

Rs 6

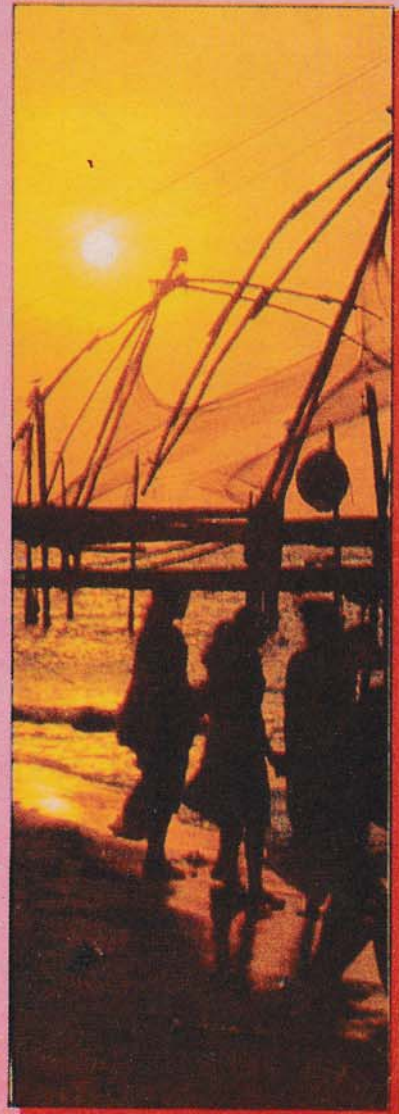
GREESHMA

15 JULY 1991

Year 1, No. 6

# Jeevaniya

Bimonthly Magazine of Local Health Traditions



## JEEVANIYA Bimonthly

### Honorary Editorial Board

Vd. Badloo Ram Rasik  
Dr. H.P. Sharma  
Pt. K.G. Gore  
Vd. L.K. Kulkarni  
Dr. M.B. Bande  
Dr. P.N. Mishra  
Prof. R.K. Sharma  
Sri R. Malaviya  
Dr. Ved Prakash

### Executive Editor

Dr. N.N. Mehrotra

### Convenor

Pt. Madhavacharya

### Art & Design

Sri Ali Kausar  
Sandip Sengupta

### Circulation Consultant

W.F. Rehman

### Editorial Assistants

Vd. U.C. Sharma  
Ms. Veena Tandon

### Editorial Office

E-III/250, Sector-H, Aliganj,  
Lucknow 226 020. Ph. 0522-77568.

### Composed by

#### Vinayak

C-15/10, Paper Mill Colony,  
Nishatganj, Lucknow - 6.

We acknowledge a grant from CAPART  
towards publication of this magazine.

Printed and published by Dr. N.N. Mehrotra  
on behalf of Lok Swasthya Parampara  
Samvardhana Samithy. Printed at Prakash  
Packagers, 257, Golaganj, Lucknow and  
published from E-III/250, Sector H, Aliganj,  
Lucknow. Editor - Dr. N.N. Mehrotra



16 May - 15 July, 1991, Vol. I, No. 6

*All legal matters concerning  
Jeevaniya will be under jurisdiction of  
Lucknow Courts.*

### Editors

### Advisory Editorial Board

Dr. Uma, Bangalore  
Vd. B.V. Sathye, Bombay  
Vd. Ramesh M. Nanal, Bombay  
Vd. (Mrs.) S. Koppikar, Bombay  
Vd. K.C. Bhushan, Chandigarh  
Sidh Vd. Brhmanand Swamigal,  
Coimbatore  
Vd. Sashidharan, Coimbatore  
Vd. Altaf Ahmad Azmi, Delhi  
Vd. Bhagwan Dash, Delhi  
Dr. Geeta Bamezai, Delhi  
Vd. Vivekanand Pandey, Delhi  
Vd. H.S. Kasture, Gandhi Nagar  
Hakim S. Khalifatullah, Madras  
Vd. S.K. Mishra, Pilibhit  
Vd. Subhash Ranade, Pune  
Vd. V.B. Mhaikar, Vadodara  
Prof. R.H. Singh, Varanasi

### L.S.P.S.S.

### Registered Office

P.Box 7102, Ramanathpuram,  
Coimbatore - 641045.

Phone : (0422) 23188, 26952

### South Indian Office

C/o P.P.S.T. Foundation,  
29, IV Main Road,  
Gandhi Nagar, Adyar,  
Madras - 600020.

### Western India Office

C/o Academy of Development  
Sciences,  
V. & P. Kashele, Tal. Karjet,  
Raigarh. (M.S.)

### North India Field Group

Dr. Bharatendu Prakash  
Vigyan Shiksha Kendra  
42, Civil Lines  
Banda - 211001.  
Phone : (05192) 2587

### Subscription Rates

	In India (Rs.)	In Asia (Except Japan)	Elsewhere (Including Japan) (US \$)
Annual	30.00	12.00	15.00
Biannual	55.00	22.00	28.00
Triannual	80.00	32.00	40.00
Life	350.00	NA	NA

(Subscription includes postal expenses)

# Editorial

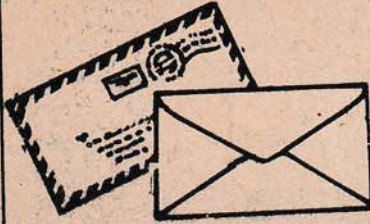
**I**mportance of Parliamentary elections can't be overemphasized. Elections are therefore considered to be a National Festival. Involvement of every section of the society in the National Elections is not only a national duty but also a matter of pride. However, the atmosphere in which the elections to the Tenth Lok Sabha are being held, is far from one to be proud of. In fact the increasing trend of violence and use of corrupt practices in these elections makes our heads hang in shame. The alleged involvement of even the central ministers or chief ministers in acts of violence and electoral malpractices makes us wonder whether the results of such an election can at all preserve our National Pride. Is it possible that the leaders emerging victorious after such practices will ever be committed to the healthy democratic norms or the tasks of Nation Building? Perhaps, answers to such questions are crystal clear but are of little consequence to these power hungry people.

The pinnacle of this shameless trend in electoral violence was responsible for the dastardly murder of our previous Prime-Minister Sri. Rajiv Gandhi. It is a National Shame that a democratic society has to face assassinations as expressions of dissent. While the judicial and intelligence enquiries may bring out the truth behind those responsible for such a heinous crime, we all have to accept one stark truth - the life of lesser mortals in the country is far from safe if the erstwhile Prime - Ministers and Ministers are so prone to violence.

Growing inequalities in all walks of life, despite 44 years of independence are largely responsible for this increasing trend of violence in our society. If a particular region has faced inequalities, regionalism or secessionist tendencies grow, eventually in a violent form. Similarly if some sections continue to exploit others, those whose resources or efforts are expropriated, cannot keep quiet indefinitely. As a matter of fact many of our developmental policies have themselves been responsible for such inequalities. Otherwise, it is a contradiction that this country which is so rich in natural resources is unable to fulfil the basic needs of a vast majority of its people.

The imbalance of contradictions in resource richness and developmental planning in the area of health care itself is quite obvious. The neglect of indigenous health systems, overlooking our rich resource base of both the material and manpower, has resulted in poorer quality and coverage of primary health care in our villages besides a consistent erosion of the reservoir of strengths of the knowledge base in this area. On the other hand an increasing dependence on the hospital based allopathic care has demanded increasing outlays in imports of both the materials (drugs, diagnostics as well as equipments etc.) as well as knowledge and manpower (training & orientation of our health care personnel) with resultant specialised health care for a small population, mostly from urban areas. Of course, another beneficiary of this planning are 'developed' countries of the west which attract many of our 'Doctors' (Trained at public cost) more suited to their health care needs. The prevailing corruption in our health and family welfare services (like in most other areas) is only adding to deterioration in our health services.

While we at L.S.P.S.S. are doing our best to evolve meaningful stream of primary health care services, sufficient help from government to strengthen this stream can possibly develop a Health care system which will help people in the remotest of our areas. Let us take a vow that we have to eradicate the menace of violence from our society and remove the disparities. Only if we eradicate this national shame of inequalities in various sectors, can we have peace in various sections of the society.



## Readers' Forum

**Dear Editor,**

The members of our Recreation Club are interested in reading your magazine therefore, I request you to extend my subscription for 'Jeevaniya' for one year. The subscription may please be accepted and the copies accordingly may be sent to the address given in the order form. It is also requested that a copy of the previous issue as a sample may please be sent.

*Recreation Club, S.B.Nagercoil.*

This is in receipt of Hemant Shishir issue which I have received. Nearly a month back I had sent you some eight subscriptions. Please accept these subscriptions and see that they get the 'Jeevaniya' regularly. It is a question of my credibility. I am trying to promote and propagate the objectives of your organization, because it conforms to my vision and understanding of 'Health For All' especially for the vast majority of rural population.

Assuring you of my continued support and co-operation in the promotion of your objectives.

*S.R. Grace, CHC, Jhabua (M.P.)*

I have come to know that you are publishing 'Jeevaniya' bimonthly magazine on herbals. We are associated with doctors, M.P.H. and medical service N.G.O'S. It is requested that a copy of the same may be sent to us. I want to become a subscriber. Kindly help me in this direction.

*Mrs. R. Sita, Tiruniarvayur.  
Tamilnadu.*

Recently I learnt of your magazine, which drew my interest. If possible, could you kindly send me a specimen copy of the same and also details of subscription rates, so that I could consider subscribing to the same.

*F. Noronha, Goa.*

Kindly arrange to send the details of your magazine 'Jeevaniya'. I am also interested to purchase the old issues. Hence please mention the available old copies with you so that I could send the total amount soon.

*K.M. Prabhakar, Karnataka.*

I am interested to subscribe to your bimonthly magazine 'Jeevaniya' on local health traditions. Please let me know the subscription per year.

We heard that you are doing useful work on health traditions of India.

*Joe A. Lewis, Bombay.*

At first I congratulate you for the publication of the best health magazine. In my opinion, it is the first magazine which can distribute knowledge of 'Indian System of Medicine' based on the principles of Ayurveda. It can serve more readers of you include some results of useful research works. Some of my friends are interested in subscribing to it.

*Nabakumar Hazarika, Guwahati.*

Once again I have to inform you that although your journal is worth its weight in gold but unfortunately I can not read the same because I do not know Hindi. To introduce it amongst the Urdu people it may be advisable to publish its Urdu version.

*Dr. Akhtar Hussain, Rampur.*

## In this Issue

### General Articles

Seasonal Regimen in Summer	4
Management of Prickly Heat	6
Brave the Heat Stroke	7
Eye Care	8
Indigestion	9
Diarrhoea	11
Traditional method for Rehydration	12
Fresh'n Juicy for Summer's	13
Rein Your Anger	14
Care of the New Born	15
Advertisement and Health	17
Food : What to Eat and Why?	22
Traditional Cautirization	39
Mutrashmari	42
Ayurvedic Cure for Cancer	47

### Medicinal Plant

Rose	24
Coriander	25
Purging Cassia	26
Palash	29
Ankola	31
Dhavai	40

### Nutritional Substance

Phalsa	28
Butter Milk	33
Mulberry	35
Musk Melon	36

### Regular Columns

Prescription of Granny	20
M.C.H. Plant - Pipal	37
Old Wine in New Bottle - Soapnut	38
Book Review	43
L.S.P.S.S. News	48
Glossary of Technical Terms	51
From Periodicals	48
Abstract	49
Mastram	52

# Seasonal Regimen in Summer

Vd. Sangeeta Jain, Nagpur

**D**uring the summer Sun is endowed with maximum intensity of heat so that he draws moisture from the entire creation. Wind blows hot and dry. The flora dry up, rivers and ponds shrink. Human being lose their strength and efficiency. As soon as the summer arrives strength and vigour start weakening. Power of digestion is weakened. Therefore, one must watch most carefully what he eats.

In summer, Vata gets accumulated in the body by nature itself. To obviate this a special regimen has been devised and it should be implemented to stay fit in this grim season.

## Wholesome Diet.

During these days one often wants to eat sour and sweet things. This preference is due to the nature trying to preserve health. As sour and sweet things subside Vata, seasonal fruits like mango, watermelon, musk-melon, orange, pomegranate, grape etc. and vegetables like bottle gourd, Luffa acutangula, cucumber, snake gourd, tomato, onion, pulses like *Phaseolus radiata* (Moong), pigeon pea (Arhar) should be consumed.

Liberal use of oily and spiced stuffs may induce acidity, vomiting, diarrhoea etc. Therefore, spices and oils should be sparingly used. Chutney of mint leaves, milk, buttermilk, Pana of Mango, thin Sattu with clarified butter are wholesome in this season. Sattu being sweet, light and tonic is recommended in this season.

better. Smoking and wines should be totally given up.

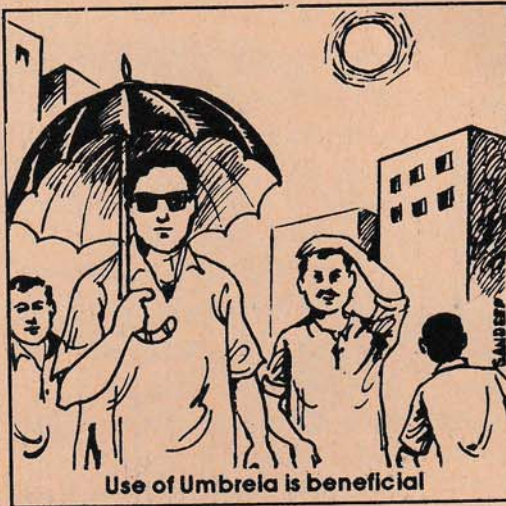
## Wholesome Routine

One should get up before sunrise and after attending to natural calls go for a morning walk. Morning walk is by far the best exercise in summers. Because of loss of strength due to nature, don't perform other vigorous exercises. Vigorous, exercises if indulged in this season, might render more harm than good.

During day time protection from loo should be attended to. While going out of doors one should drink enough of cold water, cover the head with a white or light coloured cap, wear goggles and if possible carry an umbrella too. This precludes absorption of sunrays and thereby the body is protected from heat.

Siesta is beneficial during this season, which gives rest to the body. To ward off the heat one should live in thick-walled houses, basements, ground floors, using Khus partitions draping the windows with thick green or blue blinds. During nights it is beneficial to sleep under the open sky on the terrace or roof.

Continued on Page 7



During summer lack of salinity and water occurs in the body, due to excessive sweating. Sherbet of lemon, orange or Khus-Khus, Lassi of curd, Thandai etc. should be taken to replenish the same. At least 8 to 10 glasses of water should be taken everyday. Hot drinks like tea and coffee are avoided the

# A Few Clues

## To Stay Fit In Summer

- After leaving the bed in the morning, take one glass of water before attending to the natural call.
- For breakfast take sweet melon, water, melon, cucumber, snake cucumber (with black salt) or have a glass of buttermilk.
- Take Raita of bottle gourd with lunch and have salad or juicy fruits too. Take onions which protect the body from sunstroke.
- At 3 or 4 P.M. take **Pana** of mango or sherbet of Bael fruit.
- After returning from your duty, take half an hour's rest and then have cold water bath. Thereafter sprinkle talc powder and be fresh.
- Have Chutney of mint and mango with dinner. Don't eat to the full and keep your stomach a little empty.
- In indigestion, stomachache, vomiting and diarrhoea, take **Pudin Hara**, Lemon water or a pinch of salt and two spoon sugar with one glass of water to avoid

dehydration. Infants may be given pulse water, buttermilk etc.

- In prickly heat rub ice on the body or anoint Sandal paste.
- Massage **Aonla** (*emblic myrobalan*) oil on the scalp.
- Keep away from edibles sold openly in the market.
- When thirsty, take one piece of emblic jam with a glass of cold water.
- In lieu of the modern cold drinks sold bottled in the market, take **Lassi** of curd, sugarcane juice, coconut water, sherbet of lemon etc.

- Wear cotton clothes in summer in lieu of synthetic textiles. Cotton clothes absorb the sweat and do not make the body clammy.

- When you return home thirsty don't drink fridge-cold water immediately. Instead rest for a few minutes till your body temperature comes down to the room temperature. Thereafter the cold water can do no harm to you.

- Siesta is beneficial in summer.
- While going outdoors in the sun take a towel to cover your head.
- Use goggles to protect your eyes from the burning sunrays.

## Siesta

### A Must in Summer

Vd. R.M. Nanal, Bombay

**T**hose who work in the night shifts, in summer their bodies become rough due to the heat. To minimise this, they ought to sleep in the day time. Moreover, those who are Vata or Pitta temperamentated they also should sleep in the day during summer. In diseases of Vata and Pitta too, Siesta is must in summer. Habitual drinkers should also sleep in the day. In old age there is an excess of Vata in the body. Therefore in old age Siesta is recommended. In summer, frequent copulation is not good. If coitus has been performed in the night then Siesta must be taken next day. However, for those who are bodily weak Siesta is harmful.

# Management of Prickly Heat

Vd. V.B. Mhaikar, Vadodra

In summer profuse sweating occurs. The skin stays clammy. Sweat contains common salt. It also contains a little uncton. Due to continuous clamminess, the skin becomes soft and loosened. Such a state is conducive for the development of boils. During the summer the atmosphere is also replete with dust particles. These particles stick to the clammy skin. The external openings of the sweat-flowing channels are slightly swelled. Dust particles, sweat and uncton also causes obstruction at the opening of sweat-flowing channels. Inflammation occurs there. This is called Prickly Heat. This is caused by following reasons : Walking in the scorching sun, instead of wearing thin, light-coloured clothings, wearing thick and dark-coloured clothings according to one's taste or otherwise, working in places where there is no air or lack of it, hard physical labour, exceedingly unctious food, obesity, lack of cleanliness, these and other reasons cause the inflammation of openings of the sweat-carrying channels. There are innumerable such openings, many of which become swelled.

Sweat-boils occur in armpits, private parts, inguinal joints, back of the knees, neck, skinny parts of elbow joints, chest, abdomen and even on the face.

The skin becomes red due to prickly heat, one feels as if he is being pricked by innumerable

needles. Skin is soft and swelled. Itching is rampant. One can't restrain from scratching with nails or comb. This creates wounds, which become vitiated and full of pus. One feels highly tortured. He is not able to concentrate in his work. He is not able to sleep soundly. Sometimes there happens to be a slight temperature as well. After some days the skin becomes ragged, rough and lustreless. Scaling occurs and one feels that he has become repulsive.

## Examination

Variation in the skin is obvious. Armpits, thighs, private parts, back of ears and among fat persons the skin below the nipples and wherever there are folds in the body the skin becomes red, very thin, clammy, sore and sensitive. The lower level of the skin looks rough, ragged and lustreless.

## Treatment

The seasonal regimen, pertaining to the summer, should be strictly followed. For the prophylaxis of Prickly heat light laxatives like Trifala, chebulic myrobalans, cassia pulpa should be taken before the onset of summer. Thin white or light-coloured cotton clothings should be worn, to minimise and absorb the sweat. If possible bathe and change twice in the day. Sleep on the roof under the open sky during nights. Bathe with cold water or if it does not suit, then with

lukewarm water.

Boil or steambake unripe mango and apply its pulp all over the body and wash after some time. This provides much relief from the sunboils and also keeps the skin clear and improves the complexion.

Take a copper, iron or stainless steel pitcher fill it with water and keep the pitcher in the sun from morning to noon. By 11:30 A.M. the water becomes hot. Make it tolerably warm by adding more water and bathe with it. In Maharashtra this device is very popular and is called 'Jhalaavani water bathings'.

Soak *emblic myrobalan* in water and make a paste of it, apply it all over the body and wash after some time. Emblic myrobalan makes stain on the cloth, so take care. This treatment minimises sweating and consequently the sunboils.

Anointing sandal paste also helps to eradicate sunboils. For minimising the sweating take *emblic myrobalan* powder 1 to 2 gm. with cold water twice a day. Syrup of unripe mango made by adding jaggery or sugar should be taken.

**Gulkand** and infusion of *cardamom* also helps. Pravala Pishti or Chandraputi pravala taken with Gulkand in the dose of 2 Rattis twice a day minimises sweating and eradicates the sunboils. Ushirasava and milkbaked **Anantamoola** is also similarly helpful.



# Brave the Heat Stroke

Dr. B.S. Bedi, New Delhi

**L**oo, the dry wind is prevalent in North India in the summers. The heat stroke sometimes makes human being unconscious or even he may die. The effect of loo is very grave as it marks redness on the face, high pulse rate, headache, pain in neck and it increases the thirst.

## Precautions

As there is loss of water in the body, therefore one must increase the intake of water. One can always cover his ears when going out and should wear loose light coloured cotton clothes. It is advisable to carry an onion when one goes out.

The daily diet should include mint, onion and butter milk.

## Treatment

The patient of heat stroke should be made to lie in the cool and open place. In place of solid food he should be given liquid diet at short intervals in form of butter milk,

Panna, fresh Lime syrup and cold water. The cold springing of body and application of cold sponge on the forehead sometimes works wonders. Yoga and regular exercise provide enough strength to the human body to brave loo.

Continued from page 4

## Seasonal Regimen in Summer ...

### Probable Diseases

In summer, due to the naturally weakened immunity, the body is prone to all diseases. Sunstroke, nausea, diarrhoea, cholera, acidity, distention fever, burning micturition, burning in hands, feet and eyes, bleeding nose, sleeplessness are the likely diseases. As far as possible hotel food and edibles sold openly by the vendors and stale and non-greasy rough food should be avoided. The diet must be predominantly liquid. One must eat much less than he really can, so that, he might drink cold water later.

In acidity, burning micturition, burning in hands and feet Gulkand, Emblic jam, Petha i.e. cold temperament things should be

taken. Among medicines, extract of Gulancha, Praval Panchamrita, Praval Pishti, Sootashekhar, Kamadugha Rasa, Amalaki Rasayan, Sherbet Gul Banafsha, syrup Shankhapushpi etc. should be taken. In burning of eyes a couple of rose water drops should be infused in to the eyes.

In summer due to excessive sweating skin diseases like prickly heat, itching etc. are likely to occur. Cold ointments like Sandal paste, Khus-Khus etc. should be anointed. This cures skin diseases and also eliminates the extra heat of the body. The skin becomes shiny and glowing.

Thus only by caring a little and taking caution we can maintain our health in summer.

## You May Help

We are looking forward to Agents who will be interested to help us in expanding the circulation of JEEVANIYA. We are prepared to pay reasonable amount of handling charges/commission for this work. Those interested may please write to address given below for terms and conditions:

*Circulating Manager*  
**JEEVANIYA**  
E-III/250,  
Sector - H, Aliganj  
Lucknow - 226 020.

# Summer Season & Eye Care

Dr. K.K. Pandey, Lucknow

**E**yes are the priceless gift of the God. Without eyes life is rather useless, because they give the feeling of the surrounding. They help in understanding a number of worldly objects, help in protecting and caring the body itself. Therefore one should take extra care of eyes, not only in terms of the physical care but also of the dietary regulations and precautionary measures.

Of all the seasons, summer season is the most harmful to eyes. Therefore, we should take utmost care of our eyes during this season.

## Eye Incompatible Food

A rich (proteinacious, oily) and acidic food in summers adversely affects eyes. For example 'Kulthi' and 'Urad' dal, Vinegar, Kanji, Sour, juicy and hot food stuffs, beverages and excess of other intoxicating materials viz. Dhatura, Ganja, Bhang - all these sorts of food stuffs vitiate the 'Pitta' which ultimately leads to a number of eye ailments.

## Eye Compatible Food

The food which is easily digestible, light, vegetarian and nutritious is good for eyes. We should preferably use clarified butter from cow-milk.

**Cereals :** Old barley, wheat,

sathi-rice, old Kondo rice, moong, Masoor with adequate clarified butter. However, other pulses or cereals with 'Kafa-Pitta Nashak' properties could also be taken for good.

**Vegetables :** Pointed gourd (Parwal); Bitter gourd (Karela); Luffa (Ghiya Tori); Raddish; Snake gourd; Cucumber; Teevanlishak; Chaupatia Shaak; Chaulai Shaak; Bathua Shaak; Poc etc. are good.

**Fruits :** Pomegranate; Daakh (Munnaka); Trifala, Gambhariphal and emblic myrobalan preparations.

**Medicines :** Chyawan Prash, Amrit Prash, Brahmi Rasayan.

**Non-vegetarian :** Aquatic (Fish etc.) animals in adjoining areas of pond or lake or river are 'Pittahar' in properties, therefore, are recommended for non-vegetarian food.

## Don'ts for Eyes

- Never take cold water bath after coming from hot sun.
- Do not gaze at distant objects for long times.
- Keeping awake at nights, sleeping in day time, prolonged eye straining jobs.
- Excess anger, sadness, copulation, stopping natural calls should not be done.

- Do not look at bright objects for long times.
- Avoid dusty, smoky areas.
- Do not look into microscope for longer durations.
- Do not indulge in jobs with bright lights or very dim lights.

## Do's For Eye Care

For proper care of eyes observe following :

- Put on shoes etc. use umbrella, cap etc., if going out in hot sun.
- Do not hold natural calls.
- If food taken is not digested properly, do not eat any further.
- Give a proper oil massage to head and sole.
- Before going for sleep, wash your eyes.
- Apply Kajal (medicinal) to eyes once a week.
- Give a wash to eyes with Trifala water.
- Do walk on green garden grass in the early morning daily.
- Do practice Sheershasan or Sarvangasana daily for the health of eyes.
- While reading or writing, light (Sun/illumination) should fall from behind and distance.

(Translated by Dr. R.K. Sharma, Lucknow)

# Indigestion

## *Causes and Household Management*

Vd. V.B. Mhaiskar, Vadodara

**F**ood is essential to provide nutrition to the body. Agni (digestive power) is responsible for the digestion of food. If there is no equilibrium between the food consumed and the quantum of Agni and the quantity of food exceeds the power of Agni then the food is not properly digested. This is known as indigestion.

Digestion does not depend only on the quantum of food and Agni. Incompatible food or food which one does not like also causes indigestion. Heavy, greasy, pungent, sweet and caustic food also creates indigestion. Stale and non-edible things, watery or completely dry foodstuffs also cause the same. Eating before the previously eaten food is digested also leads to indigestion. Austere fasting may also cause it. Working vigorously after meals or exercising after meals, change of place and water, drinking contaminated water in the early phase of rainy season, taking incompatible tastes like sweet and salt, incompatible things like milk and salt or milk and lemon, very hot and very cold things mixed and excessive alcoholism also cause indigestion.

There are other reasons too, staying awake, excessive exercise, excess

of coitus, resisting the urges of natural calls, anxiety, anger, fear, not taking meals at fixed hours, eating together wholesome and unwholesome things and so on. Slight inflammation in the mouth and around the eyes and belchings indicate by their taste and smell that the eaten food is staying static without any change. There are various types of indigestion (Ajeerna)

In **Vidagdha**jeerna symptoms like dizziness, thirstiness, coma, uneasiness, burning, bitterness in the mouth burning belchings and sweating occurs.

In **Vishtabdha**jeerna symptoms like severe stomachache, distension in the stomach, aching in the entire body, blocking of fart and faeces, stiffness in the body and semi-consciousness occur.

In **Rasash**jeerna Though the belchings are pure (without any smell or taste and gratifying) still the meals are welcome and heaviness of heart and nausea is felt.

**Dinapaki & Prakrita** Ajeerna These two are not important as a disease. In this type of indigestion there is only a minor disturbance of digestion which gets cured by just missing one or two meals.

### Complaints

Serious unconsciousness, rambling, excessive vomiting, excessive watery mouth or continuous emission of saliva, slackness of body, serious giddiness and even occasional death may happen arising out of indigestion (Ajeerna) mentioned in the Ayurvedic texts. Indigestion should not be ignored thinking it to be a minor trouble. It should be treated as soon as it is detected.

It has been said that those who eat without restraint like beasts contract indigestion which is the root cause of all diseases.

Indigestion happens to be the root cause of all diseases because it breeds Ama and the vitiation of all the three humours. Ama is the basic material for the development of all diseases.

### Prescience

Not feeling hungry at meal times, heaviness in the stomach, watery mouth, loss of taste, heaviness of brow and restlessness indicate indigestion in the offing.

### Symptoms

**Sweet mouth** heaviness of eyelids and drowsiness, pain in the chest and feeling as if the entire body has

been wrapped in a wet cloth, stagnation of food in the intestines, dizziness, non- emission of fart, constipation or diarrhoea.

### Types

Indigestion has been classified into six types (1) Amajeerna - generated due to Kapha (2) Vidagdhajeerna - generated due to Pitta (3) Vishtabdhajeerna caused by Vata (4) Rasasheshajeerna - caused due to the immaturity of tastes (5) Dina-Paki and (6) Prakrita Ajeerna - perpetual indigestion.

In **Amajeerna** heaviness is felt in the entire body, especially head and stomach - the eaten food is incessantly coming up to the throat.

### Curability

Indigestion is curable when it has no complications and treatment is given as soon as it is detected. If ignored and allowed to continue untreated, it might develop to such an extent that it becomes hard to treat, incurable or even might cause death.

### Treatment

Fasting is recommended in the early stage of indigestion of all types. Missing two or three meals helps a lot. The patient should be given hot water to drink while he is on fast. This releases the abdominal gases. Either hot water or ginger-processed water (in Amajeerna), clove-processed water (in excessive vomiting), coriander and cumminprocessed water (in Ama + diarrhoea) may be used.

In **Vidagdhajeerna** vomiting is helpful. In **Vishtabdhajeerna** fomenting is beneficial. In **Rasasheshajeerna** resting is helpful.

Among medicines Shankhavati, henbane seeds, ginger, lemon, Hingwadi Vati, Shoolahar vati should be taken in the proper dose. After the necessary gap of meals, the patient is to be given cooked rice and Moong pulse, buttermilk, boiled apple, lemon sherbet in little by little increasing quantity.

### Prevention

To obviate indigestion eat only when hungry. Eat according to the appetite. Take meals at fixed hours only. The quantity of food should be, as far as possible, constant. Take food only after the previously taken food is digested. Don't eat wholesome and unwholesome food mixed together. Eat with your mind in peace. Don't work hard just after the meals. Include liquid, semi-solid and solid food stuff in adequate quantities in the diet. Don't indulge in unnecessary fasting. Remember that the digestive fire is neither pleased by non-eating or overeating.

Eating of raw snake-cucumber helps a lot to cure the indigestion caused by vegetarian food.

Ripe papaya and pineapple helps a lot to cure the indigestion caused by non-vegetarian dishes.

In the indigestion caused by oils and clarified butter or other unctuous substances, intake of buttermilk is extremely beneficial.

## Free Gift Subscription Offer

In this novel scheme, we offer a **free Gift-Subscription** to any of our reader who makes five subscribers for 'Jeevaniya'. All you have to do is to collect subscription from five persons and send the money to us by demand draft in favour of **L.S.P.S.S. - Jeevaniya** alongwith the names and addresses of the subscribers. Alternatively, you can send us the names and addresses of the five subscribers which you have made in any given month alongwith the details of their subscription made.

This entitles you to a **free Gift Subscription** for one year which you can either avail for yourself or nominate anybody else you desire. You are entitled to any number of **free-Gift Subscriptions**, provided you make 5 subscribers for each gift. You can also convert your **free-Gift Subscription** offers into cash incentives, if you so desire.

# Diarrhoea

## A Fatal Disease

Vd. Govind Prasad Upadhyaya, Nagpur

According to classic literature excess of liquified bowel discharge from anus is called diarrhoea. It is a fatal disease in developing & even developed countries specially in the case of childrens and infants. This disease is common in summers, when a lot of body water is lost in the form of sweat. Therefore imbalance between the water intake and discharge results in dehydration and this is the root cause of the fatal disease.

The probable causes may be the intake of very much fried spicy contaminated food or incompatible food or polluted water or lack of cleanliness in the bacterial infestations of bowel. Due to high temperature bacteria multiply and thus aggravate the situation by increasing the frequency of liquified bowel discharges leading to diarrhoea. But diarrhoea accompanied by vomiting causes cholera. In both cases the quantity of gastric juices and paristaltic movements increase manifold.

and absorption of food materials through intestine decreases. This results in the increase of number of liquid bowel discharges. In the acute cases symptoms like pain in stomach, dry mouth, weakness, less urination, bulging of stomach appear.

described. In cases of Aam the stool is sticky and foul smelling. In such cases instead of stool solidifying medicines, digestive medicines should only be given. And in Pakvatisar, only those medicines should be given which could prevent it from taking acute form.



Ayurveda has classified it in six types - Vataj, Pittaj, Kaphaj, Sannipataj, Shokaj and Aamaj. This classification is based on the character of the stool or bowel discharges. Further Aam and Pakva, two more types have also been

In cases of dysentery larger quantities of body water is lost, leading to a situation of deficiency of water in body. Sometimes intestinal mineral also become deficient in the body. Due to al this mouth gets dried up, eyes gets sunken, skin starts drying out and thus lacks its lustre. Liver and heart also start behaving erratic. In such circumstances, people think commonly that intake of water would

aggravate the bowel discharges. However, this is totally a wrong conception. On the contrary, one should drink more water and that too boiled and cooled water. The rehydration of the body is being advertised through mass

Continued on Page 27

# Traditional Method for Rehydration

Dr. P. Ali, Pattambi

In olden days, the grandmother in a family was familiar with the therapeutic value of medicinal plants that grew in and around her own compound. During those days the common ailments like diarrhoea, vomiting, colic, fever, cough, sore eye, sore mouth etc were treated successfully with such harmless house-hold herbal medicines. Whenever children became dehydrated due to excessive diarrhoea or vomiting, they were able to rehydrate them with various traditional methods. These methods were equal or sometimes superior to the modern way of IV infusion (Drips).

In our rural area, whenever infants below the age of 18 months (whose anterior fontanelles are not closed) get dehydrated, the mothers used to apply a herbal paste on the fontanelle and within one hour the child will be alright. The three ingredients required for this paste are *Hygrophila spinosa*, *Curcuma longa* and breast milk. *Hygrophila* are *Hygrophila spinosa*, *Curcuma longa* and breast milk. *Hygrophila spinosa* (Malayalam : Vayalchulli, Sanskrit : Kokilaksha) is a small lands. *Curcuma longa* (Malayalam: Mangal, Sanskrit : Haridra) is handy in almost all houses to use in curries. The leaves of *Hygrophila spinosa* with fresh *Curcuma longa* are ground in breast milk to a paste and this paste is applied on the fontanelle and frequently wetted with breast milk. The child will

become rehydrated within half an hour. In LSPSS News Letter (October 90) Dr. M.P. Prabhu Desai, & Dr.(Mrs.) M.M. Prabhu Desai, have illustrated a more simple method of rehydration of infants by using breast milk alone on absorbent cotton swab.

Recently I had a chance to try this method. I and my wife were on a casual visit to my daughter. When we reached there, the one year old child Shahina was lying on the shoulders of the mother-in-law. They told that the child is under Allopathic treatment since two days for diarrhoea. The Doctor advised not to give breast milk to the child as it will induce vomiting. He advised to give other liquids. But the child was not taking any other liquids. It craves for breast milk, but the mother did't give it according to the Doctor's advice. Hence the child was fully exhausted. The mother-in law said that the child is sleeping.

On the first sight itself we could make out that the child was badly dehydrated. The fontanelle was sunken, the child was conscious but could not even raise her eyelids. The lips were dry, the pulse was weak. We tried to feed some sugar-salt solution with a small spoon, but the child was not at all co-operative. The mother of the child told us that she was throwing out the breast milk by squeezing it out as she feels restless by its

surfeit. On hearing these words, suddenly I remembered the simple method of rehydration explained in our LSPSS News Letter. I asked to bring some cotton immediately. They searched and couldn't get fresh cotton. So they took some cotton from a pillow and brought it to me. I asked to wet it by breast milk and apply on the fontanelle, and wet it frequently as it dried. Within 15 minutes, the child opened eyes and showed signs of improvement. By seeing this positive effect I asked to stop the medicines and after giving a few doses of *Veratrum album* 30 (Homoeo medicine), I asked my daughter to feed the baby with breast milk. The child was quite okay and no recurrence of diarrhoea or vomiting occurred.

## Comment

Applying absorbent cotton soaked in breast milk on the anterior fontanelle of the dehydrated infants is very effective and fast acting. I did not change the cotton swab. I asked the mother to squeeze breast milk on to the same swab as soon as it got dry by absorption. As soon as improvements are seen we have to switch over to oral rehydration method. In this case the child was rehydrated within 15 minutes. I request the readers to try this method whenever they come across such cases in infants where the fontanelle remains open.

# Fresh'n Juicy for Summers

Ms. Veena Tandon, Lucknow

Consumers are advised to stick to natural fruit based drinks or slake their summer with a glass of cold water. As during the summers, the Sun heat is at its peak, mercilessly causing moisture loss from all the objects. There is general loss of appetite and a greater feeling of thirst, therefore the Ayurvedic Acharyas have advised several beneficial cooling drinks particularly suitable to the Indians in the Indian conditions. These are popularly known as 'panak'. They provide protection against heat strokes and relieve excessive heat. Depending on individual tastes and disposition, panak can be made from unripe mango, tamarind, Bel, lemon, Ber, Jamun.

## Some panaks and their uses

### Mango Panak

Boil unripe mangoes and thoroughly macerate the pulp in water, add sugar, salt, cardamom etc. according to taste. This 'panak' is particularly soothing in conditions of 'sun-stroke' dehydration, dryness of throat, weakness, tiredness and relief in feeling of thirst.

### Tamarind Panak

Boil ripe tamarind, cool and macerate with water. Add sugar, powdered pepper and cloves. This drink increases appetite.

### Jamun Panak

Macerate Jamun pulp in cold water

and add sugar to taste. Add chillies, cinnamon and tejpat leaf to flavour the drink. This drink is tasty and is specially prescribed for diabetic patients.

### Bel Panak

After thoroughly macerating Bel pulp with cold water and straining, sugar is added to taste. A little cardamom powder is then added. This drink is beneficial in loose motions.

### Lemon Panak

Preparation of Lemon Sharbat is well known in Indian families. It improves digestion, strengthens heart, improves taste and suppresses Vata.

## An Experience Kulathi Cure for Kidney Stones

*I am a regular subscriber of Jeevaniya. Being a subscriber of this useful journal, I am gaining knowledge of Ayurvedic medicines day by day. I am also happy to do some social service based on knowledge obtained from Jeevaniya.*

*In Jeevaniya I've studied about 'Kulathi' which can cure stones in kidney. In two cases of my friends and relatives it was successfully*

*used. Both of these patients of 40 and 55 years of age were ready for operation. When I advised them for using Kulathiwat daily for 7 to 8 times. Both of them were cured within 15 days and do not need operation any more.*

*In my opinion Jeevaniya is improving day by day. I wish best prospects for this journal which is doing a great social service to mankind.*

*Miss Roma Banerjee, Lucknow*

# Rein Your Anger?

Dr. Ayodhya Prasad Achal, Gaya.

**Y**ou must be very well acquainted with idioms like to be angry, rising or mounting anger, receding anger, a spitfire fellow, burning with anger etc. Anger is a common psychosis which we all experience in our day to day life. One who has never been angry is to be rarely found among us. But certain people are apt to be so overcome with anger that under its spell they commit such deeds as they would not commit otherwise. For which, in fact, they repent later. Often certain persons become habituated to it. Such a person gets irritated at trifles.

Anger does not always expend itself on others. At times it expends on ourselves. You must have heard about those who, in a rage of anger tear away their hairs, hit their heads, kick their dinner plates etc. That is why anger has been compared to fire. Fire not only burns others but it also destroys its own haven. Same is true of anger. Anger gives wild jolts to our body and mind. For the time being the man loses himself. He is overcome with temper or rage. Under its influence he can say or do anything. Often it is observed that those who are weak physically and mentally get easily irritated. A tired person is naturally prone to irritation. Similarly those who are weak in mind or are worried or are under mental stress get irritated soon. Therefore to control anger one has

to be healthy bodily and mentally. Yogic postures, breathing exercises, contemplation etc. prove exceedingly helpful in this.

Some people, especially those who have had a pampered infancy, owing to being the youngest or the only child, and have consequently become used to achieve their ends by crying, screaming or by just scowling and carry their evil habits even after growing to manhood and try to have their say by the same means. Such persons can find their salvation in their own discretion or self-control alone. A psychiatrist's help also might prove handy.

The modern cult of enjoyment has so enhanced the level and quantum of desires and ambitions in certain persons, especially among the young, that their fulfilment is not feasible either due to their innate inefficiency or incapability or inequality and corruption rampant in the society. This naturally leads to frustration and ducegeon. This results in strikes, lockouts, violence, self-immolation, burnings of property etc. There is no other way to set this right than to improve the social set up.

At times, disturbed family relations also give rise to anger. Those who have in their childhood borne the brunt of cruelty and rigours of discipline of their guardians return to the society what they have received from their parents in their

childhood. The society has to bear their wrath in various forms. In unwanted or unmatched marriages husbands and wives have to bear the unwarranted dudgeon of each other.

In short, we may conclude that when a person is not able to do, think or say with his body, mind or speech what he wants to, whether due to his own incapability or helplessness or some external obstruction, then his temper flares. At times he becomes a spitfire just by the thought of obstruction.

The following devices may temporarily prove handy for reining anger :

- There is an English saying that when you are in anger start counting from one up to 10. In India one glass of cold water is recommended for anger. This provides time to the anger to expend itself. By then, due to the prevalence of discretion there is a possibility of cooling down of temper. Impulses cool down as fast as they flare.
- When in anger, stand before the mirror and closely watch your face. Similarly if someone else is in anger then lead him gently to the mirror by using some cunning. It is quite likely that by looking at his grim face in the mirror his anger will evaporate.
- Keep the person away for a while from the object of his wrath, whether that is a person, thing or

Continued on Page 16



# Care of the New Born

Vd. Ramesh Nanal, Bombay

**L**ike all other beings, human beings support their children. Not only that, but owing to their intellectual superiority they do it much better than the rest. Just as progeniture is a natural process similarly care of the new-born child by the mother is also a natural process. We find a glimpse of this nature in folk health traditions. Even now, there are active 'Dais' in our society who specialise in the care of the newly born child and its mother.

If the traditional devices are embellished and improvised in the light of scriptures then they become still more effective. Then these devices might more effectively be taken to the remote villages and aborigines and minimise the infant mortality rates among them. Therefore there is a need to understand the scriptural devices.

Childhood is considered at two levels in Ayurveda :

1. According to age
2. According to food

## According to age

The span of life right from the moment of birth up to the age of sixteen years is regarded as childhood (Balyavastha). It has the following divisions :

- up to six months
- six to ten months



- one to two years
- third year to 16th year

## According to the Food :

Childhood is divided into following parts according to the type of food given to the child :

- Ksheerad (milk-fed)
- Ksheerannad (fed on milk as well as cereals)
- Annad (fed on cereals).

## Milk-fed Phase

The children of mammals are formed in the uterus. For these, their mother's milk happens to be exceedingly useful. The child gets necessary nutrients from mother's milk for its physical and mental development.

## Quantity and Time of Feeding :

Normally the child should get enough of milk so that it is fully gratified. This results in normal

exudation of faeces and urine. This is what is known as proper breast feeding.

In the absence of sufficient breast milk the child should be given other milk. For this cow's milk is best. In some areas milk of buffalo or even camel's milk is given. But before giving such milks, the milk should be diluted with water, then boiled and cooled before giving. This process makes the milk digestible to the child. If the milk is not diluted it will create indigestion, distention, stomach-ache, vomiting diarrhoea etc. in the children.

**Discontinuation of Breast-feeding :** The breast-feeding should be discontinued under following conditions :

- during teething
- when lactation ceases
- after one year or if there is any

serious deformation in the mother's milk.

**Preenan Modaka Preparation :**

To lessen the dependence of the child on the breast-milk the child is given Preenana Modaka. For this Modaka (Laddu) is prepared with the cuddapah almonds (chironji, liquorice, honey, parched rice, and sugarcandy. Even after weaning, this is good for the nutrition and gratification of the child.

Apart from this the child may be given buttermilk, butter, sugarcane juice, mango, soup of Moong pulse, soup of meat juice etc.

**Milk and Cereal Phase**

Scriptures have advised to feed the child fruits from the 6th month. According to Charak Sanhita, cereals are of 12 types and fruits are one such type. Almost all fruits are wholesome. The fruit should be made lickable by maceration before feeding, by which following advantages derive :

- the child takes them with ease just as it takes mother's milk
- the child stays happy and is gratified

- the process of digestion takes place smoothly in the intestines

- intestine is not damaged

The fruits should be selected considering the temperament of the child and season.

**Food During Teething**

Teething is a natural physiological process.

If this process begins after the



seventh month then it is deemed best. Sometimes the process begins when the child is in the fourth month.

In this phase, the child should be given a special diet. For this, start giving such food that predominates in Prithvi Mahabhuta, is Vata-subsiding and bone and marrow developing.

Normally following food articles are given :

**Preenana Modaka**

**Cow's milk**

**Eggs**

**Coconut, almond, pines, walnuts.**

**Rice, Barley.**

**Cod liver oil.**

**Vegetables.**

The child should, during teething, be given whole dry turmeric, dry date or almond to chew so that the gums open up properly and the process of teething is facilitated.

Till the age of two years the child must have planned and special food, because from birth up to the age of two years, growing of Rasa, blood and seven Dhatus (tissues) starts in a marked manner. Hence such foodstuff as is amenable for the growth of above should be given in full dose.

Continued from page 14

**Rein Your Anger**

circumstance. This will induce cool thinking and analysis of the circumstance. Consequently the anger will cease to be.

- Don't cross a person on the topic he is getting short-tempered. Try to deflect his mind towards some more interesting topic. A few

sweet words of consolation act like a magic.

- Don't let the anger manifest itself or take a serious form. Learn to absorb it. It will gradually go cold. Buddha has said that one who controls the impulse of anger just as the momentum of a chariot gone astray him only I call driver, others are just the reinholders.

- Buddha says, 'Vanquish anger with non-anger'. Anger is a

psychic disturbance. By practising the opposite of any undesirable and saddening psychic disturbance (for example, for envy and hatred, attachment and for enmity, friendship), the undesirable psychic disturbance automatically gets lost. This is a psychological fact. The non-anger in the above context denotes love, friendship etc.

# Advertisements and Health

Vd. U.C. Sharma, Lucknow.

**G**overnment, semi-government and social organizations all over the world are trying to provide Primary health to all by the year 2000 A.D. Advertising is resorted to, to achieve this end.

Advertisements are meant to boost the sale of one or the other product and hence merchants are benefitted by it. Advertisement in the area of health is often more confusing than helpful. Medical scientists are aware of these harmful effects but most of us do not bother to take any effective steps to counter them. Following are some examples of detrimental effects of advertisements on health.

## Breast Milk

About 25 years back medical companies advertised that the breastfeeding is detrimental to the mothers' figure and not of much use to the baby. Consequently, the trend of giving bottle-milk to the baby instead of breast-milk came into being, which boosted the manufacture of powder-milk under various names and advertisements such as "the only complete baby food" appeared which only helped the merchant-class and harmed the babies. As a consequence, certain diseases began to manifest themselves among the children, such as, diarrhoea, weakness, mental weakness, polio etc. because the advertisements did not

properly inform the consumers about the proper method of feeding the powder milk while the children were deprived of nutritious Breast milk. Due to this omission on the part of the advertisers umpteen mothers fed their babies with powder-milk without rinsing the bottle with hot water. This led to the proliferation of infant diarrhoea. Moreover, lactating mothers also had many problems which prompted the medical scientists to consider the matter and they reversed their earlier opinion and started advertising "Breast is Best". Such advertisements are now in vogue. Following are the salient advantages of breast milk :

- The breast-milk of the first couple of days known as 'colostrum' renders the infants, body immune against several diseases.
- Breast-milk is congenial to the digestion of infants.
- Breast-feeding involves no infection (except with a sick mother) whereby the infant remains safe from diarrhoea.
- The mother is safe from conception till she breast-feeds.
- Breast-feeding obviates breast-cancer among the mothers.

## Toothpaste : The Fluoride Question

Another area where advertisement

has definitely harmed the health of consumers is 'Toothpaste with Fluoride'. The entire media is advertising that 'Toothpaste with Fluoride' is highly beneficial for the teeth. Dentists shown in the Ads claim that Fluoride strengthens the enamel of teeth and thus resists caries.

Even the W.H.O. is involved in this controversy. It not only says that Fluoride Toothpaste is necessary for the protection of teeth but that the drinking water also should contain Fluoride. At the same time the W.H.O. warns that the Fluoride content tends to be harmful if such water is used consecutively for over 10 years, and the Fluoride content is over 20 P.P.M. But in India it was found in a survey that certain persons become affected with of Fluorosis by using water containing excess Fluoride for a couple of years only.

By an excess of Fluoride in the body, production of cholesterol also increases, which forebodes heart diseases, renders the teeth hollow and may also cause cancer.

According to a report of I.C.M.R., Fluoride toothpaste should not be used by children below six years, but the advertisements mostly make use of children. The gullible public believes that Fluoride toothpaste is not only good but also is compulsory. People are not aware of the detrimental effects of

Fluoride. In India, Fluoride toothpaste tends to be especially harmful since in various parts of the country the groundwater already contains an excess of Fluoride.

### Iodine Salt

Lack of Iodine in the body leads to goitre. This disease is mostly seen among the women and the concentration of such cases is high in certain parts of the country. These are certain districts of eastern U.P. and Satpura, Vindhya, Bilaspur, Hoshangabad, Baitul, Khandwa etc. in M.P.

In order to combat goitre it was publicized at the government level that people should use iodized common salt and not the iodineless salt. This probably helped those persons who lacked iodine in their bodies, but those normal persons who had it in their bodies already

started to accumulate surplus iodine in their bodies. This campaigning in favour of iodized common salt has also helped the merchants only because the occurrence of goitre has not reduced even in endemic areas because those people do not have enough access to iodised salt.

The Salt commissioner had announced that by the end of 1990 the common salt manufactured and marketed all over the country will be iodized. Now we are in the middle of 1991 and we are fortunately still getting in the market invariably the non iodized common salt.

Scientists believe that if the iodized common salt is allowed to be used for a couple of years by normal people, then several hazards to the health may arise.

Goitre is seen to vanish on supplying adequate nutrition in some cases which suggests that one

of its causes could also be malnutrition.

### Lata Publicizes Glycodin

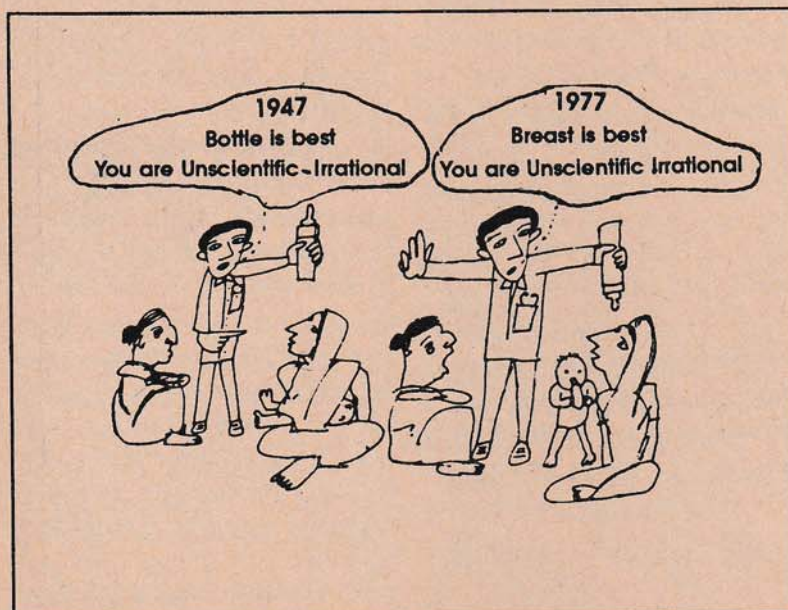
The famous all-time singer Lata Mangeshkar has appeared in an advertisement of Glycodin. The advertisement is of 40 seconds duration and costed six lacs of rupees. This advertisement is meant to boost the sale of the cough syrup.

The advertisers have not mentioned as to which form of cough could be treated with it, they just say it is a remedy for cough. It should be mentioned that cough may occur due to various reasons and Glycodin possibly cannot cure the cough due to all of them. If cough is due to cancer, inflammation of bronchial tubes, asthma, smoking and cold then the use of Glycodin will be a waste of money and at the same time a danger to the life of the patient.

### Eat As Much As You Like, and Digest With SWAD

The above is the theme of an advertisement publicized through the TV. Swad is a toffee for children and contains 97% of sugar. It can hardly fulfil the tall claim as advertised. Moreover it also promotes another folly that over eating is not harmful.

Our scientists ought to come forward to take adequate steps to stop such advertisements. All such advertisements pertaining to the public health ought to be censored by an expert medical team prior to being broadcast.



## LSPSS Publications at a glance

Name of Publication	Periodicity	Price	Published from
English News letter	Quarterly	Free to members	L.S.P.S.S., P.B. No - 7102 Coimbatore-641 045
Compound Formulations (Oils)	Occasional	Rs. 25/-	"
Compound Formulations (Kwaths and Kashayas)	"	Rs. 25/-	"
Medicinal Plants Useful in MCH	"	Rs. 25/-	"
Visha Chikitsa Manual	"	Rs. 15/-	"
Jeevaniya (English)	Bimonthly	Rs. 30/- (Annual)	LSPSS Publications, E-III/250, Sector - H, Aliganj Lucknow - 226 020.
Jeevaniya (Hindi)	"	"	"
Hindi News letter	Quarterly	Free to members	"
<u>Monographs Series:</u>	Quarterly		
Local Health Traditions (Hindi)			"
Local Health Traditions (English)		Rs.25/- Rs. 20/- for members	LSPSS Publications C/o PPST Foundation. 29, IVth Main Road, Gandhi Nagar, Adyar Madras - 600 020.
Indigenous Science of Nutrition-Vol.I	"	Rs. 30/- Rs. 25/- for members.	"
Mother and Child Health Vol. I	"	"	"
Mother and Child Health Vol. II	"	"	"
Marma Chikitsa	"	"	"



## Prescriptions of Granny

Vd. Badaloo Ram Rasik, Lucknow

**Saraswati :** Good Morning Granny.

**Grandma :** May God bless you! Why have you come out in such scorching heat?

**Saraswati :** I had gone to the market to buy some medicines for my aunt so I thought of meeting you.

**Grandma :** Its good you've come. Which medicine you've bought.

**Saraswati :** Actually these days many children are suffering from conjunctivitis in my village therefore I had gone to buy the medicines once prescribed by you. In 100 ml. of rosewater, 25 gm. of extract of Berberis (Rasaut) will be soaked overnight in the form of fine gratings. This shall be mashed in the morning and filtered through a clean muslin cloth. To the filtrate I shall add 25 gm. powder of pink alum and mix it well. This will be again filtered and another 100 ml. of clean rosewater will be added to it to prepare the medicine. I shall store it in a clean corked bottle and use it with a clean dropper. Isn't it the right method Granny?

**Grandma :** Good! However if the eyes are too swollen and do not open up then one can clean the eyes

for 5-10 min. with a solution of lukewarm water adding a little Boric Acid to it. In case there is redness alongwith swollen eyes then soaked lime is applied on the toes of both the feet and on both the sides of temple region. This checks further spread of infection. At this time, the patient should be given 3-4 tablespoonful of sugar without any water before going to bed for at least 3-4 days. Water should be given only after the patient gets up from the sleep. One must avoid the use of unripe mangoes, sour curd, exposure in sun, excessive intake of rice salt and chilled eatables. Taking bath in ponds, rivers or swimming pools etc. should also be avoided because it causes infection to other people.

**Saraswati :** Yes, Granny I've understood and noted down everything. Now do tell me the medicine to get rid of the white spot on the retina which often appears after the swelling subsides.

**Granny :** The reason for the appearance of this whitish coating is due to improper or inadequate cleaning of the eyes. Now, please write down a time-tested medicine for this. The ingredients are the latex of banyan tree and sugar cake

(batasha). The method of preparing medicine is as follows :

Take at least twenty drops of its latex on a clean leaf of banyan and mash a sweet cake (batasha) to it with a clean finger and apply this ointment to the eyes. Try to continue this treatment at least for eight days. It improves the eyesight as well. Remember that fresh latex should be collected everyday for use by plucking banyan leaves.

In case a young infant suffers from this complication, then the application of mother's-milk to the eyes is ideal.

In case of some children or even elderly persons, this whitish coating may stay for a few months or years. In such cases, following medicine should be used. Soak 10 gm. extract of Berberis in half a cup of clean water overnight. Mash it well in the morning and filter it with a clean muslin cloth. Then add 10 gm. each of powdered alum, boric acid and Saltpeter (Potassium Nitrate) in 500 ml. of pure rosewater. Mix the two solutions and filter them once again. Your eye drops are ready to treat the chronic whitish coating. Three drops each of this solution is good for children while 5 drops each

should be put twice daily in adult eyes. This is not only good for clearing the whitish coating but also for many other common ailments of the eye. I hope you have understood its preparation and use.

**Saraswati :** Yes, Granny I've noted down all the points. Another thing I want to know is the treatment for headache, forgetfulness, insomnia and excessive urination due to weakness.

**Granny :** For this the most popular tonic is the 'Thandai' which is prepared indigenously and is the most common drink for the Indian people.

**Saraswati :** That is very fine. But tell me the method of preparing some easily less expensive drink for the villagers.

**Granny :** Ok! write down. You see

### Method of Preparing the Syrup Shankpushpi

Take 250 gms. of well cleaned Shankpushpi; boil it in 2 litres of water and remove it from fire when a quarter of it is left. Then add sugar to your taste and boil it till it becomes little concentrated. After cooling and filtration processes fill it in a bottle.

in the villages on the barren land grows a runner plant (Shankpushpi) with leaves twice bigger in size to that of the leaves of tamarind. Innumerable flowers blossom each morning but after a few hours these dry up. These plants are very useful for us.

Take at least 20 branches of this plant then clean and grind them along with water. After filtering it in another glass add two teaspoonful of sugar to it and drink

it every morning. It cures forgetfulness headache, blood impurities, weakness of heart, blood pressure and the disorders related to kidney. It enhances vitality and vigour as well.

This is the easiest and cheaply available tonic in villages.

One should prepare its syrup (Sharbat) when it is available in plenty.

**Saraswati :** Thank you. Yes, Granny, now I'm going, namaskar.

## Our Prominent Distributors

- M/s. Pushpak Sales Agencies,  
251, Double Story, Welcome Colony,  
Seelampur, G.T. Road, Delhi.
- Shri R.A. Dubey & Sons,  
107, Badshahi Mandi, Allahabad.
- M/s. Alka News Agency,  
Railway Station, Kanpur.
- M/s. Vidya Mandir,  
C-47/137, Rampura, Varanasi.
- Central News Agency,  
Connaught Circus, New Delhi
- Bashir Book Stall,  
Roadways Station, Hardoi.
- Shri Ashok Kumar Arora,  
Railway Book Stall, Moradabad.
- M/s. Goel Enterprises,  
Matunga, Bombay.

# Food: What To Eat And Why?

Vd. P.C. Jain, Lucknow.

**T**hough we do take our share of food every day but it never crosses our mind as to why do we have food. Eating food is merely a stomach filling exercise but the absence of food leads to an unstable and weak human body resulting in the death of the same. This makes us realise that to have a healthy and stable mind and body, food is very much essential. It is the main source of energy for body to pull on, any decrease in quantity and degradation in the quality of the food which the human body consumes will effect the same adversely.

Our body is composed of the elements present in the nature and according to Ayurveda the nature is made-up of 'Panchmahabhuta' (five eternal elements) namely Earth, Air, Space, Water and Fire. And the sense and knowledge is endowed by the spirit from within. In human body, these five elements lead to the formation of Doshas, Dhatus, and Malas, which are regarded as the basic active factors of the body and are represented by 'Vata', 'Pitta' and 'Kafa'.

The activity, genesis, nutrition, rejuvenation and the stability of the human body is impossible without the food which ultimately affects the basic nature of the body i.e. 'Vata', 'Pitta' and 'Kafa' status. Without food body cannot sustain itself for longer duration and

prolonged fasting leads to gradual weakening of the body and finally the death of the same.

## Necessity of The Food

As stated above the food provides nourishment and energy to the body. The requirement of which varies from person to person depending on the following varying factors :

**(a) Body Growth :** The human body is an enormous cluster of cells which is the outcome of the single celled zygote. This zygote grows into millions of cells which at a later stage are differentiated into a variety of tissues. The human body can be regarded as a group of different organs. The food is digested in the digestive system of the body to provide much needed energy and nutrition to the body to sustain itself in due course of time.

**(b) Impairment of Body :** Since cells, tissues, organs, systems of the body are working constantly which eventually leads to the exhaustive loss of cells. But soon the dead cells are replaced by new one to restore the normal functioning of the body. This restoration is possible only through the intake of proper food.

## The Energy Intake

Energy is required by the body to regulate Doshas, Dhatus and Malas and to support various systems of

the body. A normal young body requires 2500 Calories of energy. However, a person engaged in physical labour requires 3000 Calories every day.

## Good Food

The food which provides balanced growth of Doshas, Dhatus and Malas of the body is regarded as good food. The food which is cooked well without losing its nutritional values and taken in adequate quantity is regarded as good food.

## Bad Food

The food which is not digested properly, or which induces imbalance in Dosha, Dhatus or Mala or which does not help the body in its growth or recovery of the damages is called bad food. Also the food which does not contain all the essential elements or taken in very small or in excess quantity becomes bad food. One should not take such food stuffs.

## Quantity of Food

Ayurved does not talk about the quantity of the food. As the quantity of food to be taken depends on the nature, capacity and ability of the person. For a healthy living the quantity of a food can be decided only after knowing its caloric value, and ones energy requirement. In brief the food quantity which does not interfere in



the heart and respiratory processes and also does not give the feeling of loaded stomach but gives the feeling of satisfaction, fulfilment of hunger etc. is regarded as the ideal food for a person. In other words a food which satisfies Dosha, Dhatu and Malas of the body, provides nourishment and energy to the body for carrying out day to day routine and which is digested well before the next meal regarded as ideal or good food.

Actually quality and quantity of food to be taken by a person

depends on the nature of his job and body energy requirements. For example for a young man living in Indian environment and engaged in minimum physical labour needs food worth 2400 Calories. However, for an average worker, 3000 Calories and for labourer 3600 Calories of energy is required. Women, generally do less of physical labour therefore, they need 200-300 calories less than men. But for a pregnant woman or lactating mother extra energy and nourishment is required for the

development and growth of the child.

On an average one should fill half of his stomach milk solid food stuff and one fourth of stomach with liquid. The remaining quarter part should always be left for proper digestion of the food.

#### **Constituents of Food**

As such food and our body, both are made up of "Panchmahabhootas". Ayurveda classifies food in Six Rasas (Shadrasa).

(To be continued)

# **KOFOL SYRUP**

**Now Consider**  
**The No - Nonsense Ayurvedic Alternative**  
**KOFOL SYRUP**  
**Simply, Safely Relieves cough, and Nothing but cough**  
**KOFOL SYRUP**

**FOR**

*Complication - Free Cough Control*

**Dosage :** Adults 2 to 3 TSF TDS

Children 1 TSF TDS

Infants ½ TSF TDS

**Presentation :** Bottles of 100 ml.

**CHARAK PHARMACEUTICALS (India) Ltd.**

**Bombay 400 011.**

# Rose

Dr. A.B. Alvi, Lucknow

**R**ose a beautiful flower belongs to the family of Rosaceae, found almost throughout India. It was well known to Greeks. It contains some aromatic oils and is cold in temperament.

**Language wise common names :**  
Sanskrit - Bhringsehtha; Hindi - Gulab; Bangla - Shwet Gulab; Kannada - Mullusevantige; Punjabi - Gulseoti; Latin - *Rosa demasena*.

It is a pink flower of a thorny bush. Its fruits are oval, spongy, hollow, dark red and in dried state these are blackish red with calyx teeth. The taste is somewhat bitter. The ripe fruit is used in medicines.

According to its growth its varieties are Cultivated & Self grown.

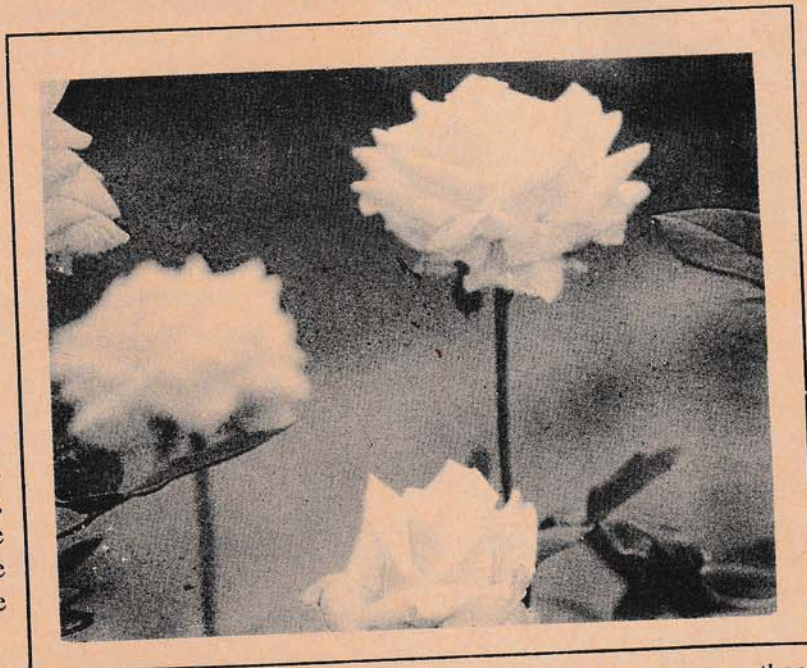
**Cultivated :** It is called as 'Gul-e-surkh Bustani'. It is red in colour and is very fragrant. It blossoms at the end of winter.

**Selfgrown or Jungly :** It is called as 'Gul-e-surkh Sahrai'. It has five pink coloured petals.

Besides these two varieties there are also yellow, white and black coloured flowers grown throughout India.

## Medicinal Uses

Fresh flowers are laxative and useful in the headache which is caused by heat but the dried



flowers are constipative. Flower buds are tonic in palpitation and unconsciousness. For this purpose the powdered rose is applied on forehead. Its local application reduces inflammation. The powdered rose heals the wounds, cures, sprains and ulcers.

The extract of its leaves is put in ears and eyes to reduce the pain. Mouthwash of the decoction of flowers is beneficial for intestinal ulceration and makes the teeth and gums strong.

The extract of branches of its tree if taken orally stops the bleeding from the mouth.

The use of rose water strengthens lungs, stomach, liver, kidney, intestines and uterus.

The flowers are used as antidiarrhoeal particularly when the problem is due to sunstroke.

The local application of root of rose for the snake bite is useful.

Rosewater is used as eye drops particularly in conjunctivitis due to heat.

Rosewater is used also as a vehicle for medicines.

Gulkand made from the petals is laxative and use ful in enlarged tonsils.

## Medicinal Plant

# Coriander

**C**oriander is a famous, and fragrant plant known to all. This is widely used to be added to vegetables and chutneys for fragrance. Its seeds are added to spices and also used as medicine. Green Coriander makes the dishes tasty, fragrant, heart some and especially subsider of Pitta.

### Language-wise Common Names :

Hindi - Dhaniya; Sanskrit - Dhanyaka, Kustumbari, Chhatra, Vitnnaka; Punjabi - Dhaniya; Telugu & Tamil - Kotamalh; Marathi - Dhane; Bengala - Dhane; Kannada - Kottambari; Gujarati - Kothamir, Dhana; Latin - *Coriander sativum*.

### Medicinal Properties

Coriander is bitter, pungent, astringent, lunctuous, hot-temperamented, urinating, light, appetiser-digestive and tasty. It eliminates the triad of Doshas, fever, thirst, vomiting, burning, piles and Amadosha. It is also anthelmintic. It contains a volatile oil which is responsible for its fragrance and carminative and pain-killing properties.

### Medicinal Use

- In conjunctivitis the eyes should be washed with the decoction of coriander seeds or take extract of green coriander, add breast-milk and infuse into the eyes.
- To protect the eyes during the occurrence of small pox dissolve camphor in green coriander juice



Dr. H.P. Sharma

and infuse into the eyes.

- In Kanthamala (swelling of the glands of neck) and other hard inflammations, coriander should be mixed with barley-wheat and applied over the affected parts for

the dissolution of the same.

- To stop epistaxis camphor is dissolved in Coriander Juice and infused in the nostrils.

**Continued on Page 46**

Medicinal Plant

# Purging Cassia

Pt. Madhavacharya, Lucknow

**J**ust as potato is a gift of America to the world, so is Purging Cassia a gift of India. In Sanskrit it is called Aragvadha. It is planted on highways hence it is also known as Rajavrksha. The tree bears yellow flowers in bunches hence it also goes by the name of **Hemapushpa** (the golden-flowered). In **Hindi** it is known as Amaltas and Siyarlathia. In **Bangla** it is called sondal, in **Marathi** Bahava, in **Gujarati** - Garmalo, Girvanali in **Punjabi**, Chhimkani in **Sindhi**, Kodre in **Tamil**, Aragvadha in **Telugu**, Kanikonna in **Malayalam**, *Cassia fistula* in Latin. The pulp of the pods, covering of the fruits, roots and flowers are used in medicine. The fruit pulp contains 60% of sugar. The pod is of arm's length or more, hard,

woody, pointed and about 2.5 cm. in diameter. It turns red when ripe. Inside there are round layers that are obliquely spaced at small intervals. On layers a black substance is attached which is clammy, sweet and malodorous. When the fruit ripens the pulp shrinks and then rattling of seeds is heard on shaking the pods. The peeling of the fruit is smooth, dark brown and hard when ripe. Flowers are yellow, fragrant and hanging on long and inclined peduncles.

## Medicinal uses

According to Ayurveda the Purging Cassia is a cold-temperamented substance. It is purgative and anti-inflammatory. Expert vaidyas are able to purge painlessly every human by the use of Purging

Cassia. It may be given in all ages and conditions so much so that even pregnant women could have it. Its electuary is the best medicine for cough, asphyxia and dryness of chest. In **Gout** (vatarakta) it is used for applying to cure inflammation. Purging Cassia is administered in **jaundice, hepatitis, obstruction of liver and fever** due to Pitta.

In **laryngitis** decoction of Purging Cassia, Garden Nightshade (Makoy) and cow's milk is used for Gandoosha (taking mouthful of it and keeping it there for sometime).

- In **cough** and **constipation** Gulkand of flowers and jam of unripe pods helps.
- In **Gandamala** (swelling of the glands of neck) root is made into a paste by rubbing it with rice-water and applied, which provides fast relief.
- Leaves rubbed in to a paste with Lemon Juice or gruel and applied over burning and skin diseases eradicates them.
- In **loss of appetite**, due to **Pittaja Jaundice** tamarind and purging cassia pulp is taken in equal quantities and administered as cold decoction which appetizes the patient.
- In **Amavata** leaves should be fried in mustard oil and eaten with cooked rice.

## Save Rs. 6 in Your Annual Subscription

'Jeevaniya' offers you a rebate of 20% on its annual subscription rates. Thus you can subscribe 'Jeevaniya' for one year by paying only Rs. 24.

All you have to do is to provide us with a list of 20 names and addresses of individuals who you think will be interested in subscribing to 'Jeevaniya'.

**Free Subscription Gift Offer** : Moreover, if any eight out of the twenty names suggested you (40%) actually become subscribers, you will be entitled to a free one year **Subscription Gift Offer**. Which can be availed by you directly or gifted to any person in India, nominated by you.

Continued from Page 11

## Diarrhoea ...

media in a big way and patients of diarrhoea are advised to follow it strictly. In this the patients are given rehydration solution frequently but in small quantities. The method of preparing this solution is given as follows. First take a glass of boiled and cooled water add two spoons of sugar and a pinch of salt to it in place of water one can mix sweet orange juice in desired quantity. In Ayurveda one can feed the patients a number of drinks, kwaths and swaras for this purpose. Juice of sweet pomegranate or sweet

orange juice or lemon juice should be given intermittently in small quantities.

Ayurveda describes the use of a number of single medicines and compound medicinal preparations for diarrhoea : **Kutaj, Petha, Atis, Krishna - Jeerak, Ahiphen** etc. as single medicines and **Kutajghanvati, Shankhvati, Gandhakvati, Bilwadi churna, Gangadhar churna, Hingwastak churna** etc. as compound preparations and **Kapur-rasa, Mahagandhak-rasa, Loknath rasa, Rasa parpati, Swarna parpati, Kutjarista, Ahiphenasava** etc. as **Rasaushadhis** to be given at different stages of

the ailment.

### Recommendations

Vegetable of Raw banana, Saga and roasted Heeng and Jeera, green gram, lentil rice starch etc. could be given as '**Anupan,**' '**Sahapan**' and '**Pathya**'.

In very acute cases intravenous glucose drip is very much essential. However, if the patient suffers from diarrhoea and vomiting, then these are indications for cholera. The treatment should be given under the guidance of an experienced physician.

*(Translated by Dr. R.K. Sharma, Lucknow.)*



## Dr. Jain's Special Herbs

Exporter of Botanicals, Phytochemicals, Essential Oils and spices.

### Herbal Beauty Packs

(Rs. 90 each)

Contents (Superfine Sterilised Powders)

- |                          |  |
|--------------------------|--|
| <b>For Hair-Care :</b>   | Shikekai, Mehandi, Jaswand, Brahmi, Amla, Maka, Citrus Peel, Triphala, Kachur Sugandhi, Ritha.   |
| <b>For Face-Care :</b>   | Rose, Neem, Khus, Papaya, Citrus Peel, Jyeshthamadh, Chandan, Manjishta, Arjun, Ginseng plus.    |
| <b>For Skin-Care :</b>   | Aruna, Amba Haldi, Korphad (Aloes), Amla, Khus, Rose, Nagarmotha, Bawachi, Tulsi, Multani Mitti. |
| <b>For Dental-Care :</b> | Babool, Khair, Bakul, Dalimb, Lodhra, Neem, Amla, Vavading, Triphala, Kala Namak.                |

**For Good Health** following herbs are available :

Arjun, Adulsa, Ashwagandha, Gudmar, Ginseng Plus, Harda, Jyeshthamadh, Mandur Stone, Sonamukhi, Sunthi and many others.

The above herbs are also individually packed, in pure form and available in 50 gm. and 500 gm. packs.

Two Booklets on '**How to Use Herbs**' available on M.O. Rs. 20.00. Agents required in cities, on attractive commission. Contact :

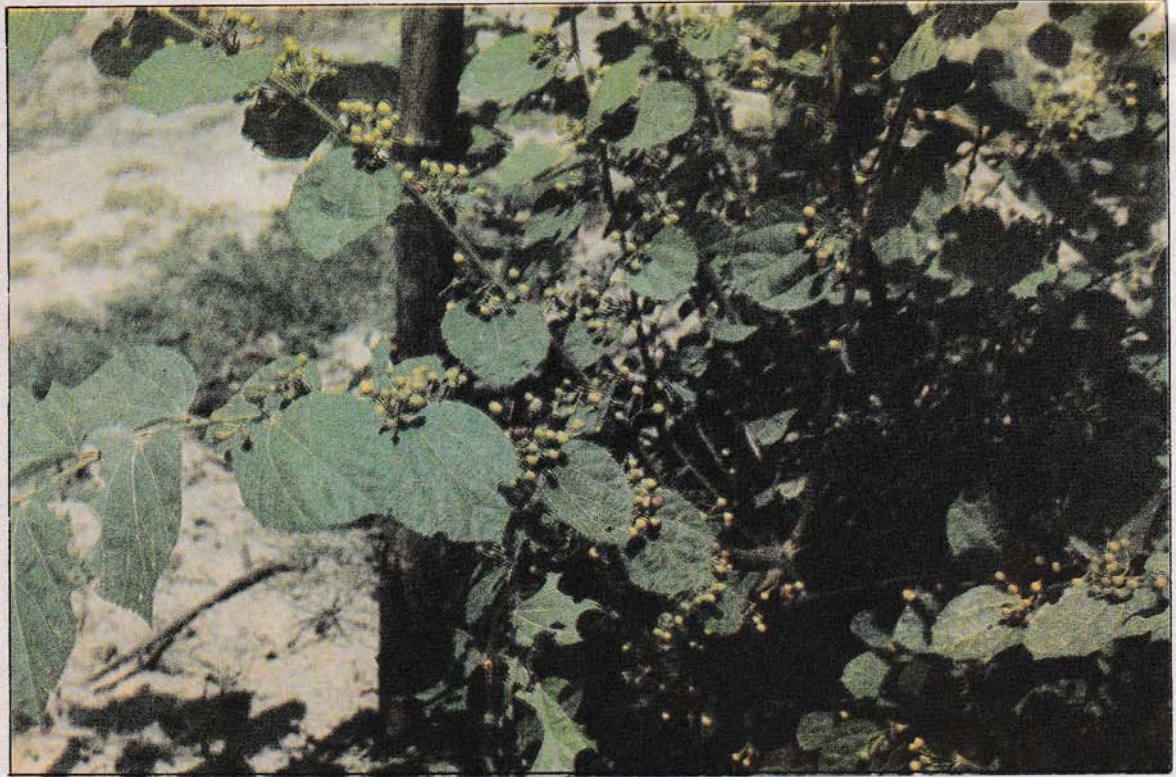
Dr. Jain's Special Herbs, A-10, Raj Complex, 2nd floor Military Road, Marol, Andheri (East), Bombay - 59.

Telephone : 6428687, 6370441      Telex : 011 78232 JAIN IN

# Phalsa (*Asiatic grewia*)

## A Liver Tonic

Vd. Maksudan Singh & Prof. R.S. Yadav, Lucknow.



**I**t is a black-red, double pea-sized, sour-sweet famous Indian fruit. When it is unripe, it is green and astringent in taste and when semi-ripe it is red and sour which become dark black and sweetish when ripe.

Phalsa trees are medium-sized. Its branches are tender and furred. Its leaves are 3-4 inches long, dentate, white at the back and three of them joined together. Flowers are small & yellow. Fruits are small sized round

1/4" in diameter.

**Languagewise Common Names :**

Hindi, Marathi, Gujarati - Phalsa; Sanskrit - Parooshaka; Bangla - Phaloosa; Telugu - Nalla; Tamil - Palisham; Kannada - Phalsa Hannu; English - Asiatic grewia; Latin - *Grewia asiatica* Mast.

All over India Phalsa trees are grown in gardens for their fruit. It is not normally obtained by growing on its own in the forests.

The ripe fruits are sold in the market during the summer season.

Phalsa strengthens the heart, liver and intestines and eliminates disorders of Pitta and blood. Phalsa syrup is extremely good for jaundice and inflammation of liver. It also provides relief from vomiting, burning, thirst, swelling of face, hiccough and diarrhoea.

**Continued on Page 50**

# Palash

Dr. Janardan Singh, Lucknow

**T**he plant commonly known as the 'flame of the forest', is found in mountainous districts of India extending on the north west to Himalaya as far as Jhelum and is common all over Bengal, southern India and Burma.

**Language wise common names :** Sanskrit - Palaasha; Hindi - Dhak, Palas, Tesu; Bangala - Palas; Gujarati - Khatkara; Marathi - Palash; Malayalam - Pilacham; Tamil - Murukamaram; English - Bastard Teak; Latin - *Butea frondosa*.

## Medicinal Properties

**Rasa**-Tikta, Katu and Kashaaya; **Guna**-Snigdha; **Veerya**-Ushna; **Vipaaka** - Katu. The plant gum is astringent; seeds are laxative and anthelmintic; leaves and flowers are tonic, aphrodisiac and diuretic. Plant bears trifoliate leaves; leaflets are 10-20 cm. broad, glossy on top side but romal and with projected veins. Flowers are big in size and reddish orange in colour. When the tree is in full bloom it gives an impression of fire. The fruits are 12.5-20 cm. long and 2.5 cm. to 5 cm. broad. Seeds are flat

kidney shaped, bright red blood in colour, 25-28 mm. long and 16- 25 mm. broad.

However, In Bhavprakash it is said that Palaash is digestive, spermatogenic, anthelmintic and anti-Diarrhoeal, and acts as bone fracture healer. The seed, flower and gum of the plant are of medicinal values. According to Ayurveda seeds are Bhedana, Krimighna; flowers are Trishnashamani, Sthambhana, Mootrala; fruits are

Pramehaghna, Arshaghna, Krimihara, and Kushtaghna.

## Medicinal Uses

- Phant (Tea) of its flowers mixed with saltpetro eases urine passage.
- Paste of palaash and lemon seeds helps in healing skin ailments.
- Its gum gives relief in acidity.
- Modern researches have established that Palaash seeds have Contraceptive properties.

## Useful Palash

Vd. Vachaspati Trivedi, Lucknow

Palash has been regarded as a potent medicinal plant not only in Ayurveda and other traditional medical systems but also in age old Indian folk traditions. The leaves are used in making disposable plates.

The food served in such medium is purified and disinfected. Particularly, the allergic contents of the food are nullified if served in "Dona" - Palaash leaf plate. The flowers are used in Holi since age old times. The coloured water prepared from these flowers does not affect skin adversely and rather prepares it for scorching summer. The clothes stained in flower-colour are good for overcoming skin ailments. For hair dying hair tonic purposes the powder of Palaash flower should be used as shampoo.

## **Palash Alkali & Scorpien Bite**

**P**alash is easily available all over India, but its gum is difficult to acquire in the required quantities. As an alternative, dry the flowers of Palaash (*Butea frondosa*) in shade. Thereafter burn the flowers to ash. Mix this ash thoroughly in 16 parts of water for sometime and then strain. Keep the filtered water for sometime and then decant the clear natant water. Boil this water in an iron cauldron till all the water is evaporated. Now we get yellow alkali. This should be rubbed immediately at the spots stung by the scorpion. If the poison seems to rise up in the body then take a strong cord and tie little above the point to which the poison has risen and the alkali should be rubbed little by little from the tied spot up to the stung spot down below. In about 20 minutes, pain will be confined to the stung spot. Then the cord should be untied. Alkali rubbing should be continued and in two hours the pain will vanish.

### **Back Issues without Postage Cost**

*Back issues of Jeevaniya are available at no extra cost for postage. Readers should note that Jeevaniya is not merely a magazine of tempoal interest but each of its issue is a collectors' item which is of perennial interest and use. I hope readers will make use of this opportunity.*

**Editor**

## *Attractions of Next Issue*

(Liver Diseases Special)

*With Articles on Pathogenesis & Management of Jaundice and*

**Bronchial Asthma**

**Paralysis : Causes and Treatment**

**Pitta Dosha and its Management**

**Wonders of Ordinary Spices**

**Yoga**

*and all Other regular features.*



# Ankola

Sri Romello Malviya, Lucknow

This medicinal plant is usually not found outside India. It is of frequent occurrence from the Himalaya valley to the banks of Ganges in North India, Bengal and also in the warm tropical parts of south India. Preferring rocky and sandy soil for its natural habitat all over the country, in the villages, it has been in use as a forest medicine. A few such uses of this medicinal plant are given below.

**Languageswise common names :**  
Hindi - Akolo; Sanskrit - Ankola;  
Marathi - Ankol; Gujarati - Onkla;  
Bangla - Akas-Kanta; Telugu -  
Ankolamu; Tamil - Alangit;  
Kannada - Ankope; Latin -  
*Alangium laniarkii*.

## Description

The Ankola plant can be differentiated into two varieties - White and Black. The plants with violet or black flowers fall under the black variety and those with white flowers fall under white variety. According to vaidyas the black variety is more effective for medicinal properties and is also not easily found in nature.

With long twisting branches and a well developed foliage, the plant is very beautiful to look at. It grows upto a height of about 25-40 feet and the branches are white in colour. Old branches develop thorns on them.

The fruits are about 1.5 to 2.5 cms in length with a smooth surface and a little curved near the peduncle. Flowering occurs in the spring and the fruits continue to occur from

May to July. The young fruits are green with vertical lines on their surface. The upper part is somewhat sticky with a cover over it. Ripened fruit is somewhat similar to Rose-apple with a ash coloured nut inside. On breaking the nut one can take out the seed which is oily in nature.

## Usable parts

Root, root bark, leaves, flowers, fruits, seed and oil.

Different parts of this plant are in use by many tribes all over the country.

## In inflammation and glands

For this ailment, the juice of the root or decoction is given in as much quantity as is tolerable to the patient. This clears the urine and gives relief to the patient. Whatever may be the size of the gland or howsoever hard it may be, 3-4 time application of the paste prepared by rubbing the root with water on a stone on the gland gives substantial relief. Along with this, dry fomentation of the gland by Ankol leaves crushed with Baambi

soil and knotted tightly in a piece of cloth, is also recommended.

## For breathing trouble and Asthma

Crushed root mixed with lemon juice and the thick mixture 1/2 teaspoon given twice a day, two hours before meals gives relief.

## Loose Motions

One gram of Ankol leaf juice mixed with milk and given to the patient of loose motion gives relief from diarrhoea.

## Scorpion bite

The root bark crushed with water and applied to the place of scorpion bite. Side by side the same preparation mixed with mustard oil and a few drops put in ears gives relief from scorpion bite.

## Skin Diseases

The seeds crushed with juice of garden nightshade and applied over the affected parts cures scabies.

Prepare small tablets by crushing the leaves and fry them on fire in mustard oil. Add black pepper powder and mix thoroughly to

form on ointment. Its application cures ulcer and scabies etc.

In the rainy season the boils developed in the arm-pit are very troublesome. During the initial stage itself, eating a few Ankol fruits in the morning and application of the fruit's water on the boil is suggested.

### Leprosy

For treatment of Leprosy, Ankol has been found useful than other medicines. The root bark of Ankol crushed in water and given twice a day for six months and also applied externally on the diseased organ

gives relief beyond expectation in advanced stage of leprosy. The sense of touch is also regained.

### Fever

One to 2 gram powder prepared from root bark and given with water results in profuse sweating and reduces fever.

In burning fever, apply paste of its root and dry ginger in water all over the body. In case dry ginger is not available, a paste prepared from Ankol root or fruits only can be used.

### For diarrhoea and sprue

The powder prepared from root

bark dried in shade and mixed with rice water is very beneficial. The quantity of powder is 40-100 mg. and the rice water is four times in proportion.

*It has been found that the oil obtained from Ankol seeds possesses germination inducing quality. It has been found that treatment of mango inner seed with Ankol oil before sowing results in a quick germination of mango plant. Similar results have been obtained in case of many other type of plants also.*

## The measure of a man .....

**For any industry to be achievement-oriented its people must value achievement as well. At Excel, we know that our organisation can be only as good as our people. We see them as an integral part of everything we do. For all innovations must spring from people, in order to be of value to people. And the worth of every breakthrough we achieve, is the measure of the people behind it.**

## **EXCEL-THE INNOVATORS** **Chemicals for Industry & Agriculture**

### **EXCEL INDUSTRIES LIMITED**

184/87, Swami Vivekanand Road, Jogeshwari (West)

BOMBAY-400 102

Phone : 571431-5

# Butter Milk

## *Nectar if Judiciously Used*

Vd. S.A. Khan, Ayurvedacharya, Lucknow

**C**ommonly the curd churned with appropriate quantity of water is called as Mattha or Butter-Milk. The quality of butter-milk depends on the process adapted in its preparation. If butter-milk is prepared using whole milk then its property will be to subside Vata-Pitta and Vitiates Kapha. However, to a certain extent the butter milk prepared with fatless milk without adding water is Kapha and Pitta subsider and vitiates Vata. If the quantity of water added during the preparation is 50% or more of the quantity of curd taken, then the butter-milk prepared vitiates Kapha and Vata and subsides Pitta. Similarly, if the quantity of water added to the curd is less than 25% and after thorough churning, when the butter is separated, the butter-milk thus prepared is called as Takra. In Ayurved when there is any reference to the butter-milk, then this type of preparation is suggested. If butter-milk is prepared from a sour curd, it will be vitiating Pitta. If it is prepared from half settled curd, it will vitate Kapha and will be Abhishyandi (causing congestion). The quality of the butter-milk also changes according to the quality of the milk from which the curd has been prepared.

The butter-milk which is to be used as food or medicine should be prepared from the curd which has been made from the milk to which no water has been added. Neither it should be too sour nor improperly settled. In its natural way it should be light, slightly sour, and tasty. Butter-milk should not be made from sweet (sugar added) and improperly settled curd.

Butter-milk can be compared to nectar for human beings. Regular use of butter-milk (except during a prohibited season) in accordance with our individual nature is very helpful in having a healthy body.

### **Butter-Milk Prepared From Cow-Milk**

It is best in quality. It is Tridosha-Nashak (subsider), appetizer as well as digestive. It sharpens memory. It is very beneficial in stomach ache, Diarrhoea, swelling in the intestines, Piles and Sprue etc.

In the Sprue, when the digestion is disturbed, use of the butter-milk prepared from cow-milk is very beneficial. Because of its being Grahi, light and Deepan-Pachan in nature, it settles down the digestion, increases appetite and decreases excessive stool

formation.

### **Ground Rules for Using Butter Milk**

- Persons with Pittaj temperament and those suffering from Pittaj diseases should use butter-milk after adding a little honey or Candy sugar (Mishree).
- Those with Kaphaj temperament and suffering from Kaphaj ailments should drink butter-milk after adding in it some Yavakshar, Black cumin, Dry ginger, Black pepper, pippali, rock-salt etc. and should avoid it in the morning and night.
- Those with Vataj temperament or suffering from Vataj ailments may take butter-milk in either of the two ways mentioned above. If the person is very weak, consumption of butter-milk with honey or candy sugar is recommended. Still better for such persons will be use of curd in place of butter milk.
- Those suffering from Tridoshaj diseases, should not use sour butter-milk. They should take fresh butter-milk along with honey and butter or alongwith some Tridosh shamak medicine like powder of Amalki (Emblie Myrobalan), Haritaki, rock-salt etc.

### Use Of Butter-Milk In Various Diseases

• Use of butter-milk in combination with honey or sugar and paste prepared from Amla seeds is beneficial in Leucorrhoea.

• Use of butter-milk along with Iron-wood plant (Nagkesar 1/2 to 1 gm.) gives a quick relief from Leucorrhoea ailments.

• Pulp of green bael, dry ginger powder and old jaggery in equal quantity (1 1/2 to 3 gms. each) mixed in butter-milk twice a day cures spure.

• Use of Harad (Chebulic Myrobalan) powder mixed in butter-milk gives relief from Piles.

• In the treatment of sprue, depending upon the strength of the patient and also the season, living only on butter-milk for 7, 10, 15, or

30 days, cures the disease completely.

• In Amoebic dysentery, if butter-milk is used along with regular medicines, then the amoebae from even that part of the large intestine, where usually the normal medicines fail to reach, are destroyed and the dysentery is cured. If this treatment is repeatedly given then the recurrence of dysentery with mucous is prevented.

#### Lassi

It is very commonly used in our country during the summer, curd is churned along with ice, sugar, essence of Kaldera Bush (Kevda) or rose water and to this may be added sandal oil or some other scent or fruit symps. It is Vata, Pitta shamak, digestive, light and Deepan in quality. Those with

Kaphaj prakriti should take it in small quantity and that too at day time during the summer. In the summer season it helps to avoid the effect of Loo (Sun stroke) and is, therefore, especially recommended.

#### Restrictions on Butter-Milk Use

Use of butter-milk is not recommended during Bronchitis, for those with a very weak constitution or suffering from some disease, in the Sharad Ritu, in Pittaj ailments like Rakta-Pitta, delusion, giddiness, Amla-Pitta etc. Similarly, those with Pittaj Prakriti should avoid use of butter-milk or should take it in small quantity and that too with discretion.

(Adapted by Dr. M.B. Bande,  
Bombay)

## Directory of Prominent Vaidyas

We at L.S.P.S.S. are preparing region-wise directories of competent Vaidyas, Siddha Vaidyas, Hakims and Homeopaths, besides folk-practitioners. These can be useful to many of our readers for their ready consultations besides for involvement in a country-wide movement of Health For All with indigenous resources.

Our readers can send us name(s) of such expert physicians and their area of expertise on a post-card in the following format :

1. Name, Address & Subscription No. of 'Jeevaniya' reader.
2. Name(s) Address(es) Qualification Area of Expertise, if any,  
(of the Expert Physician/Folk)  
Practitioner.

Please send only those names with whom you have had first-hand experience in your family/friend circle. Remember many persons can be benefitted by such a reference.

You will get **free-gift of an Attractive Tulsi Poster** if five names referred by you get included in our directories.

## Nutritional Substance

# Indian Mulberry

Vd. Maksoodan Singh & Prof. R.S. Yadav, Lucknow

**M**ulberry is famous because the silk-worm breeds on its leaves. It is supposed to be a native of China. It grows all over India. It especially grows in Assam, Kashmir, Bengal, Bihar and U.P. It is also cultivated in gardens. It is found in Himalayas up to the altitude of 10 thousand feet. It is cultivated in gardens in Himachal Pradesh and Karnataka to produce silk.

**Language-wise common Names :**  
Hindi - Toot, Shehtoot; Bangla - Toot; Marathi - Toote; Gujarati - Shetoor; Sanskrit - Toot; Telugu - Pulika; English - Indian Mulberry; Latin - *Morus indica* Linn.

The mulberry tree is a medium-sized tree growing up to 30 feet. Fruits 3-4 inches long. Fruits are of

two varieties. One variety is yellowish white, oblong and sweet in taste. This is called white mulberry. The other variety is reddish black (green, red, or black) and sour in taste. This is called Black or Purple mulberry. The latter variety is famous as Shehtoot. This is grown in Baluchistan.

The plants are grown by grafting. In two years the tree starts yielding fruits and in about five years the tree is fully grown.

### Uses

Among the trees of *Morus* group white mulberry is grown to breed silkworms. The black variety is

mostly grown for the fruits. The wood is used in the manufacture of sports articles because the wood is hard as well as elastic.

### Medicinal Properties

Ripe mulberry happens to be sweet with a slightly sour taste. This is an appetiser. It is good for the heart, tonic and seminiferous. This also improves the complexion. Being cold in temperament it quenches thirst and relieves the burning caused by vitiation of Pitta.

The unripe fruit is sour, diarrhoeic and breeds **Raktapitta**. Those who are chronic patients of constipation and their intestines are so weakened that they are not capable of pushing the faeces forward. The tiny pips present in the fruit accelerate the natural motion of the intestines and thus remove constipation. Sometimes these are seen to work too fast, especially when semi-ripe fruits are consumed. In summer the fruits are made into a syrup and used. The bark is anthelmintic and purgative. In croaking voice the decoction of its leaves is used for gargling. Root also is anthelmintic. Green leaves when made into a paste and applied over wounds completes suppuration and expels the entire pus and heals the wound.

**Dose :** decoction of root-bark 5-10 ml. juice of fruit 2-10 ml.

## Syrup Mulberry

Vd. Vachaspati Trivedi, Lucknow

**M**ulberry syrup is prepared in two manners. One for immediate use and the other for preservation for long time.

Wash with water the ripe Red and Black coloured sufficient fruits. Macerate with hands or use the juicer to extract the juice. Strain the juice with a fine cloth. Add sugar as needed and use presently. This syrup is gratifying and relieves abdominal burning, thirst and tiredness. It also relieves constipation.

To preserve, extract the juice as above, add three-fourth of sugar and boil till you get single-wire consistency. Then cool and collect in glass bottles. For proper preservation seal the cork with wax so that the atmosphere humidity is unable to penetrate and breed fungus.

Nutritional substance

# Musk-melon

## *Juicy Fruit of the Summer*

Nature has provided us a variety of fruits, vegetables and medicinal plants suitable to our health according to the season. Compared to the other seasons, in the summer the vitality of our body is at a low ebb, there is a decrease in the Pitta resulting in a weak digestive capacity. Heavy food, therefore, is not suitable for this season. Easily digestible light food is more suitable for this season.

Because of low Pitta and continuous loss of water contents of the body, nature has provided us those fruits which protect us from the scorching summer heat. The fruits and vegetable available in this season, viz. musk-melon, water-melon etc. are especially rich in water contents. Obviously, regular use of these fruits and vegetables is necessary to maintain good health in the summer.

**Language-wise Common Names :**  
Hindi, Punjabi, Gujarati, Marathi - Kharbuja; Bengali - Kharpuja; Tamil - Mulampajam; Telugu - Kharbujadosh; Latin - *Cucumis mello*.

### Medicinal Qualities

Ripe Kharbuja is juicy and sweet. Because of this quality it is a favoured fruit of the summer. Cool by its nature, the ripe kharbuja has been considered to be tonic and



energy giving. As it takes a longer time in digestion, it is harmful if consumed in large quantity. It acts as a light laxative. It is especially recommended in diseases caused by Kapha and Pitta Doshas.

The seeds of Kharbuja are also quite nutritive and soothing in nature. In north India these are used in the preparation of Lassi and sweets. They are especially useful in treating the burning sensation while urinating. They are also used in the form of paste for treating eczema.

### Cautions

Never use cut and exposed Kharbuja sold in the market. Intact fruit purchased from the market should first be cooled in water or refrigerator before eating. This precaution is necessary as the fruits exposed to the hot summer sun when eaten as such may result in diarrhoea, vomiting, gas etc. Drinking water should be avoided immediately after eating Kharbuja. To be on the safer side, Kharbuja should be consumed in limited quantity only.

**We try to edit all the articles published in this magazine but we are not responsible for contents of the articles.**

**- Editor**

# Pipal

Vd. Umesh Chandra Sharma, Lucknow

**M**ost of us are familiar with the Pipul tree as it is a common tree in the villages as well as cities on the road sides, gardens and also in the forest. The Hindu community even worships this tree and offers water to it. Because of its glory even cutting of its branches is forbidden. The scientific reason behind the esteem with which this tree is looked upon lies in the fact that this tree acts as a great air purifier by consuming poisonous CO<sub>2</sub> from the atmosphere and releasing large quantity of Oxygen. Besides it has medicinal properties also and is of use for the pregnant women as well as new born child.

The Pipul tree is quite tall with a well spread crown. The leaves are circular in shape with a long pointed tip. The fruits are small and its shade is very cool. Because of this it is usually planted as a road side tree for providing shade and relaxing place for the travellers.

## Languagewise Common Names :

Sanskrit - Ashvattha, Pippala; Hindi- Pipal; Bangala - Ashatha; Gujarati - Jari, Pipro; Marathi - Ashvatha, Pimpala; Telugu - Ashvattham; Tamil - Arasvo, Aswattham; Kannada - Arali, Ashwattha; Latin - *Ficus religiosa*.

The scientific reason behind the esteem with which this tree is looked upon lies in the fact that this tree acts as a great air purifier by consuming poisonous CO<sub>2</sub> from the atmosphere and releasing large quantity of Oxygen.

## Medicinal Properties

It is cool by nature, blood purifier and Pitta and Kapha Shamak. Besides it is also useful in the treatment of boils, ulcer etc.

## Useful Parts

Bark and new leaves.

## Uses

- Because of its medicinal properties, the water boiled with Pipal bark is used for giving bath to the new born babies. This also helps to cure the skin diseases, if any, in children.

- A few drops of juice of new Pipal leaves cooked with oil and cooled to normal temperature gives relief from earache in children.

- For babies suffering from fever, decoction, prepared from new Pipal leaves and mixed with cow milk is given 20-30 ml. twice a day.

In ladies suffering from leucorrhoea and menorrhagia, decoction prepared from Pipal or Bargad bark is given 20 to 30 ml. twice a day. Because of its Sangrahi and Stambhak qualities, Pipal bark is of medicinal value.

## Library Edition

We offer **Library Edition of Jeevaniya** for the libraries of India.

The package includes all **Special Issues** printed on special paper with special cover.

Join us in the journey of **Primary Health Care** by subscribing for a year at the rate of Rs. 75 only.

Further, there is **20% rebate** to the Libraries of Voluntary Organisations. We accept only annual subscriptions.

# Soapnut or Reetha

Dr. H.P. Sharma, Lucknow

**T**he lowly-rated soapnut has been an important item of daily use in Indian homes since ages. In fact before the advent of high profile advertising campaign soapnut or Reetha- as it is called in the Northern parts of the country had been considered an indispensable bathing requirements for ladies all over the country. It would not be an exaggeration to point out that the long beautiful tress that Indian women have been famous for owes much to the use of soapnut as the main ingredient in hair shampoo by them. Soapnut was also used for washing woollen and silk clothes before the advent of various kinds of detergents, soapnut has several medicinal uses in the traditional Indian systems, particularly as an antidote for opium poisoning. In Ayurveda it is considered a Tridosh suppressant Reetha is hot and dry in the second degree in the Unani system.

It is used as an abortifacient. As a vaginal suppository it promotes menstruation and helps in clearing aborted fetus. In small doses it improves appetite, acts as an expectorant and relieves bowel gases. In higher doses it causes vomiting and hence it is widely used for opium and similar poisoning. When Reetha is used as a snuff it cleans the nasal passage relieves headache particularly

migraine and is an anticonvulsant in epilepsy. It is also used for some skin diseases e.g., vitiligo, leucoderma etc. The soapnut seed is considered an aphrodisiac.

The use of soapnut as a post coital vaginal douche was also known to certain tribals and, to a limited extent, to ladies who had need for such practices.

**Soapnut** is known as Arishtak, Feniland Garbha patan in **Sanskrit**; Reetha in **Hindi, Bangala** and **Marathi**; Areetha in **Gujarati**; Ponnam Kottai in **Tamil**; Kunkun in **Telugu**; Kukula in **Malayalam**; Bunduq Hindi in Arabic; and Funduq in Persian. Its Latin name is *Sapindus mukorossi* and belongs to the family of sapindaceae. Two other species of the genus viz *S.emarginatus* and *S.trifoliates* are also used similarly. The parts used medicinally are mostly the rind of the fruit and to a limited extent, the seed.

Soapnut tree grows in plains practically all over the country. It is a large tree with compound leaves, 30-50 cm. long, leaflets 5- 8 pairs, each 5-14 cm. long lanceolate and 2.5 cm. broad. The fruits are round, yellow to brown 2 cm. in diameter and wrinkled.

A mixture of Reetha rind, shikakai, henna leaf powder, Aonla and

sandal wood powder soaked overnight, boiled and strained is considered an excellent hair wash cum conditioner cum hair tonic cum hair dye. Several variations of this recipe are presently being marketed by different manufacturers and are widely in use in several beauty parlours which are highly popular with upper class ladies.

In recent years considerable work has been carried out in one of the National laboratories viz: The Central Drug Research Institute, Lucknow. A saponin has been isolated from the soapnut fruit and utilised in preparation of a contraceptive cream to be used by ladies prior to coitus. Known by the name of Consap cream it prevents fertilisation of the egg, thus preventing conception. In a more elaborate study with the help of Scanning Electron Microscope the soapnut saponin has been found to cause perparatious in the outer wall of the sperms which renders them ineffective. Saponins are also known to prevent blood coagulation.

A scientific evaluation of the ageold Reetha has, then provided us a new and highly valuable use for our daily life especially for a country, like India; desperately struggling with population control problems.



# A Traditional Therapy

## Cauterization

Prof. Raman Mistri, Bombay

**C**auterization, the traditional method of curing diseases is still very popular in the states of Maharashtra, Goa, Andhra Pradesh, Gujarat and Rajasthan. This write up is based on the observations made during a brief stop over at Bilemora village located in west of Rajasthan and mainly inhabited by artisans, and potters.

### Instruments used in Cauterization

The most popular instruments used in cauterization are the iron-rod, human tooth, cord either made of fine threads or cloth, burning wood, a piece of raw turmeric, a needle, a spoon, coal, stone, agricultural implements and oil obtained from Oriental Cashew.

For Cauterization the particular place is cauterized with the help of searing instruments. It may be just a dot, circle, half circle, triangular or a straight line.

Cauterization is very popular for the cure of the diseases like jaundice, asthma, cold and cough, ailments of stomach, headache, backache, piles and tuberculosis.

### Preparations

First of all the equipments are boiled well, then the patient is made to lie down and the area to be

cauterized is well marked.

### Process

For successful cauterization, all the limbs of the patient are tied well and to gag the mouth a cloth is used. While doing cauterization a few incantations in Sanskrit are recited for the patient.

After the whole process that area is well lubricated in order to avoid any further infection. This process continues till the disease is completely cured. Then the wound is sealed by adding a little water either to the coconut oil or to the oil of gingelly.

### Diet

During Cauterization, the patient is

made to eat fish but the use of asafetida and green gram in the diet is avoided.

For the treatment of different diseases, a particular kind of sear is made for each disease.

**Some prominent methods are as follows :** For the treatment of jaundice in adults in which form of line is to be made on wrist. A dot is made in waist.

For Asthma, Cold and Cough and T.B. a triangular mark is made sometimes near breast, or near heart.

For the application of this therapy a lot of care has to be taken and one must make it sure before hand that the searing instrument is made of iron.

## An Attractive Poster on Tulsi

If you subscribe 'Jeevaniya' for a Two-Year period or more we shall send you a beautiful-multicolour poster (58 cm. x 45 cm.) on Tulsi (Holy Basil), its botanical aspects as well as medicinal uses.

Subscribe 'Jeevaniya' and get a free poster worth Rs. 5.

**Rush :** Offer lasts till Oct. 2, 1991

# Dhavai

Vd. R.M. Nanal, Bombay

**F**lowers of Dhavai or Dhai are dried in shade and stored for use as medicine. Its medicinal dose is 1 gm. to 3 gms for adults.

## Uses

- In chronic dysentery powder the dried flowers, mix it with Ghee and take twice a day before meals.
- In the condition of weakness due to excess bleeding during menstruation 2 gram powdered flowers of Dhai mixed with one spoonful of clarified-butter can be taken. This treatment should

continue for at least 4 months.

- At the time of teething in infants rub Dhai powder on their gums in morning and evening. This will provide relief ensuring easy teething.
- In case the urination is in excess, thick or sticky, take 1 gram Dhai powder and 1 gram powdered coriander be taken before meals.
- In case, loose motions are voluminous and thin take 2 gram Dhavai powder with butter milk or warm water, if 500 mg. of ginger is mixed in this, it will be more

effective.

- If a pregnant woman suffers from loose motions, a mixture of Dhavai powder and Indrajao seeds 1 gram each should be given.
- For healing the wounds apply a paste of Dhavai powder mixed with honey.
- In case decoction of any drug is to be used for several days, add dried Dhai flowers to the 1/6th part of the decoction and keep it in air tight containers.

# Mahua

**Useful parts :** Bark, flowers and wine.

## Medicinal uses

- Wine :** - For treatment of loose motions.
- For mental weakness, and irritation.
  - For increasing appetite.

**Flowers :** - In intestinal disorders and treatment of worms 1 gram of Mahua flowers mixed with equal quantity of Viavidang powder should be taken twice a day before taking meals.

- In bleeding piles and extended menses (Menorrhagia) Mahua flowers may be eaten with food.
- In fits of madness, use 1 gram powder of inner bark of Mahua with 40 mg. Vacha and 10. mg. black pepper mixture at the time of going to bed for 3-4 months.

## Caution

- Mahua wine should not be taken often.
- Don't take fresh Mahua wine use only stored wine.

## Obituary

It is with deep regret we announce the sad demise of Dr. T.R. Anandalwar, the member of our Editorial Advisory Board. We the family members of 'Jeevaniya' have learnt that he died in a tragic road accident some time back.

## *To Bequeath or not to Bequeath*

# A Livable World

**H**ere our effort is initiated by the recently published report of the World Resources Institute (W.R.I.) and the Earth Summit UNCED which is round the corner. There has been continuing emphasis on the environment as the global ecodisasters and the ecological crises loom large.

The world we live in aspires to lofty ideals like global justice, equity and sustainability therefore, our sound interest should be in our and future generations' common future, it is time for the Third World to ask the west, "whose future generations are we seeking to protect, the western world's or the third world's? Are we the people of the third world ready to make economic sacrifices? Can we sacrifice the development problems at the alter of north-south bargain?

This calls forth the critical analysis of the gases accumulated in the earth's atmosphere and giving birth to the phenomenon like global warming.

In the developing countries the coal is responsible for producing Carbon-dioxide and rice agriculture and animal care programmes produce methane. At this juncture it is important to note that India and China cannot be held

responsible for a single kg. of Carbon-dioxide or methane but the accumulation is the result of the gargantuan consumption of the developed countries.

When we consider different figures used by W.R.I., there has been heavy emphasis on Carbon-dioxide production due to deforestation and methane production from rice fields and livestock as compared to Carbon-dioxide production from the use of fossil fuels like oil and coal. Since developing countries are more responsible for the former, the heavy emphasis on deforestation and methane generation tends to overplay their contribution while underplaying that of developed countries. Can we really equate the Carbon-dioxide contribution of gas guzzling automobiles in Europe and North America or for that matter, anywhere in the third world with the methane emissions of cattle and rice fields of subsistence farmers in West Bengal of Thailand?

Once it is accepted that animal methane does contribute to global warming and it can be removed by a reaction with hydroxide radicals the ocean is an important sink for absorbing Carbon-dioxide

produced through human activity.

In 1990 India's total production of Carbon-dioxide and methane amounted to only six per cent and 14.4 per cent respectively, of the amount that is absorbed by the earth's ecological systems. Can this be called a climatic cataclysm contributed by the country like India?

The ecological degradation has various aspects. On the one hand, the atmosphere is being contaminated by the smoke and toxic vapours emanating from chimneys; wells used by humans and animals are polluted; and the effects of acid rain. One estimate is that 10 per cent of temperate forests are damaged by acid rain. Obviously, this would have an impact on climate change as some western scientists have calculated.

Solutions for global warming are becoming more and more ludicrous. The critical role of the popular movements, the environment and social groups is required for the sake of avoiding the deepening of North-South divide and saving countries like Maldives disappearing completely and India and Bangladesh losing a large part of their coastline.

# Mutrashmari

Dr. P. Ali, Kerala

**S**tone formed in the urinary tract is termed as 'Mutrashmari' or Urinary calculus. This stone usually consists of a centre or nucleus of organic material around which urinary salts are deposited in concentric layers. Uric acid, urates, calcium oxalate, or Ammonio-Magnesium phosphates are the basic materials which give shape to these stones. In modern medicine kidney-stone is referred to as 'Nephrolithiasis'.

## Etiology

In fact the etiology also varies from person to person. There is strong presumption that heredity plays an important part. The habit of the patient also induces the condition. Some experts give more stress to the following four factors as the main causative factors:

Infection,

High concentration of urinary salts, Vitamin 'A' deficiency and

Parathyroid tumor.

## Symptoms

Stones are usually formed in the pelvis portion of the kidneys. It may be single or multiple. Sometimes the stone may remain there without making any trouble for long time. In such cases they are called 'Silent stones' or asymptomatic renal calculi. In certain cases they will dissolve and vanish. In some other cases they will increase in size gradually and occupy the

major portion of the kidney which will disturb the functions of the kidney. Uraemia sets in with all its accessory complications. Sometimes small stones come down from the kidney and they get lodged in a narrow part enroute giving rise to spasmodic piercing pain known as 'Renal colic'. The pain may be present in the back, lower abdomen, groin or scrotum.

When the stone is settled in the urinary bladder it may block the opening of the ureters. Hydro-nephrosis will be the result. The pressure and constant irritation of the stone will produce ulceration on the parts and consequent urinary tract infection and haematuria.

## Diagnosis

Sharp, tearing, agonising pain in the region of the kidney down the ureter and through the urethra is the suggestive symptom. After such an attack the urine of the patient must be closely observed by filtering through fine cloth for at least 10 days. There is possibility of obtaining the stone between third to ninth day after the attack. X-ray also helps us to locate and determine the size of the stone. Intravenous pyelography is a modern technique of diagnosis.

## Treatment

Homoeopathy has got efficient remedies for the relief of the stones without mechanical urologic

procedures. The medicine is selected according to the totality of symptoms which vary from patient to patient. Lycopodium, Berberis Vulgaris, Pareira Brava, Sarsaparilla, Asparagus officinalis, and Ocimum canum are the main remedies which are indicated very often in calculus cases.

Fragaria vesca (Wood Strawberry) Homoeopathic mother tincture 10 drops twice daily with water will help to remove the stone as well as prevent further formations Sarsaparilla (stone in bladder). Excruciating pain at the close of urination calls for the use of Sarsaparilla.

**Dosage :** 30 drops of the mother tincture with water B.D.S. in acute condition and then 3x, 6x and higher potencies.

In Ayurvedic view point stones are formed in the body because of Vayu which creates dryness and accumulation of chemicals. Gokshuradi Guggulu is very helpful in calculi cases in urinary tract. Gokshura is famous for its diuretic property and Guggulu helps in the alleviation of Vayu. Thus this compound preparation helps both in the cure as well as in the prevention of this disease. Chandraprabha Vati and Silajath Vati are the two other useful medicines to be thought of.

## Siddha Treatment

The following siddha preparation

## Ayurvedic Materia Medica

H.V. Sevnur

Translated by -

*Clements Markham*

*Sri Satguru Publications,  
Delhi, India.*

First Edition - 1950.

Reprint Edition - Delhi 1988.

Cost - Rs.120.00

# Book Review

**T**his book is of utmost use to the students of Ayurvedic Pharmacology because it has incorporated the modern methods of Botany and Chemistry for the identification of plants and analysis of drugs respectively. Further it presents in original the therapeutic values and properties of the innumerable drugs most commonly used in Ayurveda. It explains with remarkable assiduity the

fundamental theory of Tridosha which has the stamp of his personal experience on it. Dr. Savnur devotes an adequate portion of the book to the concepts of the Sankhya system of philosophy so as to enable the reader to understand the Tridhatu theory properly. The author has methodically taken up the subjects like Doshas, Dhātu and Mala as compatible in the physiological processes. He also presents in detail the function of Vata in the human body.

For the beginners of Ayurveda the author has taken extra effort to discuss in detail the Panchbhautika theory to explain the pharmacology. Savnur has thrown open the complete vista of drug

pharmacology enumerating the action of drugs according to Ayurveda.

While elucidating the subject of Ayurvedic physiology, he has given them a flavour of his practical experience based on the concept that etiology and diagnosis are closely related with each other.

The author has the knack to constitute the book on entirely new lines so as to give a handbook of Ayurvedic Pharmacology and therapeutics to students. Dr. Savnur has missed no opportunity to quote the works of great exponents of this branch of Ayurvedic medicine.

## Mutrashmari ...

is very simple to prepare and very much effective even to dissolve big stones in the kidneys and bladder. (*Taught by the renowned Siddha physician Sri Brahmananda Swamigal during the LSPSS Siddha Training Camp at Coimbatore*).

### Ingredients

1. Potassium Nitrate (Sooryakshara): 200 gm.
2. Fries Borax (Thankanam): 200 gm.

### Method of Preparation

Melt the Potassium Nitrate in an iron pan or earthen pot by applying slow fire. Fried borax is added to it piece by piece while stirring it well. When all the borax is added to the potassium nitrate, you can intensify the fire and continue stirring. The 'end-point' of the process is tested as follows; Take

a bit from the pan and rub it on a piece of fresh raw turmeric. If it becomes dark red the process of heating can be stopped. Take it from fire. Cool it. Powder it and keep it in bottle.

**Dosage :** 500 mg. in minimum 100 ml. of tender coconut water or boiled and cooled water or Gokshura Quatha or juice of Kushmanda (*Benincasa hispida*), B.D.S.

### Precaution

This powder should not be given dry on tongue. It must be dissolved in a minimum quantity of 100 ml. of any liquid mentioned above.

### Contraindication

This preparation should not be given to patients of Peptic ulcer and Duodenal ulcer.

# Coscon

**C**oscon is an abbreviated form of two words 'Cosmic and Contact' imply to unravel the mysteries of life and nature. The ancient scientists mastered the science 'Swarodaya' to accumulate knowledge that will enhance their reach and augment their perception spectra of all the senses to such a degree that his powers of the mind will render nature an open book. To make the Cosmic Contact, 'Swarodaya' is the master key.

To elucidate this term further, the original Sanskrit terms have been taken giving their nearest possible English equivalents; like 'Swara' means breath and 'Udaya' means manifestation, expression.

**Pranayama**, the breathing technique has been proved sufficient for ever remaining one hundred per cent healthy. But **Pranayama** must be learnt from an adept qualified teacher, otherwise it may cause immense damage to

the nerves and the body.

**Swarodaya** has few basic principles but it has universal ramifications. God split His grace into two components-Primordial Matter and Primordial energy, but these are the two sides of the same coin. At the same time, whatever is created must at some time disintegrate because creation is cyclic and it continues till at last it reduces itself to its basic, primordial components of matter and energy.

**Swarodaya** explains creation and here in the descending order the matter has five basic principles and these are Akash, Vayu, Tej or Agni, Jala, Prithvi whereas the energy remains as a single entity and is designated as five major and five minor aspects according to its function and area of influence.

Swarodaya informs us that a respiratory cycle is established in all animals and human beings with

the help of two nostrils which continue to function till death. A man resting and relaxing has a respiration cycle of 4 seconds - for inhaling two seconds and for exhaling two seconds. So it comes to 15 respirations per minute. The second chapter of the book deals with the two respiratory currents, one of the right nostril and other of the left nostril. It further explains how the breathing phenomenon controls and modifies certain external circumstances.

The book has five chapters. The first chapter is designed to generate in the reader, a desire to know about **Swarodaya**. It is a red carpet. The second third and fourth chapters are operation dealing with the working principles of **Swarodaya**. The fifth chapter is a cornucopia. It contains plethora of information concerning **Coscon**, working of **Swarodaya**. This chapter discusses the effect of jewels, metals, plants, stars etc.

It emphasizes that no formal education is required for the understanding of Swarodaya. One can practice it at any age, anywhere.

The book differs from other books (mostly small) available in many Indian languages as it takes Swarodaya out of the domain of 'religious' literature and is presented in a modern style.

*(Based on the synopsis by  
Lt.Col. C.C. Bakshi, Bombay)*

## For A Healthy Living

### Read

# Jeevaniya

*Bimonthly Magazine on Local Health Traditions*

## Hepatitis Epidemic in Kanpur

**T**here was a massive outbreak of Jaundice epidemic at Kanpur. The Health Policy Group of the Academy of Young Scientists and the North Indian Regional office of L.S.P.S.S. immediately responded to the situation.

An epidemiological survey for Hepatitis was conducted in the city of Kanpur during April-May 1991, with the help of Scientists from S.G.P.G.I. and C.D.R.I., Lucknow. Survey team visited seven randomly selected areas of the city and went to randomly selected houses to find out the number of family members staying in the particular house and the number affected with Hepatitis. Piped water supply in four of these seven areas consisted of water derived from Ganga river supplemented by/admixed with water from tube-wells (Category - A) and three areas were getting water supply solely from tube-wells (Category - B). Some water sample from these locations were also tested for their potability by the mobile van of I.T.R.C., Lucknow. The incidence of Hepatitis in category A area was with a mean of 5.5%. On the other hand in category B areas, incidence was with a mean of 1.2%. Within the category A areas, there was a relationship between the source of drinking water (tap vs. handpump) and the incidence of Hepatitis.

Persons consuming tap water had a significant higher incidence of jaundice than those consuming handpump water, clearly showing the spread of infection due to supply contaminated Ganga water. Males were affected nearly twice as often as females. Adults mainly in the age group of 15 to 40 years were predominantly affected. Only a few children were affected clinically. According to our estimates about 79,000 people were affected making it hitherto largest ever reported epidemic of jaundice.

Efforts were made in co-ordination with Local Health Authorities to provide medicinal relief to patients. While the government machinery was initiated to setup camps in

many areas. L.S.P.S.S. team also provided Ayurvedic medicines to a large number of patients who were benefitted. However, no detailed follow up of patient management could be done from our side owing to shortage of time as well as paucity of manpower and funds.

While Lupin Laboratories contributed through a financial donation, M/s Zandu Chemical Works, Ranbaxy Labs and National Scientific Labs, Lucknow provided medicines, diagnostic kits and other consummable. While UNICEF, Lucknow provided syringes and needles, many local persons, private doctors as well as those from various Hospitals and city authorities provided a lot of help.

### Arogya Shikshan Kendra - Malshiras

*Health Education Project at Malshiras supported by the ICMR entered into second year of health activities with a new batch of educators.*

*The health education activities included the visit by part time educators of villages, wadis, vastis, holding discussions and the extensive use of visual and audiovisual media by the way of putting up poster exhibitions on the topics of water purification, diarrhoea and other common ailments; misuse of injections and tonics and need of rational drugs.*

*One of the topics taken up by the educators with the people was availability of Government Health services. The health education activities included training of Trained Birth Attendants, school Health education, Training of Balwadi Teachers, Environmental Education, Materia and Media evaluation, Mahila Mandal Activities, Mahila Sarvangeen Utkarsh Mundal, Rational Drug Counter, Smokeless chulhas, Tree plantation, Experiment in Public Information.*

Continued from Page 25

## Coriander...

- To induce sleep 25 ml. juice should be taken with sugar.

- In diarrhoea take 8 gm. seed powder with buttermilk 4-5 times a day. Take cooked rice with curd for meals.

Take 50 gm. coriander seed powder, 10 gm. black pepper, 15 gm. holy basil leaves and 10 gm. rock salt, powder and strain with a fine cloth and store in a glass bottle and keep it corked. This powder eliminates indigestion, helps in all abdominal diseases and improves digestive power.

## For Diet and Health

The biological value in terms of protein of different food A Comparative Study

In terms of quantity the protein content varies as follows :

Product	Biological Value (%)	Food	Protein Content (%)
Egg	90	Flesh and Fish	20 to 25
Milk	75	Dals	20 to 25
Fish	80	Rice	07
Meat	67	Wheat	12
Wheat, Rice, Dals.	45 to 50	Milk	04
Legumes cereals together	65	Egg	13

## Feeling the pulse...



... Knowing the pulse of the people, ZANDU, through SAMUDRAMANTHAN of research, revived Ayurveda to bring you pure, effective medicines.

Zandu are the pioneers in reviving Ayurveda - India's ancient science of healing. Based on intensive research of the age-old medical prescriptions by India's ancient physician-philosophers and blending them with modern medical know-how Zandu manufacture a wide range of Ayurvedic drugs on mass scale with the help of Research and Scientific techniques. Zandu have played a big role in regaining Ayurveda its deserved status in the field of medicine, the world over.

For years now, Zandu's pure, effective and most reasonably priced Ayurvedic medicines have been helping people to preserve health, to develop immunity to disease, to lead active, youthful, prolonged life.

Zandu is one of the very few pharmaceutical organisations in India who handle indigenous as well as western systems of medicine with equal expertise and confidence.

Zandu medicines are being used not only in India but are being exported to many countries of the world



**ZANDU PHARMACEUTICAL  
WORKS LIMITED**  
BOMBAY - 400 025

*The renowned makers of  
trusted Ayurvedic medicines  
for over 65 years.*



# Ayurvedic Cure For Cancer

Vd. S.M. Atiq, Lucknow

**C**ancer is normally taken to be incurable, Modern Medicine can at best postpone death in most cases by some period, prolonging the life. In some specific types of cancers early detection can help in almost complete cure with the help of surgery, irradiation, chemotherapy etc. Immunotherapy is being tried out experimentally in many cases with varied results.

I learnt about an indigenous Herbal Medicine from some seers in the Himalayan region which I have tried on more than 30 patients in the last 4-5 years with remarkable success in most cases. Though I could not get medical examination records of many of the cases. I am hereby reporting 14 cases treated by me whose records are available with me. Those --- of confirming about these cases can contact them directly or through me.

The treatment is based exclusively on herbal medicines and starts showing results within a couple of weeks. Most of the patients are continuing to live happily with a maintenance dose of treatment which can eventually be stopped. When this medicine was tested in rates in a National Laboratory, no toxicity in acute studies. However, being an individual, I am not in a position to systematically follow them up because of shortage of resources. It is an irony that most health authorities are not coming forth for any help despite requests. All of them first want the formula to be disclosed which I cannot obviously do unless the system of sharing credit is ensured.

We have tried to follow-up a few cases and have found his claims partly true. While in most cases that we could follow-up initial benefits were obvious. However, the claims of cure could not be ascertained since biopsy reports after treatment were not available. While most patients are reluctant to undergo a second biopsy even Vd. Atiq feels that in most cases, surgical intervention disturbs his treatment.

It is an interesting claim and is deserving closer scrutiny.

Editor.

## Particulars of Patients who have been Benefitted from the Herbal Medicines

Name & Address of Patient	Status & Treatment
1. Mother of Dr. S.M. Kaul, Biochemistry Deptt., CDRI, Lucknow.	Patient of uterus cancer who was greatly relieved after a treatment of about 8 months.
2. Sister-in-Law of Shri B.D. Sharma, Distt. Information officer, Nainital.	Treatment was started after the reported burst of the uterus cancer tumor and she became quite alright. Though a period of 5 years have passed, she is still quite fit.
3. Shri Vipul Sharma S/o Shri Pramod Sharma, R/o Near Mamta Clinic, E-3166, Rajaji Puram, Lucknow.	(ALL case) Blood cancer Diagnosed at Tata Memorial Hospital Bombay. After a treatment of 6 months he became quite fit and he is still fit.
4. Smt. Madhu Chandra, W/o Dr. Chandra, Lecturer in Christian College, Lucknow.	Case of confirmed Blood Cancer (AML) Improved a lot. She died of CHF later.

contd on P- 51-...

## From Periodicals

### **Curing Scorpion Bite : The Tribalway**

In the tribal areas of Karjat there are numerous Vaid who treat cases of poisoning. One such vaid successfully cures scorpion bites by applying the gum of *Butea frondosa* (Palash). Palash is easily available all over India but its gum is difficult to acquire in the required quantity. With an eye on Vaid's line of treatment, the alkali of flowers was tried in treating cases of scorpion bite.

The Ayurvedic clinic of Academy of Development Sciences, Kashele successfully tried this medicine on ten persons, four of them being children (two females and four males). They were of ages above ten and below 40. Sites of bite were hands feet or fingers. All these were cured.

*Science For Villages, March-April 1991.*

### **Vegetable and Animal Protein**

Scientists have long classified animal protein as 'first class' protein and vegetables as 'second class' protein. Proteins from non-flesh food can be an adequate nutritional substitute for meat protein, particularly by proper intermixing of plant protein. For example when wheat is taken together with beans or dal it forms a nearly a complete protein. By investigating some non-meat culture, it is found that they enjoy excellent health and longevity, such as HUNZAS (tribal people) of Pakistan. In India about one third of the population is vegetarian. During 1st and 2nd world war, some European countries consumed far less meat than usual. Supplies of mild meat and egg are inadequate. Costs of animal protein have risen more than fivefold in the last decade. For insufficient supplies and economic reasons it reaches barely 10 to 20 per cent of the population.

Proteins are essential constituents as about half of the

dry weight of our body is protein.

### **Health Education to the Students of High School and Herbal Medicinal Garden**

Tilak Rashtriya Saraswati Mandir is providing education to the students coming from various parts of Maharashtra State.

The school atmosphere is just like Ashram and it offers different types of vocational courses to make students self-sufficient.

A project on the 'Health Education' has been taken up as a part of courses which includes Ayurved lectures regularly by Ayurved Scholars on preventive principles and diet, dietetic principles and simple diseases with their management. Dhanwantari Vanaushadhi Udyan has collection of Ayurvedic Medicinal plants which are handy in administering the practical knowledge and encouraging confidence in these herbal medicines.

This year, it is proposed to cultivate these herbal plants in an area of 2 hectares of land.

This might be the only institution in the country who have introduced the health education to the students.

*Science For Village, March-June 1990.*

### **Tonics are not an elixir of Life.**

Take tonics to drive away fatigue is a myth very much prevalent all over the world as this belief had been ingrained into the minds of the populace for decades by concerted efforts of the industry. The sale of tonics in the country accounted for over Rs.200 crores. Now it is beyond doubt that excessive consumption of vitamins is at best a wasteful expenditure and at worst hazardous to health because tonics could never take the place of food as they could only be supplements.

*Science For Village. March-April 1991.*

## Abstracts

### Cough Medicines and Mixtures

Most Childrens with a respiratory infections do not need antibiotics and they will get better without any medicine. Sometime these medicines are given to those who do not need them. These people may support their action by claiming that the antibiotics will prevent the child from developing pneumonia. But this not justified.

In some countries, there are traditional cough remedies which are safe and acceptable to people. Where this is so, their use can be encouraged.

Acute episodes of cough are most often due to the common cold. Cough can be a symptom of upper or lower respiratory tract infection or it may result from a non-infectious condition, such as asthma, or exposure to cigarette smoke.

A question is always asked at what age is it advisable to use cough syrup, and which ones are recommended? In reply, it is stated that mother should encouraged to use culturally appropriate and simple cough remedies made at home.

A.R.I. News, November 1990.

### Iodising Salt

For a good food keeps everyone quite fit. But good food does not just mean a sumptuous meal. It should also be nutritious containing all ingredients necessary for human beings to maintain normal health and activities. Calcium, phasphorus, sodium, chlorine, magnesium, iron, copper, zinc, sulphur, iodine and manganese are essential elements and these are required in the body in very trace amounts. Iodine, zinc and iron are required in even lesser quantities. Yet

at times they may not be available in the normal diet.

Iodine defficiency is one of the nutritional problems in our country. Its most common and vissible manifestation goitre which is seen as a swelling on the neck. The daily requirement of iodine by human beings is 100 to 150 m.g. the endemic goitre and iodine defficiency disorders are wide spread in India being found in the states of Uttar Pradesh, Jammu & Kashmir, Himachal Pradesh, Punjab, Haryana etc.

Common salt has been considered to be best mode to supply iodine to people. In India salt is manufactured by evaporation of sea water and inland brines under the sun. According to the Bureau of indian Standards the dry edible salt can have only 3% of soluble impurities and 1% insoluble impurities, with the rest 96% sodium chloride. Salt can be iodized by two simple methods in vogue in India, they are Submersion and Spray Mixing Process.

Science Reporter, April 1991.

### Dear Readers,

*Jeevaniya is a part of a nation-wide campaign launched by Lok Swasthya Parampara Samvardhan Samithy with a large number of individuals and voluntary organisations to revitalize our health traditions.*

*Please join in this campaign by not only becoming members of L.S.P.S.S. and subscribing to Jeevaniya but also by actively participating in our programmes of developing herbal gardens and Nurseries of Medicinal Plants to tackle routine health problems.*

**Editor**

Continued from Page 28

## Phalsa...

### Collection and Preservation :

During the summer season when it is freshly available it should be made into syrup and stored in glass bottles. The bark should be dried in shade and stored in tightly covered containers and kept in a cool and dry place.

### Medicinal Properties

Unripe Phalsa destroys Vata and vitiates Pitta. This is light, hot-temperamented and tasty. Ripened fruit subsides Vata and Pitta, removes dryness and is gratifying.

## Phalsa Syrup

**M**acerate Phalsa in water and strain with a fine cloth. Add sugar according to the taste and use. This syrup is gratifying, removes thirst, tiredness and is energizing.

For preservation take well-ripe Phalsa juice, add 75% sugar and boil in a wide-mouthed stainless steel vessel till one wire-drawn consistency. Thereafter cool and collect in glass bottles and shut them with corks. Seal the corks with wax to preserve from fungus.

*By Vd. Vachaspati Trivedi, Lucknow*

NO DUST,  
NO DIRT  
QUICK WORK

BEAUTIFY  
HOMES, OFFICES  
& HOTELS  
WITHIN YOUR BUDGET.

\* Attractive \* Durable  
\* Economical \* Convenient

WALL PAPERS  
Visit Today — Live Ins Counter

WALL COVERINGS

*For Dealership please Contact :* **Shree Vindhya Paper Mills Limited.**  
**Indian Mercantile Chambers, IIIrd Floor,**  
**14, R. Kamani Marg, Ballard Estate, Bombay - 400 038.**

-- Conti. from P-47 Cancer

5. Shri Sabbir, Electrician R/o III Lane, Nishatganj, Lucknow.

6. Smt. Shahin, W/o Shri Mohd. Rafi, 453/105/7, Ahmadganj, Near Pumping Station, Musahebganj, Lucknow.

7. Shri A.K. Shrivastava, 123-Rakabganj Qadeem, Lucknow. (Telephone Exchange Kaiserbagh) Inspector.

8. Smt. Saeda Khatoon, W/o Shri Abdul Majeed Khan, 283/203, Harchandpur, Garhi Kinaura, Lucknow.

9. Smt. Jagrani, W/o Shri Ayodhya Prasad, 17/136, Durvijay Ganj, Near Raniganj, Lucknow.

10. Smt. Karuna Misra, W/o Shri B.S. Misra, Accountant, (I.G. Prosecution Office), Lucknow.

11. Mrs. Chandra Kala, W/o Vaid Shri Dewedi, C/o Shri D.S. Misra, HAL Quarters, Lucknow.

12. Smt. Tara Devi, W/o Shri Ambika Prasad, Driver A-Grade, Railway Quarters, Mawaiya, Lucknow.

13. Nawab Qaiser Ali Khan, Behind Gulab Cinema, Golaganj, Lucknow.

Blood Cancer, Treatment started from 22.9.90 and still he is quite OK.

Throat Cancer, she was not able to swallow anything. Treatment started from 24.11.90. She is alright now.

Patient of Metastatic cervical L.N. carcinoma and he is still well while the treatment was started from June 1989.

Breast cancer. Treatment started from 22.9.90 and she is still well.

Stomach Cancer (liver effected). Treatment started from 21.9.90 and she is still OK.

Stomach Cancer. Treatment started and she was much benefitted within 3 months treatment. Still OK.

Uterus Cencer. Treatment started from 20.9.90. She is still alive and very well.

Case of last stage of Uterus Cancer Treatment started from 10.3.1989. After a treatment of 4 months she became quite well.

Cancer of Oesophagus. He was not in a position to swallow anything even water. After a treatment of 3 months he is quite well.

## Glossary of Technical Terms

**Spermatogenic** : Those substance which increases the quantity and potency of semen and sperms.

**Arshagna** : Those medicine which cures Arsha (Piles)

**Kushtaghna** : Those medicines which cures Kushta (skin disease, Leprosy).

**Abhishyand** : Those substances which causes congestion in different channels (Shrota) of body e.g. curd.

**Grahi** : Those medicinal plants which cures diarrhoea by absorbing water in intestine.

**Sprue** : A chronic disease of intestine in which patient complains loose motion with alternate constipation, marked weakness, loss of appetite etc.

**Rakta-pitta** : A disease caused by Pitta and Rakta (Blood) Dosh, in which patient have tendency of haemorrhage. It have three type - Urdwagata, Adhogata Raktapitta and general. In Urdwagata condition patient complain the tendency of haemorrhage from upper parts of body e.g., nose, mouth, ear and eyes, in Udhogata Raktapitta blood passes from the urethra or through anus.

**Agni** : According to Ayurveda "Agni" resemble with the nature of Pitta Dosh. In body there are 13 types of Agni which takes part in different process of body e.g., digestion and metabolism of food, formation of body tissue etc.

# MASTRAMJI



ILLUSTRATION :  
SANDEEP SEN

YOU KNOW THAT MASTRAM IS VERY FOND OF FOOD.



HE LIKED SPICY AND RICH FOOD. THEREFORE HE WOULDN'T CONTROL.



HE WAS ALWAYS TOLD BY HIS PARENTS TO AVOID EXCESS OF SPICY FOOD.



HIS FRIENDS TOO HAD ALWAYS SUGGESTED TO HIM TO AVOID RICH FOOD



BUT MASTRAM HEEDED TO NO ADVICE.

DEAR FRIEND, I DON'T WANT TO BE MISER ON MY FOOD....



BUT HOW LONG COULD HIS BODY TOLERATE ALL THIS ..



HE OCCASIONALLY HAD VOMITINGS.



..HIS THIRST INCREASED..



THESE DAYS I'M SUFFERING FROM STOMACHACHE AND CONSTIPATION.



HE WOULDN'T TAKE INTEREST IN HIS ROUTINE WORK.



AT OFFICE -

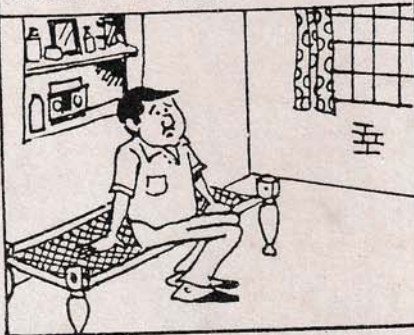
MASTRAMJI, WHY ARE YOU LOOKING SO DULL ..



HE LOST HIS APPETITE .



MASTRAMJI, LOST HIS STRENGTH ALSO .



ON TAKING A PURGATIVE, HE WOULD GET MANY LOOSE MOTIONS .



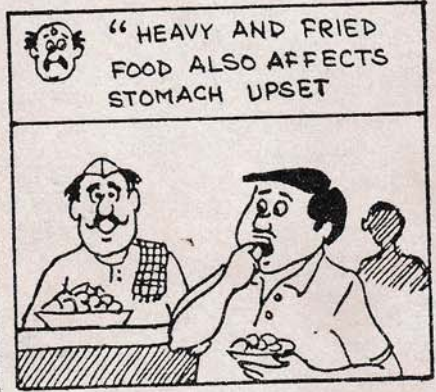
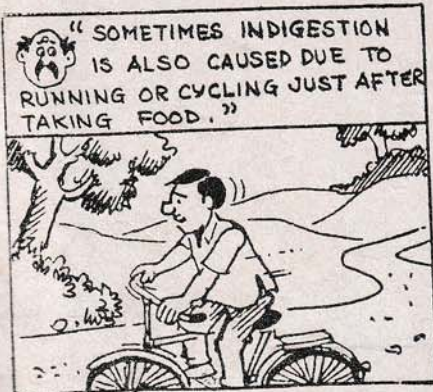
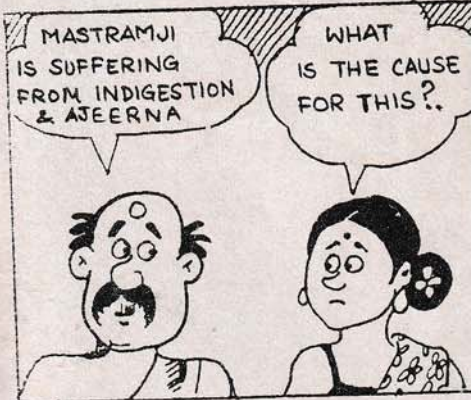
HIS WIFE AND FRIEND SUGGESTED.



AFTER SOMETIME.



VAIDYAJI EXAMINED MASTRAM .



ENJOY HEALTH  
READ

# Jeevaniya

Health Care Magazine



हर मौसम में स्वस्थ  
रहने के लिए  
नियमित पाठक बनें

जीवनीय, ई-III/250, सेक्टर एच  
अलीगंज, लखनऊ - 226020

Jeevaniya, E III/250, Sector H  
Aliganj, Lucknow - 226020