

TABLE OF CONTENTS

PREFACE	xvii
The indigenous roots of medicine	xviii
The loss and recovery of specialized therapeutic methods	xxi
Acknowledgements	xxii

UNIT 1 DIAGNOSIS

PART 1 STANDARD DIAGNOSTICS

CHAPTER 1 ANAMNESIS: ASKING QUESTIONS	5
1.1 Looking for causes: humoral disorder	5
1. Wind disorder causes and symptoms	5
2. Bile disorder causes and symptoms	5
3. Phlegm disorder causes and symptoms	6
1.2 Assessing the impact of conditions: diet and behavior	6
1. Wind disorder reactions	6
2. Bile disorder reactions	6
3. Phlegm disorder reactions	6
1.3 Finding out more through location	6
1.4 Checking time correspondences	8
CHAPTER 2 PULSE READING	9
2.1 The five preliminary requirements	9
1. Dietary and behavioral advice	9
2. Timing	10
3. Location	10
4. Pressure	11
5. Organ pulse reading	11
2.2 Avoiding misdiagnosis	12
Three natural pulses (<i>gyüntsa sum</i>)	12
Four seasonal pulses (<i>düzhi tsa</i>)	13
2.3 General pulse reading	14
Counting pulse beats	14
General disease pulse reading	14
2.4 Specific disease pulse reading	15
Single and combined disease pulses	15
Body location and organ pulse reading	17

2.5 Death pulses (<i>chitsa</i>) and related signs	17
Changing pulse characteristics (<i>tsha gyügyur</i>)	17
Missing pulses (<i>tsha matsangpa</i>)	18
Halting pulses (<i>dötsa</i>)	18
2.6 Spirit possession pulses (<i>döntsa</i>)	18
2.7 Reading the <i>la</i> pulse	19
2.8 Practical guidelines for basic pulse reading	20
Surface pulse reading	20
Second- and third-level pulse reading	22
2.9 Advanced pulse reading	23
Astro-medical prognostication	23
The seven wondrous divination pulses	24
 CHAPTER 3 VISUAL DIAGNOSIS	 27
3.1 Body constitution examination (<i>rangzhin takpa</i>)	27
1. Wind constitution (<i>lung gi rangzhin</i>)	27
2. Bile constitution (<i>tripé rangzhin</i>)	27
3. Phlegm constitution (<i>béken rangzhin</i>)	27
4. Wind-bile constitution (<i>lungtri rangzhin</i>)	28
5. Phlegm-bile constitution (<i>bétri rangzhin</i>)	28
6. Phlegm-wind constitution (<i>bélung rangzhin</i>)	28
7. The combined constitution (<i>düpe rangzhin</i>)	28
An easy guide to body typology	29
3.2 Urinalysis (<i>chula takpa</i>)	30
Preliminaries	31
Healthy and unhealthy urine	32
<i>Lingtsé gu</i> , nine castle urinalysis	36
3.3 Tongue diagnosis (<i>chéla takpa</i>)	39

PART 2 ADDITIONAL TECHNIQUES

CHAPTER 4 ANALYSIS OF THE FACE AND SENSE ORGANS	45
4.1 Facial analysis (<i>ngotra takpa</i>)	45
General examination	45
Specific facial signs	45
4.2 Specific tongue diagnosis (<i>chétra jédra takpa</i>)	47
Constructing the tongue map	47
Specific tongue signs	48
Lingual vein examination (<i>chétsa takpa</i>)	49
4.3 Eye reading (<i>miktra takpa</i>)	49
General eye reading (<i>miktra chi takpa</i>)	49
Eye vein reading (<i>miktsa takpa</i>)	50
4.4 Children's ear vein reading (<i>jipé natra takpa</i>)	52
General ear vein reading	52
Specific ear vein reading	52

UNIT 2 TREATMENT

PART 3 PREVENTIVE AND BEHAVIORAL MEDICINE

CHAPTER 5 DIETETICS	59
5.1 General knowledge on nutrition	59
Food preparation	59
The importance of using oil	60
The importance of using spices	61
Astrological influences on food quality	62
5.2 Specific food groups	62
10 groups of solid foods (<i>zérik chu</i>)	62
Four groups of liquid foods (<i>tungwé rik</i>)	77
CHAPTER 6 BEHAVIOR AND SEASONALITY	83
6.1 Advice for three kinds of people	83
6.2 Seasonal influences and advice	91
Two solar transits (<i>drö nyi</i>) and two solstices (<i>dok nyi</i>)	91
The four seasons	92
The six seasons (<i>dütsik druk</i>)	93

PART 4 MEDICATION

CHAPTER 7 ASPECTS OF TRADITIONAL PHARMACEUTICAL HISTORY	99
7.1 The mythic origins of poison and medicine	99
<i>Arura</i> , the king of medicine	100
7.2 Sources of knowledge on materia medica	101
7.3 Substitution and the beginnings of Tibetan medicine	102
7.4 Mercury processing and precious pills	104
7.5 Three key historical figures	106
Dési Sanggyé Gyatso (1653–1705)	106
Déumar Géshé Tendzin Püntso (born 1672)	108
Lamenpa Khyenrap Norbu (1883–1962)	108
CHAPTER 8 PHARMACOLOGY	110
8.1 The concept of medicine	110
Body, disease, and medicine	110
Dilemmas in the modern age	111
8.2 The five elements (<i>jungwa nga</i>)	112
Elemental functions and qualities	113

8.3 The six tastes (<i>ro druk</i>)	114
The causes of the tastes	114
The definition of the tastes	114
The qualities of the tastes	115
Calculating taste-based potencies	116
8.4 The eight powers (<i>men gyi nüpa gyé</i>)	117
8.5 The 17 qualities (<i>men gyi yönten chudün</i>)	119
8.6 Post-digestive taste (<i>zhujé</i>)	119
8.7 Other aspects of <i>nüpa</i>	120
 CHAPTER 9 PHARMACY	 122
Selecting the right time for medicine making	122
Formulation	122
9.1 Elements of Tibetan pharmacognosy (<i>mendzé rikpa</i>)	124
Classification	124
Herbal excursions and the Seven Limbs	125
9.2 10 pacifying medicines (<i>zhijé kyi men chu</i>)	127
9.3 Seven purifying medicines (<i>jongjé men rik dün</i>)	131
9.4 Traditional methods of taking medicine	131
Dosage	131
Invoking the blessings of the Medicine Buddha	132
The vehicle of medicine (<i>menta</i>)	132

PART 5 THERAPIES

CHAPTER 10 INTERNAL CLEANSING PRACTICES	135
10.1 Oil therapy (<i>numchö</i>)	135
10.2 Nasal therapies	136
Pacifying nasal therapy (<i>namen</i>)	136
Nasal cleansing (<i>najong</i>)	137
10.3 Purgation (<i>shel</i>)	138
10.4 Body-mind cleansing (<i>lüseṃ trujong</i>)	142
10.5 Emesis (<i>kyuk</i>)	150
10.6 <i>Jamtsi</i>	152
10.7 <i>Niruha</i>	153
 CHAPTER 11 GENTLE EXTERNAL THERAPIES	 155
11.1 Fomentation (<i>duk</i>)	155
11.2 <i>Jukpa</i>: medicinal pastes and liniments	159
11.3 <i>Kunyé</i> massage	161
11.4 <i>Hormé</i>	163
11.5 Sweating therapy (<i>ngülyung gi chö</i>)	168

11.6 Water healing	169
1. Hot springs	169
2. Medicinal baths	170
3. Wet wrapping (<i>chinglum</i>)	170
4. Cold showers	171
11.7 Children's liver mirror therapy (<i>jipé mélong chinchö</i>)	171
 CHAPTER 12 ROUGH EXTERNAL THERAPIES	 173
12.1 Cupping (<i>mébum</i>)	173
12.2 Horn cupping (<i>ngapra</i>)	175
12.3 Moxibustion (<i>métsa</i>)	175
12.4 Golden needle (<i>serkhap</i>)	194
12.5 Cauterization (<i>telpa</i>)	195
12.6 Bloodletting (<i>tarka</i>)	196
 CHAPTER 13 PRACTICAL GUIDELINES FOR THERAPEUTICS	 208
13.1 General treatment approach	208
13.2 Specific treatment methods for particular diseases	208
13.3 The nine methods of healing (<i>sotsül gu</i>)	209
 CHAPTER 14 CONCLUSION	 213
Diagnosis	213
Treatment	214
Final words	217

APPENDIX

APPENDIX A LIST OF SINGLE MEDICINAL INGREDIENTS	221
 APPENDIX B LIST OF COMMONLY USED MEDICINES	 263
B.1 Precious pills (<i>rinchen rilbu</i>)	264
B.2 General formulas	265
B.3 PADMA medicines and supplements	280
 GLOSSARY OF TIBETAN TERMS	 281
 REFERENCES	 294
 ILLUSTRATION CREDITS	 296