

བོད་ལུགས་སྐད་རྩིས་ཀྱི་ཚིག་མཛོད་

བོད་དབྱིན་ཤན་སྐད་།

Tibetan-English Dictionary of  
Tibetan Medicine and Astrology

(Revised and Enlarged Edition)



Dr. Tsering Thakchoe Drungtso  
&  
Mrs. Tsering Dolma Drungtso

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Tel: 0091-1892-221031

Handy: 94181-16627

Email: [drungtsopub@sanchernet.in](mailto:drungtsopub@sanchernet.in)

[drdrungtso@yahoo.com](mailto:drdrungtso@yahoo.com)

[tibastro@yahoo.com](mailto:tibastro@yahoo.com)

Visit us at: [www.tibetanmedical-astro.org](http://www.tibetanmedical-astro.org)

[www.tibetanmedical-astro.com](http://www.tibetanmedical-astro.com)

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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	འ'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.

# སྐྱོན་གྱི་རྒྱུ་

སྐྱོན་དག་ཚེ་རིང་ཐག་གཅོད་དུང་འཚོ་དང་སྐར་ཅིས་པ་ཚེ་རིང་སྐྱོན་ལ་མ་དུང་  
 འཚོ་བྱུང་ནས་ད་ལམ་སྐྱོན་ཅིས་རིག་གཞུང་དུ་གསལ་བའི་ཚིག་དང་ཐ་སྐྱོད་  
 དུང་གཞིའི་ཡིག་ཆ་མང་པོ་ཞིག་སྐྱོད་དང་འབད་བཅོམ་གྱིས་བོད་ལུགས་  
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 རྣམས་ལ་ཕན་པའམ་འབྱུང་ངེས་རེད།

ཟླ་སྐྱོན་བསྐྱོན་འདིན་ཚོས་གཤམ་གྱིས་ཕྱི་ལོ་༡༩༩༩་ཟླ་༦ ཚེས་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)

1<sup>st</sup> June, 1999

མྱེང་བརྗོད།

༄༅། ཨོ་བདེ་ལེགས་སུ་གྱུར་ཅིག

གངས་རྒྱུང་ས་མིག་གཅིག་ལ་ཕྱག་ན་པད་མོ་དང་།

སྡོན་ཕྱོན་སྐྱེན་ཅིས་མཁས་དབང་རིམ་ཕྱོན་གྱི།

མད་བྱུང་ཕན་བདེའི་མཛད་པར་སྡིང་ནས་རངས།

སྡོ་གསུམ་གྱས་ཕྱག་སྡོན་སོང་སྡིང་ནས་འདུད།

བ་སྡུང་སྐྱེན་ཅིས་བད་ལ་མ་བརྟེན་པར།

གཞུང་ལུགས་དོན་ནམས་ཇི་བཞིན་ག་ལ་རྟོགས།

གཞུང་གི་དོན་ནི་ཚུལ་བཞིན་མ་རྟོགས་པར།

སྐྱེན་ཅིས་འགྲོ་དོན་ནི་མོའི་སྐར་མ་ཅམ།

རི་རྒྱར་ནི་རྒྱ་ཀུན་གྱི་སྡོགས་འགྱུར་བཞིན།

སྐྱེན་ཅིས་རིག་པ་འདི་ཡང་དེ་དེ་མཚུངས།

དེ་སྡིར་སྡོགས་ཀུན་འགྲོ་དོན་ཡོང་སྐད་དུ།

གོ་སྐྱ་ལྟ་བུའི་ཆོག་མཛོད་འདི་ཅུ་འབུལ།

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

ཅུང་ཟད་སྡིང་ན། བོད་ཀྱི་སྐྱེན་ཅིས་གཞུང་ལུགས་ནི་གངས་རྒྱུང་ས་བཅུ་ཕྱག་

རིག་གནས་ཀྱི་ཁོངས་སུ་ཆེས་ལོ་རྒྱུས་ཀྱི་རིན་ཐང་ལྡན་ལ། བོད་ཀྱི་གདོད་མའི་  
 རྒྱུ་ཚོགས་ནས་སློབ་ཚུལ་སེམ་མི་རིགས་རང་ཉིད་ཀྱི་གོམས་སློབ་དང་བསྐྱུན་ནས་  
 ཉམས་སྲོལ་བྱུང་བ་ཁག་བོད་ཀྱི་མཁས་པས་སློབ་སློབ་ཀྱི་རྩལ་དང་ཤེས་རིག་གི་མཐུ་  
 ལ་བརྟེན་ནས་གསར་གཏོད་དང་གཏན་འབེབས་བྱས་པ་ཞིག་ལགས། ལ་གོང་  
 ས་སྐྱབས་མགོན་ཆེན་པོ་མཚོག་གི་བཀའ་སློབ་ལས། རིག་གཞུང་དེ་དག་ནི་  
 རང་ཅག་བཙན་སྲོལ་དུ་གནས་སྐབས་ཀྱང་གཞན་ལ་ཕན་ཐོག་སྟེར་བྱུང་བའི་ཆ་  
 རྒྱུན་བཟང་པོ་ཞིག་ཡིན་སྐབས་རང་རེའི་མེས་པོ་བཀའ་དྲིན་ཅན་ཚོས་ཇི་ལྟར་  
 གདམས་པའི་གཞུང་དོན་ནམས་དེར་དུས་སུ་སྐྱུན་པ་དང་སྐར་ཅིས་པ་ཚོས་ཚུལ་  
 བཞིན་ཉམས་སུ་བྱངས་ཏེ་ལྷག་བསམ་བཟང་པོའི་སློབ་སློབ་རྒྱལ་མཚམས་རིས་མེད་  
 ཀྱི་རྒྱུ་རྐྱེད་ཀྱི་ལྷ་ཞབས་འདེགས་སྐབས་ཆེན་སྐབ་དགོས་ཞེས་དུས་གསུམ་གསལ་  
 གཟིགས་ཀྱི་བཀའ་སློབ་སྐྱི་རིམ་པ་ལེབས་པ་ནི་བཀའ་དྲིན་གྱི་དཔལ་དུ་འགྱུར།

ཚོམ་པའི་དམིགས་ཡུལ།

པོད་ཀྱི་སྐྱེན་ཅིས་ཆེད་སྐྱོད་བ་ཚོར་སྐབས་སུལ་བལྟ་བདེའི་ལྡེ་མིག

པོད་ཀྱི་སྐྱེན་ཅིས་ལ་དོན་གཉེར་དང་འདུན་པ་ཡོད་རིགས་ལ་དཀའ་གནད་ཀྱི་ལྡེ་  
མིག

པོད་ཀྱི་མཁས་པ་དང་སྐྱེན་ཅིས་ཞིབ་འཇུག་པ་ཚོར་གཞུང་གི་སློབ་འབྲེད་ལྡེ་མིག  
པོད་ཀྱི་སྐྱེན་ཅིས་ལ་གཉེར་བའི་སྤྱི་གླིང་བ་ཚོར་གཞུང་གི་བར་མཛོད་སློབ་གསུང་པའི་  
ལྡེ་མིག

པོད་ཀྱི་སྐྱེན་ཅིས་བ་དབྱིན་སྐད་པོངས་བ་ཚོར་རྒྱལ་མཚམས་རིས་མེད་ཀྱི་ལྷ་སྐྱབ་  
པའི་ལྡེ་མིག

སྐྱུག་པར་དུ་པོད་ཀྱི་སྐྱེན་ཅིས་བསྐྱེན་པ་རྒྱས་པའི་གཞི་ཅའི་ལྡེ་མིག་བཅས་སོ།

ཚིག་མཛོད་ཀྱི་ཁྱད་ཚོས།

རྒྱན་ལྷན་ཡང་མིད་བེད་སྒྲོད་ཡོད་པའི་རྒྱན་ཅིས་ཐ་སྙད་ཁག་འདེམས་སྒྲིག་  
ཐ་སྙད་མོ་མོར་ལེགས་སྦྱར་དང་དབྱིན་སྦྱད་དང་ཅི་ཤིང་རིག་པའི་ཐ་སྙད་གསལ་  
བཞོད་བྱས་པ།

སྒྲ་གདངས་བརྗོད་སྣངས་དང་ཚིག་གི་དག་ཆ་ཁ་གསལ་ཡོད་པ།  
རྒྱན་ཅིས་དང་འབྲེལ་བའི་ནང་དོན་རིག་པ་དང་ཚན་རིག་གི་ཐ་སྙད་གསལ་བ།  
ལེགས་སྦྱར་དང་ཉིན་སྦྱད་ཀྱི་ཐ་སྙད་གསལ་བཞོད་བྱས་པ།  
རྒྱན་རྗེས་ཀྱི་རོ་རྒྱས་པན་ཡོན་དང་མིང་གི་རྣམ་གྲངས་བཅས་གསལ་བ།

ཚིག་མཛོད་འདིར་འབད་ཚོན་བྱས་ཚུལ།

དེའང་གཙོ་བོ་ཡ་རྒྱལ་བ་ཡིད་བཞིན་ནོར་བུའི་བཀའ་སློབ་སློང་དབུས་སུ་བཅངས་  
 ཉེ་བོད་ཀྱི་སྤྲུལ་ཚིས་རིག་གཞུང་འདི་སྐྱེ་འགྲོ་ཡོངས་ལ་ཕན་པའི་ལས་འགན་སྤྲུལ་  
 ཚིས་མི་སྤྲུལ་སྤྲུལ་ཐོག་ཏུ་འབྱེད་དགོས་སྤྲུལ་སྤྲུལ་བྱུང་ནས་མེ་ཉེ་ག་ཚུང་ཡིད་  
 ལྷ་རྒྱས་དཔེ་ལྷར་ལོ་ཤས་ངལ་བ་བྱུང་ཏུ་བསད་དེ་སྤྲུལ་ཚིས་གཞུང་རི་སློང་ཞིག་  
 སྤྲོགས་འདོན་དང་དབྱུང་གཞིར་བཟུང་ཐོག་རང་གཞན་གཉིས་ཕན་གྱི་བྱ་བ་འདིར་  
 འདུག་ཡོད། གཞན་ཡང་ཐོག་མ་ཉིད་ནས་ཚིག་མཛོད་འདི་ལྷ་བྱ་ཞིག་བྱུང་ན་  
 ཅི་མ་རུང་སྤྲུལ་ནས་ཚོམ་སྐྱིག་གི་འདུན་པ་ཡོད་པ། རེས་སོར་རང་གི་སྤྲོགས་  
 བོ་དང་བྱི་མི་སྤྲུལ་ཚིས་སློབ་གཉེར་བ་མི་ཉུང་བ་ཞིག་ནས་ཀྱང་ཚིག་མཛོད་འདི་  
 མཚུགས་སྐྱེལ་དགོས་གལ་རེ་སྐྱེལ་བྱུགས་ཆེ་བྱས་སྤྲུལ། བོད་ལུགས་སྤྲུལ་ཚིས་  
 ཀྱི་ཚིག་མཛོད་བོད་དབྱིན་ཤན་སྐྱུར་ཞེས་པ་འདི་བཞིན་ཐོག་མར་༡༧༧༧ ལོར་  
 སྤྲོགས་སྐྱིག་བཟྱིས་པ་དོན་གཉེར་ཅན་རི་སློང་ཅིག་ལ་བྱ་སྐོ་ཁག་བདེ་སྤྲུལ་སུ་  
 སྐེལ་བྱུབ་པའི་ཕན་ཐོག་སྤྲུལ་ཆེན་འབྱུང་བཞིན་པའི་འཕྲིན་བསྐྱར་ལག་འཁྱུར་ཡོང་  
 བཞིན་ལགས་ན་རང་ཉིད་ཀྱི་ལས་དོན་བརྩམ་པ་འདི་ཉིད་འགྲིག་ཞག་སྤྲུལ་པའི་  
 དགའ་སྐྱུང་ཆེར་སྐྱེས། ཚིག་མཛོད་དེ་ཉིད་ལོ་གཉིས་གོང་ནས་ཚོམ་གས་སྤྲུལ་  
 སྤྲུལ་སྐྱི་ཚོགས་ནང་མཁོ་གལ་ཆེ་བས་མངགས་ཉེ་བྱ་མཁན་རེ་མང་ལ་སོང་སྐྱར་

སོར་དཔར་སྐྱེན་མ་བྱས་པར་དེར་གཞོན་ཁ་ལྷུས་དག་བཅས་དགོས་གལ་མཐོང་  
 ལྷོ་ལོ་གཉིས་གོང་ནས་དགའ་སྤྱད་འབད་བཙོན་དང་དུལ་དངོས་ཀྱི་འབྲོ་བྱོན་  
 ལ་མ་འདྲེམས་པར་རྟེན་ཚིག་མཛོད་འདིའི་ནང་དོན་དང་ཚིག་འབྲེལ་བཅས་སྐོ་  
 གང་ས་ནས་སྤྱད་སྤུལ་རྗེ་ཚོགས་སུ་བདང་ཁུལ་གྱིས་སྐབས་འདིར་པར་སྐྱེན་ལྷུ་  
 ཐུབ་པའི་སྐལ་བ་དང་སྐམ་ལ་སྐྱལ་པར་དུ་དོན་གཉེར་ཅན་ཁག་ལ་ཕན་ཐོག་གྱུ་ཆེ་  
 ཡོང་བའི་རེ་སྐོན་ལྷ།

ཁྱད་པར་གྱི་ལྷ་སྟོང་ཉི་ཤུ་ཟུར་ལ་ཚིག་མཛོད་འདི་སྐར་དག་སྒྲིག་བྱེད་པའི་ཉམས་  
 རྒྱུང་དཔེན་པ་དང་དུས་ཚོད་མི་སྲང་བ་དང་དཔྱད་གཞིའི་ཡིག་ཆ་བཅས་ཀྱི་ཐོངས་  
 རྒྱུན་ཚིག་མཛོད་འདི་སྒྲིག་སྒྲུངས་དང་ལྷ་དག་ལོགས་གང་ཅིའི་ཐད་འགལ་འབྲུལ་  
 གྱི་སྐྱོན་ཆ་མི་རུང་བ་ཞིག་ཡོད་ཅེས་ལ་ནམ་དཔྱོད་ཀྱི་སྐྱེན་ཡངས་པའི་གྱུ་ཆེའི་  
 གཞིགས་པ་ལོ་ཉམས་པས་སྐྱོན་སེལ་དག་སྐྱེལ་ལ་སྐྱེན་པའི་དག་བཙོས་དང་དགོངས་  
 འཆར་ལྷུག་སྐྱོལ་མཛད་ཆེ་དེ་དོན་དང་ལེན་ལྷུ་འདུན་བཅས། ཐོད་ལྷུགས་སྐྱེན་  
 ཚིས་ཀྱི་ཚིག་མཛོད་ཐོད་དཔྱིན་ཤན་སྐར་འདི་བཞིན་སྐྱེན་ཚིས་བསྐྱེན་པ་འདྲིན་མཁན་  
 རང་མཉམ་སྐོ་མཐུན་ནམས་མགྱུ་བའི་མཚོད་སྐྱིན་དུ་སྐོས་ཏེ་འབུལ་བ་ལགས་སོ།  
 ཐོད་གཞུང་སྐྱེན་ཚིས་མཐོ་སྐོབ་ཁང་གི་སྐྱེན་དག་ཆེ་རིང་ཐག་གཅོད་དུང་འཚོ་ནས་  
 ལྷོ་ལོ་༢༠༠༤ ན་ཟླའི་དུས་ཚོས་ཁྱད་པར་ཅན་གྱི་སྐབས་སུ་སྐར་བ་དག་ལོགས་  
 འབྲེལ།

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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 25<sup>th</sup> 2004

# ཀཀ

ཀཀ་ནི་ལ།

*ka.ka.ni.la*

ka ka ni la

Amethyst

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

ཀཀོ་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.

ཀའུ་རི།

*ka.du.ri*

kaduri

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

ཀའ་ཀ།

*ka.na.ka*

ka na ka

Gold

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

ཀའ་པ་ལ།

*ka.pa.la*

ka pa la

Human skull

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

ཀའ་པི་ལ།

*ka.pi.la*

kapila

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

ཀའ།

*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་འཇ་སྐུག་ཚེར།

*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་བརྟམས།

*kun.brtags*

kuntak

Imputed phenomena, artificial labelling

ཀུན་བརྟམས་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 its 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་གྱི་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་རྒྱམ་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.skyegs*) 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་བསྐལ།

*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་བརྩ་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་སྐུལ་ཡོན་ཏན་ཀྱི་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་གཤམ་སྐྱེས།

*kon.pa.gab.skeyes*

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་གཤམ་ཚུང་།

*kon.pa.gab.chung*

konpa gabchung

*Saussurea Pachyneura* Franch.

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

ཀོན་པ་གཤམ་ཚེན།

*kon.pa.gab.chen*

konpa gabchen

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

ཀྱི་ལེ་དཀར་པོ།

*kyi.lce.dkar.po*

kiche karpo

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*

kiche 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་ཐམ་ཀམ་གཉི་ནད།

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

le tahk khar gag ki ney

Brain thrombosis

ལེ་ཐམ་ཀམ་བའི་ནད།

*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་ཐམ་ཀམ་པའི་ནད།

*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་རྒྱུ་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་རྒྱུ་

*klad.chung*

le choong

Cerebrum

ལྷན་པ་དང་སྐལ་ཆེགས་ཀྱི་གཤེར་ལྷན་

*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་སྐལ་གཞུང་གི་ཅན་སྐྱོན་

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

*skyon*

lepa dang gel shung ki tsa koen

Multiple sclerosis

ལྷན་དར་གཞན་ཚད་

*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)

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

ལྷན་པ།

*klad.pa*

le pa

Brain/brain matter

ག།

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

*shor.ba*

lepey gyadar ram da kyir tag

shorwa

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

ལུ་སྐྱུབ།

*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་གཉན་ཚད།

*klad.pa'i.gnyan.tshad*

le pey nyan tshey

Encephalitis

A condition characterised by inflammation of brain

ལུ་ཚེན་བརྒྱུད།

*klu.chen.brgyad*

luchen gey

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

ལྷན་སྲིན་ཡ་མ་དཀར་ནག

*klad.srin.ya.ma.dkar.nag*

lesin yama kar nag

The white and black animalcules of the brain

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་གཉན།

*klu.gnyan*

lu nyen

Malignant or harmful nagas

ལུ་གཉན་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་བཅོ་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

Codonopsis *Canescens* Nannf

ལུ་བདུད་དོ་རྩེ་མཚོག།

*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 shink

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་།

*klu'i.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་གཉིས་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་ཚིག་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, diphtheria, sudden swelling of the body and epidemic inflammations.

དཀར་པོ་སྐལ་རྒྱབ།

*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. 1<sup>st</sup> to 15<sup>th</sup> of the Tibetan lunar calendar. Whereas according to the Shivasarvodaya system (*dbyang. 'phyar*) 16<sup>th</sup>-30<sup>th</sup> is refer as the *karchok*

དཀར་མོ་ལག་གཡམས།

*dkar.mo.lag.gyas*

karmo lak ye

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

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

དཀར་རྩི།

*dkar.rtsi*

kar tsi

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

དཀར་གསུམ།

*dkar.gsum*

kar soom

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

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་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.

དཀྲ་ལྷི།

*dku.lci*

koo chi

Heaviness in the pelvic region  
(as from pregnancy)

དཀར་ཡོལ།

*dkar.yol*

kar yol

White procelaine

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་འཁོར།

*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

བཀྱ་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

བཀྲ་ཤིས་པའི་ལྷ་ས།

*bkra.shis.pa'i.ltas*

tashi pey tey

Propitious omens

བཀྲ་ཤིས་ཟླ་བ།

*bkra.shis.zla.ba*

tashi dawa

The auspicious month

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

བཀྲེས་སྐྱེས།

*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

བཀྲེས་དུས་ན།

*bkres.dus.na*

te du na

Pain from hunger  
(symptomatic of diseases caused by wind)

བཀྲུ་འཇམ།

*bkru.'jam*

tu jam

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

བཀྲུ་མ་སྤྲོ།

*bkru.ma.slen*

tuma len

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

རྐང་།

*rkang*

kang

Marrow, one of the seven bodily constituents

རྐང་ལྷོག།

*rkang.kyog*

kang kyok

Lame, crippled	རཀཎ།
རཀང་པའི་རྗེ་ངར་ཚེ་བ།	<i>rkan</i>
<i>rkang.pa'i.rje.ngar.che.ba</i>	ken
kang pey je ngar chewa	Palate
Tibia, shin bone	རཀན་ཕུག།
རཀང་པའི་རྗེ་ངར་ཚུང་བ།	<i>rkan.phug</i>
<i>rkang.pa'i.rje.ngar.chung.ba</i>	ken phuk
kang pey je ngar choong wa	The cavity of the palate
Fibula-the outer of the two	རཀུ་མ།
bones in the lower part of	<i>rku.ma</i>
human leg	ku ma
རཀང་པའི་རྟིང་ག།	Thief
<i>rkang.pa'i.rting.ga</i>	རཀུབ།
kang pey ting ka	<i>rkub</i>
Heel	koop
རཀང་འབམ།	Buttock, bottom
<i>rkang.'bam</i>	རཀེད།
kang balm	<i>rked</i>
Elephantiasis, Skt. slipada	key
A disorder of blood and <i>rlung</i>	Lumbar region
characterised by abnormal	
enlargement of legs.	རཀེད་པ།
རཀང་མར།	<i>rked.pa</i>
<i>rkang.mar</i>	key pa
kang mar	Waist
Bone marrow	

རྟེན་ཚིག་མཐོང་།

*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་བ་ཚུ་ཐུབ།

*rkyal.ba.chu.thub*

kel wa chu thoop

Geuldenstaedtia sp.

རྒྱེན།

*rkyen*

kyen

Conditions or cause necessary  
for a particular action to  
produce result

རྒྱེན་ངན།

*rkyen.ngan*

kyen ngen

Misfortunes, mishaps,  
calamities

རྒྱེན་ཆགས་འབྱུང་བ།

*rkyen.chags.'byung.ba*

kyen chak joong wa

To befall misfortune leading  
to death or loss of wealth

རྒྱུང་བ།

*rkyong.ba*

kyong wa

Stretch or extend

ལུག་པ།

*lkug.pa*

kuk pa

Dumb

ལློག་ནད།

*lkog.nad*

kok ney

Larynx disorder

ལློག་མའི་གཏན་གཞི།།

*lkog.ma'i.gnyan.gzhi*

kok may nyen shi

Laryngitis

A condition characterised by  
inflammation of vocal cords

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་རྫིང་།

*skam.sa'i.'bru.rnying*

kam sey doo nying

Aged barley which is grown  
in a dry land

སྐམ་གསེད་ལྷིགས་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་ཅུ།

*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་ཕན།

*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་མ།

*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་སྒྲངས།

*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

སུད་པ།

*skud.pa*

kue pa

Thread

སྐ།

*ske*

ke

Neck

སྐ་ཚ།

*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*).

སྐ་ཡི་མིན་བུ།

*ske.yi.rmen.bu*

kay yi men boo

Thyroid gland

སྐ་རིང་པ།

*ske.rengs.pa*

kay reng pa

Stiff neck

A condition characterised by  
inability to move head freely

སྐད་ཐིག།

*sked.thig*

ke thik

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

སྐམ་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

སྐམ་བྱེད།

*skem.byed*

kem jey

Lit. Dehydrating

It is the king of evil spirit  
which causes blight.

སྐེ་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*

སྐྱམ་མི་མཐུན་བསྟན་པ།

*skom.mi.mthun.bsten.pa*

kom mithun tenpa

Reliance on unsuitable  
beverages or drinks

སྐྱོར་འགོ།

*skor.'go*

korgo

Lit. the head of the astrology  
calculation

སྐྱོར་བ་བྱེད་པ།

*skor.ba.byed.pa*

kor wa jey pa

Perform circumambulation

སྐྱོལ་བ།

*skol.ba*

kol wa

Boil, braise

སྐྱ།

*skya*

kya

Pale

སྐྱ་ག།

*skya.ga*

kya ga

Magpie (pica pica)

སྐྱ་འགྲིབ།

*skya.'grib*

kya deep

Covering the eye ball

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

སྐྱ་རབ།

*skya.rbab*

kya bab

Dropsy of the initial stage,  
Skt. Pandu-rogaThe 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་ལམ།

*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*)

སྐྱབས།

*skyabs*

kyab

*Taraxacum sikkimense* Hand-mazz

སྐྱབས་ཚོད།

*skyabs.tshod*

kyab tsoe

Cooked white dandelion

སྐྱམ་ལ།

*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.

སྐྱི་བའི་འབྲས་བུ།

*skyi.ba'i.bras.bu*

kee wey dey boo

Sophrá Moorcroftiana (fruit)

Uses: It is used as emetic against bile.

སྐྱི་མོ།

*skyi.mo*

ki mo

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

སྐྱིགས་བུ།

*skyigs.bu*

kik boo

Hiccups, Skt. Hikka-roga

སྐྱུ་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.

སྐྱུ་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་འི་ཤིང་།

*skyu.ru'i.shing*

kyu rue shing

Phyllanthus emblica Linn

སྐུགས་པ།

*skyugs.pa*

kyuk pa

Skt. *vamana*, Vomitting, throw up

སྐུགས་ལང་བ།

*skyugs.lang.ba*

kyuk lungpa

Nausea (tendency to vomit)

སྐུགས་རྗེས།

*skyugs.rdzas*

kyuk zey

Emetic (substances that cause vomiting)

སྐུགས་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།

*skyr*

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་མཚེད།

*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་སྐྱ་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་སྐུ།

*skye.sar.skyes*

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་མཚེད།

*skyed.mched*

key chey

Source (produce), sources of perception

སྐྱེད་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.

སྐྱེད་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.

སྐྱེད་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*

སྐྱེད་བའི་ཁན་མཐོ།

*skyer.ba'i.khan.ta*

kyer wey khenta

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

སྐྱེད་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་འཚེའི་སྐྱེས་བུལ།

*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

སྐྱེས་པ་དོང་བདག་པ།

*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.

སྐྱེས་པ་ལ་སློབ་གཙོ།

*skyes.pa.la.srog.btso*

keypa la sok tso

Life force is most important  
for the male species

སྐྱེས་པའི་རྒྱུད་སྲིལ་ནམ་བཞག་།

*skyes.pa'i.rgyud.spel.rnam.bzbag*

key pey gyu pel namshak

The male reproductive system

སྐྱེས་སྲུང་།

*skyes.spar*

key par

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

སྐྱེས་རིམ་པ།

*skyes.rims*

key rim

The general stages of practice  
of the Kalachakra Tantra

སྐྱོ་སྣང་།

*skyo.snang*

kyo nank

Sad feeling; melancholy

སྐྱོ་གསལ།

*skyo.shas*

kyo shey

Attitude of disgust

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

སྐྱོན་ཆ།

*skyon.cha*

kyon cha

Trouble, illnesses, defect

སྐྱོན་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་འབྱེ།

*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.

བསྐྱལ་ཆེན་གྲངས་མེད།

*bskal.chen.grangs.med*  
kelchen dangme  
Infinite aeons

བསྐྱལ་བ།

*bskal.ba*  
kelwa  
Skt. Kalpa; Aeon

བསྐྱུ་མནེ།

*bsku.mnye*  
kum nye  
Massage

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

བསྐྱོལ་གྲང་།

*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 humoural 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་ཚེ་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་ཚེ་ཤ་སྐྱམ།

*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་ཅིང་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་བས་འདུ་དཀའ།

*kha.zas.'ju.dka'*

kha zey joo ka

Difficulty in digesting food

ཁ་ཚ།

*kha.tsha*

kha tsa

Hot taste in mouth

ཁ་བས་འདུ་ཚུལ།

*kha.zas.'ju.tshul*

kha zey joo tsul

Process of digestion; mode of digestion

ཁ་འདིན་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་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་བས།

*kha.zas*

kha zey

Food, diets, snacks

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.rlang*

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་ཏྲ།

*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།

*khams*

kham

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

ཁམས་དཀར་དམར།

*khams.dkar.dmar*

kham karmar

The male and female regenerative fluids

ཁམས་དྲུག།

*khams.drug*

kham dook

The six elements

Human beings possess six elements and have superior intelligence.

The six elements (*khams 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་སྡོད།

*khams.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

Eurasion cuckoo (*Cuculus canovus*)

ཁུ་བྱུག་པ།

*khū.byug.pa*

khoo jook pa

Botanical Name:

*Cyripedium himalaicum*  
Rolfe

Taste: Bitter

Potency: Cool to coarse

ཁུ་བྱུག་ཅ་ལྗང་།

*khū.byug.rtsa.ljang*

khoo jook tsa jang

Botanical Name: *Eqisetum 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.can*

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: Dugdhapeni, 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་གསོ་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) closing of orifices such as eyes and mouth, anus and responsible for actions like yawning and blinking.
- 5) *ra.ma.na* (the God Rama) *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.
- 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)

ཐུབ་པ།

*khyab.pa*

kyabpa

Disperse; pervade

ཐུབ་བྱེད་རླུང་།

*kyab.byed.rlung*

kyab jey loong

Persive 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

ཐྱི།

*khyi*

khee

Dog, one of the twelve astrological signs

ཐྱི་དུག།

*khyi.dug*

khee dook

Rabies, Skt. Alarka-visa

ཐྱི་གདོང་།

*khyi.gdong*

khee dong

Dog-faced demon (lit. dog face)

ཐྱི་ལྷ།

*khyi.zla*

khee da

Dog month—7<sup>th</sup> 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) *sdir*-Scorpio, Vrischika,
- 9) *gzhu*-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་གཟུང་ལྗེ།

*khyim.zbag.gza.lnga*

kheem shak za nga

Lit. the five planets of a  
zodiac day

ཁྱིམ་ཟླ།

*kylim.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

ཁྱིའུ་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་ལྗེ།

*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་སྒྲུབ།

*khra.glag*

tra lak

Hawk and eagle

ཁྲུང་ཐེར།

*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.

ཁྲེ་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.

ཁྲོར་བ་གང་།

*khyor.ba.gang*

khyorwa gang

A single handful

ཁྲག་འབྲུག་པ།

*khrag.'khyag.pa*

trak khyag pa

Congealing of the blood

ཁྲ།

*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.

ཐལ་གར་པ།

*khrag.gar.pa*

trak gar pa

Blood coagulation

ཐལ་གྲིབ།

*khrag.grib*

trak deep

Stroke

ཐལ་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.

ཐལ་དང་མཁྲིས་པ།

*khrag.dang.mkhris.pa*

trak dang tee pa

Blood and bile

Diseases which are like fire and heat by nature.

ཐལ་འདྲིལ་བ།

*khrag.'dril.ba*

trak dil wa

Blood cysts (lit. rolling of blood)

ཐལ་ནད།

*khrag.nad*

trak ney

Blood disorders

ཐལ་འབྲས།

*khrag.'bras*

trak day

Leukaemia

A disease characterised by excess production of white bloods cells.

ཐལ་མང་ཟགས་པ།

*khrag.mang.zags.pa*

trak mang zak ba

Excessive loss of blood

ily

re  
ly  
y  
h  
s.

ཐྲག་ཅ།

*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.

ཐྲག་ཅ་ལུག་པ།

*khrag.rtsa.lug.pa*

trak tsa look pa

Aneurism

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

ཐྲག་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.

ཐྲག་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.

ཐྲག་ཚོད།

*khrag.tshod*

trak tshoe

Cooked blood

ཐྲག་ལོང་།

*khrag.long*

trak long

Ascending colon

ཐྲག་རླུང་རི་བོ་ཚུ་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.

ཐག་ལུད།

*khrag.lud*

trak lue

Haemoptysis

A condition characterised by blood strained sputum.

ཐག་གུག་མ།

*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.

ཐག་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.

ཐག་ཤེད་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.

ཐག་སྲིན།

*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.

ཐཱ།

*kbru*

troo

Cubit

de  
by  
ag  
ch  
he  
st

g

t

l

,

s

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 improve 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་རྐོ་བའི་མྱེ།

*khron.gyi.rko.ba'i.sde*

tron gi ko wey dey

Gallinaceous birds which dig for food with their claws

མཁན་སྐྱུ།

*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.

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་ཚུ་ཙ་ཤུན་བུ།

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

khel mey chu tsa ten boo

Minor water channels of the  
kidneys

མཁལ་མའི་འཕར་ཙ།

*mkhal.ma'i.phar.rtsa*

khel mey phar tsa

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་རླུང་།

*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.

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

authoritative book on astrology.

མཁས་གུབ་ནོར་བཟང་ལྷ་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

མཁྱིེན་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་ལུ་ཅ།

*mkhrig.ma'i.chu.rtsa*

trik mey chu tsa

Minor water channels of wrist

མཁྱིས་རོ།

*mkhris.rdo*

tri doh

Gall stone

མཁྱིས་རོའི་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་རྗེ་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་སྣོད་ཀྱི་གནམ་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་རྒྱུར་བབས།

*mkhris.pa.rgyur.babs*

tre pa gyoor bab

The descent of bile into the small intestine

མཁྲིས་པ་སྐྱབ་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་ཕྱེ་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་གཤའ་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་སྐྱོད།

*'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་བསྐྱེ།

*'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.

འཁྲུགས་པ།

*'khyags.pa*

khyak pa

Chills or feeling cold

འཕྲིག་པ།

*'khrig.pa*

trik pa

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

འབྲུགས་ཚད།

*'khrugs.tshad*

took tshey

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

འཕྲིག་པ་སྦྱོད་པ།

*'khrig.pa.spyod.pa*

trik pa choe pa

Engaging in sexual intercourse

འབྲུགས་རྒྱུ།

*'khrugs.rlum*

took doom

Conflict resolution

འབྲུ་འཇམ།

*'khru.jam*

too jam

Purging enema

འབྲུམས་སྦྱོད།

*'khrums.stod*

toom toe

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

འབྲུ་བ།

*'khru.ba*

tu wa

Diarrhoea

འབྲུམས་སྦྱད།

*'khrums.smad*

toom mey

Uttra Bhadra, Pegas

It is one of the twenty seven  
constellations

འབྲུགས།

*'khrugs*

took

Vitiation or disturbances;  
mutual aggravation (of the  
humours)

འབྲུམས་ཐ།

*'khrum.rla*

toom dah

Bhadron-8<sup>th</sup> month of  
Tibetan astronomical system

འཕྲོ་ནག

*'kbro.nag*

tro nak

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

འཕྲུལ་སྤང་།

*'kbrul.snang*

trool nang

Schizophrenia

False appearance, deceptive  
appearance, mirage

འཕྲུལ་གཞི།

*'kbrul.gzhi*

trool shi

The object of deceptive  
cognition/The object of false  
perception

འཕྲུལ་ཤེས།

*'kbrul.shes*

tool shey

Misunderstanding, wrong  
idea, misconception

འཕྲུས་བྱེད་པ།

*'kbrus.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་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.chen*

gang boo chen

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

## གང་བུ་ཅན་གྱི་འབྲུ་རིགས་བརྒྱད།

*gang.bu.chen.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་ཚུ།

*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་སྐྱང་འགོ་བ།

*gad.steng.'gro.ba*

gey teng do wa

Going over a cliff

## གན་རྩ་པ་མ།

*gan.dha.pa.tsa*

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.*

གཤམ་རྩེ།

*gab.rtse*

gab tsey

Hidden points

གཤམ་རྩེ་འཕྲུལ་གྱི་མི་ལོང་།

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

gab tsey tool gee melong

The mirror of the manifestations of hidden points

གཤམ་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་བཅུ་པ།

*gar.nag.bchu.pa*

gar nak choo pa

Black Camphor Ten

Ingredients: *gar.nag*, *se.'bru*, *shing.tsha*, *sug.smel*, *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་ཕང་།

*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་གུ།

*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་ཉེར་བརྒྱད།

*gu.yu.nyer.brgyad*

goo yoo nyer gey

Areca Catechu Twenty Eight

Ingredients: *gu.yu.dkar.po, se.'bru, shing.tsba, 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, btsod, 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་རོང་།

*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,*

*spos.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་བརྒྱཎ་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།

*go.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།

*go.bo*

gowo

Gypaelus                      barbatus  
hamachalanus (Hutton)

གོ་བྱེ།

*go.byee*

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་ཚོན་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་བྱེད།

*go.la.byang.phyed*

gola jangchey

Northern Hemisphere

གོ་ལ་ལྗོ་བྱེད།

*go.la.lho.phyed*

gola lhochey

Southern Hemisphere

གོང་མ་སྲིག

*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་ཅེན།

*gos.chen*

goe chen

Brocade

གོས་སྲབ།

*gos.srab*

goe sab

Thin clothes

གོས་གྲོན།

*gos.gyon*

གྱུར་དུག

*gyur.dug*

gyoor doog

Food poison

གྱེན་རྒྱུ་རླུང་།

*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) *'bras*-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་ཅུ།

*grang.chu*

drang choo

Urine which indicates cold  
disorders (lit. cold water)

གྲང་བ་གཉིད་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*)

གྲང་བའི་སྐུལ་མོ།

*grang.ba'i.srul.mo*

drang wey sool mo

Cold demoness of decomposition

གྲང་དམུལ་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

གྲང་གཞི་འཛགས་པ།

*grang.gzhi.'dzags.pa*

drang shi zak pa

Leucorrhoea

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

གྲང་ལུས།

*grang.shum*

drang shoom

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

གྲང་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.

གྲངས་ཀྱི་མངོན་བརྗོད།

*grangs.kyi.mngon.brjod*

drang ki ngon joe

A synonym of *grangs* (numbers)

གྲངས་མེད།

*grangs.med*

drang mey

Infinite/beyond count/  
countless

གྲུ་མོའི་ཁྲུ་བ།

*gru.mo'i.chu.ba*

dru moe choo wa

Tendons of the biceps or  
elbow

གྲིབ་སྐྱོན།

*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

གྲུ་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་རྩ་

*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་རིལ།

*grub.ril*

droob reel

Saint's White pill

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

Uses: It was formulated by the 14<sup>th</sup> 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་གཉན་གཞི།

*gre.ba'i.gnyan.gzhi*

dre way nyan shi

Pharyngitis

A condition characterised by inflammation of pharynx

གྲེ་བའི་རྩུང་འགྲོའི་གཉན་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.

ལྷོ།

*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, 7<sup>th</sup> month of the Tibetan Lunar calendar

གྲོག་ཚངས།

*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་འཛོམས་སྐྱེ།

*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་སྐང་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་སྐང་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་སྲད་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.

ལྷག།

*glag*

ལྷང་།

*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.

ལྷང་ཆེན།

*glang.chen*

lang chen

Elephant (*elaphus maximus*)

ལྷང་ཐབས།

*glang.thabs*

lang thab

Cramps

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

ལྷང་པོ་ལྷ་བྱའི་སྤོབས།

*glang.po.lta.bu'i.stobs*

lang po ta bue tob

Strength comparable to an  
elephant

གླང་མ་ནག་པོ།

*glang.ma.nag.po*

lang ma nak po

*Salix sclerophylla* Anderss

གླང་རྩིས།

*glang.rtsis*

lang tsee

Ox calculation; a type of calculation in Elemental Astronomy

གླང་ལྷ།

*glang.zla*

lang da

Ox month; 10<sup>th</sup> month according to the Elemental Astrology system

གླང་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

གླིང་དུག།

*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

གླིང་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

གླུ་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

ལྷོ་རྒྱལ་པ།

*glo.rgyab.pa*

lo gyab pa

Cough

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

ལྷོ་མཚན་འདོམས་ཅ།

*glo.mchin. 'doms.rtsa*

lo chin dhom tsa

Blood letting vessels at the confluence of the lungs and liver

ལྷོ་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

ལྷོ་དོ།

*glo.rdol*

lo dol

Pulmonary ulceration (including tuberculosis)

ལྷོ་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.

ལྷོ་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.

ལྷོ་ནད་ཐང་པོ།

*glo.nad.thang.po*

lo ney thang po

This disease 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.

ལྷོ་བ།

*glo.ba*

lo wa

Lungs

ལྷོ་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

ལྷོ་བུར་རྐྱེན་རྒྱ།

*glo.bur.rkyen.rma*

lo boor ken ma

Accidental wounds, (generally refers to wounds from weapons)

ལྷོ་བའི་རྒྱབ།

*glo.ba'i.rgyab*

lo wey gyab

Posterior of the lungs

Lit. 'back of the lungs'

ལྷོ་བ་མདུན།

*glo.ba.mdun*

lo wa doon

Anterior of the lungs

Lit. 'front of the lungs'

ལྷོ་བ་བུ་ལྷ།

*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་ཀུན་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་སྤྲོང་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་ཚིག་ལ།

*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་ལྗོངས།

*dgun.nyi.ldog*  
goon nyi dhok  
Winter solstice  
It appears in the 11<sup>th</sup> month;  
It is the shortest day and  
longest night of the year.

དགུན་སྟོད།

*dgun.stod*  
goon toe  
Early winter; 10<sup>th</sup> and 11<sup>th</sup>  
Tibetan lunar months

དགུན་དུས།

*dgun.dus*  
goon due  
Winter time

དགུན་སྐད།

*dgun.smad*  
goon mey  
Later winter; 12<sup>th</sup> and 1<sup>st</sup>  
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. Practitioners 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

བགིགས་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)

བགོས་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་ལྷ་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།

*mgyogs.rtsis*  
gyok tsee  
Rapid calculation

མགྲོགས་ཚད།

*mgyogs.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  
Inamicable 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

འགྲམ་སོ།

'gram.so

dram so

Molars ( 20 out of 32 human teeth are molars)

འགྲམས་ཚད།

'grams.tshad

dram tsey

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

འགྲོ་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

འགྲོ་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)

འགྲོ་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*)

འགྲོ་ལ་སྲུང་།

'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.

འགྲོན་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

ག་ལོའི་སྐྱུན་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 *badkan* blood combined disorders, diffusion of blood-*badkan* disorders into the lungs and post-influenza congestion.

གན་པོ།

*rgan.po*  
genpö  
1) Old man

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

གས།

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

གས་པ་གསོ་བ།

*rgas.pa.gso.ba*  
geypa sowa  
Rejuvenation therapy (for old age) or treatment of geriatric ailments

གྲུ་ལྷ།

*rgu.drus*  
goo drue  
Botanical Name: *Senecio scandens*  
Taste: Bitter to hot  
Potency: Cool  
Uses: It cures abdominal spasm, wounds, eczema, hot disorders associated with hollow organs, dysentery, colic pain caused by inflammation in the intestinal tract and joints ruptured capillaries.

## ལྷན་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 *mkbris-pa* disorders.

## ལྷན་འབྲུམ་དཀར་པོ།

*rgun. 'brum.dkar.po*

goon droom karmo

Skt. Name: Safeth kishmish

Botanical Name: Vitis  
Vinifera L.

## ལྷན་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.

## ལྷན་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.

ཀྱ་ནག་གླང་ཅིས།

*rgya.nag.glang.rtsis*

gyanak lang tsee

The Chinese Ox Calculation

ཀྱ་སྐྱ་མཚོག།

*rgya.snag.mchog*

gyanak chok

Superior Chinese ink

ཀྱ་སྤོས།

*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.

ཀྱ་བོད་སྐོར་འགོ་སམ་ཅུ།

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

gyaboe korgo soom choo

Thirty different head calculations of Tibet and China

ཀྱ་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.

ཀྱ་ཅིས།

*rgya.rtsis*

gya tsee

Chinese Astrology

ཀྱ་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་ཚོས།

*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་རྣམ་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་མཚོའི་ལྷུ་བ།

*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་སྐྱམ།

*rgya.sran*

gyasen

English Name: Chick pea, Chinese broad bean

Botanical Name: *Dolichar biflorus*

Taste: Sweet

Potency: Neutral

Uses: It is beneficial for *Badkan* 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་སྐྱབས།

*rgya.srubs*

gyasoob

1) Saggital suture

2) Squamosal suture

རྒྱལ་གྲགས།

*rgyang.grags*

gyang drak

1) The reach of hearing

2) An ancient Indian measure of distance

རྒྱལ་ཤེལ།

*rgyang.shel*

gyang shey

Telescope/binocular

རྒྱལ་རྩ་ཕྱེན་བྱ།

*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་ཚེན་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) *spyan.mi.bzang*-Ugly eyes
- 4) *rnam.thos.sras*-God of  
wealth

རྒྱལ་པོ།

*rgyal.po*

gyalpo

- 1) King
- 2) Male king spirits

རྒྱལ་ལྗོན།

*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་ཚད།

*rgyas.tshad*

gye tshey

Developing heat disorder,  
extreme fever

རྒྱལ་མཚན་སྐྱེང་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.

ཀྱལ་ལྷ།

*rgyal.zla*

gyel dah

Pause, 12<sup>th</sup> lunar month of the Tibetan astronomical system

ཀྱས་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.bzbin/ byi.bzbin* - 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་མཁྲིས་མེར་པོ།

*rgyu.mkbris.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་སྐར་ཉེར་བ་རྒྱད།

*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་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་རྒྱེན།

*rgyu.rkyen*

gyoo ken

Cause and condition

རྒྱ་མ།

*rgyu.ma*

gyoo ma

Small intestine

རྒྱལ་རྒྱལ།

*rgyu.ma.rgyab*

gyoo ma gyap

Rear of the small intestine

རྒྱལ་འི་ནད།

*rgyu.ma'i.nad*

gyoo mey ney

Diseases of the small intestine

རྒྱལ་འི་ཚུ་ཅ་ཕྱན་བུ།

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

gyoo mey chu tsa tren boo

Minor water channels of the small intestine

རྒྱལ་ཅ།

*rgyu.rtsa*

gyoo tsa

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

རྒྱལ་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)

རྒྱལ་ལྟུགས།

*rgyu.rlugs*

gyoo look

Scrotal hernia

རྒྱལ་ལམ།

*rgyu.lam*

gyoo lam

Channel of circulation, specific pathways of the three humours

རྒྱལ་གཟེར།

*rgyu.gzer*

gyoo zer

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

རྒྱལ།

*rgyud*

gyue

Continuum

རྒྱལ་སྡེ་བཞི།

*rgyud.sde.bzhi*

gyue dey shee



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་ཚུ་རྩ་སྤྲན་བྱ།

*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)

སྐ་སྐ།

*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.

སྐ་དིག་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.

སྐ་དིག་སྐྱལ་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*

སྐ་སྐྱལ།

*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

སྐུར་པོ།

*sgur.po*

goor po

Hunchbacked, spinal  
deformity

སྐོ།

*sgo*

go

Gate, door

སྐོ་ལྷའི་རྣམ་ཤེས།

*sgo.lnga'i.rnam.she*

go ngey namshey

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

སྐོག་སྐྱ།

*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.

སྐོག་སྐོན།

*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.

སྐོག་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་སྒྲོད་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

སྒྲིད་བྱ།

*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་མཇུག།

*sgra.gcan.gyi.mjug*  
dra chen ki juk  
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་སྐུལ་བའི་གཟའ་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)

སྤྲུ་བཤད།

*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

སྤྲུབ་པར་བྱེད་པ།

*sgrub.par.byed.pa*

droob par jey pa

Practising the (meditative)  
means for attainment

སྤྲོན་ཤིང་།

*sgron.shing*

dron shing

Hindi Name: Saralah/Chid

English Name: Name: Pine  
treeBotanical 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.

སྤྲོག་ས།

*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 33<sup>rd</sup> 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

བསྐྱིམས་ཏེ་འདུག་པའི་ཡིད་བྱེད།

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

drim tey jook pey yi jey

Forceful attention

ངག།

*ngag*

ngak

Speech

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་ཚིག་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*-hell2) *yi.dags*-hungry ghost3) *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་སྐྱོན་བཅག།

*ngan.gyo.skyon.brtag*

ngen yo kyon tak

Techniques to gain patients' confidence and trust

ངན་སོང་།

*ngan.song*

ngensong

(See. *Ngan.'gro*)

ངར་གདོང་།

*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.sbes*  
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་འབྲུང་གི་སེམས།

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

## ངོ་བོ་ཉིད་སྐྱེ།

*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་རྟགས།

*ngos.'dzin.rtags*

ngoe zin tak

Diagnosis and symptoms of  
disorders

## ངོས་འཛིན་བརྟག་

*ngos.'dzin.brtag*

ngoe zin tahk

Examination by direct  
observations, identification  
through investigation

## ངོས་འཛིན་བརྟགས་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

Connected to the umbilicus  
of the foetus

མངལ།

*mngal*

ngel

1) Distaste

2) Womb

དངངས་སྐྱག།

*dngangs.skrag*

ngang trak

Anxiety (lit. suffocation)

A condition characterised by  
exaggerated fear or worry.

མངལ་སྐྱན།

*mngal.skran*

ngel tren

Tumours of the womb

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.

མངལ་ཁྲག་ཟགས་པ།

*mngal.kbrag.zags.pa*

ngel trak zakpa

Uterine bleeding (bleeding in  
the uterus)

དངལ་ཅུ།

*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

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

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

### དངུལ་ཅུ་བཅོ་བརྒྱད།

*dngul.chu.bco.brgyad*

ngool choo cho gey

Hydragyrum 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་ཁྲུང་མ།

*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་ཉིག།

*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་ཕོར།

*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: Actinolitum

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

*dngos.dug*

ngoe duk

Natural poison

དངོས་པོ།

*dngos.po*

ngoe po

Objects, matter, items, material

དངོས་པོའི་འཇིག་རྟེན།

*dngos.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་ལྷོ་ལྷ།

*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་ལྷོ་ལྷ།

*rnga.mong*

nga mong

Camel (*Camelus bactrianus*)

རྩལ་ལྷ་ལྷོ་ལྷ།

*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)

སྒྲགས་པ།

*sngags.pa*

ngak pa

Tantric practitioner

རྩལ་དབྱུང་།

*rngul.dbyung*

ngool yoong

Diaphoresis or Fomentation  
therapy inducing perspiration

སྒྲར་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)

སྒྲར་ཚུལ།

*sngar.tshul*

ngar tshool

The second stage of the  
diseases

སྒྲོ་ཁྱུང་གྲེས་དཀར་པོ།

*sngo.khyung.sder.dkar.po*

ngo khyoongdher karmo  
Saussurea Katochaetoides

སྒོ་ལྷུང་ལྷེར་སྐྱུག་པོ།

*sngo.khyung.sder.smug.po*

ngo khyoong dher mook po  
Saussurea stella Manim

སྒོ་སྐ་ཚུང་བ།

*sngo.sga.chung.ba*

ngo ga choong wa  
Senecio tianschanicus Rogal  
et Schmalh

Uses: It subside fever due to  
bile and headache.

སྒོ་སྐ་ཤ་ལ་ཡུ་རིང་།

*sngo.sga.sha.la.yu.ring*

ngo ga shala yuring  
Botanical Name:

Cremethodium sp.

Taste: Bitter to hot to sweet

Potency: Cool to coarse

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

སྒོ་གྲོ་ཤང་ཅེ།

*sngo.gro.shang.tse*

ngo dro shang tse

Botanical Name: Orobanche  
sp.

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.

སྒོ་ངད།

*sngo.ngad*

ngo ngey  
Green vegetables

སྒོ་ཚུ་སྐྱེན་སྐྱེར་མོ།

*sngo.chu.srin.sder.mo*

ngo chusin dermo

Hindi Name: Hath jawri

Botanical Name: Selaginella  
pulvinata

སྒོ་རྟ་ལྷགས། (དཀར་པོ།)

*sngo.rta.lpags*

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.

ལྷོ་རྟ་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.

ལྷོ་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.

ལྷོ་དེ་ལ།

*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.

ལྷོ་སྤྲིན།

*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.

ལྷོ་སྤྲིན་ལོ་མ་ལྷུང་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.

ལྷོ་སྤྲིན་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

སྒོ་བོང་དམར།

*sngo.bong.dmar*

ngo bong mar

Pedicularis trichoglossa Hook

F

སྒོ་སྟོར།

*sngo.sbyor*

ngo jor

Herbal compounds

སྒོ་མ་གེ་ཏ།

*sngo.ma.gi.ta*

ngo ma gi ta

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

སྒོ་སྐྱམ།

*sngo.sman*

ngo men

Herbal medicine

སྒོ་སྐྱམ་འབྲུང་དཔེ་བསྟུས་པ།

*sngo.sman.'kehrung.dpe.bsus.pa*

ngo men troong pey due pa

The condensed book of  
medicinal plants

སྒོ་སྟུབ།

*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.

སྒོ་ན་འགྲོ།

*sngon.'gro*

ngon dro

Preliminary

སྒོ་ན་བུ་མཚོག།

*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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ཅུ་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.

ཅུ་གང་ཉེར་ལྔ་།

*cu.gang.nyer.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).

*ཙོ་ཀ།*

*co.ka*

choka

Lark (*Alauda gulgula* Frankklin)

*ཙོ་ག་ལ།*

*cog.la*

chok la

Skt. Name: Shingrab

Scientific Name: *Cinnabaris* Sp.

*ཙོ་ག་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.bzos*

chok la mi zoe

A synonym of *Dha.chu*  
(*hydrargyrum Sulphidum*)

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་ཚོད་བརྟུལ།

*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).

ཅོང་ཞི་རིགས་ལྔ་།

*cong.shi.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

གཅན་གཟན།

*gcan.gzan*

chen zen

Carnivorous animals

གཅན་གཟན་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་རྒྱུ་ལམ།

*gcin.gyi.rgyu.lam*

chin gi gyoo lam

Urinary tract

གཅིན་སྟེ།

*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་སྟེ་བའི་རྒྱུ་རྒྱན།

*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.

གཙོང་ཆེན་ཟད་བྱེད།

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

གཙོང་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་དུག་ལྡ་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་དྲག་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.

བཅོམ་ལྷན་འདས།

*bcom.ldan.'das*

chomden dey

Skt. Bhagawan, Buddha

(The enlightened one)

བཅོས་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་སྡོད།

*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་རྟིག་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.

Taste: Astringent

Potency: Cool

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

ལྷགས་རྟིལ།

*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་རྟོ།

*lcags.rdo*

chak do

Iron ore (Limonite)

ལྷགས་སྤུལ།

*lcags.sbrul*

chak dool

*Elaphedione Pallas* or  
*Bungarus multicaudatus* Blyth

ལྷགས་ལྷན།

*lcags.zhun*

chak shoon

Iron bitumen or pitch

ལྷགས་ཐལ།

*lcags.thal*

chak thel

English Name: Iron ash

Botanical Name: Calcinated powder of iron

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.

ལམ་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.

ལམ་པ་རྒྱ་ལམ།

*lcam.pa.rgya.lcam*

champa gya cham

Alcea rosea L. Althaea rosea (L) cavn

ལམ་པ་བོད་ལམ།

*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.

ལམ་འབྲུ།

*lcam.'bru*

cham doo

Malva verticillata 'seeds'

ལི་བ།

*lci.ba*

chiwa

Heaviness

ལི་ལ་སུམ་པའི་ཟས།

*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

ལྷེ་ཚ།

*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*).

ལྷེ་ལུ་ཚུང་གཞན་གཞི།

*lce'u.chung.gnyan.gzhi*

chey chung nyan shi

Tonsillitis

A condition characterised by  
inflammation of tonsils.

ལྷེ་འི་གཞན་གཞི།

*lce'i.gnyan.gzhi*

chey nyan shi

Glossitis

A condition characterised by  
inflammation of tongue.

ལོ་ག་བཅད་འབྱོར།

*lco.ga.bcad.'byor*

cho ga chey jor

A synonym for *Medicago*

# ཀ

ཚ་ག་པ།

*cha.ga.pa*

cha ga pa

English Name: Grasshopper

Scientific Name: *Oxya*

*Chinensis* Thumb

ཚ་བྱད།

*cha.byad*

cha jey

Therapeutic instruments

ཚ་བྱད་དབྱུང་གྱི་ལྗེ།

*cha.byad.dpyad.kyi.sde*

cha jey chey ki dey

Section on surgical instruments

ཚ་བྱད་མེད་པ།

*cha.byad.med.pa*

cha jey mey pa

Lack of medicinal instruments

ཚ་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.

ཚག།

*chag*

chak

The ring finger

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

ཚག་ཚོ།

*chag.tshe*

chak tshey

Fresh broken barley

A thin porridge made with fresh broken barley.

ཚག་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་སྤྲུགས་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་ལྗོས་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་འདྲེན་གཞོན་ནུ།

*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.

ཚུ།

*chu*

choo

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

ཚུ་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*

ཚུ་སྐོལ།

*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.

ཚུ་སྐུར་རོ།

*chu.skyur.rdo*

choo kyoor do

Latin Name: Calcium carbonate

Taste: Sour

Potency: Cool

Uses: It heals fractured bones.

ཚུ་ལུང་ཚུ།

*chu.klung.chu*

choo loong choo

River water

ཚུ་རྒྱལ།

*chu.rgyus*

chu gyue

Ligaments and tendons

ཚུ་འབྲམ།

*chu.'gram*

chu dram

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

ཚུ་གནན་དགུགས།

*chu.gnyan.dkrugs*

choo nyen took

Disturbing the plague-causing water demons

ཅུ་སྟིང་།

*chu.snying*  
chu nying  
Achates

ཅུ་གཏོར།

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

ཅུ་སྟོང་།

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

ཅུ་སྟོང་རྩ་བ།

*chu.stod.rza.ba*  
chu toe dawa  
Asar, 6<sup>th</sup> month of the  
Tibetan lunar calendar

ཅུ་དེ་བ།

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

ཅུ་མདོག།

*chu.mdog*  
chu dok  
Colour of the urine

ཅུ་སྟིག།

*chu.sdig*  
chu dik  
Charybdis Japonica

ཅུ་རྫོ།

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

ཅུ་སྐུར།

*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.

ལྷ་པོ་ཡན་ལག་བརྒྱད་ལྔ་ལྔ་

*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

ལྷ་བྱི།

*chu.byi*

choo ji

*Arvicola terrestris*

ལྷ་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.

ལྷ་སྐད།

*chu.smad*

chu mey

Uttara shada, Nunki

It is one of the 27 constellations.

ལྷ་ཅ།

*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.

ལྷ་ཅ་སྐྱ་གུ་ཅན།

*chu.rtsa.sbu.gu.chen*

choo tsa boo gu chen

The tubular channels, the anterior branch of water channels

ལྷ་ཅེ་པ་ལྷ་ལྷ་བ་ལྷ་ལྷ་བ་

*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)

ལྷ་ཅི་གཡུང་བ།

*chu.rtsi.gyung.ba*

chu tsi yoong wa

Polygonum hookeri Moissn

ལྷ་ཡི་འཕུལ་འཁོར།

*chu.yi.'phrul.'khor*

chu yi tool khor

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

ལྷ་ཚན།

*chu.tshan*

choo tsen

Hot spring

ལྷ་རག།

*chu.rag*

chu rak

Dam, dike

ལྷ་ཚན་རིགས་ལྔ།

*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

ལྷ་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

ལྷ་ཚོད།

*chu.tshod*

- 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

### ལྷ་རུག

*chu.rug*

choo rook

Cardamine macrophylla wild

### ལྷ་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.

### ལྷ་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.

### ལྷ་ཤིང་།

*chu.shing*

choo shing

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

### ལྷ་ཤེལ།

*chu.shel*

choo shel

Crystallum, crystal moon  
 stone

### ལྷ་བསིལ།

*chu.bsil*

choo sil

Cool water from snow and  
 glacier

### ལྷ་ཤིང་།

*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.

ལྷ་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.

ལྷ་སེར་གྱི་འགྲོ་ལུགས།

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

ལྷ་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.

ལྷ་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.

ལྷ་སེར་གཤམ་རིངས།

*chu.ser.gsha'.rings*  
chu ser sha ring

Blood letting vessels known as deep set channels of serum

ལྷ་སེར་སྐྱན་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 genitalia).

ལུ་སྲང།

*chu.srang*

chu sang

Minute

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

ལུ་སྲིན།

*chu.srin*

choo sin

Capricorn

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

ལུ་སྲིན་སྲེར་མོ།

*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་ཡི་ཀྱིལ་ཁོར།

*chu'i.dkyil.'khor*

chu yi kyil khor

The mandala of the water element

ལུ་ཡི་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་ཡི་དང་ཚེད་ཟེད་པ།

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

chy yi dang tsey zey pa

Dehydration, consumption of water required in the body

ལུ་ཡི་དྲི།

*chu'i.dri*

chue dee

Smell of urine, urine odour

ཚུའི་མེ་དོག་

*chu'i.me.tog*

chu yi metok

Bubbles of urine (lit. flowers of water)

ཚུའི་རླངས།

*chu'i.rlangs*

chue lang

Urine vapour (lit. water vapour)

ཚུར་ཁུ།

*chur.khu*

choor khoo

Whey

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

ཚུར་བྱིང་བའི་སྤང་རྩུལ།

*chur.bying.ba'i.snang.tshul*

chur jing wey nang tshool

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

ཚོ་ག།

*cho.ga*

choga

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

ཚོས།

*chos*

choe

1) Phenomena

2) Dharma or religion

ཚོས་སྤྱ།

*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

ཚོས་སྤྱོང་།

*chos.skyong*

choe kyong

The protector or defender of Dharma

ཚོས་སྐོག་གསལ།

*chos.klogs.pa*

choe lokpa

Reading of holy scriptures

ཚོས་རྒྱལ།

*chos.rgyal*

chogyal

The Dharma or the religious  
kings

ཚོས་རྒྱལ་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

ཚོས་རྒྱལ་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.

ཚོས་ནིད།

*chos.nyid*

chonyi

Intrinsic nature, empty nature

ཚོས་དབྱིངས།

*chos.bdyings*

choe ying

The sphere of reality

ཚོས་ལ་སྦྱོད་པ།

*chos.la.spyod.pa*

choe la choe pa

Practicing the Dharma

ཚོས་སྦྱོར།

*chos.sman*

chomen

Spiritual and Dharma  
medicines

མཚན་འོག།

*mchan.'og*

chen vok

Armpit

མཚན་མཁྲིས་འདོམས་ཅུ།

*mchin.mkhris.'dom.rtsa*

chintee dom tsa

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

མཚན་མཁྲིགས།

*mchin.mkhregs*

chin tek

Liver cirrhosis (lit. hardening  
of the liver)

མཚན་གཉན།

*mchin.gnyan*

chin nyen

Hepatitis

A condition characterised by  
inflammation of liver

མཚན་དྲི།

*mchin.dri*

chin dee

Diaphragm

A thin curtain like flesh  
separating the upper and  
lower chest

མཚན་དྲི་དཀར་པོ།

*mchin.dri.dkarpo*

chin di karmo

Upper white coloured section  
of the diaphragm

མཚན་དྲི་ཁྲ་པོ།

*mchin.dri.khra.bo*

chin di ta wo

Intermediate two-coloured  
section of the diaphragm

མཚན་དྲི་ནག་པོ།

*mchin.dri.nag.po*

chin di nakpo

Lower black coloured section  
of the diaphragm

མཚན་ནད།

*mchin.nad*

chin ney

Hepatic disease, Liver  
disorders

མཚན་པ།

*mchin.pa*

chinpa

Liver, the main seat of  
complexion cleaning bile.

མཚན་པའི་བཅུད་ལེན།

*mchin.pa'i.bcud.len*

chinpey chue len

Hepatic tonic

མཚན་པའི་ཚུ་ཅ་ཕྱན་བུ།

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

chin pey choo tsa tenbu

Minor water channels of the  
liver

མཚིན་ཚད་ཐུར་བབས།

*mchin.tshad.thur.babs*

chin tsey thur bab

Discending of liver fever into  
the small intestine

མཚིལ་མང་།

*mchil.mang*

cheel mang

Excessive salivation

མཚིན་པ་ཞོ་ག།

*mchin.pa.zho.sha*

chin pey shosha

Entada phaseoloides Linn

མཚུ།

*mchu*

choo

Regulas, Magha

It is one of the 27  
constellatons.

མཚིལ་འདོར།

*mchil.'dor*

childhor

Spitting

མཚུ་སྟུང་།

*mchu.snyung*

choo nyoong

Pointed beak myrobalan

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

མཚིལ་བ།

*mchil.ba*

chil wa

Passer montanus S. Baker  
passerine

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

མཚུ་དོ།

*mchu.to*

choo toh

Lip (a flower of the spleen  
organ)

མཚིལ་མ།

*mchil.ma*

cheel ma

Saliva

མཚུ་ཟླ།

*mchu.zla*

choo da

Magh; the first month of the  
Tibetan Lunar Calendar

མཚུ་ཡི་ས་ཀོ་བའི་སྟེ།

*mchu.yis.rko.ba'i.sde*

chu yi kowey dey

A group of birds which dig for food with their beaks

མཚེ་བ།

*mche.ba*

che wa

- 1) Incisors (Four out of thirty two human teeth are incisors)
- 2) Tusk of animals like elephant

མཚེར་ནད།

*mcher.nad*

cher ney

Splenic diseases

མཚེར་པ།

*mcher.pa*

cher pa

Spleen

མཚེར་བའི་ལུ་ཅོ་ཕྱན་བུ།

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

cher wey choo tsa tren boo

Minor water channels of the spleen

མཚེར་རུར།

*mcher.zur*

cher zur

Edge of the spleen

མཚོད་རྟེན།

*mchod.rten*

choe ten

Stupa

མཚོད་རྫས།

*mchod.rdzas*

choe zey

Items of offering

མཚོང་།

*mchong*

chong

Latin Name: Achates

(a kind of precious stone)

Taste: Astringent

Potency: Cool

Uses: It treats epilepsy, headaches and eye disorders.

འཚང་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་ཚུ།

*'chi.chu*

chi choo

Urine which indicates death sign

འཆི་ལྷས།

*'chi.ltas*

chi tey

Death signs, signs of death

འཆི་ལྷས་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 irreversable 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་སྐྱོར།

'*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་སྐྱིན་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་སྣེད་པ།

*ji.snyed.pa*

ji nye pa

All conventional objects, all phenomena except emptiness

ཇི་སྣེད་པ་མཐུན་པའི་ཡི་ཤེས།

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

ji nye pa khen 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་མཐུན་པའི་ཡི་ཤེས།

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

ji tawa khen 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་འཚོ་བའི་བར་དུ་མི་ཤིག་པའི་ཐིག་ལེ།

ལེ།

*ji.srid.'tsho.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་ཚུ་ལེབ།

*mjing.pa'i.chu.leb*

jing pey chu leb

Flat tendons of the neck

མཇེ་རུབ།

*mje.nub*

je nub

Shrinking of the penis

འཇག་མ།

*jag.ma*

jak ma

Reeds

འཇམ་སྐྱུག།

*'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་ཅ།

*'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)

འཇིབ་རྩི།

*'jib.rtsi*

jib tsi

Dracocephalum H.

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

འཇིབ་རྩི་དཀར་པོ།

*'jib.rtsi.dkar.po*

jibtsi karmo

Dracocephalum H. Benth (white)

འཇིབ་རྩི་ཆེན་པོ།

*'jib.rtsi.chen.po*

jibtsi chenpo

Saivia pratti Hemsl.

འདུ་སྟོབས།

*'ju.stobs*

joo tob

Power of digestion/digestive strength

འདུ་བ།

*'ju.ba*

juwa

Digestion (to digest food)

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)*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.

འདུག།

*'jug*

jook

Enter (entering)

འདུག་སྟོ།

*'jug.sgo*

jook go

Gate of entry (door of entry  
for the diseases)

རྗེ་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་དུག་

*'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*)

རྗེ་ཞབས།

*rje.zhabs*

je shab

The base or stem of the brain

རྗེ་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)

རྗེན་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.)

བརྗེད།

*brjed*

je y

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, 15<sup>th</sup> 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 aim is to attain nirvana for  
(Gastrocnemius area) themselves.

ན་སྟོང་བརྟུང་།

*nya.stong.brgyad*

nya tong gey

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

ན་ཕྱིས།

*nya.phyis*

nya chi

Mother of pearl

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

ནུ་འོག་།

*nya.'og*

nya vok

Muscles of the lower calf  
(peroneus)

ནན་ཐོས།

*nyan.thos*

nyen thoe

Skt. Sravaka, Hearer

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

ནན་མི་བདུབ།

*nyan.mi.btub*

nyen mi toob

One who cannot obey  
instruction

ནམ་དམད།

*nyam.dmad*

nyam mey

To reduce weight

ནམས་པ་མ་ནིང་།

*nyams.pa.ma.ning*

nyampa maning

Eunuch or castrated  
hermaphrodite

ནམས་ཐག་།

*nyams.thag*

nyamthak

Poor and the needy

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་དཀྱིལ།

*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་ཁྱིམ།

*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་དྲོས་སྐྱུལ།

*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.bgrid*

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་འཇིན་པའི་རྩིས།

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

nyi da zinpey tsee

Calculations of the solar and lunar eclipses

ཉི་ཤར་འབྲུག།

*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་དཀ

*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་སྟོབས།

*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་གཟའ་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 shink

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.

ཉེས་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.

ཉེས་གསུམ་གསོ་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་སྐྱིབ་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་པ།

*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་འབྲུམས་པ།

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

nyemey jey soo khyampa

One who wanders abroad  
without friends

མནམ་པ།

*mnyam.pa*  
nyam pa  
Equal

མནམ་གཉིས།

*myam.gnyis*  
nyam nyee  
The two equinox  
1) Spring equinox  
(*dpwid.mnyam*)  
2) Autumn equinox  
(*ston.mnyam*)

རྩིང་།

*rnying*  
nying  
Chronic; lit. old

རྩིང་ཚད།

*rnying.tshad*  
nying tshey  
Chronic fever

རྩོགས་ཚད།

*rnyogs.tshad*  
nyok tshey  
Complicated fever; turbid  
fever

སྤྲེལ་ལེ་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.

སྤྲི་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 thoratic region and nerves,  
chronic fever, anorexia, fever  
of the lungs and improves  
the sense perception of the  
nose.

སྤྲིང་།

*snying*  
nying  
Heart; the seat of pervasive  
wind and the determining bile

སྙིང་ག་ཚོས་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།

*sying.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་ཤ།

*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་འཚངས་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.rzi.ka*  
(*ustilago nuda* (Jens) rostr)

།

སྟོམ།

*snyom*

nyom

Lassitude (lethargic, laziness)

ཏ་ལ་ཚེར་མ་ཅན།

*ta.la.tsher.ma.chen*

tala tsher ma chen

A thorny palm tree

སྟོམས་འདུག།

*snyom.jug*

nyom jook

Skt. Samapatti; meditative  
absorption or a single pointed  
concentration

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་པ།

*snyoms.pa*

nyom pa

Harmony or balance  
(equilibrium)

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*.

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

ཏི་ཏི།

*ti.ti*

ti tih

Pseudopodoces humilis  
(Hume)

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

ཏི་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.

ཏི་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.

ཏི་ཚ་སྒོན་པོ།

*ti.tsha.sngon.po*

tee tsha ngon po

Smith sonitum

ཏི་ཚ་དམར་པོ།

*ti.tsha.dmar.po*

tee tsha marpo

Zincitum

ཏི་ཚ་སེར་པོ།

*ti.tsha.ser.po*

tee tsha serpo

Spaleritum (Sphaletitum)

ཏི་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.

ཏི་ལོ།

*ti.lo*

tee lo

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

ཏིག་ཏ།

*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*.

ཏིག་ཏ་བརྒྱད་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.

ཏིག་ཏའི་ཐང་།

*tig.ta'i.thang*

tig tey thang

Decoction prepared from Swertia chirata

ཏིང་ངེ་འཇིན།

*ting.nge.'dzin*

ting nge zeen

Deep meditation

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

ཏིལ།

*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་དཀར།

*til.dkar*

teel kar

Hindi Name: Safeth Til

Botanical Name: Sesamum  
Indicum

Taste: Sweet

Potency: Hot

Uses: Similar use as above.

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་སུམ།

*til.snum*

teel noom

Skt. Name: Tila

Hindi Name: Til

English Name: Sesame oil

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་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.

གཏར་ཁ།

*gtar.kha*

tar kha

Blood letting; venesection

It is mainly used against disorders of bile and fever.

གཏར་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་སྐྱམ།

*gter.snum*

ter noom

Mineral oil

གཏེར་སྐྱེས་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 choe

Antidotes, remedial measures

རྩ་མགྲིན།

*rta.mgrin*

tam drin

Hayagriva

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

བདང་སྣོམ་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་རོད་དཀུས་སུ་འཇུག་པ།

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

ta goe kyoo soo zue pa

To make an untamed horse  
run (wild horse)

ར།

*rta*

ta

Horse; one of the twelve  
animal signs in Tibetan  
astrology

རྩ་རེ་བུ།

*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').

རྟ་ལྷགས།

*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.

རྟ་ལྷགས་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.

རྟ་བོན་པ།

*rta.bon.pa*

ta bonpa

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

Uses: It cures anterior transposition of the calf muscle.

རྟ་ལྷགས་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

རྟ་མིག།

*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

རྟ་མིག་ཚེ་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་ལྷ་བ།

*rta.zla.ba*

ta dawa

Horse month; 3<sup>rd</sup> month of the Tibetan Elemental Astrology

རྟ་ག་ཏུ།

*rtag.ngu*

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།

*rtag.longs*

tak long

Constant motion

རྟ་ས་བརྟམ་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་རླུང་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.byed.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་སྐྱུག

*lta.na.sdug*

ta na dook

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

ལྷ་སྐྱོད།

*lta.spyod*

ta choe

Theory and practice, view and behaviour

ལྷ་བ་ཕྱིན་ཅེ་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་སྐུ་གཞོབ།

*ltag.p'i.spu.gz'bob*

tak pey poo shob

Burnt hair from the nape of the neck

ལྷག་ཅ།

*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་འབུར་ཕོ།

*ltag.rus.'bur.po*

tak rue boor po

Prominent occipital bone

ལྷར་ལྷར་ཕོ།

*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་སྐྱ་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་སྤོས་པ།

*lto.ba.sbos.pa*

to wa boe pa  
Distension of the abdomen

སྐྱག

*stag*

tak

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

སྐྱག་མ།

*stag.ma*

tak maa

Botanical Name:

Rhododendron przewalskii  
Maxim.

སྐྱག་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.

སྐྱག་ཚེར།

*stag.tsher*

tak tsher

Botanical Name: Solanum  
xanthocarpum, Robus idaeus

སྐག་གཟིག་མེ་དོག

*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.

སྐག་ལྷ་བ།

*stag.zla.ba*

tak dawa

Tiger month, 11<sup>th</sup> month and  
beginning to the year  
according to Tibetan  
Elemental Astrology

སྐག་ཟིལ་ག་བུར།

*stag.zil.ga.bur*

tak seel ga boor

Botanical Name: Nagi  
camphora

སྐག་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.

སྐག་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.

སྐག་ཤ་ནག་པོ།

*stag.sha.nag.po*

tak sha nakpo

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

སྐབ་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.

སྐང་ཟིལ།

*stang.zil*

tang zil

Botanical Name: *Lithayrum*

Taste: Astringent

Potency: Cool

Uses: It is recommended for  
head injuries, haemorrhage  
and vomiting.

སྐན་སྐབ་ཙོག་འདུག་པ།

*stan.srab.tsog.'dug.pa*

ten sab tsok dook pa

Squatting on a thin mat

སྐབ་སེང་།

*stab.seng*

tab seng

*Encommia Ulmoides*

It joins fractured bones and  
controls osteitis

སྐར་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.

སྐར་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་ཉིད།

*stong.nyid*

tong nyee

Emptiness (liberation from the illusion of self-grasping or self identity and the actualization of non-self, non-identity)

སྐྱང་ཚད།

*stong.tshad*

tong tshey

Empty fever (void fever)

སྐྱང་ཟེལ།

*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 8<sup>th</sup> 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 5<sup>th</sup>,  
 6<sup>th</sup> and 7<sup>th</sup> 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)

བར་བྱ།

*brta.bya*

taa jaa

To gain weight or strength

སྟོབས་སྐྱེད་སྐྱེད།

*stobs.skyed.sman*

tob key men

Medicinal tonic, Vitamin tonic

བར་གྱ་སྒྲོ།

*brtag.sgo*

tak go

The door of diagnosis of examination

སྟོབས་ཅུད།

*stobs.cud*

tob chue

Regenerative fluid

བར་གྱ་བབས་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

བར་གྱ་པ།

*brtag.pa*

tak pa

Examination or diagnosis

སྟོབས་ལྷན་སྟེང།

*stabs.ldan.sbyor*

top den jor

The combination of power

བར་གྱ་པ་རྩ་ཚུའི་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་རླེག་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	བསྐྱོན་པའི་གནས་ཚད། <i>bstan.p'i.gnas.tshad</i> ten pey ney tshey Duration of the spreading of the Dharma
བསྐྱོན་འགྲོ། <i>bstan.'gro</i> tendo A collective name for the Dharma and living beings	བསྐྱོན་རྩིས། <i>bstan.rtsis</i> ten tsee Chronology
བསྐྱོན་པ། <i>bstan.pa</i> tenpa 1) The Dharma 2) To show	བསྐྱོན་པ། <i>bstan.pa</i> tenpa Reliance on, depend upon
བསྐྱོན་པ་སྔ་དར། <i>bstan.pa.snga.dar</i> ten pa nga dhar The spread of early Buddhism into Tibet	རྩེམ་དཀར། <i>trem.dkar</i> trem kar An extremely cold natured rheumatism
བསྐྱོན་པ་ཕྱི་དར། <i>bstan.pa.phyi.dar</i> ten pa chee dhar The later stage of spreading of Buddhism in Tibet	རྩེམ་ནག། <i>trem.nag</i> tem nak A kind of rheumatism with high imbalance in blood, bile accompanied by fever (Tib. <i>khrag.mkhris.tsha.ba.che.ba</i> )
བསྐྱོན་པ་བཞེག་པ། <i>bstan.pa.bshig.pa</i> ten pa shik pa Destruction of the Dharma	

# ཐ།

ཐ་སྐར།

*tha.skar*

tha kar

- 1) Aswini, Arietic; 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་སྤྲིན།

*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

Taset: Sweet to astringent

Potency: Cool

Uses: It controls fever, excess sputum and cough, stops diarrhoea, heals wounds and dries serous fluids.

ཐང་།

*thang*

thang

Docoction

ཐང་ཚུ།

*thang.chu*

thang choo

Resin of tree

ཐང་ཆེན་ནེར་ལྷ།

*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.kbrag, 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་དཀར་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་སྐྱན།

*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.sbes*

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་རྗེ།

*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་སྲན།

*thal.sman*

thel men

Medicinal ash or ash medicine

ཐལ་ཀ་དོ་རྗེ་མཚོག།

*thal.ka.rdo.rje.mchog*

thal ka dorje chok

Senna (Cassia tora)

It is a superior species.

ཐལ་ཚ།

*thal.tsha*

thel tsha

Salt derived from (wood)

ashes

ཐལ་ཀ་དོ་རྗེ་དམན་པ།

*thal.ka.rdo.rje.dman.pa*

thal ka dorje menpa

Pipthantus

It is an inferior species.

ཐི་བ།

*thi.ba*

thee wa

Plover (Wild pigeon)

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*”

ཐིག་ལེ།

*thig.le*

thik ley

Drops, the seminal or

reproductive fluid

(*khams.dkar.po*)

ཐལ་བ།

*thal.ba*

thel wa

Dust, ash

ཐིག་ལེ་ཚེན་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་སྐྱལ།

*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་རླུང་།

*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

ཐོ་རིངས་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.

ཐོ་རིངས་སྟག།

*tho.rengs.stag*

tho reng tak

Tiger hours, break of dawn (3-4 a.m.)

It is the manifesting time of wind disorders.

ཐོག་ལྷགས།

*thog.lcags*

thok chak

Meteorite

Metal that falls from the sky when the lightning strikes.

ཐོག་རུས།

*thog.rus*

thok rue

Bones (of human beings killed) by thunder bolts

ཐོང་ལྷགས།

*thong.lcags*

thong chak

Plough (i.e. Cast) iron

ཐོད་པའི་རུས་པ།

*thod.pa'i.rus.pa*

thoe pey roe pa

Skull bone

ཐོར་ནད།

*thor.nad*

thor ney

A collective name for miscellaneous diseases which are not included in the major categories of diseases

ཐོས་པའི་སྟོབས།

*thos.pa'i.stobs*

thoe pey tob

Power of hearing

ཐོས་བསམ་སྒྲོམ་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་རྩུད་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)

དམ་གོད།

*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*).

དམ་ཇིག།

*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་ཇིག་ཉེར་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་བཟུ་དུག།

*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.

དྲ་ལིས་བཙེ་བ་རྒྱུད།

*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, skeyu.ru,  
btsod, tshos, ka.ra*

Nature: Neutral

Uses: A compound which cures nervous disorders, paralysis of the limbs, vasodilator and numbness.

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་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་ཚོས།

*dam.p'i.chos*

dham pey choe

The Dharma

དམ་སྲི།

*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

12) *dur.zbugs* – cremation

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་རྐང་།

*dal.rkang*

dhel kang

Lit. Slow movement of the feet

དལ་བ།

*dal.ba*

dhel wa

Slow, gradual

དུ་བ་རྩལ་པའི་སྐབས་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་མཇུག་རིང་།

*du.ba.mjug.ring*

doo wa joog ring

Comets

དུག

*dug*

dhook

Poisons

དུག་ལྗེ།

*dug.lnga*

dhook nga

Five poisons

- 1) *'dod.chags* – greed
- 2) *zhe.sdang* – hatred
- 3) *gti.mug* – ignorance
- 4) *nga.rgyal* – pride and
- 5) *pbrag.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་ལྷོང་།

*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་ཚོག།

*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 3<sup>rd</sup> 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.lpags.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.lpags.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

dhooor 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*

dhooor meek

Lit. the eye of the cemetery

དུར་ཤ

*dur.wa*

dhooor wa

Skt. Dhurva; cynodon dactylon (Pennisetum Flaccidum Griseb)

དུར་ལྷགས་བཅའ་མ།

*dur.clags.btsa'.ma*

dhooor chak tsa ma

Rusted iron from a tomb

དུར་ཐོད།

*dur.thod*

dhooor thoe

Human skull from a charnal ground

དུས།

*dus*

dhue

Time or seasons

དུར་བྱིད།

*dur.byid*

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

dhue khor tshool

The way of changing time

དུས་འཁོར་ལྷགས།

*dus.'khor.lugs*

dhoo khor look

Kalachakra system

དུས་འཁོར་ལྷ།

*dus.'khor.lha*

dhue khor lha

The deity of the Wheel of  
Time; Kalachakra deity

དུས་འཁོར་བསྐྱེད་རྒྱུ།

*dus.'khor.bsdu.rgyud*

dhue khor due gyooe

The concise tantra of  
Kalachakra system

དུས་ཁྱིམ།

*dus.khyim*

dhue kheem

The zodiac house of the day

དུས་འཁོར་དབང་།

*dus.'khor.dbang*

dhoo khor wang

The Kalachakra initiation

དུས་ཆེན།

*dus.chen*

dhue chen

Festival; lit. great time

དུས་འཁོར་རྩ་རྒྱུ།

*dus.'khor.rtsa.rgyud*

dhue khor tsa gyue

The root tantra of Kalachakra  
system

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  
1<sup>st</sup> through 15<sup>th</sup> of the first  
Tibetan month

དུས་འཁོར་ཚུལ།

*dus.'khor.tshul*

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 15<sup>th</sup> 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  
4<sup>th</sup> 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 22<sup>nd</sup> of the ninth  
Tibetan month

དུས་དྲུག

*dus.drug*

dhue dook

The six seasons according to  
Tibetan medical systems are:

- 1) *dgun.stod* – upper winter  
(Tib. 10<sup>th</sup> and 11<sup>th</sup> lunar  
month)
- 2) *dgun.smad* – lower winter  
(Tib. 12<sup>th</sup> and 1<sup>st</sup> lunar  
month)
- 3) *dpyid.ka* – spring (Tib. 2<sup>nd</sup>  
and 3<sup>rd</sup> lunar month)
- 4) *sros.ka* – dry summer (Tib  
4<sup>th</sup> and 5<sup>th</sup> lunar month)
- 5) *dbyar.kha* – wet summer  
(Tib. 6<sup>th</sup> and 7<sup>th</sup> lunar  
month)

6) *ston.ka* – autumn (Tib 8<sup>th</sup>  
and 9<sup>th</sup> lunar month)

དུས་སྟོན།

*dus.spyod*

dhoo choe

Seasonal behaviour, seasonal  
conduct

དུས་རྩ།

*dus.rtsa*

Dhoo tsa

Seasonal pulse

དུས་ཚོད་བཅུ་གཞི་སྟེ་སྟེ།

*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

- |   |  |
|---|--|
| <p>8) 19-20 Hrs. <i>Sa.sros.khyi</i><br/>(Dog) – Dusk</p> <p>9) 21-22 Hrs. <i>Sros.khor.phag</i><br/>(Pig) – Fore night</p> <p>10) 23-24 Hrs. <i>Nam.phyed.byi</i><br/>(Mouse) – Mid night</p> <p>11) 1-2 Hrs. <i>Nam.yol.glang</i> (Ox)<br/>– After night</p> <p>12) 3-4 Hrs. <i>Tho.rengs.stag</i><br/>(Tiger) – Dawn</p> | <p>4) Winter – tenth, eleventh<br/>and twelfth months of<br/>Tibetan lunar calendar</p> <p>དུས་བཞི་ལྷ་མོ།<br/><i>dus.bzhi.lha.mo</i><br/>dhue shee lhamo<br/>The goddesses presiding over<br/>the four seasons</p> |
|---|--|

དུས་ཚོད་བཅུ་གཉིས་ཀྱི་སྐྱབས་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་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་རབས།

*dus.rabs*  
dhue rab  
Times, epoch, era

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་བསྐྱིད་།

*du.s.sring*  
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: *Selenarctos 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 kyoog

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

དྲང་སྲོང་།

*drang.srong*

dang.song

Rishi or sage, saint (he who engages in the true activities of the mind, body and speech)

དྲང་སྲོང་གི་འཁོར།

*drang.srong.gi.'khor*

dang song gee khor

Retinue of the saints

དྲང་སྲོང་ཆེན་པོ།

*drang.srong.chen.po*

dang song chenpo

The great saint or sage

དྲན་པ།

*dran.pa*

denpa

Mindfulness, alertness, clear memory

An aspect of the mind which prevents forgetfulness.

དྲན་པ་ཉམས་པ།

*dran.pa.nyams.pa*

den pa nyam pa

Amnesia

A condition characterised by loss of memory

དྲན་པ་ཉི་བར་བཞག་པ།

*dran.pa.nye.bar.bzhag.pa*

den pa nye par shag pa

Mindfulness

དྲན་པའི་སྣོ་བས།

*dran.pa'i.stobs*

den pey tob

Power of mindfulness / memory

དྲན་པ་ཐོར་བ།

*dran.pa.thor.ba*

den pa thor wa

Fainting

A condition characterised by temporary loss of consciousness

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་སྤོང་པོ།

*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 18<sup>th</sup> 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

དྲུག་འདུས།

*drug.'dus*

dook due

Confluences of the six

(Carpal blood letting vessels)

དྲུང་གསུམ།

*drung.gsum*

doong soom

Three closest relatives

1) Uncle (*Akhu*)

2) Aunty (*Ane*)

3) Uncle (*Arhang*)

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་རྒྱུ་

*dreg.nad.kyi.rgyu.rkyen*

dek ney kee gyoo ken

Primary and secondary causes of gout

དེད།

*dred*

dey

Tibetan bear or yellow bear (Ursus artos, Lagonyarius)

དེ་བུ།

*dre.'u*

de voo

Young mule

དེལ།

*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་སྤྱོད་ལྷན་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་ལེ་ལུ།

*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་ལྷ་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་གཟེལ།

*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*  
dud  
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་ཅི།

*bdud.rtsi*  
dhue tsee

Skt. Amrit; Ambrosia or nectar

བདུད་ཅི་འཆི་གསོ་མ།

*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་སྦྱོར།

*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 7<sup>th</sup> and 9<sup>th</sup> 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་སྤོང་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.lsan*  
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,*  
*gangs.tbhig.chu.bcad,*  
*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་ལྷན་(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་དབེ།

*'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

རུལ་ཕྱ་མོ།

*rdul.phra.mo*

dool tra mo

Subtle particle

རུལ་ཕྱན།

*rdul.phran*

dool tren

Atom

རུལ་ཕྱན་གྱི་རྒྱས་པ།

*rdul.phran.gyi.nus.pa*

dool tren gee nue pa

Atomic energy

རུལ་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་ཁྲད།

*rdok.klad*

do ley

Halloysite, brain shaped stone (lit. stone brain)

Uses: It sustains the brain and stimulates growth of flesh.

རོ་རྒྱལ།

*rdok.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་རྩེ།

*rdok.rje*

dorje

Vajra (adamantine sceptre)

A symbol of power and a tantric ritual object.

རོ་རྩེ་སྐུ།

*rdok.rje.skü*

dorje koo

Vajra body

རོ་རྩེ་ཐེག་པ།

*rdok.rje.theg.pa*

dorje thek pa

Vajrayana, path of the indestructible reality

རོ་རྩེ་སྐུ་བློ་གྲོགས།

*rdok.rje.spun.grogs*

dorje pun drok

Vajra brothers and sisters

It refers to disciples who have received initiation together from the same master.

རོ་རྩེ་པ་ལམ།

*rdok.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་འཛོམས།

*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.'degs.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་རྩམ།

*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་ཚོ།

*rdo.zho*

do sho

Lime stone

རྫོ་སོལ།

*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་བདུང་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)

ལྷིག་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་དོམ་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་བསྔལ་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

སྤུད་སྒོ།

*sdud.sgo*

dhue go

Posterior fontanelle

སྤེ་སྤྲིད།

*sde.srid*

dhey see

Regent

སྤེ་སྤྲིད་སངས་ཀྱས་ཀྱ་མཚོ།

*sde.srid.sangs.rgyas.rgya.mtsbo*

dhesi sangye gyatso

Desi Sangye Gyatso (1653–1705) was the regent of His Holiness the 5<sup>th</sup> 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)

ཏྲ་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་བ་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་ཧ།

*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་རྩེའི་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་ཟླ།

*nag.zla*

nak daa

Caitra, 3<sup>rd</sup> month of the Tibetan lunar calendar during which Lord Buddha taught Kalachakra system

ནག་སྐྱུག་གཞོན།

*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་ནྤལ་འབྱོར།

*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་ཚོས།

*nang.chos*

nang choe

Buddha Dharma (lit. internal treatment)

ནང་ལྗོན།

*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་སྣོད།

*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་ཅ།

*nang.rtsa*

nang tsa

The inner channels

ནང་ཡན་མེད་པའི་རྒྱུ་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་རྒྱུ་ཅ།

*nad.kyi.rkyen*

ney ki ken

Secondary or immediate causes of disorders (i.e. diet and conduct)

ནད་ཀྱི་རྒྱུ་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་ནིད།

*nad.kyi.mtshan.nyid*

ney ki tsen nyi

The symptoms of the diseases (Characteristics of disorders)

ནད་བཅོས་ཉེས་པ།

*nad.bcos.nyes.pa*

ney choe nye pa

Maltreatment, adverse treatment

ནད་པར་ཚེ་ཚོག་དང་ཚེ་དབང་བསྐྱར་བ།

*nad.par.tshe.chog.dang.tshe.dbang.*

*bskur.ba*

ney par tsechok dang tsewang kurwa

ནད་མ་སྐྱེ་བ་མ།

*nad.ma.sgyib.ma*

ney ma gyib ma

*Asperugo procumbeus* Linn

ནད་མ་སུན་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.zunggs.dri.ma.gsum*

ney zoong drima soom

The three constituents of the body

- 1) The humours (*nad*)
- 2) The bodily constituents (*lus.zunggs*); 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) *gzhän.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

ནད་གྲིས་བཅོམ་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་ལྗིང་།

*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་ཟམ།

*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་སྐང་སྟོད།

*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་སྟོབས།

*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) *rsub.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་ཁྱད་ཆོས།

*nus.pa.brgyad.kyi.khyad.chos*

nooe pa gey kee khey chos

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  
*klel*' 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་སྐྱུལ་པ།

*nus.pa.snum.pa*

nooe pa noom pa

Oily potency of medicinal  
plants (like *Aquilaria*  
*agollacha* Raxb)

ནུས་པ་རྣོ་བ།

*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་ཚ་བ།

*nus.pa.tsha.ba*

nooe pa tsha wa

Hot potency of medicinal  
plants (like *piper nigrum*  
Linn)

ནུས་པ་རྩུལ་བ།

*nus.pa.rtul.ba*

nooe pa toohl wa

Blunt potency of medicinal  
plants (e.g. *Bambusa* textiles)

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་རྗེང་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་རླུང་།

*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་སྐྱུན།

*gnam.sman*

nam men

Sky medicine

གནམ་མཚན།

*gnam.mtshan*

nam tshen

Meteorological phenomena

གནམ་གྱི་དབྱེ་བ།

*gnas.kyi.dbye.ba*

ney ki ye wa

The classification of diseases  
on the basis of their locations

གནམ་རིག་

*gnam.rig*

nam rik

Astronomy

གནམ་སྐབས།

*gnas.skabs*

ney kap

Stages or phases; temporary

གནམ་གཤིས།

*gnam.gshis*

nam shee

Weather; climate

གནམ་སྐབས་སློང་བ།

*gnas.skabs.spyod.pa*

gey kab choe pa

Incidental behaviour  
(occasional conduct)

གནམ་གཤིས་སློན་བད།

*gnam.gshis.sngon.brda*

nam shee ngon da

Weather forecast

གནམ་སྐབས་བཞི།

*gnas.skabs.bzhi*

ney kab shi

The four stages during tantric  
practice

གནའ་བ།

*gna'.ba*

na wa

Bharal sheep (Pseudois  
nayaur Hodg)1) the drop of the arising of  
deep sleep2) the drop of the arising of  
dreams3) the drop of the fourth  
occasion or the  
transcendental drop

4) the drop of the wisdom

གནས།

*gnas*

ney

Location, site

གནས་པའི་རུས་སྐལ།

*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་འཛིག་རྟེན།

*gnod.kyi.jig.rten*  
noe kee jigten  
Physical world (inanimate  
world)

གནོད་སྐྱིན།

*gnod.sbyin*  
noe jin  
Yaksa (mountain spirits)

གནོད་སྐྱིན་བྱ་རོག་ཅན།

*gnod.sbyin.bya.rog.chen*  
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 <i>rnag</i> nak Purulence, pus
ན་བ་ཕུར། <i>rna.ba.'ur</i> na wa voor Tinnitus A condition characterised by ringing in ears not caused by external sounds	ན་བ་སེམས། <i>rnab.sems</i> nab sem Covetousness
ན་བ་འོན་པ། <i>rna.ba.'on.pa</i> na wa von pa Deafness A condition characterised by loss of hearing	ནམ་རྒྱལ། <i>rnam.rgyal</i> nam gyal Lit. victorious one (a type of Terminalia chebula)
ན་བའི་གནན་གཞི། <i>rna.ba'i.gnyan.gzhi</i> na way nyen shi Otitis A condition characterised by inflammation of the ear	ནམ་འགྱུར། <i>rnam.'gyur</i> nam gyoor Unhealthy (a change from the normal state of health)
ན་ཤལ། <i>rna.shal</i> na shel Ear lobes	ནམ་གྲངས། <i>rnam.grangs</i> nam dang Number, varieties
	ནམ་བུ་དབང་ལྷན། <i>rnam.bcu.dbang.ldan</i> 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་སྲིན་གྱི་རྒྱ།

*rnam.smin.gyi.rgyu*

nam meen gee gyoo

Developing cause

རྣམ་སྲིན་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.

རྣམ་ཤེས་ཀྱི་སྤང་པོ།

*rnam.sbes.kyi.phung.po*

nam shey kee foonk po

Aggregate of consciousness

རྣམ་ཤེས་ཚོགས་བརྒྱད་ལས་སྤར་ཁ་

འབྱུང་ཚུལ།

*rnam.sbes.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

རྣལ་འབྱོར་བ།

*rnal.'byor.ba*

nel jor wa

Yogin or male hermit

རྣལ་འབྱོར་རྒྱུད།

*rnal.'byor.rgyud*

nel jor gyue

Yoga Tantra

རྣལ་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)

རྣལ་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)

སྐ་ཁུང་།

*sna.khung*  
na khoong  
Nostril

སྐ་ནད།

*sna.nad*  
na ney  
Nasal diseases

སྐ་བ།

*sna.ba*  
na wa  
Nose

སྐ་སྐྱལ།

*sna.sman*  
na men  
Inhalation Therapy (nasal  
medications)

སྐ་རྩེ།

*sna.rtse*  
na tse

Blood letting vessels located  
at the tip of the nose

སྐ་ཚོགས།

*sna.tshogs*  
na tshok  
Different varieties

སྐ་མཐའ།

*snang.mtha'*  
nang tha  
Amitabha (in the west)

སྐ་རྩུལ།

*snang.tshul*  
nang tshool  
Phenomenon, appearance

སྐ་བ་བཞི།

*snang.ba.bzhi*  
nang wa shi  
The four types of experiences  
attained as a result of  
practising *Dzogchen* meditation

སྐ་བས་རྩུག།

*snabs.rtug*  
nab took  
Nasal mucus

སྐྱམ་བུ།

*snam.bu*

nam boo

Woollen cloth

སྐྱར་མ།

*sna.r.ma*

nar ma

Aldebran Rohini – one of the twenty seven constellations

སྐྱམ་བུ་ཅུ།

*snum.bcud*

noom chue

Oily and nutritious

It is normally recommended in cases of wind disorders.

སྐྱམ་འཚོ་ས།

*snum.'chos*

noom choe

Oleation therapy

A preliminary way of using oil for all the five treatments such as emetics, purgative etc.

སྐྱམ་འཐུང་བ།

*snum.'thung.ba*

noom thoong wa

Consumption of oils

སྐྱམ་པ།

*snum.pa*

noom pa

Unctuous (oily potency of a medicine)

སྐྱམ་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*)

སྐྱེ་གོང།

*sne.rgod*

ney goe

Wild Goose Foot,  
Chenopodium album  
(*Amaranthus Viridis* Linn)

སྐྱེ་ཕུ།

*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.

སྣོད།

*snod*

noe

Hollow viscera, Hollow organs, Skt. susirasaya

སྣོད་ཀ།

*snod.ka*

noe ka

Blood letting vessels of the basilica veins, which is associated with the heart

སྣོད་མཁྲིས་གཉན་གཞི།

*snod.mkhris.gnyan.gzhi*

noe tree nyen shi

Cholecystitis

A condition characterised by inflammation of gall bladder

སྣོད་བཅུད།

*snod.bcud*

noe chue

Environment and inhabitants (natural resources)

སྣོད་དཔངས་མཐོ་བ།

*snod.dpangs.mtho.ba*

noe pang tho wa

Containers of great depth

སྣོད་ཚད།

*snod.tshad*

noe tshey

Fever of the hollow viscera

སྣོན་ཟླ།

*snron.zla*

nonda

Jeshth; fifth month of Tibetan lunar calendar

བསྣོན།

*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

པགས་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་ཅ།

*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་ལྷན།

*pad.rag.mdog.ldan*

pey rag dok den

Possessor of Rubra colour

Ingredients: *ha.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, leucorrhoea, 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་ལྷང་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* Lindle

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 curcuminatum*)

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་ཏཱ་རི་ཀ།

*pun tra ri ka*

poon ta rika

1) A precious gem stone

2) White lotus

པུས་ཚིག་ས།

*pus.tshigs*

pooe tshik

Knee joints

ཕུས་མོ།

*pus.mo*  
pooe mo  
Knees

ཕོ་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་རྗེད།

*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

དཔལ་བོ་ཚེན་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.hrangs.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་འཇུམ།

*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་ཀེད་ན།

*dpyi.rked.na*

chee key na

**Lumbago**

A condition characterised by pain in lower back (waist and hip pain).

དབྱིད་དུས།

*dpyid.dus*

chee dus

Spring season

དབྱི་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)

དབྱིད་དབུགས།

*dpyid.dbugs*

chee ook

The energy of the spring

དབྱི་མིག།

*dpyi.mig*

chee mik

Hip joint, hip sockets

དབྱིད་ཚད།

*dpyid.tshad*

chee tshey

Spring heat

དབྱི་རུས།

*dpyi.rus*

chee rue

Pelvis or hip bones

དབྱིད་ཟླ་གསུམ།

*dpyid.zla.gsum*

chee da soom

The three spring months

དབྱིད་མཉམ།

*dpyid.mnyam*

chee nyam

Spring equinox

It is the day when the day and night becomes equal which appears in 2<sup>nd</sup> Lunar month.

དབྱོད་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.

སྤང་།

*spang*

pang

Grassland or meadow

སྤང་རྒྱན།

*spang.rgyan*

pang gyen

*Gentiana sp.*

སྤང་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.

སྤང་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*

སྤང་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་རྒྱན་བཅོ་ལྔ།

*spang.rgyan.bco.lnga*

pang gyen cho nga

Gentiana Fifteen

Ingredients: *spang.rgyan.me.tog, a.ru, a.gar.nag.po, snying.zho.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་རྒྱན་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

## སྤང་སྤང་བརྟག་པ།

*spang.blang.brtag.pa*

pang lang takpa

Examination of curability  
and incurability of diseases

## སྤང་སྤང་མུ་བཞི།

*spang.blang.mu.bzhi*

pang lang mo shi

Four diagnostic techniques of  
verifying whether the disease  
can be cured or not.

## སྤང་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.

## སྤང་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*

Nature: Cool

Uses: A compound which  
subside infectious fever, and  
relieves pestilential swelling,  
swelling of breast and  
toothache.

## སྤང་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.

## སྤང་ཚན་པུ་རུ།

*spang.tshan.pu.ru*

pang tshen poo roo

Botanical Name: Eriophyton  
wallichii Benth

## སྤང་རམ།

*spang.ram*

pang raam

Botanical Name: Polygonium  
Sphaerostachyum  
Taste: Sweet to bitter  
Uses: It stops diarrhoea and  
promotes blood growth.

སྐར་ཁ།

*spar.kha*

parkha

I-ching, trigrams

སྐར་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

སྐར་ཁ་བརྒྱད་ཆགས་ཚུལ།

*spar.kha.brgyad.chags.tshul*

parkha gey chak tshool.

The formation of eight  
trigrams

སྐར་ཁ་སྐེ་བའི་སྐྱིང་སྐྱོར།

*spar.kha.sme.ba'i.gling.skor*

parkha mey wey lingkor

The diagrams of the places  
of the *parkha* and *smeba*

སྐར་ཁ་བཟང་བཞི་ངན་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

སྐར་ཁའི་གནམ་སྐོ།

*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.

སྐོན་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

སྐོན་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

སློལ་གདོན་པ།

*spo.la.gdon.pa*

pola donpa

Reaching one's peak

A technique of diagnosis in which the doctor unmistakably examines the disorders

སློས།

*spos*

poe

Incense

སློས་དཀར།

*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.

སློས་དཀར་བཅུ་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.

སློས་ལྷུང་བཅོ་ལྔ།

*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.

སློས་ཅུས་བཅུ་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་ཚེར་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།

*spyan.ras.gzugs*  
chen rey sig  
Avalokiteshvara;

Manifestation of Buddha's compassion

ལྷུང་ཚེར།

*spyang.tsher*  
chang tsher

Thistle (*Morina betanicoidea* Benth)

ལྷི།

*spyi*  
chee  
General

ལྷུང་ཚེར་དཀར་པོ།

*spyang.tsher.dkar.po*  
chang tsher karmo

English Name: White thistle

Botanical Name: *Morina kokonorica* Hao

ལྷི་གྲུ།

*spyi.rgyu*  
chee gyoo  
General cause

ལྷི་བཙོས།

*spyi.bcos*  
chee choe

## General treatment

སྤྱི་རྟམ་ས།

*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

སྤྱི་ཞག

*spyi.rhag*

chee shak

Lit. General days

སྤྱི་བཞུར།

*spyi.bzhur*

chee shur

It is a synonym of *stab.seng*  
(*Fraxinus suareolans* W.W.  
Smith)

སྤྱི་ལོ།

*spyi.lo*

cheelo

Western year

སྤྱི་བཤལ།

*spyi.bshal*

chee shel

Purgation therapy in general—  
a part of the initial  
preparations for bile disorder  
treatment

སྤྱོད་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

སྤྱོད་ལམ།

*spyod.lam*

choe lam

Behaviour, conduct

སྤྱོད་ལམ་དྲག་པོ།

*spyod.lam.drag.po*

choe lam drakpo

Strenuous activity or  
behaviour

སྤྱོད་ལམ་མི་འཕྲོད་པ།

*spyod.lam.mi.'phrod.pa*

choe lam mee toe pa

Incompatible conduct,  
unsuitable behaviour

སྤྲ་བ།

*spra.ba*

ta wa

*Leontopodium franchetii*  
Beauv, *Anaphalis* sp.

སྤྲ་རྒྱུད།

*spra.rgod*

tra goe

Botanical Name: *Anaphalis triplinervis*

Taste: Astringent

Pötency: 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.

སྤྲ་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.ma*

tee ma

Scum; (cold disorders are indicated by thin scum and hot disorders by thick scum of the urine)

སྤྲུ་དཀར།

*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 diphtheria, 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

སྤེལ་རྩལ།

*sprel.zla.ba*

tey dawa

Monkey month, 5<sup>th</sup> month of  
the Tibetan Elemental  
Astrology

སྤེལ།

*spre'u*

tey voo

Young monkey (*Macaca* sp.)

སྤོས།

*spros*

toe

To explain in detail; to  
elaborate

སྤོས་བྲལ།

*spros.bral*

toe del

Lack of extremes

# ཕ།

ཕ་སྐུན།

*pha.spun*

fa poon

Paternal relatives

ཕ་བང་དྲེག་པ།

*pha.bang.dreg.pa*

fa bang dek pa

It is a synonym of *rdo.dreg*  
(*Parmela tinctorum* Desps.)

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་འདྲེག་ས་པ།

*pha.bong.'dregs.pa*

fa bong dhek pa

Lifting boulders

ཕ་ཕང་།

*pha.wang*

fa wang

Syn. of *bya.wang* (flying  
squirrel)

ཕ་ཕང་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་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་ལྷ་གཞོན།

*pha.lha.gnod*

fa lha noe

Harm from paternal deities

ཕག།

*phag*

fak

Pig – one of the twelve animal signs in Tibetan astrology

ཕག་རོད།

*phag.rgod*

fak goe

Wild boar (*Sus scrofa*)

ཕག་པའི་བརྩུང་ལེན།

*phag.pa'i bcud.len*

fak pey chue len

It is a synonym of *gar.nag* (pig's stool)

ཕག་བྱུན།

*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 5<sup>th</sup> 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, 8<sup>th</sup> month of the Tibetan Lunar Year

ཕག་ག།

*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་ཀང་།

*phug.ron.rkang*  
fuk ron kang

It is a synonym of *re.skon*  
(*Corydalis hendersonii* Hemsl)

ཕུང་པོ་ལྷ་།

*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.tshogs.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་དཀར།

*phur.dkar*

fur kar

Botanical Name: *Micromeritartosma* (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.

ཕུར་པ།

*phur.pa*

fur pa

Peg; three sided ritual dagger

ཕུར་བུ།

*phur.bu*

fur boo

Jupiter; it is the day of  
literature (*rig. gnas.gza'*)

ཕུར་སྐྱུག།

*phur.smug*

fur muk

Elsholtzia Ciliata (Thunb)

Hyland

ཕུར་ལེབ།

*phur.leb*

fur leb

It is a synonym of *ko.byi.la*  
(*Strychnos nux-vomica* L.

ཕོ་གྲེས།

*pho.gres*

fo dey

Iris Lactea Pall Var. Chinensis

Maxim

ཕོ་སྐྱང་།

*pho.glang*

fo lang

Pedicularis sp (a male kind)

ཕོ་རྒྱུ་འི་གནན་གཞི།

*pho.rgyu'i.gnyan.gzhi*

fo gyue nyan shi

Gastritis

A condition characterised by  
inflammation of stomach  
and intestine

ཕོ་ཙོང་།

*pho.cong*

fo chong

Male lime stone

ཕོ་ལུམ།

*pho.lcam*

fo cham

*Althaea rosea* (L) car

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་ན།

*pho.nya*

fo nya

Messenger; (i.e. the one who comes to call the doctor)

ཕོ་གདོན།

*pho.gdon*

fo don

Male demon (There are three hundred and sixty of its kind)

ཕོ་བ།

*pho.ba*

fo wa

Stomach (the seat of fire like wind and the digestive bile)

ཕོ་བ་འཛིང་།

*pho.ba.'tshing*

fo wa tshing

Distension and heaviness of the stomach

ཕོ་བ་རིས།

*pho.ba.ris*

fo wa ree

Skt. Name: Kali mirch

Botanical Name: Piper nigrum Linn

Taste: Hot

Potency: Warm

Uses: It is used against dysfunctions of the liver and stomach, indigestion, anorexia and loss of bodily heat.

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་བའི་ཚུ་ཙ་ཕྱན་བུ།

*pho.ba'i.chu.rta.phran.bu*

fo wey choo tsa ten boo

Minor water channels of the stomach

ཕོ་བའི་གཞིན།

*pho.ba'i.gnyen*

fo wey nyen

It is a synonym of *se.'bru* (Punica granatum L.)

ཕོ་བའི་ནད།

*pho.ba'i.nad*

fo wey ney

Stomachic diseases

ཕོ་བའི་རུ་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་ཚུ།

*pho.mo.'khrig.pa'i.chu*

fo mo trik pey 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་འགུམ་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 (*spret*)
- 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་དོར་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་ལྗོན།

*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་སྣོད་ཀྱི་འཛིག་རྗེན།

*phyi.snod.kyi.jig.rten*  
chee noe kee jigten  
Physical world

ཕྱི་བ་བཅད་འབྱོར།

*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་ཅ།

*phyi.rtsa*  
chee tsa

The outer channels

ཕྱི་མ།

*phye.ma*  
che ma  
Powder (i.e. powder medicine)

ཐུད་ཐིག་གཉིས་པ།

*phyed.thig.gnyis.pa*  
che thik nyee pa  
Secondary vertical bisectors

ཐུད་ཐིག་དང་པོ།

*phyed.thig.dang.po*  
che thik dang po  
Primary vertical bisectors

ཐུད་ཡོལ་ལུག།

*phyed.yol.lug*  
chey yol look  
Sheep hours; afternoon (13-14 hrs)

ཕྱོགས།

*phyogs*  
chok  
Direction

ཕྱོགས་ཀྱི་སྒྲོབས།

*phyogs.kyi.stobs*  
chok kee tob  
Strength of the direction

ཕྱོགས་བཅུ།

*phyogs.bcu*  
chok choo  
Ten directions

འཕགས་པ།

*'phags.pa*  
fak pa  
Highly accomplished ascetics  
or Aryas

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

འཕང་།

*'phang*  
fang  
A spindle

འཕར་བ།

*'phar.ba*  
far wa  
1) Wild dog (*Cuon alpinus*  
pallar)  
2) To bounce, to pulsate

འཕར་རྩ།

*'phar.rtsa*  
far tsa  
Arteries (pulsating arteries)

འཕར་རྩ་མཐུག་མཁྲིགས་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་ཟད་འབྲུགས་གསུམ་དྲགས།

'*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་སྲི།

'*phung.sri*

foong.see

Destructing-demon

འཕོ་ཚུང།

'*pho.chung*

fo choong

A small movement of breath

འཕེལ་འགྱུར་སྐྱོར།

'*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 gastrointestinal system.

**འབྲེན་བཀག།**

*'phyen.bkag*  
chen kag

Suppression of flatulence

**ཕྱ་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

**ཕྱ་སྦྱིན།**

*phra.srin*  
tra seen

Germs, 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་ཚུ་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)



4. *drag.po'i.las*-activity of  
wrath

འཕྲིན་ལས་ལས་སྐྱལ་བ།

*'phrin.las.las.sprul.ba*

trin lay lay tool wa

Emanation of Buddha's  
activities

འཕྱུལ་སྣང་།

*'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*

trey thik

Transverse horizontal lines

འཕྲེད་ཐིག་གཉིས་པ།

*'phred.thig.gnyis.pa*

trey thik nyee pa

Secondary transverse lines

འཕྲེད་ཐིག་དང་པོ།

*'phred.thig.dang.po*

trey thik dang po

Primary transverse lines

འཕྲོད་བསྐྱེན།

*'phrod.bsten*

toe ten

Health, sanitation, hygiene

འཕྲོད་བསྐྱེན་ཡག་པོ།

*'phrod.bsten.yag.po*

troe ten yakpo

Good hygiene

འཕྲོད་སྐྱོར་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) *gzhon* – Youth

6) *bya.rog* – Crow

- 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
- འཕྲོད་ལམ།  
'*phrod.lam*  
troe lam  
Favourable/suitable or compatible path
- བ།
- 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་སྐྱུག་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
- 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་སྤུ།

*ba.spu*

ba poo

Fine hair on the body

བ་སྤུ།

*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་བླ།

*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.tsba*

ba tsah

Alkali or soda

བ་ཚའི་ཚུ།

*ba.tsba'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.lca.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་ལྷི་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. 7<sup>th</sup>, 17<sup>th</sup> and 27<sup>th</sup> 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་ཏིན་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་འབྲེར་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་མྱུག་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་སྤྱུག་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 phelgm

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་སྒྲི།

*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་པོའི་ལི་ཁྲི།

བུ།

*bal.po'i.li.khri*

*bu*

bal poe liti

Boo

Nepalese minimum

Child, son

བིག་པན།

བུ་ག་དགུ།

*big.pan*

*bu.ga.dgu*

bik pen

buga ku

Skt. Name: Nilathota

Nine orifices

English Name: Blue vitriol

The nine orifices of the body

Scientific Name:

There are seven external

Chalcanthitum

openings in the head and two

Taste: Sour to astringent

in the bottom. Woman have

Potency: Cool

three extra openings- two at

Uses: It treats cancer and

breast and one at vagina.

eliminates tumour, abscess,

leucoma, eye disorders,

ulcers, pimples and disorders

of the mouth.

བུ་ཙོང་།

*bu.cong*

bu chong

'Male' lime stone

བིལ་བ།

བུ་སྟོན།

*bil.ba*

*bu.ston*

bil wa

bu ton

Skt. Name: Bilvah

Buton (1290-1364) was a

Hindi Name: Bael

great scholar of Tibet who

English Name: Bengal quince

authored numerous Buddhist

Botanical Name: *Aegle*

texts and books including

*marmela* (L) *Correa*

Jewellery of Scripture,

Taste: Sour and astringent

Prajnaparanita in Tibetan

Potency: Neutral

Buddhism and History of

Uses: It cures dysentary due

Buddism in India and Tibet.

to hot disorder.

བུ་ནད།

*bu.nad*

bu ney

Illnesses associated with  
women after the childbirth

བུ་སྒོད།

*bu.snod*

bu noe

Uterus

བུ་མེད་ཀྱི་རྒྱུད་སྤེལ་རྣམ་བཞག།

*bu.med.kyi.rgyud.spel.rnam.bzhag*

bue mey ki gyoo pel nam shak  
The female reproductive  
system

བུ་མེད་བཅའ།

*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་ཙོང་།

*bu.mo.cong*

bu mo chong

‘Female’ lime stone

བུ་བཅས་རྗེས།

*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་བསྐྱར་བ།

*bu.rams.bsgar.ba*

boo ram gar wa

Boiling molasses (saccharum  
officinarum)

བུད་ཤིང་།

*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་ཅང་།

*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 khor

It is a synonym of *tha.ram* (*Plantago depressa* Wild)

བེ་ལྗང་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་སྒོ་ན་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་སྤྲུལ་མ།

*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་གྲུ།

*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་ཅུ།

*bol.gong.gul.rtsa*

bol gong gool tsa

Vulnerable dorsal arteries of the feet

བོང་མེར།

*bong.ser*

bongser

*Trollius ranunculoides* Hemsl.

བྱ།

*bya*

ja

Bird; one of the twelve animal signs in Tibetan astrology

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་ཁུང་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  
lightUses: It increases the sperm  
production and heals wounds.

བྱ་བ་བྱུབ་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་སྐྱལ།

*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་གོད་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་སྐྱམ་པའི་གནས།

*bya.byed.sman.pa'i.gnas*

ja jey men pey ney

A section on the description of physicians

བྱ་མ་བྱི་བུ།

*bya.ma.byi.'u*

ja ma ji vu

Flying squirrel

བྱ་མ་བྱའི་སྒོ།

*bya.ma.bya'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་ལྗང་།

*bya.wang*

ja wang

Nightjar, bat, *perdix* sp.

བྱ་ལྷ་བ།

*bya.zla.ba*

ja dawa

Bird month, 6<sup>th</sup> 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) *kbrum*  
*stod*, 4) *kbrum smad*, 5) *nam gru*,  
6) *tha skar*, 7) *bra nye*

བྱང་སྐར་སྐུན་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་མ།

*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་བརྗོད།

*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 14<sup>th</sup> 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་དབྱུངས།

*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་སྤྱན་རས་གཟིགས།

*byang.sems.spyan.ras.gzigs*  
jang sem chenre zig  
Bodhisattve Avalokitesvara;  
the Buddha of compassion

བྱང་སེམས་སའི་སྣོང་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 31<sup>st</sup> chapter of The Explanatory Tantra. It is one of the four boundless practices of Tibetan physicians.

བྱར་པཎ་ཅུ་རྩི།

*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་བལྟའི་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: Shānkahuli  
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་ལྷ་བ།

*byi.zla.ba*

ji dawa

Mouse month; 9<sup>th</sup> 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 *Badkan*; 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་ཀྲོག།

*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་རྩབ་མ།

*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 71<sup>st</sup>, 72<sup>nd</sup> and 73<sup>rd</sup> chapter of The Oral Tantra.

བྱིས་པ་ཉེར་སྲོད།

*byis.pa.nyer.spyod*

jipa nyer choe

Paediatric management, child rearing

བྱིས་ཚེར།

*byis.tsher*

ji tser

Xanthium sibiricum patr.

je ma ka ra  
Sugar

བྱུ་རུ།

byu.ru

juru

Hindi Name: Mooga,

Paravala

English Name: Coral

Latin Name: Corallium  
rubrum

Taste: Astringent to sweet

Potency: Cool

Uses: It treats hepatic 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་དུགས་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་ཏ་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་ལྷུང་།

*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་ལྷུང་།

*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་སྐྱ་པོ།

*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་མཚོ།

*brag.mtsho*

drak tse

Hindi Name: Khanda/  
Kunawar

Botanical Name: Ephedra  
equisetina

བྲག་ལྷན།

*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, ophthalmic disease, odema, debility and fever of all origins.

བྲག་ལྷན་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་ལྷན་རིགས་ལྔ།

*brag.zhun.rigs.lnga*

drak shoon rik nga

The Five kinds of mineral  
exudate

1. Gold (*gser.zhun*)
2. Silver (*dnjul.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་དྲི།

*bri.ha.ti*

dri hati

It refers to *kan.da.ka.ri* (Rubus niveus Thunb)

བྲུན།

*brun*

droom

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་རྒྱ་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

དབང་སྐར།

*dbang.skar*

wang kar

The empowerment  
constellation

བློན་པོ་གསུམ་སྦྱོར། (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་ཐང།

*dbang.thang*

wang thang

Wealth, power

དབང་པོ།

*dbang.po*

wang po

Sense organs

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་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  
sinustis, 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

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་པོ་མི་གསལ།

*dbang.po.mi.gsal*

wang po mi sel

Dullness of the sense organs  
(symptomatic of diseases  
caused by wind)

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་ཕྱུག།

*dbang.phyug*

wangchuk

Mahadeva, Shiva

དབང་ཕྱུག་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་རྩའི་ནད།

*dbang.rtsa'i.nad*

wang tsey ney

Neuropathy

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་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 essential 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་མི་ཆིག་སྟོང་དུག་རྒྱ།

*dbugs.nyi.khri.chig.stong.drug.rgya*

ook nyi ti chiktong duk gya

Twenty one thousand and six  
hundred breaths

དབུགས་འབྲིན་རྩུབ།

*dbugs.'byin.rngub*

ook jin ngub

Respiration (inhalation and  
exhalation)

དབུགས་འབྲིན་རྩུབ་ཀྱི་ནམ་བཞག།

*dbugs.'byin.rngub.kyi.rnam.bzhag*

ook jin ngub ki namshak

The respiratory system

དབུགས་འབྲིན་རྩུབ་དཀའ།

*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

དབོ།

*dbo*  
wo  
Uttra Phalguni, Denebala –  
one of the 27 constellations  
Syn. *phyi mo, khra, nyi ma'I lha*  
*ldan*

དབོ་ཟླ།

*bdo.zla*  
wo da  
Phagun, 2<sup>nd</sup> 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་ཟླ།

*dbyug.zla*

yook da

Aswij, 9<sup>th</sup> month of Tibetan lunar calendar

དབྱེ་བ།

*dbye.ba*

ye wa

Classification, division (i.e. classifications of human beings in terms of sex, age, temperament and diseases)

དབྱིག་དུག།

*dbyig.dug*

yik duk

Poisoning from unprocessed gemstones

དབྱེན་སྦྱོར།

*dbyen.sbyor*

yen jor

Slander

དབྱིབས་སྐྱར།

*dbyibs.sgur*

yib gur

Hunched back, stooped

འབམ་པོ།

*'bam.po*

bam po

Botanical Name: *Lugusticum pteridophyllum* Franch ex. Oliv

དབྱིབས་མཐུན་གྱི་རྣམ་པ།

*dbyibs.mthun.gyi.nus.pa*

yib thoon gi nue pa

The power of medicine by virtue of its similarity in shape

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་ཚ།

'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་ཉང་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་ཚེན།

'byar.chen

jar chen

The Great Application

Ingredients: *sga.tig, spos.dkar, thal.rdor, so.ra, chu.rtsa, sbal.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.sba, sman.chen, thar.nu,*

Nature: Neutral

Uses: A compound which treats *rkang.'bam*, gout, arthritis, serous fluid diseases, dermatological diseases,

འབུ་ཚག་པ།

'bu.chag.pa

bu chak pa

Locust

འབུ་སུ་ཉང་།

'bu.su.hang

bu su hang

chronic skin abscess and swelling of the extrimites.

འབྲུང་འགྲུར།

'byung. 'gyur

jung gyur

Things or events to come by

འབྲུང་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. *klu* (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)

འབྲུང་པོ།

'byung.po

jung po

Non-human spirits

འབྲུང་པོའི་གཏོན།

'byung.po'i.gdon

jung poe don

Elemental spirits

འབྲུང་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.

འབྲུང་བ་ལྷ་ལྷན་ཟས།

*'byung.ba.lnga.lsan.zas*

jung wa nga dhen zey

The food which contains balanced proportions of the five elements

འབྲུང་བ་ལྷའི་ལྷ།

*'byung.ba.lnga'i.lha*

jung wa ngey lha

The deities of five cosmophysical elements

འབྲུང་བའི་ངོ་བོ།

*'byung.ba'i.ngo.bo*

jung wey ngo wo

Nature of elements

འབྲུང་བའི་སྣོབ་ས།

*'byung.ba'i.stobs*

jung way tob

Strength of the elements

འབྲུང་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

འབྲུང་བ་དུས་ཀྱི་འཁོར་ལོ།

*'byung.ba.dus.kyi.'khor.lo*

jung wa due ki khorlo

Temporal cycle of the elements

འབྲུང་བའི་དབྱིབས།

*'byung.ba'i.dhyibs*

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

འབྲུང་རྩིས།

*'byung.rtsis*

jung tsi

Elemental astrology

འབྲུང་རྩིས་སློན་འགྲོ།

*'byung.rtsis.sngon.'gro*

jung tsi ngon do

The preliminary teaching on elemental astrology

འབྲུང་བཞི་དགེལ་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་བུག་སྐ་བ།

'bras.thug.ska.ba

day thook ka wa

Rice pudding (*Oryza sativa*)

འབྲས་བུག་གར་བ།

'bras.thug.gar.ba

day thook gar wa

Rice porridge (*Oryza sativa*)

འབྲས་བུག་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་སྐྱ་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  
(*skeyu.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་ཏ་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་ཏ་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་ཏ་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)

འབྲུ།

'bru

droo

*Punica granatum* (Lit. seed or grain)

འབྲུག་ལྷ་བ།

*'brug.zla.ba*

druk dawa

Dragon month; 1<sup>st</sup> month of Tibetan Elemental Astrology system

འབྲུ་མར།

*'bru.mar*

dru mar

Butter obtained by pressing *Curcuma longa* and other grains

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.

It has medicinal value to control imbalance of wind.

འབྲུ་རིག་མ།

*'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

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.kbrag,*  
*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.

ལྷུ་བ།

*lbu.ba*

bu wa

Bubbles, foam, scum,

ལྷུ་གསོབ་ལུ།

*lbu.gsob.lu*

bu sob lu

Frothy saliva

སྐལ་མི་རུང་བ།

*sbas.mi.rung.ba*

bay mi roong wa

Animal signs which are not allowed to be buried under ground

སྐང་མ།

*sbang.ma*

bang ma

Residue or left over after *chang* is processed

སྐུ་གུ་ཅན།

*sbu.gu.chen*

bu gu chen

Tubular channels

སྐར་མོ།

*sbar.mo*

bar mo

Palm

སྐུར་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.

སྐལ་མགོ།

*sbal.mgo*

bel go

Minor water channels of the thigh (lit. frog's head)

སྐལ་བ།

*sbal.ba*

bel wa

Frog

སྐོ་འཁོར་པད་ཚལ།

*sbo.'khor.pad.tshal*

bo khor pey zel

English Name: Broccoli

Taste: Sweet to salty

Potency: Slightly Cool

སྐལ་བ་ལག་པ།

*sbal.ba.lag.pa*

bel wa lakpa

Seleginella *pulyinata*  
(Hook.f.et. Grev.) Maxim.

Uses: It helps immunize against breast cancer, beneficial in restoring blood and digestive strength, dilutes thick blood and eliminates micro-organism.

སྐྱར་ཐབས།

*sbyar.thabs*

jar thab

Method of formulation

སྐྱར་དུག

*sbyar.dug*

jar duk

Manufactured poison;  
compounded poison

སྐྱིན་པ་གཏོང་བ།

*sbyin.pa.gtong.ba*

jinpa tong wa

Giving alms

སྐྱིན་སྲེག

*sbyin.sreg*

jin sek

Fire-offering

སྐྱོང་བྱེད།

*sbyong.byed*

jong jey

Cleansing or elimination therapy

སྐྱོར་བ།

*sbyor.ba*

jor wa

- 1) Recipe
- 2) Connection
- 3) Application

སྐྱོར་བ་ཉེར་བདུན།

*sbyor.ba.nyeb.dun*

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) *rhi.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

ལྷོར་བ་སྐྱན་གྱི་གནས།

*sbyor.ba.sman.gyi.gnas*  
 jor wa men ki ney  
 Section on pharmaceutics

ལྷོར་བ་མཚུངས་པ།

*sbyor.ba.mtshungs.pa*  
 jor wa tshung wa  
 Treatment similar to the nature of the disease making it more acute

ལྷོར་ལམ།

*sbyor.lam*  
 jor lam  
 Path of prepration

སྤང་མ།

*sbrang.ma*  
 dang ma  
 Bee (honey bee)

སྤང་མི།

*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.

སྤྲིད་པ།

*sbrid.pa*  
 di pa  
 Sneeze

སྤུམ་མ།

*sbrum.ma*  
 doom ma  
 Pregnant women

སྤུལ།

*sbrul*

drul

Snake, one of the twelve animal signs in Tibetan astrology and a symbol of hatred in the Wheel of Life

སྐྱལ་ལྷ་བ།

*sbrul.zla.ba*

drool dawa

Snake month, 2<sup>nd</sup> month according to Tibetan Elemental Astrology system

སྐྱལ་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་ཙོང་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་ཁྲག་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/  
PuskarmulBotanical 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་སུལ།

*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་མོ་ས་ལོ་དོག

*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 *mkehris-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་ཧ་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་དེའི་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 instructions

It has ninety two chapters which explain the clinical approaches to number of diseases.

མན་ངག་གུར་གུམ་བཅུ་གསུམ།

*man.ngag.gur.gum.bcu.gsum*

men ngak gurgum chu sum

Safflower Thirteen of secret oral tradition

Uses: 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 Tradition

Ingredients: -*gla.rtsi, cong.mdzö, 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་རྗེ་ར།

*man.rdz'i.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་ཚེས།

*mar.tshes*

mar tshe

Dates during which the moon wanes

མར་རྩུར་ཚུ་བ།

*mar.zur.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.gcin*

mal chin

Bed wetting

A condition characterised by involuntary urination during the night

མི།

*mi*

mi

Human beings

མི་བསྐྱོད་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་ལྗེ།

*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་སྦྱོར།

*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་སྦྱོར།

*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་མེ།

*mi.yis.bdag.byed.sde*

mi yi dak jey dey

A group of domestic animals

mishik pey thik le

The indestructible drop

མི་གཡོ་བའི་ལས།

*mi.gyo.ba'i.las*

mi yo wey ley

Unwavering actions

མི་སྐྱུན་བཞེན་པ།

*mi.srun.bzhon.pa*

mi sun shonpa

To ride an untamed animal

མི་རུང་བ།

*mi.rung.ba*

miroong wa

Contraindications; lit. not allowed

མི་སློབ་ལས།

*mi.slob.lam*

milob lam

Path of no teaching or no learning

མི་རུས་བཙའ་མ།

*mi.rus.btsa'ma*

mi rue tsa ma

Dessicated and aged human bone

མི་གསོད་པ།

*mi.gsod.pa*

mi soe pa

Killing of human beings

མི་ཤ་འཕྲང་ཕྱད།

*mi.sha.'phrang.phrad*

misha trang Trey

Meeting a deadly enemy on a narrow path

མིག

*mig*

mik

Eyes

མི་ཤིགས་པའི་ཐིག་ལེ།

*mi.shigs.pa'i.thig.le*

མིག་སྐྱུག

*mig.skyag*

mig kyak

Eye excretion

མིག་སྒྲིན།

*mig.sprin*  
mik tin  
Sclera

མིག་གི་རྒྱལ་མེད་གཞན་ཚད།

*mig.gi.rgyal.mo'i.gnyan.tshad*  
mik gi gel moey nyen tsey  
Iritis

མིག་གི་གཞན་ཁ།

*mig.gi.gnyan.kha*  
mik gey nyen kha  
Ophthalmia  
A condition characterised by  
inflammation of the eyes

མིག་གི་ལིང་ཏོག།

*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་ལྗེབས་ཀྱི་གཞན་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་བྱུར།

*mig.sman. 'debs.thur*

mikmen deb thoor

Eye-drop spoon

མིག་ཅུ།

*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་ཚུང་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.gzugs*

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་གནན་ཁ།

*mid.pa'i.gnyan.kha*

mi pey nyen kha

Pharyngitis, Inflammation of the pharynx

སུ་ཁྱུད་འཛིན།

*mu.khyud.'dzin*

mu khyue zin

Nimindhara

One of the saints who was present during buddha's teaching on medicine.

སུ་གེ།

*mu.ge*

mugey

Famine

སུ་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.

སུ་ཏིག་ཉེར་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་ཅུ།

*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) *smin.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་རླུང་།

*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་ཏོག་

*me.tog*  
metok  
Flower

མེ་ཏོག་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་ཏོག་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་ཏོག་མ།

*me.tog.ma*  
metok ma  
Puspi - the offering goddess of flower.

མེ་ཏོག་ལུག་མིག་

*me.tog.lug.mig*  
metok luk mik  
Botanical Name: *Aster 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་ཏོག་མེར་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་དྲོད།

*me.drod*

me droe

Digestive warmth

མེ་དྲོད་ཉམས་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་དབལ།

*me.dbal*

me wel

Erysipelas, Skt. visarpa

A skin disease characterised by inflammation of the skin with burning sensation

མེ་བཙའ།

*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 12<sup>th</sup> 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 juk

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་ཚངས་པ།

*mes.po.tshangs.pa*

mepo tsang pa

Brahma (the father)

མེ་ལོང་གི་གཡམ།

*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-  
fathersIt 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་ཚང་།

*mo.cong*

mo chong

'Female' lime stone

མོ་ལུམ།

*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་རོ།

*mo.rdo*

modoh

Female urinary stones (kidney  
and gall stones removed from  
a woman) Lit. female stone

མོ་རུ།

*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་གཤམ།

*mo.gsham*

mosham

Barren woman

མོ་ནད་མྱི།

*mo.nad.spyi*

mo ney chi

General gynaecological  
diseases

## 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་གྲེ།

*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་འབྲུ།

*mon.'bru*

mon dru

Millet (khrae)

Uses: It enhances growth and heals fractured bones.

## མོན་སྐན་གྲེ།

*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.

མོན་སྲན་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.

བྱ་ངན་ཆེ་བ།

*mya.ngan.che.ba*

nya ngen che wa

Great sorrow

བྱ་ངན་བྱེད་པ།

*mya.ngan.byed.pa*

nya ngen jey pa

To grief, to mourn

བྱ་ངན་ལས་འདས་པ།

*mya.ngan.las.'das.pa*

nya ngen ley dey pa

Nirvana, perfect peace, enlightenment

བྱ་ག་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.

བྱ་ང་རྩི་སྲས།

*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.

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.cbe*)
- 7) Great wailing (*ngu.'dud.cbe*)

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་ཐབ།

*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. 16<sup>th</sup> to 30<sup>th</sup> of Tibetan Lunar calendar

དམར་རིལ་མགོ་ནག།

*dmar.ril.mgo.nag*  
mar ril go nak  
Skt. Name: Ratiya lal, Gunchi

Botanical Name: Abrus 'Like showing things to a  
precatorius person born blind'

Uses: It is a synonym of It is an aphorism.

'mda'.rgyus' and treats  
haematemesis, cholelithiasis,  
gynaecological diseases and  
menorrhagia.

མ།

*rma*

ma

Wounds, sore

དམིགས་པའི་རྒྱན།

*dmigs.pa'i.rkyen*

mik pey ken

Objective condition

མ་གན།

*rma.rgan*

ma gen

Chronic wounds

དམིགས་པའི་ཡུལ།

*dmigs.pa'i.yul*

mik pey yul

Objective object

མ་སྤྱི།

*rma.spyi*

ma chi

General wounds

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.

མ་བྲ།

*rma.bya*

ma ja

Peacock (*Pavo cristatus*)

དམུས་ལོང་དག་ལ་རྫས་བསྟན་པ།

*dmus.long.dag.la.rdzas.bstan.pa*

mue long dak la zey ten pa

མ་བྲའི་མདངས་ལྷན།

*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་སྐྱན།

*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.

སྐག་ཤད།

*smag.shad*

mak shey

*Spiraea schneideriana* Rehd

སྐག་ཤད་ཅུང་བ།

*smag.shad.chung.ba*

mak shey chung wa

*Spiraea Canescens* D. Don

Var

སྐམ་ཁང་།

*sman.khang*

menkhang

Hospital, Clinic

སྐམ་གྱི་རྒྱལ་པོ།

*sman.gyi.rgyal.po*

men ki gyel po

King of medicine; refers to

*a.ru.ra*

སྐམ་གྱི་གྲོང་ཁྱེར།

*sman.gyi.grong.khyer*

men ki drong ker

City of medicine

སྐམ་གྱི་ནུས་པ།

*sman.gyi.nus.pa*

men ki nue pa

Potency of medicines

སྐམ་གྱི་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

སྐམ་གྱི་སྐྱར་ཐབས།

*sman.gyi.sbyar.thabs*

men ki jar thab

Pharmaceutical compound/  
formulation

སྐྱེ་གྱི་ལྷ་

*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.

སྐྱེ་གྱི་རོ་

*sman.gyi.ro*

men gi ro

Taste of medicinal substances

སྐྱེ་སྐྱུབ་

*sman.sgrub*

men dup

Preparing 'spiritual medicines'

སྐྱེ་རྒྱུ་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

སྐྱེ་ཆང་།

*sman.chang*

men chang

Medicinal wine or chang

སྐྱེ་སྐྱུ་

*sman.sga*

men ga

Botanical Name: *Apilinia*  
*officinarum* Hance

Taste: Hot to sweet

སྐྱེ་ཐུ།

*sman.chu*

men choo

Medicinal water or boiled  
water with which to take  
medicines

སྐྱེ་ཐུ་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

5. triple humoural disorders

3) Honey (*sbrang.rtsi*).

སྲན་ཅེན།

*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.

སྲན་ཐུར།

*sman.thur*

men thoor

Medicinal spoon

A spoon used to measure the  
dose of decoction and  
powdered medicine

སྲན་ཐོ།

*sman.tho*

men tho

Prescription

སྲན་ར།

*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

སྲན་པ་གཙང་བ།

*sman.pa.tsang.ba*

men pa tsang wa

Pure physician

A physician who is pure in  
character and motivation

སྲན་པས་བྱས་པ་མི་གཞོ།

*sman.pas.byas.pa.mi.gzo*

men pey jey pa mi zo

Lacking gratitude for the  
doctor's effort

སྲན་ར་གསུམ།

*sman.rta.gsum*

men ta soom

The three excipients

1) Sugar (*ka.ra*),

2) Molasses (*bu.ram*); and

སྲན་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

## སྐན་པའི་ལེབ།

*sman.pa'i.le.'u*

men pey le voo

The chapters on the physicians which defines the qualities and parameters of doctors

## སྐན་ཕྱག

*sman.phyag*

men chak

Medicinal brushes

## སྐན་སྦྱོར་ཁང་།

*sman.sbyor.khang*

men jor khang

Pharmacy

## སྐན་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).

## སྐན་སྦྱོར་རྣམ་པ་སྦྱོགས་བསྟུས།

*sman.sbyor.nus.pa.phyogs.bsdu*

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

## སྐན་ལྷ་བདེ་གཤེགས་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

## སྐན་ལྷའི་དཀྱིལ་ལོའོར།

*sman.bla'i.dkyil.'khor*

men ley kil khor

Mandala of the Medicine Buddha

སྲིན་མར།

*sman.mar*

men mar

Tonic (medicinal butter)

སྲིན་ཚགས།

*sman.tshags*

men tsak

Medicinal sieve

སྲིན་སག

*sman.sag*

men sak

Medicine file

སྲིན་སྲུང་།

*sman.srung*

men soong

The protector deities of  
medical science

སྲིན་སྲུང་སྲེ་དག

*sman.srung.sde.dgu*

men soon de goo

The nine protector deities of  
medicine1) *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*

སྲིན་དྲུག

*smin.drug*

min druk

Krittika, Pleiades – one of the  
twenty seven constellationsSyn. *mang.po.skeyes-grow many,*  
*ma.drug.bu-mother of six*  
children

སྲིན་པ།

*smin.pa*

min pa

To mature, to ripe

སྲིན་དབྲག

*smin.dbrag*

min dak

Bone above the bridge of the  
nose

སྲིན་མ།

*smin.ma*

min ma

Eye brows

མིན་ཟླ།

*smin.zla*

min da

Kartik, tenth month of  
Tibetan astronomical system

སྐྱུག

*smug*

muk

Clouded leopard (*Neofelis  
nebulosa*)

སྐྱུག་ཅུང་འདོན་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.

སྐྱུག་པ།

*smug.pa*

mook pa

Fog or mist

སྐྱུག་པོ་སྐལ་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.

སྐྱུག་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 12<sup>th</sup>  
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*).

སྐྱེ་འཁོར།

*sme.khor*

mekhor

Cycle of the '*smeba*'

སླེ་འབྲིང་གསུམ།

*sme. 'phreng.gsum*

me treng soom

The three necklaces of 'smeba'

སླེ་བ་དགུ།

*sme.ba.dgu*

me wa goo

The nine *smeba* or magic square numbers

སླེ་འབྲིང་དང་པོ།

*sme. 'phreng.dang.po*

me treng dang po

The first necklace of the 'smeba' (1864-1923)

སླེ་བའི་སྒྲིང་སྒོར།

*sme.ba'i.gling.skor*

me wey ling kor

The seats of the *smeba*

སླེ་འབྲིང་གཉིས་པ།

*sme. 'phreng.gnyis.pa*

me treng nyi pa

The second necklace of 'smeba' (1924-1983)

སླེ་ཞག།

*sme.zhag*

me shak

Day of the *smeba*

སླེ་འབྲིང་གསུམ་པ།

*sme. 'phreng.gsum.pa*

Me treng sumpa

The third necklace of 'smeba' (1984-2044)

སློན་ལམ་གྱི་རྒྱས་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

སླེ་བ།

*sme.ba*

me wa

1) Moles

2) Magic square numbers which is often used in Tibetan Elemental Astrology ('*byung.rtsis*)

སླུག་སྒོན།

*smug.sngon*

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་།

སྟོ་བྱེད།

*smug.choo.gang*

*smyo.byed*

muk choo gang

nyo jey

Hindi Name: Jiavanti/Jianti

Insanity, Skt. unmada

Botanical Name:

*Dendrobium amoenum*

སྟོ་བྱེད་ཀྱི་གདོན།

སྟུག་ཅུ།

*smyo.byed.kyi.gdon*

*smyug.rtsa*

nyo jey ki don

nyook tsa

Demons causing madness

Bamboo shoot

སྟུ་བ་མང་།

Taste: Sweet to slightly sour

*smra.ba.mang*

Potency: Cool

mawa mang

Uses: It is used to treat  
wound, fever of chest and  
limbs, inflammations, chronic  
fever, constipation and to  
prevent cancerous growth.

Talkative

It is one of symptoms of  
wind disorders.

སྟོ་ནད།

*smyo.nad*

nyo ney

Mental disorder or insanity

# ཅ།

ཅ་ཏ་ར།

*tso.ta.ra*

tso tara

It is a synonym of *srub.ka* (Anemone rivularis Buch-Ham.)

ཅ་བྲ།

*tso.bya*

tso ja

It is a synonym of *dbyi.mong.dkar.po* (Clematis rehderianum Craib.)

ཅ་ར་ཀ་མེ་བརྒྱད།

*tso.ra.ka.sde.brgyad*

tsara ka de gey

The eight sections on medicines and treatments

ཅན་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.

ཅན་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.

ཅན་དན་བཅོ་བརྒྱད།

*tsan.dan.bco.brgyad*

tsenden chogey

Sandalwood Eighteen

Ingredients: *tsan.dmar, gi.wang, a.ru.gser.mdog, sum.tig, ru.rta, rgya.skyegs, pri.yang.ku, hong.len, re.skon, 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.

ཅན་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

ཅབ་རུ་ཚ་བཞོས་པ།

*tsab.ru.tsa.bzos.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.

ཅམ་པ་ཀ།

*tsam.pa.ka*

tsampa ka

Skt. Name: Syonaka

Botanical Name: *Oroxylum*

*Indicum* Linn Vent

ཅམ་པ་འབྲུ་བ།

*tsam.pa.'khru.ba*

tsampa toowa

Diarrhoea due to undigested 'tsampa'

ཅམ་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་རྒྱན།

*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་དྲ།

*gtsod*

tsoe

Hodgson's antelope  
(*Pantholaps hodgsoni* Abe)

གཙོ་ད་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་དུག།

*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'*

tse

1) Rust

2) Birth

བཙེར་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་སྐྱེས།

*btsong.sgog.zhing.skeyes*  
tsongok shing ke  
Allium fistulosum L.

བཙོང་སྒོག་རི་སྐྱེས།

*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.

ཙ་སྐྱན།

*rtsa.skran*  
tsa tren

Tumours of the channels

ཙ་སྐྱན་ལིང་བ།

*rtsa.skran.ling.ba*  
tsa tren lingwa

Dangling tumour of the channels

ཙ་འཁྲུམ་ནད།

*rtsa.'khum.nad*  
tsa khum ney  
Tetanus

A disease characterised by contraction of muscles and channels.

ཙ་འཁོར།

*rtsa.'khor*  
tsa khor

The Wheel of the Channels or chakras; it refers to the

energy centres within the body

ཙ་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.longspyod.'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

ཙ་མཁྲིས།

*rtsa.mkhris*  
tsa tree

*Lactuca Lessertiana*

ཙ་མཁྲིས་མཚོག།

*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་གཞེས་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་ཚེན།

*rtsa.chen*

tsachen

Blood letting femoral veins (lit. the great veins)

རྩ་མཁྲིས་ཞིང་སྐྱེས།

*rtsa.mkhris.zhing.skyes*

tsa tee shing key

Ixeris gracilis DC stebb

རྩ་ཉོན་ལྷན།

*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་ཐག་བཅུ་ལྷན།

*rtsa.thag.bcu.drug*

tsa thak chu drook

Sixteen Jute Ropes

Ingredients: *tsa.thag.'bras.bu,*

*a.ru, thang.phrom.'bras.bu,*

རྩ་རྒྱུད།

*rtsa.rgyud*

tsa gyue

The Root Tantra, the first of the four tantras containing six chapters

*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་བཅུ་དྲུག།

*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་པདྨ།

*rtsa.pad.ma*

tsa pema

Chinese herbaceous peony

རྩ་ཕྱེན།

*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

ཙ་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)

ཙ་བའི་རོ་དྲུག་།

*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.

ཙ་བྱུག་།

*rtsa.byug*

tsa jook

Channel ointment

Uses: This compound is mixed with old butter and oil to massage for nerve disorders.

ཙ་སྦྱང་།

*rtsa.sbyong*

tsa jong

Cleansing of the channels

ཙ་སྦྱང་དངོས།

*rtsa.sbyong.dngos*

tsa jong ngoe

The actual cleansing of the channels

ཙ་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་ཚད།

*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་སྲོག་ཆགས།

*rtsa.gzan.srog.chags*

tsa zen sok chak

Herbivore animals

རྩ་རམ་པ།

*rtsa.ram.pa*

tsa 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*

tsa 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 keyi 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་ཀྲོང་།

*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.

རུང་རྗེད།

*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་ཚྭ།

*rtsab.ru.tsha*

tsab ru tsha

Crag halite

Taste: Hot

Uses: It cures constipation.

རུལ་མཐུས་ཟ་བའི་སྡེ།

*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་སྐྱམ།

*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་སྲོད།

*rtsing.spyod*

tsing choe

Barbarous behaviour,  
immoral behaviour

ཅིབ་མ།

*rtsib.ma*

tsib ma

Ribs

ཅིའི་ཁྲག།

*rtsi'i.khrag*

tsi trak

It is a synonym of *bri.mog*  
(*Onosma* sps.)

ཅིས་ཀྱི་ལེ་བུ།

*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་སྒྲོ་ལྔ་ལྔ།

*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་ལྗེ་ཚན།

*rtsis.rig.sde.tshan*

tsee rik de tsen

Astro. Department

རྩེ་སྐར།

*rtse.skar*

tse kar

Pole star

རྩེ་ཚུང་གཉིས།

*rtse.chung.gnyis*

tse choong nyi

Two small blood letting extremities of the jugular vein

རྩེ་ངང།

*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་ལྔ་གྱི་དུས།

*rtsod.ldan.gyi.dus*

tsoe den gi due

Degenerating era (lit. quarrelsome period)

རྩོལ་ཚུང།

*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

ཅལས་བྱ།

*rtsags.bu*  
tsak boo  
Lancet

It is an instrument used for  
venesection.

tse wa

Love, affection

བརྩོན་འགྲུས།

*brtson. 'grus*  
tson due  
Diligence

ཅལས་བྱའི་ཤུབས།

*rtsags.bu'i.shubs*  
tsak bue shoob  
Lancet case

བརྩོན་འགྲུས་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

བཅེ་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་ཚུ།

*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.-*pha.ba.ris*
- 3) Zingiber officinale Rosc.-*sman.sga*

ཚ་བའི་སྤྱི་ཚ་དུག།

*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-*'kehrang*

ཚ་བ་མ་སྤྱིན་པ།

*tsha.ba.ma.smin.pa*

tsawa ma minpa

Immature fever or fever in its initial stage

ཚ་བའི་སྤྱི།

*tsha.ba'i.sman*

tsha wey men  
Febrifuge

ཚ་བ་རི་ཐང་མམས།

*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་འབྲུམ།

*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་ག།

*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་མཚུ་རྩི།

*tshan.a'u.rtsi*

tsen a u tsee

Botanical Name: *Fritillaria*  
*Cirrhusa* 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.

ཚིགས་འགུར་བ།

*tshigs.gyur.ba*

tsik gyur ba

Dislocation

A displacement of a bone

ཚིགས་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.'kbrims*

tsultrim

Moral discipline

ཚུལ་ཕྱེད་པ།

*tshul.phyed.pa*

tsool chey pa

Discernible manifestations  
(the third stages of disease)

ཚེ་སྐྱབ།

*tshe.sgrub*

tsedup

Rituals to attain longevity

ཚེ་ཚོག།

*tshe.chog*

tsechok

Conferral of the rites of longevity

ཚེ་དཔག་མེད།

*tshe.dpag.med*

tsepak mey

Amitayus (lit. infinite life span)

ཚེ་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

ཚེ་འཕེལ།

*tshe.'phel*

tse fel

Prolong life span

ཚེ་དབང་།

*tshe.dbang*

tsewang

Empowerment of longevity

ཚེ་རྩིས།

*tshe.rtsis*

tse tsee

Horoscope, natal chart

ཚེ་ཚད།

*tshe.tshad*

tsey tsey

Life-span

ཚེ་ཟད་རླུང་གུད།

*tshe.zad.rlung.gud*

tsey zey loong gue

Cessation of lifespan and diminution of good luck (wind horse)

ཚེ་སྐྱོག་སྐྱོག་སྐྱོག།

*tshe.srog.bla.gsum*

tse sok la soom

Life span, life force and spirit (the three basic faculties of our life)

ཚེ་བསྐྱུ།

*tshe.bslu*

tse loo

Ransom of the longevity

ཚེ་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

ཚེ་ལྷག།

*tshe.lhag*

tse lhak

Remaining life span

ཚེ་ཡི་རྩ།

*tshe'i.rtsa*

tse yi tsa

Channels of life; life channels

ཚེ་སྐྱོན།

*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.

ཚེ་ས་ཚད་ལྷག།

*tshe.s.chad.lhag*

tse chey lhak

Doubled and skipped days in Tibetan Lunar calendar

ཚེ་ས་འག།

*tshe.s.chag*

tshe shak

Lunar day

ཚེ་ས་འག་གསལ་ལྷ།

*tshe.s.chag.gzha'.lnga*

tshe shak za nga

The five planets of a lunar day

ཚེ་ས་ལྷ།

*tshe.s.la*

tsedah

Lunar Months

Lunar month is the time period of completion of waxing and waning 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 2<sup>nd</sup>, 12<sup>th</sup> and  
22<sup>nd</sup> 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་གྱུང་ཤོས།

*mtshan.thung.shos*

tsen thoong shoe

The shortest night

The night is shortest during  
Summer solstice day.

མཚན་བར་དོལ་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་དམར།

*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.ssubs.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 tates
- 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

མཚོ་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་དུག།

*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་སྤྲ་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།

རྩ་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.

རྩ་ཏི་ཕ་ལ།

*dza.ti.pha.la*

zati fala

It is a synonym for the nut of *Myristica fragrans* Houtt.

རྩ་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.

མཚུབ་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.

མཚུབ་མོ།

*mdzub.mo*

zub mo

Fore finger

མཚུབ་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.

མཛེ།

*mdze*

zey

Leprosy, Skt. kusta

It is believed to be caused by one's action in former life or water spirits (*klu*) when they get offended and is thus also known as *klu.nad* (disease of *klu*).

མཛེ་ཚ།

*mdze.tsha*

zey tsa

Glauber's salt

མཛེ་འི་ནད་པ།

*mdze'i.nad.pa*

ze yi ney pa

Leper

མཛེ་ར་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*)

མཛོ།

*mdzo*

zo

A cross between yak and cow

མཛོ་ཁལ།

*mdzo.khal*

zo khel

Heavy load carried by *Dzo*

མཛོ་གོང།

*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 Range2) *sham.bha.la*-shambala3) *rgya.nag*-China4) *li-khotan*5) *bod*-Tibet6) *rgya.gar*-India

མཛོད།

*mdzod*

zoe

Store, treasury, depositary

འཛམ་བུ་གླིང་ཆེ་བ།

*'dzam.bu.gling.che.ba*

zambuling chewa

The greater land of zambu

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་འཕྲུལ།

*rdzu. 'khrul*

zoo trool

Miracles (exceptional powers)

རྩོང་།

*rdzong*

zong

Fortress or castle, district

རྩུན།

*rdzun*

zoon

False, lie,

རྩོགས་ཚེན།

*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།

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་གཏོང་གསུམ།

*wa.gtong.gsum*

wa dong soom

Lit. three fox faces; it refers to three coccyx bones

## ཞ།

ཞ་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.

ཞ་ནི་ལྷུ་རྩ།

*zha.nye.zhun*

sha ney shun

Lead pitch (Dark lead Bitumen)

ཞ་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

*zhang*

shak

Day

ཞག་སྐྱེག

*zhang.bskeg*

shak kek

Obstacles of the day

ཞག་ནག

*zhang.nag*

shak nak

Black day, bad day

ཞག་གསུམ།

*zhang.gsum*

shak soom

The three days

1) *tshes.zhang*-lunar day2) *nyin.zhang*-solar day and3) *khyim.zhang*-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་ལུང་།

*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.kbrid*

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་བཅུ་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་སྤང་།

*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.skya, 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་སྐྱེ།

*zhim.thig.pu.shud.mig.sman*  
shim thig pu shue mik men  
Phlomis betonicoides Diols f. aoba C.Y. Wu

ཞིམ་ཐིག་སྒོན་པོ།

*zhim.thig.sngon.po*  
shim thig ngon po  
Nepeta Coerusens Maxim

ཞིམ་ཐིག་དམར་ཚུང་།

*zhim.thig.dmar.chung*  
shim thig mar choong  
*Lamium amplexicaule* L.

ཞིམ་ཐིག་སྒོན་པོ་ཚུང་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་སྐྱུག་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་རྒྱས་ལུ་འདྲིབ།

*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 khen

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་རྟེས་ན།

*zhu.rjes na*

shoo jey na

Post digestive pain

ཞུ་རྟེས་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) *skyr.ba*-sour; and

3) *kha.ba*-bitter

ཞུ་བ་བོ།

*zhu ba bo*

shoo wa bo

The one who requests, askers

ཞུ་བ་བོ་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་དྲག་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་སྐྱུ།

*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་ཞོ་ག།

*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་རྒྱ།

*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་སྣུ་བའི་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་སྤྲོད་བཀང་བ།

*gzhhu.sran.bkang.ba*  
shoo sen kang wa

Drawing a tight bow

གཞུག་ཚུང་།

*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་འིང་ལོ།

*gzhbes.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་རྐོང་།

*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་འཕུག

za. 'phrug  
za took  
Itching

ཟ་བྱེད།

za. byed  
za jey  
A secret name for *mu. z'i*  
(Sulphur).

ཟ་བྱེད་ཁམས་བརྒྱད།

za. byed. khams. 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*-magnitite  
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་བསྐྱེག་ཐལ།

za. 'og. bsregs. thal  
za ok sek thel  
Ash from burnt silk

ཟ་རྫོང་།

za. rgod  
za goe  
Nettle (lit. wild nettle)  
Botanical Name:  
*Urticatnangularis* 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.

མ་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*.

ཟ་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.

ཟག་བཅས།

*zag.bcas*

zak chey

Contaminated, polluted

It refers to the human body which is polluted by physical and mental poisons.

ཟགས་པ།

*zags.pa*

zakpa

Drop down

ཟངས།

*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.

ཟངས་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.

ཟངས་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་ཉིག་དམན་པ།

*zangs.tig.dman.pa*

zang tik menpa

Inferior copper coloured  
gentian

ཟངས་ཉེལ།

*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་རླེག།

*zangs.dreg*

zang drek

Coper 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་རྩི་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་རྩི་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་སྲུང་།

*zas.sdram*  
zey dam  
Dietary restriction

ཟས་དྲོད་བཅུད།

*zas.drod.bcud*  
zey doe chue  
Nutritious and warmth giving diets

ཟས་སྲོད་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་ཚོད་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་བཏུས་བདུད་རྩི་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་རྩུ་མནར་བ།

*zung.rngu.mnar.ba*

zuk ngoo narwa

Tormented by pain

Depletion of physical constituents beyond treatment

ཟུག་ཅག་སྐྱམ།

*zung.cag.sman*

zuk chak men

Analgesic; a type of medication that alleviates pain without loss of consciousness

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) *kh.u.ba*-regenerative essence or vital fluids

ཟུང་འདུག།

*zung.jug*

zung jook

State of union (e.g. the union of bliss and emptiness

*'bde.stong.zung.jug*)

ཟུར་མཁར་མནམ་ཉིད་དོར་རྗེ།

*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*.

ཟུང་འབྲེལ།

*zung.'brel*

zung del

Union, joint, coupling, together

ཟུངས་ཀྱིས་མི་ཐུབ།

*zung.kyis.mi.thub*

zung ki mi thooob

ཟུར་ཐིག།

*zur.thig*

zur thik

Lateral verticle lines or axis

ལུང་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.

ལུང་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.

ཇེ་ཚ།

*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*

མོར་འཕེན་པ།	Menorrhagia; excessive menstrual flow
<i>zor. 'phen.pa</i> zorfen To cast forth malign 'gtorma' by realized Tibetan yogins	
མོས་རྗེས།	མ་ཐོ།
<i>zos.rjes</i> zoe jey Periods after the meals	<i>zla.tho</i> da tho Calendar
མོས་རྗེས་མི་བདེ།	མ་དག།
<i>zos.rje.mi.bde</i> zoe jey mi de Discomfort after eating	<i>zla.dag</i> da dak Mensal modification
མ་སྐྱེག།	མ་ནག།
<i>zla.skeg</i> da keg Obstacles of the month	<i>zla.nag</i> da nak Black month; bad month
མ་འཁོར་ས་བདག།	མ་བ་སོ་སོའི་ཉའི་སྐར་མ།
<i>zla. 'khor.sa.bdag</i> da khor sadak Landlord spirit that visits each month	<i>zla.ba.so.so'i.nya'i.skar.ma</i> 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 1 <sup>st</sup> month is 'mchu.zla' since the full moon falls in the nakshatra ( <i>rgyu.skar</i> ) chu.
མ་བྲག་བབས་ཚེ།	
<i>zla.khrag.babs.che</i> da tak bab chey	

ཟླ་བའི་སྣང་པོ།

*zla.ba'i.snying.po*

da wey nying po

The essence of the moon

ཟླ་བའི་བསྟུང་པ།

*zla.ba'i.bsud.pa*

da wey Dooe pa

Moon nodes

ཟླ་བའི་འཕེལ་འགྲིབ།

*zla.ba'i.'phel.'grib*

dawey fel dib

Phases of, the moon

ཟླ་བའི་མར་ངོ།

*zla.ba'i.mar.ngo*

da wey mar ngo

The waning time of the  
moon (16<sup>th</sup> -30<sup>th</sup>)

ཟླ་བའི་འོད།

*zla.ba'i.'od*

dawey voe

Moon rays, moon light

ཟླ་བའི་ཡར་ངོ་མར་ངོ།

*zla.ba'i.yar.ngo.mar.ngo*

dawey yar ngo mar ngo

Waxing and waing of the  
moon

ཟླ་བའི་ཡར་ངོ།

*zla.ba'i.yar.ngo*

dawey yar ngo

The waxing time of the  
moon (1<sup>st</sup>-15<sup>th</sup>)

ཟླ་འཛིན།

*zla.'dzin*

dazin

Lunar eclipse

ཟླ་བཤད།

*zla.bshad*

da shey

The detailed explanation of  
a month in a year

ཟླ་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.

ལྷ་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.smug.po, 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.

ལྷ་ཤོལ།

*zla.shol*  
da shol

Intercalary month or an extra month

It occurs after every thirty two and half months.

ལྷ་མཚན།

*zla.mtshan*  
da tsen

Menstruation, menstrual fluid

ལྷ་མཚན་སྔ་རོལ།

*zla.mtshan.snga.rol*  
da tsen nga rol

Pre-menstrual phase

ལྷ་མཚན་ཚོད་དུས།

*zla.mtshan.chod.dus*  
da tsen choe due

Menopause

It is characterised by warmth and reddening of the face and neck (hot flushes)

ལྷ་མཚན་དུས།

*zla.mtshan.dus*  
da tshen due

Menstrual phase, time of menstruation

ལྷ་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

ལྷ་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.

ལྷ་མཚན་གྱིས་གཟེར་བ།

*zla.mtshan.gyis.gzer.ba*  
da tsen gi zer wa  
Dysmenorrhoea, pain or difficult menstruation

ལྷ་མོ།

*zlum.po*  
doom po  
Circle (symbol of water element)

ལྷ་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་ལྷ།

*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 dhoee karpō

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 dhoee 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)—wood element, *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་དྲགས།

*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

གཟེ།

*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.

གཟེ་བརྗིད།

*gzi.brjid*

zi ji

Splendor

གཟེ་རོ།

*gzi.rdo*

zi do

Zee stone

གཟེ་རིགས་ཀྱི་ལིག་བུ་མིག།

*gzi.rigs.kyi.lig.bu.mig*

zi rig ki likboo mig

Bended chalcedony

གཟེ་ལོག།

*gzi.log*

zi lok

Squint (cross-eyes)

A condition characterised by failure of eyes to point in the same direction.

གཟེག།

*gzig*

zik

Skt. Alsi, Leopard (Panthera pardus)

གཟེག་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

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:

## 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) '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)

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)

## 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.

པ

བུ་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.

བུག་པ།

'ug.pa

vook pa

Owl

Its feather has medicinal value  
to cure oedema

བུག་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་འཛིན།

'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་ལྗོན།

*'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.

འོ་ག་སྒོ་གཉིས།

*'og.sgo.gnyis*

vog go nyee

The two downward openings (anus and urethra)

འོ་ད་ཀོར།

*'od.kor*

voe kor

A shimmering orb of light

འོ་ད་ལྷན་དཀར་པོ།

*'od.ldan.dkar.po*

voeden karpō

*Saxifraga melanocentra*  
Franch

འོ་ད་ལྷན་ཟེར་པོ།

*'od.ldan.ser.po*

voeden serpo

*Saxifraga egregia* Engl

འོ་ད་དཔག་མེད།

*'od.dpag.med*

voe pak mey

The illuminating one; Buddha  
Amitabha

འོ་ད་གསལ།

*'od.gsal*

voesel

The inner most crystal mind which, perceives everything as clear, empty and limitless space

འོ་ན་པ།

*'on.pa*

von pa

Deafness

A condition characterised by loss of hearing.

འོ་མ་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་བུའི་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.ma.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་ལྷ།

'ol.se.nyer.lnga

volve 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.skon, ba.sha.ka, a.gar. gnyis, dza.ti, ze.tsha.chu.bcad, star.bu, sbrul.sha, dom.mkbris,

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་ཁྱུ་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*

yama 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་སྒྲིན།

*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་རྒྱ་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་འཁྲུམས་པ།

*yan.lag.'khum.s.pa*

yen lak khoom pa

Retraction of the limbs

ཡན་ལག་བརྒྱུད།

*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*).

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་ཟས།

*yugs.zas*

yook zey

Food prepared by a widow

ཡུགས་ཟ་མ།

*yugs.za.ma*

yoog sa ma

Widow

ཡུགས་སའི་དོར་ཏ།

*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་རྣམ་ཤེས།

*yid.bzang.ma'i.rnam.shes*

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Lit. consciousness of the  
superior mind  
It refers to a vein at the heart  
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'transcendental consciousness'

ཡིད་འོང་གཏམ།

*yid.'ong.gtam*

yee vong taam  
Pleasant conversation

ཡིད་ལས་སྐྱེས།

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Manasija, requestor of the  
Four Tantras

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speech.

ཡིད་ཤེས།

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ཡིབ་ཤ།

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Hidden meat under grain,  
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value to cure *rLung* disorders

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*yu.gu.shing*

yoo goo shing  
*Senecio solidagineus* Hand-  
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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*

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*yu.mo.mde'u.byin*

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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་ད།

*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་དཀར།

*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 (*Sinopsis alba*)

ཡུད།

*yud*

yue

An instant, a moment

ཡུན།

*yun*

yoon

Duration

ཡུར་བ།

*yur.ba*

yoor wa

Ditch, drain, canal

ཡུལ་གྱི་ཚུ་ཚོད།

*yul.gyi.chu.tshod*

yool gee choo tsoe

Lit. hours of the space

ཡུལ་དུས་ཟས་སྲོད་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་སྣོལ།

*yul.srol*

yool sol

Custom; way of life

ཡུལ་ལྷ་གནོད།

*yul.lha.gnod*

yool lha noe

Harms from deities of the land

ཡི་སྟོང་།

*ye.stong*

ye tong

Empty from the very beginning

ཡི་འབྲོག་སུམ་བརྒྱ་དུག་ཅུ།

*ye.'brog.sum.brgya.drug.cu*

ye dok soom gya dook choo

The three hundreds and sixty primordial bewitchers

ཡི་ཤེས།

*ye.shes*

ye shey

Pristine cognition; Buddha mind

ཡི་ཤེས་ཀྱི་ཐིག་ལེ།

*ye.shes.kyi.thig.le*

ye shey kee thik ley

The drop of pristine cognition or Buddha mind

ཡི་ཤེས་ཀྱི་ཚོགས།

*ye.shes.kyi.tshogs*

ye shey kee tshok

Accumulation of wisdom, any positive mental actions motivated by the mind of Bodhicitta

ཡི་ཤེས་ཀྱི་རླུང་ལྷ།

*ye.shes.kyi.rlung.lnga*

ye shey kee loong nga

The five vital wind energies of pristine cognition

ཡི་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་ཚོས་སྐྱེ།

*ye.shes.chos.skü*

ye shey choe koo

Wisdom truth body;  
(Buddha's all knowing mind)

ཡོ་འབོག།

*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་ཚེ་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་སྐྱེ་འདྲིལ་བའི་སྣོད་བས།

*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 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་སྤྲུལ།

*yon.sprul*  
yon tool  
Emanation of Buddha  
attributes

ཡོབ་གོང་།

*yob.gong*  
yob gong  
Blood letting veins of the  
dorsal arcade

ཡོས།

*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་ཟླ་བ།

*yos.zla.ba*

yoe dawa

Rabbit month; 12<sup>th</sup> month  
according to Tibetan  
Elemental Astrology

གཡལ།

*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་ཀྱི་མ།

*gya'.kyi.ma*

ya kee maa

English Name: Spleen wort

Botanical Name: *Chryso-  
plenium 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་ལྷུང་། (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.skon, 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་སྟོང་ཐེག

gyu.thog.snying.thig

yoo thok nying thik

Innermost spirituality of  
*Yu.thog.pa*

གཡུ་ཐོག་སྟོང་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 *Choekyi Dolma* on

25<sup>th</sup> 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 13<sup>th</sup> 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.

༣།

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་གན།

*ra.gan*

ra gan

Latin Name: Aurichalcum

Taste: Sour

Uses: It treats skin problems, eye disorders, and eliminates toxins from the body.

རུ་མན།

*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་བྱག་མོངས་སྤྱུ།

*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་དྲན།

*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 *dngul.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་སུག

*ra.sug*

raa sook

Silence Tennis Willd.

རག

*rag*

rak

Aes, Brass Autichal cum

རག་གམ་ཟངས་ཕོར།

*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.bs kyod*

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་ལྷ་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་གཤེས་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་གཉན་པ།

*rab.tu.gnyan.pa*  
rab too nyen pa  
Highly vulnerable  
There are 96 highly vulnerable points in human body.

རབ་ལབྱུང་།

*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.mkbris.mchog* (*Saussurea graminea* Dunu)

རི་སྐྱེས་བྲ་པོ།

*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་དྲགས་ལྗེ་བ།

*ri.dvags.lte.ba*

ri dak tewa

A secret name for musk  
(*gla.rtsi*)

རི་དྲགས་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་དྲགས་ཤ།

*ri.dags.sha*

ree dak sha

Meat of game animals

རི་བོ་རྩེ་ལྔ།

*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 8<sup>th</sup> 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.

རི་ག་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་ཅེ་བ་ལྷ།

*rig.gnas.che.ba.lnga*

rig ney che wa nga

The five major fields of study or sciences;

- 1) Architecture (*bxo.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་རྟོགས་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་ཡི་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 Yeshe)

རིག་པའི་ཡི་ཤེས་དང་ཡིད་ལས་སྐྱེས།

*rig.p'i.ye.shes.dang.yid.las.skyes*

rig pey yee shey dang yee ley key

The sage Rigpe Yeshe and Yidley Kye (both were emanations of the Medicine Buddha); the fundamental Tibetan Medical Text '*rgyud.bzhi*' has the great sage Rigpe Yeshe (Vidyajñana) as the expounder and Yidley Kye (Manasija) as recipient of the teaching

- 1) Rigpe Yeshe – 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་འཚོ་མ་ཟིན་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་སྤྱི་ཐེལ།

*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་རྗེས།

*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 8<sup>th</sup> 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.zhün, 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, encephalodynia, 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་སྟོར་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, 9<sup>th</sup> and 12<sup>th</sup> 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་རྫིང་ཉི་ལྔ་ལྷ་།

*rin.chen.gyu.rnying.nyerg.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, zhangs.thal, lcags.thal, zha.thal, gsha'.thal, rag.thal, 'khar.thal, tsan.dmar, ti.thal, k h a m s . b d u n . t h a l . b a , 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 of 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་སྒྲུབ།

*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*)

རིས་ས།

*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་སྣང་།

*rims.srung*

reem soong

Protection from infection

རིལ་དཀར་པད་ལྗོང་།

*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་འཇིན།

*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་རྩ་བཅུ་གསུམ།

*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་རྩ་དྲུག་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་ཤི།

*ru.shi*

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་ནད།

*rus.nad*

rue ney

Bone disorders (e.g Polio)

རུས་པ།

*rus.pa*

rue pa

Bones

རུས་པའི་འགོས་ནད།

*rus.p'i.'gos.nad*

rue pey goe ney

Osteomyelitis

རུས་པའི་གནན་གཞི།

*rus.p'ai.gnyan.gzhi*

rue pey nyen shi

Osteitis

A condition characterised by  
inflammation of a bone

རུས་པ་སོབ་པོ་ཆགས་པ།

*rus.pa.sob.po.chags.pa*

rue pa sob po chag pa

Osteoporosis

A condition characterised by  
softening of a bone

རུས་པའི་གསོས།

*rus.p'i.gsos*

rue pey soe

A synonym for *cong.zhi*  
(calcite)

རུས་ལྷགས་སྦྱར།

*rus.lpags.sbyar*

rue pak jar

Adherence of skin to the  
bones

རུས་སྦྱལ།

*rus.sbal*

rue bel

Tortoise

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་སྐལ་འཁོར་ལོ།

*rus.sbal.'khor.lo*  
rue bel khorlo

The Wheel of Tortoise

རུས་སྐལ་གྱི་སྙིང་ཤ།

*rus.sbal.gyi.snying.sha*  
rue bel gee nying sha

Flesh from turtle's heart

རུས་སྐལ་གྱི་རྩུང་།

*rus.sbal.gyi.rlung*  
rue bel gee loong

Tortoise wind; a kind of wind energy

རུས་སྐལ་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་སྐྱེད་པུ།

*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་སྐྱ།

*re.skon.rtsi.skya*  
rey kon tsee kya  
Corydalis boweri Hemsl

རེ་སྐོན་ཅི་དམར།

*re skon 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.

རི་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.

རི་ཐག

*re.thag*

re thak

Lit. Strands of yak hair tent rope and refers to the four vulnerable blood vessels of the brain

རི་དོགས།

*re.dogs*

re dok

Expectations and doubts; hopes and doubt

རི་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.

རིག་པ།

*reg.pa*

rek pa

Contact, touch

རིག་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་བྲ།

*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*)

ར་གྲིབ།

*ro.grib*

ro deeb

Defilement from a corpse

རོ་དང་ལྷོགས་མཐུན་རྣམ་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.tsba.ba*

4) Bitter-*kha.ba*

5) Acrid-*tsba.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་སྐྱེད་པ།

*ro.tsa.skyed.pa*

rotsa key pa

To increase sexual potency

རོ་ཙ་ཉམས་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་སྐྱེད།

*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་སྐྱེས།

*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

རྩངས་དུག

*rlangs.dug*

lang dook

Vapour poisoning, Skt.  
vaspa-visa

Swelling of scrotum

རྩིག་རྩུགས་ནད།

*rlig.rlugs.nad*

leek look ney

Hydroceles

རྩངས་པ།

*rlangs.pa*

lang pa

Vapour, steam

རྩིག་འབྲས།

*rlig.'bras*

leek dey

Testicles

རྩན་སྤོང་ཉལ་བ།

*rlan.steng.nyal.pa*

len teng nyel pa

Lying or sleeping on damp  
ground

རྩུང་།

*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.

རྩན་ལ་གནས་པའི་སྤྲེ།

*rlan.la.gnas.p'i.sde*

len la neypey dey

A group of aquatic creatures

རྩིག་པ་འཕྲང་བ།

*rlig.pa.'phyang.ba*

leek pa chang wa

Elongation of the scrotal sac

རྩིག་རྩུགས།

*rlig.rlugs*

leek look

རྩུང་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་ཁྱེད་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  
mediation 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་ལྗེ་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་སློག་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་སྐང་།

*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་ཇ།

*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 gzar-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་ནུ།

*la.phug.gz'hon.nu*

la phook shon noo

English Name: New radish

Botanical Name: Raphanus sativus

Uses: See *la.phug*

ལ་ཕུག་བསྐྱེགས་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	ལག་པ།
<i>lag</i>	<i>lag.pa</i>
lak	lak pa
Aridra, Betelgeuse; it is one of the twenty seven constellations or nakshatras	Hand
ལག་ངར།	ལག་པའི་རྗེ་ངར་ཚུང་བ།
<i>lag.ngar</i>	<i>lag.p'i.rje.ngar.chung.ba</i>
lak ngar	lak pey je ngar choong wa
Arm	Ulna of the hand
ལག་ཚ།	ལག་པའི་རྗེ་ངར་ཚེ་བ།
<i>lag.cha</i>	<i>lag.p'i.rje.ngar.che.ba</i>
lak cha	lak pey je ngar che wa
Instruments, equipments, tools	Radius of the hands
ལག་བསྐྱར་གྱི་རྗེ་ས་དཔག	ལག་རྩལ།
<i>lag.bstar.gyi.rjes.dpag</i>	<i>lag.rtsal</i>
lak tar gee je pak	lag tsel
Practical reason	Technical skills
ལག་མཐེལ།	ལག་ཚིགས།
<i>lag.mthil</i>	<i>lag.tshigs</i>
lak theel	lak tshik
Palm of the hand	Joints of the hands
	ལག་ལེན།
	<i>lag.len</i>
	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.

ལང་འཚོ་སྤྱོད།

*lang.'tsho.sbyor*

langtso jor

The combination of youth

ལན་ཆགས།

*lan.chags*

lenchak

Debt, misfortune

ལན་ཚྭ།

*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,

indigestion, tumour,  
poisoning and constipation.

ལན་ཚ་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.

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.sba.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་ལྷས་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.

ལི་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.

ལིག་བུ་མིག་ཚོག་

*lig.bu.mig.chog*

lig boo mig chok

Superior chalcedony

Uses: It has medicinal value to treat eye problems.

ལིག་བུ་མིག་ལུགས་གཅིག་

*lig.bu.mig.lugs.gcig*

lik boo mig look chik

A type of chalcedony

ལིང་ཐོག་ནད།

*ling.thog.nad*

leeng thok ney

Albugo of the cornea; pellicle of the eye

ལིང་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་མཉེ།

*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.gzbug*

look shook

Muscles of the upper arms,  
biceps brachii

## ལུག་ལྷ་བ།

*lug.zla.ba*

look da wa

Sheep month; 4<sup>th</sup> 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་སྲུག།

*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་སུ།

*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  
h a r m e r s  
(*gnod.byed.nyes.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་སྒྲོམ།

*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་བོངས་ཅུང་།

*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་རྩུངས།

*lus.zung*

lue zoong

Bodily constituents

ལེ་བཀམ།

*le.brgan*

ley gen

Tagetes erecta L.

ལུས་རྩུངས་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) *kh.u.ba*-regenerative essence/fluids

ལེ་བཀམ་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*

ལེ་བུ།

*le'u*

le voo

Chapter

ལོ་ཁོ་ལ་པད་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 leave 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་འགོ།

*lo.'go*

lo go

The beginning of the year

ལོ་རྒྱུད་ལྷན་ལྷན།

*lo.rgan.drug.cu*

lo gen dook choo

Sixty-year cycle

ལོ་བརྒྱུད་དྲི་ཅུ།

*lo.brgyad.dri.chu*

lo gye dee choo

Urine of an eight year old (child)

ལོ་ཚེན་དྲ་མ་ཤྲི།

*lo.chen.dba.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.gzhung.nyin.byed.snang.ba*; (The Illuminating Treatise on Astrology and Astronomy). He was killed by Mongol warlords in 1718.

ལོ་རྟོག།

*lo.tog*

lo tok

Crops

ལོ་རྟོགས་བརྒྱ་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་རྟོགས་བརྒྱ་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་རྟོགས་ཕོ་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་བསྟུས་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*

lo maar

Aged butter (lit. one year old  
butter)

ལོ་དག།

*lo.dag*

lodak

Standard year

ལོ་བཙན།

*lo.btsan*

lo tsen

It is a synonym of *bya.rkang*  
(*Delphinium caeruleum* Jacq.  
ex. Camb)

ལོ་ནག།

*lo.nag*

lonak

Black year

ལོ་ནད་སྐྱེན་འབྱུང།

*lo.nad.stan.'byar*

lo ney ten jar

Bedridden due to prolonged  
illness

ལོ་རྩ་བ།

*lo.rtsa.ba*

lo tsa wa

Translator

ལོ་ནག་ཆེ་བ།

*lo.nag.che.ba*

lo nak che wa

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.

ལོ་རྒྱ་ཞག་དུས་ཀྱི་ཁམས།

*lo.rla.rhag.dus.kyi.khams*

lo da shak due kee kham

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་རྣམ་བཞི།

*log.men.le.lag.rnam.bzhi*

lok men le lak namshee

The four types of changeable  
animal signs1) *'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་ཚ་ཕྱན་བུ།

*long.gi.chu.tsa.phran.bu*

long gee choo tsa tenboo

Minor water channels of the  
large intestine

ལོངས་སྐྱུ།

*longs.sku*

long koo

The enjoyment body  
(Buddha's actual subtle form)

ལོང་ནད།

*long.nad*

long ney

Diseases of the large intestine

ལོང་བུ།

*long.bu*

long boo

Ankle bones

ལོང་ཅ།

*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་སྐྱེམ།

*sha.skem*

sha kem

Thin body, thin physique

ཤ་སྐྱེན་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་རྣམ་བཞག།

*sha.rgyus.kyi.rnam.bzhag*

sha gyue ki namshak

The muscular system

ཤ་སྐྱིམ།

*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་དོད་ཚ་བ།

*sha.drod.tsba.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་འགྲོར།

*sha.ba.bcad.'byor*

shawa chey jor

It is a synonym of *srol.gong.pa*  
(*Sorozeris hookeriana*).

ཤ་བའི་ཁྲག་ར།

*sha.ba'i.kbrag.ra*

sha wey tak ra

The whitish, soft and hairy  
horn that replaces the old  
horn of a deer annually

ཤ་བའི་བོག་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་རྫོག།

*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་ཚུང་།

*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་སྲོ་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་ལྷེ་རྩུ་མ།

*shin.kun.nyer.lnga*  
shing kun nyer nga  
Ferula Foetida Regel Twenty five

Ingredients: *gar.nag, shing.kun, 'brong.khbrag, 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་ཚུ།

*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་རྗེ་ར་བ།

*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་མངས།

*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་གཙོད་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་ཏོག་བཅུད་ལྗན།

*shing.tog.bcud.lan*

shing tok chue den

A synonym for *kham.bu*  
(*Prunus* sp.).

ཤིང་སྡོང།

*shing.sdong*

shing dong

Tree

ཤིང་ཏོག་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་ལྷགས།

*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་ཏ།

*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་འཛེག་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་ལྷམ།

*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.

ཤིན་སྐྱངས།

*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 mediation (*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 karmo

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

ལྷུག་ས་བཀག་པ།

*shugs.bkag.pa*

shug kak pa

Forced retention of (stool, urine etc.)

ལྷུན་པ།

*shun.pa*

shun pa

Bark

ལྷུལ་ཤ་ནང་།

*shul.sha.nang*

shuel sha nang

Inner muscles of the back

ལྷུལ་ཤ་ཕྱི།

*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་རོ།

*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.chen*

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་འདྲི།

*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

བཤང་།

*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

བཤེག་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.)

ཤྱི་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་བརྟ་ཤིས་པ།

*sa.bkra.shis.pa*

sa tashi pa

The auspicious ground

ས་ག།

*sa.ga*

saga

- 1) Skt. Visakha, Ox faced sa chey  
 2) Vaisakha, Zubemubi (15<sup>th</sup> Tibetan geomancy and 'feng constellation) shui'. *Sa-che* is the subject of earth or geographical analysis

ས་སྒོ།

*sa.sgo*

sago

Earth door

ས་བོན་སྐྱུན།

*sa.bon.skran*

sabon tren

Ovum tumour

ས་གནམ་རྩོམ་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 bhumiapati, Lord of the locality, Lord of the earth  
 It refers to spirits who are local deities.

ས་སྐྱུན།

*sa.sman*

samen

Medicinal soil like sulphur; lit. earth medicine

ས་བདག་ཕྱག་གྲུ།

*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.shing*

sa shing

Farm land, field

ས་གཞོང་།

*sa.gzhong*  
sa shongA unique Tibetan  
astronomical calculating  
board

ས་ལྷ།

*sa.zla*  
sa daVaisakh; fourth month of  
Tibetan lunar calender

ས་རི།

*sa.ri*  
sariSwati, Arcturus (it is the 14<sup>th</sup>  
constellation)

ས་བཤད།

*sa.bshad*  
sa shey  
Geography

ས་སྐྱབ་བརྗོ་བ།

*sa.sran.brko.ba*  
sasen kowaDigging solid earth, digging  
hard earth

ས་སྲོ་ས་ཁྱི།

*sa.sros.khyi*  
sa soe khi

Dog hour, dusk (7-8 p.m.)

སག་ཅི།

*sag.rtsi*  
sak tsi  
Verdigris

སངས་རྒྱས་ཀྱི་གོ་འཕངས།

*sangs.rgyas.kyi.go.'phangs*  
sangye ki gofangEnlightenment; stage of  
perfectionA person who attains  
enlightenment has completely  
destroyed ignorance and  
perfected all knowledge and  
wisdom.

སངས་རྒྱས་ཀྱི་རང་བཞིན།

*sangs.rgyas.kyi.rang.bzhin*  
sangye ki rang shin  
Buddha nature

སངས་རྒྱས་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་ཀྱ་ཐུབ་པ།

*sangs.rgyas.sba.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་དཀྱིལ་འཁོར།

*sa'i.dkyil.'khor*  
sey kyl khor  
The earth Mandala

སིང་པོ།

*sing.po*  
singpo  
Light wine, light *chang*

སིན་རྩུ་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.

སུམ་ཅུ་རྟིག

*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*.

སུམ་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

སེ་རྫོད།

*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.

སེ་བའི་མི་འོག

*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*.

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,

cures against urinary tract calculi, nephrosis and obstruction of urine.

མེ་འབྲུ་ལྗང་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་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་འབྲུ་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.

སེང་གེ

*seng.ge*

senge

Leo; one of the twelve zodiac signs and is symbolized by a lion

སེང་གེ་འི་རྩམ།

*seng.ge'i.rtsal*

sen gey tsel

The powers of a lion

སེང་གེ་འཛིགས་མིད།

*seng.ge.'jigs.med*

sengey jigme

Silene sp.

སེང་ལྷེང་།

*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.

སེང་ལྷེང་ཉེར་ལྔ།

*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, zi.dkar, zi.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, nya.phyis.btul.ma, 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་ལྗང་ལྷེར་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, leucorrhoea and spermatorrhoea.

སེམ་མོ།

*sen.mo*

senmo

Nails

སེམས།

*sems*

sem

Syn. of *yid* and refers to the crystal energy which cognises things

སེམས་ཀྱི་བདེ་སྲིད།

*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་སྐད་ཅིག་ལ།

*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་ལྷན་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་ཚབ།

*sems.tshabs*  
sem tsab  
Nervous mind

སེམས་ལས་ཆེ་བ།

*sems.las.che.ba*  
sem ley chey wa  
Great mental anguish,  
excessive mental activity

སེམས་ལས་བྱུང་བ།

*sem.las.byung.ba*  
sem ley joong wa  
Psychic factors

སེར།

*ser*  
ser  
Yellow

སེར་ཆེན།

*ser.chen*  
serchen  
Trollius chinensis Bge.

སེར་སྤ།

*ser.sna*  
ser na  
Stingy, miser

སེར་པོ་བཙན་དུག།

*ser.po.btsan.dug*  
serpo tsen duk  
Yellow aconite, Aconitum  
fischeri Reichenb

སེར་བ།

*ser.ba*  
ser wa  
Hail

སེར་བ་རུས།

*ser.ba.rus*  
ser wa rue  
Head of femur

སེར་མཚུར།

*ser.mtsbur*  
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.

སེར་ཤ།

*ser.sha*  
ser sha  
Yellow mushroom

སོ་རྩི་ལ་གྱི་གཉན་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་ད།

*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་སེང་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་རུས།

*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་མོ།

*sor.mo*

sormo

Fingers

སོར་མོ་ལྷ།

*sor.mo.lnga*

sormo nga

The five fingers

1. *Mthe.bong*-thumb2. *Mdzub.mo*-index finger3. *Gung.mo*-middle finger4. *Srin lag*-ring finger and5. *Mthe'u.chung*-the little finger.

སོལ་བ།

*sol.ba*

sol wa

Charcoal

སོལ་དདུ་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 – 4<sup>th</sup> and 5<sup>th</sup> 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་དྲན།

*srad.nag*

sey nak

Oxytropi subpodooba P.C.

Li.

ལྷ་རྩ།

*srang*

sang

Libra; one of the twelve  
zodiac signs and is  
symbolized by a balance.

ལྷ་དམར།

*srad.dmar*

sey mar

Hedysarum sikkimense Benth

ex. Baker

ལྷ་དཀར།

*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་སྐྱུ།

*srad.smug*

sey muk

Gueldenstaedtia himalaica

Baker

ལྷ་ལེར།

*srad.ser*

sey ser

Astragalus Yunnanensis

Franch Var. tatsiensis (Bur et.

Frang) cheng f.

ལྷ་སྐྱོ།

*srad.sngon*

ལྷ་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.

སྲན་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.

སྲན་ཕུབ།

*sran.phub*

sen fub

Peas-straw, skin of bean

སྲན་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.

སྲམ།

*sram*

sam

Ottar, iguana (*Lutra lutra*)

སྲི།

*sri*

see

Evil spirit; a malignant spirit born of a dead person resurrected in their previous locality who create trouble in the vicinity

སྲི་གཞོན།

*sri.gnon*

see non

Exorcism; a type of tantric ritual to capture, bury and burn a malignant spirit

མིད་པ།

*srid.pa*

see pa

Samsara; cyclic existence

The four formless realms, the sixteen realms of form and eleven realms of desire

མིད་པ་ཨོའི་ཕུག་གྲ།

*srid.pa.ho'i.phyag.rgya*

si pa hoc chak gya

Seal of the *Srid.pa.ho*

མིད་པའི་བྱང་སེམས་དཀར་པོ།

*srid.pa'i.byang.sems.dkar.po*

si pey jang sem karmo

Calcite (*song zhi*)

མིད་ཅེ།

*srid.rtse*

si tse

Summit of the world

མིད་པའི་བྱང་སེམས་དམར་པོ།

*srid.pa'i.byang.sems.dmar.po*

si pey jang sem marpo

Bitumen (*brag zhub*)

སྲིན།

*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

སྲིན་ཐོར།

*srin.thor*

sin thor

Acne – a kind of skin disease provoking pimples with white and black heads

མིད་པ་སུམ་ཅུ་རྩ་གཅིག་གི།

*srid.pa.sum.cu.rtsa.gcig*

si pey soom chu tsa chik

The thirty one existences

སྲིན་ནད།

*srin.nad*

sin ney

Disorders caused by micro-organisms

སྲིན་པོ།

*srin.po*

sin po

Skt. Raksasa, Cannibal, Orgre  
It is a kind of evil spirit  
which survives on meat.

སྲིན་བྱ།

*srin.bu*

sin bu

Parasite

སྲིན་བྱའི་ནད།

*srin.bu'i.dug*

sin bu duk

Insect poisoning

སྲིན་བྱ་པད་མ།

*srin.bu.pad.ma*

sin bu pey ma

Leech

It is a creature that sucks  
blood in place of performing  
venesection.

སྲིན་ལག།

*srin.lag*

sin lak

Ring finger

སྲིན་ལག་རྒྱབ་ཙ།

*srin.lag.rgyab.rtsa*

sin lak gyab tsa

Minor dorsal blood letting  
vessels of the ring finger

སྲིན་ལོང་།

*srin.long*

sin long

Descending colon

སྲིན་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..

སྲིན་ཤིང་ལོ་མ།

*sring.shing.lo.ma*

sinshing loma

Morus alba Linn (leaves)

སྲུག་པ།

*srug.pa*

suk pa

Platycodon Grandiflorum  
A.DC.

སྤྱང་འཁོར།

*srung. 'khor*  
soong khor  
Wheel of Protection

སྤྱང་མདུད།

*srung.mdud*  
soong due  
Protection cord.

སྤྱང་མ།

*srung.ma*  
soong ma  
Guardian deities/Protective  
deities

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.

སྤྱལ་མོ།

*srul.mo*  
sulmo  
Demoness of decomposition

སྤྱལ་མོ་ལོང་བ།

*srul.mo.long.ba*  
sul mo long wa  
Blind demoness of  
decomposition

སྤྱས་ཐུག།

*srus.thug*  
sue thuk  
Barley broth, soup of unripe  
barley (Hordeum Vulgare)  
Unripe barley broth  
constipates and deteriorates  
the digestive heat.

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 (Calcanum bones)

སྲེག

*sreg*

Sek

Cauterization, moxibustion

སྲེག་པའི་སྣྲོར།

*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).

སྲེད་པ།

*sred.pa*

sey pa

Craving

སྲོ་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.

སྲོ་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.

སྲོ་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.

སྲོ་ལོ་སྤྱུག་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.

སྲོ་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.

སྲོ་ལོ་སྤྱུག་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.

སྲོག་སྐར།

*srog.skar*

sog kar

Constellation of the life-force

སྲོག་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) *zungs.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

སྲོག་ཆགས།

*srog.chags*  
sok chak  
Animals

སྲོག་ཆགས་སྐྱེན།

*srog.chags.sman*  
sok chak men  
Medicines compounded from animal products

སྲོག་པ་རྩ།

*srog.pa.rtsa*  
sok pa tsa  
Life channels  
It includes both blood vessels of the central nervous and circulatory system.

སྲོག་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

སྲོག་རྩ་ནག་པོ།

*srog.rtsa.nag.po*  
sok tsa nakpo  
The black life channels

སྲོག་འཛིན།

*srog.'dzin*  
sok zin  
Holder of life

སྲོག་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, spos.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.

སྲོག་འཛིན་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.

སྲོག་བསྐྱུ།

*srog. bslu*

sok lu

A ransom of the vital principle

སྲོག་ལྷ།

*srog. lha*

sok lha

Deity of the life-force

སྲོད།

*srod*

soe

Evening twilight; a time of phlegm manifestation

སྲོལ་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.

སྲོལ་གོང་སེར་པོ།

*srol.gong.ser.po*

sol gong serpo

Botanical Name: Sorosisis 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.

བསྐྱོ་བ།

*bsro.ba*

so wa

Heat therapy

སྐྱ་ངའི་དྲེག་པ།

*sla.nga'i.dreg.pa*

la nge dek pa

Soot from an iron pan

སྐྱེ་འདམ།

*sle.jam*

ley jam

A mild enema, in which the medicine is inserted through rectum (for wind disorders)

སྐྱེ་ཏེ།

*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.

སྐྱེ་ཏེ་ལྷ་མཁའ་ལྷ།

*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.

སྐྱོང་རྐྱེན།

*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་སྐྱོང་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

གསའ།

*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་སྐུལ།

*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་སྐུད།

*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་ལྗེ་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*, *zi.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་དོ།

*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་ལྷུང།

*gser.zhun*

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

གསོ་ཐབས་དངོས།

*gso.thabs.dngos*

sothab ngoe

Direct therapeutic techniques, which is explained in 30<sup>th</sup> chapter of The Explanatory Tantra

Hundred thousand verses of medical therapy

གསོ་བ།

*gso.ba*

so wa

To heal, to recuperate

གསོ་ཐབས་གཉིས།

*gso.thabs.gnyis*

so thab nyi

Two healing techniques (Methods for gaining and losing weight)

གསོ་བ་རིག་པ།

*gso.ba.rig.pa*

sowa rik pa

The science of healing

གསོ་ཐབས་མེད་པ།

*gso.thabs.med.pa*

so thab mey pa

Lack of means of administering treatment

གསོ་བྱེད་ཐབས་ཀྱི་རྩ་བ།

*gso.byed.thabs.kyi.rtsa.ba*

sojey thab ki tsawa

The root of the therapeutic methods

གསོ་ཐབས་ཡོད་པ།

*gso.thabs.yod.pa*

so thab yoe pa

Means of administering available treatment

གསོ་སྟོང་།

*gso.sbyong*

so jong

Bi-monthly confession and restoration ceremony of monks and nuns as prescribed by Buddha

གསོ་དཔྱད་འབྲུམ་པ།

*gso.dpyad.'bum.pa*

so chey boom pa

གསོ་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་ཁྱུང་།

*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་སྤོབས།

*bsam.pa'i.stobs*

sam pey tob

Power of reflection

བསམ་པའི་ལས།

*bsam.pa'i.las*

sam pey ley

Deliberative action

## བསམ་འཕེལ་ནོར་བུ།

*bsam. 'phel.nor.bu*

samphel norbu

Wish-fulfilling Jewel

Ingredients: *cu.gang, gur.gum, li.sbi, 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, xi.ra.dkar, xi.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་བཞིགས་ཀྱི་གཏན་ཚིགས།

*bsam.gzhigs.kyi.gtan.tshigs*

sam zhig ki ten tsik

Logic of thinking

## བསམ་བསེའུ།

*bsam.bse'u*

sam se voo

Vesicle of regenerative substances, Seminal vesicle (Ovary)

## བསམ་སེའི་ཚུ་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 *mkehris-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.

བམ་མོག

*bse.mog*

se mok

Veneral diseases (sexually transmitted)

བམ་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.

བམ་ཡབ་མཚོག

*bse.yab.mchog*

se yab chok

English Name: Superior

Chinese Quince

Botanical Name:

*Chaenomeles Sinensis*

Koehne

བམ་ཡབ་དམན་པ།

*bse.yab.dman.pa*

se yab men pa

English Name: Inferior

Tibetan Quince

Botanical Name:

*Chaenomeles Sp.*

བམ་རུ།

*bse.ru*

seru

Rhinoceros sp.

བམ་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.

བམ་ན་མོ།

*bsen.mo*

senmo

Obsessive female spirit

བམ་ར་བུས་བུས་པ།

*bser.bus.bus.pa*

ser bue buepa

Exposure to cold winter or  
breeze

བསོད་ནམས།

*bsod.nams*

sonam

Merits, Skt. punya

བསོད་ནམས་ཀྱི་ཚོགས།

*bsod.nams.kyi.tshogs*

sonam ki tshok

Accumulation of merits

Any positive action motivated  
by the great Bodhicitta heart

ད།

ད་བོ།

*ba.bo*

hawo

A synonym for *Rubia cordifolia* L (*btsod*).

ད་རྩི་ད་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་སྒྲོན་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་ལའོར།

*lha.'khor*

lha khor

Retinue of the gods

ལྷ་སྐྱུང་ཤེར་རྟོགས་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་ཚེན།

*lha.chen*

lhachen

Skt. Mahadeva (the great god)

ལྷ་ཚེན་བརྒྱུད།

*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་ཚེན་མ་ཏ་དེ་ལ།

*lha.chen.ma.ha.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་གནས།

*lha.gnas*

lha ney

Abode of the gods

ལྷ་བསྐྱེལ་བ།

*lha.bs nol.ba*

lha noel wa

Disputation with a deity

ལྷ་བུའི་ཁམས།

*lha.bu'i.khams*

lha bue kham

Calcite

It is a synonym of *cong.zhi*

ལྷ་དབང་ཕྱུག།

*lha.dbang.phyug*

lha wangchuk

Skt. Mahadeva

ལྷ་འབྲུམ།

*lha.'brum*

lha doom

Small-pox

ལྷ་མིན།

*lha.min*

lha min

Skt. Asura, antigods, a lower level of gods who experience continuous jealousy, fighting and warfare

ལྷ་མིན་ཁྲག།

*lha.min.khrag*

lha min tak

Allium Sativum L.

It is a synonym of *gogs.skya*

ལྷ་མིན་དག།

*lha.min.dgra*

lha min da

Hollarrhena antidysenteriac

Wall ex. A.DC.

A synonym for *dug.mo.nyung*

ལྷ་མིན་བུ།

*lha.min.bu*

lha min bu

It is a synonym of *mtshal*  
(cinnabar)

ལྷ་མོ།

*lha.mo*

lhamo

Goddess

Red lac

It is a synonym of *rgya.tshos*

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་མཚམས།

*lha.mtsbams*

lha tsam

Anuradha, Scorpius

It is one of the twenty seven  
constellations.

ལྷ་མོ་བརྒྱད་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་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་མོ་དབྱངས་ཅན་མ།

*lha.mo.dbyangs.can.ma*

lhamo yangchen ma  
Sarasvatidevi

ལྷ་ཡུལ།

*lha.yul*

lhayul

Realm of gods

ལྷ་མོ་འི་རྒྱ་མཚན།

*lha.mo'i.zla.mtshan*

lhamo da tsen

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་རྩེ།

*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་འཚོར་དཀར་པོ།

*lhang.'tsher.dkar.po*

lhangtser karmo

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་འཚོར་ནག་པོ།

*lhang. 'tsher.nag.po*

lhang tser nagpo

Scientific Name: Black Mica  
(Lepidolium)

Taste: Sweet

Potency: Warm

Uses: See *lhang. 'tsher.dkar.po*

ལྷན་སྐྱེས།

*lhan.skeyes*

lhen key

Innate born; innately  
produced

ལྷན་སྐྱེས་ཀྱི་ནོན་མོངས་པ།

*lhan.skeyes.kyi.nyon.mongs.pa*

lhen key ki nyon mongpa

Innately produced delusions

ལྷན་སྐྱེས་ལྷ་ཚུལ།

*lhan.skeyes.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.skeyes.pa*

lhen chik key pa

Skt. Sahaja, Co-emergent

ལྷན་ཅིག་སྐྱེས་པའི་མ་རིག་པ།

*lhan.cig.skeyes.pa'i.ma.rig.pa*

lhen chik key pey ma rik pa

Co-emergent unawareness

ལྷན་ཅིག་སྐྱེས་པའི་ཡེ་ཤེས།

*lhan.cig.skeyes.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་རྒྱུ།

*lhan.cig.byed.rkyen*

lhen chik jey ken

Auxiliary condition; co-  
operative condition or factor

ལྷའི་སྐུ།

*lha'i.sku*

lhey koo

An image of a deity

ལྷའི་སྐྱུང་།

*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་གུབ་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་གུབ།

*lhun.grub*

lhundup

Spontaneously accomplished, Skt. Sahaja-siddha,

ལྷེན་སྐྱེན།

*lhen.skran*

lhen ten

Epigastric tumours

ལྷེན་རུས།

*lhen.rus*

lhen rue

Xiphoid

ལྷོ།

*lho*

lho

South

ལྷོ་རྩ།

*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

ལྷོ་ག་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

ལྷོ་ག་པའི་བདུད།

*lhog.pa'i.bdud*

lhok pey dhuey

A synonym for *Oxytropis reniformis* / *Oxytropis microphylla* (*stag.sha*).

ལྷོ་མེ་རྟ་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: Thalicttrum  
aquilegifolium Loeg

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: Agaru

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་བཅོ་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་ཉི་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་བྱུག་ཚེར་སྟོན།

*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་བྱུག་གཟེར་འཛོམས།

*a.byag.gzher.'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་བྱུག་གཡུང་བ།

*a.byag.ggyung.ba*

a jag yung wa

Senecio rufus Hand-Mazz.

ཨ་བྲས།

*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་ཤ།

*a.wa*

awa

Botanical Name: Lloydia serotina L.

Taste: Slightly bitter

Potency: Cool

Uses: See *rtsa.a.wa*

ཨ་ཟ་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་སྐམ་པོ།

*a.ru.skem.po*

aru kempo

Dry myrobalan

Uses: It is beneficial in the treatment of *mkhris-pa* disorders in children.

ཨ་རུ་བཅུ་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་བཙོ་བརྒྱུད།

*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་མཚུ་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་ཚུང་།

*aru.nag.chung*

aru nakchung

Small black myrobalan

## ཨ་རུ་ནམ་གྲུལ།

*a.ru.namgyal*

aru namgyal

Chebulic 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་བྱེད།

*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: Chebulic 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་ལུ་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: Agarū

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 jug

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་འཇུམ།

*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་བརྗོད།

སྤྲིགས་མའི་འགྲོ་ལ་བྱུགས་རྗེ་འོ་མཚོའི་རྒྱན།

ཆེས་ཆེར་རབ་འབར་སྤྲན་གྱི་འཇམ་དབྱེངས་དངོས།

དེང་དུས་སྤྲིགས་མ་ལྟ་ཡི་གདུང་སེལ་སྤྲ།

ཤྱོན་ནས་གསོ་རིག་གཙུག་ལག་རྒྱས་པར་ཤོག།

སྤྲན་ཅིས་རིག་པའི་གཞུང་ལུགས་རྒྱ་མཚོ་ལས།

ལེགས་བྱངས་གོ་དཀའི་ཐ་སྙད་དབྱིན་པོད་ཐོག།

ཤན་སྤྲར་ཚིག་གི་བང་མཛོད་གོང་བུ་འདི།

སྤལ་ལྡན་བུ་སློབ་ཚོགས་ལ་སྤྲན་པར་ཤོག།

ཚུལ་འདི་བསམ་ནས་སྤྲན་ཅིས་ཚིག་མཛོད་འདི།

དོན་གཉེར་ཅན་གྱི་སྤྲན་ལམ་འབུལ་ལགས་ན།

བཙོན་འགྲུས་གོ་བྱོན་འགྲོ་དོན་ཡོང་བ་དང་།

སྤྲན་ཅིས་བསྤྲན་པ་ནི་ཟླ་ལྟར་གནས་ཤོག།

ལས་འདིར་འབད་པས་དགོ་ཚོགས་ཅི་མཆིས་པ།

རང་གཞན་གཉིས་པན་སྐལ་བའི་རྒྱ་རུ་བསྟོ།

འགྲོ་བའི་རྒྱ་འབྲས་ནད་སེལ་སྦྱོན་ཅིས་ཀྱི།

འཕྲིན་ལས་ནམ་མཁའའི་པ་མཐར་ཁྱབ་གྱུར་ཅིག

བདག་ཅག་ཐོད་འབངས་བསོད་ནམས་མཐུ་སྐྱེད་བསྟོ།

ཁྱད་པར་གངས་ཅན་མགོན་པོ་རྒྱན་རས་གཟིགས།

རང་ཡུལ་གངས་ཅན་ཞིང་དུ་ཆིབས་བསྐྱར་ནས།

ཐོད་ལ་བདེ་སྐྱིད་ཤར་བའི་བཀྲ་ཤིས་ཤོག

ཅས་པ་གསོ་རིག་ལ་མོས་པ་ཐོབ་པའི་ལ་སྟོད་པ་དུག་པ་ཕྲན་དུང་འཚོ་

ཚོ་རིང་ཐག་གཅོད་ཀྱིས་འཕགས་ཡུལ་བྱེས་ཀྱི་རྒྱལ་ས་བཞུགས་སྐར་ད་

རམས་ལར་སྤྱི་ལོ་༡༠༠༧ ཟ࿳་ཟ࿳་༡༠ ཚེས་༡ གཟའ་སྐར་དགོ་བའི་

ཉིན་གྱིས་པ་དགོ་ཞིང་བཀྲིས་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.

Dr. Tsering Thakchoe Drungtso is currently a Professor at the Tibetan Medical and Astrological Institute of His Holiness the Dalai Lama in Dharamsala, the head quarter of Tibetan-government-in-exile. He has taught students from U.S.A, Germany, France, Spain, Holland, Japan, Austria, Australia, Poland, Canada, Israel, England and Switzerland.

Dr. Drungtso is arguably the first-ever Tibetan doctor to have successfully blended traditional and modern techniques to make a Tibetan flower essence, which had been proven highly effective after scientific tests in Australia. Dr. Drungtso has traveled widely in Europe, giving consultations, lectures on Tibetan medicine, teaching at spiritual centers and exchanging ideas with foreign doctors, scholars and researchers on Tibetan Medicine. Dr. Drungtso has lectured extensively throughout the Europe and has written many articles on Tibetan medicine. He is the author of Tibetan Medicine-The Healing Science of Tibet and Tibetan Book of Massage-Comforting mind and body.

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Tsering Dolma Drungtso was born in 1974, Mundgod (Karnataka State) and grew up in India. She is a Tibetan astrologer and known teacher of Tibetan astrology in the West. She is, perhaps, the first Tibetan astrologer who conducts teachings on Tibetan astrology worldwide via Internet.

She has students from Japan, Australia, England, Denmark, America, Poland, Germany and France.

She is the author of Tibetan Elemental Astrology and travels to Europe and Asia for consultation and teaching Tibetan astrology.

Dolma Drungtso is committed to the preservation and advancement of Tibetan astrological science and application of Buddhism in professional life.

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tibastro@yahoo.com

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Mobile: 94181-16627