

Health issues, diseases, its medicines, composition and benefits.

Here we list down the most prevalent health issues and provide an insight into these health issues through the lens of Sowa Rigpa (Tibetan Medical System). We have also mentioned some of the ingredients used in Tibetan medicines, its scientific terms and how it helps cure the respective health issues to give an idea of a more detailed and a clearer insight into the world of Tibetan Medical System of Healing.

In Sowa Rigpa, Uric Acid issues are generally categorized under Chu-ser (Yellow Fluid/Lymph) disorders. When Uric Acid becomes high, it often "falls" into the joints, causing inflammation and pain. Both Ludu-18 and Di-25 are specialized formulas designed to dry out this excess fluid and clear the heat associated with it.

1. Ludu-18 (Klu-bdud bco-brgyad)

* Key Ingredients:

- * *Codonopsis convolvulacea* (Klu-bdud):
- * *Terminalia chebula* (Arura):
- * *Strychnos nux-vomica* (processed) (Ba-nyag):
- * *Tinospora cordifolia* (Sle-tres):

* Properties for Uric Acid: It is excellent for reducing joint swelling, treating "wandering" joint pain, and drying out the inflammatory fluids that accumulate when Uric Acid levels are high.

2. Di-25 (Dri-med nyer-Inga)

Di-25 (often translated as "The 25 Pure Ingredients") is a cooling formula used to purify the blood and kidneys, effectively "flushing" the impurities that lead to Uric Acid buildup.

* Key Ingredients:

- * Sandalwood (Tsanden):.
- * Calcite/Mineral Compound
- * Saffron (Gur-gum): .
- * Bamboo Manna (Chu-gang):

* Properties for Uric Acid: It is best for the burning sensation in joints, redness, and the underlying "blood heat" that causes Uric Acid to crystallize. It acts more as a blood purifier compared to the "fluid-drying" nature of Ludu-18.

In Sowa Rigpa, Gallstones (often associated with Tripa or Bile disorders) are seen as an accumulation of "hardened" bile and heat. Treatment focuses on softening these accumulations, clearing liver heat, and ensuring the smooth flow of bile through the gallbladder.

Both Ser-11 and Gar-10 are specifically formulated to target these "solidified" heat issues.

1. Ser-11 (Ser-po bcu-gcig)

"Ser-po" translates to "Yellow," and this formula is a primary medicine for treating liver and gallbladder disorders where "yellow bile" has become excessive or stagnant.

* Key Ingredients:

- * *Berberis aristata* (Skyer-pa):.
- * *Swertia chirata* (Tig-ta):
- * *Terminalia chebula* (Arura):
- * Saffron (Gur-gum):.

* Properties for Gallstones: It is used to reduce inflammation of the gallbladder (cholecystitis) and to "thin" the bile, making it easier for the body to prevent or process small biliary deposits.

2. Gar-10 (mGar-nag bcu-pa)

This formula is traditionally associated with the "Blacksmith" (mGar-nag), implying a medicine that can "break" or "melt" hard substances, like stones or tumors.

* Key Ingredients:

* Calcite/Mineral Compound (Cong-zhi):

* Crocus sativus (Saffron):

* Black Salt / Mineral Salts (Rwa-tsha):

* Long Pepper (Pi-pi-ling):

* Properties for Gallstones: It is specifically valued for its "resolving" property, meaning it helps to soften and gradually break down hardened "stones" or "masses" within the gallbladder.

In Sowa Rigpa, prostate issues are often viewed as a combination of Beken (Phlegm) and rLung (Wind) imbalances occurring in the lower body, specifically affecting the "downward-clearing wind" (Thur-sel rLung). This leads to obstruction, swelling, and urinary difficulty.

The three medicines you mentioned target the blockage, the inflammation, and the underlying vital energy of the lower "gates."

1. Dhi-13 (Dhi-bu bcu-sum)

This formula is traditionally used to "open the channels" of the lower body. It is highly effective for clearing obstructions in the urinary tract.

* Key Ingredients:

* Calcite (Cong-zhi)

* Tribulus terrestris (Gze-ma):

* Cinnamon (Shing-tsha)

* Properties for Prostate: It is best for urinary retention and the feeling of "incomplete emptying," as it works to physically clear the path.

2. Tsathak-16 (Tsha-thak bcu-drug)

This is a potent formula for "Kidney-Heat" and is often used when there is inflammation or a "hot" infection involved in the urinary system.

* Key Ingredients:

* Rubia cordifolia (Btsod):

* Saxifraga (Brag-hun):

* Pomegranate (Se-bru):

* Tinospora cordifolia (Sle-tres):

* Properties for Prostate: It is the primary choice for Prostatitis (inflammation) or when there is a burning sensation during urination.

3. Sema-3thhang (Sle-ma-po-sum-thang)

This is a classical "Decoction" (Thang) formula, often used as a base treatment to stabilize the humors before or alongside stronger pills.

* Key Ingredients:

* Tribulus terrestris (Gze-ma):

* Tinospora cordifolia (Sle-tres):

* Rubia cordifolia (Btsod):

* Properties for Prostate: It is best for frequent urination at night and general discomfort. It is milder and helps to "soothe" the bladder and prostate rather than aggressively breaking down a blockage.

In Sowa Rigpa, Anemia is primarily classified as a Drag-shul (Blood-Heat) or Kha-zas (Nutritional) disorder, often involving a deficiency in the "essential juice" (Dwang-ma) that creates healthy blood. This is usually linked to a weak liver or poor digestive fire.

The three medicines listed approach anemia by purifying the blood, cooling the liver, and strengthening the body's ability to produce new, healthy red blood cells.

1. Dadue (Zla-shel bdud-rtsi)

This is a "Moonlight Nectar" formula, known for its cooling and rejuvenating properties. It is a premier medicine for "blood-heat" that destroys healthy red blood cells.

* Key Ingredients:

* Adhatoda vasica (Ba-sha-ka):

* Sandalwood (Tsanden):

* Tinospora cordifolia (Sle-tres):

* Glycyrrhiza glabra (Shing-ngar/Licorice):

* Properties for Anemia: Best for Anemia caused by inflammation or "Blood-Heat," where the patient has a yellowish complexion, red eyes, or feels constant internal heat.

2. Kunde (Kun-de)

As we discussed earlier for digestion, Kunde is a versatile formula, but in the context of anemia, it focuses on the Liver (the "mother" of blood).

* Key Ingredients:

* Saffron (Gur-gum):

* Costus speciosus (Ru-ta):

* Inula helenium (Ma-nu):

* Terminalia chebula (Arura):

* Properties for Anemia: It is used to rejuvenate the liver and is effective when anemia is coupled with a poor appetite or liver sluggishness.

3. Gur-13 (Gur-gum bcu-gsum)

This is the "Saffron-13" formula, specifically designed for liver and blood disorders. It is perhaps the most direct treatment for building up blood quality.

* Key Ingredients:

* Saffron (Gur-gum):

* Pomegranate (Se-bru):

* Carthamus tinctorius (Go-snyod/Safflower):

* Clove (Li-shi):

* Properties for Anemia: Best for Nutritional Anemia or blood deficiency where the patient feels weak, dizzy, and has a pale tongue and complexion. It physically helps "thicken" and enrich the blood.

In Sowa Rigpa, Fatty Liver is often understood as an accumulation of Beken (Phlegm/Cold) and Tripa (Bile/Heat) within the liver, where the "essential juice" of the body becomes thick and stagnant, leading to a "heavy" or "fatty" liver state.

1. Mensil (Smen-sil)

Mensil (often referred to as "Cooling Medicine") is a powerful formula specifically designed to "scrape away" accumulations and cool the liver.

* Key Ingredients:

* Calcite/Mineral Compound (Cong-zhi):

* Saffron (Gur-gum):

* Bamboo Manna (Chu-gang):

* Terminalia chebula (Arura):

* Properties for Fatty Liver: It is best for clearing metabolic stagnation and "melting" the fatty deposits by improving the liver's internal "digestion" of fats.

2. Dadue (Zla-shel bdud-rtsi)

As we touched on with anemia, Dadue (Moonlight Nectar) is a cooling and purifying formula. In the case of Fatty Liver, it treats the inflammatory side of the condition.

* Key Ingredients:

- * Adhatoda vasica (Ba-sha-ka):.
- * Tinospora cordifolia (Sle-tres):
- * Sandalwood (Tsanden):
- * Glycyrrhiza glabra (Shing-ngar/Licorice):

* Properties for Fatty Liver: It is most effective when the fatty liver is accompanied by internal heat, high cholesterol, or a history of consuming "hot" or "heavy" foods/alcohol. It focuses more on purifying the liver's environment.

In Sowa Rigpa, High Blood Pressure is often viewed as a "Blood-Wind" (khrag-rlung) disorder. It happens when the rLung (Wind) pushes the Blood too forcefully through the channels, or when the blood itself becomes "thick" and "hot," creating internal pressure.

1. Kyuru-25 (Skyu-ru nyer-Ingga)

Named after its primary ingredient, Skyu-ru-ra (Amla), this is a premier formula for "Blood-Wind" and is highly effective at cooling the circulatory system.

* Key Ingredients:

- * Phyllanthus emblica (Skyu-ru-ra/Amla):
- * Saffron (Gur-gum):
- * Sandalwood (Tsanden):
- * White Conch/Shell (Dung-thal):

* Properties for High BP: Best for Hypertension caused by "Heat"—where the patient has a red face, frequent headaches, and feels irritable or overheated.

2. Tsenden-18 (Tsanden bco-brgyad)

This formula is named after Sandalwood (Tsanden) and is specifically targeted at the heart and the upper "seat" of the wind.

* Key Ingredients:

- * Santalum album (White Sandalwood):
- * Aquilaria agallocha (Agar/Eaglewood):
- * Bamboo Manna (Chu-gang):
- * Clove (Li-shi):

* Properties for High BP: Best for Stress-related Hypertension (rLung-based), where the patient experiences anxiety, palpitations, insomnia, or "pressure" in the chest.

3. Thak-11 (Thak-khyu bcu-gcig):

This is a potent "Blood Purifying" formula used to treat chronic blood disorders and the heaviness of the circulatory system.

* Key Ingredients:

- * Tinospora cordifolia (Sle-tres):
- * Adhatoda vasica (Ba-sha-ka):.
- * Rubia cordifolia (Btsod):
- * Terminalia chebula (Arura):

* Properties for High BP: Best for Chronic High BP associated with high cholesterol or "thick blood," where the goal is to purify the blood to allow it to flow more easily.

In Sowa Rigpa, Diabetes is known as mNye-yod (often categorized under gCin-snyen or "Honey-Urine" disease). It is primarily seen as a Beken (Phlegm) disorder where the body's "digestive fire" is too weak to process the "clear" nutrients, leading to excess "turbid" sugar in the blood and urine.

1. Kyuru-6 (Skyu-ru drug-pa)

This is a simple but highly effective formula based on Skyu-ru-ra (Amla), designed to cool the blood and support the liver.

* Key Ingredients:

* *Phyllanthus emblica* (Skyu-ru-ra/Amla):

* *Terminalia chebula* (A-ru-ra):

* *Terminalia bellirica* (Ba-ru-ra):

* Saffron (Gur-gum):

* Properties for Diabetes: Best for early-stage sugar management and cooling the "blood-heat" that can lead to diabetic complications.

2. Yungwa-4 Thang (gYung-ba bzhi-thang)

This is a traditional Turmeric-based Decoction (Thang). Turmeric is considered one of the best "scrapers" of Phlegm and fat in Tibetan medicine.

* Key Ingredients:

* *Curcuma longa* (gYung-ba/Turmeric):

* *Berberis aristata* (Skyer-pa):

* *Phyllanthus emblica* (Skyu-ru-ra): Provides the cooling Vitamin C base to protect the cells.

* *Tribulus terrestris* (Gze-ma):

* Properties for Diabetes: Best for early stage sugar management and cooling the "blood-heat" that can lead to diabetic complications.

3. Chinyi-Aru (Phyi-nyid A-ru)

This formula is often used specifically for its "rejuvenating" effect on the urinary and metabolic systems.

* Key Ingredients:

* *Terminalia chebula* (A-ru-ra):

* *Inula helenium* (Ma-nu):

* Cinnamon (Shing-tsha):

* Calcite (Cong-zhi):

* Properties for Diabetes: Best for patients who feel heavy and sluggish, as it helps the body "digest" the excess sugar and clear the metabolic blockage.

4. Sugmel-19 (Sug-mel bcu-dgu)

Named after Cardamom (Sug-mel), this is a warming and clearing formula for the lower body and the kidneys.

* Key Ingredients:

* *Elettaria cardamomum* (Sug-mel/Cardamom):

* Pomegranate (Se-bru):

* *Piper longum* (Pi-pi-ling):

* *Saxifraga* (Brag-hun):

* Properties for Diabetes: Best for Advanced Diabetes where the kidneys are starting to feel weak, or where the patient has "cold" symptoms like cold feet and fatigue.

In Sowa Rigpa, Thyroid disorders are often categorized as a "Goitre" (Ba-kan Iba-ba) or a "Neck-Wind" issue. It usually involves an imbalance of Beken (Phlegm) and rLung (Wind) that causes stagnation or "swelling" in the throat area, affecting the body's metabolic "heat."

1. Kunde (Kun-de)

While we have seen Kunde for liver and digestion, in Thyroid cases, its role is to clear the "pathogenic heat" that can cause hyperthyroidism or inflammatory thyroiditis.

* Key Ingredients:

* Costus (Ru-ta):

* Saffron (Gur-gum):

* Sandalwood (Tsanden):

* Inula helenium (Ma-nu):

* Properties for Thyroid: Best for Hyperthyroidism or "Hot" thyroid conditions where the patient feels irritable, overheated, or has a rapid heartbeat

2. Pangyen-15 (Spang-rgyan bco-Inga)

This formula is named after the Gentiana flower (Spang-rgyan), which is a "specialist" for the throat and lungs.

* Key Ingredients:

* Gentiana (Spang-rgyan):

* Bamboo Manna (Chu-gang):

* Saxifraga (Brag-hun):

* Terminalia chebula (Arura):

* Properties for Thyroid: It is the "go-to" for Goitre or nodules, as it specifically targets the neck area to reduce swelling and clear Phlegm-based blockages.

3. Pang-Khyung (Spang-rgyan Khyung-Inga)

This is a variation of the famous Khyung-Inga (Garuda 5) formula, combined with the throat-healing Gentiana. It is a potent anti-inflammatory and "infection-fighter."

* Key Ingredients:

* Gentiana (Spang-rgyan):

* Myrobalan (Arura):

* Aconitum (processed) (Bong-nga dkar-po):

* Costus (Ru-ta):

* Properties for Thyroid: Best for Hashimoto's or chronic thyroiditis where there is an "internal fight" or inflammation in the gland.

4. Agar-8 (A-gar brgyad-pa)

This is a "Wind" medicine. Since the thyroid is closely linked to our hormones and stress levels, Agar-8 is used to stabilize the "Wind" that disrupts thyroid function.

* Key Ingredients:

* Aquilaria agallocha (Agar/Eaglewood):

* Nutmeg (Dza-ti):

* Terminalia chebula (Arura)

* Sandalwood (Tsanden):

* Properties for Thyroid: Best for the emotional symptoms of thyroid issues—anxiety, "lump in the throat" feeling (Globus hystericus), and heart palpitations.

In Sowa Rigpa, Migraine and Sinus issues are often linked to "surging" rLung (Wind) or Tripa (Heat) in the head, often combined with stagnant Beken (Phlegm) in the facial cavities. This creates a "blockage" that prevents the clear circulation of energy and blood.

1. Gyur-Khyung (Gyur-ba Khyung-Inga)

This is a specialized "Garuda-5" (Khyung-Inga) formula. It is a potent anti-inflammatory and "infection-killer," often used when there is a "hidden fever" or deep-seated infection in the head.

* Key Ingredients:

* Myrobalan (A-ru-ra):

* Costus (Ru-ta):

* Sulphur (processed) (Mu-zi):

* Properties for Migraine/Sinus: Best for Chronic Sinusitis or migraines accompanied by a feeling of infection, "heavy" head, or yellow/thick mucus.

2. Sernil (Ser-po ni-la)

Sernil is a cooling and purifying medicine specifically designed for the sensory organs and the upper part of the body.

* Key Ingredients:

- * Berberis aristata (Skyer-pa):
- * Saffron (Gur-gum):
- * Sandalwood (Tsanden):
- * Terminalia chebula (Arura):

* Properties for Migraine/Sinus: Best for Heat-based Migraines (Tripa-type), where the patient has light sensitivity, red eyes, and a "throbbing" or "burning" pain.

3. Dorab (mDo-rab)

Dorab is a classic formula used for "opening the gates" of the head. It is specifically formulated to clear the "wind" and "phlegm" that block the sinuses.

* Key Ingredients:

- * Camphor (Ga-bur):
- * Bamboo Manna (Chu-gang):
- * Clove (Li-shi):
- * Cardamom (Sug-mel):

* Properties for Migraine/Sinus: Best for Sinus-Headaches where the pain is concentrated around the forehead and eyes, and the patient feels a "blockage" in their nose.

Clinical Strategy for your Clinics:

In Sowa Rigpa, Kidney Stones are known as Khal-ma'i rde-tsha (Kidney Stones/Heat). They are viewed as a "solidification" of Phlegm and Blood-Heat caused by a failure of the kidneys to properly filter the "turbid" waste from the "clear" nutrients.

1. Puk-10 (Phug-sel bcu-pa)

This is a specialized formula designed to "expel" and "clear" obstructions from the lower body. It is often the first line of defense for physical blockages in the kidneys.

* Key Ingredients:

- * Calcite (Cong-zhi):
- * Tribulus terrestris (Gze-ma):
- * Cinnamon (Shing-tsha):
- * Mineral Salts (Rwa-tsha):

* Properties for Kidney Stones: Best for acute blockages and for physically breaking down the size of the stones so they can pass more easily.

2. Sema-3thang (Sle-ma-po-sum-thang)

As a "Thang" (Decoction), this is a liquid-based medicine that is excellent for soothing the urinary tract and reducing the "hot" inflammation caused by the stone moving.

* Key Ingredients:

- * Tribulus terrestris (Gze-ma):
- * Tinospora cordifolia (Sle-tres):
- * Rubia cordifolia (Btsod):

* Properties for Kidney Stones: Best for pain management and cooling the "heat" of the kidneys. It is often given alongside the pills to "wash" the system.

3. Puk-19 (Phug-sel bcu-dgu)

This is a more complex version of the Phug-sel formula, designed for chronic or stubborn cases where the kidneys have become weak or heavily obstructed.

* Key Ingredients:

* Saxifraga (Brag-hun)

* Pomegranate (Se-bru):

* Cardamom (Sug-mel):

* Piper longum (Pi-pi-ling):

* Properties for Kidney Stones: Best for chronic stone-formers or patients who have "cold" kidney weakness alongside their stones. It works to prevent new stones while clearing old ones.

In Sowa Rigpa, Piles (Hemorrhoids) are known as Dig-pa and are often considered a disorder of the "Downward-Clearing Wind" (Thur-sel rLung) and "Digestive Heat." When the digestive fire is weak, it leads to chronic constipation and "stagnant blood" in the lower colon, causing the veins to swell.

1. Shichum (Shi-khyum)

This is a "Cold-Digestive" formula. Its primary role is to fix the root cause of piles by ensuring the stool is soft and the digestive "waste" is processed correctly.

* Key Ingredients:

* Terminalia chebula (A-ru-ra):

* Pomegranate (Se-bru):

* Cinnamon (Shing-tsha):

* Mineral Salts (Rwa-tsha):

* Properties for Piles: Best for preventing constipation and treating the "root" of the problem by ensuring the digestive system doesn't create the pressure that leads to swollen veins.

2. Jhithang-7 (Byi-tang-bdun-pa)

This is a specialized "Antiseptic" and "Clearing" formula. It is often used when there is an infection or parasitic element, but in piles, it focuses on drying the "dampness."

* Key Ingredients:

* Embelia ribes (Byi-tang-ga):

* Aconitum (processed) (Bong-nga dkar-po):

* Costus (Ru-ta):

* Terminalia chebula (Arura):

* Properties for Piles: Best for Inflamed or Painful Piles (Internal or External) where there is a lot of discomfort, itching, or a feeling of "heaviness."

3. Chisi (Phyi-sel)

Chisi (External/Outer Clearer) is a cooling and "astringent" formula used specifically to treat the blood and the physical "mass" of the piles.

* Key Ingredients:

* Rubia cordifolia (Btsod):

* Tinospora cordifolia (Sle-tres):

* Saffron (Gur-gum):

* Berberis aristata (Skyer-pa):

* Properties for Piles: Best for Bleeding Piles or when the hemorrhoids are physically enlarged and need to be "shrunk" and cooled.

In Sowa Rigpa, Gastritis is typically seen as an imbalance of Tripa (Bile/Heat) or a "Hot-Stomach" disorder where the stomach lining becomes inflamed due to excess acid or "bad blood" heat.

The medicines you listed range from cooling agents to those that physically "break down" stubborn accumulations and soothe the stomach lining.

1. Dashed (Zla-shel)

Often called "Moonlight," this is a premier cooling formula for the digestive system.

* Key Ingredients:

- * *Adhatoda vasica* (Ba-sha-ka):
- * Saffron (Gur-gum):
- * Sandalwood (Tsanden):
- * *Glycyrrhiza glabra* (Shing-ngar/Licorice):

* Properties for Gastritis: Best for Acid Reflux (GERD) and the "burning" sensation in the upper abdomen. It acts like a natural antacid.

2. Yu-13 (gYu-nyer bcu-sum)

This formula is named after Turquoise (gYu), which is traditionally used in "Precious" or specialized formulas to treat liver and bile-related digestive issues.

* Key Ingredients:

- * Turquoise (processed):
- * *Berberis aristata* (Skyer-pa):
- * *Swertia chirata* (Tig-ta):
- * *Terminalia chebula* (Arura):

* Properties for Gastritis: Best for Bile-Gastritis where the patient has a bitter taste in the mouth, yellow tongue coating, or nausea.

3. Thang-25 (Gabur-25 variant)

This is a potent "cooling" decoction or pill used for deep-seated "hidden heat" in the blood and organs.

* Key Ingredients:

- * Camphor (Ga-bur):
- * Bamboo Manna (Chu-gang):
- * *Costus* (Ru-ta):
- * Clove (Li-shi):

* Properties for Gastritis: Best for Chronic Gastritis that feels like a constant, low-grade fever or "heaviness" in the stomach.

4. Chong-6 & Chong-21 (Cong-zhi drug-pa / nyer-Inga)

These are Calcite-based formulas. Cong-zhi (Calcite) is the "specialist" for treating the physical wall of the stomach and breaking down "hard" Phlegm.

* Key Ingredients:

- * Calcite (Cong-zhi):
- * Pomegranate (Se-bru):
- * Cinnamon (Shing-tsha):
- * Long Pepper (Pi-pi-ling):

* Properties for Gastritis: Best for Chronic Indigestion and Ulcers. Chong-6 is a simpler version for general "cold" stomach issues, while Chong-21 is a more balanced, complex formula for long-standing gastritis with structural weakness.

In Sowa Rigpa, Irritable Bowel Syndrome (IBS) is often viewed as a "Wind-Heat" or "Wind-Phlegm" disorder of the intestines (Gyu-ma). It typically involves an imbalance of rLung (Wind) that disrupts the "Downward-Clearing Wind," leading to the characteristic alternating between constipation and diarrhea, along with cramping and bloating.

The three medicines listed—all part of the Shi-khyum (Peaceful Compound) family—are specifically designed to harmonize the digestive process and stabilize the intestinal environment.

1. Shichum (Shi-khyum)

This is the foundational "General" formula for the family. It focuses on the primary movement of the intestines and balancing the digestive fire.

* Key Ingredients:

- * Pomegranate (Se-bru):

- * Cinnamon (Shing-tsha):
- * Terminalia chebula (A-ru-ra):
- * Long Pepper (Pi-pi-ling): A catalyst that helps the body "digest" the undigested food particles that cause IBS irritation.
- * Properties for IBS: Best for mixed-type IBS where the patient experiences both bloating and irregular bowel habits. It provides a steady, grounding effect on the gut.

2. Shiru (Shi-ru)

The "Ru" refers to Ru-ta (Costus root). This version of the formula is specifically modified to target pain and the "surging" nature of Wind in the lower abdomen.

- * Key Ingredients:
 - * Costus speciosus (Ru-ta):
 - * Terminalia chebula (Arura)
 - * Pomegranate (Se-bru):
 - * Cardamom (Sug-mel):
- * Properties for IBS: Best for IBS with high pain/cramping. It is the most effective of the three for physically relaxing the "knots" or spasms in the intestines.

3. Shiser (Shi-ser)

The "Ser" refers to Ser-po (Yellow), indicating the addition of ingredients like Skyer-pa (Berberis) to address heat and inflammation.

- * Key Ingredients:
 - * Berberis aristata (Skyer-pa):
 - * Terminalia chebula (Arura):
 - * Saffron (Gur-gum):
 - * Pomegranate (Se-bru):
- * Properties for IBS: Best for IBS-D (Diarrhea-predominant) or "Hot" IBS, where there is urgency, loose stools, a burning sensation, or signs of mild inflammation in the gut.

In Sowa Rigpa, chronic skin conditions like Eczema and Psoriasis are primarily viewed as Chu-ser (Yellow Fluid/Lymph) and Blood-Heat disorders. When "bad blood" and "disturbed lymph" accumulate under the skin, they cause the itching, scaling, and redness characteristic of these conditions.

The four medicines you listed are the "heavy hitters" for drying up this excess fluid and cooling the deep-seated heat in the blood.

1. Ser-11 (Ser-po bcu-gcig)

Ser-11 is a premier "bitter" formula used to clear the liver-heat that often manifests as skin inflammation.

- * Key Ingredients:
 - * Berberis aristata (Skyer-pa):
 - * Swertia chirata (Tig-ta):
 - * Saffron (Gur-gum):
 - * Terminalia chebula (Arura):
- * Properties for Skin: Best for Active Eczema with redness, heat, and "weeping" sores. It cools the "fire" in the blood.

2. Ludu-18 (Klu-bdud bco-brgyad)

This is the specialist for Chu-ser (Lymph). In skin disorders, it is used to "dry out" the deep-seated moisture that causes scaling and thick skin.

- * Key Ingredients:
 - * Codonopsis convolvulacea (Klu-bdud):
 - * Tinospora cordifolia (Sle-tres):
 - * Aconitum (processed) (Bong-nga dkar-po):
 - * Sulphur (processed) (Mu-zi):

* **Properties for Skin:** Best for Psoriasis and Chronic Eczema where the skin is thick, scaly, and extremely itchy.

3. Gur-13 (Gur-gum bcu-gsum)

This "Saffron-13" formula focuses on the quality of the blood. In Sowa Rigpa, if the blood is "thick" or "hot," the skin can never truly heal.

* **Key Ingredients:**

* Saffron (Gur-gum):

* *Carthamus tinctorius* (Safflower):

* Pomegranate (Se-bru):

* Clove (Li-shi):

* **Properties for Skin:** Best for Skin Discoloration and the "healing phase" of psoriasis where the blood needs to be enriched to grow healthy new skin.

4. Poekar-10 (Spo-dkar bcu-pa)

This is a "Wind-Heat" specialist. It is often used when skin issues are aggravated by environmental factors or internal "surging" of wind.

* **Key Ingredients:**

* *Sphedamocarpus* (Spo-dkar):

* Bamboo Manna (Chu-gang):

* Sandalwood (Tsanden):

* *Terminalia chebula* (Arura):

* **Properties for Skin:** Best for Stress-induced flare-ups or skin issues that are very "dry" and "windy,"

CHRONIC KIDNEY DISEASE

Medicines: Basam, Guyu-7, Wanglak-5

Disease understanding

- Kidney = part of "lower heater" (smad me)
- CKD reflects:
 - Weak digestive/metabolic fire → toxin buildup
 - Excess Bad-kan (fluid, cold) → edema
 - Long-term Lung depletion → tissue degeneration
- Blood and urine pathways become obstructed

Basam

Ingredients (typical)

- Calcite / calcium compounds
- Gypsum (calcium sulfate)
- Herbal alkalizing salts
- *Terminalia chebula* (Haritaki)

Benefits

- Neutralizes excess acidity/toxins
- Supports kidney filtration
- Strengthens tissues and reduces degeneration

Guyu-7

Ingredients

- Berberis (barberry)
- Rheum palmatum (rhubarb)
- Juniper
- Swertia chirata (bitter tonic)
- Mineral salts

Benefits

- Detoxifies blood and kidneys
- Promotes urination (diuretic effect)
- Clears chronic heat + toxins

Wanglak-5

Ingredients

- Pomegranate seed
- Long pepper (Piper longum)
- Cardamom
- Rock salt
- Digestive herbs

Benefits

- Improves digestion → reduces toxin formation
- Restores metabolic heat
- Supports kidney through systemic balance

INFERTILITY

Medicines: Sarkhyung, Guided, Guyu-38

Disease understanding

- Related to depletion of “essence” (reproductive vitality)
- Causes:
 - Weak blood nourishment
 - rLung disturbance affecting uterus/testes

- Cold in reproductive organs
- Often tied to poor digestion → weak tissue formation

Sarkhyung

Ingredients

- Saffron
- Nutmeg
- Clove
- Cardamom
- Mineral tonics

Benefits

- Improves blood circulation to reproductive organs
- Warms uterus
- Enhances fertility and libido

Guided

Ingredients

- Asparagus racemosus–like tonics
- Licorice root
- Milk-based carriers (in classical prep)
- Cooling + nourishing herbs

Benefits

- Nourishes reproductive tissues
- Balances hormones (via systemic nourishment)
- Improves ovum/sperm quality

Guyu-38

Ingredients

- Complex multi-herb formula including:
 - Saffron
 - Sandalwood
 - Myrobalan trio (Haritaki, Bibhitaki, Amalaki)
 - Mineral components

Benefits

- Rejuvenates reproductive system
- Improves circulation and tissue regeneration
- Balances all three energies

NERVE-RELATED DISORDERS

Medicines: Mutik-25, Samnor, Dali-28

Disease understanding

- Directly linked to rLung disorder
- Causes:
 - Stress, irregular diet, sleep disturbance
 - Degeneration and dryness
- Symptoms: anxiety, tremors, neuropathy, insomnia

Mutik-25

Ingredients

- Pearl (calcium carbonate)
- Coral
- Precious stones (processed)
- Sandalwood
- Herbal sedatives

Benefits

- Calms mind and nerves
- Stabilizes rLung
- Improves sleep and cognitive clarity

Samnor

Ingredients

- Nutmeg
- Clove
- Cardamom
- Resin (like frankincense-type)
- Warming herbs

Benefits

- Relieves nerve pain
- Improves circulation
- Reduces anxiety and restlessness

Dali-28

Ingredients

- Multi-herb formula including:
 - Terminalia chebula
 - Aconitum (detoxified)
 - Ginger-type warming herbs
 - Mineral compounds

Benefits

- Restores nerve conduction
- Reduces chronic pain and weakness
- Strengthens musculoskeletal system

SPONDYLITIS

Medicines: Chimiari-8, Koji-13, Samnor

Disease understanding

- Combination of:
 - rLung (pain, movement disorder)
 - Bad-kan (cold, stiffness)
- Leads to blocked channels in spine and joints

Chimiari-8

Ingredients

- Aconitum (processed)
- Black pepper
- Ginger
- Garlic-like herbs

Benefits

- Strong warming effect
- Reduces stiffness and cold in joints

- Improves circulation

Koji-13

Ingredients

- Herbal anti-inflammatory compounds
- Myrobalan fruits
- Mineral salts

Benefits

- Reduces inflammation
- Supports joint repair
- Improves flexibility

Samnor

Works here by calming rLung and relieving pain

SCIATICA

Medicines: Aru-18, Jang-37, Aru-10, Nyipo-18

Disease understanding

- Severe rLung disturbance in nerve pathways
- Cold + blockage in lower body channels
- Pain radiates along nerve → classic sciatica

Aru-18

Ingredients

- Terminalia chebula (dominant)
- Digestive herbs
- Mild laxative components

Benefits

- Detoxifies system
- Reduces nerve inflammation
- Improves bowel → reduces rLung aggravation

Jang-37

Ingredients

- **Complex formula:**
 - **Saffron**
 - **Myrobalans**
 - **Warming spices**
 - **Mineral components**

Benefits

- **Improves circulation in nerves**
- **Reduces chronic pain**
- **Strengthens lower body**

Aru-10

Ingredients

- **Simpler version of Aru-based formula**
- **Terminalia chebula + digestive herbs**

Benefits

- **Regulates digestion**
- **Reduces toxin buildup**
- **Supports nerve recovery**

Nyipo-18

Ingredients

- **Oil-rich seeds**
- **Warming herbs**
- **Mineral compounds**

Benefits

- **Lubricates nerve pathways**
- **Reduces stiffness**
- **Improves mobility**

CHRONIC KIDNEY DISEASE

Medicines: Basam, Guyu-7, Wanglak-5

Disease understanding

Kidney = part of “lower heater”

CKD reflects:

Weak digestive/metabolic fire → toxin buildup

Excess Bad-kan (fluid, cold) → edema

Long-term rLung depletion → tissue degeneration

Blood and urine pathways become obstructed

Basam

Ingredients-

Calcite / calcium compounds

Gypsum (calcium sulfate)

Herbal alkalizing salts

Terminalia chebula (Haritaki)

Benefits

Neutralizes excess acidity/toxins

Supports kidney filtration

Strengthens tissues and reduces degeneration

Guyu-7

Ingredients-

Berberis (barberry)

Rheum palmatum (rhubarb)

Juniper

Swertia chirata (bitter tonic)

Mineral salts

Benefits

Detoxifies blood and kidneys

Promotes urination (diuretic effect)

Clears chronic heat + toxins

Wanglak-5

Ingredients-

Pomegranate seed

Long pepper (Piper longum)

Cardamom

Rock salt

Digestive herbs

Benefits

Improves digestion → reduces toxin formation
Restores metabolic heat
Supports kidney through systemic balance

2. INFERTILITY

Medicines: Sarkhyung, Gude, Guyu-38

Disease understanding
Related to depletion of “essence” (reproductive vitality)

Causes:

Weak blood nourishment
Lung disturbance affecting uterus/testes
Cold in reproductive organs
Often tied to poor digestion → weak tissue formation

Sarkhyung

Ingredients-

Saffron
Nutmeg
Clove
Cardamom
Mineral tonics

Benefits

Improves blood circulation to reproductive organs
Warms uterus
Enhances fertility and libido

Gude

Ingredients

Asparagus racemosus-like tonics
Licorice root
Milk-based carriers (in classical prep)
Cooling + nourishing herbs

Benefits

Nourishes reproductive tissues
Balances hormones (via systemic nourishment)
Improves ovum/sperm quality

Guyu-38

Ingredients-

Complex multi-herb formula including:
Saffron
Sandalwood
Myrobalan trio (Haritaki, Bibhitaki, Amalaki)
Mineral components

Benefits

Rejuvenates reproductive system
Improves circulation and tissue regeneration

Balances all three energies

NERVE-RELATED DISORDERS

Medicines: Mutik-25, Samnor, Dali-28

Disease understanding

Directly linked to rLung (wind energy) disorder

Causes:

Stress, irregular diet, sleep disturbance

Degeneration and dryness

Symptoms: anxiety, tremors, neuropathy, insomnia

Mutik-25

Ingredients-

Pearl (calcium carbonate)

Coral

Precious stones (processed)

Sandalwood

Herbal sedatives

Benefits

Calms mind and nerves

Stabilizes rLung

Improves sleep and cognitive clarity

Samnor

Ingredients-

Nutmeg

Clove

Cardamom

Resin (like frankincense-type)

Warming herbs

Benefits

Relieves nerve pain

Improves circulation

Reduces anxiety and restlessness

Dali-28

Ingredients-

Multi-herb formula including:

Terminalia chebula

Aconitum (detoxified)

Ginger-type warming herbs

Mineral compounds

Benefits

Restores nerve conduction
Reduces chronic pain and weakness
Strengthens musculoskeletal system

SPONDYLITIS

Medicines: Chimiar-8, Koji-13, Samnor

Disease understanding

Combination of:
rLung (pain, movement disorder)
Bad-kan (cold, stiffness)
Leads to blocked channels in spine and joints

Chimiar-8

Ingredients-
Aconitum (processed)
Black pepper
Ginger
Garlic-like herbs

Benefits
Strong warming effect
Reduces stiffness and cold in joints
Improves circulation

Koji-13

Ingredients-
Herbal anti-inflammatory compounds
Myrobalan fruits
Mineral salts

Benefits
Reduces inflammation
Supports joint repair
Improves flexibility

Samnor

Benefits-

Works here by calming rLung and relieving pain

SCIATICA

Medicines: Aru-18, Jang-37, Aru-10, Nyipo-18

Disease understanding

Severe rLung disturbance in nerve pathways
Cold + blockage in lower body channels

Pain radiates along nerve → classic sciatica

Aru-18

Ingredients-

Terminalia chebula (dominant)

Digestive herbs

Mild laxative components

Benefits

Detoxifies system

Reduces nerve inflammation

Improves bowel → reduces rLung aggravation

Jang-37

Ingredients-

Complex formula:

Saffron

Myrobalans

Warming spices

Mineral components

Benefits

Improves circulation in nerves

Reduces chronic pain

Strengthens lower body

Aru-10

Ingredients-

Simpler version of Aru-based formula

Terminalia chebula + digestive herbs

Benefits

Regulates digestion

Reduces toxin buildup

Supports nerve recovery

Nyipo-18

Ingredients-

Oil-rich seeds

Warming herbs

Mineral compounds

Benefits

Lubricates nerve pathways

Reduces stiffness

Improves mobility

Cancer-like conditions are often interpreted as:

- “growth disorders” or “tumor-like swellings” due to:
 - chronic imbalance (especially Bad-kan + mKhris-pa)
 - accumulation of “toxins” (dug)
 - impaired digestion/metabolism (“fire”)

This leads to:

- abnormal tissue accumulation
- stagnation of blood/energy
- uncontrolled proliferation
-

Tibetan medicine aims to:

- restore systemic balance
- detoxify
- inhibit abnormal growth
- strengthen vitality

Evidence: Tibetan formulations are described as multi-target therapies affecting metabolism, immunity, and tumor growth

2. Sangdak (Sangdak Dharyaken) – ingredients & scientific view

- Said to:
 - “control multiplication of cancer cells”
 - “dissolve tumors”

Ingredient classes (based on Tibetan pharmacopeia)

Formula includes:

1. “Three Fruits” (core Tibetan medicine trio)

- *Terminalia chebula* (Haritaki)
- *Terminalia bellirica* (Bibhitaki)
- *Phyllanthus emblica* (Amla)

 Active compounds:

- tannins (chebulagic acid, gallic acid)
- flavonoids
- vitamin C (in amla)

Cancer-relevant effects:

- antioxidant
- anti-proliferative
- apoptosis induction

Example: telomere modulation and circulation improvement linked to anti-cancer effects

2. Saffron (*Crocus sativus*)

- Active: crocin, crocetin

Evidence:

- induces apoptosis in cancer cells
- inhibits angiogenesis

3. Sandalwood (*Santalum album*)

- Active: α -santalol

Evidence:

- anti-proliferative
- cell cycle arrest in skin cancer models

4. Cardamom, cloves, nutmeg (from “six superior substances”)

- Clove → eugenol
- Cardamom → terpenes
- Nutmeg → myristicin

Effects:

- anti-inflammatory
- antioxidant
- potential anti-tumor signaling inhibition

3. Dangjor (Dang-jor / Dangney-type formulations)

Functional role

- immune boosting
- blood/hemoglobin support
- metabolic regulation

Typical ingredient categorie

1. Sweet flag (*Acorus calamus*)

- Active: β -asarone

Effects:

- neuroprotective
- anti-proliferative (lab evidence)

2. Acacia species

- Active: polyphenols, tannins

Effects:

- antioxidant
- anti-inflammatory

3. *Saussurea* / saw-wort-type herbs

- Active: sesquiterpene lactones

Effects:

- cytotoxic to tumor cells
- anti-inflammatory

4. Myrobalans (again reused)

- systemic detox + metabolic correction

4. “Dangjor” & “Sangdak” – scientific mechanism perspective

Even though formulas differ, Tibetan medicines generally act via:

1. Anti-inflammatory pathways

- inhibition of NF- κ B signaling
- reduction of TNF- α
 - ✓ Proven in Tibetan formulations affecting inflammatory pathways

2. Antioxidant activity

- scavenging ROS
- preventing DNA damage

3. Apoptosis induction

- activation of caspases
- mitochondrial pathway

4. Immune modulation

- improved macrophage and lymphocyte activity
- hematological support