

# Maha "Gulmaroga Nivarani"

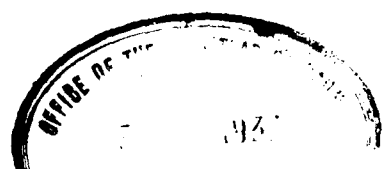
OR

## 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]



## THE TAMIL NADU AYURVEDIC JOURNAL

Monthly Medical Journal for the  
Preservation of One's Health.

Vol. 5.] JANUARY, 1933 [No. 1

### A NEW LIGHT ON TUBERCULOSIS

The same thing takes place at the beginning of pulmonary infection in human being. The organism fights naturally for protection against the invasion of T. B. This takes place automatically without the knowledge of the patient. An alarm is given to the general organism and as a result an excessive amount of bile salts plus a certain variety of hormone is thrown into the circulation. Not only to act as anti-toxin but the hormone balance of the body is thrown out and there is an excess of two or three varieties of secretions, some coming from the mucous membrane of the intestines in the shape of secretion, etc., some from the spleen and some of unknown origin (produced by psychic influence) play the part of toxin to T. B. This secretion may last for 24 hours or a few months and it increases *pari passu* with the virulency of the bacillus till either one or the other wins the battle. Therefore it is not astonishing to find that under favourable conditions and circumstances spontaneous cure takes place. This being so, and it having been proved by many observing authorities, especially in sanatoria where the patient is absolutely under watch and control, that sometimes a patient who has practically succumbed to the disease and lost every hope of

92

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## TAMIL NADU AYURVEDIC JOURNAL

Devoted for the Up-Keep of Health

Edited by :—Bishag-Ratna Pandit

E. S. GOPAN

Vol. 5.]

January, 1933.

[No. 1]

### CONTENTS

A NEW LIGHT ON TUBERCULOSIS  
A TALK ON HEALTH  
UNCONSCIOUS POISONINGS  
OURSELVES

Annual  
Subscription

Re. 1.

Single  
Copy

As. 2.

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are increased in number, the opsonic index rises to the highest level, the stomach and intestinal function improves and the patient feels totally different and the disease as well as the activity of the Koch's bacillus seem to have been temporarily inhibited.

As is stated previously the Koch Bacillus takes 10 or 15 days before incubation, hence its growth is comparatively slow to other organisms and it requires very little indeed to retard its growth or stop it totally. This is the problem one has to tackle to find a cure for Tuberculosis, taking advantage of our knowledge of the life cycle of the Koch Bacillus.

As stated previously, bovine and human type of T. B. though similar in their property are different in their mode of action. The former is hard of culture while the latter is easily grown. The former adapts itself to any part of the body and causes different symptoms known to us as Surgical T. B., viz., Lymphadenitis, tonsosynovitis, osteomyelitis-osteo-periostitis, arthrosis novitis, peritonitis, polyserovitis, epididymitis, fistula and cutaneous, etc.

The human variety localises itself, to the lungs, to the meninges and is more difficult to diagnose. For the simple reason that neither the sputum, blood, urine, nor faeces are likely to show the presence of the bacilli. It is only when febrile symptoms have appeared that tuberculosis is suspected when full activity and virulence of the bacillus has taken place, of course, virulence goes *pari passu* with the state of health and the power of the resistance of the organism. We do not rely much on any special advocated test as 90% of the population of every big city is tubercular and taking in consideration the fact that cases of tuberculosis which have shown signs of virulency, fever, etc., and resulted in recovery are still positive to any of the test for T.B. This proves once for all that they are not really cured of T.B. but owing to the excessive resistance of their organism which has been helped

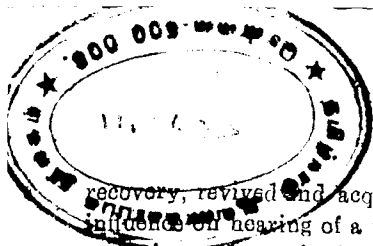
by the ingestion of drugs, good diet, fresh air, open life, heliotherapy and strong will, imagination plus anxiety to recover, they half-overcome the virulency of the germ and reduce its activity to standing point.

Moreover the startling fact that both types are rarely present simultaneously in the same individual leads one to think that there is a strong antipathy and incompatibility between the two types of germs, so much so that is very hard indeed to have a culture of both types combined; the bovine invariably yielding to the human variety which in their struggle for existence are killed by the putrefactive material of their foe, (the Bovine) a sort of anti-symbiosis.

Drs. Caimette and Guerin of the Pasteur Institute of Paris have come, as a result of their investigation and experiments, to the conclusive fact that vaccine could be prepared which is to be taken orally, by the progressive devirulenciation of the bacillus after 230 cultures of a fortnight each, changing totally the aspect and life of the bacillus so as to cause immunity against the invasion of any virulent type of T. B. The vaccine is composed of living bacilli which have the property of infecting the organism of a new-born child with this benign variety of T. B. adapting itself to the new surrounding and holding in check a further virulent infection by the sole property of incompatibility between the two types. (*The Medical Comrade.*)

(To be continued.)

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recovery, revived and acquired new strength under psychic influence on hearing of a new medicine which after long expectation and worries has been administered to him, whether it is a specific or only plain coloured water, especially if the said specific has been boasted and drummed round the city and in big posters and also when the press has taken an active part in bringing to the notice of the public praising and glorifying the new wonderful discovery, putting down fabulous statistics showing a cure of cent. per cent. and to make it more authoritative, they mentioned that ancient and mediaeval races have used it and the secret being lost to the present posterity; his temperature falls to normal, his appetite returns, he puts on weight, his cough disappears and general health improves and to all appearances he is on a road to recovery. The famous experiment of Drs. A. Mathieu and Dobrovici of Andral Hospital in Paris with their "Antiphymose" is significant in this connection, and other every-day experiences have shown that neither Tuberculin nor creosote, mercury, or arsenic, etc., are specifics in the true sense of the word because better results have been obtained by either auto or hetero-suggestions and especially when the patient loses faith in medication and emigrates with the strong hope of finding an ambient that will cure him. Many examples are related of patients who through disgust of being shunned by society had to leave their homes for the African or American soils and a few years after returned home in a most astonishing and flourishing good health, totally cured by nature alone. Now in Europe, the idea of sending phthisical patients to hill sanatoria is declining and has been criticised. Dry and low climate seems to suit better.

There are two varieties of tubercular patients, those expecting specific medication and those not believing in it (being more educated) put all their reliance on a primitive life. Practically every patient falls under the second category after one or two years' treatment. Hence the idea of open air

life, heliotherapy, altitudes, desert-life, seaside resorts and normal living. We do not contest the fact that all these act beneficially on tubercular patients. But we have to point out that auto or hetero-suggestion is at the bottom of practically every cure that has taken place. Who can deny the fact that our life is an endless chain of suggestions either auto or hetero. We are born by it. Every movement of ours is done by it. Our happiness and joys as well as our sadness and sorrows, belief and disbelief, are controlled by it. We live an imaginary life, that is to say, we are exactly what we imagine to be, and E. Coue, Boudoin, Janet and other workers on Psychology have indisputably proved it.

The above facts are stated simply to show that psychotherapy in tuberculosis, helped with the anxiety of health, coupled with struggle for healthy life, are factors which count for nearly 90% tuberculosis cures, in whichever way you may tackle the tuberculosis problem.

Physiology has taught us that we have in our body especially in the Endocrine and in the Circulatory system an endless variety of the open-ring compounds which act as anti-toxin the moment any foreign protein substance enters the body, inhibiting its action by either including it in the open ring, or by oxidising it, or by precipitating it and so destroy its toxic property. This is true not only for proteins but also for many animal or vegetable and mineral compounds. In the latter case a storing takes place either in the liver, the tissues or the kidneys, where they are transformed by the cell plasma in the presence of other catalyst and eliminated through the skin, the urinary tract, or through the intestines.

We are also aware that under psychic influence, especially for the betterment of the patient's health (and here we are helping nature to stimulation and fitness) many such changes do take place, firstly, dormant cells are set in activity, secondly, hormones are produced in excess, thirdly, W. B. C.

## A TALK ON HEALTH

### An Ideal Exercise

For the middle-aged and for those of a younger age who do not have the opportunity of playing games, walking is an ideal exercise. It is a natural exercise, which is more than can be said for some of the contortious of some advertised methods of development. It is very easily measured and graduated. The walk may be quite short at first in the case of those who are just beginning to take up the exercise. Anæmic girls, fat old men, and convalescents must not overdo the walking during the first days or weeks. The patient who starts off on a course of treatment with wild enthusiasm and gives the whole thing up at the end of a week, is the despair of the physician.

**How not to do it:**—A fat old gentleman was ordered walking exercise. He rushed off the same evening for a long walk contrary to all his former customs. He suddenly felt faint, had to lie down by the side of the road, and was ignominiously brought home on a costermonger's barrow. His wife went round the next day to interview—the doctor. She was not exactly speechless with indignation the doctor wished she had been. But the poor man had to go without his tea while he was trying to make the lady understand that he had been very careful to order graduated exercise.

**Train out and walk home:**—The walk should be taken in air as fresh as it can be procured—green fields are better than dusty pavements. It varies the monotony to take the train out to some picturesque spot and walk home. That is better than reversing the procedure. If you walk out and train home you may have a long wait in a cold station, and then a draughty ride after you are heated and perspiring with the exercise. The idea of walking home is that you should

finish up the last half-mile at a brisk pace and go straight in doors, where you can have a good rub down and change of clothes.

**Reducing Weight:**—A little stiffness the next day is not an unfavourable sign it merely indicates that muscles that have lain dormant too long are being made to do a bit of work. Walking exercise sometimes falls into disrepute as a means of reducing weight, but only because the diet is not regulated in accordance with the general scheme. The walk gives a healthy appetite, and, instead of eating enough, our stout, weight-reducing friend eats more than enough, and all the benefit derived from the walk is swallowed up by what is swallowed at the meal. Have you ever noticed that husbands and wives grow fat together? Their sedentary habits and their meals are similar. Now the husband does make an effort and goes for his walk like a good 'un and the wife spoils everything with her. "Now, dearie, I am sure you can manage another slice of mutton—and a lovely piece of fat. Come along!" The husband's flesh is weak, and he succumbs to the lovely piece of fat as readily as ever old Adam did to the forbidden fruit. And sooner or later there follow the usual effects of dyspepsia, flatulence, biliousness. No. I am not going to be argued out of my praise of walking exercise by those of you who have tried and failed through your own fault.

**Beneficial to Invalids:**—Walking is beneficial to invalids, even those suffering from consumption or heart disease. But all the responsibility must be put on the doctor, who is quite willing to bear it. It may be that after a severe illness it is quite an exciting adventure to walk from the bed to the window. Later, amidst the plaudits of the wondering nurse, wife, daughter and doctor, the patient walks round the bed, and feels at the end of the journey like Captain Cook or Livingstone. Time passes, and the walk is extended to a

peregrination of the garden, then to the pillar-box and back and so on. It is most cheering to an invalid to go through this course of graduated walking. He laughs a scornful laugh as, at the end of a month, he passes the point that was marked as his furthest limitation four weeks ago. The great secret is not to do too much each day. Over-fatigue brings disappointment and loss of heart. (*Madras Mail.*)

### UNCONSCIOUS POISONING

Anger, fear, anxiety are among the emotions and sentiments which literally poison our blood. It has often been said that evil thoughts are poisonous meaning that they corrupt other people, but the real fact is that they poison our own blood. By losing control of ourselves and indulging in anger; by yielding to anxiety, worry, fear or unwholesome thoughts, we cause an irritation or disturbance which, according to the latest scientific statements, has the effect of producing a poison in the blood that may have very serious consequences.

Naturalists declare that the venom of snakes is generated by anger and fear; that it is rapidly collected in the special receptacle and thence discharged at the object of its anger or fear; and it is further explained that the same process takes place in the human body, but that we have no special organ to receive it, and it therefore disperses in the blood, acting against ourselves instead of for our protections as in the case of the snake. Be that as it may, it is generally conceded that we are literally poisoned by the emotions of evil, anger, jealousy, heat prejudice, and by any sentiment or passion which upsets the smooth and harmonious working of the mind.—*Home and Homeopathy.*

## 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.

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 Prajarnitra" 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" Secundraabad.  
 The FREE PRESS OF INDIA, BOMBAY

## 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. 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.

**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.

**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."

**M. Balasubrahmanyam Esqr., Superintendent  
Junior Certified School, Bellary:—**

Glad to certify that I got a cure for "GLOSSITES" at the hands of Dr. E. S. Gopan, Pulse Specialist, who cured me of the malady within a fortnight, which I could not get at the hands of allopathic doctors who treated me for about a year.

**Rao Bahadur B. Viswa Nath F. I. C. Government  
Agricultural Chemist, Head of the Section of  
Chemical Research:—**

I have had occasion to consult Dr. Gopan and to use his Kaya Siddhi Makaradhwaja; I am glad to say that he is clever at diagnosis by Pulse and his Kaya Siddhi Makaradhwaja has given considerable effect in improving the general tone of the System.

**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 Con-  
sumption 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."

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

I have personally used Kayasiddhi Makaradhwaja. They are wonderful in their effects.

**T. R. Naidu, Esq., Retd. Supdt., Office 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.

**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.

**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.

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

The Pharmacy contains medicines for many acute diseases and I learn from Gopan Dr. 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.

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

I understand that these doctors are even curing advanced cases of consumption by special treatment. The Pharmacy is very popular.

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

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 Govt. of Madras*

The institution is run on modern lines and the medicines are purely Ayurvedic preparations which deserve encouragement.

**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.

**Dewan Bahadur M. Gopaswamy Mudaliar**, *Avl., B.A., B.L., M. L. C., President, District Board, Bellary, writes :—Dated 6—1—32.*

Dr. Gopan examined me and other members of my family. It was marvellous how he was able to diagnose the ailments which were troubling us by means of examining our Pulses. He prescribed certain medicines for womb complaint. I found that it was a sovereign remedy which had marvellous effects. We now regularly have recourse to his Makaradhwaja and have derived immense benefits.

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

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.

**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 nerve tonic.

**Sir C. V. Kumaraswami Sastriar**, *Kt., B.A., L. Ex-Judge, Madras High Court :—*

I have known Dr. E. S. Gopan for some years and consider him a very good Ayurvedic doctor. His Kayasiddhi Makaradhwaja is a good tonic and his Vettiver Thailam a very good bathing oil. His knowledge of Ayurveda Science is deep and his experience as a Doctor wide. I shall always be glad to hear of his success.

**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.

**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.

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

"I was examined by Dr. E. S. Gopan, 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 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 tried their Kayasiddhi Makaradhwaja (regd.) pills; they have given me entire satisfaction as the best Nervine tonic.

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

I am confirmed by the impression in the public eye that they are doing genuine work and their work is commendable.

**Sir K. V. Reddi Garu, B. A., B. L., Ex-Minister to the Government of Madras.**

I 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.

**The Rajah of Khallikotta & Attagadar.**

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 special treatment.

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

The institution is doing very good work.

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

Kayasiddhi Makaradhwaja, 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.

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

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.

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

I am glad to find that the medicines are popular. The institution is run on modern lines.

VIM !                      VIGOUR !!                      VITALITY !!

**KAYASIDDHI MAKARADHWAJA**

(REGISTERED)

THE IDEAL TONIC PILLS RECOMMENDED AND  
APPRECIATED BY MANY LEADING DOCTORS  
AND LAYMAN THROUGHOUT  
INDIA, AND FAR EAST.

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 other Valuable Busmas. 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, Loss of Appetite, Diarrhoea, Loss of Vitality, Spermatorrhoea.

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

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.

[1 seer 24 tolas Rs. 2.]

## Maha Tooth Powder

A medicated dentifrice specially prepared to cure all dental diseases.

[One tin annas 2.]

## Maha Night Pills

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 Amritamalak Thailam

A bathing oil with much cooling effect.

[Price: Rs. 1 per 6 oz.]

## Maha Leucoderma Cure

Leucoderma commonly called 'White Leprosy', may be hereditary or self-acquired due to many causes. Our Maha "Leucoderma Cure" is the best and well tried specific for any type of 'White Leprosy', completely purifies the impurities of blood, restores pure red blood and the original natural colour of the skin. We assure complete success with special preparation of medicines for internal and external application.

[One full course Rs. 100/-]

## Maha Brihat Chandrodaya Makardhwaja

Brihat Chandrodaya Makardhwaja 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 Basmās, 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

It kills all germs completely, heals the ruptured skin, smoothes it and restores its original healthy appearance. It is quick in cure.

[Price per phial As. 8.]

## Maha Vilvathi Thailam

(A BATHING OIL)

This Oil is recommended for massage on the head before bath. 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.

[6 oz. for six baths Rs. 1.]

## Maha Chavana Prasana

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.

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

## Maha Vettiver Thailam

THE MOST POWERFUL BATHING OIL

(For Bath and External use only)

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, loss of vitality, burns, ulceration in breast, Jaundice, pain in fainting, eye diseases, excitation of the three faults wind, bile and phlegm, pain in forehead, burning of the eyes, dullness of hearing, Dropsy, burning sensation in the body, hardness of breathing, 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 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.

Its daily use, will remove wind troubles, Stomach Pain, Colic Worms, Bile, Distention of the Stomach, Constipation, etc.

[Per seer of 24 tolas Rs. 2.]

## 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)

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 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 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 is 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 Sandana Sherbet

It reduces excessive heat, cools the system, refreshes the brain, increases appetite, digests food, stimulates the liver and generally keeps one in good temper. It brings glow and lustre to the body and keeps both men and women "fit" for conjugal life.

[6 oz. bottle Rs. 1.]

## 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 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.

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

## 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.

[Price per bottle : As. 8.]

## 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 Chandanathi Thailam

A VERY FRAGRANT AND POWERFUL  
BRAIN TONIC

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, 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.

[One Full Course Rs. 10.]

## Maha Eye Drops

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 Rs. 1.]

## 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 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 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 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 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.]

## Maha Panja Sanjeevi

THE CHILDREN'S FRIEND

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.

Every mother should possess the Sanjeevi.

[One bottle Re. 1.]

## 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 traces of the disease and change the patient into a normal healthy being.

[Complete Course : Rs. 10.]

## Maha Cough and Cold Remedy

It 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.

[Price per phial : As. 8.]

## Sterility Cured

Write for Particulars with Four annas stamp.

## Maha Substitute for Coffee & Tea

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

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).

[Price per phial, As. 12.]

## Maha Gorojana Pills

For Fevers, Cold, Cough, Apoplexy, Coryza, and Phlegm which forms down the throat.

[Price per phial, As. 12.]

## Maha Ulcer Cure

The application of our medicine in cases of 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.]

## Munmatha Kalpam (Gonorrhoea Cure.)

A real God-send to the sufferers from this dire disease in 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.]

**WANTED Agents in all Places**

**Apply for Terms.**

## 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 or passing urine. It is also attended with the other symptoms like loss of appetite, constipation, vertigo, weakness, love of solitude, etc. In chronic stage discharges occur even without erection and power of erection is lost. Thus Impotency arises. It also arises as a result of sudden grief, fear, or any mental perturbations, having connexions with abominable women, decay of seminal ducts, through disease, not gratifying the sexual instinct, when it is uppermost eating sour and pungent things, etc. Other causes also lead to Impotency.

Our Impotency Cure has been prepared with a view to preserve 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.

# GOOD HEALTH

**YOU MUST HAVE IT TO ENJOY IT!**

**LET US MAKE YOU HAVE IT.**

Do not lose any time to have your physical condition correctly diagnosed by

**AN EXPERT**

**BISHAG RATNA PANDIT - E. S. GOPAN**  
(Pulse Specialist and Chief Physician.)

Our Chief Physician will give you a diagnosis by reading your pulse in person, or by consultation by post. By correct diagnosis half the battle with the disease is fought. Our medicines will give you **GOOD HEALTH**, quickly, positively and permanently.

## GUARANTEE OF CURE

In cases of Leucoderma, Diabetes, Paralysis, Rheumatism, Venereals, Asthma, Consumption, Piles, Menstrual Disorders, Sterility and all other chronic and complicated ailments, left hopeless undertaken.

*Consult in person or write in detail.*

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At Branch:— 193, MOUNT ROAD, MADRAS.  
Between 3 to 6 P.M.

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## THE TAMILNADU AYURVEDIC JOURNAL

Devoted for the Up-Keep of Health

Edited by:—Bishag-Ratna Pandit

**E. S. GOPAN**

Vol. 5.]

February 1933

[No. 2

CONTENTS

7-MAR 1933

DIETETIC TREATMENT OF DIABETES  
THE BEST OF EXERCISE  
THE MIRACLE OF MILK  
OURSELVES

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Published by:—

**Pandit E. SRINIVASACHARI,**  
Physician and Managing Director,  
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that the way in which it worked was more complicated than was originally thought. At the same time radical changes in the dietetic treatment of diabetes have been effected in certain centres, and both lines of research led clearly to the liver. The part played by this organ in the management of the sugar supply of the body has been recognised for many years.

All starches and sugars taken by the mouth are broken down in the intestines to simple forms and stored in the liver as glycogen. This is transformed back into a simple sugar (dextrose) as required to keep the amount in the blood at a more or less constant level. Long before the days of insulin, diabetes was successfully treated in very many instances by simple restrictions of the amount of sugar and starch in the diet. The introduction of insulin enabled more of these substances to be eaten, but restrictions were still considered necessary.

Then the revolutionary suggestion was made that diabetic patients could get on perfectly well with excess of carbohydrate (i. e., starch and sugar) in the diet, provided the amount of fat was kept low and that the total energy value of the diet was kept the same as in the previous regime. This paradoxical diet was found to require no more insulin than the previous low-carbo-hydrate diet. Good results with this method are reported in the current issue of the "Lancet," by Dr. George Graham and others at St. Bartholomew's Hospital.

The explanation of this curious state of affairs is still a matter of theory, but it seems probable that the secret lies in the fact that the liver can only act properly if it is well supplied with sugar, and if it is clogged by fat it cannot do its work well. This is also seen in the treatment of the so-called "liverish" attacks in children by cutting down the amount of fat in the diet and giving extra sugar in the form of glucose.—"The Hindu."

## THE BEST OF EXERCISE

A physician once brought us Khaddar yarn for converting into cloth. In the course of conversation he expressed: "How delightful I feel with my spinning wheel. It gives me free perspiration and as a sort of exercise acts as an aid to health." Well has he said. This is the experience of all those who are engaged in some kind of labour or other after their routine literary or other mental work.

Many are the sports and exercises invented for the persons engaged mainly in mental work as an aid to health. The merits of these exercises we have explained in these columns. None of them are so helpful to health as deep breathing exercise.

But a useful handicraft is better than all. There is pleasure in both work and play. Both end in worry and exhaustion if engaged in beyond limit. Change from work to play is an aid to health. But it is neither continuous work nor play that gives us health and happiness.

## The Secret of Work

On the other hand it is not that work itself brings about misery and disease. It is the same work monotonously done that is the cause for worry, whether the work be mental or physical. It is the incessant mental work that breaks health. It is again the physical work without break that affects health. If the secret of work is well understood a large amount of energy of those engaged in mental work, now wasted in play, may well be saved and utilized for better purpose. This human energy which is now being misused may be well spent and a poor country like India may thereby be benefited. The health, wealth and prosperity of the poverty-stricken India depends largely on the advance of the Indian Cottage Industry. The country suffers mainly on account of poverty—mental, physical, moral and financial. Enrich the mind, enrich the intellect, enrich the material condition of the individual and the nation, health and happiness are there.

# 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.

[R. 15 per bottle]

## TAMIL NADU AYURVEDIC JOURNAL

Monthly Medical Journal for the  
Preservation of One's Health.

Vol. 5.] FEBRUARY, 1933 [No. 2

### DIETETIC TREATMENT OF DIABETES

#### Take More Sugar and less Fat!

Diabetes means essentially that the muscles of the affected individual are no longer able to utilise and "burn" the sugar available in the blood, (writes a Medical Correspondent in the London "Observer," dated Nov. 6). As long ago as 1889 Minkowski and Mering discovered that this state of affairs was associated with disease of the pancreas an important gland situated in the abdominal cavity, known popularly as the sweetbread.

In 1922 E. G. Banting and C. H. Best succeeded in isolating the actual secretion of the pancreas concerned, and it was named, as all the world knows, insulin. In the presence of adequate insulin the muscles can use sugar as the source of their energy in a normal manner. The discovery of insulin came at a time when the dietetic treatment of diabetes had been perfected with the aid of modern bio-chemistry, and it was felt that the problem of diabetes had been solved.

Nevertheless, the exact cause of the primary disease of the pancreas, remained unknown, and as the action of insulin on the individual and as more closely studied it became obvious

### Bad Imitators

It has become the usage of the Indian officer or the quill driver who complicates himself with too many unnecessary articles and for which he solely depends upon the foreigners and on which account he has been a miserable wretch, to imitate the westerners in his bad habits and thus to engage himself in some useless sports or vain talk.

Those who realize the nobility of manual work and the value of cottage industry as the main source of happiness to the whole nation will do well to utilize their energy in right cause. Those who realize that India's prosperity depends on its Cottage industry, and never on machine made articles that can pay special attention to our suggestion.

### Most Pleasant of All

The home industry may be of a varied type according to one's taste. It may be spinning or carding or weaving. Knitting or stitching, picture writing, fitter's or carpenter's or blacksmith's work, bamboo or cane work like basket, box, etc., fibre and grass work like mat making, rope making, etc. Or it may be clay work of varied type. It may be fan work or umbrella work. It may be the production of any one or many articles which are of domestic use. Or it may be small garden work.

There is immense pleasure experienced in planting a seed, watering and manuring and protecting it daily. The plant may or may not yield fruit, but there is pleasure in cultivation. Immense pleasure is felt in carding, spinning and weaving one's own cloth. There is pleasure in cooking our own food and getting ready our own domestic necessities and what can be a better source of health to man than life amidst the pleasure of self-help and self-sufficiency? "*The Sunday Times*".

## THE MIRACLE OF MILK

### Food Tonic and Disinfectant

[BY HECTOR C. PERIERA]

Milk, which in some form or other constitutes a part of our daily menu, plays an important part in the history of human food. From the very day of our existence we begin to use milk, and the first few months of our lives, when we are laying the foundation for our future, we live wholly and solely on milk. This is one of the few foods which contains all the body-sustaining elements and vitamins. Another advantage this animal product has over other food is that it can be drunk as well as eaten. It is also easy and pleasant to take.

Milk is extremely rich in health building properties and as such it should be used regularly. The frequent use of milk gives us healthy bodies and active minds. According to Dr. Rice of the Indiana University, a quart of milk contains one and one-half ounces of milk sugar, one and one-fourth ounces of butterfat (equal to about one and one-half ounces of butter), one ounce of dried protein (equal to about one-fourth pound of dried beans). The number of calories is rather surprising. A quart of milk contains approximately the same number of calories as one pound of lean beefsteak, two pounds of potatoes, five eggs, or seven pounds of spinach.

### Vitamins

Vitamins, things we have never seen but of which we hear so much these days, are essential for the growth of the body. Milk is one of the sources where a great number of these vitamins are found together. Vitamin 'A' which is believed to be a safeguard against infection, is found in plenty in cream and butter. Vitamin 'B' indispensable to normal growth, is found in skim milk. Vitamin 'C', the vitamin which prevents scurvy, too, is found in milk. Vitamin 'D'

invaluable for the growth of strong bones and sound teeth, is also a constituent of milk. This vitamin also helps in the prevention of rickets and is of much value in the treatment of tuberculosis.

Milk, besides being easily digested, is also a good intestinal antiseptic and a harmless sedative. It is a well-known fact that babies fall asleep immediately after milk has been administered. There is a belief among some that milk is constipating. This is not so. An eminent authority says: "Milk is entirely digested and absorbed by the normal alimentary tract, and as a result there is no bulk left in the bowels. It would be well to give the idea that milk is constipating a thorough revision". It is a matter of common observation, that babies on exclusive milk diet have more bowel movements than those fed on other kinds of food.

Pure wholesome milk is an excellent food. But to get pure milk is the problem. Science has revealed to us that milk is a good channel by which bacterial as well as non-bacterial diseases could be carried to human beings. Diseases such as bovine tuberculosis (children are the greatest victims) anthrax, diphtheria, cow pox and typhoid besides others, have been in many cases traced to be the cause of bad milk. A few of the sources by which milk can be contaminated are diseased animals, decomposition of sour milk and the subsequent contamination of milk with diseased germs, both of human and animal origin. Milk is subject to infection from the time before it leaves the cow to the time of its consumption. It has also been found that milk is an excellent culture media for the propagation of bacteria.

### Pasteurization

For nearly a hundred years, scientists have been busy finding out ways and means by which milk could be made safe for human consumption, and at last their efforts have been rewarded. Pasteurization, the method of sterilizing

milk, has come to our rescue. Louis Pasteur, in 1865, showed to the world the benefits of pasteurization. But pasteurization received a mixed reception. Two schools of thought arose: one for and the other against. The latter school held that by pasteurization milk lost all its good properties. While it is admitted that a certain amount—a very small portion—is lost, yet it is nothing compared to the safety we are ensured. Moreover, pasteurization does not rob the milk of its colour, taste, or odour, but on the contrary makes contaminated milk pure and safe.

In many great cities of America the law has it that, unless previously pasteurized, milk cannot be brought into the city. After the advent of pasteurization many milk-borne diseases have been eliminated.—E. P. Journal.

### Child Ailments of Great Fatality

Whooping cough is most fatal in the second month of life and measles in the second year. Over half of the deaths from whooping cough occur during the first year, and nearly 90 per cent. occur in the first two years. If a child escapes getting whooping cough while a baby, it is very apt to pull through, but it is not past danger as the whooping cough may lead to tuberculosis.

With measles the first three years are the most fatal, nearly 80 per cent. of the measles deaths occurring then. Measles is much more fatal to adults than is whooping cough, about 3 per cent. of measles deaths being among adults. So, if parents permit children to contract measles they may have the infection brought to themselves, and with fatal effect.

Diphtheria and scarlet fever cause their fatalities in children later than measles and whooping cough. With diphtheria the most fatal years are between two and five, during which time 50 per cent. of deaths from diphtheria occur. About 5 per cent. of the deaths from diphtheria occur among

adults and 15 per cent. of the deaths from scarlet fever occur among adults.

Even chickenpox causes a few deaths, as does mumps. So all these contagious diseases are serious things and every effort should be made in the schools and homes to keep them from spreading. Every case should be reported by anybody who knows about it, and be promptly quarantined.

### Causes of Heart Disease

The decidedly upward curve in the incidence of fatal heart disease throughout the world is sufficient reason for everyone of mature years to pause and consider the possible part they may be playing in this unfortunate situation. In fact, without the individual's personal co-operation, the chances of marked improvement in this deplorable condition are somewhat slim.

In the last analysis, heart conditions fall into two main classes. First, those resulting from other diseases—usually childhood ones; and second, those that may be traced to personal conduct of omission or commission.

Preparedness represents the major defence against this pre-eminent hijacker of health. Primarily individuals of mature age must realise that high-speed living, excessive use of stimulants, and other unnatural drains upon vitality such as consistent lack of proper rest and over-exercise are likely eventually to backfire in the form of a weakened heart. Old Dame Nature apparently takes a lot of punishment, but she never forgets. And one of her most favourite methods of reminder is to hit the heart. Moderation in all things personal is, therefore, an exceedingly safe and, in fact, the only reasonable rule to follow.

No matter how good one's conduct toward his body may have been, once yearly a complete physical examination should be made by a competent physician. The master detective in the form of scientific investigation thus applied will nip incipient heart conditions in the bud; conditions, by the way, blissfully unsuspected by the individual.

If these two main courses of preparedness against heart disease were conscientiously and generally employed, there can be little doubt that the present deplorable record that it is making would be effectively curtailed.—*Sunday Chronicle*.

## 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.

Our Renowned Pulse Specialist and Chief Physician, Bhisag-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

### 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. 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.

**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.

**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, Spermatorrhea, 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."

**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.

**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.

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

"I was examined by Dr. E. S. Gopan, 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 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 tried their Kayasiddhi Makaradhwaja (regd.) pills; they have given me entire satisfaction as the best Nervine tonic.

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

I am confirmed by the impression in the public eye that they are doing genuine work and their work is commendable.

**Sir K. V. Reddi Garu, B. A., B. L., Ex-Minister to the Government of Madras.**

I 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.

**The Rajah of Khallikotta & Attagadar.**

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 special treatment.

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

The institution is doing very good work.

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

Kayasiddhi Makaradhwaja, 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.

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

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.

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

I am glad to find that the medicines are popular. The institution is run on modern lines.

**M. Balasubrahmanyam Esqr., Superintendent  
Junior Certified School, Bellary :—**

Glad to certify that I got a cure for "GLOSSITES" at the hands of, Dr. E. S. Gopan, Pulse Specialist, who cured me of the malady within a fortnight, which I could not get at the hands of allopathic doctors who treated me for about a year.

**Rao Bahadur B. Viswa Nath F. I. C. Government  
Agricultural Chemist, Head of the Section of  
Chemical Research :—**

I have had occasion to consult Dr. Gopan and to use his, Kaya Siddhi Makaradhwaja; I am glad to say that he is clever at diagnosis by Pulse and his Kaya Siddhi Makaradhwaja has given considerable effect in improving the general tone of the System.

**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."

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

I have personally used Kayasiddhi Makaradhwaja. They are wonderful in their effects.

**T. R. Naidu, Esq., Retd. Supdt., Office 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.

**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.

**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.

VIM !                      VIGOUR !!                      VITALITY !!!

**KAYASIDDHI MAKARADHWAJA**

(REGISTERED)

THE IDEAL TONIC PILLS RECOMMENDED AND  
APPRECIATED BY MANY LEADING DOCTORS  
AND LAYMAN THROUGHOUT  
INDIA, AND FAR EAST.

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 other Valuable Busmas. 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, Loss of Appetite, Diarrhoea, Loss of Vitality, Spermatorrhea.

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.]

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

The Pharmacy contains medicines for many acute diseases and I learn from Gopan Dr. 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.

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

I understand that these doctors are even curing advanced cases of consumption by special treatment. The Pharmacy is very popular.

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

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 Govt. of Madras.**

The institution is run on modern lines and the medicines are purely Ayurvedic preparations which deserve encouragement.

**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.

**Dewan Bahadur M. Gopalaswamy Mudaliar, Avl., B.A., B.L., M. L. C., President, District Board, Bellary, writes :—Dated 6—1—32.**

Dr. Gopan examined me and other members of my family. It was marvellous how he was able to diagnose the ailments which were troubling us by means of examining our Pulses. He prescribed certain medicines for womb complaint. I found that it was a sovereign remedy which had marvellous effects. We now regularly have recourse to his Makaradhwaja and have derived immense benefits.

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

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.

**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.

**Sir C. V. Kumaraswami Sastriar, Kt., B.A., L. Ex-Judge, Madras High Court :—**

I have known Dr. E. S. Gopan for some years and consider him a very good Ayurvedic doctor. His Kayasiddhi Makaradhwaja is a good tonic and his Vettiver Thailam a very good bathing oil. His knowledge of Ayurveda Science is deep and his experience as a Doctor wide. I shall always be glad to hear of his success.

## Maha Jeerakathi Leghiyam

A HEALTH CONFECTION

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.

[1 seer 24 tolas Rs. 2.]

## Maha Tooth Powder

A medicated dentifrice specially prepared to cure all dental diseases.

[One tin annas 2.]

## Maha Night Pills

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 Amritamalak Thailam

A bathing oil with much cooling effect.

[Price: Rs. 1 per 8 oz.]

## Maha Leucoderma Cure

Leucoderma commonly called 'White Leprosy', may be hereditary or self-acquired due to many causes. Our Maha "Leucoderma Cure" is the best and well tried specific for any type of 'White Leprosy', completely purifies the impurities of blood, restores pure red blood and the original natural colour of the skin. We assure complete success with special preparation of medicines for internal and external application.

[One full course Rs. 100/-]

## Maha Brihat Chandrodaya Makardhwaja

Brihat Chandrodaya Makardhwaja 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]

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

## Maha Ringworm Powder

It kills all germs completely, heals the ruptured skin, smoothenes it and restores its original healthy appearance. It is quick in cure.

[Price per phial As. 8.]

## Maha Vilvathi Thailam

(A BATHING OIL)

This Oil is recommended for massage on the head before bath. 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.

[6 oz. for six baths Re. 1.]

## Maha Chavana Prasana

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.

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

## Maha Vettiver Thailam

THE MOST POWERFUL BATHING OIL

(For Bath and External use only)

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, loss of vitality, burns, ulceration in breast, Jaundice, pain in fainting, eye diseases, excitation of the three faults wind, bile and phlegm, pain in forehead, burning of the eyes, dullness of hearing, Dropsy, burning sensation in the body, hardness of breathing, 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 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.

Its daily use, will remove wind troubles, Stomach Pain, Colic Worms, Bile, Distention of the Stomach, Constipation, etc.

[Per seer of 24 tolas Rs. 2.]

## 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)

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 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 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 is 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 Sandana Sherbet

It reduces excessive heat, cools the system, refreshes the brain, increases appetite, digests food, stimulates the liver and generally keeps one in good temper. It brings glow and lustre to the body and keeps both men and women "fit" for conjugal life.

[6 oz. bottle Rs. 1.]

## 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 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 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 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.]

## 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 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.

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

## 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.

[Price per bottle : As. 8]

## 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 Chandanathi Thailam

A VERY FRAGRANT AND POWERFUL  
BRAIN TONIC

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, 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.

[One Full Course Rs. 10.]

## Maha Eye Drops

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 Rs. 1.]

## Maha Panja Sanjeevi

THE CHILDREN'S FRIEND

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.

Every mother should possess the Sanjeevi.

[One bottle Re. 1.]

## 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 traces of the disease and change the patient into a normal healthy being.

[Complete Course : Rs. 10.]

## Maha Cough and Cold Remedy

It 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.

[Price per phial : As. 8.]

## Sterility Cured

Write for Particulars with Four annas stamp.

## Maha Substitute for Coffee & Tea

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

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).

[Price per phial, As. 12.]

## Maha Gorojana Pills

For Fevers, Cold, Cough, Apoplexy, Coryza, and Phlegm which forms down the throat.

[Price per phial, As. 12.]

## Maha Ulcer Cure

The application of our medicine in cases of 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.]

## Munmatha Kalpam (Gonorrhoea Cure.)

A real God-send to the sufferers from this dire disease in 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.]

**WANTED Agents in all Places**

**Apply for Terms.**

## 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 or passing urine. It is also attended with the other symptoms like loss of appetite, constipation, vertigo, weakness, love of solitude, etc. In chronic stage discharges occur even without erection and power of erection is lost. Thus Impotency arises. It also arises as a result of sudden grief, fear, or any mental perturbations, having connexions with abominal women, decay of seminal ducts, through disease, not gratifying the sexual instinct, when it is uppermost eating sour and pungent things, etc. Other causes also lead to Impotency.

Our Impotency Cure has been prepared with a view to preserve 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 complaints.

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

# 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 ailments 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, increasing 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]

## THE TAMIL NADU AYURVEDIC JOURNAL

Monthly Medical Journal for the  
Preservation of One's Health.

Vol. 5.]

MARCH, 1933

[No. 3

### DIETETIC TREATMENT OF DIABETES

#### Take More Sugar and less Fat!

Diabetes means essentially that the muscles of the affected individual are no longer able to utilise and "burn" the sugar available in the blood, (writes a Medical Correspondent in the London "Observer," dated Nov. 6). As long ago as 1889 Minkowski and Mering discovered that this state of affairs was associated with disease of the pancreas an important gland situated in the abdominal cavity, known popularly as the sweetbread.

In 1922 F. G. Banting and C. H. Best succeeded in isolating the actual secretion of the pancreas concerned, and it was named, as all the world knows, insulin. In the presence of adequate insulin the muscles can use sugar as the source of their energy in a normal manner. The discovery of insulin came at a time when the dietetic treatment of diabetes had been perfected with the aid of modern bio-chemistry, and it was felt that the problem of diabetes had been solved.

Nevertheless, the exact cause of the primary disease of the pancreas, remained unknown, and as the action of insulin on human subjects was more closely studied it became obvious

that the way in which it worked was more complicated than was originally thought. At the same time radical changes in the dietetic treatment of diabetes have been effected in certain centres, and both lines of research led clearly to the liver. The part played by this organ in the management of the sugar supply of the body has been recognised for many years.

All starches and sugars taken by the mouth are broken down in the intestines to simple forms and stored in the liver as glycogen. This is transformed back into a simple sugar (dextrose) as required to keep the amount in the blood at a more or less constant level. Long before the days of insulin, diabetes was successfully treated in very many instances by simple restrictions of the amount of sugar and starch in the diet. The introduction of insulin enabled more of these substances to be eaten, but restrictions were still considered necessary.

Then the revolutionary suggestion was made that diabetic patients could get on perfectly well with excess of carbohydrate (*i. e.*, starch and sugar) in the diet, provided the amount of fat was kept low and that the total energy value of the diet was kept the same as in the previous regime. This paradoxical diet was found to require no more insulin than the previous low-carbo-hydrate diet. Good results with this method are reported in the current issue of the "Lancet," by Dr. George Graham and others at St. Bartholomew's Hospital.

The explanation of this curious state of affairs is still a matter of theory, but it seems probable that the secret lies in the fact that the liver can only act properly if it is well supplied with sugar, and if it is clogged by fat it cannot do its work well. This is also seen in the treatment of the so-called "liverish" attacks in children by cutting down the amount of fat in the diet and giving extra sugar in the form of glucose.—"The Hindu."

145673

## THE BEST OF EXERCISE

A physician once brought us Khaddar yarn for converting into cloth. In the course of conversation he expressed: "How delightful I feel with my spinning wheel. It gives me free perspiration and as a sort of exercise acts as an aid to health." Well has he said. This is the experience of all those who are engaged in some kind of labour or other after their routine literary or other mental work.

Many are the sports and exercises invented for the persons engaged mainly in mental work as an aid to health. The merits of these exercises we have explained in these columns. None of them are so helpful to health as deep breathing exercise.

But a useful handicraft is better than all. There is pleasure in both work and play. Both end in worry and exhaustion if engaged in beyond limit. Change from work to play is an aid to health. But it is neither continuous work nor play that gives us health and happiness.

### The Secret of Work

On the other hand it is not that work itself brings about misery and disease. It is the same work monotonously done that is the cause for worry, whether the work be mental or physical. It is the incessant mental work that breaks health. It is again the physical work without break that affects health. If the secret of work is well understood a large amount of energy of those engaged in mental work, now wasted in play, may well be saved and utilized for better purpose. This human energy which is now being misused may be well spent and a poor country like India may thereby be benefited. The health, wealth and prosperity of the poverty-stricken India depends largely on the advance of the Indian Cottage Industry. The country suffers mainly on account of poverty—mental, physical, moral and financial. Enrich the mind, enrich the intellect, enrich the material condition of the individual and the nation, health and happiness are there.

### Bad Imitators

It has become the usage of the Indian officer or the quill driver who complicates himself with too many unnecessary articles and for which he solely depends upon the foreigners and on which account he has been a miserable wretch, to imitate the westerners in his bad habits and thus to engage himself in some useless sports or vain talk.

Those who realize the nobility of manual work and the value of cottage industry as the main source of happiness to the whole nation will do well to utilize their energy in right cause. Those who realize that India's prosperity depends on its Cottage industry, and never on machine made articles that can pay special attention to our suggestion.

### Most Pleasant of All

The home industry may be of a varied type according to one's taste. It may be spinning or carding or weaving. Knitting or stitching, picture writing, fitter's or carpenter's or blacksmith's work, bamboo or cane work like basket, box, etc., fibre and grass work like mat making, rope making, etc. Or it may be clay work of varied type. It may be fan work or umbrella work. It may be the production of any one or many articles which are of domestic use. Or it may be small garden work.

There is immense pleasure experienced in planting a seed, watering and manuring and protecting it daily. The plant may or may not yield fruit, but there is pleasure in cultivation. Immense pleasure is felt in carding, spinning and weaving one's own cloth. There is pleasure in cooking our own food and getting ready our own domestic necessities and what can be a better source of health to man than life amidst the pleasure of self-help and self-sufficiency? "*The Sunday Times*" -

## THE MIRACLE OF MILK

### Food Tonic and Disinfectant

[BY HECTOR C. PERIERA]

Milk, which in some form or other constitutes a part of our daily menu, plays an important part in the history of human food. From the very day of our existence we begin to use milk, and the first few months of our lives, when we are laying the foundation for our future, we live wholly and solely on milk. This is one of the few foods which contains all the body-sustaining elements and vitamins. Another advantage this animal product has over other food is that it can be drunk as well as eaten. It is also easy and pleasant to take.

Milk is extremely rich in health building properties and as such it should be used regularly. The frequent use of milk gives us healthy bodies and active minds. According to Dr. Rice of the Indiana University, a quart of milk contains one and one-half ounces of milk sugar, one and one-fourth ounces of butterfat (equal to about one and one-half ounces of butter), one ounce of dried protein (equal to about one-fourth pound of dried beans). The number of calories is rather surprising. A quart of milk contains approximately the same number of calories as one pound of lean beefsteak, two pounds of potatoes, five eggs, or seven pounds of spinach.

### Vitamins

Vitamins, things we have never seen but of which we hear so much these days, are essential for the growth of the body. Milk is one of the sources where a great number of these vitamins are found together. Vitamin 'A' which is believed to be a safeguard against infection, is found in plenty in cream and butter. Vitamin 'B' indispensable to normal growth, is found in skim milk. Vitamin 'C', the vitamin which prevents scurvy, too, is found in milk. Vitamin 'D'

# GOOD HEALTH

**YOU MUST HAVE IT TO ENJOY IT!**

**LET US MAKE YOU HAVE IT.**

Do not lose any time to have your physical condition correctly diagnosed by

**AN EXPERT**

**BISHAG RATNA PANDIT - E. S. GOPAN**  
(Pulse Specialist and Chief Physician.)

Our Chief Physician will give you a diagnosis by reading your pulse in person, or by consultation by post. By correct diagnosis half the battle with the disease is fought. Our medicines will give you **GOOD HEALTH**, quickly, positively and permanently.

## GUARANTEE OF CURE

In cases of Leucoderma, Diabetes, Paralysis, Rheumatism, Venereals, Asthma, Consumption, Dyspepsia, Piles, Menstrual Disorders, Sterility and all other chronic and complicated ailments, left hopeless undertaken.

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Between 8 to 11 A.M.

At Branch:— 193, MOUNT ROAD, MADRAS.  
Between 3 to 6 P.M.

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366/366  
Registered No. M. 2440.

## THE TAMILNADU AYURVEDIC JOURNAL

Devoted for the Up-Keep of Health

Edited by:—Bishag-Ratna Pandit

**E. S. GOPAN**

Vol. 5.]

March 1933.

[No. 3

CONTENTS

DIETETIC TREATMENT OF DIABETES  
THE BEST OF EXERCISE  
THE MIRACLE OF MILK  
OURSELVES

Annual  
Subscription

**Re. 1.**

Single  
Copy

**As. 2.**

Published by:—

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No. 3767.

invaluable for the growth of strong bones and sound teeth, is also a constituent of milk. This vitamin also helps in the prevention of rickets and is of much value in the treatment of tuberculosis.

Milk, besides being easily digested, is also a good intestinal antiseptic and a harmless sedative. It is a well-known fact that babies fall asleep immediately after milk has been administered. There is a belief among some that milk is constipating. This is not so. An eminent authority says: "Milk is entirely digested and absorbed by the normal alimentary tract, and as a result there is no bulk left in the bowels. It would be well to give the idea that milk is constipating a thorough revision". It is a matter of common observation, that babies on exclusive milk diet have more bowel movements than those fed on other kinds of food.

Pure wholesome milk is an excellent food. But to get pure milk is the problem. Science has revealed to us that milk is a good channel by which bacterial as well as non-bacterial diseases could be carried to human beings. Diseases such as bovine tuberculosis (children are the greatest victims) anthrax, diphtheria, cow pox and typhoid, besides others, have been in many cases traced to be the cause of bad milk. A few of the sources by which milk can be contaminated are diseased animals, decomposition of sour milk and the subsequent contamination of milk with diseased germs, both of human and animal origin. Milk is subject to infection from the time before it leaves the cow to the time of its consumption. It has also been found that milk is an excellent culture media for the propagation of bacteria.

### Pasteurization

For nearly a hundred years, scientists have been busy finding out ways and means by which milk could be made safe for human consumption, and at last their efforts have been rewarded. Pasteurization, the method of sterilizing

milk, has come to our rescue. Louis Pasteur, in 1865, showed to the world the benefits of pasteurization. But pasteurization received a mixed reception. Two schools of thought arose: one for and the other against. The latter school held that by pasteurization milk lost all its good properties. While it is admitted that a certain amount—a very small portion—is lost, yet it is nothing compared to the safety we are ensured. Moreover, pasteurization does not rob the milk of its colour, taste, or odour, but on the contrary makes contaminated milk pure and safe.

In many great cities of America the law has it that, unless previously pasteurized, milk cannot be brought into the city. After the advent of pasteurization many milk-borne diseases have been eliminated.—F. P. Journal.

### Child Ailments of Great Fatality

Whooping cough is most fatal in the second month of life and measles in the second year. Over half of the deaths from whooping cough occur during the first year, and nearly 90 per cent. occur in the first two years. If a child escapes getting whooping cough while a baby, it is very apt to pull through, but it is not past danger as the whooping cough may lead to tuberculosis.

With measles the first three years are the most fatal, nearly 80 per cent. of the measles deaths occurring then. Measles is much more fatal to adults than is whooping cough, about 3 per cent. of measles deaths being among adults. So, if parents permit children to contract measles they may have the infection brought to themselves, and with fatal effect.

Diphtheria and scarlet fever cause their fatalities in children later than measles and whooping cough. With diphtheria the most fatal years are between two and five, during which time 50 per cent. of deaths from diphtheria occur. About 5 per cent. of the deaths from diphtheria occur among

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

### 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. 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.

**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.

**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."

adults and 15 per cent. of the deaths from scarlet fever occur among adults.

Even chickenpox causes a few deaths, as does mumps. So all these contagious diseases are serious things and every effort should be made in the schools and homes to keep them from spreading. Every case should be reported by anybody who knows about it, and be promptly quarantined.

#### Causes of Heart Disease

The decidedly upward curve in the incidence of fatal heart disease throughout the world is sufficient reason for everyone of mature years to pause and consider the possible part they may be playing in this unfortunate situation. In fact, without the individual's personal co-operation, the chances of marked improvement in this deplorable condition are somewhat slim.

In the last analysis, heart conditions fall into two main classes. First, those resulting from other diseases—usually childhood ones; and second, those that may be traced to personal conduct of omission or commission.

Preparedness represents the major defence against this pre-eminent hijacker of health. Primarily individuals of mature age must realise that high-speed living, excessive use of stimulants, and other unnatural drains upon vitality such as consistent lack of proper rest and over-exercise are likely eventually to backfire in the form of a weakened heart. Old Dame Nature apparently takes a lot of punishment, but she never forgets. And one of her most favourite methods of reminder is to hit the heart. Moderation in all things personal is, therefore, an exceedingly safe and, in fact, the only reasonable rule to follow.

No matter how good one's conduct toward his body may have been, once yearly a complete physical examination should be made by a competent physician. The master detective in the form of scientific investigation thus applied will nip incipient heart conditions in the bud; conditions, by the way, blissfully unsuspected by the individual.

If these two main courses of preparedness against heart disease were conscientiously and generally employed, there can be little doubt that the present deplorable record that it is making would be effectively curtailed.—*Sunday Chronicle*.

## 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.

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

**M. Balasubrahmanyam Esqr., Superintendent  
Junior Certified School, Bellary :—**

Glad to certify that I got a cure for "GLOSSITES" at the hands of Dr. E. S. Gopan, Pulse Specialist, who cured me of the malady within a fortnight, which I could not get at the hands of allopathic doctors who treated me for about a year.

**Rao Bahadur B. Viswa Nath F. I. C. Government  
Agricultural Chemist, Head of the Section of  
Chemical Research :—**

I have had occasion to consult Dr. Gopan and to use his, Kaya Siddhi Makaradhwaja; I am glad to say that he is clever at diagnosis by Pulse and his Kaya Siddhi Makaradhwaja has given considerable effect in improving the general tone of the System.

**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."

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

I have personally used Kayasiddhi Makaradhwaja. They are wonderful in their effects.

**T. R. Naidu, Esq., Retd. Supdt., Office 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.

**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.

**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.

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

The Pharmacy contains medicines for many acute diseases and I learn from Gopan Dr. 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.

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

I understand that these doctors are even curing advanced cases of consumption by special treatment. The Pharmacy is very popular.

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

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 Govt. of Madras.**

The institution is run on modern lines and the medicines are purely Ayurvedic preparations which deserve encouragement.

**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.

**Dewan Bahadur M. Gopalswamy Mudaliar, Avl., B.A., B.L., M. L. C., President, District Board, Bellary, writes :—Dated 6-1-32.**

Dr. Gopan examined me and other members of my family. It was marvellous how he was able to diagnose the ailments which were troubling us by means of examining our Pulses. He prescribed certain medicines for womb complaint. I found that it was a sovereign remedy which had marvellous effects. We now regularly have recourse to his Makaradhwaja and have derived immense benefits.

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

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.

**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.

**Sir C. V. Kumaraswami Sastriar, Kt., B.A., J.L. Ex-Judge, Madras High Court :—**

I have known Dr. E. S. Gopan for some years and consider him a very good Ayurvedic doctor. His Kayasiddhi Makaradhwaja is a good tonic and his Vettiver Thailam a very good bathing oil. His knowledge of Ayurveda Science is deep and his experience as a Doctor wide. I shall always be glad to hear of his success.

**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.

**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 by Dr. E. S. Gopan, 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 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 tried their Kayasiddhi Makaradhwaja (regd.) pills; they have given me entire satisfaction as the best Nervine tonic.

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

I am confirmed by the impression in the public eye that they are doing genuine work and their work is commendable.

**Sir K. V. Reddi Garu, B. A., B. L., Ex-Minister to the Government of Madras.**

I 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.

**The Rajah of Khallikotta & Attagadar.**

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 special treatment.

**Dewan Bahadur A. M. M. Murugappa Chettiar, Avl. Ex-Sheriff of Madras, Banker, Nattukottai Nagar-thar Association.**

The institution is doing very good work.

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

Kayasiddhi Makaradhwaja, 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.

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

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.

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

I am glad to find that the medicines are popular. The institution is run on modern lines.

VIM !

VIGOUR !!

VITALITY !!!

## KAYASIDDHI MAKARADHWAJA

(REGISTERED)

THE IDEAL TONIC PILLS RECOMMENDED AND  
APPRECIATED BY MANY LEADING DOCTORS  
AND LAYMAN THROUGHOUT  
INDIA, AND FAR EAST.

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 other Valuable Busmas. Obtained from the correct sources and compounded in the approved manner, these two ingredients form the basis of the most potent nerve 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, Loss of Appetite, Diarrhoea, Loss of Vitality, Spermatorrhoea.

POST BOX NO. 278, MADRAS.

11

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

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.

[1 seer 24 tolas Rs. 2.]

## Maha Tooth Powder

A medicated dentifrice specially prepared to cure all dental diseases.

[One tin annas 2.]

## Maha Night Pills

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 Amritamalak Thailam

A bathing oil with much cooling effect.

[Price: Rs. 1 per 6 oz.]

## Maha Leucoderma Cure

Leucoderma commonly called 'White Leprosy', may be hereditary or self-acquired due to many causes. Our Maha "Leucoderma Cure" is the best and well tried specific for any type of 'White Leprosy', completely purifies the impurities of blood, restores pure red blood and the original natural colour of the skin. We assure complete success with special preparation of medicines for internal and external application.

[One full course Rs. 100/-]

## Maha Brihat Chandrodaya Makardhwaja

Brihat Chandrodaya Makardhwaja 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 Basmās, 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

It kills all germs completely, heals the ruptured skin, smoothes it and restores its original healthy appearance. It is quick in cure.

[Price per phial As. 8.]

## Maha Vilvathi Thailam

(A BATHING OIL)

This Oil is recommended for massage on the head before bath. 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.

[6 oz. for six baths Rs. 1.]

## Maha Chavana Prasana

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.

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

## Maha Vettiver Thailam

THE MOST POWERFUL BATHING OIL

*(For Bath and External use only)*

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, loss of vitality, burns, ulceration in breast, Jaundice, pain in fainting, eye diseases, excitation of the three faults wind, bile and phlegm, pain in forehead, burning of the eyes, dullness of hearing, Dropsy, burning sensation in the body, hardness of breathing, 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 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.

Its daily use, will remove wind troubles, Stomach Pain, Colic Worms, Bile, Distention of the Stomach, Constipation, etc.

[Per seer of 24 tolas Rs. 2.]

## 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 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 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, increase the retentive power, strengthen the system and afford fullest happiness in sexual congress. The use of this will help one in regaining the youthful and vitality and the best retentive power to the

[Price, one bottle Rs. 5.]

## Maha Rheumatism Cure

Rheumatic pains are most unbearable, what with swollen joints, limbs that refuse to move, and hails 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 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.]

## Maha Oil for easy delivery Painless Child Birth (REGISTERED)

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 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 to 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 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 is 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 Sandana Sherbet

It reduces excessive heat, cools the system, refreshes the brain, increases appetite, digests food, stimulates the liver and generally keeps one in good temper. It brings glow and lustre to the body and keeps both men and women "fit" for conjugal life.

[6 oz. bottle Rs. 1.]

## 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~~ <sup>unbearable</sup> 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 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.

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

## 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.

[Price per bottle: As. 8]

## 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 Chandanathi Thailam

A VERY FRAGRANT AND POWERFUL  
BRAIN TONIC

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, 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.

[One Full Course Rs. 10.]

## Maha Eye Drops

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 Rs. 1.]

## Maha Panja Sanjeevi

### THE CHILDREN'S FRIEND

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.

Every mother should possess the Sanjeevi.

[One bottle Rs. 1.]

## 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 Cough and Cold Remedy

It 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.

[Price per phial : As. 8.]

## Sterility Cured

Write for Particulars with Four annas stamp.

## Maha Substitute for Coffee & Tea

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

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).

[Price per phial, As. 12.]

## Maha Gorojana Pills

For Fevers, Cold, Cough, Apoplexy, Coryza, and Phlegm which forms down the throat.

[Price per phial, As. 12.]

## Maha Ulcer Cure

The application of our medicine in cases of 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.]

## Munmatha Kalpam (Gonorrhoea Cure.)

A real God-send to the sufferers from this dire disease in this specific revealed by a Sadhu. Gonorrhoea, Chanero, 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.]

**WANTED Agents in all Places**  
Apply for Terms.

## 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 native 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 or passing urine. It is also attended with the other symptoms like loss of appetite, constipation, vertigo, weakness, love of solitude, etc. In chronic stage discharges occur even without erection and power of erection is lost. Thus Impotency arises. It also arises as a result of sudden grief, fear, or any mental perturbations, having connexions with abominal women, decay of seminal ducts, through disease, not gratifying the sexual instinct, when it is uppermost eating sour and pungent things, etc. Other causes also lead to Impotency.

Our Impotency Cure has been prepared with a view to preserve 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.