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The
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THE
SECRET OF HEALTH
A MONTHLY JOURNAL
FOR
PRESERVATION OF ONE'S HEALTH

Vol. 4

AUGUST 1928

No. 1

*"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 *Randit*

Dr. N. V. S. SARMA

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

Managing Director and Senior Physician

AYURVEDA SIDDHASRAMAM

Phone 2559, Post Box 1236. Telegrams: 'RATNAKARAM'

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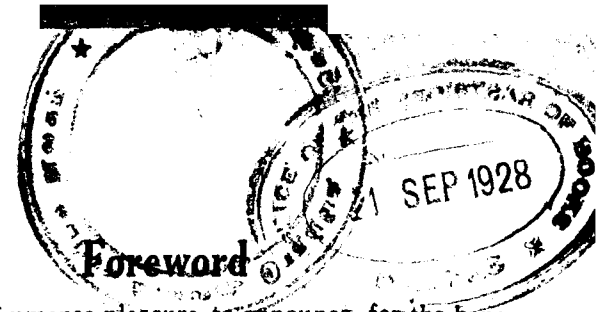
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RATNAKARAM PALACE. POST BOX 1236, MADRAS.

AYURVEDA SIDDHASRAMAM

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

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



It gives us immense pleasure to announce for the benefit of the public that our Journal, revived and much improved, again sees the light of day, as a result of the special request of thousands of our customers, who felt the absence of this journal very keenly during the interim of its suspense period for nearly a year, owing to some unavoidable circumstances over which we could have no control.

We request our customers and past subscribers to excuse us for the suspense of this Journal for some time, necessitated by circumstances beyond our control, and we pray for the warm-hearted support of the public for the rejuvenation and the continuance of this Journal hereinafter. We beg further to assure the public that the Journal would be published every month regularly and the subscription is specially fixed very low so that the benefits of the Journal might be taken advantage of by countless number of people.

We beg to assure the public that this Journal will hereafter be regular and greatly improved, dealing on all topics pertaining to health, diseases and medicines, and other allied topics, too numerous to mention, and we are very hopeful that a study of this Journal would help the people a great deal so as to make them realise the importance and value of health and the dire necessity of its preservation.

It is hardly necessary for us now to expatiate at great length on the importance of this Journal on health, the importance of which is gradually being felt and experienced. In this connection it would not be out of place to mention that our Journal supplies a long and keenly felt want in this direction. Literature on health, as treated by eminent physicians of reputation, information, experience and influence, as we have the pleasure to enjoy and who have specialised the subject of health and medicine, is a scarcity. People should never be carried away by literature on health which some lay people bring about, solely with the object of acquisition of money for they lack the requisite information and enough experience in the field.

The aim and the object of this journal is dissemination of proper information on health topics, brought out specially at the request of thousands of people, treating of the means of the preservation of health and happiness which alone constitute the basic foundations of material prosperity and spiritual realisation for there is enough truth in the statement, and it is fulfilled in experience, so pithily and so beautifully expressed in "A sound body in a sound mind."

The subscription is very low enough. For the treasure of health no sacrifice is too great, and a few annas a year is so little a sacrifice when the cumulative inestimable benefits of this Journal are taken into account and we hope the public would avail of this opportunity to be able to read the best literature on such an important subject as health, which, of all treasures, is the most inestimable. Besides good health is an asset, and an insurance and too valuable an acquisition to be compensated even by the influx of too much wealth, when once it is neglected and sacrificed. The importance of health cannot be too properly estimated and emphasized when we properly understand its value and importance which are very beautifully brought out in the compass of few words, in the old and oft-repeated adage, pregnant with meaning, "Health is Wealth."

In concluding we again appeal to the generous public to extend their sympathy and warm-hearted support and kind patronage to this philanthropic mission of ours to alleviate the sufferings of humanity by becoming subscribers and helping us as best as they can by enlisting the sympathies of their numerous friends and acquaintances on behalf of this mission of social uplift of ours.

N. V. S. SARMA.

Ourselves

147309

It gives us very great pleasure to introduce ourselves to the public with our priceless medicines for all ailments, the human body is subject to. In these days, people unfortunately take to every kind of medicine advertised by every kind of people, carried away more by the gloss of advertisement than by their genuineness, with comparatively little advantage to themselves. After a considerably long time, they bitterly feel when it is too late, that by such an unfortunate choice on their part they are face to face with a thousand ailments where at first they had but one. More lies in the choice of the Pharmacy and the genuineness of the preparations.

We beg to assure the public that the medicines recommended by us are a speciality, remarkable for their certainty of cure and their genuineness. We feel much gratified to inform the public that thousands of customers have used our medicines to their great advantage and we wish to extend that opportunity to all the people, actuated by mere considerations of philanthropy and also the desire to cure the afflicted humanity of their bodily infirmities, maladies and sufferings, and thus afford even to the hopeless a great deal of relief. This move on our part has been precipitated by the numerous requests of our thousands of clients to run our scheme on a much greater scale. The support of these grateful people and our feelings for humanity and ideas of philanthropy urge us to be bold enough to introduce ourselves, to the still much larger public so that all may reap the same advantages which thousands of our clients have realised and appreciated to their great satisfaction. Copies of numerous testimonials published given unsought from respectable people who have used our medicines, not only speak of the highly medicinal and curative properties of our medicines but they also justify our good references and bonafide and also intensify the reputation this Pharmacy, of all, enjoys in the medicinal world of Ayurvedic Science.

It is needless for us to point out that our preparations are genuine and are compounded of most costly ingredients,

prepared under our direct supervision by experts according to the shastras. Not only is the proprietor of this Pharmacy an Ayurvedic Physician of immense reputation but it is also immensely gratifying to add that he is assisted by eminent Ayurvedic Physicians of great celebrity who have made a thorough study of the science of Ayurveda. The formulas that we have got and the ingredients compounded in our medicines are exceptionally certain of cure in a remarkably short period. As we feel that, in speaking of our rare and infallible panacea for all human ailments, we are committing ourselves to any self boast, we refrain from making any further statement respecting the unique advantage, and the expert medical knowledge and the genuineness of our preparations according to the Shastras. It is our earnest prayer that the public may not lose this valuable opportunity by taking advantage of our panacea for all ailments and thus recoup their lost health, cheer their lost hopes of life and enjoy good health which is wealth.

Our speciality "**Amruta Ratnakaram**" and "**Araku Chandanathi Taila**" are a compound of such costly and valuable ingredients, and that, in spite of it, we offer it at an incredulously low price, that defies competition, so that the benefit may reach one and all rich and poor, all alike, is, too valuable an opportunity for the people to miss. We need not at all expatiate, at great length, upon the great potentialities of the valuable medicine "**Amruta Ratnakaram**," but we beg to assure that we are immensely gratified to merely re-echo the thousands of opinions which our thousands of customers have repeatedly addressed us of the great advantages they have reaped by using our medicines.

We need hardly state our medicines give new strength and hopes to persons suffering from any disease the human frame is heir to. Our medicine gives flush to the face with the golden hues of health, enriches and purifies the blood, tones up the nerve energy of the body and ensures best health even to the hopeless.

We beg further to request the public not to be carried away by all kinds of advertisements but to try our medicines once at least and we are hopeful and may not at all be surprised if after using our medicines, they not merely

re-echo what thousands of others have already felt and said but also recommend them to their numerous esteemed friends and acquaintances. In the face of the hard facts of the opinions of our numerous customers do not give yourselves up the fancies of despair, for are we not come to instil hope and courage to the afflicted, to give them new life, new hopes and new destinies!

With world wide reputation from all parts, would it not be a source of great gratification and pleasure to ourselves if the public do take to our medicines and reap invaluable benefits to themselves and thus extend patronage and help to us in our mission of giving solace and hope to the distressed.

It would be unnecessary to waste words upon the sastric preparations of ours, based on best experience and great medical knowledge and high scientific and sanitary principles and our personal supervision of all the preparations and the genuineness and certainty of results which use and realisation alone can convince.

It is our request that the public do once try and realise themselves of what all we have so far described. Nothing is more certain and fruitful as personal experience, which we hope and feel assured, will be merely intensify the reputation which we already enjoy.

Ayurveda Siddhasramam
"Ratnakaram Palace",
MADRAS.

THE SECRET OF HEALTH

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Tuberculosis (Consumption).

Tuberculosis is not as much dreaded by the ordinary person as it should be. This is due to the fact that consumption does not produce as much suffering as many of the ordinary diseases do, and it is, moreover, a slow disease; for as a rule it does not kill quickly as Cholera and plague do. Those who contract tuberculosis are usually sick for several months or for a year more before they die. The long period of illness, and also the fact that tuberculosis is a disease which afflicts those who are in the active period of life (those who are 20 to 40 years old), makes it a very expensive disease.

There was a time when it was thought that tuberculosis was an incurable disease, and those who contracted the disease gave up hope and made no effort to get well. This was a mistaken idea, for during recent years, it has been proved that almost every case of tuberculosis can be cured if proper treatment is begun shortly after the onset of the disease.

Tuberculosis is not only a curable disease but it is also a disease that is preventable.

TUBERCULOSIS (Consumption).

Since the disease is preventable, and, if treated shortly after its onset, is curable, it is of the greatest importance that all should understand the symptoms, the methods of prevention, and the treatment.

Symptoms:—The cure of the patient depends upon the early discovery of the disease. For this reason all should know the first symptoms of tuberculosis.

Individuals who have thin, flat chests and stooping shoulders are very prone to contract this disease. Slow, gradual loss of weight is one of the first symptoms that many afflicted with tuberculosis show. Paleness of the skin, and at times bright red cheeks is a rather common early sign of this disease. Frequent attacks of catarrh is another early symptom. Some who contract tuberculosis do not know that they are sick, but they get tired easily, and in the course of a few weeks they will complain of having a mild fever in the afternoon and possibly a hacking cough in the morning or evening. A little later they may have night sweats and notice that the sputum is red (due to its containing blood). There may, or there may not, be pains in the chest. Loss of appetite is a common early symptom. Another early symptom is change of disposition, so that one who was cheerful and very agreeable to get along with, becomes irritable and easily depressed.

In the sputum it is often possible to find the germs that cause the disease (the tuberculosis bacillus). Whenever it is suspected that one has tuberculosis, it is well to get a physician to examine some of the sputum to see if it contains the tuberculosis germs or not. But it should be known that people have tuberculosis in whose sputum no tuberculosis germ can be found. Therefore if there are other symptoms of tuberculosis, the treatment for tuberculosis should be used even if no germs are found in the sputum.

The symptoms given above are the common symptoms of tuberculosis of the lungs. Tuberculosis is not only a disease of the lungs, but it also attacks other parts of the body. The disease may be in the throat, and in addition to causing the symptoms mentioned above, there is hoarseness and painful swallowing.

HOW DO THE GERMS OF TUBERCULOSIS GET INTO THE BODY ?

1. By being breathed into the lungs with the air we breathe.
2. By being taken into the body with the food we eat. Many cows and other animals have tuberculosis. By eating the flesh of these animals or using their milk one may contract tuberculosis.
3. By getting into the body through an injured place in the skin.

What must be done to check the Spread of Tuberculosis ?

A patient suffering with consumption should know that he spreads the disease by coughing and spitting. When he coughs or sneezes many little droplets from the nose and throat are thrown out of the mouth and nose. There are many tuberculosis germs in these droplets, and as the droplets are mixed with the air and dust, the germs are breathed into the lungs of healthy people and result in their contracting the disease. The sputum of those who have this disease contains innumerable tuberculosis germs. It should never be expectorated in any place where it will have a chance to dry, and become dust, for without question the commonest way of spreading the disease is by means of the sputum.

Those who have the disease should never cough or sneeze without holding a cloth or a paper before the mouth and nose. If paper is used, it should be burned afterwards. If a cloth is used, it should be kept for this purpose and should not be used as an ordinary handkerchief. It should either be burnt after use, or else boiled.

When one lives where the houses are built close together, as in cities or towns, there is much more danger of contracting the disease than if one lives in a community where the houses are not crowded together closely.

Windows must be kept open at night, for when closed the air in the house becomes foul and injures the health.

HOW TO CURE TUBERCULOSIS

Let no one who has tuberculosis lose hope. Tuberculosis is curable. When anyone has contracted the disease, the earlier the treatment is begun the more certain it is that he can be cured. This shows how important it is that one who has any of the symptoms mentioned in the first part of this chapter should begin at once the proper treatment for the cure of the disease.

The only cure known for tuberculosis is to increase the bodily strength, so that the body itself will resist and gradually destroy the disease germs. This is a slow process; therefore one who has the disease should know that he cannot get well in a week or two. The best means of increasing the bodily strength and of curing the disease are, plenty of fresh air all the time, plenty of good food, out-of-door life, rest, and freedom from worry.

In case the consumptive patient cannot leave his home he should not lose hope, because by following the instructions given below, the disease can be cured in the home.

The patient must have a room that is for himself alone and should not be used by others. This room should have large windows which should be kept open day and night. A comfortable bed should be provided. The patient's pillow and bedding should be hung out in the sun for several hours every Sunny day.

Give the patient the best and most nourishing food that can be secured. Eggs, cream, well-cooked rice, well cooked beef, fresh green vegetables and fresh fruits are all good nourishing foods for a consumptive patient. Keep the body clean by frequent bathing. The clothes should also be kept clean. Keep the teeth clean by brushing them night and morning.

The consumptive patient must keep quiet if he has any fever. Even if there is no fever, great care must be taken not to move about so much that it causes fatigue or a fever. The consumptive patient must take great care in order that others in the family do not contract the disease from him.

Another important thing in the cure of consumption is cheerfulness. The one who is afflicted with tuberculosis will find that great benefit is secured by trusting in God; for God can heal all of man's diseases. If one loses hope and believes he will die; it is almost certain that he will die.

It is important that the patient's bowels move daily.

When there is spitting of blood the patient should keep very quiet. The spitting of blood often caused by the patient lifting something heavy, or by exercising too vigorously.

After one has had tuberculosis and has apparently recovered, he should remember that there is great danger of a recurrence of the disease and the greatest care must be taken to guard the health and avoid all these things mentioned in this little Journal which lead to contracting the disease.

By the use of **Amruta Ratnakaram, Swarna Vasantham and Araku Chandanathi Tila, Tuberculosis (Consumption)** will be completely cured as the above medicines contain ingredients which will kill the germs in the system of a Tuberculosis patient increasing at the same time the strength and weight of the patient.

A month's course of a Amruta Ratnakaram 3 phials Rs. 15-

1 Phial Swarna Vesanham „ 15-

12 oz. Araku Chandanathi Taila „ 7-

What Doctor R. N. Saxena, Senior Medical Officer, Agra, writes on 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 days' time.

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 from 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, Tamba, Muktya, Pravalā, 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 Enthrams* 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 such as: Disorders of the Digestive and circulatory systems, Rheumatism and gout, Lungs and Nervous diseases especially all complicated diseases peculiar to men and women.

Price for a complete course of one month Rs. 15.
What Doctors and 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 own self," quoted in your letter institutes what Amruta Ratnakaram is. 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—25.

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."

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. SAXENA, Senior Medical Officer, Central Lunatic Asylum, Agra, Dated 2nd October 1924.

"I had the pleasure of trying youe **"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 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 "Lock 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. D. ABRAHAM, Caledonia Estate, Lindula, Ceylon, writes on 14—5—25.

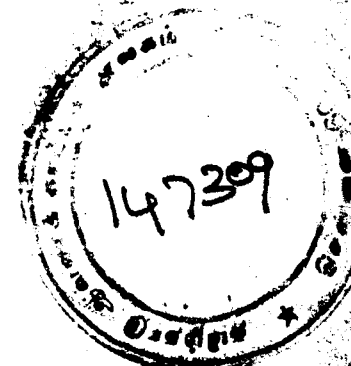
"Received one phial of Amruta Ratnakaram by V. P. P. with thanks. It is having marvellous effects in my system. It was nine days since I began. Will you please send me another phial of Ratnakaram by V. P. P. as soon as possible."

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 treated patients 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 change your outlook for the better. Write in confidence to:

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

Ayurveda Siddhasramam,

"Ratnakaram Palace" Post Box 1236, Madras.

Telegram :

* RATNAKARAM ' Madras.

Telephone :

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Don't Waste Time

Get one and be Happy Always. Why should you use

"AMRUTARATNAKARAM"

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 Vidya Ratnakaram Pandit

Dr. N. V. S. SARMA,

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ARAKU CHANDANATHI THAILAM



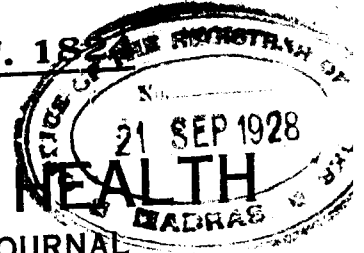
The Brain Cooler

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

12 Oz. Phial Rs. 7

1862

Registered No. M. 1824



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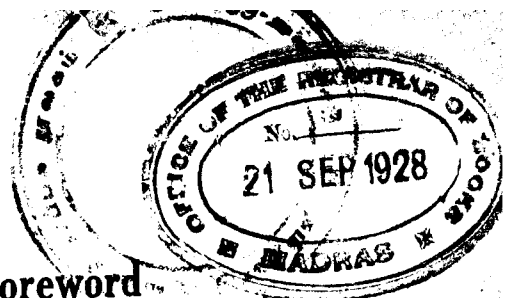
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We request our customers and past subscribers to excuse us for the suspense of this Journal for some time, necessitated by circumstances beyond our control, and we pray for the warm-hearted support of the public for the rejuvenation and the continuance of this Journal hereinafter. We beg further to assure the public that the Journal would be published every month regularly and the subscription is specially fixed very low so that the benefits of the Journal might be taken advantage of by countless number of people.

We beg to assure the public that this Journal will hereafter be regular and greatly improved, dealing on all topics pertaining to health, diseases and medicines, and other allied topics, too numerous to mention, and we are very hopeful that a study of this Journal would help the people a great deal so as to make them realise the importance and value of health and the dire necessity of its preservation.

It is hardly necessary for us now to expatiate at great length on the importance of this Journal on health, the importance of which is gradually being felt and experienced. In this connection it would not be out of place to mention that our Journal supplies a long and keenly felt want in this direction. Literature on health, as treated by eminent physicians of reputation, information, experience and influence, as we have the pleasure to enjoy and who have specialised the subject of health and medicine, is a scarcity. People should never be carried away by literature on health which some lay

people bring about, solely with the object of acquisition of money for they lack the requisite information and enough experience in the field.

The aim and the object of this Journal is dissemination of proper information on health topics, brought out specially at the request of thousands of people, treating of the means of the preservation of health and happiness which alone constitute the basic foundations of material prosperity and spiritual realisation for there is enough truth in the statement and it is fulfilled in experience, so pithily and so beautifully expressed in "A sound body in a sound mind."

The subscription is very low enough. For the treasure of health no sacrifice is too great, and a few annas a year is so little a sacrifice when the cumulative inestimable benefits of this Journal are taken into account, and we hope the public would avail of this opportunity to be able to read the best literature on such an important subject as health, which of all treasures, is the most inestimable. Besides good health is an asset, and an insurance and too valuable an acquisition to be compensated even by the influx of too much wealth, when once it is neglected and sacrificed. The importance of health cannot be too properly estimated and emphasized when we properly understand its value and importance which are very beautifully brought out in the compass of few words, in the old and oft-repeated adage, pregnant with meaning, "Health is Wealth".

In concluding we again appeal to the generous public to extend their sympathy and warm hearted support and kind patronage to this philanthropic mission of ours to alleviate the sufferings of humanity by becoming subscribers and helping us as best as they can by enlisting the sympathies of their numerous friends and acquaintances on behalf of this mission of social uplift of ours.

N. V. S. SARMA.

Ourselves.

It gives us very great pleasure to introduce ourselves to the public with our priceless medicines for all ailments, the human body is subject to. In these days, people unfortunately take to every kind of medicine advertised by every kind of people, carried away more by the gloss of advertisement than by their genuineness, with comparatively little advantage to themselves. After a considerably long time, they bitterly feel when it is too late, that by such an unfortunate choice on their part they are face to face with a thousand ailments where at first they had but one. More lies in the choice of the Pharmacy and the genuineness of the preparations.

We beg to assure the public that the medicines recommended by us are a speciality, remarkable for their certainty of cure and their genuineness. We feel much gratified to inform the public that thousands of customers have used our medicines to their great advantage and we wish to extend that opportunity to all the people, actuated by mere considerations of philanthropy and also the desire to cure the afflicted humanity of their bodily infirmities, maladies and sufferings, and thus afford even to the hopeless a great deal of relief. This move on our part has been precipitated by the numerous requests of our thousands of clients to run our scheme on a much greater scale. The support of these grateful people and our feelings for humanity and ideas of Philanthropy urge us to be bold enough to introduce ourselves, to the still much larger public so that all may reap the same advantages which thousands of our clients have realised and appreciated to their great satisfaction. Copies of numerous testimonials published given unsought from respectable people who have used our medicines, not only speak of the highly medicinal and curative properties of our medicines but they also justify our good references and *bonafide* and also intensify the reputation this Pharmacy, of all, enjoys in the medicinal world of Ayurvedic Science.

It is needless for us to point out that our preparations are genuine and are compounded of most costly ingredients

prepared under our direct supervision by experts according to the *Shastras*. Not only is the proprietor of this Pharmacy an Ayurvedic Physician of immense reputation but it is also immensely gratifying to add that he is assisted by eminent Ayurvedic Physicians of great celebrity who have made a thorough study of the science of Ayurveda. The formulas that we have got and the ingredients compounded in our medicines are exceptionally certain of cure in a remarkably short period. As we feel that, in speaking of our rare and infallible panacea for all human ailments, we are committing ourselves to any self boast, we refrain from making any further statement respecting the unique advantage, and the expert medical knowledge and the genuineness of our preparations according to the *Shastras*. It is our earnest prayer that the public may not lose this valuable opportunity by taking advantage of our panacea for all ailments and thus recoup their lost health, cheer their lost hopes of life and enjoy good health which is wealth.

Our speciality "**Amruta Ratnakaram**" and "**Aruku Chandanathi Taila**" are a compound of such costly and valuable ingredients, and that, in spite of it, we offer it at an incredulously low price, that defies competition, so that the benefit may reach one and all rich and poor, all alike is, too valuable an opportunity for the people to miss. We need not at all expatiate, at great length, upon the great potentialities of the valuable medicine "**Amruta Ratnakaram**," but we beg to assure that we are immensely gratified to merely re-echo the thousands of opinions which our thousands of customers have repeatedly addressed us of the great advantages they have reaped by using our medicines.

We need hardly state our medicines give new strength and hopes to persons suffering from any disease the human frame is heir to. Our medicine gives flush to the face with the golden hues of health, enriches and purifies the blood, tones up the nerve energy of the body and ensures best health even to the hopeless.

We beg further to request the public not to be carried away by all kinds of advertisements but to try our medicines once at least and we are hopeful and may not at all be surprised if after using our medicines, they not merely

re-echo what thousands of others have already felt and said but also recommend them to their numerous esteemed friends and acquaintances. In the face of the hard facts of the opinions of our numerous customers do not give yourselves up the fancies of despair, for are we not come to instil hope and courage to the afflicted, to give them new life, new hopes and new destinies!

With world wide reputation from all parts, would it not be a source of great gratification and pleasure to ourselves if the public do take to our medicines and reap invaluable benefits to themselves and thus extend patronage and help to us in our mission of giving solace and hope to the distressed.

It would be unnecessary to waste words upon the sastric preparations of ours, based on best experience and great medical knowledge and high scientific and sanitary principles and our personal supervision of all the preparations and the genuineness and certainty of result which use and realisation alone can convince.

It is our request that the public do once try and realise themselves of what all we have so far described. Nothing is more certain and fruitful as personal experience, which we hope and feel assured, will merely intensify the reputation which we already enjoy.

Ayurveda Siddhasramam.

"Ratnakaram Palace,"
MADRAS.

THE SECRET OF HEALTH

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No. 2

Dyspepsia

Indigestion, dyspepsia, constipation and Hemorrhoids or piles are diseases so closely allied that these are but various factors that affect the stomach very keenly and cause not a little trouble. Very few people there are who are not affected with one or all of these ailments now and again. Though these diseases are not as serious as typhoid fever or malaria, yet they cause not a little amount of suffering, and these lead the way for numerous other serious diseases, which sometimes or other prove fatal.

The human system is an organism so delicate a structure that one part of it is so closely related to the other that if one is affected automatically other parts also are affected. Of all organs of the human body no organ is so important as the stomach, for it is the seat upon which all other organs depend for their activities and function. It is the recipient of food, which is fuel for our bodily machine and contributes to the building, growth and functioning of all parts of the body. Slight neglect in the choice of the food we take or the time we take it or in the method of taking it may upset our physical constitution in such a way that it may cause a great deal of suffering and may even be a source of other serious ailments.

Symptoms of Dyspepsia.

Of the allied diseases above referred to now let us examine the commonest symptoms of dyspepsia. The commonest symptoms of dyspepsia are discomfort or pain in the stomach, heartburn, tenderness over the stomach, badly coated tongue, acidity or belching of gas. Headache and vomiting there might also be. Sometimes the person feels pain in the back between the shoulders. The pain in the stomach, is usually temporarily relieved by taking food, but a little later on great is the mortification to find the pain returning with greater severity. The liver does not function properly. As a result the stools are usually light coloured.

Causes of Dyspepsia

The causes of dyspepsia are too numerous to be mentioned in detail. However we shall examine a few of the commonest causes that cause this painful malady. One of the commonest causes is eating too fast. Fast eating means that the food is not well chewed but is swallowed in large lumps or masses. The food that is not thoroughly masticated adds not a little to the growth of any part of the body. The stomach in its efforts to digest these large lumps produces an undue amount of very acid gastric juice resulting in heart burn and belching of a sour fluid. Most people do not cook food properly and thoroughly. These partially cooked foods, neither thoroughly masticated nor properly digested, cause a great deal of dyspepsia.

Over eating is another common cause of dyspepsia. Over eating gives undue strain to the stomach. The stomach is not able to function more than it naturally can. When more work than is possible is given to the stomach the result naturally and inevitably is that the stomach is not able to function properly and indigestion results. To eat too much of even good food will cause indigestion.

Eating too much coarse food is the cause of much dyspepsia among the poor classes.

The use of improper food such as food preserved in salt or sugar or foods in which there is mixed ginger, pepper,

curry or other hot substances injures the stomach and makes it unfit to perform its natural amount of work.

The habitual use of intoxicating liquors and the constant use of tobacco injure the stomach a great deal and are a source of dyspepsia. It has been found by experience and statistics that the habitual users of intoxicating liquors and tobacco are all dyspeptics; they have poor appetites, especially for the morning meal. They complain of pain in the stomach and frequently vomit after eating. Continuous neglect of this important organ complicates the malady of the human frame to a very serious extent.

We have not exhausted the causes of dyspepsia. Yet others there are. The numerous instances, especially among officials, students and businessmen, it has been found that lack of daily muscular exercise is the cause of dyspepsia. There is the adage in the Holy Bible "In the sweat of thy brow shalt thou eat bread" The health of the body depends upon food and exercise. He who eats and does not perform exercise is sure to suffer from impaired digestion.

In addition to the causes above given, mention also has to be made of irregularity in eating, that is to say, eating between meals. There should be a fixed time for the taking of meals.

Equally bad it is to eat heartily at a late hour at night. Either irregular meals or late meals sooner or later lead to indigestion and cause dyspepsia.

We have mentioned in general some of the commonest causes that cause dyspepsia and we shall now detail the various preventive measures by which the disease will not come at all or if it comes it might be made less severe and less painful.

Preventive Measures.

To cure any case of dyspepsia it will be necessary first to remove the cause. Try to find out which of the causes mentioned above is responsible for your dyspepsia. It will be necessary to stop the use of tobacco and intoxicating liquors of all kinds. A sick stomach cannot function so

properly as a healthy one, and for this reason it is but absolutely necessary to reduce the amount of food taken. Only such foods should be eaten as are easily digestible. A list of few of the easily digested foods is given here. They are twice toasted wheat bread, well cooked congee, steamed browned rice, either soft boiled, pouched or jellied eggs and easily digestible fruits like oranges pomegranates and apples.

It is well to abstain from the use of sweet meats. Fried foods should be avoided. Fasting is considered a great help in the cure of any dyspeptic condition, for it gives the digestive organs a chance to rest.

In cases where there is heartburn and the belching of sour fluid due to dyspepsia it is desirable and necessary to eat very sparingly of starchy food and to eat fats and oils instead to take the place of the starch. Drinking a small amount of very hot water in the morning upon rising and again at night just before retiring, will help to heal the diseased condition in the stomach.

In all forms of dyspepsia the importance of eating slowly and chewing each mouthful thoroughly need little to be emphasized upon. In order that the digestive organs may function properly it is incumbent upon everybody to take daily muscular exercise. The skin should be kept absolutely clear by constant bathing. In addition, one should be particularly careful to find out what kind of food agrees with him best and if he finds it is a good and nourishing food, to limit himself to that food.

Curative Measures.

It is better to prevent diseases before they come. It is truly said that "Prevention is better than cure." But when once one is visited with the disease it is no use one talking of such philosophies but should seek the remedy for it, which is the best, safest and most certain. The only hope for those suffering from this painful and bad disease is in the use of our "Amruta Ratnakaram and Araku Chandanathi Taila". By the proper use of these 2 medicines, pain in the stomach, heart burn, sensations of tenderness over the

stomach acidity and belching of gas, headache, will be relieved in little time. Vomiting and uneasiness will cease. The relief will be immense, immediate and salutary. The patient will feel refreshed and happy.

	Rs.
A month's course of Amruta Ratnakaram 3 phials	15
12 oz Araku Chandanathi Taila ...	7
	Rs. 22

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 statement 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 from 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 Sastric Medicines is as extensive as unequalled, and can be judged from its Therapeutic properties. Amruta Ratnakaram contains Chondrodaya, 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 sastric rules and finally given finish in the *Valuka Enthrum*s 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 such as: Disorders of the Digestive and circulatory systems Rheumatism and gout, Lungs and Nervous diseases, Dyspepsia, Indigestion and especially all complicated diseases peculiar to men and women.

Price for a complete course of one month Rs. 15.
What Doctors and Patients say :—

K. S. R. SWAMY, Esq., Notary Public, Akkamaipattin
 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 own self," quoted in your letter institutes what Amruta Ratnakaram is. 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—25.

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."

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. General Tonic. 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 in as much as it did immense good in 10 days' time."

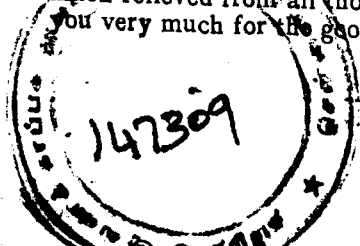
S. NAVARATHNAM, Esq., Yatiyantota, Ceylon, dated 15th December, 1924.

There is no doubt that your medicines Amruta Ratnakaram 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 Except 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. 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 of 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, Kodak 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."

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

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

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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.

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The Brain Cooler

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

12 Oz. Phial Rs. 7