XIV

1. A\textsuperscript{2}GAR 8 (Ah-ghar) - EAGLEWOOD 8
Composition
Aquilaria agallocha, Myristica fragrans, Bambusa textilis, Saussurea lappa, Terminalia chebula, Melia composita, Commiphora camphora, Mesua ferrea
Use and Action
accumulation of rLung in cardiac region
proliferation and vitiation of rLung giving rise to the following symptoms:
mental unrest
lethargy
dullness
inability to concentrate
mammary glandular and hepatic pains
Dosage
2-3 gms either in the morning or at night with hot or warm water, broth, or chang

2. A-GAR 12- EAGLEWOOD 12
Composition
Aquilaria agallocha, Myristica fragrans, Melia composita, Bambusa textilis, Saussurea lappa, Terminalia chebula, Mesua ferrea, Eugenia caryophyllata, Hedychium spicatum, Inula racemosa, Commiphora mukul, Commiphora camphora
Use and Action
pain in the upper back and shoulder region due to accumulation of rLung and blood
Dosage
2-3 gms either in the morning or at night with warm water or chang

3. A-GAR15-EAGLEWOOD15
Composition
Aquilaria agallocha, Myristica fragrans, Melia composita, Bambusa textilis, Saussurea lappa, Pterocarpus santalinus, Mesua ferrea, Terminalia chebula, Terminalia bellerica, Emblica officinalis, Inula racemosa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Shorea robusta
Use and Action
\[ \Box \] pain all over the body due to accumulation of rLung and blood
□ cough with expectoration of frothy phlegm in the mornings

Dosage

2-3gms either in the morning or at night with warm water or chang

4. A-GAR17-EAGLEWOOD17

Composition

Aquilaria agollocha, Terminalia chebula, Terminalia belerica, Emblica officinalis, Melia composita, Mucuna prurita, Entada scandens, Tinospora cordifolia. Chrysanthemum tatsienense, Meconopsis horridula, Sausurea lappa, Eugema caryophyllata, Myristica fragrans, Trachyspermum ammi, Commiphora mukul, rock sugar

Use and Action

□ accumulation of impure blood in kidneys and hip region

□ stiffness of neck due to spreading of nephritis

□ tonifies the kidneys

□ accumulation of Srog-rlu-ng3 (Sog-loong) which man-

ifests the following symptoms:

insomnia

tinnitus

heart palpitations

muscular and neural stiffness

lack of concentration

pain in hip and nephric region

Dosage

2-3gms either in the morning or at night with hot or warm water

5. A-GAR 19 - EAGLEWOOD 19

Composition

Aquilaria agollocha, Eugenia caryophyllata, Melia composita, Myristica fragrans, Picrorhiza kurroa, Crocus sativus, Commiphora mukul, Shorea robusta, Cremanthodium ellisi, Meconopsis horridula. Chrysanthemum tatsienense, Dendrobium moniliforme, Codonopsis ovata, Inula racemosa, Sausurea lappa, Emblica officinalis, Terminalia chebula

Use and Action

□ spreading of Bad-kan sMug-po* in the upper region of the body with pain from inflammation

6/8/2011
and fever
□ specifically for a 'Barn5 disorder that has ascended to the upper region of the body (prolonged use of this drug will eventually bring the 'Barn to the lower region of body and hence, facilitate treatment) Note: If this disorder is not accompanied by inflammation, substitute Aconitum spicatum with Pterocarpus's santalinus
Dosage
2-3 gms daily with warm water

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6. A-GAR20-EAGLEWOOD20
Composition
Aquilaria agollocha, Eugenia caryophyllata, Chaeno-meles lagenaria, Myristica fragrans, Carthamus tinctorius, Melia composita, Inula racemosa, Bambusa textilis, Shorea robusta, Saussurea lappa, Terminalia chebula, Fragaria nilgeernsis, Mesua ferrea, Emblica officinalis, Pterocarpus santalinus, pearls or oyster shells
Use and Action
□ stabilizes rLung and blood
□ neurological disorders specially Parkinsonism, cerebral ischemia, numbness of extremity, partial paralysis, facial distortion especially of mouth and eyes
□ hypertension
□ fever or inflammation increased by rLung
Dosage
2-3 gms daily either in the morning or at night with hot or warm water

7. A-GAR 31 - EAGLEWOOD 31
Composition
Aquilaria agollocha, Terminalia chebula, Terminalia bekerica, Emblica officinalis, Myristica fragrans, Cinna-momum cecidodaphne, Carthamus tinctorius, Rubus idaeopsis, Tinospora cordifolia, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Bam-busa textilis, Adhatoda vasica, Mesua ferrea, Saussurea lappa, Commiphora mukul, Picrorhiza kurroa, Punica granatum, Swertia chirata, Meconopsis horridula, San-talum album, Inula racemosa, Hedychium spicatum,

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Melia composita, Shorea robusta, Solms-Laubachia sp., Chrysanthemum tattienee, Pterocarpus santalinus, Pulicaria insignis, outer bark of Aquilaria agollocha
Use and Action
□ general disequilibrium of rLung manifesting the following symptoms:
Pain in upper region of body specially above the cervical and brachial plexus dryness of mouth and tongue insomnia
frequent sighing and mental depression
irritability and unnecessary display of anger and tantrum
dizziness, tinnitus, and temporary loss of consciousness due to generalized cerebral ischemia
muscular or neural stiffness or contraction of extremity
pain in waist, hip, bones, joints, and muscles swelling in abdominal region
Dosage
Sprinkle 3-4 gms over coal fire and inhale through
mouth and nose whenever needed.
Note: This formulation is available in incense-stick
form under the trade name of NIRVANA and is offered for sale here:
http://www.jcrows.com/incense.html

8. A-GAR35-EAGLEWOOD35
Composition
Aquilaria agallocha, Terminalia chebula, Terminalia bellerica, Emblica officinalis, Myristica
fragrans, Bam-busa textilis, Adhatoda vasica, Mesua ferrea, Saussurea lappa, Commiphora
mukul, Picrorhiza kurroa, Punica

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granatum, Swertia chirata, Meconopsis horridula, Melia composita, Shorea robusta, Solms-
Laubachia sp., Cinnamomum cecidodaphne, Carthamus tinctorius, Rubus idaeopsis, Tinospora
cordifolia, Amomum sub-ulatum, Elettaria cardamomum, Eugenia caryophylla-ta, Santalum
album, Inula racemosa, Hedychium 'spicatum. Chrysanthemum tatsienense, Pterocarpus
santalinus, Pulicaria insignis, outer bark of Aquilaria agallocha
Use and Action
☐ for general rLung accompanied by fever or inflamma-tion which causes dizziness and insomnia

☐ pain in upper back due to excess of rLung and blood
☐ difficulty in breathing
☐ unlocalized pain
Note: This is a very safe and gentle drug for general rLung
Dosage
2-3gms daily either in the morning or at night with hot water or chang

9. A-PHYAG DRUG-THANG (Ah-Chak dhook-thung)
☐ DECOCTION OF CHRYSANTHEMUM 6
Composition
Chrysanthemum tatsienense, Arenaria glanduligera, Terminalia chebula, Veronica ciliata,
Picrorhiza kurroa
Use and Action
☐ inflammation of lungs
☐ blood in sputum

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Dosage
Decoct 3-4gms in water to 1/3 level and take twice or thrice daily

10. A-RU 7 (Ah-rhoo) - MYROBALAN 7
Composition
Terminalia chebula, Mesua ferrea, Eugenia caryophyl-lata. Piper longum, Herpetospermum
caudigerum, Amomum subulatum, Nardostachys jatamansi
Use and Action
t ☐ general splenic disorders
☐ subsides swollen or enlarged spleen due to a disorder or injury
☐ swollen and rumbling in abdominal region due to a splenic disorder
☐ normalizes dark or reddish-brown lips
Dosage

6/8/2011
2-3gms thrice daily with hot water.

11. A-RU 10 - MYROBALAN 10
Composition
Terminalia chebula, Rubia cordifolia, Carthamus tinc-torius, Mucuna prurita, Elettaria cardamomum, Symplocos crataegoides, Swertia chirata, Cupressus torulo-sa, vermilion, shilajit (mineral pitch)
Use and Action
☐ inflammation of the kidneys giving rise to pain in kidneys, hips, thighs and feet
Dosage
2-3gms twice or thrice daily with hot water

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12. A-RU18-MYROBALAN18
Composition
Terminalia chebula, Rubia cordifolia, Carthamus tinct-torius, Mucuna prurita, Elettaria cardamomum, Sym-plocos crataegoides, Swertia chirata, Cupressus torulo-sa, vermilion, mineral pitch, Eugenia jambolana, Verbascum thapsus, Caesalpinia bonduccella, crab shell, Malva verticillata. A'-bras
Use and Action
☐ imbalance of kidney channels
☐ inflammation of kidneys
☐ pain in hip and waist region
☐ kidney disorder giving rise to stooping of body
Dosage
2-3gms once daily in the afternoon with warm water

13. A-RU 23 - MYROBALAN 23
Composition
Terminalia chebula, Rubia cordifolia, Carthamus tinct-torius, Mucuna prurita, Elettaria cardamomum, Sym-plocos crataegoides, Swertia chirata, Cupressus torulo-sa, vermilion, mineral pitch, Angelica sp., Polygonatum cirrhifolium. Asparagus spinosissimus, Mirabilis himalaica, Tribulus terrestris, A'-bras, Caesalpinia bonducella, Eugenia jambolana, Terminalia be-
lerica, Emblica officinalis, Thiaspi arvense, Areca catechu

Use and Action

☐ renal disorders

☐ weakened, enlarged or shrunken kidneys

Dosage

2-3 gms daily with warm water

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Composition
Terminalia chebula, Terminalia arjuna, Emblica officinalis, Terminalia belerica, Myristica fragans, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Bambusa textilis, Carthamus tinctorius, Santalum album, Piper longum, Saussurea lappa, Foeniculum vulgare, Nigella sativa, Cinnamomum zeylanicum, Glycyrrhiza glabra, Fragaria nilgerensis, Verbascum thapsus, crab shell, mineral pitch, Mucuna prurita

Use and Action

☐ disorder affecting the renal nerves

☐ blood disorder affecting the kidneys

Dosage

2-3 gms daily with warm water

15. A-RU 35 - MYROBALAN 35

Composition

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Use and Action

☐ inflammation and vitiation of kidney channels

☐ pain around hip and waist region

☐ gout, arthritis, and serumal disorders

☐ pus in urine

6/8/2011
Dosage

1 1.5gms daily either in the morning or at night with warm water

16. A-RU-sMAN-NAG (Ah-rhoo mhen-nak)-BLACK MEDICINAL MYROBALAN

Composition

' Terminalia chebula, Piper longum, Punica granatum, Acorus calamus, Myricaria bracteata. Rhododendron aff. cephalanthum, Tribulus terrestris, Myristica fragrans, Elettaria cardamomum, Cucurbita pepo, Cuscuta chinensis or japonica

Use and Action

☐ pacifies both 'hot' and 'cold'6 disorders

☐ alleviates the common cold

Dosage

2 3gms daily with hot water

17. A-WA 15 (Ah-wha) - CAREX 15

Composition

Calcite, Bambusa textilis, Carthamus tinctorius, Sausurea lappa, Commiphora mukul, Terminalia chebula, Terminalia bekerja, Emblica officinalis, Glycyrrhiza glabra, Carum carvi, Meconopsis grandis, mineral pitch, iron, mDung-rtze

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Use and Action

☐ ophthalmic disorders

☐ ophthalmic tonic

Dosage

2-3gms in the morning with hot water

18. A-ZHI mNYAM-bSRES (Ah-she nyam-sey)-MIXTURE OF PACIFYING MYROBALAN
Composition

Terminalia chebula, Herpetospermum caudigerum, Eugenia caryophyllata, Nardostachys jatamansi, Mesua ferrea, Piper longum, Amomum subulatum, Inula racemosa, Hedychium spicatum, Rheum palmatum, calcite, soda

Use and Action

☐ splenic disorders

☐ enlargement of spleen bringing about pain

☐ flatulence, eructation, and indigestion

Dosage

2-3gms thrice daily with hot water

19. AIN-DRA bZHI-THANG (In-dra she-thung7)-FOUR DECOCTIONS OF POWER

Composition

Holarrheana antidysenterica, Geranium sp., Aristolochia moupinensis

Use and Action

☐ inflammation of large and small intestines

Dosage

Decoct 3gms in water to 1/3 level and take twice or thrice daily

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20. ANG-BHI DRUG-sBYOR (Ahang-bhee dhook-jhor)

-SIX COMPOUNDS OF ANG-BHI

Composition

Glycyrrhiza glabra, Coriandrum sativum, Malva verticillata, Astragalus yunnanensis, Emblica officinalis, Pedicularis anas Maxim, var. tibetica

Use and Action
diuretic and opens up blocked channels

Dosage

2-3gms daily at morning or night with hot water

21. AUG-CHOS 5 (Ook-choe) - INCARVILLEA 5

Composition

Incarvillea younghusbandii, Saussurea lappa, Allium sativum, clarified butter

Use and Action

- deafness, exudation of pus, and pain in the auditory apparatus
- analgesic
- anti-inflammatory

Dosage

2gms daily with hot water

22. AUG-CHOS 7 - INCARVILLEA 7

Composition

Incarvillea younghusbandii, Carthamus tinctorius, Carex sp., Carum carvi, Drosera pettata, Rho-dodendron aff. cephalanthum, Iris ensata

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Use and Action

- sudden deafness
- tinnitus

Dosage

2 gms daily with hot water

23. AUT-PAL 8 (Ooth-pell) - BLUE POPPY 8

Composition

6/8/2011
Meconopsis grandis, Bambusa textilis, Carthamus tinctorius, Aristolochia moupinensis, Hippophae rhamnoides, Glycyrrhiza glabra, Vitis vinifera, Emblica officinalis

Use and Action

- controls excess blood from the liver into the stomach linings

Dosage

2-3gms daily with warm water

24. BI-MA-LA (Bee-ma-la) - BHIM MITRA

Composition

Myristica fragrans, Terminalia chebula, Shorea robusta, Aquilaria agollocha, Carex sp., Ferula jaeschkeana, Bambusa textilis, Amomum subulatum, Elettaria cardamomum, Eugenia caryophyllata, Carthamus tinctorius, Carum carvi, Santalum album, Pterocarpus santalinus, Terminalia bellerica, Emblica officinalis, Melia composita, Allium sativum, Geranium sp.

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Use and Action

- rLung of the heart whose symptoms are:

  discomfort in cardiac region

  lack of concentration and forgetfulness

  pain in chest and upper back of body

  despondency, fatigue, nervousness

  shortness of breath through anger and hatred

  cerebral ischemia

Dosage

2-3gms twice daily either in the morning or night with hot water

25. BLON-PO gSUM-sBYOR (Loen-po soom-jhor)-

6/8/2011
COMPOUND OF THREE MINISTERS

Composition

Bambusa textilis, Carthamus tinctorius,

Use and Action

□ febrifuge for children

Dosage

2-3gms once daily with warm water

26. BONG-dKAR 13 (Bong-kar) - ACONITE 13

Composition

Herpetospermum caudigerum, Gentiana tibetica, Swertia chirata, Veronica ciliata, Ixeris gracilis, Picrorhiza kurroa, Berberis distyophyl-

la, Hypericum leptocarpum, Chrysosplenium nepal-

enses, gallowstone, Carthamus tinctorius, Holarrhena antidisenterica, mineral pitch

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Use and Action

□ excess of over-nutritious, greasy food and beverages
manifesting the following symptoms:

headache, bitter taste in mouth, yellowish sclera,

fever and thirst, lethargy, nausea, and emesis

»

Dosage

2-3 gms daily either in the morning or noon with hot

or warm water

27. BONG-dKAR bZHI-THANG (Bong-kar she-thung) -
t

FOUR DECOCTIONS OF ACONITE

Composition

Glycyrrhiza glabra, Gent-
tiana filistyla, Bambusa textilis

6/8/2011
Use and Action

☐ febrifuge and anti-inflammatory

☐ expectorant

☐ alleviates pain from inflammation of throat, lungs, and eyes

Dosage

2-5gms twice or thrice daily

28. BONG-dMAR 7 (Bong-mar) - RED ACONITE 7

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Pterocarpus santalinis, Picrorhiza kurroa, Dracocephalum tanguticum

Use and Action

☐ meat poisoning

☐ difficulty in swallowing both foodstuffs and beverages

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Dosage

2-3gms daily either in the morning or at night with hot water

29. BRAG-KHUNG RIL-BU (Duck-kyoong rheel-bhoo)

☐ CLIFF-GARUDA PILL

Composition

Concentrate of mineral pitch, Carthamus tinctorius, Elettaria cardamomum, Geranium sp., Saussurea lappa, Terminalia chebula, Aconitum heterophyllum, Nardostachys jatamansi, Commiphora mukul, Acorus calamus

Use and Action
- pain in stomach from inflammation
- passing of blood in stool
- febrifuge

**Dosage**

1-2gms twice daily with hot water

**30. BRAG-ZHUN 9 (Duck-shiien) - SHILAJIT 9**

**Composition**

Shilajit (mineral pitch) concentrate, Carthamus tinctorius, Ellettaria cardamomum, Terminalia chebula, Nardostachys jatamansi, Geranium sp.,

**Use and Action**

- inflammation of stomach and intestines
- diarrhea

**Dosage**

2-3gms thrice daily

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**31. BRE-GA 13 (Dey-gah) - THLASPI 13**

**Composition**

Thalaspi arvense, Symlocos crataegoides, Rubia cordifolia, Sabina recurva, Terminalia chebula, Herpetospermum caudgerum, Elettaria cardamomum, Mucuna prurita, Veronica ciliata, Caesalpinia bonducella, Eugenia jambolana, Thalaspi arvense, rGya-skyegs

**Use and Action**

- urinary bladder disorders specially ureteritis
- pain in pelvic region and the kidneys
- swelling of knees and the testicles

**Dosage**

6/8/2011
2-3 gms daily at night with hot or warm water

32. BU-brTZAS TZAN-DAN 18 (Bhoo-tseh tsen-dhen) - PARTURIENT SANDALWOOD 18

Composition

Pterocarpus santalinus, Hypercoum leptocarpum, Nardostachys jatamansi, Hedychium spicatum, Picrorhiza kurroa, Mesua ferrea, Aristolochia moupinensis, Myristica fragrans, Terminalia chebula, Terminalia belerica, Emblica officinalis, Santalum album, Herpetospermum caudatum, Curcurbita pepo, Holarrhena antidysenterica, Elettaria cardamomum, Rubia cordifolia, Carthamus tinctorius

Use and Action

☐ for the following symptoms after parturation:

fever and inflammation
chilly sensation
cough
headache and pain in upper region of body
insomnia

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Dosage

2-3 gms thrice daily with hot water

33. BYA-KYUNG sNGON-PO (Jha-kyoong ngon-po) - BLUE GARUDA BIRD

Composition

Terminalia chebula, Inula racemosa, Commiphora mukul, Pterocephalus hookeri, Geranium sp., Picrorhiza kurroa, Rhodiola sp., Oxytropis chilophylla

Use and Action

☐ dysentery

6/8/2011
- general fever from inflammations

- specifically for inflammations of the lungs and throat from influenza

**Dosage**

1-2gms in the afternoon with hot water

34. BYI-THANG 7 (Jhee-thung) - EMBELIA 7

**Composition**

Embelia ribes, Allium sativum, Butea frondosa, Iris ensata, Artemisia nestita,

**Use and Action**

- anthelmintic

- hemorrhoides

**Dosage**

2-3gms once in the morning with hot water on empty stomach. This drug can also be applied into the rectum or on itchy skin with a cream or petroleum jelly base.

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35. 'BAM-sMAN 7 (Bum-mhen) - MEDICINAL 'BAM 7

**Composition**

Veronica ciliata, Picrorhiza kurroa, Acacia catechu, Corydalis sp., Caragana jubata. Fruit of Pyrus pashia.

**Use and Action**

- epistaxis (nosebleed)

- pain in upper body

- pain in hips, waist, and joints brought about by an excess of blood which has turned into a 'Barn disorder and has descended into the lower bodily region

**Dosage**

1.5gms once daily with hot water

6/8/2011
36. 'BAM-sMAN 9-MEDICINAL 'BAM 9

Composition

Lepidium apetalum, Coriandrum sativum, Carthamus tinctorius, rock salt, Nardostachys jatamansi, Halerpestes sarmentosa, Codonopsis nervosa, Coptis teetoides, Oxytropis chiliphylla

Use and Action

☐ swollen and bruised legs due to 'Barn

☐ stiffness or contraction of Tibial nerve specially behind the hollow of knee making it painful to put weight on the heel

Dosage

1.3gms of drug mixed with the juice of Tibetan radish and taken once daily

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37. 'BOL-sMAN 7 (Bhoel-mhen) - MEDICINAL SOFTENER 7

Composition

Carthamus tinctorius, Dracocephalum tanguticum, Meconopsis grandis, Herpetospermum caudgerum, Veronica ciliata, Emblica officinalis

Use and Action

☐ transforms 'hot' edema into 'cold' so as to facilitate its treatment

38. 'BRAS-BU gSUM-THANG (Deh-bhoo soom-thung)

☐ TRIPLE FRUIT DECOCTION

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action

6/8/2011
febrifuge

blood purifier

balances blood and rLung

hastens the ripening of new fever from infections

chronic fever and fatigue

Dosage

3-5gms twice daily with a decoction boiled down to I/3rd level

39. 'BRONG-TZE A-GAR 8 (Drong-tze ah-ghar)-MYROBALAN 8 OF 'BRONG-TZE

Composition

Aquilaria agollocha, Myristica fragrans, Cinnamomum cecidodaphne, Saussurea lappa. Chrysanthemum tata-sienense, Eugenia caryophyllata

Use and Action

accumulation of rLung in the Srog-rtza8 (life-channel) manifesting the following symptoms:
anxiety and mental unrest

mental disorders
cerebral ischemia

pain throughout the body

Dosage

2-3gms once daily with chang, broth, or hot water

40. 'B'A-SAM sMAN-MAR (Baa-sum mhen-mar)-MEDICINAL BUTTER 'B'A-SAM

Composition

Terminalia chebula, Terminalia belerica, Emblica offi-
cinalis, Angelica sp.. Asparagus spinosissimus Polygonatum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, clarified butter, milk, and honey

Use and Action

☐ tonifies body

☐ promotes longevity

Dosage

3-4gms daily

41. ☐ B'A-SAM rDO-rJE PHA-LAM (Baa-sum dor-jey pha-lam) - ☐ B'A-SAM OF INDESTRUCTIBLE DIAMOND

Composition

Terminalia chebula, Terminalia bellerica, Emblica officinalis, Angelica sp.. Asparagus spinosissimus, Polygonatum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, Hyoscyamus niger, calcite, A-`bras, Eugenia jambolana, Caesalpinia bonducella, Hedychium spicatum, Piper longum. Piper nigrum, Myristica fragrans, Orchis latifolia, crab shell, Elettaria cardamomum, molasses.

Use and Action

☐ renal disorders

☐ tonifies the kidneys

☐ polyurea and seminuria

Dosage

2-3gms daily either in the morning or at night with hot water

42. CHU-sMAN RIL-BU (Choo-mhen rheel-bhoo) - PILL OF MEDICINAL FLUIDS

Composition

6/8/2011
Piper longum, black salt, mineral pitch

Use and Action

☐ subsides swellings

☐ promotes micturition

Dosage

9gms once daily with hot water

43. CHU-TZI 25 (Choo-tzi) - RHUBARB 25

Composition

Pedicularis pyramidata, Dracocephalum tanguticum, Rheum nobile, Astragalus yunnanensis, Malva verticillata, Carthamus tinctorius, crab shell, Verbascum thapsus, Tribulus terrestris, snail's shell, Polygonum polysstachyum, Coriandrum sativum, Punica granatum, Piper longum, Caesalpinia bonducella, Elettaria cardamomum, iron, Bambusa textilis, Glycyrrhiza glabra, Rhodiola sp., Drosera peltata, Drosera sp., rKal-pa chu-thub, 'Bring-po

Use and Action

☐ both 'hot' and 'cold' urinary bladder disorders

☐ diuretic

☐ clears the urethra

Dosage

2-3gms daily with hot water

44. CONG-2HI 6 (Choong-she) - CALCITE 6

Composition

Punica granatum, calcite, Elettaria cardamomum, Piper longum, Saussurea lappa, Carthamus tinctorius, rock sugar

6/8/2011
Use and Action

- Bad-kan (Note 9)
- Burning sensations in the chest
- Vomiting (often sour and watery vomitus)

Dosage

2-3 gms daily with hot water

45. CONG-ZHI 21 - CALCITE 21

Composition

Calcite, Veronica ciliata, Punica granatum, Elettaria cardamomum, Holarrhena antidysenterica, Draecocephalum tanguticum, Saussurea lappa, Terminalia

Use and Action

- Vomiting of sour and watery vomitus, stomachal pain, and drying of feces due to Bad-kan sMug-po

Dosage

2-3 gms thrice daily with hot water

46. CONG-ZHI 35 - CALCITE 35

Composition

Calcite, Bambusa textilis, Amomum subulatum, Terminalia chebula, Emblica officinalis, Eugenia caryophyllata, Myristica fragrans, Carthamus tinctorius, Elettaria cardamomum, Santalum album, Pterocarpus santalinus, Saussurea lappa, Herpetospermum caudgerum, mineral pitch, Commiphora mukul, Inula racemosa, Veronica ciliata, Meconopsis grandis, Holarrhena antidysenterica,
aged snow. Taraxacum tibeticum, Saxifraga pasumensis, Pedicularis oliveriana, iron, Rheum emodi, Punica granatum, Dраcоcephalum tanguticum, Picrorhiza kurroa. Piper longum,

Use and Action

☐ heals Bad-kan sMug-po which manifests the following symptoms:

emesis of sour and watery vomitus

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inflammation of the stomach and intestines

hematemesis

dryness of feces or diarrhea

Dosage

2-3gms thrice daily with hot water

47. CONG-ZHI RIL-dKAR (Choong-she rheel-kar)-WHITE PILL OF CALCITE

Composition

Calcite, Corydalis sp., Terminalia chebula, Picrorhiza kurroa, mineral pitch, honey, Vladimiria souliei

Use and Action

☐ inflammation of the stomach and emesis of sour and watery vomitus

☐ cough

☐ Bad-kan sAfg-u-po

☐ hoarseness

☐ difficulty in inhalation

Dosage
2-3gms daily with hot water

48. CONG-ZHI gSUM-sBYOR (Choong-she soom-jhor) - FORMULATION OF CALCITE 3

Composition

Calcite, Inula racemosa, Dracocephalum tanguticum

Use and Action

☐ controls emesis of sour and watery vomitus from Bad-kan sMug-po

☐ sets broken bones

Dosage

2-3gms thrice daily with hot water

25

49. CHU-GANG 4 (Choo-ghung) - BAMBOO PITH 4

Composition

Bambusa textilis, Carthamus tinctorius, Terminalia chebula,

Use and Action

A pediatric formulation for the following symptoms:

☐ fever

☐ coughing

☐ enlargement of liver

☐ difficulty in breathing

Dosage

0.5-1.5gms thrice daily with warm water

50. CHU-GANG 9-BAMBOO PITH 9

Composition

Bambusa textilis, Carthamus tinctorius, Granium sp., Cinnamomum zeylanicum, Rhodiola sp., Picrorhiza kurroa,

6/8/2011
Santalum album

Use and Action

A pediatric formulation for the following symptoms:

☐ infections, fever and diarrhea

☐ coughing

Dosage

0.5-1.5gms twice daily with warm water

51.CHU-GANG 25 - BAMBOO PITH 25

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Amomum subulatum, Aristolochia

moupinensis, Terminalia chebula, Foeniculum vulgare, Geranium sp., Lancea tibetica, Myristica fragrans, Glycyrrhiza glabra, Pterocarpus santalinus, Terminalia beferica, Saussurea lappa, Picrorhiza kurroa, Hippophae rhamnoides, Elettaria cardamomum, Vitis vinifera, Santalum album, Emblica officinalis, Rhodiola saera, Arenaria granduligera, Incarvillea younghusbandii, Tsar-bong

Use and Action

☐ anti-inflammatory

☐ removes pus

☐ relieves coughing

☐ dyspnea from chronic bronchitis or pus in the lungs

☐ chest pains and discharge of blood in sputum

☐ lack of strength in the limbs

☐ loss of bodily weight

☐ cold sweat

6/8/2011
Dosage

2-3gms thrice daily with hot water

52. CHU-GANG bDE-BYED CHUNG (Choo-ghung dhey-jhey chooing) - LESS COMFORTING BAM-BOO PITH

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Punica granatum, Meconopsis grandis, Piper longum, Cinnamomum zeylanicum

Use and Action

☐ promotes appetite

☐ balances 'hot' and 'cold' disorders

Dosage

2-3gms daily with hot water

53. CHU-GANG bDE-BYED 'BRING-BA (Choo-ghung dhey-jhey dhing-wa) - MEDIUM COMFORTING BAMBOO PITH

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Punica granatum, Meconopsis grandis, Piper longum, Cinnamomum zeylanicum, Vitis vinifera, Glycyrrhiza glabra

Use and Action

☐ promotes appetite

☐ balances 'hot' and 'cold' disorders

☐ chronic cough

Dosage

2-3gms daily with hot water

54. CHU-GANG bDE-BYED CHE (Choo-ghung dhey-
jhey chey) - GREATER COMFORTING BAM-BOO PITH

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Punica granatum, Meconopsis grandis, Piper longum, Cinnamomum zeylanicum, Vitis vinifera, Glycyrrhiza glabra, Santalum album.

Use and Action

☐ promotes appetite

☐ balances 'hot' and 'cold' disorders

☐ chronic cough, chronic inflammation of heart, and
☐ hidden fever'.10

55. 1CAGS-PHYE 1NGA-THANG (Chuck-chey nga-thung) - DECOCTION OF POWDERED IRON 5

28

Composition

Iron powder, Terminalia chebula, Terminalia beierica, Emblica officinalis, Rubus idaeopsis.

Use and Action

☐ antipyretic
☐ improves eye-sight

☐ controls constant secretion of lacrimal glands and cloudy vision due to rLung

☐ inflammation of eyelids

Dosage

3☐5gms once daily

56. CHUM-rT2A 15 (Choom-tza) - RHUBARB 15

Composition

Rheum palmatum, Inula racemosa, calcite, Terminalia chebula, soda, vermillion, Angelica sp., Bambusa textilis, Myristica fragrans, Elettaria cardamomum, Amo-
mum subulatum, Eugenia caryophyllata, borax

Use and Action

☐ indigestion

☐ acute and chronic rLung, mKhris-pa,11 and Bad-kan

☐ specifically for irregular mensuration

Dosage

2-3gms once in the morning with hot water

57. 'CHI-MED SRIN-SEL (Chey-mey seen-sel)-
DESTRUCTION OF UNDYING MICROORGANISMS

Composition

Terminalia chebula, Saussurea
lappa, Acorus calamus, Embelia ribes

29

Use and Action

☐ anthelmintic

☐ destroys intestinal parasites, and microorganisms
affecting the head, tooth, anal region, and the skin

☐ general 'hot' and 'cold' disorders caused by parasites
and microorganisms

☐ specifically for sudden pains caused by inflammatory
infections

Dosage

2-3gms once daily with hot or warm water

58. DA-LI 16 (Dha-lee) - RHODODENDRON 16

Composition

Rhododendron aff. cephalanthum, Punica granatum,
Piper longum, Eugenia caryophyllata, Melia composita,
Glycyrrhiza glabra, Bambusa textilis, Saussurea lappa,
Vitis vinifera, Aquilaria agollocha, Elettaria carda-

6/8/2011
momum, Carthamus tinctorius, Myristica fragrans, Cinnamomum zeylanicum. Geranium sp., crab shell.

Use and Action

☐ rLung and Bad-ban sKya-rbab12

☐ digestive

☐ diuretic

☐ relieves cough

☐ swelling of body

☐ pain and swelling in chest region

☐ trachyphonia, vertigo, disagreeable area and climate

Dosage

2-3gms thrice daily with hot water

30

59. DA-LI 18 - RHODODENDRON 18

Composition

Rhododendron aff. cephalanthum, Amomum subulatum, Terminalia chebula, Santalum album, Terminalia bellerica, Pterocarpus santalinus, Emblica officinalis, Symlocos crataegoides, Bambusa textilis, Rubia cordifolia, Carthamus tinctorius, vermillion, Myristica fragrans, Gentiana tibetica, Eugenia caryophyllata, Cinnamornum zeylanicum, Elettaria cardamomum, Aquilaria agallocha

Use and Action

☐ vasodilator

☐ disorder of the nerves

☐ paralysis of the extremity

☐ Parkinsoms

☐ distortion of the eyes and the mouth

6/8/2011
Dosage

2-3gms thrice daily with hot water

60. DANGS-MA gNAS-sBYOR (Dhung-ma neh-jhor) - MAINTAINER OF THE SITE OF ESSENCES

Composition

Punica granatum, Cinnamomum zeylanicum, Piper longum, Elettaria cardamomum, Carthamus tinctorius

Use and Action

☐ clears discomfort due to an admixture of both a 'hot' (blood and mKhris-pa) and a 'cold' (rLung and Bad-kan) disorder

☐ promotes bodily heat

☐ promotes the flow of digestive enzymes and salivary amaltase

31

☐ indigestion due to lack of bodily heat (specially of the digestive system)

☐ promotes the proper functioning of bodily sustainers known as Lus-zung

Dosage

2-3gms daily with hot water.

61. DREG-THANG (Dhek-thung) - GOUT DECOC-TION

Composition

Tinospora cordifolia, mineral pitch, Terminalia chebula

Use and Action

☐ anti-inflammatory and analgesic

☐ swelling and pain of soles and joints due to gout and rheumatoid arthritis

Dosage

6/8/2011
3gms decocted to 1/3rd water level and taken twice daily

62. DUG-NYUNG bZHl-THANG (DHook-nyoong she-thung) - DECOCTIONAL HOLARRHENAm4

Composition

Holarrhena antidysenterica, Geranium sp., Aristolochia moupinensis

Use and Action

☐ anti-inflammatory and antipyretic

☐ specifically for inflammation of intestines accompanied by intense pain and diarrhea

Dosage

3gms twice daily with hot water

32

63. DZA-TI 20 (Zah-thee) - NUTMEG 20

Composition

Myristica fragrans, Aquilaria agollocha, Melia composita, Coriandrum sativum, Allium sativum, Ferula jaeschkeana, Terminalia chebula, Terminalia bellerica, Emblica officinalis, Santalum album, Pterocarpus santalinus, Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Elettaria cardamomum, Amomum subulatum, Shorea robusta. Acacia catechu, Geranium sp.

Use and Action

☐ subsides Srog-rLung and promotes mental well being

☐ increases concentration and promotes sleep

☐ lessens anger, irritability, tension, and anxiety

☐ soothes the nerves and curbs tinnitus

Dosage

2gms twice daily with hot water, broth, chang or warm milk

6/8/2011
64. bDE-BYED sNYOMS-IDAN (Dhey-jhey Nyom-dhen) - BALANCING COMFORTER

Composition

Calcite, Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Hedychium spicatum, Piper longum, Piper nigrum, Rhododendron aff. cephalanthum, aged snow deposits, salt, radish, Inula racemosa, Coriandrum sativum, Hippophae rhamnoides.

Use and Action

☐ all types of Bad-kan mixed either with rLung or mKhris-pa which manifests the following symptoms:

33

lack of stomachal heat which consequently

weakens the normal function of the stomach and

thereby causes anorexia, indigestion, and stomachal

tumours

formation of 'iron rust' on stomachal linings

discomfort in stomach and liver

lymphatic disorders, skin disorders, and itching

Dosage

2-3gms daily in the morning with hot water

65. bDE-MYUG (Dhey-nyyook) - REED OF COMFORT

Composition

Bambusa textilis, Emblica officinalis, 'mineral pitch, sodium chloride, Carthamus tinctorius, snake meat, Elettaria cardamomum, Terminalia chebula, Saussurea lappa. Piper longum, Coriandrum sativum, Punicia granatum, Veronica ciliata, Hippophae rhamnoides, Inula racemosa, Meconopsis grandis, iron powder.
Use and Action

- Bad-kan sMug-po
- pain along with the emesis of sour and watery vomitus,
- inflammation of the stomach
- indigestion
- hematemesis
- irregularity of menses
- pain during mensuration

Dosage

2-3gms thrice daily with hot water

34

66. bDUD-rTZI RIL-dKAR (Deu-tzi rheel-kar)-WHITE PILL OF NECTAR

Composition

Ash of a fossilized stone (Bya-rdo), Hedychium spicatum, black salt, Hippophae rhamnoides, Piper longum

Use and Action

- digestive and promotes stomachal heat
- disintegrates stomachal tumours and mucus
- removes Bad-kan sKya-rbab
- dries up 'or1* and dMu-chu15
- acts like a nectar for colic and 'cold' parasites16

Dosage

2-3gms daily with hot water

67. GA-BUR 25 (Gha-bhoor) - CAMPHOR 25

Composition

6/8/2011
Commiphora camphora, Bambusa textilis, Crocus sativum, Eugenia caryophyllata, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Aquilaria agallocha, Pterocarpus santalinus, Santalum album, Meconopsis grandis, Mesua ferrea, Foeniculum vulgare, Saussurea lappa, Glycyrrhiza glabra, Nardostachys jatamansi, Aristolochia moulpinensis, Chu-srin sDer-mo, Dendrobium moniliforme, accumulated soil on rocks, Hydrocotyle nepalensis, Terminalia chebula, Terminalia belerica, Emblica officinalis, rock sugar

Use and Action

☐ febrifuge against all types of fever ('spreading', 'viti-
ated', 'contagious', 'poisonous', 'old', and 'new'17

gout

arthritis

35

☐ Me-bal^

☐ specially effective against chronic fever

Dosage

2□3gms once daily with hot water

68. GAR-NAG 10 (Ghar-nhak) -
BLACK CAMPHOR 10

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum. Piper longum, Terminalia chebula, Her-
petospermum caudgerum, sodium chloride, Holarrhe-
na antidysenterica, black camphor, Termi-
nalia belerica

Use and Action

☐ hepatitis

☐ lack of appetite due to nausea

☐ indigestion

☐ general mKhns-pa disorder mixed with other dis-
orders such as tumours due to Bad-mkhris

6/8/2011
specially effective against 'cold' mKhris-pa (Bad-ban and rLung)

Dosage

2-3gms once daily at noon with hot water

69. GI-WANG 9 (Ghee-whung) - GALLSTONE 9

Composition

Carthamus tinctorius, Aristolochia moupinensis, Saussurea lappa, Herpetospernum caudgerum, Meconopsis grandis, Veronica ciliata, mineral pitch, Swertia chirata.

36

Use and Action

☐ enlargement of liver

Dosage

2-3gms daily at noon with hot water

70. GI-WANG 13 - GALLSTONE 13

Composition

Emblica officinalis, Carthamus tinctorius, Veronica ciliata, Glycyrrhiza glabra, Punica granatum, Picrorhiza kurroa, mineral pitch, Rubia cordifolia, Rhodiola saera, rGya-skyegs

Use and Action

☐ blood in feces

☐ hematemesis (vomiting of blood)

☐ menorrhagia

☐ blood oozing from the nine cavities

Dosage

2-3gms daily with hot water

71. GLANG-CHEN 18 (1) (Lhung-chen) -
ELEPHANT 18 (1)

Composition

Carthamus tinctorius, Meconopsis grandis, Aristo-lochia moupinensis, Saussurea lappa, Veronica ciliata, Herpetospermum caudgerum, mineral pitch, Swertia chirata, Inula racemosa, Coriandrum sativum, Emblica officinalis, Bambusa textilis, Eugenia caryophyllata, Aquilaria agollocha, Pterocarpus santalinus, Corydalis sp.,

37

Use and Action

☐ inflammation of liver

☐ Bad-kan sMug-po

☐ blood from 'Barn disorder which rises to upper part of back and causes pain

Dosage

2-3gms daily at noon with hot water

72. GLANG-CHEN 18 (2) - ELEPHANT 18 (2)

Composition

Bambusa textilis, Emblica officinalis, mineral pitch, sodium chloride, Carthamus tinctorius, Elettaria cardamomum, Terminalia chebula, Saussurea lappa, Piper longum, Coriandrum sativum, Punica granatum, Veronica celiata, Hippophae rhamnoides, Inula racemosa, Meconopsis grandis, iron powder

Use and Action

☐ Bad-kan sMug-po

☐ emesis of sour and watery vomitus accompanied with pain

☐ inflammation of the stomach

☐ indigestion

☐ dryness of the feces

6/8/2011
● hematemesis

● irregularity of menses

● pain during mensuration

Dosage

2-3gms thrice daily with hot water

38

r part

73. GLO-sMAN bDUD-rTZI 'CHI-SOS (Lho-mhen dheu-tzi chee-soe) - PULMONARY MEDICINE OF DEATH-HEALING NECTAR

Composition

Santalum album, Bambusa textilis, Carthamus tinctorius, Vitis vinifera, Glycyrrhiza glabra, Hippophae rhamnoides, Rhodiola saera, Punica granatum, Foeniculum vulgare, Saussurea lappa, Picrorhiza kurroa, Lancea tibetica, Meconopsis grandis, Fragaria hilgernsis

Use and Action

● acute and chronic cough

● pus in phlegm

Dosage

2-3gms twice daily with hot water

74. GLO-TSAD KUN-SEL (Lho-tse Kuen-sill)- ELIMINATOR OF LUNG INFLAMMATIONS

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia caryophyllata, Santalum album, Pterocarpus santalinius. Geranium sp., Terminalia chebula, Commiphora mukul, Saussurea lappa, vermillion, Rhodiola sp..

Use and Action

6/8/2011
- anti-inflammatory
- subsides cough and relieves chest congestion
- expectorant

Dosage

2-3gms at noon with hot water

39

75. GO-YU 13 (Ghoo-yoo) - BETEL-NUT 13

Composition

Areca catechu, Cinnamomum zeylanicum, Elettaria cardamomum. Piper longum, Zingiber officinale, A-'bras, Caesalpinia bonducella, Eugenia jambolana, mineral pitch, Mucuna prurita, Malva verticillata, Punica granatum

Use and Action

- all types of renal disorders
- tonifies the seven bodily sustainers (lus-zung)

Dosage

2-3gms daily with hot water

76. GO-YU dGU-sBYOR (Ghoo-yoo ghoo-jhor)- FORMULATION OF BETEL-NUT 9

Composition

Areca catchu, Mucuna prurita, mineral pitch, A-'bras, Caesalpinia bonducella, Eugenia jambolana, Elettaria cardamomum, Thiaspi arvense.

Use and Action

- renal disorders
- kidney tonic

Dosage

2-3gms daily with hot water

6/8/2011
77. GRUB-THOB RIL-dKAR (Dhroob-thob rheel-kar) - YOGIC'S WHITE PILL19

Composition

Terminalia chebula, Picrorhiza kurroa, calcite, Corydalis sp., Prunus armeniaca, mineral pitch, honey

40

Use and Action

☐ for all minor disorders

☐ specifically for Bad-kan and blood disorders

Dosage

2-3gms once in the morning with hot water

78. GUR-GUM 8 (Ghoor-ghoom) - SAFFLOWER 8

Composition

Carthamus tinctorius, Pisum sativum, Pterocarpus santalinus, cinnabar, Herpetospermum caudgerum, Fragaria nilgeernsis, Dendrobium moniliforme.

Use and Action

☐ Bad-kan sMug-po bursting upward and thereby giving rise to emesis or downward giving rise to diarrhea

☐ excessive bleeding of major blood vessels through accidents and other causes

☐ epistaxis

☐ coagulant

Dosage

2-3gms daily with hot water

79. GUR-GUM 9-SAFFLOWER 9

Composition

Carthamus tinctorius, Ephedra saxatilis,
Pterocarpus santalinus, Herpetospermum caudgerum, Fragaria nilgeernsis, Emblica officinalis, Dendrobium moniliforme, vermilion.

Use and Action

☐ vasoconstrictor

☐ coagulant

41

☐ hematemesis from Bad-kan sMug-po

☐ bursting of blood vessels in the lungs

☐ hematorrhea

Dosage

2-3gms twice daily with hot water

80. GUR-GUM 13 - SAFFLOWER 13

Composition

Carthamus tinctorius, Eugenia caryophyllata, vermilion, Santalum album, Caesalpinia bonducella, Saussurea lappa, Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action

☐ hepatic tonic

☐ malfunction of the liver from improper food, beverage, or poisoning

☐ trauma of the kidneys

☐ difficulty in micturition and at times without any control over urination

☐ pain on one side of the head from infections

Dosage

2-3gms once daily either in the morning or at noon with hot water

6/8/2011
81. GUR-GUM mCHOG-bDUN (Ghoor-ghoom chordhuen)-MOST EXCELLENT SAFFLOWER 7

Composition

Carthamus tinctorius, Bambusa textilis, Meconopsis grandis, Aristolochia moupinensis, Swertia chirata, Terminalia chebula, Ephdra saxatilis

42

Use and Action

☐ anti-inflammatory

☐ tonifies the liver

☐ acute, chronic, and enlargement of the liver

☐ pain in the hepatic region

☐ loss of appetite

Dosage

2-3gms twice daily with hot water

82. rGUN-'BRUM 7 (1) (Guen-doom) - GRAPE 7 (1)

Composition

Vitis vinifera, Bambusa textilis, Carthamus tinctorius, Glycyrrhiza glabra, Cinnamomum zeylanicum, Punica granatum, Juncus amplifolius.

Use and Action

☐ cough and general pulmonary disorder

☐ difficulty in breathing

Dosage

2-3gms twice or thrice daily with hot water

83. rGUN-'BRUM 7 (2) - GRAPE 7 (2)

Composition

Vitis vinifera, Tinospora cordifolia, Geranium sp., Ter-
minalia chebula, Dendrobium moniliforme, Gentiana tibetica, Fritillaria delavayi

Use and Action

☐ chronic pulmonary disorders

Dosage

2-3gms daily with hot water

43

84. rGYA-RU 14 (Ghya-rhoo)-
MOUNTAIN GOAT 14

Composition

Carthamus tinctorius, vermilion, Pterocarpus santalus, Myristica fragrans, Elettaria cardamomum, rGya-tsod, Punica granatum, Rubia cordifolia, Mirabilis himalaica, Sabina recurva.

Use and Action

☐ promotes proper flow of blood

☐ regulates normal flow of menses

☐ pain in the kidneys, hips, and the lower intestines.

Dosage

2-3gms thrice daily with hot water

85. rGYAM-TSA bZHI-THANG (Gyam-tsa she-thang)-
DECOCTION OF SALT 4

Composition

Sodium chloride, Hedychium spicatum, Terminalia chebula, Piper longum

Use and Action

☐ promotes stomachal heat

6/8/2011
promotes digestion

anti-toxin

Dosage

3–5gms twice daily (note: decoct to 1/3 water level)

87. Krag-Krug Kun-Sel (Tagh-trook kuen-sell) - SUBDUER OF ALL BLOOD DISORDERS

Composition

Calcite, Onosma hookeri, Inula racemosa, Emblica officinalis, Veronica ciliata, Bambusa textilis, Glycyrrhiza glabra.

Use and Action

- inflammation of blood and when in need of phlebotomy

Dosage

2–3gms daily with hot water

88. Khyung-1nga (Khoong-nga) - Garuda 5

Composition

Terminalia chebula, Saussurea lappa, Acorus calamus,

Use and Action

- severe stomachal pains

- various inflammations of the head, ears, nose, and teeth

- pain from intestinal parasites

- tonsillitis

- itching and skin eruptions

- specifically for leprosy and serumal disorders

6/8/2011
Dosage

1-2gms in the afternoon with hot water

89. KLU-bDUD 18 (Lhoo-deu) - CODONOPSIS 18

Composition

Codonopsis nervosa, Cassia tora, Corydalis mefolia, mineral pitch, Acorus calamus, Tinospora cordifolia, Terminalia chebula, Gymnadenia crassinvervis, Terminalia belerica, Commiphora camphora, Acacia catechu, Commiphora mukul, Veronica ciliata, Emblica officinalis, Saussurea lappa.

Use and Action

☐ general lymphatic disorders

☐ anti-inflammatory

☐ analgesic

☐ antirheumatic

☐ swelling of feet and gout

☐ paranasal sinusitis, pruritis, abscesses, and leprosy

46

Dosage

2-3gms once at night with hot water

90. dKAR-PO DRUG-sBYOR (Kar-po drook-jhor)-SIX WHITE FORMULATIONS

Composition

Soda, calcite, Delphinium brunonianum, Inula racemosia, Hedychium spicatum, saltpetre, rock-salt

Use and Action

☐ lack of stomachal heat

☐ lack of appetite

6/8/2011
- chest pains
- emesis of sour and watery vomitus
- halitosis
- blurred vision
- renal disorders
- 'cold' disorder
- yellowing of sclera and skin
- rLung, mKhris-pa, and Bad-ban (specially sKya and sMug)

Dosage

2-3gms daily with hot water

91. sKYER-SHUN 8 (Kayr-shuen) - BARBERRY BARK 8

Composition

Berberis dictyophylla, Piper longum, Emblica officinalis, Cinnamomum zeylanicum, Glycyrrhiza glabra, Carthamus tinctorius, Chinese ink.

Use and Action

- anti-inflammatory

47

- analgesic

- inflammation of the ureters

- burning sensation after micturition

- discharge of semen and blood in the urine

Dosage

2-3gms twice daily with hot water

92. sKYU-RU 25 (Kyu-rhoe) - AMLA 25

6/8/2011
Composition


Use and Action

☐ dries up 'bad' blood

☐ decreases high blood pressure

☐ excess of 'bad' blood

☐ pain in the liver and the gall-bladder due to high blood pressure

☐ hoarseness

☐ redness of eyes

☐ dryness of mouth and tongue

☐ brownish colour of urine

☐ balances the flow of menses

Dosage

2-3 gms twice daily with hot water

48

93. 'KHRUG-GLO KUN-SEL (Trhook-lo kuen-seU)-ELIMINATOR OF ALL LUNG IMBALANCES

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Saussurea lappa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Rhodiola sp., Cinnamomum zeylanicum, Gentiana algida, Santalum album

6/8/2011
Use and Action

☐ spreading fever

☐ chronic inflammation of blood mixed with rLung

☐ chronic cough with expectoration of phlegm

☐ fever from influenza that has afflicted the lungs

Dosage

2-3 gms daily either with warm water or milk

94. LI-KHYUNG RIL-BU (Lee-khyung rheel-bhoo)-PILL OF CLOVE GARUDA

Composition

Eugenia caryophyllata, Bambusa textilis, Glycyrrhiza glabra, Terminalia chebula,
Acorus calamus, Gentiana algida, Saussurea lappa, Commiphora mukul

Use and Action

☐ febrifuge

☐ anti-inflammatory

☐ specifically for inflammation of eyes, lungs, and throat manifesting the following symptoms:

burning sensation in eyes and lungs
pain over these areas
dryness of throat

49

coughing
hoarseness

Dosage

2-3 gms twice daily with hot water

95. LI-SHI 6 (Lee-she) - CLOVE 6

6/8/2011
Composition

Eugenia caryophyllata, Babusa textilis, Glycyrrhiza glabra, Gentiana algida, Saussurea lappa, Terminalia chebula

Use and Action

☐ antipyretic and antidote

☐ inflammation and pain in the lungs, throat, and neck regions

☐ hoarseness and cough

Dosage

3gms twice or thrice daily with hot water

96. MA-NU bZhI-ThANG (Ma-nu she-thung) - DECOCTION OF ELECAMPANE 4

Composition

Inula racemosa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum

Use and Action

☐ infectious febrile disorders accompanied by cold chills and shivering

☐ opens up bodily pores and induces sweat

☐ preliminary stages of influenza when there are cold chills, headache, and pain in the hand and feet joints

☐ fever that has spread

50

Dosage

3-5gms twice daily (decoct to 1/3rd water level)

97. MAN-NGAG bSil-.sBYOR (Mhen-ngag seel-jhor) - COOLING FORMULATION OF SECRET ORAL TRADITION

Composition
Santalum album, Pterocarpus santalinus, Bambusa textilis, Elettaria cardamomum, Aquilaria agallocha, Terminalia chebula, Meconopsis grandis, Herpetospermum caudgerum, Amomum subulatum, Eugenia caryophyllum, Carthamus tinctorius, Myristica fragrans, Piper longum, aged snow, Swertia chirata, Holarrhena antidysenterica, Emblica officinalis, Saussurea lappa, Punica granatum, calcite

Use and Action

☐ poisoning

☐ Bad-kan sMug-po

☐ excess of blood

☐ enlargement of liver and spleen

☐ accumulation of 'bad' blood in the upper part of back

☐ excess of blood between liver and spleen

☐ fever specially along with Bad-kan

Dosage

2☐3gms daily in the morning with hot water

98. MIG-NAD 1DE-GU (Meeg-neh dhey-ghoo)-NINE DIVISIONS OF EYE DISORDERS

Composition

Terminalia chebula, Terminalia belerica, Emblica offi-51

cinalls, iron powder, Glycyrrhiza glabra, mineral pitch, Carthamus tinctorius, Carum c'arvi, butter, and honey

Use and Action

☐ febrifuge

☐ inflammation of eye

☐ improves eye sight

6/8/2011
watery eyes

Dosage

6gms daily with hot water

99. MIG-sMAN sKYER-KHEN (Meek-mhen kayr-khen)-EYE MEDICINE OF BARBERRY EXTRACT

Composition

Berberis idaeopsis, Terminalia chebula, Carthamus tinctorius, Commiphora camphora

Use and Action

☐ Itching and reddishness of the eyes from inflammation

☐ pain in the eye

☐ watery eyes

Dosage

0.5gms in distilled water and put one drop in the eyes

100. sMAN-NAG 15 (Mhen-nhak) - BLACK MEDICINE 15

Composition

Calcite, sodium chloride, Rhododendron aff. cephalanthum. Clematis montana, Myristica tragrans,

52

Coriandrum sativum, saltpetre, rock salt, alum, black salt, Inula racemosa, Piper longum, Piper nigrum, Hedychium spicatum

Use and Action

☐ provides bodily heat

☐ digestive

☐ destroys tumours

6/8/2011
chronic disorders of the stomach and intestines due to sedentary life-style

promotes appetite

controls emesis and diarrhea

subsides constant eructation

Dosage

2-3 gms twice daily with hot water

101. sMUG-PO gYUL-rGYAL (Mhook-po yuel-gyal)-CONQUEROR OF sMUG-PO

Composition

Calcite, Punica granatum, Elettaria cardamomum, Piper longum, Inula racemosa, Coriandrum sativum, Meconopsis grandis, Chaenomeles lagenaria, Hippophae rhamnoides, Dracocephalum tanguticum, Emblica officinalis, Terminalia chebula, Herpetospermum caudgerum, Veronica ciliata, Holarrhena antidysenterica, Pterocarpus santalinus, Swertia chirata, Saussurea lappa, mineral pitch.

Use and Action

for all types of sMug-po disorders (advanced, hidden, imbalanced etc.) which give rise to the following symptoms:

initially, a burning sensation in the chest, emesis of sour and watery vomitus or diarrhea

pain in the upper part of body and vertebrae

Dosage

2-3 gms daily with hot water

102. NOR-BU bDUN-THANG (Nor-bhoo dhuen-thung) - SEVEN PRECIOUS DECOCTIONS

Composition

Saussurea lappa, Rubus idaeopsis, Tinospora cordito-
lia, Hedychium spicatum, Terminalia chebula, Terminalia belerica, Emblica officinalis

Use and Action

- Clears up fever caused by inflammation of blood mixed with rLung that causes the imbalance of the seven bodily sustainers (Lus-zung)
- Prevents the common cold
- Promotes the ripening of fever
- Controls minor fever from spreading

Dosage

Decoct 3-5gms to 1/3rd water level and take once daily, preferably in the afternoon

103. NOR-sBYOR (Nhor-jhor) -

FORMULATION OF WEALTH

Composition

Curcuma longa, Carum carvi, Carthamus tinctorius, Piper longum, Tinospora cordifolia, Myristica fragrans, Eugenia caryophyllata, Angelica sp., Polygonatum cirrhifolium. Asparagus spinosissimus, Mirabilis himalaica, Tribulus terrestris

54

Use and Action

- Opens up the channels (blood vessels and the nerves) and allows rLung to flow normally
- Pain in the cerebral nerves
- Change in the pulse and stiffening of the radial artery
- Shaking of the hands

Dosage

2-3gms twice daily with hot water

6/8/2011
104. NYI-MA'I dKYIL-'KHOR (Nyee-maye kheel-khor) - MANDALA OF THE SUN

Composition

Punica granatum, Cinnamomum zeylanicum, Piper longum, Elettaria cardamomum, Carthamus tinctorius, Malva verticillata, Anglica sp., Polygonatum cirrhifolium, Tribulus terrestris, Mirabilis himalaica, Asparagus spinosissimus, honey.

Use and Action

☐ due to lack of digestive heat, proper metabolic functions are impaired and subsequently they bring about disorders such as stomachal tumours, sKyar-bab, 'or, dMu-chu. and so forth. This drug is specially effective for promoting digestive heat and this, in turn, increases the bodily sustainers (Lus-zung) and thereby acts as an elixir and tonic

☐ promotes normal flow of urine

☐ tonic for the kidneys and urinary bladder

☐ stops diarrhea both from 'hot' and 'cold' causes

☐ effective against 'cold' disorders such as diarrhea, cold parasites, serumal disorders, and arthritis

Dosage

2-3gms daily with hot water

55

105. NYI-ZLA GYEN-1DOG (Nyee-dha gyen-dhog)-UPWARD-RETURNING SUN AND MOON

Composition

Veronica ciliata, Swertia chirata, Picrorhiza kurroa, Pterocarpus santalinus, Punica granatum, Elettaria cardamomum, Carthamus tinctorius, Curcuma longa, Cupressus sp., Push-ra-ba.

Use and Action

☐ blood disorders

6/8/2011
abnormal discharge of blood and semen due to renal disorders

Dosage

2-3gms daily with a decoction of Rubia cordifolia, Onosma hookeri, and rGya-skyegs.

56

108. rNO-mCHOG 6 (Noh-chog) - SHARPEST 6

Composition

Terminalia chebula, Carthamus tinctorius, Veronica ciliata, Saussurea lappa, Commiphora mukul

Use and Action

- headache from inflammations, blood, and mKhris-pa disorders

Dosage

2-3gms daily with hot water

109. sNGO-sBYOR rMA-sMAN (Ngo-jhor mah-mhen) - HERBAL FORMULATION OF WOUND MEDICINE

Composition

Rubus idaeopsis, Taraxacum tibeticum, Oxytropis chilophylla, Lamiophomis rotata

Use and Action

- subsides inflammation of wounds and stops bleeding

Dosage

1-2gms either taken orally or may be applied directly to the wound

110. sNYA-LO gSUM-THANG (Nya-lo soom-thung)-DECOCTION OF POLYGONUM 3
Composition

Polygonum peruginatoris, Rubia cordifolia,

58

Use and Action

☐ anti-inflammatory

☐ controls diarrhea brought about by inflammation of the intestines

☐ antipyretic

Dosage

2-5gms decocted to 1/3rd water level and to be taken twice daily

111. "OL-SE 27 (Wall-say) - PODOPHYLLUM 27

Composition

Podophyllum emodi, Rubia cordifolia, Emblica officinalis, Punica granatum, Hedychium spicatum, Mirabilis himalaica, Onosma hookeri, Cinnamonum zeylanicum, saltpetre, Pterocarpus santalinus, Veronica ciliata, Hippophae rhamnoides, sal-ammoniac, Aquilaria agallocha, Corydalis sp., sodium chloride, Myristica fragrans, Inula racemosa, Coriandrum sativum. Piper nigrurn, vermillion, Cupressus torula, Terminalia chebula, cinnabar

Use and Action

☐ balances rLung and blood

☐ thins out coagulated blood

☐ promotes normal flow of menses and its normal colour

☐ headache due to Bad-rlung

☐ pain at the back of neck

☐ pain at the hips, kidneys, and lower intestines

6/8/2011
Dosage

2-3gms thrice daily with hot water

59

112. PAD-MA 'DAB-brGYAD (Peh-ma dhab-geh) - EIGHT LOTUSES

Composition

Punica granatum, Cinnamomum zeylanicum, Eugenia caryophyllata, Commiphora mukul, Herpetospermum caudgerum, Terminalia chebula, Rosa sericea

Use and Action

☐ Bad-kan sKya-bo21

☐ Bad-kan sMug-po

☐ Bad-mkhris

☐ combination of rLung, mKhris-pa, and Bad-kan or either two

☐ in particular, this drug is very effective against Bad-kan Ser-po22

Note: if the above disorders are accompanied by difficulty in swallowing, add calcite

Dosage

2-3gms once a day with hot water

113. PHAN-PA KUN-1DAN (Phen-pa kuen-then) - POSSESSING ALL BENEFITS

Composition

Commiphora mukul, Terminalia chebula, Oxytropis chiliophylla, salt, Acorus calamus, Curcuma longa, Embelia ribes, Butea frondosa

Use and Action

☐ subsides inflammations and alleviates pain

6/8/2011
☐ inflammation of throat, lungs, and the eyes

☐ controls spreading fever

☐ swelling of tongue, gums, and the palate

60

Dosage

0.1-0.2gms once or twice daily with hot water

114. sPANG-KHRAG RIL-BU (Phung-tragh rheebhoo)-BLOOD GENTIAN PILL

Composition

Gentiana filistyla, Glycyrrhiza glabra, Santalum album, Inula racemosa, Terminalia chebula, Saussurea lappa, Aquilaria agallocha, calcite, Terminalia belerica, Veronica ciliata, Bambusa textilis, Tinospora cordifolia, Eugenia caryophyllata, Myristica fragrans, Emblica officinalis, Onosma hookeri, Melia composita, Rhodiola sp.

Use and Action

☐ antipyretic

☐ subsides cough

☐ expectorant

☐ inflammation of lungs

Dosage

2-3gms thrice daily with hot water

115. sPANG-rGYAN 10 (Phung-gyen) - GENTIANA 10

Composition

Gentiana algida, Glycyrrhiza glabra, Corydalis sp., Berberis dictyophylla, Phlomis kawaguchii, Rhododendron aff. cephalanthum, Fritillaria delavayi, Codonopsis convolvulacea, Inula racemosa

Use and Action

6/8/2011
- anti-inflammatory
- expectorant

61
- relieves coughing
- inflammation of lungs

Dosage
2-3gms thrice daily with hot water

116. sPANG-rGYAN15-GENTIANA 15

Composition
Gentiana algida, Santalum album, Terminalia chebulica, Emblica officinalis, Bambusa textilis, Saussurea lappa, Melia composita, Eugenia caryophyllata, Myristica fragrans, Tinospora cordifolia, Aquilaria agallocha, Veronica ciliata, Rhodiola sp., Glycyrrhiza glabra.

Use and Action
- anti-inflammatory
- bronchodilator
- expectorant

subsides cough
shortness of breath
hoarseness
blood in sputum

Dosage
2-3gms thrice daily with hot water or can be chewed

117. sPANG-rTZI 12 (Pang-tzi)-PTEROCEPHALUS 12

Composition

6/8/2011
Pteroccephalus hookeri, 
Oxytropis chilophylla, Hyper-
coum leptocarpum, Bambusa textilis, Carthamus tinc-
torius, Santalum album, mineral 
pitch, Commiphora mukul.

62

Use and Action

☐ fever from inflammations

☐ subsides severe infections

Dosage

2-3gms daily with hot water

118. sPOD-dKAR 10 (Poch-kar) - CAMPHOR 10

Composition.

Commiphora camphora, Terminalia chebula, Termi-
nalia beiera, Emblica officinalis. Cassia tora, Saussurea lappa, Tinospora cordifolia, 
Veronica ciliata, mineral pitch

Use and Action

☐ dries up blood serum and uric acid

☐ inflammation and pain in the joints of the extremity

☐ skin eruptions

Dosage

2-3gms twice daily with hot water

119.sPOD-KHYUNG 15 (Poeh-kyoong) -
GARUDA OF CAMPHOR 15

Composition

Commiphora camphora, Cassia tora, 
Terminalia chebula, Terminalia beiera, Emblica offi-
cinalis, Veronica ciliata, Tinospora cordifolia. Acacia 
catechu, mineral pitch, Saussurea lappa, Com-
miphora mukul, Acorus calamus,
Use and Action

☐ anti-inflammatory

☐ analgesic

63

☐ dries up uric acid

☐ swelling, itching, and pain of the joints which turn reddish-brown

Dosage

1-2gms before bedtime with hot water

120. sPRIN-BRAL ZLA-ZER (Tin-dell dha-serr)- CLOUD-SEPARAT.ING MOONBEAMS

Composition

Carthamus tinctorius, Santalum album, Bambusa textilis, Picrorhiza kurroa, Veronica ciliata, Swertia chirata, Saussurea lappa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Terminalia chebula, Terminalia bellerica, Emblica officinalis

Use and Action

☐ the following disorders localized in the vital or hollow organs23

mKhris-pa

blood

infectious fever

acute or chronic fever

Dosage

2-3gms once at noon with hot water

121. RIL-dMAR (Rheel-marr) - RED PILL

Composition

Terminalia chebula, Commiphora mukul, molasses

64

6/8/2011
Use and Action

- anti-inflammatory
- analgesic

- specifically for fast spreading inflammations of the throat, cold chills, and pain all over the body

Dosage

0.5gms once daily. Precaution: This medicine should not be given to those who are pregnant, children, old people, and those with very weak constitutions.

122. RU-KHUNG RIL-BU (Rhoo-kyoong rheel-rhoo) - PILL OF SAUSSUREA GARUDA

Composition

Saussurea lappa, Emblica officinalis, Punica granatum, Veronica ciliata, Elettaria cardamomum. Piper longum, Terminalia chebula, Commiphora mukul, Acorus calamus,

Use and Action

- anti-inflammatory
- analgesic

- emesis of sour and watery vomitus

Dosage

2-3gms twice daily with hot water

123. RU-rTA 6 (Rhoo-tha) - SAUSSUREA 6

Composition

Saussurea lappa, Emblica officinalis, Punica granatum, Veronica ciliata, Elettaria cardamomum. Piper longum

65

Use and Action

6/8/2011
■ Bad-kan sMug-po
■ colic
■ eructation and gastritis
■ inflammation of stomach
■ emesis and nausea
■ flatulence

Dosage

2-3gms daily either in the morning or at night with hot or warm water

124. RU-rTA 10 - SAUSSUREA 10

Composition

Saussurea lappa, Emblica officinalis, Piper longum, Terminalia chebula, Elettaria cardamomum, Veronica ciliata, Embelia ribes, Punica granatum

Use and Action

■ stomachal pains due to intestinal parasites
■ inflammation of stomach

Dosage

2-3gms daily with hot or warm water

125. RU-rTA 13-SAUSSUREA 13

Composition

Saussurea lappa, Emblica officinalis, Embelia ribes, Piper longum, Punica granatum, Elettaria cardamomum, Veronica ciliata, Dracocephalum tanguticum, Hedychium spicatum, Coriandrum sativum, Mecanopsis grandis, ash, Corydalis sp.

66

Use and Action

6/8/2011
Bad-kan sMug-po manifesting the following symptoms:

stomachal pains

emesis of sour and watery vomitus
sudden acute and burning sensation in the stomach

eructation
dry feces

Dosage

2-3 gms twice daily with hot water

126. Ru-ZHI'I RIL-BU (Rhoo-she rheel-bhoo)-PILL OF PACIFYING SAUSSUREA

Composition

Calcite, soda, Hedychium spicatum. Piper longum, Emblica officinalis, Saussurea lappa, Veronica ciliata, Inula racemosa, Rheum emodi, Terminalia chebula, Elettaria cardamomum, Punica granatum

Use and Action

stomachal tonic
digestive and anti-colic
laxative

eructation and heartburn

Dosage

2-3 gms twice daily with hot water

127. Se-7BRU 4 (Seh-drho) - POMEGRANATE 4

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum, Hedychium spicatum

Use and Action
indigestion

flatulence

coldness of extremity

increases metabolism

Dosage

2-3gms once daily with hot water: preferably during the morning on empty stomach

128. Se-'BRU 5 - POMEGRANATE 5

Composition

Punica granatum, Cinnamomum zeylanicum, Piper longum, Elettaria cardamomum, Hedychium spicatum

Use and Action

increases stomachal heat
digestive
carmenate

provides heat to extremity

relieves pain in the kidneys and hips due to lack of stomachal heat

Dosage

2-3gms daily with hot water: preferably in the morning on empty stomach

129. SE-'BRU 11 - POMEGRANATE 11

Composition

Punica granatum, Malva verticillata, Cinnamomum zeylanicum, Angelica sp., Carthamus tinctorius, Asparagus spinosissimus, Polygonatum cirrhifolium,
Tribulus terrestris, Piper longum, Elettaria cardamomum, Mirabilis himalaica

Use and Action

- indigestion

- 'cold' kidney disorder giving rise to lack of heat and pain in the renal area

- polyurea

- lack of sexual urge

- seminuria

Dosage

2-3gms twice or thrice daily with hot water

130. Se-'BRU 12 - POMEGRANATE 12

Composition

Punica granatum, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Cinnamomum zeylanicum. Piper longum, Foeniculum vulgare, Terminalia chebula, sodium chloride, Carthamus tinctorius, black salt, Hedychium spicatum

Use and Action

- accumulation of rLung in the intestines giving rise to rumbling sounds, flatulence, and pain

Dosage

2-3gms once daily with hot water: preferably in the morning on empty stomach

131. SE-'BRU 15-POMEGRANATE 15

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum, Piper longum, Hedychium spicatum, Polygonatum cirrhifolium, Tribulus terrestris,

6/8/2011
Mirabilis himalaica, Asparagus spinosissimus, Angelica sp., Terminalia chebula, Saussurea lappa, Acorus calamus,

Use and Action

☐ 'cold' disorder of kidneys

☐ inflammation of the nerves

☐ weakness of kidneys

☐ rheumatism

Dosage

2-3gms daily with hot water

132. SE- 'BRU 23 - POMEGRANATE 23

Composition

Punica granatum, sal-ammoniac, Eugenia caryophyllata, black salt, sodium chloride, Swertia chirata, Carthamus tinctorius, Terminalia chebula, Bambusa textilis, Emblica officinalis, Amomum subulatum, Cinnamomum zeylanicum, Zingiber officinale. Piper nigrum, Piper sp., cowrie ash, Elettaria cardamomum, Picrorhiza kurroa, Terminalia bellerica, Myristica fragrans, Cucurbita pepo, Saussurea lappa, Inula racemosa, saltpetre

Use and Action

☐ increases stomachal heat

☐ digestant

☐ disruption of normal stomachal and intestinal function

☐ stomachal pains

☐ coldness of extremity

Dosage

2-3gms twice daily with hot water

70

6/8/2011
133. SE-'BRU KUN-bDE (Seh-drhoo kuen-dhey)-s'
CONTINUOUSLY COMFORTING POMEGRANATE

Composition

Punica granatum, Cinnamomum zeylanicum, Elettaria cardamomum. Piper longum, Carthamus tinctorius, Coriandrum sativum, Picrorhiza kurroa, Veronica ciliata, mineral pitch, Emblica officinalis, Saxifraga pasumensis, Thiaspi arvense, Malva verticillata, crab shell, Dracophalum tanguticum, Pteroccephalus hookeri

Use and Action

☐ increases stomachal and renal heat

☐ digestant

☐ pain in the hips and kidneys

☐ swollen eyelids and feet

Dosage

2-3gms twice daily with hot water

134. SE-'BRU RIL-dKAR (Seh-drhoo rheel-kar) -
WHITE PILL OF POMEGRANATE

Composition

Punica granatum, limestone, Hedychium spicatum, Piper longum, Piper nigrum, saltpetre, sodium chloride, black salt, Terminalia chebula

Use and Action

☐ increases stomachal heat

☐ destroys 'cold' tumours

☐ digestive

☐ constant emesis

☐ eructation and flatulence

71

6/8/2011
Dosage

2-3gms twice daily with hot water

135. SE-YAB 6 (Say-yab) - CHAENOMELES 6

Composition

Chaenomeles lagenaria, Coriandrum sativum, Hedychium spicatum, Emblica officinalis, Inula racemosa, Saussurea lappa

Use and Action

☐ for mKhris-pa and at the same time does not increase Bad-kan

Dosage

2-3gms daily with hot water

136. SEMS-K.YI bDE-sKYID (Sim-key dhee-key) - HAPPINESS OF MIND

Composition

Ferula jaeschkeana, Hedychium spicatum, Piper nigrum, Piper longum, black salt, Melia composita, Saussurea lappa, Myristica fragrans, Eugenia caryophyllata, Aquilaria agollocha, Mucuna prurita, Areca catechu, molasses

Use and Action

☐ all types of rLung disorders

☐ specifically for rLung afflicting the Srog-rtza (life-channel) which manifests the following symptoms:

- anxiety
- stress
- irritability
- lack of concentration

72
dullness
various mental disorders

6/8/2011
Dosage

2-3gms daily with chang, broth, or hot water.
Note: According to Men-ngag bye-ba ring-bsrel
(p. 9, this medicine may be taken with meat,
butter, aged molasses, and aged chang.

137. SHING-KUN 25 (Shing-kuen) -
DEVIL'S DUNG 25

Composition

Ferula jaeschkeana, Eugenia
caryophyllata, Myristica fragrans, Cinnamomum
zeylanicum, Hedychium spicatum, Piper longum,
Piper nigrum, Commiphora camphora, Commiphora
mukul, Punica granatum, Allium sativum, Elettaria
cardamomum, Carum carvi, Terminalia chebula,
Aquilaria agallocha, Saussurea
lappa, Inula racemosa, Tinospora cordifolia, Acorus
calamus, sodium chloride, black camphor

Use and Action

☐ 'external' rLung which affects the muscles, skin,
nerve, and blood vessels

☐ 'internal' rLung which affects the six vital organs and
the six hollow organs

☐ 'secret' rLung which affects the life-governing channel
(Srog-rtza)

☐ 'general' rLung which pervades throughout the body

Dosage

2-3gms daily with chang, broth, or hot water

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138. SHING-KUN RIL-BU (Shing-kiiien rheel-bhoo) -
DEVIL'S DUNG PILL

Composition

Ferula jaeschkeana, Acorus calamus, Punica granatum,
Hedychium spicatum, Piper longum, Piper nigrum,
Clematis montana, Plumbago zeylanica, Hera-
cleum candicans, Chaenomeles lagenaria, Coriandrum
sativum, Inula racemosa, Foeniculum vulgare, sodium
chloride, Trachyspermum ammi, Terminalia chebula, Saussurea lappa, black salt, Delphinium viscosum

Use and Action

☐ increases stomachal heat

☐ digestant

☐ promotes micturition

☐ stomachal pains and flatulence

☐ loss of appetite and emesis

☐ swelling eyelids and feet

☐ vertigo

Dosage

2gms thrice daily with hot water

139. SHING-mNGAR 6 (Shing-ngar) - CINNAMON 6

Composition

Cinnamomum zeylanicum, Carum carvi, Chaenomeles lagenaria, Embelia ribes, Coriandrum sativum, rice

Use and Action

☐ balances vitiated rLung in the stomach

☐ antiemetic

☐ antinauseant

74

Dosage

2gms thrice daily with hot water

140. SLE-TRES gSUM-THANG (Leh-tay soom-thung)

☐ DECOCTIONAL TINOSPORA 3

Composition

6/8/2011
Tinospora cordifolia, mineral pitch, Terminalia chebula

Use and Action

☐ gout

Dosage

3-5gms once or twice daily

141. SLE-TRES 1NGA-THANG (Leh-tay nga-thung)-DECOCTIONAL TINOSPORA 5

Composition

Tinospora cordifolia, Terminalia chebula, Terminalia belerica, Emblica officialis, Swertia chirata

Use and Action

☐ dries up blood serum

☐ anti-inflammatory

☐ rheumatism and arthritis

142. SROG-'DZIN 11 (Sogh-zhin) - ELEVEN HOLDERS OF LIFE

Composition

Aquilaria agallocha, Myristica fragrans, Melia composita, Bambusa textilis, Shorea robusta, Saussurea lappa, Terminalia chebula, Mesua ferrea, Eugenia caryophyllata, Ferula jaeschkeana

75

Use and Action

☐ accumulation of rLung in the heart and Srog-rtza (life-channels) which disrupts the normal site of intelligence and causes dullness

☐ pain in upper part of body specially between the shoulders, chest, breasts, and liver

☐ mental disorders

6/8/2011
Dosage

2-3gms daily either in the morning or bedtime with warm or hot water

143. SUG-MEL 10 (Soogh-mel) - CARDAMOM 10

Composition

Elettaria cardamomum, Hedychium spicatum, A-bras, Piper longum, Malva verticillata, sodium chloride, Caesalpinia bonduccella, Eugenia jambolana, crab shell

Use and Action

☐ heals kidney disorders

☐ removes kidney stones

☐ clears blockage of the urinary tract

☐ removes tumours and stones from urinary-bladder

Dosage

1-2gms daily at night with hot or warm water

144. ZHI-gSER RIL-BU (She-sayr rheel-bhoo)-PACIFYING HERPETOSPERMUM PILL

Composition

Inula racemosa, soda, Hedychium spicatum, Punica granatum, Terminalia chebula. Rheum emodi, black camphor, calcite, mineral pitch, Herpetospermum caudgerum

76

Use and Action

☐ increases flow of bile

☐ increases flow of digestive enzymes

☐ 'cold' mKhris-pa and stomachal disorders from sedentary life-style

6/8/2011
Dosage

2-3gms thrice daily with hot water

145. bSAM-'PHEL NOR-BU (Sahm-phel nor-bhoo)-MIND-INCREASING JEWEL

Composition

Carthamus tinctorius, Bambusa textilis, oyster shell, Eugenia caryophyllata, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Santalum album, Pterocarpus santalinus, Aquilaria agollocha, Terminalia chebula, Glycyrrhiza glabra, Verbascum thapsus, Terminalia bellerica, Emblica officinalis, Foeniculum vulgare, Nigella sativa, Piper longum, Zingiber sp., Cinnamomum zeylanicum, Cinnamomum camphora, Cassia tora, Inula racemosa, Saussurea lappa, crab shell, Fragaria nilgeernsis

Use and Action

☐ inflammation of nerve and blood channels

☐ tonifies the brain and the spinal cord

☐ dries up blood serum and uric acid

☐ contraction of the extensity

☐ contortion of mouth and eyes

☐ malfunction of the senses

☐ pain in kidneys, hips, and vertebrae

☐ difficulty in extending or contracting the extremity

Dosage

2-3gms twice daily with hot water

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146. gSER-mDOG 5 (Sayr-dhog) - GOLDEN COLOUR 5

6/8/2011
Composition

Terminalia chebula Punica granatum, Herpetospermum caudgerum, mineral pitch, black camphor

Use and Action

☐ mKhris-pa and rLung

☐ indigestion

☐ stomachal and intestinal pain along with frequent rumbling

☐ bitter taste in mouth

☐ yellow sclera

Dosage

2-3gms daily at noon with hot water

147. gSER-mDOG 11 - GOLDEN COLOUR 11

Composition

Terminalia chebula, black camphor,
Embelia ribes,
Hypericum leptocarpum, mineral pitch, Punica granatum, Herpetospermum caudgerum, Rosa sericea

Use and Action

☐ clears the sense of taste

☐ descending of mKhris-pa into the vessel organs and manifesting the following symptoms:

- pain in stomach and intestines
- nausea and headache
- tumour in gall-bladder
- indigestion
- halitosis

Dosage

6/8/2011
2.6-2.8gms daily at noon with hot water

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148. gSER-THANG 18 (Syr-thung) - GOLDEN DE-COCTION 18

Composition

Terminalia chebula, Terminalia belerica, Emblica officinalis, Inula racemosa, Rubus idaeopsis, Tinospora cordifolia, Hedychium spicatum, Pterocarpus santalinius, Aquilaria agollocha, Saussurea lappa, Myristica fragrans, Eugenia caryophyllata. Acacia catechu, Meconopsis horridula, Caragana franchetiana, Commiphora camphora, Commiphora mukul

Use and Action

☐ 'bad' blood that has accumulated in lower part of body

☐ analgesic

☐ beginning of a 'Barn dosorder that manifests the following symptoms:

swelling and reddish-brown gums

difficulty in breathing

pain in upper region of back

Dosage

3-5gms decoct to 1/3rd water level and take thrice daily

149. gSER-TIG RIL-BU (Syr-theek rheel-bhoo)-GOLDEN FELWORT PILL

Composition

Terminalia chebula, Swertia chirata, Punica granatum, Herpetospermum caudgerum, Rubus idaeopsis, Ixeris gracilia, black camphor, Picrorhiza kurroa, mineral pitch, Saussurea lappa, Chrysosplenium nepalense, Hypercounm leptocarpum

6/8/2011
Use and Action

☐ inflammation of the gall-bladder

☐ promotes bile secretion

☐ promotes appetite

☐ 'yellowish eye mKhris-pa disorder' manifesting the following symptoms:

pain in hepatic region

pain in stomach

nausea

emesis

bitter taste in mouth

Dosage

2-3gms twice daily with hot water

150. bSE-RU 25 (Say-rhoo) - RHINO 25

Composition

Myristica fragrans,
Eugema caryophyllata, Elettaria cardamomum, Bambusa textilis, Amomum subulatum, Crocus sativus,
Saussurea lappa, Santalum album, Pterocarpus santalinus, Mesua ferrea, Cassia tora,
Foeniculum vulgare, Meconopsis grandis, Veronica ciliata, Geranium sp., Terminalia chebula, Emblica officinalis,
Hippophae rhamnoides, Onosma hooken

Use and Action

☐ general pulmonary disorders

☐ specifically for removal of pus, blood, or serum in the lungs

Dosage
2-3gms daily either in the morning or at noon with hot water or milk

80

151. THANG-CHEN 25 (Thung-chin) - GREAT DECOCTION 25

Composition

Terminalia chebula, Terminalia belerica, Inula racemosa, mineral pitch, Chaenomeles lagenaria, Adiantum pedatum, Picrorhiza kurroa, Gentiana straminea, Dracocephalum tanguticum, Carthamus tinctorius, Emblica officinalis, Vladimiria souliei, Punica granatum, dried blood, Coriandrum sativum, Gentiana urnula, Myricaria bracteata, Aster souliei, Veronica ciliata, Hypericum leptocarpum, Swertia chirata, Meconopsis grandis, Elettaria cardamomum, Herpetospermum caudgerum

Use and Action

☐ used primarily to facilitate the proper recognition of various disorders (specially compounded poisons, Bad-kan sMug-po, and chronic fever), that have spread and needs to be drawn back to their original source

☐ balances bodily temperature

☐ increases appetite

☐ controls epistaxis

☐ heals Bad-kan and mKhris-pa

☐ for frequent lethargy, thirst, stomachal and hepatic pains, inflammation of channels and ureter

☐ menorrhagia

Dosage

2-3gms daily either in the morning or at night with hot water

152. TIK-TA 8 (Theek-tha) - FELWORT 8
Composition

Swertia chirata, Herpetospermum caudgerum, Aconiturn heterophyllum, Saussurea lappa, Hypercoum leptocarpum, Picrorhiza kurroa, Ixeris gracilis, Berberis dictyophylla

Use and Action

- inflammation of mKhris-pa which manifests the following symptoms:
  - headache
  - high fever
  - nausea
  - bitter taste in mouth
  - yellow sclera, tongue, and skin
  - lethargy and sleepiness at daytime

Dosage

2-3gms daily at noon with hot water

153. TIK-TA9-FELWORT9

Composition

Swertia chirata, Picrorhiza kurroa, Herpetospermum caudgerum, Berberis dictyophylla, Ixeris gracilis, Chrysosplenum nepalense, Hypercoum leptocarpum

Use and Action

- anti-inflammatory
- antipyretic
- analgesic
- inflammation of gall-bladder and liver

6/8/2011
Dosage

2-3gms thrice daily with hot water

154. TIK-TA25-FELWORT25

Composition

Swertia chirata, Swertia petiolata, Phlogacanthus

pubinervius, Herpetospermum caudgerum, Holarrhena antidysenterica, Vitis vinifera, Gentiana tibetica, Myristica fragrans, Terminalia chebula, Saussurea lappa, Bambusa textilis, mineral pitch, Veronica ciliata, Punica granatum, Carthamus tinctorius, Elettaria cardamomum. Piper longum, Eugenia caryophyllata, Acacia catechu, Arenaria glanduligera, lac, Sabina recurva

Use and Action

☐ general 'hot' and 'cold' mKhris-pa disorders manifesting the following symptoms:

headache

bitter taste in mouth

lethargy

nausea

indigestion

Dosage

2-3gms at noon with hot water

155. TIK-TA 1NGA-THANG (Theek-tha nga-thung)-DECOCTONAL FELWORT 5

Composition

Swertia chirata,Berberis dictyophylla, Tinospora cordifolia. Geranium sp.
Use and Action

☐ anti-inflammatory

☐ antipyretic

☐ inflammation of liver and gall-bladder

Dosage

3-5gms to be decocted to 1/3 water level and taken twice daily

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156. TZAN-DAN 8 (Tzen-then) - SANDALWOOD 8

Composition

Santalum album, Bambusa textilis, Eugenia caryophyllata, Geranium sp., Rhodiola sp., Vinis vinifera, Glycyrrhiza glabra, Carthamus tinctorius

Use and Action

☐ inflammation of lungs

☐ blood and pus in the lungs

Dosage

2-3gms thrice daily with hot water

157. TZAN-DAN 9(1)-SANDALWOOD 9(1)

Composition

Santalum album, Rhodiola sp., Pterocarpus santalarius, Eugenia caryophyllata, Bambusa textilis, Vinis vinifera, Carthamus tinctorius, Cinnamomum zeylanicum. Geranium sp..

Use and Action

☐ anti-inflammatory

☐ antipyretic

☐ specifically for inflammation of lungs and pus formation
Dosage

2-3gms thrice daily with hot water

158. TZAN-DAN 9 (2) - SANDALWOOD 9 (2)

Composition

Santalum album, Carthamus tinctorius, Swertia chirata, mineral pitch,
Elettaria cardamomum, Terminalia chebula, Mucuna prurita

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Use and Action

☐ inflammation of kidneys

Dosage

2-3gms daily with hot water

159. TZAN-DAN 10 - SANDALWOOD 10

Composition

Santalum album, Pterocarpus santalinus, Bambusa textilis, Carthamus tinctorius, Meconopsis grandis,
Picrorhiza kurroa, Geranium sp.,
Swertia chirata, Veronica ciliata

Use and Action

☐ anti-inflammatory

☐ antipyretic

Dosage

2-3gms daily with hot water

160. TZAN-DAN 18 - SANDALWOOD 18

Composition

Santalum album, Saussurea lappa, Bambusa textilis, vermilion, Myristica fragrans, Picrorhiza kurroa, Ter-
minalia chebula, Draccephalum tanguticum, Eugenia caryophyllata, Onosma hookeri, Amomum subula-

6/8/2011
te turn, Saxifraga pasamensis, Carthamus tinctorius, Rubia cordifolia, Elettaria cardamomum, Veronica ciliata, Corydalis sp.

Use and Action

☐ dries up 'bad' blood

☐ lowers blood pressure

☐ facilitates the normal flow of rLung within the various rLung sites

85

☐ inflammation of liver, gall-bladder, stomach, and intestines

☐ for the following symptoms due to 'bad' blood and high blood pressure:

pain in hepatic region

brownish colour of lips and fingernails

hoarseness

dryness of mouth and tongue

headache and vertigo

blurred vision

pain in upper back and ribs

Dosage

2-3gms at noon with hot water

161. rTA-ZI dMAR-PO (Tah-zhee mahr-po) - RED PONY

Composition

Oxypopis chilifer, Mecro-nopsis grandis, vermilion, Rubia cordifolia. Bambusa textilis, Carthamus tinctorius, Commiphora mukul, Saussurea lappa, Chrysosplenium nepalense,
Terminalia chebula, Inula racemosa, Pterocephalus hookeri, Swertia chirata, Herpetospermum caudgerum, Euphorbia sp..

Use and Action

☐ for all types of contagious and febrile disorders

☐ specifically for inflammation of lungs and influenza

Dosage

2-3gms at noon with hot water. Caution: no alcoholic beverages and meat should be taken when under this prescription

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162. sTAR-BU 5 (tahr-bhoo) - BUCKTHORN 5

Composition

Hippophae rhamnoides, Glycyrrhiza glabra, Vitis vinifera, Emblica officinalis, Saussurea lappa

Use and Action

☐ chronic inflammation of lungs

☐ 'hidden' and 'vitiated' fever

☐ expels pus and blood from lungs

☐ suppresses coughing

Dosage

2-3gms once or twice daily with hot water

163. rTZA-THAG 13 - (Tza-thak) - GRASS-ROPE 13

Composition

Iris ensata, Rubia cordifolia, sKag, Symlocos cra-taegoides, crab shell, Veronica ciliata, Mucuna prurita, A-'bras, Caesalpinia bonducella, Eugenia jambolana, Verbascum thapsus, alum

Use and Action

6/8/2011
swelling of the testicles from both a 'hot' and a 'cold' disorder

Dosage

2-3gms daily either in the morning or at night with hot water

164. rTZA-THAG 16 - GRASS-ROPE 16

Composition

Iris ensata, Elettaria cardamomum, crab shell, Thiaspi arvense, A- bras, Caesalpinia bonducella, Eugenia jambolana, Rubia cordifolia,

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Onosma hookeri, lac, Cupressus torulosa, Terminalia chebula, Herpetospermum caudgerum, Mucuna prurita, Veronica ciliata

Use and Action

- pain in the kidneys, lower region of intestines, and hips
- numbness of legs
- inflammation of the urethra
- swelling of the testicles

Dosage

2-3gms daily with hot water

165. bTZAN-DUG 8 (Tzen-dhook) - ACONITE 8

Composition

Terminalia chebula, Saussurea lappa, Acorus calamus, Commiphora mukul, Ferula jaeschkeana, sulphur

Use and Action

- for all types of inflammations

Dosage

6/8/2011
1-2gms daily with hot water

166. gTZO-BO 8 (Tzo-wo) PRINCIPAL 8

Composition

Carthamus tinctorius, Santalum album, Bambusa textillis, Picrohiza kurroa, Veronica ciliata, Swertia chirata

Use and Action

☐ anti-inflammatory

☐ antidote

☐ antipyretic

88

☐ chronic fever that has spread and needs to be controlled

☐ excessive thirst

☐ bitter taste in mouth

☐ coughing

☐ pain in vertebrae

Dosage

2-3gms twice daily with hot water

167. YA-SRN 10 (Ya-seen) - SINUSAL MICROORGANISM 10

Composition

Terminalia chebula, Saussurea lappa, Commiphora mukul, Veronica ciliata, Carthamus tinctorius, Embelia ribes, Butea monosperma, Hyoscyamus niger, Oxytropis chilophylla

Use and Action

☐ anti-inflammatory

☐ analgesic

6/8/2011
• inflammation of the eyes, nasal cavity, and pus in the auditory canal

Dosage

1-2gms twice daily at noon and night with hot water

168. YUNG-BA bZHI-THANG (Yoong-wa she-thung) - DECOCTIONAL TURMERIC 4

Composition

Curcuma longa, Berberis dictyophylla, Tribulus terrestris, Emblica officinalis

89

Use and Action

• antipyretic

• diuretic

• inflammation of urethra

Dosage

3-5gms decocted to 1/3rd water level and taken twice daily

169. gYU-DRIL 13 (Yu-dheel) - ROLLED TURQUOISE 13

Composition

Saussurea lappa, Emblica officinalis, Punica granatum, Meconopsis grandis, Corydalis sp., Veronica ciliata, Embelia ribes, Dracocephalum tanguticum, Piper longum, bCha-sga, Coriandrum sativum, Elettaria cardamomum, wood-ash

Use and Action

• Bad-ban in the stomach

• Development of sMug-po giving rise to emesis and diarrhea

• colic

6/8/2011
indigestion

vermifuge and certain gynecologic disorders

Dosage

2-3gms daily either in the morning or at night with hot water

170.gYU-rNYING 25 (Yu-nying)-OLD TURQUOISE 25

Composition

Turquoise, pearl, coral, vermilion, Terminalia chebula, iron, Emblica officinalis, mineral pitch, Santalum

90

album, Pterocarpus santalinus, Veronica ciliata, Saussurea lappa, Meconopsis grandis, Myristica fragrans, Eugenia caryophyllata, Swertia chirata, Terminalia bekerja, Bambusa textilis, Carthamus tinctorius, Mesua ferrea, Aristolochia moupinensis, Eleotaria cardamomum

Use and Action

For various hepatic disorders manifesting the following symptoms:

pain in the ribs and upper part of back
pale skin
lack of blood
loss of weight
reddish eyes and dark complexion
flatulence and constipation
excessive sleep and thirst
headache

6/8/2011
discomfort in cardiac region

blood in sputum

epistaxis

Dosage

2-3 gms daily in the morning with hot water

171. gYU-THOG24 CHU-GANG 25 (Yu-thog choo-
ghung) - gYU-THOG'S BAMBOO PITH 25

Composition

Bambusa textilis, Carthamus tinctorius, Eugenia
caryophyllata, Elettaria cardamomum, Myristica frag-
rans, Anomum subulatum, Glycyrrhiza glabra, Vitis
vinifera, Rhodiola saera, Arenaria glanduligera, Hipp-
ophae rhamnoides, Saussurea lappa, Aristolochia
moupinensis. Geranium sp., Santalum album, Pter-

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carpus santalinus, Picrorhiza kurroa, Terminalia
chebula, Emblica officinalis, Terminalia bellerica, Lan-
cea tibetica, Foeniculum vulgare, Arenaria capillaris,
Artemisia vulgaris

Use and Action

☐ pulmonary disorders

☐ pain from inflammation of lungs

☐ blood in sputum

☐ inflammation of respiratory tract

Dosage

2-3 gms once daily with an extraction of Rubia cordi-
folia and Symposcos crataegoides and milk

172. ZANGS-THAL 25 (Sang-thell) - COPPER CAL-
CINE 25

Composition

Copper calcine, vermillion,
Carthamus tinctorius, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Eugenia caryophyllata, Bambusa textilis, Swertia chirata, Picrorhiza kurrooa, Veronica ciliata, Santalum album, Meconopsis grandis, Mesua ferrea, Incarvillea young-husbandii. Geranium sp., Aristolochia moupinensis, Rhodiola saera, Glycyrrhiza glabra, Vitis vinifera, Ga-dor

Use and Action

☐ all types of lung inflammations

☐ specifically for difficulty in breathing and coughing

Dosage

2-3gms daily with hot water

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173. ZHI-BYED 6 (Zhee-jay) - PACIFIC 6

Composition

Terminalia chebula, Rheum emodi, Saussurea lappa, sodium chloride, Hedychium spicatum, soda

Use and Action

☐ indigestion

☐ flatulence

☐ anticolic

☐ laxative

☐ difficulty in expelling fetus and placenta

☐ clears normal pathway of rLung Thur-sel

Dosage

2-3gms once or twice daily with hot water

174. ZHI-BYED 29 - PACIFIC 29

Composition

6/8/2011
Inula racemosa, calcite, Terminalia chebula, soda, Plumbago zeylanica, Myristica fragrans, Piper longum, Cassia tora, Elettaria cardamomum, Adiantum pedatum, Piper nigrum, radish ash, Amomum subulatum, sodium chloride, Ferula jaeschkeana, saltpetre, Zingiber officinale, Rheum palmatum, Tinospora cordifolia, ash of cowries, Carthamus tinctorius, limestone, soot, Anstolochia moupinensis, Commiphora camphora, mineral pitch, black salt, Hedychium spicatum

Use and Action

- analgesic
- disintegrates tumours
- increases biliary secretions
- digestant
- relieves stomachal, intestinal, and hepatic pain
- facilitates the breaking down of digestive enzymes

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Dosage

2-3 gms twice daily with hot water

175. ZLA-SHEL CHEN-MO (Dha-shale che-mo)- GREAT CRYSTAL MOON

Composition

calcite, Carthamus tinctorius, Myristica fragrans, Elettaria cardamomum, Amomum subulatum, Bambusa textilis, Eugenia caryophyllata, Santalum album, Pterocarpus santalinus, Herpetospermum caudgerum, Holarrhena antidysenterica, Swertia chirata, Saussurea lappa, Emblica officinalis, Punica granatum, mineral pitch, iron, Dracocephalum tanguicum, aged snow, Commiphora mukul. Taraxacum tibeticum. Rheum nobile, Inula racemosa, Picrorhiza kurroa, Pedicularis oliveriana, Meconopsis grandis, black camphor, bone ash, Terminalia chebula
Use and Action

☐ antitoxin

☐ hematemesis or dysentery due to Bad-kan sMug-po

☐ chronic fever, hidden fever, and spreading fever

☐ indigestion

☐ acute stomachal pain due to colic

☐ antiparasitic

☐ lymphatic disorders

Dosage

2-3 gms once at noon with warm water

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NOTES

1. rLung (Loong) is one of the three main processes within the body (the other two are mKhris-pa and Bad-kan) that is in a constant state of dynamic equilibrium. Any disruption of this state of delicate homeostasis, either from improper diet, life-style, or a complete disregard to the change in climatic factors, brings about a dis-order.

   The primordial origin of rLung is recognized at two entirely different levels, namely, the spiritual or mental level and the physical or material level. The mental origin of rLung is due to the intrinsic nature of the human specie who is constantly subject to the basic emotions of attachment, desire, greed, quest for power, ambition and so on. The physical origin of rLung is Air—one of the Five Proto-elements (the others are Fire, Water, Earth, and Space) that are the building blocks of matter—whose intrinsic quality is coolness, mobile, rough, light, and subtle.

   Although rLung is ever present, a favourable condition must arise for it to fully manifest itself as a disorder. These may be climatic (not wearing enough warm clothes in winter), dietetic (excess of cooling foodstuffs such as pork or goat’s meat), or the general life-style or behaviour of the patient (malcontent, irritable, under constant tension, stress, anxiety, and so on).

   There are the following five main types of rLung: (1) Srog-'dzin;
(2) Gyen-rgyu; (3) Mc-mnyam; (4) Khyab-byed; and (5) Thur-sel. For additional information, see Tsarong et al. Fundamentals of Tibetan Medicine. Dharamsala: Tibetan Medical Centre, 1981. Distributed by Tibetan Medical Publications, Kalimpong, India and Snow Lion Publications, P.O. Box 6483, Ithaca, N.Y., U.S.A.

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2. A Tibetan brewage made from fermented barley or millet.

3. Another name for rLung Srog-'dzin. Once this rLung manifests itself as a disorder, it primarily affects the central nervous system bringing about the following symptoms:

☐ wavering or flitting of consciousness

☐ difficulty in inhaling

" difficulty in swallowing

☐ constant fear or anxiety

☐ insomnia

☐ shivering of body

☐ excessive sweating

Prolonged inability to treat this disorder may very well lead to madness or other psychosis.

4. Literally, "darkish-brown Bad-kan". This is a Bad-kan disorder that is mixed with rLung, mKhris-pa, blood, and serum. Its immediate cause is an excess of Earth and Water Proto-elements within the body which thereby impair body metabolism (both anabolism and katabolism).

5. A blood disorder which is further aggravated by rLung to the muscle tissues, fat, channels (nerves, veins, and arteries), fluids, and the bones. It specifically afflicts the lower extremity: specially the hollow of the knees and the calves.

6. A 'hot' disorder refers either to a mKhris-pa or a blood disorder, while a 'cold' disorder refers to either Bad-kan or rLung. Tibetan medicine, in the same manner as the other great-tradition medicines of mankind, applies these terms to disorders, diet, life-style, and climate.

7. All words should be pronounced according to the English
language. Thus, the words: "Ahung", "Thung" or "Phung"
should be pronounced in the same manner as in "hung", the past
tense of "hang" and not "thoong" or "phoong".

8. Literally, "life channel". It is classified into the Srng-rtza dKar-po
(referring to the spinal cord) and the Srng-rtza Nag-po (referring
to the main artery).

9. Literally, "Earth and Water". The origin of the word may well be

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a corruption of the Persian word: "Balgam" which means the
same thing. Centuries before the advent of Buddhism into Tibet,
the Tibetan empire was in contact with the Persians and
subsequently, this term may well have been borrowed from
Greco-Arabic medicine.

Like rLung and mKhris-pa, Bad-kan is one of the main processes
within the body that causes disorders. Its primordial origin at the
mental level is the basic trait of ignorance and delusion which
all humans share. At the physical level, the primordial causes of
this disorder are the Earth and Water Proto-elements. Again, as in
the case with rLung and mKhris-pa, a favourable condition or
contributing factor is essential for the disease to fully manifest
itself and these conditions may be due to diet (excess of sugar or
cold food), climate (winter or the rainy season), and the general
life-style (sedentary) of the patient. The five types of Bad-kan
are: (1) rTen-byed; (2) Myag-byed; (3) Myong-byed; (4) 'Byor-
byed; and (5) Tsim-byed. See Fundamentals of Tibetan Medicine
for further details.

10. An inflammation or fever which has not fully manifested itself
through body temperature, the pulse, or the urine.

11. The third main process within the body that is responsible for a
disorder. Its mental origin lies in the hatred, anger, aversion,
spitefulness, and aggression of man (woman). Its physical origin
lies in the Fire Proto-element. Like rLung and Bad-kan, the
contributing factor may be due to diet (excess of nutritious or
greasy foodstuffs and beverages like alcohol), climate (summer),
and behaviour (living under unsanitary conditions). The five
types of mKhris-pa are: (1) 'Ju-byed; (2) mThong-byed; (3)
mDog-sel; (4) sGrub-byed; and (5) mDangs-sgyur. See Fun-
damentals of Tibetan Medicine for additional information.

12. This disorder is part of a group of sixteen diseases known as
gCong-nad (Chong-neh) or weakening disorder. It is basically a
chronic metabolic disorder in which there is a gradual depletion
of the seven bodily sustainers (see note 13). In this case, due to
improper metabolism, the liver does not function properly and
the blood becomes 'bad' or impure. There is subsequently a marked increase in blood serum which is then dispersed by rLung to various parts of the body. The skin, muscle tissues, and the blood itself are afflicted and the complexion either becomes pale-white or greenish-blue.

3. Literally, "bodily sustainers". These are the following seven: (1) essential nutrients; (2) blood; (3) muscle tissues; (4) fat; (5) bone; (6) marrow; and (7) regenerative fluids and cells.

14. A metabolic disorder in which the essential nutrients and the bodily wastes (sweat, urine etc.) are mixed up and go into the liver. From there, they are discharged between the muscle tissues and the skin.

15. This is a type of Bad-kan which afflicts all the vital and vessel organs of the" body (see note 23). It is also part of the sixteen gCong-nad disorders and deals primarily with the blockage of bodily fluids.

16. Tibetan medicine recognizes 84,000 parasites and microorganisms. The 'cold' parasites or microorganisms do not cause any inflammation or fever.

17. There are six main types of fever and they are: (1) unripened fever; (2) spreading fever; (3) hidden fever; (4) chronic fever; (5) empty fever; (6) muddled or mixed fever.

18. An inflammatory skin disorder.

19. The yogic here refers to the great ascetic Thang-stong rGyal-po (1385-1464 A.D.) who gained fame as a bronze-smith and builder of innumerable chain-bridges in Bhutan and Tibet. He is also believed to have introduced the first Tibetan dance opera. *Thang-stong formulated this particular drug which was revealed to him by some dakinis (celestial female deities) while he was in deep meditational equipose.

20. Untrained individuals, under no circumstances, should attempt to make these formulations, as Tibetan medicine utilizes quite a few toxic ingredients such as Strychnos nuxvomica, Aconitum bal-fouri, Aconitum spicatum, mercury, lead and so on which must be detoxified and purified before they are finally compounded.
21. Same as Bad-kan sKya-rbab (see note 12).

22. Overflowing of bile from the gall-bladder. The pulse becomes slow and weak and the urine colour becomes yellow. There is a lack of appetite and a feeling of fulness in the stomach. This disorder may change into 'cold' mKhris-pa or Bad-kan sMug-po.

23. The five vital organs are: (1) heart; (2) liver; (3) lungs; (4) spleen; and (5) kidneys. The six hollow or vessel organs are: (1) stomach; (2) large intestines; (3) small intestines; (4) gall-bladder; (5) urinary bladder; and (6) seminal vesicles and ovaries.

24. gYu-thog Yon-tan mGon-po (708-833 A.D.) came from a family of royal court physicians who trace their very beginnings to the time of King Lha-thothori (441-561 A.D.). At a very early age, he showed a keen interest in medicine and frequently accompanied his father during visits to patients. During his teens, he was exposed to Buddhism and was particularly inspired by the ancient Buddhist philosophy of medicine and treatment. Subsequently, he visited India on three separate occasions to learn the ancient Buddhist system of medicine known as gSo-ba Rig-pa (knowledge of healing). After having thoroughly studied the best of the then known systems of medicine (Chinese, Indian Buddha, Greco-Arabic, and Tibetan), he finally synthesized them and wrote the rGyud-bzhis or the Four (Medical) Tantras. The rGyud-bzhis is the magnum opus of Tibetan medicine and because of this unique contribution, gYu-thog is generally recognized as the "Father of Tibetan Medicine".

After the death of his father, gYu-thog was appointed the royal court physician to King Khri-srong IDe'u-btsan (755-797 A.D.) and founded the first medical school in Tibet at Cong-po Men-lung. During the latter period of his life, gYu-thog was ordained as a monk at Samye Monastery and was one of the first of Tibetan Buddhist monks. Because of his great contribution to the field of medicine, gYu-thog is highly venerated by all Tibetans as the Second Medicinal Buddha.
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