

THE INDUSTRIAL LABOUR WELFARE ASSOCIATION LTD.,

SIDDHA RESEARCH LAB,

"Conti Buildings", Avanashi Road, Coimbatore.

**LIST OF RESEARCH PREPARATIONS
IN DIABETES MELLITUS AND ITS COMPLICATIONS
(1961 — 1965)**

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Index on Siddha Research Medicines for Diabetes Mellitus and its complications prepared from time to time since 1-4-1961 up to the end of November 1965.

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N. B:- The above compound research preparations have involved a combination of a number of individual preparations and individual single ingredients consisting of vegetable, mineral and animal origins.

Date: 4-12-1965.

Siddha Research Lab., Conti Buildings, Avanashi Road, Coimbatore.	}	M. Shanmugavelu, Research Officer.
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Siddha Research Lab,

"Conti Buildings", Avanashi Road, Coimbatore.

List of Research Medicines for Diabetes Mellitus and its complications prepared from time to time since 1-4-1961,

1. Dia - Diet No. 1 or Diabetic Food.

- 1 Seenthil satvam or Seenthil Shar-karai specially prepared here - 2 parts
- 2 Nellikoi juice powder prepared here - 2 parts
- 3 Yanai Nerunjil virai powder - 1 part
- 4 Green manjal juice powder prepared here - 1 part
- 5 Avarampoo powder - 1 part
- 6 Porkorandri or Porkorandi (bazaar drug) powder - 1 part
- 7 Navarpazham kottai fine powder prepared here - 1 part
- 8 Chirukurinjan leaves powder prepared here - 1 part
- 9 Kovai kilangu and bark powder prepared here - 1 part
- 10 Vitamin C - Ascorbutic acid (of Hoffmann Roche) - 2 table-spoonful for 11 lbs. of other nine ingredients.

All the above ingredients are thoroughly mixed together, strained or sieved through thin cloth (muslin) and the finest compound powder is taken for use.

The thippi or the hard or solid part of the compound churnam obtained as a result of straining through cloth is taken separate - which is again pounded or powdered and again strained. Ascorbutic acid about one table-spoonful is added to it and can be used like the above Dia diet.

Note: It is better to keep each ingredient separate out of every year collection and mixed for use as and when necessary. I am of the view that we can also add *Adutheendapalai juice powder* to the above Dia-Diet.

Dose: $\frac{1}{2}$ to 1 teaspoonful may be taken with cow's milk or honey twice a day.

Uses: This is a specific for Diabetes mellitus and inspidus. It improves general health also.

2. Dia - Diet No. II

- | | | |
|---|--|-------------|
| 1 | Abreka Bhaspam (100 putams) | - 1 oz. |
| 2 | Thiruvanga chunnam No. I or
No. II or Karuvanga Baspam
No. II or No. III or Karuvanga
Chunnam | - 1 oz. |
| 3 | Kalamega Narayana Chenduram | - 2 drams |
| 4 | Kantha - Avaraiver chenduram
or Kantha Chenduram No. I | - 4 drams |
| 5 | Muppu Chunnam | - 30 grains |
| 6 | Anda - odu chunnam | - 60 grains |

- 7 Swarna valai rasa chenduram or
Rasa chenduram No. III - 2 drams
8 Navarkottai churnam - 4 ounces new or
Dia-Diet No. I

All are mixed well and bottled up.

Dose: 10 to 20 grains may be taken with honey or cow's butter or may be enclosed in No. 2 size capsules and swallowed. 1 or 2 capsules for a dose 2 or 3 times a day before food.

Uses: All kinds of Mega-neer and its complications are cured.

3. Navarkottai Mathirai No. I

Navarkottai churnam (i. e. Jambul fruit seeds churnam with the thick skin) lb. 1 or Q. S. rubbed with Adutheendapalai leaves juice for 3 to 5 days until it becomes of a waxy consistency, made into pills of about 5 grains each and dried in the shade.

Dose: 1 to 2 pills may be swallowed with water 2 or 3 times a day before food.

Uses: Polyurea of all kinds (i. e. Neerilivu Noi) is cured. Thirst is relieved.

Note: Better to use the whole seeds including its immediate covering in this preparation.

4. Navar kottai Mathirai No. II

Navarkottai fresh with its own thick coat excluding fleshy portion of jambul fruits - 1 lb. nicely pounded, placed in a kalvam and added.

2	Muppu cum abreka chenduram (special)	- 3 tolas
3	Karuvanga Baspam No. II	- "
4	Thiruvanga Baspam	- "
5	Bhupathy chenduram	- "
6	Kantha chenduram No. I	- "
7	Dia-Diet No. I	- 15 tolas

All these ingredients are rubbed together with Adutheendapalai leaves juice for 3 to 5 days, made into pills of 5 grains each, dried in the shade and preserved in a bottle.

Dose: 1 or 2 pills may be taken with water 2 or 3 times a day.

Uses: Diabetes mellitus, Polyurea and their complication are cured.

Note: Better to use the whole seeds including their immediate covering in this process.

5. Diabetes Cure Powder No. I

1	Muppu cum Abreka Chenduram	- 4 grains
2	Karuvanga Baspam No. II	- 4 grains
3	Vanga Rasa Guru Baspam	- 2 grains
4	Agni Kumari	- $\frac{1}{2}$ grain
5	Kalamega Narayana Chenduram	- 1 grain
6	Dia - Diet	- 15 grains

These are mixed up for one dose and taken with honey or enclosed in gelatin capsules and swallowed with water two times a day before food.

Uses: Diabetes Mellitus and insipidus with their complications are cured.

6. Mathumega Nivarani Lehiyam

Avaraiverpattai (fresh) $\frac{1}{2}$ viss is secured, well pounded in a stone ural, placed in a mud pot, water 20 Madras measures is added, boiled, reduced to $\frac{1}{4}$ th part, cooled and then the decoction is filtered after well crushing the sediment-bark with the hands.

This decoction is again boiled into a Rasakriya or liquid extract, removed from the fire and made into a lehiyam by adding about 5 to 10 palams of Seenthil Sharkarai and by well mixing both together. On being cooled, honey - 1 lb. is also added and mixed.

In the original works, white sugar about 4 palams is directed to be added for making the fluid extract into a lehiya-pakam. But here we are using seenthil Sharkarai prepared in "Gopal Bagh".

Note: This lehiyam gets spoiled by fungus very soon. Needs careful preservation.

Dose: Chundaikoi size or about 10 to 30 grains may be given morning and evening for seven days or more.

Uses: Diabetes mellitus and inspidus are cured. Very effective medicine appreciated by the patients. Any Baspam or Chenduram meant for Diabetes Mellitus may be given with this lehiyam as anupanam. Excellent remedy for Diabetes Mellitus.

7. Mathumega Nivarani Churnam

1	Avaraiver pattai satwam	- 4 parts
2	Seendhil sharkarai	- 1 part
3	Nellikoi juice powder	- 1 part
4	Chirukurinjan powder	- 1 part
5	Navarkottai powder	- 1 part
6	Adutheendapalai extract or leaves churnam	- 1 part

All these ingredients are mixed and bottled up.

Dose, Anupanam and Uses are the same as that of Diabetes cure Churnam or Powder No. I.

8. Avaraiver Pattai Extract Compound

Green Avaraiver pattai 40 palams, well pounded in a stone ural, placed in a mud pot, water added 50 Madras measures, boiled, reduced to $\frac{1}{4}$ th part or even less, cooled and then the decoction filtered after well crushing the bark sediments with the hands.

This decoction is again boiled separately into a Rasakriya, exposed to the sun, dried, powdered, weighed and preserved. This extract now weighs 24 tolas.

- | | | |
|---|---|------------|
| 1 | This Avaraiverpattai extract powder is taken | - 24 tolas |
| 2 | Seendhil sharkarai | - 6 tolas |
| 3 | Navarkottai powder | - 6 tolas |
| 4 | Nelli juice powder | - 6 tolas |
| 5 | Chirukurinjan powder | - 6 tolas |
| 6 | Adutheendapalai extract or Adutheendapalai leaves churnam | - 6 tolas |

All these ingredients are well mixed up together and bottled up.

Dose: 10 to 30 grains may be taken twice a day with honey or other suitable anupanams.

Uses: All kinds of mega-noi particularly Diabetes Mellitus and inspidus are cured.

Note: This is found very very effective in Diabetes Mellitus when given with Abreka Chenduram and Karuvanga Baspam No. II. Within 10 days Glycosurea with other complications such as Albumen disappears marvellously and the patient feels quite satisfied.

9. Diabetes Cure Powder No. II

- | | | |
|---|---------------------------------------|-----------|
| 1 | Muppu cum Abreka Chenduram | - 1 part |
| 2 | Karuvanga Baspam No. II or
No. III | - 1 part |
| 3 | Avarai ver pattai extract compound | - 2 parts |

Mixed well and bottled up.

Dose: 10 to 15 grains in empty gelatin capsules No. I size may be filled up and swallowed with water 2 or 3 times a day. Powder may be taken well mixed with honey also.

Uses: Diabetes Mellitus and inspidus together with their complications are cured. This is an assured Diabetes cure. Karuvanga Baspam No. II is recently converted into Karuvanga Baspam No. III. This may be used in place of No. II Karuvanga Baspam.

10. Navarkottai Mathirai No. III

- 1 Navrkottai paruppu churnam - 3 parts
- 2 Avaraiver pattai extract churnam - 2 parts

These two powders are placed in a kalvam, mixed together, rubbed with the juice of Adathodai leaves for 3 or 4 days, rounded into pills of 2 kundries size or 5 grains each when the mass is of waxy consistency. Dried in the shade and preserved in a bottle. To avoid fungus formation the pills must be very well dried.

Note: It is better to use the whole seeds including their immediate covering in this process.

Dose and Uses: 1 to 2 pills in all cases of polyurea and Diabetes Mellitus twice a day may be swallowed with water. Thirst and other Diabetic complications are relieved.

11. Naverkottai Mathirai No. IV

- | | | | |
|---|---|---|----------|
| 1 | Navarkottai paruppu churnam or preferably the whole seeds including their immediate covering inside jambul fruits may be powdered and used here | - | 20 parts |
| 2 | Abreka Baspam or Chenduram | - | 1 part |
| 3 | Karuvanga Baspam No. I | - | 1 part |
| 4 | Bhupathy Chenduram | - | 1 part |
| 5 | Kantha Chenduram No. I | - | 1 part |
| 6 | Dia - Diet No. I | - | 4 parts |
| 7 | Avaraiverpattai extract Churnam | - | 5 parts |

These seven ingredients are mixed together in a kalvam, rubbed with Adutheendapalai leaves juice for 4 or 5 days, rounded into pills of 5 grains each, dried in the shade and bottled up.

Dose, Anupanam and Uses are the same as that of No. III Navarkottai Mathirai.

12. Blood Sugar Remedy No. I

- | | | | |
|---|--|---|---------|
| 1 | Nai-pavala Baspam | - | 2 tolas |
| 2 | Kodi pavala Baspam | - | 2 tolas |
| 3 | Swarna valai rasa Chenduram | - | 4 tolas |
| 4 | Muthu Baspam | - | 1 tola |
| 5 | Muppucum Abreka Chunnam | - | 1 tola |
| 6 | Silver Baspam | - | 2 tolas |
| 7 | Gold Chenduram No. I (pure) | - | 1 tola |
| 8 | Gold Chenduram No. II (purna chandrodayam) | - | 1 tola |
| 9 | Iya kantha chenduram | - | 3 tolas |

10	Naga Baspam No. I	- 3 tolas
11	Karuvanga Baspam No. I and No. II	- 1½ tolas

Mode of preparations:-

All the above prepared medicines are mixed together in a kalvam and rubbed with the following juices in order of frequency:-

- 1 Cow's milk for 7 days beginning from 8 a. m. to 5 p. m.
- 2 Karumbu juice 7 days beginning from 8 a. m. to 5 p. m.
- 3 Adathodai leaves juice for 7 days beginning from 8 a. m. to 5 p. m.
- 4 White chandanakkattai decoction for 7 days from 8 a. m. to 5 p. m.
- 5 Vilamichamver kudineer for 7 days from 8 a. m. to 5 p. m.
- 6 Kuruver kudineer for 7 days from 8 a. m. to 5 p. m.
- 7 Green and fresh manjal kilangu juice for 7 days from 8 a. m. to 5 p. m.
- 8 Plantain root juice for 7 days from 8 a. m. to 5 p. m.
- 9 Lavangam decoction for 7 days from 8 a. m. to 5 p. m.

After all these juices have been used for rubbing the medicines in kalvam for 7 days in each juice, (12) Best Kasthuri ½ tola is added and again rubbed for a day. When proper

waxy consistency is obtained, it is made into pills of 2 grains each, dried in the shade and then preserved in a bottle.

Dose: One to two pills for a dose once or twice a day may be swallowed with water or other liquids after food.

Uses: Glycaemia and Glycosurea, Diabetic neuropathy and other complications are very well responded to. Nervous debility, impotency, piles and general debility etc are also well relieved.

13. Pavala Vanga Baspam Compound

- 1 Pavala Vanga Baspam No. II
- 1 part or 3 tolas
- 2 Dia - Diet No. I or Anti Diabetic
Nutrient or Thiripala churnam
No. II - 2 parts or 6 tolas

Mixed well in a mortar and bottled up or filled up in No. I size empty gelatin capsules.

Dose: 5 to 15 grains with honey or one capsule twice or thrice a day may be given.

Uses: Diabetes mellitus in all ages is cured in 3 to 5 days. This is considered **excellent medicine for Diabetes Mellitus, Leucorrhoea and gleet etc.**

14. Muppucum Andaodu Abreka Chunnam (special)

Chitranda odu Baspam No. 3 - 1 lb. or quantity sufficient and Abreka Navaneetham - 1 lb. are taken, mixed well in a kalvam, Muppu Guru chunnam about $\frac{1}{2}$ to 1 dram is added, rubbed with Elaikkalli leaves juice for 2 or 3 days, villais are made and subjected to heavy putam in suitable agals as per rules in a pit in an airtight compartment with about 400 viratties.

On being cooled it is taken out, powdered in a kalvam, added about 2 to 4 ounces of Vazhalai-guru jayaneer, rubbed again with Elaikkalli leaves juice and subjected to a second putam as per rules as before.

Second putam finished Andaodu Abreka chunnam is powdered in a kalvam, rubbed with Elaikkalli leaves juice and subjected to a third putam as before. Three putams finished Andaodu Abreka chunnam is again rubbed with juice of Potrilaiyaiyan leaves or Manjal-karisalai and subjected to a fourth putam as per rules as mentioned above. The chunnam is invariably finished by the above 4 putams, into an excellent medicine fit for use. If however its colour and consistency are not satisfactory it may again be treated in the following further putams:-

Four putams finished chunnam is rubbed with Thripala decoction or with a concentrated decoction of Alampattai, Aththimarapattai, Iththimarapattai, Arasampattai and Navalmarapattai (as mentioned under Muppucum Abreka Chenduram) for about 3 days, villai is made, enclosed in suitable agals, 7 layers of clay cloth be provided to the margin, dried and subjected to heavy putam with 600 or more of viratties. This process may be repeated if necessary with any one of the above decoctions for 2 or 3 times or until the chunnam becomes satisfactory for use.

Dose: 2 to 4 grains may be given with honey or with cow's ghee or with other suitable anupanams for $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ or one mandalam of 40 to 45 days.

Uses: Diabetes Mellitus and Inspidus together with their complications are cured. Gunnam, Soolam and certain worst skin diseases are also well responded to.

15. Punnakku Churnam Compound

- 1 Ellu punnakku fresh, nicely powdered and strained churnam - 2 lbs.
- 2 Fried Ragi flour, nicely powdered and strained churnam - 1 lb.
- 3 Narjeerakam fried, powdered and strained nice churnam - 10 drams

- | | | |
|---|--|------------|
| 4 | Milaku fried, powdered and strained nice churnam | - 5 drams |
| 5 | Lavangam fried, powdered and strained nice churnam | - 2½ drams |

All these five churnams are mixed together and bottled up.

Dose: 1 to 2 teaspoonfuls once a day with principal meal in the noon along with boiled murungaikeerai (முருங்கைக்கீரை) for Ragi or Wheat diet.

Uses: In 8 days of administration of the above churnam with the principal diet, Diabetes Mellitus and its complications are cured. If murungai keerai is not available, the churnam may be taken with the meal itself. This is one of the best medicines for Diabetes Mellitus. Elisevi Keerai (எலிச்செவிக் கீரை) also may be used in place of Murungai keerai as an anupanam.

16. Anti-Diabetic Strong No. 1

- | | | |
|---|--|-------------|
| 1 | Muppuguru chunnam | - 30 grains |
| 2 | Andaodu chunnam | - 60 grains |
| 3 | Abreka chenduram | - 2 oz |
| 4 | Thiruvanga chunnam or (karuvanga Bm. No. II or III) | - 2 oz |
| 5 | Swarnavalai Rasachenduram or Rasathalaka chenduram No. I | - 2 tolas |
| 6 | K. M. N. Chenduram | - 2 tolas |

- 7 Navarkottai churnam or Dia-
Diet No. I - 4 oz

These 7 ingredients are mixed together and bottled up.

Dose: 5 to 15 grains may be given with honey or in empty gelatin capsules No. I size twice a day.

Uses: Diabetes Mellitus with albumin or other complications are cured. **This is a tried medicine in complicated Diabetes Mellitus.**

17. Anti-Diabetic Remedy Strong No. II

- | | | |
|---|---|------------|
| 1 | Muppucum Andaodu Abreka
chenduram or chunnam | - 2 tolas |
| 2 | Thiruvanga chunnam No. II | - 2 tolas |
| 3 | Kantha chenduram No. I | - 2 tolas |
| 4 | P. S. M. M. Baspam | - 2 tolas |
| 5 | Swarnavalai Rasa chenduram or
K. M. N. Chenduram | - 2 tolas |
| 6 | Navarkottai churnam (or Dia-Diet
No. I) | - 10 tolas |

These are mixed together and bottled up.

Dose: 5 to 15 grains may be given with honey or in capsules No. I size twice a day.

Uses: Diabetes Mellitus with albumen or other complications are cured.

18. Anti-Diabetic Remedy (Mild)

- | | | |
|---|---|------------|
| 1 | Muppu chunnam | - 1 pinch |
| 2 | Velvanga Baspam or Karuvanga
Baspam or Thiruvanga Bm.- | 2½ tolas |
| 3 | Abreka chenduram or muppucum
Andaodu Abreka chunnam | - 2½ tolas |
| 4 | Dia-Diet No. I | - 10 tolas |

These 4 ingredients are mixed together and bottled up.

Dose: 5 to 15 grains may be given with honey or in capsules No. I size morning and evening.

Uses: Diabetes Mellitus and its complications are cured. Sugar with albumen in the urine is well responded to.

19. Navarkottai Mathirai No. V

- | | | |
|---|---|------------|
| 1 | Navarkottai churnam compound
with its outer skin (minus the
fleshy fruit) | - 3 lbs. |
| 2 | Abreka chenduram | - 3 ounces |
| 3 | Bhupathy chenduram | - 3 ounces |
| 4 | Pavalavangam No. II | - 3 ounces |
| 5 | Kantha chenduram No. I | - 3 ounces |
| 6 | Adutheendapalai extract | - 3 ounces |

All these ingredients are mixed together in a kalvam, rubbed with Adutheendapalai leaves juice for 3 to 5 days, rounded into pills of 5 grains each, dried in the shade and bottled up.

Dose, Uses and Anupanam are the same as that of Navarkottai mathirai No. I to IV.

20. Navarkottai Mathirai No. VI

- | | |
|--|-----------------|
| 1 Navarkottai churnam pounded with its outer skin (minus the fleshy fruit) | - 4 parts |
| 2 Chirukurinjan churnam | - 1 part |
| 3 Abreka chenduram or Bm. | - 1/8th part |
| 4 Velvanga baspam | - 1/16th part |
| 5 Muppu guru chunnam | - a few pinches |
| 6 Rasa-thalaka chenduram or Swarnavalai rasa chenduram | - 1/16th part |
| 7 Thiruvanga chunnam | - 1/16th part |
| 8 Pavalavanga Baspam | - 1/16th part |
| 9 Vanga rasa guru baspam | - 1/16th part |
| 10 Dia-Diet No. I | - 2 parts |

All these ingredients are mixed in a kalvam, rubbed with (1) Adutheendapalai juice for 3 days, then dried, rubbed again with (2) Alam viluthu juice or decoction for 3 days, then dried and again rubbed with (3) Thiriphala decoction for 3 days. When it is of proper consistency it is rounded into pills of five grains each or about the size of small Elandai seeds, dried in the shade and bottled up.

Dose, Uses and Anupanam are the same as that of Navarkottai Mathirai No. I to V.

21. Rasthali-pazham Lehiyam or Neeralivu Lehiyam

- 1 Rasthali fruits - 15 Nos.
- 2 Kashakasha fried and powdered - 15 palams
- 3 White sugar - 6 palams or 18 tolas
- 4 Cow's ghee - 12 ounces

These ingredients are mixed together nicely in a mortar until it becomes a waxy consistency or like confection. It is then preserved in a suitable jar.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ tola may be taken twice a day with Karuvanga Chunnam No. II or No. III or other Diabetes cure medicines.

Uses: All kinds of Mega-neer are cured. Copious micturition or polyurea and Grahani are also controlled.

22. Blood Sugar Remedy No. II

- 1 Naipavala Baspam - 8 tolas or 90 grams
- 2 Kodipavala^achunnam No. II
- 8 tolas or 90 grams
- 3 Swarna-valai rasa chenduram
- 16 tolas or 180 grams
- 4 Muthu Baspam - 3 tolas or 35 grams
- 5 Muppucum Andaodu abreka
chunnam - 8 tolas or 90 grams
- 6 - Silver Baspam - 8 tolas or 90 grams
- 7 Gold chenduram Pure No. I
- 4 tolas or 45 grams

- 8 Gold Chenduram No. II or Purna
Chandrodayam - 4 tolas or 45 grams
- 9 Iya Kantha Chenduram
- 12 tolas or 135 grams
- 10 Naga Baspam No. I
- 12 tolas or 135 grams
- 11 Karuvanga Baspam No. II
- 6 tolas or 65 grams
- 12 Pavalavanga Baspam No. II
- 6 tolas or 65 grams
- 13 Karpura Silajathu Baspam No. IV
- 6 tolas or 65 grams
- 14 Thiriphala churnam No. III
- 3/4 lb. or 12 ounces

Mode of Preparation :-

All the above prepared medicines are mixed together in a kalvam and rubbed with the following juices in order of frequency :-

- 1 Cow's milk for 3 days from 8 A.M. to 5 P.M.
- 2 Nellikoi juice " "
- 3 Adathodai leaves juice " "
- 4 White chandanakattai decoction " "
- 5 Vilamichamver kudineer " "
- 6 Kuruver kudineer " "
- 7 Green Manjal kilangu juice " "
- 8 Plantain root juice " "
- 9 Lavangapoo decoction " "
- 10 Keezhkoi nelli juice " "
- 11 Karumbu juice " "

After these juices have been used for rubbing the medicines in kalvam for 3 days in each juice, (15) best kasthuri 2 tolas, (16) Gorojanam 2 tolas, (17) Kungumappu 3 tolas are added, rubbed again for a day and when proper waxy consistency is obtained, it is made into pills of 3 grains each. The pills are dried in the shade, weighed and preserved in a stoppered bottle.

Dose: One pill for a dose once or twice a day may be swallowed with water or other fluids after food.

Uses: Glycaemia, Glycosurea, Diabetic neuropathy and other complications are cured. Nervous debility, impotency, brain weakness, piles and general weakness are also relieved.

23. Mathumega Nivarani Mathirai No. I (or Diabetic Pill No. I)

1	Karuvanga chunnam No. II	- 2 oz.
2	Abreka Chenduram	- 2 oz.
3	Silajathu Baspam No. V	- 2 oz.
4	B. P. Stablizer No. II (without sugar)	- 6 oz.

Rubbed with Nellikoi juice for one day, dried, then rubbed with green manjal juice for one day, then pills are made of 3 grains each, dried in the shade and bottled up.

Dose: 1 to 2 pills to be given twice or thrice a day with water.

Uses: Diabetes mellitus, its complications and polyurea are cured. A week or ten days administration control sugar in the urine.

24. Mathumega Nivarani Mathirai No. II (or Diabetic Pill No. II)

- | | | |
|---|--------------------------|--------------------|
| 1 | Pavala vangam No. II | - 1 part or 2 oz. |
| 2 | Silajathu Baspam No. V | - 2 oz. or 1 part |
| 3 | Abreka Chenduram | - 2 oz. or 1 part |
| 4 | Thiriphala churnam No. 3 | - 4 parts or 8 oz. |

Mixed well in a kalvam and rubbed with pachai manjal juice for a day, dried, then with Keezhkoi nelli juice for a day, and then made into pills of 3 grains each.

Dose: 1 to 2 pills to be given twice or thrice a day with water.

Uses: Diabetes mellitus, its complications and polyurea are cured. A week or 10 days administration controls sugar in the urine.

25. Mathumega Nivarani Mathirai No. III (or Diabetic Pill No. III)

- | | | |
|---|--|---------|
| 1 | Abreka Baspam | - 1 oz. |
| 2 | Thiruvanga Baspam or Pavala-
vanga Baspam | - 1 oz. |
| 3 | Kantha Chenduram No. I | - 1 oz. |
| 4 | Aya veeram | - 1 oz. |

- | | | |
|---|---------------------------------|---------|
| 5 | Karpura Silajathu Baspam No. II | - 2 oz. |
| 6 | Karuvanga Chenduram | - 1 oz. |
| 7 | B. P. Stabilizer No. II | - 4 oz. |
| 8 | Thiriphala churnam No. II | - 4 oz. |

Mixed well and rubbed well with Adu-theendapalai leaves juice for one day, then with green manjal juice and then made into pills of 3 grains each.

Dose and *Uses* are the same as that of Anti-Diabetic Pills No. I to III

26. Prompt Diabetic Cure Powder No. I

- | | | |
|---|---|-----------|
| 1 | Anti Diabetic remedy strong
No. II or Diabetes Cure No. II
(strong) | - 4 tolas |
| 2 | Karuvanga chenduram
Dt. 26-6-61 | - 4 tolas |
| 3 | Silajathu Baspam No. II | - 8 tolas |
| 4 | Aya Veeram | - 4 tolas |
| 5 | B. P. Stabilizer No. II | - 8 tolas |

All are mixed well and bottled up.

Dose: 10 to 15 grains morning and evening may be taken with honey or in capsules.

Uses: Blood sugar and urine sugar disappear marvellously and diabetic complications also are relieved.

27. Prompt Diabetes Cure Pill No. I

1	Diabetic remedy strong No. I (vide No. 13 Dt. 18-4-63)	- 19 tolas
2	Silajathu Baspam No. II	- 5 tolas
3	Ayaveeram	- 4 tolas
4	Karuvanga chenduram	- 4 tolas
5	Navarkottai churnam	- 10 tolas
6	B. P. Stabilizer	- 10 tolas

All are mixed in a kalvam, rubbed with green manjal juice and then with Adutheendapalai leaves juice. It is then rounded into pills of grains 5 each, dried in the shade, and bottled up.

Dose and Uses are the same as that of Prompt Diabetes cure powder No. I.

28. Navarkottai Mathirai No. VII

1	Navarkottai paruppu fine churnam-	lb 2-0-0
2	Muppucum Abreka chenduram	- 3 tolas
3	Karuvanga Baspam No. I (Pavala Karuvangam No. I)	- 3 tolas
4	Karuvanga chunnam No. II	- 3 tolas
5	Bhupathy chenduram	- 3 tolas
6	Kantha chenduram No. I	- 3 tolas
7	Dia - Diet No. I	- 12 tolas
8	Avaraiver Pattai extract	- 3 tolas
9	Panchamara pattai dried extract	- 6 ounces or 15 tolas

All these ingredients are mixed together in a kalvam, rubbed with Adutheendapalai

leaves juice for 2 days, rounded into pills of kundri size, dried in the shade and bottled up.

Dose and *Uses* are the same as that of Navarkottai Mathirai Nos. 1 to 6.

29. Blood Sugar Remedy No. III

- | | | |
|----|--|---|
| 1 | Velvanga Baspam | - 3 tolas or 33 grams |
| 2 | Karuvanga Baspam | - 3 tolas or 33 grams |
| 3 | Naga Baspam | - 3 tolas or 33 grams |
| 4 | Swarna chenduram | - 1 tola or 11 grams |
| 5 | Purna chandrodayam | - 1 tola or 11 grams |
| 6 | Aurocalcium No. II | - 2 tolas or 22 grams |
| 7 | Narpavala Baspam | - 2 tolas or 22 grams |
| 8 | Kodipavala Baspam | - 2 tolas or 22 grams |
| 9 | Swarnavalai Rasa
chenduram | - 2 tolas or 22 grams |
| 10 | Silver Baspam | - 2 tolas or 22 grams |
| 11 | Muthu Baspam | - 3 tolas or 33 grams |
| 12 | Muppucum Abreka
chenduram | - 8 tolas or 88 grams |
| 13 | Iyakantha chenduram | - 3 tolas or 33 grams |
| 14 | Ascorbutic acid | - 8 tolas or 88 grams |
| 15 | Avaraiverpattai
extract | - 8 tolas or 88 grams |
| 16 | Panchamarapattai extract
(Alam, Aththi, Eththi, Arasu
and Naval barks) | - 6 tolas or
66 grams |
| 17 | Dia - Diet No. I | - 16 tolas or 176 grams |
| 18 | Best Kasthuri | one tola or 11 grams added
in the end. |

The first 17 ingredients are mixed in a kalvam as per rules.

Juices used for Rubbing in Kalvam :-

- 1 Nellikoi juice rubbing for 3 days
- 2 Pachaimanjil Kilangu juice (fresh and green turmeric) 3 days
- 3 Lavangam decoction for 3 days
- 4 Vellai chandanakattai, Vettiver and Vilamichuver of each 15 tolas, made into a decoction as per rules and used for rubbing for 3 days.

Note: Kasthuri is added finally on the last day of rubbing in kalvam. Half part of the above finally rubbed medicine mass is made into pills of 2 grains each. Dried in the shade and bottled up.

The remaining half part of the medicine mass is allowed to dry in the shade and is weighed lb 1 or 40 tolas. Equal part of Diabetic food No. I (40 tolas) is added, mixed well, Gum acacia fine powder (1:8 i. e. 1 part of Gum acacia powder to 8 parts of the medicine compound) is added, mixed and is made into tablets at Messrs Spencer & Co., Madras. Now each tablet weighs k 120 milligrams.

It is said that the Gum acacia powder may be made into a mucilage, quantity sufficient mixed with the medicine compound powder, dried a bit to secure the proper consis-

tency of the powder and then put in the tablets-making machine as per rules and thus the tablets are made.

Dose: One to two pills or one to two tablets may be given twice a day after food. Uses are the same as that of Blood sugar remedy No. 1 and 2.

30. Blood Sugar Remedy No. IV

1	Muppucum Abreka chenduram	- 9 tolas
2	Karuvanga Chunnam No. II	- 3 tolas
3	Thiruvanga Chunnam No. III	- 3 tolas
4	Pavala vangam No. III	- 3 tolas
5	Aurocalcium	- 3 tolas
6	Naga Baspam No. I	- 3 tolas
7	Silver Baspam	- 3 tolas
8	Kantha Chenduram	- 3 tolas
9	Muthu Baspam	- 2 tolas
10	Purna chandrodayam (Adyar)	- 2 tolas
11	Ascorbic acid	- 9 tolas
12	Avaraiverpattai extract (No. 40 Dated 10-6-65)	- 9 tolas
13	Panchamarapattai extract (No. 19 Dated 6-5-65)	- 9 tolas
14	Murungaipisin	- 6 tolas
15	Vilampisin	- 6 tolas
16	Padhampisin	- 6 tolas
17	Karuvlampisin	- 6 tolas
18	Best Kasthuri	- 1 tola
19	Gorojanam	- 1 tola
20	Kungumappu	- 2 tolas

Juices used for rubbing :-

- 1 Nellikoi juice rubbing for 3 days
- 2 Pachai Manjal kilangu juice rubbing for 3 days
- 3 Lavangam decoction (lavangam 15 tolas water 4 Madras measures boiled, reduced to 1/8th part and decanted) rubbing for 3 days
- 4 Vellai chandanakattai, Vettiver, Vilamichuver, Kadalalinjil pattai 15 tolas, water 8 Madras measures, boiled, reduced to 1/8th part, decanted, again this decoction is boiled, reduced to kulambu pakam and used for final rubbing for 3 days.

When it is of proper waxy consistency, it is rounded into pills of about 2 to 4 grains, dried in the shade and bottled up.

Dose: 1 pill to be taken 3 times a day or 2 pills twice a day in severe and complicated cases.

Uses are the same as that of Blood Sugar Remedy Nos. 1 to 3. This is a rather remarkable and assured remedy in all cases of Diabetes Mellitus and its complications.

31. Navar Pazham Juice

Navarpazham about 12 Madras measures - fruits crushed with hand and Navar pattai churnam about 2 ounces sprinkled. Mixed

well and set aside. Two days later the juice is squeezed out and filtered. Now about lbs 4 juice extracted, boiled, cooled, bottled up and added one dram of nice powder of *pachai karpuram*. Mouth of the bottle is provided with tight stoppered cork, covered with a cloth, tied well and kept aside for 40 days and then used internally.

Dose: 1 to 2 teaspoonful with a little water to be taken 2 or 3 times a day.

Uses: Diabetes Mellitus, Polyurea and their complications particularly thirst are relieved.

32. Dia - Diet No. III

- | | | |
|---|--------------------------|-----------------------------|
| 1 | Nellikoi juice powder | } of each in
equal parts |
| 2 | Manjal juice powder | |
| 3 | Navarkottai juice powder | |
| 4 | Seendil juice powder | |

Mixed well and bottled up.

Dose: $\frac{1}{2}$ teaspoonful twice a day with cow's milk or butter milk.

Uses: Diabetes insidus and Mellitus are cured.

33. Blood-Sugar Remedy No. V

- | | | |
|---|---|------------------------|
| 1 | Blood Sugar remedy No. II vide
No. 178 Dt. 27-1-64 | - 17 tolas |
| 2 | Abreka chenduram No. II | - $8\frac{1}{2}$ tolas |

- | | | |
|---|-------------------------|------------|
| 3 | Thiruvanga chunnam | - 8½ tolas |
| 4 | Silajathu Baspam No. II | - 17 tolas |
| 5 | Kantha chenduram No. I | - 8½ tolas |

Rubbed with Thiripala decoction (thiripala churnam 4 ounces water 8 lbs - boiled and reduced to ¼th part) for 2 days, rounded into pills of grains 4 each, dried in the shade and bottled up.

Dose and Uses are the same as that of Blood Sugar Remedy No. 1 to 4.

34. Blood Sugar Remedy No. VI

- | | | |
|----|---|-------------|
| 1 | Abreka Baspam (Ludhiana) | - 300 grams |
| 2 | Thiruvanga Baspam „ | - 100 grams |
| 3 | Velvanga Baspam „ | - 100 grams |
| 4 | Sidda Markatwaja with gold
guaranteed | - 20 grams |
| 5 | Muthu Baspam 14 grams and
Auro calcium | 16½ grams |
| 6 | Kantha chenduram No. I | - 75 grams |
| 7 | Ayurvedic Silajathu purified
(Ludhiana) | - 200 grams |
| 8 | Avaraiver pattai extract | - 180 grams |
| 9 | Dia-Diet No. I or Diabetic food | - 550 grams |
| 10 | Ascorbic acid B. P. | - 200 grams |
| 11 | Kasthuri ½ tola (A. G. Mudaliar supply) -
added in the end while rubbing with
lavangam decoction. | |

All the above ingredients are finely powdered, mixed up and rubbed with the

following juices and decoctions for one day in each :

- 1 Nellikoi juice
- 2 Pachai Manjal juice
- 3 Thiriphala decoction (8 ounces Thriphala taken, water 2 Madras measures added, boiled, reduced to $\frac{1}{4}$ th part and filtered)
- 4 Lavangam decoction (150 grams lavangam taken, water 2 Madras measures added, boiled, reduced to $\frac{1}{4}$ th part and filtered.)

Dose and Uses are the same as that of Blood Sugar Remedy Nos. 1 to 5.

35. Blood Sugar Remedy Pill No. 7

- | | | | |
|---|---|---|----------|
| 1 | Muppu cum Abreka chenduram | - | 5 tolas |
| 2 | Thiruvanga chunnam | - | 5 tolas |
| 3 | Auro calcium | - | 5 tolas |
| 4 | Ayaveeram | - | 5 tolas |
| 5 | Karuvanga Bm. (Special) No. 4 | - | 5 tolas |
| 6 | Diabetes cure powder No. 3 or
Dia - Diet No. III | - | 30 tolas |

These six ingredients are mixed together, rubbed with Thiriphala decoction (Kadukoi thole, Thandrikoi thole and Nelli vatral of each 2 oz, water 2 Madras measures reduced to $\frac{1}{6}$ th part and decanted), rounded into pills of pepper size, dried in the shade and preserved in a bottle.

Dose and Uses are the same as that of Blood sugar remedy Nos. 1 to 6.

Particulars of the Medicines Supplied.

36. *Diabetic Pill No. IV* :- Consists of Abreka chenduram one part, Thiruvanga chunnam one part and Navarkottai powder 2 parts - mixed together rubbed in a Kalvam with a mixture of Nellikoi Juice and Green Manjal Juice for two days and then made into pills.

Dose: 2 pills thrice a day or 3 pills twice a day after food.

37. *Diabetic Pill No. V* :- Consists of the same three ingredients rubbed with Adu-theendapalai leaves juice and made into pills.

Dose: 2 pills T. D. S. or 3 pills B. D. after food.