

WEALTH & WELFARE

WITH WHICH IS INCORPORATED

'CO-OPERATOR,' COLOMBO



AN ALL-INDIA-CEYLON

(WELFARE WEEKLY)

(DEVOTED TO ECONOMIC, SOCIAL & WELFARE PROBLEMS)

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Vol. XXXII, No. 17

Madras, Friday, December 9th, 1955

Registered M. 2116

ANNUAL SUBSCRIPTION Rs. 10/- always payable in advance in full
Pamphlets are given free to all. Please apply with Stamps for Postage.
(Papers are not available for Sale).

CONTENTS

EDITORIAL :	PAGE
Don't be a Victim to the horrible Malady Anger	... 1
HEALTH :	
Home remedies	... 2

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.

To Our Subscribers—Our subscribers are reminded to remit their subscriptions to the Hon. Managing Editor, Wealth & Welfare, Madras-Thyagarayanagar.—Editor, W. & W.

EDITORIAL

Don't be a Victim to the horrible Malady Anger

A man commits sin not himself desiring it.

"Know that in this matter, the enemy is that *Desire* which is most greedy and most sinful, born out of the *Rajas* constituent, and that *Anger*." Gita.

"Desire is never satisfied by the enjoyment of the objects of Desire; it grows more and more as does the fire to which the fuel is added." *Manu*.

The senses, the Mind and the Reason are said to be the house or the fortress of it. By the support of these it puts aside Knowledge and throws the man into confusion.

We must first control the senses and destroy this sinner, who is the destroyer of Jnana or Spiritual knowledge.

The senses which know material external objects as they experience them are beyond and the mind is beyond the senses-discerning. Reason is beyond the mind. The Atman is beyond the Reason.

Let us realise that which is beyond the Reason, control ourselves by our self and destroy this enemy which is difficult to conquer, in the shape of *Desire*.

A man is incited to a particular act as a result of the emotions of *Desire*.

Anger is only a modification or form of *Desire*. *Anger* is *Desire* itself.

It must be remembered :

"From *Anger* comes delusion, from delusion the loss of memory; from the loss of memory the destruction of discrimination; from destruction of discrimination he perishes". Gita.

Anger arises from an idea of evil having been inflicted or threatened. It is often accompanied by a desire to take vengeance.

Attachment is a long-standing associate of anger. *Anger* is personal and usually selfish, aroused by real or supposed wrong to oneself.

Indignation is impersonal and unselfish displeasure at unworthy acts. Pure indignation is not followed by regret, and needs no repentance.

It is also more self-controlled than anger.

Anger is commonly a sin. Indignation is often a duty—righteous indignation.

Raga or attachment drives one beyond the bounds of prudence or discretion. Fury is stronger and sweeps one away into uncontrollable violence.

Wrath is deep and vengeful displeasure. It expresses the culmination of righteous indignation without, malice in a pure being.

Anger is a stronger term than resentment but not so strong as indignation which is awakened by what is flagitious in character or conduct, not as wrath, fury or rage in which anger is wrought up to a still higher point in the order of these words.

Anger is a sudden sentiment or displeasure. Resentment is a continued anger. Wrath is a heightened sentiment of anger.

Just as milk is changed into curds, desire becomes changed into anger. It is the most formidable enemy of peace, knowledge and devotion.

It is desire, it is wrath, which springs from passion.

It is a monster of greed and sin.

Anger is a heating factor of the mind and it melts it.

Anger begets eight kinds of vices.

"Injustice, rashness, persecution, jealousy, taking possession of others' properties, killing, harsh words and cruelty".

When a man is under the sway of anger he commits all sorts of sinful deeds.

His intellect gets perverted.

Angry man does not know what he is doing.

He becomes emotional and impulsive and will talk anything, and do anything he likes. He loses his normal consciousness for the time being and falls a prey to anger.

Irritation, frowning, resentment, indignation, rage, fury, wrath, are all varieties of anger, according to degree.

Anger, like fever, is a symptom which shows that something has gone wrong in the inner mechanism.

The mental machinery gets heated for want of timely lubrication. The most effective of all lubricants is introspection or Reflection.

Every one should introspect or reflect over his habit.

Avoid being a victim of this horrible malady. Control of anger will bring in its train supreme peace and immeasurable joy.

"Too much loss of semen is the chief cause of irritability and anger. Passion is the root and anger the stem. One has to destroy the root-passion-first and then the stem-anger-will die by itself.

A man who has wasted his seminal energy becomes irritated soon for little things even. A passionate man is more angry.

A Brahmachari who has preserved his seminal energy always keeps a balanced mind having a cool brain at all times.

Every one should eradicate anger, and manifest inner spiritual strength.

The hints for control of anger.

See God in all. Submit to God's will.

Keep a watch over your mind. Observe silence for some time regularly. Meditate on the virtue of patience. Manifest it in all your actions during the working hours. Speak little and sweetly. Mix little. Have congenial company. Read spiritual books.

Give up tobacco, liquors, intoxicating drugs, meat. Food has a great deal to do with irritability. Take fruits, milk, moenki dall, butter milk, spinach, barley,

ground nuts, and do not take carrots, onions, garlic, cauli-flower, massorika-dhall and drum stick.

If you find it difficult to control anger leave the place at once, take a long walk. Drink cold water. Prana entwines the mind like a creeper. Pranayama leads to the control of mind. It will give you abundant energy to control anger.

HEALTH HOME REMEDIES

(Continued from previous issue)

PULICHA KEERAI

The leaf, flower, and seed are used.

The leaf is an emollient and purgative. The seed is an aphrodisiac (Kama Vardhini).

The leaf is eaten as a vegetable.

This is useful in cough, rheumatism, paralysis, anorexia or disgust for food, eczema, and swelling. It removes laziness. It gives strength to the body and increases the semen and sexual vigour.

The juice of the flower is mixed with black pepper and black sugar, and taken. This is useful in anorexia or disgust for food, and vomiting due to biliousness.

RICE

Tamil :	Arisi
Hindi :	Chaval
Dukhni :	Chanval
Bengali :	Chal, Chanvol
Punjabi :	Chanwal
Kashmir :	Thormud
Telugu :	Biyyam
Malayalam :	Ari
Kanarese :	Akki
Maharatta :	Tandula
Guzarati :	Chokha
Singalese :	Hal
Burmese :	San
Malaya :	Bras

Rice is a nutrient. The conjee or rice-water is demulcent and refrigerant.

The varieties of rice are Bhasmati. Milakusambha, Jeerakasambha, Eerkuechambha, Kurunjchambha Pulukuchambha, Koraichambha, Kalanchambha, Marchambha, Kodaichambha, Kadaichambha, Mallikichambha, Manichambha, Chenchambha, Kallundaichambha, Illuppaipoochambha, Kunduchambha, Kund-rumani chambha, Valaithadichambha, Kaivaraichambha, etc.

I. For External Use

RICE FLOUR

Rice flour can be used as a dusting powder in Measles small pox, erysipelas, prickly heat and other inflammatory affections of the skin. This is a very cooling and soothing application. It allays heat and irritation. It is pleasant to the patient's feelings.

It is an excellent application in burns and scalds. It should be used as soon as possible after the occurrence of the injury. It should be dusted thickly over the whole of the burnt surface so that the discharge may be absorbed and air may be exhaled.

RICE POULTICE

Place the rice flour in a basin and then gradually add boiling water; constantly stir the flour. Add a little sweet oil.

Spread smoothly the poultice on a piece of clean cloth or white surgical lint to the thickness of a quarter to an inch and apply it over the affected parts. Apply the poultice two or three times daily.

This is an excellent application in abscesses, boils, buboes and other local inflammatory affections.

Apply a large, soft rice poultice to the chest and back between the shoulder-blades at bed time. This is highly beneficial in chronic bronchitis and other chronic coughs. Great relief is obtained. The surface of the poultice may be smeared over with oil of turpentine.

II. For Internal Use

CONJEE WATER

Re: Cleansed rice 1 oz.
Water 40 oz.

Boil for 20 minutes. Strain and flavour with lime juice. Add salt or sugar to taste.

This is an excellent drink in fevers, gonorrhoea, and in, cases where there are pain, burning and difficulty in passing urine.

PANCHAMUSHTI CONJEE

Take a handful of Thuvar-ki-dhaal black gram, Bengal gram, green gram and rice and tie them separately in a piece of cloth. Place the bundles in a vessel. Pour over them four pints of water. Boil till it is reduced to one pint. This is a beneficial *drink* for breaking long fasts. It relieves exhaustion and gives strength immediately. This can be taken by ordinary persons also. It is nutritious and gives energy and strength.

GREEN GRAM AND RICE CONJEE

This is a very healthy drink. It removes biliousness. It is nutritious too.

MILK AND RICE CONJEE

This removes burning due to biliousness. It increases semen and sharpens the intellect.

HOT RICE WATER

The water or conjee that is removed while rice is boiling is beneficial in removing dysuria or difficulty and burning in passing urine.

HORSE-GRAM AND RICE CONJEE

This increases appetite and the semen, and gives immense strength, even for old people.

MILK AND RICE

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

GHEE AND RICE

This cools the eyes, increases the appetite and removes biliousness.

BUTTERMILK AND RICE

This increases the digestive fire and removes thirst. This is useful in diarrhoea and dysentery.

COLD RICE

Rice that is soaked in water is taken in the morning with buttermilk or curd. This increases semen, cools the system and gives a healthy glow to the body. The rice water also may be drunk. It is very cooling and strengthening.

SALT

Tamil : Uppu
Hindi : Nimak
Sanskrit : Lavanam
English : Common Salt

SALT

Put a little salt in mustard oil and expose the oil to the sun. This oil is useful in rheumatism. Rub the oil to the painful parts with great friction. This oil can be used for cleansing the teeth in pyorrhoea, spongy gums, bleeding from the gums, carious tooth etc.

Salt can be used as a gargle in sore-throat. Half a teaspoonful of salt in a tumblerful of warm water will form a good gargle.

It is useful as an emetic in cases of poisoning. If you find a small child had eaten any poisonous thing, you can give him salt to make him sick and so get rid of the poison. It will take two teaspoonfuls of salt in a tumblerful of warm water for a child's emetic and two tablespoonfuls for an adult.

SANDAL WOOD

Tamil : Chandanam
Telugu : Gandhapu-chekka
Malayalam : Chandana-mutti
Kanarese : Gandhada-chekke
Sanskrit : Sri-gandha
Arab : Sandale-aloyas
Persian : Sandale-sufed
Hindi : Chandan

This is grown in abundance in Mysore State. This is an alterative, diuretic, diaphoretic, stimulant, disinfectant, astringent. This is cooling.

Red Sandal wood contains a little tannin and is therefore slightly astringent also. It is used as a colouring agent.

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

Sandal wood oil (Chandan Tel), oleum Santali is distilled from wood of Santali Album. It can be obtained from the bazaars and chemists. Only a good oil should be used. It is a stimulant and disinfectant of the geneto-urinary tract. It is also an expectorant.

Dose: 5 to 15 minims or drops.

Re: Sandal wood oil 5 drops.

Mucilage q. s.
Water 1 oz.

Dose 1 ounce thrice daily after food.

Useful in gonorrhoea, gleet, leucorrhoea and cystitis or inflammation of the bladder and painful and burning urination.

The oil is best given in a little omum water or infusion of ginger.

SAPOTA

(Achras Sapota)

This is known as Chikku fruit. It is a sweet, nutritious fruit. It has laxative and diuretic properties. It enriches the blood qualitatively and quantitatively.

A laxative is that which produces one or two soft motions. A diuretic is that which increases the flow of urine and thus reduces swelling in the body.

SENNA

Hindi :	Sonnamukki
Tamil :	Surattavarai

Leaves of cassia lanceolata and cassia augustifolia.

Senna is cultivated in Southern India (Tinnevely district). There is the Alexandrian or Egyptian Senna. As the Senna leaves are obtained from two sources, they are called Tinnevely Senna and Alexandrian Senna.

This is a good laxative. It is a safe and efficient purgative, well adapted for childhood, old age, for pregnant women and for delicate persons. It is not so well adapted for nursing women, as it may render the milk purgative and so induce colic on the child.

The active principles are Cathartic and Chrysophanic acids and Emodin.

The leaves are $\frac{3}{4}$ to 1 inch long, lanceolate, greenish yellow in colour, unequal at the base, brittle and with a faint tea-like odour.

Dose 10 to 30 grains.

The taste of Senna may be disguised by sweetening the infusion, and adding milk. Then it much resembles ordinary tea.

METHOD OF PREPARATION

Senna	oz. 1
Ginger	gr. 30
Rose-petals	gr. 30
Boiling water	gr. 10

Infuse for one hour, and then strain.

Dose for adult 1 to 2 ounces.

Infusion of Senna with Epsom salt constitutes the "Black-draught."

FOR CHILDREN

Senna-leaves	1 teaspoonful
Boiling water	4 ounces

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

Confection of Senna, extractum senna liquidum; Infusion Senna concentratum, Mistura Senna Co., or Black-draught, Pulvis Glycyrrhiza Co., which is useful as a laxative powder at night in the patients suffering from piles, and Syrupus Senna are all official preparations of Senna.

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

SESAMUM

(Gingily Oil Plant)

Tamil :	Ellu
Telugu :	Nuvulu
Malayalam :	Karuella
Kanarese :	Ellu
Sanskrit :	Tilam
Hindi :	Til

The plant, Sesamum Indicum is cultivated throughout India and other tropical lands for the sake of its oil-yielding seeds. There are three kinds of seeds, viz., black, white and red.

USES OF LEAVES

The leaves are demulcent and emollient. They are useful in dysentery in Amenorrhoea (absence of menstruation)

and dysmenorrhoea (difficult menstruation). At the same time give a warm hip bath which contains a handful of bruised seeds.

Gently warm the leaves and apply them to swellings and boils. They will quietly suppurate and burst.

Soak a few leaves in 4 ounces of cold water for one hour. Give the infusion (14 ounces) twice daily. Make fresh infusion. This is useful in dysentery.

USES OF THE SEEDS

The seeds possess emmenagogue, stimulant, tonic, diuretic, lactagogue and laxative properties. They give a sweet voice for songsters. If the seeds are taken in large quantities they cause abortion. The powdered seeds in 10 gram doses are beneficial.

Make a paste of the seeds and heat it and apply to boils. The boils will suppurate quickly and burst.

Sesamum and boiled rice (Ellodhanam) gives great strength. Excess of wind and bile will disappear.

USES OF THE OIL OF SESAMUM

Oil of sesamum is demulcent, laxative, emollient and nutrient.

This clarifies the intellect, cools the eyes and bestows strength, and vigour. It gives lustre to the eyes and the body. It nourishes the body well and rejuvenates. Apply this oil to the body, head and eyes. It removes burning in the head, itching scabies, cough, redness of the eyes, watering of the eyes, inability to bear the glare of the sun and other diseases of the eye. It heals ulcers and wounds.

Til or Gingily oil is quite equal to olive oil for medicinal and pharmaceutical purposes.

It is useful in leprosy. The body must be rubbed with this oil with great friction.

SPINACH

Latin :	Spinacea Oleracea
Tamil :	Pasala Keerai
Hindi :	Palak

Green leaves are the very basis of life. They help in the attainment of longevity. Nature compounds all the essentials of life in the green, leafy vegetables. In the green, leafy vegetables nature carries on her most elaborate, vital alchemy.

Spinach is put in the first place by the food experts. It should be used in abundance by every family. It is cheap, too.

Spinach is a leafy vegetable. It contains iron in abundance, and so it is beneficial for anaemic patients whose blood is in an impoverished condition. Spinach has nutritive and medicinal value. It contains a large quantity of vitamins, calcium, vegetable haemoglobin and protein building amino-acids. It is a protective food. There is a large quantity of alkaline minerals in spinach. Therefore, it maintains an effective resistance against infection.

Spinach contains a small amount of oxalic acid, a small amount of albuminous matter in the form of mucin and a large quantity of vitamins A, B, and C, and salts of potassium. The iron in spinach is easily assimilated.

Spinach is very easily digested and forms an excellent, cooling, nutritious and demulcent dish. It should be cooked in a little water. No water should be thrown away after cooking, as it contains much nutritious properties.

Young, tender sprouts of spinach can be used in raw salads. They can be combined with tender lettuce leaves. It serves as a good appetizer.

A liberal addition of green leafy vegetables to pulses is very beneficial.

Spinach is a good laxative and demulcent. It minimises tissue waste. It has considerable anti-beriberi and anti-scorbic properties. Raw tendrils are highly beneficial.

Spinach is useful in diabetes, anaemia and gout.

The juice of the leaves can be given to children mixed with honey or sugar.

The juice is useful in urinary calculi or stones. It dissolves the stone. It has lithontriptic properties. Spinach is useful in kidney troubles.

The juice of the leaves is used as a gargle in sore throat.

A decoction or an infusion of the leaves (1 in 10) is useful in fevers, biliary troubles, inflammation of the lungs and bowels, dyspnoea and hurried breathing. It acts as a demulcent, astringent and diuretic in these diseases. The dose is 1 or 2 ounces.

Young, growing girls should eat plenty of spinach, as it provides iron in abundance in an easy assimilable form.

SUNDAKAI (Tamil)

(*Solanum Torvum*, *Solanum Verbacifolium*)

Telugu: Uste-keya

Malayalam: Chundak-kaya

It is very much in use in the Tamil districts of Southern India. It is a digestive tonic for the weak and the anaemic. It is a small, round, green thing.

It contains a good amount of carbohydrates, proteins, a fair proportion of iron, calcium, Phosphorous and vitamin A.

It is used as a pickle. It is salted and dried, and used in the preparation of soup. The soup is an appetizer for the convalescents, dyspeptics, etc.

It is an expectorant, germicide and stomachic.

It is slightly bitter.

It is useful in bronchitis with phlegm, worms in the bowels, and rheumatism.

The vatral (salted and dried ones) is useful in anorexia or loss of appetite due to biliousness, worms in the bowels, chronic diarrhoea, and mucus in the anus. It will give you good appetite. It is useful in phlegm in the chest, diarrhoea due to indigestion and piles.

It is fried in ghee or oil and used as an appetizer along with meals. It takes the place of vegetables. The Chundakai is soaked in sour curd. Salt is added. Then it is dried up in the sun. This is called Vatral or dried, salted pickle in Tamil.

The powder of the bark of the root is used as a snuff in heaviness of head with cold, hemicrania or onesided headache, coryza, boring pain in the head, fainting and collapse.

SWEET FLAG

(*Acorus Calamus*)

Tamil; Vasambu

Hindi: Bach

Telugu; Vasa

Bengali: Bach

Gujarati: Vach, Vaj

Malay: Jaringowe

Duk: Bach or Vach

Sanskrit: Vacha

Kanarese: Baja

Malayalam: Vayambu

Maharatta: Vekhand

Burmese: Linhe
Kashmere: Vail
Punjabi: Warch

It is a kind of root, found in India, Burma, North America and Europe. It has a sweet aroma. Glucoside acorin, a kind of oily essence is found in this root.

It is a stimulant, tonic, stomachic, germicide, disinfective, anti-periodic, emetic, carminative, nauseant.

This is a cheap medicine. It can be obtained everywhere. It is one of the commonest of bazaar medicines. It is about the thickness of the thumb. Its taste is bitterish, warm and acrid. It should be kept in every domestic medicine chest.

INFUSION ACORUS

Re. Acorus bruised 1 ounce
Boiling water 10 ounces

Infuse for 1 hour and strain.

Dose. 1 ounce thrice daily.

Useful in dyspepsia, diarrhoea, flatulence of stomach and bowels debility, intermittent fever, rheumatism, paralysis, itching of skin, scabies, debilitating fevers, loss of appetite, diarrhoea of children.

INFUSION ACORUS AND CHIRETTA

Re. Acorus bruised 1 ounce
Chiretta bruised 1 ounce
Boiling water 20 ounces

Infuse for 1 hour and strain.

Dose. 1 ounce thrice daily.

For intermittent fevers, convalescence after intermittent and other fevers, dyspepsia particularly when attended with much flatulence or wind in the stomach and bowels loss of appetite and constitutional debility, enlargement of spleen, asthma, round worms in the bowels.

DECOCTION OF ACORUS

Re. Acorus bruised 2 drachms
Liquorice 2 drachms
Water 10 ounces

Boil for 1/2 hour and strain.

Dose 2 teaspoonfuls thrice daily.

For cough, fever and colic of children.

Chew a bit of acorus. You will be relieved of hoarseness of voice, cough. People chew this when there is an epidemic of disease due to infected air.

ACORUS PASTE

Re. Acorus 2 drachms
Gerrua or Kasukkatti 2 drachms

Make into a paste by grinding them with water.

For chronic rheumatism of joints.

Burn Acorus and mix the ash with cocoanut oil or castor oil. Apply this to the abdomen. Useful in flatulence and colic.

ACORUS CO., DECOCTION

Re. Acorus bruised 2 ounces
Coriander 1 drachm
Black pepper 30 grains
Water 20 ounces

Boil for 20 minutes, strain and cool.

Dose, for adults. 1 ounce thrice daily. For a child. One teaspoonful sweetened with sugar thrice daily.

For dysentery, diarrhoea, bronchitis or cough of children.

ACORUS CO. DIGESTIVE POWDER

Re. Acorus powdered	1 drachm
Asafoetida	1 grain
Long pepper powdered	30 grains
Black pepper powdered	30 grains
Dried ginger powdered	1 drachm
Rock salt powdered	1 drachm
Atis powder	1 drachm

Mix well.

Dose 1/2 teaspoonful or 30 grains twice daily.

For dyspepsia or wind in the stomach and bowels, rheumatism, loss of appetite due to dull gastric fire.

The aroma of the fresh root drives away fleas and other insects. It can be kept in a room where sick persons live.

TAMARIND

(*Tamarindus Indicus*)

Telugu :	Chinta-pandu
Malayalam :	Puli
Tamil :	Puli, Puliya-m-pazham
Kanarese :	Hunashi-hannu
Sanskrit :	Tintrini
Hindi :	Imli
Dukhni :	Amlikabot, Amlī
Bengali :	Tinturi, Tentul, Amlī
Gujarati :	Ambli
Mahratta :	Chinch
Singalese :	Siyamula
Burmese :	Magyi
Malaya :	Assam Java
Arab :	Tamar-i-hind
Persian :	Ambala

It is the pulp of fruit of reddish-brown colour. It has an acid saccharine taste. It is found in India and Burma. It is a big tree.

It is laxative, refrigerant and anti-acorbutic.

The tender leaves possess refrigerant and anti-bilious properties. The flower and tender fruit are both stimulant.

TAMARIND DRINK

Re. Tamarind fruit pulp	1 ounce
Boiling water	1 pint (20 ounces)

Pour over the tamarind pulp which is contained in a vessel, the boiling water. Allow it too cool. Strain. Add sugar to taste. This is a useful drink in fevers and inflammatory affections. This is a cooling sherbet. You can add a teaspoonful of cardamon powder. This will give you a good appetite.

TAMARIND

Re. Milk	1 pint
Tamarind pulp	2 tablespoonful
Sugar	q. s. (quantity sufficient)

Boil the milk. While it is boiling add the tamarind pulp. Strain and sweeten the taste. This is a cooling and slightly laxative drink. This is useful in fevers and inflammatory conditions.

When you cannot get limes or lemons, use Tamarind pulp in scurvy both as a preventive and as a curative. It can be taken on board ship. It can also form a portion of daily rations in jails, etc.

A GOOD LAXATIVE

Re. Tamarind fruit pulp	1 ounce
Dates	1 ounce
Milk	1 pint (20 ounces)

Boil and strain.

PANAKAM

Re. Tamarind fruit pulp	1 ounce
Black sugar	q. s.
Cardamon powder	1 drachm
Camphor	3 grains
Water	1 pint (20 ounces)

Put the tamarind in the water. Macerate and strain. Now add the camphor and cardamom.

This is a cooling drink. It removes the heat of the body. This is useful in loss of appetite. It removes burning in the eyes and anorexia or distaste for food and headache.

THUMBALAI (Tamil)

(*Leucus Aspera*)

Telugu :	Tummi
Malayalam :	Thumba
Kanarese :	Tumba
Sanskrit :	Dronapushpa
Hindi :	Guma Madupati

This is a small herbal plant. There is also another variety called Big Thumbai or Elephant Thumbai.

The leaf and the flower are used.

This is a laxative, expectorant, stimulant, and emmenagogue.

The leaf is useful in cobra-poisoning, headache, cough or bronchitis with phlegm, dullness of the digestive fire; paralysis, rheumatism, and collapse.

The flower is beneficial in excessive thirst, fever with delirium and collapse, and defects in the eye.

Instil a few drops of the juice into the nose in snake-bite. Rub the part bitten by the snake with the juice. Let the patient chew some leaves when he comes to consciousness. The poison will be destroyed.

A decoction of the flower is useful in catarrh or cold in the nose. Take 20 drops of the juice of the flower. Add a teaspoonful of honey to the juice. This is also useful in catarrh of the nose.

Add 10 drops of the juice of the flower with 10 grains of dates. This is useful in all bowel diseases of children. Give this twice daily.

Instil 2 or 3 drops of the juice of the flower into the nostril. This will cure incurable headaches.

In states of collapse or typhoid state soak the flower in human milk and then squeeze the juice into the eyes.

Put the flowers in the sesamum oil and boil the oil. Allow it to cool. Apply the oil to the head and take bath. This is useful in heaviness of head, cold in the nose and head, etc.

THUTHULAI (Tamil)

(*Solanum Trilobatum*)

Telugu :	Mullamusti
Malayalam :	Mulkathari
Sanskrit :	Alarka

This is a small creeper that is cultivated in South India. The whole plant (Samoolam) is used.

It is a stimulant, expectorant and tonic.

The leaf is tasteful when it is eaten. The flower increases the semen and the seminal energy. The fruit keeps the three humours in harmony. The root and the creeper are useful in bronchitis and diseases of the respiratory tract.

The leaf is useful in asthma, bronchitis, spermatorrhoea, dyspnoea or difficulty of breathing, dullness of hearing due to phlegm, itching of body, dullness of digestive fire, boring pain in the internal body.

The flower is an aphrodisiac. It gives strength to the body and makes it beautiful and attractive.

The unripe fruit is useful in bronchitis, anorexia or disgust for food, constipation and pain in the heart. The unripe fruit can be made into a Vatal (soaked in sour curd, salted and dried. This is useful in bronchitis.

The ripe fruit is beneficial in cough with phlegm in the chest, cold in the nose and head.

A decoction of the leaves is useful in asthma, bronchitis or cough.

The juice of the leaf can be instilled into the ear. It will remove obstruction in the ear which causes loss of hearing.

The leaf can be made into a chutnie and soup. It will throw out phlegm or sputum.

TURMERIC

Telugu :	Pasupu
Malayalam :	Manjal
Kanarese :	Arisina
Hindi :	Haldi
Sanskrit :	Haridra
Bengali :	Holodi
Kashmiri :	Lidar
Tamil :	Manjal
Panjabi :	Haldi
Gujarati :	Halad
Malay :	Kooneit
Maharashtri :	Halede
Singalese :	Kaha
Burmese :	Sanwin

It is the dried root stock of curcuma longa. It has a yellow colour and good aroma. It is used largely as a colouring agent.

It is an aromatic carminative and brain tonic. It is useful in flatulence or wind in the bowels and dyspepsia. It invigorates the appetite.

Turmeric is used in all vegetables, dhalls kitchadie (turmeric-dhall rice) and soups. It gives a pleasant aroma and colour. Good colour to food is very pleasing to the eye and tongue and invigorates the appetite.

In South India ladies apply either fresh or powder of dried turmeric to the body while bathing. It removes bad smell, itching eczema and skin diseases, etc. It is a depilatory. It gives a good, shining, golden complexion. It is mixed with salt, oil and wheat flour to make a hot paste for ripening boils quickly and natural quick bursting.

In catarrh or severe cold in the head inhalation of the fumes of burning turmeric through the nostrils acts as a local stimulant or irritant. Congestion or fulness in the head and nose is relieved. It causes copious discharge of mucus from the nostrils. There is considerable relief and comfort.

It removes vomiting, Vata-pitha-kabha doshas, headache, coryza, swelling, ringworm, too much stinking perspiration, etc.

The juice of the fresh turmeric is useful in contusion, fresh wounds, leech bites. The juice must be applied to the affected parts.

The turmeric powder can be used as a dusting powder in ulcer and wounds, etc. Make a paste of nim-leaves and turmeric and apply it to the pustules in small pox. The pustules will heal up quickly.

TURMERIC PASTE

Re. Turmeric one teaspoonful
Adhaloda leaves, one handful
Cow's urine.....quantity sufficient
Make a paste.

This is useful in scabies, eczema, itching, skin diseases, etc.

TURMERIC DIGESTIVE POWDER

Re. Turmeric gr. 10
Dried ginger gr. 5
Black pepper gr. 5
Cardamon gr. 5

This is digestive and carminative, useful in flatulence or wind in the bowels, and colic. It tones the bowels.

TURMERIC DECOCTION

Turmeric powder 1 oz
Water 20 oz

Mix well.

In conjunctivitis or sore-eyes, in catarrhal and purulent ophthalmia this decoction is a very effective lotion for relieving the burning, reducing swelling, removing redness and irritation of the eyes, pain in the eyes etc. A piece of clean white cloth soaked in it should be kept constantly over the affected eye. The piece of clean, white cloth can be dipped in the solution, dried in the shade and then used for cleaning the eyes.

TURMERIC OINTMENT

Re. Turmeric 2 drachms
Gall 1 drachm
Ganja leaves ½ ounce
Opium 20 grains
Vaseline 2 ounces

Make a paste.

(Instead of vaseline you can use olive oil, linseed oil or cocoanut oil.) It is useful in haemorrhoids or piles.

TURMERIC POULTICE

Re. Turmeric one teaspoonful
Boiled rice one or two handfuls

Grind and make a paste.

Apply over boils and abscesses. They will ripen quickly and burst.

VASAKA

Tamil :	Adatodai
Telugu :	Addasaram
Malayalam :	Ata-lotakam
Kanarese :	Adasoge sappu
Hindi :	Arusa
Sanskrit :	Vasaka
Bengali :	Basaka, Baksh
Gujarati :	Adulso
Marwari :	Adulso

The root, flowers, bark and the leaves of Adatodai Vasica are used. This is a non-offical herb. This is a well-known Ayurvedic medicine largely used as an expectorant and antispasmodic. It liquifies the sputum or phlegm which is coughed up more easily. It has a sedative and broncho-dilator effect. It contains an alkaloid (vasicined), an active principle and an essential oil, which has antiseptic properties.

It is an antispasmodic in bronchitis, bronchial spasm, asthma and whooping cough. It is slightly vaso-dilator, i.e., dilates or expands the blood vessels or arteries. It is a germicide also.

Dose. grains 20.

There are also tablets of 5 grains each 4 tablets for a dose.

Recipe. Fresh juice of Adhatoda leaves

4 tablespoonfuls

Honey 4 tablespoonfuls

Dose 2 teaspoonfuls.

Useful in bronchitis, ordinary cough, asthma.

ADHATODHA DECOCTION

Re. Adhathoda leaves (dried) 2 ounces

Boiling water 20 ounces

Dried ginger 1/2 teaspoonful

Black pepper 1/2 teaspoonful

Sugar 1 ounce

Make infusion.

Dose. 2 tablespoonfuls thrice daily.

Useful in bronchitis and asthma.

You can make cigarette out of dried Adhatodha leaves for asthmatics.

Tincture Adhatoda or Tincture Vasaka and Syrup of Vasaka are also useful in asthma, bronchitis, etc.

VASAKA

(Malabar Nut)

Tamil: Adatodai

Telugu: Addasaram

Malayalam: Ate-lotakam

Kanarese: Adasoge sappu

Sanskrit: Vasaka

Persian: Bansa

Hindi: Arusa

Dukhni: Adersa

This is a small shrub that grows in abundance spontaneously in all parts of India. The leaves are 4 to 8 inches in length and 2 or 3 inches in width. The flowers are white.

It is an antispasmodic, expectorant, germicide and diuretic.

The Bengal Pharmaceutical Works Calcutta prepares a syrup out of it. It is known as syrup of Vasaka.

The leaves are useful in cough, bronchitis with sputum, asthma, consumption, vomiting, hiccough, leprosy, piles, rheumatism, fevers, sannipath, diseases of the stomach and bowels, dyspnoea or difficulty in breathing, orchitis or inflammation of the testicles, biliousness, jaundice. They give sweet voice for singing.

JUICE OF THE LEAVES

Re. Juice of the leaves 20 drops

Honey 2 teaspoonfuls

Water 2 tablespoonfuls

Mix well. One dose.

To be taken twice daily.

Useful in the above diseases.

Re. Leaves of Vasaka 4 ounces

Water 20 "

Boil for 20 minutes. Strain.

Dose. 2 tablespoonfuls twice daily.

Add a teaspoonful of honey for each dose.

Useful in cough, constipation, fever with cough and sputum.

Dry the leaves. Make them into a cigar and smoke. Useful in asthma.

VERONIA SEEDS

(Veronia Anthelmintica)

Tamil: Kattujirakam

Telugu: Adavi jilakara, Vishakanta Kalu

Malayalam: Kattu-jiragam

Sanskrit: Vana Jeeragam

Hindi: Somraj, Bukchi, Kalouji jangli

Bengali: Somraj

Maharatti: Ranacha-jira

Gujarati: Kadvo-jiri

Singalese: Sannni-naegam, sanni-nasang

Malaya: Justan hutan

English: Purple fleabane

The plant which yields these seeds is common in waste places near villages throughout India. The dried seeds can be obtained in the bazaars.

The taste is nauseous and bitter.

The seed is about the eighth of an inch in length. It is of a dark brown colour. It is covered with whitish scattered hairs. It is cylindrical.

It is an anthelmintic, stomachic, tonic, diuretic, anti-periodic and alternative.

It exercises a specific influence on the round worm or ascaris lumbricoides. The round worms are expelled in a dead condition.

Re. Veronia seeds (powdered) 2 dachms

Honey q.s. (quantity sufficient)

Make into two boluses.

Give one bolus at 5 a.m., another at 6 a.m. Then give a dose of castor oil (1 or 2 ounces) at 7 am.

VERONIA PASTE

Re. Veronia seeds (powdered) 2 drachms

Lemon juice q. s. (quantity sufficient)

Make into a paste.

This destroys lice infesting the body.

WALNUT

(Juglanos Regia)

Tamil: Akrottu

Telugu: Akrotu

Malayalam: Akrotu

Kanarese: Akrodu

Sanskrit: Akshotas

Arab: Jouz

Persian: Girdagan, char-maghz

Hindi: Akhrot

Dukhni: Akrot

(To be Continued)