

TABLE OF CONTENTS

EDITOR'S FOREWORD.....	xix
PREFACE.....	xxi

PART 1 INTRODUCTION

CHAPTER 1 MEDICINE AND RELIGION.....	3
1.1 The roots of Buddhist medicine.....	3
Kumāra Jīvaka.....	4
1.2 The <i>Golden Light Sutra</i> : Buddha's direct teaching on medicine.....	5
1.3 Mahayana Buddhism and the philosophical view of the <i>Gyūzhi</i>	7
The Medicine Buddha.....	8
1.4 Bön medicine and ancient Tibetan rulers.....	10
CHAPTER 2 TRADITIONAL HISTORY.....	12
2.1 The first wave (7–10th century).....	12
Songtsen Gampo.....	12
Trisong Detsen.....	13
Indian Buddhist medicine in Tibet.....	14
2.2 The second wave (10–16th century).....	15
2.3 The origins of the <i>Gyūzhi</i>	15
<i>Terma</i> literature.....	16
The age of Yutok the Younger.....	16
<i>Yutok Nyingtik</i> , the tantric medical lineage.....	18
2.4 Tibetan medical schools.....	18
The Jangpa tradition.....	18
The Zurkhar tradition.....	19
The Gongmen tradition.....	19
Chakpori and later medical colleges (17th century–).....	19
CHAPTER 3 THE STRUCTURE OF THE <i>GYÜZHI</i>	21
3.1 The discourse.....	23
Tanaduk, the city where the <i>Four Tantras</i> was expounded.....	24
Medicine Buddha Bédurya Ökyi Gyelpo.....	26
The four medical traditions.....	26
3.2 Introduction to Tibetan materia medica.....	28
The Southern Mountain.....	28
The Northern Mountain.....	28
The Eastern Mountain.....	29
The Western Mountain.....	29

3.3 The main content of the <i>Gyüzhî</i>	31
1. <i>Tsagyü</i>	32
2. <i>Shégyü</i>	32
3. <i>Mengakgyü</i>	33
4. <i>Chimagyü</i>	34

PART 2 THE THREE HUMORS

CHAPTER 4 MIND AND EMOTIONS 37

4.1 The nature of mind	37
Mind in the sutras	37
Mind in tantra and medicine	38
Buddha-nature	38
Ignorance (<i>marikpa</i>)	38
The creative cleverness of the ignorant mind	39
4.2 Mind before new life	39
<i>Künzhi</i>	39
<i>"I" (nga)</i>	39
The three subtle mental poisons	40
Karma (<i>lé</i>): the force behind everything	42
4.3 The transformation of mind into matter	42
Three natural psychic energies (<i>sem kyi rangzhin gyi nüpa sum</i>)	42
The three hidden pillars of life (<i>bépé tsé yi kawa sum</i>)	42
The six consciousnesses (<i>namshé tsok druk</i>) and mental development	44
4.4 After rebirth	44
The three gross mental poisons or characters	44
The three seats of the mind (<i>sem kyi né sum</i>)	45
Mind and memory	46
The map of the mind	47

CHAPTER 5 INTRODUCTION TO THE THREE HUMORS 49

5.1 Causes of the three humors	49
5.2 Distinguishing features	52
Characteristics of the <i>nyépa</i>	52
Correspondences of the three humors	52
Three body locations	53
General function of the humors	54
5.3 Collective humoral functioning (<i>nyépé tünmong gi lé</i>)	55

CHAPTER 6 WIND (LUNG) 57

6.1 General wind (<i>lung chî</i>)	57
Location	58
Function	58
Crippled general wind	58
Six characteristics	58
Imbalance signs	58

6.2 The five principal winds (<i>tsawé lung nga</i>)	59
1. Life-sustaining wind (<i>sokdzin gyi lung</i>)	59
2. Ascending wind (<i>gyengyü lung</i>)	62
3. Pervasive wind (<i>khyapjé lung</i>)	63
4. Fire-like or fire-accompanying wind (<i>ményam lung</i>)	63
5. Descending wind (<i>tursel lung</i>)	64
6.3 The five minor winds (<i>yenlak gi lung nga</i>)	64
Development	65
General function	66
1. <i>Lu</i> wind	66
2. <i>Rübel</i> wind	66
3. <i>Tsangpa</i> wind	66
4. <i>Lhajin</i> wind	67
5. <i>Norlhagyel</i> or <i>zhulégyel</i> wind	67
6.4 Some important supplementary notes on <i>lung</i>	67
Wind and ageing according to Sakyapa Gyeltsen Pelzang	67
21,600 breaths within 24 hours	68
<i>Lung dzinpa</i>	68
The body is like a hot air balloon	69
 CHAPTER 7 BILE (<i>TRIPA</i>)	 70
7.1 General bile (<i>tripa chī</i>)	70
Location	70
Function	70
Crippled general bile	71
Seven characteristics	71
Imbalance signs	71
7.2 The five principal bile branches (<i>tsawé tripa nga</i>)	72
1. Digestive bile (<i>tripa jujé</i>)	72
2. Color-transforming bile (<i>tripa dangyur</i>)	73
3. Accomplishing bile (<i>tripa drupjé</i>)	73
4. Seeing bile (<i>tripa tongjé</i>)	73
5. Complexion-clearing bile (<i>tripa doksel</i>)	74
 CHAPTER 8 PHLEGM (<i>BÉKEN</i>)	 75
8.1 General phlegm (<i>béken chī</i>)	75
Location	75
Function	75
Crippled general phlegm	76
Seven characteristics	76
Imbalance signs	76
8.2 The five principal phlegm branches (<i>tsawé béken nga</i>)	77
1. Supportive phlegm (<i>béken tenjé</i>)	77
2. Decomposing phlegm (<i>béken nyakjé</i>)	78
3. Experiencing phlegm (<i>béken nyongjé</i>)	78
4. Satisfying phlegm (<i>béken tsimjé</i>)	78
5. Joining phlegm (<i>béken jorjé</i>)	80
 CHAPTER 9 BODY CONSTITUTION	 81
9.1 Body classification (<i>lū kyī yéwa</i>)	81
9.2 Introduction to body constitution and its causes	81

9.3 The seven body constitutions	82
Three single constitutions	82
Three double constitutions	84
9.4 Rangzhin and blood groups	87
Summary	88

PART 3 DIGESTION AND THE CONSTITUENTS

CHAPTER 10 THE DIGESTIVE SYSTEM	91
General digestion	91
Specific digestion	92
CHAPTER 11 THE CONSTITUENTS AND WASTE PRODUCTS	94
11.1 The seven body constituents (<i>lüzung dün</i>)	94
<i>Dangma</i>	94
Blood	94
Flesh	95
Fat	95
Bone	96
Bone marrow	96
Reproductive fluids	96
<i>Dang</i>	97
11.2 Hormones (<i>kham kyi dangma</i>)	98
Hormone-related concepts in Sowa Rigpa	98
Tantric interpretation of <i>tiklé</i>	99
11.3 The three waste products (<i>drima sum</i>)	100
1. Feces (<i>shangwa</i>)	100
2. Urine (<i>chin</i>)	100
3. Perspiration (<i>ngül</i>)	101
11.4 <i>Sinbu</i>	101
<i>Sinbu</i> in the sutras	101
Sowa Rigpa on <i>sinbu</i>	102
Concluding remarks	102
11.5 health through balance (<i>ta mel né mé</i>)	103

PART 4 BODY DEVELOPMENT

CHAPTER 12 WOMEN'S PHYSIOLOGY	107
12.1 Menstruation	108
The source of menses	108
12.2 Esoteric perspectives on the female body	109
Kāmadeva	109
12.3 <i>Tiklé</i> and hormones	110
Hormones and their function	110

CHAPTER 13 EMBRYOLOGY (NGELCHAK RIKPA)	112
13.1 Causes of the physical body	112
1. The direct cause: the parents	112
2. The indirect cause: the five elements	112
3. Bardo consciousness	112
4. <i>Lung dzinpa</i>	114
13.2 Conception factors (<i>chakpé gyü</i>)	114
1. The elements (<i>jungwa nga</i>)	115
2. Karmic connection (<i>lé drel</i>)	117
3. The bardo consciousness (<i>bardö namshé</i>)	117
4. The two parental energies	117
5. The menstrual cycle	118
13.3 Mode of conception	119
13.4 Fetal development (<i>ngel peltsül</i>)	121
First month	121
Second month: the beginning of the fish stage	122
Third month: the beginning of the turtle stage	122
Fourth month	122
Fifth month: the beginning of the pig stage	123
Sixth month	123
Seventh month	123
Eighth month: the competition stage	123
Ninth month	123
Giving birth	123
Determining the child's sex through pulse reading	124
How to help the pregnant woman	124
Post-delivery advice	124
13.5 Body similes (<i>lū kyī drapé</i>)	124

PART 5 THE ORGANS

CHAPTER 14 THE FIVE SOLID ORGANS (DÖN NGA)	129
14.1 General introduction to the organs	129
The organs, mind, and emotions	129
The solid organs	132
14.2 Heart (<i>nying</i>)	133
14.3 Lungs (<i>lowa</i>)	134
14.4 Liver (<i>chinpa</i>)	136
14.5 Spleen (<i>cherpa</i>)	137
14.6 Kidneys (<i>khelma</i>)	138
CHAPTER 15 THE SIX HOLLOW ORGANS (NÖ DRUK)	139
15.1 Stomach (<i>powa</i>)	140
15.2 Small intestine (<i>gyuma</i>)	141
15.3 Colon (<i>long ga</i>)	141

15.4 Gallbladder (<i>nötri</i>)	142
15.5 Urinary bladder (<i>gangpa</i>)	143
15.6 Reproductive organs (<i>kyépel wangpo</i>)	144
Summary of the solid and hollow organs	145
 CHAPTER 16 THE HEAD AND THE FIVE SENSE ORGANS	 146
16.1 Head (<i>go</i>)	146
Bones and muscles	147
Connecting channels	147
16.2 Brain (<i>lépa</i>)	148
16.3 Face (<i>dong</i>)	149
16.4 Eyes (<i>mik</i>)	149
16.5 Nose (<i>na</i>)	150
16.6 Ears (<i>nawa</i>)	150
16.7 Mouth (<i>kha</i>) and tongue (<i>ché</i>)	150
16.8 Neck and throat (<i>ké dang dréwa</i>)	151
16.9 Skin (<i>pakpa</i>)	151
Conclusion on the organs	151

PART 6 CHANNELS AND CHAKRAS

CHAPTER 17 CHANNELS	155
17.1 Nutritional passages (<i>gyulam buga</i>)	155
13 internal passages (<i>nang gi buga chusum</i>)	155
Nine external orifices (<i>chi yi buga gu</i>)	156
17.2 Introduction to the three principal channel systems (<i>tsa chen sum</i>)	156
Water channels (<i>chutsa</i>)	158
Blood channels (<i>traktsa</i>)	159
Wind channels (<i>lungtsa</i>)	159
17.3 Formation channels (<i>chakpé tsa</i>)	160
Brain channels	160
Heart channels	161
Reproductive organ channels	161
17.4 The four great channels of existence (<i>sipé tsachen zhi</i>)	161
1. Sensory perception channels (<i>wangpo yül la charwé tsa</i>)	161
2. Memory-clearing channels (<i>drenpé wangpo selwé tsa</i>)	162
3. Body manifestation channels	164
4. Heredity continuation channels	164
5. Flavor enjoyment channels	164
17.5 Connecting channels (<i>drelwé tsa</i>)	165
Dark life-holding channels	165
White life-holding channels	167

17.6 Life force channels	173
<i>Lung</i> and <i>tiklé</i> life channels	173
Breathing life channels	174
The channels that wander like the <i>la</i>	174
 CHAPTER 18 SUBTLE PHYSIOLOGY	176
18.1 An overview of the <i>la</i>	176
Döl Bön	177
<i>La</i> in the <i>Gyüzhi</i>	178
The inner flow of <i>la</i> energy according to the <i>Kālacakratantra</i>	178
18.2 Tantra-based channels	184
18.3 Chakras (<i>khoro</i>)	184
The three chakras	184
The five chakras	186
 CHAPTER 19 DREAMS AND THE DYING PROCESS	189
The search for immortality	189
Prognosis of death	190
19.1 Distant signs of death	190
Observing the messenger	190
Dream prognostication	191
The patient's temperament	193
19.2 Signs of near death	194
Uncertain omens of death	194
Certain omens of death	194
19.3 Signs of imminent death	194
1. Earth element and eye consciousness absorption	195
2. Water element and ear consciousness absorption	195
3. Fire element and nose consciousness absorption	195
4. Air element and tongue consciousness absorption	195

PART 7 FRAMEWORKS

CHAPTER 20 MEDICINE TREES OF THE ROOT TANTRA	199
20.1 The first root: the natural state of the body	199
A. The trunk of health	199
B. The trunk of disease	200
20.2 The second root: diagnosis	204
C. The trunk of visual diagnosis	207
D. The pulse reading trunk	207
E. The questioning trunk	207
20.3 The third root: treatment	208
F. The trunk of healing nutrition	211
G. The trunk of behavior	211
H. The trunk of medicine	212
I. The trunk of external therapies	214
20.4 The goals	214
The flowers and fruits of health	214

CHAPTER 21 ETHICS	216
21.1 The imperial code of conduct	216
21.2 The <i>Gyūzhī's</i> Buddhist educational framework	217
21.3 The required qualities to become a good physician	218
The student	218
The master	219
21.4 Medical education and training	219
The Tibetan Buddhist way of training physicians	219
Definition of a physician	220
The nurse	223
The physician's work and responsibilities	223
21.5 The results of being a good physician	226
CONCLUSION	227
A synopsis of <i>Volume I - Foundations</i>	227
Outlook	230

APPENDIX

CONCISE DAILY MEDICINE BUDDHA PRACTICE	233
སངས་རྒྱལ་ལྷན་གྱི་བླ་མའི་ནལ་འབྱོར་རྒྱུན་ཁྱེར་མདོར་བསྐྱུས་བཞུགས་སོ།	237
GLOSSARY OF TIBETAN TERMS	239
REFERENCES	253
ILLUSTRATION CREDITS	256
ABOUT THE AUTHOR	257