SUGGESTIONS AND GUIDANCE BY

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FOREWORD

The Central Council for Research in Indian Medicine and Homoeopathy, with a view to make available the knowledge of use of simple remedies in the treatment of simple and uncomplicated ailments seen commonly in day to day life, has brought out this handbook. It is felt that any average intelligent individual will be able to successfully and suitably use the material presented herein and this certainly minimises running for across the counter-remedies that are of prohibitive cost. The drugs listed in this, being safe and easily available, the individual neither faces difficulty to obtain the drug nor will he develop any untoward symptom or reaction. Normally, in case of most diseases, commencement of early treatment prevents further aggravation of the disease or its culmination into a major condition. Most of the diseases commonly seen do not call for any specialised interference or treatment. At best, any simple measure that can assist the natural process may only be considered and the book is expected to meet this in most cases. At the time when there is a large pouring in of new and newer drugs in the country, tendency for misuse or improper use is great and they ultimately trigger the onset of new group of diseases known by the name iatrogenic diseases that are worse than the original condition.

The handbook places in the hand of the readers time honoured remedies evolved out of experience that are simple to use and easy to obtain. It is hoped that the various remedies listed in the book will find a wide acceptance with physicians and others, since it brings medicare to the doorstep. The publication of this book would not have been possible but for the constant encouragement and sustained interest evinced by Dr. Karan Singh, Honourable Minister for Health and Family Planning, Government of India, New Delhi who is also the President of our Council. The Council will be releasing similar hand books for other systems of medicine also in course of time.

New Delhi
9th September, 1975

(P N V. KURUP)
DIRECTOR
PREFACE

Even Saint Agasthiyar dealt fully on home remedies in his work on 'Vaidya Kummi' (a kind of folk-dance-song). It is also a known fact that about 70 per cent of the ailments are simple and can be treated symptomatically, with simple household remedies. Elderly people in the rural areas have learnt by tradition and experience the application of simple home remedies readily available from their 'anjaraipetti' (Kitchen spice box) and kitchen garden as also drugs freely available in the common bazaar. The experience and knowledge about household remedies for simple ailments gained by the elder generation, due to various reasons, chief among them being the trend towards urbanised living and the non-survival of the joint family system in the present days.

The documentation of the above knowledge at this moment is worthwhile and will give a fillip to the proper growth and appreciation of Siddha System of Indian Medicine and its utilisation in the overall pattern of our existing medical relief organisation, specially in the rural areas. While selecting the drugs, the experts have kept in mind their easy availability, efficacy and cheapness. Further, it is needless to say that the remedies included in this brochure are used extensively from time immemorial. They will not produce any side effects, reactions or toxicity in the prescribed dosage. They may even be taken with any other medicaments, if advised and found necessary.

Madras
11th December, 1973
R. Thyagarajan (Dr)
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I NON-SPECIFIC FEVERS
(Jwaram)

Signs and Symptoms
Rise in temperature, headache, running in the nose, cough, pain all over the body

SIMPLE REMEDIES

1. Nilavembu kudineer

Ingredients
1. Nilavembu (chiratta) 8 g.
2. Vettiver (khuskhush black) 8 g.
3. Vilamichanver (khuskhush white root) 8 g.
4. Chandanam (sandalwood) 8 g.
5. Peipudal (wild snake gourd) 8 g.
6. Koraikizhangu (nut grass) 8 g.
7. Chukku (dried ginger) 8 g.
8. Milagu (black pepper) 8 g.
9. Thippali (long pepper) 8 g.
10. Parpadagam (bitter hair flower) 8 g.

Method of preparation
Powder the above drugs coarsely in a mortar, add four cups of water, boil and reduce to one cup.

Dose
Half-a cup, twice daily, before food.

2 Nochi kudineer

Ingredients
1. Nochi elai (negundo tender leaves) — one handful
2. Milagu (black pepper) 8 g.
3. Poondu (garlic)  
4. Kammaru vettrilai (betel leaf-black variety)

Method of preparation
Add to the above drugs 8 cups of water, boil and reduce to one cup.

Dose
Half-a-cup, twice daily, before food. Can also be used for fever with shivering.

3. Thulasi kudineer

Ingredients
1. Thulasi (sacred basil) — 1 handful
2. Milagu (black pepper) — 5 g (1 teaspoonful)
3. Arugampul (bariali couch grass) — handful

Method of preparation
Add to the above mentioned ingredients four cups of water, boil and reduce to one cup.

Dose
Half-a-cup, twice daily, before food.

PREPARED MEDICINES

1. Chandachandrodayam pills — 1 to 2 pills with honey or betel leaf juice. (used in fever with constipation also)

2. Vasanthakusumakaram pills — 1 to 2 pills with honey. (also useful in fever associated with eructation, sneezing and thirst)
II WHOOPING COUGH
(Kakkuvan Irumal)

Signs and Symptoms
Paraoxysmal cough with whoop, vomiting, occasionally passing motion and urine during the attack.

SIMPLE REMEDIES

1. Vasambu
(sweet flag)

Method of preparation
Powder the Vasambu finely.

Dose
2 pinchful (250 mg.) three times a day.

Vehicle (Anupanam)
White of an egg.

2. Thuthuvelai Nei

Ingredients
1. Thuthuvelai (climbing brinjal) juice 150 ml.
2. Pasu nei (Cow’s ghee) 150 ml.
3. Koshtam (costus) 4 g.

Method of preparation
Powder the koshtam, add it to the mixture of 1 and 2, boil to dehydration till it is reduced to ghee pakam.

Dose
½ to 1 teaspoonful, twice daily, with warm water.

PREPARED MEDICINES

1 Adathodai (vasaka) manappaku — ½ to 1 teaspoonful with warm water.
2 Kakkuvan leghyam — 3 to 5 drops,
3 to 4 times a day.

External medicines
Karpoorathil thailam (for application on the chest)
III. MEASLES
(Manalvari Ammai, Chitchilupai)

Signs and Symptoms
Cold, fever, sneezing, redness of the conjunctiva, watering of the eyes, cough, appearance of specific rash and small white spots in the mouth.

SIMPLE REMEDIES

1. Gorochanai (ox gall)
   
   Dose
   120 mg. of gorochanai to be mixed with 1 to 2 teaspoonful of karpooravalli (Indian borage) juice and given twice daily. Gorochanai can also be given with milk or water.

2. Guru barpam (old leather ash)
   
   Method of Preparation
   Burn the old leather and convert into ash.
   
   Dose
   120 mg. twice daily.

Vehicle (anupanam)
With cooled hot water.
Note: It is also useful in small pox and chicken pox.

PREPARED MEDICINES

1. Mankombu barpam (sirungi barpam) — 200 to 400 mg. twice daily.

Vehicle (anupanam)
Butter or ghee.

For bath
Vepipalai (neem leaves) and manjal (turmeric) paste mixed in water.
Take neem leaves — 35 g., turmeric — 10 g. and couch grass 5 g., grind with buttermilk (sufficient quantity), apply to the whole body, bathe in lukewarm water on alternate days, three times.

For ulcers
Pullen vitthu thol ennai (tamarind rind oil)

Method of preparation
Take the rind of fried tamarind seeds, mix with coconut kernel flour, extract milk, boil to prepare pakam and extract oil, for local application to the pustules and ulcers of small pox.

IV. COMMON COLD
(Jalathodam, Neerkovai)

Symptoms:
Sneezing, sore throat, watery nasal discharge, mild cough.

SIMPLE REMEDIES
1. Milagu Kudineer
(Pepper decoction)

Method of preparation:
Take 5 g. of powdered pepper, add 4 cups of water and prepare decoction reducing to one cup.

Dose:
\( \frac{1}{2} \) to \( \frac{1}{4} \) cup, twice daily.

Used also in sore throat, laryngitis, pain in abdomen. It is also used as an antidote for mercury, perchloride of mercury and arsenic poisoning.
2. Inji (ginger) juice

Method of Preparation:

Take 10 g. of ginger, grind it in a mortar and extract the juice. Heat the juice to boiling point in a mud pan. After cooling, use the supernatant fluid.

Dose:

10 to 12 ml. (2 to 4 teaspoonful), twice a day.
Can be used in nausea and also as an appetiser.

Aavipidithal (vapour bath):

Prepare a decoction of nochi (negundo) leaves and place a red hot brick in it. The vapour is inhaled by covering the body with a blanket.

Pugaioottal (Fumigation):

Mix equal parts of sambirani (benzoin) and manjal (turmeric) powder and use it for fumigation in common cold.

PREPARED MEDICINES

1. Chandachandrododayam pills — 1 pill, twice daily with honey.

2. Mukkadu Ilagam (thirukkaduguleghyam) — Simple preparation; can be prepared at home in the following manner.

Method of preparation:

Take dried ginger, pepper and long pepper, 35 g. each., (seeragam), cumin seeds lavangam (clove) and cardomom (clakkai), 17½ g. each, and powder them. Prepare treacle of 175 g. palm jaggery, add the powder and prepare leghyam. In the final stage add 180 ml. ghee and 25 ml. honey respectively.

Dose:

2 g. twice daily, for 20 days.

Useful in abdominal colic, dyspepsia, burning sensation, diarrhea, loss of appetite, flatulence and vomiting.
V. IRUMAL
(Cough) (Bronchitis)

Signs and Symptoms:

Irritating cough, pain in the chest, cough with expectoration, sometimes with slight rise of temperature.

SIMPLE REMEDIES

1. Adathodai decoction

Method of preparation:

Take two or three adathoda (vasaka) leaves, fry them adding little honey, add 2 g each of powdered athimathuram (liquorice root), thalisapatri (many spined flacourtia) and long pepper. Prepare decoction adding 400 ml. water and reducing to one fourth.

Dose:

30 to 60 ml. thrice daily.

Note: Also useful in fever, cough and asthma.

2. Adathodai manappagu

Take Adathoda Vasaka nees 175 g., cut into small pieces, add 2 litres of water. Prepare decoction reducing to 1/4th and filter. Add 175 g. of sugar to the decoction, filter again and boil it to a syrupy consistency.

Dose:

10 to 20 ml., mixed with cooled boiled water, thrice daily.

Indications:

Common cold, cough, fever, asthma, whooping cough, etc.

3. Chitharathai kudineer
(Lesser galanga decoction)

Ingredients:

1. Chitharathai — Lesser galanga — 8 g.
2. Perichan — Dates — 8 g.
3. Chukku — Dried ginger — 8 g.
4. Athimathuram — Liquorice — 8 g.
Method of preparation:

Take the above drugs, powder them coarsely, bundle the powder in a cloth, boil in a mixture of 30 ml. of milk adding equal quantity of water in low heat and decant it. Add 8 g. of powdered palm sugar candy (small variety).

Dose:

50 ml., twice daily, for 5 days, with honey.

PREPARED MEDICINES

1. Thalisadi choornam — 1.5 g with honey twice daily.
2. Thalisadi vatakam — 1 tablet, twice daily
3. Kastoori karuppu — 50 to 100 mg. 2 to 3 times a day, with honey.
4. Pravala barbam — 100 to 200 mg. with butter or ghew.

Thalisadi choornam can also be used for indigestion and dyspepsia.

Thalisadi vatakam can also be given for diarrhoea and sprue syndrome.

VI. BRONCHIAL ASTHMA
(Fraippu-Irumal)

Signs and Symptoms

Tightness in the chest, dyspnoea on exertion, the patient adopts an upright position wheezing, unproductive cough.

SIMPLE REMEDIES

1. Adathodal Kudineer
2. Adathodal manappagu Refer under cough
3. Swasakahoodi Pills

Ingredients
1. Vellerukkupoo (white muder flowers) — 1 part
2. Milagu (black peppar) — 1 part

Method of preparation
Grind 1 and 2 above and roll into pill size of a Gunja—kundumani (abrus precatorius seed) (125 mg.)

Dose
1 to 2 pills, with one betel leaf.

PREPARED MEDICINES

1. Thalisadi chooram
2. Thalisadi vatakam  
   } Refer cough for dose
2. Pavala barpam
4. Kastoori Karuppu — 50 to 100 mg. with honey twice daily.

For external use and for fomentation
1. Kukkil thailam
2. Karpoorathi thailam

For inhalation
Black datura flowers (Umattai elai) dried with (vediuppu) or black datura flowers as such.

VII. TONSILLITIS
(Annakku Thooru Veekkam or Lajunathablitham)

Signs and Symptoms
There is swelling and redness of both tonsils, dryness and soreness of the throat, pain on swallowing, sometimes accompanied by fever.
SIMPLE REMEDIES

1. Karpoooramali (Indian borage)  
   to be chewed well and swallowed thrice daily

2. Garlic and honey throat paint (poondu and then poochu)

Method of preparation

Make a paste of garlic, smear it on a piece of cloth, warm it on a low flame and squeeze the juice. Add equal quantity of honey and swab the inflamed tonsils.

PREPARED MEDICINES

Sangu barpam—100 to 200 mg with milk, ghee or butter

Note: Useful also in abdominal pain and skin diseases

VIII. LARYNGITIS

(Thondai Kattu)

Signs and Symptoms

The throat will be dry and sore. Voice will be hoarse. Dry cough and occasional fever will be present.

SIMPLE REMEDIES

1. Akkarakara choornam (Pyrethrum root powder)

Method of preparation

Make a fine powder of akkarakaramver (Pyrethrum root)

Dose

100 to 600 mg, with warm water, twice a day.

Increases the flow of saliva, useful in hoarse voice, thirst, toothache, enlargement of the uvula.

2. Karuvelampatti kudineer (Acacia arabica willed bark)
Ingredients

1. Karuvelampattai (Acacia arabica willd bark)  30 g.
2. Kalipakku (betel nut)  2 g.
3. Kasikatti (black catchu)  2 g.
4. Masikkai (oak galls)  2 g.
5. Padikaram (alum)  2 g.

Method of preparation

Powder all the above drugs, and 2 litres of water and prepare the decoction, reducing to 1/4th.

Useful for gargling in sore throat, and for stomatitis.

PREPARED MEDICINES

1. Thalisadi choornam
2. Thalisadi vatakam  \{ Refer under cough.
3. Vasanthakusumakara pills  1 to 2 pills, with honey, twice daily.
4. Kastoorikaruppu  50 to 100 mg, with honey, twice daily.
5. Gorochanal  rubbed in breast milk useful in children.

IX. GINGIVITIS
(Palleeruweekkam)

Signs and Symptoms

The gums are swollen, painful and reddish.

SIMPLE REMEDIES

1. Thripalai koppuli kudinteer (Thiripala decoction gargle)

Ingredients

1. Kadukkai (chebulic or black myrobalam)  10 g.
2. Nellikkai (myrobalam embelic (amla))  10 g.
3. Thanrikal (belleric myrobalam)  10 g.
Method of preparation

Take the pulp of each of the above ingredients, make it into a coarse powder, add 800 ml. of water, and prepare decoction by reducing to 4th.

Dose

10 to 60 ml. for gargling, as required.

Note: Useful for washing ulcers.

2. Nallennai koppulippu (gingelly oil gargle)

X. STOMATITIS
(Vaippun)

Signs and Symptoms

The gums and mouth are reddish and painful. The tongue may be swollen. Foetid smell of the breath.

SIMPLE REMEDIES

1. Padikara neer Koppulippu (alum water gargle)

Method of preparation

Take 3.5 g. of alum and dissolve in 1 litre of water. Use it as a gargle and for washing ulcers and wounds.

2. Karuvelampatti Kudineer (Acacia arabica wild bark decoction) (See under Laryngitis)

3. Alampattal Koppulippu Kudineer (Banyan bark decoction gargle)

Method of preparation

Banyan tree bark — 30 g.

Crush the bark and add 1 litre of water and prepare decoction, and gargle as often as required.
4 Manathakkali elai (black night shade leaf) and Pachai payaru paruppu (green gram) prepared into a side dish and taken along with food

5 Thriplai Koppuli Kudineer (Thriplala decoction gargle) (See under Gingivitis)

6 Muttai venkuru with pasumpal (White of egg mixed with Cow’s milk)

PREPARED MEDICINES

1 Silajat barpam — 0.5 to 1 g with butter or ghee twice daily

2 Padikara barpam — 200 to 300 mg with butter or ghee, twice daily

3 Kungiliya vennai — areca nut size (6 to 12 g)

Note, The above medicines are used in burning sensation during micturition, gonorrhoea

XI GLOSSITIS
(Akkaram)

Signs and Symptoms

There will be ulceration in the tongue

Treatment

The treatment indicated for Stomatitis may be adopted for this disease also
XII. GASTRITIS

(Gunnum)

Signs and Symptoms

Loss of appetite, nausea, vague discomfort in the epigas-
trium, heart burn, giddiness, sometimes vomiting and diarrhoea.

SIMPLE REMEDIES

Milagu seeraga kudineer (black pepper and cumin seeds
decoction)

Method of preparation

Take pepper and cumin seeds, each 5 g., add 200 ml. water
and prepare decoction reducing to ¼th.

Dose

50 ml. twice daily.

Abdominal pain will also be relieved.

2. Milagu seeraga podi (black pepper and cumin seeds powder)

Method of preparation

Fry the above mentioned drugs in equal parts and make a
fine powder.

Dose

1 g., twice daily with warm water

PREPARED MEDICINES

1. Uppu chenduram — 100 to 200 mg., twice
daily, with water.

2. Panchadeepakkini choornam — 0.5 to 1 g., twice daily
   with water.

3. Gunmakudori leghyam — 1 g., twice daily with
   water.
XIII. CONSTIPATION
(Malakattu, Malabantham)

Signs and Symptoms:
Unable to pass motion in the normal course.

SIMPLE REMEDIES

1. Kadukkai kudineer (chebulic myrobalan decoction)

Method of preparation
Take 15 g. of the pulp of the above drug, add 400 ml. water, boil and reduce to 1/3 th.

Dose
1/2 to 1 cup, before bed time.

2. Drakshai kudineer (dried grapes decoction)

Ingredients
1. Ularnta drakshai (dried grapes) — 60 g.
2. Elakkai (cardomom) — 60 g.
3. Seeragam (cumin seeds) — 1 teaspoonful
4. Valmilagu (tail pepper) — 1/2 teaspoonful
5. Roja poo (rose flower) — 6 nos.

Method of preparation
Take the above mentioned drugs, powder them coarsely, add 1 litre of water, boil and prepare decoction by reducing to 1/4 th.

Dose
60 to 100 ml. with palm sugar candy (small variety), twice daily. Silajat barpam also can be added.

PREPARED MEDICINES

1. Nilavagai choornam — 1 to 2 g., with warm water, once at bed time.

Note: Also useful for loss of appetite and abdominal bloating.
For constipation in infants:

Mix equal parts of vilakkonnai (castor oil) and mulaipal (breast milk) and administer one teaspoonful, followed by warm water after 15 minutes.

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XIV. DIARRHOEA
(Bedhi)

Signs and Symptoms

Passing loose motions, often due to indigestion, pain in the lower abdomen, occasional vomiting.

SIMPLE REMEDIES

1. Chukku milagu choornam (dried ginger and black pepper choornam)

Method of preparation

Take equal parts of the above drugs, fry and make a fine powder.

Dose

1 g. twice daily, with water.

2. Chukku milagu kudineer (dried ginger and black pepper decoction)

Take 5 g. each of the above mentioned drugs, powder them, add 200 ml. of water and prepare decoction reducing to ¼th.

Dose

50 ml. thrice daily.

PREPARED MEDICINES

1. Thair chundi choornam — 2 to 3 g. with warm water, twice daily.
2. Chundai vatral choornam — 1.5 to 2 g., with buffalo milk, curd, twice daily.

3. Annabedi chenduram — 100 to 200 mg., with honey, twice daily.

4. Padigalinga chenduram — ½ to 1 g., with buttermilk twice daily.

If there is fever with diarrhoea, padigalinga chenduram should be administered with honey.

FOR DIARRHOEA IN CHILDREN

SIMPLE REMEDIES

1. Poduthalal kudineer (*Ippia* decoction)

Method of preparation

- Take a handful of *Ippia* leaves, add 5 g. of ajowan, add 200 ml. of water, and prepare decoction reducing to ¼th.

Dose

15 to 30 ml., thrice daily.

PREPARED MEDICINES

1. Aamaiodu barpam (tortoise shell calx) — 100 to 200 mg., with honey or breast milk, thrice daily. Useful in diarrhoea due to acidity.

2. Nathai barpam (snail calx) — 200 to 400 mg., with water, thrice daily.
XV. DYSENTERY  
(Raktha Sīthaa Bedhi)

Signs and Symptoms

Passing frequent motions, mixed with mucus and blood, colicky pain, tenesmus pain in the lower abdomen.

SIMPLE REMEDIES

1. Kadukkaipoo kudineer (chebulic-myrobolan flower decoction)

Ingredients

1. Kadukkaipoo (Chebulic-myrobolan flower)
2. Athbvidayam (Indian aceses)
3. Sirunagapoo (Iron wood flower)

Method of preparation

Take 5 g. each of the above drugs, pound them well in a mortar, add 200 ml. of water, prepare decoction reducing to 1/3th.

Dose

30 to 50 ml., twice daily.

Note: This is also used in diarrhoea.

2. Mangustan thol kudineer (mangosteen skin decoction)

Ingredients

1. Mangustan thol (mangosteen skin) — 25 g
2. Thania (coriander seeds) — 12 g.
3. Seeragam (cumin seeds) — 12 g.

Method of preparation

Take 25 g. of mangosteen fruit skin and pulp, 12 g. each of coriander seeds and cumin seeds, add 500 ml. of water and prepare decoction reducing to 1/3th.

Dose

50 ml. to 100 ml., twice daily.
PREPARED MEDICINES

1. Annabedi chenduram — 100 to 200 mg., with honey, twice daily.
2. Silajat barpam — ½ to 1 g., with butter, ghee or milk.
3. Nathai barpam — 200 to 400 mg., with butter, ghee or water.
4. Padigalinga chenduram — ½ to 1 g., with ghee, butter or buttermilk.
5. Kabada mathiraj — 1 tab., 2 or 3 times a day, with honey or plantain flower (vazhaipoo) juice.

FOR DYSENTERY IN CHILDREN

SIMPLE REMEDIES

1. Jathikkai podi (nutmeg powder)

Method of preparation
Make a fine powder of the above mentioned drug.

Dose
150 to 300 mg., with honey or water, thrice daily.

2. Amman pacharisi kudineer (Australian asthma weed decoction)

Ingredients
1. Amman pacharisi (australian asthma weed decoction — 1 part)
2. Masikkai choornam (gali: dyer’s oak powder) — ½ part

Method of preparation
Mix the above drugs, add 200 ml. water and prepare decoction reducing to ¼th.

Dose
15 to 30 ml., thrice daily.
XVI. HICCUP  
(Vikkal)

Signs and Symptoms  
Hiccups frequent or occasional.

SIMPLE REMEDIES

Ingredients

1. Thippili (long pepper) — 1 part
2. Seeragam (cumin seeds) — 1 part
3. Mayiliragu chutta chambal — 1 part
   (burnt ash of peacock feather)

Method of preparation

Powder and sieve the ingredients 1 & 2. Mix the powder
with No. 3.

Dose

12 g., with honey, as often as required.

2. Nanda Kuzhineer (Crab’s burrow water)

Dose

30 to 50 ml., as often as required.

3. Chutta karumbu charu with elam
   (Roasted sugarcane juice with cardomom powder)

Method of preparation

Split sugarcane, place cardomom powder in between and
subject it to the heat of the extinguishing fire of the oven. The
extracted juice is given in nausea and hiccups.

Dose

30 to 50 ml.

PREPARED MEDICINES

1. Vasantha kusumakara mathirai — 1 to 2 pills (100 mg.
each) with honey, twice daily.

2. Kastoori karuppu — 50 to 100 mgs. 2 to
   3 times daily.
XVII VOMITING
(Vanthi)

Signs and symptoms
Vomiting often undigested food material, thirst

SIMPLE REMEDIES

1. Elakkai, Seeragam kudineer (Cardomom, cumin decoction)
   Method of preparation
   Take Cardomom 2 g, cumin seeds 4 g, powder them and add 200 ml water. Prepare decoction reducing to 3th
   Dose
   30 to 50 ml, twice daily

2. Elumitcham kottai thenil kuzhaithu koduthal
   (Lemon seeds rubbed in honey and administered)

3. Uppu elumitchai oorugai (Lemon pickles)

PREPARED MEDICINES

1. Jathijambeera kuzhambu — 20 to 50 mg, twice daily
2. Mathulai manappagu — 2 to 4 tea spoonful, thrice daily
3. Elathi choornam — 1.5 to 3 g, with honey twice daily
4. Kesari kuzhambu — 3 to 6 g, twice daily
5. Naratthai leghyam — 3 to 6 g, twice daily

XVIII HAFMATEMESIS AND HAEMOPTYSIS
(Raktha Vanthi, Raktham Thuppputhal)

Signs and Symptoms
Vomiting and spitting of blood
SIMPLE REMEDIES

1. *Imbural kudineer (Olden landia umbellata Linn decoction)*

   1. *Imbural verpattai (Olden landia root bark)* — 10 g.
   2. *Athimathuram (liquorice)* — 4 g.

   **Method of preparation**

   Take the above two drugs, add 400 ml. of water, prepare decoction reducing to 4th.

   **Dose**

   50 ml., twice or thrice a day.

2. *Venkarn pasumpal (white of an egg with cow’s milk)*

   **Ingredients**

   1. *White of an egg* — 1 egg
   2. *Boiled cow’s milk* 100 ml.
   3. *Sugar candy (small)* — quantity sufficient
   4. *Gum of white silk cotton tree* — 1 pinch (125 mg.)
   5. *Tamarind seed powder* — 1 pinch (125 mg.)
   6. *Cardomom* — 1 pinch (125 mg.)
   7. *Ash of the burnt cloth* — 1 pinch (125 mg.)
   8. *Pravalra barpam* 100 mg.
   9. *Silajat barpam* 200 mg.

   **Method of preparation**

   Beat the white of an egg with boiled milk well, remove the foam, add the powdered drugs 3 to 7, then mix drugs 8 and 9 respectively.

   **Dose**

   One cupful, once or twice daily.

3. *Poonkavi chendooram (Red ochre chendooram)*

   **Method of preparation**

   Poonkavi is dissolved in water, filtered, dried in sun and powdered.

   **Dose**

   650 mg., twice daily.

   **Note:** Also useful in diarrhoea, menorrhagia and vomiting.
PREPARED MEDICINES

1. Imbural leghyam — 5 to 10 g, twice a day.
2. Silajat barpam — 0.5 to 1 g, with butter or ghee, twice a day.
3. Muthu chippi barpam — 200 to 400 mg, with ghee or water, twice a day.

XIX JAUNDICE
((Manjal Kamala: No1)

Signs and Symptoms

Loss of appetite, vomiting, constipation, yellow discoloration of the conjunctiva, passing yellow coloured urine, pain in the right upper part of the abdomen. Sometimes slight rise in temperature.

SIMPLE REMEDIES

1. Keezhanelli kudineer (A) (Phyllanthus niruri Linn decoction)
   1. Keezhanelli (Phyllanthus niruri Linn)
   2. Elakkai (cardomom)
   3. Valmilagu (tailed pepper)

Method of preparation

Take one whole phyllanthus niruri Linn plant, cardomom, 2, tailed pepper 2, and add 200 ml water, prepare decoction reducing to ¼th

Dose

30 to 50 ml, twice daily

2. Keezhanelli kudineer (B) (Phyllanthus niruri Linn)

Ingredients

1. Keezhanelli (Phyllanthus niruri Linn — whole plant 5 nos.
2 Vishnu granthi (Evolvulus) — one handful
3 Karisalankanni (eclipta) — one handful
4 Seeragam (cumin seeds) — 5 g.
5 Elakkai (cardomom) — 5 g.
6 Parangi chakkai (china root) — 5 g.
7 Drakshai (dried grapes) — 30 g.

Method of preparation
Add to the above coarsely crushed drugs 2 litres of water and prepare decoction reducing to 4th.

Dose
60 to 90 ml., twice daily.

3. Keezhanelli Kalkam mixed — (Phyllanthus niruri Linn) kalkam (bolus) mixed with cow’s butter milk for pitha kamalai.

Ingredients
Take one whole plant of keezhanelli (Phyllanthus niruri Linn) add two elakkai (cardomom), five valmilagu (tailed pepper) and make a kalkam (bolus).

Dose
2 to 4 g., with milk, twice daily.

4 Karisalai kalkam for — (Eclipta prostrata Linn vatha and kaba kamalai

Ingredients
1 Karisalai (Eclipta prostrata Linn) — half a handful
2 Milagu (black pepper) — 1 g

Method of preparation
Make a kalkam (bolus) of the above drugs.

Dose
2 to 4 g., twice daily.

Note: Used also in anaemia and dropsy.
PREPARED MEDICINES

1 Annabedhi chenduram — 100 to 200 mg, with honey, twice daily.

2 Silajat barpam — 0.5 to 1 g, with milk, twice daily.

3 Mandoora chenduram — 100 to 200 mg, with honey and thirikadugu choornam 1 g, twice daily.

4 Sangu barpam — 100 to 200 mg, with milk twice daily.

5 Palakarai barpam — 50 to 100 mg with milk or butter-milk, twice daily.

(No 5 is for eliminating the toxins circulating in the blood. For this purpose Neermulli kudineer (Asteracantha decoction) with salt free diet can also be given.)

Oil for bath

1 Keezhhanelli thailam (Phyllanthus niruri Linn Thailam)
2 Karisalai thailam (Eclipta alba Hassk thailam)
3 Bringamalaga thailam,
4 Pancha kalpam to be applied on the head and bathed with warm water.

Pancha kalpam may also be prepared as under

1 Veppam vithu (neem seeds)
2 Kastoori manjal (Curcuma aromatica Saltsb)
3 Venmilagu (white pepper)
4 Kadukkai (Chebulic myrobalan)
5 Nelli paruppu (emblte myrobalan pulp) \{ Equal parts \}

Method of preparation

Take the above drugs and grind with cow’s milk and apply to the head. After sometime take a bath.
XX. RETENTION OF URINE
(Siruneer Noigal)

Signs and Symptoms.

Burning sensation during micturition, dysuria, passing urine in small quantities, retention of urine.

SIMPLE REMEDIES

1. Neermulli kudineer (*Asteracantha* decoction).

Ingredients.

1. Neermulli (*Asteracantha*) — 4 g.
2. Nerunjil (*Tribulus terrestris* L.) — 4 g.
3. Nellukai (*Myrobalan embelic-amla*). — 4 g.
4. Patangipattai (china root) — 4 g.
5. Manathakkali elai (black night shade leaves) — 4 g.
6. Sarakonrai puli (*Casstfa fistula* pulp) Indian laburnam; Golden shower) — 4 g.
7. Sombu (fennel seeds). — 4 g.
8. Vellari vithai (cucumber seeds) — 4 g.
9. Suraikodi (bottle gourd stalk) — 4 g.
10. Kadukkai (*Chebulic myrobalan*) — 4 g.
11. Thansikkai (*Beleric myrobalan*) — 4 g.

Method of preparation.

Take the above drugs, add 400 ml. of water, prepare decoction, and reduce it to ⅛th.

Dose

50 ml., twice daily.

Note: Can also be given in ascites, dropsy.

2. Sirupeelai kudineer (*Aerva lanata Juss* decoction)

Ingredients

1. Sirupeelai (*Aerva lanata Juss*) — 1 part
2. Nerunjil (*Tribulus terrestris*) — 1 part
3. Mavalingam (*Crataeva religiosa*  
   *Root & Thorns* — 1 part)

4. Peramuttiver (*Pavonia odorata*  
   *root*) — 1 part

**Method of Preparation**

Take the above drugs in equal parts, add sufficient quantity of water, prepare decoction reducing it to 1/8th.

**Dose**

30 to 60 ml.

*Note*: Useful also in stone in the bladder

3. Sirukeeri kudineer (*Amaranthus gangeticus Linn* decoction)

**Method of preparation**

Take 35 g of sirukeerai (*Amaranthus gangeticus Linn*) add 200 ml of water, prepare decoction reducing it to 1/4th.

**Dose**

30 to 50 ml., twice daily.

*Note*: Antidote to vegetable poisoning.

4. Ilaneer (*tender coconut water*)

**Dose**

1. one glassful, thrice daily.

5. Mullanki charu (*radish juice*)

**Dose**

1/2 cup, thrice daily

6. Viral meen thalsikkal barpam

*Powdered mural fish ossicles administered in 100 mg dose, twice daily, with white radish juice or cucumber seed paste mixed with milk.*

**PREPARED MEDICINES**

1. Vediyuppu chunnam — 100 to 200 mg., with neermulli decoction, tender coconut or radish juice, twice daily.
2. Silajat barpam — 0.5 to 1 g., with butter, ghee, milk, radish juice, or aervra juice, twice daily.

3. Velvanga barpam — 60 mg., with water or honey, twice daily

4. Nandukkal barpam — 200 to 400 mg., with radish juice, aervra juice or Astera contha juice, twice daily.

XXI Diabetes (Neerizhivu)

Signs and Symptoms

Passing urine in excess frequently, general wasting, exhaustion, excessive hunger and thirst. Presence of sugar in the urine and—or blood.

Simple Remedies

1. Avaral panchanga kudineer (Cassia auriculata Linn decoction)

Method of preparation

Take the dried leaves, flowers, fruits, bark and root of the above drug. Make a coarse powder, add 400 ml. of water and prepare decoction reducing it to 1/4 th.

Dose

30 to 60 ml., twice daily

Note: Useful in scalding of the urethra.

2. Th Seenthil choornam (Tinospora cordifolia miers choornam)

Ingredients

1. Seenthil (Tinospora cordifolia) 1 part
2. Karisalanganni (Eclipta alba hassk) 1 part
3. Nakoopoochi podi (earthworm powder) 1 part
Method of preparation

Take equal parts of the above drugs, powder and mix them well, steam and dry it.

Dose

1 to 2 g, with ghee or honey, twice daily.

Note Also used in bronchitis, asthma, scalding, biliousness and diseases of the nose. With sugar it is administered for alopecia.

Pathiyam (diet)

Avoid tamarind and smoking.

3. Sirukurinjan choornam (Gymnema sylvestre choornam)

Dry sufficient quantity of the leaves and powder it finely.

Dose

2 to 4 g, with water, twice daily for three months.

4. Kombus pagal choornam (bitter groud long choornam)

Dry sufficient quantity of the above drug and powder it finely.

Dose

4 to 6 g, with water, twice daily.

PREPARED MEDICINES

1. Karuvanga bapram — 50 to 100 mg, with ghee or butter twice daily.
2. Kantha chenduram — 200 to 400 mg, with honey, twice daily.
3. Elavanga leghyam — 2 to 4 mg, twice daily.
4. Abraka chenduram — 100 to 200 mg, with honey, twice daily.
XXII. ANAEMIA (Pandu; Veluppu Noi)

Signs and Symptoms

Paleness of the whole body and eyes, nail beds, loose motions, swelling of the face and feet.

SIMPLE REMEDIES

1. Karisalai (*Eclipta alba-ssk*) — q. s.
2. Milagu (black pepper) — q. s.
3. Poondu (garlic) — q. s.
4. Suddhitha Irumbuthool (purified iron filings) — q. s.

Method of preparation

Make a fine paste of the above drugs

Dose

2 g., to be given in the morning only with milk or honey.

PREPARED MEDICINES

1. Annabedi chenduram — 100 to 200 mg., with honey, twice daily.
2. Aya chenduram — 100 to 200 mg., with honey, twice daily.
3. Kantha chendooram — 100 to 200 mg., with honey, twice daily.

XXIII. GENERAL ANASARCA

(Sogai, Sobai, Veeka Noi)

Signs and Symptoms

Swelling in any part of the body or in the whole body and scrotum, scanty urine, pain all over the body, constipation, cough, difficulty in breathing, fever.
SIMPLE REMEDIES

1 Neermulli kudineer - please see under retention of urine
2 Mandoorathi kudineer (Dross iron decoction)

Method of preparation

Ingredients

1 Mandooram (droses iron) — 5 parts
2 Ularntha maelai (dried tender mango leaves) — 3 parts
3 Ularntha karisalai (dried eclipta alba) — 3 parts
4 Ularntha kheezhanelli (dried phyllanthus ntruri) — 3 parts
5 Ularntha neermulli (dried asteracanth) — 3 parts
6 Seeragam (cumin seeds) — 1 part

Method of preparation

Powder the above drugs coarsely and mix it well. Add 200 ml of water, prepare decoction, reduce it to ¼th

Dose

60 ml, twice daily, after food

PREPARED MEDICINES

1 Vedi annabedhi chenduram — 100 to 200 mg, with honey twice a day
2 Loha mandoora chenduram — 100 to 200 mg, with honey or ghee, twice daily followed by neermulli (Asteracantha) decoction
3 Vedirppu chunnam — 100 to 200 mg, with neermulli (Asteracantha) decoction, tender coconut water or radish juice
4 Silajat barpam — 0.5 to 1 g, with neermulli (Asteracantha) decoction or radish juice
5 Nandukkal barpam — 200 to 400 mg, with radish juice or neermulli (Asteracantha) juice
6 Navachara choornam — 0.5 to 1 g., twice daily, with neermulli (Asteracantha) decoction.

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XXIV. HYPERTENSION
(Raktha Azhutham, Raktha Kothippu)

Signs and Symptoms
The patient often experiences a rush of blood and complains of palpitation, vertigo, precordial pain, headache and sleeplessness.

PREPARED MEDICINES

1. Sarpagantha choornam (or pill)

Dose
500 mg. to 1 g., twice or thrice a day.

Note: Sedative, mild laxative. Also used in insomnia and in irritable state as a tranquilizer.

Useful in nervous excitability and mental disorders with hypertension. Used with ammukara kizhangu (withania root) powder, sadamanjil (nardus root) powder, vallarai (Indian pennywort) powder, milk and honey to reduce excitability and irritability and irritation in patients with hypertension.

Diet.

Restrict salt in take; fatty diet to be avoided.
XXV. HEADACHE
(Thalaivali)

Signs and Symptoms.
Pain in the head—frontal, occipital near the eyebrows, nausea, at times vomiting.

SIMPLE REMEDIES

A paste made out of any of the following may be applied externally to the forehead.

1 Lavangappattai, chukku (cinnamon bark, dried ginger)
2 Milagu (pepper).
3 Inji (ginger) made into a paste with breast milk or boiled cow's milk and applied to scalp.

PREPARED MEDICINES

1 Neerkovai mathirai for external use—q. s.
2 Gowri sinthamani (for oral administration) 100 to 200 mg. with thirikadugu choornan and honey.

For bath.

1 Chukku (dried ginger) thailam.
2 Arakku (lac) thailam.
3 Sitobaranivarali thailam.
XXVI  ANAL FISSURE
(Asana Vedippu)

Sigs and Symptoms
Intense pain in the anus during and after defecation
Because of the pain, the patient retains the stools and develops constipation.

Treatment consists of continued administration of laxatives and regulation of the diet to produce guelly stool.

LAXATIVES

1  Atthi manappagu (Ficus glomerata Root syrup)

Ingredients

1  Ularatha atthopazham (dried figs)  — 350 gm
2  Arasam pazham (peepul fruits)    — 175 g
3  Karumisivathai ver (black turpeth root) — 87 5 g
4  Mukkarattai (Boerhavia diffusa Linn) — 87 5 g
5  Sombu (perum seeragam) (anise seeds) — 87 5 g
6  Kaduguroghini (Pterorrhiza kutroa) — 87 5 g

Method of preparation
Take the above mentioned drugs, pound them coarsely, add 3 litres of water, prepare decoction reduce it to 2th Add 750 g of sugar to the decoction and boil to a syrupy consistency.

Dose
1 to 2 teaspoonful, twice daily

2  Malakudara Mezhugu

Ingredients

1  Nilavarai (senna leaf)        — 60 g
2  Gulikhand                   — 80 g
3  Drakshai (raisins)          — 50 g
4  Badam paruppu (almond kernels) — 25 g
5  Athimathuram (liquorice)    — 10 g
6  Pinchhu Kadukkai (tender-chebulic myrobalan) — 10 g
Method of preparation

Powder 1, 5 and 6, sieve and keep. Grind 2, 3 and 4 into a paste. Add the powder to the paste and continue grinding to attain a waxy consistency.

Dose

5 to 10 g, before bed time, with hot water or milk

Also useful in constipation, loss of appetite and abdominal bloating.

3 Moolakudora ennai

Ingredients

1. Pinchu kadukkat
   (tender chebulic myrobalan) — 35 g
2. Vilakkennai (caster oil) — 140 g

Method of preparation

Fry the fruit in a little quantity of castor oil. When brown and swollen, powder it. Mix the powder with the oil.

Dose

1 to 2 teaspoonful at bed time

Useful in bleeding piles and constipation

PREPARED MEDICINES

1 Thripalai Kudineer
   (please see gingivitis)
2 Kukkil vennai
3 Amirtha vennai
   } ... for external application

XXVII. PILES

(Moolam)

Signs and Symptoms

Constipation, passing of hard faeces, matter with blood, gripping pain in the rectum, headache, difficulty felt in the sitting posture. Presence of pile mass in the anus.
SIMPLE REMEDIES

1. Take thuthi keerali (country mallow), boil it in water, churn well, filter and add panam karkandu (palm sugar candy). Take sufficient quantity.

2. After warm fomentation with thuthi keerali (country mallow) fried in castor oil and bundled in a piece of cloth, the same is kept on the part and 'T' bandage applied.

3. White onions fried in ghee is administered internally

PREPARED MEDICINES

1. Naga barpam — 100 to 200 mg., with butter or ghee, twice daily.

2. Velyanga barpam — 100 to 200 mg., with milk, butter, buttermilk or ghee, twice daily.

3. Thethankottai leghyam — 3 to 6 g., twice daily

4. Karunai leghyam — 3 to 6 g., twice daily.

5. Nathai barpam — 200 to 400 mg., with butter or ghee, twice daily

6. Muthu chippi barpam — 200 to 400 mg., with butter or ghee, twice daily

7. Moola kudara nei — 2 teaspoonful at bed time.

XXVIII. BOILS ABSCESS
(Kattigal, seeze kattiyav veckam)

Signs and Symptoms

Redness, heat, swelling, pain, collection of pus, fever.
SIMPLE REMEDIES

1. Paste made with Manjal (turmeric) and Chunnam (calcified lime) applied externally
2. Paste made with honey and chunnam (calcified lime) applied externally
3. Take required quantity, in equal parts, of (1) thuthikeeral (country mallow), (2) anthimalli (four o’clock flower), (3) seenthil (Tinospora cordifolia) and (4) murungal keeral (drum stick leaves), fry them in castor oil and apply externally

PREPARED MEDICINES
(for oral administration)

1. Vellai ennai — 15 to 30 ml, early morning, for 3 to 5 days
2. Parangi choornam — 15 to 3 g, with sugar and milk, twice a day
3. Parangi rasayanam — 100 to 200 mg, with honey, twice a day
4. Gandaga rasayanam — 0.5 to 1 g, with sugar and milk, twice a day

When boil bursts open

1. Pachai ennai or
2. Amirtha vennai or
3. Vanga kalimbu

} for external application

XXIX PULP INFECTION OF FINGER (WHITLOW)
(Viral Suttri Nagasuttri)

Signs and Symptoms
Reddening, swelling, sharp pulsating pain, formation of small superficial abscess of the finger. Fever and sleeplessness
SIMPLE REMEDIES

1. Make a hole in a lemon fruit, thrust and keep the affected finger inside, which will give relief.

2. Poultice prepared with rice flour and alivitthu (Lepidium sativum)

Method of preparation

Grind alivitthu (Lepidium sativum) seeds with lemon juice or cold water and prepare poultice adding rice flour.

Internal medicine

1. Parangipattai choornam — 15 to 3 g, with milk and sugar.

XXX ULCERS (SIMPLE)
(Chirangu – Pun)

SIMPLE REMEDIES
(External use only)

1. Puppodu

Method of preparation

Make a hole in a datura fruit, fill it with purified sulphur and cover the fruit with cow dung. After drying subject it to sputum with four cow dung cakes. Remove the cow dung and thorn from the fruit, add 4 parts of tulasi leaves (Ocimum sanctum) grind well, dry it in the sun and powder. The powder is dusted over ulcers smeared with coconut oil for rapid healing.
2. Karbogi paste

Ingredients

1. Karbogi vithai (babchi seeds)
2. Neeradmuthu vithai (hydnocarpus seeds)
3. Kasakasa (poppy seeds)
4. Badam paruppu (almond seeds)
5. Thengai (kopparai) dried coconut kernel
6. Karum seeragam (black cumin seeds)
7. Kattu seeragam (Vernonia anthelmintica WILLD)

Method of preparation

Take required quantity (equal parts) of the above drugs, grind them with vinegar and prepare a paste. Apply it on the ulcers. After 2 to 3 hours, wash with luke warm water.

Note: Can be used in ring worm and scabies also

3. Adutheenda palai ennai (Indian birth wort thailam)

Ingredients

1. Adutheendapalai elai juice (Indian birth wort leaf juice)
2. Veppennai (neem oil)

Method of preparation

Take equal quantities of the above two drugs and prepare thailam

PREPARED MEDICINES

1. Punga ennai
2. Pachai ennai
3. Arugan coconut oil (couch grass oil)
XXXI. SCABIES
(Soral Sirangu)

SIMPLE REMEDIES
1. Venkara pachai (fried borax powder) mixed with coconuot oil and applied externally.
2. Punpodi — refer under ULCER

PREPARED MEDICINES
1. Vellai ennai — 15 to 30 ml. early morning.
2. Gandhaga rasayanam — 6 to 12 g., twice daily with sugar & milk
3. Pravala barpam — 100 to 200 mg., with milk, butter or ghee
4. Muthuchippi barpam — 200 to 400 mg., with butter or ghee
5. Parangi rasayanam — 0.5 to 1 g
6. Parangi choornam — 1.5 to 3 g., with milk and sugar
7. Vanga kalimbu — for external use
8. Arugampul thilam — for external use
9. Viranasanjeevi thilam — for external use

XXXII. RING WORM
(Padar Thamarai, Ecchil Thazhumbu)

IMPLE REMEDIES
1. Oosithagral elai pattu (Cassia tora Leaves or root paste)
   Method of preparation
   Take the leaves or root of Cassia tora, add lemon juice, grind into a fine paste and use externally.
2. Pel agathil elai or vando kolli elai  \textit{(Cassia alata)}

Method of preparation
Grind the leaves with lemon juice into a fine paste apply externally.

\textbf{PREPARED MEDICINES}

1. Amirtha vennai \\
2. Padai sangaram \(\{\) \} for external application only.

\textbf{XXXIII. PHRYNODERMA} \\
\textit{Thavalai Sori} — \textit{(Toad Skin)}

\textbf{SIMPLE REMEDIES}

1. Application of pani neer (dew water) \\
2. Vengaram \textit{(fried borax)} to be mixed with cocoanut oil and applied externally.

\textbf{XXXIV. FISSURE FOOT} \\
\textit{(Kal Vedippu)}

\textbf{PREPARED MEDICINE}

1. Amirtha vennai \\
2. Kilinjal mezhugu \(\{\) \} for external use only.
XXXV. CORNS
(Kašlani)

1. Remove the corns and foment with common salt and potassium carbonate (yavaksharam)
2. After removal of the corn, paint with calotropis milk (erukknam pal) and bandage, later heal the ulcer as per medicaments given under Ulcers.

XXXVI. ATHLETE FOOT
(Seṭṭrupun)

Signs and Symptoms

Fungal infection affecting the webs of the toes and fingers. The site is raw with offensive discharge and itching.

SIMPLE REMEDIES

1. External application of Illuppai nei (Bassia latifolia Roxb. oil)
2. Azhavanam elai (henna leaf) paste
3. Manjal thool with nallennai (turmeric powder mixed with gingelly oil)
4. Kadukkai and manjal poochu (chebulic - myrobalan and turmeric paste applied at night)
XXXVII. SPRAIN
Sulukku

External application.

SIMPLE REMEDIES

Puli (tamarind) soaked in salt water, churned, filtered and boiled to the consistency of a paste and applied warm to the affected part.

PREPARED MEDICINES

1. Myna thailam
2. Kukkil thailam

}\ for external use only.

XXXVIII. MINOR INJURIES
(Adipatta Kayangal)

SIMPLE REMEDIES

1. A paste made out of Amukkara Kizhangu (Withania root) choornam.

2. Rathabola pattru (inspissiated juice of aloe).

Method of preparation.

Make a paste by dissolving the extract of inspissiated juice of aloe in hot water and apply externally to inflamed parts caused by the injury.
PREPARED MEDICINES

1. Myna thailam
2. Kukkil thailam

for external use only.

XXXIX. BURNS AND SCALDS
(Theechutta Pun, Veneer Viranam)

SIMPLE REMEDIES

1. Chunnambu theli neer (slaked lime water) mixed with cocoanut oil applied externally.

2. Take some argampul Kalkam (couch grass) and mix it with cocoanut oil. Apply externally.

3. To one part of mynathailam, add ten parts of cocoanut oil and apply externally.

PREPARED MEDICINES
Kungilya vennai for external use only.

XL. SCORPION BITE
(Theel Kadi)

SIMPLE REMEDIES

1. Common salt solution to be used as eye drops.
2. Apply salt paste at the site of the sting.
3. Rub the site of the sting with slaked lime in split onion.
XLI. INSECT BITE
(Kanakkadi)

Signs and Symptoms.
At the site of the bite there will be swelling and itching sensation.

SIMPLE REMEDIES

1. Make a paste of kuppaimeni leaf (*Acalypha indica* Linn) with salt and apply at the site of bite.
2. Apply slaked lime (chunnam) at the site of bite.

PREPARED MEDICINES

1. Meganatha kuligai — 1 to 2 pills, with dried ginger decoction (purgative).
2. Sanjeevi mathirai — 1 to 2 pills, with lime juice (purgative).
3. Agasthiar kuzhmbu — for fumigation
4. Sivanar amirtham — for nasyam.

XLII. INTESTINAL WORMS
(Kudar Kirumigal)

Signs and Symptoms
Passing worms along with motion or alone. Loss of appetite.

SIMPLE REMEDIES

Choornam prepared out of the following:
1. Karum sceragam (black cumin seeds)
2. Omam (ajowan)
3. Palasuvithu *Butea frondosa* seeds

\[\{\text{Equal parts}\}\]
Given at bed time, followed by castor oil next morning.

2. Vazhai pazham (plantain fruit) soaked in honey, administered at bed time, followed by castor oil next morning.

3. Nakku poochi Kudineer

Ingredients

1. Palasuvithu (Butea frondosa) — 4 g
2. Karum seeragam (black cumin seeds) — 4 g
3. Vaivilangam (Embella ribes Burn) — 4 g
4. Omum (ajowan) — 4 g
5. Sivathai ver (turpeth root) — 4 g
6. Nilavarai (Senna leaves) — 4 g
7. Sombu (perum seeragam) (anise seeds) — 4 g
8. Kadukurogini (black hellebore) — 2 g

Pound all the above drugs in a mortar into a coarse powder and prepare decoction adding 200 ml water and reducing to 1/4th.

Dose

45 to 90 ml, followed by a purgative pill or castor oil.

PREPARED MEDICINES

1. Maganatha kuligai — 1 to 2 pills, with dried ginger decoction, at bed time (purgative)

2. Poora mathirai — 1 to 2 pills, with honey or breast milk, in the morning.

3. Sanjeevi mathirai — 1 to 2 pills, with honey, in the morning (purgative)
XLIII  LEUCORRHOEA
(Vellai, Yoni Vazhiyaga Vellai Paduthal)

Signs and Symptoms
White discharge per vaginum

SIMPLE REMEDIES

1. Thazhai vizhuthu chatu (Pandanus odoratissimus Roxb root juice)
   Method of preparation
   Take Pandanus odoratissimus Roxb aerial root juice and add sugar to taste
   Dose
   20 ml twice daily

2. Vellarugu andineer (Adenema hisspifolium decoction)
   Method of preparation
   Adenema hisspifolium juice 35 g, add water 200 ml and prepare decoction reducing to 1/4th
   Dose
   30 to 50 ml, twice daily
   Note: Can also be used in scabies, ulcers and skin diseases

PREPARED MEDICINES

1. Kungiliya vennai
2. Silajat barpam
3. Annabelihi chendooram
4. Velvanga barpam
5. Venpoosani leghyam
   — 1 to 2 g, twice daily,
   — 0.5 to 1 g, with butter or ghee, twice daily
   — 100 to 200 mg, 1/4 tsp honey, twice daily
   — 100 to 200 mg, 1/4 tsp milk, twice daily
   — 6 to 12 g, 1/4 tsp thrice daily
XLIV. DYSMENORRHOEA
(Soothaga Soolai)

Signs and Symptoms
Scanty menses with acute pain in the lower abdomen.

SIMPLE REMEDIES

1. Karum seeragam (black cumin seeds) — 6 g.
2. Lavangapattai (cinnamon bark) — 6 g.
3. Chukku (dried ginger) — 6 g.
4. Chithramoola verpattai (lead wort root bark) — 6 g.
5. Sombu (fennel seeds) — 6 g.

Method of preparation
Take the above drugs, add 200 ml. water and prepare decoction reducing to 3/4th.

Dose
30 to 50 ml., twice daily

PREPARED MEDICINES

1. Ayaveera chendooram — 100 to 200 mgs., with honey or palm Jaggery, twice daily.
2. Gunmakudori leghyam — 1 to 2 g., twice daily with water
3. Pattu karuppu chenduram — 50 to 100 mg., with honey, two to three times a day.
XLV. MENORRHAGIA AND METARRHAGIA
(Perumpadu)

Signs and Symptoms
Profuse bleeding during menstruation and intermenstrual bleeding.

SIMPLE REMEDIES

1. Naval pattai kudineer (Jambu bark decoction)

Method of preparation
Take 50 g. of jambu bark, crush it well, add 200 ml. of water and prepare decoction reducing to 1/4th.

Dose
30 to 50 ml., twice daily.

2. Atti pattai kudineer (Ficus glomerate Roxb decoction)

Method of preparation:
Take atti pattai (country fig bark), add cow’s butter milk and extract juice.

Dose:
45 to 90 ml., twice daily.

3. Marutham pattai kudineer (Terminalia arjuna W. & A. bark decoction)

Method of preparation
Take 30 g. of marutham pattai (arjuna bark), crush well, add 240 ml. of water, prepare decoction reducing to 1/4th.

Dose
30 ml. to 60 ml., twice daily.

Note: Used as cardiac tonic and also for diarrhoea.

4. Othiampattai kudineer (Odina woodier Roxb bark decoction)

Method of preparation
Take othiampattai (Odina woodier Roxb bark) 50 g., crush it well, add 200 ml. of water, prepare decoction reducing to 1/4th.
Dose
30 to 50 ml., twice daily.

5. Thottal surungi kudineer (*Mimosa pudica* Linn decoction)

Method of Preparation
Take 50 g. of thottal surungi (*Mimosa pudica* Linn plant), add 200 ml. of water, prepare decoction reducing to 3th.

Dose:
30 to 50 ml., twice daily.

PREPARED MEDICINES

1. Poongavi chenduram — 650 mg., with water twice daily.
2. Velvanga barpam — 100 to 200 mg., with milk or ghee, twice daily.
3. Vazhaipoo vatsakam — 1 to 2 vatakam, with buttermilk, twice daily.

XLVI RETENTION OF MILK AFTER CHILD BIRTH
(Pillai Pettrapin Pal Kattu)

Signs and Symptoms
There is pricking sensation when there is collection of milk in the breasts, pain, tension, a feeling of heat and heaviness in the breasts. Sometimes fever with chilliness.

Treatment
Administration of a laxative and limited consumption of liquids, firm bodice to be worn, withdrawal of the milk by hand or with breast pump.
XLVII. OTITIS MEDIA
(Kathu Valiyum, Seezh Vadithalum)

Signs and Symptoms
Severe radiating pain to the vertex and occiput, fullness in the ear, deafness, tinnitus, discharge of pus, sometimes fever

SIMPLE REMEDIES

1. Application of poondu charu (garlic juice)
2. Application of Marul pattai charu (bow string hemp juice)
3. Thiruneetrupachai Charu (Ocimum basilicum juice)

PREPARED MEDICINES

1. Pachai ennai
2. Chukku thailam
3. Musuru muttal thailam

XLVIII. CONJUNCTIVITIS
(Kannoor)

Redness, pain of the conjunctiva, watering, purulent discharge, photophobia, sticking of the eyelids

SIMPLE REMEDIES

1. Hot cooked rice and butter fomentation
2. Padiga paneer drops

Method of preparation
Dissolve 200 mg of alum in 50 ml of rose water and store it in a glass stoppered bottle
COMMON AILMENTS WITH THERAPEUTIC INDEX

I  Non-specific fevers
II  Whooping Cough
III  Measles
IV  Common Cold
V  Cough
VI  Bronchial asthma
VII  Tonsillitis
VIII  Laryngitis
IX  Gingivitis
X  Stomatitis
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  XLVI  Retention of milk after child birth
  YLVI  Otitis media
XLVIII  Conjunctivitis
THERAPEUTIC INDEX

I NON-SPECIFIC FEVERS
(Jwaram)

Simple remedies
1. Nilavembu kudineer
2. Nochi kudineer
3. Thulasi kudineer

Prepared medicines
1. Chanda chandrodhayam pills
2. Vasanthu kusumakaram pills

II WHOOPING COUGH
(Kakkuvan Irumal)

Simple remedies
1. Vasambu choornam
2. Thuthuvalai nei

Prepared medicines
1. Adathodai manappagu
2. Kakkuvan leghyam
3. Karpoorthi thailam (for external application)

III MEASLES
(Manalvari ammai, Chitchilliappai)

Simple remedies
1. Gorochanai with Karpooravalli juice
3. Guru barpam (burnt leather ash)
3. Neem leaves and turmeric paste mixed in water (for bath)
4. Tamarind rind oil (for external

Prepared medicines
1. Mankombu barpam (sirungi barpam)
IV COMMON COLD
(Jalathodam, neerkovai)

Simple Remedies
1. Milagu kudineer
2. Inji surasam
3. Nochi elai kudineer (vapour bath)
4. Equal parts of Benzoin and turmeric powder (Fumigation)

Prepared medicines
1. Chandachandrodayam pills
2. Mukkadu Illagam (Thirukadugu leghyam)

V COUGH
(Irumal)

Simple remedies
1. Adathodai kudineer
2. Adathodai manappagu
3. Chittarathai kudineer

Prepared medicines
1. Thalisadichoornam
2. Thalisadi vatakam
3. Kastoori karuppu
4. Pravala barpam

VI BRONCHIAL ASTHMA
(Iraippu irumal)

Simple remedies
1. Adathodi kudineer
2. Adathodi mausappagu
3. Swasa kudori pills

Prepared medicines
1. Thalisadichoornam
2. Thalisadi vatakam
3. Pravala barpam
4 Kastoori karuppu
5 Kukkil thailam (for external application and formation)
6 Karpoorathi thailam
7 Black datura flowers with Potassium nitrate powder (Inhalation).

VII TONSILLITIS
(Anakku thooru veekam, Lasunathabitham)

Simple remedies
1 Karpooravalli leaves to be chewed
2 Garlic and honey throat paint

Prepared medicines
1. Sangu barpam

V LARYNGITIS
(Thondarikattu)

Simple remedies
1. Akkarakara choornam
2. Karuvelampattai kudineer

Prepared medicines
1. Thalisadi choornam
2. Thalisadi vatakam
3. Vasantha kusumakara pills
4. Kastoori karuppu

For Children
Gorochanai to be mixed with breast milk.

IX GINGIVITIS
(Palleeru veekam)

Simple remedies
1. Thiripalai koppulu kudineer
2. Nallennai koppulippu (gingelly oil for gargle)
STOMATITIS
(Vaipun)

Simple remedies
1. Padikara neer koppulippu
2. Karuvelampattai kudineer
3. Alampattai koppuli kudineer
4. Manathakkali leaves \) (Black night shade leaf and
\) and pachai payaru \} green gram as side dish with food)
5. Thiripalai koppuli kudineer
6. White of an egg with Cow's milk

Prepared medicines
1. Silajat barpam
2. Padikara barpam
3. Kungiliya vennai

GLOSSITIS
(Akkaram)

Simple remedies
1. Padikara neer koppulippu
2. Karuvelampattai Kudineer
3. Alampattai Koppuli Kudineer
4. Manathakkali leaves and pachai \} payaru \)
\) (Black night shade leaf and green gram as side dish with
food)
5. Thiripalai Koppuli Kudineer
6. White of an egg with Cow's milk

Prepared medicines
1. Silajat barpam
2. Padikara barpam
3. Kungiliya vennai

GASIRITIS
(Gunnam)

Simple remedies
1. Pepper, Cumin seeds decoction
2. Pepper, Cumin seeds choornam
4. Kastoori karuppu
5. Kukkil thailam for external application
7. Black datura flowers with Potassium nitrate powder (Inhalation).

VII. TONSILLITIS
(Annakkthooru veekam, Lasunathabitham)

Simple remedies
1. Karpooravalli leaves to be chewed
2. Garlic and honey throat paint

Prepared medicines
1. Sangu barpam

V. LARYNGITIS
(Thondaikattu)

Simple remedies
1. Akkarakara choornam
2. Karuvelampattai kudineer

Prepared medicines
1. Thalisadi choornam
2. Thalisadi vatakam
3. Vasantha kusumakara pills
4. Kastoori karuppu

For Children
Gorochanaai to be mixed with breast milk.

IX. GINGIVITIS
(Palleeru veekam)

Simple remedies
1. Thiripalai koppuli kudineer
2. Nallennal koppulippu (gingelly oil for gargle)
X. STOMATITIS
(Vaipun)

Simple remedies:
1. Padikara neer koppulippu
2. Karuvelampattai kudineer
3. Alampattai koppuli kudineer
4. Manathakkali leaves and pachai payaru (Black night shade leaf and green gram as side dish with food)
5. Thiripalai koppuli kudineer
6. White of an egg with Cow’s milk

Prepared medicines:
1. Silajat barpam
2. Padikara barpam
3. Kungilya vennai

XI. GLOSSITIS
(Akkaram)

Simple remedies:
1. Padikara neer koppulippu
2. Karuvelampattai Kudineer
3. Alampattai Koppuli Kudineer
4. Manathakkali leaves and pachai payaru (Black night shade leaf and green gram as side dish with food)
5. Thiripalai Koppuli Kudineer
6. White of an egg with Cow’s milk

Prepared medicines:
1. Silajat barpam
2. Padikara barpam
3. Kungilya vennai

XI. GASIRITIS
(Gummar)

Simple remedies:
1. Pepper, Cumin seeds decoction
2. Pepper, Cumin seeds choornam
Prepared medicines
1. Uppu chenduram
2. Panchadeepakkní choornam
3. Gunmakudori leghyam

XIII CONSTIPATION
(Malakkattu, malabantham)

Simple remedies
1. Kadukkad Kudineer
2. Drakshai Kudineer

Prepared medicines
1. Nilavagai choornam
2. Malakudara mezhugu

For Children
Equal parts of Castor oil and breast milk.

XIV DIARRHOEA
(Bedhi)

Simple remedies
1. Dried ginger, pepper choornam
2. Dried ginger pepper decoction

Prepared medicines
1. Thair chundí choornam
2. Chundai vatral choornam
3. Annabelhi chenduram
4. Padigalinga chenduram

Diarrhoea in Children
Simple remedies
1. Poduthalai Kudineer

Prepared medicines
1. Amaiudu barpam
2. Nathai barpam
XV. DYSENTERY
(Raktha seetha bedhi)

Simple remedies
1. Kadukaipoo, athividayam, chirunagapoo kudineer
2. Mangustan thol kudineer

Prepared medicines
1. Annabedhi chendooram
2. Silajit barpam
3. Nathai barpam
4. Padigalinga chendooram
5. Kabada mathirai

Dysentery in Children
Simple remedies
1. Nutmeg powder (choornam)
2. Amman pacharisi kudineer

XVI. HICCUP
(Vikkal)

Simple remedies
1. Powder of long pepper, cumin seeds, burnt ash of the peacock’s feathers.
2. Nandu kuzhineer (crab’s burrow)
3. Burnt Sugarcane with Cardomom juice

Prepared medicines
1. Vasantha kusumakaram pills
2. Kastoori karuppu

XVII. VOMITING
(Vanthi)

Simple remedies
1. Cardomom, Cumin seeds decoction
2. Lemon seeds rubbed in honey
3. Lemon pickles (plain salted)
Prepared medicines
1 Jathī jambēra kuzhambu
2 Mathulai manappagu
3 Elathī chooram
4 Kesari kuzhambu
5 Narathai legyam

XVIII HAEMATEMESIS AND HAEMOPTYSIS
(Raktha vanthi Raktham thupputhal)

Simple remedies
1 Imbural kundineer
2 Venkaru, pasumpal
3 Poonkavi chendooram

Prepared medicines
1 Imbural legyam
2 Silajat barpam
3 Muthuchippi barpam

XIX JAUNDICE
(Manjal kamalai No1)

Simple remedies
1 Keezhanelli kudineer (a)
2 Keezhanelli kudineer (b)
3 Keezhanelli kalkam with Cow's buttermilk
4 Karisalai kalkam

Prepared medicines
1 Annabedhi chendooram
2 Silajat barpam
3 Mandoora chendooram
4 Sangu barpam
5 Palakarai barpam
6 Keezhanelli thailam
7 Karisalai thailam
8 Bringamalaga thailam
9 Pancha kalpam

For head bath
XX RETENTION OF URINE
(Siruneer noigal)

Simple remedies
1. Neermulli kudineer
2. Sirupeela kudineer
3. Sirukeeraiver kudineer
4. Illaneer (Tender cocoanut water)
5. Radish juice
6. Viral meen thalaikal barpam

Prepared medicines
1. Vedluppu chunnam
2. Nandukkal barpam
3. Silajat barpam
4. Velvanga barpam

XXI DIABETES
(Neerizhivu)

Simple remedies
1. Anvarai panchanga kudineer
2. Seenthil choornam
3. Sirukurinjan choornam
4. Kombupagal choornam

Prepared medicines
1. Karuvanga barpam
2. Kantha chendooram
3. Elavanga leghyam
4. Abraka chendooram

XXII ANAEMIA
(Pandu, Veluppu no1)

Simple remedies
1. Paste of karaisalai milagu, poondu, irumbuthool (Paste of Eclipta alba, pepper, garlic and purified iron filings)
Prepared medicines
1  Annadedhi chendooram
2  Aya chendooram
3  Kantha chendooram

XXIII GENERAL ANASARCA
(Sogai, sobai, veeka noi)

Simple remedies
1  Neermulli kudineer
2  Mandoorathi kudineer

Prepared medicines
1  Vedi Annadedhi chendooram
2  Loha mandoora chendooram
3  Vediuppu chunnam
4  Silajat barpam
5  Nandukkal barpam
6  Navachara choornam

XXIV HYPERTENSION
(Raktha azhutham, Raktha kothippu)

Prepared medicines
1  Sarpaganda choornam or pill

XXV HEADACHE
(Thalaivali)

Simple remedies
1  Paste of Cinnamon bark, pepper, ginger and dried ginger

Prepared medicines
1  Neerkovai pills (for external application)
2  Gouri chintamani
3  Chukku thailam
4  Arakku thailam
5  Sirobara nivarani thailam

(For head bath)
XXVI ANAL FISSURE
(Asana vedippu)

Simple remedies
1. Athi manappagu
2. Malakudara mezhugu
3. Moola kudori ennai

Prepared medicines
1. Thripalai kudineer
2. Kukkil vennai
3. Amirtha vennai
\{ (For external application)

XXXVII PILES
(Moolam)

Simple remedies
1. Country mallow decoction with palm Sugar candy
2. Warm fomentation with Country mallow fried in Castor oil for external application
3. White onions fried in ghee

Prepared medicines
1. Naga barpam
2. Velvanga barpam
3. Thethankottai Leghyam
4. Karunai leghyam
5. Nathai barpam
6. Muthuchippi barpam
7. Moolakudara net

XXVIII BOILS, ABSCESS
(Kattigal, Seezh kattiya veekam)

Simple remedies
1. Turmeric, slaked lime paste
2. Paste of Calcified lime with honey
3. Paste of Thuthikeeral, Anthimalli, seenthil, murungai keerali fried in castor oil for external application
Prepared medicines
1. Vellai ennai
2. Parangi choornam
3. Gandaga rasayanam
4. Pichai ennai
5. Amirtha vennai
6. Vanga kalimbu

When the boils or abscesses burst open, for external application

XXXIV PULP INFECTION OF FINGER
(Whitlow) (Viral sutru, naga sutru)

Simple remedies
1. Make a hole in a lemon fruit and thrust the affected finger into it
2. Poultice prepared with rice flour and lepidium sativum (Alivithu)

Prepared medicines
1. Parangipattai choornam

XXX ULCERS
(Sirangu)

Simple remedies
1. Karbogi paste
2. Pun podi
3. Adutheendapalai ennai

Prepared medicines
1. Punga ennai
2. Pachai ennai
3. Arugan, Cocoanut oil

XXXI SCABIES
(Sori, Sirangu)

Simple remedies
1. Fried borax powder with cocoanut oil for external application
2. Pun podi
Prepared medicines
1. Vellai ennai
2. Gandaga rasayanam
3. Pravala barpam
4. Muthuchippi barpam
5. Parangi rasayanam
6. Parangi choornam
7. Vanga kalimbu
8. Aruganpul thailam
9. Virana sanjeevi thailam

XXXII. RING WORM
(Padar thamarai, ecchil thazbumbu)

Simple remedies
1. Osithagarai elai pattu
2. Pei agathl or vandu kolli elai with lemon juice pattu

Prepared medicines
1. Amirtha vennai
2. Padai sankaran

XXXIII. PHRYNODERMA
(Toad skin—Thavalal Sori)

Simple remedies
1. Dew water for external application
2. Fried Borax with Cocoanut oil for external application,

XXXIV. FISSURE FOOT
(Kal vedippu)

Prepared medicines
1. Amirtha vennai
2. Kilicjral mezhugu
3. 

XXXV. CORNS
(Kaalani)

Simple remedies
1. Remove the corn and foment with salt water and yavaksharam.
2. After removal paint with calatropis juice and bandage.

XXXVI. ATHLETE FOOT
(Settru pun)

Simple remedies
1. Illuppai nei
2. Azhavanam elai paltru
3. Turmeric mixed with gingelly oil
4. Kadukkai and turmeric paste

XXXVII. SPRAIN
(Sulukku)

Simple remedies
1. Boiled tamarind paste for external application

Prepared medicines
1. Myna thailam
2. Kukkil thailam

XXXVIII MINOR INJURIES
(Adipatta kayangal)

Simple remedies
1. Paste of amukkara choornam
2. Raktha bala paturu

Prepared medicines
1. Myna thailam
2. Kukkil thailam
XXXIX BURNS AND SCALDS
(Theechuttapun, Vennear viranam)

Simple remedies
1. Slaked lime with cocolanut oil
2. Aruganpuli, cocolanut oil
3. 1 part of Myna thailam, 10 parts of Concanut oil

Prepared medicines
1. Kungiliyam vennai

For external application

XL SCORPION BITE
(Thel kadi)

Simple remedies
1. Common salt solution as eye drops
2. Salt paste at the site of the sting
3. Rub the site of the sting with slaked lime in split onion

XLII INSECT BITE
(Kanakadi)

Simple remedies
1. Kuppanment leaves, salt paste
2. Slaked lime at the site of the sting

Prepared medicines
1. Meganathu kuligai
2. Sanjeevi matherai
3. Agasthiar kuzhambu (fumigation)
4. Sivanar amirtham (nasiyam)

XLII INTESTINAL WORMS
(Kudal Kirumigal)

Simple remedies
1. Chootnam of Karun seeragam, orum paasam withu followed by castor oil next morning.
2. Plaintain fruit soaked in honey followed by castor oil next morning.
Prepared medicines
1. Meganatha kuliga
2. Poora mathirai
3. Sanjeevi mathirai

XLIII LEUCORRHoeA
(Vellai, Yoni vazhiyaga vellai paduthal)

Simple remedies
1. Thazhai vizhuthu charu
2. Vellaruga kudineer

Prepared medicines
1. Kungiliya vennai
2. Silajat barpam
3. Annabedhi chendooram
4. Velvanga barpam
5. Venpoosani leghyam

XLIV DYSMEMORRHoeA
(Soothaga soolai)

Simple remedies
1. Kudineer of Karun seeragam, lavangapattai, chukku, chittramoola verpattai, sombu

Prepared medicines
1. Ayaveera chenduram
2. Gunmakudori leghyam
3. Pattu karuppu chenduram

XLV MENORRHAGIA AND METARRHAGIA
(Perumpadu)

Simple remedies
1. Navel pattai kudineer
2. Atti pattai kudineer
3. Marutham pattai kudineer
4. Thottal surungi kudineer
5. Othiann pattai kudineer
Prepared medicines
1. Poongavi chenduram
2. Velvanga barpam
3. Vazhaipoo vatakam

XLVI RETENTION OF MILK AFTER CHILD BIRTH
(Pillai pettra pin pal kattu)

Simple remedies
1. Administration of a laxative and limited consumption of liquids

XLVII OTITIS MEDIA
(Kattu valiyum, Seezh vadithalam)

Simple remedies
1. Application of garlic juice
2. Application of Marul pattai juice
3. Application of Thiruneetrupachai juice

Prepared medicines
1. Pachai ennal
2. Chukku thailam
3. Musurumuttai thailam

XLVIII. CONJUNCTIVITIS
(Kannoil)

Simple remedies
1. Boiled rice with butter fomentation
2. Padiga panner drops
TABLE OF CONTENTS OF THE MEDICINES AND THEIR THERAPEUTIC USES

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II  Mathirai
III  Chunnam
IV  Vatakam
V  Nei
VI  Rasayanam
VII  Madappaku
VIII  Karuppu
IX  Podi
X  Aavipidithal
XI  Kalappu marunthu
XII  Charu
XIII Mezhugu and Kuzhambu
XIV  Kalkam
XV  Kalpam
XVI  Thunai marunthugal
XVII  Elai Kattu
XVIII Ottradam
IXX  Pugnaoottal
XX  Choornam
XXI  Vennai
XXII  Pattu
XXIII  Poochu
XXIV  Chengduram
XXV  Barpam
XXVI  Leghyam
XXVII  Thaiyam
1  KUDINEER (Decoction)

Name of Medicines

1 Nilavembu Kudineer
2 Nochi Kudineer
3 Thulas Kudineer
4 Milagu Kudineer
5 Inji Kudineer
6 Adathodai Kudineer
7 Karuvelampattai Kudineer
8 Thripali Koppuli Kudineer
9 Nalennel Koppulippu
10 Padiganeer Koppulippu
11 Alampattai Koppull Kudineer

Therapeutic uses

1. Fever
   a. Fever
   b. Fever with shivering
   c. Vapour bath in cold

2. Cold
   a. Cold
   b. Laryngitis
   c. Pain abdomen
   d. Antitode to Mercury, perchloride of mercury & arsenic
   e. Pain in the throat

3. Vomiting
   a. Vomiting
   b. Loss of appetite

4. Bronchial asthma
   a. Bronchial asthma
   b. Stomatitis
   c. Stomatitis
   d. Stomatitis
   e. For gargling in Laryngitis

5. Glossitis
   a. Glossitis
   b. Glossitis
   c. Glossitis
   d. Glossitis
   e. Glossitis
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<thead>
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<th>Therapeutic uses</th>
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<tr>
<td>12. Milagu Seeraga Kudineer</td>
<td>a. Gastritis</td>
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<td></td>
<td>b. Abdominal pain</td>
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<td></td>
<td>b. Diarrhoea</td>
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<td>c. Dysentery</td>
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<td>14. Drakshai Kudineer</td>
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<td>15. Chukku, Milagu Kudineer</td>
<td>a. Diarrhoea</td>
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<td>17. Kadukkaipo, athividayam, Sirunagappoo Kudineer</td>
<td>a. Dysentery</td>
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<td>18. Mangustan thol Kudineer</td>
<td>a. Dysentery</td>
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<tr>
<td>19. Amman Pacharisi Kudineer</td>
<td>a. Dysentery in children</td>
</tr>
<tr>
<td>20. Nandu Kuzhineer (Crab's burrow)</td>
<td>a. Hiccups</td>
</tr>
<tr>
<td>22. Imbural Kudineer</td>
<td>a. Haemoptysis and Haematemesis</td>
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<td>23. Keezhanelli Kudineer</td>
<td>a. Jaundice</td>
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<td>24. Neermulli Kudineer</td>
<td>a. Retention of urine</td>
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<td></td>
<td>b. General anasarca</td>
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<tr>
<td></td>
<td>c. Stone in the bladder</td>
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<tr>
<td>25. Sirupeelai Kudineer</td>
<td>a. Retention of urine</td>
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<tr>
<td></td>
<td>b. Antitude to poison circulating in the blood</td>
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<td>27. Aavarai panchanga Kudineer</td>
<td>a. Diabetes</td>
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<td>28. Mandoorathi Kudineer</td>
<td>a. General anasarca</td>
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<tr>
<td>29. Thiripalai Kudineer</td>
<td>a. Anal fissure</td>
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<tr>
<td>30. Vellaragu Kudineer</td>
<td>a. Leucorrhea</td>
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<tr>
<td></td>
<td>b. Scabies</td>
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<td></td>
<td>c. Ulcers</td>
</tr>
<tr>
<td></td>
<td>d. Skin diseases</td>
</tr>
</tbody>
</table>
**Name of Medicines**

31. Karun Seeragam, Luvangapattai, Chukku, Chittaramoolaverpattai, Sombu Kudineer
32. Naval pattai Kudineer
33. Athipattai Kudineer
34. Maruthampattaikudineer
35. Thottal Surungi Kudineer
36. Nakkupoochi Kudineer

**Therapeutic uses**

1. Dysmenorrhea
2. Menorrhagia and Metorrhagia
3. Menorrhagia and Metorrhagia
4. Menorrhagia and Metorrhagia
5. Intestinal worms

**II. MATHIRAI (PILLS)**

1. Chanda Chandrodhayam
   a. Fever
   b. Cold
2. Vasanta Kusumakaram
   a. Fever
   b. Fever with thirst
   c. Laryngitis
   d. Hiccups
   a. Bronchial asthma
   a. Laryngitis
   a. Dysentery
   a. Headache
   b. Cold
   a. Insect bite
   b. Intestinal worms
   a. Insect bite
   b. Intestinal worms

**III. CHUNNAM**

1. Veduppu Chunnam
   a. Retention of urine
   b. General asthma
IV VATAKAM (tablets)

Name of Medicines                                      Therapeutic uses
1. Thalisadi Vatakam                                    a. Cough
                                               b. Bronchial asthma
                                               c. Laryn itis
                                               d. Diarrhoea
                                               e. Sprue Syndrome
2. Vazhaipoo Vatakam                                     a. Menorrhagia & metarrhagia

V NEI (Ghee)
1. Thuthuvalai nei                                      a. Menorrhagia and
                                               Metarrhagia
2. Moola Kudara nei                                      a. Whooping cough
                                               b. Piles
3. Illupai nei                                           a. Athlete foot

VI RASAYANAM
1. Gandaga Rasayanam                                    a. Abscess, boils
                                               b. Scabies
2. Parangi Rasayanam                                     a. Abscess, boils
                                               b. Scabies

VII MANAPPAKU (Syrup)
1. Adathodai Manappaku                                  a. Fever
                                               b. Bronchial asthma
                                               c. Cough
                                               d. Whooping cough
2. Athi Manappaku                                         a. Constipation
                                               b. Anal fissure
3. Mathulai Manappaku                                    a. Vomiting

VIII KARUPPU
                                               b. Bronchial asthma
                                               c. Hiccup
                                               d. Laryngitis
2. Sivnar Amirtham(nasyam)                              a. Insect bite
## IX PODI (powder)

<table>
<thead>
<tr>
<th>Name of Medicines</th>
<th>Therapeutic uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Punpodis</td>
<td>a. Scabies</td>
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<tr>
<td></td>
<td>b. Ulcers</td>
</tr>
<tr>
<td>2. Vengara pachai</td>
<td>a. Scabies</td>
</tr>
<tr>
<td></td>
<td>b. Phrynoderma (toad skin)</td>
</tr>
<tr>
<td>3. Padai Sankaran</td>
<td>a. Ringworm</td>
</tr>
</tbody>
</table>

## X AVIPIDITHAL (Vapour bath)

| 1. Nocht, brick Vapour | a. Cold |

## XI KALAPPU MARUNTHU (Mixed Medicines)

| 1. Lemon Seed, honey | a. Vomiting |
| 7. Lemon pickles (saltish) | a. Vomiting |
| 3. Tender cocoanut water | a. Retention of urine |
| 4. Black night shade leaf and green gram Kootu as side dish | a. Glossitis |
| 5. White of an egg and cow's milk | a. Haemoptysis and Haematemesis |
| 6. Country mallow kootu | a. Piles |
| 7. Plaintain fruit, honey | a. Intestinal worms |
| 8. Castor oil, breast milk | a. Constipation in children |

## XII CHARU (Juice)

| 1. Garlic Juice | a. Otitis media |
| 2. Ginger juice | a. Cold |
| 4. Marulpattal juice | b. Tonsillitis |
| 7. Thirupurujuju Juice | a. Otitis media |
| 6. Hurru Sugar-cane, Cardamom juice | a. Retention of Urine |
| 7. Thirun-srirupashal Juice | a. Hiccups |
| 8. Thirupal Vizhuribhu Juice | a. Leucorrhoea |
Name of Medicines

16 Parangi Choornam
   a Abscess, boils
   b Scabies

17 Karun Seeragam, Omam, Palasuvithu
   a. Intestinal worms

18 Gorochanaat
   a Measles

19 Thippili Seeragam, mayil-arakgu Choornam
   a Hiccups

20 Milagu Seeraga Choornam
   a Gastritis

XXI BUTTER
(Vennai)

1 Amirtha Vennai
   a Anal fissure
   b Fissure foot
   c Abscess, boils
   d Ringworm

2 Kungiliya Vennai
   a Stomatitis
   b Glossitis
   c Burning sensation during micturition
   d Leucorrhoea
   e Gonorrhoea
   f, g Anal fissure
   h Burns and Scalds

3 Vanga Vennai (Kalimbu)
   a Abscess, boils
   b Scabies

XXII PATTRU
(Paste)

1. Amukkara pattu
   a Minor injuries

2 Chukku Milaku pattu (Dried pepper paste)
   a Headache

3 Inji pattu (Ginger paste)
   a Headache

4 Kadukkai, Manjal pattu
   a Athlete's foot

5. Carbogai pattu
   a Ulcers
<table>
<thead>
<tr>
<th>Name of Medicines</th>
<th>Therapeutic uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kuppaimei, uppu pattru</td>
<td>a Insect bite</td>
</tr>
<tr>
<td>Manjal Chunnambu pattru</td>
<td>a Abscess, boils</td>
</tr>
<tr>
<td>(Turmeric slaked lime paste)</td>
<td></td>
</tr>
<tr>
<td>Manjal nallenei pattru</td>
<td>a Athlete foot</td>
</tr>
<tr>
<td>(Turmeric Gingelly oil paste)</td>
<td></td>
</tr>
<tr>
<td>Maruthouri pattru</td>
<td>a Athlets foot</td>
</tr>
<tr>
<td>Oosithagarai pattru</td>
<td>a Ringworm</td>
</tr>
<tr>
<td>P-lapaahi pattru</td>
<td>a Ringworm</td>
</tr>
<tr>
<td>Puhuppa pattru (Tamarind, Salt paste)</td>
<td>a Sprain</td>
</tr>
<tr>
<td>Ratbabola pattru</td>
<td>a Minor injuries</td>
</tr>
<tr>
<td>Thane Chunnambu (Honey, lime paste)</td>
<td>a Abscess, boils</td>
</tr>
<tr>
<td>Uppu pattru (Salt paste)</td>
<td>a Scorpion sting</td>
</tr>
<tr>
<td>Veppillai, manjal pattru</td>
<td>a Measles</td>
</tr>
<tr>
<td>(Neem leaves turmeric paste)</td>
<td></td>
</tr>
</tbody>
</table>

XXIII  POOCHU (Paint)

| 1 | Chunnambu thelineer, thengai ennai (Slaked lime, Coconut oil) | a Burns and scalds |
| 2 | Chunnambu Vengayam Poochu (Lime Onion rub)                  | a Scorpion bite     |
| 3 | Chunnambu poochu (Slaked lime paint)                        | a, Insect bite      |
| 4 | Erukkanpal poochu (Calatropis juice paint)                  | a Corns             |
| 5 | Poondu, thane poochu (Garlic, honey paint)                  | a Tonsillitis       |
| 6 | Panmeer poochu (Dew water paint)                            | a Ringworm          |
## XXIV. CHENDURAM

<table>
<thead>
<tr>
<th>Name of Medicines</th>
<th>Therapeutic uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Abraka Chenduram</td>
<td>a. Diabetes</td>
</tr>
<tr>
<td>2. Annabedhi Chenduram</td>
<td>a. Diarrhoea</td>
</tr>
<tr>
<td></td>
<td>b. Jaundice</td>
</tr>
<tr>
<td></td>
<td>c. Leucorrhoea</td>
</tr>
<tr>
<td></td>
<td>d. General anaasarca</td>
</tr>
<tr>
<td>3. Aya Chhnduram</td>
<td>a. General anaasarca</td>
</tr>
<tr>
<td>4. Gowri Chintamani</td>
<td>a. Headache</td>
</tr>
<tr>
<td>5. Kantba Chenuram</td>
<td>a. General anaasarca</td>
</tr>
<tr>
<td></td>
<td>b. Diabetes</td>
</tr>
<tr>
<td>6. Loha Mandooram</td>
<td>a. General anaasarca</td>
</tr>
<tr>
<td>7. Mandoora Chenduram</td>
<td>a. Jaundice</td>
</tr>
<tr>
<td>8. Padigalinga Chendurm</td>
<td>a. Diarrhoea</td>
</tr>
<tr>
<td></td>
<td>b. Dysentery</td>
</tr>
<tr>
<td>9. Poongavi Chenduram</td>
<td>a. Dysmenorrhoea</td>
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<tr>
<td></td>
<td>b. Haematemesis and Haemoptysis</td>
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<tr>
<td>10. Uppu Chenduram</td>
<td>a. Gastritis</td>
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<tr>
<td>11. Vedi Annabedhi Chenduram</td>
<td>a. General anaasarca</td>
</tr>
<tr>
<td>12. Ayaveera Chendusam</td>
<td>a. Dysmenorrhoea</td>
</tr>
<tr>
<td>13. Pattu Karuppu Chenduram</td>
<td>a. Dysmenorrhoea</td>
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</tbody>
</table>

## XXV BARPAM

<table>
<thead>
<tr>
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<th>Therapeutic uses</th>
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<tbody>
<tr>
<td>1. Amaioud barpam</td>
<td>a. Diarrhoea in children</td>
</tr>
<tr>
<td>2. Curu parpam</td>
<td>a. Measles</td>
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<tr>
<td></td>
<td>b. Diabetes</td>
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<tr>
<td></td>
<td>c. Piles</td>
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<tr>
<td></td>
<td>a. Measles</td>
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<tr>
<td>4. Mankombu barpam (Sirungi barpam)</td>
<td>a. Haemoptysis and Haematemesis</td>
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<td>5. Muthu Chippi barpam</td>
<td>b. Piles</td>
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<tr>
<td></td>
<td>c. Scabies</td>
</tr>
<tr>
<td></td>
<td>d. General anaasarca</td>
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<tr>
<td>Name of Medicines</td>
<td>Therapeutic uses</td>
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<td>6 Naga barpam</td>
<td>a Piles</td>
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<td>7 Nandukkal barpam</td>
<td>a Retention of urine</td>
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<td></td>
<td>b General anasarca</td>
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<tr>
<td>1 Nathai barpam</td>
<td>a Dysentery</td>
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<tr>
<td></td>
<td>b Piles</td>
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<tr>
<td></td>
<td>c Diarrhoea in children</td>
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<td>9 Padikara barpam</td>
<td>a Glo sitis</td>
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<td></td>
<td>b Stomatitis</td>
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<td></td>
<td>c Jaundice</td>
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<tr>
<td>10 Palakarat barpam</td>
<td>a Jaundice</td>
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<td>11 Pravala barpam</td>
<td>a Cough</td>
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<td></td>
<td>b Bronchial asthma</td>
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<tr>
<td></td>
<td>c Scabies</td>
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<td>12 Sangu barpam</td>
<td>a Jaundice</td>
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<td></td>
<td>b Tonsillitis</td>
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<tr>
<td></td>
<td>c Leucorrhoea</td>
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<td>13 Silajat barpam</td>
<td>a Dysentery</td>
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<tr>
<td></td>
<td>b Glossitis</td>
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<tr>
<td></td>
<td>c General anasarca</td>
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<td>d Jaundice</td>
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<td></td>
<td>e Leucorrhoea</td>
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<td></td>
<td>f Stomatitis</td>
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<td></td>
<td>g Retention of urine</td>
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<td>h Haemoptysis and Haemetemesis</td>
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<td>a Leucorrhoea</td>
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<td>b Piles</td>
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<td>c Retention of urine</td>
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<tr>
<td></td>
<td>c Haemoptysis and Haemetemesis</td>
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<td>15 Viralmeen thalaikal barpam</td>
<td>a Retention of urine</td>
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<td>16 Kungilya barpam</td>
<td>a Glossitis</td>
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## XXVI LEGHYAM

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<th>Name of Medicines</th>
<th>Therapeutic uses</th>
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<tbody>
<tr>
<td>1 Lavanga leghyam</td>
<td>a Diabetes</td>
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<tr>
<td>2 Imbural leghyam</td>
<td>a Haemoptysis and Haemetemes</td>
</tr>
<tr>
<td>3 Kakkuvan leghyam</td>
<td>a Whooping cough</td>
</tr>
<tr>
<td>4 Karunai legyam</td>
<td>a Piles</td>
</tr>
<tr>
<td>5 Kesari leghyam</td>
<td>a Vomiting</td>
</tr>
<tr>
<td>6 Narathai leghyam</td>
<td>a Vomiting</td>
</tr>
<tr>
<td>7 Theban kottai leghyam</td>
<td>a Piles</td>
</tr>
<tr>
<td>8 Venpoonam leghyam</td>
<td>a Leucorrhoea</td>
</tr>
<tr>
<td>9 Gunma Kudori leghyam</td>
<td>a Gastritis</td>
</tr>
<tr>
<td></td>
<td>b Dysmenorrhoea</td>
</tr>
<tr>
<td>10 Mukkadu leghyam</td>
<td>a Common cold</td>
</tr>
<tr>
<td></td>
<td>b Abdominal colic</td>
</tr>
<tr>
<td></td>
<td>c Dyspepsia</td>
</tr>
<tr>
<td></td>
<td>d Burning sensation during micturition</td>
</tr>
<tr>
<td></td>
<td>e Diarrhoea</td>
</tr>
<tr>
<td></td>
<td>f Loss of appetite</td>
</tr>
<tr>
<td></td>
<td>g Flatulence</td>
</tr>
<tr>
<td></td>
<td>h Vomiting</td>
</tr>
</tbody>
</table>

## XXVII THAILAM

<table>
<thead>
<tr>
<th>Name of Medicines</th>
<th>Therapeutic uses</th>
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</thead>
<tbody>
<tr>
<td>1 Karpoorsthi thailam</td>
<td>a Whooping cough</td>
</tr>
<tr>
<td></td>
<td>b Bronchial asthma</td>
</tr>
<tr>
<td>2 Kukkil thailam</td>
<td>a Bronchial asthma</td>
</tr>
<tr>
<td></td>
<td>b Minor injuries</td>
</tr>
<tr>
<td></td>
<td>c Sprain</td>
</tr>
<tr>
<td>3 Keezhanelli thailam</td>
<td>a Jaundice</td>
</tr>
</tbody>
</table>
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N.B. - This book is issued only for one week till _______.
This book should be returned within a fortnight from the date last marked below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>Date</th>
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