

TEN

OVER TWO LAKH PATIENTS CURED

# Simplest Remedies FOR ALL DISEASES

by

B. S. DARBARI

Foreword by

Hon'ble Sri B. Malik

Chief Justice, Allahabad High Court

With this book and medicines worth Rs. 7/- the reader can become Home Doctor and cure even an incurable case for less than a pice. Hospital Doctors and 700 others have found over 80 percent successful. It solves world's medical problem. Every family should keep it for emergency.



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# SIMPLEST REMEDIES FOR ALL DISEASES

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A SIMPLE SOLUTION OF THE WORLD'S  
MEDICAL PROBLEM

Every one can become a Home Doctor with Rs. 7  
and cure 90% Patients for 1/4 pie each

—o—

WITH A FOREWORD BY THE HON'BLE  
SRI B. MALIK, CHIEF JUSTICE  
HIGH COURT. ALLAHABAD

—o—

BY

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—o—

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## I N D E X

Abbreviations of the names of medicines	... 15
Biochemic system and who discovered it	... 15
Clothes which we should wear	... 128
Diseases and their treatment arranged alpha- betically	... 37
Disease—How to avoid	... 120
Dose	... 17
Errata and addenda	...
Food—Which food to take and when	... 126
Foreword	... 4
How to place an order for medicines	... 13
Introduction	... 1
Letters from people	... 84-119
Materia medica (medicines and their import- tant indications)	... 32
Names of medicines to be bought	... 13
Names of reliable Homeopathic stores	... 12-13
Preface	... 5
Potency of medicines—What it means.	... 16
Potency of medicines—Which to use.	... 18
Sleep	... 70
Therapeutics	... 35
Vitamins	... 124

## FOREWORD.

Mr. B. S. Darbari has been interested in providing free treatment to the poor and the ailing now for over forty years. I remember, when I was in the Central Hindu College, Banaras, that he used to write to the 'Leader' suggesting medicines for the cure of bubonic plague and cholera which in those days used to visit some of our cities periodically in epidemic form. It was then, and probably even before, that he started studying homeopathy and earned from his friends the nickname of Dr. Bhagwan Swarup. Since then he has gained considerable experience and has been able to effect many wonderful cures. He has published this little booklet 'Simplest Remedies For All Diseases' to help suffering humanity. I have suggested to him to get a Hindi edition so that it may reach the wider public for whom it is meant. I have no doubt the suggestions of Mr. Darbari will be found very useful by every housewife. In this great humanitarian work that he has undertaken at his own expense I wish him all success.

B, MALIK,  
CHIEF JUSTICE,  
UTTAR PRADESH.

Allahabad, March 2, 1954.

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(Note.—Since then, Hindi Edition has also come out.)

## P R E F A C E

By the Grace of the Almighty, as a result of medical research carried on by the author during the last 45 years merely as a hobby for the benefit of the millions of the World, he has prepared certain formulae, details of which are given in this book, which are so cheap that as many as 1,000 patients can be cured with medicines worth only one rupee or one shilling or 20 cents and yet so efficacious that they cure 80 per cent or 90 per cent sometimes 95 per cent or even 100 per cent of cases of various diseases, including Cholera, Smallpox, Malaria, T. B., Plague, female diseases, easy childbirth etc. etc. At the same time, they are absolutely harmless and very simple to use, in fact they are fool proof. These formulae have been published by the author from time to time in the form of pamphlets which he has been supplying to all, free and post free. They have been in very great demand and thousands of people from all parts of India including Vizagapatam (Madras) Pondicherry, Calcutta, Bombay and Srinagar, got them from the author and tried the formulae. The author has received about 1000 letters from all corners of India speaking in the highest terms about the efficacy of the medicines. These include letters from gentlemen occupying highest positions in life. At the author's request, Mahatma Gandhi was pleased to get the Cholera formula tried by his Secretary the Hon'ble Dr. Sushila Nayyar, a well known Allopathic Physician (once Health Minister of the Delhi State) and she was pleased to send good reports about its efficacy. Many professional medical gentlemen also have certified to the efficacy of the formulae. Some of them including a Principal and Professor of medical collage have taken authors treatment. One Hor'ble

Minister of Central Government New Delhi took the treatment three months ago and was promptly cured.

With the help of the pamphlets many readers have become home doctors at practically no cost and are saving their family and their poor neighbours, from disease and premature death.

The medicines used in the formulae are Biochemic medicines which are imported from U. S. A. or Germany or are made in India and the author has absolutely no interest in them. Two lakhs (200,000) of patients have passed the authors hands during the last 45 years and he has not charged even a pie as fees or price of medicines from any one of them. He begs of the national Indian Government and state Governments and Philanthropic bodies and persons of the World to put these formulae to any test they choose and after being satisfied about their efficacy to use them extensively in the villages and towns and save millions of lives for merely a song as it were. If inspite of the authors placing these formulae at the altar of the suffering millions of the World, Governments for any reason do not use them for saving the lives of the people entrusted to their care, those in charge thereof would have to answer to the Almighty for allowing people to die when their lives could be saved so easily.

Since there is a persistent demand for the publication of the formulae in the form of a book, the author has ventured to write this one and begs of the readers to be indulgent over the short-comings and requests them to send reports of their successes and failures.

The reader is requested to read the next preface and the introduction first, before going to other chapters.

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## PREFACE TO THE THIRD EDITION.

### VERY IMPORTANT.

During the last 3 years, the second edition has been exhausted and during this short period authors system has spread like wild fire.

Fortunately one L. Trilokinath a Philanthropist of Aligarh, who has now become a Sanyasi who had founded a charitable Trust and had been running 2 charitable Homeopathic hospitals at Aligarh in which above 2 lakh patients were being treated every year came across this book towards end of 1955. He read it and was so much impressed with it that he got the formulae given in the book tried in a dispensary over 2005 patients in one month and he got more than 80% cures, and the total cost of treatment was Rs. 20/12/-. He had set up a charity box for voluntary donations there and it fetched Rs. 34/14/- during the month! He wrote to the author giving the above figures and summed up by saying that "Thus this dispensary may prove self supporting and there may not be any burden on finances of our trust." He also mentions that U. P. Government had sent Rs. 1000/- as non-recurring grant in that month."

The reader will note that each patient costs less than a pie to cure !!

That these dispensaries are not bogus ones would appear from the fact that one of them was opened by Shri B. B. Sahi, the then District Magistrate Aligarh and Nawab Sahib Chhitari (Ex-Governor U. P.) on 19-2-1956. Another dispensary was opened by the author, the same day in the city of Aligarh, where the author went at his own cost for the purpose.

The district Board of Aligarh was so much impressed with the working of these dispensaries that it sanctioned Rs. 2000/ for survey of the working of all the 135 dispensaries aforesaid. A thorough investigation was made and a report was submitted to the U. P. Government to the effect that more than 90% patients are being cured and the total cost of treatment with these formulac is 2 annas per 100 patients which means that 12 patients are cured with medicine worth 1 pice or 1 farthing or 1 cent only.

It may be noted that all these dispensaries are being run by amateurs with the aid of this book or its Hindi translation ! In fact every one, who knows English or Hindi can become a Home Doctor and treat patients of the family and poor neighbours, and thus become a centre of usefulness and put an end to his monthly medical bill of doctors fees and price of medicine.

If such dispensaries are opened in all parts of the world millions of lives can be saved for a song as as it were.

No wonder that this book solves the medical problem of the world !!

This book has become so famous that it has been sent for by the Armed forces medical Library Washington (U. S. A.) ! It has also been sent for telegraphically by the Secretary to the Health Ministry, Government of India, New Dehli.

It has been translated into Hindi and Gujrati and is being translated into Marathi and Bengali.

This book has been sent for not only by people from all parts of India, but also from Pakistan and East Africa. The author has received about 1000 letters from qualified doctors, Chief Justices; Judges of the High Court and other persons holding responsible positions in life; who, either used the medicines or

who actually saw these medicines being used successfully in many cases and these succeeded miraculously after other systems had failed.

The author has published only some of the letters in chapter IV and VI of the book, which the reader is requested to read. Reports of the genuine cases will show that even very serious diseases can be cured easily with these medicines. In particular, the author requests the reader to read the letter of Dr. M. V. Tare of Indore. He says that he has found these medicines cent per cent curative in 11 Diseases. In particular, he refers to the disease of the teeth where they are sensitive to cold or hot water, food etc. and says that in this trouble he accepts defeat for his own system of treatment (Allopathy) as compared to the authors mixture. The aforesaid doctor is an utter stranger to the author and the above letter is the first letter received by the author from him and is quite unsolicited. The Doctor was so much impressed with this book that he placed an order for 5 copies of the book to be sent to his relations and friends and has even kindly offered to translate the book into Marathi.

These medicines cure even serious disease like Small-pox, Cholera, Influenza, Cancer etc.; if dispensaries are opened in all villages and cities, the medical problem of the millions of the poor people can be solved at practically no cost to the State, for a dispensary can be opened with Rs. 25/- only and can be run, by amateurs and the monthly cost of maintenance would be Re. 1/- for 30 patients daily. The author has added much fresh matter in the edition but since his aim is not to make money out of it, the price has not been enhanced. It remains Rs. 2/- as before.

The author's intention had always been to distribute the literature on the subject free and he actually distributed about 10,000 pamphlets on the subject

free but experince showed that people who got it free did not value it. They merely thanked the author and kept the book in their library without deriving any benefit from it. Thus the main object of the author was frustated.

The author was therefore compelled to fix a price—a very low price—so that it may be within the reach of everybody. At the same time he has decided that proceeds of the sale of this book would go to charity. The author is happy to find that now people who pay for the book utilise it, buy medicines and become home doctors and serve their family and save their monthly medical bills, which would come down to Zero and at the same time save their poor neighbours from suffering and premature death.

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## INTRODUCTION

Most of the countries of the World are very poor and millions die without any medical aid simply because they cannot afford it. India and other poor countries need a system of medicine which may be very cheap and at the same time highly efficacious and harmless and simple to use.

By the Grace of the Almighty the author has, as a result of research extending over 44 years during which two lakhs (200,000) of patients have passed his hands, prepared certain formulæ which satisfy all these tests in a most amazing degree.

Before proceeding further the author would like to tell the readers how he made the discoveries. That would help them in grasping the principles of the system.

**HOW THE FORMULÆ WERE PREPARED.—**  
The author was a student of Central Hindu College Banaras from 1912 to 1914. Every morning before the classes started there were prayers and short speeches from the members of the staff emphasizing the importance of social service and the author took this to heart and used to pray to the Almighty to enable him to do his humble bit. He used to think over the matter and came to the conclusion that the best form of service would be alleviation of human suffering amongst the poor; very cheap medicine should be discovered so as to reach even the poorest. In 1914 he came to Muir Central College Allahabad and lived in the then Government Hostel now called Dr. Amarnath Jha Hostel. There he met a fellow hosteller who used to practice Homeopathy as a hobby and he asked him how he

could learn the science and he suggested that a small Book "Stepping Stone to Health and Homeopathy:" by Dr. RUDDOCK and Homeopathic medicines and a small box for keeping them should be bought. The whole thing cost the author about Rs. 5/- and with that little outlay he began to treat patients and by the Grace of the Almighty he had immense success. In 1917 and 1918 he lived in the then Hindu Hostel Allahabad and used to treat all the 200 fellow hostellers and had so much success that none of them used to consult the famous Hostel Doctor who used to visit daily. About that time he cured in a few hours a case of severe headache of 17 years standing which had baffled the attempts of the best Allopaths and Vaidyas of Calcutta. These cures gave the author great impetus and he began to cherish the idea that if educated people learnt Homeopathy and distributed medicines free, the problem of the treatment of the millions of the poor would be solved easily and with that idea in mind he began to write to the press and wrote a book "Homeopathy Made Easy" and distributed 6000 copies thereof free. He is happy to find that with its help hundreds of people have become centres of usefulness and are alleviating the sufferings of their poor neighbours.

On further thought, however, the author came to the conclusion that Homeopathy could not solve the stupendous problem, for it requires educated men to apply their brains to each individual case. In Homeopathy there is nothing like a particular medicine applicable to all cases of a particular disease. Different patients of Cholera, for instance, may require different medicines for their cure and the presence of trained doctors is necessary. He thought therefore that for a real solution of the problem it was necessary, that there should be a system of medicine, in which there may be one particular medicine for all cases of a particular

disease, at the same time it should be cheap and harmless and simple to administer.

The author feels very happy to say that by the Grace of the Almighty he has prepared formulae for mixtures of certain medicines which are so efficacious that they cure about 80% to 90% or even 95 percent or 100 percent of cases and at the same time so cheap that in large quantities, 40 to 50 patients can be cured with medicine worth only 1 pice (equal to quarter penny); they are also harmless, so much so that even 100 times the normal dose would not do any harm nor would a medicine wrongly prescribed. They are also so simple to administer that they are practically fool proof.

It is interesting to note how the author made these formulae. In 1917 a fellow hosteller of his was a believer in Biochemic system of treatment. He praised it highly; the author asked him to name one single medicine for trial and he recommended Ferrum Phos for fever.

The author is constrained to say that he tried this medicine in dozens of cases of fever but always failed and he felt discouraged. He however pondered over the matter and came to the conclusion that it was not proper to condemn a system without studying it and before giving it a full trial. He found in a book on Biochemic system of treatment that if Ferrum Phos fails in fevers, Kali Mur should be given. It just struck the author that he might look up the relationship between the two drugs and if they be not antidotes of each other he might as well, give a mixture of the two. He was led to this by the theory of the Biochemic system of treatment, which is that human body is made up of organic matter plus 12 compounds called 12 salts; that a man falls ill, because a deficiency take place in any one or more of the 12 salts and the patient can be

cured if the deficiency in that salt is made good. The author argued that it was possible that there might be deficiency either of Ferrum Phos or Kali Mur in a patient of fever and if he gave a mixture of both, the correct medicine would make good the deficiency and the wrong one would merely remain inert in the body.

The author then began to give mixture of Ferrum Phos and Kali Mur and to his great delight he got about 90 percent success. He then added Natrum Sulph (a good thing for malaria) to the above mixture and the resultant mixture proved almost cent per cent successful.

Shortly after this, the author had a unique experience. He came back from Court at about 4 P. M. and found that a Gorakhpur client who had come to see him at his house, had an attack of Cholera. He was tired and had no inclination to make careful study and choose the particular medicine, he therefore casually glanced over the chapter dealing with Cholera and gave a mixture of eight medicines which seemed to be indicated and to his great surprize within less than 5 minutes the patient reported improvment and was cured in a few hours. Thus encouraged, the author evolved other formulae till there are about 280 now, covering most of the serious diseases like T. B., Cholera, Smallpox, Plague, Diabetes, Malaria, Tonsilitis, Leprosy etc., etc.

The author has not yet succeeded in finding similar sure cures for Pyorrhoea and several other diseases, he hopes however, that, if it pleases the Almighty, he would one day be able to find remedies for these diseases also. He has been able to cure a few cases of Cancer, which is regarded by all as incurable.

So far as the author's claim regarding the efficacy of the formulae is concerned, it may be noted that

he has absolutely no interest whatever in making a wrong claim. He does not practice medicine as a profession. It is only as a hobby that he has been doing it. He has never charged even a single pie as fee or as price of medicine from any of his two lakh patients who have passed his hands during the last 44 years. In fact he has spent thousands of rupees from his own pocket in the cause. He has distributed about ten thousand of Pamphlets containing the formulae free. He has during the last 15 years received about 1000 letters from gentlemen and ladies from all parts of India, (including places as far away as Vizagapatam and Pondichery) speaking in the highest terms about the efficacy of these medicines. They had obtained the pamphlets containing the formulae and tried them and have sent good reports; many of them having reported cent per cent success. Over and above these, the author has received hundreds of letters congratulating him on his discovery which has changed the face of medical science. No more operations, injections or bitter medicines. The author mentions below extracts from some reports. Other reports are given in Chapter IV which please glance through,

Dr. Ram Lal Roy of Bara Bazar, Saugar (M. P.) reports that he treated 200 cases of fevers, 70 cases of Chickenpox, 20 of Smallpox, and all were cured.

At the author's request, Mahatma Gandhi was pleased to get the Cholera mixture tried by his Secretary Dr. Sushila Nayyar, a well known Allopathic Physician (now Health Minister in Delhi State) and she was pleased to send satisfactory reports. She has specially referred to two cases where her usual Allopathic medicines failed and then the author's mixture cured. Dr. H. H. Jaffry, who recently retired from the responsible Government Post of Assistant Director of Public Health U. P. gave a trial to these medicines in 1956

and reports that these formulæ were successful specially in fever and cough.

### CHALLENGE TO MEDICAL SCIENCE

About 10 years ago Sri Ramchandra Sinha, Deputy Post Master Kanauj (U. P.) had stone in the bladder for which he was operated upon in Medical College, Lucknow and the wound was duly stitched up. It healed up in due course except one stitch which refused to heal and every time he urinated, some urine escaped through that tiny opening, which was very annoying. He went to Medical College again and consulted the best surgeons there and they said nothing could be done except another operation which he was not prepared to undergo. He came to Allahabad and consulted all the Doctors here and they were all of the same opinion and added that it would take one or two years for the opening to be closed in due course. He then came to the author who noticed that the patient used to take a lot of tobacco (Surti) and a thought flashed through the author's mind that it was probably tobacco which was responsible for the condition and so he gave him about 1 grain of Cal. Phos. 3x to be dissolved in 4 ozs. of warm water to be taken in tea spoonfuls at short intervals. The gentleman came to the author smiling in less than an hour and reported that the opening had closed. The author has with him a letter from the said gentleman. This is a challenge to medical science. This is nothing short of a miracle!

A short time ago, a daughter of Sri Harnandan Prasad, Advocate, President Kaystha Pathshala College, Allahabad was taken to Kamla Nehru Hospital for confinement. Lady Doctors there were definitely of the opinion that a caeserian operation should be performed (i. e., the belly should be ripped open) to take out the baby. His clerk came to the author and he gave a tiny powder which brought about a safe delivery in a short time to the great

surprise of the doctors; who at first protested against the use of outside medicine, but when they watched its action, they wanted to know what it was !

A sister of Sri Sanker Saran, Ex. Judge, Allahabad High Court, Ex Custodian General of India, had a somewhat similar experience and the medicine brought about a quick and safe delivery in no time.

If this medicine is used in labour cases, caeserian operations would become things of the past.

There is hardly any medicine in modern system of treatment for the cure of tonsilitis; the dangerous and painful knife is their only remedy and as all know some valuable lives have been lost on the operation table or thereafter. The brother of an Assistant Surgeon in charge of a Government Hospital in U. P. had been cured of tonsilitis with the author's medicines and that doctor now recommends to people who go to him for an operation for tonsilitis, to take to the author's treatment. The author's medicine cures almost all cases without operation.

About a year ago, Mr. Dan Bahadur Sub-Registrar, Hamirpur (U. P.) reported that his son had been suffering from typhoid fever for a long time and Chloromycitine had failed to cure him; dysentery also supervened, he gave the author's dysentery powder which brought down the fever in an hour and controlled the dysentery by the evening; it may be mentioned that the dysentery powder sometimes cures typhoid fever. In dysentery, both amæbic and bacillary these medicines work wonders.

Sri Kamla Kant Verma, Ex. Chief Justice of Allahabad High Court had a very severe attack of Jaundice several years ago. His family doctor solemnly declared that the disease would require 6 months to cure, if it was cured at all. The author's medicine cured within two weeks !

One Sri Irshad Husain of Calcutta was a Chain-

smoker, Biochemic medicine removed the craving completely in a few hours.

Smallpox is a terrible disease for which to the author's knowledge, there is no treatment in Allopathic or Ayurvedic or Yunani systems of medicine. As soon as it is found that a patient is down with smallpox, the physicians of all the about systems advise that no medicine should be administered lest the rash be suppressed which is generally fatal.

The author's smallpox mixture, on the other hand has been found to be very useful. The very first dose brings relief and the patient is cured in a short time. Over and above his own personal experience the author has several letters from gentlemen testifying to its efficacy. Sri Mohammad Idris, Wakil, Azamgarh reports that he gave the medicine to a large number of smallpox patients and to his surprize all were cured.

T. B. is a very serious disease. Under Allopathic treatment each patient requires for its cure at least Rs. 700/- and even then in many a case, the disease recurs. The author's experience shows that in early stages a large percentage of the cases can be cured, but if the disease is for advanced there are little or no chances of success.

The author's medicine is so cheep that it can be supplied to each patient in the early stage. It may be noted that 5 lakhs (half million) of people die of T. B, in India alone every year and 300 crores of rupees would be required for their Allopathic treatment. The author's treatment for T. B. is so cheep that 4 patients can be cured in 1 pice (quarter penny). In this way only Rs. 2000 (or £ 150/-or 400 dollars) would be required for the treatment of all the 5 lakhs, of whom a bout 3 or 4 lakhs may be cured. The wife of a servant of Diwan Radhenath Kaul, poet laureate of Allahabad had

T. B. which was confirmed by an X-Ray plate and report. The temperature used to rise to 103° F. or so; within three weeks of the author's treatment the temperature came down to normal and she has been keeping healthy for the last 5 years. The author has got Dewan Sahib's letter and X-Ray plate for all to see.

M. S. K. Shervani, Rais of Datavli (Aligarh) suffered from T. B. He used to vomit large quantities of blood. He was declared incurable by best experts of India and Europe. He has been completely cured with these medicines.

Mr. Rameshwar Dayal, Vakil, Hardoi who had been to Bhawali Sanitorium reports that he has derived considerable benefit from the author's medicine and adds that he knows of half a dozen of T. B. patients of Hardoi who are improving with this medicine. The author has got about 30 letters from people testifying to the efficacy of the medicine in T. B. cases.

In almost every family there are cases of Constipation and Piles which are supposed to be incurable. The author's Biochemic mixture cures them. Trachoma (Granules in the eyelids) is supposed to be incurable or at least very difficult to cure and they only make local applications to give relief. Kali Mur one of the Tissue Salts is a wonderful curative for it. It gives relief almost instantaneously and in a short time cures completely. The author does not know a single case of Jaundice or Trachoma and several other diseases in which his mixture may have failed.

A platoon Commander of local P. A. C. (Armed Police) told the author that in October last he and his constables were camping in ravines, 13 of his constables had attack of influenza & condition of 2 of them became serious. He sent wireless message to Allahabad for medical aid but none came & he

then gave these medicines which cured in incredibly short time. The author has verified this from the officer of the Department, who had gone these.

To cure insanity, Kali Phos 200 X is excellent. About a year ago the author received a letter from Dr. Bhagwati Prasad Chaturvedi of Hardoi (U. P.) saying that he has been getting immense success with Kali Phos 200 x in cases of Insanity and that he has become famous for curing Insanity since he has been using this medicine.

Hundreds of such cases can be cited; the author however does not wish to give more of them at this stage. He shall give some of them during the course of or at the end of this book; they are also to be found in one of the pamphlets "Some of the miracles of Biochemic treatment."

These medicines being exceedingly efficacious, cheap, harmless and simple to administer, can be used all over the World and millions of the poor can be saved from suffering and premature death at practically no cost to the State. It is however beyond the author's power to have these medicines distributed all over the four corners of India what to say of the World. It is here that the Government must come in. The Government has its agents in every town and village and the Government alone can undertake the task of reaching the millions. The author has even offered to the Government that he is prepared to pay for the entire cost of the medicines provided the Government takes up the task of distributing them but unfortunately the Government advisers seem to be hostile to Homeopathic and Biochemic, in fact to all other systems of medicine and they refuse even to consider the author's offer. They say that they would not use any medicine unless they have been officially tried and when they are asked to try these medicines officially they refuse to try them. Thus they would condemn a thing

without trial, they would rather hang a man first and try him afterwards. When the author had made his effective Biochemic mixture for Cholera, he sent samples to Principals of all the Medical Colleges in India and told them the constituents thereof and requested them to get them tried. It was expected that as gentlemen they would at least extend the courtesy of acknowledging the author's letters but none of them even acknowledged the letters ! Does this not show prejudice ?

The author then wrote to the Governors of all the then Provinces of India and requested them to get the samples tried; only Governors of U. P. and another Province acknowledged the letters and said that the same had been forwarded to the Department concerned for necessary action. The author never heard anything further, apparently the Doctors in charge of the Departments destroyed or filed the letters ! Unfortunately such doctors consider that they have the sole monopoly of medical wisdom, a claim which the author is sure most of the readers would not endorse. In fact the author knows many of these gentlemen, sending for Homeopaths to treat them or their relations after their own medicines had failed. The Principal of a well known Government Medical College & a Professor of another have taken author's treatment !

When the author found that there was no response that way, he approached Mahatma Gandhi with the same request and he was pleased to get the cholera powder tried by his secretary Dr. Sushila Nayyar.

The author appeals to the President of India Dr. Rajendra Prasad and Sri Jawaharlal Nehru who are believers in the efficacy of Homeopathic and Biochemic systems of medicine and who have genuine sympathy for the millions, to help in the matter. If they take interest everything would be alright and

Millions of lives would be saved every year. The author would also appeal to the Hon'ble the Union Health Minister, and Health Ministers of the various Indian States and Health Ministers of other countries in the World to see to it that these medicines are given a fair trial and thereafter used freely to save the millions, whose lives have been entrusted by the Providence to their care.

The author would also appeal to Philanthropic gentlemen and institutions to take up this task. Finally he would appeal to each reader to purchase the 12 tissue salts (each of which costs about 3 annas only i. e. less than one fifth of a rupee) from any reliable Homeopathic Store and a small box for keeping them. With the help of this book they can become Home Doctors at the cost of about Rs. 10/- or Rs. 15/- only and spend their spare time treating members of their family and poor neighbours; the author thinks that there can be no better hobby than this which would cut down their medical bill to Zero. In this way even if the Government refuses to help, the problem of the millions can be substantially solved. During epidemics, small paper packets containing half a grain each of the relevant power should be supplied to each family in the afflicted areas and some packets should be supplied to Chaukidars, Patwaris, Mukhias and Volunteers so that as soon as a case occurs, the medicine can be given by the members of the family or others and the disease can be nipped in the bud. It may be noted that only a few annas worth of the medicine would be required for a whole village. In this way none would die without medicine. Since many of the author's correspondents ask him the names of some reliable firms whence genuine medicines and books and boxes can be bought at cheap rates, the following names are mentioned.

1. Messrs. Kapoor Homeo Hall Zero Road, Allahabad.

2. Messrs Agarwal Homeo Hall, 66 Zero Road Allahabad.

3. Messrs. Govind Homeo Hall, Atarsuiya, Allahabad.

4. Messrs. Banerji and Co., Hemeopathic Store, Johnstonganj Allahabad.

5. Messrs. M. Bhattacharya and Co., Economic Homeopathic Store, Banaras or Calcutta,

6. Messrs. Chaddha and Co., Homeopathic Store, Johnstonganj Allahabad.

This book can be had from the Manager, the Allahabad Weekly Reporter P. O. Daraganj, Allahabad or from Messrs Kapoor Homeo Hall above mentioned or from the author.

Since some readers do not know how to place an order with a dealer for the medicines, the author would suggest that they should write to the dealers to supply to them 1 dram each of the 12 tissue salts in the potencies mentioned below:— Calc. Fluor 3x; Calc. Phos 3x and 12x; Calc. Sulph 3x; Ferrum Phos 12x; Kali Mur 3x; Kali Phos 3x; Kali Sulph 3x; Mag. Phos 3x; Natrum Mur 3x; Natrum Phos 3x, Natrum Sulph 3x and Silicea 12x.

They may also be ordered to supply 2 or 3 dozen blank 1 dram phials; and a box to keep about 60 one dram phials and also the following Homeopathic medicines in 1 dram phials in the form of pills:—

Acid Phos 6x

Alumina 30

Aconite 6x

Apis 6x

Arnica 30

Colocyitnh 6x

Merc. Cor. 6x

Graphites 200

Hepar Sulph 6x

Ipec 6x

Arsenicum Album 6x	Ignatia 30
Baptisia 6x	Nux Vom 6x
Bell 6x	Podophyl lum 6x
Bryonia 6x	Pulsatilla 6x
Baryta Carb 200	Rhus Tox 6x
Chamomilla 6x	Sabina 6x
China 200	Urtica Urens 30

The entire lot would cost about Rs. 10/- (or Rs. 15/-) including price of box.

These would suffice for those readers who do not wish to invest much money. Others may also order 6x, 12x, 30x & 200x potencies of all the 12 Biochemic Salts. In that case, a box to contain about 100 one dram phials should be ordered.

With all these the total price would be about Rupees 20/-. If some medicines have been omitted from the order, the reader would please insert them in the order or can get them subsequently.

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## CHAPTER I GENERAL

### WHAT IS BIOCHEMIC SYSTEM OF TREATMENT, WHO DISCOVERED IT & HOW?

To Dr. W. H. Schuessler, a German Physician, goes the credit of discovering the Biochemic system of treatment in its present form. The Doctor burnt dead bodies and examined the ashes and found that it contained 12 compounds called salts.

Their names are given below, with their abbreviations with which they would be described in this book, to save space :—

1. Calcium Fluoride (C.F.)
2. Calcium Phosphate (C.P.)
3. Calcium Sulphate (C.S.)
4. Ferrum Phosphate (F.P.)
5. Kali Muriaticum (Potassium Chloride) (K.M.)
6. Kali Phosphoricum (Potassium Phosphate) (K. P.)
7. Kali Sulphuricum (Potassium Sulphate) (K. S.)
8. Magnesium Phosphoricum (M. P.)
9. Nartum Muriaticum (Sodium Chloride-Common Salt) (N. M.)
10. Natrum Phosphoricum (N. P.)
11. Natrum Sulphuricum (N. S.)
12. Silicea (S.)

An idea entered the mind of the Doctor that it was possible that a deficiency in any of the "Salts"

might be responsible for diseases and that if the deficiency therein be supplied, the patient might be cured. He worked upon the idea and evolved the theory that a man falls ill because deficiency takes place in one of the salts in the system and if the deficient salt is supplied the man would be cured.

It is to be noted that the deficiency must be supplied with the requisite salt not in crude state but in potentised form (which shall be explained in next paragraph) Take for instance, common salt (Natrium Mur) (N. M). We take it in our meals daily but it has practically no curative properties but the same common salt in potentised form is a most wonderful remedy. It cures delirium, it removes exhaustion and prevents heart failure, cures cases of heat stroke and sunstroke (loo) etc.

#### HOW THE MEDICINES ARE POTENTISED ?

Take for instance 1 grain of pure common salt and add 9 grains of sugar of milk and rub them thoroughly in a mortar with pestle for a long time the result is the first decimal potency of Natrium Mur. It is described as Natrium Mur 1x. Similarly if we take 1 grain of Natrium Mur 1x and rub it with 9 grains of sugar of milk in a similar manner, we get Natrium Mur 2x ; and so on, we get Natrium Mur 3x, 6x, 12x, 30x, and 200x (these are the potencies generally used in Biochemic treatment).

If instead of taking 9 grains of sugar of milk we were to take each time 99 grains thereof we would get centesimal potencies viz., Natrium Mur 1c, 2c, 3c, 6c, etc., etc. Recently "C" has been dropped and we mention them as Natrium Mur 1, 2, 3, 6, 30, 200, 1000 etc., etc.

These potencies are prepared by the dealers and the reader will have nothing to do with their preparation. They are generally kept in 1 dram phials; we have to order the firms to supply, for instance, 1

dram of Natrum Mur 3x or 6x and they would send a small phial containing 1 dram of the powder (which is also called trituration). The medicines are also sold in the shape of pills (called globules) or tablets or liquids (called tinctures) but the most convenient and cheapest form is the powder form and the author mostly uses the medicines in that form. The name of the medicine is printed on the cork and on a label on the phial.

Indian made medicines purchased from reliable stores are as good as the much more expensive American or German ones and they can be relied upon quite safely to do the job; the author always uses them.

#### DOSE

Dr. Schuessler and other writers recommend 2 grains to 5 grains of the powder per dose for the adult.

The author's experience however shows that if  $\frac{1}{2}$  or 1 grain of the powder is dissolved in 4 oz. of water and one teaspoonful is given every 2 or 3 hours in chronic cases and every few minutes in serious diseases like Cholera, it is generally even more efficacious than the same given in powder form.

A friend of the author, Sri Shambhu Prasad Advocate, also distributes Biochemic medicines free. The author had once told him about his method aforesaid; some time later he told the author that he had a patient whose symptoms required Natrum Mur which he gave in powder form upto 5 grains per dose. There was no action whatever. He then tried the author's method aforesaid and he told the author that the first teaspoonful acted. In this way efficacy is increased while at the same time

there is saving in the medicine. In some rare cases, however, quantity tells; so, if the water solution does not do good, give the medicine in powder form about 1 or 2 grains a dose.

The reader may please note that 1 dram phial contains 60 grains of the powder and this would give an idea of what 1 grain means.

Some people find it inconvenient to dissolve the powder in water. For such people, 15 or 20 blank sugar pills may be put in the powder and given to the patient who should take one pill, for a dose.

### WHICH POTENCY TO USE ?

The author has found that generally all the 12 salts (except F. P. and S.) act best in 3x potency. F.P. and S. should however be used in 12x potency. C. P. 3x should be given to young people and C. P. 12x to old people.

The above named potencies should be used in the beginning. If they do not act at all or act for some time and improve the condition of the patient to some extent beyond which no further improvement takes place, higher potencies should be used, i. e., instead of 3x, 6x should be used; thereafter, if necessary, 12x and then 30x. Finally 200x may be used-one dose daily; 30x potency may be given 3 or 4 times daily.

Chapter II deals with the 12 salts and their important indications for use. These should be mastered as they help the reader to add some salt to the formulæ if it be specially indicated; in particular N. M. and S. are to be considered, which often act wonderfully.

Chapter III deals with Therapeutics i. e., diseases, a short description thereof and their treatment. Since the author's aim is to alleviate human suffering he has not hesitated to give at some places Homeopathic and other medicines which he had found very useful. Chapter IV gives reports of some cases and

abstract of some letters from far and near. Since several medicines are to be mixed, it would be more convenient to have ready made mixtures as it would save time spent in mixing medicines each time. For this the reader should take a new sheet of paper without any printed or typed or written matter, and take equal quantities say about 3 or 4 grains of each of the requisite medicines and mix the whole thoroughly with a clean straw or bamboo or glass rod and keep the resultant powder in a new 1 dram phial and write on the cork the name of the disease e. g., Cholera ; when a patient of Cholera turns up, all that is necessary is to take  $1/2$  or 1 grain of the same, give it to the patient to be mixed in 4 oz. (or 2 chataks) of water to be taken, a teaspoonful being the dose. If a poor man has no teaspoon let him sip small quantities. The author would recommend to the readers to purchase 30 or 40 blank phials to keep ready-made important combinations for daily use. It may be pointed out again that a dram phial contains 60 grains of the powder.

Note.—Approximately equal quantities of medicines are to be mixed.

Then follows Chapter V on diet and general hints about keeping good health.

It would not be out of place to mention that these medicines can also be given to patients who insist on continuing Allopathic or other treatment (though it would be better if the other treatment is discontinued) for the Biochemic medicine would supply the deficiency and cure but there is some danger of the effect thereof being destroyed by the strong medicines of other systems. In this connection the author wishes to mention what the famous Homeopath, the late Dr. H. Sirkar of Swamibagh, Agra told him. A rich man of Calcutta who was addicted to large doses of morphia, which he could

not give up, fell ill. Many Homeopaths were called and asked to take up the treatment provided they did not insist on the patient giving up morphia but they all refused. Dr. Sirkar was then called and he argued within himself that morphia had become part of the patient's diet like rice and so the medicine should act inspite of the use of morphia.

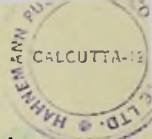
The indicated medicine was given and acted and the patient was cured !

In such cases, however there should be sufficient interval, say 1 hour, between the doses of the Biochemic and those of other medicines.

### WHY SHOULD THE READER LEARN THIS SYSTEM ?

Occasions do arise in the life of every one of us when we or our relations or dependants fall ill and we have to go out to call a doctor, who is sometimes not available, or we may be on a journey where no doctor is available, On such occasions our worry can better be imagined than described, while the patient is suffering agony without medical aid. On such occasions, we feel that it would have been better if we had learnt sufficient medical science to be able to render first aid. The author wishes to assure the readers that with these medicines, in most cases, there would be no necessity to call in any doctor. The trouble would be nipped in the bud. If however the case is serious e. g., if these be very high fever or feeling of exhaustion or unconsciousness or haemorrhage (loss of blood) etc., the reader would do well to call in a competent doctor at once while rendering first aid with these medicines, which may be the only aid required and the patient may in most cases recover by the time the doctor comes. If the patient is too poor to afford a Doctor, none need be called.

In this hook the reader will find the names of the diseases and their treatment. It is necessary therefore



that the reader should know symptoms of particular diseases so that he may know what disease his patient is suffering from to enable him to prescribe correctly. The author has tried to explain symptoms of most diseases in the course of the book. To get more knowledge the author would recommend to the readers to purchase a copy of Family Practice published by Messrs. M. Bhattacharya and Co., Economic Homeopathic Store Calcutta, which can be had from any of the Homeopathic stores mentioned elsewhere for Rs. 4/- or so. In the first half of that book names of various parts of the body and the symptoms of various diseases are given in simple language and it is necessary that the reader should master it. The other half of the book deals with Homeopathic treatment of the various diseases. It is not very necessary for the reader to read the latter half of the book though he can make himself more useful if he knows something about Homeopathy also, as it is a sister science. He may therefore read that part of the book also if he is so inclined. He may also purchase a small Homeopathic book Dr. Ruddock's Stepping Stone to Health and Homeopathy which costs about Rs. 2/8/ only.

To supplement this book, the reader would do well to purchase a copy of Father Muller's Twelve Tissue Remedies which costs about Rs. 2/- and Dr. Boerick and Dr. Dewey's Twelve Tissue Remedies which costs about Rs. 14/- or Rs. 15/-. The last one is very useful. Another very useful book is Dr. Mittra's Tissue Remedies to be had from 97 Cornwallis street, Shyam Bazar, Calcutta price of which is Rs. 12/8 or so.

Before closing, the author wishes to point out that for a speedy recovery under any system of treatment it is necessary that the patient should be optimistic about his recovery. The physician while attending to a patient should treat him sympathetically and assure him that by the Grace of the

Almighty he would be cured. Even though he may consider the case may be hopeless, he must on no account tell the patient that it is so, for this would hasten his death. The author knows of a gentleman of Allahabad who fell seriously ill long ago. His wife called in the Civil Surgeon who came and saw him; while leaving the sick room the wife asked the Doctor about the chances of her husband's recovery and he replied rather loudly that his condition was very serious and he could not survive. The old gentleman heard it and shouted to his wife to pay the fee of the Doctor and ask him to go away and never to come again, adding that he would yet live in spite of his opinion and he did live and was cured! This illustrates what will-power can do. If the patient has been made to believe that he cannot live, it would be difficult for him to recover under any treatment. The author need hardly say that these medicines would act even without the above aid from will-power, for instance in cases of unconscious patients or children there can be no question of their exercising will-power yet they recover under these medicines. Hence the dire necessity of sympathetic treatment of the patient at the hands of the Doctor.

The patient should be told that he should think all the time that he is improving and he will improve. He should look at his face in the mirror every now and then and say to himself that he is better; unfortunately, amongst us, when we meet our elderly relations they tell us that we have become very weak or thin. This should be avoided; whenever we meet our relations and friends, we should always congratulate them on their health even though their health may be none too good. This will go to improve their health. Everybody should feel that he would live for 100 years. Howsoever old the reader may be, when asked what his age is, he should reply:—"my age is only 80"—for instance. In this way the health of the nation would improve.

In the end, the author wishes to point out that these medicines can cure animals also. Some time ago the author's pup had huge swellings under both the jaws. At about 1 P. M. he gave his mumps powder and by 6 P.M. the swellings had disappeared ! He once cured his horse of urinary trouble. The animal painfully passed urine drop by drop. One dose put in the bucket of water cured the trouble in a few hours.

Some years ago, the author was approached by a man from Phaphamou (a place 3 miles from Allahabad). He wanted medicine for his bullock which was passing bloody stools. The author gave Biochemic medicine and the animal was cured. The man came again and wanted more medicine for other animals suffering from the same disease. The author is prepared to suggest treatment for animal diseases which are considered incurable by Veterinary doctors.

The author thinks that even plant diseases can be cured with these medicines. He has however no experience in that line.

The author had a unique experience about 3 years ago. He noticed that his daughter's eldest son aged about 4 years was exceedingly obstinate and stubborn. If he took into his head to do a thing, he must do it, inspite of orders to the contrary by elders and threat of chastisement; even chastisement had no effect. The author thought that it might be a symptom of disease and might be curable and he gave to the child a small pill of Silicea 200 and it had very remarkable effect, which lasted for about 3 or 4 days. This was followed by a dose of Silicea 1000 which also did good; then the child left the place. The same child is now submissive. The author believes that many criminals can be cured of their criminal propensities with these medicines.

The author gives below his method of convincing

non-believers. It is requested that the author will please go through it.

Then follow opinions of Mahatma Gandhi, Dr. Rajendra Prasad and other great men about Homeopathy and the need for Government aid to it. This would apply equally to Biochemic system which is a Branch of Homeopathy

Non-believers can be divided into 3 categories. Firstly, there are those who are prejudiced against this system; these are people who ridicule this system for no rhyme or reason. They refuse to be convinced. They get annoyed at the mere mention of the names of Homeopathy or Biochemic System of medicine. Of course, such people cannot be convinced and it is no use attempting to convince them. Fortunately, such people are few. They comprise those who are interested in some other system & due to self interest condemn other systems as quackery or humbug without examining their merits.

A vast majority of non-believers are those who are ignorant about this system; but are open to conviction. For such non-believers the following formulae may be tried and they would be convinced.

(1) *Smoking habit.* There is no medicine anywhere else for removing smoking habit. Please take about a grain of Mixture of Biochemic medicines *Calc Phos 3x Naturm Mur 3x* or *Calc Phos 3x* alone in 1 glassful of warm water and give it in teaspoonful doses to smokers every 5 or 10 minutes. Even without co-operation of the smoker this can remove the habit in a few hours, even in cases of chain smokers; this experiment can be performed at any time, and this alone should convince anybody. There is no doubt that these medicines create aversion to tobacco.

(2) *Trachoma.* (Granules in the eyelids). This trou-

ble is also considered to be practically incurable by practically all systems of medicine. Biochemic Kali Mur 3x is a Specific for this trouble. If about a grain of Kali Mur 3x powder is taken & dissolved in a cupful of water & teaspoonful doses are taken every 5 or 10 minutes pain & burning would be relieved in about an hour, whereafter the dose may be taken every 2 or 3 hours & the trouble can be cured in a few days!

This experiment can be easily performed.

(3) *For convalescence.* (i.e. for weakness remaining after the main disease is cured); there is nothing better than Calc Phos 3x. The weakness is removed in an incredibly short time!

(4) *For constipation*; there is no cure for constipation in Allopathy & other systems of medicine. The patient has to take a laxative daily; So long as this is done, the patient gets a stool. As soon as the laxative is stopped, the trouble recurs, sometimes worse than before. Thus the laxative is not a cure. The authors mixture if taken for about 1 week or so radically cures 90% cases & the trouble does not recur after the medicine is stopped!

Mr. C. M. Kingsley Purser on Board a Ship B. I. "DARESSA" writes from Kuwait, that the authors medicine for constipation is very good indeed.

(5) *For influenza*, the author has found his influenza mixture as the very best thing imaginable for this trouble. About four months ago, a Platoon Commander of local P. A. C. (Armed Police) came to the author & complimented him for writing this book, saying that it is the best book on the subject and that he had been to several Homeopathic shops & had seen a large number of books on the subject but in none did he find simple formulae for various diseases which had made the system so simple. He

added that he had tried many formulae of the book & found them very efficacious. In particular, he mentioned the authors influenza powder & added that that in October last he had been in camp in ravines along with his constables; 13 of them caught influenza & condition of 2 become serious. He sent a wireless message to headquarters for medical aid but none came. He had with him this book & biochemic & Homeopathic medicines. When the condition of the two constables became critical & no medical aid came he gone authors influenza mixture and all the 13 men recovered in a very short time. Thereafter his officer viz Assistant Commandant arrived there & was surprized to find all cured in such a short time !

After some time the Assistant Commandant met the author and confirmed the accuracy of the above facts ! The medicines for influenza, fever wounds etc. can be supplied to soldiers & constables on active duty. They can be carried in vest pocket during epidemics. The author begs of the authorities to use this mixture & save lives of millions for a song as it were.

(6) Homeopathic medicine *Aconite Nap 6x* is an excellent remedy to remove effect of chill if taken within a short time of catching it. A pill of the above medicine if taken at once and repeated after about 5 or 10 minutes will stop further progress of the trouble. The author has tried it himself on many occasions. It never fails !

(7) Homeopathic medicine *Pulsatilla 6x* is wonderful to remove effect of taking too much fatty food. 1 pill thereof taken shortly after and repeated after about half an hour sufficts to remove the discomfort.

(8) For diarrhoea in which the stools are watery and are passed with great force like water from a

hydrant, Homeopathic *Podophyllum* 6x is excellent. One pill taken after every stool cures in a few hours.

A relation of the author, an Allopathic physician, was once cured with this remedy and since then he always keeps it with him and takes it whenever the trouble recurs.

(9) To prevent heart failure the best thing on earth is a mixture of Calc Phos 3x, Kal: Phos 3x and Nat mur 3x. It has prevented heart failure in several cases. Several years ago, Mr Ram Chander Gupta M.P. Advocate of Agra came to High Court Allahabad with a friend, whose heart began to fail there and ambulance car and stretcher had been sent for. The author give his powder aforesaid which he keeps in his pocket and in 1 or 2 minutes he recovered and the order for ambulance car was cancelled. Everybody should keep it in his pocket. It is also useful to remove exhaustion or weakness.

(10) Cataract cases can be cured with a mixture of Calc. Fluor 12x Kali mur 12x Nat sulph 12x and Sil 12x in about 3 months without operation.

(11) Even hernia cases have been cured without operation.

(12) Mixture of Calc Fluor 3x and Natrum sulph 3x is excellent to increase the flow of urine.

Some people think that the dose of these medicines, being infinitesimal in quantity, can not cure when big doses of other medicines fail. The author would ask such people to take repeatedly at very short intervals, doses of some Homeopathic medicines. After some time the painful symptoms of that medicine as given in the books would appear.

In fact this is the way in which symptoms of Homeopathic medicines are discovered. These medicines in infinitesimally small doses are repeatedly given to several healthy persons and the symptoms

produced by these small doses on such healthy persons are noted and after a few days the symptoms produced on all are compared and those that are common to all are taken to be the symptoms of the medicine.

*Opinions of Mahatma Gandhi, Hon'ble Doctor Rajendra Prasad President of India, Hon'ble Dr. K. N. Katju and other great men of India about Homeopathic system of treatment (Note, Homeopathy includes Biochemic system of treatment.)*

(1) Mahatma Gandhi:—“Public can rightly tell you about its efficacy but however it is the latest and refined method of treating the patient economically and non-violently. Government must encourage and patronise it in our poor country. Late Dr. Hahnemann (founder of Homeopathy) was a man of superior intellectual power and means of vast saving of human life having an unique medical nerve. I bow before his skill and the herculean and humanitarian labour he did. His memory wakes us again and you are to follow him; let the opponents hate for the existence of the principles, practice of Homeopathy which in reality cures a larger percentage of cases than any other method of treatment and it is beyond all doubt safer and more economical and to be most complete medical science.”

(2) Hon'ble President Rajendra Prasad :—“I believe Homeopathy as a system of cure, It has a great scope in poor country like India and deserves encouragement.”

(3) Hon'ble Dr. K. N. Katju :—“Ever since I started my law practice at Kanpur, in 1908, I have been deeply interested in Homeopathy, my master in the law, the renowned Pandit Prithvinath was a staunch believer in Homeopathy and B. Trilokinath a leader of the local Criminal Bar was its devotee. I imbibed my love of Homeopathy from these 2 leaders of the legal profession. The past 24 years have proved in my own experience what a great part Homeopathy plays in

*relieving human suffering and sickness in Northern India for men of moderate circumstances. Homeopathic treatment is aboon and a blessing.*

“It is a matter of great satisfaction that merits of Homeopathy are being duly recognized by the various State Governments throughout India, with this State recognition Homeopathy has got an immense future in the country.”

(4) Shri Raj Rishi Purshottam Dasji Tandan:—*“No other system of medicine has made such a minute analysis of medicinal properties of its durgs as Homeopathy has done.*

(5) Pandit Madan Mohan Malvia:—*“I agree to give a place for Homeopathy in Hindu University. I am a great admirer of it.*

(6) Shri Jai Prakash Narain :—*“Homeopathy unaided by the State has wonderful progress to its credits. Its cheapness, its simplicity are remarkable. The cures it has effected are no less remarkable. I have no doubt therefore that it deserves State patronage as much as any other System of medicine. I have found the Homeopathic treatment very effective.*

(7) Sir Mangal Das Pakvasa (Governor of Madhya Pradesh). *From personal experience, I can say that in many cases Homeopathic treatment has produced very good results. It is harmless. I have not known a case, where it has done harm.*

(8) Shri W. S. Barlinge (Health Minister Madhya Pradesh) “..... I can say from personal experience as a lay man that the Science of Homeopathy does contain an element of truth which no person with a truly scientific turn of mind can afford to ignore. In this province, we are doing our best for the promotion of Homeopathy on Scientific lines.”

(2) Hon'ble C. C. Biswas (Minister Bharat

Union):— If there is a Scientific System of medicine in vogue today, other systems are more or less empirical but not so Homeopathy which has a Scientific basis of its own. That is this great contribution of Hahnemann to medical science.”

(10) Hon'ble Gulzarilal Nanda (Minister Bharat Union):— I have learnt to appreciate Homeopathy before I met Dr. Chujja 5 years ago. Since that time my enthusiasm in favour of Homeopathy has grown apace.”

(11) Sri G.D. Vatrak (Minister of Bombay)— In my opinion Homeopathy has to be encouraged mainly on grounds.

(i) the cost of treatment is comparatively much cheaper.

(2) what is more important is that it has cured some of the hopeless cases which were given up as incurable by the Allopaths.”

These opinions are quoted from a pamphlet issued by the District Homeopathic Medical Association Allahabad. I have underlined at various places.

The above remarks apply also to Biochemic System of treatment which is regarded as a branch of Homeopathy.

Homeopathy or Biochemic System of medicine, however, could not make as much progress in the cause of removing human suffering on a large scale, as was to be expected of them, for the reason that according to these Systems, symptoms of the patient are required to be compared with the symptoms of the medicines, which is a very difficult task and requires trained Doctors but since trained Doctors are few, they could not serve

the millions. According to the author's system, which is a modification of Biochemic system, there is no more question of comparing of Symptoms ; there is one formula for each disease. This has made the System fool-proof & since the medicines are absolutely harmless and can do no harm, if wrongly prescribed or given in large dose, everybody, knowing English or Hindi can serve his family and poor neighbours & the result is that this System is spreading like wild fire and within last 2 years, about a million patients have been treated with these medicins & about 90% have been cured at a negligibile cost. There are about 5000 enthusiasts all over India who are following this System.

If the Government were to take up the matter the problem of the treatment of the millions would be solved at a negligible cost;

## CHAPTER II

### MATERIA MEDICA OR IMPORTANT INDICATIONS FOR THE USE OF THE 12 SALTS.

The reader should read this again and again.

1. C. F....Useful for Adenoids, swellings of glands of enlarged or varicose veins, malnutrition of bones;—bones increased due to injuries; dilatation of heart blood vessels and piles.—Skin or tongue cracks. Stony hardness of glands etc.
2. C. P....It has wonderful properties of restoring health after acute diseases. It is very useful in Anaemia and Rickets, It cures gallstones and prevents their reformation. It is useful during dentition. It should not be given too long. It should be given now and then.
3. C. S....When well selected remedies act only for a short time, C.S. helps in improving their action. This heals abscesses after Silicea has been given.
4. F. P....It is very useful in the beginning stage of inflammations and fevers; bleeding. It is useful in pain where it is worse from motion and better from cold. F. P. 200x and K. P. 200x remove pain of cancer.
5. K. M....It is very useful in ear troubles, and for swollen glands, and fevers. It is very useful in stomach troubles, if the patient is worse after taking rich food. Pains, if made worse by motion, are relieved by it.

6. K.P....It is useful for cure of septic conditions. It is excellent for Insanity and other mental troubles and brain fag; Hysteria; loss of memory.

Nervousness; Paralysis of any part of the body.

Typhus and typhoid fevers.

Infantile paralysis. Sleeplessness. Neuralgic pains where cold air aggravates, patient is better on motion, eating.

7. K.S....If eruptions have been suppressed and disease has resulted, this brings out eruptions and cures the disease. This produces perspiration. The pains shift from place to place. The patient is worse in the evenings and better in cool open air. Worse in a heated room. It is useful in fevers. When selected remedies do not act, it improves their action.

8. M.P....Excellent remedy for pains which are relieved by warmth, worse on right side, and cold and pressure. All kinds of pains except those of burning nature are cured by it.

Particularly useful for removing spasms.

Cures Hiccough (Hindustani Hichki),

sleeplessness: useful for T. B.

This acts best, with hot water.

9. N.M....If secretions are either increased or decreased in various parts of the body, this medicine is indicated e. g., if there be too much saliva, or water from the eyes etc.

Excellent for heart failure, for removal of weakness and conditions of sudden collapse,

Sunstroke and heat-stroke. Brain fag; the patient has a longing for salt; worse in the mornings, and at 11 A.M.; cold weather and periodically.

10. N.P.... Useful for T. B.; Jaundice; Aversion to open air. There is yellow creamy coating at the back part of the roof of mouth or at the back part of the tongue.

11. N.S,... Useful for mental troubles caused by injuries to the head.

There is a suicidal tendency. Chief remedy for diabetes; worse in damp weather, better in warm and dry weather and in open air; worse from lying on left side; chronic effects of gonorrhoeal infection.

This should not be given if there be bleeding.

12. S.... The patient is worse at night or after sleep; in winter, cold or open air and during full moon or new moon. Better by heat and in warm rooms and in summer. It ripens abscesses and boils.

## CHAPTER III

### THERAPEUTICS.

(Diseases and their treatment with some remarkable cures).

For abbreviation used in this chapter see chapter I  
**VERY IMPORTANT NOTES** :—(1) If the patient be worse at night, S. 12x may be added to the formula, if not already there. **IMPORTANT**.

(2) If patient is worse in morning or is unconscious or there be much saliva or tears, add N. M. 3x to the formula. **IMPORTANT**.

(3) if the patient is old in age, give C. P. 12x instead of C. P. 3x in all the formulæ.

(4) C. S. and K. M. may not be mixed in one formula as they antidote each other.

(5) if there be improvement, the interval between the doses should be increased.

(6) if there be no improvement after sufficient trial, higher and higher potencies of the various medicines should be given i. e., if 3x fails 6x should be given and then 12x, 30x and 200x **IMPORTANT**.

(7) if the patient be suffering from 2 or more diseases, the formulæ for these diseases may be alternated.

(8) Keep ready-made mixture of C. F. 3x, C. P. 3x, F. P. 12x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x in a blank phial.

If the formulæ given below fail, give the above mixture plus K. M. 3x a sufficient trial and if that fails, give the above mixture plus C. S. 3x.

(9) If the reader has not got the particular potency recommended in the book with him, any other potency may be given if case is serious and the particular potency can not be had easily.

(10) If there be bleeding, from any part of the body, N. S. should not be given to the patient.

(11) C. P. 3x or 12x is to be given occasionally only; i. e. they may not be given regularly daily; two or three doses may be given on one day; next day one or two dose may be given; then on third day no dose, on fourth day, 2 or 3 doses & soon this rule however is not of much importance.

(12) If patient is worse with motion i. e. the more he moves the worse he is, give Bry.

(13) If patient is worse on first movement but he is better after further movement, as is often the case with cases of rheumatism Rhus Tox is to be given.

(14) C. S. should be given, if correct medicines do not act sufficiently. C.S. improves the action of these medicines.

(15) K. S.—It is excellent if some skin trouble has been suppressed and if some diseases have cropped due to suppression of skin troubles.

(16) If other treatments have failed, as a last resort, mixture of all the 12 medicines may be given. This mixture sometimes does good after other medicines have failed.

(17) If a disease is very old and serious, after giving 3x & 6x & 12x give 200x. If condition be very grave and death be imminent, after 3x, patient may be given at once 200x at very short intervals.

(18) Some patients can not tolerate some innocent things e. g. some get worse if they bathe in water or even touch water; such rare people may not tolerate

some of the salts ; this condition sometimes gets worse after taking these medicines ; in such cases the medicine should be stopped.

THE ABOVE NOTES MUST BE  
BORNE IN MIND WHILE TREATING  
EACH CASE.

1. Abortion.—To prevent—(Miscarriage of fœtus or child from the womb. This occurs sometimes before the sixth month of pregnancy. If child is born after sixth month, it is called premature delivery). Mixture of K.P. 3x and M.P. 3x in hot water at short intervals, failing which Homeopathic Sabina 6 one pill at short intervals ; K. P. 3x should be given during entire period of pregnancy. To stop bleeding give hæmorrhage powder also.

To remove tendency to abort--mixture of C. P. 3x F. P. 12x and K. P. 3x once or twice daily.

2. Abscess—(Painful and inflamed swelling, which after some time discharges yellowish liquid (called pus or matter). Homeopathic Heper Sulph 6x is very useful ; if pus has not formed, under its action the abscess will often subside ; if pus, however, has formed it will open it soon. No other remedy may be needed. It often saves surgical operations. This may be tried for 12 or 24 hours.

If this fails, in cases where pus has not formed a mixture of C. F. 3x. F. P. 12x, K. M. 3x, K. P. 3x and K. S. 3x, should be used. If pus has formed, S. 200 would ripen and open it in incredibly short time. In the end C. S. 3x should be given to heal up the wound. It has wonderful power of drying up wounds. It should be given after surgical operations to expedite the recovery.

Sri Hublal a lawyer of Agra came to the author

3 years ago with a painful abscess on his finger. One pill of Silicea 200 opened it in 2 hours.

If there is a crop of boils (i. e. a large number of boils) Homeopathic Arnica 200 (one pill twice a week) will cure. It is excellent.

In the first stage, the Indian medicine called in U. P. "Kowria Lobhan" is very useful. It should be finely powdered and kept in a bottle. A small quantity of it is to be mixed with freshly prepared—Rabri with sugar and applied locally. It helps the boil to subside.

3. Acidity—Acidity of the stomach generally accompanies indigestion. There is acid rising and sour belching in the mouth. Mixture of C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x; N. M. 3x, N. P. 3x, N. S. 3x and S. 12x. This is excellent. If this fails give mixture of N. P. 30x and S. 30x.

4. Acne—Pimples generally appearing on face, back and chest. Mixture of C. P. 3x, F. P. 12x, K.M. 3x, K. P. 3x, N. M. 3x, N. P. 3x and S. 12x failing which mixture of C.F. 3x, C. S. 3x K. S. 3x N. S.3x.

5. Adenoids (a growth in the nose) Mixture of C. F. 3x, K. M. 3x; K. S. 3x and C. P. 3x or 12x.

6. Addisons disease (a rare disease) mixture of K.P. 3x, K. S. 3x, N. M. 3x, N. S. 3x and S. 12.

7. Albumenaria (a disease in which albumen is passed in large quantity), a serious disease. Mixture of C. P. 3x or 12x K. M. 3x K. P. 3x, K. S. 3x, N. M. 3x, N.S. 3x N.P. 3x and S. 12x failing which C. S. 3x.

8. Angina pectoris (severe pain in heart) a serious disease-mixture of F. P. 12x, K. M. 3x, K. P. 3x, and M. P. 3x and Sil 12x.

Dissolve 1 grain of each of the above salts in an

ounce of hot water and give it repeatedly at short intervals in one teaspoonful doses to be mixed with 4 or 5 teaspoonfuls of very hot water each time.

The patient should also drink hot water at intervals to improve action of the mixture.

9. Anæmia—Lack or poverty of blood; Anæmia of a destructive type is called pernicious anæmia. Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, N. M. 3x, and N. P. 3x failing which add N. S. 3x and S. 12x. This is wonderful. This cures even pernicious anaemia. Mr. M. Hitaishi cashier of Allahabad University reports that his wife had been suffering from anæmia for 1 year; she used to become unconscious and remain so for 2 or 3 days. He had given Allopathic treatment, but it did no good. His neighbour... Dr. Raizada, Lecturer in the University gave this mixture and within half an hour, she became conscious and never became unconscious again and her pain in the body disappeared at once.

10. Aphthous mouth (blisters in the mouth and on the tongue) Mixture of C. F. 3x, C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x N. S. 3x and S. 12x failing which give mixture of C. S. 3x, K. S. 3x, N. P. 3x.

Sri Jasodanandan Tandan, Advocate, Etawah was cured of one month old trouble in a few hours.

12. Appendicitis—Inflammation of the appendix, which is situated on the right side of the belly, a serious disease Mixture of C. F. 3x, F. P. 12x, K. M. 3x K. P. 3x M. P. 3x and S. 12x to be given in one oz. of hot water each time every hour for 12 hours and hot-poultice to be applied to relieve the pain. If no relief, give mixture of C. F. K.M., K.P. and M.P. in 6x potencies, keeping F. P. and S. in 12x. If this also fails, give mixture of C. S. 3x, C. P. 3x or 12x, K. P. 3x, K. S. 3x, N. M. 3x, N. P. 3x and N. S. 3x.

13. Appetite (desire for food; hunger)—to increase Homeopathic Bry 6x or Nux Vom. 6x, 1 pill thrice daily, failing which give a mixture of F. P. 12x, K. M. 3x, K. S. 3x N. M., 3x N. P. 3x., N. S. 3x S. 12x. and C. P. 3x or 12x.

14. Appetite depraved (*i.e.* appetite for unnatural things like hcalc, clay, charcoal etc). C. P. 3x or 12x.

15. Appetite increased—To decrease—K. P. 3x.

16. Arthritis (Inflammation of joint). If attack is new—mixture. of F. P. 12x, K. M. 3x, K. S. 3x, M. P. 3x. 3x, N. P. 3x S. 12x. If trouble is old (chronic) mixture of M. P. 6x; N. M. 6x, N. P. 6x; N. S. 6x, & S. 30x.

17. Ascites. See dropsy—unnatural collection of water in any part of the body.

18. Asthma (Hindustani Dama) chronic long lasting disease of organs of respiration (breathing) in which during attack, there is difficulty in breathing and there is feeling of tightness of chest. Mixture of C. F. 3x, C. P. 3x or 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x N. P. 3x, N. S. 3x, and S. 12x; failing which mixture of C. S. 3x and F. P. 12x.

Dr. V. K. Patwardhan A. M. S., S. S. Hospital Banaras Hindu University reports the case of a lady relation who was in a persistent asthmatic state with some cardiac distress for 15 or 20 days. This mixture gave immediate relief and cured her.

19. Atrophy (Wasting disease) Mixture C. P. 3x or 12x C. S. 3x; F. P. 12x; K. P. 3x; K. S. 3x; N.M. 3x and S. 12x.

20. Backache—Mixture of C. F. 3x, C. P. 3x, or 12x C. S. 3x, F. P. 12x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x N. P. 3x & N. S. 3x, and S. 12x. failing which K. M. 3x,

21. Beri Beri—(a disease marked with great

weakness, stiffness of legs and thighs and swelling of these parts, urine gets scanty, and thirst increases. The patient sees coloured circle round burning light. Mixture of C. P. 3x or 12x, K. P. 3x, N. M. 3x and N. S. 3x.

22. Blindness—Mixture of C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x M. P. 3x, N. M. 3x N. P. 3x and S. 12x. For night blindness, mixture of N. M. 3x, and S. 12x.

23. Bleeding—to stop—Mixture of C. F. 3x, F. P. 12x, K. M. 3x K. P. 3x and N. M. 3x & N. P. 3x; this is simply wonderful. Never fails. N. S. should not be given to any patient of any disease if there be bleeding. One pill of Ipec 6x, every 2 or 3 hours is also very good.

24. Biliousness—There is nausea and vomiting of bile, indigestion, loss of appetite, heaviness of stomach and constipation and lassitude (laziness), discomfort, inclination to lie down. Mixture of K. M. 3x and N. S. 3x.

25. Blisters—Mixture of K. P. 3x and N. M. 3x.

26. Bergiers disease—A very rare disease, in which glands of human body become over active, the circulation of blood in various parts of the body is effected with the result that one part of the body may become hot and the other part may become cold. Mixture of C. F. 3x, C. P. 2x or 12x F. P. 12x, K. M. 3x K. P. 3x, M. P. 3x, N. M. 3x N. P. 3x, and S. 12x, failing which mixture of C. S. 3x K. S. 3x and N. S. 3x.

27. Bronchitis—inflammation of the wind pipe, which carries air into the lungs and its branches. There is fever, pulse is quick, dry cough and difficult breathing. Mixture of F. P. 12x, K. M. 3x, N. S. 3x and S. 12x; this is simply wonderful; failing which C. S. 3x. If this fails, give cough mixture

For local application, see under Cough.

28. Burns—Mixture of F. P. 12x, K. M. 3x, K. S.

3x, N. M. 3x and N. P. 3x to be given in water and to be applied locally mixed with cocoanut oil; failing which C. S. 3x both locally & by mouth.

29. Burning seasation in any part of the body—mixture of C. P. 3x or 12x, N. M. 3x. and S. 12x.

30. Calves (Pain in)—C. P. 200 (1 pill) one day & N. M. 200 (1 pill) next day in evening.

31. Chronic complaints—Mixture of C. P. 3x or 12x, C. S. 3x, and K. S. 3x.

32. Chilblain-inflammation of the skin over the toes, or some portion of the feet, the hands or ears, cause by sudden alterations of temperature. The skin becomes red in patches, slightly swollen and there is much irritation and itching, specially in the evening. Mixture of C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x N. M. 3x, N. S. 3x S. 12x—both internally and locally mixed with vaseline, failing which mixture of C. S. 3x, K. S. 3x and N. P. 3x.

33. Cancer (a malignant tumour swelling) which has so far been considered to be incurable—and is almost always fatal—Give Mixture of C.F. 3x, C. P. 3x or 12x C. S. 3x K. M. 3x, K. P. 3x K. S. 6x M. P. 3x, N. M. 3x, N. P. 3x and S. 12x in hot water twice or thrice daily failing which mixture of K. M. 6x, and N.S. 3x, in hot water twice or thrice, daily. K.P. 200x & F. P. 200x are very useful for stopping pain of cancer. One dose of each may be given daily seperately or mixed together. C. F. 200x and N. S. 200x should be given daily. 5 200x should also be given daily. In the case of the wife of a postman of Allahabad, in which cancer of the jaw had been declared by the Civil Surgeon, who prognosed that the lady could not live for more than 3 or 4 months, this mixture arrested the growth. Other cases are given in Chapter IV. An advanced case of cancer of the breast of mother of Shree

Alopi Shankar Singh, Reader, Government Press Allahabad, has been cured with this. It was also applied locally mixed with olive oil or Til oil.

34. Carbuncle—a serious type of boil, generally appearing on the back, nape of the neck or buttocks. Mixture of C. F. 3x, F. P. 12x, K. M. 3x, K. P. 3x and S. 12x, failing which C. S. 3x.

35. Cataract—It is a degeneration of the “lens” of the eye, which becomes white or bluish white. It generally occurs in old people. Mixture of 1 grain of each of C.F. 12x, K.M. 12x, and N.S. 12x and S. 12x in 4 oz. of water to be taken internally one teaspoonful dose thrice daily. The same to be used as eye drop. *Cineraria maritima* eyedrops for a longtime—1 drop in each twice daily. German preparation costs about Rs. 2/8 per dram.

36. Catarrh—a discharge of fluid from inflammation of mucous membrane, specially of the nose caused by cold in the head (Hindustani Zukam). Mixture of F. P. 12x, K. M. 3x, N. M. 3x and N. S. 3x. See Cold.

37. Chickenpox—It is a contagious eruptive fever of a mild nature generally occurring in children. Some regard it as a modified small pox. Mixture of F. P. 12x, K. M. 3x, K. P. 3x and K. S. 3x.

The mixture may safely be given without hesitation. It will not allow the rash to be suppressed. Even if the rash has got suppressed it will help in bringing it out and curing the patient.

38. Child obstinate—S. 200 1 pill every week—5 or 6 such doses.

39. Chlorosis—anaemia of young ladies—See anaemia.

40. Cholera—It is a very serious disease, in which there is generally frequent vomiting and loose stools (like rice water) severe cramps in various parts

of the body, urine gets scanty and then none is passed, temperature falls and there is great deal of exhaustion or collapse. It is a contagious disease, generally caused by drinking dirty water or over-ripe fruit. Flies are generally responsible for carrying the disease germs. Give at very short intervals a mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x and K. P. 3x, K. S. 3x, M. P. 3x, N. P. 3x, N. S. 3x and N. M. 3x. This seldom fails. If however, this fails, give mixture of C. F. 3x. C. S. 3x and S. 12x.

The patient should drink as much hot water as possible. Milk should be avoided; sago cooked in water with sugar should be given and increased cautiously to avoid relapse.

The author has already mentioned that Dr. Sushila Nayyar Secretary of Mahatma Gandhi, found this medicine very efficacious for Cholera.

Dr. R. A. Verma of 11/234 Souterganj, Kanpur, in his letter dated September 15, 1945, writes that he and a couple of his friends tried the formula in a number of cases successfully. He adds "this compound is a wonderful curative not only in cases of Cholera but the 4 Phosphates alone are equally efficacious in cases of Summer Diarrhoea."

Several years ago, during the cholera epidemic in the Allahabad District, the cholera powder was tried in hundreds of cases by Congress Volunteers under the kind direction of Rajrishi Purshottam Das Tandon, Ex-President of the Congress and the reports were very gratifying indeed.

Mr. Lakshman Prasad Srivastava Accountant, Municipal Board, Allahabad took about 10 grains of the powder from the author while going to his village, where cholera was rampant in an epidemic

form some years ago; many people had died and were dying.

On return he wrote to the author that he had tried the medicine in 30 cases and all were cured very quickly. In particular he refers to a case of a man who was practically dying, but within 8 hours of the commencement of the treatment, was able to walk about and offered to accompany him to the Railway Station.

Sri Jai Singh, Vakil, Mirzapur, writes that he treated a poor man who was suffering from a serious attack of cholera; he was cured in 2 hours!

There are many such letters with the author.

41. Chorea—Mixture of C.P. 3x or 12x M. P. 3x, N. M. 3x, N. P. 3x, S. 12x.

42. Cold (Hindustani-Zukam—Mixture of F. P. 12x, K. M. 3x, N. M. 3x, and N. S. 3x failing which mixture of C. F. 3x, C. P. 3x, or 12x, C. S. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. P. 3x, and S. 12x. As soon as it is discovered that chill has been caught, Aconite 6x one pill every 15 minutes, cures it wonderfully. If there has been some delay, given Bell 6x one pill three times daily after Acute 6x has failed.

43. Cold—Tendency to catch cold—Mixture of C. P. 3x or 12x, C. S. 3x, F. P. 12x, N. M. 3x, N. P. 3x and S. 12x; one dose trice, daily.

44. Colic pain—Severe griping pain in the bowels. Mixture of C. P. 3x or 12x, M. P. 3x, K. P. 3x N. P. 3x, and N.S. 3x, failing which Homeopathic Colocynth 6x, 1 pill at short intervals. Simply wonderful.

45. Colitis (Inflammation of colon)—Mixture of C. F. 3x C. P. 3x or 12x, C. S. 3x, F. P. 12x, K. P. 3x,

N. M. 3x N. P. 3x, N. S. 3x, if worse at night add S. 12x, failing which mixture of K. M. 3x, K. S. 3x and M. P. 3x.

46. Collapse—(Sinking of pulse, hands and feet cold etc; exhaustion)—Mixture of C. P. 3x or 12x, K. P. 3x and N. M. 3x. This has prevented heart failure in many cases, some of which are mentioned in chapter IV. It is simply wonderful. Everybody should carry this in his pocket, as nobody knows when it may be needed as there is no time to call a doctor.

47. Coma (unconsciousness)—Mixture of C.P. 3x or 12x K. P. 3x and N.M. 3x at short intervals, failing which mixture of C. S. 3x and S. 12x.

48. Constipation—irregular and insufficient action of the bowels. Mixture of C. F. 3x, C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x, N. P. 3x N. S. 3x and S. 12x failing which C. S. 3x. This is excellent never fails.

49. Convalescence—(Weakness after serious disease)—C. P. 3x. If patient is old in age, C. P. 12x instead of C. P. 3x. This is magnificent.

50. Corns—mixture K.M. 3x, N. M. 3x & S. 12x.

51. Cough—Mixture of C. F. 3x, C.P. 3x or 12x, F.P. 12x, K.M. 3x, K.P. 3x, K. S. 3x, M.P. 3x, N.M. 3x N.P. 3x and N.S. 3x and S. 12x every 2 or 3 hours; if no improvement in 24 hours, give mixture of C. S. 3x, and if this too fails, give bronchitis powder. For local application on the chest, take 4 ounces of turpentine oil, 2 ounces of mustard oil and put in it opium, worth two annas or 2 pence, and shake the mixture and keep it corked in a phial. It should be rubbed on the chest in a closed room. It is useful in Pneumonia and Bronchitis also. If phlegm makes rattling noise in chest on breathing mixture of N. M. 3x and S. 12x.

52. Cramp—(A kind of twisting pain).—Mixture

of C. P. 3x or 12x and M. P. 3x, in hot water, The patient should also drink hot water frequently,

53. Croup—(A serious throat disease of children with cough)—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x and N. M. 3x failing which C. S. 3x, K. S. 3x N. P. 3x, N. S. 3x and S 12x.

54. Crying in children—Cham 6x, very useful spasmodic crying or sobbing M. P. 3x.

55. Cyst (a sac containing liquid secretion) or pus, mixture of C. F. 3x, C. P. 3x or 12x N. M. 3x and S. 12x.

56. Dandruff—A scaly scurf or flaky matter which forms on skin under the hair. Mixture of K. M. 3x, K.S. 3x and N. M. 3x.

57. Deafness—K. M. 3x alone, failing which, mixture of F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, N. M. 3x, S. 12x failing which mixture of C. F. 3x, C. P. 3x or 12x, C. S. 3x M. P. 3x N. P. 3x and N. S. 3x.

P. Deonarain coal checker, Loco, Allahabad, approached the author about 7 years ago, and stated that he had become deaf and that the railway authorities had given him notice that if he would not be cured within 2 weeks he would be discharged from service. He had tried all the local experts but they all failed to relieve him. The author gave him only K. M. 3x. Next day he reported that shortly after taking the first dose, the noises in the ears increased but they subsided soon after and he could hear better than ever before. He was cured !

Mr. B. B. Pande, Deputy Superintendent of Police of Allahabad had become deaf. He had consulted the best experts in India, England and America, they

said that trouble is incurable as nerve had got dried up. He has been using these medicines for some time. He can now hear trunk calls on telephone.

54. Delirium—Wandering in mind during fevers etc.)—Mixture C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, N. M. 3x and N. S. 3x.

A fever patient in a local hospital was delirious and violent. His hands and feet had been tried up to the bedstead. The author gave the above mixture and within a few minutes the patient went off to sleep and was cured of the trouble !

55. Delirium-Tremens—(Delirium of drunkards—same as Delirium.

56. Dentition—(Teething in children)—Mixture of C.F. 3x and C.P. 3x; if child cries much give Homeopathic Chamomilla 6x, 1 pill at short intervals.

57. Diabetes—a disease in which the patient passes too much sugar with the urine. There is excessive thirst and weakness. Mixture of C.P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M.P. 3x, N.M. 3x, N.P. 3x, and N. S. 3x; if worse at night add S, 12x, failing which mixture of C. F. 3x, C. S. 3x, K. S. 3x, It is useful.

58. Diarrhoea—loose stools, Same as Cholera.

If it fails, give dysentery powder. 1 pill of Podophyllum 6x every 2 or 3 hours if stool is watery and is expelled with great force like hydrant. It acts wonderfully.

59. Diphtheria, serious infectious disease of throat in which membranous growth takes place. Give mixture of C.F. 3x, C.P. 3x, C.S. 3x, F.P. 12x, K.M. 3x, K. P. 3x, K.S. 3x N. M. 3x, N. P. 3x, N. S. 2x and S. 12x.

60. Dislocation—Mixture of C. F. 3x and N. M. 3x, failing which and C. P. 3x or 12x and C.S. 3x.

61. Dropsy—Unnatural collection of water in any part of the body—Mixture of C. F. 30x, K. M. 12x, K. P. 12x, N. M. 12x, N. S. 12x is very useful : add S. 12x if worse at night. Salt free diet should be given.

62. Dysentery—a disease in which the stools are mixed with mucous or blood ; there is pain in bowels and feverishness. Mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x and N. S. 3x. If this fails to relieve within 24 hours give C. S. 3x. If this also fails give mixture of C. F. 3x K. S. 3x, N. P. 3x and S. 12x. Sometimes Cholera powder acts and cures.

If all these fail, give Nux Vom. 6x, or Merc. Cor 6x—1 pill 4 times daily.

Rice and curd may be given as diet.

This medicine has won laurels. This cures 95% cases of both types of dysentery viz., amaebic and bacillary. Even very chronic cases are cured.

Mr. Anant Sahay, M.Ed., B.Sc., B.T. of C. 2/34 Kali Mahal, Banaras, in his letter dated, Nov. 21, 52, says "some of your prescriptions are simply wonderful. I can do not better than to quote a case of 'Chronic Dysentery' which I have cured with your medicines." He then mentions that the grand daughter of a Khattri gentleman had been suffering from chronic dysentery for six months. She had been under the treatment of the best Allopaths including the Civil Surgeon, but they could only give temporary relief. The author's mixture was then given ; within less than 24 hours there was considerable relief and in his own words, "perfect recovery within 72 hours. The medicine has been stopped and the girl is hale and hearty. Thanks to the Almighty and to you."

63. Dysmenorrhoea—(Painful menses)—During menstrual period—Give M. P. 3x alone, about a grain in hot water every hour; failing which mixture of C. P. 3x or 12x, K. P. 3x, M. P. 3x and N.M. 3x; and if that too fails give mixture of F. P. 12x and K. M. 3x,

After menses have stopped, give mixture of F. P. 12x and K. M. 3x, one dose twice daily till menses begin again.

64. Dyspepsia—chronic indigestion—There is generally constipation alternating with loose stools.—Mixture of C. S. 3x K. P. 3x, and N. M. 3x, failing which mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, M. P. 3x, N. P. 3x and S. 12x or 1 pill of C. S. 200 in morning and 1 pill of N. M. 200 next evening.

65. Ear (discharge from)—Mixture of C. P. 3x or 12x, C. S. 3x, F. P. 12x, K. P. 3x, K. S. 3x, N. M. 3x and S. 12x.

66. Ear-ache —ixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x and N. S. 3x; failing which mixture of C.S. 3x, N.M. 3x, N. P. 3x and S. 12x.

For Dysentery, diarrhoea or vertigo, the following Indian preparation is a specific. Please take on chatak of dry *aonla*; fry it in ghi. Also take 1 or 1 1/2 Tola Zeera which had been fried. Mix this with above; take also 1/8 tola heeng fried and Lahori Salt. This is to be taken with curd which had been put in cloth and hung up so that water thereof may fall off. The above is one dose to be given morning and evening for 2 or 3 days only.

67. Ear noises—Mixture of C. P. 3x or 12x, C. S. 3x, F. P. 12x, K. M. 3x, K. P. 3x, N. M. 3x, N. P. 3x and S. 12x.

68. Easy Childbirth—Give Puls 6x 1 pill at short intervals to increase pain. It is wonderful—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K.M. 3x, K.P.

3x and M. P. 3x with hot water ; if necessary give enema also. This has won laurels. It saves caesarian operations. It saved a daughter of Sri Harnandan Prasad Advocate, Allahabad, president Kayasth Pathshala, from such a major operation, which involves ripping open of the belly to take out the baby. If during pregnancy K.P. 3x is given one or two doses daily it will keep the mother healthy.

69. After pains, (after childbirth)—Mixture of K. P. 3x and M. P. 3x and F. P. 12x.

70. If after pains are weak, give a mixture of C. F. 3x and F. P. 12x.

71. To increase mother's milk give C. P. 3x.

72. To decrease mother's milk, if excessive; give mixture of C. F. 3x, N. M. 3x and N. S. 3x.

73. Eczema (a serious skin disease)—Mixture of C. F. 3x, C. P. 3x or 12x, K. M. 3x K. P. 3x K. S. 3x, 3 hourly daily—One pill of Homeopathic Graphites 200 every month cures a large majority of the cases. An engine driver at Allahabad, had very bad Eczema ; there were very big patches all over the body, he was compelled to take leave of absence for 4 months. The author gave him 1 pill about 3 years ago and he joined his work the next day.

74. Emaciation (i. e. losing flesh). Mixture of C. P. 3x or 12x, F. P. 12x, K. P. 3x N. M. 3x, N. P. 3x and S. 12x.

75. Epilepsy—Epileptic fits—a very serious disease—in which the patient loses consciousness and falls down. There are spasms and convulsions. (Hindi MIRGI)—Give K. M. 3x four times a day for 3 or 4 days, if no relief give K. M. 6x four times daily for 2 or 4 days then K.M. 12x thrice only for 3 or 4 days; failing which Mixture of C.P. 3x, or 12x C.S. 3x, K.P. 3x, K. S. 3x, M. P. 3x, N.M. 3x, N.P. 3x, and S. 12x.

76. Emphysema (unnatural distention of part of body with air) Mixture of C. F. 3x, C. P. 3x or 12x, C. S. 3x, F. P. 12x N. M. 3x, S. 12x.

77. Erysipelas—a contagious inflammation generally of the face, which becomes red and swollen, the redness disappearing for a few seconds on pressure mixture of F. P. 12x, K. M. 3x, N. S. 3x, failing which add C. F. 3x K. S. 3x, N. P. 3x and S. 12x.

78. Eosinophilia—There is breathlessness, bronchitis, sometimes pain in some part of the body and often low temperature. This is often mistaken for T. B. Mixture of C. F. 3x, F. P. 12x, K. M. 3x, and N. P. 3x. It is very useful.

79. Eye Sore (conjunctivitis)—Mixture of C. F. 3x, F.P. 12x, K.M. 3x, K.P. 3x K.S. 3x, N.M. 3x, and N.P. 3x. The following North Indian prescription is very useful. Take equal quantities of opium, Kesar, Rasout, Small Harr, and fried alum. Rub them with water like chandan. Apply on the eye. Wonderful.

80. Eyes (granules in)—K. M. 3x alone or a mixture of K.M. 3x and N.S. 3x.

This is supposed to be an incurable disease, but K.M. 3x, alone relieves in a short time and cures. It has won laurels.

81. Eye-strain, one pill of Ruta 6x three times daily.

82. Eyes—Squint in eyes—Eyes look obliquely—Mixture of C.P. 3x. or 12x, F.P. 12x, K. M. 3x, K. P. 6x, M. P. 12x N. M. 3x and N. P. 3x.

83. Fainting-mixture of C.P. 3x or 12x F. P. 12x, K. M.3x, K. P. 3x & S. 12x.

84. Fevers—Mixture of F. P. 12x, K. M. 3x, N. S. 3x, every hour for 3 or 4 hours, failing which, add to it K. P. 3x, K. S. 3x, of C. F. 3x, C. P. 3x or 12x, N.P. 3x, M. P. 3x, and S. 12x every 2 hours for 24 hours. If this also fails give mixture of C. S. 3x and N. M. 3x.

This is excellent for malaria. 1 pill of C.S. 200 given in morning and N. M. 200 given in evening cure even very bad cases of malaria. If all these fail give 1 pill Ipec 6x thrice daily. If there be high fever, the patient should be sponged *i.e.* his body be washed with wet towel several times in a closed room. It may be repeated several times daily. This is quite safe.

These he has won laurels. For fever after child-birth, see Puerperal fever.

For Typhoid fever. See Typhoid.

Bell 6x is very useful if face or eyes are red. If patient be delirious, delirium powder may be given.

(A) Intermittent fever—*i. e.* fever which comes at intervals. To bring down fever give mixture of F. P. 12x, K.M. 3x and N. S. 3x. After fever comes down, give 1 pill of N.M. 200 any time in afternoon; this is not to be given in the morning.

(B) Malaria—a kind of fever which generally begins with chill and shivering, then there is high fever sometimes going upto  $106^{\circ}$ ; then there is perspiration and fever comes down. To bring down fever give mixture of F. P. 12x, K. M. 3x and N. S. 3x. After fever comes down give 1 pill of N. M. 200 in afternoon. This is not to be given in the morning.

In malarial fever and intermittent fever cases, if nothing succeeds, take 3 or 4 red pepper and grind them with water into a thick paste and put it on a piece of cloth and tie it on the first finger of the right hand of the patient, 2 hours before the expected attack; this will cure the fever, though it causes burning in the finger for a few hours.

Dr. Ram Lal Roy of Bada Bazar, Saugar reports that all the 200 patients of fever who were treated with the authors medicines were cured.

85. Filaria—In this disease, there are generally attacks of fever followed by increase in the size of

of the limb generally the leg, arm or scrotum.—Mixture of K. S. 3x, N. S. 3x, and S. 12x. This is excellent. Seldom fails.

86. Fistula—a kind of Sinus (See sinus).—in general—(also for Fistula in anus)—Mixture of C. F. 3x, C.P. 3x or 12x, C.S. 3x, K.P. 3x, N.M. 3x and N.S. 3x. & S 12x, failing which Mixture of K.M. 3x, K. S. 3x, M. P. 3x, N. P. 3x.

87. Flatulence (Excessive wind in the stomach) Mixture of C. P, 3x or 12xK. P. 3x, K. S. 3v, M. P. 3x, N. M. 3x, N. P. 3x; N. S. 3x and S. 12x,

88. Flatulence—if wind passed is foul smelling mixture of C. P. 3x or 12x, N. M. 3x & S. 12x.

89. Fright or fear—Effect of—K. P. 3x.

90. Gastric ulcer—See ulcer.

91. Gangrene—First stage of death of a part of body. K. P. 3x internally every hour. The same also is to be applied locally by mixing 1/2 dram of the powder with 8 oz of olivesil and putting a piece of cloth soaked in it on the part and repeating it several times daily.

92. Gallstone—(Small hard substances which are formed by the deposit in the gall bladder of certain elements of the bile). Mixture of C. P. 3x or 12x M. P. 3x, and N. S. 3x. It is very useful.

To prevent formation of new gallstones C. P. 3x or 12x should be given for a long time.

93. Glands—(enlargement of)—Mixture of C. F. 3x. K. M. 3x and N. P. 3x.

94. Giddiness—See Vertigo.

95. Glaucoma, N. M. 3x for 3 or 4 day, then N. M. 6x for 3 or 4 days & then N. M. 12x and then 30x & lastly 200 x adding other medicines for other symptoms, of necessary.

96. Goitre—an overgrowth on the neck.—Mixture of C. F. 3x, C. P. 3x or 12x, N. M. 3x, N. P. 3x, and S. 12x.

97. Gonorrhoea—(Called Soozak in Hindustani)—a venereal disease of the private parts in which a copious thick discharge takes place. Give a pill of S. 200 twice a week It seldom fails. If this does not cure—Mixture of C. F. 3x C. P. 3x or 12x, K. M. 3x, K. P. 3x, K. S. 3x.

98. Gout—a very painful disease arising from uric acid generated in the blood and deposited in the tissues. It first attacks the smaller joints and fingers. In generally attacks the indolent and those feeding luxuriously. It is a disease of advanced life—mixture of C. F. 3x, F. P. 12x, K. M. 3x, M. P. 3x, N. P. 3x, N.S. 3x and S. 30x daily for a week, failing which give mixture of C. S. 3x, K. P. 3x and K. S. 3x. Homeopathic *Urtica Urens* 6 or 30—1 pill twice or three daily will cure some cases.

Patient should avoid cauliflower, tomatoes and leafy vegetables.

99. Grief—effects of—Mixture of C. P. 3x or 12x and K. P. 3x.

100. Gumboil—a small abecess inside the gum.—Mixture of C. F. 3x, C.P. 3x or 12x, C.S. 3x, F.P. 12x K. P. 3x, K. S. 3x, M. P. 3x. N. M. 3x. N. P. 3x, N. S. 3x and S. 12x if this fails, K. M. 3x.

101. Gums (bleed easily)—Mixture of C. S. 3x, K. P. 3x and N. M. 3x.

102. Gums (Swollen)—Mixture of C. P. 3x or 12x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x and N. S. 3x; failing which give mixture of F. P. 12x, K. M. 3x, N. P. 3x and S. 12x.

103. Hair (falling of)—Mixture of C. P. 3x or 12x, N. M. 3x and S. 12x. This should also be mixed in vaseline and rubbed in.

104. Hair becomes gray prematurely S. 12x.

105. Haemorrhage—(Bleeding from any part of body)—Mixture of C. F. 3x, F. P. 12x, K. M. 3x, K. P. 3x and N. M. 3x.

This is simply wonderful. Never fails.

106. Headache—Mixture of C. P. 3x or 12x, K. P. 3x, M. P. 3x, N. P. 3x, N. S. 3x, F. P. 12x, K. M. 3x, N.M. 3x and S. 12x, failing which mixture of C. F. 3x, C. S. 3x and K. S. 3x. If headache be due to defect in eyesight, give 1 pill of N. M. 200 in the afternoon twice a week.

If one sided—Mixture of N. M. 3x and S. 12x.

107. Heatstroke—Mixture of K. P. 3x and N. M. 3x.

(Some years ago, the wife of Professor Avadh behari Lal of K. P. I. College, Allahabad, had an attack of Heatstroke. She was unconscious. N. M. 3x restored senses in a few minutes.)

Every body should carry an onion in his pocket during hot summer. It prevents sunstroke (loo).

108. Heart—Hypertrophy of the heart.

Mixture of C. F. 3x, F. P. 12x, K. M. 3x and N. M. 3x.

Rest is very necessary—Hurry and worry should be avoided.

109. Dilatation—(enlargement) of the heart—Mixture of C. F. 3x, F. P. 12x and K. M. 3x.

Rest is very necessary. Hurry and worry should be avoided.

110. Palpitation of the heart—In health, a person does not feel beating of the heart; if however one feels that heart is beating, it means that there is palpitation of the heart. It is generally caused by indigestion, flatulence or tobacco. It may be present in patients suffering from anæmia, hysteria, amenorrhœa and is common during pregnancy. In a few cases, it may be due to disease of the heart. Hence it is better and safer in every case to get the heart examined by a clever doctor. K. P. 3x alone, failing which give a mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x, N.P. 3x and N.S. 3x. Add S. 12x, if worse at night.

Rest is very necessary. Hurry and worry should be avoided.

111. Chronic heart disease—S. 12x.

Rest is very necessary. Hurry and worry should be avoided.

112. Heart Failure—To prevent—(same as collapse)—Mixture of C. P. 3x or 12x, K. P. 3x and N. M. 3x.

113. Hernia—a protusion through an abnormal or accidental opening of the abdominal viscera (entrails.)—Mixture of C. F. 3x F. P. 12x, K. M. 3x, N. M. 3x and S. 12x, C. P. 3x or 12x.

114. Herpes Zoster—(Painful skin disease—there are eruptions along a nerve on one side of the body only)—Mixture of C. P. 3x or 12x K. M. 3x, N. M. 3x and S. 12x.

115. Hiccough ( हिचकी ).—Mixture of K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x, N. P. 3x N. S. 3x one teaspoonful every hour failing which C. F. 3x, C. S. 3x, F. P. 12x, K. S. 3x and S. 12x. Pure Butter also is very useful.

116. High blood Pressure—Same treatment as

as for Constipation. This has worked miracles in several cases. Blood Pressure can be measured by means of a machine—There is heaviness in the head and giddiness).

117. Hydrocele—a swelling consisting of collection of fluid in the bag which contains the testicles Mixture of C. F. 3x, C. P. 3x or 12x. N. M. 3x, N. P. 3x N. S. 3x and S. 12x.

118. Hydrophobia—(Effect of bite by rabid dog or rabid jackal.—Mixture of K. P. 3x, and M. P. 3x in hot water or powder at short intervals. Leaf of Tulsi plant and its root are very useful ; they should be given in large quantities ; no food should be given.

119. Hysteria—a nervous disease occurring in attacks of laughing and crying alternately, with a choking sensation in the throat, 1 pill of Homeopathic Ignatia 30, three times daily cures about 80 or 90 percent cases ; failing which K. P. 3x, in water one teaspoonful after every fit.

If this does not relieve K. P. 6x and then K. P. 12x and then K. P. 30x as above.

120. Idiocy—deficiency in intelligence—Mixture of C. P. 3x or 12x, C. S. 3x, M. P. 3x, and K. P. 3x thrice daily. If no improvement within one or two months, give one pill of Homeopathic Bayta carb 200 every week. A perfect idiot here has been is 50% cured in 3 months. Any body can see him.

121. Impetigo—(a skin dislase) Mixture of N. M. 3x and S. 12x.

122. Impotence—absence of sexual power. Mixture of C. P. 3x or 12x, C. S. 3x, K. P. 3x, N. M. 3x, N. P. 3x K. S. 3x and S. 12x ; one dose thrice daily for long time. This is useful. If this fails give Homeopathic Sulphur 200, 1 pill, followed by calc carb 200 1 pill next day and then Lycopodium 200 1 pill every 2 weeks—3 Doses or latter treatment be gives first.

123. Infantile liver complaints—Give one pill of Ars. Alb 200 twice every week in after-noon. If this does not relieve within 2 or 3 weeks give Mixture of C.F. 12x C.P. 12x, F.P. 12x, K.M. 12x, K.P. 12x, K.S. 12x, N. M. 12x, N. P. 12x, N. S. 12x and S. 12x failing which C. S. 12x.

124. Indigestion—See Dyspepsia. If too much food has been taken, Puls 6x is excellent to remove discomfort and bad effect if fatty food has been taken (one pill every hour), In other cases, Nuxvom 6x 1 pill every hour.

125. Influenza—a serious epidemic disease, resembling catarrh with fever, which considerably weakens the patient. Rest is necessary as there is danger of heart failure. Mixture of F. P. 12x, K. M. 3x, N. M. 3x, and N. S. 3x; every 2 hours. This is most wonderful.

126. Infantile paralysis—Give K. P. 12x, mixed with water as usual twice daily for 2 weeks failing which K. P. 30x as above and lastly K. P. 200x once daily for a week or two.

This is useful. If no improvement, give mixture of K. S. 3x and M. P. 3x.

127. Injuries (of all kinds)—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x and N. P. 3x; failing which a pill of Homeopathic Arnica 30 four times daily or America may be give first. Wounds must be kept free from dust otherwise there is danger of tetanus (lock jaw), which is a serious disease. If injury is by cutting instrument staphisagria 30, 1 pill and 3 times daily, if injury is by nail etc., give Ledum Pal 30-1 pill twice daily.

128. Injuries—If neglected—Mixture of C. S. 3x and S. 12x.

129. Injuries—To head and its effects—N. S. 3x. alone or Mixture of C. P. 3x or 12x, F. P. 12x, K. P. 3x, M. P. 3x and N. S. 3x.

130. Injuries—To bone—Fractures—Mixture of C. F. 3x and C. P. 3x four or five times daily.

131. Injuries—If bleeding—Put in F.P. 1x in powder form on the bleeding area, it stops bleeding; immediately or put thick slake lime over i.e. lime which has been quenched in water, it stops bleeding and does not allow pus to form; and the wound heals up.

132. Insanity (Madness)—K. P. alone will cure almost all cases. K. P. 200x, once daily. If this does not cure fully, please give 1 pill of K. P. 200 on alternate days. If these are given to all patients, mental Hospitals will be closed down. If worse at night give set 200 x and if worse in morning give N. M. 200x also daily. Dr. B. R. Chaturvedi Homeopath of Hardoi (U.P.) has become famous for curing insanity cases with K.P.

133. Insect bites—Give N. M. 3x in water internally, also put in a drop of water on the part hit and rub a small quantity of N. M. 3x, the pain stops almost instantaneously. K. P. 3x may be added if necessary.

It has been tried successfully in cases of sting of wasps, scorpion, centipedes and other poisonous insects.

(for scorpion stings see a separate heading).

In June 1953, a cousin of the author, Choudhri Lakshmi Shanker, Special Magistrate, Civil Lines, Etawah, was stung at 3 places by a centipede (which has 100 legs). In a few minutes he felt much pain and burning. The author put in a drop of water rubbed N. M. 3x; in a few seconds the pain and burning disappeared!

134. Itches (Scabies)—or itching sensation Mixture of K. M. 3x, K. S. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x, failing which mixture of C. F. 3x C. P. 3x or 12x F. P. 12x, K. P. 3x, K. S. 3x.

135. Barbers itch—Give M. P. 3x alone; failing

which mixture of K. M. 3x, K. P. 3x and N. P. 3x if this also fails give C. S. 3x.

136. Jaundice (Kamal)—a disease in which the eyes or the whole body become yellow—urine also becomes yellow; but stool becomes whitish—Mixture of F. P. 12x, K. M. 3x, N. M. 3x and N. S. 3x. It has proved remarkably successful. Never fails.

137. Kalazar—Mixture of C. P. 3x of 12x K. P. 12x and N.S. 3x thrice daily 1 pill of N.M. 200 twice a week at 3 P. M.

138. Labour (child birth)—For trouble free and easy child birth—Give Puls 6x when pain begins but does not develop; Puls 6x very often increases the pain in a very short time and body is born; failing this give a mixture of C. F. 3x, C. P. 3x K. P. 3x and M.P. 3x. It saves caesarian operations. During the entire period of pregnancy give K. P. 3x.

139. Laryngitis—Inflammation of the larynx (upper part of the wind pipe.) There is fever pain in throat, and hoarseness and cough—Mixture of C. S. 3x, F. P. 12x, K.P. 3x, N.M. 3x and N.P. 3x.

140. Leprosy—(Hindustani Korh—Kusht)—It is considered to be an incurable disease. It is contagious and hereditary. It appears in 3 forms—First as circular spots or blotches of irregular size and coppery hue, on any part of the body, which afterwards become whiter with loss of sensation in the affected skin. This is nerve or anaesthetic leprosy. Secondly as a gradual growth of solid prominence or tubercles of various sizes, causing the part to assume a curiously nodulated appearance (Tubercular leprosy). Ultimately the parts, however affected, ulcerate; the ulcers gradually eat away the flesh and bones, so that the fingers and toes are lost. The third form is a mixed leprosy showing both types. A thickening of lobes of the ears and of the skin of the forehead is often the first manifestation of the disease. For the ulcers S. 200 once a week. For other troubles give a mixture

of C. P. 12x, C. S. 12x, K. P. 12x, N. M. 12x, N. P. 12x, twice or time daily for a long time, also giving K. M. 200x every week.

141. Leucoderma (white patches on the skin)—It is also called write leprosy but it is really not leprosy. Mixture of C. P. 12x and N. M. 12x to be given internally thrice daily. The powder should also be rubbed on the patch twice or thrice daily. It is not contagious.

142. Leucorrhoea—an abnormal mucous or mucopurulent (pus) discharge from the vagina (private parts of females) give Homeopathic Alumina 200 one pill, every week—3 or 4 such doses failing which give Mixture of C. P. 12x, K. M. 12x, K. P. 12x, K. S. 12x, N. M. 12x, N. P. 12x, N. S. 12x and S. 12x, twice daily for 1 or 2 weeks, failing which mixture of C. F. 12x, C. S. 12x F. P. 12x and M. P. 12x.

143. Liver—Sluggish—Mixture of K. M. 12x and N. S. 12x.

144. Liver enlarged—1 pill of Ars. Alb 30 at about 6 A.M. and another at about 4 P. M.)

145. Low Blood Pressure—symptoms are great weakness. Mixture of C. P. 3x or 12x, K. P. 3x; and N. M. 3x. It is excellent.

146. Lock-Jaw—(tetanus) a serious disease caused by a wound getting dirty. It generally begins with stiffness of neck or about the jaws which are opened and closed with difficulty. There is often difficulty in swallowing, the liquids are often thrown out from the mouth or through the nose. After some time—ranging between a few hours to few days the jaws become firmly closed, constituting "lock-jaw." There are violent spasms, and the body may be bent like a bow (semi-circle). The face is often distorted. One grain of K. P. 3x and M. P. 3x dissolved in 1 oz of hot water to be prepared a fresh each time is a dose to be given every 5 or 10 minutes till relief; when interval may be increased.

147. Lumbago—see backache.

148. Marasmus (wasting disease of children)—Mixture of C.P. 3x K. P. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x. This never fails.

149. Memory—Loss of or weak—Mixture of C.P. 3x, C. S. 3x K.P. 3x N.M. 3x and S. 12x. and M.P. 3x

150. Measles—a contagious, eruptive fever, which generally attacks early in life and seldom occurs more than once to the same patient. It begins with chilliness, feverishness, and “cold” in the head. The eyes are red, watery and the throat may feel painful; the glands under the jaws may be enlarged. There is sneezing, running from the nose, cough and probably pain in the limbs. At the end of third or beginning of fourth day, the rash appears first on the forehead, face and neck and then on the trunk and lastly on the arms and legs. Temperature rises to 103° or 104°. After 3 or 4 days eruptions begin to fade, first on the face, then on the limbs. Often there is intolerable itching. It is a serious disease, which is infectious. Mixture of F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x and N. M. 3x.

This is excellent. It may be given without hesitation.

151. Meningitis—inflammation of the membranes investing the brain or spinal cord—symptoms—High fever, quick pulse, violent headache, delirium; it is a very serious disease very often fatal.—Mixture of C.P. 3x or 12x, F.P. 12x, K.M. 3x, K.P. 3x, M.P. 3x, N.M. 3x N.S. 3x and S. 12x. This is wonderful. Dr. A. K. Varma of Muthiganj Allahabad reports that his wife was cured of a severe attack within 15 minutes.

152. Menses (Scanty or suppressed) Amenorrhoea—Mixture of C. P. 3x, K. M. 3x, K. P. 3x, K. S. 3x, N.M. 3x and S. 12x ; failing which 1 pill of Homeopathic Puls 6x thrice daily; if this does not cure give 1 pill Puls 30 twice daily.

153. Menses (Excessive)—Mixture of C.F. 3x, F.P. 12x, K. M. 3x K. P. 3x, N. M. 3x and N. S. 3x. This is wonderful.

154. Menses irregular—Mixture of K. P. 3x, N.P. 3x and S. 12x.

155. Menses (Painful)—called Dysmenorrhoea. Give M. P. 3x in hot water 5 or 6 times daily.

156. Menopause (Period where menses finally cease at about 45 or 50 years of age). M. P. 3x in hot water or Homeopathic Cimicifuga 30 thrice daily.

157. Migraine—Pain in half portion of head or face. See headache.

158. Mischievousness—one pill of N. M. 200 every week at 4 p. m.

159. Mother's milk—To increase—Give C. P. 3x.

160. Mother's milk—To decrease—Mixture of C.F. 3x, N. M. 3x and N. S. 3x.

161. Mumps—An infectious disease. It begins with a light fever; there is painful inflammation of a gland situated behind the jaw below the ear.—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. P. 3x, N. S. 3x and S. 12x; failing which give mixture of C. S. 3x, K. S. 3x and N. M. 3x.

162. Nails—diseases of—Mixture of K. M. 3x, K.S. 3x, N.M. 3x and S. 12x; thereafter high potencies.

163. Nausea (feeling as if one would vomit), 1 pill of Ipec 6x or Puls 6x or Rhus Tox 6x 4 times daily.

164. Nephritis—Inflammation of the kidney. There is usually dull pain in one loin or in both loins. In males, the testicle is often drawn up by action of the muscles. The urine is scanty and is painful to pass. It frequently contains albumen and often blood, which makes it dark. There is often fever and constipation. It is a very serious disease.—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K.P. 3x, N.S. 3x and S. 12x, failing which mixture of C. S. 3x, K. S. 3x, M. P. 3x, N. M. 3x and N. P. 3x.

165. Neuralgia—(Pain in a nerve)—Mixture of F. P. 12x, K. M. 3x, K. P. 3x and M. P. 3x. Each

dose in hot water, failing which give mixture of C. F. 3x, C. P. 3x or 12x, C. S. 3x, K. S. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x.

166. Neuresthenia—(nervous break down)—Mixture of C. P. 12x, F. P. 12x, K. P. 12x, M. P. 12x, N. M. 12x N. P. 12x, and S. 12x. three times daily for a long time.

167. Neuritis—(Inflammation of nerve)—It is a very painful disease. Mixture of C. P. 3x or 12x, F. P. 12x, K. P. 6x. M. P. 3x, N. M. 6x, N. P. 6x and S. 12x.

168. Numbness—mixture of K. P. 3x and C. P. 3x or 12x.

169. Obesity—(Abnormal fatness)—Mixture of C. P. 3x or 12x, K. M. 6x K. P. 3x, N. M. 3x and S. 12x, one dose thrice daily for a long time,

170. Odema (Swelling)—Mixture of F. P. 12x, K. M. 3x, K. P. 3x, N. M. 3x, N. S. 3x and S. 12x.

171. Opium habit—Mixture of K. P. 3x, and N. P. 3x.

172. Orchitis (inflammation of chord connecting testicle)—Mixture of C. F. 3x; C. P. 3x or 12x, F. P. 12x, K. M. 3x, failing which S. 12x.

173. Pain in any part of the body—M. P. 3x, in hot water often removes pain, failing which, mixture of C. P. 3x or 12x, K. M. 3x, K. P. 3x, N. M. 3x, N. P. 3x, N. S. 3x, S. 12x; if that too fails give a mixture of C. S. 3x F. P. 12x and K. S. 3x. If pain is worse with every movement, Bry 6x one pill every 3 hours if pain is worse on first movement but is relieved on further movement Rhus Tox 6x every 3 hours.

174. Perspiration excessive Mixture of C. P. 3x or 12x K. P. 3x, N. P. 3x, S 12x.

175. Perspiration—to induce—mixture of F. P. 12x, K. M. 3x and K. S. 3x

176. Paralysis—(Loss of power of motion of a limb or half part of the body)—K. P. 30x; failing which, mixture of C. P. 30x, C. S. 30x. K. P. 30x M. P. 30x, N. M. 30x, N. P. 30x and S. 12x. This cures infantile paralysis also one dose twice daily.

177. Pharyngitis—Inflammation of the cleft or cavity forming the upper part the gullet lying behind the nose mouth and larynx—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x, N. P. 3x and N. S. 3x; failing which mixture of C. S. 3x, K. S. 3x and S. 12x.

178. Phimosiis—a disease of the private parts occurring in male children. There is an immaturably long foreskin with a small opening, so that it can not be drawn back to expose the head of the penis. N. M. 3x.

179. Photophobia—Fear of light. Mixture of C. P. 3x or 12x N. M. 3x and S. 12x.

180. Piles (both bleeding and blind)—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x N. P. 3x, N. S. 3x and S. 12x failing which give C. S. 3x. Very useful.

181. Pimples—See Acne.

182. Plague—A serious infectious disease. There is fever, enlargement of the gland of the groin, and in some cases also unconsciousness—Mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, N. M. 3x. N. P. 3x and N. S. 3x and S. 12x failing which mixture of C. F. 3x, C. S. 3x, M. P. 3x.

183. Pleurisy (A lung disease)—Mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, and N. M. 3x; failing which C. S. 3x.

184. Poison—if somebody has taken poison give cocoanut oil and ghi. and call doctor at once.

185. Polypus—a tumour attached to the surface of a mucous membrane in the nose etc.—Mixture of C. P. 3x or 12x, N. M. 3x, and S. 12x.

186. Potts disease—A rare disease—Mixture of C. P. 3x or 12x, and S. 12x

187. Pregnancy (disorders during)—K. P. 3x, if given twice or thrice daily during pregnancy facilitates labour considerably. For removing sickness & weakness during pregnancy give a mixture of C. F. x; F. P. 12x; K. M. 3x, N. M. 3x, N. P. 3x and N. S. 3x.

188. Prostrate Gland (enlargement of) N. S. 3x daily; after some days replace N. S. 3x by N. S. 6x and add C. F. 30x.

189. Psoriasis—A Skin disease—Mixture of C. F. 3x, C. P. 3x or 12x, K. M. 3x, K. P. 3x, K. S. 3x.

190. Puerperal (after child birth) fever—Mixture of F. P. 12x, K. M. 3x and K. P. 3x, if there be convulsions also, add M. P. 3x and N. M. 3x, failing which give mixture of C. F. 3x, C. P. 3x, C. S. 3x and S. 12x.

191. Pneumonia—A serious disease—There is high fever, short dry cough with scanty, tenacious expectoration, at first white and frothy, at a later period, "rusty" or streaked with blood. The lungs are inflamed. There is pain in the chest while coughing. In favourable cases, on the fifth or seventh day, there is sudden fall in temperature and free perspiration. In unfavourable cases, on the fourth or fifth day, breathing becomes more frequent and difficult, the pulse quicker and the skin hotter and delirium comes in, which is followed by death—Mixture of C. P. 3x, or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x and N. P. 3x and N. S. 3x every 1 or 2 hours failing which mixture of C. S. 3x and S. 12x. For local application see under the heading cough. Local application thrice or four times daily.

192. Prolapsus. Mixture of C. F. 3x, C. P. 3x or 12x, C. S. 3x, F. P. 12x, K. P. 3x, M. P. 3x, N. M. 3x N. P. 3x, N. S. 3x and S. 12x and

also apply it locally mixed with vaseline or oil. If this fails mixture of K. M. 3x and K. S. 3x.

193. Pulse missing—Mixture of K. M. 3x, K. P. 3x and N. M. 3x.

194. Pyorrhoea—(Gums bleed and give out pus)—Give solution in water of S. 12x three times daily for a week or two; thereafter mixture of C. S. 6x and N. M. 3x four times daily for a week or so; thereafter S. 200x twice a week.

195. Pyomyelitis—Same as infantile paralysis.

196. Quinine. To remove after effects of—N. M. 3x and higher potencies.

197. Rheumatism—It often begins after exposure to damp or cold, with fever; coated tongue and scanty urine which deposits a reddish sediment. The pain generally comes on in one of the larger joints which is highly inflamed red and swollen, so that it can not be moved and even slightest touch can not be tolerated; frequently some joints are affected one day and then others are suddenly attacked, the first joint growing comparatively better. There are also frequent characteristic sour perspirations, which do not give any relief—Mixture of C. F. 3x C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x; failing which C. S. 3x.

198. Rickets (wasting disease of children)—Mixture of C. P. 3x, K. P. 3x, N. M. 3x, N. P. 3x N. S. 3x and S. 12x.

199. Ringworm (Hindustani Daad)—a skin disease in which itchy pimples appear in rings.—N. S. 200x, 1 grain every week for 3 weeks; failing which, mixture of N. M. 3x, K. S. 3x and S. 12x; this latter

powder is also to be applied locally mixed with vaseline or any oil.

200. Scabies—See Itch.

201. Sciatica—It is a painful disease of the large nerve passing down the back of the thigh to the foot.—Mixture of C. P. 3x or 12x, C. S. 3x, F. P. 12x, K. P. 3x, M. P. 3x, N. M. 3x, N. P. 3x. Never fails N. S. 3x and S. 12x, in hot water. Exceedingly useful.

202. Scrofula—There is enlargement of the glands of the neck often ending in abscess, Scrofulous children are liable to bronchitis, or consumption (T. B)—Mixture of C. F. 3x C. P. 3x or 12x, M. P. 3x, N. P. 3x and S. 12x.

203. Sea Sickness—Nausea and vomiting overtaking some people on sea voyaga—Mixture of K. P. 3x, N. M. 3x and N. P. 3x.

The author's son took this medicine before voyage to England in 1947 and did not get any sickness, Several of his companions who had not taken it, got the trouble and they were all speedily cured with it.

204. Scorpion sting—Strange as it may seem the figure on the left made twice or thrice with the tip of your finger on the skin of the patient at or near the place up to which the pain has travelled and repeated at the place to which pain has travelled back, will remove the pain in about, 15 seconds. In the end, put a drop of water at the seat of sting and rubin N.M. 3x.



Science can give no explanation for cures of such cases by making a figure on the skin of the patient, but the fact remains that this figure does cure 99 per cent. cases. It even cures animals stung by scorpion.

205. Sleeplessness—Mixture of F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x and S. 12x, failing which mixture of C. P. 3x, or 12x, N. P. 3x and N. S. 3x.

206. Small pox—a highly contagious eruptive fever, which begins with shivering, alternating with burning heat, drowsiness, nausea, often vomiting, headache, pain in the back and bones and sometimes sore throat. Then fever comes on, pulse becomes quick and the temperature going up to  $104^{\circ}$  or  $105^{\circ}$ . After 2 or 3 days an eruption of raised red spots appears on the face and forehead when temperature falls to  $101^{\circ}$  or  $102^{\circ}$ —The longer the eruption is in appearing the less serious does the disease prove. On the third and fourth days, the eruption spreads over the body; on the fifth day each pimple becomes a vesicle with watery head, round base, central depression and inflamed margin. This central depression helps to distinguish this disease from chicken pox. During the next 3 days 'matter' forms in vesicles and there appears the peculiar smell of small pox. About the tenth-day pustules begin to dry up, first on the face and then on hands and feet and about 14th day they form scabs, which fall off from the twentieth to the twenty third day often leaving "pits."

As the eruption attains its height the fever generally increases for 2 or 3 days, temperature rising again to  $104^{\circ}$  "or  $105^{\circ}$ " This is called the secondary fever of small box and usually occurs about eleventh day, which is the period in bad cases of the greatest danger from exhaustion. There is sometimes delirium.

The patient should be isolated as much as possible, if practicable to a separate building. The room should be well ventilated but should not be kept too cold. The clothes and bedding should be disinfected—Mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x K. S. 3x, every 2 or 3 hours; if no relief within 24 hours, add N. M. 3x, and N. P. 3x, failing which mixture of C. S. 3x and S. 12x.

Preventive—During an epidemic of Smallpox, the use of K. M. 3x alone or a mixture of K. M. 3x and N. S. 3x (one dose every morning) prevents the attack or considerably lessens its severity.

Mr. Mohd. Idris, Vakil, Azamgarh, reports that he gave this medicine to a large number of patients in and around his village and to his great surprize all were cured.

207. Sprue (Hindustani Singrehni) a serious type of diarrhoea which is not cured easily & is fatal. A pill of C. S. 200 in the morning and pill N. M. 200 in evening: then again C. S. 200 in morning & 1 pill of N. M. 200 in evening & so on, only 3 or 4 doses of each may be needed.

208. Sinus—means a narrow opening leading to an abscess. A sinus for sometime discharges pus and then the opening seems to close but after sometime pus is again discharged. This process goes on alternately. Mixture of C. F. 3x, C. S. 3x and N. M. 3x.

209. Smoking habit—To remove craving for tobacco—Mixture of C. P. 3x or 12x and N. M. 3x in a tumbler of luke warm warer to be sipped every 10 minutes removes it in a few hours. Excellent.

210. Sunstroke (Loo) and Heatstroke—N. M. 3x failing which add N. S. 3x and K. P. 3x. Everybody should carry an onion in his pocket as preventive against sun stroke. Before going out into Sun, a glass or two of water should be taken.

211. Snake bite—(A) A mango stone (part of the mango which is thrown away after eating the fruit) is a specific for it. Take 7 or 8 such stones break open their hard covers and take out the contents and grind the same with 5 black pepper with a little water and put it in 1/2 or 1 pao i.e. 4 or 8 oz. of water and make the patient drink it. It suffices for

a cure. Desi mango (grown in villages) is the best for the purpose. The mango stones should be dried in shade & kept. Mixture of C. P. 3x K. P. 3x and N.M. 3x should also be given repeatedly.

(B)—Take 1/2 chatak of soft, new Plantain (Kela) leaves which are whitish, 1/2 tola alum (Phitkari) and 3 black pepper (kali mirch). Grind them with 4 oz. i. e. half a pao of water, give mixture to the patient to drink; if unconscious introduce the same through mouth, nose and ears. At the same time pour cold water on top of head continuously and give C. P. 3x K. P. 3x and N. M. 3x mixed in water or dry on tongue repeatedly.

Sri Ram Asre Lal. a lawyer of Azamgarh, U. P. has cured innumerable cases with it; in one case of Cobra bite the patient had been given up as hopeless by the Hospital Doctors when this mixture cured him.

(C) A simpler and equally efficacious remedy is to chop off horizontally 6" thick piece from the trunk of plaintain (Kela) tree and extract its juice by crushing it and give one ounce, i.e., half chatak every 15 minutes; cold water should be poured on top of head continually and the afore-said mixture of C. P. 3x or 12x, K.P. 3x and N. M. 3x should also be given.

The author has received very satisfactory reports.

212. Shock-effect of—K. P. 3x

213. Sleep-excessive—N. M. 3x.

214. Smell-weak or lost-mixture of K. S. 3x, N. M. 3x & S. 12x.

215. Sneezing—Excessive—Mixture of C. F. 3x, C. P. 3x or 12x, C. S. 3x, N. M. 3x N. P. 3x N. S. 3x and S. 12x or 30x; failing which mixture of F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x and M. P. 3x.

216. Sneezing-to remove chronic tendency—S. 12x and later S. 30x.

217. Sorethroat-give Mixture of C. P. 3x or 12x F. P. 12x. K. M. 3x. K. P. 3x, M.P.N. M. 3x, N. P. 3x N. S. 3x and S. 12x failing which mixture of C. F. 3x, C.S. 3x & K. S. 3x.

218. Spasms and convulsion, Mixture of C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x or 12x. 3x, M. P. 3x m hot water at short intervals.

219. Spermatorrhœa—(involuntary seminal emissions)—Mixture of C. P. 3x or 12x, C. S. 3x, K. P. 3x, N. M. 3x, N. P. 3x N. S. 3x and S. 12x; failing which mixture of C. F. 3x, K. M. 3x. and N.S. 3x.

220. Spleen-pain in—Mixture of C. P. 3x or 12x, K. M. 3x, K. P. 3x, N. M. 3x and S. 12x.

221. Spleen troubles—K. P. 3x.

222. Sprains and strains—Mixture of C. F. 3x C. S. 3x F. P. 12x K. M. 3x, N. M. 3x & S. 12x —Also to be applied locally mixed with vaseline or oil.

223. Squint eyes—Mixture of C. P. 3x or 12x F. P. 12x, K. M. 3x K. P. 6x M. P. 12x, N.M. 3x & N. P. 3x three times daily.

224. Sterility--Mixture N. P. 3x & S. 12x thrice daily.

225. Stools—green—Mixture of C. P. 3x or 12x N. P. 3x and N. S. 3x.

226. Stools—hard—Mixture of C. P. 3x or 12x; N. M. 3x and N. S. 3x.

227. Stools—watery—thrown out with force as from a hydrant—Homaepathic Podophyllum 6x —1 pill after every stool; failing which cholera powder.

228. Stool—white—Mixture of K. M. 3x, N. M. 3x and N. P. 3x.

229. Stool yellow—Mixture of K. S. 3x and N. S. 3x.

230. Sty—(small inflamed painful tumour on eyelid)—Mixture of F. P. 12x, K. M. 3x and S. 12x.

231. Surgical operations—before—one grain each of C. F. 3x C. P. 3x or 12x C. S. 3x F. P. 12x K. M. 3x K.P. 3x and N.M. 3x. in water. If this is given. Deaths from shocks & bleeding would not take place.

232. Swellings—Mixture of F. P. 12x, K. M. 3x, K. P. 3x, N. M. 3x, N. S. 3x and S. 12x.

233. Synovitis—inflammation of the membrane of a joint—Mixture of C. F. 12x, C. P. 12x, F. P. 12x N. M. 12x and S. 12x.

234. Syphilis—(Hindustani Garmee)—It is a hereditary and markedly infectious disease, propagated by direct contagion or by transmission of the virus through some vessel or medium which has recently been contaminated and most commonly caused by impure sexual intercourse.

There are 3 stages. In the first stage, there is an ulcer on the penis—Called hard chancre.

In the secondary stage, a rash generally copper colored appears on the whole body.

In the third stage, any organ might be effected e. g. heart, liver or the brain.

Mixture of C. F. 3x, C. P. 3x or 12x K. M. 3x, K. P. 3x, K. S. 3x to be taken both internally and applied externally for a few days (later higher). Failing these give mixture of K. S. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x (later higher).

This is very useful.

235. Teething Children—C. P. 3x; if child cries

much, give 1 pill Homeopathic Chamomilla 6x at frequent intervals till relief.

236. Testicles (Swelling)—same treatment as for Orchitis.

237. Tetanus—See Lock Jaw.

238. Tobacco habit—See Smoking habit.

239. Thrombosis.—A disease of the blood vessels (either veins or arteries) which essentially consists in coagulation of blood, forming a true clot, at a certain fixed point—K. M. 3x or 6x repeatedly every 2 or 5 minutes till relief.

Coronary thrombosis—a very serious disease—as above.

240. Tooth—Sensitive to cold or hot food, drink, air or touch etc.—Mixture of C. P. 3x or 12x, C. S. 3x, F. P. 12x, K. P. 3x, N. M. 3x and S. 12x, failing which mixture of C. F. 3x, K. M. 3x, K. S. 3x, M. P. 3x, N. P. 3x and N. S. 3x.

241. Tooth decayed—Mixture of C. F. 3x, C. P. 3x or 12x K. P. 3x, N. M. 3x, and S. 12x.

242. Tooth loose or shaking—Mixture of C. F. 3x, C. P. 3x or 12x K. P. 3x, N. M. 3x and S 12x.

243. Toothache—Mixture of C. F. 3x, C. P. 3x, or 12x, F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 3x, N. M. 3x, N. S. 3x and S 12x, failing which mixture of C. S. 3x and N. P. 3x.

244. Teeth—Care of—If people daily use datoon (a thick twig) of neem (MARGOSA) tree (common in North India) about 9" long and about 1/4" in diameter, for about 10 minutes daily, they would be free from pyorrhoea and other diseases of the teeth and gums. About 1" of the end of the Datoon should be repeatedly crushed under the teeth which rotating it to make it a soft brush and the brush so formed should

be rubbed softly over the teeth and gums. This would also help to cure pyorrhoea in course of time.

245. Tonsilitis—Inflammation of the tonsil-gland at the root of the tongue—Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M. 3x, N. M. 3x, N. P. 3x and N. S. 3x, failing which give mixture of C. S. 3x, K. S. 3x and S. 12x.

About 6 years ago, Sri Pooranchand Sood, Advocate, Agra, was going to get his son's tonsils removed surgically, when the author induced him to defer the operation. In about 3 weeks time this medicine cured the patient, since then he and his sons have been recommending this medicine to a number of patients all of whom have sent very favourable reports.

Sri H. C. Mukerji, Advocate, Lukerganj, Allahabad, gives an excellent report about its efficacy in several cases in his family.

246. Tonsilitis. (Septic)—Mixture of C. S. 3x, K. P. 3x, N. M. 3x, N. S. 3x and S. 12x.

247. Trembling—Mixture of C. P. 3x or 12x, K. M. 3x, K. P. 3x, N. M. 3x, N. P. 3x and N. S. 3x and S. 12x.

248. Trachoma—(granules in eyes)—K. M. 3x alone or a mixture of K. M. 3x and N. S. 3x is wonderful; almost 100% cases are cured. Reading in dim light or too strong light and reading while done lying in bed generally cause trouble.

249. Tumour—A swelling on any of the cutaneous, Mucous, or serous surface of any part of the body of independent growth—Mixture of C. F. 3x, C. P. 3x or 12x, C. S. 3x, K. S. 3x and S. 12x.

250. Tuberculosis—Consumption or phthisis. It is accompanied by low fever and loss of flesh and vitality. In cases of tuberculosis of the lungs, there

is cough and sometimes bleeding from the lungs. It is a serious disease, which kills about 5 lakhs of people in India alone every year. It is very necessary that patients of T. B. who vomit blood now and then should not think that this is a very serious thing, for the very idea would hasten the end. The author knows of a gentleman suffering from this trouble for a long time. He has learnt to treat the occasional loss of blood in the same spirit as he takes passing of urine or passing stool. This keeps his spirits high. In the same way every T. B. patient should take an optimistic view of his illness. This, however, does not mean that he should neglect medical treatment—Mixture of F. P. 12x, K. M. 3x, M. P. 3x, N. P. 3x, and N. S. 3x. This does much good in a large percentage of cases, specially in the beginning or first stage. If it does no good in 1 or 2 weeks add C. P. 3x or 12x add give for 2 weeks and if this also fails, give mixture of C. S. 3x, F. P. 12x, K. P. 3x, M. P. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x.

Even some advanced cases have been cured by giving to the patient pulp of raw mango after removing its green cover; the stone should however be thrown away. One or two chataks are to be given daily with a little red pepper and salt. If raw mango is not available, dried mango khatai, available at grocers should be given.

If there be bleeding from the lungs, give mixture of C. P. 12x, F. P. 12x, K. M. 3x, M. P. 3x, and N. P. 3x, failing which give mixture of C. F. 3x, C. S. 3x, C. P. 12x, K. P. 3x, K. S. 3x, N. M. 3x, and S 12x.

It may be noted that 5 lakhs (half a million) of people die of this fell disease every year in India alone. At least 3 lakhs can be saved at the cost of Rs. 2000/- (which is hardly sufficient for treatment of 3 patients according to Allopathic treatment) if this medicine is supplied to sufferers all over India from the earliest stage. When this small amount is compared to 30 crores of rupees required

for treatment of 5 lakh patients according to Allopathic treatment no reasonable man who is unprejudiced and has no axe of his own to grind can oppose its trial, specially as it is absolutely safe.

Even assuming for the sake of argument that only 25% are cured we will have 1,25,000 T. B. patients cured for only Rs. 2,000/- (equal to £150/- or 400 Dollars) hardly sufficient for cure of 3 patients of T. B. under Allopathic treatment.

The author has about 30 letters which speak highly of its efficacy in T. B. cases. The reader is requested to read them in Chapter IV of this book which gives a true account given by independent persons of genuine cases of T. B. cured with these medicines.

251. Taste—Bitter—Mixture of C. F. 3x, C. P. 3x or 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x, N. P. 3x, N. S. 3x and S. 12x.

252. Taste—No taste—C. F. 3x.

253. Taste—Sweetish—C. P. 3x or 12x.

254. Thirst—Increased—Mixture of C. P. 3x, or 12x, C. S. 3x, F. P. 12x, K. P. 3x, K. S. 3x N. M. 3x, and N. S. 3x.

255. Thirst—Decreased—or no thirst—Mixture of K. P. 3x and K. S. 3x.

256. Typhoid Baptisia—30-one pill every 4 hours : failing which Mixture of C. P. 3x or 12x, F. P. 12x, K. M. 3x, K. P. 3x, M. P. 3x, N. M. 3x, and N. S. 3x; if this fails to relieve within 24 hours, give C. S. 3x. Baptisia may be continued throughout.

257. Ulcers—gastric—duodenal or intestinal—mixture of C. F. 3x, C. S. 3x, F. P. 12x, K. M. 3x, K. P. 3x, N. P. 6x, N. S. 6x, S. 12x. and C. P. 3x or 12x. twice and thrice daily.

258. Urine—To increase quantity—Mixture of C.F. 3x and N.S. 3x; it is most wonderful; if no relief within a few hours give mixture of F. P. 12x, K. M. 3x, N. M. 3x and S. 12x and C.F, 3x and N,S. 3x.

259. Urine—To decrease quantity—Homoepathic Acid Phos 6x, one pill every 3 or 4 hours for one or two days. It is wonderful; if it fails give mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, N. M. 3x and N. S. 3x,

260. Urine—Burning or painful sensation—Mixture of C. F. 3x, F. P. 12x, K. M. 3x, K. P, 3x, K. S, 3x, M. P. 3x, N, M. 3x, and N. S. 3x.

261. Urine—Yellow or Yellowish green—Mixture of K. P. 3x and N. S, 3x.

262. Urine—Unable to retain urine—Mixture of C. P. 3x or 12x, K. P. 3x and N. P. 3x.

263. Urine—White mucous deposit in—K. M. 3x.

264. Urine—Milky white—N. M. 3x.

265. Urine—Bloody—Mixture of F. P. 12x. K. M. 3x, K. P. 3x, K. S. 3x N. and M. 3x.

266. Urine—Dust like deposit in—Mixture of N. M. 3x, N. S. 3x and S. 12x.

267. Urine—Phosphates in—C. P. 3x or 12x.

268. Urine—Offensive—Mixture of C. F. 3x and S. 12x.

269. Urine—Sugar in—N. S. 3x.

270. Urine—Spurts out with every cough—Mixture of F. P, 12x, N. M. 3x.

271. Urine—Gravel in—Mixture of C. P. 3x or 12x, M. P. 3x, N. S. 3x and S 12x.

272. Urine—Uric acid deposit in—Mixture of K.M. 3x and S 12x.

273. Urine—Pus and mucus with—N. S. 3x.

274. Urine—Wetting of the bed by children and elderly people—Give mixture of C. P. 3x or 12x, F. P. 12x, K. P. 3x, M. P. 3x, N. P. 3x, N. S. 3x, and S. 12x.

275. Urticaria—( Nettle-rash )—( Hindustani-Pittika Nikalna)—A disease in which there are eruptions resembling in appearance and in the accompanying stinging pain, the condition of the skin produced by nettles. The skin is raised in patches.

Mixture of C. P. 3x or 12x, K. M. 3x, K. P. 3x, N. M. 3x, N. P. 3x, N. S. 5x and S. 12x. If this fails, give a pill of Homeopathic Apis M. 6x, three times daily.

A daughter of the late Sri Mohammad Ismail, Ex-Judge High Court Allahabad, had Urticaria which weekly injections for 3 years failed to cure. A single dose of this medicine cured.

276. Unconsciousness—Mixture of C. P. 3x or 12x; C. S. 3x K. P. 3x and N. M. 3x very useful.

277. Uterine displacements—Mixture of C. F. 3x, C. P. 3x or 12x, K. P. 3x and N. P. 3x.

278. Uvulitis—Inflammation of the uvula (the fleshy conical body suspended from the palate over the back part of the tongue).

Mixture of C. F. 3x, C. P. 3x or 12x, F. P. 12x, K.M. 3x, N.M. 3x and N.P. 3x.

279. Vaccination—(Bad effects of)—K. M. 3x, failing which, mixture of N. M. 3x, N. P. 3x and S. 12x.

280. Veins—Diseases of—Mixture of C. F. 3x, F.P. 12x, K.M. 3x, K.P. 3x and M.P. 3x.

281. Vertigo—(Giddiness) (Hindustani CHAK)

KAR KA ANA)—Mixture of F.P. 12x, K.M. 3x, K.P. 3x, K.S. 3x, M. P. 3x, N.P. 3x and N. S. 3x.

282. Voice—Hoarse or lost—Mixture of C. F. 3x, C.P. 3x, or 12x, F.P. 12x, K.M. 3x, K. P. 3x, K.S. 3x, M. P. 3x, N. M. 3x and S. 12x.

283. Vomiting—1 pill of Homeopathic IPECAC 6x, at short intervals; failing which Cholera powder mentioned earlier.

284. Walking—Children take long time to learn—Give C. P. 3x.

285. Warts—(Hindustani massa)—A small hard excrescence on the skin; a small protuberance—Mixture of C. P. 3x or 12x, K. M. 3x, N. M, 3x, N. S. 3x and S. 12x.

286. Wasp-Sting by—Put a drop of water at the site of sting and rub N. M. 3x over it and N. M. 3x should be given internally. It is excellent.

287. Weakness or Exhaustion—Mixture of C. P. 3x, or 12x, K. P. 3x and N. M. 3x. It is excellent. It even stops heart from failing.

288. Whooping cough—(Hindustani kukurkhansi) It is a contagious cough, which generally attacks young children, though sometimes adults also; usually only once in life. It begins with a common cough, but after some days, the cough comes on in "fits", after which the breath is drawn in with a long effort and accompanied by a peculiar "whoop". Vomiting often attends the fit of coughing and the suffocation of the child may appear threatened when suddenly the characteristic "whoop" is heard which terminate the paroxysm and the child returns to its play.

Simple whooping cough is never fatal but unfortunately whooping cough may excite other diseases. The average duration of this disease is about 6 weeks, but it may get well in a few days or weeks or continue for months. The danger of infection starts 6 weeks after recovery. About 1 grain of M. P. 3x with a chatak of hot water should be given 4 or 5 times daily. If not improved in 3 days give M. P. 6x as above. If this fails give mixture of C. P. 3x or 12x F. P. 12x, K. M. 3x, K. P. 3x, K. S. 3x, M. P. 6x and N. M. 3x, in hot water. If not improved in 3 or 4 days increase potency of all (except F. P.) to 6x.

289. Wine—To get of Drinking habit—One pill of eleniums should be given morning and evening.

290. Whitlow (painful swelling on the finger)—Mixture of C. F. 3x, C. S. 3x, F. P. 12x, N. S. 3x and S. 12x.

291. Worms (of all types including tapeworms)—Mixture of C. F. 3x, F. P. 12x, K. M. 3x and N. P. 3x. It is most wonderful ; never fails.

292. Wounds—Mixture of C. S. 3x, F. P. 12x, K. P. 3x N. P. 3x and S. 12x.

293. Writers cramps (or telegraphists cramp)—In some cases, the pen can not be held by the patient, and the wrist is powerless. In rare cases, attempts to write call forth uncontrollable movements of the fingers or wrist, so that the pen starts up and down and a mere scrawl results. This is generally accompanied by pain or "cramp".—Half a grain of mixture of C. P. 3x or 12x, M. P. 3x and N.P. 3x in one oz. of hot water every 2 or 3 hours.

294. Yawning—Mixture of C. P. 3x or 12x, K. P. 3x, M. P. 3x, N. M. 3x and S. 12x.

295. Yellow fever—Is an infectious fever, in which jaundice occurs. It is very rare in India—Mixture of F. P. 12x, K. M. 3x, K.P. 3x and N.S. 3x.

### IMPORTANT

The reader should thoroughly master the instructions given at the beginning of this chapter and keep them constantly in view, in every case.

... which are supported by their letters, the author will kindly note that the author is not a professional doctor. His only aim is to be of service to humanity for whose benefit he has prepared this valuable formulae, which might have brought him millions. He has no interest in making a fortune. He claims about efficacy of these medicines. Everybody can perform such mixtures with these medicines practically no cost.

Dr. H. H. Jahn, who retired from the post of Assistant Director of Public Health & Sanitation, U. S. Government saw the author in August 1922 and took this book and the second edition by his letter dated 20-12-27 from 116, Broadway, New York, he reports that he had success with the formulae especially in cough & fever cases.

The opinion of this Doctor is of special importance as he was till lately holding a highly responsible post in the Government of U. S.

### A DOCTORS TESTIMONY

Dr. M. V. Jahn, Dental Surgeon of the Indian Police Dental Clinic in Mahanadi Road, Bombay, in his letter from Lahore dated 21st August 1922 says that some of the author's preparations work like magic. The people say in their mother tongue that it is "Jahan ki Patti" i.e. magic powder. He adds that "the following specific" are simply wonderful and 100% effective—(1) Asthma (2) Stomach (3) Cholera (4) Cold (5) Cough (6) Dizziness (7) Measles (8) ...

## CHAPTER IV

### Miracles of Biochemic treatment and opinions of others

In this chapter are given some Miracles of Biochemic treatment and opinions of various people most of which are supported by their letters ; the reader will kindly note that the author is not a professional doctor. His only aim is to serve suffering humanity, for whose benefit he has published his invaluable formulae, which might have brought him millions. He has no interest in making a wrong claim about efficacy of these medicines. Everybody can perform such miracles with these medicines at practically no cost.

1. Dr. H. H. Jafri, who retired from the Post of Assistant Director of Public Health & Medical services U. P. Government saw the author in September 1955 and took this book and he tried this system. By his letter dated 8-6-1957 from 116, Fyzabad Road, Lucknow, he reports that he had success with the formulae specially in cough & fever cases,

The opinion of this Doctor is of Special importance as he was till lately holding a highly responsible post in the Government of U. P.

### A DOCTORS TESTIMONY

2. Dr. M. V. Tare, Dental Surgeon of the Indore Electro Dental Clinic 10 Maharani Road, Indore, in his letter from Indore dated 21st August 1955, says that some of the author's preparations work like magic. The people say in their mother tongue i.e. that it is "Jadoo ki Puriya" magic powder. He adds that "the following specifics" are simply wonderful and 100% effective:—(1) Anaemia (2) Asthma (3) Cholera, (4) Cold (5) Cough (6) Dysentery (7) Menses excessive

(This has been administered effectively in number of serious cases with great success). (8) Neuralgia—Alcohol injection is the only temporary remedy; sometimes even surgical operation has to be performed but I have successfully cured so many cases of dental neuralgia where operations were advised, by your medicines". With regard to authors Mixture No. 152 of the first Edition (i. e. teeth sensitive to cold or hot food or drink or air or touch etc) he adds. "This also is difficult to treat. Our applications to exposed enamel and dentine by strong caustic cannot prove so effective as your specifics act like magic and patient has to say that your internal medicine is better than external; really we have to accept our defeat as a dentist as we can not give such immediate relief in one single day". With regard to Tumour he says that four or five difficult cases of tumour were successfully treated by him with authors medicines. With regard to orchitis he says:—"cases were wonderfully cured," where operation was advised; "pain and burning in the urine frequently also relieved in one day; of course, it took time to cure completely and lastly" he speaks of the specific for weakness and exhaustion as simply wonderful; this and specific No. 7 of the first Edition i. e. for Anaemia never fail. He is an utter stranger to the author. This is his first letter to the author i

He has placed an order for 5 copies of the book for his relations !

### A CHALLENGE TO MEDICAL SCIENCE

3. In 1948, Sri Ram Chandra Sinha, then Deputy Post Master Kannouj, U.P. had been operated upon in the medical college at Lucknow for stone in the bladder. The wound was stitched up after the operation as usual in due course, the wound healed up except for a stitch which refused to heal and every time he passed urine, a small quantity escaped through the tiny opening, to his constant annoyance. He consulted the

best surgeons at Lucknow and Allahabad but they said that nothing could be done and that it might be closed in due course in a year or two. He then approached the author who give him Calc. Phos. 3x, to be dissolved in water and taken in teaspoonful doses. To the great surprize of every body the opening closed within less than an hour of taking the first dose. In his letter dated 8th December 1952, he says "I am glad to say that the hole which was left in wound of operation for the stone in the bladder in 1948 was closed by the use of the medicine prescribed by you. The medicine actually did the work of magic. The first dose stopped the urine which used to pass through the hole."

4. Copy of a letter from Sri Mushtaq Ahmad retired Judge Allahabad High Court.

H. Mustaq Ahmad      35, Canning Road,  
 Judge, High Court,      Allahabad  
 (Retd.)      29th March 1955.

Since 1942 I had been troubled by gout and arthritis in the joints which defied all manner of treatment, internal and external. Some five years ago this malady developed into violent and painful twitchings in the leg muscles accompanied by jerks and spasms particularly at night, and they rendered sleep impossible. I did not have a restful night all this long period and used to be in virtual torture soon after I got into bed.

Turning on my sides in pain and extreme uneasiness or keeping myself in motion by walking for the most part of the dismal nights had become by routine ordeal, and I always feared some dangerous complications from my continued loss of sleep night and day. I tried all available remedies in and outside Allahabad, being for six months even under the prescription of a Bombay physician. It seemed that even

the fringe of the border for relief and cure had not been touched. As the jerks in the legs became more violent and frequent they effected the heart, as if, with each attack, some one struck it with a fist and left the entire system unhinged and disorganised with a trail of indescribable weakness.

I then read Mr. Darbari's "SIMPLEST REMEDIES FOR ALL DISEASES" and turned to him as my last resort. He gave me a mixture of his Biochemic salts which, as directed, I dropped into a bottle of distilled water and took the first dose following it by a second at bed time just three weeks ago. In the morning I felt my disease had been conquered as if by magic. The nightly torture had been charmed into a miraculous sleep which I had not known for years past. As the days went on I had a few mild and spasmodic jerks generally towards day break, and Mr. Darbari then gave me a second mixture of the same salts of higher potency which now appears to have crushed the dying symptoms and to ensure a lasting cure.

This was second triumph under Mr. Darbari's Biochemic treatment, the first being when he had quickly relieved me of a severe pain in the chest by just making me sip a few spoonfuls of water mixed with a globule taken out of a tiny tin box in his pocket after I had left the Court Room for lunch three years ago.

For this mission of charity and service in the cause of human relief, which Mr. Darbari has been carrying on for over forty years as a mere hobby and for its own pleasure and of which I am one of the numerous beneficiaries, I have no words to express my deep gratitude and appreciation. His award really awaits elsewhere.

(Sd.) Mustaq Ahmad.

(5) Sri Sanker Saran, Ex-Judge High Court, Allaha-

bad, in his letter dated Lucknow the 8th March, 1950, says, "I write to convey to you my genuine appreciation of your selfless service in distributing free of charge your Biochemic Medicines. That they are efficacious I have found from personal experience. My mother who is old and suffers from several diseases finds in you a very sympathetic doctor and friend and your medicines most efficacious. From what you have told me it appears that your medicines are so cheap that even the very poor can afford them. I hope you will get fullest co-operation from the public and Government in popularising your medicines. With best wishes in your humanitarian task."

(6) The late Sri Mohammad Ismail, Ex-High Commissioner for Pakistan in India, Ex-Judge High Court, Allahabad, in his letter dated 30th Jan., 1949, says thus: "Mr. B. S. Darbari has been giving free treatment to numerous patients suffering from variety of disease. He prescribes Biochemic Medicines which prove very efficacious in majority of cases. Some members of my family and staff were treated by him and were speedily cured of their ailments. Mr. Darbari is a busy practitioner but he finds time to attend to his patients and in suitable cases he visits them at their own houses. He does not charge any price for the medicines. I greatly appreciate his public spirit. His treatment is very popular in Allahabad. He deserves encouragement to carry on his useful task". He once told a friend "Mr. Darbari does not cure, he performs miracles !."

(7) Some years ago Sri Kamala Kant Verma, Ex-Chief Justice, High Court, Allahabad, had a very severe attack of Jaundice; his entire body was deep yellow. His family doctor, a well known local Allopath after careful examination prognosed that the trouble would take 6 months to cure, if it was cured at all; the author's medicines cured in 2 weeks ! The author has his letter with him.

8. About 6 years ago, Dr. M. Wali Ullah, Ex-Judge, High Court Allahabad, took cold water on a February afternoon. It caused irritation in the throat and produced feverishness; which gargle with hot saline water and rest failed to relieve. The author's powder for fever brought on relief in a few seconds and cure within a few hours to the great surprize of the illustrious patient.

9. Sri S.K. Dar. Ex-Judge High Court, Allahabad in his letter dated 8th October, 1941, says:—"Mr. Darbari has taken up the practice of medicine as a hobby and in a spirit of charity to suffering humanity and he enjoys a great reputation for his skill in medicine and a wide popularity inside and outside Allahabad for his kindly nature and successful treatment. He has prepared some cheap formula for the treatment of the poor in our villages which he wishes to popularise. This formula has met with considerable success in his experience. It is very cheap and efficacious and deserves the consideration of the Government. He deserves thanks of the public for his good work and I wish him every success."

10. The late Mr. Justice Collister of the Allahabad High Court, who was a patient of thrombosis of coronary valve of the heart was for some time under the author's treatment ; in his letter dated 14th March, 1944, he says "Very many thanks. I think your powders did me good last night. I slept better". In his letter dated 21st October he says "many thanks for the powder. I have certainly been feeling better for the last few days" and in his letter dated 27th October, he says "Many thanks for the powder. I certainly think my health has been progressively improving." He then left for England.

11. Rev. S.K. Patra, M. Sc., Baptist Mission P.O. Bhumpore, Behrampore, Distt. Midnapur (W.

Bengal) in his letter dated 16th June, 1953, says:-  
 "Some time ago, I received your formula for Bio-chemic medicines and have found them to be excellent. I myself have been practising those medicines for the last 20 years or so during my spare hours but did not think of such mixtures before. Of course all my medicines are given free without any charge. May God help your ministry more abundantly, so that many more people may be served with further confidence and effective results."

12. L. Tirlokinath, a a businessman of Aligarh City, who is a great philanthropist, has created a charitable Homeopathic trust, which is running two Homeopathic Hospitals at Aligarh in which about 2 lakhs of patients are being treated every year & is getting aid from the U. P. Government. He got a trial made of the authors mixtures over 2005 patients in November 1955 and he had 80% cures and the total cost of treatment for the whole month was Rs. 20/14/-. There he had kept a charity Box, which brought him a sum of Rs. 34/12/- during the month! Thus the Hospital was self-supporting.

L. Tirlokinath has started 125 dispensaries in villages in the Aligarh Destrict, in which, only the authors mixtures are given to the patients with very great success by amateurs with authors English or Hindi book. The District Board of Aligarh, a public body, was so much impressed with these dispensaries that, it sanctioned Rs. 2000/- and appointed a body of men to examine the working of these Hospitals & to make a report. They have, after a months careful survey, reported to the U. P. Government that 90% of the patients are being cured with these medicines and the cost of treatment is only 2 annas per 100 patients. They started a camp for training of Agricultural Extension teachers as desired by the Inspector of Schools, so that they may help villages in their sickness, 72 teachers

attended the training camp which was held on 7-5-1956 and about 50 Extension teachers have also begun to distribute these medicines according to the author's formulae, 10 such dispensaries were started in the city of Aligarh in the month of February 1956 and within 2 months more than 25000 patients took medicines from them and astonishing results were observed.

That these dispensaries are not bogus would appear from the fact that one of them was opened on 19-2-1956 by Sri B. B. Sahi, District Magistrate of Aligarh and Sri Ahmad said Nawab of Chhatari who was once Governor of U. P. Another was opened by the author the same day in the City of Aligarh. L. Tirlokinath reported to the author last year that about 70 patients are being treated daily in the last mentioned dispensary alone !

If anybody has any doubt about the efficacy of these medicines, he may take the trouble of going to Aligarh & see the working of any of the dispensaries which are being run by amateurs at negligible cost & if he is not prejudiced he is sure to be convinced about the efficacy of this system.

It may be noted that each dispensary costs about Rs. 25/- to start and the cost of treatment for 30 patients per day would be about one Rupee only for the whole month !

There can be no doubt therefore that these medicines solve the medical problem of the millions of this world, if dispensaries are opened in every village & in various centres in cities. Everybody can become a home doctor & cure not only members of his family but also his poor neighbours !

This system has become so popular that a principal of an important Medical College put himself under author's treatment and a Professor of another important Medical College in India put his son under

author's treatment. He has letters in his possession which prove this.

There appears to be some misapprehension in the mind of some people about the scope of this system as appears from an observation made by Rajkumari Amrit Koer the then minister when she was at Allahabad last year. When the author told her about his system, she asked the author, "Do you mean to say that we should close down medical colleges?" The author replied. "It is certainly not my intention, to oust the Allopathic system which should continue to do the useful work it is doing.

"It has been admitted by you & other ministers that you have not got sufficient number of nurses, hospitals and Doctors to cope with the millions, my system supplies this need in a most remarkable degree and supplements the present system of treatment."

13. *Another miracle.* About 4 months ago, a platoon commander of local P. A. C. (Armed Police) Allahabad came and told the author that he (author) had done something which nobody had done till now *viz.* that he had given formulae for mixing Biochemic medicines which have made the method of treatment very simple there was no more problem of comparing symptoms; he had tried the formulae and had found them very successful. Asked to give some particular disease in which he had tried the formula and found it efficacious; he said that in the month of October last he along with his constables had been posted in certain ravines in Etawah district, where 13 of his constables got influenza and condition of 2 of them became serious, he sent wireless message to headquarters for medical relief, but none came. He had a box of Homeopathic and Biochemic medicines which he always carried for emergencies. When the condition of the 2 men became desperate, he gave biochemic medicines according to author's formula

for influenza and to his great surprize all recovered in an incredibly short time and left their beds. When an officer went there in pursuance of the wireless message, he found that there were no ailing constables in bed and was very angry because he thought that a false wireless message had been sent to him. He was however told the truth, which he found on enquiry to be true. The latter officer came to the author one day and on enquiry by the author said that he was the officer who had gone in pursuance of the wireless message, he had made enquiry and found the above facts to be quite correct. This officer has become such a great enthusiast that he has supplied copies of the book and boxes to all his relations !

### *Influenza*

14. A relation of the author is M. B.B. S. (Lucknow) and is an Allopathic Doctor with good practice. About 6 months ago, the author had gone to his house one evening. At about 8 p. m., he was told that the doctor had a serious attack of influenza. The author went and found him under fever, he was tossing in bed on account of restlessness. The author gave him his powder and within about an hour learnt that the patient was better and had fallen asleep and the next morning, the author found him combing his hair with a view to go out to see his patients.

15. Mr. D. N. Kapoor reports that 300 patients of Influenza were treated in Dr. Chaddhas Dispensary and almost all were cured.

16. L. Tirlokinath philanthropist of Aligarh reported to the author on 2-7-57 that his influenza formula had been very useful to the ailing public at that time.

17. Mr. Rangeshwar Dayal, Assistant District Government counsel Bulandshahar (U.P.) reports that he gave author's influenza powder to about 15 patients

and all recovered within 3 days and no weakness was left after recovery, whereas patients who took medicines from the Government Hospital took about 2 weeks to recover and weakness persisted after recovery !

He also reports how he cured many cases of cough and a case of persisent tendency to catch cold and a case of sciatica, who reported definite improvement on third day and complete cure on 7th day.

18. Mr. Rajeshji Verma, Advocate Allahabad reports having cured several cases of influenza; temperature was got rid of within 24 hours and patients recouped health within 3 or 4 days. It also acts as preventive.

#### *Appendicitis*

19. This is a serious disease. The only modern treatment is a major operation. If timely operation is not performed, it is fatal. Readers are aware that Mahatma Gandhi was operated upon for this trouble while he was in jail. A few months ago Sri Ram Sevak Shukla, Company commander 4th Batallian P. A. S. (Armed Police) Allahabad saw the author and said that he had been suffering from appendicitis and used to get pain 2 or 3 times every week and that he had been advised an operation. The author gave him his powder for appendicitis. He saw the author again after a month and reported that he had had no pain at all since he took the medicine. Thus the very first dose cured, and the cost was less than a pie !

20. About 4 months ago, Mrs. Mc. Gowan of 18 South Road Allahabad saw the author with her daughter (aged 16) and reported that the girl was suffering from appendicitis and was getting pain 3 times daily and had been advised an operation. The author gave her medicine ; on third day and fourth day she had pain only once during 24 hours and after 4th day, the pain disappeared and the patient was cured ! The entire treatment cost less than a pie !!

*Meningitis after appendicular abscess.*

21. About 3 months ago, Dr. A. K. Varma Muthiganj Allahabad told the author on the phone that he had saved his wife's life. The author expressed surprise for he had not seen the patient nor had prescribed for her. The doctor replied that what he meant was that the author's meningitis formula had saved her life. He added that his wife had an appendicular abscess which had burst and had discharged a large quantity of pus in the morning. The same evening she had a very serious attack of meningitis, she shook her head violently 40 or 50 times every minute and he thought that she could not live long. He sent for several doctors; in the meantime, he gave author's powder for meningitis and she was cured within 15 minutes to the great surprize of all the doctors !

*Diabetes*

22. A missionary Mr. Alberts C.L. Popkiss Carton House Simla 4 S. W. reports that he has been giving author's Diabetes powders to a patient and since it was used the patient had not had any further trouble. The percentage of sugar had almost vanished.

*Gum Swollen*

23. Syed Nasir Husain, Retired Deputy Collector (U.P.) Ex-Principal Qanoongo Training School, Rampur, reports that he had no faith in Homeopathic and Biochemic Systems of treatment. He had met the author at Banaras in the Railway Station Waiting Room, when he was Sub-Divisional Magistrate there. The author had given him a pamphlet. He had bought Biochemic medicines. One day he had a serious swelling in the gum and fever when he was on tour. It continued to increase rapidly inspite of Allopathic treatment. A 9 p. m. he was very uneasy. At that time he thought of the author's formula and took a dose of medicine for swelling and in a few minutes he found relief and went off to sleep and slept soundly

till 2 a. m. and by next morning, he was practically cured. Since than, he has used these medicines with 80% success in a large number of cases.

24. Mr. G.P.S. of Provincial Judicial Service U.P. saw the author at about 10 p.m. about 3 months ago and told him that he had undergone an operation about 18 months ago. The doctor had given injection in the spine to make it painless. In spite of the injection there was pain and chloroform had to be given. After the operation, he got meningitis and pain in various parts of the body and he used to limp while walking. He had taken the best treatment in U. P. and had been in Patna Medical College Hospital for several months. He had spent Rs. 5000/- and was not getting any better. The author gave him a powder and next morning he reported that he was practically cured !

#### *Toothache*

25. Mrs. Joti Swarup of Chatham Lines Allahabad, had got her molar extracted by a dentist. After the operation there was much pain and she could hardly open the mouth. The author gave her a mixture of all the 12 medicines and within 15 minutes she felt relief and the pain disappeared within an hour.

26. Dr. A. K. Varma of Muthiganj Allahabad aforesaid reports that his wife had toothache and the dentist advised that 2 molars should be extracted. He phoned to the author at 9 a.m. who advised him to give her the toothache powder according to his formula. He gave the same and within about 20 minutes the pain disappeared and no question of extraction of molars remained.

#### *Low Blood Pressure*

27. Sri. R.S. Jayaswal of 63 Elliot Road, Calcutta a well-to-do gentleman had been suffering from Low Blood Pressure, which in spite of the best treatment

did not improve. He took author's powder which increased blood pressure to 118 and he is cured.

### *Idiocy*

28. A son of Sri Raghunandanlal Dhawn Shoe Merchant 432 Yahiapur, Allahabad, aged 10 is an idiot. He used to get fits which appeared to be epileptic. He has been taking author's treatment since September 1957 and is about 50% cured. He understands things better than ever before and is now taking some intrest in his father's business. Anybody can see him here.

### *Enlargement of Prostate gland*

29. An Ex-Judge High Court of Vindhya Pradesh was suffering from enlargement of prostate gland. He took the author's powder and is cured. He has spoken highly about it to many of his friends holding high Government posts they also have become believers in this system.

30. The reputation of this book has travelled outside India. The Armed Forces Medical Library, Washington U. S. A. sent a letter to the author to send a copy of the book as a gift to them. This book has been sent for by people in East Africa and East Pakistan also.

31. The "Searchlight", the famous daily of Behar in its Editorial dated 13-3-1958 has given a very favourable opinion about this book. It has advised the Behar Government to utilise this book to save the life of millions.

### *Eosinophilia*

32. Shri Gur Charan Singh, an Officer of the C. D.A.(P) Allahabad in his letter 19-12-57 describes how he had been suffering from irritation in the throat; he felt something sticking in right side of throat and when he coughed to remove it some bloody matter

used to come out twice or thrice every morning. He used to feel much exhaustion and breathing trouble in his chest. He had taken 4 injections of Strepto Penicillin and 58 tablets of Calcina and 30 tablets of Hetrogen and had taken Antistine Pnome and had spent about Rs. 200/- but did not find any relief. A friend recommended him to go to the author who gave him in the evening a powder to stop bleeding. He took only 2 doses and the next morning he was 80% cured !

### *Delirium*

33. L. Tirloki Nath, the aforesaid great philanthropist of Aligarh by his letter dated 7-11-1957 says that in the City of Aligarh alone there are more than 200 families, which are doing selfless service; many relations of Aligarh people have taken the book and medicines to their places seeing the wonderful effect of these mixtures. He thinks that during 1957 alone far more patients were treated in the District of Aligarh than the author had treated in his whole life (i. e. 2 lakhs.)

In particular he refers to a case of delirium which was cured by author's mixture. The Civil Surgeon and all the well known local doctors and Homeopaths had given up the case as hopeless and the parents were waiting helplessly for death to come. L. Tirlokinath then said to the parents to use his own words:—"Now give Darbari's mixture (a blessing of Radhasoami) and the boy is cured to the surprize of all the medical men saying it is Gods will."

34. Dr. L. M. Simlai, M. B. B. S. (Cal), Medical Officer, Civil Hospital, Umara, Distt, Tonk Rajasthan writes that the author's prescriptions had given good encouraging results to him.

35. Shri H. C. Gupta, B. Sc., B.Sc. (Engg.), Junior Engineer, Power House (Datia) M. P. writes that he

highly appreciates author's publication of Biochemic medicines and that he had also successfully used them whenever he needed them and adds:—"Really your work will be appreciated by every person who has got sympathies for sufferers."

36. Shri V. P. Varma, Office Superintendent, Dy. Commissioner's Office, Fyzabad says that he had tried author's mixtures in many cases with success.

37. Dr. N. C. Kesavalu, Hom. Bio. Physician. 59B Thirunagar P. O. Mathurai Distt. (South India) writes that he experimented the author's formulae in many diseases and found them highly efficacious.

38. Rai Bahadur Dr. U.R. Lal, Retired Civil Surgeon, is so much impressed with this book that he ordered that several copies of the book be sent to his relations.

### *Cholera*

39. Shri R. C. Saksena, Regional Officer, E. S. I. Corporation, Kavadiguda Rd. Secunderabad (Deccan) wrote to the author on 14-4-1958:—"I may introduce myself as one of your readers of Simple Remedies for all diseases and can safely say your mixtures have done miracles in almost all cases when tried by me. I may also say that my daughter was cured by your mixture when she had an attack of cholera three months back."

### *Tumor*

40. A gentleman wrote from Banaras on 27-11-57:—"I am extremely grateful to you for prescribing this medicine for my sister, who had been suffering from tumor round about her uterine region. I am glad to report that the medicine is having the desired salutary effect. The abnormal recurrence of periods after every 10-15 days has disappeared. It also appears that strength is returning."

A villager writes from Jugsana, District Mathura that he is distributing these medicines to the poor and they are deriving much benefit from them.

41. Dr. K.C. Dutt c/o Standard Traders, 15 Munshi Niketan, Ajmeri Gate Extension, New Delhi writes:—"I have given trial to some of the prescriptions and found them working very well."

42. The late Sri Peareylal Banerji, Advocate General, U.P. Allahabad, fell seriously ill some years ago. He was removed to Civil Hospital, Allahabad. One day the author learnt that the patient's condition was critical. He was lying unconscious and oxygen was being administered to him. The author went to see him at about 5 P. M. in presence of P. Kanhayalal Misra, present Advocate General, and gave his powder and within a short time he recovered consciousness and was cured and lived for several years !

### *Insanity*

43. The author has taken up the case of a young man of Bahrana, Allahabad. A relation of the patient saw the author who gave him Kali Phos 30x. Since the patient refused to take medicine, Kali Phos 30x was given dissolved in milk without his knowing about it. The very first dose brought about improvement and the patient had better sleep. The author then gave Kali Phos 200x to be given thrice daily.

The patient was reported worse on alternate days. The patient was given Nat. Mur 200, on the day on which he was better. This has cured him. The entire treatment took about a week.

Mr. M. N. H. (aged 70) had been suffering from mental hallucinations and imaginary fears which best treatment at Bombay and Allahabad failed to relieve. Kali Phos 30x relieved. After a few days Kali Phos 200x was given and it has practically cured him.

44. Mr. Iqbal Singh, A. A. O. of 943/7 Raviwan Peth, Poona City is a great admirer of the system. He reports that he has found many of the mixtures wonderfully effective.

45. One Ram Naval Pande of the office of Director of Education was cured of tonsillitis with these medicines.

46. Mr. Madanlal, Sales Tax officer of Gurgaon (E. Punjab) had great breathing trouble and constant sneezing, which had been going on for a large number of years and best treatment had failed to cure.

First dose gave relief and he is now almost completely cured.

The author's pamphlet giving the formula was sent for by Sri Arbinda Ghosh Ashram, Pondicherry. It was found so very useful by members thereof that it passed hands so very frequently that it was quite torn. They sent for it again. There are other enthusiasts there.

#### *Bronchitis*

47. Mr. P. N. Ghosh, Lukerganj, Allahabad had been suffering from bronchitis for a number of years. He had had the best treatment available at Allahabad and Calcutta. He took author's powder for bronchitis with immediate relief. He advises his friends to take to this treatment and he has kindly offered to translate the book into Bengali.

48. Sri R. R. P. Sinha (Retd. I. A. S.), Chairman, Railway Service Commission, Allahabad, had been suffering from severe Bronchitis for several years. His relations are eminent doctors in Behar; he had therefore the best treatment available in India. It did him no good. He took author's treatment which gave prompt relief and he is now cured. He is an ardent admirer of the system, which he regards infallible. He recommends this treatment to everybody.

49. At his suggestion the author has sent the medicine to the Hon'ble Sri Satya Narain Sinha, Union Minister for Parliamentary affairs who had been suffering from acidity sent a special messenger to the author for medicine which was sent and it promptly cured the illustrious patient.

50. At his suggestion, Sri B. B. Mathur General Manager, Northern Railway, New Delhi, sent for medicine for chronic dysentery and other stomach troubles.

At his suggestion innumerable patients suffering from serious and chronic diseases have been cured with these medicines.

51. Sri Ram Deo Misra, Karwi Flour Mills Distt. Banda had an attack of Herpes Zoster on the left side of the face, which was very painful. Its intensity had been relieved by local treatment after 4 months; but pain persisted. The author's medicine which was sent through messenger, did much good in a short time.

52. Mr. G. S. of Allahabad was suffering from syphilitic psoriasis for several years; best Allopathic treatment failed to relieve. He has been practically cured with these medicines. He was given C. F. 3x C.P. 3x K. M. 3x K. P. 3x and K. S. 3x.

*Glaucoma-hopeless case cured.*

53. Miss Moitra, a local telephone operator, saw the author with her mother who was suffering from severe attack of glaucoma and corneal ulcer and bloodshot eyes; there was intense pain and the local eye specialists had advised removal of the eye balls. After their medicines had failed, she took author's medicine and she has been cured within a month.

*Malaria and other fevers*

Malaria is the largest killer in India. It is responsible for 14 Lakhs of deaths every year.

The author's medicine cures almost 100% cases

given in early stages at negligible cost. The medicine being so cheap can be supplied to all patients by Government agencies. Even advanced cases can be cured.

54. About six months ago the wife of a very big medical officer of Allahabad, with foreign degrees was suffering from duodenal ulcer. The best Allopathic treatment had failed. The author was called to see her. He found her moaning with pain. She could not turn in bed on account of pain.

The author gave his medicine and within half an hour, she felt relieved and was completely cured within about 2 weeks.

55. Mr. Tuck Handwriting Expert was suffering from writers cramp. His hand shook while writing. He took author's medicine and reported improvement within 3 days.

56. Dr. Panna Lal, I. C.S. (Retired, Adviser to the Governor U. P.) has great faith in these medicines and often consults the author in ailments in members of the family or servants.

57. Sri Ambalal Harilal of V. Dabka, District Baroda who was suffering from gastric ulcer (which is about 900 miles away from Allahabad) took author's treatment and within 15 days he was cured. He improved from the very first day.

58. Another gentleman Sri Chunni Bhai came here from Gujrat 900 miles away suffering from abdominal troubles, which was diagnosed to be duodenal ulcer by Rai Bahadur Dr. R. N. Darbari M. B. B. S. This disease is considered incurable and an operation is advised. He took author's treatment and after 12 days he was again examined by the aforesaid learned doctor who declared that he was 50% cured and within a few days more, he was completely cured!

59. Yet another Gujrati gentleman Sri Moti Bhai,

a wealthy man of Ahmadabad came here all the way, for authors treatment for neuritis, on account of which he could not walk easily. He had to sit at 3 places in 1 furlong. Within 12 days he improved so much that he could walk a mile without sitting at any place, He got cured and went back.

*Some ardent enthusiasts*

60. Shri Lekhraj Manoharlal Agarwal of 2 Narain Dhuru Cross Lane, Bombay 3, a well-to-do businessman in his letter dated 9-5-1958, says that since he has read this book, he has found a new way of serving humanity. He carries these medicines with him and goes from door to door distributing medicines free to the poor. He is successful in all his cases. He, however, says that patients come to his shop also and his business is likely to suffer. Before he saw this book, he had been distributing medicine for diabetes, piles and stone in kindeys free. He has invited the author to his house in Bombay to help him in drawing up a charitable Trust. He has offered to pay the author First Class Railway fare to Bombay and back. The author has thankfully refused the offer as he never accepts anything in this connection.

There are thousands of such enthusiasts all over India.

There are about 1000 people at Allahabad, 700 at Aligarh, 300 at Vizagapatam, 300 at Nagpur and thousands all over India who have become home doctors and are serving their families and poor neighbours with free medicine saving their large monthly medical bills and worries.

This system is spreading like wild fire and there can be no doubt that one day this system will reach every home in the world in view of its efficacy, cheapness and simplicity.

This book has become so famous that the Secretary Government of India, Ministry of Health, New

Delhi sent a telegram to the author to send the book to him.

61. Sri Shankar Dayal Shrivastava of Jhansi has got the book and medicines and is distributing them free and about 30 patients are coming to him every day.

62. *Serious Malignant tumour.* At present a case of malignant tumour in the abdomen about 10" long is under author's treatment. The best Surgeon of Lucknow examined the patient here in the beginning of June 1958 & declared that it was incurable & there was no chance of success from Surgery. The author's treatment is doing her good.

63. Mr. S.K. Bhargava, P-36 India Exchange Place Extn, Calcutta 1, writes that his wife had cured many persons of Pakistan with author's formulae, that they had blind faith in them.

64. The Director of Public Health and medical Services Behar has written to the author to send him this book per V. P.P. but the author has sent it as a gift.

65. *Bursting headache magically cured.* Sri Shyamnath Srivastava of Meja, Allahabad, came to the author on evening of 17th July 1958 and reported that he had bursting headache for 11/2 months, which Allopathic, Ayurvedic & Homeopathic medicines failed to relieve; the pain was so severe that at times he thought of committing suicide. The author explained to him that suicide is the greatest sin that a man can commit; he should never even think of it. The author gave him his powder & the very next day, the patient came at noon and reported that he was practically cured!

66. *Serious case of Anaemia*—Sri Mevalal Hitaishi, Cashier, Allahabad University came to the author on 7th July 1958 and told him that his wife had

been suffering from serious type of anaemia; she used to get fits of unconsciousness, which used to continue for 3 days or so; there was also pain in the whole body. She had been taking Allopathic treatment of a well known doctor for 1 year but she had been getting from bad to worse. A few days earlier, while she was lying unconscious his neighbour Dr. B. B. Raizada, Lecturer of Botany in the University, gave him authors biochemic mixture & within half an hour, she became conscious and her pain disappeared. She had no fit of unconsciousness at all thereafter ! She is rapidly improving.

67. *Morning Sickness of pregnancy.* Mr. A.K. Mathur Resident representative of consolidated Pneumatic Tool Co. Ltd. 1A/29 Western Area, Karol Bagh, New Delhi -5, reports that his wife had been suffering from morning sickness & general debility; best Allopathic treatment failed to relieve; the author's mixture was given & cured promptly. The gentleman adds that during last 5 years, he has been treating members of his family with these medicines and he had never had to call in a doctor. He is also alleviating the suffering of poor neighbours.

68. Sri Anant Sahay of C 2/34 Kali Mahal Banaras, reports that he cured with the author's dysentery powder several cases of dysentery and in particular refers to a Khattri child who had chronic dysentery which the best Allopathic treatment including that of the civil surgeon could not cure; She was cured within 3 days with the author's dysentery powder. He says "some of your prescriptions are simply wonderful," He also refers to a patient of piles cured with this medicine.

#### DYSENTERY COLIC and RINGWORM

69. Sri Surendra Nath Srivastava, Control Office, Cheeki, 62 Mori, Daraganj, Allahabad, reports that he cured 5 cases of dysentery, 1 case of colic and

1 case of diarrhoea with the author's Biochemic powders. One case of ringworm was being given N. S. 200x on alternate days and was improving.

### DYSENTERY

70. Sri Raj Bahadur Singh, Proprietor of the firm Gourishanker Madan Gopal Panwadi, Hamirpur, reports that he tried author's dysentery powder in a large number of cases and all were cured.

71. Sri Dayashanker Misra, Himmatgang, Allahabad, writes that he was suffering from dysentery for 3 months; it had spoilt his stomach. He took author's medicine for about 10 days & was almost cured.

### EASY CHILD BIRTH

72. Sri R. N. Murty, Inspecting Officer S. H. G. (Govt. of India) Sheopur (Banaras), in his letter dated 3rd July 1952, says that the author's medicine for easy child birth had brought a safe delivery to his wife, who on a previous occasion had forceps delivery at the hospital and the boy was extracted without life.

### EPILEPSY CASE CURED

73. Sri Bhagwan Das, of Shanker Lal Durga Prasad, Pasarhatta, Mirzapur, in his letter dated 19th June 1952, says that he used to get 3 epileptic fits every day, but since he has been taking the author's medicine he had none.

### FILARIA CASE CURED

74. Sri N. P. Asthana, Personal Assistant, High Court Allahabad, reports the complete cure within a week of a case of filaria of the scrotum, which had defied all other treatment.

75. Syed Abrar Husain, Rani Mandi, Allahabad, reports cure of his relation of insanity with the author's Biochemic medicine (K. P. 30). He also

reports cure of his daughter's one-sided headache and nose bleed with biochemic medicines. His children often got fever and cold and they were always promptly cured with these medicines.

### CASE OF PILES

76. Sri Kumar Chand Saksena, Advocate Allahabad, by his letter dated 16th March 1950, reports great relief to the intense pain of his piles. He adds that the use of this valuable medicine for a couple of days put him in a happy mood and he thinks it had magical effect".

77. Sri S. L. Sharma, Draughtsman T. D. E. (W) Jubbulpur, reports that he treated 50 cases and all were cured. These included cases of dysentery urticaria, piles, influenza, fevers, cholera and diarrhoea.

78. Sri J. Chatterji, Advocate, Allahabad, in his letter dated 15th February 1951 reports that he was cured within a fortnight of his sciatica which had baffled injections etc. for a year.

79. The aforesaid gentleman also reports how his brother used to get frequent violent attacks of colic pain which used to persist for several days but since he took the author's colic powder, he found quick relief in the pain, which never appeared thereafter,

80. Sri Akshai Kumar Roy, 568 Katra Allahabad, by his letter dated 19th March 1953, reports 75% improvement of his sciatica trouble in one week. The pain became much less and he could walk a mile whereas formerly he used to feel as if his legs became lifeless after commencement of walking and if however he persisted in walking he used to fall down.

### BERGIER'S DISEASE.

81. In August 1954 one Mrs. Z. M. Paul of St. John's College Hostel, Agra, wrote to the author

that her husband a lecturer of St. John's College Agra had been suffering from Bergiers disease (a rare disease) which is caused by over activity of certain glands, which make one side of the body to be very hot and the other side to be very cold; that an ulcer had formed in a toe which refused to heal even under best Allopathic treatment available at Agra; an operation had been performed but had not improved matters and that there was danger of the ulcer, which was very painful, getting gangrenous and there was danger of the leg being amputated; he was not getting good sleep. She said that she had heard much about the author's miraculous cures from her relatives at Allahabad and appealed to the author to take up her husband's treatment. The author sent medicine by post. He received a letter after a few days saying that the first does had acted. The patient gradually improved and in about 3 months was completely cured by the grace of the Almighty. The author has all her letters.

### ANAEMIA AND COLLAPSE

82. Mr. Pran Nath Agha, retired Sessions Judge, 1-A Katra Road, Allahabad, in his letter dated 8th June, 1951, says that he tried the author's formulae for anaemia and collapse and found them very useful.

83. Sri D. Dayal, Assistant Signal Engineer, E. I. R. Allahabad, by his letter dated 3rd November 1952, reports that his daughter aged 21 had a severe attack of sciatica after child birth; she used to pass sleepless nights and was very restless all the time. The author's medicine "brought her instantaneous relief and practically she was free from pain within half an hour, but subsequently it increased to half of its former intensity. The medicine was continued and within 3 days it was completely cured."

### SMALLPOX CASES CURED

84. Sri Mohd. Idris, Vakil, Civil Court Azamgarh,

in his letter dated 11th May 1951, says that he had tried the author's smallpox specific in a number of cases and to his greatest surprize he found it most useful and all the cases were cured.

85. Sri Keadar Nath Sinha, Ex.Chief Justice, Chief Courts, Banaras, in his letter dated 7th October 1952, says that he had tried the author's medicines in cases of choleraic diarrhoea, fevers of all kinds, acute trouble in eyes and throat, small pox, measles and chickenpox and had remarkable success. He used author's medicine hundreds of times and it never failed. He has not consulted any other Doctor during last 7 years.

86. Sri Ram Bahadur Singh, Talab Nawal Rai Bairana, Allahabad in his letter dated 17th May 1950, says that his uncle had been cured of elephantiasis 75% within 16 days; his wife had attacks of unconsciousness twice every week. She was given author's high blood pressure powder and she had no attack even though 1 1/2 months had passed. He gave the Beri Beri mixture to a lady of his village living here suffering from the disease and she was 50% cured within a week and then she left for the village.

87. Sri S.C. Gupta, 397 Shahganj, Allahabad, reports marvellous cures with Biochemic fever powder No. 2 for fevers and with Biochemic Mag. Phos. 3x for painful menses and he adds that he cured 2 cases of scorpion sting with the mixture.

88. Sri B.B. Lal, Reader, Allahabad, daily used to get 10 or 12 cases of fever, cough or cholera in his village, he had immense success with the Biochemic powders.

89. Sri R.K. Gupta c/o Jute Kamla Tower, Kanpur, reports that he treated cases of fevers, diarrhoea, dysentery, fistula in anus, heart weakness, constipation, vertigo, worms, cold, cough, small pox, chickenpox etc, and obtained satisfactory results.

90. Miss Malti Adib c/o Sri C, P. Adib P. O. Sardarnagar Dist. Gorakhpur writes that she treated cases of mumps, dysentery, fever, headache, abscesses, diarrhoea etc. and had cent per cent success.

91. Sri D. S. N. Moorty, 12/466 Agraharam Street, Vizagapattam, in his letter dated 9th June 1955, says that the author's Biochemic formulae were being tried by a large number of people at Vizagapattam, as a result of which many people were being benefited; more and more enthusiasts had been created and there was ever growing demand for them. He obtained 56 sets of the pamphlets from the author and distributed them amongst his friends.

92. Dr. Ram Kumar Verma M. A., Ph. D., of the Hindi Department of the Allahabad University, in his letter dated 28th October 1952, refers to a large number of cases of members of his family and relations who had been cured, a serious case of Jaundice in an infant (cured in 10 days), bronchitis, cough, loss of voice. He concluded by saying that "I have come to build my faith in your system of medicine and your wonderful power to effect cures. May I say that you do not distribute medicine but distribute health and happiness to thousands of your brothers and this is truly a national service."

While in Bombay, he had to take a lot of iced foods which made his teeth sensitive to cold water. He consulted the best specialists of Bombay and Allahabad but he failed to find relief till he took the author's medicine which brought immediate relief and cure in a very short time.

93. Dr. W. D. Naithani M. D., E. A. C., Forests (retired) P. O. Banghat, Garhwal, U. P. in his letter dated 11th January 1954, writes that he had tried the author's medicines and adds;—"Really they were most useful for poor men whom I gave free medicines."

94. Sri S.K. Mukerji, B. Com. 112/351 Swarupnagar, Kanpur, by his letter dated 12th January 1954, requests for 2 copies of the author's pamphlets and adds:—"The one copy that I had was presented to Major Veerkar, Senior Superintendent of P. O's, Kanpur who is a Biochemist himself and who immensely liked your recipes. He was all praise for your formulae and your humanitarian activities in distributing the leaflets to the needy....."

95. Sri Brij Ballabh Ram Dev, of Motinagar, Lucknow in his letter dated 13th January 1954 says that he had been greatly benefitted by the author's pamphlets. He had not only saved a lot of money he would have spent on doctors but he had also been an humble instrument for benefitting others."

96. Dr. Jagannath Prasad, 17/64 Tilbhandeshwar, Banaras City, in his letter dated 24th December 1953 says that the author's pamphlets had been of immense help to him.

97. A gentleman holding a Gazetted post in the Telegraph Department in his letter dated 4th January 1954. says:—"I am glad to inform you that they (the author's Biochemic prescriptions contained in the leaflets sent to him) proved successful in almost all cases and wonderful in some. Thank you very much indeed. May God bless you and your noble mission."

98. Sri S. J. Rao of Pali Road, Quarters T/24 P. O. Jodhpur (Rajasthan), in his letter dated 15th December, 1955, says that he had tried some of the author's mixtures and found them totally successful in so many cases of poor people and my own family and I am very thankful to you for these inventions."

99. Sri Shanker Tewari, Advocate, Allahabad, in his letter dated 20th December 1953, says:—"I have really no adequate expression to thank you for your wonderful medicines. Almost in all cases your

medicines worked like magic." He has referred to several cases in his family and among his relations in which these medicines cured promptly.

100 Sri Sita Ram Srivastava, Auditor A. G's. office Allahabad, refers in his letter dated 22nd December, 1953, to his itch trouble which was cured with these medicines; he also mentions the cases of his two children who were progressing well towards cure. They had been suffering from whooping cough and injections had failed to cure.

101 Swami Bhumanand of Sri Aurobindo Ashram Pondicherry (South India), in his letter dated 27th December, 1953, says that the pamphlets that had been sent to him by the author had all got torn as they had been handled by so many people; he has asked for 2 more copies.

102. Sri K. D. Misra, B. A. LL. B., 11 Civil Lines Fatehgarh, (U. P.), in his letter dated 6th October, 1953, says that he had been cured several times by the author's medicine when he was a student of K. P. College Hostel at Allahabad.

103. Sri Ram Lakhan Lal, Naturopath, Bansdihka-Bara, Gosainganj Fyzabad, in his letter dated 14th September, 1953, says that he had used many of the author's prescriptions and helped the poor public.

104. Sri Satish Chandra, Cane Auditor Dharmpur (Bijnor), U. P. says that the pamphlets are useful and efficacious in a number of cases besides being cheap; suitable for all pockets.

105. Sri Vidyadhar Singh of Marawan P. O. Deogaon, District Azamgarh, says that he had tried the author's prescriptions for marasmus and fever and found them effective.

106. Sri Balkrishna. of Kesa House, Civil Lines, Kanpur, in his letter dated 14th October, 1953, says that he had tried some of the formulae and found them quite satisfying.

107. Sri G. P. A. of Jaunpur, writes that his wife had been completely cured of her mental trouble with Kali Phos 3x, in 2 months. She had felt improvement after a fortnight.

108. Dr. R. K. Nigam, L. P. M. (C. P., Danaoli Lashkar) writes that he tried the author's formulæ in a few cases and was successful.

109. Sri Gaya Prasad of village Dhobahin Bazar, P. O. Sheohan, District Muzaffarpur (Behar), says that he had tried several prescriptions of the author and had fully succeeded in all of them.

110. Sri Raj Bahadur Lal, Teacher C. A. V. School, Allahabad, reports that this medicine stopped bleeding from the piles of his brother in 24 hours. whereas it used to take 8 or 10 days before this.

111. Sri K. P. Jaiswal, of the Imperial Bank of India, Allahabad, in his letter dated 17th January, 1954, says that he had wonderful cures in case of fever, filaria, dysentery, cold, suppressed menses and excessive menses with these medicines.

112. Sri Ram Shankar Lal, Vakil, Azamgarh, in his letter says that he had taken help of the pamphlet in almost all cases and found it very useful; it succeeded in almost all cases.

113. Sri V. N. Sharma, B. A. M. S. (Prev.), L. H. Ayurvedic College, Pilibhit, reports that he had tried many formulae and found them correct and adds:—"Your service to mankind is priceless and immortal."

114. Sri H.P. Bajpai, writes, from Kanpur that he found the formulae of pamphlets to be very useful and effective so far,

115. Sri Krishna Kaul, wrote from Srinagar that he had found the medicine cent per cent. successful.

116. Sri Chandika Prasad, Madwapur, Allahabad,

writes that various ailments in his family were cured with these prescriptions which were very efficacious; in some cases, they acted like magic.

117. Dr. Sheo Ram Agarwal, of Orai, reports that these prescriptions are being used with success.

118. Sri Dwarka Singh, Principal Baxi Training Centre P.O. Pusa, Distt. Darbhanga (Behar) reported that he had got pamphlets through P. Narbedeshwar Upadhyay, Advocate Allahabad. They were very useful to patients.

119. Sri Mathura Prasad Varma, Lakhisarai, P. O. Distt. Mongyr (Behar), reports that he had tried several formulae, and they were successful.

120. Sri Ram Lakhan Vaish, Section Controller, Traffic Manager's Office, Gorakhpur, writes that he had seen many cases cured with these medicines which were very useful.

121. Sri Rama Shankar, Advocate, Allahabad, reports that he found the medicine very efficacious in asthma with serious breathing trouble.

122. Sri T. Joseph, Goa Lines, G. C. Factory Estate, Jubbulpur, found the prescription quite efficacious; always successful; wonderful to ward off a disease in its early stage. He had treated cases of asthma, cholera, cold, constipation, cough, dysentery, typhoid, headache, etc.

123. Sri L. N. Roy, of 32 Bai Ka Bagh, Allahabad, reports a case of high blood pressure cured with these medicines in a short time.

124. Sri Bhawani Shankaran B.Sc., Demonstrator, Andhra Medical College, Vizagapatam (South India) reports that these medicines act in a nice way.

125. Sri Jagat Narain Mathur, 69 Lukerganj Allahabad, reports that his 8 years old, severe pain in the eye which had defied other medicines was cured in 3 hours with these medicines.

126. Dr. N. P. Asthana Ex-Advocate General of U. P., Allahabad reports that his son was cured of Jaundice in a very short time.

127. Sri N.P. Mathur, 437 Katra, Allahabad, writes that he treated a dozen cases of influenza with these medicines and all were cured.

128. Sri Bimal Banerji, Accounts Officer, (Ordnance Factory) Khamaria (M. P.), writes that he obtained marvellous results in cases of influenza with these medicines.

129. Sri I. A. Brown, marker, T. No. 154, F.E. "A", G. C. Factory Jubbulpur, found the medicines most miraculous in cases of dysentery.

130. Sri Ishwar Dayal Srivastava 561. Daryabad, Allahabad, took medicine on 24th January 1954, from the author for his daughter-in-law for high blood pressure which was 180. The patient was in a local hospital since 20th January 1954 and inspite of injections and oral medicine the blood pressure showed no signs of abatement. The author's medicine was given and the very next day the patient reported improvement and on 26th January 1954, it came down to 150.

131. The wife of an advocate friend of the author was in a local hospital with high blood pressure (180). The lady doctor had brought about an abortion apparently to bring down the pressure but did not succeed. The author's medicine was given; the first dose acted miraculously. The lady could not, even shake her head before taking the medicine; after taking it, however in a few seconds, she could not only do so, but could get up and walk and her pressure came down to 120 to the greatest surprize of all the doctors there !

132. Sir S. Banerji, Inspector C.E. Imperial Tobacco Company Ltd. P. O. Basdeopur District Monghyr Behar in his letter dated 27th June, 1955, says:—

“Your method of treatment has been widely acclaimed by all who have read your book and taken medicine accordingly. By writing the book you have helped those to whom costly medicines are out of reach.

133. Sri S.P. Agarwala, Secretary to the Himalayan Mountaineering Club, 15 Crosthwaite Road, Allahabad, by his letter dated 31st July, 1955, says that he had taken the author's booklet with the biochemic medicines during his expedition to Gangotri Region this year and tried the author's prescriptions on high altitudes and found the same very effective.

134. Sri E. Sitapati Rao, B.Sc. B.E., B. Ed., Perauli, Tanuku Taluk Godawari District, Andhra State in his letter received on 14th July, 1955, says:—“I would like to introduce myself as a follower of your book ‘Simplest remedies for all diseases’ and found the prescriptions very useful.....I am giving the medicine for asthma and it has really shown marvellous improvement”.....I found the remedies working best for small diseases as fevers, colds etc. and the cure is immediate and best.

135. Sri Dayalsaran Srivastava, Director, Nature Cure Home, Uska Bazar, Basti in his letter dated 24th June 1955 says that the author's mixture had acted magically in cases of cholera, diarrhoea, dysentery and filaria.

136 Sri Suraj Pratap Srivastava, Clerk, Lucknow G.P.O. in his letter dated 18th July, 1955 says that he had found the author's pamphlets very useful.

137. Sri Janki Prasad Saxena of 415 Holinagar, Sitapur reports cure of his wife's gall bladder trouble with the author's medicines.

138. Sri Radhey Krishna Srivastava, B. Com. of Gyanpur, Banaras, in his letter dated 16th July, 1955 says that he had got acute pain in his eye balls, which rendered it impossible to read and write for

more than 15 minutes and hence he could not appear at the M. A. examination of the Agra University this year. He tried Allopathic Doctors but in vain. He then came to Allahabad and took from the author a Mixture of C. P. 3x, K. P. 3x, M. P. 3x, N. M. 3x, N. P. 3x, and N. S. 3x, which worked like miracle and he was cured within 15 days. He then purchased the medicines and the author's book and he has been distributing medicines to his neighbours and friends free of cost and "almost in all cases" these "medicines work like Magic".

### POLYPUS CURED MIRACULOUSLY

139. Sri M. Aleem Siddiqi 186 Roshan Bagh, Allahabad by his letter dated 27th Aug. 1955 reports how the polypus in his nose, which used to give him so much trouble that he could not breathe freely and for months together he had no sound sleep, took the author's medicine and it miraculously cured him in a few hours and thereafter he could breathe freely and get perfectly sound sleep.

140. A well known Doctor at Allahabad had a severe attack of Bacillary Dysentery which defied best Allopathic treatment for a month; it was cured by the author's powder in 2 days to the great surprise of the doctor who then saw author's Biochemic books and observed that it is a very strange system inasmuch as, there was no mention of amaebic and bacillary dysentery in them. The author replied that there was no need of having such artificial distinctions when the same medicine can cure all kinds of dysentery.

141. Hernia cured; Sri Harilal, an employee of Northern Railway Allahabad took medicine for hernia for his son, who has been cured in about 3 months.

142. A T. B. patient becomes a doctor and helps poor neighbours.

Sri S. D. N. Sharma, of S.K. Glass Works Kandra (District Singhbhum Behar), was T. B. patient and on one year's leave, took these medicines and was cured ; now he is distributing medicines free.

The author has got with him about a thousand of such letters which are open to inspection by all. He does not wish to burden this book with all of them. He only wishes the medical authorities of India, and of other countries of the World to give a trial to these medicines, at first in such diseases as Tonsilitis, Granules in the eyes, Constipation, Sciatica, T. B. and other diseases in which there is no imminent danger to life and on success, they may try them in cases of Cholera etc., and then distribute them to the millions in the villages and save them from suffering and premature death. The author strongly believes that he has solved the World's Medical problem and prays that the Almighty may grant the right sense to the authorities of the world so that they may use these efficacious, exceedingly cheap and simple medicines and save lives of the millions entrusted to their care. He believes that one day the world will by the grace of the Almighty recognize the value of these remedies. He would, however, be very happy if by the Grace of the Almighty this takes place in his lifetime so that at the time of his death he may have the satisfaction that his life-long efforts have not gone in vain and that he is leaving the world better than he found it.

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## CHAPTER V

### HOW TO AVOID DISEASE ?

Before closing this book the author deems it necessary to give some instructions to the reader, which if followed would enable him to avoid disease and keep good health.

There are certain laws of nature; if we break them, we fall ill. If the readers observe the following rules they can keep healthy. Breach of any one or all of them does not necessarily bring on sickness in its train immediately but some mischief is done though it may be imperceptible at the time; the cumulative effect however, shows itself in due course of time.

1. Always be cheerful. Do not brood over troubles. Always feel that whatever happens, is done by the Almighty and that it is for our ultimate good, though, shortsighted as we are, we may not realise the fact at the time. This will give great consolation. Try auto-suggestions i. e. say to your self that you are free from disease and are perfectly healthy. Experiments show that healthy men have fallen ill merely on account of repeated suggestions made to them that they are ill and have been cured by counter suggestions that they are healthy. Never say or think that your health is bad or memory is bad etc; for it will make it worse.

2. Excess of everything is bad. We should be moderate in all that we do.

3. Physical exercise is a great necessity. The simplest and probably the best exercise is walking. Walking to be most efficacious should be brisk. The

best time is the morning time; one should return before sunrise. On the first day the distance covered should be enough to bring on slight fatigue. In ordinary cases a distance of about 1 mile should be sufficient for first day. Thereafter the distance should be increased even though slightly every day upto 4 or 5 miles. The time spent in walking can very profitably be utilised by the reader in silently repeating the Divine name which is a great Healer; in taking deep breaths at intervals and in auto-suggestions (i.e. saying to himself that he is free from disease and that he is in the best of health).

4. Massage mustard oil daily over the whole body sitting in the sun at about 7 A. M. Then have a bath after 15 minutes. This is very useful.

5. Fresh air is a great necessity, a fact which unfortunately we do not realise fully. In the winter we often close all the doors and windows at night and sometimes burn charcoal in side the room to keep it hot which is exceeding dangerous, being often fatal, due to formation of carbon monoxide. While sleeping we often cover our faces with blankets and lihaf (quilt). All this is highly injurious. Fresh air in large quantities should be allowed to enter the sleeping room though direct drafts of air on the body should be avoided. The room should have windows which should allow sufficient fresh air. They may be kept open. The chest should however be well protected with sufficient clothes to avoid chills; with the chest well protected people can sleep in the verandah in the winter with advantage, as the author always does.

6. Water and food—Pure water is another necessity. At least 3 or 4 glasses of pure water should be consumed within 24 hours. Water should not, however, be taken with the meals or immediately after meals. It unduly dilutes the digestive fluids ; it should be taken 1 or 2 hours after meals

Very cold water should not be taken. It lowers the temperature of the stomach considerably and impairs digestion. Much ice should be avoided. A little ice may, however, be added to make the water somewhat cool in summer.

Aerated waters spoil the stomach in the long run. Wines, opium and other intoxicants, patent medicines, purgatives, crude salts, etc., should be avoided. They are injurious. They ruin the health slowly but surely; the people who are addicted to them should make earnest efforts to give them up by slow degrees, if not all at once. Where there is a Will there is a way. Smoking is injurious; it must also be given up by slow degrees or with the help of medicines mentioned in this book. It may be noted that use of excessive tobacco even causes cancer. Excessive tea is also injurious, though one or two cups may be taken during the day; none should however be taken at night as it disturbs sleep,

It must be borne in mind that we eat to live and not live to eat and that it is better to control our palate and live a long and healthy and useful life than to pamper to our tastes and lead a short and miserable life full of suffering.

We should be very moderate in the quantity of food taken. Most of our ailments are due to too much food that we take. It is much better to take a little less food than a little more.

People generally die because of excessive food taken habitually; none dies of less food unless one takes no food at all.

Every one should decide for himself by observation how much food is necessary for him. It should neither be too much nor too little.

**SLEEP**—One should not sleep during the day; it is harmful as it often disturbs sleep at night; a short nap after office hours in the evening however

is useful. To avoid malaria, mosquito curtains should be used all the year round.

## WHAT TO EAT AND WHEN TO EAT ?

This is very important; for our health depends largely on what we eat and when we eat it.

Foods may be divided into 5 groups given below. Everyone should daily take some thing from each class.

(1) Fruit and vegetables. They contain some mineral substances in small quantities. They also contain vitamins specially green leaved vegetables like spinach (Hindustani Palak), Oranges and lemons, tomatoes and papaya (Hindustani Papeeta). Fruit and vegetables are to be taken in large quantity. They supply  $1/5$  of the energy.

(2) Milk, cheese, peas, nuts and beans and pulses; of these milk is the most important, specially for children, as it contains calcium. Everyone should take at least half a seer of milk and a chatak of other things of this group daily Peanut (Hindustani chiranji) contains phosphorus and should be taken.

In this group are included meat and eggs. The author, however considers these two things to be quite unnecessary for health and would request the readers to give them up; but if they are incapable of doing so, they should not take more than 1 chatak thereof in 24 hours; this group supplies  $1/4$  of the energy.

(3) One Pao (i. e. half pound) of Bread made of wheat or other grain should be taken every day. It contains protein which is necessary for supply of  $1/4$  energy. The flour of wheat or other grain should not be sieved and the husk should not be removed inasmuch as it is the most valuable part of it.

(4) A chatak (2 oz.) or at least half chatak (one

oz) of sugar, candy, honey, gur (jaggery), jam and other sweets should be taken daily. It supplies 1/10 energy. These things if taken in larger quantity or at improper times spoil appetite and are harmful. Honey and gur are particularly valuable.

(5) Butter, cream, ghi (Indian clarified butter) chocolates etc. contain fat, One chatak i. e. 2 oz. thereof should be taken daily. They supply 1/5 of the energy,

### *Vitamins*

These are minute things found in some foods. They are very useful for giving strength and absence thereof causes disease. Several kinds of vitamins have been discovered, but only 5 important ones are given below.

(1) *Vitamin A*. It is found mostly in butter, carrot (Hindustani Gajar) cream, milk and spinach (Hindustani Palak). A little lesser quantity is found in other green leaved vegetables, fresh tomatoes peas (Hindustani matar) sweet potato (Hindustani Sakarkand) and cheese (Hindustani-Paneer).

Deficiency in this vitamin retards growth of body and causes diseases of eyes, ears and lungs; diminished power of procreation (i. e. producing children) and shortens life—By cooking its powers are little affected.

(2) *Vitamin B*. It is mostly found in green peas (Hindustani matar) spinach (Hindustani Palak), tomatoes, wheat etc. Lesser in quantity is found in raw cauliflower, carrot (Hindustani Gajar), cocoanut, grapes, lemon juice, oranges, potatoes and sweet potatoes (Hindustani Sakarkand) Deficiency of this vitamin causes digestive weakness, and diminishes appetite and power of procreation and produces constipation. Cooking has no effect on this vitamin but it is soluble in water; hence the water in which the thing is cooked should not be thrown but should be taken.

(3) *Vitamin C*. It is mostly found in raw cabbage, lemon juice, oranges, spinach, tomato, raspberry (Hindustani Rasbhari); in lesser quantities in plantains, apples, grapes, onions, green peas (Hindustani matar), fresh sweet potatoes and mango.

Deficiency of this ruins health, produces aphthae (blisters) in the mouth; scurvy in teeth; stunted growth, stiffness in joints; wandering pains; irritable temper and cowardice. This is destroyed by cooking or heating. Hence the things should not be boiled or dried.

(4) *Vitamin D*. It is mostly found in pure milk, or cod liver oil; in lesser quantities it is found in butter, cocoanut, green leaved vegetables and fresh green peas. Sunlight produces these in human bodies. Deficiency in this causes marasmus (Hindustani Sookha) or softens bones which bend, weakens lungs and spoils teeth. Hence the necessity of pure milk for everybody specially children. Heat has no effect on this.

(5) *Vitamin E*. Mostly found in green leaved vegetables, or seeds or eggs. This increases power of procreation. Heat has little effect on this.

We should take foods which may supply us all the above vitamins. If we take bread of flour which has not been sieved, pure milk, spinach (hindustani Palak), tomatoes, oranges, fresh green peas (hindustain matar), plantains, raw cauliflower, carrots and green leaved vegetables daily, we get all the vitamins. Hence we should keep them in mind.

The author is giving below some broad facts :—

Occasional fasts say once a week or a fortnight are very conducive to health. They cleanse the system by burning away the impurities. Readers who have to attend offices would find it very convenient to have fasts on every Sunday. If a 24 hours fast is found difficult or inconvenient, a half day fast must

be observed. Take nothing except water after 11 a. m. on Sundays till next morning. If even this is not practicable drop the night meal at least.

Poor stomach must have some rest. If you do not give it rest voluntarily, it will have enforced rest during illness. If there be some trouble in the stomach, forego a meal or two and this will set it right.

Fruits are exceedingly beneficial for our health.

Oranges, lemons, raspberries, tomatoes, grapes, sugarcane, apples, papaya (papeeta), mulberries, melons, kakri, guavas, mango and plantains are all useful; particularly oranges, lemons, tomatoes, and papaya (papeeta). An English Civil Surgeon told the author that papaya (papeeta) was really very useful and that all that was claimed about its virtues by Ayurvedic physicians was correct.

Jack fruits (Kathals) should not be given to patients as they are difficult to digest. In health they may be allowed but not too much.

It has been observed that if our blood is alkaline, we do not fall ill. It is only when our blood becomes acidic that we fall ill.

There should be 80% alkalinity and 20% acidity in our blood. The author gives the following directions, keeping the above facts in view :—

1. The fruits mentioned above and dried fruits like figs, dates, munaqqas, kishmish; green vegetables particularly those with green leaves are very good and should be taken in large quantities. Onions and their leaves are useful things but not good for people who want spiritual advancement. Potatoes are difficult to digest, but may be eaten in small quantities.

2. Sugar is good; but too much of it should be avoided; pure honey and gur (jaggery) are exceedingly beneficial.

3. Milk, curd, matha, are wholesome foods to take. Ghee and butter are difficult to digest and they may not be taken in large quantities, only a small amount of ghee should be taken with dals (pulses) and in vegetables. A lot of curd should be taken. It is very useful.

4. Dals (pulses) contains proteins. After 30 years of age much dal should not be taken and after 50 it should be completely given up. Dal should be taken with its rind (skin).

5. Wheat flour should be taken as a whole i. e. with its chaff (chokar).

6. Meat and fish produce acidic blood and are harmful and should be avoided as far as possible.

7. Things fried in ghee like pooris, kachauris, etc. are injurious in the long run. Bazar sweetmeats are contaminated with germs. They should be avoided. They often bring on cholera. If some people feel they cannot help taking bazar sweets they must dip the same for at least 5 or 10 seconds in boiling water or very hot water to kill germs before eating them. If it is liquid, heat it for some time to kill germs.

8. Pickles, and acidic things produce acidic blood and should be avoided.

9. Too much of spices and chillies are exceedingly injurious, Small amounts thereof, however, can be taken with the vegetables.

10. Food must be thoroughly masticated (i. e. chewed) before swallowing. This is important.

11. Tinned fruits and syrups are harmful things.

12. It cannot be over-emphasized that the quantity of food that we take should not be so large as to produce the feeling of discomfort. It is best to take

a little less than what would bring on the feeling of satiety.

If too much of rich food (i. e., food containing much of fats) is taken, a pill of Puls 6x will not allow the excessive food to do harm.

13. The food that we take should not be hot in temperature. It brings on much thirst and is injurious to the teeth. The author is about 62 years of age, he has not lost even a single tooth which he believes is due to the fact that he never takes hot food.

14. There should be an interval of at least 3 or 4 hours between 2 meals. It is best not to take any food unless there is real hunger or appetite. This is very important.

15. Morning Nashta (Breakfast) is harmful for those who have to go to office at 10 a. m., unless taken by 6-30 a. m.

16. Rest is very necessary. There should be some rest after every hour or two of work. A man can do more work like this than while working continuously without rest.

17. Always lie down for at least some time after each meal—May be even for 2 or 3 minutes. Gastric ulcer (which is considered to be incurable) can be avoided by doing this.

18. The last meal at night should be taken at least 1 hour before going to bed or preferably two hours.

Bearing the above facts in mind, the reader can fix his own timings for taking meals.

## CLOTHES

Too much of clothes should be avoided during winter. The habit of wrapping woollen comforters

round the neck and head in winter is not good; as people who do so, often suffer from cold, tonsilitis etc.

People should be particularly careful about clothes at the time of change of weather specially in October and March as the weather is then very uncertain. The clothes which may be sufficient in the evenings or at the time of going to bed would be insufficient after midnight when it becomes chilly and one is likely to catch cold, which sometimes even brings on influenza or pneumonia. This applies also to blankets and quilts with which we cover ourselves while sleeping in winter. It is, therefore, better to cover ourselves with blankets or quilts which may be sufficient to cope with the low temperature to be had after midnight, though at the time of going to bed, they may be slightly uncomfortable, being too warm. Special precaution is to be taken about the chest and the belly which should be sufficiently protected with a vest coat. During winter, when we leave the bed in the morning or at night we should put on a coat or a sweater to avoid chill.

In this connection the author would strongly emphasize that in the earliest stage of chill there is nothing better than a pill of Homeopathic Aconite 6x. As soon as a person discovers that he has caught a chill, he should immediately take a pill of Aconite 6x which would nip the evil in the bud in no time. If delay is caused, this may not do so much good; 1 pill may be given every 15 minutes—a few doses would generally suffice. This Aconite would also put an end to many diseases which come on suddenly, if it is taken as soon as the patient feels that he has been attacked by any disease, say cholera or diarrhoea or fever. A mixture of F. P. 12x, K.M. 3x and N. S. 3x may be used if Aconite be not available.

If Aconite 6x be not available Aconite 30 or any other potency thereof may be used.

Care of the eyes—one should not read while lying down.

It brings on granules in the eyes (called trachoma, a disease, considered almost incurable by modern medical science, but easily curable with K. M.)

The light in which we read should not be too dazzling nor should it be too dim. At the time of reading one should so sit that the light may come from back or left side. The source of light should not be in front. One should not read in twilight.

In the morning when we wash our face, we should take a little water in our palm and dash it into the open eyes; this should be done several times daily. This may be repeated in the evening. It keeps the eyes cool and healthy.

During a storm one must not stand under a tree. One should never stand under electric wires.

During rainy season one should not sleep in the open unless with a mosquito curtain, otherwise there is danger of getting cold, cough, rheumatism or malaria, on account of dew.

During hot weather one may sleep in the open only when the entire night is hot; as it is very unsafe to sleep in the open when the early part of the night is hot but the later part of the night is chilly.

A ceiling fan is risky to use on such nights. It causes cold, cough and sometimes influenza.

A table fan may be used, if the breeze is allowed to play only on the face.

If however a mosquito net is used, a table fan or a ceiling fan may be safely used as some breeze will enter the holes of the mosquito-curtain and keep the temperature a little lower.

## IMPORTANT

People would do well to carry in their pockets, a packet containing a mixture of C. P. 3x, K. P. 3x and N. M. 3x to stop heart from failing, so that it may be available at the nick of time and 12 small paper packets containing one or two grains each of the 12 Tissue Remedies, a packet containing pills of Aconite 6x to nip in the bud attacks of cold and other diseases which come on suddenly and also a few pills of Arnica 30 to be given in cases of injuries. The author always carries a packet in his pocket containing the above medicines and they have been of great help in saving life or removing sickness on many occasions.

In the end, the author would repeat that everybody should keep his spirit high and feel that he is free from disease and should have faith in the Almighty.

## CHAPTER VI SOME MORE GENUINE CASES

### *T. B. cases cured*

T. B. is a great killer. In India alone it kills about 5 lakhs per year. The author's formula, if given in early stages, cures almost cent per cent cases. If the Government takes interest, it can supply medicines to all the patients in early stages and save almost all the cases. Even in advanced cases, a good percentage can be cured.

### *Another Miracle*

Mr. S. K. Sherwani Rais of Datavti, District Aligarh, had been suffering for 15 years from T. B. of the lungs with occasional vomiting of blood and several pounds of blood used to be lost every summer and he had to remain confined to bed. He could not go out in sun, which used to bring on bleeding. Four years ago, the author gave him T. B. powder and powder for stopping haemorrhage. This stopped his bleeding for good and cured his T. B. and now he is able to go out for shikar in the hottest weather, without any bleeding. These medicines cured this case which had been declared to be incurable by Col. A. Kidwai M. D. (Edin) (T. B. Specialist) and Col. Datta, I. M. S. of Mussorie.

### *T. B. with bleeding from lungs and nose*

Dr. A. Ahmad P. O. Keshanganj Bazar, District Poornea (Behar) in his letter dated 29-5-58 asks for a copy of this book and adds that previously he had ordered for 3 copies of the same and he confirms that the author's "postulates are worth their weight

in gold. Sometimes when other medicines fail, they perform miracles." A case of T. B. with haemoptosis (bleeding from lungs) and epistaxis (bleeding from nose) was saved with prescription No. 210 (bleeding from lungs).

Dewan Radhenath Kaul, Poet Laureate, of Allahabad, in his letter dated 1st October, 1950, describes how the wife of his servant Nanku was suffering from fever and cough. He consulted several doctors at Allahabad who declared it to be a case of T. B. which was confirmed by X-Ray Photograph and report (which are with the author). Allopathic physicians demanded Rs. 400/- for her treatment. He brought her under the author's treatment in July 1949, as his own wife, a patient of paralysis, had been treated by the author and she had improved under it. He adds "the temperature of the T. B. patient aforesaid used to rise to 103 degrees in the afternoon before the commencement of your treatment. Within about 20 days of taking your medicine her highest temperature came down to 99 or 98 degrees and she has been keeping fairly good health even though she has to do cooking and washing utensils etc., at her own house."

Sri S. C. Asthana, Advocate, Allahabad, in his letter dated 5th November, 1947, says "I am extremely grateful to you for treating my wife who was ailing from T. B. since a long time. She has not only recovered from that disease but there has been such a change in her health that nobody can say she ever suffered from phthisis, your medicines work wonders and have magical effect. I hope this country will appreciate your voluntary services in this direction."

Sri N. C. Shastri, Barrister, Allahabad, in his letter dated 15th January, 1951, describes how his relation who was suffering from advanced T. B. which was confirmed by X-Ray Photograph and

Doctor Rastogi in-Charge T.B. Hospital was giving A. P. treatment and gold injections, and later streptomycine. He adds "Her temperature used to go upto 103 degree or so daily; I took up your treatment with Biochemic medicines and in about a week's time the temperature came down to normal. She lived for about 6 years and kept good health till she died of heart disease in 1949 November. She had recovered from T. B."

Sri Mohammad Ahmad Khan, B. A., Rais, Har-doli, Mohalla Chawni, Banda, writes that the mixture mentioned in the Pamphlets are "very successful. I have given these mixtures to so many patients and have got 100% success. I have treated from your mixtures constipation, T. B., Hysteria and cold cases. Most chronic and serious cases of the above said diseases were cured within a week. I have treated about 50 cases of constipation and 2 cases of T. B., where there was cent per cent cure."

Sri Abdul Salam aged 18 son of Sri Abdul Ghafoor proprietor of Bombay Hair Cutting Saloon near Colvin Hospital at Allahabad, came under the author's treatment in March 1952. In his report dated 30th June 1952, he says that the patient had been ailing from T. B. for 14 months. He had before this, pains in the loin and there was fever. Doctors thought that an abscess was forming and poultices were applied and after a week it was operated upon; after 6 months Allopathic treatment the wound practically healed up but he used to get temperature every 10 or 15 or 20 days, but it used to disappear after pus had discharged. An X-Ray Photo was taken which confirmed T. B. The local Government T. B. Expert got the patient put in a jacket of Plaster of Paris which was kept on for 26 days and T. B. injections were being given morning and evening. The fever left and the plaster was removed but certain abscesses had formed and again fever came back. The patient was then given Homeopathic

treatment but without any good and then the author's Biochemic treatment was taken up. The fever and tumour disappeared within a week and the patient recovered completely and gained 20lbs in weight within 3 months. He is O. K. today.

A boy aged 10, son of Kishanlal, Goldsmith of Village and P. O. Meohan in the district of Allahabad, was suffering from fever and cough. He was brought to the author. He had been examined by the best Allopaths of Allahabad. A famous Allopath of Allahabad treated him for a week without any improvement. The author's biochemic powder completely cured him in a month.

Choudhri Bharatsingh, Jat of Village Kursanda, Thaloo Garhi, District Mathura, reports that he cured two women T. B. patients by name Bhagwan Kunwar and Ram Kunwar with the author's powder in less than 3 weeks. They had been ill for 1 year and had been confined to bed.

P. Bhudeo of Ibrahimabad, District Aligarh, reports how he cured in 2 months, with the author's T. B. powder one Thakur Das of his Village, who had T. B. of bone. He had been treated at Agra and Delhi but without any good.

The author's brother Sri Bishan Swarup Darbari, Advocate, Member, Election Tribunals, Ex-Chief Justice, High Court Tonk (Rajasthan), reports how an Indian Christian Samuel who had been suffering from T. B. and had been given up as hopeless by Allopaths at Agra was cured with the author's T. B. powder in a few days. His father and brother had died of T. B.

Sri P. L. Srivastava, Compounder of Kapoor Homeo Hall, Zero Road, Allahabad, writes that the author's T. B. powder is in great demand and many

people come to his shop for it and they report that it is doing much good to patients, who are using it.

Sri Rameshwar Prasad, Vakil, Civil Lines, Hardoi, writes that he and "about half a dozen of other T. B. patients had been using the author's T. B. powder and all are doing well". He had been using the powder along with P. A. S. and during the one year of its use, the old lesions had all fibrosed.

One Mr. L. C. Sharma, Accountant, 92 Allenganj Allahabad, says in his letter dated 12th December 1951, that his son had slow temperature for 2 months. He was X-Rayed and diagnosed to be a patient of T. B. "The use of the medicine acted like miracle. From the very day we commenced there was no temperature. He gained 2 lbs in weight in a fortnight."

Sri Rukmangad Singh of Civil Lines, Nagheta Road, Hardoi, in his letter dated 24th December 1950, says that he had learnt about the author's T. B. medicine from Sri Rameshwar, Vakil, of that place. He had vomitted 2 lbs of blood in September 1950, and was declared a T. B. patient and remained in Bhawali Sanatorium for about a month and then returned to Hardoi. Thereafter he used to get temperature up to 99 degrees. When he commenced the author's treatment for a few days the temperature rose a little higher than before but latter on it used to go only upto 98.2 degrees. He refers to a carpenter at Hardoi who is taking the author's T. B. powder and he is better.

Sri Jagdish Narain Kapoor, 52 Khushal Parbat, Allahabad, in his letter dated 26th August 1950, reports how his brother Sri Daya Narain Kapoor, had fever and cough and had been X-Rayed and declared to be a T. B. patient. His temperature was 100.4 degrees in the evening of 11th August 1950. He was put under the Biochemic treatment of the author and

within 12 days, temperature came down to normal and cough was much better and he felt much better.

Sri Lalitmohan Varma, Clerk, Tax Department Municipal Board Allahabad, in his letter dated 2nd July, 1952, says "My son Saroj Chandra Varma aged about 16 had an abscess in the left groin, which used to give out pus. There used to be fever and weakness. I put the boy in the Colvin Hospital. There he remained for 1 or 1 1/2 months but there was no improvement. Mr. Darbari gave me T. B. powder, which has improved his general condition very much. The temperature has become normal and the pus now comes out in very small quantity"

Sri Nar Har Bindu Rao, D53/61 Luxa, Banaras, in his letter dated 14th November 1951, says that he had tried the author's medicines, for so many months and he found them most effective.

#### CHOLERA CASES CURED

Dr. R. A. Verma, 11/234 Souterganj, Kanpur in his letter dated 15th September, 1945, says that he along with a couple of his friends not only tried the Cholera powder on a number of cases but they actually advertised it for free distribution in all the local newspapers. "This compound is a wonderful curative not only in cases of Cholera but the 4 phosphates alone are equally efficacious in case of summer diarrhoea."

Sri P. M. L. Varma, Advocate, Allahabad, in his letter dated 23rd September, 1957, says that the author's formulae had been used by him "with great success in all kinds of ailments including Cholera." He reports that his servant received news of his child's illness in a village. He gave biochemic medicines for cholera to be given to his child, and the servant on his return told him that two doses cured his child and he distributed the remainder to many other cholera patients in his village, which effected miraculous cure in all cases.

Dr. M. L. Karichan of Jhansi; in his letter dated 26th January, 1952 says that he had used the cholera formula and found it effective.

Sri Jai Singh, Vakil, Mirzapur, in his letter dated 24th January, 1952, says, "day by day my faith in your formulae of Biochemic Medicine is increasing. It is only last week that I cured a cholera case with the help of your cholera powder. The case was of a serious type and it was after some hesitation that I decided to handle it mainly because the patient was too poor to call a doctor but your medicine brought almost complete cure in about 2 hours. Kindly favour me with a copy, of the booklet when you publish it."

Sri Lakshman Prasad, Accountant, Octori Department, Municipal Board, Allahabad, in his letter dated October 1, 1945, says that he had taken a quarter dram of the cholera powder from the author (worth about 2 pice) while going to his village where Cholera was rampant. He cured all the 30 patients to whom he gave the medicine; one of them was practically dying but he was able to walk about within 3 hours of the commencement of the treatment.

Sri S. Rafique, the then Assistant Government Advocate, High Court Allahabad, in his letter dated 28th February, 1946, says that he had tried the Cholera Powder on a few patients and found it highly efficacious and satisfactory.

#### MALARIA CASES CURED

Sri G. S. Singh, B. A., LL.B., Ex-Honorary Magistrate, Mirzapur, in his letter dated 29th September 1950, says that during the last World War when there was scarcity of quinine, he had tried the author's formula for malaria first in his family and then on hundreds of patients and adds :—"I am very

glad to inform you that, found it a success without fail. May God bless you."

### CASES OF TONSILITIS CURED.

The author's medicine cures without operation.

Sri Bhupendra Narain Advocate Banda (U. P.) reports that his son Bhuwan had been cured of his tonsil trouble with author's medicine several years ago. He had now developed other troubles for which he wrote to the author for medicine.

Mrs. G. R. Edwards of the Medical Department, E. I. R, Allahabad, reports that her nephew's tonsil trouble had almost completely cured and adds "Your cure for smoking is effective."

Sri Hem Chandra Mukerji, Advocate, 9 Lukerganj, Allahabad, whose father was a famous surgeon at Allahabad in his letter dated 26th August 1952, says "I have to thank you for the very excellent medicine for tonsilitis which you gave me. I was tired of painting throats and giving sulphur drugs to the babies, but except for temporary relief no cure was effected; your medicine is really wonderful and has converted me; a confirmed allopath to your system of medicine."

Sri Pooran Chand Sood, Advocate, Agra, in his letter dated 30th June 1952, says that his youngest son Sri Gyaneshwar Singh was suffering from tonsilitis and an operation was under contemplation; he tried the author's medicine and it did him good and this did good to his daughter's son also.

### A MIRACLE

About 2 years ago, an Ex-chief Justice of Hyderabad High Court consulted the author for

intense pain in his upper arm at midnight & disappeared of itself at 2 A.M. This had gone on for 32 years inspite of the best treatment he could get in India. He had even gone to England to consult His Majesty's physician, who after a very careful examination told him that his trouble was incurable. He came back to India utterly disappointed. The author gave him a dose of Silicia 12x because his trouble was always at night. That single dose put a full stop to the pain which disappeared from that very day & the illustrious patient was cured.

### CASES OF CANCER CURED

It is a fatal and incurable disease but several cases have been cured with author's medicine. If given in earliest stages it cures almost 100% cases. Even some advanced cases have been cured.

About 3 months ago, Sri Alop Shanker Singh, Reader, Government Press, Allahabad asked the author to treat his mother for her cancer on the breast which have been declared to be cancer by the Civil Surgeon and Assistant Surgeon Allahabad who declared it was incurable. Without even seeing the patient the author gave his cancer powder which was given by the mouth and also applied locally mixed with Olive oil and within about a month the patient was cured ! The patient can be seen.

On 21st November, 1954 the author was asked by Dr. Savant, Superintendent of the local famous Kamla Nehru Hospital, if he could cure a female patient of her hospital, who had been suffering from cancer of the private parts ; that she had employed her best tests and was fully convinced that it was a clear case of cancer and she was definite that the patient must die within 6 months. The author re-

plied that he could not cure her, he could only treat her ; but He could cure the patient if it pleased Him. The author took up the treatment, and gave a tiny powder to be mixed in 4-oz. distilled water and given in teaspoonful doses 4 times daily. The author saw the patient a week later on 28th November, 1954 and asked her about the cancer, the patient said she was much better. The author gave another powder and went to see her on 7th December, 1954 when he was told that the patient had left the Hospital sometime earlier saying that she was cured. The author saw Dr. Savant, who confirmed the above but added that though the patient had stated that she was alright, in her opinion appearance of the cancer was the same. The author told her that with his medicines the outward appearance of the cancer remains the same though all the troublesome symptoms disappear and the patient is restored to health. On author's request the Hospital authorities have supplied to him, the address of the patient and the author wrote to her about her present condition but as the address was insufficient the letter came back undelivered. The author has, however, every reason to believe that the patient is cured otherwise she would have certainly come for further treatment.

Some 6 or 7 years ago, one Sri Yagya Datt, Postman, of Allahabad Head Office, approached the author and told him that his wife had been examined by the Civil Surgeon who diagnosed it to be a case of cancer of the jaw. He had solemnly declared that the patient must die within 3 or 4 months. The patient was weeping all the time since then. The author sent for the patient and consoled her and gave her his powder, which brought on improvement in a very short time.

#### ASTHMA CASES CURED

Dr. V. K. Patwardhan, A. M. S., S. S. Hos-

pital, P. O. Banaras Hindu University by his letter dated 11th February, 1950, reports how one of his relations was in a persistent asthmatic state with some cardiac distress for more than 15 or 20 days and was given the author's Asthma Powder. He adds:— "I am glad that she had immediate relief of her symptoms and she is relieved of all symptoms for the last 3 or 4 days. I hope she will maintain the improvement. The patient had developed complete aversion for all our medicines and injections and because of this, your simple medicine came as a boon to her. I will be thankful to you if you send your other experiences to me, as I have developed a desire to try in my practice these simple effective and at the same time cheap medicines. Thanking you again".

### ASTHMA

Mr. A. K. Mathur of 8A/29 Western Extension Area, Karol Bagh, New Delhi writes on 25-5-58 that he is one of authors very grateful patients, who has been completely cured of severe bronchial asthma with author's prescription, within a few days; after having suffered for 5 years during which he had taken the very best allopathic treatment. Since then he has made a Biochemic medicine chest as suggested by the author and he is treating members of his family and neighbours. He adds that he had not needed outside medical assistance ever since then.

(There are thousands of such enthusiasts spread all over India).

### ANOTHER MIRACLE

On 30th November 1954 at about 11 a. m. the author learnt from his friend Sri Moonis, Advocate that a colleague Sri A. P. Pandey Advocate, Allahabad, was seriously ill, suffering from Hæmorrhage (bleeding) after every stool; that there had been so much loss of blood that the best Allopathic physicians in whose treatment he had been, had advised

that he should be removed to the Civil Hospital (the best local Hospital) and blood transfused immediately otherwise there was danger of collapse; that best injections including injections obtained from Patna costing Rs. 60/- each had failed; the author went to see him at 8 p. m. the same night and gave him alternately mixtures of his powders for preventing collapse and for stopping bleeding and for piles dissolved in water as usual at short intervals. Some improvement was noticed immediately. The author came away at 9 p. m. He received a report next morning that there had been no more bleeding and that he had gained in strength during the preceding 8 hours of the night what he had lost in 8 days of bleeding! He was cured! Next evening Sri A. P. Pandey told Sri B. Malik, the then Chief Justice about this miraculous cure with author's medicine

#### *Tape worms and Thread Worms etc. and Sinus*

The author's medicine for Worms is simply superb for the trouble. Sri Govind Prasad clerk to Sri L. M. Pant, Advocate, Hamilton Road, Allahabad, reports that he took the author's medicine for 3 days and one big tape worm about 1 foot long came out, since then he has been keeping good health. There is no more pain or nausea. His daughter also took the powder and passed 27 tape worms. She is also keeping good health. He also reports how another daughter of his, had sinus for 7 years. It was cured within a month with author's powder.

#### *Hernia*

(1) Mr. Harilal, Pointsman Allahabad Junction station (N. R.) took author's medicine for his son aged 7, who had been suffering from hernia of the right side. He gave the medicine for 4 months with occasional breaks. The boy is cured. The patient is here to be seen by everybody.

(2) Sri Krishna Kumar Srivastava, B.Sc. Student, Allahabad University reports that he was cured within a week of his hernia trouble with author's powder. Several cases have been cured including cases of long standing.

#### *Eosonophelia*

Mr. Ahmad, nephew of Sri Tyabji, cloth merchant, Civil Lines, Allahabad had Eosonophelia for last 8 years. He used to have attacks every 4 years. Each time he had to take 10 injections. This time, he took author's medicine and was cured within 1 day. He found instantaneous improvement. The medicine is excellent.

#### *High Blood Pressure*

On 24-1-58 Mrs. S. P. Singh wrote to the author that her blood pressure was 164/90; she had very stiff feeling in the neck—also a giddy feeling. She wanted medicine. The author sent it and next morning she reported that the medicine sent by him was very good. She was cured.

Mr. S. Diesh, Assistant Traffic Superintendent, N. Railway, Allahabad had high blood pressure. He took the author's powder which did him good. He writes to the author for more powder.

#### *Smoking habit*

Mr. K. U. Ahmad, Head of the Department of English, G. F. Degree College, Shahjahanpur had occasion to travel with the author in the same compartment on 31-8-1957. The author found him smoking too many cigars and asked the gentleman to give up the habit. The latter expressed his helplessness, though he desired to leave the habit. The author gave him Calc. Phos 3x, which removed his craving and he did not smoke a single cigar during rest of the 4 hours journey.

*Deafness*

Mr. B. B. Pande, Deputy Superintendent of Police 26 Muir Road, Allahabad, had been suffering from deafness for several years. He had taken treatment from the best experts in India but his condition did not improve.

He had also taken the opinion of English experts but it was declared incurable as the nerve had got dried up.

He has been taking author's medicine for some time and he is very much better. Within a few days of the treatment to his great surprise, he could hear a trunk call, which was impossible before this ! He spoke about this treatment to Sir Iqbal Ahmad, Ex-Chief Justice High Court, who took author's treatment for hardness of hearing.

Mr. Sita Ram Sahai, clerk, C. D. A. Pension, Allahabad reports that he had been suffering from deafness for 2 weeks. He took author's medicine for a week and was 50% cured.

*Excessive menses*

The above gentleman also reports cure of his wife within 4 or 5 days of her excessive menses trouble.

*Trachoma (Granules in eyes)*

The other day the author was amused to read an article in a paper that battle for trachoma by Allopathic doctors had been going on unsuccessfully for a long time. Now Biochemic Kali Mur 3x is a specific for it. It never fails.

Sri Govind Prasad Misra, Assistant A. G. office computation 3—Section, Allahabad had been suffering from chronic trachoma for last 8 years. He took treatment in Government Eye Hospital Allahabad, Sitapur Eye Hospital but got only temporary relief. All the Doctors told him that persistent treatment for 1 year would be required for a cure. He could not read for more than half an hour

during the day and could not read at night at all. He had been given 9 milk injections. He had been given Teramycine and Locula 30% which made his eyes worse. He was very much worried as he had to appear at an examination. He took author's powder mixed with water orally and the very next day he was slightly better and was much better in a week and within 1 month he was 90% cured. He was able to appear in the Examination.

### *Papilloma*

Dr. K. L. V. is taking author's treatment for papilloma and other troubles and is better. His papilloma is slightly smaller and it does not bleed so profusely as it used to do before.

### *Meningitis*

A nephew of the author had severe attack of meningitis—his condition was desperate. He was on the point of death. A pill of Naturm Mur 200 was given by author and repeated within 5 minutes; the patient was cured within a week.

### *Jaundice*

Mr. J. S. Gupta, Advocate writes that he was very much surprized to see the miraculous effect of the author's medicine not only on human beings but also on animals. His dog had a severe attack of jaundice so much so that its teeth had become yellow. The veterinary doctor prescribed very costly and elaborate treatment but without hope of recovery. He casually consulted this book and gave medicine which had a miraculous effect and the dog completely recovered within a fortnight.

### *Canstipatiou*

Constipation is a very common disease. So far as the author knows there is no cure for it in modern system of treatment, nor in Ayurvedic or Unani systems of medicine. The patients are given laxatives daily to relieve the trouble but these can not be called cures.

The author's medicine cures in almost cent per cent cases. It brings relief in one or two days and cures within a week or two.

Mr. C. M. Kingsley Purser (Treasurer) on board the ship *teressa* writes from Kuwait that the authors medicine for constipation is very good indeed.

#### GRANULES CURED

Sri Sripati Narain Singh, Advocate, Allahabad by his letter dated 3rd November 1952, reports that his brother had been suffering from granules (trachoma) in his eyes for 9 years all the known medicines had been tried but none had any effect. It was impossible for him to read for 15 minutes and so he had to give up his studies. He took the authors Biochemic treatment and it cured him in a very short time and he was now fully cured.

Sri J.S. David, Advocate, Allahabad, reports that the Biochemic medicine for granules did him much good.

#### TAPEWORM CURED

Sri D. D. Seth Advocate, Allahabad, in his letter dated 6th March 1952, says that he had tape worms in his bowels and at times his whole system was upset. He began to get loose motions with feelings of nausea so much so that he hated the very sight of food. This was the condition on 25th February, when he consulted the author and the first dose did good.

#### CASE OF COLLAPSE

Eight years ago, one February night, a son of Sri Beni Madho Chaprasi of K.P. Boarding house Allahabad, became unconscious, he was pulseless, his hands and feet became cold like ice. The author got his collapse powder rubbed on the gums and inside the lips and within 4 or 5 minutes strong pulse came back and within about half an hour he came to his senses.





## S U P P L E M E N T .

Relevant portions of recent letters from gentlemen, who are utter strangers to the author are given below :—

(1) Syed Ahmad Raza Abidi B.A., B. Ed. Teacher, Umrao Gali Jhansi writes to the author "Dear Sir, three days back I was taken ill of hernia. My friend advised me to go to some Allopath but the thought of injection or operation was so dreadful to me as the thought of death to a young man. But an idea suggested itself to me as to why I should not use your Biochemic mixture prescribed for the disease. No one would believe that the very first dose did miracle and I began to feel some motion in the protuded viscera and in the ball in the left bag. I had a restful night and when I woke up in the morning, the pain and the swelling was considerably lessened. I drank out remaining of the 2 ounces of your mixture after intervals in the day and in the evening I felt as if nothing had happened. I am now constrained to say you a *masiha* or a Luqman Hakeem of your time. You have really done a very very great service to humanity by devising these wonderful formulae. May God bless you and give you a long life and prosperity."

(2) Sri S. S. Bhatnagar Dy. Executive Engineer 29 Nursery Square Nangal Township—

"My brother who is M.B.B.S., D.P.H. and Health Officer in U. P. introduced your book to me about 5 months back. It was for the first time I came to know about the

Biochemic system. I tried it and found it to act like magic. I have tried your mixture in cases of diarrhoea, dysentery, piles, fever, cough etc. and found these very good. My other colleagues and neighbours have also started taking medicines from me and they are also full of praise for all these. The doctors have stopped coming to my house, who had to be called previously and I do not think that I will need their services for minor ailments. My 10 months old son is my patient and I have tried these medicines on him and found that the diseases are nipped in the bud every time.

My other neighbours have also showed their liking to start this system."

(3) Syed Mohd. Raza Abidi Vakil Jhansi had been suffering from deafness for 7 years inspite of treatment. ~~He reports cure within 5 days with Kamboh 3x.~~

(NOTE.—The medicine used must have cost less than a "pic!")





