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THE
TAMIL NADU AYURVEDIC JOURNAL

DEVOTED FOR THE UP-KEEP OF HEALTH.

EDITED BY:

Bishag - Ratna Pandit

E. S. GOPAN

*Pulse Specialist, Chief Physician & Director
(Regd. Physician by the Govts. of Madras & Ceylon)*

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THE TAMIL NADU AYURVEDIC PHARMACY, LTD.

The Pharmacy was started in the year 1925 by its Managing Director, Pandit E. Srinivasachari. Within the very short period of its existence, the fame of the pharmacy has spread far and wide in India, Burma, Ceylon, Malaya, East Africa and other foreign settlements.



Pandit E. S. Gopan

All credit is due to its Chief Physician and Director, Pandit E. S. Gopan, who hails from an ancient reputed family of physicians of Southern India who have studied during the past several centuries the Siddha Ayurvedic Systems and been practising the same with a great measure of success. In appreciation of their medical services, they have been awarded landed property worth several thousands by Nawab Das Ali Khan in 1725 A. D. Our pulso specialist, by associating with renowned physicians and by his own experience in having witnessed several treatments demonstrated to him by well-known Pandits, has already a brilliant record in medical practice to his credit and his own researches have given him the unique powers of feeling the pulse and disclosing the ailments.

His services are often sought by Rajahs and Zamindars and has the distinction of being registered as an Ayurvedic practising physician by the Governments of Ceylon and Madras.

THE TAMIL NADU AYURVEDIC JOURNAL

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

Vol. 1.]

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[No. 1

VALUE OF DAILY BATHS

The phrase "Cleanliness is next to Godliness" is one which most of us have heard from our earliest days, but how many fully realise its importance in relation to the complexion?

The work of the skin pores is to carry away waste products from the body. If the pores become clogged in any way, this waste matter remains in the skin and sets up acne, eczema, and kindred diseases. Therefore, the necessity of keeping the pores open and the blood freely circulating can be well understood.

What is the main cause of the pores failing to perform their task? Well, the skin is constantly shedding its top layer in the form of a powdery substance. It is also provided with two kinds of glands—sweat glands and oil glands—and, when the "Powder" mixes with the products of these, a form of paste is produced which quickly seals up the pores, unless it is constantly removed.

This, then is where the value of the daily bath comes in by cleansing the outer surface of the skin and keeping the pores open, while the brisk drying with an adequate towel causes free circulation of blood through the body. Thus the bath and the towel are two of the most valuable aids to health—aids within the reach of every one.

If the full value of the bath is to be obtained there are several details to remember.

First, never take a bath immediately after a heavy meal : allow one and half to two hours to elapse between. Again, never bathe after a long fast, because the general vitality is too low. The best time is first thing in the morning. This may sound contradictory, but though the time of fasting has been long, the building up of the vitality has been steadily going on by means of rest and sleep.

The cold bath is most invigorating to those who can take it, because it contracts the small blood vessels, while a good rub down afterwards causes the blood to race through the system, thus setting up a warm glow. If there is no such reaction, beware of the cold bath for it will prove harmful instead of helpful.

A lukewarm bath (about 90 degrees) is best for most people, while a good plan for those who chill quickly is to stand in a few inches of hot water while vigorously "sponging" the body over with cold.

The really hot bath, though pleasant, is apt to prove enervating if indulged in frequently. It opens the pores of the skin to an excessive degree, so it should be taken only at bed time, unless a gradual cooling off is effected by means of a cool spray.

Those who suffered from ache spots or "Blackheads" will appreciate certain of the sulphur "Charges," which are obtainable for putting in the bath; they can be had for the face only as well as in the bath size, and are most efficacious in overcoming these disfigurements.

FOOD POISONING

Food Poisoning occurs when, in mistake for a wholesome food, some article is eaten which is of itself normally poisonous, or, owing to the food being rendered poisonous, by contamination from outside sources. The former is called Endogenous Food Poisoning, while the latter, which is the ordinary form of food poisonings, is known of as Exogenous.

Endogenous Food Poisoning: The following are examples:

GOPAN'S Kayasiddhi Makaradhwaja

(Regd.)

This is the most reputed unrivalled specific, the brightest Jewel and the priceless Gem in all Siddha Ayurvedic Literature, and one of the costliest preparations as it contains such rare ingredients, as Gold, Calcium, Iron, Musk, Phosphates, Sulphur, Organic Matter, Viriline seeds, etc., amazing curative agents these are

—all of them purified and compounded in the approved manner according to the Ayurvedic Siddha Pharmacopia.

The efficacious nature of this Divine Nectar is very great and manifold and we give



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below a catalogue of several diseases which are cured by it. It is an unfailing remedy in cases of Nervous Debility, Impurity and poverty of blood, Loss of Memory, Giddiness and Insanity, Palpitation of the heart, Asthma, Consumption, all Stomach troubles, Loss of appetite, Diarrhoea, Dysentery, Cholera, Fevers, Back ache, Loss of vitality, Spermatorrhoea, Impotency, all Skin eruptions, Eczema and such other complicated ailments.

No other preparation in the entire sphere of Ayurvedic Siddha and Modern Medical Sciences can be found to equal this priceless Gem in its surpassing effects and it is found to contain such curative medicinal properties, that are essentially needed to revitalise your blood, rejuvenate your arteries, strengthen your heart and nerves, increase vital and Physical forces and to keep Blood pressure at normal ebb.

This sovereign remedy is a palatable preparation in the form of pills and it is of immense value both as a preventive and curative agent and it can be used without age, sex and climate restrictions.

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1 Phial of 40 Pills for 20 Days, Rs. 5.

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(1) Poisoning Fungi are sometimes eaten in mistake for edible mushrooms, and dangerous or even fatal results may follow, owing to the presence in them of poisonous substances. Thus, the fly fungus, *Amanita Muscaria*, contains the highly poisonous alkaloid muscarine; another poisonous fungus, *Amanita Phalloides*, contains a powerful toxic substance, phallin or amanita toxin, as its active principle; while *Helvella Esculenta* is a fungus which owes its toxic properties to helvellic acid.

The immediate symptoms caused by poisonous fungi are those of acute gastro-enteritis, together with collapse from the effect of the poison on the nerve centres. Usually the liver suffers severely. Death from auto-intoxication may occur after a few days, owing to cessation of function of the liver, and possibly also of the kidneys.

(2) Poisonous fish:—Certain fish, such as those of the species tetrodon, found in Japanese waters, are normally poisonous, and the same applies to mussels when grown under unhealthy conditions. The symptoms caused by those poisonous foods are those of acute gastro-enteritis, with marked nervous disturbance and collapse.

(3) Poisonous parts of plants may be eaten in mistake for foods; for example, aconite root for horse-radish, or deadly nightshade berries for edible fruit.

Potato Poisoning:—Under certain conditions potatoes may contain a dangerous amount of the poisonous alkaloid solanine. This is produced by the growth of certain forms of bacteria in the tubers, which is likely to occur if, owing to improper storage, sprouting of the potatoes has taken place. The symptoms of solanine poisoning are those of acute gastro-enteritis, associated with nervous prostration and collapse, resembling those caused by poisonous fungi.

The above types of poisoning do not, strictly speaking, come under the term "Food Poisoning," because the offending articles are unwholesome or poisonous substances taken in mistake for wholesome foods; but in some countries certain harmful vegetables are more or less habitually used as foods.

—(Oxford Medical Publications.)

CONSTIPATION: CAUSE AND CURE

Constipation is the common ailment which most people suffer from. Improper diet and certain habits are the chief causes for it. Want of sufficient physical exercise and a sedentary life aggravates the trouble. It results when the system is heated with bad food grains free from bran or their outer coating, astringent foods, diets free from sufficient quantity of oily matter lead to constipation. Irregular habits in work, working and sleeping and in attending to the calls of nature are the other causes.

Costive bowels are generally neglected not knowing the after-effects. It is the cause for various kinds of chronic and acute diseases and it will be found that constipation is often the root cause. Health is maintained so long as the impurities are regularly purged out of the system. Disease manifests itself when either bowels do not move regularly, urine does not discharge properly and in sufficient quantity, and when phlegm or sweat does not excrete from the system. When bowels do not move in time the impurities get collected in the system and give rise to various kinds of diseases. Every disease starts with constipation. Fever, Cough, Asthma, Dyspepsia, Typhoid, etc., all have constipation as their cause. When the bowels act regularly, many diseases may be avoided.

Many are the modes of treatment advertised in newspapers by chemists and druggists and various types of medical authorities. Purgatives and enemas are in vogue. The habit of purgatives and enemas is worse than constipation itself. It is time that we should adopt better remedies both to cure and prevent constipation.

If raw vegetables and grains and nuts are taken in a moderate quantity, constipation will be cured. If one is unable to consume raw food by itself, he should take a large quantity of raw vegetables and grains with boiled food. Fruits like plantains, etc., must be freely used. In fact if one were to take half a dozen plantains at bed time he may avoid constipation. All astringent food which accentuates constipation must be removed from the diet. Instead of eating pieces, whole grains should be taken, without removing the husk and bran. A pretty good quantity of fatty, like

GOPAN'S SRIPANOL

THE SPECIFIC FOR DYSPEPSIA & ALL CHRONIC STOMACH TROUBLES

Our preparation SRIPANOL is specially prepared to combat this dreadful disease and for all the diseases of the Digestive System and to remove all the functional disorders of the stomach such as Atony, Atonic Dilatation, Hypertonus, Spasm, Vomiting, Rumination, Achylia Gastrica, Anorexia, Nausea, Gastric Flatulence, Neurasthenic or Nervous Dyspepsia, Hysterical Dyspepsia, Anaemic Dyspepsia, Enlargement of Liver and Spleen, Haematemesis, Catarrh & Gastritis, Gastric and Duodenal Ulcer, Carcinoma of the Stomach, Pyloric Obstruction, Colitis, Jaundice, Abscess, Gall Stones, Colic Constipation, Diarrhoea, etc., and restores one to good health and happiness in every respect.

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GOPAN'S GOLD-KASUM

**SPECIFIC 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 symptoms 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.

1 Bottle Rs. 10.

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almonds, butter, cocoanuts, sesame, groundnut, ghee, should be added to the diet.

A pint of cold water may be taken at bed time. The same may be repeated at 5 or 5 A.M. This will be sufficient for moving bowels; or if necessary the same may be repeated once every two hours. During day time or while engaged in work, the same may be drunk as frequently as possible.

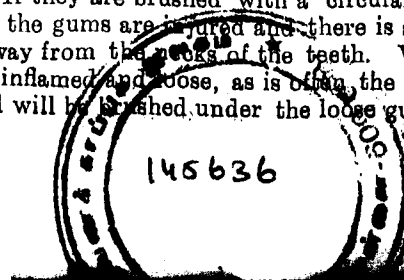
Walking and other physical exercises will stimulate the bowels to work. Regulated time in sleep, waking up and attending to stools will help the movement of bowels.

Such people as are unable to follow these instructions and who believe that purgatives alone must be resorted to, will do well to take quarter to half an ounce of castor oil both at bed time and at rising. In course of time the quantity may be reduced and stopped and diet and cold water drinking attended to. A decoction made of two or three Kadukka fruits with a little dry ginger is also a safe remedy for constipation. These purgatives though the least harmful, will not be beneficial in the long run unless diet and habits are changed.

It is out of ignorance that the smokers of tobacco claim that smoking is a remedy for constipation. It is a suicidal habit as tobacco has not this effect; and assuming that it has, it is hardly wise to make use of this dangerous element, when harmless ways of efficacious relief are available.—(*Sunday Times*.)

Dental Hygiene

Neither dental decay nor dental sepsis occurs if the teeth are always kept free from food between meals. The teeth should, whenever possible, be thoroughly cleaned immediately after each meal, and no food should be taken between meals. If the teeth are brushed straight across, the food is removed from the outer surfaces but not from the spaces between the teeth. If they are brushed with a circular or up and down motion, the gums are injured and there is a tendency to push them away from the roots of the teeth. Where the gum is already inflamed and loose, as is often the case in pyorrhoea, the food will be brushed under the loose gum and the condi-



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tion aggravated. The correct method is to sweep the brush in one direction only. On the outer or cheek surfaces the brush should be used with a twisting motion from the gums towards the teeth, *i.e.*, downwards in the upper jaw and upwards in the lower jaw. When sweeping the inner or tongue surfaces of the teeth the brush is held perpendicularly, so that only the end comes into use; it is pulled downwards in the upper jaw and upwards in the lower jaw. Special care should be taken to reach the back and sides of the last molars or wisdom teeth. The neck of the teeth should be kept clean by wiping with small swabs of wool in curved dental tweezers.

The tooth brush should have a small head, a straight handle, the rows of bristles should be spaced, and the bristles on the tip should be shaped into a groove, so as to take the contour of the teeth when it is used perpendicularly for the inner surfaces.

Normally the gums completely fill the spaces between the teeth, but when they begin to recede, as in pyorrhoea, these spaces are no longer filled and food collects between the teeth. This food cannot be removed by a tooth-brush. The brushing must then be followed after each meal by the use of a tooth-pick, and preferably of metal, with a very fine blade bent at an angle so that it will pass readily between the molar teeth, followed by a strong spray, which will force water between the teeth and clear the spaces of food.

Patients with inflamed gums or pyorrhoea should also massage the gums with the forefinger and thumb from the gum towards the teeth after using the brush and before using the spray, and the dried gum margin should be painted with tincture of iodine once a day, using curved dental tweezers and a very small swab of wool for the purpose.

Artificial teeth should never be worn at night, but should be kept in antiseptic. In addition to this, they should be very thoroughly scrubbed with a brush and soap and water, so far as is possible after every meal.

Children should be given food which requires thorough mastication, as soft food, which can be swallowed without chewing and with the production of little or no saliva, is

GOPAN'S Munmatha Kalpam

A real God sent remedy revealed by a Sadhu for all kinds of secret, social and urethral complaints of both sexes.

Gonorrhoea, Cancer, 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 woman, can be completely and permanently cured by a course of the 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.

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Specific 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 as 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. Our specific contains the correct elements of Tamil medicines which gives the quickest and most effective results. It will free the patient from every functional disorder and fit her for healthy normal functions and maternity.

1 Bottle Rs. 2.

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A valuable specific for Profuse Menstruation, Leucorrhoea, Dysentery, Blood Dysentery and Menorrhagia, scanty-flow delayed or prolonged periods, menstruation attended with pains and all other troubles, and make women happy, and healthy and vigorous.

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likely to cause stagnation of sticky carbohydrate material between the teeth.

At the end of each meal some fluid should be drunk, or some fresh fruit, the acid of which excites the flow of saliva, should be eaten in order to keep the teeth clean. The alkaline saliva neutralises the acid of the fruit and prevents it from damaging the teeth. Mouth-breathing in children should be corrected by direct treatment of nasal obstruction and by respiratory exercises. The teeth should be examined twice a year, even when there is no reason to suppose that anything is abnormal, so that tartar can be removed, early caries dealt with, and pyorrhoea alveolaris recognised and treated in its earliest stage.

—(Oxford Medical Publications.)

DIAGNOSIS—ITS IMPORTANCE

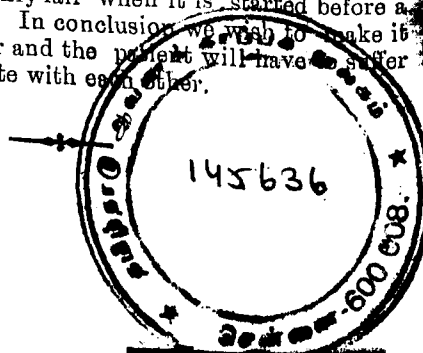
The success of a Doctor and that of treatment lies in correct diagnosis. This fact is known to all. Because whenever a patient approaches a doctor, the doctor holds the hand of the patient and feels the pulse. This clearly shows that there is something secret in the pulse. To achieve correct diagnosis one must be well educated in the art of Pulse reading. A physician or a doctor who has undergone special studies in the reading of Pulse is able to repeat the ailments a patient is suffering from correctly, by feeling the pulse alone. It is needless to mention here the difficulties some of the doctors experience in diagnosing the disease, after finishing their courses—Allopathic or Ayurvedic—for lack of sufficient experience. Therefore let it be borne in mind that mere study is nothing without practical experience. So, realising the difficulties that stand in the way of proper diagnosis we think, we are bound in duty, to give some hints on the subject, and we trust the readers, whether a lay man or a practitioner, will take for what they are worth.

The reason why we insist on practical experience is this. The constitution of one body differs from that of another. So it is likely that the symptoms of one and the same disease may be different according to the different constitutions. A doctor trying to diagnose a case should first take into mind what he actually feels from the Pulse and if he feels any difficulty in

arriving at a conclusion about the nature of the disease then he should recollect his past experience and compare the case in hand with that of the previous ones. And then after arriving at a conclusion, in order to ascertain whether his conclusion is right or not, the doctor should put a few important questions to the patient as to clear off the doubts.

Here we wish to make it clear to the patients that they share equal responsibility in helping the doctor to diagnose correctly, and they should give out to the doctor the real nature of the disease without hiding anything and the question of shyness is to be completely ignored in this respect. The Doctor also should bear in mind that there are patients who are quite ignorant and who cannot explain to the doctor what he is suffering from. In such cases informations are to be taken from the relatives or from persons who attend on the patient. In the absence of any information either from the patient or from relatives, the physician should arrive at a conclusion after giving due weight to his past experience and to the symptoms he has learnt from the pulse of the patient and then begin to treat.

During treatment, it will happen to change the treatment according to the change the disease may take up. In such cases, the doctor should change the treatment completely or partially as the circumstances may require and he should never continue the same treatment even after finding the new changes. The doctor should understand in such cases that the diagnosis made by him at the outset are not correct and should not hesitate to change the mode of treatment so as to suit the new form the disease has taken. So every care is to be taken before commencing the treatment to diagnose the disease correctly. It is no exaggeration when we say that by correct diagnosis half the battle with the disease is fought. The treatment will certainly fail when it is started before a correct diagnosis is made. In conclusion we wish to make it clear that both the Doctor and the patient will have to suffer a lot unless they co-operate with each other.



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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 specific is specially meant to help the assimilation of the sugar in food, to prevent it 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. Once this specific is taken they become quite normal and robust free to embrace the pleasures of life fully.

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