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THE

SECRET OF HEALTH

A MONTHLY JOURNAL

FOR

PRESERVATION OF ONE'S HEALTH

Vol. 3 | OCT. NOV. & DEC. 1925 | Nos. 1, 2 & 3

*"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."*

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AYURVEDA SIDDHASRAMAM

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AYURVEDA SIDDHASRAMAM

Our principal and Important Medicine 'Amruta Ratnakaram' has been awarded several Gold Medals and First Class Certificates of merit by the following Ayurvedic Conferences and Industrial Exhibitions held from 1919.

1. The Dravida Ayurvedic Vaidya Sammelana Conference and Exhibition, Tiruvendipuram, South Arcot District, 1919.
2. The Tamil Vaidya Conference and Medical Exhibition, Tinnevely, 1921.
3. 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 Vidya Conference and Medical Exhibition, Madras, 1923.
8. The Second Karnataka Provincial Conference and Exhibition, Bijapur, 1923.
9. The Baroda Exhibition, Baroda, 1923.
10. The Mangalore Industrial Exhibition, Mangalore, 1923.
11. The Jatiya Maha Mela Exhibition, Calcutta, 1923.
12. The Indian Industrial Exhibition, Poona, 1924.

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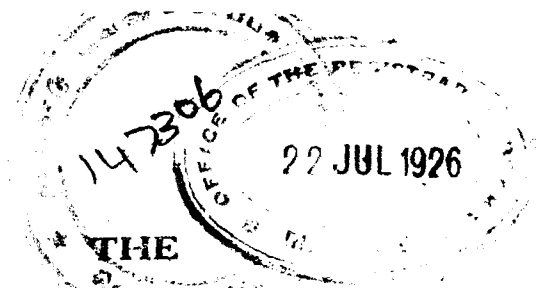
A MONTHLY JOURNAL

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Dyspepsia

Indigestion, or Dyspepsia, is mainly due to error in diet although it may be symptomatic of various diseases of the digestive organs, such as inflammation and ulcer of the stomach, sluggishness of the liver, and constipation; or of certain conditions, as alcoholism, gout, and anaemia; or of mental anxiety, fright and nervous excitement. Generally an attack sets in with a feeling of discomfort and even of pain after food. A sense of fulness but not of satiety, heartburn, hiccough flatulence and acid eructations (water-brash) are frequent, and there may be nausea and vomiting, loss of appetite, furred tongue, offensive breath, troublesome headache, and pale and unhealthy complexion are not unusual. There may even be skin eruptions, flushing of the face, redness of the nose, palpitation and asthmatic attacks. Constipation is common, though as a result of the irritation of undigested food, diarrhoea of an obstinate and weakening character may arise.

As to treatment, just as one man's meat is another man's poison, so it is impracticable to lay down rules and dietaries of universal application. But there are some



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'bedrock' principles which, if the spirit be willing can be generally observed. The food should be thoroughly masticated and mixed with saliva before swallowing. Therefore let decayed teeth be stopped or extracted and replaced by false teeth. The meals should be taken at regular intervals, say every six hours, save in those cases of weakness where the system for a time needs food little and often rather than in larger quantities at stated intervals. The food should be wholesome, light, easily digested and pleasantly cooked. Meals should be eaten at leisure with pleasant talk and gossip. Self-denial should be constantly practised, and the rich, highly seasoned, attractive looking and inviting dishes which one knows to be so toothsome and so bad rigidly avoided. In all things of the table there should be moderation, save in respect of stimulants, which the dyspeptic should give up altogether. Tea, too, may be a veritable poison, and the safest beverages are milk, cocoa, coffee, and pure water. Perhaps nothing assimilates so well with food as pure water, though some contented that no liquids should be taken until an hour after food. Moder to open-air exercise—"After dinner rest awhile: after supper walk a mile,"—avoidance of prolonged mental occupation or study, the cultivation of a cheerful, Mark Tapley-like disposition, change of air and scene whenever you can reasonably get it, early rising and no late hours a cold sponge-or plunge—bath in the morning, these also are of contributory importance. In fact, judicious dieting, steady work during working hours, some cut-of-door and a simple, healthy like will do more for this condition than drugs. But if you need to improve the appetite and tone the stomach, we advise and recommend our *Dyspepsia Cure*. It is a well tried and guaranteed one for the same.

A month's course Rs. 10 only

The Infant Rearing and The Negligence of the Present Day Mothers

Mothers of to-day are quite different from the mothers of thirty years ago. The mothers of to-day do not pay even one-tenth of the care and attention towards their children as the mothers did 30 years ago. Further most of the present day mothers attain their motherhood in their teens and therefore they are not in a position to realize the responsibilities they owe to their children. They do not know that the children of to-day are the citizens of to-morrow and the strength of a country depends upon the health of their children. The high percentage of death amongst infants now-a-days is due entirely to the negligence of the parents and especially of the mothers. They think perhaps that their duty ends after giving birth to children. They leave the children to the mercy of bottled and patented foods and doctors. The mothers of thirty years ago did not know at all what a bottled food was. They entirely depended for the food of their children on their breast milk to a greater extent and on cow's milk to a less extent up to eight or ten months or even one year. After the attainment of one year they (mothers) used to give a sort of Kanji in a semi solid form prepared out of fine boiled rice with a little palm sugar-candy to taste and a little quantity of cumin seed which is a very good digestive. They used to give this Kanji once a day and they gave plenty of cow's milk along with breast milk,

If the children fell sick the mothers were not in the habit of taking their children to the doctors as the present day mothers are accustomed to.

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They used to treat the children themselves with the help of grandmothers and elders who have considerable experience in the treatment of children. Ninety-five per cent of the ailments of the children would be treated by the mothers themselves very successfully. They used to give bath to the children every day or on alternate days with oil and give some sort of medicine for digesting the food. Even after the children became grown up the mothers were paying particular attention to the health of their children. They used to give Castor oil for purgative once in a month or forty days regularly and other barbers preparations as digestive-germicide, etc. once in a week. The mortality among children was very small in those days and the children grew hale and healthy under the influence and personal care of the mothers. They did not spend lot of money towards medical expenses. Further, they were god-fearing and hence they paid special attention to religious observances and other vows, etc., for the welfare of their health and of their children. Therefore the mothers also were very healthy and their children (now grown up men) are also healthy.

Now-a-days we have a different story altogether. The present day mothers as said above have not realized their responsibilities and the sacredness they owe in rearing their children and how the country is thereby affected. First of all they fail miserably to pay any attention worth speaking to the maintenance of their own health and how can one expect that they could take good care of their children. Of course, the art of rearing the children is not an easy task. It is attended with great responsibilities and anxieties not to speak of the personal inconveniences—hardships and privations, etc., they have to sacrifice while tending children. The present day mothers must know first of all that they should pay special attention to the improvement of their own health. Then only they can give birth to healthy children and they should note that special care must be paid in bringing up the children.

Facts not fancy

It is not necessary you should believe every announcement you see. It is impossible. All announcements make so many statements, many of which are mere statements made by the person or firm announcing them, unsupported by reliable, independent evidence.

In announcements of medicines, it is dangerous to believe unless they are backed by undoubted evidence or proofs.

We do not make mere statements, or rather, we make statements which we back up by evidence from several continents, independent, disinterested evidence which will carry weight with you, just as one day we expect to use your evidence to support our statements. You will see that our evidence is not that of gentlemen who have merely visited or seen our laboratory, or heard of persons who have used our medicines, but of persons in flesh and blood who have themselves actually used our medicines and derived full benefits.

Amruta Ratnakaram

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-Enthyums* 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.

What Doctors & Patients say :—

K. S. R. SWAMY Esq., 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 Maha Rishi, the Avatar who came to protect the Vaidya Dharma in our Motherland.

B. H. D. W. PERERA Esq., Mooloya, Hewaheta, 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 effected him like a charm than any other Nervine Tonic that he has used.

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."

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

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"I have used your Amruta Ratnakaram for the last General Tonic, 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. SAXENA, Senior Medical Officer, Central Lunatic Asylum, Agra, *Dated and October 1924.*

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

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

"There is no doubt that your medicines Amruta Ratnakaram & Araku Chandanathi Tailam you sent me sometime back are having a 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.

AMRUTA RATNAKARAM

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. 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 marvellous effects in my system. It was nine days since I began. Will you please send me another phial Ratnakaram by V. P. P. as soon as possible."

Mr. B. KESAVAN CHETTY, 25 Wolfendhal St., Colombo, writes on 11-6-25.

"By using Araku Chandanathi Tailam which you sent me some time back I am glad to inform you that at present I am free from all the complaints in my head which I had before."

Mr. A. K. SOMASUNDARAM, Tel. Inspector, Kodadi, Jaffna, Ceylon, writes on 2-7-25.

"I am very much pleased with the marvellous result of Amruta Ratnakaram. It is a sovereign remedy and worth its weight in gold. I had the oil bath yesterday with Chandanathi Taila and find very refreshing and cooling.

THE SECRET OF HEALTH

We have patients undergoing treatment in our hands, in England, Scotland, Ireland, France, Federated Malay States, Straits Settlements, Philippine Islands, Ceylon, Burma etc.

HOW'S THAT ? YOY MAY WONDER.

Our **Amrta Ratnaknram** has taken its reputation to all parts of the world, not merely by loud advertisements in the Press, but by its own inevitable quality of effecting a cure in every case where it is advised.

One cured patient recommends **Amruta Ratnakaram** to several sufferers, and they in turn to many more—so the message goes on progressing from country to country, continent to continent.

* * * *

If you are not quite healthy, and feel unequal to your daily task, and find life rather a burden than a joy—don't lose time—get into touch with the Physician who makes the Renowned **Amruta Ratnakaram**—he will be able to change your outlook for the better. Write in confidence to :

Dr. N. V. S. Sarma, Ph. D. Sc

Ayurveda Siddhasramam

411, Mint Street, Post Box 1236 Madras

Telegram :

Telephone :

RATNAKARAM Madras.

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Medicines

Siddha Makaradhwaja

It is the principal alterative tonic of the Hindu Materia Medica for curing all diseases. It is also one of the costliest medicines because it contains Gold etc. Hence it never fails to produce the most satisfactory result in cases of organic, constitutional or otherwise. It acts like a charm in Typhoid fevers, Chronic diarrhoea, weakness of brain, Vertigo, Giddiness, Loss of memory, Feeling of Lassitude, Depression of Spirits, constant Mental Misgivings, Palpitation of the Heart, want of spirits and energy, Inaptitude for Exertion, Candaverous appearances of the eyes, face and skin, Dropsy, Dyspepsia, Diarrhoea, Distention of stomach and Intestines, Nausea, Vomitting, Diseases of the Heart and Lungs, Asthma, Diseases of the Nerves and Nerve centres, Diabetes, complaints of Women after delivery and all menstrual disorders. It produces wonderful effects in the above cases and it can therefore be safely administered to the new born babe, to the youth during study and to the old verging on death.

Price Per Tola Rs. 80 0 0

A Month's Use Rs. 20 0 0

Mula Sanjivi

(Specific for Bleeding Piles.)

This is the most powerful remedy for bleeding Piles. When the distention and Protrusion of the terminal Veins

cause unberable pain at the gut, use our Mula Sanjivi ; the pain and bloody discharge will soon disappear. Being slightly laxative it dispels irritation by regulating the bowels.

Price for a month's use Rs. 10.

Sukhadhara Sanjivi Lahiyam

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

Price for a month's use Rs. 5.

Kum Kum Rasayan

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

Price for a month's use Rs 15.

Ringworm Cure

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

Price per Stick Re 1.

Hysteria Cure

It allays all sorts of Nervous irritabilities and infuses a soothing tone to the nervous system. In all sorts of dis-

orders of the nervous system such as Mania, Hysteria, Epilepsy, Palpitation of the Heart, Sleeplessness, etc. it acts as a charm.

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

Tooth Powder

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

Price per phial As. 8.

Laxative Tablets

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

Price per phial Re. 1.

Specific for consumption

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

Price per bathing oil and two Internal Medicines A month's use Rs. 20.

Suvarna [gold] Bhasma

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

Price Per Tola Rs. 60.

Tamra Bhasma

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

Price Per Tola Rs. 100.

Silver Bhasma

Useful in Nervous debility, etc.

Price Per Tola Rs. 25.

Mukta Bhasma

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

Price Per Tola Rs. 120.

Praval Bhasma

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

Price Per Tola Rs. 20.

Loha Bhasma

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

Price Per Tola Rs. 10.

Ayaskanta Bhasma

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

Price Per Tola Rs. 20.

Suvarna Vasantam

Is a very good remedy for Prameha.

Price for a month's use Rs. 15.

Tailas**(Medicated Oils)**

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

sufferers will be promptly attended to with great care. It will be desirable to furnish us with history of the case in all chronic and complicated cases. Write your name and address in full and legibly and give concise directions for the despatch of the parcel.

Consult us and you will have the full benefit. Do not consider your case incurable before you have once tried the Ayurveda Siddhasramam. Please see that you write our name "Managing Director, Ayurveda Siddhasramam Post Box 1236, Madras," distinctly in the address or else you are likely to be cheated. The secrecy of all letters is Strictly maintained as Confidential.

Don't Waste Time

Get one and be Happy Always. Why should you use
"AMRUTARATNAKARAM"

Because :—

It is a Renowned Panacea or 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 8 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

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