



PHARMACOPOEIA OF HOSPITAL OF INDIAN MEDICINE

SIDDHA



**TAMILNADU SIDDHA
MEDICAL BOARD**
MADRAS - 600 106.

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OF
HOSPITAL OF INDIAN
MEDICINE**

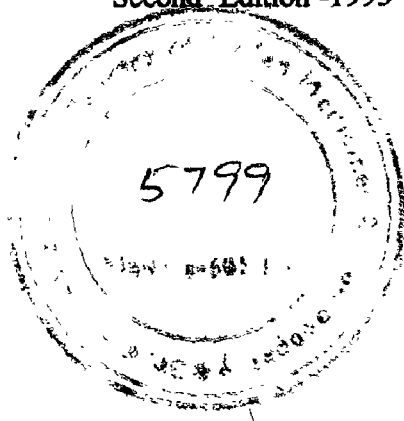
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**PHARMACOPOEIA OF
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MEDICINE**

**PART II
SIDDHA**

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Madras - 600 106.

SECOND EDITION - FOREWARD

Siddha system of Medicine is the ancient, Unique and Potent system among all the systems of medicine existing at present. It was invented by Siddhars who were the spitirual scientists of the ancient Tamil Land.

Siddha Science is a well defined Science which was originated in the erstwhile Lemurian continent and followed by Dravidians, thousands of years before the advent of any other systems of medicine.

It is a medical science through which the body as well as the soul are treated. It comprises of four main branches called Vatham, Maruthuvam, Yogam and Gnanam. The Siddha system has not only the curative and preventive effects on different diseases but also paves the way for longevity and immortality.

Siddha system consists of all branches of medical faculty under the major head of **Maruthuvam**. The branch of Pharmaceutical chemistry was well developed in this ancient system of medicine. Purification of metals,

mercurials and other minerals before starting the actual preparation process of medicines removes the toxic properties of these elements and compounds.

Siddhar's methods of preparations of medicines are more scientific and it involves high order of chemistry. The exact reactions which are going on in these processes are still unexplored.

The book **Siddha Pharmacopoeia** carries a large number of very valuable preparations which are widely used in Siddha Hospitals. This book will be of much utility not only to the students and teachers but also to the general medical practitioners of Siddha medicine. By making available this valuable book again in the field, the long pending demands of Siddha doctors is met with.

Since the Global attention now turns towards alternative systems of medicine, this **Siddha Pharmacopoeia** which is in English language will be very much appreciated by the scientists and doctors belonging to different systems of medicines. As the greatness of the Siddha system is now felt by everybody, the medicines of this system are being tried in the treatment of AIDS also. Clinical trials are now undertaken in H.I.V. positive and full blown AIDS cases

to find out the efficacy of Siddha Medicine in many Modern Medicine hospitals including Government General Hospital, Madras. The research findings are encouraging, and the patients are showing improvements by gaining weight and getting relief of many symptoms.

I hope that the name and fame of the Siddha system of medicine will spread over the entire World when this Scientific research is completed and the clinical reports are published.

This edition of **Siddha Pharmacopoeia** also contains some addition of preparations which are given separately as additional Pharmacopoeia.

I appreciate the Scrutinising Medical Officer and other staff of the publication section in Siddha Medical Board for their valuable work rendered in collecting these preparations from various sources and in bringing out this revised edition.

S. ANSER ALI

Madras - 600 106.

6.12.1994

FOREWORD

The Government of Madras established the School of Indian Medicine in 1924 and started the Hospital of Indian Medicine in 1926. The Hospital was intended to give clinical training to the students and as one of the medical relief centres in the City. To supply the medical needs of the hospital a pharmacy was annexed.

It is a well-known fact, that there are an innumerable number of medicinal preparations scattered in various books of Indigenous Medicines and there are also quite a large number of preparations which are traditionally used and handed over from teacher to student. The use of these preparations in diseases and their modes of preparations vary from State to State according to the local conditions and usage. In other words, there is no standardization of these excellent recipes. It is a great handicap both to a student of medicine and to a young medical practitioner. It has also become difficult to assess the value of a particular medicine in a given disease as the standards vary.

To overcome these difficulties, Captain G. Srinivasa Murthy, B.A., B.L., M.B. & C.M., who was then the Principal of the School,

asked the lecturers of the various systems of medicine to select a number of preparations from various texts, which would not only be useful in various diseases but would also be acceptable to a large number of practitioners of Indigenous Medicine practising in the various parts of this State. Accordingly, late Ayurvedacharya N. Madhava Menon, A.M.A.C., and Vidwan U. P. Sankunni Menon compiled a list for Ayurveda, late Vaidyarathna C. S. Murugesu Mudaliar compiled a list for Siddha system of Medicine and Hakim Moulvi Peer Madani Sahib for the Unani system. The medicines were prepared according to these lists and used in the Hospital of Indigenous Medicine. Madras. Later, when a number of medical institutions were opened under the auspices of the Local Boards, the Government thought the pharmacopoeia adopted in the Hospital of Indigenous Medicine might be extended to other institutions and accordingly printed in 1932 "List of Raw Drugs and Medicinal Preparations for use in Indigenous Dispensaries." This list had been revised and expanded from time to time.

Thus, for more than a quarter of a century, this Pharmacopoeia had been in use and found to satisfy the needs for which it was intended. It is now found that the time has come to give a shape to this Pharmacopoeia. The list that has been in use all these years is found inadequate for the needs of the practitioners as it gives only the

names and the sources of the preparations and not the ingredients which go to make them, the method of preparation, the dose, the methods of administration and their therapeutic indications. These preparations are taken from various books and for a young and busy practitioner, it would be difficult to search and find out the exact prescription. Moreover, as the original books are in Sanskrit for Ayurveda, in Tamil for Siddha System of Medicine and in Arabic or Urdu for Unani System, the difficulty in modern times become great. Therefore, it was decided to compile a Pharmacopœia in English and publish it. It is not claimed that this Pharmacopœia is extensive and would cater the needs of all the peoples. It is not the intention either to claim it as a Standard Pharmacopœia of Indigenous Medicine. The purpose of the present volume is only to serve those practitioners who are in the employ of the State Government or the Local Boards. There would be a certain amount of uniformity in the use of these medicines in their institutions.

It was with that object an Advisory Committee with the following people was formed :—

1. Dr. M. R. Guruswami Mudaliar.
B.A., M.D., Honorary Director of Indigenous Medicine.

2. Dr. M. Parankusam, L.M. & S., F.I.N..
Principal, College of Indigenous Medicine.

3. Dr. M. K. Vaidyar, Lecturer in Ayurveda.

4. Dr. M. Visweswara Sastry, H.P.I.M., Lecturer, Clinical Research.

5. Dr. K. Kasinathan, H.P.I.M., Lecturer in Siddha.

6. Dr. Mir Fida Hussain, H.P.I.M., Lecturer in Unani.

This Committee has gone through the existing list of Medicinal Preparations and revised it based on the experience of these twenty-five years.

The actual work was entrusted to the following members of the Staff who formed the Compilation Committee :—

1. Dr. T. Achuthan Kutty Nair, H.P.I.M., for Ayurveda.

2. Dr. C. S. Uthamaroyan, H.P.I.M. for Siddha.

3. Dr. A. Subhan, H.P.I.M., for Unani

Dr. V. Narayanaswami, H.P.I.M., Lecturer in Ayurveda, was appointed as the General Editor of the Pharmacopœia. These members of the staff had done the work, in addition to their own work in the College and Hospital.

This is the first attempt made by any State Government in Indian Union to prepare and publish a standard Pharmacopœia for the use in the State. It is hoped that in near future it would be possible to formulate an Indian Pharmacopœia of Indigenous Medicine which would be a standard work.

M. R. GURUSWAMI,
Honorary Director of Indigenous Medicine.

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SECTION I.

BARPAM.

It is known in Tamil as "Neeru". It means, that which has gone through heat and become like white ash. Metals, salts, gems (Manis) and other minerals, animal products as bones, horns, hooves and feathers are converted into "Neeru" (Barpams) by submitting them to fire after grinding with juices of plants or liquids of chemical compounds like Theeneer-Jaineer, etc.

The metal is ground with various juices mentioned in each preparation and made into small discs. They are dried and placed in single layer in a mud agal and covered with another. The edges are sealed with cloth smeared with clay and dried. This is subjected to putam.

Putams are put usually with cow-dung cakes. The number of cow-dung cakes vary according to the heaviness of metals. A big pit is dug and half the number of cow-dung cakes are spread in the pit. The agal is placed in the centre and the rest of the cow-dung cakes are piled over. Fire is put on all the sides. Putam is put in a place where there is not much wind and the cow-dung cakes should burn slowly. When the heat has subsided completely the agal is taken out, the mud cloth removed and the calcined drug made into fine powder.

1. Abraka Barpam.

1 Purified abhrakam	..	1 palam.
2 Maruthondri root-bark	..	16 palams.
3 Water	5 lb.

1. Abraka Barpam—*cont.*

Prepare decoction adding Nos. 2 and 3 and reduce to one-fourth. Add daily two palams of this decoction to abrakam for eight days drying in the shade. After it has completely dried add double the quantity of Kadappam pisin to abrakam, and dry in the shade. Add kuppaimeni juice 2 palams daily and dry in the shade for eight days. Place this Abrakam in a kalvam and grind with Veppennai double the quantity of abrakam. Repeat this process for six days. Make a disc and dry in the sun. While drying add Attipal equal to the weight of the disc. Dry in the sun well. Put putam with 60 cow-dung cakes. The barpam will become white in colour.

Dose : $\frac{1}{2}$ to 1 gr. with sugar, ghee and betel leaf juice.

Indications : Pitha Piramegam, Nerizhivu, Jwaram, Unmatham, Sori, Viraivatham, Mahodaram, Marburoi, Megapilavai.

Diet and other restrictions : Avoid tamarind, tobacco, mustard, alcohol, Agathi Kecrai and observe Brahmacharya.

2. Amaiodu Barpam.

1 Amaj-odu 10 palams.

2 Kal-chunnambu Thelivu 20 „
Neer.

3 Pooneru Thelivu Neer . . 20 „

Mix Nos. 2 and 3 and pour in a pot. Place Amaiodu in the solution and heat till all the liquid dries up. Wash Amaiodu well with water. Amaiodu is now purified.

Grind Boonagam into a paste with Kodikkallipal. Apply this paste over the Amaiodu. Dry in the sun. Put a putam with 100 cow

2. Amalodu Barpam—cont.

dung cakes. Remove the covering and place it in a kalvam and grind with the juice of Adathodai. Make small discs and dry in the sun and put putam. Repeat the process thrice.

Dose : 1 to 2 grs. with honey, milk or breast-milk.
Indications ; Mantham, Gunmain, Bedhi in children, etc.

3. Aya Barpam.

Purified iron-filings 1 palam.

Add daily six palams of Kurukathipoo charu and grind for three days. Make a disc and dry in the shade. Make a paste of tamarind leaves and place the disc inside the mass and cover with mud cloth.

Dry in the sun. Submit to a putam of 108 cow-dung cakes. The barpam will be white in colour.

Dose : 1 to 2 grs. with honey, ghee, sugar or mlik.

Indications : Megha Rogas, Pandu, Kulir jwaram, Asthi jwaram, Swasakasam, Vippuruthi, etc.

4. Chanda Rasa Barpam.

Take required quantity of Rasam, grind with Vedi-uppu dravakam and make a disc and dry it in the sun. Place equal quantity of common salt and brick-powder in a pot and mix. Place the disc in it and cover this pot with another, seal the edges and heat slowly. A white powder adhears in the upper pot. Remove and grind with Vediuppu dravakam and make a disc dry seal and heat. In this way repeat the process till you find mercury

4. Chanda Rasa Barpam—*cont.*

remaining in the lower pot itself (becomes a non-sublimate).

Dose : $\frac{1}{4}$ to 1 gr. with palm jaggery.

Indications : Megam, Mega-vranam, Gunmam, Šoolai Kushtam and Vatha diseases.

Diet : Salt free-diet, milk and rice, rice conjee.

5. Gandhaka Barpam.

Purification of sulphur.—Mix one measure of cow's milk and one measure of the juice extracted from the root of a plantain tree (preferably from Bonthan variety). Pour it into a broad mouthed mud vessel and tie the mouth with a piece of thin cloth. Over the cloth spread as much Sulphur as it would hold. Take another shallow earthen vessel whose mouth would exactly fit with that of the above vessel and seal with mud cloth.

After it has dried, place the vessel in a pit, cover the pit with sand so that the vessel will be four inches deep under the sand, spread 10 cow-dung cakes over the top and burn. The sulphur would melt and drop in the liquid. Remove the sulphur, dry it and repeat the process nine times.

Grind the purified Sulphur with juice of Kuppaimeni, make it into a cylinder and cover it with a thick paste of Kuppaimeni leaves or Sirusinni weighing four times the weight of Sulphur. Place this in the centre of a pot containing two measures of the ashes of Maruthampattai. Burn under slow fire till smell

5. Gandhaka Barpam—cont.

of Gandakam is noticed. When cooled, take the contents and powder.

Dose : $\frac{1}{2}$ to $\frac{1}{2}$ gr. with ghee or butter.

Indications : Skin diseases, such as Sori, Themal, Meghapadai, Kushtam, Mathumegam, Swasam, Kshayam, Moolam, Bagandaram, etc.

6. Kal-nar Barpam.

Soak 8 palams of Kal-nar in cow's urine for 10 days using fresh urine each day.

Grind this with the juice of Adutheendapalai for 10 days and make small discs and dry in the sun. Put putam with 1,000 cow-dung cakes (Gajaputam).

Dose : 1 to 2 grs. with butter or ghee.

Indications : Pitham, Moothira Kricharam, Vellai; etc.

7. Karu Vanga Barpam.

Melt Vangam and pour it in Kadineer, decoction of bengalgram, tamarind solution, buttermilk, aloe water, cow's urine and gingelly oil one after another (melting each time). This purifies it. Prepare a paste (half the weight of vangam) of Thalagam and Veeram with Vediuppu dravakam and smear over vangam. Put equal quantities of goat's dung and omum in a jute sack and put the vangam in it, roll the sack well and put a Gajaputam with cow-dung cakes and tamarind tree bark. Remove and powder. The barpam will be white.

Dose : $\frac{1}{2}$ to 1 gr. with butter and powdered pomegranate flower and cumin seed.

Indications : Neeradaippu, Kalerivu, Jwaram, Moolam, Bagandharam and urinary disorders and growths in the urethra.

8. Kungilya Barpam.

Veilai Kungilyam 10 palams.

Boil Kungilyam for seven times in tender coconut water. Allow to cool. Dry and make fine powder.

Dose : 2 to 5 grains with ghee, butter or tender coconut water.

Indications : Vellei, Neerocivu and Seethabedhi.

9. Muthu Barpam.

Nal-muthu (Pearl) 1 palam.

Nochchi juice 2 palams.

Nilappanai juice 2 „

Soak the pearl in the juice of Nochchi for 2 days and after grinding it with the same juice put putam with 30 cow-dung cakes. Remove the contents and grind with Nilappanai juice and put putam.

Dose : $\frac{1}{2}$ to 1 grain with suitable anupanangas given below :—

Indications :

Malai-Kan--Water.

Ushnathickkam (Pasumpal)—Cow's milk.

Valippu—Nilathulasi juice.

Pitham—Nilavila juice.

Vatham—Nochi juice.

Moolam—Vennai (cow's butter).

Nalpattha Bedhi (chronic diarrhoea)—Sivanarvembu Choornam.

Utkaichal—Sugarcane juice.

Vanthi—White sugar.

Kshyam, Erumal and Raktha-pittham—Ghee.

10. Muthu-Chippi Barpam.

Mix equal quantity of supernatant fluid of Kal-chunnam and Pooneeru and in it boil Chippi (mother of pearl) for three hours ; wash well and dry them.

Grind the purified Chippi in a Kalvam with the following juices and put to putam :—

Adathodai juice 1 putam.

Nochi juice 1 „

Nilappanai juice 1 „

If the weight of the Chippi is 5 palams, use 30 cow-dung cakes for 1 putam.

Dose : 2 to 4 grains with ghee or butter.

Indications : Moolam and Pavuthiram.

This barpam can be used in places where muthu barpam is indicated like Kshayam, Kasam and Raktha Kasam.

11. Naga Barpam.

Put a piece of Nagam in an iron vessel and keep over fire. Take one measure of Karisalai juice and pour over the nagam drop by drop, till it becomes Barpam. Instead of Karisalai juice, garlic juice can be used.

Grind this Barpam with Kattralai juice. Make small discs, dry and put putams till the green colour is changed.

Dose : 1 to 2 grains with butter, ghee or Thethan Kottai Leghyam.

Indications : Moolam, Pavuthiram, Athisaram, Girahani (Chronic dysentery, etc.).

12. Nandukal Barpam.

Mix equal quantity of supernatant fluid of Kalchunnambu and puneeru and in it boil Nandukal for three hours, wash them well and dry.

Place the purified Nandukal in a Kalvam and grind for five days with double the quantity of each of the following juices :—

(1) Mullangi juice.

(2) Sirupeelai juice.

Make discs dry and put putam.

Dose : 1 to 5 grains with water, tender coconut water, neermulli decoction or sirupeelai juice.

Indications : Neeradaippu, Kalladaippu, Sathaiadaippu, Neerkattu, etc. (urethral obstruction and strictures).

13. Natthai Barpam.

Natthai (Snail) 10 palams.

Wash Nathai and place them in half of a pot and cover the mouth with an earthen plate and seal with clay. Allow it to dry and put putam with 50 cow-dung cakes.

Take the ash of the Snail thus obtained and grind with Kattralai juice and make a villai, dry in the sun and put a putam with 50 cow-dung cakes.

Dose : 2 to 5 grains with ghee or butter.

Indications : Rakthamoolam, Seethabedhi, Asana Kaduppu, etc.

14. Padikarā Bārpam.

Purified Padikaram .. 10 palams.

Grind with egg albumin for 24 hours and make small villais and dry in the sun. Put putam with 15 cow-dung cakes.

Dose : 2 to 3 grains with ghee or butter.

Indications : Vettai, Rakthamoothram, Neer-erivu, Neeradaippu, Perumpadu, etc.

15. Palakarai Bārpam.

Soak Palakarai in lime juice for a day and wash with water. Soak one palam of this Palakarai in 4 palams of Kallippal for a day. Grind this for 12 hours using another 4 palams of Kallippal. Make villai and dry in the sun for 5 days. Put a putam with 30 cow-dung cakes.

Dose : $\frac{1}{2}$ to 1 grain with butter, ghee, milk or butter-milk.

Indications : Vettai, Megachoodu, Neerkattu, Gunmam, Visham, etc.

16. Pancha Lavana Bārpam.

Take one palam each of :

Sotruppu.

Induppu.

Vediuppu.

Vengaram.

Pooneeru.

Grind the above for two days with each of the following juices and put putam one after another :—

(1) Kuppaimeni juice—2 days—30 cow-dung cakes.

16. Pancha Lavana Barpam—cont.

- (2) Kallippal—2 days—35 cow-dung cakes.
 (3) Umathai juice—2 days—40 cow-dung cakes.
 (4) Erukkampal—2 days—45 cow-dung cakes.

Dose : 1 to 2 grains with water, ghee or butter.

Indications : Ajeernam, Gunmam, Athisaram, etc.

17. Peranda Barpam (No. I).

Take 1 palam each of :

Nai Mandai Odu (Dog's skull).

Manitha Mandai Odu (Human skull).

Mattu Mandai Odu (Ox's skull).

Mix equal quantity of supernatant fluid of Kal-chunnam and pooneeru and boil in it the above for five hours and then wash them and dry well.

Grind the above together using Ass's milk for three days. Make small discs and dry in the sun. Put putam with 50 cow-dung cakes. Repeat the process in coconut kernel extract (Thengayppal).

Dose : 1 to 3 grains with Ass's milk, ginger juice or sugar.

Indications : Paithyam, Brahmai, Moorchai, Valippu, etc.

18. Peranda Barpam (No. II).

Get a human skull which is obtained by burial and not by cremation.

Mix equal quantity of supernatant fluid of Kal-chunnam and pooneeru and in it boil for five hours the human skull.

18. *Peranda Barpam* (No. II)—*cont.*

Grind this with lime juice mixed with Padi-kara podi for three days and make small discs and dry in the sun. Put putam with 100 cow-dung cakes.

Dose : 1 to 2 grains with Ass's milk or ginger juice and sugar.

Indications : Valippu, Moorchai, Brahmai, Paithyam, etc.

19. *Pravala Barpam*.

Pravalam 1 palam.

Take Elandai Elai Kalkam to the size of a small coconut. Insert *Pravalam* in the centre of the mass, cover it with two or three layers of mud cloth dry and put a putam with 50 cow-dung cakes. Repeat the process for four times in Kattralai charu.

Dose : 1 to 3 grains with ghee, butter, water or milk.

Indications : Rakthapittam, Dry cough, Cough with Eelai, Consumption, Dysentery, Grahani. In diarrhoea, give this in lime juice with a pinch of sugar-candy powder.

20. *Sangu Barpam*.

Sangu (Sea Conch) 5 palams.

Cut them into small pieces and soak in lime juice for four days and wash with cold water. Place the bits within the kalkam of lotus leaf five times the weight of *Sangu* and dry. Put putam with 40 cow-dung cakes. Make fine powder in a Kalvam.

Dose : 1 to 2 grains with milk, ghee or butter.

Indications : Gunmam, Soolai and skin diseases. For Janni, use Thulasi juice as anupanam.

21. Silajat Barpam.

Take Karpura Silajat one palam, grind it with the juice of Sirucherupadai, and make small discs. Dry them well in the sun and put a putam with 50 cow-dung cakes. Repeat this process three times more.

Dose : 5 to 10 grains with butter or ghee.

Indications : Diseases due to Pitta, Kaba, like moothira erivu, vellai, burning in the stomach neerkattu, etc.

22. Sringi Barpam.

Cut Man Kombu (Hart's horn) into pieces and soak it in the juice of Agathi leaves for three days. Then remove it and clean well. Take 5 palams of this purified horn and cover it with 10 palams of Ela kalkam and dry. Put a Gajaputam (1,000 cow-dung cakes). Remove the bits and grind with the juice of Kuppaimeni for 12 hours and make small discs. Put a putam in 50 cow-dung cakes. Repeat this process five times more. Prepare this barpam with the juice of Musumusukkai, if it were to be used in cough of Kaba type.

Dose : 1 to 2 grains with ghee or butter.

Indications : Elumburukki, Kanai, Erumal, Ammai, Marbu noi. For acute pain in the chest and heart use with Pachaikarpooram. $\frac{1}{4}$ grain a dose.

23. Thalaga Barpam.

Place one palam of purified Thalagam on a sheet of mica placed on a charcoal oven. Pour small quantities of two palams Vediuppu jaya-neer. Grind this Thalagam with one

23. Thalaga Barpam—*cont.*

palam of Vediuppu jayaneer. Make a disc and dry in the sun. Place this disc in an agal filled with Chippichunnam. Cover it with another agal and seal it with mud cloth. Put putam with 10 cow-dung cakes. Repeat the process two times more increasing the cow-dung cakes every time by five.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ grain with panai vellam, ghee or honey.

Indications : Pitta Vettai, Pitta Jwaram, Pitta Kasam, Pitta Kshayam, Ealai, Valippu and Megham.

N.B.—Salt-free diet. Should not be used for more than 12 days at a time.

24. Thambra Barpam.

Grind one palam of purified copper filings with two palams of Agathipoo juice for two days. Make a disc and dry in the sun for four days. Put putam with one hundred goat-dung cakes. Repeat the process separately with the following juices :—

- (1) Adu theenda palai elai charu.
- (2) Kadukkai elai charu.
- (3) Vepilai charu.
- (4) Sembai elai charu.

Dose : $\frac{1}{2}$ to 1 grain with suitable anupanam as indicated below :—

Indications :

- 1 Semparuthi juice—Diseases of the head.
- 2 Sevvakathi juice—Sempadai.
- 3 Pasunel Kathir Pal—Sevidu, Swasam.
- 4 Sennel Kathir pal—Megham and Pittam.
- 5 Sengaluneer poo charu—Vatha diseases.
- 6 Vetchipoo charu—Kushtam.
- 7 Thulasicharu—Valippu.
- 8 Ghee—Gunmam.

25. Thanga Barpam.

Juice.	Weight.	Days.	Cow- DUNG CAKES.
			Putam.
Thuvarai leaves.	5 palams	15	36
Siru athi leaves.	4 „	12	32
Amanakku leaves.	3 „	9	26
Agathi leaves ..	2 „	2	16
Plantain fruits ..	1 „	1	9

For one palam of Thanga rekku use the above juices for grinding, after finishing one juice make small villais, dry them in shade and then in sun. Put putam with the number of cow-dung cakes mentioned in the table above. Repeat the process as mentioned in the tabular column one after another.

Dose : 1 to 2 grains with honey, ghee, butter or milk.

Indications : Kshayam, Kasam, Kaichal, Sobai, Pandu, Kabarogam, Impotency, etc. This may be taken with suitable Leghyams also.

26. Vanga Barpam.

Velleeyam 1 palam.

Purification.—Melt Velleeyam and pour in Kadineer, decoction of Bengalgram, tamarind solution, aloe's water (Kattazhai), cow's urine and gingelly oil one after another each time melting the Velleeyam.

or

Melt Velleeyam and pour in Eluppai Nei. Repeat the process ten times using each time fresh Nei.

26. Vanga Barpam—*cont.*

Then finely powder it. Spread turmeric in a jute, sac and place Vangappodi in the middle. Roll the sack and burn. Remove vangam, grind with five palams of Aloe's juice and put putam with 20 cow-dung cakes. Repeat the process 10 times increasing the cow-dung cakes by 5 for every putam.

Dose : 1 to 2 grains with butter, ghee or honey.

Indications : Vettai, Moolam, Pavuthiram, Neer-megham, etc.

27. Velli Barpam.

Blow the silver in a crucible and when it is melting add the juice of Magizhampoo twice the quantity of silver. The silver becomes brittle. Grind the silver with Magizhampoo juice, and make discs, dry well and cover with the paste of Mutka Vaelai, ground with the juice of Magizhampoo. Put this in a crucible, seal the edges with mud cloth dry and put putam with 100 cow-dung cakes. If silver is not turned into a fine Barpam, repeat the process as many times as necessary.

Dose : $\frac{1}{2}$ to 1 grain with butter.

Indications : Kasam, Rakthakasam, Megham, Kshayam, Soolai, Moolam, Vellai, etc.

28. Vengara Barpam.

Vengaram 1 palam.

Grind with egg albumin for four days. Make a disc and put a putam with 25 cow-dung cakes.

Dose : 2 to 3 grains with butter, ghee, tender coconut water or water.

Indications : Vellai, Moothira kirichram, Neer-adaippu, etc.

SECTION II.

CHENDURAM.

Chendurams are preparations made of any of the Rasas, Uparasas, Salts, Metals and Pashanas in combination of each other or singly. The proper colour of the preparation should be bright red or pink.

There are two methods of preparing this (1) sublimation (Kuppi Erippu) and (2) by Calcination (Putams) :—

(1) In the first method, the medicines are mixed and made into fine powder. In such a process, Gandhakam is powdered in a Kalvam and small quantities of Rasam is added mixing it well by grinding slowly. Other ingredients are added in small quantities and mixed well in Kalvam by grinding. A glass bottle of amber colour (Kachi Kupi) is covered with mud cloth seven times and in each time it is allowed to dry completely. The powder is filled half the bottle. The bottle is immersed up to the neck in a sand filled pot and the pot is put on fire. The fire should be slow in the beginning and gradually increased. The powder in the bottle is stirred now and then with a thin iron rod. The heat should be maintained till the specified time. It is allowed to cool. The bottle is removed from the sand bath and the cloth and mud removed completely. The bottle is broken into half in the centre. The sublimate will be adhering to the top and sides of the bottle. It is removed and powdered well in a Kalvam.

(2) The powder is ground in a Kalvam with specified fluids for a specified time. The paste is made into small discs and dried. They are put in earthen saucers (Man Agal) covered with another and the edge well sealed with mud cloth. It is allowed to dry. The cups are placed in the middle of cow-dung cakes and burnt. For putams, generally pits of various depths and circumferences are made in the ground. Half of the pit is covered with cow-dung cakes. The earthen cups are placed and it is covered again with cow-dung cakes. The fire is put in the middle of the heap on all the four sides so that there would be uniform heat from all the sides.

All the metals and other ingredients are taken after the usual purifications. In specified cases, specific purification (Suddhi) is mentioned; otherwise, it is to be taken as general method of purification for the drug as mentioned in Materia-medica books.

29. Abraka Chenduram.

Purification.—A block of Krishnabrakan is heated and soaked in cow's milk and washed with water. Add paddy and tie loosely in a piece of cloth. Immerse the bundle in Kadi (Vinegar) and squeeze till the abrakam disintegrates and passes through the cloth to the vessel containing Kadi. Decant the fluid and dry the fine abrakam powder in sun. This is called Abraka Navaneetham.

29. Abraka Chenduram—*cont.**Chenduram Process.*

Abraka Navaneetham. 4 parts.

Gandhakam 2/5 part.

Grind with lime juice for 12 hours, make into a disc and dry in the sun. Put a putam in 30 cow-dung cakes. Repeat the process ten times adding sulphur each time. Put the specified number of putams grinding with juice mentioned below :—

1	Karaisalai juice	10	putams.
2	Cheruppadai juice	10	„
3	Poduthalai juice	10	„
4	Portralai Kayan juice	5	„
5	Chirucheruppadai juice	5	„
6	Murukampoo juice	5	„

Dose : 1 to 2 grains with Seenthil Churnam and honey.

Indications : Pramegams, Kshayam, Eelai, Kasam, Kaba-Noi (Poly urea, Diabetes, low fever, burning sensation of hands, feet, eyes and consumption).

30. Anna Bedi Chenduram (No. I).

Take required quantity of purified Anna Bedi and grind with Kadineer and make small discs. Put putam.

Dose : 1 to 2 grains.

Indications : Jwaram give with honey, Seethabhedi and Pandu, give with ghee.

31. Anna Bedi Chenduram (No. II).

Anna Bedi	1	palam.
Vediuppu	$\frac{1}{4}$	„

31. Aasa Bedi Chenduram (No. II)—*cont.*

Grind with lime juice. Make small discs, dry and put putam. Repeat the process twice.

Dose : 1 to 2 grains with honey.

Indications : Sobai, Pandu and Kamalai (anæmias-jaundice).

32. Arumuga Chenduram.

Rasam	5 palams.
Gandakam	9 „
Kantham	7 „
Irumbu Podi	12 „
Induppu	4 „
Vengaram	8 „

Grind with the juice of Kathalai for 24 hours. Make a big villai and dry in the sun. Place this in a chatti and cover with another chatti of the same size and seal the edges with mud cloth.

Burn it on an oven for three days continuously.

Dose : $\frac{1}{2}$ to 1 grain.

Indications : Honey and 5 grains of Thirikatuchooram for Pandu, Vatha Rogam, Sobai, Kandamalai (Scrofula), Soolai, etc., with ghee for Moolam and Eri Gunmam.

23. Aya Chenduram.

Purification.—Take required quantity of iron filings and heat it in an earthenware and soak it in Kadi (Vinegar) twice as much as iron filings. Repeat the process thrice. Then the same process is to be repeated in the following :—

- 1 Gingelly oil.
- 2 Cow's urine.
- 3 Horsegram decoction.

33. Aya Chenduram—*cont.*

Chenduram.—Take required quantity of purified iron filings and expose to sun for three days adding the juice of odiyampattai extracted by adding Kadi. Grind it in a Kalvam with the same juice for five days. Make small discs and dry in the sun. Put Gajaputam. Repeat the process seven times. Put three more putams in odiyampattai juice alone.

Dose : 1 to 2 grains two or three times with :

Choornam of
Aalam Pinchu Vittu.
Arasam Vittu.
Adimathuram and
Cow's ghee or honey.

Indications : Vayu, Pithtanoi, Kabanoi, Vathanoi, Vinthunashtam, Pandu, Sobai, etc.

34. Ayakantha Chenduram.

Ayam	1 palam.
Gandakam	1 „
Kantham	$\frac{1}{4}$ „
Vengaram	} $\frac{1}{8}$ palam each.
Lingam	
Padigaram	
Pooneeru	
Kariuppu (Common Salt)	
Induppu	
Navacharam	}
Karpooram	

Grind the above for two days with the lime juice and make small cakes and dry them in the sun. Put putam with 50 cow-dung cakes. The colour of the Chenduram must be red.

34. Ayakantha Chenduram—cont.

If the required colour is not attained in one putam; repeat the process twice.

Dose : 1 to 2 grains with honey.

Indications : All varieties of Pandu (Anæmia).

35. Aya Veera Chenduram.

One palam each of :

Purified Iyapodi . . . Iron filings.

Rasam.

Veeram.

Navacharam.

Grind well for three days till it becomes red fine powder. Place it in a new earthen chatti and place it on an oven. Fry well by stirring now and then till the medicine turns red.

Note.—If kept on fire after the medicine had become red the medicine will turn black and get spoiled.

Dose : $\frac{1}{2}$ to 1 grain with honey.

Indications : Soolai, Keelvayu, Vatham, Kushtam (nervous and Skin diseases).

36. Chandamarutha Chenduram.

Lingam 2 palams.

Rasakarpooram 1 palam.

Veeram	} $\frac{1}{2}$ a palam each.
Gandakam	
Rasachenduram	

Grind with breast milk for five days and ~~continue~~ grinding afterwards without adding milk till the whole becomes a dry fine powder.

Dose : $\frac{1}{2}$ to 1 grain with honey and 5 grains of Trikatu Churnam.

Indications : Keelvayu, Pakshavatham, Narithalai-vatham, Kandamalai, Janni, Jwaram and Megha Giranthi.

37. *Gonrichintamani.*

Take 1 palam each of :

Rasam.

Gandakam.

Vengaram,

Grind Gandakam in a Kalvam to a fine powder, add mercury little by little, continue the grinding till the whole quantity becomes black. Add Vengaram and mix well by grinding. By adding sufficient quantity of castor oil make it into a mass and tie it with pieces of cloth to the size of nutmegs. Fill a chatti with three-fourths of sand, bury the bundles in it, cover the top with sand, put another chatti over it and seal the edge with mud cloth. Put one Gajaputam. The colour of the Chenduram will be black.

Dose : 1 to 2 grains with 5 grains of Trikatu and honey.

Indications : Soolai, Vayu, Gunmam and Jwaram.

Note.—This medicine in 1 grain dose with honey acts as a specific for headaches.

38. *Jalamanjari.*

Take $\frac{1}{2}$ palam each of :

Gandakam.

Kantham.

Ayam.

Padikaram.

Sanku podi.

Silajit Barpam.

Sahasathira Bedhi.

Kalnar.

Vediuppu 5 palams.

Take fine powder of each of the above separately and mix ; put in a kuduvaï and heat

38. Jalamanjari—cont.

on fire till it becomes red in colour. Powder the resultant in a kalvam.

Dose : 2 to 3 grains with warm water or tender coconut water.

Indications : Neeramai, Neerkattu, Mahodaram, Sobai and Pandu.

39. Kadikara Chenduram.

Take 1 palam each of :

Lingam.

Rasachenduram.

Kadikaram.

Powder the drugs separately. Fill half of the Rasachenduram in a bottle and then add over it half the quantity of Lingam. Then put the entire quantity of Kadikaram. Put the remaining half of Rasa Chenduram and Lingam.

Close the bottle with a glass stopper and tie the bottle tightly with a piece of leather, tie with a thread all round the bottle. Immerse this bottle in a heap of fresh boiled paddy till it cools down; grind the contents of the bottle in a kalvam.

Dose : $\frac{1}{2}$ to 1 grain with honey, ginger juice, Tulasi juice.

Indications : Pakshavatham, Vathanoi, Bhedi, Vanthibhedi (Diarrhoea and Cholera).

40. Kantha Chenduram.

Kantham (Usikantham).. 1 palam.

Heat Kantham in strong fire and soak in horsegum decoction. Repeat the process till the whole thing is converted into powder. Use fresh decoction each time.

40. Kantha Chenduram—*cont.*

Grind Kantham with Katrazhai juice and put putam in usual way with 20 cow-dung cakes. Repeat the process with each of the following :—

1 putam each—

Vilampattai juice.

Murungappattai juice.

Lime juice.

Colour—Dark red.

Dose : $\frac{1}{2}$ to 1 grain with honey or ghee.

Indications : Kabajwaram, Vathajwaram, Sobai, Pandu, Kamalai. Used also as a general tonic.

41. Kshayakulantaka Chenduram.

Thalagam	} 1 palam each.
Rasa Karpooram	
Manosilai	

Grind with Erukkan pal, put in a crucible and put putam with cow-dung cakes.

Add—

Pavala Barpam	} 1 palam each.
Kalnar	

and grind again with Erukkam pal. Put putam with 10 cow-dung cakes.

Add—

Thanga Barpam	..	Half the weight of the above.
Gandhaka Barpam	..	$\frac{1}{4}$ palam.
Lingam Barpam	..	$\frac{1}{4}$ „
Kanta Barpam	..	1 „

Grind with the juice of Katthalai and Murukampoo mixed together and put putam five

41. Kshayakalantaka Chenduram—cont.

times. In the end, add Pachai Karpuram and keep it in a bottle.

Dose : $\frac{1}{2}$ to 1 grain with honey and 5 grains of Thirukatu Churnam.

Indications : Kshayam, Kasam, Suvasam, etc.

42. Linga Chenduram (No. I).

Take one palam of purified lingam, roast it with one measure of Aartuthummattikai juice, adding small quantities of juice and allowing it to dry up each time before adding fresh juice. Wash with cold water and dry. Powder well.

Dose : $\frac{1}{2}$ to 1 grain with honey.

Indications : Kulir Jwaram, Jwaram, Vatha Kapha diseases and mega diseases.

43. Linga Chenduram (No. II).

Take one palam each of :

Lingam.

Sambirani.

Karpooram.

Grind the last two in a kalvam till it attains the consistency of wax. Smear one-seventh of it on a piece of blue cloth, roll the cloth over Lingam and burn. Repeat the process six times with the remaining sambrani and karpooram pasto. Then wash Lingam and dry it. This Lingam has to be placed between two layers of Nuna bark powder, kept in a small earthenware. Seal the earthenware and put putam with 50 cow-dung cakes. Powder well.

Dose : $\frac{1}{2}$ to 1 grain with honey.

Indications : Jwaram and Janni.

44. Loga Manduram.

Irumbu Chittam $\frac{1}{2}$ palam.

Take $\frac{1}{20}$ of a palam each of :

Kariuppu (Samudra Lavanam).

Vediuppu. Gandakam.

Attuppu. Chukku.

Valaialuppu. Milagu.

Induppu. Thippili.

Rasam.

Purification of Manduram.—Heat manduram in strong fire and soak in goat's urine. Repeat the process till the whole mass is converted into powder. Take fresh urine each time.

Grind with the juice of Karisalai for 12 hours and make a small disc, dry in the sun and put putam with 20 cow-dung cakes. Repeat the process for a second time with Thulasi juice.

Dose : 1 to 2 grains with honey or ghee followed by Neermulli decoction or Adaikashayam.

Indications : Sobai, Pandu, Kamalai, Mahodaram, etc.

45. Mandura Chenduram.

Manduram 5 palams.

Purification.—Heat manduram in fire and dip in cow's urine. Repeat the process ten times using fresh urine each time.

Take $\frac{1}{2}$ palam each of :

Gandhakam.

Rasam.

Lingam.

Uppu.

Venkaram.

45. **Mandura Chenduram—cont.**

Grind with the following juices and put to putam as follows :—

Lime juice	10 putams.
Karisalai juice	10 "
Cheruppadai juice	10 "
Chembai juice	10 "
Arasampattai juice	5 "

Make fine powder in a kalvam and preserve.

Dose : 1 to 2 grains with honey and Thrikatu churnam.

Indications : Vishapandu, Kamalai, Pandu, Pittanoi, Sethumanoi, Arochakam, Annathuvesham, Vanthi, Vikkal and Neerdhosham.

46. **Naga Chenduram.**

Nagam 4 palams.

Melt Nagam in an earthen chatti. When it is melting, add the following and fry till it attains the colour of Pomagranate flower (pink) :—

Vediuppu	8 ounces.
Chukkuppodi	8 "
Manjal podi	8 "
Omam	8 "
Nayuruvi thool	32 "

Make fine powder.

Grind the powder in a stone-mortar with lime-juice for five days and make small discs. Dry in the sun and put putam with 50 cow-dung cakes.

Dose : 1 to 2 grains with Trikatu churnam 5 grains and ghee or honey.

Indications : Gunmam, Peruvayaru, Moolam, Megham, Nag Athadippu, Kushtam, etc.

47. Padigallanta Chenduram.

Padikaram	8 parts.
Lingam	1 part.

Grind with the decoction of Kadukkai poo and Kattathippo for two days. Then dry in the shade till it becomes powder.

Dose : 5 to 10 grains with ghee or butter.

Indications : Athisaram, Sithabhedi, Soolam, etc.

48. Poornachandrodayam.

Thangarekku	1 tola.
Gandakam	16 tolas.
Rasam	8 „

Grind gandakam into fine powder in a kalvam and add Rasam little by little and grind till it becomes black in colour. Then add thangarekku and grind till it mixes well. Then grind with the Paruthipoo juice for two days, and with Mulmurukampoo juice for two days. Fill in Kachikuppi and heat it in sand-bath for three days continuously. Remove it when cool and make fine powder.

Dose : 1 to 2 grains with honey.

Indications : Kshayam, Belai, Mala-chikkal, Grahni, Kamalai, Kaduppu, Gunnam, Jwaram, Megham, Soolai, Kudnichchal, Dhurmanisam, Pitta Jwaram, Sleshma-jwaram, etc.

49. Rasa Chenduram.

Rasam	4 palams.
Gandakam	1 palam.

Powder Gandakam well in a kalvam and add Rasam little by little, grinding each time till it mixes well and becomes black powder. Put this powder in a Kachi kuppi (rolled with mud cloth seven times). Place this in a

49. *Nasa Chenduram—cont.*

Valuka Yanthram and heat for 48 hours. About twelve hours after heating has commenced the powder in the Kuppi melts, then add purified and finely powdered thalakam $\frac{1}{4}$ palam and stir well by an iron rod.

For the first three hours the fire must be low (Theepam). For the second three hours it must be moderate (Kamalagni) and next three hours intense (Kadagni).

Dose : $\frac{1}{2}$ to 1 grain with honey.

Indications : Mega Noi, Bhagandaram, Chronic fevers and skin affections.

Pathyam : Avoid tamarind and smoking tobacco while taking this medicine.

50. *Swayamagni Chenduram.*

Irumbu podi	4 parts.
Kantham	8 "
Rasam	16 "
Gandakam	32 "

Powder Gandakam well in a kalvam and add Rasam little by little, grinding each time till it mixes well and becomes black powder and add the other two and grind with Katthalai juice for 6 hours. Make a cake of it and place it in a bronze plate and expose it to hot sun. When black fumes come out of the cake, it is the indication that the medicine is completed in its process. Powder this finely in a kalvam.

Dose : 1 to 2 grains with honey, ghee and Seerakā-Churnam or Chundai Churnam.

Indications : Vatha Gunmam, Mahodaram, Moolam, Kavisai, Girahani and Athisaram.

51. Thalaka Chenduram.

Take Thalakam and boil in dola yantram in each of the following separately :—

- 1 Poosinikkai juice.
- 2 Gingelly oil and Kal Chunnaneer mixture.
- 3 Gingelly oil.

Thalakam becomes purified.

Grind Mookkarai Charanai and make it into two cakes. Place the Thalakam between the two cakes, put in a chatti, put another chatti over it, seal the edges seven times with mud-cloth and burn it for 24 hours. It becomes Chendooram.

Dose : $\frac{1}{2}$ to 1 grain with suitable anupanam.

Indications :

- Honey for Mandai Soolai.
- Lime juice for eye diseases.
- Palm jaggery for Vatham.
- Poosinippazhacharu for Pramegam.
- Vellarikkai Neer for Neeradaippu.
- Cow's milk for Sootaka Vayu.

52. Thambira Chenduram.

Grind Gandakam for three days with the juice of Thaivelai and make a Kugai and fit it inside a Clay Kugai (crucible).

Cut into small pieces copper sheet, keep them soaked in the juice of Etti fruit for fifteen days. Remove the copper plates and smear padikaram on them and put them into the abovesaid crucible (gandakam fitted into a Kugai of clay) and seal it seven times. Put a Gajaputam. Remove and add equal quantity of Lingam to

52. Thambira Chenduram—*cont.*

it and grind with Erukkan pal. Put a Gajaputam. The Chenduram will be of murukampoo colour (bright red).

Dose : $\frac{1}{2}$ to 1 grain with honey and Thrikatu.

Indications : Gunmam, Karappan, Peruvayaru, Udara-vayu, Veekam, Neerkovai, Neerambal and Vishapagam.

53. Thanga Chenduram.

Thanga Rekku 1 tola.

Grind with the juice of Masippathri leaves for five days and make small discs, dry in the sun and put putam with 20 cow-dung cakes. Repeat the process nine times.

Dose : $\frac{1}{2}$ to 1 grain with honey or ghee.

Indications : Kshayam, Kasam, Puranajwaram (chronic bronchitis, chronic fevers) and nervous debility.

54. Thanga Uram.

Take 1 palam each of :

- | | |
|-------------|---------------|
| 1 Gandakam. | 3 Velvangam. |
| 2 Rasam. | 4 Navacharam. |

Melt Vangam and pour in a kalvam, add Rasam immediately and grind well. Then add powders of the other two drugs and grind well by adding Vediuppu Dhiravagam. Place it in an earthen chatti and cover with another earthen chatti with a hole in the centre. Burn for six hours.

Dose : 1 to 2 grains with honey or Jathikai leghyam 10 grains.

Indications : Keelvayu, Vettai, Vellai, Narambuthalar-chi, etc.

55. Thurusu Chenduram.

Thurusu 1 palam.
 Veppilai 2 palams.

Grind them well without adding water and make a bolus.

Make a paste of pirandai twice as much as the above quantity (six palams) and insert the above mass of thurusu and veppilai in it and dry. Put putam with 10 cow-dung cakes.

Repeat the process of grinding with Veppilai and covering it with Pirandai paste till proper chenduram is obtained (red).

Dose : $\frac{1}{2}$ to 1 grain with honey or ghee.

Indications : Gunman, Soolai, Mahodaram, Vatha, Pitta and Kaba diseases.

56. Uppu Chenduram (No. I).

Purification.—Common salt is made into a solution filtered and boiled to attain the consistency of conjee and dry in the sun. Repeat the process five or six times.

Purified common Salt .. 5 palams.

Grind with the juice of Aghayathamara leaves for three days. Prepare small discs, dry in the sun and submit to a putam of ten cow-dung cakes. Repeat the process nine times. ~~Increase~~ the number of cow-dung cakes by one for every putam.

Dose : 1 to 2 grains with water.

Indications : Vatha, Kapha, Gunman, Ajernam and Uppisam (Flatulence).

57. Uppu Chenduram (No. II).

Same as above but use the juice of Puliyarai keerai.

Dose : 1 to 2 grains with water.

Indications : Pitta gunmam, Pitta Ajeernam.

58. Uppu Chenduram (No. III).

Kailuppu	4 palams.
Rasam	1 palam.

Grind with the juice of Vilva elai for six hours. Place the confection in a crucible and blow well, keeping it on a furnace till it melts. When cooled, put it in a kalvam and grind with the juice of Aghayathammarai for twelve hours. Make small discs and dry in the sun. Put a putam of 20 cow-dung cakes. Repeat the process five times.

Dose : 2 to 3 grains with honey.

Indications : Gunmam, Nencherivu, Soolai, Soothagavayu. (Hyper Chlorhydria and peptic ulcers).

59. Vediuppu Chenduram.

Vediuppu	3 palams.
Veeram	2 ..
Human hair	8 ..

Grind Nos. 2 and 3 with breast-milk till these two attain the consistency of butter; cover Vediuppu with this paste (Kavacham) and dry well. Take a big chatti and fill it with four inches of sand; place five palams of fried padikaram over it and place the Vediuppu with its cover. Cover with another five palams.

59. Vediuppu Chenduram—cont.

of fried padikaram and fill with another four inches of sand.

Place the chatti on slow fire and increase heat gradually till such time the sand becomes red. The sand becoming red indicates the pakam. Remove the fire and allow the chatti to cool.

Next day slowly and steadily remove the layers one after the other and take the vediuppu. It will be red in colour.

Take the chenduram and grind with breast-milk, make small discs and submit to fire as before.

Repeat the process thrice.

Note.—This was prepared as told in the book and found that the sand, padikara pori and Vediuppu all becoming one inseparable mass. A modified method was found successful. That is, after Vediuppu being covered by human hair mass and dried, it is being covered with Padigarapori with a little addition of water and tied with silk cloth. Another covering is with a cloth smeared with clay. After it has dried, it is burnt under sand as before. After being burnt, Vediuppu is taken separately and the process repeated as mentioned in the process.

Dose: 1 to 2 grs. with honey, water, milk, ghee or tender cocoanut water.

Indications: Gunmam, Megam, Neerkattu.

SECTION III.**CHOORNAM.**

Drugs are cleaned and dried. They are powdered and sieved. To make the powder fine, sieve it through a fine cloth.

60. Amukkara Choernam.

Lavangam	1 palam.
Sirunagappoo	2 palams.
Elakkai	4 „
Milagu	8 „
Thippili	16 „
Chukku	32 „
Amukkaran Kizhangu	..		64 „
Sugarcandy	128 „

Except the last, slightly fry each separately, finely powder and mix. Add sugarcandy powder and mix well.

Dose : 15 to 30 grs. with honey or warm water.

Indications : Eight varieties of Gunmam, Vettai, Vikkal, Pandu, Ksheenam.

61. Araththal Choornam.

Take equal quantity of :

Chitarattai:

Chukku.

Thippili.

Akkarakaram.

Athimaduram.

Sugar Equal to the above quantity.

Make fine powder of the drugs and add powdered sugar and mix well.

Dose : 15 to 30 grs. twice a day with honey.

Indications : Thondai kattu (Laryngitis, Pharyngitis, Tonsilitis), Kasam, etc.

62. Drakshadi Choornam.

Take equal parts of :

Drakshai.	Athimathuram.
Perichankai.	Seenthil chakkarai.
Korai Kilangu.	Nilakumilver.
Kattu Milagu.	Malliver.
Chandanam.	Nerunji Ver.
Nerpori.	Vilamicham Ver.
Koogaineer.	Mara-Manjal.
Elam.	Neithal Kilangu.
Seerakam.	Lavangam:
Vettiver.	Kasturi Manjal.
Thirikatu.	Kungumappoo.
Thiripalai.	Kichili Kilangu.
Chitramutti.	Thainaraivalayam.
Koshtam.	Peramutti ver.

Sugar Equal to the total weight of the above drugs.

Powder the drugs well and mix with powdered sugar.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ tola with honey.

Indications : Isaippu, Uthudu, Erumal, Porumal, Kaseswasam, Gunnam, Thatbukshayam, Pae-megan, Vayetru Noi, Arochakam, Payithyam, Pandu, Jwaram, Mayakam, etc.

63. Eladhi Choornam.

Lavangam	1 part.
Milagu	2 parts.
Chiru nagappu	4 "
Thalisapatri	8 "
Kugai Neer	16 "
Chukku	32 "

63. Eladhi Choornam—*cont.*

Elam	64 parts.
Sugar	128 „

Make fine powder of the first seven drugs and then add powdered sugar.

Dose : 15 to 30 grs. with honey.

Indications : Vatha, Pitta diseases, skin diseases, cough, vomiting, etc.

64. Inji Choornam.

Inji	40 palams.
Seerakam	20 „
Brown sugar	40 „
Ghee	Quantity sufficient.

Peel off the skin of Inji and fry it in ghee ; then fry the seerakam in ghee. Powder both the drugs finely and sieve. Then add sugar to the above and mix well.

Dose : 10 to 20 grs. with water.

Indications : Pitharogam, vomiting, burning sensation in the stomach and indigestion.

65. Seeraka Choornam.

Seerakam	5 palams.
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Soak seerakam in the following juices separately one after another and dry in the shade each time and in the end powder.

Take 5 palams each of :

Elimicham charu.

Karunbu charu.

Musumusukai charu.

Nellikai charu.

65. Seeraka Choornam—cont.

Take 5 palams each of :

Theothuvelai charu.

Veppampattai charu.

Thumbai Elai charu.

Dose : 5 to 10 grs. with sugar.

Indications : Pitha diseases, mayakkam, vanthi, loss of appetite, etc.

66. Kalarchi Choornam.

Kalarchi Paruppu .. 1 part.

Pepper .. $\frac{1}{2}$ „

Powder the above drugs finely.

Dose : 5 to 10 grs. with milk.

Indications : Andavayu, Soothakavayu, Yanaikal.

67. Mailiragu Choornam.

Thippili .. 8 parts.

Seerakam .. 10 „

Mailiragu sambal .. 18 „

Make fine powder of the first two and add the last ; mix well.

Dose : 15 to 20 grs. as often as necessary.

Indications : Flatulency and other spasmodic conditions of abdomen and chest.

68. Neer Peruki Choornam.

Take 10 palams each of :

Nerunjil

Neermullu.

Vellarimullu.

Surai vittu.

Sombu.

Thiripala.

68. Neer Peruki Choornam—cont.

and take 2 palams each of :

Poritha Vediuppupodi.

Poritha Navacharapodi.

Powder the above drugs and mix.

Dose : 20 to 30 grs. with water.

Indications : Mahodaram, Neerkattu and Sobhai.

69. Nilavagai Choornam.

Take 1 palam each of :

Nilavagai.

Chukku.

Milagu.

Vaivilangam.

Omam.

Sugar 5 palams.

Slightly fry the drugs and powder them.
Add powdered sugar and mix.

Dose : 20 to 30 grains.

Indications : Vayu, Pittam, Porumal (Flatulence),
Sethuma noi, Vikkal, Vanthi, Swasakasam, Malak-
kattu, etc.

70. Pancha Deepagni Choornam.

Take 1 palam each of :

Chukku.

Milagu.

Thippili.

Elam.

Seerakam.

Sugar 5 palams.

70. Pancha Deepagni Choornam—cont.

Fry the above drugs slightly and powder them. Add sugar and mix.

Dose : 15 to 20 grs. twice or thrice with ghee or honey.

Indications : Excessive heat, vayu, pittam, soolai, indigestion, etc.

Avoid sour and bitter things in diet and tobacco.

71. Parangi Chakkai Choornam.

Soak the required quantity of parangi-chakkai in cow's milk and boil for sometime. Then dry it in shade and powder well.

Dose : 15 to 30 grs. with sugar and milk.

Indications : Meham, Venkushtam and Karunkush-tam.

72. Paruthivithai Choornam.

Take equal parts of

Paruthi kottai.

Vila.

Nelpori.

Thippili.

Elam.

Make fine powder of all the drugs.

Dose : 15 to 30 grs. with sugar and honey.

Indications : Hiccough and Vomiting.

73. Pavanai-Kadukkai.

Kadukkai Nos. 100.

Kazhuneer (rice washed Quantity sufficient.
water).

Moru (buttermilk) .. Do.

73. Pavanai-Kadukkai—*cont.*

Uppu (common salt)	..	$\frac{1}{2}$	of the weight of kadukkai.
Induppu (rock salt)	..	$\frac{1}{2}$	palam.
Chukku	..	$\frac{1}{2}$..
Onum	..	$\frac{1}{2}$..
Seviyam	..	$\frac{1}{4}$..
Chittra-moolam	..	$\frac{1}{4}$..
Thippili	..	$\frac{1}{4}$..
Elimicham charu	..	Quantity sufficient.	
Inji charu	..	Do.	

Soak the kadukkai in the rice-washed water for three days and repeat the process thrice. Remove the seeds from kadukkai and put them in buttermilk. Then add one-fourth of salt to it and boil. Add limejuice and the powders of the rest of the drugs. Next day add juice of ginger and keep it in the sun till the fluids evaporate.

Dose : 5 to 10 grs. 2 to 3 times before and after meals.
Indications : Soolai, Gunriam, Mulam, Aruchi, Amla pitham, etc.

74. Pirandai Choornam.

Pirandai	..	4	palam.
Buttermilk	..	8	oz.

Take $\frac{1}{4}$ tola each of :

Kungumappu.	Chittarathai.
Omam.	Lavangam.
Chukku.	Kothumalli.
Milagu.	Induppu.
Thippili.	

74. Pirandai Choornam—*cont.*

Cut pirandai into small bits soak in butter milk and expose it to the sun till Pirandai bits completely dry. Add the other drugs and powder.

Dose : 20 to 30 grs. twice or thrice.

Indications : Kapavatha Janni, Pittavatham, Vali, Unmatham.

75. Pun Podi.

Oomathankai.

Gandhakam.

Incise Oomathankai and insert Gandhaka churnam as much as it would hold and put the Oomathankai in a pot to the brim and close the mouth with an earthen plate. Seal and put to putam. Powder the contents finely.

External use.

Indications : Used as a dusting powder in itch, scabies and ulcers.

76. Seenthil Choornam.

Take equal parts of :

Seenthil Saththu.

Karisalai choornam.

Poonaga choornam.

Mix the powders and subject it to Puttavial in milk (steam boiling). Repeat the process thrice. Then dry it and powder well.

Dose : 15 to 30 grs. with suitable anupanan.

Indications : With ghee for Megham, Eelai, Kasam, Eraippu, Kshayam, Kricharam, Andavayu, Vatham, Varatchi-pittam, with honey for nasi-pun, Peenisam, with sugar for Puzhuvettu, etc.

Note.—Tamarind and tobacco should be avoided.

77. Sivathai Choornam.

Take $\frac{1}{2}$ palam each of :

Lavangam.
Thirikatu.
Thiripalai.
Elakkai.
Sirunagappco.
Korai Kizhangu.

Sivathai ver 4 palams.

Except the last drug fry the rest slightly and powder them separately.

Boil Sivathai ver with cow's milk. Dry and powder. Mix all the powders together.

Dose : 30 to 60 grs. with sugar and water.

Indications : Malakkattu, Veppu, etc.

78. Sundai Vatrai Choornam.

Take equal parts of :

Sundai Vatrai.
Karu-vaeppilai.
Mam paruppu.
Madhulaiodu.
Omam.
Nelli Mulli.
Venthayam.

Fry all the above drugs slightly after drying them and powder.

Dose : 15 to 20 grs. in buffalo's curd.

Indications : Ajeernam, Athisaram, Moolam, etc.

79. *Thalisadhi Choornam.*

Take 1 palam each of :

Thalisa pathiri.	Lavangappathiri.
Lavangappattai.	Karkadaga Singhi.
Elam.	Jathikkai.
Chukku.	Thandrikkai
Adhimathuram.	Kadukkai:
Perungayam.	Jadamanji.
Nelli muli.	Milagu.
Jadhikoshtam.	Chirunagappoo
Thippili.	Vaividangam,
Scerakam:	Lavangam.
Sathakuppai.	Onam:
Karunseerakam.	Shanbagapoo.
Thippilimoolam.	

Kottumalli 6 palams.

Sugarcandy 12 ..

Except the last one, slightly fry the drugs separately and powder them. Then powder the sugarcandy and mix well.

Dose : 5 to 15 grs. with honey.

Indications : Vaitru Erichal, Soolai, Asthi jwaram.

Thaham, Erumal, Porumal, Ajeornam, etc.,

80. *Thair Chundy.*

Take 1 palam each of :

Induppu.
Venkaram.
Vediuppu.
Pooneeru.
Sortuppu.
Chukku.

Pullippu Thair .. 60 oz.

80. Thair Chundy—cont.

Soak all the drugs in the curd and keep the vessel in the sun till it is completely dried. Make fine powder.

Dose : 15 to 30 grs. with water.

Indications : Grahani, Athisaram, indigestion, etc.

THUNAI MARUNTHU CHOORNAM.**81. Akkarakara Choornam.**

Akkarakaram.

Make fine powder.

Dose : 2 to 5 grs.

Used as vehicle for the medicines in fevers associated with thirst.

82. Araththai Choornam.

Araththai.

Make fine powder of Araththai.

To be used as a vehicle.

Dose : 5 to 10 grs.

83. Elavam Choornam.

Elavam pisin.

Make fine powder.

Dose : 5 to 10 grs.

Used in dysentery as vehicle.

84. Jathikkai Choornam.

Jathikkai.

Make fine powder.

Dose : 2 to 3 grs. with honey.

Used in dysentery as vehicle.

85. Kombarakku Choornam.**Kombarakku.**

Make fine powder.

Dose : 5 to 10 grs. with honey.*Indications* : Stops hæmorrhage.**86. Masikai Choornam.****Masikai.**

Make fine powder.

Dose : 2 to 5 grs.

Used as a vehicle for medicines in dysentery.

87. Navachara Choornam.**Navacharam.**

Fry well and make fine powder.

Dose : 2 to 4 grs.

Used as vehicle for medicines given as diuretics.

88. Parangi Choornam.**Parangi Chakkai.**

Make fine powder.

Dose : 5 to 15 grs. with milk or ghee 2 to 3 times.*Indication* : Sarma Noigal.**89. Poongavi Choornam.****Poongavi.**

Make fine powder.

Dose : 5 to 10 grs. with honey.*Indications* : Stops bleeding from urethra, rectum, uterus, etc.

90. Thippili Choornam.

Thippili.

Make fine powder of Thippili.

To be used as a vehicle.

Dose : 5 to 10 grs.

91. Thirikattu Choornam.

Take one part of :

Chukku.

Thippili.

Milagu.

Make fine powder of the drugs separately and mix.

Used as a vehicle.

Dose : 5 to 10 grs. with honey.

92. Thiripala Choornam.

Take equal parts of :

Kadukkai Thol.

Thanrikai Thol.

Nelli Vutral.

Make fine powder.

Dose : 10 to 15 grs. with honey.

It is used for gargling, prepared as an infusion.

93. Venkara Podi.

Venkaram 1 palam.

Fry till the water is removed and powder.

Used externally as dusting powder.

Indication : Sorie, Sirangu, etc.

SECTION IV.

CHUNNAM.

Chunnam is a preparation which when gone through fire, becomes white and has the property of Chunnam (lime); turning turmeric into red and also tastes just like Chunnam and blisters the mucous membrane of the mouth when it comes in contact.

94. Vanga Chunnam.

Purified Velvanganam ..	10 palams.
Purified Rasam ..	10 „
Purified Anda Odu ..	10 „
Purified Veeram ..	5 „
Supernatant water of	64 oz.

Kalchunnam.

Melt Vanganam in an iron spoon, pour in a Kalvam and add Rasam immediately and grind well. Then add anda odu and veeram and grind with Kalchunnam neer.

Make a disc and dry. Place it in an earthen plate and blow in a furnace. When the disc turns red-hot, remove it from the fire and allow to cool down.

Dose: $\frac{1}{2}$ to $\frac{1}{2}$ gr. with honey, ghee or butter.

Indications: Vellai, Keelvayu, Vatha noi, Narithalai vatham, etc. It is used with great advantage in Keelvayu (Rheumatism).

95. Vediuppu Chunnam.

Take a chatty and fill it half with Amaiodu chunnam. Place vediuppu in the middle and

95. Vediuppu Chunnam—*cont.*

fill the other half of the chatty with Amaiodu Chunnam, cover it with earthen plate, seal the juncture with clay, dry and put putam with 40 cow-dung cakes.

Take the resultant vediuppu, grind with the juice of Neer-malli or Mullikeerai and put to a putam with 40 cow-dung cakes. Repeat the process till it becomes strongly alkaline.

Dose : 1 to 2 grains with Neermulli decoction, Tender cocoanut water, Mullangi juice, etc.

Indications : Neeradaippu, Neerkattu, Sadhaiadaippu and kalladaippu, etc.

KARPAM.

96. Aya Bringha Raja Karpam.

Take :

Ayappodi	4 palams.
Manduram	6 "
Karisalai charu	3 lb.
Lime juice	3 "

Put the first two drugs in Karisalai juice and expose it to the sun till the juice dries up. Put the powder in lime juice and expose to the sun till the juice dries up. Again pour half a measure of Karisalai juice and dry it up in the sun. Then powder it well and preserve it in a jar.

Dose : 2 to 4 grs. with honey, ghee, lime juice or curd.

Indications : Pandu, Sobai, Kamalai, Balaksheenam, Narai, etc.

97. Aya Jambeera Karpam.

Take :

Ayappodi	10 palams.
Milagu..	10 "

97. Aya Jambheera Karpam—*cont.*

Poondu	5 palams.
Lime fruits	40 Nos.
Gingelly oil	50 palams.

Grind well the first three drugs and put it in the lime fruits by making crucial opening in the fruits. Then place the fruits in a mud pot and add gingelly oil, cover the pot with a mud plate and seal with mud cloth. Bury the pot in a marshy place for 40 days. Remove the pot and preserve the medicine.

Dose : $\frac{1}{2}$ lime fruit twice or thrice.

Indications : Pandu, Sobai, etc.

SECTION V.**KARUPPU.**

In this group, medicines when prepared obtain black colour. In certain cases the medicines are burnt and in certain other cases the medicines are mixed and ground.

98. Kasthuri Karuppu.

Take :

Kasthuri	1 part.
Pachai Karpuram	} Each 5 parts.
Gorojanai	
Kunkumappoo	
Rasam	
Gandhakam	
Lingam	
Pooram	

98. *Kasthuri Karuppu—cont.*

Rasa Chenduram	} Each 5 parts.
Talakam	
Manosilai	
Thippili	} 7 parts.
Omam	

Excepting the first four drugs, make fine powder of all the other drugs and mix them. Then add the first four drugs and grind well in a kalvam.

Dose : $\frac{1}{2}$ to 1 gr., 2 to 3 times a day with honey.

Indications : Vatham, Vatha Kabam, Kabam, Thondai Kattu (Laryngitis, Pharyngitis, Tonsilitis, Puerperal Sepsis, etc.).

99. *Pattu Karuppu Chenduram.*

Take :

Lingam	} Each 1 part.
Rasam	
Gandhakam	
Rasakarpooram	} Each $\frac{1}{2}$ part.
Veeram	
Vellaipashanam	
Kantham	
Nabi	} $\frac{1}{4}$ part.
Lavangam	
Caster oil	1 part.
Chitra Moola	Ver	8 parts.	

pattai.

Excepting the last two drugs—make fine powders of the other drugs separately and then mix well and grind in a kalvam with castor oil to make into a consistency of wax and make a cake. Grind the root bark of Chitramoolam

99. Pattu Karuppu Chenduram—cont.

till it becomes a thick paste and cover the cake by the paste.

Then wrap the above with a silk-cloth dyed of lac and wrap again with a piece of cloth coated with the paste of wheat flour or black-gram flour and dry it. Put the cake to Manal-maraivuputam using about 50 cow-dung cakes.

Dose: 1 to 2 grs. with honey.

Indications: Jwaram, Soothakajwaram, Ruthukala Soolai (Dysmenorrhœa, Amenorrhœa and puerperal fevers).

100. Sivanar Amrutham.

Take 1 palam each of:

Iruvi.	Chukku.
Rasam.	Manosilai.
Karu Nabi.	Venkaram.
Gandhakam.	Thippili.
Milagu	8 palams.

Powder each drug separately and mix well. Grind for seven days continuously in a kalvam.

Dose: $\frac{1}{2}$ to 1 gr. with honey twice a day.

Indications: Vatha Noi, Pitta Noi, Kaba Noi, Swasam, Kuttam, Gunnam, Janni, Moolam, Kshayam, Magodaram, Vallippu, Scorpion sting, Aransi Kadi and in bites of other reptiles and in urticaria.

This is also used as an anjanam in Janni, Visham and Vali (convulsions), etc.

101. Thalaka Karuppu.

Take :

Thalakam	1 part.
Nathai Mamsam (snail flesh).	2 parts.

101. Thalaka Karuppu—*cont.*

Powder the thalakam finely and add the snail flesh little by little grinding in a kalvam and make a cake and dry it in the sun and put to a laghu pudam. Powder it well and keep it in a bottle.

Dose : 2 to 3 grs. with honey.

Indications : Eraipu, Erumal, Kaba-jwaram (Respiratory diseases).

SECTION VI.

KUDINEER.

These are preparations obtained by boiling with water coarsely powdered drugs. The proportion is 1 part of the drug with 16 parts of water and is reduced to $\frac{1}{4}$ th or $\frac{1}{8}$ th.

Kudineer is to be prepared fresh for every day use. If kept for more than a day, it will ferment and become useless.

102. Adathodai Kudineer.

Take :

Adathodai leaves .. 3 leaves.

Cut the leaves into small bits and fry in honey, then add the following coarsely powdered :—

Adhimadhuram	..	} 1/20 palam each.
Thalisapathiri	..	
Thippili	..	

Then add 16 oz. of water reduced to 4 oz.

Dose : 2 to 4 oz. twice a day.

Indications : Irumal, Kasam, Jwaram. This is given along with Kastoori Karuppu and Thalaga Karuppu.

103. Drakshai Kudineer.

Take equal parts of :

Kottai Drakshai.

Vensivathai Ver.

Nilavarai.

Roja mottu.

Seemaisamandipoo.

Sombu (Perunseerakam).

Prepare kashayam in the usual way.

Dose : 2 to 4 ozs. at bed time.

Indications : Malabandham, Kamalai and Flatulence.

104. Kabajwara Kudineer.

Take equal parts of :

Chukku.

Karpooravalli.

Thippili.

Koshtam.

Lavangam.

Seenthil.

Sirukanjori ver.

Siruthekkku (Kandu-

Akrakaram.

barangi).

Mulliver.

Nilavembu.

Kadukkai-thol.

Vattathiruppi.

Adathodai.

Koraikizhangu.

Make coarse powder and prepare kashayam.

Dose : 2 oz., 2 to 3 times a day.

Indications : Kaba Jwarams, given with chandrodaya pills or GoroChanadi pills.

105. Mandurathi Kudineer.

Take 1 palam each of :

Sankan ver.	Prami elai.
Siru Nerunjil Samoo-	Suraikodi.
lam.	Thandrikai thol.
Sattaranai ver.	Nelli Vatrak.
Kovaithandu.	Kadukkai thol.
Neerumulli samoolam.	Katrashai ver.
Puli-elai.	Veppampattai.
Vazhuthalai ver.	Karimanjal
Konraipattai.	Senkaththaripattai.
Vizhuthikeerai.	Padiripattai.
Manali-keerai.	Sirukurinjan ver.
Aduthinnapalai	Erumbuchittam (Man-
samoolam.	duram).
Nannari ver pattai.	

Put in an earthen pot, pour cow's urine 12 lb., boil and reduced to 3 lb.

Dose : 1 to 2 oz. twice a day.

Indications : Porumal, veekam, Abdomenal tumours and mahodaram.

106. Nagappoochi Kudineer.

Take equal parts of :

Palasu vittu.	Omum
Kadugurohani.	Sivadai black.
Karunjeerakam.	Nilavarai.
Vaividangam.	Sombu.

Prepare kashayam in the usual way.

Dose : 1 to 2 oz.

Indications : Intestinal worms particularly ascariasis used with meganatha kuṁgai.

107. Neermulli Kudineer.

Take equal parts of :

Neermulli.	Sombu.
Nerunji Mull.	Vellarivithu.
Nelli Vatrāl.	Suraikodi.
Parangi Chakkai.	Kadukkai thol.
Manathakkali Vatrāl.	Thandrikkaithol
Sarakkonraippuli.	

Prepare decoction.

Dose : 2 to 4 oz.

Indications : Sobaī, Neerkattu, etc.

108. Nilavombu Kudineer.

Take equal parts of :

Nilavombu.	Korai Kizhangu.
Vettiver.	Chukku.
Vilamicham ver.	Milagu.
Chandana thool.	Parpadakam.
Peyppudal.	

Prepare decoction.

Dose : 1 to 2 oz. used as Anupanam.

Indications : All fevers.

109. Pitta Jwara Kudineer.

Take equal parts of :

Vilamicham ver.	Seerakam.
Sirukanjori ver.	Kottumalli.
Vilva ver.	Thumbai ver.
Padiri ver.	Pereechangai.
Adhimadhuram.	Yanai Thippili.
Koshtam.	Nelli mulli.
Nannari ver.	Chukku.
Nilavarai.	

Prepare decoction.

Dose : 1 to 2 oz. as anupanam.

Indications : All Pitta jwarams.

110. Thamaraga Kudineer.

Thamaragam (Goat's heart). No. 1.

Water	1 measure.
Jathikai	$\frac{1}{8}$ P.W.
Lavangam	$\frac{1}{8}$ P.W.
Lavangapattai	$\frac{1}{8}$ P.W.
Kottumallivithai			1 P.W.
Seerakam	$\frac{1}{4}$ P.W.

Cut goat's heart into small pieces, add the other drugs and water and reduce to $\frac{1}{8}$ th measure.

Dose : 2 to 4 oz.

Indications : For all heart diseases.

111. Vathajwara Kudineer.

Take equal parts of :

Perunkanjori ver.	Mavilinga ver.
Thippilimoolam.	Per-arathai.
Chitramoolam.	Sirukanjori ver.
Sangan ver.	Sadakuppai.
Vel-arugu.	Vishnu kranthi.
Nilavembu.	Chirutekku (Kandu-
Murukkan vittu.	barangi).
Kazharchi ver.	Chukku.
Kandankathiri.	Thippili.
Peramutti.	Chevyam.
Chi-tharathai.	Koshtam.

Prepare kashayam in the usual way.

Dose : 1 to 2 oz. as anupanam.

Indications : Vathajwaram, Nadukku vathem.

SECTION VII.

KULIGAI.

112. Amurthathi Kuligai.

Take 1 tola each of :

Adhimadhuram.	Sathirabedhi.
Jadhikoshtam.	Masikkai.
Elarisi.	Lavangam.
Gorochanam.	Shanbagappoo.

Grind with each of the following for one and a half hour :—

Masipathiriver—swarasam.

Karunthulasi „

Vettiver—kashayam.

Vilamicham „

When it is well ground make 2 gr. pills.

Dose : 1 pill twice a day with suitable anupanam.

Indications : Mantham—use Masipathiri-Kashayam as anupanam and for Mantha jwaram—Lavanga Kashayam, Kudarpadu, Neerpadu, Karappan, dryness of tongue, burning sensation in the abdomen and flatulence give with breast milk.

113. Ananda Bairavam.

Take 1 palam each of :

Gandakam.	Manosilai.
Rasam.	Vengaram (fried).
Lingam.	Karunabi.

Except the last drug grined the rest with the juice of katrazhai for twelve hours, and afterwards continue grinding until the whole thing becomes powder. Put it in a glass flask (kasi-kuppi) and heat in sand-bath (Valuka-yantram)

113. Ananda Bairavam—*cont.*

for twelve hours. When cooled, add karu-Nabi 1/5th of the weight of the medicine prepared and grind with lime juice for three hours and make pills of 2 grs.

Dose : 1 to 2 pills twice a day with honey or ginger juice.

Indications : Fevers (Jwaram) and Janni.

114. Ashta Bairavam.

Take 1 palam each of :

Padarasam.	Chukku.
Gandhakam.	Milagu.
Veeram.	Thippili.
Rasakarpooram.	Jadhikkai.
Lingam.	Jadhipathiri.
Karunabhi.	Lavangam.
Nervalam	5 palams.

Grind the above with the following and make pills of 4 grs.:—

- (1) Lime juice for 6 hours.
- (2) Breast milk for 6 hours.
- (3) Poduthalai juice for 3 hours.
- (4) Karisalai juice for 3 hours.
- (5) Naval Pattai juice or decoction for 3 hours.

Dose : 1 pill twice a day with suitable anupanam.

Indications :

Fevers with breast milk.

Doshams with honey.

Vishams with lavanga decoction.

115. Balasanjeevi Mathirai.

Take 1 palam each of :

Chukku.

Milagu.

Thippili.

Lingam.

Vengaram.

Grind with the lime juice for 3 hours. Make $\frac{1}{2}$ gr. pills.

Dose : 1 to 2 pills with suitable anupanam.

Indications : In Manthagana Jwaram, Bedhi, Pittam, Vanthi, Irumal use with Masipathiri and Thirukatu powder.

In Fever, Irumal, Kanam, use with Gorajana powder. In Moclam use with Jadikkai powder and Puliankottai Thol powder.

In Mantham, use Chukku powder.

In Swasam, Kasam, Jwaram decoction of Thoothuvelai, Visbnukranthi, Kandankathiri, Vedhupadakki, Peipudal, Sanganilai and Nochi.

116. Bhramananda Bairavam.

Take 1 palam each of :

Vengaram.

Nabi.

Gandakam.

Chukku.

Manosilai.

Lingam.

Thalagam.

Grind with ginger juice for 3 days continuously and make 2 gr. pills.

Dose : 1 pill with honey and ginger juice.

Indications : Fever—Janni.

117. Elinga Boopathy.

Take 1 palam each of :

Lavangam.	Rasa chenduram.
Omam.	Rasa karpooram.
Kavikal.	Lingam.

Grind with water for 12 hours and make pills 2 grs. size.

Dose : 1 to 2 pills twice a day with honey, ginger juice or breast milk.

Indications : Fevers and intestinal worms.

118. Ema Dhanda Kuligai.

Take equal parts of :

Padarasam.	Karpooram.
Gandakam.	Velli.
Thalagam.	Karunabi.
Gowri Pashanam.	Akkarakaram.
Veeram.	Elarisi.
Rasakarpooram.	Kadugurohini.
Manosilai.	Lavangam.
Vellai Pashanam.	Jathikoshtam.
Lingam	Chukku.
Rasa chenduram.	Sombu.
Pal-thutham.	Thippili.
Poongavikkal.	Gorochanam.
Vengaram (pori karam).	

Grind with the juice of Kaiyanthakarai for twelve hours and make pills of 2 grs.

Dose : 1 pill two or three times with honey.

Indications : Kabavatha Jwaram, 13 varieties of Janni, Vikkal, Pakkavatham, Gunmam.

119. Gorojana Mathirai.

Take equal parts of :

Gorojanam.	Rasa Sindooram.
Kungumapoo.	Abhraka Sindooram.
Pachai Karpooram.	Karpooram.
Lavangam.	Akkarakaram.
Jathikoshtam.	Elam.
Jadikkai.	

Grind with Sandalwood decoction for 12 hours and Kungumapoo decoction for 12 hours and make one-grain pills

Dose : 1 to 2 pills with breast milk.

Indications : Vayu, Kabha Jwaram, Janni, Mandai-soolai.

In children for convulsions and mantham, use Anda thailam as anupanam.

120. Kabada Mathirai.

Take equal parts of :

Jadikkai.	Abini.
Jadipathiri.	Venthyam.
Perungayam.	Lingam.
Seeragam.	Kurosani omum.
Adhividayam	Kazharchivittu.
Lavangam.	

Grind with Ganja decoction for 12 hours and make pills of 5 grs.

Dose : 1 pill two or three times a day with honey.

Indications : Athisaram, bleeding per rectum, Grahani, Raktha kadupu. For moolakkadupu (gripping in the rectum) use Madhulam pinji juice or decoction as anupanam.

121. Kalludai Kuderī.

Rasam 1 palam.

Gandhakam 2 palams.

Grind with the juice of Vellaicharanai for a day and dry. Place the powder in a kachikuppi and heat in a sand-bath. Weigh the resultant and add equal quantity of Chirupelai choornam and grind with Vellaicharanai juice for a day and make pills of one-grain size.

Dose : 1 pill twice a day with Vellari Vithu decoction or Nerinji decoction.

Indication : Muthra Kalladaippu (stone in the bladder).

122. Kankasa Varti.

Take equal parts of :

Sangu.	Adhimatnuram.
Chukku.	Pungam vittu.
Milagu.	Peetha roghani.
Thippili.	Myilthutham.
Thalagam.	Manosilai.

Grind with the juice of Nanthya vattai poo and make into small sticks (varti).

Rub the stick with honey and apply to the eyes.

Indications : Kasam, Padalam.

123. Kasthuri Mathirai.

Kastoori	1 part.
Kungumapoo	2 parts.
Gorojanam	3 „

123. *Kasthuri Mathirai—cont.*

Grind with breast milk and make pills of one grain size.

Dose : 1 to 2 pills with breast milk or betel-leaf juice.

Indications : Sanni and Pitta seethalam. For Thamaraka vayu use the pills with honey.

124. *Koda Soori Kuligai.*

Take equal parts of :

Thalakam.	Annabedhi.
Rasam.	Thurusu.
Jathipathiri.	Omum.
Chanthanam.	Gandhakam.
Padikaram.	Manchitti.
Vellainabhi.	Chukku.
Devadaram.	Thippili.
Jadikoshtam.	Abini.
Elavam pisin.	Madal thutham.
Kadugu.	Gowri pashanam.
Lingam.	Thotti pashanam.
Kadukurogini.	*Jatikkai.
Chitramoola ver-	Manosilai.
pattai.	Perungayam.
Kurosani-omam.	Vatampurikai.
Ganja vittu.	Nervalam.
Pei eechankai.	Karunabi.
Drakshai.	Sortu-uppu.
Pachai-karpooram.	Vellai pashanam.
Thiripalai.	Ullipoondu.
Savukkaram.	Milagu.
Venkaram.	

Grind with :

- (1) Kaiyanthakarai juice for seven days.
- (2) Nochi juice for seven days.
- (3) Kottai-karanthai juice for seven days.

124. Koda Scor! Kuligai—*cont.*

Make 1 grain pills.

Dose : 1 to 2 pills with suitable anupanam as shown below.

Indications :

Vettai, use Arugan ver kashayam.

Kasam, use Tamarai poo charu.

14 varieties of vishas, use lime juice.

Janni—Ginger juice.

Thirst in fevers—Sugar.

Adhisara fever—Buttermilk.

Pitha-silethumam—Injee juice.

Murajwaram—Mudakkatran decoction.

For bites and stings of poisonous insects use externally with lime juice. This may be used as Kalikam.

Kamalai, Sobai, Pitham and Vishapagam—Thanrikai choornam, Milagu choornam, Chukku choornam, Neem leaf juice and cow's urine used as anupanam.

Anda-vadam—Poolabark choornam and Amukara choornam mixed together and taken with warm water.

Malai-kan, Kurudu,	} Mix with aaraikeerai
kan-Kasam.	
	juice and apply as
	anjanam.

Moola-grahani—Jathikai choornam and white-sugar and taken with warm water.

In Signs of poisons :

As an antidote use with black-datura juice

84 vatas—Mavilinga juice.

124. Koda Soori Kuligal—*cont.*

Eight varieties of gunmams

Myalgia,	vipuruthi,	} Komattikai juice.
swasakasam,	enlarge-	
ment of spleen,	neer-	
ambal,	melancholia,	
eraippu,	manthara-	
kasam,	96 silathumas.	

Muyal valippu—Mix with black-datura juice and use as nasyam.

Kabhala-kushtam,	} Thirukatu choornam.
granthi, soolai, silvi-	
sham, kadivisham.	

Patha chakram	..	} Mix with jathikai
Patha-putru	..	
		thailam and use
		externally.

Ulcers, Kandamalai,	} Apply externally
Pilavai.	
	with butter.

125. Kungumappu Mathirai.

Take equal parts of :

Chukku.	Valmilagu.
Thippili.	Lingam.
Venmilagu.	Vengaram.
Lavangam.	Gorojanam.
Omam.	Kungumapoo.
Elarisi.	Sambiranippoo.
Jathi Kostam.	

Grind with kungumapoo decoction and make one-grain pills.

Dose : 1 to 2 pills with honey or breast milk.

Indications : Cold, constipation and excessive sweat.

126. Maha Elathi Kullgai.

Take each $\frac{1}{8}$ palam of :

Lavangam.	Nannari.
Valmilagu.	Kotthumalli.
Thirikadu.	Seena-karkandu.
Lavangappattai.	Dhirakshai.
Chitarathai.	Pereechu.
Thippili moolam.	Madhulai odu.
Vetti-ver.	Vengaram.
Vilamicham-ver.	Manosilai.
Chevyam.	Gouri pashanam.
Adhividayam.	Aritharam.
Adhimathuram.	Ganthakam.
Seerakam.	Rasam.
Karun jeerakam.	Chandanam.
Thalisapathiri,	Koogaineeru.
Kadakarohani.	Korochanai.
Thiripalai.	Kastoori.
Kurosani omam.	Punugu.
Thippili kattai.	Lingam.
Al-arakaram.	Sambirani.
Korai-kizhangu.	Kantha chenduram.
Jadhikkai.	Seenthil chakarai.
Jadhipathiri	Rasa chenduram.
Chirunagapoo.	Abrakachenduram.
Kungumapoo.	Thambira chenduram.
Karkadagasinghi.	Vanga chenduram.
Amukkaran-kizhangu.	

Grind with the following.:

Ginger juice for two days.

Pomagranate fruit juice for two days.

Rose water for two days.

126. Maha Elathi Kulligai—cont.

Make pills each 1 grain.

Dhanya pudam for 40 days before it is used.

Dose : 1 pill with suitable anupanam.

Indications : In janni, jwaram, swasam, use with breast milk.

In jwara-dhosham, use with pepper decoction, ginger juice or Adathodai leaf decoction.

In 13 varieties of janni, use with Injee, chitharathai, Veppampattai decoction.

In kshayam, use with thippili and chittaratnai churnam.

In grahani, athisaram, use with the decoction of jathikai, jathipathiri, krambu, vetpalai, akkarakaram, perumarathuppattai, jadamanjil, karunjeerskam, kurosaniomum, valmilagu, malsithangi, korai-kizhangu, Mathulai odu, Adhi Vidayam.

127. Meghanadha Kuligai.

Take of :

Venkaram (fried)	} 1 palam each.
Lingam	
Induppu	
Sivadhari ver	
Vasambu	
Chukku	
Vai vidangam	
Omam	
Perungayam	
Kattamanakku	Ver	..	
pattai.			

Nervalam 10 palams.

Make into fine powder and grind with lime juice. Make 2 gr. pills.

Dose : 1 to 2 pills with chukku decoction.

Indications : Fevers with constipation, intestinal worms, and to relieve constipation in gunmam, pandu and sobai.

128. Neerkovai Mathirai.

Kappu manjal	1 palam.
Kasturi manjal	1 „
Vengaram	$\frac{1}{2}$ „
Sambirani	$\frac{1}{2}$ „
Milagu	$\frac{1}{2}$ „
Chukku	$\frac{1}{2}$ „
Jathikkai	$\frac{1}{2}$ „
Omam	$\frac{1}{4}$ „
Lavangam	$\frac{1}{4}$ „
Karpuram	$\frac{1}{4}$ „

Grind with lime juice for 6 hours. ⁷ Make pills of 20 grains size. External use only.

Indications : For headache and cold, mix with breast milk and apply externally. May be used with hot water or cow's milk in the absence of breast milk.

129. Pachai Karpooram Mathirai.

Take 1 palam each of :

Pachai Karpooram.

Lavangam.

Jadhikkai.

Rasapadhangam.

Gandhakam.

Nervalam.

Grind with kattrazhai juice for 6 hours and make pills of 2 grs.

Dose : 1 to 2 pills with honey.

Indications : Jwaram, kaba jwaram, vatham 80, pitham and kabam 96.

130. Pashana Mathirai.

Vellai pashanam .. 1 palam.

Grind with pagal leaf juice for nine days, make a disc and dry it in the sun. After surya putam grind with the padiri leaf juice for nine days make a disc and dry it in the sun. Then put to surya putam. Repeat the process in pasarai leaf juice. Then put the medicine in kalvam and grind with lime juice continuously for two days and then with vilva leaf juice for two days and make one grain pills.

Dose : 1 pill with suitable anupanam.

Indications : In gunmam, use with honey, In Kaba Pitha jwaram, use with water.

In pandu, use with breast milk.

In jwaram, use with arugampul juice.

131. Poora Mathirai.

Rasakarpooram .. $\frac{1}{2}$ palam.

Elam	} $\frac{1}{4}$ palam each.
Lavangam	
Vasambukkari	
Adhi vidayam	
Masikkai	
Seerakam	

Grind for three hours with vishnukaranthai root juice and for another three hours with masipathiri root juice.

Make pills of 2 grains.

Dose : 1 pill with breast milk, honey or mantha kashayam.

Indications : Mantham.

132. Pralayakala Rudran.

Chembu-podi	1 palam.
Thalakam	1 „
Rasakarpooram	..	} 1 „	
Karpooram	..		
Vengaram	..		

Powder the drugs, pack in a crucible and blow till it melts; allow to cool and preserve the amalgam.

Dose : 2 to 8 turns with honey on sandle stone.

Indications : Visha-jwaram, athisara-jwaram and in fevers due to indigestion. It is used in cholera also.

133. Rajarajeswaram.

Take 1 palam each of :

Pada Rasam.	Gandhakam.
Palthutham.	Manosilai.
Lingam.	Karunabi.

Excepting karunabi grind the other drugs with veppeerkku decoction and make into a mass. Fill the mass into a small kuduva (earthen pot) and close it with an earthen lid and seal it with mud cloth. Put putam in 10 to 15 cowdung cakes. Take the bhasmam, add karunabi and grind with the following :—

Goat's bile for two days.

He buffalo's bile for two days.

Make pills of two grain size.

Dose : 1 pill twice a day with trikatu kashayam.

Indications : 13 varieties of jannis.

184. Rama Banam.

Lingam	2 palams.
Vellai pashanam ..	3 „
Eli pashanam	3 „

Grind with the juice of marul-oomantham for 3 days and make into pills of 2 grains and use only after a period of six months.

Dose : 1 pill twice a day for 3 days with sugar and milk.

Indications : Fevers.

Diet : Only milk and conjee, avoid salt.

185. Sanjeevi Mathirai.

Take 1 palam each of :

Iruvi.	Vengaram.
Nabi.	Thandrikkai.
Thalagam.	Chukku.
Rasam.	Milagu.
Gandhakam.	Thippili.

Nervalam 5 palams.

Grind with kaiyanthakari juice for seven days, with lime juice for seven days and with uthamani juice for seven days and make one grain pills.

Dose : 1 to 2 pills with suitable anupanam as indicated below.

Indications :

Moolavayu with jadikai churnam.

Vishakkadi with lime juice.

Vayus with chukkuneer.

Moolam and valigunmam with nochai charu.

Soolai with murungai pattai charu.

Kshyam with goat's milk.

186. Santha Chandrodayam.

Vengaram (fried)	..	$\frac{1}{2}$ palam.
Rasa Karpooram	..	1 „
Kappu Manjal	..	3 palams.

Grind with lime juice for 12 hours and make pills of two grains size.

Dose : 1 to 2 pills with honey or betel-leaf juice.

Indications : Fevers.

187. Sri Langeswaram.

Rasam	3 parts.
Vengaram (fried)	2 „
Gandhakam	5 „
Sangu	10 „
Nervalam	4 „
Nabi	4 „
Chembu Barpam	4 „
Puliyampatti-uppu	32 „
Nayuruvi-uppu	32 „
Chitramoola Verpattai-uppu.	32 „
Induppu	100 „
Yavaksharam	3 „
Navacharam	3 „
Chavuttuppu	3 „
Moothira-uppu	3 „
Thippili	3 „
Chithramoolam	3 „

Grind with lime juice for 24 hours and make 2-grain pills.

Dose : 1 to 2 pills with ginger juice.

Indications : Pileegam, Peruvayeru, S. Pandu.

138. Sula Kudaram.

Take 1 palam each of :

Rasam.	Milagu.
Vengaram.	Thippili.
Gandhakam.	Thalakam.
Kadukkai.	Karu-nabi.
Nellikkai.	Thambira Barpam.
Thandrikkai.	Nervalam.
Chukku.	

Grind with Kaiyantagarai juice for three days and make into pills of 2 grains size.

Dose : 1 to 2 pills with ginger juice.

Indications : Soolai and Gunmam.

139. Swasa Kudori.

Vellai Earukkan poo	..	2 palams.
Milagu	2 ..

Grind both and make pills of 2 grains size.

Dose : 1 to 2 pills with Thalisedi Kudineer.

Indications : Swasakasam (cough and breathlessness).

140. Thazhambu Mathirai.

Veeram	1 palam.
Lingam	1 ..
Rasa Chenduram	1 ..
Gandhakam	3 palams.
Nervalam	2 ..

Grind with the juice of Thazhambu for 12 hours and make into pills of 2 grain size.

Dose : 1 to 2 pills with honey.

Indications : Kudal Vayu, Nerikattu-jwaram. Used also in plague.

141. Thridosha Mathirai.

Milagu	4 palams.
Veeram	1 palam.

Grind with Milagu decoction for 12 hours and Nochi Charu for 12 hours and make 2-grain pills.

Dose : 1 to 2 pills with pepper decoction.

Indications : Kulir-jwaram.

142. Uzhi Kalan.

Take 1/40th of a palam each of :

Pada Rasam	} 13½ grains each.
Gandhakam	
Thalagam	
Rasa Karpooram	
Veeram	
Rasa Chenduram	
Gowri Pashanam	
Vellai Pashanam	
Kantham	
Abini	} 5 of a palam 337½ grains.
Lingam	
Sambirani	} 1½ palam each.
Karpooram	

Powder all the drugs separately excepting Abini, Sambirani and Karpooram. Grind Sambirani and Karpuram together and when it becomes waxy add the powders and grind well and add Abini in the end.

Dose : 2 to 4 grains with Oma Kashayam or Oma Tkenceer.

Indications : Uzhi (Cholera) and Neerbedhi (acute diarrhoea).

143. Uzhi Mathirai.

Take 1 palam each of :

Abini.	Perungayam.
Karuvelam Pisin.	Milagu.
Lavangam.	Venthiyam.
Jadhikkai.	Rasakarpooram.
Nelli Vutral.	Karpooram.

Grind with Ganja decoction for 3 hours and make pills of 2 grains.

Dose : 1 to 2 pills with Oma Theeneer or warm water.

Indications : Bhedhi, Vantibhedhi (cholera and diarrhoea).

144. Vasantha Kusumakaram.

Take $\frac{1}{4}$ palam each of :

Lingam.
Vengaram (fried).
Lavangam.
Thippili.
Jathikoshtam.
Akkarakaram.
Athimathuram.

Take $\frac{1}{10}$ palam each of :

Goroohanam.
Kungumappoo.
Pachai Karpuram.

Grind with the juice of ginger and breast milk for 4 days and make 1-grain pill.

Dose : 1 to 2 pills with honey.

Indications : Fevers, Kabakasam, Dhaham, Thummam, Yeppam.

145. Vishnuchakkaram.

Take equal parts of :

Rasam.	Thutham.
Lingam.	Thalakam.
Gandhakam.	Kantham.
Nabi.	Manosilai.
Palakarai.	

Grind with Neem fruit juice and make 2-grain pills.

Dose : 1 to 2 pills with honey, ginger juice or Trikatu Churnam.

Indications : Pakka soolai, Sobai, Janni 13, Yeppam, Vikkal, Moorchai.

SECTION VIII.

KUZHAMBU.

Kuzhambu.—Kuzhambu is one that is semi-solid in consistency made by mixture of drugs with viscous substances like honey, syrup or reduced fruit juice.

146. Agathyar Kuzhambu.

Take 1 palam each of :

Perungayam.
Kadugu.
Induppu.
Rasam.
Vengaram (fried).

146. Agathyar Kushambu—*cont.*

Karu Nabi.

Haritharam.

Manosilai.

Karunseerakam.

Omam.

5 palams each of :

Nervalam.

Purified and fried Nervalam.

Excepting Nervalam, powder rest of the drugs separately and then mix. Grind Nervalam till it attains the consistency of wax, add the powder little by little while grinding and grind for 24 hours.

Dose : 1 to 2 grains with Panai Vellam, Chukku Kalkam, Kashayam of Chukku, Vaividangam, Sombu, and Aalamottu Kalkam, etc.

Indications : Vathanai, Soolai, Soothagasoolai, Keel-vatham, Pakshavatham, Narithalaivatham, Kabanai, Sarpavisham, Pandu, Magotharam, Valippu, Thel-kadi (scorpion bite), etc.

147. Elaneer Kuzhambu.

Take $\frac{1}{2}$ a measure each of :

Elaneer.

Nal Ennai.

Pasumpal.

1 palam each of :

Nannari Ver.

Chandanam.

Vilamicham Ver.

Naithal Kizhangu.

Adhimadhuram.

Mix the fluids and keep on fire. Make fine powder of the drugs, add to the above and boil till it becomes semi-solid. Filter and preserve.

Used as eye drops.

Indications : Kannullaivu, Kan-vranam, etc.

148. Jathi Jambeera Kuzhambu.

Karpooram	$\frac{1}{2}$ palam.
Lingam	1 „
Lime juice	15 palams.

Powder Lingam finely and add lime juice and mix well; boil it in an earthen plate while adding Karpooram little by little till it becomes semi-solid in consistency.

Dose : $\frac{1}{2}$ to 1 grain twice or thrice.

Indications : Vomiting, indigestion, anorexia, diarrhoea, etc.

149. Kowsigar Kuzhambu.

Take 1 palam each of :

Kabul Kadukkai.	Manosilai.
Siru Kadugu.	Thippili.
Induppu.	Thalakam.
Perungayam.	Seeragam.
Vengaram.	Kadugurogini.
Rasam.	Nabi.

Nervalam 12 palams.

Grind the above drugs with Uthamani juice for one day. Then add Chirattai Kari (burnt coconut shell) $\frac{1}{2}$ palam and jaggery $\frac{1}{2}$ palam and again grind with thengaippal (coconut kernal juice) for one day, till it becomes waxy.

Dose : $\frac{1}{2}$ to 2 grains with palm jaggery once a day.

Indications : Vellai, Dhosham, Janni, Jwaram, Eelai, Irumal, Kulir-jwaram, Uppisam, Kudalvali, Soolai, Vippuruthi, Gunmam, Vayu, Suthagavayu, etc.

150. Kungumapoo Kuzhambu.

Take $3\frac{1}{4}$ palams each of :

Vellai Tamarai Poo.

Nelli Paruppu.

Kasini Virai.

Water 3 measures.

Put the drugs in water and boil it and reduce it to $\frac{1}{4}$ measure. Powder the following drugs and mix it with the decoction. Then add honey 12 palams and sugarcandy 12 palams to the above and heat it on slow fire till the whole thing becomes waxy. Add $\frac{1}{4}$ palam of finely powdered Kungumapoo.

Take $\frac{1}{4}$ palam each of :

Sada Manjil.

Korai Kizhangu.

Kattu Elam.

Lavanga Pattai.

Jadhi Kai.

Lavanga Pattri.

Dose : 5 to 10 grains twice a day.

Indications : Arochak², Vanthi, Raktapittam, Thondaikammal, etc.

151. Visha Kuzhambu.

Take $\frac{1}{2}$ palam each of :

Karu Nabi.

Venkaram.

Induppu.

Nir Visham.

Karunjeerakam.

Gandakam.

Rasam.

Manosilai.

Nervalam.

Navacharam.

151. Visha Kuzhambu—*cont.*

Grind with the following juice for 12 hours in each :—

- (1) Uthamani Elai Charu.
- (2) Thengaippal (coconut kernal juice).

While grinding add Chirattai Kari (burnt coconut shell) $\frac{1}{10}$ of a palam and jaggery $\frac{1}{4}$ of a palam.

Dose: 1 to 2 grains as often as required.

Indications: Used as an antidote in all insect and other poisonous bites.

SECTION IX.

LEHGYAM.

Lehgyam is a preparation which is semi-solid in consistency. It is prepared with sugar or jaggery. The sugar is made into a paaku in ordinary water or in the decoction of the drugs mentioned. When the paaku is semi-solid or when put in cold water it does not immediately dissolve, the other ingredients which are finely powdered are added. In certain cases honey and ghee are added. Honey is added only after the lehgyam is allowed to cool down.

Properly prepared lehgyam does not stick to the hand and can be rolled easily. It does not undergo fermentation. This can be kept for six months.

152. Imbural Lehgyam.

Imbural Ver Pattai	10 palams.
* Jadhikkai	1 palam.
* Jadhi Pathri	1 ..

152. Imbural Lehgyam—cont.

*Valmilagu	1 palam.
Panankarkandu	20 palams.
Cow's ghee	20 „
Cow's milk	Q. S.

* Make fine powder.

Grind Imbural Ver Pattai using the cow's milk, mix well the ground mass in the cow's milk, strain through a thin piece of cloth, add panankarkandu, boil to a semi-solid consistency and add the powder. Add ghee just as much as is required and stir well to bring the whole mass into a consistency of lehgyam.

Dose: $\frac{1}{4}$ to 1 tola.

Use: Rakthapitham, Kasam. (Cough, Consumption, etc.)

153. Injee Lehgyam.

Injee Rasam	} One measure each.
Kandankathari Rasam	
Nerunji Rasam	
Mullangi Rasam	
Elumicham Pazha Rasam	
Cow's milk	2 measures.
Panai Vellam (palm jaggery).	8 palams.
Chukku	} 1 palam each *.
Milagu	
Thippili	
Seerakam	
Elam	
Vaividangam	
Lavangam	
Thaleesapathiri	

* Make fine powder.

153. Injee Lehgyam—cont.

Cow's ghee $\frac{1}{2}$ measure.

Honey $\frac{1}{2}$ measure.

Mix the juices and milk and add panaivellam, dissolve and filter. Then keep it on fire till it attains pakam. Add the powder and stir well. Add ghee and mix. In the end, add honey and mix well.

Dose : $\frac{1}{2}$ to 1 tola twice a day.

Indications : Vayu, Pittam, Vomiting, Soolai, Valippu, Arochakam, Gunmam, Porumal (Flatulence), etc.

154. Kakkuvan Lehgyam.

Adathodai juice $3\frac{1}{2}$ palams.

Karunthulasi juice $2\frac{1}{2}$ „

Kandankathari juice $1\frac{1}{2}$ „

Take 1/20 of a palam each of powdered :

Chukku.

Lavangam.

Thippil.

Chittarathai.

Kadukkai.

Perarathai.

Nelikkai.

Adhimathuram.

Thanrikai.

Thalisapathri.

Lavangapattai.

Jadhikai.

Elam.

Jadhipathri.

Honey $\frac{3}{4}$ palam.

Add all and boil on slow fire and bring it to the consistency of syrup.

Dose : 3 to 5 drops, 3 or 4 times a day.

Indications : Kakkuvan irumal, Kasam, etc. (Whooping-cough and other coughs).

155. Karisalal Lehgyam.

Kayan charu	2 measures.
Nerunji charu	2 „
Chirukeerai charu	1 measure.
Poduthalai charu	1 „
Keezhanelli charu	1 „
Cherupadai charu	1 „
Naval pattai	} 1 palam each.
Karungalli kattai	
Athipattai	
Thennampōo	

Add four measures of water, boil and reduce to half a measure. Mix this with the juices and boil.

Take 3 palams each of:

Milagu ver.

Milagaranaï ver.

Avuri ver.

Chitramutti ver.

Peramutti ver.

Vilamichan ver.

Add water 4 measures and boil down to one-fourth measure. Add this to the above liquid.

Palm jaggery 8 palams.

Sugarcane jaggery 8 „

Cow's milk 4 measures.

Mix the above liquids and add the two varieties of jaggery and keep it on fire. When it attains pakam add the powder of the following and mix well :—

Take 1 palam each of :

Seerakam.

Lavangam.

Elam.

Jathikai.

155. Karisalai Lehgyam—cont.

Take 1 palam each of :

Jathipathiri.	Akkrakaram.
Omam.	Adhimadhuram.
Kurosani omum.	Thalisapathiri.
Chiru nagappoo.	Thirikatu.
Karkadaka singi.	Thiripalai.
Koshtam.	

When mixing the powder stir well and add cow's ghee half a measure and in the end add honey one measure. Then add Thiriloga Chenduram 1 palam, Mandura Chenduram 1 palam and mix well.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ a tola to be taken for 40 days twice a day.

Indications : Pandu, Pitha Vettai, Utkaichal, Mayakam, Sobai, Grahani, dislike for food, vomiting exhaustion, etc.

156. Karunai Lehgyam.

Take 2 palams each of :

Kattu karunai.	Korai kizhangu.
Chukku.	Kadukkai thol.
Karakkarunai.	Viral karunai.
Pulyaranai.	Mankottai paruppu.
Pirandai.	Chitramoola verpattai.
Kumari ver.	Sarakonrai puli.
Marul kizhangu.	

Excepting the last drug, powder the other drugs. Take 24 palams of panai vellam and add water to it, filter and keep it on fire. When

156. Karunai Lehgyam—*cont.*

it attains pakam, add the choornam and sarak-konrai puli and prepare lehgyam.

Dose : $\frac{1}{2}$ to 1 tola.

Indications : For all varieties of Moolam.

157. Kesari Lehgyam.

Take two hundred lime fruits, fry them in an earthen pan, extract the juice, add twice as much of sugar and then boil it till it attains pakam and add the following powders little by little mixing well till it attains Lehgya pakam.

Milagu 6 palams.

Daniya 6 „

Koshtam	} 1½ tolas.
Chukku	
Thaleesapatri	
Tippili	
Jathikkai	
Jathipattri	

Ghee 8 palams.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ a tola.

Indications : All diseases due to vitiation of Pitta, giddiness, Vomiting, Nausea, Insomnia, burning sensation, distaste to food, etc.

158. Naraththai Lehgyam.

Naraththai pazha charu	..	} 4 measures each.
Injee charu	
Amukkara ver charu	..	
Charanai ver charu	..	

158. Naraththai Lehgyam—*cont.*

Chukku	} 1 palam each.
Milagu	
Thippili	
Elarisi	
Adhimathuram	
Thippilimoolam	
Koshtam	
Chitharathai	
Kothumalli	
Thalisapathiri	} ½ palam each.
Drakshai	
Adhividayam	
Aswagandhi	
Akkrakaram	
Valmilagu	
Chirunagappoo	
Jadhikkai	
Jadhipathiri	
Lavangam	} 50 palams.
Nellikai	
Kadukkai thol	
Thandrikkai thol	
Kurosani omum	
Chandanam	
Karunseerakam	
Jaggery	
Sugarcandy	15 „
Honey	80 „
Ghee	40 „

Powder such of those which can be powdered after frying slightly. Add jaggery to the juices and make into thick syrup. Then gradually add the powder to the syrup, stirring it

158. Naraththai Lehgyam—*cont.*

well all along. When it comes to lehgya pakam remove it from the fire, add the rest in order of sugarcandy, honey and ghee.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ tola, twice a day for 40 days.

Indications : Pitta Gunmam, Thapajwaram, Vanthi, Agnimantham, Arochakam, Mayakkam, Malakattu, Neerkattu, etc.

159. Sarabanga Vilvathi Lehgyam.

Vilva ver.	} each 50 palams.
Mutkavelai ver.	
Sangam ver.	

Take 5 palams each of :

Sithamutti ver.	Seenthil ver.
Sithamalli ver.	Kodiveli ver.
Peramalli ver.	Ponmusutai ver.
Kunthalpanai ver.	Nannari ver.
Sarani ver.	Sirutheku ver.
Kandankathiri ver.	Mulli ver
Vilamichai ver.	

Make a coarse powder of the above and add 16 measures of water and reduce to $\frac{1}{8}$ and add 2 measures of cow's milk. Add 32 palams of jaggery and make into pakam. Add fine powders of the following drugs little by little stirring well to the consistency of lehgyam. Add ghee 40 palams and honey 20 palams.

Take 1 palam each of :

Chukku.	Thandrikkai.
Milagu.	Omam.
Thippili.	Perarathai.
Kadukkai.	Lavangapattai.
Nellikai.	Thippili ver.

159. Sarabanga Vilvathi Lehgyam—*cora*.

Take 1 palam each of :

Jadhikkai.	Talisapatri.
Lavangam.	Chitarathai.
Elam.	Kothumalli.
Karunjeerakam.	Akkarakaram.
Seerakam.	Valmilagu.
Koshtam.	

Dose : $\frac{1}{2}$ to 1 tola, twice a day.

Indications : Pittavettai, Pandu, Agnimantham, Soolai, Pittam.

Diet : Avoid bitter and sour articles of food.

160. Thethan Kottai Lehgyam.

Thethan kottai	5 palams.
Chukku	} $\frac{1}{2}$ a palam each.
Milagu	
Thippili	
Kadukkai	
Cittarathai	
Thandrikkai	
Nellikai	
Seerakam	
Sugar	4 palams.
Cow's milk	1 measure.
Cow's ghee	$\frac{1}{4}$ "
Honey	$\frac{1}{8}$ "

Powder the first-mentioned nine drugs. Add sugar to the milk and boil to pakam. Add the powders and mix well. Add ghee and honey.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ a tola.

Indications : Asthijwaram, Kshayam, Vatharogam. This is used as anupanam for Nagabhasmam in bleeding piles.

161. Ven Poosini Lehgyam.

Venpoosini charu	4 measures.
Thazhai vizhuthu charu	1 measure.
Thenamppoo charu	1 „
Elimicham charu	1 „
Cow's milk	2 measures.
Sugar	10 palams.

Mix all the above and boil into a thick syrup and add the following drugs slightly fried and powdered finely, gradually stirring now and then till it comes to the consistency of Lehgyam. Then remove it from fire and add ghee and honey.

Drugs that are to be added (each one palam) :

Seerakam	Elarisi
Kothamalli	Jathikkai
Koshtam	Jathipathiri
Black pepper	Adhimadhuram
Masikkai	Thaleesapathiri
Honey ½ measure.
Ghee ½ „

Dose : ½ to 1 tola, twice a day.

Indications : Kamalai, Sobai, Athivettai, Piramyam, Vellai, Neerchurukku, etc.

This is used as a tonic in run-down condition.

162. Vilvathi Lehgyam.

Vilvaver kattai	8 viss.
Add water	64 measures (192 lb.)
Boil down to	16 measures (48 lb.)

162. Vilvathi Lehgyam—*cont.*

Milk	16 measures (48 lb.)
Brown sugar	9 viss	and 24 palams.

Mix sugar, decoction and milk and strain through a thin cloth. Boil to a thick syrup, add the following drugs slightly fried and finely powdered, gradually stirring now and then till it comes to the consistency of a lehgyam. Remove it from fire and add ghee and honey.

Drugs that are to be added :

Take each 17 palams :

Lavangam.	Chukku.
Lavangapattai.	Thalisapathiri.
Jathikkai.	Thippili.
Chirunagaṣṣu.	Milagu.
Elakkai 17 palams.
Honey 2 viss.
Ghee 4 ,,

Dose : $\frac{1}{2}$ to 1 tola, twice a day.

Indications : Pittagunmam, Pitta erivu, Pitta Vanthi, Loss of appetite, General Tonic etc.

SECTION X.

MANAPPAGU.

163. Adathodai Manappagu.

Adathodai elai	20 palams.
Water	12 lb.

163. Adathodai Manappagu—*cont.*

Boil and reduce to 3 lb., filter and add sugar 20 palams.

Prepare syrup.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with water 2 to 3 times.

Indications : Kabathikkam, Vathadosham, Irumal, Jwaram, etc.

164. Atthi Manappagu.

Seemai Atthippazham .. 1 viss.

Arasam pazham .. $\frac{1}{2}$ „

Karunsivathai ver .. 10 palams.

Mookarattai ver .. 10 „

Sombu (Perunseerakam). 10 „

Kadukarohini .. 10 „

Water 24 lb., boil and reduce to decoction 6 lb.

Sugar 2 viss.

Mix the decoction and sugar, filter and prepare syrup.

Dose : 1 to 2 teaspoonful with water.

Indications : Malabandham (habitual constipation).

165. Injee Manappagu.

Injee charu .. 1 lb.

Brown sugar .. 1 „

Prepare syrup.

Dose : $\frac{1}{2}$ to 1 teaspoonful.

Indications : Indigestion, loss of appetite, **Pittam**, etc.

166. Maru Thonri Manappagu.

Maru Thonri poo	..	2 parts.
Maru Thonri Kai	..	1 part.
Water	4 parts.
Boil and reduce to	..	1 part.
Sugar	2 parts.

Prepare syrup.

Dose : 1 to 2 teaspoonful.

Indications : Megavettai, Venkushtam, etc.

167. Mathulai Manappagu.

Sugarcandy	3 lb.
Rose water	3 „
Madulaipazha charu	1 „
Honey	1 „

Add all together and boil it to get syrup consistency.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. two to three times.

Indications : Burning sensation in the palm and sole, Pandu, Aruchi, etc.

168. Nannari Manappagu.

Nannari ver-pattai	..	12 $\frac{1}{2}$ palams.
Hot water	4 lb.
Sugar	12 $\frac{1}{2}$ palams.

Pound Nannari verpattai well and soak it in hot water for 6 hours. Then boil, prepare decoction reducing it to 2 lb. and filter. Add sugar and prepare syrup.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with water, 2 to 3 times.

Indications : Neer-churukku, Neer-kattu, Neer-kaduppu, Neer-kanthai, Kan-erivu, Navaratchi, Daham, Megakangai, Pramegam, etc.

169. Thuringi Manappagu.

Thuringi Naratham 1 part.

Pazha Charu.

Sugar 2 parts.

Mix them and heat in slow fire and remove when it forms syrup.

Dose : 1 to 2 teaspoonful in water two to three times.

Indications : Pittam, vomiting, indigestion due to pittam, etc.

170. Vilvappazha Manappagu.

Vilvappazha Thasai .. 1 lb.

Water 24 „

Boil and reduce to .. 9 „

Naval pattai	} 5 palams each.
Aththippattai	
Kudasappalai Pattai ..	

Pound these three drugs coarsely and add to the decoction and boil again and reduce to one and half lb. Filter and add $\frac{1}{2}$ viss of sugar and prepare syrup.

Dose : $\frac{1}{2}$ to 1 teaspoonful, 2 to 3 times.

Indications : Perumpadu, Raktamoolam, Sitha-bhedi, bhedi, etc.

SECTION XI.

MEZHUGU.

Mezhugu.—Medicinal preparations prepared with substances like wax, butter, resins, and oily substances like croton seeds, castor seeds, or their oils are known as Mezhugu.

171. Amirtha Vennai.

(1) Veeram 1/10 palam.

(2) Cow's butter .. 1 lb.

Finely powder No. 1 in a Kalvam and add No. 2 little by little and grind for 6 hours. Then wash with water seven times.

External use only.

Indications : Ulcers, Carbuncle, swellings, rectal inflammation, Fungus infections.

172. Azharchi Vennai.

(1) Jathikai	} 1 palam each.
(2) Jadhpathri	
(3) Masikai	
(4) Kadukkai	
(5) Thandrikkai	
(6) Nellivatral	
(7) Toddy	3 lb.

Soak the drugs from Nos. 1 to 6 in toddy for two days and grind well and make a paste.

External use.

Indications : Burning sensation in hands and feet.

173. Gandaka Mezhugu.

Purified Gandakam .. 5 palams.

Vellai Venkaya Charu .. 10 „

Inji Charu 10 „

Grind Gandhakam with Vellaivenkayacharu for five days and in Inji Charu for five days and

173. Gandaka Mezhu—*cont.*

when it attains the consistency of wax preserve it in a wide mouthed bottle.

Dose : 2 to 5 grs., twice a day.

Indications : Vegu-moothram, Sori, Sirangu, Kushtam, moolam, etc.

Diet : Tamarind-free diet.

174. Gunmakudori.

Take 1 palam each :

Induppu.	Chukku.
Kalluppu.	Milagu.
Vediuppu.	Thippili.
Sotruppu.	Omam.
Pooneeru.	Lavangam.
Valayaluppu.	Thippilimoolam.
Vengaram.	Koshtam.
Navacharam.	Perungayam.

Poondu (Dehusked) .. 5 palams.

Thaen (Honey) .. 5 „

Panai Vellam .. 5 „

Powder the above drugs excepting the last three. Grind the garlic to attain the consistency of a wax and then add the powders, grind well, add panai vellam and honey little by little till the whole mass becomes waxy.

Dose : 10 to 20 grs., two or three times with water.

Indications : Gunmam, Pittavayu, Ajeeranam and Soothagavayuvai.

175. Idi Valladhi.

Serankottai 10 palams.

Ellu 5 „

175. Idi Valladhi—*cont.*

Chukku	1 palam.
Kopparai Thengai ..	5 palams.
Parangippattai	1 palam.
Aswagandhi	1 „
Chitramoolaverpattai ..	1 „
Kastoori Manjal	1 „
Karun Seerakam	1 „
Valuzhuvai	1 „
Kurosani omam	1 „
Vettilai Kambu	1 „
Thippili	1 „
Jathi Koshtam	1 „
Rasa Karpooram	1 „
Panai Vellam	5 palams.

Purify serankottai by chopping off the noses and boiling it in the mixture of water and cowdung for three hours and wash with hot water. Repeat the process in Pulielai decoction, tender cocoanut water, Katrazhai juice and in milk one after another.

Place purified serankottai and other drugs in a mortar (Ural) and pound them well for a week till it attains the consistency of wax.

Note.—Should be used only after 3 months after preparation. Salt-free diet—milk and rice only.

Dose : 2 to 10 grs. with palm jaggery twice daily.

Indications : All varieties of Vatham, Vranam of all types, Kushtam, Megam, Padai, Silaipun, Karumegam, Soothagasoolai, Araiappu, Granthi, Soolai, Vellai, etc.

176. Kilinjil Mezhugu,

Take required quantity of lime-shell available near a canal and burn it in fire and dip it in Nellikai juice. Repeat the process three to five times. When well baked place this in a kalvam and grind well with castor oil adding little by little, till it attains the consistency of wax.

Used externally.

Indications : Kal-Vedippu (Padha Vedippu).

177. Kummatti Mezhugu.

Take 1 measure each of :

Kummatti Kai charu.	Nochchi charu.
Elimicham charu.	Inji charu.
Poondum charu	

Take 1/8 palam each of :

Rasam.	Kadugu.
Lingam.	Manjal.
Perungayam.	Venthyam.
Induppu.	Milagu.
Omam.	Kantham.
Vengaram.	Nervalam.

Boil the first mentioned five juices together and when they attain the semi-solid consistency add the other ingredients after finely grinding them. Boil further till it becomes waxy.

Dose : 2 to 5 grs. with palm jaggery once a day only in the mornings for three or five days.

Indications : Gunmam, Mahotharam, Kalleral-Man-
neral malarchi (enlargement of liver and spleen)
Soothagavayu, etc.

178. Kungilya Vennai.

Kungilyam	1 palam.
Vanni Elai Charu	8 oz.
Cow's Ghee	8 „

Mix together and boil till the Kungilyam melts and the fluid dries up. After it has slightly cooled down, pour in an earthen pot with broad mouth containing water and churn well and remove the butter-like substance. Preserve it in a vessel containing water by changing the water daily.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ a tola, twice a day.

Indications : Pramegam, Megavranam, Keel Piddippu, Kasam. Externally this is used for scalds, burns and vranas due to Pitha.

179. Kunri Pattu.

Take 1 part each of :

Rasam.	Aalivithu.
Karuvangappodi.	Kunrivithu.
Moosambaram.	Ettivithu.
Kanduparangi.	

Perungayam $\frac{1}{2}$ part.

Melt vangam in a karandi (iron spoon), put it in a kalvam and immediately add rasam and grind well. Add the powders of the other drugs, mix and grind well adding the white of hen's egg till it attains the consistency of wax. Then add gingelly oil and mix well.

External use.

Indications : Swelling of the joints and araiyappu.

180. Maha Veera Mezhu.

Take $\frac{1}{4}$ palam each of :

Veeram.	Lingam.
Rasa Karpooram.	

180. Maha Veera Menhugu—*cont.*

Powder the above and place it in a big iron spoon and keep it on slow fire and add gradually $\frac{1}{4}$ measure of the extracted oil of the following :—

Sivanarvembu	Equal parts, i.e., 10
Chitramoolam	palms each, oil ex-
Serankottai	tracted by Kuzhi
Parangippattai	Thailam method.

Repeat the above process with $\frac{1}{8}$ measure of honey till the whole mass is converted to the consistency of wax.

Take each of:

Jadhikkai.	Devadaram.
Karbogarisi.	Akkarakaram.
Thirikatu.	Sanninayagam.
Koshtam.	Omum.
Chitharathai.	Chitramoola verpattai.

Powder the drugs separately and add to the above and grind well with honey to the consistency of wax.

Dose : 1 to 2 grs. with palm jaggery.

Indications : Nenjadaippu, Marbu Noi, Valippu, Mukavatham, Janni, Udharu Vatham, Soothagasoolai, Kasam, Kushtam, Araiappu, Korukkuppu, Vatha Noi, etc.

Diet : Salt-free diet.

181. Malakudara Mezhu.

(1) Soorathunilavarai ..	3 palms.
(2) Gulkandhu	4 „
(3) Kottai Drakshai ..	$2\frac{1}{2}$ „
(4) Badam Paruppu ..	$1\frac{1}{4}$ „
(5) Adhimadhuram ..	$\frac{1}{2}$ palam.
(6) Kadukkai Pinchu ..	$1\frac{1}{4}$ „

181. Malakudara Mezhugu—*cont.*

Powder Nos. 1, 5 and 6. Then grind Nos. 2, 3 and 4 well in a grinding stone individually. Add the powder and grind well.

Dose : $\frac{1}{2}$ to 1 tola. Followed by 4 oz. of milk at bed time.

Indications : Malabandham (constipation).

182. Megha Rana Kalimbu.

Take $\frac{1}{2}$ palam each of :

Lingam.

Rasam.

Pooram.

Veeram.

Palthutham.

Mayil thutham.

Mirdarasingi	..	1 palam.
Niradimuthu	..	} 2 palams each.
Karboga Arisi	..	
Kasakasa	
Cocoanut Oil	} 10 ..
Bees wax	

Melt the last drug and add cocoanut oil to it, when cooled add the other drugs powdered well and mix well.

External use.

Indications : All Mega Viranas.

183. Milagu Mezhugu.

Milagu	10 palams.
Ghee	5 ..

Make fine paste.

External use only.

Indications : Sarmarogam (Ring worm).

184. Milakai Adithattu Pattru.

Take 1/10 palam each of :

Milakai Adithattu.	Perungayam.
Karpooram.	Venkadugu.
Chukku.	Kunrimani.

Abini—8 grains.

Grind the above with the juice of Velaiver.

External use.

Indications : Pleurasy and other inflammatory conditions in the chest.

185. Nairuviuppathi Mezhu.

Take 1 palam each of :

Nairuviuppu.	Navacharam.
Vazhai Uppu.	Pooneeru.
Thazhai Uppu.	Induppu.
Thennai Uppu.	Valayaluppu.
Annabedhi.	Vennabi.
Sathicharam.	Sangu Barpam.
Veeram.	Gandakam.
Rasakarpooram.	Thirikatu.

Sarayam (Arrack) .. 8 oz.

Grind the above drugs well for 12 hours with Sarayam. Mix it with the following in a vessel and boil till it attains the consistency of wax :—

Erukkan Pal	} Each 8 oz.
Kallippal	
Nei (Ghee)	
Thaen (Honey)	

N.B.—This medicine has to be taken along with Thambira Chenduram.

Dose : Nairuvi uppathi Kuzhambu 3 grs. and Thambira Chenduram 1 gr., twice a day for 20 days.

Indications : Gunmam and Vatha diseases.

186. Nandhi Mezhugu.

I. Serankottai 40 seeds.

Purify serankottai by chopping off the ends and boiling it for three hours in the mixture of water and cow dung. Wash well with clean water and dry it. Then chop them into bits.

Take Ettivittu $\frac{1}{2}$ palam and boil it in Naval pattai juice for 24 minutes and then remove the external cover of the Ettivittu.

Then boil both Ettivittu and Serankottai in 15 oz. of ghee, filter and keep the ghee separately. Powder both the drugs finely.

II. Take Pon Nililai .. $\frac{1}{5}$ palam.

Make a paste of Kariuppu $\frac{1}{5}$ palam and Vediuppu $\frac{1}{5}$ palam, and apply this paste to Pon-Nililai as a Kavacham and dry it. Then make a Kalkam of Murungappattai with Erukkam pal and place the above villai in it and put it in Umi putam.

III. Kal-Nar Barpam .. $\frac{1}{5}$ palam.

Take Kal-Nar, soak it in cow's milk for 3 days. Then heat it and dip in cow's milk. Make a Kalkam of Kuppaimani and place Kalnar in it and put a putam and make Barpam.

IV. Kalmatham } $\frac{1}{5}$ palam each.
 Kal Nandu }

Grind with thengayappal (juice extracted from fresh cocoanut kernel) dry and make powder.

186. Nandhi Mezhugu—cont.

V. Pachai Karpooram .. }
 Kungumappoo .. } Each $\frac{1}{5}$ palam.
 Gorochanam .. }
 Grind with breast milk and powder.

VI. Padigaram 4 palams.
 Kadai Rasachenduram. $\frac{1}{2}$ palam.

Take each $\frac{1}{8}$ palam of :

Thirikatugu.	Chevyam.
Elam.	Kattumilagu.
Sirutheku.	Chitramoola verpattai.
Thalisapathri.	Thippilikattai.
Kurosaniomam.	Kasa Kasa.
Vaividangam.	Sombu.
Avididayam.	Nervalam.
Jadhikkai.	Chitarathai.
Jathippathiri.	Jada Manjil.
Seerakam.	Akkarakaram.
Karunseerakam.	Amukkarankizhangu..
Lavangam.	

Powder them separately.

VII. Take each $\frac{1}{10}$ palam of :

Mayil Thutham.	Kudiraippal Pasha-
Pal Thutham.	nam.
Rasa Karpooram.	Vellaippashanam.
Lingam.	Gouri Pashanam.
Manosilai.	Prepared Rasachendu-
Gandakam.	ram.
Thalakam.	Nabi.

Grind these drugs with Neeli juice (indigo plant juice) for 6 hours and make a villai. Place this villai in Neeli Kalkam and seal with cow-dung and dry. Put Umipputam.

186. Nandhi Mezhu—*cont.*

Mix all the powders I to VII well and put in a sauce pan and pour the previously mentioned ghee and boil it on slow fire and add 4 palams of jaggery and then 8 oz. of honey and keep it on fire and stir well till it attains the consistency of a thick fluid (Kuzhambu Pakuvam).

Dose : 2 to 5 grs. in palm jaggery. Number of days to be taken—12, 25, 37 and 45 days.

Indications : Vandukkadi, Soolai, Gunnam, Karappan, Putru, Araiappu, Vipuruthi, Kantamalai, Kabala-Kushtam, Granthi, Moothira Kiricharam, Megam 20 varieties, Kal-kai Pidippu, Elikadi (rat-bite), Elumbu Silaippun, Moolam, Pauvuthiram, Pilavai, Kanapputru, etc.

187. Nava-Uppu Mezhu.

1 Sotruppu	} Each 1/4 palam.
2 Induppu	
3 Vediuppu	
4 Kalluppu	
5 Navacharam	
6 Moongiluppu	
7 Pooneeru	
8 Valayaluppu	
9 Paraiuppu	
10 Veeram	1 palam.
11 Rasakarpooram	o ..	1/2 ..	
12 Milagu	} Each 3/10 palam.
13 Chukku	
14 Thippili	
15 Nervalam	1/4 palam.

187. Nava-Uppu Mezhu—*cont.*

Powder drugs 1 to 9, add 30 oz. of Artu thummati Kai juice and 30 oz. of cow's milk and boil well. While boiling stir with the root of Tuththi. Strain with a clean cloth and again boil it to attain the consistency of wax. Powder the rest of the drugs. Place the whole in a kalvam and grind well with thiripala decoction and breast milk for three hours in each.

Dose : 1 to 2 grs. in palm jaggery once in the morning only.

Indications : Valigunmam, Neerkovai, Udhara Vayu, Andavatham, Valivatham, Mudakku Vatham, Soothaga Vayu, Gunmam, Parisa Vayu and Magotharam.

Diet : Salt free diet—Rice and hot water.

188. Navarasaththuvial.

Take 1/4 palam each of :

Surat Kaddukkai.	Modi.
Kadukkai Pinju.	Indhuppu.
Thiri Katu.	Seerakam.
Omam.	Valyalluppu.
Kurosani Omam.	Sortruppu.
Nellimulli.	Thiratchai Uppu.

Powder the drugs and then grind with the following juices one after the other to the consistency of paste :—

Pulimathalam charu	} Each 8 oz.
(Sour pomogranate)	
Inippu Mathalam charu	
(Sweet pomogranate).	
Puthina charu	

188. Navarasaththuvlai—*cont.*

Naraththai charu	..	} Each 8 oz.
Inji charu	..	
Elimicham charu	..	
Kozhunji charu	..	

Dose : 5 to 10 grs. as often as required.

Indications : Vanthi, Ajeernam, Arochakam, Mayakam, etc.

189. Neelanjana Mai.

Anjanakkal	1 palam.
Cheena Karkandu	1 „
Peetharohani	$\frac{1}{8}$ „
Kunkumapoo	40 grs.
Padikaraparpam	40 „
Pachai Karpooram	40 „

Grind the above with the following juices for 6 hours in each, dry and powder it :—

- (1) Vilavelai charu.
- (2) Musumusukai charu.
- (3) Vellaichataranai charu.
- (4) Panaimattai charu.
- (5) Karisalai charu.
- (6) Nandiyavatta poo charu.

Again grind the powder with honey to a consistency of paste.

External use to the eyes.

Indications : Poo, Padalem, Pillam, Muthu Kasam.

190. Pachai Eruvai.

Vellai Pashanam	1 part.
Talakam	1 „

190. Pachai Eruvai—*cont.*

Kal Chunnambu	2 parts.
Kungilyam	4 „
Mayil Thutham	4 „

Finely powder each separately, mix them together, grind with gingelly oil for 12 hours using as much quantity as is required to bring them into a consistency of an ointment.

Then grind with cold water for one hour and wash with cold water, repeat this process for at least ten times removing the water each time, otherwise it will prove an irritant.

External use.

Indications: Syphilitic ulcers, chronic ulcers and over growths.

191. Padai Sankaran (No. I).

Take $\frac{1}{4}$ palam each of :

Azhinjil Verpattai.

Marukkarai verpattai.

Marukkarai Vithu.

Grind with sufficient quantity of lime juice and make paste.

Indication: Used externally for Paderthamarai (Eczema-fungus, etc.).

192. Padai Sankaran (No. II).

Take equal parts of :

Erukkanver pattai.

Kambupattai.

Thagarai Vithai.

Grind with milk and make a paste.

Indications: Used externally for all Padai.

193. Padai Vennai.

Amirtha Vennai ... 1 part.

Chirattai Thailam ... 1 "

Mix well.

Used externally.

Indication: Padai (Eczema and fungal infections).

194. Padikara Neer.

Padikaram 1 tola.

Water 6 lb.

Dissolve into a solution.

External use.

Indications: Used as gargle for ulcers in the mouth, used for washing the ulcers.

195. Pancha Sootha Mezhu.

Take $\frac{1}{4}$ palam each of :

Lingam.

Rasa Karpooram.

Veeram.

Rasa Chenduram.

Rasam.

Cheppu Nerunji juice	} Equal quantity.
Murugaipoo juice	
Breast milk ..	

Mix all the first mentioned five ingredients and put in an iron spoon (karandi) mix the liquids together and pour drop by drop on the powder while on fire, for three hours. Then place

195. Pancha Sootha Mezhu—*cont.*

it in a kalvam and grind well for three hours to attain the consistency of wax.

Dose : 1 to 2 grains twice a day with suitable anupanam.

Indications : For Janni, Dhosham, Isivu and Jwaram with breast milk.

For 8 varieties of Gunmam with Chitramoola Verpattai decoction.

For Vayu, Pakkavatham, Marbu noi, and Kundala Vayu with pepper powder.

For 5 varieties of Vali and puravalippu with Vellai-poondu thailam.

196. Pazha Krambu-Pakkuva Vennai.

Lime fruit No. 1.

Lavangam Nos. 108.

Vennai Size of a vilan-
kay (Wood
apple).

Pass a twine with a needle into the lime fruit. Then puncture the lime fruit with 108 holes and insert a clove in each hole. Spread butter over it, and suspend it in a pot containing water. Do not allow the fruit to rest on the bottom of the vessel, and change the water daily and keep this for forty days. Remove the butter alone leaving the cloves and the lime fruit and rub on a copper plate for one day and preserve it in a copper container.

To be used as anjanam to the eyes.

Indications : Pillam, Chukkran, Kasam, Emaidho-sham, etc.

197. Rasagandhi Mezhu.

Take 1/10th of a palam each of :

Rasam.	Vaividangam.
Gandhakam.	Vasambu.
Rasakarpooram.	Lavangam.
Thalakam.	Parangipattai.
Kantham.	Serangottai.
Mayil Thutham.	Kadukkai Tholam.
Thutham.	Karunjeerakam.
Mirudhar Singhi.	Kattu Seerakam.
Chukku.	Kandu Barangi.
Omam.	Thalisa Pathiri.
Manjal.	Drakshai.
Thippili.	Pirappan Kizhangu.
Chitharathai.	Etti Kottai.
Jathi Koshtam.	Thethankottai.
Val Uluvai.	Neermulli.
Sombu.	Ellu.
Elam.	Kollu.
Jadikkai.	Koparai Thengai.
Milagu.	Chinniver.
Seerakam.	Sangamver.
Karbogarisi.	Amukkarankizhangu.
Masikkai.	Akasa Karudan Kizhangu
Thippilli Kattai.	Chitramoolaverpattai.
Panai Vellam	4½ palams.
Eggs (hen)	12 eggs.

Powder all the drugs except the last two, then pound well with the addition of Panai Vellam and the contents of the eggs.

Note.—The medicine should be kept in a jar for 40 days before it is used.

Dose : 10 to 15 grains with Panai Vellam twice a day after taking curd and rice.

Indications : All vatharogams, Megam, Sori, Kush-tam (skin disease), Vranam, Silaipun, Pavuthiram, Moolam, Puzhuvettu, Granthi, Putru, etc.

198. Rasa Mezhu.

Rasam	1 part.
Parangippattai Choornam ..	1 „
Thippili Choornam	2 parts.
Lavanga Choornam	2 „
Vellam (Jaggery).	6 parts or quantity sufficient.

Put rasam in a kalvam and add the choornams little by little and grind well. Then add vellam little by little and grind for 24 hours.

Note.—This Mezhu should be kept in a bottle for 40 days before it is used.

Dose : 1 to 2 grains twice in palm jaggery for seven days.

Diet : Milk and rice only (avoid salt). Marupathyam for seven days with burnt tamarind and fried salt. 15th day bath with omam. Then give the patient chicken broth if accustomed.

Indications : Megavellai, Megathadippu, Megappun, Araiappu, Granthi, Megasoolai, Keelvaya, Rakthavellai, etc.

199. Thalaivali Pasai.

Oma Uppu	1 palam.
Puthina Uppu	1 „
Lavangathailam	1 „
Karpooram	2 palams.
Mezhugu (Bee's wax) ..	3 „
Cocoanut oil	10 „

Cut bee's wax into pieces, put it in cocoanut oil and boil. Filter and when cooled add the powders and mix well.

External use.

Indications : Headache, and other aches and pains.

200. Vana Mezhuḡu.

Group I—

Mirudar Singhi	1 part.
Kantam	1 „

Group II—

Vellaipashanam	1 part.
Gouripashanam	1 „

Group III—

Thalakam	1 part.
Rasa Karpooram	1 „
Veeram	1 „

Group IV—

Lingam	1 part.
Rasachenduram	1 „

Group V—

Karpooram	1 part.
Sampirani	1 „
Abhini	1 „
Rasam	1 „
Gandhakam	1 „

Method of preparation.

1. Make fine powder of each drug separately and mix them together according to the group.

2. Grind the first group alone, then add the second and grind and proceed thus one after another.

3. Before the substances are ground together, add Anda Thylum (oil extracted from the yellow of an egg, to avoid combustion) and

200. Vana Mezhugu—*cont.*

then rub the whole substance till it comes to a consistency of wax.

Dose : 1 to 2 grains in palm jaggery or other suitable vehicle.

N.B.—(1) Preserve the medicine in a buffalo horn case.

(2) The following drugs may be added, to make the preparation more active:—

(a) Musk.

(b) Gold leaves.

Indications : Kabavathajanni, Kusam, Kushtam, Eruviraivatham (Hernia), Gunnam, Soothaga-soolai, Mahodarami, Puvuthiram, Kantamalai, Soolai, Pakka Vatham, Neerizhivu, etc.

201. Vanga Vennai.

Vanga Chenduram (Red 5 palams.
Lead).

Mirdara Singhi	5	„
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Thurusu	2½	„
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Butter	1	viss.
--------	----	----	---	-------

Powder mirdara singhi and Thurusu finely and add Vanga Chenduram and mix well. Then add butter little by little and grind well in a kalvam.

External use.

External application for vranams.

Indications : Sori, Sirangu, etc.

202. Vellai Mezhugu.

Vellai Pashanaz.	1	palam.
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Bee's wax	10	palam.
-----------	----	----	----	--------

202. Vellai Mezhugu—*cont.*

Melt the Bee's wax and add the powdered arsenic stirring it well all the while.

External use.

Uses : Smear it over a lint piece and apply over Vajappu, Kandamalai, Pilavai etc.

SECTION XII.

NEI (GHRITHAM).

Nei is a preparation in which juices, decoctions and milk are added to ghee and boiled. In certain cases, kalkam is added by powdering the drugs first and grinding into fine paste with water or milk.

The whole thing is boiled on low fire, stirring often in the end, so that kalkam does not get adhered to the bottom of the vessel. When the moisture is evaporated, it is filtered and the kalkam is separated. The pakam is known by the appearance of foam while boiling and if put in fire no craking sound is produced.

203. Adathodai Nei.

Take 1 tola each of :

- 1 Adathodai ver.
- 2 Keezhanelli ver.
- 3 Kattumalligai ver.
- 4 Velai ver.

203. Adathodai Nei—cont.

Take 1 tola each of:

- | | | | |
|----|----------------------------------|-------|---------|
| 5 | Sadakuppai. | | |
| 6 | Uthamani ver. | | |
| 7 | Kuppameni ver. | | |
| 8 | Vazhuthalai ver. | | |
| 9 | Nathaichoori ver. | | |
| 10 | Marutkizhangu. | | |
| 11 | Appaimoolam. | | |
| 12 | Vasambu. | | |
| 13 | Vellaippoondur. | | |
| 14 | Kasturimanjal. | | |
| 15 | Nallapambu mamsam (cobra flesh). | | |
| 16 | Ghee | | 3 lb. |
| 17 | Gingelly oil | | 3 „ |
| 18 | Castor oil | | 3 „ |
| 19 | Karunkungilliyam | .. | 15 grs. |
| 20 | Lime fruits | | 5 |

Prepare kalkam of first 15 drugs, mix with ghee and the oils and boil to proper pakam. Just before filtering, add Karunkungilliyam, ground with lime juice.

Dose: $\frac{1}{2}$ to 1 teaspoonful internally.

This is also used externally for massaging.

Indications: Purana Jwaram, Kasam, Kshayam, etc.

204. Pirami Nei.

- | | | |
|----------------------|-------|--------|
| Prami Vazhukai charu | .. | 12 lb. |
| Cow's ghee | | 6 „ |
| Pachai Vasambu charu | .. | 3 „ |
| Pachai Chittarathai | | 3 „ |
| Cow's milk | | 12 „ |

204. Pirami Nei—*cont.*

Sivathai ver	} 2/5 palam each as kalkam.
Chukku	
Thippili	
Nelli vatral	
Vila vithu	
Induppu	
Seena karkandu	
Kasturimanjal	

Prepare kalkam with cow's milk and add to the liquids and boil. When pakam is obtained, filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. twice a day.

Indications : Valippu (Epilepsy), Pithathikkam and Soothaka Janni. Improves memory power and good in run-down conditions.

205. Puliyarai Nei.

Puliyarai charu	3 lb.
Vanni Elai charu	3 „
Ponnanganni charu	6 „
Sevilaneer	6 „
Cow's milk	4 „
Cow's ghee	4 „
Seerakam	} Each $\frac{1}{2}$ palam (kalkam).
Masikkai	
Adhimadhuram	
Jathipathiri	} Each $\frac{1}{4}$ palam (kalkam).
Elam	

205. Pullyarai Nei—cont.

Mix the fluids with ghee and add the kalka dravyas. Boil to pakam, filter and add one palam of powdered sugarcandy and mix well.

Dose: 1 to 2 teaspoonful, twice a day.

Indications: Vellai, Mutra erivu, Vindu nashtam (spermatorrhoea), Cystitis, Urethritis and Leucorrhoea.

206. Seenthil Nei.

Seenthil kodi	10 palams.
Veppampattai	10 „
Pæippudal	10 „
Add water	24 lb. and reduce to 6 lb.
Ghee	3 measures.

Take $\frac{1}{4}$ palam each (for Kalkam) of:

Pæippudal.	Kacholam.
Vilamicham ver.	Devadaram.
Manjal.	Koshtam.
Maramarjal.	Chenchandanam.
Aghil.	Elam.
Chandanam	..

Add ghee and kalkam to the decoction, boil to pakam and filter.

Dose: 2 to 4 teaspoonful, twice a day with warm water.

Indications: Sori, Sirangu, Katti and Karunguttam.

207. Thanneervittan Nei.

1 Thanneervittan Kizhangu	16 lb.
charu.	
2 Nilappanankizhangu	4 „
charu.	

207. Thanneervittan Nei—*cont.*

3 Cow's ghee	8 lb.
4 Jadhikai	} Each 2 tolas (kalkam).
5 Lavangappattai	
6 Lavangam	
7 Jadipatri	
8 Kunkumapoo	1 tola.

- Mix the juices with ghee, prepare kalkam of 4 to 7, add to the above and boil. Filter and add finely powdered Kunkumapoo.

Dose: 1 to 2 teaspoonful, twice a day.

Indications: Asthi Jwaram, Nirchurukku, Irumal and Perumpadu (cough, emaciation, etc.).

208. Thoothulai Nei.

Take 4 palams each of :

Thoothulai ver.	Milagu.
Mulli ver.	Thippili.
Kandangathri ver.	Kadukkai.
Peru-kanjori ver.	Sirukanjori ver.
Adathodai ver.	

Water	48 lb.
Cow's ghee	6 „
Cow's milk	6 „

Take 2 tolas each of :

Thrikattai.	Akanal a am.
Thripalai.	Vaivilangam.
Thaleesapatri.	Seerakam.
Koshtam.	

208. Thoothulai Nei—*cont.*

Take 3 tolas each of :

Omam.	Elam.
Val milagu.	Lavangam.
Arathai (Peru).	Jadhikkai.
Arathai (Siru).	Mace.

Make fine powder.

Make coarse powder of first 9 drugs and put in water, reduce it to 3 lb. by boiling, add ghee to this decoction. Grind the other drugs well with cow's milk and add. Boil it to pakam and filter.

Dose : 1 to 2 teaspoonful twice a day.

Indications : Kshayam, Elalai, Kasam, Megham, Iraippu, Vayu and Kundalavayu.

209. Vallarai Nei.

Vallarai Elai	8 lb.
Water	24 „

Take 1/10 palam each of :

Chukku.	Seerakam.
Elam.	Thanrikai.
Mankombu parpam.	Thakkolam.
Jadhikai.	Chanthanam.
Thaleesapatri.	Vengaram.
Jadhipathiri.	Vilvakattai.
Koshtam.	Akrakaram.
Vilamichai ver.	Kothumalli vithai.
Vettiver.	Kadukarohani.
Cow's milk	3 lb.
Cow's ghee	3 „

Put the leaves, in water, boil and reduce to 3 lb. Grind the drugs excepting Mankombu-parpam, with milk and mix it with the decoction

209. Vallarai Nei—cont.

and ghee. Boil it to pakam and filter. Then add Mankombuparpam and stir well.

Dose: 1 to 2 teaspoonful, twice a day.

Indications: Mantham, Kasam, Megam, Ealai, Iraippu, Moolaganam, Atcharam, Vanthi, Irumal, Vikkal, Jwaram, etc., particularly in children.

210. Ven Poosini Nei.

The juice of Venpoosinikkai 6 lb.

Thazhai Vizhuthu juice .. 3 „

Tennampoo juice 3 „

Katrazhai juice 3 „

Sevvilaneer 3 „

Cow's ghee 6 „

Take 3 tolas each (Kalkam) of:

Jadhikkai.	Elam.
Jadhipatri.	Valmilagu.
Masikkai.	Kattathippoo.
Thripalai.	Karkatakasingi.
Seerakam.	Kothumallivirai.

Cow's milk 6 measures.

Karkandu 2 palams.

Mix the liquids and add ghee, prepare kalkam of the other with milk and add. Boil to pakam and filter.

Dose: $\frac{1}{4}$ to $\frac{1}{2}$ oz. twice a day.

Indications: Megam, Ushnam, Erivu, Neerkuthu, Kurierivu, Asthivranam, Asthi Vettai, Girani, Elumburukki, Kamalai, Pitham, etc. (in burning sensation of various parts of the body due to excessive Pitta).

SECTION XIII.

PATHANGAM.

211. Parangippattai Pathangam.

Parangipattai 5 palams.

Fluid extracted from Ass's dung. Quantity
sufficient.

Cut parangipattai into pieces and soak them in the fluid. Allow it to dry in the sun. Repeat the process in the following juices, one after the other :—

(1) Kuppaimeni charu.

(2) Poduthalai charu.

(3) Kayanthagarai charu.

(4) Cow's milk.

Gandhakam 1 palam.

Rasam 5 palams.

Lingam 5 „

Make a fine powder of these drugs in a kalvam and put it in a chatty and cover the powder with another small chatti with holes made in it and place over it the abovesaid pieces of Parangipattai. Then close it with another chatty and seal the juncture of the chattis with mud cloth, seven times and keep it on fire for 3 hours. Powder the Parangipattai thus obtained.

Dose : 1 to 2 grains with palm jaggery.

Indications : Megam, Soolai, Karungranthi, Vellai, Keel-pidippu, Vranam, Kushtam, Thadippu, etc.

212. Thirimurthi Pathangam.

Take 1 palam each of :

Veeram.

Pooram.

Vellai Pashanam.

Powder the above drugs separately, mix well and keep it in a chatty. Cover with another chatty and seal it with mud cloth. Keep it on fire and heat for 6 hours. Take the sublimate from the upper chatti, and repeat the process five times.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ grain once daily with palm jaggery or with one spoon of castor oil.

Indications : Pakshavatham, Kandamalai, Arsiappu, etc.

Diet : Salt-free diet.

Note.—Should not be administered for more than 3 days at a time.

SECTION XIV.

THEENEER.

213. Oma Theeneer.

1 Omam 3 lb.

2 Water 12 „

Put the above two in a distillator and distil.

Dose : $\frac{1}{2}$ to 1 oz. as many times as required.

Indications : Indigestion, Diarrhoea, Cholera, etc.

214. Sanka Dravakam.

Vediuppu	3 palams.
Induppu	2 „
Sotruppu (common salt)	1 palam.
Navacharam	2½ palams.
Annabedhi	¼ palam.
Thurusu	¼ „
Padikaram	½ „
Pooneeru	¾ „
Venkaram (Porikaram)	1 „

Put all these drugs in a retort apparatus made of earth, heat and condense the vapour by cold compresses in the usual way.

Dose: 1 to 2 drops in 2 to 4 oz. of water.

Indications: Gunnam, Megam, etc. The dravakam is used to prepare chendurams from rasam and uparasams.

215. Sombu Theeneer.

Sombu	1 viss.
Water	30 lb.

Put the drug in water in a retort (Arka yantram) and distil.

Dose: ½ to 1 oz. two or three times.

Indications: Stomach-ache, Jwaram and Moothira Erivu.

SECTION XV.

b THAILAM.

1. *Thailams* are preparations of oils. In these preparations, oils, decoctions, milk and other fluids and finely powdered and ground drugs (*Kalkam*) are added. The vessel containing these is put on fire and boiled till the moisture is evaporated. This is known by the formation of froth on the surface of the oil, and when the *Kalkam* is put on fire there will be no crackling noise.

The *pakam* is of three kinds, for oil which are used on the head the *Kalkam* should be hard, for oils used for the body the *Kalkam* should be waxy and for oil that are used internally the *kalkam* should be soft.

2. Another kind of *thailam* is got from various drugs by destructive distillation. In this, the drugs are put in a mud pot in which a few holes are made at the bottom. The mouth of the pot is sealed. A pit is dug and this pot is kept over another pot. Cowdung cakes are spread all round the upper pot and at the top. By this heat the contents of the pot melt and the oil exudes out through the bottom holes and collected in the smaller vessel kept down below. This is called '*Kuzhi Thailam*'.

3. Another variety of the preparation is also called distilled oils. In this the drugs and bees wax is put in a pot and heated. The vapour is condensed and liquified in the oil. This is called '*mezhugu thailam*'.

4. Another preparation of oil is where medicines and oil are mixed and exposed to the sun for the required time and used. This is called Suryaputa Tailam.

216. Gandhaka Sudar Thallam.

Gandhakam	1	palam.
Vediuppu	1	"
Manosilai	1	"
Navacharam	1/16	"
Veeram	1/16	"

Grind well with 4 palams of Cow's ghee then spread it in a cloth, role and burn. Collect the oil which drips down in a porcelaine or glass vessel.

Dose: 1 to 4 drops with sugar.

Indications: Venkushtam (leucoderma), Mega Pun (Syphilitic and other chronic ulcers), Vatam, etc.

217. Anda Thallam.

Yolk of eggs boiled and oil extracted by Bhoopudam. Add Garlic juice $\frac{1}{8}$ part and Kasthoori $\frac{1}{32}$ nd part of the thailam and keep it in a glass corked bottle.

Dose: 1 to 4 drops twice or thrice in warm water.

Indications: Usually used in Children's ailmen as Mantham, Janny and Vali (Convulsions). Applied to the tongue in Paralysis of the tongue.

218. Arakku Thallam.

Kombarakku	32	palams.
Water	192	lb.
Decoction of the above reduced by boiling.			24	"

218. Arakku Thallam—*cont.*

Gingelly oil	12 lb.
Cow's milk	12 „
Kadineer	32 palams.
Masthu (water from curd)	32' „

(Put the curd in a cloth tie and hang it till all the fluid comes out.)

Chandanam	} Each one palam.
Kasthuri Manjal	
Koshtam	
Lavangapatri	
Lavangapattai	
Pachilai	
Adhimathuram	
Jadamanjil	
Poolankilangu	
Kadugu Rohini	
Elam	
Sadakuppai	
Kiliyooral pattai	
Poosanthirapattai	
Seerakam	
Karunjeerakam	
Merugan Kilangu	
Chevvali Kodi	

Grind the above 18 articles with Cow's milk, add and boil to thailapakam.

Apply externally and also used for bath.

Indications : Fever involving Saptha Dhathus, Udal-Kaduppu (Neuritis), Chandravartham, Suryavartham, Kabala Soolai, Swasakasa Rogam and Purana Jwaram.

219. Rasa Thailam.

Kammar Vetrilai (Betel 5 palams.
leaves).

Pavattai Elai 5 „

Kovai Elai 5 „

Amanakku Ennai 1 measure (60
oz.).

Rasam (Purified) $\frac{1}{4}$ palam.

Grind all the three leaves in a stone mortar with a wooden pestle. Then add mercury little by little while grinding. Add the oil and mix. Expose it to the Sun for 3 days.

Dose : $\frac{1}{4}$ to 1 oz.

Indications : Kiranthi, Sirangu, Vedipun, Karumpulli noi (Skin diseases, Scrofula and Syphilitic dermati-
ties).

Diet : Salt free diet for the day.

220. Ulunthu Thailam.

Ulunthu 3 lb.

Water 12 „

Decoction of the above 3 „
(reduced).

Goats' milk 3 „

Gingelly oil 3 „

Poonaikali Vithaiparuppu	..	} Each	1/10
Sathakuppi	..		
Arathai	..		
Chukku	..		
Milagu	..		
Thippili	..	} palam.	

220. Ulunthu Thallam—*cont.*

Vetpalaipatti	} Each 1/10 palam.
Athimathuram	
Induppu	
Vasambu	

Preparation : Grind all the kalka drugs with Goat's milk and add it to decoction and oil. Boil it to thailapakam. Keep this oil in Dhanya pudam for 10 days before using.

External use only.

Indications : Thalai and Kara Kambam and vataro-gams (atrophic changes of the limbs and tremors).

221. Gana Thallam.

A

1 Castor oil	3 lb.
2 Cow's milk	3 ..
3 Kattralai charu	} Each 1½ lb.
4 Manjal Karisalai charu	
5 Kovai charu	
6 Ponnangani charu	
7 Puliyari charu	
8 Vengaya charu	
9 Karpooora Valli Charu	

B

Akrakaram	} Each ¼ palam.
Lavangapatti	
Lavangapatri	
Koshtam	
Vendayam	
Karkadaga singi	

221. Gana Thallam—*cont.*B—*cont.*

Sombu	} Each $\frac{1}{4}$ palam,
Seerakam	
Vellaipoondur	
Masikai	
Jathipathri	

C

Jathikkai	} Each $\frac{1}{8}$ palam.
Gorochanam	
Kungumappu	

Make fine powder of drugs mentioned in group (b) and add them to the juices mentioned in group (a) and boil them. Add the fine powders of group (c) before filtering. Keep the oil in Dhanya Pudam for 5 days before using.

Dose : 1 to 2 teaspoonful in breast milk or warm Cow's milk.

Indications : Thuthi Rogam, Ganam, Vettai, Vettai-Jwaram, Vanthi, Giranthi, Mantham, etc.

222. Karappan Thailam.

Rasakarpooram	} Each $\frac{1}{20}$ palam.
Elam	
Thutham	
Thurusu	
Karpooram	
Rasam	
Karboka Arisi	
Mirtharsingi	

222. Karappan Thallam—cont.

Kasthoorimanjal	} Each 1/20 palam.
Neeradimuthu	
Kattuseerakam	
Gandakam	

Thengaipal (Cocoanut Kernel 3 lb.
Extract).

Powder all the drugs and add to the cocoanut milk and boil till the proper pakam is obtained (the milk becomes oil).

External use only.

Indications : Karappan, Sirangu, etc. (Scabies).

223. Kazharchi Thallam.

A

Kazharchi Kodi ver Pattai.	20	palams.
Water	..	18 lb.
Decoction (Reduced)	..	3 „
Amanakku Ennai	..	40 palams.

B

Kazharchi Elai	..	5 palams.
Kazharchi Paruppu	..	2 „

C

Elam	} Each ½ palam.
Parangipattai	
Valmilagu	
Sanna Lavanga Pattai	

223. Kazharchi Thallam—*cont.*

D

Nervalam	} Each $\frac{1}{2}$ palam.
Rasakarpooram	

Prepare the decoction and add castor oil. Grind those of group B and fry the drugs in group C powder them and add them to the whole thing and boil it by means of Kazharchi root as fuel. Remove it from the fire in proper pakam, and mix in it the powder of Rasakarpooram and the kalkam of Val... contained in group D.

Dose : $\frac{1}{2}$ to 1 oz. once in the morning.

Indications : Anda Vridhi, Veekam, etc.

Diet : Old Tamarind, Murungapinchu, Avarai Pinchu, etc.

224. Kadu Noi Thallam.

Maramanjai	} Each $\frac{1}{10}$ palam.
Vellaippoondur	
Chukku	
Valampurikkai	
Karunjeerakam	
Nandu Erachi	
Nathai Eraichi (flesh of snail).			
Musuru Muttai	}
Karunkozhi Muttai	
Elaikalli juice	} 4 oz.
Punal Murungai juice	
Cow's ghee	16 "
Veppennai	16 "

224. Kadu Noi Thailam—*cont.*

Powder finely the dry drugs and make kalkam. Grind the flesh and eggs and mix all the ingredients together. Boil and filter.

Used as ear drops.

Indications : Kadu noi, Kadhu Sēezh, etc.

225. Kunthirika Thailam.

Poonaikam Kungiliyam .. 4 palams.

Gingelly oil 40 „

Mix the above together and boil till Kungiliyam dissolves.

Used externally.

Indications : Vata vali, Pun, Veekam, etc. (Inflammatory swelling).

226. Kaiyan Thailam.

Karaisalai Charu 3 lb.

Gingelly oil 3 „

Boil to pakam and filter.

Dose : $\frac{1}{2}$ to 1 teaspoonful twice a day.

Indications : Kasam and Swasam (Cough and other Lung disorders).

227. Siddhadi Ennai.

Thengayppal (Coconut kernel 8 lb. extract).

Uttamani Charu 8 „

SID.—11

327. *Siddhanti Ennai*—cont.

Perungayam	} Each $\frac{1}{2}$ palam.
Venkaram	
Chadurekali Pal	
Induppu	
Thippili	
Karunjeerakam	
Vellaipoondur	1 lb.
Kadukkai	1 "
Nervalam	1 palam.
Chitramanakku Ennai	8 lb.

Grind all the dry drugs with one of the juices and then put all the ingredients in a pot. Boil and filter when pakam is attained.

Dose : 5 to 15 drops once with milk or warm water.

Indications : Sirangu, Azhalai, Vikkal, Vanthi, Gunmam, Grandhi, Araiappu, Porumal, Paithyam, Soolai, Parangippun, Karba Soolai, Vali, Katha-chippu, Kan Erivu, Poochivettu, Soothagavettai, Kamsagrandhi, Pavuthram, etc.

328. *Chirattai Thailam*.

Take required quantity of coconut shell and extract Kuzhi Thailam (Bhupada thailam).

Used externally mixed with equal quantity of coconut oil.

Indications : Sori, Padai etc. This is used only in cases where the skin has become thick and gradual removal of thickness is indicated.

329. *Shiro Bara Nivaranai Thailam*.

Gingelly oil	3 lb.
Kasthoori Manjal	1 palam.

229. Shiro Bara Nivarani Thailam—cont.

Sambirani	1 palam.
Jadamanjil	1 „
Thukka Malli	5 palams.
Abhini	1 palam.

Take the drugs excepting Abhini, grind with milk and prepare Kalkam. Mix with oil and boil well to attain Thailapakam.

Filter placing abhini in the filtering vessel.

Used externally for bathing :

Indications : Suryavartham (persistent headache).*

[230. Sivanar Vembu Kuzhi Thailam.

Sivanarvembu	10 palams.
Valuzhuvai	10 „

Powder and grind the drugs with the juice of Karudankizhangu and make small discs and dry it in the shade. Prepare thailam out of it by putting it to Bhuputam (Kuzhi thailam). Add powdered camphor $\frac{1}{4}$ to the oil and mix well.

Dose : 20 to 30 drops with Sivanarvembu Chocoranam

Indications : Karappan, Kushtam and pun (chronic ulcers).

Diet : Salt free.

231. Seeraga Thailam.

Put one palam of Seeragam in 3 lb. of gingelly oil and boil till Seeragam is fried, filter.

External use.

Indications : Pitha Mayakkam (Vertigo), Kan-noi, Thalaivali and Mantham.

232. Chukku Thailam.

A

Purified Chukku	2 visse.
River water	96 lb.
Decoction (reduced to)	12 „
Cow's milk	6 „
Gingelly oil	6 „

B

Chittarathai	} Each $\frac{1}{4}$ palam.
Chukku	
Milagu	
Thippili	
Koraikilangu	
Manjittiver	
Kadukkai	
Nellikai	
Thanrikai	
Agilkattai	
Thanneervittan Kizhangu	
Erukkan ver pattai	
Kadukurohani	
Koshtam	
Kodiyeliver pattai	
Devadaru	
Santhana Kattai	
Vellaikungiliyam	
Chavviyam	
Amanakkuver	
Vellalathipattai	
Pereechankai	
Dirakshai	
Inthuppu	

232. Chukka Thailam—*cont.*

C

Kasthuri	} 36 grains.
Kungumappu	

Mix those of group (A) and boil adding the kalkam of the drugs in group (B) and boil to proper pakam. Place the drugs in group (c) in the filtering vessel. Keep the thailam for a month in Nelputam (paddy).

External use only.

Indications: Avartha vatham, peenisaṁ and Sironoi put nassiyam, for Danthavayu and Pallaranai use it as a gargle, for Karnasoolai use it as ear drops. For Kaṣam and Kural Kammal, apply externally and take head bath.

232. Nasiroga Nasa Thailam.

A

Gingelly oil	3 lb.
Cow's milk	3 "
Tender coconut water			..	3 "

B

Santhanam	} 1/10 palam.
Thamarai Valayam	
Vettiver	
Vilamicham ver	
Kasturi Manjal	
Thettran Kottai	
Elam	
Korai Kizhangu	

233. Nasiroga Nasa Thallam—*cont.*B—*cont.*

Seerakam	} 1/10 palam.
Poolan Kizhangu	
Pachilai	
Senkaluneer Kizhangu	
Thanneer Vittan Kizhangu	
Adimathuram	
Manjitti	
Shanbhaga Mokku	
Punugu Chattam	}
Kungumappoo	

Excepting the last two drugs in group B powder the other drugs and add to group A and boil it to proper pakam. Put the last two drugs in the filtering vessel and filter.

External use for bath.

Indications: Peenisam and other varieties of nasal block. Timira rogam of the eye.

234. Nochchi Thallam.

Vennochchi Charu	} ½ a lb. each.
Karisalankanni Charu	
Mulluchchangillai Charu	
Vellaichcharvelai Charu	
Peramutti Charu	
Perumbul Charu	
Kandangathiri Charu	
Adathedai Charu	
Poduthalai Charu	
Keelvainein Charu	
Thoodhulai Charu	

234. Nooheli Thailam—cont.

Gingelly oil	6 lb.
Goat's milk	6 ,,
Kadugu	} Each 36 gra.
Chukku	
Milagu	
Thippili	
Kothamalli	
Elam	
Kattumilagu	
Chevviyam	
Perungayam	
Omam	
Athividayam	
Kandu Parangi	
Koraikizhangu	
Yanaithippili	
Vetpalaiarisi	
Perumarappattai	
Thippilikkattai	
Vaividangam	
Kadukaroghani	
Kodiveli	
Perunkurumbai	
Vasambu	

Grind the Kalka drugs with goat's milk and add it to the oil and add all the juices and boil it to proper pakam and filter.

Dose : $\frac{1}{2}$ teaspoonful twice a day and is also used for bathing.

Diseases : Five varieties of Kasam and Kshayam

235. Peenasa Thailam.

Gingelly oil	3 lb.	
Nochi Charu	3	„
Karisalai Charu	3	„
Induppu	} Each $\frac{1}{2}$ palam.	
Chittarathai		
Thippili		
Amanakku ver		
Kudasappalai ver		
Giranthi thakaram		
Chukku		
Koshtam		
Thethankottai		
Sathapushpi	}	
Vaividangam		
Athimathuram		

Prepare Kalkam with the drugs mix it with oil and juices, boil it to pakam and filter.

Used externally for bath once in eight days and as nasyam once in four days.

Indication : Peenasarogam.

236. Punga Thailam.

Pungan Ver Pattai Charu	..	3 lb.
Thengai Pal (Coconut kernal. juice).	3	„
Rasa Karpooram (powdered finely).	1	palam.

Add the first two and boil till the oil comes out. Filter and add the last.

External use.

Indications : In sori, sirangu, pun, etc.

237. Maththan Thallam.

(Pachai Ennai.)

Oomathai Elai Charu	..	7½ lb.
Cocoanut oil	3 „
Myilthutham	10 palams.

Dissolve mayilthutham in the juice and add oil, boil it to proper pakam and filter. Use a mud pot to prepare the oil.

For external use only.

Indications : Pun—dushta Vranam.

238. Malaivembathi Thallam.

Varikummatikai Charu	..	} 1 lb. each.
Vengaya Charu	
Elimicham Pazha Charu	
Malaivepilai Charu	
Castor oil	

Mix all and boil to pakam and filter.

Dose : ½ to 1 oz. with Neeraharam (water from the eold rice—Pazhayadu).

Indications : Raktha gunmam, Maladu, etc. (sterility) to be given for three days in the morning during the time of mensuration.

Diet. : Salt free.

239. Mantha Ennai (No. I).

Castor oil	3 lb.
Indankozhundhu Charu	...	2 „
Karuncheeraka Thool	..	1 palam.
Gorojanam	1/10 „

239. Mantha Ennai (No. I)—*cont.*

Excepting the last drug mix the others and boil to pakam and filter. Place Gorojanam in the filtering vessel and mix after filtering.

Dose : $\frac{1}{2}$ oz. with warm water.

Indications : For all Mantham and Kapa Rogams in children.

240. Mantha Ennai (No. II).

Castor oil	6 lb.
Uthamani Charu	6 „
Vetpalaiarisi	} $\frac{1}{4}$ palam.
Kadakarohini	
Neeradi muthu	
Koshtam	
Karbogarisi	
Shanbagapoo	} $\frac{1}{4}$ palam.
Akrakaram	
Nervalam	2 palams.

Grind the Kalka drugs with the Uthamani Charu and mix all and boil to pakam and filter.

Dose : $\frac{1}{4}$ to $\frac{1}{2}$ oz. with breast milk.

Indications : Mantham, Jwaram, etc.

241. Moola Kudara Thailam.

Kadukkai pinju	10 palams.
Castor oil	3 lb.

241. Moola Kudara Thailam—*cont.*

Fry Kadukkai pinju with a small quantity of castor oil and then powder it and mix with the remaining castor oil.

Dose: 1 to 2 teaspoonful at bed time.

Indications: Moolam, Rakta Moolam and Mala Kattu (in bleeding piles and constipation).

242. Merugulli Thailam.

Merugan Kizhangu	1 part.
Vellai poondu	1 „
Castor oil	2 parts.

Remove the skin and cut Merugankizhangu into small pieces. Peel off the skin of Vellai Poondu. Mix all the three and boil to proper pakam.

Use the oil three days after the preparation.

Dose: $\frac{1}{2}$ to 1 oz.

Indications: Keel Vayu, Megham, Vatha Veekam and in Chronic Ulcers.

Diet: Salt free diet.

243. Meghanatha Thailam.

Brahamathandi Charu	..	} 3 lb. each.
Vellarugu Charu	..	
Sotrukatrashai Charu	..	
Vellai vengaya Charu	..	
Poovarasan Pattai Charu	..	
Chitramanakku Ennai	..	}
Rasakarpooram	..	
Karpoorasilajat Barpam	..	$\frac{1}{2}$ „

243. Meghanatha Thailam—*cont.*

Mix all the ingredients except the last two and boil till pakam. Make fine powder of Rasakarpooram, and mix it in the oil along with Silajatparpam.

Dose : $\frac{1}{2}$ to 1 oz.

Indications : Vettai, Vellai, Megham, Pitha gunmam, Keel vayu, etc.

244. Myna Thailam.

Manjal Mezhu (Bees wax).	3 lb.
Sakkikal	3 „
Uppu (common salt) ..	3 „
Atrumanal (river sand) ..	1 $\frac{1}{2}$ „
Omam	5 palams.
Kappu Manjal	5 „
Jadamanjil	2 $\frac{1}{2}$ „

Make all into small pieces and put in a pot specially prepared for Mezhu thailam. Boil it for 9 hours and get the oil.

External use only.

Indications : Ardhangam Vatha Rogam, Anda Vatham, Vali (convulsions in infants), Nari Thalai Vatham, Sannipatham, Sexual Neurasthenia in both males and females, Keel vayu, Vayu affecting bones, Nerves, flesh etc.

245. Vathakesari Thailam.

Chadurakalli Charu	} 3 lb. each.
Nochielai Charu	
Thazhuthazhai Charu	
Goat's milk	
Erukkam Pal	
Gingelly oil	
Castor oil	

245. Vathakesari Thallam—*cont.*

Kadukkai thol	} $\frac{1}{2}$ tola each.
Kattumilagu	
Vellai Poondur	
Perungayam	
Gandakam	
Koshtam	
Chukku	
Milagu	
Thippilai	}
Kadugu	

Grind the kalka drugs with milk and add it to the fluids, boil it to proper pakam.

For external application.

Indications : Vatha diseases, Thimirvatnam, etc.

246. Virana Sanjeevi Thailam.

Gingelly oil	12 oz.
Thalakam	12 grs.
Serankottai	10 Nos.

Mix all and boil in a low fire, pour the oil in a vessel containing rice washed water. Next day remove the oil and boil till the moisture evaporates.

Indications : For all Virnams used for painting and dressing. Internally it may be given in Sannipatham by smearing the oil over a betel leaf and given to chew and swallow.

N.B.—The patient should take cold rice and butter milk before applying the oil externally in large area. After 3 hours warm water bath is given.

247. Vellai Ennai.

Castor oil	3 lb.
Rasakarpooram	1 palam.
Elarisi	1 „
Chukku	1 „

Powder the last three drugs finely and add the oil and mix well.

Dose : $\frac{1}{2}$ to 1 oz.

Indications : Vellai, Gunmam, Keelvayu, Veekam, etc.

248. Siru Ettikottai Thailam.

Gingelly oil	6 lb.
Etti kottai	2½ palams
(Soak this for 12 hours in goat's milk [previously]).				

Vellai poondu 2½ palams.

Pieces of Ayilpattai 1½ „

Mix everything together, boil it and get it in proper pakam.

External use.

Indications : In all varieties of Vatha rogams.

249. Arugu Thailam.

Arugu Kattai (removing the nodules)	15 lb.
Water	96 „

249. Arugu Thallam—cont.

Decoction (reduced to)	..	12 lb.
Cow's milk	12 „
Gingelly oil	6 „

Pound arugan kattai well and prepare decoction. Mix all the above ingredients and prepare thailam.

External use.

Indications : This is used as a bathing oil in Vatha Noi, Moola Choodu, excessive heat, burning sensation in the genitals and stomach, Kabala Soolai, Azhalai, bad odour from the body, Pittanoi, Marbunoi, Sori, Neerkovai, etc.

If fresh green arugan oil could be obtained, it may be pounded well and put in cold water and squeezed well to obtain the required quantity of the juice. This is an alternative method.

250. Vatha Nasa Thallam.

Vathanarayana Elai Charu	..	3 lb.
Vella Vengaya Charu	..	3 „
Castor oil	3 „
Rasakarpooram	(finely powdered).	$\frac{1}{2}$ palam.

Excepting the last drug mix the others and boil to pakam. Filter, add Rasakarpooram to the oil and mix well.

Dose : $\frac{1}{2}$ to 1 oz.

Indications : Vatha Rogams, Keel-vayu, Pakka Vatham, Veekam, Gunmam, etc.

251. Chiru Chanthanathi Thallam.

Chanthana Kattai	} Each 10 palams.
Vettiver	
Vilamichai Ver	
Sirunannari	
Chittramutti Ver	
Korai Kizhangu	
Adhimadhuram	
Nelliverpattai	
Seenthilkizhangu	}
Chittharathai	

Coarsely powder the above
and add water. 72 lb.

Decoction (reduced to) .. 12 „

Cow's milk 12 „

Gingelly oil 12 „

Thanneer Vittan Kizhangu 3 „
Charu.

Sevilaneer (Cocoanut water 3 „
from red skinned cocoanuts)

Chandanam	} Each 1/10 palam.
Saraladevadaram	
Devadaram	
Agilkattai	
Manjitti	
Thakkolam	
Vettiver	
Vilamichanver	
Nannari Ver	
Elam	
Lavanga Pattai	}
Lavanga Pathiri	
Siru Nagappoo	}
	

[251. Chiru Chanthanathi Thallam—*cont.*

Jathikai	} 1/10 palam each.
Chitharathai	
Kungumappoo	
Kadukkai	
Thanrikai	
Nellikai	
Jadamangil	
Korai Kilangu	
Senkashuneer Kizhangu	
Shanbagamokku	
Koshtam	
Kasturimanjal	
Thamarai Valayam	
Kothumalli	
Kichili Kizhangu	
Adhimathuram	
Kattathipoo	
Pachilai	
Seerakam	

Grind the Kalka drugs with cow's milk and mix well with the oil and juices. Prepare thailam.

External use.

Indications: This is used as a bathing oil in pitta rogas, daha rogas, Kan erivu, Paithyam, etc.

252. Chittamutti Madaku Thallam.

Chitta Mutti ver (well pound- 3 lb.
ed).

River water	48 „
Decoction (reduced to)	6 „

252. Chittamutti Madaku Thailam—*cont.*

Gingelly oil	3 lb.
Cow's milk	3 „
Chitta Mutti Kalkam (prepared by grinding with cow's milk).				1 palam.

Mix and prepare thailam. Repeat the process six times using the same oil and putting fresh decoction, Kalkam and milk.

Used externally and internally.

Dose : 1 teaspoonful B.D. with milk or chitta mutti decoction.

Indications : Soothiga Vatham, Sutkam, Asthijwaram, Uzhalai, Asathi, Durbalam and Jaladosham.

253. Keezhanelli Thailam.

Keezhanelli Samoolam (Well 3 lb. pounded).

Water	24 „
Decoction (reduced to)	3 „
Cow's milk	3 „
Gingelly oil	3 „
Seeraka (Kalkam)	1 palam.

Mix and prepare thailam.
External use.

Indications : This is used as a bathing oil in Mayakam, Agnimantham, Burning sensation in the extremities and in the eyes.

SECTION XVI.

VATAKAM.

Vatakams are preparations similar to pills but larger in size than the pills. They are made by grinding with water or by adding jaggery and grinding them in a kalvam (preparing paku) and adding the powders and rolling them to pills.

254. Imbooral Vatakam.

Imbooral samoolam	..	1 part.
Milagu	1 ,,
Karkandu (Sugarcandy)	..	2 parts

The above drugs are pound in mortar and ground in a kalvam to form a soft mass. 15 g tablets are prepared.

Dose : 1 tablet twice or thrice a day.

Indications : Ratha pitham and erumal.

255. Thalisdadi Vatakam.

1 Thaleesa pathiri	1 palam..
2 Milagu	1 ,,
3 Chavyam	1 ,,
4 Thippili	2 palams.
5 Thippili moolam	2 ,,
6 Chukku	3 ,,

Each $\frac{1}{4}$ palam :

7 Lavangappattai.	9 Chirunagappoo.
8 Lavangappathiri.	10 Elam.

255. *Thalisadhi Vatakam*—*cont.*

Each $\frac{1}{4}$ palam :

- | | |
|--------------------|----------------------|
| 11 Vilamicham ver. | 12 Chitharathai. |
| 13 Jaggery | 16 palams. |
| 14 Cow's milk .. | Quantity sufficient. |

Fine powder of first 12 drugs are mixed with jaggery. Milk is poured into a chatty and the mouth is covered with a cloth and tied. The medicine is placed on it and the milk boiled in slow fire. When the mixture attains the pakam, it is pounded in a mortar and 20 gr. pills are made and dried. (The jaggery should melt and when cooled become hard.)

Dose : 1 pill twice or thrice a day.

Indications : Grahani, alasam, athisaram and pakka noi. It is a good carminative and can be used in all digestive diseases to increase appetite and control loose motions.

256. *Vazhai Vatakam*.

Monthan Vazhaipoo
(Plantain flower) .. No. 1.

Each $\frac{1}{4}$ palam :

- | | |
|---------------|---------------|
| Lavaugam. | Jadhipathiri. |
| Jadhikkai. | Ganja. |
| Kariveppilai. | |

Karkatakasingi ... 1/10 palam.

Buffalo's Buttermilk .. Quantity sufficient.

The external petals of the plantain flower are removed and the internal portion is cut into two and the powder of the drugs are kept

256. Vazhai Vatakam—cont.

inside the cut portion and tied with thread and is immersed in a pot (Dolanthram) containing buffalo's butter-milk and boiled. When it attains pakam (flower should be well cooked) it is ground in a kalvam and 20 gr. pills are made and dried.

Dose : 1 pill with water twice a day.

Indications : Perumpadu (Menorrhoea).

SECTION XVII.

RASAYANAM.

257. Gandaka Rasayanam.

Gandhakam	10 palams.
Amukkarankizhangu	5 ..
Kadukkai	1 palam.
Thanrikkai	1 ..
Nelikkai	1 ..
Chukku	1 ..
Elam	1 ..
Serankottai	1 ..
Chitramoolaver pattai	1 ..
Thippili	1 ..
Parangi chakkai	2 palams.

257. Gandaka Rasayanam—*cont.*

Milagu	1	palam.
Vai-vidangam	1	„
Chandanam	1	„
Lavangam	1	„
Kadalai	1	„
Ghee	Quantity sufficient.	

All the drugs are separately powdered and mixed well. Then ghee is added little by little and ground in a kalvam.

Dose : 5 to 10 grs., in sugar and ghee twice a day.

Diet : Tamarind-free diet.

Indications : mega-neer, vellai, sarma noi (skin diseases), Venkushtam, etc.

258. Parangi Chakkai Rasayanam.

Parangi chakkai	10	palams.
Nilapanai kizhangu	5	„
Amukkarankizhangu	10	„
Thanneervittan kizhangu	2	„

Each one palam :

Nannari verpattai.	Kandankathiri ver,
Sangam ver.	Kodiveli ver pattai.
Thiripalai.	Vilamicham ver.
Lavangappathiri.	Thakkolam.
Sirunagappu.	Valmilagu.

258. Parangi Chakkai Rasayanam—cont.

Each one palam :

Vai vidangam.	ePreenthū.
Kotthumalli.	Vetpalaiarisi.
Seerakam.	Thamarai kizhangu.
Karunjeerakam.	Jathikkai.
Omum.	Lavangam.
Kurosani omum,	Jathipathiri.
Chitharathai.	Karu-veppilai.
Chandanathool.	Thirikattugu.
Siru thekku.	Lavangapattai.
Drakshai.	
Milk	4 measure.
Sugar (brown)	32 palams.
Honey	1 viss
Ghee	$\frac{1}{2}$..

Choornams of the above drugs are made after frying them slightly. Sugar is added to milk, boiled to consistency of syrup and then the above choornams are added little by little and stirred well. Then it is removed from the fire, ghee and honey added and stirred.

Kungumappuu Gorojanam, Pachai-karpooram.

Each 16 grs. weigh tare finely powdered and added at the end.

Dose . $\frac{1}{4}$ to $\frac{1}{2}$ tola twice a day.

Indications : Marbu noi, parangippun, kandamalai lingaputru. This is used in various venereal diseases.

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PHARMACOPOEIA**

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MACOPIEA

NEER

Kudineer

... 5.000 kg.
ku ... 5.000 kg.

paration :

... and mix well. Add 8 times
... reduce into 1/8. Filter and

Indica

May

Madhu

ibed for Athi Moothira Noi,

Dosage :

30 ml. to ... ml. three times a day.

2. Chitharathai Kudineer

Ingredients :

1. Chitharathai ... 1.000 kg.
2. Chitramutti ... 1.000 kg.
3. Thanneer Vittan Kilangu ... 1.000 kg.
4. Peipudal ... 1.000 kg.

5. Parpadagam	...		
6. Korai Kilangu...	...		
7. Sandana Chirai	.		
8. Chukku	
9. Milagu	
10. Amanakkuver	
11. Adathoda ver	1.
12. Kanchoriver	1.0

Method of preparation :

Purify all the above durgs and pound in a mortar into Mix them well and add 8 tin and prepare the decoction red and keep it for use.

, Boil
. Filter

Indications :

Thondaikattu, Irumal, K, Chronic Jawarms. Throat pain, Iraippu, etc

Dose :

30 ml. to 60 ml. Three times a day.

3. Visha Jwara Kudineer

Ingredients :

1. Milagu	0.400 gms.
2. Thippili	0.400 gms.
3. Chitharathai	0.400 gms.
4. Chiruthekku	0.400 gms.
5. Korai Kilangu	0.400 gms.
6. Peipudal	0.900 gms.
7. Parpadagam	0.800 gms.

8. Naattu Amukkara	0.800 gms.
9. Nilavembu	0.800 gms.
10. Kadukkai	0.800 gms.
11. Thulasi Samoolam	...	0.800 gms.
12. Adathodai	0.800 gms.
13. Adhimadhuram	0.400 gms.

Method of preparation :

Crush the drug each individually and then mix well. Add eight times of water and prepare the decoction reducing into 1/8. Filter and keep for use.

Indications :

For all Visha Jwarams.

Dosage :

30 ml. to 60 ml. three time a day.

4. Parangipattai Kudineer

Ingredients :

1. Parangipattai	...	1.000 kg.
2. Kadugu Rohini	...	1.000 kg.
3. Manjitti	1.000 kg.
4. Mara Manjal	...	1.000 kg.
5. Kadukkai	1.000 kg.
6. Thandrikkai...	...	1.000 kg.
7. Vasambu	1.000 kg.
8. Sombu	1.000 kg.
9. Veppampattai	...	1.000 kg.
10. Seenthil	1.000 kg.

Method of preparation :

Purify all the drugs and crush into coarse

powder. Add 8 times of water, boil and reduce it into 1/8. Filter and keep it for use.

Indications :

All skin diseases, insect bites, etc.

Dosage :

30 ml. to 60 ml. Three times a day.

5. Amukkara Kuindeer

Ingredients :

1. Naattu Amukkara 1.000 kg.

Method of preparation :

Purify the drug and make into coarse powder. prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Vatha Noikal, Nervous debility etc.

Dosage :

30 ml. to 60 ml. Three times a day.

6. Varma Kudineer

Ingredients :

1. Chundai Ver	0.050 gm.
2. Adadhodai Ver	0.050 gm.
3. Sadaveri	0.050 gm.
4. Sandanam	0.050 gm.
5. Kostum	0.050 gm.

Method of preparation :

Purify the drugs and make into a coarse powder individually and mix. Prepare the decoction, adding eight times of water reducing into 1/8. Filter and keep it for use.

Indications :

For Varma diseases

Dosage :

30ml. to 60 ml. Three times a day.

7. Kaca Kacaa Kudineer No.1.*Ingredients :*

Kaca Kacaa 1.000 kg.

Method of preparation :

Purify the drug and make into a coarse powder. Prepare the decoction by adding eight times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Insomnia (Sleeplessness)

Dosage :

30 ml. to 60 ml. at bed time.

8. Kaca Kacaa Kudineer No. 2*Ingredients :*

1. Kaca Kacaa	0.015 gm.
2. Elarisi	0.002 gm.
3. Kurosani Omam	0.003 gm.

Method of preparation :

Purify the items and make into a coarse powder individually and mix. Prepare the decoction by adding eight times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Insomnia (Sleeplessness)

Dosage :

30 ml. to 60 ml. at bed time.

9. Arugan Kattai Kudineer**Ingredients :**

1. Aruganpul	0.100 gm.
2. Milagu	0.100 gm.

Method of preparation :

Purify the items and make it into a coarse powder individually and mix. Prepare the decoction by adding eight times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

For Allergy and as an anti-dote, Skin diseases.

Dosage :

30 ml to 60 ml. Three times a day.

10. Marudampattai Kudineer.**Ingredients :**

Marudampattai	1.000 kg.
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Method of preparation :

Purify the drug and make into a coarse powder. Prepare the decoction by adding eight times of water and reducing in into 1/8. Filter and keep it for use.

Indications :

Thamaraka Noikal

Dosage :

30 ml to 60 ml. Three times a day.

11. Asokapattai Kudineer**Ingredients :**

Asokapattai 0.500 gm.

Method of preparation :

Purify the drug make into a coarse powder. Prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

For Menorrhagia and for strengthening the womb.

Dosage :

30 ml to 60 ml. Three times a day.

12. Elarisi Kudineer**Ingredients :**

Elarisi 1.000 kg.

Method of preparation :

Purify the drug and make into a coarse

powder. Prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Vomitting, Indigestion, etc.

Dosage :

30 ml to 60 ml. Three times a day.

13. Vétrilai Milagu Kudineer

Ingredients :

- | | | |
|-------------|-------|-----------|
| 1. Milagu | | 0.100 gm. |
| 2. Vétrilai | | 0.100 gm. |

Method of preparation :

Purify the items, crush individually and then mix. Prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Anti-dote

Doseage :

30 ml to 60 ml.

14. Impooral Kudineer

Ingredients :

- | | | |
|--------------|-------|-----------|
| 1. Impooral | | 0.050 gm. |
| 2. Valmilagu | | 0.050 gm. |

Method of preparation :

Purify the drug items, crush individually and

then mix. Prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Menorrhagia, blood vomiting, bleeding from any part of the body.

Dosage :

30 ml. to 60 ml.

15. Ceeraka Kudineer

Ingredients :

Ceeragam 1.000 kg.

Method of preparation :

Pulverise the drug and add 8 times of water. Prepare the decoction reducing it into 1/8. Filter and keep it for use.

Indications :

Indigestion, Pitha disorders, etc.,

Dosage :

30 ml. to 60 ml.

16. Adhividayak Kudineer

Ingredients :

1. Adhividayam	0.020 gm.
2. kadukkai	0.020 gm.
3. Sirunagapoo	0.020 gm.

Method of preparation :

Purify the items and pulverise individually.

Prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Diarrhoea, Indigestion, Diarrhoea with fever.

Dosage :

30 ml to 60 ml. Three times a day

17. Kāamaalai Kudineer

Ingredients :

1. Vilva Ver	0.100 gm.
2. Ven Sivadhaj	0.100 gm.
3. Pei Pudal	0.100 gm.
4. Sombu	0.100 gm.
5. Ven Milagu	0.100 gm.
6. Karisalai	0.100 gm.
7. Keezha Nelli	0.100 gm.

Method of preparation :

Purify the items, cursh individually. Prepare the decotion by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Jaundice and Liver disorders.

Dosage :

30 ml. to 60 ml. Three times a day.

18. Keezha Nelli Kudineer

Ingredients :

1. Keezha Nelli	0.300 gm.
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2. Vaalmilagu	0.300 gm.
3. Elarisi	0.300 gm.
4. Ceeragam	0.300 gm.

Method of preparation :

Purify the items and pulverise them individually. Prepare the decoction by adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Jaundice and Liver disorders.

Dosage :

30 ml. to 60 ml.

19. Vetti Ver Kudineer

Ingredients :

1. Vetti Ver	0.105 gm.
2. Vilamitchu Ver	0.015 gm.
3. Sadamanjil	0.015 gm.
4. Manjitti	0.015 gm.
5. Curry Manjal	0.015 gm.
6. Rose Buds	0.015 gm.
7. Chukku	0.015 gm.
8. Milagu	0.015 gm.
9. Kostum	0.015 gm.
10. Vasambu	0.015 gm.
11. Elakkai	0.015 gm.
12. Kadukkai	0.015 gm.
13. Thiraksai	0.015 gm.
14. Nilavakai	0.015 gm.

Method of preparation :

Purify the drugs and pulverise them individually. Mixing all, ad 8 times of water and prepare the decoction reducing it into 1/8. Filter and keep it for use.

Indications :

Veppu Noikal (All types of fevers)

Dosage :

30 ml to 60 ml.

20. Vilva Ver Kudineer*Ingredients :*

1. Vilva Ver	0.020 gm.
2. Kurunthotti Ver	0.020 gm.
3. Muttha Kasu	0.020 gm.
4. Seenthil Thandu	0.020 gm.
5. Arugan Ver	0.020 gm.
6. Murungai Ver	0.020 gm.
7. Kaliyana Murungai Pattai			0.020 gm.
8. Siru Kanchori Ver	0.020 gm.
9. Amanakku Ver	0.020 gm.
10. Thiri Kadugu each			
(Cukku, Milau, Thippili)			0.010 gm.
11. Adhimadhuram	0.010 gm.
12. Omam	0.010 gm.
13. Kotthumalli Vithai...	0.010 gm.
14. Kirambu	0.010 gm.
15. Chittaratthai	0.010 gm.

Method of preparation :

Clean the drugs individually and pulverise

them. Then mix them all. Prepare the decoction adding 8 times of water and reducing it into 1/8. Filter and keep it for use.

Indications :

Cough, Elaippu Ayasam, dryness of skin etc.

Dosage :

50 ml. per dose for 6 days.

21. Vellarugu Kudineer

Ingredients :

1. Vellarugu	0.050 gm.
2. Aatralari	0.100 gm.
3. Water	4.000 lr.

Method of preparation :

Put the items in the water, boil and prepare the decoction by reducing it into 1 litre. Filter and keep it for use.

Indications :

Skin diseases, Mega Noilkal.

Dosage :

30 ml. to 60 ml. two times orally.

KARKAM

22. Keezha Nelli Karkam

Ingredients :

1. Keezha Nelli	0.300 gm.
2. Vaali Milagu	0.300 gm.
3. Elarisi	0.300 gm.
4. Seeragam	0.300 gm.

Method of preparation :

Purify the drug items except Keezha Nelli, crush them individually and sift. Then adding Keezha Nelli into the powder, grind them well in a mortar and prepare the Karkam. Now the Karkam is ready for use.

Indications :

Jaundice and liver disorders.

Dosage :

10 gm. to 30 gm. mixed with milk. Two times a day. (Ref. Keezha Nelli Kudineer.)

23. Marudhani Karkam

Ingredients :

Marudhani	0.500 gm.
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Method of preparation :

Prepare the Karkam by cleaning and grinding the Marudhani Leaves.

Indications :

Local application for Karapatha Soolai.

Dosage :

Required Quantity.

24. Karisalai Karkam

Ingredients :

Karisalai 1.000 kg.

Method of preparation :

Prepare the Karkam by cleaning and grinding the Karisalai leaves.

Indications :

Jaundice and liver disorders.

Dosage :

30 gms. two times a day orally.

25. Vallarai Karkam

Ingredients :

Vallarai. 1.000 kg.

Method of preparation :

Prepare the kargam by cleaning and grinding the Vallarai Leaves.

Indications :

As a brain tonic and to improve the memory power.

Dosage :

30 gms two times a day.

CHOORNAM

26. Neerizhivu Choornam No. 1

Ingredients :

1. Kadukkai	0.200 gm.
2. Kariveppilai	0.200 gm.
3. Nellivatrā	0.200 gm.

Method of preparation :

Purify the drug items methodically. Crush individually and sift. Then mix them all.

Indications :

Neerizhivu, Adhimoothira Noi.

Dosage :

1 gm to 2 gm mixed with milk two times a day.

27. Neerzhivu Choornam No. 2

Ingredients :

1. Kadukkai Thol	0.200 gm.
2. Kariveppilai	0.200 gm.
3. Nellivatrā	0.200 gm.
4. Navalkottai	0.100 gm.
5. Seenthil	0.100 gm.
6. Keezhkkai Nelli	0.100 gm.
7. Korai Kizhangu	0.100 gm.

Method of preparation :

Clean the items, crush them individually and sift. Then mix them all for use.

Indications :

Neerizhivu Adhimoothira Noi.

Dosage :

1 gm to 2 gm two times a day orally with milk.

28. Ven Thamaraiyathi Chooranam**Ingredients :**

1. Elarasi	0.500 gm.
2. Chukku	1.000 kg.
3. Thippili	1.500 kg.
4. Adhimadhuram	2.000 kg.
5. Cadhakuppai	2.500 kg.
6. Ceeragam	3.000 kg.
7. Ven Thamarai Poo Ithalkal			6 kg.

Method of preparation :

Prepare the Chooranam of the White Lotus leaves dried in a cool dark place. Take the other ingredients and fry them moderately and make them into a fine powder. Then mix them all.

Indications :

Blood Pressure

Dosage :

500 mg. to 1 gm. two times a day mixed with milk, and Kukkil Parpam.

29. Karpooradhi Choornam**Ingredients :**

1. Poong Karpooram	0.400 gms.
2. Kichil Kizhangu	0.400 gms.
3. Annacipoor	0.400 gms.

4. Jadhikkai	0.400 gms.
5. Jadhpathiri	0.400 gms.
6. Sirunagapoo	0.400 gms.
7. Lavangam	0.400 gms.
8. Chukku	0.800 gms.
9. Milagu	0.800 gms.
10. Thippili	0.800 gms.

Method of preparation :

Purify all the drugs except Poonkarpooram and powder each item individually, sift and mix them well. Add Poongkarpooram into the mixture and keep it for use.

Indications :

Kaba Irumal, Iraippu Irumal

It may also be prescribed with Poorna Chandrodhaya Chenduram as supplement (Thunai Marundhu).

Dosage :

500 mg. to 1 gm. twice a day with honey.

30. Kaavikkal Choornam

Ingredients :

1. Elarisi	0.250 gm.
2. Soda Salt	1.000 kg.
3. Kaavikkal	10.000 kg.

Method of preparation :

Purify all the drugs, powder them each individually, sift and then mix them well.

Indications :

Perumbaadu, Gunmam

Dosage :

1 to 2 gm. twice a day.

3E. Imbooral Choornam

Ingredients :

Imbooral Ver 2.000 kg.

Method of preparation :

Crush the Imbooral root, sift and collect the powder for use.

Indications :

Raktha Moolam, Perumbaadu, bleeding from any part of the body.

Dosage :

500 gm. to 1 gm. three times a day with water.

LEHGYAM

32. Pancha Deepakkni Lehgyam

Ingredients :

1. Chukku	0.650 gm.
2. Milagu	0.650 gm.
3. Thippili	0.650 gm.
4. Elarisi	0.650 gm.
5. Ceerakam	0.650 gm.
6. White Sugar...	5.00 kg.
7. Honey	2.600 kg.
8. Cow's Milk	15 lr.
9. Cow's Ghee	1.300 kg.

Method of preparation :

Purify all the drugs, Gently Fry the drugs 1 to 5, and make them in to fine powder. Dissolve the sugar in the milk, filter and boil. Until it reaches a Syrup stage. Strew the drugs-powder, slowly over it, stirring well. Then add ghee into it and mix well. After cooling, add honey mix thoroughly and store.

Indications :

Vaivu, Vatham, Ushnam, Pitha Vaivu, Udal Ulaivu, Udarkuththu, Vali (body pain), Kaduppu, Erichal, Asthi Jwaram, Asthi Vettai, Diarrhoea, Dysentery, Flatulence etc.,

Dosage :

3 gm. to 6 gm.

33. Amukkara Lehgyam

Ingredients :

1. Ceemai Amukkara	64.000 kg.
2. Chukku	32.000 kg.
3. Thippili	16.000 gm.
4. Milagu	8.000 gm.
5. Elakkai	4.000 gm.
6. Cirunagapoo...	...	2.000 gm.
7. Lavangam	1.000 gm.
8. Country Brown Sugar	...	200.000 kg.
9. Cow's Ghee	100.000 kg.
10. Honey	50.000 kg.
11. Cow's Milk...	...	350 Lr.

Method of preparation :

Purify all the drugs crush well, sift and then mix them. Dissolve the sugar into the cow's milk and heat till it attain syrupy stage. Strew the powder mixture over it. Keeping on stirring. Add the Ghee into it and then cool it. After cooling, add honey and have the thick consistency (Lehgyam for use).

Indications :

All vatha disorders. May be prescribed as a general tonic for strength and vitality.

Dosage :

3 gm to 6 gm. two times a day.

ENNAI

34. Karpooradhi Thailam

Ingredients :

1. Poongkarpooram	12.500 kg.
2. Omam	50.000 kg.
3. Coconut Oil	50.000 kg.

Method of preparation :

Warm the Coconut Oil. Powder the Omam and make it as Karkam and put into the oil to boil. Allow the oil foams to shrink and take off from the oven. Pulverise the Poongkarpooram and put into a new vessel and filter the boiled oil in it.

Indications :

Local application for Marbu Chali, Marbu vali Iraippu etc.

Dosage :

Required Quantity.

35. Arugam Thailam No. : 1

Ingredients :

1. Arugampul Root	20.000 kg.
2. Kostum	0.065 kg.
3. Vettiver	0.065 kg.
4. Karpogi Arici...	0.065 kg.
5. Nallenney	20 lr.

Method of preparation :

Boil the Arugampul roots adding 8 times of water and reduce it into 1/8 filter the decoction.

Then add nallenny into it and heat well. Pulverise all other drugs as Karkam, put into the boiling oil and take off from the oven in the sand form. Filter the contents and cool it off.

Indications :

May be used for taking oil bath for Kan Erichal, Pitha Noi etc.

Dosage :

30 ml. to 60 ml.

36. Arugam Thailam No. : 2

Ingredients :

1. Arugampul	S.Q.
2. Adhimadhuram	1.000 kg.
3. Coconut Oil	20 lr.

Method of preparation :

Pound the Arugampul with Adhimadhuram and take the juice (Caru). Add equal quantity of oil into the juice and boil them. After boiling take off from the oven, filter and cool it off.

Indications :

Local application for skin diseases, burns, etc.

Dosage :

Required Quantity.

37. Sadamanjil Thailam

Ingredients :

1. Sadamanjil	50.000 kg.
2. Omam	100.000 kg.

3. Kappu Manjal...	25.000 kg.
4. Poongkarpooram	20.000 kg.
5. Navacharam...	10.000 kg.
6. Nallenney	400.000 lr.

Method of preparation :

Take powder of the first three items adding eight times of water and prepare the decoction reducing to 1/8 and filter. Add Nallenney and boil it. Make the Navacharam as Powder and put into the boiling oil and allow it to reduce further.

Pulverise the Poongarpooram and put it in a separate vessel and have the oil filtered in it. Now the Thailam is ready for use.

Indications :

Local applications for Vatha Noi, Keel Vatham, Marbu Chali, Iraippu, etc.,

Dosage :

Required Quantity.

38. Sivappu Kukkil Thailam

Ingredients :

1. Malai Nannari	1.800 kg.
2. Manjitti	1.800 kg.
3. Thaenmezhugu	1.800 kg.
4. Vellai Kungiliyam	1.800 kg.
5. Vempadampatti	0.200 gm.
6. Nallenney	40 lr.

Method of preparation :

Crush the first two items, and add 8 times of

water into it and prepare its decoction by boiling and reducing it in to 1/8. Filter the decoction and add equal quantity of Nallennay and boil. Put the Manjitti and Malai Nannari Karkam in to the boiling oil in the paste form cut the wax into pieces and put into the boiling oil. Pulverise the White Kungiliam and add into it. In the sand form, take off from the oven and filter. Lastly, powder the Vempadan pattai and mix up with the filtered oil and keep the thailam for use.

Indications :

Local application for Vatha Noi, Chulukku, Keelvatham, Pakkavatham, Moottu Veekkam etc.

Dosage :

Required quantity.

39. Kaayathirumeni Thailam

Ingredients :

1. Chitramutti	0.350 gm.
2. Vilvaver	0.350 gm.
3. Mani Arugu	0.350 gm.
4. Vettiver	0.350 gm.
5. Chottrukathazhai	0.350 gm.
6. Sankamkuppi...	0.350 gm.
7. Vallarai	5.000 kg.
8. Velipparutthi	5.000 kg.
9. Kuppaimeni	5.000 kg.
10. Neerthali Elai	5.000 kg.
11. Munnai Pachilai	5.000 kg.
12. Chukku	0.010 gm.

13. Milagu	0.010 gm.
14. Thippili	0.010 gm.
15. Adhimadthuram	0.010 gm.
16. Elarisi	0.010 gm.
17. Vendhayam...	0.010 gm.
18. Omam	0.010 gm.
19. Karkadaka Singi	0.010 gm.
20. Kostam	0.010 gm.
21. Thantrikkai...	0.010 gm.
22. Nellipparuppu	0.010 gm.
23. Kadukkai	0.010 gm.
24. Jathikkai	0.010 gm.
25. Masikkai	0.010 gm.
26. Chathipathiri	0.010 gm.
27. Thalisa Pathiri	0.010 gm.
28. Elavangam...	0.010 gm.
29. Akkirakaram...	0.010 gm.
30. Ceeragam	0.010 gm.
31. Kungumapoo...	0.010 gm.
32. Pachaikarpooram	0.005 gm.
33. Korosanai	0.005 gm.
34. Punugu	0.005 gm.
35. Kasthuri	0.005 gm.
36. Pasuvenney	0.005 gm.
37. Nallenney	15.000 hr.

Method of preparation :

Take the juices from all the fresh herbs plants and heat, while boiling, add the Nallenney and heat further. When it reaches the boiling point again, put the pulverised drug-powder of all other drug items and take off from the oven in the wax-stage. Filter it adding 10 grams of

purified rasakarpooram in the collecting vessel. Keep the Thailam safe for use.

Indications :

Used as pidi Thailam and Mudi Thailam. Also used for cut wound, bruise, etc.

Head-ache, migrine, heavyness of head, Kan Erichal, udal Kangai (Body heat) etc., will be cured if the Thailam is rubbed on the head before taking bath. May also be prescribed for Varma diseases.

Dosage :

10 ml. twice a day before meals for Varma diseases. Required quantity for local application.

40. Thiribala Thailam

Ingredients :

1. Kadukkai	0.360 gm.
2. Thantrikkai	0.360 gm.
3. Nelli Vatrak	0.360 gm.
4. Vettiver	0.360 gm.
5. Adhimadhuram	0.004 gm.
6. Pachai karpooram	0.004 gm.
7. Cow's Milk	20 lr.
8. Nallennay	20 lr.

Method of preparation :

Crush the first five items, add eight times of water, heat and prepare the decoction reducing it into 1/8. Then add equal quantity of oil and cow's milk and again boil it. Filter the boiling

contents putting the pachaikarpooram in the collecting vessel.

Indications :

Used to take oil bath for Kan Erichal, Pitha disorders etc.

Dosage :

Required Quantity.

41. Kaarpogi Thailam

Ingredients :

1. Kaarpogi Arisi...	2.500 kg.
2. Adhimadhuram	2.500 kg.
3. Kitchali Kilangu	2.500 kg.
4. Coconut Oil	20 lr.

Method of preparation :

Boil the Coconut oil first. Powder the other items and make them as Karkam, add into the Coconut oil, boil well. After boiling, take off from the oven and filter it for use.

Indications :

Local application for venpadai and other skin diseases. May also be rubbed on the head for treating Podugu, Thalai ooral etc.

Dosage :

Required quantity.

42. Kaadhu noi Thailam

Ingredients :

1. Vasambu	40 gms.
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2. Vellai poondu..	40 gms.
3. Perungayam	40 gms.
4. Veppennai	500 gms.

Method of preparation :

Pound first 3 drugs and add the last drug boil and daecanted.

Use :

Used as ear drops.

Indications :

Ear ache, ear discharge etc.

43. Vasa Vennai

Ingredients :

1. Lime Juice	2.000 lr.
2. Coconut Oil	1.000 lr.
3. Castor Oil	1.000 lr.
4. Kumari Charu	2.000 lr.
5. Nannari Ver	35 gm.

Method of preparation :

Mix the juice and boil. While boiling add the other oils. Then add the Nannari root powder. Mix well, filter in the Mezhugu patham and keep it for use.

Indications :

Local application for Moottu Vali (Joint Pain).

Dosage :

Required Quantity.

44. Manpillai Vatha Thailam

Ingredients :

1. Manosilai	0.20 gm.
2. Kukkil	0.020 gm.
3. Mayillergu	0.045 gm.
4. Veppennei	1.000 litre

Method of preparation :

Make a fine powder of Manosilai and Kukkil. Put the powder, Mayilleragu into a mud pan adding Veppennei. Cover the resin vessel with a piece of cloth smeared with clay and make a hole with an umbrella rod. Then expose the vessel to fire and heat moderately. On heating when white smoke follows the black smoke, take off the vessel from the oven and allow it to cool. Then remove the clay-cloth and collect the oil, free from the smell of Veppennei.

Indications :

Local application for polio myelitis.

Dosage :

Oral dose in drops two times a day according to age group.

45. Vetpalai Thailam

Ingredients :

1. Vetpalai Elai	30.000 kg.
2. Coconut Oil	30.00 lr.

Method of preparation :

Clean the leaves of Vetpalai and put in a vessel. Pour coconut oil over the leaves and

place in the Sun light until the water content evoprates. Then filter the oil and keep it for use.

Indicaions :

Local applications for Kaalaanja Padai orally and locally.

Dosage :

Two Tea-spoon full two times a day orally. Required quántity for local application.

46. Paavana Panchaangula Thailam

Ingredients :

1. Amanakku Vithai	1.700 gm.
2. Neerakaram	SQ (3.200)
3. Chottru kattrazhai	SQ
4. Chevvila Neer	6.800 ltr.

Method of preparation :

Take the overnight rice water in a vessel and put the Amanakku Vithai in the early morning to soak for a day. Next morning filter the water, clean the seeds and put them in the Sun light to dry. Take the juice from Chottru Kattazhai and put the Amanakku Vithai into it to soak for one more day. Next morning boil it in the same vessel. Then filter and keep the seeds to dry up in the day light. Then crush the seeds and put into the vessel adding four times of water. Also add one red tender coconut water into the vessel and heat moderately.

At the boiling point after the foams subdued,

and when the oil floats in the surface of the boiling water, filter and keep the Thailam for use.

Indications :

Ganachudu, Karuppachudu, Urinary tract infections.

The pregnant mothers may take this Thailam 1/4 Palam before sun rise and 1/2 Palam at bed time for better growth of the foetus with beauty and personality.

47. Onan Sudar Thailam

Ingredients :

1. Onan (Big)	12 nos.
2. Veppenney	2.000 Lr.
3. Vellaippoondur	1.000 kg.
4. Veeram	0.014 gm.
5. Rasa Karpooram	0.014 gm.
6. Lingam	0.014 gm.
7. Taalakam	0.014 gm.
8. Manocilai	0.014 gm.
9. Vellaippadanam,	0.014 gm.
10. Kandhagam	0.014 gm.
11. Paalthutham	0.014 gm.
12. Thurusu	0.014 gm.
13. Navacharam	0.014 gm.
14. Padikaram	0.014 gm.
15. Nervalam	0.014 gm.
16. Venkaram	0.030 gm.

Method of preparation :

Take the Onan, cut off its head and remove its outer skin. Dissect its abdomen and clean

the bowel. Purify the other drug items, pulverise and sift well. Grind them adding the Garlic. Take the paste and put into the Onans' abdomen and cover with a thread cotton bandage. Then tie the body of the onan in an iron rod. Burn it adding the Veppenney drop by drop and collect the dropping liquid from the burning body of the onan in a vessel. Repeat the process three times by pouring the collected liquid into the body again and again. At last collect the Thailam for use.

Indications :

For all types of valippu muraikal.

Dosage :

5 to 10 drops orally, two times a day, mixed with milk.

48. Sivappu Thailam ^a

Ingredients :

1. Pungan Ver	40.000 kg.
2. Coconut oil	10.000 Lr.
3. Majitti	0.625 gm.
4. Nannari	0.625 gm.
5. Manjal Mezhugu	0.625 gm.
6. Vellai Kungiliyam	0.625 gm.
7. Chevvallikkodi	0.200 gm.
8. Surul pattai	0.300 gm.

Method of preparation :

Boil the Manjitti, Nannari, Chevvallikkodi and Pungan root, adding 8 times of water. Prepare the decoction by reducing it into 1/8.

Mix up equal quantity of oil into the decoction and again boil. Cut the yellow wax into pieces and put them into the melted thick consistency. Take off from the oven in the sand-form. Put the pulverised Vempadampattai into it and stir well. Then filter and keep it for use.

Indications :

Local application for skin diseases.

Dosage :

Required Quantity.

MAATHIRAI

49. Kadukkai Maathirai

Ingredients :

1. Annapethi	0.900 gm.
2. Kadukkai Thol	0.300 gm.
3. Milagu	0.300 gm.
4. Vellai Karisalai	3.000 kg.

Method of preparation :

Clean all the ingredients except Karisalai Methodically. Crush them individually and sift. Mix all the items and grind well adding the Karisalai juice. Make small pills (of Chundaikkai size) and dry in shade.

Indications :

Veluppu Noi.

Dosage :

One to two pills morning and evening orally.

50. Urai Maathirai

Ingredients :

1. Chukku	0.075 gm.
2. Adhimadhuram	0.080 gm.
3. Akkirakaram	0.030 gm.
4. Vasambu	0.030 gm.
5. Jathikkai	0.030 gm.
6. Masikkai	0.050 gm.
7. Kadukkai	0.050 gm.
8. Perungayam	0.050 gm.
9. Vellai Poondur	0.050 gm.
10. Thippili	0.025 gm.

Method of preparation :

Clean and crush all the items individually and sift except Poondur. Then mix them all. Strip off the outer cover of the Vellai Poondur and add into the powder mixture. Grind them well by adding boiled and cooled water. Then make pills and dry in the shade.

Indications :

Maantham, Ganam, indigestion etc. for Children.

Dosage :

1 to 2 pills rubbed with hot water, two times a day orally.

51. Vettu Marvan Kuligai

Ingredients :

1. Ven Milagu	0.125 gm.
2. Porikaram	0.125 gm.

3. Thippilili	0.125 gm.
4. Omam	0.125 gm.
5. Nabi	0.125 gm.
6. Chuthalingam	0.1000 gm.
7. Inji	2.000 gm.

Method of preparation :

Clean the drug items crush individually and sift. Then mix them all and grind for three hours adding Inji charu. Then prepare Pills of Milagu size and dry up in shade.

Indications :

All kinds of fevers (64 Jwarangal), Janni, Ceetham, etc.

Dosage :

1 to 2 pills with Inji charu or Ceeraga Kudineer.

MANAPPAGHU

52. Poondu thaen

Ingredients :

1. Poondu : 10 Nos.
2. Thaen : 15 ml.

Required quantity of vellai poondu is ground well and pasted in a clean cloth. The cloth is exposed to the heat over the flame and then squeezed well. The juice collected is mixed with equal quantity of honey.

Indications :

Used as a throat touch for tonsillitis and other throat infections.

EXTERNAL MEDICINE

53. Venkara Madhu

Ingredients :

1. Venkaram	0.300 gm.
2. Honey	2.000 kg.

Method of preparation :

Fry and Pulverise the Venkaram and add honey into it. Churn, mix well and keep it safe for use.

Indications :

For local application over Akkaram, etc.

Dosage :

Required Quantity.

54. Mookku Thuli (Nasal Drops)

Ingredients :

1. Padikaram	0.200 gm.
2. Majal	0.40 gm.
3. Milagu	0.50 gm.
4. Nilavembu	0.100 gm.

Method of preparation :

Fry and pulverise the padikaram. Also pulverise the other drug items, add 2 litres of water, boil and reduce it into 1 litre. Filter 5 to 6 times and keep it for use.

Indications :

Peenisam and other Nasal disorders.

Dosage :

2 to 3 drops.

55. Pal Thuli (Tooth Drops)

Ingredients :

1. Seemai Uppu...	0.120 gm.
2. Puthina Uppu...	0.080 gm.
3. Poongkarpooram	0.040 gm.
4. Honey	1.200 kg.
5. Kramppu Nei...	0.20 gm.

Method of preparation :

Pulverise first three drugs, each individually and then mix. Add honey and Kramppu Nei into the powder mixture, churn with a laddle and keep for use.

Indications :

For all tooth infections.

Dosage :

Required quantity.

56. Pal podi

Ingredients :

1. Kasukkatti	4 parts
2. Kadukkai thol	2 parts
3. Induppu	1 part
4. Masikkai	1 part
5. Padikaram	1 part

Method of preparation :

... Each drug is to powdered well and mixed.

Use :

Used as a tooth powder

Indications :

Tooth ache, inflammation of gums etc.

57. Annappodi

Ingredients :

1. Sotruppu	0,150 gm.
2. Induppu	0.150 gm.
3. Perungkayam	0.200 gm.
4. Cukku	1.800 gm.
5. Omam	1.600 kg.
6. Milaku	1.600 kg.
7. Ceeragam	1.800 kg.
8. Kaintha Kariveppilai	1.600 kg.

Method of preparation :

Clean the drug items, fry each individually pound and sift separately. Then add them all and keep the powder for use.

Indications :

Indigestion, loss of appetite

Dosage :

1 gm to 2 gm.

58. Poora Podi

Ingredients :

1. Kadukkai Powder	0.50 gm.
2. Kasukkatti	0.050 gm.
3. Mirthar Singi...	0.050 gm.
4. Rasa Karpooram	0.050 gm.

Method of preparation :

Purify all the drugs powder individually sieve and then mix them all.

Indications :

Local application over the Ulcers.

59. Virali Elai Pattu

Ingredients :

1. Virali Elai	0.050 gm.
2. Kari Manjal	0.020 gm.
3. Chunnambu	0.020 gm.
4. Chotru Kattrazai	20 gm.
5. Egg White	2 Nos.

Method of preparation :

Crush the Curry Manjal with Chunnambu and sift. Take the Virali leaves, Chotru Kattrazai and Egg white and grind well, adding the powder of curry Manjal and Chunnambu keep it in the paste form for use.

Indications :

Laocal application as poultice over the inflammations and boils.

Dosage :

Required Quantity.

60. Kaal Kaduvan Pātru

Ingredients :

1. Rasa Chenduram	...	0.050 gm.
2. Pasu Vennai	...	0.200 gm.
3. Kudiyottu Poondur Sambal	...	0.250 gm.

Method of preparation :

Grind the Rasa Chenduram adding a small quantity of butter for an hour. Then grind further adding all the remaining butter for two hours. Then mix it with the ashes of the roots of Kudiyottu ponndu and again grind it for an hour. Now keep it for use.

Indications :

Local application for Kaal Kaduvan.

Dosage :

Required Quantity.

61. Kavikkal Muttai Patru*Ingredients :*

1. Kavikkal	50 gm.
2. Muttai	1

Method of preparation :

Pound the Kavikkal and sift them. Add the egg white into the Kavikkal powder and make a fine paste.

Indications :

To apply locally as pultice for Yanaikkal (Elephantiasis) Akki, etc.

Dosage :

Required Quantity.

62. Kazharchi Patru*Ingredients :*

Kazharchikkai Paruppu...	50 gm.
Egg	... 2 Nos.

Method of preparation :

Take the kernels from the Kazharchikkai. Pulverise and sift and then add egg white. Make the poultice by grinding them.

Indications :

Local application for Virai Veekkam, Yanaikkal (Elephantiasis), etc.

Dosage :

Required Quantity.

63. Charakkonrai Pulip Patru**Ingredients :**

1. Charakkonraip Puli...	...	1.600 kg.
2. Vedyuuppu	0.200 gm.

Method of preparation :

Clean the pulp of Charakkonraip Puli remove the seed and soak into the water. Then mix the vediuppu with the pulp and make the poultice by grinding them.

Indication :

To apply locally over the abdomen for evacuating the excrement and urine in Mahodharam.

Dosage :

Required Quantity.

64. Reval Chinni patru**Ingredients :**

1. Reval Chinni	...	0.100 gm.
2. Charakkonrai Puli	...	0.100 gm.
3. Vedyuppu	0.100 gm.
4. Cukku	...	0.100 gm.
5. Devadharu	0.100 gm.

- | | | |
|---------------------|--------|-----------|
| 6. Chandana Chivail | ... | 0.100 gm. |
| • 7. Sadamanjil | | 0.100 gm. |

Method of preparation :

Purify the items except Charakkonrai Puli and crush them individually and sift. Clean the plup of the Charakkonrai puli and soak into the water. Then mix all the items and make a fine paste of poultice.

Indications :

To apply locally over the abdomen for evacuating the excrement and urine in Mahodharam.

Dosage :

Required Quantity.

65. Milakai Adithattu Patru

Ingredients :

- | | | |
|----------------------|--------|-----------|
| 1. Milakai Adithattu | | 0.110 gm. |
| 2. Kunri Mani | | 0.150 gm. |
| 3. Ven Kadugu | | 0.100 gm. |
| 4. Poongkarpooram | | 0.075 gm. |
| 5. Chukku | | 0.050 gm. |
| 6. Perungayam | | 0.075 gm. |

Method of preparation :

Clean and purify each item methodically, crush and sift individually. Then mix all of them and prepare the patru by grinding well.

Indications :

Local application for Pakka Coolai on both side ribs.

Dosage :

Required quantity.

66. Arugan Kalimbu

Ingredients :

1. Aruganpul	5.000 kg.
2. Murungaipattai	2.000 kg.
3. Vilva Elai	2.000 kg.
4. Umathai Elai	2.000 kg.
5. Chevvaralippoo	1.000 kg.
6. Veppilai	5.000 kg.
7. Coconut Oil	5.000 lr.
8. Vellai Kungiliyam	0.010 gm.
9. Karuncheeragam	0.010 gm.
10. Kattu Cheeragam	0.010 gm.
11. Perungayam	0.010 gm.
12. Yanai Thippili	0.010 gm.
13. Vasambu	0.010 gm.
14. Veppamuthu	0.010 gm.
15. Neeradi Muthu	0.020 gm.
16. Kasthuri Manjal	0.010 gm.
17. Pacchai Manjal	0.010 gm.
18. Vetti Ver	0.010 gm.
19. Kadukkai	0.010 gm.
20. Nerunjimul	0.010 gm.
21. Thurusu	0.005 gm.
22. Vellai mezhugu	0.500 gm.
23. Pungan Vithai	0.010 gm.
24. Adhimadhuram	0.080 gm.
25. Gandhagam	0.020 gm.
26. Rasam	0.020 gm.
27. Seemai Akathi Elai	5.000 kg.

Method of preparation :

Clean first six items and the leaves of Seemai Agathi, pound and take juice from them. Add equal quantity of coconut oil and boil it. Then clean all other items pound and sift well. Put them into the boiling oil heat further till it turns into the ointment form. Cut the white wax into small pieces and put into a vessel and put the paste into it. Stir well and keep it for use.

Indications :

Local application for all skin diseases.

Dosage :

Required Quantity.

67. Cirangu Kalimpu*Ingredients :*

1. Raca Chenduram	0.040 gm.
2. Mirthar Singi...	0.040 gm.
3. Gandhagam	0.040 gm.
4. Thaenmezhugu	3.000 kg.
5. Neeradi Muthu Oil...	1.800 Lr.
6. Veppenney	1.800 Lr.
7. Coconut Oil	3.600 Lr.

Method of preparation :

Pulverise the Rasa Chenduram, Mirthar Singi and Sulphur, each individually. Mix the three oils and boil. Cut the wax into pieces, put them into the oil to dissolve and take off from the oven. Sprinkle the powder over the oil, stirring well. Now the ointment is ready for use.

Indications :

For local applications on Cirangu, Pungal etc.
(Eruption, Sores, Ulcers etc.)

68. Vanka Viranak Kalimbu**Ingredients :**

1. Vanka Chenduram...	...	0.400 gm.
2. Mirthar Singi...	...	0.400 gm.
3. Raca Chenduram	0.400 gm.
4. Raca Karpooram	0.200 gm.
5. Thaenmezhu	3.00 kg.
6. Coconut Oil	7.00 Lr.

Method of preparation :

Heat and boil the Coconut oil and cool it. Cut the Wax into pieces and put into the oil to dissolve. Pulverise all other drugs and sprinkle over the boiling oil, stirring well. Take off from the oven in the paste form. Now the ointment is ready for use.

Indications :

Local application for Viranams (Wound Sore, Bruise, Ulcer, etc.)

Dosage :

Required Quantity.

69. Karpogi Pacai**Ingredients :**

1. Karpogi Arisi	...	0.900 gm.
2. Karunceeragam	...	0.900 gm.
3. Kattu Ceeragam	...	0.900 gm.

4. Koppparai Thengaai...	...	0.900 gm.
5. Kaca kaca	0.900 gm.
6. Neeradi Muthu	1.210 gm.
7. Gandhagam	0.900 gm.

Method of preparation :

Crush the neeradi muthu first and collect its kernel. Crush all other items individually and sift well. Also crush the neeradi muthu kernel and sift well. Mix all the items and keep it for use.

Indications :

Venkushtam, Thaemal, padar Thamarari.

Dosage :

Required Quantity.

For local application mixed with lemon juice or butter milk.

70. Padiga panneer

Ingredients :

1. Padikaram	4 gms.
2. Panner	1 Lr.

Method of preparation :

Fry Padikaram and powder well, mixed with panner and filtered

Indications :

As an eye drops for conjunctivits, cataract and pterygium.

71. Nakapoochu marunthu

Ingredients :

1. Vellai kungilium
2. Thurusu
3. Padikaram
4. Venkaram
5. Mirudhar Singhi
6. Gandhagam
7. Kasukkatti

EQUAL QUANTITY

Method of preparation :

... Powder each drug and mix well

Indications :

Fungus nail (Naga soththai)

Method of use :

Mixed with lime juice and applied externally over the affected nails.

