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for peaceful co-operation

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It's easy enough to be pleasant
When life flows along like a song,
But the man worth while
Is the man who can smile,
When everything goes dead wrong.

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Madras-Thyagarayanagar.—Editor, W. & W.

EDITORIAL

*Peaceful co-existence is the foundation
for peaceful co-operation.*

1. Mr. Lester Pearson is reported to have said that co-existence is not enough, and all must work for co-operation. It is indeed sound advice. But he failed to express the truth, that co-operation is only the further stage after peaceful co-existence is assured. By omitting the qualification PEACEFUL, he has inadvertently created the wrong idea that cooperation can come into being without the preliminary step of peaceful co-existence, which means confidence and trust. The attitude of NATO and SEATO and the USA Battle act and embargo on trade with China, and the qualified embargo on trade with China and the so-called communist East European States demonstrate this fact. As a high USA authority said, the peace is an "armed peace"—

Enemies watching for favourable time to destroy the other.

2. NATO, SEATO and the projected MEATO—Middle East organisation—all proceed on the fundamental fear and assumption that—what is dubbed—international communism is out to wage aggressive war and force the peoples of the world to adopt and pursue the communist way of life obtaining in USSR.

3. Is this assumption correct ?

4. The USSR want only peaceful co-existence. They do not ask for cooperation, but express readiness to co-operate on a basis of equality. It is for the other nations to accept such cooperation if they consider it beneficial. The USSR wants to be let alone, free to proceed along its planned path—which concerns only its own people and their welfare. It believes in setting an example of equal peaceful prosperity for every one of its vast population of over two hundred millions of many scores of ethnic types, spread over an area of some one-sixth of the land surface of the earth, by its Soviet Socialist planned economy, with the motto "Each for all and all for each" and the discipline that "he that doth not work neither shall he eat". They have undeniably achieved remarkable success.

5. Why should people living under other ideologies seek to destroy the USSR, provoked thereto by their hostility to the Soviet communist way of life? Why should they forget the maxim "Live and let live", or the warning "Let sleeping dogs alone"? The answer given by the leaders of the USA is an accusation. They say that the USSR is "exporting communism." They quote Lenin. Did Lenin really plan to export Communism? Historic truth will say that Trotsky wanted to force communism on the neighbours, while Lenin forbade it as suicidal. Lenin wanted prove first to their own people of Russia, that the Soviet Socialist system was an improvement on the Czarist system, and to first make the Russian people accept it as beneficial, prosperous, equitable, scuring to each and every one real equality in fact. He hoped and affirmed that the success of the Soviet Socialist System of planned economy in Russia will be an example and proof of its worth, and may thus succeed in persuading other peoples in other countries to follow the Soviet System, modified to suit

their national needs, if they were so dissatisfied with their existing system as to elect for a change for the better.

6. This expectation is now dubbed a policy of "exporting communism", by leaders of nations who appear to be apprehensive, about the attitude of the masses of their own people, in judging the merits of their existing system in comparison with the USSR. Western leaders consider their existing political and economic life is the best. But it is based on the selfish maxim "Each for himself and the Devil take the hindmost". But the common people of the west are naturally minded to change in favour of the policy "Each for all and all for each". It is growing not by physical pressure from the communist camp, but by the example they set. The underdogs of the capitalist ruthless oppression, crave for real freedom from the shakling capitalist economy, which enables the exploitation of the masses by a few who have secured all the means of production as their private property and also secured the aid of the state to help them perpetuate the slavery under the mocking name of freedom. Yes. Freedom to starve, to beg freedom to be underdog, freedom to die helpless, uneducated, uncared for and unwept, freedom to be cannon fodder in wars started by their ruling clique, to rob and enslave other weak peoples.

7. These exploiters call themselves followers of Christ. The only thing they accept in practice is to tell the exploited to be, and continue to be, poor. For Christ has said, "Blessed are the poor, for theirs is the kingdom of Heaven". Their moral sense is blunted. They excel in hypocrisy. They have no qualms of conscience, over the millions they send to death in war, or drive to misery by ruthless exploitation. Why? Has not Jesus said that he dies for the Sins of all men till judgment Day and their sins are washed away in advance by his sacrifice? Thus these people are assured reserved seats in Heaven, unaffected by whatever sins they may commit!! What a comforting religion for bloodsucker, killer and enslaver?! Vicarious absolution, forgiveness in advance, welcome to heaven unaffected by sins committed, are the merits of the faith, as interpreted by hypocrites!

8. No wonder, the Russians who want heaven on earth, dissociated religion from the state. The Chinese too do not believe in heaven or hell after death. They affirm that man can find and make heaven and hell on this earth and during his earthly life. Through centuries they have striven for peaceful co-existence. Therefore it was natural for them to accept the doctrine "Each for all and all for each". The ambition of the imperialists to reimpose economic and political domination over the awakening peoples, with armed power cannot succeed—whatever the honeyed words covering their black hearts.

9. Fortunately for the weak peoples their lack of facility to produce arms for defence is remedied by the friendly help of communist people. The predatory armed west have not the manpower to use them. The common man has realised the futility of war. He has realised that by helping monopoly capital to enslave other people, he simultaneously adds more fetters for himself. So, the western imperialists have formed NATO, SEATO and

propose a MEATO, in the hope of whetting the blood-thirstiness of the covetous gullible peoples to find manpower to carry and use their arms. Vain hope. Even the nomad has learnt to see through the cunning promises made in words of double meaning with conditional clauses, and mental reservations. Like circumstantial evidence before a court of law, the words of western diplomats point equally both the ways and excel in the art of double-crossing.

10. The exploiting west will soon be left to shiver in the cold, starved of markets, trusted by no one, and moaning over their colossal wealth wasted in the arms-piling, unless they honestly accept the reality of life, and elect to pursue the path of non-aggression—though not friendship and follow the safe and wise rule of conduct to "Live and let live". They must first *learn to trust their own people* and care for their welfare. KARL BARTH the eminent Swiss Protestant Theologist said in a speech on 14-11-1954 at Wiesbaden "It is an illusion to imagine that communism can be overcome with tanks and atom cannon". The only way is to be honest and just to ones' own fellow citizens, and abandon the ambition to "own the world" confessed to by LUDWELL DENNY so far back as 1930, in his revealing book "America conquers Britain", and "We fight for oil."

HEALTH

BLOOD PRESSURE

(Continued from previous issue)

For example, while climbing a mountain, there would necessarily be an increase in the level of blood pressure. This does not mean that the concerned individual is suffering from high blood pressure. Similarly it is in the case of hard manual labour like carrying huge quantities of water, felling a tree, etc. If, in any person, the blood pressure does not rise during the times of such works, naturally that person would feel unenergetic or tired and would be debarred from doing such acts. Once that work is finished, the blood pressure also drops to its normal level. This only shows that such individuals are in a state of perfect health ready to do any act. Further, this proves that the various parts of the body, the inner complex mechanism, are able to co-operate and jointly answer to the passing need of an individual.

Momentary anger, resentment, irritation, etc., quickly register a rise in blood pressure. In these cases, a hearty laugh or a mere soothing of the mind causes an instantaneous drop in the pressure to the original level. Deep breathing slightly brings down both the systolic and the diastolic pressures. A forcible or strong exhalation registers a rise in pressure.

Exercises cause an increased supply of blood to the different groups involved in the act. This causes, in turn, an increase in the systolic pressure. Also, during such exercises, there arises a dilation of the arterioles and capillaries situated in the activated muscles and it causes a lowering of the pressure inside the concerned arterioles and the capillaries. Muscular efforts being localised, there is a general rise in the systolic pressure. This rise, the system is able to maintain by increasing the arteriolar tone in the inactive parts. This compensation is the result of the intelligent functioning of the various cells by themselves;—of course, in accordance with the decision arriving from the various plexus of the vasomotor control. When this complex mechanism is broken down, no amount of injections, etc., would help to raise or lower the blood pressure in the different parts of the body; for, man,

with all his intelligence, cannot make these drugs decide to which part they should supply blood and from which they should withhold. What is needed is the cell-intelligence and it should hence be preserved at all costs.

To come back to the original point under discussion, the rise in the systolic pressure may be well kept under control by long practice of exercises, etc.; that is, the inner system should become used to the actions. Sudden and new actions will considerably increase the pressure; routine work and exercise, to which an individual is accustomed, will only register a slight increase. Great mental strain or intense mental concentration is also liable to cause a great increase in the pressure. It may be profitably remarked, here that these variations in pressure are only normal and that there is no need to become anxious over them.

The following few points may also be profitably studied.

While a hot water bath causes a slight increase in the pressure, cold water bath produces a great increase in the pressure. A heavy lunch or dinner increases the blood pressure; once the process of digestion has started, the pressure will gradually fall down, since the abdominal capillary field opens up. In persons whose muscular tone is not up to the mark, this lowering of blood pressure may cut the supply of blood to the brains, etc.—It is this that induces a person to fall asleep after taking the meals. Also, for the same reasons, there is a feeling of chilliness.

In the case of nervous persons who are also physically weak, even slight emotions cause a rapid rise in the blood pressure. With the progress of the day's work, these persons experience a gradual lowering of the vascular tone. Acts which cause passing emotions may prove dangerous to these persons because, on account of their lowered vascular tone, they cannot quickly regain the normal level of blood pressure after, say, serious arguments, etc. This means they shall and will have to sustain for a considerable time a high blood pressure which might force an excess of blood to a certain part of the body and withhold it from some other parts. Giddiness, etc., arise in these cases on account of poor circulation of blood to the brain, and it might cause the individual to faint after a serious argument. Fainting is a natural process which helps the individual to regain blood circulation to the brain. A fainted man lies flat on the ground. And this makes it possible for blood to flow to the brain.

Chapter VI

Blood-pressure, Its Cause & Cure

The malady of blood pressure is related to the heart, the most vital part of the body. In its initial stage it is hardly to be known by the patient. People get this disease generally after twenty. Heart is the prominent part of the body. It is known to be the centre of the vital energy, Prana, Ojas, Rasa, blood and the Vyan Vaya. This is why with the want of Ojas and other energies the heart manifests the greatest reaction. When mind is overcome by fear, the heart-beat increases more and more. In course of time, the heart goes on losing its consciousness. One begins to feel the loss of consciousness in the vital parts of the body. In case no treatment is done, the signs of sudden death is bound to manifest.

CAUSE OF THE DISEASE

Causes of high blood pressure are heredity, age, strenuous work as of doctors, lawyers and business men, over-nutrition, disturbances of endocrine glands, kidney trouble, arteriosclerosis or hardening of the arteries, some forms of heart disease, angina pectoris, gout, nicotine poison through heavy smoking. Mental strain has a very decided influence on blood pressure.

Blood pressure is raised by kidney diseases as well as by those of the arteries. It occurs in emotional or highly nervous people. Blood pressure is only a symptom.

The causes of low blood pressure are: exhaustion, shock, typhoid fever, tuberculosis, internal bleeding, exhausting diseases, excessive sweating, diarrhoea.

Sedentary habits, constipation and excess of nitrogenous food are exciting causes.

Symptoms—The patient generally complains of one or more of the following symptoms, viz., headache, vertigo or giddiness, dyspnoea or difficulty of breathing, palpitation, languor, feeling of fullness above the head, disinclination for exercise, depression, disturbed vision and sleeplessness.

The pulse can be conveniently felt in the radial artery at the wrist. You can count it by looking at the watch. In a healthy adult the pulse beats will be 72 per minute, and the respiration will be 14 to 18 per minute. The ratio between the respiration and pulse in a healthy adult is 1:4. This will be disturbed in Pneumonia and other diseases. The science of the pulse is wonderful. An able Ayurvedic doctor will be able to diagnose the disease and describe the symptoms and fix the time of death by feeling the pulse alone. The pulse is an index of the heart. It shows the condition of the flow of blood, its volume and pressure.

When a man exerts himself much, on some occasions the heart may do four times its normal work. Under such conditions the pulse beats may be very very fast. The reserve power of the heart is put into action when there is extraordinary strain on some occasion. But if the heart is weak or is in a diseased condition, it will not respond. It will not supply the required amount of blood to cope with the strain or overwork. Consequently there will be less blood in the brain. This will produce swooning and the stoppage of the heart's action or heart failure. Therefore you should never cause undue strain to the heart. Remember this point well.

By taking hot heavy pungent and spiced articles of food, by internal shock, by excessive exertion day and night, excessive sexual intercourse or grief, by excessive drinking and meat eating and by checking the calls of nature for a long time, one gets this disease.

The heart always helps the impure blood from all the parts of the body to get itself purified in the lungs with the help of oxygen and again to redistribute the oxygenated blood throughout the body by pumping it into the arteries. The influx of blood into the heart is called internal blood-pressure. When the blood-pressure increases, it becomes difficult for the heart to continue the function of blood circulation. Consequently the circulation stops, and with the stoppage of heart beat, death ensues. The prolonged blood-pressure causes the arteries to dilate and the flow of blood in them becomes slower. After some times even the flow of blood becomes unbearable for the arteries. The mind being intimately connected with the arteries, gets affected in consequence.

THE INITIAL STAGE OF THE DISEASE

The patient feels heaviness in the body, cough increases and mind begins to reel. Slow pain is felt in the heart, the taste of mouth is somewhat sweet or dry. The hunger disappears. The patient begins to perspire, his body trembles, he may even swoon. He feels darkness under his eyes. He wants to drink water and to lie down. There are lassitude, breathlessness on exertion, bleeding from the nose, etc.

By these signs one should know the initial stage of the disease.

Be cheerful and joyful always under all circumstances. Smile and laugh. Freedom from worry is essential. If symptoms are very troublesome, absolute rest in bed is very essential. The mind and body should be perfectly relaxed. Any sudden exertion should be avoided. Walking is beneficial.

Fasting is highly useful. Take fruit juice, fresh green, vegetable salad. Apple and cream is a good, wholesome

combination. Give up starches and heavy food. Live on low diet. Hot tea, coffee, spices, pickles, all liquors, tobacco, should be strictly avoided. Lime juice is beneficial.

Saline purgative, vegetarian and fruit diet, relaxation are useful. Do not practise difficult exercises. Iodide, iodide of potassium and sodium relieve blood pressure.

Be careful about your dress. Do not wear anything that can impede the free movement of the blood. Do not wear tight corset or tight shoes or tight garters. Tight collar, bands or gloves, tight necklace or bracelet, should be avoided.

Sponging the whole body with tepid water daily followed by a brisk rubbing with a rough towel is helpful. Hot baths, turkish baths, are useful.

Relaxation exercise is one of the best means.

ITS CURE

With the attack of blood-pressure one should make the patient lie down upon a cot. Let the air be pure in his vicinity. Do not talk with the patient. His head should be wetted by cold water and given enough rest. For answering calls of nature, everything must be arranged near him. He should not be allowed to go hither and thither. The patient should be given the following medicines daily for calming down the attack.

First Recipe (Mukta Mishram)

Mukta pisti	4 Gr
Praval pisti	4 Gr
Guduchi Sat	16 Gr

Preparation :—Mix them well and make doses of 12 grains each. Take each dose morning and evening along with half an oz. of honey or butter. Very soon the benefits of medicine will be manifest.

Second recipe (Rakta Chapher Yoga)

Sidha Makaradhwaj	2 gr.
Swarna Bhasma	$\frac{1}{2}$ gr.
Mukta Misti	2 gr.
Panch Karpur	$\frac{1}{2}$ gr.

Mix them well and make the doses of 2 grs. each. Take each dose morning, noon and evening mixing it with half an oz. of honey or butter. Within two or three days, alone, the benefits will be seen.

Third recipe (Arjuna Kshur)

Cow's milk	1 lb.
Fresh water	1 lb.
Arjuna Cheel Churna	$\frac{1}{2}$ oz.

Preparation :—Should be mixed and cooked slowly on fire. When it remains only 1 lb., it should be taken out from the fire, $\frac{1}{2}$ oz. sugar candy should be mixed in it. After cooling it one pav should be given after every three hours. The heart trouble will subside very soon.

Fourth recipe (Sarpagandha Churna 20 gr.)

Dose. From 2 to 10 grains should be taken along with 2 oz. of Rose water or 4 oz. of fresh water.

This gives quick relief.

Fifth recipe (Vamsh Kshiri Churna)

Sarpagandha	20 gr.
Vamshlochan	32 gr.
Keshar	24 gr.

Preparation :—Should be powdered well each separately, then mixed. Then doses should be made each of 38 grains.

Take each dose morning and evening with half an oz. of butter followed by a pav of cow's lukewarm milk, mixed with sugar candy. This is very effective.

ARJUNARISHTA

Arjunarishta is very beneficial in all the defects of heart. One oz. of the medicine mixed with half an oz. of water, should be taken 10 minutes after a light diet.

Sixth recipe (Arjuna Ghrit)

Arjuna Chhal	2 oz.
Cow's ghee	8 oz.

Preparation :—2 oz. of Arjuna Chhal should be made into decoction with 8 lbs. of water. When 2 lbs. of water is left, it should be taken away from fire and then strained. Again the above 1 oz. ghee, 2 oz. pasted Arjuna chhal and 2 lbs. of decoction, all the three should be mixed in a polished pot and cooked on a slow fire. When 8 oz. of the quantity is left, it should be taken away from the fire and strained. Then it should be kept in a glass bottle. 6 Mashas of it should be used each time, morning and evening, with 6 oz. of milk. All kinds of heart troubles are removed by this use.

Seventh recipe (Drakshavaleh)

Munekka (Rasina)	2 oz.
Honey	1 oz.
Cow's ghee	1 oz.

Preparation :—Extract the seeds of rasina and grind it finely with honey and cow's ghee. Take morning and evening half an ounce each time followed by 8 oz. of lukewarm cow's milk.

Useful diet for the patient

Rice, Mung, barley, butter, honey, cow's ghee, milk, plantains, apples, pomegranate, Mosumbee, Parawal, Karela, Peta, tomato, ginger are very useful. Avoid oil, chillies, onions, garlic, Urud, Gur, alcohols and meat, heavy food, pungent articles, sexual intercourses, anger, anxiety, labour, too much talk, etc.,

The Herbs 'Serpentine' and Its Utility

Among all the roots and herbs found in India serpentine (Sarpagandha or Chandrabhaga) has got one of the most prominent place. In Sanskrit it is called Sarpagandha (chandrabhaga), in Hindi Chhoti chand or Dhau Marua, in Bengali Chadar, in Marathi Adakai and in Latin Merolfia serpentine.

Description :—Sarpagandha is bitter and acrid in taste. In effect it is slightly hot. The herb is one and a half to two feet high with various branches. Its leaves are as glossy and green as those of the chandani flower. Its small fruits, when ripe, are seen just like kakmachika. Its roots are twice as thick as its stem. Its various parts are full of fine fibres.

Place of birth : It is found generally in the cold or moist hot parts of the country. It is found up to the height of 5000 ft in the region of the Himalayas. Mostly it is found in Dehradun, Massoori, Bengal and in the vale of Nepal. In foreign countries it is found in Ceylon, Andamans, Nicobar, Java, Sumatra, Malaya, etc. The Indian herb is exported to America, Germany and Switzerland. The Indian Government is taking special interest in the cultivation of this herb. It should be culled in the month of Margashirsh or Pausa (October & November). It should be then dried and kept in an air-free place.

Importance and Utility: The medicines prepared by the help of Sarpagandha are generally used in blood pressure, Epilepsy, Hysteria and other mental diseases. They are also

used as sleep-inducing medicines. In the cure of all these diseases the latin scientist 'Grios Ava Harto' has praised it much. The strength of the patients specially who are suffering from hysteria must be taken into consideration before using the medicine prepared out of sarpagandha. One should be cautious in using it in the case of weak, and anaemic patients. Blood pressures should be first known before the use of the medicine. It should be used only when the blood pressure has gone high. In cases of those patients suffering from mental diseases, if the flow of blood is sluggish, the medicine is of little use.

In Blood pressure: 10 gr. of sarpagandha powder should be taken followed by rose-water or fresh water each time morning and evening in an empty stomach. The younger ones should not be given more than 4 grs. at a time.

Chapter VII

Naturopathic Treatment for Blood Pressure

People think that blood pressure is a disease. Blood pressure itself is not a disease. It is necessary for the circulation of the blood. When the blood pressure is normal, it is not a disease; but when it goes much higher than the normal or much lower than the normal, it is considered as a disease.

Blood circulating in the body goes to the heart, which sends it to the lungs, where it gets oxygen by our breathing process. Oxygen purifies it of impurities and pure blood again returns to the other part of the heart. The heart then sends it to the different parts of the body. The heart is the pumping organ which supplies blood to the body. There are two small tubes called veins and arteries, through which blood circulates to the whole body. Impure blood goes to the heart for purification through veins and purified blood circulates through arteries to the various parts of the body. When the heart fails, the circulation of the blood stops and the body dies. This action of the heart goes on from life till death.

The normal blood pressure in an ordinary man is between 120 and 140 millimetres. If it goes above 140 or falls below 120, then it is considered as high or low blood pressure respectively. This is now measured by an instrument called Sphygmomanometer.

There are many causes for the rise or fall of the blood pressure above or below the normal. Sometimes the cause is hereditary tendencies. Old age, strenuous work, overeating, kidney and liver troubles, excessive drinking of tea and coffee, smoking, mental strain, anger, worries, are the general cause of this disease. In advancing age after 40 or 45 a man naturally suffers from this disease of high blood pressure.

Causes of low blood pressure are excessive mental fatigue, shocks, excessive bleeding and sweating, high fevers.

Symptoms: Man feels heaviness in head, giddiness, depression, weakness, dimness in vision; in olden times this was recognised by the feeling of pulse only. In ancient times most of the diseases were recognised by different kinds of beats of the pulse. Physicians having this knowledge of pulse are very rare now. Now everything is done by mechanical instruments.

After 45 or 50 many men are seen to be suffering from this disease. This is more common now, as the present life in a big city, where naturally men have to work hard from morning till evening, puts a great strain on the brain and also worries of family life are now too much for a man of middle state and want of proper food is also one of the causes.

High blood pressure is not a serious disease, to be feared. It can be kept under control by careful living.

Remedies: If the mind is sound, the body remains sound; so one should always try to be cheerful under any circumstances. Even when they are beyond our control we can control ourselves and face the difficulties with boldness and

cheerfulness, because we cannot avoid them. We should move away from the place of disturbance and take rest for some time.

Walking and easy exercises are also good.

Change in diet is most necessary. Too much eating of sweets, condiments, and drinks should be avoided. Starchy and heavy foods should be abandoned. Fasting is most essential in this disease; but nowadays—nobody likes to observe fasts: As there is no other quicker remedy for this, one must observe fasts. If complete fast is not possible, one should remain on the juice of 'mossambies', lemons or oranges for a week and for some days he should live exclusively on fruits and vegetables only.

Hot water baths and sponging the body with warm water is also helpful. Dress also should be neither too tight nor too loose.

The present day strenuous and hard struggle for existence is at the root of many diseases. It is beyond our control to change the present circumstances; hence control over our own mind is most important. This self-control can be acquired by reading scriptures, elevating books, by healthy exercises. Asanas are good, better than many other exercises and therefore they should be practised daily. They help to keep the body healthy and aid us in increasing our self-control.

Japa or repetition of the Lord's name is also good for the control of mind. It makes the mind peaceful and helps us in our spiritual development.

Fruitarian diet is costly from the point of view of many men, but it is not more costly than the doctor's injections. Middle class men should take cheap vegetables and fruits only. For low blood pressure milk will be more suitable. While taking fruitarian diet constipation should be avoided by free use of enema.

Lastly faith in God and self-confidence are most necessary. Patience is also most essential as one cannot get relief in a day as the nature's process of cure are sure but slow. One must learn to labour and to wait.

Fruitarian diet can cure many diseases, as fruits are nature's remedies and food also. They contain vitamins in a natural state and are far better than costly vitamins tablets which can be had from the chemists and druggists.

Chapter IX

How to Live with High Blood Pressure—General Hints

Are you one out of about every five adults who has high blood pressure or hardening of the arteries? If you are, there is no need to worry yourself into bed. Most people with one or both of these conditions can count living useful lives, if they take sensible precautions.

Medical research has brought about almost revolutionary changes in the treatment and management of both these conditions. Patients who would have been condemned 20 years ago to a useless life in bed are now advised to live normally. The wise physician today would no more prescribe an invalid's routine for the average patient than he would recommend getting a job as a longshoreman.

Nobody yet knows what causes high blood pressure, nor is there any specific treatment for the ailment. There is not even general agreement on the best treatment. More than any other disease, hypertension (high blood pressure) varies with the patient and the treatment should fit the person. Actually, high blood pressure is not a disease at all, but a sign that something is wrong, like the headache or fever that accompanies a cold.

The majority of people with high blood pressure can do more for themselves than can be accomplished by surgery or drugs, although consultation with the family physician is always important.

"Watch your blood pressure," should be a solemn warning rather than a taunt, for irritability can be the boundary-line between good and bad health. Do you explode when a telephone operator cuts you off or get angry when your opinions are challenged? If so, you may be in for trouble.

ENJOY LIFE-MODERATELY

A good tip is to keep clear of friction and worry if you can. And don't worry about your blood pressure when you hear the soapshaker thumping in the dish-pan. There may be excellent therapy in taking the dish towel your wife is ready to hand you.

When you are doing your share at the office, don't bring home work to impress the boss. Take an interest in your community life, but don't become a one-man crusader.

Little things may worry you like your son's habit of leaving his bike on the lawn, or the torn nightgown your wife wears, or your neighbour's prejudices.

There will be big worries, too, like money, insurance, life expectancy, the lousy shape the world is in. Face up to them. If you don't know the answers, talk to your doctor, discussing with him the possible value of psychotherapy. Then dispose of each problem either by solving it or filling it.

However, if you wish to hold your job and avoid invalidism, you may have to make some concessions to your high blood pressure. A good rule is to do every thing your doctor permits but no more.

Dr. Page has listed a few general rules, although they cannot be applied to everyone.

Walk—never run upstairs. Quit anything before you get over-tired—Relax or nap twice a day (say, a half-hour before lunch and an hour before dinner).

If possible, quit work a little early and exercise outdoors for an hour (but avoid competitive sports; don't be in a golf game longer than you should).

Go to bed well before mid-night.

Keep your weight normal.

Argue and worry as little as possible.

High blood pressure has been called the doctor's disease, because hard working physicians are often the victims. It might also be called the super-executives' disease, since it frequently attacks the man who likes to talk into two telephones while dictating to two secretaries. But it is by no means an upper bracket ailment for the vast majority of patients are ordinary people—the day labourer, the semi-skilled man on the assembly line, the bus driver, the housewife, the school teacher and grocer.

It is the hefty type that appears to be most susceptible to hypertension. Dr. S. C. Robertson of North-Western University measuring more than 10,000 persons, found high blood pressure most common in those of short and stocky build. Tall, slender and narrow chested persons tended to have low blood pressure, which should be regarded as asset, not a disease.

While nobody yet knows what causes high blood pressure, there is a hereditary background in about 40 per cent of the cases. It cannot be blamed on age alone, for it is found occasionally in babies and fairly among people. Actually it strikes most commonly during the productive years of middle life and, according to Dr. George A. Perera of Columbia Presbyterian Medical Centre, New York, the average age onset is 32.

Blood pressure in some people will rise from time to time and stay elevated for a period, then drop back to normal. About three-quarters of the several million persons affected will probably develop persistent high blood pressure. Why some escape is a mystery to doctors.

You cannot determine that your blood pressure is high without consulting a physician. Some persons with high blood pressure have no symptoms whatever. A common symptom is headache. Dizziness and light-headedness may persuade you that you are about to faint. You probably won't. Your doctors can usually overcome these symptoms. Vertigo, a feeling that the world is revolving around you, is of more consequence than plain dizziness.

But don't jump to any conclusions without medical examination. Most people who have headaches or dizziness do not have high blood pressure, and most people who have high blood pressure do not have headaches or dizziness.

An important fact for patients to remember is that high blood pressure is not necessarily a serious ailment. The average arterial wall is strong enough for pressure twice as any that has been recorded.

There is no special treatment for high blood pressure. Surgery, drugs, psychotherapy and special diets, such as the salt-free diets, have been used in recent years with encouraging results. Sympathectomy, an operation which involves cutting nerves along the spinal column, is rated a good gamble for the right cases although no reliable method for selecting the right cases has yet been devised.

For more than 20 years doctors have been using potassium thiocyanate to reduce blood pressure and minimize the risk of complications; but the drug is dangerous, if the dose is not carefully regulated by testing the amount retained in the patient's blood. Other drugs are now being widely investigated.

Since there are obvious ties between hypertension and emotional difficulties, psychotherapy is advisable where the patient is suffering from deep underlying problems that could be disposed of.

The diets low in salt have been widely debated, the best known being the rice-diet recommended in 1944 by Dr. Walter Kempner of Duke University. Dr. Kempner reported that rice, sugar, fruit and fruit-juices helped 70 per cent, of 700 patients who had the courage to follow this diet for 35 days to 100 day. Other physicians have reported a smaller percentage benefited. In any case, the results are due almost entirely to the restriction of salt.

Ordinary starvation seems to reduce blood pressure, as shown in patients who survived war famine in Europe. When the University of Minnesota managed to cajole 34 young men into eating less than 1,600 calories a day for six months, their average weights went down by 24 per cent, and their blood pressure dropped.

Blood pressure is affected by a host of physical conditions as well as by emotional tension. If certain glands such as the adrenal and pituitary do not function properly, they may release chemicals which increase the blood pressure. Dozens of different organic conditions may be accompanied by hypertension.

Contrary to the common belief some people who eat more meat and less spinach are less troubled by high blood pressure. There is no evidence that excessive salt is a cause, although some patients are helped when salt is eliminated from their diet.

There are many who think the higher the pressure, the greater the risk of damage. Science disagrees. The only important question is whether pressure that is above normal depends on the person. Anyone who tries to forecast his future by comparing blood pressure readings at different times is wasting emotional energy and probably boosting his pressure.

The narrowing of the arterioles through which the blood passes to feed the body tissues is the immediate cause of high blood pressure. The smaller the channel, the greater the

pressure required to force the normal amount of blood through. So the heart works harder (not faster) and the blood pressure rises. If the blood vessels are sturdy enough to withstand the extra pressure, the owner may be unaware of the trouble for years.

The danger in hypertension, according to Dr. Page, is that persistent high blood pressure sets up a chain of events which cause hardening or scarring of the artery walls and eventually to the closing of some of the blood vessels. The condition, known to medical men as arteriosclerosis, is the main cause of death among hypertensive patients, for it can lead to serious heart attack, a fatal stroke or impairment of the kidneys. Cutting off the blood supply to vital tissues is as depriving a plant of water. But not all sufferers from high blood pressure develop arteriosclerosis, and among those who do there is a variation in degree, rate of progress and intensity. Some patients are not affected for decades.

A businessman was turned down for life insurance because of his high blood pressure. Eleven years later he was found in excellent health. His blood pressure was reduced, although he was still uninsurable, and his life expectancy was better than that of many insurance executives. Over half a century ago the blood pressure of a young boy was discovered to be elevated at the age of 17. Despite this he went into business and stayed in it until he was 65, when he was compelled to retire by company rules. At 70 he died of a stroke. During the last 53 years of his life he had no headaches or other symptoms until a month before his death, although his blood pressure in the eight years before he died was very high.

There is a great difference in the degree of hypertension in individuals and its rate of progress. A 34 year old mother of two children had been in good health until she was bothered with occasional headaches when she woke up. Her doctor found her blood pressure was up, gave her medicines to relieve the headache and advised her to lose weight. She renounced pastries and other items, and to her husband's amazement kept the pledge.

LONGEVITY POSSIBLE

Fifteen years later when she was reexamined, following an attack of influenza, her heart was slightly enlarged and her blood pressure still above normal. Otherwise she was in good health. It was not until she was 56 that her blood pressure caused trouble. She awakened one morning unable to talk. The right side of her face drooped and she could not move her right arm or leg. After treatment she recovered from the stroke and was living normally when last seen by her doctor.

The situation was different with a 45 year-old lawyer who thought he was in fine shape but received a jolt when his applications for additional life insurance was turned down because of high blood pressure. His own doctor found the disease serious and recommended a sympathectomy-operation. The patient refused, saying it was impossible to spend seven weeks in hospital at that time, although he did agree to change his diet. Six months later he was experiencing severe, disabling headaches, shortness of breath after climbing stairs, swollen ankles and tightness in his chest after excitement. This time he allowed his doctor to send him to hospital but despite medication and a diet low in salt, he died within a month.

An honest physician could not say that this patient might have lived as long as the first. But in hypertension, as in other diseases, there is a presumption that a human being—like an automobile—will enjoy more mileage if regularly inspected and intelligently cared for.

The indisputable fact is that most patients with elevated blood pressure live for many years without difficulty, under proper care.

HOME REMEDIES

PAPAYA

(Carica Papaya)

Tamil :	Pappai
Telugu :	Boppayai
Malayalam :	Pappaye
Kanarese :	Pappalam
Arab :	Amba-hindi
Persian :	Amba-hindi
Bengali :	Papaya, Penpay
Hindi :	Popaiyah, Papita
Punjabi :	Aranda Kharbuja
Sind :	Paputu
French :	Papayer Commum
German :	Melonenbum

This small tree is cultivated in all parts of India.

It is a useful, small soft-wooded tree originally native of Papua or New Guinea.

Its green fruit is an edible vegetable and largely used in making Indian curries. Ripe fruit is sweet and delicious. Both are used in liver diseases and disorders of digestion.

The fruit contains a soft, yellow resin, fat, pectin, sugar, albuminoids, citric, malic and tartaric acids, dextrin, etc.

Papaya oil is found in its seeds. The leaves contain an alkaloid called carperine.

The unripe fruit, milk and seeds possess emmenagogue and anthelmintic properties. The fruit is laxative, tonic and diuretic.

The papaya milk the milky fluid that comes out of scratching the surface of the raw papaya fruit contains an enzyme which can digest starch, mucous membranes and animal proteins.

Papaya milk, is dried at a low temperature. Papain a digestive powder, is obtained. Dose 2 to 10 grains. It is very useful in dyspepsia and liver complaints. It may be rubbed in ringworm patches. It is highly beneficial in all cases when digestion is weak or when the liver is not functioning properly.

The fruit should be well crushed and the seeds should be removed. Then cold milk may be added. Sweeten this with honey or syrup of dates or syrup of jaggery. This is a delicious digestive drink.

Cut the fruit into small bits and then boil in a small quantity of water. Filter the essence through a clean muslin or porous cloth. Add milk and syrup of jaggery. This is also a palatable, digestive drink.

The ripe fruit is alterative. It is useful in habitual constipation, dyspepsia, or indigestion, bleeding piles and chronic diarrhoea.

The green fruit is laxative and diuretic. It can be cooked as a curry. In women, this stimulates secretion of milk.

Slices of unripe fruit can be rubbed on ringworm patches.

The juice is useful in ulcers of the tongue, and throat.

The fresh milky juice removes roundworms in children. Take 2 tablespoonfuls of fresh juice and 2 teaspoonfuls of honey. Add 2 ounces of boiling water to this. This must be followed by a dose of castor oil one ounce. Dose of the juice for adults one teaspoonful, for children half teaspoonful, and for children under three years 10 to 15 drops.

The juice of the unripe fruit is useful in dysmenorrhoea. It helps the free flow of the menses. If this is applied locally in the shape of pessary to the uteri it causes abortion. In large doses it acts as an ecboic, exciting, uterine contraction.

The fresh milk juice is useful in scorpion stings as a local application.

Take one teaspoonful of the milky juice of unripe fruit and add a teaspoonful of sugar. This is useful in reducing enlarged spleen.

The dried ripe fruit or salted ripe fruit is useful in enlargement of spleen and liver.

The leaves dipped in hot water or warmed over a fire are applied to the painful parts for nervous pains or neuralgias.

Bruised leaves warmed over a fire can be applied as a poultice in boils, swellings, elephantoid growths etc.

PINE APPLE (Ananas Sativus)

Tamil:	Annasipazham
Telugu:	Anasa-pandu
Malayalam:	Munthri-chakka
Kanarese:	Ananasu-hannu
Arab:	Aainunnas
Persian:	Aainunnas
Hindi:	Ananas
Dukhni:	Anannas

This is cultivated throughout India.

The leaf is a germicide and a purgative. The unripe fruit is a disaphoretic, digestive, laxative and diuretic. The fruit is germicide, diuretic, styptic, and emmenagogue.

The fruit is useful in gonorrhoea, enlargement of spleen, vomiting, biliousness, thirst, headache. It gives beauty to the body. In enlargement of spleen take one fruit daily.

Re. The juice of the leaf 1 teaspoonful
Sugar 1 "
Water 2 tablespoonfuls

Mix. This is useful in hiccough.

If you take 2 teaspoonfuls, it will act as a purgative.

If the fruit is taken in a large quantity abortion will take place. Therefore, pregnant women should not take this fruit in abundance.

Warm fruit juice is useful in vomiting, dysentery, jaundice and biliousness.

PTERCARPUS MARSUPIUM

Leguminosae
Gum kino tree
Kanarese name: Honne
Tamil name: Ponne
Hindi: Brija sal
Marathi

A large handsome deciduous timber tree of the moist deciduous forests of India with a round headed crown and rounded leaves. It is a native of the forest of Madras, Bombay, Madya Pradesh and some parts of North India.

The wood is valuable and priced next to Teak in parts of South India including the table land of Mysore. The bark on chopping exudes a red viscous gummy substance called kino-gum which has medicinal properties.

The copious yellow and scented flowers appear sometime in July-August. The tree requires a moderately well drained moist loamy soil, but it sometimes tolerates soil which is not too well drained provided it is not heavy. It is found on soils from gaintes, gnaisses or from deccan Trap.

Silvicultural characters: A light laing tree. Moderately fast growing. It attains large dimensions, 100 to 120 ft. high and 6 to 8 ft. or over in girth being common. It attains best sizes in moist situations with rainfall of 50 to 60 inches, but can grow in localities with much less rain, though in such places it attains only smaller dimensions.

The timber is used very largely for house building, furniture, door and window frames, planking, occasionally for small-dug-outs and the like. It works easily, can be seasoned with ease and though not too long lasting as teak, is just used for various purposes for which teak is used but is not easily available or is considered too costly.

The timber is hard and close grained. The heartwood is yellow-brown but unlike Teak with which this tree is found associated in many forests the wood of pterocarpus marsupium, is not proof against termite attack. The timber stains yellow when damp.

The red gum resine which is exuded from wounds in the bark furnishes the KINO of commerce, which is valuable astringent used in medicine.

The leaves of the tree make excellent fodder and they are reported to be specially valuable as manure. The bark is occasionally employed for dyeing. It contains a brownish and colouring matter which dyes tassar silk a raddish fawn colour. Kinogum is also stated to have tanning properties.

The tree sheds its leaves in April-May and is leafless for a short period; the new leaves appear in May-June. The fragrant yellow flowers appear from June to September. Seeds are ripe from December-January to March-April. The pods which are produced abundantly, are 1" to 2" in diameter flat and the central portion bony.

The Important factors which help its natural reproduction are loose, clear soil free of weeds. Natural reproduction may sometime take place in grass areas. Grazing is inimical to natural reproduction. Fire is dangerous. The best course is to protect against fire and grazing and give overhead freedom established regeneration.

Germination can be hastened by soaking the seed in water or cutting through the ends of the pod before soaking to admit water readily.

The tree can be grown by direct sowing. Stump planting i.e., pruning root and shoot, is not advantageous. Entire trans-planting can also be done but this is better done with basket plants.

A piece of this wood cut in cross section half inch by half inch may be dipped in 1/4 seer of cold water in a glass and not in a metal tumbler, and the water drunk twice a day. The colour of the water changes into yellow, and the wood piece should not be used when the colour is not given out by it. It should be soaked on the previous evening and the water taken on the following morning. Again fresh water should be kept for the evening dose. Some people make a cup out of this wood and drink water from it after allowing the water to remain in the cup for a few minutes. Many have been cured of Diabetes by this treatment.

PULICHAKKERAI (Hibiscus Cannabinus)

English:	Brown Indian Themp
Telugu:	Chongu Kura
Malayalam:	Pulich cheera
Kanarese:	Pinidrike Gida
Sanskrit:	Mechika Phalamla
Hindi:	Patsan
Duk:	Ambadi

This is cultivated throughtout India.