

1166

The
Tamil Nadu
Ayurvedic Journal

VOL-3 OCT-1937 NOV DEC NO 10 11 12

144355

144355

1166

931

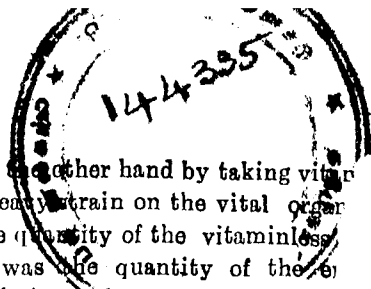
THE
TAMIL NADU AYURVEDIC JOURNAL
Monthly Medical Journal for the
Preservation of One's Health

Vol. 3.] OCTOBER, 1931 [No. 10

EVILS OF COFFEE AND TEA.

Continued from last issue:—

Economical Advantage:—The first advantage they got from taking vitamin containing foods was that they would derive more nutrition from it, and would be less exposed to disease while it was established that vitaminless foods were disease-causing. Secondly with vitaminous food, they could diminish the quantity of food they had to take. It was the quality of food they had to attend to, rather than the quantity. So by improving the quality, they could safely reduce the abnormal quantities of food they were now accustomed to take. Dr. Axel Emil Gibson in his book on "Facts and Fancies in Health Food" said "It is not in the minimum of food that we encounter the danger of tissue destruction but in its maximum; not in the lack of calories, and grams of proteins but in the mixtures of incompatible foodstuffs and in the fermentation and autotoxication arising from the inevitable chemical reactions." As a consequence they had to spend only loss energy in the process of elimination. Thirdly life became economical in as much as they had to spend less in the



purchase of food stuffs. On the other hand by taking vitaminless food they imposed a heavy strain on the vital organs of the system. The larger the quantity of the vitaminless food they consumed the greater was the quantity of the energy required to digest it, and eliminate the waste products, and the energy might be otherwise profitably utilised in other directions. Vitaminless food was incapable of being built into the body, incapable of being assimilated, incapable of providing life force to the body, and incapable of being eliminated without undue labour and strain.

Evil of taking Food in Hurry :—The use of the vitaminous food made the body a more efficient engine i.e., the proportion of the utilisable energy to the wasted energy in the course of activity became higher. The greater the quantity of the vitaminous food they took the higher was the proportion of bodily efficiency. The smaller the quantity of the vitamin food, the lower was the proportion of bodily efficiency, involving a larger intake of food to supply the required energy to the system.

In the present hustling bustling age, the educated classes employed in the newspaper and government offices and in commercial houses, committed one universal blunder. They rush through their meals with all possible hurry and bolted their food in 5 to 10 minutes and became victims of dyspepsia or some similar trouble. The result was their nervous system was violently disturbed owing to the severe strain put on it. But if they took their meals leisurely, then sat down and allowed rest and quiet to their body and mind, then they gave their stomach an opportunity to begin the digestive processes. The nervous system also would get the much needed improvement in a remarkable degree. Many kinds of digestive trouble making life a misery and causing irritability, uncertain temper, and unhappiness in the home were due to, "tumbling victuals in" as if the stomachs were carpet-bags

or some similar receptacle. These troubles could be easily avoided if people would only care to remember not to hurry over their food and to masticate it thoroughly.

Coffee and Tea Drinking :—As regards the habits of drinking coffee and tea in excessive quantities, the lecturer quoted some pertinent observations from Cecil Webb, Johnson's 'Health and Diet'. In large doses coffee was a poison and liable to cause insomnia and inflammation of the bladder and bowels, trembling of the limbs, restlessness, 'dread' of the future and even delusions. Coffee should be avoided by persons of nervous disposition, those suffering from epilepsy and other nervous diseases and those with cardiac trouble. In those who partake of coffee in excess, irritability, "bad temper," loquacity, and loss of memory were very marked. Nobody suffering from diseases affecting the heart, the nerves or the kidneys, should drink coffee. Tea in excess affected the nerves and digestion. In excess it retarded the flow of saliva and gastric juice, thus interfering with digestion. It caused all the agonies of flatulent dyspepsia and brought on gastric catarrh, palpitation of the heart and nervous irritability. What the teetotallers did not realise was that tea was a stimulating drug like alcohol."

They had to eat a large quantity, when they resorted to non-vitamin food and derive proportionately small benefit at the cost of much energy. Young people endowed with constitutional reserve power would not notice any immediate disastrous effect upon the system, consequent on taking non-vitamin diet which on the other hand affected injuriously those of advanced years. The latter on the other hand were unable to trace their weakness and lack of energy to the deleterious influence of non-vitamin diet they took, nor did they realise that their digestive and other troubles would be rectified by taking to vitamin diet. Non-vitamin food threw great work upon assimilative, circulating, secretive and

eliminative functions of the system, in order that it might be disposed of. The quantity of waste product eliminated would be comparatively small in the case of a man subsisting on a vitamin diet and that would be an index of what kind of food a person took. Lastly, the germ alone of the cereals, including rice and pulses, contained nourishing and sustaining properties, so that care should be exercised in seeing that it was not rejected in the course of the preparation of food.

Another benefit of Vitamin diet was that they had not to indent upon the reserve power of the system of their daily work but contributed to it in a fair measure, so that it helped them to prolong their age, keep the body in a healthy condition, and improved the general tone of the body and preserved the body immune from any sort of disease.

HOW DRINK ACTS ON HEALTH

In the selection of materials for food and drink one will have to use his discrimination. Whether the material used is beneficial to the consumer or not, has to be well considered. Necessity is another condition and it varies according to the fancy of the individual, but there is a standard to guide us. If by the use of certain materials, the consumer and others are made miserable such materials are to be shunned. Herein we shall consider whether alcohol and certain drugs in usage are necessities of life and how far they are injurious to the consumer and to society.

Alcohol in any shape is neither food nor drink. It will not quench hunger or thirst. It is the deadly poison to be shunned by all who desire health and happiness. Pure water alone is the best beverage for all alike, at all places and times. Any drink which produces irritation of the mouth and other digestive organs during its administration and after its use is not the desirable drink for thirst.

Alcohol is the material got from decomposed materials and is not wholesome for the system. Such an awful smelling fluid can never be a healthy drink. One unused to it is disgusted with its very smell; he feels a vomiting sensation or vomits. The mouth and stomach burn after its use. It is the worst maya in the world. The slave to it loses his discrimination. The user judges not rightly, the right is considered wrong and *vice versa*. In the course of one's habit, the irritating, nauseating, putrefied fluid becomes nectar to the consumer.

Alcohol is said to be a stimulant. That is only a misnomer. It is more than a stimulant. It is at the same time the worst depressant. People have a wrong notion of life. In ignorance they roll and not knowing the secrets of life they want to be over-active. Continued and sustained energy is an aid to work in like. Over-activity is a disease and always ends in over depression and death. When for causes whether within or without our control, the energy is lost and fresh vigour is found necessary, the causes for depression are to be thought of and in their removal alone the required energy can be revived. Or in certain advanced cases even after the removal of the cause, if the natural activity for life is not acquired, certain food and drink materials will be of immense value provided they are used with care. The material so used should not have any baneful after-effect. It must remove the debility and should not cause further diseases. Viewed in this light alcohol in any shape is not a stimulant to be recommended to any individual even in the most dangerous conditions. If stimulants are found absolutely necessary, there are other which are harmless.

In a very small dose, alcohol acts as a stimulant in a depressed individual. Continued use of even very small doses has a cumulative action on the system. It keeps the whole nervous system in an over-active state which is generally

followed by general weakness. It is not a food to the system but an aid to the waste of tissue. After its prolonged use, alcohol changes ordinary healthy tissues into abnormal materials ending in terrible diseases. Every system is upset. Nervous and muscular tissues are mainly affected. Diseases of liver and stomach, urinary, circulatory and nervous systems are mostly due to alcohol. Brain haemorrhage, paralysis, mental diseases and heart diseases are mostly due to alcohol.

Boundless is the ambition of man. Day and night he is over-active in amassing wealth. Even a friend, a son or a father is killed for the sake of money. But such a person is only too ready to waste his wealth in using alcohol and other drugs which end in loss of health, honour, money and every kind of happiness.

People are to be educated on Drink Evils. Mass Education is absolutely necessary. Compulsory prohibition in the case of an educated mind may do some harm. In such cases whisky, brandy, wine and country arrack may be substituted by toddy which contains a very low percentage of alcohol. Compulsory closing of toddy shops has extended arrack and brandy shops. Helplessly we can tolerate toddy shops but never arrack and other liquor shops as toddy is the least harmful. The Govt. and the Health Dept. if they are really the well-wishers of the people at large, must prohibit both liquor manufacture and trade, but so long as these very authorities have not solved the problem in right spirit Drink Habit will get on as usual. It is no credit to any sound Govt. to administer with the aid of licence fees of alcohol, ganja, opium and other drugs and of gambling. When the Govt. associate with public spirited persons in prohibiting drink and gambling, then only will the country be benefitted but not before.

Among certain medical men there is a wrong notion that alcohol is a necessity as a stimulant, but in our experience and

on the experience of many Indian doctors it is found to be quite unnecessary in any case. Even tinctures are to be shunned from prescriptions. Mixtures containing tinctures have often led patients to have recourse to drink. The medical man in spite of his experience of the world is doing a great disservice to his patients by advising them to take wine and similar drinks during convalescent period or even during acute diseases. The artificial disease of drink habit is created which is even worse than natural diseases. It is doubtful whether any doctor is able to check the drink habit after it is once contracted.

The above remarks pertaining to the alcohol habit are equally applicable to opium and ganja. Ganja acts more or less like alcohol as a stimulant to start with, followed by heavy depression. Opium is the deadliest poison. Even a minute dose depresses the heart and the whole nervous system. Both these drugs help in the wastage of tissue like alcohol. The craving for it is worse than for alcohol. As in alcohol medical men will do well never to use these drugs in their prescriptions and in case of absolute necessity the patient should not be aware of it, for once he knows that his pain was relieved with opium or morphia he runs after the drug and becomes a slave to it. It is also a bad habit to run after medical men and drugs every time. Let the patients know how to bear pain. Nature finds its own cure for them.

(Sunday Times.)

SEA BATHING AS A MEANS TO HEALTH.

Precautions to take and Dangers to Avoid :—Why is it that a considerable proportion of the people who take their holidays by the sea never enter it?

Sea and Sun are the two most vitalising influences in the world to-day and always have been.

Everyone should bathe. Everyone should be able to swim. And everyone should realise the astonishing benefits that salt water confers.

I have been lately advocating sprays of sea water in conjunction with real or artificial sunlight in inland towns. The project would be easy and those indulging in it would obtain double results from the use of these two important elements together.

Ozone For Health :—No chemical imitation is quite as good as sea water and no imitation can sustain sea life.

But add two and a half per cent of normal sea water to the chemical preparation and immediately fish can live in it.

Anyone can sum up the results of the sea bathing at places where hospitals are run for poor children most of them tuberculous. After a few weeks of sea and sun bathing the improvement in practically all cases is little short of miraculous.

Sea water is an efficient cleanser for catarrh and more ozone is inhaled into the lungs from the sea than can be obtained from any dry land.

Yet there are people and any of them who will think they are too old or too weak or too ill to cover themselves with salt water.

Value of Swimming :—Certain cases, of course, must exercise care. A person with a heart complaint or high blood pressure should not jump into the water promiscuously and expend unaccustomed energy on swimming, says Sir W. Arbuthnot Lane in an interview to the "Daily Herald"—

(To be continued.)

OURSELVES



THE TAMIL NADU AYURVEDIC PHARMACY LTD.



The prime object with which the Tamil Nadu Ayurvedic Pharmacy, Ltd., was founded in the year 1925 was to re-suscitate the Ancient Siddha Ayurvedic Science, from the depths to which it had been hurled down by centuries of ruthless neglect, and to establish once more its proud position in the front rank of medical science. It was with this sole aim the above Pharmacy was started by its Managing Director and Physician, Pandit E. Srinivasachari.

Within the very short period of its existence, the fame of the Pharmacy has spread far and wide, not only throughout the length and breadth of India, but in foreign countries also, like Burma, Ceylon, Malaya and East Africa. Ever since its inception, the popularity of the Pharmacy has been steadily on the increase. The number of patients treated and the sale of medicines have been increasing year after year. Encouraged by this popular support, the Directors of the Pharmacy unanimously decided and opened a Branch at 193, Mount Road, Madras, for the convenience of the patients in the City. The business and popularity of the preparations increased by leaps and bounds, and the zeal and liking of the foreign patients to undergo our treatment enormously increased. To cope with the demand and for the convenience of the foreign and outside patients, our chief physician, by previous engagements, is travelling throughout India, Ceylon, Burma and Straits Settlements to study the cases in person and to offer the best treatment possible.

And also to meet the great demand for medicines and enormous increase in the correspondence for treatment, we have very much improved the Laboratory with required establishment and the same is being attended to by many able

Physicians and also personally supervised by our Chief Physician Bhishag-Ratna Pandit E. S. Gopan and Pandit E. Srinivasachari, Physician and Managing Director. The fact we are doing very sincerely for the suffering Humanity by supplying the most genuine and Sastric preparations with careful attention paid to every individual requirements may be easily gleaned from the hundreds of testimonials which are being received every day and also the glowing tributes paid to us by the various papers, all over India and Ceylon. The Siddha Pharmacopia is the oldest system of science for healing, handed down to the public in the way of Guru to Shishya (disciple) long, long ago. This method has made it possible to maintain the secret knowledge thus gained and this is the only real effective system suited to the people of Tropical countries which we can deliberately vouchsafe, as it is proved to be the case by our long research with the help of our chief Physician, Pandit E. S. Gopan.

Pandit E. Srinivasachari, by completing such true Shishyahood under many Gurus and by association with several Mahans and Sadhus from Cape Comorin to the Himalayas, obtained vast experience for over twenty years in medical practice and is healing several chronic cases with the help of Muligas revealed to him during his vast period of research. The Pandit is therefore endowed with unique qualities which make him fit to cope with the task entrusted to him.

Our Renowned Pulse Specialist and Chief Physician, Bhishag-Ratna Pandit E. S. Gopan, hails from a historic family of South India and his ancestry of uncles have studied for the past three centuries and over, the Siddha, Ayurvedic Systems to the highest degree of proficiency and practising the system of treatment with a great measure of success. It may be mentioned here this historic family from which our Chief Physician descends was given lands worth about several thousands of rupees in appreciation of the service by Nawab Doss Ali Khan in 1725 A. D. The Pandit, by associating with many renowned Mahans, and by his own experience in having witnessed several treatments demonstrated to him by them, is in a position to treat cases wonderfully with much success. Another important feature of the Physician is the specialisation in the PULSE SYSTEM which he has perfected

with the originality of his own research works with the ancient Sastras and he can diagnose the cases accurately without asking the previous nature of the case, by mere Pulse Reading. In this art of diagnosing cases with a original proficiency in Pulse Reading, there is none to beat our Physician who has already a brilliant record in medical practice to his credit and several newspapers have published in their columns their high appreciation of the work of the Pharmacy and the skill of the two Pandits in curing all complicated and chronic ailments in a short time.

The following are some of the Papers that have reviewed their work:—

- The "Pioneer" Allahabad.
- The "Bombay Chronicle" Bombay.
- The "Indian National Herald" Bombay.
- The "Indian Daily Mail" Bombay.
- The "Hindustan, Prajamitra" Bombay.
- The "Sanj Vartaman" Bombay.
- The "Hindu" Madras.
- The "Nagpur Mail" Nagpur.
- The "Maharashtra" Nagpur.
- The "Swarajya" Madras.
- The "Tamil Nadu" Madras.
- The "Daily Express" Madras.
- The "Andhra Patrica" Madras.
- The "Rangoon Daily News" Rangoon.
- The "Ceylon Independent" Colombo.
- The "Swedashiyamitriya" Colombo.
- The "Ceylon Morning Leader" Colombo.
- The "Daily Post" Bangalore.
- The "New India" Madras.
- The "Hyderabad Bulletin" Secundrabad.
- The FREE PRESS OF INDIA, BOMBAY

All the medicines in the Pharmacy are prepared under the immediate supervision of the two Pandits with great care

and precision as advised by their Gurus. The Public may therefore expect that the preparations are of highest potency in the cure of disease. We take greatest pride in preparation of these medicines and their work of cure. We shall consider our labour fully recompensed if our patients are cured of their ailments and are put on the road to Good Health. We take this opportunity for thanking the Public for their support, and we do not think it too much to solicit their continued patronage in the future.

A few of the Testimonials of different diseases.

M. R. Ry. V. C. Seshachariar, Avl., B. A., B. L.,
Advocate and Editor, "The Law Weekly"
Madras.

I have very great pleasure in testifying to the fact that I have, for some months past, been using "Kayasiddhi Makaradhwaja" specially prepared as a Nerve Tonic by the Tamil Nadu Ayurvedic Pharmacy, Ltd., and I can confidentially recommend it to all who, owing to continued illness, are in a run down condition. It strengthens the nerves, builds up the tissues and enriches the blood. The effects are very pronounced even during a short course of using the Bathing Oil furnished to me by the above Company known as Vettivar Thailam has a very cooling effect. I heartily wish every prosperity to the two good brothers and to this great institution which is in their kind charge.

Myanjan Sahib, 4, Roomshee Kerk Street, Sorabaya,
Java.

By using your Kayasiddhi Makaradhwaja, I feel very strong, and my baby is improved to the greatest extent. I am not exaggerating when I say that it works magically and wonderfully. I wish you success.

Dr. R. N. Sexena, L. M. P., P. S. M. S., Senior Medical
Officer, Mental Hospital, Agra.

Your Kayasiddhi Makaradhwaja is really a tonic of its kind. Notably it is useful in restoring lost vitality, vigour and energy. It is a boon to sufferers of Nervous Debility, Backache, Spermatorrhoea, etc. I would strongly recommend its use to the Public.

Mrs. N. Siegertsy, Vihare Lane, Wellawatte, Colombo.

"As luck came our way, you have been more than kind as to have cured her as no other doctor I suppose could have done in the whole of Colombo. I shall, up to my dying day, never forget your kindness."

Mrs. F. S. Wijigoonuwardene Ratmalans South, Mount
Lavinia, Ceylon.

The medicines you were kind enough to send me for my chronic indigestion have done me immense good and I am ever grateful to Dr. E. S. Gopan for the correct diagnosis of my illness.

Williams, High Street, Kuala Lumpur, F. M. S.

Your one phial of Kayasiddhi Makaradhwaja, which I used for Chronic Colic patient for over 25 years standing, has given very wonderful effect. I used several English, American, and native medicines for the last 5 years, but it is this God-send Sanjeevi medicine that has relieved him of this long-standing complaint.

Nandisena, Esqr., Dondra, (Ceylon).

Though several clever doctors told me, that the severe sickness which had attacked me is an incurable disease, yet learned Dr. E. S. Gopan has entirely cured with a few medicines, and has given me entire satisfaction and everlasting happiness and joy. It is therefore my duty to thank from the bottom of my heart Dr. E. S. Gopan. "The sickness of Consumption which prevailed in me as an envelope of entire darkness is made to shine by the sun, Dr. E. S. Gopan, in the glory of Stars."

T. R. Naidu, Esq., Retd. Supdt., Officer of the Chief Engineers, P. W. D., Nagpur, C. P.

Dr. E. S. Gopan's examination of the *Pulse* is the most wonderful part of the Pharmacy, for, it unravels the root cause of the disease, no matter what the nature and duration of the disease is. Without being told anything, he, by his wonderful Pulse Reading, accurately described the nature of the disease. I have no hesitation in stating that any one in need of Expert advice cannot do better than consulting Dr. Gopan, the Renowned Pulse Specialist.

Mrs. L. L. Ahlys, "Hill Rise," Nugegoda, Ceylon.

My daughter is quite alright now by using your Cure for Menstrual Diseases. I shall have the greatest pleasure to recommend your medicine to any of my friends who may require it.

R. Arulappan, Treasury, Kuala Lampur, F.M.S.

I beg to offer my sincere thanks to you for having completely cured me from a disease which had been a misery to my life for over 6 years. I was suffering from Chronic Dyspepsia having all kinds of troubles. I tried many European patent medicines, treated in Hospital and by private practitioners and even Chinese and Indian Physicians. Thank God, though far away, you Physicians, did marvelously understand my disease and with a course of 10 days' special medicine, the Chronic Dyspepsia of 6 years' standing, which European and native physicians could not cure has at last been cured. It is beyond my power to thank you adequately for the relief given to me.

G. C. Doss, Station Master, Gadigam, M. & S. M. Ry.

Extremely glad to inform you that my wife gave birth to a female child on the 5th Feb. 1927. The Maha Oil you kindly gave her for easy delivery did wonders and she had easy delivery for which I thank you and the Almighty. I hope many sufferers will be benefitted by such medicines.

Rao Bahadur M.R.Ry. P. N. Jambulingam Avl., B.A., Fellow of the Royal Empire Society.

I have known the Tamil Nadu Ayurvedic Pharmacy ever since it was started. I have recommended a number of patients particularly consumptives who were left as hopeless by English Doctors. It was marvellous that some of them showed decided signs of improvement within a fortnight. I have personally used Kayasiddhi Makaradhwaja. They are wonderful in their effects. I am sure there is a great future for the Pharmacy.

S. A. Ramasamy Iyer, School Master, Porayar, Tanjore District.

I am glad to inform you that your Maha Kayamirtham did immense good to my wife and it is a healthy tonic to women.

A. Venkatappiah, A. S. M., Nayudupeta, M. & S.M. Ry.

Your medicines Madanakameswari Leghiyam and Sandana Sherbet have done much good to me. Please send one tin of Madanakameswari Leghiyam and one bottle of Sandana Sherbet.

P. P. Kolas Utan (Thana Dt.)

I write this to inform you about the lady patient for whom I ordered from you the cure for menstrual diseases after taking the medicine, she had menses. Now her health is much better than what it was before menses.

Panchabhava Vadiraja Charlu, Esqr., District Board Office, Cuddapah.

I have great pleasure to inform you that I keep sound and good health after taking your 'Kayasiddhi Makaradhwaja' Pills you sent to me. I have recommended its use to one and all of my friends and I am sure that they also have good words to say.

Umashankar Bajbai Esqr., Judge, High Court, U. P., Allahabad.

"I was examined to day by Dr. E. S. Gopan, the Pulse Specialist of the Tamil Nadu Ayurvedic Pharmacy Limited, Madras, and I have much pleasure in stating that his diagnosis corresponded with that given by Allopathic doctors after a thorough examination of urine, stools, and chest, etc. I think he is a very efficient Pulse Specialist."

Hon. Dewan Bahadur Sir M. Krishnan Nair, B.A., B.L., Law Member to the Government of Madras.

I visited the Tamil Nadu Ayurvedic Pharmacy, Ltd. The Institution is apparently doing good work. I wish the Institution and Dr. E. S. Gopan, the physician in charge of it every success. From what I saw of it, I can say that the institution deserves encouragement.

A. Venkataraman, Esq., Barrister-at-law & Advocate, Land-holder, Narasapur.

I have known the Tamil Nadu Ayurvedic Pharmacy for over three years. I have recommended a number of consumptive patients who were all treated before by English Doctors and given up. Dr. Gopan has taken up those cases and cured most of them. I have tried their Kayasiddhi Makaradhwaja (regd.) pills; they have given me entire satisfaction as the best Nervine tonic. The redeeming feature of the Pharmacy is that Mr. Sreenivasachariar treats all the poor cases gratis. I wish the Pharmacy every success.

Rao Bahadur P. T. Kumaraswamy Chetti Garu, B.A., Ex-M. L. A., President, Corporation of Madras, Member of the Senate.

Of late I came to know that Dr. Gopan & Pandit Sreenivasachari are treating patients in the Tamil Nadu Ayurvedic Pharmacy and though I have not used the medicines that are presented and prepared by the Pharmacy, yet I am confirmed by the impression in the public eye that they are doing genuine work and their work is commendable. As regards Kayasiddhi

Makaradhwaja (regd.) I am also informed by my friends that it is very efficient and is one of the best Nervine tonics prescribed.

Sir K. V. Reddi Garu, B. A., B. L., Ex-Minister to the Government of Madras and now the Agent-General to the Government of India in South Africa.

I have inspected the Tamil Nadu Ayurvedic Pharmacy Ltd., and found that the system of preparing the medicines is purely Ayurvedic. To those who believe in this System the medicines supplied from this Pharmacy will be found to be quite satisfactory. I wish it every success.

The Rajah of Khallikotta & Attagadar.

I visited the Tamil Nadu Ayurvedic Pharmacy and was very interested to have a look at the medicines prepared purely on Ayurvedic System. The Pharmacy is doing very useful work and deserves every encouragement. Pandit Dr. E. S. Gopan is to be congratulated on the useful work he is turning out and for his special treatment by the feeling of Pulse. The special preparation (Kayasiddhi Makaradhwaja) is very well spoken of.

Dewan Bahadur A. M. M. Murugappa Chettiar, Avl. Sheriff of Madras, Banker, Nattukottai Nagarathar Association.

I visited the Tamil Nadu Ayurvedic Pharmacy, Ltd., conducted by Pandit E. Srinivasachari, Managing Director and Dr. E. S. Gopan, Pulse Specialist. The institution is doing very good work. I wish the Pharmacy every success.

Raja R. K. Ranga Rao Bahadur, Raja of Kirlampudi
Writes:—

I have visited the Tamil Nadu Ayurvedic Pharmacy, Ltd., conducted by Pandit E. Srinivasachari, Managing Director and Pandit Dr. E. S. Gopan, Pulse Specialist and inspected the medicines prepared by the Pharmacy and special mention may be made of Kayasiddhi Makaradhwaja, the Nervine Tonic Pills, which has been spoken of very highly, by the

testimonials. And also special mention may be made of diagnosing diseases by Pulse System by Dr. E. S. Gopan which is very efficient. I wish the Pharmacy every success.

Hon. Rao Bahadur C. V. S. Narasimha Raju Garu,
Ex-President, Madras Legislative Council, &
Surya Rao, Esq., President Religious Endow-
ments Board, Madras.

Mr. Surya Rao and myself visited the Tamil Nadu Ayurvedic Pharmacy and we are much pleased to see that the medicines are being freely used and are very popular. We are well impressed with the testimonials Dr. Gopan has obtained regarding the efficacy of his medicines and the special knowledge he has shown regarding pulso. We wish him every success.

Hon. Dewan Bahadur A. Ramaswamy Mudaliar Avl.,
Ex-President, Madras Corporation and M.L.A.

It has given every great pleasure to visit this institution and to be shown the various medicinal preparations which are for sale here. The Pharmacy contains medicines for many acute diseases and I learn from Dr. Gopan that he has a special patent medicine for tuberculosis, which is the scourge of the country at present. I was much struck by the features of all the preparations. The institution is run by the brothers who are both well educated and have a knowledge of their work. I am sure there is a great future for the Pharmacy. I wish it all success and endorse the appeal for its generous support and encouragement.

Hon. S. Muthiah Mudaliar Avl., B.A., B.L., Ex-Minister of Public Health, Govt. of Madras.

I had the pleasure of visting the Tamil Nadu Ayurvedic Pharmacy of Dr. Gopan this evening. I am glad to find that the medicines are popular. The institution is run on modern lines. Wish the same success. Dr. Gopan is also treating patients. Indigenous system of medicine requires encouragement and advertisement. I am sure Dr. Gopan's efforts will be fruitful.

Dewan Bahadur C. V. Renga Reddi Garu, Late President, Hindu Religious Endowment Board.

Visited the Pharmacy at the kind invitation of Dr. Gopan. I have been very much pleased with what I saw in it. The medicines are manufactured under the direct supervision of Dr. Gopan and Pandit Srinivasachari. I understand that these doctors are even curing advanced cases of consumption by special treatment. Dr. Gopan is said to be an expert in diagnosis by feeling the pulse. The Pharmacy is very popular and I wish the institution every success.

C. Venkataramaniah, School Master, Pry. Boys' School, Closepet, Bangalore Dt. writes :—

Allow me to express the following. You are aware of the fact that I had been twice to you and intimated the disease of my boy and used "Kayasiddhi Makaradhwaja" of your Pharmacy. It is no exaggeration to tell you that it saved the life of my boy. Even now I believe that you will send me a bottle of your "Kayasiddhi Makaradhwaja" by post and oblige.

Hon. M. R. Sethuratnam Iyer Avl., Ex-Minister of Development, Govt. of Madras.

I had the pleasure of visiting this institution this morning and was pleased to find the good and useful work which the Doctor brothers, Pandits Srinivasachariar and Gopan are rendering to the public. The institution is run on modern lines and the medicines are purely Ayurvedic preparations which deserve encouragement. I wish the Institution all success.

B. Nagappa Esq., Retd. Legal Remembrancer & Law Secretary to the Govt. of Mysore, writes :—

I am pleased with the treatment accorded to the poor patients by Dr. Gopan and his brother Pandit Srinivasachar of Tamil Nadu Ayurvedic Pharmacy, Ltd., Madras of Kaya-siddhi Makaradhwaja fame.

I am impressed with the diagnosis of the diseases by mere pulse reading by Dr. E. S. Gopan. I wish the Pharmacy every success.

144335 JL
LB m2 11294

M. R. Ry. A. Rangaswamy Iyengar Avl. B. A., B.L.,
Ex-M. L. A., Editor, "Hindu," Madras.

It has given me great pleasure to visit this Pharmacy which I find is maintained and run on business lines. I had heard of Dr. E. S. Gopan's popularity as a pulse specialist even in Bombay and I am glad to find that he is by his practice and study increasing his knowledge of the diagnosis and treatment of diseases and illness by this method. Both he and his brother come of a well-connected family of physicians and the hereditary knowledge and skill they have inherited ought to prove of great value to them in their work which is nowadays so much in need in the service of humanity. I wish them and their Institution every success.

M. R. Ry. Rao Bahadur B. V. Sree Hari Rao Naidu
Garu, Inspector-General of Registration, writes:—

I have had ample opportunities to test the efficacy of Dr. Pandit E. S. Gopan's Kayasiddhi Makaradhwaja and the Pandit's abilities as a Pulse Specialist and have great pleasure to testify to the marvellous way in which he diagnoses cases. His Kayasiddhi Makaradhwaja has proved very beneficial to me. I wish the Doctor's Institution continued prosperity and success in the medical field.

K. Bhasyam Iyengar Esq., B. A., B. L., Advocate,
Madras, writes:—

I have used their medicines and tonics and found them both beneficial and effective. The Kayasiddhi Makaradhwaja is a good nervine tonic.

B. N. Vijaya Deva Esq., M.A., Barrister-at-law, Public
Prosecutor & Government Pleader, Bangalore
Division, writes:—

They are capable in their line and their medicines like Kayasiddhi Makaradhwaja and other specifics are popular. I wish every prosperity to the two gentlemen.

Revised Catalogue : This cancels all the old prices.

VIM !

VIGOUR !!

VITALITY !!!

KAYA SIDDHI MAKARADHWAJA

(REGISTERED)

THE GREAT GENERAL TONIC PILLS

PREPARED WITH GOLD

Kayasiddhi means the preservation of human body from all illness and weakness. Rishis of old used Kayasiddhi Muligai for keeping their bodies free from illness and full of vigour throughout life. They knew the secret potency of the Muligai.

Our principal medicine is the compound of Kayasiddhi Muligai and the purest Makaradhwajam. Obtained from the correct sources and compounded in the approved manner, these two ingredients form the basis of the most potent nervine tonic.

It cleanses the blood, purifies it and infuses strength-giving properties into it, and, through it, attacks the diseased spots in the body and roots out every complaint. The patient taking a course of the tonic begins to feel the new strength coursing through the veins almost from the beginning.

It is a valuable and surest cure for Nervous Debility, Impurity and Poverty of Blood, Loss of Memory, Giddiness, Palpitation of the Heart, Asthma and Consumption, all Stomach Troubles, Loss of Appetite, Diarrhoea, Dysentery, Cholera,

Fevers, Backache, Loss of Vitality, Spermatorrhea, Eczema, and all other Skin Diseases, Eruptions and Leprosy.

Nervous debility, that too general complaint in modern life, has no more potent corrective, than Kayasiddhi Makaradhwaja. The shattered nerves, weakened by a variety of conditions, such as worry, overwork, excesses in youth and middle age, receive fresh life with every particle of Kayasiddhi Makaradhwaja.

Students, intellectual workers, lawyers, professional men, and others whose nerves are liable to break down, will find this tonic a great boon to them in the recovery of health.

The poor specimens of humanity often seen in life emaciated, broken down and incapable in early youth sighing for the enjoyment of life which to them is denied, need no more despair. Kayasiddhi Makaradhwaja will put them on their legs again, send a current of fresh life, vim, vigour throughout their body and fit them for life.

To those who had left youth behind and feel its want, this tonic will bring back good health quickly, positively and permanently.

Kayasiddhi Makaradhwaja is a general all-round tonic for all ages which can be taken without any restrictions of diet, climate or season.

80 pills for 40 days Rs. 10.

40 pills for 20 days Rs. 5.

[Full Directions with Phial.]

Maha Jeerakathi Leghiyam

A HEALTH CONFECTION

This is a sweet preparation of various fruits, muligais, and other ingredients from a formula practised for several centuries. It is intended for the diseased and the healthy of all ages and both sexes, in all seasons, as a light "keep me fit". Jeerakathi Leghiyam removes Biliousness, Bloodlessness, Jaundice, Indigestion, Colic-Vomitting, Weakness, Loss of Appetite, Constipation, Giddiness and impure blood, stimulates the circulation of blood, re-builds lost strength and generally keeps one fit. A daily use of this leghiyam prepares one for good health always and avoids all minor complaints.

[1 seer 24 tolas Rs. 2.]

Maha Tooth Powder

A medicated dentifrice specially prepared to cure all dental diseases such as toothache, bleeding, swelling of the gums, rotten teeth, germs in the teeth, etc., and to clean teeth and mouth and remove bad smell. Its regular use keeps the teeth firm and solid lustrous and purifies the breath and makes the mouth sweet.

[One tin annas 2.]

Maha Night Pills

The regular clearance of the bowels is the primary condition of health. Where constipation or irregularity or change of colour of the stool appears, one may be sure trouble is brewing. To enable everyone to have the bowels cleared regularly and normally without the worry of a purgative we have prepared these night pills from various muligais. A pill in the night gives the bowels the power to perform their work properly and expel all refuse. Useful for young and old of both sexes. Perfectly harmless laxative.

[Box of 20 pills As. 8.]

Maha "Gulmaroga Nivarani"

OR

THE CURE FOR DYSPEPSIA

Dyspepsia is one of the host of diseases and it is characterised by such symptoms as blowing of the stomach, constipation, weakness, Flatulence, Indigestion, fullness and tightness of the stomach, pricking pain in the abdomen, nervous pain in the head and neck, wind and stomach, ulceration in the stomach, creeping sensation like those of ants in the affected parts, acidity, coloured stools, perspiration, burning sensation in the body, yellowness of the skin of the face and body, drowsiness, redness of urine, excessive heat in the system, formation of phlegm in the throat, vomiting, reeling of the head when exposed to sun's heat, thirst, sleeplessness, fever, chilliness, nausea, nasal catarrh, discharge of forces while straining, hard breathing, Laziness, Palpitation of the Heart, Cough, watering of the mouth, fear, choking sensation as if by smoke in the throat, heaviness of the Head, trembling of the limbs, purgings, and Presence of hard ball-like thing in and hardness and bloating of the stomach. Dyspepsia attacks some people in the morning till 10 A. M. others from 10 A. M. to 2 P. M. and certain others from 2 to 6 in the evening, causing great pain. In other cases, it lasts the whole night or even at all times.

The 'Cure for Dyspepsia' which we have prepared, cures such ailment as Indigestion, swelling of the stomach, numbness in the body, pain in the hips, false appetite and others referred to already, besides clearing the stomach of all impurities, regulating and correcting the bowels, inducing appetite, causing digestion, preventing frequent windy discharges and bad smell, and restoring the patient to good health and happiness in every respect.

[Rs. 15 per bottle]

Maha Amritamalak Thailam

A bathing oil, with much cooling effect.

* [Price: Rs. 1 per 6 oz.]

Maha Brihat Chandrodaya Makaradhwaja

Nervine Tonics are those that cure various kinds of complicated ailments and premature decay of the body and increase the vitality giving fresh vital energy and fluid and nutrition for the whole body. Excessive loss of vital fluid causes weakness of the Nervous system, loss of memory, consumption. Difficulty of breathing, pain in the chest, etc. With a view to prevent such decay in the Nervous system, we advise a powerful and good Nervine Tonic.

Brihat Chandrodaya Makaradhwaja is the surest medicine for Nervous debility, and loss of memory. As the ingredients which go and make up the medicine contain pure indigenous Muligaia and valuable Basmias, and metals like Swarna (Gold), Silver, Iron, etc., which are compounded in the approved manner, sure it is that this will give complete satisfaction as an excellent Nervine Tonic.

Another redeeming virtue of this valuable specific is that a course of this medicine will give radical and everlasting relief for all chronic diseases such as Asthma, Diarrhoea, Gout, Rheumatism and all other skin and urinary troubles.

[Price: Rs. 100 per Tola]

[$\frac{1}{4}$ Tola for a month's course Rs. 25.]

Maha Ringworm Powder

Skin affections known as ringworm found in parts of the body, especially the waist, the inner thighs near the private parts, leaving ugly marks, and itching and burning, are the work of germs, which even bring on leprosy, and Leucoderma. They should be cured with this powder. It kills all germs completely, heals the ruptured skin smoothens it and restores its original healthy appearance. It is quick in cure.

[Price per phial As. 8.]

Maha Vettiver Thailam

THE MOST POWERFUL BATHING OIL

(For Bath and External use only)

Originally imparted by God Shiva to his Consort Pravati Nandi, Rishis and Sages, and through them to mortals by way of master to disciple, the Tamil Ayurvedic System of Medicine is a supremely genuine system suitable for our countrymen.

God Shiva is fond of Abhishekam or the sacred-bath and the chief ingredient used is the Juice of Vettiver, or the root called 'Khus.' Without this Vettiver, Abhishekam is impossible. From this can be judged the real value and efficacy of Vettiver Thailam.

This Wonderful Oil extracted with great care from various valuable muligais whose property of invigorating the brain and increasing the power of memory is remarkable.

A feature of this Oil is in its high, pleasing fragrance. The application of this Oil daily, before bath cures many of the diseases which humanity suffers from, such as excessive heat in the body inordinate and untimely thirst due to billiousness, Diabetes, Jaundice, Fever, spreading Leprosy, pain in the neck and head, loss of vitality, burns, ulceration in breast, fainting, eye diseases, bubo, excitation of the three faults wind, bile and phlegm, Ozæna, pain in forehead, burning of the eyes, dullness of hearing, Dropsy, burning sensation in the body, hardness of breathing, Dyspepsia, Hæmaturia, urinary disorders, drowsiness, Insanity, uneasy feeling, Venereals, impure blood, etc., and promotes the growth of hair. Its use adds lustre to the body, gives beauty, refreshes memory and the thailam acts as a splendid brain tonic. A single trial will convince the users.

A phial of 12 oz. bottle for a complete course of 12 baths

[Price Rs. 5 only.]

Maha Vilvathi Thailam

(A BATHING OIL)

This Oil is recommended for massage on the head before bath. Acting through the pores in the scalp, it clears the head, removes billiousness, heat, burning of the eyes, cold and cough, and refreshes the brain and improves the memory. Invaluable for brain-workers. One bath with this rare oil will prove its merits. [6 oz. for six baths Re. 1.]

Maha Chavana Prasana

Chavanaprasana is prepared according to the formula of Chyavana Maha Rishi and contains the best tonic. It is the infallible remedy for consumption of any type. It is a sure curative agent for fat, Pthisis, Bronchitis, Pneumonia, Asthma, cough, cold, pain in the chest, blood spitting, poverty of blood, constipation, loss of appetite, general weakness, etc. For all urinary troubles it gives marvellous results.

[Price: Rs. 3. per seer, 24 tolas.]

Maha Kayamirtham

(REGISTERED)

FOR MENORRHAGIA AND LEUCORRHOEA

The peculiar sexual function of women—the periodic discharge of blood—gives rise in present time to a peculiarly large number of diseases. Profuse Menstruation, Leucorrhoea, Dysentery, Blood Dysentery and Menorrhagia, scanty flow, delayed or prolonged periods, Menstruation attended with pains, and a host of other troubles bring misery to women, and condemn them to life-long suffering. These abnormalities should be stopped early by proper treatment. And what better treatment is there than our tried specific which is like real Amritam from Heaven? It makes new creatures of them. A course of this extremely valuable specific will make the angels women on earth, destined to be happy, healthy, strong and vigorous.

Kayamirtham means nectar to the body.

[One bottle Rs. 2.]

Madana Kameswari Leghiyam

VIGOUR TO YOUTH AND YOUTH TO THE OLD

To preserve youth as long as possible and to use it for wholesome enjoyment of life, to enable the old to feel young again, to ensure youthful vigour to those who have lost it, and to add vim to those who feel the want of it, there is nothing so helpful as this Leghiyam.

In short, this leghiyam invests every man with that manliness which is his rare treasure. It adds lustre to the body, makes the eyes shine with health and generally keeps a man fit in youth and old age.

It also cures Cold, Cough, Fever, Consumption, Indigestion, etc. [Price per seer, 24 tolas Rs. 3.]

Maha Oil for easy delivery Painless Child Birth

(REGISTERED)

Women who are too thin and delicate, weak women, nervous women, women who have always undergone hardship and who have been stricken by grief and who have rarely had domestic happiness, child-wives become mothers too early—all these are liable to have painful child-birth, often leading to dangerous surgical operations and attendant troubles. Sometimes the result is loss of life to both mother and child.

This valuable Oil prepared according to a secret communicated by a Mahan is a rare boon to mothers. It preserves their body in good health and makes delivery quiet easy, unattended by any of the usual difficulties. Child-birth ought to be a natural action, free from any danger, and a course of our Maha Oil makes it so. The child is born as easily as a full ripe fruit drops from the tree! Every mother should take this Maha Oil (for) easy delivery from the 5th month of pregnancy. Perfectly harmless and effective. Has made several families enjoy supreme happiness.

[12 oz. bottle Rs. 2.]

Maha Diabetes Cure

Educated India, intellectual India, to-day offers the largest and most prolific field for diabetes. There is hardly a death among the well-to-do classes, which is not directly or indirectly traceable to this scourge. The best way to fight diabetes is to find the cure suggested in ancient Hindu Medicine. Our Maha Cure is such a one, handed down from days of old through Rishis and Sages. It has achieved wonderful cures in the most obstinate cases of Diabetes. Diabetes sets in as the result of wrong habits in youth, neglected Indigestion and Dyspepsia, and shows itself in frequent Urination, abnormal flow of urine, the formation of sugar in urine, inordinate Thirst, Laziness, Burning of the Hands and Feet, confusion in the Brain, Diabetes, Mellitus, etc. The sugar in food which must go to furnish strength to the body is not assimilated but driven into the Urine. Our Maha Cure is specially meant to help the assimilation of the sugar in food, to prevent it from being separated and passed with the Urine and to impart strength to the digestive functions. It reduces the quantity of urine, stops the formation of sugar, quenches thirst, relieves pain and fatigue, stops the burning of the hands and feet and refreshes the Brain. Nobody having the least indigestion of Diabetes, should delay a moment in ordering for this rare medicine. The earlier the cure is administered the better for the patient, for Diabetes are notoriously excluded from the enjoyment of life. They are condemned to a life of many abstinences. Once this cure is taken, they become quite normal and robust free to embrace the pleasures of life fully.

[One course : Rs. 25.]

Maha Plague Cure

Both for external and internal use. A course of this specific will give instantaneous relief and will put the patient in perfect health.

[Price: Rs. 1-8-0.]

Maha Kesari Pills

CURE FOR MENSTRUAL DISEASES

The genital functions in the female must go through their regular routine. Otherwise a number of diseases will arise. The periodic expulsion of blood and matter is a normal function, which in the present day, puts most women to a life of misery by improper action. Regularity of menses will free the subject from all diseases producing conditions, and bring fresh health. A stoppage, partial or full of the menses leads to the formation of clots in the regions of the womb, and brings false signs of pregnancy. The ball of blood moves about and puts the patient to much discomfort. This condition brings on menstrual cold, swelling of the womb, nausea, vomiting, indigestion, inordinate thirst, fatigue, cough, consumption, respiratory diseases, headache, weak memory, insanity, fits, pain in the neck, spinal pain, pain in the nap, various fevers, diseases of the eyes, ears, nose and mouth, heat in the womb, dysmenorrhoea and a host of other fearful complaints. Even if the delayed menses come out, there comes these accompaniments. Only a radical cure of the condition leading to irregular functions can set the patient right again. Our cure contains the correct elements of Tamil medicine which give the quickest and most effective results. It will free the patient from every functional disorder and fit her for healthy normal functions and maternity.

[One bottle Rs. 2.]

Maha Trivruth Leghiyam

Constipation begets many troublesome complaints and should be arrested early. Our cure is a wholesome palatable preparation which not only cures Constipation but adds health to the person.

A dose of the size of a marble taken daily, will remove wind troubles, Stomach Pain, Colic Worms, falling of Hair, Bile, Distention of the Stomach, Constipation, aching of the Heel, rottering of Toes, burning, etc.

[Per seer of 24 tolas Rs. 2.]

Maha Paralysis Cure

Paralysis is the immobility caused on one side of the body completely or half on one side and half on the other side, by something which arrests digestion, or brings on giddiness, or by sleeping or setting in cold beds, exposure to cold, or even by excessive sexual exercise. The blood is vitiated and held up in parts of the body which become immovable, and causes pain, fear, giddiness, Lumbago, Backache, Paralysis, Gout, Stammering, Sprains, Hemiplegia, Spastic, Paraplegia, Tetanus, Angina, Pectoris, Hemiplegia, etc. The cure is to revive the blood and make its course normal. Our cure is the best medicine to stop all the suffering of paralyzing of paralysis and cure is complete so that after its treatment the patient is again enabled to move about and live a normal human life. Paralysis is often given up hopeless of recovery, such is the grip of the disease. They resign themselves too late and patiently bear the suffering and even attempt suicide. They need only yet to know of our medicine. It is prepared by our expert whose experience in the cure of paralysis is unique and remarkable. Paralysis need no more despair. Our cure is at hand.

[One Course Rs. 50.]

Maha Rheumatism Cure

Rheumatic pains are most unbearable, what with swollen joints, limbs that refuse to move, and bails of painful matter in various parts of the body. They come upon one unawares, and when they begin to torture, life would seem almost hell on earth. How many persons suffering from rheumatism spend painful days and restless nights with ointments and balms in hands trying to rub out the pains. If you drive the pain from one spot, it gets to another and from that spot it gets on to another and from there to another. The correct cure should not merely relieve the pain, but remove the cause of it. Our medicine does that and does it so quick and well that the patient who once gave up hope finds himself a new being healthy, strong and vigorous.

[One Course Rs. 25.]

Maha Piles Cure

The mention of this disease must rouse feelings of fear in people. Pain, suffering, surgical operations for temporary relief, those are all avoidable by our special cure. Piles are of different kinds according as they are formed, and are accompanied by discharge of blood and matter. They are internal or external, and consist of sprouts of hard or soft tissues in the anus. The disease is brought by heredity or acquired, by abnormally hot foods and indigestion, constipation, etc. Discharge of blood with stools, burning of the anus, hardening of stools, wind in the bowels, oozing of urine, pain in the head and chest, laziness, fatigue, weak memory, irritability, unrest, are some of the symptoms and may lead to more unbearable ones. By our cure, the risk of surgical operation is avoided. Pills and Application of the medicine will melt away the pile growths and completely remove them quickly. The patient will begin to feel the relief from the first day, and find that his life will then be a happy one.

[One Full Course Rs. 5.]

Maha Kushmanda Leghiyam

This is a sweet preparation of various fruits, and herbs and is prepared according to the Ayurvedic Pharmacopia. It can be taken as a Nerve Tonic, by all, irrespective of age, sex, and climate. It cures Nervous Debility, Loss of Appetite, Indigestion, Dyspepsia and any form of Constipation, etc.

[Price: Rs. 2 per seer, 24 tolas.]

Maha Vilvathi Leghiyam

This Leghiyam gives good health, strength and beauty to the body. It purifies and enriches the blood, strengthens the system and gives good vitality. It is the surest cure for constipation, indigestion, Dyspepsia, and all bilious complaints. This is prescribed for both the sexes.

[Price: Rs. 2 per seer, 24 tolas.]

Maha Bringamalaka Thailam

For cooling the brain and the eyes and curing headaches and promoting the growth of hair, the use of this special thailam is very much recommended. It cures Cataract and grey hair, etc.

[Price Rs. 1 for 4 oz.]

Maha Sandana Sherbet

This is a wholesome drink, cooling, refreshing and invigorating to both sexes. It reduces excessive heat, cools the system, refreshes the brain, increases appetite, digests food, stimulates the liver and generally keeps one in good temper. Can be taken in any season and any weather with the best results. It brings glow and lustre to the body and keeps both men and women "fit" for conjugal life.

[6 oz. bottle Rs. 1.]

Maha Cure For Swelling of Testicles

This swelling goes by different names according to various symptoms. It is brought about by a scattering of the fine tissues of the testicle and arises from bathing in extremely cold ponds and lakes, jumping into water, fighting, carrying heavy weight, walking long distances, lying down on uneven surface, abnormal gymnastic exercise, riding fast on cycle, horse-back and in carriages, etc. The fibres of the testicles get distended and hang down at the same time becoming bloated. In some case, there will be pain without swelling. The accumulation of water in the testicles will bring on vomiting, diarrhoea, and giddiness. The size of the testicles may grow enormously.

It may surprise the reader to know that women are also subject to this inconvenient disease. We do not describe the symptoms here as they are very confidential.

There is complete cure and relief in our specific for this complaint.

[One full course: Rs. 15.]

Mahanjan (Registered)

It removes Headache, Rheumatism, Sciatica, Lumbago, Neuralgia, pains in the joints and other parts, Sprains, relieves poisonous bites and Stings and Cold and Cough.

(One bottle As. 8.)

Maha Kasturi Pills

It is a most valuable and unique preparation for Cold Cough, Fevers, and all infantile cold affections. The phlegm which forms down the throat is removed by its use and perfect digestion is effected.

[Price per bottle : As. 8]

Maha Mohabindu Ointment.

Our 'Maha Mohabindu Ointment' is the best and guaranteed specific for all defects of weak and poor retentive power and this is prepared with a view to preserve the semen without loss, increase the retentive power, strengthen the nerves and afford fullest happiness in sexual congress. The application of this will help one in regaining the youthful vigour and vitality and the best retentive power to the organ.

[Price, one bottle Rs. 5.]

Maha Chandanathi Thailam

A VERY FRAGRANT AND POWERFUL
BRAIN TONIC

This Oil is the direct outcome of long study of the Ayurvedic System of Medicine and is prepared from very valuable drugs highly praised for their curative qualities. It cures baldness of the head, Loss of Memory, Burning of the eyes, Brain Fag, Short Sight, Melancholia, Headache, Elephantiasis, Cough, Asthma and Consumption : by rubbing a little of this Oil over the head or under the feet while retiring to sleep. For external use only 12 Baths.

(12 oz. Rs. 3.)

Maha Hysteria Cure

There are many kinds of fits, each of them accompanied by pain in the body, fainting hands and legs remaining motionless, grinning, perspiration in the neck and the head, blood pressure in the chest, shoulders and back, turning of the face to the side of the shoulders, turning of the jaw, ear, lips and eyes, convulsion, passing of stools in paroxysms drying of the throat and tongue, flow of saliva, etc. The fit comes on at sight of water, or if water is sprinkled on the subject, or at sight of fire, or in crowds, or touch. These are frightful conditions, and must be cured without delay as delay may mean danger.

[One Full Course Rs. 10.]

Maha Eye Drops

Our Eye Drops is a best soothing, cooling, and healing preparation. It is perfectly harmless and can be safely administered. It relieves the optic nerves from tension and undue fatigue, removes redness and extra growth of flesh over the eyes, and eye-lids, and cure ulcerations, watering of the eye, short-sight, redness, sore eyes, profuse flow of tears, purulent discharge, fear or intolerance of light, etc.

[Price per phial Re. 1.]

Maha Panja Sanjeevi

THE CHILDREN'S FRIEND

Children undergo numerous trials before they are set on the path of life free from worry and anxiety. Complaints arising from mistake in the diet, from bowel complaints arising from mistake in the diet, from bowel complications, thinness, weakness, restlessness, itch, boils scabies, swelling, vomiting cold and a host of other child diseases are completely cured by our rare medicine. It is more than a mother to the children, for while a mother may, by her own diet communicate disease to her child this medicine removes every disease and make children chuffy little angels.

Every mother should possess the Sanjeevi.

[One bottle Re. 1.]

Maha Barani Specific

OR

THE RIGHT CURE OF ALL SNAKE-BITES

The possessor of this medicine can fearlessly and boldly travel anywhere in forests, thick bushy places, mountains, places frequented by snakes, either by day or night. If the medicine is previously used, the snake that bites will immediately meet its death, and the person will be unharmed. There is no harm in using the medicine even if he is not a victim to snake-bite. It will make the body poison-proof.

The tests for ascertaining whether life is extinct or not, and the directions for use are supplied with the medicine.

[Per bottle Rs. 5.]

Maha Cure for Consumption, Asthma, Tuberculosis and Respiratory diseases

There is an idea among people that these diseases are incurable and any announcement of a cure must be humbug. Tamil medicine has anticipated all these diseases and found a cure which has proved efficacious for long years. The consumptive or the tubercular patient is a sorry figure, beyond the pale of the society of friends and shut out from normal life. He is considered an outcaste, and as a danger to his neighbours. Is he to be thrown out helpless? Pity for him must move his friends and relations to obtain cure.

The general symptom of this disease are too well-known but there are a hundred and one minor symptoms every one of them frightful and sorry.

A course of our specific will completely remove all trace of the disease and change the patient into a normal healthy being.

[Complete Course : Rs. 10.]

Maha Cholera Cure

Our cholera cure is quick in action and is so efficacious that we can claim cent. per cent. cure for cases of Cholera.

(One phial: As. 12.)

Maha Scorpion Sting

This is the best specific for Scorpion Sting and will give instantaneous relief. The virtues can better be realised by giving a trial to it than expressed. This is to be applied by putting three or four drops over the part and rub over it well for a few minutes. Relief will be instantaneous and can be used freely to any part of the Body.

[Price : One bottle. As. 8.]

Maha Cough and Cold Remedy

This cough and cold remedy is a well tried specific for all kinds of coughs, simple cough, whooping cough, or cough due to cold and change of weather, or any condition. Its action is immediate and effective. It reinvigorates the lungs and the Patient will feel a quick sense of relief even at the very first dose. It is an indispensable and invaluable companion to travellers and a necessary cure in the household.

[Price per phial : As. 8.]

Sterility Cured

Write for Particulars with Four annas stamp.

Maha Substitute for Coffee & Tea

Coffee and Tea drinking have become a regular habit with all classes of people of either sex. At the beginning it may stimulate nerves and make the person busy and energetic. But in the long run, this leads to various forms of diseases, such as biliousness, Diabetes etc. Our substitute contains pure and harmless drugs, such as, Kaya siddhi Muligai, herbs, roots and tubers which were used by the Rishis of old. It has a fine smell and good taste. Coffee and Tea Powder can be safely replaced by this powder and can be used by all of either sex. This will not only purify the blood, but also act as a Tonic and add vigour, energy and vitality.

[Price per tin : Rs 1.]

Maha Dental Ointment

Maha Dental Ointment is an unique and special liquid preparation which cures all diseases pertaining to teeth, swelling of the gums, germs in the teeth, etc. The very first application of the medicine will prove effective.

[Price per Bottle Rs. 1.]

Maha Fever Cure

There are numerous varieties of fevers which do not all show high temperature, and high temperature, does not always mean fever. The administration of quinine in all these fevers not only fails to effect a cure, but often makes the Patients worse. Our fever-cure strikes at the root of the fever in double quick time and completely eradicates it before it can vitiate the blood. A course of this rare medicine will drive every variety of fever once for all, and remove enlarged spleen.

[Phial of 20 pills As. 12.]

Maha Ear Drops

Our Maha Ear Drops is a well tried specific which has remarkable power in curing Otorrhea, Otitis, Tympanitis, inflammation and all other distressing diseases of the ear, including deafness (if not longstanding). It is prepared from harmless drugs. It tones the auditory nerves and removes all pains from the head and ears and evacuates the Pus and all other septic matter.

[Price per phial, As. 12.]

Maha Gorojana Pills

This pure Shastric Medicine cures infallibly all the diseases of the children. It is of immense value to them when they suffer from Fevers, Cold, Cough, Apoplexy, Coryza, and Phlegm which forms down the throat. It is an unique preparation and the best remedy for all infantile cold affections.

[Price per phial, As. 12.]

Maha Hair Destroyer

By using our Maha Hair Destroyer, one may very easily remove the hair from the body and there will be no burning sensation or itch or any such thing. It is not poisonous and can be used freely to any part of the body.

[Price : Per bottle, As. 12.]

Maha Ulcer Cure

When the blood in the body is rendered impure by some cause or other, it finds an outlet by way of an ulcer or abscess, and causes pain. The ulcer may be soft or hard, open or closed, dry or wet. The presence of the impure blood in the form of evil-smelling matter of blood or other colour, and its almost continuous out-flow not only gives pain but also keeps the ulcer alive. Impurity of the blood reaches the bones and attacks it there. An ulcer may also be caused by blows, abrasions, contusion, stings, knife cuts or thorns, or by real contamination. As the ulcer grows, the growth may be stimulated. The application of our medicine of these ulcers will kill all poison in them, purify and heal the ulcers, and patch up a fresh tissue and life.

[One bottle.]

Munmatha Kalpam (Gonorrhoea Cure)

A real God-send to the sufferers from this dire disease. This specific revealed by a Sadhu. Gonorrhoea, Chancre, Bubo, Eruption, Ulcers, Impotency, Syphilis and Nerve Weakness, Giddiness, Loss of Appetite, Constipation, Pimples, Blotches, Leprosy, Pthisis, Gout and Spermatorrhoea, and the many other varieties of venereal disease brought about by excessive and promiscuous sexual intercourse and intercourse with diseased women, can be completely and permanently cured by a course of this invaluable medicine. Such is its potency that even cases given up as incurable by eminent practitioners have recovered under its use. It heals up all urethral sores vitalises so that the patient is enabled to exercise wholesome intercourse with pleasure and joy after treatment. We can say that there is hardly another medicine to compare with our Maha Gonorrhoea Cure. Awarded many Testimonials.

[One Full Course. Price per bottle, Rs. 5.]

KESARI PRINTING WORKS, MADRAS.

Maha Cure For Impotency

Sexual indulgence at an age when one has not arrived at the stage of Puberty. Loss of Vital semen by bad practices and Excessive indulgence in sexual pleasures, causes thinness of the vital fluid and its discharge during moments of amative thoughts. Erotic dreams, during sleep also cause discharge. As a result of the thinness of the semen, the same is discharged quickly during connexions, and also during straining at stools passing urine. It is also attended with the other symptoms of appetite, constipation, vertigo, weakness, loss of power, etc. In chronic stage discharges occur even without power of erection is lost. Thus Impotency arises. It may also be caused as a result of sudden grief, fear, or any mental depression, having connexions with abominable women, blockage of seminal ducts, through disease, not gratifying the instinct, when it is uppermost eating sour and pungent foods, etc. Other causes also lead to Impotence.

Our Impotency Cure has been prepared with a view to reserve the semen without loss, increase the quality and quantity of the vital fluid, arrest discharge of semen while straining at stools and during micturition, give retentive power, bring back to life the dead seminal ducts, strengthen the nerves and afford complete satisfaction in sexual congress. It is the only medicine in Ayurvedic system that can cure successfully Impotency of any type and nature and we have no hesitation. In openly declaring that it is a safe and guaranteed remedy for the above complaint.

One complete course for 40 days Internal and external medicines Rs. 25.

Kayasiddhi Makaradhwaja

King of nervine tonics
Approved by every test
Youth and vigour ensured
Armour for diseases of any type
Sovereign remedy for lowered vitality
Imparts new life and energy
Do not be despaired of lost vitality
Destroyer of complicated ailments
Heavenly gift
Infalible specific for any disease
Matchless in the medical world
Annihilates nervous weakness
Keeps you fit to enjoy pleasurable life
Ayurvedic preparation of best value
Rejuvenates the entire system
Awarded gold medals and certificates
Diffuses blood throughout the system
Happy yourself by using a phial
Wonderful effect guaranteed
All can use without any restriction
Jewel of Ayurvedic medicines
A real boon to suffering humanity.

One phial of 40 pills for complete course Rs. 5.

The

Tamil Nadu Ayurvedic Pharmacy, Ltd.,

Post Box No. 278, MADRAS.

Tel. Address :

"KAYASIDDHI" Madras.

Phone :

No. 3767.

KESARI PRINTING WORKS, MADRAS.

166
Registered No. M. 2440.

THE
TAMIL NADU AYURVEDIC JOURNAL

Devoted for the Up-Keep of Health

Edited by:—Bishag-Ratna Pandit

E. S. GOPAN

Vol. 3.] November 1931. [No. 11.

CONTENTS

A GOOD PHYSIQUE & HOW TO TRAIN FOR IT.
HONEY AND ITS USES.
OURSELVES.

Annual Subscription **Re. 1.** Single Copy **As. 2.**

Published by:—

Pandit E. SRINIVASACHARI.

Physician and Managing Director,

The Tamil Nadu Ayurvedic Pharmacy, Ltd.,

44, GOVINDAPPA NAICK STREET,

Post Box No. 278, Madras.

Tel. Address:

"KAYASIDDHI" Madras

Phone:

No. 3767.

THE TAMIL NADU AYURVEDIC PHARMACY, LTD.

Solve the Riddle of your Life by answering the following questions :—

Sex.

Age.

Married or single.

Nature of the constitution.

Are bowels free ? Nature and colour of stools.

Condition of the eye and teeth.

How many times do you urinate in 24 hours ?

Nature of urine, coloured, or clear ?

Have you burning sensation or discharge of semen
when passing urine ?

Nature of appetite and digestion.

How is your taste ?

Do you get sound sleep ?

Had you any poisonous stings ?

Are you subject to any Venereal complaint ?

Previous treatment if any—

Probable origin of the complaint—

FEMALES.

In addition to the above please answer the following questions :—

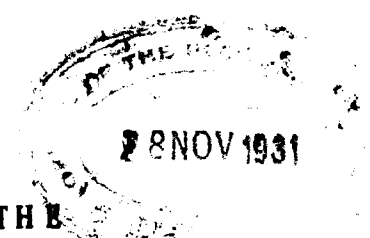
Is your menstrual flow regular ?

Have you any menstrual disorder ?

Is there stomach pain during the menstrual period ?

Was there abortion or miscarriage at any time before ?

Is there any issue ?



THE TAMIL NADU AYURVEDIC JOURNAL

Monthly Medical Journal for the
Preservation of One's Health

Vol. 3.] NOVEMBER, 1931 [No. 11

A GOOD PHYSIQUE AND HOW TO TRAIN FOR IT

The building up of good physique calls for more than mere muscle training. Brute strength does not figure very large in the lives of most men to-day: but constitutional strength, working ability, endurance,—these are of the utmost consequence and will continue to grow more and more important as life increases in intensity. To be able to keep oneself physically in hand, to resist disease germs, to retain freshness and youthful vigour even to an advanced age—such things are well worth striving for, and as a rule they come with less effort than many mis-guided young men spend in developing enormous muscles which will be never called upon to do a day's useful work.

You cannot Afford to be a Weakling

No man or woman can afford to go about with a weak, sickly body or flabby muscles, when a few minutes' exercise morning and evening, together with a reasonable attention to diet and general habits will bring on a state of superb health,

in which mere existence is a joy, and exertion, physical or mental, instead of being a burden becomes a delight.

What is a Good Physique

Let us at the outset endeavour to form correct views of what a good physique really is. Remember it is one thing for a man and another thing for a woman. Further more it is one thing for a man who must till the soil all his life, and another thing for one who must keep a set of books, or engage in some other sedentary work. Even within the same general classes the physique will rightly vary greatly. Every man must to a certain extent be a law unto himself. The great essentials are reasonable symmetry suppleness of joints and muscles and thorough going healthiness.

Need of the Sedentary Worker:—What the sedentary worker needs is practical guidance in developing himself, and the more completely his course of exercises is adopted to his own immediate needs, the better for his strength and development.

Why athletes die young:—It is to be hoped that the age for big, bulging muscles is passing, and that sensible people are beginning to realise that excessive muscle development is, for the average person, not only useless, but harmful. Abnormal bunches of muscles are really almost as unsightly as deposits of fat. Professional athletes usually die young. The body is able to endure a great deal in the way of special training, but it does not take kindly to it. Over training even among the non-professionals will very likely produce enlargement of the heart. Emphysema, or permanent enlargement of the air cells of the lungs, is another common result of over doing in the matter of the chest and lung development.

Games not to be taken too seriously:—Moderation is an excellent thing in training, and the less one has to do with

severe competitive tests calling for special development of certain muscles at the expense of others, the better for one's health and working ability. Games of all kinds, are valuable as means of open air recreation; but they should not be taken too seriously, lest our recreation hours to a large extent lose their real value.

A man's life work should have the best that he can put into it. It is for that he trains. If he can come to it morning after evening, with something of the morning's freshness, with hope in his heart and a keen sense of all round physical fitness, and if he seeks his couch at nights with the healthy tiredness of a boy, he is in training though he never raises a dumb-bell, nor sees the inside of the gymnasium.

Diet and training:—Diet forms a necessary part of scientific training. It is a great waste of vital energies when a man is eating poor food of too great quantities of food, to try to remedy the evil by asking him to spend a good deal of time in physical exercise in order to work off these effects. The cure in such cases is only temporary. To effect permanent results, the axe must be laid on the root of the tree. Overeating must be stopped if a man is to do the best work of which he is capable. All that need be said in this connection is that a man must make a study of diet if he is to get the best work out of himself, and while plenty of exercise seem to take the place of care in diet, it will not do so in the long run. The primary principles to be observed in correct feeding are, first, the selection of simple, nourishing foods, with not more than two or three varieties at a time; and second, through mastication, by which is meant chewing the food about three times as long as is ordinarily done, and never on any account washing it down with beverages. If man conscientiously observes these principles he is well on his way to a scientific regime so as feeding is concerned.

Symmetry, Poise and Self-Control:—Physical culture of the right kind has for its chief aims symmetry, poise, self-control and a healthy activity of all bodily organs. Hence the exercise deserving most attention will be those which make for a good carriage of the body, which encourage full, deep breathing, and by exercising the larger muscles provide for the thorough oxygenation of the tissues.

If the intelligent reader will give a little attention to the matter, he will be able to devise similar movements, which, while giving equally good results, will help to vary the programme, and thus to avoid monotony. Exercises which one thinks out for himself often prove more interesting than those learned from others, and one secret of getting the most out of physical culture, is to keep up a good interest in it. No good comes of taking exercises in a half-hearted way, as one would take so much medicine. There must be vim and enthusiasm to secure the best results.

Never exercise when weary:—A caution may be dropped right here. Never take any exercise when feeling weary out of sorts. The best thing to do when thoroughly tired, is to go to bed in a well-ventilated bedroom. If too early for that, try the effect of a quiet walk in the open air, or of an air bath with rubbing in your room.

Again don't continue the exercises till exhausted. Put energy into them and keep thinking that they are doing a lot of good but retain all the time a sense of reserve power, the feeling that you could do a great deal more if called upon.

The best time to exercise:—The best time for taking thing after corrective exercises in the morning, and if undertaken the first getting up, and in very light flannels, they will be more effective if done in more cumbersome clothing. It is a good plan to spend about five minutes in the brisk movements immediately on jumping

out of bed, then take some kind of cold bath, and follow that with another five or ten minutes of exercise, after which a brisk walk in the open air is an excellent mind up. Breakfast after half hour spent in this way will taste a great deal better than is eaten immediately on rising: and the system will be in the best condition to digest it.

Regularity desirable:—Exercise does the most good when it is taken with some degree of regularity. The best results do not appear until a proper regime has been preserved in for several months at least. Spasmodic efforts in the direction of physical culture seldom do any good. On the other hand, it is not well to form any iron clad rules. A man ought not to be a slave to his habits, even though they should be of a most commendable character. The body needs to be elastic, able to adapt itself to changing circumstances without occasioning great inconvenience.

Some make a practice of exercising just before going to bed. If the day's work had been most sedentary, and one feels a desire to stretch the muscles there is not the least objection. The movements should be mostly of relaxing character, however, so as not to key the body up to a high pitch just before retiring. If the exercise is taken to secure growth and development of the muscles, it is better taken at some time when mind and body are fresh. If a man has risen at a reasonably early hour, and has put energy into his work during the day, he should normally feel tired in the evening.

HONEY AND ITS USES.

Its preservative quality: A good house-hold medicine.

The use of honey was well-known to the ancients. They used it in the place of sugar, which was almost unknown to them.

It is not clear when honey was first used in medicine. In Saxon times it is found to be introduced into the medical recipes. Since then its use in medicine is progressive. But nowhere except in India it is more prized for its medicinal properties. In every home honey is stored for use in colds and catarrh of children for use as vehicle for Kaviraji medicines. Honey is also used as a main excipient for various indigenous medicines of cough and cold. In almost all sastric medicines honey is an indispensable element. The properties of lotus honey is well-known in India. It is a best medicine for cataracts and other eye diseases. The orange flower honey of Shillong is also famous for its delicious flavour. Our ancient medical writers are very lavish in their statements of the qualities of the various sorts of honey collected by different species of bees. Honey both old and new have great nourishing properties. Old honey is especially good for reducing obesity and should be taken by all fatty persons with bread, etc.

Highly Nutritious:—Honey is highly nutritious. It forms the chief diet of the new born baby in the country. Apart from nourishing the baby it helps to move its bowels which is of utmost importance for safety of the baby's life at the outset. It is continued along with the breast-milk for its nourishing and aperient qualities. Honey is a good carbohydrate. $\frac{4}{5}$ th of its components are carbo-hydrates and $\frac{1}{5}$ th is water with a little of protein. When analysed honey is found to contain grape sugar, cane sugar and fruit sugar in prodigious proportions. It also contains some gummy and mucilagenous substance, a little of water and wax, some essential oil, some colouring bodies, minute proportion of mineral matters and some pollen grains.

A good house-hold medicine:—Honey has been extensively used by Allopaths in several pharmacopoeial preparations such as honey of Borax, Ceromel, Oxymel, etc. The first one

is prescribed apthæ or mouth sores. Ceromel is used as a good external application for indolent ulcers. Oxymel is used as a gargle for sore throats, etc. Honey forms the main ingredient in almost all cough fixtures as it promotes expectoration. It is a very good household medicine for catarrh of children as has already been told and is administered with the juice of the leaves of basil plant or with the ashes of the eyes of peacock feathers.

Promotes perspiration:—Honey has several other properties. It is demulcent and is used in gargles or alone to relieve the dryness of the mucous membranes of the mouth and the throat. It is also useful in congestive throats due to cold as it augments the secretion of the mucous. It has great detergent or cleansing properties and is used in gargles in cleansing the throat and the mouth as has previously been said. It promotes perspiration and has cooling effect on the lining membranes of the mouth, throat, etc. It is often used for sweetening mixtures of medicated pills.

A good preservative:—Honey is a good preservative. Fruits may be kept in it for a long time without going bad. Sir George Watt says in his "Commercial Products of India" that some tribes of the Khasia Hills preserve their dead in honey. For this preservative quality honey was used by the ancient Egyptians in embalming. Bees have peculiar instinct of preserving honey in their combs. They inject a little of their sting-poison in the honey before storing in the cells.

The best honey:—In India honey is everywhere abundant though the bee culture is neglected. Combs are found plentifully in the hills and forest regions throughout India. The most abundant quantity is produced by the wild or the rock bees known as *Apis dorsata*. Next to it comes the production of *Apis indica* or the Indian tree-bee.

Honey is sometimes found to be poisonous. Xenophon in his "Retreat of the Ten Thousand" records a case of

general poisoning in the armies due to taking poisonous honey. For all purposes purest virgin honey should be used and ordinary strained honey should be discarded. The honey which is generally sold by the gipsy girls are collected from the forests of the central provinces of the Sunderbans but these are afterwards adulterated and should be avoided for all uses. The most wholesome kind is the heather honey obtained by centrifugal extractor and not contaminated by hand. The best kind of honey is always light coloured and transparent.

Products from honey :—It would not be out of place to mention here two other productions from honey, *viz.*, the wax and the propolisine. Wax is extensively used in the preparations of various ointments and plasters, best kinds of soaps and lip slaves, etc. The latter is derived from the propolis which the bee uses as a plaster for mending their combs, and has the reputation of destroying all kinds of bacteria safely.—(*Swarajya*.)

OURSELVES

THE TAMIL NADU AYURVEDIC PHARMACY LTD.

The prime object with which the Tamil Nadu Ayurvedic Pharmacy, Ltd., was founded in the year 1925 was to reascitate the Ancient Siddha Ayurvedic Science, from the depths to which it had been hurled down by centuries of ruthless neglect, and to establish once more its proud position in the front rank of medical science. It was with this sole aim the above Pharmacy was started by its Managing Director and Physician, Pandit E. Srinivasachari.

Within the very short period of its existence, the fame of the Pharmacy has spread far and wide, not only throughout the length and breadth of India, but in foreign countries also, like Burma, Ceylon, Malaya and East Africa. Ever since its inception, the popularity of the Pharmacy has been steadily on the increase. The number of patients treated and the sale of medicines have been increasing year after year. Encouraged by this popular support, the Directors of the Pharmacy unanimously decided and opened a Branch at 193, Mount Road, Madras, for the convenience of the patients in the City. The business and popularity of the preparations increased by leaps and bounds, and the zeal and liking of the foreign patients to undergo our treatment enormously increased. To cope with the demand and for the convenience of the foreign and outside patients, our chief physician, by previous engagements, is travelling throughout India, Ceylon, Burma and Straits Settlements to study the cases in person and to offer the best treatment possible.

And also to meet the great demand for medicines and enormous increase in the correspondence for treatment, we have very much improved the Laboratory with required establishment and the same is being attended to by many able

Physicians and also personally supervised by our Chief Physician Bhishag-Ratna Pandit E. S. Gopan and Pandit E. Srinivasachari, Physician and Managing Director. The fact we are doing very sincerely for the suffering Humanity by supplying the most genuine and Sastric preparations with careful attention paid to every individual requirements may be easily gleaned from the hundreds of testimonials which are being received every day and also the glowing tributes paid to us by the various papers, all over India and Ceylon. The Siddha Pharmacopia is the oldest system of science for healing, handed down to the public in the way of Guru to Shishya (disciple) long, long ago. This method has made it possible to maintain the secret knowledge thus gained and this is the only real effective system suited to the people of Tropical countries which we can deliberately vouchsafe, as it is proved to be the case by our long research with the help of our chief Physician, Pandit E. S. Gopan.

Pandit E. Srinivasachari, by completing such true Shishyahood under many Gurus and by association with several Mahans and Sadhus from Cape Comorin to the Himalayas, obtained vast experience for over twenty years in medical practice and is healing several chronic cases with the help of Muligas revealed to him during his vast period of research. The Pandit is therefore endowed with unique qualities which make him fit to cope with the task entrusted to him.

Our Renowned Pulse Specialist and Chief Physician, Bhishag-Ratna Pandit E. S. Gopan, hails from a historic family of South India and his ancestry of uncles have studied for the past three centuries and over, the Siddha, Ayurvedic Systems to the highest degree of proficiency and practising the system of treatment with a great measure of success. It may be mentioned here this historic family from which our Chief Physician descends was given lands worth about several thousands of rupees in appreciation of the service by Nawab Doss Ali Khan in 1725 A. D. The Pandit, by associating with many renowned Mahans, and by his own experience in having witnessed several treatments demonstrated to him by them, is in a position to treat cases wonderfully with much success. Another important feature of the Physician is the specialisation in the PULSE SYSTEM which he has perfected

with the originality of his own research works with the ancient Sastras and he can diagnose the cases accurately without asking the previous nature of the case, by mere Pulse Reading. In this art of diagnosing cases with a original proficiency in Pulse Reading, there is none to beat our Physician who has already a brilliant record in medical practice to his credit and several newspapers have published in their columns their high appreciation of the work of the Pharmacy and the skill of the two Pandits in curing all complicated and chronic ailments in a short time.

The following are some of the Papers that have reviewed their work:—

- The "Pioneer" Allahabad.
- The "Bombay Chronicle" Bombay.
- The "Indian National Herald" Bombay.
- The "Indian Daily Mail" Bombay.
- The "Hindustan Prajamitra" Bombay.
- The "Sanj Vartaman" Bombay.
- The "Hindu" Madras.
- The "Nagpur Mail" Nagpur.
- The "Maharashtra" Nagpur.
- The "Swarajya" Madras.
- The "Tamil Nadu" Madras.
- The "Daily Express" Madras.
- The "Andhra Patrica" Madras.
- The "Rangoon Daily News" Rangoon.
- The "Ceylon Independent" Colombo.
- The "Swedashiyamitriya" Colombo.
- The "Ceylon Morning Leader" Colombo.
- The "Daily Post" Bangalore.
- The "New India" Madras.
- The "Hyderabad Bulletin" Secundrabad.
- The FREE PRESS OF INDIA, BOMBAY

All the medicines in the Pharmacy are prepared under the immediate supervision of the two Pandits with great care

and precision as advised by their Gurus. The Public may therefore expect that the preparations are of highest potency in the cure of disease. We take greatest pride in preparation of these medicines and their work of cure. We shall consider our labour fully recompensed if our patients are cured of their ailments and are put on the road to Good Health. We take this opportunity for thanking the Public for their support, and we do not think it too much to solicit their continued patronage in the future.

A few of the Testimonials of different diseases.

M. R. Ry. V. C. Seshachariar, Avl., B. A., B. L.,
Advocate and Editor, "The Law Weekly"
Madras.

I have very great pleasure in testifying to the fact that I have, for some months past, been using "Kayasiddhi Makaradhwaja" specially prepared as a Nervine Tonic by the Tamil Nadu Ayurvedic Pharmacy, Ltd., and I can confidently recommend it to all who, owing to continued illness, are in a run down condition. It strengthens the nerves, builds up the tissues and enriches the blood. The effects are very pronounced even during a short course of using the Bathing Oil furnished to me by the above Company known as Vettiwar Thailam has a very cooling effect. I heartily wish every prosperity to the two good brothers and to this great institution which is in their kind charge.

Myanjan Sahib, 4, Roomshee Kerk Street, Sorabaya,
Java.

By using your Kayasiddhi Makaradhwaja, I feel very strong, and my baby is improved to the greatest extent. I am not exaggerating when I say that it works magically and wonderfully. I wish you success.

Dr. R. N. Sexena, L. M. P., P. S. M. S., Senior Medical Officer, Mental Hospital, Agra.

Your Kayasiddhi Makaradhwaja is really a tonic of its kind. Notably it is useful in restoring lost vitality, vigour and energy. It is a boon to sufferers of Nervous Debility, Backache, Spermatorrhoea, etc. I would strongly recommend its use to the Public.

Mrs. N. Siegertsy, Vihare Lane, Wellawatte, Colombo.

"As luck came our way, you have been more than kind as to have cured her as no other doctor I suppose could have done in the whole of Colombo. I shall, up to my dying day, never forget your kindness."

Mrs. F. S. Wijigoonuwardene Ratmalans South, Mount Lavinia, Ceylon.

The medicines you were kind enough to send me for my chronic indigestion have done me immense good and I am ever grateful to Dr. E. S. Gopan for the correct diagnosis of my illness.

Williams, High Street, Kuala Lumpur, F. M. S.

Your one phial of Kayasiddhi Makaradhwaja, which I used for Chronic Colic patient for over 25 years standing, has given very wonderful effect. I used several English, American, and native medicines for the last 5 years, but it is this God-send Sanjeevi medicine that has relieved him of this long-standing complaint.

Nandisena, Esqr., Dondra, (Ceylon).

Though several clever doctors told me, that the severe sickness which had attacked me is an incurable disease, yet learned Dr. E. S. Gopan has entirely cured with a few medicines, and has given me entire satisfaction and everlasting happiness and joy. It is therefore my duty to thank from the bottom of my heart Dr. E. S. Gopan. "The sickness of Consumption which prevailed in me as an envelope of entire darkness is made to shine by the sun, Dr. E. S. Gopan, in the glory of Stars."

T. R. Naidu, Esq., Retd. Supdt., Officer of the Chief Engineers, P. W. D., Nagpur, C. P.

Dr. E. S. Gopan's examination of the *Pulse* is the most wonderful part of the Pharmacy, for, it unravels the root cause of the disease, no matter what the nature and duration of the disease is. Without being told anything, he, by his wonderful *Pulse Reading*, accurately described the nature of the disease. I have no hesitation in stating that any one in need of Expert advice cannot do better than consulting Dr. Gopan, the Renowned *Pulse Specialist*.

Mrs. L. L. Ahlys, "Hill Rise," Nugegoda, Ceylon.

My daughter is quite alright now by using your Cure for Menstrual Diseases. I shall have the greatest pleasure to recommend your medicine to any of my friends who may require it.

R. Arulappan, Treasury, Kuala Lampur, F.M.S.

I beg to offer my sincere thanks to you for having completely cured me from a disease which had been a misery to my life for over 6 years. I was suffering from Chronic Dyspepsia having all kinds of troubles. I tried many European patent medicines, treated in Hospital and by private practitioners and even Chinese and Indian Physicians. Thank God, though far away, you Physicians, did marvelously understand my disease and with a course of 10 days' special medicine, the Chronic Dyspepsia of 6 years' standing, which European and native physicians could not cure has at last been cured. It is beyond my power to thank you adequately for the relief given to me.

G. C. Doss, Station Master, Gadigam, M. & S. M. Ry.

Extremely glad to inform you that my wife gave birth to a female child on the 5th Feb. 1927. The Maha Oil you kindly gave her for easy delivery did wonders and she had easy delivery for which I thank you and the Almighty. I hope many sufferers will be benefitted by such medicines.

Rao Bahadur M.R.Ry. P. N. Jambulingam Avl., B.A., Fellow of the Royal Empire Society.

I have known the Tamil Nadu Ayurvedic Pharmacy ever since it was started. I have recommended a number of patients particularly consumptives who were left as hopeless by English Doctors. It was marvellous that some of them showed decided signs of improvement within a fortnight. I have personally used *Kayasiddhi Makaradhwaja*. They are wonderful in their effects. I am sure there is a great future for the Pharmacy.

S. A. Ramasamy Iyer, School Master, Porayar, Tanjore District.

I am glad to inform you that your Maha Kayamirtham did immense good to my wife and it is a healthy tonic to women.

A. Venkatappiah, A. S. M., Nayudupeta, M. & S.M. Ry.

Your medicines Madanakameswari Leghiyam and Sandana Sherbet have done much good to me. Please send one tin of Madanakameswari Leghiyam and one bottle of Sandana Sherbet.

P. P. Kolas Utan (Thana Dt.)

I write this to inform you about the lady patient for whom I ordered from you the cure for menstrual diseases after taking the medicine, she had menses. Now her health is much better than what it was before menses.

Panchabhava Vadiraja Charlu, Esqr., District Board Office, Cuddapah.

I have great pleasure to inform you that I keep sound and good health after taking your '*Kayasiddhi Makaradhwaja*' Pills you sent to me. I have recommended its use to one and all of my friends and I am sure that they also have good words to say.

Umashankar Bajbai Esqr., Judge, High Court, U. P., Allahabad.

"I was examined to day by Dr. E. S. Gopan, the Pulse Specialist of the Tamil Nadu Ayurvedic Pharmacy Limited, Madras, and I have much pleasure in stating that his diagnosis corresponded with that given by Allopathic doctors after a thorough examination of urine, stools, and chest, etc. I think he is a very efficient Pulse Specialist."

Hon. Dewan Bahadur Sir M. Krishnan Nair, B.A., B.L., Law Member to the Government of Madras.

I visited the Tamil Nadu Ayurvedic Pharmacy, Ltd. The Institution is apparently doing good work. I wish the Institution and Dr. E. S. Gopan, the physician in charge of it every success. From what I saw of it, I can say that the institution deserves encouragement.

A. Venkataraman, Esq., Barrister-at-law & Advocate, Land-holder, Naraspur.

I have known the Tamil Nadu Ayurvedic Pharmacy for over three years. I have recommended a number of consumptive patients who were all treated before by English Doctors and given up. Dr. Gopan has taken up those cases and cured most of them. I have tried their Kayasiddhi Makaradhwaja (regd.) pills; they have given me entire satisfaction as the best Nervine tonic. The redeeming feature of the Pharmacy is that Mr. Sreenivasachariar treats all the poor cases gratis. I wish the Pharmacy every success.

Rao Bahadur P. T. Kumaraswamy Chetti Garu, B.A., Ex-M. L. A., President, Corporation of Madras, Member of the Senate.

Of late I came to know that Dr. Gopan & Pandit Sreenivasachari are treating patients in the Tamil Nadu Ayurvedic Pharmacy and though I have not used the medicines that are presented and prepared by the Pharmacy, yet I am confirmed by the impression in the public eye that they are doing genuine work and their work is commendable. As regards Kayasiddhi

Makaradhwaja (regd.) I am also informed by my friends that it is very efficient and is one of the best Nervine tonics prescribed.

Sir K. V. Reddi Garu, B. A., B. L., Ex-Minister to the Government of Madras and now the Agent-General to the Government of India in South Africa.

I have inspected the Tamil Nadu Ayurvedic Pharmacy Ltd., and found that the system of preparing the medicines is purely Ayurvedic. To those who believe in this System the medicines supplied from this Pharmacy will be found to be quite satisfactory. I wish it every success.

The Rajah of Khallikotta & Attagadar.

I visited the Tamil Nadu Ayurvedic Pharmacy and was very interested to have a look at the medicines prepared purely on Ayurvedic System. The Pharmacy is doing very useful work and deserves every encouragement. Pandit Dr. E. S. Gopan is to be congratulated on the useful work he is turning out and for his special treatment by the feeling of Pulse. The special preparation (Kayasiddhi Makaradhwaja) is very well spoken of.

Dewan Bahadur A. M. M. Murugappa Chettiar, Avl. Sheriff of Madras, Banker, Nattukottai Nagarathar Association.

I visited the Tamil Nadu Ayurvedic Pharmacy, Ltd., conducted by Pandit E. Srinivasachari, Managing Director and Dr. E. S. Gopan, Pulse Specialist. The institution is doing very good work. I wish the Pharmacy every success.

Raja R. K. Ranga Rao Bahadur, Raja of Kirlampudi
Writes:—

I have visited the Tamil Nadu Ayurvedic Pharmacy, Ltd., conducted by Pandit E. Srinivasachari, Managing Director and Pandit Dr. E. S. Gopan, Pulse Specialist and inspected the medicines prepared by the Pharmacy and special mention may be made of Kayasiddhi Makaradhwaja, the Nervine Tonic Pills, which has been spoken of very highly, by the

testimonials. And also special mention may be made of diagnosing diseases by Pulse System by Dr. E. S. Gopan which is very efficient. I wish the Pharmacy every success.

Hon. Rao Bahadur C. V. S. Narasimha Raju Garu,
Ex-President, Madras Legislative Council, &
Surya Rao, Esq., President Religious Endow-
ments Board, Madras.

Mr. Surya Rao and myself visited the Tamil Nadu Ayurvedic Pharmacy and we are much pleased to see that the medicines are being freely used and are very popular. We are well impressed with the testimonials Dr. Gopan has obtained regarding the efficacy of his medicines and the special knowledge he has shown regarding pulse. We wish him every success.

Hon. Dewan Bahadur A. Ramaswamy Mudaliar Avl.,
Ex-President, Madras Corporation and M.L.A.

It has given every great pleasure to visit this institution and to be shown the various medicinal preparations which are for sale here. The Pharmacy contains medicines for many acute diseases and I learn from Dr. Gopan that he has a special patent medicine for tuberculosis, which is the scourge of the country at present. I was much struck by the features of all the preparations. The institution is run by the brothers who are both well educated and have a knowledge of their work. I am sure there is a great future for the Pharmacy. I wish it all success and endorse the appeal for its generous support and encouragement.

Hon. S. Muthiah Mudaliar Avl., B.A., B.L., Ex-Minister of Public Health, Govt. of Madras.

I had the pleasure of visiting the Tamil Nadu Ayurvedic Pharmacy of Dr. Gopan this evening. I am glad to find that the medicines are popular. The institution is run on modern lines. Wish the same success. Dr. Gopan is also treating patients. Indigenous system of medicine requires encouragement and advertisement. I am sure Dr. Gopan's efforts will be fruitful.

Dewan Bahadur C. V. Renga Reddi Garu, Late President, Hindu Religious Endowment Board.

Visited the Pharmacy at the kind invitation of Dr. Gopan. I have been very much pleased with what I saw in it. The medicines are manufactured under the direct supervision of Dr. Gopan and Pandit Srinivasachari. I understand that these doctors are even curing advanced cases of consumption by special treatment. Dr. Gopan is said to be an expert in diagnosis by feeling the pulse. The Pharmacy is very popular and I wish the institution every success.

C. Venkataramanah, School Master, Pry. Boys' School, Closepet, Bangalore Dt. writes :—

Allow me to express the following. You are aware of the fact that I had been twice to you and intimated the disease of my boy and used "Kayasiddhi Makaradhwaja" of your Pharmacy. It is no exaggeration to tell you that it saved the life of my boy. Even now I believe that you will send me a bottle of your "Kayasiddhi Makaradhwaja" by post and oblige.

Hon. M. R. Sethuratnam Iyer Avl., Ex-Minister of Development, Govt. of Madras.

I had the pleasure of visiting this institution this morning and was pleased to find the good and useful work which the Doctor brothers, Pandits Srinivasachariar and Gopan are rendering to the public. The institution is run on modern lines and the medicines are purely Ayurvedic preparations which deserve encouragement. I wish the Institution all success.

B. Nagappa Esq., Retd. Legal Remembrancer & Law Secretary to the Govt. of Mysore, writes :—

I am pleased with the treatment accorded to the poor patients by Dr. Gopan and his brother Pandit Srinivasachari of Tamil Nadu Ayurvedic Pharmacy, Ltd., Madras of Kayasiddhi Makaradhwaja fame.

I am impressed with the diagnosis of the diseases by mere pulse reading by Dr. E. S. Gopan. I wish the Pharmacy every success.

144335 JL

LAB M24, M29

M. R. Ry. A. Rangaswamy Iyengar Avl. B. A., B.L.,
Ex-M. L. A., Editor, "Hindu," Madras.

It has given me great pleasure to visit this Pharmacy which I find is maintained and run on business lines. I had heard of Dr. E. S. Gopan's popularity as a pulse specialist even in Bombay and I am glad to find that he is by his practice and study increasing his knowledge of the diagnosis and treatment of diseases and illness by this method. Both he and his brother come of a well-connected family of physicians and the hereditary knowledge and skill they have inherited ought to prove of great value to them in their work which is nowadays so much in need in the service of humanity. I wish them and their Institution every success.

M. R. Ry. Rao Bahadur B. V. Sree Hari Rao Naidu
Garu, Inspector-General of Registration, writes:—

I have had ample opportunities to test the efficacy of Dr. Pandit E. S. Gopan's Kayasiddhi Makaradhwaja and the Pandit's abilities as a Pulse Specialist and have great pleasure to testify to the marvellous way in which he diagnoses cases. His Kayasiddhi Makaradhwaja has proved very beneficial to me. I wish the Doctor's Institution continued prosperity and success in the medical field.

K. Bhasyam Iyengar Esq., B. A., B. L., Advocate,
Madras, writes:—

I have used their medicines and tonics and found them both beneficial and effective. The Kayasiddhi Makaradhwaja is a good nervine tonic.

B. N. Vijaya Deva Esq., M.A., Barrister-at-law, Public
Prosecutor & Government Pleader, Bangalore
Division, writes:—

They are capable in their line and their medicines like Kayasiddhi Makaradhwaja and other specifics are popular. I wish every prosperity to the two gentlemen.

Revised Catalogue : This cancels all the old prices.

VIM !

VIGOUR !!

VITALITY !!!

KAYA SIDDHI MAKARADHWAJA

(REGISTERED)

THE GREAT GENERAL TONIC PILLS

PREPARED WITH GOLD

Kayasiddhi means the preservation of human body from all illness and weakness. Rishis of old used Kayasiddhi Muligai for keeping their bodies free from illness and full of vigour throughout life. They knew the secret potency of the Muligai.

Our principal medicine is the compound of Kayasiddhi Muligai and the purest Makaradhwajam. Obtained from the correct sources and compounded in the approved manner, these two ingredients form the basis of the most potent nervine tonic.

It cleanses the blood, purifies it and infuses strength-giving properties into it, and, through it, attacks the diseased spots in the body and roots out every complaint. The patient taking a course of the tonic begins to feel the new strength coursing through the veins almost from the beginning.

It is a valuable and surest cure for Nervous Debility, Impurity and Poverty of Blood, Loss of Memory, Giddiness, Palpitation of the Heart, Asthma and Consumption, all Stomach Troubles, Loss of Appetite, Diarrhoea, Dysentery, Cholera,

Fevers, Backache, Loss of Vitality, Spermatorrhea, Eczema, and all other Skin Diseases, Eruptions and Leprosy.

Nervous debility, that too general complaint in modern life, has no more potent corrective, than Kayasiddhi Makaradhwaja. The shattered nerves, weakened by a variety of conditions, such as worry, overwork, excesses in youth and middle age, receive fresh life with every particle of Kayasiddhi Makaradhwaja.

Students, intellectual workers, lawyers, professional men, and others whose nerves are liable to break down, will find this tonic a great boon to them in the recovery of health.

The poor specimens of humanity often seen in life emaciated, broken down and incapable in early youth sighing for the enjoyment of life which to them is denied, need no more despair. Kayasiddhi Makaradhwaja will put them on their legs again, send a current of fresh life, vim, vigour throughout their body and fit them for life.

To those who had left youth behind and feel its want, this tonic will bring back good health quickly, positively and permanently.

Kayasiddhi Makaradhwaja is a general all-round tonic for all ages which can be taken without any restrictions of diet, climate or season.

80 pills for 40 days Rs. 10.

40 pills for 20 days Rs. 5.

[Full Directions with Phial.]

Maha Jeerakathi Leghiyam

A HEALTH CONFECTION

This is a sweet preparation of various fruits, muligais, and other ingredients from a formula practised for several centuries. It is intended for the diseased and the healthy of all ages and both sexes, in all seasons, as a light "keep me-fit". Jeerakathi Leghiyam removes Biliousness, Bloodlessness, Jaundice, Indigestion, Colic-Vomitting, Weakness, Loss of Appetite, Constipation, Giddiness and impure blood, stimulates the circulation of blood, re-builds lost strength and generally keeps one fit. A daily use of this leghiyam prepares one for good health always and avoids all minor complaints.

[1 seer 24 tolas Rs. 2.]

Maha Tooth Powder

A medicated dentifrice specially prepared to cure all dental diseases such as toothache, bleeding, swelling of the gums, rotten teeth, germs in the teeth, etc., and to clean teeth and mouth and remove bad smell. Its regular use keeps the teeth firm and solid lustrous and purifies the breath and makes the mouth sweet.

[One tin annas 2.]

Maha Night Pills

The regular clearance of the bowels is the primary condition of health. Where constipation or irregularity or change of colour of the stool appears, one may be sure trouble is brewing. To enable everyone to have the bowels cleared regularly and normally without the worry of a purgative we have prepared these night pills from various muligais. A pill in the night gives the bowels the power to perform their work properly and expel all refuse. Useful for young and old of both sexes. Perfectly harmless laxative.

[Box of 20 pills As. 8.]

Maha "Gulmaroga Nivarani"

OR

THE CURE FOR DYSPEPSIA

Dyspepsia is one of the host of diseases and it is characterised by such symptoms as blowing of the stomach, constipation, weakness, Flatulence, Indigestion, fullness and tightness of the stomach, pricking pain in the abdomen, nervous pain in the head and neck, wind and stomach, ulceration in the stomach, creeping sensation like those of ants in the affected parts, acidity, coloured stools, perspiration, burning sensation in the body, yellowness of the skin of the face and body, drowsiness, redness of urine, excessive heat in the system, formation of phlegm in the throat, vomiting, reeling of the head when exposed to sun's heat, thirst, sleeplessness, fever, chilliness, nausea, nasal catarrh, discharge of forces while straining, hard breathing, Laziness, Palpitation of the Heart, Cough, watering of the mouth, fear, choking sensation as if by smoke in the throat, heaviness of the Head, trembling of the limbs, purgings, and Presence of hard ball-like thing in and hardness and bloating of the stomach. Dyspepsia attacks some people in the morning till 10 A. M. others from 10 A. M. to 2 P. M. and certain others from 2 to 6 in the evening, causing great pain. In other cases, it lasts the whole night or even at all times.

The 'Cure for Dyspepsia' which we have prepared, cures such ailment as Indigestion, swelling of the stomach, numbness in the body, pain in the hips, false appetite and others referred to already, besides clearing the stomach of all impurities, regulating and correcting the bowels, inducing appetite, causing digestion, preventing frequent windy discharges and bad smell, and restoring the patient to good health and happiness in every respect.

[Rs. 15 per bottle]

Maha Amritamalak Thailam

A bathing oil with much cooling effect.

[Price: Rs. 1 per 6 oz.]

Maha Brihat Chandrodaya Makaradhwaja

Nervine Tonics are those that cure various kinds of complicated ailments and premature decay of the body and increase the vitality giving fresh vital energy and fluid and nutrition for the whole body. Excessive loss of vital fluid causes weakness of the Nervous system, loss of memory, consumption, Difficulty of breathing, pain in the chest, etc. With a view to prevent such decay in the Nervous system, we advise a powerful and good Nervine Tonic.

Brihat Chandrodaya Makaradhwaja is the surest medicine for Nervous debility, and loss of memory. As the ingredients which go and make up the medicine contain pure indigenous Muligals and valuable Basmals, and metals like Swarna (Gold), Silver, Iron, etc., which are compounded in the approved manner, sure it is that this will give complete satisfaction as an excellent Nervine Tonic.

Another redeeming virtue of this valuable specific is that a course of this medicine will give radical and everlasting relief for all chronic diseases such as Asthma, Diarrhoea, Gout, Rheumatism and all other skin and urinary troubles.

[Price: Rs. 100 per Tola]

[$\frac{1}{4}$ Tola for a month's course Rs. 25.]

Maha Ringworm Powder

Skin affections known as ringworm found in parts of the body, especially the waist, the inner thighs near the private parts, leaving ugly marks, and itching and burning, are the work of germs, which even bring on leprosy, and Leucoderma. They should be cured with this powder. It kills all germs completely, heals the ruptured skin smoothens it and restores its original healthy appearance. It is quick in cure.

[Price per phial As. 8.]

Maha Vettiver Thailam

THE MOST POWERFUL BATHING OIL

(For Bath and External use only)

Originally imparted by God Shiva to his Consort Pravati Nandi, Rishis and Sages, and through them to mortals by way of master to disciple, the Tamil Ayurvedic System of Medicine is a supremely genuine system suitable for our countrymen.

God Shiva is fond of Abhishekam or the sacred-bath and the chief ingredient used is the Juice of Vettiver, or the root called 'Khus.' Without this Vettiver, Abhishekam is impossible. From this can be judged the real value and efficacy of Vettiver Thailam.

This Wonderful Oil extracted with great care from various valuable muligais whose property of invigorating the brain and increasing the power of memory is remarkable.

A feature of this Oil is in its high, pleasing fragrance. The application of this Oil daily, before bath cures many of the diseases which humanity suffers from, such as excessive heat in the body inordinate and untimely thirst due to billiousness, Diabetes, Jaundice, Fever, spreading Leprosy, pain in the neck and head, loss of vitality, burns, ulceration in breast, fainting, eye diseases, bubo, excitation of the three faults wind, bile and phlegm, Ozæna, pain in forehead, burning of the eyes, dullness of hearing, Dropsy, burning sensation in the body, hardness of breathing, Dyspepsia, Haematuria, urinary disorders, drowsiness, Insanity, uneasy feeling, Venoreals, impure blood, etc., and promotes the growth of hair. Its use adds lustre to the body, gives beauty, refreshes memory and the thailam acts as a splendid brain tonic. A single trial will convince the users.

A phial of 12½oz. bottle for a complete course of 12 baths

[Price Rs. 5 only.]

Maha Vilvathi Thailam

(A BATHING OIL)

This Oil is recommended for massage on the head before bath. Acting through the pores in the scalp, it clears the head, removes billiousness, heat, burning of the eyes, cold and cough, and refreshes the brain and improves the memory. Invaluable for brain-workers. One bath with this rare oil will prove its merits. [6 oz. for six baths Re. 1.]

Maha Chavana Prasana

Chavanaprasana is prepared according to the formula of Chyavana Maha Rishi and contains the best tonic. It is the infallible remedy for consumption of any type. It is a sure curative agent for Pthisis, Bronchitis, Pneumonia, Asthma, cough, cold, pain in the chest, blood spitting, poverty of blood, constipation, loss of appetite, general weakness, etc. For all urinary troubles it gives marvellous results.

[Price: Rs. 3. per seer, 24 tolas.]

Maha Kayamirtham

(REGISTERED)

FOR MENORRHAGIA AND LEUCORRHOEA

The peculiar sexual function of women—the periodic discharge of blood—gives rise in present time to a peculiarly large number of diseases. Profuse Menstruation, Leucorrhoea, Dysentery, Blood Dysentery and Menorrhagia, scanty flow, delayed or prolonged periods, Menstruation attended with pains, and a host of other troubles bring misery to women, and condemn them to life-long suffering. These abnormalities should be stopped early by proper treatment. And what better treatment is there than our tried specific which is like real Amritam from Heaven? It makes new creatures of them.

A course of this extremely valuable specific will make the angels women on earth, destined to be happy, healthy, strong and vigorous.

Kayamirtham means nectar to the body.

[One bottle Rs. 2.]

Madana Kameswari Leghiyam

VIGOUR TO YOUTH AND YOUTH TO THE OLD

To preserve youth as long as possible and to use it for wholesome enjoyment of life, to enable the old to feel young again, to ensure youthful vigour to those who have lost it, and to add vim to those who feel the want of it, there is nothing so helpful as this Leghiyam.

In short, this leghiyam invests every man with that manliness which is his rare treasure. It adds lustre to the body, makes the eyes shine with health and generally keeps a man fit in youth and old age.

It also cures Cold, Cough, Fever, Consumption, Indigestion, etc.
[Price per seer, 24 tolas Rs. 3.]

Maha Oil for easy delivery

Painless Child Birth

(REGISTERED)

Women who are too thin and delicate, weak women, nervous women, women who have always undergone hardship and who have been stricken by grief and who have rarely had domestic happiness, child-wives become mothers too early—all these are liable to have painful child-birth, often leading to dangerous surgical operations and attendant troubles. Sometimes the result is loss of life to both mother and child.

This valuable Oil prepared according to a secret communicated by a Mahan is a rare boon to mothers. It preserves their body in good health and makes delivery quiet easy, unattended by any of the usual difficulties. Child-birth ought to be a natural action, free from any danger, and a course of our Maha Oil makes it so. The child is born as easily as a full ripe fruit drops from the tree! Every mother should take this Maha Oil (for) easy delivery from the 5th month of pregnancy. Perfectly harmless and effective. Has made several families enjoy supreme happiness.

[12 oz. bottle Rs. 2.]

Maha Diabetes Cure

Educated India, intellectual India, to-day offers the largest and most prolific field for diabetes. There is hardly a death among the well-to-do classes, which is not directly or indirectly traceable to this scourge. The best way to fight diabetes is to find the cure suggested in ancient Hindu Medicine. Our Maha Cure is such a one, handed down from days of old through Rishis and Sages. It has achieved wonderful cures in the most obstinate cases of Diabetes. Diabetes sets in as the result of wrong habits in youth, neglected Indigestion and Dyspepsia, and shows itself in frequent Urination, abnormal flow of urine, the formation of sugar in urine, inordinate Thirst, Laziness, Burning of the Hands and Feet, confusion in the Brain, Diabetes, Mellitus, etc. The sugar in food which must go to furnish strength to the body is not assimilated but driven into the Urine. Our Maha Cure is specially meant to help the assimilation of the sugar in food, to prevent it from being separated and passed with the Urine and to impart strength to the digestive functions. It reduces the quantity of urine, stops the formation of sugar, quenches thirst, relieves pain and fatigue, stops the burning of the hands and feet and refreshes the Brain. Nobody having the least indigestion of Diabetes, should delay a moment in ordering for this rare medicine. The earlier the cure is administered the better for the patient, for Diabetes are notoriously excluded from the enjoyment of life. They are condemned to a life of many abstinences. Once this cure is taken, they become quite normal and robust free to embrace the pleasures of life fully.

[One course : Rs. 25.]

Maha Plague Cure

Both for external and internal use. A course of this specific will give instantaneous relief and will put the patient in perfect health.

[Price: Rs. 1-8-0.]

Maha Kesari Pills

CURE FOR MENSTRUAL DISEASES

The genital functions in the female must go through their regular routine. Otherwise a number of diseases will arise. The periodic expulsion of blood and matter is a normal function, which in the present day, puts most women to a life of misery by improper action. Regularity of menses will free the subject from all diseases producing conditions, and bring fresh health. A stoppage, partial or full of the menses leads to the formation of clots in the regions of the womb, and brings false signs of pregnancy. The ball of blood moves about and puts the patient to much discomfort. This condition brings on menstrual cold, swelling of the womb, nausea, vomiting, indigestion, inordinate thirst, fatigue, cough, consumption, respiratory diseases, headache, weak memory, insanity, fits, pain in the neck, spinal pain, pain in the nap, various fevers, diseases of the eyes, ears, nose and mouth, heat in the womb, dysmenorrhoea and a host of other fearful complaints. Even if the delayed menses come out, there comes these accompaniments. Only a radical cure of the condition leading to irregular functions can set the patient right again. Our cure contains the correct elements of Tamil medicine which give the quickest and most effective results. It will free the patient from every functional disorder and fit her for healthy normal functions and maternity.

[One bottle Rs. 2.]

Maha Trivruth Leghiyam

Constipation begets many troublesome complaints and should be arrested early. Our cure is a wholesome palatable preparation which not only cures Constipation but adds health to the person.

A dose of the size of a marble taken daily, will remove wind troubles, Stomach Pain, Colic Worms, falling of Hair, Bile, Distention of the Stomach, Constipation, aching of the Heel, rottering of Toes, burning, etc.

[Per seer of 24 tolas Rs. 2.]

Maha Paralysis Cure

Paralysis is the immobility caused on one side of the body completely or half on one side and half on the other side, by something which arrests digestion, or brings on giddiness, or by sleeping or setting in cold beds, exposure to cold, or even by excessive sexual exercise. The blood is vitiated and held up in parts of the body which become immovable, and causes pain, fear, giddiness, Lumbago, Backache, Paralysis, Gout, Stammering, Sprains, Hemiplegia, Spastic, Paraplegia, Tetanus, Angina, Pectoris, Hemiplegia, etc. The cure is to revive the blood and make its course normal. Our cure is the best medicine to stop all the suffering of paralyzing of paralysis and cure is complete so that after its treatment the patient is again enabled to move about and live a normal human life. Paralysis is often given up hopeless of recovery, such is the grip of the disease. They resign themselves too late and patiently bear the suffering and even attempt suicide. They need only yet to know of our medicine. It is prepared by our expert whose experience in the cure of paralysis is unique and remarkable. Paralysis need no more despair. Our cure is at hand. [One Course Rs. 50.]

Maha Rheumatism Cure

Rheumatic pains are most unbearable, what with swollen joints, limbs that refuse to move, and bails of painful matter in various parts of the body. They come upon one unawares, and when they begin to torture, life would seem almost hell on earth. How many persons suffering from rheumatism spend painful days and restless nights with ointments and balms in hands trying to rub out the pains. If you drive the pain from one spot, it gets to another and from that spot it gets on to another and from there to another. The correct cure should not merely relieve the pain, but remove the cause of it. Our medicine does that and does it so quick and well that the patient who once gave up hope finds himself a new being healthy, strong and vigorous.

[One Course Rs. 25.]

Maha Piles Cure

The mention of this disease must rouse feelings of fear in people. Pain, suffering, surgical operations for temporary relief, these are all avoidable by our special cure. Piles are of different kinds according as they are formed, and are accompanied by discharge of blood and matter. They are internal or external, and consist of sprouts of hard or soft tissues in the anus. The disease is brought by heredity or acquired, by abnormally hot foods and indigestion, constipation, etc. Discharge of blood with stools, burning of the anus, hardening of stools, wind in the bowels, oozing of urine, pain in the head and chest, laziness, fatigue, weak memory, irritability, unrest, are some of the symptoms and may lead to more unbearable ones. By our cure, the risk of surgical operation is avoided. Pills and Application of the medicine will melt away the pile growths and completely remove them quickly. The patient will begin to feel the relief from the first day, and find that his life will then be a happy one.

[One Full Course Rs. 5.]

Maha Kushmanda Leghiyam

This is a sweet preparation of various fruits, and herbs and is prepared according to the Ayurvedic Pharmacopia. It can be taken as a Nerve Tonic, by all, irrespective of age, sex, and climate. It cures Nervous Debility, Loss of Appetite, Indigestion, Dyspepsia and any form of Constipation, etc.

[Price: Rs. 2 per seer, 24 tolas.]

Maha Vilvathi Leghiyam

This Leghiyam gives good health, strength and beauty to the body. It purifies and enriches the blood, strengthens the system and gives good vitality. It is the surest cure for constipation, indigestion, Dyspepsia, and all bilious complaints. This is prescribed for both the sexes.

[Price: Rs. 2 per seer, 24 tolas.]

Maha Bringamalaka Thailam

For cooling the brain and the eyes and curing headaches and promoting the growth of hair, the use of this special thailam is very much recommended. It cures Cataract and grey hair, etc.

[Price Re. 1-for 4 oz.]

Maha Sandana Sherbet

This is a wholesome drink, cooling, refreshing and invigorating to both sexes. It reduces excessive heat, cools the system, refreshes the brain, increases appetite, digests food, stimulates the liver and generally keeps one in good temper. Can be taken in any season and any weather with the best results. It brings glow and lustre to the body and keeps both men and women "fit" for conjugal life.

[6 oz. bottle Re. 1.]

Maha Cure For Swelling of Testicles

This swelling goes by different names according to various symptoms. It is brought about by a scattering of the fine tissues of the testicle and arises from bathing in extremely cold ponds and lakes, jumping into water, fighting, carrying heavy weight, walking long distances, lying down on uneven surface, abnormal gymnastic exercise, riding fast on cycle, horse-back and in carriages, etc. The fibres of the testicles get distended and hang down at the same time becoming bloated. In some cases, there will be pain without swelling. The accumulation of water in the testicles will bring on vomiting, diarrhoea, and giddiness. The size of the testicles may grow enormously.

It may surprise the reader to know that women are also subject to this inconvenient disease. We do not describe the symptoms here as they are very confidential.

There is complete cure and relief in our specific for this complaint.

[One full course: Rs. 15.]

Mahanjan (Registered)

It removes Headache, Rheumatism, Sciatica, Lumbago, Neuralgia, pains in the joints and other parts, Sprains, relieves poisonous bites and Stings and Cold and Cough.

(One bottle As. 8.)

Maha Kasturi Pills

It is a most valuable and unique preparation for Cold Cough, Fevers, and all infantile cold affections. The phlegm which forms down the throat is removed by its use and perfect digestion is effected.

[Price per bottle : As. 8]

Sterility Cured

Write for Particulars with Four annas stamp.

Maha Chandanathi Thailam

A VERY FRAGRANT AND POWERFUL

BRAIN TONIC

This Oil is the direct outcome of long study of the Ayurvedic System of Medicine and is prepared from very valuable drugs highly praised for their curative qualities. It cures baldness of the head, Loss of Memory, Burning of the eyes, Brain Fag, Short Sight, Melancholia, Headache, Elephantiasis, Cough, Asthma and Consumption : by rubbing a little of this Oil over the head or under the feet while retiring to sleep. For external use only 12 Baths. (12 oz. Rs. 3).

Maha Hysteria Cure

There are many kinds of fits, each of them accompanied by pain in the body, fainting hands and legs remaining motionless, grinning, perspiration in the neck and the head, blood pressure in the chest, shoulders and back, turning of the face to the side of the shoulders, turning of the jaw, ear, lips and eyes, convulsion, passing of stools in paroxysms drying of the throat and tongue, flow of saliva, etc. The fit comes on at sight of water, or if water is sprinkled on the subject, or at sight of fire, or in crowds, or touch. These are frightful conditions, and must be cured without delay as delay may mean danger.

[One Full Course Rs. 10.]

Maha Eye Drops

Our Eye Drops is a best soothing, cooling, and healing preparation. It is perfectly harmless and can be safely administered. It relieves the optic nerves from tension and undue fatigue, removes redness and extra growth of flesh over the eyes, and eye-lids, and cure ulcerations, watering of the eyes, short-sight, redness, sore eyes, profuse flow of tears, purulent discharge, fear or intolerance of light, etc.

[Price per phial Re. 1.]

Maha Panja Sanjeevi

THE CHILDREN'S FRIEND

Children undergo numerous trials before they are set on the path of life free from worry and anxiety. Complaints arising from mistake in the diet, from bowel complaints arising from mistake in the diet, from bowel complications, thinness, weakness, restlessness, itch, boils, scabies, swelling, vomiting cold and a host of other child diseases are completely cured by our rare medicine. It is more than a mother to the children, for while a mother may, by her own diet communicate disease to her child this medicine removes every disease and make children chuffy little angels.

Every mother should possess the Sanjeevi.

[One bottle Re. 1.]

Maha Barani Specific

OR

THE RIGHT CURE OF ALL SNAKE-BITES

The possessor of this medicine can fearlessly and boldly travel anywhere in forests, thick bushy places, mountains, places frequented by snakes, either by day or night. If the medicine is previously used, the snake that bites will immediately meet its death, and the person will be unharmed. There is no harm in using the medicine even if he is not a victim to snake-bite. It will make the body poison-proof.

The tests for ascertaining whether life is extinct or not, and the directions for use are supplied with the medicine.

[Per bottle Rs. 5.]

Maha Cure for Consumption, Asthma, Tuberculosis and Respiratory diseases

There is an idea among people that these diseases are incurable and any announcement of a cure must be humbug. Tamil medicine has anticipated all these diseases and found a cure which has proved efficacious for long years. The consumptive or the tubercular patient is a sorry figure, beyond the pale of the society of friends and shut out from normal life. He is considered an outcaste, and as a danger to his neighbours. Is he to be thrown out helpless? Pity for him must move his friends and relations to obtain cure.

The general symptom of this disease are too well-known but there are a hundred and one minor symptoms every one of them frightful and sorry.

A course of our specific will completely remove all trace of the disease and change the patient into a normal healthy being.

[Complete Course : Rs. 10.]

Maha Cholera Cure

Our cholera cure is quick in action and is so efficacious that we can claim cent. per cent. cure for cases of Cholera.

(One phial : As. 12.)

Maha Scorpion Sting

This is the best specific for Scorpion Sting and will give instantaneous relief. The virtues can better be realised by giving a trial to it than expressed. This is to be applied by putting three or four drops over the part and rub over it well for a few minutes. Relief will be instantaneous and can be used freely to any part of the Body.

[Price : One bottle. As. 8.]

Maha Cough and Cold Remedy

This cough and cold remedy is a well tried specific for all kinds of coughs, simple cough, whooping cough, or cough due to cold and change of weather, or any condition. Its action is immediate and effective. It reinvigorates the lungs and the Patient will feel a quick sense of relief even at the very first dose. It is an indispensable and invaluable companion to travellers and a necessary cure in the household.

[Price per phial : As. 8.]

Maha Substitute for Coffee & Tea

Coffee and Tea drinking have become a regular habit with all classes of people of either sex. At the beginning it may stimulate nerves and make the person busy and energetic. But in the long run, this leads to various forms of diseases, such as biliousness, Diabetes etc. Our substitute contains pure and harmless drugs, such as, Kaya siddhi Muligai, herbs, roots and tubers which were used by the Rishis of old. It has a fine smell and good taste. Coffee and Tea Powder can be safely replaced by this powder and can be used by all of either sex. This will not only purify the blood, but also act as a Tonic and add vigour, energy and vitality.

[Price per tin : Rs 1.]

Maha Dental Ointment

Maha Dental Ointment is an unique and special liquid preparation which cures all diseases pertaining to teeth, swelling of the gums, germs in the teeth, etc. The very first application of the medicine will prove effective.

[Price per Bottle Rs. 1.]

Maha Fever Cure

There are numerous varieties of fevers which do not all show high temperature, and high temperature, does not always mean fever. The administration of quinine in all these fevers not only fails to effect a cure, but often makes the Patients worse. Our fever-cure strikes at the root of the fever in double quick time and completely eradicates it before it can vitiate the blood. A course of this rare medicine will drive every variety of fever once for all, and remove enlarged spleen.

[Phial of 20 pills As. 12.]

Maha Ear Drops

Our Maha Ear Drops is a well tried specific which has a remarkable power in curing Otorrhea, Otitis, Tympanitis, Inflammation and all other distressing diseases of the ear, including deafness (if not longstanding). It is prepared from harmless drugs. It tones the auditory nerves and removes all pains from the head and ears and evacuates the Pus and all other septic matter.

[Price per phial, As. 12.]

Maha Gorojana Pills

This pure Shastric Medicine cures infallibly all the diseases of the children. It is of immense value to them when they suffer from Fevers, Cold, Cough, Apoplexy, Coryza, and Phlegm which forms down the throat. It is an unique preparation and the best remedy for all infantile cold affections.

[Price per phial, As. 12.]

Maha Hair Destroyer

By using our Maha Hair Destroyer, one may very easily remove the hair from the body and there will be no burning sensation or itch or any such thing. It is not poisonous and can be used freely to any part of the body.

[Price : Per bottle, As. 12.]

Maha Ulcer Cure

When the blood in the body is rendered impure by some cause or other, it finds an outlet by way of an ulcer or abscess, and causes pain. The ulcer may be soft or hard, open or closed, dry or wet. The presence of the impure blood in the form of evil-smelling matter of blood or other colour, and its almost continuous out-flow not only gives pain but also keeps the ulcer alive. Impurity of the blood reaches the bones and attacks it there. An ulcer may also be caused by blows, falls, abrasions, contusion, stings, knife cuts or thorns, or by venereal contamination. As the ulcer grows, the growth of germs may be stimulated. The application of our medicine in cases of these ulcers will kill all poison in them, purify the blood and heal the ulcers, and patch up a fresh tissue and skin.

[One bottle, Re. 1.]

Maha Munmatha Kalpam

A surest specific for all Social, Secret and Urinary Diseases. Awarded many Testimonials.

(Price: one Course Rs. 5.)

Wanted agents in Colombo, Galle, Kandy, Ratnapura, Badulla, Trincomlee, Jaffna, Batticaloa and other places for the sale of our preparations on easy and attractive terms. Please apply for further information.

The Tamil Nadu Ayurvedic Pharmacy, Ltd.,

P.O. Box No. 278, Madras.

KESARI PRINTING WORKS, MADRAS.

An Announcement

We have the pleasure to inform the public at large that, besides prescribing several medicines as detailed in this booklet, we also undertake patients under our special treatment. Our physician-in-chief and the Renowned Pulse Specialist, Bhishag-Ratna Pandit Dr. E. S. Gopan is always at your disposal and you can have him consulted either in person or put him with the necessary particulars by correspondence, and he will prescribe suitable medicines, after accurately diagnosing your disease, and offer the best and desired treatment. Our cures for almost all the ailments are guaranteed and everlasting and we shall give our patients our utmost attention and care and thus do the needful to their entire satisfaction.

For the convenience of the people in Ceylon, we have arranged to put our consultation in several places in your Island and we have done so on former occasions. Our chief physician, Dr. E. S. Gopan, is visiting your place once in two or three months and doing his utmost for the suffering humanity. All the citizens of Ceylon we hope will certainly avail the opportunity of consulting our Physician in person and we assure them our utmost care and attention. Cures guaranteed in cases of Diabetes, Paralysis, Rheumatism, Insanity, Female Disorders, and all other chronic and complicated ailments.

For those who may find it difficult to consult him in person we invite their correspondence, giving in detail all of their ailments, and we shall prescribe suitable medicines and bring about the complete and everlasting cure instantaneously.

We earnestly solicit the kind patronage and assure our best and ready attention in all cases.

THE TAMIL NADU AYURVEDIC PHARMACY, LTD.,
P. O. Box No. 278, MADRAS.

Kayasiddhi Makaradhwaja

King of nervine tonics
Approved by every test
Youth and vigour ensured
Armour for diseases of any type
Sovereign remedy for lowered vitality
Imparts new life and energy
Do not be despaired of lost vitality
Destroyer of complicated ailments
Heavenly gift
Infalible specific for any disease
Matchless in the medical world
Annihilates nervous weakness
Keeps you fit to enjoy pleasurable life
Ayurvedic preparation of best value
Rejuvenates the entire system
Awarded gold medals and certificates
Diffuses blood throughout the system
Happy yourself by using a phial
Wonderful effect guaranteed
All can use without any restriction
Jewel of Ayurvedic medicines
A real boon to suffering humanity.

One phial of 40 pills for complete course Rs. 5.

The
Tamil Nadu Ayurvedic Pharmacy, Ltd.,
Post Box No. 278, MADRAS.

Tel. Address :

"KAYASIDDHI" Madras.

Phone :

No. 3767.

KESARI PRINTING WORKS, MADRAS.

98

Registered No. M. 2440.

THE
TAMIL NADU AYURVEDIC JOURNAL

Devoted for the Up-Keep of Health

Edited by:—Bishag-Ratna Pandit

E. S. GOPAN

Vol. 3.]

December 1931.

[No. 12.]

CONTENTS

3
—
A NEW LIGHT ON TUBERCULOSIS
SEA BATHING AS A MEANS TO HEALTH

Annual
Subscription

Re. 1.

Single
Copy

As. 2.

Published by:—

Pandit E. SRINIVASACHARI
Physician and Managing Director,
The Tamil Nadu Ayurvedic Pharmacy, Ltd.,
44, GOVINDAPPA NAICK STREET,
Post Box No. 278, Madras.

Tel. Address:

"KAYASIDDHI"

Madras

Phone:

No. 3767.

THE TAMIL NADU AYURVEDIC PHARMACY, LTD.

Solve the Riddle of your Life by answering the following questions :—

Sex.

Ago.

Married or single.

Nature of the constitution.

Are bowels free ? Nature and colour of stools.

Condition of the eye and teeth.

How many times do you urinate in 24 hours ?

Nature of urine, coloured, or clear ?

Have you burning sensation or discharge of semen when passing urine ?

Nature of appetite and digestion.

How is your taste ?

Do you get sound sleep ?

Had you any poisonous stings ?

Are you subject to any Venereal complaint ?

Previous treatment if any—

Probable origin of the complaint—

FEMALES.

In addition to the above please answer the following questions :—

Is your menstrual flow regular ?

Have you any menstrual disorder ?

Is there stomach pain during the menstrual period ?

Was there abortion or miscarriage at any time before ?

Is there any issue ?

THE TAMIL NADU AYURVEDIC JOURNAL

Monthly Medical Journal for the
Preservation of One's Health

Vol. 3.] DECEMBER, 1931 [No. 12

A NEW LIGHT ON TUBERCULOSIS.

Tuberculosis is the infection of the organism by a micro-organism called *Bacillus Tuberculosis*. *Bacillus*, from the latin word '*Bacellus*' which means stick, was discovered by Koch in the year 1882, a date which marked an era of new light thrown on the history of human ailments. Since then, there is hardly a doctor, a pathologist, or a chemist who was not anxious to find a cure for this disease. Practically every day we hear of new discoveries, some new chemical compound being thrown in the market and advertised wholesale as being specific for tuberculosis and it is not place here not my aim to go through the list of these so called specifics as time and experience has shown that tuberculosis is not amenable to any specific cure like quinine for malaria and emetine for dysentery and specific vaccines for their respective diseases, ect., for the simple reason that the *Modus Vivendi* and *Modus Operandi* of the Koch B. is unlike other micro organisms.

The Koch B. is not a migratory bacillus nor is it a very active bacillus, that is to say, it does not move about snake-but trenches itself in an external cover in a shell called a tubercle and remains there throughout its life. Tubercle

bacillus appears under the microscope in the form of tiny, thin rods of 3 to 6 μ . Sometimes it is slightly curved and at others a granular aspect with alternation of coloured and uncoloured points. This, of course, is intended to refer tuberculosis bacillus in the human organism. These bacilli present themselves differently in cultivated land, where they are found united into masses or into voluminous bunches. As to the colouring, Koch's B, colours itself slowly and with considerable difficulty with the aniline bases. But once coloured it rarely loses its colours. It resists Gram, and is acid Alcohol fast.

Regarding its cultural characteristics it is well to note that Koch Bacillus does not sprout and germinate with the ordinary means of culture. But it develops exceedingly well on a glycerinated ground at a temperature of 38°C . Culture could be had into two forms, the solid form which is glycerinated serum, gelatinised and glycerinated blood, gelatinised and glycerinated yolk of egg.

Cultivated in this way, the growth appears about the fifteenth day of culture but may be seen clearly developed at the end of the fourth week. They appear in the form of small dry scales of various colours, reddish, yellowish or whitish. The colour is more sticking and visible on the potato than on any other means of culture. Every culture has the odour which so characteristic of T. B. growth.

Among the liquid media, we may mention glycerine and sugar broth in which the bacillus germinates wonderfully. A sort of veil begins to form on the surface of the liquid, at first very fine, then a little later thicker and finally almost wrinkled. After about thirty days, this veil ends by falling towards the bottom of the glass vessel, leaving the broth over it perfectly limpid.

The tubercle bacilli or obligatory aerobes, requiring free oxygen for their maintenance of life activity, and

propagation. In artificial media they grow very slowly, much more slowly than most bacteria which are not Acid Alcohol fast; they proliferate very slowly, and other saprophytic micro-organisms which happen to live with them soon outnumber them. It is also worthy to remember that it is difficult to cultivate them directly from tuberculous lesions, secretions, and excretions of patients known to contain T. B. But once they have been cultivated, it is rather easy to transplant them to another culture of the same media, and growth is even more luxuriant in the subsequent cultures.

Now when we examine these facts in relation to the human importance of human infection and the lesion it produces, we find that T. B. is an individual disease, not like small-pox or pneumonia, plague or cholera, but its effects are strikingly dissimilar and that it is very rare indeed to find two cases identical as the past experience has proved it.

Human Bovine and Avian B.—The conclusion of the British Royal Commission re: these three stains, are to the effect that it is advantageous to distinguish three types of T. B., recognisable by their individual characters; these are the human, bovine and the avian. The human type, although so named is not the only one found in cases of tuberculosis in man. It is the organism present in majority of such cases, but in some cases of human disease the bacillus present are of the bovine type, and in other the bacilli have special characters distinguishing them from each of the principle types. In natural cases of Tuberculosis in cattle the only type of bacillus present is bovine type.

It is strange indeed that the T. B. should lengthen or shorten itself according to the media in which it is cultivated. Sometimes it is 1 μ , and at other time it is $6\frac{1}{2}$ times that length. This paradoxical behaviour though found in some other bacilli, is rather a curious phenomenon and one may suspect

that there is a physiological factor bearing an important relation to virulency and immunity, as we do not of any known other being in animal kingdom shrinking and stretching like a concertina from generation to generation.

William H. Park concludes from extensive study of the subject that Tubercle Bacilli, as isolated from man, fall into two groups. One of these groups is identical in all its characters with those found in cattle.

Bovine types are comparatively harmless and give a sort of immunity to the organism against human type, that is to say it does not save man from the glandular, bone, skin or membranous tuberculosis but saves him from pulmonary human T.B. and it is very rarely that both types of bacillus could be found in the same organism. Hence if we see a patient having cervical glands enlarged, tubes mesenterica, Pott's disease, cold abscesses, caseous formation, etc., it would be almost superfluous to look for pulmonary phthisis; and if on examining the chest we find rales, haemoptysis and suspect cavities, we must remember at once there are other pulmonary affections which symptomatically lead us to believe in the presence of pulmonary phthisis; of these the most common ones are actinomyces, cancer, strep to trichosis, abscess in the lungs broncho-pulmonary spirochaetosis, syphilitic abscess, pulmonary lesions in cardiac patients, gangrene of the lungs, pleural vomicae, chronic bronchitis bronchiectasis, collapse of the lung, hyperthyroidism, etc.

The differential diagnosis of these various diseases could be ascertained by glancing at a chapter dealing in any text book of pulmonary phthisis.

Just the reverse takes place for a real case of pulmonary phthisis. It is very seldom, indeed, that we meet with any other form of tuberculosis in this kind of patients and if anything is present in the form of skin or gland affection we are almost compelled to look for a secondary

infection. But we cannot possibly accept any further damage to the organism as due to T.B. except the one already existing in the lungs. The reason is quite obvious. It is a fact known bovine phthisis cannot inhabit the lungs for a long time without being destroyed by the presence of the excessive cholesterol and other anti-bodies which are excreted as a result of the local irritation that the bovine bacillus produces by its own toxins as has been definitely demonstrated by Kitasato and Florio who could never get a culture from the sputum of a patient infected with bovine phthisis though the T. B. was present in the sputum bovine phthisis ends in most cases in a spontaneous cure. The same happens whenever human T.B. is set free into the human blood circulation or any other part of the body where it had no chance and no time to fortify itself by building a tubercle round itself, because any foreign fatty body is at once absorbed from the muscular tissue and thrown into the blood circulation where the presence of minute quantity of cholesterol, CO₂, Lactic acid, and free protein do the needful in splitting the fat and use it for heat purpose and this is why T.B. is very seldom found in the blood circulation.

SEA BATHING AS A MEANS TO HEALTH.

(Continued from October Issue).

And it is quite easy with any reflex exercise of this kind to over-tax the strength. The individual need not use mental energy to determine how to swim or move about in the water. Therefore one is apt to let oneself go.

Swimming is the finest exercise known, as every muscle in the body comes into play. And if the weakling shows due care to restrain any sudden energy and takes it easy all the time, I fail to see what harm can result.

Precautions:—So long as the process is gradual and the sensation of well-being which salt water should produce can be felt after the bath the individual must be deriving benefit.

Elementary precautions must not be forgotten. Food must be properly digested before we go into the water, which means no bathing till one or two hours have elapsed since a meal.

The reason for this is that the shock of going into the water causes the blood to flow out to the skin instead of carrying on its normal function in the digestive organs. And the result is indigestion and headache.

Cramp is usually caused not so much by this immediate neglect as by poison resulting from a body which is not functioning properly day by day.

Plenty of green food and very little meat should be eaten by anyone in preparation for a bathing holiday.

I always regard the people of Southern Europe, together with many native races, as examples of what sea and sun can accomplish.

7

These people are continually gay. Many of them are distressingly poor and cannot obtain the nourishment they require in actual food. But sun and sea make up for the lack of it.

Avoid Chills:—In our unfortunate climate, of course, there is the danger of chills from stopping too long in the water or from lying about in a cold wind.

If chilled you are all the more liable to exhaustion and the body should be well rubbed and a hot alcoholic drink taken. I do not advocate a fresh water shower after sea bathing.

It may be convenient to free the hair from any sticky substances in the sea water. But why take what the sea has to give and then wash it away?

Deafness Danger:—Much better lie in the sun after the bathe and let any goodness from the sea water work its way through the tissues.

There is the question of deafness as a result of bathing. People with perforated ear drums (a common and often unsuspected complaint) should not bathe in sea water without first consulting an aural specialist, as any salt water passing through may cause serious harm. Faulty diving from any height is bound to cause some conclusion to the abdomen and all but experts should shun the high diving board.

If you want to ensure against the effects of cuts from broken bottles and sharp pieces of rock (and these cuts can be very bad at times) it is a good plan to have a little tincture of iodine handy.

Nerve Effects:—Do not forget, if you cursed with feeble circulation or any kind of weakness, that the sea is always rougher than it looks and the force of the waves is much greater than it seems from the shore.

The movement of the water is exercising an effect, however small, on the nerves of your skin all the time.

Finally, you may be quite sure of this. Sea water acts as a definite stimulant. The salt solutions of the Mediterranean are said to be richer than those in our seas. But our own contain quite enough.

The magic of the sea has never yet been fully explored. Nor has that of the sun. But we know this. That in conjunction they produce an effect which cannot be obtained from any normal holiday in the country.—(*Indian Daily Mail.*)

OURSELVES



THE TAMIL NADU AYURVEDIC PHARMACY LTD.



The prime object with which the Tamil Nadu Ayurvedic Pharmacy, Ltd., was founded in the year 1925 was to resuscitate the Ancient Siddha Ayurvedic Science, from the depths to which it had been hurled down by centuries of ruthless neglect, and to establish once more its proud position in the front rank of medical science. It was with this sole aim the above Pharmacy was started by its Managing Director and Physician, Pandit E. Srinivasachari.

Within the very short period of its existence, the fame of the Pharmacy has spread far and wide, not only throughout the length and breadth of India, but in foreign countries also, like Burma, Ceylon, Malaya and East Africa. Ever since its inception, the popularity of the Pharmacy has been steadily on the increase. The number of patients treated and the sale of medicines have been increasing year after year. Encouraged by this popular support, the Directors of the Pharmacy unanimously decided and opened a Branch at 193, Mount Road, Madras, for the convenience of the patients in the City. The business and popularity of the preparations increased by leaps and bounds, and the zeal and liking of the foreign patients to undergo our treatment enormously increased. To cope with the demand and for the convenience of the foreign and outside patients, our chief physician, by previous engagements, is travelling throughout India, Ceylon, Burma and Straits Settlements to study the cases in person and to offer the best treatment possible.

And also to meet the great demand for medicines and enormous increase in the correspondence for treatment, we have very much improved the Laboratory with required establishment and the same is being attended to by many able

Physicians and also personally supervised by our Chief Physician Bhishag-Ratna Pandit E. S. Gopan and Pandit E. Srinivasachari, Physician and Managing Director. The fact we are doing very sincerely for the suffering Humanity by supplying the most genuine and Sastric preparations with careful attention paid to every individual requirements may be easily gleaned from the hundreds of testimonials which are being received every day and also the glowing tributes paid to us by the various papers, all over India and Ceylon. The Siddha Pharmacopia is the oldest system of science for healing, handed down to the public in the way of Guru to Shishya (disciple) long, long ago. This method has made it possible to maintain the secret knowledge thus gained and this is the only real effective system suited to the people of Tropical countries which we can deliberately vouchsafe, as it is proved to be the case by our long research with the help of our chief Physician, Pandit E. S. Gopan.

Pandit E. Srinivasachari, by completing such true Shishyahood under many Gurus and by association with several Mahans and Sadhus from Cape Comorin to the Himalayas, obtained vast experience for over twenty years in medical practice and is healing several chronic cases with the help of Muligas revealed to him during his vast period of research. The Pandit is therefore endowed with unique qualities which make him fit to cope with the task entrusted to him.

Our Renowned Pulse Specialist and Chief Physician, Bhishag-Ratna Pandit E. S. Gopan, hails from a historic family of South India and his ancestry of uncles have studied for the past three centuries and over, the Siddha, Ayurvedic Systems to the highest degree of proficiency and practising the system of treatment with a great measure of success. It may be mentioned here this historic family from which our Chief Physician descends was given lands worth about several thousands of rupees in appreciation of the service by Nawab Doss Ali Khan in 1725 A. D. The Pandit, by associating with many renowned Mahans, and by his own experience in having witnessed several treatments demonstrated to him by them, is in a position to treat cases wonderfully with much success. Another important feature of the Physician is the specialisation in the PULSE SYSTEM which he has perfected

with the originality of his own research works with the ancient Sastras and he can diagnose the cases accurately without asking the previous nature of the case, by mere Pulse Reading. In this art of diagnosing cases with a original proficiency in Pulse Reading, there is none to beat our Physician who has already a brilliant record in medical practice to his credit and several newspapers have published in their columns their high appreciation of the work of the Pharmacy and the skill of the two Pandits in curing all complicated and chronic ailments in a short time.

The following are some of the Papers that have reviewed their work:—

- The "Pioneer" Allahabad.
- The "Bombay Chronicle" Bombay.
- The "Indian National Herald" Bombay.
- The "Indian Daily Mail" Bombay.
- The "Hindustan Prajamitra" Bombay.
- The "Sanj Vartaman" Bombay.
- The "Hindu" Madras.
- The "Nagpur Mail" Nagpur.
- The "Maharashtra" Nagpur.
- The "Swarajya" Madras.
- The "Tamil Nadu" Madras.
- The "Daily Express" Madras.
- The "Andhra Patrica" Madras.
- The "Rangoon Daily News" Rangoon.
- The "Ceylon Independent" Colombo.
- The "Swedashiyamitriya" Colombo.
- The "Ceylon Morning Leader" Colombo.
- The "Daily Post" Bangalore.
- The "New India" Madras.
- The "Hyderabad Bulletin" Secundrabad.
- The FREE PRESS OF INDIA, BOMBAY

All the medicines in the Pharmacy are prepared under the immediate supervision of the two Pandits with great care

and precision as advised by their Gurus. The Public may therefore expect that the preparations are of highest potency in the cure of disease. We take greatest pride in preparation of these medicines and their work of cure. We shall consider our labour fully recompensed if our patients are cured of their ailments and are put on the road to Good Health. We take this opportunity for thanking the Public for their support, and we do not think it too much to solicit their continued patronage in the future.

A few of the Testimonials of different diseases.

M. R. Ry. V. C. Seshachariar, Avl., B. A., B. L.,
Advocate and Editor, "The Law Weekly"
Madras.

I have very great pleasure in testifying to the fact that I have, for some months past, been using "Kayasiddhi Makaradhwaja" specially prepared as a Nervine Tonic by the Tamil Nadu Ayurvedic Pharmacy, Ltd., and I can confidentially recommend it to all who, owing to continued illness, are in a run down condition. It strengthens the nerves, builds up the tissues and enriches the blood. The effects are very pronounced even during a short course of using the Bathing Oil furnished to me by the above Company known as Vettivar Thailam has a very cooling effect. I heartily wish every prosperity to the two good brothers and to this great institution which is in their kind charge.

Myanjan Sahib, 4, Roomshee Kerk Street, Sorabaya,
Java.

By using your Kayasiddhi Makaradhwaja, I feel very strong, and my baby is improved to the greatest extent. I am not exaggerating when I say that it works magically and wonderfully. I wish you success.

Dr. R. N. Sexena, L. M. P., P. S. M. S., Senior Medical
Officer, Mental Hospital, Agra.

Your Kayasiddhi Makaradhwaja is really a tonic of its kind. Notably it is useful in restoring lost vitality, vigour and energy. It is a boon to sufferers of Nervous Debility, Backache, Spermatorrhoea, etc. I would strongly recommend its use to the Public.

Mrs. N. Siegertsy, Vihare Lane, Wellawatte, Colombo.

"As luck came our way, you have been more than kind as to have cured her as no other doctor I suppose could have done in the whole of Colombo. I shall, up to my dying day, never forget your kindness."

Mrs. F. S. Wijagoonuwardene Ratmalans South, Mount
Lavinia, Ceylon.

The medicines you were kind enough to send me for my chronic indigestion have done me immense good and I am ever grateful to Dr. E. S. Gopan for the correct diagnosis of my illness.

Williams, High Street, Kuala Lumpur, F. M. S.

Your one phial of Kayasiddhi Makaradhwaja, which I used for Chronic Colic patient for over 25 years standing, has given very wonderful effect. I used several English, American, and native medicines for the last 5 years, but it is this God-send Sanjeevi medicine that has relieved him of this long-standing complaint.

Nandisena, Esqr., Dondra, (Ceylon).

Though several clever doctors told me, that the severe sickness which had attacked me is an incurable disease, yet learned Dr. E. S. Gopan has entirely cured with a few medicines, and has given me entire satisfaction and everlasting happiness and joy. It is therefore my duty to thank from the bottom of my heart Dr. E. S. Gopan. "The sickness of Consumption which prevailed in me as an envelope of entire darkness is made to shine by the sun, Dr. E. S. Gopan, in the glory of Stars."

T. R. Naidu, Esq., Retd. Supdt., Officer of the Chief Engineers, P. W. D., Nagpur, C. P.

Dr. E. S. Gopan's examination of the *Pulse* is the most wonderful part of the Pharmacy, for, it unravels the root cause of the disease, no matter what the nature and duration of the disease is. Without being told anything, he, by his wonderful Pulse Reading, accurately described the nature of the disease. I have no hesitation in stating that any one in need of Expert advice cannot do better than consulting Dr. Gopan, the Renowned Pulse Specialist.

Mrs. L. L. Ahlys, "Hill Rise," Nugegoda, Ceylon.

My daughter is quite alright now by using your Cure for Menstrual Diseases. I shall have the greatest pleasure to recommend your medicine to any of my friends who may require it.

R. Arulappan, Treasury, Kuala Lumpur, F.M.S.

I beg to offer my sincere thanks to you for having completely cured me from a disease which had been a misery to my life for over 6 years. I was suffering from Chronic Dyspepsia having all kinds of troubles. I tried many European patent medicines, treated in Hospital and by private practitioners and even Chinese and Indian Physicians. Thank God, though far away, you Physicians, did marvelously understand my disease and with a course of 10 days' special medicine, the Chronic Dyspepsia of 6 years' standing, which European and native physicians could not cure has at last been cured. It is beyond my power to thank you adequately for the relief given to me.

G. C. Doss, Station Master, Gadigam, M. & S. M. Ry.

Extremely glad to inform you that my wife gave birth to a female child on the 5th Feb. 1927. The Maha Oil you kindly gave her for easy delivery did wonders and she had easy delivery for which I thank you and the Almighty. I hope many sufferers will be benefitted by such medicines.

Rao Bahadur M.R.Ry. P. N. Jambulingam Avl., B.A., Fellow of the Royal Empire Society.

I have known the Tamil Nadu Ayurvedic Pharmacy ever since it was started. I have recommended a number of patients particularly consumptives who were left as hopeless by English Doctors. It was marvellous that some of them showed decided signs of improvement within a fortnight. I have personally used Kayasiddhi Makaradhwaja. They are wonderful in their effects. I am sure there is a great future for the Pharmacy.

S. A. Ramasamy Iyer, School Master, Porayar, Tanjore District.

I am glad to inform you that your Maha Kayamiratham did immense good to my wife and it is a healthy tonic to women.

A. Venkatappiah, A. S. M., Nayudupeta, M. & S. M. Ry.
Your medicines Madanakameswari Leghiyam and Sandana Sherbet have done much good to me. Please send one tin of Madanakameswari Leghiyam and one bottle of Sandana Sherbet.

P. P. Kolas Utan (Thana Dt.)

I write this to inform you about the lady patient for whom I ordered from you the cure for menstrual diseases after taking the medicine, she had menses. Now her health is much better than what it was before menses.

Panchabhava Vadiraja Charlu, Esqr., District Board Office, Cuddapah.

I have great pleasure to inform you that I keep sound and good health after taking your 'Kayasiddhi Makaradhwaja' Pills you sent to me. I have recommended its use to one and all of my friends and I am sure that they also have good words to say.

Umashankar Bajbai Esqr., Judge, High Court, U. P., Allahabad.

"I was examined to day by Dr. E. S. Gopan, the Pulse Specialist of the Tamil Nadu Ayurvedic Pharmacy Limited, Madras, and I have much pleasure in stating that his diagnosis corresponded with that given by Allopathic doctors after a thorough examination of urine, stools, and chest, etc. I think he is a very efficient Pulse Specialist."

Hon. Dewan Bahadur Sir M. Krishnan Nair, B.A., B.L., Law Member to the Government of Madras.

I visited the Tamil Nadu Ayurvedic Pharmacy, Ltd. The Institution is apparently doing good work. I wish the Institution and Dr. E. S. Gopan, the physician in charge of it every success. From what I saw of it, I can say that the institution deserves encouragement.

A. Venkataraman, Esq., Barrister-at-law & Advocate, Land-holder, Narasapur.

I have known the Tamil Nadu Ayurvedic Pharmacy for over three years. I have recommended a number of consumptive patients who were all treated before by English Doctors and given up. Dr. Gopan has taken up those cases and cured most of them. I have tried their Kayasiddhi Makaradhwaja (regd.) pills; they have given me entire satisfaction as the best Nervine tonic. The redeeming feature of the Pharmacy is that Mr. Sreenivasachariar treats all the poor cases gratis. I wish the Pharmacy every success.

Rao Bahadur P. T. Kumaraswamy Chetti Garu, B.A., Ex-M. L. A., President, Corporation of Madras, Member of the Senate.

Of late I came to know that Dr. Gopan & Pandit Sreenivasachari are treating patients in the Tamil Nadu Ayurvedic Pharmacy and though I have not used the medicines that are presented and prepared by the Pharmacy, yet I am confirmed by the impression in the public eye that they are doing genuine work and their work is commendable. As regards Kayasiddhi

Makaradhwaja (regd.) I am also informed by my friends that it is very efficient and is one of the best Nervine tonics prescribed.

Sir K. V. Reddi Garu, B. A., B. L., Ex-Minister to the Government of Madras and now the Agent-General to the Government of India in South Africa.

I have inspected the Tamil Nadu Ayurvedic Pharmacy Ltd., and found that the system of preparing the medicines is purely Ayurvedic. To those who believe in this System the medicines supplied from this Pharmacy will be found to be quite satisfactory. I wish it every success.

The Rajah of Khallikotta & Attagadar.

I visited the Tamil Nadu Ayurvedic Pharmacy and was very interested to have a look at the medicines prepared purely on Ayurvedic System. The Pharmacy is doing very useful work and deserves every encouragement. Pandit Dr. E. S. Gopan is to be congratulated on the useful work he is turning out and for his special treatment by the feeling of Pulse. The special preparation (Kayasiddhi Makaradhwaja) is very well spoken of.

Dewan Bahadur A. M. M. Murugappa Chettiar, Avl. Sheriff of Madras, Banker, Nattukottai Nagarathar Association.

I visited the Tamil Nadu Ayurvedic Pharmacy, Ltd., conducted by Pandit E. Srinivasachari, Managing Director and Dr. E. S. Gopan, Pulse Specialist. The institution is doing very good work. I wish the Pharmacy every success.

Raja R. K. Ranga Rao Bahadur, Raja of Kirlampudi

Writes:—

I have visited the Tamil Nadu Ayurvedic Pharmacy, Ltd., conducted by Pandit E. Srinivasachari, Managing Director and Pandit Dr. E. S. Gopan, Pulse Specialist and inspected the medicines prepared by the Pharmacy and special mention may be made of Kayasiddhi Makaradhwaja, the Nervine Tonic Pills, which has been spoken of very highly, by the

testimonials. And also special mention may be made of diagnosing diseases by Pulse System by Dr. E. S. Gopan which is very efficient. I wish the Pharmacy every success.

Hon. Rao Bahadur C. V. S. Narasimha Raju Garu,
Ex-President, Madras Legislative Council, &
Surya Rao, Esq., President Religious Endow-
ments Board, Madras.

Mr. Surya Rao and myself visited the Tamil Nadu Ayurvedic Pharmacy and we are much pleased to see that the medicines are being freely used and are very popular. We are well impressed with the testimonials Dr. Gopan has obtained regarding the efficacy of his medicines and the special knowledge he has shown regarding pulse. We wish him every success.

Hon. Dewan Bahadur A. Ramaswamy Mudaliar Avl.,
Ex-President, Madras Corporation and M.L.A.

It has given every great pleasure to visit this institution and to be shown the various medicinal preparations which are for sale here. The Pharmacy contains medicines for many acute diseases and I learn from Dr. Gopan that he has a special patent medicine for tuberculosis, which is the scourge of the country at present. I was much struck by the features of all the preparations. The institution is run by the brothers who are both well educated and have a knowledge of their work. I am sure there is a great future for the Pharmacy. I wish it all success and endorse the appeal for its generous support and encouragement.

Hon. S. Muthiah Mudaliar Avl., B.A., B.L., Ex-Minister of Public Health, Govt. of Madras.

I had the pleasure of visiting the Tamil Nadu Ayurvedic Pharmacy of Dr. Gopan this evening. I am glad to find that the medicines are popular. The institution is run on modern lines. With the same success. Dr. Gopan is also treating patients. Indigenous system of medicine requires encouragement and advertisement. I am sure Dr. Gopan's efforts will be fruitful.

Dewan Bahadur C. V. Renga Reddi Garu, Late President, Hindu Religious Endowment Board.

Visited the Pharmacy at the kind invitation of Dr. Gopan. have been very much pleased with what I saw in it. The medicines are manufactured under the direct supervision of Dr. Gopan and Pandit Srinivasachari. I understand that these doctors are even curing advanced cases of consumption by special treatment. Dr. Gopan is said to be an expert in diagnosis by feeling the pulse. The Pharmacy is very popular and I wish the institution every success.

C. Venkataramaniah, School Master, Prys. Boys' School, Closepet, Bangalore Dt. writes :—

Allow me to express the following. You are aware of the fact that I had been twice to you and intimated the disease of my boy and used "Kayasiddhi Makaradhwaja" of your Pharmacy. It is no exaggeration to tell you that it saved the life of my boy. Even now I believe that you will send me a bottle of your "Kayasiddhi Makaradhwaja" by post and oblige.

Hon. M. R. Sethurathnam Iyer Avl., Ex-Minister of Development, Govt. of Madras.

I had the pleasure of visiting this institution this morning and was pleased to find the good and useful work which the Doctor brothers, Pandits Srinivasachariar and Gopan are rendering to the public. The institution is run on modern lines and the medicines are purely Ayurvedic preparations which deserve encouragement. I wish the Institution all success.

B. Nagappa Esq., Retd. Legal Remembrancer & Law Secretary to the Govt. of Mysore, writes :—

I am pleased with the treatment accorded to the poor patients by Dr. Gopan and his brother Pandit Srinivasachari of Tamil Nadu Ayurvedic Pharmacy, Ltd., Madras of Kayasiddhi Makaradhwaja fame.

I am impressed with the diagnosis of the diseases by mere pulse reading by Dr. E. S. Gopan. I wish the Pharmacy every success.

144335

M. R. Ry. A. Rangaswamy Iyengar **Avl., B. A., B.L.,**
Ex-M. L. A., Editor, "Hindu," Madras.

It has given me great pleasure to visit this Pharmacy which I find is maintained and run on business lines. I had heard of Dr. E. S. Gopan's popularity as a pulse specialist even in Bombay and I am glad to find that he is by his practice and study increasing his knowledge of the diagnosis and treatment of diseases and illness by this method. Both he and his brother come of a well-connected family of physicians and the hereditary knowledge and skill they have inherited ought to prove of great value to them in their work which is nowadays so much in need in the service of humanity. I wish them and their Institution every success.

M. R. Ry. Rao Bahadur B. V. Sree Hari Rao Naidu
Garu, Inspector-General of Registration, writes:—

I have had ample opportunities to test the efficacy of Dr. Pandit E. S. Gopan's Kayasiddhi Makaradhwaja and the Pandit's abilities as a Pulse Specialist and have great pleasure to testify to the marvellous way in which he diagnoses cases. His Kayasiddhi Makaradhwaja has proved very beneficial to me. I wish the Doctor's Institution continued prosperity and success in the medical field.

K. Bhasyam Iyengar Esq., B. A., B. L., Advocate,
Madras, writes:—

I have used their medicines and tonics and found them both beneficial and effective. The Kayasiddhi Makaradhwaja is a good nervine tonic.

B. N. Vijaya Deva Esq., M.A., Barrister-at-law, Public
Prosecutor & Government Pleader, Bangalore
Division, writes:—

They are capable in their line and their medicines like Kayasiddhi Makaradhwaja and other specifics are popular. I wish every prosperity to the two gentlemen.

Revised Catalogue : This cancels all the old prices

VIM ! VIGOUR !! VITALITY !!

KAYA SIDDHI MAKARADHWAJA

(REGISTERED)

THE GREAT GENERAL TONIC PILLS

PREPARED WITH GOLD

Kayasiddhi means the preservation of human body from all illness and weakness. Rishis of old used Kayasiddhi Muligai for keeping their bodies free from illness and full of vigour throughout life. They knew the secret potency of the Muligai.

Our principal medicine is the compound of Kayasiddhi Muligai and the purest Makaradhwajam. Obtained from the correct sources and compounded in the approved manner, these two ingredients form the basis of the most potent nervine tonic.

It cleanses the blood, purifies it and infuses strength-giving properties into it, and, through it, attacks the diseased spots in the body and roots out every complaint. The patient taking a course of the tonic begins to feel the new strength coursing through the veins almost from the beginning.

It is a valuable and surest cure for Nervous Debility, Impurity and Poverty of Blood, Loss of Memory, Giddiness, Palpitation of the Heart, Asthma and Consumption, all Stomach Troubles, Loss of Appetite, Diarrhoea, Dysentery, Cholera,

Fevers, Backache, Loss of Vitality, Spermatorrhea, Eczema, and all other Skin Diseases, Eruptions and Leprosy.

Nervous debility, that too general complaint in modern life, has no more potent corrective, than Kayasiddhi Makaradhwaja. The shattered nerves, weakened by a variety of conditions, such as worry, overwork, excesses in youth and middle age, receive fresh life with every particle of Kayasiddhi Makaradhwaja.

Students, intellectual workers, lawyers, professional men, and others whose nerves are liable to break down, will find this tonic a great boon to them in the recovery of health.

The poor specimens of humanity often seen in life emaciated, broken down and incapable in early youth sighing for the enjoyment of life which to them is denied, need no more despair. Kayasiddhi Makaradhwaja will put them on their legs again, send a current of fresh life, vim, vigour throughout their body and fit them for life.

To those who had left youth behind and feel its want, this tonic will bring back good health quickly, positively and permanently.

Kayasiddhi Makaradhwaja is a general all round tonic for all ages which can be taken without any restrictions of diet, climate or season.

80 pills for 40 days Rs. 10.

40 pills for 20 days Rs. 5.

[Full Directions with Phial.]

Maha Jeerakathi Leghiyam

A HEALTH CONFECTION

This is a sweet preparation of various fruits, muligais, and other ingredients from a formula practised for several centuries. It is intended for the diseased and the healthy of all ages and both sexes, in all seasons, as a light "keep me fit". Jeerakathi Leghiyam removes Biliousness, Bloodlessness, Jaundice, Indigestion, Colic-Vomitting, Weakness, Loss of Appetite, Constipation, Giddiness and impure blood, stimulates the circulation of blood, re-builds lost strength and generally keeps one fit. A daily use of this leghiyam prepares one for good health always and avoids all minor complaints.

[1 seer 24 tolas Rs. 2.]

Maha Tooth Powder

A medicated dentifrice specially prepared to cure all dental diseases such as toothache, bleeding, swelling of the gums, rotten teeth, germs in the teeth, etc., and to clean teeth and mouth and remove bad smell. Its regular use keeps the teeth firm and solid lustrous and purifies the breath and makes the mouth sweet.

[One tin annas 2.]

Maha Night Pills

The regular clearance of the bowels is the primary condition of health. Where constipation or irregularity or change of colour of the stool appears, one may be sure trouble is brewing. To enable everyone to have the bowels cleared regularly and normally without the worry of a purgative we have prepared these night pills from various muligais. A pill in the night gives the bowels the power to perform their work properly and expel all refuse. Useful for young and old of both sexes. Perfectly harmless laxative.

[Box of 20 pills As. 8.]

Maha "Gulmaroga Nivarani"

OR

THE CURE FOR DYSPEPSIA

Dyspepsia is one of the host of diseases and it is characterised by such symptoms as bloating of the stomach, constipation, weakness, Flatulence, Indigestion, fullness and tightness of the stomach, pricking pain in the abdomen, nervous pain in the head and neck, wind and stomach, ulceration in the stomach, creeping sensation like those of ants in the affected parts, acidity, coloured stools, perspiration, burning sensation in the body, yellowness of the skin of the face and body, drowsiness, redness of urine, excessive heat in the system, formation of phlegm in the throat, vomiting, reeling of the head when exposed to sun's heat, thirst, sleeplessness, fever, chilliness, nausea, nasal catarrh, discharge of forces while straining, hard breathing, Laziness, Palpitation of the Heart, Cough, watering of the mouth, fear, choking sensation as if by smoke in the throat, heaviness of the Head, trembling of the limbs, purgings, and Presence of hard ball-like thing in and hardness and bloating of the stomach. Dyspepsia attacks some people in the morning till 10 A. M. others from 10 A. M. to 2 P. M. and certain others from 2 to 6 in the evening, causing great pain. In other cases, it lasts the whole night or even at all times.

The 'Cure for Dyspepsia' which we have prepared, cures such ailment as Indigestion, swelling of the stomach, numbness in the body, pain in the hips, false appetite and others referred to already, besides clearing the stomach of all impurities, regulating and correcting the bowels, inducing appetite, causing digestion, preventing frequent windy discharges and bad smell, and restoring the patient to good health and happiness in every respect.

[Rs. 15 per bottle]

Maha Amritamalak Thailam

A bathing oil with much cooling effect.

[Price: Rs. 1 per 6 oz.]

Maha Brihat Chandrodaya Makaradhwaja

Nervine Tonics are those that cure various kinds of complicated ailments and premature decay of the body and increase the vitality giving fresh vital energy and fluid and nutrition for the whole body. Excessive loss of vital fluid causes weakness of the Nervous system, loss of memory, consumption. Difficulty of breathing, pain in the chest, etc. With a view to prevent such decay in the Nervous system, we advise a powerful and good Nervine Tonic.

Brihat Chandrodaya Makaradhwaja is the surest medicine for Nervous debility, and loss of memory. As the ingredients which go and make up the medicine contain pure indigenous Muligais and valuable Basmis, and metals like Swarna (Gold), Silver, Iron, etc., which are compounded in the approved manner, sure it is that this will give complete satisfaction as an excellent Nervine Tonic.

Another redeeming virtue of this valuable specific is that a course of this medicine will give radical and everlasting relief for all chronic diseases such as Asthma, Diarrhoea, Gout, Rheumatism and all other skin and urinary troubles.

[Price: Rs. 100 per Tola]

[$\frac{1}{2}$ Tola for a month's course Rs. 25.]

Maha Ringworm Powder

Skin affections known as ringworm found in parts of the body, especially the waist, the inner thighs near the private parts, leaving ugly marks, and itching and burning, are the work of germs, which even bring on leprosy, and Leucoderma. They should be cured with this powder. It kills all germs completely, heals the ruptured skin smoothens it and restores its original healthy appearance. It is quick in cure.

[Price per phial As. 8.]

Maha Vettiver Thailam

THE MOST POWERFUL BATHING OIL

(For Bath and External use only)

Originally imparted by God Shiva to his Consort Pravati Nandi, Rishis and Sages, and through them to mortals by way of master to disciple, the Tamil Ayurvedic System of Medicine is a supremely genuine system suitable for our countrymen.

God Shiva is fond of Abhishekam or the sacred-bath and the chief ingredient used is the Juice of Vettiver, or the root called 'Khus.' Without this Vettiver, Abhishekam is impossible. From this can be judged the real value and efficacy of Vettiver Thailam.

This Wonderful Oil extracted with great care from various valuable muligais whose property of invigorating the brain and increasing the power of memory is remarkable.

A feature of this Oil is in its high, pleasing fragrance. The application of this Oil daily, before bath cures many of the diseases which humanity suffers from, such as excessive heat in the body inordinate and untimely thirst due to biliousness, Diabetes, Jaundice, Fever, spreading Leprosy, pain in the neck and head, loss of vitality, burns, ulceration in breast, fainting, eye diseases, bubo, excitation of the three faults wind, bile and phlegm, Ozæna, pain in forehead, burning of the eyes, dullness of hearing, Dropsy, burning sensation in the body, hardness of breathing, Dyspepsia, Haematuria, urinary disorders, drowsiness, Insanity, uneasy feeling, Venereals, impure blood, etc., and promotes the growth of hair. Its use adds lustre to the body, gives beauty, refreshes memory and the thailam acts as a splendid brain tonic. A single trial will convince the users.

A phial of 12 oz. bottle for a complete course of 12 baths

[Price Rs. 5 only.]

Maha Vilvathi Thailam

(A BATHING OIL)

This Oil is recommended for massage on the head before bath. Acting through the pores in the scalp, it clears the head, removes biliousness, heat, burning of the eyes, cold and cough, and refreshes the brain and improves the memory. Invaluable for brain-workers. One bath with this rare oil will prove its merits. [6 oz. for six baths Re. 1.]

Maha Chavana Prasana

Chavanaprasana is prepared according to the formula of Chyavana Maha Rishi and contains the best tonic. It is the infallible remedy for consumption of any type. It is a sure curative agent for fat, Pthisis, Bronchitis, Pneumonia, Asthma, cough, cold, pain in the chest, blood spitting, poverty of blood, constipation, loss of appetite, general weakness, etc. For all urinary troubles it gives marvellous results.

[Price: Rs. 3. per seer, 24 tolas.]

Maha Kayamirtham

(REGISTERED)

FOR MENORRHAGIA AND LEUCORRHOEA

The peculiar sexual function of women—the periodic discharge of blood—gives rise in present time to a peculiarly large number of diseases. Profuse Menstruation, Leucorrhoea, Dysentery, Blood Dysentery and Menorrhagia, scanty flow, delayed or prolonged periods, Menstruation attended with pains, and a host of other troubles bring misery to women, and condemn them to life-long suffering. These abnormalities should be stopped early by proper treatment. And what better treatment is there than our tried specific which is like real Amritam from Heaven? It makes new creatures of them.

A course of this extremely valuable specific will make the angels women on earth, destined to be happy, healthy, strong and vigorous.

Kayamirtham means nectar to the body.

[One bottle Rs. 2.]

Madana Kameswari Leghiyam

VIGOUR TO YOUTH AND YOUTH TO THE OLD

To preserve youth as long as possible and to use it for wholesome enjoyment of life, to enable the old to feel young again, to ensure youthful vigour to those who have lost it, and to add vim to those who feel the want of it, there is nothing so helpful as this Leghiyam.

In short, this leghiyam invests every man with that manliness which is his rare treasure. It adds lustre to the body, makes the eyes shine with health and generally keeps a man fit in youth and old age.

It also cures Cold, Cough, Fever, Consumption, Indigestion, etc.
[Price per seer, 24 tolas Rs. 3.]

Maha Oil for easy delivery Painless Child Birth

(REGISTERED)

Women who are too thin and delicate, weak women, nervous women, women who have always undergone hardship and who have been stricken by grief and who have rarely had domestic happiness, child-wives become mothers too early—all these are liable to have painful child-birth, often leading to dangerous surgical operations and attendant troubles. Sometimes the result is loss of life to both mother and child.

This valuable Oil prepared according to a secret communicated by a Mahan is a rare boon to mothers. It preserves their body in good health and makes delivery quiet easy, unattended by any of the usual difficulties. Child-birth ought to be a natural action, free from any danger, and a course of our Maha Oil makes it so. The child is born as easily as a full ripe fruit drops from the tree! Every mother should take this Maha Oil (for) easy delivery from the 5th month of pregnancy. Perfectly harmless and effective. Has made several families enjoy supreme happiness.

[12 oz. bottle Rs. 2.]

Maha Diabetes Cure

Educated India, intellectual India, to-day offers the largest and most prolific field for diabetes. There is hardly a death among the well-to-do classes, which is not directly or indirectly traceable to this scourge. The best way to fight diabetes is to find the cure suggested in ancient Hindu Medicine. Our Maha Cure is such a one, handed down from days of old through Rishis and Sages. It has achieved wonderful cures in the most obstinate cases of Diabetes. Diabetes sets in as the result of wrong habits in youth, neglected Indigestion and Dyspepsia, and shows itself in frequent Urination, abnormal flow of urine, the formation of sugar in urine, inordinate Thirst, Laziness, Burning of the Hands and Feet, confusion in the Brain, Diabetes, Mellitus, etc. The sugar in food which must go to furnish strength to the body is not assimilated but driven into the Urine. Our Maha Cure is specially meant to help the assimilation of the sugar in food, to prevent it from being separated and passed with the Urine and to impart strength to the digestive functions. It reduces the quantity of urine, stops the formation of sugar, quenches thirst, relieves pain and fatigue, stops the burning of the hands and feet and refreshes the Brain. Nobody having the least indigestion of Diabetes, should delay a moment in ordering for this rare medicine. The earlier the cure is administered the better for the patient, for Diabetes are notoriously excluded from the enjoyment of life. They are condemned to a life of many abstinences. Once this cure is taken, they become quite normal and robust free to embrace the pleasures of life fully.

[One course : Rs. 25.]

Maha Plague Cure

Both for external and internal use. A course of this specific will give instantaneous relief and will put the patient in perfect health.

[Price: Rs. 1-8-0.]

Maha Kesari Pills

CURE FOR MENSTRUAL DISEASES

The genital functions in the female must go through their regular routine. Otherwise a number of diseases will arise. The periodic expulsion of blood and matter is a normal function, which in the present day, puts most women to a life of misery by improper action. Regularity of menses will free the subject from all diseases producing conditions, and bring fresh health. A stoppage, partial or full of the menses leads to the formation of clots in the regions of the womb, and brings false signs of pregnancy. The ball of blood moves about and puts the patient to much discomfort. This condition brings on menstrual cold, swelling of the womb, nausea, vomiting, indigestion, inordinate thirst, fatigue, cough, consumption, respiratory diseases, headache, weak memory, insanity, fits, pain in the neck, spinal pain, pain in the nap, various fevers, diseases of the eyes, ears, nose and mouth, heat in the womb, dysmenorrhoea and a host of other fearful complaints. Even if the delayed menses come out, there comes these accompaniments. Only a radical cure of the condition leading to irregular functions can set the patient right again. Our cure contains the correct elements of Tamil medicine which give the quickest and most effective results. It will free the patient from every functional disorder and fit her for healthy normal functions and maternity.

[One bottle Rs. 2.]

Maha Trivruth Leghiyam

Constipation begets many troublesome complaints and should be arrested early. Our cure is a wholesome palatable preparation which not only cures Constipation but adds health to the person.

A dose of the size of a marble taken daily, will remove wind troubles, Stomach Pain, Colic Worms, falling of Hair, Bile, Distention of the Stomach, Constipation, aching of the Heel, rottering of Toes, burning, etc.

[Per seer of 24 tolas Rs. 2.]

Maha Paralysis Cure

Paralysis is the immobility caused on one side of the body completely or half on one side and half on the other side, by something which arrests digestion, or brings on giddiness, or by sleeping or setting in cold beds, exposure to cold, or even by excessive sexual exercise. The blood is vitiated and held up in parts of the body which become immovable, and causes pain, fear, giddiness, Lumbago, Backache, Paralysis, Gout, Stammering, Sprains, Hemicrania, Spastic, Paraplegia, Tetanus, Angina, Pectoris, Hemiplegia, etc. The cure is to revive the blood and make its course normal. Our cure is the best medicine to stop all the suffering of paralyzing of paralysis and cure is complete so that after its treatment the patient is again enabled to move about and live a normal human life. Paralysis is often given up hopeless of recovery, such is the grip of the disease. They resign themselves too late and patiently bear the suffering and even attempt suicide. They need only yet to know of our medicine. It is prepared by our expert whose experience in the cure of paralysis is unique and remarkable. Paralysis need no more despair. Our cure is at hand.

[One Course Rs. 50.]

Maha Rheumatism Cure

Rheumatic pains are most unbearable, what with swollen joints, limbs that refuse to move, and bails of painful matter in various parts of the body. They come upon one unawares, and when they begin to torture, life would seem almost hell on earth. How many persons suffering from rheumatism spend painful days and restless nights with ointments and balms in hands trying to rub out the pains. If you drive the pain from one spot, it gets to another and from that spot it gets on to another and from there to another. The correct cure should not merely relieve the pain, but remove the cause of it. Our medicine does that and does it so quick and well that the patient who once gave up hope finds himself a new being healthy, strong and vigorous.

[One Course Rs. 25.]

Maha Piles Cure

The mention of this disease must rouse feelings of fear in people. Pain, suffering, surgical operations for temporary relief, these are all avoidable by our special cure. Piles are of different kinds according as they are formed, and are accompanied by discharge of blood and matter. They are internal or external, and consist of sprouts of hard or soft tissues in the anus. The disease is brought by heredity or acquired, by abnormally hot foods and indigestion, constipation, etc. Discharge of blood with stools, burning of the anus, hardening of stools, wind in the bowels, oozing of urine, pain in the head and chest, laziness, fatigue, weak memory, irritability, unrest, are some of the symptoms and may lead to more unbearable ones. By our cure, the risk of surgical operation is avoided. Pills and Application of the medicine will melt away the pile growths and completely remove them quickly. The patient will begin to feel the relief from the first day, and find that his life will then be a happy one.

[One Full Course Rs. 5.]

Maha Kushmanda Leghiyam

This is a sweet preparation of various fruits, and herbs and is prepared according to the Ayurvedic Pharmacopoeia. It can be taken as a Nerve Tonic, by all, irrespective of age, sex, and climate. It cures Nervous Debility, Loss of Appetite, Indigestion, Dyspepsia and any form of Constipation, etc.

[Price: Rs. 2 per seer, 24 tolas.]

Maha Vilvathi Leghiyam

This Leghiyam gives good health, strength and beauty to the body. It purifies and enriches the blood, strengthens the system and gives good vitality. It is the surest cure for constipation, indigestion, Dyspepsia, and all bilious complaints. This is prescribed for both the sexes.

[Price: Rs. 2 per seer, 24 tolas.]

Maha Bringamalaka Thailam

For cooling the brain and the eyes and curing headaches and promoting the growth of hair, the use of this special thailam is very much recommended. It cures Cataract and grey hair, etc.

[Price Rs. 1-for 4 oz.]

Maha Sandana Sherbet

This is a wholesome drink, cooling, refreshing and invigorating to both sexes. It reduces excessive heat, cools the system, refreshes the brain, increases appetite, digests food, stimulates the liver and generally keeps one in good temper. Can be taken in any season and any weather with the best results. It brings glow and lustre to the body and keeps both men and women "fit" for conjugal life.

[6 oz. bottle Rs. 1.]

Maha Cure For Swelling of Testicles

This swelling goes by different names according to various symptoms. It is brought about by scattering of the fine tissues of the testicle and arises from bathing in extremely cold ponds and lakes, jumping into water, fighting, carrying heavy weight, walking long distances, riding on uneven surface, abnormal gymnastic exercise, riding fast on cycle, horse-back and in carriages, etc. The fibres of the testicles get distended and hang down at the same time becoming bloated. In some case, there will be pain without swelling. The accumulation of water in the testicles will bring on vomiting, diarrhoea, and giddiness. The size of the testicles may grow enormously.

It may surprise the reader to know that women are also subject to this inconvenient disease. We do not describe the symptoms here as they are very confidential.

There is complete cure and relief in our specific for this complaint.

[One full course: Rs. 15.]

Mahanjan (Registered)

It removes Headache, Rheumatism, Sciatica, Lumbago, Neuralgia, pains in the joints and other parts, Sprains, relieves poisonous bites and Stings and Cold and Cough.

(One bottle As. 8.)

Maha Kasturi Pills

It is a most valuable and unique preparation for Cold Cough, Fevers, and all infantile cold affections. The phlegm which forms down the throat is removed by its use and perfect digestion is effected.

[Price per bottle : As. 8]

Sterility Cured

Write for Particulars with Four annas stamp.

Maha Chandanathi Thailam

A VERY FRAGRANT AND POWERFUL
BRAIN TONIC

This Oil is the direct outcome of long study of the Ayurvedic System of Medicine and is prepared from very valuable drugs highly praised for their curative qualities. It cures baldness of the head, Loss of Memory, Burning of the eyes, Brain Fag, Short Sight, Melancholia, Headache, Elephantiasis, Cough, Asthma and Consumption : by rubbing a little of this Oil over the head or under the feet while retiring to sleep. For external use only 12 Baths.

(12 oz. Rs. 8).

Maha Hysteria Cure

There are many kinds of fits, each of them accompanied by pain in the body, fainting hands and legs remaining motionless, grinning, perspiration in the neck and the head, blood pressure in the chest, shoulders and back, turning of the face to the side of the shoulders, turning of the jaw, ear, lips and eyes, convulsion, passing of stools in paroxysms drying of the throat and tongue, flow of saliva, etc. The fit comes on at sight of water, or if water is sprinkled on the subject, or at sight of fire, or in crowds, or touch. These are frightful conditions, and must be cured without delay as delay may mean danger.

[One Full Course Rs. 10.]

Maha Eye Drops

Our Eye Drops is a best soothing, cooling, and healing preparation. It is perfectly harmless and can be safely administered. It relieves the optic nerves from tension and undue fatigue, removes redness and extra growth of flesh over the eyes, and eye-lids, and cure ulcerations, watering of the eye, short-sight, redness, sore eyes, profuse flow of tears, purulent discharge, fear or intolerance of light, etc.

[Price per phial Re. 1.]

Maha Panja Sanjeevi

THE CHILDREN'S FRIEND

Children undergo numerous trials before they are set on the path of life free from worry and anxiety. Complaints arising from mistake in the diet, from bowel complaints arising from mistake in the diet, from bowel complications, thinness, weakness, restlessness, itch, boils, scabies, swelling, vomiting cold and a host of other child diseases are completely cured by our rare medicine. It is more than a mother to the children, for while a mother may, by her own diet communicate disease to her child this medicine removes every disease and make children chuffy little angels.

Every mother should possess the Sanjeevi.

[One bottle Re. 1.]

Maha Barani Specific

OR

THE RIGHT CURE OF ALL SNAKE-BITES

The possessor of this medicine can fearlessly and boldly travel anywhere in forests, thick bushy places, mountains, places frequented by snakes, either by day or night. If the medicine is previously used, the snake that bites will immediately meet its death, and the person will be unharmed. There is no harm in using the medicine even if he is not a victim to snake-bite. It will make the body poison-proof.

The tests for ascertaining whether life is extinct or not, and the directions for use are supplied with the medicine.

[Per bottle Rs. 5.]

Maha Cure for Consumption, Asthma, Tuberculosis and Respiratory diseases

There is an idea among people that these diseases are incurable and any announcement of a cure must be humbug. Tamil medicine has anticipated all these diseases and found a cure which has proved efficacious for long years. The consumptive or the tubercular patient is a sorry figure, beyond the pale of the society of friends and shut out from normal life. He is considered an outcaste, and as a danger to his neighbours. Is he to be thrown out helpless? Pity for him must move his friends and relations to obtain cure.

The general symptom of this disease are too well-known but there are a hundred and one minor symptoms every one of them frightful and sorry.

A course of our specific will completely remove all trace of the disease and change the patient into a normal healthy being.

[Complete Course : Rs. 10.]

Maha Cholera Cure

Our cholera cure is quick in action and is so efficacious that we can claim cent. per cent. cure for cases of Cholera.

(One phial : As. 12.)

Maha Scorpion Sting

This is the best specific for Scorpion Sting and will give instantaneous relief. The virtues can better be realised by giving a trial to it than expressed. This is to be applied by putting three or four drops over the part and rub over it well for a few minutes. Relief will be instantaneous and can be used freely to any part of the Body.

[Price : One bottle. As. 8.]

Maha Cough and Cold Remedy

This cough and cold remedy is a well tried specific for all kinds of coughs, simple cough, whooping cough, or cough due to cold and change of weather, or any condition. Its action is immediate and effective. It reinvigorates the lungs and the Patient will feel a quick sense of relief even at the very first dose. It is an indispensable and invaluable companion to travellers and a necessary cure in the household.

[Price per phial : As. 8.]

Maha Substitute for Coffee & Tea

Coffee and Tea drinking have become a regular habit with all classes of people of either sex. At the beginning it may stimulate nerves and make the person busy and energetic. But in the long run, this leads to various forms of diseases, such as biliousness, Diabetes etc. Our substitute contains pure and harmless drugs, such as, Kaya siddhi Muligai, herbs, roots and tubers which were used by the Rishis of old. It has a fine smell and good taste. Coffee and Tea Powder can be safely replaced by this powder and can be used by all of either sex. This will not only purify the blood, but also act as a Tonic and add vigour, energy and vitality.

[Price per tin : Re 1.]

Maha Dental Ointment

Maha Dental Ointment is an unique and special liquid preparation which cures all diseases pertaining to teeth, swelling of the gums, germs in the teeth, etc. The very first application of the medicine will prove effective.

[Price per Bottle Re. 1.]

Maha Fever Cure

There are numerous varieties of fevers which do not all show high temperature, and high temperature, does not always mean fever. The administration of quinine in all these fevers not only fails to effect a cure, but often makes the Patients worse. Our fever-cure strikes at the root of the fever in double quick time and completely eradicates it before it can vitiate the blood. A course of this rare medicine will drive every variety of fever once for all, and remove enlarged spleen.

[Phial of 20 pills As. 12.]

Maha Ear Drops

Our Maha Ear Drops is a well tried specific which has a remarkable power in curing Otorrhea, Otitis, Tympanitis, Inflammation and all other distressing diseases of the ear, including deafness (if not longstanding). It is prepared from harmless drugs. It tones the auditory nerves and removes all pains from the head and ears and evacuates the Pus and all other septic matter.

[Price per phial, As. 12.]

Maha Gorojana Pills

This pure Shastric Medicine cures infallibly all the diseases of the children. It is of immense value to them when they suffer from Fevers, Cold, Cough, Apoplexy, Coryza, and Phlegm which forms down the throat. It is an unique preparation and the best remedy for all infantile cold affections.

[Price per phial, As. 12.]

Maha Hair Destroyer

By using our Maha Hair Destroyer, one may very easily remove the hair from the body and there will be no burning sensation or itch or any such thing. It is not poisonous and can be used freely to any part of the body.

[Price : Per bottle, As. 12.]

Maha Ulcer Cure

When the blood in the body is rendered impure by some cause or other, it finds an outlet by way of an ulcer or abscess, and causes pain. The ulcer may be soft or hard, open or closed, dry or wet. The presence of the impure blood in the form of evil-smelling matter of blood or other colour, and its almost continuous out-flow not only gives pain but also keeps the ulcer alive. Impurity of the blood reaches the bones and attacks it there. An ulcer may also be caused by blows, falls, abrasions, contusion, stings, knife cuts or thorns, or by venereal contamination. As the ulcer grows, the growth of germs may be stimulated. The application of our medicine in cases of these ulcers will kill all poison in them, purify the blood and heal the ulcers, and patch up a fresh tissue and skin.

[One bottle, Rs. 1.]

Maha Munmatha Kalpam

A surest specific for all Social, Secret and Urinary Diseases. Awarded many Testimonials.

(Price: one Course Rs. 5.)

Wanted agents in Colombo, Galle, Kandy, Ratnapura, Badulla, Trincomlee, Jaffna, Batticaloa and other places for the sale of our preparations on easy and attractive terms. Please apply for further information.

The Tamil Nadu Ayurvedic Pharmacy, Ltd.,

P. O. Box No. 278, Madras.

KESABI PRINTING WORKS, MADRAS.

An Announcement

We have the pleasure to inform the public at large that, besides prescribing several medicines as detailed in this booklet, we also undertake patients under our special treatment. Our physician-in-chief and the Renowned Pulse Specialist, Bishag-Ratna Pandit Dr. E. S. Gopan is always at your disposal and you can have him consulted either in person or put him with the necessary particulars by correspondence, and he will prescribe suitable medicines, after accurately diagnosing your disease, and offer the best and desired treatment. Our cures for almost all the ailments are guaranteed and everlasting and we shall give our patients our utmost attention and care and thus do the needful to their entire satisfaction.

For the convenience of the people in Ceylon, we have arranged to put our consultation in several places in your Island and we have done so on former occasions. Our chief physician, Dr. E. S. Gopan, is visiting your place once in two or three months and doing his utmost for the suffering humanity. All the citizens of Ceylon we hope will certainly avail the opportunity of consulting our Physician in person and we assure them our utmost care and attention. Cures guaranteed in cases of Diabetes, Paralysis, Rheumatism, Insanity, Female Disorders, and all other chronic and complicated ailments.

For those who may find it difficult to consult him in person we invite their correspondence, giving in detail all of their ailments, and we shall prescribe suitable medicines and bring about the complete and everlasting cure instantaneously.

We earnestly solicit the kind patronage and assure our best and ready attention in all cases.

THE TAMIL NADU AYURVEDIC PHARMACY, LTD.,
P. O. Box No. 278, MADRAS.

Kayasiddhi Makaradhwaja

K ing of nervine tonics
A pproved by every test
Y outh and vigour ensured
A rmour for diseases of any type
S overeign remedy for lowered vitality
I mparts new life and energy
D o not be despaired of lost vitality
D estroyer of complicated ailments
H eavenly gift
I nfallible specific for any disease
M atchless in the medical world
A nnihilates nervous weakness
K eeps you fit to enjoy pleasurable life
A yurvedic preparation of best value
R ejuvenates the entire system
A warded gold medals and certificates
D iffuses blood throughout the system
H appy yourself by using a phial
W onderful effect guaranteed
A ll can use without any restriction
J ewel of Ayurvedic medicines
A real boon to suffering humanity.

One phial of 40 pills for complete course Rs. 5.

The

Tamil Nadu Ayurvedic Pharmacy, Ltd.,

Post Box No. 278, MADRAS.

Tel. Address:

"KAYASIDDHI" Madras.

Phone:

No. 3767.

KESAVA PRINTING WORKS, MADRAS.

