

118. 'B'a sam lha luñ

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	25G
2.	gur gum	Fl.	10G
3.	sug smel	Fr.	10G
4.	brag 'zun	Exd.	10G
5.	tig ta	Pl.	10G
6.	mkhal ma 'zo sha	Fr.	10G
7.	sen khrom	Lf.	10G
8.	btsod	Pl.	10G
9.	rgya skyegs	Exd.	10G
10.	šug tsher	Lf.	10G
11.	lca ba	Rt.	15G
12.	ba spru	Rt.	15G
13.	gze ma	Fr.	15G
14.	ra mñe	Rt.	15G
15.	ñe šiñ	Rt.	15G
16.	a ru ra	Fr.	15G
17.	ba ru ra	Fr.	15G
18.	skyu ru ra	Fr.	15G
19.	a 'bras	Fr.	15G
20.	sa 'bras	Fr.	15G
21.	'jam 'bras	Fr.	15G
22.	go yu	Fr.	15G
23.	bre ga	Fr.	15G
24.	gla rtsi	Exd.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 4, i.e. *brag 'zun* should be purified according to the procedure described in the Appendix-I. All ingredients, except item no. 24, should be made to powders and mixed together. At the end, item no. 24 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : All kidney-diseases and general weakness.

Dose : 500 mg., morning & evening.

Vehicle : Hot water.

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119. 'B'a sam sman mar

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	150G
2.	ba ru ra	Fr.	100G
3.	skyu ru ra	Fr.	50G
4.	lca ba	Rt.	25G
5.	ba spru	Rt.	25G
6.	gze ma	Fr.	25G
7.	ra mñe	Rt.	25G
8.	ñe šiñ	Rt.	25G
9.	da byid smug po	An.	10G
10.	rtsad pa	An.	10G
11.	mchil pa	An.	10G
12.	phug ron	An.	10G

S. No.	Drug Name	Parts	Weight
13.	lañ thañ rtse	An.	100
14.	coñ źi	Mi.	25G
15.	sga skya	Rt.	25G
16.	pi pi liñ	Fr.	25G
17.	pho ba ris	Fr.	25G
18.	a 'bras	Fr.	25G
19.	sra 'bras	Fr.	25G
20.	'jam 'bras	Fr.	25G
21.	dbañ lag	Rt.	25G
22.	dzā ti	Fr.	25G
23.	sdig srin	An.	100
24.	sug smel	Fr.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. Animal products, included in this recipe, should be dried well and then pounded. Powders of all ingredients should be mixed well. It should be stored in a clean and dry glass jar.

Indications : Diseases of kidneys and chronic urinary disorders.

Dose : 500 mg., in the morning in empty stomach.

Vehicle : Hot milk or hot water.

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120. 'Bol sman bdun pa

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	4G
2.	pri yañ ku	Pl.	8G
3.	u tpal 'bras bu dañ me tog lo ma	Pl.	6.5G
4.	gser me	Fr.	4G
5.	boñ dkar	Pl.	7G
6.	ba ša ka	Pl.	2.5G
7.	skyu ru ra	Fr.	9.5G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar.

Indications : Oedema and ascites; also a diuretic.

Dose : 500 mg., morning & afternoon.

Vehicle : Hot water.

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121. 'Broñ rtse ar brgyad

S. No.	Drug Name	Parts	Weight
1.	a ga ru	St.	50G
2.	dzā ti	Fr.	25G
3.	sñiñ zo ša	Fr.	25G

S. No.	Drug Name	Parts	Weight
4.	ru rta	Rt.	20G
5.	a byag	Pl.	20G
6.	mi ša	An.	1.5G
7.	li šī	Fr.	20G
8.	ri boñ sñiñ	An.	1.5G

Indications : Pain in different parts of the body, breathlessness and insanity.

Dose : 500 mg., in the evening.

Vehicle : Hot water.

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122. 'Byar chen reg pa bde byed

S. No.	Drug Name	Parts	Weight
1.	bag phye	Fr.	80G
2.	bul tog	Mi.	80G
3.	chu rtsa	Rt.	80G
4.	dud pa	Sm.	80G
5.	sbal rgyab	Mi.	80G
6.	mdud rtse	Mi.	80G
7.	rag rdo	Mi.	80G
8.	coñ zi	Mi.	80G
9.	gser rdo	Mi.	80G
10.	dnul rdo	Mi.	80G
11.	rdo rgyus	Mi.	80G

S. No.	Drug Name	Parts	Weight
12.	mthiñ rgyus	Mi.	80G
13.	rdo sman	Mi.	20G
14.	sman chen	Rt.	20G
15.	thar nu	Rt.	20G
16.	re lcags	Rt.	80G
17.	kyi ice	Fl.	20G
18.	spos dkar	Exd.	80G
19.	thal rdor	Fr.	80G
20.	so ma ra	Fr.	80G
21.	stag ša	Pl.	10G
22.	sga tig smug po	Pl.	10G

Indications : Swellings, elephaniasis, gout, arthritis, leprosy, fresh and chronic ulcers; to be applied externally as ointment over the affected part.

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123. 'Broñ khrag brgyad pa

S. No.	Drug Name	Parts	Weight
1.	'broñ khrag	An.	25G
2.	a ru gser mdog	Fr.	15G
3.	dom mkhris	Exd.	10G
4.	gla rtsi	Exd.	10G

S. No.	Drug Name	Parts	Weight
5.	gur gum	Fl.	25G
6.	pi pi lin	Fr.	25G
7.	pho ba ris	Fr.	15G
8.	gu gul dkar nag	Exd.	15G

Method of Preparation

This is generally prepared in the form of powder. Animal products, included in this recipe, should be dried well, and then pounded. Item no. 8, i.e. *gu gul* should be purified according to the procedure described in Appendix-I. All the ingredients, except item nos. 3 and 4, should be made to powders and mixed together. At the end, item nos. 3 and 4 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Insanity and heart diseases.

Dose : 500 mg., in the morning and evening.

Vehicle : Hot water.

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124. Ma nu b'zi than

S. No.	Drug Name	Parts	Weight
1.	ma nu	Rt.	150G
2.	ka n'a ka ri	St.	150G
3.	sle tres	Pl.	150G
4.	sga skya	Rt.	100G

Method of Preparation

This recipe is generally prepared in the form of decoction. Coarse powder of these ingredients should be boiled with eight times of water and reduced to one-fourth. The powder should then be strained out. The decoction, thus prepared, should be stored in a clean glass jar.

Indications : Epidemic fever and pain in different parts of upper body.

Dose : One cup of decoction, morning and evening.

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125. Man rgyud bsil bcud dgu pa

S. No.	Drug Name	Parts	Weight
1.	tsan dan dkar po	St.	50G
2.	cu gan	Exd.	25G
3.	gur gum	Fl.	25G
4.	li si	Fr.	25G
5.	sle tres	Pl.	25G
6.	se 'bru	Fr.	25G
7.	pi pi lin	Fr.	25G
8.	sgog thal	Rt.	25G
9.	bur dkar	Exd.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item no. 9, should be made to powders and mixed together. At the end, the powder of item no. 9 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Fever caused by *rluñ*.

Dose : 500 mg., midday and midnight.

Vehicle : Bone-soup or hot water.

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126. Man ñag gam phye dmar po

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	bsod tshig	Pl.	150G
2.	zu mkhan	Lf.	100G
3.	boñ ña	Pl.	50G
4.	gla rtši	Exd.	25G
5.	gu gul	Exd.	25G
6.	su dag	Rt.	25G
7.	šug tsher	Lf.	25G
8.	rgya skyegs	Exd.	25G
9.	brag žun	Exd.	25G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 5, i.e. *gu gul* and item no. 9, i.e. *brag žun* should be purified according to the procedure described in Appendix-I. All ingredients, except item no. 4, should be made to powders and mixed together. Thereafter, water and item no. 4 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills are to be stored in a clean and dry glass bottle.

Indications : Epidemic fever, infective fever, gout, arthritis, lumbago, kidney-diseases and pain.

Dose : Two pills of 250 mg. each, in the evening.

Vehicle : Hot water.

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127. Man dag bsil sbyor

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	tsan dan dkar po	St.	10G
2.	tsan dan dmar po	St.	10G
3.	ghi vaṃ	Exd.	20G
4.	a gar nag po	St.	10G
5.	utpal	Pl.	10G
6.	gser me	Fr.	20G
7.	a ru ra	Fr.	10G
8.	sug smel	Fr.	5G
9.	ka ko la	Fr.	5G
10.	li ši	Fr.	5G
11.	gur gum	Fl.	5G
12.	dzā ti	Fr.	5G
13.	cu gañ	Exd.	5G
14.	boñ dkar	Pl.	10G
15.	gla rtši	Exd.	10G
16.	dug ñuñ	Fr.	10G
17.	pi pi liñ	Fr.	20G
18.	ša pho ru rta	Rt.	10G

S. No.	Drug Name	Parts	Weight
19.	tig ta	Pl.	2G
20.	pri yañ ku	Pl.	10G
21.	ba ša ka	Pl.	10G
22.	se 'bru	Fr.	10G
23.	skyu ru ra	Fr.	10G
24.	coñ 'zi	Mi.	212G

Method of Preparation

This recipe is generally prepared in the form of pills. All the ingredients should be made to powders and mixed well. By adding water, this should be well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried. These pills are to be stored in a clean and dry glass bottle.

Indications : Diseases of liver and spleen & chronic blood diseases.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Hot water.

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128. Man ñag chig thub ril bu

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	20G
2.	ru rta	Rt.	5G

S. No.	Drug Name	Parts	Weight
3.	su dag	Rt.	3G
4.	bisan dug	Rt.	10G
5.	gla rtsi	Exd.	1.5G
6.	rgyam tshwa	Mi.	20G
7.	pi pi liñ	Fr.	20G
8.	gser me	Fr.	20G
9.	ma ru rtse	Fr.	20G
10.	than phrom dkar po'i 'bru	Fr.	5G
11.	gar nag	Exc.?	20G
12.	byi tañ ga	Fr.	20G
13.	gsañ sman kha ñda	Ext.	20G
14.	a ru ra	Fr.	20G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 4, i.e. *bisan dug* and item no. 9, i.e. *ma ru rtse* should be purified and detoxicated according to the procedure described in the Appendix-I. All ingredients, except item nos. 5 and 6, should be made to powders and mixed together. To this, the powder of item no. 6 should be added and mixed well. At the end, water and item no. 5 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Colic pain caused by helminths.

Dose : Two pills of 250 mg. each, in the morning.

Vehicle : Hot water.

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129. Khyi dug sman miñ can bdun pa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	miñ can nag po	Pl.	50G
2.	gz'a dug nag po	Pl.	25G
3.	a byag tsher sdon	Pl.	25G
4.	stoñ zil	Pl.	25G
5.	span rtshi	Pl.	25G
6.	lcags kyu ba	Pl.	25G
7.	kyi lce dkar po	Fl.	25G
8.	lug mur	Rt.	2.5G
9.	gur gum	Fl.	2.5G
10.	ña khrab can		2.5G

Indications : Stomach and Fever disorders; dog-bite.

Dose : 500 mg., in the evening.

Vehicle : Hot water.

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130. Mig sman skyer pa'i khañḍa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	skyer pa'i khañḍa	St. Bk.	adequate quantity

Method of Preparation

This recipe is generally prepared in the form of solid extract. This plant should be coarsely powdered, added with

sixteen times of water, boiled and reduced to one-fourth. The bark should then be strained out and the decoction should be further boiled over mild fire. It should be stirred with the help of the metal stirrer to prevent charred at the bottom. When it is semi-solid in consistency, the pot should be removed from the fire, and rest of the remaining water should be evaporated by exposing to the sun rays. It should be stored in a clean and wide mouth glass bottle.

Indications : All eye-diseases including glaucoma and cataract.

Mode of Administration : This recipe is to be mixed with clean water and dropped into both eyes, two to three times per day; can also be used as a preventive by a healthy person.

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131. Rma sman a va brgyad sbyor

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	stag śa	Pl.	50G
2.	hoñ len	Rt.	25G
3.	rgu drus	Pl.	25G
4.	spyi źur	Lf.	25G
5.	khur mañ	Pl.	25G
6.	yu gu śin	Pl.	25G
7.	brag spos pa	Pl.	25G
8.	a va	Pl.	25G

Method of Preparation

This recipe is generally prepared in the form of pills. All the ingredients should be made to powders and mixed together. To make this recipe more potent, 25 mg. of each of musk and bear-bile should be added to the recipe. By adding the water, musk and bear-bile, this should be well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Some physicians prefer to burn item no. 6 and the powder of this charcoal is added to the recipe.

It is also prepared in the form of an ointment for external application.

Indications : All types of ulcer.

Dose : Two pills of 250 mg. each, during day time and at night.

Vehicle : Hot water.

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132. Rma sman yu gu'i sbyor ba reg pa

S. No.	Drug Name	Parts	Weight
1.	yu gu'i kha ṇa	Ext.	250G
2.	re skon	Pl.	125G
3.	brag spos	Pl.	125G
4.	rita lpags	Pl.	125G
5.	rgyal po re ral	Pl.	125G
6.	blon po re ral	Pl.	125G

S. No.	Drug Name	Parts	Weight
7.	btsan mo re ral	Pl.	125G
8.	hoñ len	Rt.	125G
9.	bya rgod spos	Pl.	125G
10.	stag sa	Pl.	125G
11.	rgu drus	Pl.	125G
12.	a byag gzer 'joms	Pl.	125G
13.	rtswa a va	Pl.	125G
14.	'bri rta sa dzin	Pl.	125G
15.	me tog gser chen	Pl.	125G
16.	mkhan pa	Pl.	125G
17.	srol goñ pa	Pl.	125G
18.	a bhi sa	Pl.	125G
19.	tsher snon	Rt.	125G
20.	chu rtsa	Pl.	125G
21.	dbyi mon	Pl.	125G
22.	lce tsha	Pl.	125G
23.	sub ka	Pl.	125G
24.	byi rug pa	Pl.	125G
25.	gur gum	Fl.	2.5G
26.	cu gañ	Exd.	2.5G
27.	sin dhu ra	Mi.	2.5G
28.	tsan dan dmar po	St.	2.5G
29.	ga bur	Exd.	2.5G
30.	a ru ra	Fr.	2.5G
31.	ru rta	Rt.	2.5G
32.	mu zi ser po	Mi.	2.5G

S. No.	Drug Name	Parts	Weight
33.	gla rtsi	Exd.	2.5G
34.	siab señ	St.	2.5G
35.	sen ldeñ kha ñda	Ext.	2.5G
36.	ñuñ ba	Rt.	2.5G
37.	ba ša ka	Pl.	2.5G
38.	spos dkar	Exd.	2.5G
39.	thal ka rdo rje	Fr.	2.5G
40.	so ma ra dza	Fr.	2.5G
41.	gu gul	Exd.	2.5G
42.	mkhris pa sna tshogs	An.	2.5G
43.	mgron thal	An.	2.5G
44.	khyi lce	An.	2.5G

Method of Preparation

This recipe is generally prepared in the form of ointment. All ingredients should be made to powders and mixed together. By adding water, this should be well triturated till a fine paste is formed. This paste is used externally. This should be stored in a clean and dry glass jar or porcelain jar.

Indications : All types of wound and ulcers.

Mode of use : To be applied externally over the affected part.

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133. Rmen bu'i sbyor ba va ba rgyun gcod

S. No.	Drug Name	Parts	Weight
1.	tsa nda dmar po	St.	50G
2.	sga gser	Rt.	200G
3.	dwa li	Fl.	200G
4.	pho ba ris	Fr.	20G
5.	rgyam tshwa	Mi.	25G
6.	dzā ū	Fr.	50G
7.	lug rmen rdog pa bzi	An.	20G
8.	kha ru tshwa	Mi.	50G
9.	se 'bru	Fr.	50G
10.	šin tsha	St. Bk.	50G
11.	aru rnam rgyal	Fr.	50G
12.	de ba dā ru	St.	50G
13.	ma nu	Rt.	50G
14.	šu dag	Rt.	50G
15.	ru rta	Rt.	50G
16.	'u su	Fr.	50G
17.	skya ga'i ša	An.	200G
18.	pi pi lin	Fr.	200G
19.	va tshwa bsregs thal	Mi.	200G
20.	duñ bsregs thal	An.	200G

Indications : Goiter; to be used for one week between 7th day to 14th day of black fortnight.

Dose : 500 mg., morning and evening in empty stomach.

Vehicle : Hot water.

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134. Sman mchog tsan dan bco brgyad

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	tsan dan	St.	15G
2.	ghi vam	Exd.	5G
3.	dzā ti	Fr.	2.5G
4.	li si	Fr.	2.5G
5.	cu gañ	Exd.	2.5G
6.	gur gum	Fl.	2.5G
7.	sug smel	Fr.	2.5G
8.	ka ko la	Fr.	2.5G
9.	a ru gser mdog	Fr.	5G
10.	sum cu tig	Pl.	5G
11.	ru rta	Rt.	5G
12.	rgya skyegs	Exd.	5G
13.	pri yañ ku	Pl.	5G
14.	hoñ len	Rt.	5G
15.	re skon	Pl.	5G
16.	ba sa ka	Pl.	5G
17.	bisod	Pl.	5G
18.	'bri mog	Rt.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item no. 2, should be made to powders and mixed together. At the end, item no. 2 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Diarrhoea, vomiting, pain in the chest & back, heart diseases, cramps, headache, eye-diseases, liver diseases & ulcer in stomach and intestines.

Dose : 500 mg., day time and evening.

Vehicle : Hot water after slightly cooled or hot water with brag žun.

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135. Sman nag chen mo'i sbyor ba

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	kluñ phag gi brun	Exc.	100G
2.	srad dkar	Pl.	100G
3.	hoñ len	Pl.	100G
4.	de ba	Pl.	100G
5.	spyi bžur	Lf.	100G

Indications : Indigestion, colic pain, epidemic fever & carbuncle; specially useful in stomach diseases.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

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136. Sman dmar gam phye dha rma rā dza

S. No.	Drug Name	Parts	Weight
1.	cu gañ	Exd.	10G
2.	gur gum	Fl.	10G
3.	li ši	Fr.	10G
4.	tsan dan dkar po	St.	10G
5.	tsan dan dmar po	St.	10G
6.	ghi vaṃ	Exd.	10G
7.	mtshal	Mi.	10G
8.	dom mkhris	Exd.	10G
9.	gser me	Fr.	10G
10.	tshos	Exd.	10G
11.	bisod	Pl.	10G
12.	'bri mog	Rt.	10G
13.	ru rta	Rt.	10G
14.	skyu ru ra	Fr.	10G
15.	hoñ len	Rt.	10G
16.	ba ša ka	Pl.	10G
17.	boñ ŋa dkar po	Pl.	10G
18.	a gar nag po	St.	10G
19.	ga dur	Rt.	10G
20.	sñiñ' zo ša	Fr.	10G
21.	a ru ra	Fr.	10G
22.	mon sman dp'a bo	Rt.	10G
23.	uipal	Pl.	10G
24.	tig ta	Pl.	10G
25.	brag' zun	Exd.	10G

S. No.	Drug Name	Parts	Weight
26.	ba le ka	Pl.	10G
27.	šu dag	Rt.	10G
28.	gu gul	Exd.	10G
29.	gla rtsi	Exd.	2.5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 7, i.e. *mtshal* should be fried over a hot pan and pounded. Item no. 25, i.e. *brag' zun* and item no. 28, i.e. *gu gul* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 6 and 29, should be made to powders and mixed together. At the end, water and item nos. 6 and 29 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Pain all over the body.

Dose : Two pills of 250 mg. each, morning, noon time and evening depending upon the seriousness of the ailment.

Vehicle : Hot water.

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137. Smug po gyul rgyal

S. No.	Drug Name	Parts	Weight
1.	coñ' zi	Mi.	140G
2.	se 'bru	Fr.	50G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
3.	sug smel	Fr.	50G
4.	pi pi liñ	Fr.	50G
5.	ma nu	Rt.	30G
6.	'u su	Fr.	40G
7.	utpal	Pl.	40G
8.	pri yañ ku	Pl.	30G
9.	bse yab	Fr.	80G
10.	star bu	Fr.	100G
11.	skyu ru ra	Fr.	70G
12.	ba sa ka	Pl.	40G
13.	a ru ra	Fr.	70G
14.	gser me	Fr.	50G
15.	dug ñuñ	Fr.	30G
16.	boñ dkar	Pl.	20G
17.	ghi vam	Exd.	50G
18.	tig ta	Pl.	50G
19.	ru rta	Rt.	80G
20.	tsan dan dmar po	St.	80G
21.	brag zún	Exd.	100G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 21, i.e. *brag zún* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item no. 17, should be made to powders and mixed together. To this, water and item no. 17 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass jar.

Indications : Sour vomiting, pain in the stomach, liver & back & all diseases caused by *bad kan smug po*.

Dose : Two pills of 250 mg. each, in the morning.

Vehicle : Very hot water.

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138. Tsan dan brgyad pa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	tsan dan dkar po	St.	10G
2.	li ši	Fr.	5G
3.	cu gañ	Exd.	5G
4.	gur gum	Fl.	5G
5.	li ga dur	Rt.	5G
6.	sro lo	Rt.	5G
7.	rgun 'brum	Fr.	5G
8.	šiñ mñar	St.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 7, i.e. *rgun 'brum* should be well dried before pounding. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar.

Indications : Fever associated with affliction of lungs.

Dose : 500 mg., morning & evening.

Vehicle : Hot water after slightly cooled.

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139. Tsan dan bcu pa

S. No.	Drug Name	Parts	Weight
1.	tsan dan dkar po	St.	100G
2.	tsan dan dmar po	St.	50G
3.	cu gañ	Exd.	25G
4.	gur gum	Fl.	25G
5.	utpal	Pl.	25G
6.	hoñ len	Rt.	25G
7.	ghi vam	Exd.	25G
8.	li ga dur	Rt.	25G
9.	tig ta	Pl.	25G
10.	ba sa ka	Pl.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients, except item no. 7, should be made to powders and mixed together. To this, item no. 7 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Diseases caused by excessive heat.

Dose : 500 mg., noon time and evening.

Vehicle : Hot water after cooled.

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140. Rtsa dkar bsam 'phel bryad pa

S. No.	Drug Name	Parts	Weight
1.	ña phyis	An.	100G
2.	śiñ mñar	St.	50G
3.	dzā ti	Fr.	50G
4.	li śi	Fr.	25G
5.	cu gañ	Exd.	50G
6.	gur gum	Fl.	50G
7.	sug smel	Fr.	50G
8.	ka ko la	Fr.	50G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 1, i.e. *ña phyis* should be calcined according to the procedure prescribed in the Appendix-I. All the ingredients should be reduced to powders and mixed well. By adding water, it should be well triturated to made a fine paste. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be kept in clean and dry glass bottle.

Indications : Paralysis.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Very hot water.

❧

141. Rtsa thag bcu drug

S. No.	Drug Name	Parts	Weight
1.	rtsa thag	Fr.	50G
2.	than phrom	Fr.	50G
3.	sug smel	Fr.	50G
4.	sdig srin	An.	50G
5.	bre ga	Fr.	25G
6.	a 'bras	Fr.	25G
7.	sra 'bras	Fr.	25G
8.	'jam 'bras	Fr.	25G
9.	rgya skyegs	Exd.	25G
10.	btsod	Pl.	25G
11.	'bri mog	Rt.	25G
12.	sug tsher	Lf.	25G
13.	a ru ra	Fr.	25G
14.	gser mdog	Fr.	25G
15.	gser gyi me tog	Fr.	25G
16.	mkhal ma so 'za	Fr.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 4, i.e. *sdig srin* should be dried properly before pounding. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar.

Indications : Hydrocele and kidney-diseases.

Dose : 500 mg., morning & evening.

Vehicle : Alcoholic drinks.

■

142. Rtsa byug

S. No.	Drug Name	Parts	Weight
1.	yuñ ba	Fr.	50G
2.	go sñod	Fr.	50G
3.	dzā ti	Fr.	25G
4.	sga skya	Rt.	15G
5.	gla rtsi	Exd.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients, except item no. 5, should be made to powders. To this, item no. 5 should be added at the end and mixed well. This should be stored in a clean and dry glass jar.

Indications : Paralysis.

Mode of use : To be used for massage after mixing with old ghee.

■

143. Tsha ba'i glañ thabs ril bu

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	50G
2.	sug smel	Fr.	25G
3.	rgya tshwa	Mi.	2.5G
4.	gla rtsi	Exd.	2.5G

S. No.	Drug Name	Parts	Weight
5.	śiñ kun	Exd.	25G
6.	byi tañ ga	Fr.	25G
7.	gy'a kyi ma	Pl.	25G
8.	ma nu	Rt.	25G
9.	śa pho ru	Rt.	25G
10.	kha che gur gum	Lf.	2.5G
11.	pho ba ril	Fr.	25G
12.	sdig srin	An.	25G
13.	rgyam tshwa	Mi.	2.5G
14.	a ru ra	Fr.	25G
15.	boñ dkar	Pl.	25G
16.	thar nu	Rt.	2.5G
17.	dur byid	Rt.	2.5G

Indications : Liver, spleen, stomach and intestinal pain.

Dose : One tablet of 500 mg., in the morning in empty stomach.

Vehicle : Hot water after slightly cooled.

■

144. Dzā ti ñer lña

S. No.	Drug Name	Parts	Weight
1.	dzā ü	Fr.	50G
2.	kha ru tshwa	Mi.	25G
3.	rgya tshwa	Mi.	2.5G

S. No.	Drug Name	Parts	Weight
4.	rgyam tshwa	Mi.	2.5G
5.	sle tres	Pl.	25G
6.	'bigs byed	Fr.	25G
7.	sgog thal	Rt.	2.5G
8.	byi tsher	Pl.	25G
9.	dzā ti	Fr.	25G
10.	li śi	Fr.	25G
11.	cu gañ	Exd.	25G
12.	gur gum	Fl.	25G
13.	sug smel	Fr.	25G
14.	ka ko la	Fr.	25G
15.	a ga ru	St.	25G
16.	ru rta	Rt.	25G
17.	śiñ kun	Exd.	25G
18.	go sñod	Fr.	25G
19.	tsi tra	Fr.	2.5G
20.	zi ra dkar po	Fr.	2.5G
21.	zi ra nag po	Fr.	25G
22.	sman chen	Rt.	25G
23.	śiñ tsha	St. Bk.	25G
24.	sga skya	Rt.	20G
25.	se 'bru	Fr.	quantity sufficient

Method of Preparation

This recipe is generally prepared in the form of pills. In this recipe, *dzā ti* is mentioned twice, i.e. item nos. 1 and 9. Therefore, 75 g. of this drug should be used in this recipe. All the ingredients, except item nos. 2, 3 and 4, should be

made to powders and mixed together. At the end, water and item nos. 2, 3 and 4 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass jar.

Indications : All diseases of *srog rluñ*.

Dose : Two pills of 250 mg. each, in the evening.

Vehicle : Very hot water.

‡

145. 'Dzag gcod ñi zla zuñ sbyor

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	25G
2.	gur gum	Fl.	10G
3.	sug smel	Fr.	10G
4.	brag zun	Exd.	10G
5.	tig ta	Pl.	10G
6.	mkhal ma zo sa	Fr.	10G
7.	señ khrom	Lf.	10G
8.	btsod	Pl.	10G
9.	rgya skyegs	Exd.	10G
10.	sug tsher can	Lf.	10G
11.	brag zun	Exd.	11.5G
12.	gla rtsi	Exd.	1.5G
13.	gur gum	Fl.	3G
14.	sug smel	Fr.	4.5G
15.	dom mkhris	Exd.	2.5G

S. No.	Drug Name	Parts	Weight
16.	boñ dkar	Pl.	10G
17.	'jib rtsi	Pl.	4.5G
18.	a ru ra	Fr.	10G
19.	ga dur	Rt.	7G
20.	skyu ru ra	Fr.	7G
21.	skyer sun	St. Bk.	7G

Method of Preparation

This recipe is generally prepared in the form of powder. Item nos. 4 and 11, i.e. *brag zun* (mentioned twice in this recipe) should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item no. 4, should be made to powders and mixed together. At the end, item no. 4 should be added and mixed well. This powder should be stored in a clean and dry glass jar.

Indications : Kidney-diseases, spermatorrhea, leucorrhoea and menorrhagia.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

‡

146. 'Zi byed bcu gcig

S. No.	Drug Name	Parts	Weight
1.	ma nu	Rt.	25G
2.	sga skya	Rt.	50G
3.	a ru ra	Fr.	75G

S. No.	Drug Name	Parts	Weight
4.	lcum rtsa	Rt.	100G
5.	coñ'zi	Mi.	125G
6.	bul tog	Mi.	150G
7.	star bu	Fr.	35G
8.	sbrul sa	An.	20G
9.	rgya tshwa	Mi.	15G
10.	sdig srin	An.	25G
11.	'ol se'i'bru	Fr.	35G

Method of Preparation

This recipe is generally prepared in the form of powder. Item nos. 8 and 10 should be dried before pounding. All the ingredients, except item no. 9, should be made to powders and mixed well. At the end, powder of item no. 9 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Female diseases, pain during delivery and after delivery.

Dose : 500 mg., morning & afternoon.

Vehicle : Very hot water.

‡

147. 'Zi byed drug pa

S. No.	Drug Name	Parts	Weight
1.	ma nu	Rt.	100G
2.	sga skya	Rt.	200G

S. No.	Drug Name	Parts	Weight
3.	a ru ra	Fr.	300G
4.	lcum rtsa	Rt.	400G
5.	coñ'zi	Mi.	500G
6.	bul tog	Mi.	600G

Method of Preparation

This recipe is generally prepared in the powder form. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar.

Indications : Indigestion, colic pain, abdominal distension & helps in the removal of placenta.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

‡

148. Zab lag brgyad pa

S. No.	Drug Name	Parts	Weight
1.	chu rtsa	Rt.	25G
2.	mu zi	Mi.	25G
3.	stag sa	Pl.	25G
4.	dom mkhris	Exd.	25G
5.	brag'zun	Exd.	25G
6.	gla rtsi	Exd.	25G
7.	khyi la va ra	Ext.	25G
8.	tshur shon	Mi.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients, except item nos. 4 & 6, should be made to powders and mixed together. To this, item nos. 4 & 6 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Skin diseases, abscess, scabies wound and gonorrhea.

Mode of use : To be used externally for dusting and also as an ointment (by adding goat's blood).

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149. Zans thal ñer lña'i sbyor ba

S. No.	Drug Name	Parts	Weight
1.	zans thal	Mi.	14G
2.	lcags thal	Mi.	10G
3.	spos dkar	Exd.	10G
4.	thal rdor	Fr.	10G
5.	so ma ra dza	Fr.	10G
6.	'u su	Fr.	10G
7.	lcam pa	Pl.	10G
8.	skyu ru ra	Fr.	10G
9.	pi pi liñ	Fr.	10G
10.	cu gañ	Exd.	10G
11.	gur gum	Fl.	10G
12.	ru rta	Rt.	10G
13.	ba ša ka	Pl.	10G

S. No.	Drug Name	Parts	Weight
14.	gser mdog	Fr.	25G
15.	ba ru ra	Fr.	25G
16.	ghi vam	Exd.	10G
17.	utpal šnon po	Pl.	10G
18.	se 'bru	Fr.	10G
19.	tsan dan dkar po	St.	10G
20.	tsan dan dmar po	St.	10G
21.	sgron šin	St.	10G
22.	padma ge sar	Fl.	10G
23.	nā ga ge sar	Fl.	10G
24.	da li	Fl.	10G
25.	señ ldeñ	St.	10G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 1, i.e. *zans thal* and item no. 2, i.e. *lcags thal* should be prepared according to the method prescribed in Appenedix-I. All ingredients, except item no. 15, should be made to powders and mixed together. At the end, water and item no. 15 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Lung diseases, bronchiacties, gout, rheumatism, leprosy, urinary diseases and oedema.

Dose : Two pills of 250 mg. each, in the morning and afternoon.

Vehicle : Very hot water.

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150. Zin tig Cu gañ brgyad pa

S. No.	Drug Name	Parts	Weight
1.	li ši	Fr.	50G
2.	cu gañ	Exd.	100G
3.	gur gum	Fl.	50G
4.	ru rta	Rt.	25G
5.	tsan dan dkar po	St.	50G
6.	tsan dan dmar po	St.	50G
7.	gu gul nag po	Exd.	2.5G
8.	gla rtsi	Exd.	2.5G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 7, i.e. *gu gul nag po* should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item no. 8, should be made to powders and mixed together. At the end, item no. 8 should be added and mixed well. This should be stored in a clean and dry glass bottle.

Indications : Cold & cough.

Dose : 500 mg., noon time & evening.

Vehicle : Hot water after cooled.

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151. Zla ba gyen ldog

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	5G
2.	ba spru	Rt.	5G
3.	ra mñe	Rt.	5G
4.	ñer šiñ	Rt.	5G
5.	gze ma	Fr.	5G
6.	lca ba	Rt.	5G
7.	gur gum	Fl.	5G
8.	dom mkhris	Exd.	5G
9.	tshos	Exd.	5G
10.	zu khan	Lf.	5G
11.	btsod mdud	Pl.	5G
12.	skyer šun	St. Bk.	5G
13.	dbañ lag	Pl.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients, except item no. 8, should be made to powders and mixed together. At the end, powder of item no. 8 should be added and mixed well. This should be kept in a clean and dry glass jar.

Indications : Pain in the bones of lower body and obstinate urinary disorders including diabetes.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

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152. Zla sel

S. No.	Drug Name	Parts	Weight
1.	coñ zi mdzo 'o	Mi.	326G
2.	ghi vam	Exd.	14G
3.	gur gum	Fl.	10G
4.	cu gañ	Exd.	5G
5.	sug smel	Fr.	5G
6.	dzā ti	Fr.	5G
7.	li ši	Fr.	5G
8.	ka ko la	Fr.	5G
9.	u tpa la	Pl.	20G
10.	tsa nda dkar	St.	4G
11.	tsa nda dmar	St.	7G
12.	gla rtsi	Exd.	2G
13.	gser me	Fr.	10G
14.	dug ñuñ	Fr.	15G
15.	tig ta	Pl.	4G
16.	boñ dkar rtsa ba	Rt.	14G
17.	a ru	Fr.	12G
18.	ba ša ka	Pl.	6G
19.	ru rta	Rt.	10G
20.	skyu ru	Fr.	10G
21.	se 'bru	Fr.	50G
22.	pi liñ	Fr.	3G
23.	brag žun	Exd.	18G
24.	dom mkhris	Exd.	6G
25.	lcags phye	Mi.	34G

S. No.	Drug Name	Parts	Weight
26.	pri yañ ku	Pl.	9G
27.	gañs thig	Mi.	34G
28.	gu gul	Exd.	10G
29.	khur rtsa	Rt.	14G
30.	cu rtsa	Rt.	23G
31.	mi sog thal ba	An.	23G
32.	dñul chu	Mi.	44G
33.	mu zi	Mi.	41G
34.	rnam snañ (mi brun)	Exc.	4G
35.	ko byi	Fr.	11G
36.	hoñ len	Rt.	18G
37.	ma nu	Rt.	24G
38.	lug ru smug po	Fl.	12G

Indications : Different types of haemorrhage, fever, indigestion, parasitic infection & arthritis.

Dose : One tablet of 500 mg., in the morning & evening.

Vehicle : Hot water.

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153. 'Ol mo se ñer lña

S. No.	Drug Name	Parts	Weight
1.	'ol se	Fr.	75G
2.	se 'bru	Fr.	25G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
3.	siñ tshwa	St. Bk.	25G
4.	pho ba ril	Fr.	25G
5.	rgyam tsha	Mi.	2.5G
6.	a ru ra	Fr.	25G
7.	ma nu	Rt.	25G
8.	'u su	Fr.	25G
9.	skyu ru ra	Fr.	25G
10.	rgya tshwa	Mi.	2.5G
11.	sga skya	Rt.	25G
12.	boñ dkar	Rt.	25G
13.	rgya mtshal	Mi.	25G
14.	dom mkhris	Exd.	2.5G
15.	rgya skyegs	Exd.	25G
16.	bisod	Fr.	25G
17.	'bri mog	Rt.	25G
18.	phañ ma'i 'brau	Fr.	25G
19.	re skon pa	Pl.	25G
20.	ba ša ka	Pl.	25G
21.	a ga ru	St.	25G
22.	dzā ti	Fr.	25G
23.	tsan dan dmar po	St.	25G
24.	ze tsha	Mi.	2.5G
25.	star bu	Fr.	50G
26.	sbrul ša	An.	2.5G
27.	ba spru	Rt.	25G

Method of Preparation

This recipe is generally prepared in the form of pills.
Item no. 13, i.e. *rgya mtshal* should be fried over a hot pan

and pounded. All the ingredients, except item nos. 10, 14 & 24, should be made to powders and mixed together. To this, water and item nos. 10, 14 and 24 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass jar.

Indications : Female diseases, infections, pain in bones and joints, liver disorders, heart-pain, deafness, inflammation and pain in pelvis & genital organ of female.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Very hot water.

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154 Ya sman rdo rje rab 'joms

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	a ru ra	Fr.	50G
2.	ru rta	Rt.	50G
3.	ma ki ta	Exd.	50G
4.	gu gul	Exd.	25G
5.	ba ša ka	Pl.	50G
6.	gur gum	Fl.	50G

Method of Preparation

This recipe is generally prepared in the form of powder.
Item no. 4, i.e. *gu gul* should be purified according to the procedure described in the Appendix-I. All the ingredients

should be made to powders and mixed well. This should be stored in a clean and dry glass jar.

Indications : Cataract, corneal opacity, high blood pressure, rhinitis and sinusitis.

Dose : 500 mg., afternoon & evening.

Vehicle : Hot water after slightly cooled.

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155. Ya sman dbaṅ po kun gsal

S. No.	Drug Name	Parts	Weight
1.	rgya mtshal	Mi.	25G
2.	tsan dan dkar po	St.	25G
3.	tsan dan dmar po	St.	50G
4.	a ga ru	St.	35G
5.	li śi	Fr.	15G
6.	gur gum	Fl.	50G
7.	ghi vaṃ	Exd.	5G
8.	ka ko la	Fr.	20G
9.	boṅ dkar	Pl.	20G
10.	ru rta	Rt.	15G
11.	sug smel	Fr.	20G
12.	spaṅ spos	Rt.	50G
13.	gla rtsi	Exd.	5G
14.	'u su	Fr.	25G
15.	a ru ra	Fr.	50G
16.	ba ru ra	Fr.	50G
17.	skyu ru ra	Fr.	50G
18.	sna tha	Lf.	100G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 1 should be fried over a hot pan and then pounded. All ingredients, except item nos. 7 & 13, should be made to powders and mixed together. At the end, item nos. 7 and 13 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Rhinitis, sinusitis, hoarseness of voice & diseases of all sense organs.

Mode of Administration : To be used as inhalation.

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156. Gyu ril bcu gsum

S. No.	Drug Name	Parts	Weight
1.	ru rta	Rt.	35G
2.	skyu ru ra	Fr.	10G
3.	se 'bru	Fr.	10G
4.	ba śa ka	Pl.	10G
5.	prin ku	Pl.	10G
6.	u tpal	Pl.	10G
7.	re skon	Pl.	10G
8.	go thal	Exc.	10G
9.	byi taṅ ga	Fr.	10G
10.	sug smel	Fr.	17G
11.	pi pi lin	Fr.	7G
12.	bca sga	Rt.	7G
13.	'u su	Fr.	7G

Method of Preparation

This recipe is generally prepared in the form of pills. All the ingredients should be made to powders and mixed well. By adding water, this should be well triturated to make a fine paste. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Diseases of stomach caused by *khrag*, *mkhris* and *bad kan*.

Dose : Two pills of 250 mg. each, morning and afternoon.

Vehicle : Very hot water.

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157. Gyu dril bco brgyad

S. No.	Drug Name	Parts	Weight
1.	ru rta	Rt.	35G
2.	skyu ru ra	Fr.	10G
3.	se 'bru	Fr.	10G
4.	ba sa ka	Pl.	10G
5.	pri yañ ku	Pl.	10G
6.	utpal	Fl.	10G
7.	re skon	Pl.	10G
8.	go thal	Exc.	10G
9.	byi tañ ga	Fr.	10G
10.	sug smel	Fr.	17G
11.	pi pi liñ	Fr.	7G

S. No.	Drug Name	Parts	Weight
12.	bca sga	Rt.	7G
13.	'u su	Fr.	7G
14.	tsan dan	St.	7G
15.	brag zun	Exd.	7G
16.	a ru ra	Fr.	7G
17.	ghi vam	Exd.	7G
18.	gur gum	Fl.	7G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 15, i.e. *brag zun* should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item no. 17, should be made to powders and mixed together. At the end, water and item no. 17 should be added and well triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Infections in female genital tract and liver disorders.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Very hot water.

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158. Gy'a kyi ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	gya kyi	Pl.	100G
2.	chu rug	Pl.	25G
3.	ba ša ka	Pl.	25G
4.	re ral	Pl.	25G
5.	bre ga	Fr.	25G
6.	boñ ña dkar po	Pl.	25G
7.	ba le ka	Pl.	25G
8.	gser me	Fr.	25G
9.	ritsa mkhris	Pl.	25G
10.	skyer dkar bar šun	St. Bk.	25G
11.	gser gyi phud bu	Fr.	25G
12.	a ru ra	Fr.	25G
13.	ba ru ra	Fr.	25G
14.	skyu ru ra	Fr.	25G
15.	su dag	Rt.	25G
16.	span spos	Rt.	25G
17.	se rgod bar šun	St. Bk.	25G
18.	'om bu	Pl.	25G
19.	kyi lce dkar po	Fl.	25G
20.	pa rpa ta	Pl.	25G
21.	pa dma tsa ri	Rt.	25G
22.	tig ta	Pl.	25G
23.	dug mo ñuñ	Fr.	25G
24.	brag žun	Exd.	25G
25.	dom mkhris	Exd.	2.5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 24, i.e. *brag žun* should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item no. 25, should be made to powders and mixed well. At the end, water and item no. 25 should be added and well triturated to make a fine paste. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Jaundice and diseases caused by *mkhris pa*.

Dose : Two pills of 250 mg. each, noon and evening.

Vehicle : Hot water after cooled.

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159. Ru rta bcu gsum

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ru rta	Rt.	75G
2.	skyu ru ra	Fr.	10G
3.	se 'bru	Fr.	10G
4.	ba ša ka	Pl.	10G
5.	sug smel	Fr.	10G
6.	pi pi liñ	Fr.	10G
7.	byi tañ ka	Fr.	10G
8.	ma ru rtse	Fr.	10G
9.	phur thal	Pl.	2.5G
10.	gser mdog	Fr.	10G

S. No.	Drug Name	Parts	Weight
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- | | | | |
|-----|-------------------|------|------|
| 11. | dkar po gcig thub | Rt. | 10G |
| 12. | ba ru ra | Fr. | 10G |
| 13. | gla rtsi | Exd. | 2.5G |

Method of Preparation

This recipe is generally prepared in powder form. Item no. 8, i.e. *ma ru rtse* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item no. 13, should be made to powders and mixed together. At the end, item no. 13 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Parasitic infections of five hundred types.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

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160. Ru rta ñer gcig

S. No.	Drug Name	Parts	Weight
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- | | | | |
|----|----------------|------|-----|
| 1. | ru rta | Rt. | 75G |
| 2. | gla rtsi | Exd. | 25G |
| 3. | ya bag kṣar | Mi. | 25G |
| 4. | 'ol mo se | Fr. | 25G |
| 5. | a ru gser mdog | Fr. | 25G |
| 6. | ba spru | Rt. | 25G |

S. No.	Drug Name	Parts	Weight
--------	-----------	-------	--------

- | | | | |
|-----|--------------|---------|------|
| 7. | dzā ti | Fr. | 25G |
| 8. | li si | Fr. | 25G |
| 9. | cu gañ | Exd. | 25G |
| 10. | gur gum | Fl. | 25G |
| 11. | sug smel | Fr. | 25G |
| 12. | mgron thal | An. | 2.5G |
| 13. | bul tog | Mi. | 2.5G |
| 14. | ze tsha | Mi. | 2.5G |
| 15. | rgya skyegs | Exd. | 25G |
| 16. | 'bri mog | Rt. | 25G |
| 17. | smyug šun | St. Bk. | 25G |
| 18. | žu mkhan | Lf. | 25G |
| 19. | sbrul ša | An. | 2.5G |
| 20. | rgyam tshwa | Mi. | 2.5G |
| 21. | go sñod 'bru | Fr. | 25G |

Method of Preparation

This recipe is generally prepared in the form of pills. All the ingredients, except item nos. 2 and 20, should be made to powders and mixed together. At the end, water and item nos. 2 and 20 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Female diseases.

Dose : 5 pills of 250 mg. each, morning and evening.

Vehicle : Very hot water.

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161. Ru rta drug pa

S. No.	Drug Name	Parts	Weight
1.	ru rta		
2.	skyu ru ra	Rt.	100G
3.	se 'bru	Fr.	50G
4.	ba sa ka	Fr.	50G
5.	sug smel	Pl.	50G
6.	pi pi liñ	Fr.	50G
		Fr.	25G

Method of Preparation

This recipe is generally prepared in the form of powder.
All the drugs should be made to powders and mixed well.
This should be stored in a clean and dry glass bottle.

Indications : Gastritis, vomiting & pain in abdomen.
Dose : 500 mg., morning & evening.
Vehicle : Very hot water.

❧

162. Reg dug sman ra khrag bco lña

S. No.	Drug Name	Parts	Weight
1.	ra khrag		
2.	ga bur	An.	100G
3.	gur gum	Exd.	25G
4.	li si	Fl.	50G
5.	ghi vam	Fr.	25G
		Exd.	10G

S. No.	Drug Name	Parts	Weight
6.	bse ru	An.	10G
7.	mtshal	Mi.	10G
8.	tsan dan	St.	50G
9.	gla rtsi	Exd.	10G
10.	'jam 'bras	Fr.	50G
11.	boñ ña dkar	Pl.	50G
12.	ru rta	Rt.	50G
13.	a ru ra	Fr.	50G
14.	ba ru ra	Fr.	50G
15.	skyu ru ra	Fr.	50G

Method of Preparation

This recipe is generally prepared in the form of pills.
Item no. 7, i.e. *mtshal* should be fried over a hot pan and then pounded. All the ingredients, except item nos. 1, 2, 5 & 9, should be made to powders and mixed together. To this, water and item nos. 1, 2, 5 and 9 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be kept in a clean and dry glass bottle.

Indications : Gonorrhea.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Very hot water.

❧

163. Li si bcu gcig

S. No.	Drug Name	Parts	Weight
1.	li si gtsor bskyed	Fr.	25G
2.	cu gañ	Exd.	12.5G
3.	siñ mñar	St.	1G
4.	spañ rgyan dkar po	Pl.	10G
5.	ru rta	Rt.	5G
6.	a ru ra	Fr.	5G
7.	rgun 'brum	Fr.	15G
8.	kha che gur gum	Fl.	7.5G
9.	gla sgan	Pl.	11.5G
10.	siñ tsha	St. Bk.	5.5G
11.	se 'bru	Fr.	11G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 7, i.e. *rgun 'brum* should be dried well before pounding. All the ingredients should be made to powder and mixed well. This should be stored in a clean and dry glass jar.

Indications : Bronchial asthma.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

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164. Li si ñer lña

S. No.	Drug Name	Parts	Weight
1.	li si	Fr.	50G
2.	a ga ru	St.	25G
3.	dzā ti	Fr.	25G
4.	rtsi bo che	Exd.	2.5G
5.	sñiñ zo sha	Fr.	25G
6.	kha ru tshwa	Mi.	2.5G
7.	a ru ra	Fr.	25G
8.	sga tig	Pl.	25G
9.	dp'a ser	Rt.	25G
10.	yuñ ba	Fr.	25G
11.	bc'a sga	Rt.	25G
12.	ru rta	Rt.	25G
13.	se 'bru	Fr.	25G
14.	spos dkar	Exd.	25G
15.	pi pi lin	Fr.	20G
16.	su dag	Rt.	25G
17.	siñ tsha	St. Bk.	25G
18.	sug smel	Fr.	25G
19.	ka ko la	Fr.	25G
20.	gyu 'brug gze ba	Lf.	25G
21.	ri dwags lte ba	Exd.	2.5G
22.	cu gañ	Exd.	20G

Method of Preparation

This recipe is generally prepared in the form of pills. All the ingredients, except item no. 11, should be made to

powders and mixed together. To this, water and item no. 11 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : All diseases caused by 15 types of *rluñ*.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Hot water after slightly cooled.

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165. Li śi drug pa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	li śi gtsor bskyed	Fr.	25G
2.	cu gañ	Exd.	12.5G
3.	śiñ mñar	St.	1G
4.	spañ rgyan dkar po	Fl.	10G
5.	ru rta	Rt.	5G
6.	a ru ra	Fr.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders. This should be stored in a clean and dry glass jar.

Indications : Lung diseases, burning sensation, dryness of throat & hoarseness of voice.

Dose : 500 mg., in the evening.

Vehicle : Very hot water.

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166. Lug mur bdun gyi sbyor ba

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	lug mur	Rt.	150G
2.	a ru gser mdog	Fr.	75G
3.	cu gañ	Exd.	75G
4.	śiñ mñar	St.	75G
5.	sro lo dkar po	Rt.	75G
6.	tsan dan dkar po	St.	75G
7.	li śi	Fr.	75G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders. This should be stored in a clean and dry glass jar.

Indications : Bronchitis & cold.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

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167. Lhog sman me tog drug pa

S. No.	Drug Name	Parts	Weight
1.	kyi lce	Fl.	100G
2.	spañ rtsi	Pl.	50G
3.	spañ rgyan dkar po	Fl.	50G
4.	'dzin pa	Lf.	25G
5.	gla rtsi	Exd.	2.5G
6.	gu gul	Exd.	20G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 6, i.e. *gu gul* should be purified according to the procedure prescribed in the Appendix-I. All the ingredients, except item no. 5, should be made to powders. At the end, water and item no. 5 should be added and well triturated to make a fine paste. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be kept in a clean and dry glass bottle.

Indications : Liver-diseases.

Dose : One pill, morning & evening.

Vehicle : Very hot water.

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168. Sle tres bdun than

S. No.	Drug Name	Parts	Weight
1.	sle tres	Pl.	75G
2.	a ru ra	Fr.	25G

S. No.	Drug Name	Parts	Weight
3.	ba ru ra	Fr.	25G
4.	skyu ru ra	Fr.	25G
5.	li ga dur	Rt.	25G
6.	tig ta	Pl.	20G
7.	ba sa ka	Pl.	25G

Method of Preparation

This recipe is generally prepared in the decoction form. All the ingredients should be made to coarse powders and mixed well. This coarse powder should be added with eight times of water, boiled and reduced to one-fourth. The powder should be strained out and the decoction should be stored in a clean glass bottle.

Indications : Chicken-pox and measles.

Dose : Half cup of decoction, morning and afternoon by adding sugar.

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169. Sa dug glañ chen sum 'grol

S. No.	Drug Name	Parts	Weight
1.	a ru nag chuñ	Fr.	50G
2.	byi'u la phug	Rt.	50G
3.	re ral	Pl.	50G

Indications : Meat-poisoning.

Dose : 500 mg., in the morning.

Vehicle : With alcoholic drinks.

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170. Śiñ kun ñer lña

S. No.	Drug Name	Parts	Weight
1.	śiñ kun	Exd.	45G
2.	śa chen	An.	15G
3.	dzā ti	Fr.	15G
4.	li śi	Fr.	15G
5.	śiñ tsha	St. Bk.	15G
6.	sga skya	Rt.	15G
7.	pi pi liñ	Fr.	15G
8.	pho ba ris nag po	Fr.	15G
9.	gu gul dkar po	Exd.	15G
10.	gu gul nag po	Exd.	15G
11.	se 'bru	Fr.	20G
12.	sgog thal	Rt.	15G
13.	sug smel	Fr.	15G
14.	a ru'i mjug	Fr.	15G
15.	bi śa	Rt.	15G
16.	go sñod	Fr.	15G
17.	ar nag	St.	15G
18.	tshil chen	An.	15G
19.	ru rta	Rt.	15G

S. No.	Drug Name	Parts	Weight
20.	ma nu	Rt.	15G
21.	sle tres	Pl.	15G
22.	rgya skyegs	Exd.	15G
23.	dri chen	Exc.	15G
24.	śu dag	Rt.	15G
25.	rgyam tshwa	Mi.	15G

Indications : All diseases caused by *rluñ*.

Dose : 250 mg. in the evening.

Vehicle : - Very hot water.

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171. Śu sla

S. No.	Drug Name	Parts	Weight
1.	śu dag	Rt.	50G
2.	gla rtsi	Exd.	5G
3.	du ral	Sm.	50G
4.	chu rtsa	Rt.	50G
5.	lan tshwa	Mi.	50G
6.	sgog gcig	Rt.	50G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item nos. 2 and 5, should be made to powders. At the end, item nos. 2 and 5 should be added and

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 8, i.e. *gu gul* should be purified according to the procedure prescribed in the Appendix-I. Item no. 15, i.e. *mtshal* should be fried over a hot pan before pounding. Item no. 7, i.e. *ña phyis* should be calcined according to the procedure prescribed in Appendix-I. All ingredients, except item nos. 5 and 13, should be made to powders and mixed together. At the end, water and item nos. 5 and 13 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Kidney-diseases, parasitic infection, spermatorrhea and pain.

Dose : One pill, morning & evening.

Vehicle : Hot water after cooled and alcoholic drinks if there is *grañ rluñ*.

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173. Sug smel bcu pa

S. No.	Drug Name	Parts	Weight
1.	sug smel	Fr.	15G
2.	sga skya	Rt.	7.5G
3.	rgyam tshwa	Mi.	5G
4.	pi pi liñ	Fr.	5G
5.	gla rtsi	Exd.	5G
6.	sdig srin	An.	5G
7.	lcam pa	Pl.	5G

mixed well. This should be stored in a clean and dry glass jar.

Indications : Rheumatic arthritis.

Mode of

administration: To be used externally for massage by adding pig-fat or ghee.

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172. Sa ra'i khyuñ lña

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	76G
2.	sman chen	Rt.	76G
3.	su dag	Rt.	15G
4.	ru rta	Rt.	40G
5.	gla rtsi	Exd.	4.5G
6.	mdog ldan	Fl.	11G
7.	ña phyis	An.	10.5G
8.	gu gul	Exd.	8G
9.	zu mkhan	Lf.	12G
10.	tshos	Exd.	22G
11.	btsod	Pl.	7.5G
12.	kha che gur gum	Fl.	6G
13.	dom mkhris	Exd.	13G
14.	rgya snag	Mi.	7.5G
15.	mtshal	Mi.	23G
16.	sug smel	Fr.	12.5G
17.	mkhal zo dkar po	Fr.	17.5G

S. No.	Drug Name	Parts	Weight
8.	a 'bras	Fr.	5G
9.	sra 'bras	Fr.	5G
10.	'jam 'bras	Fr.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 6, i.e. *sdiḡ srin* should be well dried before pounding. All ingredients, except item nos. 3 and 5, should be made to powders and mixed together. At the end, item nos. 3 and 5 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Kidney and urinary disorders & stone in urinary tract.

Dose : 500 mg., in the morning.

Vehicle : Very hot water.

‡

174. Se 'bru dwaṅs ma gnas 'jog

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	40G
2.	śiṅ tsha	St. Bk.	2.5G
3.	sug smel	Fr.	2.5G
4.	pi pi liṅ	Fr.	5G
5.	gur gum	Fl.	20G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Obstruction to channels of circulation.

Dose : 500 mg., in the morning.

Vehicle : Very hot water.

‡

175. Se 'bru lña pa

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	40G
2.	śiṅ tsha	St. Bk.	2.5G
3.	sug smel	Fr.	2.5G
4.	pi pi liṅ	Fr.	5G
5.	don gra	Fr.	20G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass bottle.

Indications : Indigestion, stomach disorder, phantom tumour, cardiac pain and pain in kidney and lumber region.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

‡

176. Se 'bru pa dma 'dab brgyad

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	40G
2.	śiñ tsha	St. Bk.	5G
3.	sug smel	Fr.	5G
4.	pi pi liñ	Fr.	5G
5.	sga skya	Rt.	5G
6.	gar nag	Exd.	5G
7.	gser me	Fr.	5G
8.	gser mdog	Fr.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Indigestion, stomach disorders; specially in diseases caused by *bad kan*.

Dose : 500 mg. in the morning.

Vehicle : Very hot water.

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177. Se 'bru ñer lña

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	75G
2.	dzā ū	Fr.	10G

S. No.	Drug Name	Parts	Weight
3.	li śi	Fr.	10G
4.	cu gañ	Exd.	10G
5.	gur gum	Fl.	10G
6.	sug smel	Fr.	10G
7.	ka ko la	Fr.	10G
8.	sga skya	Rt.	5G
9.	pi pi liñ	Fr.	5G
10.	pho ba ril	Fr.	5G
11.	rgya tshwa	Mi.	2.5G
12.	rgyam tshwa	Mi.	2.5G
13.	ze tshwa	Mi.	2.5G
14.	mgron thal	An.	5G
15.	ka señ	St. Bk.	5G
16.	śiñ tshwa	St. Bk.	10G
17.	ma nu	Rt.	10G
18.	na le śam	Fr.	10G
19.	kha ru tshwa	Mi.	5G
20.	tig ta	Pl.	5G
21.	a ru ra	Fr.	10G
22.	ba ru ra	Fr.	10G
23.	skyu ru ra	Fr.	5G
24.	hoñ len	Rt.	5G
25.	ru rta	Rt.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item no.s 11, 12, 13 and 19, should be made to powders and mixed together. At the end,

powders of item nos. 11, 12, 13 and 19 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Indigestion & stomach disorders.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

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178. Se 'bru kun phan bde byed

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	se 'bru	Fr.	29G
2.	śiñ tsha	St. Bk.	5G
3.	sug smel	Fr.	5G
4.	pi pi liñ	Fr.	4.5G
5.	gur gum	Fl.	2G
6.	bre ga	Fr.	5.5G
7.	tig ta	Pl.	2.5G
8.	'u su	Fr.	1G
9.	hoñ len	Pl.	1G
10.	ba śa ka	Pl.	2G
11.	brag 'zun	Exd.	2.5G
12.	spañ rtsi	Pl.	2G
13.	skyu ru ra	Fr.	2G
14.	pri yañ ku	Pl.	4G
15.	sdig srin	An.	4G
16.	'bu sug	Pl.	1G
17.	ka ra	Exd.	7G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 11, i.e. *brag 'zun* should be purified according to the procedure prescribed in Appendix-I. Item no. 15, i.e. *sdig srin* should be well dried before pounding. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Indigestion, liver and urinary disorders, phantom tumour and kidney-diseases.

Dose : 500 mg., in the morning.

Vehicle : Very hot water.

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179. Se 'bru ñi dkyil

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	se 'bru	Fr.	80G
2.	lca ba	Rt.	24G
3.	sug smel	Fr.	10G
4.	ñi dga	Fr.	24G
5.	śiñ tsha	St. Bk.	10G
6.	ñe śiñ	Rt.	24G
7.	ba spru	Rt.	24G
8.	pi pi liñ	Fr.	10G
9.	gze ma	Fr.	24G
10.	gur gum	Fl.	20G
11.	sbrañ rtsi	—	Quantity Sufficient

Method of Preparation

This recipe is generally prepared in the form of pills. All ingredients, except item no. 11, should be made to powders and mixed well. To this, item no. 11 should be added in sufficient quantity and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Indigestion, phantom tumour, oedema, anemia, ascites, urinary diseases, diarrhoea and arthritis.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Hot water or alcoholic drinks.

❏

180. So snum

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	gla rtsi	Exd.	10G
2.	siñ kun	Exd.	10G
3.	byi tañ ga	Fr.	10G
4.	sga skya	Rt.	10G
5.	pi pi liñ	Fr.	10G
6.	pho ba ris	Fr.	10G
7.	li si	Fr.	10G

Indications : Tooth-ache; to be kept in a piece of cloth and boiled in ghee and applied externally over affected teeth.

❏

181. Sro ma rta re

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	a ru ra	Fr.	50G
2.	sman chen	Rt.	15G
3.	su dag	Rt.	25G
4.	chu rtsa	Rt.	25G
5.	'jib rtsi	Pl.	25G
6.	gu gul	Exd.	20G
7.	stag ša	Pl.	2.5G
8.	thar nu	Rt.	2.5G
9.	boñ ña dkar po	Rt.	25G
10.	kyi lce dkar po	Fl.	25G
11.	sug smel	Fr.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 6, i.e. *gu gul* should be purified according to the procedure prescribed in Appendix-I. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Influenza, pain in intestines, oedema and epidemic fever.

Dose : 250 mg., morning and afternoon.

Vehicle : Hot water after slightly cooled.

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182. Ser mo ñi su rtsa lña

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	75G
2.	brag'zun	Exd.	10G
3.	sman chen	Rt.	5G
4.	gla rtsi	Exd.	2.5G
5.	gu gul	Exd.	5G
6.	tsan dan dkar po	St.	10G
7.	tsan dan dmar po	St.	10G
8.	cu gañ	Exd.	10G
9.	gur gum	Fl.	10G
10.	ru rta	Rt.	10G
11.	gi vam	Exd.	2.5G
12.	spru ma	Rt.	5G
13.	tshos	Exd.	10G
14.	bitsod	Pl.	10G
15.	dom mkhris	Exd.	2.5G
16.	dp'a bo ser po	Rt.	5G
17.	chu rtsa	Pl.	10G
18.	su dag	Rt.	10G
19.	kyi lce	Fl.	10G
20.	hoñ len	Rt.	10G
21.	ga dur	Rt.	10G
22.	ba sa ka	Pl.	10G
23.	boñ ña ser po	Rt.	10G
24.	ldoñ ros	Mi.	2.5G
25.	nag mtshur	Mi.	5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 2, i.e. *brag'zun*, item no. 5, i.e. *gu gul*, item no. 24, i.e. *ldoñ ros* and item no. 25, i.e. *nag mtshur* should be purified according to the procedures prescribed in Appendix-I. All the ingredients, except item nos. 4, 11 and 15, should be made to powders and mixed together. At the end, water and item nos. 4, 11 and 15 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Hoarseness of voice, poisoning and female diseases.

Dose : Two pills of 250 mg. each, morning and afternoon.

Vehicle : Very hot water.

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183. Ser mo las byed bcu gñis

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	50G
2.	yuñ ba	Fr.	10G
3.	ghi vam	Exd.	5G
4.	gser bye	Fr.	10G
5.	cu gañ	Exd.	10G
6.	gur gum	Fl.	10G
7.	byañ pa dmar po	An.	10G

S. No.	Drug Name	Parts	Weight
8.	mtshal	Mi.	10G
9.	dan da	Fr.	2.5G
10.	dur byid	Rt.	2.5G
11.	khron bu	Rt.	2.5G
12.	smug po sbal rgyab	Mi.	10G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 8, i.e. *mtshal* should be fried over a hot pan before pounding. All ingredients, except item no. 3, should be made to powders and mixed well. At the end, water and item no. 3 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be kept in a clean and dry glass bottle.

Indications : Constipation.

Dose : Two pills of 250 mg. each, in the morning.

Vehicle : Very hot water.



184. Señ ldeñ ñer gsum

S. No.	Drug Name	Parts	Weight
1.	señ ldeñ	St.	25G
2.	a ru ra	Fr.	35G
3.	ba ru ra	Fr.	3.5G

S. No.	Drug Name	Parts	Weight
4.	skyu ru ra	Fr.	5G
5.	skyer šun	St. Bk.	5G
6.	gu gul	Exd.	2.5G
7.	spos dkar	Exd.	2.5G
8.	gla rtsi	Exd.	2.5G
9.	hoñ len	Rt.	35G
10.	kyi lce	Fl.	15G
11.	tsan dan dkar po	St.	3G
12.	tsan dan dmar po	St.	5G
13.	ba le ka	Pl.	5G
14.	ba ša ka	Pl.	5G
15.	gur gum	Fl.	3.5G
16.	cu gañ	Exd.	3.5G
17.	‘zi ra dkar po	Fr.	2.5G
18.	zi ra nag po	Fr.	2.5G
19.	spos dkar	Exd.	5G
20.	thal rdor	Fr.	5G
21.	so ma ra dza	Fr.	5G
22.	brag spos	Pl.	10G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 6, i.e. *gu gul* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item no. 8, should be made to powders and mixed together. At the end, water and item no. 8 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be kept in a clean and dry glass bottle.

Indications : Gout, arthritis and kidney-diseases.

Dose : Two pills of 250 mg. each, morning and evening.

Vehicle : Very hot water.

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185. Sems kyi bde skyid

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	mkhal ma go yu	Fr.	15G
2.	ar nag	St.	7.5G
3.	li ši	Fr.	7.5G
4.	dzā ti	Fr.	7.5G
5.	rtsi bo che	Exd.	7.5G
6.	ru rta	Rt.	7.5G
7.	sñiñ zo ša	Fr.	7.5G
8.	sman chen 'bri tshil ma	Rt.	7.5G
9.	tsa ba gsum	Rt. & Fr.	7.5G
10.	kha ru tshwa	Mi.	7.5G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item no. 10, should be made to powders and mixed together. At the end, the powder of item no. 10 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Diseases caused by *srog rluñ*, mental diseases, sleeplessness, heart diseases & unconsciousness.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

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186. Srog 'dzin bcu gcig

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	a ga ru	St.	50G
2.	dzā ti	Fr.	25G
3.	sñiñ zo ša	Fr.	25G
4.	cu gañ	Exd.	25G
5.	spos dkar	Exd.	10G
6.	ru rta	Rt.	20G
7.	a ru ra	Fr.	25G
8.	nā ga ge sar	Fl.	25G
9.	li ši	Fr.	25G
10.	ša chen	An.	25G
11.	šin kun	Exd.	25G

Indication : Insanity, heart diseases & liver disorders.

Dose : 500 mg., morning and evening.

Vehicle : Very hot water.

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187. Gser than bco brgyad

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	a ru ra	Fr.	25G
2.	ba ru ra	Fr.	25G
3.	skyu ru ra	Fr.	25G
4.	sle tres	Pl.	25G
5.	señ ldeñ	St.	25G
6.	ko byi	Fr.	25G
7.	ar nag	St.	25G
8.	dzā ū	Fr.	5G
9.	tsan dan dmar po	St.	50G
10.	li śi	Fr.	5G
11.	tsher sñon	Pl.	15G
12.	ru ria	Rt.	25G
13.	mdzo mo śiñ	St.	50G
14.	gu gul	Exd.	20G
15.	tshos btsod	Pl.	25G
16.	ma nu	Rt.	25G
17.	kañda ka ri	St.	25G
18.	sga skya	Rt.	5G

Method of Preparation

This recipe is generally prepared in the form of decoction. Item no. 6, *ko byi* and item no. 14, i.e. *gu gul* should be purified and detoxicated according to the procedure prescribed in the Appendix-I. All the ingredients should be made to coarse powders and mixed well. To this, eight times of water should be added, boiled and reduced to one-fourth. The powder should be strained out and the decoction should be stored in a clean and dry glass bottle.

Indications : Filariasis, pain in back and dyspnoea.

Dose : One cup, afternoon.

Vehicle : Hot water after cooled.

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188. Gser rtsi bco brgyad

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ghi vam	Exd.	75G
2.	gur gum	Fl.	25G
3.	utpal	Pl.	25G
4.	ba le ka	Pl.	25G
5.	ru rta	Rt.	25G
6.	ba śa ka	Pl.	25G
7.	gser me	Fr.	25G
8.	brag źun	Exd.	25G
9.	tig ta	Pl.	25G
10.	chu srin sder mo	Pl.	25G
11.	li śi	Fr.	25G
12.	cu gañ	Exd.	25G
13.	rdo dreg	Mi.	25G
14.	li ga dur	Rt.	25G
15.	dom mkhris	Exd.	2.5G
16.	ma nu	Rt.	10G
17.	'u su	Fr.	10G
18.	pi pi lin	Fr.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 8, i.e. *brag zün* should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item nos. 1 and 15, should be made to powders and mixed together. At the end, item nos. 1 and 15 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Diseases of stomach, liver, intestine, tongue & lips, jaundice, pain in back & elephantiasis.

Dose : 500 mg., afternoon.

Vehicle : Hot water after cooled.

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189. Gser mdog lña pa

S. No.	Drug Name	Parts	Weight
1.	gser mdog	Fr.	183G
2.	gser me	Fr.	43G
3.	se'bru	Fr.	30G
4.	brag zün	Exd.	30G
5.	phag brun	Exc.	130G

Indications : Diseases of stomach and intestine, bilious vomiting, diarrhoea, indigestion & jaundice.

Dose : 0.5 G., morning & evening in empty stomach.

Vehicle : Hot water.

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190. Gser mdog bco brgyad

S. No.	Drug Name	Parts	Weight
1.	gser mdog	Fr.	65G
2.	coñ zi	Mi.	15G
3.	brag zün	Exd.	10G
4.	ru rta	Rt.	10G
5.	'u su	Fr.	15G
6.	ma nu	Rt.	10G
7.	star bu	Fr.	10G
8.	rgya tshwa	Mi.	5G
9.	pho ril	Fr.	10G
10.	se 'bru	Fr.	10G
11.	śiñ tsha	St Bk.	10G
12.	pi pi liñ	Fr.	5G
13.	dzā ti	Fr.	10G
14.	li śi	Fr.	5G
15.	cu gañ	Exd.	5G
16.	gur gum	Fl.	10G
17.	sug smel	Fr.	10G
18.	ka ko la	Fr.	10G

Method of Preparation

This recipe is generally prepared in powder form. Ingredient no. 3, i.e. *brag zün* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item no. 8, should be made to powders and mixed together. At the end, item no. 8 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Vomiting and gastritis.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

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191. Gser mdog bcu gcig

S. No.	Drug Name	Parts	Weight
1.	a ru gser mdog	Fr.	100G
2.	gar nag	Exc.	80G
3.	se 'bru	Fr.	20G
4.	brag 'zun	Exd.	30G
5.	gla risi	Exd.	20G
6.	boñ dkar	Pl.	60G
7.	gser me	Fr.	40G
8.	par pa ta	Pl.	60G
9.	byi tañ ga	Fr.	70G
10.	'dzin pa	Lf.	50G
11.	se ba'i me tog	Fl.	100G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 4, i.e. *brag 'zun* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item no. 5, should be made to powders. To this, adequate quantity of the powder of sugar should be added. At the end, water and item no. 5 should be added and well triturated till a fine paste is formed. From out of this, pills of

250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass jar.

Indications : Headache, diseases of stomach and intestine, vomiting, diarrhoea, phantom tumour, cholecystitis, stone in gall bladder, stone in urinary bladder, jaundice.

Dose : 500 mg., morning and mid-day in empty stomach.

Vehicle : Hot water after slightly cooled.

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192. Gsal byed drañ sroñ drug sbyor

S. No.	Drug Name	Parts	Weight
1.	tsan dan dmar po	St.	100G
2.	gur gum	Fl.	100G
3.	a ru gser mdog	Fr.	100G
4.	li ši	Fr.	50G
5.	rgya tshwa	Mi.	25G
6.	sman chen	Rt.	25G

Method of Preparation

This recipe is generally prepared in the form of pills. All ingredients, except item no. 5, should be made to powders and mixed together. To this, water and item no. 5 should be added and well triturated till a fine paste is formed. From out of this, elongated pills should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Eye-diseases.

Mode of

administration: To be rubbed over a stone by adding water and the paste is to be applied externally over the conjunctiva as collyrium.

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193. Gsal byed a va bco lña

S. No.	Drug Name	Parts	Weight
1.	coñ' zi	Mi.	50G
2.	cu gañ	Exd.	20G
3.	gur gum	Fl.	20G
4.	li ši	Fr.	20G
5.	upal	Pl.	25G
6.	a ru ra	Fr.	25G
7.	ba ru ra	Fr.	25G
8.	skyu ru ra	Fr.	25G
9.	go sñod	Fr.	25G
10.	siñ mñar	St.	25G
11.	brag' zun	Exd.	15G
12.	sbrul gyi sa	An.	15G
13.	lcags phye	Mi.	40G
14.	rdo a va	Mi.	50G
15.	rtsa a va	Pl.	100G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 11, i.e. *brag' zun* should be purified and item no.

13, i.e. *lcags phye* should be prepared according to the procedure prescribed in Appendix-I. All ingredients should be made to powders and mixed well. By adding water, this should be well triturated to make a fine paste. From out of this, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Eye-diseases.

Dose : Two pills of 250 mg. each, in the morning.

Vehicle : Very hot water.

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194. Gsal byed spos reñs chuñ ba

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	16G
2.	gur gum	Fl.	3G
3.	ghi vaṃ	Exd.	7G
4.	li ši	Fr.	2G
5.	dbañ lag	Rt.	9G
6.	ha šiḡ	Mi.	5G
7.	mduñ rise	Mi.	14G
8.	dom khriś	Exd.	4G
9.	lcog la	Mi.	6G
10.	rgya thal	Mi.	1G
11.	yuñ ba	Fr.	34G

Method of Preparation

This recipe is generally prepared in the form of pills. All

ingredients, except item nos. 3 & 8, should be made to powders and mixed together. To this, water and item nos. 3 and 8 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Eye-diseases.

Mode of

administration: To be diluted in water and dropped into eyes.

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195. Bse ru ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	bse ru	An.	150G
2.	dzā ū	Fr.	50G
3.	li śi	Fr.	50G
4.	cu gañ	Exd.	50G
5.	gur gum	Fl.	50G
6.	sug smel	Fr.	50G
7.	ka ko la	Fr.	50G
8.	ga dur	Rt.	50G
9.	ba le ka	Pl.	50G
10.	śiñ mñar	St.	50G
11.	rgun 'brum	Fr.	50G
12.	ga dor	An.	50G
13.	tsan dan dkar po	St.	50G
14.	tsan dan dmar po	St.	50G
15.	utpal	Pl.	50G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
16.	dom mkhris	Exd.	25G
17.	ghi vaṃ	Exd.	25G
18.	ba śa ka	Pl.	50G
19.	star bu	Fr.	25G
20.	spos dkar	Exd.	25G
21.	so ma ra dza	Fr.	25G
22.	zi ra dkar po	Fr.	25G
23.	zi ra nag po	Fr.	25G
24.	zañs thal	Mi.	50G
25.	mgron thal	An.	50G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 11, i.e. *rgun 'brum* should be dried well before pounding. Item no. 24, i.e. *zañs thal* and item no. 25, i.e. *mgron thal* should be prepared according to the procedure prescribed in Appendix-I. All ingredients, except item nos. 16 and 17, should be made to powders and mixed together. To this, water and item nos. 16 and 17 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Lung-diseases & rheumatism.

Dose : Two pills of 250 mg. each, in the evening.

Vehicle : Hot milk or hot water.

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196. Bsam 'phel nor bu

S. No.	Drug Name	Parts	Weight
1.	cu gañ	Exd.	1G
2.	gur gum	Fl.	3.5G
3.	li śi	Fr.	3.5G
4.	dzā ti	Fr.	6G
5.	sug smel	Fr.	3.5G
6.	ka ko la	Fr.	1G
7.	tsan dan dkar po	St.	3G
8.	tsan dan dmar po	St.	40G
9.	a gar nag	St.	3G
10.	gla rtsi	Exd.	3G
11.	ghi vaṃ	Exd.	5G
12.	mu tig	An.	10G
13.	bse ru	An.	5G
14.	a ru ra	Fr.	3.5G
15.	ba ru ra	Fr.	3.5G
16.	skyu ru ra	Fr.	5G
17.	zi ra dkar	Fr.	3.5G
18.	zi ra nag	Fr.	3.5G
19.	pi pi liñ	Fr.	3.5G
20.	sga dmar	Rt.	3.5G
21.	śiñ tshwa	St. Bk.	2.5G
22.	spos dkar	Exd.	4G
23.	thal rdor	Fr.	4G
24.	so ma ra dza	Fr.	4G
25.	ma nu	Rt.	2G
26.	ru rta	Rt.	2G

S. No.	Drug Name	Parts	Weight
27.	śiñ mñar	St.	4G
28.	sa 'dzin	Pl.	4G
29.	gsar bye	Fr.	3.5G
30.	sdig pa	An.	3.5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 12, i.e. *mu tig* should be made to the powder as per the method prescribed in Appendix-I. Item no. 30, i.e. *sdig pa* should be dried well before pounding. All ingredients, except item nos. 10 and 11, should be made to powders and mixed together. To this, water and item nos. 10 and 11 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Gout, arthritis, leprosy and kidney-diseases.

Dose : Two pills of 250 mg. each, in the morning.

Vehicle : Very hot water.

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197. A gar so lña

S. No.	Drug Name	Parts	Weight
1.	ar nag	St.	20G
2.	ar skya	St.	20G
3.	a gar go sñod	St.	12.5G

S. No.	Drug Name	Parts	Weight
4.	tsa nda dkar	St.	17.5G
5.	dmar	St.	25G
6.	dzā ti	Fr.	5G
7.	li ši	Fr.	5G
8.	cu gañ	Exd.	35G
9.	gur gum	Fl.	15G
10.	sug smel	Fr.	15G
11.	ka ko la	Fr.	15G
12.	a ru	Fr.	15G
13.	ba ru	Fr.	17.5G
14.	skyu ru	Fr.	20G
15.	sle tres	Pl.	35G
16.	sga skya	Rt.	7.5G
17.	ka n̄a ka ri	St.	15.5G
18.	ma nu	Rt.	22.5G
19.	ba ša ka	Pl.	12.5G
20.	tig ta	Pl.	15G
21.	hoñ len	Rt.	17.5G
22.	spos dkar	Exd.	17.5G
23.	gu gul	Exd.	17.5G
24.	gla risi	Exd.	5G
25.	ko byi la	Fr.	17.5G
26.	na ga ge sar	Fl.	12.5G
27.	ru rta	Rt.	12.5G
28.	a byag	Pl.	22.5G
29.	ser po gzer 'joms	Pl.	22.5G
30.	ša chen	An.	7.5G

S. No.	Drug Name	Parts	Weight
31.	'dzin pa	Lf.	25G
32.	tsher sñon	Pl.	22.5G
33.	sñiñ zo	Fr.	17.5G
34.	se 'bru	Fr.	10G
35.	sro lo	Pl.	15G

Indications : Chronic fever, dry cough, arthritis & heart disease.

Dose : 500mg. morning & evening in empty stomach.

Vehicle : Hot water after slightly cooled.

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198. A gar bco lña

S. No.	Drug Name	Parts	Weight
1.	a ga ru <i>agallacha</i>	St.	50G
2.	sñiñ zo ša <i>canavalia</i>	Fr.	20G
3.	tsan dan dkar po	St.	20G
4.	tsan dan dmar po	St.	30G
5.	dzā ti	Fr.	10G
6.	cu gañ	Exd.	20G
7.	gur gum	Fl.	20G
8.	sro lo dkar	Rt.	20G
9.	a ru ra	Fr.	30G
10.	ba ru ra	Fr.	30G

S. No.	Drug Name	Parts	Weight
11.	skyu ru ra	Fr.	30G
12.	ma nu	Rt.	30G
13.	sle tres	Pl.	30G
14.	ka ko la	Fr.	60G
15.	sga skya	Rt.	10G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Pain in chest and back; and diseases caused by *khrag rluñ*.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

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199. A gar ñi su

S. No.	Drug Name	Parts	Weight
1.	a ga ru <i>Aquilaria agallocha</i>	St.	15G
2.	dzā ū <i>myristica fragran</i>	Fr.	25G
3.	sñiñ zo sa <i>canavalia gladiata</i>	Fr.	25G
4.	cu gañ <i>Bambusa</i>	Exd.	25G
5.	spos dkar	Exd.	10G
6.	ru rta <i>Saussurea lappa</i>	Rt.	20G

S. No.	Drug Name	Parts	Weight
7.	a ru ra <i>Huix TAKI</i>	Fr.	25G
8.	nā ga ge sar	Fl.	25G
9.	tsan dan dmar po	St.	5G
10.	ghi vam	Exd.	5G
11.	li ši	Fr.	5G
12.	bse yab	Fr.	5G
13.	gur gum	Fl.	5G
14.	ma nu	Rt.	5G
15.	bse ru	An.	5G
16.	ña physis <i>sea shell</i>	An.	5G
17.	ko byi <i>kok Umicu</i>	Fr.	5G
18.	ri boñ sñiñ	An.	5G
19.	sa 'dzin	Pl.	5G
20.	skyu ru ra	Fr.	5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item nos. 16, i.e. *ña physis* and 17, i.e. *ko byi* should be processed according to the procedure prescribed in Appendix-I. All ingredients, except item nos. 10 and 16, should be made to powders and mixed together. To this, water and item nos. 10 and 16 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass bottle.

Indications : Paralysis, insanity, stiffness of hands & legs and trembling.

Dose : Two pills of 250 mg. each, in the evening.

Vehicle : Very hot water.

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200. A gar bgyad pa

S. No.	Drug Name	Parts	Weight
1.	a ga ru	St.	50G
2.	dzā ü	Fr.	25G
3.	sñiñ zo sa	Fr.	25G
4.	cu gañ	Exd.	25G
5.	spos dkar	Exd.	10G
6.	ru rta	Rt.	20G
7.	a ru ra	Fr.	20G
8.	nā gā ge sar	Fl.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. All the ingredients should be made to powders and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Heart diseases, insanity and pain in breast and liver.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

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201. A bhi drug sbyor

S. No.	Drug Name	Parts	Weight
1.	ñiñ mñar glycyrrhiza glabra	St.	50G
2.	'u su coriander sativum	Fr.	50G

S. No.	Drug Name	Parts	Weight
3.	lcam pa palbergia lanceolata	Fr.	50G
4.	srad dkar ?	Pl.	50G
5.	skyu ru ra Emblica officinalis	Fr.	250G
6.	glañ sna ?	Fl.	25G

Method of Preparation

This recipe is generally prepared in the form of decoction. All the ingredients should be made to coarse powders. This should be added with eight times of water, boiled and reduced to one-fourth. The powder should be strained out and the decoction should be stored in a clean and dry glass bottle.

Indications : Urinary diseases & enlargement of prostate.

Dose : One cup of decoction in the afternoon and evening.

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202. A ru bcu pa

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	25G
2.	gur gum	Fl.	10G
3.	sug smel	Fr.	10G
4.	brag zun	Exd.	10G
5.	tig ta	Pl.	10G
6.	mkhal ma zo sa	Fr.	10G

S. No.	Drug Name	Parts	Weight
7.	señ khrom	Lf.	10G
8.	btsod	Pl.	10G
9.	rgya skyegs	Exd.	10G
10.	sug tsher can	Lf.	10G

Method of Preparation

This recipe is generally prepared in powder form. Item no. 4, i.e. *brag źun* should be purified according to the procedure prescribed in Appendix-I. All the ingredients should be made to powders and mixed together. This should be stored in a clean and dry glass jar well corked.

Indications : Kidney-diseases, dysuria and pain in pelvic region.

Dose : 500 mg., in the morning.

Vehicle : Very hot water.

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203. A ru bco brgyad

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	25G
2.	gur gum	Fl.	10G
3.	sug smel	Fr.	10G
4.	brag źun	Exd.	10G
5.	tig ta	Pl.	10G
6.	mkhal ma źo sa	Fr.	10G

S. No.	Drug Name	Parts	Weight
7.	señ khrom	Lf.	10G
8.	btsod	Pl.	10G
9.	rgya skyegs	Exd.	10G
10.	sug tsher can	Lf.	10G
11.	a 'bras	Fr.	10G
12.	sra 'bras	Fr.	10G
13.	'jam 'bras	Fr.	10G
14.	gser bye	Fr.	10G
15.	ka ka ru	An.	10G
16.	a rdza ka	Fr.	10G
17.	gla rtsi	Exd.	2.5G
18.	sman chen	Rt.	10G

Method of Preparation

This recipe is generally prepared in powder form. Item no. 4, i.e. *brag źun* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item no. 17, should be made to powders and mixed together. At the end, the powder of item no. 17 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Kidney-diseases, pain in joints and fever.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

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204. A ru ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	a ru gser mdog	Fr.	50G
2.	dzā ū	Fr.	10G
3.	li śi	Fr.	10G
4.	cu gañ	Exd.	10G
5.	gur gum	Fl.	10G
6.	sug smel	Fr.	10G
7.	ka ko la	Fr.	10G
8.	a ru ra	Fr.	10G
9.	ba ru ra	Fr.	10G
10.	skyu ru ra	Fr.	10G
11.	bse ru	An.	5G
12.	ghi vañ	Exd.	5G
13.	pi pi liñ	Fr.	5G
14.	ru rta	Rt.	5G
15.	rgya skyegs	Exd.	10G
16.	zi ra dkar po	Fr.	10G
17.	zi ra nag po	Fr.	10G
18.	śin mñar	St.	10G
19.	sa 'dzin	Pl.	10G
20.	gser bye	Fr.	10G
21.	śin tsha	St. Bk.	10G
22.	sdig srin	An.	5G
23.	mkhal ma 'ó śa	Fr.	10G
24.	brag 'zun	Exd.	10G
25.	tsan dan dmar po	St.	10G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 24, i.e. *brag 'zun* should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item no. 12, should be made to powders and mixed well together. To this, water and item no. 12 should be added and well triturated till a fine paste is formed. From out of this, pills of 250 mg. each should be prepared and dried in the shade. These pills should be stored in a clean and dry glass jar well corked.

Indications : Paralysis, kidney-diseases & blood diseases.

Dose : Two pills of 250 mg. each, in the morning and evening.

Vehicle : Very hot water.

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205. Ug chos lña pa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ug chos	Fr.	25G
2.	gla rtsi	Exd.	15G
3.	la phug	Rt.	15G
4.	ru rta	Rt.	15G
5.	sgog gcig	Rt.	20G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item no. 2, should be made to powders and mixed together. To this, item no. 2 and some asafoetida should be added and stored.

Indications : Earache, sound in ears, otitis and deafness.

Mode of

Administration : 500 mg. of this powder should be boiled with 20 ml. of butter. After it is fully cooked, the powder should be strained out. The medicated butter, while slightly warm should be dropped into the ears.



Appendix-I

(Methods of Purification, Calcination, etc.)

Bi ṣa (Vatsanābha) , Btsan dug (a type of Vatsanābha)

Aconite

Method of Purification

Bi ṣa (vatsanābha) is a strong poisonous drug. Before using in medicine, it should be purified properly. For this purpose, its root should be washed with warm water to clean external impurities like mud and sand. Then, it should be cut into small pieces of the size of peas and soaked in cow's urine for seven days. The cow's urine should be replaced by fresh urine every day and the container should be kept exposed to sun rays daily during the day time. After seven day's soaking, the drug should be again washed with warm water. The outer bark of these pieces should be removed and dried in the sun.

To ensure its proper processing, the physician should place a small piece of this purified aconite over his tongue. If the drug is absolutely free from toxicity, then there will be no tingling sensation and numbness of the tongue. If there is tingling sensation or numbness in the tongue, then the drug should be processed again in cow's urine as mentioned above.