the two above said vessels (viz) metal and earth. We may point out one simple test to our readers to experiment themselves. You just boil your milk in an earthen pot separately intended for it and drink for three or four nights. Similarly boil milk in any metallic vessel for similar periods and use. You may find the difference in taste very easily and you will say that the milk boiled in earthen vessel is decidedly better. It is not only better in taste but also very healthy to the system. We generally find that water kept in earthen pot is much cooling to the system than the same kept in metal vessels. Poor people as a class prepare all their foods only in earthen vessels and consequently they are decidedly healthier than the middle or rich classes and so they live longer. One should not consider this as a trifling. This has much to contribute to the health of the body. Now we find in most of our houses metallic vessels of various sizes and patterns at great cost thrown out without any use for number of years. There is not at all any necessity in our families to invest such a large

amount in metal vessels which after all do no good. Really it has become a fashion with some of the rich and middle class people at least to possess a large set of vessels for mere exhibition. The food stuffs prepared in the houses of Europeans and Anglo Indians etc, are all in Earthen vessels only and it is doubly advantageous to them in the point of health and economy. Therefore we think it proper to caution those who care to possess good health to have their foods prepared in earthen and stone vessels only. Taking foods prepared in tinned vessels is the best source of tin poisoning (as it is dissolved during the process little by little) thus creating variety of Diseases.

Exercise.

Exercise gives strength. Health and success are so largely dependent upon balance, upon symmetry of development, physical and mental harmony, that we should do every thing possible to secure the physical poise which also means mental and moral poise. Exercise of mind and body seems to be the moral medicinal corrective of disease. No function can be perfectly healthy in a normal condition unless it is exercised. In other employments, if health fails, it may be recovered, in very many cases, by care and exercise.

There are a good many different kinds of exercise, because there are a good many different parts of our bodies, and every one of them ought to be used, if we want it to be vigorous and healthy. You know what stout, strong arms a black smith has, that it is so because he uses his arms so much.

Exercise must be qualified by the following rules.

1. It must be regular and daily.
2. It should be pleasant and agreeable.
3. It should relax the mind.
4. It should be increased at convenient seasons.

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All the parts of the body are so joined together, and have so much to do with each other. Walking, running, swimming, jumping strengthens and also makes our blood flow faster and brisker; it makes us breathe in a great deal more fresh air; it helps us to get rid of more of the waste and refuse, and it keeps our digesting apparatus in good order. So it makes us stronger and better all over.

The great many of the illness of rich ladies, come simply from having nothing to do. They are eaten up with dullness; they don't know how to get through the long weary days, and so they mope and fall ill.

Owing to the liability to internal congestions, a certain amount of exercise is usually advisable. Exercise taken in the heated air of crowded rooms is never anything but exhausting in India, and renders the system more liable to chills and climatic diseases.

"The first physicians by debauch were made,
Excess began, and sloth sustains the trade:
By chase our long-lived fathers earned their food:
Toil strung the nerves and purified the blood:
But we, their sons, a pampered race of men,
Are dwindled down to three score years and ten:
Better to hunt in fields for health unbought,
Than fee the doctor for a nauseous draught;
The wise, for cure, on exercise depend:
God never made His work for man to mend."

(Miras, S. V. PATHAN.)

Whooping Cough.

This disease generally attacks children under five or six years. It is caused by drinking vitiated milk of mothers and nurses, constant attack of cold and accumulation of phlegm in the chest. The wind in the system tries to disturb the solidified phlegm when cough in successive turns lasting even to 3 or 4 minutes is caused which gives great pain and uneasiness to the children. This disease being highly contagious amongst children, the unaffected children in the family should be kept aloof and the affected children should be treated with best medicine and nursed properly with regular diet and nourishments. The room in which the child is kept must be clean and properly ventilated. Medicines of mild nature which has the power of checking phlegm should be administered in small doses about 4 or 5 times in a day independently and also with food such as milk-conjee etc. If the mother's milk is impure it should not be given and in its place cow's milk should be used.

If the disease is neglected in the beginning without proper treatment and care the disease takes a strong hold and gives great worry to the child. The milk and food taken by the child is vomitted. There will be constant and recurring cough which makes the child tired and unconscious and perspiring also. When the cough is very severe the child passes urine and stool unconsciously. Generally the disease lasts for 90 days and by this time he gets very weak and ematiated.

Therefore before the disease gets severe and chronic proper treatment and regular nourishment should be administered.

Our cough tablets are the best medicine for whooping cough. Price Per Box Re 1/-

Buttermilk-பொருள்.

Buttermilk is milk soured by the action of the Lactic acid Bacilli and it is long in use as a dietetic article in the food of the people of India. Quite recently a Doctor of repute Prof Metchnikoff of the Pasteur Institute, Paris has brought to light some of the uses of buttermilk.

The ancient Ayurvedic Physicians used buttermilk in diseases of the stomach, of the digestive organs, in diabetes, in piles and other diseases. In Jaundice, rice and buttermilk are prescribed by certain Ayurvedic doctors as well as in dysentery.

The reason for the therapeutic value of buttermilk is not far to seek. Partly digested organic food when delayed in the intestinal canal rapidly becomes attacked with putrefactive Bacteria and gives rise to foul gas and toxic poisons. These toxins are absorbed into the blood and in 24 hours the circulation becomes sluggish. There is depression of spirit. One becomes irritable. The eyesight becomes blurred. Headache sets in and the whole nervous system becomes unstrung. This in turn impairs digestion and assimilation of new

food which ultimately develops into chronic constipation and indigestion.

Sooner or later this constant absorption of the toxic poisons results in high blood pressure and hardening of the arteries, the first indication of premature old age. This absorption of foetid matter gives rise to Diabetes, Bright's disease, intestinal and nervous catarrh, Gastritis, Skin diseases, mental-depression, mild form of mental derangement, some forms of Asthma, chronic Head-ache and vertigo etc.

Professor Metchnikoff deserves great credit for finding a drugless method for destroying the Cause of acute intoxication. He discovered that the putrefactive bacteria live only in an alkaline medium but do not live under acid condition and he has found the Lactic Acid organism of soured milk of Bulgaria which will survive the digestive processes of the stomach and enters the intestines, where it multiplies living on the sugar of the diet and producing lactic Acid. The putrefactive bacteria unable to exist in the presence of the lactic acid gradually but surely die out and are replaced by the beneficial bacilli which produce no toxins and is harmless to man. In Bulgaria there are 3,800 persons over 100 years of age, and the population of Bulgaria is 7,000,000 while Germany with its 61,000,000 has 78 persons over 100 years of age. This is attributed to the Bulgarians partaking Sour milk or buttermilk.

Long, Long before the discovery of Prof. Metchnikoff, Ayurvedic doctors knew full well the therapeutic effect of sour milk. Like this the ancient system of

Charaka Sustruta has a good deal to give to the modern world. An unbiassed study of Ayurveda could reveal most useful hints for prolonging life and keeping oneself fit.

(P. S. SAMPATH.)

Plants and Drugs.

I.—Sans,—Shobhanjana; Hind-shajna; Tel-Munaga, Tamil-Murungai, Eng.—Horse-raddish tree or Drum stick tree.

This tree is cultivated throughout India in gardens and in sides of the streets in small towns and villages for culinary purposes. Every part of this tree is used for domestic and medicinal purposes.

The tender leaves are used as greens by middle and low classes of people in their daily foods and it is very good to health. It checks the wind and makes the bowels move free and purifies the blood. It is one of the dietetic articles and we recommend it to rheumatic patients.

The flower is the best nervine tonic and is used by Ayurvedic and Unani doctors in their preparations of Aphoristic medicines. A few flowers may be put in cow's milk, boiled well and drunk with a small quantity of sugarcandy. This will strengthen the vital fluid and will act as a good nervine tonic. Its tender Capsules is highly praised and eaten by all classes of people as curries and soups and it is a nourishing article.

The ripened seeds yield a fine oil which is esteemed

by perfumers and watch repairers. The oil may be used to relieve the pain of gout and acute rheumatism.

The Juice of the bark is used to relieve gout, rheumatism both externally and internally. The fresh juice of the root bark is poured into the ears to relieve otalgia. The gum is used also for the same purpose and for dental caries.

II.—Sans.-Kankana, Eng.-Borax, Hind-Tinkal, Tel. Veligaram, Tamil-Venkaram.

This salt is found in Nepal, Tibet and Persia from lakes. It is used by gold smiths in melting gold for preparing jewels.

Borax is given as diuretic and emmenagogue. In cases of tedious labours of pregnant women, dependent apparently on want of action or power in the uterus to expel the foetus and in abortion under the same circumstances 30 grains of borax with 10 grains of powdered cinnamon in a little warm congee may be given every one or two hours to the extent of three or four doses.

This may also be given in irregular menstrual cases and chronic uterine affections.

For external use Borax may be used in the form of lotion as an antiseptic in gangrenous buboes and ulcers. As an ointment it may be mixed with Vaseline and used for ulcers and sores. The ointment can be used very successfully for sore nipples. In the irritation of genital organs of males and females a solution of Borax may be syringed with much benefit. It can be used as germicide in the form of solution and powder when

plants are affected with insects. Borax in the form of boric acid is extensively used as an antiseptic. It is also used to preserve *butter and other patent foods*.

III.—Sans. Matulang. Eng Citron—Hind. Maphal—Tel. Madeephalamn. Tam. Thuringipalam.

This plant is cultivated for its fruit in gardens throughout India.

The fruit is famous for removing bilious complaints and excessive thirst due to heat and high temperature. The yellow pulp is an excellent aromatic and stomachic. The rind may be made into an excellent marmalade and its preserve is used in dysentery and in bilious complaints. It can be made into a Rasayanam with number of drugs which is highly recommended in Ayurvedic shastras for checking vomittings and other complaints due to deranged bile. It may be made into a pickle which is useful as a dietetic article in fever and other cases. An oil is extracted from the rind by distillation which is used in medicine.

IV.—Sans. Tavakshri; Eng. Arrow-root, Hind. Tikur. Tam. Artimavu, Kookai.

This plant is extensively cultivated in Malabar, Travancore, South Arcot district and in Northern India.

From this root the famous dietetic article the arrow-root flour is manufactured in large scale in Malabar and Travancore. The flour is cooling, demulcent and nutritious food in Cases of dysentery, gonorrhoea, fever and bowel Complaints Etc. It is prepared in the form of conjee with milk and sugar added. It is a safe

food for people who have very poor digestion. It may be taken by all classes of people and even children as morning food in the form of conjee in hot season.

The tubers are eaten by low class of people by boiling them. It is a highly nutritious food. A confection in the form of halva may be prepared by adding cardamams, nutmeg, sugar, ghee etc. It cools the system and gives strength to the body.

Dysentery.

This disease is very common in India and highly prevalent in summer season. This disease is considered somewhat infectious. It is caused by eating foods that are dry and stale in excessive measure and exposing to chill and drinking impure water and other irregular habits.

By eating heavy foods and other raw articles the wind is excited and consequently constipation is caused. The excited wind affects the bowels and irritation is caused and thereby free motion is obstructed. The patient passes stools in small quantities in watery motion attended with pain a number of times. If the disease is neglected in the beginning without proper treatment, blood appears in the stools with griping pain in the abdomen. The patient feels loss of appetite, thirst and extreme weakness. If the dysentery is followed with fever the case becomes complicated. In dysentery caused by excited wind, griping pain in the stomach and intestines is the important symptom.

In dysentery caused by excited bile a burning sensation is felt in the body and in the rectum. If the cause of the dysentery is due to excited phlegm mucous stools become frequent.

If dysentery is not checked in the beginning without proper treatment the disease becomes difficult and takes long time and special care to cure. If children and pregnant women are affected with this disease special attention must be paid in case of treatment and diet etc.

In acute case of dysentery medicines must be given to make the bowels move freely. Castor oil may be given in a small dose with hot water and gum arabic powder. This will cause the bowels move freely. If there is fever castor oil should not be given. In chronic cases astringent medicines should be given.

As regards diet Sago conjee or barley Conjee or tapioca should be given. Heavy foods should not be taken. The patient must take rest and should not expose to cold weather.

Our Dysentery cure is the best and guaranteed specific for dysentery of acute and chronic cases and also dysentery followed with fever. *Price per Phial Rs. 2.*

What music plays in curing acute and chronic ailments.

First, as regards its medicinal effect, Martinus Capella assures us that fevers were removed by songs. Plutarch says that Thelates, the Cretan, delivered the Lacedaemonians from pestilence by the sweetness of his lyre. Mr. Bianchini certifies he has witnessed many instances where-in music has been applied with

great effect in cases of acute and chronic diseases. Dr. Cox relates a case of the power of music on insanity where great benefit was obtained in the cure of a soldier by the music of a fife. Burton, in his *Anatomy of Melancholy*, says no remedy is so powerful for melancholy, as music and merry company. Hence Farinelli (1705-1782) who cured king Philip of Spain of his melancholy, was retained by the King at the highest salary ever paid to a musician, viz 50,000 francs a year. Plato remarks that the effect of music on the mind is like that of the air on the body. In the history of the Royal Academy of Sciences at Paris for 1707, a remarkable case is related. A famous musician was seized with fever, accompanied with alarming paroxysms. On the seventh day he fell into a delirium and shrieked. Then one of those natural instincts, which are commonly said to prompt animals in distress to seek for those herbs that are proper for their case, made him desirous of hearing a small concert in his chamber. No sooner had the sweet music touched him than his countenance assumed an air of sweetness and serenity, his eyes became calm and his convulsions ceased entirely. He shed tears of joy and was free from the fever during the time the music lasted. But at the end of the concert he lapsed into his former state. So the music had to be repeated for ten days till he was completely cured. Even a layman like Sir William Jones observes in his *Musical Modes of the Hindus* "After food, when the operations of digestion and absorption give so much employment to the vessels that a temporary state of

mental repose must be found, especially in hot climates essential to health it seems reasonable to believe that a few agreeable airs either heard or played without effort, must have all the good effects of sleep and put the soul in tune for any subsequent exertion. Hence it was that Sir Thomas More prescribed, in his "Utopia" music as an appendix to every meal, and Epictetus called a table without music a manger. Hence again it is that our Indian Princes have, from time immemorial been treated to music at the time of or immediately after meals. Secondly, as regards the effect of music on action, an old officer who served under the Duke of Marlborough was so timid as to show the utmost reluctance to an engagement, until he heard the drums and trumpets, when his spirits were raised to such a degree that he became very ardent to be engaged with the enemy. Tyrtens, the Spartan poet, by his music sung to the accompaniment of flutes, so inflamed the courage of his countrymen that they achieved a great victory over the Messinians to whom they had submitted in several previous conflicts. Timotheus, by touching his lyre with his flying fingers, ravished the ears of Alexander so as to make him assume the God, affect to nod and seem to shake the very spheres. The late Mr. Varadachari, a very good graduate musician, told us that he had been once waylaid by a gang of highway robbers, from whose hands he gracefully extricated himself by feasting their ears with a good set of Nandanar's Kirthanams.

(Extract from *Every Mans Review Feb. 1924.*)

Medicines

Sidha Makaradhwaja

It is the principal alterative tonic of the Hindu Materia Medica for curing all diseases. It is also one of the costliest medicines because it contains Gold etc. Hence it never failed to produce the most satisfactory result in cases of debility, organic, constitutional or otherwise. It acts like a charm in Typhoid fevers. Chronic diarrhoea, 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, Diarrohea, Distention of stomach and Intestines, Spermatorrhoea, Impotency, Nausea, Vomitting, Diseases of the Heart and Lungs, Asthma, Diseases of the Nerves and Nerve centres, Diabetes, complaints of women after delivery and all menstrual disorder. It produces wonderful effects in the above cases and it can therefore be safely administered to the new born babe, to the youth during study and to the old verging on death.

Price Per Tola Rs. 80.

A Month's Use Rs. 20.

Brihat Chandrodaya Makaradhwaja

This remarkable remedy containing Gold, Must 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 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, Urethritis, Running white etc. and their consequences.

Price for a month's use Rs. 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 Leucorrhoea or Whites, Amenorrhoea, Dysmenorrhoea, 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 Ringworms and other skin-Diseases. Produces no irritation or burning sensation but soothes the integuments.

Price per Stick Re. 1.

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. 10.

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.

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 the breath 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 re-

medies 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 accom-

panied 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 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 in as much 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 old men 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, Pneumonia etc. It is an alterative tonic of superior

value and is 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 cost higher value.

Suvarna [gold] Bhasma.

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

Price per tolu 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.

Price Per Tola Rs. 120.

Praval Bhasma

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

Price 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.

Price Per Tola Rs. 10.

Ayaskanta Bhasma

Useful in Anæmia, Consumption, Debility both
General and weakness of the brain.

Price Per Tola Rs. 20.

Suvarna Vasantam

Is a very good remedy for Prameha.

Price for a month's use Rs. 15.

Sathavari Ghrita

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

Price for a month's use Rs. 7

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.

Birhat Maha Dashmul 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.

Cure 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 preparation. 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 substance.

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 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 be-gets 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.

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 to them 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, Post 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 wetdreams? 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 Lencorrhœa? 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

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Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA,

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

Managing Director and Senior Physician.

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tional) connected with the reproductive organ. There
is no need to describe the composition of AMRUTA

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

(a) It keeps the liver in its normal condition and prevents the Bile from being deranged. Bile, when deranged 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, Eruptions, Various kinds of Impurities of Blood, etc.

(b) Bad Liver Creates Acidity and Bad Blood, and Bad Blood is the root of all 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 gradually Health, Liveliness, etc. It cures impotency, Loss of Power and Retention. It increases the Vital Fluid admirably and restores the Semen to its normal condition 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 eyes, 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 Gonorrhœa 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 Leucorrhœa. It cures without fail all the Twenty Varieties of Prameha no matter whether they are considered Curable or Incurable. Moreover it is an excellent remedy for Stricture, Jaundice, Low chronic fever that affects the very system of the patients, Diabetes of all kinds, Albumenorrhœa. 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-Albumenorrhœa, Impotency, etc. It causes the free flow of urine, allays the burning sensation while passing urine and stops the running in of the poisonous matter through the Urethra most admirably. Gonorrhœa is that which is contracted by its victims by coming in contact with women of ill-fame and women infected with the Gonorrhœa Virus.

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

Gleet is the painful development of Gonorrhœa. 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 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 dyspeptic. 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, Dismenorrhagia, etc., The causes are not very far to seek. Excessive indulgence and contact with polluted husbands 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 pus 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 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 cures 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 age. 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 safest and most harmless remedy for females during and after pregnancy for almost all the diseases.

(g) It cures Chronic Bronchitis and 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 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 flicers 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 pro-

per 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-Chancres, then at this stage the whole penis is attacked with ulcers. It is Sometimes Confounded with Gonorrhœa as pus begins to flow through the urethra and the 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., 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, Excrescences on the Skin, Herpes of all kinds and in any part of the Body, Gangrene of the Flesh, Urticaria, Ulceration of any kind but even Leprosy which requires a serious handling and attention of every one.

(i) Patients using this Amruta Ratnakaram are not required to be confined to bed nor Prevented from Bathing nor 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 Corpus-

cles of the Blood and by Removing the Poison Radically from the System.

(k) As AMRUTA RATNAKARAM Contains Purely Ayurvedic Medicines such as Chandrodaya, Tamba. 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 in to Consideration the Manifold Good Results Derived from it, it may indeed be Called HEAVENLY NECTOR.

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i. Dr. L. C. BURMAN, M.A., Ph. D. Sc., Bio., Lit. D. Sahitya Shastri, Vidyabhushan, Etc, President, The Educational Institute. (Allahabad City. 21—9—23).

“*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 Siddhasaraman 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.”

ii. Ayurveda Ratna Pandit Dr. T. D. S. Murte. D. Sc. (Ayr.), President Founder, 'Academy of Aryan Science' and the Editor of the Akademi, Tiruvendhipuram. (1—1—24).

“I had the pleasure of visiting the 'Asramam' on 1—1—24. I tried the various preparations of this 'Asram' amongst my patients and found them efficacious. I also tried the all round medicine. 'Amruta Ratnakaram' in some special cases of ailments (i.e. Digestive, circulatory and thoracic diseases) and found the same to be true to its description by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma, Ph. D. Sc., M.D., (Hom) M. D., (Ayr.) D. Sc., (Hr.) I can safely recommend to the public the various preparations of this 'Asram.' As the proprietor of this Asram prepares personally every medicine

and at the same time is willing to give a real description of the process of each medicine to real doctors I need not say it adds more to my recommendation.

He does his work unostentatiously. His medicines similarly effect cure unobservedly.

To say more is superfluous. I wish all success to this Asraman and its useful work under the supervision of the learned Pandit Dr. N. V. S. Sarma. Ph. D.Sc., Etc.

iii. MR. V. COOMARASAWMY, *Extra Clerk*, P. W.D. OFFICE, Klang F. M. S., Dated 21st January 1924.

I sincerely certify to all concerned the fact that I got down first 2 phials of Amruta Ratnakaram for a trial as a patent medicine, and I myself consumed these phials of medicine and greatly appreciated the result of it and brought the fact to the notice of some of my friends near by and they also had consented to use this medicine. For their use I got down over 20 phials of Amruta Ratnakaram and some special medicines also from Dr. N. V. S. Sarma Ph. D. Sc., M. D. etc. Managing Director and Senior Physician of the Ayurveda Siddhasaramam of Madras, and the result of this valuable medicine was so wonderful that all of them had appreciated this as an effective tonic and cure for almost all kinds of ailments in their constitution.

I further certify that I am regularly using this as a tonic so as to keep up my body strong and healthy in my old age of over sixty years.

Ayurveda Siddhasramam.

Our principal and important Medicine 'Amruta Ratnakaram' 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 Exhibition, 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, 1924.
6. The Bellary Industrial and Agricultural Exhibition, Bellary, 1923.
7. The Second Tamil Vaidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition, Baroda, 1923.
10. The Mangalore Industrial Exhibition, Mangalore 1923.

Press Opinions.

The Calcutta, Medical Journal—November, 1923.

The Secret of Health edited by Ayurveda Vaidya Batnakaram Pandit Dr. N. V. S. Sarma M. D, (Ayr) D. Sc. (Hr.) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the volume. We wish every one of our readers would get hold of a copy and enrich his knowledge of medicine and science from this valuable journal. We wish we had space enough to quote some of the very striking passages from this Journal.

The Ayurveda Siddhasramam of which the Vaidya Ratnakaram Dr. is the Managing Director and senior Physician has wonderfully prepared specifics and cures for Cholera, Delirium, Leprosy, Hydrocete, Leucomared. Dyspepsia, Consumption, Impotency, Rheumatism and Paralysis, Sterility in women, Elephantiasis, Diabetes and even Plague.

We wish the enterprise grand success, which is bound to come from all that we could gather out of this Journal and we trust we will be provided with a regular supply of the same for our medical members to enjoy in "fresh fields and pastures new."

Annual Subscription is Annas Twelve only and the Editorial and Publishing offices are at 411, Mint Street, Madras. Post Box 1236.

ii *New India, Madras. (Monday Oct. 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. Sc. (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.

iii 'The Practical Medicine' Delhi Nov 1923 Says :—

The Secret of Health—Under this title is issued a monthly Journal by Dr. N. V. S. Sarma, M. D. (Ayr.) D. Sc. (Hr.) from 411, Mint Street, Post Box 1236, Madras. The annual subscription is only annas twelve and the paper is brought about for popularising Ayurvedic Medicines prepared under the Siddha Ayurvedic System. It is intended to deal with matters concerning health and hygiene and the first issue of October 1923, contains useful information on the subject. We wish this new comer a success in the field.

iv 'The Swarajya' Madras (17-11-33) Says :—

'The Secret of Health'—This is a monthly Journal edited by Dr. N. V. S. Sarma, M.D. (Ayr.) D. Sc., (Hr.)

Managing Director of Ayurveda Siddhasramam. The first issue contains a number of interesting and instructive articles on Health, Fasting, and Acute Rheumatism. The annual subscription is fixed at the nominal rate of 12 as. A sample copy can be had on application to the Editor, 411, Mint Street, Madras.

v. *The Hindu of Madras*—27—13—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 Medical Times, London, February 1924.

A new Monthly journal entitled The secret of Health, edited by Dr N. V. S. Sarma, has lately appeared. It is devoted to preservation of health, expounding the Siddha Ayurvedic system of Medicine. The copy sent to us is instructive and interesting and this little journal should certainly appeal to many practitioners in India where it should have a successful career. The subscription is twelve annas per annum and a specimen copy will gladly be sent free on application to Dr Sarma at 411- Mint street, Madras.

'The Princely India' Delhi, 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 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 benefited. 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 New Call' Sunday October, 1923. Cannanore Says:-

'The Secret of Health, Edited by Dr. N. V. S. Sarma, 411, Mint Street, Madras. We have great pleasure in acknowledging with thanks receipt of a copy of the first issue of this monthly Journal. It is well got up and contains articles, among others, on Vaidyam or the Art of medicine Health, Fasting. The object of the Journal is Said to be to revive and reinforce the Ayurvedic Siddha System of treatment. Its annual subscription is annas twelve, and we hope all those interested in the study and rejuvenation of Ayurveda will encourage this new enterprise. We wish it every success. A free Sample copy can be had from the Editor.'

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THE SECRET OF HEALTH

A MONTHLY JOURNAL

Vol. I

MARCH 1924.

No. 6

Concise Physiology and Pathology.

The food and drink taken into the stomach and the air breathed into the lungs furnish all the materials of which the body is composed. By the juices of the Stomach, Pancreas and Liver, the food is dissolved and the useful particles are taken by the absorbants. These are carried to the lungs where by the addition of Oxygen from the air they are transformed into arterial blood. The arterial blood supplies the materials necessary for forming every tissue and fluid in the body and for carrying forward every process. If we analyse the blood we find that it contains organic and inorganic materials. Organic materials are sugar, Fat and albuminous substances. The inorganic constituents are water and certain mineral salts. Of a living human being water forms over seven-tenths, the mineral salt about one-twentieth, the remainder organic matter. The

mineral salts may be called *Sal Vitae* of the body—these workers or the builders of the system. The water and organic substances are simply inert matter used by these salts in building the cells of the body.

Whenever any deficiency occurs in one or more of these workers some abnormal condition arises. These conditions are generally called 'Diseases.' Their names differ according as they manifest themselves in different ways and in different parts of the body. We often see that these nomenclatures totally fail at times to express the real trouble. Every disease which afflicts the human race is due to a lack of one or more of these organic workers. Every pain or unpleasant sensation indicates a lack of some inorganic constituent of the blood. As long as the system is properly supplied with these workers our health and strength is maintained.

Thus we see that disease is not an animate or an inanimate thing but only a *condition* due to the above said facts.

The proper way of treatment there—for is to supply to the blood that which is lacking. To use anything that is not a constituent of the blood is unnecessary and to give poisons (anything, not a constituent of the body) to a sick is nothing but simply barbarous. Our system therefore seeks to ascertain what is lacking and supplies it in just the *form* needed.

The two kinds of substances which are needed in the process of tissue-building are, as already stated, the organic and the inorganic materials.

The oxygen of the air on reaching the tissues through the blood by means of respiration acts upon the organic substances which enter into the formation of new cells.

Urea, Uric acid, and sulphuric acid are the result of oxydation of the albuminous substances while Phosphoric acid is produced by the oxydation of lecithine contained in the nervous tissue brain, spinal chord and blood corpuscles. Sulphuric acid and phosphoric acid unite with the basis of the carbonates forming sulphates and phosphates and set free carbonic acid. Uric acid with sodium forming Sodium Urates which being of no use to the animal economy, is eliminated from the system. A partial failure of this and its accumulation in the neighbourhood of joints together with albuminous substances gives rise to gout etc.

The final products of the oxydation of the organic substances are Urea, carbonic acid and water. These together with salts set free, leave the tissues and thereby give place to less fully organized organic bodies which in turn undergo finally the same change.

Thus we clearly see that disease is the disturbance of the molecular motion of one of the organic Tissue salts. The one consists in the restoration of the equilibrium of the molecular motion by furnishing a minimal dose where molecular motion is disturbed, which disturbance causes the diseased action.

When as stated above this deficiency produces a deranged or a diseased condition it is logical to expect

the restoration of its normal condition by supplying the lacking elements. The constituent in organic materials ultimately reduce themselves to the following :— Calcium, Sulphur, Phosphorus, Murates, Sodium, Silicate, Ferrum, Magnesium etc.

By preparing the above said important materials as per Sastraic principles and by giving these remedies in such doses as can be assimilated by the growing cell, the most wonderful and speedy restoration to healthy function is brought about in every case of curable disease. This is very important and on it depends the success of the treatment just as much as on the correct selection of the particular material. It seems reasonable that to make these materials immediately useful, they should be prepared in the same delicate form in which Nature uses them and that if they are to be absorbed by the minute corpuscles they must themselves be finer than the corpuscles.

Our Ashramam prepares all the remedies in such an assimilable form as stated above according to the strictest dictum of our Rishis of old and we have therefore no hesitation to recommend them to the public.

Dandruff

Its Prevention and Cure.

Dandruff is unmistakably an evidence of seborrhœa of the scalp, but there are other forms of the disease not associated with dandruff. Seborrhœa is a condition of

over activity of the fat (sebaceous) glands of the skin ; there is an increase and an alteration of their secretion. There are two forms, the dry and the oily.

The Dry Form.—In this form the solid fatty secretions of the sebaceous glands are in excess, and form dense scaly masses. Dandruff is a typical example of this kind. It may occur on the body and be difficult to diagnose from another skin disease called psoriasis. In psoriasis the disease begins usually about the elbows or knees and extend upwards, and the scales are bright and silvery, while those of seborrhœa are more greasy, softer, and less glistening. In seborrhœa the disease almost always begins in the scalp and extends downwards.

The Oily Form.—In this form the fluid part of the secretion predominates, and the skin looks and feels as if it had been anointed with oil. Both forms are more common in the scalp. The large dirty patches on the heads of infants, especially about the front part of the head, are well known examples of seborrhœa. There is frequently more or less itching. Dandruff generally results in loss of hair, which loses its gloss from want of its natural lubricant and falls out. The eyebrows, the moustache, and the beard are also frequently affected, although not as much as the scalp.

On the face—especially the middle part—the oily form is more common ; the corners of the mouth and ears are also frequent seats of this variety. The skin looks dirty, greasy, and is covered with scales and often

reddish pimples. Seborrhœa may attack the body and especially the private parts.

Causation:—It is most probably a parasitic affection. Constipation and digestive troubles which keep the skin sluggish are certainly predisposing causes (H.H.)

Treatment:—Daily use of our Araku Chandanadhi Thailam as Hair oil prevents the formation of Dandruff and the use of the same as bathing oil has the effect of curing the complaint-Dandruff.

Complications of the eye in acute Infectious Diseases.

Anatomically, the eye is very important in general diseases, as in it the changes in the end arteries can be watched in vitro, as it were. There is no other place in the body that these changes can be clearly seen, and, to be able to see the changes and to analyze the findings, will often aid in the diagnosis and prognosis of existing disease.

The acute diseases, as scarlet fever, measles, whooping-cough, influenza, pneumonia, diphtheria and smallpox, are frequently accompanied or followed by changes in the eyes. These complications are usually associated with the virulent types of infection or develop later in the malnourished patient.

The essential pathology is a metastatic pyemia, and the end arteries of the eyes are quite frequently affected or a secondary infection occurs during the period of debility.

The most common, mild complications and sequelæ in the acute diseases are conjunctivitis, keratitis and blepharitis.

Conjunctivitis is characterized by the injection of the conjunctiva and a discharge. The foreign-body sensation is due to the accumulation of the secretion and the swollen conjunctiva. It may develop at any time during the acute disease or later as a possible secondary infection through contamination from the nose and throat secretions.

In measles, the conjunctivitis with the "Koplik-like spots" along the lid margins is one of the prodromal symptoms and clears up in a few days to a few weeks without any sequelæ, as a rule. It seems to be due to the toxic condition of the blood stream.

In the virulent infections, the conjunctivitis may be followed by an involvement of the cornea as a keratitis or corneal ulcer, or even an *ulcus serpens*. The *ulcus serpens* is a rapidly extending ulcer which soon destroys the cornea, and the exciting organism is usually the pneumococcus. *Ulcus serpens* attacks adults, due to their frequent exposure to injuries which probably precede *ulcus serpens*. In smallpox, pustules may develop at the limbus and spread to the cornea, and must not be confused with *ulcus serpens*.

Keratitis, or infiltration of the cornea, may develop with any of the acute infections but, more frequently, it develops during the period of general debility after measles and whooping-cough and has been called *keratitis scrofulosa*. It must be differentiated from inters-

titial or specific keratitis which is frequently precipitated after acute infections. The characteristic feature of the specific keratitis is, the history of lues in the family, other stigmata of hereditary lues, as, notched teeth, deafness, the form of cranium, notches on the long bones.

Non-specific keratitis most frequently appears late in an acute disease during the period of general debility, and is a phlyctenular type in which there are small phlyctenules, or lymphoid infiltrations, around the limbus or in the cornea and whose center breaks down, causing a small ulcer. These small ulcers leave permanent opacities depending on the depth of the ulcer and interfere a great deal with the vision if they are in the center of the cornea.

Blepharitis, in which the margins of the eyelids are involved and the hair follicles are infected, frequently follows a conjunctivitis, especially in measles, and it is usually associated with mild or severe infections of the meibomian glands.

The more severe and less frequent eye complications, in the acute diseases are retinitis, retinal hemorrhages, optic-neuritis, uveitis, iritis, purulent choroiditis and orbital cellulitis.

Retinal hemorrhages develop not infrequently during the spasmodic attacks in whooping-cough and may vary from very slight to extensive hemorrhages and impair the vision accordingly. The extensive

hemorrhages usually cause permanent floaters, or opacities in the vitreous.

Retinitis frequently follows diphtheria, whooping-cough, scarlet-fever and measles. Vision is reduced in retinitis, and the patient complains that windows or straight lines look crooked. Normal vision may return but, as a rule, it is never regained entirely.

Orbital cellulitis may be unilateral or bilateral and associated with intraocular changes. There is marked pain, redness and discharge with an exophthalmus. The condition may go on to a panophthalmitis with complete loss of the eye.

Purulent choroiditis, which occurs more frequently after scarlet fever, may cause severe pain due to the associated cyclitis and the vision is reduced very rapidly and permanently damaged.—(C. M.)

Bleeding and How to Stop It.

Nothing frightens one so thoroughly or makes one lose his head so quickly as the sight of blood. The escape of "life's scarlet fluid" works on the imagination to such an extent, particularly with women, that a drop is magnified a hundred fold. As blood stains well and colors liquids quickly, a few drops in a bucket of water are apt to make it appear to an excited mind that the bleeder has lost a bucketful of blood.

While bleeding from any part of the body ought to be promptly arrested, it is well to remember that an adult may lose as much as two quarts of blood and still live.

All bleeding, unless it comes from a fair-sized blood vessel, tends to stop of itself. Nature has endowed the blood with the power of clotting, which is an automatic guarantee against bleeding to death. In other words, slight bleeding from scratches or superficial cuts and bruises will stop of itself if let alone.

The point is to let the part rest and give the blood a chance to clot, and not keep on pouring water or constantly wiping the part dry. Except in very rare instances, that is in the cases of people known as "bleeders" most common among males, all bleeding stops by virtue of the natural clotting power of the blood.

But where the bleeding is more profuse, or where a blood vessel has been cut, active means must be employed at once. It is well to remember that there is some difference between bleeding from vein and bleeding from an artery. The former carries blood to the heart, the blood is bluish and when cut shows an even stream; the latter carries bright red blood from the heart and when cut bleeds in jets and spurts, corresponding to the pulsations. The distinction is of importance, particularly in case of severe hemorrhage and when it is necessary to tie the vessels, but ordinarily the one who renders first aid need not waste time to find out whether the bleeding is arterial or venous.

Two things to notice.

There are two things to bear in mind in any case of bleeding. The first is that as all bleeding comes from a

wound, besides the necessity of stopping the hemorrhage, there is the added necessity of keeping the wound clean in order to avoid infection; the other is that shock and fainting are apt to result from loss of blood and one ought to be on guard against them. To prevent the first it is but necessary to keep the part clean; as to the second an attempt should be made to forestall it and treat it promptly when it arrives.

The best way to stop bleeding is by compression. A small compress and bandage applied with firm, steady pressure generally will suffice for slight bleeding. Elevating the part will help arrest the hemorrhage. Cold application is another way of arresting it. In case of more extensive bleeding always have the person lie down. Rest is very important. Always elevate the bleeding part. This alone may be enough.

If a compress is needed, fold a clean handkerchief or piece of gauze or napkin and press firmly on the bleeding spot, then apply a bandage. If there is still oozing tighten the bandage, or apply a solid object over the compress to exert greater pressure. A strip of cloth, a handkerchief, a pair of suspenders, etc, will do in case there is no bandage at hand. Where none of these things are to be had steady pressure with the thumb will do until help arrives.

Tourniquet.

In case of extensive bleeding from a limb it is well to apply what is known as a tourniquet. But always try

compression first, as a tourniquet is usually painful. The way to make a tourniquet is as follows: Take a handkerchief, towel, strip of cloth, pair of suspenders or similar material, wind it loosely one or more times about the limb between the wound and the body and tie the ends together. Place a small, smooth, round stone, apple, potato, or wad of cloth under the bandage between it and the skin and over the seat of the main artery of the limb. Then pass a cane, umbrella, ruler, stick or rod of any kind under the bandage on the other side of the limb, and twist the bandage with the rod until the stone or wad is pressed firmly into the limb and the bleeding stops. The tourniquet may be left in place until a physician arrives, or, if very painful, or after a half hour has elapsed, may be very slowly relaxed, tightening it again if the bleeding recommences.

The main artery of the upper limb runs on the inside of the arm, opposite the chest, a little below the arm-pit. Always apply the wad and tourniquet there to stop bleeding from any part of the limb below that point. The main artery of the lower limb runs at a point in the thigh one inch below the center of the crease of the groin. The tourniquet is to be applied here for bleeding from foot, leg or thigh. Violent hemorrhage must be quickly stopped with firm pressure of the thumb and fingers until other relief is afforded. Particularly is this true of parts where a bandage is not easily applied, as for example, on the head, neck, trunk or a limb wound too high up for the use of a tourniquet.

In case of bleeding from varicose veins in the leg,

place finger on bleeding spot. A person may bleed to death if the hemorrhage is not quickly stopped. Always elevate the leg and let the patient lie down. Varicose veins are very common in women who have borne children.

Bleeding from Nose.

It is very seldom serious. If let alone will usually stop of itself. Never blow or wipe the nose. Remove everything which is tight about the neck and have plenty of fresh air. Keep quiet, either sitting or standing, with head slightly bent forward. Cold application to the bridge of the nose and breathing in of cool air through the nose may stop the bleeding. If this does not help then dip the hands in very hot water, or sniff ice water up the nose several times, then hold the nostrils tight for a few minutes. Should these measures fail, the nose has to be packed with gauze all the way up, in which case a physician is needed.

Bleeding from the Lungs.

This occurs most frequently in tuberculosis. While very alarming it is not often dangerous. Perfect rest is necessary, with patient lying in bed, in a cool place, with head and shoulders slightly raised. Let the patient swallow small pieces of ice, and apply an ice-bag to the chest. Try to reassure the patient by telling him there is no danger. Bleeding from the lung is recognized by the bright, frothy appearance, by its salty taste in the patient's mouth and by its suddenness. Blood from the stomach is vomited instead of coughed up, is dark red

and clotted and looks like coffee grounds. Occasionally it may be united with bright red blood. The treatment is the same as for bleeding from the lungs.

Bleeding from internal organs is best treated from perfect rest. In all internal hemorrhages call a physician at once and inform him of the nature of the accident.

After having stopped the bleeding the general condition of the patient demands attention. A hot cup of coffee is a very good bracer. A little whisky or brandy in water may be given. The patient, if he goes into shock, should be kept warm, particularly the feet, to which a hot water bottle may be applied. The head should be lowered and the feet raised a little. Always see to it that the room is well ventilated. The fewer the persons around the patient the better. (H.H.)

A Plea for Research in Health Problems Affecting the Nation

The people of India have at last begun to realize the importance of rejuvenating the ancient system of Ayurveda and Medicine, researches which show even to the most biassed minds that some of the most recent discoveries in the Western Medical Science were actually practised years ago by our native Doctors and Surgeons. Every body now talks of the indigenous Medicines as at once cheap and efficacious. Every day we see new enterprises run on modern lines coming into existence and proclaiming to the world

through their journals the efficacy of indigenous medicines prepared according to our Ayurveda. These are all happy signs of the times and we have nothing but praise to these enterprising pioneers who have taken upon themselves onerous task of popularizing an ancient system which gave our ancestors health, wealth and prosperity. How I wish that the Ayurvedic Pharmacies and Oushada salas with health journals become real centres of culture and research in Ayurveda. One of the many problems that await solution at the hands of Ayurvedic scientists is the question of suitable national diet for our people. The problem is day by day becoming urgent especially as the people of India are deteriorating in health and physique and have little or no vitality in them to withstand the attacks of modern epidemic diseases, which have established themselves in India. Every body knows that diet is very important in maintaining good health but very few have any conception of how diet affects health, what kind of diet is best suited to promote the vitality in a human being and what are the defects in their present system of diet. Very few in India seem to realize the importance of raising a fine breed of boys and girls for the future of our Nation. Let alone the general public and the Government, whose main task in any civilized country is to see that the precious human lives in a nation are not allowed to waste and rot, the very Doctors and scientists who profess to be the Guardians of the Nation's Health are indifferent in the matter of investigation and research

into the various questions which affect the growth and well-being of the Nation.

It is my earnest wish that the Secret of Health takes up the question of National Health in right earnest and opens its columns to all research students who wish to unveil the secrets of the Nation's health.

(P. KOTANDARAMAN M.A. B.L.)

Plants and Drugs.

Tamarindus Indica (Linu); Puliyamaram—Tamil;

Chintamanu—Telugu; Anti—Hind; Tamarind—English.

This is a well-known tree in India. We are here concerned with its medicinal qualities apart from its industrial and commercial utility and value.

Fruit:—Its fruits are used in daily rations by all in this part of the country. The pulp of the fruit of a reddish brown colour and acid saccharine taste, is laxative and refrigerent. This is useful in fever, vomiting and other bilious and wind diseases. When lime or lemon is not available, quinine is administered in the raw syrup of tamarind pulp (a small marble size of pulp dissolved in water). The pulp is of sour taste and contains tartaric acid. Tamarind pulp may be given with advantage in Scurvy, both as a preventive and as a curative. It is to be discontinued if it causes griping and diarrhoea. Otherwise it is a valuable antiscorbutic and as such may be taken on board ship-Waring.

The pulp dissolved in water into a thick syrup may be given with the addition of sugar or sugarcandy to taste, in dysentery. 2 oz New tamarind pulp, 30 oz cow's milk—These to be boiled down to 20 oz. Then filter and give in fevers. Subsides heat and thirst. The sherbet with water or milk as above forms an agreeable and useful drink in Febrile and Inflammatory affections. Tamarind pulp 1 oz, Senna leaves 1 drachm, coriander seeds $\frac{1}{2}$ dr. Hot water 8 oz. Keep this mixture for 2 hours, then strain and add $\frac{1}{2}$ oz sugar. 2 to 4 oz may be taken as a good purgative.

Tamarind leaves.—The decoction of the leaves is used with advantage to wash boils, ulcers, red-eyes; cloth soaked in the decoction if applied over the swellings they will subside. It is a stimulant.

Tamarind flower.—This can be used as chutney in biliousness and bad taste of the tongue.

Tamarind berry.—Tender ones may also be used as chutney in weariness and biliousness. This is diuretic.

Tamarind seed.—The red rind of the seed is astringent. The powder of this red covering of the seed is administered in 10 to 15 grain doses three times a day in honey or with sugar for acute dysentery, white, internal ulcer and other heat affections of urine. The flour of the kernal can be used for bread making. This white Kernal is found to be useful for bodily growth. The kernal flour can be best used as poultice for boils. The pulp dissolved in water and boiled down to a thick

paste can be painted with advantage over boils. For flour, the white kernal alone should be used after removing the red rind. If used with the red rind will create constipation and stomach ache.

The bark of the tree trunk.—The dried bark if scraped will fall down. They should be collected, powdered and fried in an earthen ware to become white ash. In this state, one or two grains can be used to advantage in cholera, diarrhoea, with honey. If the bowels are bound, use the same in ghee. It will relieve the costiveness and give relief in cholera patients.

Several other uses and formulas of this drug will be given in series of articles to be contributed to this journal

(T.D.S.)

Mind's Eye.

A little while ago it was discovered that a man can hear through his bones as well as through his ears. The sound of a wireless concert, for example, can be conveyed up the arm to the head by means of a special telephone attached to the wrist.

That is interesting and astonishing enough. But it is nothing to the claim which has just been made by a very clever French-man of science, that it is possible to see without using our eyes at all.

Most people, by this time, have heard something of this claim, for the little book, "Eyeless Sight," in which it is made has been more talked about, and is being more talked about, than any new novel.

ANOTHER KIND OF SIGHT

And most people are completely mystified by it. Wherever I go just now I am asked to say whether or not it is really possible to "see with shut eyes."

The answer I always give is this: "I have never myself seen anything with my eyes shut; but I believe, all the same, that it may be possible.

I say that because, as a doctor, this Frenchman's book has impressed me. I read it, not once, but a dozen times. And each time I read it my liking for it increased. Whatever its author may be, he is not a "quack." He really believes in his discovery.

What is more, he has a good faith to believe in it. When you find that a man can read a book¹³ which he has never seen before with his eyes tightly bandaged and his eye-lids closed with sticking-plaster, you must needs ask yourself, "Is there another kind of sight than the sight of the eyes?"

TESTS THAT IMPRESSED

This French discoverer has taught many people, blind men among the number, to read in that way. And he has performed his experiments in public, in

the presence of famous doctors and men of science, who have actually signed papers, in which they declare that the experiments were successful.

In other words, men whose honesty cannot be doubted for a moment are ready to say that "eyeless sight" seeing without eyes, is a reality.

One of these experiments took place in a room in Paris. The room was not darkened in any way. On the contrary, everything possible was done to flood it with day light. Many doctors were present and also that great writer, Anatole France.

The "blind person" sat in a chair at one end of the room, with his chest and arms bare. His eyes were closed with strips of plaster put on by one of the doctors. Then four separate bandages were tied over them in such a way as to make ordinary sight absolutely impossible.

Then twelve different tests were applied.

EYES IN OUR SKIN

The blindfolded person read a sentence from a book which he had not seen before. He named the ten of hearts, the ten of clubs, and the five of diamonds as soon as these were held up in front of him. He also described a bunch of flowers, giving the exact colours of each.

So astonished were the onlookers that some of them said it must be a case of mental telepathy.

But that idea is certainly not correct. For eyeless sight is lost in the dark, just like ordinary sight, whereas mental telepathy works best in a darkened room.

What is more, 'eyeless sight' will not work if the body is completely wrapped up in a blanket or cloak. Telepathy can be active across thousands of miles of distance.

What, then, is this miracle of which we are all likely to hear a great deal more in the near future.

Its discoverer has no hesitation in saying that it is merely the calling into use of a faculty or sense which we all possess but never employ.

The human skin, he declares, contains millions upon millions of tiny eyes embedded in its substance. These eyes can be taught to see.

'Eyeless sight' in fact is seeing with the skin. When using it we can look in all directions at once.

To the ordinary mind the idea is wild and absurd. But, as I have said, a doctor is not so ready to treat it with ridicule.

For every doctor knows that it is quite true that our skins to have certain millions of small bodies, or "corpuscles," the nature of which has never been fully understood.

These have been seen and described by anatomists many times, but no exact use for them has been discovered.

These tiny specks in the skin may really be eyes. The discoverer of "eyeless sight" thinks that once upon a time, in remote ages of the past, our forefathers used these "million eyes" of theirs. That was in the days before our ordinary eyes were as perfect as they have now become.

Gradually, however, it became more convenient to see with two eyes than with two million. And so the eyes in the skin fell out of use. We actually forgot that we possessed them at all.

NOT EASY TO LEARN

Sometime ago, though this fact is not mentioned in the book, it was proved that if a piece of the seeing part of a frog's eye is cut out and placed under the skin of another frog, the skin roundabout will become clear like glass. Evidently, then, some kind of connection does exist between eye and skin even at the present day.

Every man and woman, it is said, possesses the "skin eyes." And so every man and woman can learn to see with them. But learning—so we are told—is not at all easy.

You bandage your eyes and rest in an armchair. Your sleeves should be rolled well up and your chest and neck uncovered as far as possible. Then you must simply look and keep on looking.

The discoverer himself spent many hours before he even caught a glimpse of anything. But finally, he saw the shape of a piece of furniture in the room.

Then, little by little, his "eyeless sight" began to improve. In the end he was able to read a newspaper and to see distant objects.

NEW HOPE FOR THE BLIND

That is all that can be said at present about this most astounding discovery. But anyone must realise that if it proves to be a real discovery and not a delusion a new hope, and, indeed, a new world, has dawned for all blind persons. It may be possible to teach the blind to see.

Some eye specialists think that "eyeless sight" is nothing more nor less than the "mind's eye"—the pictures we all see when we shut our eyes and dream our dreams.

But that cannot be true. For the mind's eye will not enable us to name a playing-card or read a book when we are blind-folded.

Doctors all over the world are now busy testing and examining this strange new wonder. In a short time it will be possible to decide finally for or against it.

(A)

To Our Readers

Out of the several kinds of Ayurvedic Medicines, Thailams, etc., manufactured by Ayurveda Siddhasramam in their Pharmacy, we have given a few of the preparations in the pages of this journal for the information of the readers.

MEDICINES

Siddha Makaradhwaja

It is the principal alterative tonic of the Hindu Materia Medica for curing all diseases. It is also one of the costliest medicines because it contains Gold etc. Hence it never failed to produce the most satisfactory result in cases of debility, organic, constitutional or otherwise. It acts like a charm in Typhoid fevers, Chronic diarrhoea, 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, Diabetes, complaints of women after delivery and all menstrual disorders. It produces wonderful effects in the above cases and it can therefore be safely

TO OUR READERS.

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administered to the new born babe, to the youth during study and to the old verging on death.

Price Per Tola Rs. 80.

A Month Use Rs. 20.

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, Urethritis, Running white etc. and their consequences.

Price for a month's use Rs. 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 Leucorrhoea or Whites, Amenorrhoea, Dysmenorrhoea, 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 sastric 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 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

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.

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 the breath 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.

THE MAN**At a Discount**

¶ In the marriage market or in the family circle is the one who has the taint of the ugly disease of

GONORRHOEA

¶ He is shunned by society and is a leper in life. That man, however, need not despair so long as our famous medicine

GONORRHOEA CURE

¶ is used by him. It cures the most obstinate cases of gonorrhoea, heals the sores in the organ, stops the evil smelling pus, imparts strength and vigour to the organ, corrects the diseased semen and completely changes the once hope-less gonorrhoea patient into a manly healthy, vigorous, robust being able to live his life well and happy, and derive pleasure from it.

Complete course for one month Rs. 30

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 to them 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

GENERAL HINTS

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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, Post 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 wetdreams? 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.

THE SECRET OF HEALTH

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 Leucorrhœa? 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.

