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THE  
**SECRET OF HEALTH**

A MONTHLY JOURNAL  
FOR  
PRESERVATION OF ONE'S HEALTH

Vol. 2 | APRIL & MAY 1925 | No. 7 & 8

*"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

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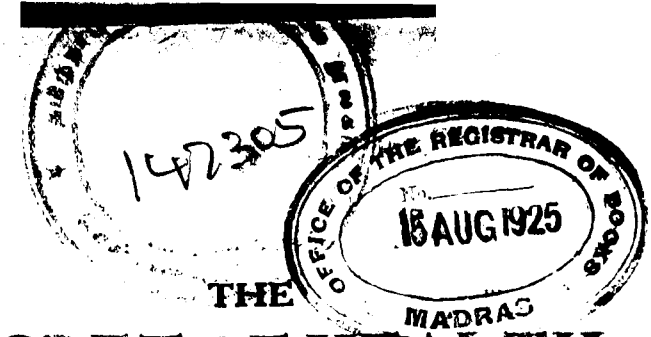
**AYURVEDA SIDDHASRAMAM**

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# THE SECRET OF HEALTH

A MONTHLY JOURNAL

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## New Theory of Vision

The vibratory theory of light, long regarded as established by practically irrefutable proof, has been indirectly attacked by Sir Oliver Lodge, in an address as President of the Radio Society of Great Britain. In the course of this, he outlined a new theory of vision.

"What is it," he asked, that stimulates the nerves of the eye? I believe it is the electrons that are thrown off by the atoms with considerable violence. What the nerves feel is the shock of the ejected electron which strikes them with the speed of some thousand miles a second." This is the theory of vision which is in process of being born. Light as it were, pulls the trigger, stimulates the atoms which emit electrons.

"It is a problem which must be worked out by physicists and physiologists together."

JC

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"The eye is thus like a receiving instrument for detecting radio waves of extremely short wave length."

"It was the first wireless receiving instrument used by man, and by most of the animals."

#### CAUSE OF GROWTH.

"The property is possessed by vegetation also, but the result is not vision: it is chemical action. The growth of vegetation is, I believe, a photo-electric phenomenon, a view which is strengthened by the discovery that plants are stimulated by a discharge of electricity in their neighbourhood."

From this theory of vision Sir Oliver went on to discuss how the impression reaches the mind. There was, he said, always this mechanical receiving process to be gone through.

"A direct mental communication without mechanical intervention may some day seem simpler, easier and more natural."

"Depend upon it," he said, "that the Universe is intelligible—ultimately intelligible—however complicated and hopeless it may appear."

He turned to his theory of the other, and to the modern discoveries that matter and energy are the same.

There is Conservation of energy," he said. "There is no Conservation of matter nowadays. Matter can change into energy. the two things are turning out

to be one. Matter is built up of electric units, which are energy."

The ultimate unification which I look forward to is the other, and nothing but ether, "in different forms of motion."

We used to try to explain other properties in terms of matter" he said in another lecture "but now" he added, "we perceive that we must explain matter in terms of ether. We now realize that the clue to the physical universe lies in electricity and magnetism."

### Use of Glasses for sight

While reviewing the book of Dr. W. H. Bates of America the Naturopath Mr. K. L. Sarma, B.A., B.L., quotes these lines (extracted hereunder) from that book, which we think will be appreciated by the readers of our journal:—

The use of glasses for all kinds of eye-defects is now known to be the chief reason for the enormous increase in the prevalence of such defects. At the best, glasses are a palliative, and nothing more. But the worst evil resulting from wearing glasses is that the defect becomes worse and worse. It is common experience, that the wearer of glasses has to constantly change them for more and more powerful ones, showing that his eye-sight is becoming more and more abnormal. It will certainly be a great gain to the race, if we can just reduce the

number of people who have to wear glasses at all, though of course the prospect cannot be quite pleasant to oculists and dealers in spectacles. Especially in the case of school children, this will be an inestimable gain. Most children become near-sighted from easily preventable causes, such as fear of the teacher and of the new surroundings in which they are suddenly placed, and the author shows that very few are made out to be such, by medical examination. The author explains that defects of sight are not invariable, as is supposed by the profession as a whole, but change very much from time to time. From this he argues that they are curable.

I do not wish to tire the reader with an explanation of the scientific back-ground, on which the author exhibits his new views. I shall only say here that the general opinion of the profession is that the living eye is a sort of rigid globe, with inelastic sides, the external musclet having no use, except just to turn the eyes in different directions. Dr. Bates proves very plainly, and with a vast mass of detail, that this is a gratuitous assumption on the part of previous investigators.

#### THE CAUSE OF EYE DEFECT.

The true cause of all kinds of defects of sight is shown to be mental strain, and the cure consists in relaxing the strain. A normal eye begins to see abnormally, if it has to see an unfamiliar object. When we strain to see something, which is too near to us, or too far, we get clouded vision. And one strange fact is that when one is telling a lie, the eye becomes near-sighted, on account of the effort to deceive.

There are many simple non-technical methods given in this book, for relieving strain, and improving the sight. One of these is palming, or closing the eyes with one's palms, the fingers being crossed over the forehead, and the palms being kept so as not to put pressure on the eye-balls. This relieves the eye from seeing, but it does not always relax it, because we imagine that we see many things with closed eyes, such as colours or lights, or clouds or something moving. The author says that, with closed eyes, we ought to see nothing but black such as printers' ink. In the case of many people, this comes easily, and there is relief to the nerves of sight, and an improvement of vision, which can be increased by repeating the process, until there is, temporarily, normal vision. In the case of some people this completes the cure. But in many cases, the treatment has to be repeated daily, for weeks or months, until normal sight becomes habitual.

Where seeing black with the closed eye is difficult, the author recommends the help of the imagination. If we imagine that there is nothing but black, we succeed in seeing it.

For other methods, I would refer the reader to the book itself.

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## Varicose Veins

*Varicose Veins*, or veins greatly dilated and swollen, may occur in all parts, but chiefly in the left leg. A variety of piles is due to swelling of the veins of the rectum, and when those of the spermatic cord are affected (Usually on the left side) they produce condition the called varicocele. Weakness of the heart, violent straining, tight stays, garters, or trusses, pregnancy, constipation, long hours of standing, as in shop girls and laundresses, indeed, whatever interferes with the flow of blood may cause the veins to swell unduly. They are first noticed about the calf or ankle, and if not attended to the whole of the surface veins of the limb may dilate and knot. The stagnant blood bulges out the veins until they look like rows of grapes under the skin, or, should the tiny capillary veins be involved, like a network of purplish red lines. The consequences are severe aching pain and hardness of the parts affected, while the skin, insufficiently nourished by blood, becomes red, congested, scaly and sore, and finally breaks down into an ulcer. If this form near the surface very profuse and even dangerous bleeding may arise, while should a piece of the blood-clot which forms within the vein be washed into the circulation, it may plug some vessel too small for it to pass through, cutting off further circulation to this part and, in the case of such an organ as the brain or lung, causing infinite mischief.

Treatment dictates the removal of all the causes of this distressing condition. Long standing, excessive exer-

cise and constipation must be corrected at once, the heart and circulation strengthened by generous food, tonic and hygiene, and the veins supported by carefully adjusted, equable pressure by an elastic stocking or bandage, or an ordinary bandage. The bandage must be applied to the whole part affected from the foot below to above the highest enlarged vein; it must be worn all day, but not at night; the patient, however, being careful not to take it off or put it on while the feet are on the ground. The part covered should be sponged every night with warm water and well dried. When the vessels have become greatly enlarged and threaten so remain so, the best chance of recovery will be afforded by operation. In varicocele the parts should be sponged night and morning with cold water, and the veins supported with a suspensory bandage or an india-rubber ring. *The condition is one of no danger, There is no occasion, therefore, for worry or anxiety, and the patient will do best to forget the existence of the affection.*

[Edr.] :—From the above description it is plain that the disease "Varicocele" is amenable to treatment and careful tending. We have in our Amruta Ratnakaram necessary ingredients to remove varicore tendency which can be leadened by using the same. In addition to Amruta Ratnakaram in some obstinate cases, we give a special specific to strengthen the parts and to check the further recurrence.

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## Preventive

*The Mountain Climate.*—Dr. Michels discusses the latest investigations into the influence of high altitudes upon the body in health and disease. The majority of workers has found an increase in haemoglobin and in red blood-corpuscles, but there is still some controversy as to whether this increase is real or only apparent. The arguments in favour of its being real are that at an altitude the deficiency in atmospheric oxygen would naturally stimulate the blood-forming organs to provide more receptors for it, that there is an absolute increase in the iron content of the blood, as also in the total amount of haemoglobin; that animals living at an altitude show red (blood-forming) bone-marrow in place of yellow; and that dogs which had been bled recovered more quickly at a height of 9000 feet than they did in the plain. According to Izquierdo, the increase of erythrocytes is demonstrable in the heart blood as well at the periphery. This last observation is denied by those who maintain that the high altitude erythrocytosis and increase of haemoglobin are only apparent. They say, too, that at the altitudes employed for therapeutic purposes there is no real oxygen deficiency, and that nucleated red blood-corpuscles, which should be present in real new formation of blood, do not occur. They advance the theories that at an altitude thickening of the blood takes place from a contraction of the vascular system which squeezes out plasma into the tissues. Some suppose, too, that at an altitude the breaking down of erythrocytes is delayed. The most prevalent general conclusion is that at altitudes two kinds

of increase in the oxygen-carrying apparatus of the body occur, the one only apparent and transitory, the other real and more or less permanent; but that the latter is of much less extent than was formerly thought. At 6000 feet haemoglobin was increased by only 7 to 10 per cent., and red blood-corpuscles by 4 to 11 per cent. The increase was subject to individual differences, and on return to lower levels the erythrocytosis disappeared at once, the haemoglobin increase lasting longer. A fact that indicates that these two changes cannot be attributed solely to altitude, whether lessened oxygen or lessened air-pressure be made responsible, is that the very same increases occur at the seaside. Now the chief hygienic factor common to high altitudes and the seaside is plentiful solar radiation: the bright sun of Switzerland is imitated by the bright sunshine of the coast, where the direct rays on the land are reinforced by those reflected from the sea. This double supply of sunshine is one reason advanced to account for the successes of Berck-sur-mer and other marine resorts for surgical tuberculosis. Experimentally animals that have inhaled air exposed to the rays of a strong carbon arc lamp, such as is now used for general radiation of the body in the treatment of lupus, are stated to show a tendency to new blood-formation, not only the ultra-violet or short rays being of influence in this respect, but also the long red heat rays. The writer concludes that there is scientific warrant for the use of the mountain climate, other things being equal, in anaemic, debilitated and tuberculous conditions. Of course, he does not touch on practical details, and it might be said that an invalid, especially if young, can easily

lead an ill-regulated life in an hotel, and that the great cold by night often prevents bedroom windows from being opened.—  
C. J.

#### AN EASY WAY TO AVOID COLDS

The next time you feel that you are catching a cold writes a correspondent to an English contemporary, stoop over and tie your boot laces. In fact, tie both boot laces. Loosen the laces and make a good job of the tying. The principle of the boot-lace remedy is that in stooping over, the blood is brought to the head and the circulation is otherwise favourably affected. Where there is perfect blood circulation there is immunity from the taking cold—

B. M. T.

#### A RIVAL OF QUININE

The announcement is made that a plant has been discovered here which is an effective remedy for malaria and black-water fever. Its Latin name is *Vitex peduncularis*, and it is found in the provinces of Bengal and Bihar. It is administered to the patient in the form of a tea or infusion, having a strength of 2 to 3 per cent. made from the leaves of the plant. *Kosoms* (Stuttgart) states that a short time after the patient has swallowed this aqueous solution of Vitex, his blood is found to be entirely free of malaria germs. This new drug has an advantage over quinine in that it has no bitter taste.— B. M. T.

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### Five years of research

The annual report of the Medical Research Council gives an interesting and encouraging survey of the progress of medical research during the past 5 years.

The introduction and use of insulin form the outstanding achievement of recent scientific medicine. The chemical composition of insulin is still unknown, though its virtue in cases of diabetes is profound.

Insulin is a cure for diabetes in the same sense as that in which food is a cure for hunger, and already we owe to it an immense diminution in the suffering of innumerable children and adults in all countries.

The present price is little more than a tenth of that originally found necessary, and it is considerably lower than the corresponding price in America.

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## Invisible Virus

The Council has an interesting comment to make on the pathology of common diseases. It states :

In one chief field the pathologist is opposed by a task which has long delayed the improvement of knowledge, namely, the solution of the problem of the invisible "virus" which we have good ground to believe are the causative factors of many of our commonest diseases, such as measles, whooping cough, mumps, infantile paralysis, encephalitis, lethargica, possibly the "commonest cold," influenza, and many others.

And to these may be added animal diseases such as foot-and-mouth disease, to name only one, which inflict immense losses. All over the world men are trying to find means for seeing, manipulating, and controlling these organisms, of whose existence, we have at present only indirect proof.

Experiments had been undertaken to determine whether tubercle bacilli in the skin or in other tuberculous tissues were killed or became modified in virulence by exposure to light rays from the Finsen-Reen lamp. Inquiry had also been made into the actions of various oils on tubercle bacilli. It was observed during an investigation of naphthalene emulsion of which one of the ingredients is olive oil, that when cultures of tubercle bacillus were suspended and incubated in olive oil the bacilli were gradually killed.

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## Sunlight

Of great interest was the observation that olive oil which had been exposed to sunlight until bleached killed tubercle bacilli more speedily than olive oil which had not been so exposed. The experiments were being continued in collaboration with an expert in oils to ascertain how the differences in germicidal action of various oils could be correlated with differences in their physical or chemical constitution.

The rays from a carbon arc or a mercury vapour lamp, as well as certain heat rays, were found to raise the bactericidal efficiency of the subject's blood, this effect being referable to improved functions of the leucocytes. A similar improvement in the blood was found to occur after exposure to the Alpine sun in winter.

It was suggested that this enhanced power of the blood to kill microbes played an important part in the beneficial action of sunlight upon tuberculosis and other infection.

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## Colour Emotions

In the uses of colour for decorative purposes, the emotional effect is intricately interwoven.

A colour, according to an American scientist, whose views are quoted in the Literary Digest, has a marked effect on the mood.

Red, orange, and yellow are exciting or stimulating, with the maximum effect for scarlet or orange-red ; and yellow-green, green, blue-green, and greenish blue are neutral or quieting with the maximum of neutrality for green. Blue, violet, and purple are subduing or even depressing, with the maximum effect for violet. These are effects which are obtained for all persons when the colors are viewed just as colours that is, not as a part of any colour scheme. If an entire room and all the objects therein were painted a single pure colour the effect upon any normal person would be as indicated in the foregoing.

But the environment of a colour or its relation to other colours in a decorative scheme modifies its emotional effect.

Red may be exciting, loud, passionate. It may suggest rage, blood, or valour. When it is a deep red it may be subduing, when it is yellowish it may be hot.

Orange is stimulating, warm, and therefore, may be comforting or irritating, depending on whether or not we desire stimulation or warmth.

#### JEALOUSY AND COWARDICE

Yellow arouses cheerfulness and warmth. If it is a greenish yellow it may be sickening and may arouse various associations such as may jealousy, sickness, and cowardice.

Green is neutral and may make us feel peaceful.

Blue is cooling, sobering, subduing. When it borders on violent it may become depressing.

Violet is likely to be hard as well as gloomy and depressing.

Purple has some of the characteristics of violet. It is generally a subduing colour.

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## Sleep-Starved Children

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### The Right Quantity and Quality

One of the most regrettable things which meet the Health Visitor in her daily round is the great number of sleep-starved children in our large towns. How necessary sleep is to healthy development is proved by the fact that during the period when growth is most rapid, especially the growth of the nervous system soon after birth, children sleep most of their time. Parents need to realise that while sleep may to some extent take the place of food, food can never take the place of sleep.

The quality of the sleep is as important as the quantity. For real healthy development, deep, uninterrupted sleep should be ensured. If a child is dull in the morning, irritable, bad-tempered, or unable to take an interest in lessons, it is often because of sleep starvation. The child may either have had less than its ten hours's sleep or the conditions may have been such that the sleep

has not been beneficial? The child's bed should not be too hard, but it should be moderately firm and quite level. There should not be too many bed-clothes; they cause excessive perspiration and restless sleep. Children should never sleep with adults: it is a most unhealthy practice. If there is no cot available for baby, a drawer taken from a chest of drawers and placed on two chairs will make a good substitute. The sleeping-room should be as airy and roomy as possible but be careful to see there is no draught. If the children show a reluctance to go to bed at the proper time it is probably because they have not had sufficient open-air exercise. Encourage them to play out of doors—fresh air will make them want their cots.

Another danger to be avoided is that of so exciting or terrifying children that restful sleep is impossible. If a child is afraid to sleep in the dark don't force it to do so. Don't tell thrilling or terrifying stories just before putting the children to bed, and don't let the child see or hear anything which might prey upon its imagination immediately before bed time, or nightmares may result.

If parents would remember these simple facts there would be fewer querulous children, and parents themselves would benefit in the lessened trouble which that children would cause.—

M. G.

## Don't Waste Time

Get one and be Happy Always. Why should you use  
**"AMRUTA RATNAKARAM"**

*Because:—*

It is a Renowned Panacea of the Hindu Pharmacopoeia

It is prepared with the purest and costly rare ingredients

It is pleasant and convenient to take

It is a general tonic for old and young ages known.

It has no restriction in regard to Diet, Season and Climate

It is a Panacea for all ills affecting Human body

It works like a charm and the effect is lasting.

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

It gives longevity to life.

Use it once!

Wait for result!!

Price per phial Rs. 5 (Five) only. For complete course of one month 3 Phials Rs. 15.

*Apply to:—*

**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**

**Ayurveda Siddhasramam**

**POST BOX 1236, MADRAS.**

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

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. Disorders Digestive, lung and Circulatory systems. 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.

**AMRUTA RATNAKARAM**

Mr. V. CUMARASWAMY. 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.

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 General tonic. 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 Consumption. **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. Rya. 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 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. NAVARATHNAM, Esq. Yatiyantota, Ceylon,  
Dated 15th December 1924.

"There is no doubt that your medicines Amruta Ratnakaram & Araku Chandanathi 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 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 relieved from all those troubles. Therefore, I thank you very much for the good you have done me."

Mr. N. V. RAMALINGAM, Bedrock Estate. SUNGAI, 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. RAJAINdra NATH SAXENA, Bhongaon,  
Writes on 26-12-24.

"I had under the instructions of Dr. R. N. Saxena, Mental diseases, 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 twodays 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

## THE SECRET OF HEALTH

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 rosy 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."

## AMRUTA RATNAKARAM

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."

Dr. SOFI MOHD NAJIRUTHIN, Pahang Rubber Co., Raub, Pahang, M. F. S. writes on 16-6-25.

The 3 phials of Amruta Ratnakaram I had, done me immense benefit. Frequent urination forgotten now. Burning sensation stopped, appetite good, sleep excellent, gained 12½ lbs- wight within 2 months time. Sexual weakness recovered and I am quite alright like previously. I pray God that he only should help you in every way for your taking such scientific troubles in Ayurvedic medicine to bring out such a marvellous preparation. I don't think there is any other remedy like Amruta Ratnakaram if we would cautiously search throughout the several medicines.

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 12 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."

Mr. D. Abraham Caledonia Estate, Lindula Ceylon. writes on 14-5-25.

Received one phial of Amruta Ratnakaram by V.P.P. with thanks. It is having miraculous effects in my system. It was nine days since I began. Will you please send me another phial of Amruta Ratnakaram by V.P.P. as soon as possible.

Mr. K. Ponnambalam Bukit Jelutang Estate, Mambu F.M.S. writes on 7-5-25.

I shall be ever thankful for your valuable Amruta Ratnakaram which makes me a much improvement within the first 5 days. Please send three more phials of Amruta Ratnakaram at your earliest convenience.



# THE SECRET OF HEALTH

A MONTHLY JOURNAL

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## How Prameha is Caused

Prameha is one of the 'most dangerous diseases. If the disease be allowed in the beginning without proper treatment by the help of an efficient doctor, it takes deep root in the system and causes several other varieties of complicated and chronic diseases which become incurable in the long run. The disease is carried to several people who are innocent by contact and other means and even children are affected and made to suffer for the faults of their parents.

We give some of the important causes for prameha. Excessive indulgence in sexual congress-fasting at the time-suppressing the semen from flowing out, eating too much Pungent-saltish and astringent foods, too much anxiety and other irregular habits are some of the important causes for prameha. The disease at first takes its root in the bones under spinal column then affects the regions round the naval and spreads to the important bones and

nerves through blood and vital fluid and manifests its influence through rectum and other important organs. Sidha Ayurvedic Shastras speak about 21 kinds of Pramehas.

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

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

**Kapa Prameha** :—Pain in the organ with irritation, constantly passing urine of white colour, spots of red colour all over the body-excessive heat-bloodlessness in the eyes and nail.

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

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

**Combination of the three faults** :—Itching sensation all over the body as if worms are moving, swelling

under the naval, Black spots in the organ, constantly passing urine with irritation, finding different coloured sediments in the urine Etc.

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

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

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

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

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

**Ozukku Prameha or Dripping Prameha** :—Thin blood and puss like matter oozing out through the urethra bursting out blackboils all over the body, rheumatic pains in the joints and burning sensation all over the body are some of the important symptoms of Ozukku Prameha.

**Aridra Prameha or yellow Prameha.**—Semen passing in yellowish colour, passing hot urine followed by severe burning sensation, excessive heat in the body, face looking Yellowish, bitter taste in the tongue, fear are the important symptoms of Aridra Prameha.

**Mutra Krichchhra or Strangury.**—Passing yellow coloured urine with pain, weakness, obstruction of the urine, sleeplessness, distaste for food, uneasiness, pain all over the body are some of the important symptoms of Mutra Krichchhra.

**Karappan Prameha or Itchy Prameha.**—A sort of pain in the stomach, passing puss, passing hot urine with burning sensation, formation of ulcer on the mouth of the urethra and urine passing like lime; water, weakness of the limbs, bursting of itches all over the body are some of the important symptoms of Karappan or Itchy Prameha.

**Kallu Prameha or Calculus or Stone.**—Oozing out urine resembling wine, bad smell like aloes in the body passing of urine in drops as if some stones are obstructing the free flow of urine and feeling a sort of heaviness around the naval and loss of appetite are some of the important symptoms of Calculus or Stone.

Our Amruta Ratnakaram is the best specific for all kinds of Prameha described above. Price for a complete course of one month 3 Phials Rs. 15.

**Neechu Prameha.**—Passing urine resembling wine, passing white puss followed with pain, nerves around the organ becoming short, shooting pain and cold in the lower stomach are some of the important symptoms of Neechu Prameha.

**Malina Prameha.**—Constant pain in the main nerves about the organ and anus, paleness of the body, a sort of giddiness, bitter taste in the mouth, senselessness in the hind leg, passing of the white and growth of flesh under the tip of the urethra are some of the important symptoms of Malina Prameha.

**Madhu or Sugar Prameha.**—Passing urine like honey, finding ants around the urine for the sugar contained in it, ulcer in the passage of urethra, a sort of bad smell in the body, tastelessness, thirst, giddiness are some of the important symptoms of Madhu Prameha.

**Vrana or ulcer Prameha.**—Ulcer all over the body with pain, heaviness of the organ and passing puss and blood in large quantity, body getting weak are the symptoms of Vrana Prameha.

## Infant Management

One of the reasons why there is so much confusion and difficulty over the management of infants is that many physicians will not spend the time to inform themselves on the subject, and then spend the further time necessary to properly and thoroughly instruct the mother, and make sure she understands. Explicit written directions are frequently necessary.

In the second place, it is necessary that the mother have the moral support of her physician, if she is to hold her own against the flood of advice which she will receive from relatives, friends and neighbours. Her confidence in her doctor must be retained by seeing him give suffi-

cient attention to the baby so that she is convinced that he knows what he is talking about.

Almost everyone now understands the importance of breast feeding, and, if the physician will give the matter sufficient intelligent attention and care, 95 per cent of mothers can nurse their babies for at least one to three months; and the first three months of a baby's life are the most important from this standpoint.

If, on account of some physical condition of the mother or child, it is impossible for the child to nurse directly, the milk can be expressed by hand and fed to him and the secretion can thus be maintained for months.

If there is not sufficient breast milk to fully nourish the infant, let him have the benefit of all there is and supplement this with bottle feedings.

The instinct of a mother in caring for her own child is the most valuable asset of the baby, and if this is supplemented by the intelligent and sympathetic backing of her doctor, it may be fully relied upon. This does not mean that every woman, just because she is a woman, has a natural ability to direct the care of some other woman's baby.

Do not be too ultrascientific in the breast feeding of infants. It is a natural, physiological and simple process, and the directing of it is largely an art. If the physician overloads the mother with too many minute directions for complicated procedures, she is apt to become nervous and worried and that condition will frequently lessen the milk secretion.

Constipation as a cause of infantile illness is vastly overrated. In breastfed infant, there really is no such thing as constipation. If the bowels do not move very frequently, it is because there is little residue in the bowels to excite peristalsis. These babies almost never need a cathartic, even when ill. If some help to defecation must be given, use an enema.

Diarrhea and other gastrointestinal symptoms are almost always due to faulty diet. They are the result, and not the cause, of fevers. The proper treatment is to manipulate the diet. Some hours of starvation may do good at the start, especially if there is a loss of appetite; then begin with smaller feedings (more diluted, if on the bottle) and add fruit juices, white of egg, or acidify the milk with lactic acid, lemon juice or vinegar.

Overfeeding of breast-fed babies is extremely rare. The baby is usually the best judge of his requirements. Should he, by chance, get more food than he needs, the excess will be taken care of by regurgitation or an increase in the number of stools. The danger if underfeeding, in reasonably normal conditions, is not great but may become a real cause of anxiety and should be reckoned with. The only safe and universal rule for the quantity of feedings is that the baby should have enough so he will gain 6 or 7 ounces per week.

The stools of nourishing infants are usually normal, no matter how they look. Curds and greenish material in such stools are not a sign of pathology and mothers should be so instructed. Blood in the stools, however, calls for prompt and careful consideration by the physician.

Mothers should be given an opportunity to learn how babies act, as to crying, stools etc., before they leave the hospital and then they will not be frightened over the perfectly normal conditions which, with their lack of experience, they are likely to misinterpret. The normal baby cries, and crying is not, as a rule, a sign of illness or disturbed function. Here, again, the elimination of worry will do much to conserve the milk supply.

**Teething is a normal, physiological process.** It is frequently attended with some discomfort, but is almost never, *per se*, a cause of definite illness. Both mothers and doctors need to have their minds disabused of the old superstition that attacks of fever and other symptoms of illness are due to dentition.

Babies should be exclusively breast-fed for the first five months. At three months, orange juice should be added, teaching the infant to eat from a spoon. Cereals should be added to the diet at 5 months and minced vegetables at 6 months. The baby should be taught early to eat from a bottle, spoon or cup, while the breast supply is still ample, so that when he is weaned he will not refuse his food.

Under ordinary circumstances, weaning should take place after 7 or 8 months and then the keynote of the diet planning should be simplicity. This is true also where bottle feeding must be resorted to earlier.

There are many complicated tables of formulae but a plan which gives as good results as any is to use  $1\frac{1}{2}$  ounces of cow's milk, properly diluted, per pound of body weight (or 100 Cc. Per kilo) this will give all needed

proceeds and add 1/10 ounces of carbohydrates in the form of any kind of sugar (cane sugar, dextrimaltose, corn syrup) per pound of body weight. The mixture should be boiled, preferably in a double boiler, Acid may be added if indicated.

With the sick baby, avoid medicines so far as possible and depend on study and modification of the diet. Give the child plenty of water. During the first 3 months of life, it needs three ounces per pound of body weight per day (latter, slightly less), and in sickness should have more, rather than less, than this quantity.

Most infants are overclothed. The feverish baby needs less covering than the well one. Frequently the removal of blankets and wrappings will result in a fall of temperature.

To sum up instruct the mother, stand by her against officious friends, give her and her baby pains taking attention, simplify all you can, and depend on nature and the mother's instinct.

C. J.

## Walking For Health

### THE EASIEST FORM OF EXERCISE

Dr. Claude Fordyce writes in 'The Popular Science Siftings':—

"You eat too much, drink too much, sit about too much and walk too little." A tired business man on the shady side of forty felt he was on the decline and consulted his physician who thus sized up his condition,

This was the doctor's admonition: "I am going to put you on a rigid diet and I want you to walk, walk, walk."

The advice was put into effect and in a short time the sedentary man began to take a new point of view in his business, he began to train down, harden his muscles, and breathe easily. His living capacity was doubled.

Any one can read the benefits of walking for health with very little change. He must only have the initiative to rearrange his habits and to use the legs that were given him for the sole purpose of walking. Every one ought to walk and nearly every one who walks should do more of it. Should pedestrianism become universal, the present generation would become far healthier and happier and its children would be sturdier and more beautiful.

If a person will substitute walking for the rapid transportation perfected in our modern industrial life, even if it is no more than walking to and from the office, he can attain better business efficiency and increased physical and mental well being. The average man or woman of sedentary habits has a physical condition below normal.

His tendency as the years advance is to dodge exertion, and the functional activity of excretory organs is apt to be accumulative.

Many business men have functional heart diseases simply because of lack of exercise. They could well afford to walk daily until tired, in order to rid themselves of drawn faces, sallow cheeks, and weak, hesitating steps. To them pedestrianism affords not only profit but real pleasure in getting away from the routine of city and office and hiding to the glorious out of doors.

### Does Not Strain Like Athletics.

For most persons no other sport is so untasted, yet none is so productive of healthful results or so well adapted to the means, physique and temperament of the masses. The best feature of walking is that it does not strain any part of the body and does not use up vitality, as does specialised athletics. It is persistence of mild exercise instead of spasmodic heavy exercise that is beneficial.

A two or three mile walk in the fresh air and sunshine is an exercise par excellence and is within the reach of every one. It may be tedious at first but later it becomes a habit and affords real joy. The first cost is in the adjustment of business cares and in the selection of time; the next move involves the physical exertion itself.

Any one who has spent the greater part of his life in a sedentary occupation can safely enjoy walking trips if he uses common sense at the outset and starts, let us say, with a mile a day and gradually increases the length of the walk.

Systematically followed, pedestrianism accomplishes a number of things: there is better sleep, increased circulation and new force; all the muscles are brought into play, particularly those of the abdomen, where certain organs need just this; extra fat is eliminated, and minor ailments are overcome. There results a real joy in living, for with health everything is a pleasure.

Road tramping, or real pedestrianism, takes in short walks as a training for physical well-being; these, as one

becomes experienced, may be lengthened to include an occasional all day country tour as a wise utilisation of holidays. An all day walk affords admirable preparation for more arduous outings, such as a week's tramp, in which by carrying in a knapsack the shelter, bed and food one is equipped to break away entirely from civilisation and eat and sleep independently of hotels. Amateur exploration has the interesting element of mystery that leads one into all sorts of country that one never knew to be in existence.

#### Joy of the Knapsack Trip.

A knapsack trip is the real key to the wilderness. One leaves the habited world and hies to the jumping off place and, matching his skill and ingenuity in woodcraft with nature, he is rewarded with physical rejuvenation in an environment in which nature has been most lavish.

The tyro who looks askance at the knapsack game feeling incapable of realising on the muscular exertion demanded, need have no fear. Hardships are few and pleasures many. Any one with average physical ability (he need not be even a habitual walker although he will enjoy it more if he is), who is careful not to overdo, can qualify, and he will return to his vocation with renewed vitality and a memory of joyous experiences.

In taking a several day's walk one is admonished to take the first three days easy, beginning in the afternoon on the first day to give rest to weary muscles; the third day will be the hardest for by that time a person reaches the critical point of fatigue. Short rests of five minutes every mile, eating lightly before walking never being in a

hurry, taking the longest walk in the morning, with a complete warm bath before supper followed by a rub-down, are simple rules that the pedestrian may wisely observe. Two to two and a half miles an hour is a good average rate of speed and not difficult for any one. It is the traveller a foot who has time to receive and reflect upon his impressions and at the same time pleasantly rejuvenate his mind and body.

Footwear is the most important part of the tramp's equipment. The one who has tender feet should follow the plan used by Weston, most famous of all walkers, and should soak them at night in a brine made with salt. One should wear, even in summer, heavy weight, thick, all-wood socks. This will necessitate large shoes—at least a size larger than those usually worn.

If blisters develop, heat a needle in a match flame and when cool insert in under the blister at the edge, to draw out the serum; then slap on a piece of common surgeon's adhesive plaster. Or simply thread the needle with wool, thread the blister, and leave the ends protruding to act as drainage.

S.

### Plea for Fresh Fruit

Medical opinion with regard to diet has changed considerably during the past few years, and is still hanging. It is now almost an article of medical faith that a diet should consist of food containing the usual food constituents of civilised life in due proportion, and especially the mineral salts, modified and regulated with regard

to climate, occupation, and so on. Also the personal equation must be always considered. There is no more true saying that "one man's meat is another man's poison."

Views regarding diet are changing chiefly with respect to the sophisticated foods of civilisation and it seems to be becoming more and more evident that the somewhat primitive methods of preparing and cooking food are better adapted to the establishment and preservation of sound health. Whole wheat bread, for instance, in which the husk has been left and in which close milling has not refined away many of the most nutritive properties, is a more healthful food than the very white highly milled bread which is generally put before one in restaurants.

Such a bread is not only more nutritious, but on account of its rough content favours peristalsis and is a remedy for constipation, one of the greatest banes of modern life. Again, too long cooking or cooking at a high temperature is a fault of civilisation; much of the nutritious effect of food is spoiled or impaired by too great heat or by heat too long continued.

The importance of the vitamine element in diet appears to have been established firmly, although there are those who refer to these elusive substances as hypothetical and state that if the mineral salts are present in their correct quantities, the vitamins will take care of themselves. However, this statement does not mean that the vitamins are not essential, but that if the necessary amounts of mineral salts are supplied, these contain the essential vitamins.

### Vegetable and Uncooked Fruit

Fresh vegetables and uncooked fruit are other articles which are indicated in a healthy diet, more particularly perhaps for those who lead a somewhat sedentary life. Vitamine A is contained in green vegetables, spinach and cabbage, carrots and cereals. Vitamine B not only includes the antineuritic vitamine found in rice polishings, but a water soluble, growth promoting substance found in a number of foods. It is not readily destroyed by heat or oxidation and is said to stimulate glandular metabolism and to be concerned in carbohydrate metabolism. It is found in cereals, nut, tomatoes, lemons, oranges, vegetables.

Vitamine C, known as the antiscorbutic vitamine, is contained in raspberries, oranges, lemons, tomatoes, carrots, legumace, lettuce, onions, greens, and sprouting grains. A high temperature applied for a short time is less destructive to this vitamine than moderate heat applied for a long time.

From a consideration of the diet question from the viewpoint of the vitamins, two or three points stand out prominently. It is conceded that a certain quantity of the various vitamine elements is essential for continued good health, and it is further known that a high temperature will injure one vitamine and a continued moderate temperature will impair the nutritive properties of another, while heat has less effect on yet another. Yet cooking injures to a greater or less extent the nutritive and stimulating properties of all foods and consequently the practice

of eating daily some fresh fruit tends to establish and maintain good health.

It is a long practised custom of civilisation to cook food, often to cook it too much. It is then an act of wisdom to neutralise as far as is possible the custom of eating cooked and overcooked food by the consumption of fresh fruit. As said before, conditions such as climate, occupation, and the personal equation must all be taken into account when dealing with the diet question, but it is an axiom that in all climates and in all occupations some fresh fruit should be eaten. Experience backed by scientific investigation has proved this to be true.—  
S.  
Science Siftings.

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**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, Muktya, 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 breakdown 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 COMPLICATION

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 uncirable 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 Gonoarhoea 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 Bubo, 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 infeebled 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 infeebled 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-

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 *Mennorraegia* (*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 diuratic, but also cleanses the Urinary system from its impurities, and thus ensures life, but effectively 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, Empyaema (*or pus in the lungs called in Vernacular Odamanthy*) and other

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 Hemicrania (or one sided headache), Eye disease, Sciatica, Lumber 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 Anemia and Nervous Disease. Ratnakaram Pandit, Dr. N. V. S. Sarma, M.D., (Ayr); D. Sc., (Hr.) Managing Director and Senior Physician of the Ayurdeva Siddhasramam of Madras, marvellously purifies the blood and serves as a nervine tonic in all bad cases. I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory."

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. CUMARASWAMY. 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.

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. NAVARATHNAM, Esq. Yatiyantota, Ceylon,  
Dated 15th December 1924.

"There is no doubt that your medicines Amruta Ratnakaram & Araku Chandanathi 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 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 relieved from all those troubles. Therefore, I thank you very much for the good you have done me."

Mr. N. V. RAMALINGAM, Bedrock Estate. SUNG. KAI, 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 twodays 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

AMRUTA RATNAKARAM

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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 rosy 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.

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 & 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 recommeud your Amruta Ratnakaram for all intractable cases of the nervous system."

Mr. D. Abraham Caledonia Estate, Lindula Ceylon, writes on 14-5-25.

Received one phial of Amruta Ratnakaram by V.P.P. with thanks. It is having miraculous effects in my system. It was nine days since I began. Will you please send me another phial of Amruta Ratnakaram by V.P.P. as soon as possible.

Mr. K. Ponnambalam Bukit Jelutang Estate, Mambu F.M.S. writes on 7-5-25.

I shall be ever thankful for your valuable Amruta Ratnakaram which makes me a much improvement within the first 5 days. Please send three more phials of Amruta Ratnakaram at you rearliest convenience.

AYURVEDA SIDDHASRAMAM

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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. 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. Tha 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.
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are our ordinary lives of shibboleths. The lessons we are taught in the nursery are now being ridiculed in the consulting rooms. I will quote a few :

#### EVERYDAY ILLUSIONS

"Milk puddings are so wholesome and nutritious." How often does one remember hearing that ? Apparently they are nothing of the sort. They consist of "decorticated rice, boiled milk and refined sugar, a combination cunning devised to exclude every vestige of vitamins and every trace of salts."

"I always have my bedroom window a little open at the top." There again is an old familiar phrase, repeated with marked satisfaction by tens of thousands of people who would be thoroughly offended if you informed them that they were unhealthy. And yet their habit of having the window 'a little open at the top' merely allows the hot air to escape, leaving the room to be filled with stale cold air which comes in underneath the doors, down the chimneys, from anywhere and everywhere except where it should come in—namely, the bottom part of the window, which is usually hermetically sealed.

"Sugar is so good for children." Who has not heard that remark, as an admirable and well-meaning mother gaily drops three lumps of sugar into her children's tea ? She is unaware that "lump" sugar is so highly concentrated that when the child has drunk two cups of tea it has absorbed the equivalent of twelve feet of sugar cane.

#### A TIP TO THE TYPIST

If the average typist could realise that she was drinking her own height in sugar cane with each cup of

tea which she consumed she might be a little more sparing in diet. Every man with the smallest knowledge of dietetics is aware that cane sugar is comparatively, and refined sugar exceedingly indigestible.

These however, are merely signposts along the road of self-destruction. A fuller itinerary is needed in order to help the average man in the somewhat absorbing task of tracing his own steps to ruin.

The Bath.—He should take his baths at night, not in the morning. He should not keep the window of his bathroom closed unless the cold is intense. He should not use too much soap. He should not "coddle" himself.

Exercise.—The tubes and 'buses which take us to the City are, indirectly, all helping in the race to suicide, because they encourage us to avoid the exercise which is so vital to our system. A walk of three miles a day is possible to everybody, provides we know how to walk.

Lunch.—He is steeped in "death-dealing ignorance" with regard to his meal. He eats far too much, causing his blood to be busy with his digestion at a time when it is needed for the brain.

Working in His Office.—If he uses artificial light he is probably placing it in the wrong position. It should be away from the eye, behind the head—with the reflection on to the work. If he smokes, he should keep the window open. Quality rather than quantity of tobacco is the important point.



# THE SECRET OF HEALTH

A MONTHLY JOURNAL

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## How to keep your Health

### SILLY HABITS THAT SHORTEN OUR LIVES

Man was meant to live to the age of 120. And he spends the greater part of life in slowly committing suicide (says a writer in "the Daily News")

That is the startling message which has just been given to the world by Dr. Leonard Williams, one of our foremost authorities on dietetics and the diseases of the later years of life. It is a thousand pities that the average man is apt to regard medical books as outside his province of literature. There are many (and this is one of them) which are far more thrilling even than a best seller, and often far easier to understand.

Even though we may contest the assertions of specialists, relying on the maxim, often well founded, that "a man is his own best doctor," we can only realise, by contact with a vigorous medical mind such as this, how full

Tea.—There is no sort of sanction for this meal. It is a "cruel combination of carbohydrates which places a severe burden upon the patient oxen of the alimentary tract."

Sleep.—Many men are unnecessarily wearing themselves out with insomnia. This, when not due to disease or worry, is solely the result of overeating. It can often be cured by the simple expedient of going without dinner.

Life, however, is not entirely a question of meals and even though Dr. Leonard Williams claims that moderation in diet is the surest way of attaining longevity, he admits also the importance of the psychological as opposed to the pathological. Here, for the first time, the sudden decline of the business man who gives up his work to "rest" is explained in terms of medical science. Boredom is toxic. Lack of occupation leads to stagnation, not only of the mental but of the physical processes. In every sense of the word, "in standing waters we must look for poison."

One of the most interesting of all the revelations is that which explains why women on an average, live longer than men. The reason may be summed up in one word—vanity. A woman refuses to grow old. She says to herself: "I am as old as I look." and by constant self-deception to say nothing of the daily application of every description of cosmetics she persuades herself that she is young even when to her friends, she has already one foot in the grave.

#### MISGUIDED CHIVALRY

Compare this with the case of the old man. To him, old age is something rather agreeable. He will sit

back in the club talking of the dashing sixties (which he was probably too young to remember), and expecting the younger members to yield him the best chair and to hand him the newspaper. By a false tradition of chivalry he is constantly encouraged in this self-deception. "Don't you think you'd better rest now, sir?" Or, "Is n't that window rather too much for you?" And slowly the pose becomes a reality.

In other words, auto-suggestion has power over life and death. Many a man gets up in the morning saying to himself. "Every day, in every way, I grow older and older and older." His friends encourage him to say it, and, in the records of Dr. Williams, "gently though firmly conduct him into his coffin."

The woman on the other hand, tells herself that every day she gets younger and younger and younger. Her friends all her the same thing. They may not be telling the truth. But she, and they, are building up a store of moral energy invaluable in the resistance of senility.

S.

## Care of the Eyes

The effort to accommodate the eye in looking at near objects, requires the action of several muscles which must continue to act so long as the sight remains fixed on near objects. When the effort is long sustained, these muscles become weary, and when not given proper opportunities for rest they may become seriously diseased. If the eyes are easily tired, and can be used but a short

time without a blurring of vision or aching of the eye-balls, it is probable that there is some serious defect, and an oculist should be consulted.

Never try to read or do work requiring close application of the eyesight in a poor light. In doing so, the book or other object must be brought too near the eye, and thus near-sightedness may be acquired.

In reading, have the light come over the shoulder, the left if convenient, and avoid using the eyes in a glaring light as much as possible.

Never expose the eyes to a sudden bright light when it is possible to avoid doing so. After the eyes have been closed for some hours, some little time elapses after they are opened before they are fully accustomed to the light. On this account, it is not well to employ the eyes in reading immediately on waking in the morning.

Reading in the cars is injurious to the eyes on account of the shaking which continually changes the distance between the book and the eye, and thus taxes most severely the organs of accommodation.

**Wearing Glasses.**—When glasses are needed by old persons, they should be worn, not necessarily all the time in all cases, but when specially needed, as in reading, doing fine work, etc. Persons who are near-sighted should avoid wearing too strong glasses, as this will increase the defect.

Glasses should enable a person to read with ease at eight to twelve inches from the eye. An old person who cannot see well without slipping his glasses down upon his nose, should obtain stronger glasses.

**Eye lotion.**—The common use of the numerous domestic and patented eye-washes is a frequent cause of serious disease of the eye. When the eyes are simply irritated by excessive work, a cold, exposure to dust, or any similar cause of irritation, frequent bathing with tepid water, or rest with a thin cloth wet in tepid water laid over the eyes, is a good and harmless remedy. If the case is not speedily relieved by some simple measures of this sort consult a competent physician at once.

**Things in the Eye.**—Dirt in the eye, if visible, may usefully be removed by a corner of a folded handkerchief or by the end of the finger previously moistened with oil. If out of sight under the lids, a loop of hair passed under and withdrawn will generally bring it out.

If lime or any other alkali has got into the eye, bathe with water at once, and as quickly as possible apply a weak solution of vinegar, using about a table-spoonful of vinegar in half a glass of water.

Inflammation of the eye, if attended by great pain, intolerance of light, or a mattery discharge, demands the attention of a skillful physician.

**Catching eye diseases.**—All inflammations of the eye, attended by a discharge, are contagious by contact; and persons suffering in this way should never use the same towel used by others, and should sleep alone. Neglect of this rule sometimes allows a dangerous disease of the eye to extend through a whole school or institution.

Squint is an affection of the muscles of the eye. If the muscles which turn the eyes inward contract more

strongly than the opposite muscles, the individual is "cross-eyed". If the outer muscles contract the more strongly, the eye turns out, and the individual is said to be "wall-eyed".

**Education of the eye:**—It is well known that savages and foresters generally possess much more acute vision than other persons, often being able to see clearly objects wholly invisible to others.

This is undoubtedly the results of education ; and it is quite certain that discerning objects at a distance would greatly increase its usefulness, and counteract the increasing tendency to short-sightedness which is becoming so marked among civilized nations as to excite considerable alarm.

P. C. M.

## Diet & Public Health

### THE VALUE OF VITAMINES

A Medical Correspondent writes to "the Pioneer":—

Probably the most momentous and far-reaching discovery in relation to diet and national health was that made in the early years of this century of the existence of the accessory food factors better known as the "vitamins". The word in its original form was "vitamine", and was intended by its inventor, Casimir Funk, to suggest the chemical constitution of the newly discovered body on the assumption that it was allied to that group of chemical bodies known as the "amines". Other workers in the same field have objected to the term because the chemical constitution of these mysterious substances has not been established ; hence they cannot be identified

with the amines. The word however has come into use, and is now commonly spelt vitamin, the terminal which implied kinship with the amine family having been dropped.

### AN ACCIDENTAL DISCOVERY

Like many great discoveries, the existence of these substances was stumbled upon by a happy accident. The discovery was foreshadowed nearly half a century ago by Lunin, who was experimenting on the effects of mineral salts in the diet. He fed mice on a diet of specially prepared milk fat, casein, and cane sugar. In one series of experiments salts were included in the diet, in the other they were withheld. In both series the mice died after 36 days, but a group of mice fed on fresh milk alone for the purpose of control lived and grew normally. From these observations Lunin made the deduction "that other substances indispensable for nutrition must be present in milk besides casein lactose, fats and salts." The significance of the experiment, however, lies in the fact that the diet of the first group of mice consisted of the dissociated constituents of ordinary milk, yet on these substances the mice failed and died.

Important as this deduction was throwing as it did an entirely new light on the whole problem of growth and nutrition, it appears to have attracted very little attention at the time that it was published, and it was not until the appearance of Professor F. G. Hopkins's epoch-making work, published in 1912, that the existence of these mysterious substances was firmly established. Professor Hopkins kept two sets of young rats on a standard diet of

purified casein, lard and sugar, and the whole salts derived from the ash of oats and dog biscuits, which had been the animals' previous food. To one set of rats he gave in addition 2 to 4, c. c. of milk. To eliminate any chance of the rats not getting this milk they were fed by hand daily. After 10 or 15 days the "no milkers" declined in weight while the growth of the others proceeded normally.

#### A STRIKING EXPERIMENT

An even more striking and convincing experiment was then carried out eighteen days after the "no milkers" had begun to decline in weight, milk was added to their diet; at the same time the milk was omitted from the diet of the other set which had been growing normally. This group began to decline in weight, while growth began again the original "no milkers." Other workers have confirmed these results and have brought forward further evidence to that there must be at least three of these unidentified bodies which play such an important part in growth and nutrition. The first has been shown to be present in the fat of milk and has been named "fat soluble Vitamin A"; it is not found in the water of milk or in the other milk solids, such as milk; sugar or casein. The second is known as "water soluble Vitamin B" because it will not dissolve in fat, while a third substance has been added with the title of "water soluble Vitamin C."

A question which is often asked by intelligent laymen is "Are these vitamins but a passing fad or have they come to stay?" The answer to this question is that ever since the existence of these bodies was discovered

evidence of all kinds has been steadily accumulating all over the world of the immense importance of the part which they play in the maintenance of the health of men and animals and in the normal development of their growth. The well-being of nations is intimately bound up in the provision of an adequate proportion of these bodies in the national diet, and wherever this provision is neglected inevitable deterioration and decay results. Sometimes the results of a deficiency of vitamins may result in a national crisis. Japan, for example, faced such a crisis in 1882, when warships sent to Chemulpo had to return to port because their crews were unfit for battle 195 men out of 330 men being sick with beri-beri. A simple alteration in diet relieved the Japanese Navy of this scourge.

#### CAUSE OF THREE GREAT DISEASES

At least three great diseases can confidently be attributed to the absence of certain vitamins beri-beri which threatened to paralyse our armies in the East in the late War, scurvy which breaks out again and again in prison camps, in besieged garrisons, in armies in the field.

How many an Arctic expedition has been wrecked by this disease, how many a defence has collapsed because of it, how many a brave life has been lost in the past for the want of the knowledge which we now possess!

Last but not least comes rickets, the bane and shame of modern civilisation, the most potent factor in producing national unfitness and stunted growth that has hitherto afflicted mankind. Has not 50 years of bottle feeding turned the once sturdy British race into a C-3 people?

For the last 50 years or more in the light of the discoveries of Pasteur and Lister it has been all but impossible to convince the medical profession that any agency other than that of a micro-organism could produce disease; the enemy was the bacterium and must be destroyed. Since a large proportion of the diseases to which the flesh of man is heir enter it by the alimentary tract, the obvious ideal to aim at was the preparation and distribution of food from which all bacteria had been excluded. The bacteriologist and the food chemist put their heads together and were astonishingly successful in producing foods free from bacteria. Unfortunately, the measures taken to rid food of bacteria also rubbed it of every spark of vital principle, and resulted in the era of the hand feeding of infants by proprietary foods which these discoveries in chemistry and bacteriology rendered possible, in such a mass production of rickets in the British Islands as to earn for the disease the unenviable title of the English Sickness. It will doubtless grieve the patriotic to learn that it is by this title that rickets is commonly known to mothers and physicians upon the continent of Europe.

#### A NEW PEST

Concurrently with this ominous and widespread increase of rickets amongst the infant population of Great Britain, the nurseries of the Kingdom were of the time visited by a pest hitherto unknown to the physician. Infantile scurvy or Barlows disease, named after the Victorian physician who first described it, produced symptoms of so dramatic and terrifying a nature that even

the blindest of parents and attendants were alarmed and sought the assistance of the specialist in children's disease. Infantile scurvy, in short, displayed all the half-forgotten symptoms of the disease which had been only too well known to the mariners and naval surgeons and explorers of the 18th century, Fatal as the disease proved to be if untreated, it was found to yield with magical quickness to daily small doses of fresh orange juice, the latter containing the highest percentage of the antiscorbutic vitamin of any known substance. It will be sufficient for practical purposes to remember that raw milk contains the anti rickets and growth regulating vitamin, known as vitamin A; the anti-berri berri factor is found in the germ and inner skins of seeds and grains the B vitamin; while the scurvy-preventing vitamin is, found in the juice of nearly all fresh fruits and vegetables.

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### Glory of the Unclothed Head

For a chemist to be completely bald is as bad, at first sight, as for a cobbler to be ill shod, or for a tailor to slouch about in reach-me-downs. Time and time again, people point to the bottles of hair-restorer on my shelves, and say, "Well, you're a poor advertisement for your own goods!"

I always answer: "I am not an advertisement; I am an awful example."

But why should a bald-headed man be pitied? Who is it that rides in sleek, high-powered cars? Who sits in he

front row of the stalls ? Who is it whose women folk are attired in the costliest raiment

Why, the bald-headed man, of course !

### SUCCESS

It is not merely that the wealthy people are usually elderly. There is certainly some subtle connection between brain power, success, and baldness. People have implicit faith in the honesty and business ability of the bald-headed man. The thing works in a circle. Nearly all the solid, respectable folk are bald, therefore a bald-head man is more likely to be solid and respectable than a man with a cranky mop of hair.

Indeed, I believe that in this respect a bald-headed man cannot help himself. That shining dome surmounting his head is an outward and visible sign of inward virtues, and people simply force the man to live up to his shining pate.

I consider my polished dome to be worth at least an extra £ 100 a year to me. People take my advice without question when they would doubt that of a younger and hairier man. Customers like to think that one is a man of experience and solidity.

All the jolly people are bald, whether in fiction or in fact. Baldness is a sign that one has passed the fret and foolishness of youth, and has reached harbour serene and happy.

### HIRSUTE VILLAINS

Conversery, villains are never bald. Their thatch may be flowing or close-cropped, but they are never hairless. Nature. I challenge anyone to produce a bald

Geoplanatian or a member of the Kibbo Kift whose scalp is as bare as when he entered this world.

Baldness is a sign of civilisation. It is increasing in frequency and, indeed, the time will come when to have hair on one's head will be regarded as a distressing malady peculiar to adolescent youth like pimples.

Hairiness does not imply happiness. If it did, the hairy Ainu would gambol like a young lamb and be merry all day instead of preserving, as it does, a sullen and impressive front.

I am proud of being bald I am, and bald I intend to remain-until I can find a cure for it ?

### AMRUTA RATNAKARAM

Mr. K. S. R. SWAMY, Notary Public, Akkaraipattu, E. P. Ceylon writes on 14—9—1925.

By the grace of our Almighty Guru Dev, I am safe, sound and happy after using the Amruta Ratnakaram and Araku Chandanathi Taila. Indeed the motto "Be true to thine ownself" quoted in your letter institutes what is Amruta Ratnakaram. I am very glad to say that you are the Maha Rishi, the Avatar who came to protect the Vaidya Dharma in our Motherland.

B. H. D. W. PERERA Esq., Mooloya, Heuaheta, Ceylon writes on 19—9—1925.

This is to inform you that the phial of Amruta Ratnakaram which I have got down last month from you has been used by a friend of mine and it effected him like a charm than any other Nervine Tonic that he has used.

Mr. CHIN FOOK YEW, C/o Teik CHIN Co., Ltd., Ipoh, Perak. F. M. S. writes on 22—9—1925.

"The previous lot of Amruta Ratnakaram which is ordered from you gave me wonderful effects and I shall strongly recommend to all my friends in case who badly in need of this medicine.

### III-Effects of over Feeding

Napolean once remarked that "more people die from eating too much than from eating too little." This is a physiological truth that every doctor in the land could verify from his own professional experience. Tens of thousands of people to-day are unintentionally digging their graves with their teeth. Many persons imagine that the more food an individual can force down his throat, the healthier and stronger he will become. Excess of anything, however, that concerns our bodies is always dangerous and the act of eating and drinking is no exception to the rule. Three or four times eating so fashionable among the upper classes of society, is frequently a cause of excess in eating, and of inducing the ill-effects that follow. A great variety of food taken at one meal gives the digestive organs a most trouble task to perform. This is owing to the fact that each article of diet requires in digestion a different exertion of the stomach and different period of time for digestion. Various stages of digestion are thus occurring at the same time with that strange conglomeration of food in the stomach which must certainly overwork the accommodating, but sometimes rebellious, juices of digestion. It is said that "even a worm will turn," and so, no wonder the stomach at least turns wrath fully upon its owner, punishing him with dyspepsia, or secreting in his tissues the unhealthy fat of obesity.

A good rule of guidance as to the proper amount of food that should be taken at any meal, is to finish before being quite satisfied. It is the extra ounce or two that creates the mischief.

### 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, Tambra, Muktya, 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 Sidha 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 Amrta 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

subject 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. Amrta 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 Urithrelis and other complaints due to Meha, have been completely cured, by a systmatic 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 vigor. It has given us very good results, in cases of Gleet, the result of longstanding 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 Buboec, 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 lack of 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 infeebled system, due to various causes, such as Poverty and Impurity of blood, excessive Sexual indulgence, living in close and constricted 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 heels the ulcers of the reproductive system, enriches the blood, invigorates the infeebled 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 (Lumbago), 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*); *Metorrhagia* 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 40th 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 diuratic, but also cleanses the Urinary system from its impurities, and thus ensures life, but effectively 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 Odamanthay) and other complications

of the lung are cured by Amruta Ratnakaram. It has given us a very high percentage of success in cases of Pthisis, Chornic 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 Hemicrania (or one sided headache) Eye diseases, Sciatica, Lumber pain called Lum-bago, Debility, Loss of memory and even of 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 Anemia & Nervous Disease. Ratnakaram Pandit, Dr. N. V. S. Sarma, M.D., (Ayr); D. Sc., (Hr.) Managing Director and Senior Physician of the Ayurveda Siddhasramam of Madras, marvellously purifies the blood and serves as a nervine tonic in all bad cases. I can safely recommend it to those who have had their brains enfeebled in any way and lost the retentive power of Memory."

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. COOMARASWAMY, 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.

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 General Tonic 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. SEXNA, 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 Consumption 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 days' time."

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

Nervous Debility "Sometime back I got down a month's supply of your heavenly medicine 3 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 fellowmen. I am recommending the above medicines to all my friends here."

S. NAVARATHNAM, Esq., Yatiyantota, Ceylon,  
Dated 15th December 1924.

"There is no doubt that your medicines Amruta Ratnakaram & Araku Chandanathi are having miraculous effect in my systems. 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 relieved from all those troubles. Therefore, I thank you very much for the good you have done me."

Mr. N. V. RAMALINGAM, Bedrock Estate, SUNGKA1, 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 Nerve Vigour 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, Mental disease 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 Amrutaratnakaram followed by two days rest and Diabetes oil bath showed some improvement. The passing of urine considerably reduced and am glad to say that the seminal discharge also passing with the urine has stopped. I see some improvements as I proceed."

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 Anemia 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 rossey 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.....KUALALUMPUR, F. M. S. writes on 31st Dec. '23.

"I have just finished 3 boxes of your valuable AMRUTA RATNAKARAM and I am Gonorrhoea 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. F. P. WEERASINGH, Tega Estate Batu Gajah, Perak F. M. S. writes on 5-8-25

"I have used your Amruta Ratnakaram and Araku Chandanathi Tailam with very admirable effect, and the result of same wonderful indeed. I find that, Amruta Ratnakaram is a tonic and a restorative, and a very valuable remedy against nerve exhaustion. I have decided not to separate with this wonderful medicine, as it is a real nerve tonic and I shall be very much obliged if you would kindly despatch per C. O. D. three more phials of Amruta Ratnakaram at your earliest convenience,

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 Rheumatic Ratnakaram" prepared by Dr. N. V. S. Complaint 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"