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THE
SECRET OF HEALTH

A MONTHLY JOURNAL
FOR
PRESERVATION OF ONE'S HEALTH.

Vol. 2	JANUARY 1925	No. 4.
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*"God made your Body and He made it Great
It has a guest of might and high Estate
Keep the Shrine noble, handsome, high and whole
For in it lives God's Guest, a kingly Soul"*

EDITED BY

Ayurveda Vaidya Ratnakaram Pandit

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AYURVEDA SIDDHASRAMAM

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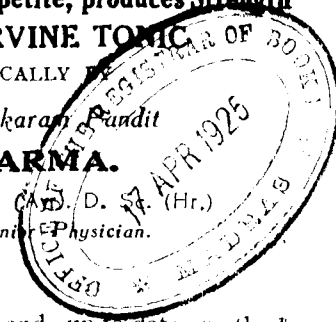
PREPARED SCIENTIFICALLY BY

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Dr. N. V. S. SARMA.

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83

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THE SECRET OF HEALTH

RATNAKARAM 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 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 on 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.

AMRUTA RATNAKARAM

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 in the urethra 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 outcome 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 Gonorrhœa and Prameha. It is nothing but the refuse of the undigested food eaten by the dyspeptic. Diabetes is the most fatal outcome of excessive Indulgences, 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, Dysmonorrhagia, etc. The causes are not very far to seek. Excessive indulgence and contract 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 the 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 Woman 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 Ulcers and Buboes on both sides. Then it develops into hard Ulcers and Buboes also increase in numbers and they remain hard till the recovery of the patient. If proper remedies are not taken in time the patient is attacked with Shivering Fever and Buboes also develop and Ulcers spread very quickly. If the patient had any constitutional disease previous to the attack-Chancre, then at this stage the whole penis is attacked with ulcers. It is sometimes confounded with Gonorrhœa as 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.

(f) It purifies the IMPURE BLOOD of those Patients who are suffering from Influenza, Pneumonia, Malarial Fever, etc., from time to time and who have become hopeless of cure, by increasing the Red Corpuscles of the Blood and by removing the poison radically from the system.

(k) As AMRUTA RATNAKARAM contains purely Ayurvedic Medicines such as Chandrodaya, Tambra, 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 AMRUTARATNAKARAM and taking into consideration the manifold good results derived from it, it may indeed be called HEAVENLY NECTAR.

The 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.

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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 Siddhasaramam 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).

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

THE SECRET OF HEALTH

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.

iii. MR. V. COOMARASAWMY, 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 Siddhasramam 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.

iv. MR. R. S. VISWASAM, Kent Estate, Mahawella R. O. Matale, Ceylon. Dated 10th August 1923.

"I have used your medicines for the last two months and I found them good in my case. I will be always very grateful and thankful for the benefit I have derived up to date by your valuable medicines."

"Please send me by V. P. Post 2 phials of AMRUTA RATNAKARAM, 1 phial Netra Bindu and 6 oz. Brihat Maha Dashamul Taila"

AMRUTA RATNAKARAM

"I have recommended many of my friends to deal with you if they want **Genuine Medicines**"

v. Dr. R. N. Sexena, Senior Medical Officer, Central Lunatic Asylum, Agra, Dated 2nd October 1924.

"I had the pleasure of trying your 'AMRUTA RATNAKARAM' to a patient of **Chronic Bronchitis** with doubtful condition of consumption where I found the results most encouraging and satisfactory in as much as it did immense good in 10 day's time."

"I would like to request you kindly to advise despatch of 2 phials of the above specific of yours to the undermentioned address and oblige."

vi. Mr. C. P. JOSEPH, F. M. S. Rys. Tampin, F. M. S., Dated 26th October 1924.

"Sometime back I got down a month's supply of your heavenly medicine 8 phials of Amruta Ratnakaram and a dozen of Tonic pills and am very glad to inform you that at present I am free from all complaints which I had before and I feel really very strong. I did not think even in my wildest dream that there is a medicine of this nature. Even the Gods who watch the Universe will be pleased with you for distributing such wonderful medicines among your fellow-men. I give my heartfelt thanks from the bottom of my heart and I am recommending the above medicines to all my friends here."

vii. S. NAVARATNAM Esq. Yatiyantota, Ceylon, Dated 15th December 1924.

There is no doubt that your medicines Amruta Ratnakaram & Araku Chandhanath thailam you sent me sometime back are having miraculous effect in my system. There is a radical change in my health. It was only nine days since I began. I had the said oil bath last Saturday. I have nothing to grudge of. All going well. Hope you will keep up your stand and show to the world "Look Here!"—**There are Indians and Indians.**

I expect that you will go strong. Let God bless you in all your undertakings.

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.
10. The Mangalore Industrial Exhibition, Mangalore, 1923.
11. The Jatiya Maha Mela Exhibition, Calcutta, 1922.
12. The Indian Industrial Exhibition Poona, 1924.

PRESS OPINIONS.

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 Managiug 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."

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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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No. 4

Dropsy And Its Treatment

Dropsy is the effusion of serum either into the subcutaneous cellular tissue or the serous cavities.

In normal or healthy condition of the body the collection of this fluid is prevented by an equilibrium in the exudation of serum from the blood vessels, and the rapid absorption of the same by the lymphatics and the veins. But when this equilibrium is disturbed, we find that either, the exudation of the serum is in excess or the absorption by the veins and lymphatics is obstructed by various causes.

It is a well known fact that this state is brought about by the following three causes :—(1) Changes in the calibre of the blood vessels. (2) Changes in the composition of the blood, and (3) changes in the tissues. For example if

the blood vessels are dilated in any particular part, we find oedema in that part. Again if any part is inflamed or if there is anemia or if there is obstruction of portal vein in cases of cirrhosis of Liver, we find there is dropsy.

Dropsy or Oedema of particular parts have appellations of their own in the medical terminology. For instance dropsy of the peritoneum is called Ascites of the Arachnoid membrane of the Brain, Hydrocephalus, of the pleura of the lungs as pleurosy, and etc. Generally, we find cases of dropsy due to any one of the following pathological conditions. viz. 1. Cardiac Dropsy due to valvular and other diseases of the heart. 2. Hepatic dropsy due to cirrhosis of the liver and lastly 3. Renal dropsy due to Bright's disease and other pathological condition of the kidneys.

The treatment of dropsy is twofold i.e. surgical and medical. The surgical treatment consists of paracentesis in cases infiltration of serous cavities, or of light incisions over the intractable oedema of the cellular tissue. The medical treatment, consists in the employment of diuretics, diaphoretics and cathartics and such other remedies and measures as individual cases may indicate.

N. J. D.

Calcium Treatment For Dropsy

Drs. Rockwood and Barrier report having used large doses of calcium (from 12 to 18 Grams daily) in cases of massive edema of diabetic and nephritic origin. In six or seven cases, most of which had been resistant to other methods of treatment, edema disappeared, completely. In one case, edema disappeared but the part played by the calcium is questionable. In two cases of nephritis edema recurred later. None of these cases were complicated by significant myocardial damage, and in none was any other diuretic given with the calcium. In the few instances in which we used small doses of calcium (from 1 to 3 Grams daily) little or no effect was observed. In some of the cases edema was reduced by calcium lactate. In other cases calcium chloride seemed more effective. Large doses of calcium do not seem to increase the amount of serum calcium. In one case of diabetic edema, a considerable rise of the basal metabolic rate was observed. A similar dose of calcium did not produce a change in the basal metabolic rate of a normal person. In the other cases of edema discussed, the administration of calcium had no effect on the basal metabolic rate. The higher calcium content of milk may explain its diuretic action, and thus its popularity in the treatment of acute nephritis. Calcium chloride as the ordinary dry salt is difficult to take and frequently causes gastro-intestinal disturbance. It would seem best on this account to give it intravenously, for which ampule solutions are available. While the good offices of calcium against edema have been observed repeatedly, by these and other investigators, the way in which it acts is

not clear. Dr. Hulse, reporting eight cases of nephritis with edema successfully treated by 15 to 20 grams doses of calcium chloride, assumes that in some manner the calcium frees the sodium chloride and water that is held by the tissue colloids. He found that, along with visible reduction of the edema in his cases, there was also improvement in the renal function.—

C. J. M.

Senility Deferred

As a means of halting the senile changes which to a great many men in this day come prematurely, gland transplantation is a most interesting and promising measure. Certainly the hope to accomplish something in this direction is not a vain one. We may be, at this moment, on the eve of solving the problem. There are specimens of virile manhood at seventy, of manhood with healthy functioning glands and keen mentality. Even though we admit that such men inherit their exceptionally good glands, who can say that others must resign themselves to their fate? Much is expected of a new method which consists in the administration hypodermically of Orchitic Goat Gland Substance, supplied by the California Endocrine Foundation Laboratories, Long Beach, Calif. The effects are said to be identical with those following successful surgical transplantation of the gland itself. An interesting collection of case histories, showing in detail

the progress made in a number of patients under this treatment, will be mailed to any physician requesting it.

SEVEN METHODS OF REJUVENATION

There are no fewer than seven different methods by various medical men for the rejuvenation of the aged. Dr. William J. A. Bailey, director of the American Endocrine Laboratories, made this statement, to the American Chemical Society. 1. Transplantation of a gland from one position to another. 2. Grafting portions of animal glands to human ones (Voronoff's methods). 3. Cutting and binding the gland-ducts or "vase-ligature" (Steinach's operation). 4. Application of X-rays. 5. Use of radium emanations, or "gamma-rays." 6 "Drugging" the gland with iodine or alcohol. 7. "Diathermia," or the application of heat through high frequency electricity. Most rejuvenators, Dr. Bailey says, do not claim to be able to prolong life beyond the normal span. They insist, however, that their operations may raise a person's declining years to higher degree of general efficiency. Congenital, inherited, physical and mental inferiorities have been overcome in relatively young men by means of the Steinach operation and in relatively young women by means X-ray treatment; weakness through overwork has been cured by a rejuvenation of the glandular system; real rejuvenation has been accomplished in cases of weakness through actual old age, and the progress of senility regarded even more than "only within modest limits," as Steinach so conservatively expressed it.—"The Daily Express."

FIVE MINUTES A DAY FOR HEALTH'S SAKE.

Air baths taken in the sunlight have all manner of beneficial effects, writes Mr. J. P. Muller in "The Scotsman". The sun's rays kill disease germs, and as soon as they penetrate our skin which is allowed to "breathe" freely in the open, our digestive powers are increased, the blood is enriched, and the system generally is toned up. The simplest way to take such a bath at first is to walk naked in the bed room with windows closed after it has been well "aired" and the atmosphere is fresh. You could not, of course expect to doff your cloths and go straight out into the open. Later on, you could have the window open and take your bath, choosing a sunny room, and, if you had any inclination towards chilliness, you could massage the body with the hands which would not only restore you to a warm glow, but would assist the pores of the skin to open and benefit by the properties in the sun and air. I dare say such a thing would be looked upon askance, but I should like to see, whenever possible, people taking air baths in their gardens suitably clad in short pants, or running shirts, and sandals,

SALT WATER TO PREVENT INFANT MORTALITY

Swami Lavananda is a great admirer of salt water, he considers it a remedy for many-rather all ills to which flesh is heir. He says that Nobody in India has studied the uses of salt water for improvement of babies. In fact, the medical profession has not given to common salt the attention it deserves. Surgeons make free use of intravenous or subcutaneous injections in critical times, The same or better result can be obtained by lay people by

putting salt water in the body through nose or mouth. Marine-plasma or deep sea water is used in France to improve the vitality of children. The same can be achieved by salt water drink. It is now admitted that saline nasal douche (salt water snuff) prevents influenza. It increases leucocytosis and improves vitality. We can prevent pneumonia, and other chest disorders by salt water. It is not a very difficult task to give saline nasal douche to the child. Hold the child's head firm in the left armpit with nose to the skies and the arms of the child to be held firmly and gently on the chest. Prepare a cup of salt water by dissolving powdered salt in the proportion of one tola to a seer of water (8 tolas) or 6 grs. of salt to an ounce of water. Put few spoons in each nostrils and few in the mouth. We spend so much on costly medications; but we can save many lives by simple means. If people want to lead a healthy life, they must study the uses of salt water by snuff, by drinking and by baths and assert their birthright of living a healthy life. They can save their infantile population by saline nasal douche of salt water drink from many diseases and have a healthy vigorous family.

HEALTH HINTS

Eat little or no meat at all.

Drink plenty of water.

Do not forget to get up early in the morning and take walk of a couple of miles.

Sleep with all the windows open. Let air play freely, in your rooms.

Change your menu ; do not have the same food each day. Eat plenty of vegetables. If vegetable salads are made, use lemon instead of vinegar.

P. K.

Position For Sleep

I think it is the scope of Hath Yoga to decide which is the best position for sleep.

Perhaps my readers are aware that Hath Yoga is the sacred science of keeping human bodies in perfect health through certain drugless systems.

I think all will agree that we sleep to allow our bodies to make up deficiencies which they have undergone by our acting against the laws of nature or not acting in strict harmony and in accordance with the natural laws. Hence it follows that at that time we ought to be in strict harmony with our Mother (Nature), who is always trying her best to keep us in perfect condition. Sometimes our bodies are so badly twisted under pressure of irregular conditions that they begin to feel most comfortable under conditions which are not strictly Natural ; hence most comfortable position should not always be taken as best for sleep.

For those who are keeping apparent good health to lie flat on one's back, without pillow if possible, is the position for speediest recreation. It allows Nature to work in her own ways without interfering with her in the least.

To lie on one's right side i. e. keeping the right side under-neath brings cool effects and cures those diseases that are caused by super fluously heated atmosphere. To lie on one's left side effects quick digestion and removes deficiencies caused by cold atmosphere.

P. K.

Some Pneumonia remedies

This terrible disease has a brilliant cure in Homoeopathy. I advisedly say "brilliant" because the allopathic Physicians, seeing so many cases of confirmed Pneumonia cured by Homoeopathic remedies, advocated the expectant mode of treatment in such cases. They say Pneumonia does not require constant application of medicines both internal and external, it can be safely managed by doing nothing regards medication. Their advice therefore, is to keep the patient in rest, give plenty of nourishing food and keep off prescribing jacket poultice or wetpack which is sometimes applied on the chest by some physician.

This doing nothing mode is termed an expectant mode of treatment. How they learn this may be very easily imagined. The efficacy of our well selected reme-

dies so prominent and easy of ascertaining that it can not possibly be denied by very easily imagined. The efficacy of our well selected remedies is so prominent and easy of ascertaining that it can not possibly be denied by any right thinking man. It is prompt and lasting, easy of application and may be clearly demonstrated, Allopathic Physicians however can not believe this palpable fact they think doing nothing is all in all in a Homoeopathic cure and and so they try an expectant method.

We have personal testimony of successful treatment of this disease. We do not at all consider Pneumonia as a serious disease under Homoeopathic medication.

We need hardly say that Homoeopathic treatment promises far better hopes in the case of Pneumonia than any other modes of cure. It is not a dogmatic assertion of our own but it is verified by practical experience.

Very few remedies are in inquestion to carry on to successful termination. If we get the case in the beginning and if it is caused by exposure to cold etc., a few doses of Aconite are sufficient to effect a speedy cure. Even in complication and ardent variety of cases its power is marvellous. Many of our physicians consider Belladonna in the commencement of the disease better than Aconite. This sort of generalization is not warrented by the methods of Hahnemann. Belladonna is all the more required in congestion of the lungs and broncho-Pneumonia with its guiding symptoms. Phosphorus stands very high in the estimation of our school as a very patent the rapeutic agent in the treatment of Pneumonia,

Very acute cases with high fever, blood streaked sputa, intense pains in chest, hurried respiration even verging on to typhoid condition, are very quickly benifited by phosphorus. Bryonia is another of our great remedies in these cases. It is in Broncho-Pneumonia that its action is far superior to any other, when exudation is complete with difficulty in resolution. Where the cough is hard and sputa tough and white, fever abated to a considerable extends, it is then that we think of it. Allied to this remedy in Antim Tart. It is useful in latter stages when there is copious exudation inability to throw it out. Patient is very weak and there is Diarrhoea. In old patients it is more suitable.

H. M.

Dropsy Cure

Our Chintamani has been tried on Several Dropsy patients and it has been found success in all cases.

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Specialities. blood poisoning and restores free and healthy circulation of blood.

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411, Mint Street, Madras.

The Tobacco Problem.

The use of tobacco in any form-smoking, Chewing, or snuffing is detrimental to health is beyond dispute, yet to eliminate tobacco habit, serious attempts are yet to be made. To say tobacco is a narcotic and the poison known as nicotine forms the active principle of the plant is to repeat a scientific fact and it is, therefore, easy to understand that drugging our system all throughout our waking hours is simply poisoning ourselves.

As to when the tobacco weed had been discovered for use in India is a prehistoric as our civilization itself. It appears to have been introduced into Europe in 1559 and into England particularly by Sir Walter Raleigh in 1586, and almost from the beginning of the seventeenth century, the evils arising from the use of tobacco were realized and several governments of Europe had passed extraordinary laws in vain to prohibit its use. The physicians declared it as being harmful to health, the priests denounced it as sinful. Pope Urban VIII issued a bill excommunicating all persons found snuffing in churches. The opposition of James I of England is a matter of history. Against the will of the parliament his famous "Counterblaste to Tobacco" declared smoking as loathsome to the eye, hurtful to the nose, harmful to the brain, dangerous to the lungs and characterized smoke as the "black stinking fume thereof nearest resembling the horrible stygian smoke of the pit that is bottomless". In Russia the penalty for smoking was to have the nose cut off. But all this was in vain and today it has become,

probably, the most generally diffused luxury. Nothing that one could write to expose the evils of the use of tobacco would be effective in appealing to the users while the physicians, the learned men, great and small all the world over indulge in the tobacco habit with passion and for fashion.

While the weed is eating into our vitals and thus shortending our lives, we Indians are poorer by three to four crores of rupees annually wasted on tobacco. In a word we are smoking, chewing and snuffing away both our lives and money.

Since it is impossible to cure those already addicted, the only way to eradicate this evil is to prevent children getting into the habit of using tobacco and to begin with, the work must be begun in Girls' schools more than in the boys'. As our women, with few exceptions, are total abstainers from tobacco, they can make their children total abstainers with both example and precept.

CITRULLUS COLOCYNTHIS

Hind-Indravaram Tel-Paperabudama Tam-Attuthumatti.

The Colocynth gourd is grown wild in the arid tracts of North-Westren Provinces, Punjab, Sindh and on the Coromondal Coast.

Use: It is a cathartic useful in constipation, hepatic congestions, dropsy, jaundice, rheumatism Etc. The drug constitutes the internal pulp of the peeled fruit void of seeds, This should be given with some aromatic to

correct its griping tendency. In dropsy the juice of the fruit is a household remedy. In cough the root is very useful. The salt prepared by using the pulp of this gourd is very useful in painful menstruation and spleen enlargement. The oil which the seeds yield is beneficial in snake bites and scorpion stings. It is also used for Epilepsy and for the growth of Hairs.

ANDROPOGON MURICATIS

Hind-Khas Khas-Tel Tam-Vetteveru Guz-Valo. Can-Mudivala.

It is a large grass Common in Coromandal Coast, Mysore, Bengal, and Burmah. It is cultivated also in Rajaputana and Chota Nagpur.

Use: The long fibrous roots of this plant is mostly used for making door-screens or aromatic scented mats. They are kept constantly wet in order to keep the atmosphere cool and agreeably perfumed. The pulp of the root is cooling, diuretic, stimulant and tonic. The infusion one to two ounces is beneficial in fevers, inflammation and irritability of the stomach. To remove oppressive heat or burning of the body paste of the roots is externally used. An aromatic cooling bath is prepared by mixing it with red sandalwood in a tub of water. On distillation with water the roots yield a fragrant oil-the well-known Khat Khas-Ka atar, so much valued in Indian perfumery.

CAPSIULAM FRUTESCENS

This plant is extensively cultivated for its fruit throughout the plains of India and in the hills of some places.

Use: The fruit is generally used in various curries and clintneys. It owes its pungency and credit to an ~~oils~~ resin called *Capsicin*. It is stomachic and a rubefacient externally. It is useful in dyspepsia and flatulence. Pills are made of equal parts of capsicum, rhubarb and ginger. A decoction of the dried fruit with opium and asafoetida is given with success in cholera. A gargle made of chillies is useful in sore-throat (4 drachms to 6 point of boiling water).

By pouring hot vinegar upon the fruits all the essential qualities are preserved. The chilly vinegar is an excellent stomachic imparting a fine flavour to fish and meats. The whole plant steeped in milk is applied to reduce swellings and hardened tumours.

SEMECARPUS ANACARDIUM

Sanc.. Vallathica. Eng. Marking Nut. Guj. Bhilawa. Beng. Bela. Pers. Bilandara Tam. Seram Kottai.

Use: The acid juice of the fruits and the oil are powerful vesicants and irritants. The eschars are usually black, sometimes pustular. The vesicles appear usually within 12 hours of the application of the oil or the juice, and multiply for some two or three days, the fluid from the broken vesicles causing a fresh crop on any part of the body coming in contact with the affected site. Malingerers sometimes use it to deceive doctors.

Leucoderma.—This application also does good in leucoderma. Sometimes the fruits are fried in mustard oil and the oil is used for this purpose. The leucoderma

spots show foci of fresh deposition of pigments, and after a prolonged use distinct change of colour is generally noticed.

Indolent ulcers.—For stimulating indolent ulcers, a compound oil, of which Anacardium is one of the constituents, is sometimes used with success. Internal alimentary tract. The mouth soon becomes dry, even with powerful medicinal doses. The oil is irritant to the whole of the digestive tract in big doses. It increases appetite and powerfully increases the secretions, the stools being tinged deep yellow in the majority of cases. Partly by its own direct stimulating action, and partly by its powerful cholagogue action, it often acts as a purgative, especially in men of neurotic disposition. It has a special influence on the haemorrhoidal veins and the lower part of the rectum, in some cases producing itchiness about the anus, and sometimes the mucocutaneous surface around the anus is found to be hanging down somewhat loose, especially so if affected with piles. The secretion of saliva is lessened and thirst is increased. S. Anacardium has been recommended for piles in Sanskrit books, but in my experience, it apparently aggravates the trouble. The kernal of the fruit, which is only a food containing much oil, can be however, used without danger. It produces some good perhaps by its slight laxative effect.

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Strong youthful vigor,
Strong organs,
Strength in every limb
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How can we enjoy life?

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¶ 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 hopeless gonorrhoea patient into a manly, healthy, vigorous, robust being able to live his life well and happy, and derive pleasure from it.

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THE SECRET OF HEALTH

A MONTHLY JOURNAL
FOR
PRESERVATION OF ONE'S HEALTH

Vol. 2 || FEB & MARCH 1925 || No. 5 & 6

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

EDITED BY

Ayurveda Vaidya Ratnakaram Pandit

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PRESS OPINIONS

The Calcutta Medical Journal—November 1923.

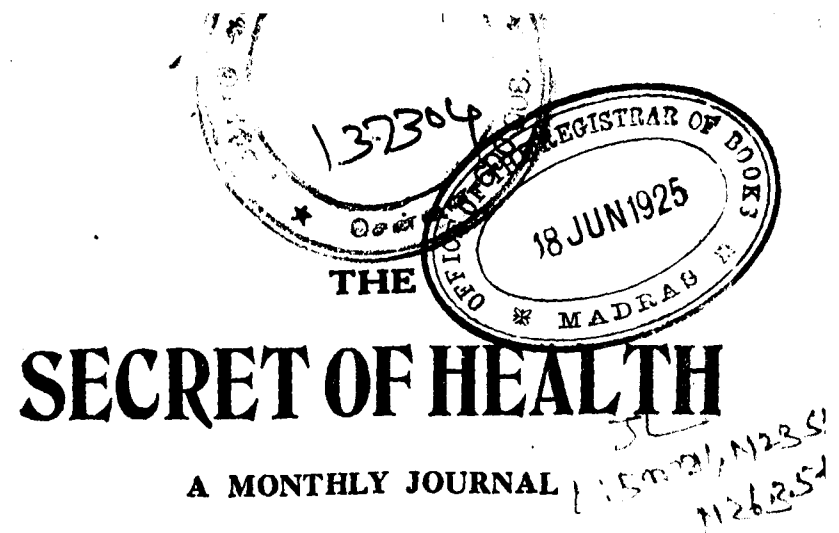
The Secret of Health edited by Ayurveda Vaidya Ratnakaram Pandit Dr. N. V. S. Sarma M. D. (Ayr.) D. Sc. (Hr.) naturally attracted our attention most and we had carefully gone through the pages. We have no hesitation to say that every page is full of interest and one would not stop till he finishes the 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.

ii. '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 success in the field.

iii. *The Medical Times, London, February 1924 Says.*

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.



SECRET OF HEALTH

A MONTHLY JOURNAL

Vol. 2

FEB & MARCH 1925

No. 5 & 6

Does Science Rotate

We need not remind our readers that the terms "Research" and "Discovery" connotes the existence of the things in hidden state. If we take the proper channel, we get at it easily ; if not, chance also lands the researcher in sight of the thing desired for. To illustrate, we remind you of the discovery of the new world, gramophone and sacharine etc. In the medical world also, we find similar things occuring often.

Before several hundreds of years the Rishes of Ayurveda and subsequently the Siddhas have found the usefulness and effect of Gold and Sodium in Tuberculosis. The prescription was accurately prepared 100 years ago as per the above said Ayurvedic recipe and used successfully* by an eminent Doctor named Muthusami. Dikshithar in the kingdom of Tanjore.

The Director of Bacteriology in the "National Institute of Medical Research" praises in March number of "Medical Science" the discovery of the Danish Professor Mollgard, the cure of tuberculosis named *Sanocrysin*.

The article is reprinted elsewhere in this number. It is stated there that the cure is in sight and *Sanocrysin* is to be administered in a proper serum to be effective. There are two processes in it as described therein. One to kill the bacterias and the other to expel the dead bacterias thus removing the poisonous effects thereof.

The "Rajyakshma" is the name given to Tuberculosis. In the Tanjore Raj, the above said pandit successfully combatted the dire disease of Tuberculosis by his Swarnabashma given in Jeevanathi Ghrita anupan.

Recently the Reserchers were stranded at the fact that oral administration of cures in a series of diseases including Tuberculosis, produce best effect than that of hypodermic injections.

The prescription of the above named Pandit Dikshit described by the late Shivaji Maharaj in His private medical notes as the best cure for the disease in his experience.

The Danish people got into the good graces of the Ruling Rajas of Tanjore Samasthan from the time of the grandfather of the Sivaji Raja by getting the District of Tranqubar for establishing Danish Rule there. Revd. Schwartz a Danish Missonary, by giving medical help to the Rulers, gained the confidence of the then ruling Chief of the Tanjore Samasthan to such an extent as to allow him to build a church on the bank of the "Sivaganga" tank in the smaller Sivaganga Fort. The books in

Saraswathi Mall Library in Tanjoore Palace contains many works and translations of Ayurveda and other schools of medicine then in vogue in Southern India.

In the light of the above stated facts, we are sure that our readers will join hands in coming to the conclusion that Ghrita and Gold Bashma of Pandit Dikshit of Tanjore Raj is a better cure than "Sanocrysin" and "serum" discovered by our Danish Doctor Mollgard or these may be the incentives for that discovery.

This will not be considered out of place by our Constituents if we mention here that our Amruta Ratnakaram is a genuine compound of the above said Pandit Dikshit's Swarnabashma and Jeevanathi Ghrita in the form of a confection. Thus researches etc. end in the starting point describing a circle.

EDITOR.

N. B.—Vide the testimonials of our clients, printed elsewhere about our A. R.

DR. DARLINGTON'S "TEN HEALTH COMMANDMENTS"

1. Keep your mouth closed when breathing, also when angry.
2. Drink cool water with your meals, also between them.
3. Bathe daily, a shower if possible.
4. Eat slowly ; this leads to eating sparingly. Make your meal a ceremonial pleasure.
5. Exercise daily and breath deeply while so doing, but avoid over-exertion and never eat when fatigued.
6. Never read or transact any business while eating.

7. Work ten hours, sleep eight and use the balance for recreation and meals. Always rest for day in a week.

8. Ever keep a contented mind. Equanimity means longevity.

9. Neglect no portion of the body. Employ a physician to examine you at regular intervals and so watch for the beginnings of disease and build up resistance and pay some attention to his opinion and direction.

10. Moderation in all things.

N. V. T.

Advantages of Oil Baths.

Anointing the head with oil and even rubbing it all over the body is a common practice in India from time immemorial. It has many advantages and obviously its great uses. It serves to take away all the dirt accumulated on the outside even of the pores of the skin. This removal of the dirt makes for free perspiration. It makes the skin smooth and soft and serves to remove the freckles. There is no other satisfactory way of removing the dirt and making the skin soft especially in the hairy portions of the body. It is a great mistake to suppose that the oil smeared over the body is all of it merely washed away during the bath and that no portion of it is absorbed into the skin. We have often seen that doctors in extreme cases try to give nutrition to the body by soaking parts of the body such as the arms in a nutritive liquid. Experiments have been shown in which certain kinds of oil smeared over the body shows itself elsewhere in the body and in any case shows its effect very soon

in some manner or other. It must be within the experience of most people in this country that several diseases have been cured by Ayurvedic doctors prescribing different kinds of medicated oils for bath. There is therefore reason to suppose that oil smeared over the body is absorbed by the system even though in very small quantities and in any case has a great effect at least on the nervous system. In this connection I must also refer to the ancient Indian habit of not only smearing oil over the body but also of pouring clean oil into the eyes, ears and nostrils. I do not know what the modern doctors will have to say or would with regard to this practice; but I am bound to mention that our older people who have been given this habit of pouring oil into the eyes, ears and nostrils have been always maintaining their sensory organs free from any disease or impairment to a ripe old age. If the oil is pure, it seems to me that it can only do good.

B. M. T.

Since people now a days swallow everything that is western and reject all that is not, we think now, under the reasonings of an Allopath (a brief summary of which) quoted above the public at large and our constituents will hereinafter take courage to enjoy the benefits of our medicated oil by using periodically and systematically our Araku Chandanathi Taila, etc.

Mr. Y. Abdul Kader, Meelvisharam N. A. Dist. Writes on 6—4—1925

"I have to thank you most heartily for the effective and miraculous cure obtained by the use of your Araku Chandanathi Taila in my bodily ailment of heaviness, reeling in the head and burning sensation of the eyes. I boldly testify to the public that they may use it in similar cases. I think it to be a God sent cure."

Discovery of Tuberculosis Cure

That a definite cure for tuberculosis appears to be in sight is the conclusion reached in an important review in the March number of "Medical Science" by Dr. S. R. Douglas (Director of Bacteriology in the National Institute of Medical Research), of the Danish Professor Mollgard's work. "The Chemotherapy of Tuberculosis."

Professor Mollgard is a specialist who knows his subject thoroughly, and Dr. Douglas congratulates him "on his brilliant conception of neutralising the toxic effects of the organisms killed by the chemotherapeutic agent, by means of an anti-serum." In non-technical language, a serum is injected into the blood to prepare it for digesting the dead tuberculosis bacilli. Either before or after the blood is thus prepared, a new substance, Sanocrysin, is injected in weak solution. Sanocrysin kills the bacilli; the serum eliminates the poisons which have been caused by the presence of the dead bacilli.

DISCOVERY OF TUBERCULOSIS CURE 7

Sanocrysin, according to the review, is a compound salt of gold and sodium. It is a solid snow-white substance composed of long needle-like crystals. Its activity is amazing. A solution of 1 in 100,000 kills the bacillus and of 1 in 1,000,000 prevents its growth.

Sanocrysin without the serum kills the bacilli but it also kills the patients when it is tried on animals. But where its administration is combined with a serum it has healed animals even when the case was an advanced one. With human beings in the Danish hospitals the results have been hopeful, though there have been failures. It is expected that with further knowledge and with the preparation of a more efficient and powerful serum greater success may be achieved. At present the use of sanocrysin is only in its infancy, but good medical opinion holds that the world is on the eve of a discovery which will revolutionise treatment and perhaps exterminate tuberculosis.

Laugh and Live

Fatmen are usually found to be fun makers and the personification of joviality. The reason for this, as a medical authority points out, is that fatness in a moderate amount has a steadying effect on the nervous system. Fatty food is most valuable in building up the nerves. For much of the substance of the nervous system is chemically of a fatty nature.

"Fat people are rarely 'nervous' in the sense of having irritable nervous systems," says this authority, "though we must not jump to the conclusion that because

a person is fat his nerve centres are necessarily well-nourished.

There is more than one kind of obesity, some kinds indicating anything but good nourishment; but, as a rule, it is thin people who are nervous. Julius Caesar, who was a good judge reliable men, liked to have about him men that were fat, sleek-headed men and such as sleep o' nights'. As a rule, such men are good natured, reliable, comfortable fellows. Now, are these folk so abundantly nourished because they are so contented, or are they so contented because they are so abundantly nourished?

"The new physiology, dealing with the functions of the ductless glands, the thyroids, the adrenals, the pituitaries, and the others, and their internal secretions, supplies the answer. It is the minds of these cheery souls, and the emotions that spring from them, that control, and regulate the operations of their bodies, by increasing or diminishing, by starting or stopping the secretions of these various glands which operate what we may call the machinery of digestion, assimilation, the building up of tissues, the elimination of waste-even the processes of thought itself.

A cheerful mind, then, is a direct stimulous to adequate nutrition of the body. And that human experience has recognised the connection between gaiety and plumpness is evidenced by that old adage. "Laugh and grow fat".

"Heartly laughter" is in itself a species of physical 'jerks' which, when repeated at frequent intervals, has all the effects of fairly strenuous muscular exercise. That is to say, the hearty laughter takes a great deal of

exercise, does a surprising amount of deep breathing, floods his entire system with vivifying oxygen, develops a healthy appetite, burns up a remarkable amount of waste matter, and does much other fine physiological work-all without knowing it. When not laughing outright, the happy possessor of a keen sense of humour is given to that inward form of laughter termed chuckling, which operates in the same way as open laughter, but in a proportionally smaller degree.

"Now, just as joy, happiness, contentment and similar emotions augment the intensity of the vital processes, improve nutrition and fortify the body against disease, so do such mental states as moroseness, despondency, pessimism and the like by their action on the internal secretions of the ductless glands, depress vitality, pervert nutrition, permit the formation of toxins (poisons) in the body, and render the various organs an easy Prey to self-developed and infective diseases."

P. S. S.

Semecarpus Anacardium

(Continued from V. II No. 4)

1. It is useful in liver and spleen diseases. In Jaundice it does good but is to be used with caution.
2. The potency of the drug in Asthma is very remarkable. Prolonged use cures it.
3. In a short time subsides many neurotic cardiac troubles.
4. It is a stimulant to the Sexual centres. However it is used as an aphrodisiac especially by Hakeems.
5. Effective in Melancholia.

6. In 48 hours it acts as a charm in relieving Sciatica.

7. Decoction in small quantity and potency acts effectively in both the spasmodic and flacid varieties of Paralysis.

ASAFOETIDA—TAM. PERUNGAYAM

Dr. Turzza quotes several Italian authorities who have claimed successful results in the treatment of abortion by asafoetida from 1885 till the present day. Out of the thirty seven recent cases, in thirty three, abortion was prevented by drug. Turazza has found that the gum resin has not been wrongly praised. He follows the prescription of Dr. P. Negri of Venice: asafoetida 6 grammes, to be made into sixty pills. Directly pregnancy is suspected, one of the pills (about a grain and a half) should be taken twice a day; the dose is then slowly increased to ten pills daily, and then gradually reduced till confinement. Turazza adds short notes of four successful cases. In two, there had been three and five abortions respectively without any objective local cause. In the third, the patient had aborted five times; after the last miscarriage parimetritis occurred and lasted two months; there was also catarrhal endometritis; ten months after miscarriage she became pregnant again. Asafoetida was promptly administered and the patient was delivered at term. In the fourth case no mention is made of previous miscarriages; abortion at sixth month was threatening when the gum resin was given. The danger passed over and delivery occurred at term.

A.

Rosebay in Relation to Filariasis

As I received a lot of correspondence from medical men enquiring of the Rosebay and as the name is to be confounded with the sweet scented Oleander, also called Rosebay in some dictionaries, I think, I should publicly declare that it is not the sweet scented oleander. It grows in some valley of Mount Everest, as informed to me by Brigadier Genl. Bruce in a letter dated the 7th May 1922 from Rongbuk Glacier Base camp. In medicine, it was introduced long ago and is known as the beautiful Siberian rose. The dried leaves and flower buds are the officinal portion of the plant. It contains Andromedotoxin which resembles aconitina. It is anti-rheumatic and has a high native reputation for gout and rheumatism and in neuralgia of the extremities. Chronic affections of the testes as orchitis and hydroceles have also been cured by it. It is also useful in constipation, where the stools are loose but require much pressure for their expulsion. Its action on Filariasis, has been already narrated in my paper on "Filariasis—its treatment" published in the Forward of the 21st December, 1924 and reproduced in the Hindu of the 25th December, 1924 and I need not repeat it.

In conclusion, I must express my gratitude to the Editors of the journals who published my paper on the subject and to a host of doctors, especially of Madras medical service, who are willing to adopt my method of treatment and try it in filarial disease which is a great scourge in many parts of India chiefly in Madras Presidency and South India.

The success which I claim in the treatment of filariasis needs to be corroborated by the verdict of the Medical profession and I shall be highly obliged if the medical fraternity kindly adopt my method of treatment and give their honest verdict to the suffering humanity.

I have seen that it helps where antimony fails, and in my opinion, it should be at least an adjunct to antimony treatment, if it cannot displace antimony in treatment of Filariasis. As an accessory method, a neem steam-bath or a steambath seems to me, very promising as well. A remarkable cure of filariasis, has been brought to my notice by a letter from Mr. G. A. Vaidya Ramam, B. A. of Madras by adopting the neem steam-bath, after the best medical treatment. The patient has remained free from the disease for 30 years, as reported.

Any person or medical man desirous of knowing further information may kindly correspond with me.

P. M.

How to Keep Women Happy

A woman likes the following and if these things are observed, she will always be happy. A woman likes to be truly loved and to be told so. When well and becomingly dressed, a quiet notice of it is always appreciated. She likes to be made to realise that she is good for something besides a mere household drudge. She likes some noble, honourable man to be thoughtful of her, and kind and considerate of her welfare. She likes to be patted occasionally, but not in public. The little private pet names are very dear to a woman's heart. A word of praise for a nice dinner or supper often more than

compensates her for the worry and work of preparation. She wants her husband not to be her supporter, but her companion, remembering that it is the kind word that often brings her greater happiness than a new set of bangles or ear-rings, though presents like the latter are always welcome.

H. H.

The Management of Pulmonary Tuberculosis in General Practice

Upon entering general practice, the average recently qualified man has a sound knowledge of the pathology and morbid anatomy of phthisis, together with a recollection of various signs and symptoms that are commonly to be elicited from the type of cases that presents itself at the out-patient department or examination hall.

Upon the subject of treatment his ideas are usually more vague, and often compressed into the maxim, "Get the patient away" to a sanatorium, seaside, mountain air any-where out of the way. When he meets with a case, for example a young man, recently married, and deriving his total income from a sedentary occupation in an unhealthy city, he will probably find at least two cogent reasons for modifying his ideas :

1. From the patient's points of view, the definite diagnosis that he is suffering from "consumption" is as terrible as that of leprosy, and dismissal to a sanatorium means social ostracism nearly as effective as that produced by sentence to six months' hard Labour.

2. The patient's desire to be restored to full earning capacity as soon as possible. For this purpose, it is more

reasonable that he should have his disease arrested in that climate in which he is forced to work.

It is of no use to say to the patient, "You must give up your present occupation and do something in the open air." The futility of such advice becomes apparent when one realizes that the sole outdoor occupations available to a man without capital are street hawking and sweeping a crossing. Sanatorium treatment may be reserved for—

1. Insured patients for whom it is provided by the State.
2. Patients who cannot be nursed in a separate bedroom at home.
3. Those who cannot be relied on to carry out the rules that are laid down for their guidance.

The one greatly advertised advantage of sanatorium treatment is that it teaches the patient how to live. In order to achieve this knowledge, the patient has to steer a straight and narrow course between the ever-menacing shoals of depression, distraction and drink. In his own home, he can be taught how to live, by his medical attendant, his interest in life may be more easily maintained, and the true nature of his disease kept private.

The greatest principle of treatment is rest. The young tuberculous subject is a mass of quicksilver. Goaded by the toxins which disturb his vasomotor equilibrium, he is intellectual brilliant, vivacious and never still until exhaustion plunges him into the depths of gloom. To bring about the arrest of his disease he must learn to live as a placid, methodic cow.

If the patient can be taught to undergo this metamorphosis and made to understand that the changed

condition must be a permanent one, if his health is to be assured, there is a reasonable prospect that his disease will be inhibited. At the outset, having made such an examination as will exclude with reasonable certainty, disease of the larynx, alimentary, lymphatic and genito-urinary systems, one can assure the patient that the treatment carried out conscientiously in his own home will restore him to wage earning capacity within six to twelve months. But, in order to maintain his regained health, the patient will have to observe certain rules of life for the remainder of his days.

The following details may be helpful in carrying out the necessary treatment.

Rest—This must be absolute and continued for at least three months. The patient should be put to bed in a room having a south or southeastern aspect (protected from the rainbearing winds and catching the early morning sunshine). All furniture should be removed except for the necessary toilet articles and a bedside table. The walls distempered in quiet colour. One or two favourite pictures may be allowed. The floor should be covered with washable linoleum. The window should be taken out of its frame entirely, a sun-blind being provided to keep off high winds or glare. The bed should be as near the window as possible. To protect the bedclothes in wet weather, it may be provided with a cradle covered with a ground-sheet.

The patient may lie on a double inclined plane or improvised bedrest, keeping as far as possible on the more effected side. In order to keep the chest-wall at rest, the arm on the same side should be supported by a

sling. While lying in bed, the patient should not knit, sew or carry on any occupation entailing movement of the arm upon the chestwall. Reading and writing are facilitated by the use of a sloping table.

The patient should be encouraged to lie perfectly quiet for stated periods every day. Rest in bed should be continued for three to four months in an ordinary case, and prolonged if necessary in cases where the rectal temperature exceeds 99.4° at any time of the day.

Diet should be arranged with a view to—

1. Tempting the patient's appetite.
2. Increasing weight.
3. Maintenance of regular and adequate action of the bowels.

Most tuberculous patients can assimilate ordinary food, and it is quite unnecessary to ruin their digestions with large quantities of milk and slops. The patient should be encouraged to drink water before meals. Alcohol is better avoided, but pale ale or stout may be taken as a bitter tonic.

Temperature and pulse.—A fourhourly chart should be kept for the first four weeks or until the diurnal variations become constant.

Whenever the temperature reaches 102° tepid sponging is indicated.

(To be Continued).

Treatise on Amruta Ratnakaram

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

A GREAT BOON TO HUMANITY

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

INTRODUCTION

Amruta Ratnakaram, is an excellent Ayurvedic Medicine, for all Acute and Chronic diseases of either sex, and cures all ailments both acquired and constitutional. It is prepared under advanced and up-to-date methods by our expert whose experience in the Sastraic Medicines is as extensive as unequalled, and can be judged from its Therapeutic properties. Amruta Ratnakaram contains Chandrodaya, Tamra, Mukhya, Pravala, Swarna, Abrak and Loha Bhasmas besides many valuable and effective drugs which are pure and harmless. The ingredients are prepared in keeping with the sastraic rules and finally given finish in the *Valuka-Enthrums* under the immediate supervision of our experts in the laboratory. They are standardised in our Siddha Pharmacopia of which so much is spoken and written by medical men of the west. A study of the history of our ancient system of medicine

will convince beyond the shadow of doubt as to the genuineness of the preparations and the efficacy of its results in various diseases. It has been prepared by our Siddha Purushas in ancient times and administered for various complicated and incurable diseases.

DISORDERS OF THE DIGESTIVE SYSTEM

It is a specific for all disorders of the digestive system. It keeps in order the liver and pancreas and other glands whose function is very important for normal metabolism. It cures Dyspepsia and other gastric troubles. If the food is not properly assimilated and digested and the secretions are not in proper order, it sets them in the right condition. It cures all kinds of chronic pains due to formation of stones in the liver, chronic Chirosis of Liver and enlargement of spleen, pain in the various parts of abdominal region called *Sularogam* besides other diseases such as chronic vomiting, acid eructations, pain in relation to food, constipation and Diarrhoea. It has a specific action on the liver and as such it keeps the liver, in normal condition and prevents bile from being deranged. It is a well known fact that when bile gets deranged it causes, Hepatic Colic, Billiousness, Jaundic and various kinds of Eruptions and burning sensation in the soles of the foot and palms of the hand.

DISORDERS OF THE CIRCULATORY SYSTEM

It is hardly necessary to say that Amruta Ratnakaram, is a panacea for all kinds of impurities of blood. Patients subject to extreme cachexia, due to their having suffered from Influenza, Pneumonia, Malarial and other fevers, have derived immense benefit from its use. Persons sub-

ject to Heart troubles, Anemia and Similar troubles, have been completely cured by its use. It prevents excessive formation of Leucocytes and increases the amount of Red Corpuscles in the blood. Thus, it not only enriches the blood, but also removes the poison of the system, and effects radical cure in all cases of Heart troubles, Anemia, Chlorosis and Skin diseases

DEBILITY AND SPERMATORRHOEA

Nocturnal Emission, has become the general complaint of many young men. Amruta Ratnakaram is the best remedy for checking Nocturnal Emission or wet dreams in the nights. It strengthens the memory and adds vigor and cheerfulness, where it is conspicuous by its absence. It keeps the head cool and makes clear thinking a pleasure. It thickens the Vital Fluid, cures General Debility, and gives full vigor and tone to the system. It has a wonderful effect in cases of nervous break down of all kinds, brought on by youthful indiscretions. It cures Impotency, loss of Power and Retention and increases Vital Fluid admirably. It restores semen to its normal condition, and acts like magic in strengthening and invigorating the prostrated system. When patients subject to these complaints neglect proper treatment, they suffer from Loss of Appetite, Wasting, Habitual Constipation, Vertigo, Black Spots round the eyes, Brain Fag, and finally get incurable impotency, which makes Conjugal life a curse instead of a Blessing.

GONORRHOEA AND ITS COMPLICATIONS

Gonorrhoea is a fell disease, which brings in its wake many complicated symptoms, and works havoc on the

system. Amruta Ratnakaram is an invaluable remedy for all the varieties of Prameha, no matter whether they are incurable or curable. It saves men from hopeless and painful method of treating themselves by Catheters. It is an excellent remedy for Stricture. It has given us very good results even in Hopeless cases, Low Chronic Fever due to Urithries, and other complaints due to Meha, have been completely cured, by a systematic use of this medicine. If a person takes a course of this medicine and follows our instructions strictly, we are sure he will not only get himself cured of all uritheral diseases, but will gain strength and vigour. It has given us very good results, in cases of Gleet, the result of long-standing Gonorrhoea and Diabetes and all kinds of Kidney diseases such as Pyluria, Albumenorrhoea, Chronic Nephritis and such other complaints.

SYPHILIS AND ITS COMPLICATIONS

Amruta Ratnakaram is the medicine, to be taken in the three stages of Syphilis. It works wonderfully not only in the primary stage of Buboes, Chancres etc., but also in the secondary stage of eruptions all over the body with a loss of hair etc., and the tertiary stage when the whole system is affected. We have cases even in the tertiary stage, where the nervous system is affected and improvement is very satisfactory. Through ignorance, people who neglect to take proper course of treatment for this disease suffer from various complications. It is a well known fact, that the first stage lasts only for three months, the second stage for 2 years, and the third stage up to the whole period of life. The havoc that this

poison of Syphilis works on the system in the Secondary, and Tertiary stages is indescribable. Therefore it is absolutely necessary, that one should take proper treatment to avoid the complications of the latter stages, such as Paralysis, Loss of Manhood, and other intractable diseases. We assure you that Amruta Ratnakaram has saved many from the horrors of this dangerous disease.

LEUCORRHOEA

Leucorrhoea or Kusuma, is a common disease among ladies in many families, of even very high respectability. It is otherwise called white discharge or "The Whites". It is the result of an infeeble system, due to various causes, such as Poverty and Impurity of blood, excessive Sexual indulgence, living in close and congested rooms, Improper food, Excessive mental worry and manual labour, and repeated short Pregnancies. This complaint may be aggravated in certain cases of women who are in constant contact with Unfortunate Husbands who may be suffering from urinal and other complaints. Amruta Ratnakaram heals the ulcers of the reproductive system, enriches the blood, invigorates the infeeble system, and thus lays the axe at the root of uterine complaints. Hundreds of women of this land, also outside this country have received immense benefit from a systematic use of our renowned specific. If this disease is neglected as it usually happens with the ladies, they are sure to suffer Sterility, Displacement of the Uterus, and general debility and many other complaints, too numerous to mention. The first course of our treatment improves appetite and makes the patient forget back ache (Lum-

complications of the lungs are cured by Amruta Ratnakaram. It has given us a very high percentage of success in cases of Pthisis, Chronic Bronchitis and Asthma. It is both curative and preventive of Pthisis. This medicine acts like a charm in the Loss of Voice, Appetite, Low fever, Cough, Wasting and other symptoms of Consumption. And as such it is unnecessary for us to mention in detail, its efficacy in the ordinary diseases of the chest.

NERVOUS DISEASES

All nervous diseases are due to excess of mental worry, manual labour and any poison in the system, age, and other bad conditions of living. It manifests in various ways. It may produce Sleeplessness, Epilepsy, Paralysis, Neuralgia like Hemisphasia (or one sided headache) Eye disease, Sciatica, Lumbar pain called Lumbago, Debility, Loss of memory and even Loss of Manhood. We have given fair trial of this medicine in many cases of Nervous diseases. Our results in cases of Sciatica (excessive pain in one leg), nervous debility and Mental diseases are encouraging. Success in these cases is due to rapid removal of the poison from the system and the Simultaneous Tone and Vigor imparted to the Affected Organs.

Price Per Phial Rs. 5 (Five) only,

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

What Doctors & Patients say:—

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.)
Anemia and Nervous Disease
Managing Director and Senior Physician of the Ayurveda

Siddhasaram 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."

Ayurveda Ratna Pandit Dr. T. D. S. Murti, D. Sc., (Ayr.), President Founder, 'Academy of Aryan Science' and the Editor of the Academi, 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.

Mr. V. CUMARASAWMY, 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

bago), Fainting, and Fatigue. It gives colour to the complexion, and makes a thin figure Robust and Handsome.

MENSTRUAL DISORDERS

Menstrual disorders are due to an infeebled system Poverty of Blood and Venereal Poison. In hot countries like ours, girls usually attain age at about 12 or 13, while it is delayed to 18 or 19 in the cases of people living in cold countries. Besides it is a matter of daily experience that girls living in open air, as in our villages attain maturity later than girls brought up in towns. Town life and the modern method of bringing up girls, is the root cause of Uterine complaints in later life. *Amenorrhoea* (Scanty Menstruation), *Metrorrhagia* and *Mennorrhagia* (or excessive discharge called *Perumbadu*) and painful menstruation called *Dysmenorrhoea* are due to the above said causes. We find infallible success in such cases as endometrites, (inflammation of Uterus) diseases of Uterites and other parts of the reproductive system. Amruta Ratnakaram not only gives tone to the system, but allays the inflammation, brings the organs to their normal function, and relieves patients from the unbearable sufferings they are subjected to. It is a well known fact, that Gonorrhoea is the root cause of Sterility; and Syphilis that of continued Abortions in Women. We Guarantee that Amruta Ratnakaram not only prevents Abortion and Sterility, but brings about easy and natural delivery, and the birth of a Healthy Child.

RHEUMATISM AND GOUT

Rheumatism affects a person in all stages of life, whereas Gout only after the 40-th year or about that time.

Rheumatism is due to the low conditions of living, and venereal poisons, whereas Gout is due to high living and indulgence in costly and nourishing food above the needs of the system. Rheumatism affects the bigger joints (from the Knee to the ankle or the ankle to the elbow joints.) They may keep changing the positions. But in Gout Small joints of the Fingers, and Toes are affected first, and finally bigger joints and in latter stages, we find in Gouty Patients deposits of chalky masses in the joints which bring about Deformities. It is absolutely impossible to avoid complications of heart disease, in cases of Rheumatism and as such it is necessary to take immediate steps to get oneself relieved from Rheumatism. Even though it is a popular belief, that Rheumatism affects only joints it is a matter of fact that it attacks also lungs, the membranes of the brain, and the muscles. When it affects the muscles, it is called Muscular Rheumatism. The indications for the treatment of this disease is to remove the poison from the system such as Uric Acid etc. Amruta Ratnakaram not only acts as a diuretic, but also cleanses the Urinary system from its impurities, and thus ensures life, but effectivety cures Rheumatism, Gout and other allied complaints.

LUNG DISEASES

It is known fact that some eminent Western and Eastern Founders of the medicine hold, that all lung diseases are due to primary degenerative changes in the reproductive system. Consumption or Pthisis, Chronic Bronchitis, Asthma, Empyema (or pus in the lungs called in Vernacular Odamanthy) and other

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 Siddhasramam 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.

Mr. R. S. VISWASAM, Kent Estate, Mahawella
R. O. Matale, Ceylon, *Dated 10th August 1923.*

"I have used your Amruta Ratnakaram for the last two months and I found them good in my case. I will be always very grateful and thankful for the benefit I have derived up to date by your valuable medicines."

"I have recommended many of my friends to deal with you if they want **Genuine Medicines**"

Dr. R. N. SEXENA, Senior Medical Officer, Central Lunatic Asylum, Agra, *Dated 2nd October 1924.*

"I had the pleasure of trying your "AMRUTA RATNAKARAM" to a patient of **Chronic Bronchitis** with doubtful condition of CONSUMPTION where I found the results most encouraging and satisfactory in as much as it did immense good in 10 day's time."

Mr. C. P. JOSEPH, F. M. S. Rys. Tampin, F.M.S.,
Dated 26th October 1924.

"Sometime back I got down a month's supply of your heavenly medicine 3 phials of Amruta Ratnakaram and a dozen of Nervous Debility Tonic pills and am very glad to inform you that at present I am free from all complaints which I had before and I feel really very strong. I did not think even in my wildest dream that there is a medicine of this nature. Even the Gods who watch the Universe will be pleased with you for distributing such wonderful medicines among your fellowmen. I am recommending the above medicines to all my friends here."

S. NAVARATNAM, Esq. Yatiyantota, Ceylon, *Dated 15th December 1924.*

"There is no doubt that your medicines Amruta Ratnakaram & Araku Chandanathi Thailam you sent me some time back are having miraculous effect in my system. There is a radical change in my health. It was only nine days since I began. I had the said oil bath last Saturday. I have nothing to grudge of. All going well. Hope you will keep up your standard and show to the world "Look Here!"

"There are Indians and Indians" I expect that you will go strong. Let God bless you in all your undertakings."

Mr. T. J. R. NANAYAKKARA, KANDY, CEYLON, writes on *9th January 1925.*

"A few months ago, I got down from you 10 days' medicine of AMRUTA RATNAKARAM which I gave to my wife who was suffering from several ailments and she was much better."

relieved from all those troubles. Therefore, I thank you very much for the good you have done me."

Mr. N. V. RAMALINGAM, Bedrock Estate, Sungkai, F. M. S. *Writes* on 29-12-1924.

"I have great pleasure in recommending to any one who wish to attain good health, the use of AMRUTA RATNAKARAM, which I have used and derived the desired results. It not only makes a man weak in constitution strong, but it also mentally fortifies a man with will power. I can strongly recommend this medicine to any one who wishes to invigorate himself."

Mr. RAJAINDR NATH SAXENA, Bhongaon, *Writes* on 26-12-24.

"I had under the instructions of Dr. R. N. Saxena, Medical Officer of Lunatic Asylum, tried your 3 phials of AMRUTA RATNAKARAM and LAXATIVE TABLETS on my mother and I am very grateful to you for the benefit they did to her. The two medicines are no doubt very effective."

Mr. D. S. LOGASUNDARAM, Palany, writes on 18-3-24.

"The first course of 5 days medicine Amruta-ratnakaram followed by two days rest and oil bath showed some improvement. The passing of urine considerably reduced and I am glad to say that the seminal discharge also passing with the urine has stopped. I see some improvements as I proceed."

Mr. A. B. JOHN, Serangon Store, 54, Serangon Road, Singapore, writes on 5th August 1924.

"Sometime ago, you sent me 3 phials of AMRUTA RATNAKARAM by V. P. Post. I shall thank you to send the same medicine 3 phials per V. P. post and oblige immediately. The last course of your medicine has done me good but I was not able to keep up your directions. I shall strictly follow your directions and continue this time."

Mr. M. GULAM DASTIGAR, 40 Merchant Street, Rangoon, writes on 18th July 1924.

"Now I have finished the full course of Amruta Ratnakaram. I am sorry that owing to circumstances I was unable to strictly observe all restrictions. Yet the medicine has shown decided improvement in my system. First of all my blood is improved and a rosier complexion is the result. I feel active and strong. There is no illness at all. I find it a pleasure to get up early in the morning which before taking your heavenly medicine was rather a burden. I have gratefully praised your medicines to my numerous friends."

K. P. KUALA LUMPUR, F. M. S. writes on 31st Dec. '23.

"I have just finished 3 boxes of your valuable AMRUTA RATNAKARAM and I am glad to inform you that the discharge of the complaint has stopped and I feel a little better than I was before. I commence taking your medicine. I hope I will steadily be improving for one or two months as the effect of your medicine. I thank you very much for the medicine."

Mr. T. NATARAJA PILLAI, Yard Foreman, M. Yard, F. M. S. Ry. Kuala Lumpur, F. M. S. writes on 10th January 1924

"I have suffered sometime colic and wrist drop. I have consulted some doctors and they diagnosed my case as *lead poisoning*. I have undergone treatment for the same and there was no relief. It is then I have tried your Amruta Ratnakaram for two months and I feel completely cured now. I thank you for the relief you have given me."

Mr. C. V. Samuel, Superintendent, Randeniya Estate, Wellawaya, Ceylon, writes on 28-3-1925.

GOD'S BLESSINGS TO KING OF MEDICINES

AMRUTA RATNAKARAM AND ARAKU

CHANDANATHI TAILA

I have to thank you most sincerely for the excellent results and miraculous cure obtained by using your good Amruta Ratnakaram and Araku Chandanathi Taila which I am very glad to testify and very glad to inform the general public without any hesitation that my wife is very much relieved indeed of her longstanding complaints of the head such as heaviness and scratching of the whole body by the use of the above medicines. Therefore I shall be very much thankful and grateful for ever and ever.

"Wish you Heaven's Choicest Blessings,"

Mr. T. V. T. MUDALIAR, Government Certificate art marker, Madras, writes on 20th December 1924.

I have tried your excellent Amruta Ratnakaram for my wife who has scanty menses for the last 3 years. It has given wonderful results.

Amenorrhoea

Mr. M. J. SRINIVASA NAIDU, Head Clerk, Engineering Dept. M. & S. M. Ry., Madras writes 10th May 1923.

"As my son was ailing from Rheumatic complaints, he was placed under Allopathic treatment for about 2 months but it proved futile.

Being advised by a friend of mine to use "Amruta Ratnakaram" prepared by Dr. N. V. S. Sarma Ph. D. Sc., M. D., I purchased a phial of Ratnakaram which showed such marvellous improvement that I was induced to give my son a month's course of treatment with "Amruta Ratnakaram" the result being that he was completely cured of all complaints.

I have therefore the pleasure to certify to the efficacy of your medicine as being a genuine Amruta to the suffering public.

May Lord Narayana bless you with long life and prosperity is the fervent prayer of."

Dr. N. J. D DAYAL, M. C. P & S Madras, Writes on 9-1-1924.

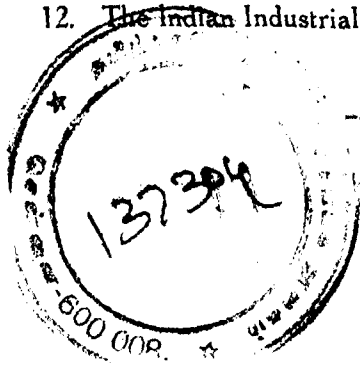
"I have used your Amruta Ratnakaram in several cases of Syphilis of the nervous system and also in very bad cases of functional Impotency. I am glad to say its effects were marvellous and I had to send for more bottles of this wonderful Ratnakaram. I therefore strongly recommend your Amruta Ratnakaram for all intractable cases of the nervous system."

Syphilis & Nervous diseases

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 1919.

1. The Dravida Ayurvedic 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.
10. The Mangalore Industrial Exhibition, Mangalore 1923.
11. The Jatiya Maha Mela Exhibition, Calcutta, 1923.
12. The Indian Industrial Exhibition, Poona, 1924.



Perfect Health

This means strong nerve power,
Strong youthful vigor,
Strong organs,
Strength in every limb
How can we gain this?
How can we enjoy life?

By using our

Sanjivi Taila and Tonic Pills

It gives everlasting youth and makes life full of pleasures with manhood and vigor personified. Try and test them yourself. Within an hour after using this specific, you will feel its magical effect which cannot be described in words. Even men of advanced age will be able to enjoy the pleasures of life to their entire satisfaction.

Price 1 Dozen Pills Rs. 10

Price 1 oz. Oil for external use Rs. 10

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ARAKU CHANDANATHI THAILAM

The Brain Cooler

This oil is a refreshing agent for the brain. It makes the eyes clear and lustrous. It reduces the excessive heat of the human body, makes the skin glossy and fresh, and imparts brain clarity and vigour. It is prepared from valuable herbs and vegetable essences. It is a valuable friend to pregnant women and to those who have suffered from longstanding fevers. It will be very helpful to those who are taking Amruta Ratnakaram to bathe in Araku Chandanathi Taila. It helps the efficacy of the medicine.

12 oz. Phial Rs. 7