

GUIDE

Herbo-Mineral Medicines



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PREFACE

We have great pleasure in presenting a revised edition of the J & J DeChane Guide to Herbo-Mineral medicines. Herbo-Mineral medicines are a combination of various drugs, which are processed by constant grinding so as to render them effective even in the small dosages we recommend.

These medicines, besides being efficacious and rapid in action, are without any untoward reactions. The prices have always been kept low so that they may be affordable to suit the vast majority of the people of India. 97 years ago DeChane started providing an answer to the needs of our people in rural areas. Today, DeChane's medicines are popular both in rural areas and in the cities. To bridge the communication gap in such a large country, our Guides are available in various languages.

DeChane sincerely thanks medical practitioners for their support through these 97 years. We have built a large and well spread network of stockists throughout India. In the event of unavailability of any DeChane Products, please write to us and we will see that the nearest DeChane stockist or representative agent gets in touch with you. For updates and new products please check our website (www.dechane.com).

Hyderabad,
December – 2014

Those customers who are not able to procure DeChane Products in retail outlets nearby may purchase it at

online
@
www.dechane.com

Customers may also contact the company on the below mentioned phone numbers or e-mail to procure medicines through courier.

08008401668/ 040-24753537/24753538/24753539
E-mail – dechane@hotmail.com

SYSTEM WISE CLASSIFICATION OF FORMULATIONS

ALIMENTARY SYSTEM

Antacids	: Magnine
Antiamoebic/ Antidiarrhoeals	: Diasyn Tabs & Syrup
Cirrhosis	: Herbitars, Albo-Sang
Constipation	: Spolax, Spolax-E, Herbitars Tabs & Syrup, SalPhos
Digestives	: SalPhos, Bio-Sal, Gastromone
Hepato-biliary stimulant	: Herbitars Tabs & Syrup
Jaundice	: Kynotomine, Herbitars Tabs & Syrup

CARDIO-VASCULAR SYSTEM

Anginal drugs	: Amyglia
Antihypertensives	: Vitesson, Grandi-Co, Amyglia
Hemostatics	: Chiniumco

CENTRAL NERVOUS SYSTEM

Analgesic / Anti-pyretic	: Decil
Anti-convulsants	: Agarco, Vitesson
Anxiolytics	: Nevoss, Vitesson
Tranquillizers	: Vitesson

MUSCULO-SKELETAL DISORDERS

Arthritis	: Remorin Caps & Oil
Myalgia	: Decil, Chesol, Rubzon
Myopathy	: Rubzon, Chesol, Olosyn
Neuralgia	: Decil, Remorin Caps & Oil, Chesol, Vitesson, Rubzon
Rheumatic disorders	: Decil, Remorin Caps & Oil, Chesol, Rubzon
Rubefaciants	: Rubzon, Chesol
Osteopathy	: Albo-Sang, Albocal

NUTRITION

Alcoholics (protective)	: Albo-Sang, Herbitars Tabs & Syrup
Appetite stimulants	: SalPhos, Bio-Sal, Albo-Sang, Herbitars Tabs & Syrup
Iron preparations	: Ferrous Fumarate
Tonics	: Albo-Sang, Iobine, Bio-Sal, Livactin-G
Calcium supplements	: Albovit, Albocal, Albo-Sang

SKIN

Antiseptic dusting powder	: Healing Dust
Acne	: Rasgent, Iobine, Gigi Syrup
Eczema	: Skinment, Ripanto, Iobine,

	Herbo-Sulph
Hair Tonic	: Olosyn
Pigmentation disorders	: Iobine
Ringworm	: Skinment
Soothing & Protective	: Ripanto, Iobine, Olosyn
Scabies	: Skinment, Ripanto

RESPIRATORY SYSTEM

Adenoids	: Iobine, Hemoplex, Entrops
Allergic Rhinitis	: Iobine, Rubzon, Chesol
Antitussives	: Koflyn, Dagine, Meditab
Bronchial Asthma	: Desma, Iobine, Meditab, Koflyn Tabs & Syrup
Bronchitis	: Iobine, Meditab, Chesol, Rubzon, Desma
Epistaxis	: Chiniumco
Tonsillitis	: Decil, Entrops, Hemoplex, Iobine
Whooping cough	: Dagine, Amyglia

GENITO-URINARY SYSTEM

Adaptogenic/ Male Menopause G	: Albo Sang, Senzine, Nevoss, Livactin-G
Cystitis	: Turaico
Diuretics	: Turaico
Dysmenorrhea	: Auratinum, Brahamdine Tabs & Syrup, Chiniumco, Amyglia
Haematuria	: Chiniumco
Leucorrhoea	: Brahamdine Tabs & Syrup, Albo-Sang, Auratinum
Menopause	: Vitesson, Albo-Sang, Albovit, Brahamdine Tabs & Syrup, Zaher-Co
Menorrhagia	: Chiniumco, Brahamdine Tabs & Syrup, Albo-Sang
Sexual Neurasthenia	: Senzine, Nevoss, Albo-Sang, Livactin-G
Urinary Calculus	: Turaico

GENERAL

Antioxidant	: Livactin-G
Adjuvant (for better absorption)	: Iobine
Allergic disorders	: Iobine
Body / Head Massage	: Olosyn
Dental Care	: Albo-Sang, Tooth Powder, Entrops
Diabetes	: Mersina, Livactin-G, Albo-Sang Tabs
Scorpion sting	: Zaher-Co, Decil

INNER HEALTH

*In today's high speed age,
we have taken for granted
the God given gift
of good health.*

*Our forefathers knew
better, they developed a system
of living, prayer, balanced diet,
exercise and nature's medicine.
HERBO MINERAL medicines
have been developed to look after
your INNER HEALTH.*

PART – I

The Medical Outlook

J & J DeChane was started in 1917, with the object of rendering medical aid primarily to rural areas. It is common knowledge that most villages are beyond the reach of medical aid. India is a land of over 500,000 villages, and more than 3/4th of the total population lives in these villages.

We have, during the last 97 years devoted all our efforts and attention to the health and well-being of our people throughout the country by providing them with effective, safe and economical medicines.

We recommend a study of the booklet entitled "Restoration of Lost Health". This booklet is intended to correct certain fallacies of nutrition and general principles of life. Special emphasis is laid on vitality and nervous disturbances. **We send this booklet by post, on request.**

Prevention is always better than cure and it is a matter of prime importance to be able to turn our attention to the creation of sound and lasting health. This will contribute to raising our standard of living and make definite progress in reducing the incidence of disease. Thousands of people torture themselves unnecessarily through lack of understanding of the simple facts of common complaints. Since many diseases can be cured or checked by early treatment, it is harmful to be uninformed about one's state of health.

Every disease has a cause but the cause is not always the same in every case of the same disease

The same cause does not always produce the same disease picture, nor is the same disease picture always due to the

same cause. There can be no routine form of treatment in any disease, but there may be routine remedies to meet the requirements of routine conditions.

Most complaints may be said to be due to one or more of the following causes:

1. Improper nutrition, digestion, assimilation and elimination.
2. Mental and nervous disturbances.
3. Changes in the blood picture.

Gastric ulcers may be precipitated by mental and nervous disturbances. A large number of chronic complaints are known to be due to a state of psychoneurosis.

Bad digestion may affect the eyes. Nervous disturbances also cause eye affection. Blood changes do bring about changes in the condition of the eye. Similarly, all the organs of the human system may be affected by any of the above causes or a combination of any two or all the three causes. Dental problems may arise from improper digestion or nervous disturbances or changes in the blood picture.

It is necessary to study the constitutional peculiarities of the patient.

Eye trouble, irregularities of liver, constipation, lung trouble, even earache, toothache or a boil may need some routine internal or external medicine calculated to correct the particular condition, but the treatment is not complete, nor can the result be satisfactory unless a proper study is made of the constitutional peculiarities of the patient.

Our combination of the constructive and the curative forms of treatment has been the basis of treatment with DeChane

medicines and also perhaps, the secret of the success of our little work. There can be no routine form of treatment in any disease but there are routine remedies to meet the requirements of routine conditions. Our aim has been to adjust the knowledge acquired by different persons in different spheres and quarters and viewed from different angles. While all theories may individually be correct, their wholesale application is wrong, because man is a complex being. Hence the need for combinations, not only of medicines but also of medical theories. It is to this task that we have devoted ourselves to.

DeChane Herbo-mineral medicines are based on the principles of Ayurveda, Homeopathy and Allopathy.

We have been faced with the immensity of knowledge and have felt humbled in facing it. If man needs a lesson in humility he has only to study Medical Science, in all its branches. An allopathic doctor cures a disease by his own methods. The homeopathic doctor cures the very same disease by exactly contrary methods. The ayurvedic doctor cures the same disease by his special methods. And so does the unani doctor, the naturopath, etc...

The greatest doctor is he who is humble enough to learn and that from anybody. The greatest doctor is he, who while knowing much, still thinks he knows little. The greatest doctor is he who sincerely endeavors to find out remedies to suit individual pockets. Finally, the greatest doctor is he who has taken pains to study the:

Working of the human mind, frailties of the human body and the angelic aspiration of his soul. All the three functions play the most important part in the treatment of diseases and he is really a poor doctor who does not know the association of one with the other.

DeChane have evolved products that present the advantages of the different systems.

We have respect for all the authorities and research workers of the various branches of Medical Science. We have studied their fundamental principles and have tried to find points of agreement. Thus, we have endeavored to make a combination of the ideas originating in the East and the West. We do not pretend to have evolved a system which is absolutely complete, but we believe that we have made a combination, which while presenting the advantages of the various systems possesses disadvantages of neither of them.

The main principles of Ayurveda, Homeopathy and Allopathy

Continuous grinding [trituration] increase the power of the drug; this is not the same principle of "Potentization" as taught by Homeopathy. The ayurvedic masters observed that "continuous grinding imparted to the medicine a force or power of action very much higher than that possessed by the drug". Hence, our herbo mineral medicines are ground and 'atomized' with the result that they operate deeply and act rapidly when administered in small doses. The term 'atomized' is used in this guide in the same sense as it has been used by us for the last ninety five years, i.e. thorough disintegration brought about by continuous grinding.

Experiments have been carried out to show the rapidity of action of 'atomized drugs'.

Dr. Schulz, Professor of Pharmacology at the University of Greifswald put yeast cells into a solution of mercury chloride of various strengths. In the strongest solution the yeast cells were quickly killed. In the weaker solutions, the cells

remained alive for a longer time. In still weaker solution, the cell vitality was checked. However when these yeast cells were put into solutions of 1 in 7 to 8 million, their vitality was accelerated to such an extent that the yeast cells multiplied rapidly. Thus we see that where tiny doses (particularly of atomized medicine) give proper stimulation to the system strong doses either arrest or positively destroy the power of the system and actually cause disease other than those that are sought to be cured.

Again it has also been showed that 'atomized' medicines are absorbed from the mucous membrane of the mouth, into the system before reaching the stomach. Thus, in acute conditions, the medicines work within minutes and not hours.

In order to prove that it is possible for minutely ionized and molecularly suspended substances (such as our atomized medicines) to be absorbed directly into the blood from the mucous membrane of the tongue, Dr. Med Mendal of Essen conducted the following experiments.

He touched the surface of a person's tongue with a small glass rod dipped into a solution of digitalis (atomized). After a few seconds, the controlling apparatus registered the effect upon the heart. He next took ionized morphia and let a drop fall on the tongue of the test person. After two minutes, he could prove the presence of the medicament in the person's blood, drawn from his artery.

Therefore, our compounds when administered in minute doses or in dilution in acute cases, work very rapidly sometimes to the utter astonishment of the doctor. "Engrafting" is another term special to Ayurveda and to some extent, to the Unani system of medicine. This means grinding of minerals and metals into various herbal extract which also means the same thing as combining solutions of metals and minerals with tinctures and extracts. However, there is a

difference that whereas liquid compounds have to undergo chemical changes, in powder form they retain their full natural strength, and by virtue of the unique efficacy, operate more deeply and produce lasting results. The ayurvedic masters also observed that “what action a crude drug produces, its opposite action is produced by its atoms.

This principle differs from homeopathy merely in terminology **Similia similibus curantur**. This is also a principle followed by allopathy. The latter two systems however, have an explanation which is regarded as scientific but fundamentally all three follow the same principle and obtain the same results varying only in degree.

Allopathy

Many eminent medical authorities even in the allopathic system, maintain that 'while massive doses lower resistance to various bacteria, small doses increase this power' small doses act as antigen, and produce antibodies, protective and curative. They also maintain that it is not the quantity of medicine that matters but the IONS absorbed into the system. "atomization" helps adequate ionization. Dr. W. Karo in his book "Urinary and Prostatic Troubles" writes "Homeopathy and Allopathy have to supplement each other; both have to know exactly the limit of their efficiency. Only by cooperation can the ideal art of the future be brought forth”.

We stress on the spiritual side of medical work.

We have been told by some, that it is not proper for us to introduce spiritual questions in dealing with purely medical matters. The doctor has to deal not only with the body of a man but also with his mind, because the mind works upon the body and therefore in a sense the mind needs more attention than the body. But the state of mind depends upon

the health of the spirit commonly called the Soul, and therefore the body, mind and soul are interconnected and depend upon one another for their welfare.

This thinking has conditioned the formulation of DeChane Herbo-mineral remedies because we consider Man as a complete unit- his different systems comprising parts of a well balanced whole.

We do not consider anyone part as being ill, but consider the manifestations of illness in one part or system in its relation to the whole individual.

If we analyse the new findings of the research scholars of the world, we see that fundamentally it is only the spirit of man that contributes to his own happiness or misery, his own success or failure, his own good health or ill health.

The principle that doctors should treat the patient and not the disease implies that he should take into account the patient's mode of eating and drinking; of living; of thinking and acting. All these are influenced by his attitude towards life and unless this attitude is correct, neither his thoughts nor his actions can be correct.

Psychotherapy is the science of treating the mind and in turn, the body.

It is said that the best remedy for nervous diseases, is the **development of the spiritual side of the patient**. Doctors who have studied only science and nothing about Him who is Teacher of science, will call this **Psychotherapy**.

Psychic influences play a very great part in the treatment of diseases in general and in nervous affections in particular. However, psychological powers at best can only twist the imaginative faculties of the patient and serve to infuse greater

confidence into him or her in the ability of the doctor to cure a disease. Thus far, psychotherapy will certainly do much good, but it cannot go further.

Spiritual development on the other hand does not merely play upon the imagination but arouses the special faculties of the soul. It is with this 'soul-force' combined with the cooperation with the doctor and his medicines, that the patient gets well or learns to bear up to the pains and inconveniences of the disease with calm resignation and a smile.

Certain fundamentals for preventing and curing diseases.

Every educated person ought to know

- How to accept life philosophically and
- How to take care of one's own health and the health of those entrusted to his care.

To accept life philosophically means that we should realize that we are in the world not by our own will but by the will of the Creator, and that He has an objective in sending us here, and that we have to fulfill that objective and that, on the fulfillment of that objective depends entirely our happiness or misery. Failure to grasp this point makes us go through life with a terrible rush, not understanding what we have to do and what we have not to do with the result that all we do and all we may accomplish is neither of use to ourselves nor to anybody else. It is a purely wasted life.

The second obligation imposed by education is that every person should at least know the elementary laws of good health. How many educated persons are there who could say that they are not responsible for their ill health?

Let us consider the ordinary principles of maintaining good health and curing illness.

The value of health is appreciated only when we lose it. Most of us have to repent for past follies. If the patient is responsible for his present ill health, he need not despond. He can certainly regain it. However, he must understand the preventive measures for his own sake and for the sake of others - so that he may also help them to avoid the mistakes, he may have made in the past.

The most common failing of the human nature is indiscipline.

A major problem can be when we cannot say 'no' to any of the promptings of our senses. We are entirely under the domination of our senses and we will not say 'no' to any of their promptings. Senses are gifts of nature and therefore a real blessing, but unchecked, they are our greatest enemy. It is the senses and sensuality in every form that is responsible for so much ill health and misery. It is therefore necessary to control eating and drinking, prevent worry and dissipation, ensure proper healthy recreation, have proper exercise, regulate number of hours of work, recreation and time of sleep.

It is good to work hard, learn to serve others, be unselfish and seek opportunities to be good and do good. These are in reality the laws of good health, to which may be added others laid down by science.

Another important law is to live within our means.

It might seem even silly to say this but, since so many people forget this basic principle, it is necessary to do so. To pretend to be bigger than we really are has disastrous moral results. With an inflated brain, we get inflated ideas, and in turn go

into inflated actions.

The sages of old, knew the near and distant causes of ill health and have often spoken plainly and bluntly of the need to live within means.

And there must be TRUST IN GOD, the doctor, medicines and ourselves.

When we are ill, our mind, as a rule becomes tricky. We run from doctor to doctor. Gulp down one medicine after another. This procedure only helps to worsen our condition. It is therefore, necessary to remain cool, to remain faithful to the doctor in whose hands the patient has put himself. The doctor must be given the time and a chance to cure. It may take time to cure a chronic disease, but the results are generally better and the cure lasting. Quick cure of chronic diseases is often deceptive.

Living in an Age of Science should not mean disrespecting the Laws of Nature.

If treatment is undertaken [i.e. with our medicines] with the aid of instructions given in our literature it is necessary to thoroughly understand the patient's constitutional peculiarities, understand the disease, understand the remedies selected and finally understand what things, what thoughts and what actions must be avoided in order to help the medicines to work rightly. It must not be forgotten that medicines have their limitations and that they are only helps to Nature: Hence the laws of Nature must not be violated but observed as strictly as circumstances will allow. We are living in an Age of Science. However, sometimes, in paying homage to Science, we disrespect Nature – the mother of Sciences.

People now think that drugs, tonics, injections, etc., can do everything for them and that they should do nothing for themselves. This is absurd. Taking medicines indiscriminately produces diseases, which are sometimes worse than the ailment for which the medicine was taken. Strong medicines should be administered with care. Even harmless medicines like DeChane Herbo Mineral medicines should not be abused.

Vitality - Preventive against disease.

Vitality is a word, which has been greatly misunderstood. To the medical person it would mean 'the proper functioning of the numerous CELLS in the human body'. Lay people think 'vitality' is synonymous with 'strength' and everybody is diligently studying how to get it. However, we are of the opinion that Vitality is physical, mental and spiritual.

Mental vitality is naturally, the most important as compared to the other two. It is the mind that rules the body. A weak bodied person lives much longer through sheer force of mind. A person with strong mental vitality overcomes disease more easily than a person with weak mental faculties. Hence the truth of the old adage

'A healthy mind in a healthy body'

Spiritual vitality is another important facet - as life itself shows us. Who are the people that command our respect? Not necessarily the person with a fine physique, nor the one who is very learned; nor the one who is rich or beautiful. But it is always the person of humble nature, who does what is right and scrupulously avoids the wrong. It is not necessary to be a 'Sanyasi' to have spiritual vitality. All that is required is to lift up our hearts to the Creator, and to accept all things that happen to us, as the accomplishment of His will.

It is easy to call this defeatism. However it is our belief that when man obeys God, all things obey man - but, when man revolts against God, all things subordinate to man revolt against him - even medicines.

Revitalization is achieved with proper attention to nutrition, assimilation and elimination.

Our Physical well-being depends in large measure on the manner in which we regulate our life. In essence, we have to live for Duty not Pleasure. Patients often come to doctors with a complicated history of various complaints, asking for advice and treatment. Special emphasis is laid on wanting to regain 'lost vitality'. However, they forget that vitality is a blessing of good health and that unless impediments to good health are removed, vitality can never be brought back. An understanding of [1] the basic principle of good health [nutrition, digestion, assimilation] and [2] details given under the head 'Constitutional treatment' in Section III devoted to Treatment of Disease shows what we have to do ourselves to restore vitality and what Science does for man, respectively.

Nutrition

Good nutrition means that we have to eat rightly. To eat rightly does not mean to eat richly. Right food is that food which is natural to each one of us. What is meat to one is poison to other. People eating chutney and chapattis are often more muscular and hardy than those who eat duck and turkey. Scientific nutrition means that we can enrich our food. Our polished rice and baker's bread have very little food value. Richer things are too heavy for our weak stomachs and other things are too expensive for our small income. Here it is that science comes to the rescue.

Digestion

Good digestion is the key to good health. Digestion depends upon what you eat and how you eat. We may eat wrong things and we may eat right things in a wrong way. Food must be masticated and nothing should go down the throat until it is reduced to pulp in the mouth by the teeth. Mastication prevents over eating. Bad teeth and bad digestion go together. Good teeth are a result of good digestion and good digestion, a result of good teeth. Digestive troubles are often deceptive. Persons who eat well (and they invariably overeat) and assert that their digestion is excellent, may be suffering from indigestion of worse type than others. Digestive troubles are also caused by excessive tea and coffee drinking and smoking.

Assimilation

Assimilation is said to be improper when a person eats well and digests well and yet looks anemic. This is due to several known and unknown causes explained under 'Treatment' in Section III.

Common problems - Nervous disturbances changes in blood picture.

Nervous disturbances

Good health is also regulated by the nervous system. Our super-civilization has imposed a heavy tax upon the brains and nerves. Even children are born nervous. The very best nature remedy for nervousness is regularity of habits, restful sleep and cool-headedness. Coolness of head can only come with the right conception of life. If we live for pleasure or fame or wealth, these very things become our enemy someday.

If we live for DUTY then the Master, who has imposed it upon us, naturally helps us to realize our responsibilities and to go through life manfully. This is the philosophy of life but philosophy needs help from nature and our poor nerves have got to be attended to by means of aids so kindly and generously provided by science.

Nervous affections are due to natural causes as well as to unnatural causes. Natural causes are illness, mental strain, overwork, worries, sorrows and the several ups and downs of life to which we are subject. The unnatural causes are acts against nature, burning of one's candle at both ends, self-abuse and excesses of every sort. No one can break the laws of Nature and go unpunished.

Nervous diseases can be brought on by improper nutrition, digestion and elimination and the trouble disappears by putting right what has gone wrong. On the other hand nervous disturbances can derange digestion, assimilation, elimination, and even vitiate blood. It is a vicious circle and a medical problem.

The following quotation which is described as "A brief of a new approach in modern medicine" shows the importance of treating the nervous system in all cases.

Nearly two and a half millennium ago Socrates came back from army service to report to his Greek countrymen that in one respect the barbarian Thracians were in advance of Greek civilization. "They knew that the body could not be cured without the mind". This he continued, "is the reason why the cure of many diseases is unknown to the physicians of Hellas, because they are ignorant of the whole".

Changes in blood picture

As we have seen, anything may vitiate blood and vitiated

blood may cause nervous troubles as well as bring on digestive troubles. We explain under treatment the various conditions of blood, the most important of which are the two mentioned below:

Blood changes due to chronic malaria

This disease is playing havoc in India. It is not generally known to lay persons that malaria remains hidden in the system for years. No matter whether a person has had malaria 25 days or 25 months ago, there is always a possibility that it is working damage secretly in the system. One characteristic manifestation of malaria in chronic and latent form is that digestion gets out of order on the least pretext. In some cases there are feverish symptoms, in others the thermometer shows no rise in temperature.

Blood changes due to venereal diseases

Those who suffered from gonorrhoea or syphilis and have not taken pains to treat themselves adequately must be prepared to experience all forms of obstructions not only in the treatment of disease in general but also in maintaining good health.

According to medical authorities venereal poison remains active for several years in the body, and therefore, persons who might have contracted it must persevere in the process of "purification" for a number of years even though a systematic medical treatment may have been undergone in earlier years. The patients should not have a sense of false security and assume that because they do not see any particular signs of these diseases, they are absolutely sound. We do not wish to frighten people.

We therefore suggest means of regaining lost health - means that science and experience have shown to be good, expeditious, reliable and perfectly sound.

PART – II

Materia Medica

The dose of DeChane herbo mineral medicines is small. The lower limit specified should be followed. However, in cases where prompt relief is necessary e.g. in high fever, colic, etc; the maximum dose may be administered.

The usual interval between doses is 8 hours.

However, as the patient improves, the interval between doses should be increased and the dose should be decreased. This procedure will give nature a chance to assert itself. For information about dosage of drugs mentioned, do refer to the detailed descriptions of the individual drugs given in the following section.

Adjuvants moderate or accelerate the action of medicines.

Medicines given in warm water or warm water taken after a dose makes the medicine work quickly. Honey (just a few drops to about 1/4 or 1/2 teaspoon) is another beneficial adjuvant, especially in lung and chest affections and when a little stimulation is required.

Time of administration

Curative medicines work well when given on an empty or partially empty stomach - about 1 hour before food or 3 hours after food. The purely constructive medicines are generally given immediately after food or diluted in any liquid diet.

Homeopathic products should be administered only on an empty stomach i.e. no food or drug should have been taken

1 1/2 hours prior to the medicine and for at least 1/2 hour afterwards.

No diet restrictions are necessary with DeChane medicines.

The patient can eat what agrees and avoid what disagrees with him. In active disease, the diet should be light solid or liquid. In digestive troubles, the success of treatment depends entirely on proper diet management.

Combinations

All DeChane Medicines may be combined with one another. Two or three may be taken to make a special compound for special requirements. Make the combinations in the required proportions, taking more of one and less of the other and so on. Further trituration of DeChane medicines can help increase the potency.

DeChane herbo mineral medicines may be triturated homeopathically to any potency with sugar.

Fomentation

Fomentation may seem to be an old-fashioned treatment but it is effective and can sometimes be beneficially used as an adjunct to administration of DeChane medicines. Moist fomentation is said to give more satisfactory results than dry or wet fomentation. This fomentation is excellent for relieving aches and pains, colic, bronchitis, etc.

DeChane's ointment products are for external application only.

External medication often works hand in hand with internal medication. The cure must come from the inside and not from the outside. Sometimes, an external application may

suffice, to give prompt relief in severe pain, sudden inflammation and irritation in throat, ear etc. External aids must be used in conjunction with internal medicines.

In making ointments of Herbo-Sulph the usual rule is to mix well 1 part of the medicine with 5 parts of any bland oil, or petroleum jelly or for better results with Ripanto, making the ointment more dilute as progress is visible.

Rubzon and Chesol are very useful in aches and pains, lung/ chest affections, throat troubles, tonsillitis, rheumatism etc.

Further details of our products are given in a following section in this guide.

DeChane's herbo mineral medicines work rapidly in both acute and chronic cases. Once the medicine has acted beneficially, a maintenance dose is sufficient to keep up the progress and help nature take its course. DeChane's herbo mineral medicines are harmless in the recommended doses.

The prices have been kept low because it has been our objective for over 97 years to cater to the needs of the poorer sections of people of India, who need effective products, which are safe and affordable.

ALLOPATHIC

ALBOCAL

Calcium supplement fortified with Magnesium, Zinc and Vitamin D3.

Composition:	Each coated tablet contains
Calcium Carbonate I.P.	1250 mg.
Magnesium Hydroxide I.P.	240 mg.
Zinc sulphate Monohydrate U.S.P.	20.59 mg.
Vit D3 (as stabilized)	250 i.u.

Calcium is essential for the functional integrity of the nervous system and muscular system, where it has a major influence on the integrity and excitability of these tissues. It is necessary for normal cardiac function and is one of the factors that operates in the mechanisms involved in the coagulation of blood.

Indication:

Pregnancy, Lactation, Osteoporosis, Menopause, Growing children.

Dosage:

1 tablet twice daily.

Pack:

Box of 3 blister strips of 10 tablets each.

DECIL

Analgesic and Antipyretic tablets.

Description:

Combination of two well known analgesics and antipyretics with caffeine.

Composition:

	Each coated tablet contains
Acetylsalicylic Acid I.P.	225 mg.
Paracetamol I.P.	125 mg.
Caffeine I.P.	
Equivalent to Anhydrous Caffeine	30 mg.

Pharmacology:

Acetylsalicylic acid is the most popular antipyretic and analgesic. In addition, it has powerful anti-inflammatory effect and is the drug of choice for rheumatic pains.

Paracetamol has similar analgesic/ antipyretic action to acetylsalicylic acid.

Caffeine has a stimulant action on the C.N.S and brightens the mood. It is generally accepted that mixtures of analgesics give better result than higher doses of one drug alone, probably by giving less unwanted side effects for equivalent relief of pain. Combinations of analgesics, with each other and with caffeine are more effective than the ingredients given alone.

Indications:

Headache including migrainous headache, toothache, dysmenorrhea, musculo-skeletal pain, rheumatic pain, neuralgia.

In all febrile conditions where it is desirable to lower the temperature, influenza, common cold, etc.

Dosage:

Adults: 1 to 2 tablets every 4 hours if necessary.

Special Precautions:

Not to be used in children below 12 years of age except under Medical advice.

Not to be taken on an empty stomach.

Overdose may be injurious to liver.

Pack:

Box of 10 strips of 10 tablets each.
HDPE jar of 500 tablets.

FERROUS FUMARATE TABLETS IP

Safe, effective and the most convenient haematinic for iron deficiency anemia.

Composition:

Ferrous Fumarate I.P. 0.2 gm

Description:

Ferrous Fumarate is one of the most stable, least toxic and easily assimilable salts of iron. It is available in the form of tablets each containing 200 mg. of Ferrous Fumarate I.P. equivalent to about 65 mg. of elemental iron.

Indications:

For the routine treatment of iron deficiency anemias arising from the excessive loss of blood in chronic hemorrhages like piles, hookworm infestation, hematemesis and hemoptysis or deficient intake of iron in diet, for growing children and premature babies to put on weight, to maintain hemoglobin level in old age and convalescence. In all cases the primary cause of anemia should be corrected, otherwise it will reappear on the stoppage of the drug.

Dosage:

Adults: 1 to 3 tablets per day after food or as directed by the physician.

Children: 1/2 to 1 tablet after food

Contraindications:

Peptic ulcer, malabsorption syndrome and intolerance.

Pack: HDPE jar of 500 tablets.

HEALING DUST

Antiseptic dusting powder.

Description:

An antiseptic dusting powder for wounds and ulcers.

Composition:

	Each 100g powder contains
Iodoform N.F.	2.29 gm.
Alum I.P. 1966.	2.29 gm.
Boric Acid I.P.	6.86 gm.
Turmeric I.P. 1966.	6.80 gm.

Pharmacology:

Iodoform and Boric Acid are well known local antiseptics. Alum has a decongestant action.

Haldi too possesses antiseptic and some local analgesic action. Applied locally, Iodoform slowly breaks down and a continuous liberation of Iodine prevents the growth of micro-organisms. The powder diminishes secretions and keeps the wound surface clean.

Application:

Can be freely applied to wounds and ulcers, and if required, covered with gauze and bandaged.

In chronic discharge of pus from the ear, it can be applied loosely and the ear plugged with cotton. The ear can be cleaned after one or two days. The process may be repeated twice. A third filling is rarely required.

Storage: Store in a cool dry place.

Pack: Bottle of 110g powder.

MAGNINE

Antacid and anti-spasmodic tablets

Description:

Combination of well known antacids with Belladonna for the treatment of peptic ulcers and hyperacidity.

Composition:

	Each uncoated chewable tablet contains
Magnesium Trisilicate I.P.	250 mg.
Dried Alum. Hydrox. Gel I.P.	125 mg.
Ext. Belladonna Dry I.P.	5 mg.

Pharmacology:

Antacids are among the most widely used drugs. In patients with peptic ulcer the presence of acid in the stomach is in part responsible for the pain, which is a characteristic feature of the disease. This also interferes with the healing of these ulcers. If antacids are to be useful they should reduce gastric acidity and the action should spread over as long a period as possible. Both Magnesium trisilicate and Aluminum hydroxide have prolonged acid neutralizing effect and are the two most satisfactory antacids. The two salts are not absorbed and produce no systemic effect. Extract Belladonna blocks the action of the vagus nerve, decreases the secretion of acid and relieves pain by relieving the spasm.

Indications:

Peptic Ulcer, Hyperacidity and Acid dyspepsia.

Side effects: Nil

Dosage:

Adults: 2 tablets chewed and swallowed 15 to 30 minutes before or after food . If pain occurs during the interval between meals, suck 1 or 2 tablets.

Children: 1 tablet.

Pack:

Box of 50 blister strips of 10 tablets each.
HDPE jar of 500 tablets.

SKINMENT**Anti-fungal / Anti-bacterial skin ointment****Description:**

A potent combination of well known drugs for anti-fungal, anti-bacterial and parasitic skin diseases, for local application.

Composition:

	Each 100g contains
Benzoic Acid I.P.	2 gm.
Salicylic Acid I.P.	4 gm.
Ichthammol I.P. 1966	8 gm.
Dithranol I.P.	0.22 gm.
Sublimed Sulphur I.P. 1966	2.29 gm.
Paraffin Base	q.s.

Indications:

Benzoic acid, Salicylic acid and Dithranol are highly effective in fungal infections of the skin, and are used in chronic dermatoses like psoriasis.

Ichthammol has bacteriostatic properties and is used in chronic skin diseases as ointment.

Sulphur is a mild antiseptic and parasiticide and is widely employed in the form of lotion or ointment in scabies, ringworm and acne.

Skinment is mainly used in ringworm, scabies, eczema and psoriasis.

Application:

Rub gently over the affected part at night and wash in the morning. For delicate skin, it may be mixed with an equal

part of any edible vegetable oil. Two applications may be necessary in hyper-keratotic forms of the foot and hand and covered with light dressing. Should not be applied near the eyes.

Pack: Tube of 15g.

AYURVEDIC

ALBO- SANG

Herbo- Mineral Preparation with multiple therapeutic uses.

Description:

Combination of essential minerals with important Indian herbs used in ayurvedic medicine. Provides the essential ingredients necessary for cell function and is also useful for patients whose digestion is poor.

Composition:

	Each 100g powder contains	Each uncoated tablet contains
Sudhakalpa (Calcium Carbonate)	5.71 gm.	54.0 mg.
Sudhakalpa (Calcium Dibasic Phosphate)	3.43 gm.	36.0 mg.
Shankajiraka (Magnesium Oxide)	1.14 gm.	3.6 mg.
Ashwagandha (Withania somnifera)	8 gm.	55.0 mg.

Indications:

- * **As a supplement:** For patients with poor quality diet and whose digestion is weak.
- * **In general debility:** Patients with lack of mental and physical energy, senile debility, loss of memory and concentration, premature ageing due to disease or stress.
- * **Infant feeding:** Given with fresh milk for infants who are not breast-fed or bottle-fed. It improves digestion, bowel habits, general health, and helps weight gain.
- * **Growing children:** Meets the increased demand for minerals, and other nutrients, corrects malnutrition, improves appetite, mental and physical energy, and helps weight gain.
- * **Nursing mothers:** Supplies the increased demands of calcium, phosphorous and other minerals during pregnancy and lactation. Abolishes the strain of breast feed-

ing and enriches breast milk.

- * **Mental workers:** To overcome physical and mental stress due to overwork and tension.
- * **Elderly persons:** For health restoration in old age.
- * **Illness and Convalescence:** Helps to raise the defense mechanism of the body, hastens quicker recovery by improving appetite and digestion.
- * **Anemia:** As an adjunct in the treatment of anemia. Corrects general debility, improves appetite.

Dosage:

Albo-Sang powder is suitable for infants and children . Adults may prefer tablets. Can be taken with tea, coffee, milk, curds, porridge, fruit juice & any liquid food or diluted with water. For Diabetes patients, only Albo-Sang tablets is recommended.

Infants : 1/4 teaspoonful twice a day.

Children : 1/2 teaspoonful in milk twice a day.

Adults : 1 teaspoonful or 2 tablets twice a day.

Pack:

Pack of 200g and 400g powder.

Bottles of 300 tablets.

Box of 10 blister strips of 10 tablets each.

ALBOVIT POWDER

Complete supplement for all ages and sexes

Description:

Combination of natural vital nutrients with Shatawari and Saffron for women of all ages.

Composition:

Each 100g
powder contains

Shatawari extract derived from	
Shatawari Root (<i>Asparagus racemosus</i>)	40 gm.
Badam Fruit (<i>Prunus amygdalus</i>)	10 gm.
Khajura Fruit (<i>Phoenix dactylifera</i>)	15 gm.
Kesar stigma (<i>Crocus sativus</i>)	25 mg.

Indications:

First and unique preparation for complete care of women of all ages is fortified with shatawari, dry fruits, and saffron. Shatawari is an antioxidant, digestive, immunostimulant and anti-stress. It is rich in natural protein, minerals and nutrients. Increases milk production, increases mammary glands weight and volume in women and is antiabortifacient.

Dosage:

2 to 3 teaspoonful of powder to be mixed in a cup of milk or water and taken twice daily.

Pack: Pack of 200g powder.

BIO-SAL

For ailments of infants.

Description:

A dependable herbal remedy for digestive troubles of infants and young children.

BIO-SAL is free from Alcohol, Chloroform, Narcotics, and Sedatives.

Composition:

Each 5 ml. (one teaspoonful approx) of syrup contains:
Dill Oil 0.0018 ml plus the water soluble extracts derived from 5 mg. of the following

Pippli (Piper longum)
Ind. Valerian (Nardostachys jatamansi)
Balaharde (Terminalia chebula)
Sunth (Zingiber officinale)
Bach (Acorus calamus)
Revandchini (Rheum webbianum)
Jethimadh (Glycyrrhiza glabra)
Ajwan (Ptychotis ajowan)
Talispatra (Abies webbiana)

Indications:

Stomach-ache, Flatulence, sleeplessness, acidity, disorders associated with teething etc. It gives immediate relief in colic, prevents diarrhea, and gives tone to the digestive system.

Dosage: (Usually 2 or 3 times a day)

Newborn infants : 1/4 teaspoon

1 month to 6 months : 1/2 teaspoon

6 months to 1 year : 1 teaspoon

2 years : 1 to 2 teaspoons

Pack: Bottle of 100ml syrup.

BRAHAMDINE

Uterine Tonic Tablets.

Description:

A combination of ayurvedic drugs well known for centuries for their tonic action on the uterus.

Composition:

Balatagra (Valeriana wallichii)	Each uncoated tablet contains 28 mg.
Ashwagandha (Withania somnifera)	28 mg.
Lodhra (Symplocos racemosa)	52 mg.

Ashok (<i>Saraca indica</i>)	52 mg.
Swarnakshiri (<i>Argemone mexicana</i>)	2 mg.
Satawari (<i>Asparagus racemosus</i>)	40 mg.
Shirpornajaya (<i>Vibrunum foetidum</i>)	26 mg.
Olotkambol (<i>Abroma augusta</i>)	40 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	14 mg.

Pharmacology:

Lodhra relaxes uterine tissues, acts as an astringent tonic in dysmenorrhoea, menorrhagia, and leucorrhoea. It also normalises irregular periods. Ashok is an astringent, uterine sedative and a regulator of menstruation. The two together are highly effective in leucorrhoea and disorders of menstruation.

Ashwagandha, Balatagra and Swarnakshiri relieve anxiety and give a sense of well being. Ashwagandha is also used in general debility, Balatagra is a valuable nerve tonic, and an anti spasmodic, and its action is enhanced by Swarnakshiri. Satawari cures barrenness in women and removes disorders of female genitals. Vibrunum is used in uterine diseases and dysmenorrhoea. Olotkambol is useful in varieties of dysmenorrhoea. Jethimadh is a cure for all sorts of leucorrhoea and other uterine disorders.

Indications:

Excessive bleeding, leucorrhoea, irregular periods.

NOTE: If bleeding is profuse, it can be combined with CHINIUMCO.

Dosage: 1 to 2 tablets early in the morning, and at bedtime.

Side effects: Nil

Pack: Box of 10 blister strips of 10 tablets each.

BRAHAMDINE SYRUP

Restorative Uterine Tonic.

Description:

A combination of herbs known for their tonic action on the uterus for centuries.

Composition:

	Each 10 ml of syrup contains
Balatagra (<i>Valeriana wallichii</i>)	115 mg.
Ashwagandha (<i>Withania somnifera</i>)	120 mg.
Lodhra (<i>Symplocos racemosa</i>)	140 mg.
Ashok (<i>Saraca indica</i>)	225 mg.
Shatawari (<i>Asparagus racemosus</i>)	155 mg.
Shirpornajaya (<i>Viburnum foetidum</i>)	90 mg.
Olotkambol (<i>Abroma augusta</i>)	80 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	50 mg.
Jatamansi (<i>Nardostachy jatamansi</i>)	45 mg.
Motha (<i>Cyperus rotandus</i>)	75 mg.
Dalchini (<i>Cinnamomom zeylanicum</i>)	20 mg.
Sunth (<i>Zingiber officinale</i>)	20 mg.
Daruharidra (<i>Berberis aristata</i>)	65 mg.

Pharmacology:

Ashok is an astringent, uterine sedative and a regulator of menstruation.

Lodhra relaxes uterine tissues, acts as an astringent tonic in dysmenorrhoea, menorrhagia, leucorrhoea. It also normalises irregular periods. The two together are highly effective in leucorrhoea and disorders of menstruation.

Ashwagandha relieves anxiety, stress and gives a sense of well being. It is also used in general debility. It is also antispasmodic, anti-inflammatory, adaptogenic and antioxidant.

Balatagra is antispasmodic, a tranquillizer and nervine tonic.

Satawari is antispasmodic, nutritious, adaptogenic, and an

antioxidant. It cures barrenness in women and removes disorders of female genitals.

Vibrunum is used in uterine diseases and dysmenorrhoea.

Olotkambol is useful in varieties of dysmenorrhoea.

Jethimadh is a cure for all sorts of leucorrhoea and other uterine disorders.

Motha is anti-inflammatory, useful in uterine spasmodic pain.

Daruharidra is antibacterial, anti-inflammatory, useful in menorrhagia.

Indications:

Excessive bleeding, leucorrhoea, dysmenorrhoea and irregular periods. It is also useful in pre and post menstrual conditions like anemia, spasmodic pain, mood disturbances, anxiety etc.

Dosage: 2 to 3 teaspoonful early in the morning and at bedtime.

Side effects: Nil

Pack: Bottle of 200ml syrup.

CHESOL

Embrocation for external use.

Description:

An embrocation for muscular aches and pains, chest colds, and bronchitis.

Composition:

Gumchi (<i>Abrus precatorious</i>)	Each 100g oil contains 7.5 gm.
Chillies Powder (<i>Capsicum annum</i>)	6 gm.
Elva (<i>Aloe barbadensis</i>)	5 gm.

Mustard oil (<i>Brassica campestris</i>)	4.75 gm.
Bach (<i>Acorus calamus</i>)	5 gm.
Sunth (<i>Zingiber officinale</i>)	3 gm.
Jamal gota (<i>Croton tiglium</i>)	3 gm.
Khurasani ajwan (<i>Hyoscyamus niger</i>)	0.65 gm.
Ajwan oil (<i>Ptychotis ajowan</i>)	1.88 gm.
Clove oil (<i>Myrtus caryophyllus</i>)	0.63 gm.
Peppermint oil	1.25 gm.
Vegetable oil	q.s.

The extract of these indigenous herbs are highly effective in rheumatism, stiff joints, bronchitis and chest colds with cough and headache. Also effective in wasting of muscles in paresis.

Pharmacology:

Gumchi is used in inflammation and pains. Bach is used in chronic rheumatism and as counter irritant. Sunth is used as local stimulant and rubefacient. Jamal gota is used in bronchitis, rheumatism and painful affections of joints and limbs. Ajwan is used in inflammations. Capsicum is a powerful local irritant and rubefacient. Elva is applied in painful inflammations and ulcers. Clove oil is an antiseptic, local irritant and rubefacient.

Application:

The oil should be applied gently at the site of pain and stiffness. In bronchitis, apply to the chest and rub gently. For delicate skin of babies, the strength of Chesol may be reduced by adding an edible vegetable oil after 1st or 2nd application.

Pack:

Bottle of 50ml oil.

Bottle of 100ml oil.

CHINIUMCO

Hemostatic tablets.

Description:

A combination of ayurvedic drugs for checking profuse bleeding.

Composition:

	Each uncoated tablet contains
Revandchini (<i>Rheum emodi</i>)	44 mg.
Kutki (<i>Picrorhiza kurroa</i>)	24 mg.
Mainphal (<i>Quercus infectoria</i>)	3 mg.
Dalchini (<i>Cinnamomum zeylanicum</i>)	12 mg.
Hridpatri (<i>Digitalis purpurea</i>)	15 mg.
Phitkari	3 mg.

Pharmacology:

Cinnamon apart from being a carminative, astringent, and stomachic, is a good hemostat. It is a stimulant to the uterine muscle, and is used in prolonged labour due to defective uterine contraction. Mainphal is an aperient and embolic, and a bitter tonic. Hridpatri and Revandchini are good hemostats. Phitkari is a hemostat and useful in bleeding, piles and leucorrhoea. Kutki is useful in amenorrhoea, and is a cathartic emmenagogue.

Indications:

Profuse bleeding whether in uterine affections or in piles or through the nose or mouth and dysentery. Painful complaints of the uterus, fallopian tubes, ovaries in females referred to lower abdomen.

Dosage:

Children: 1/4 to 1/2 tablet, 3 times a day.

Adults: 1 to 2 tablets, 3 times a day.

Side effects: Nil

Pack: Box of 10 blister strips of 10 tablets each.

DANGINE

Anti-spasmodic tablets for control of cough.

Description:

Valuable herbs for spasms of cough, specially whooping cough, and spasmodic cough of children.

Composition:

	Each uncoated tablet contains
Dudhi (<i>Euphorbia pilulifera</i>)	49 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	30 mg.
Vasaka (<i>Adhatoda vasica</i>)	30 mg.
Phitkari	14 mg.
Huma (<i>Ephedra gerardiana</i>)	36 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	7 mg.
Ashwagandha (<i>Withania somnifera</i>)	3 mg.
Chotachand (<i>Rauwolfia serpentina</i>)	2 mg.
Balatagra (<i>Valeriana wallichii</i>)	2 mg.
Haldi (<i>Curcuma longa</i>)	0.31 mg.
Sunth (<i>Zingiber officinale</i>)	0.08 mg.
Ajwan (<i>Ptychotis ajowan</i>)	0.11 mg.
Aunla (<i>Embllica officinalis</i>)	0.04 mg.
Pippli (<i>Piper longum</i>)	0.04 mg.
Jeera (<i>Cuminum cyminum</i>)	0.04 mg.
Saunf (<i>Foeniculum vulgare</i>)	0.24 mg.

Pharmacology:

Phitkari is an astringent, anti-spasmodic, antiseptic and has a soothing effect on the respiratory tract. Vasaka is a very popular expectorant used in acute and chronic bronchitis. It also liquefies the Sputum. Nala is an anti-spasmodic, expectorant, mainly used to reduce bronchospasm during an

attack. Dudhi has depressant action on the cough centre, but relaxes bronchi, and is particularly effective in children's cough. Huma controls the asthmatic paroxysms. Jethimadh is used as mild expectorant and as demulcent in inflammatory affections and irritable conditions of

the bronchial tubes. Ashwagandha is a tonic, astringent and nervine sedative. Chotachand and Balatagra are used as mild sedatives.

Indications:

Harassing spasmodic cough specially whooping cough.

Dosage:

Children: 1/4 to 1/2 tablet every 4 hours.

For smaller children the tablets are crushed and given with honey. In severe cases, the dose is repeated every 2 hours. To raise general resistance, and to bring about quick recovery, it is advisable to give Albo-Sang with milk twice a day.

Side effects: Nil

Pack: Box of 10 blister strips of 10 tablets each.

DESMA

Anti-asthmatic tablets

Description:

A combination of ayurvedic drugs for relief in asthma. Also used as an expectorant in cough.

Composition:

	Each uncoated tablet contains
Vasaka (<i>Adhatoda vasica</i>)	40 mg.
Huma (<i>Ephedra gerardiana</i>)	130 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	40 mg.
Nala Extract (<i>Lobelia nicotianaefolia</i>)	4 mg.

Senega Extract (<i>Polygala chinensis</i>)	10 mg.
Kakarasinghi (<i>Rhus succedanea</i>)	49 mg.
Kantakari (<i>Solanum jacquinii</i>)	49 mg.
Balatagra (<i>Valeriana wallichii</i>)	39 mg.

Pharmacology:

Huma relaxes the bronchial muscle, and is used in the prevention or to cut short an attack of bronchial asthma. Nala is an anti-spasmodic and an expectorant mainly used to reduce bronchospasm during an attack. Dudhi has a depressant action on the cough centre, but relaxes the bronchi. Particularly effective in children's cough. Senega is a well-known expectorant and mainly used to stimulate the cough centre so that the phlegm can be easily coughed out. Balatagra is a stimulant antispasmodic and Hypnotic. Kakarasinghi is useful in cough, phthisis, asthma and conditions of respiratory tract. Kantakari is useful in cough and asthma.

Indications:

- * To prevent an attack of asthma.
- * Treatment of asthma, chronic cough, cough following infection of the respiratory track, common cold, bronchitis, etc.

Dosage:

Adults: 1 to 2 tablets 3 or 4 times a day.

Children: 1/2 to 1 tablet every 4 hours.

Side effects: Nil

Pack: Box of 10 blister strips of 10 tablets each.

DIASYN

Anti-diarrhoeal tablets & pediatric syrup

Description:

A soothing combination of drugs for the treatment of diarrhea and dysentery.

Composition:

	Each tablet contains	Each 5 ml of syrup contains
Balharde (<i>Terminalia chebula</i>)	32 mg.	28 mg.
Bael (<i>Aegle marmelos</i>)	87 mg.	14 mg.
Kurchi (<i>Holarrhena antidysenterica</i>)	66 mg.	56 mg.
Darhald (<i>Berberis aristata</i>)	88.5 mg.	88.6 mg.
Jeera (<i>Cuminum Cyminum</i>)	7.7 mg.	
Dhai (<i>Woodfordia fruticosa</i>)	9.7 mg.	
Ajwan (<i>Ptychotis ajowan</i>)	9.7 mg.	
Alstonia (<i>Alstonia scholaris</i>)	7.7 mg.	

Pharmacology:

Kurchi and Bael are two well-known drugs used for the treatment of diarrhea and dysentery, particularly for acute and chronic amoebic dysentery. Kurchi has been found to be very effective by Indian and Western authorities. *Berberis aristata* has recently been found to be very effective in bacterial diarrheas including bacillary dysentery and gastroenteritis. It is believed to be effective against both trophozoite and cystic forms of *Entamoeba histolytica*. Dhai is used in dysentery, diarrhea and bowel complaints. Balaharde is highly useful in chronic dysentery and diarrhea. *Alstonia* is useful in chronic dysentery and diarrhea. Jeera is a carminative and cooling. Ajwan is useful in diarrhea and spasmodic affections of the bowels. A judicious combination of these drugs is not only effective against diarrhea and dysentery, but has a soothing effect on intestinal mucosa. Diasyn is safe and free from toxicity.

Indications:

Amoebic and bacillary dysentery, diarrhea, mucous colitis, intestinal fermentation, infantile diarrhea.

Dosage:

Adults: 1 to 2 tablets every 4 hours.

Children: 1/2 to 1 tablet every 4 hours.

Pediatric syrup

1/2 Tsp 3 times a day for children between 5 weeks to 6 months.

1/2 Tsp every 6 hours for children between 6 months to 6 years.

1 Tsp 3 times a day for children above 6 years.

Pack:

Box of 10 strips of 10 tablets each

Bottle of 300 tablets

Bottle of 100 ml syrup

ENTROPS

Local antiseptic for ear, nose, throat. For external use only

Description:

Effective bactericidal and local antiseptic with analgesic action. For local application in ear, nose, throat and gums.

NOTE: NOT TO BE USED FOR THE EYES.

Composition:

Eucalyptus Oil

Camphor

Vegetable oil base

Preservative: Phenol

Each 100g

oil contains

1.14 gm.

0.23 gm.

q.s.

Indications:

Infections of the mouth and throat including tonsillitis, pharyngitis.

Infections of the gums and buccal mucous membrane, in dental caries.

As a drop in the ear or nose.

As an application in infected wounds and abscess.

Application:

Every 3 hours by a pledget of cotton wool.

As a drop: 1-2 drops every 2-3 hours.

As a dressing: Cotton packs soaked may be applied every 4 hours.

Store in a cool place, away from light. Shake well before use.

Pack:

Bottle of 50 ml oil.

Bottle of 100 ml oil

FLUZEN**Effective and safe antiviral tablets.****Description:**

Combination of very effective and safe Ayurvedic herbs to combat diseases due to viral infections.

Composition:

	Each tablet contains
Tulsi (<i>Ocimum sanctum</i>)	150 mg.
Kalmegh Extract (<i>Andrographis paniculata</i>)	60 mg.
Kutki (<i>Picrorrhiza kurroa</i>)	50 mg.
Neem (<i>Melia azadirachta</i>)	80 mg.
Guduchi (<i>Tinospora cordifolia</i>)	40 mg.
Haridra Extract (<i>Curcuma longa</i>)	30 mg.
Lasun (<i>Allium sativum</i>)	20 mg.

Sunth (Zingiber officinale)	10 mg.
Pippli (Piper longum)	10 mg.
Kalimirchi (Piper nigrum)	10 mg.

Pharmacology:

Tulsi is widely used as an antibiotic, antiviral, antipyretic, antioxidant and an immunomodulator. Kalmegh is used in ayurveda for its antimicrobial, antibiotic, antipyretic, analgesic and antioxidant properties. Kutki is used as an antiviral, antipyretic, immunomodulator, antimicrobial and antioxidant. Neem is useful as an antibacterial, antimicrobial, analgesic, antiviral and antimalarial. Guduchi is effective as an antibacterial, immunomodulator, antimicrobial, antioxidant and analgesic. Haridra possesses antibacterial, antihistaminic and analgesic properties. Lasun is a very effective antibacterial, antiseptic, antibiotic. Sunth is a good antipyretic, antibacterial, analgesic and antioxidant. Pippli is and antibacterial, hepatoprotective and increases bioavailability. Kalimirchi is traditionally used as an analgesic, antipyretic, antioxidant and antimicrobial.

Indications:

To prevent viral flu, in fevers associated with headache, body ache and or severe muscular pain, cough and cold.

Dosage:

Adults: 1 to 2 tablets twice a day.

Children: 1/2 to 1 tablet twice a day according to age.

Side effects: Nil

Pack: Bottle of 30 tablets.

GASTROMONE

Tablets for treatment of flatulence and nervous dyspepsia

Description:

Herbal drugs for gastro-intestinal disorders

Composition:

	Each uncoated tablet contains
Aunla (<i>Emblica officinalis</i>)	25 mg.
Sounf (<i>Foeniculum vulgare</i>)	31 mg.
Revandchini (<i>Rheum webbianum</i>)	20 mg.
Balaharde (<i>Terminalia chebula</i>)	15 mg.
Balatagra (<i>Valeriana wallichii</i>)	24 mg.
Chitrak (<i>Plumbago zeylanica</i>)	20 mg.
Talispatra (<i>Abies webbiana</i>)	8 mg.
Papai (<i>Carica papaya</i>)	7 mg.
Kutki (<i>Picrorrhiza kurroa</i>)	5 mg.
Junglee Elaichi (<i>Amomum subulatum</i>)	2 mg.
Chirata (<i>Swertia chirata</i>)	5 mg.
Dhania (<i>Coriandrum sativum</i>)	2 mg.
Bhangra (<i>Eclipta alba</i>)	20 mg.
Haldi (<i>Curcuma longa</i>)	22 mg.
Sunth (<i>Zingiber officinale</i>)	5 mg.
Ajwan (<i>Ptychotis ajowan</i>)	8 mg.
Pippli (<i>Piper longum</i>)	2.5 mg.
Jeera (<i>Cuminum cyminum</i>)	2.5 mg.
Ashwagandha (<i>Withania somnifera</i>)	2.5 mg.

Pharmacology:

In small doses Revandchini and Balaharde act as astringent, bitters and are useful in diarrhea. Saunf relieves flatulence. Aunla is often used for regulating bowel movement. Chitrak is useful in dyspepsia, piles and stomach troubles. Talispatra is a carminative, stomachic and astringent. Papai is useful in deficiency of gastric juices in dyspepsia and in-

testinal irritation. Kutki is used in acidity, bilious dyspepsia, Indigestion and loss of appetite. Balatagra is stomachic. Haldi is aromatic, carminative and anthelmintic. Ashwagandha is tonic. Junglee Elaichi, Chirata, Dhania, Bhangra, Ajwan, Pippli, Sunth and Jeera are very good digestives, carminatives and stomachics.

Indications:

Weak digestion, flatulence, nervous dyspepsia. Disordered functioning of liver. Its biphasic action is useful in both hyperacidity and hypoacidity.

Dosage:

Adults: 1 - 2 tablets 10-20 minutes before or immediately after meals.

Children: 1/4 to 1/2 tablet before or immediately after meals.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each

Bottle of 100 tablets

GIGI SYRUP

For the treatment of Acne and Pimples.

Description:

Holistic approach for the management of various skin disorders.

Composition:

	Each 5ml of syrup contains
Ananthmool (<i>Hemidesmus indicus</i>)	210 mg.
Punarnava (<i>Boehraavia diffusa</i>)	150 mg.
Haldi (<i>Curcuma longa</i>)	40 mg.
Aunla (<i>Emblica officinalis</i>)	20 mg.

Behara (<i>Terminalia belerica</i>)	20 mg.
Halda (<i>Terminalia chebula</i>)	20 mg.
Sharapunka (<i>Tephrosia purpurea</i>)	30 mg.
Kalmegh (<i>Andrographis paniculata</i>)	50 mg.
Bhaugra (<i>Eclipta alba</i>)	30 mg.
Elva (<i>Aloe indica</i>)	60 mg.
Neem (<i>Azadirachta indica</i>)	70 mg.
Gudduchi (<i>Tinospora cordifolia</i>)	90 mg.
Gulab (<i>Rosa damascena</i>)	50 mg.

Pharmacology:

Ananthmool is a potent diuretic, antioxidant, anti-inflammatory, liver tonic, immunomodulator & antimicrobial. Punarnava is very effective diuretic, adaptogen, anti-stress, anti-inflammatory, liver tonic, laxative, blood purifier, antibacterial & immunomodulator. Haldi Possesses antimicrobial, anti-inflammatory, antifungal, antioxidant, anti-allergic action and useful in discolouration of skin. Triphala is an effective bowel and blood cleanser, improves skin tone and colour, anti-stress & antioxidant. Sharapunka is useful as anti-allergic, antibacterial, anti inflammatory, immunomodulator, antioxidant, thermogenic, laxative, liver tonic & in skin care. Bhangra is an effective antiviral, antibacterial, hepato protective & antioxidant. Elva has significant anthelmintic, laxative, liver tonic, anti-inflammatory, antibacterial & immunomodulatory properties. Kalmegh dispels heat and removes toxins, it also an antimicrobial, anti-inflammatory, anthelmintic, and useful in liver diseases. Neem is useful as antibacterial, antifungal, antiviral, in cutaneous diseases & anti-inflammatory. Gulab is an anti oxidant, cooling, antimicrobial & excellent blood purifier. Gudduchi is effective antibacterial, antimicrobial, anti-inflammatory, anti-allergic, thermogenic, anti-stress, antioxidant & immunomodulator.

Indications:

Bacterial infections of skin, infective and allergic dermatitis, scabies, ringworm, acne, pimples and other skin disorders.

Dosage:

Adults: 2 teaspoonful twice a day.

Children: 1 teaspoonful twice a day.

Pack: Bottle of 200ml syrup.

GRANDI- CO**Cardiac tonic tablets.****Description:**

Combination of ayurvedic drugs well known for their stimulant action on the heart and diuretic action.

Composition:

	Each uncoated tablet contains
Arjuna (<i>Terminalia arjuna</i>)	103 mg.
Punarnava (<i>Boerhaavia diffusa</i>)	120 mg.
Ashwagandha (<i>Withania somnifera</i>)	87 mg.
Khurasani ajwan (<i>Hyoscyamus niger</i>)	0.66 mg.
Hridpatri (<i>Digitalis purpurea</i>)	48.3 mg.
Sunth (<i>Zingiber officinale</i>)	15.3 mg.

Pharmacology:

Arjuna, Ashwagandha and Punarnava have tonic action on the heart and are useful diuretics. Khurasani has a mild sedative action, but it stimulates the heart. Hridpatri is used as a cardiac tonic. Sunth is a carminative and stimulant.

Indications:

As a cardiac tonic to relieve palpitation and breathlessness. Free from cumulative effect or narcotic action. Useful in dropsy, as it is a good diuretic and can be used in organic heart disease, renal affections etc.

Dosage:

Adults: 1 to 2 tablets, three times a day. Can be given at more frequent intervals for palpitation or cardiac asthma.

Side effects: Nil

Pack: Bottle of 100 tablets.

HEMOPLEX

Anti- Infective tablets

Description:

Tablets containing ayurvedic drugs for prophylaxis or treatment of infective conditions.

Composition:

	Each uncoated tablet contains
Chirata (<i>Swertia chirata</i>)	40 mg.
Ashwagandha (<i>Withania somnifera</i>)	40 mg.
Swarnakshiri (<i>Argemone mexicana</i>)	28 mg.
Akada (<i>Calotropis gigantea</i>)	32 mg.
Anantamool (<i>Hemidesmus indicus</i>)	60 mg.
Gandhak	2 mg.

Pharmacology:

Chirata is a Stomachic and Febrifuge. Anantamool is used as a blood purifier. Ashwagandha is a tonic and alterative. Swarnakshiri, Akada and Gandhak are used in chronic skin diseases.

A combination of Indian herbal drugs recommended in inflammatory and septic conditions. Particularly effective in persistent chronic cases, especially chronic sepsis.

Indications:

Boils, abscess, ulcers, wounds, chronic bronchitis, chronic tonsillitis, and septic fevers.

Dosage:

Adults: 1 to 2 tablets, 3 times a day.

Children (above 5 years): 1/4 to 1/2 Tablet, 3 times a day.

Higher dosage may be given more frequently in urgent cases, the dosage reduced and interval between doses increased as the patient improves.

Side effects: Nil

Pack: Bottle of 100 tablets.

HERBITARS

Tablets and Pediatric syrup for treatment of liver disorders

Description:

Combination of ayurvedic drugs consisting of bitter and other active principles for loss of appetite, sluggish liver, biliousness & constipation.

Composition:

	Each uncoated tablet contains	Each 5ml of syrup contains
Manjista (<i>Rubia cordifolia</i>)	56 mg.	12 mg.
Sounf (<i>Foeniculum vulgare</i>)	31 mg.	4 mg.
Chirata (<i>Swertia chirata</i>)	79 mg.	14 mg.
Bhangra (<i>Eclipta alba</i>)	34 mg.	8 mg.
Senna Extract (<i>Cassia angustifolia</i>)	17 mg.	19 mg.
Nagakesara (<i>Mesua ferrea</i>)	9 mg.	
Kaiphal (<i>Myrica nagi</i>)	5 mg.	
Balaharde (<i>Terminalia chebula</i>)	7 mg.	
Dhania (<i>Coriandrum sativum</i>)	18 mg.	
Guggul (<i>Balsamodendron mukul</i>)	17 mg.	
Haldi (<i>Curcuma longa</i>)	17 mg.	
Sunth (<i>Zingiber officinale</i>)	4 mg.	
Ajwan (<i>Ptychotis ajowan</i>)	6 mg.	
Aunla (<i>Emblica officinalis</i>)	2 mg.	

Pippli (Piper longum)	2 mg.
Jeera (Cuminum cyminum)	2 mg.

Pharmacology:

Chirata and Manjistha improves appetite and rids the body of toxic substances. Senna and Sounf have cholagogue action and improves the function of the liver. Bhangra is known for its therapeutic action in enlargement of liver and spleen. It is used in catarrhal jaundice for maintaining the integrity and normal function of liver cells. It has also been used in cirrhosis of the liver. Nagakesara is used as an astringent and stomachic. Kaiphala is an aromatic and astringent. Balaharde is used in flatulence, colic and enlarged spleen and liver. Dhania is an aromatic, stimulant, carminative and stomachic. Guggul is used as intestinal disinfectant and in chronic catarrh of the bowels and as carminative. Haldi, Sunthi, Ajwan, Aunla, Pippli and Jeera are used as aromatics, carminatives, stimulants and as digestives.

Indications:

Hepatic disorders, indigestion, flatulent dyspepsia, loss of appetite, constipation, catarrhal jaundice, disorders of bile flow, early cirrhosis of liver. Hepatic damage due to antibiotics, oral contraceptives or other drugs.

Dosage:

A 3 week course of treatment is suggested as follows.

Adults: In the first week, 2 to 3 tablets before meals. In 2nd and 3rd week, 1 tablet before principal meals twice or thrice daily.

Children: Tablets: Half the adult dose.

Syrup: 1 to 2 teaspoons full two to three times a day.

Herbitars can be taken twice or thrice daily as long as required.

Adequate water should be taken. In the treatment of jaundice it is best given with Kynotomine. For dyspepsia it is best given with Magnine. It can also be given with Vitesson for biliousness, nausea, vomiting.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each

Bottle of 250 tablets

Bottle of 100ml syrup

HERBO- SULPH

Internal antiseptic tablets.

Description:

Herbal drugs which act as internal antiseptics and help in chronic eczema and ulcers of the skin.

Composition:

	Each Uncoated tablet contains
Haldi (Curcuma longa)	32 mg.
Gandhak	22 mg.
Akda (Calotropis gigantea)	40 mg.
Halda (Terminalia chebula)	80 mg.
Chirata (Swertia chirata)	21.2 mg.
Balaharde (Terminalia chebula)	64.3 mg.

Pharmacology:

Halda and Balaharde are astringents, tonics, blood purifiers and also used in urinary diseases. Chirata is a tonic, stomachic and febrifuge. Haldi is used both internally and externally in skin diseases. Akda is very useful in various kinds of skin diseases. Gandhak is used in chronic Skin diseases.

Dosage:

Adults: 1 to 2 tablets three times a day.

Herbo-Sulph tablets can be crushed to powder and mixed with five parts of Vaseline or Ripanto and applied locally to the affected part after cleaning with warm water and drying with soft cloth.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each.

Bottle of 300 tablets.

IOBINE

Tablets for treatment of common cold and allergies

Description:

Combination of ayurvedic drugs for fortifying the body against frequent attacks of common cold. Also useful in tonsillitis, skin and other allergies.

Composition:

	Each tablet contains
Brahmi (<i>Hydrocotyle asiatica</i>)	44 mg.
Chirata (<i>Swertia chirata</i>)	44 mg.
Anantamool (<i>Hemidesmus indicus</i>)	155 mg.
Gandhak	8 mg.
Panvar (<i>Lawsonia alba</i>)	11 mg.
Neem (<i>Melia azadirachta</i>)	22 mg.
Akda (<i>Calotropis gigantea</i>)	62 mg.

Pharmacology:

Panvar is an astringent and is used in obstinate skin diseases.

Akda is antispasmodic expectorant and tonic.

Neem is anthelmintic, antiseptic, astringent and tonic.

Chirata is tonic, stomachic and febrifuge.

Gandhak is a stimulant to the skin and bronchial mucous

membranes.

Brahmi is useful in skin diseases, ulcerations and as tonic. Anantamool is an alterative tonic and is used in skin diseases, ulcerations and as an antioxidant.

Indications:

Frequent attack of cold. Also in tonsillitis, skin affections. In general debility following chronic illness, lobine may be combined with Albo-Sang.

Dose:

Adults: 1 tablet, 3 times a day for four weeks

Children: ½ tablet, 3 times a day.

Side effects: Nil

Pack:

Box of 10 strips of 10 tablets each.

Bottle of 300 tablets.

KOFLYN SYRUP

Anti-cough expectorant Syrup.

Description:

Syrup containing well known ayurvedic expectorant drugs for treatment of cough. Also indicated in the treatment of asthma and bronchitis.

Composition:

	Each 5 ml syrup contains
Vasaka (<i>Adhatoda vasica</i>)	135 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	30 mg.
Huma (<i>Ephedra gerardiana</i>)	90 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	210 mg.
Senega (<i>Polygala chinensis</i>)	30 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	15 mg.

Pharmacology:

Vasaka is an expectorant and liquefies thick and tenacious sputum so that it is easily brought out. Dudhi causes relaxation of bronchi by action on Central Nervous System. Huma controls the asthmatic paroxysms. Jethimadh is a mild expectorant and demulcent. Senega is a very potent expectorant. Nala is an expectorant and bronchodilator. The formulation contains ingredients which alleviate all aspects of cough. It is free from side effects and can be given for long periods.

In children, with intractable cough, it should be administered for at least 2 weeks and continued further as necessary, depending on the response.

Indications:

Infants and children's cough associated with infection, irritation, bronchitis and broncho-spasm. Children's intractable chronic cough and asthmatic cough.

Dosage:

Infants: 1/4 teaspoon 3 times a day.

Children 1 to 5 Years: Half teaspoon 3 times a day.

Children above 5 Years: One teaspoon 3 times a day.

Adults: 2 teaspoonfuls 4 times a day (at 4 to 6 hour intervals).

Pack: Bottle of 100ml syrup.

KOFLYN**Anti-cough Tablets.****Description:**

Tablets containing well-known ayurvedic expectorant and cough sedatives for treatment of cough, asthmatic cough and bronchitis.

Composition:

	Each uncoated tablet contains
Vasaka (<i>Adhatoda vasica</i>)	140 mg.
Huma (<i>Ephedra gerardiana</i>)	60 mg.
Senega (<i>Polygala chinensis</i>)	20 mg.
Nala (<i>Lobelia nicotianaefolia</i>)	10 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	20 mg.
Jethimadh Ext (<i>Glycyrrhiza glabra</i>)	20 mg.
Kababchini (<i>Cubeb officinalis</i>)	10 mg.
Kaiphal (<i>Myrica nagi</i>)	12.2 mg.
Balaharde (<i>Terminalia chebula</i>)	32.6 mg.
Swarnakshiri (<i>Argemone mexicana</i>)	4 mg.
Pippli (<i>Piper longum</i>)	2 mg.
Kakarasinghi (<i>Rhus succedanea</i>)	40.6 mg.

Pharmacology:

Vasaka is an expectorant and liquefies thick and tenacious sputum so that it is easily brought out. Dudhi causes relaxation of bronchi by action on the Central Nervous System. Jethimadh is a mild expectorant and demulcent. Huma controls the asthmatic paroxysms. Nala is an expectorant and bronchodilator. Kaiphal is used in chronic cough, asthma, bronchitis and lung affections. Kababchini and Senega are expectorants and stimulants. Balaharde is used in cough, and asthma. Swarnakshiri is an expectorant and sedative. Pippli is used in cold, cough and asthma. Kakarasinghi is an expectorant and anti-asthmatic and is used in conditions of the respiratory tract.

Indications:

Acute and chronic cough. Useful as cough sedative and anti-spasmodic. Useful in various irritant cough.

Dosage:

Adults: 1 to 2 tablets 3 times a day.

Children: 1/4 to 1/2 Tablet regulated according to age.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each.

Bottle of 300 Tablets.

KYNOTOMINE

Tablets and Pediatric syrup for treatment of liver disorders (including catarrhal jaundice)

Description:

A combination of ayurvedic drugs for the treatment of disorders of the liver. Particularly effective in the treatment of catarrhal jaundice.

Composition:

	Each uncoated tablet contains	Each 5 ml of syrup contains
Bhangra (<i>Eclipta alba</i>)	52 mg.	9 mg.
Kutki (<i>Picrorhiza kurroa</i>)	34 mg.	5 mg.
Revandchini (<i>Rheum webbianum</i>)	23 mg.	5 mg.
Gandhak	5 mg.	--
Balaharde (<i>Terminalia chebula</i>)	11 mg.	2.5 mg.
Punarnava (<i>Boerhaavia diffusa</i>)	50 mg.	12.5 mg.
Manjista (<i>Rubia cordifolia</i>)	27 mg.	
Bach (<i>Acorus calamus</i>)	7 mg.	
Aunla (<i>Emblica officinalis</i>)	58 mg.	
Makhal (<i>Citrullus colocynthis</i>)	9 mg.	
Papra (<i>Podophyllum emodi</i>)	9 mg.	
Lavang (<i>Myrtus caryophyllus</i>)	7 mg.	
Jaiphal (<i>Myristica fragrans</i>)	7 mg.	
Dalchini (<i>Cinnamom zeylanicum</i>)	11 mg.	
Haldi (<i>Curcuma longa</i>)	17 mg.	
Sunth (<i>Zingiber officinale</i>)	4 mg.	
Ajwan (<i>Ptychotis ajowan</i>)	6 mg.	
Pippli (<i>Piper longum</i>)	2 mg.	

Jeera (Cuminum cyminum)	2 mg.
Sounf (Foeniculum vulgare)	13 mg.

Pharmacology:

Revandchini is a mild laxative and is also an astringent, bitter, useful in the treatment of diarrhea. Gandak is a mild aperient, increases bile secretion. Balaharde is useful in enlarged liver. Kutki is hydrogogue, purgative and enhances the action of the other ingredients. Punarnava is also a well known diuretic, relieves oedema and ascites. Bhangra/Bhringraj is a well known remedy for disorders of the liver. It acts as a cholagogue and hepatic tonic by flushing the ducts with healthy bile. Makhal is useful in intestinal parasites, constipation and Jaundice. Papra is a sure purge in torpid liver, producing copious discharge of bile and is used in bilious fevers. Manjistha is used in jaundice. Bach, Aunla, Lavang, Jaiphal, Ajowan, Pippli, Jeera, Sounf, Dalchini, Haldi and Sunth are used as carminatives, stimulants, aromatics and digestives.

Indications:

For the treatment of catarrhal jaundice, Kynotomine exerts a mild antiseptic action in the biliary tract. Clears jaundice within a few days.

Dosage:

Adults: 1 to 2 tablets, 3 times a day.

Children: 1/2 tablet 3 times a day or 1 to 2 teaspoonfuls 2 to 3 times a day.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each.

Bottle of 250 tablets.

Bottle of 100ml syrup.

LIVACTIN – G

Antioxidant tablets

Description:

Herbo mineral combination for senile debility and ageing disorders.

Composition:

	Each tablet contains
Ashwagandha extract (<i>Withania somnifera</i>)	225 mg.
Mandookaparni extract (<i>Centella asiatica</i>)	100 mg.
Brahmi extract (<i>Bacopa monniera</i>)	125 mg.
Shuddha Shilajith	60 mg.

Pharmacology:

Ashwagandha: is widely used in ayurveda. Traditionally the root is used as a general tonic to increase energy and to improve overall health and longevity. Latest scientific research has proved that Ashwagandha is very helpful as anti ageing, as a rejuvenator, useful as neuroprotective, anti-stress, immunomodulator, adaptogen, as antioxidant and ashwagandha is a tonic for midlife crisis.

Brahmi: is used in Ayurveda for more than 3000 years, for its memory enhancing activity, which is proved by latest research. Brahmi is useful in improving memory as brain tonic, as adaptogen, as antioxidant, as anti anxiety agent and as neuro-protective.

Mandookaparni: In Ayurveda, it is used as a brain tonic and scientific research has proved that it is useful in improving memory, as immunity promoter, as antistress and it also decreases general debility and improves behavioural pattern.

Shilajith: Is an immunomodulator, very effective in geriatric

complaints, as an antistress, an adaptogen and an antioxidant. It is widely used in general and sexual weakness as an aphrodisiac.

Dose: 1 to 2 tablets after breakfast and lunch.

Indications:

In senile debility, wasting disorders, as tonic in old age, as antioxidant, as anti stress, as adaptogen, and in associated symptoms of ageing such as:

- Changes in mood and cognitive functions.
- Impaired quality of life.
- In failing memory.
- Insomnia.
- Fatigue.
- Loss of libido.

Side effects: Nil

Pack: Bottle of 30 tablets.

MEDICATED TOOTH POWDER

Description:

Combination of excellent herbs for pyorrhea, gingivitis and spongy gums.

Composition:

	Each 100 gm contains
Haritaki	12 gm.
Vidanga	1.5 gm.
Kanana eranda	2.0 gm.
Vembaka	1.7 gm.
Ajwan	1 gm.
Phithkari	3.4 gm.

Gandharpur Tel
Sudha

1 ml.
q.s.

Pharmacology:

Haritaki finely powdered is used as a dentifrice, useful in teeth bleeding and ulceration of gums. Vidanga is used for toothache and ulcers of mouth. Kanana eranda is used to strengthen gums. Vembaka/ Neem is a cure for toothache, bad breath and gum diseases. Ajwan is antiseptic, analgesic, anesthetic, and antibacterial. Phitkari is used in spongy, bleeding gums, loose teeth, ulcers of the mouth.

Application:

Use finger for rubbing the teeth and massaging the gums with tooth powder. Do not rinse the mouth or gargle after using the tooth powder for 5 - 10 minutes. Use the tooth powder before retiring at night and first thing in the morning.

Regular use cures pyorrhea. If there is much pus, use Entrops as gum paint, at night and morning after rubbing the teeth and massaging the gums with tooth powder.

Pack: HDPE jar of 50g powder.

MEDITAB

Anti-cough Tablets.

Description:

Combination of ayurvedic drugs well known for their therapeutic effect on cough. Contains Kapardika Bhasma for toning up the system in chronic cough with debility.

Composition:

	Each tablet contains
Nala (<i>Lobelia nicotianaefolia</i>)	51 mg.
Dudhi (<i>Euphorbia pilulifera</i>)	27 mg.
Kapardika Bhasma (Calcined cowries)	7 mg.

Vasaka (<i>Adhatoda vasica</i>)	63 mg.
Lasun (<i>Allium sativum</i>)	7 mg.

Pharmacology:

Vasaka, Nala and Dudhi are useful expectorants in liquefying sputum (see Koflyn for acute cough). Lasun has expectorant, antiseptic, diaphoretic and diuretic properties. It has been used in chronic bronchitis and other pulmonary conditions. Kapardika Bhasma is believed to act as a general tonic particularly in chronic lung diseases e.g.: tuberculosis.

Indications:

Chronic cough. Cough in tuberculosis, chronic asthmatic cough.

NOTE: For acute cough, use KOFLYN. For harassing spasmodic cough use DANGINE and DESMA alternatively. The chest can be massaged with CHESOL or RUBZON

Dosage:

1 to 2 tablets with milk or honey, twice or thrice daily.

Side effects: Nil

Pack: Bottle of 20 tablets.

MERSINA**Anti-diabetic Capsules.****Description:**

Mersina is a poly herbal compound for the effective control of maturity onset non-insulin dependent diabetic mellitus (Type 2 Diabetes).

Composition:

	Each capsule contains
Merasingi (<i>Gymnema sylvestre</i>)	75 mg.
Karela (<i>Momordica charantia</i>)	81 mg.
Tarwara (<i>Cassia auriculata</i>)	63 mg.
Jamun (<i>Syzygium cumini</i>)	96 mg.
Aunla (<i>Phyllanthus emblica</i>)	48 mg.
Neem (<i>Melia azadirachta</i>)	30 mg.
Methi (<i>Trigonella foenum graeceum</i>)	15 mg.
Kovai (<i>Coccinia indica</i>)	93 mg.
Gudduchi (<i>Tinospora cordifolia</i>)	63 mg.
Javakhar	12 mg.

Pharmacology:

Merasingi, Karela, Tarwara, Aunla, Neem, Gudduchi are useful in the treatment of Diabetes. Jamun has anti-diabetic action and phenolic substances in it. It checks the pathological conversion of starch into sugar and also decreases the quantity of sugar in urine and allays the thirst of diabetes. Methi exerts anti-diabetic effect and can be used in combination with insulin. Kovai is an indigenous substitute for insulin and has the remarkable effect in reducing sugar.

Indications: Type-2 Diabetes

Dosage: 1 to 2 capsules 1/2 an hour before breakfast, lunch & dinner.

Therapeutic use:

Mersina can be safely prescribed in the dosage range for the effective control of maturity onset non-insulin dependent diabetes mellitus (Type- 2 Diabetes), especially useful to patients with above normal body weight.

Contra-indications:

Mersina is not recommended for insulin dependent (Type-1 Diabetes), ketosis, diabetes associated with carbuncle, se-

vere hyperglycemia during pregnancy and lactation.

Side effects: Nil with recommended doses.

Pack: Box of 5 blister strips of 10 capsules each.

NEVOSS

Tablets for treatment of nervous weakness and anxiety

Description:

A combination of ayurvedic drugs for nervous breakdown and various manifestations of nervous tension.

Composition:

	Each Uncoated tablet contains
Khurasani Ajwan (<i>Hyoscyamus niger</i>)	20 mg.
Ashwagandha (<i>Withania somnifera</i>)	60 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	45 mg.
Jaiphal (<i>Myristica fragrans</i>)	0.5 mg.
Gokhru (<i>Tribulus terrestris</i>)	80 mg.

Pharmacology:

Khurasani Ajwan is used as a hypnotic, sedative, and in spasms of the intestines and urinary tract. Gokhru is used as a tonic, aphrodisiac and cooling in cases of spermatorrhea and phosphaturia and in cases of gentio-urinary tracts. Glycyrrhiza is used as a tonic, cooling and demulcent. Ashwagandha is a sedative and tonic. Jaiphal is an aromatic and a stimulant.

Indications:

All manifestations of nervous weakness, anxiety, frequent urination, gastro-intestinal spasms, tremors etc. Nervous breakdown due to excessive physical or mental strain. Loss of vitality, spermatorrhoea, abnormal sexual desire, excessive sweating. Does not retard mental function, or cause mental confusion.

Dosage:

Adults: 1 to 2 tablets every 3 to 4 hours. Best taken with milk.

Children: 1/4 to 1/2 tablet every 4 hours.

Side effects: Nil

Pack: Bottle of 100 tablets.

OLOSYN

External oil for scalp massage to strengthen the hair.

Description:

Extract of ayurvedic herbs in vegetable oil for soothing action on the nervous system.

Composition:

	Each 100g oil contains
Bhangra (<i>Eclipta alba</i>)	0.66 gm.
Neem (<i>Melia azadirachta</i>)	0.66 gm.
Gajga (<i>Caesalpinia bonduc</i>)	0.66 gm.
Brahmi (<i>Hydrocotyle asiatica</i>)	0.66 gm.
Methi Seeds (<i>Trigonella foenum graecum</i>)	2.2 gm.
Dhatra (<i>Dhatra metel</i>)	1.32 gm.
Aunla (<i>Emblica officinalis</i>)	3.33 gm.
Vegetable oil	q.s.

Pharmacology:

An extract in oil from the well known Indian herbs. When rubbed externally, has a soothing tonic effect on the muscles and nerves and also healing effect in many skin conditions. It also controls nervous agitation and exerts a mild sedative action. Aunla is rich in Tannins and Fixed Oil. It strengthens and promotes growth of hair. Brahmi is a local stimulant, useful for skin eruptions, eczema and ulcers. Bhangra contains oil soluble dye, useful in Alopecia and skin diseases.

Neem is useful to kill lice and to cure eruptions of the scalp. Methi seeds are cooling, emollient, promotes the growth of hair and also prevent from falling off. Dhatura is useful in preventing lice and in skin eruptions. Gajga contains fixed oil which is useful in palsy and nervous complaints.

Application:

Used as a hair oil massaged with fingers well into the scalp, an hour before retiring, induces sound sleep, relieves headache and exerts a mild sedative action. Has a tonic action on hair growth and can be used in the loss of hair. For body massage mix with any oil in the proportion of 1 : 5 and massage before bath. Olosyn is useful in epilepsy, hysteria and nervous debility. If there is no perforation of the eardrum, instill two drops in the ear, once a day, besides application on the head.

Pack:

Bottle of 50ml oil.

Bottle of 100ml oil.

RASGENT

Eye drops.

Description:

A soothing Eye-drop for congestion and inflammation.

Composition:

Raskapur	1.1 gm.
Phitkari	1.1 gm.
Namak	3.4 gm.

Indications:

Local application of the solution to the eye, has an antiseptic and soothing action in conjunctivitis. Relieves congestion and inflammation.

Dosage/Application:

Dissolve 1 to 2 grains (15 to 30 mg) in a teaspoonful of boiled and cooled water and put a few drops in both eyes. Even if one eye is affected, it is necessary to put Rasgent drops in both eyes, to avoid sympathetic ophthalmia. Apply two or three times a day and before retiring to bed. For pimples etc. 60 to 100 mg. Orally twice daily.

Pack: Bottle of 10g powder.

REMORIN

Anti-rheumatic Capsules

Description:

A combination of ayurvedic drugs for Rheumatoid Arthritis and Osteoarthritis.

Composition:

	Each capsule contains
Guggul (Balsamodendron mukul)	100 mg.
Aunla (Phyllanthus emblica)	3.7 mg.
Safed Namak (Sodium chloridum)	3.7 mg.
Saindhava (Potassii nitras)	3.7 mg.
Harda (Terminalia chebula)	3.7 mg.
Behara (Terminalia belerica)	3.7 mg.
Sunth (Zingiber officinale)	3.7 mg.
Kalimirichi (Piper nigrum)	3.7 mg.
Pippli (Piper longum)	3.7 mg.
Gajpipal (Scindapsus officinalis)	3.7 mg.
Vidanga (Embelia ribes)	3.7 mg.
Jeera (Cuminum cyminum)	3.7 mg.
Kalajeera (Carum nigrum)	3.7 mg.
Kababchini (Piper cubeba)	3.7 mg.
Kulanajan (Alpinia galanga)	3.7 mg.
Nirgundi (Vitex negundo)	3.7 mg.
Dhania (Coriandrum sativum)	3.7 mg.

Talispatra (<i>Abies webbiana</i>)	3.7 mg.
Kutki (<i>Picrorhiza kurroa</i>)	3.7 mg.
Motha (<i>Cyperus rotundus</i>)	3.7 mg.
Chhotielachi (<i>Elettaria cardamomum</i>)	3.7 mg.
Chota gokhru (<i>Tribulus terrestris</i>)	3.7 mg.
Javakhar (<i>Potassii carbonas</i>)	3.7 mg.
Bach (<i>Acorus calamus</i>)	3.7 mg.
Mitha indarjou (<i>Wrightia tinctoria</i>)	3.7 mg.
Ajwan (<i>Ptychotis ajowan</i>)	3.7 mg.
Ativisha (<i>Aconitum heterophyllum</i>)	3.7 mg.
Sadab (<i>Ruta graveolens</i>)	3.7 mg.

Pharmacology:

Reduces inflammation of joints; relieves pain; controls muscular spasm; slows down fatty degenerative changes. The Guggul constituent of REMORIN also offers hypo-lipidaemic and hypo-cholesteraeamic activity.

Indications:

Rheumatoid arthritis, osteo-arthritis, arthralgia, ankylosing spondylitis, cervical spondylitis, shoulder arm syndrome. A bonus benefit of REMORIN in obese patients is the lowering of serum cholesterol levels.

Dosage:

Adults: Initially: 2 Capsules 3 times a day for the first 15 days.

Subsequently: 1 Capsule 3 times a day for at least 3 months. Weak or emaciated patients may respond to a lower dosage.

Vitamin C or any fresh citrus fruit juice should be taken daily.

Contraindications: To be avoided during pregnancy, lactation and in diarrhea.

Pack: Box of 3 blister strips of 10 capsules each.

REMORIN OIL

Anti-rheumatic Oil.

Description:

A combination of ayurvedic drugs for Arthritic pains, Joint pains, Stiff joints and Sciatica.

Composition:

	Each 100 gm oil contains
Guggul (Balsamodendron mukul)	5 gm.
Ashwagandha (Withania somnifera)	5 gm.
Nirgundi (Vitex negundo)	5 gm.
Rasna (Alpinia galanga)	5 gm.
Haldi (Curcuma longa)	2 gm.
Shobhajana (Moringa oleifera)	5 gm.
Datura (Datura alba)	3 gm.
Sunth (Zingiber officinale)	3 gm.
Erand (Ricinus communis)	4 gm.
Akda (Calotropis gigantea)	3 gm.
Karpoor (Camphora officinarum)	5 gm.
Pudina Arka (Mentha arvensis)	5 gm.
Gandhapura Tel (Winter green oil)	6 ml.
Gandhaberoza Tel (Pinus palustris)	4 ml.
Vegetable Oil	q.s.

Pharmacology:

Guggul is useful in ankylosis, stiffness of joints, rheumatoid arthritis and allied disorders. It can penetrate any system and reach its site of action. Ashwagandha is anti-inflammatory, anti-arthritic and analgesic. Nirgundi is very useful in reducing swelling of joints caused by acute rheumatism.

Rasna is used in rheumatism and allied disorders. Haldi possesses local and systemic anti-inflammatory properties. Shobhajana is used in rheumatism and joint pains. Datura is used to relieve rheumatic pains, swelling of the joints, lumbago, sciatica and neuralgia. Erand is used in rheumatic affections and lumbago. Akda is applied in painful joints

and swellings. Sunth, Karpoor, Pudina arka, Gandhaberoza and Gandhapura Tel are used as local stimulants and rubefacients. The Remorin oil base is specially formulated with above ingredients to have maximum penetration, fast and effective relief.

Indications:

Arthritic pains, joint pains, stiff joints and sciatica.

Application:

On the affected part of the body, apply gently followed by fomentation with hot water. **DO NOT MASSAGE.**

Simultaneous use of Remorin Capsules brings complete and faster relief.

Pack:

Bottle of 50ml oil.

Bottle of 100ml oil.

RIPANTO

Ointment for burns and eczema

Description:

A soothing ointment for burns, scalds, eczema, ulcers etc.

Composition:

	Each 100 gm contains
Oleum Lini	33.6 gm.
Oleum Sesami in Beeswax base	8.8 gm.

Application:

Burns and scalds: Apply liberally on the affected part. Soothing action relieves pain and burning. It should be applied in the morning and night until the affected part is healed. May be kept covered with dressing after application.

Ulcers, eczema, bedsores: Apply morning and evening af-

ter washing the part with warm water and drying with a soft cloth.

Cracked skin fissures and Rough skin: Massage lightly to keep the skin soft. Used on the face as a light cream, also for palms, soles cracked or peeling skin in dry or moist weather.

Oleum Lini and Oleum Sesami are emollients and soothing to inflamed surfaces and help healing. Can also be applied in piles, before and after defecation. Constipation must be corrected with SPOLAX.

Pack: Tube of 15g.

RUBZON

Vapour-rub for headaches & colds.

Description:

A combination of well known ingredients for external application by gentle massaging.

Composition:

	Each 100 gm contains
Pudina arka (<i>Mentha arvensis</i>)	5 gm.
Karpoor (<i>Camphora officinarum</i>)	10 gm.
Nilgiri tel (<i>Eucalyptus globulus</i>)	2.5 ml.
Gandhaberoza tel (<i>Pinus palustris</i>)	2.5 ml.
Gandhapura tel (<i>Methyl salicylas</i>)	5 ml.
Paraffin base	q.s.

Pharmacology:

Specially prepared paraffin base makes the action prolonged. Gandhapur tel is readily absorbed through the skin and is used for relief of pain in lumbago, sciatica and rheumatic conditions. Pudina arka applied to the skin, dilates the vessels causing a sensation of coldness followed by analgesic effect and is useful for headaches, rheumatic pains

and neuralgias. Karpoor too acts as a rubefacient and mild analgesic and counter-irritant in fibrositis and neuralgia. Nilgiri tel is a respiratory antiseptic and often used in inhaled steam or as an ointment in colds for external application. Gandhaberoza tel like Nilgiri tel, is also used as counter-irritant and cutaneous stimulant in the treatment of chronic inflammatory conditions, to relieve neuralgia and rheumatic pains and for application to the chest in bronchitis and pleurisy. When inhaled, these two essential oils arrest profuse secretion and relieve congestion of the bronchioles in bronchitis.

Indications:

Headache, cold and cough, bronchitis, aches and pains, neuralgia, sprains. Can also be inhaled with vapours from boiling water in chest colds. Apply Rubzon on the affected part and massage gently.

Pack: Tube of 15g.

SALPHOS

Digestive and appetite increasing tablets.

Description:

Combination of ayurvedic drugs for loss of appetite and digestive disorders.

Composition:

	Each tablet
	Contains
Revandchini (Rheum webbianum)	33 mg.
Chitrak (Plumbago zeylanicum)	33 mg.
Balaharde (Terminalia chebula)	23 mg.
Sunth (Zingiber officinale)	8 mg.
Jeera (Cuminum cyminum)	4 mg.
Talispatra (Abies webbiana)	13 mg.
Papai (Carica papaya)	12 mg.

Aunla (<i>Emblica officinalis</i>)	10 mg.
Kutki (<i>Picrorrhiza kurroa</i>)	8 mg.
Sounf (<i>Foeniculum vulgare</i>)	28 mg.
Jungli Elaichi (<i>Amomum subulatum</i>)	3 mg.
Chirata (<i>Swertia chirata</i>)	8 mg.
Dhania (<i>Coriandrum sativum</i>)	3 mg.
Bhangra (<i>Eclipta alba</i>)	32 mg.
Haldi (<i>Curcuma longa</i>)	33 mg.
Ajwan (<i>Ptychotis ajowan</i>)	12 mg.
Pippli (<i>Piper longum</i>)	4 mg.

Pharmacology:

Revandchini, in small doses is used as an astringent, bitter and in the treatment of diarrhea.

Balaharde is used as an astringent, bitter, stomachic and regulates the bowel movement.

Jeera is used as a carminative and increases appetite.

Sunth is used as a carminative. It also prevents griping.

Chitrak is mainly used for stomach troubles and better digestion.

Sounf relieves flatulence.

Aunla is used for regulating bowel movements.

Talispatra is carminative stomachic and tonic.

Papai used in deficiency of gastric juice in dyspepsia and intestinal irritations.

Kutki is used in loss of appetite, indigestion, dyspepsia.

Haldi is aromatic, carminative and anthelmintic.

Jungli elaichi, Chitrak, Dhania, Bhangra, Ajwan and Pippli are very good digestives, carminatives and stomachics. The combination acts as a carminative, stomachic and cholagogue and it improves digestion.

Indications:

Loss of appetite, fermentative disorders of digestion, biliousness, flatulence, dyspeptic symptoms, chronic constipation.

Dosage:

Adults: In loss of appetite and as a digestive tonic, 1 to 2 tablets before each meal. In other digestive troubles 1 to 2 tablets after each meal.

Children: 1/2 to 1 tablet.

Infants: BIO-SAL is recommended.

Side effects: Nil**Pack:**

Box of 10 strips of 10 tablets each.

Bottle of 300 tablets.

SENZINE

Tonic tablets for nervous debility.

Description:

The combination of Ayurvedic drugs in Senzine is not a sexual excitant, but is a reliable tonic in nervous debility and sexual inefficiency.

Composition:

	Each uncoated tablet contains
Gokhru (<i>Tribulus terrestris</i>)	115 mg.
Ashwagandha (<i>Withania somnifera</i>)	44 mg.
Swarnakshiri (<i>Argemone mexicana</i>)	6 mg.
Sunth (<i>Zingiber officinale</i>)	9 mg.
Lasun (<i>Allium sativum</i>)	2 mg.
Bach (<i>Acorus calamus</i>)	8 mg.
Jeera (<i>Cuminum cyminum</i>)	11 mg.
Jethimadh (<i>Glycyrrhiza glabra</i>)	25 mg.

Jaiphal (<i>Myristica fragrans</i>)	11 mg.
Chotachand (<i>Rauwolfia serpentina</i>)	3 mg.
Balatagra (<i>Valeriana wallichii</i>)	3 mg.

Pharmacology:

The ingredients act as nerve sedative, allay anxiety and tension and helps in restoring sexual competence. Sunth is a carminative, produces a sense of well-being. Ashwagandha is also a sedative of the C.N.S. Gokhru corrects burning sensation in micturition and urinary troubles and is a sexual stimulant. Lasun is an antiseptic having diuretic and diaphoretic properties. Swarnakshiri in small doses stimulates the CNS. Bach is stimulant and a nervine sedative Glycyrrhiza is used as tonic, cooling agent and demulcent. Jaiphal is stimulant and carminative. Chotachand is used as a sedative and hypnotic. Balatagra is a stimulant and nervine sedative. Jeera is carminative, stimulant and aromatic.

Indications:

Impotence due to neurasthenia or nervous debility. A mild sedative to restore sexual efficiency

Dosage:

As a nerve sedative 1 to 2 tablets an hour before food.
As a sexual stimulant 1 to 2 tablets, three times a day.

Side effects: Nil

Pack: Bottle of 100 tablets.

SPOLAX

Laxative granules.

Description:

Granules containing natural vegetable laxatives for chronic constipation and re-educating bowel movement. Does not

cause pain, discomfort or irritation of the intestinal mucosa.

Composition:

	Each 5 g of granules contains
Spogel (Ispaghulae testa)	2.5 gm.
Gum Tragacanth	0.5 gm.
Ext. Sana (1:5)	0.1 gm.
Sounf (Foeniculum vulgare)	0.125 gm.
Jeera (Cuminum cyminum)	0.025 gm.

Pharmacology:

The active principles of Sana are absorbed from the gut and are excreted largely into the colon, where they stimulate peristaltic movement like normal bowel function. Sounf is an aromatic carminative. It is given for the treatment of flatulence. Spogel derived from the husk of mucilaginous seeds absorbs water and has a remarkable power of absorbing bacterial and other toxins. The action is purely mechanical in producing smooth semisolid stool.

Indications:

Habitual constipation due to spastic colon, dietary insufficiency, lack of exercise; constipation in the elderly and children, bed-ridden patients. It affords immediate relief to sufferers of piles by aiding painless evacuation of the bowels. As an adjunct to treatment in diarrhea and dysentery.

Dosage:

Adults: 1-3 teaspoonfuls of the granules to be swallowed without chewing, with a glass of water in the evening, 2 hours before or after dinner. There will be evacuation of the bowels next morning.

Children (above 5 years): one teaspoonful with water.

Diabetics may use Spolax-E Powder.

Side effects: Nil

Pack:

HDPE jar of 75g granules.

HDPE jar of 200g granules.

SPOLAX - E Powder

Effervescent powder for chronic constipation

Description:

Fiber supplement, laxative, and carminative. Its high fiber content without sugar makes it safe for diabetic use.

Composition:

	Each 5 g of Powder contains
Spogel (Isapgula testa)	3.71 gm.
Sounf (Foeniculum vulgare)	0.140 gm.
Jeera (Cuminum cyminum)	0.028 gm.

Pharmacology:

Isapgula derived from the husk of mucilaginous seeds absorbs water and has a remarkable power of absorbing bacterial and other toxins. The action is purely mechanical in producing smooth semisolid stool. Sounf and Jeera are aromatics, carminatives. It is given for the treatment of flatulence.

Indication:

Habitual constipation due to spastic colon, dietary insufficiency, lack of exercise, constipation in the elderly, children and bed-ridden patients. Affords immediate relief to sufferers of piles by aiding painless evacuation of the bowels. Spolax-E is safe in management of constipation and can be used in pregnancy safely. In diabetic and cardiac patients to reduce cholesterol levels.

Dose:

Adults: Put 1 to 3 teaspoons of Spolax-E in a dry glass, add

water, stir and drink immediately, and then drink an extra glass of water.

Pack:

HDPE jar of 125g powder.

TURAICO

Diuretic and urinary antiseptic tablets

Description:

Combination of well-known ayurvedic drugs used as diuretic and urinary antiseptics.

Composition:

	Each uncoated tablet contains
Punarnava (<i>Boerhaavia diffusa</i>)	120 mg.
Kababchini (<i>Cubeba officinalis</i>)	30 mg.
Gokhru (<i>Tribulus terrestris</i>)	120 mg.
Nagakesara (<i>Mesua ferrea</i>)	30 mg.

Pharmacology:

Kababchini is a well-known urinary antiseptic and is used in gonorrhoeal urethritis, chronic cystitis etc. In Ayurveda, it is used for removing stone from kidney and bladder. Punarnava is a well-known diuretic in ayurveda and is used in all types of oedema due to congestive heart failure, kidney disease and ascites. Gokhru is used in painful micturition and inflammation of the urinary tract. Nagakesara is used as astringent and stomachic.

Indications:

As a diuretic, urinary antiseptic and sedative, in painful and difficult micturition due to stone formation or infection.

Dosage: 1 to 2 tablets for an adult, three times a day. Adequate intake of water should be maintained.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each.

Bottle of 300 tablets.

VITESSON

Tranquilizer tablets

Description:

Ayurvedic drug combination for toning up the nervous system. Non habit forming. Tranquillizer without depressive effects.

Composition:

	Each uncoated tablet contains
Chotachand (<i>Rauwolfia serpentina</i>)	20.0 mg.
Ashwagandha (<i>Withania somnifera</i>)	80.0 mg.
Balatagra (<i>Valeriana wallichii</i>)	80.0 mg.
Khurasani ajwan (<i>Hyoscyamus niger</i>)	20.0 mg.
Ext. Khurasani ajwan (<i>Hyoscyamus niger</i>)	0.5 mg.

Pharmacology:

Ashwagandha is used as a sedative of the C.N.S., as a tonic, anti stress and as aphrodisiac. It is also a mild diuretic. Chotachand is used in hypertension, psychosomatic disorders and nervous tension. Balatagra is used in insomnia and irritability, hysteria and epilepsy. Khurasani Ajwan is a carminative and anti-spasmodic, sedative and hypnotic.

Indications:

Disorders of psychosomatic origin. Nervous tension, anxiety, sleeplessness, hypertension, muscular and joint pains, headache and pains of nervous origin, suitable for day time administration.

Dosage:

Adults: 1 to 2 tablets, three times a day. Dosage adjusted according to response. Can be used as a supplement to other forms of therapy.

Children: 1/4 to 1/2 tablet according to age.

Side effects: Nil

Pack:

Box of 10 blister strips of 10 tablets each.

Bottle of 300 tablets

HOMEOPATHIC

AGAR- CO

Sedative and anti-convulsant tablets

Description:

Agaricus, in minute doses, acts as a sedative and anti-spasmodic and is of great value in convulsive disorders and hysteria. Liliium exerts a powerful influence on the pelvic organs. Agarco is useful in hysteria since some pathological conditions of the uterus and ovaries may reflexly cause hysterical symptoms. Aethusa is a sedative, prevents restlessness, irritability and vertigo.

Composition:

	Each uncoated tablet contains
Tr. Agaricus Q	0.0064 ml.
Tr. Aethusa Q	0.0064 ml.
Tr. Liliium Q	0.0132 ml.

Indications:

Convulsions in infants and children.

Hysteria in women. Hysterical manifestation in children and men.

In Epilepsy, start Vitesson during the day, in addition to Agarco at bedtime. Treatment should be continued for prolonged periods of time for adequate and optimal effect. In patients prone to recurrent attacks, treatment should be started in combination with Vitesson.

Dosage:

Infants and small children: 1/4 tablet crushed can be given with milk or honey.

Older children and adults: 1/2 tablet, 3 times daily.

To be given 1/2 hour before food, on an empty stomach.

Side effects: Nil

Pack: Bottle of 50 tablets.

AMYGLIA

Anti-spasmodic tablets

Description:

A combination of drugs especially useful for the relief of arterial tension and angina pectoris.

Composition:

	Each uncoated tablet contains
Tr. Liliium Q	0.0004 ml.
Glonoinum	3x 1.6 mg.
Natrum Nitrosu	3x 205 mg.

Indications:

For relief of angina pectoris, since it acts by dilatation of the coronary artery. For relief of headaches and high blood pressure, when immediate relief is desired (as it dilates blood vessels and lowers blood pressure). When Vitesson does not relieve headache, give Amyglia. Spasmodic affections e.g. dysmenorrhoea, asthma, whooping cough, convulsions in infants, migraine etc.

A crushed tablet placed under tongue frequently, aborts an attack of epilepsy.

Dosage: 1/2 tablet, three times a day, 1/2 hour before food on an empty stomach.

Side effects: Nil

Pack: Bottle of 50 tablets.

AURATINUM

Anti-inflammatory tablets for female disorders

Description:

Drugs specially compounded in tablet form, for their effect on the uterus and ovaries.

Composition:

	Each uncoated tablet contains
Aurum muriaticum	3x 24 mg.
Tr. Pulsatilla Q	0.008 ml.
Tr. Thuja Q	0.0024 ml.

Pharmacology:

Aurum Muriaticum is effective in disorders of the pelvic organs in the female. It also has a marked effect on high blood pressure.

Tr. Pulsatilla is particularly useful in emotional patients. It relieves neuralgic pains and aches and is also used in amenorrhoea and to correct menstrual irregularities.

Tr. Thuja is especially useful in leucorrhoea, scanty and retarded menstruation, pain in the inguinal region due to ovaritis or salpingitis.

Indications:

Inflammatory conditions of the uterus and ovaries, associated with pain or disorders of menstruation. Ulceration of the cervix, leucorrhoea, scanty and irregular menstruation. Particularly useful for emotional women who exhibit a variety of symptoms like neuralgic pain, profuse perspiration, dysmenorrhoea, coldness of the body etc.

Dosage: 1 to 2 tablets three times a day, preferably 1/2 an hour before food on an empty stomach.

Side effects: Nil

Pack: Bottle of 50 tablets.

ZAHER- CO

Homeopathic tablets for scorpion sting and menopause changes

Description:

A combination of homeopathic drugs indicated in diseases associated with climacteric, in the treatment of headache resulting from exposure to sun and in the alleviation of pain from scorpion sting.

Composition:

	Each uncoated tablet contains
Lachesis	6 x 0.78 mg.
Tuberculinum	6 x 0.0034 mg.

Dosage:

Adults: 1 tablet. Repeat 4 hourly if necessary.

Children: 1/4 to 1/2 tablet.

Side effects: Nil

Pack: Bottle of 30 tablets.

PART – III

Treatment of Diseases

Introduction:

This part deals with the treatment of various diseases. Drugs may be used prophylactically or therapeutically. The treatment becomes simple if the disease is diagnosed properly. In these introductory notes we wish to impress upon you our desire of simplifying things. Our chief aim should be to help suffering fellowmen. Whatever medicines you select for a particular disease, you must always consider the nutritional aspect as well as the digestive aspect.

Nutrition

Albo-Sang is a product enriched with phosphates, calcium and magnesium. It should be supplemented with a balanced diet. The diet should be regulated according to the necessity and digestive capacity of the individual.

Albovit is another product rich in natural protein and minerals may be used by all, irrespective of age or sex. Being a combination of natural vital nutrients with shatawari and saffron, it is specially recommended for pregnant women and nursing mothers.

Diet and Exercise

Overeating and sedentary habits are the two evils of modern life. It is essential for a patient to regulate dietary habits as well as exercise regularly as they go a long way in keeping up normal health.

Vigorous exercise is not advisable in certain patients with heart disease. Balanced diet is necessary in obesity, hypertension and diabetes.

Obesity

Patients benefit from low salt and low fat diets. Citrus fruit juices are very useful. Saturated fats like ghee, butter are harmful as they cause atherosclerosis and coronary thrombosis (heart attack).

Hypertension

Patients benefit from low salt and low fat diets. Citrus fruit juices are very useful. Drinking water 1/2 an hour after meals controls blood pressure to an extent. Salt free diet benefits patients with congestive heart failure, nephritis, ascites or any edema.

Diabetes

These patients require adequate amounts of carbohydrates, fats and proteins per day to achieve required blood sugar levels and to maintain optimal weight with a good exercise regimen.

Peptic Ulcer

A bland diet containing milk, cream or hydroproteins may help in healing an ulcer and to some extent control the pain. Tea and coffee once a day is not harmful, but should be taken with milk. Peptic ulcer patients should never drink alcohol, should also avoid smoking and irritant type of foods like chilies and spices.

Alcohol

Regular use of alcohol without proper diet may cause liver damage or gastrointestinal upset. Constant use may cause addiction and tolerance. Alcohol also causes fatty degeneration of liver, kidney, heart and other complications.

Smoking

Smokers suffer from respiratory disorders, like bronchitis, bronchial asthma, bronchogenic carcinoma

etc., cardiovascular complications like coronary thrombosis, thromboangitis obliterans (gangrene of the toes), peptic ulcer, degenerative changes in the eye etc.

Tobacco chewing with betel leaves

It causes ulceration of tongue, gums, dental caries and oral cancer.

Tea and coffee

Its caffeine content is useful for headaches as it causes stimulation of central nervous system and temporary alertness, which remains for a couple of hours. Tea and coffee are also advised to be consumed in moderation. Excess use of tea causes digestive upset. Tea is contraindicated in children below 12 years to avoid hyperactivity.

ALIMENTARY SYSTEM

Stomach and intestines

Digestion is different from normal appetite. Complete digestion means assimilation or better utilization of carbohydrates, fats, proteins, vitamins and minerals.

Digestion is aided by a normal appetite. Gastric and intestinal problems are connected generally with a loss of appetite and digestive disturbances. Overeating and swallowing food without proper mastication interfere with digestion. Regular meals and exercise help in digestion and assimilation.

Digestion is started in the mouth by saliva from the salivary glands. Then gastric digestive juices convert them into simpler substances. In the small intestine food is further digested by the bile, pancreatic juice and intestinal digestive juices. The digested foods are absorbed by the small intestine.

Assimilation

A person may eat well and also feel that he digests well and yet looks unhealthy because what he has eaten is not properly assimilated. Factors responsible for poor assimilation should be determined and treated accordingly. The combination of Albo-Sang and Gastromone helps promote assimilation of many food factors.

Digestion

SalPhos and Gastromone are good digestives. Digestive troubles sometimes may be associated with hyperacidity which is treated with Magnine. Flatulence, colic or painful affections related to the gastrointestinal tract are also corrected by these drugs.

Dyspepsia / Acidity

Gastromone is used for dyspepsia. If the patient is suffering from constipation or indigestion SalPhos and Spolax or Spolax-E may be used. Albo-Sang may be given as a tonic especially for weak patients. For people who lead a sedentary life a brisk walk before meals is advisable.

Gastritis

Gastritis is vomiting, pain in the abdomen and dehydration. If the intestines are involved, it is known as gastroenteritis (diarrhea, severe dehydration and collapse). No food should be taken for some time. But water and other fluids may be drunk frequently in small amounts with Magnine. Diasyn may be taken to control diarrhea. When the more acute symptoms subside light food may be started every 3 to 4 hours along with Albo-Sang.

Peptic Ulcer

It includes gastric and duodenal ulcers. It is associated with periodic pain in the epigastric region. Tenderness may be present at the site of the pain. Both cases are associated with hyperacidity. In gastric ulcer the pain is immediate after

eating food i.e. food causes irritation and therefore there is pain. In duodenal ulcer, pain develops about half an hour after food i.e. when food reaches the duodenum. In acute cases, there is severe pain which sometimes induces vomiting. Magnine is the drug of choice in hyperacidity. Gastromone can also be used. Patients are advised to avoid alcohol and smoking. Food should be bland and not contain spices and it should be chewed properly. Medical treatment should be continued for six months. If medical treatment does not show sufficient improvement, surgery may be resorted to.

Diarrhea

It means the bowel movements are more frequent and a more liquid consistency than normal. It may be due to several causes e.g. indigestion and infections like amoebic or bacillary dysentery. The cause of diarrhea must be found out and treatment given accordingly. Diasyn is useful in both amoebic and bacillary dysentery.

Amoebic dysentery is characterized by frequent semisolid bowel movements, pain in the abdomen [sometimes colicky] and painful stools with passing of blood and mucus.

In bacillary dysentery, in addition to the above symptoms the stool is generally liquid in nature and may lead to possible dehydration. Diagnosis is established by microscopic examination of freshly passed stools.

Give Diasyn every 4 hours. Patient should be kept warm in bed and given only fluid diet. Such patients require soft bland diet or saggu boiled in milk. One should take plenty of water and adhere to hygienic principles i.e. good sanitation, protection of food from contamination, elimination of flies.

For bacillary dysentery oral treatment with Diasyn may be continued for 3 days more after diarrhea is controlled. For summer diarrhea Gastromone and Chiniunco with limejuice is very useful. SalPhos is given in small doses after recovery from diarrhea to increase the appetite and to prevent digestive disorders.

Jaundice and Cirrhosis

Jaundice is a clinical sign characterized with yellow discolouration of the sclera of the eyes and skin. There may also be fever and itching. The stools are clay coloured, the urine is dark yellow and there is decreased appetite. Early diagnosis and immediate treatment is necessary as it may be obstructive or toxic in nature. The obstructive type may be due to viral infections or parasitic infestations, malignancy of the pancreas or biliary cirrhosis. There is no treatment for cirrhosis of the liver or malignancy.

Hepatotoxic drugs untreated biliary cirrhosis may cause toxic jaundice. Early treatment of the cause is essential as it prevents complications. Kynotomine tablets are the routine remedy. Herbitars can be also added as required. Tap water (i.e., chlorinated water) can also carry viruses. These patients must drink water that has been boiled. Citrus fruit juice must be given in all cases followed by water. Milk powder or butter milk without cream may be allowed with salt, along with Albo-Sang which should be given during convalescence and also after recovery. Patients are advised complete rest and a fat free diet during treatment and convalescence.

Sprue

Sprue a malabsorption syndrome is characterized by insidious onset of loose bowel movements, general weakness and loss of weight. The stools are pale, bulky, frothy, and greasy. This may be treated in different phases

1. Dietary treatment
2. Treatment of dehydration

3. Convalescence.

Gastromone, Albo-Sang and Vitesson are recommended. Restricted diet (milk and fruits) will help the medical treatment. Carbohydrates and fats are to be restricted.

Intestinal Colic

It is a spasmodic pain of the intestines due to the distention of the bowel (commonly as a result of constipation) or accumulation of gas. Colic of the small intestines is referred to the hypogastric region. It may be relieved by pressure. Sometimes it may be accompanied by diarrhea or constipation. No food should be eaten. If it is inflammatory in nature hospitalization is advised. Warm fomentation with hot water bottles may be useful in relieving the gas. SalPhos may relieve flatulence and similarly constipation. Diarrhea is treated with Diasyn.

Worms

Intestinal worms may be generally round worms, pin worms, thread worms, hookworms, etc. The main symptoms of intestinal worms in the children are irritability, teeth grinding, bloated stomach, loss of appetite, convulsive seizures, low fever and anemia.

Constipation

Constipation means irregular evacuation of the bowels. Constipation in the frail and elderly, pregnant and lactating women and patients with weak constitutions should be dealt with carefully. Regulation of bowel habits helps proper elimination. Regular use of drastic purgatives may produce injury to intestines, dehydration and recurrent constipation as well as nutritional disorders.

Albo-Sang and Gastromone in combination with Spolax or Spolax-E regulate bowel movements without producing any adverse effects and do not interfere with the nutrition. Spolax or Spolax-E is also useful in piles.

Flatulence

Besides swallowing air, flatulence is caused by indigestion, constipation or overeating. Magnine, SalPhos and Gastromone prevent flatulence. Avoid drinking water with meals.

Appendicitis

This is an acute condition which requires immediate surgical attention.

Food and drug allergy

Sometimes the patient cannot tolerate certain drugs or food factors although they are commonly used by all. In such cases, Gastromone is used. Gradual desensitization is done by giving very small quantities initially and gradually increasing the quantities after short intervals of time until the patient develops tolerance to that particular food or drug.

Hepatobiliary system

The liver is a vital organ which plays an important role in carbohydrate, protein and fat metabolism. Enlargement of the liver may be due to several causes e.g. malaria, fatty liver or hepatitis. In the involvement of the liver there is loss of appetite, metallic taste, biliousness, constipation or diarrhea. Diagnosis is necessary before treatment. Such patients require high protein diet, (citrus) fruit juices, and skimmed milk at regular intervals. Successful treatment depends on assimilation of the food consumed. The patient must have complete rest. Alcohol, fried or greasy foods and highly spiced foods should be avoided. The patient should have regular bowel movements. Good appetite and digestion are the symptoms of improvement. For this SalPhos, Gastromone and Herbitars are very helpful. Albo-Sang is advisable during convalescence.

Gall Stone

Large stones sometimes block the bile duct which leads to biliary colic. It may be sudden and agonizing pain spreading round the edge of the right ribs and shoulder. The treatment is given with antispasmodics. Herbitars is recommended. Overeating should be avoided. Fatty food is restricted. Greens and fruits may be eaten freely.

Spleen

An enlarged spleen is a common complication of malaria. It should be treated with an antimalarial and Herbitars for about two weeks. Albo-Sang is a tonic, and is used for anemia, weakness and loss of appetite developed due to malaria.

Malaria

Malaria is a parasitic infection, after an infected female anophles mosquito bites. It may be acute or chronic. Acute attack is characterized by shivering, high fever and sweating. Attack may occur on alternate days or every fourth day.

A typical attack of Malaria has three stages:

COLD STAGE: lasting 1/4 to 2 hours. The patient has headache and pains in the limbs and back, accompanied by shivering. A rigor follows, in which his teeth chatter, he shivers violently all over and feels intensely cold. **HOT STAGE:** generally lasts 4 hours, sensations of warmth gradually spreads over the whole body, often accompanied by stupor or delirium.

SWEATING STAGE: 1 to 2 hours. Profuse sweating ensues; the temperature falls and the discomfort and pain are relieved. An attack may come on daily, every three days or recur every fourth day, depending on the type of malarial parasite.

Nervous Disturbances

The nervous system controls all the other systems: respiratory, cardiovascular, gastrointestinal systems, vision and hearing. Special nerves arising from autonomic nervous system control the heart, stomach, intestines, eye, ear etc. Any injury to the nervous system due to infection or drugs may cause severe complications of the CNS. Similarly disturbances in the other systems particularly gastrointestinal (nutrition, digestion) may indirectly involve the nervous system. Emotional upset, constipation or other etiological factors are responsible for central nervous system disorders. Nutritional disorders can be treated by Albo-Sang and proper diet, and constipation with SalPhos and Spolax or Spolax-E. Emotional upset is corrected by means of Vitesson. A liquid diet including milk and fruit juices are useful in nervous agitation and constipation. Livactin-G is recommended for elderly patients. Psychological disorders need special attention. The routine remedy is 'Vitesson along with Albo-Sang'.

Delirium

This is a common complication of fever. Treatment of the cause will automatically cure delirium. Vitesson is the drug of choice. In children it should be given along with Chiniumco.

Convulsions

Convulsions are treated with Vitesson. But Agarco is more specific in cases of recurrent seizures.

Insomnia (or sleeplessness)

It may be due to worries or emotional upset. Sometimes excess smoking and using tea and coffee may also prevent sleep. In addition, all painful conditions may interfere with sleep.

Hypertension also should be kept in mind, when the patient

complains of insomnia. Therefore, the treatment of insomnia is to address the treatment of the cause. Proper diagnosis and determination of the cause is very essential before treatment. Sedatives or hypnotics should not be given unnecessarily since constant use of hypnotics may produce habituation or addiction. Vitesson is the treatment for neuralgia and sleeplessness. It also helps to remove the feeling of anxiety, tension, restlessness and exhaustion and ensures refreshing sleep.

Memory loss

Memory loss is normal when it comes with ageing. Memory loss may also be caused by medical conditions like Alzheimer's disease, strokes, recurrent illness like meningitis or epilepsy, stress, abuse of drugs or medications, dementia or physical trauma to the body. Memory loss usually occurs gradually and may vary in intensity depending on what is causing the condition. Confusion or decreased alertness may be the first symptom of memory loss and also of a serious illness, particularly in older adults. When caused by medical conditions such as Alzheimer's disease, the memory loss is gradual and tends to be permanent. Otherwise the condition is temporary and only affects memories relating to a portion of one's experience. Memory loss can't be treated unless caused by a reversible condition and the treatment is greatly dependent on the primary cause of the condition.

When memory loss is a symptom of a more severe disease, it may be reversed as soon as the underlying condition is identified and cured. Memory loss due to aging cannot be cured but the symptoms may be improved by following the prevention measures. Treating memory loss may consist of herbal medications or a change in lifestyle. The other dietary supplements along with good quality and long sleep and avoiding potential risk factors may also improve the general status of the patient. Family support plays an im-

portant role in treating memory loss. Family members are usually encouraged to take special attention to their sick relatives and encourage them to participate in social activities. The patient can be given Albo-Sang regularly. Livactin-G is specifically indicated as it improves the cognitive functions.

Neuralgia & superficial pains

Toothache, earache, joint pains, headache, myalgia are treated with Decil. This can also be given along with Vitesson if associated with insomnia.

Note: Decil is an irritant to the gastrointestinal tract and is contraindicated in gastric troubles and overdose may be injurious to the liver.

Neurasthenia

Neurasthenia is characterized by worn out conditions of the body and mind, following severe physical stress, hemorrhage, acute illness or poisoning from chronic sepsis and indigestion. All that is needed usually is a change of environment, with attention to general health, improved diet and tonic medicines.

Rapid improvement is observed with the following:

Albo-Sang, Gastromone and Vitesson, will have synergistic action. If the appetite is poor SalPhos and Spolax or Spolax-E for constipation. Livactin-G is especially beneficial for elderly patients.

Hysteria

Hysteria occurs when the patient is suffering from the repression of some intense emotion. They require symptomatic or supportive psychotherapy to avert anxiety or depression. Advise the patient to take Agarco and Vitesson. Albo-Sang may also be used to improve general health.

Epilepsy

Epilepsy may be of various types - Major epilepsy (or grandmal) minor epilepsy (or petitmal). It can occur at any stage, but generally occurs in childhood. Attack of major epilepsy is generally preceded by some kind of feeling (aura). The patient yells and falls suddenly, frequently hurting himself severely. The muscles are fixed and tightly clenched. The face which was first pale grows livid, as respiration is impeded. After a few seconds, the muscles begin to jerk spasmodically, eyeballs roll, the jaw is clenched and unclenched and the tongue may be severely bitten. There may be spontaneous defecation and micturition. Gradually the patient passes into a state of coma. The limbs relax and he sleeps for some time, waking eventually, perhaps with his mind somewhat confused. In epilepsy, start Vitesson during the day, in addition to Agarco at bedtime. Treatment should be continued for prolonged periods of time for adequate and optimal effect.

In patients prone to recurrent attacks, treatment should be started in combination with Vitesson. Albo-Sang may be used as a general tonic. Amyglia is useful if epilepsy is associated with hypertension or angina and aura. Amyglia frequently aborts an attack of epilepsy if used during aura. During the attack the patient must be prevented from hurting himself and something like wooden gag should be wedged in his mouth to prevent him biting his tongue.

Blood changes – anemia

Anemia may be of various types. They may be primary (due to nutritional disorders) and secondary due to parasitic infections, malignancy or hemorrhages. Find out the cause of anemia and correct it. Pallor of the skin, lips, inside of eyelids, etc., lassitude and dizziness and even breathlessness and palpitation. There is usually a loss to appetite and indigestion. Ferrous Fumarate may be used to correct the condition. Albo-Sang is helpful as adjuvant to treatment.

Aches and Pains

Different forms of aches and pains are felt in various conditions. Decil is used for all aches and pain. If nervous in nature add Vitesson. Remorin is advised for joint pains. Rubzon, Remorin Oil or Chesol, is used for external application wherever indicated.

Inflammation of a joint

The joint is hot and swollen and movement is painful. The part is kept immobile by bandaging or by splinting. A doctor need be consulted if the joint requires aspiration as inflammation could be a result of infection. Locally apply Rubzon, Remorin Oil or Chesol very gently. When the Swelling is reduced, gentle movements are started. Massaging with Chesol or Remorin Oil is a valuable adjunct to recovery. In Chronic arthritis Remorin Capsules may be given as per recommended dosage and prove highly successful even in severe cases where multiple joints are affected. Vitesson is given along with other remedies in psychological pain.

Other painful conditions:

Headache, earache, toothache, dysmenorrhoea, sinusitis, post operative pains and sprains. Decil is very useful in these conditions. It is also useful in body pains of influenza. However, it is contraindicated in abdominal and other visceral pains.

Headache

Acute and transient headache is found at the beginning of many febrile illnesses including the common cold. Other common causes are: anemia, constipation, eyestrain, anxiety neurosis, migraine, high blood pressure, chronic kidney diseases, diseases of the ear, nose, throat and teeth. Decil is for symptomatic treatment. Application of Rubzon on forehead affords relief. Vitesson produces sound sleep.

Gonorrhoea

Gonorrhoea is a venereal disease due to gonococcal infection. It involves urinary tract (urethra, bladder, and kidney) and other organs. There may be acute inflammation of urethra with burning micturition and purulent discharge. In neglected cases it becomes chronic and leads to several complications like urethral stricture, joint pains, eye and heart involvement. In such cases lobine should be continued for 2 to 3 months along with specific treatment. Albo-Sang helps to overcome weakness in chronic cases. For burning micturition and discharge Hemoplex is useful. Gonorrhoea in females needs internal and external treatment. Attention must be paid to local cleanliness. Other treatment is same as for males. Albo-Sang is given for convalescence.

Syphilis

Syphilis is an infectious disease caused by an organism known as *Treponema pallidum pallidum*. It is characterized by several acute, chronic and congenital complications. The primary sore (on the genitals) appear in a few days after sexual contact, which spreads and hardens. The glands in neighborhood also become enlarged. It is known as primary sore. It is followed by enlargement of glands, fever and inflammatory conditions of other structures and general discomfort in the secondary stage. Tertiary is associated with complications of nervous systems like paresis or paralysis. The special product for the treatment of syphilis is lobine along with specific antibiotics. For the syphilitic ulcer ointment of Hemoplex is used. Hemoplex may be given orally. For sometime this is further followed by lobine. Lobine is beneficial not only for acute cases of syphilis but also for chronic, latent and congenital forms.

Chest and Lung infections

Bronchitis

Bronchitis is an upper respiratory tract infection. It begins with general discomfort with a feeling of tightness and rawness in the upper part of the chest. There may be typical attacks of dry cough followed by rise in temperature. Gradually, the cough changes into wet cough and breathing may become laboured, with bubbling or rattling sounds in the chest. This condition requires vigorous treatment, with Koflyn. If the temperature is very high, Hemoplex is added. The patient must remain in bed for a few days and should be given adequate amounts of water and other fluids like milk. Application of Chesol or Rubzon on the chest and back is found very useful. In chronic bronchitis, Meditab is recommended.

Pleurisy

It begins with a severe pain in the chest which becomes worse on breathing and coughing. The attack often starts with rigors and the temperature rises to about 101F. As soon as there is effusion of fluid the pain diminishes, but breathlessness usually ensues. It is diagnosed by clinical symptoms and signs provisionally. X-ray of the chest is necessary for final diagnosis. If the temperature becomes hectic with rigors and profuse sweating, empyema is suspected. Empyema is generally associated with constitutional disturbances, loss of weight etc. This is to be treated surgically by aspirating the pus and administering antibiotics. Hemoplex is the important remedy for these cases. Application of Chesol to the chest not only relieves pain but exerts antiphlogistic effect. Albo-Sang in these cases helps to raise vitality of the patient. If caused by Tuberculosis, anti-tubercular treatment is necessary.

Tuberculosis

The patients are best treated in a sanatorium, and by anti tubercular medication. They require rest and a nutritive diet. Patients have night sweats, loss of appetite, weight loss, worsening spasmodic productive cough which may be blood stained. We recommend the use of Albo-Sang which fortifies the constitution against this disease. If the patient cannot be sent to a sanatorium he should be kept in a garden for fresh air. For the treatment of cough small doses of Meditab may be given. Hemoptysis is treated with Chiniumco and Vitesson. Loss of weight is corrected by diets like fruit juice, milk and administration of Albo-Sang. Herbitars along with anti tubercular therapy will be useful as liver protective.

Whooping cough (Pertussis)

It is an infectious disease commonly occurring in childhood. It is characterized by cough followed by sudden noisy inspiration or whoop. This is generally followed by vomiting of considerable quantity of sticky mucus secretion. The paroxysms often come at night before sleeping or after meals. As the disease is infectious and children are very susceptible to this disease the child suffering from whooping cough should be isolated and kept in bed while there is fever, in a warm but well ventilated room. If there is much vomiting the diet should be restricted to milk. Diet restriction and light meals will help to prevent vomiting.

Dangine is the recommended treatment. It acts as an antispasmodic and expectorant. In addition Vitesson may be given to control severe paroxysms. Gentle massage of the chest with Chesol helps.

Diabetes

It is connected with the disorders of pancreas, which may result in interference with metabolism of carbohydrates, proteins and fats. There may be hyperglycemia (rise in blood sugar level) and glycosuria (sugar in urine). This is a disease

due to faulty metabolism. This disease leads to hypertension, visual defects and rapid degenerative changes. The nervous system also may sometimes be involved. Diabetes is generally treated with: (1) restricted diet (2) exercise and (3) drugs.

Diet has to be restricted according to the weight of the patient and the degree of disease. Walking is the best form of exercise in diabetes. Diet should include skimmed milk without sugar, bread or chappatis and a small amount of fat and rice. Large amounts of rice, sugar, starchy foods potatoes, bananas, mangoes should be stopped, or taken in restricted quantity until examination of urine shows no trace of sugar and symptoms disappear completely. Citrus fruits like sweet limes are permitted. Mersina is advised for diabetes. The dosage may be suitably adjusted in the context of diet, exercise and concurrent medication. A check on blood sugar may be maintained from time to time. For depression and irritability, we recommend the combination of Vitesson with Mersina.

For the loss of weight and muscular weakness Albo-Sang tablets are useful. All these symptoms may be due to protein deficiency. Therefore, high protein diet with digestives and exercise may be helpful in diabetic patients.

Dropsy (edema)

It may be of two types:

1. Non-pitting on pressure.
2. Pitting on pressure.

Non-pitting edema is due to myxedema (thyroid deficiency). Pitting edema on the feet or lower extremities or on the dependent parts may be due to congestive heart failure. Edema on the face is due to kidney disorders. Ascites (accumulation of fluid in abdomen) is due to liver disorders. Nutritional edema is associated with the symptoms and signs

of congestive heart failure. Early cases of nutritional edema are treated with Vitamin B1, high protein diet and Albo-Sang. When kidneys are affected, Turaico may be used. Kynotomine is useful in liver affection associated with edema or ascitis. When heart is involved Grandico is used. However, in all cases of edema, salt free diet is very essential and citrus fruit juice will be useful. Complete rest in bed along with the above treatment will show rapid improvement.

Glands - Enlargement of lymph glands

(1) They may be painful and enlarged. e.g. inflammatory process. This acute condition is generally treated with antibiotics.

(2) Glands may be enlarged, but may be painless; such condition is seen in several diseases. It may be due to malignancy, virus infection or other conditions. Anti-tubercular treatment is required for tuberculous glands. Fresh air, sun light, rich food like milk, fruit juice, with Albo-Sang is necessary. Inflamed glands are best cured with antibiotics. Incision is not necessary unless it bursts spontaneously. If there is any wound, aseptic dressing with Ripanto is necessary. All chronic conditions have to be treated with Albo-Sang.

Skin affection

Skin diseases may be acute or chronic. The acute infection requires treatment with anti-microbial agents, as well as locally acting drugs including aseptic dressings, application of poultice or plaster. Some of the chronic manifestations require treatment with internal medication to set right the constitutional disturbances. Iobine is known as a blood purifier. Albo-Sang enriches blood in a general way. Externally used Ripanto removes roughness of the skin due to dermatitis and that resulting from eczema. Gigi Syrup can be utilized for the management of various skin disorders especially acne and pimples.

Scabies

Scabies is a common skin infection and is contagious. It is associated with severe itching and sometimes inflammation is due to scratching. Attention is necessary towards general health and cleanliness of the affected skin. Whenever necessary dress and bed linen should be changed. For prevention of reinfection cleanliness should be observed. Irritant type of soaps should not be used. Herbo-Sulph diluted with Ripanto in the proportion of one to ten may be used externally at bed time. This may be washed off next morning.

Ringworm

It is a skin disease that may affect any part of the body. It begins as a small spot, which extends to form a circular patch. Ringworm may affect the beard, scalp etc. Ringworm is cured by application of Skinment, which may be washed off in the morning.

Psoriasis

Psoriasis is a chronic skin disease characterized by eruption of salivary scaly patches on any part of the body. Skinment is recommended.

Eczema

It is a chronic skin disease characterized by black pigmentation. This is to be treated with lobine and external application of Ripanto which must be rubbed into the skin. Herbo-Sulph to be taken orally as well as and or topical use of Herbo-Sulph along with Ripanto (Ratio of 1:5) gives good results. Skinment also is used.

All chronic Skin affections should be treated with protein rich diet, citrus fruits, Vitamin C and Albo-Sang.

Urticaria

Urticaria is a common hypersensitivity reaction characterized by appearance of patches of localized edema on the

skin (wheals) and rash with itching. It is generally of short duration and may be frequent. It may be due to some allergic reaction. The attack may be due to some antigen present in the diet containing egg, shell fish or drugs, inhalants, emotional stimuli or parasitic infections. For chronic recurrent attacks, discover the factor responsible for it. Avoiding such food items generally keeps the patient safe. The general health of the patient must be raised and septic foci removed. Kynotomine tablets 3 to 4 times a day gives good relief. Hemoplex with honey and hot water is also useful. Constipation in such cases should be corrected with Spolax. Proper attention should be paid towards digestion and bowel movements. Albo-Sang is compatible with the above drugs.

Wounds and cuts

Wounds and cuts require immediate aseptic dressing. Ripanto can be used for dressing purposes. In abscess formation it is better to be drained before aseptic dressing and Herbo-Sulph can be used to assist healing. For all septic wounds Hemoplex may be given. Healing Dust may be sprinkled over the cut and dressing may be done. Entrops may be applied over the dressing to avoid septic conditions.

Whitlow

It is acute infection with inflammation of the thumb or finger. If infection is very extensive and painful, surgery may be resorted to. Consumption of citrus fruits is found to be useful.

Rickets (Osteomalacia)

It is associated with Vitamin D deficiency and disturbed calcium metabolism. This condition is commonly seen in growing children. It is also due to poor diet during pregnancy or lactation and lack of sunlight. Early symptoms in children are restlessness, profuse sweating on the head and irritabil-

ity. The earliest bony changes are thickening of the ends of bones, delayed teething. The child is a late walker. The children may develop potbelly, bowed legs, knock-knee and other deformities. This is a common feature in artificially fed babies. Rickets should be prevented and also treated. Albo-Sang by virtue of its calcium content is very useful in such cases. Breast feeding is useful to infants. But the mother should be given rich diet containing Vitamin D and calcium, Albocal is to be given regularly.

Sexual insufficiency or impotence

The insufficiency may be due to physical weakness, nervous debility, psychological condition or some infection and its complications. The cause may be liver disorders or venereal diseases such as gonorrhoea and syphilis etc.

Treatment requires the sympathetic hearing of the patient's history. Nutrition plays, an important role in sexual potency. Patient should be advised to exercise regularly and not to indulge in sexual intercourse outside the marriage. Senzine gives mild stimulation to the sexual activities. In case of neurasthenia, Vitesson may be given. Albo-Sang can be used as a tonic.

Night emissions in males

Many persons feel unnecessarily worried about night emission. An emission once a week in a young person may be taken as natural. These night emissions, however, become a disease in the case of those who have been the victims of self abuse for several years and whose constitution has become shattered. Even in these cases there is no need to despair. However, it can be prevented by taking regular butter milk, lime juice, citrus fruits and avoiding non-vegetarian foods temporarily. The patient should not take alcohol. Such patients are advised to take ALBO-SANG and NEVOSS. For spermatorrhea, Albo-Sang and Senzine may

be given in small doses when spermatorrhea is associated with impotence.

Phosphaturia

Vitesson with Nevoss is good for those who pass a lot of phosphates in urine. Phosphaturia sometimes gives false impression of spermatorrhea. Buttermilk and fruits will reduce phosphaturia.

Asthma

Bronchial Asthma is a clinical syndrome characterized by paroxysmal wheeze and breathlessness caused by increased resistance to the flow of air through narrowed bronchi. It may be due to: (1) allergies (2) emotional tension precipitated by psychological trauma or stress and (3) bacterial or viral infection of respiratory tract which subsides when the infection is controlled by antibiotics.

But the two chief processes concerned are bronchospasm or swelling of bronchial mucosa. It seems that asthmatic bronchial obstruction predisposes to the development of bacterial infection. Bronchial asthma may be acute or chronic. Generally it is associated with infection of the respiratory tract. Such condition is known as asthmatic bronchitis.

Asthma is characterized by spasmodic attacks of breathlessness and coughing and a feeling of suffocation and tightness in the chest and throat. An attack of Asthma often comes on at night and the patient wakes up struggling for breath. The patient is in great distress and may get out of bed and open the window in an attempt to obtain more air. At first the chest is almost motionless, but later there are deep, slow expirations, accompanied by loud wheezing. Patients of bronchial asthma require education regarding etiological factors. For example allergy due to certain food contents or drugs, alcohol, offensive smell, undesirable sight,

emotional upset etc., may precipitate an attack of bronchial asthma. Much can be done to prevent an attack by general attention towards health and avoidance of fatigue, constipation and heavy meals. The night meal should be very light and is best taken early in the evening. Treatment is given according to cause. Attention may be necessary to prevent an attack. Breathing exercises are very valuable both in children and adults. Desma tablets are very useful in preventing and controlling spasmodic attacks of bronchial asthma and assisting expectoration. Meditab is useful in between attacks. Chesol is important auxiliary for external application to chest. Albo-Sang may be used to improve general health.

Treatment of Babies and Children

Treatment starts with early education of the expectant mother. She requires proper diet, exercise, no physical or mental strain, nor emotional upset. No drug is advised during the first trimester as they can cause malformations in the new born baby. Tonic medicines containing calcium, iron and folic acid may be necessary for the development of fetus. Albocal, Albovit and Albo-Sang are desirable drugs and should be continued during the third trimester. The constitution of the baby generally depends on the constitution of the parents, medication during pregnancy and intercurrent infections during the pregnancy and the drugs used for the treatment. Children are very susceptible to infections. Infections during the growing age, may cause retardation or stunted growth. Immediate attention towards infection is very essential, for e.g. small pox, chicken pox, measles, poliomyelitis, whooping cough etc., can be prevented by primary and secondary vaccination. Like pregnant ladies, growing children also require rich and easily digestible diet and Vitamin therapy. Albo-Sang is useful for development of bones and is advised for growing children. Digestion may be set right with SalPhos. Bio-Sal is carminative and is rec-

ommended to children for belching. Loss of appetite in children is treated with Herbitars Syrup. The enlargement of liver in malaria can be treated with small doses of Kynotomine Syrup.

Dentition

Eruption of teeth generally take place at the 6th month. It is a troublesome period for weak infants and they often suffer from vomiting and diarrhea. When there is no proper eruption of teeth during the expected period, the children should be prescribed Albo-Sang which is an ideal preparation for growing children. Undernourished children generally suffer from defective dentition. Parents have to take care of their children and give particular attention towards dentition. Bio-Sal is particularly useful during the period of teething. If the child is very troublesome give Vitesson. Parents should teach children good dental hygiene (brushing of teeth and flossing).

Blood Pressure

Hypertension occurring in old age is known as essential hypertension. Rise in blood pressure may be due to toxemia of pregnancy also. Generally it gives rise to headache, giddiness, breathlessness on exertion sometimes irritability, sleeplessness and palpitation. It may complicate to heart failure, kidney failure, or paralysis and sometimes blindness. Such severe cases are best treated in the hospital. Sometime there may be high

blood pressure in young age, with involvement of kidney. It is very serious. High blood pressure may also be due to psychological causes and such cases should never be treated with antihypertensive agents. Vitesson is necessary to allay anxiety and worry. Albo-Sang may be given in low or high blood pressure as tonic and constipation should be corrected with Spolax or Spolax-E.

Treatment of Essential Hypertension: Precautions like regu-

lation of dietary habits, light meals at night, avoiding smoking and alcohol, excessive tea or coffee may be very essential along with drug treatment. Fruit juice is another essential item as it removes constipation and also acts as a diuretic. Diuretics generally reduce extra cellular fluid volume and bring down blood pressure. Therefore fruit juice acts as a nutritive agent as well as a diuretic.

Bleeding

Bleeding or hemorrhage may be in the form of epistaxis or from piles or from uterus. Severe bleeding is generally associated with shock. Vitesson is prescribed which prevents shock by acting as a sedative and Chiniumco is used as the prime remedy.

Ear infection

There may be external ear infections or middle ear infections.

External ear infection: It is generally treated with Entrops or Healing Dust.

Middle ear infection: It may be acute or chronic. Acute infection is generally associated with severe pain or sometimes fever. It is common in children. Such pain can be relieved by Decil symptomatically. Chronic infection is complicated with discharge due to perforation of ear drum. There may be partial deafness sometimes. This condition requires prolonged treatment with antibiotics and antiseptic ear drops for topical use. Entrops and Hemoplex may be used. The throat should be thoroughly cleaned with gargling. Attention towards general health is important.

Eyes

Eye drops prepared with Rasgent in distilled water (boiled) may be used for inflammatory conditions.

Gynecological disorders

These are the diseases pertaining to uterus and vagina, fallopian tubes and ovaries (genital tract). Disorders may be due to hormonal imbalances or lesions in the organs or irregular menses. They may occur at puberty, menopause or in between. Symptoms of menopause can be treated with substitution therapy. The menses may be profuse, irregular or scanty and with or without pain. Determine the cause for the above and treat accordingly. Vitesson can be used as a sedative in such cases.

Dysmenorrhea

Pain during periods. It may be due to organic cause such as uterine fibroid but more commonly without any lesion. Such patients require sedatives, rest and reassurance as the first line of treatment. Brahamdine is the drug of choice for spasmodic pain. Vitesson may be given as a sedative. In severe cases, Chiniumco or Amyglia are advised. Attention towards general health is necessary for e.g. regular exercise, treatment of anemia and constipation.

Other uterine affections

In case of amenorrhea (scanty menstruation) Auratinum may be given. For menorrhagia and metrorrhagia Chiniumco is the right remedy. Brahamdine can be given in all these conditions as it is a uterine tonic.

Leucorrhoea (White discharge)

The cause of leucorrhoea is not definitely known but is generally seen in weak constitutions. Albo-Sang and Albovit are useful in such cases to raise vitality. Brahamdine should be tried first as a main remedy in mild cases. In severe cases Auratinum and Chiniumco together are useful. Discharges may be some times associated with venereal infection. Such cases require local and systemic therapy with antimicrobial agents and vaginal irritations with antiseptics. In such cases oral medication of lobine is very useful.

Pregnancy

During pregnancy Albo-Sang, Albocal and Albovit help in the nutrition of the mother. These are helpful for the development of fetus. These can be given to lactating women also.

Delivery

Labour may be very difficult sometimes. Auratinum helps to make delivery easy and natural. It induces labour pains when they are weak or absent. Auratinum and Chiniumco can be administered. Vitesson is of great value in relieving anxiety during delivery. Vitesson has to be given if delivery is delayed and the patient is anxious or agitated. If there is profuse bleeding after delivery Chiniumco may be given. Fever after delivery is a serious matter. If it is neglected, it may sometimes be complicated by sepsis.

Fevers

It may be due to several causes. For example sun stroke which is treated with complete bed rest, fruit juice, water and Decil if necessary. Flu is treated with Fluzen and Decil. This will help in controlling body pains neuralgia, myalgia and temperature. Decil is useful in rheumatic fever. It combats fever and relieves pain.

Headache

It is a symptom of many different diseases of varying severity. Acute and transient headache is found at the beginning of many febrile conditions, including the common cold. Other common causes of headache are constipation, eye-strain, anxiety neurosis, high blood pressure, disease of the nose, teeth or ears, migraine, anemia, kidney disease, etc.

Determination of cause is very essential before the proper treatment. Decil may be used routinely as a symptomatic cure for headaches. Application of Rubzon on forehead affords relief. Vitesson at bed time helps sound sleep.

Hair and Scalp affection

Falling of hair may be due to general debility, vitamin deficiency or fungal infection. In general debility, Albo-Sang is very useful. Olosyn diluted with coconut oil rubbed into scalp with finger tips daily induces sound sleep. Olosyn helps in the growth of hair and prevents hair loss. If ringworm of the scalp is responsible for hair loss Skinment may be used after clipping the hair short.

Heart Diseases

A patient suffering from heart disease will have breathlessness on exertion, palpitation, chest pain, or swelling of the feet, pitting on pressure. Heart disease may be due to several causes. for e.g., infection (i.e. rheumatic fever causing mitral stenosis a valvular disease). Decil can combat fever and inflammation of joints. But Antibiotics may be necessary to treat local sepsis. Patients with cardiac palpitations and breathlessness can be given Grandico Coronary affection like angina pectoris, should be treated with Amyglia. Coronary thrombosis is a very complicated case and the patient should take complete rest in bed or he should be hospitalized and treated with analgesics, anticoagulants and vasopressor drugs. No purgative is advisable. Fruit juice is very useful in such cases. Sometimes heart affections are certainly aggravated by digestive disorders, chiefly by formation of gases. Hence digestive disorders must be set right with SalPhos and Spolax or Spolax-E.

Renal Colic

Renal Colic is characterized by severe spasmodic pain. Pain felt at the lumbar region (in the back at the site of the kidney) shooting downwards towards the bladder. It is spasmodic, which is generally due to stones, which may be of various sizes. Small stones or gravel may pass easily down the ureter and be voided in the urine, or sometimes remain in the bladder (if size is bigger). Larger stones may become

impacted in the ureter or only pass with great difficulty giving rise to renal colic. Before this condition arises the patient complains of an aching loin, with occasional attacks or more colicky pain. Urine has to be passed frequently but is scanty and usually blood-stained. When the stone begins to pass down the ureter, the pain increases in intensity. It is sometimes not tolerable and produces shock. After a varying period the stone suddenly passes and the pain ceases. It is treated with antispasmodics. Citrus fruit juice with plenty of water and butter milk with lime juice given alternately will prevent further growth and helps elimination of small stones. The chief remedy is Turaico which is also an excellent medicine for albuminuria. When there is pain in the back, Rubzon may be applied externally.

Mouth, tongue, and teeth

The foul smell in the mouth may be due to interference with digestion, improper maintenance of teeth, unhygienic conditions, associated with infection i.e., pyorrhea or sometimes Vitamin C deficiency (i.e. scurvy). Sometimes there may be dyspeptic ulcers in the Mouth. Medicated Tooth Powder is used as dentifrice which checks gingivitis and soothes spongy gums preventing pyorrhea. Patient is also advised to use citrus fruit juice, along with Albo-Sang regularly. Frequent mouth wash with an antiseptic like Entrops is necessary. The latter also lessens the pain, as it is an analgesic, antiseptic and anti-inflammatory. In complicated cases, a dentist must be seen. Regular dental checkups are advised.

Pyorrhea

It is an inflammatory condition associated with pus formation commencing at the junction of teeth and gums. The gums become shrunken and retracted and the teeth loose. It may be accompanied by offensive breath. Pyorrhea may interfere with mastication of food and cause digestive disorders. The pus may be swallowed or somehow absorbed

into blood-stream and cause serious upset to the general health. The use of our Medicated Tooth Powder checks and prevents pyorrhea. It should be used in the morning and at bedtime, and preferably after every meal if there is much inflammation of the gums. Entrops is a useful remedy to cure pyorrhea, unless the condition is far advanced and calls for removal of bad teeth.

Toothache and oral ulcers

Toothache is treated with Decil. Gum boil which is associated with inflammation of the gums and severe pain may be treated with Entrops to relieve pain and inflammation. If the effect is slow Vitesson may be given as a sedative. Constipation is corrected with Spolax or Spolax-E. Medicated Tooth Powder is used in the morning and at bed time. Vitamin C or lime juice or citrus fruit juice should be taken regularly. If sepsis is severe, anti-microbial agents must be used.

Nose

Nasal catarrh is sometimes very troublesome. When the nose is blocked it may produce some complications such as adenoids or sinusitis should be treated with Entrops. It relieves chronic nasal trouble. Breathing exercise should be started and regulated for 5 to 10 minutes in the morning and evening.

Piles

It should be differentiated from fissure in ano. Piles may be due to irregular bowel habit, constipation and less taking of water, excess straining at stools or difficulty in defecation or due to formation of concretions. These factors may cause not only piles but they may also be responsible for severe bleeding due to injury of preformed varicose veins.

Internal piles within the bowel give rise to a feeling of heaviness and actual pain when the mass protrudes. There is

some bleeding which tends to get worse and when it becomes chronic it may lead to anemia.

External Piles Piles sometimes get thrombosed. If thrombosis occurs, piles become swollen, extremely tender and painful. Such cases require surgical treatment and treatment with antibiotics. Mere controlling the blood is not the treatment. Because complicated piles (Second or third or fourth grade piles) require surgical treatment. Piles (first grade) can be set right by regulating bowel habits and correcting constipation with Spolax or Spolax-E. No irritant purgative should be given in such cases. When there is bleeding Chiniumco and Ripanto should be applied after evacuation of bowels by introducing it in anus with finger glove. This will be helpful in soothing the pain and stopping the bleeding. Fissures are tiny cuts in the anus treated with Ripanto. Constipation is to be avoided but no purgative is allowed except Liquid Paraffin.

Prolapsus ani

Prolapse of rectum occurs commonly in undernourished children after diarrhea or dysentery. Reduce the prolapse by gentle pressure if it does not recede spontaneously. Ripanto may be applied locally. Surgical treatment may be required depending on degree of prolapse.

Pimples

The drug of choice is Gigi Syrup which may be continued up to 6 weeks. Rasgent is also used. When boils burst apply Ripanto for dressing of wound. In acne, non fatty diet is recommended. The patient is allowed to take citrus fruits, butter milk, lemon and gentle out-door exercise daily. The patient is to drink lots of water every day.

Rheumatic fever or acute rheumatism

It is an acute feverish condition characterized by severe in-

flammatory changes in the joints and cardiac complications. In a typical attack there is a preliminary throat infection and the knee joint is usually first affected, becoming painful, red and swollen. This is followed by involvement of the other big joints. Septic foci should receive attention and be treated with anti-microbial agents and Decil may be given to relieve joint pains and fever symptomatically. The addition of lobine has synergistic value if used along with Chesol or Rubzon used externally. Relief in most cases is almost immediate, especially when there is inflammation. Attention towards digestion and regular movement of bowels may be necessary.

Sciatica

It is pain in the leg caused by inflammatory changes in the sciatic nerve or due to some sort of pressure from the surrounding regions on the nerve. Radical treatment is very tedious. Attention towards cause is necessary. Decil can be given symptomatically to relieve pain when there is no tenderness. A counterirritant like Rubzon can be applied externally Remorin Oil can be applied gently followed by fomentation Vitesson may be given to induce sleep.

Lumbago (pain in the lumbar region)

It may be due to involvement of the superficial muscles or spinal nerves. Myalgia can be treated with Decil. Cause of the myalgia should be determined and treated accordingly. Decil is given as symptomatic treatment and Rubzon and Remorin Oil for external application.

Throat Infection

It includes pharyngitis. When there is irritation or inflammation, gargling with Entrops is recommended and Decil for pain. Entrops should not be swallowed. Hemoplex is to be given to the patient until the patient gets well.

Tonsillitis

It is a common complication in children. There may be inflammation, pain in the throat and difficulty in swallowing. The temperature may run high, the tonsils are swollen and congested, breath is foul and the glands at the angle of the jaw are enlarged and painful. Such cases are treated with Decil. Such cases are treated with Decil (Decil is not recommended for children below 12 years except under medical supervision) and Hemoplex. Gargling with Entrops helps. Externally Rubzon applied to neck will prove useful. Simultaneously a regular course of antibiotic therapy to eradicate septic foci or throat infection is necessary. Pain and inflammation subside gradually. Albo-Sang should be used afterwards to improve general health.

Urinary Troubles

Frequent urination (not profuse) may be due to nervous weakness, which is treated with Nevoss. Profuse and frequent urination may be due to diabetes for which Mersina is used. In spermatorrhea, Senzine is given. For retention of urine associated with pain, Chiniumco and Turaico are used. In all cases Albo-Sang must be given to raise the vitality. If retention of urine is due to obstruction, no diuretic should be given. Surgical treatment should be resorted to.

Bed-wetting

Bed-wetting is very common in young children and often very troublesome. Such patients are generally nervous. Here Vitesson and Nevoss may be given. Try to win the child's confidence and show him extra affection. Child should be given food at least 3 hours before going to bed. Bladder should be emptied at bedtime.

Migraine

It is also known as Hemicrania. The attack may be severe in some cases. It is characterized by pain, tenderness on the

forehead, or cheeks. It may also be associated with sinusitis. Symptomatic treatment with Decil proves effective. Vitesson at short intervals may give temporary relief. For immediate relief, the patient may be given Amyglia. The patient should be kept in a dark room in severe cases and bowels should be regulated. Mental and physical strain should be avoided.

Easily digestible food should be taken. Fatty foods and anything that is known to cause the attack of migraine should be avoided. Vitesson may be given when the patient is not having sleep. Between attacks Vitesson and Gastromone must be given. Regular use of Herbitars helps to avert attacks. Visual defects should be corrected by using suitable glasses. Sinusitis should be treated with a sinus antral wash.

Influenza

Influenza, commonly referred to as the flu, is an infectious disease caused by a virus. The most common symptoms of the disease are chills, fever, sore throat, muscle pains, severe headache, coughing, weakness/fatigue and general discomfort. In serious cases, influenza causes pneumonia, which can be fatal, particularly for the young and the elderly. Typically, influenza is transmitted through the air when affected individuals cough or sneeze. Influenza can also be transmitted by direct contact or nasal secretions, or through contact with contaminated surfaces. Influenza spreads in seasonal epidemics, resulting in the many deaths annually.

The drug of choice is Fluzen which is taken for at least seven days. Decil is used for muscle aches and fever. Patients are advised to get plenty of rest, drink plenty of fluids, abstain from drinking alcohol and using tobacco. Fluzen may also be used as a preventive medicine especially during seasonal epidemics.

Classification of diseases, drugs and how to prescribe.

I. Classification: Diseases may be classified as:

- (1) **Functional Diseases:** (e.g., Psychoneurosis) Such cases require tranquilizers, assurance and suggestions by the attending physician.
- (2) **Structural Diseases:**
Here some organs are involved. Example: kidney, liver or endocrinal glands. Their functions are impaired. They require drug treatment to correct it.

II. Classification: Diseases may be classified as:

- (1) **Acute diseases:** (i.e., severe diseases). Example: Lobar pneumonia, acute dysentery. Here immediate attention of the physician is necessary.
- (2) **Chronic diseases:** (generally less severe)
They are generally long standing diseases and may or may not be associated with complications.
Example: Syphilis, with or without nerve complication.

III. Classification: Diseases may be classified as

- (1) **Congenital diseases:** (i.e., disease since birth)
Example: Malformations occurring by administration of drugs during first trimester of pregnancy (Note: no drug should be given during this period).
- (2) **Acquired diseases:**
They may be:
 - (a) Traumatic disorders (due to injury or burn etc.)
 - (b) Infectious diseases (due to pathogenic or virulent micro-organisms or parasites).
 - (c) Inflammatory diseases: Example: Skin rash, bronchial

- asthma.
- (d) Allergic disorders: Example: Skin rash, bronchial asthma.
 - (e) Vitamin deficiency: Example: beriberi, scurvy, night blindness and edema due to protein deficiency.
 - (f) Malignant disease: Example: Cancer, leukemia.
 - (g) Metabolic disorders: Example: Hyperthyroidism, diabetes mellitus.
 - (h) Drug induced diseases due to:
 - Irrelevant or misuse of medicines.
 - Excess or inadequate dosage of drugs.
 - Poly pharmacy and drugs interaction.
 - Use of drugs when contra-indicated, resulting in some untoward reaction or permanent damage to organs like kidney, liver and bone marrow.

IV. Classification: Diseases may be classified as:

- (1) Diseases of skin and mucous membrane. Example: Septic wounds, conjunctivitis, bacillary dysentery, urinary tract infection.
- (2) Systemic diseases:
 - (a) Gastro-intestinal: Example: Peptic ulcer.
 - (b) Central nervous system: Example: Epilepsy.
 - (c) Autonomic nervous system: Example: Hypertension.
 - (d) Cardio vascular system: Example: Angina pectoris, coronary thrombosis.
 - (e) Respiratory system: Example: Bronchial asthma, pulmonary tuberculosis.
 - (f) Kidney: Example: Nephritis, nephrosis.
 - (g) Liver: Example: Infective hepatitis causing jaundice.
 - (h) Bone marrow or blood: Example: Anemia.
 - (i) Genital System: Example: Amenorrhea, dysmenorrhea.
 - (j) Diseases relating to eye, ear, nose and throat.

How to prescribe:

Regimen Therapy

When the disease is acute immediate attention is necessary, otherwise it may produce complication or may become chronic. Acute disease requires short term therapy e.g. pneumonia, gonorrhoea can be cured within a week. But the chronic diseases require treatment to 40-60 days. Tuberculosis requires treatment for a minimum of one and a half years. Leprosy requires treatment for 4-8 years with specific chemotherapeutic agents. In all chronic cases there is general debility and such cases are treated with tonic medicines and easily digestible diet during convalescence. Inadequate dosage for in adequate period may give rise to several complications.

Note:

1. The special tonic medicine that enriches nutrition is Albo-Sang, Albovit and Albocal
2. Those compounds that have direct action upon the digestive system are: Bio-Sal, Chiniunco, Diasyn, Gastromone, Herbitars, Kynotomine, Magnine, SalPhos, Spolax and Spolax - E.
3. Those that act directly upon the nervous system are Agarco, Amyglia, Decil, Livactin-G, Nevoss, Senzine and Vitesson.
4. Those that act upon blood (tonic and purifier) are: Albo-Sang, Hemoplex, Iobine, Meditab, Rasgent, Herbo-Sulph and Gigi syrup.
5. Those that act on the respiratory system are: Danginge, Desma, Koflyn and Meditab.
6. Those that act on the urinary system are: Nevoss and Turaico.

7. Those that act on the circulatory system are: Amyglia, Auratinum, Grandi-Co, Livactin-G and Gigi syrup
 8. Those acting on the uterus are: Auratinum, Brahamdine and Chiniumco.
- (1) In acute diseases one single remedy or combination may suffice to cure the trouble.
 - (2) In severe cases and exhausting diseases, proper attention must be paid to nutrition and digestion during convalescence.
 - (3) The action of the drug depends upon the functional integrity of the tissues, constitution of the patient and his nutrition.

The practitioner's success depends upon his scientific knowledge, familiarity with disease pattern, understanding pharmacological actions, toxicity of drugs employed as well as proper selection of drug in a particular disease.

Medicine is a science and therapeutics is an art. The physician, therefore, should make an attempt to increase his ability both in the theoretical as well as the clinical aspects of the diseases.

The practitioner must be aware of the etiological factors of the diseases and try to investigate thoroughly before starting treatment. Attention should be paid towards the acute symptoms and signs of a disease.

Dispensing

Dose should be calculated, according to the age of the patient. Infants and children require smaller doses, because their liver enzyme system is under developed. Similarly full or therapeutic dose is not advisable in old age. Generally they require $\frac{3}{4}$ of the adult therapeutic dose because liver functions are impaired due to some degenerative changes in old age and the drugs are not metabolized properly. The

dose prescribed in the therapeutic index is meant for an adult (between ages 20 to 60). Therefore, children round about 10 years and below require 1/2 of the adult therapeutic dose. Children should never be given medicine in the form of tablet or powder and no forceful medication should be resorted to, since it results in vomiting. Such drugs should be powdered and made palatable by mixing with honey or syrup. In diarrhea and dysentery specific drug therapy is necessary and attention towards dehydration and toxemia, is essential. Superficial pains should be treated with Decil. Decil is contraindicated in diarrhea, typhoid, severe abdominal pain and gastro enteritis. Decil is to be given to children under 12 years only under medical supervision.