

THE

# Hindu Message

A Weekly Review of Indian and World-Problems  
from the Hindu Standpoint.

## Medical Supplement

‘चिकित्सात्पुण्यतमं न किञ्चिदपि शुश्रुमः’ । ‘विभेद्यस्वश्रुताद्देहो मामयं प्रहरिष्यति’

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### NOTES AND COMMENTS.

The isolation of active principles from drugs serves several purposes (though not medically beneficial) of which the use of it for criminal intents may specially be noted. The use of aconitine the active alkaloid isolated from the Drug, Aconite or Aconitum Napellus—rendered free, for action, from the counter-acting compounds Aconine and Benzocoinae—for criminal purposes has been proved. Two grains of this alkaloid, which has an extraordinary high toxicity, administered, under pretence of giving medical treatment, with gelatine capsules produced vomiting and rendered in a short space the patient delirious, killing him within a period of three and three-quarter hours. The normal dose of this preparation for ordinary human beings is claimed to be from one-six-hundredth part of a grain cautiously increased to one two-hundredth part of a grain. Surely this is a case of science used for criminal purposes by professional people.

If it is not a waste of public money we fail to understand what it is? The School of Tropical medicine recently opened at Calcutta is to pay special attention on research in connection with India's Indigenous drugs on lines similar to those governing the Rockefeller Institute in New York. Is this an attempt to improve the indigenous system or enrich the British Pharmacopoeia? If it is the former the attempt is a vain and the establishment is a waste. If the latter, India cannot tolerate that process at the expense of our own interest. Research as understood by the West is a mere farce and a humbug and the ideals of the East are altogether different. Unless the West learns to carry on research on indigenous lines as explained in and in terms of Ayurveda the attempt is sure to prove a failure. It is said that “the standardisation of the active principles of indigenous drugs and the investigation of their therapeutic efficiency will form part of the activities of the new institution.” This work is nothing but superfluity and a plea for the exploitation of Indian resources and a drain of Indian Public money on commercial interest.

This is an appropriation of celestialism for the West and an exhibition of perverted arrogance not to recognise truths and facts, however scientific in the East. The work is not uncarried out by the East. They have been determined and well explained in our literature and need no rehandling. But there is one thing. A recognition of them in the East would not help them in carrying out the objects of exploitation to a successful end. But that is not to be. Hence this plea of research, for this unjustifiable drainage. Research!! Forsooth! Is it a research for means of further and substantial drainage or what it is? The wonder of all is this? An Indian ministry professing to represent a popular Government should thus lend its name to such a criminal waste of public money is absolutely inexplicable. Surely it is a criminal neglect of their responsibilities to the country.

We note with pleasure that, at long last, the 13th All-India Ayurvedic and Unani Conference is to be held at Rajmundry from the 13th to the 17th proximo. Nyapathu Subbha Rao Pantulu is the Chairman of the Reception Committee. Among the draft resolutions, one expresses thanks to such Local Boards and Municipalities as have taken a kindly interest in the revival and encouragement of Ayurveda; another advocates preventive propaganda to combat diseases on the part of the indigenous practitioners; a third advocates the training of women medical practitioners. This seems to us to be a resolution of doubtful utility. It does not seem to be understood that at bottom the allopath's campaign against indigenous medicine is dictated by pecuniary or commercial consideration and the introduction of a third complicating factor is not wise, and is only playing into the hands of the allopaths. Our cordial sympathies go with the other resolution recommending the “registration” of indigenous practitioners. It is surprising that the draft resolutions contain no reference to the questionnaire set by the recent Madras Committee, nor to the attitude to be adopted by indigenous practitioners towards the Committee. And again we should suggest that the Conference should take more active steps to enlist the sympathy of lay men in the cause which they are advocating.

### Vaccination.

Now again small-pox is said to occur under certain extraordinary climatic disturbances. Granting that it is caused by certain micro-organisms, it is this peculiar climatic change that offers the necessary material for these micro-germs to grow and live upon. They are carried far and wide and live wherever they find the place congenial for their growth and development. In air, water they live. The whole area where this peculiar condition exists, is affected by the sudden and extraordinary disturbances of the climate of the place. The people living in the locality or its immediate vicinity are similarly affected. These microbes entering into the constitution of the individuals, through the several channels, begin to work upon their mission of rendering the normal equilibrium of the functional agents abnormal upsetting thereby the natural order of things in the body. Thus a peculiar morbidity is rendered possible which finally completes with the creation of that particular pathological formation necessary for the onset of this so-called fell disease small-pox.

In any case therefore the ultimate cause of the disease is the displacement or derangement of the functional agents inside the organisms and not the external foreign intruders, which are all only auxiliary to that particular pathological formation. It is thus only an organismal disease. Whatever be the cause or causes that contributed to the first supply of the necessary materials, into the system—whether be they microbes or otherwise—for a particular pathological formation, it is the functional agents that ultimately complete the process by their derangement or displacement. It is they therefore that are to be rectified and replaced in their normal positions.

Under these circumstances how a virus, taken from a diseased part of an innocent animal, introduced into the system prevent the onset of the particular disease which is said to have been caused by the extraordinary climatic disturbances. The conditions obtainable in both cases are far distant and different. When, how and under what circumstances the virus was obtained no one could tell. Could this extraordinary circumstances of the climatic affection have been anticipated when that particular virus was obtained? What bearing that virus could be expected to have on the influences of external or internal organisms which are to get themselves poisoned at a future date owing to circumstances beyond human control and that could never have been dreamt of when that virus was being obtained. And yet this virus is said to possess such super extraordinary powers, as it is claimed for it as regards the prevention of small-pox.

It is not known what its *rasa* or *viya* or *vipaka* or *prabhava* is. It is not known how it acts on the system nor it is known what special properties, it holds as to prevent the onset of small-pox. If the prevention of small-pox is by itself its special properties it should be explained how. It may be said that in small-pox the system becomes poisoned and to counteract that poison this virus is introduced into it as a precautionary method beforehand. If that is so it shall have to be admitted that this is also a different kind of poison. It would only mean then that to prevent the *natural* introduction of a poison—which is by itself doubtful—at a future date—when and how no one knows—we are introducing ourselves knowingly and wilfully into our system a far more dangerous kind of poison derived from the diseased part of an animal under very abnormal and dissimilar conditions. While the introduction of the former one is doubtful the latter is certain while the former is transitory or temporary and occasional the latter is permanent and constant. The affection by the former

in individual systems is merely a chance—for many are not affected by small-pox and many do not contract it at all—while that by the latter is assured. Thus it will be seen that the inoculation with a particular virus into the system for the prevention of small-pox cannot mean anything than this:—viz fearing the Wolf fall into the clutches of the Lion.

Endavouring therefore to prevent an attack of smallpox various other diseases are introduced into the system. The blood is permanently poisoned. This is in short what is gained by getting one vaccinated with a foreign virus.

It must be borne in mind that the constitution among individuals varies inexplicably. A thing that suits a particular constitution may not suit a different one. One has to adjust himself therefore while engaging to undertake a particular treatment to the constitution, time and place. While this is the case with beings of same group or class there is an apparent disparity in the order of things obtainable of beings of different groups. Thus the constitution of a man is far different from that of a lower animal. The two live upon absolutely different things and their age also is far distant. This also accounts for the various dangers that are introduced into the system by vaccinating an individual with this virus of a lower animal.

Mr Meyer an Australian doctor points out that "while 21 years are needed to complete the growth of a human being, four or five years represent that of the cow. That the cells of the cow's flesh as constituted grow much more rapidly than the human cells and consequently that the introduction of bovine protoplasm into the human system must tend to upset the constitutional balance to foster disorganisation of cellular tissue and promote the general condition of disparity, disintegration and destruction in which cancer finds birth."

### A Practicable Demonstratoin

What should a medical science deal with and how can it be broadly classified? A medical science should clearly point out the healthy stage of the body and deal with that force or those forces that control the functions of the system (2) It should clearly deal with the cause or causes that upset the equilibrium of the controlling force or forces. It goes without saying that if the controlling force or forces are upset the system also becomes upset. This state of the body is technically termed *disease* (3) It should also clearly explain how to set up the deranged force or forces which in turn will set up the equilibrium of the body, i.e., *Health*.

Let us see if Ayurveda satisfies the above. It is said that the functions of the system are controlled by the forces termed *Tridoshas* called Vata which comprehends all this functions of the sensory and motor nervous systems, Pitta or the heat producing agents called the Thermogenesis principles and Kapha or the heat regulating agents called the Thermotaxis principles.

These forces get deranged by the abnormal or unnatural combinations called Heena, (हीन) Mitya (मिथ्या) and Atiyoga (अतियोग) of Kala (काल) Artha (अर्थ) and Karma (कर्म) respectively termed the season, enjoyments and actions. By using drugs, animal, mineral or vegetable, either to eliminate, or to neutralise the product or products of the deranged dosha or doshas, the equilibrium of the vitiated controlling forces could be restored to normal. This restoration of the equilibrium of the functional agents is technically termed "Health."

Ways and means for demonstrating the above theory in a well-equipped Modern Laboratory are not wanting. Set aside a group of healthy men and

animals—rabbits preferably—as controls. Take three other groups of healthy men and healthy animals—rabbits preferably—for subjection to disease-bringing factors as *Kala*, *Artha* and *Karma*, that are set to promote *Vata Pitta* and *Kapha* respectively. The object of including men for experiments is to demonstrate that pulse indicates the variation in condition of the *Doshas*, and as such, subjection to condition should be stopped immediately if any slight change in the pulse is noticed and treatment commenced without loss of time. On no account should a human being be experimented to extremes. Due care should be taken that the health of the individual is not much tampered. The object of subjecting animals for experiments is to note the pathological conditions or changes in terms of the three controlling agents *Vata*, *Pitta* and *Kapha* as described in *Ayurveda*. They should be experimented to extremes as without which the pathological variations will not be well marked. Treat all the Human Beings immediately after recording the pulse-reading. Treat one-half of the experimented animals according to the *Ayurvedic* system immediately after the desired conditions are obtained. Dissect the whole lot treated and untreated at different stages. (Take it for granted that the properties of substances are classified on some scientific basis which will be dealt with later on) The structural change should be photographed at every step. Histo-pathological specimen should be preserved. Bio-Chemical examination is also advised wherever necessary.

An experimentation on some such lines, alone, will enable one to arrive at a decision as to the existence of the Three *Doshas*—the exact condition of which is indicated in the pulse. That the Three *Doshas* are the bed-rock for the control of the functions of the body in healthy and diseased stage, that *Kala*, *Artha* and *Karma* under *Heena*, *Mithya* and *Atiyoga* combinations, deranges the tri-doshes and thereby upset the system in part or in whole, and that *Samana* and *Sodhana* are the ways to correct and restore the morbid controlling agents to their normal could then be established beyond doubt, in such a way that it may be acceptable to the orthodox or allopathic scientists.

The prakriti of individuals has not been taken into consideration here as the three *Doshas* could not exist in fixed ratios in all. This is only a general sketch of the work to be undertaken for scientific demonstration of the principles on which *Ayurveda* rotates. When actual experiments are carried out the same will be taken also into consideration as this is one of the most vital points to be considered into. The Indigenous systems committee appointed by the Government of Madras would do well to arrange for an investigation on these lines and secure the necessary facilities for such a demonstration.

### Snake-Bite.

Captain K. C. Dube, I. M. S., Assistant Director of Public Health, United Provinces writes:—

On an average about twenty thousand lives are lost annually in India from snake-bite. There is no doubt that the mortality could be greatly reduced if people only knew how to guard against snakes and what to do when a man is bitten. By observing the directions given in this leaflet the danger from snakes will be minimised.

#### DISTINGUISHING MARKS OF BITES OF POISONOUS SNAKES.

In India there are numerous varieties of snakes, but only thirty-seven of these are poisonous and only seven are commonly met with. Everyone should

learn to distinguish the different varieties, for it often happens that a man faints solely from fear even if the snake biting him is non-poisonous.

There is a distinction between the wounds inflicted by poisonous and non-poisonous snakes. If on looking at a wound closely you find marks of two-teeth you should conclude that the snake was poisonous, but if the wound shows cross marks of several teeth, the snake must be non-poisonous.

The wound inflicted by a poisonous snake is characteristic. Soon after the bite there is intense burning pain, the wound begins to turn red and bleed and the whole part becomes blue and swollen. The man feels as if intoxicated and sleepy. There is a peculiar sensation in the legs and sometimes he begins to vomit. The power of speech and swallowing is lost and respiration is gradually stopped. Persons bitten by certain varieties of snakes at once become senseless, their body becomes cold, there is copious perspiration, the pulse becomes feeble and often there is bleeding through the mouth and bowels.

#### PRECAUTIONS AGAINST SNAKE-BITE.

The following precautions should be taken by those who live in snake-infested quarters:—

Always sleep in bed. If you have to leave your bed at night, light a lamp and before setting your feet below, make sure that there are no snakes on the floor. Never go out at night, especially during the rainy season, without shoes and light.

Do not let grass and thick bushes grow near your house as they are likely to harbour snakes. If possible, spread gravel round your house to the width of at least one yard, for snakes do not like to pass over a rough and rugged surface. Try to have your house free from frogs and rats as they attract snakes.

#### WHAT TO DO IN CASE OF SNAKE-BITE.

If unfortunately a man is bitten by a snake, tie a cord, handkerchief or a piece of strong cloth three inches above the wound, and by inserting a piece of stick into the ligature and twisting it make the bandage so tight as to stop the circulation of blood at that place. Then with a lancet make several longitudinal incisions (never make transverse cuts for fear of cutting blood vessels) and rub the wound with pieces of potassium permanganate (the red disinfectant thrown into wells for purifying water). To be able to benefit by this treatment you should always have a box containing a lancet and a small quantity of potassium permanganate. You can get such a box from any chemist for four annas or six annas. If you have not got potassium permanganate, remove the flesh from the wound and its adjacent parts with a sharp knife and burn the wound with a burning coal, a piece of hot iron or boiling oil.

If no signs of poisoning are visible in half an hour, slacken the ligature a bit; else the part below it will become deadened.

If the body of the patient begins to get cold, then keep his head low and the legs fixed at right angles to the body; both the limbs should be tightly bandaged from below upwards; a mustard plaster should be applied over the heart; dry ginger and mustard should be rubbed over the body till hot water bottles are ready to be applied to the patient's body. At least a dozen hot water bottles are required for the patient and he should be covered with a blanket.

Alcohol should not be given. Smelling salt made by mixing equal quantities of lime and *nosadar* (country Ammonium Chloride) may be inhaled by the patient.

Hot soup, hot milk or hot tea should be given to the patient, preferably two or three teaspoonfulls every quarter of an hour.

Do not obstruct air and do not allow the patient to move; let him have perfect rest. If breathing is found to be stopping, have recourse to artificial respiration as is done in the case of drowned persons.

NOTE—Always get the best medical help and in the meantime carry out the above instructions.

### Aids To Increase Weight.

By SIMON LOUIS KATZOFF, A.M., M.D.

One of the first requirements for obtaining an increase of weight or become plump, as some would prefer terming it, is to have a good stomach. In other words, the digestive and assimilative organs should be normal.

Sufficient rest and sleep must not be neglected. Do not take your cares, worries, responsibilities and grievances to bed with you. Leave them on the outside.

Try to read something that will produce laughter or a good mood prior to retiring. Resort to a comic, phonographic record if that is conducive to relaxation and rest. Eating some appetizing fruit before retiring is also advisable.

Meals should be eaten at regular times, and a substantial quantity should be consumed; but nobody should eat to excess or when not hungry. Most of the meals should consist of fats, starches, sweets, and plenty of fruits. Acid fruits and acid foods should be eliminated. Plenty of bread and butter, potatoes and oatmeal should be consumed regularly.

Meats are unnecessary as a factor in producing weight. Vegetable soups should get first rank on the menu.

"Adam's Ale," or pure water, is the best drink on earth. Drink plenty of it before and between meals, but not during meals, except a sufficient quantity to merely quench the thirst. Plenty of water in the morning as an "eye opener" is excellent practice. Ice water should never be taken under any circumstances.

One of the best liquids as a means of gaining weight is plenty of milk, say two or three quarts daily.

Eggs, about six daily, especially if made into some palatable and nourishing form such as egg and malted drinks, are very desirable for such fattening purposes, if digestion is good. Sweet cream is a very nourishing and fattening semi-liquid; as are cheese and other dairy products.

Tea and coffee are irritants and should not be taken. They may be replaced by fattening food-drinks, such as chocolate, cocoa, milk and cream.

Exercise should never be neglected. It should be taken before breakfast and before retiring.

To sum up the essentials of how to increase weight, we may briefly say this:

Eat plenty of nourishing, yet fattening foods; have plenty of relaxation and sleep; drink plenty of water, milk, etc.; take gentle exercise; have a cheerful or non-irritable mood and a determination to do what you know is best to regain the desired weight.

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