

HOME REMEDIES

SWAMI SIVANANDA

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SRI SWAMI SIVANANDA



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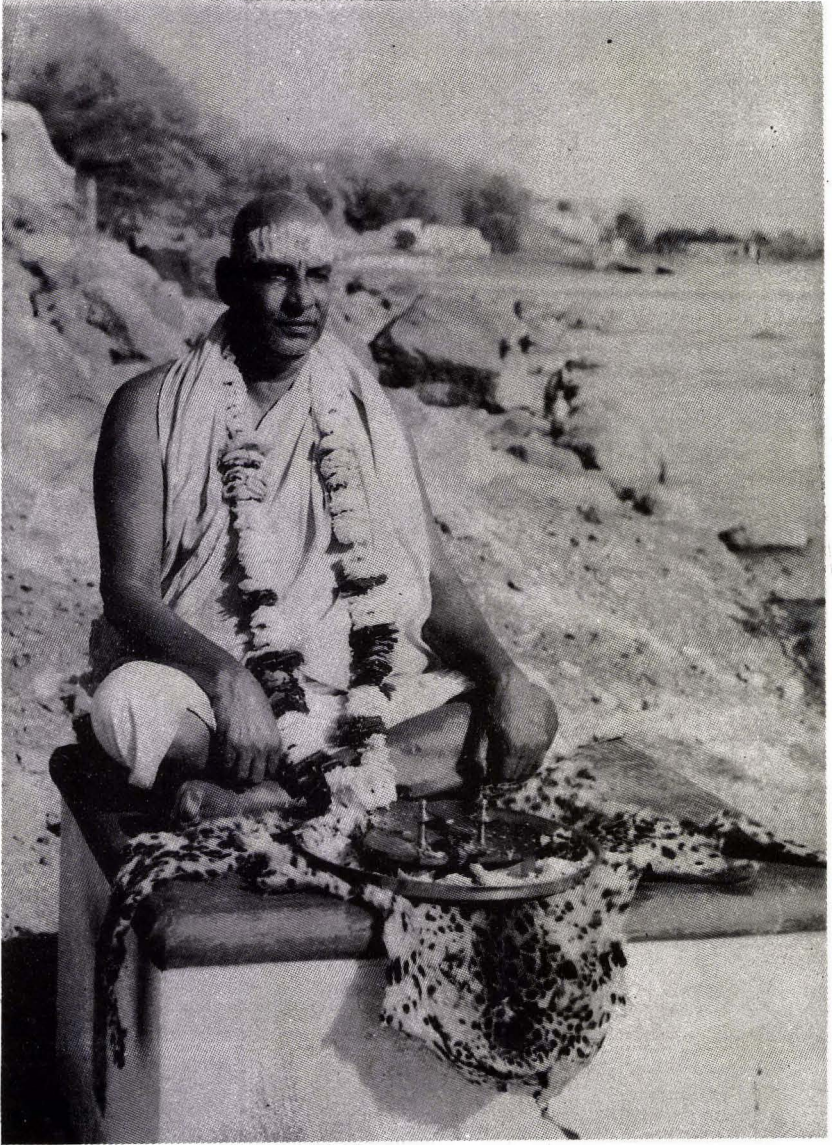
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H.H. SWAMI SIVANANDAJI MAHARAJ

PUBLISHERS' NOTE

Drawing largely upon his long-practised experience as an eminent and first-rate physician who combined in himself the skill of a famous doctor and the intelligence of an equally famous scholar, Swami Sivananda, the towering Sage of the Himalayas, presented to the world most popular works on themes of health, hygiene, medicine, under such titles as *Health and Long Life*, *Family Doctor*, *Health and Happiness*, *Bazaar Drugs*, *Health and Hygiene*, *Care of the Eyes*, *A Boon to Diabetics*. Each of these widely read works has its own distinctive place in the interest and needs of common men and medical practitioners; but the present work entitled *Home Remedies* carries an added value all its own. Treating as it does of a wide range of simple household remedies, from abras to white pumpkin, and for all types of complaints beginning with indigestion and ending with liver and kidney troubles, scorpion sting, snake poison and care of the cow, this work is bound to be exceedingly useful for rural doctors and general practitioners as well. When these remedies were first published in the columns of the official health journal of the Divine Life Society, incessant public demand was made for re-issuing these printed remedies in a book form which would act as a rare treasure for everyday reference and consultation. This work will not only fulfil that demand but also stand greatly enhanced in its importance and heightened in its usefulness by the addition of several helpful recipes.

Shivanandanagar,
14th February, 1999

THE DIVINE LIFE SOCIETY

PREFACE

Every one should possess an elementary knowledge of home remedies. Even this elementary knowledge of home remedies will go a long way in alleviating a diversity of human suffering and saving valuable lives. All cannot afford to pay the doctor's bill and purchase costly patent medicines. The results achieved by "Chamberlain's Cough Remedy" or "Venos Lightning Cough Cure" can be very easily obtained by a decoction of the vegetable Ladies-finger at the cost of a few pies, or a lozenge made out of black pepper, sugar-candy, liquorice and honey.

This book supplies a handy list of "Home Remedies" and a list of very useful, practical, potent prescriptions made up from them. There are very good prescriptions for diarrhoea, dysentery, fevers, malaria, indigestion, flatulence, constipation, debility, influenza, bronchitis, cough, scurvy, rheumatism, biliousness, liver, kidney, lung troubles, etc.

In places where there are no dispensaries, "Home Remedies" will come to your help, and guide you like an able Family Physician.

Prakriti or Mother Nature has been very, very kind and beneficent. She has placed valuable potent herbs and plants at your backyard, immediate neighbourhood and garden. Make use of these herbs and be healthy and strong.

Equip your household, domestic, medicine chest with preparations like dysentery powder, diarrhoea powder, cough lozenges, constipation powder, pills, etc. Your whole family will be immensely benefited.

Rural dispensaries can give you a great deal of medical relief at a very little cost if "Household Remedies" or Bazaar medicines are intelligently, judiciously and largely used.

In the Medical Schools and Colleges in India, Europe and America, the students should get a knowledge of Indian

plants, herbs and drugs, during their course of study of *Materia Medica*. There is a great potency or potentiality in each of Indian herbs and plants. Many plants have very great therapeutic value.

Zandu Pharmaceutical Works, Bombay, and Alembic Chemical Works, Baroda, are manufacturing many valuable preparations out of the Indian herbs and plants. Still big manufacturing and pharmaceutical chemists are needed in India and the whole world at large who can make and standardize preparations and put them on the market.

Free India should start now many Ayurvedic laboratories in different parts of India to manufacture various Ayurvedic preparations and send them to different parts of the world and should have Ayurvedic conquest. Ayurveda will surely have triumph over other systems of medicine as the preparations are very potent, cheap and produce lasting effect and permanent cure.

A doctor should have a very large Vedantic heart and broad tolerance. He should see good in every system of medicine. He should welcome good from each system and utilise it in the treatment of his patients. Every individual has a peculiar temperament. Allopathic drug that suits one temperament will not be suitable to another person. Homeopathy suits X. allopathy suits Y and Ayurveda suits Z. And as such a synthetic doctor can do more good to the patients by taking recourse to different systems. Every doctor should have a synthetic knowledge of all systems. Every doctor should have a perfect knowledge of the Indian plants and herbs. Then they can attend well to the health of their families.

It is hoped that this handy book will be of great help to the householders, rural doctors and the general practitioners as well.

INTRODUCTORY

THE INDIAN MEDICINAL HERBS

The central fact of Indian Culture is its conception of the spiritual Ideal. Its core and essence is the fundamental belief that the attainment of perfection is the sole purpose of man's life. Thus the worth and value of all the other parts and aspects of our life is estimated and equated in terms of their utility in serving this central Ideal. The value of human birth and body was accepted because man's body was recognised as the supreme instrument through which to strive for reaching life's great consummation. The ancient Seers, the Rishis of wisdom, therefore, spared no pains in carefully evolving a great system of medicine to help to keep this precious instrument, i.e., the human body, in perfect trim. The maintenance of the body in proper disease-free condition and perfect health was a sacred duty of man, for it constituted the primary means of all attainments because, "Health is the supreme root of attainment of the Good Life, of all wealth, fulfilment of cherished desires and ultimate Liberation". The intuitive sages of India were in full awareness of this important fact for notwithstanding their lofty idealism they had the admirable faculty to be intensely practical and thorough.

The Indian Seers in the past have devoted special attention to the study of health, disease and therapeutics. They have worked upon Ayurveda or the science of Life as another Veda.

Ayurveda believes in treatment by herbs which form its mainstay. The greater part of the treatment of Ayurvedic practitioner is by medicinal herbs. How very minute and how thoroughly scientific is their study of these herbs and their characteristics is amply evidenced by the scholarly treatises of these ancient scientists in which subjects they have given us the results of their admirable researches.

Besides this evidence, the very fact of these herbal medicines continuing to be widely used with remarkable success, even up to this day, by quite modern Ayurvedic medical practitioners all over India, is a patent proof beyond any doubt about the high and enduring merits of this system of therapeutics.

The high development and specialisation of herbal medication in this country has been a direct outcome of the fact that due to her vastness and fertility, India had the unique advantage of possessing a wide range of climatic, geographical and geological conditions wherein came to flourish an infinite variety of numerous, rare and precious herbs. The ancient seer scientists were ardent lovers of nature and dwellers of the sylvan forests, and as such, had wonderful scope for close observation of the rich herbal wealth of the vegetable kingdom. Theirs has been a critical examination and study of almost all the important medicinal herbs. Thus a good deal of literature, deeply interesting and greatly informative, came into being on this branch of knowledge. One of the greatest authorities upon this subject is the illustrious author Charaka whose invaluable work, the "Charaka-Samhita" is still accepted as the standard classical work on medicine. It forms by far the most exhaustive treatise, and in it Maharshi Charaka gives nearly fifty different groups of medicinal herbs, naming ten herbs under each group. These fifty groups or ganas, he considers as being quite sufficient for the purpose of the average medical practitioner. Another great authority, the able author Sushruta, who is ranked equal with Charaka, has mentioned about 760 herbs which he has divided into thirty seven ganas or groups in accordance with certain common characteristics. His masterly work was translated into Arabic as early as twenty centuries ago somewhere about 800 A.D. Later, translations into Latin and German also appeared. Charaka's works too were translated into Arabic and references are made in several Latin works of eminent Western physicians.

The grouping of these medicines by these writers reveal an astonishing knowledge of pathology and diseases therapeutics, of the savants of so ancient a period. In the wide range of these grouping are included Anaesthetic, Anabolic, Anthelmintic, Anemetic, Anodyne, Antibromic, Anticolic, Anti-fat, Antasthmatic, Anticholeric, Antiscorbutic, Antihypnotic, Anuretic, Antipyretic, Antipsoric, Antiphlegmagogue, Antispasmodic, Astringent, Aphrodisiac, Antitoxic, Cathartic, Calmative, Cholagogue, Carminative, Constringent, Cosmetic, Demulcent, Diaphoretic, Diuretic, Emetic, Drastic, Emmenagogue, Epispastic, Expectorant, Epulotic, Frigorific, Fat-producer, Flatus-Producer, Fat-former, Galactagogue, Haemostatic, Hypnotic, Hydragogue, Liquefacient, Litholytic, Laxative, Parturifacient, Phlegmagogue, Purgative, Inebrient, Rejuvenascent, Refrigerant, Rubefacient, Restorative, Sialagogue, Sedative, Semen-improver, Stypic, Tonic, Vermibarous, Stomachic, Spermatophytic, Voice-improver etc. A disciple of the great Charaka, Agnivesha by name, enumerates many more classes of medicines besides those mentioned above. The "Bhava-Prakasha" of Bhava Misra (another important writer on medicinal herbs) further adds certain valuable medicines. New light is thrown upon a number of these medicines in the "Aatankatimirabhaskara" a comparatively recent work of considerable size by some Ayurveda Acharya belonging to the eighteenth century. An even more recent author Pundit Godbole has published in the later half of last century his "Nighantaratanakara" epitomising all the previous works on Materia Medica with nearly fifty new herbs added, as the result of fresh research.

The high potency and curative value of the Indian medicinal herbs have, for long, been well recognised in countries outside India. Even so, as far back as previous to the Christian Era, ancients like Hippocrates recommended Indian herbs in their medical treatises. The Greek physician Dioscordes (100 A.D.) speaks well of the numerous Indian

plants, the medicinal virtues of which he had thoroughly investigated before incorporating them into his famous *Materia Medica*. Later on the Physicians who came in the train of the Mohammedan conquerors were quick to perceive the great potency and worth of the Indian medicines, and began to make use of them without hesitation. Mohammed Akbar Arzani, the Court Physician of Emperor Aurangazeb and Nuruddin Mohammed Abdulla Shirazee, the personal Hakeem to the great Shah Jehan have both included numerous efficacious medicines from the Ayurveda *Materia Medica* into their famous works on medicine. And a glance at the "Allopath's Pharmacopia" today will be enough proof that the Indian herb has fully lived upto its reputation as potent healers.

There is a special reason why medicinal herbs constitute the most invaluable sovereign remedy for every ailment. It is because they contain in them the 'curative element' in its most vital, potent, and withal, easiest state. This is brought about by the following factors: the herbs are God sent apparatuses endowed with the unique capacity for converting valuable inorganic earth-salts, chemicals and minerals into organic substances eminently suitable for complete absorption into the human system. The cells in the human body are vital tissues. Chemical drugs are inert matter. They are never fully absorbed into the human system and fail to go to the root of the trouble and effect a radical cure. In herbs we have vital substances that actually get absorbed into the very core of our tissues. The essence of herbs is the vital substance. These remedies go to the very root of the disease and remove it in toto as they are assimilated into the cell of the human system. They are also, in a way, in predigested form because they come from the soil, specially energised by potent rays of the sun and the gases of the atmosphere. Thus, these herbal essences get purified and irradiated during the hours of day light and, in addition, store up the healing potencies of the lunar rays at night. The latter infuse the herb with marvellous

curative properties. Furthermore, the herb forms the medicine *par excellence* as it is infused by a life-principle drawn out of the power of the Panchabhutas or the five fundamental elements, i.e., earth, water, fire, air and ether. The physical frame of man is a combination of these five, and hence, the herbal extract is the nearest approach to the most ideal combination for administration. The secret of the marvellous and almost miraculous curative potencies of the herb, is the presence in them of a supraterrrestrial force, i.e., the solar energy. The Sun is the source of cosmic energy. It is the source of the mightiest healing power known to mankind. Hindu seers have regarded the Sun as Divine in nature. And the only substance known in nature that possesses the capacity of stock piling solar energy in the form of a usable essence is the plant chlorophyll. Precisely, therefore, herbs are said to possess divine potency termed by Hindus as Divya Shakti.

The study of herbs is of absorbing interest. Their administration is also simple, compared to the elaborate and complicated process of other pharmacopias. It is now an established fact that the science of herbal cure is not experimental. Its high merits and practical utility have long been put to severe tests by the Rishis and practitioners of the past whose researches and practical therapeutical findings have been minutely recorded for us in their illuminating treatises. Therein we find their minute study of the herbs; their characteristics, habitat, conditions for their healthy growth, their appearance, the time of highest potency etc. The proper season for gathering the herbs, the localities from which they should be collected and the right method of processing them, isolating the active principle and preserving it, are all accurately and scientifically detailed. One noteworthy point in the naming of these Indian medicinal herbs is that in great many cases their very names are descriptive of the specific character or prominent appearance of the plant. This becomes an effective means for the easy

identification of the particular herb. Thus, for instance, *Acorus Calamus* has the name *Ugra-gandha* (strong-odour), for it is characterised by very pungent smell. The name *Vatsa-nabha* (calf's navel) describes the plant *Aconitum ferox* because its root resembles the umbilical cord of a calf. *Tribulus Terrestris* is referred to by the significant name *Trikantaka* (three-thorned) as its fruit contains three prickles. *Ricinus Communis* goes by the name *Chitrabija* (spotted seed) due to its seed being speckled by white or brown patches. *Datura Alba* is named *Ghanta-pushpa* (bell-flower) due to the shape of its flowers. The long and cylindrical podded *Cassia Fistula* gets the name *Deerghafala* (long fruit) and the plant *Sapindus Emarginatus* is called *Bahuphena* (very foamy) because its berries produce a rich soapy lather when rubbed and shaken with water.

A full study of all the herbal medicines is not a possibility in the introductory note. The interested reader can gather some idea of the precious gems that are to be found in the mine of this Ayurvedic *Materia Medica*.

India has ever been evolving art after art, science after science as her contribution to the common heritage of all the nations of the world. Her greatest gift to the world is the gift of the spiritual science of Self-perfection. Next to it I would place this science of Life, the *Ayur-Veda* as a precious gift to be carefully developed and broadcast to all nations. It is a national duty of every Indian.

Sivananda

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HOME REMEDIES

PART—I

Section—I

CHAPTER I

ABRUS, ACACIA ARABICA, AGATI GRANDIFLORA

1. ABRUS

(COUNTRY LIQUORICE ROOT)

English	: Jequirity
Hindi	: Rati
Kanarese	: Gul-ganji
Tamil	: Kundumaniver
Telugu	: Guru-venda, Guru-ginja
Malayalam	: Kunni-kuru
Gujarati	: Gumchi
Bengali	: Kunch-ka-jar, Jaishtomodhu, Bengala
Sanskrit	: Gunja

(i) Description

The root of Abrus Precatorius. The taste of the root is generally not distinctly sweet. It is which is nearly similar in medicinal properties to the extract of glycerrhiza (Atimathuram in Tamil. Liquorice), though somewhat bitter in taste. The leaves are distinctly sweet. The extract from the dried leaves is much superior both in taste and as a medicine.

The root is obtained from a twining shrub. This shrub is common throughout India. It has bright-red seeds which have a black spot at one end. The seeds are used for weighing by goldsmiths. The root possesses many of the medical properties of the true liquorice root. Therefore it is known by the name Country Liquorice.

There are white, black, red, yellow and blue varieties. The chief ones are the white, black and red. The leaves of Abrus are laxative, antiphlegistic, aphrodisiac, expectorant. The seed has purgative properties. It is a tonic as well. The root has emetic and expectorant qualities.

(ii) Syrup Abrus. Co

Re: Fresh Abrus root bruised	oz. 2
Lady's finger (vegetable) sliced	oz. 1
Water	oz. 20

Boil for 30 minutes and strain. Add to the decoction 10 ounces of sugar-candy or honey. Boil down to the consistence of syrup. Dose: One tea to a tablespoonful, several times a day when the cough is troublesome in children whether fever is present or not. This can be administered very freely. This is a good addition or auxiliary to other cough mixtures. You can prepare the Syrup without lady's finger also.

Prepare only a small quantity at a time as it undergoes fermentation. If you add 10 or 20 grains of acid Salicylic to the Syrup when it is under preparation, it will keep good and sweet for a long time. Acid Salicylic arrests fermentation as it is an antiseptic.

(iii) Uses of Leaves

Put a few leaves in the mouth, chew and swallow the juice. Hoarseness of voice will disappear.

(a) Abrus Leaves' Extract

Pour boiling water on the dried leaves till they are covered, Keep the vessel on a slow fire for 6 hours. Then strain the decoction when it is hot and evaporate on a water bath to a proper consistency. It is very sweet. An extract can be prepared from the juice of the fresh leaves also.

If there is pain in the chest or any part of the body apply castor oil to the part and over this fix the leaves. The pain will vanish and the fluid inside will also disappear.

Mix the juice of the leaves with mustard or sesamum oil

and rub the mixture over the painful swelling, The swelling and the pain will disappear.

(b) Cooling Bathing Oil

Re: Juice of the leaves	oz. 10
Juice of Bhringraj (Karisalamganni)	oz. 10
Gingelly oil	oz. 10

Mix and boil. Take oil bath with this oil. It will cool the body, head and brain.

(iv) Uses of Seed

The seed acts as a purgative. The outer covering of the seed has this effect. The seed can be boiled and eaten. It acts as an aphrodisiac (dhatupushti) and is useful in debility or impotence. It increases the semen.

Powder the seeds and use the powder as a snuff. This will relieve headache due to cold in the head.

Put the powder of one seed in milk, boil it and drink. It will build the body and give strength.

The powder of the seed is useful in diseases of the eye, jaundice, biliousness, fevers which produce unconsciousness, and which are associated with perspiration, bronchitis.

Make a paste of the seed with water and apply it in contusion, rheumatic swelling of joints. They will be cured.

2. ACACIA ARABICA

(INDIAN GUM ARABIC TREE)

English	: Babul tree
Hindi	: Kala-babul, Kikar
Kanarese	: Karijali
Tamil	: Karuvel
Telugu	: Nalla-tumma
Malayalam	: Karuvelum
Marathi	: Babul
Gujarati	: Kaloabaval
Sanskrit	: Kala barbura

(i) Description

A dried gummy exudation from the stem and branches of *Acacia Arabica*, *Acacia Senegal* or other varieties of *Acacia* in round or avoid tears or masses. It is odourless and of bland mucilaginous taste. It is straw coloured or yellowish. Its chief constituent is Arabin or Arabic acid combined with Calcium, Potassium and Magnesium. It contains Tannin.

Musilage of *Acacia* is used for making castor oil emulsion and Bismuth mixture. It is used to suspend oils, resins and insoluble powders, in water to make pills and lozenges on account of its cohesive property. It acts as a demulcent to soothe the mucous membrane of the throat when it is used in the preparation of lozenges.

The leaf, bark, root and seed possess astringent properties.

(ii) The Gum and the Twig

The gum is a demulcent, emollient, nutrient, pectoral and aphrodisiac. The gum thickens the semen, stops the discharge in gonorrhoea and gives beauty and strength. It is an auxiliary to medicines which are given in diabetes mellitus and insipidus.

Keep a small piece in the mouth and slowly swallow the juice. Dry cough, pain in the throat, burning in the chest will be cured.

The twig of the tree is an excellent tooth-brush. It strengthens and hardens the teeth.

(iii) Babul Bark Decoction

Re: Babul bark	2 ounces
Water	20 ounces

Boil for 15 minutes and strain.

This is a useful gargle for spongy gums, ulceration of gums, loose teeth, sores in the mouth, mercurial ulceration in the mouth and sore throat. This is also a very good application (enema) for prolapse or descent of rectum and anus and piles. This is a good lotion (for injection) in

leucorrhoea and gonorrhoea. You can add a teaspoonful of alum to the decoction. Plain Babul bark decoction is useful in chronic diarrhoea. Dose: One or two ounces twice daily.

3. AGATI GRANDIFLORA

English	: Agati Grandiflora
Hindi	: Hadaga
Kanarese	: Agashi
Tamil	: Agatthi
Telugu	: Avise
Malayalam	: Agatti
Marathi	: Agasta
Gujarati	: Agathiyo
Bengali	: Buko
Sanskrit	: Agastya

This is found in abundance in India. It is a tree which grows to the height of 20 or 30 feet. It is cultivated also.

(i) The Uses of Leaves

The leaves, flowers, bark are useful. The leaf is an antidote, refrigerant, febrifuge, laxative and digestive. It removes biliousness and digests the food. The leaves are prepared in South India as a vegetable and taken on the day following Ekadasi, i.e., Dvadasi days (12th day of the fortnight).

(ii) The Uses of Juice

Instill 2 or 3 drops of the juice of the leaf into the nose. Quotidian type of fever will be cured. Quotidian fever comes on the fourth day. Headache and nasal catarrh also will be relieved.

CHAPTER II

AJOWAN, ALOES, ALUM, ANISE, ARAI KEERAI

4. AJOWAN

Hindi	: Ajowan
Tamil	: Omum
Telugu	: Omamu, Vaamu

(i) Ajowan: Its Usefulness

This is a very good digestive. It has a good aroma. It has carminative properties, i.e., it expels wind from the bowels. It relieves intestinal colic. It has antispasmodic properties, i.e., it relieves spasms or contraction of the muscles of the bowels. It is pungent and stimulating. It is useful in dyspepsia, diarrhoea, flatulence, vomiting of cholera.

(ii) Its Properties and Preparations

It is mixed with rock-salt, asafoetida, ginger, black pepper, cardamum, Chhoti Har or myrobalans chubelic to form a digestive powder. The two chief preparations of Ajowan are: arrack or omum water (Aqua Ptychotis) and oil of Ajowan. Ajowan has all the properties of thymol. It kills intestinal parasites. The seed contains an oil which has 50% thymol in it.

Omum water (Aqua Ptychotis) is useful in diarrhoea, wind in the bowels, indigestion. Two tablespoonfuls of omum water can be taken. One ounce of omum laudanum water can be mixed with one ounce of lime water and 5 drops of laudanum or Tr. Opii.

5. ALOES

English	: Indian Aloes
Hindi	: Kumari, Ghikanvar
Kanarese	: Kathalai Gida, Lolisara
Tamil	: Kartazhai
Telugu	: Kalabanda
Malayalam	: Kattuvazha, Katar Vazha
Marathi	: Korakanda
Gujarati	: Kumara
Bengali	: Musabhar, Ghrita Kumari
Sanskrit	: Kumari

(i) Its Varieties

Small aloe, big aloe, red aloe. It is difficult to get the red variety. The properties of all the varieties are the same. It tastes sweet. Ghrita Kumari as a fresh juice is much used in

Ayurvedic medicine. The inspissated juice is popularly called Musabhar.

It is the solid extract from exudation. It is the juice obtained from the transversed cut leaves of various species of aloe. It occurs in hard masses, yellowish or black-brown in colour with a characteristic smell. It is fairly soluble in alcohol and also in water.

Bazaar aloes must be purified by boiling in water, allowing to stand for ten hours, then straining and setting aside in an open vessel till it evaporate to dryness.

This is a good purgative but is not suitable for pregnant women, children and those who have piles, and in inflammatory condition of the pelvic organs.

(ii) Its Properties & Uses

Aloe has tonic, alterative, purgative and emmanagogue properties. It acts chiefly on the large intestine. It is a bitter tonic. It is the slowest of all purgatives. It takes fifteen hours to act. It relieves habitual constipation.

In small doses it is a stomachic bitter. It invigorates the stomach. In absence of menstruation and anaemia (poverty of blood) it is combined with iron. It is a tonic cathartic in habitual constipation associated with ammenorrhoea and anaemia.

It comes mainly from West India Islands. Its active principles are (1) Aloin and (2) Emodin. It also contains a little resin, a trace of gallic acid and a volatile oil. Dose: 2 to 5 grains.

Aloes pill. Dose: 4 to 8 grains. Aloes and iron pill. dose: 4 to 8 grains. Aloes and asafetida pill. (useful in hysteria and flatulence). Dose: 4 to 8 grains. These are all preparations of aloes.

Aloin is a pale yellow powder with a bitter taste. Dose: $\frac{1}{4}$ to 1 grain.

Mix the fresh inner pulp of aloes with sesamum oil. Boil. This helps the growth of hair. This medicated oil bath brings good sleep.

If you clean the fresh inner pulp of aloes with water several times, it is purified. Put this in a clean cloth, fold the cloth and foment the eyes. This is useful in conjunctivitis, swelling of the eye lids.

6. ALUM

English	: Alum
Hindi	: Phitkari
Kanarese	: Phatikara
Tamil	: Patikaram
Telugu	: Phatiki
Marathi	: Phatiki
Bengali	: Phatkiri
Sanskrit	: Sphatikari

(i) Description

Alum has an acid, sweetish, astringent taste. It is a crystalline, semi-transparent mass. It looks like sugar candy crystal. Some take it with great avidity and cupidity, taking it for sugar candy and throw it off with a peculiar castor-oil face.

If the bazaar alum is not pure, you can render it pure by dissolving it in pure water, straining and evaporating the solution. You will get pure crystals of alum.

(ii) Uses of Alum

Alum is a powerful astringent. It stops bleeding from wounds, from the nose. Plug the nostril with a small piece of clean cloth or cotton wool dipped in a solution of alum. It will stop the bleeding at once. It stops bleeding from the gums. It is an ingredient in tooth powder. Alum can be purified and dehydrated by putting it in the fire or by putting it in the frying pan and then putting the frying pan over the fire. Then you can powder it nicely and easily.

It is used as a gargle for sore throat, as an application to the eyes in conjunctivitis or sore eyes. It is used as a wash for sore nipples. It is used for douching the vagina in leucorrhoea. It is

seldom used internally but it is useful in diarrhoea and other chronic discharges.

During rainy season when the water is dirty and full of sediments, take a big piece of alum and stir the water 5 to 6 times with this piece. Within ten or fifteen minutes the water will become clear. Do not put the alum piece in the water. Mere stirring the water with the piece will serve your purpose.

Alum tablet is applied to the face after shaving. It removes pimples and freckles on the face and renders the skin smooth and glossy.

7. AMLA

English	: Indian Gooseberry
Hindi	: Amlaka, Amla
Tamil	: Nellikai
Telugu	: Usirikaya
Malayalam	: Nellikai
Sanskrit	: Amalaki

(i) Description

Taste: Sour, astringent and sweet. This Amla or Nellikai (*Phyllanthus Emblica*), which is very rich in Vitamin C, is a very cheap and common fruit. This, indeed, is one of the richest natural sources of Vitamin C. Amla grows abundantly in all Indian forests. It is obtainable in unlimited quantities from January to April. Its fresh juice contains nearly twenty times as much Vitamin C as orange juice. A single fruit is equivalent in Vitamin C to one or two oranges.

Amla has been held in high esteem in India since time immemorial and is included as an ingredient in many Ayurvedic medicines and tonics. Tablets made from Amla are now being used to supply Vitamin C to soldiers. The use of Amla tablets will help to prevent the occurrence of scurvy and safeguard health and physical efficiency when there is a shortage of fruits and vegetables. Fresh Amla is the most effective cure for scurvy.

The fresh fruit is diuretic and laxative. A good cooling beverage can be made from the fresh fruits. The dried fruit is astringent and is useful in diarrhoea and dysentery.

Amla is a very important ingredient in the most famous confection, Chyavanaprash. It is one of the constituents of Triphala powder.

(ii) Amla Sherbet

Re: Juice of fresh Amla	4 teaspoonfuls
Sugar	3 tablespoonfuls
Water	16 ounces

This is a good sherbet or beverage. It is diuretic and laxative too.

(iii) A Laxative

Re: Amla Powder	4 teaspoonfuls
Myrobalans Chebulic	4 teaspoonfuls
Bahera	4 teaspoonfuls
Water	20 ounces

Boil for twenty minutes and strain. Dose: Two ounces in the early morning. This is a good laxative. It corrects digestion.

Amla removes excessive salivation, biliousness, vomiting, constipation, giddiness, spermatorrhoea, internal heat of the body, seminal weakness, menstrual disorders in women, and bestows beauty.

Make a paste of Amla, apply it to the head and take bath. Burning in the eyes will be cured. The brain and head will be cooled.

Amlakalpa, Amla Oil, Amla Drink and Amla Confection are preparations of Amla. Amla Oil is excellent for the head. Apply a small quantity to the head before bath. It will cool the head and the brain and remove ninety-six diseases of the eye, night-blindness and bilious giddiness.

Amla confection is useful in syphilis, flatulence, bronchitis, asthma and consumption.

8. ANISE

(SOMB, PERUM JEERAKAM)

Tamil : Sombu
 Telugu : Somp

It is the dried fruit of *Pimpinella Anisum*, obtained from many parts of India and also from middle and south Europe. It is a carminative, stomachic and an automatic stimulant. It has an agreeable, aromatic odour.

Oil of anise (oleum anise) is a volatile oil, distilled from the anise fruit. Dose: 1 to 3 minims. It is usually used for flatulence in children. In allopathic system there is Spirit of Anise. Dose: 6 to 20 minims.

Re: Anise 4 drachms
 Sugar 4 drachms

Mix. Dose: 1 teaspoonful twice daily.

(i) Digestive Powder

The anise must be gently fried and powdered. Useful in cough, indigestion, flatulence, colic, etc.

(ii) Aqua Anise

Re: Anise seed 1 ounce
 Water (Distilled) 40 ounces

Distill to 20 ounces or boil till it is reduced to 20 ounces and strain. Dose: 1 ounce. This is a basis for all cough mixtures. It is an, expectorant and anti-spasmodic in bronchitis or cough.

(iii) For Cough

Re: Honey 2 teaspoonfuls
 Anise water 1 ounce

Mix well. Useful in bronchitis or cough. You can add 2 teaspoonfuls Syrup Vasaka.

(iv) A Digestive Powder

Re: Anise 1 ounce
 Cuminseed 1 ounce

Gently fry. Dose: 1 teaspoonful after food; twice daily.

(v) A Gentle Laxative

Re: Anise seed	1 drachm
Myrobalans	1 drachm
Sugar	1 drachm

Take this in the early morning or at bed time.

9. ARAI KEERAI

(AMARANTUS TRISTIS)

Kanarese	: Harive Soppu
Tamil	: Araikeerai
Telugu	: Koiya-Kura
Malayalam	: Arakirai

(i) Introductory

This is a small herb that is cultivated in South India. The leaves and seeds are used. This is a stimulant and aphrodisiac.

(ii) Uses of Arai Keerai

This is eaten as a vegetable. This is useful in fevers, cough, tremor, collapse, rheumatism and paralysis. It will increase the semen and sexual vigour.

Put the seeds into a fresh coconut from which the water is taken out and bury it underneath the earth for 40 days. Then take it out. Remove the shell. Mix the powder of kernel with sesamum oil and boil. Cool it and strain. Apply this oil to the head. Diseases of the head will be cured. The hair will become black and grow nicely.

CHAPTER III

ASAFOETIDA, ASOKA, ASTERCANTHA LONGIFOLIA

10. ASAFOETIDA

English	: Asafoetida
Hindi	: Hing
Kanarese	: Ingu
Tamil	: Kayam, Perungayam
Telugu	: Inguva
Sanskrit	: Hingu

(i) Some Particulars

Dose: 5 to 15 grains. Taste: Bitter. Asafoetida is the gum resin of a plant growing in Persia and Northern India. It grows in Kashmir, Afghanistan and Turkistan. It is used as a spice in preparing vegetables, soups, etc. Pilula Aloeset Asafoetida and Tr. Asafoetida are official preparations of Asafoetida. There is also a white variety. It is called 'Soma Kayam' or 'Pal Kayam'. It is more vigorous.

It occurs in the form of irregular masses of dull yellow colour, becoming darker on keeping. It is obtained by incising the root of *Ferula Fetida* and other similar species. It contains a volatile oil with its characteristic unpleasant smell and also resin and gum. It is a stimulant, expectorant, antispasmodic and carminative. It brings out sputum easily and expels wind from the bowels. It is beneficial in flatulence and the early stages of diarrhoea or cholera. It is useful in hysterical fits and nervous affections in women.

It is a laxative (Laghu Virechani), anthelmintic (Kriminasini or destroyer of worms), diuretic (Mootravardhini), and ammenagogue (Rituvardhini). It is generally given in combination with other remedies.

(ii) For Wind and Colic Bowels

Re: Asafoetida	1 teaspoonful
Rock Salt	1 teaspoonful
Ajowan	1 teaspoonful
Myrobalan (Har)	1 teaspoonful
Dried Ginger	1 teaspoonful
Cardamom	1 teaspoonful

Powder and mix. Dose: 10 grains. Useful in flatulence and intestine colic. It will energise digestion and increase appetite.

(iii) Asafoetida Enema

Re: Asafoetida	30 grains
Water	8 oz.

Useful in flatulent colic.

(iv) For Hysteria

Re: Asafoetida	2 drachms
Boiling water	10 ounces

Strain and cool. Add musk 30 grains. Dose: 1 teaspoonful, thrice daily. This can be taken without musk also.

(v) A Good Digestive Powder

(PACHAKA CHOORAN)

Re: Asafoetida	1 teaspoonful
Dried Ginger	1 teaspoonful
Long Pepper	1 teaspoonful
Ajowan Seeds	1 teaspoonful
Cumin Seeds	1 teaspoonful
Black Pepper	1 teaspoonful
Rock Salt	1 teaspoonful

Powder and mix well. Dose: 10 to 20 grains. This is Kshudha Vardhak Choorna also. It increases the appetite and invigorates the Jataragni or digestive fire.

(vi) Asafoetida Ear Drops

Re: Asafoetida	60 grains
Sesamum oil	2 ounces

Put the asafoetida in the oil, boil and strain. Instil a few drops into the ear and plug it with cotton wool.

(vii) For Scorpion Sting

Make a paste of asafoetida with a little water and apply it over the part stung by scorpion. The pain will vanish.

11. ASOKA

English	: Asoka-tree
Hindi	: Asok, Anganapriya
Kanarese	: Kenkalimara, Asoka
Tamil	: Asogu
Telugu	: Asokamu
Malayalam	: Asogam
Marathi	: Ashoka
Gujarati	: Asupala

Bengali	: Anganapriya
Sanskrit	: Asokā, Gandhapushpa

(i) Description

Asoka removes the grief of women; hence the name. The bark of Asoka is used in Ayurveda. It has considerable reputation in uterine diseases. It is a strong astringent. It is used in checking uterine haemorrhage or bleeding from the womb, menorrhagia or excessive menstruation, and bleeding of piles. The Asoka tree is cultivated in the Western Ghats, Ganjam and Visakapatnam. The flower is red. It is in the form of a bunch. It flowers in February and March. Asoka is an astringent, uterine sedative and uterine tonic.

(ii) For Dysentery

Re: Asoka Flower (powder)	30 grains
Water	2 ounces

Mix: one dose. To be taken twice daily. Useful in dysentery with discharge of blood and mucus.

(iii) Asoka Decoction

Re: Asoka Bark, bruised	6 ounces
Milk	6 ounces
Water	20 ounces

Boil to a quarter and strain. Dose: 1 ounce thrice daily. Useful in menorrhagia or excessive discharge of menses bleeding from the womb. The womb will be strengthened. All diseases of the womb will be cured.

The decoction must be freshly prepared daily. Take the fresh juice from the bark and give a tablespoonful twice daily. Useful in menorrhagia and all diseases of the womb. Tincture of Asoka is also available.

In Ayurveda there are two preparations, viz., Asokarishta (decoction) and Asoka Ghrita (ghee).

(iv) Asokarishta (Asokamritam)

Dose: ½ to 2 tolas twice daily after meals. Specially useful in leucorrhoea, menorrhagia, pain in the womb, irregular

monthly periods, scanty menstrual discharge, amenorrhoea or absence of menstruation, painful menstruation, displaced uterus, congested uterus, sterility and other complaints. This is an alterative and stimulant. This prevents miscarriage and restores normal action to the uterus. It restores tone to the uterine system and removes all abnormal conditions. It also eradicates general debility, distaste for food, anaemia and weakness after confinement. It improves the conceptive capacity and increases general strength.

(v) Asoka Ghrita

Dose: $\frac{1}{4}$ to 1 tola to be taken twice daily. Useful in leucorrhoea, menorrhagia, chlorosis, dark discharges, pain in the waist, back or womb and other female complaints.

Asoka is a real friend of the fair sex. It gives longevity, strength, nutrition and improves the complexion and beauty.

What Sterri's Vibutero or Aletris Cordial is to Allopathic doctors, Asokarishta or Asoka Ghrita is to Ayurvedic Kavirajs or Vaidis. What Hydrastis or Viburnum or Ergot is to Homeopaths, Asoka is to Ayurvedic doctors.

12. ASTERCANTHA LONGIFOLIA

English	: Hygrophila Spinosa
Hindi	: Talmalkhana, Goksura
Kanarese	: Kollavalike
Tamil	: Nirmulli
Telugu	: Nirugobbi
Malayalam	: Vayalchulli
Marathi	: Kolsundara
Gujarati	: Ekharo
Bengali	: Kanta-kalika
Sanskrit	: Kokilaksha

(i) Description

It grows spontaneously in wet places throughout India. It is a kind of thorn. The seed and root are obtainable in bazaars. It is sweet and slightly bitter.

The leaf is demulcent and diuretic. The root is refrigerant, diuretic and demulcent. The seed is diuretic and aphrodisiac.

(iii) Kokilaksha Decoction

Re: Root of Kokilaksha	1 ounce
Water	20 ounces

Boil for 15 minutes and then strain. Dose: 1 oz. thrice daily. Useful in ascites or dropsy or swelling of belly on account of water and swelling of body and difficulty in passing urine. This acts as a diuretic and helps the free flow of urine in large quantities. Thus the swelling is reduced.

(iii) Kokilaksha Infusion

Re: Astercantha leaves freshly dried	2 ounces
Distilled vinegar	16 ounces

Macerate for 3 days. Press and strain. Dose: 2 tablespoonfuls in 2 ounces of water three times a day. Useful in dropsy, ascites, difficulty in passing urine, etc.

(iv) Aphrodisiac Tonic

Re: Kokilaksha seeds	1 tablespoonful
Milk	½ seer
Sugar	2 tablespoonfuls

Soak the seeds in the milk and the sugar and drink in the morning and at night. Useful in impotency or sexual debility.

CHAPTER IV

ASWAGANDHA AND ATIS OR ATEES

13. ASWAGANDHA

(WINTER CHERRY, WITHANIA SEMNIFERA, DUNAL)

English	: Winter Cherry
Hindi	: Aswagandh
Kanarese	: Sogade-beru
Tamil	: Amukkurak kizhangu. Achuvagandi
Telugu	: Penneru-gadda
Malayalam	: Amukkuram
Marathi	: Asagandha
Gujarati	: Asundha

Bengali	: Aswagandha
Sanskrit	: Ashvagandha

(i) Description

This is a small plant cultivated in India and Baluchistan. It is an erect shrubby plant. The leaves, seeds and the root are used. The leaf is a febrifuge. The seed is a diuretic. The root is an alterative, aphrodisiac, deebstruent, diuretic, tonic, nutritive, hypnotic and sedative. Aswagandha increases the Jatharagni or gastric fire and so is an appetiser. It is useful in Rheumatism, eczema, anaemia, dropsy, fever, swelling, debility, etc.

Aswagandha Choorna (powder), Aswagandha Rasayana (Confection), Aswagandha Tel (oil) are made out of Aswagandha.

(ii) Aswagandha Choorna (Powder)—I

Re: Aswagandha root powder	1 part
Sugar candy	4 parts

Mix well. Dose: One teaspoonful twice daily. The dose of the plain powder is 20 to 40 grains. Drink half a seer of cow's milk after taking the powder. Tonic and alterative. Useful in spermatorrhoea, sexual and nervous debility, rheumatism, old age, consumption, emaciation of children, nervous diseases and leucorrhoea. It gives strength, vigour and vitality. It increases the semen. Boil the root in cow's milk, wash it and dry it. Then make a powder.

(iii) Aswagandha Choorna (Powder)—II

Re: Aswagandha Powder	30 grains
Honey	1 teaspoonful

Mix: One dose. To be taken twice daily. Useful in cough, rheumatism, dyspepsia, corpulence or obesity, swelling of body, debility, etc. It gives strength and vigour and increases semen. The powder can be taken along with ghee.

(iv) Aswagandha Choorna (Powder)—III

Dose: 20 to 80 grains. To be taken morning and evening with milk. The only two ingredients are Aswagandha and

Vridhha-darak. Alterative and tonic. Removes sexual debility, spermatorrhoea, debility from old age, leucorrhoea, etc. A paste of the root is a valuable nutriment for children and adults. It is taken with milk and ghee.

Aswagandha confection (Rasayana) is beneficial in pulmonary Tuberculosis, debility from senility or old age and rheumatism, emaciation of children, leprosy, nervous diseases, nervous debility, leucorrhoea. It acts as an alterative tonic and nutriment.

Narayana Tel contains Aswagandha. It is dropped into the nose in deafness. It is rubbed over the body in paralysis, hemiplegia, rheumatism, tetanus and lumbago.

The leaves act as a sedative and hypnotic and relieve pain. The leaves are smeared with castor oil and applied to carbuncles.

(v) Aswagandha Decoction

Re: Aswagandha leaves	1 teaspoonful
Water	4 ounces

Boil and strain: One dose. Useful in fever.

(vi) Aswagandha Paste

Take the fresh root. Make a paste with cow's urine. Then heat the paste. This is a useful application in lumbago, scrofula, rheumatic swellings.

Make a paste of the root with equal part of dried ginger. Use hot water for making the paste. Apply the paste to swellings. The swellings will subside. This will serve the purpose of Antiphillogistine or Thermofuge.

The leaves also can be made into a paste and applied to painful swellings.

(vii) Aswagandhadi Pills 5-Grains

Dose: 1 to 4 pills to be taken twice daily followed by milk. Efficacious in sexual debility. Removes general debility and tones the nerves

(viii) Aswagandha Arishta—I

It is a sovereign remedy for all cases of debility arising from sexual and bodily exhaustion due to overwork, etc. It is an invigorating tonic for brain and nerves. It increases memory, gives sound sleep and removes loss of appetite. Dose: 1 to 2 tolas to be taken twice a day. The chief ingredients are Aswagandha, sugar, Musali, Manjistha, Haritaki, Rasna, etc.

(ix) Aswagandha Arishta—II

Tonic and alterative. Useful in epilepsy, impotency, hysteria, general and nervous debility. It increases brain power. It is a brain tonic. It promotes digestion, enriches blood. It has a tonic action on the nerve centres. It recuperates lost vigour, builds up the wasted frames, restores health, strength and brings back to the hopeless the joys of life. This has the power of quickly improving the brain matter that has been affected by the use of intoxicants and smoking. It improves the general health. This will also cure piles and nourish the vital fluids of the system. Mental capacities are stimulated and vitalised. Dose: $\frac{1}{2}$ to 1 oz. after food.

(x) Aswagandhi Ghritam

Ghritam means ghee. This is a marvellous preparation for restoring strength to the system. Those who, by over exertion and by excessive sexual intercourse have become very weak, consumptives, and those who have become weak owing to longstanding wasting diseases will be relieved of all troubles and will recoup their original health and vitality. Even the old will be rejuvenated. Women will develop their conceptive capacity by constant use of this medicine. The resultant pregnancy will bear a full developed child or foetus.

Rheumatism, paralysis agitar (Vatha Soola), urasthambam, jaundice, fevers and premature grey hair will also be cured. Dose: $\frac{1}{2}$ to 2 ozs.

(xi) Aswagandha Lehyam

Lehyam means confection. This gives good development to

the whole body. It strengthens the vital forces. This is highly beneficial for those who have become emaciated by sexual excesses and other causes. It is a brain tonic. It is antisiphilitic and blood purifier. Useful in debility caused by venereal diseases, specially syphilis. Dose: 1 to 2 tolas morning before food and evening after food. Take a cup or half a seer of milk after taking the medicine.

14. ATIS OR ATEES

(ACONITUM HETEROPHYLLUM)

English	: Indian atees
Hindi	: Atis
Kanarese	: Athivisha
Tamil	: Atividayam
Telugu	: Ativasa
Marathi	: Ativisha
Gujarati	: Atavasa
Bengali	: Ataicha
Sanskrit	: Ativisha

(i) Description

This is the root of Aconitum Heterophyllum. It is stomachic, astringent, febrifuge, aphrodisiac, tonic and anti periodic. It has a pure bitter taste. It has no acidity. Atisine is the alkaloid found in Atis.

It is one inch long, wrinkled and grey in colour. It should be white on breaking across. It is a valuable tonic after malarial fever and a good bitter tonic. Atis is chiefly useful in intermittent fever and other periodical fevers.

(ii) Atis Powder

Re: Atis Powder 30 grains

Mix with a little water. One Powder, 3 times a day during fever. It can be given every 4 hours during the intermissions. Start its use during or towards termination of the sweating stage. For children reduce the dose to one-half or three-fourths according to age.

(iii) Atis with Sugar

Re: Atis powder	10 grains
Sugar	2 teaspoonfuls

Dose: 1 powder, thrice daily. This is an excellent tonic for debility after fevers and other diseases.

(iv) Atis with Honey

Re: Atis powder	10 grains
Honey	2 teaspoonfuls

Mix well. Dose: Three times daily. For intermittent fevers. Debility after fevers, diarrhoea due to indigestion, dysentery, piles.

(v) Atis Co. Decoction

Re: Atis	4 drachms
Dried ginger	4 drachms
Amrita-valli (Seendil)	4 drachms
Kurchi (Kudasappalai bark)	4 drachms
Korai or nut grass	4 drachms
Water	20 ounces

Boil down to a quarter. Dose: 1 or 2 ounces thrice daily. For fevers associated with diarrhoea.

(vi) Compound Atis Powder

Re: Atis powder	2 drachms
Korai or nut grass	2 drachms
Pala (Chitramutti)	2 drachms
Galls (Karkadaga Shringi) powder	2 drachms

For fevers associated with diarrhoea. If there is cough with sputum, add long pepper.

Re: Atis powder	20 grains
Dried ginger	20 grains
Kaladana	20 grains
Black pepper	20 grains

Dose: 10 grains twice daily. A tonic and a laxative.

CHAPTER V**BABCHI SEEDS, BARLEY, BEL FRUIT****15. BABCHI SEEDS**

English	: Babchi Seeds
Hindi	: Bavanchiyani, Baschi
Kanarese	: Vakuchu
Tamil	: Karpokarishi
Telugu	: Bhavanchi-Vittulu
Malayalam	: Karboga-ari
Marathi	: Bavanchi
Bengali	: Bawachi
Sanskrit	: Vakuchi

(i) A Reputed Ayurvedic Medicine for Leucoderma

This is a reputed medicine of Ayurveda for leucoderma or white-skin. The active principles are an essential oil and a resin. When the oil is locally applied, it dilates the subcalliarly blood vessels. The skin becomes red and is stimulated. Therefore, its nutrition is improved; melanoblasts are stimulated to form pigment which diffuses into the decolorised area. The oil has potent action against skin streptococci.

Babchi is a brownish-black seed. It grows throughout India. The seed is used for leprosy internally and as an ointment externally. It is named as Kushtha Nasini because it destroys leprosy.

The seed has alterative¹, laxative digestive, stimulant, aphrodisiac, anthelmintic, diuretic and diaphoretic properties.

(ii) The Seeds, The Oil, The Tablet

Babchi seeds and Harital red (arsenic sulphide) in equal

¹ An alterative is a drug that alters the morbid functioning and brings about healthy functioning of the organ and blood stream. A laxative is a drug that moves the bowels gently. A digestive invigorates digestion. A stimulant stimulates the bowels. An aphrodisiac stimulates and tones the sexual organs. An anthelmintic destroys or expels worms from the bowels. A diuretic helps the free flow of urine. A diaphoretic increases the free flow of perspiration and reduces temperature.

parts are made into fine powder and then rubbed into a paste with cow's urine. The paste is applied on the patch. In a few days, colour begins to change. Spots with normal colour begin to appear. The entire patch is healed in a short time.

Babchi oil is now available. It may be used instead of seeds for making the pigment for leucoderma.

Tablet Babchi/Harital is available. This may be made into paste with cow's urine or water for application on patches of leucoderma.

16. BARLEY

English	: Barley
Hindi	: Jau
Kanarese	: Jave-godi
Tamil	: Valkothumai, Barlhariasi
Telugu	: Pachcha-yavalu
Marathi	: Sattu
Gujarati	: Cheno
Bengali	: Jab
Sanskrit	: Yava

(i) A Nutritive Food for the Anaemic

Barley is particularly rich in mineral matters. In this respect it is richer than wheat but its protein content is lower than that of wheat. It is a nutritive food. It is highly beneficial for the anaemic and the nervous on account of its richness in iron and phosphorus. It is a Sattvic food. Spiritual aspirants take bread made out of barley. Barley has about the same nutritive value as whole wheat but it contains less gluten and so it is not so easily made into bread.

(ii) Manifold Utility of Barley Water

Barley water is useful in dysentery, typhoid, fevers, diarrhoea, urinary diseases and diseases of kidneys. It has very little nutritive value. It is soothing and cooling. The value of barley water lies in its demulcent properties. It removes burning sensation in the urine and helps the free flow of urine.

(iii) Pearl Barley and the Powder

Pearl barley is the whole barley. One tola of barley boiled in sixteen ounces of water makes a palatable and soothing drink. It can be mixed with lemon juice, and sugar or salt to taste. You can add milk also. Boil for 10 or 15 minutes only. A tablespoonful of the powder (Robinson's Barley) also can be used for preparing barley water.

17. BEL FRUIT

English	: Bael Fruit
Hindi	: Bel, Bael Sripal
Kanarese	: Bilvapatri-Hannu, Bela
Tamil	: Vilva or Bilva pazham
Telugu	: Bilva pandu, Maredu pandu
Malayalam	: Kuvalappazham, Kuvalam
Marathi	: Belachaphala, Bela
Gujarati	: Belaphal, Bilmiphhal
Bengali	: Bel, Siphhal
Sanskrit	: Sripthal, Bilva

This is the fruit of *Aegle Marmelos*. It is also called stoneapple. Dose: Half a fruit. Taste: Sweet and astringent.

(i) Uses of the Half-Ripe Fruit

The half-ripe fruit is the best. The unripe or half-ripe fruit is astringent, digestive and stomachic. It binds the bowels. The ripe-fruit is laxative, aromatic and cooling. The fruit is about the size of an orange, with a hard wooden rind. It contains seeds and tenacious transparent pulp. It has a mild turpentine-like smell and taste. It contains tannin (tannic acid) and therefore acts as an astringent to the bowels. It contains also gums, a vegetable acid and a very small quantity of sugar.

(ii) Uses of the Unripe Fruit

The unripe fruit is roasted with a covering of mud and the softened pulp is mixed up with water and sugar or butter milk. This is highly beneficial in sub-acute and chronic dysentery or diarrhoea. It is particularly useful in the irregularity of the bowels in children, characterised by

alternate diarrhoea and constipation, because it acts like a mild stimulant to the intestinal mucus membrane and thereby checks diarrhoea and acts as a laxative when there is constipation.

Bel is highly beneficial in cases of obstinate diarrhoea and dysentery when unattended by fever and the patient is weak and dyspeptic. It is a good adjunct or auxiliary to specifics in all stages of diarrhoea or dysentery.

The half-ripe fruit can be sliced, dried, powdered and taken with water or butter-milk. It is particularly useful when there are signs of scurvy. Fluid extract of dried Bel is very serviceable. Dose: Half to one drachm or one teaspoonful.

(iii) The Pulp, The Leaf & The Root

The pulp of the dried Bel fruit powdered and mixed with a certain proportion of arrowroot is called "Dietetic Bel". It is a good substitute in a patient's diet on account of its pleasant, agreeable, aromatic flavour. It is available in chemist's shops.

Bel leaf is useful in diabetes mellitus. A diabetic can chew a few leaves daily. Juice can be extracted from the fresh leaves and drunk. Some Sadhus live on Bel leaves alone. Bel leaves have a very good aroma. They are diaphoretic (produces more perspiration and thus reduces temperature), aphrodisiac (sexual stimulant) and febrifuge (lowers the temperature). The gum of the inside pulp of Bel fruit is aphrodisiac (Kama-vardhani).

The reputed Vilvadi Lehiam or Bel confection is made out of the root of Bel tree. A bathing oil is also made out of Bel fruit.

(iv) Prescriptions

1. *Syrup of Bel*

Re: Pulp of Bel	Half a fruit
Sugar	2 tablespoonfuls
Water	8 ounces

Reject the stringy pieces. This may be taken thrice daily.

2. *Bel Sherbet*

Re: Pulp of Bel	3 fruits
Boiling Water	20 ounces
Sugar	4 tablespoonfuls

Allow to cool and add sugar. Dose: 2 ounces, four times daily. Useful in dysentery, diarrhoea and sprue

3. *Bel Decoction*

Re: Dried Fruit or Half-ripe Fruit	4 ounces
Water	20 ounces

Reject rind and seeds. Boil till you get 10 ounces of decoction. Strain. Add sugar, sufficient quantity. Dose: two ounces, thrice daily. 2 teaspoonfuls for a child. Useful in dysentery, diarrhoea and sprue.

4. *Dysentery Powder*

Re: Bel Fruit (Powder)	10 grains
Isafgul (Powder)	10 grains
Fennel	10 grains

Make one powder. Dose: one powder thrice daily.

5. *Diarrhoea Powder-I*

Re: Bel Fruit (unripe) powder	10 grains
Pulvis catechu	5 grains
Pulvis Kino	5 grains
Pulvis Cinnamon	5 grains
Sugar	5 grains

Make one powder. Dose: Twice or thrice daily.

6. *Diarrhoea Powder-II*

Re: Bel Fruit (unripe) powder	5 grains
Butea Gum (Palas-ki-Gond)	5 grains
Pulvis Cinnamon	5 grains

Make one powder. Dose: 1 powder twice or thrice daily.

7. *Diarrhoea and Dysentery*

Re: Soft pulp of unripe fruit	1 fruit
Butter milk	8 ozs.

Remove the rind, seeds and fibres. Mix well. Add a little sugar or a little black pepper-powder and salt. Dose: Twice or thrice daily.

8. Dysentery Powder

Re: Bel Fruit (unripe) powder	5 grains
Kurchi	5 grains
Isafgul	5 grains
Pomegranate (rind of the fruit)	5 grains
Mangosteen (rind of the fruit)	5 grains

Make one powder. Dose: 1 powder twice or thrice daily. This is very useful and potent

CHAPTER VI

BETEL LEAF, BETEL NUT, BILWA TREE

18. BETEL LEAF

The fresh leaves of *Chavica betel* or *Piper betel*.

English	: Betel Leaf
Hindi	: Paan
Kanarese	: Villayadelay
Tamil	: Vettrilai
Telugu	: Tamalapaku
Malayalam	: Vethila
Marathi	: Vidyachipaan
Gujarati	: Paan
Bengali	: Punj
Sanskrit	: Nagavalli

(i) Uses of the Leaf

It is a creeper. It is cultivated enormously in India. It is a stimulant, carminative, astringent, aphrodisiac, antiseptic, febrifuge, stomachic, tonic, digestive, lactagogue and sialogogue. It contains an aromatic and astringent oil.

It is chewed along with lime, catechu, betel-nut, cardamom, nutmeg and cloves. Betel chewing removes hoarseness of voice, flatulence or wind in the stomach and bowels, intestinal colic and pain in the stomach.

(ii) Betel Poultice

In coughs of children and adults where there is difficulty of breathing, warm the betel leaves and smear them with gingelly or castor oil and apply them in layers over the chest. This will give speedy and marked relief.

Betel juice mixed with a little lime can be applied to the throat externally in sore throat. The same application over the liver is beneficial, in congestion and other affections of the liver. The leaf can be used as a dressing for burns.

If a necessity for arresting the secretion of milk in mother arises, warm the betel leaves over the fire and place them in layers over the breasts. This is very effective. It will reduce swelling of breasts. Such application is useful in reducing glandular swellings.

Instil 2 or 3 drops of betel leaf juice into the nose. Heaviness of head will be immediately relieved. Put 2 or 3 drops into the ears. Ear-ache will be relieved.

(iii) Betel Leaf-Ginger Juice

Re: Betel leaf juice	½ teaspoonful
Fresh Ginger juice	½ teaspoonful
Honey	1 teaspoonful

Mix one dose. Useful in disease of lungs. Take this mixture twice daily.

(iv) Songsters' Friend

Chew the root of betel leaf. It will sweeten and strengthen the voice of songsters.

(v) Betel Juice and Golochan

Re: Betel juice	1 teaspoonful
Golochan	2 grains

Mix. Useful in difficulty of breathing, cough with much accumulation of sputum.

(vi) Betel Decoction

Re: Betel leaves	3 ounces
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Black pepper (powder)	4 ounces
Water	4 ounces

Boil and strain. Dose: teaspoonfuls twice daily. Useful in indigestion of children.

(vii) Betel Suppository

Dip the end portion of the betel (stick) in castor oil and introduce it into the anus of children. This will relieve flatulence or wind in the bowels and constipation. This is a cheap, readily available, suppository for children.

Mercury is purified by the juice of betel.

19. BETEL NUT

(ARECA NUT)

English	: Areca
Hindi	: Supari
Kanarese	: Adike
Tamil	: Pakku
Telugu	: Poka
Malayalam	: Kazhanga
Marathi	: Supari
Gujarati	: Supari
Bengali	: Supari
Sanskrit	: Kramuka, Pooga

(i) Uses

The kernel of the fruit of Areca-catechu. It is astringent, carminative, stimulant and vermifuge. It is useful in diarrhoea due to indigestion, diseases that are associated with urine, worms in the bowels such as tape-worm, round-worm, thread-worm; diseases of teeth and gums, leucorrhoea of women.

(ii) Powder for Diarrhoea

Re: Areca Nut powder	10 grains
Sugar	10 grains

Dose: 1 powder thrice daily. Useful in diarrhoea and diseases that are associated with urine.

(iii) Areca Nut Decoction

Re: Areca nut powder	4 teaspoonful
Water	20 ounces

Boil for half an hour and strain. Use this as a gargle. All diseases of the gums such as spongy gums, etc., will disappear. The gums will be strengthened. This is useful as an injection in leucorrhoea of women. Use a small syringe.

(iv) Areca Nut Tooth Powder

Burn it till it is charred. Powder it and strain through a fine cloth.

(v) Compound Areca Nut Tooth Powder

Re: Burnt Areca nut powder	1 ounce
Catechu	1 ounce
Cinnamon powder	1 ounce
Camphor	30 grains

Mix and strain. Useful and cheap tooth powder. The gums also will be strengthened. Loose teeth will be steadily fixed. It will relieve pain in the teeth. It will kill worms in the teeth (carious tooth).

(vi) Areca Root Decoction

Re: Areca root	4 ounces
Water	20 ounces

Boil and strain. Useful as a gargle for ulcers in the lips and mouth and diseases of the gums.

(vii) For Tape-Worm

Re: Areca-nut powder	1 teaspoonful
Milk	6 ounces

Useful in tape-worm.

(viii) For Round and Thread-Worms

Re: Areca nut powder	1 teaspoonful
Lemon juice (or pomegranate juice)	½ ounce

Mix. Take internally.

The tender areca-nut is useful for pain in the stomach and the bowels.

Fry the tender sprout with a little gingelly oil and apply as a poultice in rheumatic pain and swelling.

20. BILWA TREE

The Bilwa tree grows in almost all parts of India irrespective of the nature of the soil.

(i) Its Properties

The Bilwa being bitter, astringent and dry, causes constipation but promotes digestion. It cures all diseases caused by *Vata* (wind) and gives strength to the body.

Though the above-mentioned are some of the general properties of the Bael, certain portions of the tree possess special properties.

(ii) Its Uses

The unripe fruit cures *Vata*, *Kapha*, indigestion, stomachache and dyspepsia. This is stomachic to a higher degree and causes constipation more than the root. The leaves possess the excellent property of alleviating diseases caused by *Vata* and *Kapha*. The flowers of the tree are found to cure diarrhoea, vomiting and thirst.

(iii) Parts Used

The root of the tree is the most important. The fruit, flowers and the leaves are also medicinal. In Kerala the roots are used for medicine after casting away the outer skin on it.

(iv) Medical Preparations

There are various medicinal preparations making use of the root, leaves, fruits and flowers out of which some of the simple preparations may be enumerated.

A decoction made out of the root of Bael with dried ginger and roasted paddy if taken in small doses will cure vomiting. A decoction made out of the root of Bael with the tuberous root of *Padha* (*cissemelos pereird*) will be efficacious in persons suffering from piles. The very same preparation is

found to be useful in cases of dysentery and diarrhoea. Take a well-cleaned root of Bael and at one of its tips roll a piece of silk and after dipping that portion in oil, set fire to the tip of the root holding it in such a way as to allow drops of the oil from the burning parts to fall down. Such drops of oil, if collected, cooled and poured into the ears will cure ear-ache. Eight ounces of oil mixed with 32 ounces of the express juice of Bilwa leaves, the mixture boiled till the water is completely evaporated and the oil got out of it, will have splendid results if applied on the head of persons suffering from nasal catarrh and diseases of the ear. The same oil warmed and poured into the ear will cure ear-ache, suppuration that is caused in the ear and deafness. The decoction of the root is useful in intermittent fever. The fresh juice of the leaves is given with the addition of black-pepper in anasarca with costiveness and jaundice and when diluted with water or honey, it is a highly-praised remedy in catarrh and feverishness.

There are many preparations that could be made out of the fruits also. Though in almost all cases the fruits of the plants are found to be with the best results while they are ripe, the unripe are more medicinal. The unripe fruits, if sun-dried will be far better. The pulp inside the fruit taken and a confection made cut of it in combination with *Amrita* (*Tenospora cordifolia*) with a little honey will suddenly stop vomiting. Milk boiled with the pulp of the fruits if taken in, according to digestion, will cure dysentery.

CHAPTER VII

BLACK PEPPER, BONDOC NUT, BORAX

21. BLACK PEPPER

(KALI MIRCH)

The dried, unripe fruit of *Piper Nigrum* is known as black pepper. It is cultivated in Malabar, Cochin, Coorg and Mysore.

(i) Properties and Uses

It has carminative, antiperiodic, counter-irritant, rubefacient, stimulant, resolvent stomachic and anti-vata or anti-rheumatic properties. It is useful in malaria, fever with rigor, ascites, cough, chronic diarrhoea, gastric catarrh, rheumatism, nausea, anorexia, piles, epilepsy gonorrhoea, spermatorrhoea, paralysis, pain in the ear, indigestion and jaundice. Pepper is an ingredient in Ayurvedic tooth powders.

A bath with pepper Tailam (oil) and hot water is useful in paralysis, rheumatism, heaviness in head, deafness, ascites, asthma, headache, itching, debility, fever, etc. Dose: 10 to 15 grains or more.

(ii) Cholera Pill

Re: Black pepper	20 grains
Asafoetida	20 grains
Opium	6 grains

Beat them well together and divide into 12 pills. Dose: 1 pill. Repeat it in a hour if required. Useful in cholera, diarrhoea.

(iii) Digestive Powder

Re: Pepper powder	60 grains
Rock salt	60 grains
Dried ginger powder	60 grains
Cummin seeds powder	60 grains
Long pepper powder	60 grains

Mix well. Dose: One teaspoonful. Useful in indigestion, diarrhoea, colic. This invigorates digestion and augments the Jatharagni or digestive fire.

(iv) Pepper Confection

Re: Black pepper powder	4 drachms
Cumin (Jeera) powder	4 drachms
Honey	6 ounces

Rub them well together in a mortar. Dose: 1 to 2 teaspoonfuls thrice daily. Useful in piles haemorrhoid, prolapse or descent of rectum, etc. This a good digestive, too.

This confection can be mixed with equal parts of confection senna or confection of sulphur.

(v) Pepper Infusion

Re: Black pepper powder 2 teaspoonfuls
Boiling water 20 ounces

This is a useful stimulant gargle in relaxed sore throat, hoarseness of voice, ulcer throat.

Pepper is useful in malaria. It is mixed with Tulsi leaves, a little dried ginger and sugar or sugar-candy.

(vi) Pepper Tulsi Tea

Re: Black pepper 20 grains
Dried ginger powder 20 grains
Tulsi leaves fresh or dried 60 grains
Water (one tumbler)

Boil and strain. Add sugar and milk. Useful in malaria, cold in the nose and head, rheumatism, pain all over the body.

(vii) For Growing Hair

Re: Pepper powder 60 grains
Onion 60 grains
Salt 60 grains

Rub well. Apply to the parts in the head which are eaten by worms. Hair will grow.

22. BONDUC NUT

(CAESALPINA BONDUCELLA)

English	: Molucca Bean
Hindi	: Kat-kaliza, Kalkaranj
Kanarese	: Gajjag-kay
Tamil	: Kazharchikkay
Telugu	: Gachchakaya
Malayalam	: Kalanchikkuru
Marathi	: Gajaga
Gujarati	: Gajga
Bengali	: Nata
Sanskrit	: Kuberakshi

(i) Description

The seed of caesalpinia bonducella. This is an oval nut inch long. It has a gray colour. It contains a white, starchy kernel of a pure bitter taste. It is a antiperiodic, antispasmodic, tonic, anthelmintic; febrifuge. The leaf is deobstruent and emmenagogue.

(ii) Bonduc Seed Powder

Re: Bonduc seed (powder)	1 ounce
Black pepper (powder)	1 ounce

Mix well and keep in a well-stoppered bottle. Dose: 15 to 30 grains 3 times daily for adults. Useful in intermittent fevers. In smaller doses it is a good tonic in debility after fevers and other diseases.

The bark of the root of the bonduc shrub in 10 grain doses is more effective in the above cases than the seeds themselves.

Make a paste of the seed with the white of egg and apply to swollen testicles. The swelling will subside. You can apply a plain paste of the seed alone.

(iii) Bonduc Seed Tooth-powder

Re: Burnt seed powder	4 ounces
Arecanut burnt powder	4 ounces
Borax	2 drachms

Mix and strain through a cloth. Useful tooth-powder. Teeth will be strengthened. Tooth pain will vanish:

(iv) Bonduc Seed Powder with Asafoetida

Re: Bonduc seed powder	10 grains
Asafoetida	3 grains

Dose: One powder twice or thrice daily along with buttermilk. Useful in gastric catarrh or gastritis (ghunma). It will give strength to the body.

(v) Bonduc Leaf Pultice

Add cocoanut pulp to the leaf and gently fry with

castor-oil. Apply this to swellings. The swellings will subside. Swelling of testicles will also subside.

23. BORAX

English	: Sodium Borati
Hindi	: Sohaga
Kanarese	: Bilisara
Tamil	: Venkaram
Telugu	: Vellisaram
Malayalam	: Ponkaram
Marathi	: Kankankhar
Gujarati	: Tankamkhar
Bengali	: Sohaga
Sanskrit	: Tankana

(i) Description and Uses

Dose: 5 to 15 grains. It is known as Biborate of sodium. It is slightly alkaline in reaction. It is prepared by the interaction of sodium carbonate on boric acid. It is soluble in cold water, freely in glycerine, but not in alcohol. It is an antiseptic and parasiticide. It kills parasites. It is a local sedative to inflamed mucus membrane. It relieves pain. It is frequently used as a dusting powder or in lotion with water or glycerine for the mouth, eyes, nose, and ears.

It is used to irrigate the lower bowels, bladder and genital passages of both sexes, various wounded surfaces and sinuses. For this purpose 2 or 4 per cent solution is usually employed. An ointment of borax with vaseline (1 to 9) makes a simple, non-irritating application.

Borax makes the urine slightly alkaline which is helpful in dissolving mucus out of the bladder. It is an urinary disinfectant. A solution is used in leucorrhoea (whites) of females and gonorrhoea for internal wash.

(ii) Glycerine-Boracis

This is prepared by rubbing 12 parts of purified borax and 88 parts of glycerine in mortar.

(iii) Mel Boracis

This is prepared by rubbing 10 parts of powdered purified borax, and 65 parts of purified honey and 25 parts of glycerine in a mortar (1 in 10). These two preparations are useful in sores in mouth. They can be freely rubbed in the sores. They can be mixed with water and used as a gargle for the mouth and throat in sore throat and sores in mouth. They will heal the sores quickly and exercise a soothing influence. They can be used for sores on the nipples.

(iv) Plain Borax

Plain borax can be dissolved in water (1: 20 of water) and used as a gargle. Borax can be mixed with equal parts of Potassium Chloras in the preparation of gargle. It can be used as an eye drop. Put 5 grains in one ounce of pure water or distilled water. It removes irritation of the genital organs. Soak a piece of cotton, wool or clean cloth in the lotion and keep it over the part.

(v) Borax Dehydrated

Borax can be dehydrated. Put it in a pan and heat the pan over the fire. Borax will swell like alum and become white. Powder it and keep it in a clean dry bottle.

CHAPTER VIII**BUTEA SEEDS I & II, BUTTERMILK****24. BUTEA SEEDS-I****(THE SEEDS OF BUTEA FRONDOSA)**

English	: Bastand Teak Seeds
Hindi	: Palas-ke-bij
Kanarese	: Muttaga-bija
Tamil	: Porasam-virai, Murukkam-virai
Telugu	: Moduga-vittulu, Plash-vittulu
Malayalam	: Murukka-vita
Marathi	: Palasa-cha-bij
Gujarati	: Palas-paparo
Bengali	: Palas-papra
Sanskrit	: Palash

(i) The Leaf and the Seed

The leaf is astringent, tonic, aphrodisiac. The flower is aphrodisiac, diuretic, depurative and tonic. The seed is laxative and anthelmintic. The gum is astringent.

Butea seed is thin, flat, oval or kidney shaped, of a brown colour, $1\frac{1}{4}$ to $1\frac{3}{4}$ inch in length. It has neither taste nor smell. Soak the seed in water and remove the shell. Powder the kernel. Dose: 30 to 60 grains. The powder of fresh seeds is very effective. Old seeds are less effective.

(ii) For Round-worm, Tape-worm, Ulcers

Re: Kernel of Butea seeds (Powder) 20 grams
Sugar 20 grams.

Mix: One dose. The powder can also be mixed with honey and taken. Take 3 doses daily for three days. Afterwards take castor oil on the morning of the fourth day. Useful in round-worm and tape-worm.

Sprinkle the powder over the surface of unhealthy ulcers. If there are maggots they will be destroyed.

25. BUTEA SEEDS-II

(PALAS-KI-BIJ)

The seeds of Butea Frondosa. Dose: 30 to 60 grains.

(i) The Powder, The Leaves and The Gum

Useful in round-worms and tape-worms. Soak the seeds in water and remove the testa. Powder the kernel.

Re: Kernel of Butea seeds powder 20 grains
Sugar 10 grains

One dose three times daily for 3 days. Give castor oil on the fourth day. For round and tape-worms.

The powder of the seeds is used for destroying maggots in unhealthy ulcers. Sprinkle the powder over the surface of the ulcer.

The leaves of Butea or Palas are astringent, aphrodisiac and

tonic; the flower is aphrodisiac, diuretic and depurative. The seed is laxative and anthelmintic: the gum is astringent.

The gum gives strength to nerves, sperm, joints, intelligence and chest. Butea gum is an excellent astringent similar to catechu (katha). The astringency is due to the presence of tannic and gallic acids. As it is mild in operation it is suitable for children and delicate females. Dose: 10 to 30 grains. Useful in chronic diarrhoea, pyrosis, dyspepsia.

(ii) For Cobra Poison

Re: Juice of bark	1 teaspoonful
Juice of fresh ginger	1 teaspoonful

Mix. one dose. To be repeated every hour, for internal use.

(iii) Bark Decoction

Re: Bark of Butea	1 ounce
Water	10 ounces

Boil for 10 minutes and strain. Dose: 1 tablespoonful thrice daily. Useful in heaviness of head, cold in the nose and head, cough.

(iv) Decoction of Butea Leaves

Re: Butea leaves	1 ounce
Water	10 ounces

Boil for 10 minutes and strain. Dose: 1 tablespoonful, thrice daily. Useful in piles, diarrhoea and pain in the stomach and bowels.

The paste of the leaves can be applied to boils and swellings. They will subside. The flowers can be boiled and then applied to boils and swellings. Crush the flowers, boil and apply it to swollen testicles. The swelling and inflammation will subside.

Re: Butea flowers	1 ounce
Water	10 ounces

Boil and strain. Dose: 1 ounce twice daily. This brings out menstrual flow. Useful in amenorrhoea or absence of

menstruation and dysmenorrhoea or difficulty of menstruation.

(v) Butea Root (*Palas-ka-ark*)

Re: Roots of Palas 4 ounces
Water 20 ounces

Distil. (For external use). This is useful in eye-diseases, particularly cataract. Put a few drops in the eyes with a dropper.

(vi) Butea Bark (*For Snake Bite*)

Re: Juice of the bark 1 teaspoonful
Juice of ginger 1 teaspoonful
Water 4 teaspoonfuls

Mix. One dose. To be repeated every hour. Give 4 doses (internal use).

A decoction of the bark will remove the heaviness of head, catarrh of the nose and cough. Cut the bark into small pieces and chew them with sugar-candy. This will relieve excessive thirst.

(vii) Butea Flower

Re: Butea flower 1 ounce
Water 10 ounces

Boil and strain. Dose: 1 ounce twice daily. This brings out menstrual flow. Useful in amenorrhoea or absence of menstruation and dysmenorrhoea or difficulty of menstruation.

The flowers can be boiled and then applied to boils and swellings. Crush the flowers, boil and apply it to swollen testicles. The swelling and inflammation will subside.

The Decoction of the Butea Flower is useful in amenorrhoea or absence of menstruation or dysmenorrhoea or difficult menstruation. Menses will flow freely.

(viii) Butea Gum Powder (*Bengal Kino*)

Re: Palas-ki Gond (gum) 10 grains
Cloves Powder 5 grains

Make one powder. Dose: One powder twice or thrice daily. Useful in diarrhoea, dysentery, bloody urine, vomiting of blood.

Dissolve the gum in a little water. Touch the throat with this solution by a swab. Ulcers in the throat will disappear. This is like Mandels pigment or Tannic Acid Glycerine Paint. It is more suitable for children and delicate females.

(ix) Butea Leaf

Re: Butea leaves	1 ounce
Water	10 ounces

Boil for ten minutes and strain. Dose: 1 teaspoonful thrice daily. Useful in piles, diarrhoea and pain in the stomach and bowels.

The paste of the leaves can be applied to boils and swellings. They will subside.

26. BUTTERMILK

English	: Buttermilk
Hindi	: Mattha
Kanarese	: Majjige
Telugu	: Majjiga
Tamil	: Moore
Sanskrit	: Thakram

(i) Description

Curd is mixed with plenty of water and churned. This diluted and churned curd is called buttermilk. The buttermilk retains 10 per cent of the vitamin A and the other two vitamins, proteins and sugar. It is, therefore, an important article of diet. It is nearly as valuable as milk.

(ii) Its Medicinal Qualities

Buttermilk has excellent medicinal qualities. It is a very good drink in dysentery. It is more a medicine. In dysentery and all forms of uric acid diseases buttermilk diet for a certain period will be highly beneficial.

(iii) Properties and Uses

Buttermilk is more easily digestible than whole milk. It is astringent, light, cooling, appetising, nutritive and tonic. It is useful in dyspepsia, digestive trouble, etc.

Boiled rice and buttermilk is useful in diarrhoea, dysentery, piles, dropsy, excessive thirst and burning in urine. This will increase the digestive fire.

Cold rice and buttermilk removes burning in the body, biliousness. This will give good sleep.

CHAPTER IX**CAMPHOR, CAPSICUM, CARAWAY SEEDS****27. CAMPHOR**

English	: Camphor
Hindi	: Kappur
Kanarese	: Karpura
Tamil	: Karpuram
Sanskrit	: Karpur

Dose: 2 to 5 grains. This is an ingredient in Tincture Camphor Co. or Paregoric Elixir which is used in cough mixtures. It is also an ingredient in Camphrodyne which is used in cholera. It is a diffusible stimulant. In shock or collapse it stimulates the heart. Two grains can be dissolved in milk and given immediately in such conditions.

(i) An Anaphrodisiac

It is an anaphrodisiac and checks painful erections in gonorrhoea. When it is given in large doses frequently, it produces impotency and destroys erection of the organ. Some Sadhus take recourse to eating camphor to destroy their virile power.

(ii) An antigalactagogue

It is an antigalactagogue. It checks accumulation of milk in the breasts and so it is beneficial in mothers who have lost their children soon after delivery and who suffer from severe pain in the breasts owing to accumulation of milk.

(iii) An Antiseptic

It is an antiseptic. It destroys worms in the caries teeth. The socket or the hole must be filled with powdered camphor. It is an ingredient in tooth-powder. It is useful in spongy gums.

(iv) For Pains

Dissolve a few grains in mustard oil and expose the oil to the sun for sometime. This forms a very useful liniment in rheumatism, muscular pain, neuralgia, lumbago, sprains, stiffness to joints, contusion, etc. It is analgesic.

(v) An Anti-Spasmotic

It is anti-spasmotic and so it is useful in spasms of asthma and in chronic bronchitis. It serves as a stimulant in prostrating fever such as pneumonia, etc. It acts as a sedative in delirium. It brings out sputum or phlegm easily and so it is **expectorant**. It is a carminative as it corrects digestion and **expels** wind from the bowels. It is useful in flatulence of the bowels.

(vi) The Many Uses

It checks nocturnal discharges and is useful in spermatorrhoea. Two or three grains can be taken in hot milk at bed time. It is useful in dysmenorrhoea or difficult menstruation.

Amritshara and Rubinis Camphor contain camphor. Camphor becomes a liquid when mixed and rubbed with thymol, menthol.

In influenza and coryza it is useful as nasal paint, dissolved in oil. In pneumonia it is given as a subcutaneous injection. It is dissolved in olive oil (1 grain in 1 c.c.). It gives strength to the heart and makes irregular rhythms of heart regular. Ampoules of camphor in oil (1 grain in 1 c.c.) is available in the chemists shops.

28. CAPSICUM

English	: Red Chillies
Hindi	: Lal Mirch, Gach-mirch

Kanarese	: Menasinkai Kempu
Tamil	: Milakai
Telugu	: Mirapakaya
Malayalam	: Kappalmilaka, Vattal Milakai
Marathi	: Mir-singa
Gujarati	: Lal-Mirch, Marchu
Bengali	: Lanka-morich, Lal-morich
Sanskrit	: Katuvira

(i) Properties and Contents

The dried ripe fruit of *Capsicum Minimum*. *Capsicum Fastigatum* is Guinea pepper (Cheemai-Milakai). *Capsicum* is an irritant, rubefacient, counter-irritant, a good stomachic, stimulant, tonic, carminative, cardiac stimulant. It increases the semen (Veerya Vriddhi). It contains capsaicin, a crystalline acid, a volatile oil, resin, a fatty substance and a volatile alkaloid. It has a characteristic odour and intensely pungent taste. Dose of the powder. $\frac{1}{2}$ to 2 grains.

In allopathic system there are two preparations, viz., Tr. Capasici (does 5 to 15 minims) and Unguentum Capsici or ointment of capsicum.

(ii) Capsicum Gargle

Re: Capsicum bruised	1 teaspoonful
Salt	2 teaspoonfuls
Boiling water	20 ounces

Strain. An excellent gargle for sore-throat. Relaxed throat. hoarseness of voice, etc.

(iii) Capsicum Pill

Re: Capsicum	1 grain
Camphor	1 grain
Asafoetida	1 grain

Make into one pill. For diarrhoea and cholera. Dose: one pill thrice daily.

(iv) Capsicum Decoction

Re: Capsicum	30 grains
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Chinamon	10 grains
Water	10 ounces

Boil for 10 minutes and strain. Add sugar 4 tablespoonfuls. For checking the craving of drinking liquor. Dose: 1 oz. thrice daily.

(v) Capsicum Lozeng

Re: Capsicum powder	60 grains
Sugar	60 grains
Honey	60 g.s.

Make into 24 pills. For hoarseness of voice

(vi) Capsicum Liniment

Re: Capsicum	1 drachm
Garlic	1 drachm
Black pepper	1 drachm

Make this into a paste and mix it with gingily or mustard oil. This is useful in chronic rheumatic pain and swelling.

(vii) Capsicum Powder

Re: Capsicum	2 grains
Dried ginger	2 grains

Make one powder. One powder twice daily. Useful in dyspepsia or indigestion, gastritis, pain in the chest, diarrhoea, vomiting in bilious fevers, anorexia or loss of appetite, nausea or retching sensation.

(viii) Capsicum Ointment

Re: Capsici	2 drachms
Soft yellow vaseline	1 ounce

A stimulating ointment.

29. CARAWAY SEEDS

(CARUM, CARAWAY FRUIT, JIRA, CUMIN SEEDS)

English	: Caraway seed
Hindi	: Safed Jeera
Kanarese	: Jeerigay
Tamil	: Shimai-shombu
Telugu	: Jilakarra

Malayalam	: Cheerakam
Marathi	: Jeera
Gujarati	: Safed Jiraun
Bengali	: Safed Jeera
Sanskrit	: Ajaji

The dried fruits of *carum carui* are known as cumin or caraway. It is obtained from the hills and plains of India. It has an agreeable aroma on account of its volatile oils. Dose: 10 to 30 grains.

It is a stimulant, carminative, stomachic, astringent, antispasmodic and aromatic. It is useful in biliousness, anorexia or loss of appetite, pain in the stomach and intestines, asthma, stone. It gives strength to the body and coolness to the eyes.

Oleum Carui (oil of caraway) is distilled from the fruits. Dose: 1 to 30 minims.

(i) Caraway Digestive Powder

Re: Caraway seeds powder	2 drachms
Black pepper powder	2 drachms
Long pepper powder	2 drachms
Rock salt powder	2 drachms
Dried ginger powder	2 drachms

Mix well and strain. Dose: 30 grains or half a teaspoonful. Useful in dyspepsia or indigestion. This is a very effective digestive powder.

(ii) Pancha-Deepagni Lehiam (A Confection of Five Drugs)

Re: Caraway seeds powder	4 drachms
Dried ginger powder	4 drachms
Long pepper powder	4 drachms
Black pepper powder	4 drachms
Cardamom powder	4 drachms
Ghee	4 ounces
Honey	4 ounces
Black sugar	8 ounces
Cow's milk	2 seers

Put the sugar in the milk and boil. Then add the five powders. Stir well in low fire. Add ghee. Finally add the honey. Dose: 1 teaspoonful. Useful in diarrhoea, iflatulence, biliousness, indigestion etc.

(iii) Caraway Water (*Aqua Carui*)

Re: Caraway seeds	6 drachms
Boiling water	20 ounces

Strain. Dose: 2 tablespoonfuls. A good digestive, useful in indigestion flatulence, etc.

(iv) Digestive Powder

Re: Caraway seeds powder	2 drachms
Cardamom powder	2 drachms
Refined camphor	20 grains
White sugar	4 drachms

Mix well. Dose: 1 teaspoonful daily. Useful in indigestion, flatulence.

CHAPTER X

CARDAMOM, CASSIA ALATA, CASTOR OIL

30. CARDAMOM

(CHOTI ELACHI)

English	: Cardamom
Hindi	: Elachi, (Choti Elachi)
Kanarese	: Elakki
Tamil	: Elakkai, Ella-kay
Telugu	: Yalakkai
Marathi	: Elachi
Gujarati	: Elachi
Bengali	: Garate
Sanskrit	: Elaam, Truti

The dried ripe seeds of *Eletharia* Cardamom obtained from Malabar and the Western Ghats. The odour and taste are strongly aromatic. It contains a volatile oil. Dose: 10 to 30 grains. It is a good carminative, stomachic, flavouring agent, stimulant, diuretic and aromatic.

In Allopathy Cardamom is used in the preparation of aromatic chalk powder, aromatic chalk powder with opium, compound tincture of Gention. A tincture called Tincture Cardamom Co., is prepared out of cardamom. Dose: 30 to 60 minims or drops.

Cardamom is useful in flatulence or wind in the stomach and bowels, intestinal colic, excessive headache, dryness of mouth, cough, dyspepsia.

(i) Digestive Powder—I

Re: Cardamom	2 drachms
Ajwan	2 drachms
Cumin seeds	2 drachms
Anise seeds	2 drachms

Slightly parched. Then powder. Dose: 1 teaspoonful after food. Useful in dyspepsia or indigestion.

(ii) Cardamom Decoction

Re: Cardamom	1 drachm
Black sugar	1 ounce
Water	8 ounces

Boil and strain. One dose. Useful in giddiness to biliousness.

(iii) Digestive Powder—II

Re: Cardamom powder	4 drachms
Cumin powder	4 drachms
Cloves powder	4 drachms
Dried ginger powder	4 drachms

Dose: 30 grains or half a teaspoonful. Useful in stomach-ache, intestinal colic, gastric catarrh. This is a good digestive powder.

(iv) Compound Cardamom Powder

Re: Cardamom powder	2 drachms
Liquorice powder	2 drachms
Tail pepper powder	2 drachms

Amla powder	2 drachms
White sugar	1 ounce

Mix well. Dose: 1 teaspoonful twice daily. Useful in cough, excessive thirst, pain in the stomach and bowels.

(v) Cardamom Ghee

Re: Cardamom powder	4 drachms
Tail pepper powder	4 drachms
Cloves powder	4 drachms
Dried ginger powder	4 drachms
Coriander powder	4 drachms
Sugar-candy	1/2 seer
Cow's milk	1 seer
Cow's ghee	8 ounces
Honey	4 ounces

Put the sugar-candy in the milk. Stir well. Let it boil for some time. Then add the powders and ghee. Stir well. Now add honey. Dose: One teaspoonful twice, daily. Useful in cough, bronchitis, excessive thirst, dry mouth and dry tongue, diseases of the stomach and bowels, indigestion, intestinal colic, gastric catarrh, biliousness. The body will become cool. This is a blood tonic as well.

(vi) Cardamom Co. Pill

Re: Cardamom powder	4 drachms
Cinnamon powder	4 drachms
Long pepper powder	4 drachms
Liquorice powder	4 drachms
Black sugar	2 ounces

Beat well. Make into pills. Size of arecanut. Dose: 1 or 2 pills twice daily. Useful in indigestion, pain in the stomach and bowels, flatulence, diarrhoea, biliousness.

31. CASSIA ALATA

(RINGWORM SHRUB)

English	: Ringworm Shrub
Hindi	: Dadmurdan
Kanarese	: Shimigida, shime-agase

32. CASTOR OIL

English	: Castor Oil
Hindi	: Arandikatel
Kanarese	: Haralenne
Tamil	: Amanakkanney
Telugu	: Amudam
Malayalam	: Kottenna
Marathi	: Erandela
Gujarati	: Divel, Yarandinutel
Bengali	: Bheerandatail
Sanskrit	: YerandaTailam

The expressed oil of the seeds of *Ricinus Communis*. It is a darkbrown oil. It is acid in taste. The best kind is clear, of a pale straw colour. It has a slightly nauseous taste. The cold drawn expressed oil should always be used when procurable. The darkbrown, viscid oil obtained by boiling and subsequent expression of the seeds should be avoided on account of its acidity.

It is a good laxative. The ordinary dose for a child is a teaspoonful. It may be gradually raised according to the age of the patient to two or four tablespoonfuls. It is best given floating on milk, coffee or omum water.

It is valuable as an emulsion in infantile diarrhoea and mouth. This is a good antiseptic lotion for washing ulcers and irritative diarrhoea of adults and in dysentery.

Castor oil is highly beneficial in painful affection of the rectum, piles, and when it is desirable to prevent the patient straining at stool. It softens the motions and lubricates the intestines without weakening the patient.

(i) Castor Oil Poultice

The leaf is lactagogue and anti-rheumatic.

Re: Castor oil plant leaves	4 handfuls
Water	8 pints

Boil for half an hour. Bathe the breasts for 15 minutes with this decoction. Then spread the boiled leaves over the breasts. The secretion of milk increases in a few hours.

Apply layers of the fresh leaves simply warmed before a fire, over the breasts. This is also an equally effective mode of application. It is simple also.

Smear the nipples freely with castor oil, each time when the child is removed from the breast. This is highly useful in sore nipples.

Re: Castor oil 1 or 2 ounces

A purgative for adults. One teaspoonful for a child.

(ii) Castor Oil Emulsion

Re: Caster oil 1 teaspoonful
Mucilage q.s.
Water 1 ounce

Dose: One ounce thrice daily. Useful in dysentery. For a child use 5 or 10 drops of oil.

(iii) Castor Oil with Tr. Opium

Re: Castor oil 1 teaspoonful
Tr. Opii. 5 drops

To be taken twice or thrice daily. Useful in dysentery and diarrhoea.

(iv) Castor Oil Eye Drops

Re: Castor oil 2 or 3 drops

Useful in removing foreign bodies such as sand, charcoal particles, dust, etc.

(iv) As a Poultice

Cut the leaves into small pieces, warm them slightly with castor oil and foment the swollen rheumatic joints and other painful parts of the body.

In adominal pain apply a little castor oil over the abdomen and apply over it the castor oil plant leaves which are slightly warmed before the fire.

(vi) The Three Ghee (*Mukkoottu*)

Re: Castor oil 1 part

Gingelly oil	3 parts
Cow's ghee	2 parts

This is a good application for the head. It will cool the head. This can be applied to the whole body also. Take a cold or hot bath.

CHAPTER XI

CATECHU, CHAULMOOGRA OIL, CHIRETTA

33. CATECHU

(KATTHA)

English	: Catechu
Hindi	: Kattha
Kanarese	: Khadira, Kadur
Tamil	: Katha Kambu
Telugu	: Podalimanu
Malayalam	: Khadiram
Marathi	: Khair
Gujarati	: Kher
Bengali	: Khair
Sanskrit	: Khadira

(i) Description

This is an extract from the heart-wood of Acacia Catechu. It is obtained by boiling and drying the decoction. The leaves and young shoots of Uncaria Gambier are extracted with water and dried. It is obtained from Singapore and Eastern Archipelago. Taste is at first bitter and astringent, afterwards, sweetish. It occurs in the form of masses of a blackish brown colour. Its chief constituent is Catechu Tannic acid. Catechu is used with pan or betel leaves. Dose: 5 to 15 grains.

(ii) Tincture Catechu

In Allopathic system Tincture Catechu is made out of Catechu. Cinnamon bark is added. Catechu is an astringent. It is serviceable in diarrhoea, ulcers, sore-throat and stomatitis or ulcers in the mouth. Dose: 30 to 60 minims.

(iii) Catechu Powder

Re: Catechu	10 grains
Cinnamon powder	10 grains
Honey	q.s.

Dose: One powder, 3 or 4 times daily. Useful in diarrhoea.

(iv) Catechu Compound Infusion

Re: Catechu bruised	4 drachms
Cinnamon bruised	1 drachm
Boiling water	10 ounces

Infuse for 2 hours and strain. Dose: 2 tablespoonfuls or 1 ounce three times daily. Useful in diarrhoea. 5 or 10 drops of Tr. Opium to each dose will render it more efficacious.

(v) For Diarrhoea in Children

Re: Catechu powder	3 grains
Cinnamon powder	3 grains

Mix. Dose: One powder twice daily in honey with sugar.

(vi) A Good Dentifrice

Re: Catechu	2 drachms
Alum	1 drachm
Myrrh	1 drachm
Cloves	30 grains
Chalk	8 drachms

Powder; then mix and strain. This valuable tooth-powder will stop bleeding from the gums and strengthen loose teeth and the gums.

In relaxed sore-throat, hoarseness, loss of voice, in ulceration and sponginess of gums, in mercurial salivation chew a small piece of catechu and allow it to dissolve in the mouth slowly. You will derive immense benefit.

In toothache and caries tooth, plug the hollow of the tooth with a small piece of catechu. The pain will vanish.

(vii) Catechu Infusion

Re: Catechu	6 drachms
Boiling Water	20 ounces

Infuse for 2 hours and strain. This is a good lotion for sore nipples and old, chronic ulcers. Bathe the parts twice or thrice daily. This infusion is a preventative of sore nipples. The breasts should be bathed with this infusion daily for a month before the confinement. This will harden the tissues.

(viii) Catechu Co. Ointment

Re: Catechu powder	1 drachm
Copper sulphate	10 grains
White vaseline	1 ounce

Mix well. This is useful in chronic ulcers attended by much foul-smelling discharge. This is an astringent and stimulating, healing ointment.

The addition of Catechu to Paan or betel leaves is beneficial in strengthening the loose teeth and killing the worms in the bowels.

34. CHAULMOOGRA OIL

English	: Jangli almond
Hindi	: Chaulmoogra
Tamil	: Neradi-muttu
Telugu	: Niradivittulu
Malayalam	: Niradimuttu
Marathi	: Kadu-Kawata
Sanskrit	: Tuvataka

(i) Uses and Some Instructions

The fixed oil expressed from the seeds of *Gynocardia Odorata*. The oil has a peculiar and slightly unpleasant smell and taste. Chaulmoogra seeds are about an inch in length, of oval form.

This is a remedy for leprosy, scrofula, lupus, chronic eczema and chronic rheumatism. This is used both externally, and internally.

In South India where Chaulmoogra is rarely obtainable, the oil of the seeds of a tree of the same family, *Hydnocarpus Inebrians* can be tried. The oil has a great repute among the natives of Malabar as a remedy in leprosy.

The dose of the seeds as 6 grains, three times daily, in the form of a pill. It is gradually increased to 3 or 4 times that quantity or until it produces nausea or vomiting, when the dose should be decreased or the use of the remedy stopped for a time. This is the best form of administration.

The dose of the oil is 5 or 6 drops, gradually increased as in the case of the seeds. Give up salted meat, acids, spices and sweetmeats during the use of this medicine. But you can take butter, ghee and oily articles of diet. It may be advantageously combined with a course of Cod-liver oil.

(ii) Chaulmoogra Co. Emulsion

Re: Chaulmoogra oil	5 drops
Cod-liver oil	20 drops
Mucilage	q.s.
Water	1 ounce

Dose: 1 ounce twice daily. Useful for leprosy.

(iii) Chaulmoogra Ointment—I

Re: Chaulmoogra oil	1 drachm
White vaseline soft	1 ounce

Useful in obstinate skin diseases, chronic eczema and lepric spots. You can beat the seeds into a paste with a little ghee or vaseline. This also will form a good ointment.

(iv) Chaulmoogra Ointment—II

Re: Chaulmoogra oil	1 ounce
Nim oil	1 ounce

Mix well. Rub into leprotic spots.

(v) Chaulmoogra Tonic

Re: Chaulmoogra oil	5 drops
Warm milk	4 ounces

Dose: Twice daily after food. This is a tonic for lepers.

(vi) Chaulmoogra Pill

Re: Chaulmoogra seeds (powder)	5 grains
Honey	q.s.

One pill. Dose: One pill thrice daily. Useful in leprosy and eczema.

(vii) Plain Chaulmoogra Emulsion

Re: Chaulmoogra oil	5 drops
Mucilage	q.s.
Syrup	1 drachm
Water	1 ounce

Dose: One ounce twice daily after food. Gradually increase the dose. Useful in leprosy.

35. CHIRETTA

English	: King of Bitters
Hindi	: Kiriya
Kanarese	: Nelabaevu
Tamil	: Nilavembu
Telugu	: Nelavemu
Malayalam	: Kiriya
Marathi	: Olen Kirayat
Gujarati	: Kiryato
Bengali	: Kalmesh
Sanskrit	: Bhunimba

(i) Description

Chiretta is the plant of *Swertia Chiretta* or *Ophelia Chiretta*. It is collected when in flower and dried. It is obtainable in all bazaars. The whole plant is intensely bitter. Dose: 10 to 30 grains. The allopathic system has two preparations, viz., Infusion Chiretta Compositum Concentratum (dose 30 to 60 minims) and Tr. Chiretta Co. (dose 30 to 60 minims).

(ii) Uses

The infusion is a popular domestic remedy for general debility with poor appetite and digestion, particularly during convalescence from a serious disease.

Chiretta is a stomachic, bitter tonic, alterative and stimulant. It is a tonic after fevers. It clears and brightens the

intellect. It is useful in dyspepsia or indigestion, turpidity of liver, giddiness due to biliousness.

(iii) Chiretta Infusion—I

Re: Chiretta bruised	1 ounce
Boiling water	20 ounces

Infuse for 4 hours and strain. Dose: 2 ounces three times daily. This is a good tonic.

(iv) Chiretta Infusion—II

Re: Chiretta	1 ounce
Cloves powder	1 drachm
Cinnamon powder	1 drachm
Cardamom powder	1 drachm
Boiling water	20 ounces

Infuse for 6 hours and strain. Dose: 2 ounces thrice daily. Useful in all cases of debility, especially after fever, indigestion or dyspepsia, anorexia or loss of appetite, ague, or intermittent fever; gastric catarrh, worms in the bowels, diarrhoea owing to indigestion, vomiting in pregnancy.

Cloves or cinnamon or cardamom increases the efficacy of Chiretta and improves its flavour. You can add Syrup of orange or honey to the infusion.

(v) Chiretta Infusion—III

Re: Chiretta	1 ounce
Skin of Mossambi	1 ounce
Coriander	2 drachms
Boiling water	20 ounces

Infuse for 1 hour and strain. Dose 1 ounce thrice daily. Useful in bilious giddiness, debility, ague, indigestion, loss of appetite. The juice of the leaves is useful in flatulence and diarrhoea of children.

(vi) Chiretta Infusion—IV

Re: Chiretta bruised	4 drachms
Vassambu (sweet flag) powder	1 drachm

Chatha-kuppai (dill)	1 drachm
Boiling water	10 ounces

Infuse for 1 hour. Dose: 2 tablespoonfuls thrice daily.
Useful in debility, fever, dysentery, etc.

CHAPTER XII

CINNAMON, CLOVES, COCCULUS-INDICUS

36. CINNAMON

(CINNAMOMUM ZEYLANICUM)

English	: Chinese Cassia
Hindi	: Dalchini
Kanarese	: Lavangapatta
Tamil	: Lavangapattai
Telugu	: Lavangapatta, Dasinachakka
Malayalam	: Lavangapatta
Marathi	: Dala-chini
Gujarati	: Dalchini
Bengali	: Dalchini
Sanskrit	: Thwak

(i) Properties and Uses

This is the dried bark of *Cinnamomum Zeylanicum*. It is obtained from the Deccan, Burma, Malaya and Ceylon. It occurs in closely rolled quills containing several smaller quills inside. It is yellowish-brown in colour. It has a sweet, hot taste. It contains a volatile oil, tannin, sugar and gum. Dose: 5 to 20 grains.

It is a stimulant, astringent, carminative, aphrodisiac, antispasmodic and tonic. It is also a heart-stimulant. It is used in the preparation of vegetables, soups, etc. It is useful in spermotorrhoea, diarrhoea, bronchitis, dysentery, poisoning, flatulence of wind in the bowels, dyspepsia, cobra poison and fevers. It cools the body and removes bad odour in the mouth. It contracts the uterus. Hence it is useful in menorrhoea or excessive menstruation. It is also useful in dull labour pains.

Cinnamon powder is used in Allopathy in the preparation of compound Catechu powder, Creta Aromaticus powder,

Creta Aromaticus with Opium powder and compound Tincture of Cardamom. The oil of cinnamon (dose 1 to 3 minims) enters into the composition of concentrated cinnamon water (dose 5 to 15 minims), and Spirit of Cinnamon (dose 5 to 20 minims or drops).

Cinnamon is closely allied in medicinal properties and use to cloves. It may be substituted for cloves when the latter is not procurable. It is an agreeable adjunct to many other medicines.

(ii) Compound Cinnamon Powder

Re: Cinnamon powder	1 drachm
Cardamom powder	1 drachm
Dried ginger powder	1 drachm

Mix well. Dose: grams 10 to 20 thrice daily. Useful in vomiting, flatulence, intestinal colic, dysentery, diarrhoea, dyspepsia, etc.

(iii) Cinnamon Decoction

Re: Cinnamon	1 drachm
Cardamom	1 drachm
Dried ginger	1 drachm
Cloves	1 drachm
Anise seeds	1 drachm
Vidanga (Vai Vilangam)	1 drachm
Water	20 ounces

Boil till the water is reduced to 5 ounces. Dose: 2 teaspoonfuls thrice daily. Useful in stomach ache, gastric catarrh, dyspepsia.

(iv) Cinnamon and Catechu Decoction

Re: Cinnamon	2 drachms
Catechu	6 drachms
Boiling water	20 ounces

Keep for one hour and strain. Dose: 2 teaspoonfuls thrice daily. Useful in diarrhoea.

(v) Cinnamon and Catechu Powder

Re: Cinnamon powder	5 grams
Catechu	5 grams
Dried ginger	2 grams
Black pepper	1 gram

Make one powder. Dose: 1 powder thrice daily. Useful in diarrhoea.

37. CLOVES**(CARYOPHYLLUM; LAVANGA)**

Hindi	: Lavang
Kanarese	: Lavanga
Tamil	: Kerambu
Telugu	: Lavangam
Malayalam	: Grambuo
Bengali	: Lavanga
Sanskrit	: Lavanga

(i) Properties, Uses and Preparations

This is the dried flowering bud of *Eugenia Aromatica* or *Caryophyllus Aromaticus*. It has a strong spicy smell and very pungent aromatic taste. Dose: Two to five grains. This contains the volatile oil, caryophyllum and gallo tannic acid. It is usually obtained from Jawa, Ceylon, Penang and other places.

Clove is a good stimulant, carminative, stomachic and antispasmodic. It is useful in indigestion, colic, flatulence or wind in the bowels, bilious giddiness, diarrhoea, nausea, dysentery, sprue, chronic diarrhoea, spermatorrhoea, earache, opacity of cornea. It binds the bowels. It is used as a spice for vegetable curries, soups, etc. It stimulates the appetite and aids digestion.

It removes hoarseness of voice. Therefore, it is useful for songsters and lecturers. It can be chewed as it is or with sugar candy.

The official preparation of British Pharmacopoeia are

caryophylli infusion diluted and concentrated, and oil of cloves.

The dose of the diluted infusion is $\frac{1}{2}$ to 1 ounce and the dose of the oil is 1 to 3 minims, or drops. 2 or 3 drops of oil of cloves can be taken in sugar. Useful in indigestion, flatulence, intestinal colic, vomiting, diarrhoea.

Oil of cloves is useful in toothache or dental neuralgia, caries tooth. It strengthens the gums.

Make a very fine paste of clove and apply it to the forehead and nose. Heaviness of head and catarrh in the nose will be cured.

Fry some cloves over the fire and chew them. Sores in the throat will be cured. The gums will be strengthened.

Cloves enter into the composition of all medicines which are intended for biliousness, spermatorrhoea, diarrhoea.

(ii) Infusion of Cloves

Re: Cloves powdered	4 drachms
Boiling water	20 ounces

Keep for half an hour and then strain. Dose: One ounce daily. Useful in indigestion, flatulence or wind in the bowels, colic and spasmodic affections of the bowels, vomiting in pregnancy, dysentery, sprue, chronic diarrhoea.

(iii) A Good Purgative

Re: Cloves	20 grams
Dried ginger	20 grams
Senna leaves	4 drachms
Boiling water	8 ounces

Allow this to stand for $\frac{1}{2}$ hour and strain. One dose. A good, aromatic purgative.

(iv) Cloves Chiretta Tonic

Re: Infusion of cloves	8 ounces
Infusion of Chiretta	8 ounces

Mix well. Dose: 1 ounce twice daily. Useful in debility, loss of appetite and in convalescence after fevers.

(v) Compound Cloves Powder

Re: Cloves	1 drachm
Dried ginger powder	1 drachm
Ajwan powder	1 drachm
Rock salt	1 drachm

Mix well. Dose: 20 grains twice daily. Useful in indigestion, or dyspepsia. This is a Pachak Choorna that helps digestion and gives good appetite.

(vi) Cloves Triphala Powder

Re: Cloves powder	1 drachm
Chirunagappa powder (Naga-kesara)	1 drachm
Vilamichu-ver or Hreeberan	1 drachm
Dried ginger powder	1 drachm
Black pepper powder	1 drachm
Long pepper powder	1 drachm

Mix Well. Dose: 20 grains twice daily. Can be made into pills also (5 gr). Useful in bilious giddiness, diarrhoea, vomiting, itching in anus.

38. COCCULUS INDICUS

(INDIAN BERRY; FISH BERRY)

English	: Indian Berry
Hindi	: Kakmari
Kanarese	: Kaka-mari-bija
Tamil	: Kakkai-kolli-vilai, Penkottai
Telugu	: Kakamari, Kaki-ceampa
Malayalam	: Nanjin Kuru, Kakka-kolli
Marathi	: Karwi
Gujarati	: Kakphal
Bengali	: Kaka-mari
Sanskrit	: Kakphala, Kakanshika

(i) Description

The fruits of Anamirta Cocculus. This plant grows in Ceylon, Malabar and Burma. The dried fruit is larger than a pea. The kernel is yellowish, oily and bitter. An oil is extracted from the kernel. It is called Picrotoxine. This is a

virulent poison. If this is mixed with food and given to the crows, they die immediately. Hence the name 'Kakkai kolli', 'killer of crows'.

(ii) For Itching Skin

Cocculus Indicus is an emetic, parasiticide and a narcotic. It is used as an agent for destroying pediculi or lice. It is useful in itching of skin.

Re: Cocculus seeds	60 grains
Vaseline	1 ounce

Beat the seeds in a mortar and make into a paste and then mix the paste thoroughly with vaseline, butter or ghee. The ointment should not be applied in abraded or ulcerated surfaces on account of the danger of absorption of the poisonous principles of the seeds.

(iii) For Intravenous Injection

Picrotoxin. Synonymn. Cocculin. A glycoside obtained from Anamirta Paniculata, This is bitter, colourless, crystal. Dose: $\frac{1}{100}$ to $\frac{1}{20}$ grain. This is given as an intramuscular or intravenous injection. Picrotoxin is occasionally given orally in night sweats. It is given in barbiturate, paraldehyde and bromethol poisoning in doses of $\frac{1}{6}$ grain intramuscularly or intravenously. Picrotoxin is useful in epilepsy, hemiplegia, headache, sweating of phthisis, and diseases caused by poisonous drugs.

CHAPTER XIII

CORIANDER SEEDS, COUNTRY FIG,
COUNTRY GOOSEBERRY

39. CORIANDER SEEDS

(CORIANDRUM SATIVUM)

English	: Coriander
Hindi	: Dhaniya
Kanarese	: Kottamari-bija
Tamil	: Kothumalli
Telugu	: Dhaniyalu

Malayalam	: Kottamalli
Marathi	: Kothimbir
Gujarati	: Dhana
Bengali	: Dhane
Sanskrit	: Kustumbari, Dhanyaka

(i) Description

The seeds of *Coriandrum Sativum*. This plant is cultivated throughout India. The seeds are stomachic, carminative, stimulant, diuretic, aromatic and antispasmodic. They contain a volatile oil.

(ii) Uses of Coriander Leaf

Coriander leaf is useful in anorexia or distaste for food, dyspepsia, biliousness. It increases the semen. It is used as a flavouring agent in the preparation of pepper water (Rasam), Sambar, Pachadi and Chutney by South Indians. It has a very good aroma.

The leaf can be slightly fried with a little gingly oil and applied to swellings as a poultice. The swelling will either subside or ripen.

(iii) Coriander Infusion

Re: Coriander seeds	4 drachms
Boiling water	20 ounces

Infuse for one hour. Dose: 1 ounce three times daily. Useful in flatulence, dyspepsia, giddiness and biliousness. You can add a little milk and sugar.

(iv) Coriander Coffee

Re: Coriander seeds	2 tablespoonfuls
Sugar	2 tablespoonfuls
Milk	16 ounces

Fry the seeds with a little ghee and powder. You can make a little decoction of 4 ounces and add this to the milk. This is pure milk-coriander coffee. This is a very good substitute for coffee and tea. This will cure piles.

(v) Coriander Co., Powder

Re: Coriander seeds (parched) 4 drachms
 Caraway powder (Jira) parched 4 drachms
 Cardamom powder (parched) 4 drachms

Dose: 1 teaspoonful after food. This is a very good digestive powder. Useful in diarrhoea, indigestion, biliousness.

(vi) Oil of Coriander

Dose: 1 to 4 drops. This is useful in flatulence, dyspepsia, biliousness, giddiness, diarrhoea.

Make a paste of coriander and apply it to the forehead. Headache will be relieved. A paste of coriander and sandal will relieve bilious headache. Make hot poultice of coriander and apply it to chronic ulcers and carbuncles. They will be cured.

40. COUNTRY FIG**(FICUS GLOMERATA)**

English	: Country Fig
Hindi	: Gular
Kanarese	: Atti
Tamil	: Atti
Telugu	: Atti, Medi
Malayalam	: Atti
Marathi	: Umbar
Gujarati	: Umbaro
Bengali	: Jajnadumar
Sanskrit	: Udumbara

Uses of Fig Fruit

Fig fruit improves and increases the blood. It is a laxative too. The tender and half ripe fruits are used as a vegetable curry and beneficial for persons suffering from piles.

41. COUNTRY GOOSEBERRY**(AVVERHOEA ACIDA)**

English	: Country Gooseberry
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Hindi	: Chelmeri, Haraphalvadi
Kanarese	: Kirunelli
Tamil	: Arunelli
Telugu	: Racha-usirikaya
Malayalam	: Arinelli, Chirmi
Marathi	: Kanta-avala
Bengali	: Nubarse

(i) Description

This is a tree that grows in the Mediterranean climate and yields an abundance of fruits.

This is a small tree. This is grown in the gardens of India. This is cultivated in the Malaya States.

(ii) Leaf, Seed and Fruit

The leaf is a diaphoretic. The seed is a laxative. The fruit is antibilious. The leaf, fruit, seed and the root are used.

Make a paste of the leaves and mix it well in a tablespoonful of buttermilk. Take this twice daily for 4 days. Jaundice will be cured. When you take this give up salt. Take goat's milk with boiled rice.

The fruit is useful in asthma, excessive thirst, internal heat, biliousness. It cools the body.

(iii) Gooseberry Juice

Re: Juice of Arunelli	1 ounce
Juice of grapes	2 ounces
Burnt alum	2 grains
Sugar	60 grains

One dose. Useful in gonorrhoea.

(iv) Gooseberry Sherbet

Re: Gooseberry juice	20 ounces
Sugar	20 ounces

Boil gently to the consistency of a syrup. Dose: 1 ounce in a tablespoonful of water. Useful in biliousness, thirst, internal heat.

(v) For Vomiting

Re: Dried gooseberry powder	10 grains
Cumin seeds (jeera) powder	10 grains
Long-pepper powder	10 grains
Water	4 ounces

Put the powder in water. Let it remain for one hour. Add one tablespoonful sugar. Strain. One dose. Useful in vomiting.

(vi) Gooseberry Chutney

Re: Dried or fresh gooseberry	¼ Seer
Black pepper	1 ounce
Fresh ginger	2 ounces
Fresh coriander leaves or sweet nim leaves	½ ounce
A little salt	

Make it into a chutney (rough paste). Useful in biliousness, vomiting. This cools the body. The eyes become lustrous.

(vii) Gooseberry Patchadie

Re: Fresh or dried gooseberry (bruised)	Handful
Curd	¼ Seer
A little salt	
Few green chillies in pieces.	

Mix. A very good appetiser. This is anti-bilious. This is taken in South India in Dvadasi days with Akatti Keerai (a kind of leafy vegetable).

(viii) To relieve Constipation

Dry the seed. Then pulverise it.

Re: Gooseberry seed powder	1 teaspoonful
Sugar	1 teaspoonful

Useful in constipation.

CHAPTER XIV

IPECACUANTIA, SARSAPARILLA, CROTON SEEDS, CUBEBS

42. COUNTRY IPECACUANTIA TYLOPHORA

Hindi	: Antamul, Jangli-pirwan
Tamil	: Nachchurupan, Naypalai, Peyppalai
Telugu	: Verri-pala, Kukkapala
Malayalam	: Vallipala
Bengali	: Anto-mul

(i) Description

The plant is found in Bengal and other parts of India. Its roots and leaves are endowed with emetic properties. The dried leaf is a substitute for Ipecacuantia.

(ii) Uses of Powdered Dried Leaves

Dose of the powdered dried leaves as an emetic is 40 to 50 grains for an adult. It is an expectorant and diaphoretic in small doses (5 to 10 grains). The powder of the dried leaves is useful in dysentery and diarrhoea, in doses of 10 grains, three or four times daily.

43. COUNTRY SARSAPARILLA

(THE ROOT OF HEMIDESMUS INDICUS)

English	: Indian Sarsaparilla
Hindi	: Magrabu Salsa, Jangli-Chanbelii
Kanarese	: Sugandha-palada
Tamil	: Nannariver
Telugu	: Sugandhi
Malayalam	: Nannari
Marathi	: Uparsari
Bengali	: Anantamul
Sanskrit	: Saribha

This is the dried root of Hemidesmus Indicus. This is a good alterative, tonic, demulcent, diuretic, diaphoretic.

(i) Its Importance Emphasised in Ayurvedic Scriptures

This is a kind of creeper that grows by itself in India in the jungles. The root has a good aroma. It is slightly bitter.

The freshly collected root is preferable to that bought in the bazaars. The virtues of the drug abide chiefly in the bark of the root.

Ayurvedic scriptures unanimously glorify Sarsaparilla thus "It is a sweet, refreshing nervine tonic. It destroys poison, allays all irritation, increases strength and vitality. It removes indigestion, loss of appetite, difficulty in breathing, cough, venereal diseases in men and women, rheumatism, fever, all skin and blood impurities and mercurial poisons."

(ii) Its Utility in Many Diseases

Sarsaparilla removes excessive thirst, excessive salivation in the mouth, biliousness, ring-worm, heat of sexual intercourse, syphilis.

Iodised sarsaparilla is an allopathic patent medicine. It purifies blood. It is useful in syphilis.

Hemidesmus is useful in constitutional debility that arises from any cause. Constitutional syphilis, skin diseases and ulcerations, particularly those of syphilitic origin, chronic rheumatism, indigestion and loss of appetite. It is best given in the form of infusion.

(iii) Sarsaparilla Coffee—I

Re: Sarsaparilla root bruised	1 ounce
Boiling water	10 ounces

Infuse for 1 hour and strain. Add milk and sugar. Dose: 2 to 3 ounces thrice daily. Take the infusion while it is still warm. This is a very good substitute for tea or coffee, for children and adults. Useful in debility and indigestion, syphilis, skin diseases, chronic rheumatism, chronic paralysis, sexual debility.

(iv) Sarsaparilla Coffee—II

Re: Sarsa root dried powder	2 drachms
Cow's milk	½ Seer
Sugar	2 tablespoonfuls

Take in the early morning. Useful in all urinary diseases,

stricture of urethra with dysuria or difficulty in passing urine, burning urine, etc.

(v) Sarsaparilla Drink

Re: Sarsaparilla powder	1 drachm
Cumin seeds	20 grains
Water	20 ounces

This can be used as drinking water. This is useful in all the diseases described above.

(vi) Sarsaparilla Sherbet

Re: Sarsa root bruised	4 ounces
Boiling water	20 ounces
Sugar	8 ounces

Soak the powder in boiling water for 6 hours. Then strain. Add sugar and put this over slow fire, till you get the consistency of syrup. Dose: 2 ounces with a tablespoonful of water. This purifies the blood, cools the body and removes diseases of the skin.

The Bengal Chemical Pharmaceutical Works Ltd., Calcutta, prepare Sarsac Liquidum and Sarsa Liquid Compound.

Saribadi Asava and Saribadyarishta (Sariva quath) are two good Ayurvedic preparations made out of Sarsaparilla. Asava is an infusion in cold water. Arishta is a decoction made by boiling.

Saribadi Asava is useful in scrofulous swelling, chronic gonorrhoea and syphilis. It improves digestion, invigorates the system, enriches the blood and binds up flesh and strength. It also assists nature in carrying off the morbid or unhealthy secretion of the skin and cures pimples, boils, etc.

(vii) Saribadyarishta

This is useful in rheumatic pains, skin diseases, scrofula, constitutional debility, etc. It gives tone to the liver, removes biliousness and improves the blood qualitatively and quantitatively. Dose: $\frac{1}{2}$ to 2 ounces.

(viii) Sariva Quath (decoction)

This is a valuable alterative, diaphoretic, diuretic and tonic useful as a diuretic in rheumatic pains, boils, scanty and high-coloured urine, gravel, etc. As a diaphoretic and tonic it is given in fevers with loss of appetite and disinclination for food (anorexia). As an alternative it is valuable in chronic rheumatism, skin-diseases, scrofula, syphilis, cachexia, constitutional debility, etc. Dose: $\frac{1}{2}$ to 2 tolas twice daily.

44. CROTON SEEDS

English	: Croton-oil seed, Purgative Croton
Hindi	: Jamalgotti
Kanarese	: Japala beeja
Tamil	: Nervalam
Telugu	: Nepalam
Malayalam	: Nervalam
Marathi	: Nepalacha-bij
Gujarati	: Jamla-gota
Bengali	: Jamal-gota
Sanskrit	: Danthi

(i) Description and Uses

The seeds of croton Tilgium. They should be fresh. They are about the size of a grain of coffee. They are oval. The taste is acrid and pungent. It is a violent purgative, good local rubefacient and stimulant. It is a powerful gastro-intestinal irritant. The extracted oil from the seeds is generally used.

(ii) Croton Pill

Remove the outer shell. Boil the seeds 3 times in milk. After boiling remove the outer skin and little leaf-like thing which will be found between the two-halves of the kernel. If the latter is not removed, it will cause violent griping and vomiting.

Re: Purified croton seeds powder	30 grains
Catechu	60 grains
Honey or gum	q.s.

Beat them into an even mass. Mix the ingredients

thoroughly. Divide into pills, each weighing 2 grains. Dose: One pill for an adult. This should be given only when a strong purgative is needed as in apoplexy, convulsion, strong fevers, etc. If it causes much griping and vomiting or too violent purging give to the patient a large draught of lime juice. This may be safely repeated in half an hour if the vomiting and purging continue. Never take any croton pill unless you know well that the croton is purified by a qualified, Ayurvedic doctor.

Re: Croton oil 1 drop
 Sugar a lump or 1 teaspoonful

A powerful purgative in cerebral haemorrhage or apoplexy and convulsion. It can be made into a pill with bread crumb. In apoplexy when the patient is unable to swallow, it is sufficient to place the oil at the base of the tongue. It should not be given to children and boys. It should be given only to adults.

(iii) Croton Oil Liniment

Re: Croton oil 4 teaspoonfuls
 Sesamum oil, or Cocoanut oil, or Mustard oil 6 ounces

This is a useful stimulating liniment for chronic rheumatism, paralysis, diseases of the joints, chronic bronchitis, etc.

(iv) How to Purify Croton

Tie a few seeds in a handkerchief and boil this in cowdung water, cow's urine and fruit Juice (lemon) separately. Then remove the shell, skin and the inner leaf between the two halves of the seed. Then fry the seeds in cow's ghee.

45. CUBEBS

(KABAB CHINI)

English	: Tailpepper
Hindi	: Sitalchini
Kanarese	: Gandha menasu
Tamil	: Val-mulaku
Telugu	: Toka-miriyalu

Malayalam	: Valmilaku
Marathi	: Kankora
Gujarati	: Tadamiri
Bengali	: Sitalchini
Sanskrit	: Sungadha-muricha

(i) Description and the Uses

This is the dried, full-grown, unripe fruit of *Piper Cubeba* (tail pepper). It is of the size of black pepper. It is a small black seed. It has an acrid camphoraceous taste and a peculiar aromatic odour. It can be obtained in most of the bazaars. It is a stimulant, urinary antiseptic, carminative, diuretic, expectorant. Its main action is on the genito-urinary passages; it stimulates the secretion of the respiratory and genito-urinary tracts. Dose: 30 to 60 grains.

The two chief allopathic preparations are Tincture Cubebac (dose 30 to 60 minims), and Oil of Cubeb (dose 5 to 20 minims: suspended in mucilage).

Cubebs is useful in cough, gastric catarrh, excessive thirst, gastritis, advanced stages of gonorrhoea, gleet, leucorrhoea and other vaginal discharges in women.

(ii) Cubebs Co. Powder—I

Re: Cubebs powder	20 grains
Alum powder	5 grains

Mix well. Dose: One powder three times daily. Useful in gleet, gonorrhoea, leucorrhoea and other vaginal discharges in women.

(iii) Cubebs Co. Powder—II

Re: Cubebs powder	10 grains
Potassium nitrate	10 grains

Dose: One powder thrice daily. Useful in gonorrhoea.

(iv) Cough Mixture

Re: Cubebs	10 grains
Cinnamon water	1 ounce

Dose: 1 ounce thrice daily. Useful in Bronchitis or cough and laryngitis.

(v) **Cubebs with Hot Milk**

Re: Cubebs	20 grains
Sugarcandy	4 drachms
Hot milk	½ Seer

Useful in hoarseness of voice. The voice will improve.

(vi) **Cubebs Oil Mixture**

Re: Oil of Cubeb	5 minims
Oil of copaiba	5 minims
Oil of sandal wood	5 minims
Mucilage	q.s.
Aqua Cinnamon	1 ounce

Mix together. Dose: 1 ounce thrice daily after food. Useful in gonorrhoea and gleet. The oil can be taken along with white sugar.

(vii) **Cubeb Decoction**

Re: Cubeb powder	1 drachm
Liquorice powder	1 drachm
Long pepper powder	1 drachm
Galangal (Chittaratai)	1 drachm
Water	1 ounce

Boil for half-an-hour. Dose: 2 tablespoonfuls thrice daily. Useful in bronchitis or cough.

(viii) **Cubebs with Honey**

Re: Cubeb powder	30 grains
Honey	q.s.

Dose: Thrice daily. Useful in cough, gastritis, gonorrhoea. The appetite will increase. Instead of honey you can take the powder with milk.

Make a paste of cubeb powder and apply it to the temples and forehead. Headache will be relieved.

Section—II

CHAPTER XV

DATURA, DILL SEEDS AND DRIED GINGER

46. DATURA

(THORN APPLE, STRAMONIUM)

English	: Thornapple
Hindi	: Dhatura
Kanarese	: Ummatte
Tamil	: Umattai
Telugu	: Ummeththa
Malayalam	: Ummaththam
Marathi	: Dhatori
Gujarati	: Dhatura
Bengali	: Dhatura
Sanskrit	: Datura

(i) Properties, Varieties and Uses

The dried and flowering tops of *Dhatura Alba Fatuosa* and *Dhatura Talula*. *Dhatura* is an emetic, antispasmodic, anodyne, narcotic. It is chiefly used for relief of asthma. Seeds are used by poisoners in sweetmeat or hooka. The varieties of *Dhatura* are white, black and purple. The flowers are white, black and purple. In over-doses, *Dhatura* acts as a powder narcotic poison.

Dhatura is a substitute for *Belladonna* in the treatment of cataract and other diseases of the eye. It dilates the pupil. The leaves and flowers contain alkaloids, mostly *hyoscyamine*, a little of *atropine* and *hyoscyne*. The total alkaloids are sometimes called *daturine*.

In the allopathic system there are three preparations, viz., 1. *Extractum Stramonii Liquidum* (dose $\frac{1}{2}$ to 3 minims); 2. *Extractum Stramonii Siccum* (dose: $\frac{1}{4}$ to 1 grain); and 3. *Tr. Stramonii* (dose: 5 to 30 minims).

Stramonium has the usual belladonna action but is more commonly used as anti-spasmodic in bronchial asthma by inhalation (powdered leaves) as well as orally (extract or tincture). The tincture generally produces all the sedative and narcotic effects of opium. It is very cheap also. It is better to commence with small doses of 10 drops and increase them to 20 or 30 drops according to circumstances. As a general rule 20 drops will be equal in effect to one grain of opium.

Dhatra produces dilatation of the pupil. The eye should therefore be examined when this remedy is being administered. If the pupil is found very large and dilated, it should be stopped.

(ii) For Inhalation in Asthma

Re: Potassium nitrate	1 ounce
Dhatra leaves	1 ounce
Anisi	1 ounce

Fumes of 60 grains of the burnt powder are inhaled for bronchial asthma.

(iii) Dhatra Cigarette

Re: Dried Dhatra leaves	15 grains
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Smoke in a pipe. The leaves can be made into cigarettes also. Useful in asthma and paroxysmal cough.

(iv) Dhatra Fomentation

Re: Dhatra leaves	1 ounce
Boiling water	20 ounces

Useful in lumbago, pleurodynic or neuralgic pain in the chest and dysmenorrhoea or difficulty in menstruation.

(v) Dhatra Poultice

Bruise the fresh leaves into a pulp with hot water and apply this to painful joints. This is useful in lumbago also. The hot pulp can be mixed with a poultice of rice flour or wheat flour. In Guinea worm Dhatra poultice relieves the pain and hastens the expulsion of the worm.

(vi) Dhatura Liniment

Re: Dhatura seeds (powder)	1 ounce
Gingily oil	20 ounces

Macerate 10 days and strain. Useful in lumbago, pain in the chest, etc.

Warm the leaves and foment the swollen joints in rheumatism, swollen bones. The pain and swelling will subside.

47. DILL SEEDS

(ANETHI SOYAH)

English	: Dill Seed
Hindi	: Sowa
Kanarese	: Sabbasige
Tamil	: Chatha Kuppai
Telugu	: Shatakupi-vittulu
Malayalam	: Shepu
Marathi	: Chatakuppa
Gujarati	: Surva-nu-bi
Bengali	: Soolpha
Sanskrit	: Sthatapushpi

(i) Description and the Uses

The dried fruit of *Peucedanum Graveolens*, *Anethum Sowa*. It is cultivated all-throughout India and obtained from Middle and South of Europe. It is brown in colour and the smell is agreeable and aromatic.

The Allopathic preparations are (1) Aqua Anethi Concentrate (dose: 5 to 15 minims or drops), (2) Aqua Anethi Distillata (dose: ½ to 1 fluid ounce) and (3) Oil of Anethi or Oleum Anethi (dose: 1 to 3 minims).

Dill is carminative, deobstruent, diuretic, emmenagogue, stimulant, aromatic, stomachic. The leaf has antispasmodic property. Dill seed is obtainable in all bazaars. Dill is useful in headache, nasal catarrh, paralysis, pain in the anus, coryza. It increases the gastric fire and invigorates the appetite. It

stimulates and strengthens the liver, lungs and stomach. 1 to 3 drops of Oil of Dill can be given to children with sugar for flatulence, indigestion and colic.

(ii) Dill Water

Re: Dill seeds bruised	4 drachms
Boiling water	10 ounces

Infuse for $\frac{1}{2}$ hour and strain. Dose: 1 to 4 teaspoonfuls. For children give two teaspoonfuls sweetened with a little sugar. Useful in flatulence or wind in the stomach and bowels, gastritis, abdominal pain or colic, and colic in children. The efficacy is much increased by the addition of a teaspoonful of lime water. Dill water is a good carminative for children and covers well the taste of sodium salts.

(iii) Dill and Lime Water

Re: Dill water	2 ounces
Lime water	2 ounces

Dose: 1 or 2 tablespoonfuls. Useful in abdominal pain or intestinal colic and flatulence.

(iv) D.L.A. Water

Re: Dill water	2 ounces
Lime water	2 ounces
Anisi Water	2 ounces
Syrup of orange	2 ounces

Dose: 2 tablespoonfuls. Useful in flatulence and colic of children. This is a famous recipe or prescription for children.

(v) Dill Flower Decoction

Re: Dill flower	1 ounce
Water	10 ounces

Boil for 20 minutes. Strain. Dose: 1 teaspoonful; twice daily. Useful in flatulence, indigestion and colic.

(vi) For Confinement Women

Re: Dill leaves	1 ounce
Boiling water	10 ounces

Infuse for 1 hour. Useful for confinement women. This will help the free flow of uterine discharge.

(vii) Dill Leaf Poultice

Apply any oil to the leaves. Fry them a little bit over gentle fire and apply them to boils, abscesses, and swellings. This will hasten suppuration and bursting.

(viii) Dill Leaf Powder

Re: Dry Dill leaf powder	1 ounce
Sugar	1 ounce

Mix together. Dose: 1 teaspoonful thrice daily. Useful in cough, headache, cold in the head, ear-ache, indigestion, coryza, piles, etc. The leaf should not be given to pregnant women as it will induce abortion.

(ix) Dill Juice

Re: Juice of the leaf	2 ounces
Honey	½ ounce

Dose: 20 drops every 4 hours. Useful in flatulence, fits and colic of children: serviceable in epilepsy also. The juice can also be applied to the body. The juice can be mixed with a little Golochan or GoroChanai. GoroChanai is a panacea or cure-all for all diseases of children. It renders the action of dill juice more efficacious.

48. DRIED GINGER

English	: Dried Ginger
Hindi	: Sonth
Kanarese	: Ona Shunti or Sunti
Tamil	: Chukku
Telugu	: Sonti
Malayalam	: Sunt
Marathi	: Chukku
Gujarati	: Adu
Bengali	: Sonth
Sanskrit	: Nagaram

(i) Aromatic, Stimulant and Carminative

It is the dried root of zingiber officinale. It is a strong

aromatic stimulant, stomachic and carminative. It has an agreeable odour and pungent taste.¹

(ii) Uses and Preparations

It is useful in lumbago, indigestion, sour belching, nasal catarrh, flatulence, nausea or retching, intestinal colic, etc.

Put one or two pinch of powder of dried ginger in hot milk and take. This will remove all rheumatic pains.

Make a paste of this powder with water, heat it and apply to the head. It will relieve headache. Apply it to rheumatic swelling of joints. The swelling and pain will subside.

Sonth enters into the composition of Soubhagya Sonti Leham or confection, Kandathri Leham, Sonti Choorna or digestive powder.

Infusion of ginger is useful in flatulence and colic. Put one ounce of Sonth in one pint or 20 ounces of boiling water. Infuse for one hour and strain. Dose: two tablespoonfuls.

You can make a plaster of Sonth. Take one ounce of ginger powder. Add sufficient water just to make it a plaster. Put it on a piece of lint or cloth and apply to the head. This is useful in headache.

Take Sonth 10 grains. Ajawan 30 gr. Cardamom powder 30 gr. Take one powder after food, twice daily. This is very useful in dyspepsia or indigestion, flatulence and intestinal colic.

CHAPTER XVI

EDIBLE HIBISCUS, ESSENCE OF GINGER, FENUGREEK

49. EDIBLE HIBISCUS

(LADY'S FINGER)

English	: Edible Hibiscus
Hindi	: Bhindi, Ram Turai

¹ An aromatic is a drug that has an aroma and that invigorates digestion. A carminative is a drug that stimulates digestion and expels wind from the bowels.

Kanarese	: Bende
Tamil	: Vendaikkai
Telugu	: Bendakaya
Malayalam	: Venda
Marathi	: Bhenda
Gujarati	: Bhindu
Bengali	: Dheras, Dhenras, Ram-torai
Sanskrit	: Golihwaka

(i) Description Properties and Uses

Edible Hibiscus is also known by the names *Abelmoschus* or *Okra*. This is a vegetable cultivated throughout India. It is refrigerant aphrodisiac, demulcent, diuretic and emollient. There is an abundant, bland, viscid mucilage in this vegetable which possesses valuable emollient and demulcent properties. The dried fruit may be used where it is not obtainable in a fresh state. It is useful in cough, dysuria or difficulty in passing urine with burning pain, dysentery, gonorrhoea.

(ii) Lady's Finger Decoction

Re: Fresh Vegetable cut transversely 3 ounces
Water 20 ounces

Boil for 20 minutes and strain. Add sugar to taste. This can be taken as an ordinary drink. For fevers, cough, irritable state of the bladder and kidneys, gonorrhoea with difficulty in passing urine and scalding pain, dysentery. The urine increases in quantity. In chronic dysentery the mucilage is highly beneficial.

The inhalation of the vapour of the hot decoction is useful in cough, hoarseness and dry and irritable states of the throat, sores in the throat. The fresh vegetable or leaf of the plant bruised is an efficient emollient poultice for boils, wounds, swelling etc.

50. ESSENCE OF GINGER

Its Colour and Its Uses

This is strong tincture of ginger, *Tinctura Zingiberis* Fortier. This is of a bright, slightly yellowish colour. It

increases the appetite and stimulates digestion. It is a stomachic tonic. It is useful in diarrhoea, flatulence or wind in the stomach and bowels and intestinal colic. Does: 5 to 20 drops for an adult. 1 to 5 drops for a child, one year old.

51. FENUGREEK

(TRIGONELLA FOENUM)

English	: Fenugreek
Hindi	: Methi
Kanarese	: Menthe Gida
Tamil	: Vendayam
Telugu	: Menthulu
Malayalam	: Venthayam, Uluva
Marathi	: Methi
Gujarati	: Methi
Bengali	: Methi
Sanskrit	: Methi, Methika

(i) Description and the Uses

This is a kind of edible leaf. It is grown all over India. The leaf is refrigerant and laxative. The seed is diuretic, carminative, demulcent, aphrodisiac, emmenagogue, emollient and astringent.

(ii) Methi Leaf

The leaf is useful in flatulence or wind in the stomach and bowels, dyspepsia or indigestion, bronchitis, anorexia or distaste for food. The leaf can be used as a poultice for swellings, burns and scalds. Make a paste of the leaf, heat it and apply to the swollen part and burns and scalds.

Boil the leaves. Fry them slightly with a little ghee. Add a little cumin seeds and black pepper and salt and eat. It will remove rheumatic pain in the back and waist (lumbago) and other parts of the body.

(iii) Confection of Leaf

Re: Fenugreek leaves	8 ounces
Almonds	2 ounces
Pepper seeds	1 ounce

Fine Ravva (semolina)	4 ounces
Ghee	4 ounces
Milk	4 ounces
Sugar	8 ounces

Boil the leaves. Prepare the confection just as you prepare Halwa. Dose: 2 teaspoonfuls in the morning. It will give you strength, Pushti and beauty.

Boil the leaves. Add honey and rub them well. Eat it. You will have good motion. It will clean the bowels, remove chest pain, cough, piles and heal ulcers in the bowels.

(iv) Methi Decoction

Re: Methi leaves	1 ounce
Ripe figs	1 ounce
Resins	1 ounce
Water	10 ounces

Boil for 10 minutes and strain. Add a little honey. Dose: 2 ounces three times daily. Useful in pain in the chest and dyspnoea or difficulty of breathing.

(v) Methi Seeds

Methi seeds are useful in diarrhoea, dysentery with mucus and blood, excessive heat in the body, excessive thirst, cough, consumption, gonorrhoea, body-consuming fever in children (Kanai). Soak half a teaspoonful of the seeds in quarter of a seer of curd. This is useful in dysentery. The seed protects and mucous membrane of the intestines from irritation on account of its demulcent properties. Methi Iddali (Madrasi preparation) is also useful in dysentery.

(vi) Methi Laddu

Methi Laddus are useful in rheumatism, lumbago, etc. Methi Laddu is prepared out of Methi seeds, sugar, ghee and Ravva (wheat).

(vii) Methi Seeds with Rice

Take equal parts of Methi seeds, mustard, turmeric and asafoetida. Fry them in a pan with a little ghee. Powder them.

Put the powder in the rice and eat. This is useful in pain in the stomach and bowels, flatulence or wind in the bowels, enlargement or congestion of the liver.

(viii) Methi Soup or Kuzhambhu

Take a few dried chillies, mustard, Methi seeds, Tur-ki dhall, asafoetida, sweet nim leaves. Fry them in a pan with a little ghee. Pour over this tamarind water. Add salt. Cover this with a vessel. Boil down to half. This can be taken with rice. This is useful in rheumatic pain all over the body. This is a stomachic, digestive and appetiser.

CHAPTER XVII

FOUR O'CLOCK FLOWER, FRESH GINGER, GALANGAL

52. FOUR O'CLOCK FLOWER

(MIRABILIS JALAPA)

English	: Four O' Clock Flower
Hindi	: Gule-aabbas
Tamil	: Andimalli
Kanarese	: Madhyana mallige
Telugu	: Chandrakanta
Malayalam	: Antimantaram
Sanskrit	: Sandhya-raga

(i) Derivation of the Name

This is cultivated in India in the gardens. It gives beauty to the gardens. It blossoms in the evening after 3 or 4 O'clock. Hence the significant name Andhimalli, four O'clock flower. The flower is white. There are the red and yellow varieties also.

(ii) The Leaf a Deobstruent, the Root a Laxative

The leaf is a deobstruent, or resolvent. It reduces swelling. The root is laxative and a nutrient.

(iii) Preparations and Uses

The leaves are warmed, smeared with castor oil and then applied to swellings. The swellings subside; or the suppuration or ripening is hastened.

The juice of the leaf is useful in itch or scabies. It can be applied to the affected parts. A paste of the leaf heals wounds. A paste of the root is useful in contusion as an external application.

Make a paste with a little milk, mix it in milk and drink. This will remove constipation.

Fry the root with a little ghee and eat. This will give you strength and vigour.

53. FRESH GINGER

English	: Fresh ginger
Hindi	: Adrakh
Kanarese	: Hashi Shunti
Tamil	: Ingi
Telugu	: Allamu
Marathi	: Ala
Bengali	: Ada
Sanskrit	: Ardhrakam

This contains a volatile oil which gives the flavour, gingerol which gives the pungent taste and some resins and allied substances.

(i) Ginger with Milk

Make thin slices of ginger after removing the skin and put them in milk when it is heated. This will give good flavour to the milk and remove rheumatic pains, dyspepsia, wind, etc.

(ii) Ginger Juice Preparation

Mix equal parts of fresh ginger juice, fresh lemon juice and honey. Take 2 or 3 tablespoonfuls in the early morning in empty stomach. This will remove dyspepsia or biliousness, purify the blood, stop bleeding from the gums and stimulate digestion.

(iii) Allopaths and Ginger Preparations

Allopaths prepare strong tincture of ginger, weak tincture of ginger and syrup of ginger (Syrupus Zingiberis) from ginger.

Put in a vessel some fresh ginger slices, some coriander

seeds, some cumin seeds and some resins. Pour half a seer of water. Boil and reduce it to a quarter of a seer. Strain. Add some sugarcandy to taste. Drink this. This is useful in biliousness and dyspepsia.

(vi) Kitchen & Some Common Uses of Ginger

Fresh ginger is always added in Sojee Dosais, Vadais, Patchadie, Adais, etc., as it has stomachic and carminative properties.

54. GALANGAL

(ALPINIA GALANGA)

English	: Java Galangal
Hindi	: Saphed-Panaki-Jhael
Kanarese	: Rasmi
Tamil	: Arattai
Telugu	: Sanna-rashtramu
Malayalam	: Aratha
Marathi	: Kosht-Kulinjan
Bengali	: Sugandhavacha
Sanskrit	: Rasna

(i) Its Two Varieties and Its Uses

There are two varieties, namely, Galangal the lesser (Chittaratai) and Galangal the greater (Perarattai). This is cultivated in the hottest parts of India. Galangal is an expectorant, febrifuge and a stomachic. Galangal is useful in cough with sputum, asthma, bronchitis, eczema, chest pain, piles, swelling, dental neuralgia or tooth-pain, vomiting, biliousness, wind or flatulence, headache and fever. It increases the appetite.

(ii) Galangal Powder

Re: Galangal powder	20 grains
Honey	2 teaspoonfuls

(iii) Galangal Infusion

Re: Galangal powder	2 teaspoonfuls
Boiling water	20 ounces

Pour the water over the powder that is kept in a vessel.

Keep it for 2 hours. Strain. Dose: 2 tablespoonfuls twice daily. Add 2 tablespoonfuls of honey for a dose. The above powder and the infusion are useful in the above diseases.

Chew a small piece of Galangal. Bronchitis or cough and vomiting will be relieved. The sputum will be expelled easily. You can take a small piece of sugarcandy along with the piece of Galangal.

Burn a piece. Mix 2 or 3 grains of the ash with a little honey and human milk. This is useful in cough, vomiting and cold of children.

(iv) Galangal Decoction

Re: Liquorice powder	1 teaspoonful
Galangal (small) powder	1 teaspoonful
Talisapathra powder	1 teaspoonful
Long pepper powder	1 teaspoonful
Water	20 ounces

Boil for 20 minutes. Dose: 2 tablespoonfuls twice daily. Add 2 teaspoonfuls of honey. Useful in bronchitis, cough, accumulation of sputum in the chest, fever, headache, cold in the head, etc.

Galangal (the great) is useful in rheumatism, biliousness, fever with cold, cough with sputum, cold in the head, menstrual disorder, Sannipath, and all kinds of poisons.

CHAPTER XVIII

GALLA, GARJAN OIL, GARLIC, GULANCHA

55. GALLS OR GALLA

English	: Galls
Hindi	: Mazhufal, Kakra Singi
Tamil	: Masikkai, Kakata-Shingi
Telugu	: Kakara Shingi
Marathi	: Kakad Singi
Gujarati	: Kakad Singi
Bengali	: Kakra Singi
Sanskrit	: Karkata Shringi

(i) Description

Gall nut is the excrescence on *Quercus Infectoria* due to the puncture and deposit of eggs of *Cynips Gallae Tinctoria*. It contains 60 to 75 per cent of tannic acid and 2 to 5 per cent of gallic acid. It is obtainable in all bazaars. Gall is imported from Greece, Asia Minor, Syria and Persia. Dose: 10 to 20 grains.

(ii) Three Varieties and Many Uses

There are three varieties, viz., black; blue and white. Black and blue varieties are the best. This is a powerful astringent, styptic, tonic and anti-periodic. Gall gives strength to the body and removes persistent, inner heat, "Kanaichoodu" of children (heat with wasting of body). Gall is an antidote to lime water, opium, aconite, copper sulphate.

The two allopathic preparations are: (1) Gall Ointment and (2) Gall and Opium Ointment. The Ointment of galls and opium is a reputed and a favourite application for piles or haemorrhoids. This ointment relieves pain and stops bleeding.

Kakata Singhi (Tamil), Karkata Shringi (Sanskrit), Kakra Singi (Hindi), *Pistacia Integerrima* (Latin) are different names of the Galls (English). The galls contain 60 per cent of tannin and a little volatile oil. This is used in Ayurvedic and Yunani medicines.

Galls can be taken in the form of powder or infusion. A decoction is better.

(iii) Gall Decoction

Re: Galls (bruised)	2 ounces
Water	20 ounces or 1 pint

Boil for 15 minutes and strain. Dose: 2 tablespoonfuls thrice daily. Useful in diarrhoea, internal haemorrhage, dysentery, dyspepsia, cough and much sputum or bleeding, excessive perspiration. It is a beneficial astringent, gargle and application for piles, prolapsed or descent of rectum, and a useful injection for prolapse or descent of uterus or womb, gonorrhoea. In children keep a pad saturated with the

decoction over the external parts after the protruded bowel has been returned. Gall decoction can be used as a lotion for washing wounds in all parts of the body and ulcers in the nose, as an enema in diarrhoea, dysentery; for stopping bleeding in the nose. Plug the nose with a little cotton dipped in the lotion.

(iv) Compound Gall Powder

Re: Galls (powder) 10 grains
Cinnamon powder 5 grains

One powder. Dose: One powder thrice daily. Useful in diarrhoea.

(v) Compound Gall Pill

Re: Gall powder 5 grains
Cinnamon powder 5 grains
Opium powder $\frac{1}{4}$ grain
Honey q. s.

Make one pill. Dose: One pill twice daily. Useful in diarrhoea. As soon as the motions stop, discontinue the pill. The pill should not be given to a child.

(vi) Gall and Ghee Ointment

Re: Gall powder 2 drachms
Ghee 1 ounce

Mix well. Useful in piles. If there is intense pain, 30 grains of opium may be added. Instead of Ghee you can use Vaseline white or yellow.

(vii) Gall Gargle

Re: Alum 30 grains
Honey or glycerine 1 ounce
Decoction of galls 10 ounces

Useful in tonsillitis and sore throat; ulcer in the tongue and mouth.

(viii) Plain Gall Powder

Re: Gall powder 20 grains
Sugar 10 grains

Mix one powder. Dose: One powder thrice daily. Useful in gleet, vomiting of blood, bloody urine, menorrhagea or excessive menstruation, bleeding in piles, bleeding from nose, chronic or long-standing gonorrhoea. This will check the discharge. This is also beneficial in leucorrhoea or whites and other vaginal discharges of women. The decoction may also be injected. Then the treatment is more effective.

(ix) Gall Snuff

Re: Gall powder (fine) 1 ounce

Use this as snuff for coryza or old standing nasal catarrh with bleeding from the nose.

(x) Gall and Benzoin Ointment

Re: Gall powder 1 drachm

Benzoin powder (Sambrani) 1 drachm

Opium 20 grains

White Vaseline 1 ounce

Useful in piles or haemorrhoids.

In poisoning by nux vomica, Datura, opium and aconite, give an emetic and then give a decoction of galls 4 ounces every 15 minutes for 5 times. This will serve the purpose of an effective antidote.

(xi) For Intermittent Fever

Re: Gall powder 20 grains

Sugar 20 grains

One powder. Dose: One powder 3 times daily.

(xii) Gall and Chiretta

Re: Gall powder 10 grains

Infusion of Chiretta 1 ounce

One dose. Repeat this every hour four times before the period at which the fever usually returns. Useful in intermittent fever.

(xiii) Tannic Acid

This is a kind of salt obtained from galls. It is a styptic and astringent. This is a pale, brownish powder. It is also known

Dose: 1 ounce twice daily after food. Useful in gonorrhoea and gleet. This acts like paiba.

(iii) Garjan Oil Emulsion—II

Re: Garjan oil	1 drachm
Mucilage	q.s.
Lime water	4 drachm
Water	1 ounce

One dose. To be taken twice daily after food. Useful in leprosy. Garjan oil is used externally in the form of ointment.

(iv) Garjan Oil Ointment

Re: Garjan oil	1 part
Lime water	3 parts

Useful in leprosy. Rub the body thoroughly and perseveringly for 2 hours.

57. GARLIC

(LATIN: ALLIUM SATIVUM)

English	: Garlic
Hindi	: Lasan
Kanarese	: Bellulli
Tamil	: Vellulli, Vellaipoondu, Poondu
Telugu	: Vellulli, Thella-gadda
Malayalam	: Vellulli
Marathi	: Lasun
Gujarati	: Lasan
Bengali	: Rasun
Sanskrit	: Lasuna

(i) Properties of Garlic

Garlic is more pungent than chillies. It is a root. Properties: Carminative, stomachic, tonic, alterative, stimulant, expectorant, diuretic and anthelmintic. It expels wind from the bowels, invigorates the stomach, tones the system, expels sputum readily by liquifying it, increases the secretion and flow of urine and kills thread and round worms in the bowels.

(ii) Uses of Garlic

It is useful in deafness, ear-ache, chronic bronchitis,

asthma, consumption, shock or collapse, dysentery, piles, fever, debility, etc. Garlic is used externally as a counter-irritant, and rubefacient. Make a paste of garlic with a little water and apply to small boils, chronic inflammation, and swelling. The boils and swellings will be resolved.

Garlic contains an essential oil, Oleum Allii, which is a potent antiseptic. Allyl Sulphide (1 to 2 drops) is given in foeted bronchitis and consumption cavity.

It is used as a lotion for washing infected wounds and foul ulcers. Garlic juice one part with water 8 parts makes a good antiseptic lotion.

Garlic juice is useful in Pneumonia. Give 30 drops of juice thrice daily. It is serviceable in whooping cough. It reduces blood pressure in an effective manner. It is beneficial in atonic dyspepsia, wind in the bowels and intestinal colic. Give a teaspoonful of the juice every four hours in early cases of typhoid. The attack will be checked.

Garlic rasam, a preparation like pepper water relieves all sorts of rheumatic pain, lumbago, etc. Garlic confection is taken by women after a delivery. It is a tonic for them.

The juice is useful in sprain and contusion. It should be applied to the affected parts.

A little juice of garlic poured in the ear removes temporary deafness and earache.

(iii) Ear Drops

Re: Garlic	1 drachm
Nim-leaves	1 drachm
Mustard oil (or sesamum oil)	2 ounces

Heat the mixture till the garlic and nim leaves become black. Strain. This is useful in earache, discharge from the ears, etc.

(iv) Dysentery Confection

Re: Boiled garlic	1 ounce
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Ghee 1 ounce

Black Sugar 1 ounce

Mix well. Dose: One teaspoonful twice or thrice daily.
Useful in dysentery.

(v) Liniment

Re: Garlic 1 ounce

Mustard oil (or Coconut oil) 8 ounces

Boil well. This is useful as an external application in rheumatism, itching, etc. The juice is useful in elongation of the uvula. Apply it with a cotton swab. It is useful in diphtheria too. Give 20 or 30 drops of the juice, twice or thrice daily. This is useful in bronchitis and worms in the bowels. Instead of juice you can give a decoction of garlic.

(vi) Garlic Decoction

Re: Garlic 1 drachm

Water 8 ounces

Boil for 10 minutes. Dose: One teaspoonful thrice daily.
The garlic may be boiled in milk also.

58. GULANCHA

(TINOSPORA CORDIFOLIA)

English	: Heart-leaved moonseed
Hindi	: Gulancha, Gulbel
Kanarese	: Amritavalli
Tamil	: Shindikodi, Amritavalli
Telugu	: Tippa-tiga, Gaduchi
Malayalam	: Amruta, Chitramruta
Marathi	: Gula-veli
Gujarati	: Gul-vel
Bengali	: Gulancha
Sanskrit	: Guduchi

(i) Description

This twining shrub is common in most parts of India. The root and stems are the parts used in medicine. They should be collected in the hot season when the bitter principle is most abundant and concentrated. It is obtainable in most bazaars. It

is found in abundance in Western India, Burma, Ceylon. The bitter principle is known by the name berberine.

Tincture Tinosporoe. Dose: 30 to 60 minims or drops.

(ii) Beneficial Effects of Tinosporoe

Tinosporoe is a bitter tonic without tannin. It is a good substitute for calumba. It is an anti-periodic. It may be used with iron and quinine during convalescence from malaria. It is a diuretic, alterative, antiperiodic, aphrodisiac, demulcent, hepatic, stimulant, stomachic. Gulancha is a very useful tonic. It is best given in infusion.

(iii) Gulancha Compound Infusion

Re: Gulancha bruised	1 drachm
Coriander	1 drachm
Liquorice	1 drachm
Anisi	1 drachm
Boiling water	10 ounces

Infuse for 1 hour and strain. Dose: 1 ounce twice daily. Useful in intermittent fever, dyspepsia, flatulence, debility after fevers, heat in the stomach, chronic rheumatism and paralysis.

Gulancha oil, Gulancha ghee are made out of this drug.

The leaf is a good medicine for ulcers. Show the leaf over a gentle fire then apply it over the ulcer and then bandage. The ulcer will heal up quickly.

(iv) Sat-Gilo or Giloka-sat

This is an extract of Gulancha. It is a white powder obtained by powdering the stem and extracting the starch with water. It is held in high repute in intermittent fever. Dose: 1 to 3 drachms with milk and sugar. It is a tonic in debility after fever, in spleen affections, enlargement of spleen etc. It is an efficient remedy in diseases of the bladder, particularly in chronic inflammation of the bladder. It is useful in Jaundice, cough, fainting, vomiting, accumulation of phlegm or sputum in the respiratory tubes.

(v) Gulancha Infusion

Re: Gulancha bruised	2 ounces
Cold water	20 ounces

Infuse for 4 hours and strain. Dose: 1 ounce thrice daily. This is a tonic. This is useful in dyspepsia after fevers, in mild forms of intermittent fevers, in constitutional debility and loss of appetite after these and other fevers. It is useful in chronic rheumatism also. Gulancha is rendered more agreeable by the addition of cinnamon, cloves or other aromatics.

(vi) Gulancha Decoction

Re: Gulancha	1 drachm
Cloves	1 drachm
Cinnamon	1 drachm
Water	20 ounces

Boil till decoction is reduced to 10 ounces. Dose: 1 ounce thrice daily. A tonic after fever; useful in dyspepsia. Gulancha can be combined with Chiretta.

(vii) Gulancha-Chiretta Decoction

Re: Gulancha	1 drachm
Chiretta	1 drachm
Dried Ginger	1 drachm
Cloves	1 drachm
Cardamom	1 drachm
Water	20 ounces

Boil down to half. Dose: 1 ounce thrice daily. A tonic after fever.

CHAPTER XIX**HOLY BASIL, HONEY, INDIAN ACALYPHA****59. HOLY BASIL**

English	: Holy Basil
Hindi, Kanarese, Tamil, Telugu,	
Malayalam, Gujarati, Sanskrit	: Tulasi

Marathi	: Chojharr
Bengali	: Krishna Tulasi

(i) Religion and Holy Basil

Every Hindu keeps this plant in his house. A special altar is consecrated for the purpose. Daily worship is offered. It is adored as a Goddess. The leaf is offered to Lord Hari, Lord Rama, Lord Krishna during worship. Food that is prepared in the house is first offered to Tulasi.

Binda, wife of Sankhachuda was favoured by Lord Krishna and transferred into this herb. Tulasi Jayanti is celebrated on Sukla Dwadasi in the month of Kartik (Tamil: Appasi) October-November. Every Sukla Dwadasi is very famous for Tulasi worship.

Holy Basil is a well-known small herb in India, about 1-3 feet long. It is found in most of the gardens. It is cultivated for its medicinal value and worship in Hindu temples, especially by the Vaishnavites.

(ii) The Black and the White

There are two important varieties. One is black and the other white. The black variety is most efficacious medicinally. There are the red and blue varieties also. The other varieties are Mul-Tulasi, Kal-Tulasi, Tiruneetu Pacchai. The white variety is called Siva Tulasi also. The black one is called Krishna Tulasi. Tiruneetu Pacchai is also called Vibhuti Pachalai or Ramatulasi. In Hindi it is called Sabja.

(iii) Properties of Leaves

The leaves possess stimulant, expectorant, aromatic, carminative, antifebric, anti-periodic and diaphoretic properties. The seed is a demulcent. The whole Tulasi plant is used for medicinal purposes but the leaves are generally used.

(iv) The Uses of Leaves

The leaf checks the formation of sputum in the respiratory passages. It is beneficial in bronchitis, pneumonia, whooping cough, influenza, consumption and Asthma. It is beneficial in

every disease where there is excess of sputum. The powder of dry leaves is used as snuff in ozaena for destroying maggots.

Like eucalyptus, Tulasi drives away all mosquitoes. It is advisable to keep Tulasi plant in front of the houses and backyards. If body is covered with leaves, mosquitoes will not bite.

(v) Insect-bite and Tulasi

Tulasi is useful in all kinds of insect bites. In snake bite it is very efficacious. Rub the bitten part well with the juice of Tulasi. It may be repeated. Internally give two teaspoonfuls of the juice. Apply the leaves as poultice to the part.

Tulasi tea is very useful in fever and cold. You can add milk also to this tea.

(vi) The Tea, the Oil, the Seeds

This tea can be given to children when they suffer from fever and cough with sputum; or the juice of fresh leaves can be given. The juice can be mixed with a little honey or breast milk. If it is given with an equal quantity of fresh ginger juice the effect is more marked. The powder of a little pepper and long pepper may also be added.

The leaves are rubbed with the lime juice over ringworm.

The medicated oil (Tulasi leaves boiled with gingelly oil) is used as drops in ear-ache and in the discharge of pus in the ears. It is put into the nose in ozaena.

The seeds are mucilaginous. They are used as a diuretic in scanty urine and cough.

Tulasi is useful in scorpion bite, constipation, remittent and intermittent fevers.

In Malaya people strew the leaves over the graves of their dead persons for the peace and benefit of departed souls.

60. HONEY

(MEL DEPURATUM)

English	: Honey
Hindi	: Shahad

Kanarese	: Jenu, Jenutuppa
Tamil	: Taen
Telugu	: Taene
Malayalam	: Taen
Marathi	: Madh
Gujarati	: Madha
Bengali	: Modha
Sanskrit	: Madhu

(i) Value of Honey for Medicine Chest

Always keep some honey in your domestic medicine chest. It is an agreeable sweetening ingredient for mixtures. It is a good vehicle in which to administer powders for children, and Bhasma or metallic oxides like Makaradwaja, Vasanta Kusumakara, etc. Pills can be made with the aid of honey.

Mel Depuratum is purified honey. Commercial honey is heated in water bath and while still hot, is strained through warm flannel. This is the way to purify honey.

(ii) Glucose and Laevulose in Honey

It contains mainly glucose and laevulose. It has a characteristic odour with a sweet and faintly acid taste.

Honey has got the nutritive value of sugars and is an article of diet with certain people. It is prescribed for its soothing and flavouring properties. It makes good cough linctus. It is a laxative and is given to children for this purpose. It relieves dryness of the mouth and facilitates swallowing.

Honey contains 70 per cent of dextrose and laevulose also wax, dextrin, volatile oil and pollen.

(iii) Mel Borax

Re: Powder borax	10 parts
Purified honey	90 parts

Useful in ulcers in mouth, tongue, and nipples of nursing mother. This is a soothing, emollient and demulcent application.

(iv) Oxymel

Re: Purified honey	70%
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Acetic acid	15%
Water	15%

Dose: 30-120 minims or drops. This is a common ingredient of cough mixtures. It is a very good expectorant. It brings out the sputum easily.

(v) The Morning Drink

2 tablespoonfuls of honey with 2 tablespoonfuls of lemon juice and 1 ounce of water is a beautiful drink in the early morning. This is anti-bilious, and anti-scorbutic. It is useful in spongy gums, impure blood and skin diseases.

(vi) A Substitute for Sugar and Useful in Burns

Honey is a substitute for sugar in diabetes. Honey and milk is a very good combination. This supplies much energy and vigour. Honey is useful in burns and scalds. It is a soothing application. It will prevent the formation of blebs if applied in time.

Re: Yellow wax	1 ounce
Clarified honey	4 ounces

Melt these together with the help of gentle heat and strain. This is a beneficial stimulant application for indolent and other ulcers. This is admirably adapted for use in hot climates, where animal fats, the basis of so many ointments soon become rancid and unfit for medicinal use.

61. INDIAN ACALYPHA

(CAT'S CHARM) (See article No. 70 Kuppameni)

English	: Indian Acalypha
Hindi	: Cuppi, Khokali
Kanarese	: Kuppi gida, chilmari, Kuppi
Tamil	: Kuppai Meni
Telugu	: Kuppi-chettu, Harita Manjiri
Malayalam	: Kuppa Mani
Marathi	: Khokli
Gujarati	: Venehi Kanto
Bengali	: Muktajhuri, Muktabarsi
Sanskrit	: Aritta Manjarie

(i) Description

The cat is supposed to be very fond of this plant. Hence the name cat's charm. This is known also by the name "Marjala Mohini". This shrub is commonly found in India. It mostly grows in the waste or deserted places throughout the plains of India. It is one foot in height.

(ii) Its Properties and Medicinal Purposes

It is an anodyne (pain reliever), anthelmintic (killer of worms in the bowels), cathartic, diuretic (increases the flow of urine), emetic (causes vomiting), expectorant (liquifies and brings out sputum easily) and emmenagogue (brings out menstrual fluid). The root, leaves, young shoots and whole plant are used for medicinal purposes. Especially the leaves are used for medicinal purpose. Its flowers are small and of a yellowish colour. The fruit also is small.

(iii) Beneficial in Chronic Bronchitis

Acalypha Indica contains an alkaloid or active principle, acalyphine. It is highly beneficial in consumption and chronic bronchitis. The fresh juice of the leaves, the decoction of the leaves and the powder of the leaves may be given internally. Dose of the juice $\frac{1}{2}$ to 1 teaspoonful.

Acalypha acts like senega in its expectorant property. It is particularly useful in the Bronchitis or cough of children.

(iv) Juice of the Leaves: An Emetic

The juice of the leaves is a good emetic for children. It is quite safe. It is certain in its action. Its action is speedy too. It acts like Ipecac. It has no depressing action. It brings out the sputum easily by liquifying it. The dose of the juice for an infant is a teaspoonful.

(v) Powder Useful in Cough

The powder of the dried leaves (weight of 15 jegurdy seeds, Kundrumani) is useful in cough, excessive sputum.

The powder of the dried leaves expels worms in the bowels in children. You can give a decoction or infusion of the leaves and a little garlic.

(vi) Uses of the Juice and the Decoction

The juice of the leaves or decoction 1 to 4 teaspoonfuls will produce good evacuation of the bowels in children. There will be no exhaustion. All the worms in the bowels and sputum will be expelled. Cough also will be relieved. The decoction of the leaves is a safe, speedy and sure laxative and emetic like senega or Ipeacac. It is useful in consumption, croup, asthma and bronchitis of children.

The suppository of bruised leaves relieves constipation of children. The decoction of the root acts as a purgative. Prepare a decoction of the leaves, add a little salt. This is useful in constipation.

Make a paste of the leaves. Add a little turmeric also. This is useful as an application in syphilitic ulcers, stings of poisonous insects, poisonous bites etc.

The juice can be applied to the head for relieving headache.

The powder of the dry leaves is useful in bed sores. The maggots will die.

The juice from fresh leaves is useful in scabies and other skin diseases. The juice is mixed with lime and onion and applied to rheumatic swollen joints and boils. It is a good, stimulating application. This can be applied externally around the ears in earache. Take the juice. Add equal parts of gingelly oil. Boil well. This is a useful liniment for rheumatism.

(vii) Paste of the Leaves

Make a paste of the leaves. Add salt. This is useful in scabies or itch.

CHAPTER XX**INDIAN PARSELANE, INDIAN PENNYWORT I & II, ISAFGUL****62. INDIAN PARSELANE**

(PARTULACEA OLERACEA)

English	: Common Indian Parselane
Hindi	: Khursa
Kanarese	: Duda Gorai
Tamil	: Paruppu Keerai
Telugu	: Pappu-Kura
Malayalam	: Korichira
Marathi	: Bhuigholi
Gujarati	: Loni
Bengali	: Baraloniya
Sanskrit	: Loni

(i) Description

This is a small herbal plant. The leaf, seed and the whole plant are used. This is a mild astringent, refrigerant, diuretic, demulcent and emollient. This is useful in biliousness, urinary diseases of the skin, syphilis and mucous dysentery.

(ii) Uses of the Juice and the Paste

The juice of the leaf, one or two tablespoonfuls twice daily, is useful in dysuria or difficulty in passing urine, burning in the urinary passage, and dysentery.

Apply a paste of this leaf to the forehead. Headache will be relieved.

Boil this leaf and eat. This is useful in diseases of the liver. Boil the leaf with turki dhal or green dhal and eat. This is a laxative. It will remove heat in the body and biliousness.

The paste of the leaf and seed is useful in burns, scalds and skin diseases.

Make a paste of a teaspoonful of the seed and dissolve it in coconut water. This is useful in dysentery, burning in the urine and gonorrhoea.

The stem of this plant is useful in sudamina or summer

eruptions in the body, burning in the hands and feet. Make a paste of the stem and apply.

63. INDIAN PENNYWORT—I

(HYAROCOTYLE ASIATICA)

English	: Pennywort
Hindi	: Brahma Manduki, Khula-Kudi
Kanarese	: Vondelagi
Tamil	: Vallarai
Telugu	: Bokudu Chettu, Manduka, Manduka-Brahma, Kuradu
Malayalam	: Kudakam
Marathi	: Karivana
Gujarati	: Karbrahmi
Bengali	: Tholkuri or Thankuni
Sanskrit	: Brahmi, Mandukaparni

(i) A Very Precious Herb

This is a weed found near the banks of rivers and lakes all over India and in South Africa. This is a very precious herb. The whole plant (particularly the leaves) is used for medicinal purpose. The entire plant consists of root, twigs, leaves and seeds. It is an alterative tonic, aperient, diuretic, stimulant, emmenagogue and local stimulant. That herb which increases the flow of urine is diuretic. That herb which increases the menstrual flow is an emmenagogue.

(ii) Uses of the Powder

Brahmi in the form of powder is useful in diarrhoea, dysentery, fever, hoarseness of voice due to consumption, elephantiasis, orchitis, scrofula, leprosy, jaundice, chronic skin diseases, skin eruptions such as eczema, lupus psoriasis, skin eruptions, syphilis, gonorrhoea, dropsy, leucorrhoea, nervous debility and seminal weaknesses. Brahmi is a nervine and brain tonic. It increases memory and bestows long life.

(iii) The Brahmi Drink

A small quantity soaked in water over night and made into a paste with a few almonds, sugar-candy and milk—this

could be taken as a first rate tonic and a cooling beverage, excellent for health and strength. It tones up the liver and eliminates all kinds of worms in the bowels. It is specially useful for nervous debility and invigorates and improves the brain.

(iv) The Juice and Powder

The juice and the powdered root are used. The dose of the juice is 2 tolas, powder of the leaves 5 to 10 grains, 3 times daily. Under its medication in the treatment of leprosy the appetite improves. The skin becomes soft. The thick skin is cast off.

It contains resin, gum, sugar, albuminous matter, sulphates, tannin and an oleoginous substance, vellarin, an active volatile principle.

The leaves are dried in the shade. By drying in the shade no active principle is lost. The leaves are powdered and kept in well-stoppered bottle.

The powder can be made into an ointment with vaseline or butter. This is useful in eczema, leprosy, secondary syphilitic ulcers. It can be used as a dusting powder also.

(v) Decoction of the Entire Plant

A decoction of the entire plant is a very useful preparation. Put one ounce in 20 ounces of water. Boil for 20 minutes. Strain. Dose: 1 to 2 ounces. It is used in ozaena as a snuff.

(iv) The Paste and the Juice

Make a paste of the leaves and apply it to the navel in children. Dysentery and diarrhoea will be cured.

Mix one or two teaspoonfuls of the juice with cow's milk. It is useful in the skin diseases and impure blood of children and syphilis, fever, stomach troubles of adults.

The application of a paste of the leaves is highly useful in elephantiasis, swelling of testicles, rheumatic swellings, boils, contusion. You can apply the juice of the leaf also in these diseases.

Brahmi Ghrita is prepared from fresh Brahmi and pure cow's ghee. It is used as a nervine and brain tonic.

64. INDIAN PENNYWORT—II

(HYDRO-COTYLE ASIATICA)

(i) Pennywort Pills

Re: Indian pennywort leaves	2 drachms
Tulasi leaves (basil)	2 drachms
Pepper	2 drachms

Grind the three well and make into pills of the size of big pea. Dose: One pill to be taken twice daily, morning and evening. Useful in all sorts of fevers.

(ii) Pennywort Poultice

Grind the leaves and make them into a paste. Useful in elephantiasis leg, swelling of testicles, rheumatic swellings, boils, contusion, etc. The juice of the leaves may be applied in the above diseases. Four or five drops of the juice may be given thrice daily in the fevers that accompany the above diseases.

(iii) For Diarrhoea of Children

Re: Pennywort leaves	4
Cumin seeds (jeera)	20 grains
Sugar	30 grains

Grind these well. One Dose: Twice daily. Useful in diarrhoea and dysentery of children. Grind the leaves and apply the paste to the navel. This is also beneficial in the above diseases of children.

Vallarai oil and Vallarai Ghee are useful in Kanai (fever with wasting of body) in children.

(iv) Pennywort Co. Pills

Re: Pennywort whole plant powder	5 parts
Koshtam (costus root) powder	4 parts
Honey	6 parts

Make into pills the size of big pea. Dose: One pill twice

daily. Useful in nervous debility caused by diseases of the lower belly.

(v) Pennywort Decoction

Re: Pennywort whole plant	1 drachm
Myroballan	1 drachm
Adhadota (Vasaka)	1 drachm
Long pepper	1 drachm
Sweet flag	1 drachm
Water	20 ounces

Boil for 10 minutes; strain. Add honey 2 ounces. Dose: 1 ounce twice daily. Useful in laryngitis or hoarseness of throat that accompanies consumption.

(vi) Pennywort Leaves Powder

Re: Pennywort leaves (powder)	5 grains
Cow's milk	½ Seer

Twice daily. This increases memory power and tones and strengthens the brain. This powder is useful in leprosy.

Separate the good fresh leaves. Spread them on a mat in the shade. Freely expose them to the air, but not to the sun. Do not use any heat, as this destroys all its virtues. When the leaves are thoroughly dried, powder them finely and keep the powder in a well corked or stoppered bottle. Dose: 3 to 5 grains three times daily.

The powder may also be sprinkled on the ulcers. Poultice made of the fresh leaves bruised into a paste may be applied. The patient improves very much in all respects in the course of a few weeks. Discontinue the medicine for a week if there is great itching of the skin over the whole body. Give a purgative and then continue the medicine. This is also useful in scrofula and syphillis.

This is highly beneficial in chronic ulcerations of syphilitic and scrofulous origin. It can be used internally and externally also. But it needs to be steadily persevered in.

(vii) For Leprosy

Re: Pennywort leaves	5
Pepper	5
Garlic	1 small piece

Grind this well. Once daily. Useful in leprosy, leprotic ulcers. Give the medicine from 20 to 40 days. The diet should be butter milk and rice.

(viii) Pennywort Co. Decoction

Re: Pennywort leaves	5
Methi seeds (Fenugreek)	20 grains
Water	10 ounces

Boil for 10 minutes and strain. Dose: 1 ounce twice daily. Useful in fever and abdominal diseases of children such as diarrhoea, dysentery, etc.

(ix) Juice and Milk

Re: Juice of the leaves	½ teaspoonful
Liquorice powder	10 grains
Cow's milk	8 ounces

Useful in the skin diseases of children, nervous diseases of children, impurities of blood in children, syphilis, abdominal diseases and fever of grown up persons.

(x) Pennywort Ointment

Re: Juice of the leaves	1 drachm
Black cumin seeds	1 drachm
Ghee	2 ounces

Mix well. Apply to the boils. Useful in boils caused by impure blood or hot blood.

65. ISAFGUL

The Latin name is *Plantago ovata*. It is a small seed. Dose: ½ to 2 drachms.

(i) The Preparation

This is soaked in water. It becomes a mucilaginous substance. This is mixed with sugar and drunk. This is highly useful in irritative conditions in the stomach and intestines. It

is very frequently prescribed in dysentery associated with painful griping. The result is excellent. It is useful in bacillary and amoebic dysenteries.

(ii) For Dysentery and Diarrhoea

It is soaked in curd and taken in dysentery. It is a demulcent. It protects the surface of the stomach and intestine from irritation. It is soothing and sedative (allays irritation and pain).

It is useful in diarrhoea and also in other inflammatory and functional derangements of digestive organs. The mucilage does not help the growth of bacteria. It forms a coating between the faces and the gut. It lines the membrane of the bowels.

Tablet Isafgul, 20 grains, is also available.

(iii) A Special Preparation

Isafgul seed powdered (1 drachm) is mixed with Indra Jat (Kurchi seed) 5 grains and taken in dysentery. This is a very good combination.

It also relieves painful stranguary of acute gonorrhoea. Two teaspoonfuls are given in 8 ounces of water. It is diuretic, i.e., increases the flow of urine and soothing. It is useful in cystitis or inflammation of the bladder.

Isafgul seed one drachm is mixed with 10 grains of Potassium Nitrate or in 10 grains of Cubebs and is taken in gonorrhoea. Two or three powders can be taken daily.

CHAPTER XXI

JATAMANJI, KALADANA, KAMELA, KANDANG KATHRI

66. JATAMANJI

(INDIAN SPIKENARD)

English	: Valerian root
Hindi	: Jatamashi
Kanarese	: Jatamavashi
Tamil	: Jatamanji
Telugu	: Jatamamshi

Malayalam	: Jatamanchi
Marathi	: Jatamavshi
Gujarati	: Jatamasi
Bengali	: Jatamansi
Sanskrit	: Jatamansi

This is the root of *Nardostechys Jatamanji*. This is obtainable in all bazaars.

(i) The Uses

It is a good stimulant, digestive, carminative, diuretic, expectorant and a good antispasmodic and nervine tonic for hysteria, chorea, convulsion and epilepsy. Jatamanji is useful in leprosy, old fever, internal heat, diarrhoea, diseases of the eye, asthma, dyspnoea or difficulty of breathing, rheumatism.

(ii) The Two Varieties

There are two varieties, viz., English and country. The English variety is found in Northern Asia, Northern Kashmir, Burma, Ceylon. The country variety is found in Himalayas, Kashmir, Bhutan. It has deep root. The root is covered towards its tapering extremity or almost entirely with coarse, dark hair-like fibres. The odour is peculiar and fragrant, The fresh root is sweet. The two varieties possess almost the same properties. It is a good substitute for the official valerian. It is useful in hysterical affections, palpitation of the heart, chorea, flatulence, etc.

(iii) Infusion Jatamanji

Re: Jatamanji bruised	4 drachms
Boiling water	20 ounces

Infuse for 1 hour and strain. Dose: 2 tablespoonfuls or 1 ounce three times daily. Useful in hysteria, nervousness, palpitation of heart and convulsion.

Tincture of Jatamanji is available in the Bengal Chemical and Pharmaceutical Works, Calcutta. Dose is 1 to 2 drachms. It may be combined with Camphor, ammonia and potassium bromide.

(iv) Epilepsy-Hysteria Mixture

Re: Tr. of Jatamanji	1 drachm
Tr. Valeria	15 minims
Potassium Bromide	10 grains
Spt. Ammonia Aromatics	10 minims
Spt. Camphor	10 minims
Aqua	1 ounce

Mix. 1 ounce twice or thrice daily. Useful in hysteria, epilepsy, palpitation, convulsion, etc.

(v) Jatamanji Co. Powder

Re: Jatamanji powder	5 grains
Camphor	2 grains
Cardamom	5 grains

One powder. Dose: One powder twice daily. Useful in hysteria, epilepsy, palpitation of heart. The oil is given internally for the above diseases.

(vi) For Grey Hair

Re: Oil of Jatamanji

Apply it to the hair daily. The grey hairs will become black.

67. KALA-DANA**(PHARBITIS SEEDS)**

English	: Pharbitis seeds
Hindi	: Kala-danah
Kanarese	: Gouribija
Tamil	: Kodi-kankatan-virai, Jiriki virai
Telugu	: Kolli-vittulu, Jiriki-vittulu
Marathi	: Nil-pushpi, Kala-dana
Gujarati	: Kala-dana
Bengali	: Nilkalmi

(i) Description and Uses

The dried seeds of *Ipomoea hederacea*, Pharbitis Nil. It is obtainable in all bazaars. This is a good laxative, purgative and anthelmintic. Dose: 30 to 45 grains in powder. It has the

same action as Jalap. It is useful in chronic constipation and pain in the stomach or bowels. Kala-dana seeds are black, angular, a quarter of an inch or more in length. It has a sweetish and subsequently acrid taste. It contains powerful resins with action similar to Jalap. It is prescribed in generalised swelling of the body.

(ii) Purgative Powder

Re: Kala-dana seeds powdered	1 ounce
Rock salt or cream of tartar	1 ounce
Dried ginger powder	1 drachm

Rub these well in a mortar and pass the powder through a fine sieve. Dose: For adults, 1 or 1½ teaspoonful (60 to 90 grains). A good purgative. Small thread-worms will come out.

(iii) Fever Powder

Re: Kala-dana Seeds (Powder)	10 grains
Black pepper	5 grains
Dried ginger	10 grains
Atis	10 grains

One powder. Dose: One powder twice daily. Useful in fever.

68. KAMELA

(MONKEY FACE TREE)

English	: Indian Kamala
Hindi	: Kamala
Kanarese	: Vasare
Tamil	: Kamala
Telugu	: Kamela
Malayalam	: Kampillam
Marathi	: Shendri
Gujarati	: Kapilo
Bengali	: Kamela
Sanskrit	: Kampilla, Kambha

(i) Uses

The powder from the capsules of *Mollotus Phillippiensis*. It is cathartic, anthelmintic, aphrodisiac, lithontriptic. It is used

(ii) Juice Boiled with Mustard Oil

Boil the juice of the leaf with mustard or sessamum oil. This is useful as a local application in headache, rheumatism and bad smell in arm-pit.

(iii) Juice Boiled with Linseed Oil

Boil the juice of the leaf with linseed oil. This is useful as an application in fissure foot.

(iv) Juice Boiled with Almond Oil

Boil the flower in almond oil. This is beneficial as a local application in piles.

(v) Seeds and the Fruit

Burn the seeds and allow the fume to come in contact with the teeth. Pain in the teeth will disappear.

Boil the fruit perfectly, churn it and strain the juice. Add one part of oil of Lauki seed (bottle-gourd) to four parts of juice. Boil. Strain. This is useful in pain in the ear (otitis). Put a few drops of the oil into the ear and plug it with cotton.

CHAPTER XXII

KUPPAMENI, KURCHI, LAWSONIA ALBA, LEMON-GRASS OIL

70. KUPPAMENI**(i) Description**

There are many indigenous drugs which will work wonders and of which we are quite ignorant. They possess very many medicinal properties which are astonishing. One of the very commonest and very useful drug which grows in abundance everywhere is *Acalypha Indica*. It is a valuable laxative, *Lagu Soanam*. Its root is cathartic (that which causes violent purge).

(ii) Therapeutic Uses

The juice of the fresh leaves is a reliable emetic and this is used in Croop (cough with guru guru). It can be used as varthi for a free motion to children. The varthi is to be made out of the leaves, i.e., the leaves are to be turned into a cigarette and to be inserted into the anus of the child. When

the juice is used as Nasyam it relieves insanity. Mix rock salt (Sendha Namak) with one teaspoonful of this juice and put it into the nose or ear of the patient. This possesses hypnotic effect. It cures snake-bite or insect poison. This was for a long time a Yogic secret.

The important thing to note is its effect on scorpion poisons. Apply the Juice of the leaves with Ananthavairava and Seetham surasa (both Ayurvedic preparations) and take three or four fresh leaves internally. You will have a radical cure.

71. KURCHI

(TELLICHEFRY BARK)

English	: Tellichefry Bark
Hindi	: Karva-indarjour
Kanarese	: Korasingina-gida
Tamil	: Kudasappalai, bitter Vetpalai
Telugu	: Chedu-Kodisha
Malayalam	: Kaipa-kotakappala
Marathi	: Kuda
Gujarati	: Indrajavanu
Bengali	: Indrajab
Sanskrit	: Kutaja

(i) Description

The bark and seed of *Wrightea Anti-dysenterica*. This is obtainable in most bazaars. This is a specific for dysentery. The bark is as soft as cotton. It is a stomachic, febrifuge, anthelmintic. The seed is carminative, tonic, aphrodisiac and littonriptic.

In allopathic system also there is a preparation of Kurchi, viz., *Extractum Kurchi Liquidom*. Dose: 180 to 240 minims or drops. Kurchi et Bismuth is another preparation. Dose: 5 to 10 grains.

Kurchi does not produce any nausea or vomiting and so may be given by the mouth. It is non-toxic and non-cumulative and so may be taken for a long time without

interval. It is easily excreted by the kidneys. When compared with emetine its action is slow and less powerful. It is not effective intra-venously and intra-muscularly, because it is readily excreted in the urine and so fails to concentrate sufficiently at the site of infection. If the bowels are acting frequently, Kurchi may be thrown out and may fail to act. Tablets are often passed out entire with the stools in the acute stage.

(ii) Kurchi Infusion

Re: Kurchi bark (bruised) 10 ounces
 Boiling water 20 ounces

Infuse for 8 hours and strain. Dose: 2 tablespoonfuls thrice daily. Useful in chronic dysentery. Can be used as a gargle for relieving toothache.

(iii) Kurchi Powder

Re: Kurchi bark dried (powder) 2 ounces
 Pomegranate bark dried (powder) 2 ounces
 Bael fruit pulp dried (powder) 2 ounces

Dose: 1 teaspoonful with honey or sugar. Useful in diarrhoea, dysentery.

Mix the juice of the bark with gingily oil and boil the oil. This is useful in eczema, itch and other skin diseases as an external application.

Apply the bark that is sliced, to painful parts of the body and bandage. Pain will be relieved.

72. LAWSONIA ALBA

(HENNA SHRUB)

English	: Henna-Samphire
Hindi	: Mehindi
Kanarese	: Gorante
Tamil	: Marutonri, Marutani, Aivanam
Telugu	: Goranta
Malayalam	: Marutoni
Marathi	: Mendhi
Gujarati	: Mendi

Bengali	: Mehedi
Sanskrit	: Raktogarba, Kurantaka

(i) The Properties

This is a common Indian shrub that is grown throughout India. The leaves are astringent, detergent and deodorant. The flower is refrigerant and soporific. The seed is deodorant. The bark is astringent.

(ii) The Uses

The leaves are used by the ladies for staining the nails and palms. It gives beauty and also prevents all diseases of the nails. The leaves are useful in burning of the feet, sprain, contusion and rheumatism of the joints.

(iii) The Flowers, Leaves and the Bark

The fresh leaves should be beaten into a paste with vinegar or lime juice and applied as a poultice to the soles of the feet. The plain paste without vinegar or lime juice can also be applied. You can also rub the parts with the bruised leaves. Use strong friction.

Keep the flowers underneath the pillow when you go to sleep. You will get sound sleep. The heat of the body will disappear.

The leaves purify sulphur. The bark is used in turning copper into an oxide.

73. LEMON-GRASS OIL

English	: True Lemon-grass
Hindi	: Gandha-bena-tel
Kanarese	: Purvali-hullu-yanne
Tamil	: Karpura-pullu-yenney
Telugu	: Nimma-gaddi-nunay
Malayalam	: Vasanap-pulla-enna
Marathi	: Sugandhichaha
Gujarati	: Lilli-chaya-tel
Bengali	: Gandha-Bena
Sanskrit	: Bhustrina

(i) Description

This is the oil obtained by distillation from several spices of *Andropogon* (*citratis*, etc.). This is also known as Indian oil of *Verbena*, although it only resembles *Verbena*. This is a powerful stimulant whether taken internally or applied externally. It is a carminative. It is a good rubefacient liniment. It is of a pale-sherry colour, transparent. It has a pungent taste. It has a peculiar fragrant lemon-like odour.

(ii) Uses

It gives speedy relief in obstinate vomiting, vomiting of cholera, flatulent colic and other spasmodic affections of the bowels. Three to six drops may be given in sugar or in the form of emulsion.

(iii) Emulsion

Re: Lemon-grass oil	5 drops
Mucilage	q.s.
Peppermint water	1 ounce

Useful in flatulent colic and vomiting.

Re: Lemon grass oil	5 drops
Sugar	1 teaspoonful

For vomiting and colic. In cholera it acts as a stimulant and stops vomiting. The dose of 5 or 6 drops may be repeated every hour or oftener in severe cases.

(iv) A Good Liniment

Re: Lemon-grass oil	6 ounces
Sweet oil	6 ounces

Useful in lumbago, neuralgic pains, sprains, chronic rheumatism and other painful muscular affections. Apply this liniment with great friction twice daily. In old chronic cases apply the undiluted oil.

CHAPTER XXIII**LIME FRUIT, LINSEED, LIQUORICE, LONG PEPPER****74. LIME FRUIT**

(CITRUS BERGAMIA)

English	: Lime Fruit
Hindi	: Nimbu
Kanarese	: Nimbo-hannu
Tamil	: Elumichchampazham
Telugu	: Nimma, Nimmappandu
Malayalam	: Cheru-Naranga
Marathi	: Limbu
Gujarati	: Limbu
Bengali	: Nebu
Sanskrit	: Jambira

(i) Uses of the Fruit—I

The fruit is refrigerant i.e. quenches thirst and reduces temperature, and antiscorbutic, i.e., acts against scurvy by purifying the blood. The leaf is also refrigerant. The skin is rubefacient and carminative.

(ii) Uses of the Juice—I

The fresh juice of the lime is the best remedy in the treatment of scurvy. Three ounces should be taken twice daily. It is useful in spongy gums. It prevents scurvy. Dilute it with an equal quantity of water. This is an excellent gargle for scorbutic and other ulcerations of the mouth and spongy gums.

(iii) Uses of the Fruit—II

The fruit is useful in biliousness, bilious giddiness, nausea, vomiting, anorexia or loss of appetite, excessive thirst, elephantiasis, earache, eye-diseases, whitlow. It binds the bowels.

(iv) Uses of the Juice—II

Before going to bed apply the juice to the body. This will afford protection from the bites of mosquitoes. It also relieves the irritation caused by the bites of mosquitoes.

The juice is an antidote for poisoning by croton oilseeds, castor-oil seeds, physic nut, the fresh root of bitter cassava, mandioc or tapioca plant. Give four ounces of the juice diluted with plain water or conjee. There will be immediate relief to the purging and vomiting. Give a full dose of castor oil subsequently.

(v) Lemonade

Re: Lemon fruits peeled and cut into slices 5 fruits
Boiling water 20 ounces

Cool it and strain. Add sugar to taste. This is a very useful refrigerant drink in all sorts of fevers and diabetes.

75. LINSEED

English	: Linseed, Flax Plant
Hindi	: Halim, Chansar, Ulsi
Kanarese	: Allibija
Tamil	: Aliverai
Telugu	: Adeli, Adiyalu, Avisa
Malayalam	: Alivitta
Marathi	: Javas
Gujarati	: Alshi
Bengali	: Masina
Sanskrit	: Chandrasura

The seeds of *Linum Usitatissimum*.

(i) Uses of the Leaf, the Seed and the Flower

The leaf has stimulant and diuretic properties. The flower has tonic properties. The seed is alterative, aperient, aphrodisiac, carminative, demulcent, diuretic, emmenagogue and galactagogue. The leaf gives strength to the body. It breaks retention of urine and helps free flow of urine. The leaf can be taken along with curd in the form of pachadie.

The flower also gives strength to a weak body. It also can be taken along with curd in the form of pachadie.

The seed is useful in dyspepsia, mucous dysentery, swelling or congestion of liver, flatulence, hiccough, cough, piles. It increases the semen, removes the internal heat of

body, increases the flow of milk in nursing mothers, moves the bowels, helps the free flow of retained urine, and produces abortion.

(ii) Linseed Oil

Linseed oil (oleum lini) is extracted from linseed. It is a viscid yellow fixed oil, commonly called "drying oil", because it unites with oxygen and becomes resinoid on exposure.

Dose: $\frac{1}{2}$ to 1 fluid ounce. If you soak in water the seeds, they become a viscid mucilaginous, jelly like mass. This is a good demulcent.

(iii) Linseed Tea

Re: Linseed	1 ounce
Water	20 ounces

Boil the seeds in the water for 10 minutes and strain. Add sugar. Dose: 10 ounces twice daily. Useful in dysentery, cold, cough, cystitis (inflammation of the bladder), hiccough. For hiccough give a little infusion frequently.

(iv) Linseed Poultice

Pour 10 ounces of boiling water in a basin. Put Linseed powder into the basin and stir till the mixture is like thick porridge or hulva. Pour the mixture on a piece of lint or cloth. Spread it nicely with a spatula. Make it $\frac{1}{4}$ inch thick. Smear the surface with oil. Apply to the chest when it is hot. This is useful in pneumonia or inflammation of the lungs. Abscesses will burst easily, if you apply this poultice.

(v) Carron Oil

Re: Lime water	4 ounces
Linseed oil	4 ounces

Rub well. It will form a white emulsion. Useful in burns. Soak a piece of lint or cloth in the emulsion and apply it to the affected parts.

(vi) Linseed and Sugar

Re: Linseed powder	2 ounces
Sugar	2 ounces

Dose: 1 teaspoonful thrice daily. Useful in dyspepsia, diarrhoea due to indigestion, mucous dysentery.

(vii) Linseed Confection

Re: Linseed powder	4 ounces
Sugar	4 ounces
Ghee	2 ounces

Mix. Dose: 1 teaspoonful thrice daily. This is a tonic to strengthen a weak body and increases semen.

(viii) Linseed Leham

Re: Linseed powder	4 ounces
Milk	8 ounces
Sugar	4 ounces

Boil the linseed in the milk and add the sugar. Dose: 1 teaspoonful twice daily. Useful in flatulence, lumbago. This will increase the flow of milk in nursing mothers and the flow of semen in males. Make a paste of linseed powder and apply it to any skin disease caused by impurities of blood. It will be cured.

76. LIQUORICE

English	: Liquorice, Sweetwood
Hindi	: Mulatthi
Kanarese	: Ati-madhura
Tamil	: Ati-Maduram
Telugu	: Ati-madhuramu, Yasti-madhukam
Malayalam	: Ati-madhuram, Iratti-madhuram
Marathi	: Jashtimadh
Gujarati	: Jashtimadh
Bengali	: Yeshto-madhu
Sanskrit	: Yashti-madhukam

(i) Constituents and Preparations

It is the root of glycyrrhizae glabra. It is obtainable in all bazaars. The root of Abrus precatorious (jequirity, Indian of

Jamaica liquorice) is often sold in its place. Liquorice is emollient, demulcent, expectorant and laxative. It has sweet taste. It is dark-brown. It occurs in cylindrical pieces and is longitudinally wrinkled. It has a faint odour. It is obtained in India, Afghanistan, Persia, South Europe and England. Its chief constituents are glycyrrhizin, an amorphous glucoside, asparagin, sugar, resin, starch, gum, etc. Dose: 15 to 60 grains.

In allopathic system there are three preparations, viz., Glycirrhiza Extract (Dose 10 to 30 grains); Liquid Extract of Glycirrhiza (Dose 30 to 60 minims or drops); and Compound Glycirrhiza Powder (Dose 60 to 120 grains). This is useful in piles and constipation. This contains Senna leaf, liquorice, fennel, sublimed sulphur and sugar. Take one or two teaspoonfuls at bed time.

(ii) Syrup of Liquorice

Re: Liquorice root	3 ounces
Water	20 ounces

Boil for 30 minutes and strain. Add 8 ounces of sugar. Boil till the solution assumes the consistency of a syrup. Dose: 1 to 4 teaspoonfuls. Useful in cough, bronchitis, etc.

(iii) Liquorice Lozenge

Re: Extract of liquorice	3 grains
Menthol	¼ grain
Oil of anisi	1 m.
Gum Arabic	q.s.

Make one lozenge. Useful in cough, bronchitis, etc.

(iv) Liquorice Pill

Re: Liquorice powder	1 teaspoonful
Black pepper powder	1 teaspoonful
Sugarcandy	1 teaspoonful
Gum Arabic	q.s.

Dose 5 grains for a pill. Useful in cough, bronchitis, etc. Chew a piece of liquorice. Cough will be relieved.

Liquorice is useful in thirst, hiccough, leucoderma, biliousness, jaundice, spermatorrhoea.

(v) Liquorice Extract (Essence)

Soak 8 ounces in 20 ounces of water for 10 hours. Then strain. Again soak the same liquorice in 5 ounces of hot water. Strain. Now add this infusion with the previous one. Then boil down the infusion to the consistence of an extract.

77. LONG PEPPER (PIPUL)

English	: Dried Catkins
Hindi	: Pimli
Kanarese	: Hippili
Tamil	: Thippili
Telugu	: Pippallu
Malayalam	: Tippili
Marathi	: Pimli
Gujarati	: Pipara
Bengali	: Pipli
Sanskrit	: Pippali

The fruit, root and stems of piper longum.

(i) Uses

Long pepper is a stimulant, carminative, alterative and expectorant. This is useful in cough, gastritis, dyspnoea, dropsy, anorexia, flatulence, headache, fainting, cold in the head and nose, diarrhoea, fever with shivering, worms in the bowels, pharyngitis, pain in the anus.

(ii) Long Pepper with Myrobalan

Re: Long pepper powder	10 grains
Myrobalan powder (Harad)	10 grains
Honey	1 teaspoonful

One dose. To be taken twice daily. Useful in consumption.

(iii) Cough Powder

Re: Long pepper powder	1 ounce
Black pepper	1 ounce
Liquorice powder	1 ounce

Mix well. Dose: 20 to 60 grains. Useful in cough, bronchitis, etc. A good expectorant powder.

(iv) Pipul Infusion

Re: Pipul	1 ounce
Boiling water	10 ounces

Infuse for 2 hours. Dose: 1 tablespoonful with two teaspoonfuls of honey; thrice daily. Useful in cough.

(v) A Good Digestive Powder

Re: Pipul	1 drachm
Dried ginger	1 drachm
Rock salt	1 drachm
Asafoetida	30 grains
Caraway (jira)	1 drachm
Black pepper	1 drachm
Ajowan	1 drachm

Dose: Grains 30 or 1-2 teaspoonful after food twice daily.

(vi) Pipul with Honey

Re: Pipul powder	1-2 teaspoonful
Betel leaf juice	1 teaspoonful
Honey	1 teaspoonful

Useful in cough, phlegm, bronchitis, fever.

(vii) Pipul with Milk

Re: Pipul powder	1-2 teaspoonful
Milk	16 ounces

Boil the milk with this powder. Add sugarcandy or sugar. Useful in asthma, cough, rheumatism, fainting, Sannipath.

(viii) Pipul Confection

Re: Long pepper	2 drachms
Black pepper	2 drachms
Dried ginger	2 drachms
Cumin seeds	2 drachms
Cinnamon	2 drachms
Ajwan	2 drachms

Cloves	2 drachms
Cardamom	2 drachms

Gently fry these drugs. Powder them well. Mix. Add equal of sugar. Add 4 ounces of honey. Mix well. Dose: 1 teaspoonful, thrice daily. Useful in asthma, cough, difficulty of breathing, bronchitis, fainting, biliousness, anaemia, etc.

CHAPTER XXIV

MALABAR NIGHT SHADE, MANATHAKKALI, MINT, MORINGA

78. MALABAR NIGHT SHADE

(PORTULACES QUADRIFIDA)

English	: Indian Spinach
Hindi	: Poi
Kanarese	: Hali Baccheli
Tamil	: Pasalai
Telugu	: Sannu pappu, Bacchali
Malayalam	: Cheru Basali
Marathi	: Velbondi
Gujarati	: Mava-ki-baji
Bengali	: Rukhtopuri
Sanskrit	: Laghu Lonika

(i) Description

It is small spreading herb. The leaf and the seed are used. It is a diuretic and stomachic.

(ii) Uses

This is useful in dysuria or difficulty in passing urine, gonorrhoea, anorexia or loss of appetite, vomiting and retention of urine. This can be cooked as vegetable and eaten.

79. MANATHAKKALI

(SOLANUM NIGRUM, SOLANUM RUBRUM)

Hindi	: Mako
Kanarese	: Kakmunchi
Tamil	: Manathakkali
Telugu	: Kamanchi Chettu
Malayalam	: Manithakkali

Gujarati	: Piludu
Bengali	: Kakmachi
Sanskrit	: Kakamachai

This is a small herb that is cultivated easily in all parts of India. There are two varieties; red and black. (There is no difference in their qualities.) The leaf and the very tiny fruits are useful.

(i) The Uses of the Fruit and Leaf

It is an alterative, diuretic, diaphoretic and expectorant. The fruit is useful in bronchitis and liver troubles. The leaf is useful in ulcers of the tongue. The dried, salted, 'Vatral' of the fruit is an excellent article of diet for the invalids and the convalescents. The fruit is soaked in sour curd, salted and dried in the sun. This is 'Vatral' in Tamil. This is later, whenever required, fried in ghee and used. The fruit removes constipation and throws out the phlegm. The Vatral or the decoction of the Vatral is useful in vomiting due to biliousness. It removes anorexia or disgust for food and moves the bowels also.

(ii) Juice and Decoction of the Leaf

A tablespoonful of the juice of the leaf three times daily will increase the flow of urine and removes ascites and dropsy. The decoction is useful in dysuria or difficulty in passing urine.

80. MINT

(MENTHA SATIVA, MENTHA ARVENTIS)

English	: Mint, March mint
Hindi	: Pudinah
Kanarese	: Chetni Maragu
Tamil	: Puthina
Telugu	: Pudina
Malayalam	: Putiyina
Bengali	: Pudinah
Sanskrit	: Pudina

(i) Varieties of Mint

This is a small plant; its varieties are known as spearmint, pepper mint and mentha viridis.

(ii) Its Uses

It is an astringent, refrigerant, stomachic, diuretic, stimulant, carminative and antispasmodic. It is usually used as 'chutney' in loss of appetite, nausea or tendency to vomit. It is useful in anorexia or loss of appetite and diarrhoea. It improves appetite. The whole plant can be dried and powdered and made use of as tooth-powder.

Bind Mint across your forehead. This will relieve you of headache. A cup of Mint-tea, morning and evening, improves digestion. It is useful in fever, jaundice, hiccough, stomach ache, pain in the bowels, headache, vomiting, nausea and loss of appetite. Also useful in dysmenorrhoea or difficulty in menstruation and the pain in the abdomen caused by this. It gives good sleep and increases the flow of urine. Mint can also be added to hot milk or tea and drunk.

(iii) Pudina Tel and Its Utilities

Pudina Tel or oil is the oil distilled from the fresh flowering spear mint, mentha viridis or mentha crispa. Its main active principles are carvone and menthone. It resembles the oil of pepper mint. This is useful in headache as an external application. It is taken internally in dyspepsia, flatulence or wind in the bowels and abdominal pain. The dose is 1 to 3 minims or drops. Pepper mint water is made out of oil of spear mint 1, water 1500 and distilled to 1000. Dose is 1 to 2 fluid ounces. This is also useful in loss of appetite, colic or pain in the belly, vomiting, wind in the bowels, etc.

81. MORINGA**(DRUM-STICK TREE)**

English	: Drum stick, Horse-radish
Hindi	: Segva, Sahijna
Kanarese	: Nugge-gida

Tamil	: Murungai
Telugu	: Munaga, Mulaga
Malayalam	: Muringa
Marathi	: Shegat
Gujarati	: Suragavo
Bengali	: Sojna
Sanskrit	: Sigru

(i) The Root, Flower and the Bark

The fresh root of this tree closely resembles in taste, smell and general appearance the common Horse-radish tree of Europe. It is an antispasmodic, stimulant, expectorant and diuretic. The flower is a tonic. The bark is an emmenagogue and abortifacient. The fresh root has acrid, vesicant and antilithic properties.

(ii) Murungai Infusion

Re: Fresh Moringa root bruised	1 ounce
Mustard seed bruised	1 ounce
Boiling water	20 ounces

Infuse for 2 hours in a covered vessel and strain. Dose: 1 ounce every three hours. Useful in dropsy. This infusion is highly beneficial as a gargle in hoarseness and relaxed sore throat.

(iii) The Leaves and Their Uses

The leaves are used as a curry. It removes excessive heat of the body, invigorates the digestive fire and increases the appetite. The unripe fruit (Murunga Kai) is used in the preparation of soup (Sambar). It is very tasty and helps removing phlegm.

(iv) Utility of the Flower, Fruit and the Gum

The flower removes biliousness and anorexia or distaste for food, cools the eyes and increases and strengthens the semen. The tender fruit is useful in fevers; and the seeds thicken the semen. The semen will become thick like the gum. The gum of this tree is useful in polyuria or excessive urine. It thickens the semen and gives beauty to the body. The addition of the

juice of the fresh root increases the efficiency of the mustard-poultice. The leaves can be made into a paste or poultice and applied to swellings. The flower enters into the composition of Dhatu Pusthi Lehia or confection which invigorates the sex-indriya and gives sexual vigour.

CHAPTER XXV

MUDAR, MUSTARD, MYROBALAN, NEEM, NUTMEG

82. MUDAR

(CALOTROPIS GIGANTEA, CALOTROPIS PEROCERA)

English	: Gigantic Swallow wort
Hindi	: Ak, Akan, Akond or Mudar
Kanarese	: Yekkada Gida
Tamil	: Erukku
Telugu	: Jilledu Chettu
Malayalam	: Erukka
Marathi	: Ravi-Akda
Gujarati	: Akado
Bengali	: Akanda
Sanskrit	: Arka

(i) Mudar Root-Bark

The root-bark is used in medicine. It should be collected in April and May from plants grown in sandy soil and dried in open air without exposure to the sun until the milk juice contained in them becomes so far dried that it ceases to flow on incision being made. The bark is then to be carefully removed, dried, reduced to powder and preserved in well corked bottles.

The root-bark is febrifuge, alterative, stimulant, tonic diaphoretic, emetic, expectorant. It is a gastro-intestinal tonic; in large doses from 30 to 60 grains for adults, it acts freely as an emetic.

(ii) Mudar Powder

Re: Mudar powder	3 grains
Dried ginger	5 grains

One powder. Dose: One powder three times daily. This is a tonic and an expectorant. This is useful in leprosy, constitutional syphilis, obstinate ulcers and chronic rheumatism; in skin diseases arising from the abuse of mercury. In these diseases the starting dose is 3 grains. It is gradually increased to 10 grains or more, three times daily.

In dysentery it has been highly spoken of. In severe cases in adults a large dose from 20 to 60 grains may be given at once in the same manner as Ipecacuanzia. In ordinary cases smaller doses are preferable.

(iii) Mudar Leaf

The leaf is anthelminthic, alterative, laxative and stimulant. Warm the leaves gently and apply them to the boils. They will ripen quickly and burst.

Dip the leaves in hot neem oil and foment the swollen joints gently; the swelling and pain will subside. Give from 2 to 5 drops of the juice of the leaf in scorpion sting and bites by poisonous snakes.

(iv) Mudar Flower

The flower is an expectorant, stomachic, digestive and tonic.

83. MUSTARD

English	: Black Mustard
Hindi	: Kalarai
Kanarèse	: Karisasivey
Tamil	: Kadagu
Telugu	: Avalu
Malayalam	: Kaduka
Marathi	: Mahori
Gujarati	: Rai
Bengali	: Krishnrai
Sanskrit	: Sarshapah

(i) The Uses

This is an emetic. A teaspoonful in a glass of warm water

can be used as an emetic for a child. A teaspoonful can be used for an adult.

(ii) Its Utilities in Foot-Bath

Mustard is used for a foot-bath. Place the feet in a bath of hot water to which a tablespoonful of mustard has been added. This will relieve your cold or nasal catarrh. A foot-bath will relieve bleeding from the nose by taking blood away from the head.

(iii) Mustard Plaster

Mustard plaster is useful in relieving deep pain and severe vomiting. Mix a small quantity of mustard with a little cold water and make it into a thin paste and spread it on linen, paper or lint. Cover this with gauze or thick handkerchief before applying it to the skin. Otherwise a blister may be formed. As soon as there is burning in the skin, remove the plaster, wipe the part, dry and apply a little ghee, vaseline or oil to the part.

To relieve vomiting apply the mustard plaster over the pit of the stomach.

It is mixed with linseed meal for making poultice. The poultice also must be covered with gauze.

84. MYROBALAN

English	: Myrobalan
Hindi	: Har, Harra, Pile Harra, Chhoti Har
Kanarese	: Anile kayi
Tamil	: Kadukkai
Telugu	: Karakkaya
Malayalam	: Katukkai
Marathi	: Hirada
Gujarati	: Himaja
Sanskrit	: Haritaki

(i) Description, Properties and Uses

Taste: Astringent. This is dried, immature fruit of Terminalia Chebula. There are two varieties, viz., Chhoti Har (small) and Bari Har (big variety). The small variety is used

for medicinal purposes. The big variety is used for tanning. The hard outer covering of the fruit should be taken and not the seed. Properties: digestive; increases gastric fire, bestows intellectual vigour, longevity, memory power; nourishes the body; rejuvenates; gives good appetite; invigorates the bowels; prevents old age; removes excessive fat.

Just as mother feeds her children with food of six tastes, and nourishes the body, Myrobalan drives away diseases of the body and nourishes it. Therefore, Myrobalan is superior to nursing mothers. Myrobalan is useful in epilepsy, diabetes, insipidus nausea, diseases of the heart, Grihani or chronic diarrhoea, eye diseases, asthma, jaundice, leprosy, chronic gastritis, burning in the hands and feet, impotency, ascitis, dropsy of abdomen, enlargement of spleen, salivation, hiccough, bronchitis, orchitis, leucoderma, old long-standing fevers, Phthisis, syphilis, gonorrhoea and fistula. Myrobalan ghee, myrobalan confection, myrobalan essence are all preparations of myrobalan.

Myrobalan is a safe and effective aperient. It is also one of the ingredients of Triphala. It contains tannic acid, a purgative principle and a vegetable acid. The immature fruit Jangi Haritaki contains more tannin and is more suitable for diarrhoea. It has anthelmintic properties. It expels roundworms. You can take three fruits at a time.

The decoction is used as a gargle. The dried pulpy portion is chewed after meals as a sialogogue. That which increases the flow of saliva is a sialogogue.

For purgative action the outer pulp of 2 or 3 fruits is ground up with common salt, which improves its taste and is given at bed time. This will give 2 or 3 painless evacuations in the early morning. The liquid extract is also frequently used.

Chhoti Har is a good laxative, and an astringent too. It is a good tonic and alterative also. You can also make a good astringent lotion and ointment.

(ii) A Safe and Gentle Laxative

Re: Myrobalan	3 drachms
Senna leaves	3 drachms
Rose petals	2 drachms
Dried ginger	20 grains
Water	4 ounces

Boil for 10 minutes and strain for one dose. This is a safe and gentle laxative.

(iii) Triphala Choorna

Re: Myrobalan (Har)
Amla (Nellikai)
Myrobalan (Bahera) (Thandrikai)

Powder equal parts of these separately, strain and mix.
Dose: 2 teaspoonfuls at bed time.

(iv) A Good Laxative

Dissolve 2 teaspoonfuls of the above powder in 4 ounces of water at bed time, strain and drink the solution in the early morning. A good laxative. Myrobalan removes constipation by regular use. It is an effective cure for indigestion or dyspepsia, pain in the bowels, flatulence or wind in the stomach and bowels, palpitation, biliousness, headache, etc. Take one myrobalan at night daily. You will be cured of chronic sores in the mouth and the tongue which trouble you for a long time.

On account of its astringent properties ulcerated wounds heal quickly if they are covered with a paste of myrobalan.

Skin diseases with profuse discharge can also be successfully treated with the paste. The paste can be made either with water or with oil.

Make a paste of myrobalan and add a little opium. This is highly useful in piles and prolapse of rectum of anus. Apply it to the anus.

antiperiodic and tonic. The seed is anthelmintic. The oil is stimulant, antiseptic and insecticide. The bark is antiperiodic, bitter, tonic and astringent. The bark contains a bitter, neutral resin. The activity of the remedy dwells in this resin.

(ii) Neem Decoction

Re: Neem bark bruised	2 ounces
Cloves	30 grains
Cinnamon	30 grains
Water	20 ounces

Boil for 15 minutes and strain. Dose: 2 ounces. Useful in ague or intermittent fever, loss of appetite, convalescence after fever, general debility. It is a tonic as well. In Malaria it should be given every second hour previous to time at which the attack is expected to return. The decoction should be prepared fresh for use when required, as it gets spoiled in hot weather.

Prepare plain decoction with a large quantity of neem leaves. Boil till the water becomes golden yellow. This is useful for foot-bath, in swelling ulcers, eczema and for washing unhealthy ulcers, itch or scabies, leprotic ulcers, etc.

(iii) Neem Powder

Re: Neem bark powder	30 grains
Cloves powder	3 grains
Cinnamon powder	5 grains

Mix well. Dose: 1 powder twice daily. This is a tonic in convalescence after fevers, malaria, general debility, etc.

(iv) Neem Poultice

Re: Bruised neem leaves	1 ounce
Rice (flour, or wheat) in hot water	1 ounce

Useful in chronic, sluggish ulcers, eczema, etc. This is a stimulant and antiseptic. Spread it on a piece of lint or clean white cloth and apply to the affected part. It will ripen the abscess.

The Neem tree is held in veneration by the Hindus. It is

dedicated to the Goddess Mariamma, the deity which is supposed by them to preside over all epidemics, particularly smallpox. The epidemics themselves are thought to be visitations of this Goddess. The leaves are in common use in honour of Goddess Mariamma, in smallpox cases. The leaves are spread on the bed of the patient. A bunch of the leaves is fixed above the door as a sign of the presence of the Goddess in the house. Fans made up of the leaves are used for fanning the patient. The fresh tender young leaves are given as an internal medicine. Many cases have recovered. Five grains may be given 3 times a day.

If you cannot get fresh leaves use dry leaves and make a decoction or infusion (one teaspoonful to 20 ounces of water). Give an adult one ounce daily.

In allopathic system there are two official preparations, viz., Infusion Azed dirachtal Indica (Dose: $\frac{1}{2}$ ounce) and tincture Azad dirachtal Indica (Dose: $\frac{1}{2}$ to 1 drachm).

This tree is planted in India in front of dwelling houses in the neighbourhood of temples, on the roads on both sides, as it prevents epidemic fevers. If you have a bunch of leaves in front of your doors and windows, no mosquito will enter the room.

(v) Neem Leaf

It is applied as a paste in drying pustules of smallpox. It is given internally on the following day after a purgative is taken. It destroys all intestinal worms. The leaves are made into a fine paste. A little Ajwan is added. Chew a few leaves daily, Pyorrhoea will take to its heels. Cobra poison will not affect you.

(vi) Children's Friend

Re: Tender neem leaves	1 ounce
Garlic	5 grains
Ajwan	20 grains
Black pepper	10 grains
Dried ginger	10 grains

Sweet neem leaves	1 ounce
Fennel	30 grains

Fry all these with a little ghee. Add a little salt. Dose: 10 grains to be dissolved in a little water. Useful in intestinal worms, flatulence, constipation, indigestion, phlegm in chest of children. It will improve their appetite.

(vii) Neem Flower Chutney

Fry the flower with a little ghee. Add a little tamarind, fried red chillies, sweet neem leaves and a little salt. Make a chutney with a little water. Useful in anorexia or distaste for food, vomiting or nausea, sour belching, worms in the bowels, fainting due to biliousness, etc.

(viii) Neem Flower Rasam

Make pepper water or Mysore Rasam with dhall and ghee. Powder neem flower and then add this to the pepper water or Mysore Rasam. This is useful in anorexia or distaste for food, bilious vomiting, sour belching, bilious giddiness, etc.

Fry the flower in ghee. Powder it and add this to the pepper soup or Milagu Kulambhu.

Dry the unripe fruit of neem. Remove the seed. Powder the pulp. Take 20 grains twice daily. Useful in intermittent malarial fever.

Make a paste of the seed and apply it to the ulcers which contains maggots. Maggots will come out.

Oil of neem is useful in eczema, herpes, itch or scabies and other skin diseases. Maggots will come out. Wherever there are maggots or worms use neem oil.

(ix) Neem Bark Decoction

Re: Neem bark bruised	2 ounces
Cardamom	1 teaspoonful
Coriander	2 tablespoonfuls
Water	20 ounces

Boil for half an hour. Dose: 2 ounces. Give this some time

before malaria comes. This will prevent the attack. Even if it comes, it will be very mild.

86. NUTMEG

English	: Nutmeg
Hindi	: Jaepthal
Kanarese	: Jaji Kayi
Tamil	: Jadikayi
Telugu	: Jaji kaya
Malayalam	: Jatikkaya
Marathi	: Jayiphal
Gujarati	: Jayiphal
Bengali	: Jayphal
Sanskrit	: Jati-Phalam

(i) The Properties and the Uses

Nutmeg is a stimulant, carminative, narcotic, aromatic, aphrodisiac and tonic. The country nutmeg is the dried fruit of *Myristica Malabarica*. It is not so good. Nutmeg is closely allied to cloves and cinnamon. It may be substituted for them. Nutmeg in large doses is a narcotic. Therefore, some care is necessary in its use.

It is useful in spermatorrhoea, headache, asthma, cough, intestinal colic, flatulence, indigestion, dull gastric fire. It is taken along with betel. Dose: 5-10 grains.

It enters into the composition of *Pulviscreta Aromaticus* (aromatic chalk powder), and aromatic chalk powder with opium, in the allopathic system.

Its chief constituents are a fixed oil and a volatile oil, and amyloextrin.

(ii) Nutmeg Co. Powder

Re: Nutmeg powder	3 grains
Dried ginger	5 grains
Cardamom	5 grains
Black pepper	2 grains
Cumin (Jira)	5 grains

Make one powder. Dose: One powder twice a day after or before meals. This is a good digestive and carminative.

Mix oil of nutmeg with gingily oil. This is an excellent application for indolent ulcers. It cleanses the surface and produce healthy action. It is a good liniment for chronic rheumatism. It is a valuable application in toothache; it is useful in diarrhoea and dysentery. Dose: 1 to 3 minims.

Re: Nutmeg powder	3 grains
Milk	2 ounces

Useful in diarrhoea.

(iii) Pulvis Nutmeg Compound

Re: Nutmeg powder	3 grains
Camphor	1 grain
Cardamom	5 grains
Cloves powder	5 grains

One powder. To be taken twice daily. Useful in intestinal colic, pain in the stomach, hemicrania or one-sided headache, menorrhagia (excessive menstruation), intestinal pain, and rheumatic pains.

CHAPTER XXVI

OPIUM, PAPAYA I & II, PEEPAL TREE, PELLYWORTH ROOT

87. OPIUM

(POPPY)

English	: Opium
Hindi	: Hafeem
Kanarese	: Aphimu
Tamil	: Abhin
Telugu	: Nallamandu
Malayalam	: Apim, Kasha-kasha, Karappa
Marathi	: Afim
Gujarati	: Afim
Bengali	: Afim, Afim
Sanskrit	: Ahipehnam

(i) Description

This is the juice obtained by incision from the unripe capsules of *Papaver Somniferum*, the white poppy and inspissated by spontaneous evaporation. Opium occurs in rounded masses. Colour is blackish brown. The taste is nauseously bitter.

(ii) Properties and Uses

The alkaloids contained in opium are morphine, codeine, the baine, narcotine, papaverine and narceine. Opium is an analgesic or anodyne. It is the most valuable drug for relieving pain. It is an antispasmodic, antipilogistic, disphoretic, diuretic, expectorant, haemostatic, styptic, hypnotic, sedative and stimulant. Dose: $\frac{1}{2}$ to 3 grains.

This is useful in diarrhoea, cholera, intestinal colic, renal colic and hepatic colic. It stops bleeding, when it is administered internally. It alleviates cough. It relieves pain. It produces sleep. It is given in diabetes. The amount of sugar in the urine is diminished.

(iii) Allopathic Preparations

In allopathic system there are the following preparations. All contain opium.

Compound Aromatic chalk powder (*Pulvis Cretae Aromaticus cum opio*). Dose: 10 to 60 grains. This is useful in diarrhoea and dysentery.

Dover's Powder (*Pulvis Ipecacuantia et opia*). Dose: 5 to 10 grains. This is useful in dysentery. This is given at bed time for inducing sleep.

Tr. Opii (*Laudanum*). Dose: 5 to 30 minims (drops). 15 minims contain one gram of opium.

Tr. Camphor, Co. (*Paregoric*). Dose: 30 to 60 minims. Enters into the composition of cough mixtures.

(iv) Instructions for Uses

Opium should not be given to pregnant women and children. If opium is administered judiciously at the proper

time and in proper cases, it does much good, but its indiscriminate use often produces the worst effects.

In dysentery or colitis an enema of 2 ounces of conjee with 30 drops of Tr. Opii gives relief immediately.

Omum water, or infusion of cloves and catechu may be advantageously combined with Tr. Opii in the treatment of diarrhoea and vomiting.

Simple opium liniment is very useful in chronic rheumatism, lumbago, spasms, bruises, enlarged glands, mumps, muscular and neuralgic pains. It can be combined with an equal quantity of camphor liniment.

Equal parts of Tr. Opii and glycerine or any soothing oil such as oil of sessamum, etc., are useful in earache.

Gall and opium ointment is beneficial in painful piles. This will stop bleeding also.

Put a piece of cotton dipped in Tr. Opii in the socket of a decayed tooth. This will relieve toothache. A grain of opium can be put into the hollow of the decayed tooth. Do not swallow the saliva. In diabetes opium gives most beneficial results.

(v) Compound Opium Powder

Re: Opium powder	1 grain
Dried Ginger powder	2 grains
Camphor powder	1 grain
Cinnamon powder	3 grains

Make a powder. One powder twice daily. Useful in diarrhoea, flatulence and intestinal colic.

(vi) Gall and Opium Ointment

Re: Gall	2 drachms
Opium	30 grains
Vaseline	1 ounce.

Useful in piles or Haemorrhoids.

(vii) Poppy Heads Fomentation

Poppy-heads, the capsules of *Papaver Somniferum* are used

as a sedative fomentation and poultice. Bruise the poppy heads and boil in water. Dip a piece of flannel into the hot fluid and apply locally in painful areas.

88. PAPAYA—I

(CARICA PAPAYA)

English	: Papaya
Hindi	: Popaiyah, Papita
Kanarese	: Pappalam
Tamil	: Pappai
Telugu	: Boppayai
Malayalam	: Pappaye
Marathi	: Popai
Gujarati	: Papai
Bengali	: Papaya, Penpay

This small tree is cultivated in all parts of India. It is a useful, small soft-wooded tree, originally native of Papua New Guinea.

(i) The Fruit and the Milky Fluid

Its green fruit is an edible vegetable and largely used in making Indian curries. Ripe fruit is sweet and delicious. Both are used in liver diseases and disorders of digestion.

The fruit contains a soft, yellow resin, fat, pectin, sugar, albuminoids, citric, malic and tartaric acids, dextrin, etc.

Papaya oil is found in its seeds. The leaves contain an alkaloid called carperine.

The unripe fruit, milk and seeds possess emmenagogue and anthelmintic properties. The fruit is laxative, tonic and diuretic.

The papaya milk, the milky fluid that comes out of scratching the surface of the raw papaya fruit contains an enzyme which can digest starch, mucous membranes and animal proteins.

(ii) The Digestive Powder

Papaya milk, is dried at a low temperature and Papain a digestive powder, is obtained. Dose 2 to 10 grains. It is very

useful in dyspepsia and liver complaints. It may be rubbed in ringworm patches. It is highly beneficial in all cases when digestion is weak or when the liver is not functioning properly.

(iii) The Digestive Drink

The fruit should be well crushed and the seeds should be removed. Then cold milk may be added. Sweeten this with honey or syrup of dates or syrup of jaggery. This is a delicious, digestive drink.

Cut the fruit into small bits and then boil in a small quantity of water. Filter the essence through a clean muslin or porous cloth. Add milk and syrup of jaggery. This is also a palatable, digestive drink.

(iv) The Uses of Ripe and Unripe Fruit

The ripe fruit is alterative. It is useful in habitual constipation, dyspepsia or indigestion, bleeding piles and chronic diarrhoea.

The green fruit is laxative and diuretic. It can be cooked as a curry. In women, this stimulates secretion of milk.

Slices of unripe fruit can be rubbed on ringworm patches.

The juice is useful in ulcers of the tongue, and throat.

The fresh milky juice removes roundworms in children. Take 2 tablespoonfuls of fresh juice and 2 teaspoonfuls of honey. Add 2 ounces of boiling water to this. This must be followed by the dose of castor oil one ounce. Dose of the juice for adults one teaspoonful, for children half teaspoonful, and for children under three years 10 to 15 drops.

The juice of the unripe fruit is useful in dysmenorrhoea. It helps the free flow of the menses. If this is applied locally in the shape of pessary to the os-uteri, it causes abortion. In large doses it acts as an emetic, exciting uterine contraction. The fresh milky juice is useful in scorpion stings as a local application.

Take one teaspoonful of the milky juice of unripe fruit and

add a teaspoonful of sugar. This is useful in reducing enlarged spleen.

The dried ripe fruit or salted ripe fruit is useful in enlargement of spleen and liver.

(v) The Utility of the Leaves

The leaves dipped in hot water or warmed over a fire are applied to the painful parts for nervous pains or neuralgias.

Bruised leaves warmed over a fire can be applied as a poultice in boils, swellings, elephantoid growths, etc.

89. PAPAYA—II

(CARICA PAPAYA)

Papaya fruit is laxative, tonic and diuretic. The unripe fruit, milk of papaya and seeds possess emmenagogue and anthelmintic properties.

(i) Papaya Juice with Honey

Re: Fresh juice of unripe fruit	1 tablespoonful
Honey	1 tablespoonful
Boiling water	2 ounces

One dose. Take the whole thing as a draught, when it becomes cool. Useful in round-worm of the bowels. After two hours give one ounce of castor oil with half a tablespoonful of lime juice if available. Otherwise give plain castor oil. This must be repeated two days in succession. Half the dose can be given for a child between 3 and 7 years of age. Give a teaspoonful for a child under 3 years of age.

If colic follows its use give sugar and water or sugar and milk freely. Collect the juice by making incision on the unripe fruit. It should be mixed with honey when it is fresh.

(ii) Papaya Juice with Sugar

Re: Milky juice of unripe fruit	1 teaspoonful
Sugar	1 teaspoonful

Divide into 3 doses. One dose 3 times a day. Useful in enlargement of spleen and liver. For children give 2 or 3

drops of the juice with sugar. Continue the treatment for 20 days. Give a nutritious and liberal diet.

A poultice of the pulp of the unripe fruit over the enlarged spleen is also beneficial.

(iii) Papaya Juice with Milk

Re: Juice of the unripe fruit	1 teaspoonful
Milk	8 ounces
Sugar	2 tablespoonfuls

Mix. Useful in dyspepsia, gastritis, pain in the stomach.

The juice of the unripe fruit is useful in ulcers in the tongue and throat. It can be applied to the tongue and throat.

(iv) Papain

Dry the juice of the unripe fruit. You will get a powder. Dry it in the sun. You get Papain. Dose: 2 to 10 grains. Useful in dyspepsia, pain in the stomach, gastritis or gastric catarrh.

Allopaths prepare Elixir of Papain. It contains Papain, dilute hydrochlore acid, simple elixir and glycerine. Dose: 30 to 60 minims or drops. This is given in chronic dyspepsia with acidity. It acts both in acid and alkaline media.

(v) For Ringworm

Rub slices of unripe fruit on ringworm. Ringworm will disappear. It is a simple and efficient remedy.

Mix a little alum with the juice of unripe fruit and apply it to eczema. Eczema will be cured. Mix the juice with a little borax and water and apply it to prickly heat on the skin. Prickly heat will disappear.

(vi) Papaya Leaf Poultice

Crush the leaves. Warm them. Apply them to swelling and boils. The swelling will be reduced. Boils will get resolved.

Soak the leaves in hot water and foment the parts where there are swelling and pain. Swelling and pain will disappear. Show the leaves before the fire and apply them to the swollen and painful parts. Swelling will subside. Pain will vanish.

Unripe Papaya can be used for making vegetable currie.

The skin should be removed. This will increase the flow of milk in nursing mothers.

Papaya fruit is useful in enlargement of spleen and liver, constipation, piles and pain in the stomach and the bowels.

90. PEEPUL TREE

(FICUS RELIGIOSA)

English	: Sacred Fig, Peepul Tree
Hindi	: Peepul
Kanarese	: Aswatha mara, Pimpala
Tamil	: Arasu
Telugu	: Ravichettu
Malayalam	: Arasu
Marathi	: Pimpala
Gujarati	: Jari
Bengali	: Asud
Sanskrit	: Aswattha

(i) Description

This is a big tree that is cultivated throughout India. It is cultivated in temples and in the vicinity of temples. It is worshipped by the Hindus.

(ii) The Uses

The seed is a laxative, refrigerant and astringent. It is useful in diseases of semen like spermatorrhoea, etc., hoarseness of voice and thirst.

The tender leaves increase the semen. They are useful in fevers.

Re: Tender leaves	2 tablespoonfuls
Milk	8 ounces
Sugar	2 tablespoonfuls

Boil the leaves in the milk. Add sugar and then eat. Useful in fever, sexual debility and impotency.

(iii) Powder

Re: Pulverised seeds	2 drachms
Sugar	1 drachm

Useful in constipation, spermatorrhoea, hoarseness of voice, excessive thirst. This is a good appetiser and increases the digestive fire.

The juice obtained by incising the tree is useful in fissures of the feet.

(iv) Dusting Powder

Re: Powder of the bark 4 ounces

This is useful as a dusting powder for ulcers and wounds. Ulcers, etc., heal up quickly.

(v) Decoction

Re: Powdered bark of fig tree	2 drachms
Powdered bark of Peepul tree	2 drachms
Powdered bark of Baniyan tree	2 drachms
Powdered bark of Jambul tree	2 drachms
Water	20 ounces

Put the powder in a vessel. Add the water. Boil for 15 to 30 minutes. Strain. Useful as a gargle in ulcers of the tongue and the mouth. This can be used as an injection in gonorrhoea to stop the discharge.

(vi) Infusion

Re: Powder of the bark	1 teaspoonful
Water	20 ounces

Soak the powder in the water and strain after half an hour. This is useful as a drink in scabies or itches and other skin-diseases. This will cool the body also.

(vii) Ash of the Bark

Re: Burnt bark	1 ounce
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·Powder it. Put half a teaspoonful in four ounces of cold water. Let it remain for 15 minutes. Then strain. Useful in hiccough.

91. PELLYWORTH ROOT (ANACYCLUS PYRETHRUM)

English : Pyrethri radix

Hindi	: Akar kara
Kanarese	: Akkala-kare
Tamil	: Akkara-karam
Telugu	: Akkala-karra
Malayalam	: Akkila-karam
Marathi	: Akkal-kara
Gujarati	: Akar-karo
Bengali	: Akar-kara
Sanskrit	: Akara Karaba

(i) The Properties and the Uses

The root is of the size of the finger. It is largely cultivated in Bengal and Arabia. If you chew a small piece of this root, it produces salivation in the mouth. It produces a tingling and burning sensation in the tongue and the lips. It will relieve dryness of the mouth and tongue. It is a stimulant, sialogogue and rubefarient.

It is useful in toothache, elongation of the uvula, hoarseness of voice, fever with thirst, Jihwasthambana (when the tongue fails to move), dryness of the mouth in fevers. If you chew a small piece of this root all the above diseases will be cured. You can gargle the mouth also by making a decoction of the root. It is useful in rheumatism also.

Put a few grains of the powder in the nose (nasyam). Epileptic attacks will subside.

(ii) Compound Pellyworth Powder

Re: Pellitory root powder	5 grains
Dried ginger powder	2 grains
Cloves powder	1 grain
Long pepper powder	3 grains
Saffron powder	2 grains
Sugar	15 grains

Make into one powder. Take one powder twice daily, morning and evening, either before or after food. Useful in stomach ache, intestine colic, indigestion, loss of appetite and nervous debility.

CHAPTER XXVII

PHYSIC NUT PLANT, PINE APPLE, PLANTAIN, POMEGRANATE

92. PHYSIC-NUT PLANT

(JATORPHA CURCAS)

English	: Molucca Bean
Hindi	: Jungle-arandi
Kanarese	: Bettada-haralu
Tamil	: Kattamanaku
Telugu	: Pepalam
Malayalam	: Katta-vanakka
Marathi	: Rana-yerandi
Gujarati	: Jungle-arandi
Bengali	: Eranda-gach, Bon-bheranda
Sanskrit	: Parvata-yeranda

(i) Description and the Properties

This is a common plant which grows in waste places throughout India. This is cultivated also. It is used as a fence also. It converts iron into lead. It is a galactagogue (that which increases the flow of milk in nursing mothers), haemostatic (that which stops bleeding) and vermifuge (that which expels worms from the bowels). The leaves, milk, root and the seeds are used.

(ii) The Utility of Leaves and Milk

The leaves increase the semen. They are useful in eczema, skin-diseases, scabies, internal piles, syphilitic swellings, head-ache, ulcers, gonorrhoea, etc.

Gently warm the leaves and apply them to the breasts of nursing mothers. The milk will increase and flow freely.

The application of the juice of the leaves in diseases of the skin is very useful.

The milk is useful in gonorrhoea, ulcers of the male organ, and toothache. The fresh juice stops bleeding in wounds and heals them quickly. It coagulates the blood and covers the bleeding surface with a tenacious layer. A varicose aneurysm

situated just above the inner ankle was cured by the subcutaneous injection of a drachm of this juice.

(iii) The Uses of the Oil

The oil obtained from the seeds is a cathartic and an emetic. The oil acts in doses of 10 or 12 drops, as a purgative equal in action to one ounce of castor oil. It causes more griping and so it is rarely used. Its ill-effects are corrected by lime juice.

It is applied externally in chronic pains, rheumatism and skin-diseases. It is mixed with some bland oils such as sweet oil, mustard oil, etc. (1 part to 2 or 3 parts).

(iv) The Stick and the Root-bark

The bark of the root is made into a paste and applied in rheumatic swelling of joints.

People use the stick of the plant for cleaning the teeth. Toothache is relieved.

93. PINE APPLE

(ANANAS SATIVUS)

English	: Pine apple
Hindi	: Ananas
Kanarese	: Ananasu-hannu
Tamil	: Annasipazham
Telugu	: Anasa-pandu
Malayalam	: Kaitha-chakka
Marathi	: Ananas
Gujarati	: Ananas
Bengali	: Anaras

(i) The Properties of Leaf and Fruit

This is cultivated throughout India. The leaf is a germicide and a purgative. The unripe fruit is a disaphoretic, digestive, laxative and diuretic. The fruit is germicide, diuretic, styptic and emmenagogue.

(ii) The Uses of the Fruit

The fruit is useful in gonorrhoea, enlargement of spleen,

vomiting, biliousness, thirst, headache. It gives beauty to the body. In enlargement of spleen take one fruit daily.

Re: The juice of the leaf	1 teaspoonful
Sugar	1 teaspoonful
Water	2 tablespoonfuls

Mix. This is useful in hiccough. If you take 2 teaspoonfuls, it will act as a purgative. If the fruit is taken in a large quantity abortion will take place. Therefore, pregnant women should not take this fruit in abundance. Warm fruit juice is useful in vomiting, dysentery, jaundice and biliousness.

94. PLANTAIN

(BANANA TREE)

English	: Plantain
Hindi	: Kela
Kanarese	: Bale
Tamil	: Vazhai
Telugu	: Arati, Kadali
Malayalam	: Vazha
Marathi	: Kela-jhada
Gujarati	: Kela-nu-jhada
Bengali	: Kelagachh
Sanskrit	: Kadali

(i) Description

The flower, unripe plantain or tender plantain are astringent. The stem is antibilious and diuretic and lithontriptic. The bark is refrigerant. The fruit is demulcent, laxative and nutritive. The stem will remove the hair that is stuck up in the intestines.

(ii) The Flower

The flower is useful in piles, spermatorrhoea, gonorrhoea, cough, burning in hands and feet. It increases the semen. Crush the flower and fry it with a little castor oil and foment the hands and feet; then apply it to the parts and bandage. The burning will be relieved. Take the juice of the flower, and palmyra sugarcandy or ordinary sugarcandy and drink in the

early morning. This is useful in gonorrhoea, menorrhagia or excessive menstruation.

(iii) The Fruit

The tender plantain is useful in piles. The tender fruit is useful in dysentery, diabetes insipidus or Bahumutra (excessive urine). Plantain fruit removes leucoderma, biliousness, fainting.

Unripe plantain is useful in bilious vomiting, diarrhoea, excessive salivation, dysentery, cough. It gives strength and increases the blood and the appetite. Plantain is a valuable article of diet. Dried plantain is useful in scurvy.

(iv) The Leaf

The tender plantain leaf can be applied in burns and scalds. They will heal and dry quickly. Smear the leaf with gingily oil or castor oil and apply it to the denuded skin or a blister after removing the skin and put on a bandage. It will be cooling and soothing. The blistered surface heals quickly. It should be changed twice or thrice daily.

The tender leaf can be used as a substitute for oiled silk, oil cloth or gutta-percha tissue in the dressing of wounds and ulcers. The leaf should be sufficiently large to cover the whole part. Evaporation of any subjacent fluid is efficiently prevented.

The leaf can be used as a shade for the eyes in ophthalmia and other diseases of the eye. No manufactured shade is superior to this.

(v) Plantain Fruit with Milk

Re: One plantain fruit smashed

Milk

6 ounces

Take this thrice daily. Useful in dysentery, sprue and diarrhoea.

(vi) Plantain with Tamarind

Re: Plantain fruit	one
Tamarind pulp	2 drachms
Salt	a little

Mash and mix well. Take twice daily. Useful in diarrhoea and dysentery.

95. POMEGRANATE**(PUNICA GRANATUM)**

English	: Pomegranate
Hindi	: Anar
Kanarese	: Dalimba
Tamil	: Mathali
Telugu	: Danimma
Malayalam	: Mathalam
Marathi	: Dalimba-jhada
Gujarati	: Dadam-nu-jhada
Bengali	: Dalim-gash
Sanskrit	: Sheekdana

(i) Properties

Pomegranate is astringent and styptic. The rind of the fruit is astringent and stomachic. The bark of the tree and the root is anthelmintic. Fruit is refrigerant. The seed is astringent, anthelmintic and toenifuge.

(ii) Pomegranate Decoction

Re: Rind of the fruit (dried)	2 ounces
Cloves bruised	2 drachms
Cinnamon bruised	2 drachms
Water	20 ounces

Boil for 15 minutes and strain. Dose: 1 ounce thrice daily. Useful in dysentery and diarrhoea.

(iii) Pomegranate and Kurchi Decoction

Re: Rind of the fruit	1 ounce
Kurchi bark	1 ounce
Rind of Mangostin	1 ounce

Pulp of Bael fruit	1 ounce
Water	20 ounces

Boil for 15 minutes and strain. Dose: 1 ounce three times daily. Useful in dysentery.

(iv) Pomegranate Decoction with Alum

Re: Rind of the fruit dried	4 ounces
Water	20 ounces

Boil for 15 minutes and strain. Add one drachm of alum. This is a very useful gargle in relaxed sore throat. This is also a good astringent injection in vaginal discharges of women (leucorrhoea, etc.)

(v) Root-Bark Decoction

Re: Root-bark of pomegranate sliced	2 ounces
Water	2 pints

Boil down to 1 pint. Dose: 2 ounces in the early morning. Repeat every half hour. This should be followed by 1 ounce of castor oil.

(vi) The Uses

Useful in tape-worm. The tape-worm will generally be expelled within twelve hours. The flower is useful in bilious vomiting, dysentery, heat in the body, piles, etc. It increases the blood and gives strength.

The tender fruit is useful in constipation, dysentery and diarrhoea. The fruit is useful in vomiting, cough, excessive thirst, biliousness, sterility in women, excessive salivation, hiccough, fever, burning in chest, giddiness. Pomegranate juice with sugar-candy removes excessive heat in the body and produces coolness in the body, and gives immense strength to consumptives and others.

The seeds thicken the semen and remove burning pain and difficulty in passing urine in gonorrhoea.

CHAPTER XXVIII

PONNANGKANI, PTERCARPUS MARSUPIUM, PULICHAKKERAI

96. PONNANGKANI

(ALTERNANTHERA SESSILES)

Kanarese	: Vanagone soppu
Tamil	: Ponnangkani
Telugu	: Ponnagantikura
Malayalam	: Minankanni
Sanskrit	: Meenakshi; Mathsyakshi

(i) Description

This is a creeper that is commonly cultivated in India. It can be obtained everywhere. This is a kalpa-moolikai. There is gold in this herb. He who eats daily this herb has a golden complexion. Hence the name Ponnangkani. "Pon" in Tamil means gold. Pon, Aum, Kan, Nee, i.e., if you eat this you will see your body as lustrous as gold. This is an alterative and cooling. This is useful in eye diseases, diseases of cornea, heat of the body and piles.

(ii) Preparations and Uses

Boil this without salt and eat with butter for 40 days. All diseases of the eye will be cured. The juice is useful as an Anupana. It is used in making copper oxide. Take oil bath with the oil prepared out of this herb. Diseases of the eye will be cured.

It is very beneficial for cough, asthma, fever, piles, gonorrhoea, syphilis and intestinal worms. Take one seer juice and ¼ seer of gingily oil. Boil the juice along with oil. When the juice is absorbed in the oil and the mixture, reduced to ¼ seer, then strain. This can be daily rubbed to the head. It will give eye sight, memory and cool the brain.

Take Ponnangkani juice 2 tolas and mix equal part of carrot juice, add a little salt (Saindhava), and drink. It is useful in piles.

97. PTERCARPUS MARSUPIUM

(LEGUMINCSAL GUM KINO TREE)

English	: Indian Kino
Hindi	: Brija sal
Kanarese	: Honne
Tamil	: Ponne
Telugu	: Peddagi, Chandra
Marathi	: Brija sal
Bengali	: Pit-sal
Sanskrit	: Pitasala

(i) Description

A large handsome deciduous timber tree of the moist deciduous forests of India with a round headed crown and rounded leaves. It is a native of the forest of Madras, Bombay, Madhya Pradeh and some parts of North India.

The wood is valuable and priced next to Teak in parts of South India including the table land of Mysore. The bark on chopping exudes a red viscous gummy substance called kino-gum which has medicinal properties.

The copious yellow and scented flowers appear sometime in July-August. The tree requires a moderately well drained moist loavy soil, but it sometimes tolerates soil which is not too well drained provided it is, not heavy. It is found on soils from graintes, gnaisses or from deccan Trap.

Silvicultural characters: A light laying tree. Moderately fast growing. It attains large dimensions, 100 to 120 ft. high and 6 to 8 ft. or over in girth being common. It attains best sizes in moist situations with rainfall of 50 to 60 inches, but can grow in localities with much less rain, though in such places it attains only smaller dimensions.

(ii) Uses of the Timber

The timber is used very largely for house building, furniture, door and window frames, planking, occasionally for small dugouts and the like. It works easily, can be seasoned with ease and though not so long lasting as teak, is just used

for various purposes for which teak is used but is not easily available or is considered too costly.

The timber is hard and closed grained. The heartwood is yellow-brown but unlike Teak with which this tree is found associated in many forests the wood of *petrocarpus marsupium* is not proof against termite attack. The timber stains yellow when damp.

(iii) Kino from the Bark

The red gum resin which is exuded from wounds in the bark furnishes the KINO of commerce, which is valuable astringent used in medicine.

(iv) The Leaves

The leaves of the tree make excellent fodder and they are reported to be specially valuable as manure. The bark is occasionally employed for dyeing. It contains a brownish and colouring matter which dyes tassar silk a raddish fawn colour. Kino gum is also stated to have tanning properties.

The tree sheds its leaves in April-May and is leafless for a short period, the new leaves appear in May-June. The fragrant yellow flowers appear from June to September. Seeds are ripe from December-January to March-April. The pods which are produced abundantly, are 1 inch to 2 inches in diameter flat and the central portion bony.

(v) Germination and Growth of the Tree

The important factors which help its natural reproduction are loose, clear soil free of weeds. Natural reproduction may sometime take place in grass areas. Grazing is inimical to natural reproduction. Fire dangerous. The best course is to protect against fire and grazing and give overhead freedom to establish regeneration.

Germination can be hastened by soaking the seed in water or cutting through the ends of the pod before soaking to admit water readily.

The tree can be grown by direct sowing. Stump planting i.e., pruning root and shoot, is advantageous. Entire

transplanting can also be done but this is better done with basket plants.

(vi) A Piece of Wood and the Drink

A piece of this wood cut in cross section half inch by half inch may be dipped in ¼ seer of cold water in a glass and not in a metal tumbler, and the water drunk twice a day. The colour of the water changes into yellow, and the wood piece should not be used when the colour is not given out by it. It should be soaked on the previous evening and the water taken on the following morning. Again fresh water should be kept for the evening dose. Some people make a cup out of this wood and drink water from it after allowing the water to remain in the cup for a few minutes. Many have been cured of Diabetes by this treatment.

98. PULICHAKKERAI

(HIBISCUS CANNABINUS)

English	: Brown Indian Hemp
Hindi	: Patsan
Kanarese	: Pinidrike Gida
Tamil	: Pulicchakkerai
Telugu	: Gongura
Malayalam	: Pulich-cheera
Marathi	: Ambadi
Gujarati	: Ambadi
Bengali	: Mestapat
Sanskrit	: Mechika Phalamla

(i) Properties and Uses

This is cultivated throughout India. The leaf, flower and seed are used. The leaf is an emolient and purgative. The seed is an aphordisiac (Kama Vardhini). The leaf is eaten as a vegetable.

This is useful in cough, rheumatism, paralysis, anorexia or disgust for food, eczema and swelling. It removes laziness. It gives strength to the body and increases the semen and sexual vigour.

(ii) Juice of the Flower

The juice of the flower is mixed with black pepper and black sugar, and taken. This is useful in anorexia or disgust for food and vomiting due to biliousness.

CHAPTER XXIX

RICE, SALT, SANDAL WOOD, SAPOTA, SENNA

99. RICE

English	: Rice
Hindi	: Chaval
Kanarese	: Akki
Tamil	: Arisi
Telugu	: Biyyam
Malayalam	: Ari
Marathi	: Tandula
Gujarati	: Chokha
Bengali	: Chal, Chanvol
Sanskrit	: Vrihi

(i) Varieties of Rice and Properties

The varieties of rice are Basmati, Milakusambha, Jeerakasambha, Eerkucchamba, Kurunjchamba, Pulukuchamba, Koraichamba, Kalanchamba, Marchamba, Kodaichamba, Kadaichamba, Mallikaichamba, Man chambha, Chenchamba, Kallundaichamba, Illuppaipoochamba, Kunduchamba, Kundrumanichamba, Valaithadichamba, Kaivaraichamba, etc. Rice is a nutrient. The conjee or rice-water is demulcent and refrigerant.

(ii) For External Use**(a) Rice Flour**

Rice flour can be used as a dusting powder in Measles, small pox, erysipelas, prickly heat and other inflammatory affections of the skin. This is a very cooling and soothing application. It allays heat and irritation. It is pleasant to the patient's feelings.

It is an excellent application in burns and scalds. It should

be used as soon as possible after the occurrence of the injury. It should be dusted thickly over the whole of the burnt surface so that the discharge may be absorbed and air may be excluded.

(b) *Rice Poultice*

Place the rice flour in a basin and then gradually add boiling water; constantly stir the flour. Add a little sweet oil. Spread smoothly the poultice on a piece of clean cloth or white surgical lint to the thickness of a quarter of an inch and apply it over the affected parts. Apply the poultice two or three times daily. This is an excellent application in abscesses, boils, buboes, inflamed piles and other local inflammatory affections.

(c) *Rice Poultice for Chronic Coughs*

Apply a large, soft rice poultice to the chest and back between the shoulder blades, at bed time. This is highly beneficial in chronic bronchitis and other chronic coughs. Great relief is obtained. The surface of the poultice may be smeared over with oil of turpentine.

(iii) For Internal Use

(a) *Conjee Water*

Re: Cleansed rice	1 ounce
Water	40 ounces

Boil for 20 minutes. Strain and flavour with lime juice. Add salt or sugar to taste. This is an excellent drink in fevers, gonorrhoea, and in cases where there are pain, burning and difficulty in passing urine.

(b) *Panchamushti Conjee*

Take a handful of thubar-ki-dhall, black gram, Bengal gram, green gram and rice and tie them separately in a piece of cloth. Place the bundles in a vessel. Pour over them four pints of water. Boil till it is reduced to one pint. This is a beneficial drink for breaking long fasts. It relieves exhaustion

and gives strength immediately. This can be taken by ordinary persons also. It is nutritious and gives energy and strength.

(c) *Green Gram and Rice Conjee*

This is a very healthy drink. It removes biliousness. It is nutritious too.

(d) *Milk and Rice Conjee*

This removes burning due to biliousness. It increases semen and sharpens the intellect.

(e) *Hot Rice Water*

The water or conjee that is removed while rice is boiling is beneficial in removing dysuria or difficulty and burning in passing urine.

(f) *Horse-Gram and Rice Conjee*

This increases appetite and the semen, and gives immense strength, even for old people.

(g) *Milk and Rice*

This removes biliousness and excessive thirst. This is very nutritious. This increases semen.

(h) *Ghee and Rice*

This cools the eyes, increases the appetite and removes biliousness.

(i) *Buttermilk and Rice*

This increases the digestive fire and removes thirst. This is useful in diarrhoea and dysentery.

(j) *Cold Rice*

Rice that is soaked in water is taken in the morning with buttermilk or curd. This increases semen, cools the system and gives a healthy glow to the body. The rice water also may be drunk. It is very cooling and strengthening.

100. SALT

English	: Common Salt
Hindi	: Nimak

Kanarese, Tamil,	
Telugu, Malayalam	: Uppu
Marathi	: Chemitrneeth
Gujarati	: Mithun
Bengali	: Nimok
Sanskrit	: Lavanam

(i) Salt Oil

Put a little salt in mustard oil and expose the oil to the sun. This oil is useful in rheumatism. Rub the oil to the painful parts with great friction. This oil can be used for cleansing the teeth in pyorrhoea, spongy gums, bleeding from the gums, carious tooth, etc.

(ii) Salt Gargle

Salt can be used as a gargle in sore throat. Half a teaspoonful of salt in a tumblerful of warm water will form a good gargle.

(iii) Salt as an Emetic

It is useful as an emetic in cases of poisoning. If you find a small child had eaten any poisonous thing, you can give him salt to make him sick and so get rid of the poison. It will take two teaspoonfuls of salt in a tumblerful of warm water for a child's emetic and two tablespoonfuls for an adult.

101. SANDAL WOOD

English	: Sandal Wood
Hindi	: Chandan
Kanarese	: Gandhada-chekke
Tamil	: Chandanam
Telugu	: Chandhanapu-chakka, Gandhapu-chakka
Malayalam	: Chandana-mutti
Sanskrit	: Sri-gandha

(i) Uses

This is grown in abundance in Karnataka State. This is an alterative, diuretic, diaphoretic, stimulant, disinfectant, astringent. This is cooling.

Red Sandal wood contains a little tannin and is therefore slightly astringent also. It is used as a colouring agent.

Rub the sandal wood with lemon juice. This paste is useful in itching, Scabies, Herpes, Ring-worm, Tinea versicolor (Themal in Tamil).

(ii) Sandal Wood Oil (*Chandan Tel*)

Oleum Santali is distilled from wood of Santali Album. It can be obtained from the bazaar and chemists. Only a good oil should be used. It is a stimulant and disinfectant of the genito-urinary tract. It is also an expectorant. Dose: 5 to 15 minims or drops.

Re: Sandal wood oil	5 drops
Mucilage	q.s.
Water	1 ounce

Dose: 1 ounce thrice daily after food. Useful in gonorrhoea, gleet, leucorrhoea and cystitis or inflammation of the bladder and painful and burning urination. The oil is best given in a little omum water or infusion of ginger.

102. SAPOTA

(ACHRAS SAPOTA)

For Blood Enrichment

This is known as Chikku fruit. It is a sweet, nutritious fruit. It has laxative and diuretic properties. It enriches the blood qualitatively and quantitatively.

103. SENNA

Tamil	: Surattavarai
Sanskrit	: Sonnamukki

(i) Description

Leaves of cassia lanceolata and cassia augustifolia. Senna is cultivated in Southern India (Tinnevely district). There is the Alexandrian or Egyptian Senna. As the Senna leaves are obtained from two sources, they are called Tinnevely Senna and Alexandrian Senna.

(ii) Uses

This is a good laxative. It is a safe and efficient purgative, well adapted for childhood, old age, for pregnant women and for delicate persons. It is not so well adapted for nursing women, as it may render the milk purgative and so induce colic on the child. The active principles are Cathartic and Chrysophanic acids and Emodin.

The leaves are $\frac{3}{4}$ to 1 inch long, lanceolate, greenish yellow in colour, unequal at the base, brittle and with a faint tea-like odour. Dose: 10 to 30 grains. The taste of Senna may be disguised by sweetening the infusion and adding milk. Then it much resembles ordinary tea.

(iii) Method of Preparation

Re: Senna	1 ounce
Ginger	30 grains
Rose-petals	30 grains
Boiling water	10 ounces

Infuse for one hour, and then strain. Dose: for adult 1 to 2 ounces. Infusion of Senna with Epsom salt constitutes the "Blackdraught."

(iv) For Children

Re: Senna leaves	1 teaspoonful
Boiling water	4 ounces

Infuse for 10 minutes; strain and add a little sugar.

Confection of Senna, extractum senna liquidum; Infusion Senna concentratum, Mistura Senna Co., or Blackdraught, Pulvis Glycyrrhiza Co., which is useful as a laxative powder at night in the patients suffering from piles, and Syrupus Senna are all official preparations of Senna.

Senna pods, the direct ripe fruits of Senna are also a valuable laxative. Soak ten pods in cold water all night, strain and drink in the next morning.

CHAPTER XXX**SESAMUM, SPINACH, SUNDAKAI, SWEET FLAG****104. SESAMUM**

(GINGELLY OIL PLANT)

English	: Sesamum
Hindi	: Til
Kanarese	: Ellu
Tamil	: Ellu
Telugu	: Nuvvulu
Malayalam	: Karuella
Marathi	: Teel
Gujarati	: Tal
Bengali	: Kala-til
Sanskrit	: Tilam

The plant, *Sesamum Indicum* is cultivated throughout India and other tropical lands for the sake of its oil-yielding seeds. There are three kinds of seeds, viz., black, white and red.

(i) Uses of Leaves

The leaves are demulcent and emollient. They are useful in dysentery, in Amenorrhoea (absence of menstruation) and dysmenorrhoea (difficult menstruation). At the same time give a warm hip bath which contains a handful of bruised seeds.

Gently warm the leaves and apply them to swellings and boils. They will quickly suppurate and burst.

Soak a few leaves in 4 ounces of cold water for one hour. Give the infusion (4 ounces) twice daily. Make fresh infusion. This is useful in dysentery.

(ii) Uses of the Seeds

The seeds possess emmenagogue, stimulant, tonic, diuretic, lactagogue and laxative properties. They give a sweet voice for songsters. If the seeds are taken in large quantities they cause abortion. The powdered seeds in 10 gram doses are beneficial.

Make a paste of the seeds and heat it and apply to boils. The boils will suppurate quickly and burst.

Sesamum and boiled rice (Ellothanam) gives great strength. Excess of wind and bile will disappear.

(iii) Uses of the Oil of Sesamum—I

Oil of sesamum is demulcent, laxative, emollient and nutrient. This clarifies the intellect, cools the eyes and bestows strength and vigour. It gives lustre to the eyes and the body. It nourishes the body well and rejuvenates.

(iv) Uses of the Oil of Sesamum—II

Apply this oil to the body, head and eyes. It removes burning in the head, itching, scabies, cough, redness of the eyes, watering of the eyes, inability to bear the glare of the sun and other diseases of the eye. It heals ulcers and wounds. Til or Gingily oil is quite equal to olive oil for medicinal and pharmaceutical purposes. It is useful in leprosy. The body must be rubbed with this oil with great friction.

105. SPINACH

English	: Spinach
Hindi	: Palak
Kanarese	: Basalay
Tamil	: Pasala Keerai
Telugu	: Mattu Bachhale
Marathi	: Sag
Gujarati	: Palak
Bengali	: Palang

(i) Importance of Green Leaves

Green leaves are the very basis of life. They help in the attainment of longevity. Nature compounds all the essentials of life in the green, leafy vegetables. In the green, leafy vegetables nature carries on her most elaborate, vital alchemy. Spinach is put in the first place by the food experts. It should be used in abundance by every family. It is cheap, too.

(ii) Nutritive and Medicinal Value of Spinach

Spinach is a leafy vegetable. It contains iron in abundance,

and so it is beneficial for anaemic patients whose blood is in impoverished condition. Spinach has nutritive and medicinal value. It contains a large quantity of vitamins, calcium, vegetable-haemoglobin and protein building amino-acids. It is a protective food. There is a large quantity of alkaline minerals in spinach. Therefore, it maintains an effective resistance against infection.

Spinach contains a small amount of oxalic acid, a small amount of albuminous matter in the form of mucin and a large quantity of vitamins A, B and C and salts of potassium. The iron in spinach is easily assimilated.

Spinach is very easily digested and forms an excellent, cooling, nutritious and demulcent dish. It should be cooked in a little water. No water should be thrown away after cooking, as it contains much nutritious properties.

Young, tender sprouts of spinach can be used in raw salads. They can be combined with tender lettuce leaves. It serves as a good appetiser. A liberal addition of green leafy vegetables to pulses is very beneficial.

Spinach is a good laxative and demulcent. It minimises tissue-waste. It has considerable anti-beriberi and anti-scorbutic properties. Raw tendrils are highly beneficial. Spinach is useful in diabetes, anaemia and gout.

(iii) Uses of the Juice

The juice of the leaves can be given to children, mixed with honey or sugar. The juice is useful in urinary calculi or stones. It dissolves the stone. It has lithontriptic properties. Spinach is useful in kidney troubles. The juice of the leaves is used as a gargle in sore-throat.

(iv) The Decoction of the Leaves

A decoction or an infusion of the leaves (1 in 10) is useful in fevers, biliary troubles, inflammation of the lungs and bowels, dyspnoea and hurried breathing. It acts as a demulcent, astringent and diuretic in these diseases. The dose is 1 or 2 ounces. Young, growing girls should eat plenty of

spinach, as it provides iron in abundance in an easy assimilable form.

106. SUNDAKAI

(SOLANUM TORVUM, SOLANUM VERBACIFOLIUM)

Tamil	: Sundakai
Telugu	: Uste-kaya
Malayalam	: Chundak-kaya

(i) A Digestive Tonic

It is very much is used in the Tamil districts of Southern India. It is a digestive tonic for the weak and the anaemic. It is a small, round, green fruit.

(ii) Contains Carbohydrates

It contains a good amount of carbohydrates, proteins, a fair proportion of iron, calcium, Phosphorus and vitamin A.

(iii) As a Pickle

It is used as a pickle. It is salted and dried, and used in the preparation of soup. The soup is an appetiser for the convalescents, dyspeptics, etc. It is an expectorant, germicide and stomachic. It is slightly bitter. It is useful in bronchitis with phelgm, worms in the bowels and rheumatism.

(iv) Uses

The vatal (salted and dried ones) is useful in anorexia or loss of appetite due to biliousness, worms in the bowels, chronic diarrhoea, and mucus in the anus. It will give you good appetite. It is useful in phlegm in the chest, diarrhoea, due to indigestion and piles.

(v) Some Preparations

It is fried in ghee or oil and used as an appetiser along with meals. It takes the place of vegetables. The Chundakai is soaked in sour curd. Salt is added. Then it is dried up in the sun. This is called Vatal or dried, salted pickle in Tamil.

(vi) As Snuff

The powder of the bark of the root is used as a snuff in heaviness of head with cold, hemicrania or onesided

headache, coryza, boring pain in the head, fainting and collapse.

107. SWEET FLAG

(ACORUS CALAMUS)

English	: Sweet-flag
Hindi	: Gora-bach
Kanarese	: Baje
Tamil	: Vashambu
Telugu	: Vasa
Malayalam	: Vayambhu
Marathi	: Vekhand
Gujarati	: Godavaj
Bengali	: Gora-bach
Sanskrit	: Vacha

(i) Description and Uses

It is a kind of root, found in India, Burma, North America, Europe. It has a sweet aroma. Glucoside acorin, a kind of oily essence, is found in this root. It is a stimulant, tonic, stomachic, germicide, disinfective, anti-periodic, emetic, carminative, nauseant. It is a cheap medicine. It can be obtained everywhere. It is one of the commonest of bazaar medicines. It is about the thickness of the thumb. Its taste is bitterish, warm and acrid. It should be kept in every domestic medicine chest.

(ii) Infusion Acorus

Re: Acorus bruised	1 ounce
Boiling water	10 ounces

Infuse for 1 hour and strain. Dose: 1 ounce thrice daily. Useful in dyspepsia, diarrhoea, flatulence of stomach and bowels, debility, intermittent fever, rheumatism, paralysis, itching of skin, scabies, debilitating fevers, loss of appetite, diarrhoea of children.

(iii) Infusion Acorus and Chiretta

Re: Acorus bruised	1 ounce
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Chiretta bruised	1 ounce
Boiling water	20 ounces

Infuse for 1 hour and strain. Dose: 1 ounce thrice daily. For intermittent fevers, convalescence after intermittent and other fevers, dyspepsia, particularly when attended with much flatulence or wind in the stomach and bowels, loss of appetite and constitutional debility, enlargement of spleen, asthma, round worms in the bowels.

(iv) Decoction of Acorus

Re: Acorus bruised	2 drachms
Liquorice	2 drachms
Water	10 ounces

Boil for $\frac{1}{2}$ hour and strain. Dose: 2 teaspoonfuls thrice daily. For cough, fever and colic of children. Chew a bit of acorus. You will be relieved of hoarseness of voice, cough. People chew this when there is an epidemic of disease due to infected air.

(v) Acorus Paste

Re: Acorus	2 drachms
Gerua or Kasukkatti	2 drachms

Make into a paste by grinding them with water. For chronic rheumatism of joints. Burn Acorus and mix the ash with cocoanut oil or castor oil. Apply this to the abdomen. Useful in flatulence and colic.

(vi) Acorus Co., Decoction

Re: Acorus bruised	2 ounces
Coriander	1 drachm
Black pepper	30 grains
Water	20 ounces

Boil for 20 minutes, strain and cool. Dose: for adults—1 ounce thrice daily. For a child, one teaspoonful sweetened with sugar thrice daily. For dysentery, diarrhoea, bronchitis or cough of children.

(vii) Acorus Co., Digestive Powder

Re: Acorus powdered	1 drachm
Asafoetida	1 grain
Long pepper powdered	30 grains
Black pepper powdered	30 grains
Dried ginger powdered	1 drachm
Rock salt powdered	1 drachm
Atis powder	1 drachm

Mix well. Dose: $\frac{1}{2}$ teaspoonful or 30 grains twice daily.

For dyspepsia or indigestion, diarrhoea, flatulence or wind in the stomach and bowels, rheumatism, loss of appetite due to dull gastric fire.

The aroma of the fresh root drives away fleas and other insects. It can be kept in a room where sick persons live.

CHAPTER XXXI**TAMARIND, THUMBAI, THUTHULAI, TURMERIC, VASAKA****108. TAMARIND****(TAMARINDUS INDICUS)**

English	: Tamarind
Hindi	: Imli
Kanarese	: Hunashi-hannu
Tamil	: Puli, Puliya-pazham
Telugu	: Chinta-pandu
Malayalam	: Puli
Marathi	: Chinch
Gujarathi	: Ambli
Bengali	: Tinturi, Tentul, Amlī
Sanskrit	: Tintrini

(i) Description and Uses

It is the pulp of fruit of reddish-brown colour. It has an acid saccharine taste. It is found in India and Burma. It is a big tree. It is laxative, refrigerant and anti-scorbutic. The tender leaves possess refrigerant and anti-bilious properties. The flower and tender fruit are both stimulant.

(ii) Tamarind Drink—I

Re: Tamarind fruit pulp	1 ounce
Boling water	1 pint (20 ounces)

Pour over the tamarind pulp which is contained in a vessel, the boiling water. Allow it to cool. Strain. Add sugar to taste. This is a useful drink in fevers and inflammatory affections. This is a cooling Sherbet. You can add a teaspoonful of cardamom powder. This will give you a good appetite.

(iii) Tamarind Drink—II

Re: Milk	1 pint
Tamarind pulp	2 tablespoonfuls
Sugar	q.s.

Boil the milk. While it is boiling add the tamarind pulp. Strain and sweeten to taste. This is a cooling and slightly laxative drink. This is useful in fevers and inflammatory conditions.

When you cannot get limes or lemons, use Tamarind pulp in scurvy both as a preventive and as a curative. It can be taken on board the ship. It can also form a portion of daily rations in jails, etc.

(iv) A Good Laxative

Re: Tamarind fruit pulp	1 ounce
Dates	1 ounce
Milk	1 pint (20 ounces)

Boil and strain.

(v) Panakam

Re: Tamarind fruit pulp	1 ounce
Black sugar	q.s.
Cardamom powder	1 drachm
Camphor	3 grains
Water	1 pint (20 ounces)

Put the tamarind in the water. Macerate and strain. Now add the camphor and cardamom.

This is a cooling drink. It removes the heat of the body.

This is useful in loss of appetite. It removes burning in the eyes and anorexia or distaste for food, and headache.

109. THUMBAL

(LEUCUS ASPERA)

Hindi	: Guma Madupati
Kanarese	: Tumba
Tamil	: Thumbal
Telugu	: Tummi
Malayalam	: Tumba
Sanskrit	: Dronapushpa

(i) Properties and Uses

This is a small herbal plant. There is also another variety called Big Thumbal or Elephant Thumbal. The leaf and the flowers are used. This is a laxative, expectorant, stimulant, and emmenagogue.

The leaf is useful in cobra-poisoning, headache, cough or bronchitis with phlegm, dullness of the digestive fire, paralysis, rheumatism, and collapse.

The flower is beneficial in excessive thirst, fever with delirium and collapse, and defects in the eye.

Instil a few drops of the juice into the nose in snakebite. Rub the part bitten by the snake with the juice. Let the patient chew some leaves when he comes to consciousness. The poison will be destroyed.

(ii) Decoction of the Flower

A decoction of the flower is useful in catarrh or cold in the nose. Take 20 drops of the juice of the flower. Add a teaspoonful of honey to the juice. This is also useful in catarrh of the nose.

(iii) Other Uses of the Juice of the Flower

Add 10 drops of the juice of the flower with 10 grains of powder of dates. This is useful in all bowel diseases of children. Give this twice daily.

Instill 2 or 3 drops of the juice of the flower into the nostril. This will cure incurable headaches.

In states of collapse or typhoid state soak the flower in human milk and then squeeze the juice into the eyes.

Put the flowers in the sesamum oil and boil the oil. Allow it to cool. Apply the oil to the head and take bath. This is useful in heaviness of head, cold in the nose and head, etc.

110. THUTHULAI

(SOLANUM TRILOBATUM)

Tamil	: Thuthulai
Telugu	: Mullamusti
Malayalam	: Mulkathari
Sanskrit	: Alarka

This is a small creeper that is cultivated in South India. The whole plant (Samoolam) is used. It is a stimulant, expectorant and tonic.

(i) Uses of the Leaf and the Flower

The leaf is tasteful when it is eaten. The flower increases the semen and the seminal energy. The fruit keeps the three humours in harmony. The root and the creeper are useful in bronchitis and diseases of the respiratory tract.

The leaf is useful in asthma, bronchitis, spermatorrhoea, dyspnoea or difficulty of breathing, dullness of hearing due to phlegm, itching of body, dullness of digestive fire, boring pain in the internal body.

The flower is an aphrodisiac. It gives strength to the body and makes it beautiful and attractive.

(ii) Uses of the Unripe and the Ripe Fruit

The unripe fruit is useful in bronchitis, anorexia or disgust for food, constipation and pain in the heart. The unripe fruit can be made into a vatal (soaked in sour curd, salted and dried). This is useful in bronchitis.

The ripe fruit is beneficial in cough with phlegm in the chest, cold in the nose and head.

(iii) Preparations from the Leaf

A decoction of the leaves is useful in asthma, bronchitis or cough. The juice of the leaf can be instilled into ear. It will remove obstruction in the ear which causes loss of hearing.

The leaf can be made into a chutney and soup. It will throw out phlegm or sputum.

111. TURMERIC

English	: Turmeric
Hindi	: Haladi
Kanarese	: Arisina
Tamil	: Manjal
Telugu	: Pasupu
Malayalam	: Manjal
Marathi	: Holede
Guarati	: Halad
Bengali	: Holodi
Sanskrit	: Haridra

(i) The Many Uses of Turmeric

It is the dried root stock of *curcuma longa*. It has a yellow colour and good aroma. It is used largely as a colouring agent. It is an aromatic, carminative and brain tonic. It is useful in flatulence or wind in the bowels and dyspepsia. It invigorates the appetite.

Turmeric is used in all vegetables, dhalls, kitchadie (turmeric, dhal and rice) and soups. It gives a pleasant aroma and colour. Good colour to food is very pleasing to the eye and tongue and invigorates the appetite.

In South India ladies apply either fresh or powder of dried turmeric to the body while bathing. It removes bad smell, itching, eczema and skin diseases, etc. It is a depilatory. It gives a good shining, golden complexion. It is mixed with salt, oil and wheat flour to make a hot paste for ripening boils quickly and natural quick bursting.

In catarrh or severe cold in the head, inhalation of the fumes of burning turmeric through the nostrils acts as a local

stimulant or irritant. Congestion or fullness in the head and nose is relieved. It causes copious discharge of mucus from the nostrils. There is considerable relief and comfort. It removes vomiting, Vatha-pittha-kapha doshas, headache, coryza, swelling, ringworm, too much stinking, perspiration etc.

The juice of the fresh turmeric is useful in contusion, fresh wounds, leech bites. The juice must be applied to the affected parts.

The turmeric powder can be used as a dusting powder in ulcers and wounds, etc. Make a paste of nim-leaves and turmeric and apply it to the pustules in small pox. The pustules will heal up quickly.

(ii) Turmeric Paste

Re: Turmeric	one teaspoonful
Adhatoda leaves	one handful
Cow's urine	q.s.

Make a paste. This is useful in scabies, eczema, itching, skin diseases, etc.

(iii) Turmeric Digestive Powder

Re: Turmeric	10 grains
Dried ginger	5 grains
Black pepper	5 grains
Cardamom	5 grains

Make one powder. This is digestive and carminative, useful in flatulence or wind in the bowels, and colic. It tones the bowels.

(iv) Turmeric Decoction

Re: Turmeric powder	1 ounce
Water	20 ounces

Mix well. In conjunctivitis or sore-eyes, in catarrhal and purulent ophthalmia this decoction is a very effective lotion for relieving the burning, reducing swelling, removing redness and irritation of the eyes, pain, in the eyes etc. A piece of

clean white cloth soaked in it should be kept constantly over the affected eye. The piece of clean, white cloth can be dipped in the solution dried in the shade and then used for cleaning the eyes.

(v) Turmeric Ointment

Re: Turmeric	2 drachms
Gall	1 drachm
Ganja leaves	½ ounce
Opium	20 grains
Vaseline	2 ounces

Make a paste. (Instead of vaseline you can use olive oil, linseed oil or cocoonut oil.) It is useful in haemorrhoids or piles.

(vi) Turmeric Poultice

Re: Turmeric	one teaspoonful
Boiled rice	one or two handfuls

Grind and make a paste. Apply over the boils and abscesses. They will ripen quickly and burst.

112. VASAKA—I

English	: Malabar met
Hindi	: Arusa
Kanarese	: Adasoge sappu
Tamil	: Adatodai
Telugu	: Addasaram
Malayalam	: Ata-lotakam
Marathi	: Adulsa
Gujarati	: Adulso
Bengali	: Basaka, Baksh
Sanskrit	: Vasaka

(i) Constituents of the Herb

The root, flowers, bark and the leaves of Adhatoda Vasaca are used. This is a non-official herb. This is a well-known Ayurvedic medicine largely used as an expectorant and antispasmodic. It liquifies the sputum or phlegm which is coughed up more easily. It has a sedative and bronchodilator

effect. It contains an alkaloid (vasicined), an active principle and an essential oil, which has antiseptic properties.

(ii) Uses

It is an antispasmodic in bronchitis, bronchial spasm, asthma and whooping cough. It is slightly vaso-dilator, i.e., dilates or expands the blood vessels or arteries. It is a germicide and diuretic also. Dose: 20 grains. There are also tablets of 5 grains each; 4 tablets for a dose.

Re: Fresh juice of Adhatoda leaves 4 tablespoonfuls
Honey 4 tablespoonfuls

Dose: 2 teaspoonfuls. Useful in bronchitis, ordinary cough, asthma.

(iii) Adhatoda Decoction

Re: Adhatoda leaves (dried) 2 ounces
Boiling water 20 ounces
Dried ginger $\frac{1}{2}$ teaspoonful
Black pepper $\frac{1}{2}$ teaspoonful
Sugar 1 ounce

Make infusion. Dose: 2 teaspoonfuls thrice daily. Useful in bronchitis and asthma.

You can make cigarette out of dried Adhatoda leaves for asthmatics.

Tincture Adhatoda or Tincture Vasaka and Syrup of Vasaka are also useful in asthma, bronchitis, etc.

113. VASAKA—II

(MALABAR NUT)

(i) Description

This is a small shrub that grows in abundance spontaneously in all parts of India. The leaves are 4 to 8 inches in length and 2 or 3 inches in width. The flowers are white. It is an antispasmodic, expectorant, germicide and diuretic. The Bengal Pharmaceutical Works, Calcutta, prepares a syrup out of it. It is known as syrup of Vasaka.

(ii) Uses of Leaves

The leaves are useful in cough, bronchitis with sputum, asthma, consumption, vomiting, hiccough, leprosy, piles, rheumatism, fevers, sannipath, diseases of the stomach and bowels, dyspnoea or difficulty in breathing, orchitis or inflammation of the testicles, biliousness, jaundice. They give sweet voice for singing.

(iii) Juice of the Leaves

Re: Juice of the leaves	20 drops
Honey	2 teaspoonfuls
Water	2 tablespoonfuls

Mix well. One dose. To be taken twice daily. Useful in the above diseases.

Re: Leaves of Vasaka	4 ounces
Water	20 ounces

Boil for 20 minutes. Strain. Dose: 2 tablespoonfuls twice daily. Add a teaspoonful of honey for each dose. Useful in cough, constipation, fever with cough and sputum. Dry the leaves. Make them into a cigar and smoke. Useful in asthma.

CHAPTER XXXII

VERNONIA SEEDS, WALNUT, WHITE PUMPKIN, WORM-KILLER

114. VERNONIA SEEDS

(VERNONIA ANTHELMINTICA)

English	: Purple fleabane
Hindi	: Somraj, Bukchi, Kalouji jangli
Kanarese	: Kadu-jirigay
Tamil	: Kattu-jirakam
Telugu	: Adavi jilakarra, Vishakantakalu
Malayalam	: Kattu-jiragam
Marathi	: Ranacha-jira
Gujarati	: Kadvo-jiri
Bengali	: Somraj
Sanskrit	: Vana Jeerakam

(i) Description

The plant which yields these seeds is common in waste places near villages throughout India. The dried seeds can be obtained in the bazaars. The taste is nauseous and bitter. The seed is about the eighth of an inch in length. It is of a dark brown colour. It is covered with whitish scattered hairs. It is cylindrical.

(ii) Uses

It is an anthelmintic, stomachic, tonic, diuretic, antiperiodic and alterative. It exercises a specific influence on the round worm or ascaris lumbricoides. The round worms are expelled in a dead condition.

Re: Vernonia seeds (powdered) 2 drachms
 Honey q.s.

Make into two boluses. Give one bolus at 5 a.m., another at 6 a.m. Then give a dose of castor oil (1 or 2 ounces) at 7 a.m.

(iii) Vernonia Paste

Re: Vernonia seeds (powdered) 2 drachms
 Lemon juice q.s.

Make into a paste. This destroys lice infesting the body.

115. WALNUT

(JUGLANS REGIA)

English	: Walnut
Hindi	: Akhrot
Kanarese	: Akrodu
Tamil	: Akrottu
Telugu	: Akrotu
Malayalam	: Akrotu
Marathi	: Akroda
Bengali	: Akhroot
Sanskrit	: Akshota

(i) Description

This is a kind of tree which grows spontaneously in the Himalayas. It is cultivated in Kashmir, Tibet and Afghanistan.

The leaves, tender fruits and the skin of fruit, bark and seed are used.

(ii) Uses of Leaf, Fruit, Nut and Seed

The leaf is an alterative, astringent and tonic. The tender fruit is a vermifuge. The nut is an alternative and aphrodisiac. It gives strength.

(ii) Uses of the Skin of the Fruit

The skin of the fruit is an anti-syphilitic and vermifuge. The bark is an astringent, anthelmintic detergent and actifuge. The seed is a cholagogue and a mild laxative.

116. WHITE PUMPKIN

English	: White Pumpkin
Hindi	: Petha
Kanarese	: Boodi Kumbala
Tamil	: Kalyana Pooshanikai
Telugu	: Boodidagummadi
Marathi	: Kohala
Gujarati	: Kohala
Bengali	: Kumra
Sanskrit	: Koozhmanda

(i) Properties and Uses

This is a diuretic. This is a cooling vegetable. In Northern India people make Petha, a kind of sweetmeat out of this.

It is useful in dropsy, ascites, diseases of the kidneys and bladder, suppressed urine, dryness of tongue, constipation, debility, lack of vigour, loss of blood, blocking of the urinary passage by stone or flesh, diabetes, fever, vomiting of blood, dysentery, liver diseases, stone in the kidneys and bladder, sprue and chronic indigestion. It is taken as a vegetable. The juice is given with glucose.

(ii) The Confection

Koozhmanda Lehia or confection is beneficial in consumption. It renders the urine alkaline. It purifies the blood.

117. WORM-KILLER

(INDIAN BIRTHWORT)

English	: Wormkiller
Hindi	: Gandan
Kanarese	: Sanajali-hullu
Tamil	: Adutindapalai
Telugu	: Kadapara
Malayalam	: Atu-tinta-pala
Marathi	: Gandhani
Gujarati	: Gudhafee
Sanskrit	: Ajaspurisaha

Goats do not touch or eat this. Hence the significant name Adutindapalai. It is a kind of small shrub.

(i) Properties and Uses

It is an anthelmintic, emmenagogue, stimulant, tonic, purgative, alterative and anti-periodic. It is useful in black-leprosy, eczema, rheumatism, worms in the bowels. It gives strength and increases the semen.

(ii) Preparation

Re: Fresh leaves of worm-killer	2 ounces
Boiling water	20 ounces

Infuse for 2 hours and strain. Dose: 2 tablespoonfuls. Useful in above diseases,

(iii) Leaves and the Paste of the Root

The dried leaves also can be used. The root is useful in poisoning by venomous serpents. Other kinds of poison also will be neutralised. Make a paste of the root with a little water. Mix it in 2 ounces of water and then administer, in cases of poisoning by bites of venomous snakes. Dose: Weight of 21 ganjas (42 grains).

(iv) Powder

The powder of the root is useful in inducing labour pains. Dissolve the powder in 4 ounces of hot water. Dose: Weight of 21 ganjas (42 grains).

(v) Oil

Take the juice of the whole plant along with this root. Add equal parts of sesamum oil. Boil, till the juice evaporates. This is useful as an external application in black leprosy and eczema.

Re: Paste of the whole plant 4 ounces
 Sesamum oil 20 ounces

Boil and strain. Dose: 1 teaspoonful half an hour after food once daily. To be taken for 40 days. Useful in the initial stage of leprosy.

PART—II

CHAPTER XXXIII

ANTISEPTICS AND BAZAAR DRUGS

118. LYSOL

It is an antiseptic and disinfectant. It is used as a vaginal douche: $\frac{1}{2}$ to 1 teaspoonful of pure lysol added to 2 pints of warm water.

119. D.D.T.

This is a new insecticide. It means Dichloro-diphenyl-trichloroethane. This is useful in destroying lice and mosquitoes. It may be used in powder form or as a solution. It is employed to destroy vermin and insects in houses, ships, aircraft.

120. BRAN

Put a quarter of a pound of bran into a saucepan with one and half pint of water. Simmer till reduced to a pint. Strain when cold. This is a good drink for diabetes. This is also an excellent remedy for cough and sore throat. Sweeten it with honey or sugar.

121. DILL WATER

Dill is a herb from which a volatile oil is obtained. This is useful in flatulence or wind in the bowels, colic and stomachic in infants and the aged. Dose: 2 to 4 teaspoonfuls.

Dill water is obtained from the fruit of the *Anethum Graveolus*. It has an aromatic smell.

Dill, anisi, fennel, caraway and coriander are all identical in action. They are powerful carminatives. They relieve the gripping of purgatives.

122. GARLIC

It is hot and stimulant. It is useful in coughs, fevers and other debilitating conditions. The juice is dropped into the ear for earache and temporary deafness. It is useful in atonic dyspepsia, flatulence and colic. It relieves whooping cough. It is a powerful agent in reducing blood pressure. It is useful in pneumonia asthma. Dose: 30 drops of juice 3 times daily.

123. HONEY

It can be taken in place of glucose for supplying energy. It is useful in weak heart, palpitation and wasting diseases. It has a soothing action in cough, cold, sore throat. It is useful in eye troubles, burns and scalds.

124. SARSAPARILLA

It is a dried, long, slender root. It is popularly known as the Jamaica Sarsaparilla. It is an antidote for syphilis. It is useful in pimples, face grubs, purfules, blotches, sores, boils, etc. It helps nature in the all important work of carrying off from the body morbid secretions which poison the blood. There is the iodised sarsaparilla also.

There is the sarsaparilla sherbet, a cooling beverage. A decoction is made out of the root and taken as coffee with milk and sugar in the early morning. Sarsaparilla is a blood purifier.

CHAPTER XXXIV**DRESSINGS AND LINIMENTS****125. ACETIC ACID**

A strong solution of acetic acid is used to destroy warts. Touch the wart lightly with the acid. Do not allow it to fall on the surrounding skin.

If you want to check profuse perspiration, sponge the patient with water to which acetic acid has been added in the proportion of 2 tablespoonfuls to a quart of water.

126. BELLADONNA PLASTER

This is useful in painful condition of the chest, pain in the region of the heart and other places. The plaster can remain for some days. You can take bath also. After taking bath foment it with a flannel piece or white cloth.

127. BORIC LINT

This is lint treated with boric acid. It is a very handy form of dressing. It only requires to be moistened with hot water before being applied to the wound. It is pink in colour. Place oil paper, oil silk, or any leaf over it. Put on bandage.

128. CARRON OIL DRESSING

Mix linseed or cocoanut oil and lime water. Rub the solution till it becomes an emulsion. Soak a piece of clean lint or cloth in the emulsion and apply it to burns and scalds.

129. EUCALYPTUS OIL

It is a powerful deodorant, antiseptic and disinfectant. Ten drops added to a pint of boiling water will give off a steam that may be inhaled with advantage by sufferers from bronchitis and coryza.

It may be sprinkled about a sick room to purify the air.

It is largely used in the treatment of common cold in the head and influenza. Sprinkle a few drops in the handkerchief and inhale. It can be applied locally to head in headache.

It is made into an ointment and rubbed into the skin in infectious diseases.

1 to 3 drops may be taken internally on a lump of sugar.

Eucalyptol is most suitable if used as a spray for coryza and bronchitis.

130. ABC LINIMENT

ABC Liniment is composed of equal parts of liniments aconite, belladonna and chloroform. It is used for the relief of pain in a variety of conditions including neuritis and rheumatism.

131. TURPENTINE LINIMENT

This is the best embrocation. It contains oil of turpentine, soft soap, camphor and water. Shake the bottle before use. It is useful in rheumatism of joints, contusion and pain all over the body, sprain, etc.

CHAPTER XXXV

PATENT OINTMENTS AND OTHER OINTMENTS

132. BURNOL OINTMENT

This is an excellent healing ointment. It is useful in chronic ulcers, wounds, abrasion, burns, simple suppurating sores, infective skin conditions. It is a safe application as an eye ointment.

Smear the ointment on a piece of lint or clean cloth and apply in direct contact with sore, wound or burn. Secure with bandage or adhesive plaster.

133. CIBOSOL OINTMENT

This is useful in scabies, ulcers, boils and wounds. It is an antiseptic.

134. IODEX

It is an useful external application in rheumatism of joints, muscular pain, contusion, pain in the chest, etc.

135. PENICILLIN OINTMENT

This is an antiseptic and germicide. It is useful in wounds, septic ulcers, etc.

136. TANNAFAX

It is a tannic acid jelly. For burns, scalds and abrasions apply the cream lightly and allow to dry before covering with bandage. Bandaging may be avoided when not required. In all cases tannafax should be repeatedly applied until the burn has ceased to be moist and red. When healing is complete, the black coating readily peels off, leaving a clean, healthy surface.

For abrasions, the affected skin should be thoroughly cleansed before applying the medicine.

Tannic acid preparations should not be used for serious burns of the hands or face.

137. CHRYSOPHANIC OINTMENT

Re: Chrysophanic	2 drachms
Soft Vaseline	1 ounce

Useful in ringworm.

138. GALL AND OPIUM OINTMENT

This is useful in piles. It will relieve pain and stop bleeding. Apply the ointment with your left middle finger to the anus.

139. REDIODIDE OF MERCURY OINTMENT

This is useful in enlargement of spleen and goitre in the neck. Rub the part with the diluted ointment 1 in 25. Apply a very small quantity. If it smarts apply the ointment on alternate day or once in three days. If there is slight irritation on the part apply a little ghee or vaseline to the area.

140. SALICYLIC OINTMENT

Re: Acid salicylic	1 drachm
Soft Vaseline	1 ounce

Useful in ringworm.

141. SULPHUR OINTMENT

Take sulphur 1 drachm and soft paraffin 1 ounce. Mix well. For external use. It is useful in scabies or itch, ringworm and acne.

CHAPTER XXXVI

PATENT MEDICINES FOR INTERNAL USE

142. AMYL NITRAS

It lowers the blood pressure. It has a dramatic effect on the heart and blood vessels. It is useful in angina pectoris and any

other condition of violent cardiac embarrassment with pain and asthma. Amyl nitras capsules contain 1 to 5 minims of amyl nitras. Break the capsule and inhale the vapour.

143. CHLORODYNE

This is also known by the name Tincture Chloroformiet Morphi Co. Dose: 10 to 30 drops. To be taken in 1 ounce of water and repeated in diminished doses every 3 or 4 hours. Useful in diarrhoea, dysentery, cholera, simple cough, influenza, colds, cramp, asthma, colic, etc.

144. EASTON'S SYRUP

The other name is syrup Ferri Phosphatis cum Quinina et Strychnine. Dose: $\frac{1}{2}$ to 1 teaspoonful in 1 ounce of water after food. Each drachm contains $\frac{1}{32}$ of a grain of strychnine. This is largely used as a tonic. This contains quinine sulphate, strychnine hydrochloride, iron, phosphoric acid, syrup glycerin and distilled water. This is taken with much advantage after an attack of malaria to purify and enrich the blood.

Iron preparations should always be taken after food. If they are taken on empty stomach they will produce irritation of the mucous membrane of the stomach and bowels. If there is diarrhoea they should not be taken. Iron preparations like bismuth, colour the motions black. Do not be unnecessarily alarmed at this. Iron produces constipation. Take a dose of epsom salt occasionally to counteract this.

145. ESSENCE OF GINGER

It is a very good remedy for flatulence or wind in the bowels because of its carminative properties. It is a digestive and stomachic. Dose: 5 to 10 drops.

146. ESSENCE OF PEPPERMINT

This possesses carminative properties. It helps the passing of flatus or wind from the bowels. It is a digestive and stomachic. Dose: 5 to 30 drops.

147. HUXLEY'S SYRUP

This is a good brain and nerve tonic. It is a blood tonic as well. It improves the quality and quantity of blood. It contains glycerophosphates of lime, soda, potash, iron, manganese and strychnine. Dose for adults: one teaspoonful to be taken twice daily in 2 tablespoonfuls of cold water after food.

148. KURCHI

It is useful in amoebic dysentery. It is an effective amoebicide. It does not produce any of the toxic effects produced by emetine. The barks and seeds are used. The bark contains an alkaloid (conesine), which is non-emetic and is therefore capable of oral administration. Dose: 1 to 2 drachms. Tablet of Kurchi bark in 5 grain doses is available.

149. NEURO PHOSPHATE (ESKAY BRAND)

Each dose (2 teaspoonfuls) contains:

Sodium glycerophosphate	2 grains
Calcium glycerophosphate	2 grains
Strychnine glycerophosphate	$\frac{1}{46}$ grain

Dose: Adults: teaspoonful in water three times daily, preferably before meals. Children: According to age.

This is a very good nerve and brain tonic. It strengthens the memory. It is food for nerves and brain. It gives refreshing sleep. It augments brain vigour and nerve vigour. It removes nervous debility.

B.G. Phos is another useful brain and nerve tonic.

150. PARRISH'S CHEMICAL FOOD

The other name is Syrup Ferri Phosphatis Co. Dose: $\frac{1}{2}$ to 2 teaspoonfuls. This is a good iron tonic for children. Give half or one teaspoonful in 1 ounce of water after food once or twice daily.

151. SANTOGEN

It is an unrivalled tonic food for the nerves, brain and muscles. It is invaluable for nervous diseases, sexual

weakness, anaemia, brain and physical exhaustion. Dose: 2 teaspoonfuls 3 times a day soon after meals. For children a pinch of sanatogen may be added to each feed.

Mix 2 teaspoonfuls of sanatogen into a paste with eight teaspoonfuls of cold water. Add gradually, whilst stirring a suitable quantity of milk to form a thick fluid. Drink at once. Each dose should be freshly prepared. It is very palatable with milk, cocoa, chocolate, tea or any table water. It may be taken with any liquid hot or cold except acid drinks.

152. SAL VOLATILE

Aromatic spirit of ammonia is called Sal Volatile. It is a heart stimulant and also carminative. It is used in the treatment of fainting, as a restorative. It should be mixed with water because it will burn the mucous membrane of the mouth, throat and gullet, if taken undiluted or insufficiently diluted.

153. SYRUP OF FIGS

Dose: 1 to 2 teaspoonfuls for children. For adults: 2 to 4 teaspoonfuls. It is a laxative.

154. SYRUP OF VASAKA

This is useful in cough. Take one or two teaspoonfuls, twice daily in two ounces of water. It is palatable.

155. TESSOL

This is useful in stomach and intestinal disorders, cholera, diarrhoea, dysentery. It is a powerful antiseptic. It has carminative properties. It expels poisonous gases. It relieves pain and removes discomfort. It is an astringent and so it stops diarrhoea. It stops vomiting, biliousness, cramp, colic and griping. Dose: 15 to 30 drops in a wine glassful of water.

It is useful in sprue, colitis. It contains the essential oils, viz., oil of juniper, oil of clove, oil of cajput, etc. In cholera give 30 drops in half a wine-glassful of water every quarter of an hour for the first 3 hours, then every hour for another three hours. 30 drops 3 times a day for another 2 or 3 days should

be followed. After that 30 drops should be taken in water each day until the patient is perfectly convalescent.

CHAPTER XXXVII

POWDERS FOR INTERNAL USE

156. ASAFOETIDA

It is the gum resin of a plant growing in Persia and Northern India. It is a stimulant and antispasmodic. It is useful in hysteria, flatulence and nervous affections of women. The dose is from 5 to 10 grains.

157. AMMON. CARBONATE (SMELLING SALT)

Dose: 5 to 10 grains. Smelling of the salt will remove headache, cold in the nose and head. It stimulates respiration and acts as an expectorant. An expectorant is a drug that brings out sputum easily.

Ammonium carbonate is useful in cough, bronchitis, and pneumonia. It is one of the ingredients of cough mixture.

Inhalation is useful in scorpion sting, insect bites, shock or collapse, fainting, etc.

There is lavender smelling salt also.

158. ALUM

This is an astringent. It stops bleeding when applied locally in the form of saturated solution. 2 grains of alum in one ounce of water is useful in conjunctivitis or eye-sore. In bleeding from piles a piece of cloth saturated with alum should be kept constantly applied externally. This is useful in the prolapse or descent of anus.

It is used as a lotion in gonorrhoea and leucorrhoea. Dose: 3 grains in one ounce of water.

It is used as a gargle or mouthwash, for sores in the mouth. Dose: 10 grains in one ounce of water.

Stir an alum tablet five or six times in a pot of turbid water. Turbidity will be removed.

Burnt alum is used in tooth powder. It stops bleeding. It is useful in spongy gums.

159. ASPIRIN

Dose: 3 to 10 grains. This is a white crystalline powder. This is largely used for the relief of neuralgic pain. It causes perspiration and acts as a mild antipyretic (that which combats against fever). It is usually given by mouth in the form of tablet and powder.

It is mixed with equal parts of phenacetin and caffeine. Then it is called APC powder. This is more effective. Caffeine acts as a corrective in counteracting against the depressing action of aspirin.

This is also beneficial in rheumatism, headache and muscular pain all over the body. Do not repeat it very frequently.

Take 5 grains with hot coffee, tea or milk and cover yourself with a blanket in the bed. You will perspire profusely. The temperature will come down within half an hour.

Codopyrine tablets, Anacin tablets, Veganine tablets, Saridon tablets, Cibalgin tablets and Genasprin tablets contain Aspirin.

160. BISMUTH SALICYLATE

It is useful in diarrhoea, dysentery and intestinal colic. Dose: 10 to 30 grains. Bismuth blackens the faeces. Bismuth is given along with Dower's powder and Salol.

161. BISMUTH CARBONATE

This is a sedative and astringent both internally and externally. It is highly beneficial in gastric pains with all forms of vomiting and irritating dyspepsia, in gastric ulcer, diarrhoea, etc. It is usually combined with soda-bi-carb, magnesia carb, calc carb and opium as a gastric sedative. It forms a protecting coating on ulcerated surfaces and mucous

membrane of the stomach and intestines. It is used as a soothing dusting powder in wounds.

162. BISMUTH AND STARCH POWDER

It consists of equal part of Bismuth Subnitras and starch. It is a soothing dusting powder in eczema and other moist, eruptions, burns and scalds.

163. CALCIUM LACTATE

It is a tonic to the nervous, circulatory and respiratory systems. It is beneficial in all forms of nervous and cardiac debility. It is the chief constituent of bone and teeth and is used in all diseases of bone in combination with phosphorus and vitamin D.

It is highly useful in all respiratory diseases, asthma, influenza, tuberculosis, etc. Dose: 15 to 60 grains.

164. CAMPHOR

Dissolve it in mustard oil. Expose it to the sun. Then it becomes camphorated oil. This is useful in sprain, rheumatic pains, etc.

Fill the tooth socket with camphor. The worms will die. This is useful in caries tooth.

165. CATECHU

It is a powerful astringent. It stops bleeding from the gums. It is one of the ingredients of a gum paste and tooth powder. It is useful in diarrhoea. Dose: 5 to 15 grains.

166. DOVER'S POWDER

This is a powder which produces good sleep. Take 5 to 10 grains at bed time. Do not give this to a child.

167. EPSOM SALT

The other name is Magnesium Sulphate. Dose: $\frac{1}{2}$ to 4 teaspoonfuls. This is a saline purgative. It removes much serum from the blood. It produces watery motions. Dissolve

the salt in 4 ounces of warm water and drink in the early morning. Afterwards drink a tumblerful of hot water.

168. GLUCOSE

This is an energy giving food preparation. It maintains good health. It can be used for sweetening milk, tea, cocoa, lemonade. It is recommended in malnutrition, debility, overstrain and mental or physical over activity. It is useful in convalescence, anorexia (loss of appetite), travel sickness. Dose: 2 teaspoonfuls 2 or 3 times daily.

It is an easily assimilated form of sugar. In the digestion of carbohydrate food, glucose is the final end product. It is beneficial in hypoglycaemia when there is insufficient sugar in the blood. It fills the system with energy in a minute.

169. PULVIS GLYCIIRRIHAZA CO.

This is useful in piles. Take one or two teaspoonfuls of the powder at bed time in 4 ounces of warm water. This is a good laxative. It contains senna, liquorice root, fennel fruit and sublimated sulphur.

170. MAGNESIUM CITRATE

This is a mild aperient. It is composed of bicarbonate of soda, epsom salt, tartaric acid, citric acid and sugar.

171. RHUBARB

It is a purgative drug obtained from the root of the rhubarb plant. It is also astringent and stomachic. It is largely used as a purgative in the treatment of digestive disorders of young children, especially when these are due to irritating food.

It is administered in the form of Pulvis Rhei Co. (Gregory's powder) and Pilula Rhei Co., which contains aloes, peppermint, etc.

172. SANTONIN

This is useful in round worms. Take the powder at night. Mix it with a little sugar. Take a dose of castor oil in the morning. Dose: 1 to 3 grains.

CHAPTER XXXVIII**POWDERS FOR EXTERNAL USE****173. ACRIFLAVINE**

This is a product of coal tar. It is used in a 1-1000 solution. It is a powerful antiseptic. It does not harm the tissues. It may be universally used in the treatment of wounds. It stains the tissues yellow.

174. BORAK

It is alkaline. It is used as a gargle or mouth wash in sore throats and ulcers in the mouth. It is mixed with glycerine or honey. It cleanses and heals wounds and sore throats. It is useful as a tooth powder.

It dissolves the mucous and makes the mouth feel fresh and clean. It is mixed with glycerine for cleaning dry dirty mouth.

It makes an emollient, soothing bath combined with glycerine, in the treatment of certain skin diseases.

175. BORIC ACID

It is an antiseptic. It is used as an eye lotion in 10 grains per ounce solution. Use distilled or clean water.

A solution of boric acid is used in leucorrhoea and gonorrhoea for injection.

It is used as a dusting powder in ulcers.

Internally in doses of 5 to 15 grains it renders the urine acid. It disinfects the urine in gonorrhoea. It is an urinary antiseptic. It is used in solution for washing out the bladder.

Boric ointment is a healing and antiseptic ointment for ulcers and wounds. Boric acid 10 percent in white paraffin ointment or soft vaseline, white or yellow.

Boric acid is used to preserve milk, butter and animal food.

Glycerinum Boracis is used for cleansing the mouth when affected by sores.

A four per cent solution of boric acid is used as an antiseptic wash in foetid perspiration of the feet.

Boric lint is used for giving fomentation.

176. COPPER SULPHATE

This is useful in trachoma or granular lids. Touch gently the granular lids. This is also useful in scorpion sting. Rub copper sulphate and salt in a stone with a little water. Apply the thick paste on the spot.

177. POT. PERMANGANATE

This is a deodorant. In the form of crystals it is applied in snake bite. The site should be sacrificed before the medicine is applied. It is used as a diluted solution 1 in 1000 for douching in leucorrhoea, ozoena (chronic discharge of pus from the nose). It is used as a gargle in pyorrhoea. Rinse the mouth with a weak solution as soon as you finish your food. This will keep the mouth clean and prevent the development of pyorrhoea.

178. PICRIC ACID

It is an antiseptic. It is used in a one per cent solution for dressing burns.

179. PROTARGOL

This is useful in ophthalmia or conjunctivitis. $\frac{1}{2}$ to 1 per cent solution is generally used. It is useful in gonorrhoea as an injection. Keep the solution in a blue bottle or amber-coloured bottle.

180. TANNIC ACID

It is an astringent, styptic, haemostatic, coagulant and vaso-constrictor.

It is useful as a gargle for the mouth, as a wash for vagina, urethra and rectum in one per cent solution, as a protective lotion in burns 2 to 5 per cent solution.

It is used as a throat paint with glycerine.

181. ZINC OXIDE

It is used as a dusting powder usually mixed with starch

and boric acid. Zinc ointment is useful in eczema, skin diseases and abrasions.

CHAPTER XXXIX

PRESCRIPTIONS

182. BABCHI

It has been largely used for patches of leucoderma.

Re: Babchi seeds 1 drachm
Hartal Red (arsenic sulphide) 1 drachm

Make them into a fine powder and then into a smooth paste with cow's urine. Apply the paste on the patch. In a few days the colour will begin to change and spots with normal colour will begin to appear. Soon the patch is healed. You can use Babchi oil along with Harital.

183. BORO-ZINC-ALUM EYE LOTION

Re: Acid Boric 10 grains
Zinc sulphate 2 grains
Alum 2 grains
Distilled water 1 ounce

184. DUSTING POWDER

Re: Acid boric 8 ounces
Zinc oxide 8 ounces
Talc. Powder 1 lb.

Useful for ulcers and wounds.

185. GUM PASTE

Re: Tr. Catechu 1 teaspoonful
Tr. Myrrh 1 teaspoonful
Tannic acid glycerine 1 ounce

186. GOLDEN OINTMENT FOR EYES

Re: Yellow mercury oxide 16 grains
Soft Yellow Vaseline 1600 grains

Useful in eye diseases.

187. MANDAL'S PIGMENT

Re: Pure iodine	6 grains
Pot. Iodide	20 grains
Glycerine	1 ounce

This is a useful throat paint.

188. STOMACH POWDER

Re: Bismuth Carb	1 ounce
Soda-bi-carb	2 ounces
Calc. carb	3 ounces
Mag. carb	4 ounces

Useful for stomach troubles.

189. TOOTH POWDER

Re: Camphor	60 grains
Alum burnt	2 ounces
Thymol	30 grains
Acid carbonate	10 minims
Chalk powder	1 lb.

CHAPTER XL**PURGATIVES AND LAXATIVES****190. BLACK DRAUGHT**

This is also known by the names *Mistura Senna Co.*, and *Compound Senna Mixture*. This is a good purgative.

Put into a jug one ounce of epsom salt, a teaspoonful of ground ginger, a quarter of senna leaves and half an ounce of liquorice. Add half a pint of boiling water. Stir well and allow it to cool. Strain and use. Dose: 1 to 3 tablespoonfuls to be taken as the first thing in the morning.

191. CASCARA SAGRADA

This is obtained from bark of a special tree. It is a laxative. It is valuable in chronic constipation. It is prepared as *Extract of Cascara*, 2 to 5 grains; *Liquid Extract of Cascara*, $\frac{1}{2}$ drachm; and *Cascara Evacuation*, $\frac{1}{2}$ to 1 drachm.

192. CASTOR OIL

This is a harmless purgative. It removes irritant matters from the bowels. Dose: 1 or 2 ounces for an adult. For children 1 or 2 teaspoonfuls. This can be taken with peppermint water, hot coffee or tea.

193. CONFECTION OF SULPHUR

This is very useful in piles. Take one or two teaspoonfuls at bed time.

194. GLYCERINE SUPPOSITORY

This is useful in the constipation of children. Introduce a suppository into the anus. It will produce a nice motion immediately. A thin piece of soap can be made into a suppository and introduced into the anus. This is commonsense treatment.

195. LIQUID PARAFFIN

This is a good laxative. It acts by softening the faecal mass. Dose: $\frac{3}{4}$ to one fluid ounce.

196. MYROBALAN

It is a safe and effective aperient. It is useful in dyspepsia, biliousness, flatulence, pain in the bowels. Chronic sores in the mouth and the tongue are cured by regularly taking myrobalan every night. It expels round worms also. The hard outer covering of the fruit should be taken and not the seed. A paste of myrobalan is useful in piles and prolapse of anus. Dose: 3 to 4 drachms or as many fruits.

197. SENNA LEAVES

It is a safe and efficient purgative, well adapted for children, for old persons, pregnant women and for delicate persons. But it is not so well adapted for nursing women as it renders the milk purgative and so causes colic in the child. The taste of Senna may be disguised by sweetening the infusion and adding milk when it much resembles ordinary tea.

Infusion of Senna is made by steeping one ounce of Senna and 30 grains of ginger in 10 ounces of boiling water for one hour and then straining. The dose for an adult is from 1 to 2 ounces.

CHAPTER XLI

TABLETS FOR INTERNAL USE

198. ATEBRIN

This is quinine substitute of chemical origin and is very useful in malaria for destroying the segmentary parasites. It can be given in pregnancy. It is more effective in malignant than in benign tertian malaria. It should be given after food, 3 times daily for 5 or 6 days as a complete course in malaria. It may give yellow coloration to the skin which passes off soon. It is not toxic. Dose: 1 or 1½ grains.

199. BLUD'S PILL

It contains a good deal of iron. It is useful in the treatment of anaemia, chlorosis and amenorrhoea, absence of menstruation etc.

200. BREWVER'S YEAST

Young people who suffer from boils and other eruptions will benefit by taking yeast. It is a blood purifier. The dose is from a teaspoonful to a dessertspoonful in a little water after meals. It is useful in neuralgia, neuritis, beriberi, etc. It contains Vitamin B. Tablets are also available.

201. CIBALGIN

A combination of amidopyrine and dial (diallylbarbituric acid) with a synergetic action. One tablet or 1 c. cm. solution contains 0.22 g. amidopyrine and 0.03 g. dial.

Indications: Pains of all kinds, e.g., headache, neuralgia, migraine, toothache, earache. In surgery, for wound, fractures and post-operative pains; prophylactically before operations. In gynaecology, for dysmenorrhoea and its accompanying nervous disorders, post-partum and post-abortum pains. In

dysentery, following extractions or operations and prophylactically before drilling or filling. Available in Tablets and Ampoules.

202. CIBAZOL

(POWDERFUL CHEMOTHERAPEUTIC AGENT)

Indications: Pneumonia, gonorrhoea, meningitis, staphylococcal and streptococcal infections, coli infections of the urinary passages, bacillary dysentery, plague, small-pox, etc. Available in Tablets, Ampoules, Powder and Ointment

203. CORAMINE

Cardiac and respiratory stimulant having pronounced stimulating action on the vaso-motor and on the peripheral vascular system; it stimulates the myocardium, reinforces its contractions, leads to an increased depth of breathing and raises the pathologically decreased blood-pressure.

Indications: Circulatory and respiratory crisis (pneumonia, influenza, typhoid fever, diphtheria, etc.). Collapse, shock, coronary sclerosis, diabetic comauremic coma. Bronchitis, bronchial asthma, pulmonary tuberculosis and other infectious diseases, etc. Available in Liquid, Ampoules and Tablets

204. CATHARTIC CO. TABLET B.W. & CO.

This is a good night pill to produce good motion. Take one or two tablets at bed time. Cathartic vegetable tablet is much useful medicine.

205. ENTERO-VIOFORM

This is a specific remedy for the treatment of acute and chronic amoebic dysentery. Dose: 1 or 2 tablets three times a day after the principal meals. After an interval of 8 days, the treatment is resumed for another 10 days.

In bacillary dysentery one tablet can be taken 3 times daily. This dose can be increased when necessary to 6 tablets a day.

Intestinal antiseptic and a specific therapeutic agent for the

treatment of acute and chronic amoebic dysentery and other infections and parasitic intestinal diseases.

Indications: Amoebic dysentery, colitis, summer diarrhoea and other intestinal affections.

Tubes of 20 and bottles of 100 tablets.

206. MULTIVITE PELLETT

Each pellet contains:

Vitamin A	3000 International Units
Vitamin B1	200 International Units
Vitamin C	12.5 Milligrams
Vitamin D	600 International Units

Vitamins are life giving substances of the body. They are like electric sparks. Multivite pellets keep the body in a sound, healthy condition.

207. PALUDRINE

This is a very effective remedy for malaria. As a prophylactic it can be taken during the usual malaria season to prevent malarial infection. The tablets are odourless bitter-tasting and white in colour. Administered by mouth they are well tolerated and produce no unpleasantness if the normal dosage is adhered to.

As a prophylactic or for suppressive treatment in the case of healthy individuals living in highly malarious areas, the person should take one 0.3 gm. tablet once a week, or one 0.1 gm. tablet every other day.

During an actual attack if it is of benign tertian, take one tablet of 0.1 gm. three times a day for ten days, or 1 tablet of 0.3 gm. once daily for ten days.

If the attack is of the malignant tertian type, take 2 tablets of 0.1 gm three times a day for ten days, or 1 tablet of 0.3 gm. twice a day. In severe cases, for the first two days, take 3 tablets of 0.1 gm. three times a day, or 1 tablet of 0.3 gm. thrice daily. Then for the next eight days, take two tablets of 0.1 gm. three times a day or 0.3 gm. twice daily.

208. PEPS

These are cough lozenges or tablets. They contain liquorice anisi, etc. They are palatable. Take one or two at bed time and whenever is necessary.

209. PENICILLIN LOZENGES

Penicillin is the best germicide. This is useful in sore throat, bronchitis, cough, etc.

CHAPTER XLII

TINCTURES FOR EXTERNAL USE

210. TINCTURE MYRRH

Myrrh is an aromatic substance obtained from an Arabian plant. It stops bleeding in spongy gums.

It is useful as a mouth wash: 1 drachm in 1 ounce of water. It is one of the ingredients of gum paste. It stimulates the healing of sores and ulcers in the mouth.

211. TINCTURE IODINE

This is an absorbent, lymphatic stimulant, antiseptic, counter-irritant and resolvent. This is useful in contusion swelling, rheumatism of joints, enlargement of lymphatic glands, etc. This can be used as a lotion for cleaning foul ulcers.

Goitre or enlargement of the thyroid gland develops on account of iodine deficiency.

Take 2 drops of French iodine in 2 tablespoonfuls of water twice daily after food for a month. Goitre will disappear.

212. FRIAR'S BALSAM

It is also known by the name Tr. Benzoin Co. It is an application for wounds. Dip a piece of cotton in the tincture and apply it to the wound. There is no necessity for bandaging. It stops bleeding. It is an antiseptic.

Put a teaspoonful in a kettle containing boiling water and inhale the steam. This is beneficial in bronchitis, sore throat

and influenza. It will clear and strengthen the voice. It will prevent the development of influenza.

CHAPTER XLIII

PRESCRIPTIONS FOR

PILES, SCORPION STING, SNAKE BITE, WARTS

213. PILES

(i) Devadaalyaadi Lepa

Vandaal seeds	5 Tolas
Saindhaa Namak (salt)	5 Tolas

Grind these two and with fresh butter milk, till it becomes an ointment. Apply it to the anus, about one tola, after answering the calls of nature.

(ii) Arshakuthaar Lepa

Haridra Pushpa (flower)	2½ Tolas
Shanka Choorna	2½ Tolas
Mainasil	2 Tolas

Powder these three, and add to 10 Tolas of extract of Gaja Pippali. Stir well till it becomes as thick as butter. Preserve it in bottles. Apply to the rectum every day.

(iii) Durnaphar Lepa

Seeds of bitter Tumbi	5 Tolas
Jaggery	21 Tolas

Powder it and add to the fresh butter milk, till it becomes an ointment. Apply this 2-3 times daily.

(iv) Ksheeraadi Lepa

Arka Dugdha	2 Tolas
Thohar Dugdha	2 Tolas
Leaves of bitter Tumbi	2 Tolas
Buds of Karanja	2 Tolas

Grind well. Prepare an ointment by mixing this to 10 tolas of goat's good urine. Apply twice-morning and evening about ½ tola of this ointment.

(v) Shigru Mooladi Lepa

Bark of the root of Suhaajan	3 Tolas
Arka Patra	3 Tolas

Grind well in goat's milk and prepare ointment. Apply 3-4 times a day.

(vi) Kaachanee Lepan

Haridra	2 Tolas
Bitter Turayee	2 Tolas

Grind well in 4 Tolas of mustard oil, till it becomes an ointment. Apply 1 tola of it after answering the calls of nature.

(vii) Nimbaadi Lepa

Neem Leaves	2½ Tolas
Kaneer Leaves	2½ Tolas

Grind well and make it an ointment in 5 tolas of butter milk. Apply twice daily.

(viii) Turaaksheeree Lepan

Vanshalochan	1½ Tolas
Chotee Ilaayachee	1½ Tolas
Kattacha (Khadir Sattwa)	1½ Tolas
Neela Tootia (copper sulphate)	1½ Tolas

Powder well. Stir well in lemon juice and make pills of ½ tola. Dry the pills. Grind again each of the pill in water and apply 3 to 4 times a day.

(ix) Kaisaraadi Lepa

Chotee Pippali	1 Tola
Haridra	1 Tola
Sankha Bhasma	½ Tola
Sazzi Kshaar	½ Tola
Leaves and seeds of Karanjee	2 Tolas
Saindhaa Namak (salt)	1 Tola
Naga-kesar	2 Tolas
Ajawain	2 Tolas

Powder well and strain through a cloth. Extract 15 tolas of milk out of Arka leaves and grind the above powder with it.

Dry the powder. Again stir well in cow's milk. Preserve it in bottles. Apply before sunrise and before going to the bed to the rectum.

Avoid oily preparations, chillies, tamarind, jaggery.

(x) Ahephenaadi Lapan

Nootan Bhang (fresh Bhang)	1 Tola
Ahiphena	1/12 Tola

Powder in fresh water and make like poultice. Apply this to a piece of cloth. Heat it a little and then tie it to the anus.

(xi) Guggulaadi Kalka

Sugar-cane juice	1/2 Seer
Gingily Oil	2 Chattak
Suddha Guggula	5 Tolas

(a) Extract sugar-cane juice first. (b) Add this to ten tolas of Gingelly oil. (c) Boil it in low fire, till the oil alone remains and take it away from the fire. (d) Take 5 tolas of Guggula and strain it in 5 tolas of milk. (e) Add this to the previous one, i.e., the boiled oil, till it becomes an ointment. Preserve it in tinned vessel. Apply 1 tola every night before retiring to bed.

214. SCORPION STING

The sting is painful on account of the inoculation of a minute amount of intensely irritating poison. The poison is an acid. It is destroyed by treatment with an alkali such as ammonia or carbonate of sodas. Immediately apply a little strong solution of ammonia or carbonate of soda in solution before the poison can diffuse into the tissues. This will relieve the pain and prevent any of the unpleasant general effects. Do the treatment immediately. Otherwise, the poison will spread in the tissues. Tie a ligature just above the spot of the sting, immediately.

Death from scorpion sting has been recorded. Scorpions in Deva Prayag Himalaya and neighbouring villages are very poisonous. People generally die. Some villages have been

evacuated. Black scorpions are very poisonous. In Malaya scorpion sting is not poisonous at all but stings by centipede are poisonous.

The same treatment can be given in stings by wasps and other insects.

Ipecacuanthia paste is also beneficial.

Keep the part immersed in cold water or hot water. Keep up the heat by adding fresh hot water. Tie a thick wet bandage to the affected part. Apply ice. This is very effective. Evaporating lotion is also very effective.

Hip bath, hot foot bath, steam bath, hot fomentation are also beneficial.

The pain is at first like a prick from a needle. In a few seconds it assumes an agonising form as if many needles are thrust into the part. One feels as if fire is applied to the part. The pain shoots up towards the body and reaches a climax in ten minutes. The part affected swells up. The lymphatics get affected. A red line is seen in the skin. The glands swell. The joint above the part feels stiff.

215. SNAKE BITE

Snakes inject their poison through punctures made by two prominent upper teeth, the fangs. The bites of poisonous snakes show two marks thus. If there are more than two marks, you may conclude that the creature is not poisonous or that the wound has not been inflicted by the poison fangs. The pain is of a stinging character.

There are two principal families, the Colubrine of which the best known example is the cobra and the Viperine, of which a good example is the Russel's Viper.

The action of Colubrine poison is chiefly on the nervous system. It causes paralysis of the breathing centre. It acts on the blood to a small degree. But the action of Viperine is chiefly on the blood. It prevents the blood from clotting. It acts on the nervous system to a small extent.

In the case of cobra bite, faintness, drowsiness, loss of power in the legs, and vomiting occur. The breathing becomes short and laboured. The pulse becomes quick and intermittant. The tongue protrudes. The powers of speech and swallowing are lost. Frothy saliva comes from the mouth. Twitching of the muscles also takes place. Cold sweats and convulsions occur. The patient becomes insensible and unconscious.

(i) Treatment

Act as promptly as possible. Ligature the part above the bite, or tie a light bandage or string round the limb, a few inches above the wound, but never on the forearm or below the knee, as there are two bones in these parts and the blood vessels run between them.

Bites by snakes should be sucked out immediately if they can be reached either by the patient himself or by a friend. The mouth of the one performing the operation must not contain any wound or abrasion. The mouth should be thoroughly rinsed with water after each withdrawal of blood.

Or, after incising the wound apply solid permanganate crystals on the wound. Rub them well. Inject 2 grains of permanganate in solution into 2 or 3 spots round the wound by means of a hypodermic syringe.

Inject anti-venene at once.

Hot coffee or tea may do some good. It is a serious mistake to dose the patient with whisky or alcohol. Whisky is not an antidote to the snake poison. The patient dies on account of the effects of large doses of strong whisky. Whisky and stimulating drugs like ammonia or strychnine make the conditions worse.

Very few people die as a direct result of snake bite. On the contrary very many have died as a result of hasty administration of large doses of whisky after a bite.

(ii) Nature Cure

The wound should be widened by an incision and cleansed

with dilute lemon juice. Immediately after this, apply a wet bandage or a wet pack.

Fast for a day or two is beneficial. Fasting is the surest method of preventing any poison from bites of snakes.

Pour cold water on the head. Give an enema.

Steam bath, hip bath, spinal bath, trunk bath are also beneficial.

The legs, arms and trunk may be bathed with hot water.

(iii) Divine Cure

Do Mrityunjaya Japa and Kirtan vigorously. This is wonderfully effective and highly powerful.

216. MIRACLE CURE OF COUNTRY FOLK FOR WARTS

Everywhere in the world, the country people have their own peculiar methods of curing certain kinds of diseases, which cannot be easily ruled out as a mere witchcraft. I shall relate to you an instance that I have personally witnessed. My personal assistant Sri Purushottam Swami had, for a number of years, painless, small, hard excrescences, otherwise known as warts, on all over his hands. His aide, a village-lad from the neighbourhood of Rishikesh, observed this and suggested that he might try a simple cure-of-faith which is usually practised in the villages, with unquestionable success. The boy himself had warts and was now completely cured through this method.

The method is simple. A solution has to be made by rubbing a copper-piece on a stone with a little water. It should be applied on the warts with the same copper-piece only once. Then the copper-piece (it can be a piece) should be wrapped with a piece of cloth and discarded at a crossing point of two roads or a trivium.

Purushottam Swami tried this method. His warts disappeared very soon and not a scar could be found on his

hands after a couple of months. Several months have gone by since, and not a single wart has appeared again.

There are a number of similar methods of cure which you can know from the village folk. Do not be prejudiced against them. They are sometimes wiser than even the most learned physicians.

CHAPTER XXXIV

EQUIPMENT FOR HOME REMEDIES CUP-BOARD

217. THIRTEEN COMMON HOUSEHOLD REMEDIES

(i) Pepper Lozenges

Powder some black pepper and sugarcandy (Misri). Add equal parts. Mix a little ghee, and make it into small balls. Keep one in the mouth and slowly drink the essence. This is very useful in Bronchitis or cough.

(ii) Camphor-tobacco

If you suffer from carious tooth, stuff the socket with a little camphor and tobacco, the worms will die. You will be relieved from the pain also.

(iii) Burnt Alum

This is very useful in ague or malaria. This is a well-tryed medicine. Burn alum in iron pan. Mix it with four parts of sugar. Take one teaspoonful of the powder 3 times in a day. Only three doses will be sufficient to eradicate malaria. You can repeat the medicine, if the fever does not leave you. It does not matter if the fever is or not when the medicine is administered.

(iv) Mulati (liquorice)

Take a Masha of powdered Mulati and mix this with 2 Mashas of sugar. This is one dose. Take this in morning and evening with water. This is very useful in leucorrhoea (whites), and flooding (excessive menstruation).

(v) Lime Water

Ten to twelve drops in a Lota of water should be drunk

four times a day. A plug of cotton or cloth soaked in the lime water should be used externally. This should be changed 3 or 4 times a day. This is very useful in flooding or excessive menstruation. This is useful in all kinds of bleedings also.

(vi) Mustard Oil and Camphor

Dissolve some camphor in the mustard oil. Heat this. It is highly useful in lumbago or pain in the hips and back and rheumatism of the joints, muscular pain in the whole body. If this is applied to the breasts, it will stop the secretion of milk.

(vii) Acetic Acid

This is vinegar. The strong solution is used to destroy warts. The warts are lightly touched with the acid. The surrounding part is protected by cotton wool. The acid is not allowed to fall on the surrounding skin. This is useful in wasp and bee stings.

(viii) Anethi Water

This is useful in increasing the milk in nursing mothers.

(ix) Curd Loaf

Bind curd in a piece of cloth and let its water drop out. Take this curd and mould it in the form of a bread loaf. Place this over the carbuncle and put on bandage. Change this three or four times a day. All sloughs will come out easily. This is very cooling application too.

(x) Oil of Babchi

This removes the patches in the skin (leucoderma or white leprosy). The pigment reappears on the skin. The oil is rubbed well in the affected area.

(xi) Senna Leaves (Sonnemukhi)

This is good, harmless, purgative. One or two teaspoonfuls of the leaves is boiled in water. The water is strained and drunk. You can add a little dried ginger and dried rosebuds.

(xii) Castor Oil

This is very soothing purgative. It can be taken along with peppermint water, tea or coffee. If some drops are put in the

eyes at night, the foreign particles of dust or charcoal will be removed easily.

(xiii) Tincture Quinine Ammoniate

This is very effective in cold in the nose. Take half a teaspoonful or one teaspoonful in 2 tablespoonful of water once or twice. You can find relief at once.

218. DOMESTIC REMEDIES

FOR MEDICINE CHEST

1. Acetic acid.
2. Boric acid or Boric powder.
3. Alum powder.
4. Bicarbonate of soda.
5. Easton's syrup.
6. Essence of ginger.
7. Essence of peppermint.
8. Liquid extract of cascara.
9. Glycerine.
10. Honey.
11. Liniment of iodine.
12. Tincture of iodine.
13. Oil of turpentine.
14. Boric ointment.
15. Chrysophonic ointment.
16. Zinc ointment.
17. Vaseline.
18. Strong solution of ammonia (Liquor Ammonia Fortis).
19. Permanganate of potash.
20. Salvolatile or (Spiritus ammonia aromaticus).
21. Wine of Ipecac.
22. Citrate of caffeine.
23. Phenacetin.

24. Subnitrate of bismuth.
25. Aromatic chalk powder.
26. Dover's powder.
27. Calomel.
28. Chlorodyne.
29. Gregory's powder.
30. Sweet spirit of nitre.
31. Opodeldoc or soap liniment.
32. Perogoric.
33. Quinine.
34. Strong tincture of ginger.
35. Magnesium Citrate, granular effervescent.
36. Epsom or glauber's salt.
37. Compound Jalap powder.

The doses, action and therapeutic uses of the above remedies will be dealt with in subsequent numbers.

219. HOME REMEDIES

CUP-BOARD

(i) Equipment for Dressing

- Absorbent : cottonwool
 Adhesive : plaster on spool
 Bandages : width one, two or three inches
 Boric lint for fomentation.
 White lint for the spreading of ointment.

(ii) Equipment for External Uses

- | | |
|------------------------|---|
| Acetic acid | Alum powder |
| Antiphilogestine | Boric powder |
| Dettol (disinfectant) | Emulsion of airiflavine in liquid
paraffin |
| Hydrogen peroxide | Linseed meal |
| Methylated spirit | Olive oil |
| Permanganate of potash | Soft vaseline |

Tincture of iodine
Zinc oxide

Turpentine liniment

(iii) Equipment for Internal Uses

Aromatic spirit of ammonia	Aspirin tablets
Castor oil	Cathartic vegetable tablets
Chlorodyne	Cough mixture
Dover's powder	Easton syrup
Essence of ginger	Essence of peppermint
Eno's fruit salt	Glycerine
Honey	Liquid extract of cascara
Mag sulph	Milk of magnesia
Paludrine tablets	Penicillin lozenges
Paregoric elixir	Quinine tablets
Senna pods	Sodah bicarbonate
Syrup of figs	Subnitrite of bismuth
Tincture quinine ammonia	

(iv) The Appliances

Clinical Thermometer	Douche can
Enema syringe	Eye dropper
Safety-pins	

220. COMMON HERBS

THEIR NAMES IN DIFFERENT LANGUAGES

Tamil	Sanskrit	Hindi	Latin
Chitramutti	Bala		Pavonia Zeylanica
Peramutti	Mahabala	Suganda Vala	Pavonia Odorata
Karkadaga Singhi	Karkatashringi	Kakrasingi	Rhus Succedenea (Eng: The Galls)
Karisilankanni	Bhringaraj; Kesaranja	Bungrah	Eclipta Prostata
Vallarai	Brahmi	Khulakudi	Hydrocotyle Asiatica (Eng: Indian Pennyworth)
Sombu	Sthula Jeerakam		Pimpinell Anisum (Eng: Anise seeds)
Sathakuppai	Misi	Suva	Anethum Sowa (Eng: The Dill)
Vasambu	Vacha	Bach	Acorus Calamus (Eng: Sweetflag)
Kudasppalai (Bark used)	Kutaja	Karva-indarjow	Marsdenia Volubilis (Eng: The Kurchi, Tellicherry bark)
Amman Pachcharisi		Dudhi	Euphorbia Pilulifera (Eng: Australian Asthma weed)
Kandangkattiri	Kanta Kaarikaa	Kateli	Solanum Jacquini (Eng: Wild eggs plant)
Mudakkatran	Kshirini, Karnaspota	Kanphata	Cardiospermum Helicacabum (Balloon Vine)
Ponnangkanni		Meenakshi	Altemanthera Sessiles
Tumbai	Dronapushpi	Gumamadhupati	Leucus Aspera
Manaththakkali	Kakamachi	Mako	Solanum Nigrum
Chukku	Nagaram	Sonth	Zingiber Officinalis (Dried Ginger)

APPENDICES

APPENDIX—I

INDEX TO THERAPEUTIC ACTION OF BAZAAR DRUGS

Alterative (Vyadha-bheda-kari) is a drug that alters the morbid or unhealthy processes in the body and restores the normal functions of an organ in some unknown way. It corrects or alters a poisoned condition of blood stream and restores healthy functioning. Example: Akrot (walnut), Adhatoda, white pumpkin, sarsaparilla, apamarga, chiretta, garlic.

Anaphrodisiac is opposite of aphrodisiac. It depresses the sexual organ. E.g., Camphor, etc.

Anti-Sialagogue: A drug or substance that reduces the flow of saliva.

Antiseptic (dhatu ksheenarothi) is a remedy that prevents putrefaction and inhibits the growth of germs. E.g., Ajowan, benzoin, tobacco, betel, nim oil, cloves, sugarcane, sandal, etc.

Antispasmodic (anghakarshana nasini): It is an agent or remedy that allays or relieves convulsions or spasmodic pains. E.g., opium, adhadhodha, cloves, Ajowan, cannabis, saffron, jadamanchi, tobacco, mint, asafoetida.

Antilithic is a medicine or substance that prevents the formation of stones in the gall-bladder, kidneys, urinary bladder, etc. E.g., coffee seeds, benzoin, mountain nim.

Anti-Philogistic: A remedy that reduces inflammation. E.g., opium.

Anti-Soporific: A remedy that prevents sleep and keeps one awake. E.g., tea, coffee, etc.

Antidote (Vishanasini): A remedy that counteracts the action of a poison. E.g., belledonna for opium, etc.

Antibilious (Pitthasanthini): A remedy that produces a soothing effect over diseases caused by excessive secretion of bile. E.g., ginger, lemon, cumin, coriander, etc.

Anthelmintic (Kriminasini): A remedy or medicine that either kills or renders powerless or expels intestinal worms (vermicide and vermifuge). E.g., bark of walnut, Adhatoda, black cumin, palas, asafoetida, bark of pomogranate, fruits and seeds, garlic, leaves and seeds of nim.

Antiperiodic: An agent that acts against the poison of periodic fever like malaria. E.g., apamarga, pepper.

Anti Rheumatic (Vataharakari): A remedy that prevents the Vata diseases in the body. E.g., pepper, dried ginger.

Antispasmodic is a drug that acts against spasm of muscles. It reduces or prevents excessive muscular contractions. E.g., Valerian, Belladonna, Lobelia, etc.

Antipyretic: A remedy that reduces the temperature of fever. E.g., pepper.

Anodyne (Vedanasantani): A drug that gives relief from pain. E.g., opium, cannabis.

Aphrodisiac (Kamavardhini) is a medicine that stimulates the sexual passion. E.g., walnut, linseed, black-gram, cinnamon, cannabis, radish, nutmeg, jalamisri, asafoetida, dates, cashewnuts, lady's finger, methi seeds, betel.

Aromatic is a drug that stimulates digestion and appetite. It has good aroma. E.g., Cardamom, Spirit-Ammonia, Aromaticus, calumba, etc.

Astringent (Sankosanakari): A substance that causes contraction of organic tissues or arrests bleeding diarrhoea, etc.. E.g., walnut, asoka, isofgul seeds, Ajowan, poppy seeds, Bengal-gram, catechu, Madras nut coloured, Ragi, guava,

Horse-gram, sandal, cumin seeds, triphala, apamarga, jambul, mint, mangusteën, gall-nut, pomegranate bark and seeds, bael fruit, methi seeds, betel, gum arabic.

Cardiac Depressant (Apakarshanakari) is a drug or substance that retards or depresses the action of the heart.

Cardiac Stimulant (Brudushnakari) is a remedy that stimulates the heart. E.g., chillies, coffee.

Carminative (Udharavathaharakari): A drug that expels wind from the bowels and relieves pain and corrects digestion. E.g., ginger, cloves, cinnamon, long pepper, nux vomica, lemon, cardamom, Ajowan, coriander, nutmeg, cumin seeds, dried ginger, mint, asafoetida, turmeric, pepper, tailed pepper, methi seeds, garlic, white pepper, betel.

Cathartic: A drug that promotes evacuation from the bowels. It is divided into (1) laxative which induces gentle bowel movement, E.g., figs, prunes, phenolphthalin etc., and (2) purgative which produces copious, repeated and more watery motions, E.g., Pulvis Jalap, Croton, etc.

Cholagogue (Pithakari): A remedy that promotes the secretion or excretion of bile. E.g., podophyllin, walnut seed.

Cordial (Rakthavardhani) Blood tonic: A drug that improves the quality and quantity of blood. E.g., fig, sarsaparilla.

Depurative (Malina-nivartini): A remedy that purifies the animal economy. E.g., Palas.

Deodarant (Bhutigandha nasini): A remedy that destroys, removes or corrects offensive odour. E.g., Benzoin.

Demulcent (Antar Snigdhakari): The drug that soothes or protects the mucous membrane. E.g., liquorice, linseed, isafgul, black-gram, sesamum, cucumber, poppy seeds, gum, sugarcane, wheat, grapes, tulasi, sarsaparilla, Jack, barley, dates, plantain fruit, wood apple, onion, lady's finger, methi seeds.

Diaphoretic is a drug that produces increased perspiration.

It reduces fever by inducing increased perspiration. E.g., Hyoscyamus, Spirit Acthenia, Nitrosi etc.

Discussient: An agent that causes disappearance of swelling. E.g., nim leaves.

Disinfectant (Aganduka-roka-nasini): A remedy that destroys germs and prevents fermentation and putrefaction. E.g., Vasambu.

Digestive (Pachana Kari): A drug that promotes digestion. E.g., ginger, bael, Ajowan, cumin, black pepper.

Diuretic (Mootra Vardhani): A drug that increases the flow or secretion of urine.

Ecbolic is a drug that increases the activity of a pregnant uterus.

Emetic (Vamana Kari): A remedy that causes vomiting. E.g., salt, mustard, copper sulphate, alum, dhatura, tobacco.

Emmenagogue (Ritu-varadhani): A remedy that stimulates and regulates the menstrual flow. E.g., pipe-apple, Adhatoda, linseed, sesamum, black cumin, saffron, papaya, asafoetida, onion, methi leaves.

Emollient (Snigdhakari): An agent which by external application soothes the skin. E.g., castor oil, vaseline, isafgul, gum arabic, lady's finger, methi seeds, ground-nut.

Errhine (Sirovirechani): A drug when applied to the mucous membrane of the nose, increases nasal secretion. E.g., tobacco.

Expectorant (Kaphaharakari): A drug that promotes expectoration of phlegm or sputum. E.g., liquorice, opium, Adhatoda, jadamanchi, benzoin, tulasi, asafoetida, dates, tailed pepper, onion, garlic.

Febrifuge (Jvaraharakari): A remedy that lessens or removes fever. E.g., Bael leaves, betel, pepper, etc.

General Anaesthetic is a drug or substance that stops bleeding by coagulating the blood or contracting the arteries

and arterioles. E.g., Calcium-chloride, pituitrin, opium, adrenalin, etc.

Germicide (Kriminasani): A remedy that destroys the micro-organism or germs. E.g., Adhatoda, Vasambu. Also see Anthelmintic.

Haemostatic (Raktha sthambhanakari) is a drug that arrests or restrains bleeding. E.g., opium, pine apple, white pumpkin, pomegranate, gall-nut.

Hepatic (Yakrutha balakari) is an agent or medicine that tones the action of the liver. E.g., ammonium chloride, etc.

Hydragogue (Jalavirochani): A drug that produces watery motions by inducing free secretion from the intestinal glands and removing much serum from the intestinal blood vessels. E.g., croton.

Hypnotic or *Soporific* (Nidrakari) is a drug that induces sleep. E.g., opium, cannabis. For opposite action see Antisoporific.

Lactagogue (Ksheeravardhini): A remedy that increases the secretion of milk in the breasts of nursing mothers. E.g., linseed, cotton-seed extract, potatoes, black-gram, sesamum, black cumin seeds, methi seeds, betel.

Lactifuge (Ksheeranasini): An agent that reduces or stops the secretion of milk in the breasts. E.g., the bark of walnut, Arabian jasmine.

Laxative (Malakari): A remedy that loosens the bowels, a mild purgative. E.g., walnut seeds, liquorice, fig, castor oil, linseed, potatoes, sesamum, Bengal-gram, sugarcane, grapes, amalaka, myrobalan, papaya, tamarind fruit, asafoetida, methi leaves, ground-nut.

Local Anodyne (Sarmaveda nasandani): An agent which relieves pain in the skin (locally).

Local Anaesthetic (Smritirodhakari): A substance that produces less of sensation locally. E.g., oil of cloves, ice, cocaine, etc.

Local Stimulant: A drug that irritates the skin locally.

Lithontriptic (Pashanabhedini): A remedy that has the power of dissolving the various stones in the body, in the gall-bladder, kidneys and urinary bladder. E.g., Benzoates for phosphatic and alkalis for uric acid caculi in the urinary tract.

Mild Diuretic (Laghu-mootra vardhini) is a drug or substance that slightly increases the flow or secretion of the urine.

Muscular Tonic is a drug that tones up the muscular tissues. E.g., the seeds of pomegranate, Madras-nut (kalipakku).

Narcotic: A drug or remedy that produces nacosis or stupor. E.g., opium, stramonium or dhatura, cannabis, nutmeg, tobacco. Also see Hypnotic or Soporific.

Nervine Tonic: A remedy that causes nervous excitement or gives tone to the nervous system. E.g., Brahmi.

Nervous Sedative (Nadisamanakari): A remedy that produces a soothing influence by lowering the functional activity of the nervous system. Eg., potatoes, opium, cannabis.

Nutrient or *Nutretic* (Poshanakari): A drug that nourishes the body as a whole. E.g., Lavang (cloves), black-gram, sesamum seeds, cucumber, poppy seeds, sugarcane, white pumpkin, wheat, ragi, sweet-potatoes, maize, grapes, green-gram, barley, jack, date, plantain fruit.

Parositicide (Krumikni): An agent that kills parasite. E.g., Black cumin.

Parturifacient (Prasavakari): A remedy that induces the labour pain in order to hasten the delivery. E.g., Cannabis.

Purgative (Virechani): A remedy that causes copious watery evacuation of the bowels. E.g., castor oil, croton, jalap, etc.

Refrigerant (Seetalakari) is a drug that has cooling properties or lowers the bodily temperature. E.g., walnut,

black-gram, sandal, lemons, Bengal-gram (Chana), sugarcane, sweet-potatoes, grapes, coconut water, amla, green grass, mint, leaves of tamarind, dates, pomegranate fruit, wood apple, lady's finger, methi leaves, cucumber.

Resolvent: An agent that causes the absorption of inflammatory or other swelling. E.g., Pepper, hill nim flower.

Restorative is a drug or medicine or food that is efficacious in restoring one to health and vigour.

Rubefacient (Shonakari): A drug that produces reddening of the skin.

Sedative (Samanakari): A substance that produces a soothing effect by lowering functional activity. E.g., opium, cannabis, tobacco.

Siologogue (Dhravakari): A drug that increases the flow of Saliva. E.g., ginger, Ajowan, tobacco, betel.

Stimulant (Ushnakari): A remedy that excites the functions of an organ or some process of the body economy. E.g., opium, ginger, nux vomica, sesamum, Ajowan, cannabis, coffee, saffron, coriander, jadamanji, sandal, cardamom, cumin, dried ginger, Tulasi, chiretta, mint leaves, turmeric, chillies, pepper, resin, radish, tailed pepper, onions, garlic, betel, ghee.

Stomachic (Jatharagni Vardhani): An agent that invigorates the functional activities of the stomach. E.g., Ajowan, ginger, cloves, black cumin, cardamom, saffron, coriander, cumin, dried ginger, jambul, chiretta, mint, dates, chillies, radish, bael, garlic, betel, the flower of nim.

Sudorific is a drug or substance that increases the flow of perspiration and reduces high temperature in fever. E.g., Tr. Hyoscyamus, Spt. Aetheris Nitrosi, Lqr. Ammonia Acetetics etc.

Tonic (Balakari): A drug that restores the normal tone of the body. E.g., Akrot, black-gram, sesamum, Ajowan, white pumpkin, horse-gram, sarsaparilla, chiretta.

Uterine Tonic: A drug that tones the uterus. E.g., Asoka.

Uterine Sedative: A remedy that produces a soothing effect on the uterus by lessening its functional activity. E.g., Asoka.

Vermicide is a drug that kills the worms in the bowles. E.g., Santonin, Betanaphthol, oil of chenopodium, etc.

Vermifuge is a drug that causes expulsion of worms from the bowles.

Vesicant (Tuvakspotakari): A drug that produces vesicles and blisters when applied to the skin, E.g., Mustard.

NAMES OF BAZAAR MEDICINES

(ENGLISH-HINDI)

- Ajowan—Omum seed, carum
- Aloes—Musabar
- Alum—Phitkari
- Ammonium Chloride—Nausadar
- Anise seed—Sonf
- Arusha, Vasaka—Adhatoda
- Asoka—Saraca Indica
- Atis—Aconite heterophyllum
- Baberang—Embelia Ribes and Embelia Robusta
- Babul Gond—Gum Babul
- Bach—Acorus Calamus
- Betel-nut, Areca nut—Supari
- Bhindi—Abelmoschus-Hibiscus
- Bhoree-loth—Toonia-loth
- Bonduc-nut—Katkaliya
- Borax—Sohaga
- Butea gum—Palas-ki-gond
- Butea seeds—Palas-ki-bij
- Camphor—Kapur
- Capsicum, chillies—Lal Mirch
- Caraway seeds, cumin seeds—Jira
- Castor oil—Arandi-ke Tel
- Catechu—Kaththa
- Charcoal—Koylah
- Chaulmoogra oil—Chaulmoogra Tel
- Choobchini—China root
- Copper sulphate—Nila Tutiya, Tutia

- Coriander seeds—Dhania
 Creat or Kriyet—Kalmeg
 Cubebs—Kabab-chini
 Dadmurdan—ring-worm shrub
 Dill—Soyah
 Fennel—Bari Sonf
 Galls—Maiphul, Majufal
 Garjan Tel—wood oil
 Ground nut, monkey nut—Mungphalli
 Gulancha—*Tinospora Cordifolia*
 Inder Jat—a kind of seed
 Isaphgul—seeds of *Plumbago Ovata*
 Jangli Pikvan, vomiting swallow wort—Anantamul
 Jatamansi, Balchir—Indian Spikenard
 Kakra Singhi—Gall like excrescences found on *Pistacia*
 Integermia and *Rheus Succedanea*
 Kaladana—seeds of *Ipomoea hedercea*
 Kamala—powdered capsules of *Mallotus philippinensis*
 Karmari—*Cocculus Indicus* seeds
 Kokum—seeds of *Garania purpura*
 Kurchi—*Wrightea anti-dysenterica*
 Lalchita—Lead wort
 Lemon grass—*Gandha bena*, *Andropogon citratis*
 Lime—Nimbu
 Liquorice—Mulathi
 Mangostin—fruit of *Garcinia Mangostana*
 Musk—Kasturi
 Mustard—Rai
 Myrobalan (belerica)—Bahera
 Myrobalan (Chubelic)—Har or Chhoti Har
 Myrobalan (Embelic), Indian Gooseberry —Amla
 Myrrh—Bol
 Papaiya—the fruit of *carica papaya*, papeeta
 Pipul, pupuli, pupili Mula—long-pepper
 Pithori-Turband—white Turpeth root,
 the root of *Ipomoea turpethum*
 Plantain, Banana—Kela
 Pomegranate—Anar
 Potas Nitras—saltpetre shora
 Rasaut, Barberry root—Dar Haldi

Sandal wood—Chandan
 Sarsaparilla—Salsa, Anantamul
 Sendha Nimak—rock salt
 Senna—Sonnamakki
 Shajna, Moringa—Horse-radish tree,
 the fresh root of *Moringa pterygosperma*
 Sodium Chloride—Namak
 Somraj—Veronica seed, purple Fleabane
 Sufed Damar—Piney Resin
 Sulphate of iron—Kasis, Hiri Kasis
 Sulphur—Gandhak
 Talmakhan—*Asteracantha*
 Tamarind—Imli
 Turmeric—Haldi
 Vinegar—Sirka

INDEX TO AYURVEDIC DRUGS

(SANSKRIT AND LATIN TERMS)

Abhaya	<i>Terminalia Chebula</i>
Agaru	<i>Aquilaria Agallocha</i>
Agnimanth	<i>Premna Integrifolia</i>
Ajamoda	<i>Carum Ajamoda</i>
Akarkarabh	<i>Anacyclus Pyrethrum</i>
Amalaka	<i>Phyllanthus Emblica</i>
Amlavetasa	<i>Rumex vesicarius</i>
Amrasthi	Mango-stone
Amrita	<i>Tinospora Cordifolia</i>
Apamarga	<i>Achyranthes Aspera</i>
Arani	<i>Premna Intergrifolia</i>
Arka	<i>Calotropis Procera</i>
Ashoka	<i>Jonesia Ashoka</i>
Ashrnabheda	<i>Coleus Hromaticus</i>
Ashwagandha	<i>Withania Somnifera</i>
Ashwatha	<i>Ficus Religiosa</i>
Atibala	<i>Abutilon Indicum</i>
Avalguja	<i>Psoralea Corylifolia</i>
Babbul	<i>Acacia Arabica</i>
Bakuchi	<i>Psoralea crylifolia</i>
Bhallataka	<i>Semecarpus Anacardium</i>

Bhringaraj	Eclipta Alba
Bibhitaka	Terminalia Belerica
Bida Lavan	Vit salt
Bilva	Aegle Marmelos
Brahmi	Hydrocotyle
Brihati	Solanum Indicum
Chakramarda	Cassia Tora
Chandana	Santalum Album
Changeri	Oxalis Corniculata
Chaturjata	Twak, Tamalpatra, Ela & Nagpushpa
Chincha	Tamarindus Indica
Chitraka	Plumbago Zeylanica
Chopchini	Smilxa China
Chyavya	Piper Chaba
Dadima	Punica Granatum
Danti	Croton Polyandrum
Darbha	Eragrostis Cynosurioides
Darvi	Berberis Aristata
Deodar	Pinus Deodara
Dhanaka	Coriandum Sativum
Dhanvayasa	Fagonia Arabica
Dhataki	Woodfordia Floribunda
Dhustura	Datura Stramonium
Draksha	Vitis Vinifera
Ela	Elettaria Cardamomum
Eliyaka	Aloes
Gandhaka	Sulphur
Gangeruki	Grewia Populifolia
Gokshuraka	Tribulus Terrestris
Gooduchi	Tinospora Cordifolia
Guggulu	Commiphora Muchal
Gunja	Abms Precatorious
Haritaki	(See Abhaya)
Hingupatri	Peucedanum Crande
Indrayava	Holarrhena Antidysenterica
Irimesa	Acacacia Farnesiana
Jambuasathi	Jambul stone
Jasat-pushaa	Zinc Oxide
Jatipatri	Myristica Frangrans (bark)
Jatiphala	Myristica Frangrans (fruit)

Jiraka	Cuminum Cyminum
Jyotishnati	Celastras Paniculata
Kajjali	Mercury and Sulphur
Kakubha	Terminalia Arjun
Kanchanar	Bauhinia Variegata
Kankola	Piper Cubeba
Kantkarika	Solanum Xanthocarpum
Kapittha	Feronia Elephantum
Karanja	Pongamia Glabra
Karpasmoola	Root of Gossypium
Karpur	Camphor
Kasisa	Sulphate of Iron
Katphala	Mirica Nagi
Katuki	Picrorrhiza Kurroa
Katurohini	Picrorrhiza Kurroa
Keshara	Mesua Ferea
Kindaru	Boswellia Floribunda
Kirata	Swertia Chireta
Kirmani	Artemisia Naritima
Kokilaksha	Hygrophila Spinosa
Krishna lavana	Black salt
Ksharas	Yavakshara and Swarjika
Kshavak	Artemisia Sternutatoria
Kuberaksha	Caesalpinia Bonducella
Kunkuma	Saffron
Kusha	Poa Cynosuroides
Kustha	Saussurea Lappa
Kutaj	Holarrhena Antidysenterica
Lajjalu	Mimosa Pudica
Laksha	Lac
Lashuna	Alium Sativum
Lavanf	Eugenia Caryophyllata
Lavang	Symplocos Racemosa
Madan	Randia Dumetorum
Madhuka	Glycerrhiza Glabra
Mahanimba	Melia Azeadrach
Manashila	Realgar
Manjistha	Rubia Cordifolia
Mansi	Nardostachys Jatamanshi
Maricha	Piper Nigrum

Markandi	Senna
Mocharasa	Bombax Malabaricum
Moolaka	Raphanus Sativus
Moorva	Clematis Triloba
Moosali	Hypoxis Orchiodes
Mund	Sphoeranthus Indicus
Musta	Cyperus Rotundus
Nagapushpa	Messua Ferea
Nakha	Nails
Narikela	Cocoanut
Navasagar	Chloride of Ammonia
Nichula	Culamus Rotang
Nimb	Melia Azadirachta
Nirgundi	Vitex Nergundo
Padma	Nelumbium Speciosum
Palasha	Butea Frondosa
Panch lavana	Five salts
Parada	Mercury
Parpat	Rungia Repens
Parsik Yavani	Hyosoyamus Reticulatus
Patala	Sterospermum Suaveolens
Patha	Cissampelos Pareira
Patol	Trichosanthes Dioica
Phalamla	Garsina Indica
Pippala	Ficus Religiosa
Pippali	Piper Longum
Pippalimoola	Piper Longum (Root)
Prastiparni	Craria Lagopoides
Punarnava	Boerhaavia Verticillata
Rakta-chandana	Pterocarpus Santalinus
Rasakarpura	Mercuric Chloride
Rasanjan	Extract of Berberis Aristata
Rasasindhura	Mercurial Preparation
Rasna	Pluchea Lanceolata
Revanchi	Rheum Emodi
Rohisha	Cymbopogon Martini
Rohitaka	Tecoma Undulata
Sahasara	Aloes
Samudraphena	Sepia Officinalis
Saptaparna	Alstonina Scholaris

Sariva	Hemidesmus Indicus
Sarshapa	Brassica Juniea
Sauvarchala	Black Salt
Shakrayava	(See Indrayava)
Shalidarni	Desmodium Gangenticum
Shalmali	Bombax Malabaricum
Shankh	Conchshell
Shankhpushpi	Convolvulus Mycrophyllus
Sharpunkha	Tephrosia Purpurea
Shatapusha	Foeniculum Vulgare
Shatavari	Asparagus Racemosus
Shathi	Curcuma Zedoaria
Shigru	Moringa Pterygosperma
Shirisha	Albizzia Lebbek
Shiva	Terminalla Chebula
Shringi	Rhus Succedanea
Shunthi	Zingiber Officinale
Shweta	Clitoria Ternatea
Sidharthaka	Brassica juncea
Sinduvar	Vitex Nirgundi
Surana	Amorphophallus Campanulatus
Surasa	Ocimum Sativum
Surashtraja	Alum
Suryakshara	Potassium Nitrate
Swarjidakshara	Carbonate of Soda
Syonak	Oroxylum Indicum
Tagar	Valeriana Wallichii
Talisapatara	Taxas Baccata
Tamalpatra	Cinnamcum Tamala
Tankana	Borax
Tankanamla	Boric acid
Tiktajiraka	Vernonia Anthelmintica
Tila	Seasamum Indica
Tintidika	Tamarindus Indica
Trapusha	Cucumis Sativus
Trayamana	Delphinium Zalil
Trayanti	Delphinium Zalil
Triphala	Three Myrobalans
Trivrit	Operculina Turpethum
Turushka	Liquidamber Orientalis

Tutha	Sulphate of Copper
Twak	Cinnamomum Zeylanicum
Udumbara	Ficus Glomerata
Vacha	Acorus Calamus
Valaka	Vetiveria Zizanioides
Vanari	Mucuna Pruriens
Vanshalochana	Bamboo Mana
Varuna	Crataeva Religiosa
Vasa	Adhatoda Vasica
Vidang	Embellia Ribs
Vidari	Ipomoea Digitata
Vijaya	Canabis Indica
Visha	Aconitum Heterophyllum
Vishatinduka	Nux Vomica
Vridhadaraka	Argyrea Speciosa
Yava	Hordeum Valgare
Yavakshara	Carbonate of Potash
Yavani	Carum Copticum
Yestimadhu	Glycerrhiza Glabra

APPENDIX—II

INDIAN DOMESTIC WEIGHTS AND MEASURES

1 rupee or 1 tola	180 grains	
1 copper pice	100 grains	
1 half-kancha	1/8 Chhatak	2 fluid drachms
1 Kancha	1/4 Chhatak	4 fluid drachms
1 Chhatak	1/4 Pav	about 2 fluid ounces
1 Pav	1/4 Seer	about 8 fluid ounces
1 Seer (60 Chhataks)	32 fluid ounces	2 lbs or about 80 tolas
1 maund	40 seers	82 lbs or 2 oz. 3 dr.
1 ton	27 maunds	

TABLE OF INDIAN AND ENGLISH WEIGHTS

1 Gunja	17/8 grains	
6 Gunjas (1 Masha)	11 1/4 gr.	1.16 tola
4 Mashas (1 Shana)	45 gr.	1/4 tola
2 Shanans (1 Kola)	90 gr.	1/2 tola
2 Kolans (1 Karsha)	180 gr.	1 tola

2 Karshas (1 Shukti)			260 gr.	2 tolas
2 Shuktis (1 Pala)	1 oz.		282½ gr.	4 tolas
2 Palas (1 Prasriti)	3 oz.		127½ gr.	8 tolas
2 Prasritis (1 Kudava)	6 oz.		255 gr.	16 tolas
2 Kudavas (1 Sharava)	13 oz.		72½ gr.	32 tolas
2 Sharavas (1 Prastha)	1 lb.	10 oz.	145 gr.	64 tolas
100 Palas (1 Tula)	10 lb.	4 oz.	250 gr.	400 tolas
4 Prasthas (1 Adhaka)	6 lb.	9 oz.	142½ gr.	256 tolas
4 Adhakas (1 Drona)	26 lb.	5 oz.	132½ gr.	1024 tolas
2 Dronas (1 Shoorpa)	52 lb.	10 oz.	256 gr.	2048 tolas
2000 Palas (1 Bhara)	205 lb.	11 oz.	187 gr.	8000 tolas

Note: 17/8 Grains 1 Gunja 437½ grains 1 oz.
 180 Grains 1 Tola 7000 grains 1 lb.

WEIGHTS AND MEASURES—I

1 Gunja	2 grains
21 gunjas	1 varahan weight
1 ratti	2 grains
8 rattis	1 masa
12 masas	1 tola
5 tolas	1 chatak
2½ tolas	1 ounce
4 chataks	1 pav
4 pavs	1 seer

WEIGHTS AND MEASURES—II

A. Avoirdupois Weight *Symbol*

1 grain	0.0648 gramme	
20 grains	1 scruple	gr.
3 scruples	1 drachm	dr.
60 grains	1 drachm	dr.
437½ grains	1 ounce	oz.
8 drachms	1 ounce	oz.
16 ounces	1 pound	lb.

B. Measures of Capacity

1 minim	0.0592 millilitre	m. or min.
60 minims	1 fluid drachm	fl. dr.
8 fluid drachms	1 fluid ounce	fl. oz.

20 fluid ounces
8 pints

1 pint
1 gallon

O (octarius)
C (congius)

C. English Domestic Measures

1 minim	1 drop
1 tea spoonful	1 fluid drachm or slightly more
1 dessert-spoonful	2 fluid drachms or slightly more
1 table-spoonful	4 fluid drachms ½ fluid ounce
1 wine-glassful	1½ to 2 fluid ounces
1 tea-cupful	7 fluid ounces
1 breakfast-cupful	8 fluid ounces
1 tumblerful	11 fluid ounces
1 quart	24 fluid ounces

D. Weight for Solids

1 drachm	60 grains
8 drachms	1 ounce
1 ounce	437.5 grains
1 pound	16 oz. 7000 grains
20 grains	1 scruple
180 grains	1 tola or rupee weight
5 and ⅝ lbs. Av:	1 seer
3 lbs 2 oz Av:	
3 lbs 9 oz Tro:	1 viss

E. Measures for Fluid

1 minim	more or less one drop
60 minims	1 drachm
8 drachms	1 ounce
20 ounces	1 pint
8 pints	1 gallon
1 Quart	2 pints
1 Teaspoonful	1 drachm
1 Dessert spoonful	2 drachms
1 Table spoonful	4 drachms
1 Wine glassful	2½ ounces
32 Kunrumanis (Gunjas)	= 1 varahanidai
9 Panavedai	= 1 varahanidai
1 palam	= 10 varahanidai
1 kazhanji	= 1¼ varahanidai
1 tola	= 3½ varahanidai

50 palams	=	1 Thooku
1 panavedai approximately	=	3 kunrumani eda or 5 grains
16 salli edai	=	1 palam
5 seers of liquid (volume)	=	1 Madras measure
1 seer (volume-above)	=	40 ounces of water

5. WEIGHTS AND MEASURES—III

Weights and measures, especially the domestic measures, vary greatly in size from place to place, in different countries, and in different localities. The following tables give the standard figures.

A. Apothecaries' Weights

Indian Equivalent

1 grain		$\frac{1}{2}$ ratti
60 grains	1 drachm	4 mashas
8 drachms	1 ounce	$\frac{1}{2}$ chattak
16 ounces	1 pound	1 seer

B. Apothecaries' Measures

1 minim		$\frac{1}{2}$ ratti
60 minims	1 fluid drachm	4 mashas
8 fluid drachms	1 fluid ounce	$\frac{1}{2}$ chattak
16 fluid ounces	1 pint	$\frac{1}{2}$ seer
2 pints	1 quart	1 seer
4 quarts	1 gallon	4 seers

C. Metric Units

1 gram or gramme	15 grains	1 masha
1 Kilogram (kg.)	2.2 pounds	1 seer $\frac{1}{2}$ chattaks
1 litre	2.2 pounds	1 seer $\frac{1}{2}$ chattaks

D. Indian Weights

Foreign Equivalent

1 ratti		2 grains or 2 minims
8 rattis	1 masha	15 grains or 1 drachm
12 mashas	1 tola	180 grains or 3 drachms
5 tolas	1 chattak	2 ounces
4 chattaks	1 pao	$\frac{1}{2}$ pound or $\frac{1}{2}$ pint
4 pao or 16 chattak	1 seer	2 pounds or 1 quart

5 seers	1 panseri	10 pounds or 1¼ gallon
8 panseres or 40 seers	1 maund	80 pounds or 10 gallons

E. Domestic Measures

		<i>Indian Equivalent</i>
1 drop	1 minim	1 bond or ½ ratti
1 pinch	15 grains	1 masha
1 saltspoonful	½ drahm	2 mashas
1 teaspoonful	1 drachm	4 mashas
1 dessertspoonful (spoonful)	2 drachms	8 mashas
1 tablespoonful	1 ounce	½ chattak
1 eggspoonful	1 ounce	½ chattak
1 cupful or teacupful	5 ounces	2½ chattaks
1 breakfastcupful	8 ounces	¼ seer or 1 pao
1 large cupful	10 ounces	5 chattaks
1 small wine-glassful	1½ ounces	¾ chattak
1 wineglassful	2 ounces	1 chattak
1 glassful	12 ounces	1½ pao or 6 chattaks
1 large glassful	1 pint	½ seer
1 tumblerful	10 ounces	5 chattaks
1 large tumblerful	12-16 ounces	1½ pao to ½ seer
1 canful	2 gallons	8 seers
1 large canful	3 gallons	12 seers
1 tubful	30 gallons	3 maunds

APPENDIX—III

SIMPLE VETERINARY TREATMENT AT HOME

Reciprocity is one of the inescapable facts of life. Beings are inter-dependent in this world. Domestic animals are indispensable to man in carrying on the daily business of living. The horse, the Cow, the goat, the dog, the fowl, have all been part of man's home far back from the earliest times. In India it is more than ever so, for this land is essentially rural. Without greatest friend and nourisher. So very important is this gentle cattle, the Indian would find life impossible. The Cow is our creature that it has been deified by our ancients. A village without cattle was likened to hell

itself. The sacred Go-mata is an object of daily worship, the Go-puja, to the devout Hindu housewife.

The factors of diet most essential for the health, strength and vitality of the family are got from the cow. The purest, the richest and the best food is provided by the cow. The health-giving Vitamins come to us in the form of Milk, Curd, Butter, Cream, Ghee, Butter-milk, etc. Indeed, the cow is in fact a Mata or mother as she is the nourisher par excellence to everyone, from the infant to the old man, in the home. It is therefore the Sacred Duty of man to look after and care for the cow. The health and welfare of the Cow contributes directly to the health and welfare of the human beings. Healthy Cows mean a good supply of pure milk, curd, butter, etc. A good supply of pure milk, curd and butter means well-fed, healthy and strong children in the home.

Like human beings these domestic animals too have their own peculiar sickness and ailments. Cows also fall sick. You must know how to treat and cure them in simple cases. Here are some useful prescriptions that I have given to enable you to treat simple veterinary cases at home. I need not mention that commonsense sanitary measures are part of cattle-care in any case. The medicines given below are all simple, easy to make and readily available in the local bazaar. The dosage for a young calf would be half or one third of that of an adult cow. While treating remember that you are really doing true Go-Puja.

PRESCRIPTIONS FOR THE SICK COWS

(1) *Tympanites*

This is a common complaint The stomach is distended. There is much accumulation of wind. Much discomfort is felt by the animal. She may refuse food or water and may die soon if not treated properly.

Re: Oil Turpentine	2 ounces
Asafoetida	2 drops (dissolved in

2 drops warm water)
 Linseed or mustard oil 1 pint.

Mix all the above well and give in a single dose. If no relief is obtained, repeat the dose after 2 hours.

(2) *Indigestion or Depraved Appetite*

Re: Ammonium Chloride 3 drachms (spoons)
 Sodium Chloride 1 ounce
 Chiretta 4 drachms
 Ginger 4 drachms

Powder all the above and mix well in 1 seer of water. This is the dose to be given every morning for 4 days.

(3) *Diarrhoea*

Purging or loose motions is a very troublesome complaint among cattle.

Re: Chalk 1 ounce
 Catechu 4 drachms
 Opium 30 grains
 Ginger 4 drachms

Powder and give one dose in $\frac{1}{2}$ seer of rice gruel (Hindi: Chaval-ka-maand) for three days. During treatment do not give drinking water, but give plenty of rice gruel with 1 chhatak of salt instead of water.

(4) *Constipation*

Re: Mag. Sulph. 1 pound
 Sodi. Chloride 4 ounces
 Ginger 1 ounce
 Acqua (warm) 2 pints

(5) *Cough and Catarrh*

Re: Camphor 2 ounces
 Ammon. Chloride 4 ounces
 Pot. Nitras 4 ounces
 Bark of the root of Ark plant
 (Calytropis) 2 ounces

Linseed	8 ounces
Treacle or Gur	10 ounces

Round together and mix well 1 Chhatak dose to be given twice a day to the cow. Diet during treatment should be confined to warm Bran mash. Bran is wheat bran.

(6) *Fever*

Re: Pot. Nitras	3 drachms
Ammon. Chloride	3 drachms
Mag. Sulph.	4 ounces

Give in $\frac{1}{2}$ seer of water twice daily.

Note: Normal temperature of Cow is: 102 F. taken in the rectum.

APPENDIX

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SRI SWAMI SIVANANDA

Born on the 8th September, 1887, in the illustrious family of Sage Appayya Dikshita and several other renowned saints and savants, Sri Swami Sivananda had a natural flair for a life devoted to the study and practice of Vedanta. Added to this was an inborn eagerness to serve all and an innate feeling of unity with all mankind.

His passion for service drew him to the medical career; and soon he gravitated to where he thought that his service was most needed. Malaya claimed him. He had earlier been editing a Health Journal and wrote extensively on health problems. He discovered that people needed right knowledge most of all; dissemination of that knowledge he espoused as his own mission.

It was divine dispensation and the blessing of God upon mankind that the doctor of body and mind renounced his career and took to a life of renunciation to qualify himself for ministering to the soul of man. He settled down at Rishikesh in 1924, practised intense austerities and shone as a great Yogi, saint, sage and Jivanmukta.

In 1932 he started the Sivanandashram. In 1936 was born The Divine Life Society. In 1948 the Yoga-Vedanta Forest Academy was organised. Dissemination of spiritual knowledge and training of people in Yoga and Vedanta were their aim and object. In 1950 he undertook a lightning tour of India and Ceylon. In 1953 he convened a 'World Parliament of Religions'. He is the author of over 300 volumes and has disciples all over the world, belonging to all nationalities, religions and creeds. To read his works is to drink at the Fountain of Wisdom Supreme. On 14th July, 1963 he entered Mahasamadhi.