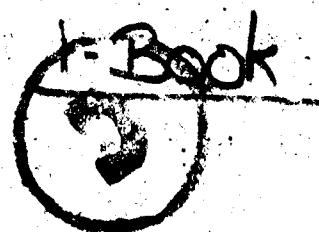


The
Secret of ~~Health~~ Health

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July, Aug, Sep. 1926



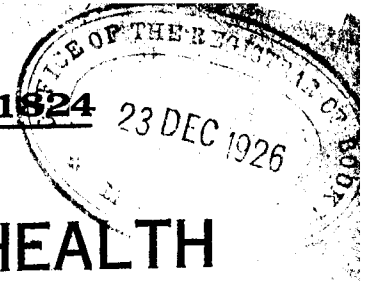
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THE SECRET OF HEALTH

A MONTHLY JOURNAL
FOR
PRESERVATION OF ONE'S HEALTH

Vol. 3	JULY, AUG. & SEPT. 1926.	Nos. 10, 11 & 12
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*"God made your Body and He made it Great
It has a guest of might and high Estate
Keep the Shrine noble, handsome, high and whole
For in it lives God's Guest, a kingly Soul."*

EDITED BY

Ayurveda Vaidya Ratnakaram Pandit

DR. N. V. S. SARMA

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

Managing Director and Senior Physician

AYURVEDA SIDDHASRAMAM

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EDITORIAL & PUBLISHING OFFICES

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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.

THE SECRET OF HEALTH

A MONTHLY JOURNAL

Vol. 3 || July Aug. & Septr. || Nos. 10, 11, 12

Medical Effects of Some Fruits.

Grapes are almost as effective as quinine in Malaria.

* * *

Pine-apples cure effectively sore throat.

* * *

Tomatoes are perfect liver regulators.

* * *

Oranges act beneficially on the kidneys.

* * *

Lemons are good in curing and preventing cancerous troubles.

* * *

Watercresses are indicated in incipient consumption.

* * *

Lettuce with Lemon juice if taken in time will drive off jaundice.

* * *

Celery is excellent for Rheumatism.

To Improve Eye Sight.

Let there be an occasional pressure of finger on the ball of the eye. Let the pressure always be from the nose towards the temples and wash the eyes three times a day in cold water. This simple treatment is the most effective known for strengthening the sight.

Diabetes.

Diabetes is a man-made disease, coming on in middle life and found only in civilization. Thoughtlessness of body-health, carelessness in health-habits and immoderation in diet are contributory factors. The disease is largely due to :

1. Over-eating and improper eating.
2. Obesity.
3. Lack of proper elimination.
4. Sedentary habits.

Man His Own Enemy.

Man himself is cheating science, of her victory in the conservation of human life.

Medical science has conquered to a large degree the scourges which decimated men in bygone ages. Man,

however, holds the gifts of science lightly. Having been saved from the perils of childhood, having escaped smallpox, typhus, cholera, typhoid fever and other diseases which killed people by the thousands, thirty or forty years ago, he heedlessly abuses himself and, through wrong eating habits, lack of proper outdoor activity and a life that demands too severe a strain upon his nervous system, undermines his health and he manages often to die younger than did his grandfather.

The failure is that of the individual not of medical science or physicians. To-day man has everything but himself working in his favour for health and longevity.

Heart and arterial troubles are making themselves felt more than they did a generation ago. The same fact holds true of diseases of the digestive system and the kidneys. Rheumatism, neuritis vertigo and other ailments are signs of a disregard of the organs upon which the functions of the body are directly dependent. They withstand the abuses heaped upon them without breaking down until a point is reached when structure is undermined and then it is too late to do much in the way of repair.

For example, diabetes, may go on for years without troublesome symptoms. During this time control by simple treatment is easy if its presence be known. Certain kidney diseases are very insidious in their first stages and progress almost imperceptibly until the disease approaches the terminal stages. Simple measures would often stay their progress if applied in time.

Similarly, tendencies to apoplexy, arterial troubles and the nervous diseases, if discovered in time, can frequently be averted, or held in check for years. It is for this reason that all enlightened physicians are urging the periodical health review habit

Every normal, healthy-minded person wants to live as long as he can and to enjoy his full span of life without the burdens of chronic disease. But to do so, he must think twenty years ahead and when he reaches thirty-five or forty have some competent physician regularly check up on his health-condition. He cannot subject his body and mind to the strain of the strenuous life, eat what and when he pleases, and expect to be hale and hearty and to keep going to 70. If the average adult would pause every year long enough to take a health inventory, not so many would drop in their tracks at fifty or thereabouts.

C. M.

If the readers are really particular about their healths they are requested to apply for our Ashramam to take an inventory of their health. Which we are ready to do freely and promptly prescribing proper course to follow.

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.

THE SECRET OF HEALTH.

"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. SAXENA, 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 inasmuch 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 and Araku Chandanathi Tailam you sent me some time back are having miraculous effect in my system. There is a radical change in my health. It was only nine days since I began. I had the said oil bath last Saturday. I have nothing to grudge of. All going well. Hope you will keep up your standard and show to the world 'Look Here!'"

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

Facts not Fancy.

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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-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.

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

AMRUTA RATNAKARAM

5

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 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."

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? YOU MAY WONDER.

Our **Amruta Ratnakaram** 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 charge 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.

2559

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

Price for a month's use Rs. 10.

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

Price for a month's use Rs. 15.

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 interval 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 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, both Curative as well as Preventive.

Price per bathing oil and two internal medicines. A month's use Rs. 20.

Infantile Remedies.**BABY'S FRIENDS.**

These are highly efficacious in cases of Indigestion, Acidity, Colic, Dyspepsia, Liver complaints, Spleen, Fever, Constipation, Hemorrhage, Consumption, Asthma, Nervous Debility, Depression of spirits, Sleeplessness, Hysteria and Diseases of children more especially at the time of teething. Their use improves appetite, ensures sound sleep, strengthens the muscles and nerves and keeps the brain cool. *Per three kinds of specific Rs. 3.*

Specific for Rheumatism and Paralysis.

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

Price per bathing oil and two internal medicines. A month's use Rs. 25.

Specific for Asthma.

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

Price per bathing oil and two internal medicines. A month's use Rs. 20.

Fever Cure.

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

Price two kinds of specific Rs. 3.

Diabetes Cure.

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

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

Price for a month's use Rs. 60.

Bhasmas.

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

Suvarna (gold) Bhasma.

Useful in Phthisis, Consumption, Nervous Debility
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.

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

and satisfactory as the oil enters into the tissues more quickly and easily.

Birhat Maha Dashmul Taila.

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

Price for 12 oz. Rs.

Brihat Sutika Dashmul Taila.

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

Price per 12 oz. Rs. 8.

Netra Bindu.

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

Price per phial Rs. 2.

Karna Mitra.

It cures Otorrhoea, Otitis, Tympanites, Inflammation and all other distressing diseases of the Ear, including deafness if not of longstanding. It tones the auditory nerves and removes all pain from the head and ears. It is

soothing and is free from all sorts of irritation. In bringing about the evacuation of Pus and all other septic matter it possesses remarkable power.

Price per phial Re. 1.

Hair Oil.

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

Price per phial Re. 1.

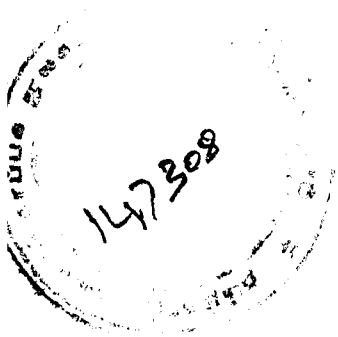
General Hints.

FOR OUR CONSTITUENTS.

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

sufferers will be promptly attended to with great care. 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 Siddhasrama, 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"

Be it :—

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 3 Phials Rs. 15.

Apply to :—

Ayurveda Vaidya Ratnakaram Pandit

Dr. N. V. S. SARMA,

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

Managing Director and Senior Physician

Ayurveda Siddhasramam

POST BOX 1236, MADRAS.