HOME REMEDIES

SWAMI SIVANANDA SARASWATI
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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 Dialetics.* 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 abrus 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 reissuing 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 ladiestinger 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, potential prescriptions made up from them. There are very gotKI prescriptions for diarrhoea, dysentery, fever, malaria, indigestion, illariilenec, constipation, debility, inflammation, bronchitis, cough, scurvy, rickets, 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 patient 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.

Frec 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, ullopaihy suits Y and Ayurveda suits Z. And as such a synthetic doctor can do more good to the patient 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 ultimate 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 considered 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 these remedies 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 resources 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 specialization 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, Anemic, Anodyne, Antibromic, Anticolic, Anti-fat, Antasthmatic, Anticholeric, Antiscrobiotic, Antihypnotic, Anuretic, Antipyretic, Antipsoric, Antiphlegmagogue, Antispasmodic, Astringent, Aphrodisiac, Antitoxic, Calartic, 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, Lithonytic, 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 “Nighantaratnakara” 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 Dioscorides (100 A.D.) speak.s 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 Mohanvedan conquerors were quick to perceive the great potency and worth of the Indian incdicines, and began to make use of them without hesitation. Mohamined Akhar Arzani, the Court Physician of Emperor Aurangzeb 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 up to 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 renew 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. Funfennore, the herb is per fect as it is infused by a life-principle drawn out of the power of the Panchabhulas or its 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 marvelous and almost miraculous curative powers of the herb, is the presence in them of a supraterrestrial 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 sages have regarded the Sun as Divine in nature. And the only substance known in nature that possesses the capacity of storing 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 processes 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 therapeutic 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, their 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, Aconis Calamus has the name Ugra-gandha (strong-odour), for it is characterised by very puogent 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 Decrghafala (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.
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HOME REMEDIES
PART—I

Section—I

CHAPTER I

ABRUS, ACACIA ARABICA, AGATI GRANDIFLORA

I, ABRIS

(COUNTRY LIQUORICE ROOT)

English ; Jequirily
Hindi ; Raii
Kanare.se : Gul-ganji
Tamil : Kundumaniver
Telugu : Guru-venda, Guni-ginja
Malayalain : Kunni-kuru
Gujarati : Gumchi
Bengali : Kunch-ka-jar, Jaishlomodhu. Bengala
Sanskril : 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 glycrrhiza (Aliinalhurani in Tainil. Liquorice), though somewhat biller in taste. The leaves are distinctly sweet. The extract from the dried leaves is much superior both in taste and as a medicinc.

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, antiphlegmatic, aphrodisiac, expectorant. The seed has purgative properties. It is a tonic as well. The root has emetic and expectorant qualities.

(ii) Syrup Abrus. Co

Rec: 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 consistency of syrup. Dose: One tea lo 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) U.S.C.S 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 it 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 nib ihc mixturc ovcr the painful swelling, Thc swclling and thc pain will disappcur.

(b) Cooling Bathing Oil

Re: Juice of Ihc leaves oz. 10
     Juice of Bhringraj (Karisaniganni) oz. 10
     Gingelly oil oz. 10

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

(iv) V.ses of Seed

Thc sccd acts a.s a plirgativc. Thc oiitcr covcring ol' thc sccd has this cffect. Thc sccd can bc boilcd and catcn. It acts a.s an aphrodisiac (dhatupushti) and is uscful in dcbliliy or inipotencc. It incrccses the scmcn.

Powder ihc seeds and use the powder as a snuff. This will relicvc hcadcachc duc to cold in thc hcadc.

Put thc powdcr of onc sccd in inilk, boil it and drink. It will build the body and give strength.

The powder of the sccd is uscful in diseitscs of ihc eyc. jaundicc, biliousncss, fcvcrs which producc unconsccousness and which arc assoiciated with pcrspiration. hicnichitis.

Makc a pastc of thc sccd with water and apply it in coniusion, rlieumatic swellitig of joiiis. They Mill Ise curcd.

2. ACACIA ARABICA

(INDIAN GIJ.M ARABIC TRl-1-)

English : Babul iiee
Hindi : Kala-habul. Kikai
Kaiiarese : Karijali
Taniil : K.inivcl
Telogii : Nallu-tuitinia
Malayalain : Kauveluin
Marathi : Bahul
Gujaraii : Kaloabaval
Sansknt : Kala barbaru
(i) **Description**

A dried gummy exudation from the stem and branches of Acacia Arabica, Acacia Senegal or other varieties of Acacia in und 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, collyient, nutricle, 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. Diy 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 Dercoction**

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 icctum 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 i... twice daily.

3. AGATI GRANDIFLORA

- **English**: Agati Grandiflora
- **Hindi**: Hadaga
- **Kanarcsc**: Agashi
- **Tamil**: Agatthi
- **Telugu**: Avise
- **Malayalam**: Agatti
- **Maralhi**: Agasta
- **Gujarali**: Agathiyo
- **Bengali**: Buko
- **Sanskrit**: Agastya

This is found in abundance in India. It 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 eaten 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

4. AJOWAN

- **Hindi**: Ajowan
- **Tamil**: Omum
- **Telugu**: Omamu, Vaamu
HOME REMEDIES

(i) **Ajowan: Its Usefulness**

This is 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 Hiw or myrobalans chubelico to form a digestive powder. The two chief preparations of Ajowan are; iirrack or omum waier (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 diops of laudanum or Tr. Opii.

5. **ALOES**

<table>
<thead>
<tr>
<th>English</th>
<th>Indian Aloes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hindi</td>
<td>Kumari, Ghikanvar</td>
</tr>
<tr>
<td>Kanarcsc</td>
<td>Kathalai Gida, Lulisara</td>
</tr>
<tr>
<td>Tamil</td>
<td>Kartazhai</td>
</tr>
<tr>
<td>Tcługu</td>
<td>Kalabandu</td>
</tr>
<tr>
<td>Malayatam</td>
<td>Kattuvazha, Katar Vazha</td>
</tr>
<tr>
<td>Maraihi</td>
<td>Korakanda</td>
</tr>
<tr>
<td>Gujarati</td>
<td>Kumara</td>
</tr>
<tr>
<td>Bengali</td>
<td>Musabliar, Ghrita Kumari</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Kumari</td>
</tr>
</tbody>
</table>

(i) **Its Varieties**

Small aloe. big uloe. red aloe. It is dilTici 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 aloc. 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

Aloc 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 calmarlic in habitual constipation associated with amenorrhoea 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 baldness). Dose: 4 to 8 grains. These are all preparations of aloes.

Aloin is a pale yellow powder with a bitter lasie. Dose: \( \frac{1}{4} \) to 1 grain.

Mix the fresh inner pulp of aloes with sesame oil. Boil. This helps the growth of hair. This medical oil bath brings good sleep.
If you clean the fresh inner pulp of aloes with water several lines. It is purified. Put this in a clean cloth, fold the cloth and foincni the eyes. This is useful in conjunctivitis, swelling of the eye lids.

6. ALUM

<table>
<thead>
<tr>
<th>Language</th>
<th>Hindi</th>
<th>Kanarese</th>
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<td>Philkari</td>
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</table>

(i) Description

Aluin has an acid, sweelish, asiringenl lasic. It is a crysialline. seini-lr.insparcni in»less. It looks like siigar candy crysial. Soinc take it wiith great avidiity and cupidity. taking it lor sugar candy and lhn)w it off with a peciillar castor-oil face.

Il’ ilie bazzar aluin is noi pure. you can render it pure by dissolving ii in pure waier. straining and evaporatiing lhc solinion. You will gct pure crysials of aluin.

(ii) (J.se.s nf Aluin

Aluin is u powcrfiil asiringent. It siops bleeding fn>in woiinds, froin the nosc. Plug the nosiril wiith a small picce of clcan cloth or coiton wool dipped in a sokition of akiin. It will stop the bleeding al once. Il siops bleeding froii llie gunis. It is an ingredicnt in tooth powder. Akiin.can be purillcd aiid dehydrated by puliting it ui the firc or by puting il in ihc fying pan and ihcn putting ihc fry ing pan ovcr ihc firc. Then you can powdcr ii niccly and easily.

It is used as a garglc for sorc thoral. as an application to the eyes in conjuniiviis or sorc cyecs. It i.s uscd as a wash for sorc nipples. Il is used for douching the vagina in leucorrhoca. 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. Men stir the water with the piece will serve your purpose.

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

7. **Amla**

|----------|---------------------|-------|----------------|--------|----------|--------|------------|--------|-----------|----------|---------|

(i) **Description**

Taste: Sour, asiringsnl and sweet. This Amla or Ncllikkai (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 labels 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. Chyavanapnish. 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
    Bahcra 4 teaspoonfuls
    Water 20 ounces

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

Amla removes excessive salivaion, biliousness, vomiting, constipation, giddiness, spermatorrhoca, 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, nighi-blindness and bilious giddiness.

Amla confection is useful in syphilis, flu, bronchitis, asthma and consumption.
8. AMSE
(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 atomatic 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 ullopaihic system the Spirit of Anisc. Dose: 6 to 20 minims.

Re: Anise 4 drachms
Sugar 4 drachms

Mix. Dose: 1 teaspoonful twice daily.

(i) Digestive Powder

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

(ii) Aquu 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
Cumminseed 1 ounce

Gently fry. Dose: 1 teaspoonful after food; twice daily.
(v) **Lentle Luxative**

Re: Anise seed
- Myi’ohalans
- Siigar

Take this in the early morning or at bedtime.

9. **ARAI KEERAI**

*(AMARANTUS TRISTIS)*

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<td>Malayalam</td>
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**(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 rheumatic, cough, tremor, collapse, rheumatism, and paralysis. It will increase the skin and sexual vigour.

Pul the seeds into a fresh coconut milk in which the water is taken out and bury it underneath the carihi for 40 days. Then take it out. Remove the shell. Mix the powder of the kernel with scsainuin 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**

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<i) Some l’iirtieulr.s</i>

Dosc: 5 k> 15 gniins. Tuslc: Bittcr. \textit{Xsal’ociitki} is ihc giin resln of a plant ginwing in Persia and Wliiiicrn India. h grow.s in Kaslimir, Afghanistan and Tiirkistan. It is iiscd as a spicc in prepaRing vccgctablec, soups, etc. Pihila Alosccl Asafoclida and Tr. Asafoctida arc official prcpaRaiions of /Xsafociida. Therc is also a whic variciy. Il is callcd '.Soina Kayain* or *Pal Kayam*. It is morc vigoroiis.

li occiiis in thc fonn of irrccularg masscs of dull ycllow coloiir, bccoming darkcr on kccping. li is obtaincil by incising lhc root of Fcrula Felida and other sinllar spccics. h coniains a volatilc oil with ils characicrisicc unplcasani snicll ainl also resin and gum. Il is a stinnilanti, cxpcctorani, aniispasinodic and carminativc. It hrings oit spittuin casily and c.xpcs wind from thc bowcls. h is bcncricial in naiiiilcnc aiinl tlic carly stages of diarrhiK’a or cholera. It i.s uscflil in hysicncal rns and ncrvous affections in womcn.

li i.s a laxativc (Laghu Vircchani). anihchninct\textit{(Kriminasini or dcstroycr of worins). diurclic (Moolravardhini). and ainincnagoguc iKiluvardhini). Il i.s gcncrally gcven in combination with olhcr rmcdcics.

(ii) For Wind and Colic Bowcls

Rc: Asafoclida
Rock Sali
Ajowan
Myrobalan (Har)
Drcd Gingcr
Cardainoni

Powdcr and ini.v. Dosc: 10 grains. L’scful in flaiiilcncc and inlcssiiiic colic It will cncrgisc digcsiion and incrcasc appclilc.

(iii) AsafiK-tida Eiiema

Rc: Asaloctida
Watcr

l.scful in llaiuliict colic.
(iv) For Hysteria

Re: Asafoetida 2 drachns
Boiling waier 10 ounccs

Strain and cool. Add musk 30 gniins. Dosc: I teaspoonful, thrice daily. This can bc 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 increacs the appetite and invigorates the Jataragni or digestive fire.

(vi) Asafoetida Ear Drups

Re: Asafoetida 60 grains
Sesamum oil 2 ounccs

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.

II. ASOKA

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<tbody>
<tr>
<td>English</td>
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<td>Muluyulam</td>
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<td>Marathi</td>
<td>Ashoka</td>
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<td>Gujuruti</td>
<td>Asupula</td>
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</table>
(i) **Description**

Asoka revives the grief of women; hence the name. The bark of Asoka is used in Ayurveda. It has considerable reputation in uterine discases. 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**

Rc: 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**

Rc: 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 discases 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 Ghrila (ghee).

(iv) **AsokarLshta (Asokamritam)**

Dose: 1/2 to 2 tola.s twice daily after meals. Specifically useful in leucorrhoea, menorrhagia, pain in the womb, irregular
HOME REMEDIES

inonihiy iiieicxls, scuniy inenstrual diseliarge, ainenorrhorea or absence of niconstrualion. painful incnstruaion. displaccd uieins, congesied uierus, sieriliiy and other coinplainis. This is an alicraiive and stimulant. 'l'i.s prevcnls miscarriagc and resiores normal acion lo ihe uterus. Il restorc.s tonc to the uterinc system and rcmovcs all abnonal condilions. It also cradicaics gcncral dcbiliiy. disiaslc for food. anaemia ainl weakness aficr confinemeni. It improvs ihe concepiive capacity and increascs general sirenglh,

(v) Asokii (tliritii

Dose: '/» to I lola lo be taken iwice daily. b'seful in leucoiThixja. iiK'norrhagia. chlorosis. dark dischargcs. pain in tlie waist, back or woinh and othei fcinale coinplainls.

zXsoka is a leal friend of ihc fair sex. It gives longeviiy, sirngth. nuirilion and impa»ves ihe coinplcxion and beauly.

What Slerri's Vibuiem or Aleiris Coalial is lo Allopathic dociors. Asokarishta or Asoka Ghriia is lo Ayuncdic Kavirajs or Vaids. What Hydrastis or Vibumum or Ergot is lo Homeopaihs. Asoka is to .Ayurvcdic doctors.

12. ASI'ERt ANTHA LONGIEOI.IA

English : Hymghila Spinnsa
Hindi : Tahnlakhana, Goksura
Kanarese : Kollavalike
Tainil : Nirinuli
Telugu : Ninigobbi
Malayalain : Vayalclnilli
Maralhi : Kolsundara
(jliiarali : l-Tharo
Betigali : Kaila-kalika
Sanskril' : Ki>kilaksh.i

<i> Description

lii grows spontaneously in wct place.s throughout India. It is a kind of tborn. The secd and nxn aie obtainable in bazaais. It i.s sweet and slighilv bitier.
Tlic leaf is deinulcni and diiiiieie. The ix>nt is lefiigeianl, diiiretie and deiniilecnt. Thc seed is ditiiiciie and aphidisiae.

(iii) **Kukiluk.sha Deecieiion**

Re: Root of Kokilaksha

Water 20 ounecs

Boil for 1.5 ininules and ihcn sirain. Dose: i oz. ihrie daily. Useful in aseiles or diopsy or swelling of iKi'ly on iiieoiini of waier and swelling of body and difrieiilly in passing iiirinc. This aei a.s a diurciie and helps ihc free llow of iiirinc in large quantiiics. Thus ihc swcIIling is rediiced.

(iiil **Kukilaksha Infusiun**

Re: Asicreanlha lcaves freshly dricd 2 oiniecs

Dissilllcd vincgar 2 iyninecs

Maeratc for .3 days. Prcss and slrain. Dose: 2 ihahlesp(X)nfuls in 2 ounccs of waier ihree tinies a day. l'sefiil in dropsy, aseites. difrieiilly in pitssing urine. cte.

(iv) **Aphrudisiac Tunic**

Re: Kokilaksha seeds

Milk

Sugar

Soak ihc seeds in thc inilk and ihc sugar and drink in ihc inoming and at night. Useful in inipoleney or sexual debilliy.

CHAPTER IV

ASWAGANDHA AND ATIS OR ATEES

I.T. ASUA(;.

(WINTI-B CHKRRY. WITHA.NI.A SIAI.NH IIIRA: DUNAI.I

Rnglish | Wmter Cherry
---|---
Htiu.li | .Asuagandh
Kanaivse | .Sugatle-beni
Tainil | .Ainiikkurak ki/hangu. .AeluoagaiKli
Telugu | l'eiineni-gadda
Malavalain | Aniiikkurani
.Mariiihi | .Av^igaiuiha
Gujaraii | Asundha
**HOME REMEDIES**

**Bengali : Aswagandhu**  
**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, debilisnt, diuretic, tonic, nutritive, hypnotic and sedative. Ashagundha increases the Jatharagni or gastric fire and so is an appetiser. It is useful in Rheumatism, eczema, anaemia, drapsy, fever, swelling, Jebilily, etc.

Aswagandha Chooma (powder), Aswagandha Rasayana (Confection), Aswagandha Tcl (oil) are made out of Aswagandha.

(ii) **Aswagandha Choorna (Powder)—1**

Re: Aswagandha loot powder 1 part  
Sugar candy 4 parts

Mix well. Dose: One teaspoonful twice daily. The dose of the plain powder is 20 to 40 gmins. Drink half a seer of cow's milk after taking the powder. Tonic and alterative. Useful in spermatorrhoca, sexual and nervious debility, rheumatism, old age, consumption, emaciation of children, nervous diseases and leucorrhoca. 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)—11**

Re: Aswagandha Powder 30 grains  
Honcy 1 teaspoonful

Mix: One dose. To be taken twice daily. It is 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 ghcc.

(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
Aswagandha and Atis or Atees

Vriddha-danik. Allcrative and tonic. Rcniovcs sexual debiliiy, spermatorrhoea, debility liöin old age, leucorrhoea, etc. A pa.ste of ihe rooi i.s a valuable nutriment for children and adults. It is taken with milk and ghcc.

Aswagandha confcction (Rasayana) is beneticial in pulmonar)' Tuberculosis, dcibility from scnility or old age and rheumatism, cmaciation of children, leprosy, nervous discasc, nervous dcibilily, lcucorrhoca. ll ucts as an alterative tonic and nutriment.

Narayana Tel contains Aswagandha. It i.s droppcd into thc nose in deafness. It is rublied over ihe body in paralysis, hemplagia, rheumatism, tetanus and lumbago.

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

(v) Aswagandha Decoction
Re: Aswagandha leaves  I teaspoonful
Water  4 ounce.s

Boil and strain: One dose. Usefui in fever.

(vi) Aswagandha Pastc
Take the fresh root. Makc a paste w'ith cow's urinc. Then heat the pasie. This is a useful application in lumbago, scrofula, rheumatic swellings.

Make a paste of the root with equal pan of dried ginger. Use hot water for making the paste. Apply the pastc to swellings. The swellings will subside. This will scrvc ihe purposc of Antiphilogistinc or Tlicrmofugc.

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

(vii) zVswagandhadi Pills 5-Grains
Dosc: I to 4 pills to bc taken iwicc daily followed by niilk. Efl’icacious in sexual debility. Removes general debiliiy and loncs the ncrvcs
<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 jolts to be taken twice a day. The chief ingredients are Aswagandha, sugar, Musali, Vlanjisiha, Harilaki, Rishi, etc.

(ix) Aswagandha Arishta—II

Tonic and alterative. Useful in epilepsy, insomnia, hysteric, general and nervous debility. It increases brain inverter. It is a brain tonic. It promotes digestion. Enriches blood. It has a tonic action on the nervous system. It recovers lost vigour, builds up weak frames, restores health, strength and brings back to the hopeless joys of life. This has the power of quickly improving the brain in all cases that have been affected by the use of intoxicants and smoking. It improves general health. This will also cure piles and nourish the vital fluids of the system. Mental capacities are stimulated and vivified. Dose: 1/4 to 1 oz. after food.

(X) Aswagandha Ghrilam

Ghrilam means ghee. This is a marvelous preparation for restoring strength to the system. It is for those who, by over exertion and by excessive sexual intercourse have become very weak. Consumptives, and those who have become weak owing to long-standing wasting diseases will be relieved of all troubles and will recoup their original health and vitality. Even those old will be rejuvenated. Women will develop their reproductive capacity by constant use of this medicine. The resultant pregnancy will hear a full developed child or foetus.

Rheumatism, paralysis agilar (Valha Soolai, urasihambam, jaundice, fevers and premature grey hair will also be cured. Dose: 1/2 to 2 ozs.

(xi) Aswagiindhi Lehyam

Lehyam means confection. This gives good dcvclopment to
ASWAGANDHA AND ATIS OR ATEES

23

ihe whole body. li siicngiheiis ihe viial lbrces. Tliis is highly
bcncficial for those who havc iKvoine eiiiaciated hy sexiial
excscsscs and othcr caiises. li is a brain lonic. li is
anlisyphiiliic and blood piirifier. Uscfii in dcbilily caiised by
vncreal diseases. spccially syphilis. Dosc: I lo 2 tolas
inorning Ixjfore food and evening afier food. Take a cup or
half a scer of inilk aflcr laking thc mc dicinc.

14. AT1.S OR VI'EKI

(ACONITUM HTEROPHYIJ'I'.M)

Kiiglish : Indian alees
Hindi : Alis
Kaiiarese : Alhivisha
Tainii : .Alividavain
Telugu : Aiivasa
Maralhi : .Ativisha
Gumarati : .Alavasa
Beiiqali : /Aiaieha
Sanskril : .Alivisha

(i> Descriplioii

This is ihc rooi of .Aconiluin ITcicrophylikim. It is
sioniachiic, astringent, febrifuge, aphrodisiac, tonic aiid anii
pcrmidic. Il has a purlc biicr lasic, ll has no acidiiy. Aiisinc is
llic alkaloid found in Alis.

It is onc inch long, wrinkled and giey in colour. It shoiikl
bc while on biraking across. Il is a vakiable lonic afler
inalarial fcvcr and a giMxJ billcr lonic. .Alis is chielly iliscful in
inierinitieni feser and other |X*riodical fevers.

(iil .Alis l'owder

Re: Aiis l'owdcr .TO grains

Mi.x wiih a liittle waier. One Powder. .T liines a day during
fevcr. Il can bc givcn ccvcy 4 hours diiring tlic iiiicrinissions.
Siari il.s use during or loward.s lerinination of thc swealing
siac'c. i-or childien rcducc the dose to one-half' or
ihficc-fourlhls according lo agc.
(iii) **Ati.s with Sugar**

Re: Ati.s powder 10 grains  
Sugar 1 teaspoonfuls  

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

(iv) **Ati.s with Honey**

Re: Atis powder 10 grains  
Honey 2 teaspoonfuls  

Mix well. Dose: Three times daily. For intermittent fevers, debility after fevers, diarhoca due to indigestion, dysentry, piles.

(V) **Ati.s Co. Decoction**

Re: Atis 4 drachms  
Dried ginger 4 drachms  
Amrita-valli (Scenndil) 4 drachms  
Kurchi (Kudasappalai hark) 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 diarrhoca.

(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: Ati.s 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

Hinglish: Babchi Seeds
Hindi: Bavanchiyuni. Buschi
Kunurese: Vukuchu
Tamil: Karpokarishi
Tclugu: Bhavanchi-Vitiihi
Muluyulum: Karboga-uri
Muruthi: Buvunchi
Bongali: Baw'uchi
.Sanskril: Vakuchi

(i) A Reputed /Vyuvedic Medicine for Leucoderma

This is u reputed medicine of Ayurveda for leucodemiou or while-skin. The active principles arc un esscntial oil and a resin. When the oil is locally applied, it dilates the subcaJiiiri blood vcsscls. The skin becomes rcd and is stimulated. Therforc. iis nutrition i.s improved; melanoblast.s are stimulated to form pigment which diffuses into the dccoloriscd arca. Thc oil has potent action against skin streptococci.

Babchi is a brownish-black seed. It grows throughout India. The seed i.s u.sed for leprosy intcmally and as an ointment externally. It i.s named as Kushtha Nasini becausc it destroy.s leprosy.

The seed ha.s alterative*, laxative digestive, stimulant, aphrodisiac, anthelmentic, diurctic and diaphorctic properlics.

(ii) The Seed.s, The Oll, The Tablet

Babchi seeds and Harital red (arsenic sulphide) in eQual
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

<table>
<thead>
<tr>
<th>Language</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Barley</td>
</tr>
<tr>
<td>Hindi</td>
<td>Jau</td>
</tr>
<tr>
<td>Kanarese</td>
<td>Javc-godi</td>
</tr>
<tr>
<td>Tamil</td>
<td>Valkothumai, Barlihariisi</td>
</tr>
<tr>
<td>Telugu</td>
<td>Pachcha-yavalu</td>
</tr>
<tr>
<td>Marathi</td>
<td>Sattu</td>
</tr>
<tr>
<td>Gujarati</td>
<td>Cheno</td>
</tr>
<tr>
<td>Bengali</td>
<td>Jab</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Yava</td>
</tr>
</tbody>
</table>

(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.
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**

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
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<tbody>
<tr>
<td>English</td>
<td>Bael Fruit</td>
</tr>
<tr>
<td>Hindi</td>
<td>Bcl, Bael Sripal</td>
</tr>
<tr>
<td>Kanarese</td>
<td>Bilvapatri-Hanu, Bela</td>
</tr>
<tr>
<td>Tamil</td>
<td>Vilva or Bilva pazham</td>
</tr>
<tr>
<td>Telugu</td>
<td>Bilva pandu. Maredu pandu</td>
</tr>
<tr>
<td>Malayalam</td>
<td>Kuvalappazham, Kuvalam</td>
</tr>
<tr>
<td>Marathi</td>
<td>Belachaphala, Bcl</td>
</tr>
<tr>
<td>Gujarati</td>
<td>Bclaphal, Bilmiphal</td>
</tr>
<tr>
<td>Bengali</td>
<td>Bcl, Siphal</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Sriphal. Bilva</td>
</tr>
</tbody>
</table>

This is the fruit of Aegle Marmelos. It is also called stoncapple. 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 muscular 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 specific in all stages of diarrhoea or dysentery.

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

(iii) The Pulp, The Ixaf & The Rout

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 slmps.

Bel leaves is useful in diabetics 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 (Kamu-viu’dhani).

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. *Synip f>f Bel*

Re: Pulp of Bel
Sugar
Water

Half u fruit
2 tablespoonfuls
8 ounces

Reject the stringy pieces. This may be taken thrice daily.
2. **Bet Sherhei**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boiling Water</td>
<td>20 ounces</td>
</tr>
<tr>
<td>Sugar</td>
<td>4 tablespoonfuls</td>
</tr>
</tbody>
</table>

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

3. **Bel Decwition**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dried Fruit or Half-ripe Fruit</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Boiling Water</td>
<td>20 ounces</td>
</tr>
</tbody>
</table>


4. **Dysentery Powder**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bel Fruit (Powder)</td>
<td>10 grains</td>
</tr>
<tr>
<td>Isafgul (Powder)</td>
<td>10 grains</td>
</tr>
<tr>
<td>Fennel</td>
<td>10 grains</td>
</tr>
</tbody>
</table>

Make one powder. Dose: one powder thrice daily.

5. **Diarrhoea Powder-I**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bel Fruit (unripe) powder</td>
<td>10 grains</td>
</tr>
<tr>
<td>Pulvis calcchu</td>
<td>5 grains</td>
</tr>
<tr>
<td>Pulvis Kino</td>
<td>5 grains</td>
</tr>
<tr>
<td>Pulvis Cinnamon</td>
<td>5 grains</td>
</tr>
<tr>
<td>Sugar</td>
<td>5 grains</td>
</tr>
</tbody>
</table>

Make one powder. Dose: Twice or thrice daily.

6. **Diarrhoea Powder-U**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bcl Fniil (unripe) powder</td>
<td>0.5 grains</td>
</tr>
<tr>
<td>Butea Guin (Palas-ki-Gond)</td>
<td>5 grains</td>
</tr>
<tr>
<td>Pulvis Cinnamon</td>
<td>5 grains</td>
</tr>
</tbody>
</table>

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

7. **Diarrhoea and Dysenlefy**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft pulp of unripe fruit</td>
<td>1 fruit</td>
</tr>
<tr>
<td>Butter milk</td>
<td>8 ozs.</td>
</tr>
</tbody>
</table>
HOME REMEDEIES

Remove the r""wl, 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**

Rec: 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: I powder twice or thrice daily. This is very useful and potent.

CHAPTER VI

BETEL LEAF, BETEL NLlT, BILWA TREE

18. **BETEL LEAF**

The fresh leaves of Chavica betel or Piper betel.

- **English**: Betel Leaf
- **Hindi**: Paan
- **Kanarcs**: Villayadclay
- **Tamil**: Vcttrilai
- **Telugu**: Tamalapaku
- **Maluyalam**: Vcthila
- **Marathi**: Vidyachipaan
- **Gujarati**: Paan
- **Bengali**: Punj
- **Sanskrit**: Nagavalli

(i) **Uses of the Leaf**

It is a crccpcr. It is cultivatcd enormously in India. It is a stimulant, carminative, astringent, aphrodisiac, anti.septic, febrifuge, stomachic, tonic, digestive, lactagoguc and sialogogue. It contains an aromatic and astringent oil.

It is chewed along with lime, catcchu, betcl-nut, cardamom, nutmeg and clovcs. Betcl' chewing removes hoarseness of voice, flatulence or wind in the stomach and bowels, intestinal colic and pain in the stomach.
(ii) **Retel Puultice**

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 \(\frac{1}{2}\) teaspoonful
Fresh Ginger juice \(\frac{1}{2}\) teaspoonful
Honcy 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 (Tolochan**

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
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 casior 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
Mulayalam: 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 verminific. It is useful in diarrhoea due to indigestion. Diseases that are associated with urine. Worms in the bowels such as tapeworm, roundworm, thread-worm; diseases of the 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

Rc: 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

Rc: 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 (caries tooth).

(vi) Areca Root Decoction

Rc: 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

Rc: Areca-nut powder 1 teaspoonful
Milk 6 ounces

Useful in tape-worm.

(viii) For Round and Thread-Worms

Rc: Areca nut powder 1 teaspoonful
Lemon juice (or pomegranate juice) 1/2 ounce

Mix. Take internally.
HOME REMEDIES

The tender arcca-nut is useful for pain in the sioniach 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 Use.s

The unripe fruit cures *Vata, Kapha*, indigestion, stomachachc 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 arc found to cure diarrhoea, vomiting and thirst.

(iii) Parts Used

The root of the tree is the most importiuil. 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* (*cissempelos pereirid*) will be efficacious in persons suffering from piles. The very same preparation is
BLACK PEPPER, BONDUC NUT, BORAX

foiind lo be usefui ln cascs of dysentery and diarrhoea. Take a well-cleaned rool of Bac1 and al 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 ihc burning parts lo fall down. Such drops of oil, if collected, cooled and poured into the ears will curc ear-ache. Eight ounces of oil mixed with 32 ounces of the express juice of Bilwa leaves, ihc mixture boiled till ihc water is completely evaporated and ihc oil got out of ii, 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 i.s caused in the ear and deafness. The decoction of the root is useful in intermittent fever. The fresh juice of ihc leaves is given with the addition of black-pepper in anasarca with constiveness and jaundice and when diluted with water or honey, it is a highly-praised remedy in catarrh and feverishness.

There are manv prepiu’alions ihat could be made oui of ihc fruits also. Though in almost all cascs ihc fruils of ihc planls are found to be with the best resulis while they arc ripe, the unripe are more medicinal. The unripe fruits, if sun-dried will be far bcller. The pulp inside Ihe fruit taken and a confection made out of it in combination with Amriiia (Tensopora cordifolia) with a little honey will suddenly stop vomiting. Milk boiled with the pulp of ihec fruils if taken in, according to digestion, will cure dyseniyer.

CHAPTER VII

BLACK. PEPPER, BONDUC NUT, BORAX

21. BLACK PEPPER

(KALI MIRCH)

The dried, unripe fruit of Piper Nigrum is known as black pepper. It i.s cultivaied in Malabar, Cochin, Coorg and Mysorc.
(i) Properties and Uses

It has carminative, antiparalytic, counter-irritant, rubefacient, stimulant, resolvent stomachic and anti-vata or anti-rheumatic properties. It is useful in malaria, fever with rigor, ascites, cough, chronic diarrhea, gastric catarrh, rheumatism, nausea, anorexia, piles, epilepsy, gonorrhea, 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, ashtma, headache, itching, debility, fever, etc. Dose: 10 to 15 grains or more.

(ii) Chuireru Pill

Re: Black pepper 20 grains
Asafocida 20 grains
Opium .6 grains

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

(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, diarrhea, colic. This invigorates digestion and augments the Jatharagni or digestive fire.

(iv) Pepper Confection

Re; Black pepper powder 4 drachms
Cumin (Jccra) powder 4 drachms
Honey 6 ounces

Rub them well together in a mortar. Dose: 1 to 2 teaspoons thrice daily. Useful in piles haemorrhoid, prolapse or descent of rectum, etc. This is a good digestive too.
This confection can be mixed with equal parts of confection scenna 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.

(vi) **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)

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Molucca Bcan</td>
</tr>
<tr>
<td>Hindi</td>
<td>Kat-kaliza. Kalkaranj</td>
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<td>Kanarese</td>
<td>Gajjag-kay</td>
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<td>Tamil</td>
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<td>Bengali</td>
<td>Nata</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Kuberakshi</td>
</tr>
</tbody>
</table>
(i) **Description**

The seed of cacsalpinia bonducilla. This is an oval nul inch long. It has a gray color. It contains a white, starchy kernel of a pure bitter taste. It is an antipertiodic, anispa-smodic, tonic, anthelmintic; febrifuge. The leaf is decoystrunct and cmmenagoguc.

(ii) **Bonduc Seed Powder**

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

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

The bark of the root of the bonduc shrub in 10 grain dose.s is more effcyctive in the above cases than the seeds ihemselves.

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) **Konduc Seed Tooth-powder**

Re: Bumt seed powder 4 ounces
Aiecanui bumi powder 4 ounces
**Borax** 2 drachms

Mix and stnin through a cloth. Useful tooth-powder. Tccll will be sirengthened. Tooth pain will vanish:

(iv) **Bonduc Seed Powder with Asafoetida**

Re: Bonduc seed powder 10 grains
Asafoetida 3 grains

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

(v) **Bonduc Leaf Poultice**

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

<table>
<thead>
<tr>
<th>English</th>
<th>Stxiium Borali</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hindi</td>
<td>Sohaga</td>
</tr>
<tr>
<td>Kanurcsc</td>
<td>Bilisara</td>
</tr>
<tr>
<td>Tamil</td>
<td>Vcnkaram</td>
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<tr>
<td>Telugu</td>
<td>Vellisaran</td>
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<tr>
<td>Maluyalam</td>
<td>Ponkuram</td>
</tr>
<tr>
<td>Mamihi</td>
<td>Kankankhar</td>
</tr>
<tr>
<td>Gujarati</td>
<td>Tankamkhar</td>
</tr>
<tr>
<td>Bengali</td>
<td>Sohaga</td>
</tr>
<tr>
<td>Sanskrit</td>
<td>Tankana</td>
</tr>
</tbody>
</table>

(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 mucous membrane. It relieves pain. It is frequently used as a dusting powder or in lotion with water or glycerine for the mouth, cyes, 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 inucus out of the bladder. It is an urinary disinfectant. A solution is used in leucorrhoca (whites) of females and gonorrhoca for internal wash.

(ii) Glycerine-Boracis

This is prepared by rubbing 12 parts of purituled borax and 88 parts of glycerine in molar.
(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 (I 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 Chlorate 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 container.

CHAPTER VIII
BUTEA SEEDS I & II. BUTTERMILK

24. BUTEA SEEDS-I
(THE SKEDS OF BUTEA ERONDOSA)

<table>
<thead>
<tr>
<th>English</th>
<th>Ba.s(aiKl Teak Seeds</th>
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<tr>
<td>Hindi</td>
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<td>Kanarese</td>
<td>Mutiaga-bija</td>
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<tr>
<td>Tamil</td>
<td>Porasam-virai. Murukkam-virai</td>
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<tr>
<td>Telugu</td>
<td>Moduga-x’iltulu. Plash-vittulu</td>
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<td>Malayalam</td>
<td>Murukka-vita</td>
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<tr>
<td>Marathi</td>
<td>Palasa-cha-bij</td>
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<tr>
<td>Gujarati</td>
<td>Pala.s-paparo</td>
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<tr>
<td>Bengali</td>
<td>Pala.s-papra</td>
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<tr>
<td>Sanskrit</td>
<td>Palash</td>
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</table>
(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, 1/4 to 1 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 grains.

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-BU)

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 Butca or Palas are astringent, aphrodisiac and...
tonic; the flower is aphrodisiac, diuretic and depurative. The seed is laxative and anthelmintic. The gum is astrigent.

The gum gives strength to nerves, sperm, joint, intelligence and chest. Buiea 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
Juice of fresh ginger

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

**(iii) Bark Decoction**

Re: Bark of Buiea
Water

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

**(iv) Decoction of Butca Leaves**

Re: Buiea Leaves
Water

Boil for 10 minutes and strain. Dose: 1 tablespoonful, three 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: Buiea Bowers
Water

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

(v) **Rutea R< >m>** *(Palas-ktil-ark)*

Re: Roots of Palas 4 oinccs
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) **Rutea Bark** *(For Snake Bite)*

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

Mi.\ 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) **Rutea Flower**

Re: Butea flower 1 ounce
Water 10 ounces

Boil and strain. Dose: 1 ounce twice daily. This brings out insensible 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) **Rutea Gum Powder** *(Benaal Kino)*

Re: Palas-ki Gond (gum) 10 grains
Clovcs Powder 5 grains
HOME REMEDIES

Make one powder. Dose: One powder twice or thrice daily. Usful in diarrhoca, 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 Glyccrinc Paint. It is inore suitable for children and delicate females.

(ix) Butca Ixiuf

Rec: Butca leaves 1 ounce
Water 10 ounces

Boil for ten minutes and strain. Dose: 1 teaspoonful thrice daily. Usful 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

(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 its vitamin A and the other two vitamins, protein 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, ctc.

Boiled rice and buttermilk is useful in diarrhoea, dysentery, piles, dropsy, excessivc 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

<table>
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<th>Tamil</th>
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<tr>
<td>Catnphor</td>
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Dose: 2 to 5 grains. This is an ingredient in Tincture Camphor Co. or Parcgoric Elixir which is used in eoush mixtures. It is also an ingredient in Camphrcdync 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 AnophnKlisiac**

It is an anaphrodisiac and checks painful crecions in gonorrhoea. When it is given in large doses frequently, it produces impotency and desiroys erection of the organ. Some Sailhus lake recourse to eating camphor to desroy their virile power.

(ii) **An antigalaetagogue**

It is an antigalaetagogue. It checks accumulation of milk in the breasts and so it is beneficial in inoilers 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 muslard 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'Spasmodic

It is anti-spasmodic and so it is useful in spasms of ashlina 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 converts digestion into expelling wind from the bowels. It is useful in weakness 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 bedtime. It is useful in dysmenorrhoea or difficult menstruation.

/Xmritshara and Rubinis Camphor contain camphor. Camphor becomes a liquid when mixed and nibbed 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 chemist's shops.

28. CAI>SICTM

English: Rcd Chillies
Hindi: Lal Mirch. Gach-mirch
(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: \( \frac{1}{4} \) 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 I teaspoonful
Sall 2 teaspoonfuls
Boiling water 20 ounccs

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

(iii) **Capsicum Pill**

Re: Capsicum I grain
Camphor I grain
Asafoetida I grain

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

(iv) **Capsicum Decoction**

Re: Capsicum 30 grains
Chinnamon 10 grains
Water 10ounces
Boil for 10 minutes and strain. Add sugar 4 tablespoonfuls.
For checking the craving of drinking liquor. Dose: 1 oz. thrice daily.

(v) Capsicum Lozenge
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 pttsic 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: Capsicum 2 drachms
Soft yellow vaseline 1 ounce
A stimulating ointment.

29. CARAWAY SEEDS
(CARUM, CARAWAY FRUIT, JIRA, CUMIN SEEDS)

English: Caraway seed
Hindi: Safed Jecra
Kanarese: Jecrigay
Tamil: Shimai-shombu
Telugu: Jilakarra
ITic dried frxiits ol’ carum carui arc known a.s cumin or caraway. It is obtained from the hills and plains of India. It has an agrccable aroma on itccounl of ils volutile oils. Dosc; 10 to 30 gniins.

It is a stimulunt, carminative, slomachic, astringcnl, antispasmodic and aromiitic. It is useful in biliousness, anorcxia or loss of appetite, pain in the stomach and intcslines, asthma, stone. Il givcs strength lo thc body and coolncss lo ihc cycs.

Olcum Carui (oil of caraway) is dislilled from ihc fruils. Dose: I to 30 minims.

(i) Caraway Digestive Powder
Re: Caraway seeds powder 2 drachms
Black pcpper powder 2drachm.s
Long pcpper pwodcr 2drachms
Rock salt powder 2drachms
Dried ginger powder 2drachm.s

Mix well and strain. Dose: 30 grains or half a leaspoonful. Useful in dyspepsia or indigestion. Thi.s is a very effcctive digestive powdcr.

(ii) Pancha*Deepagni Lehiam (A Confection of h'ivc Drnas)
Re: Caraway sced.s powder 4 drachms
Dricd ginger powder 4 drachm.s
Long pepper powder 4 drachms
Black pepper powdcr 4 drachms
Cardamom powder 4 drachm.s
Ghcc 4 ounces
Honey 4 ounce.s
Black sugar 8 ounce.s
Cow’s milk 2 seers
HOME REMEDIES

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

**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.

**Digestive Powder**

Re: Caraway seeds powder 1 drachm
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
Hirxi: Elachi, (Choti Elachi)
Kanurese: Elakki
Tamil: Elakkai, Ella-kay
Telugu: Yalakkai
Marathi: Elachi
Gujarati: Elachi
Bengali: Garaie
Sanskrit: Elaam, Truli

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 caimative, stomachic, flavouring agent, stimulati, diuretic and aromatic.
In Allopathy Canlamom is used in the preparation of aromatic chalk powder. aromatic chalk powder with opium. compound tincture of Gention. A tincture called Tincturc 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

Rc: Cardamom 2 drachms
   Ajwan 2 drachms
   Cumin seed.s 2 drachms
   Anise seed.s 2 drachms

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

(ii) Cardamom Decoction

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

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

(iii) Digestive Powder—I1

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

Rc: Cardamom powder 2 drachms
    Liquorice powder 2 drachms
    Tail pepper powder 2 drachms
AmJa powder | 2 drachms  
While sugar | 1 ounce  
Mix well. Dose: I 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  
Clove powder | 4 drachms  
Dried ginger powder | 4 drachms  
Coriander powder | 4 drachms  
Sugar-candy | $\frac{1}{2}$ 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 be 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  
Beet 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. CAS.SIA ALATA  
(RINGWORM SHRUB)  
Pangish : Ringworm Shrub  
Hindi : E)admurdan  
Kunarcsc : Shimigida. shime-agase
CARDAMOM, CASSIA ALATA, castor OIL

Tamil ; Vandu-kolli. Vanduhadi-ilai, Shimaigatti
Telugu ; Shima-avisi, Shima-chettu
Malayalam ; Shima Akati
Marathi ; Dadamardana
Bengali ; Dadmurdam, Dadmari
Sanskrit ; Dadrughna

This is a parasiticide and purgative. This is useful in ring-worm and parasitic skin diseases. It is a beautiful shrub with its large prominent spike of yellow flowers. It is common in gardens and waste places throughout India.

(i) Dadmurdan Ointment

Re: Bruised fresh leaves 2 ounces
Vaseline, or Coconut, or Sessamum oil 4 ounces
Rub the ointment into the skin thoroughly, twice daily. Useful in ringworm or Tinea Tonsurans.

(ii) Dadmurdan Paste

Re: Bruised fresh leaves* 2 ounces
Lemon juice q.s.
Make a paste. Rub the paste thoroughly into the skin twice daily. Useful in ringworm.

(iii) Dadmurdan Oil

Re: Bees’ wax 2 parts
Coconut oil 5 parts
Juice of the leaf 7 parts
Melt the bees’ wax with coconut oil over the fire in a vessel. Now add the juice. Rub this over the body in parasitic skin discases.

(iv) Preparation for Many L’.ses

Re: Leaves of Dadmurd 1 ounce
Flower of Dadmurd 1 ounce
Water 20 ounces
Boil for 20 minutes and strain. Dose; 1 ounce twice daily. Useful in cough or bronchitis, dyspnoea or difficulty in breathing. This can be used ics a gargle in stomatitis or ulcers in the wounds.
CASTOR OIL

The expressed oil of the seeds of Ricinus Communis. It is a dark brown 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 dark brown, viscous oil obtained by boiling and subsequent expression of the seeds should be avoided on account of its acridity.

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 room water.

It is valuable as an emulsion in infantile diarrhoea and mouth. This is a good antiseptic lotion for washing ulcers and irritable 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 wanned before a fire, over the breasts. This is also an equally effective inodc of application. It is simple also.

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

Re; Cassia Alata, Castor Oil

(i) Castor Oil

A purgative for adults. One teaspoonful for a child.

(ii) Castor Oil Emulsion

Re; Castor oil
Mucilage
Water

I or 2 ounces
q.s.

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

(iii) Castor Oil with '1Y. Opiuin

Re; Castor oil
Tr. Opii.

1 teaspoonful
5 drops

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

(iv) Castor Oil Eye Drop.s

Re; Castor oil

2 or 3 drops

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

(iv) A.s a Poulticc

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

In abdominal 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) 'l'he Three Ghee 

Re; Castor oil

I pan
Gingelly oil 3 parts
Cow’s ghec 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: Khadini. Kudur
Tainil: Katha Kambu
Telugu: Podalimanu
Malayalam: Khadiram
Mar.ili: Khair
Gujarati: Khcr
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 Gambiæ are extracted with water and dried. It is obtained from Singapore and Eastem Archipelago. Taste is at first bilter and tisiringent, afterwards, sweetish. It (K’curs in the form of masses of a blackish brown colour. Its chief constituent is Catechu Tannic acid. Catechu i.s used with pan or betel leaves. Dose: 5 to 15 grains.

(ii) Tincture Catechu

In Allopathic system Tincture Catechu is niade out of Catechu. Cinnamon bark is added. Catechu is an asiringent. il i.s .serviceable in diarrhoca. 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) Good Denlifrice

Re: Catechu 2 drachms
Akim 1 drachm
Myrrh 1 drachm
Clove.s 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 mercury 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: Katechu 6 drachms
Boiling Water 20 ounces
Itittise Ibr 2 hours and strain. This is a good lotion for sore nipples and old, chronic ulcers. Bathc 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) Catechii Co. Ointment**

Rc: Caicchu powder 1 drachm
       Copper sulphatc 10 grains
       While vasclinc 1 ouncc

Mix well. This is u.seful in chronic ulcers attended by much fouhsmelling dischaige. This is an asiringeni and stimulating, hcaling ointmcnt.

The addition of Catechu lo Paan or betcl lcavc.s is bcncficial in strengthening the loose leeth anil killing ihe worms in ihe bowels.

**34. CH.4LLMOOG.4 OIL**

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<td>Tamil</td>
<td>: Nemdi-multu</td>
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<td>Tclugti</td>
<td>: Niradivittulu</td>
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<td>: Niradimultu</td>
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<td>Manithi</td>
<td>: Kadu-Kawala</td>
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<tr>
<td>San.skrit</td>
<td>: Tuvaraka</td>
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</table>

**(i) Gses and Soine 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 rheumalism. This is used both extcmally, and intcmally.

In South India where Chaulmoogra is rarely obtainable. the oil of the seed.s of a iree of the same family, Hydnocarpus Incbntins can be tried. The oil ha.s a great repule among ihc 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 lime. 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 meal, 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 I drachm
White vaseline soft 1 ounce

Useful in obstinate skin diseases, chronic eczema and leprotic 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 leprous spots.

(v) Chaulmoogra Tonic

Re: Chaulmoogra oil 5 drops
Wium milk 4 ounces

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

< vi) Chaulmoogra Pill

Re: Chaulmoogra seeds (powder) 5 grains
Honcy 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; Kiriyat
Kunarcsc; Nelabucvu
Tamil; Nilavemhu
Telugu; Nelavemu
Mulayalam; Kiriyat
Marathi; Olen Kirayai
Gujarati; Kiryato
Bengali; Kalmc-sh
Sanskrit; Bhunimba

(i) Description

Chiretta is the plant of Swertia Chiretta or 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 Compositurn 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, turpitude of liver, giddiness due to biliousness.

(iii) Chiretta Infusion—I

Rec: Chiretta bruised I 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

Rec: 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.

Clove 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

Rec: Chiretta I ounce
- Skin of Mossarnbi I 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

Rec: Chiretta bruised 4 drachms
- Vassambu (sweet flag) powder I drachm
Chatha-kuppai (dill) I drachni
Boiling water 10 ounccs
Infuse for 1 hour. Do,se; 2 tablespoonfuls thrice daily.
Useful in debility, fever, dysentery, etc.

CHAPTER XII
CINNAMON, CLOVES, COCCULUS-INDICUS

36. CINNAMON
(CINNAMOMUM ZEYLANICUM)

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(i) Properties and Uses

This is the dried bark of Cinnamomum Zeylanicum. It is obtained from the Deccan, Burma, Malaya and Ceylon. It (K’curs in closely rolled quills containing several smaller quills inside. It is yellowish-brown in colour. It has a sweet, hol taste. It contains a volatile oil, tannin, sugar and gum. Do,se: 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 spermatorrhoea, diarrhoea, bronchitis, dysentery, poisoning, flululence 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 lalx)ur pains.

Cinnamon powder is used in Allopathy in the preparation of compound Catechu powder, Creta Aromaticus powder.
Crcta 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 I drachm
Cardamon powder I drachm
Dried ginger powder 1 drachm

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

(iii) Cinnamon Decoction

Re: Cinnamon I drachm
Cardamom I drachm
Dried ginger I drachm
Cloves I 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 Catcchu Decoction

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

Keep for one hour and sirain. Dose: 2 teaspoonfuls thrice daily. Useful in diarrhoea.
(v) **Cinnamon and Cvtchu Powder**

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

Make one powder. Do.se: 1 powder thrice daily. Useful in diarrhoca.

### 37. CLOVES  
**(CARYOPHYLLUM: LAVANGA)**

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(i) **Properties, Uses and Preparation.s**

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

Clove is a good stimulant, carminative, siomachic and anti spasmodic. 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 Pharmacopocia arc
CINNAMON, CLOVES, COCCULUS-INDICUS

Caryophilli infusion diluted and concentrated and oil of cloves.

The dose of the diluted infusion is \( \frac{1}{2} \) to 1 minims 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, Haidulence, 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. Headache 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 1 hour and strain. One dose. A good, lubricant purgative.

(iv) Cloves Chirectta Tonic

Re: Infusion of cloves 8 ounces
Infusion of Chircila 8 ounces

Mix well. Dose: One 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 Chooma that helps digestion and gives good appetite.

(vi) Cloves Triphala Powder

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

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)

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(i) Description

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

vimlent poison. If ihis is niixed wiih food and given lo the crows, they die immediately. Hence ihe name ‘Kakkai kolli’, ‘killer of crows’.

(ii) For Itching Skin

Cocculus Indicu.s i.s an emetic, parusiticide and a narcotic. It is used as an agent for destroying pediculi or lice. It is useful in iching of skin.

Re: Cocculus seed.s 60 grains
Vasclinc I ounce

Beat Ihe seeds in a mortar and make into a paste ond then mix the paste thoroughly with vaseline, butter or ghee. The oinlmeni shuuld noi be appiicd in abradcd or ulccrated surfaces on account of the danger of absorption of the poisonous principles of ihe seeds.

(iii) For Intravenous Injection

Picrotoxin. Synonymn. Cocculin. A glycoside obtained from Anamirta Paniculata, This is bitter, colourless, crystal. Do.se: \( \frac{1}{6} \) grain. This is given as an intramuscular or intravenous injection. Picrotoxin is occasionally given orally in night scwats. It is given in barbiturate, paraldchydc and bromcthol poisoning in doses of 1/6 grain intramuscularly or intravcnously. Picrotoxin is useful in epilcpsy, hemiplcgia, headachc. swcating 6f phthisis, and discasc.s caused by poisonous drugs.

CHAPTER XIII

CORIANDER SEEDS. COUNTRY FIG, COUNTRY GOOSEBERRY

39. CORIANDER SEEDS
(CORIANDRUM SATIVUM )

English : Coriander
Hindi : Dhaniya
Kanarcsc. : Kottamari-bija
Tamil : Kolhumulli
Tclugu : Dhaniyalu
(i) **Description**

The seeds of Coriandrum Salivum. 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 savouring agent in the preparation of pepper water (Rasam), Sambar, Pachadic and Chulncy 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 dinchms
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 CutTec**

Re: Coriander seeds 2 tablespoonfuls
Sugar 2 tablespoonfuls
Milk 10 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 a very good substitute for coffee and tea. This will cure piles.
(v) **Coriander Powder**

Re: Coriander seeds (parched) - 4 drachms  
Citriray powder (Jira) parched - 4 drachms  
Ciudamom 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 llatulence, 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. **COVNTRY HO**

(HICUS GLOMERATA)

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**Uses of Hg Fruit**

Fig brings 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. (**İ:n iكي g o o sk bek ry**

IAVVLRHOLA ACIDA)

- english : Coiiiisiy G(H>seberry
(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
Bumt 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**

Rc: Dried gooseberry powder 10 grains  
Cumin seeds (jcera) 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 1/4 Seer  
Black pepper 1 ounce  
Fresh ginger 2 ounces  
Fresh coriander leaves or sweet nim leaves 1/2 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**

Rc: Fresh or dried gooseberry (bruised) Handful  
Curd 1/4 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 Dvudasi days with Akalti Kccrai (a kind of leafy vegetable).

(viii) **To relieve Constipation**

Dry the seed. Then pulverise it.

Rc: Gooseberry seed powder 1icaspoonful  
Sugar 1 teaspoonful  

Useful in constipation.
CHAPTER XIV

IPECACUANTIA. SARSAPARILLA. CROTON SEEDS. CUBEBS

42. COUNTRY IPECACVANTIA n LOPHORA

Ilindi : Anluniul, Jungli-pirwun
Tunilli : N;«:IK.'hunipun, Nuypulai. Peyppului
Tcligu : Verri-pala, Kukkapulu
.Mulayulam : Vullipulu
Benguli : Anio-inul

(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 Ipecacuanha.

(ii) Uses of Powdered Dried Leaves

Dose of the powdered dried leaves as an emetic is 40 to .50 grains lor 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 linnes daily.

43. COUNTRY SARSAPARILLA

(THE ROOT OF HEMIDESMUS INDICUS)

English : Indi;ui Sursupurillu
Hindi : Mugalixi Salsu. Jungli-Chanbelii
Kanurcsc : Sugundhu-paludu
Tuinil : Nannariver
Telugu : Sugundhi
.Maluyaluin : Nunnuri
.Ruralhi : Uparsiiri
Renguli : Anuniunuil
Sunskrit : Sunbhu

This is the dried root of Heinnidcsmis Indicus.

This is a kind of ciccpcl that grows by itself in India in ihec giHxl aroina. li i.s slightly biicr.

li) Its Inportant'c Emphasised in .Ayurvedic Scripture.s

This is a kind of ciccpcl that grows by itself in India in ihec giHxl aroina. li i.s slightly biicr.
IPECACUANTIA, SARSAPARILLA, CROTON SEEDS. CUBEBS 73

"It is 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 scriptiirs unaniinioisly 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 inouth, biliousness, ring-worn, 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 ColTee—I

Re: Sarsaparilla root bruised I 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 ColTee—II

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

Take in the morning. Useful in all urinary diseases.
striction 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 discascs of the skin.

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

Saribadi Asava and Saribadyarishta (Sariva quaih) 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: 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: ½ to 2 tolas twice daily.

44. CROTON SEEDS

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</table>

(i) Description und (Uses)

The seeds of croton Tigliium. 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.

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 linseed 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
Siigar
I drop

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 longuc. It should not be given to children and boys. It should be given only to adults.

(iii) Croton Oil Liniment

Re: Croton oil
Sesamum oil, or Coconut oil, or Mustard oil 6 ounces

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

(hj How to Purify Croton

Tie a few seeds in a handkerchief and boil this in cowdung water, cows' 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. COBEBS
(KABAB CHINI)

<table>
<thead>
<tr>
<th>English</th>
<th>Tailpepper</th>
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</thead>
<tbody>
<tr>
<td>Hindi</td>
<td>Sitalchini</td>
</tr>
<tr>
<td>Kanurc.M;</td>
<td>Gundha mcna.su</td>
</tr>
<tr>
<td>Tamil</td>
<td>Val-mulaku</td>
</tr>
<tr>
<td>Telugu</td>
<td>Toka-miriyalu</td>
</tr>
</tbody>
</table>
IPECA CUANTIA. SARSAPARILLA. CROTON SEEDS. CUBEBS 77

Mulayalam : Valmilaku
Maralhi : Kankora
Gujamli : Tadamiri
Bengali : Sitalchini
Sanskrii : 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 cinchophoraceous taste and a peculiar aroinalic 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, glccl, leucorrhoea and other vaginal discharges in women.

(ii) Cuhchs Co. Powder—I

Re: Cubebs powder 20 grains
Ammonium powder .5 grains

Mix well. EX)se: One powder thrice daily. Useful in glcet. gonorrhoea. leucorrhoea and other vaginal discharges in women.

(iii) Cuhcb.s Co. Powder—II

Re: Cubebs powder 10 grains
Potassium nitrate 10 grains

Dosc: One powder thrice daily. Useful in gonorrhoea.

(iv) Cough Mixtuce

Re: Cubebs 10 grains
Cinnamon water i ounce

(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 cinchophoraceous taste and a peculiar aroinalic 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.

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Dosc: One powder thrice daily. Useful in gonorrhoea.

(iv) Cough Mixtuce

Re: Cubebs 10 grains
Cinnamon water i 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) **Cubebs Decoction**

Re: Cubebs powder 1 drachm
Liquorice powder 1 drachm
Ixring 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: Cubebs 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. D.ATIRA

(THORN APPLE. STRAMONIUM)

Hngli.sh : Thornapple
Hindi : Dhaturu
Kunurese : Uinmattc
Tamil : Umattai
Telugu : Ummeththa
Mal.'rynlam : Ummathham
Marathi : Dhiitori
Gujarati : Dhatiira
Bcngali : Dhatura
Sanskrit : Datura

(i) Propeiiies, Varieties and Uses.

The dried and flowering lops of Dhatura Alba Fatuosa and Dhutura Talulu. Dhaturu is an enietic, antispasmodic, anodyne, narcotic. It is chiefly used for relief of asthma. Seeds are used by poisoners in sweetmeat or hooka. The varieties of Dhutura are white, black and purplc. The flow'ers are white, black and purplc. In over-doses. Dhatura acts as a powder niwcotic poison.

Dhutura is a substititttc for Belladonnu in the treutmenl of cataract and other discasc of the eye. It dilaiies the pupil. The leaves and flowers conlain alkaloids, mostly hyoscyamine, a little of atropinc and hyoscine. The total alkaloids urc sometimes culled daturine.

In the allopathic system there are three preparations, viz., 1. Extractum Stramonii Liquidium (do.se 'Zz to 3 minims); 2. Extractum Stramonii Siccum (dose: 'A to I grain); and 3. Tr. Stnimonii (dose: 5 lo 30 minims).
Stramonium has (he 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.

Dhatura 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) Fur Inhalation in Asthma

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

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

(iii) Dhatura Cigarette

Re: Dried Dhatura leaves 15 grains

Smoke in a pipe. The leaves can be made into cigarettes also. Useful in asthma and paroxysmal cough.

(iv) Dhatura Fomentation

Re: Dhatura leaves 1 ounce
Boiling water 20 ounces

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

(v) Dhatura 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 Dhatura poultice relieves the pain and hastens the expulsion of the worm.
(v'i) Dhutura Liniment

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

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

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

47. DILL SEEDS

(.A.NETHI SOYAH)

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<td>Soolpha</td>
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<tr>
<td>Sanskrit</td>
<td>Shhatapushpi</td>
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(i) Description and Uses

The dried fruit of L'cucedanum Suwa. 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 Concentratis (dose: 5 to 15 minims or drops). (2) Aqua Anethi Distillata (dose: 1 to 3 fluid ounces) and (3) Oil of Anethi or Oleum Anethi (dose: 1 to 3 minims).

Dill is carminative, dcobstirucnt, diuretic, cmnnenagoguc, stimulant, ammalic, siomachic. Thc leaf has antispasmodic propensity. Dill sccd is obtainable in all bazaars. Dill is useful in headachc, nasal catarrh, paralysis, pain in the anus, coryza. It incrncasc the gastric fire and invigorates the appctite. 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 4 drachms
Boiling water 10 ounces

Infuse for 1/5 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.z. Water

Re: Dill water 2 ounces
Lime water 2 ounces
Anisi Water 1 ounce
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. L’seful 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 ounccs
Honey $\frac{1}{2}$ ounccc

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.

Hindi: Sonth
Kanarcse: Ona Shunti or Sunti
Tamil: Chukku
Telugu: Sonti
Malayalam: Sunt
Marathi: Chukku
Bengali: Sonth
Sanskrit: Nagaram

(i) Aromatic, Stimulant and Carminative

It is the dried root of Zingiber officinale. It is a strong
aromalic stinwlani, slomachic and carminative. It ha.s an agreeable odour and pungent ta-ste. •

(ii) l'ses and Preparations

It is uscful in liithago, indigestion, sour belching, na.sal caiarrh, flatulencce. nau.sea or retching, intcstinal colic. eic.

Put onc or two pinch of powdcr of dricd gingcr in hot milk and tiikc. This will remove all rheumatic pains.

Make a paste of this powder with water. Iwal it and apply to the head. It will rclivc headachc. Apply it to rheumatic swelling of joinis. The swelling and pain will subsidc.

Sonth enters into the composition of Soubhagya Sonti Lchiam or confection, Kandathri Lchiam. Sonti Chooma or digestive powiler.

Infusion of gingcr is uscful in flatulcncc and colic. Put onc ounce of Sonth in onc pint or 20 ounces of boiling water. Infusc for one hour and strain. Dose: two tablespoonfuls.

You can rmake a pljLsier of Sonth. Take onc ounce of gingcr powder. Add sufficient water just to make it a plaster. Put it on a piece of lint or cloth and apply lo the head. Tlii i.s useful in headachc.

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

CHAPTER XVI
EDIBLE HIBISCUS, ESSENCE OF GINGER, FENUGREEK

49. EDIBLE HIBISCUS
(LADY'.S FINGER)

<table>
<thead>
<tr>
<th>English</th>
<th>Edible Hibiscus</th>
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<tbody>
<tr>
<td>Hindi</td>
<td>Bhindi. Rain Turai</td>
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</tbody>
</table>

An aromalic is » drug th'il h.'is un uruinu und that invigorates digestion. A canninativc is a drug that stimulatcs digcstion .snd expels wind from the txiwcls.
EDIBLE HIBISCUS. ESSENCE OF GINGER, FENUGREEK

Kanarese: Bende
Tainil: Vendaikkai
Telugu: Bendakaya
Malayalain: Venda
Mamihi: Bhcond.T
Gujarati: Bhindu
Bengali: Dlieras. Dhenras. Kain-iorai
Sanskrit: Golihwaka

(i) Description Properties and Uses

Edible Hibiscus is also known by (hc naincs Abclinoschus or Okra. This is u vegetable cultivated throughout India. It is refrigerent aphrodisiac. demulcent. diuretic and emollient. Ther is an abundant, bland. viscid mucilage in thi.s vegetable which possesses valuable einollient and deinulccnl properics. Thc dried faiit may be used where it is not obtainable in a fresh stalc. It is useful in cough, dysuria or difficulty in passing urinc wiith burning pain, dysentery, gonorrhoea.

(ii) Ijidy'.s I'inger Decoction

Re: Fresh Vegetable cul transversely 3 ounces
Water 20 ounces

Boil for 20 niinules and strain. Add sugar to laslc. Thi.s can be taken as an ordinary drink. For fevers. eough. irritable state of the bladder and kidneys, gonorrhoea with difficulty in passing urinc and scalding pain. dyscntery. Thc urinc incceases in quanlily. In chronic dysentei'v thc mucilage is highly beneficient.

The inhalation of the valuieur of the hot decociion is iseeful in cough, hoarseness and dry and irritable states of the ihroat. .sorc.s in the ihroat. The fresh vegetable or leaf of ihc plani baiscd is an efficicnt emolllent poulticc for boils, wounds, swelling etc.

50. ESSENCE OF GINGER

Its ('olour and iLs Uses

This is strong tincturc of ginger, Tinctura Zingiberis Foriier. This is of a bright, slightly yellowish colour. II
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. Dos: 5 to 20 drops for an adult. 1 to 5 drops for a child. one year old.

51. FENUGREEK

(Trigonella Foenum)

(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, emmenagogic, 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 ghcc. Add a little cumin seeds and black pepper and salt and cur. It will relieve 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 seed.s 1 ounce
Finc Rawa (scinolina)  4 ounces
Ghcc  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  I ounce
Ripe figs  I ounce
Resins  I 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 inuces 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 only of Methi seeds, sugar, ghcc and Ravva (wheat).

(vii) Methi Seeds with Rice

Take equal parts of Methi seeds, musiard, turmeric and asafoetida. Fry them in a pan with a little ghcc. Powder them.
Pui the powder in the ricc and cai. 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 ghcc. 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 appeaser.

CHAPTER XVII

FOUR O’CLOCK FLOWER, FRESH GINGER, GALANGAL

52. EOL’R O’CLOCK FLOWVEK

(MIRABILIS JALAPA)

<table>
<thead>
<tr>
<th>English</th>
<th>Eour O’ Clock Elower</th>
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<td>Antimantaram</td>
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<tr>
<td>Sanskrit</td>
<td>Sandhya-raga</td>
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</tbody>
</table>

(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 Koot a Lavative

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 casior 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 confusion 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

Rnglish : Fresh ginger
Hindi : Adrakh
Kanarcsc : Hashi Shnnti
Tainil : Ingi
Teliliu : /Mkitnu
Manithi : Ala
Bengali : Ada
Sanskrit : Ardhراكain

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 then 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) Allopathic and Ginger Preparations

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

Put in a vessel some fresh siinsiee slices, some coriander
seeds, some cutnin 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 Sqcce Dosais. Vadais. Patchadie, Adais, etc., as it has stomachic and carminative properties.

### 54. GALANGAL
**(ALPINIA GALANGA)**

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#### (i) **Its Two Varieties and Its Uses**
There are two varieties, namely, Galangal the lesser (Chittaratai) and Galangal the greater (Pcerrattaii). 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**
Rc: Galangal powder 20 grains
Honey 2 teaspoons

#### (iii) **Galangal Infusion**
Rc: Galangal powder 2 l teaspoonfuls
Boiling water 20 ounces
Pour the water over the powder that is kept in a vessel.
Kcep il for 2 hours. Strain. Dose: 2 labelspoonfuls 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) (Ialangal 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 GALLZX

Rnglish : Galls
Hindi : Muzhufal, Kakra Singi
Taniiil : Masikkai, Kakata-Shingi
Telugu : Kakuru Shingi
Maruthi : Kakad Singi
Gujuruli : Kakud Singi
Bcnguli : Kakru Singi
Sanskriti : Karkatu Shringi
(i) Description

Gull nut is the exciscsscence on Quercus Infecioria due to the puncture and deposit of caggs of Cynips Cialiae* rinctoria. It contains 60 to 15 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. Dosc: 10 to 20 grains.

(ii) 'riirec Varicites and Many Csc.s

There are three varieties. viz., black: blue and white. Black and blue varicites arc the best. This is a powerful astringent. styptic, tonic and anti-periodic. Gall gives strength to the body and removes persistcnt. inner heat, “Kanaichoodu” of children (heat with Wasting of body). Gall is an antidote to lime water, opiuin, aconite, copper sulphate.

The two allopathic preparations are: (I) Gall Ointnient and (2) Gall and Opiuin Ointinent. The Ointinent of gall.s and opium is a reputed and a favourite application for pilcs or haerinorrhoids. This ointmeni relieves pain and stops bleeding.

Kakata Singhi (Tainil), Karkata Shringi (Sanskrit), Kakra Singi (Hindi), Pistacia Intccrrima (Latin) arc 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) Gull Deccrction

Re: Galls (bruised) 2 ouncc.s
Water 20 ounccs or 1 pint

Boil for 15 minute.s and strain. Dose: 2 tablecspiKnifuls lhiicc daily. lsccful in diarrhoea. internal haerinorrhage, dyscniery, dyspcpsia. cough aiid inuch sputuni or bleeding. excessive perspir.itlon. ll is a hencficial astringent. garglc and application for pilcs. prolapsed or descent of ictuin. and a usefl'ul injeccion for prolapse or descent of uterus or woinb, gonorrhoca. In children kcep a pad satuarcld with the
GALLA. GARJAN OIL, GARLIC. GULANCHA

decocion over the external parts after the proiruded 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 (>all 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  */" grain  
Opium powder 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 lonsillitis 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 urinc, tenorrhug'e or excessive menstruation, bleeding in piles, bleeding from nose, chronic or long-standing gonorrhoea. This will check the discharge. This is also beneficial in leukorrhoea 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
While Vaselin

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. Do.sc: One powder 3 times daily.

(xii) **Gall and Chiretta**

Re: Gall powder 10 grains
Infusion of Chiretta 1 ounce

One ilose. 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 astringent and astringent. This is a pale, brownish powder. It is also known
by the name Tannin. Tannic acid glycerine, (annic acid supposilory for introducing into the rectum in diarrhoea, etc., tannic acid lozenges. arc all prcparcd from tannic acid.

Tannic acid glycerine is applied o the throat and (onsils in inflammatory conditions. A solution of tannic acid (3%) is useful in burns. It should not bc used on the face. Whenever you are exposed lo the risk of injury by lire, keep a tin of tannic acid ointment

(xiv) Tannic Acid Ointinent

Re: Tannic acid 1 drachm
Vaseline 1 ounce

Make ointment.

56. GAR.JAN OIL
(WOOD OIL)

Hindi: Garjan-ka-tel
Bengali: Garjion-tel

(I) Characteristics & Effective Use.s

The balsamic exudation from dispcrocarpus turbinatus of laevis. It i.s an oleo-resin or balsam. It is a transparent liquid of the consistence of olivc oil of u dtirk-brown sherry colour. It ha.s an odour und tastc like that of copaiba but less powerful. It i.s a gor^d deinulcent. It act.s on the mucus membranc of the bronchial tubes like copaiba.

It ha.s been used a.s a substitute for copaiba in the treatment of gonorrhoea. It is a remedy of great value in this disea.se. It is most useful in the advanced stages of gonorrhoca or glcct. It is useful also in leucorrhoca and other vaginal discharges.

Dose: A teaspoonful two or three times a day. It is given floating on omum or other aromatic water or made into an emulsion with lime water or mucilage.

(ii) Garjan Oil Emulsion—I

Re: Garjan oil I drachm
Mucilage q.s.
Aqua 1 ounce
Dose: 1 ounce twice daily after meals. Useful in gonorrhoea and gleet. This acts like paiiba.

(iii) \textbf{Garjan Oil Emulsion—II}

\begin{itemize}
  \item Re: Garjan oil
  \item Diachin 1 drachin
  \item Micilage q.s.
  \item Line water 4 drachins
  \item Water 1 ounce
\end{itemize}

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

(iv) \textbf{Garjan Oil (Ointment)}

\begin{itemize}
  \item Re: Garjan oil 1 part
  \item Line water 3 parts
\end{itemize}

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

\section*{57. \textbf{GARLIC}}

(\textit{LATIN; ALLIUM SATIVUM})

\begin{itemize}
  \item English: Garlic
  \item Hinili: Lasan
  \item Kannarese: Bellulli
  \item Tamil: Vellulli, Vellaipoondru, Poondru
  \item Telugu: Vellulli, Thella-gadda
  \item Malayalam: Vellulli
  \item Marathi: Lasun
  \item Gujarati: Lasan
  \item Bengali: Riisun
  \item Sanskrit: Lasuna
\end{itemize}

(I) \textbf{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, lones the system, expels sputum readily by liquefying it, increases the secretion and flow of urine and kills thread and round worms in the bowels.

(ii) \textbf{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 footed 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 sesame 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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<th>Ghce</th>
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</table>

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

(v) **Liniment**

Rc: Garlic I 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**

Rc: Garlic I drachm

Water 8 ounces

Boil for 10 minutes. Dose: One teaspoonful thrice daily

The garlic may be boiled in milk also.

58. **GVLANCHA**

*(TINOPORA CORDIFOLIA)*

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<thead>
<tr>
<th>English</th>
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<tr>
<td>Hindi</td>
<td>Gulanchu, Gulbel</td>
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<td>Kanarese</td>
<td>Amritavalli</td>
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<tr>
<td>Tamil</td>
<td>Shindikodi, Amritavalli</td>
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<tr>
<td>Telugu</td>
<td>Tippa-liga, Gaduchi</td>
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<tr>
<td>Malayalam</td>
<td>Amruia, Chilramruta</td>
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<td>M'talhi</td>
<td>Gula-veli</td>
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<td>Gujuruli</td>
<td>Gul-vcl</td>
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<td>Benguli</td>
<td>Gulancha</td>
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<tr>
<td>Sanskrit</td>
<td>Guduchali</td>
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</tbody>
</table>

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

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

(ii) Beneficial Effects of Tinospora

Tinospora is a bitter tonic without tannin. It is a good substitute for calumba. It is an anti-pyretic. 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

Rc: Gulancha 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, faintness, 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 and then apply it over the ulcer and then bandage. The ulcer will heal up quickly.

(iv) Sat-Gilo or (Gokha-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 spulum in the respiratory tubes.
(v) Guiancha Infusion

Re: Gulancha bruised 2 ounces
    Cold water 20 ounces

Infuse for 4 hours und sirain. Dose: 1 ounce thrice dily. 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 uromatics.

(vi) Gulancha Decoction

Re: Gulancha I drachm
    Cloves I drachm
    Cinnamon I 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 I drachm
    Chiretta I drachm
    Dried Ginger I 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, Kanare.sc, Tamil, Telugu, Malayalam. Gujarati, Sanskrit: Ttilasi
(i) Religion and Holy Basil

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

Binda, wife of Sankchuda 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, Tiruncetu 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 L’ses 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...
HOME REMEDIES

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

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

(v) Insect-hile 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 cough. You can add milk also to this tea.

(vi) The Tea, the Oil, the Seeds

This leaf 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 car-ache and in the discharge of pus in the ears. It is put into the nose in ozacna.

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

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

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

W). HONEY
(MEL DRI'URATUM)

English : Honey
Hindi : Shahad
Kanarese: Jenu, Jenuiuppa  
Telugu: Taene  
Tamil: Taen  
Malayalam: Taen  
Maralhi: Madh  
Gujarati: Madha  
Bengali: Modha  
Sanskrit: Madhu

(i) Valiie <if Honcy 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, Vasania 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 warmannel. 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  
Puriricd honcy  90 ptu’ts

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

(iv) Oxymel

Re: Purified honcy  70%
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 KuppiKni)

English: Indian Acalypha
Hindi: Cuppi, Khokali
Kanarese: Kuppi gida, chilmari, Kuppi
Tamil: Kuppari Mcni
Telugu: Kuppi-chchtu, Harita Manjiri
Malayalam: Kuppa Mani
Marathi: Khokli
Gujarati: Venehi Kanto
Bengali: .Muklajhuri, .Muktabarsi
Sanskrit: Arittu Manjaric
(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 plain.s 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 is also small.

(iii) **Beneficial in Chronic Bronchitis**

Acalypha Indica contains an alkaloid or active principle, acalyphe. 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 is 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 Kinetic**

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 jcguirdy sccds, Kundraurnani) 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 Ipecac. It is useful in consumption, croup, asthma and bronchitis of children.

The suppository of bruised leaves relieves constipation of children. The decoction of the roots 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 Parselanc
Hindi : Khursa
Kanarese : Duda Gorai
Tamil : Paruppu Keerai
Telugu : Pappu-Kura
Malayalam : Korichira
Murathi : Bhuighuli
Gujarali : Loni
Bengali : Baraloniya
Sanskrit : Loni

(i) Description

This is a small herbal plant. The leaf, sccd 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 tenuous dysentery.

(ii) Uses of the Juice and 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 cat. This is useful in diseases of the liver. Boil the leaf with turki dhall or green dhall 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.

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

The stem of this plant is useful in sudamina or summer
cruplions in the body, burning in the hands and feel. Make a paste of the stem and apply.

63. INDIAN PENNYWORT—I
(HYAROCOTYLE ASIATICA)

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<thead>
<tr>
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<th>Pennywort</th>
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<tr>
<td>Hindi</td>
<td>Brahma Munduki. Khula-Kudi</td>
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<tr>
<td>Kunare^e</td>
<td>Vondclagi</td>
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<tr>
<td>Tamil</td>
<td>Vallarai</td>
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<td>Kudakam</td>
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<td>Marathi</td>
<td>Karivana</td>
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<td>Gujarati</td>
<td>Karbnihmi</td>
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<tr>
<td>Bengali</td>
<td>Tholkuri or Tirunkuni</td>
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<tr>
<td>Sanskrit</td>
<td>Brahmi, Mandukaparni</td>
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</table>

(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 irritative tonic, aperient, diuretic, stimulant, emmenagogue and local stimulant. A 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 nerve and brain tonic. It increases memory and besiows long life.

(iii) The Brahmi Drink

A small quantity soaked in water over night and made into a pasie 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 wonns in the bowels. It is specially useful for nervous debility and invigoraics 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-closed bottle.

The powder can be made into an ointment with vaseline or buller. 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. Pul 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 curd.

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, convulsion. You can apply the juice of the leaf also in these discases.
Brahtni Ghrita is prepared from fresh Brahtni 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 (jcera) 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 Kṣmai (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
Myrobalan 1 drachm
Adhadota (Vasaka) 1 drachm
Long pepper 1 drachm
Sweci 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 $\frac{1}{2}$ Sccr

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

Sepiuate the good fresh leaves. Spread them on a mat in the shade. Preely 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 syphilis.

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

(vii) For Leprosy

Re: Pennywort leaves 5
Pepper 5
Garlic 1 small piece

Grind this well. Once daily. Useful in leprosy, leprous 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 100 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 leaspoonful
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. The Ls is mixed with sugar and drink. 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 bacicria. It forms a coating between the face.s and the gut. It lines the membrane of the bowels.

Tablet Isafgul. 20 grains, is also available.

(iii) A Special Preparation

Isafgul seed powder (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 sirangy 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 Cubeb's juice is taken in gonorrhoea. Two or three powders can be taken daily.

CHAPTER XXI

JATAMANJI, KALADANA, KAMELA, KANDANG KATHRI

66. JATAMANJI

(INDIAN SPIKENARD)

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<thead>
<tr>
<th>Language</th>
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<tbody>
<tr>
<td>English</td>
<td>Valerian root</td>
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<tr>
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<tr>
<td>Kanarcse</td>
<td>Jatamavashi</td>
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<tr>
<td>Tamil</td>
<td>Jatamanji</td>
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<td>Tclugu</td>
<td>Jatamamshi</td>
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</table>
HOME REMEDEIES

Malayalam : Jatamanchi
Marathi : Jatamavshi
Gujurati : Jatainasi
Bengali : Jatamansi
Sanskrit : Jatamansi

This is the root of Nardostechys Jaiamanji. This is obtainable in all bazaars.

(i) The Uses

It is a gkhxel stimulant, digestive, carminative, diuretic, expectorant and a good analgesic and nervine tonic for hysteria, chorva, convulsion and epilepsy. Jalainanji is useful in leprosy, old fever, inicmal 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

Rc: Jaiarnanji 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 the heart and convulsion.

Tincture of Jatamanji is available in the Bengal Chemical and Pharmaceutical Works, Calcutta. Dose is 1 to 2 drachns. It may be combined with Camphor, ammonia and potassium bromide.
(iv) Epilepsy-Hysteria Mixturc

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. I 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. KALADANA

(PHARBITIS SEEDS)

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<thead>
<tr>
<th>Language</th>
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<tbody>
<tr>
<td>English</td>
<td>Pharbitis seeds</td>
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<td>Kalu-danah</td>
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<td>Kanarcsc</td>
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<td>Tamil</td>
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<td>Tcglug</td>
<td>Kolli-vittulu, Jinki-vitlulu</td>
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<td>Marathi</td>
<td>Nil-pushpi, Kala-dana</td>
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<td>Gujarali</td>
<td>Kalu-dana</td>
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<td>Bengali</td>
<td>Nilkaltni</td>
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(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 1/2 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
Aris 10 grains

One powder. Dose: One powder twice daily. Useful in fever.

68. KA.MEL.4
(MONKEY FACE TREE)

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<thead>
<tr>
<th>Language</th>
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<tbody>
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<td>Bengali</td>
<td>Kamcla</td>
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<tr>
<td>Sanskrit</td>
<td>Kampilla, Kambha</td>
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</table>

(i) Uses

The powder from the capsules of Mollotus Phillippiensis. It is cathartic, anthelmintic, aphrodisiac, lithontriptic. It is used
as a dye. It is a beautiful red powder. It is useful in tapeworm, chronic skin disorders and ringworm.

(ii) For Tapeworm, etc.

Rx: Kamela powder 2 drachms
Honcy q.s.

Mix. One dose to be taken at bed time. Take one ounce of castor oil in the morning. Repeat after an interval of a week if the first dose is not successful. The worm is generally expelled in a lifeless state in the third or fourth stool.

(iii) For Ringworm, etc.

Rx; Kamela powder 1 ounce
Gingelly oil 8 ounces

Boil. Apply morning and evening. Useful in itch, ringworm, etc.

69. KANDANG KATHKI
(KALYANT) (Solanum Jacquinii; Solanum Xanthocarpuni)

EngHsh : Wild egg.s plant
Hindi : Kateli, Bhatkatai
Kanarcs : Nella-gula
Tainil : Kandang kathri
Tclugu : Nela Mulaka-vakudu
Malayalain : Kantankaththiri
Marathi : Bhuiringani
Gujarati : Patharingami
Benguli : Kantakari
Sanskrit : Kanta-karika, Nideghhika

(i) Uses

This is a small thorny plant. Bitterish in taste. We can make a delicious dish out of this vegetable. It is a beneficial stoniachic. It aids digestion. Its nutritional value is very little. It is given even to feverish patients. The leaf, flower, unripe fruit, ripe fruit, seed, root and the whole plant is useful. It is useful in asthma, bronchitis, consumption, fever, dullness of digestive rirc, rheumatism, paralysis, etc. It is an expectorant, diuretic and carminative. The seed is a drastic purgative.
(ii) **Juice Boiled with Mustard Oil**

Boil the juice of the leaf with mustard or scsamiim 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 rtssurc foot.

(iv) **Juice Boiled with Almond Oil**

Boil the flower in almond oil. This is beneficial as a topical 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, chum 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. **KU'PPAMENI**

(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 drugs 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 a varihi for a free motion to children. The varihi is to be made out of the leaves. i.e., the leaves are to be incinerated into a cigarette and to be inserted into the anus of the child. When
KUPPAMENI, KURCHI, LAWSONIA ALBA, LEMON-GRASS OIL

The jiicc is used as Nasyani it relieves insanity. Mix roek sali (Scndha 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 Scctharm surasa (both Ayurvedic preparations) and take three or four fresh leaves internally. You will have a radical cure.

71. KURCHI

(TELLICHEFRY BARK)

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<td>Hindi</td>
<td>Karva-indarjour</td>
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<tr>
<td>Kanaresc</td>
<td>Korasingina-gida</td>
</tr>
<tr>
<td>Tainil</td>
<td>Kudasappalai, bitter Vetpalai</td>
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<tr>
<td>Tclugu</td>
<td>Chodu-Kodisha</td>
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<tr>
<td>Malayalam</td>
<td>Kaipa-kotakappala</td>
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<td>Marathi</td>
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<td>Gujarati'</td>
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<td>Bengali</td>
<td>Indrajab</td>
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<td>Sanskrit</td>
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</table>

(i) Description

The bark and seed of Wrightia 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, antihelmintic. The seed is carminative, tonic, aphrodisiac and littonriptic.

In allopathic system also there is a preparation of Kurchi, viz.. Exiractum Kurchi Ligidom. Dose; 180 to 240 minims or drops. Kurchi et Bismuih 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. k is easily excreted by the kidneys. When compared with emetine its action is slow and less powerful. It is not effective intra-venoiously and intra-musculary, 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 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 baiwlag. Pain will be relieved.

72. LAWSONIA ALB/A
(HENNA SHRUB)

English: Henna-Samphiie
Hindi: Mehindi
Kanarese: Gorante
Tamil: Marutanri, Maruiani, Aivanam
Telugu: Goranta
Malayalam: Marutoni
Marathi: Mndhi
Gujarati: Mndhi
This is a common Indian shrub that is grown throughout India. The leaves are aslingent, 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, Ieave.s and the Bark

The fresh leaves should be broken 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.

7.3. LEMON-GR.A.SS OIL

<table>
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<th>Language</th>
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<tbody>
<tr>
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<tr>
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<td>Gandha-bcna-lcl</td>
</tr>
<tr>
<td>Kanarese</td>
<td>Purvali-hullu-yannnc</td>
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<td>Sanskrit</td>
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</table>
(i) **Description**

This is the oil obtained by distillation from several spices of Andropogon (citratis eic.). 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-slierry colour, transparent. 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: Limie Fruit
Hindi: Nimbu
Kanarese: Nimbo-hannu
Tamil: Elumichampazhain
Telugu: Nimma, Nimmapanclu
Malayalam: Cheru-Naranga
Marathi: Limbu
Gujarati: Limbu
Rngali: Nebu
Sanskrit: Jambira

(i) Uses of the Fruit—I
The fruit is refrigerant i.e. quenches thirst and relieves lempetãuare, and antiscorbutic, i.e., acts against scurvy by purifying the blood. The leaf is also refrigerant. The skin is rubefacient and cicrinative.

(ii) Uses of the Juice—I
The fresh juice of the lime is the best remedy in the treatment of scurvy. Thick 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 scorbatic 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, anoaixia or loss of appetite, excessivc thirst, elephantiasis, carache, eye-diseases, whillow. 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 oilsceds, castor oil seeds, physic nut, the fresh root of bitter cassava, mandioc or tapioca plani. Give four ounces of the juice diluted with plain water or conjec. There will be immediate relief to the purging and vomiting. Give a full dose of castor oil subsequently.

(v) **Ivemonade**

Recipe: 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: H.lilim. Chansar, Ulsi
Kanarese: Allibija
Tamil: Aliverai
Telugu: Adcli, Adiyalu, Avis.i
Malayalam: Alivitta
Marathi: Javas
Gujarati: Al.shi
Bengali: Masina
Sanskrit: Chandrasura

The seeds of Linum L'sitatissimum.

(i) **L'ses 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, canninative, demulcent, diuretic, etnmenagogue and galactagogue. The leaf gives strength to the body. It breaks retention of urinc and helps free flow of urinc. 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, hiccup, cough, piles. It increases the semen, removes the internal heat of
body. increases the flow of milk in nursing mothers, invovcs the bowels, helps the free flow of retained urine, and produces abortion.

(ii) Lin.st’fd Oil

Linsced oil (olcum lini) is extracted from linseed. It is a viscous yellow fixed oil, commonly called "dry'ing oil", because it unites with oxygen and becomes resinoid on exposure.

Dose; Vi lo fluid ounce. If you soak in water the seeds, they become a viscous mucilaginous, jelly like mass. This is a good demulcent.

(iii) Linseed Tea

Re: Linsced Water

I ounce 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 Linsced powder into the basin and stir until 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 */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 Linseed oil

4 ounces 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, diarrhea 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 Lehiam

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, Sweclwotxl
Hindi: Mulaithi
Kanarese: Ali-inadhura
Tamil: Ali-M.iduram
Telugu: Ali-madhunnrnu, Y<lsii-madhukam
Malayalam: Ali-madhuram. Iralti-madhuram
Marathi: Jashithiiddh
Gujarati: Jashtimiidh
Bengali: Ye.shlo-madhu
Sanskrit: Yashli-madhukam

(i) Constituents and Preparations

It is the root of glycyrrhiza glabra. It is obtainable in all bazaars. The root of Abrus precatorius (jcquirity, Indian of
Jumaicu liquorice) is often sold in its plucc. Liquoricc is emollient, demulcent, expectorant and laxuitive. 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., Glycyr rhiza Extract (Dose 10 to 30 grains); Liquid Extract of Glycyr rhiza (Dose 30 to 60 minims or drops); and Compound Glycyr rhiza Powder (Dose 60 to 120 grains). This is useful in piles and constipation. This contains Sennu leaf, liquorice, fennel, sublimed sulphur and sugar. Take one or two teaspoonfuls at bcd 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 $\frac{1}{4}$ 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
    Sugar candy 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, hiccup, lcucodenna, 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 (PIPI L)**

<table>
<thead>
<tr>
<th>English</th>
<th>Indian</th>
<th>Hindi</th>
<th>Kanarcs</th>
<th>Tamil</th>
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<th>Gujarati</th>
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<tr>
<td>Dried Calkins</td>
<td>Pimpli</td>
<td>Hippili</td>
<td>Thippili</td>
<td>Thippili</td>
<td>Pippallu</td>
<td>Tippli</td>
<td>Tippli</td>
<td>Pippalli</td>
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</table>

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
Boiling water

Infuse for 2 hours. Dose: 1 tablespoonful with two teaspoonfuls of honey; thrice daily. Useful in cough.

(v) **A Good Digestive Powder**

Re: Pipul
Dried ginger
Rock salt
Asafbetida
Caraway (jira)
Black pepper
Ajowan

1 drachm
1 drachm
1 drachm
30 grains
1 drachm
1 drachm

Dose: Grains 30 or 1-2 teaspoonful after food twice daily.

* (vi) **Pipul with Honey**

Re: Pipul powder
Betel leaf juice
Honey

1-2 teaspoonful
1 teaspoonful
I teaspoonful

Useful in cough, phlegm, bronchitis, fever.

. (vii) **Pipul with Milk**

Re: Pipul powder
Milk

1-2 teaspoonful
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
Black pepper
Dried ginger
Cumin seeds
Cinnamon
Ajwan

2 drachms
2 drachms
2 drachms
2 drachms
2 drachms
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. Dosage: 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  
(PORTULACEA QUADRIFIDA)

(i) Description
It is a 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  
Kanarcse : Kakmunchi  
Tamil : Manathakkali  
Telugu : Kamanchi Chettu  
Malayalam : Manithakkali
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 remove ascites and dropsy. The decoction is useful in dysuria or difficulty in passing urine.

80. MINT

(MENTHA SATIVA, MENTHA ARVENTIS)
(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 forchcad. This will relieve you of headache. A cup of Mint-tea, morning and evening, improves digestion. It is useful in fever, jaundice, hiccup, 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 10(X). 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)

<table>
<thead>
<tr>
<th>English</th>
<th>Drum stick. Horse-iaadish</th>
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</thead>
<tbody>
<tr>
<td>Hindi</td>
<td>Segva, Sahijna</td>
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<tr>
<td>Kannaiuse</td>
<td>Nugge-gida</td>
</tr>
</tbody>
</table>
(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) Moringai Infusion

Re: Fresh Moringa root bruised I ounce
Mustard seed bruised 1 ounce
Boiling water 20 ounces

Infuse for 2 hours in a covered vessel and strain. Dose: I 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 cuny. It removes excessive heat of the body, invigorates the digestive fire and increases the appetite. The unripe fruit (Muninga 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 incrascas 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 Lchia or cprfcction which invigorates the sex-indriya and gives sexual vigour.

CHAPTER XXV

MUDAR, MUSTARD, MYROBALAN, NEEM, NUTMEG

82. MUDAR

(CALOTROPIS GIGANTEA, CALOTROPIS PEROCERA)

<table>
<thead>
<tr>
<th>English</th>
<th>Gigantic Swallow wort</th>
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<tbody>
<tr>
<td>Hindi</td>
<td>Ak, Akan, Akond or Mudar</td>
</tr>
<tr>
<td>Kanarc.sc</td>
<td>Yckkada Gida</td>
</tr>
<tr>
<td>Tamil</td>
<td>Enikkku</td>
</tr>
<tr>
<td>Telugu</td>
<td>Jilledu Cheitu</td>
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<td>Akanda</td>
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<tr>
<td>Snskrit</td>
<td>Arka</td>
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</tbody>
</table>

(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. Oose: One powder Ihree times daily. This is a tonic and an expecctorant. This is useful in leprosy, constitutional syphilis, obsiinate ulcers and chronic rheumatism: in skin diseases arising from the abuse of mercury. In these diseases the starting do.se i$ 3 grains. It is gradually increased to 10 grains or more, three times daily.

In dy.$entery it has been highly spoken of. In severe cascs in adults a large dose from 20 to 60 grains tnay be given at once in the same manner a.s Ipecacuantia. In ordinary cases smaller doscs arc prefcrrable.

(iii) Mudar Leaf

The leaf i.s anthelminitic, 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 expecctorant, stomachic, digestive and tonic.

83. MUSTARD

| English | : Black Mustard |
| Hindi   | : Kalarai      |
| Kanare.se | : Karisasivey |
| Tamil   | : Kadagu       |
| Telugu  | : Avalu        |
| Malayalam | : Kaduka      |
| Marathi | : Mahori       |
| Gujarati| : Rai          |
| Bengali | : Krishnrai    |
| Sanskrit| : Sarshapah    |

(i) The Uses

This is an entetic. A tea.spoonful 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 your 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

<table>
<thead>
<tr>
<th>English</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Hindi</td>
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</tr>
<tr>
<td>Kanarese</td>
<td>Anile kayi</td>
</tr>
<tr>
<td>Tamil</td>
<td>Kadukkai</td>
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<tr>
<td>Tcclugu</td>
<td>Karakkaya</td>
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<td>Himaja.</td>
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<tr>
<td>Sanskrit</td>
<td>Harit^i</td>
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</table>

(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 incicinal purposes. The big variety is used for lanning. The hard outer covering of the fruit should be taken and not the seed. Properties: digestive; increases gastric fire; slows 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 lastes, 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 nausca, diseases of the heart, Grihani or chronic diarrhoea, cyc disease, asthma, jaundice, leprosy, chionic gastritis, burning in the hands and feet, impotency, ascitis, dropsy of abdomen, enlargement of spleen, salivation, hiccough, bronchitis, orchitis. Ecoderma. old long-standing fcvers, Phthisis, syphilis, gonorrhoea and fistula. Myrobalan ghee, myrobalan confection, myrobalan essence are all preparation.s of myrobalan.

Myrobalan i.s 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 Saft' and Gentie Laxalive

Re: Myrobalan
Senna leaves
Rosc petals
Dricd ginger
Water

3 drachms
3 drachms
2 drachms
20 grains
4 ounces

Boil for 10 minutes and strain for one dose. This is a safe and gentle laxative.

(iii) Triphala Chooma

Re: Myrobalan (Har)
Amla (Nellikai)
Myrobalan (Bahera) (Thandrikai)

Powder equal parts of these separately, strain and mix. Dose: 2 teaspoonfuls at bed (ime.

(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.
(v) Myrobalan Decoction

Re: Myrobalan 2 fruits (powdered)  
Water 10 ounces

Boil for ten minutes strain and cool. Soak a piece of clean cloth or lint in the decoction and apply it to burns. Repeat this every three hours. This is highly beneficial.

Mix one teaspoonful of Har powdercd with one teaspoonful of Fenncl (Bari Sonf) and sugar. This is a useful laxative.

Mix well equal parts of Myrobalan powder, rock salt arised and dried ginger. Take 15 grains twice daily. This is a liver tonic and a digestive too. You can take this either before or after food.

Just as in Chandrayana Vral morsels of food are taken, take one myrobalan fruit on the first day of Suklapaksha or the bright fortnight, on the second day two fruits, and increase the number until full-moon and then reduce the number by one lill New-Moon. This is known as Myrobalan Kalpam, and is highly recommended for health, vigour, rejuvenation and longevity.

85. NEEM (MARGOSA)  
(AZADIRACHTA INDICA)

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<thead>
<tr>
<th>Language</th>
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<td>Bcvina Mara</td>
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<td>Bengali</td>
<td>Nim</td>
</tr>
<tr>
<td>Sanskril</td>
<td>Nimba</td>
</tr>
</tbody>
</table>

(i) The Properties and the Uses

The leaf is stimulant, anthelmintic and discutient. The flower is a stimulant, stomachic and tonic. The fruit is the...
antiperiodic and tonic. The sccd is antihelminthic. The oil is stimulant, antiseptic and insecticide. The bark is antiperiodic, bitter, tonic and astringent. The bark contains a bitter, natural resin. The activity of the remedy dwells in this resin.

(ii) Neem Decoction

Re: Neem bark bruised
   Cloves
   Cinnamon
   Water

2 ounces
30 grains
30 grains
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, leprous ulcers, etc.

(iii) Neem Powder

Re: Neem bark powder
   Cloves powder
   Cinnamon powder

30 grains
3 grains
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
   Rice (flour, or wheat) in hot water

I ounce
I 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 Marianiiia, the deity which is supposed by theru 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 Azad dirachtal Indica (Dose: \( \frac{1}{2} \) ounce) and tincture Azad dirachtal Indica (Dose: 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 flnc paste. A little Ajwan is added. Chew a few leaves daily, I’yorrhoca will take to its heels. Cobra poison will not affect you.

(vi) Children’s Friend

Re: Tender neem leaves
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 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.

(vlii) Neem Flower Kasam

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
bcforc malaria comcs, This will prcvcnt thc attack. Even if it comes, it will be ver>’ mild.

86. NVTMEG

<table>
<thead>
<tr>
<th>Language</th>
<th>Term</th>
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<tbody>
<tr>
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(i) The Properties and the L’ses

Nutmeg is a stimulant, carminative, narcotic, aromatic, aphrodisiac and tonic. The country nutmeg is the dricd fruit of Myristica Malabarica. It is not so good. Nutmeg is closely allied to clovcs and cinnamon. Il may bc substituted for them. Nutmeg in large doscs is a narcotic. Therefore, some care is necessary in its use.

It is useful in spermatorrhoea, headachc, asthma, cough, intestinal colic, flatulence, indigcstion. dull gastric firc. It is taken along with betel. Dose: 5-10 grains.

It eniers into the composition of Pulviscrela Aromaticus (aromatic chalk powdcr), and aromatic chalk powdcr wilh opium, in the allopathic systcm.

Its chief constitucnts arc a fixed oil and a volatile oil, and amylodextrin.

(ii) Nutmeg Co. Powder

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Nutmeg powder</td>
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</tr>
<tr>
<td>Dricd ginger</td>
<td>5 grains</td>
</tr>
<tr>
<td>Cardamom</td>
<td>5 grains</td>
</tr>
<tr>
<td>Black pcpper</td>
<td>2 grains</td>
</tr>
<tr>
<td>Cumin (Jira)</td>
<td>5 grains</td>
</tr>
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</table>
Mukc onc powder. Dosc: Onc powder twice a day after or before meals. This is a good digestivc and carminalive.

Mi.x oil of nulmcg with gingily oil. This i.s an excellent application for indolent ulcers. It cleanses the siiiface and prtxlucc healthy action. It is a good linimcni for chronic rhumatism. It is a valuable application in toothache; it is usefult in diarrhoca and dysentery. Dosc: I to 3 minimis.

Re: Nutmcg powder 3 grains
   Milk 2 ounces

Useful in diarrhoca.

(iii) Pulvis Nutmcg Compound

Re: Nutnieg powder 3 grain.s
   Camphor 1 grain
   Cardamom 5 grain.s
   Clove.s powder 5 grain.s

Onc powder. To bc taken twice daily. Usefult in intestinal colic, pain in the stomach. hemicrania or one-sided headache, menorrhagia (excessive menstruation), intestinal pain, and rlteumuiic pains.

CHAPTER XXVI

OPIUM, PAPAYA I & II, PEEPAL TREE, PELLYWORTH ROOT

87. OI’II’M
(POPPY)

English: Opium
Hindi: Hafeem
Kanarese: Aphimu
Taniil: Abhin
Tclugu: Nallamandu
xMulayalam: .Apim, Ka.sha-kasha, Karapp.a
Marathi: Afim
Gujarali: Afim
Bengali: Afim. Afin
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, thebaine, narcotinc, papavcrinc and niuccinc. Opium is an analgesic or anodyne. It is the most valuable drug for relieving pain. It is an antispasmodic, antipillogistic, disphoretic, diuretic, expectorant, haemostatic, siumpy, hypnotic, sedative and stimulant. Dose: 1.5 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 Creta Cum opio). Dose: 10 to 60 grains. This is useful in diarrhoea and dysentery.

Dover’s Powder (Pulvis Ipccacuania ei 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). 1.5 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 docs 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.

Oumm water, or infusion of cloves and catechu may be advantagcously combined with Tr. Opii in the treatment of diarrhoca and vomiting.

Simple opium liniment is very u.seful in chronic rhcumatism, lumbago, spitsms, 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 glyccrinc or any soothing oil such as oil of sessamum, etc., are useful in earache.

Gall and opium ointment is beneficial in painful piles. Thi.s 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 said saliva. In diabets opium gives most benecrial results.

\[(v)\] Compound Opium Powder

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Opium powder</td>
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</tr>
<tr>
<td>Dried Ginger powder</td>
<td>2 grains</td>
</tr>
<tr>
<td>Cinphor powder</td>
<td>I grain</td>
</tr>
<tr>
<td>Cinnamon powder</td>
<td>3 grains</td>
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</table>

Make a powder. One powder twice daily. Useful in diarrhoca, flatulence and intestinal colic.

\[(vi)\] (falc and Opium Ointment

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gall</td>
<td>2 drchm.s</td>
</tr>
<tr>
<td>Opium</td>
<td>30 grains</td>
</tr>
<tr>
<td>Vaseline</td>
<td>I ouncc.</td>
</tr>
</tbody>
</table>

Usful in piles or Haemorrhoids.

\[(vii)\] Poppy Heads Fomentation

Poppy-heads, Ihc capsules of Papaver Somniferum are used
as a sedative fomentation and poultice. Bniise the poppy heads and boil in water. Dip a piece of flannel into the hot fluid and apply locally in painful areas.

88. P. APAYA—I
(CARICA PAPAYA)

English : Papaya
Hindi : Popjiyyah, Papiia
Kanarese : Pappalam
Tamil : Pappal
Telugu : Roppayai
Malayalam : Pappaye
Marathi : Popai
Gujarati : Papai
Bengali : Papaya, Penpay

This small tree is cultivated in all parts of India. It is useful, small soft-wooded iroc, 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 lartaric 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 hiratvic. 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, i.s obtained. Dose 2 to 10 grains. It is very
useful in dyspepsia and indigestion. 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 1.5 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 pessaries to the os-uteri, it causes abortion. In large doses it acts as an enebiotic, 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 enhancement 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 comminagoguc 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 caster oil with half a tablespoonful of lime juice if available. Otherwise give plain caster 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

Recipe:
- 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 hydrochloric 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. Wann 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 places 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)

(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
HOME REMEDIES

Usful In consipaiion, sperinaiorrh(x;a. hourscnness of voice, excessivc thirst. This is a good appetiser and increaces ihc digestivc fire.

The juice obtained by incising the tree is useful in fissures of the fect.

(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 trcc  2 drachms
Powdered bark of Baniyan iice  2 drachms
Powdered bark of Jambul uee  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 itch-s and other skin-diseases. This will cool the body also.

(vii) Ash of the Bark

Re: Burnt bark  1 ounce

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 R(X)T
(ANACYCLUS PYRETHRUM)

English : Pyrethri radix
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 rubefacient.

It is useful in toothache, elongation of the uvula, hoarseness of voice, fever with thirst, Jihwastambana (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
Clove 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, PINF APPLE. PLANTAIN. POMEGRANATE

92. PHYSIC-NUT PLANT

(JATORPHA CURCAS)

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<th>Marathi</th>
<th>Gujarati</th>
<th>Bengali</th>
<th>Sanskrit</th>
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</table>

(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 varicosc 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 connected 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
Telmugu: Ana.sa-pandu
Malayalam: Kaitha-chakka
Marathi: Ananas
Gujarati: Anana.s
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 disaphorctic, digestive, laxative and diuretic. The fruit is germicide, diuretic, styptic and emmenagogue.

(ii) The Uses of the Fruit

The fruit is useful in gonorrhea, 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
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)

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<td>Sanskrit</td>
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</table>

(!) 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.

(lii) 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, spruc and diarrhoea.
(vi) Plantain with Tamarind

Re: Plantain fruit  onc
Tamarind pulp  2 drachms
Sall  a little

Mash and mix well. Take twice daily. Useful in diarrhoea and dysentery.

95. POMEGRANATE
(PUNICA GRANATUM)

English: Pomegranate
Hindi: Anar
Kanarc.sc: Dalimba
Tamil: Maihali
Telugu: Danimma
Malayalam: Mathalam
Marathi: Dalimba-jhada
Gujarati: Dadam-nu-jhada
Bengali: DaJim-gush
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 ouncccs

Boil for 15 minutes and strain. Dose: 1 ouncc ihrice daily. Useful in dysentery and diarrhoea.

(iii) Pomegranate and Kurchi Decoction

Re: Rind of the fruit  1 ouncc
Kurchi biirk  1 ouncc
Rind of Mangosiin  1 ouncc
PHYSIC NUT PLANT, PINE APPLE, PLANTAIN, POMEGRANATE

Pulp of Bacl fruit 1 ouncc
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 discharge.s of women (leuconhoea, 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 diarrhoca. The fruit is useful in vomiting, cough, excessivc thirst, biliousness, sterility in women, excessivc salivation, hiccough, fcver, buming in chest, giddiness. Pomegranate juice with sugar-candy removes excessive heat in the body and produces coolness.s in the body, and gives iramense strength to con.sumptive.s and others.

The seeds thicken the semen and remove buming 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, Malhsyakshi

(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 cat 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 1/4 seer of gingily oil. Boil the juice along with oil. When the juice is absorbed in the oil and the mixture, reduced to 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 MARSUPIIIM
(LEGUMINCSAL GUM KINO TREE)

English: Indian Kino
Hindi: Brijasal
Kanarese: Honne
Tamil: Ponne
Telugu: Peddagi. Chandra
Marathi: Brijasal
Bengali: Pit-sal
Sanskrit: Pilasala

(i) Description

A large handsome deciduous (imber iire of (he moist deciduous forests of India with a round header crown and rounded leaves. It is a native of the forest of Madras, Bombay, Madhya Pradesh 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 loamy soil, but it sometimes tolerate.s soil which is not too well drained provided it is, not heavy. It i.s found on soils from granites, gneisses or from deccan Trap.

Silvicnllural characters: A light laying tree. Moderately fast growing. It attains large dimensions, 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 place.s it attains only smaller dimensions.

(ii) Lfes of the Timber

The timber is tiscd very largely for house building, jamiilurc, 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 a.s 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 *peltophrus 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 reddish 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 a glass 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)

<table>
<thead>
<tr>
<th>Language</th>
<th>Description</th>
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</thead>
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<tr>
<td>English</td>
<td>Brown Indian Hemp</td>
</tr>
<tr>
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<td>Pat.san</td>
</tr>
<tr>
<td>Kanarcsa</td>
<td>Pinidrikc Gida</td>
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<td>Ambadi</td>
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<td>Gujarati</td>
<td>* Ambadi</td>
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<tr>
<td>Bengali</td>
<td>Mstapat</td>
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<tr>
<td>Sanskrit</td>
<td>Mechika PhaJamla</td>
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</tbody>
</table>

(i) **Properties and Uses**

This is cultivated throughout India. The leaf, flower and seed are used. The leaf is an emollient and purgative. The seed is an aphrodisiac (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
Kanarcse : Akki
Tamil : Arisi
Telugu : Biyyam
Malayalam : Ari
Marathi : Tandula
Gujarati : Chokha
Bengali : Chal. Chanvol
Sunskrit : Vrihi

(i) Varieties of Rice and Panperlics

The varieties of rice are Basmati, Milakusambha, Jeerakasambhu, Eerkucchamba, Kurunjchambha, Pulukuchamba, Koraichambha, Kalanchambha, Marchambha, Kodaiichambha, Kudaichambha, Mallikaichambha, Marchumbha, Chenchambha, Kallundaichambha, Illuppaipoochambha, Kunduchambha, Kundnjmanichambha, Valaimithadichambha, Kaivaraichambha, etc. Rice is a nutrient. The juice 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 humt 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, huothes, inflamed piles and other local inflammatory affections.

(c) *Rice Poultice for Chronic Couffhs*

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 Water
1 ounce 40 ounces
Boil for 20 minutes. Sirain 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) *Panchamuxhti Conjee*

Take a handful of thuvar-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 buming due to biliousness. It increases semen and sharpens the intellect.

(e) **Hot Rice Water**

The water or congee that is removed while rice is boiling is beneficial in removing dysuria or difficulty and buming 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 on Rice**

This removes biliousness and excessive thirst. This is very nutritious. This increases semen.

(h) **Ghee and Rice**

This cools the cycs, 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**

<table>
<thead>
<tr>
<th>English</th>
<th>: Common Salt</th>
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<tbody>
<tr>
<td>Hindi</td>
<td>: Nimak</td>
</tr>
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</table>
Kunure.se, Tamil,
Telugu, Malayalam ; Uppu
Marathi ; Chcmitmccth
Gujarati ; Miihun
Benguli ; Nimok
Sanskrit ; Lavanam

(i) Salt Oil

Pul 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 buds eaten any poisonous thing, you can give him suii lo 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 : Sundal Wood
Hindi : Chandun
kanurese ; Gandhada-chekke
Tamil : Chandanam
Telugu ; Chandhanapu-chakka, Gandhapu-chakka
Malayalam ; Chandana-multi
Sanskrit ; Sri-gandha

(i) Vses

This is grown in abundance in Kamataka State. This is an alterative, diuretic, diaphoretic, stimulant, disinfectant, asiringenl. This is cooling.
Red Sandal wood contains a little tannin and is therefore slightly astringent also. It is used as a colouring agent.

Ruh the sandal wood with lemon juice. This paste is useful in itching, Scabies, Herpes, Ring-worm, Tinea versicolor (Themal in Tamil).

(ii) Sandai Wood Oil (Chandan Tel)

Olcum Sanlali is distilled from wood of Santali Albutn. 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, glcct, leucorrhoea and cystitis or inflammation of the bladder and painful and burning urination. The oil is best given in a little orange 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 (Tinnevelly district). There is the Alexandrian or Egyptian Senna. As the Senna leaves are obtained from two sources, they are called Tinnevelly Senna and Alexandrian Senna.
(ii) Use.s

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 \( \frac{1}{4} \) to 1 inch long, lanceolate, greenish yellow in colour, unequal at the base, brittle and with a faint tea-like odour. Cks: 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
- Ginger .30 grains
- Rose-petal.s .30 grains
- Boiling waicr 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
- Boiling water

Infuse for 10 minutes; strain and add a little sugar.

Confection of Senna, e.xtracrum senna liquidium: Infusion Senna concentratum, Mistura Senna Co., or Blackdraught. Pulv.s Glycyrrhiza Co., which is useful as a laxative powder at night in the patient suffering from piles. and Synipus Senna are all official preparations of Senna.

Senna pods, the direct ripe fruit.s of Senna are also a valuable laxative. Soak ten pods in cold water all night, strain and drink in the next morning.
104. SESAMUM

(GINGELLY OIL PLANT)

English : Sesamum
Hindi : Til
Kanurese : Ellu
Tamil : Ellu
Telugu : Nuvvulu
Mulayulam : Kaniella
Maralhi : 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 emmenagogues, stimulant, tonic, diuretic, laclagogue 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 (Ellodhanam) 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 luster 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.

(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. 1.00.

(ii) Nutritive and Medicinal Value of Spinach

Spinach is a leafy vegetable. It contains iron in abundance.
und so it is beneficial for anemic 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 tendril is highly beneficial. Spinach is useful in diabetes, anemia 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 lindonriptic 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 (I in 10) is useful in fevers, biliary imbibes, inflammation of the lungs and bowels, dyspnexja and hurried breathing. It acts as a demulcent, astringent and diuretic in these diseases. The dose is I or 2 ounces. Young, growing girls should cal plenty of
SESAMUM, SPINACH. SUNDAKAI. SWEET FLAG

106. SL’NDAKAI
(SOLANUM TORVUM. SOLANUM VERBACIFOLIUM)

Tamil : Sundakai
Telugu : Usle-kaya
Malayalam : ChuiXJak-kaya

(i) A Digestive Tonic

This is very much 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 phlegm, worms in the bowels and rheumatism.

(iv) Uses

The vatrāl (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 inseed as an appetiser along with nicals. It lacks 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 Vratral 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 one-sided
headache, coryza, boring pain in the head, fainting and collapse.

107. SWEET FLAG  
(ACORUS CALAMUS)

(i) Description and Uses

It is a kind of root, found in India, Burma, North America, Europe. It has a sweet aroma. Glucosidic acorin, a kind of oily essence, is found in this root. It is a stimulant, tonic, stomachic, germicidal, 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  
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  
I ounce
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 flutulence 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 Aconis  
Re: Aconis bruised 2 drachms  
Liquorice 2 drachms  
Water 10 ounces  

Boil for 1 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  
Coriandcr 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, diarrhoca, 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
Ati.s powder 1 drachm

Mix well. Dose: 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)

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<th>Malayulam</th>
<th>Marathi</th>
<th>Guiaralhi</th>
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<th>San.skrit</th>
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<tr>
<td>Tamarind</td>
<td>Imli</td>
<td>Hunashi-hannu</td>
<td>Puli, Puliyam-pazham</td>
<td>Chinta-pandu</td>
<td>Puli</td>
<td>Chinch</td>
<td>Ambli</td>
<td>Tinturi, Tentul. Amli</td>
<td>Tintrini</td>
</tr>
</tbody>
</table>

(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
   Boiling 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 lastc. 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. THUMBAI

(LEUCUS ASPERA)

Hindi: Guma Madupati
Kanarese: Tumba
Tamil: 'l'humbai
Tclugu: Tummi
Malayalam: Thumba
.Sun.sl(ril: Dronapushpu

(i) Properties and Uses

This is a small herbal plant. There is also another variety called Big Thumbui or Elcphani Thumbui. 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 Hre, paralysis, rheumatism, and collapse.

The flower is benelicial in excessive thirst, fever with delirium and collapse, and defects in the cyc.

Inslil 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 daies. This is useful in all bowel discasc of childien. Give this twice daily.
Instill 2 or 3 drops of the juice of the flower into the nostrils. 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 sesame 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 : Mullamusli
Malayalam : Mulkathari
Sanskrit : Alarka

This is a small creeper plant 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 tasty 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 discases of the respiratory tract.

The leaf is useful in asthma, bronchitis, spermatozoa, dyspnoea or difficulty of breathing, dullness of hearing due to phlegm, itching of body, dullness of digestive fire, boring pain in the inimcal 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 vatral (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

<table>
<thead>
<tr>
<th>Language</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>Turmeric</td>
</tr>
<tr>
<td>Hindi</td>
<td>Haldi</td>
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<tr>
<td>Kanarese</td>
<td>Arisina</td>
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<td>Tamil</td>
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<td>Marathi</td>
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<td>Guaratf</td>
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<tr>
<td>Bengali</td>
<td>Holodi</td>
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<tr>
<td>Sanskril</td>
<td>Haridra</td>
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</table>

(1) The Many Uses of Turmeric

It is the dried root stock of curcuma longa. It has a yellow colour and gox(xl aroma. It is used largely as a colouring agent. It is an astringent, 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, dhalis, kitchadics (turmeric, dhali 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 cilfer fresh or powder of dried turmeric to the body while bathing. It removes bad smell, itching, eczema and skin discasc, 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 cutarrh or severe cold in the head, inhalation of the fumes of burning turmeric through the nostrils acts as a ItKal
stimulant or irritant. Cungestion 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 Extraction**

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**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric</td>
<td>2 drachins</td>
</tr>
<tr>
<td>Gall</td>
<td>1 drachm</td>
</tr>
<tr>
<td>Ganja leaves</td>
<td>1/2 ounce</td>
</tr>
<tr>
<td>Opium</td>
<td>20 grains</td>
</tr>
<tr>
<td>Vaseline</td>
<td>2 ounces</td>
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</tbody>
</table>

Make a paste. (Instead of vaseline you can use olive oil, linseed oil or coconut oil.) It is useful in hemorrhoids or piles.

(vi) **Turmeric Poultice**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric</td>
<td>1 teaspoonful</td>
</tr>
<tr>
<td>Boiled rice</td>
<td>one or two handfuls</td>
</tr>
</tbody>
</table>

Grind and make a paste. Apply over the boils and abscesses. They will ripen quickly and burst.

112. **VASAKA—I**

<table>
<thead>
<tr>
<th>Language</th>
<th>Translation</th>
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<tbody>
<tr>
<td>English</td>
<td>Malabar mct</td>
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<tr>
<td>Hindi</td>
<td>Arusa</td>
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<tr>
<td>Kanarese</td>
<td>Adasoge sappu</td>
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<tr>
<td>Tamil</td>
<td>Adatodai</td>
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<tr>
<td>Telugu</td>
<td>Addusaram</td>
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<tr>
<td>Malayalam</td>
<td>Ala-lotakam</td>
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<tr>
<td>Marathi</td>
<td>Adulsia</td>
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<tr>
<td>Gujarali</td>
<td>Adulso</td>
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<tr>
<td>Bengali</td>
<td>Ba.saka. Buksh</td>
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<tr>
<td>Sunskrit</td>
<td>Vasaka</td>
</tr>
</tbody>
</table>

(i) **Constituents of the Herb**

The root, flowers, bark and the leaves of Adhatoda Vasaca are used. This is an unoffcial 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
TAMARIND. THUMBAI, THUTHULAI. TURMERIC. VASAKA 183

cffcl. It contains un alkaloid (vasicinced), 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 an 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 tablespoonfuls. Useful in bronchitis, ordinary* cough, asthma.

(iii) Adhatoda Decoction

Re: Adhatoda leaves (dried) 2 ounces
Boiling water 20 ounces
Dried ginger ½ teaspoonful
Black pepper *Z! teaspoonful
Sugar 1 ounce

Make infusion. Dose: 2 teaspoonfuls thrice daily. Useful in bronchitis and asthma.

You can make cigarettes 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) t'ses of Leaves

The leaves are useful in cough, bronchitis with sputum, asihma, consumption, vomiting, hiccough, leprosy, piles, rheumatism, fevers, sanippath, discases of the stomach and bow'els, dyspnoca 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
Honcy 2 leaspoonfuls
Water 2 lablespoonfuls

Mix well. One dose. To be taken twice daily. Useful in the above disea.scs.

Re: Leaves of Vasaka
Water 20 ounces
20 ounces

Boil for 20 minutes. Strain. Dose: 2 tablespoonfuls twice daily. Add a teaspoonful of honcy for each dose. Useful in cough, constipation, fever with cough and sputum. Dry the leaves. Make them into a cigar and smoke. Useful in asihma.

CHAPTER XXXII

VERNONIA SEEDS. WALNUT. WHITE PUMPKIN, WORM-KILLER

114. VERNONIA SEEDS

(VERNONIA ANTHELMINTICA,

English : Purple ncakinc
Hindi : Somraj. Bukchi. Kalouji jangli
Kanarese : Kadu-jirigay
Tainil : Kattu-jininain
Teliigu : Adavi jilakami. Vishakaniakalu
Malayalain : Katiu-jiragam
Mamthi : Ranacha-jira
Gujarati : Kadvo-jiri
Bengali : Sotnnij
San.skrir : Vana Jeerakain
VERNONIA SEEDS, WALNUT, WHITE PUMPKIN. WORM-KILLER 185

(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 laste is nauseous and bitier. 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 bolus,es. 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 : Akhrol
Kanarcsnc : Akmdu
Tamil : Akrotd
Telugu : Akrotu
Malayalam : Akrotd
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 fniii, bark and seed are used.

(ii) Uses of Leaf, Fruit, Nut and Seed

The leaf is an alternative, 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 chologoguc and a mild laxative.

116. WHITE PUMPKIN

<table>
<thead>
<tr>
<th>English</th>
<th>: Whitc Pumpkin</th>
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<tbody>
<tr>
<td>Hindi</td>
<td>: Pctha</td>
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<tr>
<td>Kanurcsc</td>
<td>: Boodi Kumbula</td>
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<tr>
<td>Tamil</td>
<td>: Kalyana Pooshanikai</td>
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<td>Telugu</td>
<td>: Boodidadgummadi</td>
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<tr>
<td>Marathi</td>
<td>: Kohala</td>
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<td>Gujarati</td>
<td>: Kohala</td>
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<tr>
<td>Bengali</td>
<td>: Kumra</td>
</tr>
<tr>
<td>Shirvikrit</td>
<td>: Kmozhmanda</td>
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</tbody>
</table>

(i) Properties and Uses

This is a diuretic. This is a cooling vegetable. In Northem India people make Petha, a kind of sweetmeat out of this.

It is useful in dropsy, ascites, diseases of the kidneys and bladder, suppressed urinc, 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, spruc 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-linta-pala
Marathi: Gandhani
Gujarati: Gudhafcc
Sanskrit: Ajaspurisaha

Goats do not touch or cat this. Hence the significance name Adutindapalai. It is a kind of small shrub.

(i) Properties and Uses

It is an anthelmintic, emmenagogue, stimulant, tonic, purgative, aiteralivc and anti-periodic. It is useful in black-icprosy, eczema, rheumatism, worms in the bowels. It gives strength and increases the semen.

(ii) Preparation

Re: Fresh icavcs of worm-killer 2 ounces
Boiling water 20 ounces

Infuse for 2 hours and strain. Dose: 2 tablespoonsfuls. Useful in above discascs,

(iii) Leaves and the Paste of the Root

The dried leaves also can be used. The root is useful in poisoning by venomous serpens. 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 sesanum 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 BA2AAR DRUGS

118. LYSOL

I( is an antiseptic and disinfectant. It is used as a vaginal douche; 1 teaspoonful of pure lysol added to 2 pinis 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 diahctes. This is also an excellent remedy for cough and sore throat. Sweeten it with honey or sugar.

121. DILL WATKK

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 tlic 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 puigatives.
**HOME REMEDIES**

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, purpures, 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, anti-septic 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 hourly to liead 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 acunitc, bclladonna 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, confusion 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 a useful external application in rheumatism of joints, muscular pain, contusion, pain in the chest, etc.

135. PEMCILLIN 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 goiter in the neck. Rub the part with the diluted ointment 1 in 25. Apply a very small quantity. If it smirks 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 Nitrates

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 nitrates. Break the capsule and inhale the vapour.

143. CHLORODYNE

This is also known by the name Tincture Chloroformic 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 Phosphalis cum Quinina et Strychnine. Dose: \(\frac{1}{2}\) to 1 teaspoonful in 1 ounce of water after food. Each drachm contains \(\frac{1}{2}\) 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 SYRUI'

This is a good brain and nervine tonic. It is a blood tonic as well. It improves the quality and quantity of blood. It contains glycerophosphates of lime, soda, potash, iron, inanganese and strychnine. Dose for adults: one teaspoonful to be taken twice daily in 2 tablespoonsfuls 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. NEL'RO PHOSPHATE (ESKAY BRAND)

Each dose (2 teaspoonsfuls) contains:
- Sodium glycerophosphate 2 grains
- Calcium glycerophosphate 2 grains
- Strychnine glycerophosphate \( \frac{1}{10} \) 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. Phoji 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 teaspoonsfuls. 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 food.

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 lable 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. ALIIM

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 label five or six times in a pot of turbid water. Turbidity will be removed.
Bumt alum is used in (ooih powder. It stops bleeding. It is useful in spongy gums.

159. **ASPIRIN**

Dose: 3 to 10 grains. This is a white crystaline 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 caf'cinc. 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.

Cwlopyrine tablets, Anacin tablets, Veganine tablets, Saridon tablets, Cibalgin tablets and Genasprin tablets contain Aspirin.

160. **BISMIITH SALICYLATE**

It is useful in diarrhoea, dysentery and intestinal colic.
Dose: 10 to 30 grains. Bismulh blackens the faeces. Bismuth is given along with Dower's powder and Salol.

161. **BISMLTH 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, diarrhœa, etc. It is usually combined with soda-bi-carb, magnesia carb, calc carb and opiiim as a gastric sedative. It forms a protecting coating on ulcerated surfaces and mucous
ineinbrane of the stomach and intestines. It is used as a soothing dusting powder in wounds.

162. BISMUTH AND STARCH POWDER

It consists of equal parts 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 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: 1 to 4 teaspoonfuls. This is a saline purgative. It removes much scum from the blood. It produces watery motions. Dissolve
HOME REMEDIES

(lie sall iii 4 ounces of wann water and drink in the early moming. Afterwards drink a tuniblerful of hot water.

168. GLL’COSE

This is an encrgy giving food preparation. It maintains good health. It can be used for sweetening milk, tea, cocoa, lemonade. It i.s rccommended in malnutrition, dcblity, overstrain and mental or physical over activity. It is useful in convalc.scnce, anorcxiu (loss of appclitc), travcl sickness. Dose: 2 teaspoonfuls 2 or 3 times daily.

II is un easily assimilated form of sugar. In ihe 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 encrgy in a minute.

169. PLLVIS GLYCIRRIHAZA CO.

Thi.s is u.seful 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 rool, fennei fruit and sublimated sulphur.

170. MAGNESHJM CITRATE

This is a mild apericnt. Il is composed of bicarbonate of sodu, epsom siilt, tartaric acid, cilric acid and sugar.

171. RHIJBARB

II is a purgativc drug obtainted from ihc nH)l 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, espccially when these arc due to irritating food.

It is administercd in the form of Pulvis Rhei Co. (Gregory’s powder) and Pilula Rhci Co., which contains aloe.s, peppermint, etc.

172. SANTONIN

This is useful in round worms. Take the powder at night. Mix it with a litile sugar. Take a do.se of castor oil in Ihc morning. Do.se: I to ,3 grains.
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. BOKAK

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.

Glycerrhinum Boracis is used for cleansing the mouth when affected by sores.

A four percent solution of boric acid is used as an antiseptic wash in footid perspiration of the feet.
Boric lint is used for giving orientation.

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. por. 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, ozena (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 opthalmia or conjunctivitis. 1/1 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 fluid vaso-constrictor.

It is useful as a gargle for the mouth, as a wash for vagina, urethra and rectum in a 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
     Haiial Rcd (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 ounccs
     Zinc oxide 8 ounccs
     Talc. Powder 1 lb.

Useful for ulcers and wounds.

185. GUM PASTE

Re: Tr. Catechu 1 teaspoonful
     Tr. Myrrh 1 teaspoonful
     Tannic acid glycerrine 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 Mixturc. 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 Exiract of Cascara, 2 to 5 grains; Liquid Extract of Ca.scara, drachm; and Cascara Evacuation, to 1 drachm.
192. CASTOR OIL

This is a harmless purgative. It removes intestinal impurities from the bowels. Do.se: 1 or 1 ounces for an adult. For children 1 or 2 teaspoonfuls. This can be taken with •Kkppermint wakc, hot coffee or tea.

193. CONFECnON OF SULPHCR

This is very useful in piles. Take one or two teaspoonfuls at bed time.

194. GLYCEtINE 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 commonsensical Ireatment.

195. LIQtflID PARAFFIN

This is a good laxative. It acts by softening the faecal mass. Dose; Va, 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 sore.s 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. Do.se: 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 1 1/2 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, bcribcri, 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, carache. 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-abortion 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 coma, 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 bedtime. 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
icatment of acute and chronic amoebic dysentery and other infections and parasitic intestinal diseases.

Indications: Amoebic dysentery, colitis, summer diarrhoca and other intestinal affections.

Tubes of 20 and bottles of 100 tablets.

206. MULTIVITE PELLET

Euch pcllet conlains:
Vitamin A. 3000 International Unit.s
Vitamin B1 2(M) International Units
Vitamin C 12.5 Milligram.s
Vitamin D 6(M) 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-lasting 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. ihree times a day, or I tablet of 0.3 gm. thrice daily. Then for the next eight days, lake two (ablets of 0.1 gm. ihree limes a day or 0.3 gm. twicc daily.
208. PEPS

These are cough lozenges or tablets. They contain liquorice anisi, etc. They are palatable. Take one or two at bedtime 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 heating 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) Devadaaiyaadi I^pa

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vandaal seeds</td>
<td>5 Tolas</td>
</tr>
<tr>
<td>Saindhaa Nanyik (salt)</td>
<td>5 Tolas</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haridra Pushpa (flower)</td>
<td>2 1/4 Tolas</td>
</tr>
<tr>
<td>Shankachooma</td>
<td>2 1/4 Tolas</td>
</tr>
<tr>
<td>Mainasil</td>
<td>2 Tolas</td>
</tr>
</tbody>
</table>

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 I^pa

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sceds of bitter Tumbi</td>
<td>5 Tolas</td>
</tr>
<tr>
<td>Jaggery</td>
<td>21 Tolas</td>
</tr>
</tbody>
</table>

Powder it and add to the fresh butter milk, till it becomes an ointment. Apply this 2-3 times daily.

(iv) Ksheeraadi Lepa

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arka Dugdha</td>
<td>2 Tolas</td>
</tr>
<tr>
<td>Thohar Dugdha</td>
<td>2 Tolas</td>
</tr>
<tr>
<td>Leaves of bitter Tumbi</td>
<td>2 Tolas</td>
</tr>
<tr>
<td>Buds of Karanja</td>
<td>2 Tolas</td>
</tr>
</tbody>
</table>

Grind well. Prepare an ointment by mixing this to 10 tolas of goat’s good urine. Apply twice-morning and evening about */1 tola of this ointment.
(v) Shigru Mnoladi Lcpa

Bark of the root of Suhuajan 3 Tolas
Arka Patra 3 Tolas

Grind well in goat's milk and prepare ointment. Apply 3-4 times a day.

(vi) Kaachanee I^epan

Haridra 2 Tolas
Bitter Turayec 2 Tolas

Grind well in 4 Tolas of mustard oil, till it becomes an ointment. Apply 1 lola of it after answering the calls of nature.

(vii) Nimbaadi I^pa

Nccm Lcavcs 2*/5 Tolas
Kaneer Leaves 2'5 Tolas

Grind well and make it an ointment in 5 tolas of hutter milk. Apply twice daily.

(viii) TuraaLsheeree Ix'pan

Vanshalochan 1*/^ Tolas
Chotee Ilaayachec l */i Tolas
Kattacha (Khadir Sattwa) 1 */^ Tola.s
Neela Tootia (copper sulphate) */^ Tola.s

Powder well. Stir well in Icmon juice and make pills of */i tola. Dry the pills. Grind again each of the pill in water and apply 3 to 4 times a day.

(ix) KaLsaraadi Lepa

Chotee Pippali I Tola
Haridra 1 Tola
Sankha Bhasma */^ Tola
Sazzi Kshaar */i Tola
Leave.s and seeds ofKaranjee 2 Tola.s
Saindhaa Namak (salt) 1 Tola
Naga-kesar 2 Tolas
Ajawain 2 Tola.s

Powder well and strain through a cloth. Extract 15 tolas of milk out of Arka Lcavcs and grind the above powder with it.
Dry the powder. Again slit well in cow’s milk. Presers’e it in bottles. Apply before sunrise and before going to the bed to the ncentum.

Avoid oily preparations. chillics. lamarind. jaggery.

(x) **Ahephenaadi Lepan**

Nootan Bhang (fresh Bhang) 1 Tola
Ahiphena 1/2 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 Tola.s

(a) Extract sugar-cane juice first. (b) Add this to ten tolas of Gingely oil. (c) Boil it in low fire. till the oil alone remains and take it away from the fire. (d) Take .5 tola.s of Guggula and strain it in 5 tola.s 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 stxlas. 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.

**Ipecacuantea 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 nerves 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 intermittent. 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 reacted 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 antivenom 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 anunonia 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
POR 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 Punishotiam 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-пiece 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 XXXXIV

EQUIPMENT FOR HOME REMEDIES CUPBOARD

217. THIRTEEN COMMON HOUSEHOLD REMEDIES

(i) Pepper Lozenges

Powder some black pepper and sugarcandy (Misri). Add equal parts. Mix a little ghce, 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-tried medicine. Burn alum in iron pan. Mix it with four parts of sugarcandy. 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 irregular menstruation.

(v) Lime Water

Ten to twelve drops in a Lota of water should be drunk
four times a day. A pkg of cotton or cloth soaked in the litne water should be used externally. This should be changed 3 or 4 times a day. This is very useful in flooding or excessive menstruation. Thi.s is useful in all kinds of bleedings also.

(vi) Mustard Oil and Camphor
Dissolve somc camphor in thc mustard oil. Heat this. It is highly uscful in lumbago or pain in the hips and back and rhematism of thc joints, muscukir pain in ihc whole body. If this is applied to thc brcasts, il will stop thc secretion of milk.

(vii) Vinegar Acid
This is vinegar. Thc strong solution is uscd to destroy warts. Thc warts arc lightly touched with the acid. Thc surrounding part i.s protcted by cotton wool. Thc acid is not allowed to fall on the surrounding skin. This is useful in wasp and bcc stings.

(viii) Anethi Water
This is usefui in increasing thc 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 Kabchi
This removes the patches in the skin (Ieucoderma or white leprosy). Thc pigment reappears on the skin. Thc oil is rubbed well in thc affected area.

(xi) Senna Leaves (Sonnamukhi)
This is good, harmless, purgative. One or two teaspoonfuls of the leave.s is boiled in water. Thc water i.s stniined and drunk. You can add a little dried ginger and dricd rosebuds.

(xii) Castor Oil
This is very soothing purgative. It can be taken along wiith peppermint water, tca 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.
5. Easton’s syrup.
7. Essence of peppermint.
8. Liquid extract of cascara.
11. Liniment of iodine.
12. Tincture of iodine.
13. Oil of turpentine.
15. Chrysophonic ointment.
17. Vaseline.
18. Strong solution of ammonia (Liquor Ammonia Fortis).
19. Ferricamanganate of potash.
20. Salvolatile or (Spiritus ammonium aromaticus).
21. Wine of Ipecac.
22. Citrate of caffeine.
23. Phenacetin.
25. Aromatic chalk powder.
26. Dovcr’s powder.
27. Calomel.
28. Chlorodync.
29. Grgory’s powder.
30. Sweet spirit of nitrc.
31. Opodcdoc or soap liniment.
32. Perogoric.
33. Quininc.
34. Strong tincturc of gingcr.
35. Magnesium Citrate, granular effervescent.
36. Ep.som 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
Antiphlogstine
Dettol (disinfectant)
Hydrogen peroxide
Methylated spirit
Permanganate of potash

Alum powder
Boric powder
Emulsion of airiflavinc in liquid paraffin
Linscedd mcal
Olive oil
Soft vascline
HOME REMEDIES

Tincture of iodine
Zinc oxide

(iii) Equipment for Internal Uses

Aromatic spirit of ammonia  Aspirin tablets
Castor oil       Catlianic vegetable tablets
Chlorodyne
Dover’s powder
Essence of ginger
Eno’s fruit salt
Honcy
Mug sulph
Paludrine tablets
Paregoric cliux
Scnna pods
Syrup of figs
Tincture quinine ammonia

(iv) The Appliances

Clinical Thcrmomctcr
Enema syringe
Safety-pins

Douche can
Eye dropper
<table>
<thead>
<tr>
<th>Tamil</th>
<th>Sanskrit</th>
<th>Hindi</th>
<th>Latin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chitramutti</td>
<td>Bala</td>
<td>Suganda Vala</td>
<td>Pavonia Zeylanica</td>
</tr>
<tr>
<td>Peramutti</td>
<td>Mahabala</td>
<td>Kakrasingi</td>
<td>Pavonia Odorata</td>
</tr>
<tr>
<td>Karkadaga Singhi</td>
<td>Karkatashringi</td>
<td>Bungrah</td>
<td>Rhus Succedenea (Eng: Tbe Galls)</td>
</tr>
<tr>
<td>Karisilankanni</td>
<td>Bhringaraj; Kesaranja</td>
<td>Khulakudi</td>
<td>Eclipta Prostata</td>
</tr>
<tr>
<td>Vallarai</td>
<td>Brahmi</td>
<td></td>
<td>Hydrocotyle Asiatica (Eng: Indian Pennyworth)</td>
</tr>
<tr>
<td>Sombu</td>
<td>Sthula Jcerakam</td>
<td></td>
<td>Pimpinell Anism (Eng: Anise seeds)</td>
</tr>
<tr>
<td>Sathakuppai</td>
<td>Misi</td>
<td>Suva</td>
<td>Anethem Sowa (Eng: The Dill)</td>
</tr>
<tr>
<td>Vasambu</td>
<td>Vacha</td>
<td>Bach</td>
<td>Acorus Calamus (Eng: Sweetflag)</td>
</tr>
<tr>
<td>Kudasppaiai</td>
<td>Kutaja</td>
<td>Karva-indarjow</td>
<td>Marsdenia Volubilis (Eng: The Kurchi, Tellicherry bark)</td>
</tr>
<tr>
<td>(Bark used)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amman Pachehahsi</td>
<td></td>
<td>Dudhi</td>
<td>Euphorbia Pilulifera (Eng: Australian Asthma weed)</td>
</tr>
<tr>
<td>Kandangkattin</td>
<td>Kanta Kaankaa</td>
<td>Katcli</td>
<td>Solanum Jacquini (Eng: Wild eggs plant)</td>
</tr>
<tr>
<td>Mudakkatran</td>
<td>Kshirini, Kamaspota</td>
<td>Kanphata</td>
<td>Caidiosperrnium Helkacakabum (Balloon Vine)</td>
</tr>
<tr>
<td>Ponnnangkanni</td>
<td></td>
<td>Mccnakshi</td>
<td>Altmarnthcre Scssiles</td>
</tr>
<tr>
<td>Tumbai</td>
<td>Dronapushpi</td>
<td>Gumamadhupati</td>
<td>Leucus Asperea</td>
</tr>
<tr>
<td>Manaththakkali</td>
<td>Kakamachi</td>
<td>Mako</td>
<td>Solanum Nigrum</td>
</tr>
<tr>
<td>Chukku</td>
<td>Nagaram</td>
<td>Sonth</td>
<td>Zingiber Officinalis (Dried Ginger)</td>
</tr>
</tbody>
</table>
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 kshccnarothi) is a remedy that prevents putrefaction and inhibits the growth of germs. E.g., Ajowan, benzoin, tobacco, betel, nim oil, cloves, sugarcane, sandal, etc.

 Anispsasmodic (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, asafcotida.

 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.
Anii-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., belladonna for opium, etc.

Antiheliouc (Pithhasanthini): 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, a.safaetida, 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., Valcrian, 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 i.s a drug that stimulates digestion and appetite. It has good aroma. E.g., Cardamom, Spirit-Ammonia, Aromattcùs, 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-grain, sandal, cumin seeds, triphala, apamarga, jambul, mint, mangosteen, gall-nut, pomegranate bark and seeds, bael fruit. mctbi seeds, betel. gum arabic.

*Cardiac Depressant* (Apakarsbanakari) 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, lailed pepper, methi seeds, garlic, while 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, phenolpahalin etc., and (2) purgative which produces copious, repeated and more watery motions, E.g., Pulvis Jalap, Civlon, etc.

*Chalagogue* (Pithakari): A remedy that promotes the secretion or excretion of bile. E.g., podophyllin, walnut seed.

*Cardial* (Rakthavardhani) Blood tonic: A drug that improves the quality and quantity of blood. E.g., fig, sarsaparilla.

*Depurative* (Malina-niv<i>n<i>-lini): A remedy that purifies the animal economy, E.g., Palas.

*Deodorant* (Bhutigtuidha nasini): A remedy that destroys, removes or corrects offensive odour. E.g., Benzoin.

*Demulcent* (Aniar Snigdhakari): The drug that soothes or projects the mucous membrane. E.g., liquorice, linseed, isafgul, black-gram, sesamum, cucumber, poppy seeds, gum, sugarcane, wheat, grapes, lulasi, sarsaparilla, Jack, barley, dalcs. plantain fruit. wood apple. onion, lady’s finger, metli seeds.

*Diaphoretic* is a drug that produces increased perspiration.
It reduces fever by inducing increased perspiration. E.g., Uyoscyanius, Spirit Acthenia. Nitrosi etc.

**Discutient**: An agent Ihal causes disappearance of swelling. E.g., nim lcavcs.

**Disinfectant** (Aganduka-roka-nasini): A remedy that destroys genns and prevent.s fernientation and putrefaction. E.g., Vasainbu.

**Digestive** (Pachana Kari): A. drug that promotes digestion. E.g., ginger, bael, Ajowan, cumin, black pepper.

**Diuretic** (Mixitra Vardhani): |X drug that increa.ses the flow or secretion of urine.

**Ecbolic** is a drug that increases the activity of a pregnant uterus.

**Emetic** (Vamana Kari); A remedy that causcs vomiting, E.g., salt, inustard. copper sulphate, aluin, dhatura. tobacco.

**Emmenagogue** (Ritu-vardhani): A remedy that stimulaes and regulaes the menstrual flow. E.g., pipe-apple, Adhatoda, linseed, se.samum, black cumin, saffron, papaya, asafoetida, onion, methi leaves.

**Emollient** (Snigdhakari): An agent which by extcinal application scxithes 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 tnctnbrane of the no.se, increa.ses nasal secretion. E.g., tobacco.

**Expectorant** (Kaphaharakari): A drug that promotes expectoration of phlegni or sputum. E.g., liquoricc, opium, /Xdhatoda. jadamanchi. bcnzoin. tulasi, asafoctida. datcs, tailcd pcppcr, onion, garlic.

**Fehrifuge** (Jvaraharakari): A remedy that lessen.s or rcmovcs fcvcr. E.g., Bacl lcavcs, betel, pcpper, etc.

**General Anaestlletic** is a drug or substance that stops bleeding by cogutating 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.

_Laclifuge_ (Ksheeranasini): An agent that reduces or stops the secretion of milk in the breasts. E.g., the bark of walnut, Arabian jasmine.

_Laxative_ (MaJakari): A remedy that loosens the bowels. A mild purgative. E.g., walnut seeds, liquorice, fig, castor oil, Jinsed, potatoes, sesamum, BengaJ-gram, sugarcane, grapes, amalaka, myrobaJan, papaya, tamarind fruit, asafoetida, methi leaves, ground-nut.

_Local Analgesic_ (Sarmaveda nasandani): An agent which relieves pain in the skin (JocalJy).

_Local Anaesthetic_ (Smritirodhakari): A substance that produces less of sensation JocalJy. E.g., oil of cloves, ice, cocaine, etc.
Local Stimulant: A drug Ihal irrilutes Ihe skin locally.

Lithotriptic (Pashanabhcdini): A rcmedy ihat ha.s ihe power of dissolving the various stones in ihec 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-moolra vardhini) is a drug or substance that slightly increases ihc flow or secretion of ihc urinc.

Fuxcular Tonic is a drug that tones up the muscular tissues. E.g., the seeds of pomegranate, Madras-nut (kalipakku).

Narcotic: A drug or rcmedy that produces nacrosis or stupor. E.g., opium, strantoniuin or dhatura. cannabis, nutmeg, tobacco. Also see Hypnotic or Soporific.

Nervine Tonic: A. rcmedy that causes ncrvous excitcment or givcs l onc to ihc ncrvous syslcm. E.g., Brahmi.

Nervous Sedative (Nadisamanakari): A remedy that produces a soothing influence by lowering the functional activity of the ncrvous systcm. Eg., potatoes, opium, cannabis.

Nutrient or Nutretic (Poshanakari): A dnig ihal nourishcs Ihc body as a whole. E.g., Lavang (cloves), black-gram. sesamum seeds, cucumber, poppy seeds, sugarcanc, white pumpkin, wheat, ragi, sweet-potatoes, maize, grapes, green-gram. barley, jack, datc. plantain fruit.

Parosicide (Krumikni): An agent that kills parasitic. E.g., Black cumin.

Parturifacient (Pra.savakari): A remedy that induces the labour pain in order to hasten the delivery. E.g., Cannabis.

Purftative (Vircchani): A remedy that causes copious watery evacuation of the bowcls. E.g., castor oil, croton, jalap, etc.

Refrigerant (Seetalakari) is a drug Ihat has cooling properties or lowers the bodily lemperalure. E.g., walnut.
black-gram, sandal, licinons, 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., Peppcr, hill nim flower.

**Rexiorative** is a drug or medicinc or food that is efficacious in restoring one to health and vigour.

R**ubefaeient (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.

S**iolaftogue (Dhavakari)**: A drug that increases the flow of saliva. E.g. ginger, Ajowan, tobacco, betel.

S**titulant (Ushnakari)**: A remedy that excitcs the functions of an organ or some processes of the body economy. E.g., opium, ginger, nux vomica, scsamum. Ajowan, cannabis, coffee, saffron, coriander, jadamanji, sandal, cardamom, cumin, dried ginger, Tulasil, chircita, mint leaves, turmeric, chillies, peppcr. resin, radish, taicld peppcr, onions, garlic, betel, ghee.

S**toniaehic (Jatharagni Vardhani)**: An agent that invigorates the functional activities of the stomach. E.g., Ajowan, ginger, cloves, black cuinin, cardamotn, saffnin, coriander, cumin, dried ginger, jambul, chircita, mint, dates, chillies, radish, bael, garlic, beiel, Ihe flower of nim.

S**udorific** is a drug or substitute that increases the flow of perspiration and reduces high temperature in fever. E.g., Tr. Hyoscyamus. Spi. Aetheris Nitrosi, Lqr. Ammonia Aceletics etc.

T**onic (Balakari)**: A drug thai resorces the normal lone of the body. E.g., Akrot, black-gram, scsamum. Ajowan, white pumpkin, horse-gram, sarsaparilla, chiretla.

**Uterine Tonic**: A drug ihal lonc.s thc 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 bowels. E.g., Santonin, Betanaphthol, oil of chenopodium. etc.

**Vermifuge** is a drug that causes expulsion of worms from the bowels.

**Vesicant** (Tuvakspotakari): A drug that produces vesicles and blisters when applied to the skin, E.g., Mustard.

**Names of Ba2aar Medicines**

*(English-Hindi)*

Ajowan—Omum seed. carum
Alocs—Miiisabar
Ahim—Phitkari
A m monium Ch loride—N. ni sadar
Anise sced—Sonf
Arusha, Vasaka—/Xdhaloda
Asoka—Saraca Indica
Alis—Aconite heierophyllum
Babcrang—Embolia Rhics and Embolia Robusta
Babul Gond—Gum Babul
Bacb—.Acoru.s Calamus
Beicl-nut. Arcca nut—Supari
Bhindí Abclmoschus-Hibiscus
Bhoree-loth—Toonia-loth
Bonduc-mil—Katkalija
Borax—Sohaga
Butea gum—Palas-ki-gond
Buiea sceds—Palas-ki-bij
Camphor—Kapur
Capsicum. chillies—Lal Mirch
Caraway sccds, cumin sceds—Jira
Castor oil—.Arandi-ke Tcl
Calcchu—Kaththtt
Charcoal—Koylah
Chaulmoogra oil—Chaulmoogra Tcl
Choobchini—China root
Copper sulphaie—Nila Tuliya. Tulia
Coriander seeds—Dhania
Cream or Kriyet—Kalnteg
Cilicbcs—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
Indcr Jat—a kind of sccd
Isaphgul—sccds of Plumbago Ovata
Jangli Pikvan. vomiting swallow wort—Anantamul
Jatamansi, Balchir—Indian Spikenard
Kakra Singhi—Gall likc excrescences found on Pislacia
Integrcrnia and Rbcu.s Succcdancra
Kaladana—seeds of Ipomoea hedercea
Kamala—powdered capsules of Mallotus philippinensis
Karmari—jCocculus Indicus seeds
Kokum—sccds of Garania purpura
Kurchi—Wrightca anti-dysenterica
Lalchita—Lead wnr
Lemon grass—Gandha bcna, \ndropogon citratis
Limc—Nimbu
Liquoricc—Mulathli
Mangostin—fruiit of Garcinia Mangosiana
Musk—Kasturi
Mustard—Rai
Myrobiilan (belcrica)—Bahcra
Myrobttlan (Chubclic)—Har or Chhoti Har
Myrobiilan (Embclid), Indian Goo.sebcrry —Amla
Myrrh—Bol
Papsiiya—the fniit of carica papaya, papccta
Pipul, pupuli. pupili Mula—long-pepper
Pithori-Turband—whitc Turpcith root.
the root of Ipomoea turpcthum
Plantain, Banana—Kcla
Pomegranate—Anar
Potas Nitras—saltpetrc shora
Rasaut. Barbcry mot—Dar Haldi
APPENDICES

Sandal wood—Chandan
Sarsaparilla—Salsa. ?
antamul
Sendha Nimak—rock sall
Senna—Sonnamakki
Shajna. Moringa—Horse-radish tree,
the fresh root of Moringa pterygospenne
Sodium Chloride—Namak
Somraj—Venmica setl, purplc Fleahanc
Sufed Damar—Pincy Rcsin
Sulphaic of iron—Ka.sis. Hiri Kasis
Sulpiiur—Gandhak
Talmakhan—Asteracantha
Tamarind—Imlii
Turmeric—Haldi
Vincgar—Sirka

INDEX TO AYURVEDIC DRUGS

(SANSKRIT AND LATIN TERMS)

Abhaya, Terminalia Chebula
Agani, Aquilaria Agallocha
Agnimanth, Premna Intcgrifolia
Ajamoda, Carum Ajamoda
Akarkarabhi, Anticycliis Pyrethrum
Amalaka, Phyllanlhus Emblica
Amlavetasa, Rumex vesicarius
Amraslhi, Mango-sione
Amrita, Tinosporca Cordifolia
Apamarga, Achyrnanths Aspcra
Arani, Prcmna Intcrgrifolia
Arka, Calotropis Procera
Ashoka, Joneshia Ashoka
Ashmabheda, Coleaus Hromaticus
Ashwagandha, Wihania .Somnifera
Ashwatha, Ficus Religiosa
Atibala, Abullion Indicum
Avalguja, Psoralca Corylifolia
Babbul, Acacia Arabica
Bakuchi, Psoralea corylifolia
Rhallataka, Semecarpus Anacardium
Bhringaraj  Eclipta Alba
Bihhitaka  Terminalia Bctlcrica
Bida Lavan  Vit salt
Bilva  Aegle Marmelos
Brahmi  Hydrocotyle
Brihani  Solanum Indicum
Chakrumarda  Cassia Tora
Chundana  Santakim Album
Changeri  Oxalis Corniculata
Chatnrjala  Twak, Tamalpatra, Ela & Nagpushpa
Chinctia  Tamarindus Indica
Chitraka  Pkimbago Zcylanica
Chopchini  Smilxa China
Chyavya  Piper Chaba
Dadima  Punica Granalum
Danti  Croton Polyandrum
Darbha  Eragrostis Cynosurioidcs
Darvi  Bcrbcris Aristata
Deodar  Pinus Deodara
Dhanaka  Conandum Sativum
Dhanvayasa  Eagonia Arabica
Dhaluki  Woodfordia Floribunda
Dhustura  Datura Stramonium
Draksha  Vitis Vinificra
Ela  Elcttaria Cardamomum
Eliyaka  Alocs
Gandhaka  Sulphur
Gangcniki  Grcwia Populifolia
Gokshuraka  Tribulus Terresiris
Gooduchi  Tinospora Cordifolia
Guggulu  Commiphora Muchal
Giinja  Abms Precaionous
Haritaki  (Scc Abhaya)
Hingupatri  Peucedanum Crande
Indrayava  Holarrhcn Antidyscntcrica
Irmdcda  Acacacia Famsiana
Jumbuasthi  Jambul slone
Jusal-pushaa  Zinc Dxicd
Jutiputri  Myrislica Frangrans (bark)
Jatiphala  Myrislica Frangrans (fruit)
<table>
<thead>
<tr>
<th>Common Name</th>
<th>Scientific Name</th>
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<tbody>
<tr>
<td>Jiraka</td>
<td>Cuminum Cyminum</td>
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<tr>
<td>JyotLshnati</td>
<td>Celastras Paniculata</td>
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<tr>
<td>Kajjali</td>
<td>Mercury and Sulphur</td>
</tr>
<tr>
<td>Kakubha</td>
<td>Terminalia Aijun</td>
</tr>
<tr>
<td>Kanchanar</td>
<td>Bauhinia Variegata</td>
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<tr>
<td>Kankola</td>
<td>Piper Cubeba</td>
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<tr>
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<td>Solanum Xanthocarpum</td>
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<tr>
<td>Kapiththa</td>
<td>Feronia Elephentum</td>
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<tr>
<td>Kanlkarika</td>
<td>Pongamia Glabra</td>
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<tr>
<td>Karanja</td>
<td>Root of Gossypium</td>
</tr>
<tr>
<td>Karpasmoola</td>
<td>Camphor</td>
</tr>
<tr>
<td>Karpur</td>
<td>Sulphatc of Iron</td>
</tr>
<tr>
<td>Kasisa</td>
<td>Mirica Nagi</td>
</tr>
<tr>
<td>Katuki</td>
<td>Picrorrhiza Kurroa</td>
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<td>Katurehini</td>
<td>Picrorrhiza Kurroa</td>
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<tr>
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<td>Mesua Ferea</td>
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<td>Kindaru</td>
<td>Boswellia Floribunda</td>
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<tr>
<td>Kirata</td>
<td>Swertia Chiieta</td>
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<td>Kirmani</td>
<td>Artemisia Naritima</td>
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<tr>
<td>Kokilaksha</td>
<td>Hygrphila Spinosa</td>
</tr>
<tr>
<td>Krishna lavana</td>
<td>Black salt</td>
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<tr>
<td>Ksharas</td>
<td>Yavadakshara and Swarjika</td>
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<td>Kshavak</td>
<td>Artemisia Stemutatoria</td>
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<tr>
<td>Kubcraksha</td>
<td>Caesalpinia Bonducella</td>
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<td>Saffron</td>
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<td>Poa Cynosuroides</td>
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<td>Kustha</td>
<td>Saussurea Lappa</td>
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<td>Kutaj</td>
<td>Holarrhena Antidysenterica</td>
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<tr>
<td>Lajjalu</td>
<td>Mimosa Pudica</td>
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<tr>
<td>Laksha</td>
<td>Lac</td>
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<td>Lashuna</td>
<td>Alium Sativum</td>
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<tr>
<td>Lavanf</td>
<td>Eugenia Caryophyllata</td>
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<td>Lavang</td>
<td>Symlocos Racemososa</td>
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<td>Randia Dumetorum</td>
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<tr>
<td>Madhuka</td>
<td>Glycrrhiza Glabra</td>
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<td>Mahanimba</td>
<td>Melia Azeadrach</td>
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<tr>
<td>Manashila</td>
<td>Realgar</td>
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<tr>
<td>Manjistha</td>
<td>Rubia Cordifolia</td>
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<tr>
<td>Mansi</td>
<td>Nardostachys Jatamanshi</td>
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<tr>
<td>Maricha</td>
<td>Pipcr Nigrum</td>
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<td>HOME REMEDIES</td>
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<tr>
<td>---------------------------------------</td>
<td>-----------------------------------------------------------------</td>
</tr>
<tr>
<td>Markundi</td>
<td>Senna</td>
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<tr>
<td>Mocharasa</td>
<td>Bombax Malabaricum</td>
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<tr>
<td>Moolaka</td>
<td>Raphanus Sativus</td>
</tr>
<tr>
<td>Moorva</td>
<td>Clematis Triloba</td>
</tr>
<tr>
<td>Moosali</td>
<td>Hypoxis Orchiodes</td>
</tr>
<tr>
<td>Mund</td>
<td>Sphoeranthisus Indicus</td>
</tr>
<tr>
<td>Musta</td>
<td>Cyperus Rotundus</td>
</tr>
<tr>
<td>Nagupushpa</td>
<td>Messua Ferea</td>
</tr>
<tr>
<td>Nakha</td>
<td>Nails</td>
</tr>
<tr>
<td>Narikela</td>
<td>Cocoanut</td>
</tr>
<tr>
<td>Navasagar</td>
<td>Chloride of Ammonia</td>
</tr>
<tr>
<td>Nichula</td>
<td>Culamus Rotang</td>
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<tr>
<td>Niinb</td>
<td>Melia Azadirachta</td>
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<tr>
<td>Nirgundi</td>
<td>Vitex Nercundo</td>
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<tr>
<td>Padnia</td>
<td>Nelumbium Speciosum</td>
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<tr>
<td>Palasha</td>
<td>Butea Frondosu</td>
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<tr>
<td>Panch lavana</td>
<td>Five salts</td>
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<tr>
<td>Parada</td>
<td>Mercury</td>
</tr>
<tr>
<td>Parpat</td>
<td>Rungia Repens</td>
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<tr>
<td>Parsik Yavani</td>
<td>Hyosoyamus Rcticulatus</td>
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<tr>
<td>Patala</td>
<td>Sterospernum Suavcolcns</td>
</tr>
<tr>
<td>Patha</td>
<td>Cissampclos Parcira</td>
</tr>
<tr>
<td>Patol</td>
<td>Trichosanthes Dioica</td>
</tr>
<tr>
<td>Phalamla</td>
<td>Gatsina Indica</td>
</tr>
<tr>
<td>Pippala</td>
<td>Ficus Religiosa</td>
</tr>
<tr>
<td>Pippali</td>
<td>Piper Longum</td>
</tr>
<tr>
<td>Pippalimoola</td>
<td>Piper Longum (Root)</td>
</tr>
<tr>
<td>Prastipami</td>
<td>Craria Lagopoides</td>
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<tr>
<td>Punamava</td>
<td>Boerhaavia Verticillata</td>
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<tr>
<td>Rakta-chandana</td>
<td>Pterocarpus Santalinus</td>
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<tr>
<td>Rasukarpura</td>
<td>Mercuric Chloride</td>
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<tr>
<td>Rasanjan</td>
<td>Extract of Berberis Aristata</td>
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<tr>
<td>Rasasindhura</td>
<td>Mercurial Preipamtion</td>
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<tr>
<td>Rasna</td>
<td>Pluchea Lanceolata</td>
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<td>Revanchi</td>
<td>Rheum Emodi</td>
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<td>Rohisha</td>
<td>Cymbopogon Martini</td>
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<tr>
<td>Rohitaka</td>
<td>Tecoma Undulata</td>
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<tr>
<td>Sahasara</td>
<td>Aloes</td>
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<tr>
<td>Samudraphcna</td>
<td>Sepia Otticinalis</td>
</tr>
<tr>
<td>Saptapama</td>
<td>Alstonina Scholaris</td>
</tr>
</tbody>
</table>
APPENDICES

Sariva
Sarshapa
Sauvarchala
Shakrayava
Shalidamt
Shalmali
Shankh
Shankhpushpi
Sharpunkha
Shatapusha
Shatavari
Shathi
Shigru
Shirisha
Shiva
Shringi
Shunthi
Shweta
Sidharthaka
Sinduvar
Surana
Surasa
Surashtra
Survi
Swarjikakshara
Syonak
Tagar
Talisapatara
Tamalpatra
Tankana
Tankanamla
Tiktajiraka
Tila
Tintidika
Trapusha
Trayamana
Trayanti
Triphala
Trivrit
Turushka
Hemidesmus Indicus
Brassica Juniea
Black Salt
(See Indrayava)
Desmodium Gangenticum
Bombax Malabaricum
Conchshell
Convulvulus Mycrophyllus
Tephrosia Purpurea
Foeniculum Vulgar
Asparagus Racemosus
Curcuma Zedoaria
Moringa Pterygosperma
Albizzia Lebbek
Tcrminilla Chebula
Rhus Succedanea
Zingiber Officinale
Clitoria Tematea
Brassica juncca
Vitcx Nirgundi
AnfMxphophallus Campanulatus
Ocimun Sativum
Alum
Potassium Nitrate
Carbonate of Soda
Oroxylum Indicum
Valcriana Wallichii
Taxas Baccata
Cinnamcmum Tamala
Borax
Bork acid
Vcmonia Anthclmintica
Seasamum Indica
Tamarindus Indica
Cucumis Sativus
Delphinium Zalil
Delphinium Zalil
Thrce Myrobalans
Operculina Turpethum
Liquidamber Orientalis
HOME REMEDIES

Tutha
Twak
Udumbara
Vacha
Valaka
Vanari
Vanshalochana
Vanina
Vasa
Vidung
Vidari
Vijaya
Visha
Vishatinduka
Vridhudaraka
Yava
Yavakshara
Yavani
Yestimadhu

Sulphate of Copper
Cinnamomum Zeylanicum
Ficus Giomerata
Aconis Calamus
Vetiveria Zizanioides
Mucuna Pruriens
Bamboo Mana
Crataeva Rligiosa
Adhatoda Vasica
Embellia Ribs
Ipomoea Digitata
(Tanabis Indica)
Aconitum Heterophylium
Nux Vomica
Argyreia Speciosa
Hordeum Vulgare
Carbonate of Potash
Carum Copticum
Glycerrhiza Gbbra

APPENDIX—II

INDIAN DOMESTIC WEIGHTS AND MEASURES

1 rupee or 1 tola 180 grains
1 copper pice 100 grains
1 half-kancha Mi Chhatak
i Kancha Ni Chhatak
1 Chhutak Va Pav
1 Pav Vi Seer
1 Seer (60 Chhataks) 32 fluid ounces
1 muund 40 seers
1 ton 27 maunds

2 fluid drachms
4 fluid drachms
about 2 fluid ounces
about 8 fluid ounces
2 lbs or about 80 toliis
82 lbs or 2 oz. 3 dr.

TABLE OF INDIAN AND ENGLISH WEIGHTS

1 Gunja 17/8 grains
6 Gunjas (1 Mashu) 11 ⅔ gr.
4 Mushus (1 Shunu) 45 gr.
2. Shanus (1 Kola) 90 gr.
2 Kolas (1 Karsha) 180gr.

I.6 tola
⅓ tola
⅓ tola
⅙ tola
⅙ tola
APPENDICES

<table>
<thead>
<tr>
<th>Item</th>
<th>Unit</th>
<th>Weight</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karslias (1 Shukii)</td>
<td>260 gr.</td>
<td>2 lolas</td>
<td></td>
</tr>
<tr>
<td>Shiiktis (1 Pula)</td>
<td>1 oz.</td>
<td>28216 gr.</td>
<td>4 lolas</td>
</tr>
<tr>
<td>Palas (1 Prasrilii)</td>
<td>3 oz.</td>
<td>12716 gr.</td>
<td>8 lolas</td>
</tr>
<tr>
<td>Prasritis (1 Kudava)</td>
<td>6 oz.</td>
<td>255 gr.</td>
<td>16 lolas</td>
</tr>
<tr>
<td>Kudavas (1 Sharava)</td>
<td>1.3 oz.</td>
<td>72'/; gr.</td>
<td>32 lolas</td>
</tr>
<tr>
<td>Sharavus (1 Prustha)</td>
<td>1 lb.</td>
<td>10 oz.</td>
<td>14.5 gr.</td>
</tr>
<tr>
<td>KM) Palas (1 Tula)</td>
<td>10 lb.</td>
<td>4 oz.</td>
<td>250 gr.</td>
</tr>
<tr>
<td>Prasihas (1 Adhaka)</td>
<td>6 lb.</td>
<td>9 oz.</td>
<td>142'/5 gr.</td>
</tr>
<tr>
<td>?dhakas (1 Drona)</td>
<td>26 lb.</td>
<td>5 oz.</td>
<td>132'/2gr.</td>
</tr>
<tr>
<td>Dronas (1 Shoorpa)</td>
<td>52 lb.</td>
<td>10 oz.</td>
<td>256 gr.</td>
</tr>
<tr>
<td>(XX) Palas (1 Bhara)</td>
<td>205 lb.</td>
<td>11 oz.</td>
<td>187 ur.</td>
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</table>

Note: 1 Grains 1 Gunja 437 1/5 grains 1 oz.
ISOGrains 1 Tola 7(XX) grains 1 lb.

WEIGHTS AND MEASURES-I

<table>
<thead>
<tr>
<th>Unit</th>
<th>Symbol</th>
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<tbody>
<tr>
<td>I Gunju</td>
<td>1 grun</td>
<td>2 grains</td>
</tr>
<tr>
<td>21 gunjus</td>
<td>I vurahun weighl</td>
<td></td>
</tr>
<tr>
<td>I rutti</td>
<td>2 grains</td>
<td></td>
</tr>
<tr>
<td>8 raitis</td>
<td>I niasa</td>
<td></td>
</tr>
<tr>
<td>12 inasas</td>
<td>I tola</td>
<td></td>
</tr>
<tr>
<td>5 tolas</td>
<td>I chatak</td>
<td></td>
</tr>
<tr>
<td>2'/6 tolas</td>
<td>I ounce</td>
<td></td>
</tr>
<tr>
<td>4 chutuks</td>
<td>I puv</td>
<td></td>
</tr>
<tr>
<td>4 pjivs</td>
<td>1 sccr</td>
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WEIGHTS AND MEASURES-II

.A. Avoirdupois VWeight

<table>
<thead>
<tr>
<th>Unit</th>
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<tbody>
<tr>
<td>1 gruin</td>
<td>0.0648 graminc</td>
<td></td>
</tr>
<tr>
<td>20 grains</td>
<td>1 scruple</td>
<td></td>
</tr>
<tr>
<td>.3 scruples</td>
<td>1 drachm</td>
<td></td>
</tr>
<tr>
<td>(X) grain.s</td>
<td>1 drachm</td>
<td></td>
</tr>
<tr>
<td>437V6 grains</td>
<td>1 ounce</td>
<td></td>
</tr>
<tr>
<td>8 drachnis</td>
<td>1ouncc</td>
<td></td>
</tr>
<tr>
<td>16 ounces</td>
<td>1 pound</td>
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B. Meas.ure.s of C'apacity

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<thead>
<tr>
<th>Unit</th>
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<tr>
<td>1 minim</td>
<td>0.0592 millilitre</td>
<td></td>
</tr>
<tr>
<td>60 minimis</td>
<td>1 fluid dmchm</td>
<td></td>
</tr>
<tr>
<td>8 t'fluid drachni.'</td>
<td>1 fliiid ounce</td>
<td></td>
</tr>
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</table>
### C. English Domestic Measures

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<thead>
<tr>
<th>Measure</th>
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<tbody>
<tr>
<td>1 inim</td>
<td>1 drop</td>
</tr>
<tr>
<td>1 tc3 spoon't'ul</td>
<td>1 fluid drachm or slightly more</td>
</tr>
<tr>
<td>1 dessert-spoonful</td>
<td>2 fluid drachms or slightly more</td>
</tr>
<tr>
<td>1 table-spoonful</td>
<td>4 fluid drachms '/i fluid ounce</td>
</tr>
<tr>
<td>1 wine-glassful</td>
<td>1 Vi to 2 fluid ounces</td>
</tr>
<tr>
<td>1 tea-cupful</td>
<td>7 fluid ounces</td>
</tr>
<tr>
<td>1 breakfast-cupful</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td>1 tumblerful</td>
<td>11 fluid ounces</td>
</tr>
<tr>
<td>1 quan</td>
<td>' 24 fluid ounces</td>
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### D. Weight for Solids

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<tr>
<td>1 drachm</td>
<td>60 grains</td>
</tr>
<tr>
<td>8 drachms</td>
<td>1 ounce</td>
</tr>
<tr>
<td>1 ouncc</td>
<td>437.5 grains</td>
</tr>
<tr>
<td>1 pound</td>
<td>16 oz. 7000 grains</td>
</tr>
<tr>
<td>20 grains</td>
<td>1 scruplc</td>
</tr>
<tr>
<td>180 grains</td>
<td>1 lola or rupcc weight</td>
</tr>
<tr>
<td>5 and H lbs. Av:</td>
<td>1 scer</td>
</tr>
<tr>
<td>3 lbs 2 oz Av:</td>
<td></td>
</tr>
<tr>
<td>3 lbs 9 oz Tro:</td>
<td>1 viss</td>
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### E. Measures for Fluid

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<td>1 minim</td>
<td>more or less one drop</td>
</tr>
<tr>
<td>60 minims</td>
<td>1 drachm</td>
</tr>
<tr>
<td>8 drachms</td>
<td>1 ounce</td>
</tr>
<tr>
<td>20 ounccs</td>
<td>1 pint</td>
</tr>
<tr>
<td>8 pirls</td>
<td>1 gallon</td>
</tr>
<tr>
<td>1 Quarl</td>
<td>2 pints</td>
</tr>
<tr>
<td>1 Tcaspoonful</td>
<td>1 drachm</td>
</tr>
<tr>
<td>1 DcSSERT spoonful</td>
<td>2 drachms</td>
</tr>
<tr>
<td>1 Table spoonful</td>
<td>4 drachms</td>
</tr>
<tr>
<td>1 Winc glassful</td>
<td>2'/i ounccs</td>
</tr>
<tr>
<td>32 Kunrumanis (Gunjas)</td>
<td>1 varahanidai</td>
</tr>
<tr>
<td>9 Panavedai</td>
<td>1 varahanidai</td>
</tr>
<tr>
<td>1 palam</td>
<td>10 varahanidai</td>
</tr>
<tr>
<td>1 kazhanji</td>
<td>1 Va varahanidai</td>
</tr>
<tr>
<td>1 tola</td>
<td>3*!/i varahanidai</td>
</tr>
</tbody>
</table>
50 palani-s ≈ I Thooku
I panavcdai approximately ≈ 3 kunrumani eda or 5 grains
16 salli cdai ≈ I palam
5 scers of liquid (volume) = I Madris measurc
 I secr (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 riguies.

A. Apothecaries’ Weights

\[\text{indian Equivalents}\]

<table>
<thead>
<tr>
<th>1 grain</th>
<th>(rac{1}{2}) ratti</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 grains</td>
<td>1 drachm</td>
</tr>
<tr>
<td>8 drachms</td>
<td>1 ounce</td>
</tr>
<tr>
<td>16 ounces</td>
<td>1 pi&gt;und</td>
</tr>
</tbody>
</table>

B. Apothecaries’ Measures

<table>
<thead>
<tr>
<th>1 minim</th>
<th>(/i) ratti</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 minims</td>
<td>1 fluid drachm</td>
</tr>
<tr>
<td>8 fluid drachms</td>
<td>1 fluid ounce</td>
</tr>
<tr>
<td>16 fluid ounces</td>
<td>1 pint</td>
</tr>
<tr>
<td>2 pints</td>
<td>1 quart</td>
</tr>
<tr>
<td>4 quarts</td>
<td>1 gallon</td>
</tr>
</tbody>
</table>

C. Metric Units

<table>
<thead>
<tr>
<th>1 gram or gramme</th>
<th>1.5 grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Kilogram (kg.)</td>
<td>2.2 pounds</td>
</tr>
<tr>
<td>1 litre</td>
<td>2.2 pound.s</td>
</tr>
</tbody>
</table>

D. Indian Weights

\[\text{Enreifin Equivalents}\]

<table>
<thead>
<tr>
<th>1 ratti</th>
<th>2 grains or 2 minim.s</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 rattis</td>
<td>15 grains or 1 drachm</td>
</tr>
<tr>
<td>12 mashas</td>
<td>180 grain.s or 3 drachms</td>
</tr>
<tr>
<td>.5 lolas</td>
<td>2 ounces</td>
</tr>
<tr>
<td>4 chattaks</td>
<td>(/i) pound or tA pint</td>
</tr>
<tr>
<td>4 pao or 16 chattuk</td>
<td>2 pounds or 1 quart</td>
</tr>
</tbody>
</table>
HOME REMEDIES

E. Domestic Measures

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**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 his gentle cattle, the Indian would find life impossible. The Cow is our creauroc that it has been deified by our ancients. Village without cattle was likened to hell
itsclf. 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 piresi, 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, Ghcc. Butter-milk, etc. Indeed, the cow is in fact a Mata or mother as she is the nourisher to excellence to everyone, from the infant to the old man in the home. It is thercforc 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 arc 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 ItKai 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 it for Go-Puja.

PRESCRIPTIONS FOR THE SICK COWS

(I) Tympaniles

This is a common complaint if the stomach is disiended. 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 Turpenline 2 ounces
      Asafotidea 2 drops (dissolved in
HOME REMEDIES

2 drops warin waier) Linsccd or mustard oil II pint.

Mix ull the above well and give in a single dose. If no relief is obtained, repeat the dose after 2 hours.

(2) Indigesiion or Depraved Appelile

Re: Ammonium Chloride 3 drachm.s (spoons)
Sodium Chloridc 1 ounce
Chiretta 4 drachms
Ginger 4 drachms

Powder all ihe above and inix well in I seer of water. This is the dose to be given every morning for 4 days.

(3) Diarrhoea

Purging or loose moiions is a very troublesome complaint among caitle.

Re: Chalk 1 ounce
Catcchu 4 drachms
Opium 30 grains
Ginger 4 drachms

Powder and give one dose in 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 chhalak of salt instead of water.

(4) Consiiilation

Re: Mag. Sulph. 1 pound
Sodi. Chloridc 4 ouncees
Ginger 1 ouncee
Acqua (warm) 2 pints

(5) Cough and Caiarrit

Re: Camphor 2oounces
Ammon. Chloridc 4ounces
Pot. Nltra.s 4ounce.s
Bark of the root of Ark plant
(Calytropis) 2oounces
Linseed 8 ounces
Tracle 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. Chloridc 3 drachms
   Mag. Sulph. 4 ounces

Give in seer of water twice daily.

Note; Normal temperature of Cow is: 102 F. taken in the rectum.
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.