A NOTE ON THE USE OF WILD ANIMAL ORGANS IN TIBETAN MEDICINE

FOR

TRAFFIC INDIA
WORLD WIDE FUND FOR NATURE
LODHI ESTATE, NEW DELHI-110003.

BY

DR. VIRINDER SINGH
B-1, 297
JANAKPURI, NEW DELHI-110058.
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A NOTE ON THE USE OF WILD ANIMAL ORGANS IN TIBETAN MEDICINE

GENERAL DISCUSSION:

Various animal and plant products are an essential part of Tibetan Medicine. A small book "Handbook of Traditional Tibetan Drugs: Their Nomenclature, Composition Use, and Dosage" by T.J. Tsarong; lists one hundred and seventy five drugs. Many of these have wild animal organs as their essential component, which include musk, elephant's gallstone, bear's bile, rhino horn etc. The following is the list of animal organs used in Tibetan Medicines.

a. Mammals

<table>
<thead>
<tr>
<th></th>
<th>Number of Medicines in which used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Musk</td>
<td>32</td>
</tr>
<tr>
<td>2. Rhino Horn</td>
<td>6</td>
</tr>
<tr>
<td>3. Gallstone of Elephant</td>
<td>27</td>
</tr>
<tr>
<td>4. Bear's Bile</td>
<td>13</td>
</tr>
<tr>
<td>5. Deer's Antlers</td>
<td>5</td>
</tr>
<tr>
<td>6. Wild Yak's Heart</td>
<td>3</td>
</tr>
<tr>
<td>7. Rabbit's Heart</td>
<td>5</td>
</tr>
</tbody>
</table>

b. Reptiles

<table>
<thead>
<tr>
<th></th>
<th>Number of Medicines in which used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Snake's eyes</td>
<td>1</td>
</tr>
<tr>
<td>2. Snake meat</td>
<td>3</td>
</tr>
</tbody>
</table>

c. Invertebrates

<table>
<thead>
<tr>
<th></th>
<th>Number of Medicines in which used</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Oyster Shell</td>
<td>2</td>
</tr>
<tr>
<td>2. Snail Shell</td>
<td>1</td>
</tr>
<tr>
<td>3. Cowrie ash</td>
<td>2</td>
</tr>
<tr>
<td>4. Coral</td>
<td>1</td>
</tr>
<tr>
<td>5. Crab Shell</td>
<td>10</td>
</tr>
</tbody>
</table>

Other animal products include gallstone of ox, donkey's blood, horn of mountain goat and Yak's fat. Bone ash and dried blood are also mentioned, but animals from which these are taken is not specified. Probably these are also from wild animals.

There are fifteen methods by which the wild animal organs are being used in the production of medicines. In five instances organs of domestic animals are used.

The exact number of wild animals species utilized is difficult to ascertain as there is no clear indication in many cases, such as the antlers of which deer species are being used or which is the species of crab, whose shell is recommended. The plants however are mentioned alongwith their botanical names. So only specific plants are prescribed
for use. In absence of such specification in case of animals, the probability of use of various species depending upon availability can’t be ruled out. However some products used are definitely from some animals, such as musk can be derived only from the musk deer; or Rhino horn can be only from the one horned Rhinoceros, which is the species present in the subcontinent. Similarly, elephant’s gallstone is from the Asian elephant. But, bear’s bile can be from any of the three species of bear found in India. However, the possibility of the use of bile of Himalayan brown bear and black bear is more as most of the production units of Tibetan medicine are located in higher altitude areas. The possibility of use of bile of other bears cannot be ruled out. Similarly, the eyes and meat of any species of snake can be put to use in absence of clear instructions.

Some wild animal species discussed are highly endangered e.g. rhinoceros; elephant, musk deer, Himalayan brown bear etc.

It is necessary to note that there is no recommendation in the above mentioned book, about the mode of the supply of animal organs. It is not clear whether the animal has to be freshly killed or an already dead animal is sufficient for use. As only one or two organs of animal are being used for medicine, the animal can be killed for other purposes such as food and relevant parts can be sold to medicine production units. Such possibilities exist in case of rabbits, deers, wild yak, crabs, oysters, snakes etc. In other cases such as elephants, poaching can be for ivory, but the gallstone can be sold to the medicine units. This needs investigation, to determine whether ivory poachers extract gallstone also, or if there are poachers specialized for this purpose. However, the poaching of rhino is clearly for their horns.

Animal organs used in the Tibetan medicine include antlers, horns, musk, gallstones, bile, eyes, meat, dried blood, bone ash, heart and shells etc. So there is possibility of coincidental use of other parts for some other purposes. The use as food is only one possibility mentioned. It needs to be ascertained whether specialized poaching exists for the supply of above mentioned animal organs.

Most of the diseases cured by medicines mentioned in the annexure relate to pulmonary, renal or hepatic disorders. The possible use of these medicines can be to expedite the secretion of enzymes or hormones. Generally, the disease to be cured relates to the human organs, which co-relate to organs from which these are derived. Many medicines include animal products, of more than one wild animals e.g. rGYA-RU 14 (Ghya-rhoo)-MOUNTAIN GOAT 14 AND ZANGS-THAL 25 (Sang-thell) - COPPER CALCINE 25.

A list of drugs in question, alongwith the cure for which it is prescribed is reproduced in the annexure. But it is not an exhaustive list, as survey of additional literature might provide more information. (See Annexure B)
The Wild Life (Protection) Act, 1972 and Tibetan Drugs

The organs of following Wild Animals used in Tibetan Drugs are mentioned in Schedule 1 of Wild Life (Protection) Act 1972.

1. Brow-antlered deer or Thamin (Cervus eldi)*
2. Himalayan brown bear (Ursus arctos).*
3. Asian Elephant (Elephas maximus)
4. Rhinoceros (Rhinoceros unicornis).
5. Wild Yak (Bos grunniens).
6. Swamp deer (all sub-species of Cervus dvauceli)*
7. Tibetan antelope or chiru (Panthalops hodgsoni)*
8. Tibetan gazelle (Procapra picticaudata).*
9. Indian egg eating snake (Elachistodon westermanni)*
10. Pythons (Genus python)*
11. Musk deer (Moschus moschiferus).
12. Sloth bear (Melur susurusinus).

The star marked entries above are disputed because it is not certain, that this species is being used in the production of drugs. However it can be definitely maintained that the provisions of Wild Life (Production) Act, are being violated in the production of traditional Tibetan Medicine, and therefore this needs investigation.

SUGGESTIONS FOR INVESTIGATION:

1. Forensic analysis of samples of drugs, to verify the actual use of wild animal organs. This will necessitate collection of authentic samples. There is possibility of spurious and fake drugs in the market.

2.a. The claims about cures can also be verified so that in case of false claims, propaganda among users about the drugs based upon wild animal organs can help in gradual discontinuation of use of such drugs. This has however to be done in a careful way, so as not to antagonize feelings of Tibetans.

I shall like to mention that the Dalai Lama has himself appreciated the need of scientific investigation into Tibetan medical system. Although, it does not mean that he will definitely agree with the suggestions of Traffic India, to stop use of the organs of endangered animals in the Tibetan medicine, yet there can always be hope to persuade him in this direction.

The idea should be to eliminate the use of wild animals organs in the medicines and not the medicine system itself. Proper care should be taken, that alternative systems of medicine don’t take advantage of this investigation.

b. Possibility of a meeting of users, practitioners and producers of the Tibetan drugs should be organized to explore the switching over to alternatives of wild animal products. e.g. plants which are not endangered.
3. A crack down on the origins of the trade in the products is suggested. In addition to this, steps should be taken to curb the production and sale of such drugs, in India as well as other places. International co-operation can be sought for this purpose.

It shall not be difficult to trace out the producers and practitioners of Tibetan medicine as the major settlements of Tibetans are already known (Annexure C). Practitioners of Tibetan Medicine live in these areas. In the early eighties the students trained at School of Tibetan Medicine, opened by the Tibetan Medical Centre, Dharamsala, started their professional career at Darjeeling, Bomdila, Bylakupea, Chandragiri, Kalimpong, Tezu, and some places in Ladakh and Orissa.³

Footnotes:

1. 1986, Tibetan Medical Publications, Kalimpong


The list of medicine based upon the use of organs of particular Wild animals.

<table>
<thead>
<tr>
<th>Name of the Medicine</th>
<th>Use and Action</th>
<th>Entry no.in Handbook of traditional Drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MAMMALS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>a. Rhino Horn</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| 1. A-RU 25-MYROBALAN 25 | * Disorder affecting the renal nerves  
* blood disorder affecting the kidneys. | 14                                       |
| 2. GI-WANG 13-   
GALLSTONE 3          | * Blood in feces hematemesis (vomiting of blood)  
* Menorrhagia  
* blood oozing from the nine cavities. | 70                                       |
| 3. GUR-GUM 13-   
SAFFFLOWER 13       | * Hepatic tonic  
* Malfunction of the liver from improper food, beverage or poisoning  
* trauma of the kidneys  
* difficulty in micturition and at times, without any control over urination  
* pain on one side of the head from infections. | 80                                       |
| 4. rGYA-RU 14  
-Ghya-rhoo) -   
MOUNTAIN GOAT 14    | * Promotes proper flow of blood  
* regulates normal flow of menses  
* pain in the kidneys, hips, and the lower intestine | 84                                       |
| 5. bSE-RU 25  
(Say-rhoo) -   
RHINO 25            | * General pulmonary disorders specifically for removal of pus, blood, or serum in the lungs. | 150                                      |
| 6. ZANGS- THAL 25  
(Sang-thell) -   
COPPER CALCINE 25   | * All types of lung inflammations specifically for difficulty in breathing and coughing | 172                                      |
b. Deer’s Antlers

1. A-GAR20
   -EAGLEWOOD 20
   * Stabilizes rLung and blood
   * Neurological disorders specifically Parkinsonism, cerebral ischemia, numbness of extremity, partial paralysis, facial distortion especially of mouth and eyes
   * Hypertension
   * Fever or inflammation increased by rLung

2. rGYA-RU 14
   (Ghya-rhoo) - MOUNTAIN GOAT 14
   * Promotes proper flow of blood
   * regulates normal flow of menses
   * pain in the kidneys, hips, and the lower intestines

3. bSAM-’PHEL NOR-BU
   (Sahm-Phel nor-bhoo) MIND INCREASING JEWEL
   * Inflammation of nerve and blood channels
   * tonifies the brain and the spinal cord
   * dries up blood serum and uric acid
   * contraction of the extremity
   * contortion of mouth and eyes
   * malfunction of the senses
   * Pain in Kidneys, hips and vertebrae
   * difficulty in extending or contracting the extremity.

4. bSE-RU 25 (Say-rhoo)l RHINO 25
   * General pulmonary disorders
   * specifically for removal of pus, blood, or serum in the lungs.

5. ZANGS - THAL 25
   (Sang-thell) -COPPER CALCINE 25
   * All types of lung inflammations
   * Specifically for difficulty in breathing and coughing

c. Bear’s Bile

1. BRAG-KHUNG RIL-BU
   (Duck-kyoong rheel-bhoo)
   CLIFF-GARUDA PILL -
   * pain in stomach from inflammation
   * passing of blood in stool
   * febrifuge

2. BRAG-ZHUN 9
   (Duck-Shüen - Shilajit 9
   * Inflammation of stomach
   * intestines
   * diarrhea
3. CONG-ZHI 35-
   CALCITE 35
   * Heals Bad-kan sMug-po which manifests the following symptoms:
     emesis of sour and watery vomitus;
     Inflammation of the stomach and intestines; Hematemesis; Dryness of feces or diarrhea

4. GAR-NAG 10
   (Ghar-nhak)-
   BLACK CAMPHOR 10
   * Hepatitis
   * Lack of appetite due to nausea
   * Indigestion
   * General mKhris-pa disorder mixed with other disorders such as tumors due to BadmKhris.
   * Specially effective against 'cold' mKhris-pa (Bad-kan and rLung).

5. GI-WANG 13-
   GALLSTONE 13
   * Blood in feces
   * Hematemesis (vomiting of blood)
   * Menorrhagia
   * Blood oozing from the nine cavities

6. GUR-GUM 8
   (Ghoor-ghoom) -
   SAFFLOWER 8
   * Bad kan sMug-po bursting upward and thereby giving rise to emesis or downward giving rise to diarrhea
   * Excessive bleeding of major blood vessels through accidents and other causes.
   * Epistaxis
   * Coagulant

7. GUR-GUM 9
   SAFFLOWER 9
   * Vasoconstrictor
   * Coagulant
   * Hematemesis from Bad-kan sMug-po
   * Bursting of blood vessels in the lungs
   * Hematorrhea.

8. rGYA-RU 14
   Ghya-rhoo) -
   MOUNTAIN GOAT 14
   * Promotes proper flow of blood
   * regulates normal flow of menses
   * pain the kidneys, hips, and the lower intestine

9. sKYER-SHUN 8
   (Kayr-shuhen)
   BARBERRY BARK 8
   * Anti-inflammatory
   * analgesic
   * inflammation of the ureters
   * Burning sensation after micturition
   * Discharge of semen and blood in the urine.
10. MIG-sMAN
sKYER-KHEN
EYE MEDICINE OF
BARBERRY EXTRACT

* Itching and reddishness of
  the eyes from inflammation
  (Meek-mhen kayrkhen)
* Pain in the eye
* Watery eyes.

11. NYI-ZLA GYEN-IDOG
(Nyee-dha gyen-dhog)
UPWARD-RETURNING
SUN AND MOON

* Blood disorders
* Abnormal discharge of blood
  and semen due to renal
disorders.

12. 'OL-SE 27(Wall-say)
PODOPHYLLUM 27

* Balances rLung and blood
* Thins out coagulated blood
* Promotes normal flow of
  meanes and its normal colour
* Headache due to Bad-rLung
* Pain at the back of neck
* Pain at the hips, kidneys,
  and lower intestines

13. TIK-TA 25 -
FELWORT 25

* General ‘hot’ and ‘cold’
  mkhris-pa disorders mani-
  festing the following symptoms:
  Headache, Bitter taste in mouth,
  Lethargy, nausea, Indigestion

D. MUSK:

1. A-GAR 35 -
EAGLEWOOD 35

* For general rLung accompanied
  by fever or inflammation which
  causes dizziness and insomnia.
* Pain in upper back due to
  excess of rLung and blood
* Difficulty in breathing
* Unlocalized pain.

2. A-RU 18-MYROBALAN 18

* Imbalance of kidney channels
* Inflammation of kidneys
* Pain in hip and waist region
* Kidney disorder giving rise to
  stooping of body.

3. A-RU 23-MYROBALAN 23

* Renal disorders
* weakened, enlarged or shrunken
  kidneys.

4. A-RU 35-MYROBALAN 35

* Inflammation and vitiation of
  kidney channels
* Pain around hip and waist region
5. A-RU-sMAN-NAG
Ah-rhoe mhen-nak)
BLACK MEDICINAL
MYROBALAN
* Gout, arthritis, and serumal
disorders
* Pus in urine

6. AUG-CHOS 5(Okh-choe)-
INCARVILLEA 5
* Pacifies both 'hot' and 'cold'
disorders
* Alleviates the common cold

7. BRAG-KHUNG RIL-BU
(Duck-Kyoong
reel-bhooy) -
CLIFF GARUDA PILL
* Deafness, exudation of pus,
and pain in the auditory
apparatus
* Analgesic
* Anti-inflammatory

7. BRAG-ZHUN 9
(Duck-Shuuen)
SHILAJIT 9
* pain in stomach from
inflammation
* Passing of blood in stool
* Febrifuge.

9. BYI-THANG 7
(Jhee-thung)
EMBELIA 7
* Inflammation of stomach and
intestines
* diarrhea

10. CONG-ZHI
35-CALCITE 35
* Anthelmintic
* Hemorrhoides

10. CONG-ZHI
35-CALCITE 35
* Heals Bad-kan sMug-po
which manifests the
following symptoms:
emesis of sour and watery
vomitus, inflammation of the
stomach and intestines,
hematemesis, dryness of feces or,
diarrhea.

11. 'CHI-MED SRIN-SEL
(Chey-mey seen-sel)
DESTRUCTION OF
UNDYING MICRO-
ORGANISMS
* Anthelmintic
* Destroys intestinal parasites,
and microorganisms affecting
the head, tooth, analgeion,
and the skin
* General 'hot' and 'cold'
disorders caused by parasites
and microorganisms
* Specifically for sudden pains
caused by inflammatory infections.

12. GLO-TSAD KUN-SEL
(Lho-tse Kuen-sill) -
ELIMINATOR OF LUNG
INFLAMMATIONS
* Anti-inflammatory
* Subsidies cough and relieves
chest congestion
* Expectorant
13. GO-YU 13 (Ghoo-yoo)  
BETEL-NUT 13  
* all types of renal disorders  
* tonifies the seven bodily sustainers (lus-zung)  
75

14. GUR-GUM 13 -  
SAFFLOWER 13  
* hepatic tonic  
* malfunction of the liver from improper food, beverage, or poisoning.  
* trauma of the Kidneys  
* difficulty in micturition and at times without any control over urination  
* pain on one side of the head from infections.  
80

15. sKYER-SHUN 8  
(Kayr-shuen)-  
BARBERRY BARK 8  
* anti-inflammatory  
* analgesic  
* inflammation of the ureters  
* burning sensation after micturition  
* discharge of semen and blood in the urine.  
91

16. MIG-sMAN sKYER-KHEN  
(Meek-mhen kayr-khen)  
EYE MEDICINE OF  
BARBERRY EXTRACT  
* itching and reddishness of the eyes from inflammation  
* Pain in the eye  
* Watery eyes  
99

17. dNGUL-CHU 18  
(Ngul-choo)  
MERCURY 18  
* anti-inflammatory  
* analgesic  
* anti-rheumatic  
* dries up serum and uric acid.  
* relieves pain in the joints of the hands, feet and vertebrae  
* Inflammation of the joints which turn reddish brown  
* sinus disorders  
* clears up itching and small pimples scattered throughout the body.  
106

18. rNO-mCHOG 6  
(Noh-chog) -SHARPEST 6  
* headache from inflammations, blood, and mKhris-pa disorders.  
108

19. PHAN-PA KUN-IDAN  
(Phen-pa Kuen-then)-  
POSSESSING ALL BENEFITS  
* subsidies inflammations and alleviates pain  
* inflammation of throat, lungs, and the eyes  
* controls spreading fever  
* swelling of tongue, gums, and the palate.  
113
20. sPANG-rTZI 12
   (Pang-tzi)-
   PTEROCEPHALUS 12
   * fever from inflammations
   * subsidizes severe infections

21. sPOD-KHYUNG 15
   (Poeh-Kyoong) GARUDA
   OF CAMPHOR 15
   * anti-inflammatory
   * Analgesic
   * dries up uric acid
   * swelling, itching, and pain of
     the joints which turn reddish-brown.

22. RU-KHUNG RIL-BU
   (Rhoo-kyoong rheel-
   rhoo)- PILL OF
   SAUSSUREA GARUDA
   * anti-inflammatory
   * analgesic
   * emesis of sour and watery
     vomitus.

23. SE - 'BRU 12 -
    POMEGRANATE 25.
   * 'cold' disorder of kidneys
   * inflammation of the nerves
   * weakness of kidney
   * rheumatism

24. SUG-MEL 10
    Soogh-mel)-
    -CARDAMOM 10
   * heals kidney disorders
   * removes kidney stones
   * clears blockage of the
     urinary tract
   * Removes tumours and stones
     from urinary-bladder.

25. bSAM - 'PHELNOR-BU
    (Sahm-phel nor-bhoo)
    MIND-INCREASING JEWEL
   * inflammation of nerve and
     blood channels
   * tonifies the brain and the
     spinal cord
   * dries up blood serum and
     uric acid
   * contraction of the extremity
   * contortion of mouth and eye.
   * malfunction of the senses
   * Pain in kidneys, hips and
     vertebrae
   * difficulty in extending or
     contracting the extremity

26. gSER-mDOG 11 -
    GOLDEN COLOUR 11
   * clears the sense of taste
   * descending of mkbris-pa
     into the vessel organs and
     manifesting the following
     symptoms:
     * Pain in stomach and intestines,
       nausea and headache, tumour in
       gall-bladder, indigestion,
       halitosis.
27. TZAN-DAN 9(2) - SANDALWOOD 9(2)
   * Inflammation of kidneys 158

28. rTA-ZI dMAR-PO (Tah-zhee mahr-po) - RED PONY
   * for all types of contagious
   * and febrile disorders
   * specifically for inflammation of lungs and influenza 161

29. bTZAN-DUG 8 (Tzen-dhook) - ACONITE 8
   * for all types of inflammations 165

30. YA-SRIN 10 (Ya-seen)- SINUSAL MICRO-ORGANISM 10
   * anti-inflammatory
   * analgesic
   * inflammation of the eyes, nasal cavity and pus in the auditory canal. 167

31. gYU-rNYING 25 (Yu-nying) - OLD TURQUOISE 25
   * for various hepatic disorders manifesting the following symptoms.
     Pain in the ribs and upper part of back, pale skin, lack of blood, loss of weight
     reddish eyes and dark complexion, flatulence and constipation, excessive sleep and
     thirst, headache, discomfort in cardiac region, blood in sputum, epistaxis. 170

32. ZIA-SHEL CHEN-MO (Dha-Shale Che-Mo) - Great Crystal Moon
   * antitoxin
   * hematemesis or dysentery due to Bad-kan sMug-po
   * chronic fever, hidden fever, and spreading fever
   * indigestion
   * acute stomach pain due to colic
   * antiparasitic
   * lymphatic disorders 175

e. GALLSTONE OF ELEPHANT

1. A-GAR 20-EAGLEWOOD 20
   * stabilizes rLung and blood
   * neurological disorders specially Parkinsonism, cerebral ischemia, numbness
     of extremity, partial paralysis, facial distortion especially of mouth and eyes 6
2. A-RU 25 - MYROBALAN 25
* hypertension
* fever or inflammation increased by rLung

* disorder affecting the renal nerves
* blood disorder affecting the kidneys

3. BLON-PO gSUM-sBYOR (Loen-po Soom-jhor)
COMPOUND OF THREE MINISTERS
* febrifuge for children

4. BAM-sMAN 7 (Bum-mhen) - MEDICINAL 'BAM 7
* epistaxis (nosebleed)
* pain in upper body
* pain in hips, waist, and joints brought about by an excess of blood which has turned into a 'Bam disorder and has descended into the lower bodily region.

5. CONG-ZHI 21 - CALCITE 21
* emesis of sour and watery vomitus, stomachal pain, and drying of feces due to Bad-kan sMug - Po.

6. CONG-ZHI 35 - CALCITE 35
* Heals Bad-kan sMug-po which manifests the following symptoms: emesis of sour and watery vomitus, inflammation of the stomach and intestines, Hematemesis, Dryness of feces or diarrhea.

7. CHU-GANG 4(Choo-ghung)
BAMBOO PITH 4
* fever
* coughing
* enlargement of liver
* difficulty in breathing

8. CHU-GANG 25 - BAMBOO PITH 9
* A pediatric formulation for the following symptoms: infections, fever and diarrhea
* coughing

9. CHU-GANG 25 -
* anti-inflammatory
* removes pus
* relieves coughing
* dyspnea from chronic
10. CHU-GANG bDE-BYED CHE
(Choo-ghung dhey-jhey chey)
GREATER COMFORTING
BAMBOO PITH
* promotes appetite
* balances ‘hot’ and ‘cold’ disorders
* Chronic cough, chronic inflammation of heart, and ‘hidden fever’.

11. DZA-TI 20 (Zah-thee)
NUTMEG 20
* subsidies Srog-rLung and promotes mental well being
* increases concentration and promotes sleep
* lessens anger, irritability tension, and anxiety
* soothes the nerves and curb tinnitus.

12. GI-WANG 9
(Ghee-whung) -
GALLSTONE 9
* enlargement of liver.

13. GI-WANG 13 -
GALLSTONE 13
* blood in feces
* hematemesis (vomiting of blood)
* menorrhagia
* blood oozing from the nine cavities.

14. GLANG-CHEN 18 (1)
(Lhung-chen)-
ELEPHANT 18(1)
* Inflammation of liver Bad-kan sMug-po
* blood from ‘Bam’ disorder which rises to upper part of back and causes pain.

15. MAN-NGAG bSIL-sBYOR
(Mhen-ngag see-l-jhor)
COOLING FORMULATION
OF SECRET ORAL TRADITION
* poisoning
* Bad-kan sMug-po
* excess of blood
* enlargement of liver and spleen
* accumulation of ‘bad’ blood in the upper part of back
* excess of blood between liver and spleen
* fever specially with Bad-kan

16. sPANG-rTSI 12
(Pang-tzi) -
PTEROCEPHALUS 12
* fever from inflammations
* subsidies severe infections
17. sPRIN-BRAL ZLA-ZER
  (Tin-dell dha-serr)
  CLOUD-SEPARATING
  MOONBEAMS

  * The following disorders localized in the vital or hollow organs
  * mKbris-pa
  * blood
  * infectious fever
  * acute or chronic fever

18. RU-rTA 10 - SAUSSUREA 10

  * Stomachal pains due to intestinal parasites
  * inflammation of stomach

19. bSAM-'PHEL NOR-BU
  (Sahm-phel norbhoo)
  MIND-INCREASING
  JEWEL

  * Information of nerve and blood channels
  * tonifies the brain and the spinal cord
  * dries up blood serum and uric acid
  * contraction of the extremity
  * contraction of mouth and eyes
  * malfunction of the senses
  * pain in kidneys, hips, and vertebrae
  * difficulty in extending or contracting the extremity

20. bSE-RU 25(Say-rhoo)
    RHINO 25

  * General pulmonary disorders
  * Specifically for removal of pus, blood, or serum in the lungs.

21. TZAN-DAN 10 - SANDALWOOD 10

  * anti-inflammatory
  * antipyretic

22. TZAN-DAN 18 - SANDALWOOD 18

  * dries up 'bad' blood
  * lowers blood pressure
  * facilitates the normal flow of rLung within the various rLung sites

23. gTZO-Bo 8(Tzo-wo)
    PRINCIPAL 8

  * anti-inflammatory
  * antidote
  * antipyretic
  * chronic fever that has spread and needs to be controlled
  * excessive thirst
  * bitter taste in mouth
  * coughing
  * pain in vertebrae

24. gYU-rNYING 25

  * For various hepatic disorders
manifesting the following symptoms: Pain in the ribs and upper part of back, pale skin, lack of blood, loss of weight reddish eyes and dark complexion, flatulence and constipation, excessive sleep and thirst headache, discomfort in cardiac region, blood in sputum, epistaxis.

25. gYU-THOG\textsuperscript{24} CHU-GANG 25 (Yu-thog choo-ghung)-
gYU-THOG\textsuperscript{'s} BAMBOO PITH 25

* Pulmonary disorders
* pain from inflammation of lungs
* blood in sputum
* inflammation of respiratory tract

26. ZANGS-THAL 25 (Sang-thell) -
COPPER CLACINE 25

* all types of lung infection
* specifically for difficulty in breathing and coughing

27. ZIA-SHEL CHEN-MO (Dha-shale che-mo) -
GREAT CRYSTAL MOON

* antitoxin
* hematemesis or dysentery due to Bad-kan sMug-po
* chronic fever, hidden fever, and spreading fever
* indigestion
* acute stomachal pain due to colic
* antiparasitic
* lymphatic disorders

f. Wild Yak's Heart

1. A-GAR 35-EAGLEWOOD 35

* For general r\textit{Lung} accompanied by fever or inflammation which causes dizziness and insomania
* pain in upper back due to excess of r\textit{Lung} and blood
* difficulty in breathing
* unlocalized pain

2. SHING-KUN 25 (Shing-Kuen) -DEVIL'S DUNG 25

* external' r\textit{Lung} which affects the muscles, skin nerve, and blood vessels
* Internal' r\textit{Lung} which affects the six vital organs and the six hollow organs
* secret' r\textit{Lung} which affects the life-governing channel
3. SROG-'DZIN 11
(Sogh-zhin)
ELEVEN HOLDERS OF LIFE

(Srog-rtza)
* 'general' rLung which pervades throughout the body
* accumulation of rLung in the heart and Srog-rtza (life-channels) which disrupts the normal site of intelligence and causes dullness.
* pain in upper part of body specially between the shoulders, chest, breasts, and liver
* mental disorders.

**g. Rabbit's Heart**

1. A-GAR 17-EAGLEWOOD 17
* accumulation of impure blood in kidneys and hip region.
* Stiffness of neck due to spreading of nephritis
* tonifies the kidneys
* accumulation of Srog-rLung' (Sog-loong) which manifests the following symptoms:
  - insomnia
  - tinnitus
  - heart palpitations
  - muscular and neural stiffness
  - lack of concentration
  - pain in hip and nephric region.

2. 'BRONG-TZE A-GAR 8
(Drong-tze ah-ghar)
MYROBALAN 8 OF 'BRONG-TZE
* accumulation of rLung in the in the Srog-rtza (life channel) manifesting the following symptoms:
  * anxiety and mental unrest
  * mental disorders
  * cerebral ischemia
  * pain throughout the body

3. SEMS-KYI bDE-sKYID
(Sim-key dhee-key)
HAPPINESS OF MIND
* All types of rLung disorders
* Specifically for rLung afflicting the Srog-stza (life channel) which manifests the following symptoms:
  - anxiety, stress, irritability,
  - lack of concentration
dullness, various mental disorders.
4. SHING-KUN 25  
(Shing-Kuen) -  
DEVIL'S DUNG 25  
* 'external' rLung which effects the muscles, skin nerve, and blood vessels  
"Internal" rLung which affects the six vital organs and the six hollow organs  
* 'Secret' r-Lung which affects the life-governing channel (Srog- rtza)  
* 'general' rLung which pervades throughout the body

REPTILES:

h. Snake's Eyes

1. A-WA 15 (ah-wha)  
CAREX 15  
* ophthalmic disorders  
* ophthalmic tonic

i. Snake's Meat

1. bDE-MYUG (Dhey-nyook)-REED OF COMFORT  
* Bad-kan sMug-po  
* pain along with the emesis of sour and watery vomitus.  
* inflammation of the stomach  
* indigestion  
* hematemesis  
* irregularity of menses  
* pain during mensuration

2. GLANG-CHEN 18(2) -  
ELEPHANT 18(2)  
* Bad-kan s Mug-po  
* emesis of sour and watery vomitus accompanied with pain  
* inflammation of the stomach  
* indigestion  
* dryness of the feces  
* hematemesis  
* irregularity of menses  
* pain during mensuration

3. 'OL-SE 27 (Wall-say) -  
PODOPHYLLUM 27  
* balances rLung and blood  
* thins out coagulated blood  
* promotes normal flow of menses and its normal colour  
* headache due to Bad-rLung  
* pain at the back of neck  
* pain at the hips, kidneys, and lower intestines.
INVERTEBRATES

j. Oyster Shell

1. A-GAR 20’- EAGLEWOOD 20
   * stabilizes $rLung$ and blood
   * neurological disorders
   * specially Parkinsonism, cerebral ischemia, numbness of extremity, partial paralysis, facia distortion especially of mouth and eyes
   * hypertension
   * fever or inflammation increased by $rLung$.

2. bSAM - ‘PHEL NOR-BU (Sahm-phel nor-bhoo)-MIND-INCREASING JEWEL
   * inflammation of nerve and blood channels
   * tonifies the brain and the spinal cord
   * dries up blood serum and uric acid
   * contraction of the extremity
   * contortion of mouth and eyes
   * malfunction of the senses
   * pain in kidneys, hips, and vertebrae
   * difficulty in extending or contracting the extremity

k. Coral

1. gYU-rNYING 25 (Yu-nying)
   OLD TURQUOISE 25
   * For various hepatic disorders manifesting the following symptoms:
     pain in the ribs and upper part of back pale skin, lack of blood, loss of weight, reddish eyes and dark complexion, flatulence and constipation, excessive sleep and thirst, headache, discomfort in cardiac region, blood in sputum, epistaxis.

l. Snail Shell

1. CHU-TZI 25 (Choo-tzi)-RHUBARB 25
   * both ‘hot’ and ‘cold’ urinary bladder disorders
   * diuretic
   * clears the urethra
m. Cowrie Ash

1. SE-'bru 25-POMEGRANATE 25
   * increases stomachal heat
   * digestant
   * disruption of normal stomachal and intestinal function.
   * stomachal pains
   * coldness of extremity.

2. ZHI-BYED 29 - PACIFIC 29
   * analgesic
   * disintegrates tumours
   * increases biliary secretions
   * digestant
   * relieves stomachal, intestinal, and hepatic pain
   * facilitates the breaking down of digestive enzymes

n. CRAB SHELL

1. A-RU 18 - MYROBALAN 18
   * Imbalance of kidney channels
   * inflammation of Kidneys
   * pain in hip and waist region
   * kidney disorder giving rise to stooping of body.

2. A-RU 25 - MYROBALAN 25
   * Disorder affecting the renal nerves
   * Blood disorder affecting the kidneys.

3. A-RU 35 - MYROBALAN 35
   * Inflammation and vitiation of kidney channels
   * Pain around hip and waist region
   * Gout, arthritis, and serumal disorders
   * Pus in urine

4. CHU-TZI 25 (Choo-tzi) RHUBARB 25
   * both 'hot' and 'cold' urinary bladder disorders
   * diuretic
   * clears the urethra

5. DA-LI 16(Dha-lee) - RHODODENDRON 16
   * rlung and Bad-kan skyar bab
   * digestive
   * diuretic
   * swelling of body
   * pain and swelling in chest region
   * relieves cough
6. SE-’BRU KUN-bDE
(Seh-dhoo kuen-dhey) - CONTINUOUSLY COMFORTING POMEGRANATE

* increases stomachal and renal heat
* digestant
* pain in the hips and kidneys
* Swollen eyelids and feet

7. SUG-MEL 10 (Soogh-mel)-CARDAMOM 10

* heals kidney disorders
* removes kidney stones
* clears blockage of the urinary tract
* removes tumours and stones
* from urinary-bladder

8. bSAM-’PHEL NOR-BU
(Sahm-phel nor-bhoo) - MIND-INCREASING JEWEL.

* inflammation of nerve and blood channels
* tonifies the brain and the spinal cord
* dries up blood serum and uric acid
* contraction of the extremity
* contortion of mouth and eyes
* malfunction of the senses
* pain in kidneys, hips, and vertebrae
* difficulty in extending or contracting the extremity

9. rTZA-THAG 13 - (Tza-Thak)-GRASS-ROPE 13

* Swelling of the testicles both a ‘hot’ and a ‘cold’ disorder

10. rTZA-THAG 16-GRASS-ROPE 16

* pain in the Kidneys, lower region of intestines, and hips.
* numbness of legs
* inflammation of the urethra
* swelling of the testicles

DRUGS POSSIBLY FROM WILD ANIMAL ORGANS

O. Bone Ash

1. ZIA-SHEL CHEN-MO
(Dha-shale che-mo)
GREAT CRYSTAL MOON

* antitoxin
* hematemesis or dysentery
* due to Bad-kan sMug-po
* chronic fever, hidden fever, and spreading fever
* indigestion
p. Dried Blood

1. THANG-GHEN 25
   (Thung-chin) - GREAT DECOCTION 25
   * acute stomachal pain due to colic
   * antiparasitic
   * lymphatic disorders
   * used primarily to facilitate the proper recognition of various disorders (specifically compounded poisons, Bad-kan sMug-po, and chronic fever), that have spread and needs to be drawn back to their original source.
   * balances bodily temperature
   * increases appetite
   * controls epistaxis
   * heals Bad-kan and mkhris-pa
   * for frequent lethargy, thirst, stomachal and hepatic pains, inflammation of channels and ureter
   * menorrhagia.

q. Yak’s Fat (Female)

1. SEMS-KYI bDE-sKYID
   (Sim-key dhee-key)
   HAPPINESS OF MIND
   * all types of rLung disorders
   * specifically for rLung afflicting the Srog-rtza (life channel) which manifests the following symptoms: anxiety stress irritability
   lack of concentration
dullness
various mental disorders

r. Horn of Mountain Goat

1. rGYA-RU 14 (Ghya-rhoo)- MOUNTAIN GOAT 14
   * promotes proper flow of blood
   * regulates normal flow of menses
   * pain in the kidneys, hips, and the lower intestines.

2. ZANGS-THAL 25
   (Sang-thell) - COPPER CALCINE 25
   * all types of lung inflammations
   * Specifically for difficulty in breathing and coughing
DRUGS FROM ORGANS OF DOMESTIC ANIMALS
(For Information only)

s. Gallstone of Ox

1. A-RU 25 - MYROBALAN 25
   * disorder affecting the renal nerves
   * blood disorder affecting kidneys

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t. Blood of Donkey

1. A-RU 35-MYROBALAN 35
   * inflammation and vitiation of kidney channels
   * pain around hip and waist region.
   * gout, arthritis, and seruma disorders
   * pus in urine.

15
ANNEXURE B:

A PARTIAL LIST OF BOOKS ON TIBETAN MEDICINE


Lobsang Rapgay, *The Art of Tibetan Medical Urinalysis: A Do it yourself Technique*, N.D., A Publication for the study of Tibetan Analysis.

ANNEXURE NO. C1

SOURCE

MAJOR TIBETAN SETTLEMENTS IN INDIA

Source:
<table>
<thead>
<tr>
<th>S. No.</th>
<th>Name</th>
<th>Total No. of settlers in 1979</th>
<th>Total Acreage of land Oweid</th>
<th>Year of Start</th>
<th>Location Dist. and State</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Lugsum Sambuling Tibetan Settlement, Bylakuppe</td>
<td>4907</td>
<td>3483</td>
<td>1960</td>
<td>Mysore, K.S.</td>
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<td>2.</td>
<td>Doogling Tibetan Settlement, Mundgod</td>
<td>6481</td>
<td>4045.29</td>
<td>1966</td>
<td>North Kanara K.S.</td>
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<td>4.</td>
<td>Rubgay Ling Tibetan Settlement, Humnur</td>
<td>2660</td>
<td>2200</td>
<td>1971</td>
<td>Mysore, K.S.</td>
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<td>5.</td>
<td>Dhoodenling Tibetan Settlement, Kollegal</td>
<td>3500</td>
<td>3000</td>
<td>1974</td>
<td>Mysore, K.S.</td>
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<td>6.</td>
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<td>1407</td>
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<td>Surgoja, M.P.</td>
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<td>7.</td>
<td>Norgaying Tibetan Settlement, Bhandara</td>
<td>873</td>
<td>405</td>
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<td>Bhandara, M.</td>
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<td>8.</td>
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<td>1850</td>
<td>1963</td>
<td>Ganjam, Orissa</td>
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<td>Senzin Gang Tibetan Settlement, Bomdila</td>
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<td>12.</td>
<td>Sonam Ling Tibetan Settlement, Leh</td>
<td>2078</td>
<td>604</td>
<td>So far cleared early 70's</td>
<td>Kameang, A.P.</td>
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<td>13.</td>
<td>Kunphen Ling Tibetan Settlement, South Sikkim</td>
<td>1000</td>
<td>3650-karnals*</td>
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<td>Leh, J. and K.</td>
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<td>15.</td>
<td>Lama Hatta Tibetan Settlement, Darjeeling</td>
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<td>16.</td>
<td>Dhooden Ling Tibetan Settlement, Clement Town</td>
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<td>17.</td>
<td>Donga Yolgul Ling Tibetan Settlement, Herbpurtur</td>
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<td>18.</td>
<td>Tibetan Khampa Industrial Society, Derge Divisor</td>
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<td>19.</td>
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</table>

*604
*So far cleared early 70's
*8 Karna = 1 acre