

143, 144, 149, 152, 153, 156,
157, 158, 167, 162, 164, 167,
170, 172, 177, 179, 182, 183,
184, 191, 192, 193, 194, 195,
196, 197, 199, 204

4. Medicated butter 119

5. Solid extract 130, 132

1. Kun byed rgyal po

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	gañs thig	Mi.	6.5G
2.	sbal rgyab pho mo 'dres pa	Mi.	5G
3.	mdud rtse dkar smug	Mi.	5G
4.	coñ źi	Mi.	15G
5.	mtshal	Mi.	5G
6.	gser rdo	Mi.	5G
7.	dñul rdo	Mi.	5G
8.	rdo rgyus	Mi.	5G
9.	mthiñ rgyus	Mi.	5G
10.	khab len	Mi.	5G
11.	'brug rus	An.	5G
12.	a va	Pl.	7.5G
13.	ña phyis	An.	5G
14.	duñ	An.	5G
15.	gur gum	Fl.	5G
16.	mi mkhris	An.	5G
17.	dom mkhris	Exd.	5G
18.	a bhi ša	Pl.	10G
19.	cu gañ	Exd.	5G
20.	tsher sñon	Pl.	5G

S. No.	Drug Name	Parts	Weight
21.	ha'u pa ba	Pl.	5G
22.	sa 'dzin	Pl.	5G
23.	dar ya kan	Pl.	5G
24.	'bu su hañ	Pl.	5G
25.	tsha la	Mi.	5G

Indications : Ulcers and wounds in skin, tendons, nerves, vessels, skul, brain etc.; heals broken bones.

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

Vehicle : Hot water.



2. Ko byi bcu gsum

S. No.	Drug Name	Parts	Weight
1.	ko byi	Fr.	50G
2.	ma nu	Rt.	30G
3.	sle tres	Pl.	30G
4.	ka ko la	Fr.	20G
5.	sga skya	Rt.	5G
6.	a ru ra	Fr.	30G
7.	ar nag	St.	30G
8.	dzā ti	Fr.	10G
9.	ru rta	Rt.	10G
10.	sñiñ'zō ša	Fr.	10G
11.	gu gul	Exd.	5G

S. No.	Drug Name	Parts	Weight
12.	tsher sñon	Pl.	20G
13.	btsod	Pl.	Quantity sufficient

Method of Preparation

This recipe is prepared in the form of a powder. *Ko byi* is a poisonous drug. It should be purified and detoxicated according to the method prescribed in Appendix-I, and then made to a powder. Similarly, *gu gul* which is a gum resin should be purified and made to a powder. Powders of ingredients at nos. 1-12 should be mixed together and impregnated with the juice of the ingredient at no. 13. This should then be triturated and dried. Thereafter, the powder should be stored in a clean glass bottle.

Indications : Arthritis of upper and lower joints.

Dose : 0.5gm., morning and evening in empty stomach.

Vehicle : Hot water after slightly cooled.



3. Klu bdud bco brgyad

S. No.	Drug Name	Parts	Weight
1.	klu bdud	Pl.	150G
2.	bi ša	Rt.	300G
3.	thal rdor	Fr.	80G
4.	stoñ zil	Pl.	10G
5.	brag'zun	Exd.	10G

S. No.	Drug Name	Parts	Weight
6.	śu dag	Rt.	20G
7.	sle tres	Pl.	70G
8.	a ru ra	Fr.	7G
9.	dbaṅ lag	Rt.	7G
10.	ba ru ra	Fr.	8G
11.	spos dkar	Exd.	70G
12.	gla rtsi	Exd.	5G
13.	so ra	Fr.	70G
14.	gu gul	Exd.	50G
15.	seṅ ldeṅ	St.	60G
16.	ba śa ka	Pl.	60G
17.	skyu ru ra	Fr.	60G
18.	ru rta	Rt.	70G

Method of Preparation

This recipe is generally prepared in the form of pills. *Bi śa* is a poisonous drug. Before using in the recipe, it should be properly purified and detoxicated according to the procedure described in Appendix-I. Similarly, *gu gul* should be purified and made to a powder. Powder of all the ingredients, except ingredient no. 12, should be mixed together and triturated by adding water. At the end, item no. 12 should be triturated well with a small quantity of water, and this should be added to the paste of other drugs. The whole thing should then be triturated to make the paste very thin. From out of this, pills of 200 mg. each should be prepared and dried in the shade before storing in corked and clean bottle.

Indications : Obstinate skin diseases including leprosy, joint pain & chronic rhinitis.

Dose : One pill of 200 mg., in the evening.

Vehicle : Hot water after slightly cooled.

■

4. Skad 'gags a ru bdun pa

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	100G
2.	cu gaṅ	Exd.	50G
3.	śiṅ mṅar	St.	50G
4.	spaṅ rgyan dkar po	Pl.	50G
5.	sro lo	Pl.	50G
6.	sug smel	Fr.	50G
7.	li śi	Fr.	50G

Method of Preparation

This is generally used in the form of pills. All the ingredients are triturated by adding water till the whole thing becomes a fine paste. Out of this, pills of 250 mg. each are prepared. These are to be dried and stored in a clean glass bottle.

Indications : Seven types of throat diseases involving voice (hoarseness).

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

Vehicle : Hot water after slightly cooled.

5. Skad sman 'dzam gliñ 'brug sgra

S. No.	Drug Name	Parts	Weight
1.	ghi vaṃ	Exd.	25G
2.	gur gum	Fl.	50G
3.	cu gañ	Exd.	25G
4.	li śi	Fr.	50G
5.	sug smel	Fr.	25G
6.	śiñ mñar	St.	50G
7.	sro lo	Pl.	25G
8.	a ru gser mdog	Fr.	50G
9.	coñ ŷi	Mi.	25G
10.	ru rta	Rt.	25G
11.	star bu	Fr.	25G

Method of Preparation

This is generally used in the form of pills. All the ingredients are taken in powder form, triturated by adding water till the whole thing is reduced to the form of a fine paste. From out of this paste, pills of 250 mg. each should be prepared, dried & kept in a clean and dry glass bottle.

Indications : Promotion of voice.

Dose : Two pills 250 mg. each in the morning for 3 months.

Vehicle : Hot water.

6. Skyu ru ñer lña

S. No.	Drug Name	Parts	Weight
1.	skyu ru ra	Fr.	200G
2.	ba śa ka	Pl.	100G
3.	ba le ka	Pl.	50G
4.	pri yañ ku	Pl.	50G
5.	'u su	Fr.	100G
6.	hoñ len	Pl.	50G
7.	brag ŷun	Exd.	25G
8.	utpal sñon po	Pl.	25G
9.	spañ rtsi	Pl.	50G
10.	gur gum	Fl.	50G
11.	ghi vaṃ	Exd.	25G
12.	tša nda dmar po	St.	50G
13.	btsod	Pl.	50G
14.	tshos	Exd.	50G
15.	spu śel	Pl.	15G
16.	'bri mog	Rt.	25G
17.	li ga dur	Rt.	50G
18.	tig ta	Pl.	25G
19.	a bar	Fr.	50G
20.	gser gyi me tog	Fr.	2.5G
21.	ru rta	Rt.	25G
22.	ma nu	Rt.	25G
23.	ka ṇṭa ka ri	St.	25G
24.	sle tres	Pl.	50G
25.	star bu	Fr.	25G

Method of Preparation

This is generally used in the form of pills. Item no. 7, namely *brag zun* should be purified to remove extraneous material according to the procedure described in Appendix-I. Powder of all the ingredients should be added with water and sugar in the required quantity and triturated to a fine paste form. From out of this, pills of 250 mg. each should be prepared, dried and stored in a clean and dry bottle.

Indications : Blood diseases; should be used 7 days before blood-letting; purifies blood.

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

Vehicle : Hot water after slightly cooled.

**7. Skyer śun brgyad pa**

S. No.	Drug Name	Parts	Weight
1.	skyer śun	St. Bk.	100G
2.	pi pi liñ	Fr.	40G
3.	skyu ru ra	Fr.	25G
4.	śin mñar	St.	40G
5.	gla rtsi	Exd.	40G
6.	kha che gur gum	Fl.	25G
7.	dom mkhris	Exd.	75G
8.	rgya snag	Mi.	75G

Method of Preparation

This recipe is generally used in the form of powder. Powders of item nos. 1 to 4, 6 & 8 should be prepared in the beginning. To this, the powders of item nos. 5 and 6 should be added and mixed well. This powder should be stored in an airtight & clean glass container.

Indications : Dysuria and obstinate urinary diseases.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.

**8. Skran 'joms zla bsil**

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	50G
2.	tig ta	Pl.	25G
3.	gser me tog	Fr.	25G
4.	ru rta	Rt.	50G
5.	brag śun	Exd.	25G
6.	a ru ra	Fr.	50G
7.	hoñ len	Rt.	25G
8.	se 'bru	Fr.	50G

Method of Preparation

This recipe is generally used in the form of powder. Item no. 5, i.e. *brag śun* should be purified to remove extraneous material and made to a powder. This should then be added to the powders of the remaining drugs and mixed well. To make this recipe specifically useful for different ailments, drugs described in the note below should be added. The powder should be stored in an airtight and clean glass container.

Indications : All types of phantom tumour.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.

Note

1. If the phantom tumour is caused by *mkhris pa* then *phag brun* should be added to the recipe.

2. If the phantom tumour is caused by *tsha*, then *coñ zi* and cowri shell in *thal sman* form should be added.
3. If the phantom tumour is caused by *khrag*, then *star bu mdze tshwa* should be added to the recipe.



9. Dkar po drug

S. No.	Drug Name	Parts	Weight
1.	byañ gi bul tog rñiñ pa	Mi.	150G
2.	coñ zi	Mi	50G
3.	bya rgod thal ba	Exc.	25G
4.	ma nu	Rt.	12G
5.	tsha la	Mi.	12G
6.	sga skya	Rt.	12G
7.	rgyam tshwa	Mi.	25G

Indications : Stomach disorders including chronic indigestion; eye- diseases including leucoma; and burning sensation in the abdomen.

Dose : One tablet of 500 mg., only once in the morning.

Vehicle : Very hot water.



10. Khyi smyon sruñ ba

S. No.	Drug Name	Parts	Weight
1.	mu zi	Mi.	25G
2.	gla ba	Exd.	25G
3.	śu dag	Rt.	25G
4.	bo ña nag	Rt.	25G

S. No.	Drug Name	Parts	Weight
5.	ldoñ ros	Mi.	25G
6.	rta bon	Exc.	25G
7.	gu gul	Exd.	25G

Method of Preparation

This is generally used in the form of a powder. Some poisonous drugs like *mu zi* are included in this recipe. Purification and detoxication of these drugs are not necessary because these are required to be used externally.

Indications : Mad dog-bite; to be used over the body (as dusting powder), as inhalation and as a talisman. It works also as a preventive of rabies.



11. Khyuñ lña tshad ldan

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	20G
2.	ru rta	Rt.	5G
3.	śu dag	Rt.	3G
4.	btsan dug	Rt.	10G
5.	gla rtsi	Exd.	1.5G

Method of Preparation

This recipe is generally used in the form of pills. Item no. 4 is exceedingly poisonous. Therefore, it should be used only after purification and detoxication as prescribed in Appendix-I. Powder of item nos. 1 to 4 should be mixed together. To this, item no. 5, i.e. *gla rtsi* should be added and mixed well. This powder should be added with water

and triturated till it becomes a fine paste. From out of this, pills of 25 mg. each should be prepared. These pills should be dried in shade and stored in a clean glass bottle.

Indications : Obstinate skin diseases including leprosy; stiffness and inflammation of neck, rheumatic arthritis, abscess & carbuncles.

Dose : Five pills of 25 mg. each, in the evening.

Vehicle : Hot water after slightly cooled. Alcohols is strictly prohibited.



12. Khyuñ chen ñer lña

S. No.	Drug Name	Parts	Weight
1.	sman chen	Rt.	5G
2.	gla rtsi	Exd.	1.5G
3.	ru rta	Rt.	5G
4.	śu dag	Rt.	5G
5.	a ru ra	Fr.	5G
6.	chu rtsa	Rt.	5G
7.	thar nu	Rt.	1.5G
8.	khron bu	An.	1.5G
9.	dur byid	Rt.	1.5G
10.	dan rog	Fr.	1.5G
11.	sdig pa	An.	1.5G
12.	rgya skyegs	Exd.	25G
13.	dom mkhris	Rt.	1.5G
14.	Spañ spos	Rt.	25G
15.	śiñ kun	St.	5G
16.	ghi vam	Exd.	1.5G
17.	tsan dan dkar po	St.	25G
18.	tsandan dmar po	St.	25G
19.	mtshal dkar	Mi.	25G

S. No.	Drug Name	Parts	Weight
20.	rgya tshwa	Mi.	1G
21.	dzā ti	Fr.	25G
22.	śa chen	An.	1G
23.	ba śa ka	Pl.	25G
24.	'dzin pa nag po	Lf.	1.5G
25.	gu gul	Exd.	1.5G

Method of Preparation

Powder to be impregnated and triturated with the urine of eight year old boy and tablets made out of it.

Indication : Obstinate skin diseases including leprosy; affictions by evil spirits, carbuncle, stiffness and inflammation of throat, bacterial infections.

Dose : One tablet of 50 mg. in the evening.

Vehicle : Hot water slightly cooled.



13. Khrag rluñ dud pa

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	50G
2.	ba śa ka	Pl.	50G
3.	tsan dan dkar po	St.	50G
4.	tsan dan dmar po	St.	50G
5.	gu gul	Exd.	25G
6.	'ug pa lag pa	Pl.	25G
7.	gzer 'joms	Pl.	25G
8.	ar nag	St.	2.5G
9.	gla rtsi	Exd.	in small quantity

Method of Preparation

This is generally used in the form of powder. Item no. 5 i.e. *gu gul* should be purified, before adding, according to the procedure prescribed in Appendix-I. After that, powders of item nos. 1-8 are mixed together, small quantity of *gla rtsi* either in powder form or diluted in small quantity of water should be added and mixed well. The recipe should then be dried well in shade (to get the moisture content of it evaporated) and kept in a clean and dry glass container.

Indications : Diseases of blood & abdomen.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

Note:

If the patient has heat in excess, then *ko byi la*, after removing the skin & purifying, should be added to this recipe in the quantity of 2.5 g. in powder form.

**14. Mkha' 'gro bcu'i sbyor ba**

S. No.	Drug Name	Parts	Weight
1.	coñ 'zi	Mi.	50G
2.	gser mdog	Fr.	25G
3.	siñ mñar	St.	25G
4.	brag 'zun	Exd.	25G
5.	sga skya	Rt.	25G
6.	se 'bru	Fr.	25G
7.	sug smel	Fr.	25G

S. No.	Drug Name	Parts	Weight
8.	pi pi liñ	Fr.	20G
9.	byi tañ ga	Fr.	20G
10.	rgyam tshwa	Mi.	10G

Method of Preparation

This recipe is generally used in the form of powder. Item no. 4, i.e. *brag 'zun* is to be purified according to the procedure prescribed in Appendix-I before use. First of all, the powders of item nos. 1 to 3 and 5 to 9 should be mixed. Thereafter, the powder of item no. 5 should be added. At the end, item no. 10, i.e. *rgyam tshwa* should be made to a powder, added and mixed well. To this, the powder of white sugar in required quantity should be added. Sugar may otherwise be used as a vehicle.

Item no. 10, being a salt, is hygroscopic. Therefore, the recipe should be dried well and stored in a clean and dry glass jar well corked.

Indications : Diseases of the throat.

Dose : 500 mg., morning & evening.

Vehicle : Warm water or honey.

**15. Mkhris pa spyi sman**

S. No.	Drug Name	Parts	Weight
1.	tig ta	Pl.	50G
2.	gser gyi me tog	Fr.	25G

‡ 16 ‡

S. No.	Drug Name	Parts	Weight
3.	dug mo ñuñ	Fr.	25G
4.	boñ dkar	Pl.	25G
5.	rtsa mkhris	Pl.	25G
6.	gy'a kyi ma	Pl.	25G
7.	kyi lce	Fl.	25G
8.	skyer pa	St. Bk.	25G

Method of Preparation

This recipe is generally used in the form of powder. Powders of all items should be mixed well, dried and stored in a clean and dry glass bottle.

Indications : All diseases caused by *mkhris pa*.

Dose : 500 mg., morning and noon time.

Vehicle : Hot water after slightly cooled.



16. Mkhris las rnam rgyal

S. No.	Drug Name	Parts	Weight
1.	se ba'i me tog	Fl.	100G
2.	gser me	Fl.	100G
3.	a ru gser mdog	Fr.	100G

Method of Preparation

This recipe is generally used in the form of a powder. The recipe should be stored in a clean and dry glass jar.

‡ 17 ‡

Indications : All diseases caused by *mkhris pa*.

Dose : 500 mg., morning and evening.

Vehicle : Hot water after slightly cooled.



17. 'Khrugs glo kun sel

S. No.	Drug Name	Parts	Weight
1.	span rtsi	Pl.	15G
2.	ba le ka	Pl.	4G
3.	a ru ra	Fr.	6G
4.	ba ru ra	Fr.	6.5G
5.	skyu ru ra	Fr.	8G
6.	ma nu	Rt.	6.5G
7.	ru rta	Rt.	6.5G
8.	cu gañ	Exd.	7G
9.	sro lo dkar po	Pl.	5G
10.	ga dur	Rt.	10.5G
11.	tshos	Exd.	2.5G
12.	btsod	Pl.	2G
13.	'bri mog	Rt.	3.5G

Method of Preparation

This is generally used in the form of powder and should be stored in a clean and dry glass jar.

Indications : All types of bronchitis.

Dose : 500 mg., at night.

Vehicle : Hot water slightly cooled or honey.



18. Gag pa 'joms gsod

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	kyi lce	Fl.	25G
2.	span rgyan	Fl.	25G
3.	span rtsi	Rt.	25G
4.	mgron thal	An.	15G
5.	big span	Rt.	15G
6.	li ši	Fr.	25G

Indications : Torticollis, stiffness and inflammation of throat.

Dose : One tablet of 500 mg., at night.

Vehicle : Hot water.



19. Ga bur bcu bži

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ga bur	Exd.	100G
2.	dzā ti	Fr.	25G
3.	li ši	Fr.	25G
4.	cu gañ	Exd.	25G
5.	gur gum	Fl.	25G
6.	sug smel	Fr.	25G
7.	ka ko la	Fr.	25G
8.	tsan dan dkar po	St.	25G
9.	bse ru	An.	15G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
10.	utpal	Pl.	25G
11.	a gar	St.	25G
12.	gla rtsi	Exd.	10G
13.	tig ta	Pl.	25G
14.	li ga dur	Rt.	15G

Method of Preparation

This is generally used in the form of pills. Powders of all ingredients, except item nos. 1 and 12, should be mixed well and triturated by adding small quantity of sugar and water. After the recipe is reduced to a fine paste form, item nos. 1 and 12 should be added and further triturated. 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, and properly corked.

Indications : All types of fever including malaria, meningitis, delirium, fainting and malaise.

Dose : Two pills of 250 mg. each, twice daily, during noon time and at night.

Vehicle : Hot water after slightly cooled.



20. Ga bur ñi šu rtsa lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ga bur	Exd.	3G
2.	cu gañ	Exd.	10G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
3.	kha che gur gum	Fl.	3.5G
4.	li ši	Fr.	4G
5.	dzā ti	Fr.	6G
6.	sug smel	Fr.	8.5G
7.	ka ko la	Fr.	8.5G
8.	a ga ru	St.	5G
9.	tsan dan dkar po	St.	9G
10.	tsan dan dmar po	St.	6.5G
11.	utpal	Fl.	5.5G
12.	pad ma ge sar	Fl.	11G
13.	na ga ge sar	Fl.	11G
14.	ru rta	Rt.	9G
15.	zi ra dkar po	Fr.	9G
16.	ba le ka	Pl.	5G
17.	šiñ tsha	St. Bk.	9G
18.	chu srin sder mo	Pl.	6.5G
19.	spu šel rtse	Pl.	6.5G
20.	spañ spos	Rt.	8G
21.	rdo dreg dmar po	Mi.	14G
22.	'bu su hañ	Pl.	5G
23.	a ru ra	Fr.	9G
24.	ba ru ra	Fr.	5G
25.	skyu ru ra	Fr.	6G

Method of Preparation

This is generally used in the form of pills. All ingredients, except item no. 1, are to be made to powder and mixed well. By adding item no. 1 and some water, the recipe

should be triturated and reduced to the form of fine paste. 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 : All types of fever affecting heart, liver, spleen, kidney & lungs; malaria fever, rheumatic arthritis, abscess & septicemia.

Dose : Two pills of 250mg. each in the noon time & at night.

Vehicle : Hot water after slightly cooled.



21. Gar nag bcu pa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	se 'bru	Fr.	31G
2.	šiñ tsha	St. Bk.	9G
3.	sug smel	Fr.	30G
4.	pi pi liñ	Fr.	20G
5.	a ru ra	Fr.	14G
6.	rgyam rtshwa	Mi.	20G
7.	gser me	Fr.	50G
8.	dug ñuñ	Fr.	11G
9.	dom mkhris	Exd.	50G
10.	phag ril	Exc.	100G

Method of Preparation

This recipe is generally used in the form of powder. All ingredients, except item no. 9, are to be made to a powder. To this, item no. 9 should be added and mixed well.

Indications : Indigestion, distension of abdomen, phantom tumour and diseases of *mkhris pa*.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.

❏

22. Gu yu ñer brgyad

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	se 'bru	Fr.	40G
2.	ñiñ tshwa	St. Bk.	2.5G
3.	pi pi liñ	Fr.	5G
4.	sug smel	Fr.	5G
5.	doñ khra	Fr.	20G
6.	gser bye	Fr.	2.5G
7.	bre ga	Fr.	5G
8.	a 'bras	Fr.	2.5G
9.	sra 'bras	Fr.	2.5G
10.	'jam 'bras	Fr.	2.5G
11.	tshos	Exd.	2.5G
12.	btsod	Pl.	2.5G
13.	zu mkhan	Lf.	2.5G
14.	gla rtsi	Exd.	2.5G
15.	mkhal zo	Fr.	5G
16.	utpal	Fl.	2.5G
17.	sug tsher	Lf.	2.5G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
18.	a ru ra	Fr.	2.5G
19.	gser me	Fr.	2.5G
20.	ba sa ka	Pl.	2.5G
21.	gze ma	Fr.	2.5G
22.	sdig srin	An.	2.5G
23.	pri yañ ku	Pl.	2.5G
24.	lcam 'bru	Fr.	2.5G
25.	skyer sun	St. Bk.	2.5G
26.	brag zun	Exd.	2.5G
27.	yuñ ba	Fr.	2.5G
28.	gu yu	Fr.	20G

Method of Preparation

This recipe is generally used in the form of powder. Item no. 26 should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 14 and 26, should be made to a powder. Thereafter, powders of item nos. 14 and 26 should be added and mixed well. This should then be stored in a clean and dry glass jar.

Indications : Scrotal tumour, leucorrhea, spermatorrhea, nephritis & general weakness.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.

❏

23. Gur khyun phyag rdor can

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	25G
2.	li ši	Fr.	10G
3.	ghi vam	Exd.	10G
4.	bse ru	An.	10G
5.	tsan dan dmar po	St.	20G
6.	gla rtsi	Exd.	2.5G
7.	'jam 'bras	Fr.	10G
8.	boñ ña dkar	Rt.	10G
9.	ru rta	Rt.	10G
10.	a ru ra	Fr.	10G
11.	ba ru ra	Fr.	10G
12.	skyu ru ra	Fr.	10G
13.	mtshal	Mi.	10G
14.	dhul chu	Mi.	10G
15.	lug mur	Rt.	10G
16.	stag ša	Pl.	2.5G
17.	spos kar	Exd.	10G
18.	thal ka rdo rje	Fr.	10G
19.	so ma ra dza	Fr.	10G
20.	señ ldeñ kha ña	Ext.	10G
21.	'dzin pa	Lf.	2.5G
22.	gu gul	Exd.	2.5G
23.	šu dag	Rt.	10G

Method of Preparation

This is generally used in the form of pills. Item no. 13, i.e. *mtshal* should be fried over a pan and then reduced to a powder form. Item no. 22, i.e. *gu gul* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 1, 3 & 6, should be made to a powder. To this, water and item nos. 1, 3 & 6 should be added and triturated well till the recipe is reduced to a fine paste. From out of this, pills of 250 mg. each should be made out and dried in shade. These pills are to be stored in a clean and dry glass bottle.

Indications : Infections, gout, crippling arthritis, chronic nephritis, rhinitis, paralysis & leprosy.

Dose : Two pills of 250 mg. each, at bed time.

Vehicle : Hot water after slightly cooled.



24. Gur gum bdun pa

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	50G
2.	cu gañ	Exd.	40G
3.	ghi vam	Exd.	10G
4.	utpal	Pl.	50G
5.	ba ša ka	Pl.	50G
6.	pri yañ ku	Pl.	50G
7.	brag 'zun	Exd.	25G

Method of Preparation

This recipe is generally used in the form of powder. Item no. 7, i.e. *brag zun* should be purified according to the procedure described in Appendix-I. All ingredients, except item no. 3, should be made to powders. To this, item no. 3 should be added and mixed well. This powder should be stored in a clean and dry glass jar.

Indications : Fever affecting liver.

Dose : 500 mg., in the morning.

Vehicle : Hot water.

**25. Gur gum brgyad pa**

S. No.	Drug Name	Parts	Weight
1.	kha che gur gum	Fl.	50G
2.	dom mkhris	Exd.	50G
3.	sran me	Fl.	40G
4.	tsan dan dmar po	St.	35G
5.	mtshal	Mi.	25G
6.	gser me	Fr.	25G
7.	'bri rta	Pl.	35G
8.	spu sel rtse	Pl.	25G

Method of Preparation

This is generally used in the form of powder. Item no. 5, i.e. *mtshal* should be fried over a pan and then reduced to a powder form. All ingredients, except item no. 2, should be made to a powder. To this, item no. 2 should be added and

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

Indications : All types of bleeding.

Dose : 500 mg., during day time.

Vehicle : Cold water.

**26. Gur gum bcu gsum**

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	25G
2.	li si	Fr.	10G
3.	ghi vam	Exd.	10G
4.	bse ru	An.	10G
5.	mtshal	Mi.	10G
6.	tsan dan	St.	20G
7.	gla rtsi	Exd.	2.5G
8.	'jam'bras	Fr.	10G
9.	boñ dkar	Pl.	10G
10.	ru rta	Rt.	10G
11.	a ru ra	Fr.	10G
12.	ba ru ra	Fr.	10G
13.	skyu ru ra	Fr.	10G

Method of Preparation

This is generally used in the form of pills. Item no. 5, i.e. *mtshal* should be fried over a pan and reduced to a powder form. All ingredients, except item nos. 3 and 7, should be

made to a powder. To this, water and item nos. 3 and 7 should be added, triturated and made to a fine paste form. 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 : Liver disorders, poisoning, kidney-diseases & urinary obstructions.

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

Vehicle : Hot water.



27. Gur gum bcu gsum dug sman kha tshar can

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	25G
2.	li si	Fr.	10G
3.	ghi vam	Exd.	10G
4.	bse ru	An.	10G
5.	mtshal	Mi.	10G
6.	tsan dan	St.	20G
7.	gla rtsi	Exd.	2.5G
8.	'jam 'bras	Fr.	10G
9.	boñ na dkar po	Rt.	10G
10.	ru rta	Rt.	10G
11.	a ru ra	Fr.	10G

S. No.	Drug Name	Parts	Weight
12.	ba ru ra	Fr.	10G
13.	skyu ru ra	Fr.	10G
14.	brag žun	Exd.	10G
15.	lcags phyed	Mi.	10G
16.	pri yañ ku	Pl.	10G
17.	su ma'i	Pl.	10G
18.	boñ na dmar po	Rt.	25G
19.	cu gañ	Exd.	10G
20.	dzā ti	Fr.	10G
21.	sug smel	Fr.	10G
22.	a gar nag po	St.	10G
23.	dp'a bo ser po	Rt.	25G
24.	'om bu	Pl.	25G
25.	se rgod	Fr.	10G

Method of Preparation

This is generally used in the form of pills. This classical recipe has originally 13 ingredients. Remaining ingredients are added out of experience to make it therapeutically more effective. Item no. 5, i.e. *mtshal* should be fried over a pan and reduced to a powder form. Item no. 14, i.e. *brag žun* should be purified and item no. 15, i.e. *lcag phyed* should be prepared according to the procedure described in Appendix-I. All ingredients, except item nos. 3 and 7, should be made to a powder. To this, water and item nos. 3 and 7 should be added and triturated to form a fine paste. From out of this, pills of 250 mg. each should be made and dried in the shade. These pills are to be stored in a clean and dry glass bottle.

Indications : All types of poisoning.

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

Vehicle : Hot water.



28. Go yu bcu gsum

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	go yu	Fr.	150G
2.	se 'bru	Fr.	50G
3.	śiñ tsha	St. Bk.	25G
4.	sug smel	Fr.	50G
5.	pi pi liñ	Fr.	25G
6.	bc'a sga	Rt.	25G
7.	sga skya	Rt.	25G
8.	a 'bras	Fr.	25G
9.	sra 'bras	Fr.	25G
10.	'jam 'bras	Fr.	25G
11.	brag zun	Exd.	25G
12.	gla rtse	Exd.	2.5G
13.	mkhal zó śa	Fr.	25G

Method of Preparation

This is generally used in the form of powder. Item no. 11, i.e. *brag zun* should be purified according to the procedure described in Appendix-I. Powders should be prepared of all the ingredients, except item no. 12, and mixed together. To this, item no. 12 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : All kidney-diseases & weakness.

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

Vehicle : Hot water.



29. Glañ chen me tog bco brgyad

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ghi vaṃ	Exd.	20G
2.	tsan dan dkar po	St.	5.5G
3.	tsan dan dmar po	St.	4G
4.	ar nag	St.	1G
5.	sum cu tig	Pl.	2.5G
6.	ba le ka	Pl.	2.5G
7.	re skon	Pl.	15G
8.	skyu ru ra	Fr.	8.5G
9.	utpal	Pl.	5G
10.	ba śa ka	Pl.	8G
11.	gser me	Fr.	.5G
12.	ma nu	Rt.	5G
13.	'u su	Fr.	9G
14.	priñ ku	Pl.	5G
15.	brag zun	Exd.	18.5G
16.	ru rta	Rt.	10G
17.	cu gañ	Exd.	14.5G
18.	gur gum	Fl.	25G

Method of Preparation

This is generally used in the form of powder. Item no. 15, i.e. *brag zun* should be purified according to the procedure described in Appendix-I. Powders should be prepared of all ingredients, except item no. 1 and mixed together. To this, item no. 1 should be added and mixed well. This should be stored in a dry and clean glass jar.

Indications : Liver diseases (serious type).

Dose : 500 mg., morning & afternoon.

Vehicle : Hot water after slightly cooled.

**30. Glañ chen gaṅgā chu bsgyur**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	ghi vaṃ	Exd.	50G
2.	cu gañ	Exd.	25G
3.	gur gum	Fl.	25G
4.	tsan dan dkar po	St.	25G
5.	tsan dan dmar po	St.	25G
6.	ba le ka	Pl.	25G
7.	utpal	Pl.	25G
8.	'u su	Fr.	25G
9.	pri yañ ku	Pl.	25G
10.	gser mdog	Fr.	25G
11.	ba ru ra	Fr.	25G
12.	skyu ru ra	Fr.	25G
13.	gser me	Fr.	25G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
14.	brag zun	Exd.	2.5G
15.	tig ta	Pl.	2.5G
16.	rgya mtshal	Mi.	25G
17.	ru rta	Rt.	25G
18.	ba ša ka	Pl.	25G
19.	glañ sna	Fl.	25G
20.	srad dkar	Pl.	25G
21.	lcam pa	Pl.	25G

Method of Preparation

This is generally used in the form of powder. Item no. 16, i.e. *rgya mtshal* should be fried over a pan and made to a powder. Item no. 14, i.e. *brag zun* should be purified according to the procedure described in Appendix-I. All ingredients, except item no. 1, should be made to powders and mixed together. To this, item no. 1 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Malaria, filariasis, oedema, ascites and poisoning.

Dose : 500 mg., morning & evening.

Vehicle : Hot water.

**31. Glo tsad kun sel**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	cu gañ	Exd.	29G
2.	ghi vaṃ	Exd.	7.5G

S. No.	Drug Name	Parts	Weight
3.	kha che gur gum	Fl.	7G
4.	stan dan dkar po	St.	7.5G
5.	tsan dan dmar po	St.	5G
6.	ga dur	Rt.	24G
7.	gla rtsi	Exd.	3.5G
8.	gu gul	Exd.	5G
9.	'dzin pa	Lf.	25G
10.	a ru ra	Fr.	25G
11.	ru rta	Rt.	15G
12.	mtshal	Mi.	27.5G
13.	siñ mñar	St.	16.5G
14.	sro lo	Pl.	16.5G
15.	ar nag	St.	15G
16.	sle tres	Pl.	15G
17.	sgog thal	Rt.	15G
18.	dzā me	Fl.	10G

Method of Preparation

This is generally used in the form of powder. Item no. 12, i.e. *mtshal* should be fried over a pan and made to a powder. Item no. 8, i.e. *gu gul* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 2 and 7, should be made to powders and mixed together. To this, item nos. 2 and 7 should be added and mixed well. This is stored in a clean and dry glass jar.

Indications : Bronchitis, fever and lung-diseases, specially of children.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.

32. Glo sman bdud rtsi 'chi sos

S. No.	Drug Name	Parts	Weight
1.	tsan dan dkar po	St.	50G
2.	cu gañ	Exd.	25G
3.	ghi vaṃ	Exd.	25G
4.	gur gum	Fl.	25G
5.	rgun 'brum	Fr.	25G
6.	siñ mñar	St.	25G
7.	star bu	Fr.	25G
8.	a kroñ	Pl.	25G
9.	ga dur	Rt.	25G
10.	sro lo	Rt.	25G
11.	si 'bru	Fr.	15G
12.	zir dkar po	Fr.	25G
13.	ru rta	Rt.	25G
14.	hoñ len	Rt.	25G
15.	pa yag rtsab	Pl.	25G
16.	utpal	Pl.	25G
17.	'bri rta sa	Pl.	25G

Method of Preparation

This is generally used in the form of powder. All ingredients, except item no. 3, should be made to powders and mixed together. Then, item no. 3 should be added and mixed well. This should be stored in a clean and dry glass jar.

36

Indications : Acute and chronic, bronchitis & bronchiactesis.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled.



33. Ghi vam bcu gcig sbyor ba

S. No.	Drug Name	Parts	Weight
1.	ghi vam	Exd.	50G
2.	gur gum	Fl.	25G
3.	tsan dan	St.	25G
4.	cu gañ	Exd.	25G
5.	ba ša ka	Pl.	25G
6.	re skon	Pl.	25G
7.	brag žun	Exd.	25G
8.	tig ta	Pl.	25G
9.	ma nu	Rt.	25G
10.	'u su	Fr.	25G
11.	utpal	Pl.	25G

Method of Preparation

This is generally used in the form of powder. All ingredients, except item no. 1, should be made to powders and mixed together. To this, adequate quantity of sugar powder (about 50g.) and item no. 1 should be added and mixed well. This should be stored in a clean and dry glass jar.

37

Indications : In excess of smug po tsha ba.

Dose : 500 mg., during day time.

Vehicle : Hot water after slightly cooled.



34. Ghi vam dgu pa

S. No.	Drug Name	Parts	Weight
1.	ghi vam	Exd.	15G
2.	gur gum	Fl.	25G
3.	utpal	Pl.	5G
4.	ba le ka	Pl.	25G
5.	tig ta	Pl.	25G
6.	brag žun	Exd.	15G
7.	ru rta	Rt.	5G
8.	ba ša ka	Pl.	5G
9.	gser gyi me tog	Fr.	5G

Method of Preparation

This is generally used in a powder form. Item nos. 2 to 9 should be made to powders separately and mixed together. To this, item no. 1 should be added and mixed well. This should be stored in a dry and clean glass jar.

Indications : Liver disorders and fever.

Dose : 500 mg., morning & afternoon.

Vehicle : Hot water after slightly cooled.



35. Rgwa lo ba yi sman dmar

S. No.	Drug Name	Parts	Weight
1.	'bri mog	Rt.	100G
2.	coñ ži	Mi.	50G
3.	ba ša ka	Pl.	50G
4.	ma nu ru rta	Rt.	50G

Method of Preparation

This is used in the form of a medicated ghee. 800 ml. of ghee should be boiled by adding the paste of item nos. 1, 3 & 4 and 3.2 litres of water. When it is well cooked, the ghee should be strained out. To this, the powder of item no. 2 should be added and mixed well. This should then be stored in a clean jar of glass or porcelain. Before storing, it should be ensured that the recipe is free from moisture.

Indications : Lung diseases, bronchitis & fever.

Dose : 500 ml., in the morning.

Vehicle : Hot water or hot milk.



36. Rgun 'brum bdun pa

S. No.	Drug Name	Parts	Weight
1.	rgun 'brum	Fr.	15G
2.	cu gañ	Exd.	7.5G
3.	kha che gur gum	Fl.	7.5G

S. No.	Drug Name	Parts	Weight
4.	šiñ mñar	St.	9G
5.	gla sgañ	Pl.	11.5G
6.	šiñ tsha	St. Bk.	5.5G
7.	se 'bru	Fr.	11G

Method of Preparation

This is generally used in the form of powder. Item no. 1 should be fried over a pan before making powder. To this, powders of the remaining items should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Lung diseases & asthma.

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

Vehicle : Hot water after slightly cooled.



37. Rgya nag ma

S. No.	Drug Name	Parts	Weight
1.	ñuñ dkar	Fr.	10G
2.	sman chen	Rt.	5G
3.	man ñag sman tshos	Exd.	5G
4.	btsod	Pl.	5G
5.	'bri mog	Rt.	5G
6.	sug tsher	Lf.	10G
7.	gla rtsi	Exd.	2.5G

Indications : Jaundice, cold, bronchitis, afflictions by evil spirits & epidemic diseases.

Dose : One tablet of 500 mg., morning and evening.

Vehicle : Hot water.



38. Grub thob ril dkar

S. No.	Drug Name	Parts	Weight
1.	coñ 'zi	Mi.	200G
2.	gser mdog	Fr.	50G
3.	hoñ len	Pl.	50G
4.	re skon	Pl.	50G
5.	kham rus	Fr.	50G
6.	brag 'zun	Exd.	200G

Method of Preparation

This is generally used in the form of pills. Item no. 6, i.e. *brag 'zun* should be purified according to the procedure described in Appendix-I. To this, the powders of remaining drugs should be added and by adding water, it should be triturated well till a fine paste is prepared. From out of this, pills of 250 mg. each should be prepared and dried. These pills are stored in a clean and dry glass bottle.

Indications : Headache caused by *bad* and *mkhris*.

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

Vehicle : Hot water after slightly cooled



39. Rgya ru bcu b'zi

S. No.	Drug Name	Parts	Weight
1.	rgya ru	An.	100G
2.	bse ru	An.	100G
3.	ša ru	An.	100G
4.	gur gum	Fl.	50G
5.	mtshal dkar	Mi.	25G
6.	dom mkhris	Exd.	25G
7.	tsan dan dmar po	St.	50G
8.	dzā ti	Fr.	50G
9.	sug smel	Fr.	50G
10.	rgya skyegs	Exd.	50G
11.	btsod	Pl.	50G
12.	sug tsher	Lf.	25G
13.	se 'bru	Fr.	50G
14.	ba spru	Rt.	25G

Method of Preparation

This is generally used in the form of powder. Item no. 5, i.e. *mtshal dkar* should be fried over a pan and made to a powder. To this, the powders of ingredients at item nos. 7 to 14 should be added. Thereafter, powders of item nos. 1 to 3 should be added. At the end, item no. 6 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Pain in different parts of the body, dyspnoea & gynec diseases.

Dose : 500 mg., morning & evening.

Vehicle : Hot water or alcoholic drink.



40. 'Gog sman nag mo dgu sbyor

S. No.	Drug Name	Parts	Weight
1.	gi vam	Exd.	25G
2.	siñ kun	Exd.	50G
3.	gu gul nag	Exd.	25G
4.	śu dag	Rt.	50G
5.	a ru ra	Fr.	50G
6.	rgya snag	Mi.	25G
7.	boñ na	Rt.	2.5G
8.	gla rtsi	Exd.	10G
9.	mu zi	Mi.	10G

Method of Preparation

This is generally used in the form of pills. Item no. 2, i.e. *siñ kun* should be fried over a pan by adding a small quantity of ghee or butter. Item no. 3, i.e. *gu gul nag* and item no. 9, i.e. *mu zi* should be purified according to the procedure prescribed in Appendix-I. Powders of all ingredients, except item nos. 1 and 8, should be mixed together. Thereafter, water and item nos. 1 and 8 should be added and triturated till the fine paste is prepared. From out of this, pills of 250 mg. each should be prepared and dried in the shade. This should be stored in a clean and dry glass bottle.

This recipe is used both internally and externally. For the latter, it is generally used in a powder form.

Indications : Pain, bronchitis and infectious as well as epidemic diseases. Also used externally to counter-act effects of evil spirits.

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

Vehicle : Hot water.

41. Dñul chu bco brgyad

S. No.	Drug Name	Parts	Weight
1.	dñul chu mu zi tsha 'dul byas pa	Mi.	100G
2.	sman chin	Rt.	100G
3.	siñ kun	Exd.	8G
4.	śu dag	Rt.	15G
5.	gul nag	Exd.	14G
6.	gur gum	Fl.	1.5G
7.	cu gañ	Exd.	20G
8.	dzā ti	Fr.	1.5G
9.	li śi	Fr.	1.5G
10.	sug smel	Fr.	20G
11.	ka ko la	Fr.	15G
12.	stag śa nag po	Pl.	5G
13.	a ru ra	Fr.	1.5G
14.	gla rtsi	Exd.	15G
15.	spos dkar	Exd.	2.5G
16.	thal ka rdor rje	Fr.	8.5G
17.	so ma ra dza	Fr.	7.5G
18.	stod ja	Ext.	7.5G

Method of Preparation

This is generally used in the form of pills. Item no. 1, namely *dñul chu* and *mu zi* should be purified and detoxicated according to the procedure described in Appendix-I. Thereafter, these two items should be triturated together till a fine black powder is formed. Item no. 3, i.e. *śiñ kun* should be fried over a pan. Powders of all ingredients, except item no. 14, should be mixed together and triturated by adding water. At the end, item no. 14 should be added and again 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 : Arthritis, oedema and afflictions by evil spirits.

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

Vehicle : Hot water after slightly cooled.

**42. Dñul chu ñer lña**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	dñul chu	Mi.	100G
2.	dzā ti	Fr.	25G
3.	li śi	Fr.	25G
4.	cu gañ	Exd.	25G
5.	gur gum	Fl.	25G
6.	sug smel	Fr.	25G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
7.	ka ko la	Fr.	25G
8.	gu gul	Exd.	10G
9.	śu dag	Rt.	25G
10.	gla rtsi	Exd.	2.5G
11.	stag śa	Pl.	10G
12.	mu źi ser po	Mi.	10G
13.	spos dkar	Exd.	15G
14.	thal ka rdo rje	Fr.	25G
15.	so ma ra dza	Fr.	25G
16.	gser bye	Fr.	25G
17.	mkhal ma źo śa	Fr.	25G
18.	a 'bras	Fr.	25G
19.	sra 'bras	Fr.	25G
20.	'jam 'bras	Fr.	25G
21.	ga ndha pa tra	Pl.	25G
22.	śiñ kun	Exd.	10G
23.	rgya tshwa	Mi.	10G
24.	ru rta	Rt.	25G
25.	brag źun	Exd.	15G

Method of Preparation

This is used in the form of pill. Item no. 1, i.e. *dñul chu*; no. 8, i.e. *gu gul*; no. 12, i.e. *mu źi ser po* and no. 25, i.e. *brag źun* should be purified according to the procedure prescribed in Appendix-I. Item no. 22, i.e. *śiñ kun* should be fried over a pan by adding a small quantity of ghee or butter. In the beginning, item nos. 1 and 12 should be triturated till a black and fine powder is formed. To this, powders of all the ingredients, except item no. 10 and 23, should be added. By adding water, these are to be

trituated. At the end, item nos. 10 and 23 are 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 : Colic pain, leprosy, phantom tumour, urinary diseases, arthritis, skin diseases, rhinitis, gout & kidney diseases.

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

Vehicle : Hot water.

Caution

Mercury in combination with sulphur in adequate quantity becomes non-toxic. In the present recipe, only a small quantity of sulphur is prescribed (vide - item no. 12). Therefore, many mercury particles will remain in uncombined form and these are, notwithstanding the process of purification & detoxication, likely to produce toxicity. The patient should, therefore, be closely watched during treatment and as soon as the ailment is cured, the treatment should be withdrawn. During the period of treatment, the patient should take salt free diet and plenty of milk and milk products.



43. Rin chen dñul chu bco brgyad

S. No.	Drug Name	Parts	Weight
1.	dñul chu	Mi	175G
2.	mu zi	Mi	175G

S. No.	Drug Name	Parts	Weight
3.	señ ldeñ kha ña	Ext.	75G
4.	dzā ti	Fr.	15G
5.	li śi	Fr.	15G
6.	cu gañ	Exd.	20G
7.	gur gum	Fl.	15G
8.	sug smel	Fr.	20G
9.	ka ko la	Fr.	16G
10.	spos dkar	Exd.	25G
11.	thal ka rdo rje	Fr.	75G
12.	so ma ra dza	Fr.	75G
13.	gu gul	Exd.	15G
14.	a ru ra	Fr.	100G
15.	ru rta	Rt.	50G
16.	śu dag	Rt.	35G
17.	btsan dug	Rt.	100G
18.	gla rtsi	Exd.	25G

Method of Preparation

This is generally prepared in the form of pills. Item no. 1, i.e. dñul chu; no. 2, i.e. mu zi; no. 13, i.e. gu gul and no. 17, i.e. btsan dug should be purified and detoxicated according to the method described in Appendix-I. Item nos. 1 and 2 should be triturated together till a fine black powder is formed. To this, water and powders of item nos. 3 to 17 should be gradually added and triturated till a fine paste is formed. At the end, item no. 18, i.e. gla rtsi should be added; and again triturated. From out of this paste, pills of 250 mg. each should be prepared and dried in the shade. This should be stored in a clean and dry glass bottle.

Indications : Arthritis and afflictions by evil spirits.

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

Vehicle : Hot water.



44. Mñon sum me 'dra'i sbyor ba

S. No.	Drug Name	Parts	Weight
1.	rgyam tshwa	Mi.	25G
2.	la la phud	Fr.	25G
3.	a za mo	Pl.	25G
4.	pi pi lin	Fr.	5G
5.	sga skya	Rt.	5G
6.	a ru ra	Fr.	85G

Method of Preparation

This is generally prepared in the form of powder. Powders of item nos. 2 to 6 should be mixed together. Thereafter, powder of item no. 1 and some jaggery should be added. This should be stored in a clean and dry glass bottle well corked.

Indications : Indigestion, phantom tumour and cold.

Dose : 500 mg., in the morning.

Vehicle : Hot water slightly cooled or jaggery.



45. Cu gañ ñer lña

S. No.	Drug Name	Parts	Weight
1.	cu gañ	Exd.	150G
2.	dzā ti	Fr.	75G
3.	li si	Fr.	50G
4.	cu gañ	Exd.	75G
5.	gur gum	Fl.	75G
6.	sug smel	Fr.	75G
7.	ka ko la	Fr.	75G
8.	ghi vaṃ	Exd.	25G
9.	śiñ mñar	St.	75G
10.	rgun 'brum	Fr.	75G
11.	sro lo	Rt.	75G
12.	a kroñ	Pl.	75G
13.	star bu	Fr.	75G
14.	ru rta	Rt.	50G
15.	ga dur	Rt.	50G
16.	ba le ka	Pl.	50G
17.	hoñ len	Pl.	75G
18.	tsan dan dkar po	St.	75G
19.	tsan dan dmar po	St.	75G
20.	a ru ra	Fr.	75G
21.	ba ru ra	Fr.	75G
22.	skyu ru ra	Fr.	75G
23.	spa yag rṭsa ba	Rt.	75G
24.	a kroñ dkar po	Pl.	75G
25.	tshar boñ rṭsa ba	Rt.	75G

Method of Preparation

This is generally prepared in the form of powder. Item no. 10, i.e. *rgun 'brum* should be dried over a hot pan and then made to a powder. To this, powders of all the remaining ingredients, except item no. 8, should be added and mixed. At the end, item no. 8 and some powder of *zi ra dkar po* should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Lung diseases, chronic cold, fever and diseases of the upper body.

Dose : 500 mg., day and night.

Vehicle : Hot water after slightly cooled.

**46. Cu gañ bdun pa**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	cu gañ	Exd.	25G
2.	gur gum	Fl.	25G
3.	li ši	Fr.	2G
4.	utpal	Fl.	10G
5.	se 'bru	Fr.	7.5G
6.	pi pi liñ	Fr.	7.5G
7.	šiñ tsha	St. Bk.	7.5G

Method of Preparation

This recipe is generally prepared in the form of powder. These ingredients should be made to powders and mixed together. Some powder of sugar should be added to it and

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

Indications : Loss of appetite.

Dose : 500 mg., morning and evening.

Vehicle : Very hot water.

**47. Coñ zi dgu pa**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	coñ 'zi	Mi.	150G
2.	a ru ra	Fr.	50G
3.	gur gum	Fl.	50G
4.	šiñ tsha	St. Bk.	25G
5.	sug smel	Fr.	25G
6.	se 'bru	Fr.	50G
7.	pi pi liñ	Fr.	25G
8.	rgyam tshwa	Mi.	2.5G
9.	sga skya & ru rta	Rt.	25G

Method of Preparation

This is generally used in the form of powder. All ingredients, except item no. 8, should be made to powders and mixed together. To this, the powder of item no. 8 should be added and mixed well. This should be stored in a clean and dry glass bottle well corked.

52

Indications : Fever, vomiting, indigestion & phantom tumour.

Dose : 500 mg., in the morning.

Vehicle : Hot water.



48. Coñ zi cur nis sbyor ba

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	coñ źi	Mi.	150G
2.	se 'bru	Fr.	75G
3.	śiñ tsha	St. Bk.	50G
4.	sug smel	Fr.	50G
5.	pi pi liñ	Fr.	25G
6.	dzā ti	Fr.	50G
7.	ma nu	Rt.	25G
8.	'u su	Fr.	50G
9.	skyu ru ra	Fr.	50G
10.	rgyam tsha	Mi.	2.5G
11.	sga skya	Rt.	25G

Method of Preparation

This is generally prepared in the form of powder. All ingredients, except item no. 10, should be pounded and mixed together. To this, the powder of item no. 10 should be added and mixed well. This should be stored in a clean and dry glass bottle well corked.

53

Indications : Indigestion & loss of appetite.

Dose : 500 mg., in the morning.

Vehicle : Hot water.



49. Coñ zi ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	coñ źi	Mi.	100G
2.	dzā ti	Fr.	25G
3.	li śi	Fr.	25G
4.	cu gañ	Exd.	25G
5.	gur gum	Fl.	25G
6.	sug smel	Fr.	25G
7.	ka ko la	Fr.	25G
8.	tsan dan dmar po	St.	25G
9.	tsan dan dkar po	St.	25G
10.	ghi vaṃ	Exd.	2.5G
11.	ru rta	Rt.	25G
12.	gla rtsi	Exd.	2.5G
13.	pi pi liñ	Fr.	25G
14.	a ru ra	Fr.	25G
15.	skyu ru ra	Fr.	25G
16.	lcags phye	Mi.	25G
17.	gser me tog	Fr.	25G
18.	tig ta	Pl.	25G

S. No.	Drug Name	Parts	Weight
19.	utpal sñon po	Pl.	25G
20.	dug mo ñuñ	Fr.	25G
21.	ma nu	Rt.	25G
22.	'u su	Fr.	25G
23.	se yab	Fr.	25G
24.	star bu	Fr.	15G
25.	ba ša ka	Pl.	25G

Method of Preparation

This is generally prepared in pill form. Item no. 16, i.e. *lcags phye* should be prepared according to the procedure described in Appendix-I. To this, powders of remaining ingredients, except item nos. 10 and 12, should be added and mixed together. This should be mixed with water and triturated till a fine paste is formed. Thereafter, item nos. 10 and 12 should be added and again triturated. 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 : Indigestion and diseases of *bad kan*.

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

Vehicle : Hot water.

**50. Coñ 'zi bsil sbyor**

S. No.	Drug Name	Parts	Weight
1.	coñ 'zi	Mi.	150G
2.	ghi vam	Exd.	2.5G
3.	dzā ti	Fr.	25G
4.	li ši	Fr.	25G
5.	cu gañ	Exd.	17.5G
6.	gur gum	Fl.	25G
7.	sug smel	Fr.	25G
8.	ka ko la	Fr.	25G
9.	utpal	Pl.	25G
10.	tsan dan dkar po	St.	25G
11.	tsan dan dmar po	St.	25G
12.	gla rtsi	Exd.	2.5G
13.	gser gyi me tog	Fr.	25G
14.	dug mo ñuñ	Fr.	25G
15.	tig ta	Pl.	25G
16.	boñ dkar	Pl.	25G
17.	a ru ra	Fr.	25G
18.	ba ša ka	Pl.	25G
19.	ru rta	Rt.	25G
20.	pi pi liñ	Fr.	15G

Method of Preparation

This is generally prepared in the form of powder. Generally, this recipe is prepared with the first eleven ingredients. Remaining ingredients are, however, added by traditional physicians to make it therapeutically more

effective. All ingredients, except nos. 2 and 12, are to be made to powders and mixed together. To this, item nos. 2 and 12 should be added at the end and mixed well. This recipe should be stored in a clean and dry glass jar.

Indications : Poisoning and chronic fever.

Dose : 500 mg., morning and afternoon.

Vehicle : Hot water.



51. Lcags phye bco lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	lcags phye	Mi.	250G
2.	a ru ra	Fr.	75G
3.	ba ru ra	Fr.	75G
4.	skyu ru ra	Fr.	75G
5.	sga skya	Rt.	75G
6.	pi pi liñ	Fr.	50G
7.	pho ba ri	Fr.	50G
8.	da li	Fl.	75G
9.	šiñ tshwa	St. Bk.	50 G
10.	se 'bru	Fr.	75G
11.	sug smel	Fr.	75G
12.	gser bye	Fr.	50G
13.	gze ma	Fr.	50G
14.	lcam pa	Pl.	50G
15.	sdig srin	An.	50G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 1, i.e. *lcags phye* should be prepared according to the method described in Appendix-I. To this, powders of the remaining ingredients should be added and mixed well. By adding water, this should be 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 : Oedema and urinary diseases.

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

Vehicle : Hot water.



52. Bcud len bdud rtsi rnam lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	rtag ñu	Pl.	100G
2.	dbañ lag	Rt.	100G
3.	a ru gser mdog	Fr.	100G
4.	coñ ži	Mi.	100G
5.	bu ram	Exd.	100G

Indications : Diseases of *rluñ*, *bad kan*, *mkhris pa* and *khrag* weakness.

Dose : One tablet of 500 mg., morning and evening.

Vehicle : Hot milk or hot water.



53. Chu rtsi ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	lcum rtsa	Rt.	85G
2.	srad nag	Pl.	22G
3.	pri yañ ku	Pl.	22G
4.	glañ sna	Fl.	20.5G
5.	srad dkar	Pl.	20.5G
6.	utpal	Pl.	20.5G
7.	ñi dg'a	Pl.	25G
8.	gur gum	Fl.	20.5G
9.	skyu ru	Fr.	20.5G
10.	sdig srin	An.	25.5G
11.	gser bye	Fr.	25G
12.	gze ma	Fr.	15G
13.	'bu skyogs	An.	20G
14.	'u su	Fr.	20G
15.	se'bru	Fr.	25G
16.	pi pi liñ	Fr.	5G
17.	'jam 'bras	Fr.	20G
18.	sug smel	Fr.	15G
19.	lcags phye	Mi.	35G
20.	cu gañ	Exd.	20G
21.	siñ mñar	St.	15G
22.	sro lo	Rt.	20G
23.	gsaṅ sman tsha	Rt.	15G.

Indications : Diuretic; urinary diseases & oedema.

Dose : 500 mg., morning and afternoon.

Vehicle : Hot water.



54. Chu sder dgu pa

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	chu srinsder mo	Pl.	50G
2.	cu gañ	Exd.	25G
3.	li ši	Fr.	25G
4.	gur gum	Fl.	25G
5.	ba le ka	Pl.	25G
6.	utpal	Pl.	25G
7.	rdo dreg	Mi.	15G
8.	ga bur	Exd.	15G
9.	pi pi liñ	Fr.	25G

Indications : Fever of different types.

Dose : 500 mg., morning and evening

Vehicle : Hot water.



55. Mche dug gzig chen sum 'grol

S. No.	Drug Name	Parts	Weight
1.	phur nag	Pl.	50G
2.	toñ ri zil pa	Pl.	50G
3.	ga ngā chuñ	Pl.	50G

Indications : Mad-dog-bite.

Dose : 500 mg., morning and evening.

Vehicle : Decoction of gugul.



56. 'Chi med bcad 'byor

S. No.	Drug Name	Parts	Weight
1.	yuñ ba	Fr.	50G
2.	chu rtsa	Rt.	50G
3.	gur gum	Fl.	25G
4.	lug mur	Rt.	25G
5.	tshwa la	Mi.	25G
6.	siñ mñar	St.	25G
7.	rgya mtshal	Mi.	25G
8.	dom mkhris	Exd.	25G

Indications : Different types of ulcer; to be used externally by adding butter.



57. 'Chi med srin sel

S. No.	Drug Name	Parts	Weight
1.	boñ ña	Pl.	50G
2.	a ru gser mdog	Fr.	250G
3.	ru rta	Rt.	150G
4.	śu dag	Rt.	100G
5.	gla rtsi	Exd.	25G
6.	byi tañ ga	Fr.	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 triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried in shade. These pills are to be stored in a clean and dry glass bottle.

Indications : Infections in head, teeth, skin & intestinal parasites.

Dose : One pill of 250 mg., morning and evening.

Vehicle : Hot water.



58. Rje'u gtso bo brgyad pa

S. No.	Drug Name	Parts	Weight
1.	ghi vaṃ	Exd.	100G
2.	tsan dan dkar po	St.	100G

S. No.	Drug Name	Parts	Weight
3.	cu gañ	Exd.	100G
4.	gur gum	Fl.	100G
5.	tig ta	Pl.	100G
6.	ba ša ka	Pl.	100G
7.	hoñ len	Rt.	100G
8.	boñ ña dkar po	Pl.	100G

Method of Preparation

This recipe is prepared in the form of pill. All ingredients, except item no. 1, should be made to powders and mixed together. To this, water and item no. 1 should be added and triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried. These are to be stored in a clean and dry glass bottle.

Indications : Fever and diseases of heart, liver, etc.

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

Vehicle : Hot water after slightly cooled.

**59. Rje'u gtso bo ñer lña**

S. No.	Drug Name	Parts	Weight
1.	ghi vañ	Exd.	50G
2.	tsan dan dkar po	St.	50G
3.	cu gañ	Exd.	50G
4.	gur gum	Fl.	50G

S. No.	Drug Name	Parts	Weight
5.	tig ta	Pl.	50G
6.	ba ša ka	Pl.	50G
7.	hoñ len	Pl.	50G
8.	boñ ña dkar po	Pl.	50G
9.	a 'bras	Fr.	25G
10.	sra 'bras	Fr.	25G
11.	'jam 'bras	Fr.	25G
12.	ma nu	Rt.	25G
13.	sle tres	Pl.	25G
14.	kañ ʈa ka ri	St.	25G
15.	sga skya	Rt.	10G
16.	star bu	Fr.	25G
17.	rgun 'brum	Fr.	25G
18.	li ga dur	Rt.	25G
19.	siñ mñar	St.	25G
20.	spañ rgyan dkar po	Pl.	25G
21.	pa yag rtsa ba	Rt.	25G
22.	a kron	Pl.	25G
23.	va yi glo ba	An.	25G
24.	zi ra dkar po	Fr.	25G
25.	bdud rtsi lo ma	Lf.	25G

Method of Preparation

This recipe is generally prepared in the form of pills. All ingredients, except item no. 1, should be made to powders and mixed together. To this, water and item no. 1 should be added and triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried. These are to be stored in a dry and clean glass bottle.

Indications : Different types of fever, bronchitis, dyspnoea of different types & vomiting.

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

Vehicle : Hot water after slightly cooled.



60. Sñan brgyud gsañ sman

S. No.	Drug Name	Parts	Weight
1.	chab 'dren g'zon nu	Pl.	5G
2.	'u su	Pl.	25G
3.	rgya tshwa	Mi.	2.5G
4.	rgyam tshwa	Mi.	2.5G
5.	kha che gur gum	Fl.	2.5G
6.	kha tshar la klu bdud rdo rje	Pl.	2.5G
7.	chu rug sbal lag	Pl.	2.5G
8.	stag sa	Pl.	2.5G

Indications : Elephantiasis & stomach diseases.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.



61. Gñen po bdun sbyor

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	100G
2.	bse yab	Fr.	50G
3.	star bu	Fr.	25G
4.	'u su	Fr.	50G
5.	ma nu	Rt.	50G
6.	utpal	Pl.	50G
7.	pi pi liñ	Fr.	25G

Method of Preparation

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

Indications : All diseases caused by *bad kan smug po* & fever.

Dose : 500 mg., morning and afternoon.

Vehicle : Hot water.



62. Gñen sbyon drag pa bcu gsum

S. No.	Drug Name	Parts	Weight
1.	ghi vam	Exd.	75G
2.	gur gum	Fl.	50G

S. No.	Drug Name	Parts	Weight
3.	cu gañ	Exd.	50G
4.	gri ša	An.	10G
5.	šog šin	St.	50G
6.	šu dag	Rt.	50G
7.	gla rtsi	Exd.	25G
8.	gu gul	Exd.	25G
9.	sman chen	Rt.	25G
10.	dur byid	Rt.	25G
11.	thar nu	Rt.	25G
12.	chu rtsa	Rt.	50G
13.	a ru ra	Fr.	50G

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 described in the Appendix-I. Item no. 4, i.e. *gri ša* should be dried well before pounding. All the ingredients, except item nos. 1 and 7, should be reduced to powders and mixed together. To this, water and item nos. 1 and 7 should be added and 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 are to be stored in a clean and dry glass bottle.

Indications : Serious type of carbuncle associated with fever.

Dose : One pill of 250 mg., morning and afternoon.

Vehicle : Hot water after slightly cooled.



63. Gñen po bco brgyad

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	25G
2.	li ši	Fr.	10G
3.	ghi vaṃ	Exd.	10G
4.	bse ru	An.	10G
5.	mtshal	Mi.	10G
6.	tsan dan	St.	20G
7.	gla rtsi	Exd.	2.5G
8.	'jam 'bras	Fr.	10G
9.	boñ dkar	Pl.	10G
10.	ru rta	Rt.	10G
11.	a ru ra	Fr.	10G
12.	ba ru ra	Fr.	10G
13.	skyu ru ra	Fr.	10G
14.	btsod	Pl.	10G
15.	tshos	Exd.	10G
16.	'bri mog	Rt.	10G
17.	žu mkhan	Lf.	10G
18.	brag žun	Exd.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 5, i.e. *mtshal* should be fried over a pan and then reduced to powder form. Item no. 18, i.e. *brag žun* should be purified according to the procedure prescribed in Appenix-I. All ingredients, except item nos. 3 and 7, should be made to powders and mixed together. At the end, item nos. 3 and 7 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Kidney diseases, obstinate urinary diseases, menorrhagia, liver disorders & elephantiasis.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.



64. Tig ta brgyad pa

S. No.	Drug Name	Parts	Weight
1.	tig ta	Pl.	100G
2.	gser me	Fr.	80G
3.	boñ dkar	Pl.	80G
4.	ru rta	Rt.	80G
5.	rtsa mkhris	Pl.	80G
6.	hoñ len	Pl.	50G
7.	par pa ta	Pl.	40G
8.	skyer sun	St.	70G

Method of Preparation

This is generally prepared in the form of pills. All ingredients are made to powders. If this recipe is to be made more effective, then 80 gm. of *doms mkhris* should be added. These powders are to be mixed well and, by adding water, triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each are to be prepared and dried. These pills should be stored in a clean and dry glass jar.

Indications : Bilious fever & jaundice.

Dose : Two pills of 250 mg. each, twice a day during mid-day and mid-night.

Vehicle : Boiled water after completely cooled.



65. Tig ta ñer lña

S. No.	Drug Name	Parts	Weight
1.	rgya tig	Pl.	15G
2.	bal tig	Pl.	15G
3.	sum cu tig	Pl.	15G
4.	gser me	Fr.	5G
5.	skyer sun	St. Bk.	5G
6.	dug mo ñuñ	Fr.	5G
7.	kyi lce	Fl.	5G
8.	boñ ña dkar po	Pl.	5G
9.	a ru ra	Fr.	5G
10.	dzā ti	Fr.	5G
11.	ru rta	Rt.	5G
12.	rgun 'brum	Fr.	5G
13.	cu gañ	Exd.	5G
14.	śiñ mñar	St.	5G
15.	a kroñ dkar po	Pl.	5G
16.	gur gum	Fl.	5G
17.	brag žun	Exd.	5G
18.	ba śa ka	Pl.	5G
19.	li śi	Fr.	5G
20.	hoñ len	Rt.	5G
21.	se 'bru	Fr.	5G
22.	sug smel	Fr.	5G
23.	pi pi liñ	Fr.	5G
24.	ka ko la	Fr.	5G
25.	śug tsher	Lf.	5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 17, i.e. *brag zun* should be purified according to the procedure described in Appendix-I. Item no. 12, i.e. *rgun 'brum* should be properly dried before pounding. All ingredients should be made to powders and mixed well. To this, water should be added and triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried. These are to be stored in a clean and dry glass bottle.

Indications : Diseases of *mkhris pa* affecting stomach, intestine, bowels, bladder, etc.

Dose : Two pills of 250 mg., each twice a day, during mid-day and mid-night.

Vehicle : Hot water after cooled.



66. Rta zi dmar po

S. No.	Drug Name	Parts	Weight
1.	'dzin pa	Lf.	30G
2.	tshos	Exd.	15G
3.	btsod	Pl.	15.5G
4.	stag sa	Pl.	15G
5.	tsher sdon	Pl.	15G
6.	gla rtsi	Exd.	5G
7.	gu gul	Exd.	5G
8.	hoñ len	Rt.	5G
9.	span rtsi	Pl.	5G

S. No.	Drug Name	Parts	Weight
10.	a ru ra	Fr.	10G
11.	gy'a kyi	Pl.	5G
12.	ru rta	Rt.	5G
13.	ma nu	Rt.	5G
14.	boñ dkar	Pl.	5G
15.	dug ñuñ	Fr.	5G
16.	(If mkhris is more add-) tig ta	Pl.	25G
17.	gser me	Fr.	25G
18.	(If there is obstruction of urine add-) rgya tshwa	Mi.	10G
19.	sdig srin	An.	10G
20.	(If there is arthritis add-) spoks dkar	Exd.	10G
21.	All the above drugs are to be added to each dose depending upon the nature of the disease.		
22.	(If there is constipation add-) thar nu	Rt.	25G

Indications : Arthritis, jaundice, pharyngitis and epidemic fever.

Dose : One tablet of 250 mg., in the evening.

Vehicle : Hot water after slightly cooled.



67. Star bu bcu dgu

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	star bu	Fr.	100G
2.	ru rta	Rt.	25G
3.	mdze tshwa	Mi.	2.5G
4.	sga skya	Rt.	2.5G
5.	zim sin	Pl.	25G
6.	tsha la	Mi.	2.5G
7.	byad bul	Mi.	25G
8.	gyer ma	Fr.	1G
9.	r'gyam tshwa	Mi.	2.5G
10.	gla ba'i mjug rus	An.	2.5G
11.	md'a rgyus	An.	1G
12.	rgya tshwa	Mi.	2.5G
13.	mtshal	An.	2.5G
14.	phañ 'bras	Fr.	25G
15.	ma gi ta	Exd.	25G
16.	ma nu	Rt.	25G
17.	a ru	Fr.	25G
18.	rgun 'brum	Fr.	25G
19.	skyes pa	An.	1G

Indications : Indigestion, loss of appetite, distension of abdomen, eructation, menorrhagia & tumour.

Dose : 500 mg., morning and evening.

Vehicle : Very hot water.



68. Star byañ

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	byañ bul bzañ po	Mi.	250G
2.	star bu	Fr.	50G

Indications : Injury, dyspnoea, high blood pressure, indigestion, phantom tumour & poisoning.

Dose : 500 mg., morning and afternoon.

Vehicle : Hot water.



69. Stoñ ri zil pa'i sbyor ba khyad 'phags

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	stoñ zil	Pl.	150G
2.	ko byi la	Fr.	50G
3.	dp'a bo ser po	Rt.	50G
4.	boñ dkar	Rt.	50G
5.	gañs thig	Mi.	50G
6.	a ru gser mdog	Fr.	50G
7.	ghi vaṃ	Exd.	50G
8.	gla rtsi	Exd.	50G
9.	ru rta	Rt.	50G
10.	gu gul	Exd.	50G
11.	tsan dan dkar po	St.	50G
12.	dzā ti	Fr.	50G

S. No.	Drug Name	Parts	Weight
13.	li si	Fr.	50G
14.	cu gañ	Exd.	50G
15.	gur gum	Fl.	50G
16.	sug smel	Fr.	50G
17.	ka ko la	Fr.	50G

Method of Preparation

This recipe should be prepared in the form of pills. Item no. 2, i.e. *ko byi la* and item no. 10, i.e. *gu gul* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 7 and 8, should be made to powders and mixed together. To this, water and item nos. 7 and 8 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 : Fever, diseases caused by *mkhris pa* & liver diseases.

Dose : One pill of 250 mg., mid-day and night.

Vehicle : Hot water after slightly cooled.



70. Stod lugs sman ser chen mo

S. No.	Drug Name	Parts	Weight
1.	tsan dan dkar po	St.	10.5G
2.	ghi vam	Exd.	50G

S. No.	Drug Name	Parts	Weight
3.	cu gañ	Exd.	16G
4.	kha che gur gum	Fl.	6G
5.	brag zun	Exd.	19G
6.	boñ dkar	Pl.	13.5G
7.	gla rtsi	Exd.	4.5G
8.	gu gul	Exd.	8G
9.	stag sa	Pl.	9.5G
10.	'dzin pa	Lf.	5.5G
11.	sman chen	Rt.	14G
12.	spru nag gam	Rt.	37G
13.	thar nu	Rt.	37G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 5, i.e. *brag zun* and item no. 8, i.e. *gu gul* should be purified according to the procedure prescribed in Appendix-I. All ingredients, except item nos. 2 and 7, should be made to powders and mixed together. To this, water and item nos. 2 and 7 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 are to be stored in a clean and dry glass bottle.

Indications : Jaundice, epidemic fever, bleeding, oedema and carbuncle associated with fever.

Dose : One pill, morning & afternoon.

Vehicle : Very hot water.



71. Thañ chen ñer lña

S. No.	Drug Name	Parts	Weight
1.	kha che	Fl.	79G
2.	a ru ra	Fr.	50G
3.	ba ru ra	Fr.	20G
4.	skyu ru ra	Fr.	30G
5.	ma nu	Rt.	10G
6.	pu şka rmu la	Rt.	10G
7.	rgya tig	Pl.	20G
8.	hoñ len	Pl.	20G
9.	kyi lce	Pl.	20G
10.	boñ dkar	Pl.	20G
11.	'u su	Fr.	20G
12.	parpa ta	Pl.	10G
13.	lug mig	Pl.	14G
14.	'khri šin	Pl.	20G
15.	gser me	Fr.	30G
16.	re ral	Rt.	60G
17.	phag khrag	An.	80G
18.	gañ ga chuñ	Pl.	20G
19.	utpal	Pl.	20G
20.	ba ša ka	Pl.	10G
21.	pri yañ ku	Pl.	20G
22.	brag źun	Exd.	50G
23.	se 'bru	Fr.	60G
24.	sug smel	Fr.	30G
25.	bse yab	Fr.	70G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 22, i.e. brag źun should be purified according to the method described in Appendix-I. All ingredients should be made to powders and mixed together. By adding water, the recipe should be triturated till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried. These pills should be stored in a clean and dry glass bottle.

Indications : Poisoning, different types of fever and stomach disorder.

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

Vehicle : Very hot water.

□

72. Da trig ñer lña

S. No.	Drug Name	Parts	Weight
1.	da trig	Fr.	100G
2.	smag	Fr.	50G
3.	ka bed	Fr.	50G
4.	dug ñuñ	Fr.	25G
5.	gser me	Fr.	25G
6.	brag źun	Exd.	25G
7.	boñ dkar	Pl.	25G
8.	mon cha ra	Fr.	25G

S. No.	Drug Name	Parts	Weight
9.	bya rkañ	Pl.	25G
10.	brag spos	Pl.	25G
11.	spañ rtsi do bo	Pl.	25G
12.	a va	Pl.	25G
13.	dom mkhris	Exd.	15G
14.	gur gum	Fl.	25G
15.	gla rtsi	Exd.	15G
16.	sña lo	Pl.	25G
17.	ba le ka	Pl.	25G
18.	ga dur	Rt.	25G
19.	tha ram	Pl.	25G
20.	btsod	Pl.	25G
21.	a ru	Fr.	25G
22.	ba ru	Fr.	25G
23.	skyu ru	Fr.	25G
24.	sle tres	Pl.	25G
25.	ka ña	St.	25G
26.	ma nu	Rt.	25G

Indications : Fever, afflictions of small intestine, colic pain & diarrhoea of different types.

Dose : 500 mg., morning and afternoon.

Vehicle : Hot water after cooled.



73. Da lis bcu drug

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	40G
2.	šiñ tsha	St. Bk.	2.5G
3.	pi pi liñ	Fr.	5G
4.	sug smel	Fr.	2.5G
5.	gur gum	Fl.	20G
6.	ša pho ru rta	Rt.	14G
7.	li ši	Fr.	14G
8.	ar nag	St.	14G
9.	dzā ti	Fr.	14G
10.	sñiñ źo ša	Fr.	14G
11.	rgun 'brum	Fr.	14G
12.	cu gañ	Exd.	14G
13.	šiñ mñar	St.	14G
14.	ga dur	Rt.	14G
15.	da lis	Fl.	210G
16.	sdig srin	An.	14G

Method of Preparation

This recipe is generally used in the form of powder. Item no. 11, i.e. *rgun 'brum* should be roasted over a pan before pounding. All ingredients should be made to powders and mixed well. This should then be stored in a clean and dry glass jar.

Indications : Indigestion, abdominal distension, bronchitis, giddiness, hoarseness of voice & oedema.

Dose : 500 mg., morning and afternoon.
 Vehicle : Hot water or honey or jaggery.



74. Da li bdun pa

S. No.	Drug Name	Parts	Weight
1.	da li	Fl.	100G
2.	śiñ tsha	St. Bk.	50G
3.	sug smel	Fr.	50G
4.	ka ko la	Fr.	50G
5.	zi ra	Fr.	50G
6.	pi pi liñ	Fr.	50G
7.	na le sam	Fr.	50G

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.

Indications : Diarrhoea, vomiting, indigestion, phantom tumour & stomach pain.

Dose : 500 mg., in the morning.

Vehicle : Very hot water.



75. Da li drug pa

S. No.	Drug Name	Parts	Weight
1.	da li	Fl.	5G
2.	na le sam	Fr.	20G
3.	śiñ tsha	St. Bk.	10G
4.	sug smel	Fr.	30G
5.	bc'a sga	Rt.	25G
6.	pi pi liñ	Fr.	30G

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 then be stored in a clean and dry glass jar.

Indications : Fever, diarrhoea, vomiting, asthma, piles, phantom tumour and bronchitis.

Dose : 500 mg., morning & afternoon.

Vehicle : Very hot water.



76. Da li brgyad pa

S. No.	Drug Name	Parts	Weight
1.	da li	Fl.	125G
2.	sga skya	Rt.	25G
3.	pi pi liñ	Fr.	25G

S. No.	Drug Name	Parts	Weight
4.	pho ba ril	Fr.	25G
5.	śiñ tsha	St. Bk.	25G
6.	sug smel	Fr.	25G
7.	zi ra	Fr.	25G
8.	kha ru tsha	Mi.	2.5G

Method of Preparation

This recipe is generally prepared in the form of powder. Ingredients from item nos. 1 to 7 should be made in powders and mixed together. To this, the powder of item no. 8 should be added and mixed well. This should be stored in a clean and dry glass bottle well corked.

Indications : Diseases of bad kan.

Dose : 500 mg., in the morning.

Vehicle : Very hot water.

**77. Dwa lis bco bgyad**

S. No.	Drug Name	Parts	Weight
1.	dwa lis	Fl.	25G
2.	kyi lce	Fl.	25G
3.	śiñ mñar	St.	25G
4.	dzā ū	Fr.	25G
5.	li śi	Fr.	25G

S. No.	Drug Name	Parts	Weight
6.	cu gañ	Exd.	25G
7.	gur gum	Fl.	25G
8.	sug smel	Fr.	25G
9.	ka ko la	Fr.	25G
10.	tsan dan dkar po	St.	10G
11.	tsan dan dmar po	St.	15G
12.	a gar nag po	St.	20G
13.	a ru ra	Fr.	15G
14.	ba ru ra	Fr.	15G
15.	skyu ru ra	Fr.	15G
16.	rgya skyegs.	Exd.	20G
17.	btsod	Pl.	20G
18.	zu mkhan	Lf.	20G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients should be made to powders and mixed well together. To this, adequate quantity of sugar should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Trembling, paralysis and muscular dystrophy.

Dose : 500 mg., morning and evening.

Vehicle : Very hot water.



78. Dug sman dp'a bo ñer lña

S. No.	Drug Name	Parts	Weight
1.	dp'a bo dkar po	Rt.	100G
2.	dp'o ser po	Rt.	100G
3.	yuñ ba ser	Fr.	50G
4.	gser mdog	Fr.	100G
5.	skyer šun	St. Bk.	50G
6.	skyu ru ra	Fr.	50G
7.	se 'bru	Fr.	50G
8.	pi pi liñ	Fr.	50G
9.	ba ša ka	Pl.	50G
10.	ru rta	Rt.	50G
11.	sug smel	Fr.	50G
12.	ser rgod šun	St. Bk.	25G
13.	byi tañ	Fr.	50G
14.	lañ thañ	Fr.	25G
15.	ma ru rtse	Fr.	25G
16.	ha bo	Pl.	50G
17.	'om bu	Pl.	50G
18.	re ral	Pl.	25G
19.	byi rug	Pl.	50G
20.	ko byi la	Fr.	25G
21.	phag khrag	An.	25G
22.	hoñ len	Pl.	50G
23.	bo ña dkar po	Rt.	100G
24.	rnam par rgu thub	Pl.	25G
25.	byi'u la phug	Pl.	100G

Indications : Different types of poisoning, colic pain, indigestion, parasitic infection & abscess.

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

Vehicle : Very hot water.



79. Dug sman mañ sbyor chen mo

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	100G
2.	brag žun	Exd.	25G
3.	gyi me tog	Fr.	25G
4.	khyuñ sder	Pl.	25G
5.	dp'a bo ser po	Rt.	50G
6.	bya 'phur slebs	An.	25G
7.	ru rta	Rt.	25G
8.	boñ ña dmar po	Rt.	25G
9.	boñ ña ser po	Rt.	25G
10.	boñ ña dkar po	Pl.	25G
11.	dug ñuñ	Fr.	25G
12.	hoñ len	Pl.	25G
13.	gy'a kyi	Pl.	25G
14.	gañgā chuñ	Pl.	25G
15.	re ril	Pl.	25G
16.	brag spos	Pl.	25G
17.	'om bu	Pl.	25G
18.	pri yañ ku	Pl.	25G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
19.	mu men	Mi.	10G
20.	byu ru	Mi.	10G
21.	gyu	Mi.	10G
22.	mu tig	An.	10G
23.	mtshal	Mi.	10G
24.	gla rtsi	Exd.	10G
25.	ghi vam	Exd.	10G
26.	ba ša ka	Pl.	25G
27.	tig ta	Pl.	25G
28.	gañs tig	Mi.	25G
29.	ži ra	Fr.	25G
30.	ba le ka	Pl.	25G
31.	bse ru	An.	10G
32.	tsan dan dkar po	St.	25G
33.	tsan dan dmar po	St.	25G
34.	spos dkar	Exd.	25G
35.	thal ka rdo rje	Fr.	25G
36.	so ma ra dza	Fr.	25G
37.	nā ga ge sar	Fl.	25G
38.	padma ge sar	Fl.	25G
39.	pu špa ge sar	Fl.	25G
40.	dzā ti	Fr.	25G
41.	li šī	Fr.	10G
42.	gur gum	Fl.	25G
43.	cu gañ	Exd.	25G
44.	sug smel	Fr.	25G
45.	ka ko la	Fr.	25G
46.	se 'bru	Fr.	25G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 2, i.e. *brag žun* and item no. 22, i.e. *mu tig* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 25 and 26, should be made to powders and mixed together. To this, a small quantity of sugar, water and item nos. 25 and 26 should be added and triturated well 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 : Different types of poisoning & chronic fever.

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

Vehicle : Very hot water.



80. Rdo žun ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	rdo žun	Mi.	125G
2.	ka ra ñdza	Fr.	25G
3.	doñ gra	Fr.	25G
4.	pi pi liñ	Fr.	25G
5.	rgyam tshwa	Mi.	15G
6.	pho ril	Fr.	25G
7.	lce tshwa	Pl.	25G
8.	dbyi moñ dkar po	Pl.	25G
9.	dur thod thal ba	An.	2.5G
10.	ša ru'i thal ba	An.	2.5G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
11.	se 'bru	Fr.	50G
12.	siñ tsha	St. Bk.	25G
13.	star 'zun	Fr.	25G
14.	pri yañ ku	Pl.	25G
15.	coñ 'zi	Mi.	100G
16.	go sñod	Fr.	25G
17.	la la phud	Fr.	25G
18.	ma nu	Rt.	25G
19.	zi ra	Fr.	25G
20.	'u su	Fr.	25G
21.	spa yag 'bru	Pl.	25G
22.	ru rta	Rt.	25G
23.	kha ru tsha	Mi.	2.5G
24.	ba ru tsha	Mi.	2.5G
25.	sug smel	Fr.	50G

Method of Preparation

This is generally prepared in the form of powder. All ingredients, except item nos. 5, 24 and 25, should be made to powders and mixed together. To this, powders of item nos. 5, 24 and 25 should be added and mixed well. This should then be stored in a clean and dry glass jar well corked.

Indications : Indigestion, poisoning, liver diseases & stomach disorders.

Dose : 500 mg., morning and afternoon.

Vehicle : Very hot water.



81. Bdud rtsi ril dkar

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	rdo 'zo	Mi.	100G
2.	sga skya	Rt.	5G
3.	kha ru tshwa	Mi.	5G
4.	star bu	Fr.	5G
5.	pi pi liñ	Fr.	5G

Indications : Indigestion, phantom tumour, oedema & urinary disorders.

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

Vehicle : Very hot water.



82. Bdud rtsi sleb mchog

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	phag brun nus bsregs	Exc.	80G
2.	rims spyir de ba	Pl.	5G
3.	gsem me	Fr.	5G
4.	pa rpa ta	Pl.	5G
5.	ga dur	Rt.	5G
6.	a ru	Fr.	5G
7.	mi thod bsregs thal	An.	5G
8.	'brug rus	An.	5G
9.	tig ta	Pl.	5G

S. No.	Drug Name	Parts	Weight
10.	gy'a kyi ma	Pl.	5G
11.	a byag rnam pa gñis	Pl.	5G
12.	dug ñuñ	Fr.	50G
13.	boñ dkar	Pl.	50G
14.	sña rtsa'm ga dur	Rt.	70G
15.	ba le ka	Pl.	50G
16.	brag 'zun	Exd.	35G
17.	gla rtsi	Exd.	35G
18.	bdud rtsi lo ma	Pl.	45G

Indications : Diseases of *mkhris pa* & epidemic fever.

Dose : 500 mg., morning and afternoon.

Vehicle : Hot water after slightly cooled.



83. Bde byed sñoms ldan

S. No.	Drug Name	Parts	Weight
1.	coñ 'zi	Mi.	200G
2.	se 'bru	Fr.	60G
3.	cu gañ	Exd.	18G
4.	gur gum	Fl.	18G
5.	li ši	Fr.	18G
6.	dzā ti	Fr.	12G
7.	sug smel	Fr.	12G
8.	ka ko la	Fr.	12G

S. No.	Drug Name	Parts	Weight
9.	a ru ra	Fr.	18G
10.	šin tsha	St. Bk.	8G
11.	dwa lis	Fl.	6G

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 then be stored in a clean and dry glass jar.

Indications : Diseases of *bad kan*.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.



84. Nor bu bdun thañ

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	150G
2.	ba ru ra	Fr.	150G
3.	skyu ru ra	Fr.	150G
4.	ma nu	Rt.	150G
5.	sle tres	Pl.	150G
6.	ka ñta ka ri	St.	300G
7.	sga skya	Rt.	100G

Method of Preparation

This is generally prepared in the form of decoction. All ingredients are coarsely pounded. To this, four times of water should be added, boiled, reduced to one fourth and strained. The decoction, thus obtained, is used in medicine. This is stored in a clean jar.

Indications : All diseases of *khrag* and *rluñ*.

Dose : One cup of decoction, morning and afternoon.

**85. Rnam rgyal than nag**

S. No.	Drug Name	Parts	Weight
1.	rgya skyegs	Exd.	25G
2.	btsod	Pl.	25G
3.	'bri mog	Rt.	25G
4.	mtshal	Mi.	25G
5.	phag brun	Exc.	25G
6.	spañ rtsi	Pl.	25G
7.	stag sa	Pl.	2.5G
8.	sle tres	Pl.	25G
9.	gu gul	Exd.	1.5G
10.	stag tsher	St.	25G
11.	zu mkhan	Lf.	25G

Indications : Bronchitis, fever, headache, epidemic fever, colic pain & intestinal disorders.

Dose : One cup of decoction, noon and evening.

**86. Rnam rgyal ril bu**

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	150G
2.	ba ru ra	Fr.	50G
3.	skyu ru ra	Fr.	50G
4.	spyi bzur	Lf.	25G
5.	coñ zi	Mi.	25G
6.	brag zun	Exd.	25G
7.	ko byi la	Fr.	20G
8.	dom mkhris	Exd.	2.5G
9.	gañs tig	Mi.	2.5G
10.	gla rtsi	Exd.	2.5G
11.	dzā ti	Fr.	25G
12.	li si	Fr.	25G
13.	cu gañ	Exd.	25G
14.	gur gum	Fl.	25G
15.	sug smel	Fr.	25G
16.	ka ko la	Fr.	25G

Method of Preparation

This is generally prepared in the form of pills. Item no. 6, i.e. *brag zun* and item no. 7, i.e. *ko byi la* should be purified according to the procedure described in Appendix-I. All

ingredients, except item nos. 8 and 10, should be made to powders and mixed together. To this, juice of pomegranate (*se 'bru*) and item nos. 8 as well as 10 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 : Poisonings and diseases of liver and stomach.

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

Vehicle : Very hot water.



87. Sna srin sel byed gla rtsi lña

S. No.	Drug Name	Parts	Weight
1.	gla rtsi	Exd.	25G
2.	btsan dug	Rt.	2.5G
3.	siñ kun	St.	2.5G
4.	ma ru rtse	Fr.	2.5G
5.	lañ thañ rtse	An.	2.5G

Method of Preparation

This is generally prepared in the form of powder. Item no. 3, i.e. *siñ kun* should be fried over a pan before pounding. Similarly, item no. 5, i.e. *lañ thañ rtse* should be dried and pounded. Item no. 2, i.e. *btsan dug* is a deadly poison. Since, this recipe is not taken internally but used only for fumigation (inhalation of smoke), its purification and detoxification is not essential. All ingredients are to be

made to powders and mixed together. At the end, item no. 1, i.e. *gla rtsi* should be added and mixed well. One tea spoonful of this powder should be poured over burning charcoal, and the smoke that comes out should be deeply inhaled.

Indications : Chronic rhinitis and sinusitis.

Method of use : Smoke of this recipe is to be inhaled.



88. Sna sman dri bzañ bcu pa

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	2.5G
2.	li si	Fr.	2.5G
3.	ghi vaṃ	Exd.	2.5G
4.	ka ko la	Fr.	2.5G
5.	dzā ti	Fr.	2.5G
6.	ru rta	Rt.	5G
7.	a ru ra	Fr.	15G
8.	sug smel	Fr.	2.5G
9.	tsan dan dmar po	St.	10G
10.	tsan dan dkar po	St.	2.5G

Method of Preparation

This recipe is prepared in the form of very fine powder. All ingredients, except item no. 3, should be made to fine powders and mixed together. At the end, item no. 3 should be added and mixed well. This should be stored in a dry and clean glass bottle well corked.

Indications : Chronic rhinitis, sinusitis, refraction errors & cataract.

Method of use : The powder of this recipe is to be inhaled like a snuff.



89. Gnam lcags thog md'a

S. No.	Drug Name	Parts	Weight
1.	dñul chu	Mi.	30G
2.	mu zi	Mi.	30G
3.	btsan dug	Rt.	30G
4.	gla rtsi	Rt.	10G
5.	byi tañ ga	Fr.	10G
6.	thañ phrom dmar po	Fr.	10G
7.	gul nag	Exd.	10G
8.	ma ru rtse	Fr.	10G

Method of Preparation

This recipe is generally prepared in the form of pills. Item nos. 1 to 3, namely *dñul chu*, *mu zi* and *btsan dug* should be purified and detoxified according to the procedures described in the Appendix-I. First of all, item nos. 1 and 2 should be triturated till a black and fine powder like collyrium is formed. To this, the powder of the remaining ingredients, except item no. 4, should be added. At the end, 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. This should be stored in a clean and dry glass bottle.

Indications : Chronic rhinitis and other nasal disorders.

Dose : One pill of 250 mg., morning and afternoon.

Vehicle : Very hot water.



90. Pad rag mdog ldan

S. No.	Drug Name	Parts	Weight
1.	gur gum	Fl.	100G
2.	gze ma	Fr.	75G
3.	sug smel	Fr.	75G
4.	skyer šun	St.Bk.	75G
5.	skyu ru ra	Fr.	75G
6.	dom mkhris	Exd.	25G
7.	tshos	Exd.	75G
8.	btsod	Pl.	75G
9.	žu mkhan	Lf.	75G
10.	šug tsher	Lf.	75G
11.	brag žun	Exd.	75G
12.	mkhal žo ša	Fr.	75G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 11, i.e. *brag žun* should be purified according to the method described in Appendix-I. All ingredients, except item no. 6, should be made to powders and mixed together. Thereafter, item no. 6 should be added and mixed well. This should be stored in a clean and dry glass jar.

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Indications : Spermatorrhea and kidney and prostate disorders.

Dose : 500 mg., mid-day & mid-night.

Vehicle : Very hot water.

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91. Spañ rgyan bco lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	spañ rgyan	Pl.	20G
2.	ar nag	St.	4G
3.	sñiñ źo řa	Fr.	5G
4.	tsan dan dkar po	St.	2.5G
5.	dzā ti	Fr.	5G
6.	cu gañ	Exd.	7.5G
7.	sro lo dkar po	Rt.	5G
8.	a ru ra	Fr.	7.5G
9.	ba ru ra	Fr.	6G
10.	skyu ru ra	Fr.	6G
11.	sle tres	Pl.	5G
12.	ba řa ka	Pl.	6.5G
13.	li ři	Fr.	3G
14.	ru rta	Rt.	6G
15.	řiñ mñar	St.	9G

Method of Preparation

This recipe is generally used 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.

99

Indications : Influenza, cold, pharyngitis, dyspnoea and pain in the body.

Dose : 500 mg., morning & evening.

Vehicle : Very hot water.

❏

92. Spañ rgyan ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	spañ rgyan dkar po	Fl.	75G
2.	tsan da dkar po	St.	25G
3.	tsan da dmar po	St.	25G
4.	a ga ru	St.	25G
5.	sle tres	Pl.	25G
6.	ba le ka	Pl.	25G
7.	kañ řa kā ri	St.	25G
8.	a ru	Fr.	30G
9.	ba ru	Fr.	30G
10.	skyu ru	Fr.	30G
11.	tig ta	Pl.	25G
12.	hoñ len	Rt.	25G
13.	skra bzañ	Pl.	25G
14.	ba řa ka	Pl.	25G
15.	gur gum	Fl.	25G
16.	řiñ mñar	St.	25G
17.	sro lo	Rt.	25G
18.	kyi lce	Fl.	25G
19.	boñ dkar	Pl.	25G

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S. No.	Drug Name	Parts	Weight
20.	stoñ zil	Pl.	25G
21.	khraḡ rkañ ser po	Pl.	25G
22.	gañ chuñ	Pl.	25G
23.	rtsi dmar	Pl.	25G
24.	brag spos	Pl.	25G
25.	spa yag rtsa ba	Rt.	25G

Indications : Fever, poisoning, blood diseases & throat diseases

Dose : 500 mg., afternoon.

Vehicle : Very hot water.

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93. Spyañ lce bḡyad pa

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	25G
2.	ru rta	Rt.	25G
3.	śu dag	Rt.	25G
4.	btsan dug	Rt.	10G
5.	gla rtsi	Exd.	10G
6.	gu gul	Exd.	20G
7.	rgya tshwa	Mi.	10G
8.	spyañ lce	An.	10G

101

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 4, i.e. *btsan dug* and item no. 6, i.e. *gu gul* should be purified according to the procedure prescribed in Appendix-I. All the ingredients, except item nos. 5 and 7 should be made to powders and mixed together. To this, item no. 7 should be added. At the end, item no. 5 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Diseases of tongue, specially glossitis.

Dose : 250 mg., morning and evening.

Vehicle : Very hot water.

❏

94. Spañ rtsi bcu ḡñis

S. No.	Drug Name	Parts	Weight
1.	spañ rtsi	Pl.	9.5G
2.	boñ dkar	Pl.	6.5G
3.	stag śa	Pl.	6.5G
4.	pa rpa ta	Pl.	7G
5.	bdud rtsi lo ma	Lf.	20G
6.	cu gañ	Exd.	5G
7.	gur gum	Fl.	10G
8.	ghi vaṃ	Exd.	4G
9.	tsan dan dkar po	St.	5G
10.	brag źun	Exd.	6G
11.	gla rtsi	Exd.	6G
12.	gul nag	Exd.	6G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 10, i.e. *brag źun* should be purified according to the procedure prescribed in the Appendix-I. All ingredients, except item nos. 8 and 11, should be made to powders and mixed together. To this, item nos. 8 and 11 should be added and mixed well. By adding water, it should then be 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 : Carbuncle, fever and epidemic fever.

Dose : One pill of 250 mg., morning and afternoon.

Vehicle : Hot water after slightly cooled.

**95. Spañ rtsi bcu gsum**

S. No.	Drug Name	Parts	Weight
1.	spañ rtsi	Pl.	9.5G
2.	boñ dkar	Pl.	6.5G
3.	stag ša	Pl.	6.5G
4.	par pa ta	Pl.	7G
5.	'dzin pa	Lf.	20G
6.	cu gañ	Exd.	5G
7.	li ši	Fr.	10G
8.	gur gum	Fl.	4G
9.	tša nda dkar po	St.	5G

S. No.	Drug Name	Parts	Weight
10.	tša nda dmar po	St.	6G
11.	brag źun	Exd.	6G
12.	gla ba	Exd.	6G
13.	gu gul	Exd.	6G

Indications : Epidemic fever & carbuncle.

Dose : 500 mg., morning and afternoon.

Vehicle : Very hot water.

**96. Spos dkar bco brgyad**

S. No.	Drug Name	Parts	Weight
1.	spos dkar	Exd.	35G
2.	thal ka rdo rje	Fr.	35G
3.	so ma ra dza	Fr.	35G
4.	ru rta	Rt.	5G
5.	ba ša ka	Pl.	30G
6.	a ru ra	Fr.	100G
7.	ba ru ra	Fr.	4G
8.	skyu ru ra	Fr.	30G
9.	sle tres	Pl.	10G
10.	brag źun	Exd.	5G
11.	gdum po (boñ na)	Pl.	5G
12.	a ru ra	Fr.	30G
13.	khyi la ba ri	St.	5G

S. No.	Drug Name	Parts	Weight
14.	sug tsher	Lf.	30G
15.	stag ša ba	Pl.	5G
16.	gla rtsi	Exd.	2.5G
17.	šu dag	Rt.	5G
18.	gu gul	Exd.	5G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 10, i.e. *brag žun* and item no. 18, i.e. *gu gul* should be purified according to the procedures described in Appendix-I. *A ru ra* is described twice in this recipe (vide—item nos. 6 and 12). In total, 130G. of this drug should be used in the recipe. All ingredients, except item no. 16 should be added and mixed together. At the end, item no. 16 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Rheumatic arthritis, gout, arthritis & gonorrhoea.

Dose : 500 mg., morning & evening.

Vehicle : Hot water or blood of goat.

**97. Spos khyun bco lña**

S. No.	Drug Name	Parts	Weight
1.	spos dkar	Exd.	35G
2.	thal rdor	Fr.	35G

S. No.	Drug Name	Parts	Weight
3.	so ma ra dza	Fr.	35G
4.	ru rta	Rt.	5G
5.	ba ša ka	Pl.	30G
6.	a ru ra	Fr.	100G
7.	ba ru ra	Fr.	100G
8.	skyu ru ra	Fr.	30G
9.	sle tres	Pl.	10G
10.	brag žun	Exd.	5G
11.	gul nag	Exd.	2.5G
12.	sman chen	Rt.	100G
13.	šu dag	Rt.	15G
14.	gla rtsi	Exd.	10G
15.	stod ja	Ext.	30G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 10, i.e. *brag žun* should be purified according to the procedure described in Appendix-I. All ingredients, except item no. 14 should be made to powders and mixed together. To this, water and item no. 14 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, rheumatism and pain.

Dose : One pill of 250 mg., in the evening.

Vehicle : Very hot water.



98. Spyi 'joms bde ba'i myu gu

S. No.	Drug Name	Parts	Weight
1.	a ru gser mdog	Fr.	50G
2.	brag 'zun	Exd.	50G
3.	star 'zun	Ext.	200G
4.	pi pi lin	Fr.	14G
5.	gur gum	Fl.	14G
6.	utpal	Pl.	14G
7.	se sug	Pl.	14G
8.	skyu ru ra	Fr.	14G
9.	ba sa ka	Pl.	14G
10.	ru rta	Rt.	14G
11.	rgyam tshwa	Mi.	14G
12.	ma nu	Rt.	14G
13.	coñ 'zi	Mi.	14G
14.	lcags phye	Mi.	14G
15.	parpa ta	Pl.	14G
16.	sbrul gyi sa	An.	14G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 2, i.e. *brag 'zun* and item no. 14, i.e. *lcags phye* should be prepared according to the procedures described in Appendix-I. Item no. 16, i.e. *sbrul gyi sa* should be dried well before pounding. All ingredients, except item no. 11, should be made to powders and mixed together. At the end, powder of item no. 11 should be added and mixed well. This should be stored in a clean and dry glass jar well corked.

Indications : Stomach disorders, phantom tumour and indigestion.

Dose : 500 mg., morning and afternoon.

Vehicle : Very hot water.

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99. Spyi 'joms rdo rje can

S. No.	Drug Name	Parts	Weight
1.	sman chen	Rt.	10G
2.	rgya tshwa	Mi.	10G
3.	śug tsher	Lf.	20G
4.	re rel	Pl.	20G
5.	span spos	Rt.	20G
6.	gur gum	Fl.	20G
7.	gla rtsi	Exd.	3G
8.	ghi vam	Exd.	3G
9.	dom mkhris	Exd.	3G
10.	mtshal	Mi.	8G

Indications : Diuretic & laxative

Dose : 500 mg., morning and afternoon.

Vehicle : Very hot water.

❧

100. Spru nag ñer dgu

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	spru nag	Rt.	250G
2.	sman chen	Rt.	50G
3.	'dzin pa	Lf.	50G
4.	bdud tsi	Lf.	50G
5.	gar nag	St.	25G
6.	phur khañ	Pl.	25G
7.	nim pa	Pl.	25G
8.	sum tig	Pl.	25G
9.	tša ndan	St.	25G
10.	ghi vaṃ	Exd.	25G
11.	cu gañ	Exd.	25G
12.	gur gum	Fl.	25G
13.	ga dur	Rt.	25G
14.	de ba	Pl.	25G
15.	brag zün	Exd.	25G
16.	par pa ta	Pl.	25G
17.	boñ dkar	Pl.	25G
18.	gla rtsi	Exd.	5G
19.	gu gul	Exd.	25G
20.	stag ša nag po	Pl.	25G
21.	a gar	St.	25G
22.	gri ša	An.	10G
23.	šu dag	Rt.	10G
24.	mu zi ser po	Mi.	10G
25.	a byag gzer 'joms	Pl.	25G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
26.	tsher sdon	Pl.	25G
27.	miñ chen nag po	Pl.	25G
28.	li ši	Fr.	25G
29.	gser me	Fr.	25G

Indications : Colic pain, dysentery, carbuncle, pain fever; not to be given to children, old people and weak persons.

Dose : 500 mg., morning and evening..

Vehicle : Very hot water.



101. Dp'a bo bcu gsum

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	a ru ra	Fr.	20G
2.	ru rta	Rt.	5G
3.	šu dag	Rt.	3G
4.	btsan dug	Rt.	10G.
5.	gla rtsi	Exd.	1.5G
6.	stag ša	Pl.	10G
7.	gu gul nag po	Exd.	10G
8.	dñul chu	Mi.	10G
9.	mu ži	Mi.	10G
10.	kyi lce	Fl.	12.5G
11.	hoñ len	Rt.	12.5G
12.	gi vaṃ	Exd.	2.5G
13.	spañ rtsi	Pl.	12.5G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 4, i.e. *btsan dug*, item no. 7, i.e. *gu gul nag po*, item no. 8, i.e. *dhul chu* and item no. 9, i.e. *mu zi* should be purified according to the procedures prescribed in Appendix-I. First of all, item nos. 8 and 9 should be well triturated till a collyrium like black powder is formed. To this, powders of other ingredients, except item nos. 5 and 12, should be added and mixed well. At the end, water and item nos. 5 and 12 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 : Poisoning, stomach disorders and liver disorders.

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

Vehicle : Very hot water. If there is burning sensation in the throat this recipe should be taken with the decoction of *tshar boñ*.



102. Phan pa kun ldan

S. No.	Drug Name	Parts	Weight
1.	thañ phrom dkar po rtsa 'bras	Pl.	40G
2.	gla rtsi	Exd.	10G
3.	gul nag	Exd.	10G
4.	'dzin lo	Lf.	10G

S. No.	Drug Name	Parts	Weight
5.	a ru	Fr.	10G
6.	yuñ ba	Fr.	10G
7.	stag ša	Pl.	10G
8.	šu dag	Rt.	10G
9.	rgya rtshwa	Mi.	10G
10.	ma ru rtse	Fr.	10G
11.	byi tañ ga	Fr.	10G
12.	sman chen	Rt.	10G

Indications : Pharyngitis, carbuncles, glossitis and sleeplessness.

Dose : One tablet of 250 mg., in the evening.

Vehicle : Very hot water.



103. 'Phags ma dbyañ can ril bu

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	150G
2.	skyu ru ra	Fr.	150G
3.	pi pi liñ	Fr.	150G
4.	šiñ mñar	St.	50G
5.	sgron šiñ	St.	50G
6.	go sñod	Fr.	50G
7.	dug mo ñuñ	Fr.	50G

S. No.	Drug Name	Parts	Weight
8.	lug ru ser po	Fl.	50G
9.	lug ru dmar po	Fl.	50G
10.	lug ru smug po	Fl.	50G
11.	spañ rgyan dkar po	Pl.	50G

Method of Preparation

This recipe is prepared in the form of pills. All ingredients should be pounded separately and mixed together. By adding sugar syrup or honey, this should be triturated well till a fine paste is formed. From out of this paste, pills of 250 mg. each should be prepared and dried. These are to be stored in a clean and dry glass bottle.

Indications : Stammering, dumbness, hoarseness of voice and loss of memory.

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

Vehicle : Hot water.

**104. Bad rluñ śiñ kun brgyad pa**

S. No.	Drug Name	Parts	Weight
1.	śiñ kun	Exd.	10G
2.	tañ kun	Rt.	5G
3.	ar nag	St.	10G
4.	dzā ti	Fr.	10G
5.	ru rta	Rt.	10G

S. No.	Drug Name	Parts	Weight
6.	li śi	Fr.	10G
7.	go sñod	Fr.	7G
8.	gu gul nag po	Exd.	52G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 1, i.e. *śiñ kun* should be fried over a pan and then pounded. Item no. 8, i.e. *gu gul* should be purified according to the method described in Appendix-I. All the ingredients should be pounded well and mixed together. By adding water, this should be 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 : Diseases caused by *rluñ*, abdominal distension, pain in different parts of the body and headache.

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

Vehicle : Hot water after slightly cooled; can be better used along with 'bri butter.

**105. Bi ma la'i sbyor ba**

S. No.	Drug Name	Parts	Weight
1.	dzā ti	Fr.	20G
2.	a ru ra	Fr.	20G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
3.	spos dkar	Exd.	20G
4.	ar nag	St.	20G
5.	ghi vaṃ	Exd.	10G
6.	śiñ kun	Exd.	10G
7.	dzā ti	Fr.	10G
8.	li śi	Fr.	10G
9.	cu gañ	Exd.	10G
10.	gur gum	Fl.	10G
11.	sug smel	Fr.	10G
12.	ka ko la	Fr.	10G
13.	go sñod	Fr.	10G
14.	tsan dan dkar po	St.	10G
15.	tsan dan dmar po	St.	10G.
16.	ba ru ra	Fr.	10G
17.	skyu ru ra	Fr.	10G
18.	sñiñ źo sa	Fr.	10G
19.	señ ldeñ	St.	10G
20.	sgog skya	Rt.	10G
21.	li ga dur	Rt.	10G

Method of Preparation

This recipe, originally found in Vimala Mitra's work, is generally prepared in the form of pills. Item no. 6, i.e. *śiñ kun* should be fried over a hot pan before pounding. All 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 paste, pills of 250 mg. each should be prepared and dried. These pills are to be stored in a clean and dry glass bottle.

Indications : Heart diseases, mental disorders and epilepsy.

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

Vehicle : Hot water after cooled.

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106. Boñ khrag ñer lña

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	tsan dan dkar po	St.	6G
2.	tsan dan dmar po	St.	10G
3.	ghi vaṃ	Exd.	2G
4.	cu gañ	Exd.	2G
5.	kha che	Fl.	7G
6.	li śi	Fr.	8G
7.	dzā ti	Fr.	12G
8.	sug smel	Fr.	7G
9.	ka ko la	Fr.	7G
10.	spos dkar	Exd.	10G
11.	thal rdor	Fr.	15G
12.	so ma ra dza	Fr.	15G
13.	pad ma ge sar	Fl.	8G
14.	nā ga ge sar	Fl.	8G
15.	tig ta	Pl.	7G
16.	sle tres	St.	5G
17.	spyi źur	St. Bk.	8G
18.	a ru ra	Fr.	7G

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S. No.	Drug Name	Parts	Weight
19.	ba ru ra	Fr.	7G
20.	skyu ru ra	Fr.	10G
21.	gla rtsi	Exd.	12G
22.	spañ rgyan	Fl.	7G
23.	spañ rtsi	Pl.	7G
24.	ba ša ka	Pl.	10G
25.	boñ thor khrag	An.	50G

Method of Preparation

This recipe is generally prepared in the form of pills. All ingredients, except item nos. 3 and 21, should be made to powders and mixed together. To this, water and item nos. 3 and 21 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 : Rheumatic arthritis & gout.

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

Vehicle : Hot water or decoction of *señ ldeñ*.

**107. Boñ dmar bdun pa**

S. No.	Drug Name	Parts	Weight
1.	boñ dmar	Rt.	100G
2.	a 'bras	Fr.	50G

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S. No.	Drug Name	Parts	Weight
3.	sra 'bras	Fr.	50G
4.	'jam 'bras	Fr.	50G
5.	tsan dan dmar po	St.	50G
6.	hoñ len	Rt.	50G
7.	pri yañ	Pl.	50G

Method of Preparation

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

Indications : Hoarseness of voice and laryngitis.

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

Vehicle : Hot water.

**108. Byañ lugs se'bru bcu gsum**

S. No.	Drug Name	Parts	Weight
1.	se 'bru	Fr.	100G
2.	pho ril	Fr.	5G
3.	sman sga	Rt.	10G
4.	byi tañ ga	Fr.	5G
5.	šiñ tsha	St. Bk.	5G

S. No.	Drug Name	Parts	Weight
6.	pi pi lin	Fr.	5G
7.	rgya tshwa	Mi.	15G
8.	bya rgod thal ba	Exc.	10G
9.	go thal	Exc.	10G
10.	la la phud	Fr.	15G
11.	dbyi mon	Fl.	20G
12.	tsi tra ka	Fr.	20G
23.	'jam 'bras	Fr.	15G

Indications : Indigestion and all other diseases caused by *bad kan*.

Dose : 500 mg., in the morning.

Vehicle : Hot water.



109. Byañ lugs ko la bcu dgu

S. No.	Drug Name	Parts	Weight
1.	ko la	Fr.	100G
2.	cu gañ	Exd.	25G
3.	ba sa ka	Pl.	25G
4.	gur gum	Fl.	25G
5.	tig ta	Pl.	25G
6.	gser me tog	Fl.	25G

S. No.	Drug Name	Parts	Weight
7.	nā ga ge sar	Fl.	25G
8.	a ru ra	Fr.	25G
9.	'om bu	Pl.	25G
10.	rgya skyegs	Exd.	25G
11.	'bri mog	Rt.	25G
12.	sug smel	Fr.	25G
13.	ru rta	Rt.	25G
14.	boñ dkar	Pl.	25G
15.	bre ga	Fr.	25G
16.	brag zun	Exd.	25G
17.	'jam 'bras	Fr.	25G
18.	skyu ru ra	Fr.	25G
19.	spañ spos	Rt.	25G

Method of Preparation

This recipe is generally prepared in the form of powder. Item no. 16, i.e. *brag zun* should be purified according to the procedure described 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.

Indications : Diseases of spleen & liver.

Dose : 500 mg., morning & evening.

Vehicle : Hot water after slightly cooled.



110. Byis pa'i glo sman gcig ses kun gro

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	cu gañ	Exd.	10G
2.	gur gum	Fl.	10G
3.	ghi vaṃ	Exd.	10G
4.	ga dur	Rt.	10G
5.	boñ ña dkar po	Rt.	10G
6.	śiñ mñar	St.	10G
7.	sro lo dkar po	Pl.	10G
8.	hoñ len	Pl.	10G
9.	tsan dan dkar po	St.	10G

Method of Preparation

This recipe is generally prepared in the form of powder. All ingredients, except item no.3, should be made to powders and mixed together. At the end, item no. 3 should be added and mixed well. This should be stored in a clean and dry glass jar.

Indications : Fever and bronchitis of children.

Dose : 500 mg., in the evening.

Vehicle : Hot water after slightly cooled or honey.

**111. Byugs pa rtsa dkar kun sel**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	spañ spos	Rt.	25G
2.	śu dag	Rt.	25G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
3.	go sñod	Pl.	25G
4.	rdo rgyus	Mi.	25G
5.	gyer ma	Fr.	25G
6.	bul tog	Mi.	25G
7.	śiñ mñar	St.	25G

Indications : Paralysis of different types.

Method of use : To be applied externally all over the body and rubbed. If the condition is serious then the powder of *btsan dug* and *byañ ba* and smoke powder should be added to the recipe and applied externally.

112. Byug pa bya khuñ sñon po

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	stag śa	Pl.	100G
2.	chu rtsha	Rt.	50G
3.	sman chen	Rt.	75G
4.	a ru	Fr.	100G
5.	ba ru	Fr.	100G
6.	skyu ru	Fr.	125G
7.	gu gul	Exd.	35G
8.	sle tres	Pl.	150G
9.	gla rtsi	Exd.	25G

Indications : Gout, rheumatic arthritis, abscess & carbuncle.

Mode of Use : To be used externally as ointment.



113. Byur dmar ñer lña

S. No.	Drug Name	Parts	Weight
1.	a ru ra	Fr.	75G
2.	ru rta	Rt.	17.5G
3.	śu dag	Rt.	11.5G
4.	btsan dug	Rt.	37.5G
5.	gla rtsi	Exd.	6G
6.	ña phyis	An.	30G
7.	byu ru	Mi.	50G
8.	mu tig	Mi.	30G
9.	mu men	Mi.	50G
10.	li śi	Fr.	25G
11.	dzā ti	Fr.	25G
12.	khāb len	Mi.	25G
13.	a ka ru	St.	30G
14.	lug mig	Fl.	30G
15.	sin dhu ra	Mi.	30G
16.	bil ba	Fr.	30G
17.	til 'bras	Fr.	30G
18.	tig ta	Pl.	30G
19.	gañs thig	Mi.	50G
20.	mtshāl dkar	Mi.	15G

S. No.	Drug Name	Parts	Weight
21.	'brug rus	An.	30G
22.	rdo klad	Mi.	30G
23.	gur gum	Fl.	50G
24.	śiñ mñar	St.	50G
25.	a byag ka ra	Pl.	50G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 20, i.e. *mtshal dkar* should be fried over a pan and then pounded. All ingredients, except item no. 5, should be made to powders and mixed together. At the end, water and item no. 5 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 : Giddiness, fainting, brain diseases, nervous disorders and stiffness of neck.

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

Vehicle : Hot water after slightly cooled.



114. Brag khyuñ bcu gsum

S. No.	Drug Name	Parts	Weight
1.	brag źun	Exd.	11.5G
2.	gla rtsi	Exd.	1.5G

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S. No.	Drug Name	Parts	Weight
3.	gur gum	Fl.	3G
4.	sug smel	Fr.	4.5G
5.	dom mkhris	Exd.	2.5G
6.	boñ dkar	Pl.	10G
7.	'jib rtsi	Pl.	4.5G
8.	a ru ra	Fr.	10G
9.	ga dur	Rt.	7G
10.	sman chen	Rt.	25G
11.	ru rta	Rt.	5G
12.	su dag	Rt.	4.5G
13.	ga bur nag po	Exd.	3G

Method of Preparation

This is generally prepared in the form of pills. Item no. 1, i.e. *brag 'zun* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 2 and 5, should be made to powders and mixed together. To this, water and item nos. 2 and 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 : Diseases of stomach, intestine and colon & parasitic infection.

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

Vehicle : Hot water after slightly cooled.



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115. Bre ga bcu gsum

S. No.	Drug Name	Parts	Weight
1.	bre 'bru		15G
2.	ša 'bras	Fr.	10G
3.	sa 'bras	Fr.	10G
4.	'jam 'bras	Fr.	10G
5.	tshos	Fr.	10G
6.	btsod	Exd.	10G
7.	žu mkhan	Pl.	10G
8.	su tsher	Lf.	5G
9.	a ru	Lf. '	15G
10.	gser me	Fr.	5G
11.	sug smel	Fr.	10G
12.	mkhal 'zo dkar po	Fr.	10G
13.	ba ša ka	Fr.	10G
		Pl.	

Indications : All diseases of urinary bladder, kidneys, lumber region, hydrocele orchitis.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.

116. Blon po gsum sbyor

S. No.	Drug Name	Parts	Weight
1.	cu gan		15G
2.	gur gum	Exd.	15G
3.	ghi vaṃ	Fl.	15G
		Exd.	

S. No.	Drug Name	Parts	Weight
3.	gur gum	Fl.	3G
4.	sug smel	Fr.	4.5G
5.	dom mkhris	Exd.	2.5G
6.	boñ dkar	Pl.	10G
7.	'jib rtsi	Pl.	4.5G
8.	a ru ra	Fr.	10G
9.	ga dur	Rt.	7G
10.	sman chen	Rt.	25G
11.	ru rta	Rt.	5G
12.	śu dag	Rt.	4.5G
13.	ga bur nag po	Exd.	3G

Method of Preparation

This is generally prepared in the form of pills. Item no. 1, i.e. *brag žun* should be purified according to the procedure described in Appendix-I. All ingredients, except item nos. 2 and 5, should be made to powders and mixed together. To this, water and item nos. 2 and 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 : Diseases of stomach, intestine and colon & parasitic infection.

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

Vehicle : Hot water after slightly cooled.

**115. Bre ga bcu gsum**

S. No.	Drug Name	Parts	Weight
1.	bre 'bru	Fr.	15G
2.	śa 'bras	Fr.	10G
3.	sa 'bras	Fr.	10G
4.	'jam 'bras	Fr.	10G
5.	tshos	Exd.	10G
6.	btsod	Pl.	10G
7.	žu mkhan	Lf.	10G
8.	śu tsher	Lf. ',	5G
9.	a ru	Fr.	15G
10.	gser me	Fr.	5G
11.	sug smel	Fr.	10G
12.	mkhal žo dkar po	Fr.	10G
13.	ba śa ka	Pl.	10G

Indications : All diseases of urinary bladder, kidneys, lumber region, hydrocele orchitis.

Dose : 500 mg., morning and evening.

Vehicle : Hot water.

**116. Blon po gsum sbyor**

S. No.	Drug Name	Parts	Weight
1.	cu gañ	Exd.	15G
2.	gur gum	Fl.	15G
3.	ghi vam	Exd.	15G

Method of Preparation

This recipe is generally prepared in the form of powder. Powders of item nos. 1 and 2 should be mixed together. To this, item no. 3 should be added and mixed well. This should be kept in a clean and dry glass jar.

Indications : All types of infantile fever.

Dose : 500 mg., morning & evening.

Vehicle : Hot water after slightly cooled; to be added with crystal sugar.

**117. Dban ril ñer lña'i sbyor ba**

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
1.	dbañ ril	Mi.	75G
2.	bse ru	An.	25G
3.	gur gum	Fl.	25G
4.	ñuñ khan	Ext.	25G
5.	khyuñ skyugs	Mi.	25G
6.	li ši	Fr.	25G
7.	sug smel	Fr.	25G
8.	cu gañ	Exd.	25G
9.	gla rtsi	Exd.	2.5G
10.	ru rta	Rt.	25G
11.	gser bye	Fr.	25G
12.	ñi dg'a	Fr.	25G
13.	sdig srin dkar po	An.	25G
14.	a ru gser mdog	Fr.	50G

<i>S. No.</i>	<i>Drug Name</i>	<i>Parts</i>	<i>Weight</i>
15.	ba ru ra	Fr.	50G
16.	skyu ru ra	Fr.	50G
17.	tsan dan dkar po	St.	25G
18.	ba ša ka	Pl.	25G
19.	ldum re ral	Pl.	25G
20.	a 'bras	Fr.	25G
21.	sra 'bras	Fr.	25G
22.	'jam 'bras	Fr.	25G
23.	mtshal dkar	Mi.	25G
24.	mkhal 'zo dkar po	Fr.	25G
25.	go yu	Fr.	25G

Method of Preparation

This recipe is generally prepared in the form of pills. Item no. 23, i.e. *mtshal dkar* should be fried over a hot pan and pounded. All ingredients, except item no. 9, should be made to powders and mixed together. To this, water and item no.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 are to be stored in a clean and dry glass bottle.

Indications : All types of poisoning and colic pain; also works as a preventive to poisoning.

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

Vehicle : Hot water.

