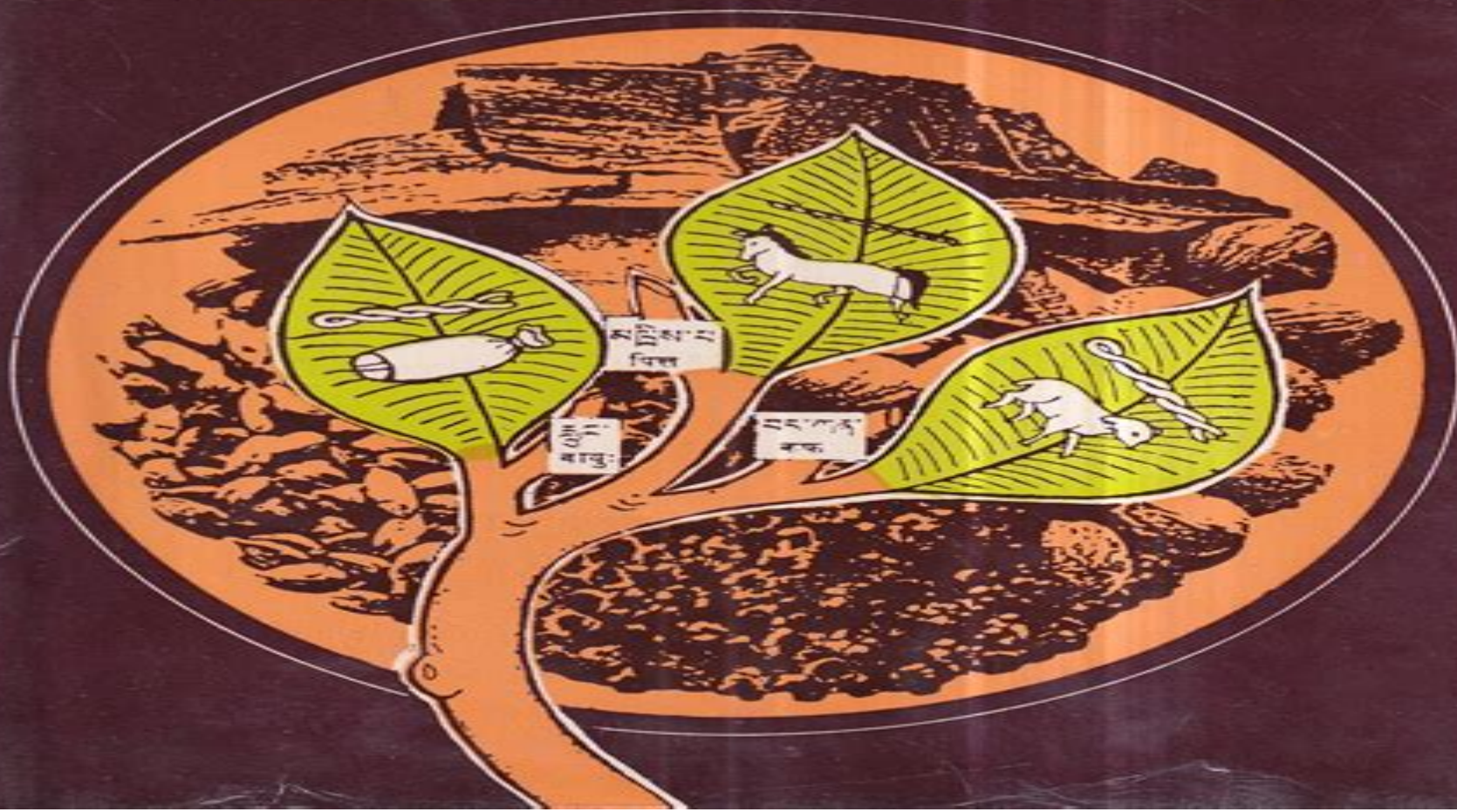


Materia Medica of Indo-Tibetan Medicine

VAIDYA BHAGWAN DASH



Materia Medica Of Tibetan Medicine

Bhagwan Dash



Materia Medica Of Tibetan Medicine:

Materia Medica of Tibetan Medicine Bhagwan Dash,1994 Illustrated Materia Medica of Indo-Tibetan Medicine Bhagwan Dash,1987 Based on Sman dpyad Yan lag brgyad pa i s i po i grel pa las sman gyi mi gi rnam gra s and Madan dinighan medieval Ayurvedic texts by Candranandana *Tibetan Materia Medica* Palatino Press,2014-04-12 A complete Tibetan manuscript in 44 full page color plates Gyu Shi The Four Tantras is a 12th century Tibetan medical text which is still today a cornerstone of Tibetan medicine It expounds the theory of the three bodily humors wind rlung bile mkhris pa and phlegm bad kan and identifies their imbalances as the source of disease The text also discusses various other topics such as anatomy physiology psychopathology and embryology and details a range of diagnostic techniques and practical treatments The present manuscript is based on these teachings and depicts a selection of therapeutic plants animals and minerals used for the production of medicine It is currently held by the Wellcome Library London *Materia Medica of Indo-Tibetan Medicine* Bhagwan Dash,1987 **Fundamentals of Tibetan Medicine (Fourth Edition)** Dr. Tsultrim Kalsang, Dr. Rigzin Sangmo, Dr. Namdol Lhamo, Dr. Sonam Dolkar Oshoe,2024-11-26 PREFACE TO THE FOURTH EDITION The Fundamentals of Tibetan Medicine is one of the most popular and widely used publications on Tibetan Medicine available in English so far This is credited to the contributions of the editorial teams of its successive editions The first edition of the Fundamentals of Tibetan Medicine was published in 1981 It has remained one of the basic learning sources of Tibetan Medicine available in English and due to an increasing interest in and demand for Tibetan Medicine and literature on the subject in 1995 a second revised edition was published In 1997 a third revised edition was published based on the existing material content and the first part of the book was divided into four chapters with the addition of an introductory section on the history of Tibetan Medicine to make it easier for the readers to understand With the growing interest demand and popularity of Tibetan Medicine all over the world the need for a fourth revised edition was felt The fifteenth Director of Men Tsee Khang Mr Tashi Tsering Phuri appointed a 4 member editorial board to revise the book because we all had our responsibilities in various Departments of Men Tsee Khang Our task was to complete the edition of the book within a scheduled time frame However because of the long hours which were needed to be spent on this important project it took more time Finally now we are able to bring this book out with complete support from our Men Tsee Khang Director This fourth edition has more or less retained the original format but the text has been thoroughly revised to make it more concise and comprehensive It starts with the history of Tibetan Medicine followed by Introduction to rgyud bzhi Understanding of the human body the three principal energies Etiology of disease Diagnostic techniques and Therapeutic approaches etc in an orderly format New information has been added after conscientious research based on rgyud bzhi the principal text of Tibetan Medicine and other reference materials and literature such as Vaedurya ngon po the most popular commentary on rgyud bzhi We have also tried to simplify the material while retaining its original and essential points adding important updated information where necessary Some

key technical terms of Tibetan Medicine have been written in Tibetan transliteration based on the THL Extended Wylie transliteration scheme to avoid dilution of the original meaning The Tibetan terms have been italicized and footnotes have been inserted wherever necessary We have updated some new colour photographs and also retained some previous photos from the original edition We have redone the previous section Guide to Pronunciation of Tibetan Medical Terms by providing transliteration for the major Tibetan terms in this edition their equivalent Tibetan Phonetics and their translation We have endeavoured and given our best efforts to make this fourth edition as trustworthy as possible however inadvertent errors may certainly have crept in for which we take sole responsibility Any useful suggestions feedback and comments on this edition to improve the quality of the book would be highly appreciated It is our sincere hope that this book will inspire and encourage readers all over the world to further deepen their understanding of the ancient Tibetan wisdom of healing May those who read it receive wider benefits to remain healthy and to provide better health for others Dr Tsultrim Kalsang Dr Rigzin Sangmo Dr Namdol Lhamo Dr Sonam Dolkar Oshoe

ACKNOWLEDGEMENTS We are very appreciative of and indebted to the Editors of the First edition of Fundamentals of Tibetan Medicine namely Mr Tsewang Jigme Tsarong the late Prof Darkton Jampa Gyaltsen and late Dr Lobsang Choephel for their hard work in laying down the foundations of this book on which the Second the Third and the Fourth editions are based We are also very thankful to Dr Namgyal Qusar Dr Thokmey Paljor Dr Lobsang Tsultrim Tsona and Dr Tenzin Dakpa for revising the Second and Third Editions of Fundamentals of Tibetan Medicine We would like to thank Dr Tsewang Tamdin Dr Dawa Dakpa Dr Namgyal Tenzin and Dr Mrs Dhadon Jamling for their valuable suggestions and input into the third edition and Mr Drakton Jampa Gyaltsen the late Professor of Tibetan Astro Science at Men Tsee Khang and Mr Tashi Tsering Historian at Amnye Machen Institute Dharamsala for their valuable suggestions in the history section of the third edition We also thank Mr Tsering Choedup Mrs Tsering Deckyi and Mrs Lhamo Kyizom for their technical help in the final page layout and publication and Dr Dawa for providing pictures of the Allegorical Trees for the third edition In this Fourth edition we are most thankful to the Director of Men TseeKhang Mr Tashi Tsering Phuri for his encouragement and invaluable support for this project Moreover we would earnestly like to thank the administration of Men Tsee Khang for facilitating this important project and its successful completion Dr Tsewang Tamdin the visiting physician to His Holiness the Dalai Lama for his kind guidance and suggestions and Mr Sangyal Tendar Naga Head of the Culture and Research Department of LTWA for confirming the historical dates and events We sincerely thank Ms Kerry Wright for proofreading the entire book Our thanks also go to TASP Mr Lhawang Tsering HoD and Mrs Lhamo Kyizom Secretary of the Documentation and Publication Department of Men Tsee Khang for the page layout and publication related assistance Co Editors Dr Tsultrim Kalsang Dr Rigzin Sangmo Dr Namdol Lhamo Dr Sonam Dolkar Oshoe

China's Tibetan Medicine Yan Zhen,Jingfeng Cai,2005-01-01 This English monograph is the first of its kind ever published in China deals with the theoretical and practical aspects of Tibetan medicine including its history fundamental theories physiology anatomy

diagnostics clinical science therapies medical ethics health care and materia medica *Tibetan Medicine in the Contemporary World* Laurent Pordié, 2012-08-21 The popularity of Tibetan medicine plays a central role in the international market for alternative medicine and has been increasing and extending far beyond its original cultural area becoming a global phenomenon This book analyses Tibetan medicine in the 21st century by considering the contemporary reasons that have led to its diversity and by bringing out the common orientations of this medical system Using case studies that examine of the social political and identity dynamics of Tibetan medicine in Nepal India the PRC Mongolia the UK and the US the contributors to this book answer the following three fundamental questions What are the modalities and issues involved in the social and therapeutic transformations of Tibetan medicine How are national policies and health reforms connected to the processes of contemporary redefinition of this medicine How does Tibetan medicine fit into the present globalized context of the medical world Written by experts in the field from the US France Canada China and the UK this book will be invaluable to students and scholars interested in contemporary medicine Tibetan studies health studies and the anthropology of Asia Winner of the ICAS Colleagues Choice Award 2009 **The Quintessence Tantras of Tibetan Medicine**, 2014-09-30 The Quintessence Tantras of Tibetan Medicine is a thorough detailed and systematic analysis of the characteristics of healthy and diseased bodies Discussed are the diagnostic techniques of pulse and urine analysis principles of right diet right lifestyle and behavioral factors and a treasury of knowledge about the beneficial applications of herbs plants spices minerals gems etc Also included are the subtle and psychological techniques of therapeutics and the ethics and conduct required of a Tibetan physician a warrior like person equipped to overcome even the most formidable internal and external obstacles **The Mirror of Beryl** Sangye Desi Gyatso, 2016-05-17 Composed while its author was the ruler of Tibet Mirror of Beryl is a detailed account of the origins and history of medicine in Tibet through the end of the seventeenth century Its author Desi Sangye Gyatso 1653 1705 was the heart disciple and political successor of the Great Fifth Dalai Lama and the author of several highly regarded works on Tibetan medicine including his Blue Beryl a commentary on the foundational text of Tibetan medicine The Four Tantras In the present historical introduction Sangye Gyatso traces the sources of influence on Tibetan medicine to classical India China Central Asia and beyond providing life stories extensive references to earlier Tibetan works on medicine and fascinating details about the Tibetan approach to healing He also provides a commentary on the pratimoksha bodhisattva and tantric Buddhist vows Desi Sangye Gyatso s Mirror of Beryl remains today an essential resource for students of medical science in Tibet Encyclopedia of Myriad Herbs (Medicinal Herbs in Tibetan Medical Tradition) [Men-Tsee-Khang - བཞུགས་པའི་མཁས་པའི་མཁའ་ཁྱེད་] Dr. Tsering Norbu, 2016-06-19 For beings pervading the limits of the sky May I engage in as befitting a service That I may duly accomplish my extensive prayer O master Yuthok may I become as great as you were PREFACE Natural medicinal substances are indispensable sources for treating diseases as well as benefiting the physical health of human society As early as the period around the 3rd century A D the use of

natural medicinal substances in treating diseases like bleeding wounds etc became widespread Gradually innumerable scholars came into being out of which emerged Yuthok Nyingma Yonten Gonpo 706 832 AD who is regarded as Tibet's greatest physician He had served as the personal physician to the king Choegyal Me Ook Tsom and compiled and wrote rGyud bzhi or The Four Tantras the fundamental texts of Tibetan medicine around the 8th century AD In the second tantra The Explanatory Tantra medicinal substances are revealed in the chapter The efficacy of Medicinal Substances The period of 1654 to 1705 saw Tibetan medicine vividly illustrated through means of traditional Tibetan paintings by one of the greatest physicians cum astrologers Desi Sangey Gyatso The paintings also depicted how to correctly identify Tibetan medicinal substances today it continues to serve as an important source of reference for both students and researchers A total of 79 medicinal paintings were composed creating a history through which the art of traditional Tibetan paintings are kept alive which has been a great accomplishment Within the field of Materia Medica the study collection and process of turning natural resources into medicines a major historical figure is the great scholar Deu Mar Geshe Tenzin Phuntsok born in 1673 He wrote extensively on the classifications potencies and synonyms of more than 900 medicinal substances which have more than one thousand subcategories or varieties in a book called Shel Gong Shel Phreng Not only did his book receive much admiration from scholars residing inside and outside of Tibet for which we all Tibetans take pride in his book has been considered one of the most important text that sets the standards for materia medica In the year 1883 the great scholar Khenrab Norbu was born who was the personal physician to His Holiness the 13th Dalai Lama and was highly learned in both Tibetan medicine as well as astrology He wrote and compiled two concise books on herbs and Khrog sman raw and dry medicinal substances like herbs minerals etc which makes a distinct sound Khrog when they are hit against each other in which he included many new medicinal substances Both books didn't mention medicinal substances tastes potencies etc However referring to the teachings of some masters there seemed to exist an elaborate book on medicinal substances where detailed explanations were indeed given on those subjects That said the book somehow got lost at some point and could not be retrieved In brief the identification and research on traditional Tibetan medicinal substances gained foothold to a great extent after 708 AD All the works before then were made available in the commentaries written by the grateful and highly learned scholars whose names are aforementioned For example their commentaries while based upon their own points of view not only included the taste potency and uses of medicinal substances of the high altitude regions of Tibet various regions of India China and neighbouring countries they also had mentions of numerous medicinal substances which have no habitat or resources in Tibet The science of Tibetan Materia Medica is so vast that all the potencies of specific medicinal substances were already finalized long before the dawn of the highly sophisticated scientific devices of the modern period The Tibetan medical system explains that various factors like taste and potency of medicinal substances and the nature of elements are involved in the formation of any substance Besides this the formation of taste and potency as well as how the

potency of certain medicinal substances is able to cure the specific nature of diseases are explained forming a scholarly documentation While the scientists came to discover the potency of turmeric only recently Tibetan medicine had already mentioned its potency hundreds of years ago Hence the potency of specific medicinal substances and their Medicinal uses for specific diseases mentioned in the Materia Medica of the Tibetan medical system not only proves this as a standard treatise but this knowledge of medicinal compounding which is now almost three thousand years old has evidence to show its ability to be greater in curing numerous chronic diseases as compared to other medical systems In modern times there has been widespread growing interest in natural medicinal substances Many countries in the West have benefited greatly from Tibetan medicine for growing numbers of disorders like lung disorder nerve disorder and various gynaecological disorders But the lack of awareness between scientists and practitioners of traditional Eastern medicine and the ban on natural medicinal substances being imposed by international laws has hampered the practice and growth of Tibetan medicine Therefore we need to find a solution to these obstacles from both sides of the debate scientists and Tibetan medical experts It is important that the potency of specific Tibetan medicinal substances be proven through scientific methods so that some medicinal substances could be approved for widespread use under international law Creating awareness between the Tibetan medical community and scientists will not only bring advantages the patient will also face less difficulty in choosing the system of medicine that would best suit their needs In brief my primary aim for writing this book is to introduce herbs without any faults to practitioners of Tibetan medicine from Tibet the Himalayan regions and particularly to those who work in compounding medicinal substances I also wrote this book to introduce correct identifications of herbs to fulfill the needs of researchers working on Tibetan Materia Medica All the medicinal substances growing in high altitudes mentioned in this book have been introduced to me by highly learned masters while I was studying Tibetan medicine at the medical college in Tibet Based upon those masters teachings I analyzed all the medicinal herbs which were successfully explored in and around the Himalayan mountains which I have introduced here Likewise all the low altitude growing medicinal substances which have been identified in Tibetan medicine were successfully found in respected regions in the presence of an Ayurvedic doctor Hence putting aside all my strengths talents and analysis I have humbly tried my best to introduce the medicinal substances present in Tibetan medicine along with their pictures Moreover I have tried my best to write down the differing tastes and potencies from various standard medical treatises keeping in mind that this book Encyclopedia of Myriad Herbs may be used as a basis for analysis for others while identifying herbs

Tibetan Medicinal Plants Christa Kletter, Monika Kriechbaum, 2001

Increasingly modern medicine relies on so called traditional or ancient medical knowledge Holistic practices such as adhering to proper diet observing rules for appropriate behavior and administering medical preparations are coupled with the latest technology and methods to treat the whole patient In light of this trend there is much to be gained from understanding of one of the oldest medical systems still in existence Tibetan Medicinal Plants provides you a detailed

analysis of how Tibetan plants are used in this centuries old system The book opens with a summary of Tibetan medicine and covers the various habitats in which the plants are found The main part of this volume encompasses 60 monographs listed by the Tibetan plant name Each monograph consists of several chapters addressing different topics related either to the Tibetan or the Western approach Most of the monographs contain a description of the macroscopic and microscopic characteristics of the used plant parts and anatomical features of 76 plants are provided Each monograph presents an overview of the known chemical constituents and pharmacological properties of each plant and describes their use in Tibetan medicine In contrast to other publications on Tibetan medicine where translations of the Tibetan terms are given in other languages this book treats the Tibetan word as a technical term keeps the Tibetan term and explains its meaning lessening confusion by reducing the number of translations Traditional Tibetan medicine has been in existence for centuries Curative practices existed in the prebuddhistic era and the art of healing developed more than 2500 years ago Tibetan Medicinal Plants provides a comprehensive overview of all plant types thus making it easier to grasp the Tibetan concept It gives you a comprehensive look at this centuries old science

Bodies in Balance Theresia Hofer, 2017-03-24 2015 Best Art Book Accolade ICAS Book Prize in the Humanities Category *Bodies in Balance* The Art of Tibetan Medicine is the first comprehensive interdisciplinary exploration of the triangular relationship among the Tibetan art and science of healing Sowa Rigpa Buddhism and arts and crafts This book is dedicated to the history theory and practice of Tibetan medicine a unique and complex system of understanding body and mind treating illness and fostering health and well being Sowa Rigpa has been influenced by Chinese Indian and Greco Arab medical traditions but is distinct from them Developed within the context of Buddhism Tibetan medicine was adapted over centuries to different health needs and climates across the region encompassing the Tibetan Plateau the Himalayas and Mongolia Its focus on a holistic approach to health has influenced Western medical thinking about the prevention diagnoses and treatment of illness Generously illustrated with more than 200 images *Bodies in Balance* includes essays on contemporary practice pharmacology and compounding medicines astrology and divination history and foundational treatises The volume brings to life the theory and practice of this ancient healing art

Tibetan Buddhist Medicine and Psychiatry Terry Clifford, Lokesh Chandra, 2017-01-01 Tibetan medicine is a unique and holistic system of healing It has been continuously practised for over a thousand years but has still take its place in the history of medicine as we know it in the West This volume presents for the first time a comprehensive introduction to the arcane Tibetan art of healing The author has provided a well documented original and detailed study of Tibetan psychiatry the world s oldest system of medical psychiatry Translated here for the first time in English are three fascinating chapters about mental illness from the rGyud bzhi the ancient and most important Tibetan medical work Reproductions of the rare Tibetan texts are also included Supplementing these translations are extensive explanations of Tibetan psychiatric theory and treatment drawn from the author s research and interviews with Tibetan refugee doctors in India and Nepal Great care has been taken to

identify over 90 pharmacological substances used in Tibetan psychiatric medicines and these are listed in an appendix along with their English and Latin botanical names Deeply researched and clearly written this work will be of interest to both scholars and general readers in the fields of Buddhist studies holistic healing Oriental medicine transpersonal psychology ethnopsychiatry and medical anthropology

Manufacturing Tibetan Medicine Martin Saxer, 2013-04-01 Within a mere decade hospital pharmacies throughout the Tibetan areas of the People's Republic of China have been converted into pharmaceutical companies Confronted with the logic of capital and profit these companies now produce commodities for a nationwide market While these developments are depicted as a big success in China they have also been met with harsh criticism in Tibet At stake is a fundamental re-manufacturing of Tibetan medicine as a system of knowledge and practice Being important both to the agenda of the Party State's policies on Tibet and to Tibetan self-understanding the Tibetan medicine industry has become an arena in which different visions of Tibet's future clash

History of Chinese Medicine Zhi Dao, The book provides highlights on the key concepts and trends of evolution in History of Chinese Medicine in China as one of the series of books of China Classified Histories

The Tibet Journal (Vol. XLVIII, No. 1, Spring/Summer 2023), 2023-01-01

Medicine and Memory in Tibet Theresia Hofer, 2018-03-15 Only fifty years ago Tibetan medicine now seen in China as a vibrant aspect of Tibetan culture was considered a feudal vestige to be eliminated through government led social transformation Medicine and Memory in Tibet examines medical revivalism on the geographic and sociopolitical margins both of China and of Tibet's medical establishment in Lhasa exploring the work of medical practitioners or amchi and of Medical Houses in the west central region of Tsang Due to difficult research access and the power of state institutions in the writing of history the perspectives of more marginal amchi have been absent from most accounts of Tibetan medicine Theresia Hofer breaks new ground both theoretically and ethnographically in ways that would be impossible in today's more restrictive political climate that severely limits access for researchers She illuminates how medical practitioners safeguarded their professional heritage through great adversity and personal hardship

Essentials of Tibetan Traditional Medicine Thinley Gyatso, Chris Hakim, 2010-03-16 Tibetan medicine is a rarified field with few publications in English it is also one of the most comprehensive of alternative therapies addressing body mind and spirit Written for intermediate level practitioners Essentials of Tibetan Traditional Medicine brings this important healing tradition to Western practitioners The book begins by summarizing the basics behind Tibetan medical theory and its methods of diagnosis The second part of the book presents the core concepts of wind bile phlegm dark phlegm epidemic fever heat and cold along with their corresponding nosologies differential diagnoses and treatments The third section covers therapeutics with an emphasis on medicinals the mainstay of contemporary practice A chapter on therapeutic strategies discusses unclear diagnosis and other challenging clinical situations Other chapters explore the crucial components of lifestyle and diet Each herb and animal product used in Tibetan medicine is profiled on its own page with its Tibetan common and botanical names its key properties and clinical uses its

known pharmacological properties and a simple illustration This useful handbook concludes with a description and indepth analysis of some 60 frequently used formulas **Quick Bibliography Series** ,1976 **Soil Organic Matter, Impacts on Productivity 1979-April 1988** Karl Schneider,1988

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