

བོད་ལྷགས་སྒྲན་ཅིས་ཀྱི་ཆོག་མཛོད་

བོད་དབྱིན་ཤན་སྒྱར།

Tibetan-English Dictionary of
Tibetan Medicine and Astrology

(Revised and Enlarged Edition)



Dr. Tsering Thakchoe Drungtso
&
Mrs. Tsering Dolma Drungtso

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Transliteration

I have used here Turrel Wylie's standardized Tibetan Transliteration system. The following chart illustrates the Wylie transliteration system for the base letters and four vowels.

ཀ'ka	ཁ'kha	ག'ga	ང'nga
ཅ'ca	ཆ'cha	ཇ'ja	ཉ'nya
ཏ'ta	ཐ'tha	ད'da	ན'na
པ'pa	ཕ'pha	བ'ba	མ'ma
ཚ'tsa	ཛ'tsha	ང'dza	མ'wa
ཞ'zha	ཟ'za	ང'a	ཡ'ya
ར'ra	ལ'la	ཤ'sha	ས'sa
ཏ'ha	ཨ'a		
ཨ'i	ཨ'u	ཨ'e	ཨ'o

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Dedication

The second edition of this dictionary is lovingly dedicated to our daughters, *Yangchen Lhamo* and *Tenzin Tseyang Drungtso*; and to all the children of Tibet whose health we have an obligation to insure.

སྒྲོན་གྱི་ཐུང་།

སྒྲོན་དག་ཆེ་རིང་ཐག་གཅོད་དུང་འཆོ་དང་སྐར་ཅིས་པ་ཆེ་རིང་སྒྲོལ་མ་དུང་
 འཆོ་བྱུང་ནས་ད་ལམ་སྒྲོན་ཅིས་རིག་གཞུང་དུ་གསལ་བའི་ཆོག་དང་ཐ་སྐྱོད་
 དཔྱད་གཞིའི་ཡིག་ཆ་མང་པོ་ཞིག་ལྟ་སྒྲོག་དང་འབད་བཅོན་གྱིས་བོད་ལྷགས་
 སྒྲོན་ཅིས་ཀྱི་ཆོག་མཛོད་བོད་དབྱིན་ཤན་སྐར་ཐོག་ནས་དཀར་ལ་བྱུང་བས་ད་
 མཛོད་འདུག་པ་འདིས་བོད་ཀྱི་སྒྲོན་ཅིས་རིག་གཞུང་ལ་དོན་གཉེར་ཙན་ནམས་
 ཀྱི་སྒྲོབ་སྒྲོང་དང་བསམ་སྒྲོ་ཡར་རྒྱས་འགྲོ་བུའ། དེར་རྟེན་བོད་ལྷགས་
 སྒྲོན་ཅིས་གཞུང་སྒྲོང་འདོད་དང་ཤེས་འདོད་ཡོད་པའི་སྒྲོ་གསར་གཞོན་ནུ་
 རྣམས་ལ་ཕན་པའམ་འབྱུང་ངེས་རེད།

མ་སྒྲོན་བསྐྱོད་འདིན་ཆོས་གཤམ་གྱིས་ཕྱི་ལོ་༡༩༩༩ལྷ་ཆེས་༡ ལ།

Foreword

This comprehensive Tibetan-English Dictionary of Tibetan Medicine and Astrology compiled by Dr. Tsering Thakchoe Drungtso and Mrs. Tsering Dolma Drungtso is much welcomed.

They worked through numerous texts and references of Tibetan medicine and astrology, and were able to bring out this dictionary with much enthusiasm and in the face of hardship. It is the basis of development of one's mind and knowledge on Tibetan medicine and astrology. This book provides an authentic source for those who wish to learn and know more about the science and philosophy of Tibetan medicine and astrology.

Therefore, I am sure that it can be of immense benefit to anyone interested in developing his or her knowledge of Tibetan medicine and astrology.

Dr. Tenzin Choedrak

(Senior Personal Physician to His Holiness the Dalai Lama)

1st June, 1999

སྒྲིང་བརྗོད།

༡༡། ཡོ་བདེ་ལེགས་སུ་གྱུར་ཅིག

གངས་ལྗོངས་མིག་གཅིག་ལ་ཕྱག་ན་པད་མོ་དང་།

སྒྲོན་བྱོན་སྒྲོན་ཅིས་མཁས་དབང་རིམ་བྱོན་གྱི།

མད་བྱུང་ཕན་བདེའི་མཛད་པར་སྒྲིང་ནས་རངས།

སྒྲོ་གསུམ་གྱས་ཕྱག་སྒྲོན་སོང་སྒྲིང་ནས་འདུད།

ཐ་སྐད་སྒྲོན་ཅིས་བད་ལ་མ་བསྐྱེན་པར།

གཞུང་ལུགས་དོན་ནམས་ཇི་བཞིན་ག་ལ་རྟོགས།

གཞུང་གི་དོན་ནི་ཚུལ་བཞིན་མ་རྟོགས་པར།

སྒྲོན་ཅིས་འགྲོ་དོན་ནི་མོའི་སྐར་མ་ཅམ།

ཇི་ལྟར་ནི་ཟླ་ཀུན་གྱི་གྲོགས་འགྱུར་བཞིན།

སྒྲོན་ཅིས་རིག་པ་འདི་ཡང་དེ་དེ་མཚུངས།

དེ་ཕྱིར་སྒྲོགས་ཀུན་འགྲོ་དོན་ཡོང་སྐད་དུ།

གོ་སྐྱ་ལྟ་བདེའི་ཆོག་མཛོད་འདི་རུ་འབུལ།

ཞེས་ཡུལ་གོང་མ་ལ་མཚོད་ཅིང་ཕྱག་བྱ་བ་དང་དམ་བཅའ་བ་སྒྲོན་དུ་བཏང་ནས་

ཅུང་ཟད་སྒྲིང་ན། བོད་ཀྱི་སྒྲོན་ཅིས་གཞུང་ལུགས་ནི་གངས་ལྗོངས་བཙུན་པ།

རིག་གནས་ཀྱི་ཁོངས་སུ་ཆེས་ལོ་རྒྱུས་ཀྱི་རིན་ཐང་ལྡན་ལ། བོད་ཀྱི་གདོད་མའི་
 གྱི་ཚོགས་ནས་སྒོ་བརྩམས་ཏེ་མི་རིགས་རང་ཉིད་ཀྱི་གོམས་སྒོལ་དང་བརྩམ་ནས་
 ཉམས་སྦྱོང་བྱུང་བ་ཁག་བོད་ཀྱི་མཁས་པས་སྒོ་གྲོས་ཀྱི་རྩལ་དང་ཤེས་རིག་གི་མཐུ་
 ལ་བཏེན་ནས་གསར་གཏོད་དང་གཏན་འབེབས་བྱས་པ་ཞིག་ལགས། ཡགོང་
 ས་སྐྱབས་མགོན་ཆེན་པོ་མཆོག་གི་བཀའ་སློབ་ལས། རིག་གཞུང་དེ་དག་ནི་
 རང་ཅག་བཙན་བྱོལ་དུ་གནས་སྐབས་ཀྱང་གཞན་ལ་ཕན་ཐོག་སྟེར་བྱུང་པའི་ཆ་
 གྱིན་བཟང་པོ་ཞིག་ཡིན་སྐབས་རང་རེའི་མེས་པོ་བཀའ་དྲིན་ཅན་ཚོས་ཇི་ལྟར་
 གདམས་པའི་གཞུང་དོན་ནམས་དེད་དུས་སུ་སྟོན་པ་དང་སྐར་ཅིས་པ་ཚོས་ཚུལ་
 བཞིན་ཉམས་སུ་བྱངས་ཏེ་ལྷག་བསམ་བཟང་པོའི་སྒོ་ནས་རྒྱལ་མཆོམས་རིས་མེད་
 ཀྱི་སྒྲེ་གྱུར་སྤི་ཞུ་ཞབས་འདེགས་རྒྱབས་ཆེན་སྐྱབ་དགོས་ཞེས་དུས་གསུམ་གསལ་
 གཟིགས་ཀྱི་བཀའ་སློབ་སྤྲི་བྱི་རིམ་པ་ཤེབས་པ་ནི་བཀའ་དྲིན་གྱི་དཔལ་དུ་འགྱུར།

ཚུམ་པའི་དམིགས་ཡུལ།

ཐོད་ཀྱི་སྤྲན་ཅིས་ཆེད་སྦྱོང་བ་ཚོར་སྐབས་ཕུལ་བ་ལྟ་བུ་བདེའི་ལྡེ་མིག།

ཐོད་ཀྱི་སྤྲན་ཅིས་ལ་དོན་གཉེར་དང་འདུན་པ་ཡོད་རིགས་ལ་དཀའ་གནད་ཀྱི་ལྡེ་
མིག།

ཐོད་ཀྱི་མཁས་པ་དང་སྤྲན་ཅིས་ཞིབ་འདུག་པ་ཚོར་གཞུང་གི་སྒོ་འབྱེད་ལྡེ་མིག།

ཐོད་ཀྱི་སྤྲན་ཅིས་ལ་གཉེར་བའི་བྱི་སྒྲིང་བ་ཚོར་གཞུང་གི་བང་མཛོད་སྡེ་གས་པའི་
ལྡེ་མིག།

ཐོད་ཀྱི་སྤྲན་ཅིས་བ་དབྱིན་སྐད་ཐོངས་བ་ཚོར་རྒྱལ་མཚམས་རིས་མེད་སྤི་ཞུ་སྐྱབ་

པའི་ལྡེ་མིག།

ལྟག་པར་དུ་ཐོད་ཀྱི་སྤྲན་ཅིས་བསྐྱན་པ་རྒྱས་པའི་གཞི་རྩའི་ལྡེ་མིག་བཅས་སོ།

ཆིག་མཛོད་ཀྱི་བྱད་ཚེས།

ལྷན་ལྷན་ཡང་སྤྱི་བོད་སྤྱི་ཡོད་པའི་སྤན་ཅིས་ཐ་སྙད་ཁག་འདེམས་སྤྱི་ག
ཐ་སྙད་སོ་སོར་ལེགས་སྤྱར་དང་དབྱིན་སྤྱད་དང་ཅི་ཤིང་རིག་པའི་ཐ་སྙད་གསལ་
བཀོད་བྱས་པ།

སྤྱ་གདངས་བཛོད་སྤངས་དང་ཆིག་གི་དག་ཆ་ཁ་གསལ་ཡོད་པ།
སྤན་ཅིས་དང་འབྲེལ་བའི་ནང་དོན་རིག་པ་དང་ཚན་རིག་གི་ཐ་སྙད་གསལ་བ།
ལེགས་སྤྱར་དང་ཉིན་སྤྱད་ཀྱི་ཐ་སྙད་གསལ་བཀོད་བྱས་པ།
སྤན་ཇས་ཀྱི་རོ་རྒྱས་པན་ཡོན་དང་མིང་གི་ནྤ་གངས་བཅས་གསལ་བ།

ཆིག་མཛོད་འདིར་འབད་ཚེན་བྱས་ཚུལ།

དེའང་གཙོ་བོ་༧ རྒྱལ་བ་ཡིད་བཞིན་ནོར་བུའི་བཀའ་སློབ་སྦྱིང་དབུས་སུ་བཅངས་
 ཏེ་བོད་ཀྱི་སྤྲེལ་ཅིས་རིག་གཞུང་འདི་སྐྱེ་འགྲོ་ཡོངས་ལ་ཕན་པའི་ལས་འགན་སྤྲེལ་
 ཅིས་མི་སྤྲེལ་ཕྱག་ཐོག་དུ་འབྱེད་དགོས་སྤྲེལ་ཕྱན་བྱུང་ནས་མེ་ཏོག་ཚུང་ཡིང་
 རྩ་ཇུས་དཔེ་ལྟར་ལོ་ཤས་ངལ་བ་བྱུང་དུ་བསད་དེ་སྤྲེལ་ཅིས་གཞུང་ནི་སྦྱང་ཞིག་
 སྤྲོགས་འདོན་དང་དབྱུང་གཞིར་བཟུང་ཐོག་རང་གཞན་གཉིས་ཕན་གྱི་བྱ་བ་འདིར་
 འདུག་ཡོད། གཞན་ཡང་ཐོག་མ་ནིད་ནས་ཆིག་མཛོད་འདི་སྤྱི་བུ་ཞིག་བྱུང་ན་
 ཅི་མ་རུང་སྤྲེལ་ནས་ཚུ་མ་སྤྲིག་གི་འདུན་པ་ཡོད་པ། ཇེས་སོར་རང་གི་སྤྲོགས་
 བོ་དང་བྱི་མི་སྤྲེལ་ཅིས་སློབ་གཉེར་བ་མི་རྒྱུང་བ་ཞིག་ནས་ཀྱང་ཆིག་མཛོད་འདི་
 མཐུག་སྐྱེལ་དགོས་གལ་རེ་སྤྱི་ལྷགས་ཆེ་བྱས་སྤྲེལ། བོད་ལུགས་སྤྲེལ་ཅིས་
 ཀྱི་ཆིག་མཛོད་བོད་དབྱིན་ཤན་སྤྱར་ཞེས་པ་འདི་བཞིན་ཐོག་མར་༡༩༩༩ ལོར་
 སྤྲོགས་སྤྲིག་བགྱིས་པ་དོན་གཉེར་ཅན་ནི་སྦྱང་ཅིག་ལ་བྱ་སྤོ་ཁག་བདེ་སྤྲོགས་སུ་
 སྤོལ་བྱུང་པའི་ཕན་ཐོག་སྤྲེལ་ཆེན་འབྱུང་བཞིན་པའི་འཕྲིན་བསྐྱར་ལག་འཁྱེར་ཡོང་
 བཞིན་ལགས་ན་རང་ནིད་ཀྱི་ལས་དོན་བརྩམ་པ་འདི་ནིད་འགྲིག་ཞག་སྤྲེལ་པའི་
 དགའ་སྤྱང་ཆེར་སྐྱེས། ཆིག་མཛོད་དེ་ནིད་ལོ་གཉིས་གོང་ནས་ཚུ་ཇོགས་བྱིན་
 སྤྲེལ་སྤྱི་ཆོགས་ནང་མཁོ་གལ་ཆེ་བས་མངགས་ཏེ་བྱ་མཁན་ནི་མང་ལ་སོང་སྤྱར་

སོར་དཔར་སྐྱོན་མ་བྱས་པར་དེར་གཞོན་ཁ་ཞུས་དག་བཅས་དགོས་གཤམ་མཐོང་
 རྟེ་ལོ་གཉིས་གོང་ནས་དཀར་སྐྱོད་འབད་བཙོན་དང་དུལ་དངོས་ཀྱི་འབྲོ་བྱོན་
 ལ་མ་འདྲེམས་པར་རྟེན་ཆིག་མཛོད་འདིའི་ནང་དོན་དང་ཆིག་འབྲེལ་བཅས་སྟོ་
 གང་ས་ནས་སྤྱན་སུམ་རྩེ་ཆོགས་སུ་བདང་ཁུལ་གྱིས་སྐབས་འདིར་པར་སྐྱོན་ཞུ་
 ཐུབ་པ་ནི་སྐལ་བ་དང་ལྷན་ལ་ལྷག་པར་དུ་དོན་གཉིས་ཅན་ཁག་ལ་ཕན་ཐོག་སྟེ་ཆེ་
 ཡོང་བའི་རེ་སྟོན་ཞུ།

ཁྱད་པར་གྱི་ཞུ་སྟངས་ནི་ཕན་ཐུང་ལ་ཆིག་མཛོད་འདི་སྐར་དག་སྒྲིག་བྱེད་པའི་ཉམས་
 རྟོང་དཔེན་པ་དང་དུས་ཚོད་མི་ལྔ་བ་དང་དཔྱད་གཞིའི་ཡིག་ཆ་བཅས་ཀྱི་ཕོངས་
 རྟེན་ཆིག་མཛོད་འདི་སྒྲིག་སྐར་ས་དང་ཞུ་དག་སོགས་གང་ཅིའི་ཐད་འགལ་འབྲུལ་
 གྱི་སྐྱོན་ཆ་མི་རྟུང་བ་ཞིག་ཡོད་ངེས་ལ་ནམ་དཔྱོད་ཀྱི་སྤྱན་ཡངས་པའི་སྟེ་ཆེའི་
 གཞིགས་པ་པོ་ནམས་པས་སྐྱོན་སེལ་དག་སྟེལ་ལ་སྤྱན་པའི་དག་བཙོས་དང་དགོངས་
 འཆར་ལྷག་སྟོལ་མཛོད་ཆེ་དེ་དོན་དང་ལེན་ཞུ་འདུན་བཅས། བོད་ལུགས་སྤྱན་
 ཅིས་ཀྱི་ཆིག་མཛོད་བོད་དབྱིན་ཤན་སྐར་འདི་བཞིན་སྤྱན་ཅིས་བསྟན་པ་འདྲིན་མཁན་
 རང་མཉམ་སྟོ་མཐུན་ནམས་མགྱུ་བའི་མཆོད་སྤྱན་དུ་སྟོས་ཏེ་འབུལ་བ་ལགས་སོ།
 བོད་གཞུང་སྤྱན་ཅིས་མཐོ་སྟོབ་ཁང་གི་སྤྱན་དག་ཆེ་རིང་ཐག་གཅོད་དུང་འཆོ་ནས་
 ཕྱི་ལོ་༢༠༠༤ ས་ཟླའི་དུས་ཚོས་ཁྱད་པར་ཅན་གྱི་སྐབས་སུ་སྐར་བ་དག་ལེགས་
 འཕེལ།

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Introduction

The first edition of this dictionary was well received and went out of print since two years. Although there has been high demand for its reprint, Drungtso publication did not do so to improve and revise it as the first edition was brought out with much hardship due to lack of resources and personal experience.

Our aim in compiling this dictionary was to bridge the gap between scholars, students and researchers of English and Tibetan speaking and to fulfil the expectations of those who requested it. It was also to benefit many of our non-English speaking doctors and astrologers, so that their services will reach beyond Tibetan community.

Despite our limited knowledge and experience, we have taken every care in revising and editing this edition. We have featured here the transliteration, phonetics, common English names, Sanskrit or Hindi names and botanical terms of the medicinal plants and other contents and their tastes, potency; uses as well as compounding, their actions and nature. The entry of words is done according to Tibetan alphabetical order; and transliteration are italicized which is followed by phonetic and then meaning.

Despite our best efforts to be comprehensive and accurate, it is likely that there are still errors and omissions. We hope that the users will feel free to write to us, with any

kinds of suggestions, so that we could improve the future editions.

Dr. Tsering Thakchoe Drungtso
T.M.A.I. of His Holiness the Dalai Lama
Dharamsala

June 25th 2004

ཀ

ཀ་ཀ་ནི་ལ།

ka.ka.ni.la

ka ka ni la

Amethyst

A transparent purple precious stone, it is a type of quartz

ཀ་ཀོ་ལ།

ka.ko.la

ka ko la

Skt. Name: Bara illachi

English Name: Greater cardamom

Botanical Name: Amomum subulatum

Taste: Hot

Potency: Warm

Uses: It is recommended for disorders like gastro-splenic dysfunction, distension and rumbling of the stomach and large intestine, *rLung* and *Bad-kan* combined (*grang.ba*) disorders, indigestion, flatulence and promotes appetite.

ཀ་དུ་རི།

ka.du.ri

kaduri

Skt. Kasthu ri; it is a synonym for musk (*gla.rtsi*)

ཀ་ན་ཀ།

ka.na.ka

ka na ka

Gold

It is a synonym of *gser* (gold).

ཀ་པ་ལ།

ka.pa.la

ka pa la

Human skull

It is sometimes used to make religious items (mainly for tantric rituals)

ཀ་པི་ལ།

ka.pi.la

kapila

It is a synonym for *Aquilaria sinensis* (*a.ga.ru*)

ཀ་བ།

ka.ba

kawa

Pillar; it is one of the Tibetan
astrologer's soul stones
(*bla.rdo*)

ཀ་བེད།

ka.bed

kabey

Hindi Name: Bilva

English Name: Cabalash
gourd

Botanical Name: Lagenaria
Siceraria

Taste: Sweet to astringent

Potency: Hot

Uses: It cures diarrhoea (both
of hot and cold nature) and
relieves swelling of limbs or
extremities.

ཀ་བེད་ཕོ།

ka.bed.pho

kabey fo

Lagenaria siceraria (Molina)
Standl.

ཀ་བེད་མོ།

ka.bed.mo

kabey mo

Aegle marmelos (L.) Corr.,
See (*ka.bed*)

ཀ་ར།

ka.ra

ka ra

Hindi Name: Misri

English Name: White sugar

Taste: Sweet

Potency: Cool

Uses: It has medicinal value
to cure fever, blood and bile
disorders, cough and to
regain bodily strength.

ཀ་ར་རྩ།

ka.ran.za

ka ran zaa

Hindi Name: Karanjika

English Name: Indian Beech

Botanical Name: Caesalpinia
Bonducella

Uses: It is recommended to
regenerate digestive heat.

ཀ་ལ་ཕིང་ཀ།

ka.la.ping.ka

ka la pin ga

Sparrow (Passer sp.)

ཀ་ར་ཀ།

ka.rka.ta

kata

Cancer; one of the twelve
zodiac signs and is

represented by a crab in Tibetan astrological system

སྐག

skag

kak

Obstacles or hurdles; According to Tibetan astrology, there are specific ages during which an individual may face hurdles in life. These particular ages are: 13, 25 (for women), 37 (for men), 49, 61, 73, 85 and 97 years.

ཀན།

kan

ken

Middle finger

Under the middle finger Tibetan physicians take the pulse of spleen, stomach, liver and gall bladder; it also refers to the vein on which physician's middle finger feels the above pulse.

ཀཎ་ཏ་ཀ་རི་དཀར་པོ།

kan.ta.ka.ri.dkar.po

kenta kari kar po

Botanical Name: Rubus sp.

Taste: Sweet to bitter to hot

Potency: Cool, heavy and oily

Uses: It is useful for treating fever associated with *rLung*, common cold, pulmonary ailment, disturbed and unripe fever.

ཀཎ་ཏ་ཀ་རི་སྐུག་པོ།

kan.ta.ka.ri.smug.po

kenta kari mook po

Botanical Name: Rubus sp.

Taste: Sweet to bitter to hot

Potency: Cool, heavy and oily

Uses: See *Ken.ta.ka.ri.dkar.po*

ཀཎ་ཏ་ཀ་རི་འཇམ་སྐུག་ཆོར།

kan.ta.ka.ri.'m.stag.tsher

kenta kari wam tag tser

Botanical Name: Solanum xanthocarpum

Taste: Sweet to bitter

Potency: Warm

Uses: It is useful for treating fever associated with *rLung*, asthma, difficult child birth, urine retention, distension of small and large intestine, common cold, pulmonary ailment, disturbed fever, unripe and infectious fever.

ཀཎ་ཏི་ཀ་ར།

kan.ti.ka.ra

kenti kara

A synonym for *Cassia fistula*
L. (*dong.ga*)

ཀར་ཅུང་།

kar.chung

kar choong

Sugar

Uses: See (*ka.ra*)

ཀུ་ཏ་ར་ན།

ku.ta.ra.na

kuta rana

It is an inferior type of
Euphorbia fischeriana Steud
(*dur.byid*)

ཀུ་ཙན་དན།

ku.tsan.dan

kutsen den

A synonym for an inferior
type of *Pterocarpus*
santalinus L.F.

(*tsan.dan.dmar.po*)

ཀུ་ཡ།

ku.ya

ku ya

Sediments, albumin

A characteristic feature of a
urine where sediments appear
like hair or cotton thrown in
water, which indicates the
disorders of *rlung*, *mkhris-pa*
and *bad-kan* respectively.

The urine sediments of the
healthy person is of
moderate density and
uniformly distributed
(*ku.ya.snyoms.khyab*)

ཀུ་ཤ།

ku.sha

ku sha

Botanical Name:

Thysanolaena maxima

(Roxb) O.ktze

Taste: Sweet to astringent

Potency: Neutral

Uses: It increases life -span,
strengthen the bodily
constituents, enhances
physical complexion and
radiance and eliminates
harmful evil spirits influence.

ཀུ་ཤུ།

ku.shu

ku shu

Hindi Name: Seb

English Name: Apple

Botanical Name: *Malus pumila* Mill

Taste: Sweet to slightly sour

Potency: Cool to light

Uses: It is useful for treating grumbling of large intestine, dysentery, fever developed in vessel organs, morbid thirst, constipation, promotes appetite and restores blood.

ཀུ་སུ་མ།

ku.su.ma

ku su ma

Saffron (see *gur.gum*)

ཀུན་མཁྱེན།

kun.mkhyen

koon kyen

Omniscient (lit. all knowing)

ཀུན་འགྲོའི་རྒྱ།

kun.'gro'i.rgyu

kun doe gyoo

Ever-functioning cause; one of the six types of causes or delusions which occur in all the three realms of existence and act as obstacles in attaining nirvana

ཀུན་དགའ་བོ།

kun.dga'.bo

kun gawo

Skt. Sarvananda; a saint who was present during Buddha's teaching on Medicine

ཀུན་བརྟགས།

kun.brtags

kuntak

Imputed phenomena, artificial labelling

ཀུན་བརྟགས་གདོན་ནད།

kun.brtags.gdon.nad

kun tak don ney

Diseases caused by harmful evil spirits; according to Tibetan Medicine, there are one hundred and one diseases of this type

ཀུན་འབྱུང་།

kun.'byung

kun joong

Delusions that become causes of all the miseries of the impure world and it's inhabitants including human beings

ཀུན་འབྱུང་བདེན་པ།

kun. 'byung.bden.pa

kun joong denpa

The truth of origin of suffering or the true causes of suffering.

ཀུན་རྫོབ།

kun.rdzob

kun zob

Conventional phenomena

ཀུན་རྫོབ་བདེན་པ།

kun.rdzob.bden.pa

kunzob denpa

Conventional or relative truth, phenomenally true (conventional truths are true as far as ordinary being's minds are concerned)

ཀུན་གཞི།

kun.gzhi

kun shee

The basis or the foundation of all things

ཀུན་གཞི་གནས་ཀྱི་འཁོར་ལོ།

kun.gzhi.gnas.kyi. 'khor.lo

kun shee ney kee khorlo

The point at the heart level where all energy channels gather

ཀུན་གཞི་ནམ་ཤེས།

kun.gzhi.rnam.shes

kunshi namshey

Skt. Alayavijnana, the mind-basis of all, the root consciousness, which is believed to be the primary and store house of all mental imprints

ཀུན་སློང་།

kun.slong

kun long

Skt. Samutthana/motivation, primary consciousness directed towards a goal

ཀེ་ཏུ།

ke.tu

ketu

Skt. Kalagni, descending node, dragon's tail—one of the planets according to Tibetan Astronomy

ཀེ་ས་ར།

ke.sa.ra

ke sa ra

Anthers of flowers, syn. of
Crocus sativus L. (*gur.gum*)

ཀེག་སྐར།

keg.skar

keg kar

Obstacle constellations

ཀེང་རུས།

keng.rus

keng rue

Skeleton

ཀེང་རུས་ཀྱི་རྒྱུ་པ་བཞག།

keng.rus.kyi.rnam.bzbag

keng rue ki namshak

The skeletal system

ཀེང་ཤུ་ཀ།

keng.shu.ka

keng shue ka

A name of the tree from
which red lac (*rgya.skeyegs*) is
derived.

ཀོ་ཐ།

ko.tha

kotha

Hindi Name: Haimavati

Botanical Name: Iris
goniocarpa Bakor

Uses: It has medicinal value
to cure poisoning and
Bad.kan.smug.po (brown
phlegm).

ཀོ་ཐ་རྩ་བསིལ།

ko.tha.zla.bsil

kotha da sil

Iris Potaninii Maxim

ཀོ་བྱི་ལ།

ko.byi.la

kojila

Skt. Name: Kuchla

Botanical Name: Strychnos

Nux-Vomica Linn (*ldum.stag*)

Taste: Bitter

Potency: Cool

Uses: It cures stomach ache,
respiratory problems, wind
and blood combined diseases
and upper back ache due to
neurological disorders.

ཀོ་བྱི་བཙུ་གསུམ།

ko.byi.bcu.gsum

koji chusum

Nuxvomica thirteen.

Ingredients: *ko.byi.la*, *ar.nag*,

kan.ta.ka.ri, *ru.ta*, *ma.nu*, *a.ru*,

sga.skya, *dza.ti*, *snying.zho*, *sle.tres*

Nature: Cool

Uses: It is used against upper back-pain due to blood-wind disorders and *rKang. 'bam* ascending towards upper back causing hypertension.

ཀོ་རུལ།

ko.rul

ko rul

Rotten hide or leather; an unagreeable smell of urine of a patient which resembles to rotten hide

ཀོང་སྤུལ་ཡོན་ཏན་རྒྱ་མཚོ།

kong.sprul.yon.tan.rgya.mtsho

kong trul yonten Gyatso

Kongtrul Yonten Gyatso (1813-1899), was born in the Water-Bird year in *Dokham*. He was one of the great scholars who composed numerous texts on medicine and four major fields of studies

ཀོན་པ་གཅེན།

kon.pa.gab.skyes

konpa gabkey

Botanical Name: *Saussurea ilkiangensis*, *Saussurea Pachyneura* Franch

Taste: Bitter

Potency: Cool

Uses: It is useful in treating haemorrhage, chronic and new wounds, fever associated with blood and nerves, joins the ruptured and cut channels and controls bleeding.

ཀོན་པ་གཅེན་ཆུང་།

kon.pa.gab.chung

konpa gabchung

Saussurea Pachyneura Franch.

It is a type of *kon.pa.gab.skyes*.

ཀོན་པ་གཅེན་ཆེན།

kon.pa.gab.chen

konpa gabchen

Saussurea ilkiangensis, a synonym for female or big type of *kon.pa.gab.skyes*.

ཀྱི་ཁྱེ་དཀར་པོ།

kyi.lce.dkar.po

kiche karmo

Hindi Name: Trayamana

Botanical Name: *Gentiana robusta*

Taste: Bitter

Potency: Cool

Uses: It cures bile fever and fever of hollow and vessel organs. It is also used against gastritis, hepatitis, bile

disorders associated with fever, wounds and to relieve swelling.

ཀྱི་ལེ་ནག་པོ།

kyi.lce.nag.po

kiché nakpo

Hindi Name: Gul-i-ghatis

Botanical Name: *Gentiana tianschanica*

Taste: Bitter

Potency: Cool

Uses: It is used to treat fever of vessel organs, bile fever, swelling of tongue, diphtheria, swelling of joints and dries serous fluids.

ཀྱོ་མ་ཀྱོ།

kro.ma.kro

to ma to

English Name: Tomato

Botanical Name:

Lycopersicon -esculentum

Taste: Sour to Sweet

Potency: Cool

Uses: It reduces the risk of cancer and appendicitis besides restoring blood. It promotes digestion, healthy nerves, healthy heart, healthy vision, and is effective in treating constipation, high

blood pressure, liver and kidney complaints, diabetes, obesity and prevents formation of urinary stone.

ལ་ལོ།

kla.klo

la lo

Skt. Mleccha/Barbarian or uncivilised

ལེ་ཐཱ་ཀཱ་ག་གི་ནེ།

kle.khrag.khar.'gags.kyi.nad

le tahk khar gag ki ney

Brain thrombosis

ལེ་ཐཱ་ཀཱ་མེ་ནེ།

klad.khrag.'khar.ba'i.nad

le tahk khar bey ney

Ischemic stroke

A condition characterised by bleeding or reduction of blood flow to the brain

ལེ་ཐཱ་ཀཱ་པེ་ནེ།

klad.khrag.'gags.p'i.nad

le tahk gak pey ney

Stroke

A condition characterised by disturbance of blood supply to part of the brain.

ལྷན་ཁྱེ་ཕྱི་ལྷན་

klad.rgya'i.phyi.shun

le gye chi shoon

Cerebral cortex (the external gray skin cover of the brain)

Brain of animals can cure necrosis in the brain (*klad.rul*), glandular disorders and a diseases of infants associated with navel area which become painfully swollen.

ལྷན་ཅུང་།

klad.chung

le choong

Cerebrum

ལྷན་པ་དང་སྒྲུབ་ཆེན་གྱི་གཤེར་ཅུ།

klad.pa.dang.sgal.tshigs.kyi.gsher.

chu

lepa dang gel tshik ki sher choo

Cerebro-spinal-fluid (the fluid which surrounds the brain and spinal cord)

ལྷན་ཆེན་གྱི་དབང་ཅན་།

klad.chen.gyi.dbang.rtsa

lechen gi wang tsa

Perineurium

ལྷན་པ་དང་སྒྲུབ་གཞུང་གི་ཅན་སྒྲོན་།

klad.pa.dang.sgal.gzhung.gi.rtsa.

skyon

lepa dang gel shung ki tsa koen

Multiple sclerosis

A condition characterised by damage to nerve cells in brain and spinal cord

ལྷན་དར་གནས་ཆད་།

klad.dar.gnyan.tshad

ledar nyan tshey

Meningitis

A condition characterised by inflammation of the meninges (the covering of the brain or membrane surrounding brain)

ལྷན་པའི་ཁྱེ་དར་རམ་བྱ་སྒྱིར་ཁག་ཤོར་།

ག།

klad.pa'i.rgya.dar.ram.dra.skjir.kbrag.

shor.ba

lepey gyadar ram da kyir tag shorwa

ལྷན་པ།

klad.pa

le pa

Brain/brain matter

Hemorrhagic stroke (which is caused by bleeding within and around the brain)

ལུ་སྒུབ།

klu.sgrubs

lu doop

Skt. Nagarjuna; born 400 years after Buddha; He was the founder of the Madhyamaka school of philosophy and also a great medical scholar

ལྷན་པའི་གནད་ཚད།

klad.pa'i.gnyan.tshad

le pey nyan tshey

Encephalitis

A condition characterised by inflammation of brain

ལུ་ཆེན་བརྒྱུད།

klu.chen.brgyad

luchen geŷ

The eight chiefs of the Naga i.e. *Norgey, Pema, Topgyu, Jogpo, Pemachenpo, Dungkyong, Rigden, Thaye*

ལུ།

klu

lu

Skt. Naga; it refers to a powerful spirit which dwells on land and water; *Lu* or nagas protect the environment from pollution and harms those who pollute it.

ལུ་གནད།

klu.gnyan

lu nyen

Malignant or harmful nagas

ལུ་གནད་ས་བདག་གི་ཕྱག་རྒྱ།

klu.gnyan.sa.bdag.gi.phyag.rgya

lu nyen sadak gi chak gya

Protective seal against *klu* (naga), *gnyan* (malignant) and *sa.bdag* (land owning spirit)

ལུ་ཁང་།

klu.khang

lu khang

The dwelling place of *klu*

ལུ་ཐེབས།

klu.thebs

lu theb

The coming forth of the nagas (*klu*) in summer from their retreats. One can perform ritual like *klu.gtor* during this period.

ལུ་དུག་ནག་པོ།

klu.dug.nag.po

luduk nakpo

It is a synonym for *Corydalis conspera* Maxim (*stong.ri.xil.pa*)

ལུ་བདུད་བཙེ་བརྒྱད།

klu.bdud.bco.brgyad

lu due cho gey

Codonopsis Eighteen

Ingredients: *klu.bdud.rdo.rje*, *a.ru*, *sman.chen*, *shu.dag.nag.po*, *ru.ta*, *gla.rtsi*, *spos.dkar*, *thal.rdor*, *so.ra*, *stag.sha*, *gul.nag*, *stong.xil*, *sdig.srin*, *dbang.lag*, *seng.ldeng*, *ba.ru*, *skyu.ru*, *ba.sha.ka*

Nature: Slightly cool

Uses: It is used against dermatological diseases, gout, micro-organism, sinusitis, disorders of serous fluid

associated with fever, elephantiasis, and arthritis.

ལུ་བདུད་དོ་རྩེ།

klu.bdud.rdo.rje

lu due dorje

Botanical Name: *Codonopsis Ovata*

Taste: Bitter to acrid to astringent

Potency: Cool

Uses: It cures disorders of serous fluids, skin diseases, epilepsy, arthritis and infections and relieves rigid and painful swelling of joints caused by gout (*dreg*).

ལུ་བདུད་དོ་རྩེ་དཀར་པོ།

klu.bdud.rdo.rje.dkar.po

lu due dorje karmo

Botanical Name: *Codonopsis Canescens* Nannf

ལུ་བདུད་དོ་རྩེ་མཚོན།

klu.bdud.rdo.rje.mchog

lu due dorje chok

Botanical Name: *Codonopsis clematid-ea*

Taste: Bitter to hot to astringent

Potency: Neutral

Uses: It is useful for treating epilepsy, diseases caused by Naga spirits, leprosy, gout, arthritis, elephantiasis, stiffness and contraction of ligaments and tendons and accumulation of serum at joints resulting in severe pain.

ལུ་བདུད་རྡོ་རྗེ་ནག་པོ།

klu.bdud.rdo.rje.nag.po

lu due dorje nak po

Botanical Name: *Codonopsis neryosa* (Cnipp) Nannf

ལུ་བདུད་རྡོ་རྗེ་དམན་པ།

klu.bdud.rdo.rje.dman.pa

lu due dorje men pa

Botanical Name: *Codonopsis viridis* Wallich

Taste: Sweet to slightly bitter

Potency: Cool

Uses: It subside fever associated with lungs, excessive coughing and sputum and pain in the lungs.

ལུ་གདོན།

klu.gdon

lu doen

Serpent demon (spirits belonging to the animal realm who often dwell near water)

ལུ་ནད།

klu.nad

lu ney

Diseases caused by *klu* or nagas

ལུ་མོ།

klu.mo

lu mo

Female nagas or serpent demoness

ལུ་ཤིང་།

klu.shing

lu shrink

A name for the tree of Bombax ceiba L.

(*pad.ma.ge.sar.gyi.shing*)

ལུང་གི་ཤ་མང་།

klung.gi.sha.mang

loong gi sha mang

A type of mushroom grows on plains

Uses: It cures poisoning and wounds.

ལུང་སྒོག་

klung.sgog

loong gok

Allium fasciculation Rendle

It is one of the kinds of wild allium which grows in valleys and meadows. It has a white root which looks like a bunch of worms.

Uses: It cures wounds, swelling and also cancerous quinsy.

ལུང་ལང་།

klung.lang

loong chang

Salix babylonica L.

ལུང་སྐེ།

klung.sme

loong mey

Luck magic square number or luck *smeba*

ལུང་ཤོ།

klung.sho

loong sho

Rumex nepalensis Spreng, is a type of *Rumex* sps. (*sro.mang*)

Its seeds are said to be beneficial for all kinds of mouth disorders.

ལུའི་རུང་།

klui.rlung

Lue loong

The Naga *rlung* Energy (Skt. naga)

Location: West petal of the heart

Element: Earth

Actions: It is the air, which releases abdominal pressure by belching.

ལྷོག་པ།

klog.pa

lok pa

Read; to read holy scriptures to dispel obstacles or hindrances

དཀའ་ངལ།

dka'.ngal

ka ngel

Difficulty; hardship

དཀའ་བྱ་སྤྱོད་པ།

dka'.thub.spyod.pa

kathub choe pa

Asceticism; to withstand hardships

དཀའ་གནིས་སྟོད།

dka'gnyis.spyod

ka nyi choe

lit. Double accomplishment in suffering; A name of a saint who was present during the Buddha's teaching on Medicine

དཀར་ཁ་མེན།

dkar.khra.men

ka ta men

Agate, a hard stone with stripes of colour with different eyes; among which nine eyes agate is supreme and said to resist epilepsy and diseases of Bhuta ('byung.po spirits)

དཀར་གོང་།

dkar.gong

kar-gong

Quartz

དཀར་ཐབ།

dkar.thab

karthab

Lit. white stove; An overboiling milk which offends the plague-causing demons

དཀར་པོ་ཆེག་ཐུབ།

dkar.po.chig.thub

karmo chik thup

Botanical Name: Soroseris sp.

Taste: Astringent to sweet

Potency: Cool

Uses: It is used to treat stomach ailments and colic pain caused by intestinal worms, poisoning, diptheria, sudden swelling of the body and epidemic inflammations.

དཀར་པོ་སྒྲལ་རྒྱལ།

dkar.po.sbal.rgyab

karmo bel gyab

English Name: Stalactite

Latin Name: Iron hydroxide

A white thick stone with rough, pimply surface which resembles like the back of a turtle.

དཀར་ཕྱོགས།

dkar.phyogs

karchok

The period from the new moon to the full moon, i.e. 1st to 15th of the Tibetan lunar calendar. Whereas according to the Shivasarvodaya system (dbyang. 'phyar) 16th-30th is refer as the *karchok*

དཀར་མོ་ལག་གཡས།

dkar.mo.lag.gyas

karmo lak ye

One of the four types of
achates (*chong*)

དཀར་རྩི།

dkar.rtsi

kar tsi

Lime powder also known as
cloth of stupa
(*mchod.rten.na.bza'*)

དཀར་ཚལ།

dkar.tshal

kar tsel

Lettuce

Taste: Sweet to bitter

Potency: Cool

Uses: It clears and opens the
channel paths, restores weak
blood constituent, enhances
lactation and also used
against constipation and urine
retention.

དཀར་ཡོ།

dkar.yol

kar yol

White procelaine

It is often used by Tibetan
doctors as a container in
which urine is examined.

དཀར་གསུམ།

dkar.gsum

kar soom

The three primary white items
or dairy products viz. curd,
milk and butter

དཀར་གསུམ་ལྗམས།

dkar.gsum.lchags

kar soom chak

Lit. the three metals

It is the colour of the element
i.e. the *smeba* number no. 1, 6,
8 are metal element and white
in colour.

དཀྱ་ཁྱི།

dku.lci

koo chi

Heaviness in the pelvic region
(as from pregnancy)

དཀོན་པ།

dkon.pa

kon pa

Rare, hard to obtain, precious

དཀོན་མཆོག་གསུམ།

dkon.mchog.gsum

konchok soom

The three precious jewels

1) Buddha (*sangs.rgyas*)

2) Doctrine (*chos*) and

3) Spiritual community
(*dge. 'dun*)

དཀོར་བདག

dkor.bdag

kor dak

The lord of property (one of
the evil spirits)

དཀྱིལ།

dkyil

kyil

Centre, middle, intermediate,
main

དཀྱིལ་ཁོར།

dkyil.khor

kyil khor

Disc (mandala)

དཀྱུས་མ།

dkyus.ma

kyue ma

Ordinary, common, general

དཀྱིལ་དུ་གྱུར་བ།

dkyel.du.gyur.ba

keldu gyur wa

The fourth stage of diseases
(pathogenic maturity)

བཀག་པ།

bkag.pa

kak pa

Suppress, retention, prohibit

བཀའ་གཉན།

bka'.gnyen

ka nyen

Short tempered/strict order

བཀའ་ལུང་།

bka'.lung

ka loong

1) Oral transmission,

2) Prediction, prophecy

བརྒྱུ་མི་ཤིས་པ།

bkra.mi.shis.pa

ta mi shiba

Calamity, unfortunate events,
misfortune

བཀྲ་ཤིས་པ།

bkra.shis.pa

tashi ba

Lucky, auspicious, fortunate events

བཀྲེས་དུས་ན།

bkres.dus.na

te du na

Pain from hunger
(symptomatic of diseases
caused by wind)

བཀྲ་ཤིས་པའི་ལྷ་ས།

bkra.shis.pa'i.ltas

tashi pey tey

Propitious omens

བཀྲུ་འཇམ།

bkru.'jam

tu jam

A moderate enema; mainly
used against bile-wind
combined disorders

བཀྲ་ཤིས་རྩེ་བ།

bkra.shis.rzla.ba

tashi dawa

The auspicious month

It refers to a month with no
missing or extra days
(*chad.lhag.med.pai's.da.ba*)

བཀྲུ་མ་སྤྲོན།

bkru.ma.slen

tuma len

A strong enema insertion
mainly used in cases of
bad.kan-rlung combined
disorders

བཀྲེས་སྒྲོམ།

bkres.skom

te kom

Hunger and thirst

Individual with a bile
personality is always hungry
and thirsty, and has strong
appetite but does not gain
weight

རྐང་།

rkang

kang

Marrow, one of the seven
bodily constituents

རྐང་ལྷོག།

rkang.kyog

kang kyok

Lame, crippled

རྒྱན།

rkan

ken

Palate

རྒྱང་པའི་རྩེ་ངར་ཆེ་བ།

rkang.pa'i.rje.ngar.che.ba

kang pey je ngar chewa

Tibia, shin bone

རྒྱན་ཕུག།

rkan.phug

ken phuk

The cavity of the palate

རྒྱང་པའི་རྩེ་ངར་ཚུང་བ།

rkang.pa'i.rje.ngar.chung.ba

kang pey je ngar choong wa

Fibula-the outer of the two

bones in the lower part of

human leg

རྒྱ་མ།

rku.ma

ku ma

Thief

རྒྱང་པའི་རྩིང་ག།

rkang.pa'i.rting.ga

kang pey ting ka

Heel

རྒྱབ།

rkub

koop

Buttock, bottom

རྒྱང་འབམ།

rkang.'bam

kang balm

Elephantiasis, Skt. slipada

A disorder of blood and *rlung*

characterised by abnormal

enlargement of legs.

རྒྱེད།

rked

key

Lumbar region

རྒྱེད་པ།

rked.pa

key pa

Waist

རྒྱང་མར།

rkang.mar

kang mar

Bone marrow

རྟེན་ཆེན་གསལ།

rked.tshigs

key tshik

Lumbar vertebra

རྟེན་བ།

rko ba

ko wa

Dig

རྟེན་པ།

rkyang

kyang

Asiatic wild ass (*Equus hemionus pallas*)

རྟེན་པ།

rkyang.pa

kyang pa

Single, solitary

རྟེན་མ།

rkyang.ma

kyang ma

The left energy channel

It stands adjacent to the central energy channel and extends from the level of the eyebrow to a point between the navel. *Kyang-ma* represents

the feminine principle and reflects lunar energy.

Ida nadi is the body's main left subtle channel, and runs from the left genital or testicles to the left nostril. In all yogic practices, inhalation begins with the left nostril; the breath entering the left nostril stimulates *Ida nadi* and thus promotes visualizations creativity, nurture the emotions, calms the nerves and silences the mind. Therefore, the yogic science advocate the use of left nostril breathing during the day, when the body is being vitalized by the sun's energy.

རྟེན་གཤོག་པ།

rkyang.gshog.pa

kyang shock pa

Botanical Name: *Pedicularis bicornuta* Klotzsch

Taste: Sweet to bitter

Potency: Cool

Uses: It is useful for treating vomiting resulting from *Bad-kan* disorder, chronic and initial wounds and drains water accumulation in the body.

རྒྱལ་པ།

rkyal.pa

kyel wa

Leather bag used by Tibetans
to carry barley beer etc

རྒྱལ་པ།

rkyong.ba

kyong wa

Stretch or extend

རྒྱལ་བ་ཅུ་ཐུབ།

rkyal.ba.chu.thub

kel wa chu thoop

Geuldenstaedtia sp.

ལུག་པ།

lkug.pa

kuk pa

Dumb

རྒྱལ།

rkyen

kyen

Conditions or cause necessary
for a particular action to
produce result

ལློག་ནད།

lkog.nad

kok ney

Larynx disorder

རྒྱལ་ངན།

rkyen.ngan

kyen ngen

Misfortunes, mishaps,
calamities

ལློག་མའི་གནད་གཞི།

lkog.ma'i.gnyan.gzhi

kok may nyen shi

Laryngitis

A condition characterised by
inflammation of vocal cords

རྒྱལ་ཆགས་འབྱུང་བ།

rkyen.chags.'byung.ba

kyen chak joong wa

To befall misfortune leading
to death or loss of wealth

སྐག

skag

kak

Aslesha, Hydrae – one of the
twenty-seven constellationsSyn. *gdengs.can.lha.mo*

སྐད།

skad

kay

1) Sound, voice

2) Language

སྐད་འགགས།

skad 'gags

kay gak

Hoarseness of voice,
obstruction of vocal cord

སྐད་ཅིག་མ།

skad.chig.ma

kay chikma

Skt. Ekaksana, Momentary,
often refers to impermanence

སྐད་ཆ་དྲི་བ།

skad.cha.dri.ba

key cha diwa

To interrogate, to ask
questions, inquire

སྐམ་པ།

skam.pa

kam pa

1) Dry

2) Thin

3) Forceps (a surgical
instrument)

སྐམ་ས།

skam.sa

kam sa

Dry land

སྐམ་སའི་འབྲུ་རྩིང་།

skam.sa'i. 'bru.rnying

kam sey doo nying

Aged barley which is grown
in a dry land

སྐམ་གསེད་ལྷགས་པ།

skam.gsed.legs pa

kam sey lek pa

Process of drying the
medicinal herbs in which
herbs with cool potency are
dried in the shade and hot
potency are dried in the sun

སྐར་ཁོངས།

skar.khongs

kar khong

The sphere of a lunar
mansion

སྐར་ཆ།

skar.cha

kar cha

Second, one sixtieth of a
minute

སྐར་མུ།

skar.chu

kar choo

It generally refers to water
fetched before the dawn and
has been exposed to star light.

It is said to be beneficial for
hot disorders.

སྐར་མདའ།

skar.mda'

kar dah

Shooting star

སྐར་དོ།

skar.rdo

kar doh

Meteors

སྐར་ཕྱན།

skar.phran

kar ten

Lit. a little star, Asteroid -
small rocky objects in the
solar system

སྐར་མ།

skar.ma

karma

1) Star

2) Minute

སྐར་མ་བཅོ་ལྔ།

skar.ma.bco.lnga

karma cho nga

A quarter of an hour/ fifteen
minutes

སྐར་མ་རྣམ་རྒྱལ།

skar.ma.rnam.rgyal

karma namgyal

Uranus

སྐར་མ་ཕྱ་ཆེ་མ་ཆེ།

skar.ma.phra.chem.chem

karma tra chem chem

Twinkling stars

སྐར་མ་མཚོ་རྒྱལ།

skar.ma.mtsho.rgyal

karma tsogyal

Neptune

སྐར་མ་གཤིན་རྒྱལ།

skar.ma.gshin.rgyal

karma shingyel

Pluto

སྐར་རྩིས།

skar.rtsis

kartsis

Astronomy; Scientific study
of the universe as a whole
including the stars, the moon,
planets and the sun

སྐར་རྩིས་པ།

skar.rtsis.pa

kartsi pa

Astronomer/a person who
studies astronomy

སྐར་རྩིས་བློས་སྒངས།

skar.rtsis.blos.slangs

kartsi loer lang

Planetarium

སྐར་འོད་འཇལ་བྱེད་ཡོ་ཆས།

skar.'od.'jal.byed.yo.chas

kar oed jel jey yō chae

Astrometer

སྐལ་མཉམ་གྱི་རྒྱ།

skal.mnyam.gyi.rgyu

kel nyam gi gyu

Equal state-cause, causes of
the same outcome

སྐལ་ལྷན།

skal.ldan

kalden

One possessing the good
fortune through accumulation
of merits

སྐལ་བ་དུག།

skal.ba.drug

kel wa druk

The six excellent possessions

1. Power and wealth

(*dbang.phyug*)

2. Good physical body

(*gzugs.bzang*)

3. Glory (*dpal*)

4. Fame (*grags.pa*)

5. Wisdom (*ye.shes*) and

6. Perseverance (*brtson.'grus*)

སྐུ།

sku

ku

Statue

སྐུ་སྐལ།

sku.sprul

ku tool

Emanation of Buddha-body

སྐུ་ཤིག་པ།

sku.shig.pa

ku shik pa

Demolition of sacred images

སྒྲུ་པ།

skud.pa

kue pa

Thread

སྒྲེ།

ske

ke

Neck

སྒྲེ་ཚེ།

ske.tshe

ke tsey

Botanical Name: Roripa
indica (L) Hiern

Taste: Hot

Potency: Coarse

Uses: It subdues demonic
obstacles and treats swelling
and diphtheria or quinsy
(*lhog.pa*).

སྒྲེ་ཡི་མིན་བྱ།

ske.yi.rmen.bu

kay yi men boo

Thyroid gland

སྒྲེ་རིང་པ།

ske.rengs.pa

kay reng pa

Stiff neck

A condition characterised by
inability to move head freely

སྒྲེད་ཐིག།

sked.thig

ke thik

Equator, an imaginary line
drawn around the middle of
the earth at an equal distance
from the poles

སྒྲེམ་པོ་སུལ་མང་།

skem.po.sul.mang

kem po sul mung

A type of myrobalan but
slightly smaller and thinner
than the others; fruit is used
for dyeing as well

སྒྲེམ་བྱེད།

skem.byed

kem jey

Lit. Dehydrating

It is the king of evil spirit
which causes blight.

སྒྲེ་འི་མ།

ske'i.rma

ke yi ma

Cervical wounds or an injury

སྐྱམ་དད།

skom.dad

kom deh

Morbid or excessive thirst/
extreme thirst, Skt. *trsna-roga*

སྐྱ།

skya

kya

Pale

སྐྱམ་མི་མཐུན་བསྟན་པ།

skom.mi.mthun.bsten.pa

kom mithun tenpa

Reliance on unsuitable
beverages or drinks

སྐྱ་ག།

skya.ga

kya ga

Magpie (*pica pica*)

སྐྱར་འགོ།

skor.'go

korgo

Lit. the head of the astrology
calculation

སྐྱ་འགྲིབ།

skya.'grib

kya deep

Covering the eye ball

An eye disease characterised
by whitish mass covering the
eyeball usually above the
pupil.

སྐྱར་བ་བྱེད་པ།

skor.ba.byed.pa

kor wa jey pa

Perform circumambulation

སྐྱ་རབ།

skya.rbab

kya bab

Dropsy of the initial stage,
Skt. *Pandu-roga*

སྐྱལ་བ།

skol.ba

kol wa

Boil, braise

The term *skya.rbab* refers to
the colour of skin and the
swelling that exhibit, *skya*
means pale and *rbab* swelling.
The swelling appears
particularly on the upper eye
lid, the shin and the instep.

སྐྱལ་ལྟ་

skya.lam

kya lam

Milky way; a band of hazy light circling the sky. It results from a combined light of vast number of stars in the Galaxy.

སྐྱག་པ།

skyag.pa

kyak pa

Stool (*bshang.ba*)

སྐྱལ་བ།

skyabs

kyab

Taraxacum sikkimense Hand-mazz

སྐྱལ་བ་ཚོད།

skyabs.tshod

kyab tsoe

Cooked white dandelion

སྐྱལ་ལྟ།

skyam.zla

kyam da

An astrological word often used in yearly horoscope. It

is one of the seven rough calculations.

སྐྱར་མོ།

skyar.mo

kyar mo

A gull or *Egretta garzetta* Linn (a bird which mainly survives on fish)

སྐྱར་མོ་ན་ལེན།

skyar.mo.nya.len

kyarmo nya len

A mode of treatment in which the doctor analysis the patients previous treatments and then diagnose the disease like "a gull catching a fish"

སྐྱི་བ།

skyi.ba

kyi wa

Botanical Name: *Sophora Moorcroftiana*

Taste: Bitter

Potency: Cool

Uses: It is used to treat jaundice, indigestion, poisoning, diphtheria and pathogenic diseases.

སྒྱི་བའི་འབྲས་བུ།

skyi.ba'i.bras.bu

kee wey dey boo

Sophras Moorcroftiana (fruit)

Uses: It is used as emetic against bile.

སྒྱི་མོ།

skyi.mo

ki mo

Skin; it is one of the six entrances of the diseases.

སྒྱིགས་བུ།

skyigs.bu

kik boo

Hiccups, Skt. Hikka-roga

སྒྱུ་རུ་ར།

skyu.ru.ra

kyu ru ra

Skt. Name: Amlaki

Hindi Name: Amla

English Name: Emblic Myrobalan

Botanical Name: Emblica Officinalis

Family: Euphorbiaceae

Taste: Sour

Potency: Cool

Uses: It is one of the three chief fruits, which subside

fever of blood and bile. It is also used against blood infections, polyurea, hair loss, combined disorders of phlegm and bile, bile associated fever and impure blood. A series of clinical tests have found that emblic myrobalan contains elements which are antiviral, raises the protein level in the body, activates the adrenaline response, and protects against tremors and convulsions.

སྒྱུ་རུ་ཉེར་ལྔ།

skyu.ru.nyer.lnga

kyu ru nye nga

Embilica Twenty Five

Ingredients: *skyu.ru, ba.sha.ka, pri.yang.ku, 'u.su, hong.len, brag.zhun, ut.pel, spang.rtsi, gur.gum, gi.wam, tsan.dmar, btsod, rgya.tshos, pu.shel.rtse, 'bri.mog, li.ga.dur, tig.ta, a.ru, ba.ru, gser.me, ru.rta, ma.nu, kan.ta.ka.ri, sle.tres, star.bu, ka.ra*

Nature: Slightly cool

Uses: A compound which cures hypertension, upper back-ache due to blood disorder, fever (mainly in the upper part of the body),

heart burn, vomiting and expels biliary mucus and blood, pain in the liver and stomach associated with the brown phlegm, and blood and bile disorders in the stomach.

སྐུ་རུ་དུག་པ།

skyu.ru.drug.pa

kyu ru duk pa

Embilica Six

Ingredients: *skyu.ru, yung.ba, gze.ma, skyer.shun, bre.ga, sbrang.rtsi.*

Nature: Cool

Uses: It is used against diabetes, frequent urination, urinal infections, low heat in the lower body, indigestion, heavy sleep in the day, bed wetting and is beneficial in the reduction of blood sugar level.

སྐུ་རུ་འཛིན་པ།

skyu.ru'i.shing

kyu rue shing

Phyllanthus emblica Linn

སྐུག་ས་པ།

skyugs.pa

kyuk pa

Skt. *vamana*, Vomitting, throw up

སྐུག་ས་ལང་བ།

skyugs.lang.ba

kyuk lungpa

Nausea (tendency to vomit)

སྐུག་ས་རྩམ།

skyugs.rdzas

kyuk zey

Emetic (substances that cause vomiting)

སྐུག་ས་བཤལ།

skyugs.bshal

kyuk shel

Cholera (a case of vomiting as well as diarrhoea)

སྐུང་ག།

skyung.ga

kyung ga

Skt. *Prrrhocorax*, Red billed chough

སྐུར།

skyur

kyur

Sour

It is one of the six primary Biology
tastes.

སྐུར་ཁུ།

skyur.khu

kyur khoo

Vinegar (Lit. sour soup)

སྐུར་བ་ཅུ།

skyur.ba.chu

kyoor wa chu

Discarding of the dead body
into water by cutting into
pieces; it is one of the five
means of disposing the dead

སྐུར་ཚལ།

skyur.tshal

kyoor tsel

Chive

Taste: Hot

Potency: Warm

Uses: It is used against
frequent urination, involuntary
discharge of sperm,
insomnia, swelling of limbs,
heals wounds and promotes
appetite and bodily heat.

སྐུ་དངོས་རིག་པ།

skye.dngos.rig.pa

key ngoe rik pa

སྐུ་མཆེད།

skye.mched

key chey

Sources of perception,
sources and their respective
objects

སྐུ་གནས།

skye.gnas

key ney

Locality of plants, habitat of
plants

སྐུ་བ་སྔ་མ།

skye.ba.snga.ma

keywa ngama

Previous or the former life

སྐུ་བ་ཕྱི་མ།

skye.ba.phyi.ma

key wa chima

Future or the next life

སྐུ་སར་སྐུས།

skye.sar.skeyes

keysar key

The growing of herbs in their
respective habitat (where the
hot and cold natured

medicinal planets grow in hot and cold regions respectively)

སྐྱེད།

skyed

key

Generate, give birth to, create

སྐྱེད་མཆོད།

skyed.mched

key chey

Source (produce), sources of perception

སྐྱེར་བ།

skyer.ba

kyer pa

Skt. Name: Chitra, Darvi

Botanical Name: Indian barberry, Berberis aristata

Uses: Its flower and fruit cure diarrhoea and controls dysentery.

སྐྱེར་པ་དཀར་པོ།

skyer.pa.dkar.po

kyer pa kar po

Skt. Name: Daruharida

Botanical name: Berberis Lycium

Taste: Bitter

Potency: Cool to coarse

Uses: It helps to assemble the poison diffused in the body, cures conjunctivitis, growth of 'welders flesh' in the eyes, sore mouth, infection of throat and larynx, diarrhoea due to inflammation of the intestines, bleeding, white discharge and burning sensation in the urinary tract.

སྐྱེར་པ་ནག་པོ།

skyer.pa.nag.po

kyer pa nag po

Botanical Name: Berberis concinna

Taste: Bitter

Potency: Cool to coarse

Uses: See. *Skyer.pa.dkar.po*

སྐྱེར་བའི་ཁན་ཏ།

skyer.ba'i.khan.ta

kyer wey khenta

Skt. Rasount/Concentrated decoction prepared from barberry; Desicated tincture

སྐྱེར་བའི་འབྲུ།

skyer.ba'i.'bru

kyer pay doo

Berberis species (seeds)

སྐྱེས་ཤུན།

skyer.shun

kyer shun

Hindi Name: Pilaka chilka

Skt. Name: Dharuharida

Botanical Name: Berberis

Species (Bark)

སྐྱེས་ཤུན་བརྒྱུད་པ།

skyer.shun.brgyad.pa

kyer shun gey pa

Barberry Bark Eight

Ingredients: *skyer.shun, pi.ling,*

skyu.ru, shing.mngar, gla.rtsi,

gur.gum, kha.che.sha.skam

dom.mkhris

Nature: Highly cool

Uses: It cures involuntary discharges of semen and blood due to inflammation of urethra, burning sensation after micturition and blood-bile disorders.

སྐྱེས་སྐར།

skyes.skar

key kar

Birth constellation/ birth nakshatra

Birth Nakshatra is the nakshatra the moon falls in at the time of birth.

སྐྱེས་ཁྱིམ།

skyes.khyim

kye khyim

Birth sign. Lit. birth house

Each planet arises at a different time in conjunction with a different "*skyes.khyim*"

སྐྱེས་ག་ན་འཆིའི་སྐྱེས་བསྐྱེད།

skyes.rga.na.'chi'.sdug.sngal

kye ga na chee dug nyal

The sufferings of birth, old age, diseases and death

སྐྱེས་རྟགས།

skyes.rtags

key tak

Lit. Birth mark

Tibetan Astrologer can find the *skyes.rtag* (statue of the lord) by looking at the birth *sMeba*

སྐྱེས་དུས།

skyes.dus

key due

Birth time, the precise time of birth accurate to a minute

སྒྲིམ་པ་དོང་བདགས།

skyes.pa.dong.btags

key pa dong tak

Botanical Name: *Corydalis*
sp.

Taste: Bitter

Potency: Cool

Uses: It is used to dry up
excess pus formation in the
lungs and visceral organs and
to heal ruptured wounds and
fractured cranial bones.

སྒྲིམ་པ་ལ་སྒོག་གཙོ།

skyes.pa.la.srog.btso

keypa la sok tso

Life force is most important
for the male species

སྒྲིམ་པའི་རྒྱུད་སྒྲིལ་ནམ་བཞག།

skyes.pa'i.rgyud.spel.rnam.bzhag

key pey gyu pel namshak

The male reproductive system

སྒྲིམ་སྤར།

skyes.spar

key par

The natal *parkha*, natal
trigram, the birth I-ching

སྒྲིམ་རིམས།

skyes.rims

key rim

The general stages of practice
of the Kalachakra Tantra

སྒྲི་སྤང་།

skyo.snang

kyo nank

Sad feeling; melancholy

སྒྲི་གས།

skyo.shas

kyo shey

Attitude of disgust

A high level of mind which
is disgusted with cycle of
birth, old age, sickness and
death.

སྒྲིན་ཆ།

skyon.cha

kyon cha

Trouble, illnesses, defect

སྒྲིན་གཞན།

skyon.gzhan

kyon shen

Deformities/Abnormality

སྐྱོན་ཡོན།

skyon.yon

kyon yon

Merits and demerits or
virtues and faults

སྐྱོར་གོང་ཕྱན་བུ།

skyor.gong.phren.bu

kyorgong tenboo

Minor vein near the thumb (a
blood letting vessel)

སྐྱ་འབྱི།

skra.'byi

ta ji

Hair loss; a symptom of bone
tissue consumption

སྐྱ་བཟང་།

skra.bzang

ta zang

Skt. Name: Butakesi

Botanical Name: *Corydalis*
sp.

Taste: Bitter

Potency: Cool

Uses: It is used against
proliferation of impure
blood and hot disorders
associated with blood, liver
and gall bladder.

སྐྱག་སྦང་།

skrag.snang

tak nang

Fearful, be afraid of, terrified

སྐྱག་པ་ཤིང་།

skrag.pa.shing

takpa shing

Botanical Name: *Pyrus pashia*

Taste: Sweet to sour

Potency: Warm

Uses: It promotes body
vigour, lowers high blood
pressure, treats liver
disorders, eye diseases,
menstrual problems and
stops diarrhoea.

སྐྱན།

skran

ten

Tumour, phantom tumour

བསྐྱ་བ།

bska.ba

kawa

Astringent taste

It is recognize through its
special characteristics such as
sticking to the tongue and
palate, and creation of coarse
sensation. It is needed in

moderate amounts for the body. It is needed more for *mkhris-pa*, moderate for *bad-kan* and less amount for *rlung* type. Examples of some foods and medicinal substances having astringent tastes are white sandal wood, chebulic myrobalan, beleric myrobalan, blue Utpal flower (*Nelumbo nucifera*), meadow cranesbill, powdered (pine)-root, acorns, Tibetan tamarisk, unripe banana, pomegranate, turmeric, alum and walnut. It is one of the six primary tastes.

བསྐལ་ཆེན་གངས་མེད།

bskal.chen.grangs.med
kelchen dangme
Infinite aeons

བསྐལ་བ།

bskal.ba
kelwa
Skt. Kalpa; Aeon

བསྐུ་མཉེ།

bsku.mnye
kum nye
Massage

Massage is one of the three smooth accessory therapies mentioned in the classical Tibetan medical texts *rGyud-bzhi*.

བསྐོལ་གང།

bskol.grang
kol dang
Cool pre-boiled water
It cures bile disorders without raising *Bad-kan* imbalances. However, if the water is left standing for more than one day, it may increase all the three humours.

བསྐྱད།

bskerad
tey
To dispel ghosts/devils by means of reciting holy scriptures and performing tantric rites and rituals

ཁ

ཁ

kha

kah

Common word for mouth

ཁ་ཁ་བ།

kha.kha.ba

kha kha wa

Bitter taste in the mouth

It is one of the prominent symptoms of bile humoral disorder.

ཁ་བཅིང་།

kha.bcing

kha ching

Lit. shutting up patient's mouth

It is a technique of dealing with a patient who describes most of his or her symptoms without doctor's enquiry.

ཁ་ཆེ་གུར་གུམ།

kha.che.gur.gum

khache gur kum

English Name: Kashmir saffron

Botanical Name: *Crocus Sativas* Linn.

Uses: It cures liver disorders and constricts the openings of the channels.

ཁ་ཆེ་ཤ་སྐམ།

kha.che.sha.skam

khachey shakam

Skt. Name: Kesar, Kukuma

English Name: Saffron

Botanical Name: *Crocus Sativas*

Taste: Sweet to bitter to slightly hot

Potency: Cool

Uses: It restores blood, stops bleeding, and proves beneficial in treating liver ailments, *mkhris-pa* disorders and fever.

ཁ་འཇམ་གཤིང་ནག།

kha.'jam.gting.nag

khajam ting nak

Polite and soft spoken but with hidden bad intention

ཁ་ཏ།

kha.ta

kah tah

Crows (corvus corax)
According to The Four
Tantras, people with
predominance of *rlung*
humour have the
characteristics of crow.

ཁ་ཏིག་ཚལ།

kha.tig.tshal

kha teek tshel

Skt. Name: Karavela

Hindi Name: Karela.

English Name: Bitter Gourd

Botanical Name: Monordica

Charantia

Family: Cucurbitaceae

Taste: Bitter

Potency: Cool

Uses: It is used against
diabetes and blood sugar in
folk medicine, and is
recommended against blood
disorders, itching, psoriasis
and fungal diseases, *mkhris-pa*
disorders and is beneficial in
lowering the blood and urine
sugar levels.

ཁ་དིག་པ།

kha.dig.pa

kha dikpa

Speech impediments; stutter

A condition of a speech
disorder in which sounds are
repeated and speech is
hesitant.

ཁ་ན་མ་ཐོ་བ།

kha.na.ma.tho.ba

khana ma tho wa

Non-virtues acts, all wrong
doings

ཁ་ནད།

kha.nad

kha ney

Diseases of the mouth

ཁ་བ།

kha.ba

khawa

1) Bitter taste

2) Snow

ཁ་དམར།

kha.dmar

kha mar

Astrological predictions of
good and bad future events

ཁ་དམར་གདགས།

kha.dmar.gdags

kha mar dahk

To make predictions concerning disease, good or bad events of a person. The word '*kha.dmar*' is often used in Tibetan Astrology and medicine to signify and affirm predictions.

ཁ་ཚ།

kha.tsha

kha tsa

Hot taste in mouth

ཁ་འཛིན་གསུམ།

kha. 'dzin.gsum

kha zin soom

Lit. the three supplementary ingredients; a collective name for the following three medicines.

- 1) Saffron (*gur.gum*)
- 2) Small cardamom (*sug.smel*)
- 3) Long pepper (*pi.pi.ling*)

ཁ་ཟས།

kha.zas

kha zey

Food, diets, snacks

ཁ་ཟས་འདུ་དཀའ།

kha.zas. 'ju.dka'

kha zey joo ka

Difficulty in digesting food

ཁ་ཟས་འདུ་ཚུལ།

kha.zas. 'ju.tshul

kha zey joo tsul

Process of digestion; mode of digestion

ཁ་ཡན།

kha.yan

kha yen

When the elements of the life force (*srog*) and wealth (*dbang*) are the same, it is known as '*kha.yan*'.

Eg: if someone's element of life force is Wood and the element of wealth is also Wood, it is '*kha.yan*'.

ཁ་གཡོག་འབྲུང་བ།

kha.gyog. 'byung.ba

kha yok joong wa

False charge, unjust accusation

ཁ་རལ།

kha.ral

kharel

Kharal is a case when there is a positive relationship between the life force element and wealth element of a person. Eg: When life force element is Wood and the wealth element is Earth (the friend of Wood is Earth).

ཁ་རུ་ཚ།

kha.ru.tsha

kha roo tsa

Hindi Name: Kala nimak

Skt. Name: Kala namak

English Name: Black salt

Latin Name: Halitum

Violaceum

Taste: Salty

Potency: Hot

Uses: It is used against low digestive heat, indigestion, distension of stomach, belching and *rlung* disorders.

ཁ་རུ་ཚ་རང་གྲུབ་དམར་ནག་།

kha.ru.tsha.rang.grub.dmar.nag

kha ru tsa rang doob mar nak

Natural red and black halite

ཁ་རྩངས།

kha.rlangs

kha lang

Vapour from the mouth

ཁ་ལས་བྱེད་པ།

kha.las.byed.pa

kha ley jey pa

Verbosity, unrestrained chatter; talkative

ཁ་ཤ།

kha.sha

kha sha

Tibetan elk (*Capreolus Capreolus*)

ཁ་ཤ་ཤ་བའི་བོག་ར།

kha.sha.sha.b'i.bog.rva

kha sha sha wei bog ra

Freshly changed horns of a

kha.sha (Tibetan elk) and a

sha.ba (deer)

ཁ་གཤགས།

kha.gshags

kha shak

Joke, ordinary information

Yuthog Yonten Gompo said

in the *rGyud bZhi* that, this rich

medical knowledge is not to

change with silly jokes or

information.

ཁ་སུར།

kha.sur

kha soor

Hindi Name: Pindakharjura

English Name: Date-palm

Botanical Name: Phoenix
dactylifera

Uses: It is very good for weak-boned and anemic patients. Woman with acne, pimples and menstrual problems should take date. It is valuable in intestinal disturbances, constipation, weak heart, and sexual debility or weakness. The dates with honey is an effective remedy for diarrhoea and dysentery during teething. Tibetan medical text explains that it contains all the five elements and is believed to be a good balance diet.

ཁང་བྱི་བུ།

khang.byi.'u

khang ji vu

House sparrow

ཁན་ཏ།

khan.tra

khen ta

Concentrated decoction

ཁབ་ལེན།

khab.len

khab lan

English Name: Lodestone,
Magnet

Latin Name: Magneticum

Taste: Sweet

Potency: Neutral

Uses: It cures bone fractures, cranial nerve disorders, and removes weapons lodged inside the body (like nails, needles, bullet etc.).

ཁམ་བུ།

kham.bu

khamboo

English Name: Apricot

Botanical Name: Prunus
persica (L) Batsoh.

Taste: Sweet to bitter

Potency: Neutral

Uses: It is beneficial in curing water retention, wounds, *mkhris-pa* disorders, and promotes growth of hair. Eating apricots relieves constipation and helps allergic and urticaria patients.

ཁམས།

kham

kham

- 1) The health condition,
physical constituents of
the body
- 2) The six elements
- 3) Realms, territory

ཁམས་དཀར་དམར།

kham.s.dkar.dmar

kham karmar

The male and female
regenerative fluids

ཁམས་དྲུག།

kham.s.drug

kham dook

The six elements

Human beings possess six
elements and have superior
intelligence.

The six elements (*kham.s drug*)
are: 1) *Sa*-Earth, 2) *Chu*-
Water, 3) *Me*-Fire, 4) *rLung*-
Wind, 5) *Nam.mkha'*-Space, 6)
rNam.shes-Consciousness.

ཁམས་དམར་གྱི་སྒོད།

kham.s.dmar.gyi.snod

kham mar gyi noe

Ovary (lit. vessel of the red
element)

ཁལ།

khal

khel

- 1) Traditional Tibetan mode
of weighing equal to
forty pints
- 2) Load or burden (amount
of load that a *yak* or a
sheep carries)

ཁུ་ཁྱག་འདྲེས།

kh.u.khrag.'dres

khoo tak dey

A union of sperm and ovum

ཁུ་ཁྱག་སེམས་གསུམ།

kh.u.khrag.sems.gsum

khoo tak sem soom

The three Essences:

- 1) Semen (*kh.u.ba*) 2) Ovum
(*khrag*) and 3) Consciousness
(*sems*)

ཁུ་བ།

kh.u.ba

khoo wa

- 1) Juice/Essence
- 2) Soup or broth

- 3) Regenerative substance
(sperm and uterine blood
or ovum)

Uses: It is useful for treating
oedema, constipation and
kidney and urinary bladder
stone.

ཁུ་བ་ཟད་པ།

khū.ba.zad.pa

khoo wa zey pa

Depletion of reproductive
fluids

ཁུ་བ་གསོ་བ།

khū.ba.gso.ba

khoo wa so wa

Treatment of seminal
disorders or regeneration of
virility

ཁུ་བྱུག་

khū.byug

khoo jook

Eurasian cuckoo (*Cuculus
canovus*)

ཁུ་བྱུག་པ།

khū.byug.pa

khoo jook pa

Botanical Name:

Cypripedium himalaicum
Rolfe

Taste: Bitter

Potency: Cool to coarse

ཁུ་བྱུག་རྩ་ཤྲོང་།

khū.byug.rtsa.ljang

khoo jook tsa jang

Botanical Name: *Equisetum
arvense*

Taste: Sweet to bitter to
astringent

Potency: Cool

Uses: It is useful in treating
nose bleeding, excessive
menstrual flow, vomiting of
blood, chronic and new
fever, inflammation of
urinary track and tumours,
fever associated with *mkhris-
pa* and spleen.

ཁུ་ཚུར།

khū.tshur

khoo tsoor

Fist

ཁུ་ཚུར་ཅན།

khū.tshur.chen

khoo tsoor chen

Fist forming demoness

ཁུག་རྟ།

khug.rta

khook ta

Swallow, hirundo sp., Cuculus melanoleucus

Uses: Its lungs have medicinal value to cure pulmonary diseases.

ཁུང་གནས་ཤེ།

khung.gnas.sde

khoong ney de

Animals that live under the ground in burrowed holes

ཁུར་མང་།

khur.mang

khour mang

Skt. Name: Dugdhappheni, Payasvini

English Name: Dandelion

Botanical Name: Taraxacum Officinale

Taste: Bitter

Potency: Cool

Uses: It is used against chronic fever, gall bladder problems, epidemic fever, poisoning, development of blood and *mKhris-pa* diseases, brown phlegm and subside fever arising from wounds.

ཁུར་ཚོད།

khur.tshod

khur tsoe

Cooked dandelion

Botanical Name: Taraxacum Tibeticum.

Uses: It controls fever and brown phlegm.

ཁུར་ཚོས།

khur.tshos

khour tsoe

Cheek

ཁོག་པ།

khog.pa

khokpa

Belly, abdomen

ཁོང་ནད།

khong.nad

khong ney

Internal diseases

ཁོང་ནོང་།

khong.nong

khong nong

Khong nong is a case when there is a positive relationship between the life force element and wealth element

of a person. Eg: When life force element is Wood and the wealth element is Water (the mother of Wood is Water).

བྱད་པར་ཅན།

khyad.par.can

khey par chen

Special/extraordinary

ཁོང་འབྲས།

khong.'bras

khong dey

Internal abscess (internal tumour)

བྱད་པར་གསེ་ཐབས།

khyad.par.gso.thabs

khey par sothab

Specific healing techniques

ཁོར།

khor

khor

Retinue

བྱད་གསོད།

khyad.gsod

khey soe

Downgrade, to look down upon, disparage

བྱད་ཚོས།

khyad.chos

khey choe

Features, characteristic

བྱབ་འདུག

khyab.'jug

khyab jook

Vishnu; one of the heavenly retinues during Buddha's teaching on medicine

བྱད་པར་རྒྱ།

khyad.par.rgyu

khey par gyoo

Specific causes or particular primary causes (the three afflictions of desire, hatred and ignorance)

བྱབ་འདུག་གི་འདུག་པ་བཅུ།

khyab.'jug.gi.'jug.pa.bcu

khabjuk gi jukpa choo

Ten emanations of Lord Vishnu

1) *nya* (a fish),

2) *rus.sbal* (a tortoise)

3) *phag.rgod* (a wild pig)

- 4) *mi.'i.seng.ge* (human-lion)
- 5) *ra.ma.na* (the God Rama)
- 6) *mi'u.thung* (a dwarf)
- 7) *nag.po* (the God Krishna)
- 8) *par.shu.ra.ma* (the Saint Parkurama)
- 9) *sha.kya.thub.pa* (Buddha Shakyamuni)
- 10) *kar.ki* (the son of a Brahmin)

ཁྱེ་པ།

khyab.pa

kyabpa

Disperse; pervade

ཁྱེ་བྱེད་རླུང་།

kyab.byed.rlung

kyab jey loong

Pervasive Wind

It is specifically responsible for the diffusion of energy derived from food, drink and breathe throughout the entire body.

Location: Heart

Pathways: Circulates throughout the body

Functions: Circulatory in nature, enhances the muscle functions of the limbs such as lifting, walking, stretching, contraction, opening and

closing of orifices such as eyes and mouth, anus and responsible for actions like yawning and blinking.

Negative Actions: Disturbing the balance state of this Air can result in problems in circulatory system, dryness of skin and body extremities, weak eyesight and poor memory.

ཁྱི།

khyi

khee

Dog, one of the twelve astrological signs

ཁྱི་དུག།

khyi.dug

khee dook

Rabies, Skt. Alarka-visa

ཁྱི་གཏོང་།

khyi.gdong

khee dong

Dog-faced demon (lit. dog face)

ཁྱི་ལ།

khyi.zla

khee da

Dog month—7th Tibetan lunar month according to the elemental astrology

Virgo, 6-Libra, 7-Scorpio, 8-Sagittarius, 9-Capricorn, 10-Aquarius, 11-Pisces

ཁྱི་ཤིང་།

khyi.shing

khee shing

Lonicera tibetica Bur et Franch

Uses: It is beneficial for pulmonary disorders and mucus.

ཁྱིམ་གྱི་ཁ་མདོག་།

khyim.gyi.kha.mdog

kheem gi kha dohk

The colour of the zodiac signs

Aries and Virgo-white, Pisces and Libra-red, Scorpio and Aquarius-black, Taurus and Leo-yellow, Gemini and Cancer-blue, Sagittarius and Capricorn-green

ཁྱིམ་གྲངས་།

khyim.grangs

kheem dang

Lit. house number

A number which signifies each of the twelve zodiac signs; 0-Aries, 1-Taurus, 2-Gemini, 3-Cancer, 4-Leo, 5-

ཁྱིམ་བརྒྱ་གཉིས་།

khyim.bcu.gnyis

kheem cho nee

The twelve zodiac signs

- 1) *lug*-Aries, Mesha,
- 2) *glang*-Taurus, Vrishabha,
- 3) '*khrig.pa*-Gemini, Mithuna,
- 4) *kar.ta*-Cancer, karkata,
- 5) *sen.ge*-Leo, Simha,
- 6) *bu.mo*-Virgo, kanya,
- 7) *srang*-Libra, tula,
- 8) *sdig*-Scorpio, Vrischika,
- 9) *gṛhu*-Sagittarius, dhanu,
- 10) *chu.srin*-Capricorn, Makar,
- 11) *bhum.pa*-Aquarius, kumbha
- 12) *nya*-Pisces, meena.

ཁྱིམ་བྱ།

khyim.bya

kheem ja

Cock, hen, lit. domestic birds

ཁྱིམ་ཞག་།

khyim.zhag

kheem shak

A zodiac day

A zodiac day is equal to one thirtieth of the time (it take)

the sun to move through one
of the twelve houses.

ཁྱིམ་ཞག་གཟའ་ལྔ་།

khyim.zhag.gza.lnga

kheem shak za nga

Lit. the five planets of a
zodiac day

ཁྱིམ་ཟླ་།

khyim.zla

kheem dah

A zodiac month

ཁྱིམ་ལོ་།

khyim.lo

kheem lo

A zodiac year

ཁྱིམ་གསར་དུབ།

khyim.gsar.dub

kheem sar doob

Exhausted newly wed couple
from excessive sexual
intercourse

ཁྱིམ་སློབས།

khyim.slebs

kheem leb

The arrival time of the sun in
each of the 12 zodiac signs

ཁྱིམ་མིག་མ་འབྱེད་བ།

khyi.'u.mig.ma.'byed.pa

kheu mik ma je pa

A puppy whose eyes have not
yet opened

ཁྱུ་མཚོག།

khyu.mchog

khyoo chok

1) Leader of a herd buffalo
(Bubalus bubalus)

2) Elephant (Elephas
maximus)

ཁྱུང་།

khyung

khyoong

Garuda (a mythological bird)

ཁྱུང་ལྔ་།

khyung.lnga

khyoong nga

Garuda Five

Ingredients: *bi.kha.nag.po,*
gla.rtsi, ru.rta, shu.dag, a.ru.ra

Nature: Neutral

Uses: Garuda Five is the
most important analgesic
compound and is used against
diseases caused by micro-
organism, disorders of
serous fluid, dermatological

problems, dysfunction of the stomach, diptheria and infectious diseases of muscle tissues.

ཁྲ་གླག་

khra.glag

tra lak

Hawk and eagle

ཁྱུང་སྡེར་

khyung.sder

khyoong der

Uncaria scandens (smith)

Hutch; Lit. claws of garuda

ཁྲག་

khrag

trak

Blood, Skt. rakta

It is one of the seven bodily constituents sustaining life.

ཁྱེ་མ་

khye.ma

khey ma

Acne

A kind of skin infection in which the skin gets discoloured

ཁྲག་སྒྲན་

khrag.skran

trak ten

Blood tumour

A disease characterised by the clotting of blood, especially of the menstrual flow. It may also occur after childbirth under unhygienic conditions.

ཁྱོར་བ་གང་།

khyor.ba.gang

khyorwa gang

A single handful

ཁྲག་འབྲུག་པ།

khrag.'khyag.pa

trak khyag pa

Congealing of the blood

ཁ།

khra

tra

Sparrow hawk (*Accipeter nisus*/*Falco tinnunculus*)

ཁྲག་ཁྲོག་པ།

khrag.khrog.pa

trak trok pa

Botanical Name: *Lepidium
Apelatum*

Taste: Astringent to hot

Potency: Neutral

Uses: It is used against swelling, pain, accumulation of water due to elephantias, increase of impure blood and serous fluids, accumulation of sputum and fever associated with lungs and bone fractures.

ཁྲག་གར་པ།

khrag.gar.pa

trak gar pa

Blood coagulation

ཁྲག་གྲིབ།

khrag.grib

trak deep

Stroke

ཁྲག་ལྷུང་ནད་གཞི།

khrag.nyung.nad.gzhi

trak nyoong ney shi

Anemia

A disease characterised by low level of the red blood cells or haemoglobin in the blood.

ཁྲག་དང་མཁྲིས་པ།

khrag.dang.mkhris.pa

trak dang tee pa

Blood and bile

Diseases which are like fire and heat by nature.

ཁྲག་འདྲིལ་བ།

khrag.'dril.ba

trak dil wa

Blood cysts (lit. rolling of blood)

ཁྲག་ནད།

khrag.nad

trak ney

Blood disorders

ཁྲག་འབྲས།

khrag.'bras

trak day

Leukaemia

A disease characterised by excess production of white bloods cells.

ཁྲག་མང་ཟགས་པ།

khrag.mang.zags.pa

trak mang zak ba

Excessive loss of blood

ily

re
ly
y
h
s.

ཁྲག་ཙ།

khrag.rtsa

trak tsa

Blood vessel

It refers to any one of the network of tubes that carries blood. Kinds of blood vessels are arteries, arterioles, capillaries, veins, and venules.

ཁྲག་ཙ་ལུག་པ།

khrag.rtsa.lug.pa

trak tsa look pa

Aneurism

A condition characterised by localized abnormal dialation of a blood vessel.

ཁྲག་ཚད།

khrag.tshad

trak tshey

Blood fever

A disease which is a combination of hot and impure blood and, also refers to high level of heat within the body. It is characterised by fever, dark lips, dark skin, and the whites of the eyes turns reddish brown.

ཁྲག་ཚབས།

khrag.tshabs

trak tshab

Menorrhagia

A new or recent female disorders characterised by abnormally heavy or long menstrual periods which usually occurs during the reproductive years of most woman's lives.

ཁྲག་ཚོད།

khrag.tshod

trak tshoe

Cooked blood

ཁྲག་ལོང་།

khrag.long

trak long

Ascending colon

ཁྲག་རྩུང་རི་བོ་ཁུ་འབེབས།

khrag.rlung.ri.bo.chu. 'bebs

trak loong riwo choobeb

Subduer of blood and *rlung* disorder.

Nature: Slightly cool

Uses: It is used against hypertension, rigid and contraction of the extremities, upper back ache, carditis

associated with *rLung*, coughing up of frothy phlegm, body ache due to *rLung* and fever and pain in the kidneys and waist region.

ཁྲག་ལུད།

khrag.lud

trak lue

Haemoptysis

A condition characterised by blood strained sputum.

ཁྲག་ཤུག་པ།

khrag.shugs

trak shook

Blood pressure

It refers to the pressure exerted by the circulating volume of blood on the walls of the arteries, the veins, and the chambers of heart.

ཁྲག་ཤེད།

khrag.shed

trak shey

Hypertension

A condition in which a level of blood pressure, which is above normal for that particular age and sex.

It may cause damage to the vessels and arteries of the

heart, brain, kidney and eyes.

ཁྲག་གཤེད་ཀྱི་རྒྱ་རྒྱུ་རྒྱུ་།

khrag.gshed.kyi.rgyu.rkyen

trak shey ki rgyoo ken

Causes and conditions of hypertension

The known factors of hypertension includes obesity, a high salt intake, strong coffee and black tea, excessive alcohol consumption and pork, saturated fats and environmental stress or psycho social factors.

ཁྲག་སྒྲིབ།

khrag.srin

trak sin

Animalcules of blood

This agents or animalcules dwelling in the blood stream or circulatory system are present in the blood from birth and supports the body function.

ཁྲུ།

khru

troo

Cubit

An ancient measurement of length equal to a distance from the elbow to the tip of the outstretched middle finger.

ཁྲོན་པའི་ཚུ།

khron pai'.chu

tron pey choo

Water from wells

ཁྲེ།

khre

trey

English Name: Millet

(categorised under grains which develop bristling awns)

Taste: Sweet

Potency: Cool to heavy

Uses: It is considered to improves health condition in general and to heal fractured and broken bones.

ཁྲོན་བུ།

khron.bu

tron boo

Hindi Name: Dugdhika

English Name: Spurge

Botanical Name: Euphorbia Sieboldiana

Taste: Sweet

Potency: Neutral

Uses: It dispels bile disorders, controls fever due to poisoning, subsides swelling and used as purgative for bile disorders.

ཁྲོག་ཚུང་བ།

khrog.chung.ba

trok choong wa

Leibnitzia anandria (L) Nakai.

It controls fever of the veins, heals sore and stops bleeding.

མཁན་དཀར།

mkhan.dkar

khen kar

Botanical Name: Artemesia sp.

Taste: Bitter

Potency: Cool to coarse

Uses: It is beneficial in treating bleeding, swelling, kidney disorder, wounds, cancer and drains pus from lungs.

ཁྲོན་གྱི་རྒྱ་བའི་ཐེ།

khron.gyi.rko.ba'i.sde

tron gi ko wey dey

Gallinaceous birds which dig for food with their claws

མཁན་སྒྱུ།

mkhan.skya

khen kya

Artemisia sieveriana Ehrhard
ex Willd

མཁན་ནག།

mkhan.nag

khen nak

Skt. Nagadamani/ Nagadana
(Artemisia annua L)

མཁན་པ།

mkhan.pa

khen pa

English Name: Mugwort

Botanical Name: Aetemesia
Vulgaris.Uses: It stops bleeding and
pacifies swelling of the limbs.

མཁའ་འགྲོ།

mkha'.gro

kha do

Celestial females. Angels,
dakini (lit. sky goer)

མཁའ་འགྲོ་འཁྲུགས་པ།

mkha'.gro.'khrugs.pa

kha do took pa

The disturbance of the dakini

མཁལ་རྫོ།

mkhal.rdo

khel do

Kidney stone

A condition characterised by
mass of substances that form
in the kidney.

མཁལ་ནད།

mkhal.nad

khel ney

Renal disease

མཁལ་དབྱིབས།

mkhal.dbyibs

khel yib

Reniform (kidney shaped)

མཁལ་མ།

mkhal.ma

khel ma

Kidneys

མཁལ་མའི་གནན་གཞི།

mkhal.ma'i.gnyan.gzhi

khel may nyan shi

Nephritis

A condition characterised by
inflammation of kidney.

མཁལ་མ་ཞོ་ཤ་དཀར་པོ།

mkhal.ma.zho.sha.dkar.po

khal ma zho sha kar po

Skt. Name: Beej kaunch/
asishimbi.

English Name: Cowhage

Botanical Name: Canavalia
gladiata (Tacq)

Taste: Sweet

Potency: Oily to neutral

Uses: It is useful for treating
all kinds of kidney disorders.

Arteries of the kidneys

མཁལ་ཚད།

mkhal.tshad

khel tshey

Kidney heat

A kidney disease with heat
infliction, and it is
characterised by burning
sensation at the tip of urethra.

མཁལ་རྩུང་།

mkhal.rlung

khel loong

Kidney *rlung*

A kidney disease with cold
and *rlung* inflictions and it is
characterised by severe pain
in the kidney, moving pain,
buzzing and ringing in the
ears and temporary hearing
loss.

མཁལ་མ་ཞོ་ཤ་དམར་པོ།

mkhal.ma.zho.sha.dmar.po

khal ma zho sha mar po

Botanical Name: Phaseolus
lunatus L.

Taste: Sweet

Potency: Oily to neutral

Uses: See (*mkhal.ma.zho.sha.dkar.po*)

མཁལ་མའི་ཁུ་ཙ་ཤུན་བུ།

mkhal.ma'i.chu.rtsa.phran.bu

khel mey chu tsa ten boo

Minor water channels of the
kidneys

མཁས་གུབ་དགེ་ལེགས་དཔལ་བཟང་།

mkhas.grub.dge.legs.dpal.bzang

khedup gelek pelsang

Khedup Gelek Pelsang
(1385–1438), was one of the
two main disciples of Tsong
Kha Pa. He authored a
number of commentaries on
the Kalachakra and an

མཁལ་མའི་འཕར་ཙ།

mkhal.ma'i.phar.rtsa

khel mey phar tsa

authoritative book on astrology.

མཁས་གུབ་ནོར་བཟང་གྱུ་མཚོ།

mkhas.grub.nor.bzang.rgya.mtsho
khedup norsang gyatso

Khedup Norsang Gyatso was an astrological scholar. He authored 'Dri med 'od rgyan' in 1483.

མཁྱིད།

mkhyid
khyi

This is a measure of length used in Tibet. One *mkhyid* refers to the distance measured from the tip of the outstretched thumb to the base of the little finger when the hand is clenched into a fist

མཁྱེན་རབ་ནོར་བུ།

mkhyen.rab.nor.bu
khenrab Norbu

Rev. Khenrab Norbu was born to Astrologer Ngawo Che and Yangchen in 1883 A.D. at Tsethang, Southern Tibet. He was appointed as the director of both The Chagpori Medical College and Lhasa Tibetan Medical

and Astrology Institute in 1916 by the Great Thirteen Dalai Lama. He formulated 125 different medicines along with their actions in a book titled "*bdud.rtsi. 'bum.bzang*". He dedicated his entire life in promoting Tibetan Medicine and astrology. He died in 1962 at the age of 80.

མཁྱིག་མའི་ཁུ་ཙ།

mkhrig.ma'i.chu.rtsa
trik mey chu tsa

Minor water channels of wrist

མཁྱིས་རྫོ།

mkhris.rdo
tri doh
Gall stone

མཁྱིས་རྫོའི་འགགས་པ།

mkhris.rdo'i.'gags.pa
tre doey gak pa

Billiary obstruction (reduction in the flow of bile from the gall bladder down the bile duct due to physical obstruction)

མཁྲིས་རྡོ་འི་གཟེར་བ།

mkhris.rdo'i.gzer.ba

tre do zer pa

Billiary colic

An accute paroxysmal pain caused by the movement of gall stones down the bile duct.

མཁྲིས་སྟོད་ཀྱི་གནན་ཁ།

mkhris.snod.kyi.gnyan.kha

tre noe ki nyen kha

Cholecystitis (inflammation of the gall bladder)

མཁྲིས་པ།

mkhris.pa

tre pa

- 1) Gall bladder
- 2) One of the three humours; loosely translated as 'bile', Skt. pitta

མཁྲིས་པ་རྒྱུ་བབས།

mkhris.pa.rgyur.babs

tre pa gyoor bab

The descent of bile into the small intestine

མཁྲིས་པ་སྦྱབ་བྱེད།

mkhris.pa.sgrub.byed

tre ba doob jey

Accomplishing Bile, Skt. Sadhaka-pitta

Location: Heart

Actions: Governs memory, induces pride, intelligence, retains proper mental functions, and is responsible for accomplishing the mind's initial thoughts of desire, determination, alertness, ambition and also governs our conduct of good and bad actions.

མཁྲིས་པའི་ཚུ་ཅ་ཕྱན་བུ།

mkhris.pa'i.chu.rtsa.phran.bu

tre pey choo tsa tren bu

Minor water channels of the gall bladder

མཁྲིས་པ་འདུ་བྱེད།

mkhris.pa.'ju.byed

tre pa joo jey

Digestive bile, Skt. pacaka-pitta

Location: Between Stomach and Large Intestine

Actions: Digesting food, regulating body temperature, separating essential nutriments

and wastes from ingested food and drinks, promotes bodily heat, and facilitates proper functioning of the remaining four types of bile and enhances strength.

མཁྲིས་པ་མཐོང་བྱེད།

mkhris.pa.mthong.byed

tre pa thong jey

Sight-giving bile, Skt. Alocaka-pitta

Location: Pupils of the eyes

Actions: It animates vision, gives the eyes their luster and diffuses light and its spectrum of colours and shapes.

མཁྲིས་པ་མདངས་འགྱུར།

mkhris.pa.mdangs.'gyur

tre pa dhang gyoor

Colour-transforming bile, Skt. ranjaka-pitta

Location: Liver

Actions: Responsible for colouring of the blood and other bodily constituents, controls the formation and preservation of blood, provides blood with oxygen.

མཁྲིས་པ་མདོག་གསལ།

mkhris.pa.mdog.gsal

tre pa dok sel

Complexion-clearing bile, Skt. bhrajaka-pitta

Location: Pores of the skin

Actions: Responsible for skin luster, protects the skin and body from external elemental factors, and facilitates assimilation of light, air, water and oil through skin.

མཁྲིས་བྱེ་བདུན་པ།

mkhris.phye.bdun.pa

tre che dun pa

Strophanthus seven

Ingredients: dom.mkhris, gser.me, dug.mo.nyung, gla.sgang, bong.dkar, ba.le.ka, re.skon, ka.ra

Nature: Slightly cool

Uses: This compound is used against gastro-intestinal pains, blood-bile disorders and dysentery.

མཁྲིས་རྩ་ཕྱན་བུ།

mkhris.rtsa.phran.bu

tre tsa ten boo

Minor blood letting vessels of bile

མཁྲིས་རྩ་གཤམ་རིངས།

mkhris.rtsa.gsha'.rings

tre tsa sha ring

(Blood letting) vessels Lit.

'Deep-set channels of bile'

eye disorders and eliminates
poisoning from the body.

མཁྲིས་སྲིན།

mkhris.srin

tre sin

Animalcules of bile

འཁར་གཞོང་།

'khar.gzhong

khar shong

Basin made from bell-metal

འཁར་གོང་སྲིན་ཅན།

'khar.gong.srin.can

khargong sinchen

Quartzite

འཁོན་གྲིབ།

'khon.grib

khon dip

Defilement by quarrel or fight

འཁར་ཐལ།

'khar.thal

karthel

Latin Name: Bronze ash

Taste: Astringent

Potency: Hot

Uses: It is used against skin
and eye infections.

འཁོར་སྐར།

'khor.skar

khor kar

Satellite

A natural satellites are
heavenly bodies or moon
which orbit around planets.
An artificial satellite is a man
made object launched into
orbit around the Earth, Moon
or other heavenly bodies.

འཁར་བ།

'khar.ba

khar wa

English Name: Bronze

Taste: Sour

Uses: It cures skin diseases,

འཁོར་སྒྲོད།

'khor.bskeyod

khor kyoe

Rotation

One complete turn of the
body on its axis

འཁོར་རྣམ་པ་བཞི།

'khor.rnam.pa.bzhi

khor nam pa shee

The four circles of disciples
(during medicine buddha's
teaching on medicine)

- 1) Gods (*lha'i. 'khor*)
- 2) Sages (*drang.srong. 'khor*)
- 3) Non-buddhists
(*phyi.b'i. 'khor*)
- 4) Buddhists (*nang.p'i. 'khor*)

འཁོར་བ།

'khor.ba

khor wa

Cyclic existence, Samsara

འཁོར་བའི་རྒྱུ།

'khor.ba'i.rgyun

khor bey gyoon

The continuity of cyclic
existence

འཁོར་བའི་སྐྱུ་བ་བསྐྱེལ།

'khor.ba'i.sdug.bsngal

khor bey doog ngel

The suffering within samsara
(i.e. the suffering of birth, old
age, sickness, death etc.)

འཁོར་ལམ།

'khor.lam

khor lam

Orbits

A path followed by a body
moving around a planet etc.
which as gravity

འཁོར་ལོ།

'khor.lo

khorlo

Lit. 'wheel' (the chakra or
psychic plexusas) chakras are
essential centres of subtle
energy. Our physical and
mental health depends on the
health of our chakras.

འཁོར་ལོས་བསྐྱུར་བའི་རྒྱལ་པོ།

'khor.los.bsgyur.ba'i.rgyal.po

khorloe gyoor bey gyalpo

The Monarch with wheels in
hands

These Monarchs appear
when human life span
stretches from eighty
thousand to infinity.

འཁྱུགས་པ།

'khyags.pa

khyak pa

Chills or feeling cold

འཁྲིག་པ།

'khrig.pa

trik pa

Gemini—one of the twelve
zodiac signs symbolized by a
couple.

འཁྲུགས་ཚད།

'khrugs.tshad

took tshey

Agitated heat disorder/
Disturbed fever, Skt. Srana-
jvara

འཁྲིག་པ་སྦྱོད་པ།

'khrig.pa.spyod.pa

trik pa choe pa

Engaging in sexual intercourse

འཁྲུགས་རྒྱུ།

'khrugs.rlum

took doom

Conflict resolution

འཁྲུ་འཇམ།

'khru.'jam

too jam

Purging enema

འཁྲུམས་སྟོད།

'khrums.stod

toom toe

Poorva Bhadra, Pegasus —
one of the twenty seven
constellations or lunar
mansions

འཁྲུ་བ།

'khru.ba

tu wa

Diarrhoea

འཁྲུམས་སྟེན།

'khrums.smad

toom mey

Uttra Bhadra, Pegas

It is one of the twenty seven
constellations

འཁྲུགས།

'khrugs

took

Vitiation or disturbances;
mutual aggravation (of the
humours)

འཁྲུམས་རྩ།

'khrum.rla

toom dah

Bhadron-8th month of
Tibetan astronomical system

འཕྱོ་ནག

'kbro.nag

tro nak

A kind of metal (which cures
diseases caused by evil spirits,
animalcules and poisoning)

འཕྱུལ་སྤང་།

'kbrul.snang

trool nang

Schizophrenia

False appearance, deceptive
appearance, mirage

འཕྱུལ་གཟི།

'kbrul.gzhi

trool shi

The object of deceptive
cognition/The object of false
perception

འཕྱུལ་ཤེས།

'kbrul.shes

tool shey

Misunderstanding, wrong
idea, misconception

འཕྱུས་བྱེད་པ།

'khrus.byed.pa

too jey ba

Take bath; It is one of the
twelve rises and falls
(*dar.gus.bcu.gnyis*) which often
used in elemental astrology

ག།

ག་གོན།

ga.gon

ga goen

Hindi Name: Khi-ra

English Name: Cucumber

Taste: Sweet to astringent

Potency: Cool

Uses: It is most effective in treating constipation, hyperacidity, high blood pressure, diarrhoea associated with hot conditions, gastric and duodenal ulcers. It quenches thirst and relieves from hot disorders.

ག་ཆད་ངུས་པ།

ga.chad.ngus.pa

gachey ngooe pa

Crying to a point of exhaustion

ག་དུར།

ga.dur

ga dhoor

Botanical Name: Geranium wallichianum

Taste: Sweet to astringent

Potency: Cool

Uses: It is used against fever associated with infectious common cold, pneumonia, fevers of the nerve tissues, swelling of limbs, and subsides pain.

ག་དོར་གསུམ།

ga.dor.gsum

ga dor soom

The three horns; a collective name for the horns of the following animals:

- 1) Tibetan elk (*kha.sha*)
- 2) Deer (*sha.ba*)
- 3) Rhinoceros (*bse.ru*)

ག་བུར།

ga.bur

ga boor

Skt. Name: Karpuram

Hindi Name: Kapur

English Name: Camphor

Botanical Name:

Commiphora Camphora
Linn

Family: Lauraceae

Taste: Astringent to hot to bitter

Potency: Very cool

Uses: It is used against acute and chronic fever, pneumonitis, hysteria, neuralgia, nervous ailments, heart failure and pain resulting from fever.

ག་བྲ།

ga.bra

ga da

Botanical Name: *Rubus ellipticus*

Taste: Sweet to astringent to hot

Potency: Neutral

Uses: It is used against common cold, unripe infectious fever and most contagious diseases.

ག་པ།

gag.pa

gak pa

Throat inflammation

A serious disease which affects the larynx, the uppermost region of the trachea and the uvula. It is characterised by thick, sticky, whitish coating on the tongue, small pimples on the tongue, lips, palate and mucous membrane of the cheeks,

difficulties swallowing of foods and drinks and a loss of voice.

ག་ག་ལྷོག་

gag.lhog

gak lhok

Diphtheria or inflammation associated with the throats (*gag*) and the vulnerable diseases of the smooth muscles (*lhog*)

གང་ག་ཅུང་།

gang.ga.chung

gangka choong

Botanical Name: *Gentiana Urnula*

Taste: Bitter

Potency: Cool

Uses: It is used against epidemic fever, wound infection, hot disorders of blood and bile, poisoning and brown phlegm.

གང་སྟོང་།

gang.stong

gang tong

Fluctuation, ups and downs

གངས་ཐིགས།

gangs.thigs

gang thik

Botanical Name: Smithsonite
calamina

Taste: Astringent

Potency: Cool

Uses: It literally means "drops
of snow" and heals fractured
bones and hepatitis.

གང་བུ་ཅན།

gang.bu.can

gang boo chen

Beans, peas, lentils, grains
which are leguminous or have
seeds in pod

གང་བུ་ཅན་གྱི་འབྲུ་རིགས་བརྒྱད།

gang.bu.can.gyi. 'bru.rigs.brgyad

gang boo chen gi doo rik gey

Eight kinds of leguminous
plants

- 1) Round bean
- 2) Flat bean
- 3) Soya bean
- 4) Chick pea or chinese
bean
- 5) Lentil
- 6) Sesame seed
- 7) Lin seed
- 8) Buck wheat

གངས་མུ།

gangs.chu

gang choo

Snow water

It is pure and is said to have
medicinal value, though
human digestive heat can
hardly withstand it.

གད་པ།

gad.pa

gey ba

Cliff

གད་སྡིང་འགོ་བ།

gad.steng. 'gro.ba

gey teng do wa

Going over a cliff

གན་རྩ་པ་མ།

gan.dha.pa.tra

gan dah pata

Botanical Name: Fanacetum
sibiricum (a fragrant herb
with yellow flower).

Taste: Sweet to hot

Potency: Coarse to warm

Uses: Cures tumours,
common cold, poisoning,
gout and *bad.kan skya-smug*.

གཐ་རྩེ།

gab.rtse

gab tsey

Hidden points

གཐ་རྩེ་འཕྲུལ་གྱི་མེ་ལོང་།

gab.rtse. 'phrul.gyi.me.long

gab tsey tool gee melong

The mirror of the
manifestations of hidden
points

གཐ་ཚད།

gab.tshad

gab tshey

Hidden fever

A disease characterised by an
increase in heat or fever, but
rise is not apparent, because
it is concealed by the *badkan*
and *rlung* influence.

གར་ཆང་།

gar.chang

gar chang

Strong barley beer

གར་ནག་བཙུ་པ།

gar.nag.bchu.pa

gar nak choo pa

Black Camphor Ten

Ingredients: *gar.nag*, *se.'bru*,
shing.tsha, *sug.smeI*, *pi.ling*, *a.ru*,
rgyam.tsha, *gser.me*, *dug.nyung*,
dom.mkhris

Nature: Very Warm

Uses: It is used against
hepatitis, *bad-kan* tumour,
cholelithiasis, indigestion and
is particularly effective against
'*mkhris-pa*' disorders
associated with *rlung* and *bad-kan*.

གར་མ།

gar.ma

gar ma

Natya (The offering goddess
of dance)

- 1) Strong (as of medicine,
tea etc.)
- 2) Dancing woman
- 3) Dense

གི་ལྷང་།

gi.wang

gi wang

Bezoar

Gi wang is believed to be
corrupted Chinese word and
it is derived from animal's
liver and bile

Uses: It cures epidemics,
poisoning, disorders of liver

and fever associated with hollow organs.

གི་མང་དགུ་པ།

gi.wang.dgu.pa

giwang gupa

Bezoar nine

This compound is same as that of the Safflower nine (*gur gum dgu pa*).

Ingredients: *gi.wam*, *gur.gum*, *ut.pel*, *ba.le.ka*, *tig.ta*, *brag.zhun*, *ru.rta*, *ba.sha.ka*, *gser.me*, *ka.ra*

Nature: Very cool

Uses: It is used against traumatic liver, proliferation of blood in the liver, hepatitis, brown phlegm and blood disorders.

གི་མམ།

gi.wam

gee wam

Elephant or ox's gall stone

གུ་གུལ།

gu.gul

goo gool

Skt. Name: Guggulu

Hindi Name: Guggal

English Name:

Indian bedellium

Family Name: Burseraceae

Botanical Name:

Commiphora Mukul

Taste: Bitter

Potency: Cool

Uses: It is used as an analgesic and is recommended against skin diseases, infectious disorders and relieves inflammation of the muscular tissues.

གུ་ཡུ།

gu.yu

goo yoo

Hindi Name: Supari

Botanical Name:

Areca Catechu

Taste: Bitter to hot

Potency: Neutral

Uses: It is used to treat *rlung* disorders, frequent urination, kidney disorders and worms and bacterial infections.

གུ་ཡུ་ནེར་བརྒྱཏ།

gu.yu.nyer.brgyad

goo yoo nyer gey

Areca Catechu Twenty Eight

Ingredients: *gu.yu.dkar.po*, *se.'bru*, *shing.tsha*, *pi.ling*, *sug.smel*, *sga.smug*, *bre.ga*, *sra.'bras*, *'jam.'bras*, *a.'bras*, *mkhal.zho*, *gser.bye*, *sdig.srin*, *a.ru*, *gze.ma*,

*zung.ba, ba.sha.ka, gser.me,
brag.zhun.khan.dra, lcam.pa,
shug.tsher.khan.dra, gla.rtsi,
ut.pal.sngon.po, rgya.tshos,
skyer.pa'i.ba.shun, pring.ku,
btisod, zhu.mkhan*

Nature: Very Warm

Uses: It is used to cure swollen testicles, loss of reproductive fluids, loss of kidney heat, and to relieve pain in and around pelvic region.

གུ་ཡུ་བདེ་དཔགས།

gu.yu.bde.dpags

goo yoo de pak

Areca Catechu Immense
Pleasure Giver

Ingredients: *go.yu, bu.ram,
mkhal.zho.dkar.po, brag.zhun,
gla.rtsi, sram.sha, a.'bras,
sra.'bras, 'byam.'bras, sug.smel,
bre.ga, btso.thal, dbang.lag, lca.ba,
ra.mnye, gze.ma, ba.spru,
nye.shing,*

Nature: Very warm

Uses: It is used to treat impotency and promotes life-span, strength, and complexion.

གུར་ཁྱུང་ཕྱག་རྩོད།

gur.khyung.phyag.rdor

goor khyoong chakdor

Safflower Garuda Vajrapani

Ingredients: *gur.gum, li.shi,
ghi.wam, bse.ru, mtshal.btul,
tsan.dmar, gla.rtsi, bong.dkar,
'jam.'bras, ru.rta, a.ru, ba.ru,
skyu.ru, dngul.chu.dkar.btul,
stag.sha, shu.dag, gu.gul,
spas.dkar, thal.rdor, so.ra,
seng.ldeng.khan.ta, 'dzin.pa*

Nature: Cool (medium)

Uses: It is used to cure sinusitis, rheumatism, gout, acute and chronic kidney diseases, serous fluid diseases, inflammation, blood disorders, nervous disorders, epilepsy, venereal diseases, skin problems and poisoning.

གུར་གུམ།

gur.gum

goor koom

Skt. Name: Kumkuma

Hindi Name: Kesar

English Name: Saffron

Family: Iridaceae

Botanical Name: *Crocus
sativus, Carthamus Tinctorius*

Taste: Sweet to bitter

Potency: Cool

Uses: It is useful for treating gynaecological disorders, fevers, spasmodic coughs, asthma, hepatic ailments, bleeding, proliferation of impure blood and debility.

གུར་གུམ་བརྒྱཅ་པ།

gur.gum.brgyad. pa
goor koom gey pa
Safflower Eight

Ingredients: *gur.gum, rgya skyegs, nya.phyis.btul.ma, btsod, mkhal.ma.zho.sha, skyer.shun, zbu.mkhan, seng.ldeng*

Nature: Cool

Uses: It is used against emesis and diarrhoea resulting from “*b a d . k a n . s m u g . p o*”, haemorrhage, injury of arteries and bleeding.

གུར་གུམ་བཅུ་གསུམ།

gur.gum.bcu.gsum
goor koom choo soom
Safflower Thirteen

Ingredients: *gur.gum, li.shi, gi.wam, bse.ru, mtshal.btul.ma, tsan.dmar, gla.rtsi, 'jam.'bras, bong.dkar, ru.rta, a.ru, ba.ru, skyu.ru, ka.ra*

Nature: Slightly Cool

Uses: It is used against liver dysfunction, difficulties in micturition, poisoning, kidney problem and sinusitis.

གུར་ཏིག་

gur.tik
goor tihk

Botanical Name: *Leonurus* sp.

Taste: Sweet to bitter

Potency: Cool

Uses: It is beneficial in treating fever entering the nerves and channels, disorders of blood and bile and inflammation associated with wounds.

གེ་སར་གསུམ།

ge.sar.gsum
gey sar soom

The three heterogeneous types (lit. three corolla)

- 1) *phyi.pad.ma.ge.sar*-(calyx)
- 2) *nang.na.ga.ge.sar*-(the petals)
- 3) *bar.ut.pal.ge.sar*-(the pistils). The outer (calyx) cures heart fever, the inner (petals) cures liver fever and pistils cure lung fever.

གོ་སྟོད།

ga.snyod

go nyoe

Hindi Name: Karavi

English Name: Fennel

Botanical name: Carum Carvi
Linn

Taste: Hot to sweet

Potency: Neutral to slightly
warm

Uses: It cures poisoning, eyes
infections and diseases,
subside *rLung* fever; fever
associated with heart, *Bad-kan*
disorders, swelling and
promotes appetite and
digestive heat.

གོ་བོ།

ga.bo

gowo

Gypaelus barbatus
hamachalanus (Hutton)

གོ་བྲེ།

ga.bye

go jey

Botanical Name: Senecarpus
anarcardius L.F.

Taste: Hot

Potency: Warm

Uses: It remedies epidemic
disorders of the stomach and

gastro-intestinal system,
wounds, excessive
accumulation of lymphatic
fluids, disorders of micro-
organism and bone disease.

གོ་ཚམ་མེད་པའི་དཔའ་བོ།

go.tshon.med.pa'i.dpa'.bo

gotshon meypey pawo

A warrior devoid of arms
and armour

གོ་ཡུ།

go.yu

go yoo

Areca catechu linn (See *gu.yu*)

གོ་ལ།

go.la

gola

Epi cycle, celestial sphere

གོ་ལ་བྱང་ཕྱེད།

go.la.byang phyed

gola jangchey

Northern Hemisphere

གོ་ལ་ལྗོངས་ཕྱེད།

go.la.lho.phyed

gola lhochey

Southern Hemisphere

གོང་མ་སྟེག

gong.ma.sreg

gong ma sek

Tibetan partridge, (*Perdix daurica prxewarskii sushkin*)

goe gyon

Wear clothe,

It is one of the twelve rises and falls (*dar.gud.bcu.gnyis*) often used in elemental astrology.

གོང་མོ།

gong.mo

gong mo

Tibetan snow cock,
"Grouse" *Tetraoga ilus*
Tibetanus Gould

གོས་རྒྱན།

gos.rgyan

goe gyen

Dresses and ornaments

གོང་རིམ།

gong.rim

gong reem

Superior, higher authorities

གོས་གྲིབ།

gos.grib

goe deeb

Defilement from clothes
(dirty clothes)

གོང་ལ་ཕུག

gong.la.phug

gong la phook

English Name: Carrot

Taste: Sweet

Potency: Neutral

Uses: It restores blood, clears vision, strengthens the liver, eliminates constipation and prevents cancer.

གོས་ཆེན།

gos.chen

goe chen

Brocade

གོས་གྲོན།

gos.gyon

གོས་སྒབ།

gos.srab

goe sab

Thin clothes

གུར་དུག

gyur.dug

gyoor doog

Food poison

གྱེན་རྒྱུ་རྩུང་།

gyen.rgyu.rlung

gen gyoo loong

Ascending wind, Skt. udana-vayu

Location: Chest

Actions: All vocal activities, and enhances breathing capacity.

It is also responsible for speech, fair complexion, physical strength and clarity of memory.

གྲ་མ་ཅན།

gra.ma.can

dra ma chen

Grains with bristling awns (like rice, millet, wheat, barley etc.)

གྲ་མ་ཅན་གྱི་འབྲུ་རིགས་བདུན།

gra.ma.can.gyi. 'bru.rigs.bdun

drama chen gyi doo rig dhoon

The seven kinds of cereals with bristling awns, such as

1) 'bra's-rice

2) *khre*-millet

3) *khra.ma*-sixty day barley (which ripens in sixty days)

4) *gro*-wheat

5) *nas*-barley

6) *sro.ba*-shelled barley; and

7) *sre.da*-wild barley

གྲང་མཁྲིས་ནད།

grang.mkhris.nad

drang tre ney

Jaundice

A disease characterised by indigestion, constipation, yellowing of the eye, skin and body.

གྲང་ཚུ།

grang.chu

drang choo

Urine which indicates cold disorders (lit. cold water)

གྲང་བ་གཏིང་ལའར་བ།

grang.ba.gting. 'kar.ba

drang wa ting kharwa

A cold disorder which is beyond recovery

གྲང་བའི་སྤྱི་ཅ་དུག

grang.ba'i.spyi.rtsa.drug

drang wey chi tsa dook

The six general pulse characteristics of cold diseases

- 1) Weak (*zhan*)
- 2) Sunken (*bying*)
- 3) Declining (*gud*)
- 4) Slow (*bul*)
- 5) Loose (*lhod*)
- 6) Empty (*stong*)

གང་བའི་སྤྱལ་མོ།

grang.ba'i.srul.mo

drang wey sool mo

Cold demoness of decomposition

གང་དུམྱལ་བརྒྱད།

grang.dmyal.brgyad

drang nyel gye

The eight layers of cold hell

- 1) *Chu.bur.can* – Blistering
- 2) *Chu.bur.rdol.ba.can* – Blisters bursting
- 3) *So.tham.tham.pa* – Teeth chattering
- 4) *A.chu.zer.ba* – Wailing with cold
- 5) *Kyi.hue.zer.ba* – Wailing with cold
- 6) *Ut.pal.ltar.gas.pa* – Splitting like a Blue Lotus
- 7) *Pad.ma.ltar.gas.pa* – Splitting like a Lotus
- 8) *Padma.ltar.cher.gas.pa* – Splitting widely like Great Lotus

གང་གཞི་འཛགས་པ།

grang.gzhi.'dzags.pa

drang shi zak pa

Leucorrhoea

A condition characterised by white or yellowish discharge from the vagina.

གང་ཤུམ།

grang.shum

drang shoom

Shivering or cold chills (symptomatic of diseases caused by wind)

གང་ལྷག་མི་བཞོད།

grang.lhag.mi.bzod

drang lha mi zoe

Difficulty in withstanding cold weather

It is one of the prominent symptoms of the wind disorders.

གངས་ཀྱི་མངོན་བརྗོད།

grangs.kyi.mngon.brjod

drang ki ngon joe

A synonym of *grangs* (numbers)

གངས་མེད།

grangs.med

drang mey

Infinite/beyond count/
countless

གུ་མོའི་ཚུ་བ།

gru.mo'i.chu.ba

dru moe choo wa

Tendons of the biceps or
elbow

གྲིབ་སྒྲོན།

grib.skyon

drib kyon

Paralysis

A condition characterised by
loss of the ability to move
part or most of the body and
lack of muscle functions and
sensation.

གྲིབ་ནད།

grib.nad

drib ney

Stroke/apoplexy

གྲིབ་ཕོག་པ།

grib.phog.pa

drib fok pa

Polluted

A condition characterised by
person negatively affected by
impurities like meat, sexual
intercourse, dirt etc.)

གྲིབ་མ།

grib.ma

drib ma

Shadow or shade

གྲིབ་བསངས།

grib.bsangs

drib sang

Purification of defilement

གྲིབ་སེལ།

grib.sel

drib sel

Removal of defilement

གུ་གུ་རད་ན།

gru.gu.rad.na

dru goo rey na

Botanical Name: Cassiope
fastigiata (Wallch) D.Don.

Taste: Bitter

Potency: Cool

Uses: It is beneficial in treating
high fever associated with
epidemic.

གུ་མོ་ཅུ་ཙ།

gru.mo'i.chu.rtsa

dru moe choo tsa

Minor water channels of the elbow

གུ་བཞི།

gru.bzhi

droo shi

English Name: Limonite

Taste: Sweet

Uses: It rejuvenates and cures brain disorders and drains excessive lymphatic fluid secretions.

གུ་བ་པ།

grub.ba

droob ba

- 1) Sidha (i.e. demons emanating as accomplished masters)
- 2) Success/ accomplishment

གུ་བ་རི།

grub.ril

droob reel

Saint's White pill

Ingredients: *cong.zhi.tsha.btul*, *gser.mdog*, *hong.len*, *re.skön*, *khams.rus*, *brag.zhun*, *sbrang.rtsi*

Uses: It was formulated by the 14th century Tibetan saint Thang-Tong Gyalpo and is effective against all kinds of diseases and particularly recommended against deranged *rlung*, *mkhris.pa*, and *bad.kan* disorders, *bad-kan*-blood combined disorders and to reduce body weight.

གུ་མ།

grum

droom

Fractured

གུ་མ་པ།

grum.pa

droom pa

- 1) Tibetan badger (*Meles meles*)
- 2) Fractured / to fall apart

གུ་མ་བུ།

grum.bu

droom boo

Rheumatoid Arthritis, Skt. Sandhi-vata

A chronic diseases of the joints that usually causes inflammation, stiffness, swelling, weakness, severe

pain, loss of mobility and deformity of the joints

གུམ་བུའི་རྒྱ་རྒྱེན།

grum.bu'i.rgyu.rkyen

droom boo gyoo ken

Primary and secondary causes of rheumatism

It is aggravated by intake of food which are hard to digest, oily, high calorie diet and prolonged stay at damp places, and exposure to cold.

གུམ་ཚད།

grum.tshad

droom tshey

Rheumatic fever

It is mainly aggravated by excessive intake of oily and nutritious food.

གུལ་བུམ།

grul.bum

drool boom

Skt. Kumbanda

A type of *pritas* characterised by human body with animal head and is said to dwell in the ocean.

གྲེ།

gre

drey

Poorva phalguni

It is one of the twenty seven constellations.

གྲེ་ཕོ།

gre.pho

drey fo

Male 'gre' spirits /demon

གྲེ་བ།

gre.ba

dre wa

Pharynx

གྲེ་བའི་གཏན་གཞི།

gre.ba'i.gnyan.gzhi

dre way nyan shi

Pharyngitis

A condition characterised by inflammation of pharynx

གྲེ་བའི་རྩུང་འགྲོའི་གཏན་གཞི།

gre.ba'i.rlung.'gro'i.gnyan.gzhi

dre way loong doey nyan shi

Tracheitis

A condition characterised by inflammation of windpipe

གྲེ་མོ།

gre.mo

dremo

Female 'gre' spirits /
demoness

གྲེ་ས་མའི་གེ་སར།

gres.ma'i.ge.sar

dre mey gey saar

Seed of Iris sp.

གྲོ།

gro

droh

Wheat (*Triticum aestivum*)

It has cool and heavy nature and hence is beneficial for throat problems, wind and bile disorders; paste prepared from wheat flour reduces swelling when applied externally. It is also aphrodisiac.

གྲོ་མ།

gro.ma

dro ma

Botanical Name: *Tormentilla*

Taste: Sweet

Potency: Cool

Uses: It is effective in treating diarrhoea associated with hot conditions.

གྲོ་བཞིན།

gro.bzhin

dro shin

Sarvana, Altair; one of the twenty-seven constellations (*rgyu.skar.nyer.bdun*).

གྲོ་བཞིན་ལྷ་བ།

gro.bzhin.zla.ba

dro shin dawa

Savan, 7th month of the Tibetan Lunar calendar

གྲོག་ཆངས།

grog.tshangs

drok tshang

Ants' nest (fromica)

གྲོག་ཞིང་།

grog.zhing

drok shing

Moss, bryophyte fungus, musci

གྲོག་ས།

grog

drok

- 1) Friend
- 2) Associated ailments

གྲོགས་ཀྱི་རྒྱ།

grog.s.kyi.rgyu

drok kee gyoo

Accompanying cause

གྲོད་པ།

grod.pa

droe pa

Abdomen

གྲོད་འབོས་འཛེམས་སྒྲན།

grod.'bos.'joms.sman

droe boe jom men

Carminative, relieving flatulene: acting to relieve flatulence or the symptoms of colic by expelling gas from the alimentary canal

གླ་གོར་ཞོ་ཤ།

gla.gor.zho.sha

lagor shosha

Hindi Name: Bee emli

Botanical Name: Entada phaseoloides

Taste: Sweet

Potency: Cool

Uses: It is used against spleen ailment, impotency and painful swelling.

གླ་སྒང་མཚོག།

gla.sgang.mchog

la gang chok

Skt. Name: Anjabar

Botanical Name: Polygonum sp. 'the superior one'

Taste: Hot to astringent

Potency: Cool

Uses: It is useful for treating vocal obstruction, pulmonary disorder, intestinal ailment, *Bad-kan* disorders and dysentary associated with hot conditions.

གླ་སྒང་དམན་པ།

gla.sgang.dman.pa

la gang men pa

Botanical Name: Bistorta affinis (D.Don); 'the inferior one'

Taste: Hot to astringent

Potency: Cool

Uses: See *Gla.sgang.mchog*

གླ་བ།

gla.ba

la wa

Musk deer (Maschus lak
Moschiferus) Lammergeyer

ལྷ་བ་སྤྲ་མ།

gla.ba.srad.ma

la wa sey ma

Botanical Name: Thermopsis
barbata

Taste: Bitter to sweet

Potency: Neutral

Uses: It eliminates diseases
caused by pathogens, helps to
relieve pain and swelling.

ལྷ་རྩི།

gla.rtsi

la tsi

Skt. Name: Kasturi musk

English Name: Musk

Scientific Name: Moschus
moschiferus

Taste: Bitter

Uses: It cures poisoning;
ailments of liver infections;
kidney fever and infectious
diseases. It is a powerful
germicide acting on fever of
solid organs and is a natural
antiseptic suitable for topical
use.

ལྷ་ག།

glag

ལྷ་ང་།

glang

lang

1) Ox, it is one of the twelve
animal signs

2) Taurus, it is one of the
twelve zodiac signs and
is symbolised by a bull.

ལྷ་ང་ཆེན།

glang.chen

lang chen

Elephant (*elaphus maximus*)

ལྷ་ང་ཐབས།

glang.thabs

lang thab

Cramps

The painful cramps arising in
the course of these diseases,
resembles to the bull's
fighting.

ལྷ་ང་པོ་ལྷ་བྱའི་སྤོབས།

glang.po.lta.bu'i.stobs

lang po ta bue tob

Strength comparable to an
elephant

མྱང་མ་ནག་པོ།

glang.ma.nag.po

lang ma nak po

Salix sclerophylla Anderss

མྱང་རྩིས།

glang.rtsis

lang tsee

Ox calculation; a type of calculation in Elemental Astronomy

མྱང་ལྷ།

glang.zla

lang da

Ox month; 10th month according to the Elemental Astrology system

མྱང་ཤུ།

glang.shu

lang shoo

Psoriasis, Eczema or ichthyosis; a skin disorder which resembles that of the neck of an ox driven on the field

མྱིང་རྩུག།

gling.drug

ling dook

The six continents

According to Kalachakra tantra these are:

- 1) *zla.ba'i.gling*-Moon continent
- 2) *'od.dkar.gling*-White light continent
- 3) *ku.sha'i.gling*-Kusha grass continent
- 4) *mi'm.ci'i.gling*-Probable human continent
- 5) *khrung.khrung.gi.gling*-Crane continent
- 6) *drag.po'i.gling*-Agitated continent

མྱིང་བཞི།

gling.bzhi

ling shee

The four continents

- 1) East Majestic Body
- 2) South Land of Zambu (the world where we live in)
- 3) West Bountiful Cow
- 4) North Unpleasant sound

མྱུ་དང་དགོད་ལ་དགའ།

glu.dang.dgod.la.dga'

loo dhang goe la ga

Loves to sing and laugh; It is one of the characteristics of *rlung* (wind) personality.

ལུད།

glud

lue

Effigy of a person

A small clay or dough effigy of a person which is thrown away in rites to dispel harm from evil spirits or sent away as ransom to appease harmful spirits which causes sickness or obstacles.

ལྷེང་གཞི།

gleng.gzhi

leng zhi

The basis of teaching or discussion

ལྷེང་སློང་།

gleng.slong

leng long

Enumeration on the subject under discussion

སློ་རྒྱལ་པ།

glo.rgyab.pa

lo gyab pa

Cough

A condition characterised by forceful action of chest and throat; clears airways of mucus

སློ་མཆིན་འདོམས་ཅ།

glo.mchin.'doms.rtsa

lo chin dhom tsa

Blood letting vessels at the confluence of the lungs and liver

སློ་སྟིང་འདོམས་ཅ།

glo.snying.'doms.rtsa

lo nying dom tsa

Blood letting vessels of the superficial radial veins at the confluence of the lungs and heart

སློ་རྟོ།

glo.rdol

lo dol

Pulmonary ulceration (including tuberculosis)

སློ་ནད།

glo.nad

lo ney

Pulmonary diseases

Pulmonary diseases are classified into eight different types. Seven disorders are related to the three humours, one to the blood and the eighth is associated with hot disorder.

སློ་ནད་སྐྱ་བབ།

glo.nad.skya.rbab

lo ney kya bab

Lungs oedema

A lung disease which is influenced by *rlung* and is characterised by frequent coughing, swelling of the eyelid, pale gums and loss of appetite.

སློ་ནད་ཐང་པོ།

glo.nad.thang.po

lo ney thang po

This diseases is influenced by *rlung* and is characterised by either frequent dry cough or wet cough with plenty of foamy sputum and manifest before sunrise and in the evening.

སློ་བ།

glo.ba

lo wa

Lungs

སློ་བར་རྩུང་གསོག་པའི་ནད་རྩིང་།

glo.bar.rlung.gsog.p'i.nad.rnying

lo war loong sog pey nad
nying

Emphysema

A condition characterised by chronic lung disease causing abnormal accumulation of air in tissues

སློ་བུར་རྒྱེན་མ།

glo.bur.rkyen.rma

lo boor ken ma

Accidental wounds, (generally refers to wounds from weapons)

སློ་བའི་བྱབ།

glo.ba'i.rgyab

lo wey gyab

Posterior of the lungs

Lit. 'back of the lungs'

སློ་བ་མདུན།

glo.ba.mdun

lo wa doon

Anterior of the lungs

Lit. 'front of the lungs'

སློ་བ་བུ་ལྔ།

glo.ba.bu.lnga

lo ba boo nga

Anterior lungs (five lobes of the anterior part of the lungs)

ལྷོ་བ་མ་ལྷ།

glo.ba.ma.lnga

lo wa ma nga

Posterior lungs (five lobes of the posterior part of the lungs)

ལྷོ་བའི་ཁྲག་རྒྱུན་འགག་པའི་ནད།

glo.ba.'i.kbrag.rgyun.'gags.p'i.nad

lo way trak gyoon gak pay ney

Pulmonary embolism

A condition characterised by blockage of blood supply in lung.

ལྷོ་མ།

glo.ma

lo ma

Posterior of the lungs

ལྷོ་ཚད།

glo.tshad

lo tshey

Fever of the lungs

It is one of the eight specific disorders of the lungs characterised by pain in the back and front, excessive coughing and blood-strained sputum.

ལྷོ་ཚད་ཀྱན་སེལ།

glo.tshad.kun.sel

lo tshey koonseel

Eliminator of inflamed Lungs

Ingredients: *cu.gang, gur.gum, li.shi, tsan.dkar, tsan.dmar, li.ga.dur, gla.rtsi, gu.gul, 'dzin.pa, a.ru, ru.rta, mtshal, shing.dmar, sro.lo*

Nature: Highly Cool

Uses: It is excellent against inflammation of the lungs and pneumonitis.

དགག་བཞག་སྒྲོང་གསུམ།

dgag.bzhag.spong.gsum

gak shak pong soom

Three Essential Factors—Refutation, Establishment and Response to an assertion; A systematic debate in the study of Buddhist Logic must fulfill these three factors.

དགའ་བ།

dga'.ba

ga wa

Joy; rejoicing when the doctor sees other sentient beings free from suffering

It is one of the four boundless practices of a

Tibetan doctor.

དགུ་ཚེགས།

dgu.tshigs

goo tshik

Milky Way

དགུང་མཁའ།

dgung.mkha'

goong kha

Midnight sky

དགུང་ཐིག

dgung.thig

goong thik

The meridian line

དགུན་ཁ།

dgun.kha

goon ka

Winter Season (*gdun.dus*)

དགུན་ནི་ལྗོན།

dgun.nyi.ldog

goon nyi dhok

Winter solstice

It appears in the 11th month;

It is the shortest day and
longest night of the year.

དགུན་སྟོང།

dgun.stod

goon toe

Early winter; 10th and 11th

Tibetan lunar months

དགུན་དུས།

dgun.dus

goon due

Winter time

དགུན་སྐད།

dgun.smad

goon mey

Later winter; 12th and 1st

Tibetan lunar months when
the weather becomes colder

དགུ་ཉི་མེད།

dgu'i.ming

gue ming

Lit. name of the nine; refers
to number nine

དགེ་བ།

dge.ba

gewa

Virtuous act, merit

དག་སྤྱོད་།

dge.sbyong

ge jong

Lit. Practioners of virtue; a general name for all ordained monks and nuns

དགོ་བ།

dgo.ba

gowa

Tibetan gazelle, *Procapra picticaudata* Hodgsons

དག

dgra

dra

Enemy, foe; It is one of the elemental relationships (*ma.bu.da.dok*)

དག་བཅོམ་པ།

dgra.bcom.pa

dra chompa

The destroyer of four enemies

1) Sons of minor dieties

2) Ignorance/delusion

3) Physical forms; and

4) Lord of death

དག་ལོ།

dgra.lo

dra lo

Foe year/year of the enemy

དག་ལྷ།

dgra.lha

dra lah

Warrior diety

A diety who vanquishes the enemy.

དག་ལྷ་གནོད།

dgra.lha.gnod

dra lah noe

Harm from demon of hostilities

བགེགས་རིགས་སྟོང་ཕྲག་བརྒྱ་བཅུ།

bgegs.rigs.stong.phrag.brgya.bcu

gek rik tong trak gya choo

A class of one thousand and eighty harming demons (this class comprises equal number of male, female and neuter demons)

བགྲོས་གཉིས།

bgros.gnyis

droe nyee.

The two declination of the sun: the south declination (*lho.bgros*) and north declination (*byang.bgros*)

མགོ་

mgo

go

Head (the location of satisfying phlegm)

མགོ་འཁོར་

mgo.'khor

go khor

Vertigo

A condition characterised by sensation that the patient or his/her surroundings are revolving.

མགོ་ཁྲོལ་ཁུ་བ།

mgo.khrol.khu.ba

go trol khoowa

Broth or soup prepared from aged sheep head

མགོ་ཆགས།

mgo.chags

gochak

Cranial fractures; Lit. broken head

མགོ་ནད།

mgo.nad

goney

Diseases of the head

མགོ་གཟེར།

mgo.zer

go zer

Headache

A condition characterised by pain within head or across forehead

མགོ་ཟླ་བ།

mgo.zla.ba

go dawa

Maghsar; the eleventh month of a lunar calendar

མགུལ་འགགས།

mgul.'gags

gool gak

Obstruction of throat

མགོ་ན་པོ།

mgon.po

gonpo

1. *mgon.po.spyen.ras.gzugs*-the Buddha of compassion)
2. Name of one of the Buddhist dieties

མགྲོགས་རྩིས།

mgnyogs.rtsis
gyok tsee
Rapid calculation

མགྲོགས་ཚད།

mgnyogs.tshad
gyok tsey
Velocity

མགྲིན་པའི་འཁོར་ལོ།

mgrin.pa'i. 'khor.lo
drin pey khorlo
Throat wheel; chakra of the
throat

མགྲིན་པ་ལོངས་སྤྱོད་འཁོར་ལོ།

mgrin.pa.longs.spyod. 'khor.lo
drin pa long choe khorlo
The Wheel of Enjoyment
The enjoyment wheel at the
throat
It is where one recognizes
and senses the six kind of
tastes. It is located at the
throat, right at the Adam's
apple. It is especially
connected with the element,
'ether', and thus also is related
with sound and hearing. The
central channel is constricted
by two side channels (*ro.ma*

and *rkyang.ma*) making a knot.
It has sixteen branch channels.

འགལ་རྒྱུན།

'gal.rkyen
gel kyen
Inamiable condition; hostile
condition

འགོག་བདེན།

'gog.bden
gok den
Truth of cessation (one of the
Four Noble Truths)

འགོག་པ།

'gog.pa
gokpa
Skt. Nirodha, Cessation

འགྱུར་བ་མ་ནིང་།

'gyur.ba.ma.ning
gyoorwa maning
Changeable hermaphrodite
(i.e. one who is male in the
first half of the month and
female in the second)

འགྲམ་པ།

'gram.pa,
drampa

Cheek

འགམ་སོ།

'gram.so
dram so

Molars (20 out of 32 human teeth are molars)

འགམས་ཚད།

'grams.tshad
dram tsey

Spreading heat disorder, spreading fever, dispersed fever, Skt. Ksata-ksaya

འགོ་བ།

'gro.ba
dro wa

1. To go or to move
2. Refers to all sentient beings in all the six realms who go through the cyclic existence

འགོ་བ་སྐྱོང་གི་བུ།

'gro.ba.skyong.gi.bu

dro wa kyong gi boo

Lit. son of the protector of beings (A saint who was present during Buddha's teaching on Medicine)

འགོ་བ་རིགས་དྲུག

'gro.ba.rigs.drug
drowa rik dook

The living beings in the six realms:

1. Human realm (*mi*)
2. Realm of God (*lha*)
3. Realm of demi-god (*lha.ma.yin*)
4. Realm of hungry ghost (*yi.dags*)
5. Realm of hell (*dmyal.ba*)
6. Realm of animals (*dud.gro*)

འགོ་ལ་སྤང་།

'gro.la.sdang
drola dhang

Harmful towards living beings (a patient who bears animosity towards living beings); such patients are not to be treated by the Tibetan doctors according to The Four Tantras.

འགོན་བུ།

'gron.bu
dron boo

Hindi Name: Kutti pillae

English Name: Cowrie shell

Uses: It dries pus, oedema and excessive lymph

accumulations, disperse tumours and is beneficial in eye diseases.

འགྲོས་མཉམ།

'gros.mnyam

droe nyam

Equilibrium movement;
When there is no increase and decrease in the movement;
E.g. Rahu and Ketu

རྒྱ་ལོ་འི་སྤྲུལ་དམར།

rga.glo'i.sman.dmar

galoe menmar

Onosma Four

Ingredients: *'bri.mog,*
cong.zhi.tsha.btul, ba.sha.ka,
shing.mngar, ma.nu, ru.rta,
skyu.ru

Nature: Cool

Uses: It is used to cure *bad-kan* blood combined disorders, diffusion of blood-*badkan* disorders into the lungs and post-influenza congestion.

རྒྱ་ནག་པོ།

rgan.po

genpö

1) Old man

2) Skt. Vidha (i.e. demons of respected old age)

རྒྱ་སྐད།

rgas

gey

Old age (according to *rGyud.bzhi* the old age refers to those who are above 70 years of age)

རྒྱ་སྐད་པ་གསོ་བ།

rgas.pa.gso.ba

geypa sowa

Rejuvenation therapy (for old age) or treatment of geriatric ailments

རྒྱ་ཏུས།

rgu.drus

goo drue

Botanical Name: *Senecio scandens*

Taste: Bitter to hot

Potency: Cool

Uses: It cures abominable spasm, wounds, eczema, hot disorders associated with hollow organs, dysentery, colic pain caused by inflammation in the intestinal tract and joins ruptured capillaries.

ཀློན་འབྲུམ།

rgun. 'brum

goon droom

Hindi Name: Kish mish

English Name: Grapes

Botanical Name: Vitis
Vinifera Linn

Taste: Sweet to slightly sour

Potency: Cool

Uses: It cures pneumonitis,
influenza, haemoptysis,
asthma, hoarseness of voice,
pulmonary diseases and
purges *mkhris-pa* disorders.

ཀློན་འབྲུམ་དཀར་པོ།

rgun. 'brum.dkar.po

goon droom karmo

Skt. Name: Safeth kishmish

Botanical Name: Vitis
Vinifera L.

ཀློན་འབྲུམ་བདུན་པ།

rgun. 'brum.bdun.pa

goon droom dhunpa

Grape Seven

Ingredients: *a.ru, pu.shel.rtse,*
li.ga.dur, kyi.lce.dkar.po, sle.tres,
a.bi.kha, rgun. 'brum

Nature: Neutral

Uses: It is used against lung
ailments, asthmatic problems
and coughing.

ཀློན་འབྲུམ་ནག་པོ།

rgun. 'brum.nag.po

goon droom nakpo

Skt. Name: Kali kishmish

Botanical Name: Vitis Vinifera
L.

རྒྱ།

rgya

gya

Saiga Antelope; Saiga-Tatarica

རྒྱ་ཁུར།

rgya.khur

gya khor

English Name: Snow thistle

Botanical Name: Sonchus

Arvensis/picris hieracioides

Uses: It cures brown phlegm,
chronic fever and poisoning.

རྒྱ་དྲིལ།

rgya.tig

gyatik

Skt. Name: Kalamegha

Hindi Name: Kalmegh

English Name: Indian
Gentian

Family: Acanthaceae

Botanical Name:

Andrographis paniculata

Taste: Bitter

Potency: Cool

Uses: It is a known remedy against malarial fevers, gout, worms, stomachal ailments, subside all kinds of bile fever and stimulate sluggish liver.

བྱ་ནག་སྒང་ཅིས།

rgya.nag.glang.rtsis

gyanak lang tsee

The Chinese Ox Calculation

བྱ་སྒྲ་མཚོག་

rgya.snag.mchog

gyanak chok

Superior Chinese ink

བྱ་སྒྲོ་ས།

rgya.spos

gya poe

Hindi Name: Sparkka

Botanical Name: Melilotus officinalis

Taste: Bitter to hot

Potency: Cool

Uses: It subside chronic fever, fever associated with poisoning, splenic cramps, diphtheria, infectious diseases, sudden swelling and heals wounds and dries serous fluids.

བྱ་བོད་སྒོར་འགོ་སམ་ཐུ།

rgya.bod.skor.'go.sum.cu

gyaboe korgo soom choo

Thirty different head calculations of Tibet and China

བྱ་མིན་མེ་དོག་

rgya.men.me.tog

gyamen metok

Skt. Name: Ahiphina.

Botanical Name: Papaver Somniferum Linn

Taste: Sweet to astringent

Potency: Cool to heavy

Uses: It is useful for treating upper back ache, disorder due to disturbed blood and pain.

བྱ་ཅིས།

rgya.rtsis

gya tsee

Chinese Astrology

བྱ་ཚ།

rgya.tsha

gya tsah

Skt. Name: Naushdar

Latin Name: Ammonium muriaticum/ Sal ammoniac

Taste: Salty

Potency: Hot

Uses: It is used for treating tumours, stagnation of menstrual blood, odema, abdominal cramps, blood vessel and nerve diseases, diphtheria, leucoma, poisoning and diseases associated with micro-organisms.

རྒྱ་མཚོ་ལྗེ་པ།

rgya.tshos

gya tsoe

Hindi Name: Nagpeal

English Name: Red Lac

Botanical Name: Laccifer

Lacca kerr

Taste: Bitter

Potency: Cool

Uses: It is used against blood disorders, fever associated with blood and *rLung* disorders.

རྒྱ་མཚོ་རྒྱ་མ་གསུམ།

rgya.mtsho.rnam.gsum

gyatso namsoom

Lit. three different oceans; refers to the three great scholars of Tibetan

Astrology:

1) Tsangchung Choedak Gyatso

2) Phugpa Lhundup Gyatso

3) Khedup Norsang Gyatso

རྒྱ་མཚོ་ལྗེ་པ།

rgya.mtsho'i.lbu.ba

gyatsoe boo wa

Skt. Name: Samundhar Jug.

English Name: Cuttle bone, cuttle fish, sea form

Botanical Name: *Sepia esculenta*

རྒྱ་བཟའ་ཀོང་འཇོ།

rgya.bza'.kong.'jo

gya za kongjo

The Chinese wife of the Tibetan King Songtsen Gampo; who brought many astrological texts from China to Tibet

རྒྱ་ཤུག་

rgya.shug

gya shook

English Name: Indian juniper, *Juniperus Indica*

Botanical Name: *Sabina Przewalskii kom*

རྒྱ་ཤོ།

rgya.sho

gya sho

Botanical Name: *Amaranthus caudatus* L.

Taste: Sweet to hot

Potency: Neutral

Uses: It is used for treating *rlung* fever, wounds, brings out perspiration and joins fractured bone.

ཀྱ་སྒྲ།

rgya.sran

gyasen

English Name: Chick pea,
Chinese broad bean

Botanical Name: *Dolichar Biflorus*

Taste: Sweet

Potency: Neutral

Uses: It is beneficial for *Bad-kan* and *rlung* disorders, excess sputum, asthamatic condition, piles and stones caused by semen and enhances the growth of teeth. But it may increase blood and bile disorders if taken in excess.

ཀྱ་སྒྲུབ།

rgya.srubs

gyasoob

1) Sagittal suture

2) Squamosal suture

རྒྱལ་གྲུག་ལ།

rgyang.grags

gyang drak

1) The reach of hearing

2) An ancient Indian
measure of distance

རྒྱལ་ཤེ།

rgyang.shel

gyang shey

Telescope/binocular

རྒྱལ་རྩ་ཕྱན་བུ།

rgyab.rtsa.phran.bu

gyabtsa tren boo

Minor dorsal (blood letting)
vessels of the hands

རྒྱལ་ཚ།

rgyam.tsha

gyam tsah

Hindi Name: Nimak Lahori

English Name: Rock salt

Latin Name: *Sallucidum*

Taste: Salty

Potency: Hot

Uses: It is used against indigestion and disorders of *rlung*.

རྒྱལ།

rgyal

gyel

Pushyami, Castor; one of the
27 constellations

རྒྱལ་ཆེན་རིགས་བཞི།

rgyal.chen.rigs.bzhi

gyel chen rik she

The four great kings

- 1) *yul.'khor.srung*-Defender
of the area,
- 2) *'phags.skeyes.bu*-Noble birth
- 3) *spyen.mi.bzang*-Ugly eyes
- 4) *rnam.thos.sras*-God of
wealth

རྒྱལ་པོ།

rgyal.po

gyalpo

- 1) King
- 2) Male king spirits

རྒྱལ་སྤྱོན།

rgyal.blon

gyal lon

Lit. king and minister

It is often used in elemental
horoscope where the king
(*rgyal.po*) represents a year and
the minister (*blon.po*) a month

རྒྱལ་མོ།

rgyal.mo

gyalmo

- 1) Pupil (of the eyes)
- 2) Queen

རྒྱས་པའི་རྒྱ།

rgyas.pa'i.rgyu

gye pey gyoo

Expanding causes

རྒྱས་ཆད།

rgyas.tshad

gye tshey

Developing heat disorder,
extreme fever

རྒྱལ་མཚན་སྒྲེང་བ།

rgyal.mtshan.sgreng.ba

gyeltsen dengwa

Raising the victory banner

རྒྱལ་གཟེར།

rgyal.gzer

gyel zer

Epilepsy

A condition characterised by
variety of seizure caused by
dysfunction of brain.

རྒྱལ་ལྷ།

rgyal.zla

gyel dah

Pause, 12th lunar month of the Tibetan astronomical system

རྒྱས་པ།

rgyas.pa

gey pa

Matured/expand

རྒྱ།

rgyu

gyoo

Primary cause (an action which produces a result or effect)

རྒྱ་སྐར།

rgyu.skar

gyoo kar

Lit. the moving stars; constellation, lunar mansion, nakshatra

རྒྱ་སྐར་རྐང་པ།

rgyu.skar.rkang.pa

gyookar kangpa

Lit. foot of the constellation; Padas (quarter)

Each constellation is divided into four quarters, nine such quarters are situated in each house.

རྒྱ་སྐར་ཉེར་བདུན།

rgyu.skar.nyer.bdun

gyookar nyer dhoon

The twenty seven constellations:

- 1) *tha.skar*-Arietic, Aswini,
- 2) *bra.nye*-Trianalara, Bharni,
- 3) *smin.drug*-Pleiades, Krittika,
- 4) *snar.ma*-Aldebran, Rohini
- 5) *mgo*-Orionis, Mrigasira
- 6) *lag*-Belelgeuse, Aridra
- 7) *nab.so*-Pollux, Puarvasu
- 8) *rgyal*-Castor, Pushyami
- 9) *skag*-Hydrae, Aslesha
- 10) *mchu*-Regulas, Magha
- 11) *bre*-Zosma, Poorva Phalguni
- 12) *dbo*-Denebala, Uttra Phalguni
- 13) *me.zhi*-Corvas, Hast
- 14) *nag.pa*-Spica, Chitra
- 15) *sa.ri*-Arcturus, Swati
- 16) *sa.ga*-Zubemubi, Vaisakha
- 17) *lha.tsham*-Scorpius, Anuradha
- 18) *snron*-Antares, Jyeshtha
- 19) *snrub*- Shaula, Moola

20) *chu.stod*- Kaus-Aust,
Poorva Shada

21) *chu.smad*- Nunki, Uttra
Shada

22) *gro.bzhin/ byi.bzhin* - Altair,
Sarvana

23) *mon.gre*-Delphinus,
Dhamishta

24) *mon.gru*-Aquari, Satbhisha

25) '*kbrum.stod*-Pegasus,
Poorva Bhadra

26) '*kbrum.smad*-Pegas, Uttra
Bhadra

27) *nam.gru*-Piscium, Rewati

རྒྱ་སྐར་ཉེར་བ་བྱད།

rgyu.skar.nyer.brgyad

gyookar nyer gey

The twenty eight
constellations

The constellations called
gro.zhin and *byi.zhin* are located
in one star cluster. However,
they may be counted
separately to make twenty
eight constellations.

རྒྱ་རྒྱེན།

rgyu.rkyen

gyoo ken

Cause and condition

རྒྱ་མཁྲིས་སེར་པོ།

rgyu.mkhris.ser.po

gyoo tree ser po

Botanical Name: *Potentilla*
venusta

Taste: Sweet to bitter

Potency: Cool to coarse

Uses: It is used for treating
diarrhoea resulting from
fever entering intestine, cold
associated fever, epidemic
diseases, poisoning and to
stop diarrhoea due to worms.

རྒྱ་མཐུན་གྱི་འབྲས་བུ།

rgyu.mthun.gyi.'bras.bu

gyoo thoon gi dre poo

A result which is in
conformity with the cause

རྒྱ་བ།

rgyu.ba

gyoo wa

To circulate; to move
(moving energy)

རྒྱ་མ།

rgyu.ma

gyoo ma

Small intestine

རྩ་མ་རྩལ།

rgyu.ma.rgyab

gyoo ma gyap

Rear of the small intestine

རྩ་མའི་ནད།

rgyu.ma'i.nad

gyoo mey ney

Diseases of the small intestine

རྩ་མའི་ཚུ་ཅ་ཕྱན་བུ།

rgyu.ma'i.chu.rtsa.phran.bu

gyoo mey chu tsa tren boo

Minor water channels of the small intestine

རྩ་ཅ།

rgyu.rtsa

gyoo tsa

Lit. intestinal channel; (blood letting) veins extending from soles of the feet

རྩ་ཚད།

rgyu.tshad

gyoo tshey

Fever of the small intestine, Duodenum fever (the first part of the small intestine following the outlet from the stomach and containing the

pancreatic and common bile ducts)

རྩ་ཚུགས།

rgyu.rlugs

gyoo look

Scrotal hernia

རྩ་ལམ།

rgyu.lam

gyoo lam

Channel of circulation, specific pathways of the three humours

རྩ་གཟེར།

rgyu.gzer

gyoo zer

Shooting pains in the small intestine, Intestinal infection such as colitis, intestinal spasm

རྩུ།

rgyud

gyue

Continuum

རྩུད་ཐེ་བཞི།

rgyud.sde.bzhi

gyue dey shee

Four Classes of Tantras

1. Kriya Tantra (Action Tantra)-*bya.rgyud*
2. Carya Tantra (Performance Tantra)-*spyod.rgyud*
3. Yoga Tantra (Union Tantra)-*rnal.'byor.rgyud*
4. Anuttarayoga Tantra (Highest Yoga Tantra)-*rnal.'byor.bla.na.med.pa'i.rgyud*

རྒྱུད་ལྔ་རིན་པོ་ཆེ།

rgyud.sde.rin.po.ché

gyoo dey rinpo chey

The precious Tantric Treatise

རྒྱུད་བཞི།

rgyud.bzhi

gyue she

Four Tantras

Popularly known as 'The Four Tantras', is the principle text of Tibetan medicine authored by Yuthog Yonten Gonpo Elder (708-833 A.D); it has four sections

1. *rtsa.rgyud* (The Root Tantra)
2. *bshad.rgyud* (The Explanatory Tantra)
3. *man.rgyud* (The Oral Instruction Tantra)

4. *phyi.rgyud* (The Last Tantra)

རྒྱུན་སྤྱོད།

rgyun.spyod

gyun choe

Routine behaviour, Daily conducts

The activities of routine daily life is three-fold:

- 1) *tshe.rkyang.pa'i.spyod.lam*-activity geared to this life
- 2) *'jig.rten.mi.chos.spyod.lam*-wordly activities
- 3) *dam.pa.lha.chos.spyod.lam*-higher religious activities to accumulate good merits

རྒྱུན་ཤེས་ཀྱི་བུ།

rgyun.shes.kyi.bu

gyoon she ki boo

Atreya; lit. Son of the continuing wisdom; a saint who was present during Buddha's teaching on medicine

རྒྱུས་པ།

rgyus.pa

gyooe pa

Tendons

རྒྱལ་མེད་ལམ་དུ་ཞུགས་པ།

rgyus.med.lam.du.zhugs.pa

gyooe mey lamdoo shook pa

One who sets out on an unknown path

གླང་པ།

lgang.pa

gang pa

Urinary bladder

གླང་པའི་ཐུ་ཙ་ཐར་བུ།

lgang.pa'i.chu.rtsa.phran.bu

gang pey choo tsa tren boo

Minor water channels of the urinary bladder

གླང་པའི་གནན་ཁ།

lgang.pa'i.gnyan.kha

gang pey nyen kah

Cystitis (inflammation of the bladder)

སྒྲི།

sga.skya

ga kya

Hindi Name: Adarakh/
Shunti

Botanical Name: Zingiber
Officinalis Roscoe

Taste: Hot

Potency: Warm

Uses: It is used against impaired digestive heat, indigestion and combined disorders of *Bad-kan* and *rLung*. It is also useful in the cleansing of blood and in the rejuvenation of the nutritive vessels.

སྒྲིག་ཁ་བོ།

sga.tig.khra.bo

ga tig tra wo

Botanical Name: Androsace
sp.

Taste: Bitter to slightly hot

Potency: Cool

Uses: It is used against excess serous fluid, fever, wounds in the body and sudden swelling.

སྒྲིག་སྒྲིག་པོ།

sga.tig.smug.po

ga tig mook po

Botanical Name: Androsace
sp.

Taste: Bitter

Potency: Cool to coarse

Uses: See *sga.tig.khra.bo*

སྒྲིག་སྒྲིག་

sga.smug

ga mook

Skt. Name: Shunthi
 Hindi Name: Adrak
 English Name: Ginger
 Botanical Name: *Zingiber officinale*
 Taste: Hot
 Potency: Warm
 Uses: It is use against vomiting, diarrhoea, distension and rumbling sound in the stomach, formation of sputum and mucus in chest and the stomach, combined disorders of *Bad-kan* and *rLung*, retention of menstrual blood, digestive problems, impotency and weak bodily heat. It reduces toxicity of some herbs and is a good circulatory stimulant.

སྒྲ་དམར།

sga.dmar

ga mar

Hindi Name: Barakulinjan/
 Rasna

Botanical Name: *Alpinia galanga* Willd

སྒྲ་སེར།

sga.ser

ga ser

Skt. Name: Haridra
 Hindi Name: Haldi
 English Name: Turmeric
 Family: Zingiberaceae
 Botanical Name: *Curcuma longa*
 Taste: Hot to bitter
 Potency: Cool
 Uses: It is used against daibetes, piles, respiratory infections, poisoning, necrosis, and to subside infectious fever.

སྒྲ་རྩ།

sgab.rtsa

gab tsa

Popliteal veins (Blood letting point)

སྒྲ་ལ་བ།

rgal.ba

gel wa

Back

སྒྲ་ཚེགས།

sgal.tshigs

gel tsik

Vertebrae, Vertibral column

སྒུར་པོ།

sgur.po

goor po

Hunchbacked, spinal
deformity

སྒོ།

sgo

go

Gate, door

སྒོ་ལྔའི་རྣམ་ཤེས།

sgo.lnga'i.rnam.she

go ngey namshey

The consciousness of the five
senses (sight, hearing, smell,
taste and touch)

སྒོག་སྒྱ།

sgog.skya

gok kya

Skt. Name: Rasona

Hindi Name: Lasan

English Name: Garlic

Botanical Name: *Allium*
Sativum

Taste: Hot

Potency: Warm

Uses: It is useful for treating
wide range of diseases—
rheumatism; combined
disorders of *bad.kan* and

rlung; for the lung as an
expectorant and powerful
decongestant; for the heart to
lower blood pressure and
reduce high cholesterol; for
the stomach as an
anthelmintic that expels
worms; for gynaecological
problems, to ease flow of
menstruation and promotes
appetite and induces sleep.
Modern study has shown that
garlic is an antiviral, antibiotic
and antifungal in cases of
tuberculosis and meningitis.

སྒོག་སྒྲོན།

sgog.sngon

gok ngon

English Name: Leek

Taste: Slight hot to sweet

Potency: Warm

Uses: It is used against
tumours, *rlung* diseases,
diphtheria, disorders
associated with micro-
organisms, and promotes
sleep, digestion and bodily
heat.

སྒོག་པ།

sgog.pa

gok pa

English Name: Garlic

Botanical Name: *Allium*
Sativum Linn

Taste: Hot

Potency: Warm

Uses: See *sgog.skya*

སྒོག་པ་རུག་པ།

sgog.pa.rug.pa

gok pa rook pa

Botanical Name: *Allium*
prattii C.H.Wright.

Taste: Sweet to hot

Potency: Heavy to warm

Uses: It is beneficial in treating diseases of cold bile (*grang.mkhris*), diarrhoea resulting from cold condition, loss of digestive heat, *rlung* and *bad.kan* disorders and contradictions of heat and cold.

སྒོག་རྩས་ཕོ་བ་རི།

sgog.rzas.pho.ba.ri

gok zey pho wa ri

Hindi Name: Pudi-na

English Name: Mint

Taste: Astringent to hot

Potency: Warm to slightly cool

Uses: It enhances digestion and appetite and proves beneficial in treating *rLung*

disorders of the stomach, fever associated with *rlung*, pain in muscle tissues, diphtheria, vocal obstruction and pimples.

སྒོང་ཐོག་པ།

sgong.thog.pa

gong thok pa

Botanical Name: *Erysimum*
sp.

Taste: Sweet to bitter

Potency: Cool

Uses: It is used as an antidote to meat poisoning, controls fever associated with chronic diseases, disturbed fever, and cures weakened lungs and heart diseases.

སྒོང་ཐོག་པའི་འབྲུ།

sgong.thog.pa'i.'bru

gong thok pey doo

Erysimum sp. (seeds)

སྒོམ་སྒུབ།

sgom.sgrub

gomdup

Practice of meditation

སྒོམ་ལ་སྒྲོང་པ།

sgom.la.sdod.pa
gom la doe pa
To sit in meditation

སྒོས་བཤལ།

sgos.bshal
goe shel
Specific purgative in which
patients take the medicine and
then rinse his/her mouth (for
bile humour ailments)

སྒྱུ་མའི་ལུས།

sgyu.ma'i.lus
gyoo mey lue
Illusory body

སྒྱེད་བུ།

sgyed.bu
gey boo
Hearth; which is one of the
astrologer's soul stones

སྒྲ་གཙན།

sgra.gcan
dra chen
Dragon's head, Rahu,
ascending moon node

སྒྲ་གཙན་གྱི་མཐུག།

sgra.gcan.gyi.mjug
dra chen ki yuk
The tail of Dachen or Ketu
(descending moon node)

སྒྲ་གཙན་གྱི་གདོང་།

sgra.can.gyi.gdong
drachen ki dhong
The face of Dachen or Rahu

སྒྲ་གཙན་སྒྱལ་བའི་གནའ་བཞི།

sgra.can.sprul.ba'i.gza'.bzhi
drachen toolwey za shi
The four emanation planets
of Rahu

- 1) *sTag.mgo.me.'bar*-A blazing
head of tiger
- 2) *gYag.mgo.rlung.tshub*-Yak
head typhoon
- 3) *Chu.thig.sngon.po*-Blue
drop of water
- 4) *Dhu.ba.mjug.ring*-Long
tailed smoke

སྒྲ་མ།

sgra.ma
dra ma
Skt. Sabdi (the goddess of the
sound)

སྤྲུལ་པ་ཤད།

sgra.bshad

dra shey

Etymology, Lit. explanation
of words

Taste: Sweet

Potency: Warm

Uses: It restores kidney heat,
promotes the functioning of
kidneys and checks
haemorrhage.

སྤྲིབ་གཉིས།

sgrib.gnyis

drip nyee

The two obscurations

1) Obscuration of delusion

(*nyon.sgrib*)

2) Obscuration to

omniscience (*shes.grib*)

སྤྲོག་རུས།

sgrog.rus

drok rue

Collar bone, Clavicles

སྤྲོན་ཤིང་།

sgron.shing

dron shing

Hindi Name: Saralah/Chid

English Name: Name: Pine
tree

Botanical Name: Pinus

Tabulaeformis Carr

Taste: Sweet to bitter

Potency: Hot

Uses: It is effective in relieving
swelling due to *rLung* and
anaemia, accumulation of
serous fluids in and around
the joints and odema.

སྤྲུབ་པར་བྱེད་པ།

sgrub.par.byed.pa

droob par jey pa

Practising the (meditative)
means for attainment

སྤྲེགས།

sgregs

drek

Belching or frequent eruction

སྤྲོ་ཤང་ཅེ།

sgro.shang.rtse

dro shang tsey

Botanical Name: Orobanche
cernua

བརྒྱ་བྱིན།

brgya.byin

gya jin

Indra

Indra (the ruler of the 33rd realm of God); one of the gods who was present during Buddha's teaching on medicine.

ང་།

བརྒྱལ་གཟེར།

brgyal.gzer

gyel zer

Epileptic fits, Epilepsy

A disorder of the brain characterised by convulsions and psychic dysfunction.

ང་རྒྱལ།

nga.rgyal

nga gel

Pride/ vanity

ངག།

ngag

ngak

Speech

བསྐྱིམས་ཏེ་འདུག་པའི་ཡིད་བྱེད།

bsgrims.te.'jug.pa'i.yid.byed

drim tey jook pey yi jey

Forceful attention

ངག་བྱུལ།

ngag.khyal

ngak khel

Irresponsible chatter/gossip

ངང་དཀར།

ngang.dkar

ngang kar

Anser domestica geese

ངང་པ།

ngang.pa

nangpa

Geese; Anser sp. (wild goose)

ངང་པ་ཆིག་ཐུབ།

ngang.pa.chig.thub

nang pa chik thooob

A synonym for *Sophora*

davidii

Franch

(*skyi.ba'i.'bras.bu*).

ངད།

ngad

ngey

Vegetables, Aromatic herbs

ངན་ཁྲག་

ngan.khrag

ngen trak

Impure blood

It is produced in the liver under pathological conditions.

It is the result of imbalance fire-like *rlung* in the stomach, which fails to separate essence

and the waste matter. Thus, a mixture of essence and waste matter flows in to the liver, where impure blood is produced. This impure blood when leaving the liver enters the circulatory system.

The presence of impure blood in the body is characterised by dark lips, dark skin, dark face, pimples

and the whites of the eyes turn reddish brown.

ངན་འགྲོ་

ngan.'gro

ngen dro

Skt. Durgati

A general name for the three lower realms of miserable existences

1) *dmyal.ba*-hell

2) *yi.dags*-hungry ghost

3) *dud.'gro*-animals

ངན་པ་དགུ་འཛོམས།

ngan.pa.dgu.'dzoms

ngenpa goo zom

Nine bad omens/gathering of nine bad things

It is a day on which nine evil landlord spirits gather.

ངན་གཡོ་སྤྱོན་བརྟག་

ngan.gyo.skyon.brtag

ngen yo kyon tak

Techniques to gain patients' confidence and trust

ངན་སྟང་།

ngan.song

ngensong

(See. *Ngan.'gro*)

ངར་གཏོང་།

ngar.gdong
ngar dhong
Shins

Renunciation; wish to be liberated (a strong wish to be free from samsara or the cyclic existence)

ངལ་དུབ།

ngal.dub
ngel doob
Physical exhaustion

ངེས་ཤེས།

nges.shes
ngey shey
Ascertainment;cocksure

ངུར་བ།

ngur.ba
ngoor wa
Red mallard (Tadorna ferruginea pallas)

ངོ་ཁབས།

ngo.khabs
ngo khab
Pregnancy mask and other skin disorders
A skin disease in which the face gets covered with whitish colour

ངེས་པ་དང་མ་ངེས་པ།

nges.pa.dang.ma.nges.pa
ngeypa dhang ma ngey pa
Certain and uncertain

ངོ་ཐོག་ལོ།

ngo.thog.lo
ngothok lo
Current year, running year

ངེས་པར་རྒྱུ་བ།

nges.par.rgyu.ba
ngey par gyoo wa
Certainly moving/the wind
energy of the sense of touch

ངོ་བོ།

ngo.bo
ngo wo
Entity, nature or characteristic features

ངེས་འབྱུང་གི་སེམས།

nges.'byung.gi.sems
ngey joong kee sem

ངོ་བོ་ཉིད་སྒྲ།

ngo.bo.nyid.sku

ngo wo nyee koo

Essential dimension of
awakening

ངོ་མཚར་རྩ་བདུན།

ngo.mtshar.rtsa.bdun

ngo tshar tsa dhuen

The seven wonderful pulses
The seven wonderful pulse is
used as a means of divination
in Tibetan medicine. It can
only be examined in a healthy
person.

The seven wonderful pulses
are:

- 1) *khyim.phya* (Family Pulse)
- 2) *'gron.phya* (Guest Pulse)
- 3) *dgra.phya* (Enemy Pulse)
- 4) *grog.phya* (Friend Pulse)
- 5) *gdon.phya* (Evil Spirit Pulse)
- 6) *me.chu.go.ldog*
(Substitutional Pulse)
- 7) *bu.rtsa* (Pregnancy Pulse)

ངོ་ཤིག་

ngo.shig

ngo shik

Small black moles covering
the face (lit. face lice)

ངོས་འཛིན་བླགས།

ngos.'dzin.rtags

ngoe zin tak

Diagnosis and symptoms of
disorders

ངོས་འཛིན་བླགས།

ngos.'dzin.brtag

ngoe zin tahk

Examination by direct
observations, identification
through investigation

ངོས་འཛིན་བླགས་ཀྱི་རྩ་བ།

ngos.'dzin.brtags.kyi.rtsa.ba

ngoe zin tak ki tsa wa

The root of diagnosis

མངར་ཁམ།

mngar.kham

ngar kham

English Name: Apricot

Uses: It is beneficial in curing
water retention, wounds,
mkhris.pa disorders, and
promotes growth of hairs.
Eating apricots relieves
constipation and helps
allergic and urticaria patients.

མངར་བ།

mngar.ba
ngar wa
Sweet taste

མངལ།

mngal
ngel
1) Distaste
2) Womb

མངལ་སྒྲན།

mngal.skeran
ngel tren
Tumours of the womb

མངལ་ཁྲག་ཟགས་པ།

mngal.kbrag.zags.pa
ngel trak zakpa
Uterine bleeding (bleeding in the uterus)

མངལ་གནས།

mngal.gnas
ngel ney
Stages in the womb

མངལ་གནས་ལྗེ་བར་འབྲེལ།

mngal.gnas.lte.bar.'brel
ngel ney te war drel

Connected to the umbilicus of the foetus

དངངས་སྒྲག།

dngangs.skrag
ngang trak
Anxiety (lit. suffocation)
A condition characterised by exaggerated fear or worry.

དངལ།

dngul
ngool
Hindi Name: Chandi
English Name: Silver
Latin Name: Argentum
Taste: Bitter to sour

Uses: It remedies disorders of gout, arthritis, abscess and dries up serous fluid and impure blood.

དངལ་ཚུ།

dngul.chu
ngool choo
Hindi Name: Parad/Dansar
English Name: Mercury, quick silver
Latin Name: Hydragyrum
Taste: Hot

Uses: It is the only liquid mineral element which

possesses excellent characteristics to treat toxins, dries up lymphatic fluids, subdue evil spirits and is a great elixir for both the body and mind.

དངུལ་ཅུ་བཙུང་བརྒྱུད།

dngul.chu.bco.brgyad

ngool choo cho gey

Hydragryum Eighteen.

Ingredients: *dngul.chu.dkar.btul,*

seng.ldeng.khanta, cu.gang,

gur.gum, li.shi, dza.ti, sug.smel,

ka.ko.la, spos.dkar, thal.rdor,

so.ra, gul.nag, a.ru, shing.kun,

shu.dag.nag.po, sman.chen, gla.rtsi,

stag.sha.nag.po

Nature: Slightly cool

Uses: It is beneficial against rheumatism, dermatitis, serous fluid, and acts as anti-inflammatory, analgesic and anti-pruritic.

དངུལ་ཅུ་འབྲུང་ཁུངས།

dngul.chu'i.'byung.khung

ngool chue jung khoong

Sources of mercury

It derived or origin from eight major sources:

1) From a hematite-like stone (*dngul.rdo.'dra.ba*)

2) Pyrite (*pha.wang.long.bu*)

3) The sweaty and dirty clothes

4) The clothes on a dead body weathered by rain

5) Old clothes, blankets or tents made from yak hair and have been weathered by rain

6) *Chenopodium album* L (*sne'u*)

7) Pigeon (*phug.ron*)

8) Scorpion (*sdig.pa.nag.po*)

དངུལ་དྲིག་

dngul.tig

ngool tik

Botanical Name: *Parnassia nubicola*

Taste: Bitter

Potency: Coarse

Uses: It is beneficial in treating fever associated with liver, *mkhris-pa*, tumours and relieves pain.

དངུལ་ཐལ།

dngul.thal

ngool thel

Silver ash

Uses: It dries up lymph accumulation and controls proliferation of impure

blood, abscess and treats gout and arthritis.

དངུལ་རྫོ།

dngul.rdo

ngool do

English Name: Silver sulphide ore

Scientific Name: Argentite

Uses: It dries accumulation of serous fluid and heals fractured bones.

དངུལ་མདུང་།

dngul.mdung

ngool doong

Lit. silver spear

It refers to the left side blood letting vessel extending one *mtshon* to the side from the space between the eyebrows and four *sor* upwards.

དངུལ་ཤར།

dngul.phor

ngool for

Silver bowl

དངུལ་ཞུན།

dngul.zhun

ngool shun

Silver pitch, silver bitumen

དངུལ་ཇེལ།

dngul.zil

ngool zeel

English Name: Quartz

Scientific Name: Actinolite

Taste: Salty

Uses: It gives tone to the bone, remove discolouration of bones and cures poisoning.

དངོས་ཁམས།

dngos.khams

ngoe kham

Physics

དངོས་གྲུབ།

dngos.grub

ngoe dup

Attainment (i.e mental and physical powers), blessings and accomplishments

དངོས་གྲུབ་སྦྱོར།

dngos.grub.sbyor

ngoe dup jor

The combination of accomplishments

It refers to the connection between the element of the daily planet (weekdays) and the element of the

constellation (moon constellation) i.e. earth and earth (weekday) and moon constellation respectively.

དངོས་དུག

dnegos.dug

ngoe duk

Natural poison

དངོས་པོ།

dnegos.po

ngoe po

Objects, matter, items, material

དངོས་པོའི་འཇིག་རྟེན།

dnegos.po'i.'jig.rten

ngoe po jik ten

Material world

མངོན་ཤེས།

mngon.shes

ngon shey

Clairvoyance, paranormal cognition, extra sensory perception

མངོན་སུམ་གྱི་ཤེས་པ།

mngon.sum.gyi.shes.pa

ngon sum ki shey pa

Perceptual spirits

རྩལ་ལྷ་ཆུང་།

rnga.dbyug.tshal

nga yuk tshel

English Name: Drumstick

Taste: Bitter

Potency: Cool

Uses: It is effective against nausea and giddiness associated with *mkhris-pa* disorders, problems associated with nervous system, pain during the menstrual cycle and micro-organism related ailments.

རྩལ་ལྷ་ཆུང་།

rnga.mong

nga mong

Camel (*Camelus bactrianus*)

རྩལ་ལྷ་ཆུང་།

rngabs.ra

ngab ra

Cupping horn

It drains excess serous fluids accumulated in the joints and relieves pain and swelling.

རྩབ་པ།

rngub.pa

ngoob pa

To inhale or to draw air

སྒྲ་འགྱུར།

snga.'gyur

nga gyoor

Early translations

རྩལ།

rngul

ngool

Sweat or perspiration

སྒྲ་འོ།

snga.dro

nga dro

Early morning

རྩལ་འདུ།

rngul.'du

ngool doo

Vulnerable axillary arteries
(lit. gatherer of perspiration)

སྒྲ་གས་པ།

sngags.pa

ngak pa

Tantric practitioner

རྩལ་དབྱུང་།

rngul.dbyung

ngool yoong

Diaphoresis or Fomentation
therapy inducing perspiration

སྒྲ་རྗེས་བཅད་པ།

sngar.rjes.bcad.pa

ngar jey chey pa

Previous treatment (to
recollect previous treatments
while diagnosing)

ལྷ་བསྐྱུས།

lnga.bsdu

nga due

The inclusive calendar features

- 1) *gza* (weekdays)
- 2) *tshes* (date)
- 3) *skar.ma* (constellation)
- 4) *sbyor.ba* (combination)
- 5) *byed.pa* (diagram)

སྒྲ་ཚུལ།

sngar.tshul

ngar tshool

The second stage of the
diseases

སྒྲ་ཁྱུང་སྒྲིལ་དཀར་པོ།

sngo.khyung.sder.dkar.po

ngo khyoongdher karmo
Saussurea Katochaetoides

ཕྱོ་ཁྱུང་ཐེར་མུག་པོ།

sngo.khyung.sder.smug.po

ngo khyoong dher mook po
Saussurea stella Manim

Taste: Sweet

Potency: Neutral

Uses: It is beneficial in treating bleeding, chronic wounds, burnt, impotency, relieves kidney and waist pain and restores weak bone and ligaments.

ཕྱོ་སྒ་ཚུང་བ།

sngo.sga.chung.ba

ngo ga choong wa
Senecio tianschanicus Rogal
et Schmalh

Uses: It subside fever due to bile and headache.

ཕྱོ་ངད།

sngo.ngad

ngo ngey
Green vegetables

ཕྱོ་སྒ་ཤ་ལ་ཡུ་རིང་།

sngo.sga.sha.la.yu.ring

ngo ga shala yuring
Botanical Name:

Crementhodium sp.

Taste: Bitter to hot to sweet

Potency: Cool to coarse

Uses: It is used for treating inflammations, wounds and joins bone fracture.

ཕྱོ་ཚུ་སྒྲིན་ཕྱེར་མོ།

sngo.chu.srin.sder.mo

ngo chusin dermo
Hindi Name: Hath jawri
Botanical Name: Selaginella
pulvinata

ཕྱོ་གྲོ་ཤང་ཙེ།

sngo.gro.shang.tse

ngo dro shang tse

Botanical Name: Orobanche
sp.

ཕྱོ་རྟ་ལྷག་ས། (དཀར་པོ་)

sngo.rta.lpag

ngo ta pak

Botanical Name: Oreosolen
wattii Hook.f.

Taste: Sweet to bitter

Potency: Cool, heavy and smooth

Uses: It is beneficial in treating disorders of *rLung*, micro-organism, fractured bone,

accumulation of serous fluid
and weak bones.

ཕྱོ་ཏ་མིག

sngo.rta.rmig

ngo tamik

Botanical Name: *Viola biflora*
L.

Taste: Bitter to astringent

Potency: Cool

Uses: It is used for treating
wounds, head ache, fractured
bones and bleeding.

ཕྱོ་དུག་མོ་ལྷུང་།

sngo.dug.mo.nyung

ngo dukmo nyoong

Botanical Name:

Vincetoxicum Canescens

Taste: Bitter

Potency: Very Cool

Uses: It cures dysentary and
development of hot
disorders of the gall bladder.

ཕྱོ་དེ་ཕ།

sngo.de.wa

ngo dhe wa

Botanical Name: *Corydalis*
melanochlora Maxim

Taste: Bitter to sweet

Uses: It cures bile disorders
of channels and bile fever.

ཕྱོ་སྒྲིན།

sngo.sprin

ngo tin

Botanical Name: *Thalictrum*
sp.

Taste: Bitter

Potency: Cool

Uses: It is used against
inflammation, fever due to
poisoning, turbid fever,
unripe fever and diffused
fever. It also controls
irregular flow of
menstruation bleeding and
relieves pains.

ཕྱོ་སྒྲིན་ལོ་མ་ཆུང་བ།

sngo.sprin.lo.ma.chung.ba

ngo tin loma choong wa

Botanical Name: *Thalictrum*
reniforme Wallich.

Taste: Bitter

Potency: Cool

Uses: It is beneficial in treating
inflammations, wounds,
serous fluid diseases, intestinal
fever and unripe fever.

ཕྱོ་སྒྲིན་ལོ་མ་ཆེ་བ།

sngo.sprin.lo.ma.che.ba

ngo tin loma che wa

Botanical Name: *Thalictrum*
cultratum Wallich.

Taste: Bitter

Potency: Cool

Uses: See *Sngo.sprin.lo.ma.chung*.
ba

ལྷོ་བོང་དམར།

sngo.bong.dmar

ngo bong mar

Pedicularis trichoglossa Hook
F.

ལྷོ་སྤྱོད།

sngo.sbyor

ngo jor

Herbal compounds

ལྷོ་མ་གྱི་ད།

sngo.ma.gi.ta

ngo ma gi ta

A synonym for Delphinium
Chrysotrichum Finet. et
Gagnep. (*bya.rgod.spos*).

ལྷོ་སྤྱོད།

sngo.sman

ngo men

Herbal medicine

ལྷོ་སྤྱོད་འབྲུང་དཔེ་བསྐྱུས་པ།

sngo.sman.'kehrung.dpe.bsdu.s.pa

ngo men troong pey due pa

The condensed book of
medicinal plants

ལྷོ་སྤྱོད།

sngò.srub

ngo sub

Botanical Name: Anemone
rivularis

Taste: Bitter to hot

Potency: Warm

Uses: It restores digestive
heat of the stomach, and is
beneficial in the treatment of
indigestion, tumours of cold
nature, pathogenic diseases
and poisoning caused by
snake bite, heals infected
wounds and reduces excess
serum fluid.

ལྷོ་ན་འབྲོ།

sngon.'gro

ngon dro

Preliminary

ལྷོ་ན་བུ་མཚོ་ག།

sngon.bu.mchog

ngon boo chog

English Name: Wild lettuce

Botanical Name: Cynanthus
Lobatus

Taste: Bitter

Potency: Warm

Uses: It has a purgative action against serous fluid and bile disorders and treats flatulence.

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ཐུ་གང་།

cu.gang

chu gang

Skt. Name: Baulochan

Botanical Name: Bambusa
Textilis

Taste: Sweet

Potency: Cool

Uses: It is one of the six supreme medicinal plants and has medicinal value to subside fever of the lungs, chronic fever, inflammation due to wounds, yellow sclera and infectious diseases.

ཐུ་གང་ཉེར་ལྔ་།

cu.gang.nyér.lnga

choo gang nyer nga

Bambusa Twenty-Five

Nature: Neutral

Ingredients: *cu.gang, gur.gum, li.shi, sug.smel, ka.ko.la, dza'.ti, ghi.wam, shing.mngar, rgun.'brum, sro.lo.dkar, a.krong.dkar, star.bu, ru.rta, ba.dur, ba.le.ka, hong.len, tsan.dkar, tsan.dmar, a.ru, ba.ru, tshar.bong, ba.yag.rtsa.ba,*

zi.ra.dkar.po, ug.chos.rtsa.ba, skyu.ru,

Uses: It cures coughing, pulmonary diseases, haemoptysis, whooping cough, chronic influenza, pneumonia, pulmonic algia, hyperpyrexia of upper back, chest pain, loss of weight and dries serous fluids.

ཕུ་གང་བདེ་བྱེད་ཆེ་བ།

cu.gang.bde.byed.che.ba

choo gang de jey che wa

Bambusa Comforter

Nature: Cool

Ingredients: *cu.gang, gur.gum, li.shi, u.ta.pal, se.'bru, pi.pi.ling, shing.tsha, ka.ra, rgun.'brum, shing.mngar, tsan.dkar, gi.wam*

Uses: It promotes appetite, cures hidden and chronic fever, pulmonary diseases, pleural effusion and balances hot and cold disorders.

ཕུང་ཟད།

cung.zad

choong zey

A little, a small amount

ཕུར་ནིས།

cur.nis

choor nee

Powder

It is a synonym of *phye.ma* (powder).

ཙ་ཀ།

co.ka

choka

Lark (*Alauda gulgula* Frankklin)

ཙིག་ལ།

cog.la

chok la

Skt. Name: Shingrab

Scientific Name: *Cinnabaris* Sp.

ཙིག་ལ་མ།

cog.la.ma

chok la ma

Botanical Name: *Cinnabaris*

Taste: Sweet

Potency: Cool

Uses: It heals fractured bones, cuts and wounds, hepatitis, pneumonitis, neuritis, nervous disorder, arteriosclerosis and cranial nerve disorders.

ཅོག་ལ་མི་བཟོས།

cog.la.mi.bzogs

chok la mi zoe

A synonym of *Dha.chu*
(hdragyum Sulphidium)

Its characteristic are similar to
that of the cinnabaris sp.

ཅོག་ལ་རང་བྱུང་།

cog.la.rang.byung

chok la rang joong

Natural cinnabaris sp.

ཅོང་ཞི།

cong.zhi

chong shi

Skt. Name: Somawath

English Name: Lime stone

Scientific Name: Calcitum

Taste: Sweet

Potency: Hot

Uses: It treats debility,
diarrhoea, chronic gastritis,
brown phlegm, sour watery
vomitus; and heals cracks and
fractured bones.

ཅོང་ཞི་རྫོང་བརྟུ།

cong.zhi.rgod.brtul

chong shi goe tool

A type of processed calcite;
a calcinated powder of
calcite

ཅོང་ཞི་དགུ་པ།

cong.zhi.dgu.pa

chong shi goo pa

Calcinite Nine

Nature: Medium hot

Uses: It is a same compound
as 'phag.gru' and treats *bad-kan*
associated with tumour in the
lower esophageal sphincter,
indigestion, brown phlegm,
bad-kan diseases, distension,
cramps and vomiting
resulting from *bad-kan*
disorders.

ཅོང་ཞི་དུག་པ།

cong.zhi.drug.pa

chong shi duk pa

Calcite Six

Ingredients: *cong.zhi.tsha.btul*,
se.'bru, *gur.gum*, *sug.smel*, *pi.ling*,
ma.nu.ru.rta, *ka.ra*

Nature: Neutral

Uses: It cures *Bad-kan*
diseases, vomiting of sour
acidic water and burning
sensation in the chest (heart
burn).

ཅང་ཞི་རིགས་ལྔ་།

cong.zhi.rigs.lnga

chong shi rik nga

The Five kinds of Lime stone

1. *pho.cong*- Male Lime stone)

2. *mo.cong*- Female Lime stone)

3. *bu.cong*- Son Lime stone)

4. *bu.mo.cong*- Daughter Lime stone

5. *ma.ning.cong*- Neuter Lime stone

གཙན་གཙན།

gcan.gzan

chen zen

Carnivorous animals

གཙན་གཙན་སྡེ།

gcan.gzan.sde

chen zen dey

A group of predatory wild animals

གཅིན།

gcin

chin

Urine

གཅིན་འགགས།

gcin. 'gags

chin gak

Anuria, Skt. mutraghata

གཅིན་གྱི་རྩ་ལམ།

gcin.gyi.rgyu.lam

chin gi gyoo lam

Urinary tract

གཅིན་སྡི།

gcin.snyi

chin nyi

Diabetes (lit. frequent urination), Dysuria

A condition characterised by habitual discharge of an excessive volume of urine accompanied by excessive thirst.

གཅིན་སྡི་བའི་རྩ་རྒྱུ།

gcin.snyi.ba'i.rgyu.rkyen

chin nyi wey gyoo ken

Primary and secondary causes of diabetes

Factors that effect diabetes according to Tibetan medicine are intake of salty, sweet, cool and heavy foods and prolonged stay in damp places and exposure to cold.

གཅིན་པ་གཏོང་བ།

gcin.pa.gtong.ba
chinpa tong wa
To urinate

གཅིན་མང་།

gcin.mang
ching mang
Excessive urination

གཅིན་ལམ།

gcin.lam
chin lam
Urethra

གཅིན་ཤོར།

gcin.shor
chin shor
Involuntary discharge of
urine

གཅིབྱ།

gce.'u
chey woo
Anal cannulae, Clyster pipe
(for injecting mild laxative)
It is used as suppository and
enema mainly to treat wind
disorders concentrated in the
intestinal colon, womb,
urinary bladder and rectum.

གཙང་ཆེན་ཟད་བྱེད།

gcong.chen.zad.byed
chong chen zey jey
A chronic metabolic disorder
resulting in depletion of
bodily constituents

གཙང་ནད།

gcong.nad
chong ney
Chronic disorders

བཅང་།

bcang
chang
To retain, to hold

བཅའ་སྒྲ།

bca'.sga
cha ga
Skt. Name: Sundh
Botanical Name: Zingiber
Officinalis (Tib. *sman.sga*)
Taste: Hot
Potency: Promotes heat
Uses: It treats impaired
digestive heat, indigestion, loss
of bodily heat and *Bad.kan*
and *rLung* combined
disorders.

བཅུ་དྲུག་ལྷ་བུའི་ལུས།

bcu.drug.lta.bu'i.lus

choo duk ta bue lue

A body (physical health)
comparable to that of a
sixteen year old

བཅུད།

bcud

chue

Vital essence, nutrients, Skt.
rasa

བཅུད་ཀྱི་རྟེན་དང་འབྲེལ།

bcud.kyi.rten.dang.'brel

chue ki ten dang drel

Connected with the basis of
nutrients or placenta (*sha.ma*)

བཅུད་ལེན།

bcud.len

chue len

Vital essence medicine,
Extracting the essence,
Rejuvenation Therapy
(taking the essences for health
and longevity)

བཅུད་མེད་ཁ་ཟས།

bcud.med.kha.zas

chue mey khazey

Non-nutritious diet, junk
food

བཅུད་བཞི།

bcud.bzhi

chue shi

Four essences

Four types of essences
extracted from meat, butter,
molasses and *chang* or beer

བཅུད་ལ་བོར་བ།

bcud.la.bor.ba

chue la borwa

Technique to reveal the
symptoms of diseases when
a patient fails to tell them

བཅོ་ལྷ་དྲུག་སྦྱོར།

bco.lnga.drag.sbyor

cho nga dak jor

Strongly Compounded
Fifteen

Uses: It is recommended for
weak digestive system,
hematemesis due to
bad.kan.smug.po, frequent
diarrhoea, indigestion,
frequent eructation, rumbling
of bowels, hepatomegalay
due to *rlung* and *bad.kan*

disorders and gastro-intestinal cramps.

བཙེམ་ལྷན་འདས།

bcom.ldan.'das

chomden dey

Skt. Bhagawan, Buddha

(The enlightened one)

བཙེམ་ཚུལ་མི་ཤེས།

bcos.tshul.mi.shes

choe tshool mi shey

Ignorant of therapeutic principles

ལྷ་བ།

lca.ba

chawa

Skt. Name: Canda

Hindi Name: Ksemaka/
taskara

English Name: Angelica
glauca

Botanical Name:

Bleurospermum Tibeticum

Taste: Hot to bitter to sweet

Potency: Warm and heavy

Uses: It is beneficial in treating renal diseases, anaemia, debility, indigestion, first stage dropsy, *Bad.kan* and *rLung* combined disorders, accumulation of serous fluid

in the joints and stomach disorders.

ལྷགས།

lcags

chak

English Name: Iron

Scientific Name: Ferrum

Taste: Sweet to sour

Uses: It cures liver diseases, eye infection, fever due to poisoning and oedema.

ལྷགས་དཀར་པོའི་སྤྱོད།

lcags.dkar.po'i.snod

chak karpoe noe

Containers made from white iron

ལྷགས་དྲིག་ནག་པོ།

lcags.tig.nag.po

chak tik nag po

Botanical Name: Gentianella
paludosa

Taste: Bitter

Potency: Cool

Uses: It is used against hot disorders associated with gall bladder, inflammation due to infected sores and subside epidemic fever.

ལྷགས་དྲིག་ར་མགོ་མ།

lcags.tig.ra.mgo.ma

chak tik ra go ma

Botanical Name: *Halenia elliptica*

Taste: Bitter

Potency: Cool

Uses: It is used against hot disorders of the gall bladder, liver, stomach and epidemic fever.

ལྷགས་དེལ།

lcags.tel

chak tel

Iron hammer

Uses: It is used in moxibustion treatment to treat diseases such as paralysis, excess accumulation of serous fluids, wind and cold disorders, vertigo, lack of digestive heat, swelling, dazed mental state, bodyache, insanity, epilepsy and tumour.

ལྷགས་ཐལ།

lcags.thal

chak thel

English Name: Iron ash

Botanical Name: Calcinated powder of iron

Taste: Astringent

Potency: Cool

Uses: It is mainly used to treat three stages of odema and eye diseases.

ལྷགས་རྩེག།

lcags.dreg

chak dek

1) Iron slag

2) Gastritis

ལྷགས་རྡོ།

lcags.rdo

chak do

Iron ore (Limonite)

ལྷགས་སྦྱལ།

lcags.sbrul

chak dool

Elaphedione Pallas or
Bungarus multiscintus Blyth

ལྷགས་ལྷན།

lcags.zhun

chak shoon

Iron bitumen or pitch

ལྷགས་སག།

lcags.sag

chak sak
Iron file

ལྷང་མ།

lcang ma

chang ma

English Name: Willow

Botanical name: Salix sp.

Uses: It has medicinal value to cure poisoning, swollen veins and dropsy.

ལྷམ་པ།

lcam.pa

champa

Hindi Name: Khabazi

Botanical Name: Malva

Verticillata

Taste: Sweet to astringent

Potency: Warm

Uses: It removes obstruction of urine, odema, neurological diseases, morbid thirst, hot disorders associated with kidney and urinary bladder, infected sores, diarrhoea, strengthens the kidney energy and dilates all vessels in the body.

ལྷམ་པ་རྒྱ་ལྷམ།

lcam.pa.rgya.lcam

champa gya cham

Alcea rosea L. Althaea rosea
(L) cavn

ལྷམ་པ་བོད་ལྷམ།

lcam.pa.bod.lcam

champa boe cham

Botanical Name: Malva
verticillata L

Uses: It is useful in the treatment of oedema, morbid thirst, diarrhoea and neurological diseases.

ལྷམ་འབྲུ།

lcam.'bru

cham doo

Malva verticillata 'seeds'

ལི་བ།

lci.ba

chiwa

Heaviness

ལི་ལ་སུམ་པའི་རྩམ།

lci.la.snum.pa'i.zas

chila numpey zey

Heavy and greasy foods
(heavy and greasy refers to
potency of the food)

ལུམ་རྩ་

lcum.rtsa

chum tsa

Skt. Name: Riondchini

English Name: Rhubarb

Botanical Name: Rheum
Palmatum

Taste: Sour to bitter

Potency: Neutral to coarse

Uses: It promotes appetite,
cures diseases due to
poisoning, indigestion,
diseases caused by micro-
organism, flatulence,
constipation, fever of vessel
organs and purges *Bad-kan*.

ལུམ་ལོ་

lcum.lo

choom lo

Leaves of East Asian rhubarb
(Rheum palmatum/
webbianum)

ལེ་

lce

chey

Tongue

It is the seat of experiencing
phlegm.

ལེ་སྟིང་ལ་ཞེན་པ།

lce.snying.la.zhen.pa

che nying la shenpa

Afflict the tongue and the
heart

ལེ་ལྷིག་

lce.ldig

che dhik

Stutter

A condition characterised by
speech disorder in which
sounds are repeated and
speech is hesitant.

ལེ་མྱང་ཚ།

lce.myang.tsha

che nyang tsa

English Name: Red alum salt

Latin Name: Halitum

Taste: Sweet to hot

Potency: Warm

Uses: It is beneficial for the
disorders of eyes, cold
tumours and aids digestive
heat.

ལེ་རྩ་

lce.rtsa

chey tsa

Blood letting vessels of the
tongue

ལེ་ཙམ།

lce.tsha

chey tsah

English Name: Butter cup
flower

Botanical name: *Ranunculus
odoxifolius*

Taste: Acrid

Potency: Hot

Uses: It cures wounds, boils,
dropsy, tumours and
promotes bodily and
digestive heat.

*archiducis-nicolai/Trigonella
ruthenica* L ('*bu.su.hang*).

ལེ་ལུ་ཅུང་གཡན་གཞི།

lce'u.chung.gnyan.gzhi

chey chung nyan shi

Tonsillitis

A condition characterised by
inflammation of tonsils.

ལེ་འི་གཡན་གཞི།

lce'i.gnyan.gzhi

chey nyan shi

Glossitis

A condition characterised by
inflammation of tongue.

ལོ་ག་བཅད་འགྱོར།

lco.ga.bcad.'byor

cho ga chey jor

A synonym for *Medicago*

ཀ

ཆ་ག་པ།

cha.ga.pa

cha ga pa

English Name: Grasshopper

Scientific Name: *Oxya*

Chinensis Thumb

ཆ་བྱད།

cha.byad

cha jey

Therapeutic instruments

ཆ་བྱད་དབྱུང་གྱི་མེ།

cha.byad.dpyad.kyi.sde

cha jey chey ki dey

Section on surgical
instruments

ཆ་བྱད་མེད་པ།

cha.byad.med.pa

cha jey mey pa

Lack of medicinal
instruments

ཆ་ལག་བཅོ་བརྒྱད།

cha.lag.bco.brgyad

chalak cho gey

The Eighteen Supplementary
Medical texts

The eighteen supplementary
medical texts (by younger
Yüthog 1126-1202 A.D.).

This is an important text
comprising eighteen sections
like art of sphygmology,
urinalysis, commentary on the
Explanatory Tantra, summary
of *rGyud.bzhi*, treatment of
common diseases etc.

ཆག།

chag

chak

The ring finger

The Tibetan doctors feels the
pulses of kidney, urinary
bladder and seminal vesicle
under the ring finger.s

ཆག་ཚེ།

chag.tshe

chak tshey

Fresh broken barley

A thin porridge made with
fresh broken barley.

ཆག་ཚང་ཀུ་བ།

chag.tshang.ku.ba

chak tshang ku wa A synonym for <i>Lagenaria siceraria</i> (Molina) Standl (<i>ka.bed</i>).	ཆགས་ཚུལ། <i>chags.tshul</i> chak tshool Embryology
ཆགས་འདྲེ། <i>chags. 'dre</i> chak drey Spirit of attachment	ཆང་། <i>chang</i> chang Traditional Tibetan beer usually prepared from barley
ཆགས་པ་སྤྲད་སྤྲུག་པ། <i>chags.pa.spyad.drags.pa</i> chakpa chey drakpa Excessive sexual activity	ཆང་གི་ལོ་རྒྱུས། <i>chang.gi.lo.rgyus</i> chang ki lo gyue The legend of beer
ཆགས་པའི་རྩ། <i>chags.pa'i.rtsa</i> chak pey tsa Channels of formation	ཆང་ཕབས། <i>chang.phabs</i> chang fab Brewer's yeast
ཆགས་པས་དུབ་པ། <i>chags.pas.dub.pa</i> chak pey doob pa Sexual exhaustion	ཆང་གསར། <i>chang.gsar</i> chang sar Newly fermented beer (of barley)
ཆགས་པས་སྦྱོས་པ། <i>chags.pas.myos.pa</i> chak pey nyoe pa Intoxicated with attachment or desire	ཆང་བུ། <i>chang.bu</i>

chang boo

The dough pressed in the
hand with finger prints and
given to the harmful evil
spirits

ཆབ་ཚ།

chab.tsha

chab tsah

Hot boiled water

ཆང་རག་ལང་ཤོར།

chang.rag.lang.shor

chang rak langshor

Alcoholism

ཆམ་གན།

cham.rgan

cham gen

Chronic catarrh

ཆད་ཅིང་འདུག་པའི་ཡིད་བྱེད།

chad.cing.'jug.pa'i.yid.byed

chey ching juk pey yi jey

Interrupted attention

ཆམ་པ།

cham.pa

champa

Common cold (Catarrh)

A disease characterised by
inflammation of nose, or
throat mucous membranes

ཆད་པ་མེད་པ་འདུག་པའི་ཡིད་བྱེད།

chad.pa.med.pa.'jug.pa'i.yid.byed

chey pa me pa jook pey yi jey

Uninterrupted attention

ཆམ་རིམས།

cham.rims

cham rim

Contagious common cold

A severe and contagious
common cold accompanied
by high fever and is also
called *rims.cham*.

ཆབ་འདྲིན་གཞོན་རྒྱ།

chab.'dren.gzhon.nu

chab dren shon noo

Botanical Name: *Hedysarum*
sp.

Uses: Petals of the new
flower cure dropsy and
dysuria.

ཆར་ཚུ།

char.chu

char choo

Rain water

Uses: It is considered as the supreme of all of waters which is said to have nector-like quality.

ཅུ།

chu

choo

- 1) Water
- 2) Urine
- 3) Water element

ཅུ་སྐར་བདུན།

chu.skar.bdun

choo kar dun

The seven water constellations

- 1) *mon gre*, 2) *khrums smad*, 3) *nam gru*, 4) *snrubs*, 5) *chu stod*, 6) *lag*, 7) *skag*

ཅུ་སྐྱལ།

chu.skol

chokol

Boiled water

Uses: Intake of freshly boiled water increases the bodily heat and promotes digestive heat. It also cures hiccoughs, distension of stomach caused by phlegm, asthmatic attack and subside fresh infectious fever.

ཅུ་སྐུར་རྡོ།

chu.skyur.rdo

choo kyoor do

Latin Name: Calcium carbonate

Taste: Sour

Potency: Cool

Uses: It heals fractured bones.

ཅུ་ལུང་ཅུ།

chu.klung.chu

choo loong choo

River water

ཅུ་རྩུག།

chu.rgyus

chu gyue

Ligaments and tendons

ཅུ་འབྲམ།

chu.'gram

chu dram

River bank, shore, coast (lit. near water)

ཅུ་གནན་དབྱུགས།

chu.gnyan.dkrugs

choo nyen took

Disturbing the plague-causing water demons

ཅུ་སྟིང་།

chu.snying
chu nying
Achates

ཅུ་མདོག་།

chu.mdog
chu dok
Colour of the urine

ཅུ་གཏོར་།

chu.gtor
choo tor
Ritual water offerings of
milk, water and roasted barley
prepared in a brass container

ཅུ་ཕྱིག་།

chu.sdig
chu dik
Charybdis Japonica

ཅུ་སྟོང་།

chu.stod
chu toe
Poorva shada, Kaus-Aust; one
of the 27 constellations.

ཅུ་རོ་།

chu.rdo
chu do
Lit. water stone
It refers to smooth pebbles
in water which are not
exposed to the sun

ཅུ་སྟོང་ཟླ་བ་།

chu.stod.zla.ba
chu toe dwa
Asar, 6th month of the
Tibetan lunar calendar

ཅུ་སྦུར་།

chu.sbur
chu boor
English Name: Aquatic
beetle,
Scientific Name: Cybister
tripunctatus orientalis gschew
Uses: It has potency to cures
diseases associated with
nerves, dysuria and
constipation.

ཅུ་དེ་བ་།

chu.de.ba
chu dey wa
A synonym for Saussurea
hieracioides Hook f.
(*sngo.spyi.zhur*).

ཕྱ་བོ་ཡན་ལག་བརྒྱད་ཐུན།

chu.bo.yan.lag.brgyad.ltan

chuwo yen lak gey den

Eight qualities of supreme water

- 1) *bsil.ba*-cool
- 2) *yang.ba*-refreshing
- 3) *zhim.pa*-sweet
- 4) *jam.pa*-smooth
- 5) *dang.ba*-clear
- 6) *dri.nga.ba.med.pa*-free of bad odour
- 7) *'thung.na.mgrin.pa.la bde.ba*-soothing to throat to drink
- 8) *'thung.na.lto.ba.la.bde.ba*-harmless to stomach to drink

ཕྱ་བྱི།

chu.byi

choo ji

Arvicola terrestris

ཕྱ་མ་རྩི།

chu.ma.rtsi

choo ma tsi

Skt. Name: Amla parni

Botanical Name: *Rheum*

Pumilum Maxim

Taste: Sour to astringent

Potency Smooth

Uses: It purges third stage oedema and lymph fluid.

ཕྱ་སྐད།

chu.smad

chu mey

Uttara shada, Nunki

It is one of the 27 constellations.

ཕྱ་རྩ།

chu.rtsa

choo tsa

Hindi Name: Amlavetasa

Botanical Name: *Rheum spiciforme Royle*

Taste: Bitter to sour

Potency: Cool

Uses: It purges epidemic diseases, and is beneficial in treating indigestion, wounds and flatulence.

ཕྱ་རྩ་སྐྱ་གུ་ཅན།

chu.rtsa.sbu.gu.chen

choo tsa boo gu chen

The tubular channels, the anterior branch of water channels

ཕྱི་ཚེས་ཉེར་ལྔ་པའི་ལཱ་

chu.rtsa.phran.bu.bcu.drug

chu tsa ten boo chu duk

The sixteen minor water channels

choo tsoe

Hour

Six *dbugs* (breath) is equal to
one *chu.srang* (minute), sixty
chu.srang is equal to one
chu.tshod (hour)

ཕྱི་ཕྱི་གཡུང་བ།

chu.rtsi.gyung.ba

chu tsi yoong wa

Polygonum hookeri Moissn

ཁུ་ཡི་འབྲུལ་འཁོར།

chu.yi. 'phrul. 'khor

chu yi tool khor

Water Wheel Therapy, in which a patient is placed under a waterfall or cold shower

ཕྱི་ཆར།

chu.tsban

choo tsen

Hot spring

ཕྱི་རབས།

chu.rag

chu rak

Dam, dike

ཕུ་ཚན་རིགས་ལྟ།

chu.tshan.rigs.lnga

choo tsen rig nga

The Five kinds of hot springs

1. Coal and calcite
2. Coal and sulphur
3. Coal, calcite and sulphur
4. Coal and mineral exudate
5. Coal, calcite, sulphur and realger

ཕྱ་རིགས་བདུན།

chu.rigs.bdun

chu rik dun

The seven kinds of water

The following seven major classifications of water are arranged in terms of their quality from the superior to the inferior:

- 1) *char.chu*-Rain water
- 2) *gangs.chu*-Snow water
- 3) *chu.kelung.chu*-Melted snow water

- 4) *chu.mig.chu*-Spring water
 5) *khron.pa'i.chu*-Water from Well
 6) *bar.tsha'i.chu*-Sea water, and
 7) *shing.gi.chu*-Forest water

ཁུ་རུག་

chu.rug

choo rook

Cardamine macrophylla wild

ཁུ་རུག་སྤལ་ལག་

chu.rug.sbal.lag

choo rook bel lak

Botanical Name: Ranunculus
 tricuspis

Taste: Sweet

Potency: Neutral

Uses: It dries accumulation of
 serous fluids and is beneficial
 in treating hot disorders
 associated with tendons and
 ligaments, subside bone fever,
 relieves inflammation and
 reduces joint pain due to
 rheumatism and elephantiasis.

ཁུ་ལོ་

chu.lo

chulo

Botanical Name: Himalayan
 rhubarb (Leaves)

Taste: Sour to astringent

Potency: Neutral

Uses: It is useful in the
 treatment of fever associated
 with wounds, constipation,
 indigestion, cures *Bad-kan*
 disorders, promotes appetite
 and kills harmful micro-
 organisms.

ཁུ་ཤིང་།

chu.shing

choo shing

A synonym of '*om.bu*
 (*Myricaria bracteata* Royle).

ཁུ་ཤེལ་།

chu.shel

choo shel

Crystallum, crystal moon
 stone

ཁུ་བསིལ་།

chu.bsil

choo sil

Cool water from snow and
 glacier

ཁུ་སེར་།

chu.ser

choo ser

Lymph; serous fluid, Skt.
 lasika

A straw coloured fluid which circulates in the body to lubricate and cleanse it. The normal amount of required serum in the body is two cupped handful of an individual.

ཕུ་སེར་དཀར་པོ།

chu.ser.dkar.po
chu ser kar po
White serum

A disease which is caused by increased *rlung* and *bad.kan* after intermingling with increased serum.

ཕུ་སེར་གྱི་འགྲོ་ལུགས།

chu.ser.gyi. 'gro.lugs
chu ser gi do luk
The lymphatic system

ཕུ་སེར་ནག་པོ།

chu.ser.nag.po
chu ser nak po
Black serum

A disease which is caused by intermingling of increased bile fluid, blood and heat within the body.

ཕུ་སེར་ནད།

chu.ser.nad
chu ser ney.
Lymph or serous fluid disorders

A disease characterised by small, flat pimples, itching, swelling of various parts of the body, dark and rough skin, loss of hair and eyebrows.

ཕུ་སེར་གཤམ་རིངས།

chu.ser.gsha'.rings
chu ser sha ring
Blood letting vessels known as deep set channels of serum

ཕུ་སེར་སྒྲན་གསུམ།

chu.ser.sman.gsum
choo ser man soom
A collective name of three medicines for serous fluids
1) *spos.dkar*-Shorea robusta gaetn
2) *thal.ka.rdo.rje*-Cassia tora Linn
3) *s o . m a . r a . r d z a -*
Abelmoschus moschatus L. medic

ལུ་སོ།

chu.so

choo so

Genito-urinary tract, the urine-genital, urogenital

The opening of urinary tract where urine passes (a system comprising the urinary organ and the genetalia).

ལུ་སྤང་།

chu.srang

chu sang

Minute

Six *bdugs* (breaths) is equal to one *chu.srang* (minute)

ལུ་སྤྲིན།

chu.srin

choo sin

Capricorn

It is one of the twelve zodiac signs and is symbolized by a crocodile.

ལུ་སྤྲིན་སྤེར་སོ།

chu.srin.sder.mo

choo sin der mo

Claws of crocodile, *Gavialis gangeticus* (Gmelin)

ལུང་དུར།

chung.dur

chung door

Disposing the dead bodies of infants

ལུ་འི་དཀྱིལ་ཁོར།

chu'i.dkyil.'khor

chu yi kyil khor

The mandala of the water element

ལུ་འི་སྤྱིང་པོ།

chu.'i.snying.po

chu yi nying po

The essence of water

According to the Kalachakra system the essence of water element is 'WAM'

ལུ་འི་ལྷང་ཚད་ཟད་པ།

chu.'i.ldang.tshad.zad.pa

chy yi dang tsey zey pa

Dehydration, consumption of water required in the body

ལུ་འི་དྲི།

chu'i.dri

chue dee

Smell of urine, urine odour

ཆུ་མེ་དྲོག

chu'i.me.tog

chu yi metok

Bubbles of urine (lit. flowers of water)

ཆུ་འཕྲུལ་

chu'i.rlangs

chue lang

Urine vapour (lit. water vapour)

ཆུར་ཁུ

chur.khu

choor khoo

Whey

This residue of water from cheese eliminates phlegm diseases without negatively effecting wind and bile.

ཆུར་བྱིང་བའི་སྤང་ཚུལ་

chur.bying.ba'i.snang.tshul

chur jing wey nang tshool

A feeling of being drawned in water (one of the death signs)

ཆོ་ག

cho.ga

choga

Prescription of rites and procedures of performing religious rituals and daily activities to achieve goals

ཆོས་

chos

choe

1) Phenomena

2) Dharma or religion

ཆོས་སྤྱུ

chos.sku

choe koo

The Truth Body; the foundation of all qualities

It has two kinds—the natural truth body and the wisdom truth body of Buddha

ཆོས་སྤྱོད་

chos.skyong

choe kyong

The protector or defender of Dharma

ཆོས་སྒྲོགས་པ་

chos.klogs.pa

choe lokpa

Reading of holy scriptures

ཚས་ཀྱལ།

chos.rgyal

chogyal

The Dharma or the religious
kings

ཚས་ཀྱལ་བདུན།

chos.rgyal.bdun

chogyal dun

The seven Dharma kings

- 1) Dawa Sangpo
- 2) Lhawang
- 3) Zeejee Chen
- 4) Dawey Jing
- 5) Lhey Wangchuk
- 6) Natshok Zook
- 7) Lhey Wangden

ཚས་ཀྱལ་ལྷ་བ་བཟང་པོ།

chos.rgyal.zla.ba.bzang.po

chogyal dawa sangpo

The Dharma king Dawa
sangpo

He was the one who
requested for the Kalachakra
Root Tantra.

ཚས་ནིད།

chos.nyid

chonyi

Intrinsic nature, empty nature

ཚས་དབྱིངས།

chos.bdyings

choe ying

The sphere of reality

ཚས་ལ་སྟོན་པ།

chos.la.spyod.pa

choe la choe pa

Practicing the Dharma

ཚས་སྒྲུལ།

chos.sman

chomen

Spiritual and Dharma
medicines

མཆན་འོག

mchan.'og

chen vok

Armpit

མཆིན་མཁྲིས་འདོམས་ཙ།

mchin.mkhris.'dom.rtsa

chintee dom tsa

Blood letting vessels at the
confluence of the liver and
gall bladder

མཆིན་མཁྲིགས།

mchin.mkhregs

chin tek

Liver cirrhosis (lit. hardening
of the liver)

མཆིན་གཉན།

mchin.gnyan

chin nyen

Hepatitis

A condition characterised by
inflammation of liver

མཆིན་དྲི།

mchin.dri

chin dee

Diaphragm

A thin curtain like flesh
separating the upper and
lower chest

མཆིན་དྲི་དཀར་པོ།

mchin.dri.dkarpo

chin di karmo

Upper white coloured section
of the diaphragm

མཆིན་དྲི་ཁྲ་བོ།

mchin.dri.khra.bo

chin di ta wo

Intermediate two-coloured
section of the diaphragm

མཆིན་དྲི་ནག་པོ།

mchin.dri.nag.po

chin di nakpo

Lower black coloured section
of the diaphragm

མཆིན་ནད།

mchin.nad

chin ney

Hepatic disease, Liver
disorders

མཆིན་པ།

mchin.pa

chinpa

Liver, the main seat of
complexion cleaning bile.

མཆིན་པའི་བཅུད་ལེན།

mchin.pa'i.bcud.len

chinpey chue len

Hepatic tonic

མཆིན་པའི་ཚུ་ཅ་ཕྱན་བྱ།

mchin.pa'i.chu.rtsa.phran.bu

chin pey choo tsa tenbu

Minor water channels of the
liver

མཆིན་ཚད་ཐུར་བབས།

mchin.tshad.thur.babs

chin tsey thur bab

Discending of liver fever into
the small intestine

མཆིལ་མང་།

mchil.mang

cheel mang

Excessive salivation

མཆིན་པ་ཞོ་ཤ།

mchin.pa.zho.sha

chin pey shosha

Entada phaseoloides Linn

མཚུ།

mchu

choo

Regulas, Magha

It is one of the 27
constellations.

མཆིལ་འདོར།

mchil.'dor

childhor

Spitting

མཚུ་སྟུང་།

mchu.snyung

choo nyoong

Pointed beak myrobalan

Syn. *char.* 'dod.bye. 'u

མཆིལ་བ།

mchil.ba

chil wa

Passer montanus S. Baker
passerine

Syn. of *nas.zan* (Common
sparrow)

མཚུ་དྲོ།

mchu.to

choo toh

Lip (a flower of the spleen
organ)

མཆིལ་མ།

mchil.ma

cheel ma

Saliva

མཚུ་ཟླ།

mchu.zla

choo da

Magh; the first month of the
Tibetan Lunar Calendar

མཚུ་ཡིས་སྐྱོ་བའི་ཕྱེ།

mchu.yis.rko.ba'i.sde

chu yi kowey dey

A group of birds which dig
for food with their beaks

མཆེར་རུར།

mcher.zur

cher zur

Edge of the spleen

མཆེ་བ།

mche.ba

che wa

1) Incisors (Four out of
thirty two human teeth
are incisors)

2) Tusk of animals like
elephant

མཆོད་རྟེན།

mchod.rten

choe ten

Stupa

མཆོད་རྫས།

mchod.rdzas

choe zey

Items of offering

མཆེར་ནད།

mcher.nad

cher ney

Spleenic diseases

མཆོང་།

mchong

chong

Latin Name: Achates

(a kind of precious stone)

Taste: Astringent

Potency: Cool

Uses: It treats epilepsy,
headaches and eye disorders.

མཆེར་པ།

mcher.pa

cher pa

Spleen

མཆེར་བའི་ཁུ་རྩ་ཕྱན་བུ།

mcher.ba'i.chu.rtsa.phran.bu

cher wey choo tsa tren boo

Minor water channels of the
spleen

འཆང་པ་པོ།

'chang.pa.po

chang wa bo

Holder

འཆང་པ་པོ་བཞི།

'chang.pa.po.bzhi
chang wa po shi
The four holders

- 1) *Drang.song.nak.po*
- 2) *Drang.song.phur.bu*
- 3) *Drang.song.che.nak*
- 4) *Drang.song.thor.chok*

འཆར་བ།

'char.ba
char wa
To appear or rise

འཆི་ཁ།

'chi.kha
chi kha
A time of death, the point of
dying

འཆི་ཁུ།

'chi.chu
chi choo
Urine which indicates death
sign

འཆི་ལྟས།

'chi.ltas
chi tey
Death signs, signs of death

འཆི་ལྟས་སྣང་བ།

'chi.ltas.snang.ba
chi tey nang wa
Experiencing the signs of
impending death

འཆི་བདག།

'chi.bdag
chi dhak
Yama, the lord of death

འཆི་ནད།

'chi.nad
chee ney
A fatal disorders

འཆི་འཕོ།

'chi.pho
chee fo
To transmigrate death

འཆི་བ།

'chi.ba
chi wa
Death
An irreversible breakage of
the link between the mind and
the body.

འཆི་བ་ངོས་ལེན།

'chi.ba.ngos.len
chi wa ngoe len
Accepting death

འཆི་བའི་སྦྲུང་།

'chi.ba'i.sbyor
chi wey jor
The combination of death
When the connection between
the element of weekday (*gza*)
and moon constellation
(*zla.skar*) is Fire and Water, it
is known as the combination
of death.

འཆི་བའི་བསྐྱོག་ཐབས།

'chi.ba'i.bzlog.thabs
chi wey dok thab
Means of averting death

འཆི་མེད་སྦྲིན་སེལ།

'chi.med.srin.sel
chin mey sin sel
Eliminator of undying micro-
organism
Ingredients: *sman.chen*, *a.ru*,
ru.rta, *bla.rtsi*, *shu.dag.nag.po*,
byi.btang.ka,
Nature: Neutral
Uses: It is used against
diseases associated with

micro-organism and gastro-
intestinal cramps.

འཆི་མེད་ཨར་བརྒྱུད།

'chi.med.ar.brgyad
chi mey ar gey
Undying Eaglewood Eight
Ingredients: *ar.nag*, *tang.kun*,
a.gar.go.snyod, *ko.byi.la*, *a.ru.ra*,
ru.rta, *spos.dkar*, *tsher.sngon*,
gur.gum,
Nature: Slightly cool
Uses: It is used against upper
back pain resulting from
blood-*rlung* disturbances.

འཆི་བསྐྱུ།

'chi.bslu
chi loo
To ransom life of an animal,
to deceive death,
It is a kind of ritual to
deceive the lord of death and
prolong one's life.

ཇ།

ཇ།

ja

ja

Tea, (patients should avoid strong black tea on the eve of urinalysis)

ཇ་ཤིང་།

ja.shing

jashing

Camellia Sinensis O. Ktze

ཇི་སྙེད་པ།

ji.snyed.pa

ji nye pa

All conventional objects, all phenomena except emptiness

ཇི་སྙེད་པ་མཁྱེན་པའི་ཡེ་ཤེས།

ji.snyed.pa.mkhyen.pa'i.ye.shes

ji nye pa khien pey ye shey

Understanding of the phenomenas

ཇི་ལྷ་བ།

ji.lta.ba

ji tawa

An object as it is; refers to the ultimate truth

ཇི་ལྷ་བ་མཁྱེན་པའི་ཡེ་ཤེས།

ji.lta.ba.mkhyen.pa'i.ye.shes

ji tawa khien pey yeshe

The understanding of the ultimate truth

ཇི་ལྷར།

ji.ltar

ji tar

1) How (lit. like what)

2) In the manner

ཇི་སྲིད་འཛོ་བའི་བར་དུ་མི་ཤིག་པའི་ཐིག་ལེ།

ལེ།

ji.srid.'tsha.ba'i.bar.du.mi.shig.pa'i.thig.le

jisi tsowey bardhu mishik pey thik le

The drop which is indestructable for the duration of one's life

མཇིང་པ།

mjing.pa

jing pa

Neck

མཇིང་པའི་ཁྱ་ལེབ།

mjing.pa'i.chu.leb

jing pey chu leb

Flat tendons of the neck

མཇེ་ནུབ།

mje.nub

je nub

Shrinking of the penis

འཇག་མ།

'jag.ma

jak ma

Reeds

འཇམ་སྐུག།

'jam.skyug

jam kyuk

Mild emetic therapy

འཇམ་པ།

'jam.pa

jampa

Soft, smooth

འཇམ་དཔལ་དབྱངས།

'jam.dpal.dbyangs

jampel yang

Manjushri

Jampel Yang is the embodiment of all the Buddha's wisdom.

འཇམ་འབྲས།

'jam.'bras

jam drey

Skt. Name: Karanjua

Hindi Name: Karanja

Botanical Name: Caesalpinia

Crista

Taste: Hot to astringent to bitter

Potency: Warm

Uses: It treats renal diseases.

འཇམ་འབྲས་སུལ་རིས་ཅན།

'jam.'bras.sul.ris.can

jam drey sul ri chen

Pongamia pinnata, Glabra

འཇམ་རྩི།

'jam.rtsi

jam tsee

Medicinal enema with oil; mild suppository, mild laxative

འཇའ།

'ja'

jaa

Rainbow

འཇམ་བྱེད་ཙ།

'ja'.byed.rtsa

ja jey tsa

The channels of lameness

འཇམ་བྱེད།

'jal.byed

jel jey

According to the Kalachakra system, the measure of outer form are: the eight minute particles equal one fine particle, eight fine particles equals one hair tip, eight hair tips equals one *ketse* seeds, eight *ketse* seeds equal one louse, eight louse equals to one barley seed, eight barley seeds equals finger's width, 24 finger widths equals one cubit, four cubits equals length of one bow, 2000 bow lengths equals one earshot, four earshots equals one league.

འཇིག་དངངས།

'jig.dngangs

jik ngang

Fear and anxiety

འཇིག་ལྷས།

'jig.ltas

jik tey

Signs of the death

འཇིག་རྟེན།

'jig.rten

jikten

The universe (lit. the basis of destruction)

འཇིག་རྟེན་མཁའ་སྐྱོད་པ།

'jig.rten.mkha'.skyod.pa

jigten kha kyoe pa

Astronaut

འཇིག་རྟེན་ཆགས་ཚུལ།

'jig.rten.chags.tshul

jikten chaktsul

Evolution of the Universe

འཇིག་རྟེན་འབྱུང་རིམ།

'jig.rten.'byung.rim

jikten joong rim

Cosmic evolution

འཇིག་རྟེན་ལས་འདས་པ།

'jig.rten.las.'das.pa

jikten ley dey pa

The supramundane (lit. beyond the wordly activities)

འཇིག་མེད།

'jig.med

jik me

Terminalia chebula (lit. the fearless one)

འདུ་བ།

'ju.ba

juwa

Digestion (to digest food)

འཇིབ་རྩི།

'jib.rtsi

jib tsi

Dracocephalum H.

Uses: It subside fever of liver, oral infection and fever associated with toothache.

འདུ་བྱེད་མཁྲིས་པ།

'ju.byed.mkhris.pa

jujey tee pa

Digestive bile

Location: Between stomach and the large intestines (i.e., small intestine, duodenum, gall bladder, liver and pancreas)

འཇིབ་རྩི་དཀར་པོ།

'jib.rtsi.dkar.po

jibtsi karmo

Dracocephalum H. Benth (white)

Function: It is responsible for digestion, regulation of the body temperature, separating essential nutrients and wastes from ingested food and drinks, promotes bodily heat, and supports the remaining four *mkhris-pa* to carry out their normal functions.

འཇིབ་རྩི་ཆེན་པོ།

'jib.rtsi.chen.po

jibtsi chenpo

Saivia pratti Hemsl.

འདུག།

'jug

jook

Enter (entering)

འདུ་སྟོབས།

'ju.stobs

joo tob

Power of digestion/digestive strength

འདུག་སྟོ།

'jug.sgo

jook go

Gate of entry (door of entry
for the diseases)

རྩེ་ངར།

rje.ngar

je ngar

A long knife-shaped bone in
the arms and legs (from the
wrist to arms of hands and
from ankles to knees in legs)

འདུག་སྒོ་བྱུག་

'jug.sgo.drug

jook go drook

Six pathways of diseases

1. A disease spreads on the

skin (*pags.la.gram*)

2. Develops in the muscle

tissues (*sha.la.rgyas*)

3. Moves through the vessels

(*rtsa.ru.rgyu*)

4. Affects the bones

(*rus.la.zhen*)

5. Descends to vital organs

(*don.la.babs*)

6. Falls into hollow organs

(*snod.du.lhung*)

རྩེ་ཞབས།

rje.zhabs

je shab

The base or stem of the brain

རྩེ་རིགས།

rje.rigs

jerig

Aristocrat

འཛོག་པོ།

'jog.po

jok po

A kind of Naga or *klu*

It refers to the king of naga

(skt. Naga raja)

རྩེན་ཟས།

rjen.zas

jen zey

Raw food like salads, radish
and onion (uncooked food)

འཛོལ་མོ།

'jol.mo

jolmo

Finch, fringillidae or bunting

(*Emberiza* sp.)

བརྩེད།

brjed

jeý

Amnesia or loss of memory

བརྗེད་བྱེད་ཀྱི་གདོན།

brjed.byed.kyi.dgon

je jey ki don

Demons of Amnesia (lit.
demons that cause
forgetfulness

ཉ།

ཉ།

nya

nya

1) Fish

2) Tendon, sinew

3) Pisces; one of the twelve
zodiac signs and is
symbolised by a fish.

ཉ་གང་ཟླ་བ།

nya.gang.zla.ba

nya gang dawa

Full-moon day, 15th of a
Tibetan Lunar month

ཉ་ལྷིབས།

nya.lcibs

nya chib

Skt. Name: Seep Bara

Scientific Name: Spirogyra
varians 'Hossall' Kutzing

Uses: It heals burns and dries
up lymph fluid.

ཉ་སྟིང་།

nya.snying

nya nying

Muscles of the calf
(Gastrocnemius area)

aim is to attain nirvana for
themselves.

ན་སྟོང་བརྟུང་།

nya.stong.brgyad

nya tong gey

A collective name for 8th
(*brgyad*), 15th (*nya*) and 30th
(*stong*) days of a Tibetan
Lunar month

ནན་མི་བདུབ།

nyan.mi.btub

nyen mi toob

One who cannot obey
instruction

ན་ཕྱིས།

nya.phyis

nya chi

Mother of pearl

Uses: It prevents loss of
cerebral fluids, nervous
disorder and cure poisoning.

ནམ་དམད།

nyam.dmad

nyam mey

To reduce weight

ན་འོག་།

nya.'og

nya vok

Muscles of the lower calf
(peroneus)

ནམས་པ་མ་ནིང་།

nyams.pa.ma.ning

nyampa maning

Eunuch or castrated
hermaphrodite

ནམས་ཐག་།

nyams.thag

nyamthak

Poor and the needy

ནན་ཐོས།

nyan.thos

nyen thoe

Skt. Sravaka, Hearer

Those who actually heard
Buddha's teaching and
propagate it to others. Their

ནལ་པོ་སྟོད་པ།

nyal.po.spyod.pa

nyelpo choe pa

Sexual intercourse

ནི་རྐང་།

nyi.rkang

nyi kang

Lit. foot of the sun

ནི་དྲེལ་།

nyi.dkyil

nyi kil

The Sun Mandala

Ingredients: *se.'bru, lca.ba, sug.smel, ra.mnye, shing.tsha, nye.shing, ba.spru, pi.pi.ling, gze.ma, gur.kum*

Nature: Very warm

Uses: A compound which is beneficial in treating indigestion, abdominal tumour, three stages of oedema, nephrosis, diarrhoea, arthritis, serous fluid diseases, micro-organism disorders, pain in kidneys, waist, urinary bladder and urethral orifice, intermittent urination in small quantity and promotes digestive heat.

ནི་ཁྲིམ་།

nyi.khyim

nyi khim

The Sun sign

ནི་དགའ་།

nyi.dga'

nyi ga

Marsh mallow; A synonym for *bod. lcam* (*Malva verticillata* L.)

ནི་དག་།

nyi.dag

nyidak

The Sun's corrected position; *nyi.dag* shows the exact location where the sun enters a particular zodiac sign

ནི་རྩོམ་སྤྱུལ་།

nyi.dros.sbrul

nyi doe dool

Snake hour (9.a.m.-10. a.m.)

ནི་ལྷོག་འཁོར་ལོ།

nyi.ldog.'khor.lo

nyi dhok khorlo

The wheel of the solstice

ནི་ནག་།

nyi.nag

nyi nak

Black day

ནི་ནུབ།

nyi.nub

nyi noob

Sun set

ནི་ནུབ་བྱ།

nyi.nub.bya

nyi noob ja

Bird hours, sun set (5-6 p.m.)

ནི་མ།

nyi.ma

nyima

Skt. Name: Ravi

Sun

ནི་མ་མེ་ཏོག།

nyi.ma.me.tog

nyi ma mey tok

Sun Flower

Taste: Sweet

Potency: Warm

Uses: It restores weak bodily constituents and kidney energy, strengthen nervous system and muscle tissues, treats excessive production of sputum and mucus, giddiness resulting from *rlung* disturbance, ringing sound in the ears and subside

distension and swelling during pregnancy.

ནི་མ་ལྷོ་བྱང་བསྐྱོད།

nyi.ma.lho.byang.bgrod

nyima lhojang doe

The course of the sun to the south and to the north

ནི་མའི་ཚོགས་འཁོར།

nyi.ma'i.tshogs.'khor

nyi mey tshok khor

The solar system comprising the sun around which are the nine planets revolving in their orbits

ནི་མའི་འོད་ཟེར།

nyi.ma'i.'od.zer

nyimey voe zer

The rays of the sun

ནི་མུར་སྤེལ།

nyi.myur.sprel

nyi nyoor tel

Evening, a little before dusk (3-4 p.m.) Monkey hours

ནི་འཛིན།

nyi.'dzin

nyi zin

Solar eclipse

ཉི་ཟླ།

nyi.zla

nyi da

The sun and the moon

ཉི་ཟླ་འཛིན་པའི་རྩིས།

nyi.zla. 'dzin.pa'i.rtsis

nyi da zinpey tsee

Calculations of the solar and
lunar eclipses

ཉི་ཤར་འབྱུག།

nyi.shar. 'brug

nyishar drook

Sun rise (7-8 a.m.), Dragon
hours

ཉིན།

nyin

nyin

Day

ཉིན་དགུང་།

nyin.dgung

nyin goong

Mid day (a manifesting time
of bile disorders)

ཉིན་དགུང་མཚན་དགུང་།

nyin.dgung.mtshan.dgung

nyin goong tsen goong

Noon and mid-night

A manifesting time of bile
disorders, during which the
heat of bile should be
counter-acted by medications.

ཉིན་འགོ།

nyin. 'go

nyin go

The beginning of the day

ཉིན་གཉིད།

nyin.gnyid

nyin nyee

Sleeping during the day time

ཉིན་ཐུང་སྐབས།

nyin.thung.skabs

nyin thung kab

Period when the day
becomes short

ཉིན་ཐུང་ཤོས།

nyin.thung.shos

nyin thoong shoe

The shortest day

The day is shortest during
Winter solstice.

ཉིན་ཕྱེད་དཀྱིལ་

nyin.phyed. rta

nyin chey ta

Horse hours, Noon (11-12
Mid day)

ཉིན་ཚད་

nyin.tshad

nyin tsey

Duration of a day

ཉིན་མཚན་

nyin.mtshan

nyin tsen

Day and night

ཉིན་མཚན་སྒྲིབ་སེལ་

nyin.mtshan.stobs

nyin tsen tob

Power of day and night

ཉིན་མཚན་མཉམ་པ་

nyin.mtshan.mnyam.pa

nyin tsen nyam pa

The time of the equinox,
when the day and night
become equal

ཉིན་ཞག་

nyin.zhag

nyin shak

Solar day

It is equal to one complete
rotation of the sun around its
axis, from dawn (*nam.lang.yos*)
until to next dawn, a period
of time equal to sixty major
clepsydra measures of time
or 24 hours cycle; 21600
breaths are taken within a
solar day.

ཉིན་ཞག་གཟུང་ལྔ་

nyin.zhag.gza'.lnga

nyin shak za nga

The five planets of a solar day

ཉིན་ཞག་འཕུ་གཅིག་

nyin.zhag.'phru.gcig

nyin shak troo chik

One solar day

It refers to a day of twenty
four hours.

ཉིན་ཟླ་

nyin.zla

nyin da

Solar month

The solar months are
determined according to the
transit time of sun's entry
into the twelve zodiac signs.

ཉིན་རིང་ཤོས།

nyin.ring.shos

nyin ring shoe

The longest day

The day is longest at Summer
solstice day (*dbyar.nyi.ldog*).

ཉིན་རིང་སྐབས།

nyin.ring.skabs

nyin ring kab

A time when the days
become long

རྒྱུང་ངུའི་རྩིས་མགོ།

nyung.ngu'i.rtsis.mgo

nyung ngue tsee go

Initial standard year

རྒྱུང་མ་ནར་སོན།

nyung.ma.nar.son

nyoong ma narson

Hindi Name: Shal kam

English Name: Matured
turnip

Botanical Name: Brassica
rapadepressa

Taste: Sweet

Potency: Heavy to cool

Uses: The matured turnip,
being heavy and cool, raises
phlegm disorders, but it

prevents and protects all
kinds of poisoning.

རྒྱུང་མ་གཞོན་རྒྱ།

nyung.ma.gzhon.nu

nyoongma shon noo

English Name: Fresh young
turnip

Botanical Name: Brassica
rapadepressa

Taste: Hot to sweet

Potency: Warm

Uses: It, being light and
warm, increases digestive heat
but prevents all types of
poisoning.

རྒྱུང་མའི་ས་བོན།

nyung.ma'i.sa.bon

nyung mey sa bon

Seeds of turnip

ཉེ་རྒྱ།

nye.rgyu

nye gyoo

Near cause

It refers to the three humours
which are responsible for the
health and diseases.

ཉེ་བའི་ཉོན་མོངས་པ།

nye.ba'i.nyon.mongs.pa

nye wey nyon mong pa
Secondary afflictions

ཉེ་ཤིང་།

nye.shing

nye shrink

Skt. Name: Satavari

Hindi Name: Satavar

Botanical Name: Asparagus
Racemosus willd

Taste: Sweet to bitter

Potency: Neutral to warm

Uses: It is used against
accumulation of excessive
serous fluid, debility, pain in
kidney and waist, polyurea,
skin eruptions, itching,
bronchitis, chronic
pulmonary disorders and
prolongs life span and
promotes vitality.

ཉེར་ལེན་གྱི་རྒྱ།

nyer.len.gyi.rgyu

nyer len ki gyoo

Substantial cause

ཉེས་པ།

nyes.pa

nye pa

Afflictions, Fault or humours,
Skt. dosha

ཉེས་པ་ཀུན་སེལ།

nyes.pa.kun.sel

nyepa kunsel

Eliminator of all bad energy

It is also called *srid.pa .ho* in
Tibetan or *thangka* of
protection which, is displayed
on various auspicious and
inauspicious occasions in
order to ward off evil
influences and usher in
prosperity. Most Tibetan
people stick or hang this
thangka on the entrance door.

ཉེས་པ་འབྲུགས་པ།

nyes.pa.'khrugs.pa

nye pa trook pa

Disturbance of the humours

ཉེས་པ་དངོས་སྟོན།

nyes.pa.dngos.ston

nyepa ngoe ton

Examination techniques to
reveal the actual humoral
nature of diseases

ཉེས་པ་གསུམ།

nyes.pa.gsum

nyepa soom

The three humours

It refers to the fundamental Tibetan medical concept (*rlung, mkhris.pa* and *bad.kan*) that describes all existence in terms of states or conditions that are different but mutually dependent; tradition Tibetan medicine aims to restore balance to these contrasting aspects of the body and mind.

ནེས་པའི་ལས།

nyes.pa'i.las

nye pey ley

Functions of the humours

Humours are biological manifestations of the five elements and are responsible for all the psychological and physiological functions of the body.

ནེས་གསུམ་གསེ་བའི་སྐབས།

nyes.gsum.gso.ba'i.skabs

nye soom sowey kab

A section on the treatment of diseases caused by the three humours

ཉོན་མོངས།

nyon.mongs

nyon mong

Skt. Klesa, Delusion, affliction

A state of mind that causes turmoil and disturbs the mental peace, happiness and physical health

ཉོན་མོངས་པའི་སྐྱབ་པ།

nyon.mongs.pa'i.sgrib.pa

nyong mong pey dipa

Delusive obscuration which prevents one from liberation from the cyclic existence

ཉོན་མོངས་པའི་ཡིད།

nyon.mongs.pa'i.yid

nyon mong pey yee

Worldly ego-producing consciousness

It is one of the eight consciousnesses.

ཉོན་མོངས་གསུམ།

nyong.mongs.gsum

nyon mong soom

The three delusions:

- 1) Delusions arising from other delusions
- 2) Delusions arising from karma
- 3) Delusions arising from birth

གནན།

gnyan

nyen

- 1) A wild sheep (*Ovis ammon Hodgsoni* Blyth)
- 2) Plague causing demons

གནན་གླང་།

gnyan.glang

nyen lang

Infectious abdominal spasms
(of the stomach and small intestine)

གནན་ཐུབ་པ།

gnyan.thub.pa

nyen thub pa

Sedum bulbiferum Mkino

Uses: It cures skin diseases
and wart.

གནན་འདུལ་བ།

gnyan.'dul.ba

nyen dool wa

Botanical Name:

Phyllophyton complanatum
(Dunn) Kudo

Taste: Hot to bitter

Uses: It cures pain due to
infection, angina, disorders of
micro-organism and fever.

གནན་ནད།

gnyan.nad

nyen ney

Severe disease; viral and
bacterial diseases

This disease occurs due to
conflict between an outer
harmful micro-organism so
called *Par pa ta* and the internal
micro-organism, resulting in
the imbalance of humours.

གནན་པའི་གནད།

gnyan.pa'i.gnad

nyen pey ney

Vital parts or vital organs

གནན་རིམས།

gnyan.rims

nyen rim

Microbial and contagious
diseases

གནན་རིམས་བཅོ་བརྒྱད།

gnyan.rims.bco.brgyad

nyen rim cho gey

Eighteen vulnerable and
infectious diseases

གནན་ཤ།

gnya'.sha

nya sha

Muscles of the shoulders

Lit. yoke or cervical part of
the trapezium

གནིད་སྒམ།

gnyid.srab

nyi sab

Light sleep

གནིད་ཆག་པ།

gnyid.chag.pa

nyi chakpa

Insufficient sleep

གནི་མ།

gnye.ma

nye ma

Rectum, Sigmoid colon

གནིད་ཐུག་སྐབས་ཀྱི་ཐིག་ལེ།

gnyid.thug.skabs.kyi.thig.le

nyi thug kab ki thigle

A drop arising from deep
sleep (also known as mind
drop “*sems.thug.gi.thig.le*”)

གནིན་པོ་ཕན་གཞོན་མེད་པ།

gnyen.po.phan.gnod.med.pa

nyenpo phen noe mey pa

Placebo treatment – a kind
of treatment which is neither
beneficial nor harmful. It is
generally followed in clinical
research.

གནིད་ཡེར།

gnyid.yer

nyee yer

Insomnia

གནིན་པོའི་རྒྱས་པ།

gnyen.po'i.nus.pa

nyen poe noo pa

Antidotal power

གནིད་ལོག

gnyid.log

nyi lok

Cartoid

A vulnerable blood vessels of
the cartoid artery, which
causes loss of consciousness
when pressed.

གནིན་མེད་བྱེས་སུ་འབྲམས་པ།

gnyen.med.byes.su.'khyams.pa

nyemey jey soo khyampa

One who wanders abroad
without friends

མཉམ་པ།

mnyam.pa

nyam pa

Equal

མཉམ་གཉིས།

mnyam.gnyis

nyam nyee

The two equinox

1) Spring equinox

(dpyid.mnyam)

2) Autumn equinox

(ston.mnyam)

རྟིང་།

rnying

nying

Chronic; lit. old

རྟིང་ཚད།

rnying.tshad

nying tshey

Chronic fever

རྟོགས་ཚད།

rnyogs.tshad

nyok tshey

Complicated fever; turbid fever

སྤྱའེ་རྩ་བ།

snya.lo'i.rtsa.ba

nya loe tsa wa

Aconogonum sp. (Root of Aconogonum sp.)

Uses: It subside fever of the vessel organs and dysentery due to hot elements.

སྤྱི་བ།

snyi.ba

nyi wa

Botanical Name: Codonopsis Vinciflora

Taste: Sweet

Potency: Neutral

Uses: It is used against infectious common cold, pharyngitis, hot disorders of the thoracic region and nerves, chronic fever, anorexia, fever of the lungs and improves the sense perception of the nose.

སྤྱིང་།

snying

nying

Heart; the seat of pervasive wind and the determining bile

སྙིང་ག་ཚེས་ཀྱི་འཁོར་ལོ།

snying.ga.chos.kyi.'khorlo

nying ga choe kee khorlo

The wheel of phenomena at the heart

This chakra is located at the heart and is commonly known as the "the wheel of Dharma". It is white in colour and triangular in shape with three knots formed by the two parallel side channels. It has eight branch channels.

སྙིང་གའི་འཁོར་ལོ།

snying.ga'i.'khor.lo

nying gey khor lo

Heart wheel or chest wheel (Dharma wheel)

སྙིང་གི་ཚུ་རྩ་ཕྱན་བུ།

snying.gi.chu.rtsa.phran.bu

nying gi choo tsa tren boo

Minor water channels of the heart

སྙིང་ཚུ།

snying.chu

nying choo

Pericardic effusion

སྙིང་རྗེ།

snying.rje

nying jey

Compassion – a thought that all sentient beings acquire happiness

It is one of the four boundless practices of a Tibetan doctor.

སྙིང་སྟོབས་ལྷན་པ།

snying.stobs.ldan.pa

nying tob denpa

Courage; laden with strength

སྙིང་སྟོབས་ཞན་པ།

snying.stobs.zhan.pa

nying tob shen pa

Feeble stamina, lack of courage

སྙིང་འདར།

snying.'dar

nying dar

Palpitation of the heart

སྙིང་ནད།

snying.nad

nying ney

Cardiac disorders or heart disease

སྟིང་སྤ།

snying.sna

nying na

Various hearts (good for heart elements)

སྟིང་ཞོ།

snying.zho.sha

nying shosha

Skt. Name: Lapshi

English Name: Hog Plum

Botanical Name:

Choerospoldia axillaris

Taste: Sweet to sour

Potency: Neutral

Uses: It is used against carditis.

སྟིང་གཟེར།

snying.gzer

nying zer

Angina

A condition characterised by severe pain radiating from heart

སྟིང་རྩུང་སྟོད་ལ་འཆང་ས་བ།

snying.rlung.stod.la.'tshangs.ba

nying loong toe la tshang wa

Crowding of heart *rlung* in the upper chest

སྟིང་གསང་།

snying.gsang

nying sang

A moxibustion point at seventh vertebra which is associated with heart; performing of moxibustion at this point cures violent heartbeat, shivering of the body, mental instability and loss of consciousness

སྟིང་སྟིན།

snying.srin

nying srin

One of the seven cardiac diseases, which is caused by micro-organisms and has symptoms of violent heartbeat accompanied by severe pain

སྟིམ་པ།

snyim.pa

nyim pa

Cupped handfuls

It is a kind of ancient measurement in Tibet.

སྟེ་ནག།

snye.nag

nye nak

A synonym of *sa.rxi.ka*
(ustilago nuda (Jens) rostr)

༥༡

སྟོམ།

snyom

nyom

Lassitude (lethargic, laziness)

ཏ་ལ་ཚེར་མ་ཅན།

ta.la.tsher.ma.can

tala tsher ma chen

A thorny palm tree

Dreaming of a palmyra tree
growing from one's heart is
one of the signs that one has
come under the influence of
the Lord of Death.

སྟོམས་འདུག།

snyom.jug

nyom jook

Skt. Samapatti; meditative
absorption or a single pointed
concentration

ཏང་ཀུན་དཀར་པོ།

tang.kun.dkar.po

tang koon karmo

Botanical Name:

Umbelliferae

Taste: Hot

Potency: Cool

Uses: It is used against hot
disorders of the heart, fever
due to poisoning, *rlung*
disorders, and combined
disorder of *rlung* and *bad.kan*.

སྟོམས་པ།

snyoms.pa

nyom pa

Harmony or balance
(equilibrium)

བརྟེན་པ།

brnyed.pa

nye pa

Quotient, syn. *thobnor*

ཏང་ཀུན་ནག་པོ།

tang.kun.nag.po

tang koon nakpo

Botanical Name:

Sinolimprichtia alqina wolff,

Peucedanum sp. (black)

Uses: See *tang.kun.dkar.po*

ཏྲ་ཀལ།

tat.kal

tey kal

Ascendant

དི་ཏི།

ti.ti

ti tih

Pseudopodoces humilis
(Hume)

It is claimed that its blood and
flesh cures hoarseness of
voice.

དི་མུ་ས།

ti.mu.sa

tee moo sa

Botanical Name: Delphinium

Caeruleum Jacq.ex.camb

Taste: Bitter

Uses: It controls severe
dysentery, heals sores and
prevents lice.

དི་ཚ།

ti.tsha

tee tsha

Latin Name: Zincum

(spaleritum)

Taste: Sweet

Potency: Neutral

Uses: It is used against
wounds, accumulation of
serous fluid, blurred vision
and conjunctivitis. It also
eliminates toxins from the
body and neutralises
mercury's harmful affects.

དི་ཚ་སྒྲོན་པོ།

ti.tsha.sngon.po

tee tsha ngon po

Smith sonitum

དི་ཚ་དམར་པོ།

ti.tsha.dmar.po

tee tsha marpo

Zincitum

དི་ཚ་སེར་པོ།

ti.tsha.ser.po

tee tsha serpo

Spaleritum (Sphaletitum)

དི་ཚའི་ཐལ་བ།

ti.tsha'i.thal.ba

tee tshey thel wa

Ash of Spaleritum

Uses: It treats blurred vision, conjunctivitis, wounds and accumulation of lymph.

ནི་ལོ།

ti.lo

tee lo

Mustela eversmanni Lessen
An animal which mainly survives on milk and meat.

ནིག་དྲ།

tig.ta

tik tah

Hindi Name: Chirata

Botanical Name: *Swertia Chirata*

Taste: Bitter

Potency: Cool

Uses: It alleviates all types of fever associated with *mkhrispa*.

ནིག་དྲ་བརྒྱུད་པ།

tig.ta.brgyad.pa

tik ta gey pa

Swertia Chirata Eight

Ingredients: *tig.ta, gser.me, bong.dkar, ru.rta, rtsa.mkhris, hong.len, par.pa.ta, skyer.shun, ka.ra*

Nature: Cool

Uses: It cures *mkhris-pa* with headache, inflammation, fever, nausea, bitter taste in mouth, yellow colouration and lethargy, and promotes appetite and liver efficiency.

ནིག་དྲེ་ཐང་།

tig.ta'i.thang

tig tey thang

Decoction prepared from *Swertia chirata*

ནིང་ངེ་འཛིན།

ting.nge.'dzin

ting nge zeen

Deep meditation

A condition in which the concentration is singularly pointed on an object of meditation

ནི་ལ།

til

teel

Skt. Name: Tila

Hindi Name: Til

English Name: Sesame

Botanical Name: *Sesamum indicum*

Family: Pedaliaceae

Taste: Sweet

Potency: Warm

Uses: It treats *rLung* disorders, debility, uterine fibroid, dermatological diseases, hair loss and restores body strength.

ཏིལ་སུམ།

til.snum

teel noom

Skt. Name: Tila

Hindi Name: Til

English Name: Sesame oil

ཏིལ་དཀར།

til.dkar

teel kar

Hindi Name: Safeth Til

Botanical Name: Sesamum indicum

Taste: Sweet

Potency: Hot

Uses: Similar use as above.

ཏིལ་འབྲུ།

til.'bru

teel doo

English Name: Sesame seed

Botanical Name: Sesamum indicum

Taste: Sweet

Potency: Warm

Uses: It enhances vitality and cures *rlung* diseases.

ཏིལ་ནག།

til.nag

teel nak

Hindi Name: Kala Til

Botanical Name: Sesamum indicum

Uses: It corrects wind imbalance, promotes digestive heat, enhances memory; restores bodily strength, relieves constipation, increases the semen, smoothens the skin and prevents greying of hair.

ཏིལ་འབྲུ་དཀར་ནག།

til.'bru.dkar.nag

teel doo kar nak

White and black sesame seeds

ཏིལ་མར།

til.mar

teel mar

Sesame oil

Taste: Sweet

Potency: Warm

Uses: It is generally recommended for skinny people to gain weight and on

the other hand to lose the weight of fat people. It strengthens the body and cures *rlung* and *badkan* diseases.

གར་ཁ།

gtar.kha

tar kha

Blood letting; venesection
It is mainly used against disorders of bile and fever.

གར་ཁའི་གསང་།

gtar.kha'i.gsang

tar khey sang

Blood letting points

There are seventy seven major blood letting points which are clearly mentioned in the *rGyud.bZhi* (The Four Tantras)

གཏི་མུག།

gti.mug

ti mook

Ignorance

A severe misconception or a negative mental state which blocks the knowledge of reality; it is the root cause of physical illness and mental delusions

གཏུམ་མོ།

gtum.mo

toom mo

1) Fire of psychic heat

2) Angry woman

གཏེར།

gter

ter

Mine, ore deposit, treasure

གཏེར་སྟོན།

gter.ston

ter ton

Revealer of hidden treasure

གཏེར་སྒུམ།

gter.snum

ter noom

Mineral oil

གཏེར་སྒྲུབ་པ།

gter.sbas.pa

ter bey pa

To hide treasure

གཏོར་མ་བརྒྱག་པ།

gtor.ma.brgyag.pa

tor ma gyak pa

To cast out *torma* offerings

གཏོར་མ།

gtor.ma

tor ma

Ritual cake (or sacramental cake)

རྩ་དཀར་པོའི་མིག་པ།

rta.dkar.po'i.rmig.pa

ta kar poe mik pa

Hooves of a white horse
(*Equus Caballus*)

གཏོར་གཙོད།

gtor.gcod

tor chod

Antidotes, remedial measures

རྩ་མགིན།

rta.mgrin

tam drin

Hayagriva

A protector of the medicinal
elixir (Lit. horse's neck)

བདང་སྙོམ་མ།

btang.snyoms

tang nyom

Equanimity

An equal feeling to all the patients to be freed from attachment, suffering etc.). It is one of the four boundless practices of a Tibetan physician.

རྩ་རྒོད་དཀུས་སུ་འཇུག་པ།

rta.rgod.dkyus.su.'dzud.pa

ta goe kyoo soo zue pa

To make an untamed horse
run (wild horse)

རྩ།

rta

ta

Horse; one of the twelve animal signs in Tibetan astrology

རྩ་རྩེ་ལ།

rta.rte'u

ta te voo

A mare with a foal (*Equus Caballus Orientalis* Maack)

རྩ་མཐུར།

rta.mthur

ta thoor

Blood letting point (a branch of the saphenous veins called 'Horse's Halter').

རྩ་ལྟག་པག་ལ།

rta.lpag

ta pak

Botanical Name:

Lamiophlomis rotata (Benth)

kudo (Lit. Horse's skin)

Uses: It sustains trabecular bones (*lha.ba*) and draws out lymph accumulation.

accumulation and treats diseases caused by pathogens.

རྩ་བོན་པ།

rta.bon.pa

ta bonpa

Horse fetlock, horse's ankle bone (Equus Caballus)

Uses: It cures anterior transposition of the calf muscle.

རྩ་ལྟག་པག་དཀར་པོ།

rta.lpag.dkar.po

tapak karmo

Botanical Name: Oreosolen watti

Taste: Sweet to Bitter

Potency: Neutral

Uses: It strengthens bones, dries up excess lymph and cures *rlung* disorders and diseases caused by pathogens.

རྩ་མིག་ལ།

rta.rmig

ta mik

1) Botanical Name: Viola biflora Linn

Uses: It heals wounds, cures headache, joins fractured bones and closes the openings of the channels.

2) Horse's hoof

Uses: It cures tumours and subdues nagas

རྩ་ལྟག་པག་ནག་པོ།

rta.lpag.nag.po

ta pak nakpo

Botanical Name: Phlomis rotata

Taste: Sweet to astringent

Potency: Neutral

Uses: It sustains trabecular bones, heals fractured bones, draws out lymph

རྩ་མིག་ཆེ་བ།

rta.rmig.che.ba

ta mik chewa

Hindi Name: Kushrya

Botanical Name: Caltha Scaposa

Uses: It constricts the openings of the channels.

རྟ་བཞི་དམར་པོ།

rta.bxi.dmar.po

ta zee marpo

Pony Fuddled Red pill

Ingredients: 'dzin.pa, rgya.tshos, btsod, stag.sha, tsher.sngon, gla.rtsi, gul.nag, hong.len, spang.rtsi, a.ru, gya'.kyi.ma, bong.dkar, dug.nyung, ru.rta, ma.nu, mtshal.btul.ma

Nature: Cool

Uses: It treats combination of contagious and febrile diseases, inflammation of lungs and influenza, yellow fever, diptheria, inflammation of muscular tissues, painful swelling and is an anti-pyretic.

རྟ་ཟླ་བ།

rta.zla.ba

ta dawa

Horse month; 3rd month of the Tibetan Elemental Astrology

རྟ་ག་ཏུ།

rta.gu

tak ngoo

Botanical Name: Drosera Peltata

Taste: Sweet to bitter

Potency: Neutral

Uses: It is used against anemia, weak perception of the sensory organs, restores physical vigour and maintains the balance of three principal energies.

རྟ་ག་ལོངས།

rta.gongs

tak long

Constant motion

རྟ་ས་བརྟལ་པ།

rtas.brdab.pa

tey dab pa

Being thrown by a horse

རྟིང་ཅུ།

rting.chu

ting choo

Achilles tendons

རྟ་འི་འོ་མ།

rta'i.'o.ma

tey vo maa

Mare milk (Equus asinus)

Uses: It heals malfunctioning of the lungs but may cause mental confusion and dullness. It is also used against wind disorders.

རུག་སྐམ་པ།

rtug.skam.pa

took kampa

Constipation

A condition characterized by discomfort and difficulty in passing stools.

རུག་རྩི།

rtug.dri

took dree

Flatulence

རྟེན།

rten

ten

Sex (i.e. male, female and neutral)

རྟེན་རྩུང་སྦྱོང་པ།

rten.drung.spyod.pa

ten droong choe pa

Sexual intercourse in front of sacred images

རྟེན་འབྱུང་།

rten.'byung

ten joong

Dependent origin

Anything that arises depend upon causes and conditions

རྟེན་འབྲེལ།

rten.'brel

ten drel

Links of dependent, dependent phenomena

Any thing that exists in dependence upon other things.

རྟེན་འབྲེལ་བཅུ་གཉིས།

rten.'brel.bcu.gnyis

ten drel choo nyee

The twelve links of dependent origination

1) *ma.rig.pa* – Ignorance

2) *'du.bye.d.kyi.las* – Connecting karma

3) *rnam.shes* – Consciousness

4) *ming.gzugs* – name and form

5) *skye.mched* – Sources of perception

6) *reg.pa* – Contact

7) *tshor.ba* – Feeling

8) *sred.pa* – Craving or desire

9) *len.pa* – Grasping or indulgence

10) *srid.pa* – Existence or procreation

11) *skye.ba* – Birth

12) *rga.shi* – Aging and death

རྟོགས།

rtogs

tok

Comprehension, intrinsic awareness, to understand, (*rig.pa*)

རྟོལ།

rtol

tol

Ox or hybrid bull, dzomo (*Bos Taurus q*)

Uses: Its meat cures wind disorders.

ལྷ་ན་སྤྱག

lta.na.sdug

ta na dook

Sudarsana, the citadel of Bhaisajyaguru. (lit. "Beauty to behold")

ལྷ་སྤྱོད།

lta.spyod

ta choe

Theory and practice, view and behaviour

ལྷ་བ་ཕྱིན་ཅི་ལོག

lta.ba.phyin.ci.log

ta wa chin chee lok

Erroneous views (wrong views)

ལྷ་རིག་མི་རུང་བའི་ལོ་རྟོགས།

lta.reg.mi.rung.ba'i.lo.rtags

ta rek mee roong wey lo tak

The animal signs (those who bear certain animal signs) which are not allowed to touch and attend the funeral of the dead (what signs are barred is astrologically calculated)

ལྷག་པ།

ltag.pa

tak pa

Occipital

ལྷག་པའི་སྤྱ་གཞོབ།

ltag.p'i.spu.gzhob

tak pey poo shob

Burnt hair from the nape of the neck

ལྷག་ཙ།

ltag.rtsa

tak tsa

Vein leading to the back of the neck (blood letting occipital vessels)

ལྷག་རལ།

ltag.ral

tak rel

A vein at the back of the head;
Blood-letting from this vein
cures severe headache, tooth
ache, and ear infections.

ལྷག་རུས་འབྱར་པོ།

ltag.rus.'bur.po

tak rue boor po

Prominent occipital bone

ལྷར་ལྷར་པོ།

ltar.ltar.po

tar tar po

- 1) an elongated shape
- 2) three weeks old foetus

ལྷར་སྤང་འཕྲལ་ནད།

ltar.snang.'phral.nad

taar nang tel ney

Superficial disorders,
ostensible diseases,
(there are 101 types of this
disorder)

One can correct these
disorders without resorting
to medication and accessory
therapy by simply following
proper diet and behavioural
patterns.

ལྷས་ངན།

ltas.ngan

tey ngen

bad signs, inauspicious omens

ལྷེ་བ།

lte.ba

tey wa

Umbilicus; The formation of
the umbilical cord takes place
in the fifth week.

ལྷེ་བ་གཅོད་པ།

lte.ba.bcod.pa

tey wa choe pa

Cutting the umbilical cord;
well experienced mid-wife is
needed during the delivery of
a child to cut the umbilical
cord

ལྷེ་བའི་འཁོར་ལོ།

lte.ba'i.'khor.lo

tey wey khorlo

The navel wheel or charka
This chakra is located at the
navel and is known as navel
wheel. Its center is round and
has total of sixty four branch
channels. It corresponds to
the physical level of the solar
plexus, which is called 'second

brain' because it represents a well-developed structure of the nervous system. This ten-petalled lotus is associated with the fire element.

ལྷོ་བ་སྤུལ་བའི་འཁོར་ལོ།

lte.ba.sprul.ba'i.khor.lo

tey wa tool wey khorlo
The Wheel of Emanation

ལྷོ་སྤྱེ་བ།

lto.skya.ba

to kya wa
Poor nutrition

ལྷོ་ཁུང་།

lte.khung

tey khoong
Navel cavity or navel hole

ལྷོ་ཆག་པ།

lto.chag.pa

To chak pa
Fasting, lack of food in time

ལྷོ་བ།

lto.ba

to wa
Bowel

ལྷོ་བ་སྤྱོས་པ།

lto.ba.sbos.pa

to wa boe pa
Distension of the abdomen

སྤག་

stag

tak
Tiger; one of the twelve animal signs in Tibetan Elemental Astrology

སྤག་མ།

stag.ma

tak maa
Botanical Name:
Rhododendron przewalskii Maxim.

སྤག་མའི་མེ་དོག་

stag.ma'i.me.tog

tak mey me tok
Botanical Name:
Rhododendron przewalskii Maxim (flower)
Uses: It dries pus and accumulation serous fluids in the chest.

སྤག་ཚེར།

stag.tsher

tak tsher

Botanical Name: *Solanum xanthocarpum*, *Robus idaeus*

སྒྲ་གཟིག་མེ་ཏོག

stag.gzig.me.tog

tak zik metok

Botanical Name: *Lilium lancifolium*

Taste: Sweet to Bitter

Potency: Cool

Uses: It is used against chronic pulmonary diseases, excessive blood-stained sputum and fever.

སྒྲ་ལྷ་བ།

stag.zla.ba

tak dawa

Tiger month, 11th month and beginning to the year according to Tibetan Elemental Astrology

སྒྲ་ཟེལ་ག་བུར།

stag.zil.ga.bur

tak seel ga boor

Botanical Name: *Nagi camphora*

སྒྲ་ཤ།

stag.sha

tak sha

Lit. tiger flesh

Botanical Name: *Oxytropis reniformis* P.C.Li

Taste: Bitter

Uses: It heals wounds, infectious disorders (*gnyan.nad*) and poisoning.

སྒྲ་ཤ་དཀར་པོ།

stag.sha.dkar.po

tak sha karmo

Botanical Name: *Oxytropis micro phylla* PALL

Taste: Bitter

Potency: Cool and is highly poisonous

Uses: It is used to treat infectious fever, inflammation, swelling, leprosy, serous fluid disorders, haemorrhage, fractured bones, wounds, poisoning and dysentery.

སྒྲ་ཤ་ནག་པོ།

stag.sha.nag.po

tak sha nakpo

Oxytropis sp (Black); (same medicinal value as above)

སྒྲ་སེང་།

stab.seng

tab seng

Botanical Name: Encommia
Ulmoides

Taste: Bitter to astringent

Potency: Cool

Uses: It heals fractured bones,
subsides bone fever, beneficial
to the disorders of eyes and
alleviates thirst.

སྤང་ཇིལ།

stang.zil

tang zil

Botanical Name: Lithayrum

Taste: Astringent

Potency: Cool

Uses: It is recommended for
head injuries, haemorrhage
and vomiting.

སྤོན་སྒའ་ཙོག་འདུག་པ།

stan.srab.tsog.'dug.pa

ten sab tsok dook pa

Squatting on a thin mat

སྤབ་སིང་།

stab.seng

tab seng

Encommia Ulmoides

It joins fractured bones and
controls osteitis

སྤར་ག།

star.ga

tar ga

Skt. Name: Aksoda, akshota

English Name: Walnut

Botanical Name: Juglans regia
L.

Taste: Sweet to Astringent

Potency: Neutral to Oily

Uses: It cures wind disorders,
contraction of limbs,
constipation, swelling of the
limbs and restores bodily
constituents.

སྤར་བུ།

star.bu (gnam.star)

taar boo

Hindi Name: Dhurhuk

English Name: Seabuck
Thorn

Botanical Name: Hippophae
Rhamnoides

Taste: Sour

Potency: Neutral, sharp and
light

Uses: It draws out sputum,
controls blood clots, excess
phlegm accumulations,
subside fever, brown phlegm,
pulmonary diseases,
bronchitis, colic and blood
cysts.

སྐར་བུ་བཅུ་དགུ།

star.bu.bcu.dgu

tar boo choogoo

Sea Buck Thorn Nineteen

Ingredients: *chu.rtsa, star.bu, ze.tsha.btul.ma, sga.skya, lcum.rtsa, ru.rta, tsa.la.btul.ma, byang.bul, gla.ba'i.mjug.rus, gyer.ma, ma.gi.ta, rgun.'brum, mda'.rgyus.'am.'o.mo.se, rgya.tsha, rgyam.tsha, mtshal.btul.ma, 'phang.dkar.'bras.bu, ma.nu, a.ru,*

Nature: Warm

Uses: A compound which cures indigestion, abdominal distension, blood tumour, belching, loss of appetite, irregular flow of menstruation and fibrosis of uterus.

སྐར་བུ་བར་སྐར།

star.bu.bar.star

tar boo bar tar

Botanical Name: Hippophae neurocarpa

སྐར་བུ་ས་སྐར།

star.bu.sa.star

tar boo sa tar

Botanical Name: Hippophae tibetiane schleche

སྐྱང་།

stong

tong

1) Empty

2) Thousand

སྐྱང་སྐྱུགས།

stong.skyugs

tong kyook

Empty emesis (nauseous sensation)

སྐྱང་ནིད།

stong.nyid

tong nyee

Emptiness (liberation from the illusion of self-grasping or self identity and the actualization of non-self, non-identity)

སྐྱང་ཆད།

stong.tshad

tong tshey

Empty fever (void fever)

སྐྱང་ཟིལ།

stong.zil

tong zeel

Botanical Name: Corydalis thyriflora

Taste: Bitter

Potency: Cool

Uses: It is recommended against cold disorders, infections, cholecystitis and hidden fever.

སྟོད་དཀར།

stod.dkar

toe kar

Hindi Name: Katha

Botanical Name: Acacia
catchu (Concentrated
decoction)

སྟོད་གཟེར།

stod.gzer

toe zer

Severe pain in the upper body

སྟོན་ཀ།

ston.ka

ton ka

Autumn season (a manifesting
time of bile and pacification
time of wind)

སྟོན་མཉམ།

ston.mnyam

ton nyam

Autumn equinox

It is the day when the day and
night becomes equal and
appears in 8th Lunar month.

སྟོན་དུས།

ston.dus

ton dhue

Autumn season (during which
the bile accumulated during
the summer season begins to
rise)

སྟོན་པ།

ston.pa

ton pa

Teacher or founder (often
refers to Buddha)

སྟོན་ཚད།

ston.tshad

ton tshey

Autumn heat

སྟོན་ཟླ་གསུམ།

ston.zla.gsum

ton da soom

The three autumn months 5th,
6th and 7th months according
to the elemental Tibetan
Astrology ('byung.rtsis)

སྟོབས།

stobs

tob

Strength or force

(refers to the sun and moon)

When the connection between the element of the weekdays (*gza*) and constellation (*zla.skar*) is Fire – Air, it is known as the combination of power.

སྟོབས་སྐྱེད།

stobs.skyed

tob key

Tonic (lit. strength giving)

བད་བྱ།

brta.bya

taa jaa

To gain weight or strength

སྟོབས་སྐྱེད་སྦྲུང་།

stobs.skyed.sman

tob key men

Medicinal tonic, Vitamin tonic

བདག་སྒྲོ།

brtag.sgo

tak go

The door of diagnosis of examination

སྟོབས་ཅུད།

stobs.cud

tob chue

Regenerative fluid

བདག་ཐབས་མི་ཤེས་།

brtag.thabs.mi.shes

tak thab mee shey

Ignorant of diagnostic methods

སྟོབས་ཉམས་པ།

stobs.nyams.pa

tob nyam pa

General debility

བདག་པ།

brtag.pa

tak pa

Examination or diagnosis

སྟོབས་ལྷན་སྦྱར།

stabs.ldan.sbyor

top den jor

The combination of power

བདག་པ་རྩ་ཆུའི་མདོ།

brtag.pa.rtsa.chu'i.mdo

tak pa tsa choe do

Two unique means of
diagnosis in Tibetan Medicine

1. *rtsa* – diagnosis through
pulse (sphygmology) and
2. *chu* – urine analysis
(urology)

The great scholar *sTag – tsang*
Lotsawa, venerated by many
including the fifth Dalai Lama
for his intelligent work, said
that the diagnosis of pulse
and urine didn't come from
India but was founded by
Tibetan doctors who led
Buddhicitta way of life.

བརྟག་གཞི།

brtag.gzhi

tak shee

The basis of diagnoses or
examination

བརྟག་ཡུལ།

brtag.yul

tak yool

Location or a subject of
examination

བརྟག་ཚུལ།

brtag.tshul

tak tshool

The methods or means of
diagnosis

བརྟན་པོའི་རྩལ་པ།

brtan.po'i.dreg.pa

ten poe dek pa

A synonym of *rdo.dreg*
(*Parmela tinctorum* Despr)

It is a kind of lichen and acts
as an antidote and antipyretic.

བརྟན་དུ་མི་ཞིག་པའི་ཐིག་ལེ།

brtan.du.mi.zhig.pa'i.thig.le

ten doo mee shig pey thig ley

The indestructible drop

བརྟན་པ།

brtan.pa

ten pa

Stable, firm

བལྟ་བ།

blta.ba

tawa

Inspection (observation
through tongue, urine etc.)

བལྟ་གནས་བཅའ་བ།

blta.gnas.btsal.ba

ta ney tsel wa

Locating the examination spot

བསྐྱན་པའི་གནས་ཚད།

bstan.p'i.gnas.tshad

ten pey ney tshey

Duration of the spreading of the Dharma

བསྐྱན་འགོ།

bstan.'gro

tendo

A collective name for the Dharma and living beings

བསྐྱན་རྩིས།

bstan.rtsis

ten tsee

Chronology

བསྐྱན་པ།

bstan.pa

tenpa

1) The Dharma

2) To show

བསྐྱེན་པ།

bsten.pa

tenpa

Reliance on, depend upon

བསྐྱན་པ་སྔ་དར།

bstan.pa.snga.dar

ten pa nga dhar

The spread of early Buddhism into Tibet

རྩེམ་དཀར།

trem.dkar

trem kar

An extremely cold natured rheumatism

བསྐྱན་པ་ཕྱི་དར།

bstan.pa.phyi.dar

ten pa chee dhar

The later stage of spreading of Buddhism in Tibet

རྩེམ་ནག།

trem.nag

tem nak

A kind of rheumatism with high imbalance in blood, bile accompanied by fever (Tib. *kehmag.mkhris.tsha.ba.che.ba*)

བསྐྱན་པ་བཞིག་པ།

bstan.pa.bshig.pa

ten pa shik pa

Destruction of the Dharma

ཐ།

ཐ་སྐར།

tha.skar

tha kar

- 1) Aswini, Aries; one of the 27 constellations
- 2) Asvini, the celestial physician who was present during Buddha's teaching on medicine

ཐ་ཚུང་བཞི།

tha.chung.bzhi

tha choong shee

The last four animals
(*tha.chung*) i.e. Ox, Sheep, Dog
and Dragon

ཐ་སྟྱན།

tha.sprin

tha tin

Botanical Name: *Pedicularis
rhinanthoides*

Taste: Sweet to astringent

Potency: Cool

Uses: It treats oedema,
chronic and new wounds and
stomach problems.

ཐ་རམ།

tha.ram

tha ram

Botanical Name: *Plantago
depressa* willd

Taste: Sweet to astringent

Potency: Cool

Uses: It controls fever, excess
sputum and cough, stops
diarrhoea, heals wounds and
dries serous fluids.

ཐང་།

thang

thang

Decoction

ཐང་ཚུ།

thang.chu

thang choo

Resin of tree

ཐང་ཆེན་ཉེར་ལྔ།

thang.chen.nyer.lnga

thangchen nyer nga

Great Decoction Twenty
Five

Ingredients: *a.ru, ba.ru, skyu.ru,
ma.nu, gur.gum, gser.me, se.'bru,
bse.yab, phag.khrag, re.ral, 'u.su,
rgya.tig, ru.rta, sug.smel, hong.len,
kyi.lce.dkar.po, bong.dkar,*

*par.pa.ta, lug.mig, gang.chung,
ba.sha.ka, ut.pel, 'om.bu,
pring.ku, brag.shun, sha.skam*

Nature: Neutral

Uses: A name of a compound that treats brown phlegm, chronic fever, compound poisoning, promotes appetite and balances body temperature.

ཐང་ཕྱོམ་དྭཀར་པོ།

thang.phrom.dkar.po

thang tom karmo

English Name: Thornapple

Botanical Name: *Przewalskia tangutica* Maxim

Taste: Sweet to bitter

Uses: It is used against infectious tissue degeneration, sores, swelling and as an aphrodisiac. It is also used against disorders caused by micro-organisms.

ཐང་ཕྱོམ་ནག་པོ།

thang.phrom.nag.po

thang tom nak po

Botanical Name: *Scopolia stramonifolia* (WALL)

SHRESTA

Taste: Bitter to sweet

Potency: Cool

Uses: It is an anthelmintic and cures infectious tissue degeneration, sores, swelling and used as an aphrodisiac. It relieves pain caused by pathogens in the gastroenteric region, toothache and inflammation.

ཐང་ཕྱོམ་ལང་ཐང་ཅེ།

thang.phrom.lang.thang.rtse

thang tom lang thang tse

Skt. Name: Yavani, khurasani

Botanical Name:

Hyoscyamus niger Linn

Taste: Bitter to sweet

Potency: Warm, sharp and poisonous

Uses: It is used to relieve pain due to pathogenic diseases, toothache, pharyngitis and treats malignant ulcers.

ཐང་མ་སྒྲོན་ཤིང་།

thang.ma.sgron.shing

thang ma don shing

English Name: Pine tree

Botanical Name: *Pinus Tabulaeformis*.

Uses: It relieves swelling due to wind and anemia and treats oedema, mental stress

and accumulation of lymph
in the joints.

ཐང་སྨན།

thang.sman

thang men

Medicinal shrubs, a category
of medicinal plants like
Rheum officinale Baili (*lcum*)

ཐང་ལ་འབར།

thang.la.'bar

thang la barr

Skt. Dhanvantari – a saint
who was present during
Buddha's teaching on
medicine. lit. blazing ground

ཐང་ཤིང་།

thang.shing

thang shing

Skt. Devadaru, Surahva (Pine
tree or Cedrus deodva)

ཐབས་ཤེས།

thabs.shes

thab shey

- 1) Means, method, way
- 2) Method and wisdom

ཐར་ནུ།

thar.nu

thar noo

Hindi Name: Tredhara
sehund/Dudhi

English Name: Chinese
spurge

Botanical Name: Euphorbia
wallichii Hook.f.

Taste: Hot

Potency: Warm, coarse and
highly poisonous

Uses: It is purgative and is
beneficial in treating fluid
retention, sudden swelling,
fungal infection of the skin
and rashes. Its calcinated ash
is anti-emetic.

ཐལ་ཀ་རོ་རྟེ།

thal.ka.rdo.rje

thel ka dorje

Skt. Name: Chakunda,
Chakramarda

Botanical Name: Cassia tora
Linn

Taste: Bitter

Potency: Neutral

Uses: It is an effective
treatment against
dermatological diseases,
arthritis, debility, diseases of
the serous fluid, rashes,

diseases caused by pathogen,
improves physical strength
and prevents epilepsy.

ཐལ་ཀ་རྡོ་རྗེ་མཚོག་

thal.ka.rdo.rje.mchog

thal ka dorje chok

Senna (Cassia tora)

It is a superior species.

ཐལ་ཀ་རྡོ་རྗེ་དམན་པ་

thal.ka.rdo.rje.dman.pa

thal ka dorje menpa

Pipthantus

It is an inferior species.

ཐལ་ཏྲེས་

thal.tres

thel tey

Indian sarsaparilla

(Heindesmus indicus)

A flower of pedicularis

Oliveriana prain (*lug.ru.smug.*

po) is also known as “*thal.tres*”

ཐལ་བ་

thal.ba

thel wa

Dust, ash

ཐལ་སྨན་

thal.sman

thel men

Medicinal ash or ash medicine

ཐལ་ཚ་

thal.tsha

thel tsha

Salt derived from (wood)

ashes

ཐི་བ་

thi.ba

thee wa

Plover (Wild pigeon)

ཐིག་ལེ་

thig.le

thik ley

Drops, the seminal or

reproductive fluid

(*khams.dkar.po*)

ཐིག་ལེ་ཆེན་པོ་

thig.le.chen.po

thik ley chenpo

Supreme seminal point

(located in the middle of the

heart)

ཐིག་ལེ་འི་མིང་།

thig.le'i.ming

thik ley ming

Lit. a name of zero (*klad.sgor*).

ཐིམ་པ།

thim.pa

thim pa

Absorb, dissolve or disappear

ཐུགས།

thugs

thook

Mind

ཐུགས་སྤྲུལ།

thugs.sprul

thuk tool

Emanation of Buddha mind

ཐུར་གྲིབ།

thur.grib

thoor deeb

Shadow stick

ཐུར་དཔྱད།

thur.dpyad

thoor chey

The spoon surgery of mild surgical methods

ཐུར་སེལ་རྩུང་།

thur.sel.rlung

thoor sel loong

The Downward-clearing Wind

Location: Genital area

Element: Earth

Actions: It is responsible for urination, defecation, movement of sperm and menstruation and activities related with child conception.

ཐུར་སེལ་ལོག་པ།

thur.sel.log.pa

thoor sel lokpa

Reversal of the downward clearing wind

ཐེ་བྲེང་གནོད།

the.breng.gnod

they deng noe

Harms from hail-causing demons

ཐེ་སེ།

the.se

the sey

A king of spirit (*sa.bdag*)

ཐེག་པ།

theg.pa

thek pa

1) Vehicle

2) To bear or to carry load

Bones (of human beings killed) by thunder bolts

ཐོང་ལྷགས།

thong.lcags

thong chak

Plough (i.e. Cast) iron

ཐོ་རེངས་སྐར་ཆེན།

tho.reng.skar.chen

tho reng kar chen

The morning star; Refers to Venus as it appears early morning in the eastern sky.

ཐོད་པའི་རུས་པ།

thod.pa'i.rus.pa

thoe pey rooe pa

Skull bone

ཐོ་རེངས་སྟག།

tho.rengs.stag

tho reng tak

Tiger hours, break of dawn (3-4 a.m)

It is the manifesting time of wind disorders.

ཐོར་ནད།

thor.nad

thor ney

A collective name for miscellaneous diseases which are not included in the major categories of diseases

ཐོག་ལྷགས།

thog.lcags

thok chak

Meteorite

Metal that falls from the sky when the lightning strikes.

ཐོས་པའི་སྟོབས།

thos.pa'i.stobs

thoe pey tob

Power of hearing

ཐོག་རུས།

thog.rus

thok rue

ཐོས་བསམ་སྒྲུབ་གསུམ།

thos.bsam.sgom.gsum

thoe sam gom soom

Three modes of practices

1) *thos* – to hear

- 2) *bsam* – to think
 3) *sgom* – to meditate

མཐིང་།

mthing

thing

Azurite, blue colour

མཐིང་རྒྱུས།

mthing.rgyus

thing gyue

Latin Name: Blue (Indian)

Asbestos

Uses: It heals disorders of ligaments and tendons.

མཐིལ་བཞི།

mthil.bzhi

thil shi

Four bottoms (i.e. palms of hands and soles of feet)

མཐོ།

mtho

tho

This is a measure of length used in former times in Tibet. One *mtho* refers to the distance measured from the tip of thumb to the tip of the outstretched index finger

མཐོང་གོམས་མེད་པ།

mthong.goms.med.pa

thong gom mey pa

Lacking observation of a master's skill (lacking experience)

མཐོང་རྩ།

mthong.rtsa

thong tsa

A vulnerable blood vessel at the oesophagus

མཐོང་ལམ།

mthong.lam

thong lam

Path of seeing

One of the five paths to enlightenment, where the practitioner experiences the reality for the first time

འཐག་པ།

'thag.pa

thak pa

To grind; to mill; powdering of medicinal ingredients

འཐིབ་འོག་ཚུད་པ།

'thib.'og.tshud.pa

thib ok tsue pa

Being buried (by an avalanche
or shrouded in darkness)

ད།

འཇུམ་གྱེབ་པ།

'thum.rgyab.pa

thoom gyab pa

Wrap (to wrap amulets or
precious pills in cloth)

དཀྱིལ་དཀྱིལ་

da.rgod

da goe

Botanical Name: *Arisaema
flavum*

Taste: Hot

Potency: Warm and
poisonous

Uses: It is used to treat
diseases caused by pathogens
and relieves swellings,
malignant ulcers and prevents
the outgrowth of bone cells
after bone setting (*rus.mdzer*).

དཀྱིལ་ཐིག་

da.trig

da tik

Hindi Name: Salab dana

Skt. Name: Sumach

Botanical Name: *Rhus
Javanica* Linn, *Rhus semialata*

Taste: Sour to sweet

Uses: It treats diarrhoea of
both hot and cold natures,
persistent vomiting and acute
asthma.

ད་ཁྱིག་ནེར་ལྷ་།

da.trig.nyer.lnga

da teek nyer nga

Schisandra Twenty Five

Ingredients: *da.trig, smag, ka.bed, dug.nyung, gser.me, brag.zhun, bong.dkar, mon.cha.ra, bya.rkang, brag.spos, spang.rtsi, a.wa, dom.mkhris, gur.gum, gla.rtsi, snya.lo, ba.le.ka, ga.dur, tha.ram, btsod, a.ru, ba.ru, skyu.ru, sle.tres, kan.ta.ka.ri, ma.nu*

Nature: Cool

Uses: A name of a compound that cures dysentery, infectious intestinal pain, intestinal fever and severe cases of diarrhea (gastro enteritis).

ད་བ།

da.ba

da wa

Botanical Name: *Arisaema flavum*

Taste: Hot

Potency: Warm

Uses: Its root is used to treat disorders caused by micro-organism as well as to extract bone excrescences and superfluous growth of flesh.

ད་བྱིད།

da.byid

da jee

Hindi Name: Rag mal

English Name: Male white snow frog

Latin Name:

Batrachuporus pinchonii David

Uses: It belongs to frog family and its flesh cures cold disorders of the waist and kidneys.

ད་ལིས་ནག་པོ།

da.lis.nag.po

dha lee nakpo

Botanical Name:

Rhododendron sp.

Taste: Hot

Potency: Warm

Uses: It is used to treat all kinds of cold disorders. Bath prepared from its leaves is useful in treating diphtheria and sudden swelling.

ད་ལིས་བརྩུ་བྱ།

da.lis.bcu.drug

daa lee choodook

Rhododendron Sixteen

Ingredients: *se.'bru, dza.ti, shing.tsha, sug.smel, pi.ling, li.shi,*

*cu.gang, gur.gum, sha.pho.ru.rta,
ar.gar.rig.nyis, snying.zho,
rgun.'brum, shing.mngar, ga.dur,
da.li, sdig.srin*

Nature: Neutral

Uses: A name of a compound which cures swelling of the body, oedema, abdominal cramps, indigestion, dizziness due to change in climate and location, distension of stomach, hoarseness of voice, cough and reduces body's weight by draining excess body fluids.

ན་དུ་ར།

dha.du.ra

da dura

Skt. Name: Dhatura

Hindi Name: Dhatura

English Name: Thorn apple

Family: Solanaceae

Botanical Name: *Datura stramonium* Linn

Taste: Bitter and hot to slightly sweet

Potency: Coarse and cool to sharp and is poisonous

Uses: See.

thang.phrom.lang.thang.rtse

ད་ལིས་བཙོ་བརྒྱད།

da.lis.bco.brgyad

daalee cho gey

Rhododendron Eighteen

Ingredients: *zhu.mkhan, da.lis, kyi.lce.dkar.po, shing.mngar, cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, tsan.dkar, tsan.dmar, a.ru, ba.ru, skyu.ru, btsod, tshos, ka.ra*

Nature: Neutral

Uses: A compound which cures nervous disorders, paralysis of the limbs, vasodilator and numbness.

ད་ལོ།

da.lo

dha lo

Current year or running year

དག་ཞིང་།

dag.zhing

dhak shing

Pure realms; the realm of the Buddhas

དང་ག་འགགས་པ།

dang.ga.'gags.pa

dhang ga gak pa

Lack of appetite

དང་ག་མི་བདེ་བ།

dang.ga.mi.bde.ba

dhang ga mee dey wa

Anorexia (loss of appetite)

དངས་མ།

dangs.ma

dhang ma

Plasma

It is the fundamental substance of the body. It contains essential nutrients from digested food and this liquid circulates throughout the body and nourishes all the tissues, organs and system. Although plasma is present throughout the body, it resides mainly in the heart, blood vessels, lymph system, skin and soft body tissues. It is one of the seven bodily constituents.

དད་པ།

dad.pa

dhey pa

Faith, belief

དན་ཁ།

dan.khra

dhen ta

Hindi Name: Erandah

Botanical Name: *Ricinus communis* Linn

Taste: Hot to bitter

Potency: Warm

Uses: It is used as an anesthetic and purgative against complex *Bad-kan* disorders like indigestion and stomach disorders.

དན་རོག།

dan.rog

dhen rok

Hindi Name: Jamalgota

Botanical Name: *Croton tiglium* Linn

Taste: Hot to bitter to sweet

Potency: Warm

Uses: It treats indigestion, chronic constipation and expels disorders of three humours through emesis and purgation.

དམ་ཚིག།

dam.tshig

dham tseek

A vow, pledge, commitment. It specifically refers to the sacred vows of the Dharma practitioners to perform

positive actions of body,
speech and mind.

དམ་པའི་ཚེས།

dam.p'i.chos

dham pey choe

The Dharma

དམ་སྒྲི།

dam.sri

dham see

Commitment-violating
demons

དར་གུད་བཅུ་གཉིས།

dar.gud.bcu.gnyis

dhar gue choo nyee

The twelve rises and falls, the
twelve progresses and
declines

1) *dbugs.len* – first breath

2) *mngel.gnas* – abide in the
womb

3) *lus.rdzogs* – completion of
the body

4) *brtsas.pa* – birth

5) *'khrus.byed* – take bath

6) *gos.gyon* – wear clothes

7) *las.byed* – working

8) *dar.ba* – progress

9) *gud.ba* – decline

10) *na.ba* – sickness

11) *shi.ba* – death

དར་གྱི་དཔུངས་ཐག་བཅུ་གསུམ།

dar.gyi.dpyangs.thag.bcu.gsum

dhar gee chang thak choo
soom

The thirteen hidden tendons
which resembles hanging
tassels or flags

1) *nying.dang.rgyu.mar.'brel.b'i.rlung.gi.
rtsa.bzhi*

– The four wind channels
connected to the heart and
small intestine

2) *blo.long.mchin.mkhal.lgang.la.
'brel.b'i.mkhris,p'i.rtsa.bzhi*

– The four bile channels
connected with the lungs,
large intestine, liver and bile

3) *pho.mcher.mkhal.lgang.la.'brel.
b'i.bad.kan.gyi.rtsa.bzhi*

– The four phlegm channels
connected to stomach,
spleen, kidney and urinary
bladder

4) *bsam.se'u.la.'brel.b'i.dus.p'i.
rtsa.bcig*

– One confluence channel of
the three humours connected
to the seminal vesicle.

དར་བ།

dar.ba

dhar wa

- 1) Rise, progress
- 2) Whey, butter milk

དར་བ་རས་པ།

dar.ba.ras.pa

dhar wa rey pa

Spoiled butter milk, spoiled whey

དར་མ།

dar.ma

dhar maa

Adult (middle age i.e. 16 -70 according to ancient text of Tibetan Medicine)

དར་ཡ་ཀན།

dar.ya.kan

dhar ya ken

Lit. means nector

It refers to various medicine with boundless qualities. There are twenty five nectors explained in the Tibetan medical texts. For example, *Lepidium apetalum* Willd (*khrag.khrog.pa*) is one kind.

དར་ཤིང་།

dar.shing

dhar shinG

Botanical Name: *Morus Alba* Linn

Uses: It controls fever of bones and cures gynaecological diseases.

དལ་ཀང་།

dal.rkang

dhel kang

Lit. Slow movement of the feet

དལ་བ།

dal.ba

dhel wa

Slow, gradual

དུ་བ་རྩལ་པའི་སྤྱབས་ཅན།

du.ba.rngubs.pa'i.sbuvs.can

dhoo wa ngup pey boob chen

Inhaling organs of mouth and nasal cavities in preparing fumigation

དུ་བ་མཐུག་རིང་།

du.ba.mjug.ring

doo wa joog ring

Comets

དུག

dug

dhook

Poisons

དུག་ལྷ་

dug.lnga

dhook nga

Five poisons

- 1) 'dod.chags – greed
- 2) zhe.sdang – hatred
- 3) gti.mug – ignorance
- 4) nga.rgyal – pride and
- 5) phrag.dog – jealousy

དུག་ཐབས།

dug.thabs

dhook thab

A disease which, though not caused by poisoning, still shows signs of poisoning like unease in the stomach and kidney, indigestion, skin turning black colour etc.

དུག་མོ་ལྷ་

dug.mo.nyung

dhook mo nyoong

Skt. Name: Inder joa

Hindi Name: Kalinga/Kutaja

Botanical Name: Holarrhena
antidysenterica Wall

Taste: Bitter

Potency: Neutral

Uses: It cures bile disorders, cholecystitis, controls feverish diarrhoea and used against hot disorders of the gall bladder.

དུག་ཚད།

dug.tshad

dhook tshey

Fever associated with poison
A disease resulted from combination of poison and heat.

དུག་གཟེར།

dug.gzer

dhook.zer

Botanical Name: Pedicularis
sp.

Taste: Sweet to astringent

Potency: Warm

Uses: It is beneficial for oedema, short breath, malnutrition, inflammation associated with the bones and limbs, pain associated with wounds and serous fluids and defeciet of urine and stool.

དུགས།

dugs

dhook

Compresses or fomentation
A therapy in which a patient receives hot compress on the stomach with heated salt wrapped in cloth etc. in case of hot fomentation and a cold compress by cold water

དུང་སྐྱར་ཀར།

dung.skar

dhoong kar

English Name: White conch shell

Scientific Name: *Rapana bezoar*

Taste: Hot

Uses: It breaks tumours, dry pu and lymphatic fluids, treats bone fever and is beneficial to the eyes.

དུང་གི་ཐོར་ཅོག།

dung.gi.thor.cog

dhoong gee thor chok

One of the earliest Tibetan physicians. He was born to the Indian physician *Bi.byi.dga'.byed* and Lhacham *yidkyi Rolcha* in the 3rd century. Later he became eminent personal physician to king *lha.tho.thori.snyen.btsan* and *khri.snyan.gzung.brtsan*. It is

believed that great Yuthok Yonten Gampo was a descendent of *dung.gi.thor.cog*.

དུང་འབྲུད།

dung.'bud

dhoong bue

Blowing a conch shell

དུད་པ་བྱ་བལ་མ།

dud.pa.bya.bal.ma

dhue pa ja bel ma

Algae; it dries pus from the burns

དུར།

dur

dhoor

Cemetery

དུར་ཁྲོད་ཆེན་པོ་བརྒྱུད།

dur.khrod.chen.po.brgyad

dhoor doe chen po gey

The eight great cemeteries/
eight great sky burial grounds

- 1) *mi.mgo.'i.dbu.rgyan*-he is crowned with human skulls
- 2) *mi.mgo.'i.do.shal*-he wears a rosary of human heads carved in crystal
- 3) *glang.chen.gyi.pags.pa'i.stod*.

gyog-he wears an elephant skin as an upper garment

- 4) *zbing.lpag.s.kyi.gyang.gzhi*-he uses the skin of a human being who has committed heinous non-virtues as his skin

- 5) *zbag.gi.sor.ris*-his forehead bears three greased lines horizontally and vertically

- 6) *stag.lpag.s.kyi.sham.thabs*-he wears a tiger skin as his lower garment

- 7) *khrag.gi.thig.le*-he uses blood for the tilaka between his eyes

- 8) *thal.chen.gyi.tshom.bu*-his body is covered with ashes

དུར་ཆུགས་བཅའ་མ།

dur.clags.btsa'.ma

dhooR chak tsa ma

Rusted iron from a tomb

དུར་ཐོད།

dur.thod

dhooR thoe

Human skull from a charnal ground

དུར་བྱིད།

dur.byid

dhooR jee

Hindi Name: Hirruseeah

English Name: Castor oil plant

Botanical Name: Euphorbia helioscopia

Uses: It is anti-emetic and purge all hot and cold disorders.

དུར་མིག།

dur.mig

dhooR meek

Lit. the eye of the cemetery

དུར་ཡ།

dur.wa

dhooR wa

Skt. Dhurva; cynodon dactylon (Pennisetum Flaccidum Griseb)

དུས།

dus

dhue

Time or seasons

དུས་སྐབས།

dus.skabs

dhue kab

Time or moment

དུས་གྱི་འཁོར་ལོ།

dus.kyi.'khor.lo

dhue kee khorlo

The Wheel of Time or
Kalachakra

དུས་འཁོར་ལུགས་།

dus.'khor.lugs

dhoo khor look

Kalachakra system

དུས་འཁོར་བསྟུན་རྒྱུ།

dus.'khor.bs.dus.rgyud

dhue khor due gyooe

The concise tantra of
Kalachakra system

དུས་འཁོར་དབང་།

dus.'khor.dbang

dhoo khor wang

The Kalachakra initiation

དུས་འཁོར་རྩ་རྒྱུ།

dus.'khor.rtsa.rgyud

dhue khor tsa gyue

The root tantra of Kalachakra
system

དུས་འཁོར་ཚུལ།

dus.'khor.tshul

dhue khor tshool

The way of changing time

དུས་འཁོར་ལྷ།

dus.'khor.lha

dhue khor lha

The deity of the Wheel of
Time; Kalachakra deity

དུས་ཁྱིམ།

dus.khyim

dhue kheem

The zodiac house of the day

དུས་ཆེན།

dus.chen

dhue chen

Festival; lit. great time

དུས་ཆེན་བཞི།

dus.chen.bzhi

dhue chen shi

The four great festivals; the
four holy occasions in
Buddha's life

1) *dang.po'i.yar.ngo.la.cho.'phrul.*

dus.chen

-the period when Buddha
performed miracles from the
1st through 15th of the first
Tibetan month

2) *bzhi.pa'i.cho.lngar.mngon.par.*

rdzogs.par.sangs.rgyas.pa'i.dus.chen
-the day when Buddha
attained full enlightenment on
the 15th of the fourth Tibetan
month

3) *drug.pa'i.bzhi.la.chos.'khor.*
bskor.ba'i.dus.chen

-the day which Buddha turned
the wheel of doctrine on the
4th of the sixth Tibetan month

4) *dgu.ba'i.nyer.gnyis.la.lha.babs.*
dus.chen-the day which Buddha
descend from Tusita heaven
on the 22nd of the ninth
Tibetan month

དུས་བྱུག

dus.drug

dhue dook

The six seasons according to
Tibetan medical systems are:

- 1) *dgun.stod* – upper winter
(Tib. 10th and 11th lunar
month)
- 2) *dgun.smad* – lower winter
(Tib. 12th and 1st lunar
month)
- 3) *dpyid.ka* – spring (Tib. 2nd
and 3rd lunar month)
- 4) *sros.ka* – dry summer (Tib
4th and 5th lunar month)
- 5) *dbyar.kha* – wet summer
(Tib. 6th and 7th lunar
month)

6) *ston.ka* – autumn (Tib 8th
and 9th lunar month)

དུས་སྟོན།

dus.spyod

dhoo choe

Seasonal behaviour, seasonal
conduct

དུས་རྩ།

dus.rtsa

Dhoo tsa

Seasonal pulse

དུས་ཚོད་བཅུ་གཉིས།

dus.tshod.bcu.gnyis

dhoo tshoe choo nyes

The twelve divisions of the
time

- 1) 5-6 Hrs. *Nam.lang.yos*
(Hare) – Day break
- 2) 7-8 Hrs. *Nyi.shar.'brug*
(Dragon) – Sun rise
- 3) 9-10 Hrs. *Nyi.dros.sbrul*
(Snake) – Morning
- 4) 11-12 Hrs. *Nyin.phyed.rta*
(Horse) – Noon
- 5) 13-14 Hrs. *Phyed.yol.lug*
(Sheep) – Afternoon
- 6) 15-16 Hrs. *Nyi.myur.sprel*
(Monkey) – Evening
- 7) 17-18 Hrs. *Nyi.nub.bya*
(Bird) – Sun set

- 8) 19-20 Hrs. *Sa.sros.khyi* (Dog) – Dusk
 9) 21-22 Hrs. *Sros.khor.phag* (Pig) – Fore night
 10) 23-24 Hrs. *Nam.phyed.byi* (Mouse) – Mid night
 11) 1-2 Hrs. *Nam.yol.glang* (Ox) – After night
 12) 3-4 Hrs. *Tho.rengs.stag* (Tiger) – Dawn
- 4) Winter – tenth, eleventh and twelfth months of Tibetan lunar calendar

དུས་བཞི་ལྷ་མོ།

dus.bzhi.lha.mo

dhue shee lhamo

The goddesses presiding over the four seasons

དུས་ཚེད་བཅུ་གཉིས་ཀྱི་སྐྱ་བཤད།

dus.tshod.bcu.gnyis.kyi.sgra.bshad

dhoo tshoe choo nyee kee da shey

The etymology of the twelve division of the time

དུས་རབས།

dus.rabs

dhue rab

Times, epoch, era

དུས་བཞི།

dus.bzhi

dhue.shee

The four seasons; according to the Tibetan Medicine the four seasons are

- 1) Spring – first, second and third months of Tibetan lunar calendar
- 2) Summer – fourth, fifth and sixth months of Tibetan lunar calendar
- 3) Autumn – seventh, eighth and ninth months of Tibetan lunar calendar

དུས་གཤེས།

dus.gshes

dhue shey

Astrologer

དུས་སང།

dus.sang

dhue sang

Next year

དུས་གསུམ་མངོན་མཁྱིན།

dus.gsum.mngon.mkhyen

dhue soom ngon khyen

Knower of the three times i.e. past, present and future

དུས་བསྐྱིང་།

dus.bsring

dhue sing

1) To take one's time (Slow manner of diagnosing)

2) Continue

དེ་མ་ཕོ།

de.wa.pho

dhey waa pho

Corydalis melanochlora
Maxim

དེ་མ་མོ།

de.wa.mo

dhey waa mo

Corydalis bulbifera C.Y.Wu

It has potency to subside fever of the lungs and infectious fever.

དེ་བཞིན་ནིད།

de.bzhin.nyid

de shin nyee

Tathata, transcendent reality

དེ་བཞིན་གཤེགས་པ།

de.bzhin.gshegs.pa

dhey shin shek pa

Tathagata, transcendent one;
Medicinal Buddha

དོ་ལུམ་མ།

do.lum.ma

dho loom ma

Hindi Name: Beken

English Name: Egg plant,
brinjal

Taste: Sweet

Potency: Cool

Uses: It is used to treat blood fever, wounds and bleeding from intestines, cracks on breast, skin problems, itching, urine retention and high blood pressure.

དོང་ག།

dong.ga

dhong gaa

Skt. Name: Amal Tastalia

Hindi Name: Amalltas/
Girimala

Botanical Name: Cassia
Fistula Linn

Taste: Sweet to slightly hot

Potency: Cool

Uses: It is useful in the treatment of liver diseases, poisoning, swelling of the extremities and purges accumulated faeces.

དོང་ག།

dong.gra

dhong da

Skt. Name: Jarpan

Botanical Name: *Alpinia officinarum* Hance

Uses: It cures liver diseases and bile disorders in children.

དོན་གུབ།

don.grub

dhondup

1) Amoghasiddhi (in the north)

2) To accomplish a goal

དོན་དམ་བདེན་པ།

don.dam.bden.pa

dhon dham den pa

Skt. Paramartha – satya; The ultimate truth

དོམ།

dom

dhom

English Name: Himalayan black bear Scientific Name: *Selenarchtos thibetanus* G cuvier

དོམ་མཁྲིས།

dom.mkhris

dhom tee

English Name: Bear bile

Latin Name: *Ursus thibetanus* G cuvier

Uses: It constricts the mouth of the channels, stops necrosis and enhances growth of new muscle tissues. It also facilitates the rapid growth of damage nerve tissues and alleviates *mkhris-pa* disorders and eye ailments.

དོམ་ནག་ཟེལ་པ།

dom.nag.zil.ba

dhom nak zil wa

Corydalis Sp.

དྲག་སྐྱུག་པ།

drag.skyugs

dak kyooog

Strong emesis

དྲག་གཟེལ།

drag.gza'

dak zaa

Wrathful planets/ Superior planets

The planets whose orbits lie outside that of the Earth are termed as superior planets. The planets Mars, Jupiter, Saturn etc. are superior planets.

དྲག་ལས།

drag.las

dak ley

Arduous activity, strenuous activity, wrathful activity

དྲན་པ་ནམས་པ།

dran.pa.nyams.pa

den pa nyam pa

Amnesia

A condition characterised by loss of memory

དྲང་སྟོང་།

drang.srong

dang.song

Rishi or sage, saint (he who engages in the true activities of the mind, body and speech)

དྲན་པ་ནི་བར་བཞག་པ།

dran.pa.nyē.bar.bzhag.pa

den pa nye par shag pa

Mindfulness

དྲང་སྟོང་གི་འཁོར།

drang.srong.gi.'khor

dang song gee khor

Retinue of the saints

དྲན་པའི་སྟོབས།

dran.pa'i.stobs

den pey tob

Power of mindfulness / memory

དྲང་སྟོང་ཆེན་པོ།

drang.srong.chen.po

dang song chenpo

The great saint or sage

དྲན་པ་ཐོར་བ།

dran.pa.thor.ba

den pa thor wa

Fainting

A condition characterised by temporary loss of consciousness

དྲན་པ།

dran.pa

denpa

Mindfulness, alertness, clear memory

An aspect of the mind which prevents forgetfulness.

དྲན་པ་མི་གསལ།

dran.pa.mi.gsal

den pa mee sel

Loss of memory

དྲི།

dri

dee

Smell

of the illness, and signs and symptoms.

དྲི་ཚུ།

dri.chu

dee choo

Urine (lit.fragrant water)

Urine analysis is one of the diagnosis in Tibetan medicine.

དྲི་བའི་སྤང་པ།

dri.ba'i.sdong.po

dee wey dong po

Inquiry stem

Inquiry concerning the activating causes, symptoms and beneficial regiments for diseases caused by wind, bile, phlegm.

དྲི་ཚུ་བསྐྱུ་པ།

dri.chu.bsdam.pa

dee choo dam pa

Urine retention

དྲི་མ།

dri.ma

dee ma

Smell; The collective name of three excretion i.e. Stool, urine, and sweat; lit. impurities

Skt. Gandhi (the offering goddess of smell)

དྲི་བ།

dri.ba

dee wa

Interrogation

Interrogation enables the physician to make a good judgement of the disease and in getting a clear picture of the patient. The diagnosis of the disease is also based on the patient's response to the doctor's questions. Three main aspects of interrogation are the causative factors, site

དྲི་མ་འགགས་པ།

dri.ma.'gags.pa

dee ma gag pa

Constipation

It is a condition manifested with discomfort and difficulty in passing stools.

དྲི་མེད་འོད།

dri.med.'od

dee mey voe

Vimalaprabha (Clear light)

It is a famed Commentary on the Kalachakra tantra.

དྲི་མེད་ཤེལ་གོང་ཤེལ་ཐྲེང་།

dri.med.shel.gong.shel.phreng

dee med shee gong shee teng

The comprehensive work on the principle of Tibetan

Materia Medica by

lde.dmar.dge.bshes. Tenzin

Phuntsok in 18th century. It

vividly describes the details

of over 2294 different

medicinal substances under

13 categories.

དྲི་ཞིམ།

dri.zhim

dee shim

Sweet aroma, fragrant, sweet smell

དྲི་ཟ།

dri.za

dee za

1) Skt. Gandharva (i.e. celestial musicians thriving on fragrant smell)

2) Smell eater, type of evil spirits which survives on smell

དྲི་བཟང་བྱུགས་པ།

dri.bzang.byugs.pa

dee zang joog pa

Application of fragrant

བྱུག་འདུས།

drug.'dus

dook due

Confluences of the six (Carpal blood letting vessels)

བྱང་གསུམ།

drung.gsum

doong soom

Three closest relatives

1) Uncle (*Akhu*)

2) Aunty (*Ane*)

3) Uncle (*Azhang*)

དྲེག་ནད།

dreg.nad

dek ney

Gout, Skt. Vata-rakta

A disease characterised by strong pain in the lumbar region, the thighs, knee joint and burning sensation at four

bottoms (hand and foot sole).

དྲེག་ནད་ཀྱི་རྒྱ་རྒྱུ་

dreg.nad.kyi.rgyu.rkyen

dek ney kee gyoo ken

Primary and secondary causes of gout

དྲེད།

dred

dey

Tibetan bear or yellow bear (Ursus artos, Lagonyarius)

དྲེའུ།

dre.'u

de voo

Young mule

དྲེལ།

drel

del

Mule (Equus asinus mulus)

དྲེས་མ། (མོ་དྲེས)

dres ma (pho dres)

de ma fo dey

Botanical Name: Iris kemaonensis

Taste: Sweet to hot to bitter

Potency: Neutral and slightly coarse

Uses: It is beneficial against disorders caused by micro-organism, disorders due to serous fluid and wounds.

དྲོད་ཚད།

drod tshad

doe tshey

Temperature

གདན།

gdan

den

Seat

གདུ་བ་གཤེད་དུ་བབས་པ།

gdu.ba.gshed.du.babs.pa

doo wa shey doo bab pa

Counteraction of treatment

གདུགས་འཁོར།

gdugs.'khor

doog khor

The wheel of umbrella

གདེངས་ཐོབ།

gdengs.thob

deng thob

Gain confidence or win
confidence

གདོང་རྩ།

gdong.rtsa

dhong tsa

Blood letting vessels of the
shins

གདོང་རས།

gdong.ras

dhong rey

A cloth to cover the face of
a dead body

གདོད་མའི་ཡེ་ཤེས།

gdod.ma'i.ye.shes

doe mey ye shey

Primordial awareness

གདོན་གྱི་བླ་ཆེ་ཕྱགས་པ།

gdon.gyi.bla.tshe.phrogs.pa

dhon gee la tshe tok pa

Evil spirits which destroy life
force and vital energy of the
body

གདོན་གྱི་ལེན།

gdon.gyi.le'u

dhon gee le voo

The chapter on evil spirits

A branch dealing with the
diseases caused by evil spirits
as mentioned in 77-81
chapters of the Oral Tantra.

གདོན་ཅུ།

gdon.chu

dhon choo

The urine which indicates
demonic possession (lit.
demonic water)

གདོན་དྲག་པོ་འཁྲོས་པ།

gdon.drag.po.'khros.pa

dhon dakpo toe pa

The annoyance of wrathful
demons

གདོན་ནད།

gdon.nad

dhon ney

Seizures by evil spirits
(diseases caused by demonic
possession)

བདག་དུ་ལྟ་བ།

bdag.tu.lta.ba

dhag tu taw a

View of a self

བདག་པོའི་འབྲས་བུ།

bdag.po'i.bras.bu

dak poe dey boo

Owned result

བདག་མེད་པ།

bdag.med.pa

dhag med pa

Selflessness

It has two folds

- 1) *gang.zag.bdag.med-*
Selflessness of beings
- 2) *choes.kyi.bdag.med-*
Selflessness of the
phenomena

བདག་འཛིན།

bdag.'dzin

dhak zeen

Self-grasping ignorance (the
cause of cyclic existence and
all the sufferings); There are
two types of grasping of the
self

- 1) *bdag.'dzin.kun.btags-*
Intellectual grasping of
phenomenon
- 2) *bdag.'dzin.lhan.skyes -*
Innate grasping of the self

བདག་གཟུམ།

bdag.gza'

dak za

The lord of the sign

The lord of Aries, Scorpio –
Mars

Taurus, Libra – Venus,

Gemini, Libra – Mercury,

Cancer – The Moon,

Leo – The Sun,

Sagittarius, Pieces – Jupiter,

Capricorn, Aquarius - Saturn

བདུད།

bdud

dued

Devils or evil spirits

The evil spirits which harm
living beings and obstructs
activities of merits.

བདུད་སྐར།

bdud.skar

dhue kar

Harmful constellations

བདུད་གཅོད།

bdud.gcod

dhue choe

Life-cutting demon

བདུད་རྩི།

bdud.rtsi

dhue tsee

Skt. Amrit; Ambrosia or nectar

བདུད་ཅི་འཆི་གསོས།

bdud.rtsi.'chi.gsos

dhue tsee chee soe

Death healing nector

Ingredients: *bse.ru, ru.rta, gla.rtsi, thang.phrom.dkar.po,*

Nature: Neutral

Uses: A compound which is beneficial against initial stages of lungs diseases, chronic pulmonary diseases, cough, foul smells due to suppuration in the lungs and coughing of sticky sputum.

བདུད་ཅི་སྙིང་པོ།

bdud.rtsi.snying.po

dhue tsee nying po

The Essence of nectar

It refers to the *rGyud bZhi* (The Four Tantras) which is the essence of all the sciences of healing.

བདུད་ཅི་སྦྱར།

bdud.rtsi.sbyor

dhue tsee jor

The combination of nectar

It refers to the connection between the element of the

daily planet (weekdays) and the element of the constellation (moon constellation) i.e. water and water (weekday and moon constellation respectively).

བདུད་ཅི་མ།

bdud.rtsi.ma

dhue tsee ma

Skt. Amritavati, the goddess who offered myrobalan to the medicine Buddha

བདུད་ཅི་ལོ་མ།

bdud.rtsi.lo.ma

dhue tsee lo ma

Botanical Name: Aconitum sp. (leaf)

Uses: It controls infectious and pestilential fever.

བདུད་བཞི།

bdud.bzhi

dhue shi

The four devils; the four evil forces, Skt. Catvari marah

- 1) *phung.po'i.bdud*-the evil of the aggregates
- 2) *nyon.mongs.pa'i.bdud*-the evil of afflictions
- 3) *'chi.bdag gi.bdud*-the evil of death

- 4) *lha'i.bu.yi.bdud*-the evil of
the son of god (lust)

བདུན་དམར་དགུ་དམར་མེ་ཁམས།

bdun.dmar.dgu.dmar.me.khams
dhoon mar goo mar me
kham

The 7th and 9th smeba or
magic squares numbers are of
fire elements and are red in
colour

བདུན་ཟུར།

bdun.zur

dhoon zoor

Lit. Seven corners

In Tibetan astrology it means
'absolute incompatibility',
starting from any of the
twelve signs, the seventh is
"*bdun.zur*" e.g. Mouse is
incompatible with Horse,
which is the seventh sign
from the mouse.

བདེ་སྟོང་གནིས་མེད་ཀྱི་ཡེ་ཤེས།

bde.stong.gnyis.med.kyi.ye.shes

dhe tong nyee mey kee ye shey

The pristine cognition in
which bliss and emptiness are
conjoined without duality

བདེ་བྱེད་སྟོམས་ལྷན།

bde.byed.snyoms.ldan

dhe jey nyom den

Balancing Comforter

Ingredients: *cong.zhi.tsha.btul*,
dza.ti, *li.shi*, *sug.smel*, *ka.ko.la*,
cu.gang, *gur.gum*, *sga.skya*, *pi.ling*,
pho.ril, *da.li*, *shing.tsha*,
g a n g s . t h i g . c h u . b c a d,
tsha.la.btul.ma, *la.phug.nus.sreg*

Nature: Warm

Uses: It cures indigestion, loss
of appetite, pain and cramps
in the stomach, weakness of
the seven bodily constituents,
pustules and irritation,
blemishes and *bad.kan*
ailments.

བདེ་མྱུག།

bde.myug

dhe myook

Reed Comfort

Ingredients: *cu.'dzo*, *a.ru*,
brag.zhun, *star.khan*, *pi.ling*,
gur.gum, *ut.pal*, *se.'bru*, *sug.smel*,
skyu.ru, *ba.sha.ka*, *ru.rta*,
rgyam.tsha, *ma.nu*, *par.pa.ta*,
lcags.rtsi

Nature: Neutral

Uses: A name of a
compound which cures
descending of blood – bile

disorder into stomach,
vomiting of blood due to
brown phlegm, chronic
indigestion, obstructed
menstruation, menorrhagia,
lack of digestive heat and
cures all types of diseases
associated with stomach.

བདེན་པ་གནིས།

bden.pa.gnyis

dhen pa nyee

The two truths (conventional
truth and the ultimate truth)

- 1) *kun.rdzob.bden.pa*-the
conventional truth
- 2) *don.dam.bden.pa*-the
ultimate truth

བདེན་པར་མ་གྲུབ་པ།

bden.par.ma.grub.pa

den par ma dood pa

Lack of true status

མདངས།

mdangs

Dhang

Vital essence or complexion
(lit. radiance)

མདངས་སྐུར་མཁྲིས་པ།

mdangs.sgyur.mkhris.pa

dhang gyoor tee pa

Colour regulating bile

Location: Liver

Function: Responsible for
colouring of blood and other
bodily constituents, controls
the formation and
preservation of blood,
provides blood with oxygen.
Negative Actions: An
imbalance in this *mKhris-pa*
causes deficiency in
hemoglobin, anemia,
jaundice, itching and
yellowing of skin.

མདའ།

mda

dha

Arrow

A symbol of male human
being in Tibet.

མདའ་དར།

mda'.dar

dhaa dar

A lance

A little flag fastened to an
arrow with silk ribbons of
five different colours used
for various religious rituals
and social customs

མདའ་རྒྱལ།

mda'.rgyus

dha gyue

Hindi Name: Gunja

English Name: Wild licorice

Botanical Name: Abrus
precatorius

Taste: Sweet to bitter

Potency: It is used against
haematemesis, menorrhagia,
choletiasis and gynaecological
diseases.

མདུང་ཅེ་དཀར་པོ།

mdung.rtse.dkar.po

dhoong tsey karmo

Botanical Name: Goethitum
sp.

Taste: Astringent

Potency: Cool

Uses: It treats fractured
bones, brain damage and
cataracts.

མདུང་ཅེ་སྐྱུག་པོ།

mdung.rtse.smug.po

dhoong tsey moogpo

Botanical Name: Goethitum
sp.

Taste: Astringent

Potency: Cool

Uses: It treats fractured
bones, brain damage and

cataracts.

མདུན་སོ།

mdun.so

dhoon so

Lit. Frontal teeth; incisors and
canines (eight front teeth are
essential for clear speech)

མདོ།

mdo

dho

1) The Sutra (a teaching of
Buddha Shakyamuni)

2) Summary

མདོག་འགྱུར།

mdog.'gyur

dhok gyoor

Discoloration

མདོག་སྒྲོ།

mdog.sngo

dhok ngo

Bluish complexion; wind
natured people have this
complexion

མདོག་ལྗན་(ཕོ་ལྷམ།)

mdog.ldan (pho.lcam)

dok den

Botanical Name: *Alcea rosea* L.

Taste: Sweet to hot

Potency: Neutral

Uses: It is used to treat hot disorders of the kidneys, womb, and vaginal discharges with burning sensation. Its root is used against anorexia.

མདོག་གསལ།

mdog.gsal

dhok sel

Complexion clearing

It refers to one of the five types of bile located in the skin and is responsible for colouring of the skin.

མདོས།

mdos

doe

Cross thread ritual

A colourful object made from thread which usually signifies offering to gods or ransom to the evil spirits, such objects are generally thrown at a cross road after puja is performed.

མདོས་གཏོང་བ།

mdos.gtong.ba

doe tong wa

The casting forth of a 'doe'

འདམ།

'dam

daam

Mud, swamp

འདམ་བུ་ཀ་ར།

'dam.bu.ka.ra

dhaam boo kara

Botanical Name: *Hippuris Vulgaris* L.

Taste: Sweet

Potency: Neutral

Uses: It is used to treat hot disorders of the lungs, liver bones and nerves. It also heals *Bad.kan.smug.po* and the lung diseases caused by external infliction.

འདམ་བུ་ཀ་ར་དམན་པ།

'dam.bu.ka.ra.dman.pa

dhaam boo kara man pa

Hippuris Vulgaris Linn

Similar medicinal value as above

འདར་བ།

'dar.ba

dhaar wa

Shivering, a prominent
symptom of wind disorders

འདས།

'das

dey

Exceed, beyond

འདུ་བྱེད།

'du.byed

dhoo jey

Compositional factors or
Karmas

འདུ་བྱེད་ཀྱི་ཕུང་པོ།

'du.byed.kyi.phung.po

doo jey kyi phoong po

Aggregate of mental
cognitions

འདུ་བྱེད་ཀྱི་ལས།

'du.byed.kyi.las

doo jey kyi ley

Aggregate of activities

འདུ་ཤེས།

'du.shes

dhoo shey

Discrimination; a mind which
has the ability to distinguish
one thing from another

འདུ་ཤེས་ཀྱི་ཕུང་པོ།

'du.shes.kyi.phung.po

doo shey kee phoong po

Aggregate of discernment /
attitudes

འདུན་པ།

'dun.pa

dhoon pa

Interest, quest, willingness

འདུལ་བ།

'dul.ba

dhool wa

1) To process mercury

2) The monastic discipline

འདུས་ནད།

'dus.nad

dhue ney

Complex humoural
disorders

A complicated gastro
intestinal disease commonly
known as 'Brown Phlegm'
(*Bad.kan.smug.po*).

འདུས་བྱས་ཀྱི་ཚོས།

'dus.byas.kyi.chos

dooe jey kee choe

Conditional phenomena

འདོད་ཁམས།

'dod.khams

dhoe kham

Realm of desire; one of the three realms existences, a realm where the consciousness is preoccupied with desire for five sensual objects

འདོད་ཆགས།

'dod.chags

dhoe chags

Craving, desire, attachment; since craving has same qualities as wind it causes wind diseases.

འདོད་ཡོན་ལྔ།

'dod.yon.lnga

dhoe yon nga

The five sensual objects

- 1) Form (*gzugs*)
- 2) Sound (*sgra*)
- 3) Smell (*dri*)
- 4) Taste (*ro*)
- 5) Feel or touch (*reg.bya*)

འདྲ་དཔེ།

'dra.dpe

daa pae

Simile

འདྲི་གཡོས་བ།

'dre.gyos.ba

dre yoe pa

Agitation caused by demons

འདྲིས་པ།

'dres.pa

dey pa

Intermingle or mix

རྩལ་ཕྱ་མོ།

rdul.phra.mo

dool tra mo

Subtle particle

རྩལ་ཕྱ་ན།

rdul.phran

dool tren

Atom

རྩལ་ཕྱན་གྱི་རྒྱས་པ།

rdul.phran.gyi.nus.pa

dool tren gee nue pa

Atomic energy

རྩལ་ཕྱ་རབ།

rdul.phra.rab

dool trra rab

Sub-atomic particles

རེལ་དཀར།

rdel.dkar

del kar

Lit. White pebbles

It signifying good result especially in astrological calculation and are symbolized by o, oo, ooo whereas x, xx, are bad black pebbles (*rdel.nag*).

རོ་ཁྲ།

rdo.klad

do ley

Halloysite, brain shaped stone (lit. stone brain)

Uses: It sustains the brain and stimulates growth of flesh.

རོ་རྒྱལ།

rdo.rgyus

do gyue

Skt. Name: Jawa pather

Botanical Name: Asbestos

Taste: Astringent

Potency: Hot

Uses: It is a smooth white stone which heals disorders of the ligaments and tendons.

རོ་རྩ།

rdo.rje

dorje

Vajra (adamantine sceptre)

A symbol of power and a tantric ritual object.

རོ་རྩ་སྐུ།

rdo.rje.skü

dorje koo

Vajra body

རོ་རྩ་ཐེག་པ།

rdo.rje.theg.pa

dorje thek pa

Vajrayana, path of the indestructible reality

རོ་རྩ་སྐུན་གྲོགས།

rdo.rje.spun.grogs

dorje pun drok

Vajra brothers and sisters

It refers to disciples who have received initiation together from the same master.

རོ་རྩ་པ་ལམ།

rdo.rje.pha.lam

dorje pha lam

English Name: Diamond

Taste: Sweet

Uses: It is excellent remedy against Naga spirit and

protect from harmful evil
spirits.

རྡོ་རྗེ་རབ་འཛུམས།

rdo.rje.rab.'joms

dorje rabjom

Vajra- like Eliminator

Ingredients: *a.ru, ru.rta,*
gur.gum, gul.nag, gla.rtsi,
ba.sha.ka, byi.tang.ga, stag.sha,
lang.thang.rtse, ma.ru.rtse,

Nature: Cool

Uses: It cures headache due
to sinusitis, burning sensation
in the eyes, leucoma, polypus
in the sclera, toothache and
rlung-blood disorders.

རྡོ་རྗེ་སེམས་པ།

rdo.rje.sems.pa

dorje sempa

Vajrasatta

རྡོ་གནམ་འདེགས་པ།

rdo.gnyan.'deg.pa

do nyen dek pa

Turning over the plaque-
causing demons of stone

རྡོ་ཐལ།

rdo.thal

do thel

English Name: Limestone

Taste: Hot to sour

Uses: It treats *bad-kan*
accumulated in the stomach
region.

རྡོ་དྲེག།

rdo.dreg

do dek

Hindi Name: Ashmapushpa

Scientific Name: Lichens sp./

Parmela tinctorum Despr

Taste: Sweet

Potency: Cool

Uses: It is beneficial in the
treatment of poisonings,
reduction of the vomit
reflex, chronic fever, lack of
appetite, impaired vision,
disorders of the lymphatic
system and promotes healthy
skin.

རྡོ་སྐྱམ།

rdo.sman

do men

Medicinal stones

རྡོ་ཞོ།

rdo.zho

do sho

Lime stone

རྫོ་སྟེལ།

rdo.sol

do soel

English Name: Coal

Taste: Sweet

Uses: It dissolves stones of the kidneys and gall bladder and treats gem poisoning and constricts the blood vessels.

རྫོས་བརྟུང་བ།

rdos.brdung.ba

doe doong wa

To stone; to crush by a stone

ལྷང་ཚད།

ldang.tshad

dhang tshey

Quantity, amounts

It refers to a required quantity of the bodily constituents, humours excretion etc. to sustain the body.

ལྷན་པ།

ldan.pa

dhen pa

Dual humoral nature;

- 1) *rlung + mkhrispa* (wind + bile nature)

- 2) *rlung + badkan* (wind + phlegm nature)

- 3) *rkhrispa + badkan* (bile + phlegm nature)

འཇིག་པའི་ལས་བརྒྱ།

ldig.pa'i.las.bcu

dheeg pea las choo

Ten sinful activities of the mind, body and speech

- 1) *srog.gcod* – killing

- 2) *rku* – stealing

- 3) *log.par.gyem.pa* – sexual misconduct

- 4) *rdzun* – telling lies

- 5) *nag.kyal* – idle gossip

- 6) *tsig.rtsub* – abusive speech

- 7) *dbyen.sbyor* – slanderous speech

- 8) *brnab.sems* – covetousness

- 9) *gnod.sems* – malicious intent

- 10) *log.par.lta.ba* – misguided or wrong views

ལྷུམ་ནག་དྲོམ་མཁྲིས།

ldum.nag.dom.mkhris

dhoom nak dom tees

Veronica ciliata Fisch

Uses: It cures sores and closes opening of veins.

ལྷུམ་བུ་རེ་རལ།

ldum.bu.re.ral

dhoom boo re ral

Botanical Name: *Dryopteris*
sp.

Taste: Sweet

Potency: Cool

Uses: It is used to treat meat
poisoning and compounded
poisons.

ལྡེ་གུ།

lde.gu

dhegu

Paste, Medicinal paste

ལྡོག་གཉིས།

ldog.gnyis

dhok nyee

The two solstices, summer
solstice (*dbyar.nyi.ldog*) and
winter solstice (*dgun.nyi.ldog*)

ལྡོག་རྒྱུ་བཅུ་གཉིས།

ldog.rgyu.bcu.gnyis

dhok gyoo choo nyee

The twelve adverse effects of
treatment

1. *rlung* treatment in excess
which pacifies *rlung* but
mkhris.pa increases

2. *rlung* treatment in excess
which pacifies *rlung* but
bad.kan increases

3. Due to wrong treatment,
rlung is not pacified and there
is a rise in *mkhris.pa*

4. Due to wrong treatment,
rlung is not pacified and there
is a rise in *bad.kan*

5. *mkhris.pa* treatment in
excess which pacifies
mkhris.pa but *rlung* increases

6. *mkhris.pa* treatment in
excess which pacifies
mkhris.pa but *bad.kan*
increases

7. Due to wrong treatment,
mkhris.pa is not pacified and
there is a rise in *rlung*

8. Due to wrong treatment,
mkhris.pa is not pacified and
there is a rise in *bad.kan*

9. *bad.kan* treatment in excess
which pacifies *bad.kan* but
rlung increases

10. *bad.kan* treatment in
excess which pacifies *bad.kan*
but *mkhris.pa* increases

11. Due to wrong treatment,
bad.kan is not pacified and
there is a rise in *rlung*

12. Due to wrong treatment,
bad.kan is not pacified and
there is a rise in *mkhris.pa*

ལྷོག་པ།

ldog.pa
dhok pa
Change

ལྷོང་རོས།

ldong.ros
dhong roe
Hindi Name: Lal pathar
English Name: Red orpiment
Scientific Name: Realgar
Taste: Hot to bitter
Potency: Hot
Uses: It controls malignant glandular growths, glandular fever, heals septic wounds, swelling of the throat and tongue and necrosis. It is also an anti-dote for the toxins of scorpions, snakes and poisonous bees.

སྡིག་

sdig
dhik
Scorpio; one of the twelve zodiac signs and is symbolized by a scorpion

སྡིག་གྲིབ།

sdig.grib
dhik dreeb

Non-virtues acts, misdeeds acquired in the past lives or the present one

སྡིག་སྡིན།

sdig.srin
dhik sin
Hindi Name: Kartkataka
English Name: Crab
(decapoda)
Uses: It is said to have medicinal value to cure urine retention.

སྡུག་བསྔལ།

sdug.bsngal
dhook ngel
Suffering, unhappiness, misery

སྡུག་བསྔལ་བཞི།

sdug.bsngal.bzhi
dhook ngel shi
The four types of suffering
1) *skye.ba'i.sdug.bsngal-*
Suffering of birth
2) *rga.ba'i.sdug.bsngal-*
Suffering of old age
3) *na.ba'i.sdug.bsngal-*
Suffering of sickness
4) *'chi.ba'i.sdug.bsngal-*
Suffering of death

སྤུག་བསྒྲུལ་གསུམ།

sdug.bsngal.gsum

dhook ngel soom

The three types of suffering

1) *sdug.bsngal.gyi.sdug.bsngal-*
Suffering of pain

2) *'gyur.ba'i.sdug.bsngal-*
Suffering of change

3) *khyab.pa.'du.byed.kyi.sdug.*
bsngal- Pervasive suffering

སྤྱད་སྒོ།

sdud.sgo

dhue go

Posterior fontanelle

སྤེ་སྤྱད།

sde.srid

dhey see

Regent

སྤེ་སྤྱད་སངས་རྒྱས་རྒྱ་མཚོ།

sde.srid.sangs.rgyas.rgya.mtsbo

dhesi sangye gyatso

Desi Sangye Gyatso (1653–1705) was the regent of His Holiness the 5th Dalai lama Lobsang Gyatso. He authored many books on medicine and astrology; the most popular ones are 'The

Blue Beryl' and 'The White Beryl'.

སྤོང་འགྲེམས།

sdong.'grems

dhong drem

Spreading Tree (an allegorical tree) by means of using an allegorical of four Tantras one will understand the meaning of *rGyud.bZhi* more easily

སྤོད་ཅ།

sdod.rtsa

dhoe tsa

Veins (non-pulsating veins)

ནྟ་དུ་ར།

dha.du.ra

dha doo ra

Skt. Name: Daturah

Botanical Name: *Datura stramonium*

Uses: It cures severe toothache. Its flower has anaesthesia potency, dries accumulation of serous fluids in the limbs and controls dysentery.

བད།

brda

dha

Indication, signal

བསྐྱུས་པ།

bsdus.pa

dhue pa

Collected, abridged

ན།

ན།

na

naa

Pain, disorder

ན་ཁར་ཆགས་པའི་བ་ཚ།

na.khar.chags.p'i.ba.tsha

naa khar chak pey ba tsha

Saltpetre; Alkaline soil

ན་ག་གེ་སར།

na.ga.ge.sar

na ga ge saar

Hindi Name: Salmali/
MochanBotanical Name: Bombax
ceiba Linn

Taste: Astringent

Potency: Cool

Uses: It treats infections of
the lungs, liver, heart,
diarrhoea and *mkhris-pa*
disorders.

ན་གྱི།

na.gi

na ki

Hindi Name: Nakha

Botanical Name: Manis
tricuspis
(Pangolin)

ན་ཐ་རམ།

na.tha.ram

na tha ram

Plantago Major Linn

ན་བུན་བུ་མོ།

na.bun.bu.mo

na boon boo mo

Snail, slug (Planorbidae)

Uses: It stops discharge of
sinus fluid.

ན་རམ།

na.ram

na ram

English Name: Know grass

Botanical Name: Viviparum.

(Polygonum macrophyllum)

Uses: It grows on damp
meadows and has medicinal
value to control diarrhoea.

ན་ལུགས།

na.lugs

na look

Ways of falling ill

ན་ལེ་ཤམ།

na.le.sham

na ley sham

Skt.Name: Marica

Hindi Name: Kalimirch

English Name: Black pepper

Botanical Name: Piper

nigrum Linn

Family: Piperaceae

Taste: Hot

Potency: Warm

Uses: It is useful for treatment
of colds, coughs, catarrhs,
bronchial complaints, *Bad.kan*
disorders, regenerate loss of
bodily heat, indigestion and
promotes appetite and also
purges worms.

ན་སོ།

na.so

naa so

Age

According to Tibetan
medicinal system age is
divided into three divisions
(i.e. 1-16 years childhood,
17-70 years adulthood and
71 and above old age.

ནི་རུ་ཀ།

ni.ru.ha

ne roo ha

A fast-acting purgative enema,
strong enemata; A means to
inject medicine through the
rectum

noo ma

Female breast (mammary
glands)

ནི་ལ་ཐོ་ཐ།

ni.la.tho.tha

nee la tho tah

A synonym of *big.pan*
(chalcanthitum)

Uses: It treats tumour, abscess
and leucoma.

ནུ་མའི་གནན་ཁ།

nu.ma'i.gnyan.kha

noo may nyen kha

Mastitis

It refers to inflammation of
breast

(common during breast-
feeding).

ནི་ཤ་ལོ་པ།

ni.sha.lo.pa

nee sha lo pa

Nisha.lo.pa – a partner whose
wife is older than husband
(generally, wife should be
younger than the husband)
and having female animal sign
for the male and male animal
sign for the female concerned
person.

ནུ་མའི་རྩེ་འི་གསང་བཞི།

nu.ma'i.rtse'i.gsang.bzhi

noo mey tsey sang shi

Four points of nipples
(distance of 1 *tshun* to and
from the nipple)

ནེ་ཙོ།

ne.tso

ne tso

Parrot (*Psittacula alexandri*
fasciata)

ནུ་ཏོག།

nu.tog

noo tok

Nipples

ནག་ཆེན།

nag.chen

nak chen

1) A synonym of *rkub*
(buttocks)

2) Hardcore criminals

ནུ་མ།

nu.ma

ནག་ཐབ།

nag.thab

nak thab

Lit. black stove

It refers to annoying of the plague-causing demons by over boiling water and food.

Scientific Name:

Fibroferritum

Taste: Astringent to sour

Potency: Neutral

Uses: It treats septic wounds in mouth, tumours, degenerating cells and prevents hair loss.

ནག་པ།

nag.pa

nak pa

Chitra. Spica – it is one of the twenty seven constellations

ནག་ཟ།

nag.zla

nak daa

Caitra, 3rd month of the Tibetan lunar calendar during which Lord Buddha taught Kalachakra system

ནག་སྐྱག་གཞོད།

nag.smug.gnod

nak mook noe

Harm from the dark brown female demon

ནག་ས་ཚལ།

nags.tshal

nak tshel

Forest

ནག་རྩིས།

nag.rtsis

nak tsee

(Lit. black calculations)/
Tibetan elemental astrology

ནང་།

nang

nang

In; home

ནག་མཚུར།

nag.mtshur

nak tshoor

English Name: Black vitriol

ནང་གི་ནྟལ་འབྱེར།

nang.gi.rnal.'byor

nang gee neljor

Inner yoga

ནང་གི་འབྲུང་བ།

nang.gi.'byung.ba

nang gee joong wa

The internal elements i.e. the qualities of the five elements present in the human body

- 1) Earth (*sa*) – muscle tissue or flesh
- 2) Water (*chu*) – blood and pus
- 3) Fire (*me*) – digestive heat
- 4) Wood (*shing*) – nerves and ligaments
- 5) Iron (*lcag*) – bone

ནང་བཅུད་ཀྱི་སེམས་ཅན།

nang.bcud.kyi.sems.can

nang chue kee sem chen

Inhabitants of our cosmic world

ནང་ཚེས།

nang.chos

nang choe

Buddha Dharma (lit. internal treatment)

ནང་ལྗེན།

nang.ljon

nang joen

Superficial inner blood letting veins (lit. inner tree)

ནང་དུས་ཀྱི་འཁོར་ལོ།

nang.dus.kyi.'khor.lo

nang doo ki khorlo

The internal Kalachakra

The Internal Kalachakra (*Nang.dus.kyi.khor.lo*), provides an understanding of the three fundamental interdependent components of our body Viz: Energy Channels (*rTsa*), Wind (*rLung*), Essential Drops (*Thig.le*), and the effect that external forces such as planets and stars have on our body. Kalachakra Astrology explains that the energy Channels are like our home, essential drops as our property and energy wind and mind as the owner.

ནང་དོན་སྡོད།

nang.don.snod

nang don noe

Internal vital and vessel organs

ནང་པའི་འཁོར།

nang.pa'i.'khor

nang pey khor

Retinue of the Buddha Dharma

ནང་དམེ་དར།

nang.dme.dar

nang me dhar

Spread of sectarian disputes
among the different schools
of Buddhism; killing among
brothers and close relatives;

ནང་ཙ།

nang.rtsa

nang tsa

The inner channels

ནང་ཡན་མེད་པའི་ཀྱན་པོ།

nang.yan.med.pa'i.rkun.po

nang yen mey pey koon po

A thief in an unattended
house

ནད།

nad

ney

Illness, sickness, diseases,
disorders

According to the theory of
Tibetan medicine "The
Disease" is viewed as the
result of improper
proportion of the three
humours - *rlung* (wind),
mkhris-pa (bile), and *bad-kan*

(phlegm) both in qualitative
and quantitative aspects.

ནད་ཀྱི་རྒྱེན།

nad.kyi.rkyen

ney ki ken

Secondary or immediate
causes of disorders (i.e. diet
and conduct)

ནད་ཀྱི་རྒྱེན་བཞི།

nad.kyi.rkyen.bzhi

ney ki ken shi

The four conditions of
disorders

- 1) Seasonal changes
- 2) Influences of harmful
evil spirits
- 3) Improper dietary habit
- 4) Unwholesome lifestyle

ནད་ཀྱི་རྒྱུ།

nad.kyi.rgyu

ney kyi gyoo

Aetiology of disorders,
primordial causes of diseases
The cause of diseases are of
three fold:

- 1) *ring.rgyu*-the distant cause
(ignorance),
- 2) *nye.rgyu*-near cause
(desire, hatred, delusion)

3) *khyad.par.rgyu*-specific
causes (wind, bile and
phlegm)

Conferral of the rites and the
empowerment of longevity
on the patient

ནད་ཀྱི་དབྱེ་བ།

nad.kyi.dbye.ba

ney ki ye wa

The classification of diverse
disorders

Diseases can be classified in
terms of location in the body,
type, environmental factors
etc.

ནད་ཀྱི་མཚན་ནི།

nad.kyi.mtshan.nyid

ney ki tsen nyi

The symptoms of the
diseases (Characteristics of
disorders)

ནད་བཅོས་ནིས་པ།

nad.bcos.nyes.pa

ney choe nye pa

Maltreatment, adverse
treatment

ནད་པར་ཆེ་ཚག་དང་ཆེ་དབང་བསྐྱར་བ།

nad.par.tshe.chog.dang.tshe.dbang.

bskur.ba

ney par tsechok dang tsewang
kurwa

ནད་མ་སྦྱིབ་མ།

nad.ma.sgyib.ma

ney ma gyib ma

Asperugo procumbeus Linn

ནད་མ་སྦྱན་མ།

nad.ma.snun.ma

ney ma nun ma

Botanical Name: *Hackelia*
uncinatum

Taste: Bitter to sweet

Potency: Cool

Uses: It heals fractured bones,
treats chest wounds, dries
serous fluid, joints ruptured
ligaments and tendons and
strengthens the trabecular
bones (*lha.ba*).

ནད་མ་འབྱར་མ།

nad.ma.'byar.ma

ney ma jarma

Botanical Name:

Cynoglossum Wallichii

Taste: Bitter to Sweet

Potency: Cool to Coarse

Uses: It heals wounds,
fractured bones, swelling of
the limbs, accumulation of the

serous fluid in the joints, fever, oedema, urine retention and regulates menstruation.

ནད་རྩིས།

nad.rtsis

ney tsi

Illness astrology/Medical astrology

Medical Astrology is prepared in many ways according to reliable ancient sources. The Eight Goddess Calculation Scripture (*lha.mo.brgyad.rtsis*), Seven Week days Divination scripture (*gza'.bdun.mo.dpe*) and many other means. It is mainly prepared and drawn for patients who had prolonged medication and less improvement in their health. The Medical astrologer gives antidotes, rituals and guidance as per the astrological calculation and divination. By astrological calculation, the astrologer shows which physician to consult and also identify the harmful spirits.

ནད་ཞུགས་ཚུལ།

nad.zhugs.tshul

ney shuk tshul

The mode of entry (how the diseases enter human body)

ནད་རྩུངས་དྲི་མ་གསུམ།

nad.zungs.dri.ma.gsum

ney zoong drima soom

The three constituents of the body

- 1) The humours (*nad*)
- 2) The bodily constituents (*lus.zungs*); and
- 3) The waste products (*dri.ma*)

ནད་ཡུན།

nad.yun

ney yun

Duration of illness

ནད་ཡུན་རིང་།

nad.yun.ring

ney yun ring

Prolonged illness

ནད་གཡོག།

nad.gyog

ney yok

Nurse

ནད་གཡོག་སྒྲིན་པ།

nad.gyog.sgrin.pa
ney yok drinpa
Competent nurse

ནད་རིགས་ཞི་བརྒྱ་ཙ་བཞི།

nad.rigs.bzhi.brgya.rtsa.bzhi
ney rik shi gya tsa zhi
Four hundred and four kinds
of diseases

- 1) *gzhān.dbang.sngon.las*-101
karmic diseases
- 2) *yongs.grub.tshe.nad*-101
diseases of this life time
- 3) *kun.brtags.gdon.nad*-101
diseases caused by
harmful evil spirits
- 4) *ltar.snang.'phrel.nad*-101
superficial diseases

ནན་གྱིས་བཅིར་བ།

nan.gyis.btsir.ba
nen gyi tsir wa
To strain to relieve
constipation

ནབས་སོ།

nabs.so
nab so
Punarvasu, Pollux – one of
the 27 constellations

ནབས་སོ་སྐྱེས།

nabs.so.skyes
nab so key
Skt. Atreya lit. born during the
seventh lunar mansion – a
saint who was present during
Buddha's teaching of
medicine

ནམ་མཁའ།

nam.mkha'
nam kha
Space, sky, ether

ནམ་མཁའ་ལྗེད་།

nam.mkha'.lding
nam kha ding
Garuda

ནམ་གུ།

nam.gru
nam doo
Rewati. Piscium – one of the
twenty seven constellations

ནམ་གུ་སྐྱེས་པོ།

nam.gru.skem.po
nam doo kempo
Revati – the emaciated
demoness

ནམ་གུ་སྒྲོན་མོ།

nam.gru.sngon.mo

nam droo ngon mo

Revati – the blue demoness

ནམ་ཕྱེད་བྱི།

nam.phyed.byi

nam chey jee

Mouse hours; mid-night (23-00 hours)

ནམ་ལངས་ཡོས།

nam.langs.yos

nam lang yoe

Rabbit hours; day break or dawn (5-6 hours)

ནལ།

nal

nel

Hindi Name: Tamda

Scientific Name: Rose Beryl

Taste: Astringent

Potency: Cool

Uses: It is used against compound poisoning and hepatomegaly.

ནས།

nas

ney

English Name: Barley

Botanical Name: *Hordeum vulgare* L.

Taste: Sweet

Potency: Cool, coarse and heavy

Uses: It cures obesity, blood cholesterol, bile and phlegm disorders, breathing problems, inflammation of muscle tissues, rumbling in the stomach, urinary disorders and common cold.

ནས་སྒྲོན།

nas.sngon

ney ngon

Green barley (*Hordeum Vulgare*)

ནས་ཐུག།

nas.thug

ney thook

Barley broth (*Hordeum vulgare*) lit. barley noodles

ནས་ནག།

nas.nag

ney nak

Black barley (*Hordeum Vulgare*)

ནས་ཚིག་

nas.tshig

ney tshik

Burnt barley (Hordeum
Vulgare)

ནས་ཐག་

nas.zan

ney zen

Common sparrow (Passer
sp.)

ནིམ་པ།

nim.pa

nim pa

Skt. Name: Neem ba/Neem

English Name: China berry

Botanical Name: Azadirachta
indica A. Juss

Taste: Bitter

Potency: Cool

Uses: It is recommended for
all kinds of fever, excessive
thirst, anorexia, skin
disorders like erysipelas, bone
fever and diseases associated
with blood and *mkhris.pa*.

ནུབ།

nub

noop

West

ནུབ་སྐར་བདུན།

nub.skar.bdun

noob kar doon

The seven constellations or
stars of the west1) *lha tshams*2) *snron*3) *snrubs*4) *chu stod*5) *chu smad*6) *gro bzhin*7) *byi bzhin*

ནུབ་བ་ལྷང་སྤྱོད།

nub.ba.glang.spyod

noob ba lang choe

West Bountiful Cow

It is one of the four
astronomical continents
according to Tibetan
astrology and is said to be in
an ocean in the west. It is
round in shape and its
inhabitants thrives on
bountiful cows and precious
gems.

ནུས་སྤྱོད་པ།

nus.stobs

noo tob

Potency and healing power
(of medicines)

ནུས་པ།

nus.pa

nooe pa

Potency or inherent power,

Skt. virya

ནུས་པ་བརྒྱད།

nus.pa.brgyad

nooe pa gey

The eight types of potency

- 1) *lchi.ba* – heavy
- 2) *snum.pa* – oily
- 3) *bsil.ba* – cool
- 4) *rtul.ba* – blunt
- 5) *yang.ba* – light
- 6) *rtsub.ba* – coarse
- 7) *tsha.ba* – hot
- 8) *rno.ba* – sharp

The heavy and oily potency eliminate wind disorders. The cool and blunt potency pacify bile disorders and the remaining four dispel disorders of phlegm imbalances.

ནུས་པ་བརྒྱད་ཀྱི་བྱད་ཆོས།

nus.pa.brgyad.kyi.khyad.chos

nooe pa gey kee khey choe

The characteristics of the eight potencies

- 1) *ro.dang.phyogs.mthun.gyi.*

nus.pa— The potency of an individual plant that conforms with the properties of its tastes as said in '*Shel.gong.shel.*

phreng'

- 2) *stobs.kyi.nus.pa* – The potency of power (the plants which grows in high altitude are said to have cooling effects where as plants growing in lower plains have warm quality)
- 3) *dri.yi.nus.pa* – The potency of smell (the potency of a particular plant conforms with the properties of its smell like camphor '*ga.boor*' and white sandal wood '*tsan.dan.dkarpo*'))
- 4) *gnyen.po'i.nus.pa* – The potency of antagonistic (like meat, bile and feather of peacock which are effective in treating poisoning)
- 5) *rigs.mthun.gyi.nus.pa* – The potency of similar form (like liver is effective in treating liver disorders and tongue is effective in treating of swelling tongue etc.)

6) *dbyibs.mthun.gyi.nus.pa* –

The potency of similar shape and colour (like brain shaped stone 'rdo kled' is effective in treating brain disorders

7) *rten.'brel.gyi.nus.pa* – The

potency of dependent arising (like soil from rats dwelling place, facing east is effective in treating chronic colitis)

8) *smon.lam.gyi.nus.pa* – The

potency of aspirational prayers (these are plants such as Aster sp., Rhododendron sp. etc. which grow due to aspirational prayers by enlightened beings, for the benefit of mankind)

ནུས་པ་སྒྲུབ་པ།

nus.pa.snum.pa

nooe pa noom pa

Oily potency of medicinal plants (like Aquilaria agollacha Raxb)

ནུས་པ་རྩོམ་པ།

nus.pa.rno.ba

nooe pa no wa

Sharp inherent quality of medicinal plant (like rock salt)

ནུས་པ་རྩུབ་པ།

nus.pa.rtsub.pa

nooe pa tsoob pa

Coarse potency of medicinal plants (like Hippophae rhamnoides L)

ནུས་པ་ལྷི་བ།

nus.pa.lci.ba

nooe pa chiwa

Heavy potency (as of like black salt)

ནུས་པ་རྩུལ་པ།

nus.pa.rtul.ba

nooe pa toohl wa

Blunt potency of medicinal plants (e.g. Bambusa textiles)

ནུས་པ་ཆ་བ།

nus.pa.tsha.ba

nooe pa tsha wa

Hot potency of medicinal plants (like piper nigrum Linn)

ནུས་པ་ཡང་བ།

nus.pa.yang.ba

nooe pa yang wa

Light inherent quality of medicinal plants (like *Capsicum Frutescens*) nor gi chir de
Spirits in pursuit of wealth

ནུས་པ་བསིལ་བ།

nus.pa.bsil.ba

nooe pa seel wa

Cool potency of medicinal plants (like *Cinnamomum Camphora*)

ནོར་བུ།

nor.bu

nor boo

Gem (such as wishfulfilling gem etc.)

ནེ་བུ་གསེང་རྩིང་དུ་བསྐྱེལ།

ne'u.gseng.rdzing.du.bskyil

neoo seng zing doo kyil

To construct ponds in meadows thus disturbing the plague-causing demons of water

ནོར་བུ་བདུན་ཐང་།

nor.bu.bdun.thang

norbu doon thang

Decoction of Seven Gems

Ingredients: *ma.nu*, *sle.tres*, *kan.ta.ka.ril*, *sga.skya*, *a.ru*, *ba.ru*, *skyu.ru*

Nature: Slightly cool

Uses: It heals hypertension, headache due to contagious common cold, excessive thirst, fever caused by inflammation of blood and *rLung*, developing fever in the night and heaviness of body.

ནོར།

nor

nor

Wealth

ནོར་གོང་བྱུང་བ།

nor.god.byung.ba

nor goe joong wa

Loss of wealth

ནོར་བུ་དབུས་ཀྱི་འཁོར་ལོ།

nor.bu.dbus.kyi.khor.lo

norbu ue ki khorlo

The wheel at the centre of a jewel

ནོར་གྱི་ཕྱིར་འདྲེ།

nor.gyi.phyir.'dre

ནོར་ལས་རྒྱལ་གྱི་རྩུང་།

nor.las.rgyal.gyi.rlung

norley gyel gi loong

The Dhananjaya rlung Energy

(*Skt. Dhananjaya*)

Location: North-west petal
of the heart

Element: Earth

Actions: This *rlung* remains
in the body even after death,
sometimes causing bloating
and movement in the corpse.

ནོར་ལྷ།

nor.lha

nor lha

Deity of wealth

གནངས་ལོ།

gnangs.lo

nang lo

The year after next

གནད།

gnad

ney

Vital spot or vital organ

གནད་དུ་བབས་པ།

gnad.du.babs.pa

ney doo bab pa

Piercing of a vital organ or
part .

གནམ་སྒོ།

gnam.sgo

nam go

A door in the sky

གནམ་ཐིབ་པ།

gnam.thib.pa

nam thip pa

Overcast sky

གནམ་ཐིག

gnam.thig

nam thik

Lit. celestial line (i.e the main
horizontal line)

གནམ་དངས་བ།

gnam.dangs.ba

nam dang wa

Clear sky

གནམ་སྒྲན།

gnam.sman

nam men

Sky medicine

གནས་མཚན།

gnam.mtshan

nam tshen

Meteorological phenomena

གནས་རིག

gnam.rig

nam rik

Astronomy

གནས་གཤིས།

gnam.gshis

nam shee

Weather; climate

གནས་གཤིས་སྟོན་བད།

gnam.gshis.sngon.brda

nam shee ngon da

Weather forecast

གནའ་བ།

gna'.ba

na wa

Bharal sheep (Pseudois
nayaur Hodg)

གནས།

gnas

ney

Location, site

གནས་གྱི་དབྱེ་བ།

gnas.kyi.dbye.ba

ney ki ye wa

The classification of diseases
on the basis of their locations

གནས་སྐབས།

gnas.skabs

ney kap

Stages or phases; temporary

གནས་སྐབས་སྟོད་པ།

gnas.skabs.spyod.pa

gey kab choe pa

Incidental behaviour
(occasional conduct)

གནས་སྐབས་བཞི།

gnas.skabs.bzhi

ney kab shi

The four stages during tantric
practice

- 1) the drop of the arising of
deep sleep
- 2) the drop of the arising of
dreams
- 3) the drop of the fourth
occasion or the
transcendental drop
- 4) the drop of the wisdom

གནས་པའི་རུས་སྤྲུལ།

gnas.pa'i.rus.sbal
ney pey rue bel
Abiding tortoise

གནས་ལུགས།

gnas.lugs
ney look
Anatomical and physiological
description of the body (i.e.
quantity of the bodily
constituents)

གནས་ལུགས་ནད་གཞི།

gnas.lugs.nad.gzhi
ney look ney shi
Factors responsible for health
and illness (the basis of mind-
body in dynamic equilibrium
and disequilibrium
representing healthy and ill
states)

གནས་ལུགས་ནད་གཞིའི་རྩ་བ།

gnas.lugs.nad.gzhi'i.rtsa.ba
ney look ney shi tsa wa
The root of the aetiology

གནོད།

gnod
noe

Harm

གནོད་གྱི་འཛིན་ཏེན།

gnod.kyi.jig.rten
noe kee jigten
Physical world (inanimate
world)

གནོད་སྦྱིན།

gnod.sbyin
noe jin
Yaksa (mountain spirits)

གནོད་སྦྱིན་བྱ་རོག་ཅན།

gnod.sbyin.bya.rog.can
noed jin ja rok chen
A demonic crow spirit

གནོད་སེམས།

gnod.sems
noe sem
Vindictiveness, harmful mind

ན་ནད།

rna.nad
na ney
Disease of the ears

ན་བ།

rna.ba

na wa
Ear

ནག

rnag

nak

Purulence, pus

ན་བ་ཅུར།

rna.ba.'ur

na wa voor

Tinnitus

A condition characterised by ringing in ears not caused by external sounds

ན་བ་སེམས།

rnab.sems

nab sem

Covetousness

ན་བ་འོན་པ།

rna.ba.'on.pa

na wa von pa

Deafness

A condition characterised by loss of hearing

ནམ་རྒྱལ།

rnam.rgyal

nam gyal

Lit. victorious one (a type of Terminalia chebula)

ན་བ་འི་གནན་གཞི།

rna.ba'i.gnyan.gzhi

na way nyen shi

Otitis

A condition characterised by inflammation of the ear

ནམ་འགྱུར།

rnam.'gyur

nam gyoor

Unhealthy (a change from the normal state of health)

ན་ཤལ།

rna.shal

na shel

Ear lobes

ནམ་གྲངས།

rnam.grangs

nam dang

Number, varieties

ནམ་བཅུ་དབང་ལྷན།

rnam.bcu.dbang.ldan

namchu wangden

The symbol of Kalachakra

རྣམ་རྟོག་

rnam.rtog

nam tok

Dualistic appearance (e.g.
false vision of an object)

རྣམ་སྤང་།

rnam.snang

nam nang

Vairocana (in the centre)

རྣམ་པ།

rnam.pa

nam pa

Appearance

རྣམ་པར་རྒྱུ་བ།

rnam.par.rgyu.ba

nam par gyoo wa

Fully moving wind energy

རྣམ་པར་རྟོག་པ།

rnam.par.rtog.pa

nam par tok pa

Conceptuality

(fully understood)

རྣམ་པར་གྲོལ་བའི་ཕུང་པོ།

rnam.par.grol.ba'i.phung.po

nam par dol wey fung po

Embodiment of complete
liberation

རྣམ་པར་མ་འགྱུར་པ།

rnam.par.ma.gyur.pa

nam par ma gyur pa

Healthy (balanced state of
humours)

རྣམ་པར་གཡེང་བ།

rnam.par.gyeng.ba

nam par yeng wa

Distraction

རྣམ་སྤེན་གྱི་རྒྱ།

rnam.smin.gyi.rgyu

nam meen gee gyoo

Developing cause

རྣམ་སྤེན་གྱི་འབྲས་བུ།

rnam.smin.gyi.'bras.bu

nam meen gee dey boo

Developed result

རྣམ་ཤེས་།

rnam.shes

nam shey

Consciousness

It refers to the crystal energy that enables us to be aware of our outer and inner things. It consists of the primary six minds of eye, ear, nose, tongue and touch consciousness and primary mental consciousness.

ནམ་ཤེས་ཀྱི་ཕུང་པོ།

rnam.shes.kyi.phung.po

nam shey kee foonk po

Aggregate of consciousness

ནམ་ཤེས་ཚོགས་བརྒྱད་ལས་སྤར་ཁ་

འབྱུང་ཚུལ།

*rnam.shes.tshogs.brgyad.las.spar.kha.°
byung.tshul*

namshey tshok gey ley par
kha joong tshool

The formation of eight
'parkha' (I- ching) from eight
types of consciousness

1) *Li* from eyes

2) *Khon* from the basis of all
things

3) *Da* from emotion

4) *Khen* from mind

5) *Kham* from tongue

6) *Gin* form body

7) *Zin* from ear

8) *Zon* from nose

ནལ་འབྱོར་བ།

rnal.'byor.ba

nel jor wa

Yogin or male hermit

ནལ་འབྱོར་རྒྱུད།

rnal.'byor.rgyud

nel jor gyue

Yoga Tantra

ནལ་འབྱོར་བླ་མེད་རྒྱུད།

rnal.'byor.bla.med.rgyud

nel jor la mey gyue

Maha yoga Tantra (The
highest yoga tantra or
supreme yoga tantra)

ནལ་འབྱོར་མ།

rnal.'byor.ma

neljor ma

Yogini or female hermit

རྫོ་བ།

rno.ba

no wa

Sharp (one of the potency of
medicinal plants)

རྫོ་ཞིང་ཚ་བའི་བས།

rno.zhing.tsha.ba'i.zas

no shing tsa bey zey
Sharp and hot food (sharp
and hot refers to the
medicinal potency of the
diets)

སྒྲ་ཁྱུང་།

sna.khung
na khoong
Nostril

སྒྲ་ནད།

sna.nad
na ney
Nasal diseases

སྒྲ་བ།

sna.ba
na wa
Nose

སྒྲ་སྒྲ།

sna.sman
na men
Inhalation Therapy (nasal
medications)

སྒྲ་རྩེ།

sna.rtse
na tse

Blood letting vessels located
at the tip of the nose

སྒྲ་ཚོགས།

sna.tshogs
na tshok
Different varieties

སྒྲ་མཐའ།

snang.mtha'
nang tha
Amitabha (in the west)

སྒྲ་ཚུལ།

snang.tshul
nang.tshool
Phenomenon, appearance

སྒྲ་བ་བཞི།

snang.ba.bzhi
nang wa shi
The four types of experiences
attained as a result of
practising *Dzogchen* meditation

སྒྲ་བས་རྩུག།

snabs.rtug
nab took
Nasal mucus

སྒྲུལ་བྱ།

snam.bu

nam boo

Woollen cloth

སྒྲུང་མ།

snar.ma

nar ma

Aldebran Rohini – one of the
twenty seven constellations

སྒྲུལ་བུ་ཅུ།

snum.bcud

noom chue

Oily and nutritious

It is normally recommended
in cases of wind disorders.

སྒྲུལ་འཚོས།

snum.'chos

noom choe

Oleation therapy

A preliminary way of using
oil for all the five treatments
such as emetics, purgative etc.

སྒྲུལ་འཐུང་བ།

snum.'thung.ba

noom thoong wa

Consumption of oils

སྒྲུལ་པ།

snum.pa

noom pa

Unctueous (oily potency of a
medicine)

སྒྲུལ་བཞི།

snum.bzhi

noom shi

Four kinds of oil

- 1) Butter derived from
animals (*rtsi.mar*)
- 2) Oil derived from seeds
(*'bru.mar*)
- 3) Fat (*tshil.zhag*)
- 3) Marrow (*rkang*)

སྒྲུང་གོད།

sne.rgod

ney goe

Wild Goose Foot,
Chenopodium album
(*Amaranthus Viridis* Linn)

སྒྲུའུ།

sne'u

ney voo

Hindi Name: Vastukah

Botanical Name:

Chenopodium album Linn

Taste: Sweet

Potency: Neutral

Uses: It controls excessive perspiration, promotes appetites, subside fever, restores blood, heals wounds and itching; and controls white discharge.

སྟོད།

snod'
noe

Hollow viscera, Hollow organs, Skt. susirasaya

སྟོད་ཀ།

snod.ka
noe ka

Blood letting vessels of the basilica veins, which is associated with the heart

སྟོད་མཁྲིས་གནན་གཞི།

snod.mkhris.gnyan.gzhi
noe tree nyen shi

Cholecystitis

A condition characterised by inflammation of gall bladder

སྟོད་བཅུད།

snod.bcud
noe chue

Environment and inhabitants
(natural resources)

སྟོད་དཔངས་མཐོ་བ།

snod.dpangs.mtho.ba
noe pang tho wa
Containers of great depth

སྟོད་ཚད།

snod.tshad
noe tshey
Fever of the hollow viscera

སྟོན་ཟླ།

snron.zla
nonda
Jeshth; fifth month of
Tibetan lunar calendar

བསྟོན།

bsnon
non
Add; addition

པ།

པ་ཏོ་ལ།

pa.to.la

pa to la

Botanical Name: *Bletilla striata* (Thunb) Reichb.f.

Taste: Sweet to bitter to hot

Uses: It cures diseases caused by animalcules and improves appetite.

པ་ཡག་རྩ་བ།

pa.yag.rtsa.ba

pa yak tsa wa

Botanical Name: *Lancea tibetica* Hook.f.et.Thoms
(*Salvia miltiorrhiza*, *Viola dissecta*)

Taste: Sweet

Potency: Cool

Uses: Its root cures lung disorders and drains pus from the lungs. It also treats womb tumour.

པ་ལག།

pa.lag

pa lak

Hindi Name: Palak

English Name: Spinach

Botanical Name: *Spinacia-olerecea*

Taste: Sweet

Potency: Cool

Uses: It is a good source of nutrition for nursing mothers and improves quality of their milk. It is an excellent remedy for constipation, night blindness and is highly beneficial in building up blood and in prevention and treatment of anemia.

པ་སངས།

pa.sangs

pasang

Venus; Syn. *dkar.po*-white, *lha.min.bdag*. *po*-lord of semi god

པག།

pag

pak

Barley dough (staple diet of Tibet)

པགས་ནད།

pags.nad

pak ney

Dermatological disorders

པག་པ་པ།

pags.pa

pag pa

Skin (location of colour
regulating bile)

པང་དུ་ལེན་ཚུལ།

pang.du.len.tshul

pang doo len tshool

Ways of taking (baby etc.) in
the lap

པད་མ།

pad.ma

pey ma

Skt. Name: Pad ma

Hindi Name: Kamal

Botanical Name: Nelumbo
nucifera

Family: Nelumbonaceae

Taste: Astringent

Uses: It aids concentration,
and is used for allergy and
spasmodic.

པད་མ་གེ་སར།

pad.ma.ge.sar

pey ma gey sar

Skt. Name: Salmali Mocha

Botanical Name: Bombax
Ceiba L.

Taste: Astringent

Potency: Cool

Uses: It is beneficial in treating
hot disorders of the lungs,
liver and the heart.

པད་མ་རུ་ག།

pad.ma.ra.ga

pey ma ra ga

English Name: Ruby

Taste: Sweet

Uses: It prevents attack from
evil spirits and proves
effective in rectifying
disorders of the mind.

པད་རྩ།

pad.rtsa

pey tsa

Nelumbo nucifera Gaertn
(roots of Lotus flower)

པད་ཚལ།

pad.tshal

pad zel

English Name: Chinese
cabbage

Taste: Sweet

Potency: Cool

Uses: It is useful for treating
fever, cold, coughing, vocal
obstruction, ulcers in the
stomach, large and small
intestine, controls bleeding

and prevents cancerous growth.

པད་རག

pad.rag

pey rag

Scientific Name: Ruby

Taste: Sweet to astringent

Potency: Cool

Uses: It is used to harmonise the three principle energies of the body and to dispel harmful evil spirits.

པད་རག་མདོག་ལྗན།

pad.rag.mdog.ldan

pey rag dok den

Possessor of Rubra colour

Ingredients: *ba.lo'i.me.tog, gur.gum, sug.smel, skyer.shun, btsod, skyu.ru, zhu.mkhan, rgya.tshos, dom.mkhris, gze.ma, mkhal.zho, shug.tsher.khan.ta, brag.zhun*

Nature: Slightly cool

Uses: A compound which is used against spermatorrhea, leucorrhea, descent of bad blood into the lower part of the body, polyurea, bed-wetting and renal diseases.

པར་པ་ཏ།

par.pa.ta

par pa ta

1) Botanical Name:

Hypecoum leptocarpum

Taste: Bitter

Potency: Cool to blunt

Uses: It treats infections, bilious fever, hepatitis and fever caused by poison.

2) Harmful external micro-organism It enters the body through the nose, mouth, and pores of skin and leads to varieties of severe contagious diseases. This micro-organism is characterised by having lizard-like head, a wide mouth and a snake-like body with wings and many limbs. It cannot be seen with the naked eyes due to its small size.

པི་པི་ལིང་།

pi.pi.ling

pee pee ling

Skt. Name: Maga. Pippali

English Name: long pepper

Botanical Name: *Piper*

Longum Linn

Taste: Hot to Sweet

Potency: Warm

Uses: It cures *bad-kan* and *rlung* combined disorders, excess sputum, asthma and impaired digestive heat.

པི་ལང་ཏར་ཐང་པ།

pi.wang.ltar.thang.pa

pe wang tar thang pa

Tense like the strings of a lute

པིར་འགོ།

pir.'go

per go

Ligaments and minor water channels of the big toe (lit. tip of writing brush)

པུ་ཤེལ་རྩེ།

pu.she.rtse

poo shel tsey

Botanical Name:

Dendrobium nobile Lindl

Taste: Sweet

Uses: It alleviates thirst, fever, reduces the urge to vomit and relieves urinary tract blockages.

པུ་ཤེལ་རྩེ་མཚོག།

pu.she.rtse.mchog

poo shel tse chok

Superior Himalayan orchid
(*Dendrobium curcumatum*)

པུ་ཤེལ་རྩེ་དམན།

pu.she.rtse.dman

poo shel tse men

Caelogyne Orchid

(*Caelogyne occultata*)

པུཁ་ཀར་མུ་ལ།

pukh.kar.mu.la

poo kar moo la

English Name: Flee bane

Botanical Name: *Inula recemosa* Hook

Uses: It controls fever of phlegm and relieves pain in the ribs due to hypertension.

པུན་ཏ་རི་ཀ།

pun tra ri ka

poon ta rika

1) A precious gem stone

2) White lotus

པུས་ཚིགས།

pus.tshigs

pooe tshik

Knee joints

ཕུས་མོ།

pus.mo

poee mo

Knees

པོ་སོ་ཆ།

po.so.cha

poso cha

Sesbana grandiflora

ཕྱི་ཡང་ཀུ།

pri.yang.ku

tee yang koo

English Name: Lavender

Botanical Name:

Dracocephalum tanguticum

Maxim

Taste: Sweet to bitter

Potency: Cool

Uses: It is beneficial in the treatment of hot disorders of the stomach and liver, brown phlegm, wounds and excess of lymphatic fluid and water retention of hot nature.

དཔག་ཚད།

dpag.tshad

pak tshey

League/yojana

According to the Kalachakra system, twenty four finger

widths equal one cubit, four cubits equals a bow length, two thousand bow length equals one earshot, four earshots equals one league or yojana

དཔའ་ཚོད།

dpa'.rgod

pa goe

1) Phytolacca sp.

2) Courageous and bold

དཔའ་བོ་དཀར་པོ།

dpa'.bo.dkar.po

pawo Karpo

Hindi Name: Burgu/

Matazor/Jirka

Botanical Name: Phytolacca

acinosa Roxb

Taste: Bitter

Potency: Cool

Uses: It is used against disorders caused by poisoning, epidemic fever and pain associated with inflammation.

དཔའ་བོ་དག་འདུལ།

dpa'.bo.dgra.'dul

pawo da dool

Enemy Defeating Hero

དཔའ་བོ་ཆེན་པོ།

dpa'.bo.chen.po

pa wo chenpo

Panax ginseng C.A.Mey; it is
a synonym of '*kar.po.chig.thub*'

དཔལ་བསྐྱེད།

dpal.bskeyed

pel key

Prosperity

དཔུང་ཀང་།

dpung.rkang

poong kang

Upper arm or humerus

དཔུང་པ་རྩེངས་བ།

dpung.brengs.pa

poong pa rheng pa

Frozen shoulder

A condition characterised by
stiffness and pain in shoulder

དཔུང་ཙ།

dpung.rtsa

poong tsa

Shoulder vein

དཔུང་འདྲུམ།

dpung.'dzum

poong zoom

The deltoid region

དཔེ།

dpe

pey

Simile

(metaphoric illustration)

དཔུད།

dpnyad

chey

Accessory therapy

དཔུད་ལྗིང་བཅུ་གསུམ།

dpnyad.lding.bdu.gsum

chey ding choo sum

The thirteen floating
diagrams; are used for the
delineation of future events

དཔུད་ལས་མཐོང་བ།

dpnyad.las.mthong.ba

chey ley thong wa

Observation of the
therapeutic techniques in
practice

དཔྱི་ཀིད་ན།

dpnyi.rked.na

chee key na

Lumbago

A condition characterised by pain in lower back (waist and hip pain).

དཔྱིད་དུས།

dpyid.dus
chee dus
Spring season

དཔྱི་རྗེད་རུས་ཚིགས་ན།

dpyi.rked.rus.tshigs.na
chee key roo tshig na
Pain in the joints of waist and hip bones; (symptomatic of diseases caused by wind)

དཔྱིད་དབུགས།

dpyid.dbugs
chee ook
The energy of the spring

དཔྱི་མིག།

dpyi.mig
chee mik
Hip joint, hip sockets

དཔྱིད་ཚད།

dpyid.tshad
chee tshey
Spring heat

དཔྱི་རུས།

dpyi.rus
chee rue
Pelvis or hip bones

དཔྱིད་ཟླ་གསུམ།

dpyid.zla.gsum
chee da soom
The three spring months

དཔྱིད་མཉམ།

dpyid.mnyam
chee nyam
Spring equinox

It is the day when the day and night becomes equal which appears in 2nd Lunar month.

དཔྱོད་པ།

dpyod.pa
choe pa
Investigate, analyse

དཔྱལ་བ།

dpral.ba
tey wa
Forehead

ལྷགས་འགས།

lpags. 'gas

pak gey

Cracking of the skin

It is one main symptom of
sweat consumption.

སྤ་མ།

spa.ma

pama

Juniper (*Juniperus squamosa*)

སྤ་ཡག་རྩ་བ།

spa.yag.rtsa.ba

pa yak tsa wa

Botanical Name: *Lancea*
Tibetica

Taste: Sweet and bitter

Potency: Cool

Uses: It is beneficial in treating
cough, sores and ruptured
blood capillaries, strengthens
lungs, and draws pus from
lungs and sores. Its fruits are
used for treating cardiac
diseases and amenorrhoea.
Leaves heal wounds.

སྤ་།

spang

pang

Grassland or meadow

སྤ་རྒྱན།

spang.rgyan

pang gyen

Gentiana sp.

སྤ་རྒྱན་དཀར་པོ།

spang.rgyan.dkar.po

pang gyen kar po

Botanical Name: *Gentiana*
algida

Taste: Bitter

Potency: Cool

Uses: It is beneficial in treating
inflammations of the
pharynx, bronchioles,
hoarseness of the throat,
excess sputum, cough, toxic
and epidemic fever.

སྤ་རྒྱན་ཁ་བོ།

spang.rgyan.khra.bo

pang gyen ta po

Botanical Name: *Gentiana*
Sinoornata

Taste: Bitter

Potency: Cool

Uses: See *spang.rgyan.dkar.po*

སྤ་རྒྱན་སྒོན་པོ།

spang.rgyan.sngon.po

pang gyen ngon po

Botanical Name: Gentiana
Veitchiorum

Taste: Bitter

Potency: Cool

Uses: It is used for treating
fever caused by small pox
and vulnerable diseases.

ལྷང་རྒྱ་བཙུང་།

spang.rgyan.bco.lnga

pang gyen cho nga

Gentiana Fifteen

Ingredients: *spang.rgyan.me.tog,*
a.ru, a.gar.nag.po, snying.rho.sha,
tsan.dan.dkar.po, sro.lo.dkar,
cu.gang, ru.rta, sle.tres, ba.ru,
skyu.ru, li.shi, shing.mngar,
ba.sha.ka, dza.ti.

Nature: Cool

Uses: It cures dry throat,
itching, coughing and
bubbled mucus due to
descending of fever in the
throat; constricted chest and
severe pain in the upper part
due to bile – wind disorder.
It is particularly effective
against chronic cough and
cold and breathlessness.

ལྷང་རྒྱ་ནག་པོ།

spang.rgyan.nag.po

pang gyen nak po.

Botanical Name: Gentiana
Veitchiorum (black type)

ལྷང་རྒྱལ།

spang.rgyus

pang gyooe

English Name: Green
Tibetan asbestos (lit. indigo
tendon)

Uses: It heals disorders of the
ligaments and tendons.

ལྷང་སྤོས།

spang.spos

pangpoe

Hindi Name: Jatmansi

Botanical Name:

Nardostachys Jatamansi DC

Taste: Bitter

Potency: Cool

Uses: It is used for treating
chronic fever, fever due to
poisoning, spleen disorder,
pathogenic diseases and
relieves swelling. Lit. Meadow
incense.

ལྷང་བ།

spang.ba

pang wa

To refrain, to avoid, to
abstain

ཐང་བླང་བཟག་པ།

spang.blang.brtag.pa

pang lang takpa

Examination of curability
and incurability of diseases

Nature: Cool

Uses: A compound which
subside infectious fever, and
relieves pestilential swelling,
swelling of breast and
toothache.

ཐང་བླང་མུ་བཞི།

spang.blang.mu.bzhi

pang lang mo shi

Four diagnostic techniques of
verifying whether the disease
can be cured or not.

ཐང་རྩི་དོ་བོ།

spang.rtsi.do.bo

pang tsee dowo

Botanical Name:

Pterocephalus hookeri
(C.B.clarke) Diels

Taste: Bitter

Potency: Cool

Uses: It is used against
common cold, infectious
fever, fever due to poisoning,
initial and chronic fever, colic
pain, dysentery, gout, arthritis
and blood disorders.

ཐང་མ།

spang.ma

pangma

Latin Name: Malachite
(green colour)

Uses: It dries up lymph fluid,
removes cataracts, promotes
hair growth, cures diseases of
the male sex organs.

ཐང་ཚན་ཕུ་རུ།

spang.tshan.pu.ru

pang tshen poo roo

Botanical Name: Eriophyton
wallichii Benth

ཐང་རྩི་བཙུ་གཉིས།

spang.rtsi.bcu.gnyis

pangtse choonyi

Pterocephalus Twelve

Ingredients: *spang.rtsi, cu.gang*
bong.dkar, stag.sha.nag.po,
gur.gum, gi.wam, par.pa.ta,
brag.zhun, gla.rtsi, gul.nag,
tsan.dmar, bdud.rtsi.lo.ma

ཐང་རམ།

spang.ram

pang raam

Botanical Name: Polygonum

Sphaerostachyum

Taste: Sweet to bitter

Uses: It stops diarrhoea and promotes blood growth.

སྤར་ཁ།

spar.kha

parkha

I-ching, trigrams

སྤར་ཁ་བརྒྱད།

spar.kha.brgyad

parkha gey

The eight I-chings or trigrams

- 1) *Li* – fire
- 2) *Khon* – earth
- 3) *Da* – iron
- 4) *Khen* – space
- 5) *Kham* – water
- 6) *Gin* – mountain
- 7) *Zin* – wood
- 8) *Zon* – wind

སྤར་ཁ་བརྒྱད་ཆགས་ཚུལ།

spar.kha.brgyad.chags.tshul

parkha gey chak tshool

The formation of eight trigrams

སྤར་ཁ་སྤེ་བའི་སྤྱིང་སྤྱོར།

spar.kha.sme.ba'i.gling.skor

parkha mey wey lingkor

The diagrams of the places of the *parkha* and *smeba*

སྤར་ཁ་བཟང་བཞི་དན་བཞི།

spar.kha.bzang.bzhi.ngan.bzhi

par kha zangshi ngenshi

The four favourable and unfavourable I-chings; the four good and bad trigrams; The four favourable *parkhas*

are

- 1) *gnam.sman* – sky medicine
- 2) *srog.'tsho* – life support
- 3) *dpal.skyed* – prosperity
- 4) *phya.lon* – message of luck

The four unfavourable *parkhas* are

- 1) *gnod.pa* – injury
- 2) *'dre.lnga* – five demons
- 3) *bdud.gcod* – life cutting demons
- 4) *lus.chad* – body punishment

སྤར་ཁ་འི་གནམ་སྤྱོ།

spar.kha'i.gnam.sgo

par khey naam go
Lit. the sky door of I-ching
or trigrams

སྐར་ཁའི་ཕྱག་རྒྱ།

spar.kha'i.phyag.rgya
par khey chak gya
The seal or mudra of the
eight trigrams

སྐར་ཁའི་ཕྱོགས་གཙང་།

spar.kh'i.phyogs.gtsang
par khey chok zang
The clear direction of the I-
chings

སྐར་ཚད།

spar.tshad
par tshey
Closed handfuls
An ancient way of
measurement.

སྐུ་འབྲིལ།

spu.'khyil
poo khyil
Nape of the neck

སྐོན་དཀར།

spen.dkar
pen kar

Botanical Name: *Potentilla*
glabra

Uses: It treats breast
problems in women,
indigestion and lung
disorders.

སྐེན་པ།

spen.pa
penpa
Saturn; syn. *Dal.bar.'gro*-Slow
mover, *nyi.ma'i.bu*-Son of
sun, *mi.bzang.mig*-Eye of great
people, *gshin.rje.bdag*-Lord of
death

སྐེན་མ་ནག་པོ།

spen.ma.nag.po
pen ma nakpo
Botanical Name: *Potentilla*
arbuscula D.Don
Uses: It heals swelling of
breast, and blockage of veins
due to dropsy. The calcinated
ash of this plant dries serous
fluid.

སྐོ་ལ་དར་འཕྱར།

spo.la.dar.'phyar
pola darchar
Hoisting a silk banner on the
mountain top

ལྷོ་ལ་གདོན་པ།

spo.la.gdon.pa

pola donpa

Reaching one's peak

A technique of diagnosis in which the doctor unmistakably examines the disorders

ཤྱོས།

spos

poe

Incense

ཤྱོས་དྲཀར།

spos.dkar

poe kar

Hindi Name: Sakhu/Ral/Shal

Botanical Name: Shorea robusta Gaertn (Sal tree)

Taste: Astringent

Potency: Hot

Uses: It is recommended against arthritis, lymph disorders, *rlung* diseases and treats hydrocele.

ཤྱོས་དྲཀར་བཙུ་བ།

spos.dkar.bcu.ba

poe kar choowa

Shorea Robusta Ten

Ingredients: *a.ru, ba.ru, spos.dkar, thal.ka.rdo.rje, so.ma.ra, ru.rta, ba.sha.ka, skyu.ru, sle.tres, brag.zhun*

Nature: Cool

Uses: A name of a compound which cures swelling and pain in the joints of limbs, rashes and itching, serum disorder, gout and rheumatic arthritis.

ཤྱོས་ཁྱུང་བཙོ་ལ།

spos.khyung.bco.lnga

poe kyung cho nga

Shorea Garuda Fifteen

Ingredients: *spos.dkar, ru.rta, thal.rdor, so.ma.ra, ba.sha.ka, a.ru, ba.ru, skyu.ru, sle.tres, brag.zhun, shu.dag, stod.dkar, gul.nag, sman.chen, gla.rtsi*

Nature: Cool

Uses: A compound which cures swelling of limp joints, rashes, gout, rheumatic arthritis, paralysis, contraction and rigidity of limbs.

ཤྱོས་ཅུས་བཙུ་བ།

spos.chus.bkru.ba

poe chooe too wa

Bathing in scented herbal water

Uses: It is a *bad.kan* emetic and heals wounds and sores.

ལྷུང་ཀི།

spyang.ki

chang kee

Wolf (Canis lupus)

Uses: Its stomach increases digestive heat, and facilitates digestion and its tongue relieves swelling of the tongue.

ལྷུང་ཆེར་ནག་པོ།

spyang.tsher.nag.po

chang tser nakpo

English Name: Black thistle

Botanical Name: *Carduus acanthoides* Linn

Uses: See *pyang.tsher.dkar.po*

ལྷུང་དུག།

spyang.dug

chang dook

Wolf's bane (*Aconitum heterophyllum*)

ལྷུན་རས་གཟིགས།

spyang.ras.gzugs

chen rey sig

Avalokiteshvara;

Manifestation of Buddha's compassion

ལྷུང་ཆེར།

spyang.tsher

chang tsher

Thistle (*Morina betanicoidea* Benth)

སྤྱི།

spyi

chee

General

ལྷུང་ཆེར་དཀར་པོ།

spyang.tsher.dkar.po

chang tsher karmo

English Name: White thistle

Botanical Name: *Morina kokonorica* Hao

སྤྱི་གྲུ།

spyi.rgyu

chee gyoo

General cause

སྤྱི་བཅོས།

spyi.bcos

chee choe

General treatment

སྤྱི་རྟགས།

spyi.rtags

chee tak

General signs and symptoms

སྤྱི་བོ།

spyi.bo

chee wo

Crown of the head (seat of the life- sustaining wind)

སྤྱི་བོ་བདེ་ཆེན་འཁོར་ལོ།

spyi.bo.bde.chen.'khor.lo

chee wo dechen khorlo

The wheel of great bliss at the crown

This wheel is called 'the wheel of great bliss', because the foundation of great bliss, the white Bodhicitta, abides mainly at the crown (*Tib. Tshangs.pa'i.bu.ga*; Lit. Brahmic fissure). It is located at the crown of the head (situated in the area beneath the top of the skull and just above the brain). It is multi-coloured: white, green, red and black and is triangular in shape.

It is believed that during the moment of liberation

consciousness leaves the body through this exit point to merge with the Absolute (Brahman). It corresponds to the level of ultimate reality on the one hand and to the brain on the other.

In an ordinary person, this wheel is responsible for the higher mental functions, especially discernment (Buddha). In the yogin and yogini, its full potential manifests in the form of mystical experience and illumination.

The central channel is constricted by two side channels (*Roma* and *rKyang-ma*) making a knot. These channels branch off into four, eight and eventually into thirty two branch channels.

སྤྱི་བོ་འཁོར་ལོ།

spyi.bo'i.'khor.lo

cheewoe Khorlo

The wheel of crown (crown chakra)

སྤྱི་གཙུག་

spyi.gtsug

chee tsook

The crown of the head

ལྷི་ཤག་

spyi.ṣhag

chee shak

Lit. General days

ལྷི་བཞུར།

spyi.bṣhur

chee shur

It is a synonym of *stab.seng*
(*Fraxinus suareolans* W.W.
Smith)

ལྷི་ལོ།

spyi.lo

cheelo

Western year

ལྷི་བཤལ།

spyi.bshal

chee shel

Purgation therapy in general—
a part of the initial
preparations for bile disorder
treatment

སྟོད་རྒྱུད།

spyod.rgyud

choe gyue

The performance tantra

One of the four tantras which
stresses on a balanced
approach in terms of external
rites and internal mental
activities

སྟོད་ལམ།

spyod.lam

choe lam

Behaviour, conduct

སྟོད་ལམ་དྭག་པོ།

spyod.lam.drag.po

choe lam drakpo

Strenuous activity or
behaviour

སྟོད་ལམ་མི་འཕྲོད་པ།

spyod.lam.mi.'phrod.pa

choe lam mee toe pa

Incompatible conduct,
unsuitable behaviour

སྟེ་བ།

spra.ba

ta wa

Leontopodium franchetii
Beauv, *Anaphalis* sp.

སྟེ་རྟོད།

spra.rgod

tra goe

Botanical Name: *Anaphalis triplinervis*

Taste: Astringent

Potency: Neutral

Uses: It is used to treat epidemic diseases, toxicity, glandular diseases and haemorrhage. Moxa therapy is beneficial in treating *rLung* and cold diseases, serous fluid disorders, tumours, swelling, joint pains, madness, delirium, epileptic attack and paralysis of limbs.

སྤྲུ་གཡུང་།

spra.gyung

ta yoong

Botanical Name: *Anaphalis busua*

Taste: Astringent

Potency: Neutral

Uses: See (*Spra.rgod*)

སྤྲི།

spri

tee

Cream from milk

སྤྲིས་མ།

spri.s.ma

tee ma

Scum; (cold disorders are indicated by thin scum and hot disorders by thick scum of the urine)

སྤྲུ་དྭ་ར།

spru.dkar

too kar

Botanical Name: *Heracleum caudicans*

Taste: Bitter to hot

Potency: Neutral

Uses: It is used to treat bleeding, skin diseases, tumours, inflammation, pain caused by vulnerable fever, abdominal cramps caused by intestinal worms, internal cancer, and leprosy. Its seed is particularly beneficial in treating *rlung* disorders and relieving pain.

སྤྲུ་ནག་

spru.nak

too nag

Botanical Name: *Aralia Sp.*

Taste: Bitter to hot

Potency: Neutral

Uses: It is used to treat diptheria, sudden swelling, epidemic or vulnerable diseases, sinusitis, tooth ache,

leprosy, constipation and
haemorrhage.

ལྷ་མེད།

spru.ser

too ser

Botanical Name:

Notopterygium incisum

ལྷ་སྐྱ།

sprul.sku

tool koo

Re-incarnation; enlightened
beings who are reborn as
human beings to serve others
who suffer in the cycle of
existence

ལྷ་བ་བོ།

sprul.ba.bo

tool wa po

Emanator

ལྷ་ལ།

sprel

tey

Monkey – one of the twelve
animal signs in Tibetan
astrology

ལྷ་ལ་ལ།

sprel.zla.ba

tey dawa

Monkey month, 5th month of

the Tibetan Elemental

Astrology

ལྷ་ལྷ།

spre'u

tey voo

Young monkey (*Macaca* sp.)

སྤྲོས།

spros

toe

To explain in detail; to
elaborate

སྤྲོས་བྲལ།

spros.bral

toe del

Lack of extremes

ཕ།

Syn. of *bya.wang* (flying squirrel)

ཕ་སྤྱན།

pha.spun

fa poon

Paternal relatives

ཕ་མང་ལོང་བ།

pha.wang.long.bu

fa wang long boo

Latin Name: Cuprum

Nativum (Pyrite)

Taste: Astringent

Potency: Hot

Uses: It is used to treat fractured bones, ruptured vessels and eye diseases.

ཕ་བང་དྲེག་པ།

pha.bang.dreg.pa

fa bang dek pa

It is a synonym of *rdo.dreg*
(*Parmela tinctorum* Desps.)

ཕ་ལམ།

pha.lam

fa lam

Hindi Name: Dorag

English Name: Diamond

Scientific Name: Adamas

Taste: Astringent

Potency: Cool

Uses: It is used to dispel harmful evil spirits.

ཕ་བང་ལོང་བ།

pha.bang.long.bu

fa bang long boo

Latin Name: Pyrite (one kind)

Uses: It cures fractured bones, eye disorders and heals ruptured vessels and nerves.

ཕ་བོང་འདྲེགས་པ།

pha.bong.'dregs.pa

fa bong dhek pa

Lifting boulders

ཕ་ལྷ་གཞོན།

pha.lha.gnod

fa lha noe

Harm from paternal deities

ཕ་མང་།

pha.wang

fa wang

ཕག།

phag

fak

Pig – one of the twelve animal signs in Tibetan astrology

ཕག་རྟ་

phag.rgod

fak goe

Wild boar (*Sus scrofa*)

ཕག་པའི་བུད་ལེན་

phag.pa'i bcud.len

fak pey chue len

It is a synonym of *gar.nag* (pig's stool)

ཕག་བྱན་

phag.brun

fak droon

Calcine of wild boar's dung

Uses: It is used to treat indigestion, septic disorders, infectious fever and bile tumours.

ཕག་ཞག་

phag.zhag

fak shak

Lit. pig day

It occurs in 5th Tibetan Lunar month

If it rains during these days, the water becomes bad or poisonous, so one should avoid compounding medicines and works related with water.

ཕག་ཟླ་བ་

phag.zla.ba

fak dawa

Pig month, 8th month of the Tibetan Lunar Year

ཕག་ཤ་

phag.sha

fak sha

Pork

Taste: Sweet

Potency: Cool

Uses: It being cool and light in qualities is helpful in treating wounds, peptic ulcers and *bad.kan.smug.po*.

ཕན་

phan

fan

Beneficial

ཕན་པ་ཀུན་ལྡན་

phan.pa.khun.ldan

fenpa Kunden

Possessing All Benefits

Ingredients: *se.'bru, sug.smel, ru.rta, bong.dkar, byi.tang.ga, gya'.kyi, rgya.tsha, gla.rtsi, thang.phrom.dkar.pa.tsa.'am.'bras.bu, shing.kun, ma.nu, gur.gum, pho.ba.ris, sdig.srin, rgyam.tsha, a.ru, thar.nu*

Nature: Cool

Uses: It is useful in treating diphtheria, inflammation of the muscular tissues, tonsillitis and sinusitis.

ཕན་ཚུན་འཁོར་ལོ།

phan.tshun.'khor.lo
fen tshoon khorlo

The wheel of mutuality

ཕབས།

phabs
fab

A yeast used for fermenting Tibetan home-made ale (*chang*)

Uses: It cures indigestion, scattered tendons and ligaments, and swelling of an infant's navel, diseases of the uterus and severe cold disease in women.

ཕར་ཕྱིན་ཐེག་པ།

phar.phyin.theg.pa
far chin thek pa
The perfection vehicle

ཕལ་བ།

phal.ba
fel wa
Ordinary, common (i.e. a physician ignorant of diagnostic method and meaning of medicine tantras)

ཕུག་པ་ལུན་གུབ་ཀྱི་མཚོ།

phug.pa.lhun.grub.rgya.mtsho
fukpa lhundup gyatso
Phukpa Lhundup Gyatso
He was a great astrologer who propounded the *Phug* system. He authored '*Pad.dkar.zhal.lung*' in 1447.

ཕུག་མ།

phug.ma
fuk ma
Chaff (of the grains)

ཕུག་རོན།

phug.ron
fuk ron

Pigeon or dove (*Columba rupestris*)

ཕུག་རོན་གསང་།

phug.ron.gsang

fuk ron sang

Triangular pigeon-size cavity on the chest

ཕུག་རོན་རྐང་།

phug.ron.rkang

fuk ron kang

It is a synonym of *re.skön* (*Corydalis hendersonii* Hemsl

ཕུང་པོ་ལྔ་།

phung.po.lnga

fung po nga

The five aggregates

- 1) *gzugs*-Aggregate of form
- 2) *tshor.ba*-Aggregate of feeling
- 3) *'du.shes*-Aggregate of perception
- 4) *'du.byed*-Aggregate of compositional factors
- 5) *rnam.shes*-Aggregate of consciousness

ཕུན་ཚོགས་སྟོར།

phun.tsogs.sbyor

fun tsok jor

The combination of excellences

It refers to the connection between the element of the daily planet (weekdays) and the element of the constellation (moon constellation) i.e. wind and wind (weekday and moon constellation respectively)

ཕུར་དྭགས།

phur.dkar

fur kar

Botanical Name: *Micromerita tarosma* (w.w.smith), Hand-Malc

Uses: It controls micro-organisms, heals rashes and other skin infections.

ཕུར་ནག།

phur.nag

fur nak

Botanical Name: *Artemisia Santolinifolia*

Taste: Bitter to hot

Potency: Cool

Uses: It is used to treat epidemic or vulnerable diseases, diphtheria, sudden swelling, abdominal cramps

caused by intestinal worms,
inflamed rashes and pimples.

ཕོ་གླང་།

pho.glang

fo lang

Pedicularis sp (a male kind)

ཕུར་པ།

phur.pa

fur pa

Peg; three sided ritual dagger

ཕོ་རྒྱུ་འགན་གཞི།

pho.rgyu'i.gnyan.gzhi

fo gyue nyan shi

Gastritis

ཕུར་བུ།

phur.bu

fur boo

Jupiter; it is the day of
literature (*rig. gnas.gza'*)

A condition characterised by
inflammation of stomach
and intestine

ཕོ་ཅང་།

pho.cong

fo chong

Male lime stone

ཕུར་སྤྱབ།

phur.smug

fur muk

Elsholtzia Ciliata (Thunb)

Hyland

ཕོ་ལམ།

pho.lcam

fo cham

Althaea rosea (L) car

ཕུར་ལེབ།

phur.leb

fur leb

It is a synonym of *ko.byi.la*
(*Strychnos nux-vomica* L.

It is a male type of *Malva*
verticillata Linn (*lcam.pa*)

Uses: It has medicinal value
to promote appetites, control
loss of reproductive fluids
and restores loss of physical
vitality.

ཕོ་གྲེས།

pho.gres

fo dey

Iris Lactea Pall Var. Chinensis

Maxim

ཕོ་ན།

pho.nya

fo nya

Messenger; (i.e. the one who comes to call the doctor)

Potency: Warm

Uses: It is used against dysfunctions of the liver and stomach, indigestion, anorexia and loss of bodily heat.

ཕོ་གདོན།

pho.gdon

fo don

Male demon (There are three hundred and sixty of its kind)

ཕོ་བ་རིས་དཀར་ཕོ།

pho.ba.ris.dkar.po

fo wa ree kar po

Moringa Sp. (lit. White piper nigrum Linn).

Uses: It promotes bodily heat, digestion, and treats *Bad-Kan* and cold disorders.

ཕོ་བ།

pho.ba

fo wa

Stomach (the seat of fire like wind and the digestive bile)

ཕོ་བའི་ཚུ་ཅ་ཕྱན་བུ།

pho.ba'i.chu.rta.phran.bu

fo wey choo tsa ten boo

Minor water channels of the stomach

ཕོ་བ་འཛིང་།

pho.ba.'tshing

fo wa tshing

Distension and heaviness of the stomach

ཕོ་བའི་གནོན།

pho.ba'i.gnyen

fo wey nyen

It is a synonym of *se.'bru* (*Punica granatum* L.)

ཕོ་བ་རིས།

pho.ba.ris

fo wa ree

Skt. Name: Kali mirch

Botanical Name: *Piper nigrum* Linn

Taste: Hot

ཕོ་བའི་ནད།

pho.ba'i.nad

fo wey ney

Stomachic diseases

ཕོ་བའི་རྩ་རྩ།

pho.ba'i.ra.rtsa

fo bey ra tsa

Blood-letting vessels of the stomach (lit. Antler of the stomach)

ཕོ་མོ་འབྲིག་པའི་ཁྱ།

pho.mo.'khrig.pa'i.chu

fo mo trik pay choo

Vaginal secretion during sexual intercourse

ཕོ་རྩ།

pho.rtsa

fo tsa

Male pulse

It is characterised by thick and bulky pulse movement (*sbom.la.rags.pa*).

ཕོ་མཚན་འབྲམ་རྩ།

pho.mtshan.gram.rtsa

fo tshan dam tsa

Blood-letting vessels bordering penis

ཕོ་མཚན་ནད།

pho.mtshan.nad

fo tshan ney

Male genital diseases

ཕོ་ལོ་དྲུག་

pho.lo.drug

fo lo drook

The six masculine animal signs According to the Elemental astrology system, the twelve animal signs are classified into two groups of masculine and feminine. The six masculine signs are:

- 1) Mouse (*byi*)
- 2) Tiger (*stag*)
- 3) Dragon (*'brug*)
- 4) Horse (*rta*)
- 5) Monkey (*sprel*)
- 6) Dog (*khyi*)

ཕུ་ཚན་གསུམ།

phya.tshan.gsum

cha tshen soom

A collective name for the stools of new born human baby, horses and dogs (*mi.rta.khyi.brun*) who haven't consumed milk

ཕུ་ལོ་ན།

phya.lon

cha lon

Message of luck

ཕྱག་ན་རྡོ་རྗེ།

phyag.na.rdo.rje
chak na dorje

Vajrapani (lit. Vajra holder)

A Buddhisttva who
embodies the power of all
the Buddhas

ཕྱག་བྱེད་པ།

phyag.byed.pa
chak jey pa

To make obeisance, to
prostrate

ཕྱི།

phyi
chee

External, Outside

ཕྱི་ལྗོངས།

phyi.ljon

chee jon

Lit. outer tree

It refers to the superficial
temporal blood letting veins.

ཕྱི་དུས་ཀྱི་འཁོར་ལོ།

phyi.dus.kyi.'khor.lo

chee due kee khorlo

External Kalachakra

It deals with the movement
of the planets and positions
of the sun, moon, planets etc.

ཕྱི་ནང་གཉིས་ཀྱི་གྲང་བ།

phyi.nang.gnyis.ka.grang.ba

chee nang nye ka dang wa

Cold inside and outside the
body; feeling of cold both
externally and internally

ཕྱི་སྐྱོད་ཀྱི་འཛིན་རྟེན།

phyi.snod.kyi.jig.rten

chee noe kee jigten

Physical world

ཕྱི་བ་བཅད་འབྱུར།

phyi.ba.bcad.'byor

chiwa che jor

It is a synonym of *brag.lcam*
(*Sedum tatarinowii* Maxim)

ཕྱི་བའི་འཁོར།

phyi.ba'i.'khor

chee wey khor

Retinue of the outsiders

ཕྱི་དབུགས་ཆད།

phyi.dbugs.chad

chee ook chey

An extremely imminent sign
of death when the patient
fails to breath in the air thus
losing the power of his life-
sustaining inner wind

ཕྱིར་ལྷོག་

phyir.ldog
cheer dok

Retrograde, reverse motion;
When a planets seen from the
Earth, seems travelling
backward through the
Zodiac, it is so caled
retrograde motion of a
planet.

ཕྱི་འབྲུང་བ་ལྔ་།

phyi.'byung.ba.lnga
chee jungwa nga

The five external elements
External elements are those
observable in nature, their
basis being space: wood
(*shing*), fire (*me*), earth (*sa*),
iron (*lcag*), and water (*chu*).
Their qualities and the power
pervade both the macro and
micro-cosmic world.

ཕྱུར་ཁུ།

phyur.khu
chur khu

Lit. soup of cheese; the
watery liquid after the cheese
is takenout

Uses: It cures phlegm without
increasing wind and bile.

ཕྱི་མ་རྒྱུད།

phyi.ma.rgyud
chee ma gyue

The Last Tantra or The
Subsequent Tantra
It contains 25 chapters on
therapeutic value.

ཕྱུར་བ།

phyur.ba
choor wa
Cheese

ཕྱི་མ།

phye.ma
che ma

Powder (i.e. powder
medicine)

ཕྱི་རྩ།

phyi.rtsa
chee tsa

The outer channels

བྱེད་ཐིག་གཉིས་པ།

phyed.thig.gnyis.pa

che thik nyee pa

Secondary vertical bisectors

འཕགས་པ།

'phags.pa

fak pa

Highly accomplished ascetics
or Aryas

བྱེད་ཐིག་དང་པོ།

phyed.thig.dang.po

che thik dang po

Primary vertical bisectors

འཕགས་པ་འཇམ་དཔལ།

'phags.pa.'jam.dpal

fak pa jampel

Arya-manjushri, the god of
wisdom who was present
during Buddha's teaching on
medicine

བྱེད་ཡོལ་ལུག།

phyed.yol.lug

chey yol look

Sheep hours; afternoon (13-
14 hrs)

འཕང་།

'phang

fang

A spindle

ཕྱོགས།

phyogs

chok

Direction

འཕར་བ།

'phar.ba

far wa

1) Wild dog (*Cuon alpinus*
pallar)

2) To bounce, to pulsate

ཕྱོགས་ཀྱི་སྒྲོབས།

phyogs.kyi.stobs

chok kee tob

Strength of the direction

འཕར་རྩ།

'phar.rtsa

far tsa

Arteries (pulsating arteries)

ཕྱོགས་བརྒྱ།

phyogs.bcu

chok choo

Ten directions

འཕར་རྩ་མཐུག་མཁྱེགས་ཆགས་པ།

'phar.rtsa.mthug.mkhregs.chags.

pa

far tsa thook trek chak pa

Arteriosclerosis

A condition characterised by thickening and hardening of the arteries

འཕེལ་བད་འབྱུགས་གསུམ་དྭགས།

'phel.zad.'khrugs.gsum.rtags

fel zey took soom tak

The three signs and symptoms of the aggravation (*'phel*), diminution (*zad*) and disturbance or vitiation (*'khrugs*) of humours

འཕུང་སྒྱི།

'phung.sri

foong.see

Destructing-demon

འཕོ་ཅུང་།

'pho.chung

fo choong

A small movement of breath

འཕེལ་འགྱུར་སྒྱུར།

'phel.'gyur.sbyor

fel gyoor jor

The combination of progress
It refers to the meeting of two Fire-fire element on same day i.e. the element of the daily planet (weekday) and the element of the constellation. (moon constellation).

འཕོ་ཆེན།

'pho.chen

fo chen

A great movement of breath
It is made of five cycles of small breaths, each constituted by 360 breaths thus a total of 1,800 breaths

འཕེལ་བ།

'phel.ba

fel wa

Aggravation, increase (of bodily constituents, humours etc.)

འཕོ་བ།

'pho.ba

fo wa

Movement; a cycle of breaths

འཕྱི་བ།

'phyi.ba

chee wa

Marmot

Its meat is used to treat cold associated wind disorders, stomach problems, renal disorders, headaches and pain in the waist region. It is also recommended for female diseases.

འབྲེན།

'phyen
chen

Syn. of *rtug.dri* (flatulence)

A condition in which excess gas is present in the gastro-intestinal system.

འབྲེན་བཀག།

'phyen.bkag
chen kag

Suppression of flatulence

ཕ་དམན།

phra.dman
ta men

Mixture of two colours

Colours here refers to the four little animal signs (*tha.chung.bzhi*) i.e. Ox, sheep, dog and dragon). Ox- Blue green, Dragon-green red, Sheep-Red white and Dog-whitish blue

ཕ་སྒྲིན།

phra.srin
tra seen

Germ, bacteria (lit. very fine micro-organism)

ཕྱག་དོག།

phrag.dog
trak dhok

Jealousy

An aspect of the mind that feels unhappy at other's good fortune and success.

ཕྱག་པ།

phrag.pa
trakpa
Shoulder

ཕྱག་པའི་ཁྱ་ལེབ།

phrag.pa'i.chu.leb
trak pey choo leb
Flat tendons of the shoulder

ཕྱན་བྱའི་ནད།

phran.bu'i.nad
tren bue ney
Minor diseases (miscellaneous disorders)

ཕྱལ་དུ་མྱས་པ་།

phral.du.rmas.pa
trel doo mey pa
Sudden injury

ཕུ་གུ་མ་སྐྱེས་གོང་གི་བཟླ་སྟོང་།

phru.gu.ma.skyes.gong.gi.blta.skyong
troo goo me key gong kee ta
kyong

Prenatal care (special care
before the delivery of a child)

ཕུ་གུ་བཟོ་མི་བྱུང་བའི་སྐྱེས་པ་དང་བུད་
མི།

phru.gu.bzo.mi.thub.pa'i.skyes.pa.dang.
bud.med

troo goo zo me thub pey kye
pa dang bue mey
Male and female infertility

It refers to inability of a man
and woman to produce fertile
sperm and ovum.

ཕུ་གུ་ཤོར་བ།

phru.gu.shor.ba
troo goo shor wa

Miscarriage

A spontaneous, premature
termination of pregnancy

ཕྱོད་ཐིག

phred.thig
trey thik
Latitude

The position north or south
of the equator measured
from 0° to 90°

འཕྲི་བ།

'phri.ba
tree wa
Subtract, minus

འཕྲིན་པ།

'phrin.pa
treen pa
Information (means of
information like pulse
diagnosis)

འཕྲིན་ལས་ནམ་པ་བཞི།

'phrin.las.rnam.pa.bzhi
trin lay nam pa shi

The four types of virtuous
activities

1. *zhi.ba'i.las*-activity of
peace
2. *rgyas.pa'i.las*-activity of
increase
3. *dbang.gi.las*-activity of
power

4. *drag.po'i.las*-activity of
wrath

འཕྲིན་ལས་ལས་སྤུལ་བ།

'phrin.las.las.sprul.ba

trin lay lay tool wa

Emanation of Buddha's
activities

འཕྲུལ་སྤང་།

'phrul.snang

trool nang

Illusion, false appearance,
fantasy

འཕྲེང་བ་མ།

'phreng.ba.ma

teng wa ma

Skt. Mala (the offering
goddess of garland)

འཕྲེད་ཐིག

'phred.thig

trei thik

Transverse horizontal lines

འཕྲེད་ཐིག་གཉིས་པ།

'phred.thig.gnyis.pa

trei thik nyee pa

Secondary transverse lines

འཕྲེད་ཐིག་དང་པོ།

'phred.thig.dang.po

tei thik dang po

Primary transverse lines

འཕྲོད་བསྟེན།

'phrod.bsten

toe ten

Health, sanitation, hygiene

འཕྲོད་བསྟེན་ཡག་པོ།

'phrod.bsten.yag.po

troe ten yakpo

Good hygiene

འཕྲོད་སྦྱོར་ཉེར་བརྒྱད།

'phrod.sbyor.nyer.brgyad

troe jor nyer gey

The twenty eight great
conjunctions (an astrological
term for the harmony of
influence in the destiny of an
individual)

1) *kun.dga'* – He who
pleases

2) *dud.kyi.dbyig* – Precious
time

3) *dul.ba* – Mild / smooth/
refine

4) *skye.dgu* – Nine being

5) *gxhon* – Youth

6) *bya.rog* – Crow

བ།

7) *rgyal.mtshan* – Victory banner

8) *dpal.be'u* – Endless knot

9) *rdo.rje* – Vajra

10) *tho.ba* – Hammer

11) *gdugs* – Umbrella

12) *grogs* – Friends

13) *yid* – Mind

14) *'dod.bya* – Desire

15) *mgal.med* – Fire of a burning wood

16) *rtsa.bton* – Drawn out root

17) *'chi.bdag* – Lord of death

18) *mda'* – Arrow

19) *grub.pa* – Accomplish

20) *mdung* – Spear

21) *bdud.rtsi* – Nectar

22) *gtun.shing* – Club

23) *glang.po* – Elephant

24) *stag.myos* – Intoxicated tiger

25) *zad* – Depletion

26) *gyo* – Mobile; cunning

27) *brtan* – Stability

28) *'phel.ba* – Growth, expand

བ།

ba

ba

Cow

Uses: Its milk is good for punctured lungs, respiratory problems and chronic lung disorders, whereas its meat is helpful in curing fever associated with *rlung* due to its heavy and cool qualities.

བ་མཁའ་སྐྱུ་ག་པོ།

ba.mkhal.smug.po

bakhel mukpo

It is a synonym of *mchin.pa.zho.sha* (*Entada phaseoloïdes* (L) Mepp)

བ་དན།

ba.dan

ba den

Flags; prayer flags

འཕྲོད་ལམ།

'phrod.lam

troe lam

Favourable/suitable or compatible path

བ་དམ།

ba.dam

ba dam

English Name: Ground nut
or peanut

Taste: Sweet

Potency: Warm

Uses: It is rich in iron, calcium and vitamin and enhances heat in the body, promotes physical strength and cures *rlung* diseases, skin and nervous system disorders. However, one must avoid peanut if one suffers from obesity, heart problem, sore throat or other throat related problems.

བ་ནུ།

ba.nu

banu

Hindi Name: Pathar bhere

Botanical Name: Stalactitum

Taste: Astringent

Potency: Hot

Uses: It is a mineral medicine and heals ligaments and tendons damaged by injury.

བ་སྤ།

ba.spu

ba poo

Fine hair on the body

བ་སྤ།

ba.spru

ba troo

Skt. Name: Kuth mitha

Hindi Name: Gulbhashi/
Nagla

Botanical Name: Mirabilis
himalaica

Taste: Sweet to hot

Potency: Warm

Uses: It is recommended for diminished digestive heat, first stage of dropsy, kidney disorders, debility and accumulation of lymph in the joints.

བ་ལ།

ba.bla

ba la

Hindi Name: Pila pathar

Latin Name: Auripimentum

Taste: Bitter

Potency: Hot

Uses: It has medicinal value to subside glandular fever and heals septic wounds.

བ་མོ།

ba.mo

bamo

Frost

བ་ཚ།

ba.tsha

ba tsah

Alkali or soda

བ་ཚའི་ཚུ།

ba.tsha'i.chu

ba tshey choo

Sea water

བ་རའི་ཞོ་དར།

ba.ra'i.zho.dar

ba rey sho dar

Curd and whey from cow
and goat's milk

བ་རུ་ར།

ba.ru.ra

ba roo ra

Skt. Name: Bahera, vibhitika

Hindi Name: Bahera chilka

Botanical Name: Terminalia
belerica Roxb

Taste: Astringent

Potency: Neutral

Uses: It is one of the three
supreme medicinal fruits. It
cures phlegm and bile
combined disorders, dries
excess lymph accumulation
and heals skin diseases.

བ་ལང་ལཱ་བ།

ba.lang.la.ba

ba lang chawa

Anthriscus nemorosa (M.
Sieb.) Spreng

Taste: Bitter

Uses: It cures wind disorder
and is beneficial for swelling
if applied externally.

བ་ལང་སྤྱོད།

ba.lang.spyod

balang choe

Bountiful cow

བ་ལུ།

ba.lu

balu

Skt. Name: Talee patt

Botanical Name:

Rhododendron

primulaeflorum Bur. Et.
Franch

Taste: Astringent

Potency: Warm

Uses: It restores bodily heat,
promotes appetite, cures
indigestion and diseases due
to collision of hot and cold
elements.

བ་ལེ་ཀ།

ba.le.ka

bale ka

English Name: Birth wort

Botanical Name: Aristolochia

Moupinessis

Taste: Bitter

Potency: Cool to coarse

Uses: It is recommended for
pneumonitis, hepatitis,
intestinal inflammation,
spasms, excess impure blood
and complications due to
blood disorders.

བ་ཤ་ཀ།

ba.sha.ka

basha ka

Skt. Name: Vasaka

Hindi Name: Adusa

English Name: Adosa

Malabar Nut Tree

Botanical Name: Adhatoda
vasica

Family: Acanthaceae

Taste: Bitter

Potency: Cool

Uses: It subside all kinds of
blood fever, controls excess
of impure blood and painful
infectious fever, liver
disorders, bile diseases and
poisoning.

བ་གསར་ཁྱི་བ།

ba.gsar.lci.ba

basar chiwa

Dung of a young calf (Bos
taurus)

བག་གྲིབ།

bag.grib

bak dib

Defilement brought about by
assembly of people in a
marriage

བག་ཆགས།

bag.chags

bak chak

Habits or propensities of
former lives, karmic imprints

བག་ཕྱེ།

bag.phye

bak che

Wheat flour (Triticum)

བག་མའི་གནམ་སྒོ།

bag.ma'i.gnam.sgo

bak mey nam go

Lit. the sky door of the
marriage

It refers to a day i.e. 7th, 17th
and 27th lunar dates which is

called the sky door of the marriage and are inauspicious for both sending and receiving of bride and groom.

བག་རྩིས།

bag.rtsis

bak tsi

Marital astrology

It predicts favourable days for wedding and compatibility of the couple. It also suggests remedial measures to dispel obstacles and bad lucks.

བང་རྒྱལ་པ།

bang.rgyug.pa

bang gyuk pa

Racing

བང་ང་།

bang.nga

bang nga

Shelf

It is one of the five astrologer's soul stones (*bla.rdo*).

བང་ཀན།

bad.kan

bay ken

Phlegm, Skt. kapha

One of the three principle humours, which regulates the body fluid

It broadly refers to biological water principle formed predominantly from earth and water elements. The general location of *Bad-kan* is the brain and upper part of the body. There are five types:

- 1) Supporting Phlegm
(*rten.byed.bad.kan*)
- 2) Decomposing Phlegm
(*myag.byed.bad.kan*)
- 3) Experiencing Phlegm
(*myong.byed.bad.kan*)
- 4) Satisfying Phlegm
(*tsim.byed.bad.kan*)
- 5) Connecting Phlegm
(*'byor.byed.bad.kan*)

བང་ཀན་སྐྱེམ་པ།

bad.kan.skem.pa

bay ken kem pa

Dehydration of phlegm

བང་ཀན་རྟེན་བྱེད།

bad.kan.rten.byed

bay ken ten jey

Supportive Phlegm, Skt. Avalambaka-kapha

Location: Thoracic and stomach

Function: Regulates the bodily fluids, maintains moisture level of the body, supports and nourishes remaining four types of *Bad-kan* and liquifies foods.

Negative Actions: When this *Bad-kan* is out of balance, it causes loss of appetite, vomiting of sour fluid, gastritis (inflammation of the stomach) and ulcers in small intestine, impairment of digestive process, heaviness of the abdomen and nausea.

བད་ཀན་འཕྱོར་བྱེད།

bad.kan. 'byor.byed

bay ken jor jey

Connective Phlegm, Skt. slesaka-kapha

Location: Joints

Function: It connects various bodily joints, lubricates and gives them their solidity, protects the joints from external factors like heat, gives ease and flexibility of movement and enhances stretching and retraction power of the limbs.

Negative Actions: When this *Bad-kan* is out of balance, it causes swollen and painful joints, difficulty in stretching and retracting the limbs, and weakness of the joints.

བད་ཀན་མྱག་བྱེད།

bad.kan.myag.byed

bay ken nyak jey

Decomposing Phlegm, Skt. kledaka-kapha

Location: Epigastric region (upper region of the stomach)

Function: Breaking down of solid food into semi-liquid state, mixing the decomposed food for proper digestion.

Negative Actions: When this *Bad-kan* is out of balance, it causes poor digestion; frequent belching, vomiting, laziness and lethargy.

བད་ཀན་མྱོང་བྱེད།

bad.kan.myong.byed

bay ken nyong jey

Experiencing Phlegm, Skt. bodhaka-kapha

Location: Tongue

Function: Sends water to the tongue and palate, gives

perception of tastes and registers each of the six tastes and sends respective impulses.

Negative Actions: When this *Bad-kan* is out of balance, it causes lose of the sense of taste, lack of thirst, anorexia, obesity, cold feeling in the tongue and roughness of the voice

བད་ཀན་སྤྱག་པོ།

bad.kan.smug.po

bay kan mook po

Brown Phlegm

A disease which belongs to the category of complex *bad-kan* diseases. It arises when all three humours-*rLung*, *mkhrispa*, *Badkan*; and blood and serum are disturbed and become intermingled. It has two major types, which may be hot or cold.

1. Hot *Bad-kan smug po* (*bad-kan.smug.po.yas.babs*); a disease characterised by proliferation of impure blood that generates in the liver and small intestine

2. Cold *Bad-kan smug po* (*bad-kan.smug.po.mas.chags*); a disease characterised by weakening the power of digestive

mkhrispa and the fire like *rlung* in the stomach and disrupts the digestive process

བད་ཀན་རྩ།

bad.kan.rtsa

bay ken tsa

Pulse indicating phlegm

The qualities of phlegmic pulse is sunken, weak and slow (*bhying.gud.dhal.ba*).

བད་ཀན་ཚིམ་བྱེད།

bad.kan.tshim.byed

bay ken tsim jey

Satisfying Phlegm, Skt. tarpaka-kapha

Location: Head

Function: It is responsible for bringing satisfaction to five senses by increasing the power of five senses to perceive their various objects better.

Negative Actions: When this *Bad-kan* is out of balance, it causes impairment of sense organs, loss of memory, dullness of sensory perceptions, visual distortion, heaviness of the head, and problems in nervous system.

བད་ཀན་ལེབུ།

bad.kan.le.'u

bay ken le voo

The chapter on phlegm

The fourth chapter of The Oral Tantra, where the diagnosis and treatment of phlegm disorders are explained.

བད་ཀན་གཤམ་རིངས།

bad.kan.gsha'.rings

bay ken sha ring

Long phlegm vein running along the arms

བན་དེ།

ban.de

ban de

A Buddhist monk

བབས་སྤར།

babs.spar

bab par

Derived 'parkha', changeable 'parkha'

It is a parkha which change every year and does not remain constant.

བབས་སྤེ།

babs.sme

bab me

Changeable 'sMeba' (magic square number)

It changes every year but natal 'sMeba' remains constant in the entire life.

བར་བྱད།

bar.khyad

bar khey

Difference

བར་དོ།

bar.do

bar doh

Intermediate state between death and rebirth

བར་རྩ།

bar.rtsa

bar tsa

The intermediate channels

བལ་པོ་གུར་གུམ།

bal.po.gur.gum

bal po gur gum

Nepalese saf flower/
Carthamus tinctorius

བལ་པོ་ལི་བློ།

bal.po'i.li.khri

bal poe liti

Nepalese minimum

བུ།

bu

Boo

Child, son

བིག་པན།

big.pan

bik pen

Skt. Name: Nilathota

English Name: Blue vitriol

Scientific Name:

Chalcanthitum

Taste: Sour to astringent

Potency: Cool

Uses: It treats cancer and eliminates tumour, abscess, leucoma, eye disorders, ulcers, pimples and disorders of the mouth.

བུ་ག་དགུ།

bu.ga.dgu

buga ku

Nine orifices

The nine orifices of the body
There are seven external openings in the head and two in the bottom. Woman have three extra openings- two at breast and one at vagina.

བུ་ཙང་།

bu.cong

bu chong

'Male' lime stone

བིལ་བ།

bil.ba

bil wa

Skt. Name: Bilvah

Hindi Name: Bael

English Name: Bengal quince

Botanical Name: Aegle marmela (L) Correa

Taste: Sour and astringent

Potency: Neutral

Uses: It cures dysentary due to hot disorder.

བུ་སྟོན།

bu.ston

bu ton

Buton (1290-1364) was a great scholar of Tibet who authored numerous Buddhist texts and books including Jewelry of Scripture, Prajnaparanita in Tibetan Buddhism and History of Buddhism in India and Tibet.

བུ་ནད།

bu.nad

bu ney

Illnesses associated with
women after the childbirth

བུ་སྒྲོད།

bu.snod

bu noe

Uterus

བུ་མེད་ཀྱི་རྒྱུད་སྤེལ་ནྲཱ་བཞག་

bu.med.kyi.rgyud.spel.rnam.bzhag

bue mey ki gyoo pel nam shak
The female reproductive
system

བུ་མེད་བཅེལ།

bu.med.btsal

bu mey tsel

Fertility, lit. Selection of
women

བུ་མོ།

bu.mo

boo mo

- 1) Virgo – one of the
twelve zodiac signs and
is symbolized by a girl
- 2) Girl/female

བུ་མོ་ཙང་།

bu.mo.cong

bu mo chong

'Female' lime stone

བུ་བཅས་རྒྱུས།

bu.btsas.rjes

bu tsey jey

Postnatal conditions

བུ་རམ།

bu.ram

boo ram

Jaggery, Brown suger,
Molasses

Taste: Sweet

Potency: Heavy and oily

Uses: It is used for treating
rLung disorders and cold
diseases.

བུ་རམ་བསྐར་བ།

bu.rams.bsgar.ba

boo ram gar wa

Boiling molasses (saccharum
officinarum)

བུ་དམིང་།

bud.shing

bue shing

Fire wood

བུམ་སྟོང་།

bum.stong

boom tong

Lit. Empty vase

It is a kind of spirit which appears in each month at a particular direction and considered to be inauspicious. One should avoid sending corpse and other important activities towards this direction.

བུམ་པ།

bum.pa

boompa

Aquarius – one of the twelve zodiac signs and is symbolized by a water bearer

བུར་ཆང་།

bur.chang

boor chang

Wine prepared from molasses

བུར་ཤིང་།

bur.shing

boor shing

Sugar cane

བུལ་ཏོག་།

bul.tog

bool tok

Scientific Name: *Trona*

Taste: Sweet to salty

Potency: Slightly hot

Uses: It is recommended for indigestion, flatulence, tumours, abdominal cramps, septic wounds and acts as an anthelmintic. It treats necrosis, (undigested) '*tsampa*' and poisoning.

བེ་ཁུར།

be.khur

bey khood

It is a synonym of *tha.ram* (*Plantago depressa* Wild)

བེ་ལྷང་རེ་རལ།

be.ljang.re.ral

be jang rerel

Botanical Name: *Drynaria* sp.

Taste: Sweet and Bitter

Potency: Cool

Uses: It is used against meat poisoning, compounded poisoning, mineral (precious metals and gem) poisoning and herb poisoning.

བེ་རུ་ཡ།

be.dur.ya

be dur ya

Lapis lazuli

The medicinal Buddha (*Sang.rgyas.sman.bla*) bears the colour of Lapis lazuli. Like the sky, it is immeasurably vast, clear, pure, bright, glorious, stable and magnificent.

བེ་རུ་ཡ་སྒོན་པོ།

be.dur.ya.sngon.po

be dur ya ngon po

Famed commentary on *rGyud.bZhi* (The Four Tantra) by Desi Sangye Gyatso (1653-1705)

བེ་དོ་འབྲས་བུ།

ba.doi.'bras.bu

bo doe dey poo

Prunus sp.

བེ་ལ་སྒྲུབ་ས།

bel.snabs

bel nab

Scientific Name: Chalcedony

Taste: Sweet

Uses: It treats broken bones and swelling of the glands.

བོང་དཀར།

bong.dkar

bong kar

Skt. Name: Atvisha

English Name: White aconite

Botanical Name: *Aconitum heterophyllum*

Taste: Bitter

Potency: Cool

Uses: It treats infectious fever, bile fever, inflammation of the intestines and is an antidote against snake and scorpion bites.

བོང་ང་ནག་པོ།

bong.nga.nag.po

bong nga nakpo

Botanical Name: *Aconitum richardsonianum* Lauener Var *Crispulum*

Taste: Sweet and hot

Potency: Warm and highly poisonous

Uses: It relieves swelling and pain in the joints associated with arthritis, gout, inflammation, beneficial against loss of body heat, leprosy, paralysis, dries pus and is used against intestinal worms and cardiac disorders associated with *rlung*.

བོང་བྱ།

bong.bu

bong boo

Donkey, *Equus asinus*

བོད་སྐད།

bod.skad

boe key

Tibetan language

བོང་མིག།

bong.mig

bong mik

Equus hemionus (Hoof), Skt.

Khara

བོད་གྱུར།

bod.gur

boe goor

Tibetan marigold, *Calendula**Officinalis*

བོང་དམར།

bong.dmar

bong mar

English Name: Red aconite

Botanical Name: *Aconitum**Creagromrphum*

Taste: Bitter

Potency: Cool

Uses: It is an antidote against food poisoning and is specifically recommended for meat poisoning, natural poisoning (venom, plants toxic), *mkhris.pa* disorders and contagious fever.

བོད་མཚལ།

bod.mtshal

boe tsel

Tibetan cinnabar, Mercuric sulphide

བོལ་གོང་འགྲུལ་རྩ།

bol.gong. 'gul.rtsa

bol gong gool tsa

Vulnerable dorsal arteries of the feet

བྱ།

bya

ja

Bird; one of the twelve animal signs in Tibetan astrology

བོང་མེར།

bong.ser

bongser

Trollius ranunculoides Hemsl.

བྱ་རྐང་།

bya.rkang

ja kang

Skt. Name: Dakhangu

Hindi Name: Asbarg

English Name: Larkspur

Botanical Name: Delphinium
grandiflorum

Taste: Bitter

Potency: Cool

Uses: It controls diarrhoea,
dries pus in wounds and is
useful in treating lice
infestation.

བྱ་ཁུད་བདུད་རྩི་གསུམ་སྦྱོར་།

bya.khud.bdud.rtsi.gsum.sbyor

ja khue due tsi sum jor

Compound of three nectars

Uses: It is mainly used to heal
head injuries due to accidents
and other causes, and
fractured bones.

བྱ་དེ།

bya.de

ja deh

Chicken (meat)

Taste: Sweet

Potency: Warm and slightly
light

Uses: It increases the sperm
production and heals wounds.

བྱ་བ་བྱུང་པའི་ཡེ་ཤེས།

bya.ba.grub.pa'i.ye.shes

ja wa doop pey yeshe

Skt. Krtyanusthana-jnana,
Pristine wisdom of
accomplishing aims or tasks

བྱ་སྒྲག།

bya.glag

ja lak

White-tailed eagle

བྱ་རྐོད།

bya.rgod

ja goe

Vulture

The Four Tantra explains that
people with a predominance
of wind have the
characteristic of vulture.

བྱ་རྐོད་སྦྱོས།

bya.rgod.spos

ja goe poe

Skt. Name: Tagara, Kasturi,

Botanical Name: Delphinium
brunonianum

Taste: Bitter to hot

Potency: Cool

Uses: It is used against
frequent occurrence of
common cold and fever due

to poisoning, pathogens induced skin diseases, pruritis, *mkhris-pa* disorders, diseases caused by evil spirits and heals insect bites.

བྱ་རྒྱུད་སུག་པ།

bya.rgod.sug.pa

ja goe suk pa

Botanical Name: *Saussurea medusa* Maxim

Uses: It heals crannial injury, relieves pain due to fever, heals fits and epilepsy and restores physical strength.

བྱ་རྒྱུད།

bya.rgyud

ja gyue

The Action Tantra; one of the four tantras which stresses on purifying external activities

བྱ་འདབ།

bya.'dab

ja dab

Vertebral transverse processes

བྱ་གདོང་།

bya.gdong

ja dhong

Bird-faced demoness (lit. bird-face)

བྱ་ནག

bya.nag

ja nak

Black crow (*corvus corax tibetanus* Hodgson)

བྱ་ཕོ།

bya.pho

ja fo

Cock (a symbol of desire in the Wheel of Life)

བྱ་ཕོ་ཅི།

bya.pho.tsi

ja fo tsi

Ceratostigma griffithii C.B. clarke

བྱ་བྱེད་སྦྲན་པའི་གནས།

bya.byed.sman.pa'i.gnas

ja jey men pey ney

A section on the description of physicians

བྱ་མ་བྱིའུ།

bya.ma.by'i.'u

ja ma ji vu

Flying squirrel

བྱ་མ་བྱའི་སྒོ།

bya.ma.byā'i.sgro

ja ma jey dro

Feather of a flying squirrel
(petaurista petaurista)

བྱ་མྱང་།

bya.myang

ja nyang

Frequent sighing and
stretching of limbs
(symptomatic of diseases
caused by pervasive wind
entering the channels)

བྱ་ལྔ་།

bya.wang

ja wang

Nightjar, bat, perdix sp.

བྱ་ལྔ་བ།

bya.zla.ba

ja dawa

Bird month, 6th month
according to the Tibetan
elemental astrology system

བྱ་རོག་།

bya.rog

ja rok

Raven

བྱ་རོག་གསང་།

bya.rog.gsang

ja rok sang

Crow's points

Location: distance of 5 *sor*
downwards from the jugular
notch and then 1 *tshun* and 1
phun towards the right and left

བྱང་།

byang

jang

North

བྱང་སྐར་བདུན།

byang.skar.bdun

jang kar dun

The seven constellations of
the north

1) *mon gre*, 2) *mon gru*, 3) *kehrum*
stod, 4) *kehrum smad*, 5) *nam gru*,
6) *tha skar*, 7) *bra nye*

བྱང་སྐར་ལྔ་བདུན།

byang.skar.pun.bdun

jang kar pun doon

Lit. the seven relative stars of
the north/Ursa major (The
Great Bear) in the northern
hemisphere which is one of
the most familiar and easily
recognizable constellations

བྱང་ཁོག་རྩ།

byang.khog.rma

jang khok ma

Abdominal wounds (upper and lower)

བྱང་ཁོག་ཡུལ་ཐིག་

byang.khog.yul.thig

jang khog yul thik

Anatomical grid:

- 1) Anatomical grid-anterior view
- 2) Anatomical grid-posterior view

བྱང་བརྒྱེད།

byang.bgro'd

jang droe

North latitude, the sun's declination towards the north
A period when the days become longer and nights shorter.

བྱང་ལྷུབ།

byang.chub

jangchub

Bodhi, perfection

བྱང་ལྷུབ་ཀྱི་སེམས།

byang.chub.kyi.sems

jangchub ki sem

Bodhicitta mind, Enlightened mind

བྱང་ལྷུབ་སེམས་པ།

byang.chub.sems.pa

jangchup sempa

Bodhisattva, Enlightened being

བྱང་ལྷུབ་སེམས་རྩ།

byang.chub.sems.rtsa

jangchup sem tsa

Bodhicitta pulse

It is also called neutral pulse and is characterised by long, continuum, smooth and flexible pulse movement

བྱང་པ།

byang.pa

jang pa

"Beetle" cantharide, Mylabris sp. (Spanish fly)

Uses: It is good for cleansing the channels.

བྱང་པ་རྣམ་རྒྱལ་གྲགས་བཟང་།

byang.pa.rnam.rgyal.grags.bzang

jangpa namgyal dakzang

Jangpa Namgyal Daksang

He was a famous 14th century

Tibetan Scholar. He was born in Tsang and became proficient in all the major sciences. He authored many books on Tibetan medicine including Essence of the Eight Branches; Clear Light Explanation of the Root Tantra; River of Nectar: The Explanation of Oral Tantra and Wishfulfilling Explanation of the Last Tantra. He passed away at the age of 81.

བྱང་སེམས་འདྲམ་དབྱངས།

byang.sems.'jam.dbyangs
jang sem jamyang
Bodhisattva Manjushri

བྱང་སེམས་ལྡན།

byang.sems.ldan
jang sem dhen
Bearing the enlightened mind
(to develop a positive and caring attitude the doctors must possess the enlightened mind)

བྱང་སེམས་སྤྲུལ་རས་གཟེགས།

byang.sems.spyan.ras.gzigs
jang sem chenre zig
Bodhisattva Avalokitesvara;
the Buddha of compassion

བྱང་སེམས་སའི་སྣང་པོ།

byang.sems.sa'i.snying.po
jang sem sey nyingpo
Bodhisattva Ksitigarbha

བྱད་སྣོམས།

byad.stems
je tem
Curse, Maledictory spirits

བྱམས་པ།

byams.pa
jam pa
Compassion; an aspect of the mind that wishes all living beings to be free from suffering and the causes of suffering and to be completely happy
It is the most essential quality of a physician. Its importance and practice is clearly explained in 31st chapter of The Explanatory Tantra. It is one of the four boundless practices of Tibetan physicians.

བྱར་པཎ་ཅུ་ཅི།

byar.pan.chu.rtsi
jarpen chu tsi

Chamaenerion anguslifolium
(L.) Scop.

Taste: Bitter

Potency: Cool

Uses: It can cure development of fever in elephantiasis and arthritis, pimples, itching and pain.

བྱི་ཁུང་ཤར་ཅེ་ས།

byi.khung.shar.blta'i.sa

ji khoong shar tey sa

Earth of a mouse-hole facing east, earth from rats dwelling place facing east

བྱི་ཏང་ག།

byi.tang.ga

ji tang ga

Skt. Name: Vidanga

Hindi Name: Bhabhiramg

English Name: False black pepper

Botanical Name: *Embelica ribes*

Taste: Hot to sour

Potency: Neutral

Uses: It restores impaired digestive heat, controls parasitic infestations and remedies first stage dropsy.

བྱི་ཏང་བདུན་པ།

byi.tang.bdun.pa

ji tang dunpa

Embelica seven

Ingredients: *byi.tang.ga, sgog.thal, ma.ru.rtse, so.ma.ra.dza, dres.'bu, phur.thal, gla.rtsi*

Nature: Warm

Uses: A compound which relieves severe pain in the stomach, perspiration, piles, anal prolapse, infection and passing blood with excrement.

བྱི་ཐུར།

byi.thur

ji thur

Procupine, Hedgehog, *Erinaceus* sp.

བྱི་ན་ས།

byi.na.sa

jinasa

Botanical Name: *Polygonum aviculare* Linn

Uses: It has medicinal value to cure water retention, pain while passing urine, skin diseases and cold disorders of bile.

བྱི་བ།

byi.ba

ji wa

Mouse or rat, it is one of the twelve animal signs in Tibetan astrology

བྱི་ཚ་ལ་ཕུག

byi.tsha.la.phug

ji tsa la fook

Botanical Name: *Dilophia fontana* Maxim

བྱི་ཚེར།

byi.tsher

ji tsher

Hindi Name: Shānkhahuli

Botanical Name: *Xanthium indicum*

Taste: Bitter

Potency: Cool

Uses: It is used against infectious common cold and hot disorders of the kidneys, *rlung* diseases and flatulence.

བྱི་ཚེར་དཀར་པོ།

byi.tsher.dkar.po

ji tser kar po

Botanical Name: *Morina aiba*
Hand-Mazz

Uses: It treats diseases caused by poison, subside infectious fever, and cures kidney diseases and water retention.

བྱི་བཟུང་།

byi.bzung

ji soong

Botanical Name: *Arctium lappa* Linn

Taste: Hot and astringent

Potency: Warm

Uses: It treats gallstone, nervous disorders and latent epidemics.

བྱི་ཟླ་བ།

byi.zla.ba

ji dawa

Mouse month; 9th month according to Tibetan Elemental astrology system

བྱི་རུག་ནག་པོ།

byi.rug.nag.po

jiruk nak po

Botanical Name: *Elsholtzia Ciliata*

Taste: Hot and astringent

Potency: Warm

Uses: It controls microorganisms both in and

outside the body, treats *Bad-kan*; abscess and ringworm.

བྱི་རུག་མེར་པོ།

byi.rug.ser.po

jiruk ser po

Botanical Name: *Elsholtzia eriostachya* (Benth)

Taste: Hot and astringent

Potency: Warm

Uses: It is used against all kinds of pathogenic diseases in the anus, uterus, skin, gastro-enteric region and rashes. It prevents infection of the wound if applied externally in the summer.

བྱི་ལ།

byi.la

jila

Cat (*Felis catus domestica*)

བྱི་ལ་འཇམ་པ།

byi.la.'jab.pa

jila jab pa

Creeping cat

བྱི་ཤང་དཀར་མོ།

byi.shang.dkar.mo

ji shang kar mo

Botanical Name: *Arenaria lancangensis* L.H. Zhou

Uses: It cures lung fever, external tumours if applied to wounds.

བྱིང་བྱིང་བྱ་ལུ།

bying.bying.thu.lu

jing jing thulu

English Name: Dung beetle

Scientific Name: *Euplypnaga sinensis* Walker

Uses: It is used against stomach cramps.

བྱིན་ཁྱོག།

byin.kyog

jin kyok

Calf's bend (blood letting branch of the saphenous veins)

བྱིན་གཞུག།

byin.gzshug

jin shug

Blood letting branches of the saphenous veins above the ankles; Lit. calf's tail

བྱིན་ལྷབ།

byin.rlabs

jin lab

Blessing, positive energy from
holy beings which transforms
our weakness into strength

བྱི་ལྷ་

byi. 'u

ji voo

Lit. child bird, Small sparrow

བྱི་ལྷ་མགོ་

byi. 'u.mgo

ji voo go

Scientific Name: *Fossilia
spiriferis*

Taste: Sweet

Potency: Cool

Uses: It cures weak bones,
skull fractures, wounds and
dries excess lymphatic fluid
secretions.

བྱི་ལྷ་ལ་ཕུག་

byi. 'u.la.phug

ji vu la fook

Botanical Name: *Arabidopsis
himalaica*

Taste: Hot

Potency: Warm

Uses: It is used against
indigestion and meat
poisoning.

བྱིས་གདོན།

byis.gdon

ji dhon

Seizure of infants by evil
spirits

བྱིས་ནད།

byis.nad

ji ney

Paediatric disease

བྱིས་པ།

byis.pa

jipa

Children upto age of sixteen
years

The treatments related with
paediatric diseases are
described in the 71st, 72nd and
73rd chapter of The Oral
Tantra.

བྱིས་པ་ནེར་སྟོད།

byis.pa.nyer.spyod

jipa nyer choe

Paediatric management, child
rearing

བྱིས་ཆེར།

byis.tsher

ji tser

Xanthium sibiricum patr.

je ma ka ra
Sugar

བྱ་རུ།

byu.ru

juru

Hindi Name: Mooga,

Paravala

English Name: Coral

Latin Name: *Corallium rubrum*

Taste: Astringent to sweet

Potency: Cool

Uses: It treats hepatitic fever, channel fever, cranial nerve disease, fever due to poisoning, fainting and anxiety.

བྱུགས་པ།

byugs.pa

jook pa

Ointment application, massage therapy

བྱུར་ཐག་ནི་ཤུ།

byur.thag.nyi.shu

jur thak nyi shu

Lit. 20 inauspicious ropes;
Twenty unfavourable things

བྱེ་མ་ཀ་ར།

bye.ma.ka.ra

བྱེ་མ་རྒྱུས་མ།

bye.ma.kyus.ma

je ma kyue ma

Ordinary sand

བྱ་བོ།

bra.bo

dra wo

English Name: Buck wheat

Botanical Name: *Fagopyrum tataricum*

Taste: Sweet

Potency: Cool to light

Uses: Raw buck wheat gives rise to *rlung*, *mkhris-pa* and *bad-kan* diseases and but it treats wounds, disintegrates blood tumour and cancerous growth, draws out pus, treats *bad.kan.smug.po* and hangover.

བྱ་མ།

bra.ma

dra ma

Caragana brevifolia Kom

Taste: Sweet

Uses: It cures fevers in the channels and muscle tissues.

བ་མ་ཤིང་།

bra.ma.shing

drama shing

Botanical Name: *Caragana* sp.

Taste: Bitter

Potency: Cool

Uses: It is useful in the treatment of inflammation of muscles and nerves. It is also used to treat other nervous disorders and can be used as an emetic.

བ་ག་

brag

drak

Rocky hill

བ་ག་སྐྱ་ད་པོ།

brag.skya.ha.bo

drak kya ha wo

Botanical Name:

Corallodiscus kingionus

(Crcud) Burt

Taste: Bitter to sweet

Potency: Cool

Uses: It subside fever due to poisoning, kidney diseases and controls dysentery caused by hot disorder.

བ་ག་ཁྱུང་།

brag.khyung

drak kyung

Mineral Exudate Garuda

Ingredients: *brag.zhun, gla.rtsi, gur.gum, sug.smel, dom.mkhris, bong.dkar, pring.ku, a.ru, ga.dur, ru.rta, shu.dag, gul.nag, sman.chen, ka.ra,*

Nature: Slightly cool

Uses: A compound that cures stomach pains associated with blood-*mkhrispa* disorders, inflammation, diseases caused by micro-organisms and complete dysfunction of the stomach.

བ་ག་ལམ་།

brag.lcam

drak cham

Botanical Name: *Primula rotundifolia* WALL

Taste: Sweet

Potency: Cool

Uses: It is useful in the treatment of wounds, psoriasis and warts.

བ་ག་སྒྲིལ་།

brag.spos

drak poe

Botanical Name: *Platygyra* sp.

Taste: Bitter

Potency: Cool

Uses: It dries pus and supports spongy cavernous bones, and is beneficial in treating hot disorders of the kidney, wounds, fractured bones, fever due to poisoning and burns.

བྲག་ཕུག་མ་ཏ་རི་ཀ།

brag.phug.ma.ta.ri.ka

drak fuk mata rika

Maratika Cave (abode of Guru Padma Sambhava)

བྲག་མཚེ།

brag.mtshe

drak tse

Hindi Name: Khanda/
Kunawar

Botanical Name: Ephedra
equisetina

བྲག་ཞུན།

brag.zhun

drak shoon

Hindi Name: Shlajeet/Pather

Scientific Name: Mineral
pitch or exudate

Taste: Bitter to sweet to
astringent

Potency: Cool

Uses: It treats gastritis, hepatitis, nephritis, intestinal colitis, brown phlegm, gout, opthalmic disease, odema, debility and fever of all origins.

བྲག་ཞུན་དགུ་པ།

brag.zhun.dgu.pa

drak shoon goo pa

Mineral Exudate Nine

Ingredients: *brag.zhun, gla.rtsi, gur.gum, sug.smel, dom.mkhris, bong.dkar, 'jib.rtsi, a.ru, ga.dur. ka.ra*

Nature: Cool

Uses: A compound that cures blood-*mkhrispa* inflammation of stomach, fever, dysentery and bile disorder.

བྲག་ཞུན་རིགས་ལྔ།

brag.zhun.rigs.lnga

drak shoon rik nga

The Five kinds of mineral
exudate

1. Gold (*gser.zhun*)
2. Silver (*dngul.zhun*)
3. Copper (*zangs.zhun*)
4. Iron (*lcags.zhun*)
5. Lead (*zha.nye'i.hun*)

བྲང་།

brang

drang

Chest or thoracic region (seat of ascending wind and supporting phlegm)

བྲང་གཞུང་དཀར་ནག་མཚམས།

brang.gzhung.dkar.nag.mtshams

drang shung karnak tsam

Gladiolus of sternum

It is a meeting point of the horizontal line between the nipples and the vertical line from jugular notch to the navel.

བྲང་རུས།

brang.rus

drang rue

Sternum

བྲི་དྲ་ཏི།

bri.ba.ti

dri hati

It refers to *kan.da.ka.ri*
(*Rubus niveus* Thunb)

བྲུན།

brun

droon

dung or faeces (of cat etc.)

བྲུམ་ཤ།

brum.sha

droom sha

English Name: Pumpkin

Taste: Sweet

Potency: Warm

Uses: It is beneficial in treating cough, short breath, piles, diseases caused by micro-organism and strengthens the liver and kidneys.

བྲེ་ག།

bre.ga

dre ga

Botanical Name: *Thlaspi arvense* L

Taste: Hot

Potency: Warm

Uses: It is useful in treating cough, kidney problems of hot nature, vaginal discharge and is also used against phlegm and lymph disorders.

བྲེ་ག་བཅུ་གསུམ།

bre.ga.bcu.gsum

drega chusum

Thlaspi Thirteen

Ingredients: *bre.ga*, *a.'bras*, *sra.'bras*, *'jam.'bras*, *tshos*, *btsod*,

*zbu.mkhan, shug.tsher, a.ru,
gser.me, sug.smel, mkhal.zho,
ba.sha.ka, bu.ram*

Nature: Neutral

Uses: A compound which treats diseases associated with urinary bladder, pain in the pelvic region, kidneys and swelling of testicles.

བྲེལ་བ།

brel.ba

drel wa

Haste, Busy

བླ།

bla

la

Soul, life principle, life essence
(which sustains the body)

བླ་ཀུག

bla.kug

la kuk

Recalling of the stolen or lost
soul/life essence

བླ་རྒྱུ་ཚུལ།

bla.rgyu.tshul

la gyu. tshul

Movement of the *bla*

བླ་གཉན།

bla.gnyan

la nyen

Sequentially compounded
disorder

བླ་ན་མེད་པ།

bla.na.med.pa

la na me pa

Insurpassable (doctors who
are like the Medicinal
Buddha)

བླ་གནས།

bla.gnas

la ney

The location of the soul

བླ་མ།

bla.ma

lama

Skt. Guru, spiritual master

བླ་མའི་གཏོན།

bla.ma'i.gdon

lamey don

Teaching demons (Guru
spirits)

ལྷ་གཡུ།

bla.gyu

la yu

Turquoise soul

ལྷོན་པོ་གསུམ་སྦྱར། (ཁ་བསྐྱར་ཅན་)

blon.po.gsum.sbyor

lon po soom jor

Compound of Three
Ministers

Ingredients: *cu.gang*, *gur.gum*,
gi.wam

Nature: Cool

Uses: A compound which
treats development of fever
in children, coughing, thirst,
fever of the lungs and
infectious fever.

དབང་།

dbang

wang

Initiation, empowerment,
conferment of spiritual
power;

A ceremony in which the
spiritual master empowers
the disciples to engage in
higher practices through
ripening their mental
continuum

དབང་སྐར།

dbang.skar

wang kar

The empowerment
constellation

དབང་ཐང་།

dbang.thang

wang thang

Wealth, power

དབང་པོ།

dbang.po

wang po

Sense organs

དབང་པོ་ཀུན་སེལ།

dbang.po.kun.sel

wang po koon sel

Clearer of All Sense Organs

Uses: A compound which
cures running nose due to
sinusitis, blockage of nose,
hoarseness of voice, sneezing
and clears the sense organs
when inhaled through nose.

དབང་པོ་སྒོ་ལྷ།

dbang.po.sgo.lnga

wangpo go nga

The openings of the five
sensory organs

wangchuk
Mahadeva, Shiva

དབང་པོ་ལྔ།

dbang.po.lnga
wangpo nga

The five sense faculties

- 1) *mig.dbang*-Visual faculty
- 2) *rna.dbang*-Auditory faculty
- 3) *sna.dbang*-Olfactory faculty
- 4) *lce.dbang*-Gustatory faculty
- 5) *lus.dbang*-Tactile faculty

དབང་ཕྱག་ནག་པོའི་རྒྱུད།

dbang.phyug.nag.po'i.rgyud
wangchuk nakpoe gyue
The Hindu divinities as the
tantra of 'Isvara' (treatise of
Mahadeva)

དབང་རྩ།

dbang.rtsa
wang tsa
Nerve

དབང་པོ་མི་གསལ།

dbang.po.mi.gsal
wang po mi sel
Dullness of the sense organs
(symptomatic of diseases
caused by wind)

དབང་རྩའི་ནད།

dbang.rtsa'i.nad
wang tsey ney
Neuropathy

དབང་པོ་ལག་པ།

dbang.po.lag.pa
wang po lak pa
Botanical Name:
Gymnadenia sp.

Taste: Sweet

Potency: Warm

Uses: It provides physical
radiance, strength and virility.

དབང་རྩའི་མ་ལག་གི་རྣམ་བཞག།

dbang.rtsa'i.ma.lag.gi.rnam.bzhag
wang tsey ma lak gi namshak
The nervous system

དབང་རིལ།

dbang.ril
wang ril
Bezoars (i.e. white bezoars)

དབང་ཕྱུག།

dbang.phyug

དབང་ལག

dbang.lag

wang lak

Hindi Name: Salab panja

Botanical Name:

Gymnadennia orchidis Lindle

དབང་ལག་དམར་པོ།

dbang.lag.dmar.po

wang lak marpo

Gymnadenia latifolia L.

དབང་ལུང་བྲིད་གསུམ།

dbang.lung.khrid.gsum

wang lung tee sum

Three fold lineage:

- 1) Initiations (*dbang*)
- 2) Transmissions (*lung*)
- 3) Explanations (*'khrid*)

དབང་ཤེས།

dbang.shes

wang she

Sense consciousness

དབལ་ལྷན་གྱི་ཁབ།

dbang.ldan.sha.khab

wal den sha khab

A pointed surgical needle

དབུ་མ།

dbu.ma

wuma

1. Centre; It refers to a central energy channel which is located midway between the left and right channels. It extends from the tip of the sex organs up to the top of the head from where it bends down in an arch and ends between the eyebrows. The esstial drops pass through this energy channel.
2. Skt. Madhyamapritipad, meaning the 'middle way' between the extremes of eternalism and nihilism. Within the contexts of the Madhyamaka school, 'middle way' refers to the philosophy of emptiness, which is held to be the true nature of all things. According to this view all phenomena cannot be found to possess any independent and self-validating natures.

དབུ་མ་པ།

dbu.ma.pa

wu ma pa

Those who follow
Madhyamika school of
thought

དབུགས།

dbugs

ook

Breath

དབུགས་ངན་པ།

dbugs.ngan.pa

ook nyan pa

Halitosis

A condition characterised by
bad breath

དབུགས་གཏོང་ལེན་ཆད་པ།

dbugs.gtong.len.chad.pa

ook tong len chey pa

Breathlessness

It is caused by lung disorders,
heart disorders and anemia.

དབུགས་ནི་ཁྲི་ཆིག་སྟོང་དྲུག་བྱ།

dbugs.nyi.khri.chig.stong.drug.rgya

ook nyi ti chiktong duk gya

Twenty one thousand and six
hundred breaths

དབུགས་འབྱིན་རྩལ།

dbugs.'byin.rngub

ook jin ngub

Respiration (inhalation and
exhalation)

དབུགས་འབྱིན་རྩལ་གྱི་ནམ་བཞག།

dbugs.'byin.rngub.kyi.rnam.bzhag

ook jin ngub ki namshak

The respiratory system

དབུགས་འབྱིན་རྩལ་དགའ།

dbugs.'byin.rngub.dka'

ook jin ngub ka

Dyspnoe

A condition characterised by
difficult in breathing.

དབུགས་མི་བདེ་བ།

dbugs.mi.bde.ba

ook mi dewa

Lit. discomfort of breathing,
it refers to asthma and
respiratory disorders

དབུགས་བསགས།

dbugs.bsags

ook sak

Asthma, difficult in breathing
due to contraction of air
passages caused by increased

responsiveness of the bronchi and trachea to various stimuli. According to Tibetan medicine, it is mainly caused by indigestion, obesity, and excess mucus which obstruct the respiratory tracts and bronchial tubes.

དབུས།

dbus
wue
Central

དབེན་པ།

dben.pa
wen pa
Solitary

དཔོ།

dbo
wo
Uttra Phalguni, Denebala –
one of the 27 constellations
Syn. *phyi mo, khra, nyi ma'I lha*
ldan

དཔོ་ཟ།

bdo.zla
wo da
Phagun, 2nd month of Tibetan
lunar calendar

དབྱངས་ཅན་རིལ་བུ།

dbyangs.can.ril.bu
yangchen rilbu
Lit. Melodious pill
Ingredients: *skyu.ru, pi.ling,*
shing.mngar, lug.ser, a.ru,
sgron.shing, go.snyod, dug.nyung,
lug.smug, spang.rgyan.dkar,
lug.dmar,

Nature: Cool

Uses: A compound which
treats dullness of mind,
amnesia and enhances the
sense faculties.

དབྱངས་འཆར།

dbyangs. 'char
yang char
Shiva Sarvodaya (arising
vowels)

དབྱངས་གསལ་འཆར་ཚུལ།

dbyangs.gsal. 'char.tshul
yangsel char tsul
The way of arising vowels
and consonants

དབྱར་ནི་ལྷོ་ག།

dbyar.nyi.ldog
yar nyi dok
Summer solstice

དབྱར་དུས།

dbyar.dus

yar dhue

Summer season (during which damp cool wind harms the inner warmth of body)

དབྱར་གནས།

dbyar.gnas

yar ney

Summer retreat

དབྱར་པ།

dbyar.pa

yar pa

Populus sp.

དབྱར་རྩ་དགུན་འབྲུ།

dbyar.rtsa.dbun.'bu

yar tsa goon boo

English Name: Caterpillar grass

Botanical Name: Cordyseps Sinensis (lit. grass in summer and worm in winter)

Uses: It has medicinal value to cure disorders of the kidneys, loss of lower body warmth, depletion of reproductive fluids and weak physical strength.

དབྱར་ཟླ་གསུམ།

dbyar.zla.gsum

yar da sum

Three summer months

དབྱི་མོང་།

dbyi.mong

yi mong

Botanical Name: Clematis sp.

Clematis montana

Uses: It controls necrosis, restores bodily heat and drains out accumulation of serous fluids.

དབྱི་མོང་དཀར་པོ།

dbyi.mong.dkar.po

yi mong karmo

Botanical Name: Clematis sp.

Taste: Hot to sweet

Potency: Warm

Uses: It restores digestive heat, and cures indigestion and tumours of cold nature.

དབྱི་མོང་ཁ་བོ།

dbyi.mong.khra.bo

yi mong tra wo

Botanical Name: Clematis montana

Taste: Hot

Potency: Warm

Uses: It has antiseptic action, increases body heat and draws out pus.

E.g. Brain shaped stone (*rdo.klad*) halloysite is beneficial for brain disorders.

དབྱི་མོང་ནག་པོ།

dbyi.mong.nag.po

yi mong nakpo

Botanical Name: *Crematis Tibetana*

Taste: Hot to sweet

Potency: Warm

Uses: It is used against cold disorders, heals tumour of the colon but may increase *mkhris pa*.

དབྱུག་ལ།

dbyug.zla

yook da

Aswij, 9th month of Tibetan lunar calendar

དབྱིག་དུག།

dbyig.dug

yik duk

Poisoning from unprocessed gemstones

དབྱེ་བ།

dbye.ba

ye wa

Classification, division (i.e. classifications of human beings in terms of sex, age, temperament and diseases)

དབྱིབས་སྦྱར།

dbyibs.sgur

yib gur

Hunched back, stooped

དབྱེན་སྦྱོར།

dbyen.sbyor

yen jor

Slander

དབྱིབས་མཐུན་གྱི་རྒྱས་པ།

dbyibs.mthun.gyi.nus.pa

yib thoon gi nue pa

The power of medicine by virtue of its similarity in shape

འབམ་པོ།

'bam.po

bam po

Botanical Name: *Lugusticum pteridophyllum* Franch ex. Oliv

འབམ་པོ་མོ་རིགས།

'bam.po.mo.rigs

bampo mo rik

Botanical Name: *Trachydium purpurascens* Franch

Botanical Name: *Medicago Lapulina* L.

Taste: Bitter

Potency: Cool

Uses: It is used against hot disorders of the lungs, coughs and to heal wounds.

འབའ་ཆ།

'ba'.cha

bacha

The left over of mustard and linseed after the oil is extracted

Uses: It has medicinal value to relieve swelling due to wind imbalance when applied externally over the affected area.

འབུ་སུ་ཧང་ཕོ།

'bu.su.hang.pho

bu soo hang fo

Botanical Name: *Trigonella ruthenica* L.

Uses: It heals sores and subside fever of the lungs.

འབུ།

'bu

boo

Insects and worms

འབུར་ཆེན།

'byar.chen

jar chen

The Great Application

Ingredients: *sga.tig*, *spos.dkar*, *thal.rdor*, *so.ra*, *chu.rtsa*, *shal.rgyab*, *mdung.rtse*, *rag.rdo*, *cong.zhi*, *gser.rdo*, *dngul.rdo*, *rdo.rgyus*, *mthing.rgyus*, *bul.tog*, *rtsa.rgyus.la.phan.pa'i.rdo.sman*, *re.lcags*, *kyi.lce.dkar.po*, *dud.ral*, *sngo.stag.sha*, *sman.chen*, *thar.nu*,
Nature: Neutral

Uses: A compound which treats *rkang*. 'bam, gout, arthritis, serous fluid diseases, dermatological diseases,

འབུ་ཆག་པ།

'bu.chag.pa

bu chak pa

Locust

འབུ་སུ་ཧང་།

'bu.su.hang

bu su hang

chronic skin abscess and swelling of the extrimites.

འབྱུང་འགྱུར།

'byung. 'gyur

jung gyur

Things or events to come by

འབྱུང་གཏོན་བཅོ་བརྒྱད།

byung.gdon.bco.brgyad

jung don cho gey

The eighteen different types of evil spirits (non-human beings) which are categorised under *'byung.gdon*:

1. *lha* (Desire realm deity spirits)
2. *lha.min* (Demi-deity spirits)
3. *dri.za* (Spirits who survive on odours)
4. *klü* (Serpent spirits or spirits which reside on land and in water)
5. *gnod.sbyin* (Spirits characterized by their harming ability)
6. *tshangs.pa* (Brahma spirits)
7. *srin.po* (Cannibal ogre spirits)
8. *sha.za* (Flesh eating spirits)
9. *yi.dag* (Hungry ghosts)

10. *grul.bum* (Spirits characterized by enlarged gonads)

11. *byad.stems* (Spirits caused by curses)

12. *gyeng.byed* (Distracting spirits)

13. *ro.lang* (Zombie spirits)

14. *mtshun.lha* (Ancestral spirits)

15. *la.ma* (Spiritual master)

16. *drang.srong* (Ascetic or hermit spirits)

17. *rgyan* (Ancient spirits)

18. *grub.pa* (Tantric spirits)

འབྱུང་པོ།

'byung.po

jung po

Non-human spirits

འབྱུང་པོའི་གཏོན།

'byung.po'i.gdon

jung poe don

Elemental spirits

འབྱུང་བ།

'byung.ba

jung wa

Elements

The five outer and inner elements: earth, water, fire, wind and space which are the

material basis of all
phenomena.

འབྱུང་བ་ལྷ་ལྷན་ཟས།

'byung.ba.lnga.ldan.zas

jung wa nga dhen zey

The food which contains
balanced proportions of the
five elements

འབྱུང་བ་ལྷའི་ལྷ།

'byung.ba.lnga'i.lha

jung wa ngey lha

The deities of five cosmo-
physical elements

འབྱུང་བའི་ངོ་བོ།

'byung.ba'i.ngo.bo

jung wey ngo wo

Nature of elements

འབྱུང་བའི་སྒྲོབས།

'byung.ba'i.stobs

jung way tob

Strength of the elements

འབྱུང་བ་ཐིམ་རིམ།

'byung.ba.thim.rim

jung wa thim rim

A process of the dissolution
of physical elements at the

time of death when elements
of flesh, blood, warmth and
breathing dissolve into one
another

འབྱུང་བ་དུས་ཀྱི་འཁོར་ལོ།

'byung.ba.dus.kyi.'khor.lo

jung wa due ki khorlo

Temporal cycle of the
elements

འབྱུང་བའི་དབྱིབས།

'byung.ba'i.dbyibs

jung wey yip

The symbol or shapes of the
five elements

1) Wood-straight

2) Fire-triangle

3) Earth-square

4) Iron-semi circle; and

5) Water-circle

འབྱུང་རྩིས།

'byung.rtsis

jung tsi

Elemental astrology

འབྱུང་རྩིས་སྒྲོན་འགྲོ།

'byung.rtsis.sngon.'gro

jung tsi ngon do

The preliminary teaching on
elemental astrology

འབྲུང་བཞི་དགྱིལ་འཁོར།

'byung.bzhi.dkyil.'khor

jung shi kil khor

The Mandala of four
elements

འབྲོར་བྱེད།

'byor.byed

jor jey

Connector

བླ་ནི།

bra.nye

dra nye

Bharni, Triangalara—one of
the 27 constellations

འབྲ་གོ།

'bra.go

dra go

Botanical Name: Phoenix
dactylifera Linn

Uses: It has medicinal value
to cure brown phlegm,
yellow phlegm and loss of
appetite due to stomachial
disorder.

འབྲ་གོ་དམར་པོ།

'bra.go.dmar.po

dra go mar po

Botanical Name: Zizyphus
satifa Gaertn

འབྲས།

'bras

dray

Rice (*Oryza sativa*)

Taste: Sweet

Potency: Cool

Uses: It is beneficial for all
three humoural disorders due
to its oily, smooth, cool and
light qualities. Rice supports
vitality and is particularly
beneficial in cases of
vomiting and diarrhoea.

འབྲས་བྱུག་སྐ་བ།

'bras.thug.ska.ba

day thook ka wa

Rice pudding (*Oryza sativa*)

འབྲས་བྱུག་གར་བ།

'bras.thug.gar.ba

day thook gar wa

Rice porridge (*Oryza sativa*)

འབྲས་བྱུག་སྐ་བ།

'bras.thug.sla.ba

day thuk la wa

Rice gruel (*Oryza sativa*)

འབྲས་ནད།

'bras.nad

day ney

Tumours, cancerous growth
The impure blood and serum
enter the circulatory system
and spread through out the
body, which later manifest as
tumours in different parts of
the body due to the influence
of imbalanced *rLung*.
Tumours extract the nutrients
from the body to support
their growth and weaken the
body.

འབྲས་སྒྲ་གསུམ།

'bras.sna.gsum

day na soom

The three varieties of fruit

- i) *a. 'bras*-Magnifera Sp.
- ii) *sra. 'bras*-Eugenia jambalana
- iii) *'jam. 'bras*-Caesalpinia
crista.

འབྲས་བུ།

'bras.bu

day boo

- 1) Fruits
- 2) Result, consequences

འབྲས་སོག།

'bras.sog

day sok

Rice straw

འབྲས་བུའི་ཐང་།

'bras.bu'i.thang

day booe y thang

Decoctions prepared from
the three principle fruits
(*Terminalia chebula retze*,
Terminalia belerica and
Emblica officinalis)

འབྲས་བུ་གསུམ།

'bras.bu.gsum

day woo soom

The three chief fruits

- a) *Terminalia Chebula (a.ru)*
- b) *Terminalia Belerica (ba.ru)*
- c) *Terminalia Embelica*
(*skyu.ru*)

འབྲས་ཡོས།

'bras.yos

day yoe

Parched grains of rice (*Oryza*
sativa)

Uses: It controls diarrhoea
and heals fractured bones.

འབྲི།

'bri

dri

Female counterpart of Yak

Taste: Sweet

Potency: Neutral

Uses: Similar use as above

འབྲི་རྩ་ས་འཛིན་མཚོག

'bri.ta.sa. 'dzin.mchog

dita sa zin chok

English Name: Strawberry

Botanical Name: *Fragaria nubicola*

Taste: Slightly sweet

Potency: Cool

Uses: It reduces pus accumulation in the lungs and draws serous fluid, controls proliferation of impure blood in the chest and is useful in the treatment of inflammation of nerves.

འབྲི་མོག

'bri.mog

dri mok

Skt. Name: Ratna jot

Botanical Name: *Onosma Echioides*

Taste: Sweet

Potency: Cool

Uses: It is used against pneumonitis and proliferation of impure blood.

འབྲི་རྩ་ས་འཛིན་འབྲིང་བ།

'bri.ta.sa. 'dzin. 'bring.ba

dita sazin dring wa

Fragaria orientalis Lozinsk

འབྲི་མོག་གཡུང་བ།

'bri.mog.gyung.ba

dri mok yung wa

Botanical Name: *Onosma rhultiramsum* Hand. Mazz.

འབྲི་རྩ་ས་འཛིན་དམན་པ།

'bri.ta.sa. 'dzin.dman.pa

dita sazin men pa

English Name: Strawberry

Botanical Name: *Saxifraga flagellaris*

འབྲི་ཚེལ་མ།

'bri.tshil.ma

dri tsil ma

It is a synonym of *bong.nag.rigs.ser.po* (*Aconitum kongboense* Lauener)

འབྲ།

'bru

doo

Punica granatum (Lit. seed or grain)

འབྲུ་མར།

'bru.mar

dru mar

Butter obtained by pressing *Curcuma longa* and other grains

It has medicinal value to control imbalance of wind.

འབྲུ་རིགས།

'bru.rigs

dru rik

Grain or cereals

འབྲུག།

'brug

druk

1) Dragon – one of the twelve animal signs in Tibetan astrology

2) Bhutan

འབྲུག་ཤིང་།

'brug.shing

druk shing

Euonymus monbeigii W.W. smith

འབྲུག་རྩ་བ།

'brug.rla.ba

druk dawa

Dragon month; 1st month of Tibetan Elemental Astrology system

འབྲུམ་ཐོར།

'brum.thor

drum thor

Pustules

These are various contagious skin diseases which are divided in to two groups, white (*'brum.pa.dkar.po*) and black (*'brum.pa.nag.po*) diseases. The white *'brum pa* disease is caused by disturbance of *Bad-kan* and *rLung*, whereas the black *'brum.pa* is caused by an increase of black serum (*chu.ser. nag.po*) and a disturbance in all the three humours.

འབྲུམ་ནག།

'brum.nag

drum nak

Small pox; the causes and conditions for the occurrence of small pox diseases are the

same as those of *Rims*
diseases

བ་བྱི།

rba.byi

ba ji

Shite-breasted
(*Cinclus cinclus*)

dipper

འབྲུ་གསར་རུལ་བ།

'bru.gsar.rul.ba

dru sar rul wa

Spoiled new grain

བད་འདྲེ།

rbad. 'dre

bey dey

Spirits which have been
summoned

འབྲེལ་བ་རྩ།

'brel.ba.rtsa

drel wa tsa

Channels of connection

ལྷ་བ།

lba.ba

bawa

Goiter, Skt. gala-ganda

འབྲོང་།

'brong

drong

Bos grunniends (wild Yak)

ལྷ་ཚ།

lba.tsha

ba tsa

Anti-goitre salt (Iodised salt)

འབྲོང་རྩེ་ཨར་བརྒྱད།

'brong.rtse.ar.brgyad

dong tsey ar gey

Eagle-Wood Eight

Ingredients: *'brong.khrag,*
ar.nag, dza.ti, li.shi, snying.zho,
ru.rta, gzer.'joms, ri.snying

Nature: Warm

Uses: A compound which
relieves severe pain due to
rLung disorders, disorders of
the life sustaining *rLung*,
fainting, insanity, hysteria and
mental instability.

ལུ་བ།

lbu.ba

bu wa

Bubbles, foam, scum,

ལུ་གསོབ་ལུ།

lbu.gsob.lu

bu sob lu

Frothy saliva

སྒང་མ།

sbang.ma

bang ma

Residue or left over after
chang is processed

སྒར་མོ།

sbar.mo

bar mo

Palm

སྒལ་མགོ།

sbal.mgo

bel go

Minor water channels of the
thigh (lit. frog's head)

སྒལ་བ།

sbal.ba

bel wa

Frog

སྒལ་བ་ལག་པ།

sbal.ba.lag.pa

bel wa lakpa

Seleginella pulvinata
(Hook.f.et. Grev.) Maxim.

སྒམ་མི་རུང་བ།

sbas.mi.rung.ba

bay mi roong wa

Animal signs which are not
allowed to be buried under
ground

སྒུ་གུ་ཅན།

sbu.gu.can

bu gu chen

Tubular channels

སྒུ་ལེན།

sbur.len

bur len

English Name: Amber

Scientific Name: Ambrum

Taste: Sweet

Potency: Neutral

Uses: It cures blurred vision,
cataract, leucoma, general
vision impairment, fainting,
dizziness, epilepsy and in the
case of evil spirits influence.

སྒོ་ཁོར་པད་ཚལ།

sbo.'khor.pad.tshal

bo khor pey zel

English Name: Broccoli

Taste: Sweet to salty

Potency: Slightly Cool

Uses: It helps immunize against breast cancer, beneficial in restoring blood and digestive strength, dilutes thick blood and eliminates micro-organism.

སྤྱར་ཐབས།

sbyar.thabs

jar thab

Method of formulation

སྤྱར་དུག

sbyar.dug

jar duk

Manufactured poison;
compounded poison

སྤྱིན་པ་གཏོང་བ།

sbyin.pa.gtong.ba

jinpa tong wa

Giving alms

སྤྱིན་སྤྱེག

sbyin.sreg

jin sek

Fire-offering

སྤྱོད་བྱེད།

sbyong.byed

jong jey

Cleansing or elimination therapy

སྤྱོད་བ།

sbyor.ba

jor wa

1) Recipe

2) Connection

3) Application

སྤྱོད་བ་ནིར་བདུན།

sbyor.ba.nyer.bdun

jor wa nyer dun

The twenty seven combinations

1) *sel.ba*-clear,

2) *mdza'.bo*-lover

3) *tshe.ldan*-longevity,

4) *skal.bzang*-good fortune

5) *bzang.po*-good

6) *rab.stong*-very empty,

7) *las.bzang*-good karma

8) *'dzin.pa*-possession

9) *gzer*-nail

10) *bre*-grain

11) *'phel*-growth

12) *nges*-certainty

13) *kun.'jom*-all subduer,

14) *dga'.ba*-joy

15) *rdo.rje*-vajra

16) *dngo.grub*-accomplishment

17) *kun.ltung*-fall

18) *dpa'.bo*-hero

19) *youngs. 'jom*-all eliminator

20) *zhi.ba*-peace

21) *grub*-accomplished being

22) *bsgurb.bya*-subject to be attained,

23) *dge.ba*-virtues acts

24) *dkar.po*-white

25) *tshang.pa*-brahma

26) *dbang.po*-indra

27) *sha. 'khon*-hostility

ཐྱོར་བ་སྤྲོད་གྱི་གནས།

sbyor.ba.sman.gyi.gnas

jor wa men ki ney

Section on pharmaceutics

ཐྱོར་བ་མཚུངས་པ།

sbyor.ba.mtshungs.pa

jor wa tshung wa

Treatment similar to the nature of the disease making it more acute

ཐྱོར་ལམ།

sbyor.lam

jor lam

Path of prepration

སྤྲང་མ།

sbrang.ma

dang ma

Bee (honey bee)

སྤྲང་མ།

sbrang.rtsi

dang tsi

English Name: Honey

Taste: Sweet

Potency: Warm

Uses: Honey is the best medicine for oral ulceration and sore throat due to fungal and bacterial infection. It contains antibiotic property and is beneficial for inflammations and hoarseness, if gargled with water. In Tibetan medicine, pure honey is highly recommended for obese patients to reduce weight and it also cures *Bad-kan* diseases.

ཐྱིད་པ།

sbrid.pa

di pa

Sneeze

སྤྲུམ་མ།

sbrum.ma

doom ma

Pregnant women

སྤྲུ།

sbrul

drul

Snake, one of the twelve animal signs in Tibetan astrology and a symbol of hatred in the Wheel of Life

སྐྱུལ་རྩ་བ།

sbrul.zla.ba

drool dawa

Snake month, 2nd month according to Tibetan Elemental Astrology system

སྐྱུལ་དུག

sbrul.dug

drul dhuk

Poisoning from snake-bite, Skt. sarpa-visa

མ།

མ།

ma

ma

Mother

མ་རྒྱལ།

ma.rgad

ma gey

English Name: Emerald

Taste: Sweet to sour

Uses: It treats epilepsy, neurological diseases and used against attack by evil spirits.

མ་གཤམ།

ma.gal

ma gel

Botanical Name: Populus davidana Dode

Uses: It treats diseases of the lungs and is recommended for diseases associated with pregnancy.

མ་གོམས།

ma.goms

magom

Non-habitual

མ་འབྲེམ།

ma. 'them

mathem

A step at the entrance of a door

It is one of the five astrologer's soul of stones.

མ་ནིང་གི་གདོན།

ma. ning. gi. gdon

maning gi dhon

Neuter demon

མ་ནིང་གྲེས་མ།

ma. ning. gres. ma

maning drema

Iris goniocarpa Bakor

མ་ནིང་གླང་ས།

ma. ning. glang. sna

maning lang na

Pedicularis sp.

མ་ནིང་ཙང་ཞི།

ma. ning. cong. zhi

maning chong shi

Neuter lime stone (i.e. gypsum)

མ་ནིང་ལམ་པ།

ma. ning. lcam. pa

maning champa

Botanical Name: *Malva verticillata* Linn.

It is commonly known as *bod. lcam* (*Malva verticillata* of Tibet).

མ་ནིང་མཚན་གཉིས་པ།

ma. ning. mtshan. gnyis. pa

maning tsen nyi pa

Hermaphrodite with signs of both the sexes

མ་ནུ་བྲག་ཅན།

ma. nu. kbrag. can

manu tak chen

It is a synonym of *go. bye* (*Senecarpus anacardius* L.F.

མ་ནུ་པ་ཏ།

ma. nu. pa. tra

manu pata

Hindi Name: Pokharmul/
Puskarmul

Botanical Name: *Inula racemosa* Hook f.

Taste: Sweet and bitter to hot

Potency: Neutral

Uses: It is used against *rLung* and blood disorders, upper

backache, brown phlegm and
onset of contagious fevers

མ་ནུ་བཞི་ཐང་།

ma.nu.bzhi.thang

manu shi thang

Decoction of Elecampane
Four

Ingredients: *ma.nu*, *sle.tres*,
kan.ta.ka.ri, *pi.ling*

Nature: Neutral

Uses: It is used for
preliminary stages of fever,
empty fever (fever
accompanied by *rLung*), and
upper backache due to blood
disorders.

མ་ནུ་རུ་རྟ།

ma.nu.ru.rta

manu ruta

Botanical Name: *Sassurea*
Lappa (Decne) sch-Bip.

Uses: It is a synonym of *ru.rta*
and is used against flatulence,
abnormal menstrual flow,
diphtheria, pulmonary diseases,
wounds and to neutralises
wind and blood imbalance.

མ་ནུ་ཤུ་ཟུར།

ma.nu.shu.zur

manu shusur

Paugamia pinnata

མ་ནུ་སེ་ཤིང་།

ma.nu.se.shing

manu se shing

Himalayan

orchid

(*Dendrobium noble* Lindle)

མ་སྤུན།

ma.spun

ma pun

Maternal relatives

མ་མོ།

ma.mo

mamo

The matarah goddesses

མ་མོ་འཁྲུགས་པ།

ma.mo.'khrugs.pa

mamo tukpa

The disturbance of the
Matarah goddesses

མ་སྦྱིན་ཚ་བ།

ma.smin.tsha.ba

mamin tsawa

Unripe fever

མ་རྩོམ་ལོ་ཏོག

ma.rmos.lo.tog

ma moey lo tEok

English Name: Corn, maize

Taste: Sweet to astringent

Potency: Cool

Uses: It is beneficial in treating constipation, white discharge, inflammation, fever associated with *mekhris-pa* and poisoning.

མ་ཞུ་བ།

ma.zhu.ba

mashu wa

Indigestion, Skt. agnimandya

མ་ཡིག

ma.yig

mayik

Original manuscript

མ་རིག་པ།

ma.rig.pa

ma rikpa

Ignorance

It is defined as a cloudness of mind which leads to misperception, confusion and bewilderment.

མ་རུ་ཅེ།

ma.ru.tse

maru tse

Skt. Name: Palash/Dhak

Botanical Name: *Butea monosperma* (lam) Taub)

Taste: Bitter to hot

Potency: Warm

Uses: It is used against diseases caused by micro-organism, treats itching, infections of the skin and organs.

མ་ཤ།

ma.sha

ma sha

Hindi Name: Aru dadi

English Name: Himalayan beans

(black dal)

Uses: It treats *rlung* disorders and enhances the power of phlegm, bile, and reproductive fluid.

མ་ད་དེ་བ།

ma.ha.de.ba

maha dewa

Mahadeva—one of the god who was present during Buddha's teaching on medicine

མ་དེ།

ma.he

mahe

Buffalo

མ་དེ་ཤི་ཤ།

ma.he'i.sha

mahe sha

English Name: Beef

Scientific Name: Bubalus
bubalus

Taste: Sweet

Potency: Warm

Uses: It induces sleep and
supports the growth of
muscle tissue.

མ་ལྷ་གཞོན།

ma.lha.gnod

ma lha noe

Harms from maternal deities

མན་རྒྱུད།

man.rgyud

men gyue

The Oral Tantra or oral
instructionsIt has ninety two chapters
which explain the clinical
approaches to number of
diseases.

མན་ངག་གུར་གུམ་བུ་གསུམ།

man.ngag.gur.gum.bcu.gsum

men ngak gurgum chu sum

Safflower Thirteen of secret
oral traditionUses: A compound which
cures headache due to blood-
mkhrispa disorders, sinusitis,
encephalitis and brain fever.

མན་ངག་བྱེ་བ་རིང་བསྐྱེལ།

man.ngag.bye.ba.ring.bsrel

men ngak jewa ring sel

A collection of instructions
on medical treatment by the
Great Zur.mkhar.nmyam.nyid
Dorjee (1439-1476), the
founder of *Zur.lugs* tradition
of Tibetan Medicine

མན་ངག་བསིལ་སྦྱོར།

man.ngag.bsil.sbyor

men ngak sil jor

Cool Formulation of Secret
Oral TraditionIngredients: -*gla.rtsi, cong.mdzo,*
tsan.dkar, ar.nag, sug.smel, li.shi,
gur.gum, cu.gang, dza.ti, ka.ko.la,
skyu.ru, se.'bru, dug.nyung, a.ru,
pi.ling, ru.rta, bong.dkar, gi.wam,
sum.tig, gangs.thig.chu.bcad,
ut.pal, gser.me,

Nature: Slightly cool

Uses: A compound which cures *bad.kan.smug.po*, enlargement of liver and gall bladder, upper backache due to blood disease and proliferation of impure blood in liver and spleen.

མན་ངག་ལྷན་ཐབས།

man.ngag.lhan.thabs

men nag lhen thab

The supplementary work of *man.ngag.rgyud* (The Oral Tantra) by Desi Sangye Gyatso (1653-1705). He added forty-one chapters to the Oral Tantra. The chapters on 18 vulnerable and epidemic diseases form the most important part among them.

མན་རྩི་ར།

man.rdzhi.ra

man zi ra

Scientific Name: Amnoites (Fossils)

Taste: Astringent

Potency: Cool

Uses: It is used to treat osteitis.

མར།

mar

mar

Butter

Uses: Fresh butter (*Tib. Mar.gsar*) has a cool potency and enhances bodily strength, complexion, supports sexual vitality and is helpful in curing *mkhris-tshad* (bile fever), where as rancid butter (*Tib. Mar.rnying*) has warm potency and cures *rLung* disorders, mental disturbances and forgetfulness.

མར་ཁུ།

mar.khu

mar khoo

Melted butter

Uses: It sharpens the mind, increases bodily heat and is aphrodisiac.

It is also recommended for conception and longevity.

མར་མེ་མ།

mar.me.ma

mar mema

Atoka (the offering goddess of light)

མར་ཆེས།

mar.tshes

mar tshe

Dates during which the
moon wanes

མར་རུར་ཚུ་བ།

mar.rur.chu.ba

marzur chuwa

Tendons of the lower edge
of the wrist

མར་གསར།

mar.gsar

mar sar

Fresh butter

Uses: It is aphrodisiac,
enhances complexion, bodily
strength and subside fever
associated with bile.

མལ་གཅིན།

mal.gcín

mal chin

Bed wetting

A condition characterised by
involuntary urination during
the night

མི།

mi

mi

Human beings

མི་བསྐྱེད་པ།

mi.bskyod.pa

mi kyoe pa

Unshakable; Emanation of all
Buddhas consciousness

མི་རྣོད།

mi.rgod

mi goe

- 1) Wild and savage people
- 2) Raw courageous men

མི་ཆགས་ཚུལ།

mi.chags.tshul

mi chak tshul

Human embryology

མི་འདྲིག་པའི་གནས་ལྔ།

mi.'jig.pa'i.gnas.lnga

mi jik pey nae nga

The five indestructible places
of pilgrimage:

- 1) Centre—Bodhgaya,
- 2) East—Five-peaked
Mountain
- 3) South—Potala,
- 4) West—Otiyana,
- 5) North—Shambhala

མི་རྟག་པ།

mi.rtag.pa

mitak pa

Impermanence

The continuous moment by moment of creation and destruction of all things.

མི་མཐུན་སྦྱར།

mi.mthun.sbyor

mithun jor

Unmatchable combination

It refers to the meeting of water and wind element on same day i.e. the element of the daily planet (weekday) and the element of the constellation (moon constellation).

མི་ཐེག་ཁུར་བ།

mi.theg.khur.ba

mitheg khor wa

Carrying an unbearable load

མི་སྦྱག་པའི་ཡུལ།

mi.sdug.pa'i.yul

mi duk pey yul

Disgusting sights

མི་ན་གནས་པ།

mi.na.gnas.pa

mi na ney pa

State of health or out of disease, disease free

མི་འཕྲོད་པའི་དུག།

mi.'phrod.pa'i.dug

mi toe pey dook

Food poisoning

མི་འཕྲོད་སྦྱར།

mi.'phrod.sbyor

mitoe jor

Unfavourable combination

It refers to the connection between the element of the daily planet (weekdays) and the element of the constellation (moon constellation) i.e. earth and wind (weekday and moon constellation respectively).

མི་གཙང་བ།

mi.gtsang.ba

mi tsang wa

Dirt, pollution, unclean, impure

མི་ཡིས་བདག་བྱེད་མྱེ།

mi.yis.bdag.byed.sde

mi yi dak jey dey

A group of domestic animals

མི་གཡོ་བའི་ལས།

mi.gyo.ba'i.las

mi yo wey ley

Unwavering actions

མི་རུང་བ།

mi.rung.ba

miroong wa

Contraindications; lit. not allowed

མི་རུས་བཅའ་མ།

mi.rus.btsa'ma

mi rue tsa ma

Dessicated and aged human bone

མི་ཤ་འཕྲང་ཕྲད།

mi.sha.'phrang.phrad

misha trang trey

Meeting a deadly enemy on a narrow path

མི་ཤིགས་པའི་ཐིག་ལེ།

mi.shigs.pa'i.thig.le

mishik pey thik le

The indestructible drop

མི་སྐྱ་བཞེན་པ།

mi.srun.bzhon.pa

mi sun shonpa

To ride an untamed animal

མི་སློབ་ལས།

mi.slob.lam

milob lam

Path of no teaching or no learning

མི་གསོད་པ།

mi.gsod.pa

mi soe pa

Killing of human beings

མིག

mig

mik

Eyes

མིག་སྐྱག

mig.skyag

mig kyak

Eye excretion

མིག་སྒྲིན།

mig.sprin

mik tin

Sclera

མིག་གི་རྒྱལ་མེད་གནན་ཚད་།

mig.gi.rgyal.mo'i.gnyan.tshad

mik gi gel moey nyen tsey

Iritis

མིག་གི་གནན་ཁ།

mig.gi.gnyan.kha

mik gey nyen kha

Ophthalmia

A condition characterised by
inflammation of the eyes

མིག་གི་ལིང་རྟོག་

mig.gi.ling.tog

mik ki ling tok

Pterygium (pellicle on the eye)

མིག་འགྲིབས།

mig.'gribs

mik dib

Cataract

A condition characterised by
increasing opacity of the lens
of the eye

མིག་ཁྱིབས་ཀྱི་གནན་ཁ།

mig.lcibs.kyi.gnyan.kha

mik chib ki nyen kha

Blepharitis

A condition characterised by
inflammation of eyelids

མིག་ཚུ།

mig.chu

mik choo

Tear

མིག་ཚུའི་ནད།

mig.chu'i.nad

mik chue ney

Lacrimal disorders

མིག་ནད།

mig.nad

mik ney

Ophthalmic diseases

མིག་གཞོན།

mig.gnon

mik non

Eye presser; an instrument
used to immobilise the blood
vessels around the eyes before
blood-letting

མིག་དམར།

mig.dmar

mik mar

- 1) Conjunctivitis
- 2) Mars

མིག་སྐྱན་འདེབས་བྱར།

mig.sman. 'debs.thur

mikmen deb thoor

Eye-drop spoon

མིག་རྩ།

mig.rtsa

mik tsa

Blood letting vessels of the eyes

མིག་ཚག་ནད།

mig.tshag.nad

mik tsak ney

Irritation of the eyes

མིང་ཅན་ཆུང་བ།

ming.can.chung.ba

ming chen choong wa

Aster batangensis Buret
Franch

མིང་ཅན་དོམ་རལ་པ།

ming.can.dom.ral.pa

ming chen dom relwa

Aster Yunnanensis Franch

མིང་ཅན་ནག་པོ།

ming.can.nag.po

mingchen nakpo

Pulicaria insignis drumm ex
Dunn

མིང་ཅན་སེར་པོ།

ming.can.ser.po

mingchen serpo

Botanical Name: Pulicaria
insignis

Taste: Bitter

Potency: Cool

Uses: It is used against inflammations, pain in the upper body associated with blood and *rLung* disorders, epidemic, diphtheria, inflammations of muscle tissues and acts as an analgesic.

མིང་ཅམ།

ming.tsam

ming tsam

Nominative

མིང་ག་རྩུག་ས།

ming.gzug.s

ming zuk

Name and form

མིད་པ།

mid.pa

mipa

Pharynx; the muscular tube from the back of the nose, mouth and larynx extending to the oesophagus

མིད་པའི་གནད་ཁ།

mid.pa'i.gnyan.kha

mi pey nyen kha

Pharyngitis, Inflammation of the pharynx

མུ་ཁྱུད་འཛིན།

mu.khyud.'dzin

mu khyue zin

Nimindhara

One of the saints who was present during buddha's teaching on medicine.

མུ་གེ།

mu.ge

mugey

Famine

མུ་ཏིག།

mu.tig

mutik

Hindi Name: Moti

English Name: Pearl

Scientific Name: Pteria

martensii, Margarita

Taste: Astringent

Potency: Cool

Uses: It treats brain damage due to inflammation or injury, degeneration of nerves, stiffness and contraction of the ligaments and tendons, paralysis, poisoning and prevents loss of cerebral fluid.

མུ་ཏིག་ནེར་ལྷ།

mu.tig.nyer.lnga

mutik nyer nga

Margarita Twenty Five

Ingredients: *cu.gang, gur.gum, li.shi, sug.smel, dza.ti, ka.ko.la, gi.wam, tsan.dkar, tsan.dmar, a.gar.nyis, bse.ru, gla.rtsi, ru.rta, pi.ling, shing.tsha, a.ru, ba.ru, skyu.ru, sdig.srin, gser.bye, lcam.pa, xi.dkar, xi.nag, 'bri.ta.sa.zin*

Nature: Cool

Uses: A compound which cures headache, paralysis of

a part of body, contraction and stiffness of limbs, loss of memory, nervous disorders and amnesia.

མུ་ཏིག་སོ་བདུན།

mu.tig.so.bdun

mutik so dun

Margarita Thirty Seven

Uses: A compound which heals chronic wounds from weapons, enhances senses, and treats nervous disorders.

མུ་སྟེགས་པ།

mu.stegs.pa

mu tekpa

Skt. Tirthika, those who believe in religious faith other than Buddhism

མུ་མེན།

mu.men

mu men

Hindi Name: Rent

Scientific Name: Lagurimum

Taste: Astringent

Potency: Cool

Uses: It is effective as an antidote for disorders caused by poisoning, treats skin diseases, leprosy, lymphatic

system disorders and dyes hair.

མུ་བཞི།

mu.bzhi

mu shi

Four sided criteria (i.e. four diagnostic criteria)

མུ་ཟླ།

mu.zi

muzi

Hindi Name: Amelsar
gandhak

English Name: Sulphur

Taste: Sweet

Potency: Warm

Uses: It is used against skin disorders, disorders of the lymphatic system and promotes the rapid healing of wounds.

མུ་ཟླ་སེར་པོ།

mu.zi.ser.po

muzi serpo

English Name: Yellow
sulphur

Scientific Name: Sulphur
nativum

Taste: Astringent

Potency: Neutral

Uses: It is recommended for dermatological diseases, disorders caused by harmful evil spirits and is an antipruritic.

མུན་ཁུང་མདའ་འཕེན།

mun.khung.mda'.phen
mun khoong da fen

Shooting an arrow in the dark

མུར་གོང་འཕར་རྩ།

mur.gong.'phar.rtsa
moor gong far tsa
Jaw artery

མེ།

me
mey
Fire; it is one of the five elements.

མེ་སྐར་བདུན།

me.skar.bdun
me kar dun
The seven fire constellations
1) *dra.nye*, 2) *smi.drug*,
3) *rgyal*, 4) *mchu*, 5) *gre*,
6) *khrums.stod*, 7) *sa.ga*

མེ་ཁའི་ཡུལ།

me.kha'i.yul
me khe yul
Land of *Ma-kha*

མེ་མཉམ་རྩུང་།

me.mnyam.rlung
menyam loong
Fire-like wind

Location: Stomach

Pathways: Through stomach and small intestines to all the alimentary canals and the internal organs.

Functions: Digests the food, separation of essence and wastes of food and drinks, transports the nutrients to various tissue elements and discharges wastes into colon, helps in the assimilation and maturation of nutrients extracted from food and drinks and governs the movements within the digestive channels, ripens the ten objects of harm (the seven bodily sustainers and the three excretions).

Negative Actions: Disturbing the balance of this air can result in loss of appetite, mucus accumulation in the

stomach, indigestion, loss of weight, poor assimilation, liver weakness, gastric trouble, constipation and diarrhea.

མེ་རོག་

me.tog
metok
Flower

མེ་རོག་གླང་སྒྲུ་

me.tog.glang.sna
metok lang na
Botanical Name: Pedicularis
corybitera H.P. Yang.

Uses: It has medicinal value to treat water retention, constipation, accumulation of serous fluids in the joints and asthma.

མེ་རོག་པད་ཚལ་

me.tog.pad.tshal
me tok pey tsel
English Name: Cauliflower
Taste: Sweet
Potency: Slightly cool
Uses: It helps immunize against breast cancer and relieves inflammation, cures *rlung* disease and strengthens

the production of blood and other bodily constituents.

མེ་རོག་མ།

me.tog.ma
metok ma
Puspi - the offering goddess of flower.

མེ་རོག་ལུག་མིག་

me.tog.lug.mig
metok luk mik
Botanical Name: Aste
himalaicus C.B. Clarke
Taste: Bitter
Potency: Cool
Uses: It is useful in treating infectious common cold and poisoning. Its fomentation is beneficial in treating psoriasis and spasms of the tendon and ligaments.

མེ་རོག་སེར་ཆེན་

me.tog.gser.chen
metok ser chen
Botanical Name: Ixeris sp.
Papaver nudicaule L.
Uses: It has medicinal value to heal wounds and necrosis of the channels.

མེ་རྩོད།

me.drod

me droe

Digestive warmth

མེ་རྩོད་ནམས་པ།

me.drod.nyams.pa

me droe nyam pa

Diminution of the digestive warmth

མེ་བུམ།

me.bum

me boom

Cupping bowl or vase

Uses: It is recommended in case of pain due to wind-blood disorders, neurological diseases, lumbago conditon, acute pain associated with dyspnoea and external tumours.

མེ་དབུལ།

me.dbal

me wel

Erysipelas, Skt. visarpa

A skin disease characterised by inflammation of the skin with burning sensation

མེ་བཅའ།

me.btsa'

metsa

Cauterisation or moxibustion

Uses: It is used against cold-natured disorders such as indigestion, diminished digestive and kidney heat, tumours, disorders due to serous fluid, muscular spasm, epilepsy, and nervous disorders. But it is prohibited against bile inflammation and in the genitals.

མེ་བཞི།

me.bzhi

me shi

- 1) Hast, Corvas—the 12th constellation Syn. *rig.byed*
- 2) Four kinds of fire i.e. fire of diet, fire of behaviour, fire of medicine and fire of therapy

མེ་བཞིན་འདུག།

me.bzhin.jug

meshin yuk

Agnivesa; one of the saints who was present during Buddha's teaching on medicine

མེ་ལེན།

me.len

melen

An instrument with four holes
used during cauterization

མེར་མེར་པོ།

mer.mer.po

mermer po

First stage of formation of
foetus

མེ་ལོང་།

me.long

melong

Ritual mirror

མེས་པོ་ཆངས་པ།

mes.po.tshangs.pa

mepo tsang pa

Brahma (the father)

མེ་ལོང་གི་གཡའ།

me.long.gi.gya'

melong ki ya

Verdigris from the ritual
mirror

མེས་པོའི་ཞལ་ལུང་།

mes.po'i.zhal.lung

mepo shel loong

Oral Instructions of the Fore-
fathers

It is one of the best
commentary on The Four
Tantras (*rGyud bZhi*)

མེ་ལྷོག།

me.lhog

me lhok

A muscular spasm caused by
fire element and has
symptoms of high
temperature and fire-like
feeling

མོ།

mo

mo

Female, divination

མེའི་ཕུང་པོ།

me'i.phung.po

me yi fung po

A mass of fire

མོ་ཙང་།

mo.cong

mo chong

'Female' lime stone

མོ་ལམ།

mo.lcam

mocham

Malva Sinensis Cavan, species
of Malva family

མོ་ནད་ཕལ་བ།

mo.nad.phal.ba

money fel wa

Common gynaecological
diseases

མོ་གདོན།

mo.gdon

modon

Female demons of which
there are said to be 360 types

མོ་ནད་བྱེ་བྲག།

mo.nad.bye.brag

mo ney je drak

Specific gynaecological
diseases

མོ་རྩ།

mo.rdo

modoh

Female urinary stones (kidney
and gall stones removed from
a woman) Lit. female stone

མོ་རྩ།

mo.rtsa

motsa

Female pulse

Its characteristic is thin and
taut pulse movement.

མོ་ནད།

mo.nad

mo ney

Gynaecological diseases

Diseases associated with
woman

མོ་མཚན་ནད།

mo.mtshan.nad

mo tsen ney

Female genital disease

མོ་ནད་མྱི།

mo.nad.spyi

mo ney chi

General gynaecological
diseases

མོ་གཤམ།

mo.gsham

mosham

Barren woman

མོག་རོ།

mog.ro

mok ro

English Name:

Tree mushroom

Taste: Sweet

Potency: Neutral

Uses: It enhances the production of blood, restores lung disorders, controls bleeding and relieves pain.

མོན་གུ།

mon.gru

mon dru

Satbhisha, Aquari

It is one of the twenty seven constellations

Syn. *chu'i.lha.mo*-goddess of water

མོན་གྱེ།

mon.gre

mon drey

Dhamishta, Delphines - one of the twenty seven constellations

Syn. *bya.mjug*-tail of bird, *nam.thong*-seen sky

མོན་ཆ་ར།

mon.cha.ra

monchara

English Name: Oak powder, acorns

Botanical Name: *Quercus lanuginosa/acutissima*

Uses: It has medicinal value to control both hot and cold natured diarrhoea.

མོན་བུ།

mon.bu

mon boo

It is a synonym of *spang.ram* (*Polygonum macrophyllum* D. Don).

མོན་འབྲ།

mon.'bru

mon dru

Millet (khrae)

Uses: It enhances growth and heals fractured bones.

མོན་སྐན་གྱེ་བུ།

mon.sran.gre.'u

mon sen drey woo

Hindi Name: Mung dal

English Name: French bean, kidney bean (yellow dal)

Taste: Astringent to sweet

Potency: Neutral and oily

Uses: It cures *rlung* disorders due to its oily potency and increases reproductive power of semen and promotes physical strength.

མྱ་ངན་ལས་འདས་པ།

mya.ngan.las.'das.pa
nya ngen ley dey pa
Nirvana, perfect peace,
enlightenment

མོན་སྤན་ལེབ་མོ།

mon.sran.leb.mo

mon sen leb mo

English Name: Flat bean,
Himalayan bean

Botanical Name: Dolichos
lablab L.

Family: Leguminosae

Taste: Astringent to sweet

Potency: Cool

Uses: White flat bean increases *rlung*, but treats fish and vegetable poisoning, colic, diarrhoea, rheumatism, sunstroke and stimulates gastric activities.

མྱག་བྱེད་བད་ཀན།

myag.byed.bad.kan

nyak jey bey ken

Decomposing phlegm

Location: Epigastric region
(upper region of the
stomach)

Function: Breaking down of
solid food into semi-liquid
state, mixing the decomposed
food for proper digestion.

Negative Actions: When this *bad-kan* is out of balance, it causes poor digestion; frequent belching, vomiting, laziness and lethargy.

མྱ་ངན་ཆེ་བ།

mya.ngan.che.ba

nya ngen che wa

Great sorrow

མྱང་རྩི་སྤྲས།

myang.rtsi.spras

nyang tsi trey

Skt. Name: Yamcheta

English Name: Gold thread

Botanical Name: Coptis
teetoides

Uses: It dries excess
accumulation of serous fluids
and subside infectious fever.

མྱ་ངན་བྱེད་པ།

mya.ngan.byed.pa

nya ngen jey pa

To grief, to mourn

མྱོང་བྱེད་བད་ཀན།

myong.byed.bad.kan

nyong jey bad kan

Experiencing Phlegm

Location: Tongue

Function: Sends water to the tongue and palate, gives perception of tastes and registers each of the six tastes and sends respective impulses.

Negative Actions: When this *Bad-kan* is out of balance, it causes losing the sense of taste, lack of thirst, anorexia, obesity, cold feeling in the tongue and roughness of the voice.

དམྱལ་བ་བརྒྱད།

dmyal.ba.brgyad

nyel wa gey

The eight layers of hell according to the Kalachakra Tantra

- 1) Pebbles (*gseg.ma*)
- 2) Sand (*bye.ma*)
- 3) Swamp (*'dam.chu*)
- 4) Smoke (*du.ba*)
- 5) Fire (*me*)
- 6) Great darkness
(*mun.pa.che*)
- 7) Great wailing (*ngu.'dud.che*)

8) Vajra like flames

(*rdo.rje.me.lce*)

དམན་ལྷག་ལོག་པ།

dman.lhag.log.pa

men lhak lok pa

Deficiency, excess and contraindications of diet, treatment and medicine

དམར་ཐག།

dmar.thab

mar thab

Offending the plague-causing demons by accidentally burning blood, meat and animal hair in the stove

དམར་ཕྱོགས།

dmar.phyogs

mar chok

Lit. Red direction

It is a period after the full moon to the new moon i.e. 16th to 30th of Tibetan Lunar calendar

དམར་རིལ་མགོ་ནག།

dmar.ril.mgo.nag

mar ril go nak

Skt. Name: Ratiya lal, Gunchi

Botanical Name: Abrus
precatorius

Uses: It is a synonym of
'mda'.rgyus' and treats
haematemesis, cholelithiasis,
gynaecological diseases and
menorrhagia.

དམིགས་པའི་རྒྱན།

dmigs.pa'i.rkyen

mik pey ken

Objective condition

དམིགས་པའི་ཡུལ།

dmigs.pa'i.yul

mik pey yul

Objective object

དམུ་ཅུ།

dmu.chu

mu chu

Dropsy of the internal organs
(Ascites), Skt. jalodara

It arises when excessive food
with cool potency and
excessive cold beverage are
consumed.

དམུས་ལོང་དག་ལ་རྩས་བསྟན་པ།

dmus.long.dag.la.rdzas.bstan.pa

mue long dak la zey ten pa

'Like showing things to a
person born blind'

It is an aphorism.

མ།

rma

ma

Wounds, sore

མ་རྒྱན།

rma.rgan

ma gen

Chronic wounds

མ་སྤྱི།

rma.spyi

ma chi

General wounds

མ་བྱ།

rma.bya

ma ja

Peacock (*Pavo cristatus*)

མ་བྱའི་མདངས་ལྗན།

rma.bya'i.mdangs.ldan

ma jey dang den

Having complexion of a
peacock

མ་བྱའི་མདོངས།

rma.bya'i.mdongs

ma jey dong

Decorative feathers of a
peacock

མིག་པ།

rmig.pa

mik pa

Hoof (of an animal)

མ་རས།

rma.ras

ma rey

Sterile gauze

མིགས་པ།

rmigs.pa

mik pa

Gecko lizard

མང་གཞི།

rmang.gzhi

mang shi

Base, foundation,

མེ་ཅན།

rme.can

me chen

Villains

མི་ལམ།

rmi.lam

mi lam

Dreams

མིན་སྒྲན།

rmen.skran

men tren

Cystoid tumour

མི་ལམ་སྐབས་ཀྱི་ཐིག་ལེ།

rmi.lam.skabs.kyi.thig.le

milam kab ki thigle

The drop arising in the dream

མིན་བུ།

rmen.bu

men bue

Lymph node; nodule mass,

Skt. granthi

མི་ལམ་བཟང་བ།

rmi.lam.bzang.ba

milam sang wa

Auspicious dream

མིན་བུའི་ནད།

rmen.bu'i.nad

men bue ney

Lymphadenopathy

A disease which affects the lymph nodes and is characterised by swelling of the lymph nodes. It generally occurs near the ears, in the neck, arm pits and groin.

མིན་བྱའི་ནད་བརྒྱད།

rmen.bu'i.nad.brgayd

men bue ney gey

Eight kinds of lymph node disorders

1) *rlung.rmen*-a disorder, which is related to *rlung* and it is characterised by a large sack-like protuberance.

2) *mkhris.rmen*-a disorder connected to *mkhrispa* and it is characterised by burning sensation in the affected lymph nodes accompanied by pain and leads to swollen nodes which are red to yellow in colour.

3) *badkan.rmen.bu*-a disease which is influenced by *badkan* and it is characterised by pale lymph node, hard swelling, and cold feeling in the affected lymph node.

4) *kbrag.rmen*-a disease connected with blood and affects the vessels and it is characterised by high fever,

swelling and affected part turn red and warm.

5) *sha.rmen*-a disorder related to the muscle tissue and it is characterised by hard, large and greasy swollen swollen nodes, and protruding blood vessels.

6) *tshil.rmen*-a disorder affects fatty tissue and it is characterised by white swollen nodes and cold sensation at the affected area.

7) *rtsa.rmen*-a disorder which are related to the arteries and veins and it is characterised by painful lymph nodes which move around when touched.

8) *'bras.rmen*-a disease which is characterised by oval-shaped hard structured lymph nodes that grow deep inside the body.

མིན་བྱའི་རྣམ་བཞག་

rmen.bu'i.rnam.bzhag

men bue namshak

The endocrine system

སྤག་

smag

mak

Botanical Name: Metroxylum
sago Rotth
Taste: Astringent
Uses: It treats all kinds of
diarrhoea.

སྤག་ཤད།

smag.shad
mak shey
Spiraea schneideriana Rehd

སྤག་ཤད་ཅུང་བ།

smag.shad.chung.ba
mak shey chung wa
Spiraea Canescens D. Don
Var

སྤག་ཁང་།

sman.khang
menkhang
Hospital, Clinic

སྤག་གི་རྒྱལ་པོ།

sman.gyi.rgyal.po
men ki gyel po
King of medicine; refers to
a.ru.ra

སྤག་གི་གྲོང་ཁྱེར།

sman.gyi.grong.khyer
men ki drong ker

City of medicine

སྤག་གི་ནུས་པ།

sman.gyi.nus.pa
men ki nue pa
Potency of medicines

སྤག་གི་དབྱེ་བ་བརྒྱ།

sman.gyi.dbye.ba.bcu
men ki yewa choo
The ten types of medicines
1) *thang*-decoction
2) *phye.ma*-powder
3) *ril.bu*-pills
4) *lde.gu*-medicinal paste
5) *sman.mar*-medicinal butter
6) *thal.sman*-medicinal ash
7) *khan.da*-concentrated
decoction
8) *sman.chang*-medicinal wine
9) *rin.po.che*-gem medicine
10) *sngo.sbyor*-herbal
compounds

སྤག་གི་སྤྱར་ཐབས།

sman.gyi.sbyar.thabs
men ki jar thab
Pharmaceutical compound/
formulation

སྐར་གྱི་བླ་

sman.gyi.bla

men ki la

Teacher of medicine (The
Medicine Buddha)

Uses: It promotes digestive
heat, aids digestion, improves
appetite and remedies
disorders of a *bad.kan-rlung*
nature.

སྐར་གྱི་རྩ་

sman.gyi.ro

men gi ro

Taste of medicinal substances

སྐར་སྐྱབ་

sman.sgrub

men dup

Preparing 'spiritual medicines'

སྐར་རྒྱུ་དེ་དབྱེ་བ་བརྒྱད་

sman.rgyu'i.dbye.ba.brgyad

men gyue yewa gey

The eight classifications of
medicinal sources:

- 1) *rin.po.che*-gem or precious
metals
- 2) *sa*-soil
- 3) *rdo*-stones
- 4) *shing*-plants
- 5) *rtsi*-resin or mucilaginous
- 6) *thang*-shrubs
- 7) *sngo*-herbs
- 8) *srog.chags*-animals

སྐར་ཆང་

sman.chang

men chang

Medicinal wine or chang

སྐར་ཆུ་

sman.chu

men choo

Medicinal water or boiled
water with which to take
medicines

སྐར་ཆུ་རིགས་ལྔ་

sman.chu.rigs.lnga

men choo rig nga

The Five kinds of medicinal
water are those that cure:

1. *rlung* disorders
2. *mkhris-pa* disorders
3. *bad-kan* disorders
4. dual humoural disorders

སྐར་སྐ་

sman.sga

men ga

Botanical Name: *Apilinia*
officinarum Hance

Taste: Hot to sweet

5. triple humoural disorders

3) Honey (*sbrang.rtsi*).

སྤྲུག་ཆེན།

sman.chen

men chen

Skt. Name: Mitha teli

Botanical Name: Aconitum
ferox

Taste: Sweet to hot

Potency: Hot

Uses: It is used to treat cardiac
rlung problems, fainting,
dermatological diseases, loss
of bodily heat, epilepsy and
bacterial diseases.

སྤྲུག་ཐུར།

sman.thur

men thoor

Medicinal spoon

A spoon used to measure the
dose of decoction and
powdered medicine

སྤྲུག་ཐོ།

sman.tho

men tho

Prescription

སྤྲུག་རྟ།

sman.rta

men ta

Excipients (medicinal horse)

The excipients (something
mixed with a medicine to
make it more easier
to administer and more
potent)

Lit. medicinal horses

སྤྲུག་པ་གཙང་བ།

sman.pa.tsang.ba

men pa tsang wa

Pure physician

A physician who is pure in
character and motivation

སྤྲུག་པས་བྱས་པ་མི་གཞོ།

sman.pas.byas.pa.mi.gzo

men pey jey pa mi zo

Lacking gratitude for the
doctor's effort

སྤྲུག་རྟ་གསུམ།

sman.rta.gsum

men ta soom

The three excipients

1) Sugar (*ka.ra*),2) Molasses (*bu.ram*); and

སྤྲུག་པའི་དབྱེ་བ།

sman.pa'i.dbye.ba

men pey ye wa

Kinds of doctors

- 1) Insurpassable doctors,
- 2) Special doctors, and
- 3) Ordinary doctors

སྐྱུ་པའི་ལེ་བུ།

sman.pa'i.le.'u

men pey le voo

The chapters on the physicians which defines the qualities and parameters of doctors

སྐྱུ་ཕྱག་

sman.phyag

men chak

Medicinal brushes

སྐྱུ་སྦྱོར་ཁང་།

sman.sbyor.khang

men jor khang

Pharmacy

སྐྱུ་སྦྱོར་བདུད་རྩི་བུམ་བཟང་།

sman.sbyor.bdud.rtsi.bum.bzang

men jor due tsi boom zang

Comprehensive instructions on the formulations of Tibetan medicines by Khyenrab Norbu (1883-1962).

སྐྱུ་སྦྱོར་ནུས་པ་ཕྱོགས་བསྟུས།

sman.sbyor.nus.pa.phyogs.bsdus

men jor nue pa chok due

A comprehensive work by Khenrab Norbu (1883-1962) which deals with effects; uses and actions of more than 153 formulated medicines

སྐྱུ་སྦྱོར་བའི་གཞིགས་བརྒྱད།

sman.bla.bde.gshegs.brgyad

men la de shek gey

The eight Buddhas of medicine

- 1) *mtshan.lags*-good marks
- 2) *rin.chen*-precious
- 3) *gser.bzang*-superior gold
- 4) *mya.nyan.med*-without sorrow
- 5) *chos.sgrags*-dharma expositor
- 6) *mngon.khyen*-knowledge perceptor
- 7) *sman.bla*-superior physician, and
- 8) *sha.kya.thub*-Buddha Shakyamuni

སྐྱུ་སྦྱོར་དཀྱིལ་འཁོར།

sman.bla'i.dkyil.'khor

men ley kil khor

Mandala of the Medicine Buddha

སྤྲུལ་མར།

sman.mar

men mar

Tonic (medicinal butter)

སྤྲུལ་ཚགས།

sman.tshags

men tsak

Medicinal sieve

སྤྲུལ་སག

sman.sag

men sak

Medicine file

སྤྲུལ་སྤྲུང་།

sman.srung

men soong

The protector deities of
medical science

སྤྲུལ་སྤྲུང་སྤེ་དག

sman.srung.sde.dgu

men soon de goo

The nine protector deities of
medicine

1) *srin.po.dgra.dur.'jigs.byed*

2) *mkha'.'gro.lce.spyang.mchu.*
dmarr

3) *bdud.mo.shan.ti.ro.dzan*

4) *gza'.bdud.khyab.'jug.ra.hu.la*

5) *zhang.blon.chen.po.rdo.rje.*
bdud.'dul

6) *gnod.sbyin.bshan.pa.dmar.po*

7) *dam.can.srog.gi.spu.gri*

8) *sngags.srung.ae.ka.dza.ti*

9) *srog.bdag.hab.se.nag.po*

སྤྲིན་བྱུག

smin.drug

min druk

Krittika, Pleiades – one of the
twenty seven constellations
Syn. *mang.po.skeyes-grow many,*
ma.drug.bu-mother of six
children

སྤྲིན་པ།

smin.pa

min pa

To mature, to ripe

སྤྲིན་དབྱག

smin.dbrag

min dak

Bone above the bridge of the
nose

སྤྲིན་མ།

smin.ma

min ma

Eye brows

སྨིན་ཟླ།

smin.zla

min da

Kartik, tenth month of
Tibetan astronomical system

སྨུག་

smug

muk

Clouded leopard (*Neofelis
nebulosa*)

སྨུག་ཅུང་འདྲན་ཡོན།

smug.chung. 'den.yon

muk chung den yon

Botanical Name: *Meconops
henrici* Bur er Franch

Taste: Bitter

Potency: Cool

Uses: It is used to treat
fractured bone and subside
fever associated with the
bone and deformed spongy
cavernous bones.

སྨུག་པ།

smug.pa

mook pa

Fog or mist

སྨུག་པོ་སྤལ་རྒྱལ།

smug.po.sbal.rgyab

muk po bel gyab

English Name: Hematite

Scientific Name: Hematicum

Taste: Sweet

Potency: Neutral

Uses: It treats fractured
bones, serous fluids
accumulation in the chest,
brain disorders and wounds.

སྨུག་པོ་གཡུས་རྒྱལ།

smugpo.gyul.rgyal

muk po yul gyel

Conqueror of Brown
phlegm

Uses: A compound which
cures heart burn, sour watery
vomitus, emesis of blood and
bile, pain between 12th
vertebra and stomach-liver
region, descending of blood-
mkhrispa disorders into
stomach, upper backache,
expansion, hidden and
disturbance of brown
phlegm (*bad.kan.smug.po*).

སྨེ་འཁོར།

sme.khor

mekhor

Cycle of the '*smeba*'

སྒྲི་འབྲེང་གསུམ།

sme. 'phreng.gsum

me treng soom

The three necklaces of 'smeba'

སྒྲི་བ་དགུ།

sme.ba.dgu

me wa goo

The nine *smeba* or magic square numbers

སྒྲི་འབྲེང་དང་པོ།

sme. 'phreng.dang.po

me treng dang po

The first necklace of the 'smeba' (1864-1923)

སྒྲི་བའི་སྒྲིང་སྒོར།

sme.ba'i.gling.skor

me wey ling kor

The seats of the *smeba*

སྒྲི་འབྲེང་གཉིས་པ།

sme. 'phreng.gnyis.pa

me treng nyi pa

The second necklace of 'smeba' (1924-1983)

སྒྲི་ཞག།

sme.zhag

me shak

Day of the *smeba*

སྒྲི་འབྲེང་གསུམ་པ།

sme. 'phreng.gsum.pa

Me treng sumpa

The third necklace of 'smeba' (1984-2044)

སྒྲོན་ལམ་གྱི་ནུས་པ།

smon.lam.gyi.nus.pa

mon lam gi nue pa

It refers to the power of a medicine (i.e. bezoar-*'dbang.ril'*) which are endowed by the prayer of the past Buddhas and Boddhisatvas for the future use of sentient beings

སྒྲི་བ།

sme.ba

me wa

1) Moles

2) Magic square numbers which is often used in Tibetan Elemental Astrology (*'byung.rtsis*)

སྐུག་སྒོར།

smug.sgon

muk ngon

Hindi Name: Bans

English Name: Young grown
shoot of the bamboo

སྟོ་བ།

Botanical Name:

smyo.ba

Phyllostachys nigra (Lodd)

nyo wa

Munro Var

Madness

སྟུག་ཅུ་གང་།

smug.choo.gang

muk choo gang

Hindi Name: Jiavanti/Jianti

Botanical Name:

Dendrobium amoenum

སྟོ་བྱེད།

smyo.byed

nyo jey

Insanity, Skt. unmada

སྟུག་ཅ།

smyug.rtsa

nyook tsa

Bamboo shoot

Taste: Sweet to slightly sour

Potency: Cool

Uses: It is used to treat
wound, fever of chest and
limbs, inflammations, chronic
fever, constipation and to
prevent cancerous growth.

སྟོ་བྱེད་ཀྱི་གདོན།

smyo.byed.kyi.gdon

nyo jey ki don

Demons causing madness

སྟོ་བ་མང་།

smra.ba.mang

mawa mang

Talkative

It is one of symptoms of
wind disorders.

སྟོ་ནད།

smyo.nad

nyo ney

Mental disorder or insanity

ཙ་

ཙ་ཏ་ར།

tso.ta.ra

tso tara

It is a synonym of *sru.b.ka* (Anemone rivularis Buch-Ham.)

ཙ་བྱ།

tso.bya

tso ja

It is a synonym of *dbyi.mong.dkar.po* (Clematis rehderianum Craib.)

ཙ་ར་ཀ་མེ་བརྒྱད།

tso.ra.ka.sde.brgyad

tsara ka de gey

The eight sections on medicines and treatments

ཙན་དན་དཀར་པོ།

tsan.dan.dkar.po

tsenden karmo

Skt. Name: Chandana

Hindi Name: Safed Chandan

English Name: White Sandalwood

Botanical Name: Santalum album Linn

Family: Santalaceae

Taste: Astringent

Potency: Cool

Uses: It is recommended for pneumonitis, carditis, dermatitis, disturbed fever, inflammation of skin and helps in the elimination of physical odour.

ཙན་དན་བརྒྱད་པ།

tsan.dan.brgyad.pa

tsenden gey pa

Sandalwood Eight

Ingredients: *tsan.dan.dkar.po*, *cu.gang*, *gur.gum*, *li.shi*, *ut.pal*, *gla.sgan*, *rgun.'brum*, *shing.ngar*, *ka.ra*

Nature: Cool

Uses: A compound which treats coughing, bronchitis, pneumonia, blood with sputum, pus and fever of the lungs and pain in the liver and the lungs.

ཙན་དན་བཅོ་བརྒྱད།

tsan.dan.bco.brgyad

tsenden chokey

Sandalwood Eighteen

Ingredients: *tsan.dmar, gi.wang, a.ru.gser.mdog, sum.tig, ru.rta, rgya.skeygs, pri.yang.ku, hong.len, re.skön, ba.sha.ka, btsod, 'bri.mog, cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la*

Nature: Cool

Uses: A compound which treats blood pressure, headache, brown phlegm, pain along ribs and upper back, improper blood circulation, blurred vision, dryness of mouth and tongue, sore throat, hepatitis, gastro-enteritis, diarrhoea, vomiting, uneven heartbeat and cholecystitis.

ཙན་དན་དམར་པོ།

tsan.dan.dmar.po

tsenden marpo

Skt. Name: Lal chandan

English Name: Red sandalwood

Botanical Name: *Pterocarpus santalinus*

Taste: Astringent

Potency: Cool

Uses: It is used against blood infections, proliferation of impure blood, hypertension and helps to maintain a require blood temperature

ཙབ་རུ་ཚ་བཞེས་པ།

tsab.ru.tsa.bzö.s.pa

tsabru tsa zoe pa

Processed common salt, white mineral salt (Crag halite)

Uses: It treats belching and distension of the abdomen, flatulence, phlegm and wind disorders and restores digestive heat.

ཙམ་པ་ཀ།

tsam.pa.ka

tsampa ka

Skt. Name: Syonaka

Botanical Name: *Oroxylum*

Indicum Linn Vent

ཙམ་པ་འབྲུ་བ།

tsam.pa.'khrü.ba

tsampa toowa

Diarrhoea due to undigested 'tsampa'

ཙམ་པ་གང་མོ།

tsam.pa.grang.mo

tsampa dangmo

Cold 'tsam.pa' (*Hordeum vulgare*)

ཙམ་ལོང་།

tsam.long

tsamlong

Transverse colon

ཙི་ཏྲ་ཀ།

tsi.tra.ka

tsitaka

Skt. Name: Katuvirah

Hindi Name: Lal mirch

English Name: Ceylon
Leadwort

Botanical Name: Capsicum
frutescens

Taste: Hot

Potency: Warm

Uses: It increases digestive
heat, treats second stage of
oedema, piles, bacterial
diseases and leprosy.

གཙུག་རྒྱལ།

gtsug.rgyan

tsuk gyen

Crown ornament, headgears

གཙུག་ལམ།

gtsug.lag

tsook lak

The sacred science (astrology
and astronomy)

གཙོ་བོ།

gtso.bo

tsowo

Predominance, principle,
main,

གཙོ་བོ་བརྒྱད་པ།

gtso.bo.brgyad.pa

tsowo gey pa

Principle Eight

Ingredients:-*cu.gang, gur.gum,*
gi.wam, tig.ta, tsan.dan.dkar.po,
bong.len, bong.dkar, ba.sha.ka,

Nature: Cool

Uses: A compound that cures
disturbed and contagious
fever, chronic pulmonary
infection, hepatitis, blood
infection and cholecystitis.

གཙོ་བོ་ཉེར་ལྔ།

gtso.bo.nyer.lnga

tsowo nyer nga

Principal Twenty Five

Ingredients: *tsan.dkar, cu.gang,*
gur.gum, hong.len, ba.sha.ka,
bong.dkar, rgya.tig, ghi.wam,
a.ru, ba.ru, skyu.ru, ma.nu,
sle.tres, kan.ta.ka.ri, sga.kya,
star.bu, rgun.'brum, a.krong,
ga.dur, ba.glo, sro.lo, shing.mngar,
pa.yag.tsa.ba, xi.ra.dkar.po,

spang.rgyan.dkar.po,
bdud.rtsi.lo.ma.

Nature: Cool

Uses: A compound which cures excessive coughing, constant breathlessness, excessive sputum with blood, pain in the upper back, chest pain, blockage of nasal cavities and chronic pulmonary infection.

གཙོ་བོས་སྒྲ་བ་མི་ཤེས་འདྲ།

gtso.bos.smra.ba.mi.shes.'dra

tso bo mawa mishe da

Resembles a chieftain who can not deliver a speech

གཙོ་སེམས།

gtso.sems

tso sem

Primary mind

གཙོ་དྭ།

gtsod

tsoe

Hodgson's antelope
(*Pantholaps hodgsoni* Abe)

གཙོ་དྭ་ར།

gtsod.ra

tsoe ra

Antler, the horn of
Hodgson's antelope

Uses: It has medicinal value to control diarrhoea.

བཙག།

btsag

tsak

Latin Name: Lateritum

(a kind of rock)

Taste: Sweet

Potency: Cool

Uses: It treats eye diseases, osteitis or bone fever, and dries up excess lymphatic fluid.

བཙན།

btsan

tsen

Mountain dwelling spirits

བཙན་དྭ།

btsan.dug

tsen dhook

Skt. Name: Vatsanabha-visa

English Name: Aconite
poisoning

Botanical Name: *Aconitum richardsonianum* Lauener var *crispulum* W. T.Wang

It is also known as *sman.chen*,
bong-nga.nag.po, *gsod.byed*,

ha.la.ha.la, ra.dug, 'zin.pa. etc.

Taste: Sweet

Potency: Cool and highly poisonous

Uses: It subsides pain associated with limbs, joints, muscle tissues, bones and is highly recommended against arthritis, inflammation of muscle tissues and throat.

བཙན་དུག་ལོ་མ།

btsan.dug.lo.ma

tsen dhuk loma

Leaves of Aconite sp.

བཙའ།

btsa'

tsa

1) Rust

2) Birth

བཙིར་བ།

btsir.ba

tsir wa

Squeeze

བཙུན་པ་མེ་ཏོག།

btsun.pa.me.tog

tsun pa me tok

Botanical Name: Papaver
rhoeas L.

Uses: It is beneficial for disturbed blood and back pain.

བཙོང་།

btsong

tsong

Skt. Name: Piyaz

English Name: Onion

Botanical Name: Allium
Cepa Linn

Taste: Hot

Potency: Warm

Uses: Onion induces sleep, increases appetite, and eliminates rlung and bad-kan disorders. It is used as a stimulant, to promote flow of urine, menstrual flow, removal of mucus secretions from the bronchial tubes, to purify blood, soothes and protects alimentary tract and relieves inflammation. It is also used against tuberculosis, infectious venereal disease, typhoid fever, cough, diabetes, chest and lung problems, rheumatism, influenza, inflamed joints, skin disease, kidney and gallstones, liver problems, intermittent fever, asthma, nausea, constipation, insect

bites, tumours, boils with pus, ulcers, nasal bleeding and arthritis. Garlic and onions may help fight prostate cancer. Researchers have found that men in China have the lowest rate of prostate cancer in the world, due to diet containing garlic and onion.

བཙོང་སྒོག་ཞིང་སྒྱེས།

btsong.sgog.zhing.skeyes
tsongok shing ke
Allium fistulosum L.

བཙོང་སྒོག་རི་སྒྱེས།

btsong.sgog.ri.skeyes
tsongok ri ke
Allium calorinianum DC.

བཙོད།

btsod
tsoe
Skt. Name: Manjith
Botanical Name: Rubia
Cordifolia
Taste: Bitter
Potency: Cool
Uses: It is effective against blood disorders and fever of the lungs, kidneys, intestine and spreading fever.

བཙོས་ཟན།

btsos.zan
tsoe zen
Cooked barley

རྩ།

rtsa
tsa
Channels

This term refers to the nerves, veins and arteries. There are three types of major channels or *rtsa*.

1) The white one (*rtsa.dkar*) is related to the nerves and leads to the brain

2) The black one (*rtsa.nag*) refers to the veins and leads to the liver and the gall bladder

3) The red one (*rtsa.dmar*) refers to the arteries and leads to the heart.

རྩ་དཀར།

rtsa.dkar
tsakar
Nerve disorder

It may appear as hot or cold nature and it is generally characterised by headaches, pain in the upper back, awry mouth and eyes, numbness in

the limbs, loss of function of limbs, loss of memory and speech, insomnia, loss of function of sense organs, itching and cannot tolerate loud noise.

རྩ་སྐྱན།

rtsa.skran

tsa tren

Tumours of the channels

རྩ་སྐྱན་ལིང་བ།

rtsa.skran.ling.ba

tsa tren lingwa

Dangling tumour of the channels

རྩ་འཁྲུམ་ནད།

rtsa.'khum.nad

tsa khum ney

Tetanus

A disease characterised by contraction of muscles and channels.

རྩ་འཁོར།

rtsa.'khor

tsa khor

The Wheel of the Channels or chakras; it refers to the

energy centres within the body

རྩ་འཁོར་ལྷ།

rtsa.'khor.lnga

tsakhor nga

The five Wheels of the channels

1. *spyi.bo.bde.chen.'khor.lo-*
Crown chakra in crown of the head

2. *mgrin.pa.long.spyod.'khorlo-*
Throat chakra in thoracic region

3. *snying.ga.chos.kyi.'khor.lo-*
Heart chakra in heart region

4. *lte.ba.sprul.ba'i.'khorlo-*
Navel chakra in the stomach region

5. *gsang.gnas.bde.skyong.'khor.lo-*
Genitalia chakra in perineal region

རྩ་མཁྲིས།

rtsa.mkhris

tsa tree

Lactuca Lessertiana

རྩ་མཁྲིས་མཚོན།

rtsa.mkhris.mchog

tsa tree chok

Botanical Name: Cicerbita
Macrorhiza

Taste: Bitter

Potency: Cool

Uses: It is useful in treating hot disorders of the gall bladder, jaundice and headache.

རྩ་རྒྱུད་གཞེར་བ།

rtsa.rgyud.gzer.ba

tsa gyue zerwa

Neuralgia

A condition characterised by brief but severe pain along the nerves

རྩ་མཁྲིས་བ་མོ་ཁ།

rtsa.mkhris.ba.mo.kha

tsa tee bamo ka

Saussurea graminea Dunu

རྩ་ཆེན།

rtsa.chen

tsachen

Blood letting femoral veins
(lit. the great veins)

རྩ་མཁྲིས་ཞིང་སྒྲེས།

rtsa.mkhris.zhing.skyes

tsa tee shing key

Ixeris gracilis DC stebb

རྩ་ཉེན་བྱུག།

rtsa.nyon.drug

tsa nyon druk

The six root delusions or afflictions:

1) 'dod.chags-attachment

2) zhe.sdang-hatred

3) gti.mug-ignorance

4) nga.rgyal-pride

5) the.tshom-doubts; and

6) log.lta-wrong views

རྩ་ག་བུར།

rtsa.ga.bur

tsa gabur

It is a synonym of *pu.shel.rtse*
(*Dendrobium nobile* Lindl.)

རྩ་རྒྱུད།

rtsa.rgyud

tsa gyue

The Root Tantra, the first of the four tantras containing six chapters

རྩ་ཐག་བཅུ་བྱུག།

rtsa.thag.bcu.drug

tsa thak chu drook

Sixteen Jute Ropes

Ingredients: *tsa.thag.'bras.bu*,
a.ru, *thang.phrom.'bras.bu*,

sug.smel, sdig.srin, bre.ga, a.'bras, sa.'bras, ba.sha.ka 'jam.'bras, zhu.mkhan'am.'bri.mog, tshos, btsod, shug.tsher, gser.me, mkhal.zho,

Nature: Warm

Uses: A compound which is mainly used against kidney disorders.

རྩ་འདབ།

rtsa.'dab

tsa dab

The branch channels

It refers to 24 major channels and five hundreds minor channels which branch outward from the five major wheel of channels.

རྩ་མདུད།

rtsa.mdud

tsa due

Varicose (lit. knot of veins)

རྩ་ནད་བཙུ་བ།

rtsa.nad.bcu.drug

tsa ney choo duk

Sixteen nervous illnesses; these are illnesses associated with improper flow of menstruation caused when menstruation mixed with

wind and serous fluids enters the nervous system, there are ten illnesses associated with agitated blood and six wind agitated natures

རྩ་པམ།

rtsa.pad.ma

tsa pema

Chinese herbaceous peony

རྩ་ཕྱེ།

rtsa.phran

tsa ten

Capillary

The smallest sub-division of blood vessels which connect the sub-branch veins and arteries.

རྩ་བ་ལྔ།

rtsa.ba.lnga

tsawa nga

The five roots:

- 1) *lca.ba*-Bleurospermum Tibeticum
- 2) *ra.mnye*-Polygonatum officinalis
- 3) *nye.shing*-Asparagus Racemosus
- 4) *gze.ma*-Tribulus terrestris
- 5) *ba.spru*-Withania Somnifera

རྩ་བའི་རྩུང་ལྷ་།

rtsa.ba'i.rlung.lnga

tsawey loong nga

The five principle wind energy:

- 1) *srog.dzin.rlung*-life sustaining wind (located at crown of the head)
- 2) *gyen.rgyu.rlung*-upward moving wind (located at the thoracic region)
- 3) *khyab.byed.rlung*-pervasive wind (located at the heart region)
- 4) *me.mnyam.rlung*-fire-like wind (located at the stomach region); and
- 5) *thur.sel.rlung*-downward moving wind (located at the perineal region)

རྩ་བའི་རོ་རྩུག་།

rtsa.ba'i.ro.drug

tsawey ro dook

The six root or fundamental tastes

- 1) *mngar.ba*-sweet
- 2) *skyur.ba*-sour
- 3) *lan.tsha.ba*-salty
- 4) *kha.ba*-bitter
- 5) *tsha.ba*-acid; and
- 6) *bska.ba*-astringent.

རྩ་བྱུག་།

rtsa.byug

tsa jook

Channel ointment

Uses: This compound is mixed with old butter and oil to massage for nerve disorders.

རྩ་སྦྱང་།

rtsa.sbyong

tsa jong

Cleansing of the channels

རྩ་སྦྱང་དངོས་།

rtsa.sbyong.dngos

tsa jong ngoe

The actual cleansing of the channels

རྩ་དབུ་མ།

rtsa.dbu.ma

tsa woo ma

The central energy channel

The central energy channel stands midway between the left and right channels and extends from the tip of the sex organ up to the top of the head from where it bends down in an arch and terminates between the

eyebrows. These form at the heart, while the fetus is still in the womb. The essential drops (*Thigle*) pass through this energy channel.

The *sushumna nadi*, located within the spinal cord, begins at the pelvic plexus and ends in the cerebro-spinal axis between the two hemispheres of the brain. The seven chakras are located along the *sushumna nadi* from the top of the head to the base of the spine

རྩ་མ་མདོངས།

rtsa.rma.mdongs

tsa ma dong

Botanical Name: *Pteris cretica* L.

Taste: Sweet

Potency: Neutral

Uses: It is used to treat white discharge, poisoning, fever, accumulation of serous fluid at the joints, bleeding and burns.

རྩ་ཅད།

rtsa.tshad

tsa tshey

Nerve fever

A kind of nerve disorder characterised by the presence of heat in the nerves resulting in fever and extreme pain.

རྩ་གཟན་སྟོག་ཆགས།

rtsa.gzan.srog.chags

tza zen sok chak

Herbivore animals

རྩ་རམ་པ།

rtsa.ram.pa

tza rampa

Botanical Name: *Pennisetum flaccidum* Griseb

Uses: It detoxifies sulphur, heals poisoning due to poisonous insects that have entered the body, and is beneficial for urinary retention.

རྩ་རླུང་ཐིག་ལེ།

rtsa.rlung.thigle

tza loong thikley

Channels, Wind and Drops

These are not only the principle life supporting substances of human body, but also the key means to attain enlightenment. The knowledge of *Tsa*, *rLung*, and *Thigle* is a must for us to keep

our mind, body and spirit in sound health as well as to understand our true nature. The Mother Tantra (*Ma.rGyud*) uses the metaphor of a wild horse for the vital breath and the rider for the mind. The wild horse is blind so it needs a guide, and the rider is lame so he/she needs help to be carried. They need each other in order to flow together through the paths of subtle channels (*rTsa*). The Internal Kalachakra (*Nang Dus kyi Khorlo*) uses the metaphor of a house for the channels, essential drops as the property and vital breath and mind as the owner. Therefore, these three fundamental interdependent components of our body can be utilized through proper Tibetan Yantra Yoga (*'khrul.khor*), the 'Magical Wheel' practice to understand the ultimate nature of all phenomena. From this it is very clear that these three principle components of our body are the very basis of our consciousness to sustain and survival of our lives.

རྩ་གསུམ།

rtsa.gsum

tsa soom

The three channels

It refers to subtle inner channels along which subtle wind and drops flow.

- 1) Left channels (*rkyang.ma*)
- 2) Right channels (*ro.ma*) and
- 3) Central channels (*dbu.ma*)

རྩ་ཨ་རྩོང་།

rtsa.a.krong

tsa a tong

Botanical Name: *Arenaria festucoides*

Taste: Astringent to sweet

Potency: Cool and blunt

Uses: It is used to treat lung fever, coughing and difficulty in extracting sputum.

རྩ་ཨ་བ།

rtsa.a.ba

tsa awa

Botanical Name: *Carex* sp., *Lloydia serotina*.

Taste: Slightly bitter

Potency: Cool

Uses: It is recommended for chest sores, eye diseases and is useful in the treatment of chest injury due to accident

and pus formation in the chest.

རུངས་པ།

rtsang.pa

tsang pa

Mountain lizard (*Agama himalayana sacra smith*)

རུངས་པའི་རླུང་།

rtsang.pa'i.rlung

tsang pey loong

Chameleon wind, *Skt. krekara*

Location: South-west petal of the heart

Element: Fire

Actions: It causes sneezing and coughing, prevents external substances from passing into the nasal passages. It flows through the southwest subsidiary channel.

རུ།

rtsad

tsey

Botanical Name:

Pleurospermum sp.

Uses: It treats all kinds of poisoning and subside fever arising from poisoning.

རུ་རྫོད།

rtsad.rgod

tsey goe

Botanical Name:

Pleurospermum hookeri

Taste: Bitter

Potency: Cool

Uses: It is used as an anti-toxin, subside spreading fever, fever from poison and useful in relieving inflammation.

རུབས།

rtsabs

tsab

Yeast for fermenting curd

རུབ་རུ་ཤ།

rtsab.ru.tsha

tsab ru tsha

Crag halite

Taste: Hot

Uses: It cures constipation.

རུ་ལ་མཐུས་ཟ་བའི་ཤེ།

rtsal.mthus.za.ba'i.sde

tsel thue za wey de

Birds of prey

ཅི།

rtsi

tsi

Antidote or protection from
the devil of death

ཅི་དམར་གྱི་ཕོར་བ།

rtsi.dmar.gyi.phor.ba

tseemar gi forwa

Red painted bowls

ཅི་སྒྲན།

rtsi.sman

tsee men

Mucilaginous medicine

A kind of medicine which
produce effect because of
the strength of their fragrance
like Cinnamomum camphora
(*ga.bur*), and white sandal
wood (*tsan.dkar*).

ཅི་ཤིང་།

rtsi.shing

tse shing

Plants

ཅི་ཤིང་རིག་པ།

rtsi.shing.rig.pa

tsee shing rikpa

Botany

The scientific study of plants.

ཅིང་སྤྱད།

rtsing.spyod

tsing choe

Barbarous behaviour,
immoral behaviour

ཅིབ་མ།

rtsib.ma

tsib ma

Ribs

ཅིའི་བྲག།

rtsi'i.khrag

tsi trak

It is a synonym of *bri.mog*
(*Onosma* sps.)

ཅིས་ཀྱི་ལུ།

rtsis.kyi.le'u

tsee ki le voo

1) Chapter on astrology

2) Synopsis of The Root
Tantra

ཅིས་པ།

rtsis.pa

tsee pa

Astrologer

Syn. *dus shes, bla mkhyen*

རྩིས་པའི་བླ་འོ་ལྷ་།

rtsis.pa'i.bla.rdo.lnga

tsee pey la do nga

The five soul stones of the astrologer;

1) *Rang.thag*-machine

2) *Ka.ba*-pillar

3) *Bang.nga*-store house

4) *Sgyed.bu*-hearth; and

5) *Ma.them*-steps

རྩིས་རིག་།

rtsis.rig

tsee rik

Science of calculation

རྩིས་རིག་ལྷེ་ཚན་།

rtsis.rig.sde.tshan

tsee rik de tsen

Astro. Department

རྩེ་སྐར་།

rtse.skar

tse kar

Pole star

རྩེ་ཆུང་གཉིས་།

rtse.chung.gnyis

tse choong nyi

Two small blood letting extremities of the jugular vein

རྩེ་འདྲ་།

rtse.'dra

tse dra

Vulnerable blood vessels associated with heart and liver (lit. resembling extremities)

རྩེ་ནག་།

rtse.nag

tse nak

Lit. black extremities

It refers to two vulnerable blood vessels of the jugular veins

རྩོད་ལྷན་གྱི་དུས་།

rtsod.ldan.gyi.dus

tsoe den gi due

Degenerating era (lit. quarrelsome period)

རྩོལ་ཆུང་།

rtsol.chung

tsol choong

Lassitude (a symptom of wind consumption)

རྩོལ་བས་དུབ་པ་།

rtsol.bas.dub.pa

tso wey doob pa

Tired from overwork

ཅགས་བྱ།

rtsags.bu

tsak boo

Lancet

It is an instrument used for
venesection.

tse wa

Love, affection

བརྩོན་འགྱུས།

brtson. 'grus

tson due

Diligence

ཅགས་བྱའི་བྱུངས།

rtsags.bu'i.shubs

tsak bue shoob

Lancet case

བརྩོན་འགྱུས་ཀྱི་སྤོབས།

brtson. 'grus.kyi.stobs

tson due ki tob

Power of diligence

བཅི་བྱ།

trtsi.bya

tsee ja

Native person, concerned
person

བཅི་བྱེད།

brtsi.byed

tsee jey

Method of calculation

བཅི་ཐབས།

brtsi.thabs

tsee thab

Means of calculation

བཅི་བ།

brtse.ba

ཚ།

ཚ་གྲང་།

tsha.grang

tsa dang

Hot and cold

ཚ་གྲང་གལ་མདོ།

tsha.grang.gal.mdo

tsa dang gel doh

Important approaches in distinguishing hot and cold disorders

ཚ་ཕྱ།

tsha.chu

tsa choo

Urine which indicates hot disorder (lit. hot water)

ཚ་བ།

tsha.ba

tsawa

1) Hot disorders

2) Acrid taste

3) heat

ཚ་བ་སྤྱི།

tsha.ba.spyi

tsawa chi

General fever

ཚ་བ་གསུམ།

tsha.ba.gsum

tsawa soom

A collective name for the following three hot:

1) Piper longum L.-*pi.pi.ling*

2) Piper nigrum L.-*pho.ba.ris*

3) Zingiber officinale Rosc.-
sman.sga

ཚ་བའི་སྤྱི་ཅ་དྲུག་།

tsha.ba'i.spyi.rtsa.drug

tsa wey chi tsa dook

The six general characteristics pulse of hot disorders

1) Strong-*drag*

2) Overflowing-*rgyas*

3) Rolling-*'dril*

4) Fast-*mgyogs*

5) Taut-*grims*; and

6) Firm-*'khrang*

ཚ་བ་མ་སྤྱིན་པ།

tsha.ba.ma.smin.pa

tsawa ma minpa

Immature fever or fever in its initial stage

ཚ་བའི་སྤྱིན།

tsha.ba'i.sman

tsha wey men
Febrifuge

ཚ་བ་རི་ཐང་མཐམས།

tsha.ba.ri.thang.mtshams

tsawa ri thang tsam

A state between the recovery
from a hot disorder and
arising of a cold disorder

ཚ་བ་ལ་འདས།

tsha.ba.la.'das

tsawa la dey

A fever which is beyond
treatment

ཚ་འབྱུམ།

tsha.'brum

tsa doom

Fever associated with Small-
pox

ཚ་ཚ།

tsha.tsha

tsa tsa

Small clay images of Buddha
and other holy dieties made
from clay

ཚ་རིམས།

tsha.rims

tsha rim
Infectious fever

ཚ་ལ།

tsha.la

tsa la

Scientific Name: Borax

Taste: Salty

Potency: Slightly acrid

Uses: It treats cuts and
wounds, improves circulation
of blood, dries up excess
accumulation of serous fluid
and is diuretic.

ཚ་ལ་མཚོག།

tsha.la.mchog

tsa la chok

Superior borax

ཚ་ལ་དམན་པ།

tsha.la.dman.pa

tsa la menpa

Inferior borax

ཚངས་པ།

tshangs.pa

tsang pa

Brahma

ཚངས་པའི་འཁོར་ལོ།

tshangs.pa'i. 'khor.lo
tsang pey khorlo
The wheel of Brahma

ཚངས་པའི་ཐིག་

tshangs.pa'i.thig
tsang pey thik
Vertical axis (lit. Brahma line)

ཚངས་པའི་བུ་ག་

tshang.pa'i.bu.ga
tsang pey boo ga
The anterior fontanelle

ཚད་འབྲུ།

tshad. 'khru
tsey troo
Cholera/Fever associated
with diarrhoea and dysentary

ཚད་འབྲུའི་རྒྱ་རྒྱུན།

tshad. 'khru'i.rgyu.rkyen
tsey too gyoo kyen
Primary and secondary causes
of tropical diarrhoea

ཚད་དགུང་།

tshad.dgung
tshey goong

Noon heat

ཚད་མེད་བཞི།

tshad.med.bzhi
tsey mey shi
A four boundless practices
(lit. four immeasurables)

- 1) *snying.rje*-(love) a thought
that wishes all living
beings attain happiness
and the causes of
happiness
- 2) *byams.pa*-(altruistic mind)
an attitude, that wishes all
living being be free from
suffering
- 3) *dga'.ba*-(joy) rejoicing,
when one sees other living
beings, free from
suffering and are not
separated from happiness
and the causes of
happiness,
- 4) *btang.snyoms*-(equanimity)
a sense of equanimity to
all living beings
irrespective of casts,
colours, sex and free
from attachment and
hatred

ཚད་གསར།

tshad.gsar

tsey sar

Newly contracted fevers,
fresh fever

ཚན་ཨ་ཁུ་རྩི།

tshan.a'u.rtsi

tsen a u tsee

Botanical Name: *Fritillaria*
Cirrrosa D. Don (*Sedum* sp.)

Taste: Bitter

Potency: Cool

Uses: It is used for treating
infectious fever, burns,
swelling due to inflammation
and poisoning from snake
and scorpion bites.

ཚར་བོང་།

tshar.bong

tsar bong

Botanical Name: *Artemisia*
Desertorum Spreng

Taste: Bitter to hot

Potency: Neutral

Uses: It treats throat infection,
lung diseases, pharyngitis and
relieves swelling due to hot
disorder.

ཚར་བོང་དཀར་པོ།

tshar.bong.dkar.po

tsar bong karmo

Artemisia desertorum Spreng

ཚར་བོང་སྐྱུག་པོ།

tshar.bong.smug.po

tsar bong mook po

Botanical Name: *Artemisia*
paruiflora Roxb

ཚར་ལེབ།

tshar.leb

tsa leb

Botanical Name: *Coloneaster*
microphyllus agg.

Taste: Sweet, sour and
astringent

Potency: Neutral

Uses: Its fruit is used to treat
excessive menstrual flow,
whereas its leaves are useful
in curing gynaecological
problems and controlling
bleeding.

ཆེགས་འགྱུར་བ།

tshigs.'gyur.ba

tsik gyur ba

Dislocation

A displacement of a bone

ཆེགས་འཁུས་པ།

tshigs.'chus.pa

tsik chue pa

Strain (strain of bone joints)

ཚིགས་པ་བརྒྱ་པ།

tshigs.pa.brgya.pa

tsik pa gya pa

A synonym of *rtsa.ram.pa*
(*Pennisetum flaccidum*
Griseb)

ཚིགས་དམིགས།

tshigs.dmigs

tsig mik

Joints (which are the seat of
connecting phlegm)

ཚིག་རྩུབ།

tshig.rtsub

tsik tsub

Verbal abuse, harsh words

ཚིལ།

tshil

tsil

Fats, fatty tissues (one of the
seven bodily constituents)

ཚིལ་ཤུབས་དཀར་ནག།

tshil.shubs.dkar.nag

tsil shoob kar nak

Upper and lower parts of the
rectum

ཚུར་དཀར།

tshur.dkar

tsur kar

Latin Name: *Alumitum*
(Alum)

Uses: It has medicinal value
to treat bad oral odour and
disorders associated with
bones.

ཚུར་ནག།

tshur.nag

tsur nak

Black fibroferitum

ཚུར་མེར།

tshur.ser

tsur ser

Yellow fibroferitum

ཚུལ་འབྲིམས།

tshul.'kehrims

tsultrim

Moral discipline

ཚུལ་ཕྱེད་པ།

tshul.phyed.pa

tsool chey pa

Discernible manifestations
(the third stages of disease)

ཆེ་སྐྱབ།

tshe.sgrub

tsedup

Rituals to attain longevity

ཆེ་ཚག།

tshe.chog

tsechok

Conferral of the rites of
longevity

ཆེ་དཔག་མེད།

tshe.dpag.med

tsepak mey

Amitayus (lit. infinite life span)

ཆེ་དཔལ་སྐྱོབས་པའི་ལྷ་བརྒྱད།

tshe.dpal.skyobs.pa'i.lha.brgyad

tsepal kyob pey lha gey

The eight protector deities of
longevity and well beings

ཆེ་འཕེལ།

tshe.'phel

tse fel

Prolong life span

ཆེ་དབང་།

tshe.dbang

tsewang

Empowerment of longevity

ཆེ་རྩིས།

tshe.rtsis

tse tsee

Horoscope, natal chart

ཆེ་ཚད།

tshe.tshad

tsey tsey

Life-span

ཆེ་ཅད་རྒྱུད་གྲུད།

tshe.zad.rlung.gud

tsey zey loong gue

Cessation of lifespan and
diminution of good luck
(wind horse)

ཆེ་སྒྲིག་སྒྲ་གསུམ།

tshe.srog.bla.gsum

tse sok la soom

Life span, life force and spirit
(the three basic faculties of
our life)

ཆེ་བསྐྱུ།

tshe.bslu

tse loo

Ransom of the longevity

ཆེ་ལྷ་ནམ་གསུམ།

tshe.lha.rnam.gsum

tse la nam soom

The three longevity deities

1) *Tse pak med*-Amitayus

2) *Dol kar*-White Tara

3) *Namgyal ma* -Vijaya

ཆེ་ལྷག་

tshe.lhag

tse lhak

Remaining life span

ཆེ་འི་རྩ།

tshe'i.rtsa

tse yi tsa

Channels of life; life channels

ཆེར་སྒོན།

tsher.sngon

tser ngon

English Name: Blue poppy,

Queen of Himalayan Flowers

Botanical Name:

Meconopsis horridula Hook
f. et Thoms).

It has two kinds:

1) *Meconopsis aculeata*
(found in Manali, India)

2) *Meconopsis horridula*
(found in Tibet)

Uses: Both have medicinal value to subside bone fever, heal fractured bones, cranial wounds and sores and relieve severe pain in the ribs and upper part of the body.

ཆེས་ཆད་ལྷག་

tshes.chad.lhag

tse chey lhak

Doubled and skipped days in
Tibetan Lunar calendar

ཆེས་འག་

tshes.zhag

tshe shak

Lunar day

ཆེས་འག་གཟའ་ལྷ།

tshe.zhag.gza'.nga

tshe shak za nga

The five planets of a lunar day

ཆེས་ལྷ།

tshes.zla

tsedah

Lunar Months

Lunar month is the time period of completion of waxing and wanning of the moon in 30 days.

ཚོགས་གཉིས།

tshogs.gnyis

tsok nyi

Dual accumulation:

- 1) *sod.nams.kyi.tshogs-*
accumulation of merits
- 2) *ye.shes.kyi.tshogs-*
accumulation of insights

ཚོགས་ལམ།

tshogs.lam

tsok lam

Path of accumulation

ཚོགས་གསོག་པ།

tshogs.gsog.pa

tsok sok pa

To accumulate merit and
pristine cognition

ཚོང་གི་གནམ་སྒོ།

tshong.gi.gnam.sgo

tshong gi namgo

Lit. the sky door of business,
refers to every 2nd, 12th and
22nd days of the month and
are said to be unfavourable
for business and may bring
continous loss

ཚོར་བ།

tshor.ba

tsorwa

Feeling or sense (an aspect of
the mind which experiences
objects as pleasant, unpleasant
or neutral)

ཚོས།

tshos

tsoe

Skt.Name: Lakh pipal

Botanical Name: Laccifer
lacca

ཚོས་གསུམ།

tshos.gsum

tsoe soom

It is a collective name for the
following three ingredients:

- 1) *Rubia cordifolia* L. (*bstod*)
- 2) *Onosma* sps (*'bri.mog*)
- 3) Red lac (*rgya.skeyegs*)

མཚང་འབྲུ།

mtshang.'bru

tsang doo

Finding faults

མཚན་གྱི་ཐོག་མ།

mtshan.gyi.thog.ma

tsen kyi thok ma
Beginning of the night

མཚན་ནིད།

mtshan.nyid

tsen nyi

Characteristic, properties

མཚན་ནིད་རིག་པ།

mtshan.nyid.rig.pa

tsen nyi rik pa

Philosophy (Buddhist dialectic)

མཚན་ཐུང་ཤོས།

mtshan.thung.shos

tsen thoong shoe

The shortest night

The night is shortest during
Summer solstice day.

མཚན་བར་རྩལ་བ།

mtshan.bar.rdol.ba

tsen bardol wa

Perineal fistula, Anal fistula

མཚན་མེད་མ་ནིང་།

mtshan.med.ma.ning

tsen mey maning

Being who has neither the
physical characteristic of male
nor of female

མཚན་དཔར།

mtshan.dmar

tsen mar

A synonym of *sro.lo.dmar.po*
(*Rhodiola crenulata*)

མཚན་ཚད།

mtshan.tshad

tsen tsey

Duration of the night

མཚན་བཟང་པོ་སོ་གཉིས།

mtshan.bzang.po.so.gnyis

tsen sangpo sonyi

Thirty two major marks of
Buddha

1) *phyag.zhabs.'khor.los.mtshan*
pa-the palms of his hands
and feet bear sings of a
wheel

2) *rus.sbal.bzhin.du.zhabs.shin.*
tu.gnas.pa-his feet are well
set upon the ground like
a tortoise

3) *phyag.zhabs.sor.mo.dra.bas.*
'brel.ba-his fingers and
toes are webbed

4) *phyag.zhabs.'jam.zhing.*
gzhon.sha.chags.pa-the
palms of his hands and
feet are smooth and
tender

5) *phyag.dang.zhabs.dang.thal.*

- gong.dang.ltag.pa'i.phyogs.*
mtho.ba'i.phyir.sku'i.gnas.
bdun.mtho.ba-his body has
seven prominent features:
broad heels, broad hands,
broad shoulder blades
and broad neck
- 6) *sor.mo.ring.ba*-his fingers
are long
- 7) *rting.pa.yang.pa*-his heels
are soft
- 8) *sku.che.zhing.drang.ba*-he is
tall and straight
- 9) *zhabs.kyi.long.bu.mi*
mngon.pa-his ankle-bones
do not protrude
- 10) *sku.'i.spu.gyen.du.phyogs.*
pa-the hairs on his body
point upward
- 11) *byin.pa.ri.dags.ae.na.ya.*
'dra.ba-his ankles are like
an antelope's
- 12) *phyag.ring.zhing.mdzes.pa*-
his hands are long and
beautiful
- 13) *mdoms.kyi.sba.ba.sbuks.su.*
nub.pa-his male organ is
withdrawn
- 14) *pags.pa.gser.mdog.'dra.ba*-his
body is the colour of
gold
- 15) *pags.pa.srab.cing.'jam.pa*-his
skin is thin and smooth
- 16) *ba.spu.re.re.nas.gyas.phyogs.*
su.'khyil.ba-each hair curls
to the right
- 17) *zhal.mdzod.spus.rgyan.pa*-
his face is adorned by a
coiled hair between his
eyebrows
- 18) *ro.stod.seng.ge.'dra.ba*-the
upper part of his body is
like that of a lion
- 19) *dpung.pa'i.mgo.shin.tu.zlum.*
pa-his head and shoulders
are perfectly round
- 20) *thal.gong.rgyas.pa*-his
shoulders are broad
- 21) *ro.mi.zhim.pa.ro.mchog.*
snang.ba-he has an
excellent sense of taste
even of the worse tastes
- 22) *sku.bya.gro.ltar.chu.zheng.*
gab.pa-his body has the
proportions of a banyan
tree
- 23) *gtsug.tor.bltar.mi.mngon.pa*-
he has a protrusion on
the crown of his head
- 24) *ljags.ring.zhing.srab.pa*-his
tongue is long and thin
- 25) *gsung.tshangs.dbyangs.lta.*
bu-his voice is mellifluous
- 26) *'gram.pa.seng.ge.'dra.ba*-his
cheeks are like those of a
lion
- 27) *tshoms.shin.tu.dkar.ba*-his
teeth are white

- 28) *tshoms.mnyam.pa*-there are
no gaps between his teeth
29) *tshems.thags.bzang.ba*-his
teeth are evenly set
30) *tshems.bzhi.bcu.mnga'ba*-he
has a total of forty teeth
31) *sphyan.mthon.mthin.'dra.ba*-
his eyes are the colour of
sapphire
32) *sphyan.gyi.rdz'i.ma.ba.mchog.*
gi.rdz'i.ma.dang.'dra.ba-his
eyelashes are like those of
a magnificent heifer.

མཚན་རིང་ཤོས།

mtshan.ring.shos
tsen ring shoe
The longest night
The night is longest during
Winter solstice day.

མཚམས།

- mtsham*
tsam
1) Retreat (refers to an
intensive silent meditation
dedicated to the practice
of a particular diety)
2) Boundary or border line

མཚལ།

mtshal
tsel

Scientific Name: Cinnabaris-

Taste: Sweet

Uses: It treats wounds,
infections associated with
pulmonary, hepatic and
nerves.

མཚལ་མཐལ།

mtshal.mthal
tsel thel
Vermilion ash

མཚུན་གཏོར།

mtshun.gtor
tsoon tor
Making *gtor.ma* or sacrificial
offering cake on behalf of
deceased ancestors

མཚུན་ལྷ།

mtshun.lha
tsoon la
Ancestral gods

མཚུལ་བ།

mtsul.ba
tsul wa
The nasal cavity

མཚེ།

mtshe

tsey

Skt. Name: Son latha

Botanical Name: Ephedra

Equisetina

མཚེ་ལུམ།

mtshe.ldum

tse doom

Skt. Name: Son latha

Botanical Name: Ephedra
geradiana

Taste: Bitter

Potency: Cool

Uses: It is a rejuvenating agent,
stops bleeding from arteries,
subside fever associated with
liver, gall bladder, spleen and
all kinds of initial and chronic
fevers.

མཚོ་དྲུག་

mtsho.drug

tso dook

The six lakes

- 1) Lake of honey
- 2) Lake of butter
- 3) Lake of yoghurt
- 4) Lake of milk
- 5) Lake of water; and
- 6) Lake of *chang*

མཚོ་སྐྱམ།

mtsho.sman

tsomen

Lake-haunting *sMan.mo* spirits

མཚོ་རྩ།

mtsho.rtsa

tso tsa

English Name: Seaweed

Taste: Salty

Potency: Neutral

Uses: It is beneficial in treating
goitre, diptheria, swelling of
food and prevents dental
necrosis.

མཚོ་ཚ།

mtsho.tshva

tso tsah

English Name: Lake salt

Taste: Sweet

Potency: Warm

Uses: *See (rgyam.tshva)*

མཚོ་ག་གསང་།

mtshog.gsang

tsok sang

Lit. concealed likeness, refers
to a vein located four fingers
breath (*sor.bzhi*) from the hair
line

མཚོ་ན།

mtshon

tshoen

- 1) Weapons,
- 2) The fore finger

མཚན་གྱི་བྱ་བ།

mtshon.gyi.dru.bu

tson gi droo boo

Coloured thread wounded
into balls

མཚན་མོ་སྟེང་།

mtshon.mo.steng

tson mo teng

White lead (Bitumen)

འཚོ་ཆེས།

'tsho.ches

tsho chey

Obesity

འཚོ་བ་གསུམ།

'tsho.ba.gsum

tsowa soom

The three factors of living:

- 1) *tshe*-life
- 2) *bsod.nams*-merits
- 3) *las*-karma

འཚོ་བ་གསུམ་ཟད།

'tsho.ba.gsum.zad

tsowa soom zey

Exhaustation of three life
supporting factors:

- 1) *tshe*-one's life span
- 2) *las*-karma
- 3) *bsod.nams*-merits

ཚྭ་སྒྲ་གསུམ།

tshwa.sna.gsum

tsha na soom

A collective name for three
varieties of salt

- 1) Sal ammoniac (*rgya.tshva*)
- 2) Rock salt (*rgyam.tshva*)
- 3) Halitum violaceum
(*kha.ru.tshva*)

ཇ།

ཇ་ཏི།

dza.ti

zati

Skt. Name: Jatiphala

Hindi Name: Jaiphal/Jati

English Name: Nutmeg

Botanical Name: *Myristica fragrans* Houtt

Family: Myristicaceae

Taste: Hot

Potency: Promotes heat

Uses: It is useful in the treatment of *rlung* disorders, heart ailments, angina pectoris, indigestion, nausea, dysentery, insomnia, bronchial irritations and generates heat, helps in digestion and promotes appetite.

ཇ་ཏི་ཕ་ལ།

dza.ti.pha.la

zati fala

It is a synonym for the nut of *Myristica fragrans* Houtt.

ཇ་ཏི་ཀ།

dza.tri.ka

za ti ka

Botanical Name: *Campanula* sp.

Taste: Bitter to astringent

Potency: Neutral

Uses: It is useful in treating white and blood discharge and *rlung* disease.

མཐུབ་ཚལ།

mdzub.tshal

zoob tsel

English Name: Lady's finger

Hindi Name: Bhindi

Botanical Name:

Abelmoschus esculentus

Taste: Astringent to sweet

Potency: Cool

Uses: It acts as a softener for inflamed parts. It is useful in relieving flatulence, gripping pains from stomach and bowels, spasms, pneumonia, urinary problems, heart diseases, bronchitis, tuberculosis of the lungs, and soothes and protects the alimentary tract.

མཐུབ་མོ།

mdzub.mo

zub mo

Fore finger

མཛེའི་ནད་པ།

mdze'i.nad.pa

ze yi ney pa

Leper

མཐུབ་གང་།

mdzub.gang

zub gang

One forefinger

A measure of length used in Tibet.

One *mdzub*, refers to the distance measured from the tip of the index finger to its base.

མཛེར་པ།

mdzer.pa

zer pa

Wart, though generally white in colour one found on the toes of the feet are referred to as black wart (*mdzer.pa.nag.po*)

མཛེ།

mdze

zey

Leprosy, Skt. kusta

It is believed to be caused by one's action in former life or water spirits(*klü*) when they get offended and is thus also known as *klü.nad* (disease of *klü*).

མཛོ།

mdzo

zo

A cross between yak and cow

མཛོ་ཁལ།

mdzo.khal

zo khel

Heavy load carried by *Dzo*

མཛེ་ཚ།

mdze.tsha

zey tsa

Glauber's salt

མཛོ་རྒོད།

mdzo.rgod

zo goe

Wild cattle (*Bus taurus q.*)

མཛོ་མོ་ཤིང་།

mdzo.mo.shing

zomoshing

Botanical Name: *Caragana jubata*

Taste: Bitter

Potency: Cool

Uses: It is used against hot disorders associated with the blood, blood cysts and enhances circulation of blood.

1) *gangs.ldan*-the great Snow Range

2) *sham.bha.la*-shambala

3) *rgya.nag*-China

4) *li-khotan*

5) *bod*-Tibet

6) *rgya.gar*-India

འཛམ་བུ་གླིང་ཆེ་བ།

'dzam.bu.gling.che.ba

zambuling chewa

The greater land of zambu

མཛོད།

mdzod

zoe

Store, treasury, depositary

འཛིང་ག་བརྒྱེ་བ།

'dzing.ga.bkhye.ba

zing ka key wa

Wrestling, fighting

འཛག་པ།

'dzag.pa

zak pa

To leak

འཛིན།

'dzin

zin

To hold, grasps, catch (e.g.

self grasping-*bdag*. *'dzin*)

འཛམ་བུ་གླིང་ཆུང་བ།

'dzam.bu.gling.chung.ba

zambu ling choong wa

A small land of Zambu

The three southern continents are called small and lord of Zambuling. The central southern continents contains six region:

འཛིན་པ།

'dzin.pa

zinpa

English Name: Wolfsbane

Botanical Name: *Aconitum*

Napellus Linn

Uses: It has medicinal value to control epidemics, infections fever and oedema.

འདིན་པ་དཀར་པོ།

'dzin.pa.dkar.po

zinpa karmo

Aconitum napellus Linn
(White aconite)

འདིམ་ནག།

'dzim.nag

zim nak

Allium przewalskianum
Regel; it is a type of *Allium*.
Uses: It cures anemias in the head.

རྩ་མཁན།

rdza.mkhan

za khen

Potter

རྩ་ཕོར།

rdza.phor

zafor

Earthen bowls

རྩམ།

rdzas

zey

Substances, materials, chemical, ingredients

རྩམ་འགྱུར་རིག་པ།

rdzas. 'gyur.rig.pa

zey gyoor rikpa

Chemistry

རྩི་འཁོར་བ།

rdzi. 'khor.ba

zee khor wa

Dizziness due to wind disorders

རྩི་དུག།

rdzi.dug

zi dhuk

Air poisoning, poisoning from air, Skt. *vayu-dusti*

རྩི་མ།

rdzi.ma

zi ma

Eye-lash

རྩིང་བུ།

rdzing.bu

zing boo

Pond or pool

རྩ་འཕྱུལ།

rdzu. 'khrul

zoo trool

Miracles (exceptional powers)

རྩོང་།

rdzong

zong

Fortress or castle, district

རྩལ།

rdzun

zoon

False, lie,

རྩོགས་ཆེན།

rdzogs.chen

zokchen

The Great completeness or
the great perfection

རྩོགས་པ།

rdzogs.pa

zok pa

Completion

རྩོགས་རིམ།

rdzogs.rim

zok rim

Stage of perfection, inward
practices during the state of
meditation

ཕ།

ཁ།

ཕ་མོ།

wa.mo

wamo

Fox (*Vulpes vulpes*)

It is a notoriously cunning animal with upright ears and bushy tails. According to *rgyud.bzhi*, people with predominance wind have the characteristic of a fox.

ཕ་ཡིས་རྒྱལ་ས་བརྒྱུང་བ་འདྲ།

wa.yis.rgyal.sa.bzung.ba.'dra

wayi gyelsa zoong wa da

Resembles a fox seizing the king's throne

It refer to doctors who do not have medical lineage.

ཕ་གཞོང་གསུམ།

wa.gtong.gsum

wa dong soom

Lit. three fox faces; it refers to three coccyx bones

ཁ་ནི།

zha.nye

sha nye

Englis Name: Lead

Latin Name: Plumbum

Taste: Sweet

Uses: It eliminates toxins from the body, heals infected wounds, neutralises the harmful sideeffects of mercury and enhances hair colour.

ཁ་ནི་ཞུ།

zha.nye.zhun

sha ney shun

Lead pitch (Dark lead Bitumen)

ཁ་བ།

zha.ba

sha wa

Lame or cripple

A condition characterised by difficulty in walking due to an injury or illness affecting the leg or foot.

ཞག

zhag
shak
Day

ཞག་སྐྱེག་

zhag.bskeg
shak kek
Obstacles of the day

ཞག་ནག་

zhag.nag
shak nak
Black day, bad day

ཞག་གསུམ་

zhag.gsum
shak soom
The three days
1) *tshes.zhag*-lunar day
2) *nyin.zhag*-solar day and
3) *khyim.zhag*-zodiac or house
day

ཞང་འདྲེ།

zhang.'dre
shang drey
Spirits from the maternal
uncle's side

ཞང་པོ།

zhang.po
shang po
Maternal uncle

ཞང་ཁུང་།

zhang.zhung
shang shoong
The ancient name of Guge in
mnga'.ri.kor.gsum, Western
Tibet, where Shenrab Mebo
was born and founded Bon
religion

ཞན་པོ།

zhan.po
shen po
Weak
A condition characterised by
lacking physical strength and
energy.

ཞར་བ།

zhar.ba
shar wa
Blind
A condition characterised by
lacking the power of sight.

ཞལ་ཁྲིད།

zhal.khrid

shel tee

Personal instruction

ཞི་ཁྲོ་འི་ལྷ།

zhi.khro'i.lha

shi toi lha

Peaceful and wrathful deities

ཞི་ལུམ།

zhi.lcum

shi choom

Rheum Palmatum Pacific

Ingredients: *ma.nu, sman.ga, a.ru.ra, ka.ko.la, lcum.rtsa, cong.zhi.tsha.btul, bul.tog*

Nature: Neutral

Uses: It is used against acute or chronic constipation, weak digestive heat, indigestion, gastritis, flatulence and colic.

ཞི་གནས།

zhi.gnas

shi ney

Calm abiding; meditation

ཞི་བ།

zhi.ba

shiwa

1) To bring back normal health

2) Peaceful

ཞི་བྱེད་བཙུ་གཅིག་

zhi.byed.bcu.gcig

shi jey choo chik

Pacific Eleven

Ingredients: *ma.nu, sga.skya, a.ru, lcum.rtsa, cong.zhi.tsha.btul, bul.tog, star.bu, sbrul.sha.las. snon.byas.pa, rgya.tsha, sdig.srin, 'ol.mo.se*

Nature: Neutral

Uses: A compound which treats indigestion, difficult child birth, obstructed menstruation, abdominal distension, and other disorders associated with menstruation.

ཞི་བྱེད་དུག་པ།

zhi.byed.drug.pa

shi jey dook pa

Pacific Six

Ingredients: *ma.nu, sga.skya, a.ru, lcum.rtsa, cong.zhi.tsa.btul, bul.tog.chu.bcad*

Nature: Neutral

Uses: A compound which treats indigestion, distension of stomach, abdominal cramps, constipation, difficult child birth and delivery of placenta.

ཞི་ཐུང་།

zhi.sbyang

shi jang

Pacification and evacuation

of abdomen, dizziness and vomiting, loss of appetite, constipation, headache due to bile-phlegm and yellowing of eyes due to cold natured bile.

ཞི་གཟའ།

zhi.gza'

shi za

Peaceful planets/ Inferior planets

The planets whose orbits lie within the Earth's orbit round the Sun, are termed as inferior planets i.e. Mercury and Venus.

ཞིང་ཁམས།

zhing.khams

shing kham

The holy or spiritual realm

ཞིང་འདྲེ།

zhing.'dre

shing drey

Agriculture demons

ཞི་ལས།

zhi.las

shi ley

Peaceful activities

ཞིང་པ།

zhing.pa

shing pa

Peasant or farmer

ཞི་གསེར།

zhi.gser

shi ser

Golden Pacific

Ingredients: *ma.nu*, *sga.skeya*, *gar.nag*, *drag.shun*, *a.ru*, *lcum.rtsa*, *cong.zhi.btul.ma*, *bul.tog.chu.bcad*, *gser.me*, *se.'bru*,

Nature: Neutral

Uses: A compound which cures agitated and distension

ཞིབ་པ།

zhib.pa

shib pa

Detailed

ཞིབ་ཕྱི་ཚན་རིག།

zhib.phra'i.tshan.rig

shib tey tsen rik

Concrete science

ཞིབ་བསམ།

zhib.bsam

ship sam

Reflection

Potency: Sharp and coarse to cool

Uses: It is used to treat eye disorders, internal worms and cramps.

ཞིམ་ཐིག་དཀར་པོ།

zhim.thig.dkar.po

shim thig karmo

Botanical Name: *Salvia raporowskii*

Taste: Bitter

Potency: Cool

Uses: It cures all kinds of eye disorders.

ཞིམ་ཐིག་ཕུ་ཤུད་མིག་སྒྲན།

zhim.thig.pu.shud.mig.sman

shim thig pu shue mik men

Phlomis betonicoides Diels f. aoba C.Y. Wu

ཞིམ་ཐིག་སྒྲན་པོ།

zhim.thig.sngon.po

shim thig ngon po

Nepeta Coerulescens Maxim

ཞིམ་ཐིག་དམར་ཆུང་།

zhim.thig.dmar.chung

shim thig mar choong

Lamium amplexicaule L.

ཞིམ་ཐིག་སྒྲན་པོ་ཆུང་བ།

zhim.thig.sngon.po.chung.ba

shim thig ngon po chung wa
Stachys sp.

ཞིམ་ཐིག་དམར་པོ།

zhim.thig.dmar.po

shim thig marpo

Stachys kouyangensis (Vaniot) Dunn

ཞིམ་ཐིག་ནག་པོ།

zhim.thig.nag.po

shim thig nakpo

Botanical Name: *Rabdosia rugosa*

Taste: Bitter

ཞིམ་ཐིག་སྒྲན་པོ།

zhim.thig.smug.po

shim thig mukpo

Salvia wardii Pet-stib

ཞིམ་ཐིག་ལེ་དཀར་པོ།

zhim.thig.le.dkar.po

shim thig le karmo

Botanical Name: *Lagopsis supina* (steph)

Taste: Sweet

Uses: It alleviates eye disorders.

ཞིམ་ཐིག་སངས་རྒྱལ་མཁའ་འཛིན།

zhim.thig.sangs.rgyas.chu.jib
shim thig sangye chujib

Botanical Name: *Euphraia oakesii*

Taste: Bitter

Potency: Cool

Uses: It cures eye disorders, thirst due to fever, headache, difficulty in passing urine and oedema.

ཞིམ་ཐིག་སེར་པོ།

zhim.thig.ser.po
shim thig ser po

Salvia roborowskii Maxim

ཞུ་མཁན།

zhu.mkhan
shoo khien

Hindi Name: Lodhar

Botanical Name: *Symplocos paniculata*

Taste: Bitter

Potency: Cool

Uses: It treats pneumonia, oral diseases, nephritis, and

other complications associated with pulmonary and renal disorders.

ཞུ་རྟེན་ན།

zhu.rjes na
shoo jey na
Post digestive pain

ཞུ་རྟེན་གསུམ།

zhu.rjes.gsum
shoo jey soom
The three post digestive tastes
(*Ayu: tri vipa-ka*)

The post digestive taste emerge after the digestion of food with the help of three digestive heat of the stomach

- 1) *mngar.ba*-sweet
- 2) *skyur.ba*-sour; and
- 3) *kha.ba*-bitter

ཞུ་བ་པོ།

zhu ba bo

shoo wa bo

The one who requests, askers

ཞུ་བ་པོ་བཞི།

zhu.ba.bo.bzhi

shoo wa bo shi

The four askers

1) *Lhamo Namgyal ma*

2) *Damse Serkya*

3) *Lha Tsang pa*

4) *Lu Jokpo*

ཞུན་མར།

zhun.mar

shun mar

Clarified butter, melted
butter

ཞུམ་བུ།

zhum.bu

shumbu

Cat

ཞུས་པའི་ལེབ་བུ།

zhus.pa'i.le'u

shue pey ley voo

The chapter on requestation
to reveal the quintessence
tantra

ཞེ་སྤང་།

zhe.sdang

she dang

Hatred or aversion

It is one of the five mental
poisons. Hatred also
originates from the chief
delusion and distorts reality.

It leads to flame of anger
towards those who annoy us.

It is a very untamed state of
mind, very uncivilized, rude
and uneven. It increases
mKhris-pa, which produces
hot energy and temperature
and leads to frustration,
anxiety, depression, worries
and burns the heart.

ཞེ་སྤང་དྭག་པོ་སྐྱེས་པ།

zhe.sdang.drag.po.skyes.pa

she dang drakpo key pa

Development of strong
hatred

ཞེ་སྤང་ཚེལ་བུ།

zhe.sdang.tshil.bu

she dang tsilboo

Fats from a snake (lit. hatred
fats)

ཞོ་སྒྱུ།

zho.skya

sho kya

Thin curd (i.e. sour butter milk)

ཞོ་ཁ་ཅུ།

zho.kha.chu

sho kha choo

Skimmed whey

It dilutes the stool and cleanses the channels.

ཞོ་ཕུམ།

zho.phrum

sho toom

Curd

ཞོ་མ་ལངས།

zho.ma.langs

sho malang

Unmatured curd; curd which has not yet matured

ཞོ་ཚབས་སམ་རུ་མ།

zho.tsabs.sam.ru.ma

sho tsab sam ruma

Curdling agent

ཞོ་བཅོས།

zho.btsos

sho tsoe

Cooked curd

Uses: It cures flatulence, constipation and diarrhoea accompanied by fever.

ཞོ་ག་ག་སུམ།

zho.sha.gsum

shosha soom

The three *zho.sha*

1) *snying.gi.zho.sha-*

Spondias axillaris Roxb,
Choerospoldia Saxillaris
(heart shaped fruit),

2) *mkhal.ma.zho.sha-*

Cowhage, *Canavalia*
gladiata, *Mucuna prurita*
(kidney shaped seeds),

3) *gla.gor.zho.sha*

(it is also known as
mcher.pa.zho.sha)-

Entada scandens, *Mucuna*
Monospermum Roxb
(spleen shaped seeds)

ཞོ་ག་ཁོག།

zhog.khog

sho khok

Hindi Name: A-lu

English Name: Potato

Botanical Name: Solanum tuberosum

Taste: Sweet

Potency: Cool

Uses: It is valuable in treating chronic constipation, renal stone and dropsy. Raw potato juice is regarded as an excellent remedy for rheumatism, stomach and intestinal disorders and can be applied externally to relieve swelling and other disorders of the joints and muscles.

གཞག་ཤ་ནག་པོ།

gzhang.sha.nag.po
shak sha nakpo

Black muscles at the rear of the armpit, latissimu dorsi

གཞང་།

gzhang
shang
Rectum

The lower part of the large intestine (which is the seat of downward moving *rlung*)

གཞང་དཀར་ནག་

gzhang.dkar.nag
shang karnak

Upper and lower parts of the rectum; lit. white and black rectum

གཞང་འབྲུམ།

gzhang.'brum
shang droom

Haemorrhoids or piles, Skt. arsas

གཞང་ལུག་པ།

gzhang.lug.pa
shang look pa
Anal prolapse

གཞན་རྩ།

gzhan.rgyu
shen gyoo

Of independent origin (lit. other cause)

གཞན་དབང་།

gzhan.dbang
shen wang
Dependent phenomena

གཞན་དབང་སྒྲོན་ལས།

gzhan.dbang.sngon.las
shen wang ngon ley

Dependent diseases caused by
past karma of which there are
101 types

གཞི་གྲུབ་སྤྱོད་པའི་སེམས་ཁམས་རིག་པ།

gzhhi.grub.smra.ba'i.sems.khams.rig.pa
shi doop ma wey sem kham
rigpa

Psychology of existentialism

གཞི་རྩའི་རྒྱ་རྒྱུན།

gzhhi.rtsa'i.rgyu.rkyen
shee tsey gyoo ken

Basic principle, fundamental
causes

གཞུ།

gzhhu
shoo

Sagittarius, one of the twelve
zodiac signs

གཞུ་དབྱིབས།

gzhhu.dbyibs
shoo yib

Shape of a bow

གཞུ་སྤྲོན་བཀང་བ།

gzhhu.sran.bkang.ba
shoo sen kang wa

Drawing a tight bow

གཞུག་ཅུང་།

gzhbug.chung
shook choong
Coccyx bone

གཞུག་ཏོ།

gzhbug.to
shook toh
Coccyx (*gzhbug.chung*)

གཞུང་དོན་ཤེས་པ།

gzhhung.don.shes.pa
shoong don shey pa
Aware about the meanings of
the great treatises on medicine

གཞུང་ཙ།

gzhhung.rtsa
shoong tsa
Lit. central nerves; minor
sciatic branches at the ankles

གཞེས་ནིང་ལོ།

gzhhes.ning.lo
shey ning lo
The year before last year

གཞོབ་ཐབ།

gzhob.thab
shob thab

Offending the plague-causing
demons by the foul smell of
burning hair, milk etc.

བཞི་བའི་གནས་སྐབས་ཀྱི་ཐིག་ལེ།

bzhi.ba'i.gnas.skabs.kyi.thig.le
shi wey ney kab ki thigle

Drop of the fourth occasion
It abides at the crown of the
head and at the genitals. It
refers to a state of sexual
bliss experienced during
sexual intercourse between a
man and a woman. During
this time, energies in the
upper portion of the body
converge at the crown and the
energies in the lower portion
of the body converge at the
genitals. Bliss is experienced
with the descent of the
bodhicitta drops. This drop
of the fourth occasion is also
called 'the 'drop of
transcendental wisdom' (*Tib.*
ye.shes.kyi.thig.le).

བཞིན་རྒྱས།

bzhin.rgyas
sheen gey

Broad-faced demoness

བཞོས་ཐོག་འོ་མ།

bzhos.thog.'o.ma
sho thok voma

Fresh milk

It is very nutritious and is said
to have nectar-like quality.

ཟ།

ཟ་རྟུང་།

za.rkong

za kong

A skin disorder with an intolerable itching

It is characterised by falling of hair and cracking of the skin due to formation of pus.

ཟ་ཁུ།

za.khu

za khoo

Fluid consumer, harmful liquid

A type of diabetes, due to non-absorption of nutrients and fats into bodily constituents, but descends directly to the urinary bladder. It has twenty sub-categories and is characterised by depletion of physical strength and dull complexion.

ཟ་ཁུ་ཉི་ཤུ།

za.khu.nyeshu

za khoo ni shoo

The twenty fluid consumer

The ten *za.khu* with predominance of phlegm (*bad.kan*) are:

- 1) *chu*-Water like
- 2) *chang*-wine
- 3) *bur.shing*-sugarcane juice
- 4) *gar.po*-thick urine
- 5) *bras.phye*-rice powder
- 6) *khu.chu*-seminal fluid
- 7) *bye.ma*-sand like
- 8) *kha.chu*-saliva
- 9) *bags*. 'byung-slow and scanty
- 10) *bsil.ba*-cool.

The six *za.khu* with predominance of bile (*mkhris.pa*) are:

- 1) *nas.tshig*-roasted barley
- 2) *snag.tsha*-black ink
- 3) *sngon.po*-blue
- 4) *skyer.khu*-yellow like *Berberis aristata*
- 5) *btsod.khu*-slightly red like decoction of *Rubia cordifolia*
- 6) *khrag*. 'dra-red like blood.

The four *za.khu* types with the predominance of wind (*rlung*) are:

- 1) *zhag*-fat
- 2) *glang.chen*-elephant's urine
- 3) *sbrang.dra*-honey-like, and
- 4) *rkang*-marrow

ཟ་འཕྱུག

za. 'phrug

za took

Itching

ཟ་བྱེད།

za. byed

za jey

A secret name for *mu. zi*
(Sulphur).

ཟ་བྱེད་ཁམས་བརྒྱད།

za. byed. kham. s. brgyad

za jey kham gey

A collective name for the
following eight ingredients:

- 1) *chu. skyur. rdo*-actinolite
- 2) *lhang. tsher. dmar*-red
micca
- 3) *gser. rdo*-marcasite
- 4) *ba. bla*-orpiment
- 5) *kha. len*-magnetite
- 6) *pha. wang*-pyrite
- 7) *ldong. ros*-realgar
- 8) *ngul. rdo*-hematite

ཟ་མ་མ་ནིང་།

za. ma. ma. ning

zama maning

Frigid hermaphrodite or
Impotent

ཟ་འོག་བསྐྱེད་ཐལ།

za. 'og. bsregs. thal

za ok sek thel

Ash from burnt silk

ཟ་རོད།

za. rgod

za goe

Nettle (lit. wild nettle)

Botanical Name:

Urtica triangularis Hand-Mazz

ཟ་ཕྱི་ཨ་ཡ།

za. phyi. a. ya

zachi aya

English Name: Nettle

Botanical Name: *Urtica*
tibetica W.T. Wang

ཟ་འབྲུམ།

za. 'brum

za droom

English Name: Nettle

Botanical Name: *Urtica*
triangularis Hand. Mand

Taste: Sweet to acrid

Potency: Warm to oily

Uses: It is useful for the
treatment of weak digestive
and bodily heat, chronic *rlung*
disorders, cold disorders and
weak bodily constituents.

ཇ་ཚོད།

za.tshod

za tsoey

Nettle

Taste: Sweet to hot

Potency: Warm

Uses: It promotes heat in the body, helps digestion, treats *rlung* disorders and fever associated with *rlung*.

ཇ་འོག་ཐལ་བ།

za.'og.thal.ba

za ok thel wa

A synonym of *gos.chen.thal.ba* (ash of silk)

Uses: It stops bleeding and constricts channels.

ཇག་བཅས།

zag.bcas

zak chey

Contaminated, polluted

It refers to the human body which is polluted by physical and mental poisons.

ཇག་ས་པ།

zags.pa

zakpa

Drop down

ཇངས།

zangs

zang

English Name: Copper

Scientific Name: Cuprum

Taste: Sweet to sour

Potency: Cool

Uses: It dries pus and cures fevers associated with lungs and liver.

ཇངས་དྲིག་

zangs.tig

zang tik

Botanical Name: Swertia mussofi Franch

Taste: Bitter

Potency: Cool to smooth

Uses: It treats *rlung* disorders, bone fever., contagious diseases and infections of the gall bladder.

ཇངས་དྲིག་འདྲ་བའི་ལྷགས་དྲིག་

zangs.tig.'dra.ba'i.lcags.tig

zang tik dra wey chak tik

Botanical Name: Gentiana sp.

Taste: Sweet to bitter

Potency: Cool

Uses: It controls epidemic fever, fever associated with wounds and *rlung*.

ཟངས་ཏིག་དམན་པ།

zangs.tig.dman.pa

zang tik menpa

Inferior copper coloured
gentian

ཟངས་ཏེལ།

zangs.tel

zang tel

Copper Hammer (for
moxibustion treatment)

Uses: It is used in case of
bodyache, insanity, epilepsy,
tumours, wind diseases, cold
disorders, vertigo, lack of
digestive heat, swelling,
paralysis, and excess
accumulations of lymph in
the joints.

ཟངས་ཐལ།

zangs.thal

zang thel

Hindi Name: Tamba

English Name: Copper ash

Scientific Name: Cuprum
metallicum

Uses: It has medicinal value
to dry formation of pus in
the lungs and cures
pneumonitis and hepatitis.

ཟངས་མདོག་དཔལ་རི།

zangs.mdog.dpal.ri

zangdok pelri

The glorious copper-
coloured mountain; the abode
of Padmasambhava

ཟངས་རྫོ།

zangs.rdo

zang do

Copper ore

ཟངས་རྩེག།

zangs.dreg

zang dreg

Copper slag

ཟངས་བུམ།

zangs.bum

zang boom

Copper vase (for cupping
therapy)

Uses: It is mainly used in case
of neurological disorders,
lumbago, pain due to
combined disorders of *rlung*
and blood and to cure
external tumours.

ཟངས་ཅི་དཀར་པོ།

zangs.rtsi.dkar.po

zang tsi karmo

Botanical Name: Galium
aparine L.

Taste: Slightly bitter to hot

Potency: Cool to coarse

Uses: It treats yellowing of
the eyes resulting from
mkhris.pa disorders, bile
disorders and pus formation
in the wounds, bone ailments,
nerve disorders and discharge
of semen, stops bleeding and
enhances flow of urine.

ཟངས་ཅི་ནག་པོ།

zangs.rtsi.nag.po

zang tsi nagpo

Artemisia hedinii ostent

ཟངས་ལྷན།

zangs.zhun

zang shun

Copper pitch or copper
bitumen

ཟད་པ།

zad.pa

zey pa

Depletion or diminution

ཟན།

zan

zen

Kneaded *tsam.pa* dough

ཟན་ཆང་།

zan.chang

zen chang

A solid mixture of barley
beer and the roasted barley
flour

ཟབ་ལག་བརྒྱད་པ།

zab.lag.brgyad.pa

zablak gey pa

Rheum Spicifome Eight

Uses: It is an external
application for skin eruptions
and blisters.

ཟར་མ།

zar.ma

zarma

Hindi Name; Alsi/Alasi atasi

English Name: Linseed

Botanical Name: *Linum*
usitatissimum L.

Family: Linaceae

Taste: Sweet to bitter

Potency: Warm

Uses: It is useful for treating
cold *rlung* disorders, but

harmful for the eyes. The application of this paste on wounds ripe the pus.

ཟས།

zas
zey
Food

ཟས་སྒོམ།

zas.skom
zey kom
A collective name for food and drinks

ཟས་སྒོམ་མིད་པ།

zas.skom.mid.pa
zey kom mi pa
To swallow of food and drink

ཟས་ཀྱིས་མནར་བ།

zas.kyis.mnar.ba
zey ki nar wa
Suffering from hunger

ཟས་གྲིབ།

zas.grib
zey drib
Contamination from food

ཟས་བཅུད་མི་ལྷང་བ།

zas.bcud.mi.ldang.ba
zey chue mi dang wa
Malnutrition

ཟས་སྤམ།

zas.sdam
zey dam
Dietary restriction

ཟས་རྩོད་བཅུད།

zas.drod.bcud
zey doe chue
Nutritious and warmth giving diets

ཟས་སྦྱོད་ལོག་པ།

zas.spyod.log.pa
zey choe lokpa
Wrong diets and conducts

ཟས་མི་མཐུན་བསྐྱེན་པ།

zas.mi.mthun.bsten.pa
zey mithun tenpa
Reliance on unsuitable diets

ཟས་མི་འཕྲོད་པ།

zas.mi.'phrod.pa
zey mitoe pa
Incompatible diet

ཟས་ཚུལ།

zas.tshul

zey tsool

Normal diet

The chapter in Explanatory Tantra, which deals with the knowledge, qualities and uses of foods and drinks.

ཟས་ཚེད་རན་པ།

zas.tshod.ran.pa

zey tshoe renpa

Correct amount of foods and drinks

Tibetan medical science explains, that one should fill two fourth of the stomach with food, one with drink and the fourth should be left for wind.

ཟས་རུལ་བ།

zas.rul.ba

zey roolwa

Stale foods

ཟི་ར།

zi.ra

zira

Skt. Name: Jiraka

Hindi Name: Jeera

English Name: Cumin

Botanical Name: Cuminum
Cyminum Linn

ཟི་ར་དཀར་པོ།

zi.ra.dkar.po

zira karmo

Hindi Name: Saphed jeera

English Name: White cumin
seed

Botanical Name: Cuminum
Cyminum Linn

Taste: Hot to sweet

Potency: Neutral

Uses: It treats *Badkan* disorders, pneumonitis, indigestion and anorexia.

ཟི་ར་ནག་པོ།

zi.ra.nag.po

zira nakpo

Hindi Name: Kala jeera

English Name: Black cumin
seed

Botanical Name: Nigella
Sativa Linn

Taste: Sweet to hot

Potency: Warm

Uses: It has medicinal value to treat indigestion and liver and stomach disorders associated with *rLung* and *Bad-kan* ailments.

ཟི་ར་སེར་པོ།

zi.ra.ser.po

zira serpo

Hindi Name: Pila jeera

English Name: Yellow cumin seed, Dill seed

Botanical Name: Anethum graveolens

Taste: Hot to sweet

Potency: Neutral

Uses: It is beneficial in treating lung fever, indigestion, *srog.rlung* (life supporting *rLung*) and promotes heat and appetite.

ཟིན་ཏིག་

zin.tig

zintik

Ajuga lupulina Maxim Bar major Diels

ཟིན་ཏིག་གཅེས་བདུས་བདུད་ཅི་ཐིག་པ།

zin.tig.gces.btus.bdud.rtsi.thig.pa

zintik chey tue due tsi thikpa

A famed medical treatise written by Jamgon Kongtrul Yonten Gyatso (1813-1899), which gives a vivid description of his long years of clinical experience

ཟིན་པ།

zin.pa

zinpa

To retain in memory (e.g. medical and astro. texts)

ཟིན་ཕུང་ནག་པོ།

zin.phung.nag.po

zin foong nakpo

A malignant landlord spirit

ཟིལ་བ།

zil.ba

zilwa

Dews

ཟུག་རྩ།

zug.rngu

zuk ngoo

Pain

ཟུག་རྩ་ཁོང་དུ་ལུས་པ།

zug.rngu.khong.du.lus.pa

zuk ngoo khong du lue pa

The lodging of foreign bodies or weapons within the body

ཟུག་རྩ་མནར་བ།

zug.rngu.mnar.ba

zuk ngoo narwa

Tormented by pain

ཟུག་ཅག་སྒྲུབ།

zug.cag.sman

zuk chak men

Analgesic; a type of medication that alleviates pain without loss of consciousness

ཟུང་འདུག།

zung.'jug

zung jook

State of union (e.g. the union of bliss and emptiness

'bde.stong.zung.'jug)

ཟུང་འབྲེལ།

zung.'brel

zung del

Union, joint, coupling, together

ཟུངས་ཀྱིས་མི་ཐུབ།

zungs.kyis.mi.thub

zung ki mi thoob

Depletion of physical constituents beyond treatment

ཟུང་བདུན།

zung.bdun

zung doon

The seven bodily constituents

- 1) *dangs.ma*-essential nutriment
- 2) *khrag*-blood
- 3) *sha*-flesh
- 4) *tshil*-fat
- 5) *rus*-bone
- 6) *rkang*-marrow; and
- 7) *khü.ba*-regenerative essence or vital fluids

ཟུར་མཁར་མནམ་ཉིད་དོར་རྟེ།

zur.mkhar.mnyam.nyid.rdor.rje

zurkar nyam nyi dorje

Zur Khar Nyamnyi Dorjee

He was a great medical scholar and founder of Zur-mkhar school of thought. He was born in 1439 to Rigzin Phuntsok and the daughter of Kunkeyen Tashi Namgyal.

ཟུར་ཐིག།

zur.thig

zur thik

Lateral verticle lines or axis

ཟུར་ལུགས་ཆབ་འདྲེན།

zur.lugs.chab.'dren
zur luk chab den

Botanical Name: *Astragalus chlorostachys lindley*

Taste: Sweet to slightly bitter

Potency: Cool to dry

Uses: It is used against oedema.

ཟུར་ལུགས་སྟི་བ།

zur.lugs.snyi.ba
zur luk nyi wa

Botanical Name: *Codonopsis* sp.

Taste: Sweet to astringent

Potency: Neutral

Uses: It is used against disorders of stomach and spleen, debility, oedema, breathing problems due to high altitude, tiredness, morbid thirst and lack of appetite.

ཟེ་ཙ།

ze.tsha
ze tsa

Hindi Name: Shora kalmi

Scientific Name: *Nitrum* (Halite)

Taste: Bitter to hot

Uses: It dissolves stones formed in the stomach, kidneys and urinary bladder, eliminates tumours of the solid and hollow organs, removes blockages of urinary tract and neutralise the toxic effects of stone poisoning.

ཟེར་དུག།

zer.dug
zer dook

Poisoning by rays of light

ཟེར་མོ།

zer.mo
zermo

Small yellow-feathered bird with red stripes on its head

ཟོ་མར།

zo.mar
zomar

Buttery sediment formed in the milk churner

ཟོར་ཁ་རུག་པ།

zor.kha.zug.pa
zorka zukpa

Being injured by maligned
gtor.ma

ཐོར་འཕེན་པ།

zor. 'phen.pa

zorfen

To cast forth malign 'gtorma'
by realized Tibetan yogins

ཐོས་རྗེས།

zos.rjes

zoe jey

Periods after the meals

ཐོས་རྗེ་མི་བདེ།

zos.rje.mi.bde

zoe jey mi de

Discomfort after eating

ཐོས་སྐབ།

zla.skeg

da keg

Obstacles of the month

ཐོ་འཁོར་ས་བདག།

zla. 'khor.sa.bdag

da khor sadak

Landlord spirit that visits each
month

ཐོ་བྲག་བབས་ཆེ།

zla.khrag.babs.che

da tak bab chey

Menorrhagia; excessive
menstrual flow

ཟླ་ཐོ།

zla.tho

da tho

Calendar

ཟླ་དག།

zla.dag

da dak

Mensal modification

ཟླ་ནག།

zla.nag

da nak

Black month; bad month

ཟླ་བ་སོ་སོའི་ཉའི་སྐར་མ།

zla.ba.so.so'i.nya'i.skar.ma

dawa so soe nya karma

According to the Tibetan
astrological system, a month
takes the name of the
constellation in which the full
moon occurs. E.g: The 1st
month is 'mchu.zla' since the
full moon falls in the
nakshatra (*rgyu.skar*) chu.

ཐཱ་བའི་སྙིང་པོ།

zla.ba'i.snying.po

da wey nying po

The essence of the moon

ཐཱ་བའི་བསྐྱད་པ།

zla.ba'i.bsud.pa

da wey Dooe pa

Moon nodes

ཐཱ་བའི་འཕེལ་འགྲིབ།

zla.ba'i.'phel.'grib

dawey fel dib

Phases of the moon

ཐཱ་བའི་མར་ངོ།

zla.ba'i.mar.ngo

da wey mar ngo

The waning time of the
moon (16th –30th)

ཐཱ་བའི་འོད།

zla.ba'i.'od

dawey voe

Moon rays, moon light

ཐཱ་བའི་ཡར་ངོ་མར་ངོ།

zla.ba'i.yar.ngo.mar.ngo

dawey yar ngo mar ngo

Waxing and waning of the
moon

ཐཱ་བའི་ཡར་ངོ།

zla.ba'i.yar.ngo

dawey yar ngo

The waxing time of the
moon (1st–15th)

ཐཱ་འཛིན།

zla.'dzin

dazin

Lunar eclipse

ཐཱ་བཤད།

zla.bshad

da shey

The detailed explanation of
a month in a year

ཐཱ་ཤེལ་བདུད་རྩི་མ།

zla.shel.bdud.rtsi.ma

dashel duetsi ma

Crystal moon nectar

Ingredients: *ru.rta*, *lcags.phye*,
brag.zhun, *gur.gum*, *pri.yang.ku*,
cong.mdzo, *ma.nu*,

Nature: Cool

Uses: A compound which
cures brown phlegm,
poisoning, chronic fever, liver
disorders, pain due to

indigestions and is a health tonic.

ཇེ་ཤེལ་སོ་བདུན།

zla.shel.so.bdun

dashel so dun

Crystal Moon Thirty-seven

Ingredients: *cong.zhi.mdzo.'o*,
cu.gang, gur.gum, dza.ti, ka.ko.la,
sug.smel, li.shi, a.ru, skyu.ru,
tsan.dkar, tsan.dmar, ru.rta,
pi.ling, se.'bru, dug.nyung, gser.me,
ko.byi.btul.ma, ma.nu, gul.nag,
brag.zhun, lcags.rtsi, bong.dkar,
sum.tig, hong.len, ba.sha.ka,
lug.ru.smugpo, pri.yang.ku, ut.pal,
chos.sman, chu.rtsa, 'kbur.rtsa,
gangs.thig.chu.bcad, dkar.btul,
dom.mkhris, ghi.wam, gla.rtsi,

Nature: Neutral

Uses: A compound which treats hot pain in the abdomen, vomiting of blood due to poisoning, brown phlegm, chronic fever, severe dysentery, tumour and accumulation of serous fluids.

ཇེ་ཤོ།

zla.shol

da shol

Intercalary month or an extra month

It occurs after every thirty two and half months.

ཇེ་མཚན།

zla.mtshan

da tsen

Menstruation, menstrual fluid

ཇེ་མཚན་སྔ་རོ།

zla.mtshan.snga.rol

da tsen nga rol

Pre-menstrual phase

ཇེ་མཚན་ཆོད་དུས།

zla.mtshan.chod.dus

da tsen choe due

Menopause

It is characterised by warmth and reddening of the face and neck (hot flushes)

ཇེ་མཚན་དུས།

zla.mtshan.dus

da tshen due

Menstrual phase, time of menstruation

ཟླ་མཚན་ཚུལ་བཞིན་མེད་པ།

zla.mtshan.tshul.bzhin.med.pa
da tshen tshul shin mey pa
Amenorrhoea

It refers to the abnormal lack
of menstrual periods

ཟླ་མཚན་འབྱུང་བའི་དུས་སྐབས།

zla.mtshan.'byung.ba'i.dus.skabs
da tsen joong wey due kab
Time of menstrual cycle

It occurs during the
reproductive period from
puberty through menopause.

ཟླ་མཚན་གྱིས་གཟེར་བ།

zla.mtshan.gyis.gzer.ba
da tsen gi zer wa
Dysmenorrhoea, pain or
difficult menstruation

ཟུམ་པོ།

zlum.po
doom po
Circle (symbol of water
element)

ཟུམ་ཕྱེད།

zlum.phyed
doom chey

Semi-circle (symbol of an
iron or metal element)

གཟེར་སྐར་གྱི་རྒྱུ་ལམ།

gzar'.skar.gyi.rgyu.lam
zakar gi gyoo lam
Planetary paths, orbits

གཟེར་འཁོར།

gzar'.'khor
za kor
Week

གཟེར་དགུ།

gzar'.dgu
za goo
The nine planets
1) *Nyi.ma*-The sun,
2) *Zla.ba*- The moon,
3) *Mig.mar*-Mars
4) *Lhag.pa*-Mercury,
5) *Phur.bu*-Jupiter
6) *Pa.sang*-Venus,
7) *Pen.pa*-Saturn
8) *Sgra.chen*-Rahu
9) *mjug ring*-Ketu

གཟེར་ལྗེ།

gzar'.lnga
za nga

The five planets: Mars,
Jupiter, Saturn, Mercury and
Venus

གཟའ་ལྔའི་བཤད་པ།

gza'.lnga'i.bshad.pa

za ngey shey pa

Explanations of the five
planets

གཟའ་བཅུ།

gza'.bcu

za choo

The ten planets; the five
planets mentioned above plus
Sun, Moon, Rahu, Ketu and
Comet

གཟའ་བདུད་དཀར་པོ།

gza'.bdud.dkar.po

za dhooe karmo

Hindi Name: Kanwal

Botanical Name: Saussurea
obvallata

Uses: See *Gza'.dug.nag.po*

གཟའ་བདུད་མགོ་དགུ།

gza'.bdud.mgo.dgu

za due go goo

Skt. Kanwal (Saussrea
obvallata)

གཟའ་བདུན།

gza'.bdun

za dun

The seven planets

གཟའ་བདུད་ནག་པོ།

gza'.bdud.nag.po

za dhooe nakpo

Botanical Name: Thermopsis
barbata Royle

Uses: It is used to treat
epilepsy and paralysis.

གཟའ་བདུན་མོ་དཔེ།

gza'.bdun.mo.dpe

za dun mo pey

The text book of divination
(the divination of seven
planets or weekdays)

གཟའ་ནད།

gza'.nad

za ney

Planetary diseases

གཟའ་ཕྱན།

gza'.phran

za ten

Asteroid

གཟའི་ཁ་དོག

gza'i.kha.dog

za yi kha dok

Colours of the planets

གཟའི་ཁམས།

gza'i.khams

zey kham

Elements of the planets

According to *skar.rtsis* system(Astronomy): *nyi.ma* (Sun) and*mig.mar* (Mars)—Fire element,*zla.ba* (Moon) and *lhag.pa*

(Mercury)—Water element,

phur.bu (Jupiter) and *sgra.can*(Rahu)—Wind element, *pa.sang*(Venus) and *pen.pa* (Saturn)—

Earth element.

According to the Elemental

astrology system (*'byung.rtsis*)

the element of the planets are:

phur.bu (Jupiter)—woodelement, *pa.sang* (Venus)—metal

element and rest of the

elements are same in both

system.

གཟའི་དག་གོགས།

gza'i.dgra.grogs

za yi da dok

The friends and foes of the
planets

གཟའི་དྭགས།

gza'i.rtags

zey tak

The planetary symbols

The sun—sun, Moon—crescent

moon, Mars—red eye,

Mercury—hand, Jupiter—ritual

dragger, Venus—Iron and

Saturn—broom or a bundle

of sticks

གཟའི་མདུན་འཕོ།

gza'i.mdun.'pho

zey dun fo

Progression of the planet

གཟའི་འཕོ་མཚམས།

gza'i.'pho.mtshams

zey fo tsam

Transit of Planets

The transit time of Sun,

Moon and planets is the time

of its entrance into the signs

of the zodiac.

གཟའི་རང་འགྲོ།

gza'i.rang.'gro

zey rang do

Planetary orbit

གཟའ་ཡི་གདོན།

gza' yi gdon

za yi don

Demonic rulers of the planets

གཟི།

gzi

zi

Quartz

It is a precious stone bearing different eyes with medicinal values. It is mainly used to treat epilepsy, headache, eye diseases and to protect from harmful negative energies and weapons.

གཟི་བརྗིད།

gzi.brjid

zi ji

Splendor

གཟི་རོ།

gzi.rdo

zi do

Zee stone

གཟི་རིགས་ཀྱི་ལིག་བྱ་མིག

gzi.rigs.kyi.lig.bu.mig

zi rig ki likboo mig

Bended chalcedony

གཟི་ལོག

gzi.log

zi lok

Squint (cross-eyes)

A condition characterised by failure of eyes to point in the same direction.

གཟིག

gzig

zik

Skt. Alsi, Leopard (Panthera pardus)

གཟིག་མིག

gzig.mig

zik mik

Tiger Eye

A precious gem stone which resembles eye of a tiger (lit. leopard eye).

གཟུགས

gzugs

zuk

Form, physical matters

གཟུགས་ཁམས་།

gzugs.khams

zuk kham

Realm of forms

གཟུགས་ཁམས་བཅུ་དྲུག་།

gzugs.khams.bcu.drug

zook kham choo drook

The sixteen realms of forms

The four realms of wind are located at four around the forehead of Mount Meru:

- 1) 'og.min (unsurpassed)
- 2) shin.tu.mthong (good vision)
- 3) mi.gdung (without distress)
- 4) mi.che.ba (not greater)

The four realms of fire are situated at four parts around nose of Mount Meru:

- 1) 'bras.bu.che (great result)
- 2) bod.nams.skyes (merit born)
- 3) sprin.med (cloudless)
- 4) dge.rgyas (flourishing virtue)

The four realms of water are located at chin area:

- 1) tshad.med.dge (limitless virtue)
- 2) dge.chung (lesser virtue)

3) 'od.gsal.ba (clear light)

4) tshad.med.'od

(measureless light)

The four realms of earth are located at two thirds of the neck of Mount Meru:

1) 'od.chung (lesser light)

2) tshangs.chen

(great pure ones)

3) mdun.na.'don (chanting in the presence of Brahma)

4) tshang.ris (group of the pure ones)

གཟུགས་མེད་ཁམས་།

gzugs.med.khams

zook mey kham

The realm of the formless

གཟུགས་མེད་ཁམས་བཞི་།

gzugs.med.khams.bzhi

zook mey kham shee

The four realms of the formless

1) 'du.shes.med.min (neither discernment)

2) ci.yang.med (nothing whatever)

3) rnam.shes.mtha'.yas (infinite consciousness)

4) nam.mkha.mtha'.yas (infinite space)

གཟུགས་མོ།

gzugs.mo

zook mo

Porcupine

གཟེ་མ།

gze.ma

zey ma

Hindi Name: Bhakra

Botanical Name: Tribulus

Terrestris Linn

Taste: Sweet

Potency: Warm

Uses: It has medicinal value to treat renal disorders and waist problems due to cold condition, *rlung* disorder, eczema, first stage of dropsy, dysuria, diseases caused by serous fluid and arthritis.

གཟེ་མ་གསུམ་ཐང་།

gze.ma.gsum.thang

zey ma soom thang

Tribulus Three Decoction

Ingredients: *gze.ma*, *lcam.'bru*, *sdig.srin*

Uses: A compound which treats water retention, distention of colon, diseases of the kidney and relieves pain due to water retention.

གཟེར་འཛོམས།

gzser.'joms

zer jom

Botanical Name:

Chrysanthemum tatseinense

Bur et. Franch.

Taste: Bitter

Potency: Cool

Uses: It has medicinal value to relieve pain in the upper shoulders, pain behind the ribs, heals fractured bones, sores and wounds.

གཟེར་བ།

gzser.ba

zer wa

Acute pain

གཟེར་བ་ངེས་མེད།

gzser.ba.nges.med

zerwa nge mey

Uncertain pain; a prominent symptom of diseases caused by wind imbalance

བཟང་།

bzang

zang

Good, favourable; superior

བཟང་ངན།

bzang.ngan

zang ngen

Favourable and unfavourable;
good and bad; superior and
inferior

བསྐྱོག་པ།

zlog.pa

dhok pa

To reverse or to eliminate
obstacles and disorders

བཟང་པོ་བཅུ་འཛོམས།

bzang.po.bcu.'dzoms

zang po chu zom

The Ten good omens,
gathering of ten auspicious
signs

བཟང་པོ་དྲུག་

bzang.po.drug

zang po drook

The six superior medicinal
substances

1) Nutmeg-*dza.ti*2) Clove-*li.shi*3) Greater cardamon-*ka.ko.la*4) Smaller cardamon-*sug.smel*5) Saffron-*gur.gum*

6) Bamboo concretion-

cu.gang

བསྐྱེས་པ།

bzlas.pa

dhey pa

To recite mantras etc.

ཨ།

འུ་སུ།

'u.su

voo soo

Skt. Name: Dhanyaka

Hindi Name: Dhaniya

English Name: Coriander

Family: Umbelliferae

Botanical Name: Coriandrum
Sativum Linn

Taste: Sweet to hot

Uses: It increases the flow of
urine, promotes digestion,
improves appetite, reduces
thirst, promotes virility. and
treats *bad-kan* disorders.

འུག་པ།

'ug.pa

vook pa

Owl

Its feather has medicinal value
to cure oedema

འུག་པ་ལག་པ།

'ug.pa.lag.pa

vook pa lak pa

Pulicaria insignis Drumm,
Syn. of *Cremanthodium*
humile Maxim (*ming.can.ser.po*)
Uses: It is mainly used as an
analgesic and to balance wind
and cures blood disorders.

འོ་མ་སྟོལ་བ།

'o.ma.snyol.ba

vo ma nyol wa

To let milk curdle

འོ་མ་དྲོན་མོ།

'o.ma.dron.mo

vo ma donmo

Warm milk, lukewarm milk
Fresh warm milk is
recommended for imbalance
of all the three humours and
is said to have nectar-like
quality.

འོ་མ་འདྲིན།

'o.ma.'dzin

vo ma zin

It is a synonym of *thar.nu*
(*Euphorbia nematocypha*
Hand-Mazz)

འོ་མ་སྟུབ་པ།

'o.ma.srub.pa

voma soob pa

To chum milk

འོ་ལྷོན།

'o.rlon

vo lon

Un-boiled milk, Cold un-boiled milk

It is heavy and has cool potency and brings about bacterial and phlegm diseases.

འོག་སྒོ་གཉིས།

'og.sgo.gnyis

vog go nyee

The two downward openings (anus and urethra)

འོད་ཀོར།

'od.kor

voe kor

A shimmering orb of light

འོད་ལྗན་དཀར་པོ།

'od.ldan.dkar.po

voeden karpō

Saxifraga melanocentra Franch

འོད་ལྗན་སེར་པོ།

'od.ldan.ser.po

voeden serpo

Saxifraga egregia Engl

འོད་དཔག་མེད།

'od.dpag.med

voe pak mey

The illuminating one; Buddha Amitabha

འོད་གསལ།

'od.gsal

voesel

The inner most crystal mind which, perceives everything as clear, empty and limitless space

འོན་པ།

'on.pa

von pa

Deafness

A condition characterised by loss of hearing.

འོམ་བུ།

'om.bu

vom boo

Botanical Name: Myricaria bracteata Royle

Taste: Astringent to bitter

Potency: Cool to blunt and heavy

Uses: It has medicinal value to cure diseases caused by poisoning, subside fever and to dry serous fluids.

འོམ་བུ་འི་བར་ཤུན།

'om.bu'i.bar.shun

vom bue bar shoon

Myricaria squamosa (cortex)

འོར།

'or

vor

Dependent oedema, Dropsy of the skin vesicles (the second stage of oedema)

འོལ་བ།

'ol.ba

vol wa

It is a kind of bird

Uses: Its flesh is an aphrodisiac and cures diseases caused by Bhuta spirits.

འོལ་མོ་སེ།

'ol.mo.se

vol mo se

Hindi Name: Laghu-pattra

English Name: May apple

Botanical Name:

Podophyllum hexandrum
Royle

Taste: Sweet to astringent

Potency: Neutral

Uses: It is used to treat nervous disorders, irregular menstrual flow, diseases of the uterus, renal diseases, wounds and improves *rlung* and blood circulation, helps delivery of baby and placenta.

འོལ་མདུད།

'ol.mdud

vol due

Forepart of the larynx

འོལ་སེ་ཉེར་ལྔ།

'ol.se.nyer.lnga

volse nyer nga

Podophyllum Twenty Five

Ingredients: 'ol se, se 'bru, shing tsha, pho ril, rgyam tsha, a.ru, ma.nu, 'u.su, skyu.ru, rgya.tsha, sga.skya, ba.spu, bong dkar, rgya.mtshal.btul.ma, rgyu.skyegs, btsod, tsan.dmar, 'bri.mog, 'phang.ma'i.'bru, re.skön, ba.sha.ka, a.gar. gnyis, dza.ti, ze.tsha.chu.bcad, star.bu, sbrul.sha, dom.mkhris,

Nature: Neutral

Uses: A compound which cures diseases associated with menstruation, tumour in the ovary and mental imbalance associated with chronic menorrhagia.

ཡ།

ཡ་ག་ངན་པ།

ya.ga.ngan.pa

yaga ngan pa

The factors which adversely affect the doctor, when he/she accepts few exceptional cases for treatment (like a person who always engages in killing etc.)

ཡ་ཇམ།

ya.cham

ya cham

Hay fever (Allergic Rhinitis)

ཡ་བག་བྱ་ར།

ya.bak.khya.ra

yabak khya ra

Latin Name: Mirabittum

Taste: Sweet to bitter to salty

Uses: It assists digestion by creating heat within the digestive tract, breaks down tumours and is beneficial in curing constipation.

ཡ་བཀ་བྱ་ར་དངོས།

ya.bak.khya.ra.dngos

yaphak khyara ngoe

Actual saltpetre, nitrate
potash (derived from burnt
barley)

ཡ་མ་ནག་པོ།

ya.ma.nag.po

yaina nakpo

A type of sinusitis with high
imbalance of blood and bile
(*khrag.dang.mkhris.pa*) which is
characterized by severe pain
accompanied by fever

ཡ་ཡོ།

ya.yo

ya yo

Awry; one of the prominent
symptoms of epileptic case

ཡ་སྒྱིན།

ya.srin

ya sin

A disease due to disturbance
of micro-organism in the
head, and increase in serum
and impure blood.

It is characterised by
disorientation, physical

weakness and a reddish nasal
excretion.

ཡང་དག་པར་བྱ་བ།

yang.dag.pa.rgyu.ba

yang dakpar gyoo wa
Perfectly moving

ཡང་དག་སྤོང་བ།

yang.dag.spong.ba

yang dak pong wa
Perfect abandonment

ཡན་ལག་འཁྱམས་པ།

yan.lag.'khum.s.pa

yen lak khoom pa
Retraction of the limbs

ཡན་ལག་བརྒྱད།

yan.lag.brgyad

yen lak gey

The eight branches; the eight
main disciplines of The Four
Tantras

1) *lus*-the body

2) *byi.ba*-children's diseases

3) *mo.nad*-women's diseases

4) *gdon*-harmful evil spirit

5) *mtshon*-wounds by
external objects such as
weapons etc.

6) *dug*-poisons

- 7) *rgas.pa*-rejuvenation
 8) *ro.tsa*-increasing
 production of semen,
 increasing fertility

ཡན་ལག་ལྔ་།

yan.lag.lnga
 yen lak nga
 The five limbs in Tibetan
 astronomical system
 It refers to the five inclusive
 calendar features (*lnga.bsdu*s).

ཡན་ལག་ནམས་པ།

yan.lag.nyams.pa
 yen lak nyam pa
 Defective limbs

ཡན་ལག་མ།

yan.lag.rma
 yen lak maa
 Wounds of the extremities

ཡན་ལག་རིངས་པ།

yan.lag.rengs.pa
 yen lak reng pa
 Rigidity or stiffness of the
 limbs

ཡན་ལག་རྩུང་ལྔ་།

- yen.lag.rlung.lnga*
 yen lak loong nga
 The five winds of the limbs;
 the five branches of wind, the
 five secondary energy winds;
 1) *Klu'i.rlung* (Naga energy
 wind which is of earth
 elemental nature)
 2) *Rus.sbal.gyi.rlung* (Tortoise
 energy wind which is of
 wind elemental nature)
 3) *Rtsangs.pa'i.rlung* (Lizard or
 chameleon energy which
 is of fire elemental
 nature)
 4) *Lhas.sbyin.gyi.rlung*
 (Devadatta energy wind
 which is of water
 elemental nature)
 5) *Nor.las.gyal.gyi.rlung*
 (Dhananjaya or Vasuraja
 energy wind which is of
 earth elemental nature)

ཡལ་བ།

yal.ba
 yel wa
 Disappearance or diminution

ཡས་བྱམས།

yas.byams
 yey jam

Loved by the superiors

ཡི་ག

yi.ga

yi gaa

Appetite or taste

ཡི་ག་འཚུས་པ།

yi.ga.'chus.pa

yee ga chue pa

Dysphagia, Anorexia; loss of
appetite, dislike of food

ཡི་དགས།

yi.dags

yee dak

Preta; One class of the six
realms, suffering from
intense and constant hunger
and thirst

ཡི་དགས་གདོང་།

yi.dags.gdong

yee dak dong

Preta-faced demon

ཡི་དམ།

yi.dam

yee dam

Skt. Devata; forms of the
fully enlightened mind whose

characteristics are defined by
a specific tantric practice on
the basis of which they are
visualized; a meditator

ཡི་མུག་པ།

yi.mug.pa

yee mook pa

Sad, melancholy

ཡིག་བརྒྱ།

yig.brgya

Yeek gya

Hundred-syllabled mantra

ཡིད།

yid

yee

Mind, intellect, conscience

ཡིད་ཀྱི་རྣམ་ཤེས།

yid.kyi.rnam.shes

yee kee nam shey

Mental consciousness

ཡིད་ཆེས་པ།

yid.ches.pa

yee chey pa

Trust

ཡིད་དུ་འོང་བ།

yid.du.'ong.ba

yee doo vong wa
Pleasing to the mind

ཡིད་མི་བདེ་བ།

yid.mi.bde.ba

yee mee de wa
Mental suffering, mental
unhappiness

ཡིད་བཟང་མའི་རྣམ་ཤེས།

yid.bzang.ma'i.rnam.shes

yee zang mey namshey
Lit. consciousness of the
superior mind
It refers to a vein at the heart
which corresponds to
'transcendental consciousness'

ཡིད་འོང་གནམ།

yid.'ong.gtam

yee vong taam
Pleasant conversation

ཡིད་ལས་སྐྱེས།

yid.las.skyes

yee ley key
Manasija, requestor of the
Four Tantras

The sage '*yid.las.skyes*' or
Manasija is believed to be the
emanation of Buddha's
speech.

ཡིད་ཤེས།

yid.shes

yee shey
Mental consciousness

ཡིབ་ཤ།

yib.sha

yeeb sha
Hidden meat under grain,
which when becomes one or
two years old, has medicinal
value to cure *rLung* disorders

ཡུ་གུ་ཤིང་།

yu.gu.shing

yoo goo shing
Senecio solidagineus Hand-
Mazz
Uses: It has medicinal value
to heal wounds and to
subside fever caused by
poisoning.

ཡུ་གུ་ཤིང་དཀར་པོ།

yu.gu.shing.dkar.po

yoo goo shing karmo

Botanical Name: Senecio
solidagineus Hand-Mazz

Uses: See *Yu.gu.shing*

ཡུ་གུ་ཤིང་ནག་པོ།

yu.gu.shing.nag.po

yoo goo shing nak po

Botanical Name: Sambucus
adnata

Taste: Bitter to slightly sweet

Potency: Neutral

Uses: It has similar medicinal
value as *yu.gu.shing* and also
treats skin disorders, when
the concentrated decoction is
applied externally.

ཡུ་མོ་མདེའུ་འབྱིན།

yu.mo.mde'u.byin

yoo moo devoo jin

Botanical Name: Paraquilegia
anemonoids

Taste: Bitter

Potency: Cool

Uses: It is useful to control
blood cysts, helps child birth,
discharge of foreign objects
like bullets lodged in the
body and enhances the flow
of menstruation.

ཡུགས།

yugs

yook

Type of halloysite (which
resembles Ochre)

ཡུགས་ཇས།

yugs.zas

yook zey

Food prepared by a widow

ཡུགས་ཇ་མ།

yugs.za.ma

yoog sa ma

Widow

ཡུགས་སའི་དོར་ར།

yugs.s'i.dor.rta

yoog sey dor taa

Underpants of a widow

ཡུང་བ།

yung.ba

young wa

Skt. Name: Haridra

Hindi Name: Haldi

English Name: Turmeric

Family: Zingiberaceae

Botanical Name: (*Curcuma*
Longa Linn)

ཡིད་དུ་འོང་བ།

yid.du.'ong.ba

yee doo vong wa
Pleasing to the mind

ཡིད་མི་བདེ་བ།

yid.mi.bde.ba

yee mee de wa
Mental suffering, mental
unhappiness

ཡིད་བཟང་མའི་ནམ་ཤེས།

yid.bzang.ma'i.rnam.shes

yee zang mey namshey
Lit. consciousness of the
superior mind
It refers to a vein at the heart
which corresponds to
'transcendental consciousness'

ཡིད་འོང་གནས།

yid.'ong.gtam

yee vong taam
Pleasant conversation

ཡིད་ལས་སྐྱེས།

yid.las.skyes

yee ley key
Manasija, requestor of the
Four Tantras

The sage '*yid.las.skyes*' or
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emanation of Buddha's
speech.

ཡིད་ཤེས།

yid.shes

yee shey
Mental consciousness

ཡིབ་ཤ།

yib.sha

yeeb sha
Hidden meat under grain,
which when becomes one or
two years old, has medicinal
value to cure *rLung* disorders

ཡུ་གུ་ཤིང་།

yu.gu.shing

yoo goo shing
Senecio solidagineus Hand-
Mazz
Uses: It has medicinal value
to heal wounds and to
subside fever caused by
poisoning.

ཡུ་གུ་ཤིང་དཀར་པོ།

yu.gu.shing.dkar.po

yoo goo shing karmo

Botanical Name: *Senecio solidagineus* Hand-Mazz

Uses: See *Yu.gu.shing*

ཡུ་གུ་ཤིང་ནག་པོ།

yu.gu.shing.nag.po

yoo goo shing nak po

Botanical Name: *Sambucus adnata*

Taste: Bitter to slightly sweet

Potency: Neutral

Uses: It has similar medicinal value as *yu.gu.shing* and also treats skin disorders, when the concentrated decoction is applied externally.

ཡུ་མོ་མདེའུ་འབྱིན།

yu.mo.mde'u.byin

yoo moo devoo jin

Botanical Name: *Paraquilegia anemonoids*

Taste: Bitter

Potency: Cool

Uses: It is useful to control blood cysts, helps child birth, discharge of foreign objects like bullets lodged in the body and enhances the flow of menstruation.

ཡུགས།

yugs

yook

Type of halloysite (which resembles Ochre)

ཡུགས་ཟས།

yugs.zas

yook zey

Food prepared by a widow

ཡུགས་ཟ་མ།

yugs.za.ma

yoog sa ma

Widow

ཡུགས་སའི་དོར་ར།

yugs.s'i.dor.rta

yoog sey dor taa

Underpants of a widow

ཡུང་བ།

yung.ba

young wa

Skt. Name: Haridra

Hindi Name: Haldi

English Name: Turmeric

Family: Zingiberaceae

Botanical Name: (*Curcuma Longa* Linn)

Uses: It has medicinal value to cure septic wounds, inflammations, piles, polyuria, gastric disorders, respiratory infections and to neutralise poison.

ཡུང་མ།

yung.ma

yoong ma

Brassica rapa Linn

ཡུངས་དྭགས།

yungs.dkar

yoong kar

Hindi Name: Saphid sarson

English Name: White mustard

Botanical Name: Brassica competris

Taste: Hot

Potency: Warm

Uses: It is beneficial in treating cold *rLung* disorders and coughing due to *rLung* disturbance.

ཡུངས་མར།

yungs.dmar

yoong mar

Mustard oil (Sinopis alba)

ཡུད།

yud

yue

An instant, a moment

ཡུན།

yun

yoon

Duration

ཡུར་བ།

yur.ba

yoor wa

Ditch, drain, canal

ཡུལ་གྱི་ཆུ་ཚོད།

yul.gyi.chu.tshod

yool gee choo tsoe

Lit. hours of the space

ཡུལ་དུས་ཟས་སྤྱོད་ལོག་པ།

yul.dus.zas.spyod.log.pa

yool due zey choe lok pa

Wrong or unsuitable environment, season, diet and behaviour

ཡུལ་འདྲེ།

yul.'dre

yool dey

Spirits or demons of the land

ཡུལ་སྒོལ།

yul.srol

yool sol

Custom; way of life

ཡུལ་ལྷ་གནོད།

yul.lha.gnod

yool lha noe

Harms from deities of the land

ཡེ་སྟོང་།

ye.stong

ye tong

Empty from the very beginning

ཡེ་འབྲོག་སུམ་བརྒྱ་དྲུག་ཅུ།

ye.'brog.sum.brgya.drug.cu

ye dok soom gya dook choo

The three hundreds and sixty primordial bewitchers

ཡེ་ཤེས།

ye.shes

ye shey

Pristine cognition; Buddha mind

ཡེ་ཤེས་ཀྱི་ཐིག་ལེ།

ye.shes.kyi.thig.le

ye shey kee thik ley

The drop of pristine cognition or Buddha mind

ཡེ་ཤེས་ཀྱི་ཚོགས།

ye.shes.kyi.tshogs

ye shey kee tshok

Accumulation of wisdom, any positive mental actions motivated by the mind of Bodhicitta

ཡེ་ཤེས་ཀྱི་རླུང་ལྷ།

ye.shes.kyi.rlung.lnga

ye shey kee loong nga

The five vital wind energies of pristine cognition

ཡེ་ཤེས་ལྷ།

ye.shes.lnga

ye shey nga

The five wisdoms of Buddha (inner wisdom which depends upon stable Bodhicitta)

1) *Me.long.ye.shes*

(Mirror-like wisdom)

2) *Mnyam.nyid.ye.shes*

(Equalising wisdom)

- 3) *Sor.rtog.ye.shes*
(Discriminating wisdom)
4) *Bya.grub.ye.shes*
(All-accomplishing wisdom)
5) *Choes.nyid.ye.shes*
(Dharma-dhatu wisdom)

ཡེ་ཤེས་ཆོས་སྐུ།

ye.shes.chos.sku

ye shey choe koo

Wisdom truth body;
(Buddha's all knowing mind)

ཡོ་འབྲུག་

yo.'bog

yo bok

Botanical Name: *Uimus
pumila* Linn (elm)

Taste: Astringent and slightly
hot

Potency: Cool and coarse

Uses: It is beneficial in treating
fevers, wounds, ailments of
bone, pimples, skin disorders,
insomnia, white discharge,
first stage of dropsy and
bleeding from wounds.

ཡོག་མོ།

yog.mo

yok mo

Rabdosia rubescens (Hamst)
C.Y.Wu et Hsuan

Uses: It has medicinal value
to heal wounds, tumours and
to dry serous fluid.

ཡོངས་གྲུབ་ཆེ་ནད།

yongs.grub.tshe.nad

yong doop tshey ney

Absolute diseases of this life
time

These are mainly caused by
known factors such as wrong
dietary habits, unwholesome
lifestyle, negative emotions
etc. There are 101 diseases of
this kind.

ཡོངས་སྐུ་འདྲིལ་བའི་སྤྲོབས།

yongs.su.'dril.b'i.stobs

yong so deel way tob

Fully concentrated power/
strength

ཡོན་ཏན།

yon.tan

yonten

Attributes, positive qualities

ཡོན་ཏན་བཅུ་བདུན།

yon.tan.bcu.bdun

yonten choo doon

The seventeen attributes or
secondary qualities of

medicines (Ayur: satara ཡོས།
gunas).

- 1) *'jam.pa*-smooth,
- 2) *lci.ba*-heavy,
- 3) *dro*-warm,
- 4) *snum*-oily,
- 5) *brtan.pa*-stable,
- 6) *grang.ba*-cold
- 7) *rtul.ba*-blunt
- 8) *bsil.ba*-cool
- 9) *mnyen*-tender
- 10) *sla.ba*-thin/fluid
- 11) *skam*-dry
- 12) *skya.ba*-non-slimy /pale
- 13) *tsha.ba*-hot
- 14) *yang.ba*-light
- 15) *rno.ba*-sharp
- 16) *rtsub.pa*-coarse
- 17) *gyo.ba*-mobile

ཡོན་སྤྱུ།

yon.sprul
yon tool
Emanation of Buddha
attributes

ཡོབ་གོང་།

yob.gong
yob gong
Blood letting veins of the
dorsal arcade

yos

yoe

- 1) Rabbit, hare; one of the
twelve animal signs in
Tibetan astrology
- 2) Roasted barley

ཡོས་ཀྱི་རྒྱངས་པ།

yos.kyi.rlangs.pa

yoe kee lang pa

Steam from roasting barley

ཡོས་དྲལ།

yos.dral

yoe del

Parched and split barley
grains (*Hordeum vulgare*)

ཡོས་ལྗེ་བ།

yos.zla.ba

yoe dawa

Rabbit month; 12th month
according to Tibetan
Elemental Astrology

གཡག

gyag

yak

Yak (male): *Bos grunniens*; the
national animal of Tibet

Yak meat has medicinal value to treat cold diseases but may adversely effect fever, bile and blood disorders.

གཡག་རྫོད།

gyag.rgod

yak goe

Wild yak (*Bos grunniens*)

གཡག་རོག་པོའི་མཁྲིས་པ།

gyag.rog.po'i.mkhris.pa

yak rok poe tee pa

Bile of black yak (*Bos grunniens*)

གཡང་དུ་ལྷུང་བ།

gyang.du.lhung.ba

yaang doo lhoong wa

To fall from a cliff

གཡན་པ།

gyan.pa

yen pa

A skin disease with excessive itching and pus

གཡའ་ཁྱི་མ།

gya'.kyi.ma

ya kee maa

English Name: Spleen wort

Botanical Name: *Chrysoplennium nepalense*

Taste: Bitter

Potency: Cool

Uses: It is beneficial in prevention, pacification and purgation of disorders of bile.

གཡའ་ཟ།

gya'.za

yaa zaa

Hives

གཡར་མོ་ཐང་།

gyar.mo.thang

yar mo thang

Botanical Name: *Primula fasciculata* Balf. f. et ward.

Uses: It has medicinal value to heal wounds and to relieve swelling.

གཡལ་འདར།

gyal.'dar

yeldar

Yawning and shivering or trembling; evident symptoms of wind disorders

གཡི།

gyi

yee

Tibetan Lynx (*Felis Lynx isabellina blyth*)

གཡུ།

gyu

yoo

English Name: Turquoise

Latin Name: *Turquoicum*

Taste: Sweet

Uses: It treats hepatic disorders, eye diseases and eliminates toxins from the body.

གཡུ་བྱུང་། (དཀར་བསྐྱན)

gyu.khyung

yoo khyoong

Turquoise Garuda

Ingredients: *a.ru, ru.rta, skyu.ru, se.'bru, ba.sha.ka, sug.smel, pi.pi.ling, pring.ku, sga.skya, 'u.su, ut.pal, re.skön, go.thal, byi.tang.ga, shu.dag, sman.chen, gla.rtsi, gul.nag, dngul.chu.dkar.btul,*

Nature: Neutral

Uses: A compound which cures blood, bile and *bad-kan* disorders, abdominal cramps due to *bad.kan smug.po*, complete dysfunction of stomach and gastroenteritis.

གཡུ་ཐོག་སྟིང་ཐིག

gyu.thog.snying.thig

yoo thok nying thik

Innermost spirituality of
Yu.thog.pa

གཡུ་ཐོག་སྟིང་མ་ཡོན་ཏན་མགོན་པོ།

gyu.thog.snying.ma.yon.tan.mgon.po

yuthok nyingma yonten gonpo

Yuthok Yonten Gonpo Elder
He was born in *stod.lung.skyid.sna* to *Khyungpo Dorjee* and *Choekeyi Dolma* on 25th June 708 A.D. He authored 'The Four Tantras (*rgyud.bzhi*)' which contains 156 chapters in 5900 verses. His whole life was devoted to the propagation and promotion of Tibetan medical science. He died at the age of 125 years.

གཡུ་ཐོག་གསར་མ་ཡོན་ཏན་མགོན་པོ།

gyu.thog.gsar.ma.yon.tan.mgon.po

yuthok sarma yonten gonpo
NewYuthok Yonten Gonpo
(1126-1202 A.D)

He was the 13th lineage of the Elder Yuthog Yonten Gonpo. He was born in *sgo.bzhi.re.thang* to Yuthok

Khungpo Dorje and Pema
'odldan in 126 A.D. He was
responsible for re-editing and
compiling the present version
of 'rgyud.bzhi' –The Four
Glorious Tantras.

གཡེར་མ།

gyer.ma

yer ma

Hindi Name: Tumburu

Botanical Name:

Zanthoxylum nepalense

Taste: Hot

Potency: Warm and coarse

Uses: It is beneficial in
opening the body channels
and in treating indigestion,
colic pain due to intestinal
worms, pruritis, *rlung*
disorders of the heart, gastric
problems and hangover.

གཡེར་ཤིང་པ།

gyer.shing.pa

yer shing pa

Botanical Name: *Scrophularia
koelzii*

Taste: Hot to astringent

Potency: Neutral

Uses: It is used to control
high fever due to small-pox
and infectious common cold.

ར།

ར་གན།

ra.gan

ra gan

Latin Name: Aurichalcum

Taste: Sour

Uses: It treats skin problems,
eye disorders, and eliminates
toxins from the body.

ར་མནེ།

ra.mnye

ra nye

Hindi Name: Maha medha/
Shikakal

Botanical Name:

Polygonatum officinalis

Taste: Sweet

Potency: Warm

Uses: It relieves pain in the
kidney and waist region, treats
fluid retention in the joints,
weak digestive heat, first stage
of dropsy, impotency, *rlung*
diseases, flatulence, distension
of stomach, skin eruption
and chronic pulmonary
disorders and increases life
span.

ར་ཐུག་མོངས་ལྷོ།

ra.thug.rmongs.spu

ra thook mong poo

Pubic hair of an uncastrated
goat (*capra hircus*)

ར་དུག་གམ་འདྲིན་པ།

ra.dug.gam.'dzin.pa

ra dook gam zinpa

English Name: Goat's bane,
Blue Aconite

Botanical Name: *Aconitum*
napellus

ར་དུག་དམར་པོ།

ra.dug.dmar.po

ra dook mar po

Paeonia veitchii Lynch

ར་དྭགས།

ratna

ratna

Precious

ར་བ་བཞི།

ra.ba.bzhi

ra wa shi

The four strongest

(*ra.ba*) animal signs of Tiger,
Monkey, Pig and Snake

ར་མོ་ཤག།

ra.mo.shag

ramo shak

It is a synonym of *ra.mnye*
(*Polygonatum cirrhifolium*
(Wall) Royle

ར་ཚ།

ra.tsha

ra tshaa

Salt derived from animal
horns

ར་རོ་བ།

ra.ro.ba

ra ro wa

Intoxication

ར་ལུག་གི་ཤ།

ra.lug.gi.sha

ra loog gi sha

Meat of sheep and goat

ར་ས་ཡ་ན།

ra.sa.ya.na

rasa yana

A synonym for *dnagul.chu*
(mercury)

ར་གསུམ་འབྲས་བུ།

ra.gsum.'bras.bu

rasum de boo

A collective name for
Terminalia chebula (*a.ru.ra*),
Terminalia bellerica (*ba.ru.ra*)
and Emblica officinalis
(*skyu.ru.ra*)

ར་སྤྱག་

ra.sug

raa sook

Silence Tennis Willd.

རག་

rag

rak

Aes, Brass Autichal cum

རག་གམ་ཟངས་ཤོར།

rag.gam.zangs.phor

rak gam zang phor

Brass or copper bowls

རག་དུད།

rag.dud

rak due

Brass fumes

རག་དོ།

rag.rdo

rak do

Covellinum

It has medicinal value to treat
eye disorders

རགས་པ།

rags.pa

rak pa

Gross

རང་ཀེག་

rang.keg

rang kek

Lit. Self obstacles

རང་གི་འགྲུལ་བསྐྱོད།

rang.gi.'gul.bskeyod

rang gi gool kyoe

Self-motion

རང་གི་རྒྱ།

rang.gi.rgyu

rang gee gyoo

Self cause; of independent
origin

རང་གི་འདུ་ཤེས།

rang.gi.'du.shes

rang gee doo shey
Self consciousness

རང་གི་ཤེས་པ།

rang.gi.shes.pa
rang gee shey pa
Self spirit

རང་གྲུབ་ཙབས་རུ་ཚ།

rang.grub.tsabs.ru.tsha
rang doob tsabroo tsha
Natural common salt

རང་འགྲོས།

rang.'gros
rang doe
Self movement

རང་འཐག།

rang.'thag
rang thak
Mill, water-mill; one of the
five astrologer's soul stones

རང་བྱུང་འཁོར་ཡུག།

rang.byung.'khor.yug
rang joong khor yook
Natural environment

རང་བྱུང་གི་ལྗ་ཚུལ།

rang.byung.gi.lta.tshul
rang joong gi taa tshool
View of nature

རང་བྱུང་གི་རྣམ་པ།

rang.byung.gi.rnam.pa
rang joong gee nam pa
Natural state, natural
appearance

རང་བྱུང་གི་གཟུགས་གཞི།

rang.byung.gi.gzugs.gzhi
rang joong gee zoog shi
Natural physique

རང་བཞིན།

rang.bzhin
rang shin
Nature (e.g. Humoural nature
of a person)
The nature of man is called
'Rang.shin' in Tibetan in which
one humour normally
predominates and leaves its
marks in terms of appearance
and dispositions.

རང་གཤིས།

rang.gshis
rang.shee

Individuality

Each individual is different from other in various respects, e.g. preference of food, temperament, unique psycho-physical nature etc. due to predominance of a particular humour.

རང་གཤིས་སེམས་ཁམས་རིག་པ།

rang.gshis.sems.khams.rig.pa
rang shee sem kham rik pa
Rational psychology

རབ་དུ་རྒྱ་བ།

rab.tu.rgyu.ba
rab too gyoo wa
Perfectly moving energy

རབ་དུ་གནས་པ།

rab.tu.gnyan.pa
rab too nyen pa
Highly vulnerable
There are 96 highly vulnerable points in human body.

རབ་འབྱུང་།

rab.'byung
rab joong
Sixty year cycle

རབ་རིབ།

rab.rib
rab rib
Defective vision, blurred vision

རབས་ཆད།

rabs.chad
rab chey
Interruption of family lineage, end of a bloodline

རམ་བུ་རྫོད་པ།

ram.bu.rgod.pa
ram boo goed pa
Polygonum viviparum L

རམ་བུ་གཡུང་བ།

ram.bu.gyung.ba
ram boo yung va
Polygonum sinomontanum
samuetss

རི་སྐྱེས་བ་མོ་ཁ།

ri.skyes.ba.mo.kha
ree kye ba mo kha
It is a synonym of
rtsa.mkhris.mchog (Saussurea
graminea Dunu)

རི་སྐྱེས་བྲ་བོ།

ri.skyes.bra.bo

ree kye da wo

Fagopyrum Cymosum

Meissis, Fagopyrum

Tataricum Gaertn

རི་སྐྱོག།

ri.sgog

ree gok

English Name: Mountain
garlic, hill garlic

Botanical Name: Allium
astrosanguineum schrenk

རི་ཐང་མཚམས།

ri.thang.mtshams

Ree thang tsham

Lit. the margins of
mountains and plains

It refers to a pathological
state between hot and cold.

རི་དྭགས་ལྷེ་བ།

ri.dvags.lte.ba

ri dak tewa

A secret name for musk
(*gla.rtsi*)

རི་དྭགས་སྡེ་ཚན།

ri.dags.sde.tshan

ri dak dey tshen

A group of game animals

It is categorised into two—big
game animals and small game
animals.

རི་དྭགས་ཤ།

ri.dags.sha

ree dak sha

Meat of game animals

རི་བོ་རྩེ་ལྷ།

ri.bo.rtse.lnga

ree wo tse nga

Five-peaked mount in China

རི་བོང་།

ri.bong

ree bong

Rabbit (*Lepus Oistolus*
Hodgsoni)

It is a small burrowing animal
of the hare family, which is
one of the twelve animal
signs in Tibetan Astrology.

རི་རབ།

ri.rab

ree rab

Mount Meru, Mount Semeru

རི་ཤི།

ri.shi

ree shee or ree khee

Canopus star

It rises in 8th Tibetan Lunar month for 7 days; during which the water is said to have quality of nectar. Thus it is favourable to start compounding medicines and to bath in water.

རི་ཤོ།

ri.sho

ree sho

Botanical Name: *Ligularia amplexicaulis* DC

Taste: Sweet and bitter

Potency: Cool

Uses: It is beneficial in the treatment of indigestion, *rlung* disorders in the stomach, ulcers, chronic epidemic diseases, diseases of the serous fluids and also used as an emetics.

རིག་སྒྲགས།

rig.snags

rik ngag

Skt. Vidya mantra, the knowledge mantra (for divine activities and establishing the wisdom aspect of realizations)

རིག་ལྷན།

rig.ldan

rik den

Holder of absolute truth and power

རིག་གནས།

rig.gnas

rig ney

Culture, literature, science

རིག་གནས་ཅུང་བ་ལྷ།

rig.gnas.chung.ba.lnga

rig ney choong wa nga

The five minor fields of study or sciences;

- 1) Poetry (*snyan.ngag*)
- 2) Synonyms (*mngon.brjod*)
- 3) Lexicography (*sdeb.sbyor*)
- 4) Astro.science (*skar.rtsis*)
- 5) Dance and drama (*zlos.gar*)

རིག་གནས་ཆེ་བ་ལྷ།

rig.gnas.che.ba.lnga

rig ney che wa nga

The five major fields of study
or sciences;

- 1) Architecture (*bzo.rig.pa*)
- 2) Medicine (*gso.ba.rig.pa*)
- 3) Grammar (*sgra.rig.pa*)
- 4) Logic (*tsad.ma.rig.pa*)
- 5) Religion (*nang.don.rig.pa*)

རིག་གནས་ཤེར་རྟོག་ས་རིག་པ།

rig.gnas.sher.rtogs.rig.pa
rig ney sher tok rik pa
Cultural philosophy

རིག་པ།

rig.pa
rik pa
Skt. Vidya
1) Intelligence
2) Wisdom
3) Awareness
4) Knowledge

རིག་པའི་ཡེ་ཤེས།

rig.p'i.ye.shes
rik pey ye shey
The emanation from the heart
of Buddha (Jr. Yuthok
Yonten Gonpo was
considered as Rigpai Yeshi)

རིག་པའི་ཡེ་ཤེས་དང་ཡིད་ལས་སྒྲེས།

rig.p'i.ye.shes.dang.yid.las.skyes

rig pey yee shey dang yee ley
key

The sage Rigpe Yeshi and Yid
ley Kye (both were emanations
of the Medicine Buddha); the
fundamental Tibetan Medical
Text 'rgyud.bzhi' has the great
sage Rigpe Yeshi (Vidyajñana)
as the expounder and Yidley
Kye (Manasija) as recipient of
the teaching

- 1) Rigpe Yeshi – Younger
Yuthog Yonten Gonpo
- 2) Yidley Kye – Sumton
Yeshe Sung

རིག་བྱེད་བཞི།

rig.byed.bzhi
rig jey shey
Four Vedas; the four science
of Hindu religion
1. Science of poetry
(*snyan.ngag*)
2. Science of administration
(*srid.srung*)
3. Science of sacrifice
(*mchod.sbyin*)
4. Science of aphorisms
(*nges.brjod*)

རིག་འཛོམས་བློན་པ།

rig.'tsho.ma.zin.pa
rig tsho ma zin pa

Disorganized mind, insanity,
madness

རིག་གསུམ་མགོན་པོ།

rig.gsum.mgon.po'

rik soom gon po

The lord of the three families

- 1) Bodhisattava Manjushri,
lord of wisdom
- 2) Avalokiteshvara, lord of
compassion
- 3) Vajrapani, the lord of
might and power

རིགས།

rigs

rik

Family, varieties

རིགས་ཀྱི་དབྱེ་བ།

rigs.kyi.dbye.ba

rik kee ye wa

The enumeration of diseases
on the basis of their types

རིགས་རྒྱུ།

rigs.rgyud

rik gyue

Genetics, bloodline

རིགས་རྒྱུ་སྤྱེ་སྤྱེ།

rigs.rgyud.skye.spel

rik gyue key pel

Reproduction

རིགས་མཐུན་རྒྱས་པ།

rigs.mthun.nus.pa

rik thoon nue pa

The power of medicine to
cure diseases of a particular
part of a body by virtue of
it being compounded from
ingredients extracted from
same part of body (of
animals) e.g. lungs of certain
animals are used to
compound medicines to treat
disorders of human lungs.

རིགས་ལྷན།

rigs.ldan

rik den

Skt. Kulika, Chieftain

རིགས་ལྷན་ཉེར་ལྔ།

rigs.ldan.nyer.lnga

rik den nyer nga

The twenty five chieftains or
kulika of Shambala

- 1) Jampel Dakpa-
Manjusriyasas
- 2) Pema Karpo

- 3) Sangpo
- 4) Namgyel
- 5) Shenyen Sangpo
- 6) Rinchen Chak
- 7) Khyab Joog Bepa-
Hidden Omnipresent one
- 8) Nyima Dak
- 9) Shintu Sang
- 10) Gyatso Namgyal
- 11) Gyel ka
- 12) Nyima
- 13) Natshok Zug
- 14) Dawey Voe
- 15) Thaye
- 16) Sakyong
- 17) Pelkyong
- 18) Senge
- 19) Nampar Non
- 20) Tobpo Che
- 21) Magag pa-Aniruddha
- 22) Miyi Senge
- 23) Wangchuk Che
- 24) Thaye Namgyal
- 25) Dakpo Khorlo Chen-
Forceful wheel holder

རིགས་རྩམ།

rigs.rdzas

rik zey

Genes (lit. genetic substance)

རིགས་བཞི།

rigs.bzhi

rik shi

The four classes

རིང་རྒྱ།

ring.rgyu

ring gyoo

Distant causes (the fundamental ignorance which gives rise to all cyclical existence)

According to *rGud.bzhi*, the sole cause of all the diseases is said to be ignorance or lack of understanding of the meaning of selflessness (*bDag.med*). *rGyud.bzhi* emphasises this by drawing an example of a flying bird which can't cut off from its shadow; similarly, all living beings may have momentary peace and happiness, but is impossible for them to be free of sickness, because of their ignorance. Hence, in the 8th chapter of the Explanatory Tantra 'ignorance' is categorised under distant causes.

རིང་བསྐྱེལ།

ring.bsrel

ring sel

Granulated spheres as holy
relics

རིད།

rid

ree

Emaciation

རིན་ཆེན་གྲང་སྒྲོར་རིལ་ནག་ཆེན་མོ།

rin.chen.grang.sbyor.ril.nag.chen.mo
rinchen dangjor rilnak
chenmo

The Great Cold Compound
Precious Black Pill

This precious pill was
formulated by Nagarjuna
(*mgon.po.klu.sgrub*) and
introduced in Tibet by
O.rgyan.pa Rinchen.dpal (1229-
1309).

Ingredients: *gser.thal, btso.thal,*
lhan.tsber.btul.ma, dngul.thal,
zangs.thal, lcags.thal, rag.thal,
mkhar.thal, zhan.thal, bsha'.thal,
khams.brgyad, lcags.rtsi. zla.'od,
sbur.len.las.snon, byi.ru.las.snon,
khyung, skyugs.las.snon,
dung.las.snon, nal.las.snon,
mu.men.las.snon, gyu.las.snon,
man.shel.las.snon, pring.ku,
pha.lam.las.snon, mrgad.las.snon,
ain.da.ni.la.las.snon, shug.tsher,
pad.rag.las.snon, ga.bur,

chu.dangs.nor.bu.las.snon,
spug.las.snon, mu.tig.las.snon,
mdung.rtse.dkar.po.las.snon,
nya.phyis.las.snon, rgya.ru,
gangs.thigs.chu.bcad, ma.nu,
mtshal.btul.ma, gi.wam, li.shi
lcags.rdo.las.snon, yo.'bog,
snya.lo'i.rtsa.ba, bong.ser,
dpa'.dkar, bong.dkar, dpa'.ser,
man.rdzi.ra.las.snon, gla.rtsi,
kha.sha'i.ra, ar.nag.legs.pa,
mdung.rtse.dmar.po.las.snon,
dza.ti, khab.len.las.snon,
gri.mchin, bse.yab, dpa'.rgod,
cong.zhi.rigs.lnga.tsha.btul,
tsha.la.chu.bcad, mgron.thal,
tsan.dkar, sug.smel, gur.gum,
ko.ji.btul.ma, bong.dmar,
yu.gu.shing.khanta, su.mi.dkar.pa,
su.mi.ser.po, smug.cu.gang,
gang.chung, re.ral.khan.ta,
bya.rgod.spos, brag.skya,ho,
spyi.zhur, byi.'u.la.phug,
stag.sha.nag.po, zi.ra.nag.po, so.ra,
spang.rgyan.dkar.po,
kyi.lce.dkar.po, a.bhi.kha,
lung.thang.mig, ser.po.gu.drus,
bse.ru.dkar.po, sga.dmar, ba.ru,
rma.byi.'i.mdong.thig, brag.zhun,
sgang.thur.las.snon, sra.'bras,
skyer.shun, bu.mo.stag.lo.pa'i.
sha.ba'i.tshil.las.snon,
seng.ge'i.tshil.las.snon, stag.gi.'o.ma,
dpal.gang, se.rgod.bar.shun,
dbang.lag, 'om.bu.bar.shun,

srad.nag.dus.btus, lcags.sbrul, a.ru, khyung.sder.smug.po, khyung.sder.dkar.po, spu.shel.rtse, par.pa.ta, ut.pal, spang.rtsi, sgong.thog, rtsi.dmar, lcag.kyu.ba, gser.me, rgya.tig, sum.tig, stong.zil, tang.kun, da.li, 'u.su, gul.nag, dxi.ra.dkar.po, la.la.phud, dug.nyung, sle.tres, btsod.khrag, phag.khrag, a.'bras, 'jam.'bras, star.bu.khan.ta, spos.dkar, thal.rdor, pi.pi.ling, pho.ril, smyag, ru.rta, skyu.ru, stag.gi.mche.ba.bsreg.thal, lug.ru.smug.po, nya.rus.bsreg.thal, rma.bya'i.mkhris.pa,

Nature: Slightly cool

Uses: It is beneficial in the treatment of *Bad-kan smug po*, debility, three stages of dropsy, chronic fever, contagious fever, allergies, gastroenteritis, infectious diseases, internal suppuration and abscess, serous fluid disease, blood diseases, nerve ailments, arthritis, liver disease, poor complexion, strengthen the major organ system and bony structure, remedy for chemical poison, food poison, poisonous bites, environmental pollution and is a general health tonic.

རིན་ཆེན་ལྷགས་རིལ་ཆེན་མོ།

rin.chen.lcags.ril.chen.mo
rinchen chakril chenmo

The Great Precious Iron Pill
This precious pill is prepared on the basis of formula written by *O-rgyan-pa Rinchen-dpal* (1229-1309), *Rang-'byung rdo-rje* (Karmapa III), and *Kong-sprul-blo-gros-mtha'-yas*. It consists of about forty different ingredients.

Ingredients: *a.ru.lcags.phye, rtag.ngu, rtsa.a.wa, brag.zhun, ba.ru, skyu.ru, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, tsan.dkar, ar.nag, tsan.dmar, sum.tig, ut.pal, pi.ling, bse.ru, bong.dkar, hong.len, ba.sha.ka, bong.dmar, ghi.wam, ru.rta, mdung.rtse.dkar.kmar.las.snon.byas.pa, cung.mzo, sha.ru, rgya.ru, cog.la.btul.ma, kha.sha'i.ra, se.'bru, khab.len.las.snon.byas.pa, gangs.thig.chu.bcad, rgya.tsha, nya.phyis.btul.ma, gla.rtsi, lcags.sbrul.las.snon.byas.pa, nya.mig, skyer.shun.khan.ta, kha.che.sha.skam, dom.mkhris, mgron.thal, cong.zhi.rgod.btul,*

Nature: Slightly cool

Uses: It is beneficial in the treatment of *Leucoma*, conjunctivitis, photophobia,

blood shot eyes, cataract, growth of polypus in the sclera, purulent discharge, weakened optic nerve, involuntary blinking of the eyes, proliferation of impure blood in the hepato-splenic region, haematemesis, blurred vision, double vision, myopia and farsightedness.

རིན་ཆེན་བྱུར་དམར་ཉེར་ལྔ་།

rin.chen.byur.dmar.nyer.lnga

rinchen joor mar nyer nga
The Precious Coral twenty five

This precious pill is prepared on the basis of formula written by *Dil-dmar-ba* and consists of twenty five different ingredients.

Ingredients: *shing.mngar, a.ga.ru, tig.ta, ru.rta, dza.ti, mu.tig.las.snon.byas.pa, li.shi, byu.ru.las.snon.byas.pa, khab.len.las.snon.byas.pa, mu.men.las.snon.byas.pa, me.tog.lug.mig, sin.dhu.ra, bil.ba, til.dkar, gangs.thigs.chu.bcad, gur.rum, mtshal.btul.ma, a.ru, 'brug.rus.las.snon.byas.pa, rdo.klad.las.snon.byas.pa, gzer.'joms, shu.dag, sman.chen, gla.rtsi, ka.ra,*

Nature: Cool and slightly poisonous (*bzi*)

Uses: It is beneficial in the treatment of neurological diseases, encephalodinia, vertigo, stiffness of the neck, meningitis, fainting, dazed mental state, facial paralysis, malfunctioning (impaired) of sense organs, paralysis, rigid and contraction of the extremities and torn nerves due to accidents.

རིན་ཆེན་མང་སྟྱར་ཆེན་མོ།

rin.chen.mang.sbyor.chen.mo

rinchen mangjor chenmo
The Great Multi-Compound Precious Pill

This preparation is based on the formula by *O-rgyan-pa Rinchen-dpal* (1229-1309) and it consists of about seventy ingredients.

Ingredients: *gser.bye, btso.thal, lcags.rtsi.btul.ma, smyug.cu.gang, sa.cu.gang, dza.ti, ko.la.'bru, li.shi, ba.ru, skyu.ru, sug.smel, a.'bras, sra.'bras, 'jam.'bras, tsan.dkar, rgya.mtshal.btul.ma, bse.ru, sdig.srin, gser.bye, lcam.'bru, dpa'.po.dkar.po, bong.dmar, dpa'.po.gser.po, su.mi.dmar.po, ko.byi.btul.ma, gu.yu.dkar.po,*

kha.che.sha.skam, brag.spos, re.ral, sram.'brun.nus.bsregs, brag.skya.ho, ru.rta, ba.sha.ka, bong.dkar, nya.rus.nus.bsregs, gla.rtsi, brag.zhun.khan.ta, gyu.rnying.las.snon, ghi.wam, byu.ru.las.snon, mu.men.las.snon, dom.mkhris, mu.tig.las.snon, yung.ba, char.nyung.khan.ta, nya.phyis.las.snon,

Nature: Slightly cool

Uses: It is a remedy for chemical poison, food poison, poisonous bites, environmental pollution and is beneficial in the treatment of blood and *mkhris-pa* disorders, *bad.kan.smug.po*, hidden fever, chronic fever, three stages of dropsy, wounds, skin diseases, pulmonary diseases, ulcers, primary cancer cases, swelling in the throat and conditions in which one passes blood from the bowel and mouth.

རིན་ཆེན་བཙོ་བྱ་ལྷ་ཤེལ་ཆེན་མོ།

rin.chen.btso.bkru.zla.shel.chen.mo
rinchen tsotoo dashel chenmo
The Great Precious Purified
Moon Crystal

This preparation was formulated by Nagarjuna

(*mgon-po klu-sgrub*) and introduced in Tibet by *Orgyan-pa Rinchen-dpal* (1229-1309) and *Zur-mkhar-pa*. It consists of around sixty different ingredients.

Ingredients: *ka.ko.la, cong.'dzo, smug.cu.gang, gur.gum, li.shi, dza.ti, sug.smel, dug.nyung, tsan.dan.dkar.po, a.ru, ma.nu, tsan.dan.dmar.po, skyu.ru, ru.rta, gser.me, pi.pi.ling, chu.rtsa, khur.rtsa, sum.tig, bong.dkar, ba.sha.ka, hong.len, ut.pal, lug.ru.smug.po, brag.zhun, ko.byi.la.dug.bton, ghi.wam, se.'bru, gangs.thig.chu.bcad, lcags.rtsi.btul.ma, gla.rtsi, pri.ku, kha.che.sha.skam, dom.mkhris, btso.thal, chos.sman, gul.nag,*

Nature: Slightly cool

Uses: It is beneficial in the treatment of *Bad-kan smug-po*, poor vision, heartburn, pain in gastrohepatic, 9th and 12th thoracic vertebra, post digestive pain, weak digestive system giving rise to symptoms like eructation, vomiting, diarrhoea, haematemesis, dysentery, abdominal cramps, micro-organisms, diseases due to serous fluids, stomach tumour, hidden, chronic,

spreading and disturbed fevers, three stages of dropsy, persistent cough with blood and improves memory.

རིན་ཆེན་གཡུ་རྩིང་ཉིར་ལྷ།

rin.chen.gyu.rnying.nyier.lnga

rinchen yu nyin nyer nga

The Great Precious Old
Turquoise Twenty Five

This compound was formulated by *Dpon-tshang dzna-na* and it consists of twenty five ingredients.

Ingredients: *skyu.ru, tsan.dkar, gyu.rnying.las.snon.byas.pa, a.ru, mu.tig.las.snon.byas.pa, ru.rta, byu.ru.las.snon.byas.pa, a.gar, mtshal.kar.btul.ma, lcags.phye, brag.zhun, tsan.dmar, ba.le.ka, stag.sha, dza.ti, bong.kar, gse.sar, rdo.dregs, bse.ru, ko.byi.la, ghi.wam, li.shi, cu.gang.legs.pa, gur.gum, gla.rtsi, sug.smel, chos.sman*

Nature: Slightly cool

Uses: It is beneficial in the treatment of wasting of the body due to liver ailment, pressure in the upper back, stiff neck, head ache due to proliferation of bad blood, epistaxis, heavy sleep (in the day time), dryness of the

mouth, blood-shot eyes, hepato-gastrodynia, loss of appetite and haematemesis due to excess intake of alcohol.

རིན་ཆེན་རྟན་བསམ་འཕེལ།

rin.chen.rat.na.bsam.'phel

rinchen ratna sam phel

The Precious Wish fulfilling
Jewel

This preparation is based on the formula by *O-rgyan-pa Rinchen-dpal (1229-1309)* and it consists of about seventy ingredients.

Ingredients: *lhang.thal, bcu.gang, mu.tig.las.snon.byas.pa, dxi.nag, byu.ru.las.snon.byas.pa, ba.ru, btso.thal, gser.thal, dngul.thal, zangs.thal, lcags.thal, zha.thal, gsha'.thal, rag.thal, 'khar.thal, tsan.dmar, ti.thal, kham.s.b.dun.thal.ba, smug.cu.gang.legs.pa, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, dxi.dkar, shing.tsha, pi.pi.ling, a.ru, skyu.ru, ar.nag.legs.pa, tsan.dkar, shing.mngar, spos.dkar, so.ma.ra.za, sga.skya, sdig.srin, rgya.tsha, ri.snying, gul.nag, gxi.dkar.phra.men.las.snon.byas.pa, gxi.dmar.las.snon.byas.pa, gxi.smug.las.snon.byas.pa,*

gzi.khra.bo.las.snon.byas.pa,
gyu.legs.pa.las.snon.byas.pa,
mthsong.dmar.las.snon.byas.pa,
ma.ni.bo.las.snon.byas.pa,
sdig.nag.dug.phral, nya.phyis,
thal.rdor, ghi.wam, sa.'dzin,
gyang.tri.las.snon.byas.pa,
mar.gad.las.snon.byas.pa,
sha.skam, gza'.bdud.dkar.po,
mu.men.las.snon.byas.pa,
zhu.mig.las.snon.byas.pa,
nal.las.snon.byas.pa, gla.rtsi
gza'.bdud.nag.po, lcam'bru,
klu.bdud.rdo.rje, te.lo'i.sha,
'brong.gi.snying.khrag,
bse.ru.btul.ma,

Nature: Neutral

Uses: It is beneficial in the treatment of apoplexy, depression, epilepsy, loss consciousness, dermatological diseases, neurological disorders, paralysis, swelling of the extremities due to bad blood circulation, acute pain, involuntary defecation and urination, difficulty in closing and opening of eyelids and lips, impaired sense organs, hypertension, cardiac disease, chronic pulmonary disease, internal and external abscesses, numbness, parkinson's disease,

contraction and stiffness of the limbs, insanity, fainting and impaired hearing.

རིན་པོ་ཆེ།

rin.po.che

rinpoche

Precious; high value; refer to precious gems like turquoise, coral, pearl etc.

རིན་པོ་ཆེ་ལས་གྲུབ་པའི་སྒྲན།

Rin.po.che.las.grub.pa'i.sman

Rinpoche ley doob pey men
 Pills compounded from
 precious ingredients (gold,
 turquoise, coral etc.)

རིན་འབྲུང་།

rin.'byung

rin joong

Ratnasambhava who revealed
 Quintessence Tantra
(man.ngag.rgyud)

རིསས།

rims

reem

Epidemics; infectious or
 contagious fevers

རིམས་སྣང་།

rims.rnying

reem nying

Chronic contagious fevers

རིམས་འདེབས།

rims.'debs

reem deb

Attack from contagious fever

རིམས་ཚད།

rims.tshad

reem tshey

Epidemic fever

རིམས་གསར།

rims.gsar

reem.saar

Newly contracted contagious fever

རིམས་སྤང་།

rims.srung

reem soong

Protection from infection

རིལ་དཀར་པད་མེད་།

ril.dkar.pad.sdong

rilkar pey dong

Lotus White Pill

A compound which cures disorders of bile, phlegm and headache.

རིལ་བུ།

ril.bu

reel boo

Pills

རིལ་འཛིན།

ril.'dzin

reel zeen

Total eclipse

རུ་ར།

ru.rta

roo ta

Hindi Name: Kuth/Karvi

Botanical Name: Saussurea

Costus

Taste: Hot and bitter

Potency: Oily, warm and sharp

Uses: It is useful in the treatment of *rLung* and *mkhris.pa* disorders, abdominal distension, lack of proper menstrual flow, diphtheria, pulmonary diseases, flatulence, wounds, tumours and neutralises blood disorders.

རུ་རྟ་བུ་ག་སུམ།

ru.rta.bcu.gsum.

roota choosoom

Saussurea Thirteen

Ingredients: *ru.rta, skyu.ru, se.'bru, ba.sha.ka, sug.smel, pi.pi.ling, byi.tang.ga, ma.ru.rtse, phur.nag.thal, lang.thang.rtse, a.ru.ra, thang.phrom.dkar.po, gla.rtsi,*

Nature: Neutral

Uses: This compound is also known as Turquoise Thirteen (*gyu.ril.bcu.gsum*). It cures brown phlegm, blood, bile, *bad-kan*, stomach and digestive disorders.

རུ་རྟ་ཏུག་པ།

ru.tra.drug.pa

roota dook pa

Saussurea Six

Ingredients: *ru.rta, skyu.ru, se.'bru, ba.sha.ka, sug.smel, pi.pi.ling, ka.ra*

Nature: Neutral

Uses: A compound which cures pain due to brown phlegm; vomiting and severe pain due to indigestion.

རུ་ཐུང་།

ru.thung

roo thoong

A blood letting point of the outer fore arm; lit. short horn

རུ་བཞི།

ru.zhi

roo shi

Pacifying Saussurea

Uses: A compound which cures stomach distension, pain in the evening, indigestion and severe pain due to cold wind disorders.

རུ་ས་ཁམས་ངོས་འཛིན།

rus.khams.ngos.'dzin

rue kham ngoe zeen

Recognition of bone elements

རུ་ས་ཁུ།

rus.khu

rooe khoo

Bone soup

རུ་ས་ཆང་།

rus.chang

rue chang

Beer prepared from bone

རུས་ཆེན།

rus.chen

rue chen

It is a synonym for *ru.rta*
(*Saussurea lappa* (Decne.)
Sch.-Bip

རུས་པ་སོབ་པོ་ཆགས་པ།

rus.pa.sob.pa.chags.pa

rue pa sob po chag pa

Osteoporosis

A condition characterised by
softening of a bone

རུས་ནད།

rus.nad

rue ney

Bone disorders (e.g Polio)

རུས་པའི་གསོས།

rus.p'i.gsos

rue pey soe

A synonym for *cong.zhi*
(calcite)

རུས་པ།

rus.pa

rue pa

Bones

རུས་ལྷགས་སྦྱར།

rus.lpag.sbyar

rue pak jar

Adherence of skin to the
bones

རུས་པའི་འགོས་ནད།

rus.p'i.'gos.nad

rue pey goe ney

Osteomyelitis

རུས་སྦྱལ།

rus.sbal

rue bel

Tortoise

རུས་པའི་གནན་གཞི།

rus.p'ai.gnyan.gzhi

rue pey nyen shi

Osteitis

A condition characterised by
inflammation of a bone

It is an extremely auspicious
animal with much significance
in its design. These designs
consist of eight *par.kha*, nine
sme.ba, twelve animal signs,
nine planets and the 27
constellations. All the mudras
of the deities of the universe
and all the heavenly beings

which are related to the above are also covered by the body of the tortoise.

རུས་སྤལ་འཁོར་ལོ།

rus.sbal.'khor.lo

rue bel khorlo

The Wheel of Tortoise

རུས་སྤལ་གྱི་སྟིང་ཤ།

rus.sbal.gyi.snying.sha

rue bel gee nying sha

Flesh from turtle's heart

རུས་སྤལ་གྱི་རླུང་།

rus.sbal.gyi.rlung

rue bel gee loong

Tortoise wind; a kind of wind energy

རུས་སྤལ་ནམ་པ་ལྔ་།

rus.sbal.rnam.pa.lnga

rue bel nampa nga

The five kinds of tortoise

- 1) *Gnas*— Resident tortoise
- 2) *Chags* — Formed tortoise
- 3) *Srid* — Existence tortoise
- 4) *Sprul* — Emanation tortoise
- 5) *Bshad*— Speaking tortoise

རུས་མིང་།

rus.ming

rue ming

Surname, family name

རུས་ཅ་སྟེང་པ།

rus.rtsa.sgyed.pu

rue tsa gey pu

A nerve which is located at about four fingers (Tib. *sor.bzhi*) from above the knee

རུས་ཚིགས་ན།

rus.tshigs.na

rue tshig na

Pain in the joints of the bones

རུས་ལྷག་།

rus.lhag

rue lhak

Bone-spur

རེ་སྐོན་ཅི་སྟེ།

re.skön.rtsi.skeya

rey kon tsee kya

Corydalis boweri Hemsl

རེ་སྐོན་ཅི་དམར།

re skön rtsi dmar

rey kon tsee mar

Botanical Name: *Corydalis hendersonii* Hemsl

Taste: Bitter

Uses: It is beneficial in the purification of contaminated blood, treats fevers related with blood and inflammation of nerve tissues.

རེ་ལྷག་པ།

re.lcag.pa

rechak pa

English Name: Chick weed

Botanical Name: *Stellera Chamaejasme* Linn

Taste: Hot

Potency: Warm and poisonous

Uses: It is useful in the treatment of tumours, infectious diseases, malignant ulcers, skin diseases and relieves swelling and pain.

རེ་ཐག་

re.thag

re thak

Lit. Strands of yak hair tent rope and refers to the four vulnerable blood vessels of the brain

རེ་དྲགས།

re.dogs

re dok

Expectations and doubts; hopes and doubt

རེ་རལ།

re.ral

re rel

Dryopteris sp. *Adiantum pedatum* Linn (a type of fern)

Uses: It has five species and are recommended against meat and compounded poisons.

རེག་པ།

reg.pa

rek pa

Contact, touch

རེག་པ་རྩ།

reg.pa.rtsa

rek pa tsa

Palpation

One of the diagnostic techniques in Tibetan Medicine, where a doctor feels the artery of the patient's wrist and diagnoses the disorder.

རེག་པའི་དུག

reg.pa'i.dug

rek pey dhook

Sexually-transmitted diseases,
lit. "diseases from contact"

རེག་བྱ།

reg.bya

rek ja

A synonym of *pags.pa* (skin)

རེག་མ།

reg.ma

rek ma

Skt. Sparsi, the offering
goddess of touch

ར།

ro

Ro

1) Taste

2) Corpse (a synonym of
phung.po)

རོ་གྲིབ།

ro.grib

ro deeb

Defilement from a corpse

རོ་དང་ཕྱོགས་མཐུན་ནུས་པ།

ro.dang.phyogs.mthun.nus.pa

ro dang chokthoon nuepa

The medicine, which share
similar properties or natures
as taste, power and the post
digestive taste.

རོ་དུག

ro.drug

ro dook

The six tastes (Ayur. Chai-ras)

1) Sweet-*mngar.ba*

2) Sour-*skyur.ba*

3) Salty-*lan.tsha.ba*

4) Bitter-*kha.ba*

5) Acrid-*tsha.ba*

6) Astringent-*bska.ba*

རོ་མ།

ro.ma

roma

1) Skt. Rasa, the offering
goddess of taste

2) Right channel, it is red in
colour and stands
adjacent to the central
energy channel and runs
from the level of the
eyebrows to somewhere
below the navel.

རོ་ཙ།

ro.tsa

ro tsa

Aphrodisiac, Sexual virility

རོ་ཙ་སྒྱེད་པ།

ro.tsa.skyed.pa

rotsa key pa

To increase sexual potency

རོ་ཙ་ནམས་པ།

ro.tsa.nyams.pa

rotsa nyam pa

Impotence

It refers to inability of a man to produce or sustain a penile erection.

རོ་ཙའི་སྐྱན།

ro.tsa'i.sman

ro tsey men

Aphrodisiac

རོ་ཙ་ཞན་པ།

ro.tsa.zhan.pa

ro tsa shen pa

Impotency

རོ་ལ་གཞོན་པ།

ro.la.gzhon.pa

ro la shonpa

To ride a corpse

རོ་ལངས།

ro.langs

ro lang

Skt. Vetala (i.e. Zombies); lit.

Standing corpse

རོག་པོ་འཛོམས་སྒྱེས།

rog.po.'dzoms.skyes

rok po zom key

Botanical Name: Corgdalis

paohypoda (Franch) Hand-

Mazz

Uses: It treats lung diseases and cranial fractures.

རོད།

rod

roe

A collective name for physical outlook, complexion and strength

རོ་ལ་མོ་མ།

rol.mo.ma

rolmo ma

Vadya; the offering goddess of music

རྒྱངས་དུག

rlangs.dug

lang dook

Vapour poisoning, Skt.

vaspa-visa

Swelling of scrotum

རྒྱིག་རྒྱུགས་ནད།

rlig.rlugs.nad

leek look ney

Hydroceles

རྒྱངས་པ།

rlangs.pa

lang pa

Vapour, steam

རྒྱིག་འབྲས།

rlig.'bras

leek dey

Testicles

རྒྱན་སྟེང་ནལ་བ།

rlan.steng.nyal.pa

len teng nyel pa

Lying or sleeping on damp ground

རྒྱུང་།

rlung

loong

Wind, Skt. vayu, vata

rLung is a vital principle in our body, that is responsible for both the proper functioning of mind and body. It manifests the nature of air element and is characterised by rough, light, cold, subtle, hard and mobile. It resides in the five main energy centers of crown, throat, heart, navel and genital chakras respectively.

རྒྱན་ལ་གནས་པའི་སྟེ།

rlan.la.gnas.p'i.sde

len la neypey dey

A group of aquatic creatures

རྒྱིག་པ་འཕྲང་བ།

rlig.pa.'phyang.ba

leek pa chang wa

Elongation of the scrotal sac

རྒྱིག་རྒྱུགས།

rlig.rlugs

leek look

རྒྱུང་སྐར།

rlung.skar

loong kar

The wind constellation

རླུང་སྐར་བདུན།

rlung.skar.bdun

loong kar doon

The seven wind constellations.

- 1) *mgo*-Mrigasira
- 2) *me.bzhi*-Hast
- 3) *nag.pa*-Chitra
- 4) *sa.ri*-Swati
- 5) *nabs.so*-Punarvasu
- 6) *dbo*-Uttra phalguni
- 7) *tha.skar*-Aswini

རླུང་དཀྱིལ།

rlung.dkyil

loong kyil

The Mandala of the wind element

རླུང་ཁྱམ་བྱེད།

rlung.khyab.byed

loong.khyabjey

Pervading wind, Pervasive energy

Location: Heart

Element: Space

Actions: It pervades from the brain to the toes of the feet and is responsible for all movements.

It is also responsible for functioning of muscle tissues,

lifting, walking, stretching and contraction.

རླུང་གི་ནད་སེལ།

rlung.gi.nad.sel

loong gee ney sel

To alleviate wind disorders

རླུང་གི་བྱས་པ།

rlung.gis.bus.pa

loong gee bue pa

Inflated by wind

རླུང་གྱེན་གྱ།

rlung.gyen.rgyu

loong gengyu

Ascending wind, the Ascending Vital wind energy, Skt. udana-vayu

Location: Chest

Element: Fire

Actions: All vocal activities, and enhances breathing capacity.

It is also responsible for speech, fair complexion, physical strength and clarity of memory.

རླུང་ཐུར་སེལ།

rlung.thur.sel

loong thoorsel

Descending wind, Skt. apana-vayu

Location: Genital area

Element: Earth

Actions: Elimination of bodily wastes and retention of essence and bodily constituents.

It is also responsible for defaecation, urination, ejaculation of sperms and menstrual blood, and opening and contractile activity of the uterus.

རྩུང་ནད།

rlung.nad

loong ney

Diseases caused by imbalance of wind (wind disorders)

རྩུང་ནད་རིག་པ།

rlung.nad.rig.pa

loong ney rik pa

Psychiatry

རྩུང་བུམ་པ་ཅན།

rlung.bum.pa.chan

loong bhoom pa chan

The vase-like Wind

A tantric practice of wind meditation in which, air from bottom of one's body

is drawn up and air from the upper body is compressed down so as to form a vase-shape at the navel level, and then retained and released per the instructions of one's master.

རྩུང་མེ་མགྲམ།

rlung.me.mnyam

loong mey nyam

The Fire-accompanying wind

Location: Stomach

Element: Air

Actions: It separates the nutriment of food and drink from the waste and sends the nutriments to various parts of the body.

It is also responsible for proper digestion, absorption and metabolic activities of the bodily constituents.

རྩུང་འོད་གསལ་ལྔ་པ།

rlung.'od.gsal.lnga.pa

loong oe sel nga pa

Wind energy with five-fold rays

It is the subtle wind energy, which serves as the mount for the clear mind of death.

རླུང་སྟག་འཛིན།

rlung.srog 'dzin

loong sok zin

The Life-sustaining wind

Location: Crown of the head

Element: Water

Actions: To form a link between the life (life force) and the body.

It is also responsible for swallowing of food and drink, respiration, spitting, sneezing, eructation, clear sense faculties and retention of memory.

རློན་གཤེར།

rlon.gsher

lon sher

Humid

བརླ་རྐང་།

brla.rkang

la kang

Thigh bone, femur

བརླ་སྒང་།

brla.sgang

la gang

Ridge of the thighs

བརླ་རེངས།

brla.rengs

la reng

Stiff thigh disorder; a kind of wind disorder which affects thighs

བརླ་ཤ།

brla.sha

laa sha

Thigh

བརླག་མོ།

brlag.mo

lak mo

Female eagle (*Haliactus leucoryphus*)

བརླན་གྲང་།

brlan.grang

len drang

Damp and cold

ལ

ལ་ཆ།

la.cha

la cha

Hindi Name: Khacha

English name: Shell-lac,
Sealing wax

ལ་ནས་འོང་བའི་དར་ཡ་ཀན།

la.nas.'ong.ba'i dar.ya.kan

la ney yong wey darya kan

It is a synonym of
gang.ga.chung (*Gentiana urnula*
H.Sm)

ལ་ཕུག།

la.phug

la phoog

Hindi Name: Moolaka

English Name: Radish

Botanical Name: *Raphanus*
sativus

Taste: Sweet to hot

Potency: Warm

Uses: Fresh radish (Tib. *la-phug gsar-pa*) is light and warm and hence promotes digestive heat, whereas old and stale radish is cool and heavy

resulting in increase of *Bad-kan*. The juice of radish is an effective remedy for piles and dysuria.

ལ་ཕུག་གི་ཁུ་བ།

la.phug.gi.khu.ba

la phook gee khoo wa

Radish juice (*Raphanus*
sativus)

ལ་ཕུག་ག་ས་བོན།

la.phug.gi.sa.bon

la phook gee sa bon

Radish seed (*Raphanus*
sativus)

ལ་ཕུག་ནར་སོན།

la.phug.nar.son

la phook narson

English Name: Old radish

Botanical Name: *Raphanus*
sativus

Uses: It increases *Bad-kan* because of its heavy and cool potency.

ལ་ཕུག་ག་ཞོན་རུ།

la.phug.gzhon.nu

la phook shon noo

English Name: New radish

Botanical Name: Raphanus sativus

Uses: See *la.phug*

ལ་ཕུག་བཟེགས་ཐལ།

la.phug.bsregs.thal

la phook sek thel

Radish ash (*Raphanus sativus*)

ལ་ལ་ཕུད།

la.la.phud

la la phue

Skt. Name: Ajvan, jawani

Botanical Name: *Foeniculum*

Vulgare Mill

Uses: It has medicinal value to treat stomach and cold disorders, and to promote digestive heat.

ལ་ལ་ཕུད་དཀར་པོ།

la.la.phud.dkar.po

la la pheu karmo

Skt. Name: Ajvan, jawani

English Name: White True Bishop's Weed

Botanical Name: *Foeniculum*

Vulgare Mill

Taste: Sweet to hot

Potency: Warm

Uses: It is useful in the treatment of cold disorders of stomach, distension and

pain in the stomach, disorders due to micro-organism in the small and large intestines and promotes digestive heat and appetite.

ལ་ལ་ཕུད་ནག་པོ།

la.la.phud.nag.po

la la phue nak po

Skt. Name: Ajvan, jawani

English Name: Black True Bishop's Weed

Botanical Name: *Burnet Saxifrage* (*Pimpinella involucrato*)

Taste: Sweet and hot

Potency: Warm

Uses: See *la.la.phud.dkar.po*

ལ་ལ་ཕུད་མེར་པོ།

la.la.phud.ser.po

la la phue serpo

Skt. Name: Ajvan, jawani

English Name: Yellow true bishop's weed

Botanical Name: *Cnidium* (*Cnidium Monnieri Cuss*)

Taste: Sweet and hot

Potency: Warm

Uses: See *La.la.phud.dkar.po*

ལག

lag

lak

Aridra, Betelgeuse; it is one
of the twenty seven
constellations or nakshatras

ལག་པ།

lag.pa

lak pa

Hand

ལག་པའི་རྩེ་ངར་ཚུང་བ།

lag.p'i.rje.ngar.chung.ba

lak pey je ngar choong wa

Ulna of the hand

ལག་ངར།

lag.ngar

lak ngar

Arm

ལག་པའི་རྩེ་ངར་ཆེ་བ།

lag.p'i.rje.ngar.che.ba

lak pey je ngar che wa

Radius of the hands

ལག་ཆ།

lag.cha

lak cha

Instruments, equipments,
tools

ལག་རྩལ།

lag.rtsal

lag tsel

Technical skills

ལག་བསྟར་གྱི་རྩེ་ས་དཔག

lag.bstar.gyi.rjes.dpag

lak tar gee je pak

Practical reason

ལག་ཚིགས།

lag.tshigs

lak tshik

Joints of the hands

ལག་མཐེལ།

lag.mthil

lak theel

Palm of the hand

ལག་ལེན།

lag.len

lak len

Practical

ལང་ཐང་རྩེ།

lang.thang.rtse

lang thang tse

Hindi Name: Khurasani

English Name: Henbane

Botanical Name:

Hyoscyamus niger

Taste: Bitter and acrid

Uses: It kills bacteria and heals wounds.

indigestion, tumour,
poisoning and constipation.

ལན་ཇ་བ།

lan.tsha.ba

len tsha wa

Salty taste

Uses: Salty taste is recognized by its special characteristics such as heating and is a sialagogue (which increases salivation). It is needed in large amount for *rLung*, in moderates amount for *mkhris.pa* and less amount for *bad.kan*. Examples of some food and medicinal substances containing salty tastes are sea salt, rock salt, wood salt, horn salt, black sanchal salt, white mineral salt, ash salt, and seaweed.

ལང་འཚོ་སྤྱོད།

lang.'tsho.sbyor

langtso jor

The combination of youth

ལན་ཆགས།

lan.chags

lenchak

Debt, misfortune

ལན་ཇ།

lan.tsha

len tsa

Hindi Name: Lawae

English Name: Salt

Scientific Name: Halitum

Taste: Salty

Potency: Warm

Uses: It is useful in treating impaired digestive heat,

ལབ་སོན།

lab.son

labson

Radish seed (*Raphanus sativus* Linn)

ལམ།

lam

lam

Path

ལམ་འགྲོ།

lam. 'gro

lam do

Luck, fortune

ལམ་ལྷ།

lam. lnga

lam nga

The five paths

- 1) *tshogs.lam* - path of accumulation
- 2) *sbyor.lam* - path of preparation
- 3) *mtshong.lam* - path of seeing
- 4) *sgom.lam* - path of meditation
- 5) *mi.slob.lam* - path of no more learning

ལམ་བཅོ་ལྷ།

lam. bco.lnga

lam chonga

The fifteen paths (of three humours)

A) The five pathways of *rlung* disorders

- 1) *rus.pa* (bone)
- 2) *rna.ba* (ear)
- 3) *reg.bya* (skin)
- 4) *snying.srog* (heart, life channel)
- 5) *long* (large intestine)

B) The five pathways of *mKhris-pa* disorders

- 1) *Khrag* (blood)
- 2) *rngul* (sweat glands)
- 3) *mig* (eye)
- 4) *mchin* (liver)
- 5) *mkhris.pa-rgyu.ma* (gall bladder and small intestine)

C) The five pathways of *Bad-kan* disorders

- 1) *dangs.ma.sha.tshil.rkan.g.khu.ba* (nutritional essence, muscle tissues, fatty tissues, marrow, regenerative fluids)
- 2) *bshang.gci* (stool, urine)
- 3) *sna.lce* (nose, tongue)
- 4) *glo.mcher.mkhal* (lung, spleen, kidneys)
- 5) *pho.lgang* (stomach, urinary bladder)

ལམ་ལྷ་ས་ངན་པའི་རིགས།

lam.ltas.ngan.p'i.rigs

lamtey ngenpey rik

Unfortunate omens on the road to journey

ལམ་རིམས་ཆེན་མོ།

lam.rims.chen.mo

lam rim chen mo

Great stages of the path

ལས།

las

ley

Action, karma, law of cause and effect; according to which thoughts and actions have a commensurate effect in this and next lives

ལས་ཀྱི་བདེ་བ།

las.kyi.bde.ba

ley kee de wa

Simultaneous bliss

ལས་ཀྱི་ཕྱག་རྒྱ།

las.kyi.phyag.rgya

ley kee chak gya

Action mudra; action seal

ལས་ཀྱི་རླུང་།

las.kyi.rlung

ley kee loong

Karmic wind energy

It is an active energy of mental consciousness or the vital wind energy of past deeds.

ལས་དཀར་པོ།

las.dkar.po

ley karmo

Positive actions (any action of the body, speech and mind that produces happiness and benefits for oneself and others)

ལས་དང་ཉོན་མོངས།

las.dang.nyon.mongs

ley dang nyonmong

Actions and afflictions

ལས་བྱེད།

las.byed

ley jey

Working

It is one of the twelve rises and falls (*dar.gud.bcu.ngyis*)

ལས་རིགས།

las.rigs.

ley rik

Professions

ལི།

li

lee

1) bell metal

2) pear fruit

3) one of the eight *Parkhas*

ལི་ཀྲི།

li.khri

lee tee

Hindi Name: Sindoor

English Name: Vermilion,
Red lead

Uses: It has medicinal value
to control necrosis.

ལི་ག་དུར།

li.ga.dur

lee ga door

Botanical Name: *Geranium
pratense*

Taste: Astringent, sweet and
hot

Potency: Cool

Uses: It is used against fever
due to common cold,
inflammation of the lungs,
channels, nerves, blood
vessels, pain and swelling in
the limbs.

ལི་ཤི།

li.shi

lee shee

Skt. Name: *Lavanga*

Hindi Name: Long/Laung

English Name: Clove

Botanical Name: *Syzygium
aromaticum*

Family: *Myrtaceae*

Taste: Hot

Potency: Warm

Uses: It is beneficial for the
treatment of life channel
ailments (*srog.stsa'.nad*),
disorders of arterial and
nerve tissue, anorexia,
indigestion, loss of gastro-
hepatic power, inflammations
of the mouth and throat,
small pox and combined
disorders of *rlung* and cold.
It also promotes appetite,
aids digestion and controls
hiccough.

ལི་ཤི་དུག་པ།

li.shi.drug.pa

lee shee dook pa

Clove Six

Ingredients: *li.shi, cu.gang,*
shing.mngar, spang.rgyan.dkar,
ru.rta, a.ru, ka.ra

Nature: Cool

Uses: A compound which
cures pulmonary diseases,
sore throat and hoarseness of
voice.

འི་ཤི་མཚོན་འཁོར།

li.shi.mtshon.'khor

lee shee tshon khor

English Name: Star anise

Taste: Hot to sweet

Potency: Warm

Uses: It is beneficial for the treatment of pain and distension of stomach resulting from cold conditions, constipation, urine retention and kidney and waist pain.

འིག་བུ་མིག་ཚོག་

lig.bu.mig.chog

lig boo mig chok

Superior chalcidony

Uses: It has medicinal value to treat eye problems.

འིག་བུ་མིག་ལུགས་གཅིག་

lig.bu.mig.lugs.gcig

lik boo mig look chik

A type of chalcidony

འིང་ཐོག་ནད།

ling.thog.nad

leeng thok ney

Albugo of the cornea; pellicle of the eye

འིང་ཚེ་དགུ།

ling.tshe.dgu

leeng tse goo

Gratings, lattice; a lattice with nine squares or rectangles in it

ལུག་

lug

look

- 1) Sheep (one of the twelve animal signs)
- 2) Aries, one of the twelve zodiac signs

ལུག་ལྷན་རིལ་བུ།

lug.klad.ril.bu

look ley ril boo

Ferula Foetida Regel eight (lit. brain of sheep)

Uses: It is used against vertigo and *bad.kan-rlung* combined disorders.

ལུག་ཁལ།

lug.khal

look khel

Load carried by a sheep

ལུག་ངལ།

lug.ngal

look ngel

Corydalis adunca Maxim

Uses: It has medicinal value to alleviate disorders due to poison and relieves swelling of the limbs.

Potency: Warm

Uses: It is useful in the treatment of pain in the kidneys and waist region, fluid retention in the joints, weak digestive heat, first stage of dropsy, impotency, *rLung* disorders and restores bodily strength.

ལུག་ངལ་དཀར་པོ།

lug.ngal.karpo

look ngel kar po

Pedicularis ingens Maxim

ལུག་ཐུག

lug.thug

look thoog

Uncastrated ram (*Ovis aries*)

Uses: The horn of a ram opens the mouth of the womb and helps in the delivery of a baby. It is also beneficial for gynaecological diseases.

ལུག་ཅུང་།

lug.chung

look choong

Botanical Name: *Aster diplostaphioides*, *Aster strachei* (*Aster poliothamnus*)

Uses: It is used against infectious fever, poisoning, brown phlegm and channel fevers.

ལུག་གདོང་།

lug.gdong

loog dong

Sheep-faced demon (lit. sheep face)

ལུག་མནེ།

lug.mnye

look nye

Botanical Name:

Polygonatum oppositifolium

Taste: Sweet, bitter and astringent

ལུག་མིག

lug.mig

look mik

Aster sp. (lit. sheep's eye)

ལུག་མིག་མེ་དོག

lug.mig.me.tog

look mig metok

Botanical Name:

Chrysanthemum, Aster
barbellatus (lit. sheep eye
flower)

Uses: It has medicinal value
to treat disorders due to
poison and to subside
contagious fever.

ལུག་མུར།

lug.mur

look moor

Botanical Name: Phlomis
younghusbandii Murkerj

Taste: Sweet to astringent

Potency: Neutral

Uses: It is useful in the
treatment of infectious
common cold accompanied
by fever, lung diseases,
pharyngitis, malignant and
benign tumours and disturbed
fever.

ལུག་གཞུག

lug.gzhug

look shook

Muscles of the upper arms,
biceps brachii

ལུག་ཐ་བ།

lug.zla.ba

look da wa

Sheep month; 4th month
according to Tibetan
elemental Astrology system

ལུག་རུ།

lug.ru

loog roo

Pedicularis sp

ལུག་རུ་དཀར་པོ།

lug.ru.dkar.po

loog roo karmo

Pedicularis hoffmeisteris

ལུག་རུ་དམར་པོ།

lug.ru.dmar.po

loog roo marpo

Botanical Name: Pedicularis
przewalskii Maxim

ལུག་རུ་སྐྱུག་པོ།

lug.ru.smug.po

look roo mookpo

Botanical Name: Pedicularis
Oliveriana Prain

Taste: Bitter

Potency: Cool

Uses: It is useful in the treatment of meat poisoning, dysentery, disorders of the stomach and small intestine, *bad.kan.smug.po* and helps in assembling the diffused toxins in the body.

ལུག་རུ་སེར་པོ།

lug.ru.ser.po

loog roo serpo

Botanical Name: Pedicularis longiflora Rudolph

Taste: Bitter and astringent

Potency: Cool

Uses: It is useful in the treatment of hot disorders of the liver and gall bladder, excessive seminal discharge, oedema and hangover.

ལུག་སྤྲུག་

lug.sug

look sook

Melandrium glandulosum (Maxim) F.N. Williams Linn

ལུང་།

lung

loong.

Oral transmission
(transference of the pure blessing from a teacher to

disciples by his or her recitation of the classic medical and astro. texts)

ལུང་བསྟན།

lung.bstan

loong ten

Prophecy

ལུང་མ་བསྟན།

lung.ma.bstan

loong ma ten

Neutral; indeterminate

ལུང་རིག་པ།

lung.rigs

loong rik

Scriptural support and logic

ལུད་པ།

lud.pa

lue pa

Phlegm, sputum

ལུད་པ་འདོན་སྟན།

lud.pa.'don.sman

lue pa don men

Expectorant

ལུས་སྒྲིག་ལུགས་།

lums

loom

Medicinal bath therapy

The key method to find body
(health) element

ལུས་།

lus

lue

1) Body; which is
characterised by two

(i) The spheres
which are the
object of harm
(*gnod.bya.khams*)

(ii) The humour
which are the
harmers
(*gnod.byed.nyed.pa*)

2) Body (one of the four
objects of calculation in
Tibetan Elemental Astrology)

ལུས་ཀྱི་གནས་ལུགས་།

lus.kyi.gnas.lugs

lue kee ney look

The anatomical description
of the body (Anatomy)

ལུས་ཀྱི་རྩེ་འགོ་ལུགས་།

lus.kyi.rts'i.'gro.lugs

lue kee tsey do look

The vascular system

ལུས་ཀྱི་མཚན་ནིད།

lus.kyi.mtshan.nyid

lue kee tshen nyee

Basic physiology of the body
(Physiology)

It explains the spheres which
are the objects of harm (7
bodily constituents and 3
excretions) and the humours
(15 humours) which are the
harmers.

ལུས་ཀྱི་དབང་པོ་ལྔ་།

lus.kyi.dbang.po.lnga

lue kee wang po nga

Five senses of the body-eyes,
nose, ears, tongue and body

ལུས་ཀྱི་ལས་དང་དབྱེ་བ།

lus.kyi.las.dang.dbye.ba

lue kee ley dang ye wa

Actions and classifications of
the body

ལུས་ཀྱི་ལྡེ་མིག་།

lus.kyi.lde.mig

lue kee de mik

ལུས་ངག་དྲག

lus.ngag.drag

lue ngak dak

Vigorous physical and verbal exertion

ལུས་ངག་ཡིད་གསུམ་ལས།

lus.ngag.yid.gsum.las

lue ngak yee soom ley

Activities of the body, speech and mind

ལུས་ལྗིབ།

lus.lci.ba

lue chee wa

Ponderous lethargy, heaviness of the body

ལུས་སྟོམ།

lus.snyom

lue nyom

Dullness of the body, weakness of the body

ལུས་ཐིག

lus.thig

lue thik

Tibetan system of body measurements

ལུས་འཕགས་པོ།

lus.phags.po

lue phakpo

Magestic body

ལུས་ཐོངས་ཆུང་།

lus.bongs.chung

lue bong choong

Short in stature, short in height

The people of *rlung* (wind) nature are short in stature.

ལུས་སྐྱེ།

lus.sme

lue mey

Body *smeba* or birth *smeba*

ལུས་ཚ།

lus.tsha

lue tsa

Burning sensation in the body and mind

ལུས་རྫོགས།

lus.rdzogs

lue zok

Completion of the body; one of the twelve rises and falls (*dar.gud.bcu.gnyis*) calculations

ལུས་རྩངས།

lus.zungs

lue zoong

Bodily constituents

ལེ་བཀན།

le.brgan

ley gen

Tagetes erecta L.

ལུས་རྩངས་བདུན།

lus.zungs.bdun

lue zoong doon

The seven bodily constituents
(Ayur: sat dhatus)

1) *dangs.ma*-Nutritional
essence

2) *khrag*-Blood

3) *sha*-Muscle tissue

4) *tshil*-Fatty tissues

5) *rus*-Bone

6) *rkang*-Marrow

7) *khü.ba*-regenerative
essence/fluids

ལེ་བཀན་དམན་པ།

le.brgan.dman.pa

ley gen men pa

Calendule officinalis L.

ལེ་ལོ།

le.lo

le lo

Laziness

ལེན་པ།

len.pa

len pa

To take (grasping)

ལུས་རིད།

lus.rid

lue ree

Emaciation of the body

ལེན་པ་པོ།

len.pa.po

len pa po

Taker

ལུས་སེམས་ལྗི།

lus.sems.lci

lue sem chee

Heaviness of body and mind

ལེན་པ་པོ་བཞི།

len.pa.po.bzhi

lenpapo shee

The four takers

1) *drang.song.kun.tu.lenpa*

- 2) *drang.song.yang.dak.lenpa*
- 3) *drang.song.de.war.lenpa*
- 4) *drang.song.nye.war.lenpa*

ལེའུ།

le'u

le voo

Chapter

ལོ་ཁོ་ཐེ་ཕ་ཚལ།

lo.'khor pad tshal

lo khor pey tsal

English Name: Cabbage

Botanical Name: Brassica

Oleracea

Taste: Slightly sweet to salty

Potency: Cool

Uses: Raw vegetable was eaten by over-indulgent Romans to prevent drunkenness. It helps immunize against breast cancer, heals tissues by encouraging cells to proliferate. It is an antibiotic food and possesses anti-bacterial powers, acts as anti-inflammatory, anti-rheumatic and liver decongestant. Fresh cabbage juice is very valuable in both gastric and duodenal ulcers. The juice is also beneficial in infectious diseases like obstruction

jaundice and bladder infection. Externally the leaves of cabbages can be used on wounds, inflammations, arthritic joints, ulcers and skin conditions like acne.

In folk medicines, it is taken internally for ailments like digestive and lung disorders, migraines, fluid retention and aches and pains. Recent clinical trials have demonstrated their effectiveness in treating stomach ulcers and obesity.

ལོ་ཁོ།

lo.'go

lo go

The beginning of the year

ལོ་རྒྱ་ལྷ་ལྷ།

lo.rgan.drug.cu

lo gen dook choo

Sixty-year cycle

ལོ་བརྒྱ་དྲི་ཆུ།

lo.brgyad.dri.chu

lo gye dee choo

Urine of an eight year old (child)

ལོ་ཆེན་དྲ་མ་ཤྱི།

lo.chen.dha.ma.shri

lo chen dharma shri

Lochen Dharma Shri (1654-1718) was the younger brother of *Ter.dag.ling.pa*.

He authored numerous books on astrology including *rtsis.gz'hung.nyin.byed.snang.ba*; (The Illuminating Treatise on Astrology and Astronomy). He was killed by Mongol warlords in 1718.

ལོ་རྟག་

lo.tog

lo tok

Crops

ལོ་རྟག་ས་བརྩ་གཉིས།

lo.rtags.bcu.gnyis

lo tak choo nyee

The twelve animal signs of the twelve year cycle

1) *byi.ba*-mouse

2) *glang*-ox

3) *stag*-tiger

4) *yos*-hare or rabbit

5) *'brug*-dragon

6) *sbrul*-snake

7) *rta*-horse

8) *lug*-sheep

9) *sprel*-monkey

10) *bya*-bird

11) *khyi*-dog

12) *phag*-pig or boar

ལོ་རྟག་ས་བརྩ་གཉིས་ཀྱི་ཕྱག་རྒྱ།

lo.rtags.bcu.gnyis.kyi.phyag.rgya

lo tak choo nyee kee chak gya

Protective seals (Mudras) of the twelve year cycle

ལོ་རྟག་ས་ཐོ་མོ།

lo.rtags.pho.mo

lo tak fomo

The masculine and feminine of the animal signs

1) Masculine or male signs:
Mouse, tiger, dragon, horse, monkey and dog

2) Feminine or female signs:
Ox, hare, snake, sheep, bird, and pig

ལོ་ཐོ།

lo.tho

lo tho

Almanac, ephemeris; which shows the precise daily motion of the sun and planets

ལོ་ཐོ་རྒྱས་འབྲིང་བསྟན་གསུམ།

lo.tho.rgyas.bring.bsdu.s.gsum

lo tho gey ding due soom

The three types of almanac;
detail, medium and brief

ལོ་མར།

lo.mar

ལོ་དག

lo maar

lo.dag

Aged butter (lit. one year old
butter)

lodak

Standard year

ལོ་བཙན།

lo.btsan

ལོ་ནག

lo tsen

lo.nag

It is a synonym of *bya.rkang*
(*Delphinium caeruleum* Jacq.
ex. Camb)

lonak

Black year

ལོ་ནད་སྐྱུ་འབྱར།

ལོ་རྩ་བ།

lo.nad.stan.'byar

lo.rtsa.ba

lo ney ten jar

lo tsa wa

Bedridden due to prolonged
illness

Translator

ལོ་ནག་ཆེ་བ།

ལོ་ཟླ་ཟླ་དུས་ཀྱི་ཁམས།

lo.nag.che.ba

lo.zla.zhag.dus.kyi.khams

lo nak che wa

lo da shak due kee kham

The great black year; If any
of the four animal signs-tiger,
monkey, pig and snake arise
in the current year along with
smeba number two (black), it
becomes Black year.

Elements of the year, month,
day and time

ལོ་ཤ།

lo.sha

lo sha

Aged meat (lit. one year old
meat)

ལོ་བཤད།

lo.bshad

lo shey

Explanation of the year

ལོ་ཤུར།

lo.shur

lo shoor

Stale greens

ལོ་གསར།

lo.gsar

losar

New Year

ལོ་གསར་གནས་གང་།

lo.gsar.gnam.gang

lo sar nam gang

New year eve

ལོ་ག་མིན།

log.men

lok men

The changeable animal signs
Each person has one birth
sign and one changeable
animal sign. Birth sign
remains constant until death
whereas changeable sign
changes every year

ལོ་ག་མིན་ལེ་ལག་ནམ་བཞི།

log.men.le.lag.rnam.bzhi

lok men le lak namshee

The four types of changeable
animal signs

1) *'ju.thag*

2) *rten.phur*

3) *gnam.rgyang*

4) *sa.rgyang*

ལོ་ག་གཡེམ།

log.gyem

lok yem

Adultery

ལོང་།

long

long

Colon

A part of the large intestine
which begins at caecum and
ends at rectum

ལོང་ག།

long.ga

long ga

Large intestine

ལོང་གི་ཚུ་ཅ་ཕྱན་བུ།

long.gi.chu.tsa.phran.bu

long gee choo tsa tenboo

Minor water channels of the
large intestine

ལོངས་སྤྱ།

longs.sku

ལོང་ནད།

long koo

long.nad

The enjoyment body
(Buddha's actual subtle form)

long ney

Diseases of the large intestine

ལོང་བུ།

long.bu

long boo

Ankle bones

ལོང་རྩ།

long.rtsa

long tsa

Veins in the ankles (blood
letting branches of the
saphanous)

ལོང་གསང་།

long.gsang

long sang

A moxibustion point at the
sixteenth vertebra which is
associated with large intestine;
performing moxibustion at
this point cures distension of
large intestine due to entering
of cold wind, intestinal
tumour etc.

ཤ།

ཤ།

sha

sha

1) Muscle tissues

2) Meat

ཤ་ཀ་མ།

sha.ka.ma

sha ka ma

Botanical Name: *Crocus sativus* Linn

It is a synonym of *gur.gum* (saffron).

ཤ་བཀྲ།

sha.bkra

sha ta

Vitiligo or leucoderma

A condition characterised by loss of skin pigment in patches

ཤ་སྒྲིམ།

sha.skem

sha kem

Thin body, thin physique

ཤ་སྒྲན་བེམ་པོ།

sha.skran.bem.po

sha ten bempo

Insensitive tumour of the flesh

ཤ་ཁ་མ།

sha.kha.ma

sha kha ma

It is a synonym of *kha.che.gur.gum* (*Crocus sativus* L.).

ཤ་ཁུ།

sha.khu

sha khu

Meat broth

ཤ་རྒྱུས་ཀྱི་ནམ་བཞག།

sha.rgyus.kyi.rnam.bzhag

sha gyue ki namshak

The muscular system

ཤ་སྒྲིམ།

sha.sgrim

sha dim

Muscles

A band of tissue in the body that can contract so as to move or hold the position of a part of the body.

ཤ་ཆེན།

sha.chen

sha chen

It is a synonym of *mi.sha*
(human flesh).

ཤ་དར་ཡ་ཀན།

sha.dar.ya.kan

sha darya ken

It is a synonym of
rma.bya'i.sha (peacock's flesh).

ཤ་དུག།

sha.dug

sha dhook

Meat poisoning

ཤ་རྩོད་ཆ་བ།

sha.drod.tsha.ba

sha doe tsawa

Surface or body heat

ཤ་ཕོ་རུ་ར།

sha.pho.ru.rta

shafo ruta

Botanical Name: *Aucklandia*
lappa Decne

ཤ་བ།

sha.ba

shawa

Deer (*Cervus* sp.)

ཤ་བ་བཅད་འབྱོར།

sha.ba.bcad.'byor

shawa chey jor

It is a synonym of *srol.gong.pa*
(*Soroseris hookeriana*).

ཤ་བའི་ཁྲག་ར།

sha.ba'i.khrag.ra

sha wey tak ra

The whitish, soft and hairy
horn that replaces the old
horn of a deer annually

ཤ་བའི་ཐོག་ར།

sha.ba'i.bog.ra

sha wey bok ra

Freshly changed horns of a
deer

ཤ་མ།

sha.ma

shama

Placenta

An organ in the womb of a
pregnant mammal, which
supplies blood and
nourishment to the fetus
through the umbilical cord.

ཤ་མོ།

sha.mo

shamo

English Name: Mushroom

Taste: Sweet and salty

Potency: Neutral

Uses: It is generally useful in the treatment of poisoning and wounds.

ཤ་རུལ།

sha.rul

sha rul

Rotten meat

ཤ་རྩོན།

sha.rlon

sha lon

Raw meat

ཤ་ཟ།

sha.za

shaza

Skt. Pisaci; Carnivorus

ཤ་ལ་ཡུ་རིང་།

sha.la.yu.ring

shala yu ring

Botanical Name:

Cremanthodium decaisnei

C.B. Clorke

ཤ་ཟན།

sha.zan

sha zen

Carnivorous animal

ཤ་ལང་འབངས།

sha.lang.'bangs

sha lang bang

It is a synonym of *kyi.lce.dkar.po'i.me.tog* (*Gentiana straminea* Maxim).

ཤ་ཟའི་ཤ།

sha.za'i.sha

sha zey sha

Meat of carnivorus animals

ཤང་དྲིལ།

shang.dril

shang dil

Botanical Name: *Primula* sp.
(*Primula sikkimensis*)

ཤ་རུ།

sha.ru

sha roo

Stagis Antler

ཤང་དྲིལ་དཀར་པོ།

shang.dril.dkar.po

shang dil karmo

Primula sikkimensis Hook.

ཤང་དྲིལ་དམར་པོ།

shang.dril.dmar.po

shang dil marpo

Primula secundiflora Franch

ཤང་དྲིལ་སྐྱུག་ཆུང་།

shang.dril.smug.chung

shang dil muk chung

Primula bryophila Balf.et.

Farrer

ཤང་དྲིལ་སྐྱུག་ཆེན།

shang.dril.smug.chen

shang dil muk chen

Primula nussola Balf. f. et.

Forest

ཤང་ཚེ།

shang.tse

shang tsey

Botanical Name: Descurainia

sophia (L.) Schur

Taste: Hot

Uses: It removes pain due to a life-channels disorder, cures 'bras, cancerous growth and

removes swellings.

ཤང་ལེན་སྐྱུག་པོ།

shang.len.smug.po

shanglen muk po

Driophyton Wallichii Benth.

ཤང་ཤང་།

shang.shang

shang shang

Civameivaka

A winged creature with bird legs and human torso.

ཤམ་བླ་ལ།

sham.bha.la

shambala

Shambala; a pure land which is the cradle of Kalachakra Tantra

ཤར།

shar

shar

East

ཤར་སྐར་བདུན།

shar.skar.bdun

shar kar dun

The seven constellations in the east according to Elemental

astrology system ('byung.rtsi.lugs):

1. *smin drug*-Krittika
2. *snar ma*-Rohini
3. *mgo*-Mrigasira
4. *lag*-Aridra
5. *nab so*-Punarvasu
6. *rgyal*-Pushyami
7. *skag*-Aslesha

ཤི་བ།

shi.ba

shi wa

Die, dead,

ཤིག་དང་སྟོ་མ།

shig.dang.sro.ma

shik dang so ma

Lice and nits

ཤིང་ཀུན།

shing.kun

shing kun

Hindi Name: Hing/Hingu

English Name: Devil's dung

Botanical Name: *Ferula asafoetida*

Taste: Hot

Potency: Warm

Uses: It is used against hysteria, impaired digestive heat, loss of bodily heat, cold disorders, flatulence and

diseases associated with micro-organism.

ཤིང་ཀུན་ལྟེན་ཀླ།

shin.kun.nyer.lnga

shing kun nyer nga

Ferula Foetida Regel Twenty five

Ingredients: *gar.nag, shing.kun, 'brong.khrag, li.shi, dza.ti, shing.tsha, sga.skya, pi.ling, pho.ril, spos.dkar, gul.nag, rgya.tshos, shu.dag, se.'bru, sgog.thal, sug.smel, a.ru, ar.nag, ru.rta, ma.nu, sle.tres, rgyam.tsha, sman.chen, go.snyod.'bru, ri.snying*

Nature: Warm

Uses: A compound which cures *rlung* disorders affecting muscle tissue, skin, vessels, bone, five vital organs, six hollow organs and malfunctioning of the five major types of *rlung*.

ཤིང་སྐུ་རུ་མ།

shing.skyu.ru.ma

shing kyuru ma

Botanical Name:

Ceratostigma minus

Taste: Astringent

Potency: Neutral

Uses: It is used against hypertension, epistaxis and loss of blood from the uterus after child birth.

ཤིང་གི་ཅུ།

shing.gi.chu
shingi choo
Forest water

ཤིང་གི་སྟིང་པོ།

shing.gi.snying.po
shing gi nying po
A synonym for *ga.bur*
(*Cinnamomum camphora*).

ཤིང་གི་རྩོམ་བུ།

shing.gi.nor.bu
shing gi nor bu
A synonym for *a.ru.ra*
(*Terminalia chebula*).

ཤིང་གི་གསེར་སྦྲན།

shing.gi.gser.sman
shing gi ser men
It is a synonym for
skyer.pa.dkar.po (*Berberis* sp.).

ཤིང་གྲིབ།

shing.grib

shing dib
Shade of a tree

ཤིང་མངར།

shing.ngar
shing ngar
Skt. Name: Yastimadhu
Hindi Name: Mulethi
English Name: Liquorice
Botanical Name: *Glycyrrhiza*
glabra
Family: Papilionaceae
Taste: Sweet
Potency: Cool
Uses: It treats pulmonary diseases, neurological disorders, thirst, vomiting, hoarseness, heartburn and acts as an expectorant.

ཤིང་གཞན་གཅོད་པ།

shing.gnyan.gcod.pa
shing nyen choe pa
Cutting off the plague-causing demons of tree (wood)

ཤིང་ཏེལ།

shing.tel
shing tel
A wooden cauterisation instrument (lit. wooden hammer), which is rubbed to

generate heat and is applied
at the point of a disorder

by nature should take less
mangoes.

ཤིང་རྟོག་བཅུད་ལྷན།

shing.tog.bcud.ldan

shing tok chue den

A synonym for *kham.bu*

(*Prunus* sp.).

ཤིང་ཐོང་།

shing.sdong

shing dong

Tree

ཤིང་རྟོག་ཨ་མ།

shing.tog.arm

shing tok am

Skt. Name: Amra

Hindi Name: Aam

English Name: Mango

Botanical Name: *Mangifera*
indica

Taste: Sweet to slightly
astringent

Potency: Warm

Uses: It strengthens the
kidneys, builds immune
system, beneficial for night
blindness, premature
wrinkling of the skin,
prevents attacks of cold
sinusitis and is highly
recommended to people
suffering from constipation.
However, person having
diabetès, fever and
inflammation as well as obese

ཤིང་ནག་།

shing.nag

shing nak

A synonym for *a.ga.ru*
(*Aquilaria sinensis*).

ཤིང་ལྷག་པ།

shing.lpags

shing pak

Bark

ཤིང་བ་ཤ་ཀ།

shing.ba.sha.ka

shing basha ka

Parilla frutescens var. *acuta*
(Thumb) kudo

ཤིང་མ་གྱི་ར།

shing.ma.gi.ta

shing magi ta

A synonym for *re.ral*
(*Drynaria sinica* Diels).

ཤིང་སྐྱམ་

shing.sman

shing men

Medicinal tree like Santalum
(album Linn) etc.

ཤིང་རྩེར་འཛིན་པ།

shing.rtser.'dzeg.pa

shing tser zegpa

Climb to the top of a tree

ཤིང་ཚ།

shing.tsha

shing tsa

Skt. Name: Tvak

Hindi Name: Dalchini/
Tejpati

Englis Name: Cinnamon

Botanical Name:

Cinnamomum zeylanicum

Family: Lauraceae

Taste: Hot to sweet

Potency: Warm

Uses: It is recommended for
impaired digestive heat,
indigestion, flatulence, blood
sugar, pain during menstrual
cycle, weak kidney and
diarrhoea.

ཤིང་ཚའི་ལོ་མ།

shing.tsha'i.lo.ma

shing tsey loma

Skt. Name: Tej pattra

Botanical Name:

Cinnamomum *Cassia/*
Tamala

ཤིང་ཡོང་འདུ།

shing.yong.'du

shing yong du

The tree of wish fulfilment

ཤིང་ཨ་ཀྲོང་།

shing.a.krong

shing a tong

Buddleia crispa Benth.

ཤིན་དུ་ནི་བའི་འཆི་ལྟ་ས།

shin.du.nye.ba'i.'chi.ltas

shin du ney wey chi tey

Extremely imminent signs of
death

The extremely imminent signs
of death are gradual
dissolution of the power of
five elements and the five
sense faculties resulting in
wrong perception and
discomfort.

ཤེན་སྙངས།

shin.sbyangs

shin jang

Pliancy; suppleness

It is a very basic necessity for firm understanding of the emptiness (*stong nyid*), gained through the power of calm-abiding meditation (*samatha*).

ཤུ་ཏི།

shu.ti

shuti

It is a synonym of 'u.su (*Coriandrum sativum* L.).

ཤུ་ཐོར།

shu.thor

shu thor

Blisters

A contagious skin disease which arises due to an imbalance in the internal micro-organism and increase in serum. It is characterised by itchy blisters that mainly form around the ears, face, arms and legs which leads to the outflow of liquid after scratching the affected part.

ཤུ་དག་དཀར་པོ།

shu.dag.dkar.po

shudak karpō

Hindi Name: Bacha/Vacha

English Name: Sweet flag

Botanical Name: *Acorus*

Gramineus solad

Taste: Hot

Potency: Warm

Uses: It is used to treat debility, dullness of body and mind, food poisoning and loss of appetite.

ཤུ་དག་ནག་པོ།

shu.dag.nag.po

shudak nakpo

Hindi Name: Bacha/Vacha

English Name: Sweet flag

Botanical Name: *Acorus*

Calamus L.

Taste: Hot

Potency: Warm

Uses: It is used to treat weak digestive heat, indigestion, inflammation, diphtheria, sudden swelling and coma due to *snying.rlung* (heart disorder associated with *rlung*).

ལྷ་བ།

shu.ba

shu wa

Blister, Abscess, Skt.
Visphotaka

An eruption of boils on the
outer skin with formation of
pus and fluid

ལྷ་མོ་ཟ།

shu.mo.za

shumo za

Botanical Name: *Trigonella*
foenum-graecum

Taste: Bitter to hot

Potency: Heavy, oily and
warm

Uses: It is useful in treating
formation of pus in the lungs,
diarrhoea associated with
cold conditions, *rlung* and *bad-*
kan disorders, loss of
appetite, weak and low heat
in the kidney.

ལྷ་པ།

shug.pa

shuk pa

Juniper

ལྷ་པ་ཚེར་ཅན།

shug.pa.tsher.chen

shuk pa tsher chen

English Name: Juniper

Botanical Name: *Juniperus*
squamata

Taste: Bitter

Potency: Cool

Uses: It is used against hot
disorders of the kidneys,
accumulation of serous fluids
in the joints and to relieve
sudden swelling.

ལྷ་འབྲུ།

shug.'bru

shuk du

English Name: Juniper seed

Botanical Name: *Juniperus*
indica

Uses: It is used against joint
pain, pneumonitis, hepatitis,
cholecystitis and diuretic or
frequent urination.

ལྷ་ས་བཀག།

shugs.bkag

shug kak

Suppression of the
manifested natural urges

ཤུགས་བཀག་པ།

shugs.bkag.pa

shug kak pa

Forced retention of (stool, urine etc.)

ཤུན་པ།

shun.pa

shun pa

Bark

ཤུལ་ཤ་ནང་།

shul.sha.nang

shuel sha nang

Inner muscles of the back

ཤུལ་ཤ་ཐྱི།

shul.sha.phyi

shul sha chi

Outer muscles of the back
(lower trapezons)

ཤེལ།

shel (chu shel)

shel

English Name: Crystallum

Taste: Sweet

Uses: It treats fevers, lethargy, drowsiness and promotes the clarity of mind.

ཤེལ་ཏ།

shel.ta

shel tah

English Name: Galipot, Pine resin

Botanical Name: *Pinus griffithii*

Uses: It retains bone resin and drains serous fluid from bones.

ཤེལ་རྡོ།

shel.rdo

sheldo

Pyrorgyritum

ཤེས་པ།

shes.pa

shey pa

Awareness; consciousness; mind

ཤེས་པ་འཛུབ་པ།

shes.pa.'tshub.pa

shey pa tsub pa

Unrest mental state, mental instability

It is a symptom of diseases caused by *rlung*.

ཤེས་བྱ།

shes.bya

shey ja

Object of knowledge

ཤེས་ཚོར།

shes.tshor

shey tsor

Feeling, sense

ཤེས་བཞིན།

shes.bzhin

shey zhin

Introspection, introspective awareness

ཤེས་བཞིན་གྱི་སྒྲོབས།

shes.bzhin.kyi.stobs

shey shin ki tob

Power of introspective alertness

ཤེས་ཡོན་ཅན།

shes.yon.can

shey yon chen

Intellectual, learned

ཤེས་རབ།

shes.rab

sherab

Wisdom

ཤོ་མང་།

sho.mang

shomang

English Name: Dockleaf

Botanical Name: Rumex
hepatonsis, Rumex nepalensis
Spreng

Taste: Sweet and bitter

Potency: Cool

Uses: It is useful in the treatment of constipation, poisoning, stagnation of impure or bad blood, swelling, infectious fever, fever due to wound and eliminates micro-organisms.

ཤོ་རེ།

sho.re

sho rey

Hare-lip

ཤོག་ཤིང་།

shog.shing

shok shing

A synonym of *re.lcag.pa*
(*Stellera chamaejasme* L.).

གཤམ་དཀར།

gsha'.dkar
sha kar
Tin

གཤམ་ཐལ།

gsha'.thal
sha thel
Cassiteritum ash

Uses: It is used to heal wounds, disorders caused by evil spirits, acts as an antidote, dries up pus and lymph accumulation and dyes hair.

གཤམ་རྩོ།

gsha'.rdo
sha do
Tin ore

གཤིན་འདྲེ།

gshin.'dre
shin dey
Death spirits

གཤིན་རྩིས།

gshin.rtsis
shin tsi
Death astrology, Death calculation

གཤིས་རྒྱུད།

gshis.rgyud
shi gyue
Nature, temperament

གཤེད་གཟམ།

gshed.gza'
shey za
Foe day or unfavourable day
One should avoid starting any important task on the foe day.

གཤེད་སྐར།

gshed.skar
shey kar
Foe constellation

གཤོལ་འགོ་སྐྱེས།

bshol.'gro.skyes
shol do key
Lit. 'born behind the walking plough'; refers to a saint who was present during Buddha's teaching on medicine

འཕང་།

bshang
shang
Defecation or stool

བཤང་བ་གཏོང་བ།

bshang.ba.gtong.ba
shang wa tong wa
Defecate

བཤད་རྒྱུད།

bshad.rgyud
shey gue
The Explanatory Tantra—the second volume of the *rgyud-bzhi* which consists of thirty one chapters.
The Explanatory Tantra is compared to the sun and moon over the sky so vast, as it gives clear explanation of both the meaning and words of the text.

བཤད་པའི་ཕྱོམ།

bshad.pa'i sdom
shey pey dom
Summary of the Explanatory Tantra

བཤད་ལུང་གནང་།

bshad.lung.gnang
shey lung nang
To transmit and explain a text

བཤན་དམར་བྱེད་པ།

bshan.dmar.byed.pa
shen mar jey pa
To slaughter living beings

བཤལ།

bshal
shel
Purgatives

བཤིག་བྱེད་ནག་པོ།

bshig.byed.nag.po
shikjey nakpo
A synonym for '*bam.po* (Ligusticum pteridophyllum Franch. ex Oliv).

བཤུལ་ཆགས།

bshul.chags
shul chak
A class of hooved animals (i.e. horse, donkey, mule etc.)

བྱི་ཁན་ཏ།

shri.khan.ta
shri khenta
Botanical Name:
Rhus verniciflus Stokes
Taste: Astringent to bitter
Potency: Warm and highly poisonous

Uses: It is useful in the treatment of constipation.

ས།

ས།

sa

sa

Earth; one of the five major elements

The earth element produces muscles, bones and the smelling capability of the foetus.

ས་སྐར་བདུན།

sa.bskar.bdun

sa kar dun

The seven earth constellations:

- 1) *snar.ma* 2) *snron*,
- 3) *lha.mtshams*, 4) *chu.smad*,
- 5) *gro.bzhin*, 6) *byi.bzhin*,
- 7) *mon.gru*

ས་བཀྲ་ཤིས་པ།

sa.bkra.shis.pa

sa tashi pa

The auspicious ground

ས་ག།

sa.ga

saga

- 1) Skt. Visakha, Ox faced
- 2) Vaisakha, Zubemubi (15th constellation)

sa chey

Tibetan geomancy and 'feng shui'. *Sa-che* is the subject of earth or geographical analysis

ས་སྒོ།

sa.sgo

sago

Earth door

ས་བོན་སྒྲན།

sa.bon.skeran

sabon tren

Ovum tumour

ས་གནམ་རྩྭ་ག་པ།

sa.gnyan.rlog.pa

sa nyen lok pa

Digging up the plague-causing demons of the earth

ས་བོན་འཇགས་པ།

sa.bon.'dzags. pa

sabon zak pa

Spermatorrhea, night fall

ས་བདག།

sa.bdag

sadak

Skt. The bhumipati, Lord of the locality, Lord of the earth
It refers to spirits who are local deities.

ས་སྒྲན།

sa.sman

samen

Medicinal soil like sulphur; lit. earth medicine

ས་བདག་ཕྱག་རྒྱ།

sa.bdag.phyag.rgya

sadak chak gya

Protective seal of the lords and ministers of spirits

ས་རྩ།

sa.tsha

sa tsa

Stamp clay

ས་དབྱུད།

sa.dpyad

ས་ཞིང་།

sa.zhing

sa shing

Farm land, field

ས་གཞིང་།

sa.gzhong

sa shong

A unique Tibetan astronomical calculating board

ས་ལྗེ།

sa.zla

sa da

Vaisakh; fourth month of Tibetan lunar calender

ས་རི།

sa.ri

sari

Swati, Arcturus (it is the 14th constellation)

ས་བཤད།

sa.bshad

sa shey

Geography

ས་སྒན་བརྗོད་བ།

sa.sran.brko.ba

sasen kowa

Digging solid earth, digging hard earth

ས་སྟོས་ཁྱི།

sa.sros.khyi

sa soe khi

Dog hour, dusk (7-8 p.m.)

སག་ཅི།

sag.rtsi

sak tsi

Verdigris

སངས་ཀྱས་ཀྱི་གོ་འཕངས།

sangs.rgyas.kyi.go.'phangs

sangye ki gofang

Enlightenment; stage of perfection

A person who attains enlightenment has completely destroyed ignorance and perfected all knowledge and wisdom.

སངས་ཀྱས་ཀྱི་རང་བཞིན།

sangs.rgyas.kyi.rang.bzhin

sangye ki rang shin

Buddha nature

སངས་ཀྱས་བྱམས་པ།

sangs.rgyas.byams.pa

sangye jampa

Buddha Maitreya

སངས་རྒྱས་མར་མེ་མཛད།

sangs.rgyas.mar.me.mdzad
sangye mar may zey
Buddha Dipamkara

སངས་རྒྱས་འོད་དཔག་མཛད།

sangs.rgyas.'od.dpag.med
sangye voe pak mey
Buddha Amitabha

སངས་རྒྱས་ཤ་རྒྱ་བྱུང་པ།

sangs.rgyas.sha.kya.thub.pa
sangye shakya thub pa
Buddha Shakyamuni
He was the fourth Buddha
of this aeon, and the revealer
of the Dharma healing
teachings

སད་མདའ།

sad.mda'
sey da
A preliminary therapeutic test

སད་པའི་སྐབས་ཀྱི་ཐིག་ལེ།

sad.pa'i.skabs.kyi.thig.le
sey pey kab ki thikle
The drop of awakening
It abides mainly at the
forehead and the navel; and
refers to a state, when energies

in the upper portion of the
body converge at the
forehead and energies in the
lower portion of the body
converge at the navel, at the
time of one's awakening from
sleep. This drop of
awakening is called 'the body-
drop' (Tib. *Lus.sem.sku'i.thig.*
le).

སི་པན།

si.pan
sey pen
English Name: Chilli
Botanical Name: Capsicum
Frutescens
Taste: Hot
Potency: Warm and dry
Uses: It is one of the best
carminative agents, and
removes gases from the body,
circulatory stimulant,
antiseptic, anti-bacterial, and
promotes appetite. It is also
used to relieve indigestion,
promote sweating, and to
tonify the nervous system. It
is good for throat problems,
such as tonsillitis, laryngitis,
and hoarseness. Recent
research suggests that cayenne
can ease severe pain of
shingles and migraines. But

excessive consumption of cayenne can lead to gastro enteritis and liver damage. It is advised to avoid seeds, as they can be toxic.

སའི་དགྱིལ་འཁོར།

sa'i.dkyil.'khor

sey kyil khor

The earth Mandala

སིང་པོ།

sing.po

singpo

Light wine, light *chang*

སིན་རྩྱ་ར།

sin.dhu.ra

sindura

English Name: Yellow ochre

Scientific Name: Limoniterra

Taste: Sweet to astringent

Uses: It cures wounds of five vital and six hollow organs, blood disorders and effective in the treatment of fevers and serious burns.

སིབ་ནད།

sib.nad

sib ney

Measles

སུ་མི།

su.mi

sumi

Corydalis Yanhusuo W.T. Wang

སུ་ལུ།

su.lu

sulu

Rhododendron sp.

སུག་སྒྲེལ།

sug.smel

suk mel

Skt. Name: Ela

Hindi Name: Chota Ilaichi

English Name: Cardamom

Botanical Name: Elettaria cardamomum

Taste: Hot

Potency: Warm

Uses: It is useful in the treatment of urine retention, stomach disorders, kidney ailments and promotes appetite and generates digestive heat.

སུག་སྒྲེལ་བཅུ་པ།

sug.smel.bcu.pa

suk mel chupa

Cardamom Ten

Ingredients: *sug.smel, sga.skya, rgyam.tsha, pi.pi.ling, gla.rtsi, sdig.srin, lcam.pa, a.'bras, sa.'bras, 'jam.'bras, bur.dkar*

Nature: Warm

Uses: A compound which treats renal dysfunction due to *rlung* and *bad-kan*, urinary tract calculi and obstruction of urine.

ལུམ་ཅུ་རྩིག

sum.cu.tig

soom choo tig

Botanical Name: *Saxifraga umhellulata*

Taste: Bitter

Potency: Cool

Uses: It treats hot disorders of the liver, gall bladder, pain of the small intestine and disorders of blood and *mkhris-pa*.

ལུམ་ཅུ་རྩ་གསུམ།

sum.cu.rtsa.gsum

soom choo tsa soom

The heaven of thirty-three; celestial abode of gods of the desire realm believed to be located on the top of Mt. Meru

སུར་ཡ།

sur.ya

surya

Internal lesion, Herpes

A round red rash on the skin associated with sores on specific organs

ཤེ་རོ་དག

se.rgod

se goe

English Name: Wild Rose

Botanical Name: *Rosa laevigata*

Taste: Sweet to astringent

Potency: Cool

Uses: It is beneficial in the treatment of fever related with poisoning, liver infection, epidemic fever associated with *rlung* and disorders of lymph.

ཤེ་བའི་མེ་རོ་ག

se.ba'i.me.tog

sey wey metok

Botanical Name: *Rosa brunonii*

Taste: Sweet to sour

Potency: Neutral and oily

Uses: It is used against giddiness, acute headache, tinnitus, hot disorders,

problems associated with gall bladder and *rLung* ailments.

མེ་འབྲུ།

se. 'bru

se doo

Hindi Name: Anar/Dhalima

Botanical Name: *Punica granatum* L.

Taste: Sour to sweet

Potency: Warm

Uses: It restores weak digestive heat and is used against indigestion, loss of appetite, cold diseases and disorders of the *rLung*.

cures against urinary tract calculi, nephrosis and obstruction of urine.

མེ་འབྲུ་ལྔ་པ།

se. 'bru.lnga.pa

se doo nga pa

Punica Granatum Five

Ingredients: *se. 'bru, shing.tsha, sug.smel, pi.ling, sga.skya*

Nature: Warm

Uses: A compound used against indigestion, stomachal tumour, vomiting, anorexia, hysteria and pain in the kidneys and waist region.

མེ་འབྲུ་ཀུན་བདེ།

se. 'bru.kun.bde

se doo kun dey

Comforting *Punica Granatum*

Ingredients: *se. 'bru, shing.tsha, sug.smel, pi.ling, gur.gum, bre.ga, tig.ta, 'u.su, hong.len, ba.sha.ka, brag.zhun, spang.rtsi, skyu.ru, pri.yang.ku, lcam.'bru, sdig.srin, bur.dkar*

Nature: Warm

Uses: A compound which promotes digestive heat, increases appetite, helps to build strength and vigour,

མེ་འབྲུ་ནི་དགའ།

se. 'bru.nyi.dga'

sedu nyi ga

Punic Sun Comfort

Ingredients: *se. 'bru, shing.tsha, sug.smel, pi.pi.ling, gur.gum, lcam.pa*

Nature: Warm

Uses: It treats debility, promotes digestive heat, clears blockage of vessels due to formation of excess mucus and is diuretic.

མེ་འབྲུ་དྲངས་གནས།

se. 'bru.dangs.gnas

se du dang ney

Maintainer of Essence

Ingredients: *se. 'bru, shing.tsha, sug.smel, pi.pi.ling, gur.gum*

Nature: Warm

Uses: A compound which promotes digestive heat, clears the blockage of vessels, heals debility and helps the growing children.

མི་འབྱུ་པད་འདབ།

se. 'bru.pad. 'dab

se du pey dab

Punica Lotus Pedal

Ingredients: *se. 'bru, shing.tsha, sug.smel, pi.ling, gar.nag, gser.me, gser.mdog, se.ba'i.me.tog*

Nature: Warm

Uses: A compound used against dyspepsia, *Bad.kan* disorders, gastritis and specially for *bad kan* associated with *mkhris pa* disorders.

མིང་གི།

seng.ge

senge

Leo; one of the twelve zodiac signs and is symbolized by a lion

མིང་གི་འི་རྩལ།

seng.ge'i.rtsal

sen gey tsel

The powers of a lion

མིང་གི་འཛིན་ས་མིད།

seng.ge. 'jigs.med

sengey jigme

Silene sp.

མིང་ལྗང་།

seng.ldeng

seng deng

Hindi Name: Khadira, khair

Botanical Name: *Acacia catechu*

Taste: Astringent

Uses: It is recommended against gout, arthritis, lymph disorders, proliferation of impure blood and skin diseases.

མིང་ལྗང་ཉིར་ལྷ།

seng.ldeng.nyer.lnga

seng deng nyer nga

Acacia Catechu Twenty Five

Ingredients: *seng.ldeng, skyu.ru, lca.ba, ra.nye, gze.ma, ba.spu, nye.shing, spos.dkar, thal.rdor, so.ra, xi.dkar, xi.nag, til.dkar, sle.tres, ba.ru, a.ru, til.nag,*

*skyer.shun, sman.chen, ru.rta,
gla.rtsi, shu.dag.nag.po, pi.pi.ling,
ny a . p h y i s . b t u l . m a ,
dngul.chu.dkar.btul*

Nature: Cool

Uses: A compound which cures paralysis, rigidity of the limbs, neuritis, rheumatoid arthritis, fits, *rkang*. 'bam and formation of excess serous fluid.

མིང་ལྷེང་ལྷེང་གསུམ།

seng.ldeng.nyergsum

seng deng nyer soom

Acacia Catechu Twenty three

Ingredients: *seng.ldeng, a.ru, ba.ru, skyu.ru, skyer.shun, gul.nag, spos.dkar, gla.rtsi, hong.len, so.ra, kyi.lce.dkar.po, tsan.dkar, tsan.dmar, ba.le.ka, ba.sha.ka, gur.gum, cu.gang, zir.dkar, zir.nag, gi.wam, thal.rdor, brag.spos*

Nature: Cool

Uses: A compound used against gout, arthritis, pain in kidneys and waist region, leucorrhea and spermatorrhoea.

སེན་མོ།

sen.mo

senmo

Nails

སེམས།

sems

sem

Syn. of *yid* and refers to the crystal energy which cognises things

སེམས་ཀྱི་བདེ་སྤྱོད།

sems.kyi.bde.skyid

sem ki dekey

Mental Happiness

Ingredients: *go.yu.dkar.po, li.shi, dza.ti, rtsi.bo.che, pi.pi.ling, ru.rta, snying.zho.sha, ar.nag, bu.smug sman.chen. 'bri.tshil, sga.skya, pho.ril, kha.ru.tsha, ri.bong.snying, 'brong.snying*

Nature: Warm

Uses: A compound used against all types of *rlung* disorders specifically for *rlung* affecting *srog.rtsa* (life channel) which is manifested as stress, tension, anxiety, mild depression, irritability, lack of concentration, trembling, insanity and dumbness.

སེམས་ཀྱི་གོ་དོན།

sems.kyi.go.don

sem ki go don
The concept of mind

སེམས་ཀྱི་རྒྱ་སྒྲིབ་ཅིག་མ།

sems.kyi.rgyu.skad.cig.ma
sem ki gyu keychik ma
Moments of consciousness

སེམས་ཁམས་རིག་པ།

sems.khams.rig.pa
sem kham rik pa
Psychology

སེམས་ཅན།

sems.can
sem chen
Living creatures, Sentient
being (lit. possessing mind)

སེམས་ཅན་གྱི་ཁམས།

sems.can.gyi.khams
sem chen ki khams
Realms of sentient beings

སེམས་དང་ལྡན་པ་མ་ཡིན་པ།

sems.dang.ldan.pa.ma.yin.pa
sem dang den pa ma yin pa
Non-associated
compositional factors

སེམས་པའི་གཞི་གྲུབ།

sems.pa'i.gzhi.grub
sem pey shi dup
Spiritual existence

སེམས་པའི་ཤེར་རྟོགས་རིགས་པ།

sems.pa'i.sher.rtogs.rigs.pa
sem pey sher tok rig pa
Philosophy of the mind

སེམས་བྱུང་།

sems.byung
sem joong
Mental factor (the various
aspects of the mind apart
from the five main sense
consciousnesses)

སེམས་ཁྲ་བ།

sems.tshabs
sem tsab
Nervous mind

སེམས་ལས་ཆེ་བ།

sems.las.che.ba
sem ley chey wa
Great mental anguish,
excessive mental activity

མེམ་ལ་ལྷ་བྱུང་བ།

sem.las.byung.ba
sem ley joong wa
Psychic factors

མེར།

ser
ser
Yellow

མེར་ཆེན།

ser.chen
serchen
Trollius chinensis Bge.

མེར་སྒྲ།

ser.sna
ser na
Stingy, miser

མེར་པོ་བཙན་དུག།

ser.po.btsan.dug
serpo tsen duk
Yellow aconite, Aconitum
fischeri Reichenb

མེར་བ།

ser.ba
ser wa
Hail

མེར་བ་རུས།

ser.ba.rus
ser wa rue
Head of femur

མེར་མཚུར།

ser.mtshur
ser tsur
English Name: Yellow vitriol
Scientific Name:
Fibroferritum
Taste: Sour
Potency: Hot
Uses: It is recommended for
septic wounds in the mouth,
tumours and hair colouring.

མེར་ཤ།

ser.sha
ser sha
Yellow mushroom

སོ་རྩི་ལ་གྱི་གནན་ཁ།

so.rnyil.gyi.gnyan.kha
so nyil ki nyan ka
Gingivitis
A condition characterised by
inflammation of gums

སོ་རྩི་ལ་གྱི་ནད།

so.rnyil.gyi.nad

so nyil ki ney

Pyorrhoea (diseases of the gum)

སོ་ནག་དཔལ་འཛོམས།

so.nag.dpal. 'dzoms

sonak pelzom

Botanical Name: Coriandrum sativum Linn

Taste: Sweet and hot

Potency: Warm

Uses: It is useful in the treatment of stomach disorder, *rlung* disorders, loss of appetite, chronic hepatic-gastro-intestinal disorder (*badkan.smugpo*) characterised by simultaneous imbalance of three humours and blood.

སོ་ནམ་འཁོར་ལོ།

so.nam. 'khor.lo

sonam khorlo

The wheel of agriculture

སོ་ཕག།

so.phag

so fak

Brick

སོ་བ།

so.ba

so wa

Barley, unhusked grain

Botanical Name: Hordeum

Hexasticum Vulgare

Uses: It is recommended for phlegm and bile disorders and removes pain, stones, as well as helps in the delivery of a child.

སོ་བྱའི་སྒོ།

so.bya'i.sgro

so jey do

Heron, Anser sp. (feathers of black goose)

སོ་མ་ར་རྒ།

so.ma.ra.dza

so ma ra za

Botanical Name: Psoralea Corylifolia

Taste: Astringent to bitter to slightly hot

Potency: Warm

Uses: It is useful in the treatment of vitiligo, skin diseases, arthritis, fungal disorder, serum diseases, frequent urination, excessive perspiration and impotency.

སོ་མ་སང་གེ།

so.ma.seng.ge

soma seng gey

A concentrated medicinal paste derived from Indian Mulaseta flower

It is believed that all the five elements are contained in it in equal proportion.

སོ་སེན་ཕུང་།

so.sen.phyung

so sen chung

Falling of teeth and nails

It is an evident symptom of bone tissue consumption.

སོ་རྩ།

so.rtsa

so tsa

Blood letting vessels of the teeth

སོ་སོར་ཐར་པ།

so.sor.thar.pa

so sor thar wa

Liberation (total freedom from Samsara)

སོ་རུལ་པ།

so.rul.pa

so rul pa

Tooth decay

A condition characterised by disintegration of tooth

སོག་ཀ་པ།

sog.ka.pa

so ka pa

Botanical Name: Capsella-bursa pastoris

Taste: Sweet and hot

Potency: Neutral

Uses: It is used to treat kidney, lung, and nerve disorders, fluid retention in the body and to control vomiting.

སོ་ལོ་སྒོན་པོ།

so.lo.sngon.po

so lo ngon po

English Name: Green pepper

Taste: Sweet

Potency: Cool

Uses: It is beneficial in the treatment of piles, oedema, diseases due to serous fluid and micro-organism, tumours and cancerous growth.

སོག་པ།

sog.pa

sokpa

Scapla, scapulae

སོག་མ།

sog.ma
sokma
Blade of grass

སོག་རུམ།

sog.rus
sokrue
Collar bones

སོག་ལེ།

sog.le
sokle
Saw

སོར་གང་།

sor.gang
sor gang
Breadth of one finger
It is a measure of length used in Tibet and one *Sor* refers to the breadth of one finger.

སོར་སོ།

sor.mo
sormo
Fingers

སོར་སོ་ལྔ།

sor.mo.lnga

sormo nga

The five fingers

1. *Mthe.bong*-thumb
2. *Mdzub.mo*-index finger
3. *Gung.mo*-middle finger
4. *Srin lag*-ring finger and
5. *Mthe'u.chung*-the little finger.

སོལ་བ།

sol.ba
sol wa
Charcoal

སོལ་དད་འབྱུང་གསུམ།

sol.dud.'khyud.gsum
sol du khyue soom
A collective name for coal, smoke and embrace
A term used in Tibetan almanac meaning: Coal-past, smoke-future and embrace-present.

སོས་ཀ།

sos.ka
soe ka
Dry summer months – 4th and 5th Tibetan lunar months, a time of *rlung* accumulation and *Bad kan* pacification

ལྷ་འབྲས།

sra. 'bras

sa dey

Hindi Name: Jamun/
jambava,

English Name: Rose apple

Botanical Name: Syzygium
cumini

Uses: It cures renal disorders.

sey ngon

Astragalus pastovius Tsai et.
Yii.

ལྷ་དྲམ་གཤམ།

srad.nag

sey nak

Oxytropi subpodooba P.C.
Li.

སྲང་།

srang

sang

Libra; one of the twelve
zodiac signs and is
symbolized by a balance.

ལྷ་དྲམ་མར།

srad.dmar

sey mar

Hedysarum sikkimense Benth
ex. Baker

ལྷ་དྲམ་རྒྱུག།

srad.dkar

sey kar

Botanical Name: Oxytropis
ochrantha

Taste: Sweet

Potency: Warm

Uses: It is used to treat dropsy
and retention of fluid in the
body, swelling, poisoning by
herbs, spleen disorders and
colic pain.

ལྷ་དྲམ་སྲུག།

srad.smug

sey muk

Gueldenstaedtia himalaica
Baker

ལྷ་དྲམ་སེར།

srad.ser

sey ser

Astragalus Yunnanensis
Franch Var. tatsiensis (Bur et.
Frang) cheng f.

ལྷ་དྲམ་སྲུག་མོ།

srad.sngon

ལྷ་དྲམ་ཆུང་ལེབ་མོ།

sran.chung.leb.mo

sen chung lab mo

Hindi Name: Masur Dal

English Name: Lentil (light pink lentil)

Botanical Name: *Lens culinaris* Medik

Family: Leguminosae

Taste: Astringent and sweet

Potency: Warm

Uses: It increases all the three humours, but treats piles.

A paste of this dal treats erysipelas, gout and blood disorders.

སྒན་ཆེན་དཀར་པོ།

sran.chen.dkar.po

sen chen kar po

English Name: Soyabean

Botanical Name: *Glycine max* (L.)

Family: Leguminosae

Taste: Sweet

Potency: Neutral

Uses: It treats *rlung* disorders, poisoning, water retention in the body and promotes physical strength and bodily constituents.

སྒན་ཕུབ།

sran.phub

sen fub

Peas-straw, skin of bean

སྒན་མ་རིལ་མོ།

sran.ma.ril.mo

sen ma ril mo

English Name: Pea

Botanical Name: *Pisum sativum*

Taste: Sweet

Potency: Cool

Uses: It helps gather toxins and treats *mkhris-pa* disorders, wounds and pimples.

སྒམ།

sram

sam

Ottar, iguana (*Lutra lutra*)

སྒྱི།

sri

see

Evil spirit; a malignant spirit born of a dead person resurrected in their previous locality who create trouble in the vicinity

སྒྱི་གཞོན།

sri.gnon

see non

Exorcism; a type of tantric ritual to capture, bury and burn a malignant spirit

The four formless realms, the sixteen realms of form and eleven realms of desire

མིད་པ།

srid.pa

see pa

Samsara; cyclic existence

མིད་པ་འོ་འཕག་གྲ།

srid.pa.ho'i.phyag.rgya

si pa hoc chak gya

Seal of the *Srid.pa.ho*

མིད་པའི་བྱང་མཐས་དཀར་པོ།

srid.pa'i.byang.sems.dkar.po

si pey jang sem karmo

Calcite (*cong zhi*)

མིད་ཅེ།

srid.rtse

si tse

Summit of the world

མིད་པའི་བྱང་མཐས་དམར་པོ།

srid.pa'i.byang.sems.dmar.po

si pey jang sem marpo

Bitumen (*brag zhun*)

སྤྱ།

srin

sin

Organism

མིད་པའི་རྩ།

srid.pa'i.rtsa

si pey tsa

The channel of existence upon which the senses, physical form and the soul depend upon

སྤྱ་ཐོར།

srin.thor

sin thor

Acne – a kind of skin disease provoking pimples with white and black heads

མིད་པ་སུམ་ཅུ་རྩ་གཅིག་གྲ།

srid.pa.sum.cu.rtsa.gcig

si pey soom chu tsa chik

The thirty one existences

སྤྱ་ནད།

srin nad

sin ney

Disorders caused by micro-organisms

མིན་པོ།

srin.po

sin po

Skt. Raksasa, Cannible, Orgre
It is a kind of evil spirit
which survives on meat.

མིན་བྱ།

srin.bu

sin bu

Parasite

མིན་བྱ་འི་ནད།

srin.bu'i.dug

sin bue duk

Insect poisoning

མིན་བྱ་པད་མ།

srin.bu.pad.ma

sin bu pey ma

Leech

It is a creature that sucks
blood in place of performing
venesection.

མིན་ལག་

srin.lag

sin lak

Ring finger

མིན་ལག་རྒྱུ་མུ།

srin.lag.rgyab.rtsa

sin lak gyab tsa

Minor dorsal blood letting
vessels of the ring finger

མིན་ལོང་།

srin.long

sin long

Descending colon

མིན་ཤིང་སྤྲ་མ།

srin.shing.sna.ma

sin shing nama

Botanical Name: *Daphne*
tangutica Maxim

Taste: Sweet to bitter

Uses: It restores digestive
heat and remedies many
germ caused disorders..

མིན་ཤིང་ལོ་མ།

sring.shing.lo.ma

sinshing loma

Morus alba Linn (leaves)

སྤྲ་པ།

srug.pa

suk pa

Platycodon Grandiflorum
A.DC.

སྤྱང་འཁོར།

srung. 'khor

soong khor

Wheel of Protection

སྤྱལ་མོ།

srul.mo

sulmo

Demoness of decomposition

སྤྱང་མདུད།

srung.mdud

soong due

Protection cord.

སྤྱལ་མོ་ལོང་བ།

srul.mo.long.ba

sul mo long wa

Blind demoness of decomposition

སྤྱང་མ།

srung.ma

soong ma

Guardian deities/Protective deities

སྤྱས་ཐུག།

srus.thug

sue thuk

Barley broth, soup of unripe barley (*Hordeum Vulgare*)

Unripe barley broth constipates and deteriorates the digestive heat.

སྤྱབ་ཀ།

srub.ka

sub ka

Botanical Name: *Anemone rivularis*

Taste: Bitter and hot

Potency: Warm

Uses: It restores weak digestive heat of the stomach, indigestion, treats tumours of cold nature, pathogenic diseases, poisoning caused by snake bite, ruptured wounds and accumulation of excess serous fluids.

སྤྱེ་ད།

sre.da

se da

Blackened wild barley (*Hordeum spontaneum* C. koch).

Uses: It dispels phlegm and bile disorders.

སྤྱེ་ལོང་།

sre.long

se long
Calcaneus (Calcaneum bones)

སྤྲེག

sreg

Sek

Cauterization, moxibustion

སྤྲེག་པའི་སྦྱར།

sreg.pa'i.sbyor

sek pey jor

The burning combination

It refers to the meeting of earth and fire element on a same day i.e. the element of the daily planet (weekday) and the element of the constellation (moon constellation).

སྤྲེད་པ།

sred.pa

sey pa

Craving

སྦྱ་མ་ནག་པོ།

sro.ma.nag.po

so ma nag po

Botanical Name: Cannabis sativus Linn

Taste: Sweet

Potency: Neutral

Uses: It is beneficial in treating *rlung* disorders, constipation, insomnia, pain, cancers, impotency and weak eyesight.

སྦྱ་ལོ་དཀར་པོ།

sro.lo.dkar.po

solo karmo

Botanical Name: Solms-Laubachia sp.

Taste: Sweet

Potency: Cool

Uses: It is used to treat hot disorders of the lungs, turbid fever, infectious fever and wounds.

སྦྱ་ལོ་དམར་པོ།

sro.lo.dmar.po

solo marpo

Botanical Name: Rhodiola sp.

Taste: Sweet to bitter to astringent

Potency: Cool

Uses: It is used to treat hot disorders of the lungs, infectious common cold accompanied by fever, ruptured pulmonary capillaris, bad breath, fetid body odour and improves physical strength.

སྟོ་ལོ་སྟུག་པོ།

sro.lo.smug.po

solo mukpo

Botanical Name: Solms-
laubachia earycarpa (Maxim)

Botsch

Taste: Hot to Sweet

Potency: Cool

Uses: It cures hot disorders
of the lungs, epidemic fever
and cough due to cold
disorders.

སྟོ་ལོ་བཞི་ཐང་།

sro.lo.bzhi.thang

solo shi thang

Rhodiola Four Decoction

Ingredients: *sro.lo.dkar.po*,
shing.mngar, *rgya.skyegs*, *ga.dur*

Nature: Cool

Uses: A compound which
treats pneumonitis, chest pain
and coughing of sputum.

སྟོ་ལོ་སྟུག་འདྲ།

sro.lo.srug. 'dra

solo suk da

Botanical Name:

Phaeonychium Parryoides

Taste: Slightly hot to sweet

Potency: Cool

Uses: It is used to treat hot
disorders of the lungs and

other lung disorders, turbid
fever, infectious fever and
wounds.

སྟོག་སྐར།

srog.skar

sog kar

Constellation of the life-force

སྟོག་གཙོད་ནད་དགུ།

srog.gcod.nad.dgu

sok choe ney goo

The nine fatal diseases

- 1) *tsho.ba.gsum.zad-*
Exhaustation of the three
factors supporting life
- 2) *'du.ba.gshed.du.babs-*
Increase of the humours
regardless of medication
- 3) *sbyor.ba.mtshungs-*Acute
disorders due to
treatment being identical
to the nature of the
disease
- 4) *gnad.du.babs.pa-*Disorders
or wounds affecting the
vulnerable or vital organs
of the body
- 5) *dus.'das.rlung.nad.srog.rten.*
*chad.pa-*Chronic wind
disorder in which the life
force *rlung (bdu.ma)* is lost

- 6) *tsha.ba.la.'das*-Fever which is beyond treatment
- 7) *grang.ba.gting.'khar.ba*-A cold disorder which has fallen below its recovery limit
- 8) *xungs.kyi.mi.thub*-Body becoming too weak to respond to medicine or the treatment
- 9) *rnam.par.'tshé.ba*-Life force (*srog*) and soul (*bla*) stolen by harmful evil spirits

སློབ་ཆགས།

srog.chags
sok chak
Animals

སློབ་ཆགས་སྦྱར།

srog.chags.sman
sok chak men
Medicines compounded from animal products

སློབ་པ་རྩ།

srog.pa.rtsa
sok pa tsa
Life channels
It includes both blood vessels of the central nervous and circulatory system.

སློབ་རྩ་དཀར་ནག

srog.rtsa.dkar.nag
sok tsa kar nak
Black and white life-sustaining veins; black vein is associated with heart and carries blood and the white vein is associated with brain and carries wind

སློབ་རྩ་ནག་པོ།

srog.rtsa.nag.po
sok tsa nakpo
The black life channels

སློབ་འཛིན།

srog.'dzin
sok zin
Holder of life

སློབ་འཛིན་བཅུ་གཅིག

srog.'dzin.bcu.gcig
sok zin choo chik
Eleven holders of life compositions

Ingredients: *ar.nag*, *za.ti*, *snying.zho.sha*, *cu.gang*, *spas.dkar*, *ru.ta*, *a.ru.ra*, *na.ga.ge.sar*, *li.shi*, *'brong.snying*, *shing.kun*

Potency: Warm

Uses: A compound which treats mental instability, loss

of speech ability, severe pain
in the heart, breast and the
liver.

སྟག་འདིན་རྩུང་།

srog. 'dzin.rlung

sok zin loong

The life-sustaining energy

Location: Crown of the head

Element: Water

Actions: To form a link
between the life (life force)
and the body

It runs from the pharynx
down to the end of the
esophagus and helps in
swallowing of foods and
drinks, respiration, spitting,
sneezing, eructation and clears
perception of sense organs as
well as helps retention of
memory.

སྟག་བསྐྱུ།

srog. bslu

sok lu

A ransom of the vital
principle

སྟག་ལྷ།

srog. lha

sok lha

Deity of the life-force

སྟོད།

srod

soe

Evening twilight; a time of
phlegm manifestation

སྟོལ་གོང་སྐྱུག་པོ།

srol.gong.smug.po

sol gong mook po

Botanical Name:

Syncalathium haulaguchi
(kitam) Ling

Taste: Bitter

Potency: Cool

Uses: It is useful in the
treatment of fractured and
cracked bones, pain in the
upper back, empty fever,
headache, throat diseases,
serum disorder of limbs and
fever due to poisoning.

སྟོལ་གོང་སེར་པོ།

srol.gong.ser.po

sol gong serpo

Botanical Name: Sorosis
hookeriana

Taste: Bitter

Potency: Cool

Uses: It is used to treat
fractured and cracked bones,
pain in the upper back, empty

fever and fever due to poisoning.

བསྟོ་བ།

bsro.ba

so wa

Heat therapy

སྤྲ་ངའི་དྲེག་པ།

sla.nga'i.dreg.pa

la nge dek pa

Soot from an iron pan

སྤེ་འཇམ།

sle.'jam

ley jam

A mild enema, in which the medicine is inserted through rectum (for wind disorders)

སྤེ་ཏེས།

sle.tres

ley tey

Hindi Name: Guduchi/
Guchi

Botanical Name: *Tinospora*
Cordifolia

Taste: Sweet to bitter to
astringent

Potency: Neutral

Uses: It balances the three
principal energies (*rlung*,

mkhris.pa and *bad.kan*),
subside fever associated with
rlung, unripe and infectious
fever, relieves inflammation
and pain in the joints due to
arthritis, gout and chronic
fever.

སྤེ་ཏེས་ལྷ་བང་།

sle.tres.lnga.thang

le tey nga thang

Tinospora Cordifolia five
decoction

Ingredients: *sle.tres*, *a.ru*, *ba.ru*,
skyu.ru, *brag.zhun*

Nature: Cool

Uses: It is used to treat initial
stage of rheumatoid arthritis
and is an anti-inflammatory.

སྤྲ་རྟེན།

slong.rkyen

long ken

Causative factors (conditions
that give rise to illness):

- 1) *dus*-seasonal changes
- 2) *gdon*-harmful evil spirits
- 3) *zas.skom.mi.thun.bsten.pa*-
reliance on unwholesome
food and beverage
- 4) *spyod.lam.log.pa*-improper
lifestyle.

གསང་སྒྲགས།

gsang.sngags

sang ngak

Secret mantra; syn. of *rgyud*
(Tantra)

གསང་བདག

gsang.bdag

sang dak

Skt. Guhyapati, syn. Vajrapani
(*phyag.dor*)

གསང་བདག་གི་སྒྲགས།

gsang.bdag.gi.sngags

sang dak gi ngak

The mantra of Vajradhara

གསང་གནས་བདེ་སྤྱོད་འཁོར་ལོ།

gsang.gnas.bde.skyong. 'khor.lo

sang ney dekyong khorlo

The Wheel of Bliss-guarding
This chakra is located at the
genitals, and is associated with
the water element and sense
of taste. Taste here not only
refers our gustatory sense but
taste in the metaphoric sense
as well. This wheel relates to
desire and sexual urge more
than any other centers. It has
thirty two branch channels.

གསང་བ།

gsang.ba

sang wa

Secret

གསང་བའི་དུས་འཁོར།

gsang.ba'i.dus. 'khor

sang wey due khor

The secret Kalachakra

གསང་བའི་འབྲུང་བ་ལྔ།

gsang.ba'i. 'byung.ba.lnga

sang wey joong wa nga

The five secret elements

It refers to the working of
the energy of the elements,
both on the internal and
external levels There are:

- 1) Wood-Liver and gall
bladder,
- 2) Fire-Heart and small
intestine
- 3) Earth-Spleen and
stomach,
- 4) Metal-Lungs and large
intestine
- 5) Water-Kidney, seminal
vesicle and urinary
bladder

གསལ།

gsa'

sa

Snow Leopard, Ounce
(Unica Unica shreber)

གསལ་པོ་ཤར་བ།

gsal.po.shar.ba

sel po shar wa

Clear appearance

གསུང་།

gsung

soong

Speech

གསུང་སྤྲུལ།

gsung.sprul

soong tul

Emanation of Buddha's
speech

གསུང་འབུམ།

gsung.'bum

soong boom

Collected works, lit. hundred
thousand proclamations

གསུང་མཛད།

gsung.mdzad

soong zey

Expositor, the one who
teaches

གསེར།

gser

ser

Hindi Name: Sona

English Name: Gold

Scientific Name: Aurum

Taste: Astringent

Potency: Cool

Uses: It prolongs lifespan,
prevents aging, acts as an
antidote to gem poisoning. It
is also beneficial in controlling
glandular fever and abscess
and repels evil spirits.

གསེར་སྦྱད།

gser.skud

ser kue

Botanical Name: Lethariella
sornonderi

Taste: Bitter

Potency: Cool

Uses: It is used for treating
hot disorders of the lungs,
liver, nerves and fever due to
poisoning.

གསེར་ཁབ།

gser.khab

ser khab

Golden needle

A needle used in therapy
which cures vertigo, dizziness

due to hypertension, epilepsy, paralysis and hysteria, insomnia, depression, irritability etc.

གསེར་གྱི་ཕུད་བུ།

gser.gyi.phud.bu

ser gyi fue bu

Botanical Name: Thladiantha
Cordifolia

Taste: Bitter

Potency: Cool to coarse

Uses: It is useful for treating poisoning, diseases of the serous fluid, *mkhris.pa* disorders and used as an emetic against *mkhris.pa*.

གསེར་གྱི་བྱེ་མ།

gser.gyi.bye.ma

ser ki jema

Scientific Name: Vemiculitum

Taste: Sweet

Potency: Warm

Uses: It cures disorders of the renal system, clears urinary tract obstructions and effective in the treatment of disorders of the nervous system.

གསེར་གྱི་མེ་རྟོག་

gser.gyi.me.tog

ser ki metok

Hindi Name: Beej karela

Botanical Name:

Herpetospermum peduncula

Taste: Bitter

Potency: Cool

Uses: It treats excess secretion of bile fluid, fever associated with infection of the stomach and the intestine and is an excellent remedy in the prevention and treatment of *mkhris-pa* disorders..

གསེར་རྟིག་

gser.tig

ser tik

English Name: Golden
gentian

Botanical Name: Erysimum
longisiliquum

Taste: Bitter

Potency: Cool to coarse

Uses: It is useful in the treatment of blood and bile disorders, infectious fever and head ache.

གསེར་རྟིག་དམན་པ།

gser.tig.dman.pa

ser tik men pa

Inferior golden gentian
(swertia sp.)

གསེར་དེལ།

gser.tel

ser tel

Golden hammer; an instrument used in moxibustion; which cures impaired digestive heat, tumours, accumulation of serous fluids in the joints, swelling, body ache, vertigo, insanity, epilepsy, paralysis, and is especially effective against wind disorders. But it is prohibited against bile inflammations and in genital area.

གསེར་ཐལ།

gser.thal

ser thel

Golden ash

Uses: It promotes longevity, cures glandular fever, abscess, oxides poison and used as rejuvenation.

གསེར་མདུང་།

gser.mdung

ser doong

Lit. Golden spear

It refers to a vein located one *tshun* from Ajna Chakra (*dpral.ba'i.khor.lo*) to the sides

and four fingers breadth upwards.

གསེར་མདོག་།

gser.mdog

ser dok

Lit. Golden colour

It refers to yellow-coloured Terminalia chebula.

གསེར་མདོག་ལྔ་པ།

gser.mdog.lnga.pa

ser dok nga pa

Golden colour five

Ingredients: *a.ru*, *se.'bru*, *gser.me*, *brag.zhun*, *gar.nag*

Nature: Warm

Uses: A compound which cures *mkhris pa* and *rlung* combined diseases, dyspepsia and yellow sclera.

གསེར་མདོག་བཅུ་གཅིག་།

gser.mdog.bcu.gchig

serdok chu chik

Golden colour eleven

Ingredients: *gser.mdog*, *se.'bru*, *skyu.ru*, *dug.nyung*, *dza.ti*, *gser.me*, *brag.zhun*, *xi.ra.dkar.po*, *gur.gum*, *ru.rta*, *se.ba'i.me.tog*

Nature: Slightly warm

Uses: A compound which is used against micro-

organisms, headache due to *bad.kan* and *mkhris.pa*, cholelithiasis, indigestion, yellow sclera and sinusitis.

གསེར་རྫོ།

gser.rdo

ser do

English Name: Gold stone

Scientific Name: Chalcopyrite

Taste: Sweet

Uses: It heals fractured bones, poisoning, nervous disorders and excessive lymphatic fluid secretions.

གསེར་བྱེ།

gser.bye

ser jey

Vermiculitum

Uses: It heals kidney disorders, urine retention, oedema and fractured bone.

གསེར་རྩ་ཀ་མདུང་།

gser.rtsa.ka.mdung

ser tsa ka doong

Golden pillar vein (a vein located on feet)

གསེར་རྩིས།

gser.rtsis

ser tsi

Golden Astrology

གསེར་ཁྲུ།

gser.rhun

ser shoon

Gold pitch, Gold bitumen (which has reddish yellow colour)

གསེར་ཟི།

gser.zil

ser zil

Scientific Name: Pyritum

Taste: Astringent to bitter

Uses: It heals disorders of bone and returns them to their natural tone and radiance.

གསོ་དཀའ་བ།

gso.dka'.ba

so kawa

Difficult to treat or cure

གསོ་ཐབས།

gso.thabs

so thab

Therapeutic means;
Therapeutic techniques or methods

གསེ་ཐབས་དངོས།

gso.thabs.dngos

sothab ngoe

Direct therapeutic techniques,
which is explained in 30th
chapter of The Explanatory
Tantra

Hundred thousand verses of
medical theraphy

གསེ་བ།

gso.ba

so wa

To heal, to recuperate

གསེ་ཐབས་གཉིས།

gso.thabs.gnyis

so thab nyi

Two healing techniques
(Methods for gaining and
losing weight)

གསེ་བ་རིག་པ།

gso.ba.rig.pa

sowa rik pa

The science of healing

གསེ་ཐབས་མེད་པ།

gso.thabs.med.pa

so thab mey pa

Lack of means of
administering treatment

གསེ་བྱེད་ཐབས་ཀྱི་རྩ་བ།

gso.byed.thabs.kyi.rtsa.ba

sojey thab ki tsawa

The root of the therapeutic
methods

གསེ་ཐབས་ཡོད་པ།

gso.thabs.yod.pa

so thab yoe pa

Means of administering
available treatment

གསེ་སྦྱང་།

gso.sbyong

so jong

Bi-monthly confession and
restoration ceremony of
monks and nuns as
prescribed by Buddha

གསེ་དཔྱད་འབྱམ་པ།

gso.dpyad.'bum.pa

so chey boom pa

གསེ་ཙམ།

gso.tsam

so tsam

Barley treatable

གསོ་ཚུལ་དགུ།

gso.tshul.dgu

so tsul goo

The nine particular therapeutic principles; the nine ways of treatment

གསོ་ཚུལ་སྤྱི།

gso.tshul.spyi

so tsul chi

General healing techniques

གསོ་རིག་ཤེར་རྟོགས་རིག་པ།

gso.rig.sher.rtogs.rig.pa

sorik shertok rikpa

Philosophy of medicine

གསོ་སྤྲོ་བ།

gso.sla.ba

so lawa

Easy to cure, curable

གསོལ་བ་འདེབས་པ།

gsol.ba.'debs.pa

sol wa deb pa

Requesting, to make special prayer of wishes

བསམ་བློང་།

bsam.khyung

sam khyung

Wish-fulfilling Garuda

Ingredients: (See. *bsam.nor* + *khyung.nga*)

Nature: Cool

Uses: A compound which treats neuritis, gout, arthritis, sciatica, numbness, acute neuralgia, stiffness and contraction of limbs.

བསམ་གཏན།

bsam.gtan

samten

Meditation, trance

བསམ་པ།

bsam.pa

sampa

Spirit, thought, idea, view

བསམ་པའི་སྒྲོབས།

bsam.pa'i.stobs

sam pey tob

Power of reflection

བསམ་པའི་ལས།

bsam.pa'i.las

sam pey ley

Deliberative action

བསམ་པའཕེལ་ནོར་བུ།

bsam. 'phel.nor.bu

samphel norbu

Wish-fulfilling Jewel

Ingredients: *cu.gang, gur.gum, li.shi, dza.ti, sug.smel, ka.ko.la, tsan.dan.dkar, tsan.dan.dmar, a.gar.nag, gla.rtsi, ghi.wam, mu.tig, bse.ru, a.ru, ba.ru, skyu.ru, zi.ra.dkar, zi.ra.dmar, pi.ling, sga.dmar, shing.tsha, spos.dkar, thal.rdor, so.ra, ma.nu, ru.rta, shing.mngar, sa.dzin, gser.bye, sdig.pa*

Nature: Slightly cool

Uses: It is used against neuritis, gout, sciatica, arthritis, chronic skin diseases, stiffness and contraction of limbs.

བསམ་པ་ཞིགས་ཀྱི་གཏན་ཚིགས།

bsam.gzhigs.kyi.gtan.tshigs

sam zhig ki ten tsik

Logic of thinking

བསམ་བསུ།

bsam.bse'u

sam se voo

Vesicle of regenerative substances, Seminal vesicle (Ovary)

བསམ་སེའི་ཆུ་ཅ་ཕྱན་བུ།

bsam.se'i.chu.rtsa.phran.bu

sam sey chu tsa ten boo

Minor water channels of seminal vesicle

བསིལ་གྱིབ།

bsil.grib

sil dib

Shade

བསིལ་ས།

bsil.sa

sil sa

Cool place (where patient having *mkhris-pa* disorder are advised to stay)

བསིལ་སྦྱོར་ཐལ་བ།

bsil.sbyor.thal.ba

sil jor thel wa

Excessive medication of cool potency

བསི་སྦུར།

bse.spur

se poor

Tibetan cockroach (*Blatta orientalis* Linn)

Uses: It is beneficial in the treatment of septic fever and acts as an anti-spasmodic.

བཟེ་མོག་

bse.mog

se mok

Veneral diseases (sexually transmitted)

བཟེ་ཡབ་

bse.yab

se yab

Hindi Name: Sabe

English Name: Bengal quince

Botanical Name:

Chaenomeles speciosa

Taste: Sour to sweet

Potency: Cool

Uses: It is useful in treatment of *bad.kan.smug.po*, chronic disorders of the stomach, indigestion and is beneficial against ear disorders.

བཟེ་ཡབ་མཚོག་

bse.yab.mchog

se yab chok

English Name: Superior

Chinese Quince

Botanical Name:

Chaenomeles Sinensis

Koehne

བཟེ་ཡབ་དམན་པ།

bse.yab.dman.pa

se yab men pa

English Name: Inferior

Tibetan Quince

Botanical Name:

Chaenomeles Sp.

བཟེ་རུ།

bse.ru

seru

Rhinoceros sp.

བཟེ་རུའི་རུ་ཅོ།

bse.ru'i.ra.co

se rue ra chok

Horn of Rhinoceros

Uses: It is beneficial in the treatment of formation of pus, blood and lymph in the chest and stomach.

བཟེན་མོ།

bsen.mo

senmo

Obsessive female spirit

བཟེར་བུས་བུས་པ།

bser.bus.bus.pa

ser bue buepa

Exposure to cold winter or
breeze

ད།

བསོད་ནམས།

bsod.nams

sonam

Merits, Skt. punya

ད་བོ།

ba.bo

hawo

A synonym for *Rubia cordifolia* L. (*btsod*).

བསོད་ནམས་ཀྱི་ཚོགས།

bsod.nams.kyi.tshogs

sonam ki tshok

Accumulation of merits

Any positive action motivated
by the great Bodhicitta heart

ད་རི་དྭ་ཀ།

ba.ri.ta.ka

hari taka

A synonym for a type of *Terminalia chebula* Retz.
called *a.ru.gser.mdog*

ད་རེ་ཏུ་ཀ།

ba.re.nu.ka

harey nuka

A synonym for *Phoenix dactylifera* L. (*'bra.go*).

ད་རེས་ནུས།

ba.res.nus

harey nue

A synonym for *Phoenix dactylifera* L. (*ma.nu.rta.skam*).

ན་ལ།

ha.la

hala

Aconitum kusnezoffii Rehb.

ན་ལ་ན་ལ།

ha.la.ha.la

hala hala

A synonym for *Aconitum richardsonianum* Lauener var. *crispulum* W.T. Wang (*bong.nag*)

ན་ལོ།

ha.lo

halo

Skt. Name: Gul khera

Botanical Name: *Althea rosea*

ན་ལོ་དཀར་པོ།

ha.lo.dkar.po

halo karmo

Botanical Name: *Alcea rosea* L.

Taste: Sweet and hot

Potency: Neutral

Uses: See (*mdog.ltan.pho.lcam*)

ན་ལོ་དམར་པོ།

ha.lo.dmar.po

halo marpo

Malva sinensis caven

ན་ཤིག་

ha.shig

ha shik

English Name: Talc, Talcum

Scientific Name: Alabaster

Taste: Sweet

Uses: It purges channel disorders and is recommended for neurological diseases and wounds.

ན་ཤིག་དཀར་པོ།

ha.shig.dkar.po

ha shik kar po

White Talc (Alabaster)

Taste: Sweet

Potency: Cool

Uses: See (*Ha.shig*)

ན་ཤིག་སྒྲིན་པོ།

ha.shig.sngon.po

ha shik ngon po

Blue Talc (Alabaster)

Taste: Sweet

Potency: Cool

Uses: See (*Ha.shig*)

ཧ་ཤིག་དམར་པོ།

ha.shig.dmar.po

ha shik mar po

Red Talc (Alabaster)

Taste: Sweet

Potency: Cool

Uses: See (*Ha.shig*)

ཧིང་ལི།

hing.li

hingli

A synonym for *Curcuma longa* L. (*yung.ba*) in the language of Khrom.

ཧེ་རུ་ཀ།

he.ru.ka

heruka

A synonym for *Acorus calamus* (*shu.dag.nag.po*).

ཧོང་ལེན།

hong.len

hong len

Hindi Name: Kutki/Katuka

Botanical Name: *Lagotis Kunawurensis*

Taste: Bitter

Potency: Cool

Uses: It is useful in the treatment of hot disorders of the liver, lungs, small

intestine, blood, disturbed fever, inflammations and helps purification of the blood.

ཧོང་ལེན་མཚོག།

hong.len.mchog

honglen chok

The superior *picrorhiza kurroa*

Taste: Bitter

Potency: Cool

Uses: It dries up impure blood, subsides disturbed fever and fever of vital organs.

ཧོང་ལེན་དམར་པ།

hong.len.dman.pa

hong len men pa

Lagotis sp. (inferior kind)

Taste: Bitter

Potency: Cool

Uses: See (*Hong.len.mchog*)

ཧོར་གྱི་མེ་བཙའ།

hor.gyi.me.btsa'

hor gyi me tsa

Mongolian method of cauterization

A therapy in which, *Carum carvi* Linn is wrapped in cloth, immersed in hot oil and

used as a compress at various
rLung points.

ལྷ།

lha

lha

Skt. Deva, Mundane gods

ལྷ་ཁང་གུར་གུམ།

lha.khang.gur.gum

lhakhang gurgum

A synonym of *a.byag.gzer.'joms*
(*Chrysanthemum tatsinensis*
But. et. Franch)

ལྷ་འཁོར།

lha.'khor

lha khor

Retinue of the gods

ལྷ་སྒྲུང་ཤེར་རྟོག་ས་རིག་པ།

lha.sgrung.sher.rtogs.rig.pa

lha dung shertok rikpa

Philosophy of myth

ལྷ་ང་།

lha.nga

lha nga

Patella, knee cap

ལྷ་ཆེན།

lha.chen

lhachen

Skt. Mahadeva (the great god)

ལྷ་ཆེན་བརྒྱད།

lha.chen.brgyad

lhachen gey

Eight great gods; eight lords

1) *dbang.phyug*-Isvara

2) *brgya.byin*-Indra

3) *tshangs.pa*-Brahma

4) *khyab.jug*-Visnu

5) *'dod.pa'i.dbang.phyug-*
Kamadeva

6) *tshogs.bdag*-Ganesha

7) *bhing.gi.ri.rdi*-Bhirmgiriti

8) *gzhon.nu.gdong.drug-*
Sadmukhakumara

ལྷ་ཆེན་མ་དེ་ལ།

lha.chen.ma.de.wa

lhachen mahadeva

A secret name for mercury
(*dngrul.chu*). It got the name
from the myth that it origi-
nated from the semen of the
great Lord Shiva.

ལྷ་རྟེ།

lha.rje

lha je

The divine doctors

A synonym of *sman.pa*
(physicians)

ལྷ་མིན།

lha.min

lha min

Skt. Asura, antigods, a lower level of gods who experience continuous jealousy, fighting and warfare

ལྷ་གནས།

lha.gnas

lha ney

Abode of the gods

ལྷ་མིན་ཁྲག།

lha.min.khrag

lha min tak

Allium Sativum L.

ལྷ་བསྐྱེལ་བ།

lha.bs nol.ba

lha noel wa

Disputation with a deity

It is a synonym of *gogs.skeya*

ལྷ་བུའི་ཁམས།

lha.bu'i.khams

lha bue kham

Calcite

It is a synonym of *cong.zhi*

ལྷ་མིན་དག།

lha.min.dgra

lha min da

Hollarrhena antidysenterica

Wall ex. A.DC.

A synonym for *dug.mo.nyung*

ལྷ་དབང་ཕུག།

lha.dbang.phyug

lha wangchuk

Skt. Mahadeva

ལྷ་མིན་བུ།

lha.min.bu

lha min bu

It is a synonym of *mtshal*
(cinnabar)

ལྷ་འབྲུམ།

lha.'brum

lha doom

Small-pox

ལྷ་མོ།

lha.mo

lhamo

Goddess

ལྷ་མོ་བདུད་རྩི་མ།

lha.mo.bdud.rtsi.ma

lhamo due tsi ma

The dakini who offered
Terminalia chebula
(*a.ru.rnam.rgyal*) to the king of
medicine.

ལྷ་མོ་བརྒྱུད་རྩིས།

lha.mo.brgyad.rtsis

lhamo gey tsi

The eight goddesses of
calculation

- 1) *lha.mo.'od.'bar*
- 2) *lha.mo.brten.ma*
- 3) *lha.mo.rno.dpal.ma*
- 4) *lha.mo.mdangs.ldan*
- 5) *lha.mo.char.'bebs*
- 6) *lha.mo.gyo.med*
- 7) *lha.mo.'od.ljang*
- 8) *lha.mo.skyed.byed*

ལྷ་མོ་དབྱངས་ཅན་མ།

lha.mo.dbyangs.can.ma

lhamo yangchen ma
Sarasvatidevi

ལྷ་མོ་འི་རྩ་མཚན།

lha.mo'i.zla.mtshan

lhamo da tsen

Red lac

It is a synonym of *rgya.tshos*

ལྷ་མཚམས།

lha.mtshams

lha tsam

Anuradha, Scorpius

It is one of the twenty seven
constellations.

ལྷ་ཤོ།

lha.sho

lha sho

Calamine

A synonym of *gangs.thig*

ལྷ་ཡི་མེ་དོག།

lha.yi.me.tog

lhay metok

It is a synonym of *li.shi*
(*Eugenia aromatica* Baill)

ལྷ་ཡུལ།

lha.yul

lhayul

Realm of gods

ལྷ་རིགས་མི་གཅིག་ཐབས་པ།

lha.rigs.mi.gcig.thabs.pa

lha rik michik thab pa

Conflict amongst different
groups of deities

ལྷ་རུ་རེ།

lha.ru.rtse

lharu tsey

Costal cartilages

ལྷ་ཤིང་།

lha.shing

lha shing

It is a synonym of *rgya.shug*
(Sabina Przewalskii Kom)

ལྷ་གསོལ།

lha.gsol

lha sol

A incense burning ceremony

ལྷ་མིན་མེ་བརྒྱད།

lha.srin.sde.brgyad

lhasin de gey

Eight gods and spirits

- 1) *gshin.rje*-Lord of Death
- 2) *ma.mo*-Female-protector
- 3) *bdud*-Devil; demon
- 4) *btsan*-Mountain-dwelling spirits
- 5) *rgyal.po*-Principal local deity
- 6) *klu*-Naga
- 7) *gnod.sbyin*-Harmful spirits
- 8) *gza'*-Malignant planets

ལྷག་མཐོང་།

lhag.mthong

lhak thong

Superior

seeing,

transcendental vision;

penetrative insight meditation

ལྷག་པ།

lhag.pa

lhakpa

1) Mercury, one of the
planets

2) Extra, Excess

ལྷག་བསམ།

lhag.bsam

lhaksam

Resolute intention

ལྷང་འཆེར་དཀར་པོ།

lhang.'tsher.dkar.po

lhangtser karpō

Scientific Name: White Mica
(Lepidolite)

Taste: Sweet

Potency: Warm

Uses: It is useful in treatment
of cuts, wounds, brain
diseases, pimples, stroke,
insanity, and poisoning.

ལྷང་འཆོར་ནག་པོ།

lhang. 'tsher.nag.po

lhang tser nagpo

Scientific Name: Black Mica
(Lepidoliturum)

Taste: Sweet

Potency: Warm

Uses: See *lhang. 'tsher.dkar.po*

ལྷན་སྐྱེས།

lhan.skyes

lhen key

Innate born; innately
produced

ལྷན་སྐྱེས་ཀྱི་ནོན་མོངས་པ།

lhan.skyes.kyi.nyon.mongs.pa

lhen key ki nyon mongpa

Innately produced delusions

ལྷན་སྐྱེས་ལྷ་ཚུལ།

lhan.skyes.lta.tshul

lhen key ta tshool

Innate idea

ལྷན་སྐྱེས་མ།

lhan.rkeyes.rma

lhen key ma

Endogenous ulcer or wounds

ལྷན་ཅིག་སྐྱེས་པ།

lhan.cig.skyes.pa

lhen chik key pa

Skt. Sahaja, Co-emergent

ལྷན་ཅིག་སྐྱེས་པའི་མ་རིག་པ།

lhan.cig.skyes.pa'i.ma.rig.pa

lhen chik key pey ma rik pa

Co-emergent unawareness

ལྷན་ཅིག་སྐྱེས་པའི་ཡེ་ཤེས།

lhan.cig.skyes.pa'i.ye.shes

lhen chik key pey ye shey

Wisdom of innate
production; innately born
wisdom

ལྷན་ཅིག་འབྱུང་བའི་རྒྱ།

lhan.cig. 'byung.ba'i.rgyu

lhen chik jung wey gyoo

Co-emergent cause;
simultaneously arisen cause

ལྷན་ཅིག་བྱེད་ཀྱིན།

lhan.cig.byed.rkeyen

lhen chik jey ken

Auxiliary condition; co-
operative condition or factor

ལྷའི་སྐུ།

lha'i.sku

lhey koo

An image of a deity

ལྷའི་སྐུང་།

lha'i.sgrung

lhey doong

Mythology

ལྷའི་ང་རྒྱལ།

lha'i.nga.rgyal

lhey nga gyel

Divine pride

ལྷའི་ན་བཟའ།

lha'i.na.bza'

lhey naza

Auripigmentum, it is a synonym of *ba.bla* (Auripigmentum).

Uses: It is beneficial in the treatment of malignant glandular growths and septic wounds.

ལྷའི་རྩུང་།

lha'i.rlung

lhey loong

Devadatta Wind

The Devadatta *rLung* Energy
(Skt. devadatta; Tib. *lhas.byin*)

Location: North-east petal
of the heart

Element: Water

Actions: It controls yawning
reflex, which provides
additional oxygen to a tired
body.

ལྷུན་གྱི་ཁུབ་པར་འདུག་པའི་ཡིད་བྱེད།

lhun.gyi.grub.par.'jug.pa'i.yid.byed

lhun gyi dub par jug pey yi
jey

Spontaneous attention

ལྷུན་གྲུབ།

lhun.grub

lhundup

Spontaneously accomplished,
Skt. Sahaja-siddha,

ལྷེན་སྐྱེན།

lhen.skeran

lhen ten

Epigastric tumours

ལྷེན་རུས།

lhen.rus

lhen rue

Xiphoid

ལྷོ།

lho

lho

South

ལྷོ་རྩེ།

lho.rtse

lho tse

South pole

ལྷོ་སྐར་བདུན།

lho.skar.bdun

lhokar dun

The seven southern constellations

There are: 1) *mchu*-Magha, 2) *gre*-Poorva phalguni, 3) *dbo*-Uttra phalguni, 4) *me.bzhi*-Hast, 5) *nag.pa*-Chitra, 6) *sa.ri*-Swati, 7) *sa.ga*-Vaisakha

ལྷོག་པ།

lhog.pa

lhok pa

Muscular spasms

(inflammation of muscular tissues)

ལྷོ་བགྲོད།

lho.bgrad

lho doe

Southern latitudes

The sun's south declination; the sun's movement to the south

ལྷོག་པའི་བདུད།

lhog.pa'i.bdud

lhok pey dhuey

A synonym for *Oxytropis reniformis* / *Oxytropis microphylla* (*stag.sha*).

ལྷོ་མེ་རྩ་གདོང་།

lho.me.rta.gdong

lho mey ta dong

South fire which resembles a horse face

རྩེང་པོ།

hreng.po

Reng po

Frozen disorder; frozen tumour

ཨ།

ཨ་ཁྲོང་།

a.krong

a tong

English Name: Artemesia sp

Botanical Name: Thalictrum
aquilegifolium Loeog

Taste: Sweet to bitter to hot

Potency: Cool

Uses: It cures respiratory
infections resulting in
excessive cough and throat
infection.

ཨ་ཁྲོང་དཀར་པོ།

a.krong.dkar.po

a tong karmo

Botanical Name: Arenaria
Kasuensis Maxim

Taste: Sweet, bitter and hot

Potency: Cool

Uses: It is useful in the
treatment of fever associated
with lungs, throat and pus
formation in the chest.

ཨ་ག་རུ།

a.ga.ru

agaru

Skt. Name: Agarū

Hindi Name: Agar

English Name: Eagle wood,
Aloewood

Botanical Name: Aquilaria
agallocha

Family: Thymelaeaceae

Taste: Bitter and acrid

Potency: Smooth

Uses: It is beneficial in the
treatment of carditis, fever in
the life channel (*srog.rtsa*),
depression, ear and eye
infections, poisoning and
fever.

ཨ་གར།

a.gar

agar

Same as *a.ga.ru*

ཨ་གར་གོ་སྟོད།

a.gar.go.snyod

agar go nyoe

Hindi Name: Kunain

Botanical Name: Cinchona sp.

Uses: It is beneficial in the
treatment of *rlung* disorders
associated with heart, life
channel, blood vessels and
cases of inflammations.

ཨ་གར་བརྒྱད་པ།

a.gar.brgyad.pa

a gar gey pa

Eagle Wood Eight

Ingredients: *a.gar, dza.ti, shing.kun, kha.ru.tsha, ru.rta, a.ru, snying.zho, brag.zhun*

Nature: Warm

Uses: A compound which treats palpitation of heart, unhappiness, trembling of the body, fulling up of the upper back, insanity, insomnia, dizziness, ringing sound in the ears, pain in the liver and breast, cardiac pain and *rlung* disorders associated with heart.

ཨ་གར་བརྒྱ་བདུན།

a.gar.bcu.bdun

agar chu duen

Eagle Wood Seventeen

Ingredients: *ar.nag, a.ru, ba.ru, skyu.ru, snying.zho, mkhal.zho, sle.tres, gzer.'joms, tsher.sngon, ru.rta, li.shi, dza.ti, la.la.phud, gul.nag, sman.chen, ri.snying, bu.ram*

Nature: Neutral

Uses: A compound which treats difficulty in breathing due to blood and *rlung*

disturbances, stiffness of neck and throat resulting from kidney fever spreading to the upper body, headache, heart disorders affecting the stability of mind, blood and *rlung* disorders and pain in the waist and kidney.

ཨ་གར་བཙོ་ལྔ།

a.gar.bco.lnga

agar cho nga

Eagle Wood Fifteen

Ingredients: *a.gar, snying.zho, tsan.dkar, tsan.dmar, dza.ti, sro.lo.dkar.po, cu.gang, gur.gum, ma.nu, kan.ta.ka.ri, sle.tres, sga.skya, a.ru, ba.ru, skyu.ru*

Nature: Slightly cool

Uses: It treats simultaneous pain in the upper back and front due to blood and *rlung* disorders and coughing.

ཨ་གར་ནི་ཤུ།

a.gar.nyi.shu

agar nyi shu

Eagle Wood Twenty

Ingredients: *a.gar, dza.ti, snying.zho, cu.gang, spos.dkar, ru.rta, tsan.dan.dmar.po, gi.wam, li.shi, bse.yab, gur.gum, ma.nu, bse.ru, a.ru, nya.phyis.btul.ma,*

ko.byi.la, ri.snying, sa.dzin,
skyu.ru, ge.sar,

Nature: Neutral

Uses: It cures fits, neurological disorders, hysteria, insanity, dumbness, numbness of extremities, controls spreading of fever, *rlung* and blood disorder.

ཨ་གར་སོ་ལྷ་།

a.gar.so.lnga

agar so nga

Eagle Wood Thirty-five

Ingredients: *ar.skya, ar.nag,*
a.gar.go.snyod, tsan.dkar,
tsan.dmar, dza.ti, sug.smel,
ka.ko.la, li.shi, cu.gang, gur.gum,
a.ru, ba.ru, skyu.ru, tsher.sngon,
gzher.'jom, ming.can.ser.po,
hong.len, sman.chen, gul.nag,
snying.zho.sha, spos.dkar, ru.rta,
sro.lo.dkar.po, sga.skya, ge.sar,
ko.byi.la, sum.tig, se.'bru, ma.nu,
ba.sha.ka, sle.tres, kan.ta.ka.ri,
'brong.snying, gla.rtsi

Nature: Cool

Uses: It treats *rlung* accompanied by fever and inflammation, dry cough, difficulty in breathing, insomnia, initial stage of rheumatism, dizziness, *rlung* related blood pressure,

carditis, upper backache due to excess of *rlung* and blood and unlocalised pain.

ཨ་བྱག་ཚེར་སྒོན།

a.byag.tsher.sngon

ajag tser ngon

Botanical Name: *Meconopsis racemosa*

Taste: Bitter

Potency: Cool

Uses: It is useful in the treatment of fever associated with the bone, fractured bones, relieves pain in the upper back and ribs and supports spongy cavernous.

ཨ་བྱག་གཟེར་འཛོམས།

a.byag.gzer.'joms

ajag zer jom

Botanical Name:

Chrysanthemum tatsienense

Taste: Bitter

Potency: Cool

Uses: It is useful in the treatment of pain in the upper back and around the ribs, fractured bones, wounds and controls excess serous fluid.

ཨ་བྱ་ག་གཡུང་བ།

a.byag.ggyung.ba

a jag yung wa

Senecio rufus Hand-Mazz.

ཨ་འབྲས།

a.'bras

a drey

Skt. Name: Amra

Hindi Name: Aam/Aamgiri

English Name: Mango (bone)

Botanical Name: Mangifera

Indica

Family: Anacardiaceae

Taste: Sweet, sour and slightly astringent

Potency: Warm

Uses: It strengthens the kidneys, builds immune system, beneficial for night blindness, premature wrinkling of the skin, prevents attacks of cold sinusitis and is highly recommended to people suffering from constipation. However, person having diabetes, fever and inflammation as well as obese by nature should avoid mangoes.

ཨ་བྱི་ཁ།

a.bhi.kha

abhi kha

Hindi Name: Ksiri kakoli

Botanical Name: Fritillaria delavayi

Taste: Sweet

Potency: Cool

Uses: It is useful in the treatment of fractured cranial bones, diseases due to poisoning and serous fluid.

ཨ་ཡ།

a.wa

awa

Botanical Name: Lloydia serotina L.

Taste: Slightly bitter

Potency: Cool

Uses: See *rtsa.a.wa*

ཨ་ར་མོ།

a.za.mo

aza mo

Clematis Tangutica (Maxim)

ཨ་རུ།

a.ru

aru

Skt. Name: Haritaki

Hindi Name: Harad

English Name: Chebolic myrobalan

Botanical Name: Terminalia Chebula

Family: Combretaceae

Taste: Astringent , bitter, sweet and slightly sour

Potency: Neutral

Uses: It is an excellent blood purifier and a good health tonic.

ཨ་རུ་སྐུ་པོ།

a.ru.skem.po

aru kempo

Dry myrobalan

Uses: It is beneficial in the treatment of *mkhris-pa* disorders in children.

ཨ་རུ་བུ་པ།

a.ru.bcu.pa

aru chupa

Myrobalan Ten

Ingredients: *a.ru, gur.gum, sug.smel, brag.zhun, tig.ta, mkhal.zho, seng.phrom, btsod, rgya.skyegs, shug.tsher*

Nature: Cool

Uses: It is used to treat nephritis, traumatic kidneys, encircling pains in waist region, paralysed legs and

intermittent urination in small quantity.

ཨ་རུ་བཅོ་བརྒྱད།

a.ru.bco.brgyad

aru cho gey

Myrobalan Eighteen

Ingredients: *a.ru, gur.gum, sug.smel, brag.zhun, tig.ta, mkhal.zho, zhu.mkhan, btsod, rgya.skyegs, shug.tsher, a.'bras, sra.'bras, 'jam.'bras, gser.bye, sdig.srin, lcam.'bru, gla.rtsi, sman.chen*

Nature: Cool

Uses: It treat pain in hips and waist, sciatica, nephritis and metastasis of kidney disease to the joint.

ཨ་རུ་མུ་སྟུང་།

a.ru.mchu.snyung

aru chu nyung

Beak-shaped myrobalan

ཨ་རུ་འཇིག་མེད།

a.ru.'jig.med

aru jigmey

The indestructible or fearless myrobalan

Uses: It is recommended against eye disorders and seizures by evil spirits.

ཨ་རུ་བདུད་རྩི།

a.ru.bdud.rtsi

aru due tsi

The nectar myrobalan

Uses: It is recommended to gain weight.

ཨ་རུ་བདུན་པ།

a.ru.bdun.pa

aru dunpa

Myrobalan Seven

Ingredients: *a.ru*, *bre.ga*, *gur.gum*, *mkhal.zho*, *dom.mkhris*, *shug.tsher*, *gla.rtsi*

Nature: Neutral

Uses: It is beneficial in treatment of trauma and proliferation of fever in spleen or general splenic diseases, flatulence and splenalgia.

ཨ་རུ་ནག་ཆུང་།

aru.nag.chung

aru nakchung

Small black myrobalan

ཨ་རུ་ནམ་གྲལ།

a.ru.namgyal

aru namgyal

Chebolic myrobalan, the all-conquering myrobalan

It is the most rare kind of *Terminalia chebula* and regarded as the king of medicine. It was available during the time of *Yuthog.pa*.
Uses: It cures disorders of all the three humours of *rlung* (wind), *mkhris.pa* (bile) and *bad.kan* (phlegm).

ཨ་རུ་འཕེལ་བྱིད།

a.ru.'phel.byed

aru fel jey

The enriching or increaser myrobalan

Uses: It is specifically recommended for wounds.

ཨ་རུ་ར།

a.ru.ra

arura

Skt. Name: Haritaki

Hindi Name: Harad/Harad chilka

English Name: Chebolic myrobalan

Botanical Name: *Terminalia Chebula*

Family: Combretaceae

Taste: Astringent, bitter, sweet and slightly sour

Potency: Neutral

Uses: It is an excellent blood purifier and a good health tonic.

ཨ་ཤ་གན་དྭ།

a.sha.gan.dha

asha gendah

Skt. Name: Ashvagandha

Hindi Name: Asagandh

English Name: Winter Cherry

Botanical Name: Withania Somnifera

Family: Solanaceae

Taste: Sweet to hot

Potency: Warm

Uses: It is beneficial in the treatment of cold disorders of the lower body and disorders arising from lymph, memory lapse in the elderly people, rheumatic fever, and for pregnant women. Its root is highly beneficial in improving the sperm count of patients suffering from seminal inadequacies and is also a nutritive tonic when taken with milk or clarified butter.

ཨ་སོ་ལི་ཀ།

a.so.li.ka

aso lika

Heart vein located at the elbow

ཨ་ཁུ་རྩི།

a.'u. rtsi

a oo tsi

Skt. Name:

Botanical Name: Fritillaria cirrhosa D. Don

Taste: Bitter and sweet

Potency: Cool

Uses: It is useful in the treatment of fever associated with poisoning, menstrual bleeding, fractured bones, cough due to *rlung*, cold fever of the throat, breathing problems and sputum with blood.

ཨ་ར་སྐ།

ar.skya

ar kya

Skt. Name: Agar

Hindi Name: Agar

English Name: White Aloeswood

Botanical Name: Indian frankincense tree

Taste: Bitter and hot

Potency: Cool and neutral

Uses: It treats *rlung* disorders, relieves inflammation of the heart and relaxes nerves.

ཨར་ནག

ar.nag

ar nak

Skt. Name: Agarū

Hindi Name: Agar

English Name: Black
Aloeswood

Botanical Name: *Aquilaria
agallocha* Roxb.

Taste: Bitter and hot

Potency: Cool and neutral

Uses: It treats carditis, subside
fever in the life channel and
eases depression.

ཨར་དམར།

ar.dmar

ar mar

Skt. Name: Agarū

Hindi Name: Agar

English Name:

Red Aloeswood

Botanical Name:

Cinnamomum Parthenoxylon
(Tack) Nees

Taste: Bitter and hot

Potency: Cool and neutral

Uses: It controls fever
entering heart and life channel

(*srog.rtsa*) and fever associated
with *rlung*.

ཨིན་ག་ནི་ལ།

ain.gra.ni.la

inda nila

English Name: Sapphire

Taste: Sweet

Uses: It treats imbalance of
rlung, *mkhris.pa* and *bad.kan*,
poisonings and harmful
effects of evil spirits.

ཡུག་ཚོས།

aug.chos

ug choe

Botanical Name: *Incarvillea
compacta* Maxim

Taste: Bitter and sweet

Potency: Cool

Uses: It treats stagnant *rlung*,
distension of the body,
pulmonary disorders, cough,
pulmonary fever, cramps,
constipation, pus formation
in the ears and ear ache.

ཡུཏ་པལ་དཀར་པོ།

aut.pal.dkar.po

upel kar po

Botanical Name: *Meconops*
sp.

Taste: Sweet to astringent

Potency: Cool

ལུང་པལ་སྒོན་པོ།

aut.pal.sngon.po

upel ngon po

Botanical Name: *Meconopsis grandis*

Taste: Sweet to astringent

Potency: Cool

Uses: It treats hot disorders of the lungs and liver, inflammations, hepatitis, sore throat, fluid accumulation associated with hot disorders and elephantiasis and pharyngitis.

ལུང་པལ་དམར་པོ།

aut.pal.dmar.po

upel mar po

Botanical Name: *Meconopsis Punica Maxim*

Taste: Sweet to astringent

Potency: Cool

Uses: It is useful in the treatment of lung fever, fever associated with liver, gall bladder, inflammation of throat, blood disorders and drains water retention resulting from elephantiasis and hot conditions.

ལུང་པལ་རིགས་བཞི།

aut.pal.rigs.bzhi

upel rik shi

The Four species *Meconopsis*

ལུང་པལ་སེར་པོ།

aut.pal.ser.po

upel ser po

Botanical Name: *Meconopsis paniculata*

Potency: Cool

Uses: See (*Aut.pal.dmar.po*)

ཨེ་མམ།

ae.wam

e-wam

Wisdom and Method

'E' refers to emptiness of the wisdom and 'Wam' refers to the great bliss of the method

ཨེ་མམ་རྩུང་འདུག།

ae.wam.zung.jug

ewam zung yuk

The Union of 'E' and 'Wam'

It represents the great emptiness and the supreme unchangeable bliss.

ཨོལ་གོང་།

aol.gong

ol gong

Jugular notch; hollow of
Adam's apple (Suprastranum
fossal)

ཨོལ་འདུམ།

aol. 'dzum

ol zum

It is a synonym of *ol.gong*
(Adam's apple)

ཨོམ་སྐ་སྟི།

aom.sva.sti

om sa ti

May all be auspicious; May all
enjoy peace and prosperity

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མདུག་གི་ཤིས་བཅོམ།

སྒྲིགས་མའི་འགྲོ་ལ་བྱུགས་རྗེ་འོ་མཆོའི་རྒྱན།

ཆེས་ཆེར་རབ་འབར་སྒྲན་སྒྲ་འཇམ་དབྱངས་དངོས།

དེང་དུས་སྒྲིགས་མ་ལྷ་ཡི་གདུང་སེལ་སྒྲ།

ཁྱོན་ནས་གསོ་རིག་གཙུག་ལག་རྒྱས་པར་ཤོག།

སྒྲན་ཅིས་རིག་པའི་གཞུང་ལུགས་རྒྱ་མཆོ་ལས།

ལེགས་བྱངས་གོ་དཀའི་ཐ་སྙད་དབྱིན་ཐོད་ཐོག།

ཤན་སྦྱར་ཆིག་གི་བང་མཛོད་གོང་བུ་འདི།

སྐལ་ལྷན་བུ་སློབ་ཆོགས་ལ་སྒྲན་པར་ཤོག།

ཚུལ་འདི་བསམ་ནས་སྒྲན་ཅིས་ཆིག་མཛོད་འདི།

དོན་གཉེར་ཅན་གྱི་སྒྲན་ལམ་འབུལ་ལགས་ན།

བཙོན་འགྲུས་གོ་གྱོན་འགྲོ་དོན་ཡོང་བ་དང་།

སྒྲན་ཅིས་བསྒྲན་པ་ནི་ཟླ་ལྟར་གནས་ཤོག།

ལས་འདིར་འབད་པས་དག་ཚོགས་ཅི་མཆིས་པ།

རང་གཞན་གཉིས་པན་སྐལ་བའི་རྒྱ་རུ་བསྡོ།

འགྲོ་བའི་རྒྱ་འབྲས་ནད་སེལ་སྤྲོན་ཅིས་ཀྱི།

འཕྲིན་ལས་ནམ་མཁའི་པ་མཐར་བྲལ་གྱུར་ཅིག

བདག་ཅག་ཐོད་འབངས་བསོད་ནམས་མཐུ་སྐྱིད་བསྡོ།

བྱད་པར་གངས་ཅན་མགོན་པོ་སྤྲོན་རས་གཟིགས།

རང་ཡུལ་གངས་ཅན་ཞིང་དུ་ཆིབས་བསྐྱར་ནས།

ཐོད་ལ་བདེ་སྐྱིད་ཤར་བའི་བྲག་ཤིས་ཤོག

ཅས་པ་གསོ་རིག་ལ་མོས་པ་ཐོབ་པའི་ལ་སྟོད་པ་དུག་པ་ཕྲན་དུང་འཚོ་

ཆེ་རིང་ཐག་གཅོད་ཀྱིས་འཕགས་ཡུལ་བྱེས་ཀྱི་རྒྱལ་ས་བཞུགས་སྐར་ད་

རམས་ལར་སྤྱི་ལོ་༡༠༠༧ གྱི་ཟླ་༡༠ ཚེས་༡ གཟའ་སྐར་དག་བའི་

ཉིན་བྱིས་པ་དག་ཞིང་བྱིས་པར་གྱུར་ཅིག

About the Authors

Born in 1969 in Dhinghri near the Mount Everest, Tsering Thakchoe began his education at the tender age of eight. He studied Tibetan literature from Ngawang Chungney, a former Sera monk and from his father. After the Chinese invasion of Tibet in 1959, thousands of Tibetans had to flee Tibet in the footsteps of their leader, His Holiness the Dalai Lama. Thakchoe, too escaped to India leaving behind his parents to achieve his goals in life.

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