

AYURVEDIC CLINICAL RESEARCH

Vol. I



By

Trikkovil Achyutha Warier, B.A., L. T.,

(PRINCIPAL, SANSKRIT COLLEGE, TRIPUNITHURA.)

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FOREWORD.

Having had the good fortune of being born and brought up in a family of reputed Ayurvedic Physicians and being taught the theory and practice of Ayurveda in a detailed manner according to the Gurukula system by the renowned (late) Thrikovil Uzhuthra Warier (Physician to the Cochin Royal Family, Professor of Ayurveda in the S. R. V. S. College and Editor of Ashtanga Samgraha), I had a natural aptitude for Ayurvedic treatment and research even from a very early age. This made me observe minutely my Guru teaching Ayurvedic texts and treating numerous cases with simple medicines. He used to say—"The more you use the brain to find out the exact nature of the Doshakopa the less medicines you require to cure diseases" He used to treat cases even with "Shadrasas" making use of the ordinary curries used with food. His diagnosis was so perfect and his simple medicines so effective, and his life so pure that he was, so to say, a superman to his numerous disciples. He was an authority on the subject, and even the Ashtavaidyas used to approach him to clear their doubts.

My five years' intensive study and ten years' practice under him gave me sufficient boldness to treat any complicated disease and I gave up the idea of going for advanced studies in chemistry and chemical research. I took to 'clinical research' and began to note down case reports. My three years' practice at Bombay gave me all facilities for this work and the necessary allopathic specialists of Bombay helped me a lot in my endeavour.

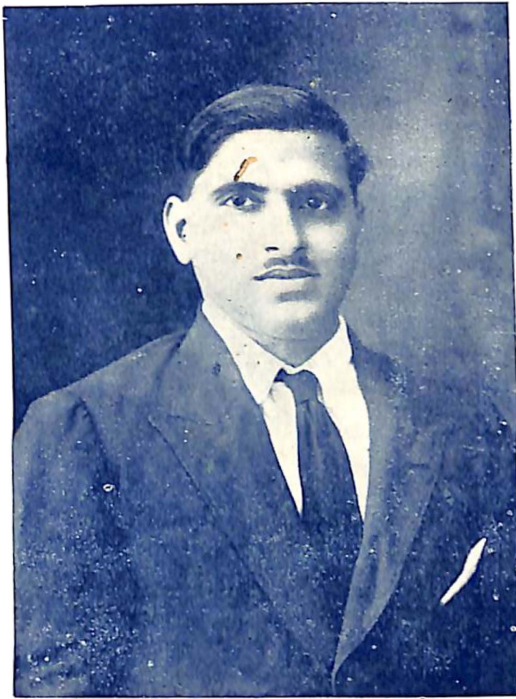
The publication of these reports taken from my dairy in a series of volumes is mainly intended to establish the scientific nature of Ayurveda and its superiority over other systems in many aspects. It will also be useful to the young practitioners and the public at large. This work is a novel attempt in this line, as far as Ayurveda is concerned and is not at all a complete one. If the full history, treatments done, and the results of clinical tests at various stages are to be recorded not more than a dozen cases can be included in this small volume. Such details may be interesting and instructive to the medical men, but not to others. The names of patients have been dropped out, as there may be some, who do not like their diseases to be revealed. In classifying diseases into groups, the layman's point of view has been taken and short notes are added at the end of

each chapter in a non technical manner to meet his demands. Only a few cases, have been recorded in this book under each disease. More will be dealt with in the succeeding volumes.

I cannot but record here my sincere thanks to Dr. K. Balaraman M. A. Ph. D. for readily writing an Introduction to the book, to the Raja Press for publishing the work neatly and correctly in a short time and to my allopathic friends who have helped me throughout. I shall consider myself sufficiently rewarded if this novel attempt of mine is followed up by at least a few Ayurvedic practioners, and the contents of this book are useful to the medical profession or the ailing public.

TRIPUNITHURA, }
19 — 8 — 1957. }

T. Achyutha Warier.



Trikkovil Achyutha Warier B. A., L. T.,

PRINCIPAL, SANSKRIT COLLEGE, TRIPUNITHURA.

Editor of 'Ashtangahridaya' with the 'Vakya-pradeepika'
commentary, 'Vishavaidya-pravesika', 'Balachikitsa',
'Bhoothathantharam' Etc.

INTRODUCTION.

Shri Thrikovil Achutha Warier has asked me to write an account of his life and work by way of introduction to his book on 'Clinical Research' which is being printed and which will shortly see the light of day. I cannot with propriety excuse myself from the performance of that task; for one thing, he is an old teacher of mine and a teacher for whom I have very great regard; for another, my long and close association with him, even after I had left school, has enabled me to know more about the details of his life and character than most of his other students. It is a duty I owe him as my teacher; there is no escape from it; I hasten to discharge it as best I can. With pride and pleasure, therefore, I take up my pen to record my impressions of the man, to pay my humble tribute to his great qualities of head and heart.

Shri Warier's has been a dual role. In him we have the rare type of a person who has been pursuing two distinct avocations concurrently and with equal success. He is a veteran teacher as well

as an illustrious Ayurvedic Physician. His achievements in the field of Ayurveda have been no less outstanding than his achievements in the field of teaching. He is as eminent and wellknown in the one as he is in the other. The pursuit of two such distinct avocations, the ability to shine equally in two such distinct roles speaks volumes for his amazing industry and versatility.

I still carry with me the happiest recollections of my association with him as a teacher. It was as a student of the High School classes that I had the privilege of sitting at the feet of this highly gifted teacher and the impression which he then made on my young mind was deep and profound. What struck us, young learners, most about him in those days was his genuine love of the subject which he taught. His enthusiasm was infectious. His perfect mastery of the subject and his lucid exposition thereof in the class room won for him the respect of his pupils. If, by his love of learning and his gift of lucid exposition of the subject dealt with, he could gain the admiration of his students, he could, by his friendly ways and winning manners, secure their love and affection as well. In him the head and heart worked in perfect unison. A strict disciplinarian and a stern taskmaster in the class room, outside he freely mingled with the students and fully participated in all their fun and frolics.

His students run into thousands and are scattered all over India. I have no doubt that they will all readily associate themselves with the sentiments I have expressed. He has of late been elevated to the position of the Principal of the Skt. college at Trippunithura; it is a well-merited elevation and he is discharging the duties and responsibilities of that office with his characteristic sincerity and devotion.

If he has made his mark as an able and conscientious teacher, he has built up his reputation as an Ayurvedic physician on equally sure and solid foundations. He has been an Ayurvedic practitioner for well over forty years now; his rich and varied experience together with his consummate knowledge of the Shashtra places him very high among the leading Ayurvedic physicians of Kerala at the present day. He has an extensive practice and the number of his patients in Kerala as well as in other parts of India is legion. The cures which he has effected have sometimes been wonderful too. His ability to diagnose diseases correctly and to prescribe appropriate remedies has been widely recognised. It has, however to be borne in mind that the secret of his immense popularity as a physician does not lie merely in his knowledge and experience, great though they are; it is his deep humanity, his feeling for the sufferings of others,

his readiness to help the needy and the afflicted at all times which endear him most all those particularly the poor, who come in contact with him. He is an altruist who looks upon the practice of Ayurveda not as a means of making money but as an opportunity of rendering service to the sick and the ailing. The persons who have enjoyed the benefits of his philanthropy - free medicines, free treatment, free food would - make a pretty long list.

With Shri Warier, Ayurveda has been the passion of his life. He lives for it; a more solemn dedication of a man by himself to a noble cause cannot be imagined. With the introduction of the western system of medicine into India and the enthusiastic patronage extended to it by the foreign Govt: the progress and popularity of the indigenous system of medicines suffered a serious set-back; but after Independence Ayurveda is gradually emerging from its depression, slowly coming into its own. Among those who have worked most zealously for its regeneration Shri. Warier occupies a conspicuous place. It is the cause dearest to his heart; for he has realized its potentialities as few have done. He labours unceasingly for the uplift and progress of Ayurveda and will know no rest until it is restored to its rightful place among the recognised systems of medicine in the world. A devotion like this to the cause of the science as

such is the more beautiful because of its rarity. An ardent advocate and devotee of Ayurveda though he is, he is by no means an opponent of other systems of medicine. He is of the opinion that, as the end of all these different systems of medicine is the same, viz, the alleviation of human suffering and pain, we should accept the best that we find in all.

The most impressive and commendable trait in the character of Shri Warier, so far as I have been able to judge, is his inordinate love of work. 'The best worship is stout working,' so wrote Carlyle. I have yet to come across a person who has adopted this as the guiding principle of his life with greater zeal and sincerity than Shri Warier. He has an infinite capacity for taking pains. During the thirty years of my association with him I have hardly ever found him in a mood of rest or relaxation. He is always busy, - busy with one thing and another. Whatever may be the nature of his undertaking, he throws himself heart and soul into it and will know no rest until he has reached his goal. Sometimes his path will be strewn with difficulties and obstacles which may seem to be insuperable; sometimes he will have to face reverses; but he is never disheartened by failures and reverses. Toil and trouble he considers to be his portion in life. Many have been his struggles; many have been the sacrifices

he was called upon to make. He has stood the tests well. His tenacity of purpose is admirable.

Shri Warier's life would really make a very interesting and inspiring study; for, what else is it but the triumph of perseverance? To present all that I know of his life within the limits of an introduction like this is clearly impossible. All that I can do is to draw the reader's attention to some of the leading facts of his life.

Shri Warier hails from an ancient and respectable family of Ayurvedic Physicians—Trikkovil Wariam—in the Valluvanad Taluk of South Malabar. Born in June, 1903, he was initiated into the mysteries of Ayurvedic medicine at a very early age. The person who more than anyone else contributed effectively to the growth of his interest in Ayurveda at this stage and later on was none other than his grand uncle, Shri Trikkovil Uzuthra Warier, who was Physician to the Cochin Royal Family for a very long time. To this day Shri Warier cherishes with the utmost reverence the memory of his dear departed uncle whose influence was one of the master-influences of his life. Apart from being a distinguished and well-known Ayurvedic practitioner, Shri Uzuthra Warier was also a devoted teacher of Ayurveda whose residence in those days was more or less an Ayurvedic Academy; attracted by his fame as a Physician and

teacher, students flocked to him from far and near, proud of the privilege of being able to sit at the feet of so eminent a man. Shri Warier remembers how, as a sort of preliminary to the study of the subject, his uncle used to teach the boys under his care to identify the different herbs and plants and trees which were cultivated in a part of the compound and which served the purpose of a miniature herbarium. The student's interest in the subject was thus effectively roused. Shri Warier tells us how this acquaintance with the herbs sometimes induced him to try their properties on some of the patients who came to consult his uncle. He, however got his first chance to prescribe a medicine to a patient only at the age of nine. A twelve-year-old girl, suffering from dysentery, requested the "Young Physician" as she addressed him, to give her a medicine that would afford some temporary relief. The nine-year-old boy prescribed a remedy and, to the astonishment of all, it effected a complete cure within two days. This was a remarkable feat and the news of it somehow reached the ears of Sri Rama Varma, G. C. S. I., G. C. I. E. the then Maharaja of Cochin. His Highness was delighted at this and at once asked his Palace Physician to teach the boy both systems of medicine—Ayurvedic and modern. Inspired by these words of encouragement of such an eminent Sanskrit

scholar as His Highness was, Shri Warier now applied himself to his Ayurvedic studies with redoubled zeal. And he made remarkable progress too within the next few years. At this period he bestowed considerable attention on the study of Sanskrit also.

His pre-occupation with Ayurvedic studies at home did not in any way interfere with his studies at school. He has never been a shirker; a genuine aptitude for work and an aversion to sloth characterised him from his earliest years. His school career was on the whole bright. The fact that he was awarded a scholarship in Form III goes to show that he was a student of considerable ability and a very steady worker. After passing his School Final Examination from the High School at Tripunithura, he spent the next two years in the Maharaja's College, Ernakulam, as a student of the Intermediate Classes. He passed his intermediate Examination in 1922 and, then, with his natural aptitude for the study of medicine, he tried for a seat in the Madras Medical College. When he got it, he could not join on account of financial difficulties. He did what appeared to him to be the next best thing; he joined the St. Joseph's College, Trichy, with a view to qualifying himself for the B. A. Degree in Chemistry. He passed out of the college in 1924 and shortly afterwards decided to devote himself entirely to the study and

the practice of Ayurveda, under the guidance of his uncle. With his Degree in Chemistry he could easily have obtained a job in one of the many High Schools in the state; and there were offers too; but for a time he rejected all such offers on the ground that his acceptance of a job in some-out-of-the-way place would make it difficult for him to carry on his Ayurvedic studies under his uncle. The then Director of Public Instruction in Cochin State who came to know of this appreciated his stand and agreed to give him an appointment as a teacher in the High School at Trippunithura so that his studies under his uncle might not be disturbed.

The next five years constituted an important chapter in his life; for, it was during this period that the real foundations of his knowledge of Ayurveda were firmly and solidly laid. It was a period of unremitting toil, a period of intense and strenuous application to his favourite studies. Except for a few hours spent at school, his whole time was set apart for the study of Ayurvedic texts along with their Sanskrit commentaries. The Gurukula system was followed. His Guru was his uncle and he remained by the side of his uncle always either studying the texts or watching his uncle as he prescribed medicines to the innumerable patients who came seeking his advice. During holidays he would often accompany his uncle on his professional

visits too. This kind of training, rigorous though it was, was not without its advantages. It stood him in very good stead later on.

On the completion of his Ayurvedic studies, he took up the study of Visha Vaidya (Poison treatment) under the guidance of H. H. Kerala Varma who was then the First Prince of Cochin. Next he spent some time at Kottakkal where he applied himself to the study of Allopathic texts on Anatomy and Physiology, Materia Medica and Clinical methods. He underwent a course of practical training in the Allopathic system in the Arya Vaidyasala Hospital. At Kottakkal, again, he familiarised himself with the methods of large-scale manufacture of Ayurvedic medicines.

Having thus equipped himself with a deep knowledge of Ayurveda, and Visha Vaidya and a general knowledge of Allopathy, he decided to set up practice independently. Of course, his Guru was always there to give him all the help and guidance he wanted. He had established contacts with the other reputed Ayurvedic physicians of Kerala too who tried to help him and encourage him in all possible ways.

It was at this time that the Govt. of Cochin, in recognition of his proficiency in Ayurveda, appointed him as the Honorary Supervisor of

Govt. Ayurvedic Vaidyasalas and Vishavaidya-salas. This post he held for three and a half years and the work that he did as Supervisor was highly commended by all concerned. Amidst all this work he still found time to write and publish quite a number of books, highly useful and valuable to the students of Ayurveda. The most important among his publications at this time were Ashtangahridaya with the Vakyapradeepika Commentary, 'Balachikitsa' and 'Bhutatantram' with the 'Kairali' commentary. His 'Vishavaidya Pravesika' was an equally useful and valuable publication. It proved so popular that not less than five thousand copies of it were sold out in six months. His transfer at this stage as a teacher to the High school at Chelakkara, an out-of-the way place with no printing press anywhere in the vicinity, made it impossible for him to proceed with his publication work. At Chelakkara he devoted his spare time to the learning of Hindi and the writing of a series of original articles on various diseases. In 1937, his uncle and Guru, Shri. Uzuthra Warier passed away and shortly before his uncle's death, he got himself relieved of his work as the Hon. Supervisor with a view to remaining by the bed-side of his uncle in his last days. He also obtained permission from the Govt. to practise Ayurveda in his spare time.

Meanwhile Shri Warier's reputation as a physician had grown and the number of patients who came seeking his advice had gone up by leaps and bounds. Some of the cures which he effected had been, to say the least, miraculous. In 1940, he was selected for L. T. training at Madras. At Madras he found scope for the exercise of his undoubted talents as a physician in a wider field. During the short period of nine months he earned a good name as a Physician in Madras. His return from Madras in 1941 synchronised with his transfer back to Trippunithura as teacher. Shortly after his arrival at Trippunithura, he was raised to the position of Physician to the Senior Raneé of Cochin at H. H.'s special request.

And not long after this, in 1944, at the request of the Bombay Kala Sangh and the Bombay Keraleeya Samaj, he was deputed to Bombay by the Government of Cochin as physician, to start and organise Ayurvedic dispensaries there. The work that he did at Bombay during the three years he was there, first as physician in the Bombay Kala Sanga Dispensary, and then as Physician in the Bombay Keraleeya Samaj Dispensary, was so excellent that it came in for unqualified praise at the hands of one and all. It considerably enhanced the prestige both of himself and of Ayurveda in the eyes of the Bombay Public. Among his patients were such illustrious men and great political leaders like Sardar Vallabhai Patel, Shri Gulzarilal Nanda,

Shri Jayaprakash Narayan, Shri Acharya Narendra Dev and others. Several Govt. officials including I. C. S. men and several Europeans consulted him about their ailments and placed themselves under his treatment. And they were quite impressed by the results too. Even Allopathic Doctors, several of them, including specialists in various diseases, and Homoeopathic doctors used to seek his assistance in the treatment of complicated cases.

When a patient arrived at the dispensary Dr. Warier used to study the case patiently and to record the history of the case, all clinical tests and treatments already done. He would treat the patient then for a month or two and send the case again to the same doctor who treated him or her before and get his clinical tests again. Not only the patient would be satisfied, but the Doctor also would be astounded at the efficacy of Ayurvedic treatment. This enriched Dr. Warier's knowledge of other systems of medicine and strengthened his faith in the efficacy of his own system. The ceaseless flow of patients kept him constantly busy; from 7-30 a. m. to the midnight hour he was in the midst of patients who came from the different parts of Bombay. On an average he used to treat nearly 30 complicated cases a day.

At the expiry of his period of deputation he returned and joined his old post again at the High

School, Trippunithura. His achievements in Bombay enhanced his reputation and prestige as a physician and made him better known in his own State. Every day, out-side school hours, he is found busy with patients; he has quite a number of patients out-side Kerala too.

Shri Warier has already made himself known to the reading public by his various writings and articles on Ayurveda and allied subjects. He has quite a number of very useful publications to his credit. This is a new venture — his book on "Clinical Research". I have no doubt that this new venture will prove to be as useful and as popular as the old ones. His competence to deal with the subject is beyond question; a science graduate, well-versed in the different systems of medicine and possessed of a genuine aptitude for research, he is fully equipped for the task. How well he has performed it, of course, it is for the readers to judge.

Maharaja's College, }
 ERNAKULAM, }
 18th August 1957. }

Dr. K. Balaraman, M. A., Ph. D.

Lecturer in English.

OPINION

OF

H. H. RAMA VARMA, (Pareekshit Thampuran)
Maharaja of Cochin.

It was with sustained interest that I read the First Volume of "Ayurvedic Clinical Research" by Dr. T. Achutha Warier, B. A., L. T., Principal, Sanskrit College, Tripunithura. Dr. Warier has an extensive practice, which no doubt is the result of his successful treatment of various kinds of disease as well as of his exemplary behaviour towards the patients. His sojourn in Bombay and his work as the Head physician of an Ayurvedic institution there, brought him in contact with renowned Allopathic doctors there, to whom he invariably gave satisfaction whenever called in.

In this little volume Dr. Warier has cited examples of some of the common diseases with their history and the mode of treatment prescribed and the effect observed. Even in the not far distant days, the Ayurvedic physicians used to keep their experience a close secret seldom imparting their invaluable knowledge even to their pupils. It is

very gratifying that Dr. Warier has undertaken to publish the result of his researches for the benefit of his fellow physicians and the public at large.

I have very great pleasure in stating that on more than one occasion I called in Dr. Warier when I was unwell and found the medicines he prescribed very effective.

As the nephew of my old friend, Thrikkovil Sri Uzhuthra Warier, the reputed Palace Physician to the Cochin Royal Family, I am naturally interested in his welfare and prosperity. I am happy to see him occupying a responsible post in the State educational service and at the same time giving solace and relief to the many patients who have consulted him by successful treatment. I pray God to bestow on him His choicest blessings and hope the next volumes will soon see the light of day.

Before concluding I wish to remark that this volume should be translated into Malayalam by the author himself or some other competent person so that the valuable contents of the book will be understood by the non-English knowing Ayurvedic physicians also.

Hill-palace, }
3 — 9 — 1957. }

(Sd)
Rama Varma.

Extracts from the 'Clinical Research' diary of Sri. Trikkovil Achutha Warier.

I

OSTEO-ARTHRITIS—1.

Patient:—

Lieut. Col. Dr. I. M. S., (Retired) Nasik.

Age 68.

Year 1949.

History of the disease.

The patient was unable to walk for about 6 years without good support and he was practically bed-ridden. Eminent Allopathic Doctors from Madras, Bombay, Indore and Calcutta treated him and finally concluded it was osteoarthritis for which there was no treatment.

The name of Dr. Warier was suggested to him by one of his friends. The Clinical reports including X-ray photo and cardiogram were sent to him in advance and he was requested to go over there by plane with the necessary medicines. Some of the clinical reports are given below:—

1. Patient's name— Lt. Col....C/o Dr. S. K. Mukerji
M. B., M. R. C. P., M. B. E., Indore.

Specimen.	Urine.
Examination required.	Routine complete .
Date	4-2-1948.

Report from pathology Department,
King Edward Hospital, Indore.

Urine

PHYSICAL EXAMINATION.

Quantity
Colour	Pale Yellow
Appearance	Clear
Specific gravity	1012
Reaction	Acid

MICROSCOPIC EXAMINATION

Blood cells
Pus cells	Few (8.4 per field)
Epithelial cells	Few
Casts	Nil
Crystals	Amorphous urates few.

CHEMICAL EXAMINATION

Qualitative	Nil
Phosphates	Nil
Urates	Nil
Albumin	Trace present
Sugar	Nil
Acetone	Nil
Diacetic acid	Nil
Bile salts	Nil

Bile pigments	Nil
Indican	Nil
Occult blood	Nil

Date 4-2-1948. (Sd) S. H. GOKHALE,
Laboratory.

KING EDWARD HOSPITAL LABORATORY, INDORE.

2. Patient's name Lt. Col

C/o. Dr. S. K. Mukerji, Indore.

Laboratory Investigation:—

Fractional Test Meal

Report:— (Please refer to the graph attached.)

5th February 1948.

Bile:—

Present in samples 9 and 10; nil in others.

Blood:—

Trace in 1, 2, 4, and 5, plus in all others.

Mucus:— Present in all.

Starch:— Nil in fasting, present in others.

3. Dr. S. H. Gokhale, M. B. B. S.

King Edward Hospital
Laboratory,

Indore C. I., 8th March, 1948.

To

Dr. S. K. Mukerji, M. B., M. R. C. P., M. B. E.
Indore.

Ref:— 1. Serological Examination of Blood for Kahn Test.

2. Routine Complete Examination of cerebrospinal fluid and also its Kahn Test.

(Patient's name:— Lt. Col....)

Report.

1. (Blood) Kahn Test. • Negative
2. Cerebro - Spinal Fluid:— Physical Characters
Quantity 20. c.c.
Colour. Watery.
Appearance. Clear.
Total Cells. 20 Cells per Cmm.
Differential Count:— Mostly lymphocytes.

Chemical Examination

Proteins. 25 mgms. per 100 c.c
Chlorides as NaCl. 700 mgms. per 100 c.c

Microscopic Examination:—

Organisms:— No other organisms detected by gram's stain nor by ZiehlNeelsen stain.

(C. S. F.) Khan Test. Negative.

(Sd)

S. H. GOKHALE.

Dr. Warier reached Nasik on the 20th of February, 1949 and began the treatment on the very same day. There was high blood pressure

and one side specially below the waist could not be moved freely. It had to be dragged.

Treatment:

'Ashtavarga' and 'Sahacharadi' Decoctions were given twice a day with "Ksheerabala" 101 times medicated. A massage with medicated oil was given to the affected part.

Results:

The improvement was seen in a fortnight. The blood pressure came down and the patient was able to move the leg without pain.

On 23—4—1949 he wrote that he was able to walk 10 feet unaided up and down several times, and on 26—4—1949 he wrote that he could walk absolutely unaided, and on 10—6—1949 he wrote that he was making a fine progress. On 30—6—1949 he wrote that he could walk several feet unaided taking turns without any difficulty.

In about six months he returned to normal and could go out for walks, without any help.

OSTEO-ARTHRITIS—2.

Patient:- Smt. C/o Sri Iypekorah B. A., L. T.
Mulanthuruthy.

Age 26

Year 1956.

History of the disease.

Limping was noticed at the age of ten. The strain to walk and sit gradually increased

accompanied by pain. It was neglected till the age of 14. Ayurvedic treatment, mainly 'Pizhichil' relieved the pain. The patient was admitted in the Government Hospital at Ernakulam. The case was diagnosed as T. B. of the spine and plaster was applied for 6 months. It worsened the conditions. Pain and stiffness increased and another Pizhichil had to be done to give relief. The patient was taken to Vellore Hospital, where all possible investigations were made. The case was diagnosed as osteo-arthritis and discharged as incurable. The patient was unable to sit down or bend the knee.

Treatment:

Dr. Warier was consulted in 1956. He suggested 'Ashtavarga' Decoction with 'Dhanwantharam' oil to be given internally and hip-baths to be done (Avagaham) once a week.

Result:

Pain disappeared completely in a fortnight. Stiffness is becoming less and less and the patient is able to walk more freely and even sit down with a gentle support. Treatment is proceeding.

OSTEO-ARTHRITIS—3.

Patient:—

Smt: K Amma

Ponnayil House, Tripunithura.
Age 76. Year 1956.

History of the disease:—

Started as pain and swelling at the joints in the hip and legs about 6 years ago. Allopathic and Ayurvedic treatments gave some relief. For the past three years medicines are not having any effect. The joints have become stiff and in spite of the best medical aid—Allopathic and Ayurvedic, including Pizhichil—there was no improvement and the patient could not bend the joints or walk. Doctors diagnosed the case as Osteo-arthritis.

Treatment:—

Doctor Warriar was consulted early in 1956. He prescribed “Ashtavarga” decoction with a laxative internally, and a hip-bath (Avagaham) in tepid water applying a medicated oil on the whole body, every week.

Result:—

After 4 hip-baths the pain completely disappeared and the joints became slightly flexible. In three months, the patient was able to walk with support. In six months the patient was able to walk freely without support, and even after stopping all treatments she keeps up the improvement.

NOTES.

OSTEO-ARTHRITIS.

This is characterised by atrophy, grooving and eburnation of the articular cartilage. The

knee-joint is most commonly affected, but the hip and the other joints in the lower extremities are also affected. The synovial membrane is inflamed and thickened. The cartilage cells in the joints undergo gradual ossification. The disease occurs generally after middle age, but in certain cases it develops suddenly in early age. Stiffness, associated with pain on moving from the position of rest, slight swelling and limitation of movement are the common symptoms. In early stages X-ray examination will not reveal any bone changes, but in later stages osteo-phyte formation with lipping of the edges of the bones is visible.

Treatment can only be palliative, and pain in the affected part can be relieved in the early stages by radiant heat or diathermy. There is nothing in Allopathy to prevent the joint getting worse or cure the disease.

According to Ayurveda, this is classified as a "Vatharoga" and different names are given according to the joint which is affected. It is not completely ruled out as incurable. In the early stages it is easily cured and in the latter stages it can be controlled, if not cured. Treatment has to be given very carefully, noting the Doshakopa, general health, and age of the patient, climatic conditions, and the symptoms.

II

DISEASES OF THE HEART.

1. Patient:—

Dr. ... L. M. & S, B. S. Sc., D. T. M.,
(Calcutta;) South Canara.

Age 50

Year. 1944.

History of the disease.

There was difficulty observed in ascending stairs and on exertion. X-ray Photo revealed an enlarged heart and the Medical Board advised the patient to take leave and complete rest.

Treatment.

"Dhanwantharam" Oil medicated 101 times, "Agastyarasayanam", and "Aswagandbaristan" with "Mahadhanwantharam" pills were given for three months and the patient was re-examined by the Medical Board and found to be quite fit to join service. He was having no trouble at all and was completely cured. He joined duty and worked for 4 or 5 years as Asst. Director of Public Health without any trouble. He writes to say on 31-10-1944 as follows:—

"I have very great pleasure to testify that I was under the treatment of Ayurveda Booshanam T. Achutha Warier, B. A. L. T., for very serious heart trouble and I am completely free

from it now. Though I tried several doctors for my heart disease, only Dr. Warier cured me of my troublesome heart affection and I am ever grateful to him” .

2. Master C/o Dr. Wagle, Asst. Director,
Haff-Kine Institute, Bombay.

Age 12

Year 1945.

History of the disease.

The boy had Infantile Paralysis which affected the heart. Dr. Gilder and other eminent heart specialists of Bombay and Poona treated the case with no effect and an eminent Doctor was got down from America and he was of opinion that he would die within 6 months after getting swelling for the third time all over the body. Dr. Warier was consulted at Poona. He advised the boy to be taken over to Bombay when there was no other treatment left, as the last resort, when the swelling appeared for the 3rd time. Homeopathic treatment was then tried with no effect.

Treatment.

The boy was taken over to Bombay in an ambulance. “Dasamoolahareethaki” was given twice a day along with a decoction of Punarnava and Gokshura. Egg, Fish, Mutton and Milk were cut off from the diet. In a month and a half not only

the swelling disappeared but the boy was able to move about. In another month Urine was completely free from Albumin. "Dhanwantharam" oil was given internally and the murmur of the heart also gradually disappeared.

Result:—

The boy became normal in six months.

3. Patient Mr. Iyer, C/o H. M. Metha & Co.,
Bombay, No. C. Street Terrace,
Kings Circle, Matunga.

Age 55

Year 1945.

History of the disease.

Felt heaviness in the chest in October 1935 and could not walk back from office. A consulting doctor opined it was Anaemia due to Pyorrhoea. Teeth were removed and a dozen campolon injections, were given. This gave some improvement but panting while walking did not stop. Ayurvedic treatment for Anaemia gave some relief. The trouble started again in 1943. Dr. R. V. Sathe the eminent consulting physician of Bombay gave sleeping doses and injections of glucose and liver extract with vitamin B. This gave some relief. But the troubles started after six months. 34 injections were again given. In 1945 April, attacks became continuous. Dr. Lal Rustom Vakil, the

eminent heart specialist was consulted. He gave medicines and injections for 25 days. Cardiogram revealed *Coronary infraction*.

Symptoms

The attack started with pain in the arms and in the heart region. The hands became numb. Each attack lasted from one to three hours.

Treatment

Dr. Warier was consulted on 30—4—1945. "Dhanwantharam" 101 times medicated, "Agastya-rasayanam", "Aswagantharista" and "Mahadbanwatharam" pills were given and Lohasindooram was also given internally. The patient writes on 18th September 1945:—

"This is to certify that I was a sufferer from heart disease of a serious nature for the last 10/11 years for which I consulted some of the well known heart specialists in Bombay and in spite of the best treatments they could give, I did not get much relief. Finally, by chance, I had occasion to consult Ayurveda Booshanam Sree T. Achutha Warier of Malabar fame and Physician to H. H. The Senior Maharani Saheba of Cochin, who fortunately happened to be in Bombay and I put myself under his treatment. I am now happy to say that I have got an effective check of my ailment from his treatment within a short period of less than three

months which I could not get all these years from the treatments of the other heart specialists whom I had consulted though I have subjected to all their courses of treatments.

It is noteworthy that within a month from the date of commencement of treatment of Dr. Warier, the hitherto frequent attacks began to gradually diminish in number, intensity and duration that for the last over two months, now, I am absolutely free from attack.

Myself and my family members owe a deep debt of gratitude to Dr. Sri. Achutha Warier, for the care with which he treated me and for so boldly undertaking my case in June of this year as at the time he did this my condition had reached such a stage that no other ordinary doctor could have even ventured to treat, to say nothing of accepting responsibility. I am quite aware that during his absence for a time from Bombay while I was being treated Dr. Warier had had no peace of mind and I am much obliged to him for returning back to Bombay so hurriedly for my sake. May he live long and all his undertakings crown with success for the good of the suffering humanity.

Result.

There was no heart attack or pain or panting even after two years.

4. Patient:- Rev: Sr. St. Mary's Convent,
Ernakulam.

Age 47.

Year 1950

History of the disease.

There was Oedema and the whole body became swollen and she was highly constipated. The pulse rate went down to 31 and sometimes even less. There was no appetite. The patient could not sit up or even talk.

Dr. C. L. Joseph, the Civil Surgeon of Ernakulam Hospital treated her for three months and declared the case hopeless. Several other doctors also tried with no success. The new Civil Surgeon Ernakulam Hospital then tried his level best to give relief. But he also declared the case hopeless. In 1950 Dr. Warier was consulted. "Dasamoolahareethaki" Dantheehareethaki and Ardhavillvam decoction gave some relief. He found that the liver and the Kidney were almost damaged besides the heartblock. In three months the swelling disappeared completely and the patient was able to walk about in the room. Slight exertion caused the swelling to appear again. But this was controlled by medicines for two years. Medicines were given regularly and treatment was given for the liver and the kidney for about a year. No swelling appeared afterwards. In 1955 the patient was kept on butter-milk diet for 7 days (Thakrapanam). The bowels began to move freely,

appetite improved and the heaviness in the heart region became less. Dhanwantharam oil was given internally in 1956 and there was no trouble afterwards. Cardiogram shows blocking of the heart and the pulse rate is not above 37 even now. The patient is apparently normal in all other ways. She can walk about, kneel, ascend steps and work in the gardens for hours together without any difficulty.

Result:

The disease has been almost cured or at least controlled for the past three years, although the heart block persists.

Patient: Knut Pederson, Sweden.

Age 55

Year 1946.

Disease. Angina Pectoris.

History of the disease.

He had very serious heart trouble. No allopathic doctor in Europe could cure him. He contacted Dr. Warriar at Bombay through the Norwegian consul and medicines for three months (Dhanwantharam 101 times medicated and gold bhasmam) were sent to him. After three months he wrote that he was completely alright and that his doctors after examination had certified that he was completely free from the trouble. He invited Dr. Warriar to Sweden to treat similar cases there.

5. Patient:- Revd. Sr.
 The Convent, Tripunithura.
 Age 37. Year 1956.

History of the disease.

Breathing difficulty and panting on slight exertion accompanied by rapid increase in pulse-rate and exhaustion were noticed two years back. Allopathic treatment at the hands of eminent doctors was done. Complete rest was recommended. Enlargement of the heart was seen. There was no appreciable cure by Allopathic medicines. She was unable even to walk a few yards.

Treatment.

Dr. Warier was consulted early in 1956. He gave "Dasamoolahareetaki" lehyam, Aswagandharishtam and Mahadhanwandharam pills, till urine was free from albumin and the liver was set right. "Dhanwantharam" oil was given internally afterwards for a month. The patient was completely cured in three months and was able to ascend a hill or take a brisk walk or work in the gardens. She keeps up the improvement even after six months, when she has been taking no medicine.

6. Patient:— Revd. Sr.
 The Carmelite Convent, Chengal.
 Age 31 Year 1957

History of the disease

The patient was having anaemia, breathing difficulty and panting on slight exertion. She was also having pain in the heart region and extreme exhaustion. Allopathic doctors diagnosed the case as enlargement of heart and treated in vain for 2 years without any appreciable effect.

Treatment.

Dr. Warier was consulted early in 1957. He treated with "Dasamoolahareetaki," Aswagandharishtam and Mahadbanwantharam pills till the liver became active and urine was free from albumin. There was very rapid improvement. She was then given "Dhanwantharam" oil for a month. She has almost become normal and is able to move about, walk briskly or ascend steps. Treatment is proceeding.

Patient:—

Sri Uppaniyil House, Vadayar.
Age 67. Year 1948.

History of the disease.

The patient had an abscess in the thigh which was operated upon in the General Hospital, Ernakulam. As much sugar was found in the urine an excessive dose of insulin was injected before the operation. This was continued till the stitches were removed. The pulse came down to 27 and he was gasping for breath due to heart-block

when the doctors said it was a hopeless case and asked the patient to be removed to his house immediately. They remarked the patient could not survive 8 hours. The patient was in that bad condition for over 12 hours after he was discharged from the Hospital when Dr. Warier was taken over to see him.

Treatment.

He prescribed "Dasamoolahareethaki" twice a day for three days along with a decoction. Gasping subsided. Evacuation of stools and urine became normal and in three months' time he was able to walk for nearly two miles and attend to his normal duties although the pulse did not go up above 34 and the heart-block persisted. Two years afterwards by chewing tobacco the juice of which was swallowed unconsciously, his head drooped. Dr. C. L. Joseph, the Civil Surgeon, Ernakulam was consulted. He gave stimulants which made him sleepless and hysterical. He did not recover from that trouble.

NOTES.

DISEASES OF THE HEART

Whatever be the different names given to the various diseases of the heart in allopathy, they are of five types only in Ayurveda and their symptoms are clearly given. The cases noted under this heading are treated with "Dhanwantharam" oil

in "Vathaja Hridroga" and Dasamoolahareetaki or Agasthyarasayanam, Aswagandharishtam and Mahadhanwantharam pills which are given in Kaphaja Hridroga. In Pithaja Hridroga which is only found very rarely "Dadimadi ghritham" or "Kalyana ghritham" is prescribed along with Dasamoolahareetaki, which is effective in curing diseases of the heart, lung, liver and kidney. In Sannipathaja Hridroga the more prominent Dosha is first subdued by careful treatment. In Krimi Hridroga, such medicines are selected which are germicidal, laxative and heart stimulants. Dhanwantharam oil is not indicated in this type alone.

In Rheumatic heart, and in cases where the pulse-rate is unsteady, the valves are damaged or are not functioning properly and in heart murmurs and pain, "Dhanwantharam oil" or "Balathailam" will give miraculous relief. It is however advisable to give the oil internally, only when the liver is functioning properly and the urine is free from albumin.

In this age when coffee, tea and tobacco which weaken the heart are freely used, using the oil internally for one month in a year as directed by the physician [$\frac{1}{2}$ oz of Dhanwantharam oil (Mezhupakam) in hot milk early in the morning in empty stomach followed by solid food only after 3 hours] will strengthen the heart and prevent heart failure.

III

ASTHMA.

1. Patient:—H. H. Prince of Cochin.

Age 38. Year 1932.

History of the disease.

The patient had severe Asthma for 9 years for which Allopathic and Ayurvedic treatments were done by eminent physicians. The attacks started at about mid-night every day and lasted till 10 o'clock in the morning, when he could not lie down. In 1932 Dr: Warier was consulted. He gave "Thippali" (थिपपली) according to "Rasayana Vidhi" for one year and after that, a medicated ghee was given for one month. He had no Asthma for three years afterwards. When he took plenty of pepper he got attacks again in 1937. Then also he tried eminent Doctors and Ayurvedic physicians, till he was declared to be in a very serious condition. Dr: Warier was called in again. "Thippali" was again given to stimulate liver for three months, and he had no trouble till date. He writes on 21-10-1115 as follows:—

"I was a chronic Asthmatic patient and several Ayurvedic and Allopathic physicians treated me for a long period but all their efforts were of no avail. It was at this juncture that Mr. Achutha Warier

the nephew and student of the late Thrikkovil Uzhuthra Warier, Physician to the Cochin Royal Family came and undertook my treatment and I am glad to state within the surprisingly short period of three months I had complete recovery and till this moment I am not troubled by Asthma complaint

2. Patient:— Ammal
Eastern house, Chelakkara.
Age 67. Year 1937.

History of the disease.

There was persistent Asthma for nearly 30 years. No treatment Ayurvedic or Allopathic gave relief. Dr. Warier was consulted towards the end of 1936. "Thippali" was given as in the former case and then Swasagni ghritam. In three months there was complete relief. The patient's son, Sri K. N. Sivarama Iyer writes on 19th February 1937 as follows:—

"My mother had been suffering from the trouble of Asthma for the past 30 years. All along she had undergone treatment at the hands of various English as well as native Doctors with no satisfactory improvement. At such a time was it that I came across Mr. Warier with whom I consulted about three months ago. Three weeks after consultation he prescribed "Swasagni Gritham" his patent medicine for Asthma, the course of which is nearly two

months long. But within a month remarkable progress was to be had and now that the course is over she is perfectly al-right.

From this experience of mine I have immense pleasure to speak highly of its utility and effect. Also I would unhesitatingly recommend it to any Asthma patient.

3. Patient:— Amma,
Kappalumavungal veedu, Kaduthuruthy.
Age 47. Year 1955.

History of the disease.

The patient used to get persistent severe Asthma for the past 17 years. Mixtures and injections gave temporary relief but in the long run they had practically no effect. Body weakened and attacks became more and more virulent. At last, daily 3 injections of "Adrenalene in oil" had to be given for temporary relief. As a last resort the patient was taken over to Dr. Warier for treatment. He treated for liver and gave "Thippali" in increased doses for nearly 6 months, and a pizhichil with "Balaswagandhadi oil" for 14 days was given. There were no attacks, from the third day onwards. The patient underwent another pizhichil in 1956 and she is completely free from the asthma attack and her health has improved considerably.

4. Patient:— Kuttan, Paliam,
Chennamangalam.
Age 12. Year 1948.

History of The Disease.

The boy had continuous attacks of Asthma for the past 4 years. He found great difficulty to walk about and talk. Allopathic Mixtures and injections gave only temporary relief.

Dr. Warier suggested Ayurvedic liver tonic medicines internally and a pizhichil for 14 days with "Balaswagandhadi oil". Attacks disappeared and the patient had no trouble afterwards till 1957. His health has also considerably improved.

CARDIAC ASTHMA.

5. Patient: Dr. R. K. Haffkine Institute,
Bombay.
Age 47. Year 1944.

History of the disease.

The patient had very serious Cardiac Asthma trouble for 16 years. No treatment had any appreciable effect during the whole period. Heart became weaker and there was an abcess in the lung and there was haemoptysis on several occasions. The use of some Homeopathic medicines gave some relief but resulted in producing a bad type of Eczema throughout the body and face.

Dr. Warier was consulted in 1944. He gave "Gulguluthiktaka ghritham", Amrithaprasam and Agasthyarasayanam internally and prescribed an external application with a paste of neem leaves and turmeric on body followed by "Nalpamaradi cocoanut oil". He was completely alright in 3 months. He writes on 3rd October 1945 as follows:—

"It was in 1944 that I consulted Ayurveda-Booshanam Sjt. T. Achutha Warier at the instance of a friend of mine. I was suffering very severely from Asthma & secondary Eczematous skin affection due to Homeopathic medicines. I had during a course of 16 years completely exhausted all possible courses of treatment both in Allopathy and Homeopathy and my condition was still very bad. I had lost all hopes in medicines and was quite septic of Mr. Warier also. Nevertheless I submitted to his treatment which was quite simple and I was surprised and delighted at the way in which I started getting relief. In about 3 weeks' time there was a marked improvement in my general condition. Asthma attacks became less frequent and severe. The skin affection began to disappear and I could get good sleep. It created in me hopes where there was dejection before. I have been continuing the simple medicines and I am very glad to say that my troubles have more or less disappeared completely.

Being in the medical profession myself, I must admit my utmost admiration for Mr. Warier's exemplary knowledge and ability. In fact, my trouble dates so far back as 1919 when the first wave of influenza struck this country. I had attacks of influenzal Pneumonia twice within a short period of four months. Since then, my health had been indifferent and in 1922 when I came to Bombay on transfer it became very bad. I had frequent attacks of cold and fever with bad sore throat. I had an attack of dry pleurisy also.

I got my nasal mucosa cauterised and I underwent several other treatments also. In December 1928, I submitted for the removal of my Tonsils. On the 4th day following the operation I developed severe pain in my right chest with high temperature which lead to an X'ray examination and detection of an abscess in the right lung. Since then I was having occasional Haemoptysis and constant cough and asthma. There was a fairly big cavity in the right lung also. Till 1940, I exhausted all possible treatments by eminent medical men and for the subsequent 4 years I submitted to the advice and treatment of Homeopathic Doctors all with no avail at all. The prolonged Asthma trouble had damaged by heart also and it was still a baffling problem to both Allopathists and Homeopaths, and where these specialists failed after prolonged attempts

Mr. Warier had succeeded with apparently little effort.

I am inexpressibly indebted to Mr. Warier. He is indeed a credit to the Medical profession whatever the branch he may be following. May God bless him with long life and prosperity !”

. . . (Sd)

R. K.....

Note: — Dr. R. K.... is one of the Allopathic Doctors who decided not to use allopathic medicines in his own case any more.

6. Patient: Sri. R. Iyer, Teacher,
 S. M. T. H. S. Chelakkara
 Age 37. Year 1936.

History of the disease.

He was suffering from severe Asthma and fever in the evenings for the past three years. He was also gradually losing weight. Doctors diagnosed the case as Bronchial Asthma and that he had infection of Tuberculosis bacillii also. No treatment had any appreciable effect.

Treatment: —

Dr. Warier was consulted and he prescribed a Pizhichil with Balaswagandhadi oil immediately along with some internal medicines although the

evening temperature every day was 103.5°. On the 3rd day, the evening temperature struck normal and asthmatic attacks also stopped.

His health improved considerably and in three months the weight went up by 16 lbs.

There was no trouble afterwards.

Patient:— Mrs. Joshi C/o Sri. N. M. Joshi,
Director of Civil Supplies, Bombay.

Age 67. Year 1945.

History of the disease.

The patient had asthma for the past 45 years and it was controlled by injections, tablets and mixtures. The heart became weaker and weaker till she was completely bed-ridden. There was retention of urine and bowels would not move freely. There was swelling on the whole body and the patient could not lie down for days together. There was a break in the heart-beats after every 3 or 4 beats. Half a dozen eminent doctors including heart-specialists were attending on her and at about 10 P. M. on a particular day they declared the case as hopeless when coraminè and oxygen inhalation had no appreciable effect to relieve the breathing difficulty. Dr. Warier was called in for consultation by one of the doctors attending on her.

The heart was very weak, but without losing hope he gave "Dasamoolahareetaki lehyam" in intermittent doses along with a decoction of "Punarnava" and "Gokshura" (The tinctures of these two drugs given by the doctors had no effect). Within 24 hours, there was free passage of urine and stools and in 3 days the patient could lie down. Thippali was given according to the Rasayana Vidhi, along with Ardhavilvam decoction and Dasamoolahareetaki. In 3 months she was completely free from asthma and all other troubles, and began to resume her household duties.

She had no trouble whatever, till 1947 June when Dr. Warier left Bombay.

Patient:- V. Iyer, Post Master,
Pillayar Kovil Street, Triplicane, Madras.
Age 49 Year 1940

History of the disease.

The patient had asthma for 27 years. Although allopathic medicines and injections gave temporary relief he had terrible attacks very often. Dr. Warier was consulted in 1940. He prescribed "Thippali" to be taken in increased doses according to "Rasayana Vidhi". Asthmatic attacks became less and less violent and completely disappeared in about 6 months. For the past 15 years he is free from it.

NOTES.

ASTHMA.

The disease commonly termed as Asthma and known in Sanskrit as "Swasa" includes, Bronchial asthma, Cardiac asthma and bronchiectasis. Although the symptoms appear to be the same the treatment in each case is entirely different. Although Ayurveda says that Swasa roga is "yapya" and cannot be rooted out, experience has shown that it can be controlled for several years, if not completely cured.

Of the 3 types mentioned above, Bronchial asthma brings in daily attacks, mainly after midnight and the patient gets slight relief by sitting up with his body bent forwards giving thereby some pressure on the liver by the abdominal muscles. In such cases motions are sticky covered with Mucus and do not float in water, thereby showing that the liver is sluggish. "Thippali" used according to the Rasayana Vidhi stated below, tones up the liver and makes it active without weakening the heart in any way.

"4 or 5 Thippalis are made into a fine paste with water and smeared on an iron vessel thinly. The vessel is kept covered to prevent insects crawling on it. The next day the Thippali powder is scraped out and taken in milk, goat's milk

preferred. The number of Thippalis is increased gradually every day or on every alternate day, up to $2\frac{1}{2}$ tolas by weight in a day—or till motions completely float in water. The same dose is taken thereafter every day for a year, when it acts as a good heart, liver and general tonic besides curing several diseases.”

When motions float, fats or medicines containing fats are given to build up the body and as tonics.

In cardiac asthma, attacks occur before midnight and the patient gets some relief by lying on an easy chair, with his body bent backwards. Motions float and therefore fatty medicines, which help to build up the body, such as Vidaryadi ghritam, Amrithaprasam, Chyavana-prasam, Agasthyarasayanam etc., are given.

In Bronchiectasis, attacks are periodcial, and occur when there are attacks of cold. The patient gets attacks both in the day and night continuously for two or three days and gets some relief by sitting erect or by standing up. Motions float, and fatty medicines are indicated. This occurs only in people whose lungs have become weak due to attacks of Pneumonia or chronic bronchitis previously. Medicated oils such as Balaswagandhadi, Thekarajathailom and

Phenoseeradi which prevent cold are generally given for application on the head. Whatever be the type of asthma, if motions float, a pizhichil with Balaswagandhadi oil is very effective to cure the disease, strengthen the lungs and improve general health.

IV

SKIN TROUBLES

(Hongkong Feet)

1. Patient:— Mrs. Parsi Colony,
Bombay.

Age 27. Year 1945

History of the disease

There was swelling in both the feet. There were eruptions with pus and severe pain above the toes, ulcers between the toes and severe itching. She could not move about for the past 6 years. General health was good. Periods and appetite were normal.

The case was treated by several Allopathic Doctors with no effect whatever, including the skin specialists Dr. Rebello and Dr. Fernandez. The feet were operated upon thrice by Dr. Cooper of the K. E. M. Hospital. Dr. Chocksay was got down from England for consultation. He diagnosed it as

Hongkong Feet for which he said there was no treatment.

Treatment

Dr. Warier was consulted as a last resort in 1944. Gulguluthikthaka decoction mixed with Gulguluthikthaka ghritham was given internally and external application with a paste of neem leaves and Karanja leaves was given (The application of even coconut oil caused the feet to swell up and increase the pain). Within 45 days the patient was completely cured and was able to walk about freely without any pain. Mr. Daruwala writes to Dr. Warier under date 2—6—1945 thus:—

‘It gives me great pleasure to state that my wife’s feet known as Hongkong feet were quite successfully treated by you. I have, consulted some renowned skin specialists but of no avail. The disease was almost given up as incurable, but thanks to your kindness and perseverance, her feet are much better. The swelling is absolutely gone and there is no trace of pus anywhere. She is able to walk with perfect ease now and she is enjoying life once again. I thank you sincerely for curing her of that most painful disease. My wife joins me in thanking you too. With kindest regards,

(Sd)

Lal J. Daruwala, Engineer,
Swastik oil Mills, Bombay.

2. Patient:— K. V—Iyer C/o American Consulate,
Ballard Estate, Bombay.

Age 31 .

Year 1947

History of the disease.

He had a very bad type of weeping Eczema for which he consulted ever so many Allopathic doctors including Dr. Rebello and Dr. Fernandez, the well-known skin specialists of Bombay. Finding no cure he consulted Dr. Warier in March 1947.

In about a month and a half he was completely cured with medicines like Gulguluthikthaka ghritham and Manibhadra Vatakam internally and some medicines applied externally. He writes on May 26, 1947:—

“This is to place on record my appreciation of Dr. T. Achutha Warier’s skill in the treatment of my skin disease from which I was suffering for nearly 5 months. After two leading skin specialists of Bombay had failed in their efforts to cure me even after injecting the “wonder drug” Penicilin into my system, I had the good fortune to come across Dr. Warier who patiently effected the cure. I can safely say that none else in Bombay could have given me the much needed relief from the drear ailment.

(Sd)

K. V. — Iyer.

3. Patient:— Sri S. U. — Iyer,
C/o M/s. May & Baker Ltd., Bombay.
Age 27. Year 1946.

History of the disease

He had the same disease and the same treatment was given with slight modifications and he was completely cured in 3 months. He writes on May 26, 1947 as follows:—

"I was for the last three winters suffering from a bad skin affliction on both my shins. I had consulted several capable doctors and tried innumerable remedies but none of these gave me any relief. This time viz., in October last through a friend's recommendation I came under Dr. Warier's able treatment. Though of-course the treatment had naturally to be long drawn out, in the end I got complete cure. I hope this trouble will not recur and I place on record my sincere appreciation of Dr. Warier's method of treatment."

(Sd)

S. U. ... Iyer.

4. Patient:— Sri C Warier, Compounder,
Aryavaidyasala Branch, Calicut.
Age 37. Year 1931.

History of the disease.

The patient was suffering from a very bad type of swelling and ulcers in both the feet.

There was severe itching and pain also. Ayurvedic treatments by many of the Ashta Vaidyans of Kerala, Vaidyaratnam P.S. Warier and the renowned Vyloor Sanku Warier, including Snehapanam were tried with practically no effect. Also treatments of about half a dozen district medical officers of Calicut and almost all the Allopathic men practising in Calicut were tried with only temporary relief. Dr. Warier was consulted in 1931. He let out blood applying 8 leeches and an external application of wheat powder with goat's milk was prescribed for 8 days. The disease completely disappeared and for 20 years afterwards he had not the trouble.

5. Sri P. A. Iyer, Matunga, Bombay.
C/o Wolkart Brothers.

Age 38

Year 1948

History of the disease.

He had a bad type of Eczema for seven years below the knees on both the legs. All available Allopathic treatments by the skin specialists of Bombay had practically no effect. Dr. Warier did a "Prachhanam" and let out the bad blood from both the legs. The trouble disappeared completely in three months and the legs regained their normal colour.

6. Patient:— Sri. P. V. Iyer, Ottapalam.
Age 46 Year 1947.

History of the disease.

He had leucoderma, and white patches were spreading all over the body. This made him leave off all his roaring business at Bombay, and he came to Dr. Warier when Allopathic treatments failed. A Snehapanam with "Mahathikthaka" ghritham was done under the direct supervision of Dr. Warier and some internal medicines were prescribed for three months. The patches disappeared and till now they have not recurred.

7. Patient:— Sri Rao, Headmaster,
Narnur.
Age 47. Year 1946.

History of the disease.

Doctors diagnosed his disease as Leprosy and the Medical Board disqualified him from service. He approached Dr. Warier for giving relief. The glossy patches had become sensationless. A "Snehapanam" with "Gulguluthikthaka" ghritham was first done and he was given "Thrithriphaladi" oil (Chaulmugra oil) internally. The disease left him and the Medical Board allowed him to be reinstated in service as he was found completely free from the disease.

8. Patient: — Joseph, Varapuzha.

Age 47.

Year 1953.

History of the disease.

A bad eczema accompanied by severe itching started 23 years ago. Soon after the trouble appeared, eruptions would appear on the whole body which would get swollen up and cracked with a thick fluid oozing out of the cracks. This would be accompanied by fever also. By some medicines Allopathic or Ayurvedic the temperature would come down and thick white scales about $\frac{1}{4}$ " thick would fall off from the body. Clinical tests by several medical men could help neither to cure the disease nor find out the nature of the infection. Slight exertion caused the attacks to start again and this went on for more than 20 years with short intervals when he was free from the troubles, in between. Allopathic, Homeopathic, Ayurvedic and Naturopathic treatments were tried with no appreciable effect. Dr. Warier was consulted during one of these attacks. The whole body was swollen and cracked horribly with a thick fluid oozing out constantly. He gave "Sathavaryadi" decoction for 14 days and "Patavaladi decoction" for another 14

days. He was then given Snehapanam with Gulguluthikthaka ghritham. There was no trouble for one year afterwards. After one year the same troubles started and a Snehapanam with "Neeleeghritham" was given and the disease completely disappeared. Still another interesting case needs to be recorded.

9. Patient: Sri ... Ammal, Ernakulam
Age 27 Year 1935

History of the disease.

The patient had a poor health and on the slightest exertion or exposure to sun or fire, pustules would appear on the hands and feet along with fever and with severe pain. In a week they would disappear with some medicines or injections. This went on for 16 years and no medicine could cure it. Dr. Warier did a "Snehapanam" with Gulguluthiktaka ghritham and there was no trouble whatever for 18 years when she underwent another Snehapanam in 1954 fearing the trouble would recur again as on one day she had an itching sensation on one of the hands.

From the above reports it is evident that Ayurvedic treatment if properly conducted is most efficacious for eradicating skin troubles whatever be their nature, name and duration.

ZINC POISONING

Patient: — H. H. Thampuran,
Krishna vilas palace, Tripunithura.
Age 52 Year 1947.

History of the disease.

The patient had eruptions on both the legs. The pain was very severe and the patient had no sleep. Allopathic treatment was tried for 9 months with no effect. Clinical tests did not show what the poison was. To get the best medical aid he was admitted in the Ernakulam Hospital and was attended on by several eminent doctors. Sleeping doses had no effect at all. Blood was sent to Guindy for medical examination and nothing particular would be seen. All possible anti-biotics were tried by the doctors, to relieve the excruciating pain. Finally in 1947 Dr. Warier was consulted. He diagnosed it as zinc poisoning. Emulsion of lime water with a medicated coconut oil was applied on the leg externally and the patient slept soundly for 11 hours continuously. The next day he prescribed "Gulguluthiktaka Ghritham" and "Madhusnuhi Rasayanam" containing purified sulphur. After three weeks he wrote as follows: "I am still having eruptions on the leg though their number is limited to two or three at a time. But then, there is practically no pain. The curious

part of it is as soon as a set of eruptions subsides, fresh ones begin to appear so much so a continuity is kept up. The rest 'is all O. K. with me'. In about a month and half the eruptions ceased to appear and in three months he was completely free from the disease.

TIN POISONING

Patient:— Sri Iyer, Postmaster, Tripunithura.

Age 45

Year 1932

History of the disease.

There was a bad type of pustules appearing on the hands. "Stannoxy" pills gave immediate relief. Nearly 6,000 pills were consumed by him in the course of 8 to 9 years. Finally even 6 pills a day were not able to control the disease. Dr. Warier was consulted and he diagnosed it as Tin Poisoning caused by taking too much of stannoxy pills. A lehya containing purified sulphur completely cured him and even after 24 years he is free from it.

SEPTIC POISON.

Patient:— Sri Nampooripad,

Poomully Mana, Peringode.

Age 32

Year 1929.

History of the disease.

The patient was residing at Alwaye. He had a small scratch wound on the leg and before it got healed he was in the river water for nearly three hours. Fever started suddenly with shivering. The temperature rose to 106 degrees and Doctor Kumara Menon of Chowwara Hospital who was consulted said it was beyond his control. He suggested Dr. Warier to be brought immediately for consultation. The condition was so bad that Dr. Warier prepared a decoction of the roots of the Nuxvomica tree mixed with an equal quantity of milk to be poured continuously over the portion affected for one hour. Within three hours the pain subsided and the temperature also came to normal. He was free from all troubles.

2. Patient:— K ... Menon,

Konath House, Irimpanam.

Age 64.

Year 1948.

History of the disease.

The patient had a sort of eruptions on both legs beneath the knees. He had very severe pain, burning sensation and itching. Several Allopathic medicines and injections had practically no effect. Dr. Warier was consulted. The patient was rolling about in bed with pain and even wanted to

die. The above decoction (Nuxvomica) was prepared mixed with milk and poured over the affected portion continuously for one hour. Pain, burning sensation and itching disappeared in about 45 minutes and the patient was quite alright. There was no trouble afterwards for the past 9 years.

3. Patient:— M. Menon, Kadaikuzhi house,
Maradu.

Age 74 Year 1956.

History of the disease.

There was a bad type of Eczema below the knees on both the legs. Somehow it got septic. The lower portion of the leg got swollen up, was cracked and a thick fluid began to ooze out from the Eczema. The pain, burning sensation and itching were severe. No medicine had any appreciable effect. The above decoction poured externally for one hour gave relief in three hours' time.

DISEASES OF THE SCALP OF THE HEAD.

1 Patient:—P. 22—b Sardar Sankar Road,
Calcutta—29.

Age 29. Year 1950.

History of the disease.

The Patient writes:—“I have been suffering from severe dandruff; the scales in the head peal

off, and itching, eruptions, and pus appear. I have tried a lot of ointments which stop the troubles for 48 hours. The troubles appear again thus giving only a temporary relief. This also caused the hair to fall off causing baldness. I have come to that point when I felt I should do something drastic to stop it as soon as possible in order to be able to attend office again."

Treatment.

Dr. Warier advised him to take "Mahathik-taka gbritham" mixed with honey at bed time for three months and apply a medicated cocoanut oil on the head. Dandruff disappeared in about a month and fresh hair began to grow in three months.

2. Patient:— Sri 20-A Curzon Road,
New Delhi
Age 56 Year 1945.

History of the disease.

Small ulcers appeared on the scalp of the head and hair began to fall off. No medicine allopathic, homeopathic or Unani had any effect. About 6 lakhs of Rupees were spent in all to get eminent doctors of India to treat the case. As a last resort by the advice of Sir. Shanmugham Chetty, then

Diwan of Cochin, he consulted Dr. Warier of Cochin. He went there in May, 1945 and stayed for a week with him. He applied a paste of two herbs growing in the compound for 7 days, and asked him to take "Mahathiktaka Ghritham" mixed with honey internally for three months and to apply a medicated cocoanut oil on the head. After three months he went again to Delhi and applied a paste of dried goose-berry (Amla) on the head for 7 days. He was completely alright and to show his immense pleasure and gratitude he set apart for Ayurvedic research 6 lakhs of rupees, the amount which he had spent for allopathic treatment for that trouble.

NOTES.

SKIN TROUBLES

There are ever so many types of skin troubles known by different names. Eczema, Dermatitis, Fungus, Leprosy, and leucoderma are some of the common terms used in Allopathy. In Ayurveda there is more specification and it is rather difficult for a practitioner to say what exactly the disease is. Symptomatic treatment alone is possible and it is harmless and effective, though it takes a slightly longer time. Apart from these, poisons, metallic and nonmetallic, vegetable and animal, cause skin eruptions which can be identified

only with minute observation and long experience.

Whatever be the type, it is first of all classified as (1) local and (2) affecting the whole system. If it is local external applications and blood letting (Prachhanam) are very useful in effecting a permanent cure. In other cases "Patavaladi" decoction "Sathavaryadi" decoction, "Gulguluthikthaka" decoction, and medicated ghees like "Mahathiktakam," "Gulguluthikthakam," & lehyams like "Madhusnuhi" Rasayanam are some of the medicines generally given to purify the blood. For chronic cases "Snehapanam" with any of the above medicated ghees should be done first to effect a permanent cure.

As regards external applications, neem leaves. Karanja leaves, turmeric etc. are very effective, in cases (such as "fungus") in which non-greasy ointments alone act. Coconut oil (medicated) is effective in other cases. Gingely oil, and toilet or washing soap should not be used in any skin affection. The bark of Acacia is very effective. In cases of poison, all medicines given internally and externally should be antiseptic and germicidal.

The bark of the nuxvomica plant is very effective in septic poison. Wheat powder mixed with goat's milk is much more effective than

calamine lotion and is used wherever there is weeping, burning sensation and itching. For scabies, a paste of Datura leaf juice, butter and sulphur has miraculous effect. For every type of skin affection there are special medicines prescribed in Ayurveda and they are very effective. Only a few samples of the common types are given in this volume.

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V

SOME INFECTIOUS DISEASES

1. TYPHOID.

General:—

Typhoid can be easily and quite safely treated without much expense by Ayurvedic medicines. The treatment is simple. "Darunagaradi" decoction with "Gorochanadi" pills is to be given in the first and second weeks and "chhinnodbhavadi" decoction is to be given in the third week, giving the patient complete rest. "Indukantha ghritham" is to be given on the 22nd day when the morning temperature comes to normal. Rice Kanji can be given both during the course of the fever and afterwards. There is no necessity of keeping the patient on purely liquid diet. If diarrhoea sets in Villwadi pills may be substituted for the Gorochanadi pills. If constipated Glycerine Enema may be given or

varthi (suppository) may be tried. Delirium may occur at times but application of ice is not advisable. Breast milk may be applied on the forehead. This treatment has been found effective in more than 2000 cases.

There was not even one case of mortality although there were six cases of relapse due to improper nursing.

1. Patient:— Miss. Iyer, Plot 18, Sion,
Bombay.

Age 6

Year 1945.

History of the disease.

The patient had Typhoid with double pneumonia. Diarrhoea started. Dr. Vaidya, M. B. B. S. who was treating the case called a consulting doctor for help and he treated the case for nearly 15 days, when the case was declared hopeless. Oxygen was tried but was discontinued as the pulse was extremely bad. The child was completely unconscious and could not swallow even liquids. The attending doctors required Dr. Warier's help. He gave one "Kasthuryadi" pill in 1 oz. of jeera water which was swallowed with great difficulty after two hours. The passage cleared and the child was able to take in liquid medicines' freely. One "villwadi" pill was enough to stop the diarrhoea.

In three days the pulse improved, consciousness was regained and in a weeks' time temperature came down to normal from 105 degrees.

2. Patient:— Mrs. Nair,
C/o T. Madhavan Nair,
Post Master, Tripunithura.
Age 37. Year 1943.

History of the disease.

Mrs. Nair and five of her children got infection of typhoid in 1943 when there was an epidemic wave in the country. Careful nursing and the above mentioned treatment saved all cases although in one case there was diarrhoea and in two cases delirium. The temperature came down to normal in the morning exactly on the 22nd day in each case. Mr. T. Madhavan Nair writes on 28—2—1945 as follows:—

“Mr. T. Achutha Warier, B. A., L. T., is an efficient Ayurvedic Physician. His uncle, the well-known Palace Physician Mr. Uzhuthra warier was an authority on all kinds of Ayurvedic treatments. He has written many big volumes of treatises on Ayurveda. Some of the writings have been compiled and printed most carefully and skilfully by Mr. Achutha Warier who is a devoted disciple of his venerable uncle.

Mr. Achutha Warier has got much experience in the ways of preparation of medicines and different kinds of treatments of all types of diseases. That he is a specialist in the treatment of fevers especially, Typhoid, can be seen from the following narration:—

Last year on 11-11-1943 my wife fell down with fever. Two days afterwards Mr. Achutha Warier was called for consultation. On examining the symptoms he diagnosed it to be a case of Typhoid and at once prescribed the necessary medicines and warned me against its spreading among the other members of the family and prescribed some kinds of fumigation for the same. But unfortunately the infection had already spread and one by one fell with fever. Six members of the family (my wife and five children) were victims to it. But due to the untiring energy and skilful handling of these cases Mr. Achutha Warier saved all of them from the disease. Every case lasted exactly for 21 days. The temperature in different periods rose and fell according to the exact calculation of Mr. Warier. Two of the cases were complicated and were very dangerous and we almost gave up hope. But by patient and skilful handling and by the blessing of God Mr. Achutha Warier controlled the fever and cured all of them. Thus for a period of three months from 11-11-'43 to 12-2-1944 I had to nurse the above patients

under the personal advice and help of Mr. Achutha Warier. The whole treatment cost me only slightly over Rs. 60/—The whole locality was infected with Typhoid cases and there were more deaths than recoveries. Fortunately all the cases handled by Mr. Achutha Warier got cured. This shows how effective was Mr. Warier's treatment. God will always bless him for his kind actions.

(Sd.)

T. Madhavan Nair.

2. TUBERCULOSIS.

Patient:— P. P. Iyer, B. A. L. T.,
Pazhayannoor.

Age 30

Year 1935.

History of the disease.

The patient was suffering from chronic Bronchitis and high fever in the evenings. The civil surgeons at Ernakulam and Trichur diagnosed the case as Tuberculosis after clinical tests. They treated him for two years but the temperature and cough did not subside. Eminent Ayurvedic physicians treated him for another two years with practically no effect. One Allopathic Doctor from Trichur undertook to cure the case without sending him to the sanatorium. Cod-Liver Oil,

Milk, butter and injections were given for nearly two months. The condition worsened and the temperature rose to 106.5 daily. Dr. Warier was consulted when the doctor declared the patient would die within ten days.

Treatment.

Dr. Warier kept him on butter-milk diet and stopped all fats. Two measures of medicated butter-milk were given along with a decoction. Temperature subsided and came to normal in three days. He prescribed "Eladi Rasayanam" in the morning and "Agasthya Rasayanam" in the evening to be taken for 6 years, or till the body began to increase in weight. After 6 years he began to put on weight when the blood and Sputum were found on examination to be free from Bacillii. Even now after 20 years he is hale and hearty. He writes as follows:—

"I can speak from my own experience that Mr. Achutha Warier is an efficient and capable physician and he possesses many essential traits needed for a physician. He has successfully treated many chronic diseases given up by English Doctors. His treatment is very simple but most effective.

Mr. Achutha Warier was first introduced to me when I was in sick bed suffering from Chronic

Bronchitis, high fever and severe cough (Tuberculosis?) at a time when I was given up by eminent English Doctors. Whatever the doctors could do for me proved futile to bring down my fever and at this time Mr. Warier came and gave me hope. I began to take his medicines regularly and in about a week the fever subsided. Gradually my condition improved and in about three months I was fit to attend to my duties.

Since this time Sree Achutha Warier has been my family physician and he has been of immense service to me. I have introduced him to many of my friends and his treatment has been successful everywhere. May God bestow on him health, long life and prosperity so that he may prove a boon to the suffering world at large!

2. Patient:— Revd. Sr. St. Mary's Convent,
Ernakulam.

Age 24

Year 1947.

History of the disease.

The patient was suffering from rise of temperature in the evenings accompanied by an enlargement of gland in the region of the neck. She was treated for four months in the Ernakulam Hospital and was found suffering from T. B. and Heart Trouble. She was kept in bed in the

Hospital for four months and advised to go to the Sanatorium. Dr. Warier was consulted. He prescribed "Eladi Rasayanam" and "Gulguluthikthaka Ghritam" internally and a medicated oil for application on the head. The patient was allowed to move about without any restrictions. The temperature gradually subsided and the gland began to shrink. An external application was made on the gland and it completely subsided in six months. The patient is free from all troubles and quite healthy even to-day.

3. Patient:— Mrs. Nambiaparambil House,
Vazhakulam.

Age 27. ; Year 1947.

History of the disease.

The patient had low temperature in the evenings and there was a swelling of gland in the neck region. Allopathic treatment was tried in the general hospital, Ernakulam for four months. The case was diagnosed as T. B. after clinical tests and recommended to the Sanatorium. "Eladi Rasayanam" in the morning and "Gulguluthikthaka ghritam" at bed time were prescribed by Dr. T. Achutha Warier internally along with Phenosee-radi oil for the head. The gland disappeared and there was no fever in about a month and a half. She is free from all troubles since then.

Patient:— Iyer, C/o A. Gopalakrishna Iyer,
Amin, Munsiff's Court, Perumbavoor.

Age 19.

Year 1949.

History of the disease.

The boy had incessant cough and evening temperature. It rose upto 103 degrees daily. He was treated in the Ernakulam Hospital for four months with injections, Cod liver Oil and rich food. After four months the weight had gone down by 16 lbs. to 98 lbs. X-ray photo revealed a patch in the lung and the doctors advised the boy to be taken to a Sanatorium and to take complete rest & rich food. Dr. Warier's name was suggested to him at this time. He kept the boy on Buttermilk diet for two weeks, when the motions began to float in water. Then he prescribed "Vidaryadi ghritham" and "Chyavanaprasam" to be taken internally and "Balaswagandhadi" oil to be applied on the head and body every day. He advised the boy to go for a walk in the evenings. Weight went up by 8 lbs. in the first month, 15 lbs. in the second month and 22 lbs. in 90 days. While the doctors diagnosed it as a case of T. B. combined with heart trouble, Dr. Warier treated first for liver sluggishness and the boy is perfectly healthy even now in 1957 weighing 160 lbs. having no trouble with out taking any more medicines.

General:—

Tuberculosis is supposed to be a dreadful disease but in its early days it is curable. Ayurvedic texts say that there are eleven symptoms for T. B. In most cases all these are not present. But the fear that T. B. is incurable creates a diffidence both in the patient and the physician. In the early stage, and in the advanced stage where all the symptoms are not present, the disease can be well controlled and completely cured by Ayurvedic medicines.

3. MALARIA.

General:—

For Malaria, Quinine was formerly supposed to be the best remedy. Later on Plasmoquin and Atebrin and ever so many other drugs came into the Allopathic field. The use of these drugs improperly caused deafness, blindness, difficulty to talk, Rheumatic troubles and Jaundice. It is found from experience that these medicines controlled the fever but not cured it. There are very effective medicines in Ayurveda which cure Malaria for ever. The following treatment has been found cent percent successful in thousands of cases in different parts of India.

Treatment.

“Bharngyadi decoction (small) is given for 14 to 21 days twice a day.” If the fever has been controlled by quinine the decoction first neutralises the quinine and fever will occur intermittently while the course is followed. If quinine has not been given, fever will gradually come down, attacks will become less violent and in 14 to 21 days will completely disappear. After the course of the decoction, “Jaerakavyoshalesuna” pills are given for a week twice a day and attacks will then disappear for ever. Indukanta ghritham is then generally given for a month or two whereby the cure will be permanent and the patient picks up health. Ajamojam (omum) powder mixed with equal quantity of jaggery if taken daily is also effective to cure this disease. There are very very effective simple Ayurvedic medicines for Malaria which are given by the Ayurvedic physicians of Kerala. The above treatments have been found effective in more than three thousand cases some of which are given below:—

1. Patient:— K. N. Iyer, M. A. (Hons),
Teacher, H. S. Tripunithura.

Age 30

Year 1929.

History of the disease.

He got a virulent attack of Malaria when he visited Kutajadri near Mangalore. Several treatments Ayurvedic and Allopathic did not cure the disease. The above course of treatment gave him complete relief and he is even now free from it after 28 years.

2. Patient:— T. V. K. B. A. (Hons).,
(Madras Secretariat, Madras.)

Age 21

Year 1930.

History of the disease.

He got a virulent attack when he was a student in St. Joseph's College, Trichinopoly. Allopathic treatment controlled it temporarily but attacks became more and more frequent and violent. Omum powder with jaggery was given till the college course was over, when attacks became very mild. The above decoction, pills and ghee were then tried and there was no attack of malaria till now.

3. Patient:— H. Iyer, Reporter,
Burma Legislature.

Age 43.

Year 1942.

History of the disease.

He got a severe attack of malaria while returning from Burma. Allopathic treatment

gave temporary relief. Ayurvedic treatment was suggested by a friend and Dr. Warier's course of treatment was done under his personal supervision. The disease left him for ever and even now he is free from it. He writes from Delhi on 9-7-1944 as follows:-

"I have very great pleasure in testifying to the efficacy of the treatment for Malarial fever as prescribed and directed by Ayurveda-bhooshanam T. Achutha Warier, a complete course of which I took during my stay at Tripunithura, following the arduous evacuation from Burma by overland route during March/April 1942.

Soon after my arrival in India I was down with Malarial fever. I used to get an attack every other day and its effect on my already shattered health was serious. The use first of atabrin and then of quinine as prescribed by doctors gave me each time only sufficient relief to last for a few months. Before coming to Delhi I decided to have a full course of Dr. Achutha Warier's treatment with a view to preventing further attacks. It took me about two months to conclude it having had to take a decoction for 14 days, some pills for another 14 days, and a medicated ghee for about one month.

I am pleased to make a special mention of the fact that the treatment was not in any way difficult to take. There was no restriction with regard to

diet except that the time to take meals had to be observed strictly and I could as usual go about without the least dislocation of work. It is now more than two years since I had Dr. Warier's course of treatment for malaria and I am happy to state that up to this date I have not had another attack."

(Sd) H. Iyer,
Reporter, Burma Legislature.

4. Patient:— A. Iyer,
Radio Engineer, Bikaner.
Age 27. Year 1943.

The patient had very severe attack of malaria for the past six years. Allopathic treatment could not cure it. Occasional serious attacks used to shatter his general health. In 1943 he underwent the full course of treatment specified above and he writes from Lallgarh Palace, Bikaner, on 17-11-1943 as follows:—

My dear Doctor,

Let me offer my most sincere thanks to you for all the care and trouble you have taken to save me from the fearful fangs of the wretched malaria and I shall always be grateful to you for the same.

(Sd)

A. Iyer, Radio Engineer.

He had no attacks of malaria, ever since the above treatment.

4. DYSENTERY.

General:—

It is mainly of two types amoebic and bacillary. Both are highly infectious, infection taking place through water or food. Flies carry the infection. "Mustha" the common grass found everywhere in India is a specific for the first variety and "Kutaja" is the specific for the latter. "Mustha-karanjadi" decoction is very effective in both types both in the early stage and the later stage.

The disease starts by frequent motions mixed with blood or mucus. If the number of times increases, griping occurs along with slight fever and the motions will contain less and less of faecal matter and more and more of blood or mucus or both.

If not stopped before griping sets in, the decoction mentioned above will be found necessary. If not "Charngeryadi" pills in the former type and "Vilvadi" pills in the latter, stop the disease with 3 or 4 doses. Sour and pungent articles of food including buttermilk aggravate the troubles in amoebic dysentery, and they should not be used up to one week after the disease is cured. Goat's milk, or cow's milk boiled with some herbs is the best food when the motion contains blood and buttermilk is the main food when motion contains mucus and no blood.

Castor oil emulsion is very effective in removing griping and clearing the bowels daily and stopping the disease but Sulpha-guanidine and such other Sulpha lablets have been found to produce paralysis in several cases.

Some-times by neglect or careless handling, the disease gets out of control. Incessant passing of blood with mucus along with severe griping pain and high temperature is the result. In such cases "Pichhavasti" (enema with a viscous antiseptic liquid) is found very effective. [A handful of "Salmali" leaves is covered with mud, put in fire, and when the mud dries up and cracks, the leaves are taken out and made into a paste with milk, which is then used for enema]. As the disease is very common only one case is given below:—

Patient:— Miss	Joseph, Tripunithura.
Age 16		Year 1944

History of the disease.

All members of the family, including the girl got infection in 1944 March, when the disease was raging in the locality as an epidemic. Homeopathic and Allopathic treatments failed in the case of the girl and her younger sister. The death of the latter made the disease worse in this particular case.

Dr. Warier was consulted as a last resort. He had no hopes of the girl recovering, as she was incessantly passing blood and mucus with severe griping and temperature ranging between 103° and 104.5°. Internal medicines did not react. So the Pichavasthi was tried. With the first vasthi, motions came down to 20 from about 300 in a day and with the second to 3 or 4 in a day. The temperature also went down to normal and in a week's time the patient was cured. She remains healthy even now.

Her father writes on 27th March 1945 as follows:—

My daughter ... aged 16, had a very serious attack of dysentery in March 1944. She was passing blood and mucus almost incessantly with griping pain in the bowels. She finally developed fever and she was in a precarious condition. Dr. T. A. Warier, physician to H. H. the Senior Raneer was consulted and by means of a Pichhavasthi (a special kind of enema) he brought the disease under control. By suitable internal medicines and proper attention she was completely cured in a few days.

Other members of the family including myself had the same disease, but all were easily cured by him before the disease could develop.

(Sd)

... Joseph.

NOTES.

All infectious diseases have very effective treatments in Ayurveda. The prophylactic side is not generally used, because of the introduction of compulsory vaccinations and inoculations. Fumigations with "Aparajitha dhoopa" have been found effective in preventing attacks of Influenza, Small-pox, Chicken-pox and other air-borne diseases.

VI

LIVER TROUBLES

1. Patient:— T. K. Personal Asst: Secretary.
Ministry of Irrigation & Power, New Delhi,
Age 25. Year 1954.

History of the disease.

The patient wrote from Delhi:— "I have not been keeping good health for some days now. I had developed a sort of pain, a dull pain over the region of the liver which causes wind in the stomach. The stools are pasty and a little painful in coming out. To add to this there is a severe hip pain. I have consulted doctors here and they say it is due to weak liver. Their medicines have not been helpful in effecting the cure."

Treatment.

A liver tonic Lehyam was given for a month and he was asked to take "Hinguthriguna Thailam"

as a mild purgative every week. Fats were out off from the diet. After one month motions were found free from mucus and they floated in water. "Vidaryadi Ghritham" and "Chyavanaprasm" were given for a month and "Dhanwantharam oil" was then given internally for a month. All troubles disappeared. The weight increased by 12 lbs. and the general health became much better.

2. Patient:— A. M. Student,
College of Agriculture, Dharwar.
Age 17. Year 1953.

History of the disease:

The boy was having a poor health, was getting weaker day by day and there was sometimes rise of temperature in the evenings. He was treated in Dharwar for amoebic dysentery by doctors with no effect. Dr. Warier who was consulted gave him the liver tonic lehyam and prescribed a fat free diet for two weeks. Motions became free from mucus and they began to float in water. He was given "Vidaryadi ghritham" and "Chyavanaprasam" for a month. Weight increased and within 3 months, the troubles disappeared and general health improved considerably.

3. Patient:— K. 1....C/o Kachappillil Thukalan
Ittoop, Mulanthuruthy.
Age 8 Year 1955.

History of the disease.

The patient had fever in the evenings, chronic cough and cold, and asthma. He was treated by the doctors at Mulanthuruthy and the Civil Surgeon at Ernakulam for over two years. There was no marked improvement.

Treatment.

Dr. Warier cut out fats from the diet and gave the boy "Thippali" in the morning and garlic in the evening. In three month's time the motions floated, asthmatic attacks and cough disappeared and the temperature subsided. "Indukantha ghritham" was then given and after three months a "pizhichil" was given for the patient with "Balaswagandhadi oil". Health improved and all the troubles disappeared.

4. Patient:— Ammal, Mattancherry.

Age 32. Year 1930.

History of the disease.

The patient who had a son 15 years old was bed-ridden with chronic dyspepsia for two years and was under Dr. Kamath's treatment. At the end, the doctor said the case was hopeless and the husband left for Kumbhakonam leaving the dying patient to the charge of the 15 year old son. Dr. Warriar was taken to see the case.

She was reduced to a skeleton and even with a cup of coffee she would purge and vomit. Cramps had set in and she could not stretch her limbs or move them.

Treatment.

Dr. Warier gave "Villwadi Lehyam" with "Lohasindooram" in intermittent doses till purging and vomiting stopped. She was then given rice kanchi. After about a month she was able to move about inside the house. Dr. Warier prescribed plenty of gram to be taken along with rice food. In 6 months she became a perfectly healthy woman.

5. Patient:— H. H. Thampuran,
Junior Ranee of Cochin.
Age 68 Year 1931.

History of the disease.

The patient was suffering from incessant cough, evening temperature, a burning sensation in the body, sleeplessness, and an abnormal fear of death. She was treated by Brahmasree Thaikkat Narayanan Mooss, and Sri E. Kunjan Warier for over two years with "Vidaryadi ghritam" "Chyavana-prasom" and plenty of milk. They diagnosed the disease as tuberculosis. The palace doctor and Dr. Raghavendra Rao, the civil surgeon, who treated her for some months diagnosed the case as hysteria.

All treatments only aggravated the troubles. She would cough continuously for 3 or 4 minutes and would sink down saying she was going to die, several times in a day. The weight was 70 lbs, the pulse-rate was 156 and the respiration very rapid.

The doctors and the Mooss said she would die within a month at the latest.

Dr. Warier who was then consulted said boldly in their presence it was a clear case of liver sluggishness and there were no symptoms whatever, of her dying within ten years due to that disease.

Treatment.

He treated her with "Vilwady lehyam" twice a day & 'Nayopayam decoction' in intermittent doses and prescribed a completely fat-free diet. On the 14th day a small part of the faeces was found floating and for the first time in 4 years the hysterical patient said she was feeling better. In a month and a half motions began to float almost completely. Then "Shatpala ghritam" and about 8 oz of milk, were given daily. The fear of death, cough, evening temperature and burning sensation completely left her on the 64th day and she said she was quite alright. Then a "Pizhichil" was done with "Balaswagandhadi oil" for 14 days and after 5 months her weight was found to be 80 lbs. She lived for another 16 years.

LIVER CIRRHOSIS.

1. Patient:—Mrs. Achaya, C/o B. K. Achaya,
Eagle Star Insurance Co , Ltd., Bombay.
Age 23. Year 1946.

History of the disease.

The patient got liver cirrhosis. The doctors who attended on her said that there was no hope. The temperature rose daily to 103·6 degrees in the afternoons and the whole body was tinged yellowish. Dr. Warier undertook to treat the case.

Treatment.

He gave a decoction and "Avipathi" powder as laxative every day. In a month's time the temperature became normal throughout. The patient had slight appetite, regular motions and in another three months her health became normal. In 1949 December she gave birth to a child and 2 years afterwards she had another child. She is keeping fairly good health even now.

2. Patient;—Sri. N. V. Warier, B. A., L. T.,
Head Master, High School, Pazhanji.
Age 53. Year 1949

History of the disease.

He had an emaciated appearance and became anaemic. He lost appetite and was getting thinner

day by day. The skin, urine, eyes and motions were tinged yellow. Doctors advised him to go to the General Hospital, Madras. After a thorough examination and several tests for over 2 months the doctors could not come to a conclusion whether it was jaundice, cirrhosis of the liver or stone in the gall bladder. In a very bad condition he came back from the General Hospital, Madras and consulted Dr. Warier.

Treatment

He prescribed a simple decoction of 7 ingredients ('Varyadi') which he took for 6 months. He got a complete cure, body improved and his health became quite normal. Even now after 7 years he is completely free from that disease and is quite healthy.

3 Patient:— K. V. B. A., L. T.,

Retired Head Master, Vettickal, Mulanthuruthy.

Age 62. Year 1955.

History of the disease.

The patient had cirrhosis of the liver as diagnosed by two good doctors. They kept him on fat and salt free diet and treated him with costly medicines, for over a year. The costly medicines and the restrictions in diet prescribed by the doctors made him consult Dr. Warier in 1956.

Treatment.

He prescribed a simple decoction for about a month and gave salt and fats. He was completely cured in three months, and was free from the liver trouble.

NOTES.

LIVER TROUBLES.

Liver troubles are classified mainly under three heads:- 1) Liver sluggishness. (2) Liver enlargement and 3) Liver cirrhosis. There are ever so many other troubles of the liver which are not very common.

Sluggishness of liver is the most common of diseases found in coastal and marshy areas. Loss of appetite, non-assimilation of food, especially fats, gas troubles, evening temperature, occasional bronchitis, cough, asthma, constipation and non-improvement of general health with even good tonics and rich food, result from sluggishness of liver. The main causes are humidity in the atmosphere, irregularity in diet and want of physical exercise.

Liver extract by mouth and by injections will give immediate improvement, but no permanent cure. It does not stimulate liver; only makes up

for the deficiency of its secretion. Ayurveda gives a good test for liver sluggishness, i.e. motions will be pasty, blackish or whitish and will sink in water, even though well-formed. (This test is unknown to modern medical men.)

Since the bile secreted by the liver, alone has the power to emulsify fats (not to mention the pancreatic juice which falls into the duodenum along with the bile through a common duct and becomes deficient when the bile is deficient) fat-free diet and medicines should be prescribed to those whose liver is sluggish, till motions become normal-coloured, free from mucus, and float in water. Then gradually fats can be given which are easily digested.

Thousands of liver sluggishness cases which have been treated without effect by allopathic doctors for amoebic dysentery, T. B., asthma etc. have been easily cured by fat free diet and medicines. Even milk should be cut out from diet and substituted by buttermilk (not curds) "Thakrapanam" i.e. giving increased quantities of medicated buttermilk for 3—7 days, stimulates and tones up the liver easily. "Vilwady Lehyam" is found very effective. "Thippali" used according to the Rasayana-Vidhi is the best Ayurvedic liver tonic.

In cases of liver enlargement the treatments and suggestions mentioned above will give good results.

In liver cirrhosis the above treatments should not be done. "Varyadi" decoction and fat-free diet give very good results in cirrhosis as well as in jaundice. "Avipathy powder" is also given daily as a mild purgative till inflammation subsides.

VII

UTERINE TROUBLES.

General:—

The administration of Dhanwantharam oil internally for all uterine troubles such as pain during menses, scanty menses, irregular periods, uterine weakness causing abortion, retroversion and retroflexion of the uterus and even infantile uterus was highly approved and recommended by Dr. U. B. Narayana Rao, the famous Gynaecologist of Bombay who was well impressed with the results. He himself used to recommend complicated uterine troubles to Dr. Warier for treatment. Ladies with 6 or 8 abortions in the second, third or fourth months were able to give birth to children without any further abortion by using this oil internally. Even women who

have been declared as sterile by eminent Gynaecologists have given birth to children by 'snehapanam' with this oil or even taking this oil internally without restrictions. The following case-reports will bear testimony to this.

1. Patient: — Mrs. Ramaswamy Iyer,
Ranjodass Terrace,
Sir Balachandra Road, Bombay.

Age 27. Year 1944.

History of the disease.

The girl got married at the age of 21 and had no issues till her 27th year. She had also rheumatic troubles. D & C was done 4 times, and doctors (specialists) in Bombay declared she had an infantile uterus and would not conceive.

Treatment.

Dr. Warier was consulted. A Snehapanam with "Dhanwantharam oil" was done. Her rheumatic troubles disappeared and she became pregnant in 3 months. She gave birth to a child, 6 lbs. in weight in the nursing home of the lady doctor who had declared she would not conceive. The lady doctor expressed her admiration for the wonderful cure of the "infantile uterus."

2. Patient:— ... Warasyar, Mazhuvannur.

Age 37

Year 1928.

History of the disease.

Married 16 years ago and would not conceive. Treatments had been of no avail.

Treatment.

A snehapanam was done and Utharavasthi with the same oil was given afterwards. She conceived and had a son.

3. Patient:— ... Amma,

Ponnayil House, Tripunithura.

Age 37

Year 1954.

History of the disease.

Married 12 years back. D & C was done 3 times. Still she would not conceive. Dr. Warier was consulted and he prescribed Dhanwantharam oil to be taken internally for one month.

She conceived within two months. She gave birth to two children.

There are instances in which a female has conceived for the first time in the 43rd year after this treatment.

4. Patient:— Mrs Iyer, Matunga, Bombay.
Age 36 Year 1945.

History of the disease.

She had eight abortions in the third or fourth month and had no child. She was tired of allopathic treatments for the past fifteen years, as whatever was prescribed had no effect in preventing the abortions.

Treatment.

Dr. Warier who was consulted, prescribed "Dhanwantharam" (Mezhupakam) oil, to be taken $\frac{1}{2}$ oz daily in milk for 1 month without restrictions and he assured that there would be no further abortions.

Result:—

She had no further abortions and gave birth to three children.

5. Patient:— Mrs. Sreedhara menon,
Chendamangalam.
Age 26 Year 1957.

History of the disease.

Married 6 years back and did not conceive so far. There was very severe pain during menstruation accompanied by vomiting and loss of appetite.

Dr. Warier was consulted. He prescribed "Dhanwantharam" oil to be taken internally, and assured the periods would be regular and painless afterwards. He also suggested she would become pregnant within 3 months.

Treatment.

The medicine was taken for a month as directed. The periods became regular and painless and she has given birth to three children.

6. Patient:— Mrs. Benegal. Dadar, Bombay
Age 35 Year 1945.

History of the disease.

She had two daughters aged 12 & 10 and was anxious to get a male issue. She had signs of pregnancy and consulted about fifteen doctors, some of whom said it was pregnancy while others opined it was not. A consulting doctor, an eminent gynaecologist, who was then consulted said she had to undergo two operations for which he used to charge Rs. 2000 and Rs. 250 respectively.

Treatment.

Dr. Warier, who was then consulted said it was "Rakthagulma" for which he prescribed "Dhanwantharam" oil internally, for a month.

She was completely cured in a month, and all the signs of pregnancy disappeared.

7. Patient:— Sow C/o. K. V. Chellam Iyer,
Triplicane, Madras.

Age 34 Year 1941.

History of the disease.

She had a number of abortions in the second or third month and she was diagnosed to have a weak uterus. She had a nervous break-down and rheumatic troubles as a result of frequent abortions. Her health was also shattered.

Treatment.

Dr. Warier was consulted in 1941. He advised a snehapanam to be taken with "Dhanwandharam" oil which was done in 1942. She was able to give birth to a child afterwards.

8. Patient:— Sow Varyassiar;
C/o A. G. Warier,
Venganelloor, Chelakkara.

Age 23 Year 1935.

History of the disease.

The patient's two confinements were normal. During the third pregnancy in the fifth month she became insane. The period of insanity increased from two hours in the afternoons to all the twenty four hours, as the pregnancy advanced. She was admitted in the General Hospital at Bangalore and

abortion was induced, when treatments were not found effective. She became pregnant for the fourth time and now also she became insane from the 5th month, the period of insanity gradually increasing from 2 to 24 hours with the advancement of pregnancy. She was admitted in two hospitals in Bangalore and kept there for four weeks under the best allopathic treatment by eminent doctors. No treatment had any effect. By the advice of one of the doctors she was taken over to her native place in 1935 for Ayurvedic treatment as allopathic treatment was not at all effective.

Treatment.

When Dr. Warier examined the case she was completely insane for all the 24 hours and could not recognise her husband or children. She was also violent and had no sleep whatever. He diagnosed it as a case of uterine displacement due to a fall during the third pregnancy. "Vidaryadi ghritham" with "Manasamitra Vadakam" and a medicated milk were prescribed by Dr. Warier. Even on the first day she slept for 4 hours without any sedative. In 4 days she was completely normal and could attend to her household duties. The treatment was continued and the delivery was normal and the child is still living. Two years afterwards she got pregnant again and in the 3rd

month she was sent to Dr. Warier for treatment. Confinement was normal and there was no trouble, as the same treatment was given. Again after 2 years she got pregnant. In the early stage medicines were given and the delivery was normal. In 1941 she became pregnant again. This time no proper treatment could be done as Dr. Warier was away in Madras. The same insanity occurred and she died.

RETROVERSION OF THE UTERUS.

Patient:— Mrs. Iyengar, Matunga, Bombay.

Age 37. Year 1946.

Hisory of the disease.

She had a severe pain and some-times burning sensation at the back over the region of the left shoulder blade. She had a perfectly good health and her appetite, motions, periods' sleep etc. were quite normal. The trouble started 6 years back after the fifth and last child was born. Famous gynaecologists at Madras, Calcutta, Delhi and Bombay examined her and could not find out any trouble in her. The pain was sometimes so severe that she could not even wear a blouse.

Treatment.

Dr. Warier who was consulted, said it was a clear case of retroversion of the uterus. His

diagnosis was found correct by one of the allopathic specialists of Bombay. He gave Dhanwantharam oil internally and the same oil was used for tampon application in the manner recommended by the specialist. She was cured completely in a month.

LEUCORRHOEA

Patient:— Ammal, Alathur.

Age 27

Year 1934

History of the disease.

Her health was gradually breaking down for the past 6 years. There was no appetite, nor sound sleep. There was burning sensation in the hands and feet and the temperature in the evenings ranged from 99.4° to 102.6° . She was under the treatment of about 26 doctors—ayurvedic and allopathic so far, and no treatment had any good effect practically. She stayed in Madanappalli sanatorium for about two years by the recommendation of one of the doctors. Still the body did not improve, the weakness, menstrual troubles and evening temperature did not disappear.

Treatment:

When Dr. Warier was consulted he said Leucorrhoea was the main trouble. When questioned privately she confessed she got the trouble

from the age of 8, and it had developed to such an extent that the discharge was continuous, thin and yellow.

“Pushyanuga choornam”, “Chandrakanthasavam” and a medicated milk cured her in about a month, and her health improved, considerably and all her troubles disappeared.

NOTES

UTERINE TROUBLES.

Women have a tendency to hide their menstrual troubles, venereal diseases, leucorrhoea etc. from their husbands and doctors in the early stages, and unless the doctor is careful to ask them in private they would not dare to give out these details to him. The general complaints of women are in most cases intimately connected with these troubles and are sometimes the result of the same.

In cases, where the liver is functioning properly and the urine is free from albumin “Dhanwantharam oil” (Mezhupakam) taken internally has been found the most effective medicine in curing menstrual disorders, uterine weakness and the various rheumatic troubles connected

with the same. Even in leucorrhoea cases, administration of this medicine internally helps to make its treatment effective. The various heart troubles resulting from menstrual disorders are also cured by the same medicine, as can be seen by the case reports under "heart troubles".

The oil is used for giving Snehapanam in chronic cases for giving "utharavasthi," and for tampon applications.

Other medicines like Sukumara ghritham Phalasarpis etc. are also given according to the Dosha Kopa, in the particular case.

VIII

EYE TROUBLES.

1. KRICHRONMEELA.

1. Patient:— Smt. M. Amma,
Madathilparambil House, Chendamangalam.

Age 23

Year 1950

History of the disease.

The patient was suffering from the drooping of the eye lids for the last two years. Dr. Marar, the eye specialist of Ernakulam gave injections. With a course of 6 injections, the drooping used

to disappear and eyes appeared normal, but the troubles used to start again after a month or two. Injections and tonics proved futile and the case was recommended to Dr. Warier.

Treatment

A Nasyam was done with a medicated oil and a "Tharpanam" with medicated old ghee for 7 days gave complete relief. The patient is still free from that trouble after 7 years.

2. Patient:— Miss. Udayamperoor.

Age 14

Year 1951

Hitsory of the disease.

The girl had the same complaints as in the previous case. The same treatment was done by Dr. Marar and finding no relief whatever he himself recommended the case to Dr. Warier. The same Nasyam and "Tharpanam" treatments gave complete cure. The patient is still having no troubles.

These two cases are described as "Krichron-meela" and the treatment prescribed for this in Ayurveda is far cheaper and more effective and permanent than allopathic treatment. The same treatment has been tried with complete success in several other cases also.

2. DOUBLE VISION

1. Patient:— K. K., Merchant,
Durbar Hall Road, Ernakulam.
Age 46 Year 1952

History of the disease.

The patient got a nervous attack while in Malaya during the second World War. He had to hide in a house which was searched often and often by enemy troops. As a result of this nervous shock and various troubles connected with the War he got double vision. A car coming along the road appeared to be two and thus he had a great difficulty to walk about. Treatment at the hands of Dr. Marar, the eye specialist for three months was to no effect at all. The eye specialist of General Hospital, Ernakulam was then consulted. His treatment as well as that of the Civil Surgeon to improve general health were also carried out for three months with no effect whatever. Dr. Warier was consulted in 1952.

Treatment.

A "Sirovasthi" was done with "Sudhabala-Thailam" for 7 days. Improvement was seen on the 8th day and in about two months the disease was completely cured. There is no trouble even now.

2. Patient: K. Pisharodi,
Noollelipharam, Kuruppumpady.
Age 36 Year 1953

History of the disease.

He had a very serious head-ache combined with rise of temperature in the evenings. He was admitted in the Kottayam Government Hospital where Dr. Pisharody and Dr. Poduval attended on him. His disease was diagnosed as meningitis and cerebro-spinal fluid was removed. There was no relief whatever even after a fortnight. He went to Vayaskara Mooss who gave a nasyam. That cured him of his head-ache. But he found that he had double vision. One object appeared as two at a distance of 4 to 5 feet apart. Dr. Marar the eye specialist of Ernakulam, gave him 90 injections and several tonics. There was no improvement and he went to Dr. Warier for treatment.

Treatment.

A "Sirovasthi" was done with "Sudhabala-Thailam" for 7 days. On the 8th day i.e. on the day after finishing the treatment, the two objects appeared to be at a distance of three feet. After a fortnight the distance narrowed down up to $1\frac{1}{2}$ feet. In a month the two objects appeared 6" apart and in 45 days after the treatment the double vision completely disappeared and he is completely free from the trouble even now.

3. CATARACT (VATHATHIMIRAM)

Patient:— K. K. Iyer,
Thottur Madam, Koovappadi.

Age 58 Year 1949

History of the disease.

The patient had firm faith in Astrology according to which in his opinion he was to lose his eye sight. When one day he failed to see the bus plying along the road, he imagined that he was losing his eye sight. This made him nervous, sleepless and worried. He went to Ernakulam and Dr. Marar said he needed an operation for cataract after 5 months. After 6 months Dr. A. K. Menon said he had diabetes, as well. This made him all the more nervous. The whole day he was moving about and his body and head were shivering completely. No medicine, Ayurvedic or allopathic did him any good.

Treatment.

Dr. Warier whom he consulted made him believe that he would be alright in two or three months, and medicines were given for Rheumatic troubles. He became all right and the sugar disappeared in the urine in about a month and a half. A "sirovasthi" was done with "Sudhabala Thailam", when he was able to see again from his distant

house buses plying on the road. For more than a year he was completely free from all troubles. But the cataract developed and he got it operated by Dr. Marar. He was perfectly happy, but towards the end of January 1951 he died of heart failure while he was making grand arrangements for celebrating his 60 th birthday.

NOTES

EYE TROUBLES.

The treatment of eye troubles is very elaborately dealt with in Ayurveda. One allopathic eye-specialist with a foreign degree who happened to know something of the Ayurvedic treatment for eye-troubles once remarked that in the treatment of eye diseases, leaving out surgery, Ayurveda is much more advanced than modern medicine.

For every minor trouble very effective medicines are prescribed. The application of leeches to let out blood, and of Tharpanam, Puta-pakam, Nasyam and Sirovasthi in eye troubles, are so effective that they have to be incorporated in modern medicine.

Also the simple decoctions and pills used for common diseases such as sore eye, Madras eye, granules etc. are so cheap, effective and harmless,

that it is high time, that these medicines are largely used in all hospitals to avoid the import of costly foreign drugs.

IX
MALIGNANT DISEASES
BRAIN TUMOUR.

Patient:— Mrs. Thomas, Gothuruthy.

Age 46

Year 1953.

History of the disease.

The patient had very severe head-ache combined with facial paralysis. She could not close one eye and its sight was almost lost. After treatments at the hands of Ayurvedic and Allopathic practitioners she was taken to the General Hospital, Ernakulam where her disease was diagnosed as brain tumour. She was advised to be taken to Vellore on the very same day by the doctors of the hospital, and Dr. Marar, the eye specialist, who diagnosed that the tumour had affected the optic nerve.

Treatment.

Dr. Warier was consulted and he advised the patient to use a decoction for 7 days staying in

Dr. Vasudevan's nursing home itself. There was relief for the head-ache and the patient could sleep for 3 to 4 hours without sleeping doses. After 7 days she was allowed to be treated at home at Gothuruthy. "Sivagulika" and "Nimbamrithadi Thailam" were given internally for three months and a medicated oil was applied on the head. The intensity of the head-ache became less and less and appetite and motions became regular. Her facial paralysis also disappeared and eye sight was regained completely though gradually. After three months she writes on 28—8—1953 as follows:—

"I am having a mild head-ache very often. But it never used to increase or become severe. I get good sleep and paralysis of the face is evident only when I laugh. The eye sight is regained so that I can read. General health has improved and I go to the church which is almost two furlongs away." She was then given "Gulguluthikthaka Ghritham" and a nasyam was done every week. Again after three months the X-ray photo was taken and Dr. Marar was surprised that the tumour had completely disappeared. To remove the after effects of the trouble a "Sirovasthi" was done early in 1954 and all the troubles disappeared completely.

2. CANCER—THROAT.

Patient :— Smt. P. Amma,
Pullarappilly Veedu, Chendamangalam.

Age 53. Year 1952.

History of the disease.

The patient had difficulty in swallowing food. She was admitted in the General Hospital at Parur and the disease was diagnosed as cancer of the tonsils. She was advised to go to Madras or Vellore immediately. She could not swallow even liquid food.

Treatment.

In that condition Dr. Warier was consulted "Rasnadi Powder" was made into a paste with the juice of 'Muringa Pterigosperma' leaves and applied on the head twice. This made her capable of swallowing liquids within 24 hours. The same was continued for 4 days when she was able to take solid food and open her mouth freely. On examination it was found that the cancer was on the Palate and it had grown to a size of 3" x 2" and it was about 1½" thick. Siva gulika, the specific for cancer was given for 7 days with milk diet. It was continued without restrictions for three months along with "Nimbamrithadi Thailom" as a laxative. In about

a month the cancerous portion began to disintegrate slowly. Furrows appeared in between and they began to widen and in three months she had absolutely no pain and the cancer had disintegrated to half the original size. Medicines were however continued for 8 months and the cancer had disintegrated almost completely. In this condition she had to go to Ooty in connection with her daughter's confinement. There, an American doctor gave some Homeopathic medicines due to which she lost all appetite and glands began to swell in the neck region. She did not recover from it.

3. CANCER—UTERUS.

1. Patient:—² Mrs Grant Road; Bombay.
Age 53. Year 1945

History of the disease.

The patient was having cancer of the uterus. She was admitted in the cancer Hospital at Bombay. Radium application gave temporary relief. After 5 months she went again to the cancer Hospital with the original troubles which recurred more violently. She was discharged saying the case was hopeless. Dr. Anson, a German doctor, then treated her first with cobra venom and then with cibalgin tablets every three hours to give relief to the pain.

Treatment.

Dr. Warier was consulted as a last resort. The patient was rolling about in pain day and night. Blood mixed with pus was being continuously discharged from the uterus with a foul smell and the temperature was 105 degrees throughout. The attending doctors Amson and Gokhale whom Dr. Warier contacted said she would collapse within 6 hours. "Ksheerabala" (101 times medicated) was given internally when the pain was relieved and the temperature stopped. Gulgulu-thiktaka ghritam was then given. The patient was apparently quite alright in a month's time and she went to attend her daughter's marriage at Poona. She could not undergo the Snehapanam treatment as Dr. Warier had to leave Bombay. Before he returned the troubles started and she did not recover.

2. Patient:— Mrs. Kunnath House,
Kolenchery

Age 65

Year 1956.

History of the disease.

The discharge of pus and blood from the uterus continuously took her to the General Hospital at Ernakulam where it was diagnosed as cancer of the uterus. Removal of the uterus was advised but she was unfit for an operation.

Treatment.

Dr. Warier was consulted. He gave "Sivagulika" and "Gulguluthiktaka ghritham" for three months. Discharge stopped and there was no trouble for three months. The same medicines were continued for another two months and she was free from the trouble for about a year onwards.

3. Patient :— Smt. A. Amma,
1/250 Telang Road, Matunga, Bombay.
Age 33 Year 1956.

History of the disease.

Even in her 16th year, periods became more frequent. Doctor said it was due to heart weakness. Ayurvedic treatment including a "pizhichil" made her alright. First confinement was in the 21st year and then bleeding was in excess. Her second confinement was in the 23rd year and bleeding was in excess then also. In the 25th year she became pregnant again and after the third confinement also bleeding was in excess. Ayurvedic treatment was then done and it gave great relief. The fourth confinement was normal. In her 31st year she became pregnant for the 5th time. Delivery was normal though delayed. On the sixth day after the 5th confinement she got septic fever. That was controlled by allopathic treatment and

health improved a little with ayurvedic medicines. Bleeding started in the 5th month and she was bed-ridden. Doctors advised complete rest as they diagnosed displacement of the uterus. Mrs. Jerrad and Dr. Purandbare, the eminent Gynaecologists of Bombay were treating her at that time. During the sixth pregnancy there was occasional bleeding and due to complete rest and constant attention of the specialists of Bombay delivery was normal, but the child was only weighing 4 lbs. She was sterilized on the 3rd day and bleeding was profuse for 8 days. Again after 15 days there was severe bleeding. After 60 days menses started every 22nd day with profuse bleeding. Tonics and injections did no good. Ayurvedic medicines were also tried with no effect. Homeopathic treatment was also tried, with no effect. She was then treated in the Universal Health Hospital at Bombay. There was some relief and she came back to Cochin. Dr. Rebecca of Ernakulam Hospital did a D & C operation. This worsened the condition. Dr. Rosa Amma of Trichur was consulted. She did another D & C and advised Radium treatment. So she went to the cancer Hospital, Bombay. Dr. Faymaster diagnosed ulcer in the cervix of the uterus and advised either the removal of the uterus or deep X-ray. The treatment was not done due to the extreme weakness of the body.

Treatment.

Dr. Warier was consulted. "Dasamoolahareethaki" was given along with "Siva gulika" for 10 days when motions began to float in water. Indukantha ghritham was given for 7 days in increased doses ($\frac{1}{2}$ to 3 oz) to stimulate the liver. "Bhadradarvadi Vidaryadi Ghritham" and "Chyavanaprasham" were given for two months. Then Dhanvantharam oil was given internally for another one month.

Result:—

Weight increased by 4 lbs. There is no gas trouble. Motions have become free and periods have become regular and the bleeding is normal. There has been practically no trouble afterwards till now.

4. CANCER - PENIS.

Patient :— S. K. Portugese Church Road,
Bombay.

Age 56.

Year 1945.

History of the disease.

The patient belonging to Ratnagiri District had cancer of the Penis. He was admitted in the Cancer Hospital, Bombay in 1944. The penis was cut off and after treatment he was discharged.

He returned to the hospital after six months when he was declared to be in a hopeless condition. He had high fever and five glands had appeared enlarged in and around the region of the penis. The colour of the skin throughout the whole body had turned yellowish and he returned from the hospital in a desperate state of mind. A friend of his suggested to him Dr. Warier's treatment.

Treatment.

A Snehapanam with Gulguluthiktaka Ghritam was done and in about a fortnight, pain, temperature and the glands subsided. He went back in a perfect state of health to Ratnagiri. But after one year he got the troubles again. Before he could come to Bombay for treatment again, he collapsed.

NOTES

MALIGNANT DISEASES.

It is an accepted fact that no medicine has been discovered, so far, for the treatment of malignant tumour and cancer. In the early stages of the disease radium treatment may do some good, but in most cases recurrence of the troubles takes place with doubled vigour.

Ayurveda contains very effective medicines some of which are mentioned in the above reports. Sivagulika is a specific both in tumour & cancer but Snehapanam with Gulguluthiktaka ghritam every year for 3 consecutive years has been found to cure the disease completely except in very advanced stages. Where cibalgin, cobra-venom and other medicines have failed to reduce the pain, Ksheerabala (101 times medicated) has been found to relieve pain in about 2 dozen cases.

X

SOME PECULIAR DISEASES.

Patient:—Smt. P. J. Amma,
Pullarappally Veedu, Chennamangalam.

Age 31. Year 1949.

History of the disease.

The patient all on a sudden got a sort of convulsions continuously. The whole body was moving violently and the patient could not get up, eat or talk. Lipuids were administered which sometimes she would swallow with difficulty. This went on for 72 hours in spite of the best medical attention.

Treatment.

Dr. Warier was taken over there when everyone in the house had lost all hopes of recovery. He minutely studied the case for 4 hours and then suddenly cracked a joke which made all the people in the room, including the patient, laugh. The violent convulsions stopped. After two hours again the attacks started and another joke stopped them. There were no further attacks for six months after which they recurred. A Nasyam was then given. The disease disappeared for ever. She had no further troubles.

2. Patient. Sri Rao, Grant Road,
Bombay, ?

Age 26.

Year 45.

History of the disease.

The sturdy well-built patient got continuous hiccoughs for 10 days, each hiccough being accompanied by violent contractions of muscles. He was admitted in Bandra Hospital and about 6 doctors attended on him continuously for 10 days. According to the advice of one of the doctors he was taken over to Bombay Keraleeya Samajam Dispensary at about 8 P. M. The hiccough was so terrible to be looked at that the patients in the dispensary who saw the case got afraid and went away.

Treatment:

Dr. Warier gave a Nasyam with an oil and within half an hour the patient could walk and go to his residence at Grant Road. He slept well and the next morning he was completely alright and he resumed his normal work.

3. Patient:— Mrs. Joseph,
Parassery House, Vadayar.

Age 33

Year 1948.

History of the disease.

She became pregnant for the second time. The body was fatty and in the 5th month there was plenty of albumin in the urine. She was advised to be admitted in the Ernakulam Hospital. She was given salt free diet and some strong medicines by the Civil Surgeon, Dr. C. L. Joseph. Not finding any relief abortion was induced to save the mother, and he advised her not to get pregnant, there-after on any account. Two years afterwards she got pregnant and afraid of going to the hospital she approached Dr. Warier. There was as usual plenty of albumin in the urine. He gave her "Dasamoola-hareethaki" three or four doses a day without making any restrictions in diet. Albumin was controlled and she had a normal delivery. She again became pregnant after two years and the same

treatment was done. This confinement was also normal. The peculiarity in this case was that she could not feel the movements of the foetus even at the advanced stage. The doctor and the midwife who examined her could not even conclude it was pregnancy even a few days before the delivery.

4. Patient:— Kuttan, Paliam;
Chendamangalam.
Age 6 months . Year 1948.

History of the disease.

When the child was born the length of the child was only 8 to 9" and the weight about 3 to 4 lbs. Abdomen was bulged out and all the attending doctors said the child would not survive. On the 6th day Dr. Warier was consulted and he said he would make the child alright provided he was brought to his place. Sri. Kunnathu Namboodiri the Ayurvedic specialist in children's diseases treated the child for three or four months at Trichur and he also left off the case as hopeless. As a last resort the child was taken over to Trippunithura and was treated by Dr. Warier, very carefully. Day by day the child improved and he is now keeping good health and is normal in growth and health. Any doctor who examined the child would say there was liver enlargement whereas Dr. Warier diagnosed it as only the displacement of the lower lobe of the liver.

5. Patient. Mrs. Iyer, Chelakkara.
Age 26 Year 1935.

History of the disease

The patient had good health, good appetite, good sleep, regular motions and regular periods. But for three days in the month she got a continuous sneezing. When once it started, for three days it went on and she could neither take food nor sleep. This was a great nuisance and after every attack she had to take rest for a week to recoupe her health. No treatment, Ayurvedic or Allopathic could cure this trouble which started six years back.

Treatment

Dr. Warier prescribed Dhanwantharam oil internally for a month and the trouble did not recur again.

6. Patient:— S. Iyer, Gold and Silver
Merchant, N. Parur.
Age 45. Year 1949.

History of the disease.

The patient had gas trouble which created all sorts of troubles. He got constipated and had frequent gas expulsions which gave him various troubles. He tried allopathic treatment for 6 years with practically no effect. When Dr. Warier examined him the following were his symptoms:—

Extreme weakness, gas coming out with a great noise, giddiness and inability to move about, loss of appetite, heaviness of the stomach, pain all over the body, stiffness of the knees and sleeplessness.

Treatment.

Dr. Warier prescribed Dhanwantharam oil internally early in January 1950 and after one month a snehapanam was done with the same medicine. He was completely alright after that.

7. Patient:— Mrs. Naik,
Parel, Bombay.

Age 36 Year 1945.

History of the disease.

"No medicine has helped me to evacuate my bowels for the past six years. I was depending only on enema done every week. My periods have stopped and I have all sorts of complaints". Thus begins the history of her disease.

Treatment.

Dr. Warier prescribed "Misrakasneham" in the morning and "Danthi hareethaki" in the evening. In a month's time even without purgatives and laxatives she used to get motion. She was then given Dhanwantharam oil internally and a preparation of black seasamum in the

evening. Her periods also started afresh and she used to say that she had a rebirth after she was cured.

8. Patient:— Master C/o P. K. Pillai,
Girghaum, Bombay.

Age 6. Year 1945.

History of the disease.

The boy had measles which he got by infection from his brothers. Dr. Pai, their family doctor treated him for 10 days giving 6 tablets of cibazo, daily. On the 10th day at about 9-30 p. m. the boy got severe pain in the ear and the doctor said it was due to otitis and advised operation immediately. The temperature was 105 degrees. Dr. Warier was consulted at 10 p. m. He diagnosed it as due to excessive doses of sulpha drugs, as the pain in the ear was shifting from one side to the other. Any how he called in Dr. R. V. Sathe for consultation. He advised blood to be tested and the child to be taken to the Arthur Hospital the very same night. The blood report said it was "suspicious of typhus".

Treatment.

By Dr. Warier's advice an alkaline mixture was given to counter-act the effect of excessive

usage of the sulpha drug. With three doses given at 2 p. m., 5 a. m. and 8 a. m. the temperature came down to normal, but the boy had to be given tonics for 6 months, as the sulpha drug used in excess made him anaemic.

9. Patient :— Mrs. Thanangattil House,
Mulanthuruthy.

Age 65 Year 1955

History of the disease.

When the teeth were extracted from the lower jaw a shooting pain started. It could not be controlled by medicines. The pain increased in duration till the patient had almost unbearable pain throughout. She was unable to take food and sleep. Sleeping doses and sedatives failed to react. Deep X-ray treatment gave temporary relief for a few days but when the troubles started again doctors suggested the lower jaw bone to be removed as they suspected cancer.

Treatment.

Dr. Warier suggested a decoction to be taken in, an oil to be gargled, another oil to be used for Nasyam and a medicated oil to be applied on the head. In a month and a half she was completely alright, and there was no pain whatever, even after two years. She is keeping fairly good health without any trouble.

10. Patient:— V., Vattathara House,
Palluruthy.

Age 20

Year 1955

History of the disease.

“Troubles started 7 years back. The knees and the portions below became reddish, swollen and extremely painful, so that I could not walk or bend the knees. The troubles gradually spread up to the waist. Then the same troubles spread to the arms.

The attacks started usually in the nights with very severe pain and lasted from 2 to 7 days. Attacks were periodical, recurring weekly first, then monthly, then quarterly and half-yearly afterwards. If the interval was greater, the attack was severer and used to last for a longer period. The peculiarity of the disease was that the attack started all on a sudden, sometimes, on my way back from school and I had to be carried back home.”

Previous Treatments.

Sri Ramankutty Vaidyar, who was consulted gave a decoction, but the effect was temporary. Dr. T. K. Pillai, who was then consulted gave mixtures, different tablets and tonics. There were no attacks for about 4 months. When the attacks restarted Sri. Vayaskara Mooss was consulted in Karkitagom

1124. He prescribed a powder 'internally [shaddharanam] and an oil for the head. Finding no effect Sri. Thaikat Mooss was consulted. He prescribed an. oil for the head, one for the body and a decoction internally. Not finding any improvement, a Vishavaidya was consulted. He remarked there was definitely the poisons of rat and lizard.

Then homeopathic treatment was tried for a few months, but the disease spread to the ears also and there was no improvement whatever. Another Vishavaidyan was consulted, but his treatment also proved ineffective. Then Eramallur Pappunny Vaidyar was consulted. He said the disease was "Rakthavatha". He prescribed some decoctions and Mahathikthaka ghritam, but the attacks began to appear every alternate day, and the pain was very severe. So Dr. Kumar, R. M. O. of the Palluruthy Hospital was consulted and he treated for about 6 months. He gave Redoxon and cal. gluconate and Synkavite injections, Nicotinic acid tablets, Livozyme with folic acid, Pyrebenzamine tablets, Palshol D. Shark-liver oil, Ferhepar, Neuro-Lecithin, Elixir Neogadine Rheumatocyl, and Berin tablets and several mixtures besides Calamine lotion and several ointments for external application. Not finding any effect he took me to Dr. A. K. Menon, the District Medical Officer. He prescribed 9 injections.

Finding no improvement, I consulted a Vishavaidyan once more. With his (Cherthala Kunjuni Pillai) treatment there were no attacks for 2 months, but a breathing difficulty developed afresh. Then Dr. Kumaran was again consulted and he said it was a heart disease. I was admitted in the Palluruthy hospital for two weeks. Finding no improvement I got myself released from the hospital and by the advice of a physician took soup prepared from goat's heart. But troubles only increased, I became weaker and anaemic and developed vomiting.

Growing desperate, I again consulted Dr. Padiar, the eminent homoeopathic doctor, on 16—1—1952. He said I had rheumatic heart. He prescribed Elixir Neogadine, Hepathemo with Haemoglobin, Scott's Emulsion. Threptin, Liver and Iron tonics, and advised me to take eggs, milk, bread, banana, horlicks, oats, etc. As a result my weight increased from 60 to 80 lbs. The old troubles then appeared, but the attacks did not appear again for nearly a year. The doctor then said I was cured and advised me to stay in a drier place. Accordingly, I followed his directions and stayed at Piravom taking tonics & Cod liver oil but this change brought in the previous attacks more violently. Having grown desperate I consulted Dr. Warier."

Treatment.

A snehapanam with Gulguluthikthaka ghritam was done and the skin eruptions were cured. Dhanwantharam (7' times medicated) was then prescribed for the heart murmur. The troubles disappeared and for the past two years he is quite healthy.

11. Patient:— Sri V. G. Language Teacher,
Nalleppally.

Age 28

Year 1957

History of the disease.

Towards evenings an itching sensation will occur all-along the body with eruptions.. This will continue till late at night and there will be severe coughing. Allopathic treatment was tried for 2 to 3 months and then some Ayurvedic medicines also with no effect.

Treatment

Dr. Warier gave a decoction for insect poisoning for a week and then treated him for liver sluggishness with "thippali" in the morning and a liver tonic lehyam in the evening.

When motions began to float, the itching and arashes stopped appearing, the cough subsided, appetite improved and the general health was much better.

12. Patient :— Rev. Sr. Karimalloor
Carmelite Convent.

Age 23

Year 1957.

History of the disease.

" I lost my voice all on a sudden five years back and no treatment could help to regain it" so goes the history of the disease. She appears quite healthy and her motions, appetite and periods are regular. Only her voice could not be heard even at a distance of 2 feet.

Treatment.

Dr. Warier prescribed "Dhanwantharam" oil internally and a Nasyam with a medicated oil. Voice came up on the 8th day but was lost again two days afterwards. Again it came up and disappeared frequently. After 3 weeks normal voice was regained and it did not disappear again.

NOTES

PECULIAR DISEASES.

The symptoms of the same disease vary in different persons due to the changes in constitution, age, general health, climatic condition, diet, etc., so much so the physician has to be very careful about the symptoms of the disease in each case

and make adjustments in the treatment accordingly. It is not easy, therefore, to exactly find out the name of the disease and also to sort out the most potent "upadravas." Some diseases accordingly appear peculiar and baffle doctors. With minute observation and deep thinking the root of the disease and the main "upadravas" can be found out by experienced physicians, and then the treatment becomes easy. The main "dosha" that has been aggravated has to be subdued first.

XI

BLOOD—PRESSURE.

1. Patient, Mrs. C/o Mr. Cherian,
Advocate, Moovattupuzha.
Age 52. Year 1956

History of the disease

The patient had high blood-pressure perhaps due to mental worries. For this she was given 3 Sarpasil tablets a day along with 3 Largactyl tablets to give sleep. She used the medicines for about 6 months. The result was that she had a nervous break-down and was highly hysterical. She had no sleep, no appetite no regular motions, and clearness of mind. Several doctors tried their

level best to no effect. They advised her to be treated by Dr. Warier.

Treatment

He gave her "Gandharvāsthā thailam" and "Ksheerabala" (21 times medicated) internally and the same Ksheerabala was applied on the head. She began to sleep soundly without largactyl and the blood-pressure came down. Motions, appetite and the mental condition became normal, though only gradually. Burning sensation, in the hands and the feet and pain all over the body disappeared completely by the application of "Madhuyashti Thailom" in three months. She was again examined by the same doctors and found to be completely normal, in all respects. In a week's time after beginning the treatment she got sound sleep without the use of sedatives and the blood pressure came to normal in a month's time without the use of serpasil tablets and other such medicines.

2. Patient:— Mr. Assistant Editor,
Times of India, Bombay.

Age 53. Year 1945

History of the disease.

Two patients whose blood-pressure was the same i. e. 220/120 came to Dr. Warier's dispensary at Bombay on the same day in 1945. The same

medicines were prescribed for both i. e. a medicated castor oil and ksheerabala [101 times] medicated internally. Mr. — took medicines regularly for 3 months. His blood-pressure came to normal and he was given gold Bhasma which made him fit for usual work again. He had no trouble for two years afterwards. Mr. — the other patient, Municipal corporator, did not take these medicines. He took serpina tablets by the advice of Dr. R. V. Sathe and lost his eye-sight, in three months. He went to Dr. Oak the eyespecialist for eye treatment. He found some relief but the blood-pressure shot up and he died.

3. Patient :— Mr., Cholinikeri House,
Vadayar.

Age 70

Year 1954

History of the disease.

Doctor diagnosed his disease as high blood-pressure. Serpina tablets were regularly given which made his heart weak, kidney damaged, pulse irregular and made him completely bed-ridden. He had no appetite, no sleep, no regular motions and could not talk or walk. The whole body was swollen and it was left out as a hopeless case. In this condition Dr. warier undertook to treat the case.

Treatment

Some decoctions made him free from the swelling and he was given "Dasamoola-hareethaki" to

improve the condition of the heart, kidney and the liver. In three months he was able to move about and walk a mile. A "Pizhichil" was then done which made him quite normal.

4. Patient:— Sri. A. P. Asariparambil.
Palinkunnu.

Age 53

Year 1950

History of the disease.

The patient had high blood-pressure, sleeplessness, giddiness and constipation. He had a nervous break-down and was almost insane. He was always sitting brooding and would not talk.

Treatment.

Dr. Warier gave him "Hridyavirechanam" in the morning and "Kalyana ghritham" at bed time. He took medicines for two months and his son writes after about three months, as follows:—

"My father is completely alright and for the past three weeks he is having no trouble, at all. He even travels and looks after the family affairs. Please let me know if any further medicine is to be taken."

NOTES

BLOOD-PRESSURE.

Blood pressure is only a symptom and not a disease. According to Ayurveda the treatment

given for blood-pressure is the administration of medicated fats as much as could be digested. This gives a complete cure. In Allopathy, there are only medicines to suppress blood-pressure, temporarily, which gradually affect the sense organs, the heart and brain. Fats are not prescribed by doctors even in diet. It is highly doubtful if any case of blood-pressure can be cured completely without fats. Hundreds of cases of high blood-pressure have been cured with ksheerabala, vidaryadi ghritham, Sukumaraghritham, Chyavanaprasam and such other fatty nourishing medicines.

XII

OTHER DISEASES

1 APPENDICITIS

1. Patient :— Sri P. K. Engineer,
Girghaum, Bombay.

Age 43

Year 1945

History of the disease.

The patient was first operated upon for Appendicitis by Dr. Somerville, the eminent surgeon, when he had severe stomach-ache. The appendix was removed but the pain continued.

After three years he was operated upon for duodenal ulcer in Rangoon by a European Doctor. The stomach-ache continued and after two years he was operated upon by another European Doctor at Calcutta. The stomach-ache persisted and in 1945 he consulted Dr. Warier.

Treatment.

He diagnosed it as weak liver and inflamed kidneys. "Dasamoolahareethaki" was given twice a day for two months with restrictions in diet. The stomach-ache disappeared and his health improved. He was free from the disease afterwards.

2. Patient:— Sri Mudaliar,
Sub-Registrar, Tiruporur.

Age 43

Year 1941

History of the disease.

He was diagnosed to have acute appendicitis as he was having severe pain in the right lower part of the abdomen. He was admitted in Dr. Krishna swamy's nursing home at Madras for operation and Dr. Warier was got in for consultation.

Treatment.

With three doses of Hinguthriguna Thailom the pain subsided and he was discharged from the nursing home. He took the medicine for about a month and was free from the trouble afterwards.

3. Patient:— P. K. Iyer, Teacher,
High School, Kaduvayoor.

Age 43 Year 1943

History of the disease.

He was admitted in the Palghat Government Hospital where the doctors diagnosed his disease as appendicitis. As the temperature was 103 degrees operation was delayed. He wired to Dr. Warier who went to the hospital, got him discharged and advised him to take "Hinguthriguna Thailom" for a month.

Treatment.

After using the medicine for a week he was completely free from fever and stomach pain, and he joined duty. But he discontinued the medicine. As a result he got the trouble again after two years and underwent operation for appendicitis.

2. GASTRITIS.

Patient:— Sri. Gomez,
Parel House, Parel, Bombay.

Age 19 Year 1947

History of the disease.

Two brothers, Gomez and Fernandez came to the dispensary for Ayurvedic treatment when

allopathic medicines had no effect and when they were advised to undergo operation immediately. It so happened that their eldest brother who had the same trouble was operated upon in the K. E. M. Hospital and he died there. This took them to the Ayurvedic dispensary. The severe hunger pain and burning sensation and slight temporary relief with alkaline powders clearly showed the cases to be Gastritis.

Treatment..

Vidaryadi ghritam in the morning and Chyavanaprasham in the evening were prescribed. Sour and purgent articles were cut off from diet. Both were cured completely in about three months. Sri Gomez writes under date 7th May 1947:—

“I was a victim of severe Gastritis which played havoc with my health and mind alike for over a year. Constant pains and burning sensation in the stomach made me fear about possible ulceration etc. and at the age of 19 life seemed to hold out no hopes for me. Regular treatment at the hands of several reputed physicians in Bombay never gave me a cure. A thorough diagnosis and treatment at the hospital also failed. Fortune favoured me at last and about 4 months ago I came across Dr T. Achutha Warier through the persuasion of a common friend.

Though I started Dr. Warier's treatment with the usual diffidence the day-to-day results of his treatment were surprisingly evident. Today I feel entirely a new man full of pep and vigour and quite free from all my stomach ailments. Never did I dream that I could regain my health like this. In short, I do feel that I am solely indebted to Dr. Warier for the new lease of life he has given me with his admirable treatment and I have hardly any words to express my gratitude towards him.

(Sd)

.... Gomez.

3. VENEREAL DISEASES

1. Patient :— Nair, Vadayar.

Age 26

Year 1949

History of the disease.

He had an attack of Gonorrhoea which resulted in the obstruction of urinary passage. Catheter was passed to remove urine occasionally in the General Hospital at Kottayam. Doctor Warier suggested a Snehapanam with Mahathikthaka ghritam although the disease was controlled by taking the medicine internally.

Treatment.

Snehapanam was ~~done~~ in 1952 and the disease was completely eradicated. He had no further trouble.

2. Patient:— ... Thirumulpad, Tripunithura.
Age 28 Year 1930

History of the disease.

He had an attack of Gonorrhoea at Madras and was treated for three months in the General Hospital at Madras and there was temporary relief.

Treatment.

To eradicate the trouble once for all he underwent a snehapanam with Mahathikthaka ghritham and he had no trouble afterwards.

3 Patient:— Smt. ... Udayamperoor.
Age 34 Year 1955

History of the disease.

She had syphilitic ulcers all over the body and allopathic treatments done for nearly three years could not remove the eruptions on the body. A doctor recommended her to Dr. Warier.

Treatment

A Snehapanam with "Gulguluthikthaka ghritham" completely cured her.

4. RHEUMATISM, PARALYSIS.

1. Patient :— K. ... Warier, Keezhal
Warriam, Kadathnad, Badagara.

Age 43.

Year 1928

History of the disease

He had a Rheumatic attack for the past eight years. Both limbs were completely paralysed and he could not move them. No treatment did him any good. He was taken over to Thripunithura for treatment by the eminent Thrikovil Uzhuthra Warier.

Treatment

He put the patient under Doctor Warier's charge and advised a "Snehapanam" with Dhanwantharam oil followed by a "Yoga vasthi." (A combination of 8 enemas). After the snehapanam he could move his limbs and sit up on the bed. After the course of Vasthis he was able to walk about 10 miles a day.

2. Patient. Mrs. ... Damodaran, Vadayar.
Age 18. Year 1954.

She got a diarrhoea after her confinement. One doctor gave five sulphadiazine pills. Diarrhoea stopped but the patient got a paralytic attack and

could not even talk or move. She was admitted in the Government Hospital at Vaikom and in spite of the best medical treatment there for two months, she did not get relief. Dr. Warier was taken to the hospital to see the case.

Treatment

He advised the patient to be taken home immediately and prescribed Ashtavarga decoction to be taken twice a day. In 8 days she could move her limbs and in another week she could sit up. In a month she was able to walk about and talk well. A Snehapanam with "Dhanwantharam oil" was given which made her completely normal.

THE END.

Raja press, Tripunithura.
